

*St. Gregory Palamas*

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Fr. Martin D. Watt, Priest-in-Charge  
*Mailing address* 1411 Wilson Avenue  
*and rectory:* Ames, Iowa 50010

(515) 337-1192 (*rectory*)

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**Welcome!** We are honored that you have joined us in our celebration of the Lord's resurrection this day.

If you are a first time visitor to our parish, we invite you to sign our guest book. If you have a question, a prayer request, or any need, please speak with Fr. Marty, or with any parish member.

For our friends present with us who are not Orthodox Christians, please note that we have specific disciplines regarding receiving Communion. We ask that you refrain from going to Communion until you have spoken with Fr. Marty and understand our discipline and piety regarding this sacrament and its implication for responsibility towards and membership in the Orthodox Church. The bread and wine offered after communion and the bread offered at the end of the service is available to all.

If you are an Orthodox Christian from another parish who has prepared in accordance with your discipline, and have a blessing from your home priest to do so, we invite and encourage you to partake of Holy Communion.

This booklet contains the variable hymns and readings specific to today. Please feel free to take it with you. There are coil-bound booklets with the text for the Divine Liturgy – if you find it useful, please feel free to take one of those as well, with our compliments.

We also hope you will stay and join us in our coffee and fellowship hour, which immediately follows the service. We want the opportunity to get to know you, and for you to get to know us. Again, welcome!

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*Regular services:*

**Great Vespers**, *Saturday at 6:30pm*

**Confession**, *immediately following Great Vespers, other times by appointment.*

**Third and Sixth Hour Prayers**, *Sunday at 9:40am*

**Divine Liturgy**, *immediately following the hours.*

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**621 Kellogg Avenue, Ames, Iowa 50010**  
*(corner of 7<sup>th</sup> and Kellogg)*

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*Resurrectional Troparion – Tone 5*

Let us, the faithful, praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born for our salvation from the Virgin;  
for He willed to be lifted up on the Cross in the flesh,  
to endure death,  
and to raise the dead//  
by His glorious Resurrection.

*Troparion for St Gregory – Tone 8*

O light of Orthodoxy, teacher of the Church, its confirmation,  
O ideal of monks and invincible champion of theologians,  
O wonderworking Gregory, glory of Thessalonica and preacher of grace,//  
always intercede before the Lord that our souls may be saved!

*Glory to the Father and to the Son and to the Holy Spirit,*

*Kontakion from the Triodion – Tone 4*

Now is the time for action!  
Judgment is at the doors!  
So let us rise and fast,  
offering alms with tears of compunction and crying:  
“Our sins are more in number than the sands of the sea;  
but forgive us, O Master of all,//  
so that we may receive the incurruptible crowns!”

*now and ever and unto ages of ages, amen.*

*Kontakion For St. Gregory – Tone 8*

Holy and divine instrument of wisdom,  
joyful trumpet of theology,  
together we sing your praises, O God-inspired Gregory.  
Since you now stand before the Original Mind, guide our minds to Him, O Father,//  
so that we may sing to you: “Rejoice, preacher of grace!”

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*Epistle: (304) Hebrews 1:10-2:3 and (318) Hebrews 7:26-8:2 (St Gregory Palamas)*  
*Prokeimenon, Tone 5*

*Reader:* The Prokeimenon, in the 5<sup>th</sup> Tone: You, O Lord, shall protect us and preserve us from this generation forever.

*Choir:* You, O Lord, shall protect us and preserve us from this generation forever.

*Reader:* Save me, O Lord, for there is no longer any that is godly!

*Choir:* You, O Lord, shall protect us and preserve us from this generation forever.

*Reader:* In the First Tone, My mouth shall speak wisdom, the meditation of my heart shall be understanding.

*Choir:* My mouth shall speak wisdom, the meditation of my heart shall be understanding.

*Deacon:* Wisdom!

