

Tone 2 Troparion (Resurrection)

When Thou didst descend to death, O Life immortal,
Thou didst slay hell with the splendor of Thy Godhead.
And when from the depths Thou didst raise the dead,
all the powers of heaven cried out://
“O Giver of life, Christ our God, glory to Thee!”

Tone 4 Troparion (St. Innocent)

O Holy Father Innocent,
in obedience to the will of God,
thou didst accept dangers and tribulations,
bringing many peoples to the knowledge of truth.
Thou didst show us the way;
now by thy prayers help lead us//
into the Kingdom of Heaven!

Tone 8 Troparion (St. Gregory Palamas)

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of theologians,
O wonderworking Gregory, glory of Thessalonica and preacher of grace,//
always intercede before the Lord that our souls may be saved!

Glorify... Tone 2 Kontakion (St. Innocent)

Thy life, O holy Father Innocent, apostle to our land,
proclaims the dispensation and grace of God!
For, laboring in dangers and hardships for the Gospel of Christ,
thou wast kept unharmed and exalted in humility://
Pray that He may guide our steps in the way we should go!

Now and Ever... Tone 8 Kontakion (St. Gregory Palamas)

Holy and divine instrument of wisdom,
joyful trumpet of theology,
together we sing thy praises, O God-inspired Gregory.
Since thou now standest before the Original Mind, guide our minds to
Him, O Father://
so that we may sing to thee: “Rejoice, preacher of grace!”

Confession: Lent is the time to come to confession! Ideally, we come to confession three or four times a year, but if not, we should confess at least once a year during Great Lent. We remember that we make confession not because God needs us to admit our sins, but because we need to come to terms with our internal spiritual state, so that we can leave sin behind and grow in our union with God in Christ.

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March 31, 2024

Gregory Palamas Sunday

2nd Sunday of Great Lent

Hebrews 1:10-2:3 (Epistle)

Brethren, the scripture says: “You, LORD, in the beginning laid the foundation of the earth, and the heavens are the work of Your hands. They will perish, but You remain; and they will all grow old like a garment; like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail.” But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool”? Are they not all ministering spirits sent forth to minister for those who will inherit salvation? Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him!

Mark 2:1-12 (Gospel)

At that time, Jesus entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.” And some of the scribes were sitting there and reasoning in their hearts, “Why does this Man speak blasphemies like this? Who can forgive sins but God alone?” But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’? But that you may know that the Son of Man has power on earth to forgive sins” – He said to the paralytic, “I say to you, arise, take up your bed, and go to your house.” Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!”

Liturgical Schedule

Wednesday, April 3, 6:00 PM Presanctified Gifts

Saturday, April 6, 9:10 Hours, 9:30 AM Divine Liturgy (at **Transfiguration Chapel, Sister Bay**)

Saturday, April 6, 5:00 PM Great Vespers

Sunday, April 7, 8:30 Matins, 9:30 AM Divine Liturgy (Veneration of the Cross)

Wednesday, April 10, 6:00 PM Presanctified Gifts

Saturday, April 13, 8:45 Hours, 9:00 AM Divine Liturgy with Memorial Service (Lenten Retreat)

Saturday, April 13, 3:00 PM Great Vespers (Lenten Retreat)

Saturday, April 13, 6:00 PM Great Vespers (at St. Macrina Chapel, Waupaca)

Sunday, April 14, 8:30 Matins, 9:30 AM Divine Liturgy (John Climacus)

Sunday, April 14, 9:30 Hours, 9:50 Typika (at St. Macrina Chapel, Waupaca)

Keeping you in the Ministry Team Loop:

Our Ministry focus for the month of April is supporting House of Hope and the A&A Alexandrina Crisis Pregnancy Center. These two programs support homeless moms and mothers who are finding themselves in a crisis pregnancy situation. House of Hope cares for and supports young homeless moms by providing a safe, structured place to live. A&A supports women, men and their children with support in a time of a crisis pregnancy. A&A provides pregnancy testing and free ultra sounds. Both organizations provide counseling, support with material goods and referrals to other local agencies. Help us support them this month by filling the laundry basket with items from their wish lists. (The list of suggested items will be on the Ministry Team table in Herrick Hall.)

