

St. Mary Protection of the Theotokos Parish

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GLORY TO JESUS CHRIST!

GLORIFY FOREVER!

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СЛАВА ІСУСУ ХРИСТУ!

СЛАВА НАВІКИ!



Silence: A Missing (but Necessary) Part of Great Lent

Let us at consider how often we come out of a conversation, a discussion, a social gathering, or a business meeting with a bad taste in our mouth. How seldom have long talks proved to be good and fruitful? Would not many if not most of the words we use (or text to one another) be better left unspoken? We speak about the events of the world, but how often can we really change them for the better? We speak about people and their ways, but how often do our words do them or us any good? We speak about our ideas and feelings as if everyone were interested in them, but how often do we really feel understood? We speak a great deal about God and our faith, but how often does it bring us or others real insight? Words often leave us with a sense of inner defeat. Often they leave us in a slight depression, or in a fog that clouds the window of our mind. In short, words can give us the feeling of having stopped too long at one of the little towns that we pass on our journey, or of having been motivated more by curiosity than by service.

You may have heard the phrase, “Silence is Golden.” The previous paragraph addresses this phrase. By limiting our speech to the most essential words, we keep ourselves from undue mistakes and miscommunications with others.

By writing the following words: “Be still, and know that I am God” (Psalm 46:10), the Psalmist David reveals what happens when “silence” becomes a natural part of our daily life.

“Silence” to the noise of this world opens our ears to the Divine whispers spoken to us from within.

I challenge you to put aside the “noise” of this world—one day at a time—during the 40 days of Great Lent. As we move through the weeks of Lent, may we discover more and more just how valuable “silence” is for the healthy life of our body as well as our soul.

- Fr. Paul Kucynda (<http://www.heisrisen.org/>)

Upcoming Worship Schedule

Sunday	3/12	9:00AM 4:00PM	Divine Liturgy, St. Gregory Palamas Pan-Orthodox Vespers & Meal St. Nicholas OCA, 980 Bridle Path Rd, Bethlehem
Wednesday	3/15	7:00PM	Presanctified Liturgy
Friday	3/17	10:00AM	Presanctified Liturgy
Saturday	3/18	4:00PM 4:30PM	Panakhida (All Souls) Parish Vigil
Sunday	3/19	9:00AM 2:00PM 4:00PM	Divine Liturgy, Adoration of Cross Lenten Retreat (Holy Assumption, Northampton) Pan-Orthodox Vespers, Holy Assumption UOC 1301 Newport Avenue, Northampton
Wednesday	3/22	7:00PM	Presanctified Liturgy
Friday	3/24	10:00AM	Presanctified Liturgy
Saturday	3/25	10:00AM 4:00PM	Memorial Liturgy (All Souls) Parish Vigil
Sunday	3/26	9:00AM 4:00PM	Divine Liturgy, St. John of the Ladder Pan-Orthodox Vespers & Meal; St. Nicholas GOC 1607 W Union Blvd, Bethlehem
Wednesday	3/29	7:00PM	Presanctified Liturgy
Thursday	3/30	7:00PM	Great Canon of St. Andrew
Friday	3/31	10:00AM 7:00PM	Presanctified Liturgy Akathist to the Borthgiver of God
Saturday	4/1	*** NO SERVICES: UOL RETREAT ***	
Sunday	3/26	9:00AM 4:00PM	Divine Liturgy, St. Mary of Egypt Pan-Orthodox Vespers & Meal, St. Paul AOC 156 E Main St, Emmaus

Check our website for the full listing of services & activities!!

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Adult Education

Sundays (11AM). Our “Spiritually Speaking” series meets the first Sunday of each month after coffee hour.

Wednesdays (7PM). This Old Testament Bible Study will resume after Pascha.

Saturdays (5:00PM). Chanting class. We are working on Lenten music. Note the change in time; this is so that Rdr. Nicholas can lead it.

Thursdays (10AM). The next meeting will be on 3/16 at Joe and Chris Zimmerman's house (6597 Wild Cherry Drive; Coopersburg).

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!

