

## 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](mailto:terryvilleorthodoxchurch@gmail.com)

[www.terryvilleorthodoxchurch.org](http://www.terryvilleorthodoxchurch.org) • [www.facebook.com/TerryvilleOrthodoxChurch](https://www.facebook.com/TerryvilleOrthodoxChurch)



## Sunday, March 28, 2021

### 2<sup>nd</sup> Sunday in Great Lent – St. Gregory Palamas

**SECOND SUNDAY OF LENT – Tone 1. St. Gregory Palamas.** Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Ven. Hilarion the New, Abbot of Pelekete (ca. 754). Ven. Stephen the Wonderworker, Abbot of Triglia (9th c.). Monastic Martyr Eustratius of the Kiev Caves (Near Caves—1097). Ven. Hilarion of Pskov Lake (Gdov—1476). Martyred brothers Barachisius and Jonah, and those with them, in Persia (4th c.). Martyr Boyan, Prince of Bulgaria (ca. 830).

<https://www.oca.org/saints/lives/2021/03/28>

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### Lent is here! Ongoing! Present! To be embraced!

**Lenten Confessions – Make your appointment now!** Great Lent is ongoing. 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 23. By the time we reach Holy Week and Pascha, every member of the Parish should have participated in the Sacrament of Confession in the Lenten season.

**(NOTE:** Even if you are not regularly attending in-person services at this time, because of the ongoing COVID-19 crisis, it is essential for you to participate in the Sacrament of Confession. If special arrangements need to be made to meet your particular needs, please contact Fr. John Hopko directly. Fr. John can be best reached, by voice or text, at his cellphone number, which is 860-944-3486.)

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### Annual ONE Stewards Appeal

ONE (Orthodox New England) Stewards is a group within the Diocese of New England who contribute 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 go to the Diocese of New England website and use the “[Donate Now](#)” feature to contribute online.

# PARISH PRAYER LIST

**We pray for all victims of disease, disaster, difficulty, and senseless violence throughout the world, especially in this time of pestilence and civil unrest.**

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

*First of all, we pray for all the thousands of victims of COVID-19. Memory Eternal!*

## ***Newly Departed***

Mitred Archpriest Basil Summer—acquaintance of the Hopkos	d. 3/26/2021
Archpriest Vladimir Lecko—native of Terryville	d. 3/16/2021
Archpriest John Tkachuk—Fr. John's uncle through marriage	d. 2/19/2021
Reader Stephen Bradford—once of the Willimantic Parish	d. 2/21/2021
Byron—uncle of a friend of the Parish	d. 2/26/2021
Job—victim of a freak accident; at request of Fr. John H.	d. 2/23/2021
Walter—uncle of a friend of the Parish	d. 2/20/2021
Kate—acquaintance of the Nimcheks; a tragic passing at a young age	d. 2/18/2021
George Giba—of the Waterbury Parish; once the Waterbury "sexton"	d. 2/17/2021

## ***Anniversaries of Repose – Memory Eternal!***

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
Helen Morozuk	4/2/1968
Pelagia Mozalak	4/2/1969
John Witick	4/2/1974
Maria Yatsenick	4/3/1931
Peter Klachany	4/3/1951
Etylie Papach	4/3/1964
Philip Gabor	4/3/1974

## **THOSE IN NEED OF GOD'S MERCY AND HELP**

*First of all, we pray for all those suffering due to the present pestilence which is COVID-19, and those working to alleviate their suffering.*

### ***Persons captive and suffering for the Faith***

Metropolitan Paul and Archbishop John—hostages in Syria

### ***Those who are sick and suffering***

Archpriest Michael—former pastor of our parish; reoccurrence of illness  
Archpriest Peter P.—former pastor in Waterbury; very unwell  
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  
Darlyne—facing health challenges; daughter of Bob and Vera Martin  
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  
Mary Lynn—friend of Donna O.; battling breast cancer  
Barbara—friend of Patty N.; unwell and in need of prayerful support  
James B.—husband of a Waterbury parishioner; chronically unwell

