



Holy Apostles Greek Orthodox Church

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www.holyapostlesgreekorthodox.org

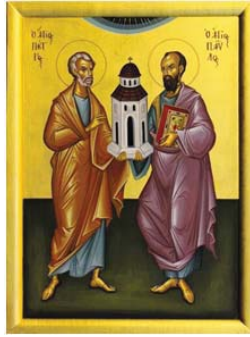
phone 703-421-7515, fax 703-956-9498

March 4, 2018:

Sunday of St. Gregory Palamas

A HOMILY TO ENCOURAGE FASTING (ST. GREGORY PALAMAS, PART ONE)

THE CALM SEA, RADIANT AND BRIGHT with sparkling light, reflecting the dawn on its smooth surface, is a pleasant sight to the eyes. But it is far more delightful not just to see but to address the church gathered together according to God's will, freed from disturbances, illuminated mysteriously by the divine light, stirred up towards that light's dawn, with hands and eyes, all the senses and the mind uplifted. The grace of the Spirit has today granted me this agreeable sight. You are all spending your nights and days together here in God's temple, and by your unceasing attendance upon Him you could be regarded as heavenly trees planted by the streams of the water of the Spirit. So may I now assist these streams as far as I am able. As you have offered your daytime prayers in addition to your early morning prayers, may we, as far as time allows, offer an evening sermon in addition to the one this morning, that we might show you openly all the different kinds of tricks to which the enemy of our salvation turns his hand to render not only our fasting but also our prayer worthless. 2. Brethren, there is another sort of evil satiety and drunkenness which does not result from indulging in food and drink, but from anger and hatred towards our neighbor, remembrance of wrongs, and the evils that spring from these. On this subject Moses says in his song, "Their wine is the wrath of dragons and the incurable wrath of asps" (Deut. 32:33). So the prophet Isaiah says, "Woe to those who are drunken, but not with wine" (Isa. 29:9), and again he commands, "ye shall not fast to fight" (Isa. 58:3 Lxx). To those... **(Continued**
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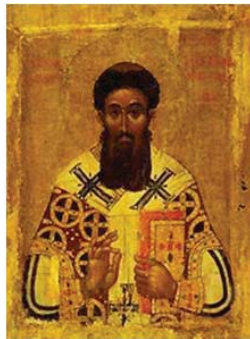
EPISTLE READING :

St. Paul's Letter to the 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 :

The Gospel According to 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...(Continued on the back)

UPCOMING EVENTS



Sunday School & OCPM Easter Cards

Today; Holy Apostles Church hall

Sign greeting cards at the table after Liturgy to be distributed throughout prisons in the U.S. supported by the Orthodox Christian Prison Ministry. You and your children can bring the love of Christ to our Orthodox brothers and sisters in prison. Sign your first name only.



Philoptochos Clothing
Drive for Mobile Hope
Through Today
Holy Apostles Church

Collecting New socks for boys and girls, NEW tee shirts for boys, NEW underwear for boys and girls. Drop off your items in the box by the Philoptochos bookcase.

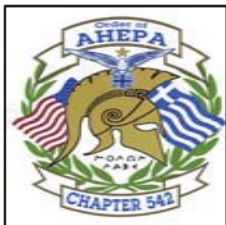


PAREA (Our Company of Friends!) **Fasting Potluck Lunch**

Tues. March. 6th, 11:30 AM

**Blair residence, 47753 Allegheny Cir.
Potomac Falls, VA 20165**

RSVP to Marina (703-349-1842)



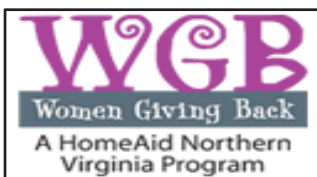
AHEPA Meeting

Wed. March 7th, 7:30 PM

Home of Alex Kangelaris

Visit our website for our calendar and event updates:

www.ahepa542.org.



“Women Giving Back”

Volunteering with Philoptochos

Wed., March 7th, 4–6PM

20 Export Drive, Sterling 20164

This program supports women and children in crisis with free, quality clothing, shoes, support, and more.

RSVP to Alexis Cleveland (apcphiloptochos@gmail.com)



Hope and Joy Salutations to the Theotokos Service

Fri. March 9th

Holy Apostles Church

This will take the place of our regular monthly meeting.

UPCOMING EVENTS



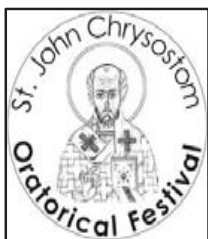
SUNDAY, MARCH 11TH after church **Spring Parish General Assembly (GA)**

Where do we stand with the exciting piece of property we are pursuing in North Ashburn? How can you be a part of it?

Come to the GA and find out!



