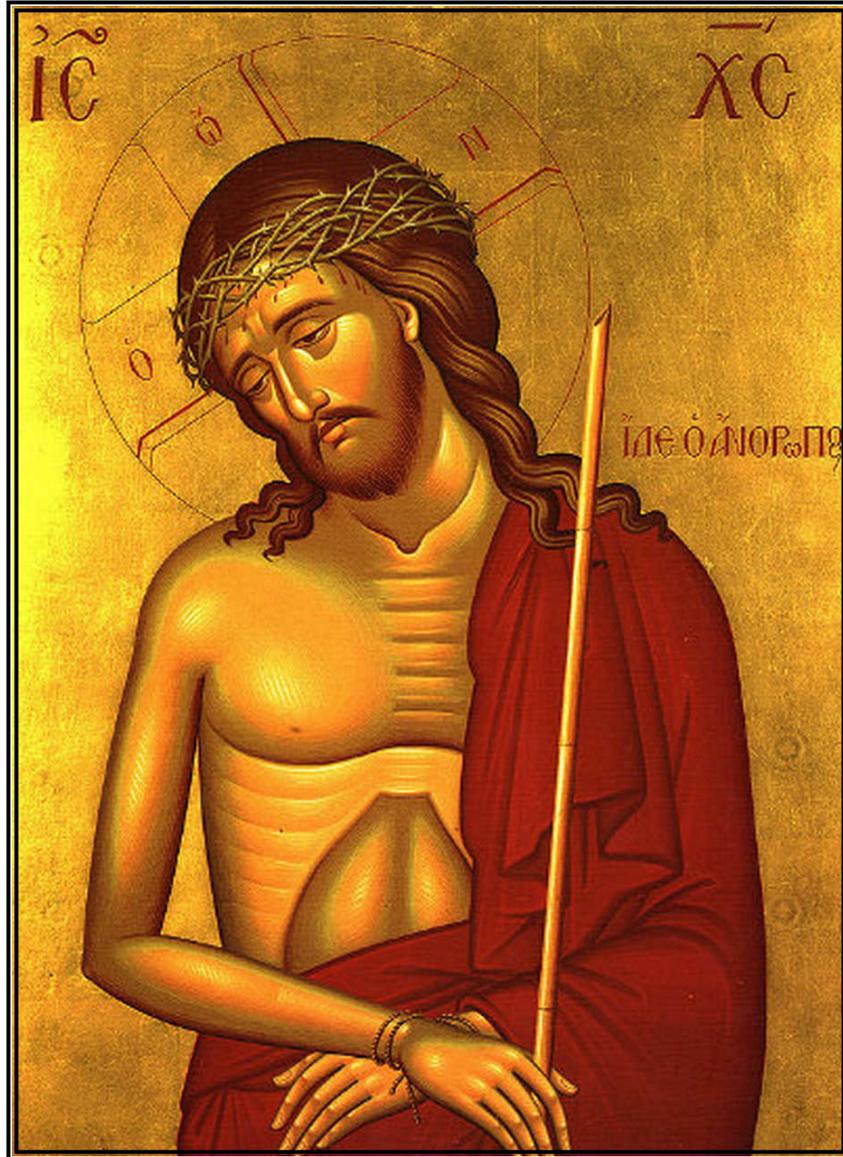


THE GREAT FAST



O LORD AND MASTER OF MY LIFE! TAKE FROM ME THE SPIRIT OF SLOTH, DESPAIR, LUST OF POWER AND IDLE TALK. (*FULL PROSTRATION*)

BUT GIVE RATHER THE SPIRIT OF CHASTITY, HUMILITY, PATIENCE AND LOVE TO THY SERVANT. (*FULL PROSTRATION*)

YEA, O LORD AND KING! GRANT ME TO SEE MY OWN TRANSGRESSIONS AND NOT TO JUDGE MY BROTHER, FOR BLESSED ART THOU, UNTO AGES OF AGES. (*FULL PROSTRATION*)

