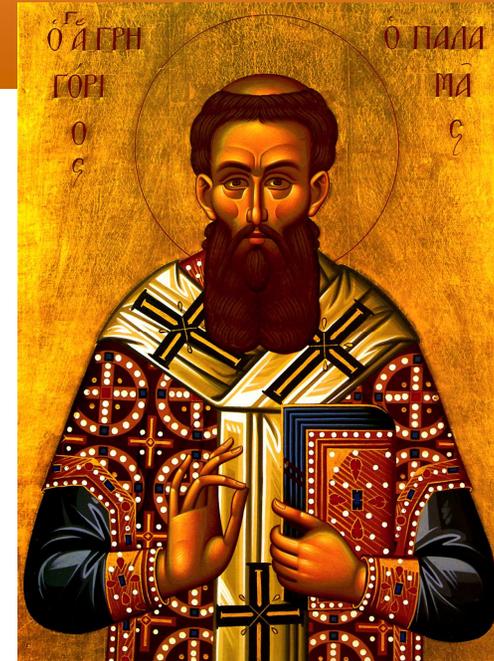


Sunday of St. Gregory Palamas
Second Sunday of Lent



Transfiguration of our Lord
Greek Orthodox Church

414 St. Stephen's School Road
 Austin, Texas 78746
 (512) 329-6363 website - transfiguration.org

Sunday Service Schedule
 Orthros 8:45am; Divine Liturgy 10:00 am

Reverend Fr. Vasileios Flegas, Proistamenos

WEEKLY ANNOUNCEMENTS CONTINUED:
Sunday, March 20, 2011

Special Announcement

Due to the fact that these bulletins contain icons and readings from the Holy Scriptures, we should not be throwing them away in the trash, but burning them. If you do not want to take you bulletin home with you, please place it in the designated basket that is in the Narthex. Thank you!

GOLF (Greek Orthodox Ladies Fellowship)

GOLF will resume this week on Thursday, March 24 at 9:30am. Please come and join us for our study of Great Lent by Alexander Schmemmann

Philoptochos News

- Lenten books have arrived. We also have some beautiful gift items for our Easter holiday. Some of the items are perfect for Easter gifts. All are specially priced. Come by and see what is new.
- Lenten Dinners: Philoptochos will host our second Wednesday dinner on March 23rd. If you would like to help out, please sign up today! We will welcome your help!
- Thank you so much to Ellen Apostolakis, Pat Mitchell and Valli Pappas for providing the scrumptious meal this past Wednesday!
- Scrip cards: Everyday shopping is enhanced when we use the scrip cards. Transfiguration will get a percentage from the business, and it doesn't cost you anything extra. We have many to choose from such as HEB, Walmart, Macy's, Starbucks, Target and Panera's to name just a few. WE also have a complete list of the participating companies to order from. If we don't have what you want on hand. PHILOPTOCHOS HAS EAR-MARKED THESE EARNINGS TO HELP WITH THE KITCHEN RENOVATION. Remember Transfiguration when you shop!
- Due to unforeseen circumstances, the retreat that Fr. Vasileios had planned for our ladies today following the coffee hour has been cancelled.

Thank you to today's Coffee Hour Sponsors:

Dewbre, Dietz, Dow, Draina, Eagle

Thank you to last week's Coffee Hour Sponsors:

Ebeling, Edwards, Esper, Makdsi, Evgenides

Next week's Luncheon Sponsors:

AHEPA

Thank you to today's usher:

Stuart Yoder

Next week's usher will be:

John Chronis

“Thou, O Lord, in the beginning founded the earth, and the heavens are the works of Thy hands. “They shall perish, but Thou remainest; and they shall all become old as an outer garment, “and as a covering Thou shalt roll them up, and they shall be changed. But Thou art the same, and Thy years shall not fail.” But to which of the angels hath He said at any time, “Sit Thou on My right, until I should place Thine enemies as a footstool of Thy feet”? They are all ministering spirits being sent forth to minister for the sake of those who are about to inherit salvation, are they not?

On this account, it is necessary for us to give heed more abundantly to the things which were heard, lest ever we should slip away. For if the word spoken by angels was confirmed, and every transgression and disobedience received a just recompense, how shall we escape, if we neglect so great a salvation, which received a beginning to be spoken of by the Lord, and was confirmed to us by those who heard.

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

WEEKLY ANNOUNCEMENTS: Sunday, March 20, 2011

Great Lent is a wonderful time to grow spiritually. The church will be offering services during the week (see the schedule below). We should do our very best to keep the fast. The goal is to abstain from all meat and dairy products. Families with small children and those with health challenges may have to adjust the fast. If you have questions please contact Father Vasileios.

Make a goal to participate in the beautiful Lenten services.

