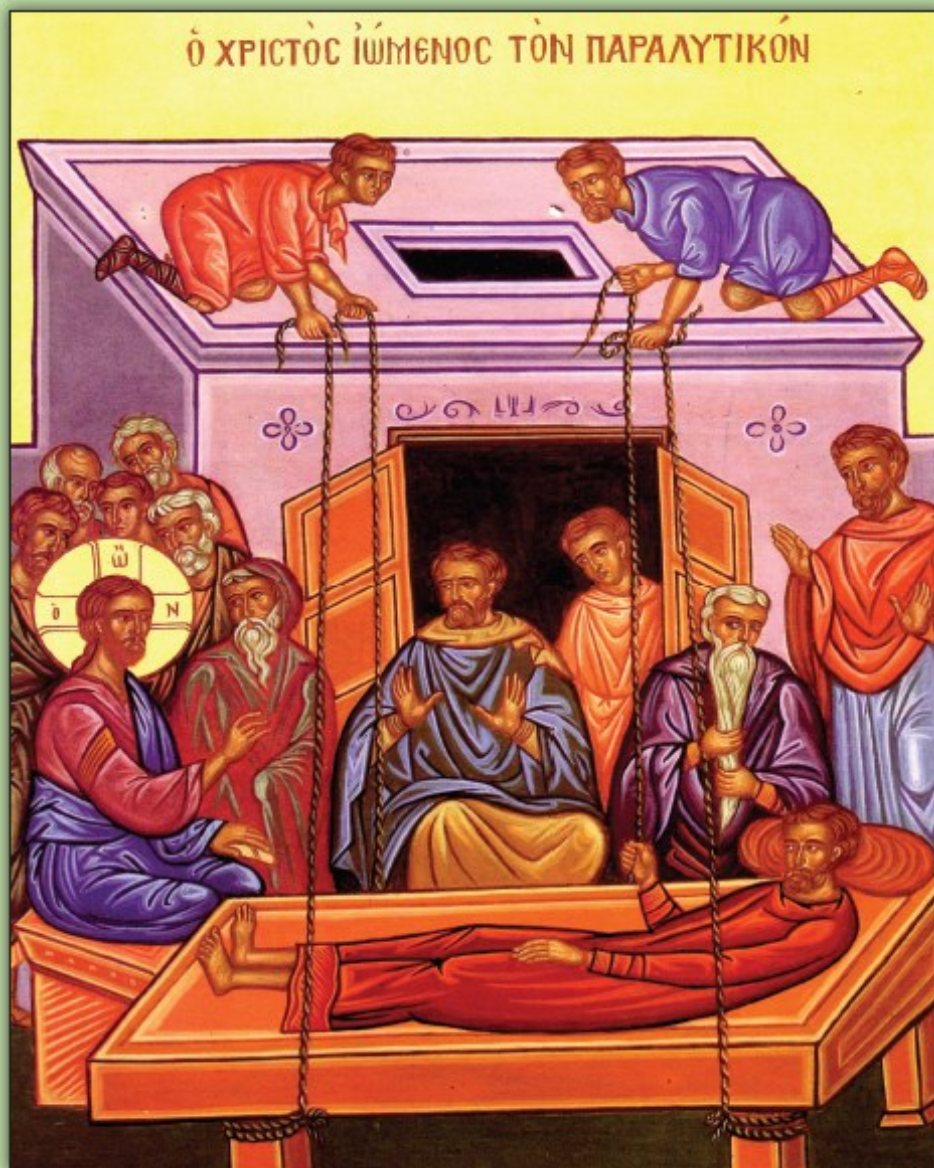


SECOND SUNDAY OF THE GREAT FAST
SAINT GREGORY PALAMAS



Icon of the Healing of the Paralytic -- Mark 2:1-12

WEEKLY SCHEDULE OF SERVICES AND EVENTS

NOTE: *Liturgical Services for Holy Ghost Ukrainian Catholic Church, West Easton, are noted in italic print; Liturgical services for St. Josaphat Ukrainian Catholic Church, Bethlehem, are noted in plain print* **Outside events and services are listed in bold print.** Thank you for your attention!

