St. Sophia’s
Greek Orthodox Church
Syracuse, New York

Weekly Bulletin
Sunday, March 31, 2024
Sunday of St. Gregory Palamas
St. Paul's Letter to the Hebrews
1:10-14; 2:1-3

Prokeimenon. Mode 2
Psalm 117.14,18

The Lord is my strength and my song.
Verse: The Lord has chastened me sorely.

The reading is from
St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

Thou 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.
Πρὸς Ἑβραίους 1:10-14, 2:1-3

Προκείμενον. Ἡχος β'
ΨΑΛΜΟΙ 117.14,18

'/>ς μου καὶ ύμνησίς μου ὁ Κύριος.

Στίχ. Παιδεύων ἐπαίδευσέ με ὁ Κύριος.

Πρὸς Ἑβραίους 1:10-14, 2:1-3 τὸ ἀνάγνωσμα

Κατ’ ἄρχας, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ έργα τῶν χειρῶν σου εἰςιν ὁι οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὥς ἱμάτιον παλαιωθήσονται, καὶ ἦσεὶ περιβόλαιον ἐλίζεις αὐτοὺς, καὶ ἄλλαγήσονται· σὺ δὲ ὁ αὐτὸς εἰ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν.

Πρὸς τίνα δὲ τῶν ἀγγέλων εἴρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἐως ἀν θῶ τοὺς ἐχθροὺς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰςιν λειτουργικὰ πνεῦματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρυῶμεν. Εἰ γὰρ ὁ δι᾽ ἀγγέλων λαληθεῖς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἡτὶς, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.
The Gospel
According to 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!"
Ἐκ τοῦ Κατὰ Μᾶρκον 2:1-12
Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῶν καιρῶν ἡμερῶν καὶ ήκούσθη ὅτι εἰς οἶκον ἐστὶν καὶ εὐθέως συνήχθησαν πολλοὶ, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρός τὴν θύραν καὶ ἔλαλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἱρόμενον ὑπὸ τεσσάρων καὶ μὴ δυνάμενοι προσεγγίσαι αὐτὸν διὰ τὸν όχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἔξωρξαντες χαλῶσι τὸν κράβαττόν, ἐρῴ ὡς ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνο, ἀφέωνται σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τῖνες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογίζομενοι ἐν ταῖς καρδίαις αὐτῶν· τί ὅτι οὕτως λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἰς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὃτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνται σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρας τὸν κράβαττόν σου καὶ περιπάτει; ἢνα δὲ εἰδήτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοι λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπαγε εἰς τὸν οἶκόν σου. καὶ ἡγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἑξῆλθεν ἐναντίον πάντων, ὡστε ἐξισταθήσαται πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἰδομεν.
Resurrection Apolytikion in the Second Tone

When You descended to the realm of death, You as life immortal rendered to Hades a mortal blow by Your all-radiant divinity. And when You from internal depths and the darkness below did raise the dead, all the hosts of heaven's powers did proclaim and cry out: O life-giving Christ and our God, we give glory!

Ὅτε κατῆλθες πρὸς τὸν θάνατον, ἡ ζωὴ ἡ ἀθάνατος, τότε τὸν ᾃδὸν ἐνέκρωσας, τῇ ἀστραπῇ τῆς θεότητος· ὅτε δὲ καὶ τοὺς τεθνεῶτας, ἐκ τῶν καταχθονίων ἀνέστησας, πάσαι αἱ δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν δὸξα σοι.

Apolytikion for St. Gregory Palamas

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.

Ὀρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἱκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Apolytikion for the Church in the Plagal First Mode

Like a most fruitful olive tree you did blossom forth in the folds of the Lord, Sophia, martyr most pious! And to Christ you did bring sweetest fruit: the tender sprouts of your womb, through divine martyrdom, Agape, along with Hope and Faith. The God-minded with whom do you pray to God for all of us.

Kontakion for the Theotokos during Lent

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.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλ’ ὑς ἡγοῦσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοῖων με κινδύνων ἐλευθέρωσον, Ἐνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.
Telling the Story consists of short fiction inspired by the Sunday Gospel readings. Using the settings of the gospel stories at will as contemporary and historical settings to bring a fresh and unexpected look at the biblical text.

https://www.ancientfaith.com/podcasts/tellingthestory
JOIN US TODAY FOR COFFEE HOUR

COFFEE HOUR TODAY
Sponsored by AHEPA
In Honor Of
Lawrence (Larry) Tavlarides

A special thank you to the following members of our community who have volunteered to donate their time today to serve coffee:

Debora Politis & Sophia Wales
Church Services & Events for Today & the Upcoming Week

Today ~ Sunday of St. Gregory Palamas
8:45 am Orthros
10:00 am Divine Liturgy
6:00 pm Lenten Vespers at St. Elias

Tuesday—April 2, 2024
10:00 am Bible Study

Wednesday—April 3, 2024
6:00 pm Presanctified Liturgy

Thursday—April 4, 2024
6:00 pm Choir Rehearsal

Friday—April 5, 2024
9:00 pm Presanctified Liturgy
6:00 pm Third Akathist Hymn
7:00 pm Bible Study

Saturday ~ April 6, 2024
9:00 am Pita Dough Making & Pita Making Class
5:00 pm Great Vespers

2024 Greek Festival

CALLING ALL PITA DOUGH MAKERS !!!!!!
WE NEED YOUR HELP!!!!!!

Pita Dough will be made on Saturday—April 6 at 9:00 AM
All are Welcome! Bring your apron, pita stick & hat to wear!
Following the dough making session, instruction will be offered for making a complete Pita… This is a perfect opportunity to learn to make PITA Dough & to learn to make PITA

See you then!
Please Join Us!

2024 PAN-ORTHODOX LENTEN VESPERS

Schedule of Services ~ 6:00 pm on Sundays followed by a Fasting Meal

March 31, 2024
Sunday of St. Gregory Palamas
St. Elias Antiochian Orthodox Church
4988 Onondaga Road ~ Syracuse, NY 13215

April 7, 2024
Sunday of the Holy Cross
Sts. Peter & Paul Orthodox Church
401 Hamilton Street ~ Syracuse, NY 13204

April 14, 2024
Sunday of St. John Climacus
St. Luke’s Ukrainian Orthodox Church
3290 Warners Road ~ Warners, NY 13164

April 21, 2024
Sunday of St. Mary of Egypt
St. George Macedonian Orthodox Church
5083 Onondaga Road ~ Syracuse, NY 13215
Advance sale tickets are only $5 per person (kids under 10 years of age free).

https://www.internationaltastefestival.com/

Advance sale tickets are available online: 2/1/2024 - 4/5/2024 only.
Same day tickets are $10 per person (kids under 10 years of age free).
Same day tickets are available 4/6/2024: online & at door

One ticket per person is required.

The 3rd Annual International Taste Festival will be held April 6, 2024 from 11am-9pm at the New York State Fairgrounds ~ Center of Progress Building!

With a focus on the tastes and traditions of many different countries and cultures, we invite you to attend with family and friends.
Enjoy foods from our diverse Regions:

● Foods of the Americas
● Asian Creations
● Middle Eastern Cuisine
● Pan African Treats
● Tastes of Europe

Don't forget: family fun, local diverse entertainment, and food vendors will offer $2 sample items along with full priced items!

*Enter Gate 6 and follow signs to the International Taste Festival Event. Parking is FREE!
Mark Your Calendars

General Assembly Meeting

Sunday—April 14, 2024