

Saint George Antiochian Orthodox Christian Church
1250 Oakdale Avenue, West Saint Paul, Minnesota 55118

Parish Website: <http://www.saintgeorge-church.org>
Church Phone: 651-457-0854

The Most Reverend Metropolitan JOSEPH, *Archbishop of New York,*
Metropolitan of all North America

Right Reverend Bishop ANTHONY, *Auxiliary*
Bishop of the Diocese of Toledo and the Midwest

Right Reverend Archimandrite John Mangels, *Pastor*
Pastor's email: ajammn@aol.com

Very Reverend Archpriest Paul Hodge, *attached*
Reverend Deacon John Mikhail

Very Reverend Archpriest Thomas Begley, *retired*

Rt. Reverend Archimandrite Duane Pederson, *retired* Reverend Father Daniel Simon, *retired*
Reader Michael Begley, *Music Director* Christina Worrall, *Church School Director*

Heath Nelson and Sophie Haddad, *SOYO Advisors*

Sunday, March 20, 2022

Second Sunday of Great Lent

Commemoration of Gregory Palamas, Archbishop of Thessalonika

Tone 6

Eothinon 6

Commemorations: The holy fathers slain at the monastery of Mar Sabbas; New-martyr Myron of Crete

THE DIVINE LITURGY OF ST. BASIL THE GREAT

RESURRECTIONAL APOLYTIKION IN TONE SIX

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.

APOLYTOKION FOR ST GREGORY PALAMAS IN TONE EIGHT

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 Thessalonika and preacher of grace, implore thou constantly for the salvation of our souls.

Now sing the apolytikion of the patron saint

KONTAKION FOR SUNDAYS IN GREAT LENT IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

EPISTLE:

You, O Lord, shall keep us and preserve us.

Save me, O Lord, for the godly man has failed.

The Reading from of St. Paul's Letter to the Hebrews. (1:10-2:3)

IN THE BEGINNING, You O Lord, didst found 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, 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 by 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 close 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:

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!"

HOLY BREAD

Holy bread is offered for the health and welfare of Joseph and Beverly Zaine, their family and all parishioners of St. George Church.

In loving memory of James and Mae Zaine, Victor and Mary Zien and all departed parishioners of St George Church.

MEMORIAL

There will be a 40 day memorial service for the repose of the soul of Christine Haddad DelleFemine. May her Memory be Eternal!

Coffee hour is hosted by the Zaine kids in honor of Beverly's 90th birthday. Please join us for this fellowship.

WELCOME to all our guests and visitors. We are delighted to have you visiting and worshipping with us this morning and hope that you return soon. We invite you to participate in the Divine Liturgy, but, sadly, due to the divisions in Christianity, **only baptized/chrismated members of the Orthodox Church who have made their Confession before an Orthodox priest and prepared themselves by fasting may receive Holy Communion.** Please come forward after Liturgy to venerate the Cross and partake of the *Antidoron*-Holy Bread. Please **turn off your cell phones and all electronic devices.**

ANNOUNCEMENTS

PRAY FOR THE SICK

Please pray for Ashley Lehner, CDR. James G. Awada, USN Ret., Kh Eileen Simon, John N & John J Etoll, Mike & Jim Etoll, Camille Goll, Irulan Cronk, Eleanor & Peter Hafiz, George Saba, Norman Holmes, Jeff Toby, Don Scott, Gigi Daugherty, Joe Hodge, Denise Zakula; Helen Kennon, Abigail Lotfallah, Genevieve, Mikhail, Nikolai Lehnen, Kh. Vergin & Tony Khoury, Mary & Alan Poulsen, Natalie Mozey, Eva & Mike Etoll, Steve Salla, Tracy Langevin, Richard Lang.

If you are ill or having surgery and wish to be remembered in the Liturgy and daily prayers of the priest, please contact Fr. Mangels.

