

CALENDAR OF WEEKLY EVENTS

There will be no Coffee Fellowship today

Sunday, March 15th St. Gregory Palamas

8:15 AM Orthros
9:30 AM Divine Liturgy

Monday, March 16th

7:00 PM Great Compline

Tuesday, March 17th

6:00 PM Paraklesis to St. Nikiphoros the Leper
7:30 PM Parish Council meeting

Wednesday, March 18th

6:00 PM Presanctified Liturgy

Friday, March 20th

9:00 AM Presanctified Liturgy
7:00 PM 3rd Salutations to The Theotokos

Saturday, March 21st

7:00 PM Vespers

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 serve 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!

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@comcast.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 Theodosios Palis, Assistant Pastor
Father Alexander Veronis, Pastor Emeritus



ANNUNCIATION GREEK ORTHODOX CHURCH
LANCASTER, PA



SUNDAY, March 15, 2020

Agapios & his Companions; Manuel of Crete

Orthros: Plagal Second Gospel: Luke 24: 36-53
Epistle: Hebrews 1: 10-14; 2:1-3 Page: 1035 (Pew Bibles)
Gospel: Mark 2: 1-12 Page: 865 (Pew Bibles)

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).

*Fr. Theodore Stylianopoulos, "A Year of the Lord,"
vol. 3, p. 60.*

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 Wonder-worker 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 ev'ry kind of danger do set us free,
To cry out to you: "Hail, O Bride unwedded!"

1. ΑΝΑΣΤΑΣΙΜΟ ΑΠΟΛΥΤΙΚΙΟΝ (Ηχ. Πλ. Β)

Αγγελικαί δυνάμεις επί το μνήμα σου,
και οι φυλάσσοντες, απενεκρώθησαν
και ίστατο Μαρία εν τω τάφω, ζητούσα
το άχραντον σου σώμα.
Εσκύλευσας τον άδην, μη πειρασθείς υπ' αυτού,
υπήντησας τη παρθένω, δωρούμενος την ζωήν.
Ο αναστάς εκ των νεκρών, Κύριε δόξα σοι.

2. ΑΠΟΛΥΤΙΚΙΟΝ Αγ. Γρηγορίου Παλαμά (Ηχ. Πλ. δ)

"Ορθοδοξίας ο φωστήρ, Εκκλησίας το στήριγμα και
διδάσκαλε, των μοναστών η καλλονή, των θεολόγων
υπέρμαχος απροσμάχητος, Γρηγόριε θαυματουργέ,
Θεσσαλονίκης το καύχημα, κήρυξ της χάριτος,
ικέτευε δια παντός, σωθήναι τας ψυχάς ημών."

3. ΑΠΟΛΥΤΙΚΙΟΝ ΤΟΥ ΝΑΟΥ (Ηχ. δ')

Σήμερον τῆς σωτηρίας ημών τό Κεφάλαιον,
καί τοῦ ἀπ' αἰῶνος Μυστηρίου ἡ φανέρωσις·
ὁ Υἱός τοῦ Θεοῦ, Υἱός τῆς Παρθένου γίνεται,
καί Γαβριήλ τήν χάριν εὐαγγελίζεται.
Διό καί ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν·
Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

4. ΚΟΝΤΑΚΙΟΝ (Ηχ. Πλ. δ)

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,
ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,
ἀναγράφω σοι ἡ πόλις σου, Θεοτόκε·
ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον,
ἐκ παντοίων με κινδύνων ἐλευθέρωσον,
ἵνα κράζω σοί· Χαῖρε Νύμφη ἀνύμφευτε.



ΑΝΑΚΟΙΝΩΣΕΙΣ – ΚΥΡΙΑΚΗ, 15 Μαρτίου, 2020

Κυριακή, 15 Μαρτίου Αγίου Γρηγορίου Παλαμά

8:15 πμ Ορθρος
9:30 πμ Θεία Λειτουργία

Δευτέρα, 16 Μαρτίου

7:00 μμ Μέγα Απόδειπνο

Τρίτη, 17 Μαρτίου

6:00 μμ Παράκληση — Αγίου Νικιφόρου
7:00 μμ Συμβούλιο

Τετάρτη, 18 Μαρτίου

6:00 μμ Προηγιασμένη Λειτουργία

Πεμπτη, 19 Μαρτίου

Παρασκευή, 20 Μαρτίου

9:00 πμ Προηγιασμένη Λειτουργία
7:00 μμ Γ' Χαιρετισμοί

Σαββάτο, 21 Μαρτίου

7:00 μμ Εσπερινός,

Πασχαλινό ψωμί Φιλοπτώχου

Μόνο προπαραγγελίες - Τιμή: \$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.

Υπόσχεση 2020

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