

## CHURCH CALENDAR

**Sunday, March 27th:** 2nd Sunday of Lent (Gregory Palamas)

Adult Education during coffee hour: "Becoming Gods by Grace:

Why St. Gregory Palamas Matters (Speaker- Cory Dupont)

5:00PM- Vespers for RIOCE – Assumption Church, Pawt.

**Monday, March 28th:** 7:00 P.M.-Great Compline at St. George, West Roxbury  
(Bishop JOHN presiding)

**Tuesday, March 29th:** 7:00 P.M.- Great Compline at St. Mary Church, Pawtucket

**Wednesday, March 30th:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church, Pawtucket

**Thursday, March 31st:** 7:00 P.M.- Great Compline at St. Mary Church, Pawtucket

**Friday, April 1st:** 7:00 P.M.- Akythyst Hymn at St. Mary Church, Pawtucket

**Saturday, April 2nd:** 5:00PM-Arabic Liturgy

**Sunday, April 3rd:** 3rd Sunday of Lent (Holy Cross)

Memorial Service for Ruth Salhany (6 years)

Adult Education during coffee hour: "Christ and the Cross in  
Orthodoxy" (Speaker- Matthew Cooper)

5:00PM- Vespers for RIOCE -St. Mary Church, Pawtucket

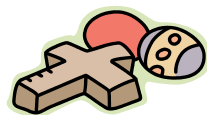
**Sunday, April 4th:** 7:00 P.M.-Great Compline at St. Mary, Pawtucket  
(Bishop JOHN presiding)

**Sunday, April 10th:** 4th Sunday of Lent (John Climacus)

40 Day Memorial Service for Bahjat Khabbaz

5:00PM- Vespers for RIOCE – St. Spyridon's, Newport

**Monday, April 11th:** 7:00 P.M.-Great Compline at St. John of Damascus  
(Bishop JOHN presiding)



## SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



*Sunday, March 27, 2016*

*Second Sunday of Lent and the Commemoration  
Of St. Gregory Palamas, Bishop of Thessalonica*

## ***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\*\***



## ***Orthodox Vocabulary***

### **Ascesis**

**Ascesis:** from the Greek *askysis*, “exercise.” It consists of a fight against the Evil One: thus, in fact, it is a battle against our passions in order to gain the freedom to accomplish God’s will and share in our salvation. Man is composed of soul and body. The body must, through fasting, giving alms, vigils, prostrations, etc.- i.e., through ascesis– support the soul in its struggle

*It is necessary for a Christian to fast, in order to clear his mind, to rouse and develop his feelings, and to stimulate his will to useful activity. These three human capabilities we darken and stifle above all by ‘surfeiting, and drunkenness, and cares of this life’ (Lk. 21:34).*

~ St. John of Kronstadt



## **March is Antiochian Women’s Month**

During the month of March, in all the Churches of our Archdiocese, we highlight and remember the Ministry of Women in our Church. Being founded on the model of Mary the Mother of God herself and the Service of the Myrrh-bearer ministry is foundational for without it the Church would not exist. During March, the Women will be reading the Epistle, taking the collection, and ushering as they do all year long.

***May God bless all of the Women of the Holy Church and bless their ministry.***

### **Epistle**

March 27th: Jamie Mitri (English)  
Charlotte Mitri (Arabic)

### **Ushers**

Elaine Wilbur  
Lorice Hallal



THEOPHANY SCHOOL

INVITES YOU TO ITS 16<sup>TH</sup> ANNUAL

## *Benefit Evening*

SPECIAL RECOGNITION OF OUR CO-FOUNDERS

### *Award Presentation for Guests of Honor*

REVEREND NICHOLAS C. TRIANTAFILOU

MR. & MRS. ROBERT & GLADYS LAHAM

**SUNDAY, MAY 22, 2016**

AT 4:00PM

ST. DEMETRIOS ORTHODOX CHURCH  
57 BROWN STREET, WESTON, MA 02493

TICKETS \$100



*Theophany School offers the Greater Boston community a quality academic education in an Orthodox Christian Environment for Preschool through Kindergarten. To learn more, visit [theophanyschool.org/benefit](http://theophanyschool.org/benefit) or contact Alexis El Massih at 781-444-3058 or via email at [theophanyschool@gmail.com](mailto:theophanyschool@gmail.com).*

*Sunday, March 27 2016*

## **Second Sunday of Great Lent**

**Tone 2 / Eothinon 10**

### **Troparion of the Resurrection: Tone 2**

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

### **Troparion for St. Gregory Palamas: Tone 8**

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 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 the Annunciation (and Great Lent): Tone 8**

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 can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.



