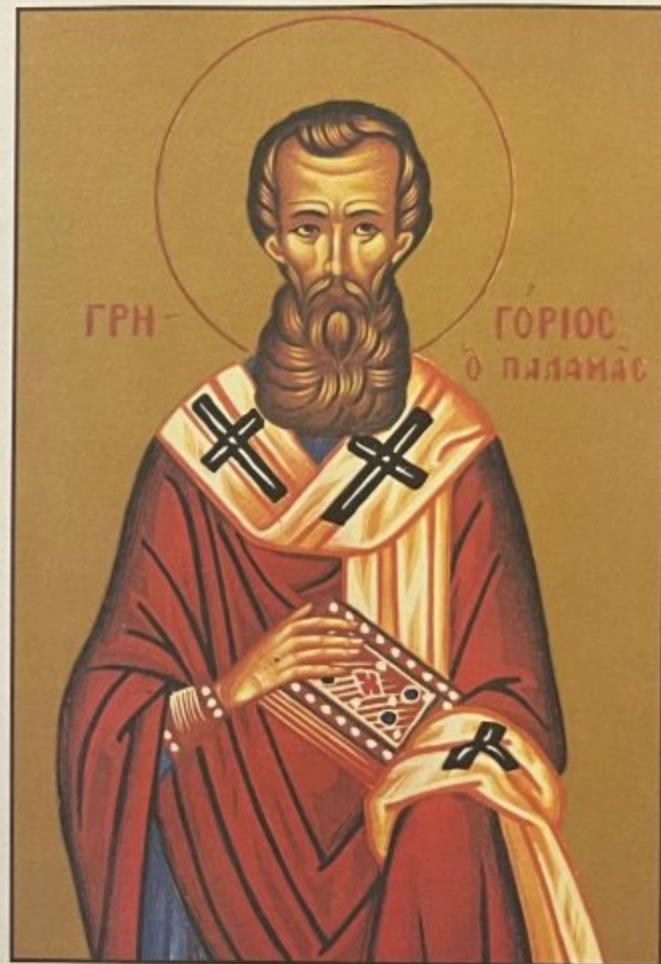
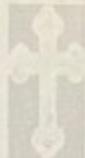


ST. GREGORY PALAMAS & LENT: WHAT IS THEIR CONNECTION?

The Ecclesiastical Calendar of our Holy Orthodox Church follows a distinct pattern annually. This is readily seen during the Great Fast, where year after year, we find the same commemorations observed on its various Sundays. The reasoning behind these Sunday remembrances is usually quite clear. The Second Sunday of the Great Fast, however, does not, at first glance, seem to have a logical explanation for its dedication to St. Gregory Palamas. Let us then, take a closer look at why we honor the memory of this 14th century saint during Lent.

Gregory's life followed a pattern similar to many of God's saints. Born into a wealthy family and provided with the finest secular education possible, Gregory gave all of this up to enter into a strict monastic way of life. Even after his subsequent election to the prestigious position of "Archbishop of Thessalonika," he was much more comfortable when engaged in the ascetic practice of "Hesychasm," or "prayer of the heart." Gregory taught only through fasting and continuous mental prayer - particularly the constant recitation of the Jesus Prayer - can we hope to be touched by the "energies" of God and receive His saving grace, which he compared to the Uncreated Light that shone on Mt. Tabor at the Lord's Transfiguration. Gregory's teachings were not initially understood or accepted by the Church as a whole - he was even banished and imprisoned because of them. Eventually, Gregory's viewpoints were deemed to be theologically true, and he was restored to his prior Episcopal dignity. With this brief background on St. Gregory, his connection with Lent should now be apparent, for his life was anchored in the spiritual practices that play such a significant role in our Lenten journey.

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SAINT
GREGORY PALAMAS

Welcome our Visitors! We invite you to venerate the cross at the conclusion of the Divine Liturgy. However, only Orthodox Christians who are in good standing and who have prepared by prayer, fasting, and Confession may receive Holy Communion.

A Gift of Blessing

Visit the Church Gift Shop.

See the Beautiful Icons, Crosses & Home Censers

2709 Washington St. Vicksburg, MS 39180

Parish Office: 601-636-2483

Fr. Gabriel's cell: 713-357-8871

Email: stgeorge2709@gmail.com

web page: www.stgeorgevicksburg.org

Church Calendar: Check the Link. <http://www.stgeorgevicksburg.org/service.html>

SAINT GEORGE ANTIOCHIAN ORTHODOX CHRISTIAN CHURCH

The Very Rev. Father Gabriel Karam, Pastor

Saturday Great Vespers 6:00 p.m. - Sunday Orthros 9:15 a.m.

