

Orthodox Church in America + Diocese of Eastern Pennsylvania

Elevation of the Holy Cross Orthodox Church Williamsport, PA.



St Gregory Palamas

2nd Sunday of Great Lent

March 31st, 2024

Elevation of the Holy Cross Orthodox Church

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Scripture Readings:

Epistle: Hebrews 7:26-8:2; Hebrews 1:10-2:3
Gospel: St. John 10:9-16; St. Mark 2:1-12

***A very warm welcome to everyone, and especially to our visitors
this morning! Please join us for some fellowship after in the
Parish Hall!***

Services, Events & Announcements

- + Church open for prayer/Confession – Tues April 2nd & Thurs April 4th
7 – 9:30am
- + **Presanctified Liturgy** – Weds April 3rd – ***Ninth Hour & Liturgy*** at
5:20) - *Lenten potluck* fellowship following in the Hall.
- + **Presanctified Liturgy** – Fri April 5th – ***Ninth Hour & Liturgy*** at
5:20) - *Lenten potluck* fellowship following in the Hall.
- + Sat April 6th – ***Choir Practice*** at 4
- + Sat April 6th - ***Great Vespers*** at 5
- + Sun April 7th - ***Hours & Divine Liturgy*** at 9:40 - Fellowship following
in the Hall.
- + Fr Seraphim will be available for Confession before Presanctified
Liturgies, Great Vespers or see him for an appointment.

Our Giving – March 24th, 2024

Tithes/Offerings - \$475.00 / Online Giving - \$255.00

Candle Offerings – \$84.00

Thank you all for your generosity!

Regarding Holy Communion: Only those faithful who are Orthodox Christians and have properly prepared themselves by **fasting, prayer [i.e., Prayers Before Communion], recent confession**, and who were *at least present for the reading of the Epistle and Gospel* should approach to receive the Holy Eucharist. *We should all be at peace with everyone too.* If you have any questions about Communion, please see Fr. Seraphim. 😊

St Gregory Palamas (1359)

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Saint Gregory's father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy.

Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nikódēmos of Vatopedi (July 11). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory's mother and sisters also became monastics.

In 1331 the saint withdrew to Mt. Athos and lived in solitude at the skete of Saint Savva, near the Lavra of Saint Athanasius. In 1333 he was appointed Igumen of the Esphigmenou monastery in the northern part of the Holy Mountain. In 1336 the saint returned to the

skete of Saint Savva, where he devoted himself to theological works, continuing with this until the end of his life.

In the 1330s events took place in the life of the Eastern Church which put Saint Gregory among the most significant universal apologists of Orthodoxy, and brought him great renown as a teacher of hesychasm.

Saint Gregory performed many miracles in the three years before his death, healing those afflicted with illness. On the eve of his repose, Saint John Chrysostom appeared to him in a vision. With the words “To the heights! To the heights!” Saint Gregory Palamas fell asleep in the Lord on November 14, 1359. In 1368 he was canonized at a Constantinople Council under Patriarch Philotheus (1354-1355, 1364-1376), who compiled the Life and Services to the saint.

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Prayers For the Health and Salvation of those in need: Many Years!

His Eminence, Archbishop Nathaniel, Priestmonk Ambrose (Young), Abbot Tryphon, Mitred-Archpriest Nicholas (Harris), Mitred-Archpriest Daniel & Mat. Myra (Kovalak), Archpriest Michael (Evans), Archpriest Antony (Hughes), Priest Gregory (White), Pres. Eva (Koutroulelis), Pres. Rosy (Tanveer), Mat. Mary Lynn (Henry), Mat. Deborah (Belonick), Mat. Barbara (Matusiak), Anastasia Linnehan & Sarah Gunter (children to be born of them), Paul Beard, Evelyn Chabal, James Larson, Mary Lamprinos, Michael Kuzmiak, Juliana Matusiak, Elias Ciaccio, Elizabeth Wadsworth, Sebastian Fillar, Isaac Bannister, Christine Perrin, Elizabeth Yonkin, Michael Lazorchak, Edward Hojnicky, Brian Gunter, Vladimir Kerkendall, Alec Litchard, Zina Dimirkow, & those suffering from the wars in Ukraine, Russia, & the Middle East

Prayers for the Newly Departed: Memory Eternal!

Archpriest Anthony Karbo +3/19, Archpriest Herman Schick +3/17, Madeline Minarich +3/22, & those who have lost their lives in Ukraine, Russia, & the Middle East