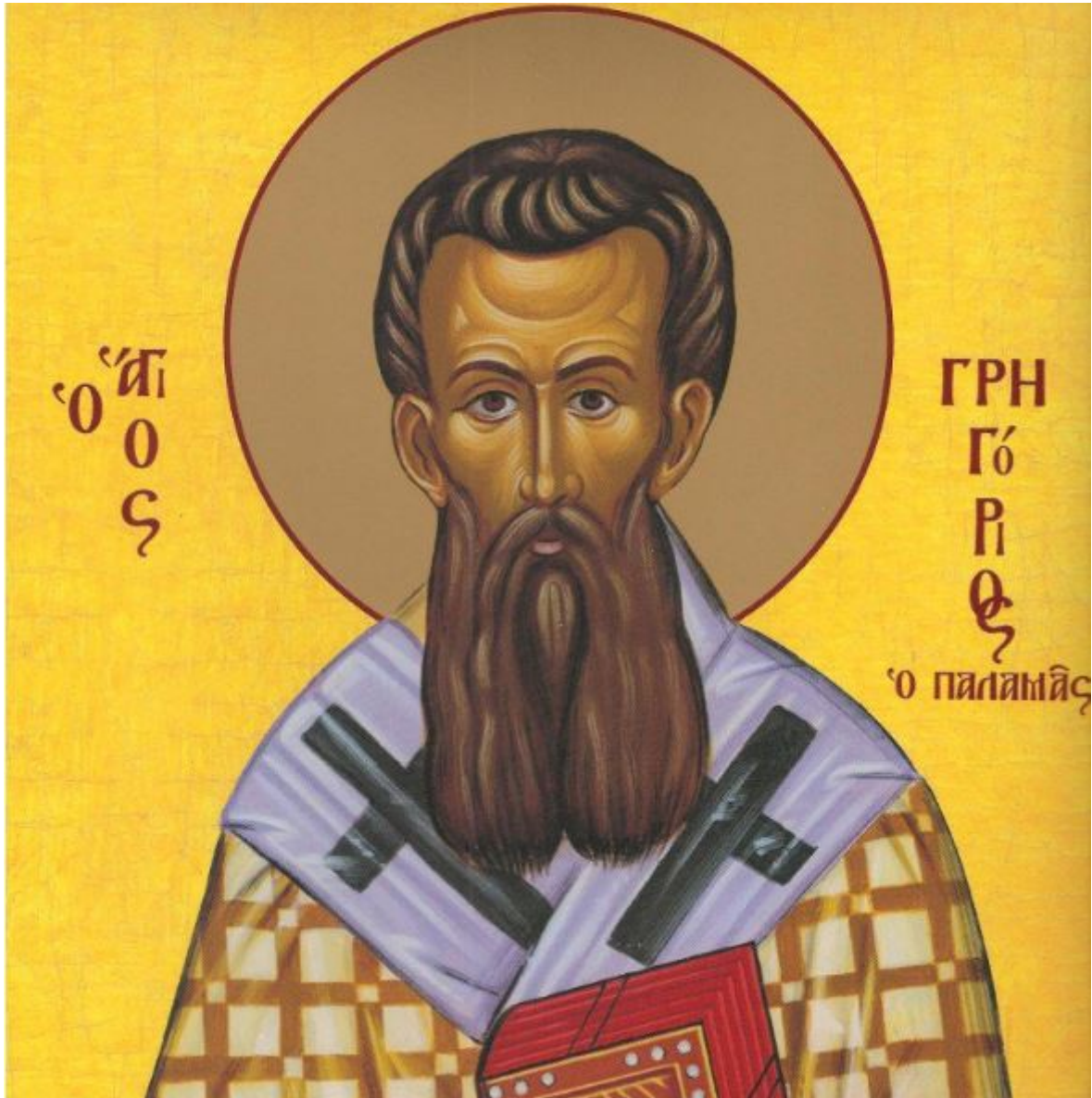


Feast day of St. Gregory Palamas on second Sunday of Great Lent



The second Sunday of Great Lent, celebrated yesterday in Orthodox Cathedrals around the world is the feast day of St. Gregory Palamas, the Archbishop of Thessalonica in the 14th century.

St. Gregory is the pre-eminent exponent of hesychasm, mystical tradition of contemplative prayer in the Orthodox Church.