01/04/2024

Second Sunday of Lent at Holy Resurrection Cathedral



The second Sunday of the Great Fast is dedicated to St Gregory Palamas, the unassailable champion of theologians and messenger of grace. Today's theme is that "man can become divine through the grace of God in the Holy Spirit".

Saint Gregory Palamas, as an Athonite Monk, bore witness in the fourteenth century about the prayer practice of "hesychasm" which is centered in the continuous repetition of the Jesus Prayer. With this, one can experience genuine communion with God.

This faced objection from different theologians and scholars but three councils were convened and ruled in favor of St Gregory.
Our holy fathers decided to dedicate the second Sunday of Lent to St Gregory Palamas as it would be a continuation of the Triumph of Orthodoxy which is celebrated on the first Sunday of Lent.

Uganda Orthodox Church – Holy Diocese of Jinja and Eastern Uganda