



# Saint Mary Orthodox Church

Antiochian Orthodox Christian Archdiocese of North America

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Church Office Hours : Monday - Friday 10:00am-3:00pm

Sunday, March 16<sup>th</sup>, 2025

## Second Sunday of Great Lent

Martyr Sabinos of Egypt; Venerable Christodoulos the wonderworker of Patmos

### Entrance Hymn

O Come, let us worship and fall down before Christ.

Save us, O Son of God, who art risen from the dead, who sing to Thee: Alleluia!

هَلُمَّ لِنَسْجُدْ وَنَرْكَعْ لِلْمَسِيحِ مَلَكُنَا وَالْهَنَا، خَلَصَنَا يَا ابْنَ اللَّهِ يَا مَنْ قَامَ مِنَ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلِ لَكَ هَلْلُويَا!

### Troparion of the Resurrection (Tone Five)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

لِنُسَبِّحْ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدْ لِلْكَلِمَةِ، الْمُسَاوِي لِأَبِ وَالرُّوحِ فِي الْأَزَلِيَّةِ وَعَدَمِ الْإِبْتِدَاءِ، الْمَوْلُودِ مِنَ الْعَذْرَاءِ  
لِخَلَاصِنَا، لِأَنَّهُ سُرَّ بِالْجَسَدِ أَنْ يَغْلُوَ عَلَى الصَّلِيبِ، وَيَحْتَمِلَ الْمَوْتَ، وَيُنْهَضَ الْمَوْتَى بِقِيَامَتِهِ الْمَجِيدَةِ.

### Troparion for St. Gregory Palamas (Tone Eight)

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 wonderworker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

يَا كَوْكَبَ الرَّأْيِ الْقَوِيمِ، وَتَبَاتِ الْكَنِيسَةِ وَمُعَلِّمَهَا، وَجَمَالَ الْمُتَوَجِّدِينَ، وَمُنَاضِلًا عَنِ الْمُتَكَلِّمِينَ بِاللَّاهُوتِ الَّذِي  
لَا يُحَارَبُ، غَرِيغُورِيُوسَ الْفَاعِلِ الْمُعْجَزَاتِ، فَخَرَ تِسَالُونِيكِيَّةً وَكَارُورَ النَّعْمَةِ. لَا تَنْفَكْ مُتَشَفِّعًا فِي خَلَاصِ  
نُفُوسِنَا.

### Troparion of the Dormition (Tone One)

In thy birth giving O Theotokos, thou didst keep and preserve virginity; and in thy falling asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore by thine intercessions, deliver our souls from death.

فِي مِيلَادِكَ حَفِظْتِ الْبَتُولِيَّةَ وَصَنَنْتَهَا وَفِي رِقَادِكَ مَا أَهْمَلْتِ الْعَالَمَ وَتَرَكْتِهِ يَا وَالِدَةَ الْإِلَهِ. لِأَنَّكَ انْتَقَلْتِ إِلَى  
الْحَيَاةِ بِمَا أَنْكَ أُمُّ الْحَيَاةِ. فَبَشْفَاعَاتِكَ أَنْقِذِي مِنَ الْمَوْتِ نَفُوسَنَا.

## Kontakion of the Theotokos for the Sundays of Lent (Tone Eight)

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: Hail, O Bride without Bridegroom..

إني أنا عبدك يا والدة الإله أكتب لك رايات العلبة يا جندية محامية وأقدم لك الشكر كمنقذة من الشدايد لكن بما أن لك العزة التي لا تحارب أعتقيني من صنوف الشدايد حتى أصرخ إليك: إفرحي يا عروساً لا عروس لها.

## The Epistle for the Second Sunday of Lent

*Thou, O Lord, shalt preserve us and keep us from this generation.*

*Save me, O Lord, for the godly man hath disappeared.*

### **The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)**

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

أنت يا رب تحفظنا وتسترنا من هذا الجيل.

خلصني، يا رب، فإن البار قد فني.

فصل من رسالة القديس بولس الرسول إلى العبرانيين.

