



205 Scarborough Street Hartford, Connecticut 06105
Father Constantine Bodien, Rector info@AllSaintsHartford.org
Archpriest John Jillions, Retired – Attached
www.AllSaintsHartford.org Father's Cell: (860) 278-6387

Welcome – Spring Clocks Ahead!

March 8, 2026

St Gregory Palamas



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| <i>Sunday, March 8th</i>
<i>St. Gregory Palamas</i> | 9:00 a.m. <u><i>Divine Liturgy (In-Person/Virtual - Click for Zoom Link)</i></u>
<i>Panikhida – Mike Kapral</i>
<i>Feed a Friend</i> |
| | 4:00 p.m. <i>CT Deanery Mission Vespers – Christ the Savior, Southbury, CT</i> |
| <i>Wednesday, March 11th</i> | 6:00 p.m. <i>Presanctified Liturgy/Potluck Lenten Meal</i> |
| <i>Friday, March 13th</i> | 6:00 p.m. <i>Akathist</i> |
| <i>Saturday, March 14th</i> | 10:00 a.m. <i>Lenten Retreat</i>
2:30 p.m. <i>Vespers</i> |
| <i>Sunday, March 15th</i>
<i>Veneration of the Cross.</i> | 9:00 a.m. <u><i>Divine Liturgy (In-Person/Virtual - Click for Zoom Link)</i></u>
4:00 p.m. <i>CT Deanery Mission Vespers – St. Dimitries, Easton CT</i> |

Welcome

Welcome to all those visiting All Saints today!
Please join us downstairs for Fellowship after Liturgy!

Smile – You're on Candid Camera!

Beginning this Sunday during Fellowship Hour, Monica Kapral and Cathy Vargas will be taking everyone's pictures and will be creating a Family Photo Board in the Church Hall – another way for us to become more of a family! Thank you!

Happy Birthday

Basil Entgelmeier – March 10th

Congratulations to Newly Elected Parish Council

Amy Hayashida – President; Mark Ranstead – Financial Secretary; Tom Denisky – Treasurer; Walter Alesevich – Recording Secretary; Trustees: Greg Belekewicz, Svetlana Ikonnikova, Liz Jeltema, Monica Kapral, Subdeacon Nick, Ethan Patterson

God Grant Them Many Years!

Thank you

Thank you to all those that attended our Annual Parish Meeting last Sunday. Thank you to Tom & Gail Denisky for providing lunch during the meeting. Thank you to the Councilors that have served on the council!

God Grant them all many years!

Theology Café

The next gathering of the Theology Café will be April 21, 2026 - all are welcome, bring a friend - 7:30 PM at 107 Elizabeth St., Hartford CT. Please RSVP to Amy Hayashida. Thank you!

Egg-Stravaganza – March 28th

Egg-Stravaganza – March 28th - 9:30 a.m. – 4:00 p.m. Features 2 Psyanky Classes, Baked Sale, Lenten Lunch, Bookstore open. Please see flyers/registration forms on table in back of church and on Communication Table in Church Hall. Please share a flyer or two with your family and friends! Flyer posted on Website and on Facebook. Please see Baked Goods sign-up sheet at Communications Table. Thank you! Any questions, please see or contact Cathy Vargas

Name Tag Sunday – April 5th

Get to know your brothers and sisters! Next Name Tag Sunday, April 5th and the first Sunday of every other month going forward, we will be asking everyone to wear a Name Tag, so that we can get to know one another better. Name tags and markers will be available as you enter church.

Adult Education

Please note that Adult Education will resume after PASCHA.

Fellowship Hour 2026

2026 – New Year - Reminder that Fellowship Hour is a time to break the fast and have Fellowship with our brothers and sisters. Please try to keep foods to finger foods, for easy setup and cleanup. Hosts and Hostesses needed for Fellowship Hours – please see the clipboard/sign-up sheet at the coffee window – please sign up for a Sunday or two that are convenient for you! Any questions, please see Monica Kapral. Thank you!

Church Metrics – Memory Eternal!

