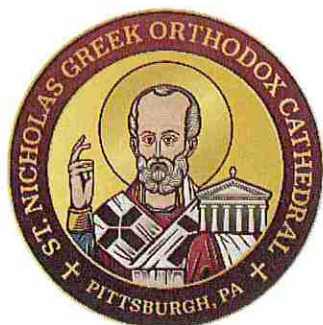


SUNDAY, MARCH 31, 2024 – 2nd Sunday of Lent

Saint of the Day: Our Holy Father Gregory Palamas, Archbishop of Thessaloniki

Second Mode • Tenth Eothinon • Liturgy of St. Basil the Great



WELCOME TO ST. NICHOLAS CATHEDRAL!

VISIT www.stnickspgh.org TODAY for news and updates about our parish!

CLERGY: Rev. Fr. Eleftherios Constantine and Rev. Dn. Robert Lykos

Father's E-mail: fr.ec@stnickspgh.org

PROTOPSALTRIA: Amy Hogg

CHOIR DIRECTOR: Steve Andrews

ORGANIST: Brett Wells

Questions about our Parish? E-mail church@stnickspgh.org or call 412-682-3866

Our Sunday worship schedule: September – May: Orthros 8:45 a.m. & Divine Liturgy 10:00 a.m.

WELCOME, VISITORS! You are honored guests here at St. Nicholas Cathedral and welcome at all our services. We invite you to receive the Holy Eucharist (Communion) if you are an Orthodox Christian who is prepared through fasting, prayer, and confession. If you are not Orthodox, or are Orthodox but have not prepared, we respectfully invite you instead to come forward at the end of the service for a blessing by the priest and a piece of blessed bread (antidoron).

Our Mission & Vision Statements

The **MISSION** of St. Nicholas Greek Orthodox Cathedral is to Proclaim the Gospel of Jesus Christ in a Spirit of Unity and Love for All through Worship, Service, Education, Fellowship and Outreach.

Our **VISION** is to be a Welcoming and Growing Parish, Striving to Live the New Life in Christ according to the Teachings and Traditions of the Greek Orthodox Faith.

Watch Sunday services, which are streaming live from St. Nicholas Cathedral at www.stnickspgh.org and click on "Live Streaming Click Here."

On-Line Giving donations are up and running on our web page <https://stnickspgh.org> by clicking the Giving tab and select donate. or you may access the donation page by visiting <https://abundant.co/stnickspgh/give>

TODAY:

- ❖ Memorial Service for Aphrodite Amorgianos (40 days), Semi Tsudis (1 year), and Angelo Tsudis (10 years).
- ❖ Coffee hour is hosted today by GREEK SCHOOL and sponsored by the Amorgianos and Tsudis families in the Large Hall.
- ❖ "Souper Sunday", sponsored by St. Nicholas Philoptochos.
- ❖ Greek School March 25th Luncheon and Program.

THIS WEEK AT ST. NICHOLAS:

- Monday, April 1, 2024: YAL Basketball 7:00 p.m.
- Tuesday, April 2, 2024: Adult Greek Classes 6:30 p.m.
- Wednesday, April 3, 2024: Presanctified Liturgy 6:30 p.m. and Potluck Lenten Dinner and Lecture 7:30 p.m.
- Friday, April 5, 2024: 3rd Salutations of the Theotokos 6:30 p.m.
- Saturday, April 6, 2024: Greek School 10:00 a.m.
Festival Baking Kourambiethes 9a-4p.
- Sunday, April 7, 2024: Trisagion Service for Barbara Garbinski (40 days), Georgia Krelis (2 years) and Athena Krelis (37 years).
Camp Nazareth Spaghetti Luncheon 12:00 noon.