"أنت يا رب في البدء أسست الأرض، والسماوات هي صنع يديك. هي تزول وأنت تبقى وكلها تبلى كالثوب، وتطويها كالرداء فتتغير، وأنت أنت وسنوك لن تقنى." ولمن من الملائكة قال قط "اجلس عن يميني حتى أجعل أعداءك موطئاً لقدميك؟" أليسوا جميعهم أرواحاً خادمة تُرسل للخدمة من أجل الذين سيرثون الخلاص؟ فلذلك يجب علينا أن نضعي إلى ما سمعناه إصغاءً أشد لئلا يشرب من أذهاننا. فإنها إن كانت الكلمة التي نطق بها على السنة ملائكة قد ثبتت، وكل تعدي ومغصية نال جزاء عدلاً. فكيف نفلت نحن إن أهملنا خلاصاً عظيماً كهذا؟ قد ابتدأ النطق به على لسان الرب، ثم ثبتته لنا الذين سمعوه.

## The Gospel for the Second Sunday of Lent

### The Reading from the Holy Gospel according to St. 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 Jesus a paralytic carried by four men. And when they could not get near Jesus 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, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning 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 reasoned within themselves, said to them, "Why do you reason 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!"

فَصَلَ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ  
الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

فِي ذَلِكَ الزَّمَانِ، دَخَلَ يَسُوعُ كَفَرْنَاحُومَ وَسَمِعَ أَنَّهُ فِي  
بَيْتٍ. فَلِلْوَقْتِ اجْتَمَعَ كَثِيرُونَ، حَتَّى أَنَّهُ لَمْ يَعْذُ مَوْضِعٌ  
وَلَا مَا حَوْلَ الْبَابِ يَسَعُ، وَكَانَ يُخَاطِبُهُمْ بِالْكَلِمَةِ. فَاتَّوَا  
إِلَيْهِ بِمُخْلَعٍ يَحْمِلُهُ أَرْبَعَةٌ. وَإِذْ لَمْ يَقْدِرُوا أَنْ يَقْتَرِبُوا إِلَيْهِ  
لِسَبَبِ الْجَمْعِ، كَشَفُوا السَّقْفَ حَيْثُ كَانَ. وَبَعْدَ مَا  
تَقَبَّوهُ، دَلُّوا السَّرِيرَ الَّذِي كَانَ الْمُخْلَعُ مُضْطَجِعاً عَلَيْهِ.  
فَلَمَّا رَأَى يَسُوعُ إِيمَانَهُمْ، قَالَ لِلْمُخْلَعِ: "يَا بُنَيَّ، مَغْفُورَةٌ  
لَكَ خَطَايَاكَ." وَكَانَ قَوْمٌ مِنَ الْكُتَّابَةِ جَالِسِينَ هُنَاكَ  
يُفَكِّرُونَ فِي قُلُوبِهِمْ "مَا بَالُ هَذَا يَتَكَلَّمُ هَكَذَا بِالتَّجْدِيفِ؟  
مَنْ يَقْدِرُ أَنْ يَغْفِرَ الْخَطَايَا إِلَّا اللَّهُ وَحْدَهُ؟" فَلِلْوَقْتِ عَلِمَ  
يَسُوعُ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هَكَذَا فِي أَنْفُسِهِمْ، فَقَالَ  
لَهُمْ: "لِمَاذَا تُفَكِّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟ مَا الْأَيْسَرُ أَنْ  
يُقَالَ "مَغْفُورَةٌ لَكَ خَطَايَاكَ" أَمْ أَنْ يُقَالَ "قُمْ وَاحْمِلِ  
سَرِيرَكَ وَامْشِ؟" وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ  
سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا. فَقَالَ لِلْمُخْلَعِ  
"لَكَ أَقُولُ، قُمْ وَاحْمِلِ سَرِيرَكَ وَادْهَبْ إِلَى بَيْتِكَ." فَاقَامَ  
لِلْوَقْتِ وَحَمَلَ سَرِيرَهُ وَخَرَجَ أَمَامَ الْجَمِيعِ، حَتَّى دَهَشَ  
كُلُّهُمْ وَمَجَّدُوا اللَّهَ قَائِلِينَ "مَا رَأَيْنَا مِثْلَ هَذَا قَطُّ."

