

**From the Fathers (and others):**

Abba Lot went to see Abba Joseph and said to him, 'Abba as far as I can I say my little office, I fast a little, I pray and meditate, I live in peace, and, as far as I can, I purify my thoughts. What else can I do?' Then the old man stood up and stretched his hands towards heaven. His fingers became like ten lamps of fire and he said to him, 'If you will, you can become all flame.'

The life of the heart is love, whilst malice and enmity against our brother are its death. The Lord keeps us on the earth in order that love for God and our neighbor may wholly penetrate our heart. That is what He expects from us all. This is, indeed, the purpose of the world's standing.

St. John of Kronstadt

When your brother attacks you, whatever the insults are, if you get angry at him, you are getting angry without cause. Even if he were to pull out your right eye, and to cut off your right hand, if you get angry at him, you are getting angry without cause. Yet if he were to try to take you away from God, then be angry.

St. Poemen  
The Sayings of the Desert Fathers

"The Lord came to send fire upon the earth (cf. Lk. 12:49), and through participation in this fire He makes divine not just the human substance which He assumed for our sake, but every person who is found worthy of communion with Him."

St. Gregory Palamas

"We know that prayer in and of itself cannot save us, but carrying it out before God can. For when the Lord's eyes are upon us He sanctifies us, as the sun warms everything upon which it shines."

St. Gregory Palamas

A brother went to Abba Matoes and said to him, 'How is it that the monks of Scetis did more than the Scriptures required in loving their enemies more than themselves?' Abba Matoes said to him, 'As for me I have not yet managed to love those who love me as I love myself.'

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## St. John Orthodox Church

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*~ March 12, 2017 ~*  
*Gregory Palamas*

**ST. JOHN ORTHODOX CHURCH**  
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(901) 274-4119

[www.stjohnmemphis.org](http://www.stjohnmemphis.org)

[www.orthodoxtupelo.com](http://www.orthodoxtupelo.com)

**V. Rev. Fr. Philip Rogers**  
Pastor

**V. Rev. Fr. Basil Cushman**  
Associate Pastor

**V. Rev. Fr. John Troy Mashburn, Jr.**  
Pastor Emeritus

**Rev. Fr. Alexander Mackoul**  
Assistant Pastor

**Rev. Fr. Donald Berge**  
Attached

**GREAT VESPERS**  
Saturday, 6:00 p.m.

**ORTHROS and CHURCH SCHOOL**  
Sunday, 9:00 a.m.

**DIVINE LITURGY**  
Sunday, 10:00 a.m.

*Antiochian Orthodox Christian Archdiocese of North America*  
“...the Disciples were called Christians first in Antioch!”  
Acts 11:26

## March 12, 2017 Gregory Palamas

**Epistle: Hebrews 1:10-2:3**

**Gospel: Mark 2:1-12**

The Holy Bread for Eucharist is offered by the **Janine Smith**.

Welcome to all those visiting St. John Orthodox Church. We are honored by your presence. It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church.

If you are from a non-Orthodox background you may see new things such as icons, incense, the sign of the cross, the veneration of saints, and a great deal of standing. These can be perplexing to the uninitiated eye. Rest assured that everything we do has a solid biblical foundation and a long history among Christian people. Please feel free to participate where you feel comfortable, and feel equally as free only to observe when you prefer.

The Orthodox Church understands the Eucharist, or Lord's Supper, to be – among other things – the paramount expression of Christian unity. While it is our deepest hope that Christendom will one day fulfill Christ's desire for true unity among all those who claim His name (John 17:21), the unfortunate reality of our day is that the various segments of Christendom are not unified with the historic Orthodox faith. *Since participation in the Eucharist expresses a unity with all the dogma and practice of the Orthodox Church, non-Orthodox guests do not receive Holy Communion.* The Holy Eucharist is reserved for those members of the Orthodox Church who have prepared themselves by prayer, fasting, and recent confession. All visitors and unprepared Orthodox are invited to partake of the blessed bread as they come forward to venerate the cross at the end of the Liturgy. Thank you for your understanding.

