

## THE SACRAMENT OF CONFESSION

The Holy Sacrament of Confession will be offered during Great Lent on Wednesdays at 5:30 p.m. and Fridays at 6:00 p.m., or by making an appointment with one of the Priests.

## PARISH ACTIVITIES

### GOYA SPAGHETTI LUNCHEON

St. George GOYA will host its annual Spaghetti Luncheon TODAY the Oratorical Festival. Tickets are \$7.00 per person, and will be sold at the door. Come join us for an afternoon of fellowship, food and fun!"

### GREEK INDEPENDENCE DAY CELEBRATION TODAY

TODAY at 5:30 p.m. in the Grand Hall the 190th Anniversary of Greek Independence will be celebrated. The speaker is Dr. Apostolos Athanassakis, Professor at the University of California at Santa Barbara. He will speak on "The Role of the Demotic Song in the Greek Independence." Join us for the celebration.

### QUILT-A-THON VOLUNTEERS NEEDED

We need volunteers for our 2nd Annual Quilt-A-Thon, (APRIL 9TH, 8:30 A.M.) to make homemade quilts for at-risk babies and small children in our area hospitals. You do not need to know how to sew! We need help to cut, pin, measure and tie square knots. Fabric and supplies will be provided by The Ladies Philoptochos Society of Saint George. Please bring your own lunch. If you are interested in participating please contact Adrienne Barris 703/827-5757 or Stephanie Wilde 301/983-0879.

### VOLUNTEERS NEEDED FOR FESTIVAL PREPARATION

Our Spring Festival is May 6-8. We need volunteers to help prepare food for the event. PLEASE sign up to help on the sheets that have been placed on the community bulletin board in the main corridor. **WE NEED HELP! ONLY ONE PERSON SIGNED UP LAST WEEK!!** The festival is a success insofar as everyone pitches in. PLEASE SIGN UP ON THE SHEETS!!

### 50 PLUS

On March 23rd a trip to the Smithsonian to view the Cyprus Exhibit--the bus leaves at 10 am and returns at 3:00pm to the Church. Cost is \$25 per person and luncheon is on our own in the East Wing of the Art Museum. Please respond by March 20th to Sally Peavy 301-229-5283 or Maria Kopsidas 301-493-5789. There is a table to register for the trip in the Founders Hall after church service. No meeting on the 23rd due to the trip.

### LITERARY LUNCHEON

Raffle Tickets will be on sale after church for the Literary Luncheon featuring Ted Leonsis, Robert Krantz, Nick Tsipotos, and Eva Kalivas. Saturday, April 2, 2011 at 11:30am. Stop by coffee hour for more information and to buy your raffle tickets. You need not be present to win. Great prizes. Please support this important fundraiser for our church.

MARCH 20, 2011

## SUNDAY OF SAINT GREGORY PALAMAS



THE ENTHRONEMENT OF ST. GREGORY PALAMAS

*O light of Orthodoxy, teacher of the Church, its confirmation, O ideal of monks and invincible champion of theologians, O wonder-working Gregory, glory of Thessalonica and preacher of grace, always intercede before the Lord that our souls may be saved. (Troparion, Tone 8)*

### Resurrectional Apolytikion

When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory be to You.

### Resurrectional Kontakion

You rose from the tomb, O Savior all-powerful, \* and Hades beheld the marvel and was struck with fear, \* and the dead were rising up, and creation beholds and rejoices with You, \* and Adam is also exultant; O my Savior, and the world ever sings Your praise.

### THE GREEK ORTHODOX CHURCH OF SAINT GEORGE

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Rev. Nicholas Despotides,  
Emeritus



Out holy father St. Gregory Palamas, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359. His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

**TODAY'S READER: MANOLI ANAGOSTIADIS**

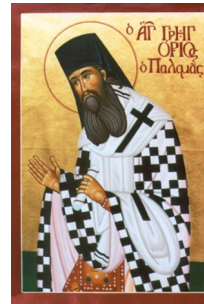
**EPISTLE Hebrews 1:10-14; 2:1-3**

"IN THE BEGINNING, you O Lord, didst found the earth, 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.

