

Saints Cyril and Methodius Orthodox Christian Church

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

Fr. John Hopko, Pastor • Protodeacon Paul Nimchek

860.582.3631 • email: terryvilleorthodoxchurch@gmail.com

www.terryvilleorthodoxchurch.org • www.facebook.com/TerryvilleOrthodoxChurch



Sunday, March 24, 2019

2nd Sunday in Great Lent – Tone 2

*The Second Sunday in Great Lent: The Annual
Commemoration of Saint Gregory Palamas*

Fore-feast of the Feast of the Annunciation

On March 24, annually, we commemorate the
Venerable Zachariah the Recluse

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.”

Schedule of Services

- 3/24 Sunday**
Second Sunday in Great Lent
Commemoration of Saint Gregory Palamas
9:15 AM – Divine Liturgy
4:00 PM – Mission Vespers for the Eve of the Feast of the Annunciation
Saints Cyril and Methodius Orthodox Church, Terryville, CT (**Our Parish!!!**)
- 3/25 Monday**
Feast of the Annunciation
6:15 PM – Vespers and Divine Liturgy (“Vesperal Divine Liturgy”) for the Feast
- 3/27 Wednesday**
6:15 PM – Divine Liturgy of the Presanctified Gifts, followed by a Lenten “Bring-and-Share” Supper
- 3/29 Friday**
7:00 PM – Lenten Vespers with Memorial Prayers for the Faithful Departed
- 3/30 Saturday**
6:00 PM – Vigil
Followed by Choir Rehearsal
- 3/31 Sunday**
Third Sunday in Great Lent
Lenten Veneration of
the Precious Cross of Our Lord
9:15 AM – Divine Liturgy
4:00 PM – Lenten Mission Vespers for the Sunday of the Cross
Holy Ghost Orthodox Church, Bridgeport, CT
- 4/3 Wednesday**
6:15 PM – Divine Liturgy of the Presanctified Gifts, followed by a Lenten “Bring-and-Share” Supper
- 4/5 Friday**
7:00 PM – Lenten Vespers with Memorial Prayers for the Faithful Departed
- 4/6 Saturday**
6:00 PM – Vigil
Followed by Choir Rehearsal

PARISH PRAYER LIST

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

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

Newly Departed

Matushka Julia Petranin—wife of Fr. Jozef Petranin d. 3/17/19
Samya Rose Stumo—Ethiopian air disaster victim d. 3/10/19

Anniversaries of Repose – Memory Eternal!

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
Arlene Osuch	3/27/2011
Theodore Kozar	3/28/1936
Michael Kandybaik	3/28/1961
Paraskeva Glowa	3/30/1932
Lou Plasko	3/30/1961
Anna Shewchuk	3/30/1982

THOSE IN NEED OF GOD'S MERCY AND HELP

Persons captive and suffering for the Faith

Metropolitan Paul and Archbishop John—hostages in Syria

Those who are sick and suffering

His Eminence Archbishop Nikon—some recent health issues
Archpriest Steven Belonick—C. Belonick's brother; suffering in perilous illness
Fyodor (Frank) Guba—increasing sufferings from Multiple Sclerosis (MS)
Dolores Twombly—permanent colon malfunction following colon cancer treatment
Karen—Mary Fomenko's niece; unwell and in need of prayers
child Drew—grandson of friends of the Nimcheks; ongoing treatment for eye cancer
Jadwiga ["Yahd-vee-gah"]—mother of an acquaintance of E. Watras; cancer

Alex—John Dubnansky's brother, suffering permanent effects of stroke
Darlyne—facing health challenges; daughter of Bob and Vera Martin
child Asa—great-grandson of friend of E. Watras; child with developmental challenges
Donna—Ann Sovyryda's niece; kidney disease
Dayrl—Ann Sovyryda's niece; kidney disease
JoAnn—acquaintance of Jeanne Moore; ovarian cancer
MaryEllen—Louine King's daughter-in-law; declining due to Huntington's Disease
Virginia ("Gina")—Elena Watras' sister; unwell and in need of prayers
Vera—Waterbury parishioner; unwell and in need of prayerful support
Eleanor—Rdr. Joseph Boruch's mother; chronic health challenges
Maria Oraschewsky—now requires dialysis three times a week
Charlotte—Chezelle Serev's mother; unwell and in need of prayerful support
Mark—friend of Frank Guba; battling non-Hodgkin's lymphoma
Michael—friend of Frank Guba; rehabbing after bilateral lung transplant
Carol Johnson—still in need of our prayerful support
Irene Vassos—member of Diocesan Council; injured in fall
Nina Gorbachev—has now suffered a stroke; very unwell
Anna Szepel—recently unwell; Waterbury parishioner
John—Fr. John's nephew; undergoing testing in response to recent illness
Yelena Massicotte—facing some health challenges at this time
Tanya Beach—suffered a brain hemorrhage on February 13

