



# ARCHANGEL MICHAEL CHURCH

Protopresbyter, John K. Lardas, Proistamenos

Presbyter Gabriel Galifianakis

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**SUNDAY - March 8th, 2026** | Ἦχος πλ. β', Ἑωθινόν Ϛ' | Mode Pl. 2, 6<sup>th</sup> Morning Gospel

**ΚΥΡΙΑΚΗ:** Κυριακή Γρηγορίου Ἀρχιεπ. Θεσσαλονίκης. Θεοφύλακτος, Ἐπίσκοπος Νικομήδειας.

**SUNDAY: Sunday of St. Gregory Palamas.** Theophylaktos, Bishop of Nicomedeia.

**Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος πλ. β'.**  
Ἄγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεῖς ὑπὲρ αὐτοῦ· ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

**Τοῦ Ἱεράρχου. Ἦχος πλ. δ'.**  
Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἢ καλλονῆ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος, Γρηγόριε θαυματουργέ, Θεσσαλονίκης τὸ καύχημα, κήρυξ τῆς χάριτος, ἰκέτευε δια παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

**Ἀπολυτίκιον τῶν Κεκοιμένων. Ἦχος πλ. δ'**  
Μνήσθητι Κύριε, ὡς ἀγαθὸς τοῦ (τῆς, τῶν) δούλου (δούλης, δούλων) σου, καὶ ὅσα ἐν βίῳ ἡμαρτεν (ἡμαρτεν, ἡμαρτον) συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ Σὺ ὁ δυνάμενος, καὶ τῷ (τῇ, τοῖς) μεταστάντι (μεταστάση, μεταστᾶσι) δοῦναι τὴν ἀνάπαυσιν.

**Ἀπολυτίκιον τοῦ Ναοῦ. Ἦχος δ'**  
Τῶν οὐρανίων στρατιῶν Ἀρχιστράτηγοι, δυσωποῦμεν ὑμᾶς ἡμεῖς οἱ ἀνάξιοι, ἵνα ταῖς ὑμῶν δεήσεσι, τειχίσητε ἡμᾶς, σκέπη τῶν πτερύγων, τῆς αὐλοῦ ὑμῶν δόξης, φρουροῦντες ἡμᾶς προσπίπτοντας, ἐκτενῶς καὶ βοῶντας· Ἐκ τῶν κινδύνων λυτρώσασθε ἡμᾶς, ὡς Ταξιάρχαι τῶν ἄνω Δυνάμεων.

**Κοντάκιον. Ἦχος πλ. δ'.**  
Τῇ ὑπερμάχῳ στρατηγῷ τα νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

**Resurrectional Apolytikion. Mode pl. 2.**  
When the angelic powers appeared at Your tomb, \* the soldiers guarding it feared and became as dead. \* And standing by the sepulcher was Mary, who was seeking Your immaculate body. \* Unassailed by Hades, You divested it of spoils. \* Then You met the Virgin. You granted life. \* O Lord, risen from the dead, glory to You!

**For the Hierarch. Tone pl. 4.**  
Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

**Apolytikion for the Departed. Tone Pl. 4<sup>th</sup>**  
Remember, O Lord, as You are Good, your servant(s), and forgive every sin he (she, they) have committed in this life. For no one is sinless, except You, Who have power to grant rest to those who have fallen asleep.

**Apolytikion of the Church. Tone 4**  
O Chief Commanders of the heavenly armies, we the unworthy now entreat you in earnest, to fortify us by your supplications to the Lord, and shelter us beneath the wings of your spiritual glory, guarding us who run to you and fervently entreat you: As the Commanders of the hosts on high, rescue us faithful from dangers of every kind.

**Kontakion. Tone pl. 4.**  
O Champion General, I your City now inscribe to you triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, from all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

**Προκείμενον. Ἦχος πλ. β'. Ψαλμὸς 27.**  
**Σώσον, Κύριε, τὸν λαὸν σου καὶ εὐλόγησον**  
**τὴν κληρονομίαν σου.**

**Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι, ὁ Θεὸς μου.**

**Πρὸς Ἑβραίους α':10-14; β' 1-3 τὸ**  
**ἀνάγνωσμα.**

Κατ' ἀρχᾶς σύ, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, συ δε διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· συ δε ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. πρὸς τίνα δε τῶν ἀγγέλων εἰρηκέ ποτε· κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; οὐχι πάντες εἰσι λειτουργικὰ πνεύματα εἰς διακονίαν ἀποστελλόμενα δια τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Δια τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσι, μὴ ποτε παραρρυώμεν. εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἦτις ἀρχὴν λαβοῦσα λαλεῖσθαι δια τοῦ Κυρίου, ὑπο τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