Great Compline, Monday, March 21, 6:00pm

Liturgy of the Pre-Sanctified Gifts, Wednesday, March 23, 6:00 pm

Salutations to the Theotokos, Friday, March 25, 6:00 pm

Saturday Great Vespers, March 26, 6:00 pm

Great Lent Class Series

Make plans to join us on Wednesday evenings after the Liturgy of the Presanctified Gifts.

On Wednesday March 23rd and 30th, Dr. Jeffrey MacDonald will be offering classes on Patristics immediately following the Liturgy and dinner.

This Wednesday's Topic is:

The Dwelling Place of God in Ezekiel

Feast of the Annunciation

Make plans to join us for the Feast of the Annunciation on Friday, March 25.

Orthros will be at 9:00am followed by the Divine Liturgy at 10:00am.

Please join us for a fish luncheon following the Liturgy.

If you are able to help with the lunch, by either bringing some food, helping prepare the fish, or making a donation, please contact the church office as soon as possible.

Greek School

Greek classes will resume again this Tuesday, March 22 at 6:30pm.

OCF

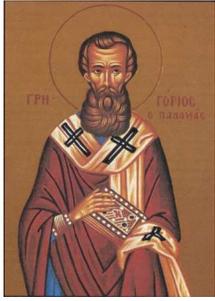
Our next meeting is on Tues. March 22nd at the Episcopal Center on the U.T. campus

YAL

The Young Adult fellowship group will meet this Thursday, March 24 at 7:30 for a social event. The plans are still in progress. Please contact austin.oya@gmail.com for more information.

Men's Fellowship

The Men's study group has been cancelled for this week. We will announce when the next one will be held.



St Gregory Palamas

St Gregory Palamas (1296-1359), Archbishop of Thessaloniki, was the defender of the Hesychasts. He upheld the doctrine that the human body played an important part in prayer, and he argued that the Hesychasts did indeed experience the Divine and Uncreated Light of Tabor. To explain how this was possible, St. Gregory developed the distinction between the essence and the energies of God.

He set Hesychasm on a firm dogmatic basis, by integrating it into Orthodox theology, and by showing how the Hesychast vision of Divine Light in no way undermined the doctrine that God can not be comprehended. His teachings were confirmed by the local councils held in Constantinople in 1341 and 1351.

St. Gregory began by reaffirming the Biblical doctrine of man and of the Incarnation; i.e. the whole man, united in body and soul, was created in the image of God, and Christ, by taking a human body at the Incarnation, has 'made the flesh an inexhaustible source of sanctification'. The Hesychasts, so he argued, in placing emphasis on the body's part in prayer, are not guilty of a gross materialism but are simply remaining faithful to the Biblical doctrine of man as a unity. Christ took human flesh and saved the whole man; therefore it is the whole man that prays to God.

How is it possible for man to know God and, at the same time, affirm that God is by nature unknowable? St. Gregory answered this question by quoting St. Basil the Great who said "We know our God from His energies, but we do not claim that we can draw near to His essence. For His energies come down to us, but His essence remains unapproachable". St. Gregory added "God is not a nature, for He is above all beings.... No single thing of all that is created has or ever will have even the slightest communion with the supreme nature, or nearness to it". Even though God's essence may be remote from us, He has revealed Himself through His energies (or grace). These energies do not exist apart from God, but are God Himself in His action and revelation to the world. It is through these energies that God enters into a direct and immediate relationship with us. When we say that the saints are 'deified' by the grace of God, we mean that they have a direct experience of God Himself through his energies (or grace), not in His essence.

The vision of Light that Hesychasts receive is the same Light that surrounded Christ on Mount Tabor. It is a true vision of God in His divine energies.

At 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!"

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς Καφαρναοὺμ καὶ ἠκούσθη ὅτι εἰς οἶκον ἔστι. Καὶ συνήχθησαν πολλοὶ ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν, καὶ ἐλάλει αὐτοῖς τὸν λόγον. Καὶ ἔρχονται φέροντες πρὸς αὐτὸν παραλυτικὸν αἰρόμενον ὑπὸ τεσσάρων. Καὶ μὴ δυνάμενοι προσενέγκαι αὐτῷ διὰ τὸν ὄχλον ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον ὅπου ὁ παραλυτικὸς κατέκειτο. Καὶ ἰδὼν ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ, Τέκνον, ἀφίενταί σου αἱ ἁμαρτίαι. Ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν, Τί οὕτως οὕτως λαλεῖ; βλασφημεῖ· τίς δύναται ἀφίεναι ἁμαρτίας εἰ μὴ εἷς ὁ θεός; καὶ εὐθὺς ἐπιγνούς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως διαλογιζονται ἐν ἑαυτοῖς λέγει αὐτοῖς, Τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, Ἀφίενταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, Ἐγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφίεναι ἁμαρτίας ἐπὶ τῆς γῆς λέγει τῷ παραλυτικῷ, Σοὶ λέγω, ἔγειρε ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. Καὶ ἠγέρθη καὶ εὐθὺς ἄρας τὸν κράβαττον ἐξῆλθεν ἔμπροσθεν πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν θεὸν λέγοντας ὅτι Οὕτως οὐδέποτε εἶδομεν.

