

E-Bulletin – St Innocent Orthodox Church

The Church St Innocent of Irkutsk is a parish of the Diocese of the West,
The Orthodox Church in America (OCA)

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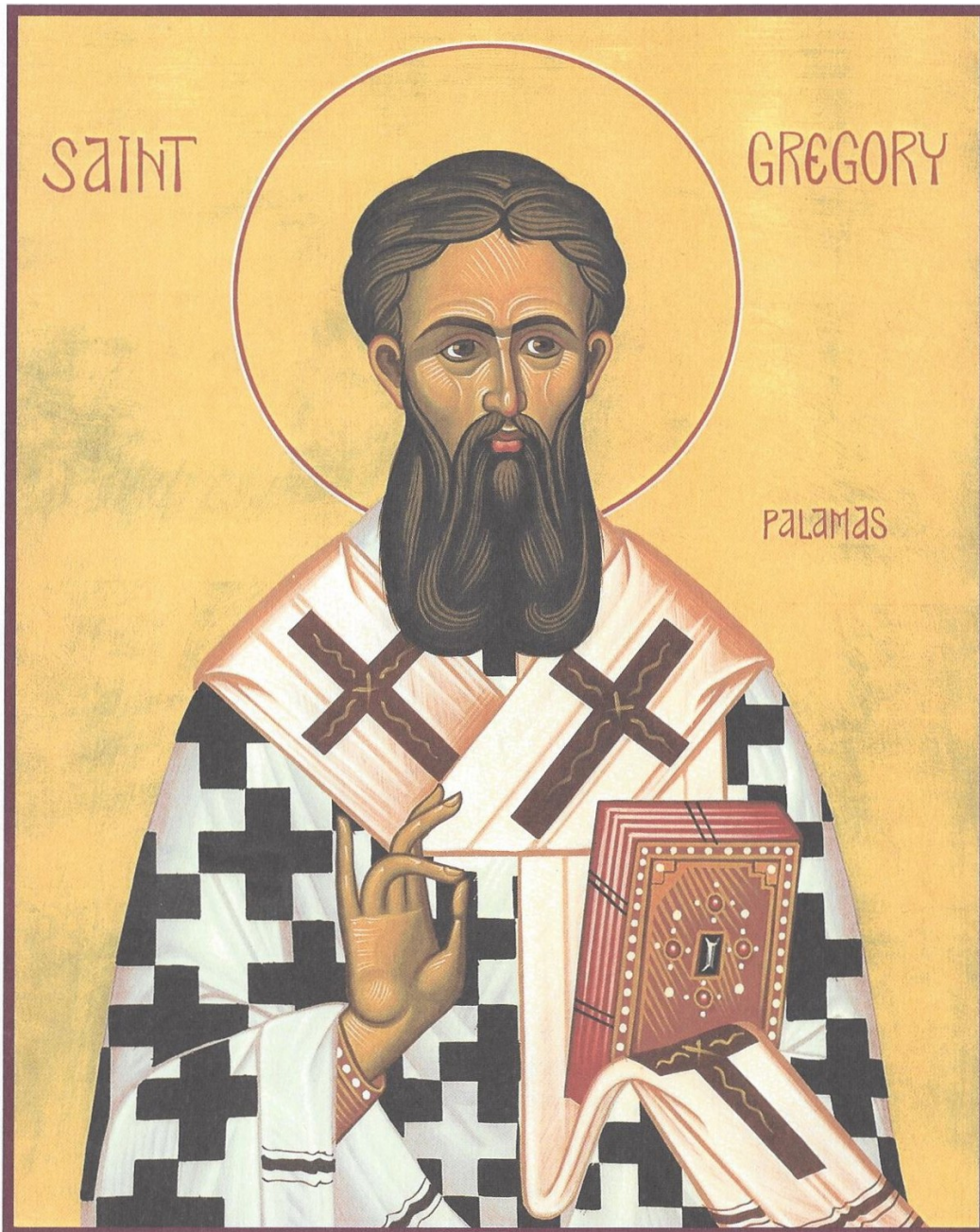
stinnocenttarzana.org

Fr. Yousuf Rassam

March 31st, 2024

Today's commemorated feasts and saints:

SECOND SUNDAY OF LENT – Tone 2. St. Gregory Palamas. Repose of St. Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to the Americas (1879). St. Hypatius the Wonderworker, Bishop of Gangra (ca. 336). Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Repose of St. Jonah, Metropolitan of Moscow and All Russia (1461). Ven. Hypatius the Healer, of the Kiev Caves (Far Caves – 14th c.). Ven. Apollonius, Ascetic, of Egypt (4th c.). Hieromartyr Avdas, Bishop of Persia, and Martyr Benjamin the Deacon (418-424). Ven. Hypatius, Abbot of Rufinus in Chalcedon (ca. 446). Appearance of the "Ivêron" (Iberian) Icon of the Mother of God.