NOTE: Confessions are heard 1/2 hour before Divine Services or by Appointment. Call Father Paul or Father Yaroslav anytime you need the Sacraments!

Sat, Mar 4th: All-Souls Saturday/Sorokousty (II)

9:00 am: Matins for the Deceased (Bethlehem).

9:00 am: *Matins for the Deceased (West Easton).*

4:30 pm: *Divine Liturgy of St. John Chrysostom (West Easton), Intention for God's Blessings on Our Living and Deceased Parishioners.*

6:30 pm: Divine Liturgy of St. John Chrysostom (Bethlehem), Intention for Health and God's Blessings on Michael Wetherill, by Family.

Sun, Mar 5th: The Second Sunday of the Great Fast; of the Hierarch Gregory Palamas of Thessalonika and the Martyr Conon

9:00 am: Divine Liturgy of St. John Chrysostom (Eng.) (Bethlehem); Intention for Health and God's Blessings on Halyna Stegura, by Friends.

11:00 am: *Divine Liturgy of St. John Chrysostom (Ukr.) (West Easton); Intention for Peace in Ukraine, by Anonymous.*

Mon, Mar 6th: The Commemoration of the 42 Martyrs of Ammorium

9:00 am: Lenten Matins (Bethlehem).

9:00 am: *Lenten Matins (West Easton).*

Tue, Mar 7th: The Commemoration of the Priest-Martyrs of Kherson

9:00 am: Lenten Matins (Bethlehem).

9:00 am: *Lenten Matins (West Easton).*

6:30 pm: Moleben to the Mother of God for Peace in Ukraine, Pokrova/St. Mary's Ukrainian Orthodox Church, Allentown, PA.

Wed, Mar 8th: The Confessor and Hierarch Theophylact of Nicomedia

9:00 am: Lenten Matins (Bethlehem).

9:00 am: *Lenten Matins (West Easton).*

6:00 pm: *Divine Liturgy of the Presanctified Gifts (West Easton).*

6:30 pm: Divine Liturgy of the Presanctified Gifts (Bethlehem); Intention for Health and God's Blessings on Michael Wetherill, by Family.

Thu, Mar 9th: The Commemoration of the 40 Martyrs of Sebaste

NO DIVINE SERVICES SCHEDULED.

Fri, Mar 10th: The Martyrs Codratus, Cyprian, Anectus, and Criscent

9:00 am: Lenten Matins (Bethlehem).

9:00 am: *Lenten Matins (West Easton).*

6:00 pm: *Divine Liturgy of the Presanctified Gifts (West Easton).*

6:30 pm: Divine Liturgy of the Presanctified Gifts (Bethlehem); Intention for Health and God's Blessings on Michael Wetherill, by Family.

Sat, Mar 11th: All-Souls Saturday/Sorokousty (III)

9:00 am: Matins for the Deceased (Bethlehem).

9:00 am: *Matins for the Deceased (West Easton).*

4:30 pm: *Divine Liturgy of St. John Chrysostom (West Easton); Intention for +Wilhelmina Wichryk, by Robert and Roberta Leiby.*

6:30 pm: Divine Liturgy of St. John Chrysostom (Bethlehem); Intention for Health and God's Blessings on Michael Wetherill, by Family.

Sun, Mar 12th: The Third Sunday of the Great Fast; the Sunday of the Veneration of the Holy Cross and of the Holy Fathers Theophane of Syngria and Pope Gregory Dialogus—NOTE: DAYLIGHT SAVINGS TIME BEGINS TODAY

9:00 am: Divine Liturgy of St. John Chrysostom (Ukr.) (Bethlehem); Intention for Rev. +Volodymyr Karmazin, +Adrian and Maria Karmazin, and +Vera Kwit-Pestyk, by Maria Flynn.

