

St. Mark Antiochian Orthodox Church

Antiochian Orthodox Christian Archdiocese, Diocese of the West

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Archpriest Michael Laffoon, Priest Patrick Irish

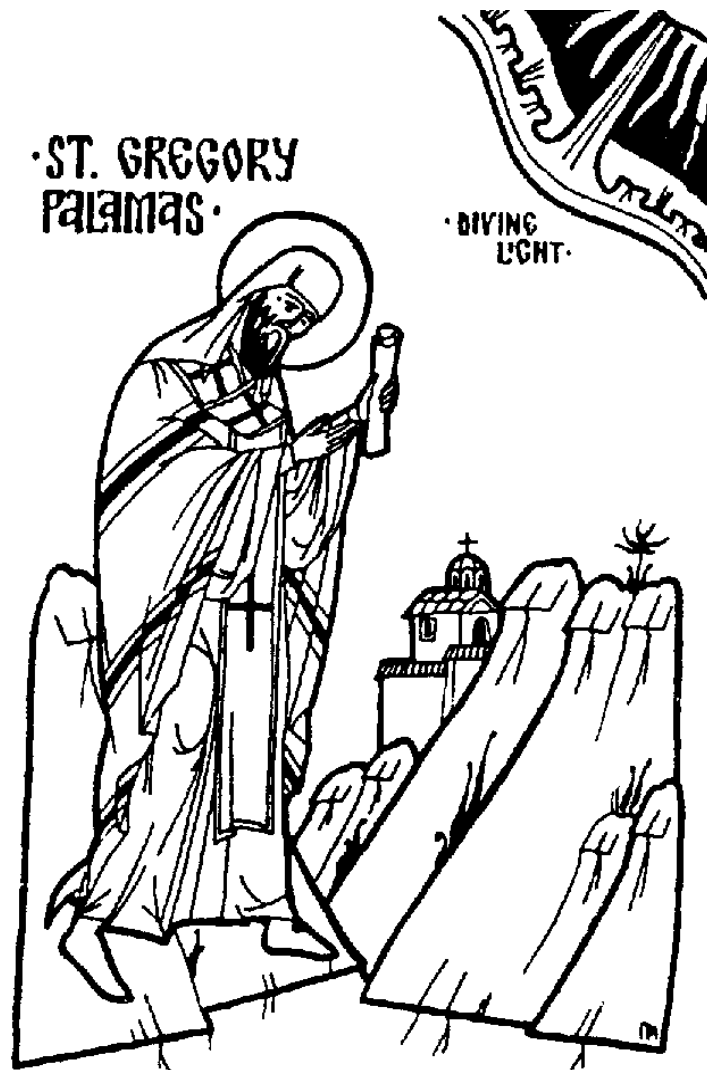
Protodeacon George Moubayed, Sub Deacon Athanasius Fakhouri

Choir Director Barbara Scholl

Chanters: Jacob Bahbah, Mark Ellis,

Karim Youssef

Teen Advisor: Fatin Fakhouri



MARCH 20, 2022

**SECOND SUNDAY OF LENT, COMMEMORATION OF GREGORY PALAMAS,
ARCHBISHOP OF THESSALONICA, THE HOLY FATHERS SLAIN AT THE
MONASTERY OF MAR SABBAS; NEW-MARTYR MYRON OF CRETE**

LITURGY OF ST. BASIL

HYMNS AFTER THE LITTLE ENTRANCE

Troparion for the Resurrection, in the Sixth Tone: When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

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 Christine Nelson for the health and salvation of her family and loved ones.

Coffee Hour today is given by the Coffee Hour Committee

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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.

Today

March is Ladies Month in our Archdiocese. During March our Ladies will be ushering and reading the Sunday epistles. Today’s Epistle readers: Marize Nadim, Lana Nino. Ushers: Randa Salameh, Lisa Nasser, Lana Nino.

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.

Lenten Services this week

Monday March 21, 7:00 -p.m. Great Compline

**Wednesday March 23, Liturgy of Pre-Sanctified Gifts 6:30 p.m.
(Lenten Pot-luck dinner after service)**

Thursday March 25, Great Vespers 5:00 p.m. *Note time change*

**Friday March 26, Evening Liturgy for Feast of the Annunciation
2) 6:30 p.m.**

Next week

Monday March 28, Great Compline service will not be held. *Instead, all are encouraged to attend the showing of “Man of God” at the AMC Tustin Theater at the nearby District shopping center (Jamboree and Barranca). This movie is being shown in limited theaters this month. There is a showing that night, at 7:00 p.m. The service for Monday March 28 at St Mark’s is cancelled so that as many of us as possible can attend.*

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

Friday April 1, Little Compline with Akathist Hymn (Madayeh 3)

Upcoming Events

Fr. Michael’s Retirement Luncheon

With Fr. Michael’s retirement 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 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

"We start... imitation of Christ with Holy Baptism, which symbolizes the Lord's Burial and Resurrection. Virtuous living and conduct in accord with the Gospel are its intermediate stage, and its perfection is victory through spiritual struggles against the passions, which procures painless, indestructible, heavenly life."

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.

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***