

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.

·RESTORATION OF THE ICONS·



MARCH 20, 2016

FIRST SUNDAY OF LENT

SUNDAY OF ORTHODOXY

LITURGY OF ST. BASIL

During the Entrance

Troparion of the First Sunday of Lent, in the Second Tone: We reverence thine immaculate icon, O good One, and ask forgiveness of our transgressions, O Christ our God; for of thine own good will thou wast pleased to ascend the cross in the flesh, that thou mightest deliver from bondage to the enemy those who thou has fashioned. Wherefore, we cry aloud unto thee with thanksgiving: Thou hast filled all things with joy, O our Savior, for thou didst come to save the world.

HYMNS AFTER THE ENTRANCE

Troparion of the Resurrection, in the First Tone While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection O Christ glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

Troparion of the First Sunday of Lent, in the Second Tone (Repeat above)

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 for the Sundays in Lent, in the Eight Tone: To thee the Champion Leader do I offer thanks of Victory. O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone canst set me free; from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without bridegroom.

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Prokeimenon (Daniel 3.26,27) Tone 4: Blessed are you, O Lord, God of our Fathers. For you are righteous in all things you have done for us.

The reading from Saint Paul's Letter to the Hebrews (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin.

And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth.

And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

Alleluia verses (Psalm 98.6; 33.17) Tone 4: Moses and Aaron are among his priests. They call on the Lord and he hears them.

The Reading from the Gospel according to St. John (1:43-51)

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

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Holy Oblations are offered today by Ibrahim, Charlie and Christopher Wakileh for Lydia and Michael on the occasion of their birthdays, by Lydia for her cousin Lucy Billeh and her friend Gisele Awayjan on their birthdays, by Austin, Saeda, Anthony, Stephanie & Alex for the health and salvation of their grandmother and great grandmother Adele Bahbah, by Paul & June Anter & Tony & Paula Rodriguez Families for the soul of Pam Nassif Coble, the sister of Jerri Lynn

Mamey, Memory Eternal, and by Michael, Charlotte, Melody, George, Grace & Amanda Khoury for Melissa on the occasion of her birthday, for Noha Daher on the occasion of her birthday and for the health and salvation of Sonia, Maha, Sophia and Nathaniel, by the Khoury & the Daher families for the soul of their uncle Farid Geha departed this life 40 days, and by the Karam family for the soul of his mother Hana Farah Karam departed this life last Wednesday. May their memory be eternal. We also remember today our departed father in Christ, Metropolitan Philip (2 years) as well as Archpriest Alexander Atty (2 years) and Protopresbyter Thomas Hopko (1 year)

Luncheon is given today by the Khoury, Daher & Karam families.

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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: Siham Aldada & Denise Nassif

Epistle reading in English: Donna Laffoon

Epistle reading in Arabic: Lilian Debbas

Next week Ushers serving: Hiam Sayegh & Lydia Wakileh

Next week Epistle reading in English: Lilian Kassicieh

Altar boys serving Today: Noah Fortuna, Daniel Attallah, Connor Wilde, George Aldada

Altar boys serving next week: Samir Khamis, Joseph Attalah, Andrew Bahbah

Quote from the Saints

"Love every man in spite of his falling into sin. Never mind the sins, but remember that the foundation of the man is the same - the image of God."

St. John of Kronstadt

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

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

THE LENTEN FAST has begun.

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.

House blessings

Fr Michael is available for house blessings during Lent (as the service schedule allows). 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

Tabernacle for the Altar

Holy Water Basin

Chanters Stand Lamp; 8 gal. Holy Water Font

We also have 3 donations towards new Altar Server robes. We are looking to provide two sets (one light and one dark), totaling 32 robes. Thus, we have 29 robes to go!

This Week

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

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

Wednesday March 23, 6:30 p.m. Pre-Sanctified Liturgy following by a potluck dinner.

Thursday March 24, 6:30 p.m. Great Compline

Friday March 25, 6:30 p.m. Evening Liturgy, Feast of the Annunciation (Orthros at 5:30 p.m.)

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

Next week

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 (Third Mada'yeh) Service

Upcoming Services & Events

Sunday April 3, Antiochian Women Lenten Bake Sale. (Spinach Pies only) no pre orders required. All pies sold on Sunday.

Monday April 4, 6:30 p.m. Great Compline

Tuesday April 5, 7:00 p.m. Mere Orthodoxy

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

Friday April 8, 6:30 p.m. Akathist Hymn (4th Madayeh)

Sunday April 10, Antiochian Women Monthly meeting after church

**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

4- Mother Daughter Spring Tea May 15, 2016

Antiochian Orthodox Christian Women of North America Educational Grant.

Antiochian Orthodox Christian Women of North America are able to award grants in the amount of \$500.00 each to help women (who at least 26 years of age) to return to education or training in order to improve their circumstances and those of their families. They will be awarding these scholarships in July at the NAB meeting.

Antiochian Women's Scholarship application is available at the table by the bulletin board.

Dead line for the Committee to receive the application is June 1, 2016.

Please find more information on the Annual Antiochian Women's Scholarship and the application on the table at the hall by the bulletin board if you are interested.

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/OCOrthodoxchristianyouthprofessionals

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).

JUN 28, 2016 - JUL 3, 2016

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

Please see flyer included for more information and registration

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.

The 1st Sunday of Lent, the Sunday of Orthodoxy

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.