## ST. JOHN CALENDAR

**March 12 - 19 (Great Fast)**

- Sunday** - Vespers, 4:30 p.m.
- Monday** -First Hour, 6:45 a.m.  
-Great Compline, 6:00 p.m.  
-Bible Study – Revelations, 7:00 p.m., Ch. 4-8
- Tuesday** -Third Hour, 9:00 a.m.
- Wednesday** -Third Hour, 9:00 a.m.  
-Presanctified Liturgy, 6:00 p.m.  
-Parish meal following liturgy
- Thursday** -Third Hour, 9:00 a.m.
- Friday** -First Hour, 6:45 a.m.  
-Third Hour, 9:00 a.m.  
-Sixth Hour, 12:00 p.m.  
-Akathist, 6:00 p.m.
- Saturday** - Ninth Hour and Great Vespers, 5:50 p.m.
- Sunday** -Orthros, 9:00 a.m.  
-Church School, 9:00 a.m.  
-**Divine Liturgy, 10:00 a.m.**

### **DIVINE LITURGY – Gregory Palamas**

**PRIEST:** Fr. Philip  
**READER:** David Twombly  
**HOLY BREAD:** Lynda Spinolo  
**ALTAR SERVERS:** Zach, Eli, Thomas, Paul, James  
**COFFEE HOUR:** Mitch & Sandy Childress,

### **Sunday, March 19, 10:00 a.m.**

**HOMILY:** Fr. Philip  
**USHER:** Thomas Yadron

### **Churching Today**

Angela and Emma Jane Leopold will be churching today between Orthros and Liturgy.

\*As a reminder, remember the *traditional fasting discipline* is observed during the Great Fast which lasts from Pure Monday through Great and Holy Saturday (with *katalysis* for wine and oil on Saturdays and Sundays [except on Great and Holy Saturday when oil is not permitted], and for fish, wine and oil on the Annunciation [March 25th] and Palm Sunday).

## COMMEMORATIONS

**March 12:** Venerable Theophanes the Confessor of Sigriane; Gregory the Dialogist, pope of Rome; Venerable Simeon the New Theologian; Righteous Phineas.

**March 13:** The translation of the relics of Nikephoros, patriarch of Constantinople; Poplias and Marios the bishops.

**March 14:** Venerable Benedict of Nursia; Eusebemos, bishop of Lampsakos.

**March 15:** Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy, first bishop of Britain; New-martyrs Manuel of Crete and Parthenios.

**March 16:** Martyr Sabinos of Egypt; Venerable Christodoulos the wonderworker of Patmos.

**March 17:** Venerable Alexios the “Man of God;” Theosteriktos the Confessor; Patrick, bishop of Armagh and enlightener of Ireland; Venerable Makarios of Kalyazin.

**March 18:** Cyril, patriarch of Jerusalem; Martyrs Trophymos and Eukarpos of Nicomedia and those with them; Nikolai (Velimirovic), bishop of Zica in Serbia.

**March 19:** Martyrs Chrysanthos, Daria, Jason, Mauros and Diodoros of Rome; Martyr Pancharios of Nicomedia; New-martyr Demetrios of Constantinople; Venerable Innocent of Komel.



### **DAILY SCRIPTURE READINGS**

### **March 12 - 19**

Sunday	Hebrews	1:10-2:3	Mark	2:1-12
Monday	Genesis	6:9-22	Proverbs	8:1-21
Tuesday	Genesis	7:1-5	Proverbs	8:32-9:11
Wednesday	Genesis	7:6-9	Proverbs	9:12-18
Thursday	Genesis	7:11-8:3	Proverbs	10:1-22
Friday	Genesis	8:4-21	Proverbs	10:31-11:12
Saturday	Hebrews	10:32-38	Mark	2:14-17
Sunday	Hebrews	4:14-5:6	Mark	8:34-9:1