PLEASE NOTE: As we have announced for the past several weeks, we have RENEWED THE PRAYER LIST. That means that all of the names (many of which have been there for years) have been removed. If you would like to have someone placed on the Prayer List, please contact Brigitte (bgkstgeorge@gmail.com) to add a name.

BULLETIN & NEWSLETTER ANNOUNCEMENT PROCEDURE

ANY announcement in the weekly bulletin and Newsletter is subject to approval by Fr. Mangels/and the Council. **It is important to notify Brigitte by e-mail (bgkstgeorge@gmail.com) or phone with all your bulletin information by NOON Wednesday** of the week before and if you offer the Holy Bread in order to print the bulletin in a timely manner. **May Newsletter Deadline is Thursday, April 14.** For holy bread scheduling contact Joan Alevizos 651-453-1894. If you would like to host **Coffee Hour**, please let Sanaa Jubran know at (sanajubran@gmail.com, or 651-245-7173). *This is a "coffee hour" not a 4 course luncheon or buffet. The food is donated, please be thankful for whatever is served!*

It is completely proper to offer more than one memorial or to share the Holy Bread on the same Sunday.

HOLY BREAD LIST	COFFEE HOUR	
Mar. 27, Amy Colliander	(40 Day memorial Ellie Saba)	Amy Colliander
Apr. 3, Rita Khoury	FALAFEL	
Apr. 10, Pat Percy	(memorial Pete & Rosa)	Percy
Apr. 16, Sunday School	Lazarus Saturday	Percy/Jubran Fried Dough
Apr. 17, (OPEN)	Palm Sunday	
Apr. 23, (OPEN)	Holy Saturday (am)	
Apr. 23,	Pascha Divine Liturgy(pm)	

THIS WEEK AT ST. GEORGE

Sunday, March 20, Second Sunday of Great Lent Vespers, St George Greek at 4:00pm

Wednesday, March 23, Pre-Sanctified Liturgy at 6:30pm

Friday, March 25, Annunciation Service at 6:30pm

Friday, March 25, Annunciation Dinner following service

Saturday, March 26, Vespers at 5:00pm, <https://youtu.be/DzeiLz-Kdk>

Sunday, March 27, Matins & Divine Liturgy at 9:00am, <https://youtu.be/4Yd9FTANILo>

Sunday, March 27, Pan-Orthodox Vespers, St. George Antiochian Orthodox Church, at 4:00pm

CONDOLENCES

We offer our condolences to Lisa Mikhail and family for the passing of her cousin Cindy Farrington on Saturday, March 12. May her memory be Eternal!

“Lord Jesus Christ, Son of God, have mercy on me.”

AOWNA/LADIES ACTIVITIES

- **March is Antiochian Women's Month!**

Each Sunday in March, women will read the Epistle, serve as ushers for the Divine Liturgy (during Communion and dismissal from Liturgy), and pass the collection tray. We are looking for women to fill these roles for each of the four Sundays in March, and we would love to see as many women serve as possible! If you would like to participate or have any questions, please see me, give me a call or email me. Thank you! ~Jennifer Buddensiek (651) 295-7335; Jnbuddensiek@gmail.com

Today Rahwa Tesfe and Lisa Mikhail will serve as ushers during the Divine Liturgy. The Epistle will be read by Carissa Wintheiser.

- **Women's Month at St. George – Guiding Star Wakota Donation Collection**

During the month of March, we are accepting donations for Guiding Star Wakota. They are an organization in West Saint Paul that offers support for pregnant women and their families. The items of greatest need are: • diapers (sized 6, 5 and 4) • pull-ups • wipes • baby bath towels • baby wash cloths • infant- 6mo socks • baby shampoo/baby wash • baby bottle • infant books/toys • any and all infant to 3yr donations would be appreciated!

Please have all donations delivered by March 27th. There will be a box in the hall for donations. Thank you for your donations! If you have any questions or for further information please ask Else Bailey at ERicha4997@gmail.com.

- **Wednesdays during Lent** we will have Soup Suppers **after** the evening services.

