

# **St. Mark Antiochian Orthodox Church**

**Antiochian Orthodox Christian Archdiocese, Diocese of the West**

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](http://www.st-mark-church.org)

Archpriest Michael Laffoon, Priest Patrick Irish

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

Choir Director Barbara Scholl

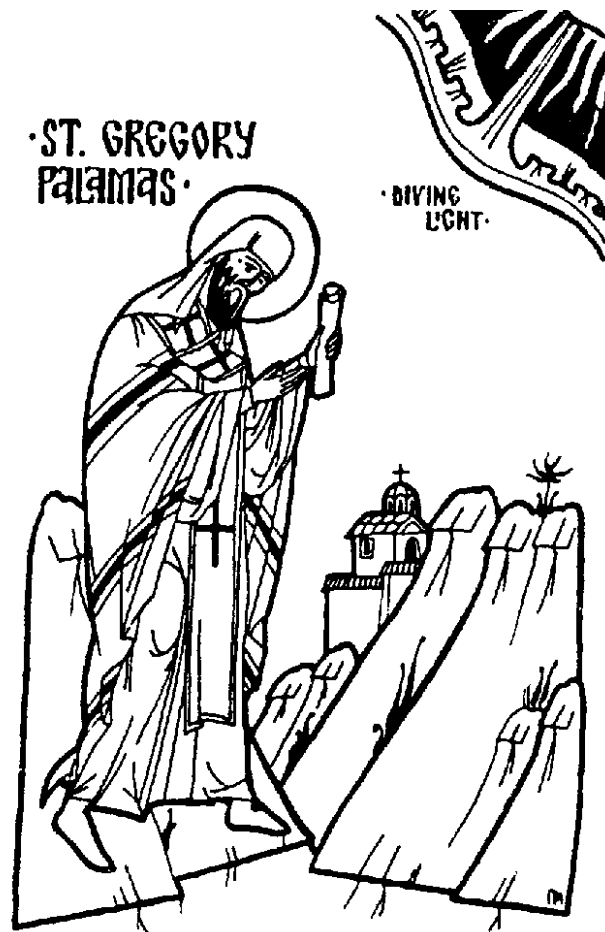
Chanters: Jacob Bahbah, Mark Ellis, Theresa Joubran,

Karim Youssef

Church Office Secretary: Lydia Wakileh

Teen Advisor: Fatin Fakhouri

*Church School after Holy Communion*



**MARCH 15, 2020**

**SECOND SUNDAY OF LENT**

**GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA;  
OF THE MARTYR AGAPIOS OF PALESTINE AND THOSE WITH HIM; APOSTLE  
ARISTOBOULOS OF THE SEVENTY, FIRST BISHOP OF BRITAIN;  
NEW-MARTYRS MANUEL OF CRETE AND PARTHENIOS**

## LITURGY OF ST. BASIL

### HYMNS AFTER THE LITTLE 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 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 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.

**Clergy: 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.

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

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**Holy Oblations are offered today by** Theresa Joubran for the soul of her beloved husband Michel Joubran departed this life one year. Memory Eternal! And by Austin, Saeda, Anthony, Stephanie and Alex Turk and all the Khoury families for the continued good health and salvation of their father, grandfather, great grandfather Elias Issa Khoury on the occasion of his 90th birthday. We also pray today for Fr. Patrick Irish on the occasion of his birthday (March 12)

**Coffee Hour will be given by the Coffee Hour Committee**

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*Please remember in your prayers: Eleanor Wackeen, Jamal El-Sayegh, Francois & Maureen Maatouk, Tarek Fakhouri, Adele Bahbah, Paul Qaqundah, Theresa Joubran and the suffering people of Syria, Iraq, Lebanon, Egypt, Libya, Ethiopia, Somalia, Palestine, Venezuela, Ukraine, and all people afflicted by disease and violence.*

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

**Ushers this week:** Eve Voydat & Carol Tierney

**English Epistle Reader:** Diana Aldada

**Arabic Epistle Reader next week:** Theresa Joubran

**English Epistle Reader next week:** Edna Deeb

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**Please call the Church Office to schedule your home and/or business for Blessing with the Theophany Water.** Fr Michael will do his best of schedule these around our Lenten services.

### **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**

**Pledges: We get a lot of calls from Parishioners who used their credit cards to pay their pledge, asking why we didn't charge them automatically for the New Year Pledge. The answer is we don't do that because we don't know if they are using the same credit card, if they want to pledge less or more than last year, and we have to have their authorization to charge their credit cards by filling up the pledge card and send it to church.**

**Thank you!**

**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.**

**This Week**

**Monday March 16, Great Compline, 7:00 p.m.**

**Wednesday March 18, Liturgy of Pre-Sanctified Gifts, 6:30 p.m., followed by Lenten pot-luck**

**Friday March 20, Little Compline with Akathist Hymn (Madayeh 3) 7:00 p.m.**

**Next Week**

**Monday March 23, Great Compline, 7:00 p.m.**

**Wednesday March 25, Evening Liturgy for the Feast of Annunciation 6:30 p.m.** followed by potluck dinner (Fish is allowed for this meal)

**Friday March 27, Little Compline with Akathist Hymn (Madayeh 4) 7:00 p.m.**

**Upcoming Services & Events**

**Sunday March 29, Tarneeb Tournament, after Coffee Hour**

**April 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup>, Antiochian Women 41<sup>st</sup> Annual Diocesan Spring Retreat at Camp St. Nicholas – Frazier Park, Ca.** Please find registration & Scholarship forms at the table by the bulletin board at the hall.

**Saturday April 25, The 57<sup>th</sup> Sweetheart Ball** at Universal Hilton Hotel Universal City. Please see flyer included for more details

**Mark your calendar for the 68<sup>th</sup> Annual Diocese of Los Angeles and the West Parish Life Conference hosted by St. Nicholas Church – San Francisco, CA July 1<sup>st</sup> –July 5<sup>th</sup> 2020. Register on-line: [www.laplc.org](http://www.laplc.org)**

**Quote from the Saints**

Our passionate life must be offered to God, living and active, so that it may be a living sacrifice. The Apostle Paul even said of the same body: “I exhort you,” he says, in fact, “by the mercy of God, to offer your body as a living sacrifice, holy and pleasing to God.” (Romans 12:1) How can our living body be offered as a sacrifice pleasing to God? When our glance is meek... when we draw down and pass to others the mercy from on high, when our ears are attentive to the divine teachings, not only to understand, but, as David says, “to remember God’s commandments in order to carry them out.” (Psalm 102:18) When our tongue, our hands and our feet all serve the divine will, is not this observance of God’s commandment an activity common to soul and body?

*St. Gregory Palamas*

**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.

## **St. Mark 2020 Stewardship Pledge Drive –**

Dear St. Mark Family,

We are more than half way through our annual pledge drive. Thank you to all who have made their pledge. If you have yet to pledge, we hope you will do so now. Please look around our beautiful Church, this drive more than any other activity is what covers the annual operating expenses of St. Mark. If you have any questions, feel free to reach out to a member of our Parish Council. Pledge forms can be found in the Church Hall. We need everyone's support to reach our campaign goal.

Your brother and sister in Christ,

Sleiman and Penny

### **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.