**Pray for our catechumens: Memphis** –Justin Bowles; Wendy Weatherall (Brody & Eli); Lucas Whatley.

**Please remember in your prayers** - Mary Clark, Ann Hicks (Dianna Hildebrand’s mother), Charles Ingram, Ted Greathouse (Shelley Snowden’s father), Allen Sudduth (Paul’s father), Janet Berry, Nicholas Hill, Mary Sue Johnson (Jason Guntharpe’s grandmother), Chelsea Yadron (pregnant), Sarah Finley (pregnant), Caitlin Romero (pregnant), Caitlyn Maas (pregnant), Lawrence Elliott (pregnant), Ernestine Pruitt (Nicholas Hill’s mother), Brenda Thomas, Doris & Jim (Brenda Thomas’ family), Dot Lawson (Lawson Bowick’s grandmother), Lisa Catlett (Fr. Don & Kh. Martha’s daughter), Glenda Brooks, Anna Grace (Joyce Grossman’s granddaughter), Elfrieda Drobashevsky, Maria Bellaflores, those suffering in the Middle East, most especially the Christians.



## ST. JOHN COMMUNITY



**Feast of the Annunciation Service Change** - Please note that there has been a change to the service schedule for Annunciation. We will pray Orthros for Annunciation at 5:00 p.m. followed by Divine Liturgy at 6:00 p.m. on **Friday, March 24.**

**A light potluck will follow liturgy.** Please bring a dish to share. Per Fr. Philip, fish, wine, and oil will be allowed! Any help cleaning up will be greatly appreciated.

**Monday Bible Study** – *New this Lent* –Fr. Philip is leading a Bible study on the book of Revelations following Compline on Mondays during Lent. He will be covering chapters 4-8 this week if you would like prepare ahead of time.

**Youth Choir at St. John - The Time Has Come!!!** Starting **Sunday, March 19<sup>th</sup>** following liturgy we will be having our first Youth Choir rehearsal at church. Come join us (ages 6 and up) as we practice two hymns we’ll be singing on Palm Sunday. We will meet with Fr. Alex after the kids have a quick snack (20 minutes) at coffee hour. “Above, the hosts of angels sing praise; below men and women form choirs in the churches and imitate them by singing the same doxology...The inhabitants of heaven and earth are brought together in a common assembly; there is one thanksgiving, one shout of delight, one joyful chorus.” – St John Chrysostom

**30<sup>th</sup> Anniversary of Clergy Ordinations** – We will be celebrating the 30<sup>th</sup> anniversary of the ordinations of Fr. John, Fr. Basil, Dn. James, Dn. Charles, Dn. Tim, and Dn. Sidney, as well as the Chrismations of the original members, on Wednesday, March 15<sup>th</sup>. Please bring a fasting dessert to share and join us in honoring all of these special people!

**Wednesday Lenten Meals** – There is one final date available to cook a Lenten meal this year, **April 13, Holy Thursday**, following Vespers Divine Liturgy. If you would like to provide this meal, please contact Trish in the office or sign up online.

**Lenten Handouts** - The *newly updated* Lenten booklets are now available downstairs in the parish hall.

### Master Plan Updates

**Progress on building** – It might not look like much, but the pipes sticking out of the ground are a big deal! We are that much closer to having the slab poured. Lord willing, that will happen this coming week. The slow and steady progress still has us on schedule for an October finish! O Holy Father, Raphael, pray unto God for us!

**Fund raising** – Thank you for your help thus far!! There are pledge cards for the building fund available downstairs. Every little bit helps!

## Birthdays, Anniversaries, & Namedays

<b>Monday, 3/13:</b>	Sarah Finley
<b>Tuesday, 3/14:</b>	Kera White
<b>Wednesday, 3/15:</b>	Joyce Grossman, Stephanie Harants, Elfreida Drobashevsky, James Elliott
<b>Saturday, 3/18:</b>	Rick Yadron

