

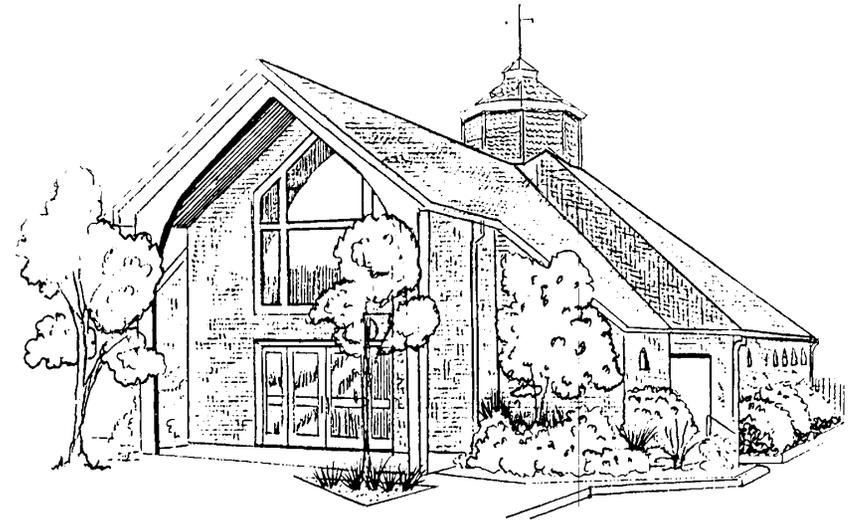
St. Basil Antiochian Orthodox Church
The Most Reverend Metropolitan SABA, Archbishop of New York
And Metropolitan of all North America
The Right Reverend Bishop NICHOLAS, Auxiliary Bishop
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St Theophylactus, Bishop of Nicomedia

When the Emperor's chief counsellor, Tarasius, was, while still a layman, chosen as Patriarch of Constantinople, many were then given the monastic habit by him – these being laymen, friends and admirers of Tarasius. Among them was this Theophylactus. Tarasius sent him as bishop to Nicomedia. He was, as a bishop, a good pastor to his flock, and showed a rare compassion towards the poor and wretched. After the death of St. Tarasius, Nichephorus succeeded to the patriarchal throne in Constantinople, and, shortly after that, Leo the Armenian came to the imperial throne. This latter was an iconoclast and, as such, stirred up a veritable storm in the Church of Christ. Although the iconoclast heresy had been proscribed by the Seventh Ecumenical Council, this Emperor restored it and tried to displace Orthodoxy. St. Theophylactus withstood the emperor to his face, and when the latter would not retract, said to him: "O king, great destruction will come upon you, and you will not find anyone to deliver you from it." For speaking thus, St. Theophylactus was, at the Emperor's command, deposed from his seat and sent into exile, where he spent 30 years enduring many difficulties and insults and where he finally gave his soul to the Lord in about 845.

from: The Prologue from Ochrid

St. Basil
Antiochian
Orthodox Church



March 8, 2026
The Sunday of St. Gregory Palamas

Welcome!

To Our Guests:

While we are not yet in formal inter-communion with other faith traditions, we have much respect for their rites of worship and sanctuaries of prayer. In our tradition, **Holy Communion is open only to those Orthodox Christians who are in good standing with the Church and have prepared themselves by prayer, fasting and a recent confession.** Please do not be offended by this if you are not an Orthodox Christian or in good standing with the Church. We welcome you to our church and invite you to receive a blessing and partake of the blessed bread at the end of the Divine Liturgy.

As Orthodox Christians it is always appropriate to stand (still) at the following times: the beginning and ending of all divine services, during a censuring of any kind, when the Holy Gospel is being read or when the homily is given, when others are receiving Holy Communion, during a blessing, e.g., "Peace be to all." Likewise, if you arrive at church during the reading of an epistle, gospel or the homily, please remain in the narthex until the homily is finished, then quietly seat yourself. Of course, if you have physical limitations, exceptions are understood.