SUNDAY, MARCH 31, 2024 – 2nd Sunday of Lent

Saint of the Day: Our Holy Father Gregory Palamas, Archbishop of Thessaloniki

Second Mode · Tenth Eothinon · Liturgy of St. Basil the Great

TODAY'S HYMNS AND READINGS

The Resurrection Hymn of the week in second mode is chanted twice for the Small Entrance:

Ότε κατήλθες πρὸς τὸν θάνατον, ἢ ζωὴ ἢ ἀθάνατος, τότε τὸν ἄδην ἐνέκρωσας, τῇ ἀστραπῇ τῆς θεότητος· ὅτε δὲ καὶ τοὺς τεθνεῶτας, ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν δόξα σοι.

When You descended unto Death, O Lord, You who are immortal Life put Hades to death, by the lightning of Your divinity. And when You raised the dead from the netherworld, all the hosts of heaven sang aloud to You, "O Christ God, Giver of life, glory to You!"

At the Small Entrance, the usual Entrance Hymn is chanted.

Following the Small Entrance, the Resurrection Hymn of the week in second mode is repeated (see above).

After this, we chant the Hymn for the Saint of the day (St. Gregory Palamas) in plagal fourth mode:

Όρθοδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

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.

Then, the clergy chant the hymn for the memorial service in plagal fourth mode.

Μνήσθητι Κύριε, ὡς ἀγαθὸς τῶν δούλων σου, καὶ ὅσα ἐν βίῳ ἡμαρτον συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ Σὺ ὁ δυνάμενος, καὶ τοῖς μεταστᾶσι δοῦναι τὴν ἀνάπαυσιν.

Remember, O Lord, as You are good, Your servants, and forgive every sin they have committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

We then chant the Apolytikion hymn for our patron, St. Nicholas, in fourth mode:

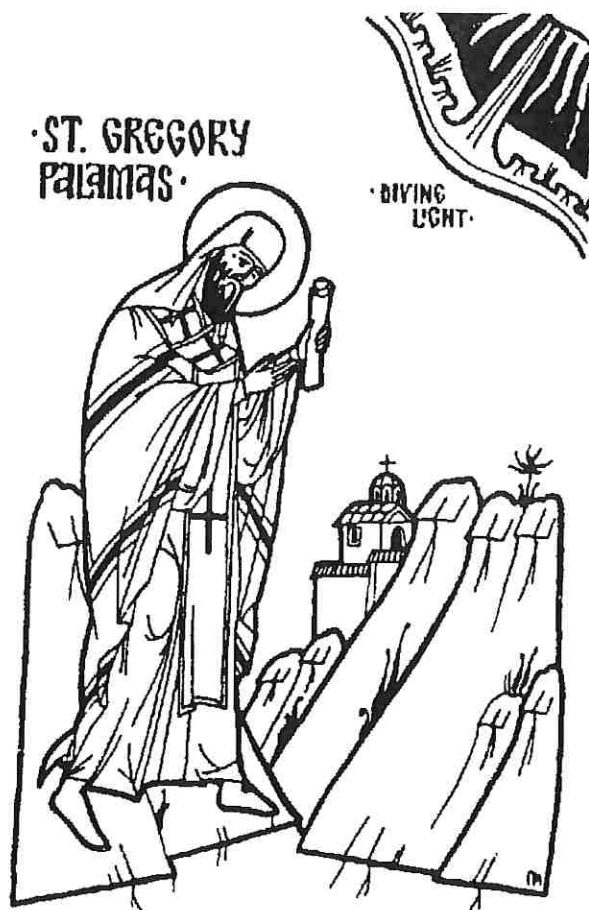
Κανόνα πίστεως καὶ εἰκόνα πραότητος, ἐγκρατείας διδάσκαλον, ἀνέδειξέ σε τῇ ποιμένῃ σου, ἡ τῶν πραγμάτων ἀλήθεια· διὰ τοῦτο ἐκτίσω τῇ ταπεινώσει τὰ ὑψηλά, τῇ πτωχείᾳ τὰ πλούσια, Πάτερ ἱεράρχα Νικόλαε· πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

The truth of things have revealed you to your flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause you have achieved the heights by humility, riches by poverty. O Father and Hierarch Nicholas, intercede with Christ God that our souls be saved.

