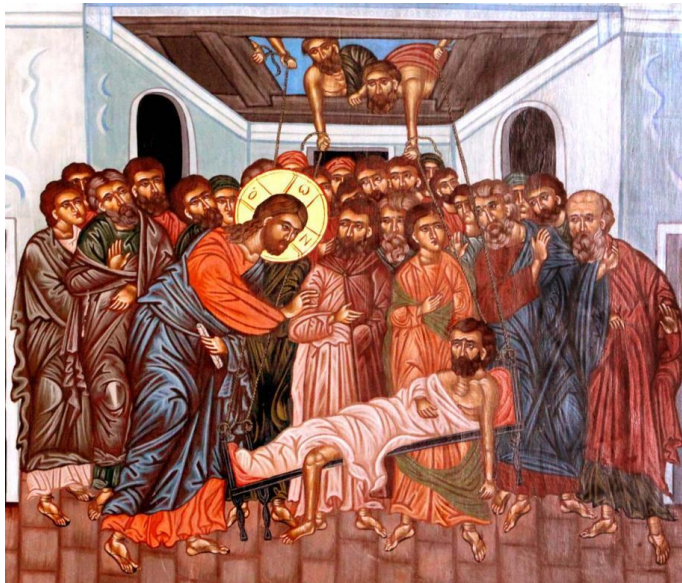


March 28, 2021: THE SECOND SUNDAY OF LENT (Of St. Gregory Palamas)

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

“You, Lord, in the beginning laid the foundation of the earth, And the heavens are the work of Your hands. They will perish, but You remain; And they will all grow old like a garment; Like a cloak You will fold them up, And they will be changed. But You are the same, And Your years will not fail.” But to which of the angels has He ever said: “Sit at My right hand, Till I make Your enemies Your footstool”? Are they not all ministering spirits sent forth to minister for those who will inherit salvation? Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him.

Gospel: Mark 2:1-12:



And again He entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.” And some of the scribes were sitting there and reasoning in their hearts, “Why does this Man speak blasphemies like this? Who can forgive sins but God alone?” But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’? But that you may know that the Son of Man has power on earth to forgive sins”—He said to the paralytic, “I say to you, arise, take up your bed, and go to your house.” Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!”

On the second Sunday of Great Lent, the gospel message is about faith in action, about visible faith. Many people claim and even boast to have faith. However, when they are challenged to actually prove their faith they don't have too much to say.

Let us look at the four men from today's gospel reading who proved their faith by carrying their fellow human being (the paralytic) on the streets of Capernaum, in order to present him before the Savior. And, when they came to the house where Jesus was, their faith was put to the test: *they could not come near Him because of the crowd*. But strong faith never gives up; it always finds answers. So, instead of turning around and going back home, the four men went through further effort (proof of their faith) and *when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.*

The faith of the four men brings about the healing of the paralytic: *When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you."*

As we continue our spiritual journey to Pascha, let us learn from the four men and help those in need, proving that our faith is not just a statement but a way of life, an example, a light to the world!



On the Second Sunday of Lent, the Orthodox Church commemorates our **Holy Father Gregory Palamas**, Archbishop of Thessalonica, the Wonderworker. The feast day of Saint Gregory Palamas is November 14, however, he is commemorated on this Sunday as the condemnation of his enemies and the vindication of his teachings by the Church in the 14th century was acclaimed as a second triumph of Orthodoxy.

Apolytikion:

"O, Gregory the Miracle Worker, light of Orthodoxy, support and teacher of the Church, comeliness of Monastics, invincible defender of theologians, the pride of Thessalonica, and preacher of grace, intercede forever that our souls may be saved."

Fr. George Bazgan

We are live streaming the Liturgy

As we continue to operate under these restrictions, we are live streaming the Divine Liturgy on You Tube.

To access the Sunday Services, [click here.](#)

Holy Liturgy on Saturdays

The Divine Liturgy will also be celebrated every Saturday until Easter. This, so that we don't exceed the allowable number of people in Church on Sundays. We ask those who have memorial services to limit the amount of food offered in memory of the departed and make donations to various charities: Hope Mission, Mustard Seed, etc.

Thank You!

Sunday Service Attendance

Due to the continuing State of Emergency, and the recent measures imposed by the provincial authorities, **the maximum number of people attending Church services is 20.**

In order to give more people a chance to attend, we ask **those who attended last Sunday, to skip this upcoming Sunday, establishing some sort of a rotation system. Also, only one person from the same family, please!**

We apologize for this inconvenience and hope that the restrictions will continue to be relaxed in the near future.

