



St. Nicholas Cathedral  
 Founded in 1930 as the Russian Orthodox Church of St. Nicholas  
 Orthodox Church in America

www.oca.org  
 dcnycoca.org  
 March 23, 2008

**2nd Sunday of Great Lent  
 St Gregory Palamas**

**199 Martyred Disciples of the  
 Martyr Nikon in Sicily**

***Divine Liturgy of St. Basil***

**METROPOLITAN HERMAN,**  
 ARCHBISHOP OF WASHINGTON & NEW YORK  
*V. Rev. Constantine White, Dean*  
*Rev. Valery Shemchuk, Associate Pastor*

Sunday Lessons  
 This Week – Tone 2 Hebrews 1:10-2:3 Mark 2:1-12  
 Next Week – Tone 3 Hebrews 4:14-5-6; Mark 8:34-9:1

**Schedule of Services**

<b>Monday</b>	March	24	7:00 pm	Vigil (E,S)	
<b>Tuesday</b>	March	25	10:00 am	Divine Liturgy (E,S)	ANNUNCIATION
<b>Wednesday</b>	March	26	7:00 pm	Presanctified Liturgy (E)	
<b>Friday</b>	March	28	10:00 am	Presanctified Liturgy (S)	❖ <i>Note time change!</i>
<b>Saturday</b>	March	29	10:00 am	Divine Liturgy (E,S)	Commemoration of the Dead
			5:00 pm	Vigil (E,S,G)	
<b>Sunday</b>	March	30	9:00 am	Divine Liturgy (E)	Veneration of the Cross
			10:45 am	Divine Liturgy (S)	
			1:00 am	Prayer Service (G)	

**E=English, S=Slavonic, G=Georgian**

*General Confession in English is held on the first and third Saturdays of the month.*  
*General confession in Russian is held on the second and fourth Saturdays of the month.*

**The March bulletins are sponsored by Jason Thomas in memory of his recently deceased great aunt, Helen Schlosser.**

**\*\*\* VISITORS \*\*\***

**A warm welcome to St. Nicholas Cathedral! We are glad to have you worship with us today. Please join us following Liturgy downstairs for our coffee hour!**

*Please join us for the 14<sup>th</sup> Annual Lenten Retreat  
 The Orthodox Perspective on Bioethics*

**Panelists:**  
**Rev. Stanley S Harakas and Dr. Gayle Woloschak**  
**Saturday, 5 April, 2008**  
**9 AM to 4:30 PM**  
**Greek Orthodox Cathedral of the Annunciation**  
**24 W. Preston St., Baltimore, Maryland**

*Coffee Hour hosts by week:*

<b>Date</b>	<b>Restrictions</b>	<b>Name</b>
23 March 2008	<b>Fast</b>	Michael and Karen Rossler
30 March 2008	<b>Fast</b>	Susan Rudy
6 April 2008	<b>Fast</b>	Bill and Lidia Kosar
13 April 2008	<b>Fast</b>	Irina Burgener
20 April 2008	<b>Fast</b>	Catherine Vangellow
27 April 2008	HOLY PASCHA	Daria Virvan -- Paschal Breakfast – <b>Volunteer Needed for Sunday after Vespers</b>

**UPCOMING EVENTS & SERVICES**

- ❖ 24 March, Monday 7:00 PM Vigil Annunciation
- ❖ 25 March, Tuesday 10:00 AM Liturgy
- ❖ 26 March, Wednesday 7:00 PM Presanctified Liturgy (E) Lenten Pot Luck Supper
- ❖ 28 March, Friday 10:00 AM, Presanctified Liturgy (S) *Note time change!*
- ❖ 29 March, Saturday 10:00 AM Liturgy (E, S) Commemoration of the Dead  
5:00 PM Vigil (E, S, G)
- ❖ 30 March, Sunday 9:00 AM Liturgy (E)  
10:45 AM Liturgy (S)
- ❖ 5 April, Saturday 9:00 AM to 4:30 PM Lenten Retreat “Orthodox Perspective on Bioethics” \*
- ❖ 6 April, Sunday, IOCC representative at both Liturgies
- ❖ 19 April, Saturday, Pascha Preparation Craft Day for Children