Divine Liturgy 10:30 a.m. - Confessions: By Appointment

DIVINE LITURGY VARIABLES ON SUNDAY, MARCH 08, 2026

TONE 6 / EOTHINON 6

SECOND SUNDAY OF GREAT LENT

COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA

RESURRECTIONAL APOLYTIKION IN TONE SIX

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

APOLYTIKION OF ST. GEORGE IN TONE FOUR

As deliver of Captives: And defender of the Poor, Healer of the Infirm, champion of Kings, Victorious Great Martyr George, Intercede with Christ our God for our souls' salvation.

KONTAKION FOR SUNDAYS IN GREAT LENT IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridgroom.

We Celebrate Today

On March 8 in the Holy Orthodox Church, we commemorate **Theophylact the Confessor**, bishop of Nicomedia; and **Apostle Hermas** of the Seventy.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, **Gregory Palamas**, archbishop of Thessalonica.

Verses

The Spring of Light now leadeth to light unwaning

The Light's own truly great and resplendent herald.

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a hierarch, a theologian who

defeated the heretics of his era, and a miracle-worker who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.

ANNOUNCEMENTS

+Healing & Recovery Fr. Paul Yerger. Fr. Leo. Deacon Terry. Kh. Janet Henderson. Joy Logue. Sue Thomas. Dolores Nosser. Rick Collins. George Michael Nasif. Lynne Abraham. Pam Smith. Irene Tzotzolas. Maha Habeeb. Michael Farris. Athena. Georgia. Andrea Simon. Chuck Abraham. Timmie Fedell. Alan Evans. Janice Strickland. Drew Anderson. Jackson ballinger. Carla Leese. Rhonda Wright. Paula Shaw.

+Birthdays & Anniversaries. Mar: Carla Leese (8). Will Mackay (23), Paula Shaw (25), Tea & Scott Blackburn (26). Peggy Thomas (27), Jeff West, Chris Maxwell (28), Kaylee Wright (29). Madeline Hull (31).

+Keep in your prayers. Our Catechumens, Cole Gary, Jacob Milliken & John Morgan Mcright. Who are preparing themselves for the Holy Sacrament of Baptism & Chrismation.

+House Blessing. Make your arrangement with Fr. Gabriel to bless your home.

+Holy Bread & Coffee Hour 2026 If you would like to reserve a Sunday, please call Mrs. Paula Shaw 601-218- 9448

+Holy Bread & Coffee Hour offered today by Angela Angelo.

+Save the Date. Thur. March 26. A Family Night will be hosted at the house of Buddy & Janice Stricklan, @ 6pm. The Crucifixion, Biblical, Historical and Scientific facts.

+Great Holy Lent The traditional fasting discipline (no poultry, meat, eggs, dairy, fish, wine) is observed Monday through Friday with katalysis for wine on Saturday and Sunday (on March 25th [Annunciation] and April 5 [Palm Sunday] there is also katalysis for fish.)

No eating from Midnight till noon every day except on the weekend.

+Next Week's Prayers @ 6:00pm. Monday, Tuesday and Thursday **Great Compline.**

Wednesday **Presanctified Liturgy & Potluck.** Friday **Akathist Service for the Theotokos.**

The Church Fathers Teach

It is necessary most of all for one who is fasting to curb anger, to accustom himself to meekness and condescension, to have a contrite heart, to repulse impure thoughts and desires, to examine his conscience, to put his mind to the test and to verify what good has been done by us in this or any other week, and which deficiency we have corrected in ourself in the present week. This is true fasting.

— Saint John Chrysostom—

DIVINE LITURGY MARCH 08, 2026

****DIVINE LITURGY OF ST. BASIL THE GREAT****

SECOND SUNDAY OF GREAT LENT

COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA

THE EPISTLE

O Lord, save Thy people, and bless Thine inheritance.

Unto Thee will I cry, O Lord my God.

The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (2:1-12)

At that time, when Jesus returned to Capernaum after some days, 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 Jesus a paralytic carried by four men. And when they could not get near Jesus 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, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason 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!"