

**WELCOME TO ST. SOPHIA** 440 Whitehall Rd., Albany, New York  
Welcome to the celebration of the Divine Liturgy. The glass-enclosed narthex is designated for parents with infants and young children. Everyone is asked to remain in the narthex during the “*Small Entrance*,” “*Great Entrance*,” “*Epistles*,” and “*Gospel Readings*”. Also, please remember to turn off all cell phones and electronic devices. For those with special mobility needs, there is a wheelchair and a walker available. Please ask a Parish Council member at the Pangari.

If you are a visitor or newcomer, we are pleased to have you with us. Please introduce yourself to a parish council member at the Pangari and also sign the guest book. However, remember that only those who are baptized or chrismated in the Eastern Orthodox faith may participate in the Holy Sacraments including Holy Communion. Following church services, everyone is invited to attend the fellowship hour in the parish hall.

Our website is <http://stsophiaalbany.org>

**Today: Sunday of St. Gregory Palamas**

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

*Forty-day Memorial for the late† Aphrodite Condell  
Memorials for Polexene & Evangelos Christo, Polexena and Peter Georgaklis  
Constance & Andrew Christo, Mina and Peter Christo  
Coffee Fellowship Sponsored in their Memory*

*Fifteen-year Memorial for the late† Harry Patelos  
Twenty-five year Memorial for the late† Anna Patelos  
Coffee Fellowship Sponsored in their Memory*

*May their Memory be Eternal!*

**Sunday of St. Gregory Palamas  
March 15, 2020 – March 21, 2020**

15 Sunday 9:30 am Divine Liturgy  
16 Monday 11:00 am Senior Exercise

6:30 pm Basketball  
17 Tuesday 11:00 am Chair Yoga  
12:30 pm Chair Yoga  
12:30 pm Senior Program  
4:30 pm Greek School  
7:00 pm Religious Study  
18 Wednesday 9:30 am *Presanctified Liturgy*  
11:00 am Senior Exercise  
12:30 pm Knitters  
4:00 pm Greek School  
7:00 pm “*OPA-cize*”  
19 Thursday 12:15 pm No Seniors Lunch  
4:00 pm Greek School  
20 Friday 11:30 am Senior Exercise  
7:00 pm *3rd Salutations*

**News & Events**

- Due to the Coronavirus containment efforts, there are new guidelines from the Archdiocese. Guidelines are available at the Pangari. Please respect the concerns for the safety and well-being of our parishioners and follow the new protocols that have been issued. This is not a topic for discussion. This is a time to practice safety.
- Still needed are special donations for Lent and Easter.** “Flowered frames” for holy icons are needed including the following services: The Third and Fourth Salutations; the Service of the Bridegroom; the Last Supper; and the Resurrection Icon. Other donations needed include: daffodils for the Sunday of the Cross; palms for Palm Sunday; carnations for the “Unnailing Service” on Good Friday; lily plants; monetary donations for the epitaphio flowers; and candy for the children’s “*Easter Egg Hunt*”. Call the office for information.
- Philoptochos is taking orders for tsourekia for Easter. The cost is \$7 per bread. Baklava is also available for \$10 per pack of ten. And, for the first time, you can order red Easter eggs which will be colored with the church Resurrection eggs on Holy Thursday. The cost is \$6 per dozen. **Note: All items must be prepaid.**
- Our Sunday School is still collecting items for the “**Hospitality Cart**” for families at the Ronald McDonald House. The collection box is across from the church office.
- Please note that the bus trips to NYC for the Independence Day Parade and the DOP trip to Astoria have been cancelled.
- The Greek School students are scheduled to hold the Annual Greek Independence Day Program next Sunday following church services.

Epistle Reading

*Prokeimenon. Plagal Second Mode. Psalm 27.9,1.*  
*O Lord, save your people and bless your inheritance.*  
*Verse: To you, O Lord, I have cried, O my God.*

The reading is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3.

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel Reading

**Sunday of St. Gregory Palamas**  
The reading is from 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!"

Resurrectional Apolytikion in the Plagal Second Mode

Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

Apolytikion for Sun. of St. Gregory Palamas in the Plagal Fourth Mode

Light of Orthdoxy, 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.

Apolytikion (Hymn) for the Church in the Plagal Fourth Mode

Blessed art Thou, O Christ our God, Who hast made manifest the fishermen as most wise, By sending down upon them the Holy Ghost, And by them hast drawn the world into Thy net. O Lover of mankind, glory to Thee.

Ευλογητός ει, Χριστέ ο Θεός ημών, ο πανσόφους τους αλιείς αναδείξας, καταπέμψας αυτοίς το Πνεύμα το Άγιον, και δι’ αυτών την οικουμένην σαγηνεύσας. Φιλάνθρωπε, δόξα σοι.

Seasonal Kontakion in the Plagal Fourth Mode

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"