Dorothy F.—Waterbury parishioner; still recovering from a serious surgery  
Rosie D.—ongoing health issues  
Michael "Mike" L.—ongoing health issues  
child George—9-year-old son of a Kenyan Orthodox priest; quite unwell  
Bill M.—has experienced some health issues lately, please keep in prayer  
Paula—friend of Jim L.; struggling with cancer  
Dimitri—brother of Carolyn P.; health issues  
child Hattie—injured in freak accident; request of a family in our parish  
Maryna B.—dealing with some health issues  
Thomas—Patty N.'s nephew; battling cancer  
Wayne—Donna O.'s father  
Sarah—a young woman for whom we have been asked to pray (D.B.)  
Vickie—a woman for whom we have been asked to pray  
Sam—Vickie's husband, struggling with multiple health issues  
Richard—a man struggling with cancer, for whom we have been asked to pray  
Jody—Jacob J.'s father; recovering from significant back surgery  
Sue—acquaintance of the Hopkos; unwell and requiring prayers  
Helen—acquaintance of Helena G; in long-term care  
Candace—acquaintance of Helena G; in need of prayers  
Maria O.—dialysis three times a week; recently injured in fall, now in PA with family  
Joanne—acquaintance of the Hopkos; slow recovery from recent illness  
Stephen—family member of a parishioner; quite ill and in need of prayers  
George K.—our fellow parishioner; unwell at this time  
Lorraine—friend of Joan M.; cancerous blood disease  
Joseph—friend of Jeanne M.; in need of prayers  
Joan—dear and close friend of Carolyn P.; back surgery  
Marcia—wife of newly departed Thomas M.  
Antonio—brother-in-law of a parishioner; suffering with COVID-19  
Joseph—prayed for at the request of Jeanne M.  
Elaine H.—recovering from hip replacement surgery; our fellow parishioner  
Dianna—Jennifer W.'s mother; suffering some health problems  
Wayne—prayed for at the request of Carolyn P.; upcoming surgery  
Thomas—fighting cancer; father of a friend of the Parish

### ***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***

Katherine and the child to be born of her—Fr. John's nephew's wife and her child

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

All those who are traveling, soon to be traveling, or apart from us

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

Fr. James Parnell, Chaplain (MAJ)—deploying with the CT ARNG  
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 pilot  
Alexander—relative of Carolyn P.; 82<sup>nd</sup> Airborne Division soldier now home from abroad  
Derek—relative of Carolyn P.; serving in Afghanistan in the U.S. Army  
Ian H.—Fr. David K.'s son-in-law; overseas deployment, U.S. Army

### ***Anniversaries of Marriage***

NONE THIS WEEK

### ***Birthdays***

Vera Wegh	3/28
Nicholas Kowaleski	4/1
Joel Orelup	4/3

## ***St. Gregory Palamas—Defender of Contemplative Prayer***

St. Gregory Palamas (1296 - 1359) was a monk of Mount Athos in Greece and later Archbishop of Thessalonica known as a preeminent theologian of "Hesychasm." The Greek word *hesychia* means silence and Hesychasm denotes a method of peaceful prayer centered on the use of the "Jesus Prayer." The Jesus Prayer is practiced by the quiet and calm repetition of the words, "O Lord, Jesus Christ, Son of God, have mercy on me, a sinner."

Gregory was initially asked by his fellow monks on Mount Athos to defend them from the charges of Barlaam of Calabria. Barlaam believed that philosophers had better knowledge of God than did the prophets, and so he valued education and learning more than contemplative prayer. As such, he believed the monks on Mount Athos were wasting their time in contemplative prayer when they should be studying. Gregory responded that the prophets in fact had greater knowledge of God, because they had actually seen or heard God Himself.

Addressing the question of how it is possible for a human being to have knowledge of a transcendent and unknowable God, Gregory drew a distinction between knowing God in His essence (Greek *ousia*) and knowing God in His energies (Greek *energeiai*), His activities, His

workings. Gregory asserted that it remains impossible to know God in His essence (to know who God is in and of Himself), but possible to know God in His energies (to know what God does, and who He is in relation to the creation and to man), as God reveals himself to humanity. In doing so, St. Gregory Palamas made reference to the Cappadocian Fathers (St. Basil the Great, St. Gregory the Theologian and St. Gregory of Nyssa) and other earlier Christian writers and Church fathers.

Gregory Palamas further asserted that when the Apostles Peter, James and John witnessed the transfiguration of Jesus on Mount Tabor, that they were in fact seeing the uncreated light of God; and that it is possible for others to be granted to see that same uncreated light of God with the help of certain spiritual disciplines and contemplative prayer, although not in any automatic or mechanistic fashion. Rather the experience of the uncreated light is a gift that God gives to those whom He wills.

