

St. Alexis of Wilkes-Barre Orthodox Church

A Mission of the Orthodox Church in America

Meeting at St. Stephen Catholic Chapel, 2400 E Moody Blvd, Bunnell, FL 32110

Sunday Divine Liturgy 9:30 AM

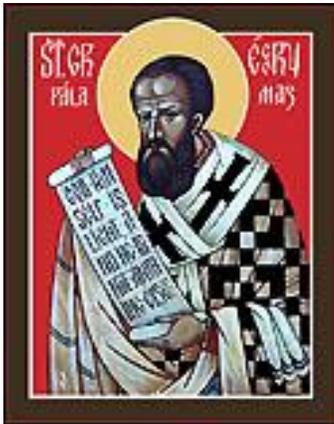
Confessions heard 9:00 AM Sundays, before and after evening services, and by appointment

SUNDAY, MARCH 8

TONE 6

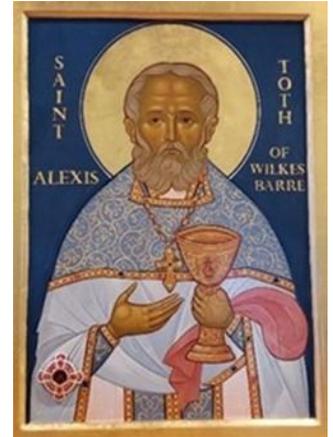
Second Sunday of Great Lent

St. Gregory Palamas



“The Orthodox Christian Church is evangelical, but not Protestant. It is orthodox, but not Jewish. It is catholic, but not Roman. It is not denominational, it is pre-denominational. It has believed, taught, preserved, defended, and died for the Faith of the Apostles since the Day of Pentecost nearly 2,000 years ago.”

– *Our Life in Christ*



Welcome to our Guests!

Thank you for coming to pray with us. You will find a weekly bulletin with today’s hymns and a blue guest information card on the back table. Please fill out the card and give it to a greeter or put it in an offering box. You are also invited to *Coffee Fellowship* in the parish hall following the Liturgy this morning. Our priest, Fr David, looks forward to meeting you!

According to ancient Christian practice, Holy Communion (Eucharist) is served to members of the Orthodox Church who have made preparation through prayer, fasting, and recent confession, and who are at peace with their neighbor. If you are not a member of the Orthodox Church, you may be offered blessed bread (*antidoron*) by others in respect and love.

Greeter Schedule: Mar 8 Mar 15 Mar 22 Mar 29 April 5
Octavian F Kenadea N Michael P Chris M Olga L

Announcements:

Second Sunday of Great and Holy Lent: St. Gregory Palamas

In the 14th century a heresy was spreading in the East which condemned the practice of internal prayer and mystical personal experiences with the uncreated light of Christ. At the Constantinople Council of 1341, in the church of Hagia Sophia, Saint Gregory Palamas debated with Barlaam (an advocate of the heresy), focusing upon the nature of the light of Mount Tabor. On May 27, 1341 the Council accepted the position of Saint Gregory Palamas: that God, unapproachable in His Essence, reveals Himself through His energies, which are directed towards the world and are able to be perceived, like the light of Tabor, but which are neither material nor created. This teaching would affirm and encourage Orthodox Christians to continue cultivating a personal relationship with God the Father, in the light of Jesus Christ the Son, by the grace of the Holy Spirit.

Memory Eternal Fr John Ealy

The Archpriest John Ealy fell asleep in the Lord March 5, 2026. He was the “Founding Father” of our deanery and he was the “Founding Father” of St Justin Martyr parish. All services will take place at St. Stephen the Protomartyr OCA parish in Longwood on Wednesday evening, March 11 and Thursday morning, March 12. Fr John will be interred at St Justin Martyr Cemetery Thursday afternoon. May his memory be eternal and may his soul dwell with the blessed!

It’s All Hands on Deck! Please save the following Saturdays @10-3 for working in our new building:

- March 7 – lunch provided (Lenten soup)
- March 14 – watch for details
- March 21 – watch for details

Regardless of how long you can stay, come anyway and help as you can! Team leaders will assign tasks and provide materials. All are welcome, including well-supervised children with their parents!

