

# CHURCH CALENDAR

- Sunday, February 14th:** 17th Sunday after Pentecost; 17th Sunday of Matthew  
12:30 P.M.- 20th Anniversary Celebration for Fr. Elie in honor of his 20 years serving the Lord- Bishop JOHN presiding
- Sunday, February 21st:** Sunday of the Pharisee & Publican  
One Year Memorial Service for Ida Lavin  
Outreach Committee Meeting during Coffee Hour
- Friday, February 26-Sunday, February 28th:** Teen SOYO YES Program, St. Mary Church, Cambridge, MA
- Saturday, February 27th:** 9:00A.M.-2:30P.M.- Antiochian Women Pre-Lenten Retreat at St. John of Demascus Church, Dedham, MA
- Sunday, February 28th:** Sunday of the Prodigal Son  
One Year Memorial Service for Charles Agaty
- Saturday, March 5th:** 5:00PM- Arabic Liturgy
- Sunday, March 6th:** Sunday of the Last Judgment (Meat Fare)  
Ladies Society Project Luncheon at the Parish Center
- Monday, March 7th:** 7:00 P.M.- Ladies Society Meeting
- Tuesday, March 8th:** 7:00 P.M.- Parish Council Meeting
- Sunday, March 13th:** Sunday of Forgiveness (Cheese Fare)  
Daylight Saving Time Begins
- Sunday, March 20th:** 1st Sunday of Lent (Orthodoxy)
- Sunday, March 27th:** 2nd Sunday of Lent (Gregory Palamas)

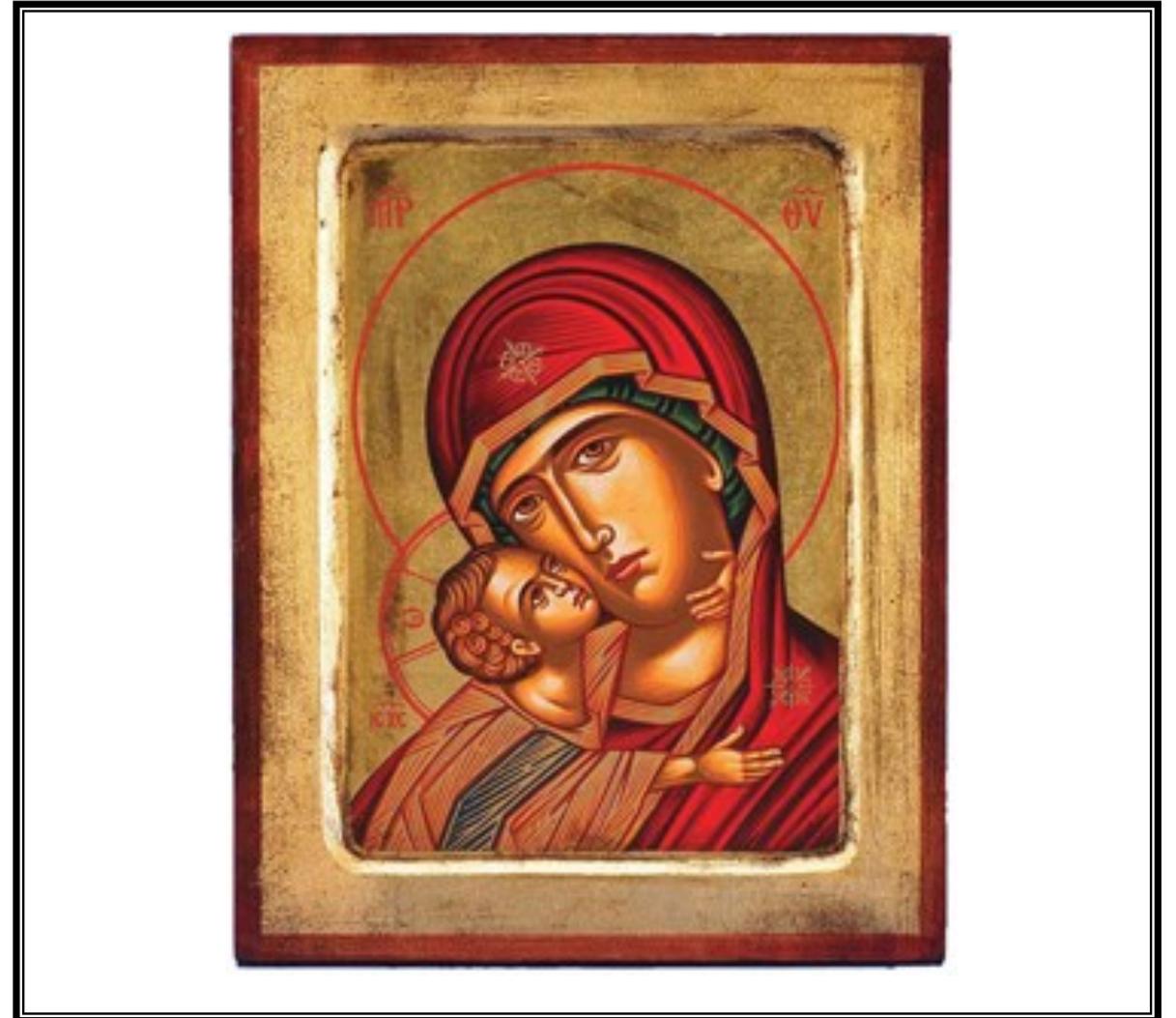
There will be a meeting of the Outreach Ministry on Sunday, February 21st during Coffee Hour. Hope to see you all then.

