

SUNDAY OF ST. GREGORY PALAMAS March 31, 2024

Sunday of St. Gregory Palamas March 31, 2024

Lenten Fast. Wine & oil allowed | Mode 2 | 10th Orthros Gospel

This Sunday we observe the Second Sunday of Great and Holy Lent on which we remember our Father among the Saints, Gregory, called Palamas, the Archbishop of Thessaloniki; we also remember the Holy Hieromartyr Hypatius, Bishop of Gangra; Theophilos the Martyr and those with him; Innocent, Enlightener of Siberia & Alaska; and Akakios the Confessor.

Antiphon I. Mode 2. Psalm 103.

Verse 1: Bless the Lord, O my soul, and everything within me, bless His holy name. **Refrain:** Through the intercessions of the Theotokos, Savior, save us.

Verse 2: Bless the Lord, O my soul, and forget not all His rewards.

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ, σῶσον ἡμᾶς.

Verse 3: The Lord prepared His throne in heaven, and His Kingdom rules over all.

Through the intercessions of the Theotokos, Savior, save us.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Through the intercessions of the Theotokos, Savior, save us.

Antiphon II. Mode 2. Psalm 146.

Verse 1: Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.

Refrain: Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

Verse 2: Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Verse 3: The Lord shall reign forever; your God, O Zion, to all generations.

Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen.

Only begotten Son and Logos of God....

Third Antiphon. Resurrectional Apolytikion. Mode 2.

Ότε κατῆλθες πρὸς τὸν θάνατον, ἡ ζωὴ ἡ ἀθάνατος, τότε τὸν ἄδην ἐνέκρωσας, τῆ ἀστραπῆ τῆς θεότητος· ὅτε δὲ καὶ τοὺς τεθνεῶτας, ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν δόξα σοι.

When you descended unto death, O Lord Who Yourself are immortal Life, then did You Mortify Hades with the lightning flash of Your Divinity. Also when You raised the dead

from the nether world, all the Powers of the heavens cried out, "O Giver of life, Christ our God, glory to You!

Apolytikion for St. Gregory, Plagal 4 Mode: Όρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος

ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἱκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Apolytikion of the Church, Mode 4: Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἀπ' αἰῶνος Μυστηρίου ἡ φανέρωσις, ὁ Υἰὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς σὺν αὐτῷ τὴ Θεοτόκω βοήσωμεν· Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Today is the crowning moment of our salvation, and the unfolding of the eternal mystery: the Son of God becomes the Son of the Virgin, and Gabriel brings the good tidings of grace. Therefore with him let us also cry aloud to the Mother of God: Hail, full of grace! The Lord is with you.

Festal Kontakion, Mode Plagal 4: Τῆ ὑπερμάχῷ στρατηγῷ τὰ νικητήρια, Ὁς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἱνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

After the Trisagion Hymn:

Prokeimenon of the Apostle. Mode 2. Psalm 117.

The Lord is my strength and my song, and He became my salvation.

The Lord chastened and corrected me, but He did not give me up to death.

The Reading is from the Holy Apostle Paul's Letter to the Hebrews (1:10-14; 2:1-3): IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Alleluia

The Gospel Reading is from Mark (2:1-12): At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening,

they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

DIVINE LITURGY OF ST. BASIL THE GREAT

Parish Council: Team B Milt Apostolidis – Team Leader, Nick Avdis, George Chuchas, Michael Dariotis, Stella Dariotis, Maria Sampanis



Altar Guild Deanna Haralambakis



Publication Submission Deadlines

Sunday Bulletin – Wednesdays by 4pm to nhansen@annunciationsac.org Limited to Annunciation parish and parochial ministry activities and announcements

This Week at Annunciation Email - Wednesdays by 4pm to nhansen@annunciationsac.org

Quarterly Observer - June 10th to Observer@annunciationsac.org

PLEASE JOIN US FOR COFFEE FELLOWSHIP TODAY FOLLOWING THE DIVINE LITURGY TO CELEBRATE

Bess Kerhoulas' 100th Birthday

HOSTED BY HER FAMILY





SUNDAY SCHOOL

Building a solid foundation for Christian education and formation.

