



ALL SAINTS ANTIOCHIAN ORTHODOX CHURCH

Antiochian Orthodox Archdiocese of North America

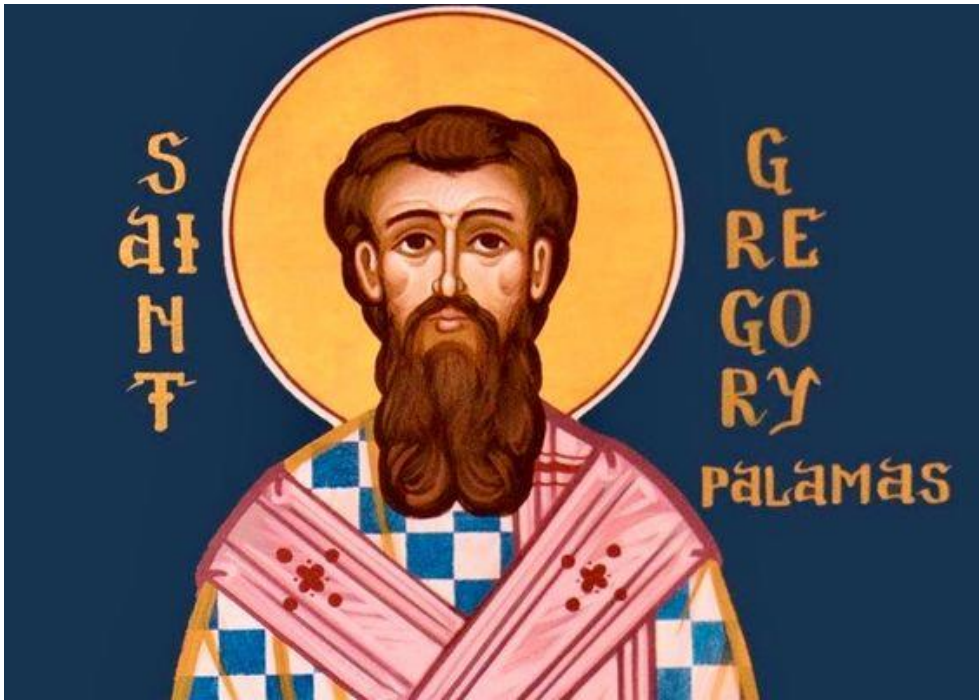
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www.allsaintsorthodox.org

Sunday, March 31, 2024

**Saturday Vespers, 7pm • Sunday Orthros & Divine Liturgy, 8:30am
St. Gregory Palamas • Second Sunday of Great Lent**



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Troparion for the Resurrection (Tone 2): When Thou didst submit Thyself unto death, O Thou deathless and immortal one, then Thou didst destroy hell with Thy godly power. And when Thou didst raise the dead from beneath the earth, all the powers of heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee!

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.

Kontakion to the Theotokos for the Sundays of Lent (Tone 8): O Champion Leader, to thee I offer thanks of victory! O Theotokos, thou hast delivered me from terror. As thou hast invincible power, O Theotokos, thou truly can set me free from all danger. Set me free and deliver me, that I may cry unto thee: Hail, O bride without bridegroom!

Troparion of All Saints (Tone 4): Adorned in the blood of Thy martyrs, throughout all the world as in purple and fine linen, Thy Church through them doth cry unto Thee, O Christ God: Send down Thy compassion upon Thy people! Grant peace to Thy habitation and great mercy to our souls.

THE EPISTLE

For the Second Sunday of Great Lent

The Lord is my strength and my song. The Lord has chastened me severely.

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?

THE GOSPEL

For the Second Sunday of Great 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. 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. 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.” He arose, 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!”



Hymn to the Theotokos for the Liturgy of St. Basil (Tone 6): All of creation rejoices in thee, O Full of Grace: the assembly of angels and the race of man! 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 thy body into a throne and thy womb he made more spacious than the heavens. All of creation rejoices in thee, O Full of Grace; Glory to Thee!

Announcements and Upcoming Events

For a full calendar of events and services at All Saints, see our website www.allsaintsorthodox.org

Today: Orthros & Divine Liturgy, beginning 8:30am, followed by coffee hour (L-P) and church school.

