



# SUNDAY BULLETIN

Saint George Greek Orthodox Church  
Father Neofitos Sarigiannis [frneofitos@saintgeorgegoc.com](mailto:frneofitos@saintgeorgegoc.com)  
[www.saintgeorgegoc.com](http://www.saintgeorgegoc.com)

Sunday of St. Gregory Palmas

March 28, 2021



Today we commemorate Sunday of St. Gregory Palamas, Hilarion the New Herodion, the Apostle of the 70 and Stephen the Wonderworker



# Welcome to St. George Greek Orthodox Church

## Hymns of the Day

### Ἀπολυτίκιον Ἀναστάσιμον

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου Σῶμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν· διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε φιλόνητο.

### 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 αἰχμαλῶτων ἐλευθερωτής, καὶ τῶν πτωχῶν υπερασπιστής, ἀσθενούντων ἰατρός, βασιλέων υπέρμαχος, τροπαιοφόρε μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ θῆναι τὰς ψυχὰς ἡμῶν.

### Κοντάκιον.

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

### Resurrectional Apolytikion

The stone had been secured with a seal by the Judeans, \* and a guard of soldiers was watching Your immaculate body. \* You rose on the third day, O Lord \* and Savior, granting life unto the world. \* For this reason were the powers of heaven crying out to You, O Life-giver: \* Glory to Your resurrection, O Christ; \* glory to Your kingdom; \* glory to Your dispensation, only One who loves mankind.

### 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.

### 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

---

### **Epistle Readings 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.

### **Gospel Readings Mark 2:1-2**

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!"

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!"



# Welcome to St. George Greek Orthodox Church

---

## **St. George Book Club/ Bible Study 2020**

Join us on Monday March 29, 2021 at 6:30pm in our church. Please email Father Neofitos to join our Book Club. [frneofitos@saintgeorgegoc.com](mailto:frneofitos@saintgeorgegoc.com)

## **Today in Church**

### **Church Usher Assignment**

Sunday, March 21 Arji Cakouros, Toni Kananis  
Sunday, March 28 Lucy Brady, Roubina Morgan

**2021 PARISH COUNCIL:** Brian Goodale, President; Maria Dostis, Vice President; Alexandra Casey, Treasurer; Scott Morlock, Secretary; Roubina Morgan, Lucy Brady, Arji Cakouros, Balwant Kingra

## **Upcoming Calendar**

Monday, March 29	5:00 pm Teen/Adult Greek Language 5:30 pm Great Compline Service 6:30 pm Book Club/Bible Study
Tuesday, March 30	5:30 pm Youth Zoom Meeting
Wednesday, March 31	7:00 pm Young Adult Zoom Meeting
Thursday, April 1	4:30 pm Greek School Level 1 Zoom 5:30 pm Greek School Level 2 Zoom
Friday, April 2	6:30 pm Salutations to the Virgin Mary
Saturday, April 3	8:30 am Orthros & 9:30 am Divine Liturgy

### **Saint George Greek Orthodox Church Info:**

Office: (518) 393-0742 Fax: (518) 393-4093

website: [www.saintgeorgegoc.com](http://www.saintgeorgegoc.com) email: [office@saintgeorgegoc.com](mailto:office@saintgeorgegoc.com)

Reverend Father Neofitos Sarigiannis [frneofitos@saintgeorgegoc.com](mailto:frneofitos@saintgeorgegoc.com)

107 Clinton Street Schenectady, NY 12305 Office Hours: Monday- Thursday 9 AM-2 PM  
Parish Office closed on Friday



## Welcome to St. George Greek Orthodox Church

Dear friends and parishioners of St. George,

*On Thursday, March 25<sup>th</sup>, 2021 we completed our first Greek Independence Day Greek School program. Most of our 20 students of our levels 1 and 2 classes presented their poems with pride and zeal. We were all very proud and touched by the display of fervor and hard work everyone presented. Below are a few of my remarks to those attending via Zoom.*



**Parents, children, respected members of our future school board, Maria Dostis, beloved teachers.**

Today is a very big holiday for us as Orthodox Christians and as Greeks and lovers of the Greek nation and language - Philhellenes. It is the Annunciation of the Theotokos and the 200 year Anniversary of the declaration for Greek independence which occurred in 1821. Many brave heroes fighting for their independence started their revolution and made their declaration on this Holy day so they can ask for the help of the Virgin Mary, our Panagia.

I want to thank everyone for being here tonight and giving their time and efforts to put on this very first presentation of our new Greek school for St. George in Schenectady.