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### UPCOMING AT ST. JOHN

<b>March 19</b>	<b>Memorial</b> – 40 days for Elias Mansour <b>Soup Kitchen</b> , First Presbyterian Church
<b>*March 24</b>	<b>Orthros for Annunciation</b> , 5:00 p.m. <b>Divine Liturgy for Annunciation</b> , 6:00 p.m. <b>Potluck Dinner</b> to follow liturgy. Fish, wine & oil allowed!
<b>April 1</b>	<b>Holy Baptism</b> of Emma Jane Leopold
<b>April 2</b>	<b>Memorials</b> – Jill Healy, 3 years; Esther Longa, 7 years; Paul Parham, 5 years

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### Women of St. John – AWSJ Calendar

<b>March 19</b>	<b>Baby Shower for Chelsea Yadron</b>
<b>March 26</b>	<b>AWSJ Business Meeting</b> , coffee hour
<b>April 6</b>	<b>Women's Teaching</b> , 10:00 a.m., Kh. Pamela's home
<b>April 21</b>	<b>Painting Party</b> - details to come
<b>April 27</b>	<b>Women's Discussion Group</b> , 6:30 p.m., Lynda Spinolo's home. Please bring appetizer, dessert or beverages to share!
<b>May 1</b>	<b>AWSJ Book Club</b> will be discussing <i>Ascent to the Summit...the Life and Martyric Death of Igor Rozin</i>

## Library Lines

Are you new to fasting and need some help with yummy recipes? Are you a long time faster and need new ideas??? Go to St. John Library and look at the colorful cookbooks on display on the top of the Reference section.

Do you get the St. Gregorys mixed up? Today is the feast day of Gregory Palamas. He is a 14th century saint who is known as a teacher of hesychasm and as an apologist of Orthodoxy. Discover more about him in these St. John Library books:

*The Lives of the Pillars of Orthodoxy* REF HAG HOL  
*Saint Gregory Palamas As a Hagiorite* by Metropolitan of Nafpakos Hierotheos HAG GRE HIE  
*St. Gregory Palamas and Orthodox Spirituality* by John Meyendorff PAT COM GRE  
*A Study of Gregory Palamas* by John Meyendorff HAG GRE MEY

St. Gregory (3/12) the Dialogist and Pope of Rome was descended from a family of saints. He reluctantly accepted the office of bishop of Rome, considering himself unworthy. He used his excellent education in service of the Church. He authored the *Commentary on the Book of Job* and compiled the *Liturgy of the Presanctified Gifts* in Latin. His *Pastoral Rule* describes the role of a true pastor. He was given the title *Diologius* for his work on the Italian Fathers. Read more about him in *Orthodox America*, Sept.–Oct., 1993, p. 5-7.

Saint Benedict (3/14) was born in Italy in the fifth century. He studied in Rome as a teenager but was troubled by the immorality of the city and left to live in asceticism. His pious life drew many disciples, and he settled them into twelve communities. His monastic order brought some critics, so he moved his monks and founded a monastery which became a theological center for the Western Church. The Rule of St. Benedict was based on the lives and counsels of the desert fathers and St. John Cassian. It ordered obedience, the renunciation of personal possessions, and manual labor. Older monks preserved the writings from early Christianity and instructed the younger monks. The head (igumen) of the monasteries taught and explained the Faith to the others. He asked advice from the experienced monks but made the final decisions. St. Benedict died in 547. We owe much of our knowledge of his life from the second *Dialogue* of St. Gregory the Great. Children will enjoy reading about him and his sister in *Holy Twins* (KID STS BEN).

What do St. Patrick (3/17) and St. Nicholas (12/6) have in common? They are both Orthodox Saints who are recognized in the popular culture with secular celebrations. Read about St. Patrick in *Saints of the British Isles* (HAG - - - PET), *Apostles of Medieval Europe* (HAG - - - SPA), *The Life of Saint Patrick* (KID STS PAT), and Tomie dePoalo's *Patrick, Saint of Ireland* (KID STS PAT). There's much more to his life than chasing snakes out of Ireland. Check the bulletin board in St. John Library for a list of all our titles on Celtic Saints.

Who's that other saint we commemorate on St. Patrick's Day? Read about him at St. John Library in *St. Alexis, The Man of God* (HAG ALE HOL).