

CATHEDRAL OF SAINT MARKELLA

WEEKLY NEWSLETTER

With the Blessings of His Eminence, Metropolitan Demetrius

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Protopresbyter Fr. Theodoros Giannakopoulos • Archimandrite Fr. Epiphanius Antoniou

MARCH 2ND/MARCH 15TH – 2ND SUNDAY OF LENT: SUNDAY OF SAINT GREGORY PALAMAS

Τὸ Ἀναστάσιμον. ᾠχος πλ. β'.

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ
φυλάσσοντες ἀπενεκρώθησαν καὶ ἴστατο
Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἀχραντὸν σου
Σῶμα. Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεὶς ὑπ'
αὐτοῦ. Ὑπήνητησας τῇ Παρθένῳ, δωροῦμενος
τὴν ζωὴν. Ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε
δόξα σοι.

For the Resurrection. Plagal of 2nd Tone

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!

Της Ἁγίας τοῦ Ναοῦ. ᾠχος πλ. α'. Τὸν Συνάναρχον Λόγον

Παρθενίαν τηρήσασα ἀδιάφθορον, ουρανοῖς
θαλάμοις νῦν συνηρίθμησαι, του πατρός το
ασελγές αποκρούσασα, τους μαστούς και
κεφαλὴν ἀπετημήθης πάρ αὐτοῦ, Μαρκέλλα
Χίου το κλέος, και νῦν ως μάρτυς στεφθεῖσαι,
πηγὴ θαυμάτων ἀφθονος δείκνυσαι.

For the Saint of this Temple. Plagal of 1st Tone. Let Us Worship the Word

Thy virginity thou didst preserve most incorrupt
and now thou has been numbered among those
who dwell in the mansions of heaven. Thou didst
reject thy father's advances for which he severed
thy breasts and head O Markella; the glory of
Chios! And now crowned as a martyr thou wellest
forth abundant miracles.

Ἀπολυτικίον. ᾠχος πλ. α'. Τον συνάναρχον Λόγον

Ὁρθοδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ
στήριγμα καὶ διδάσκαλε, τῶν Μοναστῶν ἡ
καλλονή, τῶν θεολόγων ὑπέρμαχος
ἀπροσμάχητος, Γρηγόριε θαυματουργέ,
Θεσσαλονίκης τὸ καύχημα, κήρυξ τῆς χάριτος,
ικέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Apolytikion. Plagal of 1st Tone. Let us Worship the Word

Light of Orthodoxy, pillar and doctor of the
Church, adornment of monks, invincible
champion of theologians, O Gregory the
wonderworker, praise of Thessalonica, preacher
of grace, ever pray that our souls may be saved.

EPISTLE AND GOSPEL READINGS

Lesson from the Epistle of Saint Paul to the Hebrews (1:10-14; 2:1-3)

In the beginning, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy 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.



Second Sunday of Great Lent

Gospel According to St. Mark (2:1-12)

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!"

ΑΠΟΣΤΟΛΟΣ ΚΑΙ ΕΥΑΓΓΕΛΙΟΝ

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ Ἀνάγνωσμα (1:10-14; 2:1-3)

Κατ' ἀρχάς, 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 ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρυῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.



Δεύτερη Κοριακὴ των Νηστειῶν

Ἐκ τοῦ Κατὰ Μᾶρκον Ἁγίου Εὐαγγελίου τὸ Ἀνάγνωσμα (2:2-12)

Τῷ καιρῷ ἐκείνῳ, εἰσηλθὲν ὁ Ἰησοῦς εἰς εἰς Καπερναοὺμ 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 καθημένοι 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 διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν 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.

HIEROMARTYR THEODOTUS BISHOP OF CYRENIA CYPRUS

The Hieromartyr Theodotus, a native of Galatia in Asia Minor, was Bishop of Cyrenia in Cyprus. During a time of persecution against Christians under the impious emperor Licinius (311-324), Saint Theodotus openly preached Christ, calling on the pagans to abandon idolatry and turn to the true God. Sabinus, the governor of Cyprus, ordered that Bishop Theodotus be arrested and brought to trial.