Our school has 20 children enrolled in the five to twelve year old age range and 10 enrolled in the adult and the young adult classes. We have five different classes and four levels being taught currently and we pray and hope to grow our program next year. Soon we will install a school board which will guide our future decisions. Next year we intend to grow by possibly offering a hybrid program with in-class lessons as well as the option for digital learning. We have students enrolled from different parts of New York State.

A special thank you for the Kingston students from the Church of Saint George who joined us this year for our digital program. I know if their program starts again, they will rejoin that program but we wanted you to know our doors will always be open.

I wanted to extend a special thank you to our Greek school liaison to the parish council Maria Dostis. Also Presvytera Catherine, who was intended to be our teacher for the year but decided to take a year for maternity leave, has been instrumental in getting our program up and running by connecting all of our students with the new teachers and helping them get the materials and resources needed. Ms. Ioanna Loula and Mr. George Cotzas, our Greek Language teachers deserve a very big round of applause for all their hard work and help in pioneering our new Greek school program. Finally, I'd like to thank Fr. Jim Kordaris for approaching us about joining our schools at this time. His open-minded outlook is always refreshing and we look forward to more collaborations.

And to our beloved children I would like to share with you my love and compassion that I have for you. I understand it is not the easiest thing to go to an afternoon Greek school, especially during a time of pandemic where you are in front of a screen for extended amounts of time. I went to Saint Demetrius Greek school in Astoria so we had Greek during the day. As I would go home at 3:00 o'clock PM I witnessed the children of the afternoon school entering. I felt so bad for them that they had to go school even after regular school. So if you ever don't feel like coming to Greek school, I understand your pain. At the same time, I encourage you to keep strong and to keep coming to school and learning the Greek language and culture. It will set you far apart in the future when you speak a second or even a third language. We are all so proud of you. You move us and inspire us.

God bless you and be with you this Great Lent and we wish you a blessed Easter and Pascha.

**Ζήτω η Ελλάδα μας! Ζήτω το 21!**

# ZOOM LENTEN LECTURES

Thursday, April 1<sup>st</sup> at 6:30 pm

Presenters: Fr. Neofitos Sarigiannis and Maggi Fitzpatrick

## Fasting - Is it for the body or for the soul?

Fasting is ultimately for both your body and your soul. But how we approach this change in our eating habits is very important. Fasting requires obedience, abstinence, hunger, self-discipline, and also awareness of where we are currently at and where we are trying to go. During this workshop, we are going to dive deeper together into the meaning of the fast and how to best practice it for where you are currently at in your life.

Topics we will cover include:

- Different levels of the fast and how to determine which one is best for you
- How to build balanced meals without your usual protein sources
- How the fast differs from mainstream diets
- Creating sustainable habits during lent that carry over afterward



Maggi is a health and fitness coach and has her bachelor's degree in clinical Exercise Science from Ithaca College. She has been coaching for the last 8 years and has worked with a wide range of clients from cardiac rehabilitation patients to collegiate athletes. She specializes in helping people become healthier and make sustainable change through exercise, nutrition, and mindset shifts.

Zoom info:

<https://goarch.zoom.us/j/96858386422?pwd=TWtWV2x6U25uUGU1wcE1OjBXRidFBTUT09>

Meeting ID: 968 5838 6422 Passcode: 013336

Facebook: <https://www.facebook.com/maggicalofitness>

Instagram: <https://www.instagram.com/maggicalo/>

Sign up for my newsletter: <https://mailchi.mp/9bb8a9a3ec07/newsletter>

Maggi Calo  
FITNESS

Greek Orthodox Church of St. George- Schenectady, NY

# Great Lent Schedule 2021

## Monday, March 15 - Clean Monday- Great Lent

Begins \*5:30 pm Great Compline

\*6:30 pm Bible Study/Book Club

## Friday, March 19

\*6:30pm Salutations to the Virgin Mary  
(Οι Χαιρετισμοί της Θεοτόκου)

## Saturday, March 20 – 3<sup>rd</sup> Saturday of the souls

\*8:30 am Orthros & 9:30 am Divine Liturgy &  
Memorial Service (Kolyva)