Finally, we chant the Kontakion of the Feast, in plagal fourth mode:

Τῇ ὑπερμάχῳ * στρατηγῷ τὰ νικητήρια, * ὡς λυτρωθεῖσα * τῶν δεινῶν, εὐχαριστήρια * ἀναγράφω σοι ἡ Πόλις σου, Θεοτόκε· * ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, * ἐκ παντοίων με κινδύνων ἐλευθέρωσον * ἵνα κράζω σοι· * Χαῖρε, Νύμφη ἀνύμφευτε.

My champion gen'ral, * I your city now devote to you * a feast of vic'try * and an offering of gratitude, * since from terrors, Theotokos, have I been ransomed, * but because you * have the might which is invincible, * from all kinds of dangers free me and deliver me, * that I may cry to you: * Rejoice, O unwedded Bride.



Today's Epistle Reading (2nd Sunday of Lent):

The reading is from St. Paul's Letter to the Hebrews (1:10-14; 2:1-3)

Κατ' ἀρχὰς σύ, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέ ποτε· κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ πνεύματα εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσι, μὴ ποτε παραρροῶμεν. εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

“In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.” But to what angel has he ever said, “Sit at my right hand until I make your enemies a footstool for your 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. [RSV]

Today’s Gospel Reading (2nd Sunday of Lent):

The reading is from the Holy Gospel according to Mark (2:1–12)

Τῷ καιρῷ ἐκείνῳ, εἰσηλθε ὁ Ἰησοῦς εἰς Καπερναοῦμ δι’ ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ’ ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογιζέσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας — λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

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!” [RSV]

Celebrate the Evangelismos and
Greek Independence Day

with

St. Nicholas Cathedral Greek School

TODAY

Luncheon-immediately after Doxology in church



luncheon reservations, by Mar. 22

Call/Text Maria Stamoolis at 412-874-4422 or E-mail

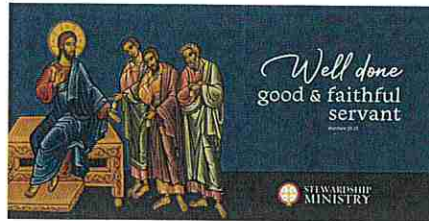
mstamoolis@verizon.net

Shrimp Luncheon – adults \$15 / children 13 and under \$10

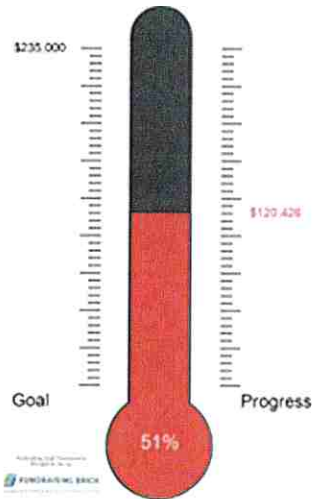
**Then stay and celebrate with the children-- POEMS! SONGS!
PLAY! Dancing!**

2024 Stewardship Pledge Cards are in the Narthex

(Just ask a member of Parish Council)



Visit our website to fill out a Stewardship Card for 2024 or to make a donation
<https://stnickspgh>.



<u>2024</u>	<u>STEWARDSHIP</u>
Total Stewards	204 (GOAL 300)
Total Pledged	\$ 120,426.00 GOAL (\$235,000.00)
Avg. Pledge	\$824.84

YOUTH SAFETY WORKERS

Who is considered a Youth Safety Worker?

All Clergymen (Bishops/Priests/Deacons, both Active & Retired)

Pastoral Assistants & Youth Directors

People assisting, in any ministry, where the participants are under 18 years of age or in high school, whichever is later.

Including Parish Youth Safety Administrators, Church School Teachers, Dance Directors, Greek School Teachers, Youth Advisors (including Chaperones & Drivers) and Parish Council.

Even... Parents who occasionally help-out but are alone with other people's children.

Each Youth Safety Worker is required to register yearly with the church.

Registration is available through the church office. In addition, all Youth Safety Workers are required to take two courses (on-line training platform) annually and to complete a background check every other year.

