

From the Fathers (and others):

St. Gregory Palamas:

Whereas love for God is the source and starting point of every virtue, love for the world is the cause of all evil. For that reason these two loves are at enmity with each other and destroy each other.

The Lord came to send fire upon the earth (cf. Lk. 12:49), and through participation in this fire He makes divine not just the human substance which He assumed for our sake, but every person who is found worthy of communion with Him.

We know that prayer in and of itself cannot save us, but carrying it out before God can. For when the Lord's eyes are upon us He sanctifies us, as the sun warms everything upon which it shines.

Given that we desire long life, should we not take eternal life into account? If we long for a kingdom which, however enduring, has an end, and glory and joy which, great as they are, will fade, and wealth that will perish with this present life, and we labour for the sake of such things; ought we not to seek the kingdom, glory, joy and riches which, as well as being all-surpassing, are unfading and endless, and ought we not to endure a little constraint in order to inherit it?

St. Innocent of Alaska:

People were not created merely to live here on earth like animals that disappear after their death, but to live with God and in God, and to live not for a hundred or a thousand years, but to live eternally.

No one will ever find true happiness and perfect prosperity without God or outside God.

To desire what is good for oneself and to seek prosperity or happiness is part of man's nature, and therefore it is not a sin or vice. But we need to know that here on earth there has not been, and is not, and never will be, true and perfect happiness and prosperity; for all our prosperity and happiness are only in God.

To deny oneself means: to give up one's bad habits, to root out of the heart all that ties us to the world; not to cherish bad desires and thoughts; to quench and suppress bad thoughts; to avoid occasions of sin; not to do or desire anything from self-love, but to do everything out of love for God. To deny oneself means, according to the Apostle Paul, to be dead to sin and the world, but alive to God.

St. John Orthodox Church

A Parish of the Antiochian Orthodox Christian Archdiocese of North America



~ March 31st, 2024 ~

Sunday of Gregory Palamas

Second Sunday of Great Lent

ST. JOHN ORTHODOX CHURCH
1663 TUTWILER AVENUE
MEMPHIS, TN 38107
(901) 274-4119
www.stjohnmemphis.org

His Eminence Metropolitan SABA
Archbishop of New York and Metropolitan of All North America
Antiochian Orthodox Archdiocese of North America

His Grace Bishop NICHOLAS
Auxiliary Bishop of the Diocese of Miami and the Southeast

V. Rev. Fr. Philip Rogers, Pastor

V. Rev. Fr. Basil Cushman, Associate Pastor

V. Rev. Fr. John Troy Mashburn, Jr., Pastor Emeritus

V. Rev. Fr. Donald John Berge, Attached

GREAT VESPERS
Saturday, 6:00 p.m.

ORTHROS
Sunday, 9:00 a.m.

DIVINE LITURGY
Sunday, 10:00 a.m.

Antiochian Orthodox Christian Archdiocese of North America
“...the Disciples were called Christians first in Antioch!”
Acts 11:26

Orthodoxy Sunday

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

Gospel: Mark 2:1-12

The Holy Bread for Eucharist is offered by Karen Bell.

Welcome to all those visiting St. John Orthodox Church. We are honored by your presence. It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church.

If you are from a non-Orthodox background, you may see new things such as icons, incense, the sign of the cross, the veneration of saints, and a great deal of standing. These can be perplexing to the uninitiated eye. Rest assured that everything we do has a solid biblical foundation and a long history among Christian people. Please feel free to participate where you feel comfortable and feel equally as free only to observe when you prefer.

The Orthodox Church understands the Eucharist, or Lord's Supper, to be – among other things – the paramount expression of Christian unity. While it is our deepest hope that Christendom will one day fulfill Christ's desire for true unity among all those who claim His name (John 17:21), the unfortunate reality of our day is that the various segments of Christendom are not unified with the historic Orthodox faith. *Since participation in the Eucharist expresses a unity with all the dogma and practice of the Orthodox Church, non-Orthodox guests do not receive Holy Communion.* The Holy Eucharist is reserved for those members of the Orthodox Church who have prepared themselves by prayer, fasting, and recent confession. All visitors and unprepared Orthodox are invited to partake of the blessed bread as they come forward to venerate the cross at the end of the Liturgy. Thank you for your understanding.