O GOD, CLEANSE ME, A SINNER. (*12 TIMES WITH 12 DEEP BOWS*)



Sunday, March 15, 2020

Tone 6

Gospel: St. Mark 2:1-12

Epistle: Hebrews 1:10-2:3

Second Sunday of Lent / St. Gregory Palamas / Synaxis of the Venerable Fathers of the Kiev Caves Lavra / Martyrs Agapius, Publius (Pausis), Timolaus, Romulus, two named Dionysius, and two named Alexander, at Caesarea in Palestine

MARCH Bulletin Sponsor: *Father Andrew in memory of His Eminence, Metropolitan Nicholas, my ordaining Hierarch*

Liturgical & Events Schedule

Sunday, March 15

9:05 am: Hours followed by Divine Liturgy / Memorial Sunday / Social

Monday, March 16

Father attending Legislative Breakfast in Toledo

Tuesday, March 17

6:30 pm: Orthodoxy 101 Class

Wednesday, March 18

6:30 pm: Pre-Sanctified Liturgy followed by Lenten meal

Thursday, March 19

9:30 am: Lenten Prayers

Friday, March 20

6:30 pm: Akathist Prayer

Saturday, March 21

9:30 am: Memorial Saturday Liturgy w/ reading of the parish Diptychs

4:00 pm: Great Vespers

Sunday, March 22

9:30 am: Hours followed by Divine Liturgy; Social

5:00 pm: Deanery Lenten Akathist to the Cross @ St. Nicholas in Mogodore

VIGILS -MARCH 8

Sandy Martin (2) In memory of Pete; Special intentions

Ron & Bobbie Royhab (2) In loving memory of David Dobos and Linda Zahm

Twarek (8) In loving memory of dad and grandpa George (3/8, 12 years); Health of newborn Baylor; Health of Father David; Birthday Blessings to Ruth and Mariah (3/8); Health of Carter; Health and recovery of Betty, Nancy, Mary Dziak, Claudia McDonald; Health of Margi & Joe, Tom, MaryAnn and Bob, Christine, Judy, Chuck, Steve, Bohdi, Heidi, Liz, Joe, Sonya, Julia, Diane, Stella, Ron, Jake, Helen; Special intentions

READER SCHEDULE

Sunday, March 15:	Wayne
Wednesday, March 18:	Ron (Pre-Sanc.)
Saturday, March 21:	Natalie (Liturgy)
Sunday, March 22:	Tim
Wednesday, March 25:	Natalie (Liturgy)
Friday, March 27:	Tim (Pre-Sanc.)
Sunday, March 29:	Natalie

For Your Prayers

Julia Guzy (96 yrs old)
1601 Church Rd
Marblehead, OH 43440

Please remember her & Susan (her daughter) in your prayers. Send a card of greeting.

Holy Assumption Orthodox Church

OCA - Diocese of the Midwest

Parish Council President: Matthew Adamcio

Fr. Andrew Bartek, Rector



ATTENDANCE - MARCH

Friday, February 28: 4 attended the Akathist to St Raphael

Sunday, March 1: 25 Total (19 members; 3 children; 3 guests; 10 Communicants; 18 attended Forgiveness Vespers; 8 Attended Sat. Vespers

Monday, March 2: 3 attended morning services; 12 attended Canon of St Andrew

Tuesday, March 3: 4 attended Morning services; 11 attended Canon of St Andrew

Wednesday, March 4: 3 attended Morning services; 13 attended Canon of St. Andrew

Thursday, March 5: 3 attended morning services; 12 attended Canon

Friday, March 6: 2 attended morning services; 12 attended Pre-Sanctified

Sunday, March 8: 19 Total (16 members; 2 children; 11 Communicants; NO VESPERS

MONTHLY TITHING ONLY MARCH

Goal Pledged per month: \$4,600

Sunday March 1: \$1,045

Sunday, March 8: \$1,071

OTHER WEEKLY INCOME

Sunday, March 1: \$10 Candles; \$50 Vigils; \$50 Bulletin; \$50 Special Collection (Food Pantry)

Sunday, March 8: \$11 Candles; \$50 Altar candles; \$105 Vigils; \$25 Eternal Light; \$30 bookstore; \$50 Special Collection

SPECIAL COLLECTION MARCH

Mission Boxes for the Food Pantry.