Hymns for Today

Resurrection Hymn (Second Tone)

“When You descended to the realm of death You as life immortal rendered to Hades a mortal blow by Your all radiant divinity. And when You from infernal depths and the darkness below did raise the dead all the hosts of heaven’s powers did proclaim and cry out O life-giving Christ and Our God we give glory”

Hymn for St. Gregory of Palamas

“Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonderworker, boast of Thessalonica, herald of grace: ever pray the our souls be saved”

Hymn for Transfiguration of Our Lord and Savior Jesus Christ

“Metemorforthis en to ori, Christe o Theos, dixas tis mathites Sou tin doxan Sou, kathos I dynando Lampson ke imin tis amarto lis to fos Sou to aidion, presvies tis Theotokou Fotodoto doxa Si.”

“When O Christ our God Thou wast Transfigured on the mountain Thou didst reveal Thy glory to Thy disciples in proportion as they could bear it. Let Thine everlasting light also enlighten us sinners. Through the intercessions of the Theotokos, O Thou Bestower of light, glory to Thee.”

Kontakion for the 2nd Sunday of Great Lent

“Ti ypermacho stratigo ta nikitiria, os litrothisa ton dinon efcharistiria, anagrafo si i polis su, Theotoke. Allos echusa to kratos aprosmachiton, ek pandion me kindynon eleftheroson, ina krazo si: Chere, nym fi anymfefte.”

“To Thee, the Champion Leader, we they flock dedicate a feast of victory and of thanksgiving, as ones rescued out of sufferings, O Theotokos. But as thou art one with might which is invincible, from all dangers that can be do thou deliver us, that we may cry to thee: Rejoice, thou Bride unwedded!”

Hymn in Place of Axion Estin

“All of creation rejoices in you, O full of grace; the assembly of angels and the human race. You are a sanctified temple and a spiritual paradise, the glory from whom God was incarnate and become a child our God existing before all ages. He made your womb a throne, and your body more spacious than the heavens. All of creation rejoices in you, O full of grace. Glory to you.”

Welcome Visitors!

We welcome all new visitors who worshipped with us this morning. Please join us next door after service for coffee and fellowship. There is material in the entrance of the church regarding ministries and events of our community. Please sign our guest book!

Receiving Holy Communion

The sacrament of Holy Communion is reserved for only baptized and/or chrismated Orthodox Christians who have properly prepared by fasting, prayer and confession. The Orthodox Church is not in sacramental communion with any other church outside the Orthodox Christian Faith. If you are not Orthodox, you are invited with everyone to receive the Antidoron (blessed bread) at the end of service. If you would like information about the Orthodox Church and becoming an Orthodox Christian, please see Father Vasileios after services.

Please allow the Church School children and teachers to go to Holy Communion first so they can leave for their classes. All others should wait until the ushers dismiss you by rows to receive Communion.

Prayers for Health

Dolly, Betty, Arlena, Sophie, Archie, Lou, Thomas, Kathy, Suzanne, Pat, Steve, Nina, Phyllis, Katheryn, Panayioti, Anna, Margaret, Sami, Ibrahim, Mary, George, Susan, Matthew, Ellen, Gary, Katina, Nelda, Nick, Elaine, Fotini, Malone, Tracy, Richard, Lilly, Kimberly, Dion, Jamil, Dimitrios, Lisa, Maggie, Mindy, Joan, Nakis, Estela, Micky, Kiane, Lari, Ed, Sally, Mariana, Brian, Kaeley, Tristan, Matt, Jeff, Sophia, Konstandinos, Angela, Jennifer, Rose Marie, Elia, Bilyana, Maria, Susan, Xenophon, Jane, Romeo, Clara, Costa, Cindy, Philip, Trey, Barbara, Evangia, Michael, Jeffrey, Victoria, Aleka, Nicole, Anastasia, Katie, Suzanne, Stella

Prayers for those in our Armed Forces:

Sgt. Jennifer D. Atkinson, Staff Sgt. John Atkinson, Lt. Col. Dave Romine, Capt. James Alfaro, Staff Sgt. Deane Anderson, Captain William Willett, Maj. Timothy Ullman

Service Schedule for the 3rd week of Lent

Great Compline, Monday, March 21, 6:00pm

Liturgy of the Pre-Sanctified Gifts, Wednesday, March 23, 6:00 pm

Feast of the Annunciation, Friday, March 25
Orthros - 9:00am; Liturgy - 10:00am

Salutations to the Theotokos, Friday, March 25, 6:00 pm

Saturday Great Vespers, March 26, 6:00 pm