



HOLY RESURRECTION ORTHODOX CHURCH

A Parish of the Carpatho-Russian Orthodox Diocese
Ecumenical Patriarchate
10201 Democracy Blvd
Potomac, Maryland 20854
301-299-5120(Office) 301-367-9051(cell)
www.holyresurrection.com
www.facebook.com/groups/hroc25
YouTube: HROC Media



Very Rev. Peter Zarynow, Pastor
Protopresbyter John Fedornock

Subdeacons Anastasios Davis & Michael Vaporis Reader Stephen Sudik

16 March 2025

Second Sunday of the Great Fast/Sunday of St Gregory Palamas
Martyr Eutropius of Amasea & Companions

Epistle: Hebrews 1:10-2:3

Gospel: Mark 2:1-12

Tone Five



The Schedule of Divine Services for the Week is as Follows:

16 Mar (SUN) 2nd Sunday of the Great Fast

Chanting of the 3rd Hour 9:15am

Divine Liturgy of St Basil the Great 9:30am

Sunday School/Coffee Social/ Annual Meeting to Follow

19 (Wed) 3rd Wednesday of the Great Fast

Liturgy of the PreSanctified Gifts 7:00pm

(fast from 3pm if receiving Communion)

21 Mar (Fri) 3rd Friday of the Great Fast

Liturgy of the PreSanctified Gifts 9:30am

Panachida: +Pañi Jeannette Moriak, by sister Chris Fallon

22 Mar (Sat) All Souls Saturday

Divine Liturgy & Panachida 9:30am

23 Mar (SUN) 3rd Sunday of the Great Fast

Chanting of the 3rd Hour 9:10am

Veneration of the Holy Cross 9:25am

Divine Liturgy of St Basil the Great 9:30am

Sunday School/Coffee Social/ Council Meeting to Follow

Announcements:

Confessions be heard after all weekday/night Divine Services and by appointment. Please contact Fr Peter to schedule. All faithful are encouraged to come to the Sacrament every 8-10 weeks, on average, to help maintain spiritual health. Plan ahead-the final opportunity to have your confession heard before Pascha will be after the Sacrament of Holy Unction on Holy Wednesday evening, 16 April.

The Annual Meeting of Holy Resurrection Orthodox Church will take place today following Divine Services. All members in good spiritual and financial standing will have a voice and a vote at the meeting. ***This is your parish, plan to stay and participate.*** All newly elected Officers will take their Oath of Office on Sunday 23 March, immediately following the Gospel Reading This is the third of three official announcements

There are still cards available for our Lenten Prayer Friends. You may now pick extra cards, if you so desire.

During the Great Fast all offerings at the Coffee Social need to be fasting foods with at least one Strict Fast option!

A few of the 2025 Sponsorships for the Bulletin and the Parish website are still available. Please use the sign-up sheets on the bulletin board and hand in your sponsorship asap. Make sure you fill in the special intention column so that Father does not have to contact you last minute to fill it in. Thank you!

If there are any additions or deletions to be made to the parish prayer list, please notify Fr Peter by Wednesday afternoon. Updates are needed from time to time, and it's been a while since one was completed.

The 2025 ACRY Annuals have arrived. ACRY member are asked to see Faith Breno after Divine Services to pick up their copy. If we do have extras, they may be purchased from the ACRY.

The Jr ACRY will be working on a project for Tree House (a child advocacy center in Montgomery County) on 30 March after Divine Services. If the weather cooperates, the project will be worked on in the courtyard. The Juniors will be making "stress balls" for kids at Tree House to help ease trauma. There is a signup sheet on the bulletin board with needed items, if anyone would like to donate towards the project. Please see Sarah Hetzler, Jr Advisor. Anyone is welcome to join our Juniors in the project.

CANDLE OFFERINGS

Vigil Candles Offered For the Living- (Many Years! Mnohaja L'ita!)

