



SUNDAY BULLETIN

Saint George Greek Orthodox Church
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www.saintgeorgegoc.com

Sunday of St. Gregory Palamas

March 31, 2024



Today we celebrate the Sunday of St. Gregory Palamas, The Holy Hieromartyr Hypatius, Bishop of Gangra, Theophilus the Martyr and those with him, Innocent, Enlightener of Siberia & Alaska



Welcome to St. George Greek Orthodox Church

READINGS OF THE DAY

The Matins Gospel According to John 21:1-14

Τῷ καιρῷ ἐκείνῳ, ἐφάνερωσεν ἑαυτὸν ὁ Ἰησοῦς τοῖς μαθηταῖς αὐτοῦ, ἐγερθεὶς ἐκ νεκρῶν, ἐπὶ τῆς θαλάσσης τῆς Τιβεριάδος, ἐφάνερωσε δὲ οὕτως· Ἦσαν ὁμοῦ Σίμων Πέτρος, καὶ Θωμᾶς ὁ λεγόμενος Δίδυμος, καὶ Ναθαναὴλ ὁ ἀπὸ Κανᾶ τῆς Γαλιλαίας, καὶ οἱ τοῦ Ζεβεδαίου, καὶ ἄλλοι ἐκ τῶν μαθητῶν αὐτοῦ δύο. Λέγει αὐτοῖς Σίμων Πέτρος· Ὑπάγω ἀλιεῦν. Λέγουσιν αὐτῷ· Ἐρχόμεθα καὶ ἡμεῖς σὺν σοί. Ἐξῆλθον καὶ ἀνέβησαν εἰς τὸ πλοῖον εὐθύς, καὶ ἐν ἐκείνῃ τῇ νυκτὶ ἐπίασαν οὐδέν. Πρωΐας δὲ ἤδη γενομένης ἔσθη ὁ Ἰησοῦς εἰς τὸν αἰγιαλόν· οὐ μέντοι ᾔδεισαν οἱ μαθηταὶ ὅτι Ἰησοῦς ἐστί. Λέγει οὖν αὐτοῖς ὁ Ἰησοῦς· Παιδιά, μή τι προσφάγιον ἔχετε; ἀπεκρίθησαν αὐτῷ· Οὐ· ὁ δὲ εἶπεν αὐτοῖς· Βάλετε εἰς τὰ δεξιὰ μέρη τοῦ πλοίου τὸ δίκτυον, καὶ εὐρήσετε. Ἔβαλον οὖν, καὶ οὐκέτι αὐτὸ ἐλκύσαι ἴσχυσαν ἀπὸ τοῦ πλήθους τῶν ἰχθύων. Λέγει οὖν ὁ μαθητὴς ἐκεῖνος ὃν ἠγάπα ὁ Ἰησοῦς τῷ Πέτρῳ· Ὁ Κύριός ἐστι. Σίμων οὖν Πέτρος, ἀκούσας ὅτι ὁ Κύριός ἐστι, τὸν ἐπενδύτην διεζώσατο - ἦν γὰρ γυμνός -, καὶ ἔβαλεν ἑαυτὸν εἰς τὴν θάλασσαν, οἱ δὲ ἄλλοι μαθηταὶ τῷ πλοιαρίῳ ἦλθον - οὐ γὰρ ἦσαν μακρὰν ἀπὸ τῆς γῆς, ἀλλ' ὡς ἀπὸ πηχῶν διακοσίων -, σύροντες τὸ δίκτυον τῶν ἰχθύων. Ὡς οὖν ἀπέβησαν εἰς τὴν γῆν, βλέπουσιν ἀνθρακίαν κειμένην καὶ ὀψάριον ἐπικείμενον, καὶ ἄρτον. Λέγει αὐτοῖς ὁ Ἰησοῦς· Ἐνέγκατε ἀπὸ τῶν ὀψαρίων ὧν ἐπίασατε νῦν. Ἀνέβη οὖν Σίμων Πέτρος, καὶ εἶλκυσε τὸ δίκτυον ἐπὶ τῆς γῆς, μεστὸν ἰχθύων μεγάλων ἑκατὸν πεντηκοντατριῶν, καὶ τοσοῦτων ὄντων, οὐκ ἐσχίσθη τὸ δίκτυον. Λέγει αὐτοῖς ὁ Ἰησοῦς· Δεῦτε ἀριστήσατε. Οὐδεὶς δὲ ἐτόλμα τῶν μαθητῶν ἐξετάσαι αὐτόν. Σὺ τίς εἶ; εἰδότες ὅτι ὁ Κύριός ἐστιν. Ἐρχεται οὖν ὁ Ἰησοῦς, καὶ λαμβάνει τὸν ἄρτον, καὶ δίδωσιν αὐτοῖς, καὶ τὸ ὀψάριον ὁμοίως. Τοῦτο ἤδη τρίτον ἐφανερώθη ὁ Ἰησοῦς τοῖς μαθηταῖς αὐτοῦ, ἐγερθεὶς ἐκ νεκρῶν.