Tuesday, April 2: Lenten Orthros, 9am

Wednesday, April 3:

- Lenten 1st & 3rd hour prayers, 9am
- Homeschool classes, 10am-4pm
- Fr. Pat's talk on the Psalms, 6pm
- Liturgy of the Presanctified Gifts, 7pm, followed by potluck meal.

Thursday, April 4:

- Lenten Orthros, 9am
- Touchstone magazine lecture: "*Avatars of the Devil: Visions of Good & Evil in Russian Literature*," by Gary Saul Morson, at the Athenaeum Center in Chicago. Reception opens at 6pm; talk at 7pm. Register online at athenaeumcenter.org. Registration is free but an offering will be taken.

Friday, April 5:

- Lenten Orthros, 9am
- Akathist to the Theotokos at St. George in Cicero, 7pm

Saturday, April 6:

- Akathist Hymn to the Theotokos, 9am
- Ladies' Lenten retreat, 9am-4pm (see flier for details)
- Romans Bible Bowl study, 5-7pm
- Vespers, 7pm

Next Sunday, April 7: Sunday of the Holy Cross

- Orthros, cross procession, & Divine Liturgy, beginning at 8:45, followed by coffee hour (R-Z) and church school.
- Choir practice, 1-3pm

CHURCH SCHOOL DAY OF SERVICE: On April 7, all of our church school children will participate in a service project during their regular class time. Melissa is collecting individually wrapped toothbrushes, travel toothpaste, travel shampoos and full sized men's deodorants to make shower kits for the homeless. Donate what you can; **deadline is Sunday, March 31.** Please see Melissa W. with any questions.

WOMEN'S LENT BOOK DISCUSSION: Join us as Sandy A. and Athena L. lead our discussion through *Homilies during Great Lent*, by St. Nektarios Kefalas. Books will be/are available at the book table. Meetings dates are Saturdays March 30, April 13, and April 20 at 5pm. Please bring a fasting dish to share for our potluck meal. Please see Sh. Kim with questions.

PARISH LIFE CONFERENCE 2024: As you are likely aware, All Saints Church will be co-hosting our diocese Parish Life Conference this summer, along with Holy Transfiguration in Warrentville. Mark your calendars: the dates are **Wednesday, June 26 through Saturday, June 29.** We will be in need of volunteers, particularly folks to help staff the registration table Wednesday through Friday, and volunteers for the kids' club events – curriculum planning and teaching.



METROPOLITAN SABA ON GREAT LENT

The joyful Lent is here again. Let us approach it with joy and eagerness. This season nourishes us spiritually, purifying us to rise to the level of life worthy of human beings created in the image and likeness of God.

The idea of liberating ourselves from the ties that bind and enslave us to earthly things, which prevent us from realizing our full humanity and purpose of our existence, is crucial to our understanding of Lent. If we focus on minimizing the quantity and quality of food, it is precisely because this helps free us from a fundamental passion that grips human nature, namely gluttony.

Those who fast according to the rules of the Church experience how much lighter their bodies become as they approach Pascha. This lightness leads believers to more personal and communal prayer, to spreading the spirit of asceticism to many aspects of their daily lives, and to maximizing opportunities to perform acts of love in a variety of forms and ways, according to the ability of each believer.

Volunteer Schedule

Date	Reader	Prospora	Greeter	Coffee	Food
Sun, March 31	Michelle C	Sandy A	James B	Domtille	L-P
<u>Wed, April 3</u> <i>Presanctified</i>		Dn Walid	Azizeh	n/a	<i>Potluck</i>
Sun, April 7	Sdn Joseph	Debbie K	John O	Lydia A	R-Z
<u>Wed, April 10</u> <i>Presanctified</i>		Dn Walid	Nancy L	n/a	<i>Potluck</i>
Sun, April 14	Jim K	Pat K	JoAnne T	Zach C	A-F
<u>Wed, April 17</u> <i>Presanctified</i>		Dn Walid	James B	n/a	<i>Potluck</i>
Sun, April 21	Paul K	Domitille	John O	Alina S	G-K
<u>Wed, April 24</u> <i>Presanctified</i>		Dn Walid	Nancy L	n/a	<i>Potluck</i>
<u>Sat, April 27</u> <i>Lazarus Sat.</i>	Joseph L	Sarah S	JoAnne T	n/a	n/a
Sun, April 28 <i>Palm Sunday</i>	Rich C	Cristina P	James B	Domitille	L-P
Thurs, May 2 <i>Holy Thursday</i>	Doug J	Pat K	<i>Volunteer</i>	<i>Volunteer</i>	<i>Potluck</i>
Sat, May 4 <i>Holy Saturday</i>	Michelle C	Sandy A	Azizeh	Zach C	<i>Potluck</i>
Sun, May 5 <i>Pascha</i>	Sd Joseph	Debbie K	Nancy L	n/a	<i>Baskets</i>

For Sunday coffee hour, the church has been divided into four parts alphabetically (A-F, G-K, L-P, and R-Z). On your assigned week, please bring something simple to share with everyone for coffee hour.

