

## E-Bulletin – St Innocent Orthodox Church

The Church St Innocent of Irkutsk is a parish of the Diocese of the West,  
The Orthodox Church in America (OCA)

5657 Lindley Ave. Tarzana, CA 91356. Church Office: (818) 881 – 1123

[stinnocenttarzana.org](http://stinnocenttarzana.org)

Fr. Yousuf Rassam

March 8<sup>th</sup>, 2026

Today's commemorated feasts and saints:

**SECOND SUNDAY OF LENT – Tone 6. St. Gregory Palamas.** Synaxis of the Venerable Fathers of the Kiev Caves Lavra. St. Theophylactus, Bishop of Nicomedia (842-845). Ven. Lazarus (1391) and Athanasius (15th c.), of Múrom. Apostle Hermes of the Seventy (1st c.). Hieromartyr Theodoretus of Antioch (4th c.). Ven. Dometius (363). The "KURSK-ROOT" Icon of the Mother of God.

**SCHEDULE ALL SERVICES LIVE STREAMED.**

**Matins Gospel:** Luke 24: 12 – 35 (5<sup>th</sup> Matins Gospel)

**Next Week's Epistle:** Hebrews 1: 10 – 2: 3 **Gospel:** Mark 2: 1 – 12  
(*St Gregory Palamas*) Hebrews 7: 26 – 8: 2 John 10: 9 – 16

**Reader:** James

<b>Sunday</b>	<b>9:30 am Liturgy of St Basil</b>
Monday	6:30 pm Pre-Sanctified
Tuesday	12:00 noon Lenten Hours & Typika
Wednesday	6:30 pm Pre-Sanctified
Friday	6:30 pm Pre-Sanctified, followed by adult ed.
Saturday	4:50 Panikhida, Soul Saturday 5:30 pm Vespers

**Sunday** **9:30 am Liturgy of St Basil**

**Next Week's Epistle:** Hebrews 4: 14 – 5: 6 **Gospel:** Mark 8: 34 – 9: 1 (*Cross*)

**Reader:** Andrew

**Office Hours:** Tuesday & Thursday, 10:30 am – 12:00 noon. **Confessions:** After Saturday Vespers and by appointment.

**Receiving Holy Communion:** We should draw near to our Lord and God and Savior, Jesus Christ, and receive Holy Communion often. Orthodox Christians, who have prepared themselves through prayer and fasting, and are at peace with all men, and have attended the Divine Liturgy from the beginning, (or, at the very least, have not missed the Gospel), and have made a recent Confession, should draw near. Others should diligently seek to be properly disposed and prepared as soon as possible.

### Troparion, Resurrection – Tone 6

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!

### Troparion, St Gregory Palamas – Tone 8

O Light of Orthodoxy! Teacher of the Church. Its Confirmation! / O Ideal of Monks and invincible Champion of Theologians! / O wonder-working Gregory, glory of Thessalonica and Preacher of Grace! // Always intercede before the Lord that our souls may be saved!

### Announcements:

Our Bulletins (\$60.00)	Alla Slobodskaya
	Izolda (Zoya) & Vladimir Sogokon
Our Altar Wine (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Candles (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Incense (\$20.00)	Gabriela Broncă & family good health & help in our needs.
Vigil – Golgotha I (\$7.00 /wk)	Stere & Maria Caratăs
Vigil – Golgotha II (\$7.00 /wk)	Stere & Maria Caratăs
Vigil – Prothesis (\$7.00 /wk)	Stere & Maria Caratăs
- Broncă: Gabriela, Robert, & Carmen Iuliana.	Good health, & help in need. Repose: Tasié.
- Sogokon: for the health of Zoya, Vladimir, Irina, Anastasia, Vladimir, Vladimir.	

**2<sup>nd</sup> Sunday of Great Lent, on which we commemorate St Gregory Palamas.** This week is the third week of Lent. Next Sunday is the Sunday of the Cross, procession of the Cross next Saturday after vespers. Pascha is April 12.

**40 Martyrs.** There is a Presanctified Monday evening for their feast.

**Tuesday Hours** are at 9:30am.

**Confessions** before Presanctified, after Hours on Tuesday, after Vespers on Saturday, or by appointment.

**Adult Education** during Great Lent follows the Friday Presanctified. On the Church.

**Gift Cards:** donations, which can be given to the needy are still welcome.

**Lectionary.** During Lent, we read (mostly), Mark & Hebrews on Weekends, and Isaiah, Genesis, and Proverbs on weekdays.

