

St. Demetrius Ukrainian Orthodox Cathedral



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Rev. Fr. James Cairns, Pastor

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Protopresbyter Dr. Taras Chubenko, Pastor Emeritus



Epistle: Heb. 1:10–2:3;

Tone 2

Gospel: Mk. 2:1-12

March 31st 2nd Sunday of the Great Lent:

St. Gregory Palamas the Archbishop of Thessalonica

TODAY'S SERVICES:

Sun. 9:00am Divine Liturgy – 2nd Sunday of the Great Lent: St. Gregory Palamas the Archbishop of Thessalonica. Synaxis of all Venerable Fathers of the Kyiv Caves. St. Cyril, archbishop of Jerusalem (386). Martyrs Trophimus and Eucarpus of Nicomedia (300). St. Ananias (Aninas), presbyter and monk, of the Euphrates.

Sun. 10:20am Memorial Service – Thomas Zuccaro (40th Day) by his family

Sun. 10:30am Coffee Hour – at the Center

SERVICES FOR THE WEEK

Tues. 7:30pm Bible Study – Remote only.

Sun. 9:00am Divine Liturgy – 3rd Sunday of the Great Lent: Adoration of the Cross

Altar Servers: Subdeacon Daniel Mazan, Qorey Carter, Ryan Fealy, Daniel Mazan, Bryce Buitrago

Readers: Subdeacon Thomas Bodnar, Subdeacon Daniel Mazan, Qorey Carter, Ryan Fealy

PLEASE CONTINUE TO PRAY FOR: Stephen Banko, Leigh Buitrago, Nicholas Chichik, David Deli, Peter Meka, Robert Cousins, Joan Nardi, Marci Pusillo, Richard Hycuna, Diane (Decibus) Morgan, John Piropatto, John Zelenak, Joseph Nardi, Olga Piropatto, Nancy Grabie, Margaret York, Ronald York, Bruce Wadiak, Patty Tucker, Raymond Wizna, Catherine Ann Bylinski, Kathleen Ward, Olivia Zazworsky, Andrew, Christopher, Sarah, David, Alexander, Joseph, John, Kirsten, John, David, Michael, Jerry, William, and Olga. & children Timothy, Mary, Oskar, Tessa, Robert, Jacob, and Jonathan, remembering all the sick, the suffering, those in hospitals and nursing homes,

and all the men and women in the US Military, especially **Subdeacon Vitaly** and **Subdeacon James**, who serve our country and all of us. Please keep them in your prayers daily, asking God's protection upon them all.

ADULT BIBLE STUDY: All are welcome to join. We will be reviewing Job Chapters 21-25.

HAPPY BIRTHDAY TO: Dana Pagoda, Jimmy Skitka, Bruce Wadiak and Olivia Burgess and all those celebrating birthdays or special intentions, may the Lord grant you all "Many Blessed Years, Mnohaya Lita!"

HAPPY BELATED BIRTHDAY TO: Emilia Deli may the Lord grant you "Many Blessed Years, Mnohaya Lita!"

THANK YOU: To Catherine Shaffer for her donations to the Building Fund and to Kind Deeds.

EASTER ROLL CAKE FUNDRAISER: Thank you to everyone who supported our Easter Roll Cake fundraiser. Also, a special thank you to those that helped to sell: Kim Deli, Jenn Deli, Nancy Novak, John Decibus and Joanne Stek. We are proud to say, that with minimal advertising, we made a profit of \$746. Since the fundraiser was such a success, we will be doing it again for Christmas!

HESYCHASM, in Eastern Christianity, is a type of monastic life in which practitioners seek divine quietness (Greek hēsychia) through the contemplation of God in uninterrupted prayer. Such prayer, involving the entire human being—soul, mind, and body—is often called "pure," or "intellectual," prayer or the Jesus Prayer.

ST. GREGORY PALAMAS (1296–1359), a monk of Mount Athos and later archbishop of Thessalonica, defended the Hesychast monks. In his view, the human body, sanctified by the sacraments of the church, is able to participate in the prayer, and human eyes may become able to see the uncreated light that once appeared on Mount Tabor on the day of Christ's Transfiguration. The teachings of Palamas were confirmed by the Orthodox church in a series of councils held in Constantinople.

GOODBYE Serving the parish of St. Demetrius has been one of the greatest pleasures of my life, and while I am sad to be leaving, I am equally excited to see where God will lead me in the future. Please know that this parish and her parishioners will always be in my prayers, both personal and at the altar. I look forward to hearing about the great things that Father Ihor will do with this parish as he leads it into the future.

God Bless! – Father James