Shaded dates indicate fasting – no meat, dairy, or eggs should be served on these days.

*If you have children, please monitor them as they go through the coffee hour line, and help them clean up after themselves. **Weekly clean-up will be the responsibility of those providing coffee hour.** And of course, things go faster when we all pitch in and help!*

A NOTE ON CHURCH GIVING: As we enter the season of Lent, our thoughts often turn to fasting and charitable giving. We are fortunate to have many opportunities for Lenten almsgiving presented to us at All Saints. Please see our treasurer Alice I. if you have any questions!

- Increase our general tithe to All Saints. It is the responsibility to all church members to support the work and upkeep of the church on a regular basis.
- Donate to our Pastoral Discretionary Fund.

(Reminder: any money donated to the Pastoral Discretionary Fund is given to the Church to allocate as Fr. Andrew sees fit to best serve the needs of our parish community. Suggested recipients are always welcomed, but the final decision is at the pastor's discretion. As discussed at convocation, if you wish to donate to a specific person, please consider a personal or anonymous direct approach. Sending money via the pastoral discretionary fund as a method of person-church-person giving is not allowed under IRS rules. Doing so could place the church's tax-free status at risk, which could potentially impact the congregation's ability to claim their tithes against their tax returns.)

- Donate to a specific fund:

Food for Hungry People: This is an Antiochian Archdiocese initiative we support every Lent. Collect funds in the boxes or write "Food for Hungry People" on a check memo line.

Widowed Clergy-Wives Endowment Fund: This is also an Archdiocese initiative, through the Antiochian Womens organization. If you wish to donate, write "Widowed clergy" on the memo line.

Patriarch's Tray: Our thrice-annual responsibility to the Patriarchate of Antioch. Write "Patriarch" in memo line.

*Your Lord is a God of mercy and bountifulness: be a source of mercy and bountifulness to your neighbors. If you will be such, you will find salvation yourself with everlasting glory."
(St. John of Kronstadt)*



DAILY BIBLE READINGS

MARCH 31-APRIL 6, 2024

ADAPTED FROM THE
LECTIONARY OF THE ANTIOCHIAN ARCHDIOCESE

Sunday, March 31: St. Gregory Palamas

John 21:1-14 / Hebrews 1:10-2:3 / Mark 2:1-12

Monday, April 1: Mary of Egypt

Isaiah 8:13-9:7 / Genesis 6:9-22 / Proverbs 8:1-21
Hebrews 7:1-10 / Mark 4:35-41

Tuesday, April 2: Titus the Wonder-worker

Isaiah 9:9-10:4 / Genesis 7:1-15 / Proverbs 8:32-9:11
Hebrews 7:11-22 / Mark 5:1-20

Wednesday, April 3: Joseph the Hymnographer

Isaiah 10:12-20 / Genesis 7:6-9 / Proverbs 9:12-18
Hebrews 7:23-28 / Mark 5:21-43

Thursday, April 4: George the Righteous of Maleon

Isaiah 11:10-12:2 / Genesis 7:11-8:3 / Proverbs 10:1-22
Hebrews 8:1-6 / Mark 6:1-13

Friday, April 5: Theodora the Righteous of Thessaloniki

Isaiah 13:1-13 / Genesis 8:4-21 / Proverbs 10:31-11:12
Hebrews 8:7-13 / Mark 6:14-29

Saturday, April 6: Eutychius, Patriarch of Constantinople

Hebrews 10:32-38 / Mark 2:13-17

ALL SAINTS IS A PARISH OF THE ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
HIS EMINENCE METROPOLITAN SABA, ARCHBISHOP OF N. AMERICA
HIS GRACE BISHOP ANTHONY, DIOCESE OF TOLEDO AND THE MIDWEST
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