

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

Teen Advisor: Fatin Fakhouri



OCTOBER 11, 2020

**SUNDAY OF HOLY FATHERS OF SEVENTH ECUMENICAL COUNCIL
APOSTLE PHILIP THE DEACON OF THE SEVENTY; VENERABLE THEOPHANES
THE BRANDED; NEKTARIOS, ARSAKIOS, SISINIOS AND PHILOTHEOS KOKKINOS,
PATRIARCHS OF CONSTANTINOPLE; VENERABLE JONAH OF CYPRUS**

HYMNS AFTER THE LITTLE ENTRANCE

Troparion for the Resurrection in the One 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 of the Holy Fathers in the Eighth Tone: Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

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 cries 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 (Daniel 3:26, 27) Blessed are you, O Lord, the God of our Fathers. For you are just in all you have done.

Section from the Epistle of St. Paul to Titus (3:8-15)

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all. Amen.

Alleluia Verses (Psalm 43:1, 7) O God, with our ears have we heard, for our fathers have told us the work which Thou hadst wrought in their days, in the days of old. For Thou hast saved us from them that afflict us, and them that hate us hast Thou put to shame.

The Reading from the Holy Gospel according to Saint Luke (8:5-15)

The Lord spoke this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold."

And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand.

Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience. As Jesus said this, he called out, "He who has ears to hear, let him hear."

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Holy oblations are given today by Fr Michael and family for the soul of his Godmother, Helen Simon, departed this life three years.

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.

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

Today

Parish Annual Meeting

Today we will hold our 2020 Annual Parish Meeting. All Members of St. Mark's should plan to participate. Only adult Orthodox Christians who have made a 2020 Regular Pledge to the parish of St. Mark may vote. Because of COVID-19 restrictions, this year's meeting will be conducted this afternoon at 1:00 p.m. online. The link for this is

<https://us02web.zoom.us/j/88604703060?pwd=MjRaMkNYamM4KzFIUjZSbDBKaWc2dz09> (password 344370).

The approval of a 2021 Budget will be done during the online meeting. The election of three new members to the Parish Council will be done electronically. The voting will commence at the close of the online Meeting and will end by Thursday October 8. An email will be sent to each Voting Member today with a link to an online voting site. This will allow people to vote anonymously. Our candidates for the three seats (with three year terms) are:

Gisele Awayjan

Imad Chammas

Elias Khoury

Osama Kishek

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 Kingdom of Heaven is taken by force, but gradually, not all at once. This occurs through constant vigilance, self-denial, patience, guarding of the senses, repentance, self-reproach and above all quietude, silence and prayer.

Elder Michael II of Valaam

Hieromartyr Hierotheus of Athens (October 4)

According to some, Hierotheus, like Saint Dionysius, was a member of the court of Mars Hill. Having first been instructed in the Faith of Christ by Paul, he became Bishop of Athens. He, in turn, initiated the divine Dionysius more perfectly into the mysteries of Christ; the latter, on his part, elaborated more clearly and distinctly Hierotheus' concise and summary teachings concerning the Faith. He too was brought miraculously by the power of the Holy Spirit to be present at the Dormition of the Theotokos, when, together with the sacred Apostles, he became a leader of the divine hymnody. "He was wholly transported, wholly outside himself and was so deeply absorbed in communion with the sacred things he celebrated in hymnology, that to all who heard him and saw him and knew him, and yet knew him not, he seemed to be inspired of God, a divine hymnographer," as Dionysius says (On the Divine Names, 3:2). Having lived in a manner pleasing to God, he reposed in the Lord.

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.

There is a great deal of joy in bringing our community back together again even though we are still doing this slowly. 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. For the time being Confessions will not be heard on Sunday mornings. The weekly Vespers services are open to all (up to our 81 person limit).

Points of contact in the Narthex and Church will be cleaned/disinfected after each service. 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)

**SUPPORT ST MARK CHURCH
PLEASE CALL RALPHS & JOIN THE CONTRIBUTION PROGRAM
5% EARNINGS**

**USE OUR NEW NPO #YX817
800-443-4438 RALPHS SIGN UP**

09/20/2020

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	\$100
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
MARSHALL/ TJ MAX	\$50
ROSS (\$25'S)	\$100
SAKS 5TH AVENUE (\$50'S)	\$100
ULTA BEAUTY \$25'S	\$50
AMAZON.COM GIFT CARDS (\$25'S /100's)	\$0 <u>SHOP SMILE.AMAZON</u>
Visa® Five Back (\$50' & \$100)	\$100

FOOD MARKETS

SPROUTS FARMERS MARKET (\$50)	\$50
STATER BROTHERS	\$300
SMART N FINAL (\$50'S ONLY)	\$100

SPECIALTY RETAIL STORES

BED BATH & BEYOND	\$50
DISNEY STORES	\$150
HOME DEPOT	\$75
HONEYBAKED HAM	\$50
STARBUCKS (\$10 and \$25)	\$40
WALMART \$25' AND 100'S	\$300

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FOR YOUR CHARITY ORGANIZATION**



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

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)