Practical Application of General Guidelines About Fasting

For our healing we need to practice the spirit of the fast. We are not monastics, and we must function successfully in the workplace and in our homes for our families. A practical, suggested application is as follows:

1. No meat until Pascha.
2. Reduce/eliminate dairy products to the best of your ability.
3. According to the rubrics, a (modest-sized) glass of wine is permissible with the main course of our main meal of the day on feast days, Saturday, and Sunday (for those who do not need to abstain from alcohol completely).
4. Make your best fasting efforts on Wednesdays and Fridays, the first week of Lent (Clean Week) and Holy Week.
5. Limit meals and eat less. Stuffing ourselves on “legal” foods is still gluttony. Stop eating before you are full. Exercising, walking, running, and drinking plenty of water can help control gluttony. Moderation is a Christian discipline. Also, besides the overeating of “legal” delicacies, abstain from gluttony of the tongue by speaking less, listening more.
6. If we are fasting appropriately, we will experience weakness from time to time. If you are under care of a physician and taking prescribed medication, follow the directions if food and water are required! This is part of your fasting. You do not need to ask your priest for a blessing to modify fasting in this case.
7. Fast from social media and screentime as much as your work or studies allow.
8. The Great Fast is a gift. It is not done as a lone individual. It is done in the fellowship of the entire Body of Christ. Let us prayerfully offer our fast up to God in thanksgiving for all He has given us.
9. Take the fast seriously. With the services coming up, mark your calendar and attend as many as possible, bowing down to God in worship and enjoying His presence. Lent is a slow cook, not a microwave zap! There is nothing instantaneous in spiritual growth.
10. A custom for some is to give alms to those in need with the monies saved by fasting in addition to their regular tithes. We have a separate Alms Box for receiving such offerings.

Essential Orthodox Christian Beliefs

Fr David is now facilitating a class for seekers, catechumens, and members of the faithful after Coffee Fellowship Hour on appointed Sundays - *check the calendar for dates!* Catechumens, please make it a priority to attend – and all others are welcome to join in. In the Orthodox Church we pray what we believe and we believe what we pray. If you are a guest, seeker, inquirer or member, this is an

opportunity to learn more about the meaning behind how we pray. So, enjoy Coffee Hour then join us back in the nave.

Capital Campaign 2025-2026 In Progress

- ✓ The goal of \$400K has been reached, enabling us to pay for the new building. Thanks be to God!
- ✓ But *don't stop now!* From this time forward all donations received for the Building Fund will be used for renovations, icons, and the many other items needed for us to occupy and worship together. All pledges for the campaign are due by St. Thomas Sunday, April 19, 2026.
- ✓ Make sure any donation intended for the Building Fund is clearly marked with "Building Fund" written on your offering envelope and/or check.

Encouraging ACH donations at St. Alexis

We encourage online donors to choose **ACH** rather than credit card transactions. Our parish is charged a 2.2% transaction fee for each credit card donation. In contrast, we are charged only \$.25 for each ACH donation. To donate via ACH, register with **Church Connect**, a one-time, quick, secure set up:

Church Connect - Our St Alexis Orthodox Church App

- Scan the **QR code** with your smart phone to create your account
- You may also go directly to the link at: stalexisoca.org/give
- If you need help setting up your account, see Mka Rozanne or Mike Ruddy



ONGOING Opportunities for Love and Ministry in our Parish:

- **We need your help to set up our worship space on Sunday mornings.** Arrive by 8:00 AM and our Altar Servers will supervise the setting up process. ***If you are an able-bodied member of our parish but cannot help during set-up, PLEASE do assist in the take-down process and clean-up.***
- **Can you push a light-weight stick vacuum?** We need volunteers to vacuum 1) *the nave* by noon each Sunday, and 2) *the parish hall & kitchen* after Coffee Fellowship Hour!
- **Woodworkers, carpenters, and other skilled craftsmen needed!** In preparation for having our own building, there are projects waiting to be completed. If you have tools and expertise, your services will be greatly appreciated. Do you know someone with these skills? Send info to Fr David.

