Holy Transfiguration Orthodox Church

A parish of the New England Diocese ✣ Orthodox Church in America

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Sunday, Mar. 4, 2018 **Second Sunday of Great Lent /** *Remembrance of Saint Gregory Palamas*

Today's readings are:

Hebrews 1:10-2:3 and Saint Mark 2:1-12

WEEKLY CALENDAR:

Today				church school and coffee hour
			4:00pm	**Sunday Lenten Vespers** at Saints Cyril & Methodius Church in Terryville
Mar.	5	Mon	5:30pm	Daily Vespers
Mar.	6	Tue	5:30pm	Daily Vespers
Mar.	7	Wed	**5:00pm**	**Confessions** (until 5:50pm)
			6:00pm	**Pre-sanctified Liturgy —** followed by a pot-luck lenten supper
Mar.	8	Thu	5:00pm	OCF at Yale – Vespers in the Lovett Room of Battell Chapel
Mar.	9	Fri	5:30pm	Daily Vespers- with the remembrance of all the departed
Mar.	10	Sat	3:00pm	Baptism of Wendy Li
			4:30pm	choir rehearsal
			5:00pm	**Great Vespers and Confessions ***
Mar.	11	Sun	**9:00am**	**Divine Liturgy of Saint Basil the Great– Third Sunday of Great Lent /** ***Sunday of the Precious and Life-giving Holy Cross***
				[Hebrews 4:14-5:6 and Saint Mark 8:34-9:1]
				church school and coffee hour
			4:00pm	**Sunday Lenten Vespers** at Saint John's Church, Mill Hill Ave., Bridgeport

There will be a Lenten potluck supper after the Wednesday Pre-sanctified Liturgy. All are welcome! Please speak to Susan Papademetris as to what you will bring and/or how you can help.

In preparation for Pascha, the parish council has scheduled the annual parish spring cleaning to begin this week, March 5th thru March 17th. Mark your calendar and plan to give a hand.

Most of our parish faithful regularly come for Confession. However there are some who come for Confession and Holy Communion only once a year. Keep in mind that all Orthodox Christians are expected to participate in Confession and Holy Communion at least annually during Great Lent. Confession is a healing sacrament and a privilege. Don't let the time slip past.

* Daylight savings begins next weekend. Before we go to sleep on Saturday night we turn our clocks ahead one hour.

Let us love the fast! By the power of the Holy Spirit the evil passions of the soul will be expelled. He will strengthen us in performing divine deeds. He will direct our minds to heaven. He will mediate forgiveness for our transgressions, granted to us by the merciful God. (A hymn of the 3rd week of Great Lent)

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Prayer Is the Light of the Spirit — *(from a sermon by Saint John Chrysostom)*

Prayer and converse with God is a supreme good: it is a partnership and union with God. As the eyes of the body are enlightened when they see light, so our spirit, when it is intent on God, is illumined by his infinite light. I do not mean the prayer of outward observance but prayer from the heart, not confined to fixed times or periods but continuous throughout the day and night.

Our spirit should be quick to reach out toward God, not only when it is engaged in meditation; at other times also, when it is carrying out its duties, caring for the needy, performing works of charity, giving generously in the service of others, our spirit should long for God and call him to mind, so that these works may be seasoned with the salt of God's love, and so make a palatable offering to the Lord of the universe. Throughout the whole of our lives we may enjoy the benefit that comes from prayer if we devote a great deal of time to it.

Prayer is the light of the spirit, true knowledge of God, mediating between God and man. The spirit, raised up to heaven by prayer, clings to God with the utmost tenderness; like a child crying tearfully for its mother, it craves the milk that God provides. It seeks the satisfaction of its own desires, and receives gifts outweighing the whole world of nature.

Prayer stands before God as an honored ambassador. It gives joy to the spirit, peace to the heart. I speak of prayer, not words. It is the longing for God, love too deep for words, a gift not given by man but by God's grace. The apostle Paul says: *We do not know how we are to pray but the Spirit himself pleads for us with inexpressible longings.* When the Lord gives this kind of prayer to a man, he gives him riches that cannot be taken away, heavenly food that satisfies the spirit. One who tastes this food is set on fire with eternal longing for the Lord; his spirit burns as in a fire of the utmost intensity.

Practice prayer from the beginning. Paint your house with the colors of modesty and humility. Make it radiant with the light of justice. Decorate it with the finest gold leaf of good deeds. Adorn it with the walls and stones of faith and generosity. Crown it with the pinnacle of prayer. In this way you will make it a perfect dwelling place for the Lord. You will be able to receive him as in a splendid palace, and through his grace you will already possess him, his image enthroned in the temple of your spirit.

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Сегодня- Неделя 2-я В. Поста - *Память Свят. Григория Паламы*

[Послание к Евреям 1:10-2:3 и от Марка 2:1-12]

4:00чд Вечерня в Террывиле

Сред. 5:00чд Исповедь (до 5:50чд)

6:00чв Литургия Преждеосвященных Даров

Пятн. 5:30чд Вечерня и память всех покойники

Субб. 5:00чд Великая Вечерня и Исповедь

Воск. 9:00чу Литургия Василия Великого – Неделя 3-я В. Поста - *Крестопоклонная*

[Послание к Евреям 4:14-5:6 и от Марка 8:34-9:1]

4:00чд Вечерня в Брижпорте