

St. Mark Orthodox Church

**Antiochian Orthodox Christian Archdiocese,
His Eminence Metropolitan JOSEPH, Archbishop of New York and
Metropolitan of all North America**

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

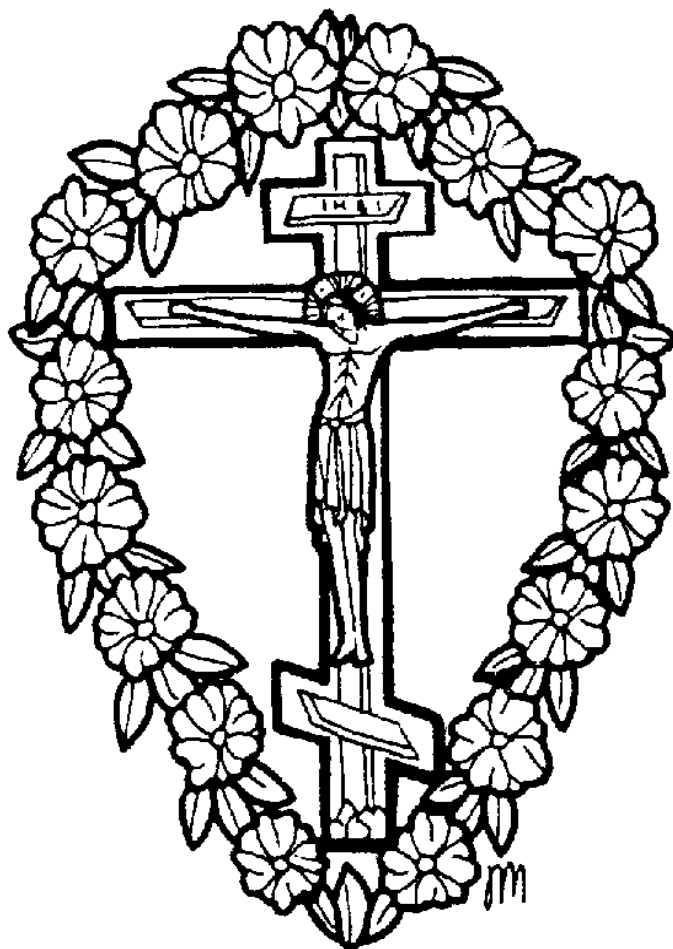
Church Office Administrator: Lydia Wakileh

Teen Advisors: Paula Rodriguez and Dana Chade

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

Divine Liturgy 10:00 a.m.

Church School after Holy Communion



March 11, 2018

THIRD SUNDAY OF LENT

ADORATION OF THE PRECIOUS & LIFE-GIVING 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 LITTLE ENTRANCE

Troparion for the Resurrection, in the Seventh Tone: Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

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

All: **Troparion of 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 Eighth 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.

+++++

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."

++++
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..."

++++
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.*

++++

Holy Oblations are offered today by Emilie Laffoon for the soul of her uncle, Fr. Michael Simon, departed this life 17 years, and by Michael & Charlotte Khoury and family for Amanda on the occasion of her birthday.

Falafel Lunch is served today by the Antiochian women of St. Mark. Donations \$5.

+++++

Please remember in your prayers: Michael Debbas, Reham Turk, Nuha Qushair, Eleanor Wackeen, Georgette Salameh, June Anter, Kh. Katherine Tsichlis, Khouria Joanne Townsend, Tarek Fakhouri, Caren Deeb, and the suffering people of Mexico, Puerto Rico, Syria, Iraq, Lebanon, Egypt, Libya, Ethiopia, Somalia, Palestine, Venezuela, Ukraine, and all people afflicted with disease and violence.

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

This week ushers: Samira Attallah & Adele Munayyer

English Epistle reader: Kristin Chala

Arabic Epistle reader: Charlotte Khoury

Next week Ushers: Lana Nino & Barbara Khamis

Next week English Epistle reader: Barbara Scholl

House Blessings

During Lent, Fr. Michael will continue to bless homes, please use the forms on the information table to request a visit. 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.

