

# THE APOSTLE

## MONTHLY NEWSLETTER

### APRIL 2022

## ST. MARK ORTHODOX CHURCH OF IRVINE

A Parish of the Antiochian Orthodox Christian  
Archdiocese of North America  
Metropolitan JOSEPH, Archbishop of New York  
and Metropolitan of all North America  
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Irvine, CA 92614-6407  
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Email: [frmlaffoon@gmail.com](mailto:frmlaffoon@gmail.com)  
Website: [www.st-mark-church.org](http://www.st-mark-church.org)

Very Rev. Father Michael Laffoon, Pastor  
Residence phone: (949) 559-6133  
Rev. Fr. Patrick Irish, Attached  
Rev. Protodeacon George Moubayed  
Sub-deacon: Athanasius Fakhouri  
Choir Director: Barbara Scholl  
Chanters: Jacob Bahbah, Mark Ellis, Karim  
Youseff  
Teen Advisor: Fatin Fakhouri

#### 2020 – 2021 PARISH COUNCIL

Chairman Kristin Chala {22}  
Vice Chairman – Penny Skaff {22}  
Secretary – Tony Rodriguez {24}  
Treasurer – Osama Kishek {23}  
Assistant Treasurer- Tammy Qutami {24}  
Imad Alchammas {23}  
Gisele Awayjan {23}  
Sly Aldada {24}  
Barbara Scholl {22}  
Robert Mokbel {22}

[Number in brackets is the member's last year of his  
or her current term]

Church School Co-Directors: Tammy Qutami and  
Kristin Chala

Antiochian Women of St. Mark President: Paula  
Rodriguez & Rima Tarazi

Teen SOYO President: Nour Youssef

Advisor: Fatin Fakhouri

#### PASTOR'S CORNER

##### The Lenten Prayer of St. Ephrem the Syrian

O Lord and Master of my life, take from me the  
spirit of sloth, meddling, lust of power and idle talk  
(prostration\*)

But give rather the spirit of chastity, humility,  
patience, and love to Thy servant (prostration)

Yea, O Lord and King, grant me to see my own  
sins, and not to judge my brother: for Thou are  
blessed, unto ages of ages. Amen. (prostration)

Then we say: God cleanse me a sinner twelve times  
with a metania^ each time

\* a *prostration* is the act of kneeling on both knees,  
touching one's head to the ground, rising and then  
making the sign of the cross.

^ a *metania* is the act of bowing from the waist,  
touching the ground with one's right hand, standing  
and making the sign of the cross.

Then repeat the entire prayer of St. Ephrem,  
performing one prostration at the end.

This prayer is much like the "Our Father", in the  
following way. When the disciples asked the Lord  
to teach them to pray, He told them to "pray in this  
way", and then recited the "Our Father", thus giving  
us a model for how to pray and a prayer which  
perfectly fulfilled these principles. So should we  
treat the prayer of St Ephrem. Its content is truly  
sublime, and teaches us the right way to approach  
God in prayer, how to think of ourselves, and what  
to ask for. It also is a perfect prayer fulfilling these  
principles.



Everyone should say this prayer daily during the week in Great Lent. Because of the physical way in which we say this prayer (it is done with bows and prostrations), it has the remarkable ability to put the soul in the right frame of mind. One might even go so far to say that if the Prayer of St Ephrem has been prayed with attention at least once during the day, and nothing else has been done, the Christian has prayed well.

The reality of our scattered, busy, distracted and often lazy lives is that we do not pray often enough, or with enough attention, or in the proper frame of mind. If a person is consistent in praying the prayer of St Ephrem, no matter how well he does in other prayer and spiritual reading, he has a "life line" and is grounded in the most important aspects of the way a Christian should conduct himself during Lent.

Of course, to just pray the prayer of St Ephrem is NOT enough for a Christian, but a pastor must prescribe "baby steps for baby feet" We all are in some measure "babies", and all of us should pray this prayer, attentively, and carefully, without fail. The person who takes this advice to "come and see" will soon find the fruit of this practice.

Like anything worth doing, the prayer of St Ephrem takes some practice before we can receive the full benefit. There are bows AND prostrations during the prayer, and a certain number of repetitions. To someone who is accustomed to this prayer, the physical actions and specific repetitions free the mind and penetrate the soul. This can only be understood if it is done, else, a person will consider the prayer to be too complicated, or worse, an example of "vain repetition", which the scripture forbids.

