

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

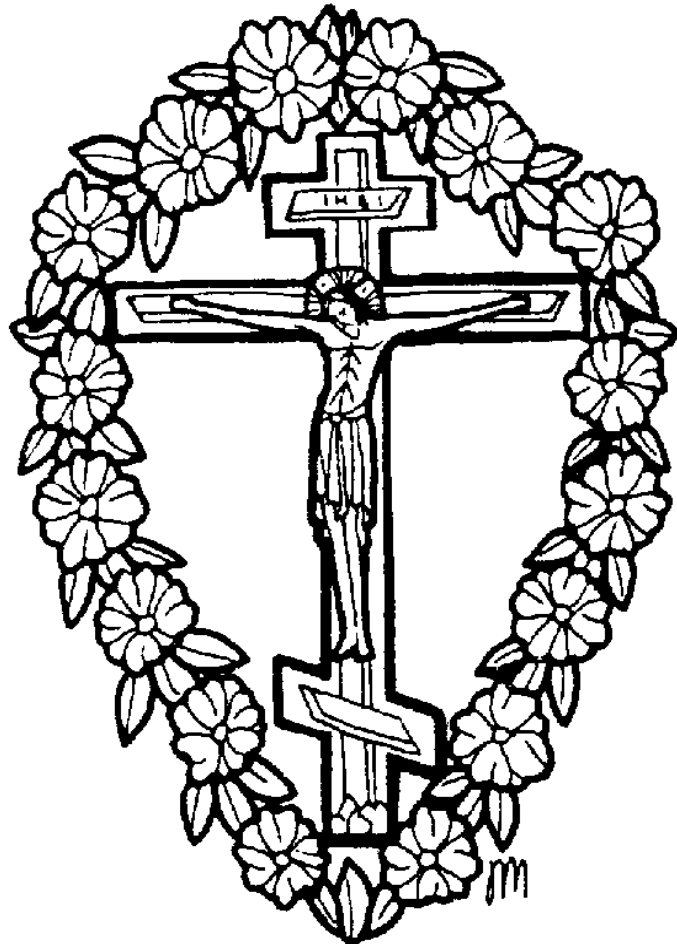
Chanters: Jacob Bahbah, Theresa Joubran, Mark Ellis,

Karim Youssef

Church Office Administrator: Lydia Wakileh

Teen Advisors: Paula Rodriguez and Dana Chade

Church School After Holy Communion



MARCH 19, 2017

THIRD SUNDAY OF LENT

ADORATION OF THE HOLY CROSS

LITURGY OF ST. BASIL

During the Little Entrance

Troparion of the Holy Cross in the First Tone: O Lord, save thy people and bless thine inheritance, grant victories to the Orthodox Christians over their adversaries, and by the virtue of thy Cross, preserve thy habitation.

HYMNS AFTER THE ENTRANCE

Troparion of the Resurrection in the Sixth Tone: When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

Troparion of the Holy Cross in the First Tone (Repeat)

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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Instead of "Holy God..." we sing today, "Before thy Cross, we bow down..." (p. 30 A in the Congregational Service Book).

Prokeimenon (Psalm 27:9, 1) Tone 6: O Lord, save your people and bless your inheritance. Unto you have I cried, O my God.

The reading from Saint Paul's Letter to the Hebrews (4:14-5:6)

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the

ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was.

So also Christ did not exalt Himself to be made a high priest, but was appointed by Him who said to Him, "Thou art my Son, today I have begotten Thee"; as he says also in another place, "Thou art a priest forever, after the order of Melchizedek."

Alleluia Verses (Psalm 88.1, 2) Tone 6: Remember Thy congregation which Thou hast purchase from the beginning. God is our King before the ages; He hath wrought salvation in the midst of the earth.

The Reading from the Gospel according to St. Mark (8:34-9:1)

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

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Instead of "Praise ye the Lord..." today's Communion Hymn is "The light of Thy countenance, O Lord, hath been signed upon us."

After the Communion of the people "We have seen the true light..." is not sung. Instead we sing the Troparion of the Cross, "O Lord save thy people..."

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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)

At the end of the Liturgy we will pray the Service of the Cross. The clergy and altar servers will process inside the church as the choir and the people sing the Trisagion Hymn:

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Qu-du-sun l-lah, Qu-du-sun l-qa-wi, Qu-du-sun l-la-dhi, la ya-mu-tu r-ham-na. (Arabic)

Agios, O theos, Agios iskiros, Agios athanatos, eleison imas. (Greek)

During the singing of “Before Thy Cross, we bow down...,” all who are able should make a full prostration with each time it is sung. If you are standing in a place where this is not possible, please kneel during the singing of these verses.