- 2-for health-love Mom & Dad
Jonathan & Lara; Stephanie
- 1-health of Melanie-love Alex
- 1-health of Alex-love Melanie
- 1-safe travel for family-Alex & Melanie
- 1-special intention Stephanie-love Mom & Dad
- 1-health & Special intention John & Marie Smith,
Georgene & Ray Ammon, Fr Peter & Pa i Bernadette,
Alex Zarynow, Marie Skasko, Fr John & Pa i Marge
Fedornock, Lois Erhard, Charlie & Debi Myers, Chris
Fallon, Barbara Homick, All parishioners of HROC-Carol
Miller
- 2-for health-Sheila
HROC parishioners; Family members
- 3-special intention-Sheila
*Fr. Peter & family; Diocesan Priests & their families;
OCMC Missionaries*
- 1-health of children & grandchildren-Tom & Amy
- 1-health of Chris Fallon-Michael, Kathleen, John & Anna
- 1-health of cousin George Hazuda-Greg & Debbie
Yakubik
- 2-special intention-brother George
Archbishop Michael; Barbara & Harold Harrington
- 1-special intention Metropolitan Gregory-George
Dahulich
- 13-for health-George Dahulich
*Archbishop Michael; Fr. Tom Kadlec; Fr. Jim Dutko;
Chris Fallon; Charlie Myers; Barbara Harrington; Pañi
Kathy Dutko; Alex Zarynow; Emily Dzubak; Katherine
Chow; Psa. Diana Acsente; Fr. John & Pañi Marie
Brancho; Georgia Wimberly*
- 3-happy birthday-George Dahulich
Pearl Vaporis; Kristy Clark; Laynie Sofelkanik
- 1-health of Savannah, Chloe, Caroline, Christopher,
Natalie, Cole-love Grandparents
- 16-health & special intention-John & Marie Smith
*Irene Dzubak; Melanie Samson; Carol Miller; Barbara
Homick; Marie Skasko; Georgene & Ray Ammon; Fr
Tom & Pañi Linda Kadlec; FrJohn & Pañi Marge
Fedornock; FrPeter & Pañi Bernadette; FrJohn & Pañi
Eleanor Pribish; Eleanor Breno; Charlie Myers; Lois
Erhard; FrJohn & Pañi Marie Brancho; Pañi Jean
Hutnyan; Chris Fallon*
- 1-safety & peace Ukraine & Israel and their people-John
& Marie Smith
- 6-special intentions-the Breno Family
*Breno Family; Fedornock Families; Peart Family;
Nakonecznyj Family; Zankey Family; Fabian Family*
- 1-peace in the world-the Breno Family
- 1-health of Eric-the Breno Family
- 1-specail intention Elias-the Breno Family
- 2-specail intention-Mom & Dad
Brian, Angela & Dominic; Stephen
- 11-for health & special intention-Mark & Marie
*Nancy Shields; Mike Czap; Skeets & Beth; Irene
Dzubak; Carol Miller; Ray & Georgene Ammon;
Eleanor Breno; FrJohn & Pañi Marge; FrPeter & Pañi
Bernadette; Chris & Mike Fallon; Susan & Dan
Zelensky*
- 4-for health-Charlie, Debi, Jacob & Joey
Skeets; Jessica; Carol Miller; Irene Dzubak
- 2-specail intention Jacob & Joey-love Mom & Dad
- 1-health & healing Hayley, Bob, Peggy and Bruce, Carol
Miller, Chris Fallon, AnneMarie, Pa i Jean, Ray Ammon,
Tom Delare, Irene Dzubak, JordanLNancy Hall-Lois
- 1-for health Savannah & baby, Caroline, Natalie, Karen
K, Jeanne Delasko, Barbara Homick, Georgene, Debbie
Delare-Lois
- 1-special intention Georgene-Lois
- 1-health and wellbeing of Artem-Olga Vovk
- 1-health and wellbeing of Andrey, Lidia and Tatiana,
Natalia, Konstantin, Eva, George, Michael, Lubov,
Anastasia, Maxim and Ivan-Olga Vovk
- 1-health and wellbeing of Sofia, Sergey, Eva, Matthew,
Tomothy, Yuliia, Alex, Dru, Irina and Dennis-Olga Vovk
- 1-happy birthday Nancy Hall-Lois
- 3-for healing-Rose Plowchin
Ray Ammon; Georgene Ammon; Bonnie Mack
- 2-birthday blessings-Rose Plowchin
Nancy Hall; Jesse Plowchin
- 1-happy 16th birthday Mickey Hall-Rose Plowchin
- 2-for health-Pa i Jean Hutnyan
Muhlenberg Family; Hutnyan Family
- 1-special prayer-Pa i Marge Fedornock
- 1-special intention all my children-Pa i Marge Fedornock
- 1-health of Eric-Pa i Marge Fedornock
- 1-happy 1st birthday Chloe-Pa i Marge Fedornock
- 2-health & healing-the Fallons
Ray Ammon; Carol Miller
- 1-health Irene Dzubak-the Fallons
*John; Dad Kraynok; Mom Kraynok; Charles Hrapchak;
Anna Hrapchak; Evelyn Hrapchak*

Vigil Candles In Loving Memory: (Memory Eternal! Vicnaja Pamjat!)