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## News and Notes

**General Memorial Service (“Panikhida”), ONLINE:** During Great Lent, we make a special effort to remember and pray for those who have departed this life, especially on each Friday evening and Saturday morning. Our usual custom here in our Parish (when not navigating our way through a public health crisis) is to serve Vespers on Friday evenings during Great Lent, and to include at the end of those Vespers services a brief memorial service for the departed. **This Great Lent, in our Parish, we will be gathering on Friday evenings, online, in a “virtual” setting, via video teleconference (“Zoom”), to memorialize and pray for the departed.** The necessary ZOOM link will be distributed using the Parish email group list, by which we usually communicate such things. Please watch for that link in your email inbox, or contact Fr. John for more details.

**Bible Study this week, Tuesday, March 30, at 7:00 PM, ONLINE:** We will have Bible Study this week, online, via video teleconference (“Zoom”), on Tuesday evening, March 30, beginning at 7:00 PM. Our sessions last 90 minutes. We have been reading the First Letter of the Holy Apostle Paul to the Corinthians. However, this week we may decide to do something different, pertinent to Great Lent. The necessary ZOOM link will be sent out, via the Parish email list, closer to the time of the gathering.

**NO Wednesday Morning Matins Services during Great Lent:** During Great Lent, since we are having Wednesday *evening* services, we are not having Wednesday *morning* services.

**Wednesday evening, March 31, at 6:30 PM, Divine Liturgy of the PreSanctified Gifts:** On Wednesday evening, March 31, beginning at 6:30 PM, we will serve, in-person, at Church, the Divine Liturgy of the PreSanctified Gifts. Attendance for in-person services at Church presently requires pre-registration, so that we can manage attendance in compliance with our COVID-19 health safety protocols. If you wish to attend the Divine Liturgy on Wednesday evening, please, contact Fr. John Hopko to pre-register. We limit attendance to no more than 35 persons, and we require health screening, hand-sanitizing, mask wearing, and social distancing.

**Preparation to Receive Holy Communion at Evening Liturgies:** Please, be reminded that preparation for receiving Holy Communion at the evening celebration of the Divine Liturgy of the PreSanctified Gifts includes, among other things, both observing the Lenten fast in general and, also, completely abstaining from all food and drink for at least six hours before the beginning of the actual Liturgy. (The actual discipline, historically, is to not eat or drink *all day long* before receiving Holy Communion at an evening celebration of the Divine Liturgy of the PreSanctified Gifts.) If you have any questions or concerns, or require clarification regarding these matters, please, contact Fr. John Hopko directly and promptly. Thank you.

**Saturday, April 3, at 6:30 PM, Great Vespers:** On Saturday, April 3, beginning at 6:30 PM, we will celebrate Great Vespers, in-person, at Church. Attendance for in-person services at Church presently requires pre-registration, so that we can manage attendance in compliance with our COVID-19 health safety protocols. If you wish to attend the Great Vespers on Saturday evening, April 3, please, contact Fr. John Hopko to pre-register. We limit attendance to no more than 35 persons, and we require health screening, hand-sanitizing, mask wearing, and social distancing.

**Sunday, April 4, at 9:15 AM, Divine Liturgy:** On Sunday, April 4, beginning at 9:15 AM, we will celebrate Divine Liturgy, in-person, at Church. Attendance for in-person services at Church presently requires pre-registration, so that we can manage attendance in compliance with our COVID-19 health safety protocols. If you wish to attend the Divine Liturgy on Sunday morning, April 4, please, contact Fr. John Hopko to pre-register. We limit attendance to no more than 35 persons, and we require health screening, hand-sanitizing, mask wearing, and social distancing.

**Donations to the Parish:** Please, continue to support our parish during this challenging time. Donations to the Parish may be submitted via checks made out to and mailed to Saints Cyril and Methodius Orthodox Church, 34 Fairview Avenue, Terryville, CT 06786-6329. Also, a PayPal Donation “button” (<https://www.terryvilleorthodoxchurch.org/donatenow>) is located on our parish website to make online donations possible. Our parish is registered as a charity with PayPal, so we have slightly lower fees connected to the use of that means of receiving donations. For us, PayPal’s fees are 2.2%, plus \$0.30 per transaction. (So, for example, a donation of \$100.00 given via PayPal will realize us actual income of \$97.50.)

# 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."

