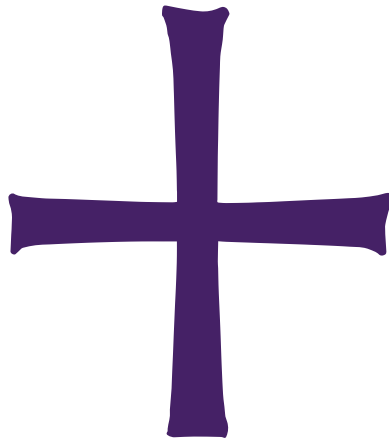


SAINT ELIZABETH ORTHODOX CHURCH



Sunday Bulletin

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



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Welcome to St. Elizabeth

WELCOME VISITORS! We are delighted you are here. It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church. Please join us after the service for coffee and refreshments in our fellowship hall. If you have questions about any facet of Orthodox worship, our priest—Father John Strickland—would be very happy to meet and assist you in any way possible.

If you are not familiar with the Orthodox Church, you may see some things that are new to you—icons and incense, the sign of the cross, veneration of the saints, and a lot of standing. These elements have been part of traditional Christian worship from ancient times. They reflect the heavenly nature of the Church.

If you would like to learn more about Orthodoxy, we have a small bookstore where Orthodox publications may be purchased and a lending library where many Orthodox books and periodicals can be borrowed. If you would like to learn more about our parish, please visit our website at <https://stelizabethorthodox.org>. There, you can find a link to our parish YouTube page where you can view Father John's Sunday homilies.

Please note that Orthodox priests may serve Communion only to baptized and chrismated members of the Orthodox Church. The Eucharist is the paramount expression of unity among Christians; but the reality today is that many Christians are not united in matters of doctrine and practice. While some Christians are content to agree to disagree, we believe true unity will occur only when modern Christians are reconciled to the ancient Church, with its faith and life delivered “once, and for all.” In light of this, we respectfully request that rather than partaking of the Eucharistic Chalice, our non-Orthodox guests join us in receiving the *antidoron*—or blessed bread—served at the end of the Divine Liturgy.

Please feel free to contact Fr. John any time at (360) 598-9700 or rector@stelizabethorthodox.org.

—Thank you for joining us today. Glory to Jesus Christ!

Bulletin News

- ❖ Change to Women's Group Schedule— The Women's Group will meet on Saturday the April 13th from 10:00 to 11:30 a.m. Please join us to discuss this month's topic: *What is the Great Fast like in real life?* You are welcome to share your experiences as well as any wisdom you have gleaned from the scriptures or writings of the fathers and saints.

We will continue to meet the second Saturday of each month, and welcome all women in our parish to join us. If you have small children and would like to join, we can arrange for a sitter as well, at the church.

Please contact Terri Adkins at adkinsterri7@gmail.com if you have any questions.

March Name Days, Anniversaries, and Birthdays

- ❖ Name days—Annunciation of the Theotokos (Mar. 25); St. Larissa (Mar. 26); St. Innocent of Alaska (Mar. 31)
- ❖ Anniversaries—Josh & Allison Toth (Mar. 27)

This Week at St. Elizabeth

Mar. 31st— (Today)
5:00pm Pan-Orthodox Lenten
Vespers at St. Katherine,
Kirkland

April 1st—Monday
6:30pm Catechesis

April 2nd—Tuesday
No women's fellowship (moved
to Saturday, April 13th at 10:00
a.m.)

April 3rd—Wednesday
5:00pm Confessions by Appt.
6:30pm Presanctified Divine
Liturgy

April 6th—Saturday
9:00am Men's Fellowship
(we begin discussing Fr.
Alexander Schmemmann's
Great Lent, first three
chapters)
+6:00pm Resurrectional Vigil

April 7th—Sunday
10:00am Divine Liturgy
5:00pm Pan-Orthodox
Lenten Vespers at St.
Demetrios, Seattle

Today's Hymns

Second Sunday of Great Lent—Tone 2
St. Gregory Palamas

Tone 2 Troparion *(Resurrection)*

When Thou didst descend to death, O Life immortal,
Thou didst slay hell with the splendor of Thy Godhead.
And when from the depths Thou didst raise the dead,
all the powers of heaven cried out://
“O Giver of life, Christ our God, glory to Thee!”