“ENLIGHTEN MY DARKNESS, O LORD”

The Second Sunday of Lent is dedicated to the memory of a saint that may be described as a “*mysterious mystic*”: **St. Gregory Palamas**. Gregory was born in 1296 A.D. and received his secular education in Constantinople. His father was a prominent official in the Emperor’s court, but Gregory chose to devote his life to serving a Heavenly King rather than a temporal one. At the age of 20, he entered a monastery on Mt. Athos, and was ordained to the priesthood 10 years later.

Gregory Palamas became part of a controversial monastic movement called “*hesychasm*.” Hesychasm called for its followers to embrace a life of silence and contemplative prayer. It taught that through fasting, rigorous bodily discipline and repetition of the Jesus Prayer, man can know God in an intimate way. For years, the only words uttered by St. Gregory were: “*Enlighten my darkness, O Lord,*” as he sought to know His Creator with all of his being.

Although he would have been content to remain on Mt. Athos for the rest of his life, Gregory was appointed Archbishop of Thessalonica in 1347 A.D. His views on theological matters came under fierce attack by his enemies, even causing him to be imprisoned for heresy on several occasions. Gregory’s positions eventually became universally accepted by the entire Holy Orthodox Church, and today, Gregory Palamas is extolled as a “*Light of Orthodoxy, a teacher of the Church and an invincible champion of theologians.*”

Gregory Palamas fell asleep in the Lord in 1359 A.D. He was canonized a saint only 9 years after his death.

Icon by Austin Kachek - Manville, NJ

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

SCHEDULE ALL SERVICES LIVE STREAMED.

Matins Gospel: John 21: 1 – 14 (*10th Matins Gospel*)

Today’s Epistle: Hebrews 1: 10 – 2: 3 **Gospel:** Mark 2: 1 – 12

(*St Gregory Palamas*) Hebrews 7: 26 – 8: 2 John 10: 9 – 16

Reader: James

Today Liturgy of St Basil, procession with icons

Wednesday 12:00 noon Lenten Hours & Typika

6:30 pm Pre-Sanctified

Friday 6:30 pm Pre-Sanctified, followed by adult ed.

Saturday 5:30 pm Vespers

Sunday 9:30 am Liturgy

Next Week’s Epistle: Hebrews 4: 14 – 5: 6 **Gospel:** Mark 8: 34 – 9: 1 (*Cross*)

Reader: Matthew

Office Hours: Tuesday & Thursday, 10:30 am – 12:00 noon. **Confessions:** After Saturday Vespers and by appointment.

Receiving Holy Communion: We should draw near to our Lord and God and Savior, Jesus Christ, and receive Holy Communion often. Orthodox Christians, who have prepared themselves through prayer and fasting, and are at peace with all men, and have attended the Divine Liturgy from the beginning, (or, at the very least, have not missed the Gospel), and have made a recent Confession, should draw near.

Others should diligently seek to be properly disposed and prepared as soon as possible.

About Lent: [The Great Fast: To See Christ as He Is, by Archbishop Dmitri](#)

[Great Lent: A School of Repentance by Fr. Alexander Schmemmann](#)

[2nd Sunday of Lent \(St. Gregory Palamas\): Readings](#)

look ahead to next Sunday:

[3rd Sunday of Lent \(Cross\) Readings, Hymns, Sermons](#)

Announcements:

Our Bulletins (\$60.00)	Alla Slobodskaya
	Izolda (Zoya) & Vladimir Sogokon
Our Altar Wine (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Candles (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Incense (\$20.00)	Gabriela Broncă & family good health & help in our needs.
Vigil – Golgotha I (\$7.00 /wk)	-
Vigil – Golgotha II (\$7.00 /wk)	-
Vigil – Prothesis (\$7.00 /wk)	-
- Broncă: Gabriela, Robert, & Carmen Iuliana.	Good health, & help in need. Repose: Tasia.
- Sogokon: for the health of Zoya, Vladimir, Irina, Anastasia, Vladimir, Vladimir.	