2nd Sunday of Great Lent: St Gregory Palamas Commemorated on [March 15](#)

This Sunday was originally dedicated to Saint Polycarp of Smyrna (February 23). After his glorification in 1368, a second commemoration of Saint Gregory Palamas (November 14) was appointed for the Second Sunday of Great Lent as a second "Triumph of Orthodoxy."

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Saint Gregory's father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nicodemus of Vatopedi (July 11). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory's mother and sisters also became monastics.

After the demise of the Elder Nicodemus, Saint Gregory spent eight years of spiritual struggle under the guidance of the Elder Nicephorus, and after the latter's death, Gregory transferred to the Lavra of Saint Athanasius (July 5). Here he served in the trapeza, and then became a church singer. But after three years, he resettled in the small skete of Glossia, striving for a greater degree of spiritual perfection. The head of this monastery began to teach the young man the method of unceasing prayer and mental activity, which had been cultivated by monastics, beginning with the great desert ascetics of the fourth century: Evagrius Pontikos and Saint Macarius of Egypt (January 19).

Later on, in the eleventh century Saint Simeon the New Theologian (March 12) provided detailed instruction in mental activity for those praying in an outward manner, and the ascetics of Athos put it into practice. The experienced use of mental prayer (or prayer of the heart), requiring solitude and quiet, is **Con't Pg 8**

PRAYER LIST Updated 3-10

Clergy:

His Beatitude, Metropolitan Theodosius
His Beatitude, Metropolitan Herman
John Duranko (*Father's home pastor*)
James Gleason (*Father's Spiritual Father*)
Moses Barry
Steven Frase
Joseph Gibson
Gregory Grivna
Emilian Hutnyan
Josef Von Klarr
Dan Kovolick
Vladimir Lecko
David Lis
Myron Manzuk
Philip Lasbrook
Christopher Phillips
Benjamin Tucci
Peter Tutko
Deacon Nicholas Denysenko
Deacon Paul Gansle
Deacon Gregory Krutchak
Deacon Paul Mitchell
Sub-deacon Wylie Meath

Matushkii:

Pani Patricia Duranko
Myra Kovolick
Virginia Lecko
Maura McCartney
Jillian Rettig
Snezana Ruzic
Sonya Tutko

Parishioners / & their Family:

John Beadle (*Elcishko*)
Newborn Samuel Calzone (*fr.s cousin*)
MaryAnn Cook (*Cousin to Twarek's*)
John Richard Elchisco
Ruthe Flewelling
Debbie Garnek (*Roddie's sister*)
Michael Glovinsky (*Basil's nephew*)
Heidi Golob
Shirley Gresh (*Wife of Ernest*)
Julia Guzy
Joseph Habegger (*Laura brother-in-law*)
Barb Heffernan
Tom Hileman

Alice Jackson (*Mazurik*)
William Jappsen (*Diane T.*)
Michael Kouznetsov (*Mary Hiser's son*)
Kris Kollar (*Fr. 'S cousin*)
Betty Kovach
Kristen (*Cassell's daughter*)
Terri Lariccia (*fr's cousin*)
David LaValle (*Fr. 's cousin*)
Helen Lis
Greg Mazur
Judy Mazurik (*Paul Mazurik's*)
Toddler Stella Miller
Katelyn Pipenur (*Niece of Jean*)
Earl Rindfleisch
Helen Jean Rofkar (*Elchisco*)
Joe Rose
Maryann Royhab
Steven Schirtzinger (*Soski*)
Christy Schutt (*Joe's sister*)
Peter Truta (*Jean H's cousin*)
Diane Tryon
Greg Tryon
Christine Twarek
Tom Twarek
Carter Twarek
Delaine Ward (*Ron's sister*)
Katie and her baby Bodhi (*Cassell's daughter-in-law*)
Pani Stacey Mihaley & her newborn Azariah (*Fr. 's Cousin*)
Nikki & her unborn baby
Katherine & her unborn baby (*Fr. 's cousin*)

