

**The Reading from the Epistle of the Holy Apostle Paul to the
Hebrews (1:10–2:3)**

“In the beginning, You, Lord, laid the foundation of the earth, and the heavens are the work of Your hands. They will perish, but You remain; and they will all grow old like a garment; like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail.” But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool”? Are they not all ministering spirits sent forth to minister for those who will inherit salvation? Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him.

The Reading from the Holy Gospel according to St. Mark (2:1–12)

At that time, Jesus entered Capernaum, 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!”

Saints Peter & Paul Orthodox Church

Meriden, Connecticut

website: sspeterpaul.org

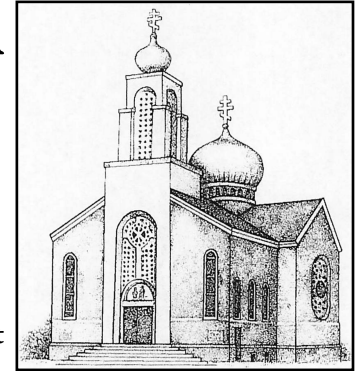
A Parish of the Orthodox Church in America

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Second Sunday of Great Lent—Tone 2
St. Gregory Palamas
March 31, 2024

**Rest of St. Innocent, Metropolitan
of Moscow, Enlightener of the Aleuts
and Apostle to the Americas (1879).**
St. Hypatius the Wonderworker, Bishop
of Gangra (ca. 336).

Glory to Jesus Christ!

We welcome everyone who has come into this house of the Lord. We especially welcome all guests and newcomers.

Please feel free to follow along with a Divine Liturgy book from the table at the glass doors. For these Sundays during Great Lent, we are using the Liturgy of St. Basil the Great. The most significant hymns and responses specifically for today are printed inside this bulletin.

Holy Communion is a solemn responsibility: Orthodox Christians who have prepared through Confession, prayer, and fasting may participate. At the end of the Liturgy, everyone is welcome to come for a blessing and to share in the blessed bread (called “antidoron,” this blessed bread is used in our prayers but is not itself a sacrament).

Afterward, please join us downstairs for fellowship and refreshment. We look forward to greeting you personally, and we are glad that you are here.

Upcoming Events in Parish Life

We invite anyone to pray along with us, following our services online. Visit our website (sspeterpaul.org) for details.

Saturday, March 30	Assemble and Deliver Easter Baskets for families in need	1 PM
	Please come assemble and deliver Easter baskets filled with encouraging and necessary items. All of this is made possible by your support of the Charity Fund. Please give generously this Lent!	
	Vigil followed by confessions	5 PM
Sunday, March 31	Divine Liturgy	9:30 AM
<i>St. Gregory Palamas</i>	Mission Vespers at St. Peter & St. Paul, Springfield, MA	4 PM
	Each Sunday afternoon during Lent, we are invited by a nearby parish to a service, followed by a light supper.	
Wednesdays	Morning Prayer	8:15 AM
Wednesdays	Liturgy of Presanctified Gifts, Supper	6 PM
Saturday, April 6	Memorial Liturgy	9:30 AM
	On Saturdays during Lent, April 6 and 13, we will continue to lift up the memory of the departed in prayer. Please bring names of those to commemorate.	
	Vigil followed by confessions	5 PM
Sunday, April 7	Divine Liturgy	9:30 AM
<i>Veneration of the Cross</i>	Special Parish Meeting afterward to authorize repairs to the dome	
	Mission Vespers at St. Nicholas, Pittsfield, MA	4 PM

There is an ancient tradition to **keep vigil at the Tomb of Christ** from the evening of Holy Friday until the Paschal Vigil begins the following night. Participants read the Psalms overnight and later the Acts of the Holy Apostles. **We are looking for pairs to sign up for periods of the night and day when we don't have services.** Please consider this opportunity to keep prayerful watch as we remember our long-suffering Lord's great love.

Thank you, everyone who assisted in our **delivery of Easter baskets to eight families in need** on Saturday, March 30. May the Lord bless you!

Please remember that every member of this parish has a responsibility to participate in Holy Confession regularly, and at least once during Great Lent. Please make an appointment soon. Don't let the days slip away.

We Ask Your Prayers

For all those who have as their heavenly patron the Archangel Gabriel (March 26).

For those celebrating birthdays: Beverly Veronick (April 6). George Alecsandru (April 8). Summer Zina Rose Stankiewicz (April 9).

