ST. HERMAN OF ALASKA ORTHODOX CHURCH

sthermanshillington.org

Fr. John Black, parish administrator **(610) 427-9279** **johnmblack@gmail.com**

March 16, 2025 – 2nd Sunday of Lent

on which we remember St Gregory Palamas,
defender of Hesychasm (the silent prayer of the heart)

If you have not already, please take the **Lent & Pascha Calendar** from the candle stand, in addition to this bulletin. That calendar is our full Service Schedule, until Pascha. *It is two pages, for both March and April 2025.*

This Week's Schedule

Sat March 15, 4:30pm – Great Vespers
Sun March 16, 9am – Divine Liturgy & fellowship

Sun March 16, 5pm – Pan-Orthodox Vespers, Holy Trinity Greek Orthodox Cathedral, 1000 Yverdon Drive, Camp Hill
Wed March 19, 6pm – Presanctified Divine Liturgy at St Matthew's, 8477 Allentown Pike, Blandon
Fri March 21, 9am – Presanctified at Ss. Constantine & Helen
Fri March 21, 7pm – *Akathist to the Theotokos*, part 2, at Ss C&H

Friday 7pm – Saturday 9am, March 21-22, Annual Youth Lock-In (overnight retreat) at Ss C&H

Sat March 22 – No Vespers
Sun March 23, 9am – Divine Liturgy & fellowship (Fr Edward Hughes)
Tues March 25, 8:30am – Matins & Divine Liturgy for the **Feast of the Annunciation**, at Ss. Constantine & Helen

Looking ahead: Parish Council meeting, tentatively Sunday April 6 after Liturgy

Hymns of the Day

Resurrection (Tone 5)

Let us, the faithful, praise and worship the Word, / co-eternal with the Father and the Spirit, / born for our salvation from the Virgin; / for He willed to be lifted up on the Cross in the flesh, / to endure death, / and to raise the dead // by His glorious Resurrection.

St Gregory Palamas (Tone 8)

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 that our souls may be saved!

St Gregory Palamas (Tone 8)

Holy and divine instrument of wisdom, / joyful trumpet of theology, / together we sing your praises, O God-inspired Gregory. / Since you now stand before the Original Mind, guide our minds to Him, O Father, // so that we may sing to you: "Rejoice, preacher of grace!"

2nd Sunday of Lent (Tone 4)

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: / "Our sins are more in number than the sands of the sea; / but forgive us, O Master of all, // so that we may receive the incorruptible crowns!"

Announcements

This coming weekend, Friday night through Saturday morning, Ss. Constantine & Helen's Youth Group (GOYA) is holding its annual lenten **Lock-In Teen Retreat**. **All teens (grades 7-12) from our parish are invited**. Please let Fr John know ASAP if there is interest in your family (or contact Fr Emmanuel directly at emmanuelmaginas@gmail.com or 724-709-9145).

Prayers

For health of: Archbishop Nathaniel Popp, Archbishop Alexander Golitzin, Matushka Myra Kovalak, Marcia Lutz, Bernard Kusior, Julia Jay.

Memory Eternal: Archbishop Anastasios of Albania (Jan 25). Fr. Paul Harrilchak (3/12). Fr. Jonas Worsham (3/8).

Attendance

Sun Feb 2 Liturgy: 24 adults, 1 child (Communion: 20 adults, 1 child)
Sun Feb 9 Liturgy: 9 adults, 3 children (Communion: 5 adults, 3 children)
Sun Feb 23 Liturgy: 25 adults, 3 children (Communion: 21 adults, 3 children)
Sun Mar 2 Liturgy: 22 adults, 0 children (Communion: 10 adults, 0 children)
Sun Mar 9 Liturgy: 25 adults, 0 children (Communion: 18 adults, 0 children)

"**The antidote** to the atomization and **disconnection of post-modern life** could be the **real life of the Orthodox parish**: where we **gather together** for services, as we **journey** through the ecclesiastical year together, as we take **meals to the sick**, as we **grieve by praying** a Panikhida for a parishioner who died -- all this **intentional community** fights what is happening in the culture and shows a better way. Perhaps this is more important now than ever before."

– Deacon Samson Nash, remarks at the 2025 Clergy Conference of the OCA Diocese of the South

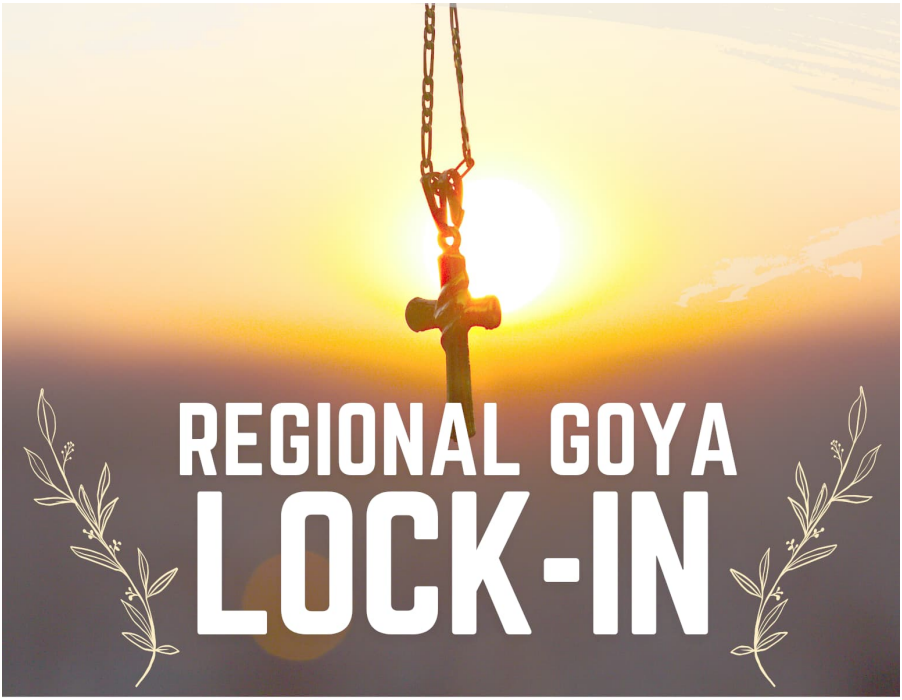
A Warm Welcome to all visitors who have prayed and celebrated the Divine Liturgy with us this morning! We invite **all of you** downstairs to our parish hall for fellowship following the veneration of the Holy Cross.

Please find the schedule of services and Fr. John's contact info in the bulletin. If you have any questions at all, please reach out any time. *We hope to see you again!*

Please Note:

In the Orthodox Church, the receiving of Holy Communion is the sign of one's **full participation in the mystery of the Faith**, and Orthodox Christians are encouraged to receive it frequently.

For this reason, Communion is given only to those Orthodox Christians that have properly **prepared themselves** to receive it: through **prayer**, **fasting**, and a recent **confession**; and who have attended the Holy Liturgy from the beginning, and are ***at peace with each other***. Those who partake of the Eucharist normally fast from food and drink in the morning before the Divine Liturgy, if they are able.



REGIONAL GOYA LOCK-IN

FOOD | PRAYER | GAMES

SERVICE PROJECT | FRIENDS | FELLOWSHIP

GRADES 7-12

MARCH 21-22 | FRIDAY 7PM THRU SATURDAY 9AM

STS. CONSTANTINE & HELEN ORTHODOX CHURCH
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