

St. Gregory Palamas

St. Gregory Palamas, one of the pillars of Orthodoxy, was born in 1296, probably to a noble Anatolian family in Constantinople. He and his brother went to Mount Athos in around 1318, and lived in Vatopedi and Esphigmenou Monasteries. Gregory also successfully persuaded his widowed mother, brothers and sisters to take up the monastic life. With the encroachment of the Turks, he was forced to flee to Thessalonica, being ordained a priest there in 1326. Afterward, he took up the eremitic life at a mountain near Beroea, and eventually returned to Athos in 1331.

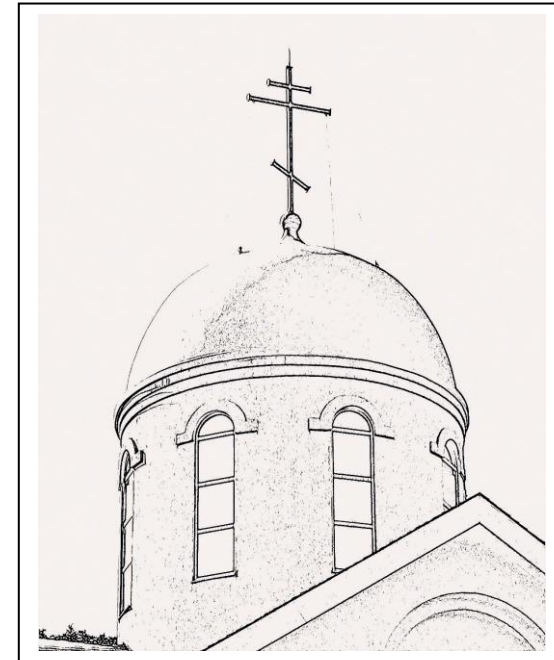
St. Gregory lived in very difficult times, for many heresies were creeping into the Church, and the Ottoman Empire was ever expanding, taking over Byzantine lands. In the early 1300's he wrote on the nature of the Holy Spirit, showing the errors of the Latin view while living at the hermitage of Saint Savvas on Mount Athos. He became known as a preeminent theologian early in life, due to his many writings and for his beliefs on hesychasm.

St. Gregory is known as one of the great defenders of Orthodoxy and is most well known for his defense against the heresies of Barlaam. Gregory was asked to defend the monastic ways of the Holy Mountain from the charges of Barlaam, a monk of Calabria. Barlaam, influenced by the Latin church, believed that philosophy and human thought were the way to know God. He stated the unknowability of God in an extreme form, having been influenced by a reductionist interpretation of the writings of St. Dionysius the Areopagite. Orthodoxy had always known, through the wisdom of the Holy Fathers, that prayer and fasting are the key to knowing God. Barlaam believed that the monks of Mount Athos were wasting their time in their prayers and fasting when they should be studying the great philosophers of mankind.

St. Gregory said that the Holy Fathers and the prophets had a greater knowledge of God, because they had actually seen or heard God Himself. He taught that modern ideas about human thought and reason had no place in the Church. When asked how it is possible to have knowledge of the unknowable God, he showed the difference between knowing God in His essence or person and knowing God in his energies or being. It became clear that one could not find God in the logic of this world. He taught the Orthodox knowledge that it remains impossible to know God in His essence or person. However, with sufficient prayer and fasting and turning oneself over to God, through purification of one's soul, anyone can come to know Him in His energies and being.

St. Gregory Palamas, pray unto God for us!

WEEKLY



BULLETIN

Today is the beginning of our salvation, the revelation of the eternal mystery. The Son of God becomes the Son of the Virgin as Gabriel announces the coming of Grace. Together with him let us cry to the Theotokos: Rejoice O Full of Grace, the Lord is with you!

