

## March 4<sup>th</sup> ; Sunday of St. Gregory Palamas

### Tone 6 Troparion (Resurrection)

The angelic powers were at Your tomb; / the guards became as dead men. / Mary stood by Your grave, / seeking Your most pure body. / You captured hell, not being tempted by it. / You came to the Virgin, granting life. // O Lord, Who rose from the dead, glory to You.

### Tone 8 Troparion (St Gregory Palamas)

O light of Orthodoxy, teacher of the Church, its confirmation, / O ideal of monks and invincible champion of theologians, / O wonderworking Gregory, glory of Thessalonica and preacher of grace, // always intercede before the Lord that our souls may be saved!

### Tone 4 Kontakion (from the Lenten Triodion)

Now is the time for action! / Judgment is at the doors! / So let us rise and fast, / offering alms with tears of compunction and crying: / "Our sins are more in number than the sands of the sea; / but forgive us, O Master of all, // so that we may receive the incorruptible crowns!"

### Tone 8 Kontakion (St Gregory Palamas)

Holy and divine instrument of wisdom, / joyful trumpet of theology, / together we sing your praises, O God-inspired Gregory. / Since you now stand before the Original Mind, guide our minds to Him, O Father, // so that we may sing to you: "Rejoice, preacher of grace!"

### Prokimen Tone 5 (Psalm 11:27,1)

You, O Lord, shall protect us and preserve us from this generation forever.

*v: Save me, O Lord, for there is no longer any that is godly.*

### Prokimen Tone 1 (for St Gregory; Psalm 48:3)

My mouth shall speak wisdom, the meditation of my heart shall be understanding.

### Epistle: Hebrews 7:26-8:2 (St Gregory Palamas)

### Alleluia, Alleluia, Alleluia! (Psalm 90:1,2)

*v: He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God.*

*v: He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust."*

### Gospel: St. John 10:9-16 (St Gregory Palamas)

**Hymn to the Theotokos:** All of creation rejoices in you, O Full of Grace...

**\*\*\* Please join us for coffee and fellowship after the service! \*\*\***

## Upcoming Services

<b>Sunday</b>	3/4	9AM 4PM	Divine Liturgy (St. Gregory Palamas) Lenten Vespers (St. Mary's UOC, Allentown)
<b>Wednesday</b>	3/7	7PM	Presanctified Liturgy
<b>Friday</b>	3/9	10AM	Presanctified Liturgy
<b>Saturday</b>	3/10	10AM 4PM	Divine Liturgy (Soul Saturday) Parish Vigil
<b>Sunday</b>	3/11	9AM 4PM	Divine Liturgy (Adoration of the Cross) Lenten Vespers (St. Nicholas GOA, Bethlehem)
<b>Wednesday</b>	3/14	7PM	Presanctified Liturgy
<b>Saturday</b>	3/17	10AM 4PM	Divine Liturgy (Soul Saturday) Parish Vigil
<b>Sunday</b>	3/18	9AM 4PM	Divine Liturgy (St. John of the Ladder) Lenten Vespers (St. Paul AOC, Emmaus)
<b>Wednesday</b>	3/21	4PM 7PM	Presanctified Liturgy Great Canon w/ the Life of St. Mary
<b>Friday</b>	3/23	10AM	Presanctified Liturgy
<b>Saturday</b>	3/24	ALL DAY	UOL Lenten Retreat (Bethlehem)
<b>Sunday</b>	3/24	9AM 4PM	Divine Liturgy (St. Mary of Egypt) Lenten Vespers (Assumption UOC, Northampton)

## Parish News and Events

**Our Annual Meeting** will be on 3/25 after Divine Liturgy. Please come and help chart our future!

**UOL Retreat w/ Bishop Gregory (ACROD) & Fr. Anthony.** St. Francis Center. 3/24. Please register ASAP. There will be a special program for children and youth.

Our **St Mary's Seniors** next meeting is 3/5 at 12:30PM.

We are working the **Soup Kitchen** on 3/8. Please see Joe Truchan if you can help.

The Jr. UOL is hosting a **LOCK-IN** on 3/10. See John Onulack for details.

We will be making **PYSANKI** on 3/15 & 22 at 6:30! EVERYONE is invited! See Judy for details.

Our next **Parish Board Meeting:** Monday, 3/19 @6:30PM.

Our next **WINE TASTING** will be on 4/21 at 6PM. See John Maly for details.

**The Grief Support Group** meets at 6:30PM on Tuesdays downstairs. See Joe Truchan for details.

**Reader Schedule:** 3/4 Robert Noecker; 3/11 Alex Mackiewicz; 3/18 Richard Bodnar

**Greeter Schedule:** 3/4 PM Tina Perkins; 3/11 Eleanor Fox; 3/18 Judy Miller & Vera Muzychka;

Welcome to the God-loving and God-protected Orthodox Christian parish of *Pokrova* (“St. Mary Protection of the Holy Theotokos” or “St. Mary’s”)!

**It is a blessing to have you with us today and we encourage you to come back as often as you are able.** Like us, you may find that you have found your spiritual home here (and a wonderful home, it is)!

**We are a parish of the Ukrainian Orthodox Church of the USA under the Ecumenical Patriarch of Constantinople and our doors and hearts are open to you, your family, and your friends!**

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