**\*See Bulletin Board**

**...those who have given their lives for their homeland...”  
 Memory Eternal.**

**St. Nicholas Cathedral – the National War Memorial Shrine**  
**3500 Massachusetts Avenue NW, Washington, DC 20007**  
**Phone: 202-333-5060 FAX: 202-965-3788**  
**www.stnicholasdc.org office@stnicholasdc.org**

**Troparion of the Resurrection: (Tone 5):** Let us, the faithful, praise and worship the Word, coeternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead by His glorious Resurrection.

**St. Gregory (Tone 8):** Light of Orthodoxy! Teacher of the Church. It's Confirmation! O Ideal of Monks and invincible Champion of Theologians! O wonder-working Gregory, glory of Thessalonica and Preacher of Grace! Always intercede before the Lord that our souls may be saved!

**Glory to the Father and to the Son and to the Holy Spirit.**

**Kontakion St. Gregory (Tone 8):** Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing your praises, O God-inspired Gregory. Since you now stand before the Original Mind, guide our minds to Him, O father, so that we may sing to you: Rejoice, preacher of grace.

**Now and ever and unto ages of ages. Amen.**

**Triodion (Tone 4):** 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."

**Prokeimenon Tone 5:** Thou, O Lord, shalt protect us and preserve us from this generation for ever. Verse: Save me, O Lord, for there is no longer any that is godly.

**Epistle: Hebrews 1:10 - 2:3:** "In the beginning, You, Lord, laid the foundation of the earth, and the heavens are the work of Your hands. They will perish, but You will 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.

**Alleluia (Tone 5):** I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation. Verse: Thou hast said: Mercy will be established forever. Thy truth will be prepared in the heavens.

**Gospel: Mark 2:1 - 12:** At that time: Jesus returned to Capernaum 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 amazed and glorified God, saying, "We never saw anything like this."

**Hymn to the Theotokos:** All of creation rejoices in you, O Full of Grace, the assembly of angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a child - our God before the ages. He made your body into a throne, and your womb He made more spacious than the heavens. All of creation rejoices in you, O Full of Grace. Glory to you!

**Communion Hymn:** Praise the Lords from the Heavens. Praise Him in the highest. The righteous shall be in everlasting remembrance. He shall not fear evil tidings. Alleluia. Alleluia. Alleluia.

### Bulletin Messages

**Stewardship Committee thanks** everyone who came to help clean the parish and hall on Saturday, March 15. The Georgian community deserves extra recognition for coming out in such great numbers. It was a true fellowship project **which we hope to repeat on Saturday, April 12.**

Stewardship Committee also thanks everyone who cooked for our special Sunday luncheon on March 16 to honor Father Maximus, Subdeacon Michael Shandor and our new Readers Michael Rossler and Timothy Keefer. Many years!

### ALL AMERICAN COUNCIL

Our Cathedral is entitled to two lay delegates and two lay alternates and a number of observers for the All American Council to be held in Pittsburgh on November 10-13. The parish will compensate for travel, lodging and per diem for the two lay delegates. No compensation will be offered for the alternates. The parish will pay for the registration fees for the lay delegates and the lay alternates. If you are interested in serving as either a delegate or an alternate, please submit your name to the candle counter by Sunday, April 6. Also, if you are not selected as a delegate, please let us know if you are willing to serve as an alternate. Please let us know if you are interested in being an observer; you will be provided with registration forms to complete and you are responsible for your expenses

**Sixth Annual Ladies Fashion Show and Luncheon**

Luncheon is sponsored by the Ladies Auxiliary of Saints Peter & Paul Orthodox Church, 10620 River Road, Potomac, MD 20854, will be held on Saturday, May 10, 2008, from 11:30 am to 2:30 pm. The cost of the luncheon and fashion show is \$40.00. Contact Mrs. Rida Boulos at 703-319-3415 or Email: frital8@aol.com, to reserve a seat! The fashions are provided by Helias of 1338 Wisconsin Avenue, NW, Washington, D.C. A portion of the proceeds will benefit a local women's shelter.