- 1+in loving memory of Les-love Carol
- 1+in memory Mother & Father. Carol Miller
- 1+In loving memory of Chris Hudack, Grandparents,
Bettie Searfoss, Myrtle Miller, John Hudack,
John Hrapchak, John Homick, Marge Tomasevich-Carol
Miller
- 1+in loving memory of Tom, Ann & Chrysa Thear-Taina &
Craig
- 2+loving memory-the Fallons
*Bishop Matthias & Pañi Jeannette;
Anna & John Luchok*
- 1+in memory of parents Helen & Larry Rowland-Diane
- 1+in memory grandparents Helen & Peter Sedlar-Diane
- 1+Memory Eternal Parents/Grandparents-Koval Family
- 1+Memory Eternal Uncle George, Aunt Marge & Uncle
Tony- Koval Family
- 2+Memory Eternal-love Alex, Melanie
parents Michael & Elaine; parents John & Katherine
- 6+in memory-Sheila
- 1+In loving memory of Metro-Love, Joan and Family
- 1+in loving memory of parents Peter & Ann Dahulich-
love son George
- 1+loving memory of Nikolai Mushegian-love Mom & Dad
- 1+loving memory of Vladmir, Irina, Sergey, Nina, Rafael,
Germina, Maxim, Anna, Irena, Lidia, Pavel, Tatiana,
Natalia, Olga-Olga Vovk
- 1+loving memory of Leonid, Anna, Izot, Natalia, Afanasii,
Anastasia, Lidia-Olga Vovk
- 1+in memory of Mom-Mark & Dorothy Sudik
- 2+in memory-Charlie, Debi, Jacob & Joey
Grammy; Aunt Dorothy
- 3+in memory-Pa i Jean Hutnyan
Fr Andrew; Mom & Dad; Andrew & Helen Hutnyan
- 3+in memory-Pa i Marge Fedornock
Parents; Brother & Sister; Metropolitan Nicholas

Let not one think, my fellow Christian, that only priests and monks
need to pray without ceasing and not laymen No, no; every Christian
without exception ought to dwell always in prayer.

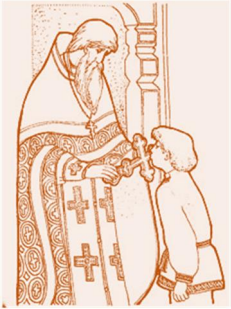
+ St. Gregory of Palamas

Vigil Candles for our Lenten Prayer Friends: (Many Years! Mnohaja L'ita!)

1-Sofia Sabirova-Your Lenten Prayer Friend
1-Allen Dzubak-Your Lenten Prayer Friend
1-Sarah Hetzler-Your Lenten Prayer Friend
1-Amy Koval-Your Lenten Prayer Friend
1-Alexa Fitzgerald-Your Lenten Prayer Friend
1-Bryan Bilanin-Your Lenten Prayer Friend
1-Eric Peart-Your Lenten Prayer Friend
1-Valdislav Panfilov-Your Lenten Prayer Friend
1-Samuel Davis-Your Lenten Prayer Friend
1-Sbdn Anastasios Davis-Your Lenten Prayer Friend
1-Joan Kondratick-Your Lenten Prayer Friend
1-Reader Stephen Sudik-Your Lenten Prayer Friend
1-Marie Sudik-Your Lenten Prayer Friend
1-Ray Ammon-Your Lenten Prayer Friend

1-Julia Fitzwater-Your Lenten Prayer Friend
1-Janet Yakubik-Your Lenten Prayer Friend
1-Katelin Alfaro-Your Lenten Prayer Friend
1-Diane Rowland-Your Lenten Prayer Friend
1-Christopher Dzubak-Your Lenten Prayer Friend
1-Dan Breno-Your Lenten Prayer Friend
1-Charlie Myers-Your Lenten Prayer Friend
1-Linda Taveira-DaSilva-Your Lenten Prayer Friend
1-Matthew Muhlenberg-Your Lenten Prayer Friend
1-Josie Lavender-Your Lenten Prayer Friend
1-Georgene Ammon-Your Lenten Prayer Friend
1-Lois Erhard-Your Lenten Prayer Friend
1-Brian Kuwik-Your Lenten Prayer Friend

Prayer For The Priesthood



O Lord Jesus Christ, Good Shepherd of Your sheep, light the fire of ardent love in the hearts of all Your priests, that they may ever and in all things seek only Your glory. Remember especially, Lord, our **Metropolitan Gregory**, and our spiritual fathers who are laboring in Your vineyard for the salvation of all those whom You have entrusted to them. Remember also, O Lord, our priests and deacons, especially **Fr Edward Pehanich, Fr John Pribish & Fr Deacon Art Steinstra and our Diocesan Seminarians Dn. Peter Sodini, Nicholas Laliberte, Ignatios Leonardo, an Alexander Hurtsellers.** Make their lives as holy as the word they preach. Keep them from being discouraged. Hear their prayers for our salvation. Give them wisdom and courage to proclaim Your truth. Make them priests after Your own heart. For You are a merciful God who loves us, and to You we give glory, together with Your eternal Father and Your all-holy, good and life-giving Spirit, now and ever and forever. Amen.

