



Greek Orthodox  
Metropolis of Atlanta  
**Saint George**  
Knoxville, Tennessee  
**Weekly Bulletin**

## Sunday of St. Gregory Palamas March 16th, 2025

V Matins Gospel Reading: Luke 24:12-35

Epistle Reading: Hebrews 1:10-14; 2:1-3

Gospel Reading: Mark 2:1-12

Byzantine Music Tone: Plagal 1st Tone

### *On March 16th the Orthodox Church Commemorates:*

The holy Martyr Sabine of Egypt.

On this day we also commemorate the holy Martyr Papas.

On this day we also commemorate the holy Martyr Julian of Cilicia.

On this day Saint John of Rufiniana died in peace.

On this day the holy Martyr Romanos of Parium died by the sword.

On this day the holy Ten Martyrs of Phoenicia died by the sword.

On this day Saint Alexandrion, Pope of Rome, died in peace.

On this day we also commemorate our devout father Aninas the Wonder-worker.

On this day, we also commemorate our devout father Christodoulos the Wonder-worker, who lived in asceticism in the holy Monastery of John the Theologian, where his precious relic also lies.

On this day, the second Sunday of Lent, we observe the memory of our Father among the Saints Gregory Palamas, Archbishop of Thessalonica.

*By their holy intercessions, O God, have mercy on us. Amen.*

### *Reflection*

No one, not even the Lord Himself, can easily instruct the proud. No one wants to give instructions to him who cries out that he knows everything. "For great is the power of God; by the humble, He is glorified" says the wise Sirach. (The Book of Ecclesiasticus - Sirach 3:19), David also speaks about God saying, "He guides the humble to justice, He teaches the humble His way" (Psalm 25:9).

*Adopted from the Book, The Prologue From Ochrid, by Bishop Nikolai Velimirovic*

## **A MESSAGE FOR OUR VISITORS:**

### **Welcome to Saint George!**

Thank you for visiting us! We invite you to join us for Coffee Hour at the Hall next door, following the Divine Liturgy. If you are a newcomer, please introduce yourself to one of the priests or the Parish Council Members (Located at the Candle Stand) so that we can greet and welcome you properly.

We are glad to have you with us today!

## V MATINS GOSPEL READING: Luke 24:12-35

**A**t that time, [Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home wondering at what had happened. That very day] two of them were going to a village named Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing together, Jesus Himself drew near and went with them. But their eyes were kept from recognizing Him. And He said to them, "What is this conversation which you are holding with each other as you walk?" and they stood still, looking sad. Then one of them, named Cleopas, answered Him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" And He said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered Him up to be condemned to death, and crucified Him. But we had hoped that He was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning and did not find His body; and they came back saying that they had even seen a vision of angels, who said that He was alive. Some of those who were with us went to the tomb, and found it just as the women had said; but Him they did not see." And He said to them, "O foolish men, and slow of heart to believe all that the prophets have spoken! Was not it necessary that the Christ should suffer these things and enter into this glory?" And beginning with Moses and all the prophets, He interpreted to them in all the scriptures the things concerning Himself. So they drew near to the village to which they were going. He appeared to be going further, but they constrained Him, saying, "Stay with us, for it is toward evening and the day is now far spent." So He went in to stay with them. When He was at table with them, He took the bread and blessed, and broke it, and gave it to them. And their eyes were opened and they recognized Him; and He vanished out of their sight. They said to each other, "Did not our hearts burn within us while He talked to us on the road, while He opened to us the scriptures?" And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, who said, "The Lord has risen indeed, and has appeared to Simon!" Then they told what had happened on the road and how He was known to them in the breaking of the bread.

