

To Our Guests and Visitors about Receiving Holy Communion:

1. In Orthodox churches, Holy Communion is given to and received only by members of the Orthodox Church (the baptized and chrismated who strive to live in repentance, faith, and godliness).
2. One must properly prepare to receive Communion, and there are negative consequences for improper reception. Also, the Priest administering Communion is responsible for the well-being of those receiving Holy Communion (see 1 Cor. 4:1-2; 11:27-32; Heb. 13:17).
3. *If you are non-Orthodox*, please speak with Fr. Jonathan after Liturgy without approaching the Chalice. *If you are Orthodox*, please introduce yourself to Fr. Jonathan, if possible, prior to the Liturgy, otherwise, at the Chalice.

Prayers of Holy Oblation are offered for the Health of:

| | | | | |
|-------------------|-----------------|-------------|----------------|---------|
| Archprst. Stephen | Archprst. Elias | Mat. Marion | Archprst. John | Irene |
| Laurie | Rose | Barbara | Tanya | Diane |
| Kevin | Nicole & Noelle | Athanasios | Mary Patricia | Frances |
| Vladimir | Paisley | Sunnie | Eli | Adam |
| Elise | Kim | Laura | Robert | Joshua |
| Darla | Mark | Gary | Constance | Nick |
| Monica & Son | | | | |

Prayers of Holy Oblation are offered in Memory of:

Archprst. Daniel Ludmilla

March Birthdays:

| | | |
|--------------------------|----------------------|----------------------|
| Michael Blazo (3/6) | Willard Brown (3/9) | Darice Rickes (3/19) |
| Marina Proskurina (2/20) | Carol Skinner (3/28) | Sue Brown (3/29) |

TO SPONSOR COFFEE HOUR, please sign up on the calendar book on the glass case. Keep it simple – donuts, coffee cake, bagels, etc. IF NO ONE SIGNS UP, THERE WILL BE NO COFFEE HOUR.

St. Mark is a Parish of the OCA Diocese of the South under the leadership of Metropolitan Tikhon and Archbishop Alexander. Our mission is to be a spiritual home to all who enter; to be a Christ-like community of Orthodox Christians; to be active in worship, fellowship, and witness, through participation in the Sacraments to come into close union with God.

If you are unable to attend services, but wish to continue your Stewardship contributions, send them to PO Box 1315, Bradenton FL, 34206.

Memorial Bricks for the St. Mark Memorial Garden can be ordered at www.thatsmybrick.com/stmarkorthodox. You can order a 4"x 8" or 8"x8" brick with or without an Orthodox Cross, the number of characters vary accordingly. If you have any questions about the ordering process, see Fr. Jonathan.

St. Mark Orthodox Church

1517 57th Street E
Bradenton, FL 34208

"The Messenger"

V. Rev. Fr. Jonathan Cholcher
Rector

V. Rev. Fr. Stephen Plumlee
Attached

Rev. Fr. Nicholas Roth
Attached

Sub-Deacon James Abraham

Nadya Golubov
Choir Director
Michael Winters
Assistant Director

Parish Phone: (941)-749-7662
Parish E-mail: stmarkocarector@gmail.com
Fr. Jonathan's Cell: (941)-807-5393
Office Hours: W, Th, F 10:00 AM – Noon

This week at St. Mark

| | | | |
|----|-----------|---------|--|
| 15 | Wednesday | 6:00 PM | Presanctified Liturgy/Lenten Meal/Faith & Life Class |
| 17 | Friday | 9:30 AM | Presanctified Liturgy |
| 18 | Saturday | 9:30 AM | Memorial Divine Liturgy |
| 18 | Saturday | 3:30 AM | Intro to Orthodoxy |
| 18 | Saturday | 4:15 PM | 1-yr Panhikida for Ann Nartsissov |
| 11 | Saturday | 5:00 PM | Great Vespers |
| 12 | Sunday | 9:30 AM | Divine Liturgy |

Bible Study following Liturgy

Sunday, March 12, 2023

Tone 6

**St. Gregory Palamas
2nd Sunday of Great Lent**

Prokeimenon Tone 5

*Thou, O Lord, shalt protect us / and preserve us from this generation forever.
(Ps. 11:7)*

