

# **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



**MARCH 6, 2022**

**THE 42 MARTYRS OF AMORIA IN PHRYGIA; DISCOVERY OF THE PRECIOUS  
CROSS AND NAILS BY ST. HELENA; VENERABLE FRIDOLIN, ENLIGHTENER  
OF THE UPPER RHINE**

## HYMNS AFTER THE LITTLE ENTRANCE

**Troparion for the Resurrection, in the Fourth Tone:** Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

**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 of Cheese Fare Sunday in the Sixth Tone:** Teacher of wisdom, Bestower of virtue, who teachest the thoughtless and protectest the poor: Strengthen and enlighten my heart, O Master. Give me word, O Word of the Father, for behold my lips will not be restrained from crying to thee: Have mercy on me, the transgressor, O merciful Lord.

**Prokeimenon (Psalm 46.6, 1) Tone 3:** O chant unto our God, chant ye. Clap your hands, all ye nations.

**The reading from Saint Paul's Letter to the Romans (13:11-14:4)**

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its lusts.

But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has

received him. Who are you to be the judge over the servant of a stranger? To his own master that he either stands or falls; and he will be made to stand; for God is able to make him stand.

**Alleluia Verses (Psalm 30.1,2) Tone 3:** In Thee, O Lord, have I hoped; let me not be put to shame forever. Be Thou unto me a God to defend me.

**The Reading from the Gospel according to St. Matthew (6:14-21)**

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you openly.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also".

+++++

**Holy Oblations are offered today by** Keitie Turk for the health and salvation of her daughter Julian Tannous.

**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, Fouad and Mary Farraj (kidney transplant), Laura Anter (brain surgery), Tony Rodriguez (shoulder 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: Hala Youseff and Michele Baba. Ushering: Fatin Fakhouri, Jerri Mamey, Carol Tierney.

**Today is Forgiveness Sunday, the last day for eating dairy, eggs, fish etc., until Pascha. We will sing an abbreviated Forgiveness Vespers after Liturgy.**

**This Week**

**Lent begins tomorrow:** 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.

***Schedule for First Week of Lent***

**Monday March 7, Great Compline 7:00 p.m.**

**Tuesday March 8, Great Compline 7:00 p.m.**

**Wednesday March 9, Liturgy of Pre-Sanctified Gifts 6:30 p.m.**

***Lenten pot-luck Dinner afterwards***

**Thursday March 10, Great Compline 7:00 p.m.**

**Friday March 11, Little Compline with Akathist Hymn, 7:00 p.m.**

**Saturday March 12, Divine Liturgy**

**for St. Theodore Tyro 10:00 a.m. (Orthros 8:45 a.m.)**

**Next week**

**Sunday March 13, Sunday of Orthodox, Pan-Orthodox Vespers at St. John the Baptist Greek Orthodox Church, Anaheim, 6:30 p.m.**

**Monday March 14, 7:00 -p.m. Great Compline**

**Wednesday March 16, Liturgy of Pre-Sanctified Gifts 6:30 p.m.**

***Lenten pot-luck Dinner afterwards***

**Friday March 26, Little Compline with Akathist Hymn (Madayeh 2) 7:00 p.m.**

**Quote from the Saints**

"Fasting is an admirable thing, but it is more admirable to forgive insults. Through fasting a man is preparing for charity, but by forgiving insults, a man shows charity. Fasting precedes forgiveness, but fasting alone does not save without forgiveness."

-- *St. Nikolai of Zica*

**Today's Commemoration  
The Sunday of Forgiveness**

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of

fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

**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***