~Parish Outreach Ministry Committee

*Happy Valentine's Day*



# SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



*Sunday February 14, 2016*

*Seventeenth Sunday After Pentecost  
& Seventeenth Sunday of Matthew*

## *Saint Mary Antiochian Orthodox Church*

249 High Street, Pawtucket, RI 02860  
Phone (401) 726-1202 Fax: (401) 729-1203  
Web site: <http://stmarypawtucket.org>  
Email: [office@stmarypawtucket.org](mailto:office@stmarypawtucket.org)

**His Grace Bishop JOHN, Auxiliary and Bishop of the  
Diocese of Worcester and New England**

**V. Rev. Father Elie Estephan  
395 Brown St.-Unit 2, Attleboro, MA 02703  
Cell- 1-(240) 205-9079**

### **Schedule of Services**

Sunday: Orthros (Matins) 8:45 a.m.  
Church School 11:15 a.m.

*Enter in Quietness, Rest in Prayer,  
Worship in Reverence, Depart in Peace to Serve*

### **A Note Regarding Holy Communion:**

Since we understand Communion to mean that we have all things in common, sharing an identical faith, only those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting, and recent confession may participate in Holy Communion. We invite all, however, to partake of the blessed bread which is distributed at the dismissal. Confessions are heard by special appointment. The Eucharistic fast begins at midnight on Saturday and ends with the receiving of Holy Communion. Please see Fr. Elie if you have any questions or for inquiries on how to become a full member of the Church.

### **Parish Council 2016:**

**President:** Salwa Khoury  
**Vice-President:** Cindy Hayes  
**Secretary:** Jamie Mitri  
**Treasurer:** Fadia Kabak

**Council Members:** Joseph Samra III, Emad Amirhom, Scott Barnes, Cory Dupont, Lorice Hallal, Steven Kilsey Jr., Holly Lazieh, Walid Nakhoul, Elmer Stanley (Church School), Linda Dvelis, Hadeel Samaan

**\*\*Please feel free to contact Salwa Khoury at [stkhoury@cox.net](mailto:stkhoury@cox.net) or any member of the Parish Council with any questions or concerns\*\***



## **Lenten Fasting**

A special word must be said about fasting during lent. Generally speaking, fasting is an essential element of the Christian Life. Christ fasted and taught men to fast. Blessed fasting is done in secret, without ostentation or accusation of others (*Matthew 6:16; Romans 14*) It has as its goal the purification of our lives, the liberation of our souls and bodies from sin, the strengthening of our human powers of love for God and man, the enlightening of our entire being for communion with the blessed Trinity. The Orthodox rules for Lenten fasting are the monastic rules. No meat is allowed after meatfare Sunday and no eggs or dairy products after Cheesefare Sunday. These rules exist not as a Pharisaic "burden too hard to bear" (*Luke 11:46*), but as an ideal to be striven for; not as an end in themselves, but as means to spiritual perfection crowned in love. The Lenten service themselves continually remind us of this.

