

Saints Cyril and Methodius Orthodox Christian Church

A Parish of the Diocese of New England of the Orthodox Church in America

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Sunday, March 20, 2022 – Tone 6 Second Sunday in Great Lent

SECOND SUNDAY OF LENT – Tone 6. St. Gregory Palamas. Synaxis of the Venerable Fathers of the Kiev Caves Lavra. The Holy Fathers who were slain at the Monastery of St. Savva: Ven. John, Sergius, Patrick, and others (796). Monastic Martyr Euphrosynus of Sinozérsk (Novgorod—1612). Martyr Photiné (Svetlana, Fatíma), the Samaritan woman, and her sons: Martyrs Victor and Joses, and two others (ca. 66). Virgin Martyrs Alexandra, Claudia, Euphrasia, Matrona, Juliana, Euphemia and Theodosia, of Amisus (310). St. Niké́tas the Confessor, Archbishop of Apollonias in Bithynia (ca. 813-820).

<https://www.oca.org/saints/lives/2022/03/20>

Services and Events, Upcoming

- **AT SAINTS PETER AND PAUL CHURCH, MERIDEN: Sunday afternoon/evening, March 20, 4:00 PM:** Lenten Mission Vespers, bringing together the clergy and faithful of the CT Deanery.
- **Wednesday, March 23, 6:30 PM:** Divine Liturgy of the Pre-Sanctified Gifts, followed by a simple Soup and Bread meal.
- **Friday, March 25, Feast of the Annunciation, 6:30 PM:** Festal Vespers and Divine Liturgy for the Feast.
- **Saturday evening Vigil, March 26, 6:30 PM:** Our usual Saturday evening weekly Lord's Day Vigil Service, with the bringing out of the Holy Cross for Veneration, as is customary on the Third Sunday of Great Lent.
- **Sunday morning Divine Liturgy, March 27, 9:15 AM:** Our usual weekly Sunday morning Lord's Day celebration of the Divine Liturgy, beginning at 9:15 AM. **Third Sunday in Great Lent. Lenten Veneration of the Cross.**
- **AT HOLY TRINITY GREEK ORTHODOX CHURCH, BRIDGEPORT, CT: Sunday afternoon/evening, March 27, 4:00 PM:** Lenten Mission Vespers.
- **Wednesday, March 30, 6:30 PM:** Divine Liturgy of the Pre-Sanctified Gifts, followed by a simple Soup and Bread meal.
- **Friday, April 1, 7:00 PM:** Lenten Daily Vespers, with Memorial Prayers for the Departed.
- **Saturday morning, April 2, 9:00 AM:** Annual Spring Cleaning of the Church in preparation for Holy Pascha.
- **Saturday evening Vigil, April 2, 6:30 PM:** Our usual Saturday evening weekly Lord's Day Vigil Service.
- **Sunday morning Divine Liturgy, April 3, 9:15 AM:** Our usual weekly Sunday morning Lord's Day celebration of the Divine Liturgy, beginning at 9:15 AM. **Fourth Sunday in Great Lent. Commemoration of Saint John of "The Ladder".**
- **Wednesday, April 6, 6:30 PM:** Divine Liturgy of the Pre-Sanctified Gifts, followed by a simple Soup and Bread meal.
- **Thursday, April 7, Fifth Thursday in Great Lent, 9:00 AM:** Chanting of the Entirety of the Great Penitential Canon of Saint Andrew of Crete.
- **Friday, April 8, Fifth Friday in Great Lent, 7:00 PM:** The Akathist Hymn to the Most-Holy Theotokos, sing on the Eve of Saturday of the Akathist.

PARISH PRAYER LIST

We pray for all victims of disease, disaster, difficulty, and senseless violence throughout the world.

+ THOSE WHO HAVE DEPARTED THIS LIFE: *Memory Eternal!*

We pray for all the thousands of victims of COVID-19. We pray for all those who have perished in Ukraine, due to the war going on there. Lord have mercy.