Those who attend, are kindly asked to observe the recommendations of the experts, such as: **wearing a mask, washing hands, social distancing, etc.**

Thank you all and may God keep us safe!

SPECIAL SERVICES DURING GREAT LENT:

Friday at 6:00 PM: AKATHIST TO THE HOLY VIRGIN.

Saturday at 5:00 PM: VESPERS.

CONFESSION WILL BE HEARD AFTER EACH OF THESE SERVICES.

MEMBERSHIP

The Board of Directors extends a warm appeal to all supporters of our parish, asking them to pay their membership before Easter.

This way we can ensure that we have the necessary funds to fulfill our financial obligations during the Summer months and for the rest of the year as well.

THANK YOU VERY MUCH!

ROMANIAN ORTHODOX CHURCH

St. Mina, St. Ephrem the New and St. Gerasim of Kefalonia, Blainville, QC



Founder Pillar of the Church: \$5000 and more

Founder: \$1000 - \$4999.

Donor: up to \$999.

The founders remain forever in the records of the church; they are commemorated in the Divine Liturgy and, during the Proskomedia, a particle is taken out for them.

Project: **Buying the CHURCH** where we perform Holy Services regularly, located at: **3550 Montée Gagnon, Blainville, QC J7E 4H5.**

We invite you to join those who support us in carrying out the project **by making donations to the account Romanian Orthodox Parish ST. MINA, TD Canada Trust (004) 4383-5026649 (bank transfer; Pay-Pal; cash; send checks to the office of St. Mina Parish: 573 Rue Des Asters, St.- Eustache, Qc., J7P 5W4)**

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also” (Matthew 6:19-21).

Contact: Priest Olimpiu Marginean, 450-821-9157, pr.olimpiu_marginean@yahoo.fr
Romanian Orthodox Parish St. MINA <http://www.misiuneasfintulmina.com/>

ST. JOHN CHRYSOSTOM

REAL FASTING

I speak not of such a fast as most persons keep, but of real fasting; not merely abstinence from most meats, but from sins as well. For the nature of a fast is such that it does not suffice to deliver those who practice it unless it is done according to a suitable law. So that when we have gone through the labor of fasting we do not lose the crown of fasting, we must understand how and in what manner it is necessary to conduct the business since the Pharisee also fasted, but afterward went away empty and destitute of the fruits of fasting. The Publican did not fast, and yet he was accepted in preference to him who had fasted in order that you may learn that fasting is unprofitable unless all other duties accompany it.

Fasting is a medicine. But like all medicines, though it be very profitable to the person who knows how to use it, it frequently becomes useless (and even harmful) in the hands of him who is unskillful in its use.

I have said these things not that we may disparage fasting, but that we may honor fasting. For the honor of fasting consists not in abstinence from food, but in withdrawing from sinful practices, since he who limits his fasting only to abstinence from meats is one who especially disparages fasting

THE PROOF OF FASTING

Do you fast?

Give me proof of it by your works.

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye, and the ear, and the feet, and the hands, and all the members of your bodies.

Let the hands fast, by being free of avarice.

Let the feet fast, by ceasing to run after sin.

Let the eyes fast, by disciplining them not to glare at that which is sinful...

Let the ear fast... by not listening to evil talk and gossip...

Let the mouth fast from foul words and unjust criticism.

For what good it is if we abstain from birds and fishes, but bite and devour our brothers?

Prayer at the time of pandemic

O Lord, our God, who are rich in mercy and, with Your wise care, guard our lives, listen to our prayer, receive our repentance for our sins, stop this pandemic, as You have ceased the punishment of the people in the days of King David. You who are the Physician of our souls and our bodies, give healing to those contaminated with this disease, hastily raising them from their bed of suffering, to glorify You, the Most Merciful Savior, and protect those who are healthy from any disease.

Bless, strengthen and shield, O Lord, with Your grace, all those who, with love of people and sacrifice, care for the sick at their homes or in hospitals. Remove all disease and suffering from the people and teach us to value life and health as gifts coming from You.

Grant us, O God, Your peace, and fill our hearts with unwavering faith in Your protection, with hope in Your help, and with love towards You and our neighbor.

For Yours is to show mercy and to save us, O our God, and to You we give glory: Father and Son and Holy Spirit, now and forever. Amen!