### Megalynarion for the Theotokos from the Liturgy of St. Basil (Tone Eight)

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

إِنَّ الْبَرَايَا بِأَسْرِهَا، تَفْرَحُ بِكَ يَا مُمْتَلِئَةً نِعْمَةً: مَحَافِلَ الْمَلَائِكَةِ، وَأَجْنَاسَ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدَّسُ،  
وَالْفِرْدَوْسُ النَّاطِقُ، فَخِرُ الْبَتُولِيَّةِ مَرْيَمَ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلاً، وَهُوَ إِلَهُنَا الَّذِي قَبْلَ الدَّهْرِ. لِأَنَّهُ  
صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةً نِعْمَةً، تَفْرَحُ بِكَ كُلُّ الْبَرَايَا  
وَتُحَمِّدُكَ.



**3rd & 9th Day Memorial**  
Said Ibrahim Dahdal  
**Memory Eternal!**



**40 Day Memorial**  
Maximiliano Omar Nemri  
**Memory Eternal!**



**12 Year Day Memorial**  
Kamal Kawar  
**Memory Eternal!**



**Newborn**  
Juliana  
Radi & Aida Haddad  
**Congratulations!**

## Falafel Sandwich Sale

Sponsored by the Antiochian Women

Sunday, March 16<sup>th</sup>

\$10 each



# Upcoming Services & Events

Date	Time	Event
3/14/2025	7:00am	Pre-Sanctified Liturgy
	6:00pm	Kids SOYO & Jr. SOYO
	6:00pm	Adult Education
	7:00pm	2nd Akathist (Madayeh) with Fr. Josiah Trenham
3/15/2025	All Day	Lenten Retreat with Fr. Josiah Trenham
	9:00am	Divine Liturgy
	10:00am	Arabic School
	6:00pm	Great Vespers
	7:00pm	Compline with Canon for Holy Communion
3/16/2025	8:15am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy with Fr. Josiah Trenham
	10:00am	Sunday School
	12:00pm	Falafel Sale
3/17/2025	6:30pm	Great Compline
3/18/2025	9:00am	Orthros
	7:00pm	Choir Practice
3/19/2025	7:00am	Orthros
	9:30am	Co-Op
	10:00am	Arabic Bible Study
	6:00pm	SOYO Night
	6:30pm	Pre-Sanctified Liturgy

# ILLINOIS

## MARCH FOR

# LIFE™



**Tuesday**  
**March**  
**25<sup>th</sup> 2024**

Join St Mary's Church & thousands of others as we march for life at the state capitol! You are encouraged to take the day off of school and work for this most worthy cause. We will carpool to Springfield, pray for the souls of the unborn who lost their lives to abortion and all victims of abortion, attend the rally and march around the state capitol.

**8:30am** - Meet at church

**12:30am** - Prayers at  
State Capitol

**1:00pm** - Rally at  
State Capitol

**2:00pm** - March around  
State Capitol

**3:00pm** - Lunch & Depart

Please click or scan the  
QR code to register.



[Click here](#) or scan the  
QR code to register.



**ORTHODOX**  
**CHRISTIANS FOR LIFE**

A photograph of St. Mary Orthodox Church in Palos Heights, IL. The church is a white brick building with a prominent steeple and several smaller domes with blue and gold accents. The entrance features a large arched doorway with a stained glass window. A sign in the top left corner reads "SOYO & YAM".

**SOYO  
& YAM**

*St. Mary Orthodox  
Church of Palos  
Heights, IL*

## **SOYO & YAM Day of Service**

**Divine Liturgy**

**FMSC**

**Veneration  
of the relics of  
St. Mardarije at  
St. Sava Monastery**

**Saturday, March 29<sup>th</sup>, 2025 | 10:00am**

*All Teens and Young Adults are welcome to join us for a day of service! We will begin with Divine Liturgy followed by lunch at the church. Then we will carpool to Feed My Starving Children in Libertyville. Following the packing session we will go to St. Sava Monastery to venerate the relics of St. Mardarije then celebrate Vespers there.*

**10:00am** Divine Liturgy at St. Mary's followed by lunch

**2:00pm** Feed My Starving Children in Libertyville

**4:00pm** Vespers and Veneration of St. Mardarije  
at St. Sava Monastery



[Click here to register.](#)