11:00 am: *Divine Liturgy of St. John Chrysostom (Eng.) (West Easton); Intention for God's Blessings on Our Living and Deceased Parishioners.*

Parish Announcements:

1. Daylight Savings Time begins at 12:00 am, Sunday, March 12th, 2023. Please be sure to move your clocks ahead by 1 hour on Saturday, March 11th, prior to retiring for the evening.
2. Palm Sunday is April 2nd, 2023. If anyone has pussy willows in their gardens to donate that may be ready by that time (either for Holy Ghost or for St. Josaphat's), please contact Holy Ghost or St. Josaphat Rectory Office.
3. As part of our Lenten Services for 2023, we will be having the Great Canon of Andrew of Crete on Thursday Evening, March 23rd, 2023, starting at 5:30 pm. This is a very old penitential service of our Church that essentially is a conversation between a penitent and his soul; it has many prostrations to remind us of the importance of humility and repentance before God. A light Lenten meal will be served after the service. We encourage all to come and share in the deep spirituality of our Church by participating, not just with this service, but with all of our scheduled Lenten services.
4. The Ukrainian Catholic/Orthodox Clergy Brotherhood of the Lehigh Valley will have their next weekly Moleben for Peace in Ukraine on Tuesday, March 7th, 2023, at 6:30 pm, at Pokrova/St. Mary's Ukrainian Orthodox Church, Northampton, PA. All are encouraged to come and pray with us.
5. Holy Ghost Ukrainian Catholic Church will be having their next Pyrohy and Noodle sale on Wednesday, March 8th, 2023. IMPORTANT: THIS SUNDAY, MARCH 5th, IS THE LAST DAY TO SUBMIT ORDERS! Sign up sheets are provided in the vestibules of Holy Ghost and St. Josaphat Churches for ordering. We need help with preparation on both Tuesday, March 7th, and Wednesday, March 8th, starting at 9:00 am; bring a friend or two to come and help pinch!
6. The Ukrainian-American Veterans Post 42 is having their annual Easter Kobasa sale. Sign up sheets are provided in the vestibules of Holy Ghost and St. Josaphat Churches for ordering. For more information, contact Oleh Balaziuk (West Easton) or Matt Koziak (Bethlehem).
7. The Holy Ghost Centennial Book Sub-Committee is making final preparations for the printing of the Holy Ghost Centennial memorial book. We are still selling memorials for those who wish to remember their beloved ones who attended Holy Ghost Church. To purchase a memorial and help support this special publication, please contact Marlene Lightcap or Holy Ghost Rectory.
8. Do not forget your Redner's Receipts for both Holy Ghost and St. Josaphat parishes! Also at Holy Ghost, do not forget that we also have a metal recycling fundraising program as well!

Please don't leave this bulletin in the pew or in the trash when you are finished. We encourage you to share this bulletin with your loved ones. Let your family & friends know of the spiritual treasure that God has for all people here at St. Josaphat's, Bethlehem, and at Holy Ghost, West Easton, PA!

**The Second Sunday of the Great Fast;
The Sunday of Gregory Palamas,
of the Martyr Conon**

Troparion (6): Angelic powers were upon Your tomb* and the guards became like dead men;* Mary stood before Your tomb* seeking Your most pure body.* You captured Hades without being overcome by it.* You met the Virgin and granted life.* O Lord, risen from the dead,* glory be to You!

Troparion (8): Light of orthodoxy, teacher of the Church; its confirmation!* Ideal of monks and invincible champion of theologians.* Wonder-working Gregory, glory of Thessalonica and preacher of grace:* always intercede before the Lord that our souls may be saved!

Kontakion (4): *Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.* The time for action is now revealed,* the Judge is at the door.* Let us rise and keep the fast,* offering tears of contrition with alms and crying aloud:* our sins are more numerous than the sands of the sea,* but forgive us, O Maker of all, that we may receive incorruptible crowns.

Prokeimenon (5): You, O Lord, will guard us* and will keep us* from this generation* and forever.

Verse: Save me, O Lord, for there is no longer left a just man.

