CHURCH CALENDAR

Sunday, March 12th, 2017: Second Sunday of Lent

Daylight Savings Time begins

Monday, March 13th: 7:00 P.M.-Great Compline at St. George Church,

West Roxbury (Bishop JOHN presiding)

Tuesday, March 14th, 2017: 7:00 P.M.– Parish Council Meeting

7:00 P.M.- Great Compline at St. Mary Church, Pawtucket

Wednesday, March 15th: 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

Thursday, March 16th: 7:00 P.M.- Great Compline at St. Mary Church, Pawtucket

Friday, March 17th: 7:00 P.M.- Akythyst Hymn at St. Mary Church, Pawtucket, followed

by a Potluck Dinner at the Parish Center

Sunday, March 19th: Third Sunday of Lent

Outreach Committee 'Soup Kitchen' 12pm-12:30pm

Monday, March 20th: 7:00 P.M.-Great Compline at St. George, Lowell, MA

(Bishop JOHN presiding)

Tuesday, March 21st: 7:00 P.M.- Great Compline at St. Mary Church, Pawtucket

Wednesday, March 22nd: 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

Thursday, March 23rd: 7:00 P.M.- Great Compline at St. Mary Church, Pawtucket

Friday, March 24th: 7:00 P.M.- Akythyst Hymn at St. Mary Church, Pawtucket, followed

by a Potluck Dinner at the Parish Center

Sunday, March 26th, 2017: Fourth Sunday of Lent

Ladies Society Dinner at the Parish Center

5:00P.M.- RI Orthodox Clergy Fellowship Lenten Sunday

Vespers & refreshments

Monday, March 27th: 7:00 P.M.-Great Compline at St. John of Damascus, Dedham, MA

(Bishop JOHN presiding)

Tuesday, March 28th: 7:00 P.M.- Great Compline at St. Mary Church, Pawtucket

Wednesday, March 29th: 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

Thursday, March 30th: 7:00 P.M.- Great Compline at St. Mary Church, Pawtucket

Friday, March 31st: 7:00 P.M.- Akythyst Hymn at St. Mary Church, Pawtucket

Saturday, April 1st: 6:00 P.M.– Arabic Liturgy

Sunday, April 2nd: Fifth Sunday of Lent

Monday, April 3rd: 6:30 P.M.-Great Compline at St. George Cathedral, Worcester

(Bishop JOHN presiding)

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



Sunday, March 12, 2017

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

Saint Mary Antiochian Orthodox Church

249 High Street, Pawtucket, RI 02860 Phone (401) 726-1202 Fax: (401) 729-1203 Parish Center Phone (401) 725-5150 Web site: http://stmarypawtucket.org Email: 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. Sunday: Divine Liturgy 10:00 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 2017:

President: Salwa Khoury
Vice-President: Cindy Hayes

Secretary: Jamie Mitri Treasurer: Fadia Kabak

Council Members: Geoff Ayoub, Scott Barnes, Matthew Duncan (Sunday School), Linda Dvelis, Keith Hallal, Fred Kilsey, George Kilsey, Walid Nakhoul, Chadi Saad, Hadeel Samaan, Joseph Samra III

Please feel free to contact Salwa Khoury at (401)434-8877 / 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



Soup Kitchen Donations

Kindly place your donation in the 'breadbox' (at the rear of the Church on the candle stand) to help defray the costs of the 'Soup Kitchen' Outreach project.

Thank you for your support!

The Soup Kitchen provides boxed lunches to people from the community every 3rd Sunday of the month.

SAVE THE DATE

Spring Hafli April 29th ~ 8pm-1am More info to follow.....



Arabic Educational Foundation Scholarship

The Arabic Educational Foundation is now taking applications for the 2017 school year. Applicants of Arabic descent that are enrolled full-time as an undergraduate student are eligible to apply. Applications and Scholarship Eligibility Requirements are available online at www.aef-ri.org. Scholarship applications must be submitted by April 15th.

Visitations

Please contact Fr. Elie or Salwa Khoury with any names of parishioners that are in need of visitation either at home, in hospital or nursing homes.



Prayer Line

 $St. \ Mary \sim Internet \ Prayer \ Line$ 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.

Diocese of N.E. upcoming events

We are happy to announce this year's Parish Life Conference, hosted by St. George Orthodox Cathedral of Worcester. This year's PLC is filled with events for the whole family to enjoy. Some of the scheduled events include: Divine services, Teen SOYO baseball game outing, Young Adults Summer BBQ Bash, presentation on the conference theme by Fr. George Eber, Oratorical, Bible Bowl, Hafli, delicious food and much more... Event rates are very affordable so be sure to register your family today: http://www.antiochianevents.com/worcester.html

Second Sunday of Lent and the Commemoration Of St. Gregory Palamas, ArchBishop of Thessalonica Tone 5 / Eothinon 5

RESURRECTIONAL APOLYTIKION: Tone 5

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION 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!"

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 \$200 to the church so that a Parish Council member will handle the coffee hour on your behalf.