## **THE EPISTLE**

*O 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.

## **THE GOSPEL**

### **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!”

St. Mary Teen SOYO News and Events

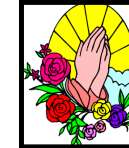
### ***Attention All Teens***

***(12 years and older)***

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

#### **Teen SOYO Day at the Movies**

Saint Mary’s Teen SOYO group will be getting together Saturday, April 2<sup>nd</sup>, to go see Superman v. Batman at the Showcase Cinema in Seekonk, MA. This film is rated PG-13, so, parents be aware that this is for teenage viewing *only*. Exact time of showing is forthcoming. Any questions, please notify Cory Dupont. Otherwise, hope to see all of you there!



#### **REMINDER– New Church Email Address**

Please use our new email address **[office@stmarypawtucket.org](mailto:office@stmarypawtucket.org)** for all church correspondence.

#### **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.



## 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

### Coffee Hour

Today, the Coffee Hour is being offered by Marwan & Huda Al-Amir for the Health of their Family. Coffee Hour is held at the Parish Center following Liturgy. All are welcome.



### 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.*

### 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.

### 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

George Moussalli  
Offered by:  
Nabil & Gloria Baalbaki & Family  
George, Kristen & Gabriella Baalbaki

Ed & Lillian Betor  
Offered by: George & Sandra Matook

Beth Schillawski  
Offered by: Nabil & Salwa Khoury

Ray & Leila Trabulsi  
Offered by: St. Mary Church

Special Prayers of Good Health and Blessing are being offered to Nora Abdelahad on the occasion of her 91st Birthday.

Offered by:  
Father Michael &  
Selma Abdelahad  
& Family  
Elaine Agaty  
George & Sandra  
Matook & Family



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

Fred Hashway Jr.  
Offered by: Elaine Wilbur

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

Charles Abdelahad  
Offered by:  
Father Michael & Selma Abdelahad & Family  
Elaine Agaty  
George & Sandra Matook & Family

Tony Kandalaft  
Offered by:  
Nabil & Gloria Baalbaki & Family  
George, Kristen & Gabriella Baalbaki

### Extra Collection

Today, an extra collection will be taken in support for Theological education and our Seminarians. Please be generous so that the Church can afford to train, equip and support the formation and education of our future pastors and educators.

Thank you for all who helped order, purchase and hang the new curtains at the Parish Center.

  
*Thanks*

### **The Proof of Fasting**

*Do you fast?  
Give me proof of it by your works.*

*If you see a poor man, take pity on him.*

*If you see a friend being honored, do not envy him.*

*Do not let only your mouth fast, but also the eye, and the feet, and the hands and all the members of our bodies~*

*Let the hands fast, by being free of avarice.*

*Let the feet fast, by ceasing to run after sin.*

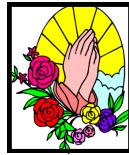
*Let the eyes fast, by disciplining them not to glare at that which is sinful.*

*Let hear ears, by not listening to evil talk and gossip.*

*Let the mouth fast from foul words and unjust criticism.*

*For what good is it if we abstain from birds and fishes, but bite and devour our brothers?*

*~ St. John Chrysostom*



### **Saint Mary's Adult Education**

*"...to equip his people for the work of the Church, so that the body of Christ may be built up...attaining to the whole measure of the fullness of Christ!" (Ephesians 4:12,13)*

Everyone is welcome each Sunday after the Divine Liturgy for Adult Education in the Parish Center. Along with our priest, Fr. Elie, our Adult Education team encourages each and every parishioner to deepen his or her personal devotion, knowledge of and passion for the Orthodox Faith.

Along with prayer and fasting, Great Lent is also one of the most teachable periods of the Church's liturgical year. As we prepare to embark upon our Lenten journey with one another *in Christ* let us learn from the depth of wisdom the Church has gifted to us, in order that we might make the words of St. Paul above a reality for our parish.

Any questions regarding Adult Education can be directed to either Fr. Elie or any member of our Adult Education team: Cory Dupont, Dr. Matt Duncan, Matthew Cooper, and Elmer Stanley.

