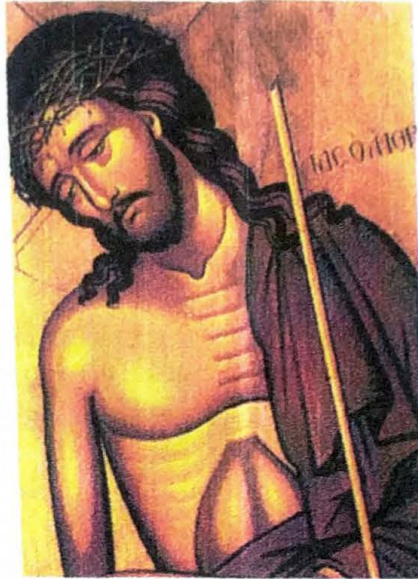


ST. GREGORY PALAMAS ORTHODOX CHURCH

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PREPARING FOR THE PASSION & RESURRECTION OF OUR LORD

Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God.

Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends.

Most of all, Lent is a time of joy and a new beginning. We cleanse ourselves –mind, body and soul– through the physical and spiritual fast, keeping a Christian *attitude* in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ.



Dear St. Gregory Family:

The season of Great Lent is upon us once again.

We have been hearing those familiar readings (the publican & pharisee, the prodigal son) designed to help us focus on the coming season.

Here is the schedule of services for this lenten season. I encourage each of you to make an effort to attend at least one Presanctified Liturgy and as many of the other services scheduled as you can.

Also, as I have mentioned on several Sundays, please avail yourself of our library and find some appropriate lenten reading.

Please pray for me as I will for you.

In Christ,

Fr. George -

The Prayer of St. Ephraim the Syrian

Read each week-day during Great Lent

O Lord and Master of my life, take from me the spirit of sloth,
despair, lust of power, and idle talk.

But give rather the spirit of chastity, humility,
patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions,
and not to judge my brother,
for blessed art Thou,
unto ages of ages.

Amen.

SUNDAYS IN LENT SCHEDULE

- Sunday, Feb. 18.....Forgiveness Sunday
9:15 AM Church School
10:00 AM Divine Liturgy
Rite of Forgiveness
- Sunday, Feb. 25.....Sunday of Orthodoxy
9:50 AM General Confession
10:00 AM Divine Liturgy
4:00 PM Combined Vespers at
South River
- Sunday, Mar. 4.....St. Gregory Palamas
9:15 AM Church School
9:40 AM Memorial Prayers
10:00 AM Divine Liturgy
- Sunday, Mar. 11.....Veneration of the Holy Cross
Daylight Saving 9:40 AM Memorial Prayers
Time ends! 9:55 General Confession
10:00 AM Divine Liturgy
- Sunday, Mar. 18.....St. John Climacus
9:40 AM Memorial Prayers
10:00 AM Divine Liturgy
- Saturday, Mar. 24...Eve of Annunciation
4:00 PM Vespers
- Sunday, Mar. 25.....Annunciation of Theotokos
St. Mary of Egypt
9:50 AM General Confession
10:00 AM Divine Liturgy
- Saturday, Mar. 31...Lazarus Saturday
9:30 AM Divine Liturgy
- Sunday, Apr. 1.....Entrance of our Lord into
Jerusalem
9:15 AM Church School
10:00 AM Divine Liturgy



SCHEDULE OF PRESANCTIFIED LITURGIES

Friday, March 2 - 7:00 PM

Wednesday, March 14 - 7:00 PM

Wednesday, March 21 - 7:00 PM

Wednesday, March 28 - 7:00 PM

SCHEDULE FOR HOLY WEEK

Wednesday, April 4
6:30 PM - Holy Unction

Thursday, April 5
7:00 PM Matins & Passion Gospels

Friday, April 6
4:00 PM - Vespers
6:30 PM - Matins & Procession

Saturday, April 7
9:30 AM Vesperal Liturgy

P A S C H A

10:00 PM

Nocturns

Matins

Divine Liturgy

Blessing of Baskets