***Attention Parents: First Confession Class is Planned***

A class will form during Sunday School hours, which will take registered Sunday School students into a special First Confession class for four Sundays during Great Lent. Those children 7 years and older who are enrolled by their parents will receive special instruction on the Sacrament of Repentance and preparation for receiving it. Classes will meet Today, March 30, April 6, & 13. The next Saturday (April 19) is Lazarus Saturday, when we customarily have Liturgy with special participation by the children of the parish. Following Liturgy we will have our traditional Pascha Preparation Craft Day with luncheon. Clergy will be available during the afternoon to hear the children's confessions. Please see Marina or Marty McGuigan in the Sunday School to enroll.

**NEW ORTHODOX STUDY BIBLE RETREAT:** Fr. Peter Gillquist will lead a retreat on Saturday, April 12th, 2008, from 10:00 am to 3:30 pm. at St. Katherine Greek Orthodox Church, 3149 Glen Clarlyn Road Falls Church, VA 22041. His visit is timed to coincide with the release of the new Orthodox Study Bible which will include the Old Testament and the Apocrypha. Fr. Gillquist is one of a group of Orthodox clergy and laymen that has produced the Orthodox Study Bible. The retreat will focus on Orthodox Study Bible: how it is used in the liturgical life of the Church and how it can be used in our personal lives- with special emphasis on the Old Testament and the prophecies concerning Jesus. The new Orthodox Study Bible will be available for purchase at the retreat. Join us for this inspirational experience. Lunch and refreshments will be served. Although the retreat is free, please register to reserve a seat. To register for the retreat, please Email: John Demakis at jgd11@erols.com, Antonia Chelpon at achelpon@aol.com, or Betty Slanta at slanta@verizon.net.

**Attention R Club Members:** The next meeting of the Nation's Capital R Club will be on Saturday March 29<sup>th</sup> at 2 PM.

**Pussy Willows** – Attention all Parishioners! Please remember to start collecting pussy willows for Palm Sunday services as soon as the trees break bud.

**Celebration of Faith**

Calling all Orthodox youth to celebrate your faith and participate in the F.O.C.A.'s creative arts contest

**2008 Theme: "Our Environment: God's Gift to Us"**

**Create and submit art projects in the following areas**

- Literature
- Musical Composition
- Photography
- Visual Arts

A detailed list of rules for each category and entry forms may be found on the FOCA website or through your Jr. Advisor or your Youth Coordinator

**Mail to:** FOCA Celebration of Faith c/o Cheryl Morse 4746 137<sup>th</sup> St. W., Apple Valley, MN. 55124

**Deadline for entries is April 4, 2008**

Entries will be displayed and awards presented at the National F.O.C.A. Basketball Tournament in New Jersey and posted on the OCA and F.O.C.A. websites.

**The Diocese of Washington and New York is looking for volunteers in the following areas: Missions/Evangelization; Investment/Stewardship; Seminarian Scholarships; Youth; Music; College Chaplaincies; St. Andrew's Camp; and Communications. Each department works independently but under the auspices of the Diocesan Council. Please call, email or write before April 1 if you are interested in helping in one of these areas. (contact information is available at [www.dcnyc.org](http://www.dcnyc.org))**

**LENTEN RETREAT**

**"HOLY WEEK – our journey to Pascha"**

**Retreat Speaker:**

**Very Reverend Paul Lazor**

**John and Paraskeva Skvir Lecturer in Practical Theology**

**Saint Vladimir Orthodox Theological Seminary**

**on Saturday, 12 April 2008, 1:00 PM – 6:00 PM**

**Great Vespers at 6:00 PM**

**At Saint Andrew Orthodox Church**

**2028 East Lombard Street Baltimore, Maryland 21231**

**Registration \$5.00 begins at 12:30 PM Includes a light snack**

To register: please email: James Magruder at [jlmagruder@verizon.net](mailto:jlmagruder@verizon.net) or call church office 410-276-3422 not later than 6 April 2008