

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: Mark Ellis, Jacob Bahbah, Theresa Joubran,

Karim Youssef, Pericles Ioannides

Teen Advisor: Fatin Fakhouri

·ST. GREGORY
PALAMAS·



MARCH 28, 2021

SECOND SUNDAY OF LENT

GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA

VENERABLE HILARION THE NEW; APOSTLE HERODION OF THE SEVENTY;

VENERABLE STEPHEN OF TRIGLIA

LITURGY OF ST. BASIL

HYMNS AFTER THE ENTRANCE

Troparion of the Resurrection in the First Tone: While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

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.

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.

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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 and Bahbah families for the souls of Anton Turk and Hanna Bahbah, both departed this life 40 days; by Simon Kishek and family for his brother, the newly departed Kamel Kishek and by the Wakileh family for Lydia Wakileh and Michael Wakileh on the occasion of their birthdays.

Coffee is now available after Liturgy in the parking lot, adjacent to the hall entrance.

Please remember in your prayers: Yuri Sidorenko, Therese Joubran, Jamal El-Sayegh, Tarek Fakhouri, 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.

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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

Mahmoul (date-stuffed). Please pre-order by 4-15-20. Price \$20/dozen. They will be ready to pick up on Palm Sunday (April 25).

The 2021 Western Diocese Parish Life Conference will held be online (i.e. not in person) this summer. All the PLCs in the Archdiocese will be held this way, per the directive of Metropolitan Joseph. Details of the online PLC will be forthcoming.

Quotes from the Saints

"... hear the Lord saying to each of us, as to the paralyzed man, 'Arise, take up your bed, and go to your house' (Mt. 9:6). Strengthened by the grace and power of Holy Baptism within us, we become vigorous and active in virtue, and bring into subjection our mental and physical capabilities and those material things which ought to be subservient to them, but which formerly overpowered us. We then go wherever pleases God and ourselves and, as far as we can, move to our real home, the eternal heavenly mansions. Those who see us ordering our lives in this godly way, marvel and glorify God, Who has given such power and authority to those who believe in Him (cf. Mt. 9:8), that they have their citizenship in heaven while still living on earth." -- *St. Gregory Palamas*

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.

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 (80, including clergy and singers). 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> 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). Several rows 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.

in need of assistance or you are aware of someone in our parish that needs financial assistance, please speak with Fr. Michael.

Today

March is Ladies Month in our Archdiocese. During March our Ladies will be ushering and reading the Sunday epistles. Today's Epistle readers are Kh. Nina Irish and Lilian Kassicieh.

2021 Wall Calendars are here. Please pick one up from the information table in the Hall.

Our Antiochian Women are taking orders for Spinach Pies. Please see Tareiz Bahbah to preorder.

This Week

Lent 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 (in some Orthodox traditions olive oil is allowed). 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 March 29, 7:00 p.m. Great Compline

Wednesday March 31, Liturgy of Pre-Sanctified Gifts 6:30 p.m.

Friday April 2, Little Compline with Akathist Hymn (Madayeh 3) 7:00 p.m. His Eminence Metropolitan Joseph will be presiding at this service. In accordance with his instructions there will be no meal after the service.