At that time, Jesus revealed Himself again to the disciples by the Sea of Tiberias; and He revealed Himself in this way. Simon Peter, Thomas, called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of His disciples were together. Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat, but that night they caught nothing. Just as day was breaking, Jesus stood on the beach, yet the disciples did not know that it was Jesus. Jesus said to them, "Children, have you any fish?" They answered him, "No." He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, for the quantity of fish. That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. When they got out on land, they saw a charcoal fire there with fish lying on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask Him, "Who are you?" They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after He was raised from the dead.

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

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγήσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἰρήκην ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρυῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοῆ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

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 remains; 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.

The Gospel According to Mark 2:1-12



Welcome to St. George Greek Orthodox Church

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. 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 προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογιζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογιζέσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττον σου καὶ περιπάτει; ἴνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττον σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered, 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 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!"

HYMNS OF THE DAY

Ἀπολυτίκιον Ἀναστάσιμον

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

Τοῦ Ἱεράρχου

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

Apolytikion of St. George

Ὡς τῶν αἰχμαλώτων ἐλευθερωτῆς, καὶ τῶν πτωχῶν ὑπερασπιστῆς, ἀσθενούντων ἰατρός, βασιλέων ὑπέρμαχος, τροπαιοφόρε μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ θῆναι τὰς ψυχὰς ἡμῶν.

Kontakion

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

Resurrectional Apolytikion

When You descended unto Death, O Lord, you who are immortal Life put Hades to death, by the lightning of Your divinity. And when You raised the dead from the netherworld, all the hosts of heaven sang aloud to You, "O Christ God, Giver of life, glory to You!"

For the Heirarch

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 Wonderworker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Apolytikion of St. George

Liberator of captives, defender of the Poor, physician of the sick and champion of kings, O trophy-bearer, Great Martyr George, intercede with Christ God that our souls be saved.

Kontakion

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.



Welcome to St. George Greek Orthodox Church

Today in Church

We Commemorate the 40 Day Memorial for Penny Pagones and 6 month Memorial for Katina Kontakos.
May their memories be eternal

2024 PARISH COUNCIL: Brian Goodale, President; Dino Orfan, Vice President; Alexandra Casey, Treasurer; Balwant Kingra, Secretary; Maria Stamoulis; Asst. Treasurer; Lucy Brady, Arji Cakouros, Maria Dostis

USHERS

Sunday, March 31, 2024 Lucy Brady, Jan Gallas
Sunday, April 7, 2024 Norina McGowen, Phil McGowen

Service Schedule

March 31, 2024	8:30-11:30am Orthros & Divine Liturgy – Sunday of St. Gregory Palamas 5:00pm Lenten Vespers at St. George, Glens Falls
April 1, 2024	5:30pm Great Compline
April 3, 2024	6:30pm Presanctified Liturgy
April 4, 2024	4:00pm Small Vespers (Evening) 5:00pm Holy Confession
April 5, 2024	6:30pm 3 rd Salutations to the Virgin Mary
April 7, 2024	8:30am-11:30am Orthros & Divine Liturgy & Procession of the Holy Cross - Sunday of the Holy Cross 5:00pm Lenten Vespers – St. Nicholas, Pittsfield

Upcoming Events

Monday, April 1, 2024	6:30pm Dinner & Q & A with Father
Wednesday, April 3, 2024	4:30pm Online Youth Greek School via Zoom 5:00pm Online Adult Greek School via Zoom
Thursday, April 4, 2024	4:30pm Small Vespers (Evening Service) 5:00pm Confession
Saturday, April 6, 2024	9:00am District Clergy Laity – Holy Resurrection, Brookville, NY
Sunday, April 7, 2024	Greek School Independence Day Program following Divine Liturgy

