

CHURCH CALENDAR

Sunday, March 10th: Forgiveness Sunday (Cheese Fare)

Daylight Savings Time Begins



Monday, March 11th: Great Lent Begins

Diocese Great Compline at St. George, Norwood, 7-8:30pm

Tuesday, March 12th: 7:00 P.M.– Parish Council Meeting

Friday, March 15th: Lenten Potluck at the Parish Center

Sunday, March 17th: Sunday of Orthodoxy

Outreach Committee 'Soup Kitchen' 11:30am-noon

5:00 P.M.- RI Clergy Fellowship Services for Great Lent (St. Mary Church, Pawtucket)

Monday, March 18th: Diocese Great Compline at St. John of Damascus, Dedham, 7-8:30

Friday, March 22nd: Lenten Potluck at the Parish Center

Sunday, March 24th: Second Sunday of Lent (Gregory Palamas)

Annunciation Day with Bishop JOHN presiding

Antiochian Women Fish Luncheon at the Parish Center following Liturgy

Outreach Committee 'Food Pantry' 11:30am-noon

6:15 P.M.- RI Clergy Fellowship Services for Great Lent (Annunciation Church, Cranston)

Monday, March 25th: Diocese Great Compline at St. Mary Church, Pawtucket, 7-8:30pm

(Bishop JOHN presiding)- Coffee Hour following at Parish Center

Friday, March 29th: Lenten Potluck at the Parish Center

Saturday, March 30th: 9am-3:30pm- Diocese Lenten Retreat & Youth Day

at St. George Church, Roxbury

Sunday, March 31st: Third Sunday of Lent (Holy Cross)

5:00 P.M.- RI Clergy Fellowship Services for Great Lent (St. John's Parish, Woonsocket)

Monday, April 1st: Diocese Great Compline at St. George, West Roxbury 6:30-8:00pm

Friday, April 5th: Lenten Potluck at the Parish Center

Saturday, April 6th: Diocese Spring Meeting at the Parish Center

6:00 P.M.– Arabic Liturgy

Sunday, April 7th: Fourth Sunday of Lent (John Climacus)

Homemade Falafel Wraps & Zaatar Pies at the Parish Center following Liturgy

5:00 P.M.- RI Clergy Fellowship Services for Great Lent (St. Michael's Parish, Woonsocket)

Tuesday, April 9th: 7:00 P.M.– Parish Council Meeting

Sunday, April 14th: Fifth Sunday of Lent (Mary of Egypt)

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



Sunday, March 10, 2019

*Sunday of Forgiveness
(Cheese Fare)*

Saint Mary Antiochian Orthodox Church
"A parish of the Antiochian Orthodox Christian Archdiocese of North America"

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 Eminence Metropolitan JOSEPH, Archbishop of New York
& Metropolitan of all North America**

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

**V. Rev. Father Elie Estephan
Cell- 1-(240) 205-9079**

Sub-Deacon Emad Amirhom

Schedule of Services

Sunday: Orthros (Matins) 9:00 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*

We welcome our Visitors & Guests: Please take a moment to fill out a Visitor Card.
We invite you to join us for coffee hour at the Parish Center following Liturgy.

Receiving Communion: Only those Orthodox Christians who have prepared themselves may approach the chalice for Holy Communion. Everyone is welcome to partake of the Holy Bread after the Liturgy.



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.

THE SYNAXARION (Plain Reading)

On March 10 in the Holy Orthodox Church, we commemorate the Martyr Kodratos of Corinth and his five companions; Anastasia the patrician of Alexandria; and New-martyr Michael of Thessalonica.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

Verses

*Let the world mourn bitterly along with ages past;
As, by sweet eating, it hath fallen along with those who had fallen.*

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

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

Ushers

March 10th: Lois Kilsey
March 17th: Elaine Swistak
March 24th: Nora Matook
March 31st: Sarah Hayes

Lorice Hallal & Marlene Samra
Janice Hallal & Louise Megalli
Mireille Karam & Nancy Muller
Sousan Karwashan & Robin Saliba

Repentance is the renewal of life. This means we must free ourselves of all our negative traits and turn toward absolute good. No sin is unforgivable except the sin of unrepentance.... There are also tears of repentance, when a person's conscience tells him that he has committed many sins. When he realizes his sinfulness, he weeps. That is an act of God's Grace— a soul repents, and the sin is washed away by tears... When a person realizes his sinfulness, he gradually frees himself from the cares of this world and from his own egoism and when this occurs, it is in a state of Grace.