Easter Candy are being taken!!

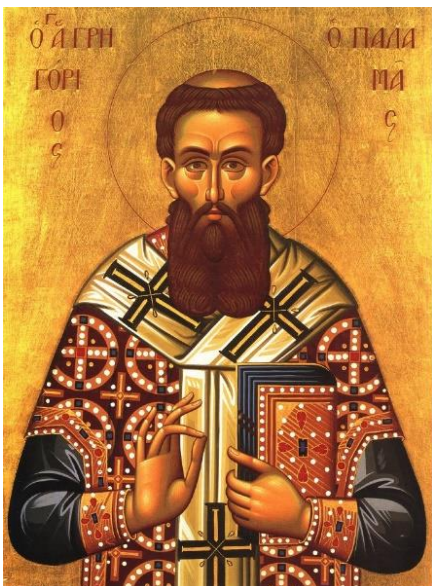
Orders for Easter Chocolates from Sarris Candies is open until **midnight 13 April**. Place your order online and your order will be shipped directly to you. Shipping is now at \$7.00 per order. Ground shipping is free for orders over \$100. Orders usually ship within 72 hours
Go to: www.sarriscandiesfundraising.com and click on line ordering. Go to Easter Fundraising. All items on the website, if available, are also eligible for this program.

Make sure that you give our full name:
Holy Resurrection Orthodox Church
Our customer number is 10-2493.

Proceeds from the sale goes to benefit our Camp Transportation Fund.



Did you know that the parish has a grocery gift card program? If you shop at Giant grocery stores, you can assist the parish, too. Every time you purchase a gift card our parish receives 5% of the proceeds. See Marie or Mark Sudik after Divine Services to purchase cards. The cards are available in increments of \$20, \$50 & \$100



"If from one burning lamp someone lights another, then another from that one, and so on in succession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit is handed down through all generations and enlightens all who obey their shepherds and teachers."

+ St. Gregory Palamas

Please pray for the following: Metropolitan Gregory; Fr. Frank & Pañi Connie Miloro; Pañi Betty Jean Baranik; Fr Michael Rustik; Fr. Mark Leasure; Fr. John Fencik; Fr. Paul Stoll; Fr. Robert & Pañi Peggy Teklinski; Dn. Peter Skoog & family; Fr James & Pañi Kathy Dutko; Fr. Gregory Allard; Pañi Linda Barriger; Fr. James Gleason, Fr. Luke Mihaly; Fr. Ted & Pañi Marjorie Mozes; Hieromonk Michael; Fr Thomas & Pañi Linda Kadlec; Fr Stephen Krivonak; Fr David & Pañi Donna Smoley; Pañi Annamarie Slovesko; Pañi Patricia Duranko; Fr John & Pañi Cindy Zboyovski, Fr. Jonathan & Pañi Marsha Tobias, Pañi Sharon Holowaty; Pañi MaryMargaret Conjelko; Fr John & Pañi Eleanor Pribish; Fr John Mikitish; Pañi Karen Miklos; Pañi Marie Brancho; Pañi Jean Hutnyan; Fr David & Pañi Paula Kossy; Fr Edward Pihanich; Pañi Betty Baranik; SGT Joey Myers; SPC Alexander Zarynow; Beth & Ed 'Skeets' Williams; Carol Miller; Irene Dzubak; Dorothy Mastronicola; Tony Zanke; Justin Popek; Florence Gregoric, James & Melody Peyton; Carol Blum, Alexi Williams, Missy Johns, Susan Buckley, Constance Amey, James Lazor, Debbie Dell; Grace Yoon; Michael Dinneen; Joan Detwiler; Joan Kondratick; Irene Dzubak; Barbara Homick; Jim David & Jeanne Delasko; Melanie Samson; Laura Gary; Richard & Wendy Sulich; Wendy Taylor; James Durachko; Randi Calle, Hayley Marshall, Jon Green, MaryJane, Kyle & Rosie Brant, Alicia, Lisa Chernob, Stephen Brancho; Emily; MaryMargaret; Leslie Perez; Thomas & Deborah Delare; Diana Hannan; Bridget Myers; Devan Merrill; Bob Fitzurka; Olga Vovk; Lela; Carly; Robert; Vic Fitzwater; Taina Ferguson; Olya Romanova; Luke Grith; Richard Durachko; Jennifer Haire; Mary, Simon, Alla; Artem Vovk; Charles Arnhold; Danielle V; Debbie Aumen; David Bulko; Bill Finken; Angelo Taveira-DaSilva, Andrew S.; Natalie Z; Stephen Hutnyan; Barbara Drillock; Dayton Naugle; Cassidy Riselvato; Phillip Trivett; Camila Bonilla; Hilary Soperak; Robert Knowlton; Ray Rushnak; Christine Sakmar; Joel F, Frank, Jordan, Ruth Moore; Hudson Kennedy; Ray Ammon; Eric R; Stephan B, Maria H & baby