ST. JOHN CALENDAR

March 31 – April 7

(Great Fast)

Sunday - Orthros, 9:00 am
- Divine Liturgy, 10:00 am

Monday - First Hour, 6:45 am
- Great Compline, 6:00 pm

Tuesday - Third Hour, 9:00 am
- Men's Lunch, 12:00 pm

Wednesday - Third Hour, 9:00 am
- Women's Teaching, 10:00 am (*In Person)
- Presanctified Liturgy, 6:00 pm
- Lenten Meal, following Presanctified Liturgy
- Bible Study, 8:00 pm

Thursday - Third Hour, 9:00 am

Friday - First Hour, 6:45 am
- Third Hour, 9:00 am
- Sixth Hour, 12:00 pm
- Small Compline with the Akathist, 6:00 pm

Saturday - Ninth Hour & Vespers, 5:50 pm

Sunday - Orthros, 9:00 am
- Divine Liturgy, 10:00 am
- Sons of Thunder Men's Book Club, 6:00 pm

Today's Memorials:

Maria Bellaflores - 6 years
Elfrieda Drobashevsky - 7 years
Jill Healy - 10 years
Charles Ingram - 6 years
Esther Longa - 14 years
Nancy McGee - 5 years
Paul Parham - 12 years

Upcoming Churching – April 14:

Marija & Bogdana Pavlovic

Birthdays, Anniversaries, Nameday

Sunday, 3/31

Birthday: Elijah White, Monica Bennett

Wednesday, 4/3

Birthday: Brooke White

Monday, 4/1

Birthday: Maya Ibrahim
St. Mary of Egypt: Kh. Susan Cushman,
Lori O'Brien, Mary Wren Williams,
Moriah Crum, Jennifer Stanek, Miriam
Redmond

Thursday, 4/4

None

Friday, 4/5

None

Saturday, 4/6

None

Tuesday, 4/2

Birthday: Jackie Rustom
St. Abigail: Abigail Yadron

Commemorations

March 31: Hypatios the wonder-worker, bishop of Gangra; Venerable Akakios the Confessor, bishop of Melitene; Prophet Joel; repose of Innocent, metropolitan of Moscow, enlightener of the Aleuts and apostle to America; repose of Jonah, metropolitan of Moscow.

April 1: Venerable Mary of Egypt; Martyrs Geontios and Basileidos; Venerable Euthymios, wonder-worker of Suzdal.

April 2: Venerable Titos the wonder-worker; Virgin-martyr Theodora of Palestine; Martyrs Aidesios and Panayiotis.

April 3: Venerable Nikita the Confessor and Joseph the Hymnographer; New-martyrs Paul and John.

April 4: Venerable George of the Peloponnesos; Martyrs Theodoulos the reader and Agathopodos the deacon of Thessalonika; Venerable Thonas, archbishop of Thessalonika; Isidore, bishop of Seville.

April 5: Martyrs Claudios, Didymos and Diodoros; New-martyr George of New Ephesos; Venerable Theodora of Thessalonika.

April 6: Eutychios, patriarch of Constantinople; Venerable Platonida of Nisibis; Venerable Gregory Byzantios of the Great Lavra on Athos; Venerable-martyr Gennadios of Dionysiou monastery on Athos; the Martyrs of Samothrace; Methodios, archbishop of Moravia and enlightener of the Slavs.

April 7: Martyr Kalliopios of Cilicia; Venerable George, bishop of Mitylene; repose of Tikhon, patriarch of Moscow and Enlightener of North America.

DAILY SCRIPTURE READINGS

Sunday	Hebrews	1:10-14; 2:1-3	Mark	2:1-12
Monday	Genesis	6:9-22	Proverbs	8:1-21
Tuesday	Genesis	7:1-5	Proverbs	8:32-9:11
Wednesday	Genesis	7:6-9	Proverbs	9:12-18
Thursday	Genesis	7:11-8:3	Proverbs	10:1-22
Friday	Genesis	8:4-21	Proverbs	10:31-11:12
Saturday	Hebrews	10:32-38	Mark	2:14-17
Sunday	Hebrews	4:14-16; 5:1-6	Mark	8:34-38; 9:1

Remember in Your Prayers

Our catechumens: Jeff Bennett; Ben Haag; Thomas & Christy Potts; Andrew Potts; Brian, Danielle, Luree, John, & River Pfeister; Billy & Stacey Murray; Leigh Ann Pompa; John & Lisa Weaver; Hannah Gibson; Richard & Lucas Luper; Michael Pritchett; Taylor Tawbush; Kyle, Jane, Isla & Lachlan Esposito; Michael Youngblood; Ronald Coleman; Brandon Daley