March 12th ; St. Gregory Palamas (Second Sunday of Great Lent)

The Order of Worship

(A more complete version is found in the black prayer book in the pews)

Blessed is the Kingdom Amen. Heaven and earth are joined in praise of God.

Great Litany. Prayers of supplication to God w/ refrain “Lord have mercy!”

Psalm 102. The Psalms are the greatest hymns of the Church. It is followed by a Small Litany (“Again and again...”).

Psalm 145 & “Only Begotten Son”. This psalm and song remind us why we are here. It is followed by a Small Litany (“Again and again...”)

The Beatitudes. The wisdom of the Logos offered in song – beautiful consolation. We take on the virtues of and in Christ to become “blessed.”

The Little Entrance/Gospel Entrance. This symbolizes Christ coming from heaven into the world. We can kiss the Gospel (an icon of “The Word”) in celebration saying; “Christ is in our midst” “He is and shall be!” “*Khristos Posered Nas*” “*I Ye I Budet*”

Hymns for Today. As with all the music, everyone is encouraged to sing along!

Tone 5 Tropar (*Resurrection*)

Let us, the faithful, praise and worship the Word, / co-eternal with the Father and the Spirit, / born for our salvation from the Virgin; / for He willed to be lifted up on the Cross in the flesh, / to endure death, / and to raise the dead // by His glorious Resurrection.

Tone 8 Tropar (*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 Tropar (*Parish Patron/Pokrova*)

O Mother of God, sheltered by thy coming / we faithful people today keep feast in joy, / and looking at thy most pure image, / moved to the depths of our hearts, we say: / “Protect us with thy precious veil / and deliver us from every ill, // by entreating Christ, thy Son and our God, to save our souls.”

Tone 4 Kondak (*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 Kondak (*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!”

Tone 2 Kondak (*Parish Patron/Pokrova*)

The Choirs of Saints and the Virgin / stand in church praying to God for us. / Angels and hierarchs bow in adoration, / Apostles and Prophets all rejoice / in thee, O Mother of God, // who for us prays to God Eternal.

Holy God, Holy Mighty, Holy Immortal. All creation proclaims God’s glory.

Tone 5 Prokimen (*Resurrection; Psalm 11:7,1*)

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.

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

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

Epistle: Hebrews 1:10-2:3 (Sunday); Hebrews 7:26-8:2 (St Gregory Palamas)

Alleluia, Alleluia, Alleluia! (*Psalm 88:1,2; 36:30*)

v: I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation.

v: For You have said: “Mercy will be established forever; Your truth will be prepared in the heavens.

v: The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment.

Gospel: Mark 2:1-12 (Sunday); John 10:9-16 (St Gregory Palamas). Children are encouraged to come up front; “Let the little children come unto me.” (Matthew 19:14)

Litanies for the Faithful and for the Catachumens. Catachumens are Christians preparing to enter into the Mysteries of the Orthodox Church.

The Great Entrance. The priest brings out the bread and wine that will become the Body and Blood of Christ. The children are welcome and encouraged to line the aisle.

The Last Supper and Consecration of the Gifts. We either stand or, as is customary among many Ukrainian Orthodox, kneel during this portion of the service.

Hymn to the Birthgiver of God, Mary. All of creation rejoices in you, O Full of Grace: / the assembly of Angels and the race of men. / O sanctified temple and spiritual paradise, / the glory of virgins, / from whom God was incarnate and became a Child – / our God before the ages. / He made your body into a throne, / and your womb He made more spacious than the heavens. / All of creation rejoices in you, O Full of Grace. / Glory to you!

Litany of Preparation. Lord’s Prayer. The prayer Jesus Christ taught us to pray.

Communion of the Faithful. Communion is reserved for those who are members of an Orthodox parish and have prepared themselves through prayer, fasting, and regular confession. All are invited to join this parish and commune with us!

Post-Communion Prayers, Dismissal & Distribution of the Blessed Bread. Everyone is invited to come forward, greet the priest, have some of the blessed bread, and then join us for our agape meal (coffee hour) in the fellowship hall.

Parish News and Events

Last week we hosted the Sunday of Orthodoxy. God bless everyone who made it, and especially the meal afterwards, such a success!