2nd Sunday of Great Lent, on which we commemorate St Gregory Palamas. This week is the third week of Lent. Next Sunday is the Sunday of the Cross, procession of the Cross next Saturday after vespers. Pascha is May 5.

Confessions before Presanctified, after Hours during the day, after Vespers on Saturday, or by appointment.

The Lenten Charity for the Diocese of the West is Diocese of Mexico.

No Friends of the Monastery meeting today, as the road is still blocked by mudslide.

Lenten Hours this week is Wednesday, not Tuesday.

Baby shower for Sofia Lombardo, Saturday, April 13, 11:30am.

2024 Wall Calendars are here at the Candle stand. Requested donation this year, \$10.00.

Lectiary. During Lent, we read (mostly), Mark & Hebrews on Weekends, and Isaiah, Genesis, and Proverbs on weekdays.

Coffee Hour, This Week: Vladimir **Next Week:** Darka

USEFUL INFORMATION

Donations We now have a [Tithe.ly](https://tithe.ly) page to make donating to the parish easy. Just click this link: <https://tithe.ly/give?c=1324837>. Thank you and God bless!

Streamed serices can be viewed at our website <https://stinnocenttarzana.org/livestream> or <https://stinnocenttarzana.org/facebook>, the streamed services are also uploaded here <https://www.youtube.com/channel/UCehqUqTl5kDekOrPPERcy5g>.

The daily readings and saints may be found here: <https://stinnocenttarzana.org/dailyreadings>.

Troparion, Resurrection – Tone 2

When Thou didst descend to death, O Life Immortal, / Thou didst slay hell with the splendor of Thy Godhead. / And when from the depths Thou didst raise the dead, / all the powers of heaven cried out: / “O Giver of life, // Christ our God, glory to Thee!”

Troparion, St Gregory Palamas – Tone 8

O Light of Orthodoxy! Teacher of the Church. Its Confirmation! / O Ideal of Monks and invincible Champion of Theologians! / O wonder-working Gregory, glory of Thessalonica and Preacher of Grace! // Always intercede before the Lord that our souls may be saved!

Kontakion, Resurrection – Tone 2

Hell became afraid, O Almighty Savior, / seeing the miracle of Thy Resurrection from the tomb! / The dead arose! Creation, with Adam, beheld this and rejoiced with Thee! // And the world, O my Savior, praises Thee forever.

Of our charity, remember in your prayers:

March 31st, 2024

Special Intentions:

Christians of Syria, Egypt; Met. Paul, Abp. John, in captivity.

Natalya & Alla in Donetsk

sister Oksana McGovern & family

Metropolitan Onuphry of Kiev, the brotherhoods of the Kiev Caves Lavra, the Pochayiv Lavra, & Svyatohirsk Lavra. The faithful of the Transfiguration Cathedral in Odessa, destroyed by shelling.

The Sick and those in need of health:

Archbishop Benjamin,

Archpriests Nicolas Boldireff, Paul Waisanen, George Gray, Michael Regan, Andrew Jacobs; John Armstrong.

Abbess Susanna;

Matushki Alexandra Safchuk, Elizabeth Powell, Clara Mancantelli, Suzanne Senyo; Maria Vallens, Jean Moore;

OCA-DOW

Deacon Mark Story, Robert Peterson, Marios Perez, Barbara Anderson, Monika Cleenewerck, Marea Kuolt.

Manya Prybyla, Gregory Theophan Hoffberg; Leontina Himber; Virginia, Levon; Edmund Roschak, Darka Raicevich;

Karen Olds; Alla Miller, Mike Shinkarik, Andrew Sturmer; Bridget Merridy Strand, Assia Alexander, Scott T. Karen T.,

Dmitri G., Kyra; Linda Phillips; Ed Salm; Raphael; Magdalena Elizabeth; Ludmilla, Anna, Margarita Maximova,

Gayle Anne; Lana,

Our Parish

Jelica, Zharko

Darka, Ilija & Jovanna

Lea Ann (Leah) Bochnak

Laura Bochnak

Pia

sister Julia Azrael

Vladimir

Anya

Victoria Wilson

+Bernie Wilson

Laura, Eladia; Lydia

Manya Prybyla

Matthew, Alison.

