

# **St. Mark Antiochian Orthodox Church**

**Self-ruled Antiochian Orthodox Christian Archdiocese, Diocese of the West**

17840 Sky Park Circle, Irvine, CA 92614 (949) 851-8933

Website: [www.st-mark-church.org](http://www.st-mark-church.org)

Archpriest Michael Laffoon, Priest Patrick Irish

Deacon George Moubayed, Sub Deacon Athanasius Fakhouri

Choir Director Barbara Scholl; Chanters: Dionysius Ingraham,

Theresa Joubran, Jacob Bahbah, Mark Ellis, & Elia Qushair

Church Office Administrator: Lydia Wakileh; Youth Director: Juliana Turk

*Saturday evening Great Vespers 4:00 p.m. (Confessions after)*

*Sunday Schedule: Orthros (Matins) & Confessions 8:45 a.m.*

*Divine Liturgy 10:00 a.m.*

*Church school after Holy Communion*

**JANUARY 29, 2012**

**SUNDAY OF CANAANITE WOMAN**

**COMMEMORATION OF THE RECOVERY OF THE SACRED RELICS OF THE HOLY**

**HIEROMARTYR IGNATIUS OF ANTIOCH**

## HYMNS AFTER THE LITTLE ENTRANCE

**Troparion of the Resurrection in the Eighth Tone:** From the heights Thou didst descend, O compassionate One; and Thou didst submit to Thy three-day Burial, that Thou might deliver us from passion. Thou art our Life and our Resurrection, O Lord, glory to Thee.

**Troparion of St. Ignatius in the Fourth Tone:** As a sharer of the ways and a successor to the throne of the Apostles, O inspired of God, thou foundest discipline to be a means of ascent to divine vision. Wherefore, having rightly divided the word of truth, thou didst also contest for the Faith even unto blood, O Hieromartyr Ignatius. Intercede with Christ our God that our souls be saved.

**Troparion of Saint Mark in the Fourth Tone:** From thy childhood the light of truth enlightened thee, O Mark, and thou didst love the labor of Christ the Savior. Wherefore thou didst follow Peter with zeal and didst serve Paul as a fellow laborer and didst enlighten the world with thy holy Gospel.

**Kontakion of the Presentation in the First Tone:** Thou, O Christ God, who by thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve thy fold in wars, and confirm them whom thou didst love; for thou alone art the Lover of mankind.

**Prokeimenon (Psalm 75:10,1) Tone 8:** Make your vows and pay them to the Lord our God. //God is known in Judaea; His Name is great in Israel!

### **The reading from Saint Paul's Second Letter Corinthians (6:16- 18,7:1)**

Brethren, you are a temple of the living God, even as God has said, "I will dwell in them and move among them, and I will be their God, and they shall be my people." "Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will receive you, and I will be a Father to you, and you shall be sons and daughters to me, says the Lord Almighty."

Having therefore these promises, O beloved ones, let us cleanse ourselves from every defilement of the flesh and spirit, perfecting holiness in the fear of God.

**Alleluia verses (Psalm 94:1, 2) Tone 8:** Come, let us rejoice in the Lord; Let us shout in jubilation to God our Savior. Let us come into His presence in thanksgiving.

### **The Reading from the Gospel according to St. Matthew (15:21-28)**

At that time, Jesus went away to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But Jesus did

not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." Jesus answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And Jesus answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed at that very hour.

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**Holy Oblations are offered today** by Melad, Wafa, Amanda, and Sameer Hanna for their son Michael, on the occasion of his 24<sup>th</sup> birthday, by Omar & Tarek Fakhouri and their families for the soul of their mother Alice Fakhouri departed this life five years, by the Sunday School teachers and children for Fr. Athanasius Akunda our SAMP priest, and by Fr. Patrick and Nina Irish for the soul of the newly departed Hieromonk Basilos (Nassar), who was killed by a sniper in Hama, Syria this last Wednesday: Memory Eternal! Today we also remember all our god-parents and god-children.