*Reader:* In the beginning, You, Lord, laid the foundation of the earth. The heavens are the works of your hands. They will perish, but you continue. They all will grow old as a garment, as a mantle, you will roll them up, and they will be changed; but you are the same. Your years will not fail. Indeed, to which of the angels did he ever say, Sit at my right hand, until I make your enemies the footstool of your feet? Are the angels not all ministering spirits, sent out to serve for the sake of those who will inherit salvation? Therefore, we should pay greater attention to the things that we were taught, for fear that we may drift away. Certainly, if the word spoken through angels proved reliable and every transgression and disobedience received a just penalty, how will we escape if we neglect so great a salvation! It was first announced by the Lord himself, and it is confirmed to us by those who heard him.

Brethren, such a high priest was fitting for us: holy, blameless, undefiled, separated from sinners and made higher than the heavens. He does not need, like those former high priests, to offer up sacrifices daily, first for his own sins and then for the sins of the people. Instead, he did this once for all, when he offered himself up. For the law appoints as high priests men who have weaknesses, but the word of the oath which came after the law appoints forever a Son who has been perfected.

The point of what we are saying is this: we have such a high priest, who sat down at the right hand of the throne of the Majesty on high, a servant of the sanctuary and of the true tabernacle, which the Lord has set up, and not man.

*Priest:* Peace be to you.

*Alleluia: Tone 5*

*Reader:* **And to Your spirit.** In the 5<sup>th</sup> Tone: Alleluia! I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation.

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* For You have said: “Mercy will be established forever; My truth will be prepared in the heavens.”

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* In the Second Tone, The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment.

*Choir:* Alleluia! Alleluia! Alleluia!

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*Gospel: (7) Mark 2:1-12 and (36) John 10:9-16 (St Gregory Palamas)*

*Priest:* The reading from the Holy Gospel according to St. **Mark.**

*Choir:* Glory to You O Lord, Glory to You.

At that time Jesus returned to Capernaum, it was heard that he was in the house. Immediately, many people gathered so that there was no more room, not even around the door. As Jesus was preaching the word to them, four men came, carrying a paralytic to him. Since they could not come near Jesus because of the crowd, they removed the roof where he was. When they had broken it up, they let down the mat which the paralytic was lying on. Seeing

their faith, Jesus said to the paralytic, "Son, your sins have been forgiven you." But there were some of the scribes sitting there, and they reasoned in their hearts, "Why does this man speak blasphemies like that? Who can forgive sins except God alone?" Immediately, Jesus perceived in his spirit that they were reasoning within themselves in this way. He asked them, "Why do you reason these things in your hearts? Which is easier, to tell the paralytic, 'Your sins have been forgiven,' or to say, 'Arise, take up your bed, and walk?' But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralytic—"I tell you, arise and take up your mat, and go to your house!" At once, the man arose and took up the mat, and went out in front of everyone. The people were all amazed and glorified God, saying, "We have never seen anything like this!"

The Lord said: I am the gate! Anyone who enters in by me will be saved, and go in and out, and will find pasture. The thief only comes to steal, kill, and destroy. I came so that people may have life, and have it in abundance. I am the good shepherd! The good shepherd lays down his life for the sheep. The one who is a hired hand, not a shepherd, and who does not own the sheep, leaves the sheep and flees when he sees the wolf coming. Then the wolf snatches the sheep and scatters them. The hired hand flees because he is a hired hand and does not care for the sheep. I am the good shepherd! I know my own, and I am known by my own; even as the Father knows me, and I know the Father. I lay down my life for the sheep. I have other sheep, which are not of this fold. I must bring them also, and they will hear my voice. And there will be one flock – one shepherd.

*Choir:* Glory to You O Lord, Glory to You.

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*Instead of "It is truly meet ..."*

All of creation rejoices in you, O Full of Grace:  
the assembly of Angels and the race of men.  
O sanctified temple and spiritual paradise,  
the glory of virgins,  
from whom God was incarnate and became a Child –  
our God before the ages.  
He made your body into a throne,  
and your womb He made more spacious than the heavens.  
All of creation rejoices in you, O Full of Grace.//  
Glory to you!

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*Communion Hymn*

Praise the Lord from the heavens, praise Him in the highest! The righteous shall be in everlasting remembrance. He shall not fear evil tidings. Alleluia, Alleluia, Alleluia!

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*Please join us in our fellowship hour immediately following the dismissal!*

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