

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

المسيح قام! حقاً قام!

CHRIST IS RISEN



MAY 22, 2016

SUNDAY OF THE PARALYTIC

DURING THE LITTLE ENTRANCE

Troparion of the Feast Tone 5: Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life.

Arabic: Al-ma-sih qam min bai-ni l-am-wat, wa-wa-ti-a l-mowt bil-mowt, wa-wa-ha-ba l-hayah, lil-la-dhi-na fi l-qu-bur (sung alternately with Psalm verses in between).

THE PASCHAL ENTRANCE HYMN

Priest: In the gathering places bless ye God the Lord from the springs of Israel.

People: Save us O Son of God, Who art risen from the dead, who sing to Thee, Alleluia.

HYMNS AFTER THE LITTLE ENTRANCE

Troparion of the Resurrection in the Third Tone: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death and became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the great mercy. (Repeated in Arabic)

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 Pascha in the Eighth Tone: Down to the grave though thou wentest immortal Lord. Yet didst thou there hurl down death by thy throne of might and art risen with vict'ry crowned, O Christ our true God; And hast hailed with glad greeting the women that came with myrrh; And unto thine Apostles hast graciously sent thy peace, O Lord that grantest the fallen to rise with thee.

Prokeimenon (Psalm 46:6, 1) Sing praises to our God, sing praises. Clap your hands, all you nations.

The reading from the Acts of the Apostles (9:32-42)

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him,

"Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord.

Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

Alleluia Verses (Psalm 30:1) Tone 3: In you, O Lord, have I hoped; let me never be ashamed. Be my God and protector.

The Reading from the Holy Gospel according to St. John (5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethzatha, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water: for an angel of the Lord went down at certain seasons into the pool and troubled the water: whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk" And at once the man was healed, and he took up his pallet and walked.

Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." but he answered them, "The man who healed me said to me, 'Take up your pallet and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as

there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

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OTHER CHANGES FOR SUNDAY OF THE PARALYTIC

Instead of "It is truly meet...", The Hymn of Magnification of Pascha, "The Angel cried to the Lady..." and then instead of "Shine, shine..." we sing: "*We believers in unison bless thee, O Virgin, crying, Rejoice, O gate of the Lord. Rejoice, O Living City. Rejoice, O thou from whom did rise upon us from the dead the Light of Resurrection, he who was born of thee.*" These will be repeated in Arabic.

Communion Hymn: "Receive ye the body of Christ and taste and see him that is found deathless."

Instead of "We have seen the true light, we sing "Christ is risen..."

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Holy Oblations are offered today by the Laffoon and Whitacre families for Sophia Whitacre on the occasion of her birthday (May 20), by the Turk family for their son Anees on the occasion of his birthday today 5-22 and to the health of his wife Reham and his daughters Britney, Angelina& Isabella, and by Wilde family for Patrick and Suzan on the occasion of their 25th, anniversary on May 25th.

Coffee hour is given today by the Coffee Committee outside on the green built due to the Mother Daughter party at the church hall.

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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, 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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Ushers this week: Dimitri Kort & Randy Dabbah

Ushers next week: Don Skaff & Melad Hanna

Altar boys serving this week: Andrew Khamis, Alex Turk, Jay Skaff, Paul Rodriguez.

Altar boys serving next week: James Bahbah, Peter Williams, Nicholas Bahou, Youssef Youssef.

Quote from the Saints

“With you, Lord, I will flee, that I may gain in You life in every place. The prison with You is no prison, for in You man goes up into Heaven: the grave with you is no grave, for You are the Resurrection!” -- 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.

Today

Christ is risen! Truly, He is risen!

المسيح قام! حقاً قام!

The Antiochian Women of St. Mark 8th Annual Mother/Daughter Tea Luncheon with Little Ladies Diamond Tiara Fashion Show at the church hall from 12pm- 4pm

Most of the items in the St. Mark Book of Needs have been sponsored (Thank You!) The following items are still in need of sponsorship

Processional Torch (1 has been spoken for)

Candles Stands (2)

Epiphany Holy Water Font

New Altar Server robes. We are looking to provide two sets (one light and one dark), totaling 32 robes. Twenty have been sponsored; we have 12 robes to go!

This Week

Tuesday May 24, 7:00 p.m. Mere Orthodoxy

Wednesday May 25, 6:30 Vespers

Next week

Monday May 30, Memorial Day, Church Office is closed.

Tuesday May 31, 7:00 pm Mere Orthodoxy

Wednesday June 1, 6:30 Vespers

Upcoming Services & Events

Sunday June 5, Teen SOYO Car wash

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.

FOCUS is gearing up for our upcoming National Summer Feeding Program, which will begin mid-June, in two locations within Southern California. Nearest to Orange County, FOCUS OC is working with the YMCA of Long Beach to get regular meals to kids throughout the summer, and we need the help of you and your parish communities to assemble lunches!

How It Will Work

For 6 weeks during the summer, **June 27 - August 5, 2016**, FOCUS will be implementing this program, gathering volunteers at local kitchen prep sites (our is at St. Luke Church Garden Grove), and assembling lunches (from 9:00 a.m. to 11:00 a.m.). These will then be delivered to youth centers.

We are hoping that our parish can take the lead for one of the six weeks, and we need a volunteer to lead this effort. Please see Austin Turk or Fr. Michael for more details.

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).

Orange County Orthodox Christian Young Professionals

Young adults are welcome to join us for a social and spiritual/discussion each month. Contact Kyra Pelachik at ococyp@gmail.com or Charlie Kassaseya at 858-761-1720. You can find our events on www.tinyurl.com/ococyp or Facebook (search: OC Orthodox Christian Young Professionals)

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

June, July & August events TBA

**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.

Saints of the day – Sunday of the Paralytic

Close to the Sheep's in Jerusalem, there was a pool, which was called the Sheep's Pool. It had round about it five porches, that is, five sets of pillars supporting a domed roof. Under this roof there lay very many sick people with various maladies, awaiting the moving of the water. The first to step in after the troubling of the water was healed immediately of whatever malady he had.

It was there that the paralytic of today's Gospel was lying, tormented by his infirmity of thirty-eight years. When Christ beheld him, He asked him, "Wilt thou be made whole?" And he answered with a quiet and meek voice, "Sir, I have no man, when the water is troubled, to put me into the pool." The Lord said unto him, "Rise, take up thy bed, and walk." And straightaway the man was made whole and

took up his bed. Walking in the presence of all, he departed rejoicing to his own house. According to the expounders of the Gospels, the Lord Jesus healed this paralytic during the days of the Passover, when He had gone to Jerusalem for the Feast, and dwelt there teaching and working miracles. According to Saint John the Evangelist, this miracle took place on the Sabbath.

The Orthodox Christian greeting of Pascha

CHRIST IS RISEN!

TRULY HE IS RISEN!

AL-MASSIH QAM!

HAKKAN QAM! (Arabic)

CHRISTOS ANESTI!

ALITHOS ANESTI! (Greek)

CHRISTOS A INVIAT!

ADEVERAT A INVIAT! (Romanian)

CHRISTOS VOSKRESE!

VOISTINU VOSKRESE! (Slavonic)

CRISTO HA RESUCITADO!

EN VERDAD HA RESUCITADO! (Spanish)