**GOSEL 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!"

**PRAYER LIST:** Spiro Gianniotis, Ralph Vallone, Christopher Bacas, Antonia "Nitsa" Kempf, Connie Kanaris, Diana Lazar, George Markomanolakis, Argie Palaios, Katherine Panagakos, George Virvan, Mariah Smiley, Doris Webb, the child Camille Feruzzi, the child Heather Greene, Irene Pappas, Marty Levine, Lindsey Reijsoo, the child Ashley Lyvers, the child Alexis Ross, Joseph Papadakis, the child Joseph Saxon, Francine Bruggeman, Stephanie Skanderis, Georgia Haldas, Eric Ricasa, Milton Kayafas, Mary Agis, Maureen Shriver, Tiffany Keiker, Mary O'Hara, William Coulopoulos, Matina Mantis, and Robert Shriver. **US ARMED FORCES:** Rev. Fr. John Kalantzis, Lt. Nicholas Karnaze, Spc. Spiro Nino, John Xanthakos, Colonel James Karas, and Gary Hogman (Iraq) and his wife Cindy, 2nd Lt. Phillip Natsios, Private Louis Tiches, EG Robert Stock, and PFC Brett Hughes.



**ST. GREGORY PALAMAS: DEFENDER OF HESYCHASM**

Hesychasm (from Greek *hesychia* ("silence", "calm" "tranquility")) is a practice originating from the Holy Mountain (Mt. Athos). It was given its most powerful explanation by St. Gregory Palamas in his polemics with the Catholic rationalistic theologian Barlaam of Calabria. This practice included: 1). Constant repetition of the Jesus prayer ("Lord Jesus Christ, Son of God, be merciful to me a sinner"). It is "mindful prayer" or "heart prayer"; 2) The practice of bringing the mind into the heart combined with the mental concentration on the heart as the spiritual center of man; and 3) Some special contemplative body postures and breathing techniques combined with the Jesus prayer. The whole purpose and goal of hesychastic prayer is *theosis* — to help man realize and become one with the image and energy of God within himself. It is to become by grace what God is by nature. St. Gregory taught that Christ's Transfiguration on Mt. Tabor, revealed God's uncreated energies. Through these energies, man achieves oneness with the Divine Creator. Hesychastic prayer is a means, through constant practice and repetition, of attaining that oneness with God by grace. Hesychast theology was declared an essential part of Orthodox theology and belief by the Church Councils of Constantinople of 1341 and 1351. St. Makarios the Great expressed it perfectly: "The only path leading to heaven is that of complete stillness, the avoidance of all evil, the acquisition of blessings, perfect love towards God and communion with Him in holiness and righteousness. If a man has attained these things he will soon ascend to a divine realm. Yet the person who aspire to this realm must first mortify the earthly aspects (Col. 3:5). For when our soul rejoices in the contemplation of true goodness, it does not return to any of the passions energized by sensual or bodily pleasure receives the manifestation of God with pure and undefiled mind. It is only after we have guarded ourselves rigorously, endured bodily suffering and purified the *soul*, that God comes to dwell in our hearts, making it possible for us to fulfill His commandments without going astray. He Himself will then teach us how to hold fast to His laws, sending forth His own energies, like rays of the sun, through the grace of the Spirit implanted in us. By way of trials and sufferings we must purify the divine image in us in accordance with which we possess intelligence and are able to re-

ceive understanding and likeness of God; for it is by reforging our senses in the furnace of our trials that we free them from all defilement and assume our royal dignity." O Holy Father Gregory, pray to God for us!

**DIVINE SERVICES THIS WEEK**

**Wednesday, March 23:** Presanctified Liturgy at 6:30 p.m. followed by Lenten Supper and presentation by **Rev. Fr. Patrick Viscuso** on Transforming the Faith Community.

**Friday, March 25: FEAST OF THE ANNUNCIATION** Orthros 8:30 a.m. Divine Liturgy 9:30 a.m. **(No Salutations to the Theotokos in the evening)**



**THE ANNUNCIATION**

The human nature was united with the divine nature without alteration, unconfusedly, indivisibly, inseparably, immediately from the moment of conception. This means that first the Virgin Mary tasted the goods of the divine incarnation, *theosis*. That which the Disciples of Christ tasted during Pentecost, and we during Baptism, at the time of the mystery of the divine Eucharist, when we commune of the Body and Blood of Christ, and that which the Saints will live in the Kingdom of the Heavens, the Virgin Mary lived from the first moment of the conception and carrying in the womb. *(Metropolitan of Nafpaktos, +Hierotheos)*

**MEMORIALS**

A Memorial Service will be offered today for **His Eminence Metropolitan +Nicholas of Amissos** who reposed last Sunday. May Christ the High Priest grant him a place at the Heavenly Altar; for **Christina Valkanas (40 Days)** requested by her daughter Peggy Xenochristos, William Valkanas, Voula Spiropoulos, Theodora Christodoulakis, and Ilian Valkanas; for **Neofytos Tsangaris (2 Years)** requested by his wife, Mary, his children Ted (Anne), Toulla (Jeff), Kally (Andy), and Joanna (Tim) and his 12 grandchildren; for **Erin Johnson (6 Years)** requested by Angelo Sitilides, her sister. May their memories be eternal!