

# **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, Sub Deacon Athanasius Fakhouri

Choir Director Barbara Scholl

Chanters: Jacob Bahbah, Mark Ellis

Karim Youssef

Teen Advisor: Fatin Fakhouri



**APRIL 3, 2022**

**FOURTH SUNDAY OF LENT**

**THE COMMEMORATION OF OUR RIGHTEOUS FATHER**

**JOHN OF "THE LADDER"**

**THE VENERABLE NIKITAS THE CONFESSOR, ABBOT OF MEDIKION;**

**VENERABLE JOSEPH THE HYMNOGRAPHER; AND**

**NEW-MARTYR PAUL THE RUSSIAN**

**LITURGY OF ST. BASIL**  
**HYMNS AFTER THE LITTLE ENTRANCE**

**Troparion for the Resurrection, in the Eighth Tone:** From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

**Troparion of Saint John of the Ladder in the Eighth Tone:** The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John, intercede with Christ God to save 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 28.11, 1) Tone 7:** The Lord will give strength to His people. The Lord will bless His people with peace.

**The reading from Saint Paul's Letter to the Hebrews (6:13-20)**

Brethren, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So

when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

**Alleluia verses (Psalm 91.1, 2) Tone 7:** It is good to give praise unto the Lord, and to chant unto Thy name, O Most High. To proclaim in the morning Thy mercy, and Thy truth by night.

**The Reading from the Gospel according to St. Mark (9:17-31)**

At that time, a man came to Jesus, kneeling down and saying to him, "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And

when Jesus had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting."

They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and after he is killed, he will rise on the third day."

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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)*

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**Holy Oblations are offered today by Bob Whitehead** for the soul of his wife Theo, departed this life 6 months; by Marize Youseff and her sons Nadim and Youseff for husband and father Karim on the occasion of his birthday; by Phillip and Tarize Bahbah for the health and salvation of their twins, Grace and George, on the occasion of their birthdays and by the Goson and Gorup families for the souls of James Nicholas Goson (12 years) and Jeffrey Kent Gorup (4 years). We also pray for the soul of Theresa Joubran, who departed this life last Monday.

**Coffee Hour today is given by Bob Whitehead** in memory of Theo Whitehead.

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*Please remember in your prayers: Yuri Sidorenko, Therese Joubran, May Dabbah, Sylvia Saba, Tarek Fakhouri, Adib and Nabila Zabaneh, Laura Anter (brain surgery), and the suffering people of Haiti, India, Syria, Iraq, Lebanon, Egypt, Libya, Ethiopia, Somalia, Palestine, Venezuela, Ukraine, and all people afflicted by violence and disease, especially those affected by the Coronavirus.*

**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 or Fr. Patrick.

**Funeral Services for Theresa Jourbran.** Tuesday April 5 Viewing at St. Mark Church 7:00 p.m. to 9:00 p.m., Wednesday April 6, Funeral Service 10:00 a.m. (both at St. Mark Church) Interment at Holy Sepulcher Cemetery (7845 Santiago Canyon Rd, Orange) and Meal of mercy at St. Mark Church Hall afterwards.

### **Lenten Services this week**

**Monday April 4, Great Compline, 7:00 p.m..**

**Wednesday April 6, Liturgy of Pre-Sanctified Gifts 6:30 p.m.  
(Lenten Pot-luck dinner after service)**

**Thursday April 7, Little Compline with Canon of St. Andrew of Crete and the Life of St. Mary of Egypt**

**Friday April 8, Little Compline with Akathist Hymn (Madayeh 5)**

### **Next week**

**Monday April 11, Great Compline, 7:00 p.m..**

**Wednesday April 13, Liturgy of Pre-Sanctified Gifts 6:30 p.m.  
(Lenten Pot-luck dinner after service)**

**Friday April 15, Little Compline with Akathist Hymn (Madayeh 4)**

### **Upcoming Events**

**April 8, 9, 10 Antiochian Women's Retreat (see flyer attached)**

**April 17, Palm Sunday Bake Sale (see order form attached).**

### **Fr. Michael's Retirement Luncheon**

With Fr. Michael's retirement in mid-June, we are gearing up to celebrate over 3 decades with our Abouna. This is a bittersweet time for us since we are happy for Fr. Michael but sad to see him go. Please save the date for his celebration with reservation information coming out in the next few weeks.

June 5, Social Hour at 2:30 PM, Mediterranean meal at 3:00 PM.

St. Paul's Greek Orthodox Church Hall, Irvine

Limit of 300 seats

Sincerely,

Retirement Party Committee

Nelson and Jerri Lynn Mamey, Rima Tarazi, Barbara Scholl, Kristin Chala and Paula Rodriguez

### **Quote from the Saints**

"Holy love has a way of consuming some. This is what is meant by the one who said, 'You have ravished our hearts' (Sg. Of Sgs. 4:9). And it makes others bright and overjoyed. In this regard it has been said: 'My heart was full of trust and I was helped, and my flesh has revived' (Ps. 27:7). For when the heart is cheerful, the face beams (cf. Prov. 15:13), and a man flooded with the love of God reveals in his body, as if in a mirror, the splendor of his soul, a glory like that of Moses when he came face to face with God (cf. Ex. 34:29-35)."

St. John Climacus, *The Ladder of Divine Ascent*

### **SUNDAY OF ST. JOHN OF THE LADDER**

The memory of this Saint is celebrated on March 30, where his biography may be found. He is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity;

it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.

Beloved in Christ,

A letter from our Metropolitan arrived on Wednesday March 30, addressed to our Parish Council, announcing the appointment of my successor as Pastor of St. Mark Church.

His name is Fr. George Katrib and he is currently serving as the second priest at St. George Antiochian Orthodox Church in Houston, Texas. He is married to Khouria Miray, and they have two sons, Gabriel and Raphael, with a daughter expected next month. Father George grew up in the Orthodox Church and received his Master of Divinity degree from St. Vladimir's Seminary in 2014.

In consideration of the arrival of their third child in May, Fr. George's appointment will be effective August 14 of this year. I will continue to serve as your pastor until that date.

Please remember Fr. George and his family in your prayers and prepare to welcome them to our St. Mark family.

Yours in Christ,  
Fr Michael

**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*