

# **St. Mark Antiochian Orthodox Church**

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

**17840 Sky Park Circle, Irvine CA 92614 (949) 851-8933**

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

**Archpriest Michael Laffoon, Priest Patrick Irish**

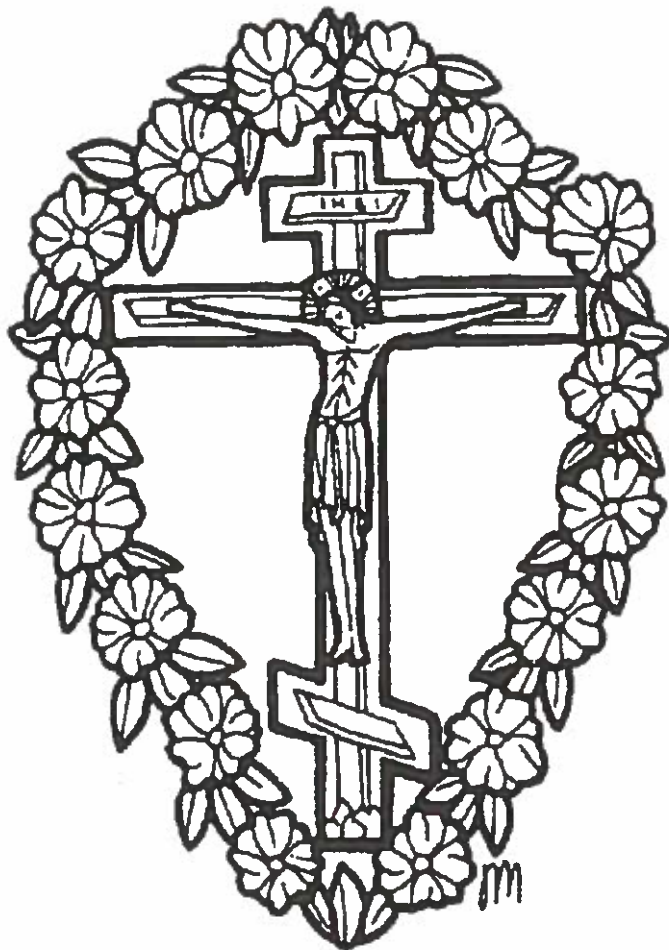
**Protodeacon George Moubayed, Dn. Nicholas Mamey, Sub Deacon Athanasius Fakhouri**

**Choir Director Barbara Scholl**

**Chanters: Mark Ellis, Jacob Bahbah, Theresa Joubran,**

**Karim Youssef, Pericles Ioannides**

**Teen Advisor: Fatin Fakhouri**



**APRIL 4, 2021**

**THIRD SUNDAY OF LENT**

**ADORATION OF THE HOLY CROSS**

## LITURGY OF ST. BASIL

### *During the Little Entrance*

**Troparion of the Holy Cross in the First Tone:** O Lord save Thy people and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by the virtue of Thy Cross, preserve Thy habitation.

### HYMNS AFTER THE 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 of the Holy Cross in the First Tone (Repeat)**

**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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*Instead of "Holy God..." we sing today, "Before thy Cross, we bow down..." (p. 30 A in the Congregational Service Book).*

**Prokeimenon (Psalm 27:9, 1) Tone 6:** O Lord, save your people and bless your inheritance. Unto you have I cried, O my God.

**The reading from Saint Paul's Letter to the Hebrews (4:14-5:6)**

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is

bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was.

So also Christ did not exalt Himself to be made a high priest, but was appointed by Him who said to Him, "Thou art my Son, today I have begotten Thee"; as he says also in another place, "Thou art a priest forever, after the order of Melchizedek."

**Alleluia verses (Psalm 88.1, 2) Tone 6:** Remember Thy congregation which Thou hast purchased from the beginning. God is our King before the ages; He hath wrought salvation in the midst of the earth.

**The Reading from the Gospel according to St. Mark (8:34-9:1)**

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

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*Instead of "Praise ye the Lord...", today's Communion Hymn is "The light of Thy countenance, O Lord, hath been signed upon us."*

After the Communion of the people "We have seen the true light..." is not sung. Instead we sing the Troparion of the Cross, "O Lord save thy people..."

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*For the Liturgy of St. Basil, in lieu of the usual hymn to the Theotokos, we sing "In Thee Rejoiceth..." (See page 57 of the Congregational Liturgy book)*

*At the end of the Liturgy we will pray the Service of the Cross. The clergy and altar servers will process inside the church as the choir and the people sing the Trisagion Hymn:*

*Holy God, Holy Mighty, Holy Immortal, have mercy on us.*

*Qu-du-sun l-lah, Qu-du-sun l-qa-wi, Qu-du-sun l-la-dhi, la ya-mu-tu r-ham-na. (Arabic)*

*Agios, O theos, Agios iskiros, Agios athanatos, eleison imas. (Greek)"*

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**Holy Oblations are offered today by the family of Eleanor Wackeen for her 40 day memorial and by Anees Turk and family for the soul of his wife Reham, departed this life 3 years.**

**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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**Today**

**Our Antiochian Women are taking orders for Spinach Pies, they also have some for sale today. Please see Tareiz Bahbah to preorder.**

**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 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).**

**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.

**Lenten Services:**

**Monday April 5, 7:00 p.m. Great Compline**

**Wednesday April 7, Liturgy of Pre-Sanctified Gifts 6:30 p.m.**

**Friday April 9, Little Compline with Akathist Hymn (Madayeh 4) 7:00 p.m.**

**Next Week**

**Monday April 12, 7:00 p.m. Great Compline**

**Tuesday April 13, 7:00 p.m. Parish Council Meeting**

**Wednesday April 14, Liturgy of Pre-Sanctified Gifts 6:30 p.m.**

**Friday April 16, Little Compline with Akathist Hymn (Madayeh 4) 7:00 p.m.**

### **Upcoming Services and Events**

**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**

May the soul that has sought refuge in Thy cross and inherited eternal incorruptible treasure praise and exalt Thee together with the spirits that number her among Thy ranks... *St. Ephraim the Syrian*

### **SUNDAY OF THE CROSS**

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labor set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.

**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.

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ORGANIZATION

**03/28/2021**

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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

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MARSHALL/ TJ MAX	\$100
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**SPECIALTY RETAIL STORES**

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HOME DEPOT	\$25
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STARBUCKS (\$10 and \$25)	\$75
TARGET	\$125
WALMART \$25' AND 100'S	\$0

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*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*

**PLEASE MAKE YOUR CHECK PAYABLE TO  
AW. OF ST. MARK**