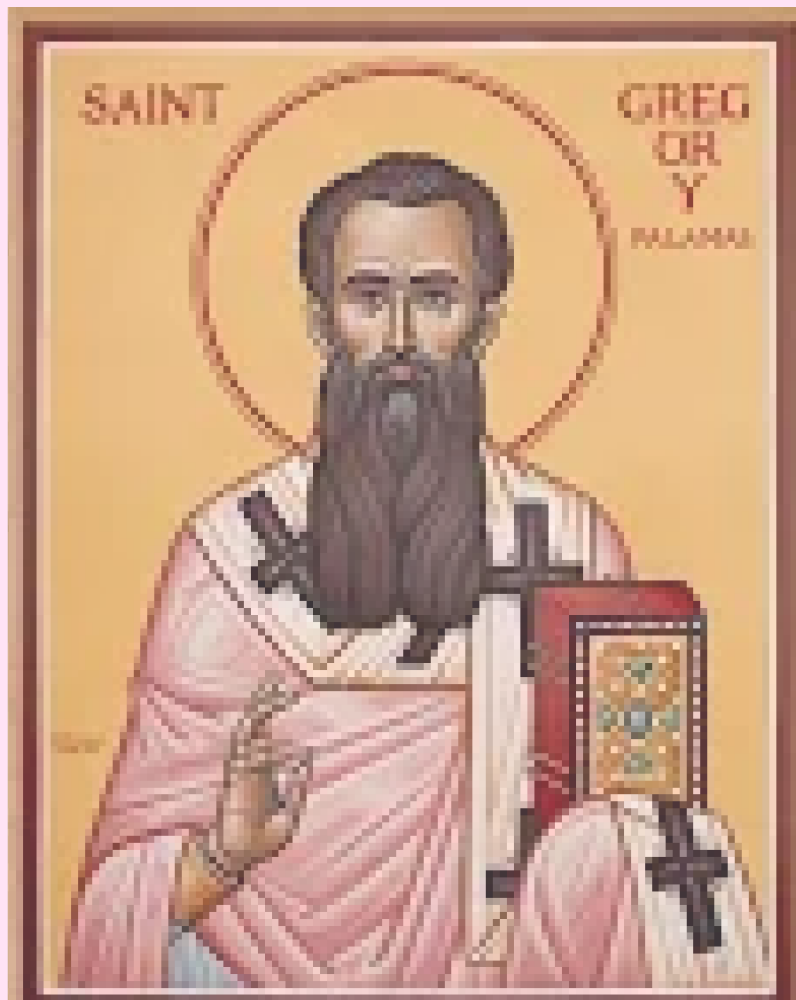


# 2nd Sunday of the Great Fast

## St. Gregory Palamas

March 5, 2023



# Prayer before Liturgy

THROUGH THE PRAYERS OF OUR HOLY FATHERS, O LORD  
JESUS CHRIST OUR GOD, HAVE MERCY ON US.

AMEN.

GLORY TO YOU, OUR GOD, GLORY TO YOU.

HEAVENLY KING, COMFORTER, SPIRIT OF TRUTH,  
EVERYWHERE PRESENT AND FILLING ALL THINGS, TREASURY  
OF  
BLESSINGS AND GIVER OF LIFE, COME AND DWELL WITHIN US,  
CLEANSE US OF ALL STAIN, AND SAVE OUR SOULS, O  
GRACIOUS ONE.

*THROUGHOUT PASCHA, THE FOLLOWING IS SAID IN PLACE OF  
"GLORY TO YOU" AND "HEAVENLY KING."*

CHRIST IS RISEN FROM THE DEAD! BY DEATH HE TRAMPLED  
DEATH;  
AND TO THOSE IN THE TOMBS HE GRANTED LIFE. (THREE TIMES)

HOLY GOD, HOLY AND MIGHTY, HOLY AND IMMORTAL, HAVE  
MERCY ON US. (THREE TIMES)

GLORY TO THE FATHER, AND TO THE SON, AND TO THE HOLY  
SPIRIT, NOW AND EVER AND FOREVER. AMEN.

MOST HOLY TRINITY, HAVE MERCY ON US; LORD, CLEANSE US  
OF OUR SINS; MASTER, FORGIVE OUR TRANSGRESSIONS;  
HOLY ONE, COME TO US AND HEAL OUR INFIRMITIES FOR  
YOUR NAME'S SAKE.

LORD, HAVE MERCY. (THREE TIMES)

GLORY TO THE FATHER, AND TO THE SON, AND TO THE HOLY  
SPIRIT, NOW AND EVER AND FOREVER. AMEN.

# Hebrews

## 1:10-2:3

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HE ALSO SAYS,  
“IN THE BEGINNING, O LORD, YOU LAID THE FOUNDATIONS OF THE EARTH, AND THE HEAVENS ARE THE WORK OF YOUR HANDS THEY WILL PERISH, BUT YOU REMAIN; THEY WILL ALL WEAR OUT LIKE A GARMENT. YOU WILL ROLL THEM UP LIKE A CLOAK; LIKE A GARMENT THEY WILL BE CHANGED. BUT YOU ARE EVER THE SAME, AND YOUR YEARS WILL HAVE NO END.”

