

**WEEKLY ANNOUNCEMENTS: Sunday, March 31, 2013**

During this year, which we have declared as “The Year of Global Solidarity,” particularly in light of the serious financial crisis in our world, we must all demonstrate greater concern for the consolation of our brothers and sisters who are deprived of the most elementary resources.

In this way, we shall enter “the arena of virtues that lies before us” in a devout manner and with spiritual progress, we will “enjoy the small coin,” “we will accept the just payment” and we will celebrate with fullness of joy the Holy Resurrection of our Lord, through which “life is truly oriented.” May His Grace and rich Mercy be with you all.

Your fervent supplicant to God

† B A R T H O L O M E W

Archbishop of Constantinople-New Rome, and Ecumenical Patriarch

*“Befriending My Soul; Becoming Human”*

a Lenten discussion group

Please join us for this discussion led by Fr. David and Prsv. Vasiliki Eckley on Wednesday evenings following the Pre-Sanctified Liturgy and a Lenten dinner (this week provided by the ladies of Philotochos).

**Transfiguration Children’s Lenten Handbook**

More copies of the children’s handbook are now available!

Please purchase some during coffee hour in Mt. Tabor Hall!

**BOOKSTORE NEWS**

We have many new resources to guide you through your Great Lent journey! Stop by our special Lenten table to see the many new Bibles (even some leather-bound), books, service books, cards, incense and CD’s in stock.

**GOLF** (Greek Orthodox Ladies Fellowship)

Join us as we continue our study of In Thy Presence

by Lev Gillet on **Tuesday, April 2!**

Contact Whitney Papadatos:

wpapadatos@hotmail.com for more information

**Thank you to today’s Coffee Hour Sponsors:**

**Benson, Bjeletich, Boudreau, Bourgeois, Burke**

**Thank you to last week’s Luncheon Sponsors:**

**AHEPA**

**Next week’s Coffee Hour Sponsors are:**

**Burks, Burns, Chronis, Clay, Colovas**

**Thank you to today’s ushers:**

Kevin & Tricia Koriath,  
Allen Wynn

**Thank you to last week’s ushers:**

Vaios Athanasiou, David Horwedel,  
Chrissie Spiropoulos

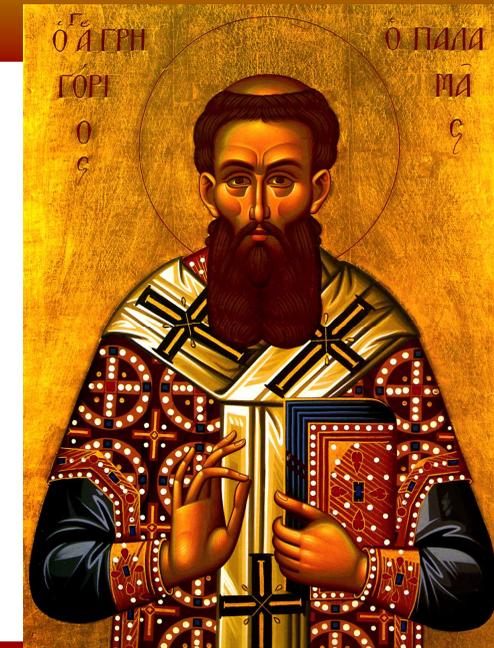
**Next week’s ushers are:**

Stephen Dow, Nyda Glaros,  
Dan and Gigi Appling

SUNDAY BULLETIN

MARCH 31, 2013

**SUNDAY OF  
ST. GREGORY PALAMAS**



**TRANSFIGURATION OF OUR LORD**

**GREEK ORTHODOX CHURCH**

414 ST. STEPHEN’S SCHOOL ROAD

AUSTIN, TEXAS 78746

(512) 329-6363 WEBSITE - WWW.TRANSFIGURATION.ORG

SUNDAY SERVICE SCHEDULE

ORTHROS 8:45AM; DIVINE LITURGY 10:00AM

**Reverend Fr. Vasileios Flegas, Proistamenos**

574-1972

**Resurrection Hymn** (Second Tone)

Ότε κατήλθες πρὸς τὸν θάνατον, ἢ Ζωὴ ἢ ἀθάνατος, τότε τὸν ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

“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 that our souls be saved”

**Hymn for the Transfiguration of Our Lord and Savior Jesus Christ**

Μετεμορφώθης ἐν τῷ ὄρει Χριστέ ὁ Θεός, δείξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδύνατο, Λάμπρον καὶ ἡμῖν τοῖς ἀμαρτωλοῖς, τὸ φῶς σου τὸ αἰδιον, πρεσβείαις τῆς Θεοτόκου, φωτοδότα δόξα σοι.

