



St Paul the Apostle Orthodox Church

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Priest Silouan Cohen

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Week of March 16, 2025

Sunday, March 16

Second Sunday of Great Lent. **Tone 5.** St Gregory Palamas.

- 8:30am** – Matins
- 9:30am** – Divine Liturgy
- 11:30am** – Agape meal (coffee hour)

- 6:00pm** –Lenten Vespers

This Sunday's Hymns and Readings

Tone 5 **Troparion** (*Resurrection*)

Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead by His glorious Resurrection.

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!

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!"

Tone 4 **Kontakion** (*from the Lenten Triodion*)

Now is the time for action! Judgment is at the doors! So let us rise and fast, offering alms with tears of compunction and crying: "Our sins are more in number than the sands of the sea; but forgive us, O Master of all, so that we may receive the incorruptible crowns!"

Tone 5 **Prokeimenon**

Thou, O Lord, shalt protect us / and preserve us from this generation forever.
Save me, O Lord, for there is no longer any that is godly!

Tone 1 **Prokeimenon** (*St. Gregory Palamas*)

My mouth shall speak wisdom; the meditation of my heart shall be understanding.

Epistle readings Hebrews 1:10-2:3 & Hebrews 7:26-8:2

Tone 5 *Alleluias*

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation. For Thou hast said: Mercy will be established forever; Thy truth will be prepared in the heavens.

Tone 2

The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment.

Gospel readings Mark 2:1-12 & John 10:9-16

This Week's Schedule

Monday, March 17. Venerable Alexis the man of God. Saint Patrick, Bishop of Armagh, Enlightener of Ireland.

Tuesday, March 18. Repose of Saint Nikolai of Zhicha. Saint Cyril, Archbishop of Jerusalem.

- **9:30am - 11:30am Fr Silouan's office hours**

Wednesday, March 19. Martyrs Chrysanthus and Daria, and those with them at Rome.

- **6:00pm - 9th hour, Typica, & Liturgy of the Presanctified Gifts**

Thursday, March 20. Martyred Holy Fathers who were slain at the Monastery of St Savvas. Martyr Photini the Samaritan woman, her son, and those with them.

- **9:30am - 11:30am Fr Silouan's office hours**

Friday, March 21. Saint James the Confessor, bishop of Catania.

- **Fr Silouan serving at St Thomas Mission, Paris, TX. He will be returning to Denison the same evening.**

Saturday, March 22. 3rd Saturday of Great Lent: Memorial Saturday.

- **9:05am - 3rd & 6th Hours**
- **9:30am - Memorial Divine Liturgy**
- **5:00pm Great Vespers**

Announcements

Sunday Lenten Vespers

Last Sunday March 9, we began serving Lenten vespers. This Sunday up to April 6 we will continue to offer Lenten vespers (barring any unforeseen events). Sunday evening, April 13 vespers will cease and instead we will serve the first Matins of the Bridegroom.

Confession (Please Read)

If you would like to make confession during Great Lent, you may come to my office during office hours (see the schedule) or come after Great Vespers on Saturday evening. **Note: the last opportunity for confession during Great Lent will be Friday evening, April 11 after Great Vespers for Lazarus Saturday.** I will resume hearing confessions the Wednesday after St Thomas Sunday (April 30). You have plenty of time to make confession before Holy Week, so please do not delay. Holy Week will be a very full time liturgically. Besides, I am reserving what time I do have during Holy Week for hearing the life confessions of our catechumens. **If you have any questions regarding confession and receiving holy Eucharist, please read my priest report from the annual parish meeting, which you can find on our website (stpauldenison.org) under the drop menu "Our Parish" then select "Annual Parish Meeting."**

St Patrick's Feast Day

It is common in American popular culture – and certainly less regarding faith – to “celebrate” St Patrick’s Feast Day by overconsuming food and alcohol, and by hyper-focusing on Irishness, leprechauns, and clovers. Sadly, St Patrick’s Feast Day in America has little to do with St Patrick himself. We Orthodox celebrate Feast Days of Saints, but always with prayer and thanksgiving to God for the life He lived in His saints. Thus, we certainly ought to celebrate St Patrick’s Feast Day (as he is a saint of the Church) but always with moderation and composure, and with prayer.

Monthly Financial Reports

As discussed at the annual parish meeting, I will begin posting a monthly financial report to the bulletin board in the narthex. It will tell our current bank account balance, weekly giving totals, attendance totals, and any significant purchases. If you would like more details either speak with our treasurer, Matthew Magee, or with Fr Silouan.

3rd Saturday Memorial Divine Liturgy & Kollyva

Saturday, March 22, we will celebrate the 3rd Memorial Divine Liturgy. If you have departed loved ones you wish to remember, please email me their names to priest@stpauldenison.org. Also, if you wish to make kollyva, please prepare one and bring it and we will bless them. In a previous bulletin, I shared a recipe, but you may use any you like, I only insist that you **use wheat berries and no substitute grains!** The wheat berries have a theological significance, and we must not ignore it. You can purchase wheat berries at Green Market in Sherman or purchase them on Amazon.

Liturgy of the Presanctified Gifts

On Wednesday evenings during Great Lent we serve the Liturgy of the Presanctified Gifts. It is more customary to fast during the entire day, with exceptions for the elderly, the infirm, and women who are pregnant and/or breastfeeding. Of course, if you do not have much practice with fasting, you have my blessing to have a small Lenten breakfast and lunch but no later than 1pm if you intend to receive the holy Eucharist that evening.

Lenten book study with Matushka Katie

If you are interested in joining Mka. Katie and some of the ladies of St Paul's for a Lenten book study, please email Matushka at groups@stpauldenison.org for all the information. The ladies are reading *Time and Despondency* by Nicole Roccas. You can purchase her book at svspress.com

Annunciation Celebration and Bishop Gerasim Visits.

This year the Feast of the Annunciation falls on Tuesday, March 25. We will celebrate the Festal Vespertal Liturgy at 6pm. Please bring a Lenten seafood dish, as we are permitted to eat fish on this feast day. Bishop Gerasim will serve the Liturgy with us and stay for dinner.

A Word from the Fathers

“First of all, in speaking of prayer, we have to say that prayer is never independent. I cannot say that I pray, as we have said so many times, I cannot say that I pray if this prayer of mine is not linked to something else. There are some things which always go together. You cannot separate one from the other. When, for example, the Apostle Paul speaks of faith, he talks only of faith and not of works as well. But why? Because when he says faith, he means a “faith” which exists and is apparent through works. When James speaks of works, he says that faith without them is of no importance. He’s always talking about works. Why? Because works are the proof of faith. So these two things are utterly interdependent.

“There is this same conjunction in many other things, too. In particular, prayer is linked to something else: with our worship, and especially with Holy Communion. If there is no worship and no Holy Communion, it is not possible for there to be prayer, either. Every prayer will be false. If there is worship and there is no strenuous spiritual prayer—internal, strong, crying-aloud prayer—you may be sure that our worship and our Holy Communion are in vain and are no more than throwing mud into the eyes of God, pretending we love Him, while in practice having nothing to do with Him. And one day he will say to us, “I do not know you.”

-Elder Aimilianos, The Authentic Seal: Catechism on Prayer.