

## Lent: A Time for Healing our Spiritual Infirmities

At first glance, we may wonder why the Church has selected today's particular Gospel to be included in the Lenten cycle of readings. To be sure, it is a wonderful story of persistence and ingenuity, which results in the healing of a paralyzed young man by our Lord. But how does that relate to the Great Fast? A closer examination of this miraculous event gives us our answer.

Finding Christ is not always easy, as evidenced by the fact the 4 friends of the paralytic in the Gospel had to literally "raise the roof" to make it possible for him to see Jesus. It was a real struggle, and in like manner, living a spiritual, Christ-like life during Lent can be a struggle for us as well. We must do battle with our sinful nature, which "paralyzes" our very soul. Contrary to what others may have us believe, sin does not "free" us to do as we please. Indeed, it traps and confines us. When we follow the path of sin, we find it difficult to pray...to believe...to know real joy...to find peace... to experience anything at all that is spiritual. Yes, sin renders us as helpless as the paralyzed young man we read about this morning.

During this season of repentance, we need to remind ourselves that the gift of forgiveness is the greatest gift God can give us. Physical illness can be a burden, putting certain limitations and restrictions on our lives. Spiritual illness, however, can destroy us completely and deprive us of the Kingdom of Heaven. In the "Lenten Prayer of St. Ephraim" we ask God to give us the ability to recognize our sins, faults and shortcomings. In the weeks ahead, may we know our sins, confess our sins and ultimately show sorrow for them. Then, and only then, will the Great Physician touch us with His healing hand.

## Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



March 15, 2020

2nd Sunday of Great Lent: St. Gregory Palamas

930 Lunalilo Street, Honolulu, HI 96822  
(808) 521-7220 [www.greekorthodoxhawaii.org](http://www.greekorthodoxhawaii.org)  
Office: [office@greekorthodoxhawaii.org](mailto:office@greekorthodoxhawaii.org)  
Fr. Alexander Leong: [fralexanderleong@yahoo.com](mailto:fralexanderleong@yahoo.com)

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Commemoration of: Agapios the Martyr and his Companions; Manuel, New Martyr of Crete; Aristobulos of the 70

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Apolytikia - Entrance Hymns

*Angelike thinamis* (Hymn of the Day) Tone 6

*When the angelic powers appeared at Your tomb, and those who guarded it became still as dead, and standing by Your grave was Mary seeking Your most pure and sacred Body. For You did vanquish Hades and uncorrupted by its touch, You came unto the Virgin (woman), bestowing the gift of life. You who have risen from the dead, Lord glory to You.*

*Orthodoxias of fostir* (St. Gregory Palamas) Tone 8  
*Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of the 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.*  
(AgesInitiatives.com)

*Tu Stavru Su* (Hymn of the Church) Tone 8  
*Having seen in the sky the form of Your Cross and, like Paul, having received his calling not from men, Your apostle among Kings, Lord, placed his reigning city in Your hand, which forever you guard in peace, by the intercessions of the Theotokos, for You alone are the lover of mankind.*

Kontakion  
*Ti ipermaho* Tone 8  
*O Champion General, I your City now ascribe to you \* triumphant anthems as the tokens of my gratitude, \* being rescued from the terrors, O Theotokos. \* Inasmuch as you have power unassailable, \* from all kinds of perils free me so that unto you \* I may cry aloud: \* Rejoice, O unwedded Bride.* (AgesInitiatives.com)

Epistle Reading 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 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!"

Announcements

Today

✘ SUN, 3/15 - 2nd Sunday of Lent: St. Gregory of Palamas; Philoptochos Meeting 12 p.m.; Gekas Baptism 2 p.m.

This Week

- ✘ WED, 3/18 - *Pre-Sanctified Liturgy*- 6 p.m.
  - ✘ THU, 3/19- Young Adult Fellowship "Confession" 7 to 8:30 p.m.
  - ✘ FRI, 3/20 - *3rd Salutations to the Theotokos* - 6:30 p.m..
  - ✘ SAT, 3/21- *Great Vespers* 5:30 p.m..
  - ✘ SUN, 3/22 - Veneration of the Holy Cross
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- ✘ No Dance Practice after Liturgy on Sunday in respect for Great Lent until after Pascha.
  - ✘ Mandatory Dance Group Meeting for New dancers/parents that want to find out "How Dance Group Functions." The meeting is also for previous dancers, FDF dancers that want to rejoin the dance group. Meeting Sunday, April 26, at 12:15 pm in back room of Social Hall.

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**To Our Visitors:**

We are pleased that you have chosen to worship with us. Just a reminder, however: the Sacrament of Holy Communion is a manifestation of the *unity of the Body of Christ*. As such, only those who are members in spiritual good standing of the Orthodox Church – and who have prepared themselves for the Sacrament – may partake of the Holy Chalice. However, *everyone* is welcome to come up with our people at the end of the service to receive blessed bread.

*Please be sure to join us at Coffee Hour following Services.*