

Second Sunday of Lent (St. Gregory Palamas) March 16, 2025

Commemoration of Gregory Palamas, archbishop of Thessalonica; Martyr Sabinos of Egypt; Venerable Christodoulos the wonderworker of Patmos

Troparion of the Resurrection (Tone 5)

Byzantine Tone 5

Basil Kazan
(1915 - 2001)

Let us be - liev - ers praise and wor - ship the
Word, co - e - ter - nal with the Fa - ther and the
Spir - it, born of the Vir - gin for
our sal - va - tion, for he took plea - sure in as -
- cend - ing the cross in the flesh, to
suf - fer death and to raise the dead by his
glo - ri - ous re - sur - rec - tion.

Troparion for St. Gregory Palamas (Tone 8)

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

Troparion for St. Raphael of Brooklyn (Tone 3)

Rejoice, O Father Raphael, Adornment of the holy Church! Thou art Champion of the True Faith, Seeker of the lost, Consolation of the oppressed, Father to orphans and Friend of the poor, Peacemaker and good Shepherd, Joy of all the

Orthodox, Son of Antioch, Boast of America. Intercede with Christ God for us and for all who honor thee.

Kontakion for the Five Sundays of Great Lent (Tone 8)

To thee, the Champion Leader, do I offer thanks of victory; O Theotokos, thou who hast delivered me from terror. But as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: "Rejoice, O Bride without Bridegroom!"

Prokeimenon

O Lord, thou wilt preserve us and keep us from this generation. Save me, O Lord; for the godly man ceaseth.

Epistle

Hebrews 1:10-2:3

"In the beginning, you O Lord, didst found the earth, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Holy Gospel

Mark 2:1-12

At that time, when Jesus returned to Capernaum after some days, it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' But that you may know that the Son of man has authority on earth to forgive sins"--he said to the paralytic--"I say to you, rise, take up your pallet and go home." And he rose and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this."

Assisting Priest: Fr. Michael Kontogiorgis

Holy Bread: Kh Meleah Palke/Carol Ofiesh/Pr. Vicki Kontogiorgis

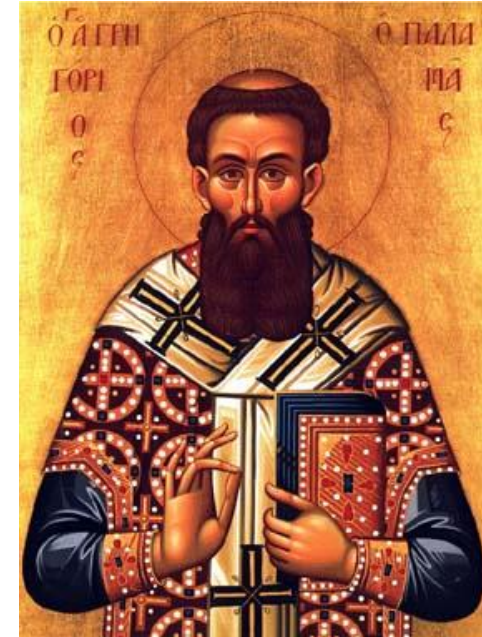
Commemorations(Living): Fr Michael, Pr Vicki, John, Corgie, George, Joan, Maher, Fabiola, Christopher, Steven, Jonathan, Jaime, Justin, Fr Tom, Kh Meleah, Stephen, Carol, Michael, Joel, Lisa, Danny, Asa, Cody, Max, Levi, Courtney, Cassi, Nina, Dominick, Yina, Rashid, Hala, Alex, Lauren, Aaron, Adam, Atticus, Gabriela, Syreeta, Fr. Vladimir Paul, all Orthodox missionaries, suffering believers throughout the world.

This Wednesday, March 19, we will gather at 8 PM on Zoom for the service of Compline and a study of John 9. Look for the email with the link.

During Lent, we will be gathering offerings for our archdiocese's Food for Hungry program. Offerings will be gathered until Palm Sunday.

Know your faith. When Mary poured expensive perfume on Jesus' feet, which disciple objected, saying it should have been given to the poor? _____. This happened in the house of _____, located in the town of _____. The following day, known as _____, Jesus rode into Jerusalem on a young _____. The people greeted him with _____ branches and shouted "_____." "Blessed is He who comes _____." After Abraham defeated the kings and rescued his nephew, _____, he was approached by _____, King of Salem and Priest of God. He brought Abraham gifts of _____ and _____. Abraham responded by giving him _____ (percent) of all he had. Which future disciple did Jesus see sitting under a tree? _____. Who led him to Jesus with the words, "come and see." _____. In today's Gospel, how many men carried the paralytic to Jesus? _____. What problem did they encounter? _____. How were they able to get the paralytic in the presence of Jesus? _____. Jesus saw their _____.

St. Gregory Palamas, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint taught, in particular, that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise, it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.



St. Raphael of Brooklyn Orthodox Church **Antiochian Orthodox Christian Archdiocese**

Metropolitan Saba, Primate
Bishop Thomas, Diocese of the Mid-Atlantic

Divine Liturgy 10:30 AM

Meeting at Compton Village
14401 Compton Village Dr.
Centreville, Virginia 20121

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