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

Eva Kopcha—at Sheriden Woods, Bristol
Irene Kiehart—Jayne Grasso's mother; now resident in Connecticut
Mary Fomenko—shut-in at home
Robert (Bob)—Patty Nimchek's brother

Expectant Mothers

Breanna and the child to be born of her – The Serevs' niece and her baby

Travelers

Helena Guba—March 21 to March 31

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

Joel Orelup—U.S. Navy, hospital corpsman ("medic")
Joseph Bellmay—a Terryville neighbor; U.S. Marine Corps
Joshua Pcsolyar—fiancé of a niece of Fr. John's; U.S. Army pilot, now in Afghanistan

Birthdays

John Nicholas "Nick" Osuch 3/24/2000

NEWS AND NOTES

Lenten Confessions: 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." If you have not already done so, please contact Fr. John now to make your Confession appointment. Please make your Lenten confession before the end of Great Lent, that is, by Friday, April 19. By the time we reach Holy Week and Pascha, every member of the Parish should (must!) have participated in the Sacrament of Confession during the Lenten season.

CT Deanery Lenten Mission Services: During Great Lent this year we will again have Sunday afternoon/evening Lenten Mission services here in the Connecticut Deanery of the Diocese of New England. The remainder of the schedule is:

- **Sunday, March 24, the Second Sunday of Great Lent: Vespers, Saints Cyril and Methodius Church, Terryville, CT, at 4:00 PM.**
- Sunday, March 31, the Third Sunday of Lent: Vespers, Holy Ghost Church, Bridgeport, CT, at 4:00 PM.
- Sunday, April 7, the Fourth Sunday of Great Lent: Vespers, Saints Peter and Paul Church, Meriden, CT, at 4:00 PM.
- Sunday, April 14, the Fifth Sunday of Great Lent: Unction Service, Three Saints Orthodox Church, Ansonia, CT, at 4:00 PM
- Sunday, April 21, Palm Sunday: Bridegroom Matins, All Saints Church, Hartford, CT, at 4:00 PM.

Parish Spring Cleaning, Saturday morning, April 6: We will have a Church Spring Cleaning Session on Saturday morning, April 6, 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!

55 Maxims of the Christian Life

by Fr. Thomas Hopko

1. Be always with Christ and trust God in everything.
2. Pray as you can, not as you think you must.
3. Have a keepable rule of prayer done by discipline.
4. Say the Lord's Prayer several times each day.
5. Repeat a short prayer when your mind is not occupied.
6. Make some prostrations when you pray.
7. Eat good foods in moderation and fast on fasting days.
8. Practice silence, inner and outer.
9. Sit in silence 20 to 30 minutes each day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly.
12. Go to confession and holy communion regularly.
13. Do not engage intrusive thoughts and feelings.
14. Reveal all your thoughts and feelings to a trusted person regularly.
15. Read the scriptures regularly.
16. Read good books, a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person, one of the human race.
19. Be polite with everyone, first of all family members.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, even a part of a day, at a time.
24. Be totally honest, first of all with yourself.
25. Be faithful in little things.
26. Do your work, then forget it.
27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and attentive, fully present where you are.
35. Think and talk about things no more than necessary.
36. Speak simply, clearly, firmly, directly.
37. Flee imagination, fantasy, analysis, figuring things out.
38. Flee carnal, sexual things at their first appearance.
39. Don't complain, grumble, murmur or whine.
40. Don't seek or expect pity or praise.
41. Don't compare yourself with anyone.
42. Don't judge anyone for anything.
43. Don't try to convince anyone of anything.
44. Don't defend or justify yourself.
45. Be defined and bound by God, not people.
46. Accept criticism gracefully and test it carefully.
47. Give advice only when asked or when it is your duty.
48. Do nothing for people that they can and should do for themselves.
49. Have a daily schedule of activities, avoiding whim and caprice.
50. Be merciful with yourself and others.
51. Have no expectations except to be fiercely tempted to your last breath.
52. Focus exclusively on God and light, and never on darkness, temptation and sin.
53. Endure the trial of yourself and your faults serenely, under God's mercy.
54. When you fall, get up immediately and start over.
55. Get help when you need it, without fear or shame.

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."