## Ε' ΕΩΘΙΝΟΝ ΕΥΑΓΓΕΛΙΟΝ: Κατὰ Λουκᾶν 24:12-35

**Τ**ῷ καιρῷ ἐκείνῳ, ὁ Πέτρος ἀναστὰς ἔδραμεν ἐπὶ τὸ μνημεῖον, καὶ παρακύψας βλέπει τὰ ὀθόνια κείμενα μόνα, καὶ ἀπῆλθε, πρὸς ἑαυτὸν θαυμάζων τὸ γεγονός. Καὶ ἰδοὺ δύο ἐξ αὐτῶν ἦσαν πορευόμενοι ἐν αὐτῇ τῇ ἡμέρᾳ εἰς κώμην ἀπέχουσαν σταδίου ἐξήκοντα ἀπὸ Ἱερουσαλήμ, ἣ ὄνομα Ἐμμαούς, καὶ αὐτοὶ ὠμίλου πρὸς ἀλλήλους περὶ πάντων τῶν συμβεβηκότων τούτων. Καὶ ἐγένετο ἐν τῷ ὁμιλεῖν αὐτοὺς καὶ συζητεῖν, καὶ αὐτὸς ὁ Ἰησοῦς ἐγγίσας συνεπορεύετο αὐτοῖς· οἱ δὲ ὀφθαλμοὶ αὐτῶν ἐκρατοῦντο τοῦ μὴ ἐπιγνῶναι αὐτόν. Εἶπε δὲ πρὸς αὐτούς· Τίνες οἱ λόγοι οὗτοι οὓς ἀντιβάλλετε πρὸς ἀλλήλους περιπατοῦντες, καὶ ἐστὲ σκυθρωποί; Ἀποκριθεὶς δὲ ὁ εἷς, ὃ ὄνομα Κλεόπας, εἶπε πρὸς αὐτόν· Σὺ μόνος παροικεῖς ἐν Ἱερουσαλήμ, καὶ οὐκ ἔγνωσ τὰ γερόμενα ἐν αὐτῇ ἐν ταῖς ἡμέραις ταύταις; καὶ εἶπεν αὐτοῖς· Ποῖα; Οἱ δὲ εἶπον αὐτῷ· Τὰ περὶ Ἰησοῦ τοῦ Ναζωραίου, ὃς ἐγένετο ἀνὴρ προφήτης δυνατὸς ἐν ἔργῳ καὶ λόγῳ ἐναντίον τοῦ Θεοῦ καὶ παντὸς τοῦ λαοῦ· ὅπως τε παρέδωκαν αὐτόν οἱ ἀρχιερεῖς καὶ οἱ ἀρχόντες ἡμῶν εἰς κρίμα θανάτου, καὶ ἐσταύρωσαν αὐτόν· ἡμεῖς δὲ ἠλπίζομεν ὅτι αὐτὸς ἐστὶν ὁ μέλλων λυτροῦσθαι τὸν Ἰσραὴλ. Ἀλλὰ γε οὖν σὺν πᾶσι τούτοις τρίτην ταύτην ἡμέραν ἀγει σήμερον, ἀφ' οὗ ταῦτα ἐγένετο. Ἀλλὰ καὶ γυναῖκες τινες ἐξ ἡμῶν ἐξέστησαν ἡμᾶς, γερόμεναι ὄρθριαι ἐπὶ τὸ μνημεῖον, καὶ μὴ εὐροῦσαι τὸ σῶμα αὐτοῦ, ἠλθον λέγουσαι καὶ ὀπτασίαν ἀγγέλων ἐωρακένας, οἱ λέγουσιν αὐτόν ζῆν. Καὶ ἀπῆλθόν τινες τῶν σὺν ἡμῖν ἐπὶ τὸ μνημεῖον, καὶ εὔρον οὕτω καθὼς καὶ αἱ γυναῖκες εἶπον· αὐτόν δὲ οὐκ εἶδον. Καὶ αὐτὸς εἶπε πρὸς αὐτούς· Ὡ ἀνόητοι καὶ βραδεῖς τῇ καρδίᾳ τοῦ πιστεῦν ἐπὶ πᾶσιν οἷς ἐλάλησαν οἱ Προφῆται. Οὐχὶ ταῦτα ἔδει παθεῖν τὸν Χριστὸν καὶ εἰσελθεῖν εἰς τὴν δόξαν αὐτοῦ; Καὶ ἀρξάμενος ἀπὸ Μωσέως καὶ ἀπὸ πάντων τῶν προφητῶν, διηρμήνευεν αὐτοῖς ἐν πάσαις ταῖς Γραφαῖς τὰ περὶ ἑαυτοῦ. Καὶ ἤγγισαν εἰς τὴν κώμην οὗ ἐπορεύοντο, καὶ αὐτὸς προσποιεῖτο πορβρότερω πορεύεσθαι. Καὶ παρεβιάσαντο αὐτόν, λέγοντες· Μείνον μεθ' ἡμῶν, ὅτι πρὸς ἑσπέραν ἐστὶ καὶ κέκλικεν ἡ ἡμέρα. Καὶ εἰσῆλθε τοῦ μείναι σὺν αὐτοῖς. Καὶ ἐγένετο ἐν τῷ κατακλιθῆναι αὐτόν μετ' αὐτῶν, λαβῶν τὸν ἄρτον εὐλόγησε, καὶ κλάσας ἐπέδιδου αὐτοῖς. Αὐτῶν δὲ διηνοίχθησαν οἱ ὀφθαλμοί, καὶ ἐπέγνωσαν αὐτόν· καὶ αὐτὸς ἄφαντος ἐγένετο ἀπ' αὐτῶν. Καὶ εἶπον πρὸς ἀλλήλους· Οὐχὶ ἡ καρδία ἡμῶν καιομένη ἦν ἐν ἡμῖν, ὡς ἐλάλει ἡμῖν ἐν τῇ ὁδῷ, καὶ ὡς διήνοιγεν ἡμῖν τὰς Γραφάς; Καὶ ἀναστάντες αὐτῇ τῇ ὥρᾳ, ὑπέστρεψαν εἰς Ἱερουσαλήμ, καὶ εὔρον συνηθροισμένους τοὺς ἑνδεκα καὶ τοὺς σὺν αὐτοῖς, λέγοντας, ὅτι ἠγέρθη ὁ Κύριος ὄντως, καὶ ὤφθη Σίμωνι. Καὶ αὐτοὶ ἐξηγοῦντο τὰ ἐν τῇ ὁδῷ, καὶ ὡς ἐγνώσθη αὐτοῖς ἐν τῇ κλάσει τοῦ ἄρτου.