*Let us fast with a fasting pleasing to the Lord. This is the true fast: the casting off of evil, the bridling of the tongue, the cutting off of anger, the cessation of lusts, evil talking, lies and cursing. The stopping of these is the fast true and acceptable. (Monday Vespers of the First Week)*

The Lenten services also make the undeniable point that we should not pride ourselves with external fasting since the devil also never eats!

The ascetic fast of Great Lent continues from Meatfare Sunday to Easter Sunday, and is broken only after the Paschal Divine Liturgy. Knowing the great effort to which they are called, Christians should make every effort to fast as well as they can, in secret, so that God would see and bless them openly with a holy life. Each person must do his best in the light of the given ideal. In addition to ascetic fasting of the Lenten season, the Orthodox alone among Christians also practice what is known as eucharistic or liturgical fasting. This fasting does not refer to the normal abstinence in preparation for receiving the holy eucharist; it means fasting from the holy eucharist itself. During the week days of Great Lent the regular eucharistic Divine Liturgy is not celebrated in Orthodox churches since the Divine Liturgy is always a paschal celebration of communion with the Risen Lord. Because the Lenten season is one of preparation for the Lord's resurrection through the remembrance of sin and separation from God, the liturgical order of the Church eliminates the eucharistic service on the week days of lent. Instead the non-eucharistic services are extended with additional scripture readings and hymnology of a Lenten character. In order that the faithful would not be entirely deprived of Holy Communion on the Lenten days, however, the Liturgy of the Presanctified Gifts is celebrated on Wednesday and Friday evenings. Even during Great Lent, Saturday (the Sabbath Day) and Sunday (the Lords Day) remain eucharistic days, and the Divine Liturgy is celebrated. On Saturdays it is the normal liturgy of St. John Chrysostom, usually with prayers for the dead. On Sundays it is the longer Liturgy of St. Basil the Great. The well-known teaching that Saturdays and Sundays are never days of fasting in the Orthodox Church, an issue emphasized centuries ago when controversy arose with the Latin Church, refers only to this eucharistic-liturgical fast. During Great Lent, even though the eucharistic fast is broken on Saturdays and Sundays, the ascetical fast continues through the week-ends since this fasting is an extended effort made from Meatfare Sunday right to Easter itself.



## Orthodox Vocabulary

### Lent

**Lent:** this word designates periods of time when we are invited to fast and to repent of our sins. The Church, which regards man as a whole, body and soul, has always required that he participate in repentance in his totality. There are different lents, varying in length and intensity. Great Lent begins seven weeks before the feast of Pascha.

*Whatever a man loves, he desires at all costs to be near to continuously and uninterruptedly, and he turns himself away from everything that hinders him from being in contact and dwelling with the object of his love. It is clear therefore that he who loves God also desires always to be with Him and to converse with Him. This comes to pass in us through pure prayer with all our power; for it enables us to become akin to God.*



### 2015 Food For Hungry People Donation

A Gift of \$1,131.00 was generously donated to the 2015 Food For Hungry People Campaign by St. Mary Church Parishioners. A letter of thanks was sent by Robin Lynn Nicholas thanking St. Mary for our donation.



### St. Mary Parish Bookstore

Many beautiful Orthodox religious items are available from the St. Mary Parish bookstore and display case. These include a new collection of Icons, Christmas and greeting cards, Liturgical music CD's, prayer books, coloring books, Crosses and Orthodox Bibles. These make wonderful gifts and reflect the *Tradition of our Orthodox Faith*. All proceeds benefit the general fund of the Church. Please see Fr. Elie if you wish to purchase these gifts.

*Sunday, February 14, 2016*

## *Seventeenth Sunday After Pentecost & Seventeenth Sunday of Matthew*

**Tone: 4 Eothinon: 4**

### **Troparion of the Resurrection: Tone 4**

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 of the Dormition: Tone 1**

In giving birth, Thou didst keep Thy virginity and in thy repose, Thou didst not forsake the world, O Theotokos, for Thou art the mother of life, and Thou didst pass over into life; and through thy intercession from death Thou dost redeem our souls.