He who has ears to hear, and mouth to speak, arms to make the sign of the cross, and knees to bend, let him understand.

Adapted from an article found at [www.orthodox.net/greatlent](http://www.orthodox.net/greatlent)

## Feasts, Special Services and Events for April 2022

### Weekly Lenten Services

Monday Great Compline 7:00 p.m.

Wednesday Pre-Sanctified Liturgy 6:30 p.m.

Friday Little Compline and Akathist Hymn 7:00 p.m. (through April 8)

Friday April 15, Little Compline and Canon of the Raising of Lazarus

Saturday April 16, Lazarus Saturday Orthros 8:45 a.m., Divine Liturgy 10:00 a.m.

### **Palm Sunday and Holy Week**

Sunday April 17, Entrance of our Lord and Savior into Jerusalem {Palm Sunday} 8:45 a.m. Orthros, 10:00 a.m. Divine Liturgy

Sunday evening, 7:00 p.m. Bridegroom Orthros

Monday April 18, 7:00 p.m. Bridegroom Orthros

Tuesday April 19, 7:00 p.m. Bridegroom Orthros

Wednesday April 20, 7:00 p.m. Holy Unction Service

Thursday Morning April 21: Orthros 9:00 a.m., Holy Thursday Vespers Divine Liturgy, 10:00 a.m.

Thursday Evening April 21: Service of the Twelve Passion Gospels, 7:00 p.m.

Friday Morning April 22: Royal Hours, 9:30 a.m.

Friday Afternoon April 22: Vespers of the Taking Down of our Lord's Body from the Cross, 3:30 p.m.

Friday Evening April 22: Service of Lamentations 7:00 p.m.

Saturday morning April 23 Holy Saturday Vespers Divine Liturgy 10:00 a.m.

**Saturday night April 23/ April 24: PASCHA Rush, Procession, Orthros and Divine Liturgy 11:00 p.m. Pascha Breakfast following.**

April 24, Great and Holy PASCHA, Agape Vespers, 1:00 p.m.

**May 2022 Advanced Calendar**  
Sunday May 8, Mothers Day

**SELECTED SAINT  
OF THE MONTH**

**April 27<sup>th</sup>**

**THE HOLY APOSTLE SIMEON**



Simeon was one of the Seventy Apostles. He was the son of Cleopas who was the brother of Joseph, the betrothed of the All-Holy Mother of God. Seeing the miracles of our Lord and Savior, Jesus Christ, Simeon believed and was numbered among the Seventy Apostles. He preached the Gospel of Christ with great zeal and courage throughout Judea. When the nefarious Jews killed James, the brother of our Lord and first bishop of the Church of Jerusalem, by hurling him from the heights of the Temple and beat him over the head with a hoe, then this Simeon, a cousin of James, was appointed Bishop of Jerusalem. And Simeon, as the second bishop of the Holy City, governed the Church of God with wisdom and strength until a ripe old age. He was over one hundred years old when he suffered. His suffering was in this manner: during the reign of Emperor Trajan, a two-fold persecution began: one in Palestine against the descendants of David and the other persecution against the Christians. The wicked people accused Simeon of being both one and the other (a Jew and a Christian). St. Simeon endured enormous pains and finally was crucified on a cross, as was his Lord, Whom he faithfully served on earth.

## PARISH & ORGANIZATION NEWS

### Teen SOYO

The Teens will hold their all-night vigil at the Tomb of Christ on Holy Friday.

### Antiochian Women of St. Mark

The Women held a very successful Spinach Pie Sale on March 20 to benefit the Antiochian Village. On March 27 a large group went to St. Barbara Monastery in Santa Paula. They are planning the Annual Palm Sunday Bake Sale and the Pascha Breakfast in April.