Epistle Reading: Hebrews 1:10-2:3

Gospel Reading: St. Mark 2:1-12

Saints of the Day

Theophylaktos, bishop of Nicomedia; Apostle Hermas of the Seventy.

Spiritual Counsels...

The father of the righteous will greatly rejoice; he who begets a wise son will be glad in him. – Proverbs 23:24

Orthodox Thoughts from Theo, the Parish Possum



St. Thalassios (commemorated on May 20) was the abbot of a Libyan monastery during the 7th century. His writings are found in Volume Two of the new edition of The Philokalia. A friend of St. Maximos the Confessor, he wrote about the difficulty of living a spiritual life. This powerful prayer by him seems very helpful for Orthodox Christians during Great

Lent:

“Christ, Master of all, free us from all these destructive passions and the thoughts born of them. For Thy sake we came into being, so that we might delight in the paradise which Thou hast planted and in which Thou hast placed us. We brought our present disgrace upon ourselves, preferring destruction to the delights of blessedness. We have paid for this, for we have exchanged eternal life for death. O Master, as once Thou hast looked on us, look on us now; as Thou becamest man, save all of us. For Thou camest to save us who were lost. Do not exclude us from the company of those who are being saved. Raise up our souls and save our bodies, cleansing us from all impurity. Break the fetters of the passions that constrain us, as once Thou hast broken the ranks of the impure demons. Free us from their tyranny, so that we may worship Thee alone, the eternal light, having risen from the dead and dancing with the angels in the blessed, eternal and indissoluble dance. Amen.”

—Theo

WORSHIP SCHEDULE

Friday, March 6th – Akathist Hymn (2nd Stasis), 6:30 P.M.

Saturday, March 7th – Great Vespers & Confessions, 5:00 P.M.

Sunday, March 8th – Orthros, 8:30 A.M.; Divine Liturgy, 9:30 A.M.

Wednesday, March 11th – Presanctified Liturgy, 6:30 P.M.

Friday, March 13th – Akathist Hymn (3rd Stasis), 6:30 P.M.

Sat., March 14th – Orthros, 9:00 A.M.; Divine Liturgy, 10:00 A.M.

Saturday, March 14th – Great Vespers & Confessions, 5:00 P.M.

Sunday, March 15th – Orthros, 8:30 A.M.; Divine Liturgy, 9:30 A.M.

Wednesday, March 18th – Presanctified Liturgy, 6:30 P.M.

Friday, March 20th – Akathist Hymn (4th Stasis), 6:30 P.M.

Saturday, March 21st – Great Vespers & Confessions, 5:00 P.M.

Sunday, March 22nd – Orthros, 8:30 A.M.; Divine Liturgy, 9:30 A.M.

Friday, March 27th – Akathist Hymn, 6:30 P.M.

Saturday, March 28th – Great Vespers & Confessions, 5:00 P.M.
Sunday, March 29th – Orthros, 8:30 A.M.; Divine Liturgy, 9:30 A.M.
Wednesday, April 1st – Presanctified Liturgy, 6:30 P.M.

ANNOUNCEMENTS

Our **Annual Pledge Drive** is currently underway for the calendar year 2026. All adult members of the parish are encouraged to complete and return a pledge form to the church office. All pledges are held in strict confidence. Only the total number of pledges and the total pledge amount is made available to the public. Your financial support of our church community is your support of yourself and your contribution to help insure you and your family has a place to worship. Pledge forms, house blessing forms, 2026 calendars and boxed sets of donation envelopes may be found in the church hall. Thank you and God bless you.

Meatfare Week began on Monday, Feb. 16. From that date until PASCHA it is our tradition to refrain from eating meat and meat products. From Pure Monday, Feb. 23, we observe the traditional fasting discipline of Great and Holy Lent (no meat, poultry, eggs, dairy, fish, alcohol and oil) during the entire **Great Fast**, which lasts from Pure Monday through Great and Holy Saturday. On Saturdays and Sundays, however, alcohol and oil are allowed, except on Great and Holy Saturday when no oil is permitted. Fish, alcohol and oil are permitted on the Feast of the Annunciation (March 25) and Palm Sunday (April 5).

