

St. Gregory Palamas Talks about the Soul

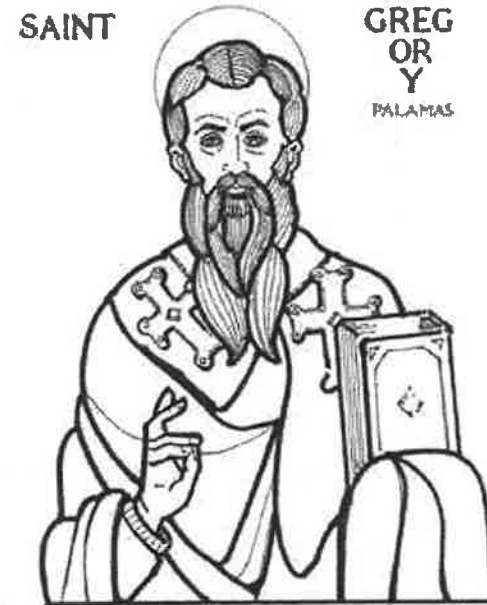
Life of the soul is union with God, as life of the body is union with the soul. As the soul was separated from God and died in consequence of the violation of the commandment, so by obedience to the commandment it is again united to God and is quickened. This is why the Lord says in the Gospels, 'The words I speak to you are spirit and life' (Jn. 6:63)....

The grace of the Spirit takes possession of the quiet soul, and gives it a taste of the unspeakable good things to come, which no passionate and negligent eye has seen, nor ear heard, neither have entered into the heart of such a man (cf. I Cor. 2:9). This taste is the earnest of these good things, and the heart which accepts these pledges becomes spiritual and receives assurance of its salvation...

Even when your body does nothing, sin can be active in your mind. When your soul inwardly repulses the evil one's attack by means of prayer, attention, remembrance of death, godly sorrow and mourning the body, too, takes its share of holiness, having acquired freedom from evil actions. This is what the Lord meant by saying that someone who cleans the outside of the cup has not cleansed it inside, but clean the inside and the whole cup will be clean...

~ Excerpts from the Homilies of St. Gregory Palamas

“Let us Attend!”



“Glory of Thessalonica and Preacher of Grace...”

A PARISH BULLETIN OF
ALL SAINTS ORTHODOX CHURCH

Olyphant, Pennsylvania

Rev. Paul J. Witek, Ph.D., Acting Rector 201.315.5722

16 March 2025

Second Sunday of the Great Fast

St. Gregory Palamas

Bulletin, Sunday, 16 March 2025

SECOND SUNDAY OF LENT — Tone 5. St. Gregory Palamas. Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Martyr Sabinas of Egypt (287). Martyr Papas of Lyconia (305–311). St. Serapion, Archbishop of Novgorod (1516). Apostle Aristobulus of the Seventy, Bishop of Britain (1st c.). Hieromartyr Alexander, Pope of Rome (119). Martyr Julian of Anazarbus (3rd c.). Hieromartyrs Trophimus and Thalys of Laodicea (ca. 300).

Epistle: Hebrews 1:10–2:3 (Sunday); Hebrews 7:26–8:2: (St. Gregory Palamas); **Gospel:** Mark 2:1–12 (Sunday); John 10:9–16 (St. Gregory Palamas)

Our souls and minds are strengthened and fortified by the regular reading of the Holy Scriptures. Daily readings can be found on the parish's wall calendar, or online by visiting the OCA's daily reading page <https://www.oca.org/readings>.

Weekly Schedule

- Monday, 17 March 2025, 9AM Lenten Hours.
- Wednesday, 19 March 2025: 6pm Joint Presanctified Liturgy at St. Nicholas Parish followed by Lenten Potluck Meal.
- Saturday, 22 March 2025: 4:00–5:15PM Sacrament of Confession with Parish Youth; 5:30 Panikhida for + Robert John Pascavage; 6:00PM Great Vespers.

– Sunday, 23 March 2025, Sunday of the Veneration of the Cross, 9:30AM Divine Liturgy followed Agape Coffee Hour Fellowship. 4PM. Deanery Vespers, Holy Annunciation Church, Berwick, PA

~ A warm welcome to all visiting with us today. Please come downstairs and share in fellowship with us.

~ Heartfelt thanks to all those who participated in the preparation and running of the Lenten Food Sale last Friday. By God's grace, a profit of over \$4,800.00 was realized. Many years and God bless you on your efforts.

~ There will be a Joint Presanctified Liturgy this Wednesday, 19 March at 6pm at St. Nicholas parish, followed by a Lenten Potluck. Please make every effort to attend.

~ Fr. Paul will have the Sacrament of Confession with Parish youth next Saturday, beginning at 4PM. Families are welcome to join the sacrament with their children. For all members of the parish, please be reminded that the time of the Fast is the ideal time to come to confession to be spiritually renewed before Pascha. All parishioner should make the effort to partake of confession **before** Palm Sunday so that with cleansed souls we can all journey with our Lord through Holy Week and celebrate the joys of Pascha as a united family in Christ.

55 Maxims for the Christian Life

These are 55 Short Sentences that Fr. Thomas Hoko came up with as a sources of inspiration for living a balanced, Christ Centered Life. Post them somewhere where you can see them and try to practice one each week more fully.

1. Be always with Christ and trust God in everything.
2. Pray as you can, not as you think you must.
3. Have a keepable rule of prayer done by discipline.
4. Say the Lord's Prayer several times each day.
5. Repeat a short prayer when your mind is not occupied.
6. Make some prostrations when you pray.
7. Eat good foods in moderation and fast on fasting days.
8. Practice silence, inner and outer.
9. Sit in silence 20 to 30 minutes each day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly.
12. Go to confession and holy communion regularly.
13. Do not engage intrusive thoughts and feelings.
14. Reveal all your thoughts and feelings to a trusted person regularly.
15. Read the scriptures regularly.
16. Read good books, a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person, one of the human race.
19. Be polite with everyone, first of all family members.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, even a part of a day, at a time.
24. Be totally honest, first of all with yourself.
25. Be faithful in little things.
26. Do your work, then forget it.

27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and attentive, fully present where you are.
35. Think and talk about things no more than necessary.
36. Speak simply, clearly, firmly, directly.
37. Flee imagination, fantasy, analysis, figuring things out.
38. Flee carnal, sexual things at their first appearance.
39. Don't complain, grumble, murmur or whine.
40. Don't seek or expect pity or praise.
41. Don't compare yourself with anyone.
42. Don't judge anyone for anything.
43. Don't try to convince anyone of anything.
44. Don't defend or justify yourself.
45. Be defined and bound by God, not people.
46. Accept criticism gracefully and test it carefully.
47. Give advice only when asked or when it is your duty.
48. Do nothing for people that they can and should do for themselves.
49. Have a daily schedule of activities, avoiding whim and caprice.
50. Be merciful with yourself and others.
51. Have no expectations except to be fiercely tempted to your last breath.
52. Focus exclusively on God and light, and never on darkness, temptation and sin.
53. Endure the trial of yourself and your faults serenely, under God's mercy.
54. When you fall, get up immediately and start over.
55. Get help when you need it, without fear or shame.