Order your tsoureki by March 11th for pickup April 1st. Make checks for \$12 each payable to GOPLC Philoptochos with "Bake Sale" in the memo section.



St. John Chrysostom Oratorical Festival, Sun. March 18th

Holy Apostles Church

Students in grades 4-12 must select topics announced from the Archdiocese. Competition details are on our website.

Contact: Ergini B. Martnishn (ergini@aol.com)

Sunday School March 25th Program, after Liturgy

Students will present a brief program celebrating the Annunciation of the Theotokos and Greek Independence Day. They will also present at the Hellenic Center in MD later that day.

Two-day Lenten Retreat, March 28th and 29th

Monastery of the Holy Protection in Pennsylvania

Details are on our website. RSVP to Ergini (ergini@aol.com) or Denise (deniseinvirginia@gmail.com).



Palm Sunday Fish Dinner

Sun. April 1st, Holy Apostles Church

Proceeds benefit our Building Fund.

Consider donating a meal for those in homeless shelters in DC and Loudoun.

ATTENTION HIGH SCHOOL SENIORS!

Washington Metropolitan Area 48th AHEPA Scholarship For an application, contact **Steve or Ergini Martnishn:** smartnishn@aol.com, ergini@aol.com or 703-652-4426. Applications must be postmarked no later than **April 6, 2018**. The Awards will be presented at the May 20, 2018 dinner.

SPECIAL ANNOUNCEMENTS

*Today's 40 day Memorial is in memory of **Maria Lekka**, beloved sister of Diana Scordalakes. May her memory be eternal. Thank you to Diana for sponsoring today's coffee hour in Maria's memory.*



If you would like to sponsor coffee hour in memory of a loved one, contact Lia (liaecon@comcast.net).

Weekly Feature : Salutations to the Theotokos

The role of the Panagia in the life of each human being is great. She meditates on our behalf to God for the salvations of our souls. For this reason our Church has chosen to integrate the Service of the Salutations with the Great Lent of Pascha. Within this Service, we all supplicate our Mother to protect us in our struggle which begins in Lent. To intercede for us to God for the salvation of our souls and for a happy ending to this struggle, that it may be peaceful and sinless, so that with pure souls we will experience the Holy and Awesome Passion of our Lord and then His bright Resurrection. And the presence of the Panagia in the world is great and salvific in our daily life, especially in big events, such as in war. **“Rejoice, through whom trophies of victory are raised; Rejoice through whom enemies are defeated.”**

The Akathis Hymn, which has been established since 626 A.D., to show our deep gratitude to the Panagia, is divided into four stases of the six letters of the Greek alphabet, the so-called Service of the Salutations, which is chanted every Friday evening of Great Lent, except on the fifth Friday the entire Akathist Hymn is chanted. From all this we understand that the placement of the Salutations during Great Lent is not accidental. What we will shortly experience will be an awesome and great event and we must supplicate our Panagia to support us with her maternal love and affection, to intercede to our Father in Heaven, that we may complete this struggle during Great Lent, live a peaceful life and without sin, that we may enjoy the Kingdom of God.

(Cover Message Cont...) who fasted in this way he says, speaking on the Lord's behalf, "If thou bendest thy neck as a ring, even then ye will not call this an acceptable fast, and if ye make many prayers, I shall not hearken unto you" (Isa. 58:5 Lxx), and, "When ye spread forth your hands unto me, I will turn away mine eyes from you" (Isa. 1:15). 3. This is the drunkenness of hatred which more than anything else causes God to turn away, and the devil attempts to bring it about in those who pray and fast. He prompts them to remember wrongs, directs their thoughts towards harboring malice, and sharpens their tongues for slander. He prepares them to be like that man who wishes for evil whom David describes with the words, "He deviseth mischief continually, his tongue is like a sharp razor" (Ps. 51:2 Lxx), and from whom he prays God to deliver him, saying, "Deliver me, O Lord, from the evil man: preserve me from the violent man; they have sharpened their tongues like a serpent; adders' poison is under their lips" (Ps. 140:1, 3). 4. In this time of fasting and prayer, brethren, let us with all our hearts forgive anything real or imaginary we have against anyone. May we all devote ourselves to love, and let us consider one another as an incentive to love and good works, speaking in defense of one another, having good thoughts and dispositions within us before God and men. In this way our fasting will be laudable and blameless, and our requests to God while we fast will be readily received. We shall rightly call upon Him as our Father by grace and we can boldly say to Him, "Father, forgive us our debts, as we forgive our debtors" (Matt. 6:12).

(Gospel Reading Cont...) "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!"

March Weekday Liturgical Schedule

Mon. March 5 Great Compline, 7PM

Fri. March 9 3rd Salutations to the Theotokos, 7PM

Mon. March 12 Great Compline, 7PM

Additional March services are on our website. Note that previously scheduled Wednesday morning services have been cancelled. Monday evening services have been added through March.