Epistle (Hebrews 1:10-2:3): Brethren, “In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.” But to which of the angels has he ever said, “Sit at my right hand until I make your enemies a footstool for your feet”? Are not all angels spirits in the divine service, sent to serve for the sake of those who are to inherit salvation? Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. For if the message declared through angels was valid, and every transgression or disobedience received a just

**2-а Неділя Посту;
Неділя святого отця нашого Григорія
Палами; Св. мч. Конона**

Тропар (6): Ангельські сили на гробі Твоїм* і сторожі омертвіли;* Марія ж стояла при гробі,* шукаючи пречистого тіла Твого.* Полонив Ти ад і, не переможений від нього,* зустрів Ти Діву, даруючи життя.* Воскреслий з мертвих, Господи, слава Тобі!

Тропар (8): Православ'я наставнику, святи-телям окрасо,* богословам непереможного переможця,* Григоріє чудотворче, Солуня велика похвало, проповіднику благодаті,* моли Христа Бога, щоб спаслися душі наші.

Кондак (4): *+Слава Отцю, і Сину, і Святому Духові. І нині, і повсякчас, і на віки вічні. Амінь.* Нині час для діяння явився,* при дверях суд,* востаньмо, отже, постячися,* принесім сльози благання з милостинями, звиваючи.* Ми согрішили більше піску морського,* але ослаби, Творче всіх, щоб ми прийняли нетлінні вінці.

Прокімен (5): Ти, Господи, збережеш нас* і захистиш нас від роду цього і повік.

Стих: Спаси мене, Господи, бо не стало праведного.

Апостол (Євр 1,10-2,3): Браття, «Ти, Господи, напочатку заснував землю і небеса – діло рук твоїх. Вони загинуть, ти ж перебуваєш; усі, мов одежа, постаріються. Ти їх, неначе одєжину, згорнеш і, немов одєжа, вони зміняться. Ти ж – той самий, і літа твої не скінчаться.» До кого з ангелів він коли мовив: «Сідай праворуч мене, доки не покладу твоїх ворогів підніжком під твої ноги?» Хіба ж не всі вони служебні духи, що їх посилають до послуг тим, які мають успадкувати спасіння? Тому ми мусимо вважати дуже пильно на те, що почули, щоб, бува, нас не знесло з дороги. Бо коли слово, оголошене ангелами, було таке зобов'язуюче, що всякий його переступ і непослух приймав справедливу кару, то як утечемо ми,

penalty, how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard him.

Alleluia Verse: He who lives in the aid of the Most High, shall dwell under the protection of the God of heaven.

Verse: He says to the Lord: You are my protector and my refuge, my God, in Whom I hope.

Gospel (Mark 2:1-12): At that time when Jesus returned to Capernaum after some days, it was reported that he was at home. So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralyzed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?" At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, "Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Stand up and take your mat and walk'? But so 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, stand up, take your mat and go to your home." And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, "We have never seen anything like this!"

Instead of *It is truly right . . .*, the Irmos: In you, O Woman Full of Grace, the angelic choirs and the human race - all creation - rejoices. O Sanctified Temple, Mystical Paradise, and Glory of Virgins! He, Who is our God from before all ages took flesh from you and

коли занедбаємо таке велике спасіння? Воно, спочатку проповідане Господом, було підтверджене нам тими, що його чули.

Алилуя Стих: Хто живе під охороною Всевишнього, під покровом Бога небесного оселиться.

Стих: Скаже він Господеві: Ти заступник мій і пристановище моє, Бог мій, на котрого я надіюся.

Євангеліє (Мр 2,1-12): У той час коли прийшов Ісус до Капернауму, чутка пішла, що він у домі. І там зібралося стільки народу, що не було більш місця, навіть перед дверима; а він промовляв до них словом. І от прийшли до нього, несучи розслабленого; несли його четверо. А що із-за народу не могли донести до нього, розкрили стелю над місцем, де він був, й отвором спустили ліжку, на якому лежав розслаблений. Ісус, уздрівши їхню віру, до розслабленого й каже: "Сину, відпускаються тобі твої гріхи." А були й деякі книжники, що сиділи там та міркували собі: "І як може цей так говорити? Він богохульствує! Хто може прощати гріхи, крім одного лише Бога?" Ісус же, вмить збагнувши духом, що вони таке собі думають, до них і каже: "Чого таке ось намислюєте у ваших серцях? Що легше – сказати розслабленому: Відпускаються тобі гріхи, а чи сказати: Встань, візьми твоє ліжко й ходи? Та щоб ви знали, що Син Чоловічий має владу на землі гріхи відпускати, – мовить до розслабленого: Кажу тобі: Встань, візьми твоє ліжко і йди до свого дому." Устав той – і зараз же, взявши ліжко, вийшов на очу всіх; тож чудувалися всі, хвалили Бога й мовляли: "Ніколи ми такого не бачили!"