Here is the website: Please register at <https://ncsrisk.org/goarch/>. The first course, Youth Safety, has two parts. The second course, Youth Worker Regulations, has one part. Prompt completion is necessary as one cannot participate in any youth programs without being registered, having a background check, having PA state clearances, and completing the two courses.


Dance Group Costumes

Donations Needed


The St. Nicholas Dancers (7th grade and up) are in need of additional costumes and replacement pieces. Our current costumes date back to 2013 and our needs have grown. We have contacted the costume manufacturer in Greece and will be placing an order soon. Our festival is quickly approaching, and we find ourselves in need. The current cost of a girl's costume is \$310, and a boy's costume is \$180.

We are currently collecting donations toward this project. Thank you to those who have already donated. **Please make checks payable to St. Nicholas Cathedral with St. Nicholas Dancers in the memo line. If you are mailing your check to the church, please write Attn: St. Nicholas Dancers on the envelope.**

For further information, please contact Linda Hages: 412-523-7938.



GOYA Technical Support



During coffee hour, people may bring laptops, Cell phones, tablets etc. !

Some would like to complete an assignment, finish up a work slide, watch a cooking video, and more!

Stop by the goya table during coffee hour with any electronic you are having difficulties with and have a goyan help you out!



From the Church School Desk!

Upcoming dates to remember:

Youth Retreat Communion Breakfast and
Palm Making

Saturday, April 27, 2024
(Following the Divine Liturgy)

Easter Egg Hunt
Sunday, May 5, 2024
(Following the Agape Service)

Church School Graduation
Sunday, May 19, 2024

Yours in Christ
Miss Michelle

TITANIC ARTIFACT EXHIBITION

Wednesday, April 10

Cost: \$29.00*

Bus leaves St. Nicholas 10:15**

More than 154 genuine artifacts such as a telegraph mechanism, Saalfeld perfume vials and labels, playing cards, passenger jewelry, even an almost perfect stack of au gratin dishes.

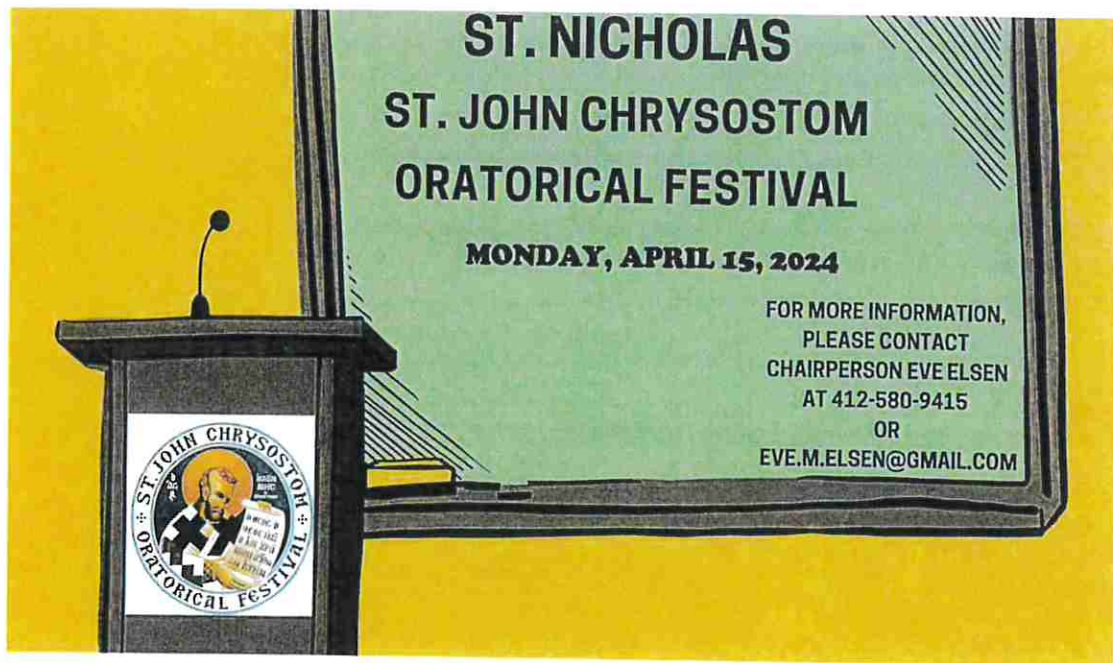
After browsing the exhibit at our own pace, our bus will take us to the Federal Galley for an individual choice of menu for lunch before returning to the church approximately 2:30.