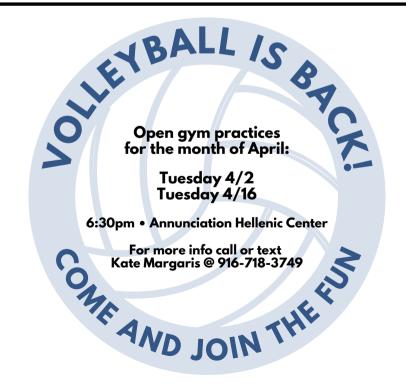
REGISTRATION STILL OPEN FOR THE 2023-24 SCHOOL YEAR Register at <u>tiny.cc/sundayschool23</u>

Please consider registering your child/children for the remainder of the '23-24 Sunday School year! In addition to learning about our Orthodox faith, we have many fun upcoming activities and events like our annual Lenten Retreat, Godparents Sunday, and End of Year BBQ.

Please contact sundayschool@annunciationsac.org with questions.

Philoptochos Baking for Pascha has begun!

Please join the members of Philoptochos for our next baking day of **Monday, April 1**. We begin baking at 9 a.m. and usually end at 3 p.m. There will be a Lenten lunch to enjoy with your fellow bakers!



Save the Date GODPARENTS SUNDAY APRIL 7, 2024

Children are encouraged to invite their Godparent(s) to join them for Holy Communion and fellowship on this special day.

If Godparents cannot attend, family members are welcome to join in their place.



MYRRHBEARERS

Girls 2nd grade and up



Practices Sunday, April 7 - following the Divine Liturgy Sunday, April 14 - following the Divine Liturgy Sunday, April 21 - following the Divine Liturgy Saturday of Lazarus, April 27 - following the Lenten Youth Retreat Palm Sunday, April 28 - following the Divine Liturgy Holy Friday, May 3 - following the Great Hours

Meet in the Sunday School pews

Services

Holy Friday. May 3 - The Descent from the Cross - 2:45pm (optional) Holy Friday, May 3 - The Service of the Lamentations - 6:45pm Holy Saturday, May 4 - Vesperal Liturgy of St. Basil - 9:45am (optional)

Meet in the bride's room



Registration required at tiny.cc/myrrhbearer

We ask that participants attend a minimum of three practices

A limited number of white dresses in various sizes are available for use

Please contact Nicki Hansen at nhansen@annunciationsac.org with any questions



ANNUNCIATION YOUNG PROFESSIONALS BLOOD DRIVE Because of you, life doesn't stop.

ANNUNCIATION GREEK ORTHODOX CHURCH

Sunday, April 7th 12:00 - 4:00pm

On the Bloodmobile at 600 Alhambra Blvd.

Please bring a photo I.D. Eat well and drink plenty of water! For eligibility questions, pleas call 877-258-4825

877-25-VITAL



APPOINTMENTS are encouraged.



Ask us how you can **POWER UP** your donation.

For appointments, <u>Click Here</u> or scan the QR code below.



Blood Donation

<image><image><image><image><complex-block><complex-block><image>

Donor App

LENTEN RETREAT

AUTHENTIC

AUTHENTIC

CHRIST +

PRESENTER: GEORGE PAPAGEORGE M.A., LMFT

George Papageorge is a licensed Marriage & Family Therapist who has been counseling families, couples, and young people for over 30 years. George is a highly sought out workshop speaker who is committed to integrating sensible psychological principles with Christ centered teaching. George is also Director of the Family Wellness Ministry for the Metropolis of San Francisco, focused on emotional and spiritual health,

In addition, George is a Professor of Family Therapy in the Graduate School of Counseling Psychology at Santa Clara University. George and his wife Kim live in Danville California and have raised two children, Olivia & Petros.

