

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

Church Office Hours: M-F, 9:30 am – 4:30 pm

Website: www.st-mark-church.org

Archpriest Michael Laffoon, Priest Patrick Irish

Protodeacon George Moubayed, Sub Deacon Athanasius Fakhouri

Choir Director Barbara Scholl

Chanters: Jacob Bahbah, Theresa Joubran, Mark Ellis,

Karim Youssef & Jake Bahbah

Church Office Administrator: Lydia Wakileh

Teen Advisors: Paula Rodriguez and Dana Chade

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

Divine Liturgy 10:00 a.m.



MARCH 13, 2016

FORGIVENESS (CHEESE FARE) SUNDAY

**TRANSLATION OF THE RELICS OF NIKEPHOROS, PATRIARCH OF
CONSTANTINOPLE;**

HYMNS AFTER THE ENTRANCE

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

Troparion to St. 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 Cheese Fare Sunday in the Sixth Tone: Teacher of wisdom, Bestower of virtue, who teachest the thoughtless and protectest the poor: Strengthen and enlighten my heart, O Master. Give me word, O Word of the Father, for behold my lips will not be restrained from crying to thee: Have mercy on me, the transgressor, O merciful Lord.

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Prokeimenon (Psalm 46.6, 1) Tone 3: O chant unto our God, chant ye. Clap your hands, all ye nations.

The reading from Saint Paul's Letter to the Romans (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its lusts.

But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat pass judge him who eats; for God has received him. Who are you to be the judge over the servant of stranger? To his own master that he either stands or falls; and he will be made to stand; for God is able to make him stand.

Alleluia Verses (Psalm 30.1, 2) Tone 3: In Thee, O Lord, have I hoped; let me not be put to shame forever. Be Thou unto me a God to defend me.

The Reading from the Gospel according to St. Matthew (6:14-21)

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you openly.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

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Holy Oblations are offered today by the Church School Students and Teachers for the health and salvation of our SAMP Priest Fr. Frumentius Elias Taubata and the Orthodox community in Attredgeville, South Africa, by The Qushair family for the soul of Nicola Qushair departed this life one year, and for the souls of Elia, Nasry, Hanna, Rima, Aida, Essa & Issam, by the Wakileh family for their aunt Haifa Wakileh departed this life last week on Wednesday in Amman, and by Imad & Arij Alchammas for the soul of Arij's father Nadim departed this life 25 years and for the health of their children Jessica & Angelina.

Cheese Fare Luncheon is offered today by our Antiochian Women.

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Please remember in your prayers: Michael Debbas, Odette Chade, Maha Kureh, Darlyne Dibs, Eleanor Wackeen, Georgette Salameh, Lourice Kishek, Paul and June Anter and the suffering people of Syria, Iraq, Lebanon, Egypt, Libya, Palestine, Yemen, Ukraine, West Africa, Nepal and all people afflicted with disease and violence.

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March is Antiochian Women's month, the Ladies will participate in Ushering, Reading the Epistle and serving during the 4 Sundays of March.

Ushers serving this week: Sue Dabbah & Lilian Debbas

Epistle reading in English: Marty Morison

Next week Ushers serving: Siham Aldada & Lydia Wakileh

Next week Epistle reading in English: Donna Laffoon

Epistle reading in Arabic: Lillian Debbas

Altar boys serving Today: Sammy Khamis, Andrew Azzam, George Bahbah, Richard Tierney.

Altar boys serving next week: Noah Fortuna, Daniel Attalla, Connor Wilde, George Aldada

Quote from the Saints

If thou dost not forgive the debt of thy brother, with whom thou art angry for some reason, then thou dost fast in vain.

St. Ephraim the Syrian

Canned Food Drive

Low employment and homelessness continue to be significant problems, even in affluent Orange County. In light of this, the ongoing canned food collection of our parish is a small but important way to help. Please try to bring something to go in the collection barrel every week.

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

- Please be on time for services; those arriving late should not approach the Chalice for Communion.
- To receive Communion, one must be a baptized/chrisdated Orthodox Christian who has prepared by prayer, fasting, alms giving, and regular confession.
- Confessions are heard on Wednesday and Saturday evenings after Great Vespers and during the week by appointment.
- Men, women, and children: please dress modestly for services.
- Please remove lip balm or lipstick before receiving Communion or kissing the holy icons, Chalice, or Gospel.
- If you wish to stand for the entire service, please do so in the back or the aisle so as not to block the view of others who may need to sit. When seated, we should refrain from a posture of relaxation (e.g., crossing legs or arms).
- Pledges, Tithes, Donations: Giving 10% of one's income is God-pleasing, as are all gifts offered by a pious and cheerful giver with a humble heart. Membership forms, renewed annually, are located in the Hall.
- Children are welcome! Yet, if they interfere with the prayers of the faithful, we all may need a break. Food and drink (and toys) are not allowed in the Temple.

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Today

The Sunday of Forgiveness. It is the last day to eat cheese, dairy, eggs, etc. Lent begins tomorrow.

Antiochian Women Cheese Fare Luncheon to benefit "Help Feed Hungry children" **Donation is \$5 per adults & children.**

Focus Feeding at Valencia Inn, in Anaheim, by the Young Adults

House blessings

We are now in House Blessing Season. To schedule a house blessing, please contact Fr Michael by calling the church office, (949) 851-8933 or via email at frmlaffoon@yahoo.com. When Fr Michael comes to your home, please turn off all televisions and other distractions and prepare a list of the living to be remembered in the prayers.