~Please consider sponsoring a Coffee Hour~

<u>Date</u> :	Sponsored by:	Sponsored for:		
March 12, 2017	Dr. & Mrs. Bassam Khabb	az & Family Memory of Bahjat Khabbaz (1 year)		
March 19, 2017	St. Ignatius	Memory of Archbishop PHILIP		
March 26, 2017	St. Mary Ladies Society	Ladies Society Dinner		
April 2, 2017	William Salhany & Family			
April 9, 2017	no coffee hour	Palm Sunday		
April 16, 2017	Agape Breakfast	Pascha		
April 23, 2017	Her Loving Family	Memory of Sophie Hallal		
April 30, 2017	Elaine Wilbur	Health of son Mark &		
-	Memory of son Fred & husband Russell			
May 7, 2017	Cindy Hayes	Memory of Don Hayes (10 years)		
May14, 2017	Chadi Saad	Health of Hadi Saad & Family		
May 21, 2017	Open for sponsorship			
May 28, 2017	Charitable Gift Program	Memory / Health of all Participants		
June 4, 2017	Nabil & Salwa Khoury	Health of Family		
June 11, 2017	St. Mary Church	Church School Graduation Dinner		
June 18, 2017	Open for sponsorship			
June 25, 2017	Elaine Swistak & Family	Memory of John Swistak (5 years)		
July 2, 2017	Open for sponsorship			
July 9, 2017	Open for sponsorship			
July 16, 2017	His Loving Family	Memory of Frederick Hallal		
July 23, 2017	Dr. Zeyad & Norma Morco	s Health of our son Elias Morcos		
July 30, 2017	Open for sponsorship			
August 6, 2017	Open for sponsorship			
August 13, 2017	Open for sponsorship			
August 20, 2017	St. Mary Church	Feast Day Dinner		
August 27, 2017	Open for sponsorship			
September 3, 2017	Open for sponsorship			
September 10, 2017	St. Mary Church	First Day of Church School		

St. Mary Teen SOYO News and Events

TEEN SOYO NEWS

Special Olympics Coaching Opportunities at Antiochian Village

The 2017 Special Olympics Sports Camp is scheduled to be held at the Antiochian Village August 11-20, 2017. This ministry is sponsored by the North American Council of Teen SOYO, and is the second longest running program of Special Olympics Pennsylvania, serving over 340 Special Olympics Athletes, Coaches, and Staff each season. It is the premier SOYO outreach program, now in its 36th year of service. Each year SOYO teens raise the funds on Special Olympics Awareness Day. *Please see Matt Duncan if you are interested in submitting an application.*



St. Mary Church School News

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

Upcoming Events:

Friday, April 14th: Good Friday Retreat

Sunday, April 30th: Walk-a-Thon

Sunday, June 11th: Church School Graduation & Dinner

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 and Lillian Betor & Family Offered by: Edward and Lillian Betor

Kay Matook

Offered by: Sam Matook

Patricia Kilsey

Offered by: Joe & Marlene Samra

Kay Matook Pattie Kilsey Fadia & Tony Kabak Offered by: Nabil & Salwa Khoury

Joseph & Marlene Samra Alan Matook Patricia Kilsey Kay Matook Mark Hashway George Matook Offered by: Lorice Hallal

Frank and Beverly Czerwinski Offered by: Samy & Helen Morcos

PRAYERS ARE BEING OFFERED IN LOVING MEMORY OF:

Fred Hashway Jr.
Offered by: Elaine Wilbur

Ameen and Nafee Sabath
Petros and Afife Betor
Helen Betor
Fred Sabath
Fritz and Jimmy Sabath
Offered by: Edward and Lillian Betor

Bahjat Khabbaz Offered by: Joe & Marlene Samra

Fred Hashway Charles Agaty Offered by: Lorice Hallal

Stella Czerwinski Offered by: Samy & Helen Morcos



Byzantine Night

With the blessing and the presence of our beloved Bishop John, our Arabic Choir, led by Kh. Rouba, invites you to a Byzantine Night on Saturday, **May 6** at 6:00 pm. Immediately following, we will meet at the Parish Center for refreshments.

Parish Center phone number

The new phone number for the Parish Center is (401) 725-5150.

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH

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249 HIGH STREET, PAWTUCKET, RI 02860

Holy Week 2017

Saturday, April 8th Lazarus Saturday

9:00 a.m. — Divine Liturgy

Sunday, April 9th Palm Sunday

8:50 a.m. — Orthros 10:00 a.m. — Divine Liturgy and Procession with Palms 6:30 p.m. — Bridegroom Service

Monday, April 10th Great and Holy Monday

6:30 p.m. — Bridegroom Service

Tuesday, April 11th Great and Holy Tuesday

6:30 p.m. — Bridegroom Service

Wednesday, April 12th Great and Holy Wednesday

6:00 p.m. — Sacrament of Holy Unction

Thursday, April 13th Great and Holy Thursday

10:00 a.m. — Divine Liturgy 6:30 p.m. — Service of the Twelve Passion Gospels

Friday, April 14th Great and Holy Friday

10:00 a.m. — Royal Hours
11:00 a.m. — Great Vespers of the Taking Down of the Cross
6:30 p.m. — Service of the Lamentations and Procession

Saturday, April 15th Great and Holy Saturday

10:00 a.m. — Divine Liturgy

Sunday, April 16th Great and Holy Pascha

11:00 p.m. (Saturday)—Rush Service 12:00 a.m. —Divine Liturgy followed by Agape Breakfast 6:00 p.m. — Agape Vespers



We are grateful for the following members who have completed their 2017 Commitment Cards. Thank you!