*Price includes exhibit, bus, and driver's gratuity.

****We must have 15 participants for both the bus and the exhibit.** Reservations are due **April 7.** Call Argie Stuart (412-6812-6754), Helen Waskoskie (724-327-3539), Alice Gary (412-249-8612) or Fran Hanna (412-731-0790).

(Please make checks payable to St. Nicholas Sixty Club and remit to any of the above.)

Sponsored by the Sixty Club



FOOD FESTIVAL PREPARATION

We're in the homestretch now with only four items left! Galatobourekos this past weekend was completed in ONE day! Thank you for the great turnout! Special thanks to Elaine Keim who successfully chaired for the first time. Next on the schedule, Kourambiethes. And yes, help is needed.

Kourambiethes	Saturday, April 6, 9:00 am to 4:00pm
Tiropita	Saturday, April 13, 9:00am to 4:00pm Sunday, April 14, after Church to 4:00pm
Pasta Flora	Saturday, April 20, 9:00 – 4:00 pm
Diples	Wednesday, April 24, 9:00 – 4:00pm

FOOD FESTIVAL DATES

SUNDAY, MAY 12 – SATURDAY, MAY 18, 2024

“Souper Sunday”

March 31

Quart of lenten soup

\$10

Sponsored by:
St. Nicholas Philoptochos



ST. NICHOLAS
GREEK ORTHODOX
CATHEDRAL
PITTSBURGH, PA

2024 LENTEN LECTURE SERIES

PRESANCTIFIED LITURGY

🕒 6:30 P.M.

LENTEN POTLUCK MEAL
AND LECTURE

🕒 7:30 P.M.



WWW.STNICKSPGH.ORG

**WEDNESDAY,
APRIL 3**

**“LENTEN
DIAKONIA:
CULTIVATING A
SPIRIT OF
SERVICE DURING
THE GREAT FAST”**



**ARCHDEACON
RYAN GZIKOWSKI**

ARCHDEACON OF THE
METROPOLIS OF PITTSBURGH AND
DIRECTOR OF THE
METROPOLITAN'S OFFICE

CAMP NAZARETH SPAGHETTI LUNCHEON

This year's Spaghetti Luncheon Camp Fundraiser will be held **Sunday, April 7th, 2024**. \$15 for adults and children 12 and under will be \$10. Take-out is an option as well. If unable to attend and would like to donate, please send to the church "attention: Camp FUND" or provide the donation to either Keli Frentzos (412) 337-1297, Lisa Kristian (412) 600-2140, or Carrie Velisaris (412) 680-0210. Our "GIVE A LITTLE ---HELP A LOT" campaign has provided an opportunity for many of our St. Nicholas families to send their children to Camp Nazareth. For those unfamiliar with the camp, please join us at the luncheon to learn from our own children what this experience has provided them. *A quick shout out to Pam Bertos for her help throughout the years and her creative mind with our campaign slogan:)*

Give a little--Help a lot!



Spaghetti Luncheon

Sunday, April 7th, 2024

Adults \$15 Children under 12 \$10
TAKE OUT OR DINE IN

Dine in menu includes pasta, salad desserts and coffee
Take out includes salad and pasta only
Call for info or reservations

Keli 412-337-1297
Lisa 412-600-1240
Carrie 412-680-0210

Consider making a donation if you cannot attend

All proceeds go to offset costs for

St Nicholas' children to attend CAMP NAZARETH!



