



Church website: www.hrocbv.org

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*Holy Resurrection
Orthodox Church*

222 Mary Street, Rostraver Township, PA
(Serving the faithful of Belle Vernon and surrounding
areas)

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March 12, 2023

Glory Be to Jesus Christ! Glory Be Forever!

Services	Sun., Mar. 12 th	Sunday of St. Gregory Palamas Mission Vespers <i>HROC, Belle Vernon</i>	4:30 pm
	Wed., Mar. 15 th	Presanctified Divine Liturgy <i>HROC, Belle Vernon</i>	7 pm
	Fri., Mar. 17 th	Akathist to the Theotokos Healer of Hardened Hearts <i>(Private Confessions follow)</i>	7 pm
	Sat., Mar. 18 th	Great Vespers with Confession	6 pm
	Sun., Mar. 19 th	Sunday of the Holy Cross Hours Divine Liturgy Mission Vespers <i>St. Alexander Nevsky, Allison Park</i>	9:45 am 10 am 4:30 pm

*Take time to read the scriptures to prepare your heart and mind
for Sunday Liturgy.

Epistle: Hebrews 4:14-5:6

Gospel Reading: Mark 8:34-9:1

Epistle

(*Hebrews 1:10-2:3*)

And:

*“You, LORD, in the beginning laid
the foundation of the earth,
And the heavens are the work
of Your hands.
They will perish, but You
remain;
And they will all grow old like
a garment;
Like a cloak You will fold them
up,
And they will be changed.
But You are the same,
And Your years will not fail.”*

But to which of the angels has He ever said:

*“Sit at My right hand,
Till I make Your enemies Your
footstool”?*

Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

Therefore we must give the more earnest heed to the things we have heard, lest we drift away.

For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward,

how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard *Him*,

Gospel

(*Mark 2:1-12*)

And again He entered Capernaum after *some* days, and it was heard that He was in the house.

Immediately many gathered together, so that there was no longer room to receive *them*, not even near the door. And He preached the word to them.

Then they came to Him, bringing a paralytic who was carried by four *men*.

And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.

When Jesus saw their faith, He said to the paralytic, **“Son, your sins are forgiven you.”**

And some of the scribes were sitting there and reasoning in their hearts,

“Why does this *Man* speak blasphemies like this? Who can forgive sins but God alone?”

But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, **“Why do you reason about these things in your hearts?”**

“Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’?”

“But that you may know that the Son of Man has power on earth to forgive sins” – He said to the paralytic,

“I say to you, arise, take up your bed, and go to your house.”

Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw *anything* like this!”

The Second Sunday of Great Lent: St. Gregory Palamas, Archbishop of Thessalonica

By Very Rev. Fr. Lawrence Farley

St. Gregory was born in Constantinople in 1292 of noble and wealthy parents. His mother died when he was young, and he became a ward of the emperor. Hence, he had a brilliant career in the imperial court. When he was about 20, he left all the intrigue of life in the capital to enter the monastic life on Mt. Athos. There he lived in peace and learned the ways of stillness and of hesychasm*, celebrating the transfiguration of human nature through prayer. In 1333, the hesychast monks were attacked by Greek theologian Barlaam, who thought the doctrine and claim that man could see the uncreated light was ridiculous. Barlaam felt their teaching denied the transcendence and unity of God. Gregory supported the monks and wrote his *Triads* in their defense. However, Barlaam was very powerful and influential and Gregory was condemned and excommunicated. As Gregory could not be silent about his teaching, he was also imprisoned. Later, when a new emperor assumed the throne, Gregory was restored and appointed Archbishop of Thessalonica. Councils held in Constantinople examined the hesychast doctrines which vindicated Gregory and his teachings in 1351.

Ever since the fourteenth century, this Sunday commemorates St. Gregory Palamas, Archbishop of Thessalonica. St. Gregory was the great defender and theologian of hesychasm and of the uncreated light of Christ, and by commemorating St. Gregory a week after the Sunday of Orthodoxy, the Church enshrines his teaching and confirms it as a standard of Orthodoxy. The Lenten transfiguration we seek cannot be reached apart from godly and humble ascetical struggle.

