



*Jesus Christ, our
Saviour and Redeemer*

Holy Protection Orthodox Church

Greetings on this blessed Lord's Day! Please take a green information sheet if this is your first time here. You can put in any collection basket or hand to greeter

IN EMERGENCY CALL/TEXT 813-406-2620 (Fr.'s cell). If in middle of night and no answer, call 813-659-0123 or 813-451-9829 (Pani's cell). If they are off duty please call Parish Council President below

Schedule

Today is Tone 6

Sunday, March 4

St. Gregory Palamas

9:45 am Divine Liturgy

11:15 am Fellowship

Christian Ed

5:00 pm Lenten Vespers St. George
Clearwater

March 7 Wednesday

7pm Penitential Liturgy of the
Presanctified Gifts (see guidelines for
Communion)

Sunday, March 11

Veneration of the Cross

9:45 am Divine Liturgy

11:15 am Fellowship

11:30 am Christian Ed for Children

5:00 pm Lenten Vespers

Sunday March 18 Sunday of the

Ladder

9:15am Confession

9:45am Divine Liturgy followed by
fellowship

5pm Pan-Orthodox Vespers

Wednesday March 21

3:15pm-4:15pm Presanctified Liturgy

7pm-8pm Great Canon of Repentance

Friday March 23

3:15pm-4:15pm Presanctified Liturgy

7pm Salutations to the Theotokos
(Akathyst)

ANNOUNCEMENTS

Christian Ed for our youth is beginning today. The children will come to fellowship for something to eat and then Miss Lupe will give the children a lesson.

Sign up for a ministry duty for Great Lent/Pascha. The sheets are attached the bulletin. If you have any questions, please see a council member. We all have our parts, let's work together to make this season full of stewardship and repentance.

Pick up your Lent and Holy Week service schedule today!

We are going to publish a parish directory. If you wish not to be in the directory, please let Pani know. You can text her at 813-451-9829 or email her at panicarrie@yahoo.com.

Sign up for fellowship! It can be as simple as bagels or donuts. Please see the board in the hall, or a council member if you have any questions. The weeks throughout Great Lent need to be fasting for fellowship.

*To take Communion at an evening Presanctified Liturgy, eat fasting foods (not meat, etc.) sparingly during the day, and cease eating altogether following midday light fasting lunch, ceasing eating altogether at least 4 hours prior to Communion (unless medical needs demand otherwise).

It is time for the UOL essay contest for people of all ages! The theme is "For I know the plans I have for you," declares the Lord, "plans to prosper you and not harm you, plans to give you hope and a future." --Jeremiah 29:11. Please see the flyer for specific information.

Lent is a time for repentance and self-denial. Take this time to reflect on how you can become closer to God through prayer and stewardship.

You can sign up to read the Psalter during Great Lent with people across the country. See the flyer on how!

Readers Schedule:

March 4	Brian
March 11	Andrew
March 18	John
March 25	Mike

March shopping list: hot chocolate, toilet paper. If you are at the store, pick up something and bring to church.

Please remember to follow the preparatory guidelines for communion (see website www.holyorthodox.org for details).

Prayer Corner: Please pray for the ailing: Mary, Kathy, Susan, Helen, Neila, Olexander, Anna, John, Carol, Mat. Mary, P.Vera, SD. John, Randee, John, Ryan, Marie, Paul, Mary, Pangratios, Tikon, Vasili, Jeremiah, Dcn. Luke, Maria, John David, Elizabeth, Joshua, Alexander, Nicholas, Rebecca, Genevieve, Panteleimon, Vladimir, Margaret, David, Sarah, Jonathon, Simon, Gene, Judy, Fr. Michael, Fr. John, Anastasia, Demitrios, Alexandra, Israel, George, Michelle, George, Beth, Alex, George, Joseph, Jaqueline, Michael, Geverlyn, Thomas, Norma, Sally, Sarah, Derek, Susan, Lucy, Beth, Kathy, Phyllis, John, David, Shirley, Kalie, Madeline, Thomas, Patricia, Marie, Archimandrite David, Jake, Tom, Beverly, Taylor, Reghyn, Sylvia, Andreas, Josh, Nicole, Joyce, Sandy, Yamileth, Georgina, Kathy, Pam, Ann, Eli, Shay, Ocean, Lauren, Donna, Kim, Lori, Nancy, George, Sharon, Sylvia, Kristi, Gary, Father Basil

If you would like someone on the bulletin prayer list just let Pani know. Please review the prayer list, if you know of someone who should be taken off, please let Pani know.

Parish council contacts: Scottie (President): 813-629-6027, Brian (Vice President): (813) 763-5226, Rebecca (Treasurer): (813) 763-5225, Nancy (Co Treasurer) (727) 584-7907, Paula (813) 838-4554 (Secretary) and Susan (813) 352-5024.

Lenten Vespers:

March 11 5:00 pm St. Andrew New Port Richey

March 18 5:00 pm St. Nicholas Pinellas Park

March 25 5:00 pm St. Gregory Tampa

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) had 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 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.