Thaddeus Wojcik

Mildred Sturmer, Susan

Sturmer family

Martha Yarbrough

Yarbrough family

Margaret Banescu, Vona Leslee Christie, Hope Peacock and family.

Banescu family

Euphemia Marie Cox

John Ambrose Cox

George. Mihai

Maria Caratäs

Mary, George Laurentiu, cancer treatment.

Florentina

Barbara, Steve

Scott & the Thompson family

Angela Apostol

Constantine Apostol

Yekaterina

Lydia

Hieromonk Ambrose (Young), Nicholas Juried & Amy. Archriest Michael Carney,

Fr. Yousuf

Matushka Sophia Haloulakos

Protodeacon George Haloulakos

Christina Dudchenko, Dcn. Sergius Miller, Kevin, Cecilia Gonzalez-Andrieu.

Deacon Nicholas Denysenko & family

Michael Rogozik

Yulia.

Lya, Marie, Yvonne

Gay Butu

Timofey

Dilaria

Kristina DeBree

Kevin Patrick DeBree

Reader John, Catherine, Dianna Bowen.

Danks family

Walter

Irina

Larry & Emma

Abbe Kulhanek

Anna

Elena

Pearl Ruggiero. Sheena Wickens, Veronica Clarkson, Anna Cruz, Anna Rossiter; Ward; Griselda Leon.

Diane Rhodes

Bruce Anderson, Audrey Anderson.

Subdeacon Polycarp Anderson & family

Larry McHargue; Laura; Robert; Kenny; Bill & Sara Love

Anne McHargue Witz & family

Those Serving in the Armed Forces

Peter, Elijah Hoffberg, Ronnie (Barnabas) Austin, Shae, Ian & Henry.

For the Health and Salvation of the servants of God:

Catechumen: Dalen, Kelly, & Jamie, & Timothy Muster; Emma; Paulina, Louis;

Orion

Igor & Luda

Nikolina

Jovanna & Ilja

Zlata Okunev, Artemi & Erica

Charlotte, parents Jonathan & Michaela Durham

Vitaly, Lyubov, Ella, Karen, Oksana, Valentina, Irina, Sofiya, Vladimir, Olga, Natalya, Tatyana, Irina, Elena, Evgeny.

Tikhvin icon donors

Alla, Dmitriy Jr., Dmitriy, Igor, Elena, Juliya, Tamara, Fredi.

Alla Slobdoskaya

Elena, Marisa, Dimitrios (Jimmy), Nicholas, Alexander, Dimitrios, Dionisius.

+ Lola Macrina

Elijah, parents Aika & Dmitri Goudkov

Rowan. Galina.

Yelena, Anna, Wolfgang

Margarita, Christopher, John, Lauren, Ekaterina.

Margarita Maximova

Catalina, Sofia, Florentina, Doina.

Calugaru family

Sherri, Nathanael, & Christopher, Amelia Marie.

Of our charity, remember in your prayers:

For the repose of the souls of the departed servants of God:

March 31st. 2024

Newly Departed Patriarch Neofit, Metropolitan of Sofia, Patriarch of Bulgaria, +March 13, 2024.

Newly Departed Archpriest Anthony Karbo, +March 19.

OCA-DOW

Newly Departed Seda Grigoryan

Nelli, Katya

Newly Departed Yuri

sister Izolda

Newly Departed Felix Sebacious

Ksenia Sturmer

Newly Departed Elena + Feb 29, 2024

daughter-in-law Anna Shcheglova

Newly Departed Nina

Newly Departed Mariya, Mariya

Newly Departed Aleksei

Diane Rhodes

Newly Departed Milton Knox, +Feb 22, 2024.

Mitred Archpriest Sergei Glagolev, +Sep 1, 2021, Matushka Gerry (Evgenia) Glagolev. +May 23, 2022.

Christia, Marina, John & family

Matushka Anisia Boldireff +Sep 1, 2021

Archpriest Nicholas, Nathalie, Tamara, Marina, Michael & family

Matushka Tresja Denysenko

Deacon Nicholas & Sofia Denysenko & family

+March 19: Archimandrite Vasily (Philipoff), 1986. + March 31: Matka. Ksenia Bekish, 1953; Archpriest Alexander Fedoronko, 1993;

Archpriest Andrew Shuga, 2001; Walter Shymansky, Choir Director, 2019.