St. Gregory’s description of hesychastic prayer as follows:

“Let us work with the body and pray with the soul. Let our outer man perform bodily tasks, and let the inner man be entirely dedicated to the service of God. As Jesus, God and man, commanded us, saying ‘But when you pray, enter into your closet, and when you have shut your door, pray to your Father which is in secret’ [Matt. 6:6]. The closet of the soul is the body; our ‘doors’ are the five bodily senses. The soul enters its closet when the mind does not ‘roam’ among the things of this world and the affairs of this world, but stays within – in our heart. Our senses become closed and remain closed when we do not let them be attached to external sensory things. In this way, our mind remains free from every worldly attachment; and, by secret mental prayer, unites with God its Father.”

* Orthodox prayer teaches inner silence. Body and mind are brought to solitude and quietness in order to experience the peace and silence that surround the presence of God. It is a total relinquishment of one’s life to God. It is not a Utopian Nirvana-type of peace but a peace in God in the midst of intense daily struggle. The ultimate aim is a mystical union with God within the context of silence. The person who has attained inward stillness or silence listens to the voice of prayer in his own heart and understands that this voice is not his own but that of another speaking within him.

Announcements:

Welcome Archbishop MELCHISEDEK!

May God Grant You Many Many Blessed Years!

This month's Parish Council meeting is scheduled for **Monday March 13th at 6:30 pm**. One item on the agenda is the planning to set up a general cleaning date for the Church to ready it for our Paschal celebration. Hopefully, we will be able to put a plan into action.

Fr. Stephan will hear confessions after ALL scheduled services throughout Lent. If one cannot make it due to health or other noble reasons, Fr. Stephan will be glad to hear your confessions at your house.

The Lenten Season is in full swing! We have had a few people take advantage of the Church being open the first week of Lent for them to just come and pray. Just give Father a call to let him know when you would like to come to pray and he will make arrangements to have the Church open for you.

This upcoming Lenten Season -- Let us start refocusing our hearts and minds towards humility, forgiveness, repentance, and love towards our fellow man as we begin our Lenten journey on the path to Golgotha with Jesus. We are continuing our support and love of our seminarians and their families by taking a special Paschal collection through **April 9th**. The families are most appreciative of all support!

Thanks for the donations for the seminarians! We received \$70.00 this past week. It is a start and we will be collecting donations through **April 9th**. Let us try to collect over \$2,000 again so that we are able to give meaningful gifts to several seminarian families who are very appreciative.

Don't forget, we need to remember and visit our Home-Bound Parishioners especially over the Paschal season! We have quite a few parishioners who are not able to get out and about as well as they use to. See today's bulletin insert for a listing of our Home-Bound Parishioners. All of these folks are very appreciative that their parish has not forgotten them and enthusiastically send their love to all here at HROC. *If you know of a person who needs to be added to it, please let Father Stephan know.*

During the Lenten Season, we should try to look back at ourselves and our lives to see where we can improve and come closer to God. Come and attend any of the upcoming Lenten services to assist you on your journey towards Pascha. Pick up a copy of the annual "**Lenten, Holy Week and Paschal 10-Week Calendar**" as a handy home reference to keep you abreast of all Lenten services during this holy season. Calendars available at the candlestand.

Please Note: *As of March 1st, the donation on the large candles will be \$5.00 per candle.* The donation on the beeswax tapers and small votive candles will be \$2.00 per candle.

Paska! Paska! Paska! Nothing could replace this precious tradition to celebrate the joyous Resurrection! The men and women of HROC will be rolling up their sleeves on **Thursday, March 30th Friday, March, 31st and Saturday April 1st** to assure that past and new customers will have this wonderful delicacy to enjoy for their Easter. Pick up a Baba's Paska Order Form at the candlestand.

Most importantly,

Don't forget to include a valid telephone number on the order form so we can arrange for you to pick-up!

The orders are due **Sunday, March 19th**. Please leave your orders at the candle stand or see either Marie or Mary S. Due to the large demand for Baba's Paska, no orders can be accepted after the due date.

A Note from Council ~~ Don't forget: If you have any changes/updates to your phone/cell number, e-mail address or home address, please let us know. Please drop off any new information at the candlestand or give to Mary Merella to help us keep the information on our contact lists up-to-date. Thanks!

Interested in learning how to make Prospora? If interested, please let either Marie or Mary know. A demonstration/class is on the horizon.