### St. Mark Men's Club

## HAPPY BIRTHDAY

Sarah Ammari 4/24  
Jessica Azzam 4/28  
Andrew Azzam 4/17  
George Bahbah 4/8

Grace Bahbah 4/8  
Julie Bahbah 4/11  
Peter Batarseh 4/25  
Rita Bayouk 4/20  
Nicholas Benjamin 4/29  
Christopher Chala 4/28  
Matthew Daruty 4/25  
Liana Debbas 4/16  
Mary Dibs 4/27  
Samar Elsayegh 4/30  
Elaina Fakhouri 4/11  
Fatin Fakhouri 4/11  
Ian Fortuna 4/27  
Marianne Hanounch 4/9  
Theresa Joubran 4/1  
Juliette Khamis 4/4  
Mary Ann Khamis 4/1  
Aida Khamis 4/21  
Malvina Kumar 4/2  
Sophia Liquete 4/25  
Nathaniel Liquete 4/25  
Jean Nasrawi 4/26  
Jason Nino 4/15  
Sammy Nino 4/7  
Emily Nour 4/26  
Jeries Qoborsi 4/12  
Daniel Qoborsi 2/24  
Paul Rodriguez 4/13  
Alexander Saadeh 4/17  
Aaron Scholl 4/11  
Jay Skaff 4/8  
Sarah Smathers 4/17  
Charlie Tarazi 4/7  
Carol Tierney 4/24  
Stephanie Toubbeh 4/30  
Gina Turk 4/26

## Happy Anniversary

Khaled & Ruba Ammari 4/16  
Maurice & Nadia Karkar 4/17  
Robert & Linda Mokbel 4/23  
Sam & Adel Munayyer 4/29  
Mufid & Salam Samara 4/27

**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 on Sundays or use**

*The new mobile app, RaiseRight by ShopWithScrip, is simply the right way to fundraise. Just make sure to choose "E-Gift Card" and you will have it in your email in less than a minute.*

*Let's start shopping and earning money for your favorite church, St Mark Irvine!*

**Get the**

**app: <https://www.raiseright.com/>**

**USE THE ENROLLMENT CODE**

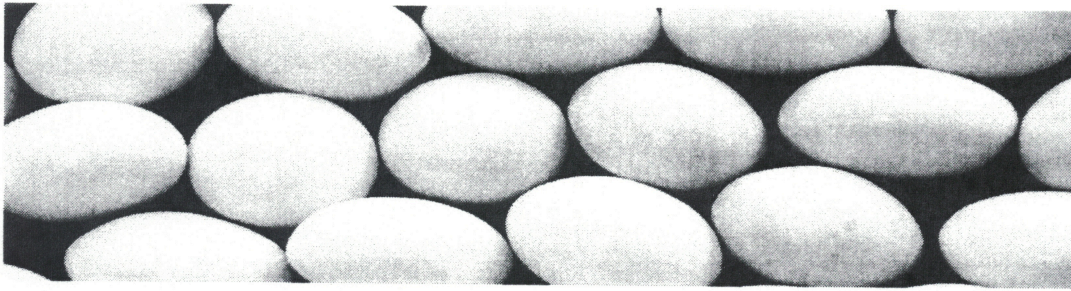
**LFA187LD11116**

**Turn your shopping list into fundraising**

- **Discover new earning opportunities every day**
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- **Add brands you love to your Favorites for faster shopping**

The Apostle is a monthly newsletter of St. Mark Antiochian Orthodox Church. **Parish Organizations are to submit articles by the 15<sup>th</sup> of the month to the Church office (949-851-8933)**





## Pascha Bake Sale Order Form

**April 17, 2022**

|                |                                 |
|----------------|---------------------------------|
| Anise Cookies  | \$10/Dz                         |
| Baklava        | \$15/Dz                         |
| Ghraibeh       | \$12/Dz                         |
| Date Kaak      | \$15/Dz (based on availability) |
| Maneish/Zaatar | \$10/Dz                         |
| Spinach Pies   | \$24/Dz                         |

Please Return Order Form by April 10, 2022

| <u>Item</u>    | <u>Price</u> | <u>Quantity</u> |
|----------------|--------------|-----------------|
| Anise Cookies  | \$10/Dz      | _____           |
| Baklava        | \$15/Dz      | _____           |
| Ghraibeh       | \$12/Dz      | _____           |
| Date Kaak      | \$15/Dz      | _____           |
| Maneish/Zaatar | \$10/Dz      | _____           |
| Spinach Pies   | \$24/Dz      | _____           |
| Total          |              | \$ _____        |

Name \_\_\_\_\_

Phone \_\_\_\_\_

***Please make check payable to Antiochian Women of St. Mark and attach with order. Payment must be paid with order. Contact Adele Munayyer and Samira Atallah***