



**On Sunday, March 24, 2019 we commemorate:  
Sunday of St. Gregory Palamas**



**Forefeast of the Annunciation of the Theotokos  
Artemon the Presbyter  
Our Holy Father Theonas, Archbishop of Thessalonica**

### **Απολυτίκιον Ἀναστάσιμον**

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἡ ἀθάνατος, τότε τὸν Ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεώτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

### **Προεόρτιον**

Σήμερον τῆς παγκοσμίου χαρᾶς τὰ προοίμια, τὴν προεόρτιον ἄσαι προτρέπεται· ἰδοὺ γὰρ Γαβριὴλ παραγίνεται, καὶ πρὸς αὐτὴν ἐκβοήσεται· Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

### **Τοῦ Ἱεράρχου**

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

### **Troparion of St. George**

Ὡς τῶν αιχμαλώτων ελευθερωτῆς, καὶ τῶν πτωχῶν υπερασπιστῆς, ασθενοῦντων ἰατρός, βασιλέων υπέρμαχος, τροπαιοφόρε μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ θῆναι τὰς ψυχὰς ἡμῶν.

### **Resurrectional Apolytikion**

When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory to You.

### **For the Forefeast**

Today is the prelude of the joy of the universe, and it incites us to sing the forefeastal hymns. For behold, Gabriel is coming, and he will say to the Virgin: Rejoice, Maiden full of grace; the Lord is with you.

### **For the Hierarch**

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.

### **Troparion 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.

## Κοντάκιον

Ἐπελεύσει Πνεύματος τοῦ Παναγίου, τοῦ  
Πατρὸς τὸν σύνθρονον, καὶ ὁμοούσιον φωνῆ,  
τοῦ Ἀρχαγγέλου συνέλαβες, Θεοκυῆτορ,  
Ἀδὰμ ἡ ἀνάκλησις.

## Kontakion

The Archangel spoke to you, \* O Theotokos, \*  
and the Holy Spirit came \* on you and thus you  
did conceive \* the Father's Son, who is one in  
throne \* and one in essence. \* Through you,  
thus, was Adam recalled.

### **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.

### **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!"

## **PARISH INFORMATION**

**St. George Greek Orthodox Church  
107 Clinton Street  
Schenectady, NY 12305  
Tel: (518) 393-0742  
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**Parish E-mail: [office@saintgeorgegoc.com](mailto:office@saintgeorgegoc.com)  
Parish Website: [www.saintgeorgegoc.com](http://www.saintgeorgegoc.com)**

**Orthros: 9:00 AM                  Divine Liturgy: 10:00 AM**

**Office Hours: Monday-Thursday 9 AM – 2 PM  
Parish Office closed on Friday**

### **Church Usher Assignment**

**Sunday, March 24, 2019      Team A** Charlie Koines, Norina McGowen, Phil McGowen

**Sunday, March 31, 2019      Team B** Alexandra Casey, Brian Goodale, Scott Morlock

## **March Events**

Sunday, March 24, 2019

9:00 AM Orthros  
10:00 AM Divine Liturgy – **Sunday of St. Gregory Palamas**

**5:00 PM Lenten Mission Vesper Services**

**Christ the Savior Orthodox Church – Ballston Lake, NY**

Sunday, March 31, 2019

9:00 AM Orthros  
10:00 AM Divine Liturgy – **Sunday of the Holy Cross**  
**Cross Adoration Procession**

**5:00 PM Lenten Mission Vesper Services**

**St. Basil Greek Orthodox Church – Troy, NY**

## **April Events**

**Monday, April 1, 2019**

**6:00 PM Movie: “The Saints” – St. Catherine, St. Peter,  
St. Basil, & St. Constantine**

Sunday, April 7, 2019

9:00 AM Orthros  
10:00 AM Divine Liturgy – **Sunday of St. John Climacus**

**5:00 PM Lenten Mission Vesper Services**

**St. George Antiochian Orthodox Church  
South Glens Falls, NY**

Sunday, April 14, 2019

9:00 AM Orthros  
10:00 AM Divine Liturgy – **Sunday of St. Mary of Egypt**

**5:00 PM Lenten Mission Vesper Services**

**St. Innocent of Alaska Orthodox Mission – Oneonta, NY**

**Monday, April 15, 2019**

**6:00 PM Movie: “The Saints” – Archangel Michael, St. Demetrios,  
St. Helen, & St. Nektarios**