

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

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.



APRIL 10, 2016

FOURTH SUNDAY OF LENT

ST. JOHN OF SINAI, AUTHOR OF “THE LADDER”

LITURGY OF ST. BASIL

HYMNS AFTER THE ENTRANCE

Troparion of the Resurrection in the Fourth Tone: Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

Troparion of St John Climacus in the Eighth Tone: The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundred-fold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

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 (Psalm 28.11, 1) Tone 7: The Lord will give strength to His people. The Lord will bless His people with peace.

The Reading is from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain,

where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

Alleluia Verses (Psalm 91.1, 2) Tone 7: It is good to give praise unto the Lord, and to chant unto Thy name, O Most High. To proclaim in the morning Thy mercy, and Thy truth by night.

The Reading from the Holy Gospel according to St. Mark (9:16-30)

At that time, a man came to Jesus, kneeling down and saying unto him, “Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able.” And Jesus answered them, “O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me.” And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, “How long has he had this?” And he said, “From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us.” And Jesus said to him, “If you can believe, all things are possible to him who believes.” Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!” And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, “Why could we not cast it out?” And Jesus said to them, “This kind cannot be driven out by anything but prayer and fasting.” They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day.”

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For the Liturgy of St. Basil, in lieu of the usual hymn to the Theotokos, we sing “In Thee Rejoiceth...” (See page 57 of the Congregational Liturgy book)

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Holy Oblations are offered by Leila Bayouk for the health and salvation of her family, Rita, Joe, Joanne, Michael, Morice, George, Catherina, Steve, Sabrina, Sophia, and Stella, by Phillip & Tariez Bahbah for their twins George & Grace on the occasion of their birthday and for Paul Rodriquez on his birthday.

The Coffee Hour is given today by the Coffee Hour Committee

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Please remember in your prayers: Michael Debbas, Reham Turk, 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, Ethiopia, Palestine, Yemen, Ukraine, West Africa, Nepal and all people afflicted with disease and violence.

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This week Ushers: Sam Munayyer & Wael Kashou
Next week Ushers: Ghassan Awayjan & Sami Nino
Altar boys serving this week: James Bahbah, Peter Williams, Nicholas Bahou, Youssef Youssef.
Altar boys serving next week: James Dabbah, Paul Youssef, Nour Youssef, Natthew Dabbah.

Quote from the Saints

"As you confess your sins...lay bare your wound to the healer. Only through shame can you be freed from shame. Tell him, and do not be ashamed: 'This is my wound, Father; this is my injury. It happened because of my negligence and not from any other cause. No one is to blame for this, no man, spirit or body or anything else. It is all through my negligence. At confession you should look and behave like a condemned man. Keep your head bowed and, if you can, shed tears on the feet of your judge and healer, as though he were Christ."

St John Climacus, The Ladder

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

Antiochian Women Monthly meeting after church and **FOCUS Ministry** (lead by the Antiochian Women)

Our Men's Club will also meet after church, to plan their upcoming activities.

Please take home a coin box (either for the Orthodox Christian Mission Center or for Food for Hungry People). Put your spare change in it for the rest of Lent and return them to the Church after Pascha.

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 (light fixture for Exonarthex)

Tabernacle for the Altar

Holy Water Basin;

Processional Fans & Cross

Chanters Stand Lamp;

8 gal. Holy Water Font

Candle Stand

Candle Stand (sand)

Processional Fans & Cross

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 April 11, 6:30 p.m. Great Compline

Tuesday April 12, 6:30 p.m. Parish Council meeting

Wednesday April 13, Liturgy of Pre-Sanctified Gifts 6:30 p.m. Lenten Pot-luck dinner after service.

Thursday April 14, 6:30 p.m. Great Canon of St. Andrew/Life of St. Mary of Egypt

Friday April 15, 6:30 p.m. Akathist Hymn (5th Madayeh)

Saturday April 16, Altar Boys Servers Training (10 a.m. to 12:00 p.m.) **and Work day for paving the walk way at the back of the Church. Volunteers needed!**

Next week

Sunday April 17, Men's Club Falafel Luncheon.

Monday April 18, 6:30 p.m. Great Compline

Tuesday April 19, 7:00 p.m. Mere Orthodoxy

Wednesday April 20, Liturgy of Pre-Sanctified Gifts 6:30 p.m. Lenten Pot-luck dinner after service.

Friday April 22, Antiochian Women Baking day at the church kitchen;

Friday April 22, 6:30 p.m. Little Compline for Raising of Lazarus

Saturday April 23, Orthros (9:00 a.m.) and Divine Liturgy for the Raising of Lazarus

Sunday April 24, Antiochian Women Annual Palm Sunday Bake Sale, please See form included in this bulletin.

Our breakfast Pascha sign-up sheet is posted in the church hall; please make sure you sign up for your donation. For more information please see Denise Nassif.

The red dye for Easter eggs is available at the bookstore!!

Easter and Palm Sunday candles will be ready next week for sale.

Upcoming Services & Events

April 25 to April 30, Holy Week. All Evening Services begin at 6:30 p.m.

Holy Week Schedule

Sunday April 24, 6:30 p.m. Bridegroom Orthros

Monday April 25, 6:30 p.m. Bridegroom Orthros

Tuesday April 26, 6:30 p.m. Bridegroom Orthros

Wednesday April 27, 6:30 p.m. Holy Unction service

Thursday April 28, 6:30 p.m. Service of the 12 Passion Gospels

Friday April 29, 9:30 a.m. Royal Hours; 3:30 p.m. Vespers of taking down the Body of Christ from the Cross; 6:30 p.m. Lamentations

Saturday April 30, 10:00 a.m. Holy Saturday Liturgy; 11:00 p.m. Pascha Vigil

**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

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.

Mark your calendar: Mother/Daughter Spring Tea May 15, 2016

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 19 - Discussion: "Is there a correct way to confess your sins – The Sacrament of Confession" at St. Barnabas Orthodox Church, 6:30pm

May 7 – Hike to Mount. Baldy with Fr. Patrick O'Grady

May 24 - Discussion: "Practical Applications to your Spiritual Life" at St. Barnabas Orthodox Church, 6:30pm

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).

64th Annual Parish Life Conference Of

Antiochian Orthodox Christian Archdiocese of North America

Diocese of Los Angeles and the West

Dioceses of Eagle River and the Northwest

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

JUNE 28, 2016 - JULY 3, 2016

AT JW MARRIOTT PHOENIX DESERT RIDGE SPA & RESORT

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.

Fourth Sunday of Lent: St. John of the Ladder

The memory of this Saint is also celebrated on March 30. He is celebrated today because his book, The Ladder of Divine Ascent, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.