BUT TO WHICH OF THE ANGELS HAS HE EVER SAID, “SIT AT MY RIGHT HAND UNTIL I MAKE YOUR ENEMIES YOUR FOOTSTOOL”? ARE NOT ALL ANGELS MINISTERING SPIRITS SENT FORTH TO SERVE FOR THE SAKE OF THOSE WHO WILL INHERIT SALVATION? THEREFORE, WE SHOULD PAY MUCH CLOSER ATTENTION TO WHAT WE HAVE HEARD SO THAT WE DO NOT DRIFT AWAY. FOR IF THE MESSAGE DELIVERED BY ANGELS PROVED TO BE SO VALID THAT EVERY TRANSGRESSION AND DISOBEDIENCE BROUGHT A PROPER PUNISHMENT, HOW SHALL WE ESCAPE IF WE IGNORE SO GREAT A SALVATION? IT WAS FIRST ANNOUNCED BY THE LORD AND THEN CONFIRMED FOR US BY THOSE WHO HEARD HIM.

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# Mark 2:1-12

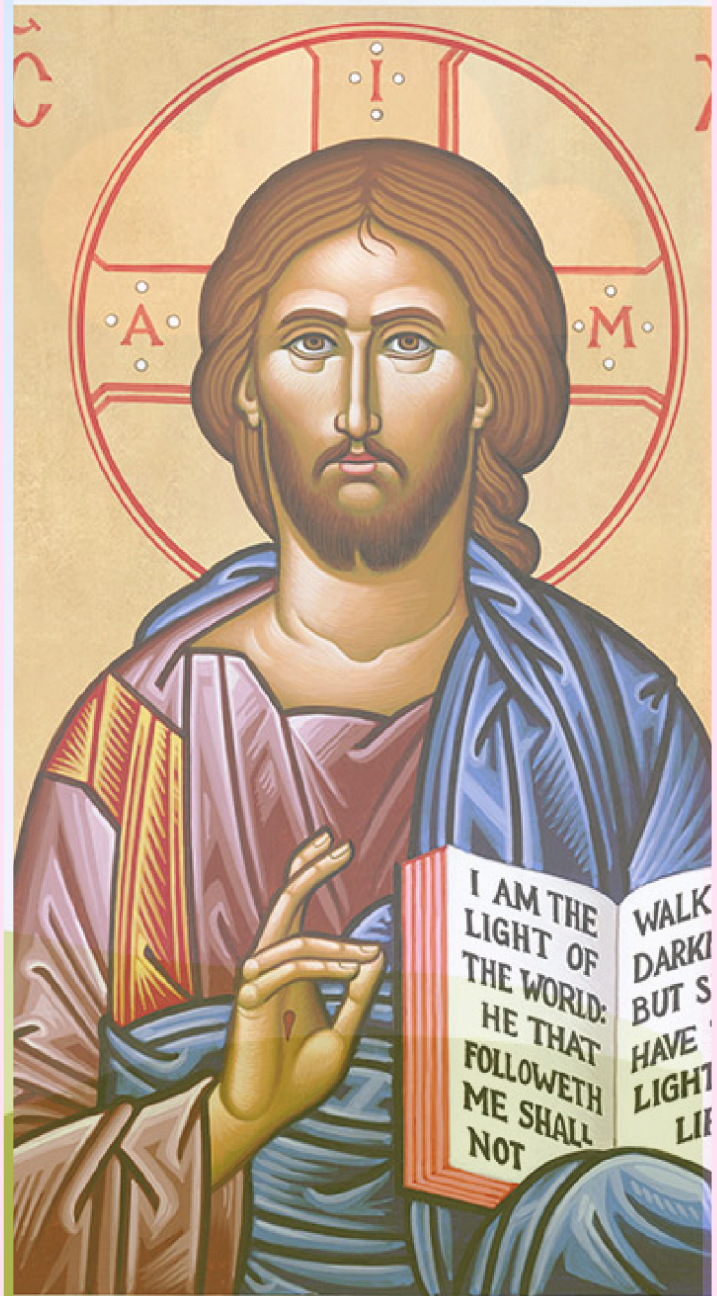
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## JESUS HEALS A PARALYZED MAN

When Jesus returned some days later to Capernaum, the word quickly spread that he was at home. Such large multitudes gathered there that no longer was any space available, even in front of the door, and he was preaching the word to them. Some people arrived, bringing to him a man who was paralyzed, carried by four men. Since they were unable to bring him near Jesus because of the crowd, they made an opening in the roof above him and then lowered the bed on which the paralyzed man was lying. On perceiving their faith, Jesus said to the paralyzed man, "Son, your sins are forgiven." Now some scribes were sitting there, thinking to themselves: "How can this man say such things? He is blaspheming! Who can forgive sins but God alone?"