May Our Lord Jesus Christ Touch Them with His Healing Hand!!

CAMP NAZARETH SUMMER CAMP 2025

Registration is now open!!

Dates for the Summer Camping Program

Week 1: Sunday, July 20 ó Saturday, July 26, 2025 ó Pittsburgh, Mid-Atlantic, Washington D.C., and Tri-State Deaneries

Register Online Starting March 1, 2025 @ 6pm (EDT)

Register at ó campnazareth.org

Registration for Camp will be on a First-Come First-Serve Basis!! Once capacity for a given week is filled, all other campers will be put on a waiting list.

Cost for Camp ó Diocesan \$370/child, Non-Diocesan \$420/child

\$20 Early Bird Discount Per Child!!!!

(one-time only, not per week)

No child should be prevented from attending Camp because of cost. If a campership is needed, please contact Fr Peter

Must Register & pay by May 1, 2025!!!!

Online Registration **MUST** be complete AND payment must be submitted by May 1 in order to qualify for the Early Bird Discount.

Registration will close on June 15, 2025 @ 12pm!



Along with the announcement for Camp, if your children are attending Camp for our Deanery session 20-26 July, and you are needing a ride to Camp, notify FrPeter as soon as possible. We will once again be renting a van, having room for 11 campers. Space is limited, so let him know early! No child should be restricted from attending Camp because of finances. *Camperships are available for those who are in need of financial assistance. Please contact FrPeter for more information or to apply*



Spring 2025 Bake Days

The Bake Days for the Spring of 2025 are as follows:

- Saturday 15 March beginning at 8am ✓
- Tuesday 25 March (Breads only) beginning at 9am
- Saturday 29 March beginning at 8am

Please use the sign-up sheet on the bulletin board so at we know how to prepare for lunch. The work load will be stretched over the three sessions so that the work can be completed in a timely manner, folks can still have a good part of their day when the work is complete and that we do not leave so tired. We need everyone to come and help as much as possible.



Native Plant of the week:

Butterfly milkweed (*Asclepias tuberosa*)

A stunningly showy wildflower with a long bloom period. Excellent cut flower. Requires no maintenance, but



insists upon well-drained, dry, coarse soils or will succumb to diseases. A tendency to completely disappear in winter can leave the gardener unclear about its location. Like other milkweeds, it is susceptible to attack by the invasive alien oleander aphids. Your maintenance options include waiting for beneficial insects or (carefully!) spraying with horticultural oil. Use for garden beds, xeriscaping, roadsides, dry meadows, rock gardens, pollinator gardens and monarch waystations. Performs

particularly well on steep road cuts and at the top of south-facing stone walls.

One of the best nectar plants for a wide variety of pollinators. Host plant for the Monarch butterfly. If you plan to use it in that capacity, plant a dozen or more specimens, or add additional milkweed species to your garden.

ALL SOUL SATURDAYS

The remaining All Soul Saturdays for 2025 will be observed on 22 March and 7 June. *If*

there are any additions to make to your family list (or if you need to begin a family list), contact Fr. Peter as soon as possible.

Please come and pray for the departed of your family and our parish family. Divine Liturgy and Panachida

will be at 9:30am on each of these Saturdays. (Note: This year we are observing 3 of the 5 All-Souls Saturdays in the *hope of boosting attendance* at these Divine Services)



Social Concerns Ministry Canned Food Drive 2025

The Social Concerns Ministry is again organizing a canned food drive for Manna Food Center of Montgomery County. Listed below are the categories of items that are needed. **Please stick to the list!** All items must be recent purchases. Do not use this as an opportunity to clean out your pantry! Also, most important, if you would not serve that item or brand at your table, do not get it for someone else! Finally, no glass containers. If glass breaks, not only does it cause a mess, but it can also be dangerous.

