

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, 10:00 am – 3:30 pm

Website: www.st-mark-church.org

Archpriest Michael Laffoon, Priest Patrick Irish

Protodeacon George Moubayed, Deacon Nicholas Mamey, Sub Deacon Athanasius Fakhouri

Choir Director Barbara Scholl

Chanters: Jacob Bahbah, Mark Ellis, Karim Youssef

Church Secretary: Lydia Wakileh

Teen Advisor: Fatin Fakhouri

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

Divine Liturgy 10:00 a.m.

Church School after Holy Communion

·ST. GREGORY
PALAMAS·

·DIVINE
LIGHT·



MARCH 24TH, 2019

SECOND SUNDAY OF LENT

GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA

LITURGY OF ST. BASIL

HYMNS AFTER THE LITTLE ENTRANCE

Troparion of the Resurrection in the Second Tone: When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

Troparion for the Forefeast of the Annunciation in the Fourth Tone:

Today the preludes of universal joy move us to sing the prefestal hymn; for behold, Gabriel cometh, bringing the good tidings to the Virgin, and shall cry to her: Rejoice, thou who art full of grace; the Lord is with 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.

Kontakion for the Forefeast of the Annunciation in the Fourth Tone: At the great Archangel's voice, O Theotokos the All-holy Spirit came upon thee and thou didst conceive Him that is one in essence and throne with God the Father, O Adam's recovery.

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For the Liturgy of St. Basil, We sing, "All of creation rejoices in thee..." instead of "It is truly meet..."

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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 Ibrahim, Charlie, Michelle & Christopher Wakileh for Lydia and Michael on the occasion of their birthdays; by Michael & Charlotte Khoury & family for Melissa’s birthday, may God grant her many more years and by Fr. Michael & family for the soul of Fr. Alexander Atty, departed this life five years and for the health and salvation of his family.

Lenten Lunch is given today by Antiochian Women of St. Mark and the profit will go the Archdiocese project this year.

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Please remember in your prayers: Michael Debbas, Edward Deeb, Eleanor Wackeen, Michael Joubran, Tarek Fakhouri, George Aldada (the elder), Adele Bahbah, and the suffering people of Syria, Iraq, Lebanon, Egypt, Libya, Ethiopia, Somalia, Palestine, Venezuela, Ukraine, and all people afflicted with disease and violence.

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March is Antiochian Women's Month, the Ladies will participate in Ushering, Reading the Epistle and serving during the 5 Sundays of March.

This week ushers: Wafa Hanna, Samira Attallah

English Epistle reader: Edna Deeb

Arabic Epistle reader: Theresa Joubran

Next week Ushers: Jerry Mamey

Next week English reader: Donna Laffoon

Altar boys serving this week: Andrew Khamis, Michael Yagham, Sebastian Skaff, Mathew Kalache, Adam Erdkamp, Dominic Benjamin.

Altar boys serving next week: Jay Skaff, Nour Youssef, George Aldada, Efstathios Geronikilaou, John Hanouneh.

Quote from the Saints

"Love every man in spite of his falling into sin. Never mind the sins, but remember that the foundation of the man is the same - the image of God."

St. John of Kronstadt

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/christened 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.

A NOTE TO OUR VISITORS

Welcome to St. Mark's! We are pleased to have you here with us today. Please be informed that only those Orthodox Christians who are prepared through prayer, fasting, and the sacrament of confession should approach the Chalice for the Eucharist. The Orthodox Church does not practice "open communion" or intercommunion with other churches (non-Orthodox). If you have any questions concerning this, please talk to Father Michael before taking communion. Visitors are welcome to venerate the cross at the end of the service and to receive some of the blessed bread, if they so desire.

For Orthodox Christians to receive Holy Communion:

- You must be spiritually prepared and uphold the beliefs and moral teachings of the Church.
- You must keep the fast (Wednesday & Friday, and other fasting seasons)
- If married, your marriage must have been consecrated in the Orthodox Church.
- If (unfortunately) divorced, you must be formally restored to communion by the Church by confession and Episcopal decision.