Easter Bread

**ST. NICHOLAS CATHEDRAL PHILOPTOCHOS IS TAKING ORDERS
FOR OUR DELICIOUS GREEK EASTER BREAD.**

\$12 per loaf

ORDERS MUST BE PLACED BY SUNDAY, APRIL 21

BREAD WILL BE AVAILABLE FOR PICK-UP ON SUNDAY, APRIL 28

----- ORDER FORM -----

Complete the order form below and mail along WITH A CHECK made payable to:

St. Nicholas Philoptochos/Easter Bread, St. Nicholas Greek Orthodox Cathedral, 419 S. Dithridge St., Pittsburgh, PA 15213

Name _____

Telephone _____ Number of Loaves _____

with Sesame Seeds

without Sesame Seeds

ORDERS CAN BE PLACED BY CALLING (412) 682-3866 OR BY FAX: (412) 683-4960

Thank you for your support.

All Proceeds Benefit the Ongoing Charitable Activities of our Philoptochos.

WEEKEND OF SERVICE

SUPPORTING
THE JARED BOX PROJECT

SUNDAY, APRIL 21ST
AFTER CHURCH



Help Philoptochos bring smiles to children in the hospital! Our entire parish community is encouraged to come together for our Weekend of Service project—making and donating Jared Boxes to local hospitals. Jared Boxes are plastic shoe boxes filled with small gifts, games, books and activities that are given to kids in the hospital to provide a fun distraction during a difficult time. Our goal is to make 150 boxes!



How can you help?

- Make a monetary donation to help us buy items to fill and decorate the boxes (Cash or check to St. Nicholas Philoptochos with "Jared Box" in the memo)
- Purchase items to fill the boxes (Contact Nikki Lykos for a list of specific items)
- Help assemble boxes on April 21st

Learn more about The Jared Box Project at thejaredbox.org

ATTENTION:
ALL CHURCH SCHOOL STUDENTS
Youth Retreat
COMMUNION BREAKFAST & PALM MAKING



SATURDAY, APRIL 27, 2024
(Following the Divine Liturgy in the Small Hall)

OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS

THEMES / GOSPEL READING

HOW TO PARTICIPATE:

Fast - Free Week
FEBRUARY 25th



TRIODION WEEKS
Publican and the Pharisee
Epistle: 2 Timothy 3:10-15
Gospel: Luke 18:10-14

Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.

Normal Fast Week
MARCH 3rd



The Prodigal Son Returns!
Epistle: 1 Corinthians 6:12-20
Gospel: Luke 15:11-32

Schedule a Confession. Every morning say, "Today I will be humble."
Use up/freeze meats this week.

Meatfare
MARCH 10th
FAREWELL TO MEAT TODAY



The Last Judgement
Epistle: 1 Corinthians 8:8-9:2
Gospel: Matthew 25:31-46

Pray facing East this week.
Christ is returning from the East and we wait for Him!
Use up/freeze dairy this week.

Cheesefare
MARCH 17th
FAREWELL TO CHEESE TODAY



Adam and Eve are cast from Paradise!
FORGIVENESS SUNDAY
Epistle: Romans 13:11-14:4
Gospel: Matthew 6:14-21

Ask each other for forgiveness each evening this week before bed.

1st Sunday of Lent
MARCH 24th



GREAT LENT BEGINS WITH FORGIVENESS VESPERS
SUNDAY of ORTHODOXY
Epistle: Hebrews 11:24-26, 32-12:2
Gospel: John 1:43-51

Bring an icon to church for a procession.

2nd Sunday of Lent
MARCH 31st



ST GREGORY PALAMAS
Epistle: Hebrews 1:10-2:3
Gospel: Mark 2:1-12

Bring a prayer rope to be blessed today!
Use it and pray the Jesus Prayer each day this week.

3rd Sunday of Lent
APRIL 7th



VENERATION OF THE HOLY CROSS
HALF WAY TO PASCHA!
Epistle: Hebrews 4:14-5:6
Gospel: Mark 8:34-9:1

Wear your cross to church and kiss the cross each morning with a bow!