V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)

Prokeimenon Tone 1 (St. Gregory Palamas)

*My mouth shall speak wisdom; / the meditation of my heart shall be understanding.
(Ps. 48:3)*

Hebrews 1:10-2:3 (Epistle)

And: “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,

Hebrews 7:26-8:2 (Epistle, Saint)

For such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become higher than the heavens; who does not need daily, as those high priests, to offer up sacrifices, first for his own sins and then for the people’s, for this He did once for all when He offered up Himself. For the law appoints as high priests men who have weakness, but the word of the oath, which came after the law, appoints the Son who has been perfected forever. Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens, a Minister of the sanctuary and of the true tabernacle which the Lord erected, and not man.

Mark 2:1-12 (Gospel)

And again He 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!”

John 10:9-16 (Gospel, Saint)

I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.

ANNOUNCEMENTS

- Fr. Jonathan is publishing weekly meditations on the St. Mark website (stmarkorthodox.org). Please take some time to read them.
- Please keep in mind that Liturgy is not officially over until the reading of the Post-Communion prayers. It is important that we stay respectful during the reading of these prayers by maintaining silence.
- During Lent beginning Wednesday, March 8, the Faith and Life Class will continue to meet after the Presanctified Liturgy studying 1 Corinthians. Each Wednesday we will also share a Lenten supper during the Class. All are welcome to stay for the fellowship and discussion.
- March's Charity – money to help defray cost of Youth Summer Camp.
- St. Mark will be contributing \$100.00 per month for two years to the clergy of Alaska to help support them as the average salary is only \$7,000.00. If you wish to contribute additional funds, feel free to do so.
- As of July 1, 2023, we will discontinue donations via PayPal as there is a service charge that decreases the donation. We are looking for an alternative method of payment.
- Parish Council has opted to discontinue yard sales. Please do not bring any items to the Church. Those items already in our storage sheds will be donated to local charities.
- Three Lenten Projects have been approved. Two (Litya Tray and Theophany Holy Water font) have donors. The third is sealing and striping the parking lot. The lowest bid for this project was just under \$7,000.00. If you wish to contribute, write "Lenten Project" in the "memo" line of your check or for cash donations simply write "Lenten Project" on the envelope.

Troparion Tone 6 (Resurrection)

The Angelic Powers were at Thy tomb;
the guards became as dead men.
Mary stood by Thy grave,
seeking Thy most pure body.
Thou didst capture hell not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord, Who didst rise from the dead,//
glory to Thee.

Troparion Tone 4 (St. Mark)

From your childhood the light of truth enlightened you, O Mark
And you loved the labor of Christ the Savior
Therefore you followed Peter with zeal
And served Paul as a fellow laborer//
And you enlighten the world with your Holy Gospel

Troparion Tone 8 (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!

Kontakion Tone 2 (St. Mark)

You did receive the grace of the Spirit from on high
Destroying the snares of the orators
You did hunt all the nations O Apostle
And led them to your Master//
O glorious Mark the preacher of the Gospel of God

Glory to the Father and to the Son, and to the Holy Spirit,

Kontakion Tone 8 (St. Gregory Palamas)

Holy and divine instrument of wisdom,
joyful trumpet of the 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!"

Now and ever and unto ages of ages. Amen.

Kontakion Tone 4 (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!"

Troparion **Tone 4** **(St. Mark)**

From your childhood the light of truth enlightened you, O Mark
And you loved the labor of Christ the Savior
Therefore you followed Peter with zeal
And served Paul as a fellow laborer//
And you enlighten the world with your Holy Gospel

Kontakion **Tone 2** **(St. Mark)**

You did receive the grace of the Spirit from on high
Destroying the snares of the orators
You did hunt all the nations O Apostle
And led them to your Master//
O glorious Mark the preacher of the Gospel of God

Theotokion **Tone 6**

Steadfast Protectress of Christians
Constant Advocate before the Creator
Do not despise the cries of us sinners
But in your goodness come speedily to help us who call on you in faith
Hasten to hear our petitions and to intercede for us, O Theotokos//
For you always protect those who honor you!