Fr. Elie & Kh. Rouba Estephan Charles & Angela Abosamra

George Arees Philip & Bette Ayoub Edward & Sue Ayoub Philip G. Ayoub

Geoff Ayoub Elias & Samar Baalbaki Nabil & Gloria Baalbaki

Azzam Bitar

Bob & Christine Briggs Christopher Briggs Bill & Mary Lou Catelli Yaacoub & Jamal Daher Matthew & Megan Duncan

Linda Dvelis

Dimitri & Susan Ganim Rich & Marie Ganim-Kinslow Jonathan & Tanya Gaudioso Roula & Ricky Greigre

Paul & Maureen Gurghigian

Therese Haddad Lorice Hallal Keith & Maria Hallal

Ron & Janice Hallal Jim & Susan Harvey Dianna Hashway Tawfik & Olga Hawwa

Cindy Hayes

Tony & Fadia Kabak Eli Kandalaft

Elie & Julia Karam

Dr. Bassam & Pauline Khabbaz

Nabil & Salwa Khoury George & Lois Kilsey Steven & Pat Kilsey Steven & Missy Kilsey Jr. Keith & Marlene Marshall

Lily Massiwer Mary Massiwer

George & Sandra Matook

Michael Matook Nora Matook

Anthony & Etienne Mechrefe

Adib & Mary Mechrefe Makram & Louise Megalli

Jamie Mitri

Samy & Helen Morcos George & Barbara Moussalli Walid & Mirna Nakhoul

Loris Pimental Sbdn. Chadi Saad Bill & Susan Salhany

Saliba Michel & Robin Saliba Joseph & Rebecca Samra Joseph & Marlene Samra Emile & Ling Huang Sarkis

Donna Slemon

Jim & Beth Schillawski Fred & Adele Shwaery Bobby Shwaery

Bob & Kristen Silva Dimitrios & Nancy Sterpis

Elaine Swistak

Raymond & Leila Trabulsi

Virginia Trahan Julia Vale

Susan Warzycha

Albert & Mary Jane Wehbe

Deb Whyte Elaine Wilbur

If you have not completed a card yet, please ask a member of the Vestry or download one from our website.



Happy Birthday to everyone who has a birthday during the month of March!

Mary Gurghigian	Fatat El-Khaouli	Dan Hayes
Saliba Michel Saliba	Charles Abosamra	Michele Astphan
Fred Kilsey	Bryan Chowning	Virginia Salhany
Maria Guirguis	Kenny Salhany Jr.	Nora Abdelahad
Colette Jeha	John Salhany	Paul Astphan
Elene Mahfouz	Kristen Mousalli-Seddiqui	Walter Schroder
Michael Andrews	Lillian Betor	Paula Hallal
Elaine Agaty	David Shwaery	Donna Slemon
Florence Spenard	Beth Schillawski	Kristen Burke

^{**}if you have a March birthday and do not see your name— we do not have it in our database—please email or call the church office to have you and your family members added.**

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.

	<u>Epistle</u>	<u>Ushers</u>
	English/Arabic	
March 19th:	Beth Schillawski/Roula Greigre Nora Matook/Mirna Nakhoul Jiana Daikh/Carol Daikh	Julia Vale & Mary Massiwer Janice & Maria Hallal Elaine Wilbur & Lorice Hallal

GREAT LENT 2017

February 27th ~ April 16th (Holy Pascha)



What is Lent?

Prayer ⊕ Fasting ⊕ Acts of Mercy



Sacrament of Confessions

Great Lent is the season to "Open the Gates of Repentance". The faithful are encouraged to enter into the sacrament of confession during the Forty-Day Fast. Confessions can be made before or after Divine Services, or by special appointment with the Priest.

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."

 $\sim\!\!\text{St.}$ 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.

Coffee Hour

Coffee hour today is sponsored by Dr. & Mrs. Bassam Khabbaz & Family in memory of Bahjat Khabbaz. Coffee hour will be held at the Parish Center following Liturgy.

Arabic Liturgy

Arabic Liturgy is being offered the first Saturday of each month at 6:00 P.M. All are welcome and encouraged to attend.



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

Great Lent and Holy Pascha 2017 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:	
n Loving Memory of:	
Your name:	
Donation:	
	,
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 9th.	
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