**ANNOUNCEMENTS**

**GOYA Fundraiser “Koulouria”, Temporarily Postponed**
Cost $3.00. For pre-orders call Luke or Elena Bartlett 717-341-7199.

**Three Hierarchs Greek School March 25th Celebration**
Cancelled!

**Philoptochos Pascha Bread Sale** $7 per loaf. Pick up dates: April 11, (Saturday of Lazarus) from 11:30am-1:00pm, & April 12, (Palm Sunday) following the Divine Liturgy. All Pascha bread must be pre-ordered & paid in advance. Please Call Marge Enoch @ 717-898-0051 to place your order.

**Scholarship Forms** Available for those who are eligible from AHEPA, Daughters of Penelope, & Pan Coan Society. Contact the Church office: 717-394-1735 or office@agochurch.com. Scholarships also available at: www.goarch.org/scholarships.

**Gyrofest** Saturday, May 9, 11:00 am – 7:00 pm
Tickets will be distributed in the Breezeway, Sunday, March 22nd & 29th. Volunteers needed! Please contact George Soukas: gcsoukas@yahoo.com or Manny Firoglanis: manny75@comast.net if you can help!

**2020 Stewardship:** If you have not made your Church Stewardship Commitment for 2020, please make it today by completing a form in the Narthex and placing it in the Stewardship Box on the table. Thank you.

**WELCOME TO ALL VISITORS**
We welcome our non-Orthodox friends and neighbors at all the liturgical services with a reminder that Holy Communion may be received only by prepared Orthodox Christians. Please sign the Visitor’s Registry in the Narthex if you wish to be contacted by the priest.

Father Hector Firoglanis, Pastor
Father Theodore Pali, Assistant Pastor
Father Alexander Venitis, Pastor Emeritus

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**CALENDAR OF WEEKLY EVENTS**

<table>
<thead>
<tr>
<th>Sunday, March 15th</th>
<th>St. Gregory Palamas</th>
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<tr>
<td>8:15 AM</td>
<td>Orthros</td>
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<td>9:30 AM</td>
<td>Divine Liturgy</td>
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<th>Monday, March 16th</th>
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<th>Tuesday, March 17th</th>
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<th>Friday, March 20th</th>
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<th>Saturday, March 21st</th>
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**Measures to Prevent Spread of Corona Virus**

Out of love for our parishioners most vulnerable to the ill-effects of the Corona Virus, the following measures have been implemented temporarily in the life of our church:

- All non-essential church activities have been cancelled for the rest of the month, including coffee-fellowship, Sunday School, Greek School, Bible Studies, and Retreats.
- Don’t come to church if you are not feeling well, or are exhibiting cold or flu symptoms such as a cough or fever.
- Icons — both living and wooden — may be venerated and greeted with a bow instead of a kiss.
- When receiving antidoron, cup your hands to receive the blessed bread and refrain from kissing hand of priest.
- You may put your stewardship offering into the collection tray at the end of the service as you exit the church.
- Communion, as the life-giving Body and Blood of our Lord Jesus Christ, will be distributed as normal.
- Give glory and thanksgiving to God for all things!

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**Quiet Time With God**

One of the most effective means of rising above the daily routine, a way of transcending the imprisonment of human frailties, is private and corporate prayer — not just saying a prayer now and then but rather getting serious about prayer and developing a life of prayer. St. Gregory Palamas connected the experience of “theosis” (becoming like God) with the practice of “hesychasm” (prayerful stillness before God).

Prayer is an essential part of the Lenten discipline. That’s why the Church seeks to awaken us to the power of prayer and to the mystery of our “theosis” in Christ by offering opportunities for worship during Great Lent; including the following special services:

**The Presanctified Liturgy** — It is called “presanctified” because the sacred gifts offered for Holy Communion have been sanctified at the Liturgy of the previous Sunday. (Celebrated Wednesday evening and Friday morning at our parish).

**The Akathist Hymn** — A poem in praise of the Theotokos. Combined with the Small Compline, the Akathist Hymn is chanted on five Friday evenings of Lent.

**The Great Compline** — An evening prayer service, it may be recited one or more times weekly either at home or at Church on the Mondays, Tuesdays, and Thursdays of Lent (offered Monday evenings at our parish).