Prayer Requests: Mother Raphaela; Schemamonk Paul; Fr. Don & Martha Berge; Ken Alvis (Dianna Hildebrand's brother); Mary Elliott & family; Chris Hodges; Mickey Hodges; St. Nicholas Orthodox Church; St. Paul Orthodox Mission; Samuel Brownlow; Elizabeth Turner (Jack's mother); Aleksandra Klimkowski & family; Shawn McClenny (Miriam Redmond's brother-in-law); Stephen Hill (Nicholas Hill's brother) & family; Xander Moody (David & Rose McGee's nephew) & family; those suffering in the Middle East, most especially the Christians.

Expecting: Ioana Rustom, Heather Hetrick, Courtney Hagemeyer

Diocesan Seminarian: Caleb McGee



ST. JOHN COMMUNITY



Orthodoxy 101 will next meet on Monday, April 8th, at 7pm. The topic will be *The Holy Mysteries of the Church – Part 1*. All are welcome to attend either in person or via Zoom.
***Please note date change to Monday nights during Lent.**

Great Fast Reminder

As a reminder, the *traditional fasting discipline* is observed during the Great Fast which lasts from Pure Monday through Great and Holy Saturday (with *katalysis* for wine and oil on Saturdays and Sundays [except on Great and Holy Saturday when oil is not permitted], and for fish, wine and oil on the Annunciation [March 25th] and Palm Sunday).

May we all use this season to draw closer to our God through our voluntary ascetical work of prayer, fasting, and almsgiving!

St. John Eagles Basketball – Come out to support our men's basketball team on Monday nights at the JCC and join us for fellowship afterwards! The games will begin at 8pm. There is a \$3 spectator fee. We hope to see you in the stands and hear your cheers!

The Sons of Thunder Men's Book Club will meet at the church at 6pm on Sunday, April 7, to discuss *Welcoming Gifts: Sacrifice in the Bible and Christian Life* by Fr. Jeremy Davis. All men are welcome.

The Inaugural Lecture for the Antiochian Orthodox Medical Professionals Fellowship will take place via Zoom at 6pm on Sunday, April 7. Daniel B. Hinshaw, M.D., will speak about "Orthodoxy Christianity and Medical Practice: Understanding the Basics." All medical professionals are invited to attend. To register, please see the weekly emails.

Photos on Bulletin Board – Is your family pictured on the bulletin board leading into St. Raphael Hall? If not, please see Mr. Trent Terry! He will take your picture and add you to our photos. There are so many new people and it is great to have a tool to put a name to a face.

Save the Date for April 27th – Lazarus Saturday – Parish Breakfast

Join us Lazarus Saturday morning following Divine Liturgy for breakfast and activities for the kids. Fr. Philip will be hearing the children's confessions following breakfast.

Icon Painting Workshop

Sts. George and Alexandra Orthodox Church in Fort Smith, Arkansas is hosting a 6-day intensive Icon Painting Workshop from June 24-29. To learn more information and/or to register for a spot, please see the weekly parish emails.

St. John Youth

Today:

Sunday, 3/31 - "Man of God" Discussion & Donuts (Lunch Provided), 12:30-3:00pm

Next Week:

Sunday, 4/7 - No Youth Group
Wednesday, 4/10 - Host Presanctified Dinner, 5:00-8:30pm

Looking Ahead:

Sunday, 4/14 - Lunch at Someone's Home (Bring Sides & Desserts), *Host Needed*, 1:30-3:30pm
Sunday, 4/21 - Discussion & Donuts @Overton (Lunch Provided), 12:45-2:45pm
Saturday, 4/27 - Youth Host Lazarus Saturday Breakfast & Kids Retreat, 10:30am-1pm

Women of St. John Calendar

4/3 (Wed.) AWSJ Teaching, 10am – Women's Teaching will meet in person this week to discuss *A Voice for Our Time* by Fr. Alexander Schmemmann. In addition, if your schedule allows, bring a sack lunch or snack and join us for social time after the meeting.

Birthright Donation Drive – The AWSJ is collecting donations for baby items to be donated to Birthright for our Lenten Service Project. You may leave new or gently used items (0-9 months) in the bin in the Library. See weekly emails & insert for donation list & more details.