Quote from the Saints

O Father who created Adam from dust, O Son Who by Thy cross delivered Adam's race from ruin, resurrect me and set me at Thy right hand, that I might glorify Thy name! -- *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

If you think you may wish to rent our hall for graduation celebrations in the month of June, we ask you to reserve by the end of March. After that we will release any open dates to our caterer.

Parish Council Meeting after Liturgy.

Teen SOYO joint activity with St. Luke The month of March for SOYO is Community Service month. Sunday, March 11th SOYO will be joining St. Luke's at their church directly after Sunday school. We will carpool over to St. Luke's and they will provide a Lenten lunch & we will prepare hygiene kits for the homeless. When we are finished we will play a fun game of kickball with each Priest as Team Captains! During Lent, it's a great time to practice being charitable and giving back to our communities.

Our new 2018 Church Photo Directory is here. Please see Lydia at the coffee hour to pick up your directory today.

2018 St. Mark Stewardship Pledge Update!

Thank you to all who have pledged so far! To date, we've had 117 families turn in their 2018 pledge cards and have raised \$181,637 which is 88% of our goal of reaching \$205,000. We're less than \$24,000 away from our goal!! If you haven't yet, please take the time to fill out your pledge cards today! We appreciate your prayers and support.

Thank you to our newest 6 pledging families: George & Kristin Chala, Tony Debbas, Saad & Samar Elsayegh, Paul & Tania Habeeb, Mary Sophiea and David & Juliana Tannous.

Additional pledge cards are available in the back of the church and can be dropped off in the white box between the church and the hall. If you have questions, please don't hesitate to ask a parish council member.

In Christ,

St. Mark Stewardship Committee

Please remember to take your Sunday Bulletin 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!

This Week

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.

Monday: Great Compline 7:00 p.m.

Wednesday: Pre-Sanctified Divine Liturgy 6:30 p.m., followed by Pot-luck dinner (Lenten) and book study on “Crazy John.”

Friday: Little Compline with Akathist Hymn 7:00 p.m.

Next week

Sunday March 18, Antiochian Women’s meeting

Regular Lenten Schedule:

Monday: Great Compline 7:00 p.m.

Wednesday: Pre-Sanctified Divine Liturgy 6:30 p.m., followed by Pot-luck dinner (Lenten) and book study on “Crazy John.”

Thursday March 22, 7:00 p.m. Great Canon of St. Andrew of Crete

Friday: Little Compline with Akathist Hymn 7:00 p.m.

Upcoming Services & Events

Sunday March 25, Feast of the Annunciation. Our Antiochian Women will offer a fish luncheon for the Feast and Fr. Wayne Wilson of St. Barnabas Church will speak during the luncheon on “The Theotokos, Our Model for Receiving the Grace of God.”

Orange County Forum

A place for Orthodox Christian young adults in the OC area, married and single, to have fellowship, fun and engage in social and service activities. This group serves to foster the unity of faith, love and friendship between the Orthodox young adults in the community with discussion, speakers and fun social events. Join our Facebook group at <http://www.facebook.com/groups/OrangeCountyForum> for a list of scheduled events and more information.

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

St Mark Antiochian Women

Palm Sunday Bake Sale, April 1, 2018

Order Form

Anise Cookies \$10.00/Dozen

Baklava \$14.00/Dozen

Ghraibeh \$10.00/Dozen

Date Kaak \$14.00/Dozen

Maneish(Zaater Bread) \$8.00/Dozen

Spinach Pies \$12.00/6 pies

LET US BAKE FOR YOU!!

Please return order form by March 30, 2018

ANISE COOKIES _____ \$ _____

BAKLAVA _____ \$ _____

GHRAIBEH _____ \$ _____

DATE KAAK _____ \$ _____

MANEISH(ZAATER) _____ \$ _____

SPINACH PIES _____ \$ _____

Total \$ _____

Name _____

Address _____

Phone _____

Please make your check payable to Antiochian Women of St. Mark

Check must accompany order

Orders will be ready for pick-up on Palm Sunday, April 1st

QUESTIONS- Denise Nassif 949-500-8318, or

Barbara Khamis 714-906-9953