



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 8, 2026**

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

***Sunday of Gregory Palamas***

<b>Services</b>	Sun., Mar. 8 <sup>th</sup>	<b>Mission Vespers:</b> <i>(SS Cyril &amp; Methodius, Jeanette)</i>	<b>5 pm</b>
	Wed., Mar. 11 <sup>th</sup>	<b>Presanctified Divine Liturgy</b>	<b>7 pm</b>
	Fri., Mar. 13 <sup>th</sup>	<b>Akathist to Theotokos</b> <i>Private Confessions to Follow</i>	<b>7 pm</b>
	Sat., Mar. 14 <sup>th</sup>	<b>Soul Saturday</b> Hours Divine Liturgy	<b>8:45 am</b> <b>9 am</b>
		<b>Great Vespers with Litya</b> <i>Private Confessions to Follow</i>	<b>6 pm</b>
	Sun., Mar. 15 <sup>th</sup>	<b>Sunday of the Holy Cross</b> Sunday School Hours Divine Liturgy	<b>9:15 am</b> <b>9:45 am</b> <b>10 am</b>
		<b>Mission Vespers:</b> <i>(St. Alexander Nevsky, Allison Park)</i>	<b>5 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 6 Troparion</b> <i>(Resurrection)</i></p> <p>The Angelic Powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure body. Thou didst capture hell not being tempted by it. Thou didst come to the Virgin, granting life. O Lord, Who didst rise from the dead, 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</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. 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 8 Kontakion</b> <i>(from the Lenten Triodion)</i></p> <p>Now is the time for action! Judgment is at the doors! So let us rise and fast, offering alms with tears of compunction and crying:</p>	<p><b>Tone 5 Prokeimenon</b> <i>(Resurrection)</i></p> <p>Thou, O Lord, shalt protect us and preserve us from this generation forever. (Ps. 11:7)</p> <p><i>V. Save me, O Lord, for there is no longer any that is godly!</i> (Ps. 11:1a)</p>
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the <u>Lord</u> that our <u>souls</u> may be saved!	“Our sins are more in number than the <u>sands</u> of the sea; but forgive us, O <u>Master</u> of all, so that we may receive the <u>incorruptible</u> 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!”

## **Announcements:**

This month’s Parish Council Meeting is scheduled for **Monday March 9<sup>th</sup> at 6:30 pm**. Please plan on being there.

As mentioned at the annual Parish Meeting, Parish Council will be publishing monthly the financial status of our church. Below are the General Fund financials for the month of February:

Collections totaled \$12,673; Expenses totaled \$14,595; there was a deficit of \$1,922

***Lent is a time for quiet meditation and reflection.*** Disconnect from your busy day for 15 minutes or half hour and lose yourself in the *Orthodox Christian Prayers* book just received from St. Tikhon’s Monastery. “It is our conversation with God that brings about our union with him. We must enter into this work of prayerful dialogue again and again, day by day, moment by moment, during every part of our life, always striving to make a new beginning.” Be still, and know that I am God (Psalm 46:10) helps with lowering stress levels and blood pressure. Stop by the candlestand to purchase your copy (\$25) and begin a new daily routine that may continue after Lent.

***Don’t forget, we need to remember and visit our Home-Bound Parishioners!*** 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 **UPDATED** 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.* (Please note that Julia Urdenis is recuperating after breaking her leg and her address has been updated.)

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 5<sup>th</sup>**. The families are most appreciative of all support!

***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 26<sup>th</sup> through Saturday March 28<sup>th</sup>** to assure that past and new customers will have this wonderful delicacy to enjoy for their Easter. Pick-up your 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 15<sup>th</sup>**. 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.

As mentioned at this year’s Annual Parish Meeting, online donations are now available on our website. The donations will be processed securely through [Tithe.ly](https://www.tithe.ly). There are three funds available to direct your donations to: General Fund, Building Fund, and Endowments. [Tithe.ly](https://www.tithe.ly) can process donations from your credit card, debit card or your checking account. You will have the option of covering the fees. If you have any questions, please ask Matushka Denise or any member of the parish council.

It's March and the weather is heading in the right direction, but it could still be questionable with fluctuating temperatures. Please use your best judgment and check on your neighbors more often. Also, please respect the weather and use caution when traveling.

**SAVE THE DATE:**

On **Saturday, March 21<sup>st</sup>**, the St. Tikhon's Seminary Choir will be traveling to two parishes in the Southwestern Deanery of Western Pennsylvania to sing. They will be singing the responses at Divine Liturgy with Fr. Nelko at St. Nicholas Orthodox Church in Weirton, WV at **9:30 am** then onto St. John the Baptist in New Kensington to sing Great Vespers at **4 pm** with Fr. John Parker.

Stop by St. John the Baptist Byzantine Catholic Church, 201 E. Main St., Uniontown on **Sunday, March 22<sup>nd</sup> from 12 Noon to 4 pm** for their Egg Eggstravaganza. Pysanky artists will be displaying, demonstrating and selling their eggs. There will be several sales tables of Pysanky supplies, kits, books, embroidered basket blessing covers, lamb butter molds, cookbooks, etc. There will also be a bake sale offering a variety of homemade items. Many raffles will be available. A Lenten lunch menu will be served.

**Pysanky Classes** – Pysanky Classes are being offered at **St. Nicholas Orthodox Church, Donora** from 6-8 p.m. on Thurs., March 12<sup>th</sup>, Thurs., March 19<sup>th</sup> and Thurs., March 26<sup>th</sup>. Cost is \$25 per person. All skill levels are welcome! To RSVP, contact Kelly Bavuso call/text (724) 882-8561 or e-mail [pysankymepgh@gmail.com](mailto:pysankymepgh@gmail.com). See the flyer on the vestibule bulletin board for more info.