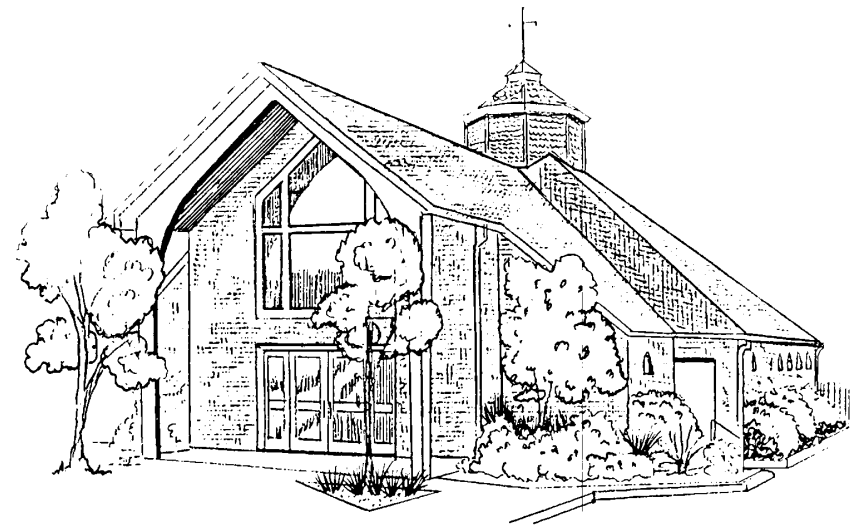


**St. Basil Antiochian Orthodox Church**  
**The Most Reverend Metropolitan SABA, Archbishop of New York**  
**And Metropolitan of all North America**  
**The Right Reverend Bishop NICHOLAS, Auxiliary Bishop**  
**Of the Diocese of Miami and the Southeast**  
**The Very Reverend Father Peter Nugent, Pastor**  
**3916 Hudson St., Metairie, LA 70006**  
**504.888.8114**  
[sbno@att.net](mailto:sbno@att.net)  
[www.stbasilneworleans.org](http://www.stbasilneworleans.org)

**The Priestly-Martyr Hypatius the Bishop of Gangra**

Hypatius was born in Cilicia and was the bishop of Gangra. He was present at the First Ecumenical Council [Nicaea, 325. A.D.] and was renowned throughout because of his pious and saintly life and his miracle-working. The Emperor Constantius ordered that a likeness of Hypatius be made during the saint's lifetime. The emperor kept this likeness in his palace as a weapon against all adverse powers. Once upon returning from Constantinople, Hypatius was attacked in a narrow gorge by Novatian heretics and, along with others, was hurled to the ground in mud. At that moment a woman from that group struck him in the head with a stone and, thus, the saint died. Immediately that woman went insane and took that same stone and struck herself with it. When they took her to the grave of St. Hypatius, he interceded before God on her behalf. She was healed by the great compassionate soul of Hypatius and lived the remainder of her life in repentance and prayer. St. Hypatius died and took up habitation in the eternal Kingdom of Christ the God, in the year 326 A.D.

**St. Basil**  
**Antiochian**  
**Orthodox Church**



**March 31, 2024**  
**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.

**In our tradition...** *the church temple is a house of prayer. Upon entering it, please refrain from unnecessary conversation before, during and after church services, most especially during the Divine Liturgy from the time of the consecration of the Gifts until the last person has received the Eucharist. At the end of the Divine Liturgy, please come quietly forward to receive a piece of the antidoron and exit the church temple without talking. During coffee hour in the Church Hall is the appropriate place to exchange personal greetings and converse with one another. May God bless your reverence and piety.*

**Epistle Reading:** Hebrews 1:10-14; 2:1-3

**Gospel Reading:** Mark 2:1-12

## Saints of the Day

Hieromartyr Hypatios the wonder-worker, bishop of Gangra; Venerable Akakios the Confessor, bishop of Melitene; Prophet Joel; repose of Innocent, metropolitan of Moscow, enlightener of the Aleuts and apostle to America; repose of Jonah, metropolitan of Moscow; Martyr Theophilus and those with him.

## A Message from the Parish Council

Dear Parishioners, the following persons will serve as your Parish Council until the next annual meeting in 2025: Fr. Peter Nugent, Sevin Russell (Chairman), Stephen Pituch (Vice-Chairman), Bill Harrison (Treasurer), Elias Ioup (Secretary), Laurie Bolanos, Therese Dagher, Mark Fleming, Natalia Flint & Yordan Yordanov. Please pray for them, support them in their work and contact them if you have any questions or concerns about the parish.