~Elder Thaddeus of Vitounica



In the Gospel lesson in the Orthodox lectionary prescribed for the Sunday before Great Lent (Cheese-fare Sunday), the Lord Jesus offers us a three-part recipe for Lent: forgiveness, fasting, and laying up treasures in heaven.

Forgiveness

The trouble with our world today is that we have built too many walls. There was the Iron Curtain. The Bamboo Curtain. Walls between the races, between husbands and wives, parents and children. Walls between man and God. One of the best ways to tear down walls is by forgiveness. The walls between man and God are built by sin. During Great Lent the Church calls upon us to look at the cross of Jesus and His great mercy. She invites us to come to Christ during this time in the great Sacrament of Confession to exchange our sins for the riches of His Grace, to taste and experience for ourselves the sweetness of His forgiving love. Having received His forgiveness, God calls on us to grant forgiveness to all who have hurt us and also to seek forgiveness from those whom we have hurt. God offers us His forgiveness very graciously and generously. But, His forgiveness obligates us to forgive others. This is exactly what Jesus says in this Gospel passage: "For 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." (Matthew 6:14-15) Christianity begins with the forgiveness of our Lord. But it does not end there. Because I have been forgiven and daily am being forgiven by God for my many sins, I am obligated to forgive others. So Lent becomes a time for tearing down walls first between man and God and then between neighbors. Fr. Alexander Schmemmann has written in his book Great Lent:

"The triumph of sin, the main sign of its rule over the world, is division, opposition, separation, hatred. Therefore, the first break through this fortress of sin is forgiveness; the return to unity, solidarity, love. To forgive is to put between me and my 'enemy' the radiant forgiveness of God Himself"

Our first challenge for Great Lent is to receive God's forgiveness and to forgive.

EPISTLE

*Sing praises to our God, sing praises. Sing praises to our King, sing praises.
O clap your hands, all ye nations.*

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to

GOSPEL

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

The Lord said to His Disciples: 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. 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.



Sunday of Forgiveness

Tone: 8 Eothinon: 8

APOLYTIKION OF THE RESURRECTION: Tone 8

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF THE DORMITION: Tone 1

In thy birth-giving, O Theotokos, thou didst keep and preserve virginity; and in thy falling-asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore, by thine intercessions, deliver our souls from death.

KONTAKION FOR SUNDAY OF FORGIVENESS: Tone 6

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.



ONLINE BULLETIN

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

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.

Great Lent and Holy Pascha 2019 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:

In 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 21st.



Lent 2019 Diocese of Worcester and New England

Bishop JOHN and the clergy invite you to join us each Monday evening of the fast:

- ♦ Monday, March 11th– St. George, Norwood, 7:00-8:30pm
- ♦ Monday, March 18th– St. John of Damascus, Dedham, 7:00-8:30pm
- ♦ Monday, March 25th– St. Mary Church, Pawtucket, 7:00-8:30pm
- ♦ Monday, April 1st-St. George Church, West Roxbury, 6:30-8:00pm



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.