## DISMISSAL HYMNS-KONTAKIA OF THE DAY

### Resurrectional Apolytikion Plagal 1st Tone

When Eternal with the Father and the Spirit is the Word, who of a virgin was begotten for our salvation. As the faithful we both praise and worship Him, for in the flesh did He consent to ascend unto the cross, and, death did He endure and He raised unto life the dead through His all glorious resurrection.

### Sunday of St. Gregory Palamas Apolytikion, Plagal 4th Tone

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.

### Dismissal Hymn of the Most Holy Lady, Prousiotissa

#### 1st Tone

By your icon of Prousa you stand forth as a protectress of Greece, and a worker of dread wonders, O Immaculate Mariam, you who restore the sight of the blind and make firm the paralytics. You cast out demons, O good one, you saved those who fell off high cliffs, and heal all who flee to you crying out: Glory unto your childbirth without seed, Glory to Him that has made you wondrous. Glory to Him that works such manner of marvels through you.

### Dismissal Hymn of St. George the Great Martyr 4th Tone

Liberator of captives, defender of the poor, physician of the sick, and champion of kings, O Trophy-Bearer, Great Martyr George; intercede with Christ our God to save our souls.

### Kontakion Pl. 4th Tone

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.

## EPISTLE: HEBREWS 1:10-14; 2:1-3

**PROKEIMENON:** You, O Lord, shall keep us and preserve us.

**VERSE:** Save me, O Lord, for the godly man has failed.

**I**N 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

## ΑΠΟΛΥΤΙΚΙΑ-ΚΟΝΤΑΚΙΟΝ ΤΗΣ ΗΜΕΡΑΣ

### Απολυτίκιον Ἀναστάσιμον. Ἦχος πλ. α'

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν· ὅτι ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεώτας, ἐν τῇ ἐνδόξῳ ἀναστάσει αὐτοῦ.

### Κυριακὴ Ἀγίου Γρηγορίου Παλαμά Ἀπολυτίκιον

#### Ἦχος πλ. δ'

Ὁρθοδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ στηρίγμα καὶ διδάσκαλε, τῶν μοναστῶν ἢ καλλονῆ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

### Απολυτίκιον Παναγίας Προυσιωτίσσης, Ἦχος α'

Τῆς Ἑλλάδος ἀπάσης Σύ προΐστασαι πρόμαχος καὶ τερατουργός ἐξαισίων τῇ ἐκ Προύσσης εἰκόνι Σου, Πανάχραντε Παρθένε Μαριάμ καὶ γὰρ φωτίζεις ἐν τάχει τοὺς τυφλοὺς δεινοὺς τε ἀπελαύνεις δαίμονας· καὶ παραλύτους δέ συσφίγγεις, Ἀγαθὴ, κρημνῶν τε σφάζεις καὶ πάσης βλάβης τοὺς Σοὶ προσφεύγοντας. Δόξα τῷ Σῶ ἀσπόρῳ τοκετῷ, δόξα τῷ Σέ θαυμαστώσαντι, δόξα τῷ ἐνεργοῦντι διὰ Σοῦ τοιαῦτα θαύματα.

### Απολυτίκιον Ἀγίου Μεγαλομάρτυρος Γεωργίου Ἦχος δ'

Ὡς τῶν αἰχμαλώτων ἐλευθερωτῆς, καὶ τῶν πτωχῶν ὑπερασπιστῆς, ἀσθενούντων ἰατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

### Kontakion Ἦχος πλ. δ'

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.

## ΑΠΟΣΤΟΛΟΣ: ΠΡΟΣ ΕΒΡΑΙΟΥΣ 1:10-14, 2:1-3

**ΠΡΟΚΕΙΜΕΝΟΝ:** Σὺ Κύριε, φυλάξεις ἡμᾶς καὶ διατηρήσεις ἡμᾶς.

**Στίχος:** Σῶσον με, Κύριε, ὅτι ἐκλείπειν ὁσος.

**Κ**αὶ ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἰρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον

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.

### **GOSPEL: MARK 2:1-12**

**A**t 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!"

τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

### **ΕΥΑΓΓΕΛΙΟΝ: ΚΑΤΑ ΜΑΡΚΟΝ 2:1-12**

**Τ**ῷ καιρῷ ἐκεῖνω, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοῦμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθημένοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἰς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