**Luncheon is given today** by Melad & Wafa Hanna. Donation \$5 adult -\$3 child.

**We need two volunteers for Coffee Committee** to take care of the coffee hour for February.

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*Please remember in your prayers: Irene Zogob, Genevieve Saba, Pamela Sanbar, Fr. Alexander Atty, Najwa Moubayed, Ken Habeeb, Paul Anter, Christopher Chala, Amal Hakim, Nabila Zabaneh, Jerri Mamey and Eleanor Wackeen.*

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<p><b>Ushers serving this week:</b> Phillip Bahbah &amp; Elias Nasrawi</p> <p><b>Ushers serving next week:</b> Jamal Sayegh &amp; Jamal Qutami</p> <p><b>Altar boys serving this week:</b> Noah Fortuna, George Bahbah, Jay Skaff, Paul Rodriguez.</p> <p><b>Altar boys serving next week:</b> Samir Khamis, Joseph Attala, Andrew Bahbah, George Hanna.</p>
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**Quotes from the Saints**

Compel yourselves; say the prayer; stop idle talk; close your mouths to criticism; place doors and locks against unnecessary words. Time passes and does not come back, and woe to us if time goes by without spiritual profit." Elder Ephraim

**NOTE TO OUR VISTORS**

Welcome to St. Mark's! We are pleased to have you here with us today. Please be informed that only those Orthodox Christians who are prepared through prayer, fasting, and the sacrament of confession should approach the Chalice for the Eucharist. The Orthodox Church does not practice "open communion" or intercommunion with other churches (non-Orthodox). If you have any questions concerning this, please talk to Father Michael before taking communion. Visitors are welcome to venerate the cross at the end of the service and to receive some of the blessed bread, if they so desire.

For Orthodox Christians to receive Holy Communion:

- You must be spiritually prepared and uphold the beliefs and moral teachings of the Church.
- You must keep the fast (Wednesday & Friday, and other fasting seasons)
- If married, your marriage must have been consecrated in the Orthodox Church.
- If (unfortunately) divorced, you must be formally restored to communion by the Church by confession and Episcopal decision.
- If an Orthodox Christian has left the church, or has been absent from services for a long period, and is returning, he or she must see the priest prior to receiving the sacraments of the Church.

### *Today*

God-parents Sunday

St. Mark **FOCUS** Feeding at Valencia Inn

We need your help preparing some food at home, and helping out in the kitchen from noon to 4pm. A local Girl Scout Troop will be providing volunteers for the evening meal.

### **House Blessings**

**House blessings are traditionally done between Epiphany and the start of Great Lent. If you would like Fr. Michael to bless your home or business, please fill out the Home Blessing Request included in this bulletin, and return it to the box in the Church Hall labeled "Home Blessing" Fr. Michael will respond to your request via email or telephone to confirm your home blessing appointment. Great Lent begins on February 27<sup>th</sup>.**

**The home blessings will last about 40 minutes per home. When Fr. Michael arrives, all televisions, stereos, and radios should be turned off. If there is an icon corner in the home, the prayers will take place there, if not, an icon and a lit candle should be set up on a suitable table. A list of all those living in the**

**home and others you would like to be included in the prayers should also be placed on the table.**

**Very Urgent**

The Church still missing 4 red round table cloths, 7 new white round table cloths, and 9 old white round table cloths. If you have them or know who has them, or who has used them lately from the Church, please bring them back! Thanks!!

**Please pick up your Offering Envelopes if you ordered one on your pledge card, from the table at the Church Hall by the Bulletin Board.**

**The 2012 Calendars are here. Please pick up one Calendar per family from the table at the hall by the bulletin board.**

***This week***

**Wednesday February 1<sup>st</sup>, 6:30 p.m. Evening Liturgy, Presentation of Christ (Orthros at 5:30 pm)**

**Friday February 3<sup>rd</sup>, 7:00 p.m. Parish Education and pot-luck dinner.**

***Next week***

**Sunday February 5<sup>th</sup>, Ladies Guild Meeting after Chruch.**

**Monday February 6<sup>th</sup>, St. Mark Golf Tournament at Aliso Viejo Country Club. Please see flyer included for more information**

**Wednesday February 8<sup>th</sup>, 6:30 p.m. Vespers.**

**Friday February 10<sup>th</sup>, 7:00 p.m. Parish Education, and pot-luck dinner.**

**Saturday February 11<sup>th</sup>, Valentine Party at the Grand Catered Events Hall of St. John the Maronite Church in Orange. See flyer included in this bulletin please.**

***Upcoming services & events***

**Wednesday February 15<sup>th</sup>, 6:30 p.m. Vespers.**

**Friday February 17<sup>th</sup>, 7:00 p.m. Parish Education, and pot-luck dinner.**

**Friday February 17<sup>th</sup> to Sunday 19<sup>th</sup>**, The Ramallah Community of Los Angeles/ Orange County in Southern California Federation's Mid Year Meeting. For more information please see flyers on the table by the bulletin board.

