CHURCH CLEANING DAY—MARK YOUR CALENDAR! As we cleanse our souls through ascetical labor, let us also cleanse God's holy Temple, in anticipation of His glorious Resurrection! All ages are invited to participate in our bi-annual Church Cleaning Day, next Saturday, March 18 at 9:00 am. Many hands = light work.

ORATORICAL FESTIVAL TODAY Join us at 12:00pm as some of our youth deliver speeches, drawing on spiritual and theological topics. Stay after fellowship and support them!

WEEKDAY LENTEN SERVICES: As we journey through Great Lent, let us participate in the Lenten services offered by the Church: Great Compline on Monday at 6:30 pm; Presanctified Liturgy on Wednesday at 6:30 pm and on Friday at 8:30 am; and Salutations on Friday at 6:30 pm.

PLEASE, NO PEANUT/SESAME/TAHINI: During the upcoming fast, please keep in mind that we have parishioners with deadly food allergies. Hummus is commonly eaten during the fast, and store-bought hummus contains sesame (tahini). Please refrain from bringing it to church. Thank you!

DEEPEN YOUR KNOWLEDGE OF THE FAITH: The next monthly catechism class will be Saturday, April 1 after Vespers. All are welcome!

FELLOWSHIP TODAY IS HOSTED BY: ***The Stinman/Cox Families!*** All families are invited to host fellowship, offering your *philoxenia* "love for strangers" through a snack or a meal. (Up to $150 can be reimbursed.) See the Fellowship Hosting Guide for details. Sign up on the sheet by the kitchen door or through this QR code or the link in the weekly email!

NAT'L ORTHODOX BABY SHOWER Philoptochos is participating in the third annual National Orthodox Baby Shower in the month of March! Sponsored by Orthodox Christians for Life, the Shower offers an opportunity to assist "the least of these" in our community through the Beaverton Pregnancy Resource Center. Look for the display in the South Fellowship Hall. Donate on your own, or go in with a group and put together a basket. Instructions will be available on the bulletin board, and items can be dropped off in the display porta-crib. Thank you!

FROM FR. MATTHEW: Please remember that I am ***always*** available for urgent pastoral concerns—prayer, anointing, consultation, etc.—on any day at any time, depending upon the urgency. However I can't offer assistance if I am not asked. ☺ Non-urgent meetings, such as regular confession appointments, should be scheduled with the church office a few weeks in advance. But for urgent matters, please contact Barbara or call or text me.

Kalí Sarakostí ~ Blessed Lent!

THE MISSION STATEMENT OF ST. JOHN THE BAPTIST

The mission of St. John the Baptist Greek Orthodox Church is to reach out and welcome all people to live an Orthodox Christian life, grow spiritually, and become disciples of Jesus Christ through serving others.

Parish Council: VanSickle (open) and Psiropoulos (close) Greeter: Lauri
Clean up Team 12: Silva, Sorenson, Statler, Stebner

St. John the Baptist
GREEK ORTHODOX CHURCH

The Historical Christian Church

Rev. Father Matthew Swehla (503) 644-7444 • www.stjohngoc.org
Deacon Innocent Duchow-Pressley 14485 SW Walker Rd, Beaverton, OR 97006

March 12, 2023

Sunday of St. Gregory Palamas •

Saint Gregory was born in 1296 in Constantinople. His father died when he was only 7. At the age of 20, Gregory decided to become a monk, and his whole family followed his example. He left Constantinople for Mt. Athos, where he remained until around 1325, when he was forced to leave the Holy Mountain because of Turkish raids and poor health. St. Gregory went to Thessaloniki, and at the age of 30 was ordained to the priesthood. For the next 5 years, he lived as a hesychast, devoting himself to the uninterrupted Jesus Prayer during the week and to communal worship services on weekends. St. Gregory returned to Mt. Athos and continued the hesychastic life. For a period of 2 years, he was the Abbot at the Esphigmenou monastery. Soon, however, he was drawn into the arena of theological controversy, which would dominate the rest of his life. The most notable aspect of this second part of his life was his three debates with the Italian philosopher, Barlaam. The entire debate could be summarized as follows: Both St. Gregory and Barlaam believed that God was unknowable in His divine essence. Barlaam argued that God could be known only through human wisdom and knowledge. Barlaam believed that the faculty of knowledge was the greatest of all the powers of the soul. Through education and increased knowledge, all evils in the soul could be dispelled and man could be led to the knowledge about God, not directly, but through the illumined knowledge of creation and God's creatures. St. Gregory, on the other hand, saw the heart (*nous*) as the life-center of the soul. Furthermore, he made a distinction between the essence of God, which is unknowable for all God's creatures, and the energies of God, which, although fully divine and uncreated, are revealed directly to every person who has purified his heart and received grace. This direct experience of God, most often revealed as uncreated light, is not derived from natural knowledge or intellectual striving, but by virtue of a purified heart and the grace of God that brings the saints into union with Him. The conclusion of their debates resulted in the exile of Barlaam and rejection of his teachings and the support of St. Gregory's teachings as Orthodox. In 1347, the saint was elected Archbishop of Thessalonika. In 1359, he fell asleep in the Lord, and in 1368, by a decision of the Synod of Constantinople, Gregory Palamas was canonized a Saint. This 2nd Sunday of Lent is dedicated to his honor as a second victory of Orthodoxy—a second Sunday of Orthodoxy.