AME:			

E-MAIL:

PHONE:

WHEN

April 13, 2024 10:00am – 3:00 pm

WHERE

Annunciation Hellenic Center 616 Alhambra Blvd., Sacramento, CA

REGISTER TODAY

HTTPS://FORMS.GLE/Q5PRAPJF95SQDXNV6



REGISTRATION FEE: \$15

- Mail to: Greek Orthodox Ladies Philoptochos Society, Attn: Lenten Retreat – 616 Alhambra Blvd., Sacramento, CA 95816
- Scan QR Code

SCHEDULE:

- 9:15-10:00AM REGISTRATION
- 10:000-10:50AM LECTURE #1
- 11:10AM-12:00PM LECTURE #2
- 12:00-1:00PM LUNCH
- 1:00PM-2:00PM LECTURE #3
- 2:00-3:00PM Q&A

CONTACT

ANNUNCIATIONSACEVENTS@YAHOO.COM WITH QUESTIONS



SACRAMENTO

LENTEN YOUTH RETREAT

SATURDAY OF LAZARUS APRIL 27, 2024

10am - 3pm

GRADES TK-12

DIVINE LITURGY · LENTEN BREAKFAST TYING OF THE PALM CROSSES · MUSIC **BIBLE LESSON · CRAFTS & MORE**

REGISTER AT tiny.cc/youthretreat24

REGISTRATION REQUIRED

SPONSORED BY ANNUNCIATION SUNDAY SCHOOL CONTACT NHANSEN@ANNUNCIATIONSAC.ORG WITH QUESTIONS





GOYA VOLUNTEERS NEEDED

SATURDAY OF LAZARUS APRIL 27, 2024

10am - 3pm

GOYA VOLUNTEERS NEEDED TO HELP LEAD YOUTH ACTIVITIES

DIVINE LITURGY · LENTEN BREAKFAST TYING OF THE PALM CROSSES · MUSIC BIBLE LESSON · CRAFTS & MORE

GREAT OPPORTUNITY FOR SCHOOL-REQUIRED SERVICE HOURS GRADES 6-12 · REGISTRATION REQUIRED

REGISTER AT tiny.cc/goyavolunteer24

SPONSORED BY ANNUNCIATION SUNDAY SCHOOL CONTACT NHANSEN@ANNUNCIATIONSAC.ORG WITH QUESTIONS



JOIN OUR ANNUNCIATION FAMILY FOR SATURDAY OF LAZARUS



SATURDAY, APRIL 27

9:00AM ORTHROS, 10:00AM DIVINE LITURGY FOLLOWED BY A LENTEN BREAKFAST SPONSORED BY PHILOPTOCHOS AND TYING OF THE PALM CROSSES



PROJECT MEXICO BUILDING HOPE. SERVING PEOPLE. JUNE 5-11, 2024

ANNUNCIATION TEAM REGISTRATION NOW OPEN FOR YOUTH AND ADULTS, AGES 13+

Visit projectmexico.org/homebuilding for details

Interested in attending? Contact Nicki Hansen at nhansen@annunciationsac.org

Project Mexico & St. Innocent Orphanage performs works of mercy and helps others do works of mercy in the name of Jesus Christ, transcending cultural barriers by building homes for the poor in Mexico and by providing a home for orphaned boys through St. Innocent Orphanage.

Since 1988, Project Mexico has been building safe, secure and weather-tight homes for some of the most impoverished families in Northern Mexico. Every home is constructed over the course of four days and built entirely with volunteer labor. Once complete, these homes are provided so that these families can build a brighter future for themselves and their children.





Greek Orthodox Ladies Philoptochos Society



EASTER BAKE SALE

Sunday April 28, 2024

Hellenic Center Foyer 11:00 a.m. – 1:00 p.m.

Happy Easter! Καλη Ανασταση!



To ensure availability pre-order by April 22.