**Saturday February 18<sup>th</sup>**, 6:30 p.m. St. George Orthodox Church of San Diego 40<sup>th</sup> anniversary and Archpriest Hanna Sakkab's 85<sup>th</sup> birthday and 58 years in Priesthood. Please see flyer included for more information.

### **FOCUS Calendar**

Apr 7; AYUDA Dental Clinic for Homeless at the Boys & Girls Club of Anaheim, Beach & Lincoln. Volunteer Dentists will be providing full dental services for 100 children, dental cleaning & fluoride service for 500 children and adults. The Anaheim Lions Club will be providing breakfast for 1,500 attendees. AYUDA Inc. is a 501.c.3 nonprofit corporation that provides full dental services to at risk and underserved children. For info about AYUDA, please contact Dr. Mokbel, [rgmokbel@yahoo.com](mailto:rgmokbel@yahoo.com) Services are provided at no charge from Dentists, faculty and students of the U.S.C. Dental School, while local sponsors provide funding for necessary dental supplies. AYUDA has asked St. Mark to provide \$1,500 for reimbursable supplies for the clinic. Donations should be made to St. Mark, ATTN: AYUDA. Thanks and God bless

#### **St. Mark Church Cook Book**

Our St. Mark Cook Book has arrived. We would like to thank the cook book committee; Samira Atallah, Samar Elsayegh, May & Randy Dabbah and all the people that contributed their recipes. The cook book is for sale in the Church during coffee hour for \$20.

**Used books needed.** Both St. Herman's Orthodox Seminary of Alaska and St. Barbara Monastery of Santa Paula, CA are collecting used books. The Seminary is trying to build up their school library and St. Barbara Monastery has a used book store. Both theological and general interest books (especially children's book) are being accepted. See Mary Dibs to Donate.

#### **St. Mark 2012 Stewardship Pledge Drive Progress Report**

We have achieved 76% of our Pledge Goal for this year - Thank you! As of January 19th, we have 125 pledges from our goal of 180 total pledges. For the 55 Pledge Units that have not pledged yet, we are asking for your Stewardship and pledge commitment so we can obtain the remaining \$50,000 needed to meet our expense budget for the year.

If you have lost your Pledge form or need a new one to fill out today, they are available from the Stewardship Committee after Liturgy today or you can find one on top of our white Pledge box in the Hall.

Thank you in advance for stepping up and being a Steward for St. Mark in 2012.

### **Saint of the Day, Isaac the Syrian (January 28)**

Isaac the Syrian, Bishop of Ninevah, lived during the VII Century. Together with his brother he entered the monastery of Mar Matthew. His learning and lofty ascetic manner of life gained the notice of the brethren, and they proposed that he head the monastery. The Monk Issac, not wanting this and instead yearning for silence, withdrew from the monastery to a hermitage. His brother more than once urged him to return to the monastery, but the monk would not agree. However, when the fame of the holy life of the Monk Isaac had spread all around, he was elevated to the cathedra-chair of bishop of Ninevah. Seeing the crude manners of the inhabitants of the city, the monk sensed that it was beyond his ability to guide them, and moreover, he languished for the quest of the hermit's life. All this was a burden for the holy man, and in resigning as bishop, he withdrew into a skete wilderness monastery. Here he lived until his death, attaining to high spiritual perfection.

### **Good Samaritan Fund**

Several years ago, St. Mark Church established a fund for assisting those in need, both within our parish and in the general community. From time to time we ask for contributions to the Good Samaritan Fund, and this is one of those times. If you are in need of assistance or you are aware of someone in our parish that needs financial assistance, please speak with Fr. Michael.

### **Church Etiquette**

#### Talking during Church

Isn't it great to come into church and see friends and family members? But wait until coffee hour to say "Hi" to them. It just isn't appropriate to greet people and have a conversation with them during the services. Besides being disrespectful towards God, it is rude towards the other people in church who are trying to worship. Talk to God while in church and to your friends in the hall afterwards.

**Especially during Communion we need to be attentive and respectful.**

### **Scrip Program**

**Our Ladies Guild buys scrip from many and various stores and Restaurants (see list included in this Bulletin) at a 3 to 10% discount. When you buy the scrip, which is accepted just like cash at the issuing store, the Parish benefits.**

**You pay no more for these goods and services and are making a donation to our parish. You can purchase this scrip from Saeda Turk at the coffee hour.**