### **Kontakion for Ordinary Sundays: Tone 2**

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.



## THE EPISTLE

*Make your vows to the Lord our God and perform them.  
God is known in Judah; His Name is great in Israel.*

**The Reading from the Second Epistle of St. Paul to the Corinthians. (6:16-7:1)**  
Brethren, you are the temple of the living God; as God said, “I will live in them and move among them, and I will be their God, and they shall be My people. Therefore, come out from them, and be separate from them,” says the Lord, “and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be My sons and daughters,” says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

## THE GOSPEL

**The Reading from the Holy Gospel according to St. Matthew. (15:21-28)**  
At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, “Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon.” But He did not answer her one word. And His disciples came and begged Him, saying, “Send her away, for she is crying after us.” He answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before Him, saying, “Lord, help me.” And He answered, “It is not fair to take the children’s bread and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their master’s table.” Then Jesus answered her, “O woman, great is your faith! Be it done for you as you desire.” And her daughter was healed instantly.



***YES (Youth Equipped to Serve) is a program of FOCUS North America.***

***YES is coming to your community!***

**WHEN?** Friday, February 26 – Sunday, February 28, 2016

**WHAT?** A wonderful opportunity to serve and love our most needy neighbors in Boston, MA.

**WHO?** Junior High, High School, and College Students

**WHERE?** We will meet at 5pm on Friday and stay Friday and Saturday nights at St. Mary Orthodox Church: 8 Inman St, Cambridge, MA 02139. The service learning weekend will come to a close at 2pm on Sunday, February 28<sup>th</sup>.

**COST?** A registration gift of \$150 a person will cover all trip expenses, make it possible for the YES Program to prepare and execute the trip, and enable our service team to meet the needs of those we serve.

**HOW DO I REGISTER?** [www.yesnorthamerica.org](http://www.yesnorthamerica.org)

**ANY QUESTIONS?** Please contact Katrina Bitar, YES Program Director

[kbitar@focusna.org](mailto:kbitar@focusna.org)

### Assessment Fee

The St. Mary Parish Council wishes to kindly remind the Faithful to send in their Archdiocese Assessment of \$125 made out to St. Mary Church. Please help us to be able to meet our obligations to the Archdiocese.

### AEF Scholarship

Scholarship applications are now available in the church office. Eligibility information & applications may also be downloaded from their website at [aef-ri.org](http://aef-ri.org). The application deadline is April 15, 2016.

### Cemetery Plots

If you wish to purchase a cemetery plot at Walnut Hill Cemetery, the cost is \$1,000. Please contact Ed Ayoub for more information or to purchase a plot.

### Change of Address

All the faithful who have a recent or future change of address, phone number or email address please remember to inform the church office at (401) 726-1202.

### ONLINE BULLETIN

The Bulletin is available online on our website at:  
<http://stmarypawtucket.org>

### PRAYERS ARE BEING OFFERED FOR GOOD HEALTH AND BLESSING OF:

Kevin Hashway  
Mark Hashway  
Offered by: Elaine Wilbur

Edward & Lillian Betor  
Paul & Kerrie Betor  
Thomas & Lynn Marcotte  
Matthew & Adrienne Dykstra  
Peter Marcotte  
Laurice Zambie  
William & LaVerne Ameen  
Great-Granddaughters Joelle & Rose Dykstra  
Newborn Great-Grandson, Daniel Thomas  
Dykstra (Born 11-11-15)  
Offered by: Edward & Lillian Betor

Fr. Elie, Rouba & Family  
Offered by: Elaine Agaty  
Nora Abdelahad  
George & Sandra Matook

George Mousalli  
Offered by: John Salhany

George Mousalli  
Offered by: St Mary Church

Albert & Victoria Hallal  
Offered by: Fred, Adele & Robert Shwaery

### PRAYERS ARE BEING OFFERED IN LOVING MEMORY OF:

Fred Hashway Jr.  
Offered by: Elaine Wilbur

Ameen & Nayfey Sabath  
Petros & Afife Betor  
Helen Betor  
Fred Sabath  
Fred "Fritzie" & Jimmy Sabath  
Offered by: Ed & Lillian Betor

Kamal & Ethel Salhany  
Offered by: John Salhany

Christopher Gauthier  
Fred Hashway  
Offered by: Fred, Adele & Robert Shwaery



Special Prayers are being offered for Our Father and Grandfather *Charles Sakey* on the occasion of his 25th Anniversary.