WELCOME VISITORS to the original Christian Church. At St. John the Baptist you will experience the sacred worship of God as it has taken place for 2,000 years. Our community is a dynamic witness of authentic Christianity, and we welcome all people.
Please note that Holy Communion is reserved **only** for baptized and chrismated Orthodox Christians who have properly prepared—through prayer, fasting and regular Confession—to receive the Sacrament. However everyone may receive blessed bread at the end of the Divine Liturgy. If you have any questions about your experience, please speak with one of our clergy.

HYMNS OF THE SMALL ENTRANCE

Resurrectional Hymn (Plagal 2nd Mode)
When the angelic powers appeared at Your tomb, and those who guarded You became as though dead, and standing by Your sepulcher was Mary, seeking Your pure and sacred body, then You did vanquish Hades, and uncorrupted by its touch, You came unto the virgin, bestowing the gift of life. O You Who rose from the dead, Lord, we give glory to You.

Angeliké Dthinámis epí to mníma Su, ke i filássondes apenekróthisan, ke ístato María en to táfo, zitúsa to áhrandon Su sóma. Eskílefsas ton Ádthin, mi pirasthís ip aftú, ipíndisas ti Parthéno, dthorúmenos tis zoín. O anastás ek ton nekrón, Kýrie, dthóxa si.

Hymn of St. Gregory Palamas (Plagal 4th Mode)
Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory the wonderworker, boast of Thessalonica, herald of grace: ever pray that our souls be saved.

Hymn of St. John the Baptist (2nd Mode)
The memory of the just is celebrated with hymns of praise, but the Lord's testimony is sufficient for thee, O Forerunner; for thou hast proved to be truly more venerable than the Prophets, since thou wast granted to baptize in the stream Him Whom they proclaimed. Wherefore, having contested for the truth, thou didst rejoice to announce the good tidings even to those in Hades: that God hath appeared in the flesh, taking away the sin of the world and granting to us great mercy.

Kontakion of the Akathist (Plagal 4th Mode)
To thee, the champion leader, we thy flock dedicate a feast of victory and of thanksgiving, as ones rescued out of sufferings, O Theotokos. But as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we may cry to thee: Rejoice, thou bride unwedded.

EPISTLE READING

Hebrews 1:10-14; 2:1 (Sunday of St. Gregory)
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

Mark 2:1-12 (Sunday of St. Gregory Palamas)
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!"

Instead of* "It Is Truly Right,"** ***the Megalynarion for the Liturgy of St. Basil
In you who are full of grace, all creation rejoices – both the congregations of angels and the human race. O consecrated temple and spiritual paradise, the boast of virgins, from you was God incarnate and became a child – He, our God, who existed before the ages. For He made your womb a throne and He made you more spacious than the heavens. In you who are full of grace, all creation rejoices. Glory be to you.

PARISH ACTIVITIES FOR THE WEEK

Sunday, March 12
Sunday of St. Gregory Palamas
Orthros 8:45 am
Divine Liturgy 10:00 am
Fellowship, Sunday School (following services)
NO Theology 101 Adult Study
Oratorical Festival 12:00 pm

Monday, March 13
Great Compline 6:30 pm
Choir Practice 7:30 pm

Wednesday, March 15
Bible Study 10:00 am
Coffee Hour 11:00 am
Presanctified Liturgy 6:30 pm
Lenten Potluck 8:00 pm

Thursday, March 16
Akathist to the Mother of God 9:00 am
Philoptochos Board Meeting 6:30 pm

Friday, March 17
Lenten Pilgrimage to St. Anthony's
Fr. Matthew out of town through March 20
No Presanctified Liturgy on this day
Salutations to the Theotokos 6:30 pm
Choir Practice (advanced) 7:30 pm

Saturday, March 18
CHURCH CLEANING DAY 9:00 am
Great Vespers 5:00 pm

Sunday, March 19
Sunday of the Veneration of the Holy Cross
Orthros 8:45 am
Divine Liturgy 10:00 am
Procession with the Holy Cross
Fellowship, Sunday School (following services)
NO Theology 101 Adult Study