*If you are a theologian, you will pray truly. And if you pray truly,
you are a theologian.*

St. Gregory Palamas



Great Lent Schedule 2024

Week 1

Sunday, March 17 – Cheesefare/ Forgiveness Sunday
*5:00 pm Lenten Vespers followed by dinner and OCMC event

Monday, March 18 - Clean Monday
*5:30 pm Great Compline
*6:30 pm Dinner and Q and A with Father

Wednesday, March 20
*6:30 pm Presanctified Liturgy

Thursday, March 21
*4:30 pm Small Vespers (Evening Service)
*5:00 pm Holy Confession

Friday, March 22
*6:30 pm 1st Salutations to the Virgin Mary
(Οι Χαιρετισμοί της Θεοτόκου)

Saturday, March 23 – 3rd Saturday of the souls
*8:30 am Orthros & 9:30 am Divine Liturgy & Memorial Service (Kolyva)

Sunday, March 24 - Sunday of Orthodoxy
*8:30 am Orthros & 9:30 am Divine Liturgy & Procession of the icons
*5:00 pm Lenten Vespers at St. Basil Watervliet
(Κατανυκτικός Εσπερινός)

Week 2

Monday, March 25 - Annunciation of the Theotokos
*8:30 am Orthros & 9:30 am Divine Liturgy
*5:30 pm Great Compline
*6:30 pm Bible Study: Topic: Orthros, Matins

Wednesday, March 27
*6:30 pm Presanctified Liturgy and dinner

Thursday, March 28
*4:30 pm Small Vespers (Evening Service)
*5:00 pm Holy Confession

Friday, March 29
*6:30 pm 2nd Salutations to the Virgin Mary
(Οι Χαιρετισμοί της Θεοτόκου)

Sunday, March 31 - Sunday of St. Gregory Palamas
*8:30 am Orthros & 9:30 am Divine Liturgy
*5:00 pm Lenten Vespers at St. George South Glens Falls (Κατανυκτικός Εσπερινός)

Week 3

Monday, April 1
*5:30 pm Great Compline
*6:30 pm Dinner and Q and A with Father

Thursday, April 4
*4:30 pm Small Vespers (Evening Service)
*5:00 pm Holy Confession

Friday, April 5
*6:30 pm 3rd Salutations to the Virgin Mary
(Οι Χαιρετισμοί της Θεοτόκου)

Saturday, April 6
*9:00 am District Clergy Laity in Holy Resurrection, Brookville, NY

Sunday, April 7 - Sunday of the Holy Cross
*8:30 am Orthros & 9:30 am Divine Liturgy & Procession of the Holy Cross
*5:00 pm Lenten Vespers at St Nicholas Pittsfield (Κατανυκτικός Εσπερινός)

Week 4

Monday, April 8
*5:30 pm Great Compline
*6:30 pm Bible Study: Topic: Orthros, Matins

Wednesday, April 10
*6:00 pm Presanctified Liturgy at Assumption in Windham, NY

Thursday, April 11
*5:00 pm Holy Confession

Friday, April 12 *6:30 pm 4th Salutations to the Virgin Mary- (Οι Χαιρετισμοί της Θεοτόκου)



Welcome to St. George Greek Orthodox Church

Sunday, April 14 - Sunday of St. John Climacus
*8:30 am Orthros & 9:30am Divine Liturgy
*5:00 pm Vespers at St. George Albany
Greek Independence Day Parade

Week 5

Monday, April 15
*5:30 pm Great Compline
*6:30 pm Dinner and Q and A with Father

Wednesday, April 17
*6:30 pm Presanctified Liturgy at Kimisis
Poughkeepsie, NY

Thursday, April 18
*4:00 pm Canon of St. Andrew
(Evening Service)
*5:00 pm Holy Confession

Friday, April 19
*6:30 pm Akathist Hymn

Saturday, April 20
*1:30 pm Pan- Orthodox Lenten Youth Retreat
Saint Basil Greek Orthodox Church- Troy, NY

Sunday, April 21 - Sunday of St. Mary of Egypt
*8:30 am Orthros & 9:30am Divine Liturgy
*5:00 pm Vespers at Christ the Savior Ballston
Lake

Week 6

Monday, April 22
*5:30 pm Great Compline
*6:30 pm Bible Study: Topic: Orthros, Matins