Замість *Достойно . . .*, Ірмос: Тобою, Благодатна, радіє все творіння; ангельський хор і людський рід. Святий храм і раю духовний, похвало днів! З Тебе Бог воплотився і став хлоп'ятком - предвічний Бог наш. Твоє бо лоно він учинив Своім престо-

became a child. He made your womb a throne, and greater than the heavens. In you, O Woman Full of Grace, all creation rejoices. All praise be to you!

Communion Verse: Praise the Lord from the heavens; praise Him in the highest. Exult, you just, in the Lord; praise from the upright is fitting. Alleluia, Alleluia, Alleluia.

лом, просторішим від небес. Тобою, Благодатна, радіє все творіння. Слава Тобі!

Причасний Стих: Хваліте Господа з небес, хваліте його в вишніх. Радуйтеся, праведні, у Господі, правим належить похвала. Апилюя (Зр).



The Lives of the Saints

The Venerable Hierarch Gregory Palamas of Thessalonika and the Martyr Conon of Isauria Sunday, February 26th, 2023

Compiled from Various Sources; Edited for the Bulletin; For Local Use Only.

1. The Venerable Father and Hierarch of Thessalonika, Gregory Palamas. The teaching of this Church father is so fundamental to many of the Eastern Churches that he is especially commemorated each year on the Second Sunday of Great Lent, immediately following the Sunday of Orthodoxy. The son of a prominent family, St Gregory was born approximately in 1296 and raised in Constantinople. At about age twenty, he abandoned a promising secular career to become a monk on Mt Athos. His family joined him en masse: two of his brothers went with him to the Holy Mountain; at the same time his widowed mother, two of his sisters, and many of the household servants also entered monastic life. He spent the next twenty years living as a hermit, spending five days a week in complete solitude, then joining the brethren on weekends for the Divine Liturgy and its accompanying services.

Around 1335 he was called to live a much more public life in defense of the faith and spirituality of the Church. A Greek living in Italy, Barlaam the Calabrian, had launched an attack on the spirituality of the Church that Gregory taught. Fundamentally, Barlaam denied that man can be granted a true vision or direct experience of God Himself in this life. Gregory, recognizing in this an attack on the Christian faith itself, responded. He even left the Holy Mountain and re-settled in Constantinople so as better to wage the struggle, which had become so public that a Church Council was called to settle the issue. St Gregory's views were affirmed, and Barlaam's condemned, at the Council of Constantinople of 1341.

Though Barlaam himself returned to Italy, a series of his followers continued the attack, eventually resulting in two more Councils in 1347 and 1351, both of which affirmed the hesychasts' position. This, along with the fact that St Gregory's views are affirmed in the church propers appointed to be read in churches every Sunday of Orthodoxy, and his commemoration every second Sunday of Great Lent, makes clear that his teaching is a basic and indispensable part of the Catholic Faith.

In 1347 St Gregory was consecrated Metropolitan of Thessaloniki, where he served until his repose. (He spent a year of this period as the prisoner of Turkish pirates). Despite (or due to?) his austere monastic background, he was revered by his flock: immediately after his repose in 1359, popular veneration of him sprang up in Thessaloniki, Constantinople and Mt Athos and, in 1368, only nine years after his death, the Church officially glorified him as a saint.

St Gregory was always clear that unceasing mental prayer is not a special calling of monastics, but is possible and desirable for every Christian in every walk of life. This was especially written in his book, *On the Necessity of Constant Prayer for all Christians*.

