

WELCOME TO ST. SOPHIA

440 Whitehall Rd., Albany, New York

Welcome to the celebration of the Divine Liturgy. The glass-enclosed narthex is designated for parents with infants and young children. Everyone is asked to remain in the narthex during the “Small Entrance,” “Great Entrance,” “Epistles,” and “Gospel Readings”. Also, please remember to turn off all cell phones and electronic devices. Also know that there is a wheelchair and a walker available to those who have mobility needs. Please ask a Parish Council member at the Pangari.

If you are a visitor or newcomer, we are pleased to have you with us. Please introduce yourself to a parish council member at the Pangari and also sign the guest book. Remember that only those who are baptized or chrismated in the Eastern Orthodox faith may participate in the Holy Sacraments including Holy Communion. Following church services, everyone is invited to attend the fellowship hour in the parish hall. *Our website is <http://stsophia.net>*

Today: March 4

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.

40-Day Blessing for
Natalia Tessa

Daughter of Keather Papa and Brad Gallagher

40-Day Memorial for the late†

George Mokhiber

Coffee Fellowship Sponsored in his Memory

May his Memory be Eternal!

Sunday of St. Gregory Palamas

March 4, 2018 – March 10, 2018

4 Sunday	9:30 am	Divine Liturgy
	5:00 pm	Vespers–Christ the Savior, Ballston Lake
5 Monday	11:30 am	Senior Exercise
	4:30 pm	Greek School
	6:30 pm	Basketball
6 Tuesday	11:00 am	Chair Yoga
	12:30 pm	Senior Program
	3:15 pm	Greek School
	7:00 pm	DOP
7 Wednesday	9:30 am	Presanctified Liturgy
	11:00 am	Senior Exercise
	12:30 pm	Knitters
	4:15 pm	Greek School
8 Thursday	12:30 pm	Seniors
	5:30 pm	Adult Greek School
9 Friday	11:30 am	Senior Exercise
	5:00 pm	Greek School
	7:00 pm	3 rd Salutations

News & Events

- ▶ Relax. Shop. Have supper. Relax. The Daughters will have their annual bus trip to Astoria for Easter grocery shopping at Titan’s followed by supper at Stamatis. The trip will take place on Saturday, March 24 leaving here at 8 a.m. and returning by 10 p.m. Tickets are \$35 and will be available after church.
- ▶ The next Festival Committee meeting will be Sunday, March 11.
- ▶ The Hellenic University Club of New York will offer a total of four Scholarship Awards of \$1,500 to Greek American students who have exemplified high scholastic achievement and have demonstrated financial need. This is for high school seniors entering full-time, undergraduate degree programs in the Fall of 2018. Flyers are on the information table. The deadline is April 15.
- ▶ A nice art exhibit by iconographer Efthimios Stoja at Evergreen Commons Rehab Center and Nursing Home Wednesday through Friday until March 31.

Epistle Reading

Prokeimenon. Plagal Second Mode. Psalm 27.9,1.

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

The reading is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3.

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel Reading

Sunday of St. Gregory Palamas

The reading is from Mark 2:1-12

At that time, Jesus entered Capernaum and 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 him a paralytic carried by four men. And when they could not get near him 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, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question 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!"

Resurrectional Apolytikion in the Plagal Second Mode

Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

Apolytikion for Sun. of St. Gregory Palamas in the Plagal Fourth Mode

Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonderworker, boast of Thessalonica, herald of grace: ever pray that our souls be saved.

Apolytikion (Hymn) for the Church in the Plagal Fourth Mode

Blessed art Thou, O Christ our God, Who hast made manifest the fishermen as most wise, By sending down upon them the Holy Ghost, And by them hast drawn the world into Thy net. O Lover of mankind, glory to Thee.

Seasonal Kontakion in the Plagal Fourth Mode

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"