1. **ΑΝΑΣΤΑΣΙΜΟ ΑΠΟΛΥΤΙΚΙΟΝ** (Ηχ. Πλ. Β)
Aναστασίμο δυνάμεις επί το μνήμα σου,
και οι φυλάσσοντες,
και ιστατο Μαρία εν τω τάφῳ, ζητούσα το άχραντον σου σώμα.
Εσκύλευσα τον άδην, μη πειρασθείς υπ` αυτού,
υπήντησας τον παρθένο, δωρούμενος την ζωήν.
Ο αναστάς εκ των νεκρών, Κύριε δόξα σοι.

2. **ΑΠΟΛΥΤΙΚΙΟΝ**
Διδάσκαλε, των μοναστών η καλλονή,
Τον άδην, και ιστατο τον παρθένο,
Διδάσκαλε, των μοναστών η καλλονή.

3. **ΗΧΗΜΕΝΟ**
Σήμερον τῆς σωτηρίας ἡμῶν τό Κεφάλαιον,
καί τοῦ ἀπ᾽ αἰῶνος Μυστηρίου ἡ φανέρωσις·
ὁ Υἱός τοῦ Θεοῦ, Υἱός τῆς Παρθένου γίνεται,
καί Γαβριήλ τὴν χάριν εὐαγγελίζεται.
Διό καὶ ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν·
Χαίρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

4. **ΚΟΝΤΑΚΙΟΝ**
Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,
ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,
ἀναγράφω σοι ἡ πόλις σου, Θεοτόκε·
πέρι τῆς τούτου τῆς ἱεράς αὐτοῦ, ἵνα κράζω σοί.

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1. **RESURRECTION APOLYTIKION (Second Mode)**
When the angelic powers were at your tomb, then they that guarded You became as dead. And Mary stood beside the grave seeking Your immaculate body. You devastated Hades and were not tried by it. You met the Virgin and granted life to us. O Lord, Who are risen from the dead, glory to You.

2. **APOLYTIKION FOR ST. GREGORY PALAMAS (Plagal of Fourth Mode)**
Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonderworker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

3. **HYMN OF OUR CHURCH (Fourth Mode)**
Today is the beginning of our salvation, and the revelation of the mystery of ages. The Son of God becomes the Son of the Virgin. And Gabriel proclaims this gift from God. Together with him we cry out to You, O Theotokos: “Hail thou full of grace, the Lord is with you.”

4. **KONTAKION (Eighth Mode)**
To our Protectress, to our Leader victorious, we as a people, give thanks to you, our liberator. To you, O Theotokos, we ascribe victory. And as you possess power invincible, from every kind of danger do set us free, To cry out to you: “Hail, O Bride unwedded!”

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**ΑΝΑΚΟΙΝΩΣΕΙΣ — ΚΥΡΙΑΚΗ, 15 ΜΑΡΤΙΟΥ, 2020**

**ΔΕΥΤΕΡΑ, 16 ΜΑΡΤΙΟΥ**
7:00 μ.μ. Μέγα Απόδειπνο

**ΤΡΙΤΗ, 17 ΜΑΡΤΙΟΥ**
6:00 μ.μ. Παράκληση — Αγίου Νικιφόρου
7:00 μ.μ. Συμβούλιο

**ΤΕΤΑΡΤΗ, 18 ΜΑΡΤΙΟΥ**
6:00 μ.μ. Προηγιασμένη Λειτουργία

**ΠΕΜΠΤΗ, 19 ΜΑΡΤΙΟΥ**
9:00 π.μ. Προηγιασμένη Λειτουργία
7:00 μ.μ. Χαιρετισμοί

**ΣΑΒΒΑΤΟ, 21 ΜΑΡΤΙΟΥ**
7:00 μ.μ. Εσπερινός,
Πασχαλινό ψωμί Φιλοπτόχου
Μόνο προπαραγγελίες - Τυμή: $7.00 το ένα
Τα ψωμιά θα διανεμηθούν το Σάββατο του Λαζάρου, 11 Απριλίου, από τις 11:00πμ – 1:00μμ και την Κυριακή των Βαίων, 12 Απριλίου, μετά τη Θεία Λειτουργία.

**ΥΠΟΣΗΦΙΑ ΚΥΚΛΟΥ**
Αν δεν έχετε κάνει την υπόσχεσή σας για το 2020, παρακαλούμε να το κάνετε σήμερα συμπληρώνοντας ένα έντυπο στο Ναρθηκα και τοποθετώντας το στο Κουτί διαχειριστών στο τραπέζι.