Other Requests:

Sandra Alex (*Muzyka*)
Alexia
Infant Baylor
Dick Biro (*Natalie's friend*)
Anna Burch (*Wayne's friend*)
Paul Demkosky (*Fr's friend*)
Marge Dziama
Mary Dziak (*Twarek*)
Ben Franklin (*Laura friend*)
Theodore Geletka (*St. Michael Broadview Heights' choir director*)
Brad George (*Christi's friend*)
Donald Gresh (*Basil*)

Elliot Joy (*Police chief's son*)
Scott Kluding (*Twarek*)
Tommy Leonchik (*Fr's friend*)
Jake Lipstraw (*Twarek*)
Mark Ludvik (*Guzy*)
Anna Maiani (*Friend of Wayne-*)
Claudia McDonald (*Twarek*)
Pauline Meath (*Fr's*)
Charlie Nowak (*Avery's*)
Beth Reinhard (*Diane friend*)
Chris Reinheimer (*Bruno's*)
Sandy Scafaria (*friend of Jean*)
Matthew Sterling (*Tyron*)
John Sutko (*Fr. 'S Friend*)
Devin Thomson (*Jamestown*)
Janice Timko
Philip (Andy) Timko
Steve Turinsky (*Twarek*)
Bob Van Osdol (*Twarek*)
Chuck Wiedenhoft (*Twarek*)
Rachel (*Darlene M.*)
Kristina and her newborn
Michal (*Fr. 's friend*)
Molly & her unborn baby
Mollie & her unborn baby (*Fr. 's friend*)

Military:

Craig Cassell
Nathan Brown
Alena Grabavoy
Alex
Jake Ellithorpe

Captives:

Metropolitan Paul (*Orthodox Archdiocese of Aleppo*)
Archbishop John (*Syriac Archdiocese of Aleppo*)
The UN & IOCC humanitarian aid workers in & around Syria; Those suffering persecution in Iraq, Syria, Israel, Egypt, Ukraine and throughout the world

The Triumph of Orthodoxy, Us, and The Resurrection of Our Lord Jesus Christ

By John Lickwar

We have completed the first week of the Great Fast! We began it one week ago by receiving the universal impetus gathered as the Church in worship to surrender our hearts to the direction given at the service of vespers, *'to cleanse our soul as we cleanse our flesh,'* and *'to abstain from passion as we abstain from food.'* We do this because we are not our own, we are servants of God. With the passing of these words to us from the start of Great Lent, and by the kiss of mutual forgiveness, we are adorned with the form of Christ incarnate whereby we can embark upon a humble and living triumph of Orthodoxy. The triumph of Orthodox iconography is linked to the living presence and call to holiness in Christ; before there were painted icons, there was and is our Lord Jesus Christ, whose image and likeness was and is revealed by his Mother, foretold by the prophets, and realized in all the saints, appearing first in flesh and blood. The triumph of Orthodoxy is a tangible triumph in their Oneness, Holiness, Catholicity, and Apostolic presence in this world! These behaviors of authentic Church life strengthen our spiritual health, and bring us together in wholeness by way of grace, truth, and joy. The very spirit of the triumph we speak, it's tempered genuineness of which we are called to be a beacon, demand from us the (podvig) of the Baptist's words preceding Christ's coming, *"Repent, for the Kingdom of Heaven is at hand."*

In speaking once with a woman outside the Orthodox faith, she made this discovery from attending our vesper service, *"Nothing else in this world other than Orthodox Christian worship and life can give me the example, renew me, and inspire me to live my life in Christ, as Christ has lived his life in flesh and blood like mine!"* How curious is the response of a person outside the Orthodox Church who considered her attending vespers a life changing experience and triumph of Orthodoxy; she encountered the Kingdom of God made present. Here she was receptive to seeing herself in a new light, that of Christ, his Mother, and his saints.

