St Sophia’s
Greek Orthodox Church
Syracuse, New York

Weekly Bulletin
Sunday, March 12, 2023
Sunday of St. Gregory Palamas

Metropolis of Detroit
Sunday of St. Gregory Palamas
St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

Psalm 27.9,1

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

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

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.
Πρὸς Ἑβραίους
1:10-14, 2:1-3

Προκείμενον. Ἡχος πλ. β'.
ΨΑΛΜΟΙ 27.9,1

Σῶσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. Πρὸς σὲ, Κύριε, κεκράξομαι ὁ Θεός μου.

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

Κατʼ ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσίν οἱ οὐρανοί· αὐτοί ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἰμάτιον παλαιωθῆσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτοῦς, καὶ ἀλλαγήσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἰρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἑρθοὺς σου ὑποπόδιον τῶν ποδῶν σου; Ὦχι πάντες εἰσίν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; διὰ τοῦτο δὲ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρυῶμεν. Εἰ γὰρ ὁ δι’ ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἐλαβεν ἐνδίκου μισθαποδοσίαν, τῶς ἠμᾶς ἐκφευξόμεθα τηλικωτής ἀμελήσαντες σωτηρίας; Ἡτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.
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 Ανάγνωσμα

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοῦμ δι’ ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἦστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσαι αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἔφ’ ὃ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δέ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὗτοι διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἔστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτεις; ἢν δὲ εἰδήτε ὅτι ἐξουσίαν ἔχει ὁ νῦς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπαγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη ὁ παραλυτικός, καὶ ἦσαν δὲ τὸν κράβαττὸν ἐξήλθεν ἐναντίον πάντων, ὥστε ἐξισταθεὶ πάντας καὶ ἔγειρεν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἰδομεν.
Church Services & Events for Today & the Upcoming Week

Today ~ Sunday of St. Gregory Palamas
8:45 am Orthros
10:00 am Divine Liturgy

Philoptochos Meeting
Oratorical Festival
6:00 pm Lenten Vespers
St. Elias Antiochian Church

Monday—March 13, 2023
5:30 pm Jesus Prayer Group

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Father David
Out of Town
Tuesday, March 14
through
Monday, March 20
Sunday—March 12, 2023

Trisagions
Andreas Armatas (6 Years)
Helen Armatas (7 Years)

MAY THEIR MEMORY BE ETERNAL
JOIN US TODAY
FOR COFFEE HOUR

Members Volunteering To Serve Coffee Hour

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

Roda Giaprakis & Artemis Gilbert
Please Join Us!
2023 PAN-ORTHODOX LENTEN VESPERS

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

TODAY—March 12, 2023
Sunday of St. Gregory Palamas
St. Elias Antiochian Orthodox Church
4988 Onondaga Road ~ Syracuse, NY 13215

March 19, 2023
Sunday of the Holy Cross
Sts. Peter & Paul Orthodox Church
401 Hamilton Street ~ Syracuse, NY 13204

March 26, 2023
Sunday of St. John Climacus
St. Luke’s Ukrainian Orthodox Church
3290 Warners Road ~ Warners, NY 13164

April 2, 2023
Sunday of St. Mary of Egypt
St. George Macedonian Orthodox Church
5083 Onondaga Road ~ Syracuse, NY 13215
DANCE PRACTICE

Dance Practice began on Sunday, February 5th after church. Please reach out to the appropriate dance instructor with questions:

Elementary Group - grades 2-5
Clemente Vigliotti 315-558-7965 ~ Stavros Vigliotti 315-558-8258

Middle School Group - grades 6-8
Penny Meskos 315-559-9632 ~ Dafni Kiritsis 315-395-0331
Tina Intze 315-569-2405

High School Group - grades 9-12
Athena Tzetzis 315-447-0787 ~ Paulie Gasparis 219-588-2439

MARK YOUR CALENDARS

2023 GREEK FESTIVAL

Thursday, June 8th
Friday, June 9th
Saturday, June 10th
Sunday, June 11th
The Prayer of St. Ephraim the Syrian

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But grant rather the spirit of chastity, humility, patience, and love to your servant.

Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed are You unto ages of ages, Amen.