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Holy Oblations are offered today by the Bahbah family for the health and salvation of their mother, grandmother and great grandmother Adele Bahbah, we also remember our Father in Christ, Metropolitan Philip, departed this life three years"

During the coffee hour the Antiochian Women will be selling Spinach Pies.

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Please remember in your prayers: Michael Debbas, Reham Turk, Maha Kureh, Darlyne Dibs, Eleanor Wackeen, Georgette Salameh, June Anter and the suffering people of Syria, Iraq, Lebanon, Egypt, Libya, Ethiopia, Palestine, Venezuela, Ukraine, and all people afflicted with disease and violence.

March is Antiochian Women’s Month, the Ladies will participate in Ushering, Reading the Epistle and serving during the 4 weeks of March.

Ushers serving this week: Barbara Khamis & Tariez Bahbah

Epistle reading in English: Denise Nassif

Epistle reading in Arabic: Vera Bahbah

Ushers serving next week: Maryan Youssef, Vera Jirjis

Epistle reading in English: Carol Tierney

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

Altar boys serving next week: James Dabbah, Paul Youssef, Nour Youssef, Matthew Dabbah

Quote from the Saints

May the soul that has sought refuge in Thy cross and inherited eternal incorruptible treasure praise and exalt Thee together with the spirits that number her among Thy ranks... *St. Ephraim the Syrian*

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.

TO THE PARENTS OF OUR YOUNG CHILDREN

- Relax! God put the wiggle in children; don't feel you have to suppress it in God's home. All are welcome!
- Sit toward the front where it is easier for your little ones to see and hear what's going on at the altar. They tire of seeing the back of others' heads.
- Quietly explain the actions of the Liturgy (what the priests, deacon, altar boys are doing)
- Sing the hymns and responses. Children learn how to worship in church by copying you.
- Incidental noise and movement are not reasons to take your child out of church. If a child's crying or movements become a distraction to others, then it is time to leave until they are calm.
- If you have to leave the church with your child, do so but please come back. Our Lord said, "Let the children come to me and forbid them not, for such is the Kingdom of Heaven."
- Remember that the way we welcome children in church directly affects the way they respond to the Church, to God, and one another. Let them know that they are at home in our house of worship.

TO THE MEMBERS OF OUR PARISH

The presence of children is a gift to the Church and they are a reminder that our parish is growing!

Please welcome our children and give a little encouragement to their parents.

Today

Parish Council Meeting after Church

Antiochian Women Meeting after church and Spinach Fatayer sale at the coffee hour.

We need bakers for the Palm Sunday bake sale. Please Ladies see Barbara Khamis and Julie Bahbah to sign up.

Antiochian Women of St. Mark

This Sunday and for all the Sundays of the month of March, the Ladies will be Selling FRESH SPINACH FATAYER during Coffee Hour. This is something new we are trying this year, since we just thought you might want to purchase and have spinach fatayer on hand for your families at the BEGINNING of Lent.....and not just at the end. You will be able to purchase them individually to eat right there with your coffee, YUM!!! , or in quantities to take home! Please don't misunderstand; they will also be available at our Palm Sunday Bake Sale too, just as we do every year.

AND.....one more new announcement!!! Denise has reserved the Date of **April 2nd**, for our Ladies Organization to have a **Shopping Day at "TINA MARIE'S"** ladies boutique owned by our own, Tina Tomeo Storvis. We will be meeting there after church that Sunday, and she will be serving Light Appetizers, Wine, Beverages and will be donating 20% of all purchases back to our Ladies Organization!! Now that's a great deal! So please ladies let's put that on our calendars, and lets support this fun afternoon out!

House Blessings

House blessings are traditionally done between Epiphany and the start of Great Lent. However, Fr Michael will continue to bless homes during Lent allowing for our more full liturgical schedule. If you would like Fr. Michael to bless your home or business, please call the church office, or email him directly at frmlaffoon@yahoo.com.

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.

June Hall Rentals: If you are thinking about using our church hall for a **June graduation party**, you should reserve a date now. Our Caterer is already asking to **reserve dates in June**. We will hold these dates for parishioners **until March 30**. After that, we will open them for the caterer.

Please remember to take your Sunday Bulletin with you home, it will help you to remember the services and the events going on in your church. Please put the Liturgy book service back in the pocket when you are done using it. Thank you!