## WORSHIP SCHEDULE

Saturday, March 30<sup>th</sup> – Great Vespers & Confessions, 5:00 P.M.  
Sunday, March 31<sup>st</sup> – Orthros, 8:30 A.M.; Divine Liturgy, 9:30 A.M.  
Wednesday, April 3<sup>rd</sup> – Presanctified Liturgy 6:30 P.M.  
Friday, April 5<sup>th</sup> – Akathist Hymn (3<sup>rd</sup> Stasis) 6:30 P.M.  
Saturday, April 6<sup>th</sup> – Orthros, 9:00 A.M. Divine Liturgy, 10:00 A.M.  
Saturday, April 6<sup>th</sup> – Great Vespers & Confessions, 5:00 P.M.  
Sunday, April 7<sup>th</sup> – Orthros, 8:30 A.M.; Divine Liturgy, 9:30 A.M.  
Wednesday, April 10<sup>th</sup> – Presanctified Liturgy 6:30 P.M.  
Friday, April 12<sup>th</sup> – Akathist Hymn (4<sup>th</sup> Stasis) 6:30 P.M.  
Saturday, April 13<sup>th</sup> – Great Vespers & Confessions, 5:00 P.M.  
Sunday, April 14<sup>th</sup> – Orthros, 8:30 A.M.; Divine Liturgy, 9:30 A.M.  
Wednesday, April 17<sup>th</sup> – Presanctified Liturgy 6:30 P.M.  
Friday, April 19<sup>th</sup> – Akathist Hymn (5<sup>th</sup> Stasis) 6:30 P.M.  
Saturday, April 20<sup>th</sup> – Great Vespers & Confessions, 5:00 P.M.  
Sunday, April 21<sup>st</sup> – Orthros, 8:30 A.M.; Divine Liturgy, 9:30 A.M.

## **Orthodox Thoughts from Theo, the Parish Possum**



The Holy Orthodox Church presents us with a wonderful gift during Great Lent. Beginning with the Sunday of the Publican and the Pharisee, the Church uses the ancient prayers and chants of the Triodion. This book is used during the forty days of the Great Fast until Vespers on Holy Saturday. Parts of the Triodion were composed during the second and third centuries and others are over a thousand years old. Each day of Great Lent has psalms, prayers, chants and readings from the Old Testament. The book contains hymns by St. Romanos the Melodist, St. Andrew of Crete, St. John of Damascus, and the Prayer of St. Ephraim. Surprisingly, the Triodion emphasizes not the things that are forbidden, such as dietary restrictions, but a return to the blissful “normal” life once enjoyed by Adam and Eve. Father Alexander Schmemmann calls us to return to this “unknown and neglected book” to discover the need for a “spiritual” fast that prepares us to properly celebrate the Resurrection of our Lord. The Triodion is available through internet booksellers and is a worthwhile addition to any Orthodox believer’s library. In its words: “Let us observe a fast acceptable and pleasing to the Lord. True fasting is to put away all evil, to control the tongue, to forebear from anger, to abstain from lust, slander, falsehood and perjury. If we renounce these things, then is our fasting true and acceptable to God.”—Theo

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***Spiritual Counsels...***

“Many a man proclaims his own loyalty, but a faithful man who can find?” Proverbs 20:6

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**ANNOUNCEMENTS**

Meatfare Week begins on Monday, March 11. From that date until PASCHA, it is our tradition to refrain from eating meat and meat products. From Pure Monday, March 18, 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 28).

Each year we begin our Archdiocese-wide **Food For Hungry People Campaign** at this time. This campaign has raised millions of dollars over the 30+ years of its existence. Please take one of the coin boxes in the narthex home with you and place your coins in it during Great Lent and return the boxes at PASCHA. The proceeds will be collected and forwarded to the Archdiocese Chancery for distribution to the needy. May God bless your generosity and ascetic practice of almsgiving.

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.

God willing, on Saturday, April 6, we shall have Orthros and Divine Liturgy at 9 and 10 A.M., respectively for the **Saturday of Souls**.

Approximately 100 **Red Carnations** are needed for the veneration of the Holy Cross on Sunday, April 7. 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.

There is no Church School on Sundays, April 7 & 28 and May 5.

Fr. Peter will meet with all catechumens in the church after coffee hour on Sunday, April 14.

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

**Today’s Coffee Hour:** Potluck. Thank you. **Next Week:** Team 1.