For the Sick & Suffering:

Corey (Knap)—nephew of Valentina Knap, recovering from a serious accident
William (Weidmann)—husband of Adrian, suffering from a chronic immune condition similar to multiple sclerosis

Joyce—friend of Mary Jane Rodgers

Julianna—friend of Sierra Levesque

Gregory (Mankevich) Christopher (Sullivan)

Anita (Propheter) Rosemary (Delaney)

Douglas (Hodges) Steven (Rygiel)

Michael (Edwards) Shawna (Kelly)

Irene Lorraine

Jacob Katelyn

Crystal Angela

Innocent Larissa

Jeffrey Stacia

Georgiy Cyprian and Dana

Nicole and Naaman Helen and Helene

For Our Shut-Ins:

Yvonne (Rutcho) Jennie (Padick)

Margaret (Savchik) Helen (Olsen)

To share news in the bulletin, or to add someone to our prayer list, please contact Fr. Joshua: priest@sspeterpaul.org or 203-237-4539.

If you would like to commemorate loved ones by lighting the cross in church, please contact Alexia Tassmer: 203-623-5336.

Give thanks to God, and support the work he is doing through SS. Peter & Paul Orthodox Church:

<https://sspeterpaul.org/donate> or use this QR Code →



Hymns of the Day

Tone 2 Troparion *(Resurrection)*

When You descended to death, O Life Immortal,
You slew hell with the splendor of Your Godhead.
And when from the depths You raised the dead,
all the powers of heaven cried out://
“O Giver of life, Christ our God, glory to You!”

Tone 4 Troparion *(St. Innocent)*

O Holy Father Innocent,
in obedience to the will of God,
you accepted dangers and tribulations,
bringing many peoples to the knowledge of truth.
You showed us the way;
now by your prayers help lead us//
into the Kingdom of Heaven!

Tone 2 Kontaskion *(Resurrection)*

Hell became afraid, O almighty Savior,
seeing the miracle of Your Resurrection from the tomb!
The dead arose! Creation, with Adam, beheld this and rejoiced with You,//
and the world, O my Savior, praises You forever.

Glory to the Father, and to the Son, and to the Holy Spirit;

Tone 2 Kontakion *(St. Innocent)*

Your life, O holy Father Innocent, apostle to our land,
proclaims the dispensation and grace of God!
For, laboring in dangers and hardships for the Gospel of Christ,
you were kept unharmed and exalted in humility.//
Pray that He may guide our steps in the way we should go!

now and ever, and unto ages of ages. Amen.

Tone 4 Kontakion *(Lenten Triodion)*

Now is the time for action!
Judgment is at the doors!
So let us rise and fast,
offering alms with tears of compunction and crying:
“Our sins are more in number than the sands of the sea;
but forgive us, O Master of all,//
so that we may receive the incorruptible crowns!”

Prokeimenon in the Fifth Tone *(Resurrection)*

You, O Lord, shall protect us / and preserve us from this generation forever.
(Ps. 11:7)

Verse: Save me, O Lord, for there is no longer any that is godly! *(Ps. 11:1a)*

Tone 1 Prokeimenon *(St. Innocent)*

My mouth shall speak wisdom; / the meditation of my heart shall be
understanding. *(Ps. 48:3)*

Before the Gospel, the Alleluia

Verse: May the Lord hear you in the day of trouble! May the name of the
God of Jacob protect you! *(Ps. 19:1)*

Verse: Save the King, O Lord, and hear us on the day we call! *(Ps. 19:9)*

Verse: The mouth of the righteous shall meditate wisdom, and his tongue
shall speak of judgment. *(Ps. 36:31)*

(Instead of “It is truly meet...,” we sing the following)

Hymn to the Theotokos

All of creation rejoices in you, O Full of Grace:
the assembly of angels and the race of men.
O sanctified temple and spiritual paradise,
the glory of virgins,
from whom God was incarnate and became a Child –
our God before the ages.
He made your body into a throne,
and your womb He made more spacious than the heavens.
All of creation rejoices in you, O Full of Grace.
Glory to you!

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! *(Ps. 148:1)*
The righteous shall be in everlasting remembrance! He shall not fear evil
tidings! *(Ps. 111:6)*
Alleluia, Alleluia, Alleluia!

Notes on the Week

This year, we commemorate this on Sunday the repose of St. Innocent,
Apostle to the Americas, the first bishop of Alaska. His guide, *The
Way into the Kingdom of Heaven*, is well worth reading today.