As we celebrate in our churches the Vespers of the Sunday of Orthodoxy, let us become the tangible

triumph of good over evil, of truth over falsehood, of kindness over ill-will, of gladness over sorrow, and of gratitude over thanklessness; let us become radiant examples of Christ's light. Let us shine the light of Orthodoxy's triumph in faith by being brought down to humbly and joyously persevere with the Comforting Spirit in virtues toward each other, toward our neighbor and so be adorned with our entrance into the glorious Resurrection of Christ our Lord! St. John of Kronstadt has said as much:

"This is the character of our earthly life, a constant expectation of God's call from this life to the other."

"Man is a wonderful, grand, most wise, artistic production of the most perfect Artist, God; he was not originally defiled...."

"However, the most wise and almighty, and all-merciful Artist did not allow His and our enemy to entirely destroy His beautiful and grand creation, and made Himself a body like unto ours, and took a soul in the womb of His Most Pure Virgin-Mother; by His incarnation, His teaching, miracles, sufferings, death and resurrection, by His wonderful and most wise orderings, he again restores to the work of His hands its former and even greater beauty and glory; He again bestows upon it the highest bliss, making human nature godly and setting it with Himself on the throne of the Godhead. Glory be to Thee, most merciful, the most wise and almighty Artist!"

In the Rite of the Triumph of Orthodoxy, we acknowledge the victory of Christ triumphant in our lives, and as well as in those who departed this life before us, especially those martyred for the Faith! For those departed we sing Memory Eternal; and for those living we sing Many Years! We also remember in this celebration the condemnation of apostasy of Christians from Christ by willful choice. But even for those who stray from the Orthodox Faith, let us acquire the mind of St. John of Kronstadt and pray as he did for their return to the substance of Christ centered Orthodoxy in life that has established and sustains the universe:

"Strengthen in this belief and in this faith my heart and the hearts of all Orthodox Christians. Unite, in this faith, all great Christian communities

Con't Pg 8

MARCH Celebrations

NAMES DAY	BIRTHDAY	
3-1: Bishop David of Alaska 3-4: Bishop Daniel of Santa Rosa 3-17: Archbishop Alejo of Mexico	1-Marilynn Calzone 2- Lori Batura 3- Tony Monastra 7- Tamera Blackford 8- Rachel Adamcio 8- Ruth Sheller 11- Jason Monschein 16- Paul Bojan	16- Claudia Zile 22- Ariana Holmes 23- Mason Monschein 26- Rachel Sumner 30- Bobbie Royhab 30- Fred Cassell 31- Greg Mazur

If there are those names to be added or removed, please contact Fr. Andrew. He would like to list all members of your family Orthodox and non-Orthodox.

MARCH Reposed

1- George Danchisen (2018) 3- Anna Stoyka (2018) 4- Andrew Mazur (2001) 6- Frank Guzy (2002) 11- Ella Mazur (1918) 13- Metropolitan Nicholas (2011) 13- Richard Michael Benya (1983)	17- Frank Holodnak (1961) 23- Eva Pondillo (2001) 23- Ella Mazurik (1985) 23- Francis Mitchell (2008) 23- Barbara Ann Wasylenko (2017) 25- Pani Janette Moriak (1997) 25- David Chikerotis (2019)	29- Todd Pollack (2019) 29- Carolyn Woodward (2000) 30- John Rofkar (2019) Helen Hritsko (1908) Alexandra Brendza (1909) Steve Danchisen
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Mark 2:1-12 (Gospel)