If an Orthodox Christian has left the church, or has been absent from services for a long period, and is returning, he or she must see the priest prior to receiving the sacraments of the Church.

Today

Lenten Luncheon is given by the Antiochian Women for the benefit of the Archdiocese project 2019.

VERY IMPORTANT ANNOUNCEMENT!

Your Parish Council has approved some changes to the use of the St. Mark Facilities by members of the Parish and others. If you need to obtain details on the current policies, procedures and associated costs, please contact the Church Office.

Additionally, if you would like to reserve the Facilities for a graduation party or other event during the months of May, June and July, we suggest that you contact the Church Office immediately, as after April 1st, the reservations will only be taken on a first come first served basis and we have a full-time caterer that also reserves the Facilities for their events.

The **2019 Church Calendars** are available at the information table in the hall. Please, only one per family!

Thank to those for who donate their old clothes to the needy, we appreciate it but please don't just drop your old cloth donation or any canned food donations in random locations in the hall or the entrance of the church. If you have any donation please let the office know about it and they will let you know where to leave it. Thank you.

Sunday Church Ushers are needed at St. Mark. Both men and women are invited to serve as ushers on Sunday, please contact Isa Khamis ijk53@yahoo.com or (714) 904-2270.

Please note that the church office hours have changed to M-F, 10:00 AM to 3:30 PM

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.

Lenten Service Schedule for the Third Week of Lent:

- **Monday, Divine Liturgy, Feast of Annunciation, 6:30 p.m.**
- **Wednesday Liturgy of Pre-Sanctified Gifts, 6:30 p.m. (pot-luck meal afterwards)**
- **Friday, Akathist Service (Madayeh) 7:00 p.m.**

Next week

Regular Lenten Service Schedule

- **Monday, Great Compline, 7:00 p.m.**
- **Wednesday Liturgy of Pre-Sanctified Gifts, 6:30 p.m. (pot-luck meal afterwards)**
- **Friday, Akathist Service (Madayeh) 7:00 p.m.**

Upcoming Services & Events

Thursday April 11 & Friday April 12, 10:00 a.m. to 4:30 p.m. Our Antiochian Women Bake days at the church kitchen to make kaaek & maamoul. Please call Denise Nassif at (949) 500-8318 or Lydia Wakileh at the church office (949)851-9933 for more information

Sunday April 21, Antiochian Women of St Mark Annual Palm Sunday Bake sale. Please see pre order form included.

Sunday May 12, Mother's Day Luncheon family celebration after Church.

Saturday June 1, Men's Club invites you to celebrate an Enchanted Evening with the famous singer Fidel Fayad.

DIOCESE OF LOS ANGELES & THE WEST 67TH ANNUAL PARISH LIFE CONFERENCE HOSTED BY: ST. ANTHONY CHURCH, SAN DIEGO, CA
SHERATON San Diego HOTEL & MARINA ~ JULY 3 - 7, 2019. For more information, go to <https://antiochianevents.com/la.html>

Our monthly Newsletter (and other important information) can be found at the parish website www.st-mark-church.org

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. **And.... Do you use Amazon.com? You can have a percentage of your purchase go to St. Mark Church. All you need to do is go to smile.amazon.com and sign in with your existing account. On the home screen, click on "Supporting" and when asked to choose a charity type "St. Mark Antiochian Orthodox Church" and select that as your designated charity. When you shop on Amazon, be sure you are on the smile.amazon.com web page to start. One half of one percent of what you spend will be given to our parish.**

St. Mark 2019 Stewardship Pledge Drive!

Since we started the pledge drive, we've had a great response with 114 families turning in their 2019 Pledge cards! So far we've raised \$177,334 which is 87% of our goal of pledging \$205,000. We still have some pledge cards out there and would like all the pledge cards turned in by the end of March. So please take the time to fill them out today. Your financial pledge and commitment is important and supports the work of the church, the parish itself and those who work for St. Mark. We appreciate your prayers and support. 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

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.