Scan the QR code or visit us online at https://annunciation-greek-orthodox-ladies-philoptochos.square.site/ You may also email Despina DespinaDemas@outlook.com or call Toula Delis at (916) 745-5022 Orders can also be mailed to: Annunciation Philoptochos Attn: Bake Sale 616 Albambra Blyd Sacramento, CA 95816

Name	Phone	Date Ordered	
Pick up Dates: Sat. April 27	Sun. April 28	Time: 11:00 am – 1:00 pm	
		Quantity	Cost
Tsourekia	\$15 per loaf		
Koulourakia	\$10 per dozen		
Kourabiethes	\$20 per dozen		
Kourabiethes with almonds	\$20 per dozen		
Baklava	\$25 per dozen		
Combination (4 Baklava, 4 kourambiethes,	\$25 per box		
4 Melomakarona, 4 Koulourakia) Kataifi	\$20 per dozen		
Galaktoboureko			
Galaktoboureko	\$30 per pan		
		Tot	al

PASCHA PICNIC AT HELLENIC PARK, LINCOLN

SUNDAY, MAY 5, 2024

GATES OPEN AT 7:00AM AGAPE VESPERS AT 12:00PM

> HELLENIC PARK 4775 Moore Road Lincoln, CA 95648

- Please bring your own tables and chairs
- Park grounds have electricity, running water & restrooms
- All are welcome to attend

Free admission, but donations are welcome at tiny.cc/paschapicnic24

DIRECTIONS

Hwy 80 towards Reno, Exit Hwy 65 North towards Lincoln Left on Twelve Bridges, Left on Industrial Blvd Right on Athena Rd, Right on Fiddyment Left on Moore, Right on Ferreira Rd

For more information, please contact Chris Georgoulias (916) 541-6124 or cgeorgoulias@gmail.com

> Sponsored by the Hellenic Orthodox Education & Cultural Center

Epistle Reading Program

The Epistle Reading Program is open to our parish youth (ages 10+) and is a wonderful opportunity for our children to take part in the Divine Liturgy on Sundays, and serve our community!

Please register and select reading dates at the link below. A confirmation will be emailed, along with the reading(s) for the selected date(s). Assistance is available to prepare new readers. Readers are needed every Sunday.

Please contact Nicki Hansen at nhansen@annunciationsac.org with questions.

tiny.cc/epistlereaders



With the Annunciation Senior League Bridge Group

The Annunciation Senior League (ASL) Hellenic Bridge Group is offering Bridge lessons for beginners and those who would like a refresher course. A series of 10 weekly lessons will be taught in our Hellenic Center by renowned Certified Bridge Teacher, Jim Bowman. Enjoy the friendly company of men and women Annunciation parishioners, while learning to play Bridge, a stimulating card game that is both challenging and fun.

For details, call or email Sophia Evrigenis at (916) 290-3615 *cell*, (916) 485 4316 *home*, or at sophiage@sbcglobal.net.



Greek Ladies Philoptochos

Wine Tasting

in the Grove

Friday, May 10th 6:00-9:00PM

ANNUNCIATION HELLENIC CENTER

616 Alhambra Blvd

\$40 Per Person Includes Food and Wine

Featured: Artists, Silent Auction, Music, & Raffle



All proceeds to benefit Philoptochos "Friends of the Poor"

Contributions Appreciated

For more information: Contact Helen Nickolson at

(530) 656-2177 or hnickols@yccd.edu

PANCRETAN ASSOCIATION OF AMERICA DIAS SACRAMENTO

Take and Bake Kalitsounia Sale

Πασχαλινά Κρητικά Καλιτσούνια Φούρνου



The perfect addition to your Easter/Pascha menu!

Kalitsounia are traditional savory hand pies from the island of Crete. They are made with dough, filled with cheese, and sprinkled with sesame seeds.

Par baked and frozen. They require a second bake when you are ready to enjoy. Baking instructions included.