And again He entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." And some of the scribes were sitting there and reasoning in their hearts, "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?" But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? But that you may know that the Son of Man has power on earth to forgive sins" – He said to the paralytic, "I say to you, arise, take up your bed, and go to your house." Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

40 DAY REMEMBRANCE

- March 15:** Police officer from AL & FL
- March 22:** Soldiers killed in Afghanistan / His Grace Bishop Varlaam
- March 29:** Mountain Apache officer David
- April 5:** Victims from the Milwaukee Shooting
- April 12:** FF Tommy from AZ

Saint Patrick, Bishop of Armagh, Enlightener of Ireland

Commemorated on [March 17](#)

Saint Patrick, the Enlightener of Ireland was born around 385, the son of Calpornius, a Roman decurion (an official responsible for collecting taxes). He lived in the village of Bannavem Taberniae, which may have been located at the mouth of the Severn River in Wales.

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APRIL BULLETIN AND CANDLE SPONSORS

Bulletin: (\$50) Fr. Andrew: in memory of my mother Dorothy on the occasion of her b-day
Chandelier: (\$50) Laura: In loving memory of her mother Margaret
Altar Candles: (\$50) Open
Candles on the Tomb: (\$25) Open
Eternal Light & Icon Screen: (25) Open



June 12 - 13

Deanery celebration of 50th Anniversary of OCA.

Holy Trinity Orthodox Church
Parma, OH

Friday, June 12

6:30pm: Akathist to All American Saints followed by a talk about the journey of the OCA.

Saturday, June 13

9:00am: Greeting of the Bishop followed by Divine Liturgy and a All American Breakfast Buffet. RSVP required. Watch for sign up sheet.

MARCH BULLETIN AND CANDLE SPONSORS

Bulletin: (\$50) Fr. Andrew: in memory of my ordaining Bishop His Eminence Metropolitan Nicholas

Chandelier: (\$50) Susan: in memory of her father Frank, God-father Peter, and brother Bill

Altar Candles: (\$50) Fr. Andrew: In memory of my father, George

Candles on the Tomb: (\$25) Basil: in loving memory of my nephew Richard Benya

Eternal Light & Icon Screen: (25) Diane: in loving memory of my brother Richard on his anniversary (3-13-83)

Bishop Paul's Travel Schedule

St. Nicholas Church, Mentor, OH, March 14th

- *Ordination of Deacon Brian Crivella to the Priesthood*

Archangel Michael, Broadview Hts., OH, March 13th to 15th

- *Concelebration with Bishop Neofitos of Kenya*
- *Presentation of Double Orarion to Deacon Daniel Kovalak*

St Nicholas Church, Joliet, IL, March 18th,
Presanctified Liturgy

Joy of All Who Sorrow, Joplin, MO, March 21st to 23rd

- *Tonsure of David Haugh (from Ashgrove parish as a Reader)*

St Patrick Con't

The district was raided by pirates when Patrick was sixteen, and he was one of those taken captive. He was brought to Ireland and sold as a slave, and was put to work as a herder of swine on a mountain identified with Slemish in Co. Antrim. During his period of slavery, Patrick acquired a proficiency in the Irish language which was very useful to him in his later mission.

He prayed during his solitude on the mountain, and lived this way for six years. He had two visions. The first told him he would return to his home. The second told him his ship was ready. Setting off on foot, Patrick walked two hundred miles to the coast. There he succeeded in boarding a ship, and returned to his parents in Britain.

Some time later, he went to Gaul and studied for the priesthood at Auxerre under Saint Germanus (July 31). Eventually, he was consecrated as a bishop, and was entrusted with the mission to Ireland, succeeding Saint Palladius (July 7). Saint Palladius did not achieve much success in Ireland. After about a year he went to Scotland, where he died in 432.