Next Week

Monday March 29, 7:00 p.m. Great Compline

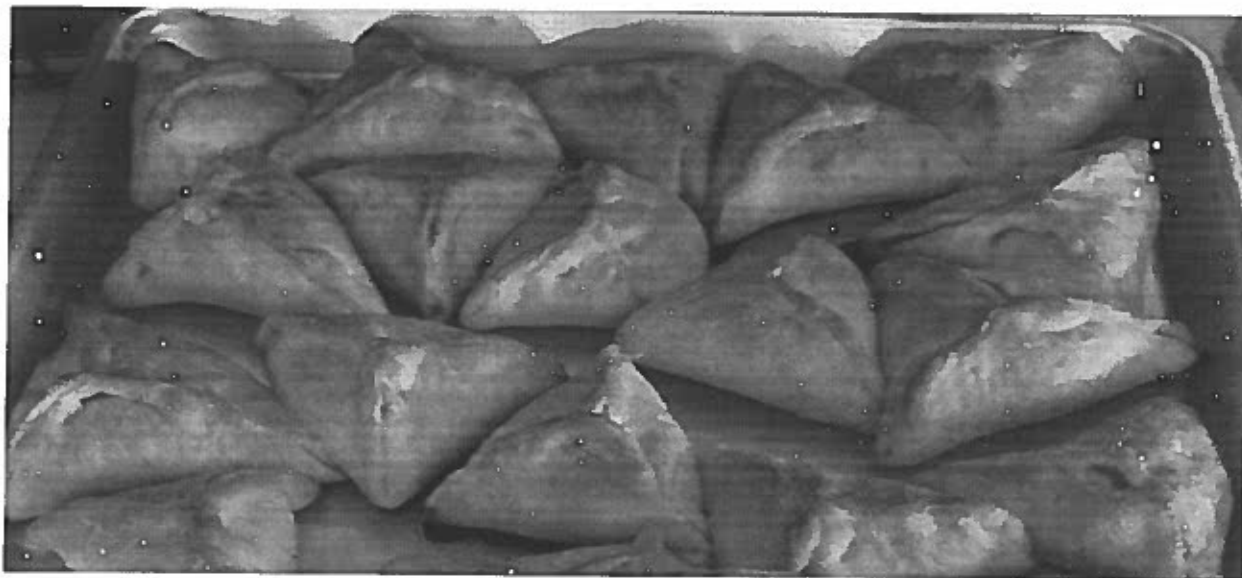
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Friday April 2, Little Compline with Akathist Hymn (Madayeh 4) 7:00 p.m.

Upcoming Services and Events

We are blessed to announce that the Ladies of St. Mark will Sponsor a [Limited] Bake Sale this year! The Ladies are taking pre-orders for homemade

*ANTIOCHIAN WOMEN OF ST. MARK
ARE SPONSORING SPINACH PIE SALE
EACH SUNDAY IN MARCH AND DURING LENT*



*PRE PACKED BOXES WITH 10 LARGE PIES
FOR \$20.00*

ORDERED FROM FURN AL HARA

PICK UP TIME BETWEEN 11:30 AND 12:00 PM ON SUNDAY

*FOR PRE ORDERS CONTACT TARIEZ BAHBAH BY TEXT
AT 714-401-0806*

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ORGANIZATION

03/28/2021

RESTAURANTS

CHEESECAKE FACTORY	\$100
MIMIS CAFÉ	\$100
MAGGIANO'S/MACARONI GRILL/ CHILI'S / (25'S)	\$175
OLIVE GARDEN	\$50
SMASHBURGER (\$10'S)	\$30
TACO BELL (\$10'S)	\$20

GAS STATIONS

ARCO	\$600
CHEVRON	\$600
EXXON/MOBIL	\$300
SHELL	\$800
76 UNOCAL (\$100's)	\$200

CLOTHING DEPARTMENT STORES

BLOOMINGDALE'S 100's	\$100
MACY'S (\$100's)	\$275
MARSHALL/ TJ MAX	\$100
OLD NAY/GAP	\$50
SAKS 5TH AVENUE (\$50'S)	\$100

AMAZON.COM GIFT CARDS (\$25'S /100's)	\$200	<u>SHOP SMILE.AMAZON</u>
Visa® Five Back (\$50')	\$100	

FOOD MARKETS

SPROUTS FARMERS MARKET (\$50)	\$150
STATER BROTHERS	\$275
SMART N FINAL (\$50'S ONLY)	\$100

SPECIALTY RETAIL STORES

COFFEE BEAN & TEA	\$50
BED BATH & BEYOND	\$50
DISNEY STORES	\$150
HOME DEPOT	\$25
HONEYBAKED HAM	\$50
STARBUCKS (\$10 and \$25)	\$75
TARGET	\$125
WALMART \$25' AND 100'S	\$0

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