Sophie Yanenko – 3/9/86; Anna Panskyn – 3/9/90; Blanche Klishewitz – 3/14/17

Tithely - Stewardship

The All Saints Church Council has approved the addition of Tithely as a new secure method of making your stewardship donations, this is in addition to Paypal and traditional payment methods (e.g. cash or checks). Why Tithely: 1) ease and security, 2) provides for auto-recurring giving (e.g. weekly, monthly or yearly), 3) allows the giver to cover ASOC's processing fees.

You can use the link below to get to All Saints Church donation page or [All Saints Church Tithely Giving](#)

Go to our website at allsaintshartford.org and click on the green [Give using Tithely](#) button located at the bottom of any page.

Thank you – any questions, please see Tom Denisky.

Commemorations

Living:

Mary, Elaine, Margaret, Roger, Mark, Susan, Stephanie, Sophia, Patty Ann, Richard, David, Joseph, Andy, Marsha, Elizabeth, Eugenia, Alexander, Kristina, Maria, Jeremy, Alexei, Lewelyn, Ekaterina, Marina, Mariam, Joseph, Patricia, Patrick, Sharon, Deborah, Darlene, Frank, Harry, Caryl, Janet, James, Arielle, Heather, Jeanne

Departed:

Deacon Joseph, Mike, Alison, Argia, Wayne, Margaret, Larry, Jozef, Jozef, Raisa, Krystyna, Tedeusz, Joseph, Michael, John, Vera, Michael, Marina, Constantin, Tatiana, Sergei, Anastasia, Nicholas, Louise, Walter, Anna, Nancy, Paul, Robert, Marcia, Leonard, Josephine, Helen, Jennie, Harry, Susan, Carol, Janice

Troparion/Kontakion

Troparion — Tone 8

O luminary of Orthodoxy, support and teacher of the Church, / ideal of monks and invincible champion of theologians, / O wonderworker Gregory, boast of Thessalonika and herald of grace, / always intercede for all of us that our souls may be saved.

Kontakion — 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 numerous than the sands of the sea; / but forgive us, O Master of All, / so that we may receive the incorruptible crowns.”

Kontakion — Tone 8

Holy and divine instrument of wisdom, / radiant and harmonious trumpet of theology, / we praise you in song, O divinely-speaking Gregory. / As a mind standing before the Primal Mind, guide our minds to Him, Father, / so that we may cry aloud to you: “Rejoice, herald of grace.”

Epistle: Hebrews 1:10-2:3

And: “You, LORD, in the beginning laid the foundation of the earth, and the heavens are the work of Your hands. They will perish, but You remain; and they will all grow old like a garment; like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail.” But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool”? Are they not all ministering spirits sent forth to minister for those who will inherit salvation? Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him,

Gospel according to Mark 2:1-12

And again He entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." And some of the scribes were sitting there and reasoning in their hearts, "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?" But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? But that you may know that the Son of Man has power on earth to forgive sins" – He said to the paralytic, "I say to you, arise, take up your bed, and go to your house." Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

Please Mark Your Calendars

March 14, 2026 – *ASOC Lenten Retreat*

March 21, 2026 – *Interior Church Clean-up*

March 28, 2026 – *Egg-Stravaganza*

Outreach Opportunitites

Foodshare

There is a basket for donations of nonperishable food items for Foodshare in the "Donations Corner" in the Church Hall! We are also in need of brown bags with handles. Also, please avoid food items in glass containers. *Please remember to thank God for your blessings by helping those in need. God Bless and Thank you!*

Reminder – Feed a Friend – Sunday – March 8th – THIS SUNDAY

Please put your lunches into refrigerator in the Church Hall (Thank You!)

Help the poor, the hungry, the homeless, and the victims of domestic abuse here in the Greater Hartford region by giving them something that's hard to come by: A Free Lunch! We'll deliver bagged lunches to Loaves and Fishes in Hartford, beginning today and every second Sunday of each month, who has numerous men, women, and children, who will appreciate the food you provide and the love that you show in making it. This is a great opportunity to get your kids to help and discuss with them the words of Christ: "When I was hungry, you fed me...."

To participate - Make & bring a brown-bag lunch to Church which includes all of the following:

- 1) Sandwich,
- 2) Piece of Fruit
- 3) Bag of Chips/pretzels
- 4) Canned/Bottled Drink &
- 5) Desert (pudding, cookie, etc.)

