

St. Mark Antiochian Orthodox Church

Antiochian Orthodox Christian Archdiocese, Diocese of the West

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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

Teen Advisor: Fatin Fakhouri



OCTOBER 25, 2020

MARTYRS MARCIAN AND MARTYRIOS THE NOTARIES

**MARTYRS VALERIOS AND CHRYSAPHIOS; TABITHA THE MERCIFUL, RAISED
FROM THE DEAD BY THE APOSTLE PETER; RELICS TRANSLATION OF VENERABLE
SABBAS THE SANCTIFIED & VENERABLE JOHN OF BEVERLY**

HYMNS AFTER THE LITTLE ENTRANCE

All: Troparion of the Resurrection the Third Tone: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

Troparion for Sts. Marcian and Martyrios in the Fourth Tone: Thy Martyrs, O Lord, in their courageous contest for Thee, * received as the prize the crowns of incorruption and life from Thee, our immortal God. * For since they possessed Thy strength, they cast down the tyrants * and wholly destroyed the demons' strengthless presumption. * O Christ God, by their prayers, save our souls, since Thou art merciful.

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.

Kontakion of the Theotokos in the Second Tone: O undisputed intercessor of Christians, the mediatrix unrejected by the Creator, turn not away from the voice of our petitions, though we be sinners. Come to us in time, who cry to thee in faith, with assistance; for thou art good. Hasten to us with intercessions, O Theotokos, who dost ever intercede for those who honor thee.

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Prokeimenon (Psalm 46.6,1) Tone 3: Sing praises to our God, sing praises. Clap your hands, all you nations.

The reading is from Saint Paul's Second Letter to the Galatians (1:11-19)

Brethren, I would have you know that the gospel which was preached by me is not man's gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people, so extremely zealous was I for the traditions of my fathers. But when he who had set me apart before I was born, and had called me through his grace, was pleased to reveal his Son to me, in order that I might preach him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles

before me, but I went away into Arabia; and again I returned to Damascus. Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other apostles except James the Lord's brother.

Alleluia Verses (Psalm 88) in Tone 1: In you, O Lord, have I hoped; let me never be ashamed. Be my God and protector.

The Reading from the Holy Gospel according to St. Luke. (8:26-39)

At that time, Jesus arrived at the country of the Gadarenes, which is opposite Galilee. And as He stepped out on land, there met Him a man from the city who had demons; for a long time he had worn no clothes, and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, "What hast Thou to do with me, Jesus, Son of the Most High God? I beseech Thee, do not torment me." For Jesus had commanded the unclean spirit to come out of the man. [For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.] Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged Jesus not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged Jesus to let them enter these. So He gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the herdsmen saw what had happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked Jesus to depart from them; for they were seized with great fear; so He got into the boat and returned. The man from whom the demons had gone begged that he might be with Jesus; but Jesus sent him away, saying, "Return to your home, and declare all that God has done for you." And he went away, proclaiming throughout the whole city all that Jesus had done for him.

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Holy oblations are given today by Rania Debbas and family for the soul of her husband Michael, departed this life one year (Memory Eternal!) and by Kristin Chala for the health and salvation of her husband George and her godson Dimitry Kumar on the occasion of their birthdays.

Until further notice, there is no Coffee Hour.

Please remember in your prayers: Eleanor Wackeen, Yuri Sidorenko, Jamal El-Sayegh, Tarek Fakhouri, Adele Bahbah, Gloria Mamey, Adib and Nabila Zabaneh, and the suffering people of Syria, Iraq, Lebanon, Egypt, Libya, Ethiopia, Somalia, Palestine, Venezuela, Ukraine, and all people afflicted by violence and disease, especially those affected by the Coronavirus.

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.

Today

Installation of 2020-21 Parish Council

On October 11 we held our Annual Parish meeting (online). On October 12 our Parish Council met and elected officers for the new term. Our new officers are **Kristin Chala Chairwoman, Penny Skaff Vice-Chair, Jerry Lynn Mamey Secretary, and Osama Kishek Treasurer.** They will be installed at the end of services today along with **Gisele Awayjan, Imad Alchammas, Michael Khoury, Lew Malouf, Barbara Scholl and Tammy Qutami.**

Please remember that even in the midst of this difficult period, the expenses of the parish continue. It is important that we send in our donations and pledges via U.S. mail, or if you prefer to pay by credit card go to our new parish web page www.st-mark-church.org and click on “Donate” We are working to keep our expenditures as low as possible until things return to a more normal state.

This Week

Wednesday Vespers 6:00 p.m.

Saturday Vespers 4:00 p.m.

Quote from the Saints

The fruits of the earth are not brought to perfection immediately, but by time, rain and care; similarly, the fruits of men ripen through ascetic practice, study, time, perseverance, self-control and patience.

St. Anthony the Great --

The Holy Martyrs Marcian and Martyrius

The Martyrs Marcian and Martyrius, Notaries of Constantinople served in a Constantinople cathedral. Marcian was a reader and Martyrius a subdeacon. They both performed in the capacity of notaries, i.e. secretaries, for Patriarch Paul the Confessor (November 6).

Arian heretics expelled and secretly executed the righteous Patriarch Paul. His throne was given to the heretic Macedonius. The heretics attempted to entice Sts Marcian and Martyrius over to their side by flattery. They offered them gold and promised to consecrate them as archbishops, but all the efforts of the Arians were in vain.