Newly Departed

Archpriest Michael Fortounatto—acquaintance of Hopkos	d. 2/19/22
Anthony K.—man associated with the Waterbury Parish	d. 3/16/22
Peter—a man Fr. John has been asked to pray for	d. 2/24/22
Dorothy—Mat. C. Voytovich's mother	d. 2/17/22
Roy—Jacob J.'s grandfather	d. 2/17/22
Steven Wenslow—Bev. Kuzmich's nephew	d. 2/17/22
Rosemary—friend of Jack K	d. 2/14/22

Anniversaries of Repose – Memory Eternal!

Irene Bobinsky	3/20/1953
Eva Muchka	3/20/1958
William "Bill" Pohlod	3/20/2009
Mildred Glowa	3/21/1997
Lyba Duke	3/23/1925
John Muchka	3/23/1970
Theodore Mychniow	3/24/1956
Anna LaRoche	3/24/1998
Myron (Miroslav) Toropilo	3/24/2002
Joanna Cefaratti	3/25/2012
Maria Hubchik	3/26/1946
Nicholas Maichak	3/26/1961
Martha Grabchuk	3/26/1965

THOSE IN NEED OF GOD'S MERCY AND HELP

First of all, we pray for all those suffering due to COVID-19, and those working to alleviate their suffering. We pray for all those suffering presently in Ukraine, due to the war going on there.

Persons captive and suffering for the Faith

Metropolitan Paul and Archbishop John—hostages in Syria

Those who are sick and suffering

Archbishop Paul of Chicago—diagnosed with a grievous illness
Priest John M.—a young priest, suffering with a vexing illness
Matushka Anne Hosking—chronic illness; in need of our prayers
Matushka Ann S.—chronic health challenges
Fyodor (Frank) G.—suffering from Multiple Sclerosis (MS)
Dolores T.—permanent colon malfunction following colon cancer treatment
child Drew—grandson of friends of the Nimcheks; ongoing treatment for eye cancer
Donna—Ann S.'s niece, Deb W.'s cousin; kidney disease
Dayrl—Ann S.'s niece, Deb W.'s cousin; kidney disease
JoAnn—acquaintance of Jeanne Moore; ovarian cancer
MaryEllen—Louine K.'s daughter-in-law; suffering with Huntington's Disease
Yelena "Lenna" M.—overcoming, by God's grace, serious health challenges
Katie and Aubrey—a mother and daughter for whom we have been asked to pray
Tanya B.—suffering long-term and lingering effects of brain hemorrhage
Claudia A.—Waterbury parishioner; health challenges and now widowed
Mary Lynn—friend of Donna O.; battling breast cancer

Barbara—friend of Patty N.; unwell and in need of prayerful support
Dorothy F.—Waterbury parishioner; still recovering from a serious surgery
Michael "Mike" L.—ongoing health issues
child George—young son of a Kenyan Orthodox priest; quite unwell
Bill M.—struggling with health issues, please keep in prayer
Paula—friend of Jim L.; struggling with cancer
Dimitri—brother of Carolyn P.; health issues
Maryna B.—dealing with some health issues
Thomas—Patty N.'s nephew; battling cancer
Wayne—Donna O.'s father
George Kla.—our fellow parishioner; facing a variety of health challenges
Lorraine—friend of Joan M.; cancerous blood disease
Joseph—friend of Jeanne M.; in need of prayers
Dianna—Jennifer W.'s mother; suffering some health problems
Thomas—fighting cancer; father of a friend of the Parish (S.H.)
Yvonne K.—a person we have been asked to pray for; multiple myeloma
Mark—friend of a parishioner (F.G.); critically ill
Domenic—friend of a parishioner (F.G.); facing serious illness
Louis—friend of a parishioner (F.G.); facing serious illness
Brittney—facing possibly severe health issues; at the request of Kathy M.
Albert ("Al")—in need of prayers for healing; very unwell
Kathy S.—Waterbury parishioner; facing health challenges
Earlene L.—Mike and Jim L.'s mother; health issues
Natonya L.—Mike and Jim L.'s family member; heart surgery
Bach-Loan—a neighbor of Jeanne M.'s; recent serious health challenges
Barbara S.—W'bury parishioner; recovering from surgery
Rick—Deacon Paul and Patty's nephew; Rick is unwell and in need of prayers
Peter—Deacon Paul and Patty's acquaintance; battling leukemia
Christina—surgery for cancer on March 14; acquaintance of Fr. John H.
James B.—husband of a Waterbury parishioner; very unwell recently
Marisa—a 13-yr-old girl, acquaintance of the Nimcheks, who is quite unwell