Tone 8 Troparion *(St. Gregory Palamas)*

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of theologians,
O wonderworking Gregory, glory of Thessalonica and preacher of
grace,//
always intercede before the Lord that our souls may be saved!

Tone 4 Troparion *(St. Innocent)*

O Holy Father Innocent,
in obedience to the will of God,
thou didst accept dangers and tribulations,
bringing many peoples to the knowledge of truth.
Thou didst show us the way;
now by thy prayers help lead us//
into the Kingdom of Heaven!

Tone 2 Kontakion *(Resurrection)*

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

Glory . . .

Tone 2 Kontakion *(St. Innocent)*

Thy 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,
thou wast kept unharmed and exalted in humility.//
Pray that He may guide our steps in the way we should go!

Tone 8 Kontakion *(St. Gregory Palamas)*

Holy and divine instrument of wisdom,
joyful trumpet of theology,
together we sing thy praises, O God-inspired Gregory.
Since thou now standest before the Original Mind, guide our minds
to Him, O Father.//
so that we may sing to thee: “Rejoice, preacher of grace!”

Now and Ever . . .

Tone 4 Kontakion *(from the 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!”

Today's Scripture Readings

Thou, O Lord, shalt protect us and preserve us from this generation forever. (Ps. 11:7)

Epistle Reading—Hebrews 1:10–2:3

And: “You, LORD, in the beginning 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[.]

Gospel Reading—Mark 2:1–12

And when he returned to Caper'na-um after some days, 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 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!”

Today's Commemorations

St. Innocent, Enlightener of the Aleuts and Apostle to America

“In the summer of 1836, Father John visited California—sailing to Fort Ross and then traveling by land to the Roman Catholic missions of San Rafael, San Jose, Santa Clara and San Francisco. He went to California to deliver roll-organs (like player-pianos) and other musical instruments, which he had made at the request of the Franciscan missionaries. It was a way to raise funds for the Orthodox missionary work in the North. Father John and the Roman Catholic clergy both understood Latin, so they were able to communicate with ease. He later recalled that he had made one such organ with a church music roll and a Russian folk song roll. The Roman priests were not much impressed with the Russian Church music, but when they heard the folk songs, they shook his hand and immediately placed the organ in the mission church. Years later, the Russian missionary wrote: “I presume those Jesuits are still praying to the tune of Russian song and dance!”

“Besides being a pastor, theologian, and educator, Father John was a carpenter, a clock maker, a navigator, a natural scientist (astronomy, meteorology, geology, botany, biology, etc.), and an anthropologist. Whether he was on the road or in his study, Father John continually wrote books about all these aspects of life in Alaska. His workshop at his home in Sitka was his favorite getaway after his work was done for the day.

“In 1837, a British ship docked at Sitka. The Ship's captain, Sir Edward Belcher, attended the Liturgy celebrated by Father John and remarked that he was surprised to find the church's interior so magnificent in such a wild place. Captain Belcher asked to see Father John's workshop and was grateful that the priest offered to repair two of the ship's barometers.”

—excerpt from *Portraits of American Saints*, by George A. Gray

The Nicene Creed: the Symbol of Faith (sung together)

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages: Light of Light, true God of true God; begotten, not made; of one essence with the Father; by Whom all things were made; Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; and He was crucified for us under Pontius Pilate, and suffered, and was buried; and the third day He rose again, according to the Scriptures, and ascended into heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets.

In one Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead and the life of the world to come. Amen.

Pre-Communion Prayers (said together)

I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who camest into the world to save sinners, of whom I am first. I believe also that this is truly Thine own pure Body, and that this is truly Thine own precious Blood. Therefore I pray Thee: have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance. And make me worthy to partake without condemnation of Thy most pure Mysteries, for the remission of my sins, and unto life everlasting. Amen.

Of Thy Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord in Thy Kingdom.

May the communion of Thy Holy Mysteries be neither to my judgment, nor to my condemnation, O Lord, but to the healing of soul and body. Amen.