2. The Martyr Conon lived in the days of the holy Apostles; he was born in the village of Bydane of

Isauria in Asia Minor, to parents named Nestor and Nada. He was instructed in the Faith and baptised into Christ by the Archangel Michael himself, who, it is said, accompanied him for the rest of his life. His parents joined him in marriage to a pagan maiden named Anna; but on their wedding night he took a candle, put it under a vessel, and asked her 'Which is better, light or darkness?' She answered 'Light,' and he told her of the Christian faith and the joys of the spiritual life. She accepted Christ, and the two agreed to live in virginity. Conon went on to bring many pagans to Christ, including his own parents. His wife and both parents died after a few years (Nestor as a Martyr) and he gave himself up entirely to prayer, fasting, and contemplation on God. He was known as a wonder-worker, and even evil spirits were compelled to serve him.

During one of the persecutions, Magnus the governor of Isauria imprisoned Conon and had him tortured, beaten and stabbed with knives. Believers obtained some of his blood, and the sick who were anointed with it became well. A large crowd of Christians whom Conon had brought to Faith surrounded the governor's palace demanding Conon's release, and the frightened governor let him go. He lived for two more years in his own home, then reposed in peace.



The Sayings of the Desert Fathers on Fasting:

Isidore the Priest said, 'If you fast regularly, do not be inflated with pride, but if you think highly of yourself because of it, then you had better eat meat. It is better for a man to eat meat than to be inflated with pride and to glorify himself.'

Upcoming Events in the Archeparchy of Philadelphia:

1. Metropolitan +Borys will be leading an Ecumenical Prayer for Peace in Ukraine with +Wilton Cardinal Gregory, Archbishop of Washington, DC on March 7th, 2023, at 7:00 pm, at the Basilica of the National Shrine of the Immaculate Conception, 400 Michigan Ave, NE, Washington, DC. All are invited to attend.
2. The Archeparchy of Philadelphia is looking for interested young adults, age 18-35, to attend the next World Youth Day in Lisbon, Portugal, from August 1st-8th, 2023. For more information, please contact Holy Ghost or St. Josaphat Rectory.

St. Josaphat Ukrainian Catholic Church
"Where Faith and Tradition Meet"

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Rev. Yaroslav Lukavenko, Parochial Vicar
Mr. Ted Veresink, Cantor/Cemetery Administrator
Mr. Ihor Mirchuk, Cantor
Mrs. Ann Bogari, Parish Secretary

For Food Sales/Info.: foodsales@holyghostucc.com

Glory to Jesus Christ! Слава Ісусу Христу!

We welcome you to our parish family and invite you to worship with us in a most ancient Church of the Christian East. We are happy to have you with us, and we are honored to share our Ukrainian Catholic tradition of prayer and spirituality with you, your family, and your friends. If you have any questions or comments, please do not hesitate to bring them to Father Paul, Father Yaroslav, or one of our parishioners. Our doors and our hearts are open to you. May God's blessings be with you always!

Sabbath Renewal

Another reason why the Sabbath day was blessed is that He who formed this world in six days foresaw that man would turn towards evil and would, as a result, go back to the ground, descend to Hades, and be imprisoned there; and this whole world would grow old and useless because of man, but would be renewed by God becoming man. This renewal was effected when God incarnate descended into Hades through death and declared there on the Sabbath the recall of souls. It was because He foresaw that this would happen on the Sabbath that He rightly deemed it the only day worthy to be blessed. However, although this work was secretly made ready on the seventh day, the Sabbath, everything was clearly brought to light and accomplished when the body too

had been summoned to immortality through the Lord's Resurrection on the eighth day. This is why we call it the Lord's Day. As Friday, the day of preparation, stands in relation to the Sabbath, so is the Sabbath in comparison with Sunday, which is obviously superior to it. As perfection and reality surpass beginning, pattern, and shadow, so is Sunday more excellent and honorable, because on it the exceedingly blessed work was finished, and on it we await the General Resurrection of all, the perfect entry of the saints into the divine rest and dissolution of the world into its elements.

St. Gregory Palamas

For more information on Eastern spirituality, visit
www.ecpubs.com