



ALL SAINTS ANTIOCHIAN ORTHODOX CHURCH

Antiochian Orthodox Archdiocese of North America
4129 W. Newport Ave., Chicago, IL 60641
www.allsaintsorthodox.org

Sunday, March 8, 2026

Second Sunday of Lent • St. Gregory Palamas



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Apolytikion for the Resurrection (Tone 6): When Mary stood at Thy grave looking for Thy sacred body, angelic powers shone above Thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou who art risen from the dead. O Lord, glory to Thee!

Apolytikion 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.

Apolytikion 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.

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!

EPISTLE READING

Prokeimenon – Psalm 11:7, 1

Do Thou, O Lord, protect us; guard us ever from this generation. Save, Lord; for there is no longer any that is godly.

The reading from the Epistle to the Hebrews (1:10-2:4)

Thou, O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the work of Thy hands. They will perish, but Thou remainest. They will all grow old like a garment, and like a cloak Thou wilt fold them up, and they will be changed. But Thou art the same, and Thy years will not fail.

But to which of the angels has He ever said: “Sit at my right hand, till I make thine enemies thy footstool”? Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just retribution, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him, God also bearing witness both with signs and wonders, with various miracles, and gifts of the Holy Spirit, according to His own will?

GOSPEL READING

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!”

The Orthodox Liturgy: Its Theology and Spirituality (Part II)

His Eminence Metropolitan Saba

Because salvation was accomplished through Christ's incarnation and His saving acts, the Liturgy distributes across the year all the events of His work for us—from the Annunciation to the Theotokos, to the descent of the Holy Spirit at Pentecost. Thus the feasts unfold: Annunciation, Nativity, Circumcision, Baptism, Entrance into the Temple, Transfiguration, Crucifixion and Resurrection, Ascension, and Pentecost. The Church does not forget the events related to the Mother of God—her Nativity, Entrance into the Temple, and Dormition. This liturgical rhythm lifts Christians out of the routine of daily life and reorients them toward their essential goal: salvation. Moving from feast to feast, they live in constant anticipation of the Kingdom, until they arrive at the Feast of Feasts and Season of Seasons—Holy Pascha.

At every feast, in Vespers, Orthros, and the Divine Liturgy, we read and chant the meaning of the feast—its theology, its narrative, and the scriptural passages related to it from both Old and New Testaments. All of this unfolds through chanting, processions, the elevation and veneration of the icon of the feast, the breaking of blessed bread, and ultimately participation in the Cup of Christ's Body and Blood. In this way, the faithful do not merely remember the event; they live it. They participate in it and allow it to become active in their personal lives and in the life of their community. The Liturgy becomes synergy—a shared work, a continual cooperation between Christ and us. We live within a rhythm that holds two measures: the measure of our awakened faith, and the measure of the event of faith itself.

For this reason, liturgical texts insist that what happened did not simply happen in the past—it happens today, because we live it "here and now." We ceaselessly chant: "Today He is hung upon the Tree..." and "Today is the day of Resurrection..." and "Today He is born of the Virgin..."

Read the entire article at www.antiochian.org

Announcements and Upcoming Events

For a full calendar of events and services, visit www.allsaintsorthodox.org

Today: St. Gregory Palamas

- Orthros & Divine Liturgy, beginning 8:30am
- Coffee hour provided by last names L-P
- Church school for all ages; adult class led by Joseph Letendre

Tuesday, March 10:

- Lenten Orthros, 9am
- Parish council meeting, 7:30pm (online)

Wednesday, March 11:

- Homeschool classes, 10am-3pm
- Presanctified Liturgy, 7pm, followed by potluck meal

Thursday, March 12: Lenten Orthros, 9am

Friday, March 13:

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

Saturday, March 14:

- All Saints Icon Academy, 9am-5pm
- Vespers, 5pm at St. Mary Orthodox Church in Palos Heights, with Bishop Anthony

Next Sunday, March 15: Veneration of the Holy Cross

- Orthros, Cross Procession, & Divine Liturgy, beginning 8:30am
- Coffee hour provided by last names R-Z
- Church school for all ages; adult class led by Fr. Pat

OTHER UPCOMING SERVICES AND EVENTS

Saturday, March 21: Akathist to the Theotokos and annual ladies' retreat, beginning 9am. Retreat speaker is Azizeh Constantinescu.

Tuesday, March 24: Divine Liturgy for the Annunciation, 7pm

Sunday, April 5: Palm Sunday

Sunday, April 12: Pascha Sunday

CHURCH GIVING: As we enter the season of Lent, our thoughts often turn to fasting and charitable giving. We are blessed to have many opportunities for Lenten almsgiving presented to us at All Saints:

- **Tithes and gifts for the general fund.** It is the responsibility to all church members to support the work and upkeep of the church on a regular basis.
- **Pastoral Discretionary Fund.** These donations are given to the church to allocate as Fr. Andrew sees fit to best serve the needs of our community. Suggested recipients are always welcomed, but the final decision is at the pastor's discretion.
- **Other charitable giving.** Donate to our local Lenten food drive or the archdiocese's "Food for Hungry People" program.