Thanks to everyone who came and pinched yesterday! Not only does this build community among our members, selling perohi supports the ministries of the church and helps us keep the doors open!

The Grief Support Group meets at 6:30PM on Tuesdays in the Hall. See Joe Truchan for details.

UOC-USA news. Yesterday the Four Evangelists Parish in Bel Air, MD was raised from mission to full parish status. After worshiping in rented space for 15 years, they bought a property (a house) and transformed it into a church.

If you are ill and could use some help or a visit (or know someone else who could), please contact the parish care group leader, Robin Bodnar. If you would know of anyone that could use a visit from Fr. Anthony, please tell him.

The St. Michael's Men's Auxiliary is looking for work! If you have something you could use help with (or know of someone who does), please contact the group leader, Joe Zimmerman. Ditto if you would like a ride to/from church or would like to help get people to/from church.

The next **Parish Board Meeting** will be on 3/20 6:30.

Our **Annual Meeting** will be on 3/26 at 11:00AM. Please plan on attending.

UOC Lenten Retreat. April 1st at the St. Francis Center for Renewal (395 Bridal Path Road in Bethlehem). Contact Natalie or Oleh Bilynsky (610-892-7315 or nsufler@aol.com) for more information.

Exhibit of Russian Icons. Williams Center Gallery (317 Hamilton St, Easton). M–F 11AM- 5PM & weekends Noon–5PM. The exhibit will run through March 26.

Reading and Greeter Schedule

Date	Epistle Schedule	Greeters
3/12/2017	Rdr. Nicholas Perkins	Richard Rosko
3/19/2017	Rdr. James	Eleanor Fox
3/26/2017	John Sokalsky	Judy Miller & Vera Muzychka
4/2/2017	Robert Noecker	Richard Rosko

Please let Fr. Anthony know if you will not be able to greet/read and cannot find a replacement. Also let him know if you would like to be added to the schedule.

Today's Scripture Readings

Epistle: Hebrews 1:10-2:3 (KJV)

And, Thou, Lord, in the beginning hast laid the foundation of the earth; and the heavens are the works of thine hands: They shall perish; but thou remainest; and they all shall wax old as doth a garment; And as a vesture shalt thou fold them up, and they shall be changed: but thou art the same, and thy years shall not fail. But to which of the angels said he at any time, Sit on my right hand, until I make thine enemies thy footstool? Are they not all ministering spirits, sent forth to minister for them who shall be heirs of salvation? Therefore we ought to give the more earnest heed to the things which we have heard, lest at any time we should let them slip. For if the word spoken by angels was stedfast, and every transgression and disobedience received a just recompence of reward; How shall we escape, if we neglect so great salvation; which at the first began to be spoken by the Lord, and was confirmed unto us by them that heard him;

Epistle: Hebrews 7:26-8:2 (KJV)

For such an high priest became us, who is holy, harmless, undefiled, separate from sinners, and made higher than the heavens; Who needeth not daily, as those high priests, to offer up sacrifice, first for his own sins, and then for the people's: for this he did once, when he offered up himself. For the law maketh men high priests which have infirmity; but the word of the oath, which was since the law, maketh the Son, who is consecrated for evermore. Now of the things which we have spoken this is the sum: We have such an high priest, who is set on the right hand of the throne of the Majesty in the heavens; A minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man.

Gospel: Mark 2:1-12 (Summary)

The four friends get their paralytic friend to Jesus by lowering him down from the roof. Jesus forgives his sins... then heals him of his paralysis!

Gospel: John 10:9-16 (KJV)

I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture. The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. I am the good shepherd: the good shepherd giveth his life for the sheep. But he that is an hireling, and not the shepherd, whose own the sheep are not, seeth the wolf coming, and leaveth the sheep, and fleeth: and the wolf catcheth them, and scattereth the sheep. The hireling fleeth, because he is an hireling, and careth not for the sheep. I am the good shepherd, and know my sheep, and am known of mine. As the Father knoweth me, even so know I the Father: and I lay down my life for the sheep. And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd.