



SUNDAY OF ST. GREGORY PALAMAS
MARCH 8, 2026

The Second Sunday of Great Lent
The Sunday of St. Gregory Palamas
March 8, 2026

Lenten Fast. Wine & oil allowed. | Mode Plagal 2 | 6th 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 Theophylact the Confessor, Bishop of Nicomedia; Hermas the Apostle of the 70; Dometios the Righteous; Paul the Confessor; and Felix of Burgundy, Enlightener of East Anglia.

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. Plagal 2 Mode.

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἀχραντὸν σου σῶμα. Ἐσκύλευσας τὸν Ἄϊδην, μὴ πειρασθεῖς ὑπ' αὐτοῦ, ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

Apolytikion for St. Gregory, Plagal 4 Mode: Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε 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 Wonderworker 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 Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ 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: Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα 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. Plagal 2 Mode. Psalm 27.

O Lord, save Your people, and bless Your inheritance.

To You, O Lord, I cry; O my God.

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!"

THE DIVINE LITURGY OF ST. BASIL THE GREAT



Parish Council: Team A

Bill Evrigenis – Team Leader, Takis Fotopoulos,
Chris Georgoulis, RJ Hansen, Niko Pikios, Demetri Romas

Altar Guild

Kate Margaris & Shari Moody

Memorial

Maria Spyridaki Valaki (40 days)

Coffe Fellowship

Sponsored by The Spyridakis Family

Publication Submission Deadlines

Sunday Bulletin - Wednesdays by 4pm to nhansen@annunciationsac.org
Limited to Annunciation parish and parochial ministry activities and announcements
Weekly Email Blast - Wednesdays by 4pm to nhansen@annunciationsac.org
Quarterly Observer - March 10th to observer@annunciationsac.org

2026 ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL

SENIOR DIVISION (GRADES 10-12)
JUNIOR DIVISION (GRADES 7-9)



ANNUNCIATION PARISH FESTIVAL SUNDAY, MARCH 15, 2026 FOLLOWING THE DIVINE LITURGY

AWARDS

National finalists are eligible to receive the following:

- St. John Chrysostom Oratorical Festival Scholarship: \$750 to \$3000
- FAITH: An Endowment for Orthodoxy and Hellenism: to be announced

Finalists at any level are eligible to receive the following:

- Chrysostom Scholarship to Hellenic College: \$2,500 up to \$30,000 per year

Find registration, tips, manual & additional information at
www.goarch.org/oratorical

Questions? Interested in participating?
Contact oratorical@annunciationsac.org

ST. JOHN CHRYSOTOM ORATORICAL FESTIVAL
DEPARTMENT OF RELIGIOUS EDUCATION (DRE)
GREEK ORTHODOX ARCHDIOCESE OF AMERICA
www.goarch.org/oratorical



MYRRHBEARERS

Girls 2nd grade and up



Practices

Sunday, March 8 - following the Divine Liturgy
Sunday, March 15 - following the Divine Liturgy
Sunday, March 29 - following the Divine Liturgy
Saturday of Lazarus, April 4 - following the Lenten Youth Retreat
Palm Sunday, April 5 - following the Divine Liturgy
Holy Friday, April 10 - following the Great Hours

Meet in the Sunday School pews

Services

Holy Friday, April 10 - The Descent from the Cross - 2:45pm (optional)
Holy Friday, April 10 - The Service of the Lamentations - 6:45pm
Holy Saturday, April 11 - Vespertal Liturgy of St. Basil - 10:00am (optional)
Holy Saturday, April 11 - Vigil of Pascha - 11:00pm (optional)



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 nhansen@annunciationsac.org with any questions

Lenten Retreat

Anchoring One's Life in Christ: Relationships With God, Self and Others

WITH SPECIAL GUEST SPEAKER
MICHELLE MOUJAES
FROM FAITHTREE RESOURCES

Saturday, March 21

Annunciation Hellenic Center

Registration: \$15

9:30 am *Registration & Coffee*
10:00 am *Sessions 1 & 2*
12:00 pm *Lunch*
1:00 pm *Final Session with Q & A*



Scan code
to register

About Michelle Moujaes



Michelle Moujaes is the founder and Executive Director of Faithtree Resources and has held ministry leadership positions for over 30 years. With a background in Community Organizing and graduate studies that emphasize organizing communities of faith, Michelle earned her MSW while actively working in the film and television industry. Michelle's passion is bringing her two worlds of production and ministry together by supporting pastors and lay leaders in their ministries as well as by creating materials that engage and inspire the people in the pews. When she's not speaking or creating content for Faithtree, she can be found spending time with her husband and their four children or volunteering at St. Michael Church in Van Nuys, her home parish.

SPONSORED BY ANNUNCIATION PHILOPTOCHOS

PLEASE CONTACT ANNUNCIATIONSACEVENTS@YAHOO.COM WITH QUESTIONS



BY THE GRACE OF GOD
AND THROUGH THE APOSTOLIC TRADITION
OF THE LAYING ON OF HANDS

HIS EMINENCE
METROPOLITAN GERASIMOS
OF SAN FRANCISCO

WILL ORDAIN
DEMETRIUS THALES DOGIAS
TO THE HOLY DIACONATE

SUNDAY, MARCH 22ND, 2026

ANNUNCIATION GREEK ORTHODOX CHURCH
616 ALHAMBRA BLVD
SACRAMENTO, CA 95816
UNITED STATES

9:00 AM ORTHROS
10:00 AM HIERARCHICAL DIVINE LITURGY

WE HUMBLY REQUEST YOUR
PRAYERS AND PRESENCE

Luncheon reservations are required by Wednesday, March 18
to tiny.cc/ordination2026



ANNUNCIATION OF THE THEOTOKOS

GREEK INDEPENDENCE DAY

TUESDAY, MARCH 24

Great Vespers for the Annunciation 6:00 p.m.

Coffee Reception

Hosted by Annunciation Philoptochos

WEDNESDAY, MARCH 25

Orthros 9:00 a.m. • Divine Liturgy 10:00 a.m.

Flag Raising Ceremony

AHEPA, Sacramento Chapter

Parish Feast Day Luncheon

Hosted by Annunciation Parish Council

SUNDAY, MARCH 29

Orthros 9:00 a.m. • Divine Liturgy 10:00 a.m.

Greek Independence Day Coffee Hour Celebration

Special Performances by Annunciation Greek School and Greek Dance



ANNUNCIATION SACRAMENTO

LENTEN
YOUTH
RETREAT

SAVE THE DATE

SATURDAY OF LAZARUS
APRIL 4, 2026

ADDITIONAL DETAILS AND
REGISTRATION COMING SOON



JOIN OUR ANNUNCIATION FAMILY FOR

SATURDAY OF LAZARUS

SATURDAY, APRIL 4

9:00AM ORTHROS, 10:00AM DIVINE LITURGY

FOLLOWED BY A LENTEN BREAKFAST SPONSORED BY PHILOPTOCHOS
AND TYING OF THE PALM CROSSES



Save the date

Annunciation Philoptochos Society's annual

PALM SUNDAY LUNCHEON

Sunday, April 5, 2026

Immediately following the Divine Liturgy
Annunciation Hellenic Center

Additional details & reservation information coming soon



Philoptochos Easter Baking Day

Philoptochos will be selling koulourakia for Pascha. If you would like to help with making koulourakia, please join us!

Monday, March 9
Monday, March 16
Monday, March 23
Friday, March 27
Monday, March 30
Friday, April 3

9:00am

Annunciation Hellenic Center Kitchen

ANNUNCIATION



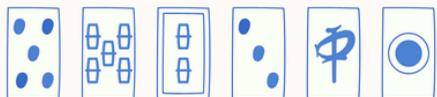
SAVE THE DATE

JUNE 15-18

DETAILS & REGISTRATION
COMING SOON

ANNUNCIATION SENIOR LEAGUE

Mahjong Group



The Annunciation Senior League invites you to join us every Friday for Mahjong and good company. Whether you're an experienced player or brand new to the game, you're welcome to join us as we learn together, share conversation, and enjoy time in fellowship.