Lovingly offered by Jim, Beth, Michael & Tanya Schillawski.

### Thank You

The St. Mary Ladies thank all those who supported their 2016 "SOUPER BOWL" collection. The monies are being generously donated to local soup kitchens and food banks.

The Parishioners of St. Mary Church would like to offer its sincere congratulations to our pastor, Fr. Elie Estephan in honor of his 20th Anniversary in the Priesthood. ~May God grant him many more years serving the Lord~



### Congratulations & Blessings

St. Mary Church offers congratulations and prayers for the blessing of the newly elected and appointed members of the Parish Council, and their officers:

Chair: Salwa Khoury (Ladies Society)  
Vice Chair: Cindy Hayes (Choir)  
Treasurer: Fadia Kabak  
Secretary: Jamie Mitri

**Elected members:** Joseph Samra III, Lorice Hallal, Emad Amirhom, Scott Barnes, Cory Dupont, Steven Kilsey Jr., Holly Lazieh, Walid Nakhoul, Linda Dvelis, Elmer Stanley (Church School),

**Appointed member:** Hadeel Samaan



### **Prayer Line**

St. Mary ~ Internet Prayer Line

Prayer requests can be sent to us via the internet at

**office@stmarypawtucket.org**

All requests must be received by Wednesday noon to be included in that week's bulletin. Any requests received after that time will be included in the following week's bulletin.

### Antiochian Village Summer Camp

Registration for 2016 Summer Camp at the Antiochian Village has already started. Tuition for a two-week session is \$750 per camper. If paid in full by March 1st, the early-bird discount is \$700.

- ◆ One-week tuition (June 19-26) is \$450. (Early-bird discount is \$425)
- ◆ Iconography Camp tuition is \$525. (Early-bird discount is \$500)
- ◆ T-shirt & water bottle combos may be purchased for your camper, which they will receive upon arrival at camp next summer. Last summer, the shirts were very popular and the water bottles helped keep us all well hydrated during the sessions.
- ◆ Photos will no longer be sold in advance. All photos (including your camper's cabin photos) will be sold online during the summer.
- ◆ If you have any questions or want more info, please visit [www.avcamp.org](http://www.avcamp.org) or email [marek@antiochianvillage.org](mailto:marek@antiochianvillage.org)



### CrossRoad ~ 2016

*Before you decide what to do with your life...  
Decide what to do with your summer!*

Apply now for CrossRoad 2016. Apply online at [www.crossroadinstitute.org](http://www.crossroadinstitute.org)

Open to any Orthodox Christian juniors or seniors in high school who may be interested in applying to this 10-day summer program at Hellenic College Holy Cross!

CrossRoad offers two sessions:

**June Session:** June 18th-June 28th      **July Session:** July 5th-July 15th

Application priority deadline is February 1st, 2016.

Call (617) 850-1310 for more information.

## Coffee Hour Sponsorships

The Parish Council has decided to implement a new system to organize our coffee hours. There are two ways to handle this: when a couple, family, or an individual decides to sponsor the coffee hour, you may do it on your own which entails purchasing the pastry & juice, making the coffee, setting up the table, and cleaning up. The second option is to donate \$75 to the church so that a Parish Council member will handle the coffee hour on your behalf.

Please make check to St. Mary Church for coffee sponsorship and earmark "Coffee Hour".