OCA

Subdeacon Patrick Bernard Wilson

Diane, Victoria, Nicholas, & Stephen Wilson & family

Germogen & Olga Stephanenko

Larissa, Tatiana

Matushka Priscilla Shipley +Sep 10, 2023

Fr Ian Shipley & family, DoW

Valentina

Irina Jackson

Cor Brevet Delabruinene

Natalya Slusar Nosa & family

Rodney Lake + May 20, 2021.

son-in-law & daughter Thaddeus & Jacqui Wojcik

Paul Prybyla. +Jan, 10, 2021

Manya & family

Nicholas Vasiliev Davidovich, +October 12, 2022

Barbara Johnson

daughter Nancy Smollen

Stanislava

daughter Milena; family

Hormuzd (Emmanuel) Rassam, + Dec 21, 2022.

wife Kaye Rassam, son Fr Yousuf Rassam, daughter Najma Fowner & family

Nun Seraphima (Anna Kremenetskaya)

Konstantin, Taissia, Vladimir, Ioann Kremenetsky

Nun Nonna (Verna Harrison)

Igor

Lola Macrina

Edward Michael & Joan Sutyak

Tamara, Christina, Michael, Anne & family

Leon & Claudine Snyder

daughters Laura & Carol, & family

Dmitri

Boris

David

Mitred Archpriest Ian & Matka. Nina MacKinnon, DOW

Deacon Hennok Soot, Matushka Mariamna Soot,

DoW, Fr Stephen Soot family, Mark & Olga Soot family

Evdokiya, Anatoliy, Domnikiy, Semen, Feodosiy, Ella, Grigoriy, Nadejda, Konstantin, Svetlana,

Valentina, Anna, infant Anatoliy, Olga, Anna, Peter.

Alla Slobdoskaya

Anne Lewandowski

+ Raissa Dulian

Marina, Alexandra, Petr, Boris, Tatiana.

Margarita Maximova

Hieromonk Vonifaty, Schemanun Savva, Priest Anatoly + Sep 9, 22; Monk Aristokliy June 1, 22; Andrei Vasilenko, April, 23; Archpriest Nikolay

Palahnyuk, June 13, 23; John Markevich, Oct, 23; Viktor Kotlishyn, Oct 19 23;

Rebecca Svetlana (Photini) Gushard

son Wade Aiden Greer, Fr Yousuf

Basil Rosiczka

Kontakion, St Gregory Palamas - Tone 8

O Holy and divine instrument of wisdom, / joyful trumpet of 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, O preacher of grace!"

Kontakion, Triodion, 2nd Sunday - Tone 4

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.

From the Triodion, for St Gregory Palamas, by Philotheus

Lord, I Call ... Tone 2, Podoben: *With what crowns of praise...*

What hymns of praise shall we sing in honor of the holy bishop? / He is the trumpet of theology, / the herald of the fire of grace, / the honoured vessel of the Spirit, / the unshaken pillar of the Church, / the great joy of the inhabited earth, / the river of wisdom, / the candlestick of the light, // the shining star that makes glorious the whole creation.

What words of song shall we weave as a garland, to crown the holy bishop? / He is the champion of true devotion and the adversary of ungodliness, / the fervent protector of the Faith, / the great guide and teacher, / the well-tuned harp of the Spirit, / the golden tongue, / the fountain that flows with waters of healing for the faithful, // Gregory the great and marvellous.

With what words shall we who dwell on earth praise the holy bishop? / He is the teacher of the Church, / the herald of the light of God, / the initiate of the heavenly mysteries of the Trinity, / the chief adornment of the monastic life, / renowned alike in action and in contemplation, / the glory of Thessalonica; / and now he dwells in heaven with the great and glorious martyr Demetrius, // whose relics flow with holy oil.

Tone 6

Thrice-blessed saint, / most holy father, / good shepherd and disciple of Christ the Chief Shepherd, / thou hast laid down thy life for thy sheep. / And now in thine intercessions, O God-bearing Gregory our father, // pray that great mercy may be granted to our souls.

The Apostikha - Tone 8

Thy tongue, watchful in teaching, rings in the ears of our heart / and awakens the souls of the slothful. / Thy words, inspired by God, / are a ladder leading us from earth to heaven. / O Gregory, wonder of Thessaly, / Pray to Christ without ceasing, // That we who honor thee may be illumined with the divine light.