Boxes will be set up in the hall for the various categories. Each time you go to the grocery or order from the grocery, get an item or two (or three or four) to help the drive. The last day for the drive will be St Mary of Egypt Sunday (6 April). We hope to make a delivery before Holy Week to Manna at their warehouse in Gaithersburg



**CEREAL RICE/PASTA VEGETABLES PEANUT BUTTER
PROTEIN (CHICKEN, TUNA, SALMON) SOUP/RAVIOLI/CHILI**

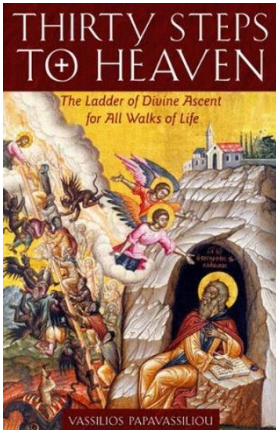
If there are any questions, please see/contact Georgene Ammon or FrPeter. Thank you, in advance, for your support of this worthwhile project.

Along with the food drive, if any of our own parish family needs any assistance with food because of recent job loss, please contact FrPeter to come by the hall during the week, anonymously, and take anything you may need,

CHURCH CLEANING/WORK DAY Saturday, 05 April

Attention Parish Family: Come and help clean our church in preparation for Pascha! Join us on Saturday 05 April at 9am and going until everything is done around mid-afternoon. Sign the "I am coming to clean on 05 April" sign-up sheet on the hall bulletin board to let us know you are coming so we can plan for a continental brunch, lunch, and cleaning supplies.

OR – IF YOU CAN'T COME ON THAT DATE, you can still help by doing one of the items at a time that is convenient to you before 12 April. Just write your name next to the item on the Church Cleaning flyer located on the hall bulletin board. After you clean, check it off to indicate completion. If you have questions, talk to Mark Sudik, Curator. Thank you for helping to keep our church beautiful! (because of scheduling we are having cleaning day one week earlier this year)



HROC BOOK CLUB & LENTEN READING

Thirty Steps to Heaven: The Ladder of Divine Ascent for All Walks of Life
by Vassilios Papavassiliou

Mark your calendar to meet on March 30. We'll meet upstairs in the church after we have a quick cup of coffee. Please continue reading the 'Thirty Steps to Heaven' to the end of the book. Discussion will be focused on Part I and Part II of the book. Bring your topics that you would like the group to discuss. For Lenten Reading is suggested to continue reading where you left off last year. If you are looking for another book, please contact Fr Peter

SUNDAY OF ST. GREGORY PALAMAS

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 Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica 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 Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are 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 Thessalonica. 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; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

"...every day we should stand in awe of Him, as He is with us, and do what is pleasing before Him. If we are unable now to perceive Him with our physical eyes, we can, if we are watchful, see Him continuously with the eyes of our understanding, and not just see Him, but reap great benefits from Him. This vision destroys all sin, demolishes all evil, and drives away everything bad. It gives birth to purity and dispassion, and bestows eternal life."

--St. Gregory Palamas

Liturgy of the Presanctified Gifts

Fr. Thomas Hopko, from the series *The Orthodox Faith*

As we already have seen, the eucharistic Divine Liturgy is not celebrated in the Orthodox Church on lenten weekdays. In order for the faithful to sustain their lenten effort by participation in Holy Communion, the **Liturgy of the Presanctified Gifts** is served. The service is an ancient one in the Orthodox Church. We officially hear about it in the canons of the seventh century, which obviously indicates its development at a much earlier date.

On all days of the holy fast of Lent, except on the Sabbath, the Lord's Day, and the holy day of the Annunciation, the Liturgy of the Presanctified is to be served (Canon 52, Quinisext, 692).

The Liturgy of the Presanctified Gifts is an evening service. It is the solemn lenten Vespers with the administration of Holy Communion added to it. There is no consecration of the eucharistic gifts at the presanctified liturgy. Holy Communion is given from the eucharistic gifts sanctified on the previous Sunday at the celebration of the Divine Liturgy, unless, of course, the feast of the Annunciation should intervene—hence its name of "presanctified."

The Liturgy of the Presanctified Gifts is served on Wednesday and Friday evenings, although some churches may celebrate it only on one of these days. It comes in the evening after a day of spiritual preparation and total abstinence. The faithful who are unable to make the effort of total fasting because of weakness or work, however, normally eat a light lenten meal in the early morning.