**Ἐκ τοῦ κατα Μάρκον 2.1-12 Εὐαγγελίου τὸ**  
**ἀνάγνωσμα.**

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδε τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπο τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ δια τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δε ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δέ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἰς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δε εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπι τῆς γῆς ἁμαρτίας — λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

**Prokeimenon. Mode pl. 2. Psalm 27.**  
**O Lord, save Your people, and bless**  
**Your inheritance.**

**Verse: To You, O Lord, I cry; O my God.**

**The reading is from Paul's Letter to the**  
**Hebrews (1:10-14; 2.1-3).**

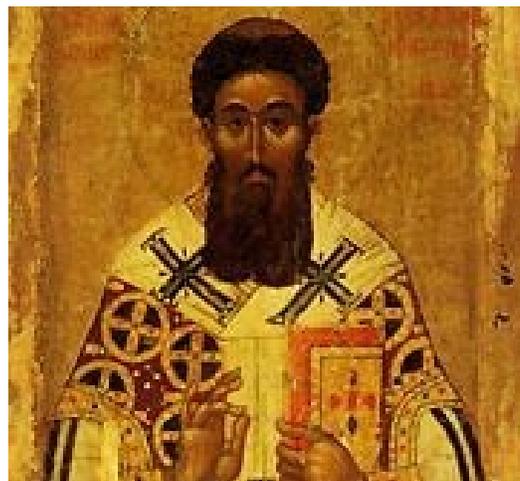
“In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.” But to what angel has he ever said, “Sit at my right hand until I make your enemies a footstool for your feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

**The Gospel According to Mark 2.1-12.**

At that time, Jesus entered Capernaum and 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 him a paralytic carried by four men. And when they could not get near him 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, “My son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question 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!”

## Sunday of St. Gregory Palamas

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.



His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

### Hellenic-American Heritage Day in Honor of Greek Independence

Hosted by the Honorable Bruce Blakeman Nassau County Executive



**Keynote speaker:**

Dr. Despina Afentouli, Journalist & Sociologist

**Our 2026 honorees:**

1. Maria Nikolis - Panaghia, Island Park
2. Panagiota Perlegis - St. Demetrios, Merrick
3. John and Maria Papachristos - St. Paul Cathedral, Hempstead
4. Adonia Nikitopoulos - Holy Trinity, Hicksville
5. †Vivian Casil - Holy Resurrection Church, Brookville
6. Manny Kratsios - St. Michael's Home for the Aged
7. Charlie Marangoudakis - Archangel Michael Church, Pt. Washington
8. Sotirios Gregoriou - St. Markella, Wantagh

Legislative Chambers of the Theodore Roosevelt Executive and Legislative Building  
1550 Franklin Avenue, Mineola, NY 11501

*Greek Flag Raising by  
AHEPA Family Chapters  
of Long Island at 11am*



**Thursday, March 26th 2026**  
Flag Raising at 11am, Reception at 6pm



CHANTING/  
HYMNOLOGY



ICONOGRAPHY



MUSIC



THEATRE

## ARCHANGEL MICHAEL CHURCH ENRICHMENT PROGRAMS

Join us and celebrate the arts, music, and cultural expressions of our historical heritage with our introductory AMC Enrichment Programs.

### MONDAY EVENINGS

MARCH 9, 16, 23 & 30

7:00pm - 8:45pm

**\$40 pp\***



**Our Instructors:**

- CHANTING/HYMNOLOGY- Petros Malliaris
- ICONOGRAPHY - Anna Frangoulis
- MUSIC - John Themelis
- THEATRE- Valerie Papain

\*No tuition for the theater class. It will be an informal think tank planning session.



Archangel Michael Church  
100 Fairway Drive, Port Washington, NY 11050

# SYNTAXARION

March 9th ~ 40 Martyrs at Lake Sebaste; St. Caesarios the Righteous  
 March 10th ~ Sts. Quadratus & his Companions; St. Anastasia of Alexandria  
 \*March 11th ~ St. Sophronios, Pat. of Jerusalem; St. Theodora the Righteous  
 March 12th ~ St. Theophanes the Confessor; St. Symeon the New Theologian  
 \*March 13th ~ Removal of Relics of St. Nicephoros, St. Pouplios, Bishop of Athens  
 March 14th ~ St. Benedict of Nursia; St., Eusechemon, Bishop of Lampasakos  
 \*denotes Pre-Sanctified Liturgy,