The Middle Eastern Ladies are having a **Lenten food sale** today and on Sundays during Great Lent. Please see their flyer or speak to **Nadia Khashou, Therese Dagher** or **Alexa Hamauei** for details.

The **Sacrament of Holy Confession** is good for the health and salvation of the soul and body. For long-term, good, physical health, regular visits to the family doctor are appropriate. Likewise, care for our souls is a necessity. If it is your desire to receive the Eucharist at Great and Holy PASCHA, then please make every effort to care for your soul and have confession at least once during Great Lent.

Ladies Guild will meet today after coffee hour.

The **Parish Council** shall hold its September meeting on Sunday, Sept. 18, after Divine Liturgy. All Council members please attend.

Approximately 100 **Red Carnations** are needed for the veneration of the Holy Cross on Sunday, March 15. If you are interested in donating all or part of these flowers, please fill out one of the envelopes in the narthex and on the “Special Occasion” line, please write, “Red Carnations.” Include your commemorations, donation and turn the envelope in to the church office. Thank you.

Our **Annual General Parish Meeting** is scheduled for Sunday, March 15, 2026, after Divine Liturgy and shall convene in the Church Hall. All members of the parish are encouraged to attend the meeting. Those adults, who have been a member of the parish for at least one year, have completed the Parish Registration/Pledge Form and returned it to the church office, and are in good sacramental with the Church and good financial standing with the parish, are eligible to vote.

Lenten potluck meals shall be served after Presanctified Liturgies on Wednesday evenings during Great Lent.

Next meeting for **The Art of Myrrh Bearing** will be **March 7th** at 11am. This meeting will be hosted by Tania Russell. We will focus on as much of Part Two as we can, p. 71-116 & p.117-164. **Future meetings will be held on the first Saturday of the month**; the time and place will be announced prior to each meeting. Dates for future meetings are May 2, 2026, and June 6, 2026. Please see Tania Russell for more information.

Today's Coffee Hour: Team 2. Thank you. Next Week: Team 3.

Our Littlest Members

Christ said, “Let the little children come to Me, and do not forbid them; for such is the kingdom of heaven” (Matthew 19:14). In the Orthodox Church, we embrace and welcome our littlest parishioners to join in the Divine Liturgy. They are our future and we want them raised from birth involved in the liturgical experience.

While generally, silence and stillness are valued in worship, the noise of children, especially if they are playfully making noise or expressing themselves, is often viewed as a part of the joyful and

vibrant nature of Orthodox worship. It is considered “Holy Noise.” The beautiful, resonating sound of our children’s cooing or laughter is warming to our hearts.

However, if your child should become fussy, out of control, or inconsolable, please be respectful to those around you and leave the Nave to provide comfort for our little member. They can be brought outside or to St. Basil’s Comfort Room. Once consoled and in good spirits, return with our sweet parishioner to resume the liturgy.

Please also remember that there is **NO FOOD** allowed in church and that includes baby formula (bottle-feeding) and snacks. If our little one is hungry, please bring them to the St. Basil’s Comfort Room to feed them. The exception to that is our breastfed little ones. Breastfeeding during worship services is acceptable, but with a focus on discretion and modesty.

To our parents of little ones, we join you in loving prayer and support as you raise the next generation of Orthodox believers. GOD BLESS YOU!

ST. BASIL-NORTHSHORE ANNOUNCEMENTS

God being our helper, the Northshore Orthodox community shall have their next worship service at St. Michael’s Episcopal Church, March 8, at 5:00 P.M. The address is 4499 Sharp Road, Mandeville, Louisiana, 70471. Everyone is welcome to the occasion, Orthodox Christians as well as non-Orthodox. Food and drinks are welcome for the social hour afterward. The following dates of worship are Sundays, April 19, May 17, June 21, and July 12, at St. Michael Church at 5:00 P.M.