

SUNDAY, MARCH 31, 2024

SUNDAY OF ST. GREGORY PALAMAS

HYPATIOS THE WONDERWORKER

EPISTLE READING OF THE DAY: This morning's Apostolic Reading is from Saint Paul's First Letter to the Hebrews Chapter 1, Verses 10-14, Chapter 2, Verses 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.

GOSPEL READING OF THE DAY: This morning's Gospel Reading is from the Holy Gospel according to Saint Mark Chapter 2, Verses 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!"

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, 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 ἐκράυαζον· Ζωοδότα, Χριστέ ὁ Θεὸς ἡμῶν, δόξα σοι.

TODAYS COFFEE HOUR: Under our new invitational program, today's Coffee Hour is being hosted by Sawsan and Nader Shatara. We thank them for their generosity and homemade delights!

LENTEN SERVICES THIS WEEK: Salutations, Friday April 5 at 6pm. We look forward to worshipping with you.

GOYA IS BACK: The Youth Committee is happy to announce that we are restarting GOYA! Our first GOYA event will be Make Your Own Pizza Night at the Cathedral on Friday, April 26. This event will also include a discussion with the kids led by Christo on the importance and significance of fasting during Lent. If your child is interested in joining, please email **Vicky Spachis** at Vicky.Spachis@annuciation.org

AN INVITATION TO HOST COFFEE HOUR: We're calling on all ministries, organizations, and our parishioners (individually or in teams!) to sign up to host one or more coffee hours over the course of the year as part of our revitalized coffee hour program. We'll supply the coffee/ cream/ sugar, tablecloths, napkins, utensils – and you supply the goodies (e.g., pastries, donuts, bagels & cream cheese, small sandwiches, fruit/vegetable/cheese platters and assorted dips, or other similar items.) We're currently seeking hosts for the following Sundays in May: the 12th, 19th and 26th. Please reach out to Irene Melitas (irene.melitas@annuciation.org, or, 925.212.8561) to sign-up and learn more.

STEWARDSHIP CALL: We are all blessed with certain gifts. It is important to develop these gifts, multiply them and offer them back to God. Please take a moment to fill out your annual Pledge card and don't forget to fill out the back offering your skills and talents!

DAUGHTERS OF PENELOPE SCHOLARSHIP: One of the main objectives of the Daughters of Penelope has been the promotion of education amongst the Hellenic community. The Daughters of Penelope Foundation, Inc. scholarships are awarded to qualifying students enrolled in graduate and undergraduate programs. Please see requirements and the application at: <https://dopfoundationinc.com/scholarships/apply-for-a-scholarship> The deadline to apply is April 1, 2024. For any questions regarding the scholarship please reach out to Eleni Toubanos via email: elenitoubanos@gmail.com

PHILOPTOCHOS UPDATES: - Easter Bake Sale-Place orders for koulourakia and tsoureki by **April 19th**. Pick up date is **Palm Sunday, April 28th**.

-Epitaphios-We are collecting donations that will go toward the purchase of flowers for the Epitaphios.

-Palm Sunday Luncheon-Please join us for a lenten buffet on **April 28th**, after the conclusion of Liturgy. More details to come.

-Mother's Day Luncheon-Make your reservations for this wonderful annual event to be held on **May 11th** at the Crystals Springs Golf Course in Burlingame. The cost is \$85/person.

**Please note that all purchases/reservations/donations can be mailed in, made in person, or online.