Mahjong offers a wonderful opportunity to exercise the mind while building friendships within our parish community. All ages and skill levels are welcome!

FRIDAYS
10:00 AM

ANNUNCIATION
PARISH LIBRARY

Please contact Bernadette Kontos with questions
bernadettekre1985@gmail.com or (916) 505-3946



SUNDAY SCHOOL

Building a solid foundation for Christian education and formation

REGISTRATION STILL OPEN FOR THE 2025-2026 SCHOOL YEAR

DIVINE LITURGY BEGINS AT 10:00AM
CLASSES BEGIN IMMEDIATELY FOLLOWING HOLY COMMUNION

Please contact sundayschool@annunciationsac.org with questions



BOOKS • GIFTS • ICONS • JEWELRY • CANDLES • CHILDREN'S BOOKS & MORE
OPEN EVERY SUNDAY FOLLOWING THE DIVINE LITURGY

Visit us after liturgy today for wonderful baptism gifts, icons, children's books and items, good reads, cross jewelry, monastery incense for the home, and more!

We now have the sterling silver cross in stock.
This cross has been uniquely designed for us
using our parish cross and is just beautiful.



SALE - various items now on sale - check them out before they sell out!

Thank you for your support. Your purchases help
the Bookstore give back to our parish community.

Contact us at bookstore@annunciationsac.org

Become a Sponsor!
COFFEE HOUR FELLOWSHIP

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 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. Effie can be reached in the office at (916) 443-2033 ext 222.



We're so glad you are here with us today!

If you are visiting, we warmly invite you to join us next door in the Hellenic Center following the Divine Liturgy for coffee fellowship.

Be sure to stop by the Welcoming Table during coffee fellowship to meet our team, ask questions, and learn more about our faith, parish, and ministries.

We look forward to greeting you!



EVERY MINISTRY
EVERY MOMENT
EVERY BLESSING

YOUR STEWARDSHIP
MAKES IT POSSIBLE

STEWARDSHIP 2026

Every photo tells the story of a moment made possible by stewardship—youth growing in the faith, families worshipping together, ministries serving others, and the traditions that strengthen our parish life.

Our Annunciation community thrives because of the dedication, involvement, and generosity of parishioners like you. For many, Annunciation is where lifelong friendships were formed and core memories were made growing up in the life of the Church. For others, it has become a welcoming spiritual home where new memories are being created, one faithful step at a time. Together, these moments weave the story of our parish.

Your commitment ensures that these ministries, memories, and experiences continue now and for the generations yet to come. Thank you for supporting the mission and life of our parish and for being an essential part of our Annunciation family.

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



Please visit the Stewardship Table during coffee fellowship to learn more about our mission and how we strengthen our parish community together.

MARCH 8-15

Sunday, March 8

Sunday of St. Gregory Palamas

9:00am Orthros, 10:00am Divine Liturgy

Sunday School Classes

High School Sunday School Class & Sr. GOYA Meeting

Myrrhbearer Practice

Monday, March 9

9:00am Philoptochos Easter Baking

6:00pm Great Compline

7:00pm Introduction to the Eastern Orthodox Christian Church

Tuesday, March 10

Observer Articles Due

Wednesday, March 11

6:00pm Greek School Classes

6:00pm Liturgy of the Presanctified Gifts

Presanctified Lenten Supper - *Hosted by ASL & Young Professionals*

Thursday, March 12

6:00pm Byzantine Chant Class

Friday, March 13

10:00am Mahjong Group Meeting

1:30pm Annunciation Historical Group Meeting

6:00pm Salutations to the Theotokos: Third Stanza

Sunday, March 15

Sunday of the Holy Cross

9:00am Orthros, 10:00am Divine Liturgy

Sunday School Classes

Myrrhbearer Practice

Parish Oratorical Festival

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. The Bookstore is open Sundays after Church or contact bookstore@annunciationsac.org for an appointment.

Rev. Fr. Vincent Minucci, Presiding Priest | frvincent@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