Then the impious threatened to slander them before the emperor, and sought to intimidate them with torture and death. But the saints steadfastly confessed Orthodoxy, as handed down by the Fathers of the Church. Marcian and Martyrius were sentenced to death. Before death, the martyrs prayed, "Lord God, Who has invisibly created our hearts, and directed all our deeds, accept with peace the souls of Your servants, since we perish for You and are considered as sheep for the slaughter (Ps 32/33:15; 43/44:22). We rejoice that by such a death we shall depart this life for Your Name. Grant us to be partakers of life eternal with You, the Source of life." After their prayer the martyrs, with quiet rejoicing, bent their necks beneath the sword of the impious (+ ca. 335).

Their holy bodies were reverently buried by Orthodox Christians. Later, by decree of St John Chrysostom, the relics of the holy martyrs were transferred to a church built in their honor. Believers here were healed of many infirmities through the prayers of the saints, to the glory of the One Life-Creating Trinity.

Regarding Church Attendance

We have been enabling parish members to sign up for purposes of attending Sunday Divine Liturgy. There is a limited total number of attendees (60). To sign up, please go to <https://www.signupgenius.com/go/904044CABAB29A4FF2-sunday>. Holy Services will continue being live-streamed at <https://livestream.com/accounts/13863088/events/9076624?t=1586211820473>

We are implementing this partial re-opening using the guidelines from the State of California and from our Metropolitan. These are summarized below. Please read these guidelines carefully and follow them.

We will continue to live stream all services until we all can be together again. For those attending services, please work diligently to be at church on time. It is a gift to be able to come together again so let's start with "Blessed is the Kingdom" at 10 AM. You are also welcome to join us for Matins at 8:45 AM.

- All attendees must practice self-distancing, excepting those who live in the same household (no less than 6 ft. separation).
- Every other row of seats will be "blocked off" to facilitate distancing. Ushers may ask you to move if necessary to maintain prudent distancing.
- The wearing of protective masks is highly recommended (except young children). Choir members will not be wearing masks, but will practice distancing).

If you have symptoms of illness, please stay home. These symptoms include: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea. People with serious underlying conditions and the elderly should stay home. These people can schedule Confession and/or reception of Holy Communion by appointment. If you have been exposed to someone with COVID-19, you should not participate in holy services for 14 days.

The "stay at home" order went into effect in mid-Lent. Holy Confession therefore, is overdue for many. These can be scheduled with Fr. Michael on Wednesday or Saturday after Vespers.. The weekly Vespers services are open to all (up to our 81 person limit).

Hand sanitizer will be available in the Narthex (please help us by bringing your own, if possible). Please use sanitizer or soap and water to wash your hands upon entering the church building. Clergy will cleanse their hands periodically during holy services.

Regarding the distribution of Holy Communion, I quote from the directive of our Metropolitan, "we will continue to offer Communion according to our Tradition,

but all should allow the priest to pour the Body and Blood by opening their mouths wide and not closing their lips on the spoon. If the spoon does touch the mouth of the communicant, it should be wiped on the kalima [communion cloth].”

When lining up for Holy Communion, please maintain 6 ft. distancing. Antidoron [holy bread] will be handed out by the priest, or an altar server wearing a plastic glove.

Collection trays will not be passed as usual. Instead one tray in the Narthex will be designated for collections. The latest medical evidence tells us that COVID-19 is mainly spread via “respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).” (CDC website)..

Gathering to celebrate the Lord’s Day is essential to Christian life. At the same time the last thing we want to see happen is for our gatherings to enable any serious illness. This is why the practices listed above are necessary.

Please continue to pray that our decisions and actions in the process of re-opening our church (and indeed our society) are guided by God’s wisdom. No plan is perfect so I apologize for any inconveniences ours may cause. If you have questions, please contact me via email (frmlaffoon@gmail.com) or call the Church Office (949-851-8933)



FOOD DRIVE

We are holding a Fall food drive supporting OC kids thru
Grandma's House of Hope

providing over 2,800 meals monthly!

If you wish to participate and donate please bring your items to
St. Mark no later than November 15th.

Items need to be secured, clean with expiration date of 2021.

If you like to donate and not able to do the shopping please
contact Afifa at 949-600-3886 or email
to artoulafifa@gmail.com OR Samira Atallah at 714-553-7031
Email samiraat@sbcglobal.net

Thank you all for your support and generosity.

Humanitarian chair
Afifa Artoul

Samira Atallah

Sponsored By The Antiochian Women of St. Mark

Most Needed Items Include:

1. Mac 'n Cheese Cups
2. Canned Meat (Tuna, Chicken)
3. 1 lb bag or box of pasta
4. Canned Vegetables
5. Box of Multi-pack Oatmeal
6. Cup of Noodles
7. Canned Fruit
8. Canned Pasta Sauce
9. Snacks (Granola Bars, Crackers)
10. Meals - in - One (Soup, Chili, Canned Pasta meal)



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800-443-4438 RALPHS SIGN UP**

10/18/2020

RESTAURANTS

CHEESECAKE FACTORY	\$100
EL POLLO LOCO (\$10)	\$30
MIMIS CAFÉ	\$100
MAGGIANO'S/MACARONI GRILL/ CHILI'S / (25'S)	\$175
OLIVE GARDEN	\$50
SMASHBURGER (\$10'S)	\$30
TACO BELL (\$10'S)	\$30

GAS STATIONS

ARCO	\$0
CHEVRON	\$650
EXXON/MOBIL	\$0
SHELL	\$800
76 UNOCAL (\$100's)	\$0

CLOTHING DEPARTMENT STORES

BLOOMINGDALE'S 100's	\$100
Gap/Banana Republic/Old Navy \$25	\$50
MACY'S (\$100's)	\$400
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