

# SUNDAY, MARCH 24, 2019

## SECOND SUNDAY OF GREAT LENT: ST. GREGORY PALAMAS, ARCHBISHOP OF THESSALONIKE

**EPISTLE READING:** This morning's Apostolic reading is from St. Paul's first letter to the Hebrews, Chapter 1, Verses 10-14; Chapter 2, Verses 1-3. It is found in our books on pages 140-141.

**Ὁ Απόστολος, Πρὸς Ἑβραίους Πρώτης Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα, κεφ. 1, ἐδάφ.10-14, κεφ. 2, ἐδάφ. 1-3:** Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσὶν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτοὺς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἰρηκέν 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 παραρρωῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

**GOSPEL READING OF THE DAY:** This morning's Gospel Reading is from the Holy Gospel according to St. Mark, Chapter 2, Verses 1-12. It is found in our Books, on pages 291-293.

**Ἡ σημερινὴ εὐαγγελικὴ περικοπὴ, ἐκ τοῦ κατὰ Μάρκον Ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα, κεφ. 2, ἐδάφ. 1-12.** Εὐρίσκεται εἰς τὰ βιβλία μας, σελ. 290-292.

**Today's Apolytikion (Dismissal Hymn) is that of Tone Two:**

When You descended to the realm of death, You as life immortal rendered to Hades a mortal blow by Your all-radiant Divinity. And, when You, from infernal depths and the darkness below did raise the dead, all the hosts of heaven's powers did proclaim and cry out: O life-giving Christ and our God, we give glory [to You].

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ ζωὴ ἢ ἁθάνατος, τότε τὸν Ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος· ὅτε δὲ καὶ τοὺς τεθνεώτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα, Χριστέ ὁ Θεὸς ἡμῶν, δόξα σοι.

**THE LORD'S PRAYER IN SPANISH:** Padre nuestro, que estás en los cielos, santificado sea tu nombre, venga tu Reino, hágase tu voluntad en la tierra como en el cielo; danos hoy nuestro pan de cada día; perdona nuestras deudas así como nosotros perdonamos a nuestros deudores; no nos dejes caer en la tentación, y líbranos del Mal.

**INTRODUCTION TO ORTHODOXY:** This class is especially intended for those who are thinking about converting to Orthodoxy and for family members and friends who would like to support them on their journey. It is also open to people who are already Orthodox and who would like to deepen their understanding of their faith. We explore Christian theology and practice by reading selections from Scripture, the Church Fathers, the lives of the Saints, and other texts representative of the Orthodox worldview. These readings are the starting point for our discussions, which aim at clarifying doctrine and worship and helping us to discover (or rediscover) why we belong in the Church. If you are interested in attending the class, please contact **Alexandros Kozák** at [orthodoxy-agkozak@sneakemail.com](mailto:orthodoxy-agkozak@sneakemail.com). Note: The Introduction to Orthodoxy class is now being offered two Sundays a month. It meets in the second-floor conference room, beginning at 9 a.m. The class is meeting this morning. In April, it will meet on Sunday, April 14 and on Sunday, April 21.

**TODAY'S MNEMOSYNON:** Memorial Prayers are being offered today for the repose of our brother **John Sarikakis**, who fell asleep in the Lord 17 years ago. Aionia I Mnimi! Eternal Memory!

**GREEK SCHOOL PROGRAM:** At the conclusion of this morning's Divine Liturgy, our Greek School will perform its March 25<sup>th</sup> program. The program includes a play that the performing arts class has been practicing. Called *To Krifo Scholio* (The secret school), it includes a *kalamatiano*, songs about freedom and acting.