The following items have been sponsored from the St. Mark Book of Needs

Processional Banners (2)

Censer Stand

Exterior Chandelier

Holy Water Basin

Chanters Stand Lamp; 8 gal. Holy Water Font

We also have 2 donations towards new Altar Server robes. We are looking to provide two sets (one light and one dark), totaling 32 robes. Thus, we have 30 robes to go!

This Week

THE LENTEN FAST begins tomorrow

During Great Lent, the rules of the dietary fast are thus: All of Lent and Holy Week we are to abstain from all meat and animal products (including eggs, milk, animal fats, etc.) The only exceptions are shellfish. In addition, Mondays through Fridays, we are to abstain from wine and other alcoholic drinks and olive oil. This is the "letter of the law." It is important for you and your family to participate in the "spirit of the law", working out this Lenten effort within your household in ways pleasing to God and beneficial for the soul. We all must be reminded that the purpose of the dietary fast is to help us to fast from sin and ungodliness! If you have questions regarding Lenten discipline, please see Fr. Michael.

First Week of Lent Evening Services

Monday March 14, first day of Lent; 6:30 p.m. Great Compline

Tuesday March 15, 6:30 p.m. Great Compline

Wednesday March 16th, 6:30 p.m. Pre-Sanctified Liturgy following by a potluck dinner.

Thursday March 17, 6:30 p.m. Great Compline

Friday March 18, 6:30 p.m. Akathist Hymn (First Madayeh)

Next week

Sunday March 20, Sunday of Orthodoxy Pan-Orthodox Vespers, 6:00 p.m., at St Mark Church.

Monday March 21, 6:30 p.m. Great Compline

Tuesday March 22, 7:00 p.m. Mere Orthodoxy

Wednesday March 23, Liturgy of Pre-Sanctified Gifts 6:30 p.m. Lenten Pot-luck dinner after service.

Friday March 25, 6:30 p.m. Evening Liturgy, Feast of Annunciation.

Saturday March 26, 10:00 a.m. Saturday of Souls Liturgy

Upcoming Services & Events

Monday March 28, 6:30 p.m. Great Compline

Tuesday March 29, 7:00 p.m. Mere Orthodoxy

Wednesday March 30, Liturgy of Pre-Sanctified Gifts 6:30 p.m. Lenten Pot-luck dinner after service.

Friday April 1, 6:30 p.m. Akathist Hymn (Third Madayeh)

Southern California Antiochian Women

37th Annual Diocesan Spring Retreat

Camps St. Nicholas – Frazier Park, CA

April 15-17, 2016

Topic – “The Three Day Pascha: Completing Our Lenten Journey”

Speaker: V. Rev. Fr. John Finley

You may register and pay online using a credit card at

<http://www.antiochianladioceses.org/> or mail in the registration form (included in this bulletin) with your check payable to Antiochian women, Diocese of the West, to Georgette Malouf, 1021 N. Orchard Drive, Burbank, CA 91506

Full weekend early bird by April 1, \$125; and after April 1, \$135

Saturday only with 3 meals \$60

If we have enough Ladies register from our St. Mark Church we will van pooling

Please Save Dates

- 1-Antiochian Women mid Lent Spinach Pie Bake Sale Sunday April 3rd,**
 - 2- Antiochian Women Annual Palm Sunday Bake Sale Sunday April 24th**
- See form included in this bulletin.**
- 3-Saturday April 30th Pascha Breakfast**

Orange County Orthodox Young Professionals

Young adults are welcome to join us for social and spiritual/discussion each month. Contact Kyra Pelachik at hi_imkyra@yahoo.com or Charlie Kassaseya at charlesgk@gmail.com or at 858-761-1720. You can find our events on www.facebook.com/OCOrthodoxchristianyoungprofessionals

March 22 – Discussion with Christian Siskos: How Thoughts Determine our Spiritual Life

April TBD - Local Hiking Activity

April 19 - Discussion: TBA

May TBD - Wine & Paint Event; May 24 - Discussion: "Practical Applications to your Spiritual Life"

SAMP - Church School

Our SAMP Priest for 2015 - 2016 school year is Fr. Frumentius Elias Taubata. In order to support our Priest your child should be:

- Remembering him in their daily prayers
 - Contributing to our SAMP fund by bringing a dime, quarter or dollar to church school each Sunday and placing the funds in the basket on the table. Thank You!
- Eileen Waian-Ellis

Orthodox Christian Mission Center opportunities for mission work. Empower youth and teens in countries where youth ministry is emerging and opportunities for youth leadership exist. Orthodox Mission Teams to Alaska, Kenya, and Albania will offer programs for students and adult leaders, giving them the opportunity to develop vision for their youth groups, as well teach the Biblical basics of youth ministry and what it means to be a leader. These teams will model servant leadership by assisting in small groups, recreation, and worship. OCMC invites you to join these opportunities in youth ministry. For more information, please visit www.ocmc.org, e-mail teams@ocmc.org, or call 1-877 GO FORTH (ext 141).

Mark your calendar

Antiochian Orthodox Christian Archdiocese of North America

Diocese of Los Angeles and the West

Dioceses of Eagle River and the Northwest

64th Annual Parish Life Conference

Hosted by St. George Antiochian Orthodox Church, Phoenix, AZ

JUN 27, 2016 - JUL 5, 2016

BUY SCRIP

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.

Sunday of Forgiveness

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.