PRAYERS ARE BEING OFFERED FOR GOOD HEALTH AND BLESSING OF:

Kevin Hashway
Mark Hashway
Offered by: Elaine Wilbur

Elizabeth Votruba
Offered by: Sandra Matook

Nabil & Salwa Khoury
Renda, John, Natalia & Julia Ferrari
Fareed Hawwa
Offered by: Tawfik & Olga Hawwa

Nabil & Salwa Khoury
Julia Marie Ferrari
Reyna Chamoun
Anthony Chamoun
Offered by: Anita & John Chamoun

John, Renda, Natalia & Julia Ferrari
Ed & Sue Ayoub
Offered by: Nabil & Salwa Khoury

Gloria Baalbaki
Nabil & Salwa Khoury
Offered by: Walid & Mirna Nakhoul

Nabil & Salwa Khoury
Nora Abdelahad
Offered by: Elaine Swistak

Dr. Nabil Khoury
Offered by: Ray & Leila Trabulsi

Dr. Nabil & Salwa Khoury
Al & Vicki Hallal
Elaine Wilbur
Julia Vale
Mary David
Offered by: Ron & Janice Hallal

Sub Deacon Chadi & Francoise Saad
Offered by: Ed & Sue Ayoub

Dr. Nabil & Salwa Khoury
Offered by: Paul, Maureen & Mary Gurghigian



Sub Deacon Chadi & Francoise Saad
Dr. Nabil Khoury
Offered by: Linda Dvelis

IN LOVING MEMORY OF:

Fred Hashway Jr.
Offered by: Elaine Wilbur

His Eminence Metropolitan Philip
Offered by: Paul, Maureen & Mary Gurghigian

George Saad
Offered by: Ed & Sue Ayoub

George Saad
Offered by: Linda Dvelis



May God Bless Julia Marie on the occasion
of her Baptism into Christ and always,
Tayta Olga, Jiddo Tawfik, and Godfather
and Uncle Fareed



Special Prayers of Good Health and Blessing are
being offered for Julia Ferrari on the occasion of
her Baptism.

Offered by: Godmother Anita Chamoun



Special Prayers of Good Health and Blessing
are being offered for Mary Gurghigian on the
occasion of her 19th Birthday.
Offered by: Paul & Maureen
Gurghigian



St. Mary Antiochian Orthodox Church, Pawtucket

Schedule of Services: Great Lent 2019

Meat-fare Sunday is March 3rd
Cheese -fare Sunday is March 10th
Great Lent begins on March 11th

The Service of Great Compline (Diocese) will be held on Monday evenings at 6:00 pm.
The Service of Great Compline (St. Mary Church) will be held on Tuesday evenings at 7:00 pm (except March 12th- will be held at 6:00pm), Thursday Evenings (in Arabic) at 7:00pm
The Liturgy of the Pre-sanctified Gifts will be held on Wednesday evenings at 7:00 pm. Those wishing to partake of Holy Communion ought to be fasting from 12:00 noon on.

The service of the Akathyst Hymn or Madeeh (The Salutations to the Virgin Mary) will be held on the first five Friday evenings of Great Lent at 7:00 pm.

**The service of Lenten Vespers will be held on the following Sunday evenings at the following churches at 5:00 pm:

- ~ March 17th: St. Mary Antiochian Church, Pawtucket, RI
- ~ March 24th: Annunciation Greek Orthodox Church, Cranston, RI (6:15pm)
- ~ March 31st: St. John's Parish, Woonsocket, RI
- ~ April 7th: St. Michael's Parish, Woonsocket, RI
- ~ April 14th: Sts. Mary & Mena Coptic Church, Cranston, RI

***These Vespers are held and organized by the Rhode Island Orthodox Clergy Fellowship*

The Divine Liturgy on Lazarus Saturday, April 20th, will be celebrated at 9:00 a.m.

Palm Sunday is on April 21st. Holy Week starts on Sunday evening April 21st with the Bridegroom Service at 7:00 p.m.

Great and Holy Week: Monday, April 22nd - Saturday, April 27th.

Great and Holy PASCHA (Easter) is April 28th.

May the Living God, the Fountain of Wisdom, enlighten our minds, strengthen our bodies, and nourish our souls in the blessing of this holy season, the Lenten Spring.



GREAT LENT 2019

March 11th ~ April 28th (Holy Pascha)



What is Lent?

Prayer † Fasting † Acts of Mercy

Orthodox Vocabulary

Lenten Fasting

Fasting is an essential element of the Christian Life. Christ fasted and taught men to fast. Blessed fasting is done in secret (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 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.