2017 Stewardship Pledge Card!

We are almost there!! As of March 16, 2017, we have a total of \$176,826 pledged which is 86% of our total goal of \$205,000. Thank you to those who have made their 2017 pledge commitment! We have also successfully collected 114 pledge commitments. We wanted to reach our goal by the end of February, but will continue to collect pledge cards until we do. Please turn in any remaining pledge cards to the white box at the back of the church. Your financial pledge and commitment is important and supports the work of the church, the parish itself and those who work for St. Mark. Your support and commitment to St. Mark is appreciated! In Christ, St. Mark Stewardship Committee.

This Week

Monday March 20, Great Compline at 7:00 p.m.

Wednesday March 22, Liturgy of Pre-Sanctified Gifts, 6:30 p.m., followed by Lenten pot-luck

Friday March 24, Great Vespers, Feast of Annunciation 7:00 p.m. (4th part of the Akathist Hymn will be included)

Saturday March 25, Feast of Annunciation, Orthros 9:00 a.m, and Divine Liturgy 10:00 a.m.

Next Week

Sunday March 26, Antiochian Women of St. Mark serving a Falafel Luncheon. Donation \$8 adults and \$4 children under 10. Please see flyer included.

Monday March 27, Great Compline at 7:00 p.m.

Wednesday March 29, Liturgy of Pre-Sanctified Gifts, 6:30 p.m., followed by Lenten pot-luck

Thursday March 30, Great Canon of St. Andrew 7:00 p.m.

Friday March 31, Akathist 5th (Madayeh) 7:00 p.m.

Upcoming events and services

March 31 – April 2. The 2017 Antiochian Women's Lenten Retreat of the Diocese of Los Angeles and the west at St. Nicholas Camp Frazier Park. The Speaker will be Rev. Fr. Calinic Berger.

Sunday April 2nd, Teen SOYO Luncheon

Monday April 3, Great Compline at 7:00 p.m

Wednesday April 5, Liturgy of Pre-Sanctified Gifts, 6:30 p.m., followed by Lenten pot-luck

Friday April 7, Little Compline, Canon of St. Lazarus 7:00 p.m.

Saturday April 8, Divine Liturgy of Lazarus Saturday 10:00 a.m. (Orthros 9:00 a.m.)

Sunday April 9th, Palm Sunday and the Ladies Annual Easter Bake Sale. Please order forms included in this bulletin to order your goodies.

Saturday April 15th, Pasacha Breakfast after Church. Signup sheet is out at the hall to sign up for the food you would like to bring.

Mark your calendar for two dates:

First date of **July 5–9, 2017** for the **Diocese of Los Angeles and the West Parish Life Conference**. Hosted by **St. Michael Church, Van Nuys, CA**

Please see Registration form included in this bulletin.

Second date is for the **53rd Biennial Archdiocese Convention**. Hosted by: **St. George Cathedral, Coral Gables, Florida – July 23-30 2017**. Event registration form is included in this bulletin.

Please contribute to the **Camp St. Nicholas Legacy Campaign!** Members of the Diocese have come together to raise funds for immediate repairs which are needed at our camp facility. Any donation is welcome, and brings membership in the “Camp Legacy Committee” which will be hosting future fellowship events. The goal for the fundraising campaign is \$30,000. Contributions are tax deductible and can be made easily online by: <https://www.gofundme.com/Campsaintnicholas> or by sending a check to: Umpqua Bank, Attention: Concetta Smarius |700 N. Central Suite 150 |Glendale, CA 91203. Checks should be made to: “St. Nicholas Cathedral Camp Repairs.” For any questions, please contact Sonia Tower at 212-308-3696.

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).

Arabic Lessons started at our Church

Lilian Zeidan is offering Arabic Lessons for ages Kindergarten to High school. The lessons are after Church School on Sunday at 12:00 noon for kids up to 7 years old, and from 1- 3 pm for adults. If you are interested please call Lilian Zeidan at 714-721-4148.

Orange County Forum

A place for Orthodox Christian young adults in the Orange County area, married and single, to have fellowship and engage in social and service activities. This group serves to aid and foster the unity of faith, love and friendship that exists between the Orthodox young adults in the county through coordinated events, ministries and common prayer. Join our Face book group at <http://www.facebook.com/groups/OrangeCountyForum> for a list of scheduled events and more information. We meet at St. Paul's Greek Orthodox Church in Irvine and start at 6:30p.m. Our upcoming schedule of events includes:
Tuesday, Mar 28 - Discussion on St. Mary of Egypt

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 THE CROSS

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labor set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.