Wednesday, April 24
*6:30 pm Presanctified Liturgy

Thursday, April 25
*4:30 pm Small Vespers (Evening Service)
*5:00 pm Holy Confession

Friday, April 26
*5:00 pm Palm Making and Youth Retreat –
Altar boys and Myrophores

Saturday, April 27 - Saturday of Lazarus
*8:30 am Orthros & 9:30 am Divine Liturgy

Sunday, April 28 – Palm Sunday
*8:30 am Orthros & 9:30 am Divine Liturgy
Fish Luncheon
*6:30 pm Bridegroom Service

Lenten Prayers and Hymns

Good Father, I made myself distant from You; do not forsake me, nor show me to be useless in Your kingdom. The vile enemy has denuded me; he has taken my wealth. The gifts of my soul I have squandered with abandon. So, having arisen, once again I return to You and cry, "Treat me as one of Your hirelings." For me You stretched out Your pure hands upon the cross to snatch me from the fearsome beast, and to vest me with that former dignified apparel, for You alone are great in mercy.

Lord of the powers be with us for in times of distress we have no other help but you Lord of the powers have mercy on us.

**The Sacrament of Holy Confession is on Thursday nights at 5:00 pm and also may be requested and ministered after any service.*

Contact Fr. Neofitos at 347-256-6723 or the church office at 518-393-0742

St. George Greek Orthodox Church, Schenectady

Ladies Philoptochos Society's

Mother's Day Brunch Buffet

Sunday, May 12, 2024

Immediately following Divine Liturgy

Menu

Fresh Fruit Platter

Scrambled Eggs

Special home fried potatoes

Bacon & Sausage

French Toast w/ syrup

Beef Stroganoff

Coffee, Tea & Assorted Chilled Juices

Champagne

And a lovely dessert!

Adult Tickets: \$25.00

Children under 12: \$12.00

RSVP w/ payment by Sunday, April 28, 2024

Contact Lucy Goodale or Athena Pagnotti 518-708-7695



PALM SUNDAY LUNCHEON

**SUNDAY, APRIL 28TH, 2024
AFTER DIVINE LITURGY**

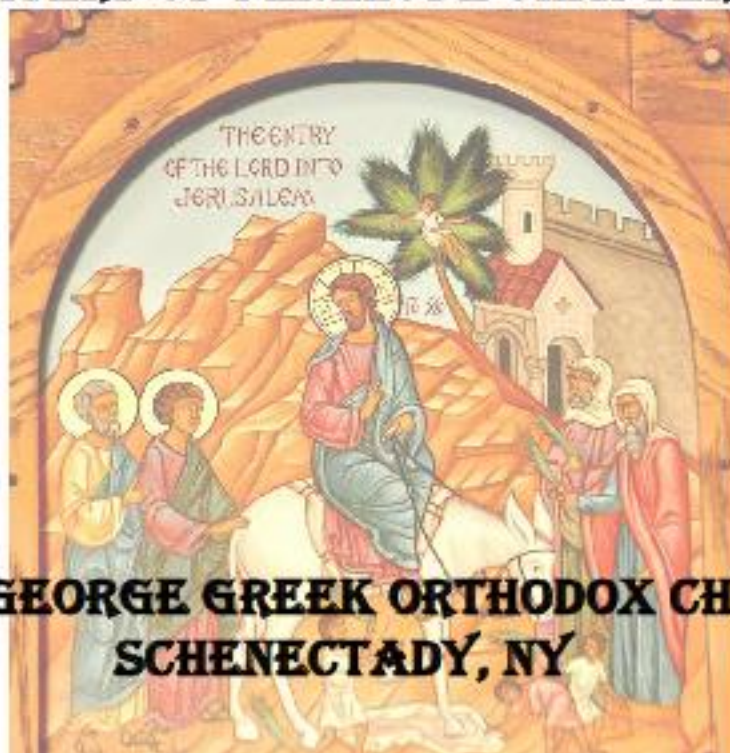
**RESERVATIONS ACCEPTED DURING COFFEE HOUR ON
SUNDAY, MARCH 17, AND MARCH 24, 2024.**

**DONATION: \$17.00 ADULTS
\$ 10.00 CHILDREN UNDER AGE 12 (5 AND UNDER FREE)**

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SCHENECTADY, NY**