“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. By the intercessions of the Theotokos, O Thou Bestower of light, glory to Thee.”

**Kontakion for the 2nd Sunday of Great Lent**

Τὴ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον, ἵνα κράζω σοί, Χαῖρε νύμφη ἀνύμφευτε.

“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 You, the Champion Commander, I, Your City, inscribe victorious anthems of thanksgiving, for deliverance from sufferings, Theotokos. In as much as you have power unassailable, from all manner of dangers set me free. That I may cry out to you, rejoice 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.”

SERVICES FOR THIS WEEK

Monday, April 1: *Great Compline at 6:00pm*  
 Wednesday, April 3: *9th Hour Prayers- 5:45pm; Presanctified Liturgy- 6:00pm*  
 Friday, April 5: *Salutations to the Theotokos- 7:00pm*  
 Saturday, April 6: *Great Vespers - 5:00pm*

FATHER VASILEIOS WILL CONTINUE HOUSE BLESSINGS THROUGHOUT GREAT LENT. HOWEVER, THERE WILL BE NO HOUSE BLESSINGS OR CONFESSIONS DURING HOLY WEEK!

GOYA EVENTS

The GOYANS are hosting “YOUTH EVENING LOADED WITH FUN!” event at O. Henry Middle School on Saturday, April 6th from 5:30 – 8pm. Love donations will be accepted and all proceeds go toward buying bona fide basketball jerseys for next year’s tournament. Dinner will be provided and we guarantee your kids will get a good night sleep!

GOYA LENTEN RETREAT INFORMATION

Registration for the 2013 Southern Region GOYA Lenten Retreat at SKY RANCH is now open online at, [www.youth.denver.goarch.org](http://www.youth.denver.goarch.org)

**This year the retreat will be held April 19-21, 2013 at the Sky Ranch retreat center in Van, Texas.**

GOYAnS, ages 11-18, are invited to retreat away from every day challenges for a weekend of growth and fellowship. There is limited space availability, so act fast!

**Registration will close at midnight in the Mountain Time Zone on April 5, 2013.**

CAMP EMMANUEL

**Registration for GOYA Summer Camp Emmanuel is now open at [www.denver.goarch.org](http://www.denver.goarch.org).**

The Junior GOYA week for all middle school aged youth is June 9-15, and the Senior GOYA week for all high school students is June 16-22.

OCF (Orthodox College Fellowship)

OCF will begin meeting every Tuesday at the Campus Business Center (CBA 4.348) at 6:30pm. (Become a member of their facebook group [University of Texas OCF](http://University of Texas OCF) to keep up with all the events & info!)

YAL

YAL will meet at Transfiguration EVERY MONDAY during Great Lent right after Compline. We will share a potluck dinner and have our study together. Join our email group at [austin.oya@gmail.com](mailto:austin.oya@gmail.com)

## A Message from the Ecumenical Patriarch Bartholomew for the Beginning of Great Lent

Beloved brothers and sisters, children in the Lord,

The holy fathers, who arranged everything in an orderly manner, instituted a period of ascetic discipline and spiritual purification for forty days prior to the great feast of the Lord's resurrection. This ascetic rule assumes the form of a limitation on foods through fasting, but especially an abstinence from evil. The saintly hymnographer characteristically emphasizes that a genuine and favorable form of fasting for God is the estrangement from wrongdoing, control of the tongue, alienation from anger, separation from evil desires, including gossip, deceit and swearing, restoration of justice, disengagement from passionate thoughts, fervent confession, cleansing of the conscience, "which there can be nothing more difficult," refraining from "harmful passions, from envy and hatred, indeed from every wickedness," shunning of "the mind's perversion," admission of transgressions. For "the Judge is close, at the door," and he tries hearts and minds, since "He is everywhere present and fills all things." (Great Canon of St. Andrew of Crete)

The aim of bodily asceticism is the purification of the mind and its concentration on the love of our Lord and God, Jesus Christ, as well as on the love of our fellow human beings, which constitutes the evidence that we are disciples of the One who loves them. This love must be tangible, resulting in some sacrifice for them on our part. For love without offering the necessary material and spiritual goods to those whom we love is but an empty word. This is particularly true in our age of great moral and financial crisis, when those of us who can are obliged to offer assistance to our fellow human beings with gladness, love and respect. Only then will our joy in the Lord's resurrection be complete, when our support for the least of His brothers, our own brothers and sisters, is complete. According to the honorable words of St. Basil the Great, "the man who loves his neighbor as himself possesses no more than his neighbor...thus, as much as your wealth increases, so much does your love decrease" (Homily to the Rich, PG 31.281B).