During the psalms of Vespers, the presanctified gifts are prepared for communion. They are transferred from the altar table where they have been reserved since the Divine Liturgy, and are placed on the table of oblation. After the evening hymn, the Old Testament Scriptures of **Genesis** and **Proverbs** are read, between which the celebrant blesses the kneeling congregation with a lighted candle and the words: "The Light of Christ illumines all," indicating that all wisdom is given by Christ in the Church through the scriptures and sacraments. This blessing was originally directed primarily to the catechumens—those preparing to be baptized on Easter—who attended the service only to the time of the communion of the faithful.

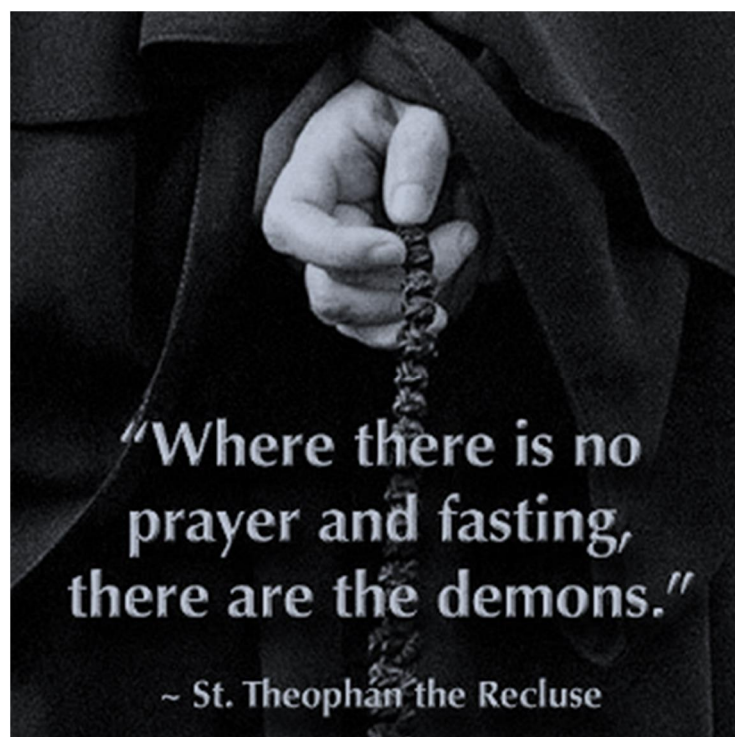
After the readings, the evening Psalm 141 is solemnly sung once again with the offering of incense. Then, after the litanies of intercession and those at which the catechumens were dismissed in former days, the Presanctified Eucharistic gifts are brought to the altar in a solemn, silent procession. The song of the entrance calls the faithful to communion.