## Sunday, March 21 - Sunday of Orthodoxy

\*8:30 am Orthros & 9:30 am Divine Liturgy

## Tuesday, March 23

\*6:30 pm Zoom Lenten Lecture on

Iconography with

Fr. Aristidis Garinis, via Zoom

## Wednesday, March 24

\*6:30 pm Vespers for Annunciation of the  
Theotokos

## Thursday, March 25 - Annunciation of the

Theotokos\*8:30 am Orthros & 9:30 am Divine Liturgy

\*5pm Zoom Greek Independence Day

Greek School Program

## Friday, March 26 \*6:30pm Salutations to the Virgin

Mary (Οι Χαιρετισμοί της Θεοτόκου)

## Sunday, March 28 - Sunday of St. Gregory Palamas

\*8:30 am Orthros & 9:30 am Divine Liturgy

## Monday, March 29

\*5:30 pm Great Compline

\*6:30 pm Bible Study/Book Club

## Thursday, April 1 \*6:30 pm Zoom Lenten Lecture –

Fr. Neofitos and Maggi – Fasting – Body and Soul

## Friday, April 2

\*6:30 pm Salutations to the Virgin Mary

(Οι Χαιρετισμοί της Θεοτόκου)

## Saturday, April 3

\*8:30 am Orthros & 9:30 am Divine Liturgy

## Sunday, April 4 - Sunday of the Holy Cross

\*8:30 am Orthros & 9:30am Divine Liturgy

## Monday, April 5

\*5:30 pm Great Compline

\*6:30 pm Bible Study/Book Club

## Wednesday, April 7

\*9:30 am Presanctified Liturgy

\*8:00 pm Zoom Lenten Lecture – Fr. Neofitos

– The Holy Cross of Christ

## Friday, April 9

\*6:30 pm Salutations to the Virgin Mary

(Οι Χαιρετισμοί της Θεοτόκου)

## Sunday, April 11 - Sunday of St. John Climacus

\*8:30 am Orthros & 9:30 am Divine Liturgy

## Monday, April 12

\*5:30 pm Great Compline

\*6:30 pm Bible Study/Book Club

## Friday, April 16 \*6:30 pm Akathyst Hymn

## Sunday, April 18 - Sunday of St. Mary of Egypt

\*8:30 am Orthros & 9:30am Divine Liturgy

## Monday, April 19

\*5:30 pm Great Compline

\*6:30 pm Bible Study/Book Club

*\*The Sacrament of Holy Confession maybe requested  
and ministered after any service.*

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



## Welcome to St. George Greek Orthodox Church

---

### **Covid 19 Update (3/21/2021)**

Dear friends and parishioners of Saint George,

The parish council and I wanted to reassure every one of the measures we are taking and will continue to take during this pandemic to ensure everyone's safety and comfort while in our space of beloved worship.

Since the pandemic began, we have been enforcing several measures such as taking temperatures at the door, spacing people 6 feet apart for social distancing, taking people's information for contact tracing, always requiring masks, and making the Hellenic center available for worship overflow and for those who wish to be in a larger better-ventilated space. Our Hellenic center can fit up to 50 people and our church can fit a range of 30-40 people, (depending on groups or families who do not need to distance). **Seating is always determined on a first come first serve basis.** Once reaching capacity inside the Church of 30-40 people, our ushers will escort pilgrims to the Hellenic center. This might cause some initial discomfort, but rest assured that it is for all our safety. This procedure is for your inclusion and not exclusion. We ask for your understanding and patience during this time. We have put a lot of time and effort in organizing the Hellenic center and setting up a projector and other pieces of technology and investments we have made for all our beloved family to safely worship.

The most important safety measure we have taken as a community is to adhere to the rules the archdiocese and the state have put forth. Your teamwork and "unity" have been a vital part in helping our usher leadership teams do their job of protecting us all during our services. We want to thank you for your service and for your continued support and attendance.

We will all continue to pray for an end to this pandemic and we will continue these safety measures until it is reasonable to do so. All are encouraged to come and worship even more during this crisis. A pandemic offers us a greater reason to pray for health and fortification of our souls. It is a reminder that we should look to the Lord our God for help and Salvation. No earthly means or institution can save us. Let us always remember the psalm:

***105:4 - Look to the Lord and his strength; seek his face always.***

Wishing all our families a Kali Sarakosti and Blessed Lent!

**In Christ,  
Fr. Neofitos and the St. George Parish Council**

#### ***Prayer for the Pandemic***

As the physician of the sick and the suffering,\* and as the helper of the faithful who hope in You,  
\* O gracious Lord, who wills that all humanity be saved, \* from Your throne of majesty, look upon us with mercy; \* hear our voice out of the depths, as we cry to You saying: \* We all entreat You, free us from the threat \* of this pandemic, O God most compassionate.