## Diocese of N.E. upcoming events

Come to Young Adult Fellowship Night at St. Mary Orthodox Church in Central Square Cambridge on Saturday, April 2 beginning at 5pm! Great Vespers is open to all followed by a Young Adult (18-40) Potluck Dinner & Fellowship. Bring your favorite lenten dish, dessert, or drink to share! Local College OCF groups and parishioners from all nearby parishes are welcome! Questions? Text/Call Chris (301-807-8378) or Jamil (617-501-4427). Directions and more information available at [www.stmaryorthodoxchurch.org](http://www.stmaryorthodoxchurch.org).

### **S t . M a r y C h u r c h S c h o o l N e w s**

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



Please- As a reminder, if sponsoring a Coffee Hour during lent, make sure to have only fasting food (no chicken, meat, fish or dairy foods—shrimp is allowed.)

## 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 \$100 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>
March 27, 2016	Marwan & Huda Al-Amir	Health of their Family
April 3, 2016	William Salhany and family	Ruth Salhany (6 years)
April 10, 2016	Bassam Khabbaz & Family	Bahjat Khabbaz (40 day)
April 17, 2016	Her Daughters & their Families	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, Emile Haddad (1 year memorial)	
	Therese Haddad & Their Families	
May 29, 2016	<i>Open for sponsorship</i>	
June 5, 2016	<i>Open for sponsorship</i>	
June 12, 2016	<i>Open for sponsorship</i>	
June 19, 2016	<i>Open for sponsorship</i>	
June 26, 2016	<i>Open for sponsorship</i>	
July 3, 2016	<i>Open for sponsorship</i>	
July 10, 2016	Dr. Zeyad & Norma Morcos	Health of Elias Morcos
July 17, 2016	Hi Daughters & Their Families	Fred Hallal (1 year)
July 24, 2016	Audrey & Wayne Kilsey	Elthel Kilsey (1 year)
July 31, 2016	<i>Open for sponsorship</i>	

# GREAT LENT 2016

March 14th ~ May 1st (Holy Pascha)



## What is Lent?

Prayer ✝ Fasting ✝ Acts of Mercy

### Liturgical Supplies and Offerings for Lent

During Great Lent the Church offers an intensified schedule of Divine Services and Prayers. Donations are being sought from the faithful for the many extra Liturgical Supplies needed for the Holy Season. These offerings include candles, wine, oil, incense, bread, service books, music and printed materials. Please earmark your donations and offerings “Liturgical Supplies.” Along with these offerings, bring also yourselves to pray the beautiful Lenten Services.

### Food For Hungry People Collection (F.F.H.P.)

“When you see a poor person, remember the words of our Lord Jesus Christ by which He declared that it is He Himself who is fed. For through that which appears to be not Christ, yet in that person’s form, it is Christ Himself who receives and begs.”

~St. John Chrysostom

During the Holy Season of Lent, we collect alms to feed the hungry, as an act of Christian Mercy. Food for Hungry People collection boxes are available in the Vestibule & Church Hall. Take one home, fill it with coins during Lent and return it at Holy Pasha (Easter). Donations will also be accepted. To: St. Mary Orthodox Church earmarked “F.F.H.P.”

May we be generous to reach out to those who hunger and who are in need.  
This “reaching out” and caring will help us to witness the resurrection.

**Great Lent and Holy Pascha 2016  
Easter Flowers (Holy Friday and Pascha)**

**Please make a donation to help decorate the Church for Holy Week and Easter.**

**For Good Health and Blessing of:**

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**In Loving Memory of:**

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**Your name:**

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**Donation:**

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To all those who would like to contribute for the Easter Flowers; checks should be made out to St. Mary Orthodox Church and earmarked "Easter Flowers".

*All donations should be received by April 24th.*



**Charitable Gift Program**

It is with appreciation and gratitude that we announce the reception of a gift from the family of Fred Hallal fulfilling his wishes to participate in the Charitable Gift Program.

***May His Memory Be Eternal.***

*“With the spirits of the righteous made perfect, give rest to the soul of thy servant Fred, O Savior: and preserve him in that life of blessedness which is with thee.”*

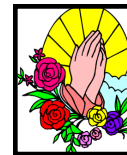
**ONLINE BULLETIN**

The Bulletin is available online on our website at:

<http://stmarypawtucket.org>

**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.



**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.