**Coffee Hour, This Week: - Next Week: -**

### USEFUL INFORMATION

**Donations** We now have a [Tithe.ly](https://tithe.ly) page to make donating to the parish easy. Just click this link: <https://tithe.ly/give?c=1324837>. Thank you and God bless!

**Streamed serices can be viewed** at our website <https://stinnocenttarzana.org/livestream> or <https://stinnocenttarzana.org/facebook>, the streamed services are also uploaded here <https://www.youtube.com/channel/UCEhqUqTl5kDekOrPPERcy5g>.

The daily readings and saints may be found here: <https://stinnocenttarzana.org/dailyreadings>.

### Kontakion, St Gregory Palamas – Tone 8

O Holy and divine instrument of wisdom, / joyful trumpet of theology, / together we sing thy praises, O God-inspired Gregory. / Since thou now standest before the Original Mind, guide our minds to Him, O Father, // so that we may sing to thee:  
“Rejoice, O preacher of grace!”

### Kontakion, Triodion, 2<sup>nd</sup> Sunday – 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 in number than the sands of the sea; /but forgive us, O Master of All, // so that we may receive the incorruptible crowns.

# About Lent

[The Great Fast: To See Christ as He Is, by Archbishop Dmitri](#)  
[Great Lent: A School of Repentance by Fr. Alexander Schmemmann](#)

*For this Sunday*

[2<sup>nd</sup> Sunday of Lent \(St. Gregory Palamas\): Readings](#)

*look ahead to next Sunday:*

[3<sup>rd</sup> Sunday of Lent \(Cross\) Readings, Hymns, Sermons](#)

*From the Triodion, for St Gregory Palamas, by Philotheus*

**Lord, I Call ... Tone 2, Podoben:** *With what crowns of praise...*

What hymns of praise shall we sing in honor of the holy bishop? / He is the trumpet of theology, / the herald of the fire of grace, / the honoured vessel of the Spirit, / the unshaken pillar of the Church, / the great joy of the inhabited earth, / the river of wisdom, / the candlestick of the light, // the shining star that makes glorious the whole creation.

What words of song shall we weave as a garland, to crown the holy bishop? / He is the champion of true devotion and the adversary of ungodliness, / the fervent protector of the Faith, / the great guide and teacher, / the well-tuned harp of the Spirit, / the golden tongue, / the fountain that flows with waters of healing for the faithful, // Gregory the great and marvellous.

With what words shall we who dwell on earth praise the holy bishop? / He is the teacher of the Church, / the herald of the light of God, / the initiate of the heavenly mysteries of the Trinity, / the chief adornment of the monastic life, / renowned alike in action and in contemplation, / the glory of Thessalonica; / and now he dwells in heaven with the great and glorious martyr Demetrius, // whose relics flow with holy oil.

## **Tone 6**

Thrice-blessed saint, / most holy father, / good shepherd and disciple of Christ the Chief Shepherd, / thou hast laid down thy life for thy sheep. / And now in thine intercessions, O God-bearing Gregory our father, // pray that great mercy may be granted to our souls.

## **The Apostikha - Tone 8**

Thy tongue, watchful in teaching, rings in the ears of our heart / and awakens the souls of the slothful. / Thy words, inspired by God, / are a ladder leading us from earth to heaven. / O Gregory, wonder of Thessaly, / Pray to Christ without ceasing, // That we who honor thee may be illumined with the divine light.

**Of our charity, remember in your prayers:**

**March 8<sup>th</sup>, 2026**

**Special Intentions:**

Christians of Syria, Egypt; Met. Paul, Abp. John, in captivity.

Natalya & Alla in Donetsk

sister Oksana McGovern & family

Metropolitan Onuphry of Kiev, the brotherhoods of the Kiev Caves Lavra, the Pochayiv Lavra, & Svyatohirsk Lavra.

Sophia Fortas

St Symeon Mission

**The Sick and those in need of health:**

Archbishop Benjamin,

Archpriests Paul Waisanen, George Gray, Michael Regan, Andrew Jacobs; John Armstrong, Matthew Tate; James Jorgensen.

Abbess Victoria; Abbess Susanna;

Matushki Alexandra Safchuk, Elizabeth Powell, Clara Mancantelli, Maria Vallens, Jean Moore;

Robert David Peterson, Marios Perez, Barbara Anderson, Monika Cleenewerck, Marea Kuolt.