LENTEN FOOD DRIVE: Please bring your donations of non-perishable foods, which will be once again donated to individuals served by Northside Housing in their drop-in center and men's shelter. They mainly need items that don't need to be cooked: heat and serve containers, or cans with pop-tops. Please place your donations in the back of the church on or near the table. **The deadline is Sunday, April 5.** Monetary donations are also accepted; please write **"Food Drive"** on the memo line. If you have any questions, please call or email Sandy Abraham. God blesses those who remember the poor!

FOOD FOR HUNGRY PEOPLE: Once again, let us be generous with the Antiochian Archdiocese's annual Lenten charity to help the poor and hungry around the world. Please take a coin box (at the greeters' table), and use it throughout Lent. Turn them in at Pascha to be blessed, and replace any coins with a **check made out to All Saints Church marked "For the Poor" in the memo line**, or submit paper money and designate it for the poor. If you have any questions, contact Pat K.

ARCHDIOCESE CAMP SCHOLARSHIPS. Registration is open for our Antiochian Archdiocese camps, for children and teens ages 9-18. We have some scholarship funds designated to our parish from the Order of St. Ignatius; please see Fr. Andrew before the end of March if your child is interested in attending camp at Antiochian Village or Camp St. George in Iowa.

Volunteer Schedule

Date	Reader	Prospora	Greeter	Coffee	Food
Sun 3/8* <i>Palamas</i>	Rich C	Debbie K	Nancy L	Domitille	L-P
Wed 3/11* <i>Presanctified</i>	N/A	Pat K	Tobey L	N/A	Potluck
Sun 3/15* <i>Holy Cross</i>	Michelle C	Domitille	John O	<i>volunteer</i>	R-Z
Wed 3/18* <i>Presanctified</i>	N/A	Pat K	Domitille	N/A	Potluck
Sun 3/22* <i>Climacus</i>	Sd Joseph	Cristina P	JoAnne T	Zach C	A-F
Tues 3/24* <i>Annunciation</i>	Jim K	Dn Walid	Azizeh C	N/A	Potluck
Sun 3/29* <i>Mary of Egypt</i>	Paul K	Sandy A	Richard B	Lydia A	G-K
Wed 4/1* <i>Presanct.</i>	N/A	Dn Walid	Nancy L	N/A	Potluck

For Sunday coffee hour, the last names of our church members have 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.

If you have children, monitor them as they go through the coffee hour line, and make sure they don't take more than they can eat. Please also help your children clean up after themselves.

Weekly clean-up will be the responsibility of those providing coffee hour, but of course, things go faster when we all pitch in and help!

****Shaded dates indicate fasting. No meat, eggs, or dairy should be served.***

**"STRETCH FORTH YOUR HAND TO THE POOR, SO THAT
YOUR BLESSING MAY BE COMPLETE."**

(WISDOM OF SIRACH 7:32)



DAILY BIBLE READINGS

MARCH 8-14, 2026

The readings for Lent, with a few exceptions, take us through the books of Genesis, Proverbs, Isaiah, Hebrews, and St. Mark's Gospel.

Sunday, March 8: St. Gregory Palamas

Luke 24:36-53 / Hebrews 1:10-2:4 / Mark 2:1-12

Monday, March 9: The Forty Holy Martyrs of Sebaste

Isaiah 8:9-9:1 / Hebrews 7:1-10 / Mark 4:35-41

Genesis 6:9-22 / Proverbs 8:1-21

Tuesday, March 10: Martyr Quadratus & his companions

Isaiah 9:2-7 / Hebrews 7:11-22 / Mark 5:1-20

Genesis 7:1-10 / Proverbs 8:32-9:11

Wednesday, March 11: Sophronius, Patriarch of Jerusalem

Isaiah 10:12-23 / Hebrews 7:23-28 / Mark 5:21-43

Genesis 7:11-16 / Proverbs 9:12-18

Thursday, March 12: Gregory the Great, Bishop of Rome

Isaiah 11:1-9 / Hebrews 8:1-6 / Mark 6:1-13

Genesis 7:17-8:5 / Proverbs 10:1-22

Friday, March 13: Nicephorus, Patriarch of Constantinople

Isaiah 11:10-12:6 / Hebrews 8:7-13 / Mark 6:14-29

Genesis 8:6-22 / Proverbs 10:31-11:12

Saturday, March 14: Benedict the Righteous of Nursia

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

**ALL SAINTS IS A PARISH OF THE ANTIOCHIAN ORTHODOX
CHRISTIAN ARCHDIOCESE**

WWW.ANTIOCHIAN.ORG

**HIS EMINENCE METROPOLITAN SABA, ARCHBISHOP OF NORTH AMERICA
ARCHIMANDRITE JEREMY DAVIS, VICAR FOR THE DIOCESE OF TOLEDO &
THE MIDWEST**