

VARIABLES – MARCH 8, 2026

SS. PETER & PAUL ANTIOCHIAN ORTHODOX CHURCH

HIS EMINENCE METROPOLITAN SABA, ARCHBISHOP OF NEW YORK AND METROPOLITAN OF ALL NORTH AMERICA

HIS GRACE BISHOP ANTHONY, AUXILIARY BISHOP OF THE DIOCESE OF LOS ANGELES AND THE WEST

REVEREND FATHER CHRISTOPHER DILLON, PASTOR

REVEREND FATHER GEORGE WASHBURN, REVEREND FATHER JOHN CHRISTIANSON

“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 (Mt. 23:25-26).”

St. Gregory Palamas

Welcome to all our visitors worshipping with us this morning! Please sign our Guest Register as you enter the church and be our guest for coffee and refreshments this morning after the service is over. We look forward to meeting you and welcoming you personally to Ss. Peter and Paul.

2nd Sunday of Great Lent

Commemoration of Gregory Palamas, archbishop of Thessalonica

Divine Liturgy of St. Basil the Great—Hymns & Scriptures

Variable Hymns – see music in packet

Troparion of the Resurrection, Tn. 6, Byzantine

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world. O Thou, Who art risen from the dead, O Lord, glory to Thee.

Troparion 2nd Sunday of Lent: Gregory Palamas, Tn. 8, Byzantine

O star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

Apolytikion of Ss Peter & Paul, Tn. 4, Byzantine

O foremost in the ranks of Apostles, and teachers of the world, Peter and Paul, intercede with the Master of all to grant peace unto the world, and to our souls the great mercy.

Clergy only – Kontakion for Sundays in Great Lent, Tn. 2, Byzantine

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that has that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

Reading from the Epistle of St. Paul to the Hebrews (1:10-2:3).

Thou, “O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.” But to which of the angels did He say at any time, “Sit on My right hand, until I make thine enemies a footstool for thy feet?” Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if

we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

Reading from the Holy Gospel according to St. Mark. (2:1-12)

At that time, when Jesus returned to Capernaum after some days, 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 Jesus a paralytic carried by four men. And when they could not get near Jesus 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, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason 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!"

Receiving Holy Communion: Only Orthodox Christians prepared through prayer, fasting, and a recent sacramental confession should approach the chalice for the Eucharist. The Orthodox Church does not practice "open communion" and has no intercommunion with non-Orthodox churches.

After taking Communion: Please return to your place and continue standing until the announcements.

Today's Commemorations and Prayer Requests

Take this list of prayer requests home with you and keep these people in your prayers this week.

For the living: Newly illumined Jenni, Bethany; Bp. Anthony; Prs. John, Thomas; Khs. Barbara, Carla; Kurt, Michael, Leanne, Faye, Travis, Eli, Emma, Jessica, Erin, Rebeca & Stephen, Aaron, Elizabeth, Anthony, Michael; Abel & Stacy, Romina, April, Julia, Tim, Hugh, Mike, Alexander, Jeremiah, Alex, Sophia, Hector, Saoirse, Michael, Persephone, Samuel, Verity, Christine, Fiona, Atticus, Evelyn, Enrica, Tony, Jon, Serenity, Ada, Grayson, Emmett, Sage, Beverly, Rosanna, Torey, Garrett, Ian, Elliott, Dawn, Dan, Russell, Kevin.

For those who are pregnant and their unborn children: Allie, Christina.

For the departed: Newly departed Margarita; Met. Philip; Aps. Gordon, Jack; Prs. Tom, Stephen, Basil, David, Terry; Igm. Leonty; Hmks. Ephraim, John, Athanasios; Mnk. Simeon; Dns. Mark, John, Mark, Nathaniel, David, Joseph, Michael; Khs. Judy, Jedonne, Terry Elizabeth, Doris; Pres. Zinnia, Barbara; Mka. Anna; Boris, Glaphyra; Susan, Elton; James, Philip, Hudson, Glenn, Erma Jean, Rick, Amy, Leonard, Eleanor, Charles.

For those serving in the Armed Forces: Jacob, Brycen, Jonathan, David, Gregory, Daniel, Don, Scott, Michelle, Noah.