Jesus was able immediately to discern in his spirit what they were thinking, and he asked, "Why do you entertain such thoughts in your hearts? Which is easier: to say to the paralyzed man, 'Your sins are forgiven,' or to say: 'Stand up, take your mat, and walk'? But that you may come to realize that the Son of Man has authority on earth to forgive sins"—he said to the paralyzed man— "I say to you, stand up, take your bed, and go to your home." The man stood up, immediately picked up his bed, and went off in full view of all of them. The onlookers were all astonished and they glorified God, saying, "We have never before witnessed anything like this."

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## ST. GREGORY PALAMAS

Sine he was a child he often practiced the fundamental virtues of obedience, humility, meekness, fasting, vigil and subjected the body to the spirit.

All day and night he would request that God "Lighten my darkness!", sometimes with Tears.

<https://www.goarch.org/sunday-stgregorypalamas-learn>



Thoughts?

# 2nd Sunday Of The Great Fast Word Search Puzzle

Words run horizontally, vertically, diagonally & even backwards  
Find words as fast as possible to win.

U	I	L	O	O	T	S	T	O	O	F	N
A	M	P	A	R	A	L	Y	Z	E	D	B
P	E	S	X	N	E	T	H	G	I	L	D
U	E	A	C	Y	Y	A	F	E	A	Y	N
T	K	M	P	B	X	J	C	S	T	Q	E
C	N	A	Z	B	Q	N	P	I	E	M	V
D	E	L	W	O	E	H	L	C	I	N	I
Q	S	A	A	I	E	I	A	O	F	U	G
B	S	P	D	M	M	U	C	S	Y	W	R
N	Z	E	I	U	F	K	M	I	U	A	O
H	B	N	H	V	G	H	U	N	V	A	F
O	G	N	I	T	S	A	F	B	V	I	L

FORGIVEN PALAMAS HUMILITY LIGHTEN MEEKNESS FASTING  
FOOTSTOOL BLASPHEMING OBEDIENCE PARALYZED

<https://www.proprofsgames.com/word-search/>

# Prayer before Communion

O LORD, I BELIEVE AND PROFESS THAT YOU ARE TRULY CHRIST, THE SON OF THE LIVING GOD, WHO CAME INTO THE WORLD TO SAVE SINNERS OF WHOM I AM THE FIRST.

ACCEPT ME TODAY AS A PARTAKER OF YOUR MYSTICAL SUPPER, O SON OF GOD, FOR I WILL NOT REVEAL YOUR MYSTERY TO YOUR ENEMIES, NOR WILL I GIVE YOU A KISS AS DID JUDAS, BUT LIKE THE THIEF I PROFESS YOU: REMEMBER ME, O LORD, WHEN YOU COME IN YOUR KINGDOM.

REMEMBER ME, O MASTER, WHEN YOU COME IN YOUR KINGDOM.

REMEMBER ME, O HOLY ONE, WHEN YOU COME IN YOUR KINGDOM.

MAY THE PARTAKING OF YOUR HOLY MYSTERIES, O LORD, BE NOT FOR MY JUDGMENT OR CONDEMNATION BUT FOR THE HEALING OF SOUL AND BODY.

O LORD, I ALSO BELIEVE AND PROFESS THAT THIS, WHICH I AM ABOUT TO RECEIVE, IS TRULY YOUR MOST PRECIOUS BODY AND YOUR LIFE-GIVING BLOOD, WHICH, I PRAY, MAKE ME WORTHY TO RECEIVE FOR THE REMISSION OF ALL MY SINS AND FOR LIFE EVERLASTING. AMEN. O GOD, BE MERCIFUL TO ME, A SINNER. O GOD, CLEANSE ME OF MY SINS AND HAVE MERCY ON ME. O LORD, FORGIVE ME FOR I HAVE SINNED WITHOUT NUMBER.

# Prayer for Vocations

**O GOD, GREAT IN MIGHT AND INSCRUTABLE IN WISDOM, MARVELOUS IN COUNSEL ABOVE THE SONS OF MEN, FATHER OF ALL PERFECT GIFTS: YOU THE SAME LORD, ENLIGHTEN WITH YOUR HOLY SPIRIT THE HEARTS OF YOUNG PEOPLE AND CALL THEM TO FOLLOW YOUR ONLY BEGOTTEN SON AND OUR SAVIOUR, JESUS CHRIST, THE GOOD SHEPHERD! GIVE THEM THE COURAGE AND GENEROSITY NECESSARY TO OVERCOME ALL OBSTACLES TO THEIR VOCATION, FOR YOU COMPLETE WHAT IS LACKING! GIVE TO THE PARENTS THAT FAITH, LOVE AND SPIRIT OF SACRIFICE WHICH WILL INSPIRE THEM TO OFFER THEIR CHILDREN TO YOUR SERVICE AND REJOICE WHENEVER ONE OF THEIR CHILDREN IS CALLED TO FOLLOW CHRIST IN A SPECIAL WAY OF PRIESTHOOD OR RELIGIOUS CONSECRATION. WE IMPLORE YOU THROUGH THE INTERCESSION OF THE MOST PURE THEOTOKOS AND EVER VIRGIN MARY! AMEN!**