



Church website: [www.hrocbv.org](http://www.hrocbv.org)

Church Social Hall: (724) 929-7448

*Holy Resurrection  
Orthodox Church*

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

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**March 31, 2024**  
**Sunday of**  
**St. Gregory Palamas**

*Glory Be to Jesus Christ! Glory be Forever!*

<b>Services</b>	Fri., Apr. 5 <sup>th</sup>	<b>Weeping Kardiotissa Icon of the Theotokos</b> <i>(St. Nicholas, Carpatho, Monongahela)</i>	<b>7 pm</b>
	Sat., Apr. 6 <sup>th</sup>	<b>Great Vespers with Litya and Confession</b>	<b>6 pm</b>
	Sun., Apr. 7 <sup>th</sup>	<b>Sunday of the Cross</b> Hours Divine Liturgy	<b>9:45 am</b> <b>10 am</b>
		<b>Mission Vespers</b> <i>St. Alexander Nevsky, Allison Park</i> <i>(A Lenten meal will follow downstairs in the church hall.)</i>	<b>6 pm</b>

\*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

<p><b>Tone 2 Troparion</b> <i>(Resurrection)</i></p> <p>When Thou didst descend to death, O Life immortal, Thou didst slay hell with the splendor of Thy Godhead.</p> <p>And when from the depths Thou didst raise the dead, all the powers of heaven cried out: //</p> <p>“O Giver of life, Christ our God, glory to Thee!”</p> <p><b>Tone 8 Troparion</b> <i>(St. Gregory Palamas)</i></p> <p>O light of Orthodoxy, teacher of the Church, its confirmation, O ideal of monks and invincible champion of theologians, O wonderworking Gregory, glory of Thessalonica and preacher of grace, always intercede before the Lord</p>	<p><b>Tone 8 Kontakion</b> <i>(St. Gregory Palamas)</i></p> <p>Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing thy praises, O God-inspired Gregory.</p> <p>Since thou now standest before the Original Mind, guide our minds to Him, O Father, so that we may sing to thee: “Rejoice, preacher of grace!”</p> <p><b>Tone 4 Kontakion</b> <i>(from the Lenten Triodion)</i></p> <p>Now is the time for action!</p> <p>Judgment is at the doors!</p> <p>So let us rise and fast, offering alms with tears of compunction and crying:</p> <p>“Our sins are more in number than the sands of the sea; but forgive us, O</p>	<p><b>Tone 5 Prokeimenon</b></p> <p>Thou, O Lord, shalt protect us and preserve us from this generation forever. <i>(Ps. 11:7)</i></p> <p><i>V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)</i></p>
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that our souls may be saved!	Master of all, so that we may receive the incorruptible crowns!”	
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## 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!”

A reminder regarding fasting for Pre-Sanctified Divine Liturgies... If you plan to attend and receive communion, you should fast from food and drink from your lunchtime meal onward. If you take medications, please follow the normal medical instructions. Also, if one needs to eat for medical reasons, please eat what you have to eat. Don't let this deter one from receiving. Remember, God knows our situation a little better than we do.

## **Announcements:**

**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.

The next Parish Council meeting will be on **April 8<sup>th</sup> at 6:30 p.m.**

During Lent, we will be holding an adult scripture reading class Sundays at 9:15 a.m. We will be reading from Proverbs which is traditionally read during lent. Please join us!

We are gearing up for the Second Baking Sessions on **Friday, April 5<sup>th</sup> and Saturday, April 6<sup>th</sup>.** Come and enjoy the camaraderie of your fellow parishioners by coming to one and/or both baking sessions. **Both sessions will start at 7 am.**

**Note to Choir Members:** There will be a choir rehearsal following the Passion Akathist service on **Friday, April 19<sup>th</sup> 7:30 pm.** We will be refreshing our memories of the musical setting for the Unction Service. There will also be a quick brush-up rehearsal after Liturgy on **Sunday, April 21<sup>st</sup>.** Please make every effort to attend. Anyone interested in joining the choir, please feel free to attend. All are welcome!

**A Note from Fr. Stephan:** A special thanks for everyone's prayers for my mother and family. It was also very nice to celebrate Pre-sanctified Liturgy at Saint Nicholas in Monongahela. Holy Resurrection had a nice attendance.

**Pussy Willows:** With this wonderful mild warm winter we have experienced this year, Pussy Willows may be coming out early. We urge any parishioner who has a willow bush to please cut them early, wrap in newspaper and place somewhere cool to hold or bring them to the Church Social Hall.

**Paschal Altar Candles:** Gifts are now being accepted for the Paschal Altar Candles. If you would like to make a gift in memory of loved ones or in honor of loved ones – place your offering in an envelope marking it “Paschal Candles” and leave it at the Candle Stand.

**Baba Bunny** needs your help before Western Easter comes and goes - can you help with a donation of some candy or candy-filled eggs? A few of us are getting together to make up some Pascha treat bags for our children filled with candy and goodies. To aid in assembling the Paschal bags, please fill your plastic eggs before bringing to church. Thanks to everyone for their generosity and help! God Bless!

### **Save the Date:**

- The Miraculous Myrrh Streaming Kardiotissa Icon of the Theotokos from Taylor, PA will be at St. Nicholas Orthodox Church in Monongahela on **Friday, April 5<sup>th</sup>**. A prayer service with this icon will begin **at 7 p.m.** (*This is the correct time! Sorry for the miscommunication.*) Fr. Mark Leasure, custodian of the icon from St. George Orthodox Church in Taylor, PA will share many of the miraculous stories associated with the icon.