

# Holy Trinity Hellenic Orthodox Church

Lowell, Massachusetts

Rev. Fr. Nikolaos D. Pelekoudas, Presbyter

March 12, 2017

*Second Sunday of Lent*

*Sunday of St. Gregory Palamas*

## SUNDAY READINGS

Epistle Reading	Hebrews 1:10-14; 2:1-3	Page 138
Gospel Reading	Mark 2:1-12	Page 139
Creed		Pamphlet
The Lord's Prayer		Page 26
Communion Prayers (Before receiving)		Pages 29-30
Thanksgiving Prayers (After receiving)		Pages 33-34
Memorial Service		Page 164

**Note: All are welcome to receive the Blessed Bread (Antidoron), but only practicing Orthodox Christians can receive Holy Communion.**

## Today's Calendar

- **Philoptochos is hosting today's Coffee Hour.**
- **Parish Council members on duty: Lew Demetroulakos, Athena Hayes, Anna Manetta, Damon Manettas**
- **6:00 pm – Sunday Lenten Vespers at Holy Trinity**

## This Week

**Wednesday, March 15 – Presanctified Liturgy – 4:00 pm**

**Friday, March 17 – Salutations to the Theotokos – 6:00 pm**

## For Our Edification

### Sunday Lenten Vespers

The Council of Orthodox Churches will again sponsor Lenten Vespers on Sunday evenings during Lent. Tonight the service will be held here at Holy Trinity at 6:00 pm.

The remaining schedule is as follows: March 19, St. George Antiochian; March 26, St. George Greek; April 2, Assumption of the Virgin Mary. All of these Vespers will begin at 6:00 pm. Everyone is encouraged to attend and participate with fellow Orthodox Christians as we all travel toward Pascha/Easter.

## **Greek Independence Day Schedule**

The Hellenic American Academy will present a Greek Independence Day Program on Thursday, March 23, 6:00 pm, at the Hellenic Cultural Center. The Merrimack Valley Council of Eastern Orthodox Parishes will present its annual award.

The celebrations will continue on Friday, March 24, 10:00 am, with a service at Holy Trinity Church. A parade will begin at 11:00 am from Holy Trinity to Lowell City Hall, where the Greek flag will be raised.

A Hellenic American Academy Fundraiser will be held on Sunday, March 26, from 11:00 am until 8:30 pm at the Athenian Corner, 207 Market St., Lowell.

## **Palm Sunday Fish Dinner**

On Sunday, April 9, Holy Trinity is sponsoring a Fish Dinner at the Hellenic Cultural Center following Divine Liturgy. Adult tickets are \$15 and children's tickets are \$8 for ziti with sauce. All meals will include beverages and dessert. Tickets are available from Parish Council members.

## **St. Gregory Palamas**

St. Gregory Palamas is recognized on the Second Sunday in Lent for his scholarly contributions to the Church and for his example of asceticism (praying and fasting), major components of Lent. Raised in the royal palace of Constantinople, St. Gregory journeyed to Mt. Athos where he became a monk and eventually one of the Church's greatest scholars. His holy relics rest in Salonica.

## **Prayer of St. Ephraim the Syrian**

O LORD AND MASTER OF MY LIFE, take away from me the will to be lazy and to be sad; the desire to get ahead of other people and to boast and brag. Give me instead, a pure and humble spirit, the will to be patient with other people and to love them. Let me realize my own mistakes and keep me from judging the things other people do. For You are blessed now and for evermore. Amen.

(The above prayer is offered during Great Lent and is a masterpiece of Christian supplication.)