Thank you for your faithful support as we continue to reach out to the vulnerable in our community.



.....Coffee Hour and Fellowship Time.....

Our coffee hour/fellowship time is made possible by your donations of food to share every Sunday morning. We can always use help with the clean up after Coffee/fellowship hour is over. Want to help? Stay until the end of coffee hour and we will find a task for you to do.

Church Cleaner.....

Bisbee - week of 3/31 for 4/7/24

SMOC News and Events Schedule

- **Book Study/Bible Study** meets every **Tuesday at 10:30 am.**
- There is a **sign-up sheet** for the meals after Presanctified services on Wednesdays during Lent.
- **Saturday, April 6: Liturgy at Holy Transfiguration Chapel, Sister Bay:** There will be **Hours at 9:10 am and Divine Liturgy at 9:30 am** on Saturday, April 6, at Holy Transfiguration Chapel in Sister Bay in northern Door County. There will also be a **1 year memorial for Pat (Reader George) Mangan (+4/1/2023)** following Divine Liturgy.
- **Sunday, April 7: Final Catechumens' Class:** The final class will be on **Sunday, April 7, from 12:00 - 2:30 pm**, on the topics of the Feasts and Calendar of the Church Year, and on Prayer and Personal Spiritual Practice.
- **Parish Council** will be meeting via Zoom on **Tuesday, April 9 at 6:00 pm.** If you would like to attend as a guest, please let President, Paul Novak, know at paulnovak11@gmail.com
- **Annual Lenten Retreat, April 12-13: Please see the Saturday email regarding this year's lenten retreat!** We are excited to welcome Presvytera Rebecca Luft as our speaker!
- **Choir Practice** will be on **Sundays, April 21 and April 28.** There will also be **Choir Practice on Saturday, April 13 from 2:00 to 2:45.**



- **Save the Date!!!** On **Saturday, April 20, we will hold our annual Deep Cleaning of SMOC at 9:00 am.** At this annual event, we gather to clean every part of SMOC in preparation for Pascha. We will start at 9:00 am. Please come and work and maybe meet a member of the Church you don't know. Please let Paul Novak know or send him an email at paulnovak11@gmail.com if you plan on coming. Many hands make light work!

Donations for local Food Banks: As a reminder, donations of **non-perishable** foods can be made to our parish at any time, as our parish regularly drops off food to local food banks in Green Bay and the Fox Valley. Please note that our food banks are especially requesting donations of **high protein foods**, such as tuna, chicken, beef soup, hamburger helper, peanut butter, etc.

St. Matthew Orthodox Church Lenten Retreat 2024

On Friday, April 12, and Saturday, April 13, we will have our annual Lenten Retreat. The retreat will be led by Presvytera Rebecca Luft.

Biography: Pres. Rebecca Luft is Professor of Old Testament (and sometimes New Testament) at the St. Macrina Orthodox Institute for the Renewal of Diakonia and Catechesis in the Diocese of the Midwest, our diocesan school. She is married to Fr. Elijah Mueller, rector of Sts. Cyril & Methodius Orthodox Church in Milwaukee.

The Retreat Schedule will be as follows:

Friday, April 12:

* Session 1 from 6:30 - 8:00 pm

— **Topic:** The House of the Father: The Ancient Israelite Household and the Community of Shared Goods in the Book of Acts

** light snacks offered by the parish*

Saturday, April 13:

* Hours at 8:45 am, Divine Liturgy at 9:00 am, Memorial Service with Koliva immediately after Liturgy

** potluck coffee fellowship following*

* Session 2 from ~11:00 am - 12:15 pm

— **Topic:** The Law as Revealed Icon: Theophany in the Desert of Fasting, Voluntary Poverty, and Undistracted Prayer

** break from ~12:15 - 12:45 pm*

* Session 3 from 12:45 - 2:00 pm

— **Topic:** Priesthood and Sacrifice: Priestly Nation and Christ the Sacrificed Priest

** informal discussion 2:00 - 2:45 pm; (optional) choir practice 2:00 - 2:45 pm*

* Great Vespers at 3:00 pm



Please note: there is no need to register, and if you can't make it to all of the sessions that is ok.

We are looking forward to this time of prayer and reflection together!