# MEMORIALS

9 Days for Christos Dres  
 40 Days for Saundra Karas  
 40 Days for Pantelis Karanicolas  
 40 Days for Vasilius Myrianthopoulos  
 6 Months for Helen Batis  
 1 Year for Paraskevi Kalesis  
 1 Year for Constantine Kalesis  
 3 Years for Efrosyni Xenochristou  
 8 Years for Polyxeni (Paula) Siagris  
 15 Years for Elias Douramanis

**May their Memory be Eternal!**

*Today's coffee hour is being sponsored by the family of Christos Dres in his Memory!*

**Today's 40 Day Baby Blessings:**  
**Angelo John, son of Stephanie & Nick Nanis**  
**Antonia, daughter of Ingrid Sierra & Robert Redcross**

## UPCOMING EVENTS

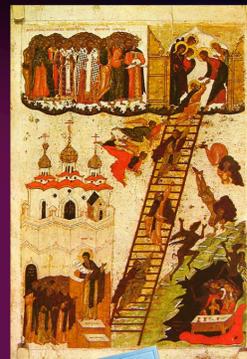
March:

8th & 29<sup>th</sup> - Oratorical Festivals  
 9th - Enrichment Programs begin  
 10th - Blood Drive  
 17th - Young at Heart Luncheon  
 26<sup>th</sup> - Hellenic-American Heritage Night

### WELCOME to our VISITORS

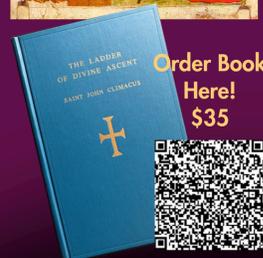
Coffee Hour will begin after Divine Liturgy, please join us!  
 No refreshments will be available during the services.

## The Ladder of Divine Ascent



## Great Lent Dialogues

Following the Pre-Sanctified Divine Liturgy (6:30 PM)  
 Lenten Meal will be served



Order Book Here! \$35

**Dates:**  
 February 25  
 March 4, 11, 18, 25 (No-Pre-sanctified)  
 April 1

**AMC CAMP HELLAS**  
 Port Washington, NY  
 SUMMER 2026

SESSIONS OPEN TO GRADES 1-6

WEEK 1: 6/29-7/3  
 WEEK 2: 7/6-7/10  
 WEEK 3: 7/13-7/17

MONDAY-FRIDAY 9AM - 4PM

Early Bird Price (Before 4/13): \$350  
 Post Early Bird (4/13 and on): \$400  
 Junior Counselors (7th & 8th Graders): \$125

New Features for Camp Hellas 2026:

- Additional 30 Min of Camp
- STEM Program
- Full Time Registered Nurse
- Expanded Art Program

Campers will learn Greek through fun, hands on, engaging lessons

- Religion & Exploring Faith
- STEM
- Music
- Art
- Storytelling
- Dramatic Play
- Outdoor Play
- Games
- Greek Dance
- Olympic Water Games

For more information please Email: [camphellas@archangelmichaelchurch.org](mailto:camphellas@archangelmichaelchurch.org)

New York Blood Center

## Blood Drive

Archangel Michael Greek Church  
 Tuesday, March 10<sup>th</sup>  
 1:45pm - 7:45pm  
 100 Fairway Dr., Port Washington

Scan QR Code to sign up or call 516-228-4791

**Did you know?**

Archangel Michael Church has a website  
 (<https://archangelmichaelchurch.org>)

that has so much information about the community. Find out about our upcoming events and how to register for them, check the time of services, pay your stewardship and much more.

**Counselors needed - please email [camphellas@archangelmichaelchurch.org](mailto:camphellas@archangelmichaelchurch.org)**

## Lenten Lectures

Nassau County Clergy  
 Greek Orthodox Archdiocese of America

- February 26 (7 pm), Holy Trinity, Hicksville, Rev. Panteleimon Papadopoulos, "Palm Sunday."
- March 5 (7 pm), Archangel Michael, Port Washington, Rev. Theofanis Papanotis, "Holy Monday."
- March 12 (7 pm), Saint Paul's, Hempstead, Rev. Nikiforos Fakinos, "Holy Tuesday."
- March 19 (7 pm), Saint Demetrios, Merrick, Rev. Gabriel Galifianakis, "Holy Wednesday."
- March 24 (7 pm), Panaghia Island Park, Rev. Ioannis Amarantidis, Great Vespers and Lecture in Greek, "Ο Ευαγγελισμός: όταν ο Λόγος περιμένει Άδεια - το Να του Ανοίγει τον Χρόνο."
- April 2 (7 pm), Saint Markella, Wantagh, Rev. George Kazoulis, "The Passion of the Lord."