4/20 (Sat.) DOMSE Lenten Retreat, 10am-12pm via Zoom – The third annual hub & spoke DOMSE Lenten Retreat will feature a generational panel discussion "Embracing our Season in Life". If you are interested in attending the DOMSE Lenten Retreat as a group, please sign up on the sign up genius link in the weekly emails. The Zoom link will not be distributed individually.

5/11 (Sat.) Bridal Shower for Mary Elise O'Brien, 1pm – Please join us at Reem Mansour's home for a bridal shower honoring Mary Elise O'Brien. Contact Reem at 901-647-5563 if you would like to help in any way. Contact Trish Ratliff if you would like to contribute to the group gift (Venmo @Trisha-Ratliff). The registry can be found at: <https://www.zola.com/registry/maryeliseandjoe>

LIBRARY LINES

Adapted and condensed from the New York Times and "Orthodoxed" by your librarian (without permission).

Reap the Rewards of Reading Out Loud

When we think of reading aloud, we often picture doing it with children, but adults also benefit from hearing words spoken out loud. According to Kate DiCanillo, an award-winning children's writer, "It is an act of love to read to somebody." The listeners and the reader can lay aside their earthly cares

and make a connection in the story. Great Lent is a good time to add a spiritual blessing like this in your life! I hope you make it an enriching, life-long habit!

1. Start with a short book or collection of sayings. Take a look at these books and others in St. John Library. *The Sayings of the Desert Fathers* (PAT- - -WAR) is full of short gems sometimes with a humorist twist. *Lenten Reflections* (CAT LTHW HAR) helps us think about the School of Repentance. *Everyday Saints* (HAG- - -TIK) is an anthology of short stories about people we can all relate to.

2. Find any opportunity to read. Read to your spouse before bed or during a meal. Make it a part of your Saturday morning routine. Take a book when visiting someone at the hospital or rehab. And of course read to your children!

3. Focus on your connection rather than getting every word right. Instead of simply an academic exercise, reading out loud is a way to connect with another person. It stretches our minds to reach into the thoughts and affection of our listeners.

Do you get the St. Gregorys mixed up? Today is the feast day of Gregory Palamas. He is a 14th century saint who is known as a teacher of hesychasm and as an apologist of Orthodoxy. Discover more about him in these St. John Library books: *Saint Gregory Palamas as a Hagarite* (HAG GRE HIE), *St. Gregory Palamas and Orthodox Spirituality* by John Meyendorff (PAT COM GRE), *A Study of Gregory Palamas* by John Meyendorff (HAG GRE MEY), and *The Lives of the Pillars of Orthodoxy* (REF HAG HOL).

Today we commemorate the repose of St. Innocent (3/31). This American saint spent his life spreading the Gospel in Siberia and Alaska. He wrote the Gospel and a catechism in the Aleut language. One of his most famous books is *Indication of the Way to the Kingdom of God* (PAT INN). Read more about him in *Journey Across North America* (KID STS GID), *Saint Innocent of Alaska* (KID STS INN) and *Portraits of American Saints* (HAG - - - GRA).

Venerable Joseph the Hymnographer (4/4) is known as "the sweet-voiced nightingale of the Church." He was a strong defender of the veneration of icons and was sent to Rome to Pope Leo to report on the threat of iconoclasm. During the trip, he was captured and given over to the iconoclasts. After being imprisoned for six years, St. Nicholas of Myra appeared to him and told him to eat a paper scroll on which was written a prayer for God's intervention. He did so and sang, "How sweet are Thine oracles to my throat," as he had been instructed by the saint. The chains fell off and he was transported to Constantinople. Years later he composed many hymns and canons to the saints including one to St. Bartholomew who blessed him to write divine music which flowed through his heart. According to the OCA website, "Most of the canons in the Menaion are St. Joseph's work. His name may be found in the Ninth Ode as an acrostic. He also composed many of the hymns in the Paraclesis." Read about him and other composers of verse in *Poets and Hymnographers of the Church* (HAG - - - TAR).

This week we honor two saints who built up the Church through their pens. St. Methodius (4/6), together with his brother St. Cyril, are known as Equal to the Apostles and Enlighteners of the Slavs. They devised a Slavonic alphabet and translated books used in celebrating the divine services and almost the entire Old Testament. They were frequently opposed by the German bishops who insisted the services be done in Latin. Discover more about their lives in *Byzantium and the Slavs* (HIS OBO), *A Gift for Ianko* (KID STS CYR) and *Orthodox Alaska* (HIS OLE).