All soups to be fasting soups. **March 23-Beverly/ 30-Dec & Eva, April 6-Boshra/13-Tony/George**

- **Fridays during Lent** we will have Lenten Potluck Suppers **before** the evening services beginning at 6:00pm. Bring a Lenten dish, bread or dessert.

- **Friday, March 25th 10:00** come and help make Spinach pies. We need many hands (ladies and men)

- **March 25th**, we will be serving a **Fish Dinner** following the Liturgy for Annunciation. (Vicky circle cook, Pat Burbank circle setup/serve, Pat Percy circle cleanup)

- **Saturday, March 26th**, Boshra Haddad has invited all the women to her home for a Lenten Luncheon at 11:30am. Her address is 8232 Pennsylvania Road, Bloomington, MN. **(Please let Boshra know if you are planning on attending, 612-709-5441)**

- **Sunday, March 27th**, at 4:00pm The Pan-Orthodox Vespers will be at our church. A Lenten meal will be served. (Pat Percy circle cook, Vicky Michaels circle setup/serve, Pat Burbank circle cleanup) Please help when it is your turn.

- **Grants:** Each year, the Antiochian Orthodox Women of North America award grants, in the amount of \$500 each. The grant is meant to help women with the cost of education or training, which they have undertaken to improve their circumstances or those of their families. The qualifications for the grant are as follows. Applicants must:

-Be a female, 26 years of age or older

-Be a member in Good Standing of their Antiochian Parish

-Be actively involved in the worship, service, and social life of her parish

-Be applying for, or registered in, an academic or trade study program

-Demonstrate financial need. *Interested women may contact Father John Mangels

FOCUS NEEDS

Clothing Closet Update - Our stores are FULL with winter clothing! Thank you! With spring weather coming we are no longer taking winter items but will welcome spring and summer clothing after April 15.

Food Shelf Update - We have ample supply at the moment of boxed macaroni and cheese, honey, and flour and sugar. **We are in need of:** shelf stable milk or dried milk, pancake mix and syrup,

pasta sauce, smaller peanut butter jars, jelly, graham crackers and cookies, ground coffee, tea bags, hot chocolate packets, cake frosting, canned meats, pasta sauce, pastas, canned vegetables, olive, corn and vegetable oil, cereal and instant oatmeal, raisins, meal in a can such as beef stew, spaghetti-tios, ravioli, soups - all kinds, cookies and crackers. Thank you in advance for all you do to love and support our clients. Vera Proctor and Judy Purham.

NEIGHBORS FOOD SHARE APPEAL

With generous support from you, Neighbors' goal is to raise a combined total of 400,000 pounds of food and dollars during this year's Minnesota FoodShare Campaign which runs from February 28 - April 10, 2022. Donations made during the March Campaign are important because additional grant money is awarded to food shelves based on how much food and funds they can raise during the campaign. GIVE MORE BY MAKING A CASH DONATION TO YOUR LOCAL FOOD SHELF. Financial donations go further due to access to food banks and discount purchasing programs, allowing food shelves to purchase items most needed in their community. For more info, go to <https://youtu.be/YbEoWWZTevI> Checks to Neighbors can be given to our Neighbors representatives Willy Percy or Michelle Apman.

ST GEORGE BOOKSTORE

The bookstore offers an array of quality Orthodox Christian books, icons, jewelry, music, and gifts. We greatly appreciate your support for our Bookstore.

