

CONFESSION DURING GREAT LENT ... is an essential aspect of this annual spiritual pilgrimage! Please contact the church office to find a time to confess—so that we can approach the Resurrection of our Lord in a worthy manner.

MEN'S MONASTERY WORK PARTY: On Friday afternoon and Saturday, March 27-28 in Goldendale, WA, come help the sisters with a wide variety of tasks to maintain the monastery grounds. Spend the night on Friday or drive up on Saturday morning. The work portion will begin Saturday morning after breakfast. *Please RSVP to Brandon by Tuesday, March 24*, at cravetruth@yahoo.com to provide an accurate headcount for the sisters for beds and meals and to help consider carpooling. Beds are limited.

JOIN US FOR THE WOMEN’S MINISTRY TALK with Fr. Matthew. Saturday, March 21 at 11:30am (after Liturgy) WM will host a Lenten Potluck & Recipe Swap in the South Fellowship Hall. Ladies, bring Lenten foods to share and recipes to swap, or just join fellow women in conversation!

SOUP AND BAKE SALE for the Building Fund! Sunday, March 22. We need volunteer cooks! Sweet and savory Lenten dishes - all are welcome. Drop off goods Saturday, March 22 or early Sunday, March 22. Volunteers needed to man the tables during fellowship. All proceeds go to the Building Fund. Contact Leslie Anna M.

FAMILY MEET-UP: On Wednesday, March 25 following the 8:30 am Orthros and 9:30 am Divine Liturgy for the Annunciation, we will be having a Family Meet-Up! Bring a dish to share (fish, wine, & oil permitted!) and a board game to play! We’ll have a short lesson on the feast and then hang out. Contact Anya S to RSVP (not required.)

GOYA MEETING: On Saturday, March 14, we are meeting at the current Church property after Vespers from 6:15 pm- 9:00pm for dinner, spiritual discussion, a small parish service project, and games!

JR. GOYA MEETING: On Saturday, March 21, we are meeting at the current Church property after Vespers from 6:15 pm- 8:15pm for dinner, spiritual discussion and games!

TEEN OUTING: We will be having our teen outing at Stoneworks Climbing Gym (6775 SW 111th Ave, Beaverton, OR 97008) from 6:30 to 8:30 pm. Experienced climbers and first-timers are welcome! [Cost is \$17 per person. Please reach out to Basil at youthdirector@stjohngoc.org for more details.

SUMMER CAMP IS ALMOST FULL!! Week 3 of summer camp has only a few spaces left. Please decide soon if your children (ages 8-18) will go to camp, then register at the QR code here, then tell Basil once you’ve registered. Financial assistance is also available—talk to Fr. Matthew.

 **SHOW YOUR PHILOXENIA** “Love for strangers” and sign up to host a Sunday Fellowship. Just click the QR code.

MEN, SAVE THE DATE ... for the Men's Beach Retreat on May 27-30. Come for some or for all!

THE LOST AND FOUND CLOSET IS FULL Please find your lost items and take them home. The closet is located in the North Fellowship Hall.

SENIOR MINISTRY LUNCHEON & TALK Please join us on Thurs, March 19 at 1:00 pm! Senior Living Advisor, Olivia Lilley, will be speaking on alternative living options, assessing funding options, accompanied facility tours and more! All consultative services are complimentary. Light lunch provided.



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 8, 2026

Sunday of St. Gregory Palamas • Theophylact the Confessor, Bishop of Nicomedia

This divine Father, 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 Mt. Athos, and in the Skete at Beroea. He spent some time in Thessaloniki, 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 Acindynos, who was of like mind with Barlaam. Barlaam and Acindynos claimed that the grace of God is created. At both of these Councils, the Saint Gregory contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energy of God which is 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 Thessaloniki. 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. He reposed in the Lord in 1359 at 63 years. His relics are kept in Thessaloniki. Since works without right faith avail nothing, we are reminded to keep the orthodoxy of

faith during the Fast, by celebrating the Sunday of Orthodoxy, followed by the Sunday of St. Gregory Palamas.

Saint Theophylact was from the East; his native city is unknown. In Constantinople he became a close friend of Tarsios, who afterwards became Patriarch of Constantinople. Theophylact was made Bishop of Nicomedia. After the death of St. Tarsios, Patriarch Nicephoros called together a number of bishops to help him in fighting the iconoclast Emperor Leo the Armenian, (813-820). Among them were Euthymios, Bishop of Sardis, who had attended the Seventh Ecumenical Council in 787, was exiled three times and eventually martyred for the sake of the holy icons; Joseph of Thessalonica; Michael of Synnada; Emilian, Bishop of Cyzicos; and Saint Theophylact. The saint boldly rebuked Emperor Leo to his face, telling him that because he despised the long-suffering of God, utter destruction was about to overtake him, and there would be none to deliver him. For this, Saint Theophylact was exiled to Asia Minor, where, after 30 years of imprisonment and hardship, he gave up his holy soul about the year 845. Emperor Leo according to the saint's prophecy, was slain on the eve of our Lord's Nativity, in 820.



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: Daniels (open) and Anderson (close) Greeter: Elizabeth (Saige) and Christina

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 canonically 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 Second 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 pirasthis ip aftú, ipindisas 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 (Second Mode)

The memory of the just is celebrated with hymns of praise, but the Lord’s testimony is sufficient for you, O Forerunner; for you have proved to be truly more venerable than the Prophets, since you were granted to baptize in the stream Him Whom they proclaimed. Therefore, having contested for the truth, you rejoiced to announce the good tidings even to those in Hades: that God has appeared in the flesh, taking away the sin of the world and granting to us great mercy.

Kontakion of the Akathist (Plagal Fourth 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; 2:1-3 (Sunday of St. Gregory Palamas)

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!"

Megalynarion for the Liturgy of St. Basil the Great (Instead of “It Is Truly Right”)

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 8

Sunday of St. Gregory Palamas
Orthros 8:45 am
Hierarchal Divine Liturgy & Ordination to the Priesthood of Dn. Basil McAfee 10:00 am
Ordination Luncheon 1:00 pm

MONDAY, MARCH 9

Holy 40 Martyrs of Sebaste
Presanctified Liturgy with 9th Hour 8:00 am
with His Eminence Metropolitan Gerasimos

WEDNESDAY, MARCH 11

Bible Study 10:00 am
Wednesday Coffee Hour 11:00 am
Presanctified Liturgy with 9th Hour 6:30 pm
Lenten Potluck follows

THURSDAY, MARCH 12

Akathist to the Mother of God 9:00 am
Nurturer of Children
Philoptochos Board Meeting 6:30 pm

FRIDAY, MARCH 13

Presanctified Liturgy with 9th Hour 8:15 am
Salutations to the Theotokos, 6:30 pm
3rd Stanza
Friday Night Lights: Young Men’s Fellowship 7:30 pm

SATURDAY, MARCH 14

Saturday of Souls
Orthros 8:30 am
Divine Liturgy 9:30 am
Great Vespers 5:00 pm

SUNDAY, MARCH 8

Sunday of the Veneration of the Holy Cross
Orthros 8:45 am
Veneration of the Holy Cross 9:45 am
Divine Liturgy 10:00 am
Fellowship, Sunday School and Adult Theology 101 follows