Shut-ins and those resident in long-term Care Facilities

Alex—John D.'s brother; suffering permanent effects of stroke
Dolores—Bob M.'s mother; resident in long-term eldercare

Expectant Mothers

Tracey and the child to be born of her—Tracey is G. and J. W.'s daughter-in-law
Lucy and the child to be born of her—Lucy C. is our fellow parishioner
Maura and the child to be born of her—Maura is Lucy and David C.'s friend
Katherine and the child to be born of her—relative of the Hopkos

Travelers, Those Soon to be Traveling, and Those Apart from Us

All those traveling, soon to be traveling, and apart from us

Those from among us serving on active duty in the Armed Forces

Joel O.—U.S. Navy; hospital corpsman ("medic")
Joseph B.—a Terryville neighbor; U.S. Marine Corps
Joshua P.—husband of a niece of Fr. John's; U.S. Army officer and helicopter pilot
Alexander—relative of Carolyn P.; 82nd Airborne Division U.S. Army soldier
Derek—relative of Carolyn P.; U.S. Army soldier

Wedding Anniversaries

NONE THIS WEEK

Birthdays this coming week

Cynthia Belonick-Giuliano	3/21
John Nicholas ("Nick") Osuch	3/24

Prayers Requested: Maryna B., friend of our Terryville Parish, and a native of Kharkiv, Ukraine, asks prayers for the health and salvation of her family and friends in Ukraine, including, specifically, her grandmother **Larissa**, her brother **Dmytro**, her sister-in-law **Yuliia** (who is with child), and, also, for **Alexander** and **Aleksey**. Maryna's grandmother, Larissa, and other family and friends, are still in Kharkiv, a city whose people are suffering greatly at this time, due to ongoing attacks by the military of the country of Russia. (Lord, hear us and have mercy!)

Prayers Requested: Lenna M., our fellow parishioner, also asks prayers for the health and salvation of family members in Ukraine, including, specifically, her second cousin **Ludmilla**, Ludmilla's daughter **Nadia**, Nadia's husband **Alexei**, and their children **Sofia** and **Anna**. (Lord, hear us and have mercy!)

Prayers Requested: One of our parishioners who is a teacher has asked prayers for one of her students. This student is battling a very serious illness. Please, keep this child and their loved ones in your prayers. Thank you. (Lord, hear us and have mercy!)

Annual ONE Stewards Appeal

ONE (Orthodox New England) Stewards is a group within the Diocese of New England that contributes money to the Diocese for the purpose of supporting outreach (and “in-reach”) ministries in the Diocese beyond what the annual budget of the Diocese is able to support. These ministries include charitable grants, scholarships and youth programs.

Historically, our parish membership has a wonderful record of ONE Stewards membership. Many members of our parish have been annual supporting members of ONE Stewards for many consecutive years.

Every year at about this time ONE Stewards conducts its annual membership appeal. Please consider supporting this program. Donations may be made by writing a check made out to “ONE Stewards—Diocese of New England” and then sending it to ONE Stewards, PO BOX 1182, Torrington, CT 06790-1182. Alternatively, you may simply give your ONE Stewards donation directly to our own Deacon Paul Nimchek, who coordinates ONE Stewards on behalf of the Diocese.