Unfortunately, the world believes that joy comes from gaining and possessing wealth, glory, positions and other pleasures. "There is nothing worse than a person who does not know how to love." And "when you see someone who needs physical or spiritual healing, do not say to yourself: I wonder why this person was not healed by anyone. Simply heal that person of his or her illness, and do not seek to lay blame on others. If you anoint that person with the word of your teaching, like the oil of healing, if you cure that person with your good nature, restoring that person's health with your patience, then that person will become the cause of the greatest treasure for you." (See St. John Chrysostom, Homily 27 on 2 Corinthians and Homily 8 Against the Jews, PG 61.586-587 and PG 48.932-933). The truth is that the joy and satisfaction from offering love and material goods to our fellow human beings is incomparably greater. The conventional social understanding, which the young generation is taught as the most advantageous way of life, is greed and avarice. However, when such notions prevail, they create social turmoil and ultimately harm even those who acquire excessive wealth at the expense of others. The inevitable social division must be alleviated voluntarily by the offering of those who have to those who do not have, as our Lord explicitly teaches: "Let the person who has two garments give to another who has none" (Luke 3:11). It is only when we perceive our unity with all our fellow human beings, and especially the weak, will we journey through the period of Holy and Great Lent in a godly manner and receive the blessing of Christ.

*Continued on the back page .....*

*March 31, 2013 - Sunday of St. Gregory Palamas*

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

"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 εἰσὶν οἱ οὐρανοὶ· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτοὺς, καὶ ἀλλαγήσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον 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.

*March 31, 2013 - Sunday of St. Gregory Palamas*

*Gospel - St. Mark 2: 1-12*

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 ἐκεῖνῳ, εἰσηλθεν 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 καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς 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.

### *WELCOME VISITORS!*

*We welcome all new visitors who worshipped with us this morning. We are pleased to have you with us!  
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 Transfiguration.  
We hope that you will return often to worship with us and grow in Christ!*

### *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 Antidoro (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.*

### **Sunday School Classes are in session!**

Please allow the Church School children and teachers to receive 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*

Arlena, Cindy, Philip, W.C., Glenna, Nicole, Michael, the nun Elizabeth, Wanda, John, Lili, Archie, Paul, Michael, Petra, Luke, Matthew, Elizabeth, Cecilia, Venton, John, Julia, Ricky, Wayne, Sarah, Christopher, John, Arsinoi, Konstantinos, Jan, Marie, Chris, MaryAnn, Cliff, Maggie, Lou, Thomas, Kathy, Kathryn, Greg, Bill, Christopher, Steve, Maggie, Nakis, Martha, George, Richard Simeon, Terri, Nicole, Mark, Madeleine, Sophie, Maria, Nassos, Maria, Amy, Christina, Ana, Dolly, Fr. Ambrose, Vickie, Gonzalo, Pat, Bill, Linda, Mindy, Jenny, Rosemary, Fr. Andreas, Emmanuel, Alkmene, Maree, Constanze, Jennifer, Timothy, Andrea, Janis Mae, Andreas, Luke, Zlata, Andrea, Albert, Dorothy, Presbyteria Krissy, Malamo, Larry, Jane, Argiro, Koula, Boyd, Wilma, Ted, Nicolette, Alexandra, Fr. Damaskinos, Emmanuel, Eleni, Thomas, Maria, Zoe, Kalliopi, Aikaterini, Garyfalia, Danae, Ioannis, Konstantinos, Nikolaos, Evangelia, Aikaterini, Eleni, Eirini, Dimitrios, Antigoni, Sharon, Elaine, Georgia, Chrysoula, Michael, Dimitra, Carol, Frank, Suzanne, Fotini, Max, Sienna, Petros, Kirsten, Yvette, Kimberlin, Alvin, Eric, Alison, Emily, Olga, Anastasios-Tahseen, Athanasios, Tristen, Damon, Fran, Melanie, Betty (Mary Elizabeth), Gabriel, Theone, Angie, Zoe, Themis, Maria, Olympia, Panayiota, Dmitriy

### *PRAYERS FOR THOSE IN OUR ARMED FORCES:*

*SGT Jennifer D. Atkinson, SSG John Atkinson, COL Dave Romine, CPT James Alfaro, SSG Deane Anderson, CPT William Willett, MAJ Timothy Ullman, MAJ Chris Chase, Cadet Mindy Keys, SPC Andrew Bentzel, MAJ Scot Thornhill, CPT Christopher Gilbert, CPT. Alexander Stathos, 1st LT Angela Bahlatzis*