

## Lent: A Time for Healing our Spiritual Infirmities

At first glance, we may wonder why the Church has selected today's particular Gospel to be included in the Lenten cycle of readings. To be sure, it is a wonderful story of persistence and ingenuity, which results in the healing of a paralyzed young man by our Lord. But how does that relate to the Great Fast? A closer examination of this miraculous event gives us our answer.

Finding Christ is not always easy, as evidenced by the fact the 4 friends of the paralytic in the Gospel had to literally "raise the roof" to make it possible for him to see Jesus. It was a real struggle, and in like manner, living a spiritual, Christ-like life during Lent can be a struggle for us as well. We must do battle with our sinful nature, which "paralyzes" our very soul. Contrary to what others may have us believe, sin does not "free" us to do as we please. Indeed, it traps and confines us. When we follow the path of sin, we find it difficult to pray...to believe...to know real joy...to find peace... to experience anything at all that is spiritual. Yes, sin renders us as helpless as the paralyzed young man we read about this morning.

During this season of repentance, we need to remind ourselves that the gift of forgiveness is the greatest gift God can give us. Physical illness can be a burden, putting certain limitations and restrictions on our lives. Spiritual illness, however, can destroy us completely and deprive us of the Kingdom of Heaven. In the "Lenten Prayer of St. Ephraim" we ask God to give us the ability to recognize our sins, faults and shortcomings. In the weeks ahead, may we know our sins, confess our sins and ultimately show sorrow for them. Then, and only then, will the Great Physician touch us with His healing hand.

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### To Our Visitors:

We are pleased that you have chosen to worship with us. Just a reminder, however: the Sacrament of Holy Communion is a manifestation of the *unity of the Body of Christ*. As such, only those who are members in spiritual good standing of the Orthodox Church – and who have prepared themselves for the Sacrament – may partake of the Holy Chalice. However, *everyone* is welcome to come up with our people at the end of the service to receive blessed bread. *Please be sure to join us at Coffee Hour following Services.*

## Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



SAINTS CONSTANTINE & HELEN  
GREEK ORTHODOX  
CATHEDRAL OF THE PACIFIC

50<sup>TH</sup>  
Anniversary  
1965-2015

March 8, 2015

2nd Sunday of Great Lent: St. Gregory Palamas

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March 8, 2015

## 2nd Sunday of Great Lent: St. Gregory Palamas

Commemoration of: Theophylaktos, Bishop of Nicomedeia; Hermas the Apostle of the 70; Paul the Confessor; Dometios the Right-

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### Apolytikia - Entrance Hymns

*Angelike thinamis* (Resurrection Hymn) Tone 6

*Orthothoxias o fostir* (St. Gregory Palamas) Tone 8  
*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.*

*Tou Stavru Su* (Hymn of the Church) Tone 8  
*Having seen in the sky the form of Your Cross and, like Paul, having received his calling not from men, Your apostle among Kings, Lord, placed his reigning city in Your hand, which forever you guard in peace, by the intercessions of the Theotokos, for You alone love mankind.*

Kontakion Tone 6

*Ti ipermaho*  
*O Champion General, I your City now ascribe to you \* triumphant anthems as the tokens of my gratitude, \* being rescued from the terrors, O Theotokos. \* Inasmuch as you have power unassailable, \* from all kinds of perils free me so that unto you \* I may cry aloud: \* Rejoice, O unwedded Bride.*

Epistle Reading 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.

Gospel Reading 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!"

### Activities & Announcements

Today

SUN 3/8– 2nd Sunday of Lent: St. Gregory Palamas; Special Tray for Family of Fr. Matthew Baker; Philoptochos Meeting

### Announcements

**Fr. Matthew Baker**– Today, we will pass a special tray to benefit the family of an extraordinary, dedicated, principled, kind-hearted and promising priest, Fr. Matthew Baker, whose life was tragically taken in a car crash on Sunday, March 1st, in Connecticut. He leaves his Presbyteria and six children without his physical presence. May his memory be eternal! May his family, with the help of God through us and others, be given the opportunity to find solace, comfort and strength to rebuild their lives and keep his legacy and memory alive.

**Special General Assembly**– Sunday, March 15, 2015. By now, all of you should have received your notice by mail. In order to vote, you must have filled out your 2015 Stewardship Commitment Card. Assembly handouts are available in the narthex and the Social Hall. If you would like to receive the handouts for the March 15th Special General Assembly Meeting electronically, please send an e-mail with your request to: parishcouncilhawaii@gmail.com.

### This Week

TUE 3/10– Book Club 6:30 to 8 p.m.

WED 3/11– Presanctified Liturgy 6 p.m.

THU 3/12– Parish Council Meeting 5:30 p.m.

FRI 3/13– 2nd Salutations to the Theotokos 6:30 p.m.

SAT 3/14– Byzantine Chant 4 to 5 p.m.; Bible Study 5 to 6 p.m.; Great Vespers 6:30 p.m.

SUN 3/15– Veneration of the Holy Cross; Special General Assembly

### Wisdom of the Holy Fathers

*Ever let mercy outweigh all else in you. Let our compassion be a mirror where we may see in ourselves that likeness and that true image which belong to the Divine nature and Divine essence. A heart hard and unmerciful will never be pure."*

~St. Isaac of Syria