COOPERATIVE CATECHISM WINTER 2022

Join us for our MEOCCA, **Winter 2022 Cooperative Catechism** course. Mondays from 7-9 pm. The course is open to all; people interested in learning more about Orthodox Christianity, inquirers, catechumens, and current Orthodox Christians as well! The course is an excellent opportunity to deepen the knowledge of the Orthodox Christian Faith. Classes will be held in person and online via Zoom. **Register online** at <https://forms.gle/fwkdM2P7AkqNj8> or www.meocca.org. Feel free to join us for an individual session as well! Facebook event: <https://fb.me/e/2iwrFZa9u>

THE CHURCH FATHERS SPEAK—Whereas we ought to mourn for our own transgressions and repent, punishing sin with fasting, and, by not judging our neighbor, anticipate before the goodwill of the common Judge and obtain His mercy. Instead, we pay all of this no sort of attention; we leave our own sores unattended, rather setting ourselves up as severe investigators into those of others, which are no concern of ours. We pry into their talking, walking and smiling... And this we do as though a righteous judge, presiding according to divine decrees, having given license to the flow of our tongue, we do not blush at acting thus shamefully all day long. *St. Photios the Great*

LENTEN PRAYER INVITATION

For the last few weeks we have encouraged you to check out The Encounter, the new daily Orthodox prayer app from Faithtree Resources. We are inviting you to join us and other Orthodox Christians around the world to make a committed prayer effort during Lent. While the Encounter encourages three prayer times per day for a total of 25 minutes, we invite you to make a prayer commitment that works for you. Lent is the perfect time to dig into improving a spiritual habit like prayer. The world needs Christians on their knees, praying. Join us during Great Lent as we come before God daily; on behalf of the Church, as the Church. If you have questions, contact Chuck Carter at 404-594-9246 or heychuckcarter@gmail.com"
#LentenInvitation #PrayingGreatLentTogether

UMN OCF

Calling all High School Juniors and Seniors! Orthodox Christian Fellowship is a national organization for college students to explore their faith. We are inviting you to join us for the college experience. Please check out our website under events at www.ocfumn.com!

ANNUAL FALAFEL DINNER

Please join us, as we honor the Lenten tradition started by the late great Fr. John Khoury in 1976. The 46th ANNUAL ST. GEORGE FALAFEL DINNER **Sunday, April 3 Noon-3pm.**

The beloved Fr. Khoury began this tradition 46 years ago, and it has been our honor to continue it in his name. Despite all the restrictions on gatherings last year, it turned out to be the biggest in history with sales being almost 25% more than our previous year. We ask you to please either pre-pay in advance or make a "reservation" in order for us to know how much to make. Also available on hand will be bags of bread, containers of garlic sauce, and hummus available for purchase for \$5 each.

- **Tickets/reservations** can be made by contacting: GEORGE KHOURY-651-208-3954 or WE WILL ACCEPT CASH & CHECKS AT CHURCH ON THE DAY OF THE EVENT
- All proceeds go to St. George Church
- Sponsored and prepared by Beirut Lebanese Restaurant, West Saint Paul.

CONTRIBUTING STOCK OR MUTUAL FUNDS

St. George now has a brokerage account and can accept transfers of stocks and mutual funds. Parishioners have expressed interest in making offerings or contributions in this way for the potential tax savings (please consult your tax advisor). We have already received donations through the brokerage account and it has been a smooth process. If you are interested in donating in this way, please contact the parish council chairman or treasurer.

THE LIFTING OF COVID RESTRICTIONS

Metropolitan Joseph, following the directives from the CDC and in consort with the Governor of Minnesota has lifted all COVID-19 restrictions. **Masks are no longer required at this time** in Church and the social distancing protocols have ended in the municipality of West St. Paul. Anyone who wants to wear a mask is perfectly free to do so at any time. But according to the letter from our Metropolitan which I sent out on Friday, May 14, 2021, we are back to full and normal Parish Life!