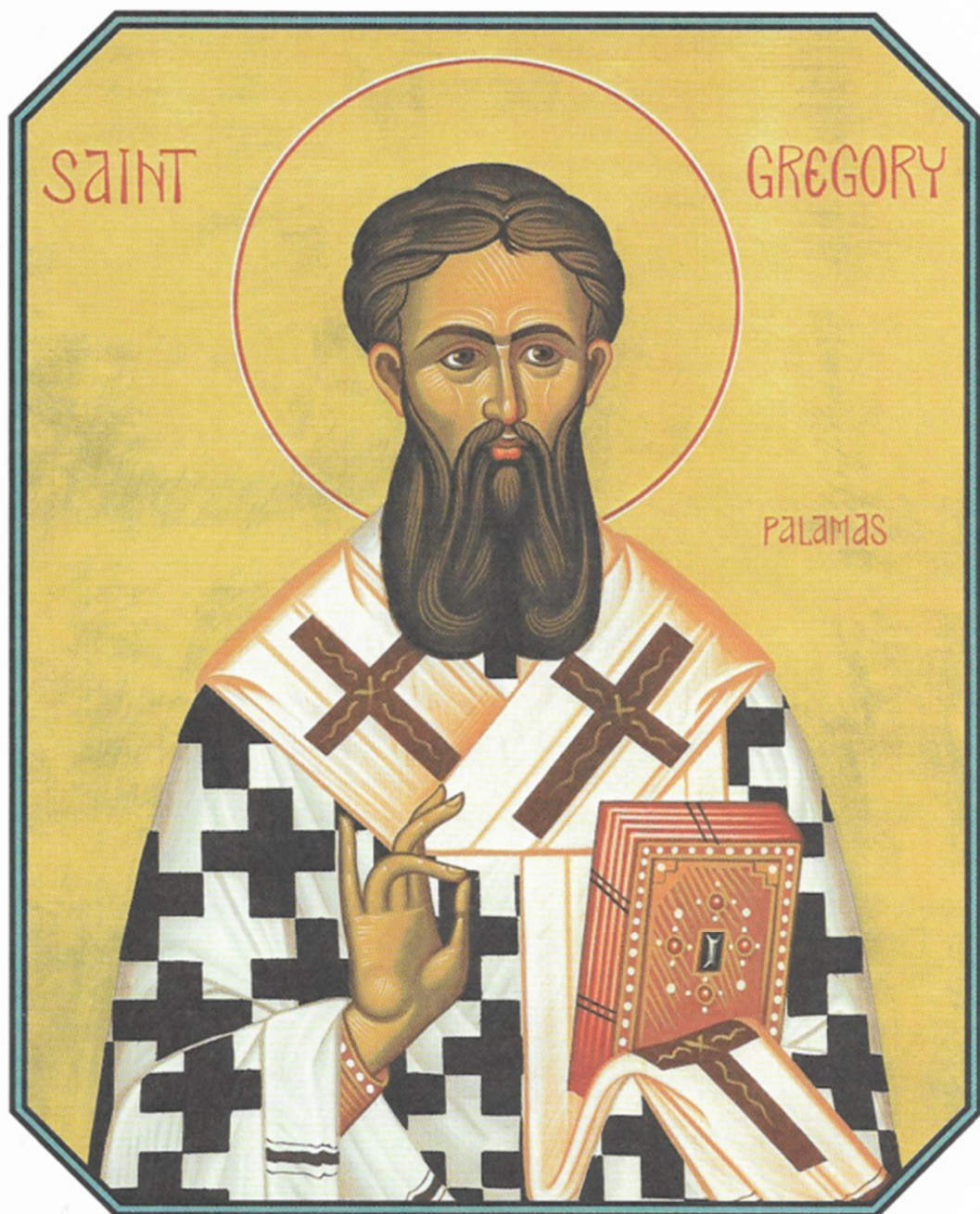
Now the heavenly powers (i.e., the angels) do minister invisibly with us. For behold the King of Glory enters. Behold the mystical sacrifice, all accomplished, is ushered in.

Let us with faith and love draw near that we may be partakers of everlasting life. Alleluia. Alleluia. Alleluia.

After the litany and prayers, the **Our Father** is sung and the faithful receive Holy Communion to the chanting of the verse from Psalm 34: "O taste and see how good is the Lord. Alleluia." The post-communion hymns are sung and the faithful depart with a prayer to God who "has brought us to these all-holy days for the cleansing of carnal passions," that he will bless us "to fight the good fight, to accomplish the course of the fast, and to attain unto and to adore the holy resurrection" of Christ.

The Liturgy of the Presanctified Gifts is traditionally considered to be the work of the sixth-century pope, Saint Gregory of Rome. The present service, however, is obviously the inspired liturgical creation of Christian Byzantium





"HEAVENWARD! HEAVENWARD!"

Each year on the 2nd Sunday of the Great Fast, the Holy Orthodox Church honors the memory of ST. GREGORY PALAMAS. Gregory lived in the 14th century and would rise to the prominent position of Archbishop of Thessalonica one day. He is best remembered, however, for his exemplary life as a monastic: a life he embraced at the young age of 20.

Much of Gregory's life was lived on Mt. Athos. Much of his time was spent in contemplative silence and prayer. He fully embraced the spirit and philosophy of "hesychasm" -- a method of inward prayer of the heart that was taught by the severe ascetics of the Holy Mountain.

As St. Gregory gained popularity and notoriety with the Church, his teaching of hesychasm caused him to be at odds with other theologians and hierarchs. His position that God, unapproachable in His Essence, was nevertheless revealed through His Energies. This brought Gregory ridicule and condemnation. He was even imprisoned and labelled a "heretic" for maintaining that the Kingdom of God is within us -- in our **WHOLE NATURE**, body and soul. Ultimately, the Council of Blachernae upheld the truth of his teachings. This is why he is praised in his troparion on this day as being the "light of Orthodoxy" and the "champion of theologians."

St. Gregory Palamas fell asleep in the Lord on November 14, 1359 A.D. He was canonized a saint just 9 years later. His dying words were: "Heavenward! Heavenward!" Indeed, the life lived by this blessed saint was constantly pointed in the direction of the Kingdom of God.

Icon by Austin Kachek - Manville, NJ