News and Notes

Lenten Confessions: *Make your appointment now! Great Lent began on Monday, March 7.* Each and every Christian should participate in the saving Sacrament of Holy Confession during the Lenten season, as part of his or her own “Lenten journey.” Please contact Fr. John now to make your Confession appointment, even if you want your appointment to take place later on during Lent. Please make your Lenten confession before the end of Great Lent, that is, by Friday, April 15. By the time we reach Holy Week and Pascha, every member of the Parish should (must!) have participated in the Sacrament of Confession in the Lenten season.

Pussy Willows: Pussy Willows may now be in the proper stage of development to be cut and prepared for Palm Sunday. If you have any pussy willows that you wish to cut and then donate to the Church, please see Fr. John.

Sunday Coffee Social Hour: Beginning on Sunday, March 27, we will, again, be having a Coffee Social Hour after the conclusion of the Divine Liturgy on Sunday mornings.

Parish Spring Cleaning, Saturday morning, April 2: We will have a Church Spring Cleaning Session on Saturday morning, April 2, beginning at 9:00 AM. Please note this occasion in your calendar and plan to participate. Many hands make the work quick and easy! Let’s work together to beautify our Church for Holy Pascha! Thank you!

A Church Cookbook: The Women’s Group at Saint Michael the Archangel Church in Cotuit, Massachusetts, on Cape Cod, where several of our former members are now communicants (including Juliana Koles Haskins and her children, and Subdeacon Joseph and Annie Boruch) has published a cookbook. The price for the cookbook, the proceeds of which support aspects parish life at Saint Michael Church, is \$30.00. Please, contact Fr. David Koles or Mat. Melanie Koles if you are interested in ordering a copy of this cookbook, or to obtain more information about it. (Apparently, the cookbook includes some Lenten recipes, which is, of course, timely. No doubt there are festive recipes in the book, too.)

Notes from Fr. John: About Saint Gregory Palamas and the Jesus Prayer

Saint Gregory Palamas lived in the 14th century in northern Greece. He was a monk, who later became a bishop, too. Saint Gregory was, first and foremost, a practitioner and teacher of prayer, especially the “Jesus Prayer.”

The Jesus Prayer is a short prayer of exactly one sentence in duration. Here’s the text: **O Lord, Jesus Christ, Son of God, have mercy, on me, a sinner.**

Saint Gregory taught that every Christian should and could be praying this prayer, or similar short prayers, or verses from Holy Scripture, constantly, throughout the day. This may seem like an impossible task, but it is true that many Christians throughout history, and even, also, in our times, pray like this. It can be done.

Dr. Albert Rossi, who has a good article on the Jesus Prayer posted on the Saint Vladimir’s Seminary website (<https://www.svots.edu/saying-jesus-prayer>), writes about the Jesus Prayer these important words: “We don’t say the Jesus Prayer, or enter wordless contemplation, to get ‘some benefit.’ We don’t pray to reduce our stress, or strengthen our immune system, or lose weight, or add years to our life. On the contrary, we enter prayer to follow Christ, to become open to Him.”

Readings from Holy Scripture

Scripture Readings for the 2nd Sunday of Great Lent, on which we commemorate especially the memory of St. Gregory Palamas

The Reading from the Epistle of the Holy Apostle Paul to the Hebrews (Heb. 1:10-2:3)

Brothers and Sisters: [Of the Son, God says:] "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 the 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.

The Reading from the Gospel according to St. Mark (Mark 2:1-12)

At that time, when Jesus returned to Capernaum after some days, 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 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!"

Scripture Readings for the 3rd Sunday of Great Lent, which is Sunday of the Lenten Veneration of the Cross

The Reading from the Epistle of the Holy Apostle Paul to the Hebrews (Heb. 4:14-5:6)

Brothers and Sisters: Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

The Reading from the Gospel according to Saint Mark (Mk. 8:43-9:1)

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."