OCA-DOW

Manya Prybyla, Gregory Theophan Hoffberg; Virginia, Levon; Edmund Roschak, Darka Raicevich; Karen Olds; Alla Miller,

Mike Shinkarik, Andrew Sturmer; Bridget Merridy Strand, Assia Alexander, Scott T. Karen T., Dmitri G., Kyra; Linda Phillips;

Ed Salm; Raphael; Magdalena Elizabeth; Ludmilla, Anna, George Arglen, Mircea, Gayle Anne; Lana.

Our Parish

Jelica, Zharko, Milanka

Darka, Ilija & Jovanna

Lea Ann (Leah) Bochnak

Laura Bochnak

Gary Andrew Hart

Pia

sister Julia Azrael

Yevgeniya

Irina

Vladimir

Anya

Victoria Wilson

+Bernie Wilson

Laura, Eladia; Lydia

Manya Prybyla

Marie; Archpriest Jonathan Proctor (Holy Trinity, St. Paul, MN) (cancer).

Thaddeus Wojcik

Mildred Sturmer, Susan

Sturmer family

Margaret Banescu, Vona Leslee Christie, Hope Peacock; Wendell & Linda; and family.

Banescu family

Euphemia Marie Cox

John Ambrose Cox

George. Mihai

Maria Caratäs

Mary, George Laurentiu, cancer treatment.

Florentina

Barbara, Steve

Scott & the Thompson family

Angela Apostol, Constantine Apostol

Constantine Apostol

Yekaterina

Lydia

Hieromonk Ambrose (Young), Amy Juried. Archpriest Michael Carney,

Fr. Yousuf

Matushka Sophia Haloulakos

Protodeacon George Haloulakos

Christina Dudchenko, Dcn. Sergius Miller, Kevin, Cecilia Gonzalez-Andrieu.

Archpriest Nicholas Denysenko & family

Michael Rogozik

Yulia.

Lya, Marie, Yvonne

Gay Butu

Timofey

Dilaria

Kristina DeBree

Kevin Patrick DeBree

Reader John, Catherine, Dianna Bowen.

Danks family

Walter

Irina

Larry & Emma

Abbe Kulhanek

Anna

Elena

Pearl Ruggiero. Sheena Wickens, Veronica Clarkson, Anna Cruz, Anna Rossiter; Ward; Griselda Leon; Allan Elmaleh.

Diane Rhodes

Marquelle Anderson. Bruce Anderson, Suzanne.

Subdeacon Polycarp Anderson & family

Larry McHargue; Laura; Robert; Kenny; Bill & Sara Love

Anne McHargue Witz & family

**Those Serving in the Armed Forces**

Peter, Elijah Hoffberg, Ronnie (Barnabas) Austin, Shae, Ian & Henry.

**For the Health and Salvation of the servants of God:**

Catechumens: Dalen, Kelly, & Jamie, & Timothy Muster; Emma; Paulina; Louis; Zachary; Jacqueline; Garreth, Hannah, Monte, James

Herbert, Eric, Nicholas, Habib, Jerry, Nicholas, Lance, Jamie, Marcello, Kay.

Navya Theodora & new born Rahman John, James

Orion, Kristina

Igor & +Luda

Nikolina, Dimitrije

Jovanna & Ilja

Zlata Okunev, Artemi & Erica

Charlotte, parents Jonathan & Michaela Durham

Vitaly, Lyubov, Ella, Karen, Oksana, Valentina, Irina, Sofiya, Vladimir, Olga, Natalya, Tatyana, Irina, Elena, Evgeny.

Tikhvin icon donors

Alla, Dmitriy Jr., Dmitriy, Elena, Juliya, Tamara, Fredi.

Alla Slobdoskaya

Elena, Marisa, Dimitrios (Jimmy), Nicholas, Alexander, Dimitrios, Dionisius.

+ Lola Macrina

Elijah, parents Aika & Dmitri Goudkov

Rowan. Galina.

Yelena, Anna, Wolfgang

Christopher, John, Lauren, Ekaterina.

+ Margarita Maximova

Catalina, Sofia, Florentina, Doina.

Calugaru family

Sherri, Nathanael, & Christopher, Amelia Marie.