Troparion of the Annunciation to the Theotokos

ORTHODOX CHRISTIAN CHURCH OF THE ANNUNCIATION

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Matthew Petrides, *Senior Warden*

Christian Gamboa, *Choir Director*

March 16, 2025

SECOND SUNDAY OF LENT - St. Gregory Palamas

Tone 5. Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Martyr Sabinas of Egypt (287). Martyr Papas of Lyconia (305-311). St. Serapion, Archbishop of Novgorod (1516). Apostle Aristobulus of the Seventy, Bishop of Britain (1st c.). Hieromartyr Alexander, Pope of Rome (119). Martyr Julian of Anazarbus (3rd c.). Hieromartyrs Trophimus and Thalus of Laodicea (ca. 300).

Today's Readings:

Epistle: Hebrews 1:10-2:3 and Hebrews 7:26-8:2

Gospel: Mark 2:1-12 and John 10:9-16

Upcoming Service Schedule:

Today – 9:00am Divine Liturgy

Today – 5:00pm Deanery Mission Vespers in Wantage

Wednesday – 6:00pm Liturgy of the Presanctified Gifts

Friday – 6:00pm Akathist

Saturday – 9:00am Divine Liturgy (Memorial Saturday)

Saturday – 6:00pm Great Vespers

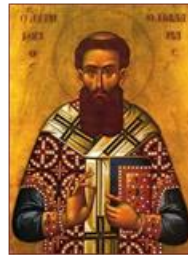
Sunday – 9:00am Divine Liturgy

Sunday – 5:00pm Deanery Mission Vespers in Trenton

Next Sunday's Readings:

Epistle: Hebrews 4:14-5:6

Gospel: Mark 8:34-9:1



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Annunciations

THIS NIGHT – Please remember to set your clocks ahead one hour.

TODAY – We welcome all our guests visiting us today. Please join us for the **COFFEE HOUR** in the Parish Hall after we venerate the Cross. **Team #3** is in charge of today's Coffee Hour.

TODAY – Those **elected to serve on the Parish Council** at the Parish Annual Meeting will be installed along with the officers of the St. Catherine Society.

TODAY – **Church school** will be held Classes during the **Coffee Hour**.

TODAY – The Deanery Lenten Mission Vespers will be served at **Holy Spirit Church in Wantage** at 5:00pm. All are invited to participate!

THIS TUESDAY – The Parish Council will meet in the Parish Hall at 7:00pm.

THIS WEDNESDAY - The **Liturgy of the Presanctified Gifts** will be served at 6:00pm. An **agape pot-luck** meal will follow, to which everyone is invited to bring a Lenten dish.

SUNDAY MARCH, 15 – The next **Deanery Lenten Vespers** service will be served at **St.Vladimir Church in Trenton**. All are invited to attend and enjoy lenten refreshments after the service. A schedule of future Deanery Mission Vespers throughout Great Lent is posted on the parish bulletin board in the narthex.

WEDNESDAY, March 25 - is the **Great Feast of the Annunciation to the Most-holy Theotokos**. This is our parish's patronal Feast. **Archbishop Michael** will be with us for the Vigil on Tuesday evening and for the Divine Liturgy on Wednesday. Please **plan to participate with your fellow parishioners**.

Memory Eternal! Our sister in Christ, **+Margaret Makara**, fell asleep in the Lord on February 23, 2026. Her burial service was held in our Church on Friday. May her soul dwell with the blessed!

We are currently experiencing problems with the **Facebook livestream**. We apologize for the inconvenience and are working to resolve the problem as quickly as possible. Please look for upcoming announcements regarding this issue.

Keep up on OCA news by visiting www.oca.org, diocesan news by visiting www.nynjoca.org, and parish news by visiting www.occa-brick.org.

Special Prayers

We pray for **all** our parish family members, but we pray especially for those who are ill and afflicted. Among them are **Victorianne Vessio, Mary Herelick, Manya Shark, Deryl Tczap, Mary Tczap, George Stavrou, Dennis & Ann Marie Gahr, Eileen Zamerovsky, Ellen Norman, Maryann Sivilic, Jack Rinderer, Ivan Karpyn (father of Mat. Iryna) and Lori Ratushnuk.**

Many Years

Birthdays:

Monday - D'ALESSANDRO, Alan

Tuesday - MAZAN, Jessica

Friday - D'ALESSANDRO, Elaine

Saturday - BERGER, Nathan

Please pray for vocations to the Holy Priesthood!