

ST. MARY'S HELPERS

March 27

April 3

Prospora	Psa. L. & Hanne	Anne & Galina
Reader	Bogdan & Anne	George D & Stefania
Greeter	Bogdan & George D	Alex & George D



Thank you to all the church helpers. Your service is appreciated. **Please make note of the schedule and of your commitment.** If you are not able to fulfill your commitment, please find a replacement.



"Fasting and self-control are a double wall of defense and whoever lives within them enjoys great peace."

St. Gregory Palamas

"In the Time of Fasting and Prayer" (Homily 9)

But those who are satisfied with what they have, and pleased with their own possessions, and do not have their eyes on the substance of others, even if they are the poorest of all, should be considered the richest of all. For whoever has no need of others' property but is happy to be self-sufficient is the most affluent of all." +St. John Chrysostom

Confessions by appointment. Please e mail
Father Michael at: fatherlupu@shaw.ca

TO OUR VISITORS: WELCOME TO ST. MARY'S

Welcome to all guests to St. Mary's on this holy day. If you are new to our church, please make yourself known to Father Michael. We look forward to seeing you all again soon.

Please note that only Orthodox Christians who have prepared themselves with prayer, fasting and Confession may approach to receive Holy Communion. Everyone is welcome to receive the blessing and partake of the blessed bread (Antidor) at the dismissal.

As a sign of respect please remain standing during Holy Communion, even if you are not partaking. Please turn off all cell phones during all church services

Ten Suggestions for Lent

- 1. Meditate on the History of Salvation**
- 2. Review the understanding of fasting**
- 3. Reconsider our life of prayer**
- 4. Be conscious of the gravity of sin**
- 5. Make Lent a season for repentance**
- 6. Reflect on our reading the Bible**
- 7. Be aware of the Christocentric focus (focus on Christ)**
- 8. Cultivate human relationships**
- 9. Practice almsgiving**
- 10. Make this Lent a time for transformation**

St. Mary's Nativity of the Theotokos Orthodox Church

Romanian Orthodox Episcopate of America (O.C.A.)

3511 3rd Avenue SW, Calgary T3C 0A7

Hierarch: The Most Reverend Archbishop Nathaniel

Pastor: Very Reverend Father Michael Lupu

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<https://www.facebook.com/StMarysRomanianOrthodoxChurchCalgary>



St. Gregory Palamas a Sf. Ier. Grigorie Palama March 27, 2016

Vespers every Saturday 6:00 pm

Divine Liturgy every Sunday 10 am

Other services as announced

- **Today Sunday March 27 - Ladies' Meeting** to discuss the visit of Archbishop Nathaniel. Please plan to attend!!
Tonight - Sunday Vespers 6 pm at St. Peter the Aleut Church (OCA)
- **Wednesday March 30 6:30 pm- Lenten Service**
- **Friday April 1 - Lenten Service 6:30pm**
- **Saturday April 2 -**
 - **4:45pm Bible Study.** Topic will be **The Cross (3rd Sunday of Lent).** Everyone is invited
 - **6:00 pm Memorial Saturday**

- **April 8- 10 -Men's Retreat.** Please see Dennis or Daniel for details.

**** Pocket calendars are now available English and Romanian combined \$8.00****

Donations are now accepted for flowers, candles and other Pascha items.

ORTHODOX TEACHING

Reading - St. Gregory Palamas

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today. Reading © Holy Transfiguration Monastery - Brookline, MA

Mark your calendar- Girls' sleep over and boys' sleep over June 24-25. Children ages 7-13

CHRISTIAN CHARITY

Please be charitable during this Lenten Season

- ***Loaves of sandwiches** are collected every Sunday for the Mustard Seed. Please bring a loaf for lent.*
- *Collecting money for **Safeway cards**. Please mark your envelope "Safeway"*
- *Collecting for an **Orthodox Syrian Refugee** family. Please see Bogdan.*

TODAY'S READINGS AND TROPARS

Epis. Hebrews 1:10-14; 2:1-3; Hebrews 7:26-28; 8:1-2. Gos. Mark 2:1-12 (Healing of paralytic in Capernaum); John 10:9-16. Tone 2.

Ap. Evrei 1,10-14; 2,1-3; Evrei 7,26-28; 8,1-2. Ev. Marcu 2,1-12 (Vindecarea slăbănogului din Capernaum); Ioan 10,9-16. Glas 2

Resurrection Tone 2 *When you descended to encounter death, O deathless Life. You put Hades to death by the reflected light of divinity. But when you raised the dead from the abyss, all the powers of heaven cried out: O life giving Christ, O our God, glory to you.*

Tropar for St. Gregory Palamas

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!

Tropar for the church Your

Nativity O Birthgiver of God has proclaimed joy to all the Universe. For the Son of Righteousness, Christ our God has risen from you, By abolishing the curse, He gave a blessing, By destroying death, He bestowed eternal life.