2026 Church Calendars from St. Tikhon's Monastery are available free of charge thanks to a sponsor!

2026 Church Offering Envelopes are now available! Please get your box from Helen, our Treasurer.



Camp St. Christopher is our deanery camp located near Gainesville, just a little over an hour away. It will have participants from nearby churches and will be held the week of **June 15-21**. This camp is for ages 8 up to those entering their senior year of high school. Click [here](#) to find details regarding registration. Our parish budget includes *scholarship funds* to assist in sending our children to any Orthodox youth camp program. We strongly encourage our youth to attend such activities! Questions? See Fr David!

Prayer Lists – Pray for each other daily:

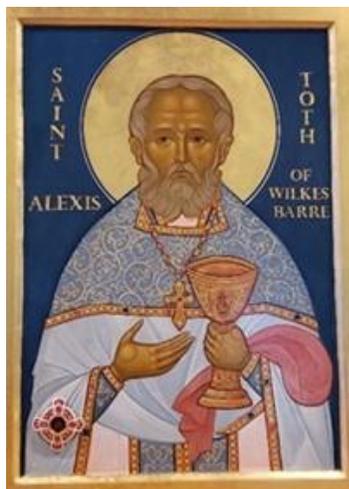
The Departed:

- The Priest Slava
- The newly departed Archpriest John Ealy, founder of our Deanery
- Diane Inks

- Reader Nicholas (Rick) DeSpain
- Harlan Titcomb
- Irina Cruz
- Metropolitan Philip Saliba
- Kristo Dingo
- Protopresbyter Thomas Hopko
- Archpriest Anthony Karbo
- Archpriest Alexander Atty
- Victims of accidents, hostilities, and natural disasters around the world
- All the unborn

All whom we carry in our hearts, including:

- Fr Aleksandr Yu Shi
- Fr Patrick, Mka Lauren, James, Walter, Henry, Kathryn, Ethan, Marissa, Andrew
- Fr Nicholas & Mka Anastasia, Fr Phillip & Kh Diane, Fr Jordan & Mka Vanessa, Fr James & Mka Daphne, Fr Patrick & Mka Kristen, Fr Theophan & Pres Elena, Dn Jim & Mka Robin, Dn Daniel & Mka Aly
- Our missionary families: the Hoppes, Brandows, Macdonalds, and Hannah Valentine
- Ilya, Anastasia, Craig, Mary, Christopher, Cindy, Moses, Michael, Andrew, John, Monica, Bill Michael, Carol Anna, Elena, Stefan, Nina, Alexis, Sdn Daniel, Sophia, Emmelia, Michael, Jonathan, Anna and the child she carries, Amy and the child she carries, Nadia and the child she carries, Kenadea Mary and the child she carries, Tasha and the child she carries, the Cupples family, and all members of our community traveling or on the bed of sickness
- Zachary & Kenadea Mary preparing for holy matrimony
- St Gerard Campus staff and the mothers and babies they serve
- All who are homeless, unemployed, or under-employed in our community
- All of our guests and inquirers seeking God through the Orthodox Church
- Catechumens Chris, Lesly, Gianna, Marco, Zachary, and Annie



Prayer for the new home for St. Alexis (Augmented Litany):

Again we ask Thee to continue to grant us wisdom, understanding, and discernment **as we prepare to move into our new church building.** We thank Thee for Thy provision and ask that Thou wouldst grant us great love and compassion for one another and the ability to inquire respectfully, listen carefully, act judiciously, and proceed graciously. Lead us in the way of Thy Truth for the glory of Thy Kingdom as we continue becoming Thy disciples and participate in making disciples, for the salvation of our children, our neighbors, and all people.

***O Righteous Father Alexis,
pray to God for us!***

Hymns for this Sunday: *Please sing along with the choir – and all week long!*

Tone 6 Troparion (Resurrection)

The Angelic Powers were at Thy tomb;
the guards became as dead men.
Mary stood by Thy grave,
seeking Thy most pure body.
Thou didst capture hell not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord, Who didst rise from the dead, //
glory to Thee.