When he heard about this order, the saint did not wait for the soldiers to be sent after him, but immediately went to the governor saying, “I, whom you seek, am here. I have shown myself in order to preach Christ my God.”

The governor ordered that the saint be beaten without mercy, suspended from a tree, raked with sharp implements, and then be taken to prison. Five days later Saint Theodotus was brought to the governor, who presumed that after his tortures the bishop would prefer to renounce Christ, rather than endure new sufferings.

However, Saint Theodotus did not cease to preach about Christ. At first they put the saint on an iron grate, under which they lit a fire, and then hammered nails into his feet and let him go. Many witnessed the sufferings of the martyr. Astonished at the saint’s endurance and his divinely-inspired speech, they came to believe in Christ. Learning of this, Sabinus gave orders to stop the torture and throw the saint into prison.

During the reign of Saint Constantine the Great (May 21), the freedom to confess their faith was given to all Christians, and among those set free from prison was Saint Theodotus. The saint returned to Cyrenia and after two years serving as bishop he peacefully fell asleep in the Lord in about the year 326.



ΑΓΙΟΣ ΘΕΟΔΟΤΟΣ ΕΠΙΣΚΟΠΟΣ ΚΥΡΗΝΕΙΑΣ ΚΥΠΡΟΥ

Ο Άγιος Θεόδωτος έζησε στις αρχές του 4ου μ.Χ. αιώνα, όταν η ειδωλολατρία κινδύνευε να εκπνεύσει. Και ζητούσε, όπως τα θανάσιμα πληγωμένα θηρία, να πέσει με όσες δυνάμεις της απέμειναν, να εξοντώσει την Εκκλησία.

Ο Άγιος Θεόδωτος, επίσκοπος στην Κυρήνεια της Κύπρου, με το μεγάλο ζήλο του υπέρ της χριστιανικής πίστης και για τις κατακτήσεις που επιτύγχανε μέσα στον ειδωλολατρικό κόσμο, προκάλεσε την οργή του ηγεμόνα Σαβίνου.

Αφού τον συνέλαβε, προσπάθησε να τον πείσει ν' αρνηθεί την πίστη του στο Χριστό. Ο Θεόδωτος όχι μόνο δεν αρνήθηκε την πίστη του, αλλά και μίλησε θαρραλέα στον ηγεμόνα κατά της ειδωλολατρικής πλάνης και τον εξόρκισε ν' αρνηθεί τους ψεύτικους θεούς.

Τότε ο Σαβίνος τον βασάνισε σκληρά, αλλά μπροστά στην εξέγερση του χριστιανικού πληθυσμού, φοβήθηκε και διέταξε να μεταφερθεί ο καταπληγμένος Ιεράρχης στη φυλακή.

Αλλά και στη φυλακή ο Θεόδωτος δεν εγκατέλειψε το έργο του. Βρήκε ανθρώπους, όπου τους μετέδωσε την αλήθεια και έτσι έκανε μέσα στη φυλακή ένα μικρό ποίμνιο.

Αργότερα, επί Μεγάλου Κωνσταντίνου ελευθερώθηκε και συνέχισε με περισσότερο ζήλο το έργο του.

Μετά δύο χρόνια όμως, το 315 μ.Χ., πέθανε, αφού άφησε αλησμόνητο υπόδειγμα σε κλήρο και λαό



SAINTS OF THE WEEK

Monday, March 16th

Martyr Eutropius of Amasea, with him Martyrs Cleonicus and Basiliscus
St. Non, mother of St. David of Wales (6th c.)

Tuesday, March 17th

St. Gerasimus of Jordan (475)
Translation of the Relics (938) of Martyr Wenceslaus, prince of the Czechs

Wednesday, March 18th

Martyr Conon of Isauria (2nd c.)
St. Keiran (Ciaran) of Saigher, Munster (Ireland) (5th-6th c.)

Thursday, March 19th

The 42 Martyrs of Ammoria in Phrygia (845)
The Uncovering of the Precious Cross and Nails by Empress St. Helen (326)

Friday, March 20th

Holy Hieromaryrs of Cherson: Basil, Ephraim, Capito, Eugene, Aetherius,
Elpidius, and Agathodorus (4th c.)