# **Young Adult Ministry**

**Saturday, March 1st at 5:00pm**

Great Vespers & Bible Study

**Sunday, March 2nd at 5:00pm**

Forgiveness Sunday Vespers & Parish Pizza Night

**Sunday, March 9th at 6:30pm**

Sunday of Orthodoxy Pan-Orthodox Vespers  
at Assumption Greek Orthodox Church

**March 14th - 16th**

Parish Lenten Retreat with Fr. Josiah Trenham

**Sunday, March 23rd after Divine Liturgy**

YAM Coffee Hour in the nadi

**Tuesday, March 25th**

Illinois March for Life in Springfield

**Saturday, March 29th at 10am**

Day of Service: Divine Liturgy at St. Mary's, FMSC  
Packing Session in Libertyville, Vespers and  
veneration of St. Mardarije at St. Sava Monastery

***See Christina, Juliana, Michael, or Saleem  
with any questions.***

# **SOYO UPCOMING EVENTS**

**Sunday, March 2nd at 5:00pm**

**Forgiveness Sunday Vespers & Parish Pizza Night**

**Saturday, March 8th**

**St. John Chrysostom Monastery Visit**

**March 14th - 16th**

**Parish Lenten Retreat with Fr. Josiah Trenham**

**March 21st - 22nd**

**SOYO Lock-In**

**Monday, March 24th**

**Vigil for the Feast of the Annunciation**

**Tuesday, March 25th**

**Illinois March for Life in Springfield**

**Saturday, March 29th at 10am**

**Day of Service: Divine Liturgy at St. Mary's,  
FMSC Packing Session in Libertyville, Vespers &  
veneration of St. Mardarije at St. Sava Monastery**



5<sup>th</sup> annual

# NATIONAL ORTHODOX BABY SHOWER

Help us collect baby items  
for moms in need!

*Join us in supporting our local pregnancy resource center,  
which helps mothers in crisis pregnancies choose life for  
their unborn children.*

Did you know that pregnancy resource centers across the country provide free medical services and material resources to help women in crisis pregnancies?

St. Mary's is joining other parishes across the country to hold a “**National Orthodox Baby Shower**”. This will help support mothers who choose life for their unborn children!

Starting March 2nd we will be collecting the items listed below. All donations can be placed in the crib and/or pack-n-play located outside the church office. Donated items will later be dropped off at the Martha & Mary Maternity Ministry, which is our local pregnancy resource center. For any questions, contact Angela Haddad at 708-715-9057 or [angelahaddad14@gmail.com](mailto:angelahaddad14@gmail.com)

## DONATION ITEMS NEEDED

diapers (no newborn diapers)

baby wipes

baby clothes (no used items)

baby socks/shoes (no used items)

Sponsored by: St. Mary Orthodox Church & Orthodox Christians for Life

SAVE THE DATE



JOIN US FOR OUR  
**33RD ANNUAL IOCC  
CHICAGO GRAND BANQUET**

Thursday, May 8, 2025

Cocktails 6:00 pm | Dinner 7:00 pm

**EMPRESS BANQUETS**

200 E Lake Street, Addison, IL 60101

Please join us for an amazing evening of fellowship and learn how your generosity helps those in need in places like Greece, the Holy Land, Ukraine, and right here in the US. Please consider contributing to IOCC by becoming an IOCC Banquet Benefactor, Sponsor, Patron, or Friend.

\$125 per person | \$1,250 per  
table *RSVP by Friday, April 25*



Register at [ioccc.org/Chicago](https://ioccc.org/Chicago)



SCAN ME

The fair market value (FMV) for each ticket is \$70. Only the portion of the payment that exceeds the FMV is deductible as a charitable contribution.

# Food For Hungry People 2025

This year we celebrate 51 years of raising funds for our FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH program. Through your generosity, over \$6.5 million has been distributed to the hungry poor in the United States and around the world. During this past year, we made every effort to reach out to those in need in our own parishes and in our local communities.



We are asking each Sunday School family to take home a box and help the FFHP reach their goal for 2025. Lent is not only about fasting, it is about helping those in need.