Tone 4 Troparion (St. Alexis)

O righteous Father Alexis,
our heavenly intercessor and teacher,
divine adornment of the Church of Christ!
Entreat the Master of All
To strengthen the Orthodox Faith in America,
To grant peace to the world //
And to our souls great mercy.

Tone 8 Troparion (St. Gregory Palamas)

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of the 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

Tone 8 Kontakion (St. Gregory Palamas)

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!”

Now and ever and unto ages of ages. Amen

Tone 4 Kontakion (from the Lenten Triodion)

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 incorruptible crowns!”

Scripture Readings for this Sunday:

Epistle: Hebrews 1:10-2:3

Gospel: Mark 2:1-12

The Lord's Prayer

English

Our Father, Who art in heaven,
Hallowed be Thy name.
Thy kingdom come, Thy will be done, on earth as it is in heaven.
Give us this day our daily bread,
And forgive us our debts, as we forgive our debtors;
And lead us not into temptation,
But deliver us from the evil one.

Slavonic (Transliterated)

Ot-che nash,
Ee-zhe ye see na nye-bye-sekh!
da svya-tee-tsya ee-mya Tvo-ye, da pri-ee-dyet Tsar-stvi-ye Tvo-ye:
da boo-dyet vol-ya Tvo-ya, ya-ko na nye-bye-see ee na zem-lee.
Khleb nash na-soosch-nui dazhd nam dnyes:
ee o-sta-vee nam dol-gee na-shya, ya-ko-zhe ee mui o-sta-vlya-yem
dol-zhnee-kom na-shim:
ee nye vye-dee nas vo ees-koo-shye-ni-ye,
no eez-ba-vee nas ot loo-ka-va-go.

Spanish

Padre nuestro, que estás en los cielos,
Santificado sea tu nombre.
Venga tu Reino.
Hágase tu voluntad así en la tierra como en el cielo.
El pan nuestro de cada día dánosle hoy,
Y perdona nuestras deudas, así como nosotros perdonamos nuestros deudores;
Y no nos dejes caer en la tentación, mas líbranos del mal.

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Life in our Church

Saturday, Mar 7 **Church Work Day** – new building! **10 AM-3 PM**
Lenten soup with bread provided!

SPRING FORWARD!!

Daylight Saving Time Begins Sunday, March 8, @2:00 AM

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Sunday, Mar 8 **Divine Liturgy of St. Basil** **9:30 AM**

(Sunday of St. Gregory of Palamas – 2nd Sunday of Lent)
Coffee Fellowship Hour

Essential Orthodox Christian Beliefs **12-1:30 PM**

Wednesday, Mar 11 **Parish Council Meeting** *(new building)* **2:00 PM**

Liturgy of Presanctified Gifts *(old building)* **6:00 PM**

Fellowship Meal to Follow (soup & bread)

Saturday, Mar 14 **Church Work Day** – new building! **10 AM-3 PM**

Lenten lunch provided – volunteer needed!

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Sunday, Mar 15 **Divine Liturgy of St. Basil** **9:30 AM**

(Sunday of the Veneration of the Precious Cross – 3rd Sunday of Lent)
Coffee Fellowship Hour

Choir Rehearsal **12-1:30 PM**
(for Holy Week & Pascha)

Wednesday, Mar 18 **Liturgy of Presanctified Gifts** **6:00 PM**

Fellowship Meal to Follow (soup & bread)

Saturday, Mar 21 **Choir Rehearsal** *(location TBD)* **10 AM-2 PM**

(for Holy Week & Pascha)
Meal provided by St. Alexis Choir Grant

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Sunday, Mar 22 **Divine Liturgy of St. Basil** **9:30 AM**

(Sunday of St. John Climacus – 4th Sunday of Lent)
Coffee Fellowship Hour

His Eminence, The Most Reverend ALEXANDER, Archbishop of Dallas and the South
 Archpriest David C. Rucker ♦ 904-599-5812 ♦ priest@stalexisoca.org
 Parish Council President James Humphries ♦ 904-540-2476