

# **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](http://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

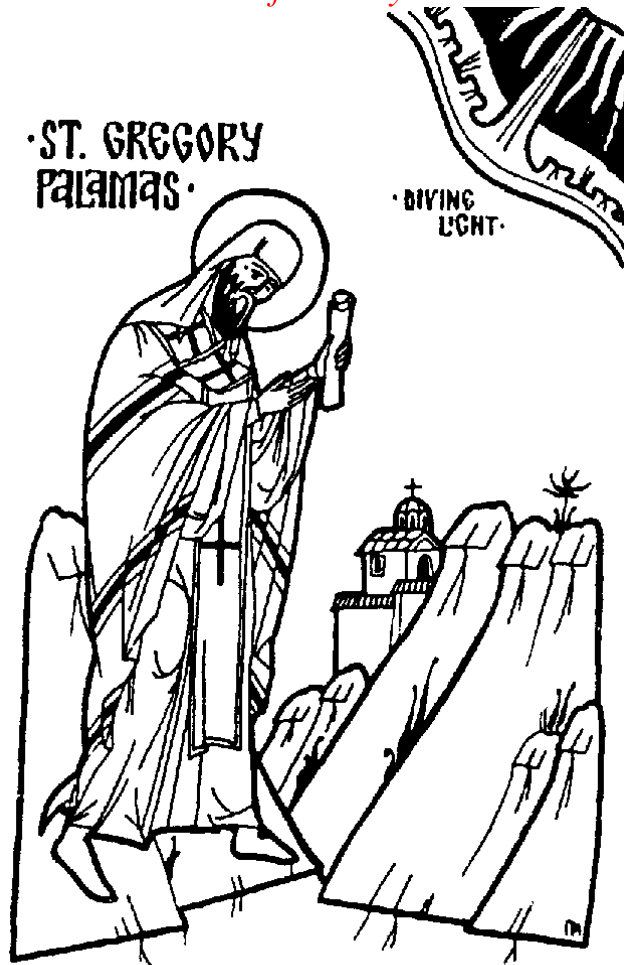
Church Office Administrator: Lydia Wakileh

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 4, 2018**

**SECOND SUNDAY OF LENT**

**GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA**

# LITURGY OF ST. BASIL

## HYMNS AFTER THE LITTLE ENTRANCE

**Troparion for 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 for St. Gregory Palamas in the Eighth Tone:** O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

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 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 11:8) Tone 1:** Lord, Thou wilt preserve us and keep us from this generation. Save me, O Lord, for the godly man hath disappeared.

### **The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)**

“In the beginning, Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, until I make Thine enemies a stool for thy feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

**Alleluia Verses (Psalm 88.1, 2) Tone 5:** I will sing of Thy mercies, O Lord, forever. For Thou hast said: “Mercy shall be established forever.”

**The Reading from the Holy Gospel according to St. Mark. (2:1-12)**

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

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**Holy Oblations are offered today** by the Turk family and David, Adella, and Emile Tanous for Juliana on the occasion of her birthday, and by the Bahbah family for Jacob on his birthday.

**Coffee Hour is given today by the Coffee Hour Committee.**

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*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:** Kristin Chala & Tammy Qutami

**English Epistle reading:** Kh. Donna Laffoon

**Next week Ushers:** Samira Attallah & Adele Munayyer

**English Epistle reader:** Kristin Chala

**Arabic Epistle reader:** Charlotte Khoury

### **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**

"If someone turns with his spiritual world toward the spiritual world of another person, he encounters an awesome and inspiring mystery.... He comes into contact with the true image of God in man, with the very icon of God incarnate in the world, with a reflection of the mystery of God's incarnation and divine manhood. And he needs to accept this awesome revelation of God unconditionally, to venerate the image of God in his brother. Only when he senses, perceives and understands it will yet another mystery be revealed to him-one that will demand his most dedicated efforts.... He will perceive that the divine image is veiled, distorted and disfigured by the power of evil.... And he will want to engage in battle with the devil for the sake of the divine image."-- St. Maria (Skobtsova) of Paris

### **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*

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

*Please note the new Lampada for our chanter's stand, donated by Jacob Bahbah and family. Blessings and thanks!*

### **2018 St. Mark Stewardship Pledge Update!**

Thank you to all who have pledged so far! To date, we've had 111 families turn in their 2018 pledge cards and have raised \$175,237 which is 85% of our goal of reaching \$205,000. 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 7 pledging families: Khaled & Ruba Ammari, June Anter, Spiro & Samira Fasheh, Fayez Khoury, Vijay & Malvina Kumar, Joseph & Tanya Richards and David & Tina Storvis.

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 11, Parish Council Meeting**

**Sunday March 11, 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.

**Sunday March 11, An Evening with Jamie Farr**, 2:00 p.m. at the Arya Fine Arts Theater, Beverly Hills. Proceeds benefit the St. Michael Antiochian Orthodox Church, Van Nuys. Ticket prices start at \$30. Go to [stmichaelvannuys.org](http://stmichaelvannuys.org) to purchase tickets.

**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."

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

**Upcoming Services & Events**

**Sunday March 18, Antiochian Women's meeting**

**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.

**GREGORY PALAMAS, ARCHBISHOP OF THESSALONIKA**

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout

creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359. His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.