Patrick had a dream in which an angel ***Con't Pg 9***

Triumph of Orthodoxy Con't

Who have tragically fallen away from
The One, Holy, Catholic and Apostolic Church.
Depose the pride and resistance of their teachers;
Grant them to understand with their hearts
The Truth and Saving Grace of Your Church and
to be united with her without delay.
Draw into this faith all peoples who inhabit the
earth;
in this faith unite us all in the spirit of
meekness, humility, gentleness, simplicity,
serenity, patience and compassion
-rejoicing in the happiness of others. Amen!

St Gregory Con't

called "Hesychasm" (from the Greek "hesychia" meaning calm, silence), and those practicing it were called "hesychasts."

During his stay at Glossia the future hierarch Gregory became fully imbued with the spirit of hesychasm and adopted it as an essential part of his life. In the year 1326, because of the threat of Turkish invasions, he and the brethren retreated to Thessalonica, where he was then ordained to the holy priesthood.

Saint Gregory combined his priestly duties with the life of a hermit. Five days of the week he spent in silence and prayer, and only on Saturday and Sunday did he come out to his people. He celebrated divine services and preached sermons. For those present in church, his teaching often evoked both tenderness and tears. Sometimes he visited theological gatherings of the city's educated youth, headed by the future patriarch, Isidore. After he returned from a visit to Constantinople, he found a place suitable for solitary life near Thessalonica the region of Bereia. Soon he gathered here a small community of solitary monks and guided it for five years.

In 1331 the saint withdrew to Mt. Athos and lived in solitude at the skete of Saint Sava, near the Lavra of Saint Athanasius. In 1333 he was appointed Igumen of the Esphigmenou monastery in the northern part of the Holy Mountain. In 1336 the saint returned to the skete of Saint Sava, where he devoted himself to theological works,

continuing with this until the end of his life.

In the 1330s events took place in the life of the Eastern Church which put Saint Gregory among the most significant universal apologists of Orthodoxy, and brought him great renown as a teacher of hesychasm.

About the year 1330 the learned monk Barlaam had arrived in Constantinople from Calabria, in Italy. He was the author of treatises on logic and astronomy, a skilled and sharp-witted orator, and he received a university chair in the capital city and began to expound on the works of Saint Dionysius the Areopagite (October 3), whose "apophatic" ("negative", in contrast to "kataphatic" or "positive") theology was acclaimed in equal measure in both the Eastern and the Western Churches. Soon Barlaam journeyed to Mt. Athos, where he became acquainted with the spiritual life of the hesychasts. Saying that it was impossible to know the essence of God, he declared mental prayer a heretical error. Journeying from Mount Athos to Thessalonica, and from there to Constantinople, and later again to Thessalonica, Barlaam entered into disputes with the monks and attempted to demonstrate the created, material nature of the light of Tabor (i.e. at the Transfiguration). He ridiculed the teachings of the monks about the methods of prayer and about the uncreated light seen by the hesychasts.

Saint Gregory, at the request of the Athonite monks, replied with verbal admonitions at first. But seeing the futility of such efforts, he put his theological arguments in writing. Thus appeared the "Triads in Defense of the Holy Hesychasts" (1338). Towards the year 1340 the Athonite ascetics, with the assistance of the saint, compiled a general response to the attacks of Barlaam, the so-called "Hagiorite Tome." At the Constantinople Council of 1341 in the church of Hagia Sophia Saint Gregory Palamas debated with Barlaam, focusing upon the nature of the light of Mount Tabor. On May 27, 1341 the Council accepted the position of Saint Gregory Palamas, that God, unapproachable in His Essence, reveals Himself through His energies, which are directed towards the world and are able to be perceived, like the light of Tabor, but which are neither material nor created. The teachings of Barlaam were condemned as heresy, and he himself was anathematized and fled to Calabria.

But the dispute between the Palamites and the Barlaamites was far from over. To these latter belonged Barlaam's disciple, the Bulgarian monk Akyndinos, and also Patriarch John XIV Kalekos (1341-1347); **Con't Pg 9**