



The Messenger

Sunday, March 31, 2024
Κυριακή, 31 Μάρτιος

Sunday of St. Gregory Palamas
Κυριακή Β' Νηστειών Γρηγορίου
Αρχιεπ. Θεσσαλονίκης

Weekly Worship Guide

The Greek Orthodox Cathedral of the Annunciation • Atlanta, GA

The Holy Hieromartyr Hypatius, Bishop of Gangra, Theophilus the Martyr and those with him
Innocent, Enlightener of Siberia & Alaska, Akakios the Confessor

Sights & Sounds: A Vision of Our Faith

Sunday School class displays are in
Carlos Hall.

Today's Memorials

Service can be found on p. 127 of the Divine Liturgy Book
40 Day Memorial for Nick Vasilakis
8 Year Memorial for Mihalis Chatiras

St. Gregory Palamas



St. Gregory Palamas was from Asia Minor but was raised in the royal court of Constantinople. He received a fine religious and secular education through his youth, but forfeited his studies and status to struggle as a monk on Mount Athos. St. Gregory left Mt. Athos after some time for Thessaloniki to address a debilitating illness caused by his harsh asceticism and difficult living conditions. St. Gregory was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam. Barlaam and Acindynus claimed that the grace of God is created, a heresy creating an impediment in one's relationship with God. St. Gregory contended courageously for the true dogmas of the Church of Christ at both councils, teaching that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation, concluding that it would be impossible for man to have genuine communion with the uncreated God if grace were created. He was appointed Metropolitan of Thessalonica in 1347 and shepherded his people for twelve years, writing many theological books and treatises while in office. St. Gregory died in 1359 at age sixty-three. His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. St. Gregory is celebrated today because the Church remembers him as a great defender of the orthodox dogmas. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

Order of Hymns Following The Small Entrance

Αναστάσιμον Απολυτίκιον. Ἦχος β'.

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ ζωὴ ἢ ἀθάνατος, τότε τὸν ἄδην ἐνέκρωσας, τῇ ἀστραπῇ τῆς θεότητος· ὅτε δὲ καὶ τοὺς τεθνεώτας, ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν δόξα σοι.

Απολυτίκιον τοῦ Ἱεράρχου. Ἦχος πλ. δ'.

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρομαχος ἀπροσμάχητος· Γρηγόριε θαυματοργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Απολυτίκιον τοῦ Ναοῦ. Ἦχος δ'.

Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἀπ' αἰῶνος Μυστηρίου ἡ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν· Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Κοντάκιον τῶν Κεκοιμημένων. Ἦχος πλ. δ'.

Μνήσθητι, Κύριε, ὡς ἀγαθὸς τῶν δούλων σου καὶ ὅσα ἐν βίῳ ἡμαρτον συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ σὺ ὁ δυνάμενος καὶ τοῖς μεταστάσι δοῦναι τὴν ἀνάπαυσιν.

Κοντάκιον. Ἦχος πλ. δ'.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Resurrectional Apolytikion. Mode 2.

When you descended into death, Life immortal, you vanquished the power of hades by your resplendent divinity, and when you raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, glory to you.

Apolytikion of the Hierarch. Mode pl. 4.

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Apolytikion of the Church. Mode 4.

Today is the beginning of our salvation, and the revelation of the mystery which was hidden from eternity. The Son of God becomes the Virgin's Son, and Gabriel announces the grace of this Good News. Let us also join with him, calling to the Theotokos: Rejoice, O Woman full of grace; the Lord is with you.

Kontakion for the Departed. Mode pl. 4.

Remember, O Lord, as You are good, Your servants, and forgive every sin they have committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

Kontakion. Mode pl. 4.

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Readings

Sunday of St. Gregory Palamas
Κυριακή Β' Νηστειών Γρηγορίου
Αρχιεπ. Θεσσαλονίκης

Epistle (St. Paul's Letter to the Hebrews 1:10-14;2:1-3)

Reader: Carlie Schneider

PROKEIMENON: The Lord is my strength and my song.

VERSE: The Lord has chastened me sorely.

In the Beginning, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel (Mark 2:1-12)

At that time, Jesus entered Capernaum and 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 him a paralytic carried by four men. And when they could not get near him 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, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question 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!"

DIVINE LITURGY CONTINUES ON PAGE 51 OF THE DIVINE LITURGY BOOK

Reminders for Receiving Holy Communion

Holy Communion is offered in the Orthodox Church only to those individuals baptized and/or chrismated (confirmed) in the Orthodox Faith. To participate in Holy Communion one must be in good standing with the Church spiritually (for example, married people must have had their marriage blessed in the Church; and, all must be without grave sin on their hearts). For all Orthodox Christians, the proper preparation for Holy Communion must be observed: that is, examination of conscience, confession, reading the prayers for Holy Communion, and the proper fasting. If you have any further questions about this, please speak with the clergy. Women should remove all lipstick when approaching for Holy Communion.

Thank you.

Support our Cathedral

Welcome, everyone!

We extend a warm welcome to our visitors worshipping with us today in our Cathedral. You are invited to join us for our fellowship, following the conclusion of the Divine Liturgy in Carlos Hall next to the Church. Thank you for your visit! Please stop by our hospitality table and sign the register in the Narthex.

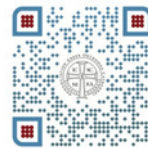
Ways to give:



Text "ATLGOC"
to 73256



See a member of
Parish Council



Scan this QR
Code

Or visit us at atlgoc.org to light candles and submit names for prayers, manage your online giving, make a quick donation, and more.

Thank you to our volunteers

Acolytes

Group 3

Ian Alexander
George Adams
William Adams
Grayden Fotopoulos
JW Godwin
George Laszlo
Alexander Moura
John Pribas
Benjamin Terry

Handmaidens

Group 3

Alexia Spetseris
Nora Fotopoulos
Phoebe Franklin
Remy Hughes
Anna Sophia Laszlo
Helen Laszlo
Sophia Moura
Mina Papadopoulos
Eleni Starks

Parish Council

St. Gregory the Theologian

Michael Hoon
George Karolis
Greg Koutrelakos
Johanna Karas
Michael Lambros
Christine Vallianatos

Contact us

2500 Clairmont Road NE
Atlanta, GA 30329

office@atlgoc.org
(404) 633-5870
Fax (404) 633-6018

Rev. Fr. Paul A. Kaplanis, Dean
Rev. Fr. Christos P. Mars, Protosphyter
Elizabeth Thomas, Pastoral Assistant

► Follow the Cathedral on
Facebook, Instagram and YouTube



Scan this QR
Code or visit us at
atlgoc.org