

# Family Connections

2nd Sunday of Lent: St. Gregory of Palamas

Hebrews 1:10-14, 2:1-3 & Mark 2:1-12



*If from one burning lamp someone lights another, then another from that one, and so on in succession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit is handed down through all generations and enlightens all who obey their shepherds and teachers.*

—St. Gregory Palamas (14th century)

## EXPLORE TOGETHER:

Heal the Sick—This Gospel message teaches us that we must come to Christ to be healed of our sicknesses—both physical and spiritual. Discuss how spiritual sickness can lead to physical sickness and then how physical sickness can lead to spiritual health.

What are tools offered through the Church that can help us in healing both body and soul? How does today's Gospel illustrate our need for others to help heal our illnesses? How can we help others who are sick? Visit [www.lent.goarch.org](http://www.lent.goarch.org) for more resources on this Sunday and to guide your Lenten journey.

St. Gregory of Palamas—On this Sunday of Lent we remember St. Gregory Palamas. St. Gregory was born into a noble family in Constantinople. He left all his wealth and prestige to pursue a life of prayer on Mt. Athos where he acquired great holiness beholding the uncreated light of God. Later, he became Archbishop of Thessalonica. St. Gregory defended the doctrine of the church that divine grace is uncreated. He also explained that we experience only this divine energy of God but not His essence, which is beyond understanding. For more information about St. Gregory Palamas visit [www.goarch.org](http://www.goarch.org).

**Before church next week, read the scripture passages for the  
3rd Sunday of Lent: Veneration of the Holy Cross  
Hebrews 4:14-16, 5:1-6 & Mark 8:34-38, 9:1**

**FOR MORE INFORMATION FOR COUPLES AND FAMILIES, VISIT:**



Center for Family Care of the Greek Orthodox Archdiocese of America  
[www.family.goarch.org](http://www.family.goarch.org)