*If you would like to sponsor a coffee hour, please call the church office and speak with Sheryl.*

**\*\* ALL Coffee hour's will now be held at the Parish Center following Liturgy.\*\***

**~Please consider sponsoring a Coffee Hour~**

<u>Date:</u>	<u>Sponsored by:</u>	<u>Sponsored for:</u>
February 14, 2016	St. Mary Church	Fr. Elie 20th Anniversary Luncheon
February 21, 2016	The Salhany Family	Ida Lavin (1 year memorial)
February 28, 2016	Elaine Agaty & Nora Abdelahad	Charles Agaty (1 year memorial) & Charles Abdelhad (memory)
March 6, 2016	Ladies Society	Ladies Project Luncheon
March 13, 2016	Massiwer, Gurghigian, Hayes, Franklin & Arrighi Families	John Massiwer (memory)
March 20, 2016	Fadi Samaan	Mr. Metri Zainah
March 27, 2016	Marwan & Huda Al-Amir	Health of their Family
April 3, 2016	<i>Open for sponsorship</i>	
April 10, 2016	<i>Open for sponsorship</i>	
April 17, 2016	<i>Her Daughters &amp; their Families</i>	Sophie Hallal (6 years)
April 24, 2016	no coffee hour	Palm Sunday
May 1, 2016	no coffee hour	Great & Holy PASCHA
May 8, 2016	<i>Open for sponsorship</i>	
May 15, 2016	<i>Open for sponsorship</i>	
May 22, 2016	Kamal, George, Gladys, Therese Haddad & Their Families	Emile Haddad (1 year memorial)

The Antiochian Women of the Diocese of Worcester & New England are pleased to present the 2016 Pre-Lenten Retreat

# **The Light At the End of the Tunnel:**

## **Dealing with the Oncoming Train**



with featured speaker  
**V. Rev. Michael Keiser**

*Chair of the Antiochian Orthodox  
Christian Archdiocese  
Department of Missions & Evangelism*

**Saturday, February 27, 2016 | 9am - 2:30 pm**

St. John of Damascus Church, 300 West Street, Dedham, MA

*Everyone welcome!  
Men & women,  
young & old...*

### **RETREAT SCHEDULE**

9:00 am Divine Liturgy    10:00 Registration & Continental Breakfast  
10:30 am Session 1    12:00 pm Luncheon    1:00 pm Session 2 plus Q&A



Name(s) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Home Parish \_\_\_\_\_

\_\_\_\_\_ # attending the Retreat. Enclosed is my payment in the amount of \$\_\_\_\_\_ @ \$20 per person.

*Please make checks payable to: Antiochian Women - DOWNE  
Mail registration form & check to Kh. Erin Kimmett, 17 Austin Street, Norwood, MA 02062.*

**RSVP deadline February 15. Questions? ErinMaryK@aol.com or 781.775.0789**

## Church News & Organization Activities

### St. Mary Liturgical Choir

The St. Mary Liturgical Choir welcomes new members to join its Ministry of Sacred Music. Anyone interested in joining the choir (whatever their level of musical experience) are asked to contact the choir director Dawn Boukari @ (401) 465-8909 or email her: daboukari@gmail.com

**Choir rehearsals to be announced soon.**

### Bulletin Submissions

*Please help us provide a quality weekly bulletin by submitting all prayer requests and announcements to the church office by Noon on Wednesdays. Any requests received after this time will be in the following week's bulletin. Thank you for your cooperation.*

### 2016 Church Calendars

The Church Calendars for the new year have arrived. Please see Fr. Elie to purchase one. Suggested donation: \$10 **STILL AVAILABLE**



## St. Mary Church School News

**Attention All Parents:** Please bring your children to the Liturgy before Church School. Church School starts every Sunday following communion (Approx. 11:15am).

**\*\*reminder– no church school today**

## **Attention All Teens**

*(12 years and older)*

**\*\*\* Come and join The St. Mary Teen SOYO Youth Group \*\*\***

\*The date has changed for the **YES Boston** trip. This incredible service opportunity will take place February 26th-28th. It isn't often that YES trips will occur so close to home, so definitely sign up ASAP.

\***Be the Bee** will take place on March 19th.

\*The **Lenten Retreat** March 25th-27th.



## **Blessing of Homes**

If you would like to have your house blessed, please contact Fr. Elie and schedule an appropriate time. While it is traditional to begin house blessings following Epiphany, homes may be blessed throughout the year. May the Blessing of the Jordan River sanctify and protect each and every home and family in our community.