“When you see a poor person, remember the words of our Lord Jesus Christ by which He declared that it is He, Himself who is fed. For though that which appears be not Christ, yet in that person’s form, it is Christ Himself who receives and begs.”

~ St. John Chrysostom



## EARLY BIRD PRICE

Now Until April 30, 2025

~~\$ 350~~

\$ 330

Per Person Total Value \$380

**Buy your Ticket Books Today  
and Save!**

## HOTEL REGISTRATION

Hyatt Regency O'Hare Chicago

\$ 189 PER NIGHT

\$10/night for parking  
Complimentary shuttle to and from O'Hare

**Reserve your Hotel Room!**

### "CONTINUING THE ANTIOCHIAN LEGACY IN CHICAGO"

## Celebrating the

**50TH ANNIVERSARY OF  
THE UNIFICATION OF  
NEW YORK AND TOLEDO**

and the

**120TH ANNIVERSARY OF  
THE WORD MAGAZINE**

- 100+ EVENTS AND MEETINGS
- CHURCH SERVICES
- ARCHDIOCESE GENERAL ASSEMBLY
- "ASK ABOUNA" ALL WEEK
- CLUB SAINT GEORGE AGES 4-12
- BIBLE BOWL
- ORATORICAL FESTIVAL
- TEEN EVENTS
- YAM EVENTS
- WORKSHOPS
- "MY KIND OF TOWN"
- ARABIAN NIGHTS DINNER AND HAFLI
- ANTIOCHIAN LEGACY BANQUET AND GRAND HAFLI

## Visit

**WWW.AC2025CHICAGO.ORG**

*"Then Mary said, "Behold the maidservant of the Lord! Let it be to me according to your word." And the angel departed from her."  
Luke 1:38*

### THE MIRACULOUS WEeping ICON

Cicero, IL



*With the blessing of His Eminence Metropolitan Saba, for the first time, venerate the Miraculous Weeping Icon in the hotel Chapel all week.*



**SCAN ME**

### Contact us

#### Host Parish

Saint George Antiochian  
Orthodox Church

1220 S. 60th Court  
Cicero, IL 60804





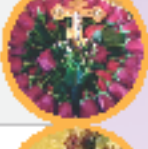
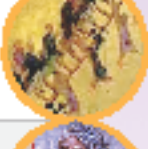
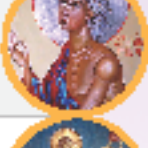



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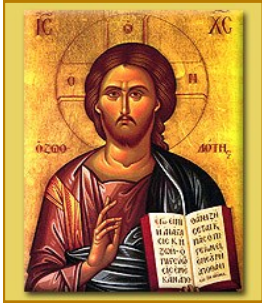
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# OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Barron (ACPOD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 9th</b>		<b>TRIDION WEEKS</b> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 16th</b>		The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 23rd</b> AR...W... TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>MARCH 2nd</b> AR...W... TO CHEESE TODAY		Adam and Eve are cast from Paradise! <b>FORGIVENESS SUNDAY</b> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 9th</b>		<b>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</b> <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 16th</b>		<b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 23rd</b>		<b>VENERATION OF THE HOLY CROSS</b> <b>HALF WAY TO PASCHA!</b> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 30th</b>		<b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>APRIL 6th</b>		<b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
<b>LOWERY (PALM) SUNDAY!</b> <b>APRIL 13th</b> GREAT WEEK BEGINS		<b>GREAT AND HOLY WEEK</b> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
<b>GREAT AND HOLY FRIDAY</b> <b>APRIL 18th</b>		<b>GREAT AND HOLY FRIDAY</b> <b>JESUS DIES ON THE CROSS</b> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
<b>FEAST OF FEASTS!</b> <b>APRIL 20th</b> NO FASTING!		<b>BRIGHT WEEK</b> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



## Weekly Synaxarion



On March 16 in the Holy Orthodox Church, we commemorate the Martyr Sabinos of Egypt; and Venerable Christodoulos the wonderworker of Patmos. On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica. This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a hierarch, a theologian who defeated the heretics of his era, and a miracle-worker who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times. Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.