4th Sunday of Lent
APRIL 14th



ST JOHN of the LADDER
Epistle: Hebrews 6:13-20
Gospel: Mark 9:17-31

Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!

5th Sunday of Lent
APRIL 21st



ST MARY of EGYPT
Epistle: Hebrews 9:11-14
Gospel: Mark 10:32-45

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

FLOWERY (PALM) SUNDAY!
APRIL 28th
GREAT WEEK BEGINS



GREAT AND HOLY WEEK
ENTRY OF OUR LORD INTO JERUSALEM
Epistle: Philippians 4:4-9
Gospel: John 12:1-18

Place your palm branches and pussywillows behind an icon at home and in your car!

GREAT AND HOLY FRIDAY
MAY 3rd



GREAT AND HOLY FRIDAY
JESUS DIES ON THE CROSS
CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE

Refrain from TV, Internet & Phones to honor Christ's Death.

FEAST OF FEASTS!
MAY 5th
NO FASTING!



BRIGHT WEEK
HOLY PASCHA! (CHRIST IS RISEN!)
Epistle: Acts 1:1-8 Gospel: John 1:1-17

Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 2nd Sunday of Lent Sunday of St. Gregory Palamas Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. March 25 th Luncheon and Program	1 APRIL Agiasmos 12:00 noon YAL Basketball 7:00 p.m.	2	3 Presanctified Liturgy 6:30 p.m. Potluck Dinner and Lenten Lecture 7:30 p.m.	4	5 3 rd Salutations to the Theotokos 6:30 p.m.	6 Greek School 10:00 a.m. Festival Baking – Kourambiethes (9a-4p)
7 Sunday of The Holy Cross 8:45 a.m. Divine Liturgy 10:00 a.m. Camp Nazareth Spaghetti Luncheon Fundraiser 12:00 noon	8 YAL Basketball 7:00 p.m.	9 Adult Greek Classes 6:30 p.m.	10 Presanctified Liturgy 6:30 p.m. Potluck Dinner and Lenten Lecture 7:30 p.m.	11	12 4 th Salutations to the Theotokos 6:30 p.m.	13 Greek School 10:00 a.m. Festival Baking – Tiropita (9a-4p) 9 th Annual Greek Language Festival and Quiz Bowl in Rocky River, OH
14 Sunday of St. John Climacus Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Festival Baking – Tiropita (after Church-4p)	15 YAL Basketball 7:00 p.m.	16 Adult Greek Classes 6:30 p.m. Parish Council Meeting 6:30 p.m.	17 Presanctified Liturgy 6:30 p.m. Potluck Dinner and Lenten Lecture 7:30 p.m.	18	19 Service of the Akathist Hymn 6:30 p.m.	20 Greek School 10:00 a.m. Festival Baking – Pasta Flora (9a-4p)
21 Sunday of St. Mary of Egypt Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. WEEKEND OF SERVICE	22 YAL Basketball 7:00 p.m.	23 Adult Greek Classes 6:30 p.m.	24 Festival Baking – Diples (9a-4p) YAL Volleyball 7:00 p.m.	25 Philoptochos Easter Bread Baking	26	27 Lazarus Saturday Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Youth Retreat and Palm Making 12:00 noon
28 PALM SUNDAY Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. Palm Sunday Luncheon Bridegroom Service 6:30 p.m.	29 HOLY MONDAY Bridegroom Service 6:30 p.m.	30 HOLY TUESDAY Bridegroom Service 6:30 p.m.	MAY 1 HOLY WEDNESDAY Holy Unction 3:00 p.m. “Bridegroom” Service 6:30 p.m. <i>Holy Unction offered at end of service</i>	2 HOLY THURSDAY Vespers Liturgy 9:30 a.m. Service of the 12 Gospels 6:00 p.m.	3 HOLY FRIDAY Royal Hours 9:00 a.m. Apokathelosis 3:00 p.m. Lamentations 6:30 p.m.	4 HOLY SATURDAY Vespers Liturgy 9:30 a.m. Midnight Office of the Resurrection 11:00 p.m. Service of the Resurrection 11:45 p.m.