PRISON MINISTRY

Orthodox Christian Prison Ministry is looking to hire a part time Mail Production Assistant. The salary being offered is \$15-\$17 based on any previous experience and 8-10 hours per week. Must be flexible in how hours are scheduled. Duties would include assembling large mailers, operating a postage meter and paper folder, assembling packages of books and materials for mailing to people in prison, dropping off mail at the Signal Hills post office, and filing. The person hired would be working for Zossima Daugherty, Director of Prison Correspondence and doing their work out of an office to be located in the FOCUS building in St. Paul. If you are interested in this position, contact Zossima Daugherty at zdaugherty@theocpm.org

PRACTICAL CONSIDERATIONS FOR LENT

Be purposeful about the following ascetical disciplines:

- 1) increased prayer and worship; make plans for intensified personal prayer and attending Lenten services;
- 2) fasting according to church guidelines; don't make up your own fasting rules; seek advice from priest about how to grow in this discipline;
- 3) budget to give alms which means setting aside money for the poor;
- 4) confess your sins; daily in prayer, make amends with others and sacramental confession with the priest;
- 5) reduce distractions with less television and internet; avoid parties and social gatherings;
- 6) Learn and grow by participating in lectures, seminars and retreats. These are some of the main pillars of the Lenten experience. If any questions, please contact your pastor

The Second Sunday of Lent

Today we encounter and commemorate St. Gregory Palamas, known as a theologian of Hesychasm – the mystical tradition of experimental prayer in the Church. The timing of this commemoration is no accident -we will need the coming weeks of quiet contemplation in order to develop these skills and add them to our spiritual toolkit.

While we can never fully comprehend God in His uncreated and incalculable Essence, St. Gregory explained that we can become more "God-like" by experiencing certain "energies." Simply put, just because we can't describe what God "is" doesn't mean we can experience His existence. Our devotion to continued prayer sharpens the senses in order to attain a level of spiritual awareness which allows us to experience the Uncreated Light - the very energies of God that are responsible for the existence of all life. Devotion to these teachings provide us with a model and offer guidance in adopting the practice of continual prayer, or contemplation, in our daily lives. On the first two Sundays of Lent, the Church makes manifest a vision of God's grace that the prophets of the Old Testament sought to experience. By emulating the spiritual discipline of St. Gregory Palamas we are given the opportunity to lift up our eyes to gaze upon that same divine vision.

Through his steadfast devotion to these dual disciplines of monasticism and parochial work, he brought the practice of continual prayer, normally found behind the walls of a monastery, out into the world. He quickly realized that his own personal spiritual life was further enhanced and strengthened by engaging with the public. He recognized that fact we can have a relationship with God through communal life of the monastery and also by personal efforts made in the world.

St. Gregory's unique place in the Church offers a certain visibility to the mystical tradition of Hesychasm and also an opportunity to articulate the benefits of this practice, instructing believers why they should adopt it in their own lives. We can and should utilize the remaining weeks of Great Lent as an opportunity to develop these skills, in hopes of maintaining this way of life even after celebrating Pascha. The lifestyle changes we adopt during the Fast, such as making a renewed effort to pray, allows us to strip away the inconsequential distractions in our lives in order to attach ourselves to Christ and fully experience the victory over death through His Resurrection. The solemn journey to Pascha is an adjustment our priorities but it becomes a joyous and transformational experience when we realize the distractions we gave up cannot compare or replace the benefits of spiritual aesthetics. Walking on this divine path offers personal and spiritual development but more importantly ascends to God the Father who raises us up into Paradise and eternal life.

In the life of St. Gregory Palamas, the Church provides us another holy witness to Good News of the Gospel: The God of the Orthodox Church is not of this world. Even though He walked upon the same ground, Jesus Christ is unlike any of the great philosophers the world has ever produced, far eclipsing the likes of Socrates or Plato.

For Jesus Christ, the Son of God, is the embodiment of Divine Wisdom, the same wisdom that brought existence into being, the same wisdom Socrates and Plato spent their lives searching for.

As we commemorate this second triumph of Orthodoxy, we must now again affirm our rejection of the spirit of the world that has rejected God, so that we may become servants of the true wisdom of God, the Only Lover of Mankind. Now is time for us to take up the ascetic disciplines and submit ourselves to Christ's Holy Church, so that under her guidance we can continue our path to ascendancy.



Sunday, March 20, 2022
St. Gregory Palamas