Saturday, March 21st

St. Theophylactus Bishop of Nicomedia (845)
Apostle Hermas of the Seventy (1st c.)
St. Felix of Burgundy Bishop of Dunwich and enlightener of East Anglia (648)



SECOND SUNDAY OF GREAT LENT: COMMEMORATION OF ST. GREGORY PALAMAS

The 2nd Sunday of Great Lent is the continuation of the first Sunday “*of Orthodoxy*” in the commemoration of the struggles of the Holy Fathers for the Holy Orthodox Faith. For this reason it is dedicated to the memory of St. Gregory Palamas, Archbishop of Thessalonica, the *Fourth Father and Theologian of the Church*, because of his struggles during the 14th c. against the heresies of the Roman Catholics.

St. Gregory was born in 1296 in Constantinople, into the pious and noble Palamas family. His father Constantine (who reposed as a monk), was a Senator of the Emperor Andronicus II Paleologus (1282-1328). Gregory received an excellent education, both in Theology and Philosophy, and as a young man became a monk on Mt. Athos, where he had as teachers of the Jesus prayer St. Gregory the Byzantine and the ascetic Nicodemus.

He became the *Defender of Hesychasm*. He upheld the doctrine that the human body played an important part in prayer and he argued that the Hesychasts did indeed experience the Divine and Uncreated Light of Tabor. To explain how this was possible, St. Gregory developed the distinction between the essence and the energies of God. He set Hesychasm on a firm dogmatic basis, by integrating it into Orthodox Theology and by showing how the Hesychast vision of Divine Light in no way undermined the doctrine that God cannot be comprehended. His teachings were confirmed by the local Councils held in Constantinople in 1341 and 1351.

St. Gregory began by reaffirming the Biblical doctrine of man and of the Incarnation; i.e. the whole man, united in body and soul, was created in the image of God, and Christ, by taking a human body at the Incarnation, has made the flesh an inexhaustible source of sanctification. The Hesychasts, so he argued, in placing emphasis on the body’s part in prayer, are not guilty of a gross materialism but are simply remaining faithful to the Biblical doctrine of man as a unity. Christ took human flesh and saved the whole man; therefore it is the whole man that prays to God. The vision of Light that the Hesychasts receive is the same Light that surrounded Christ on Mount Tabor. It is a true vision of God in His divine energies.

How is it possible for man to know God and, at the same time, affirm that God is by nature unknowable? St. Gregory answered by quoting St. Basil the Great who said “*We know our God from His energies, but we do not claim that we can draw near to His essence. For His energies come down to us, but His essence remains unapproachable.*”

He reposed in peace in 1359, on the 14th of November, graced with the gift of working miracles, as Archbishop of Thessalonica. In 1368, just 9 years after his repose, his disciple St. Philotheus Kokkinos, Patriarch of Constantinople, canonized him among the Saints of the Orthodox Church. His Relics are to be found in the Cathedral of Thessalonica that is dedicated in his name.



ANNOUNCEMENTS

- Construction continues on the entryway of the Cathedral. To donate to the Entryway Fund, please see the inside of the Newsletter or speak to someone at the pangari.
- Beginner chanting classes are being held every Sunday in the Cathedral Hall at 12 PM for children between the ages of 10-18.
- Services during Great Lent are as follows:
 - Presanctified Liturgy every Wednesday at 7 PM and Friday at 9 AM
 - Salutation to the Theotokos every Friday at 7 PM
- This year's Greek Independence Day Parade has been postponed. We will keep you informed of the date change.
- As we start the Lenten season, we know that Holy Week and Pascha will soon be here and we are reminded of the many needs of our Cathedral. Please help as much as you are able to offset the cost of the flowers needed for the Epitaphio of our Lord.

ENTRYWAY FUND DONATIONS

Please mark next to the item you would like to donate:

- | | |
|--|----------|
| <input type="checkbox"/> Column | \$10,000 |
| <input type="checkbox"/> Steps | \$3,000 |
| <input type="checkbox"/> Platform (5 SF) | \$1,500 |
| <input type="checkbox"/> Other Donation | _____ |

To donate- tear off this slip from the Newsletter and give it to a member of the office.

Please make checks payable to
"Cathedral of Saint Markella"