

St. Mark Antiochian Orthodox Church

Antiochian Orthodox Christian Archdiocese, Diocese of the West

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Archpriest Michael Laffoon, Priest Patrick Irish

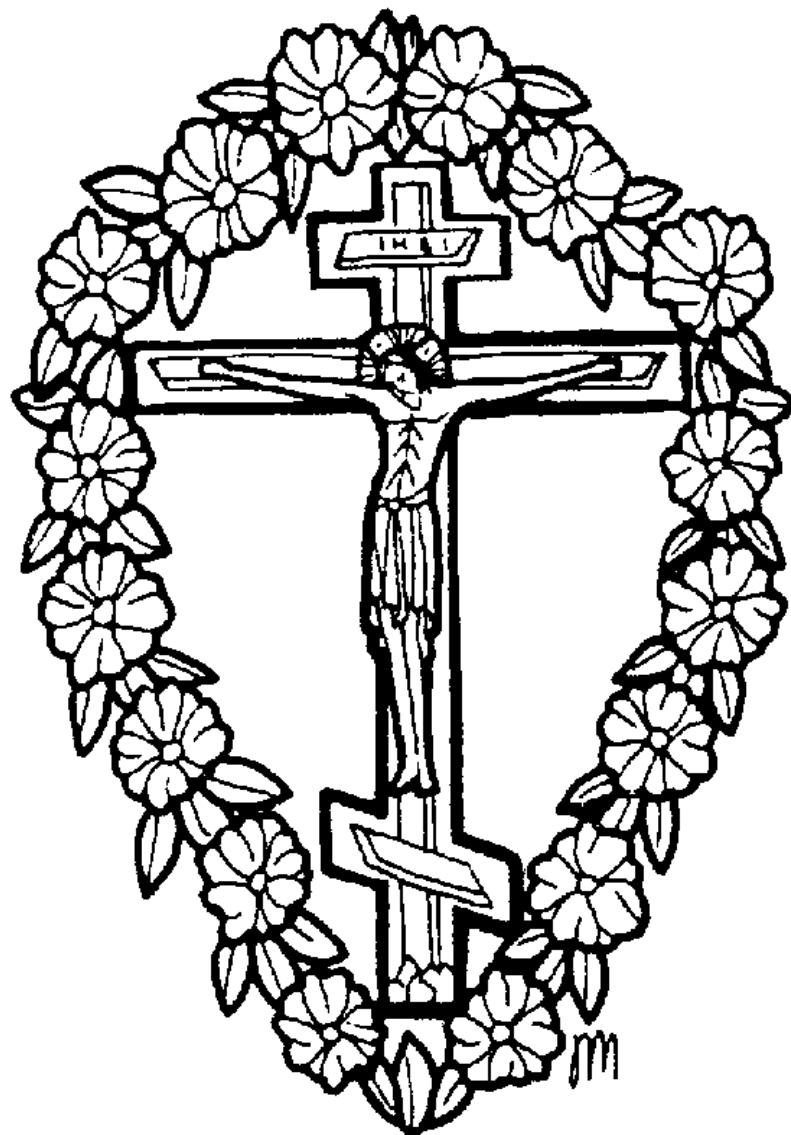
Protodeacon George Moubayed, Sub Deacon Athanasius Fakhouri

Choir Director Barbara Scholl

Chanters: Jacob Bahbah, Mark Ellis

Karim Youssef

Teen Advisor: Fatin Fakhouri



**MARCH 27, 2022
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 LITTLE ENTRANCE

Troparion for the Resurrection, in the Seventh Tone: Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

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."

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...”

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)"

Holy Oblations are offered today by Danny and Michele Baba for the soul of Fr. George Morretti, departed this life one year and by Fr. Michael for the soul of Fr Alexander Atty, departed this life eight years.

Coffee Hour today is given by the Coffee Hour Committee

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.

March is Ladies Month in our Archdiocese. During March our Ladies will be ushering and reading the Sunday epistles. Today's Epistle reader: Diana Aldada. Ushers: Adele Munayyer, Siham Aldada, Paula Rodriguez.

Our Antiochian women will meet after church today. Afterwards they will lead a day pilgrimage to St. Barbara Monastery in Santa Paula.

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 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. See flyer for link to purchase tickets.

**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)

Next 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)**

Friday April 8, Little Compline with Akathist Hymn (Madayeh 4)

Upcoming Events

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

"Those who put out to sea at first sailed with a favorable wind; then the sails spread, but later the wind becomes adverse. Then the ship is tossed by the waves and is no longer controlled by the rudder. But when in a little while there is calm, and the tempest dies down, then the ship sails on again. So it is with us, when we are driven by the spirits who are against us; we hold to the Cross as our sail and so we can set a safe course." -- *St. Amma Syncletica*

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.

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