**BASKETBALL GAMES TODAY:** Games being played in our gym today are as follows:  
2 p.m. Adults Annunciation 3 and St. George (San Francisco)

3 p.m. High School Annunciation and St. George (Rohnert Park)

4 p.m. Adults Annunciation 1 and Annunciation 2

**MARCH 25<sup>th</sup> SERVICES:** March 25<sup>th</sup> marks the day when "the word became flesh" (John 1:14). It is the Name Day of this Cathedral parish. It is also Greek Independence Day. This evening of **March 24, Great Vespers will be celebrated at 7 p.m.**, presided over by **Metropolitan Nikitas**. *Artoklasia* by **Marios Stathopoulos**. Following Vespers, a dinner will take place, the offering of **Angelo Koutoulas**. Tomorrow, **Monday, March 25, Metropolitan Nikitas will celebrate the Divine Liturgy**, which will begin at 10:15 a.m., preceded by Orthros, at 9 a.m. *Artoklasia* by **Angelo Koutoulas**. Following the Divine Liturgy, a **luncheon will take place, for which the donation is \$20. The proceeds will benefit the ministries of the Cathedral Philoptochos**. During the luncheon, His Eminence will address us on *how the Church responds to contemporary issues, including human trafficking and child slavery, including "creative" approaches in addressing these issues*. Do plan on attending the luncheon on March 25.

**SALUTATIONS THIS FRIDAY:** The service of Salutations (Third Stasis) will take place this Friday, March 29, beginning at 7 p.m. Do plan on being with us, as we offer this special hymn of praise to the Theotokos, through whose intercessions God

**CHURCH BASKETBALL PRACTICE:** Meanwhile, adult practice will take place this week on Thursday, March 28 (and Thursdays thereafter), in our Korinthias gym, beginning at 7 p.m. Meanwhile, **High School** practice takes place Thursdays at Jefferson High School Gymnasium, located at 6996 Mission Street, Daly City. For further information about the high school basketball program, please contact coaches Tom Nuris at (650) 520-6963/ [tomnuris@gmail.com](mailto:tomnuris@gmail.com) or Nick Kontonis at (415) 706-1545/ [nickkontonis@gmail.com](mailto:nickkontonis@gmail.com).

**SUPPORT YOUR CHURCH THROUGH STEWARDSHIP:** We thank you for making your 2019 Stewardship support a priority. Your support makes possible the very existence of this parish, and its ability to offer Liturgical services, educational, & philanthropic programs. We have thanked all 2019 Stewards (as of February 15) in the *March Herald*.

**100<sup>th</sup> ANNIVERSARY COMMEMORATIVE BOOK:** For further information about your participation and that of your family, please contact Jim Loukas, [jim@loukas.com](mailto:jim@loukas.com).

**PARKING:** We have signed a 6-month trial agreement with Golden State Parking so that, as soon as it obtains the necessary permits, it can operate our parking component. All permits but one have been obtained. We anticipate the permit by the fire department will be obtained as soon as the fire sprinklers and the hydrant have become operational, hopefully this week. Meanwhile, we've signed a contract with Albert Electric, to finalize the electrical work, finish the lobbies and install the necessary doors. However, we will need to install the final gates in order to satisfy the "clear path of travel" requirements, which includes the final inspection of the elevator. We've decided to embark upon a renewed Capital Campaign. Our goal is to raise \$1 million in 2019. As we go forward, let's stay positive and focused. Consider what you have accomplished so far! As with Moses, we hear God speaking to us: **"Build me a Sanctuary, and I will appear among you."** (from the Septuagint: *Και ποιήσεις μοι ἁγίασμα, και ὀφθήσομαι ἐν ὑμῖν*). (Exodus 25:8). Building also takes vision, determination and faith. You are doing something extraordinary: you are building His sanctuary, a sacred space, right the heart of one of the world's premier cities. Here, the Orthodox Christian faith is poised to proclaim the Gospel message of salvation to a whole new generation of worshippers!



*"The Church shall be a home for Orthodox Christians from every ethnic and national background. It shall be a house of prayer for all humankind, in which the Holy Name of our Triune God shall be extolled and all of creation sanctified."*