Important Note: For the purpose of uniformity, please include all/only the items above.

Also PLEASE write type of sandwich (and the presence of any allergens) on bag.

Sunday of St Gregory Palamas

This Sunday was originally dedicated to Saint Polycarp of Smyrna (February 23). After his glorification in 1368, a second commemoration of Saint Gregory Palamas (November 14) was appointed for the Second Sunday of Great Lent as a second “Triumph of Orthodoxy.”

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Saint Gregory’s father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nikódēmos of Vatopedi (July 11). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory’s mother and sisters also became monastics.

About the year 1330 the learned monk Barlaam had arrived in Constantinople from Calabria, in Italy. He was the author of treatises on logic and astronomy, a skilled and sharp-witted orator, and he received a university chair in the capital city and began to expound on the works of Saint Dionysius the Areopagite (October 3), whose “apophatic” (“negative”, in contrast to “kataphatic” or “positive”) theology was acclaimed in equal measure in both the Eastern and the Western Churches. Soon Barlaam journeyed to Mt. Athos, where he became acquainted with the spiritual life of the hesychasts. Saying that it was impossible to know the essence of God, he declared mental prayer a heretical error. Journeying from Mount Athos to Thessalonica, and from there to Constantinople, and later again to Thessalonica, Barlaam entered into disputes with the monks and attempted to demonstrate the created, material nature of the light of Tabor (i.e. at the Transfiguration). He ridiculed the teachings of the monks about the methods of prayer and about the uncreated light seen by the hesychasts.

In 1351 the Council of Blachernae solemnly upheld the Orthodoxy of his teachings. But the people of Thessalonica did not immediately accept Saint Gregory, and he was compelled to live in various places. On one of his travels to Constantinople the Byzantine ship fell into the hands of the Turks. Even in captivity, Saint Gregory preached to Christian prisoners and even to his Moslem captors. The Hagarenes were astonished by the wisdom of his words. Some of the Moslems were unable to endure this, so they beat him and would have killed him if they had not expected to obtain a large ransom for him. A year later, Saint Gregory was ransomed and returned to Thessalonica.

Sunday of Orthodoxy



Please Note

Any photos taken at Church events may be used on the Church website or Facebook page. If you have any questions on this, please see or contact Father Constantine. <https://www.oca.org/files/PDF/official/2018-1024-socialmediaguidelines-clergyvlayers.pdf>

All Saints Orthodox Church

205 Scarborough Street
Hartford, CT 06105

Lenten Retreat

PLEASE Register on Church Website

Saturday – March 14, 2026

Topic: *What Does it Mean to be a Church?*

The Parish Today?

What does it mean to be a Community?

Speaker: *The Very Reverend Dr. Eric Tosi, Assistant Professor of Pastoral Theology at St. Vladimir's Seminary.*

Schedule

Doors open at 9:30 a.m.

Retreat starts at 10:00 a.m.

Break for Lunch at 12:15 p.m.

Retreat resumes at 1:00 p.m.

Retreat concludes at 2:00 p.m.

Reservations are preferable, suggested donation of \$25 per person.

Please call Father Constantine to make your reservation by March 11th.

(860)278-6387

All Saints Orthodox Church

March 21, 2026

Memorial Divine Liturgy – 9:00 a.m.

&

Interior Church Clean-up

10:30 a.m. – 2:00 p.m.

All Brooms and Dust Rags on Deck!

Lunch will be provided



***Any questions, please see or call
Greg Belekewicz – (860)268-6554. Thank you!***



EGG-STRAVAGANZA

ALL SAINTS ORTHODOX CHURCH

205 Scarborough Street
Hartford, CT 06105

March 28, 2026, Saturday

9:30 a.m. – 4:00 p.m.

Featuring:

- ***2 Pysanky Classes (Egg Decorating)***
 - ***Church Tours***
 - ***Baked Goods***
 - ***“Egg Items” for Sale***
 - ***Lenten Lunch Served***

If you would like to register for one of our Pysanky classes or would like more information, please call (860) 205-9465. Please also visit our website – www.allsaintshartford.org or visit us on Facebook.

Please plan to attend!