

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

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 8TH, 2020

FIRST SUNDAY OF GREAT LENT (SUNDAY OF ORTHODOXY)

**THEOPHYLACT THE CONFESSOR, BISHOP OF NICOMEDIA; APOSTLE HERMAS
OF THE SEVENTY**

LITURGY OF ST. BASIL

During the Entrance

Troparion of the First Sunday of Lent, in the Second Tone: We reverence thine immaculate icon, O good One, and ask forgiveness of our transgressions, O Christ our God; for of thine own good will thou wast pleased to ascend the cross in the flesh, that thou mightest deliver from bondage to the enemy those who thou has fashioned. Wherefore, we cry aloud unto thee with thanksgiving: Thou hast filled all things with joy, O our Savior, for thou didst come to save the world.

HYMNS AFTER THE LITTLE ENTRANCE

Troparion of the Resurrection in the Fifth Tone: Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

Troparion of the First Sunday of Lent, in the Second Tone (Repeat in Arabic)

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.

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

Prokeimenon (Daniel 3.26,27) Tone 4: Blessed are you, O Lord, God of our Fathers. For you are righteous in all things you have done for us.

The reading from Saint Paul's Letter to the Hebrews (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin.

And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they

might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth.

And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

Alleluia Verses (Psalm 98.6; 33.17) Tone 4: Moses and Aaron are among his priests. They call on the Lord and he hears them.

The Reading from the Gospel according to St. John (1:43-51)

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

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Holy Oblations are offered today by Michael & Charlotte Khoury and family for Amanda on the occasion of her birthday; and by Emilie Laffoon and family for the soul of her uncle Archpriest Michael Simon, departed this life 21 years.

Coffee Hour is given today 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: Helen Mahshi

English Epistle Reader: Lana Nino

Ushers next week: Eve Voydat & Carol Tierney

Arabic Epistle Reader next week: Lilian Kassicieh

English Epistle Reader next week: Diana Aldada

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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!

Antiochian Women Lenten Luncheon with proceeds benefitting the Metropolitan's building project at the Antiochian Village.

Sunday of Orthodoxy at St. Paul Greek Orthodox Church Irvine 6:00 p.m.

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 9, Pre Sanctified Liturgy, 6:30 p.m. Feast of the Holy 40 Martyrs

Wednesday March 11, Liturgy of Pre-Sanctified Gifts, 6:30 p.m., followed by Lenten pot-luck

Thursday March 12, Parish Council Meeting 6:30 p.m.

Friday March 13, Little Compline with Akathist Hymn (Madayeh 2) 7:00 p.m.

Saturday March 14, 8:15 a.m. -10:45a.m. St. Barnabas, St. Luke & St. Mark Family Service Project at OC Food Bank. See flyer included for more details.

Next 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.

Upcoming Services & Events

Sunday March 29, Tarneeb ournament, after Coffee Hour

April 3rd, 4th, & 5th, Antiochian Women 41st 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.

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

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

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

The 1st Sunday of Lent, the Sunday of Orthodoxy

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.