**Of our charity, remember in your prayers:**

**For the repose of the souls of the departed servants of God:**

**March 8<sup>th</sup>, 2026**

Newly departed Yury, Andrey  
Newly departed Ilonna, Leonid  
Newly departed Majida Khouri. +Feb 21, 26.  
Newly departed Ruslan Ptashnyuk. +Feb 18, 26.  
Newly departed Raisa,  
Newly departed Stefka, + Feb 12, 2026  
Newly departed Bishop Seraphim (Sigris) retired Bp. of Sendai in Japan, + Feb 7, 2026  
Newly departed Lydia Trestman, + Feb 6 2026  
Newly departed Igor Slobodsky, + 30 Jan 2026  
Newly departed Fructuosa Luz Iniguez Oropeza, +20 Jan 2026  
Newly departed Alex.  
Mitre Archpriest Sergei Glagolev, +Sep 1, 2021, Matushka Gerry (Evgenia) Glagolev. +May 23, 2022.  
Archpriest Nicolas Boldireff, +May 22, 2024.; Matushka Anisia Boldireff +Sep 1, 2021  
+ March 8: Matka. Olga Kovach, 2011; Archpriest Jonas Worsham, 2025. + March 12: Archpriest Victor Sokolov, 2006.  
Lyudmilla Malakhova, +Oct 26, 25.  
Leontina Himber.  
Matushka Tresja Denysenko  
Edward Pogyor  
Subdeacon Patrick Bernard Wilson  
Germogen & Olga Stephanenko  
Matushka Priscilla Shipley +Sep 10, 2023  
Valentina  
Cor Brevet Delabruinene  
Rodney Lake + May 20, 2021.  
Paul Prybyla. +Jan, 10, 2021  
Nicholas Vasiliev Davidovich, +October 12, 2022  
Barbara Johnson  
Stanislava  
Hormuzd (Emmanuel) Rassam, + Dec 21, 2022.  
Nun Seraphima (Anna Kremenetskaya)  
Nun Nonna (Verna Harrison)  
Igor  
Lola Macrina  
Edward Michael & Joan Sutyak  
Leon & Claudine Snyder  
Dmitri  
David  
Deacon Hennok Soot, Matushka Mariamna Soot,  
Evdokiya, Anatoliy, Domnikiy, Semen, Feodosiy, Ella, Grigoriy, Nadejda, Konstantin, Svetlana,  
Valentina, Anna, infant Anatoliy, Olga, Anna, Peter.  
Anne Lewandowski  
Marina, Alexandra, Petr, Boris, Tatiana.  
Hieromonk Vonifaty, Schemanun Savva, Priest Anatoly + Sep 9, 22; Monk Aristokliy June 1, 22; Andrei Vasilenko, April, 23; Archpriest Nikolay Palahnyuk, June 13, 23; John Markevich, Oct, 23; Viktor Kotlishyn, Oct 19 23;  
Rebecca Svetlana (Photini) Gushard  
Basil Rosiczka

Katherine Khouri  
wife Nadezhda, daughters Dominika, Diana  
Reader Vitaly Yefimenkov  
Vesselina, Daniel  
OCA  
Arkady Trestman & family  
mother Alla Slobodskaya  
Martin Lugo & family  
Julia Azrael  
Christia, Marina, John & family  
Nathalie, Tamara, Marina, Michael & family  
OCA  
Igor, Kristina, Orion & family  
Eric, Luke, Vaughan; Paula & Dan & family  
Archpriest Nicholas & Sofia Denysenko & family  
Eleanor Pogyor & family  
Diane, Victoria, Nicholas, & Stephen Wilson & family  
Larissa, Tatiana  
Fr Ian Shipley & family, DoW  
Irina Jackson  
Natalya Slusar Nosa & family  
son-in-law & daughter Thaddeus & Jacqui Wojcik  
Manya & family  
daughter Nancy Smollen  
daughter Milena; family  
wife Kaye Rassam, son Fr Yousuf Rassam, daughter Najma Fowner & family  
Konstantin, Taissia, Vladmir, Ioann Kremenetsky  
Tamara, Christina, Michael, Anne & family  
daughters Laura & Carol, & family  
Boris  
Mitred Archpriest Ian & Matka. Nina MacKinnon, DOW  
DoW, Fr Stephen Soot family, Mark & Olga Soot family  
Alla Slobdoskaya  
+ Raissa Dulian  
+Margarita Maximova  
son Wade Aiden Greer, Fr Yousuf