\$25 Box of 12

Handmade by the members of DIAS Sacramento

Pre-orders only by **April 12th** to Koula Kokologiannakis at sacramentocretans@gmail.com or (916) 410-3549

Available for pick up at the Hellenic Center on the Saturday of Lazarus, April 27th, 3:15-4:30 PM

Proceeds will benefit the Sacramento chapter of the Pancretan Youth of America (PYA), Psyxi Tis Kritis





2024 SUMMER CAMP DATES: SESSION 1: JULY 7 - 13 SESSION 2: JULY 14 - 20 SESSION 3: JULY 21 - 27

WWW.GOSFYOUTH.ORG

REGISTER TODAY! SPACES ARE FILLING FAST

REGISTRATION PRICES

\$675 - EARLY REGISTRATION February 5 - February 29

\$700 - REGULAR REGISTRATION March 1 - April 30

\$750 - LATE REGISTRATION May 1 or later Camp scholarships in the amount of \$300 per camper are available to Annunciation youth. To receive a \$300 camp scholarship reimbursement, submit your camp confirmation, along with proof of registration fee paid in full, to accounting@annunciationsac.org.

Reimbursements will be issued at the conclusion of the registered camp session.



The members of Philoptochos want to thank our parishioners who support us throughout the year by sponsoring Annunciation's Sunday coffee hours and bringing pastry and goodies to share. Your sponsorship and sharing promotes fellowship, and we are so grateful.

Please consider hosting a coffee hour in April, May or anytime during the year! Cookies, fruit, or a cake would be great! Coffee will be made for you.

Contact Donna Wagner at 916-214-9794 to secure a date for hosting a regular coffee hour. When contacting Effie in the church office to schedule a memorial, please let her know if you also wish to host coffee fellowship. She can be reached in the office at 916-443-2033 ext 222.

STAY UP-TO-DATE ON UPCOMING SERVICES AND EVENTS WITH THE

Annunciation Parish Calendar

tiny.cc/parishcalendar

THE GREEK ORTHODOX CHURCH OF THE ANNUNCIATION

600 Alhambra Blvd. Sacramento, California 95816 (mailing address 616 Alhambra)

OUR MISSION is to bring all people to full maturity in Christ through Worship (Liturgia), Service (Diakonia), Education (Paideia), Witness (Martyria) and Fellowship (Koinonia), guided and united in all things by the One Holy Spirit.

If you are visiting with us this morning, you are most welcome! Please fill out a Visitor's Card in the Narthex. If you have questions about the Orthodox Christian faith, our schedule of services, or becoming a member of the parish, please go to our website at www.annunciationsac.org, or contact the church office to speak with one of the Priests (M-F, 9 am - 3:30 pm, phone (916) 443-2033).

Be sure to visit our bookstore in the Annunciation Hellenic Center (entrance on Alhambra Blvd). The bookstore is open Sundays after Church or call (916) 231-9949 for an appointment.

Rev. Fr. James Retelas, Presiding Priest | frjames@annunciationsac.org Rev. Fr. Timothy Robinson, Associate Priest | frtimothy@annunciationsac.org

616 Alhambra Blvd. Sacramento, CA 95816 Office: (916) 443-2033 | Office Hours Monday-Friday 9:00am-4:30pm www.annunciationsac.org

March 31 - April 7

Sunday, March 31	Sunday of St. Gregory Palamas 9:00am Orthros, 10:00am Divine Liturgy Coffee Fellowship in Honor of Bess Kerhoulas' 100th Birthday
Monday, April 1	9:00am Philoptochos Easter Baking 6:00pm Great Compline 7:00pm Living Tradition & Bible Study with Fr. James
Tuesday, April 2	6:30pm Volleyball Practice
Wednesday, April 3	6:00pm Liturgy of the Presanctified Gifts 7:00pm Presanctified Supper - Hosted by Parish Council
Friday, April 5	7:00pm Salutations to the Theotokos
Sunday, April 7	Sunday of the Holy Cross 9:00am Orthros, 10:00am Divine Liturgy Godparents Sunday Annunciation Young Professionals Blood Drive

STEWARDSHIP 2024 BELIEVE, BELONG, BE LOVED



Make your pledge online at <u>annunciationsac.org/stewardship</u> or return a pledge card to the Church Office



Annunciation Greek Orthodox Church, Sacramento • 616 Alhambra Blvd • Sacramento, CA 95816 • (916) 443-2033