

## CHURCH CALENDAR

**Sunday, March 17th:** First Sunday of Lent (Orthodoxy)

Extra Collection for Theological education for Seminarians

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

**Tuesday, March 19th:** : 7:00 P.M.- Service of Great Compline at St. Mary Church

**Wednesday, March 20th:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Thursday, March 21st:** 7:00 P.M.- Service of Great Compline at St. Mary (in Arabic)

**Friday, March 22nd:** 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by 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

**Tuesday, March 26th:** : 7:00 P.M.- Service of Great Compline at St. Mary Church

**Wednesday, March 27th:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Thursday, March 28th:** 7:00 P.M.- Service of Great Compline at St. Mary (in Arabic)

**Friday, March 29th:** 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by 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

**Tuesday, April 2nd:** 7:00 P.M.- Service of Great Compline at St. Mary Church

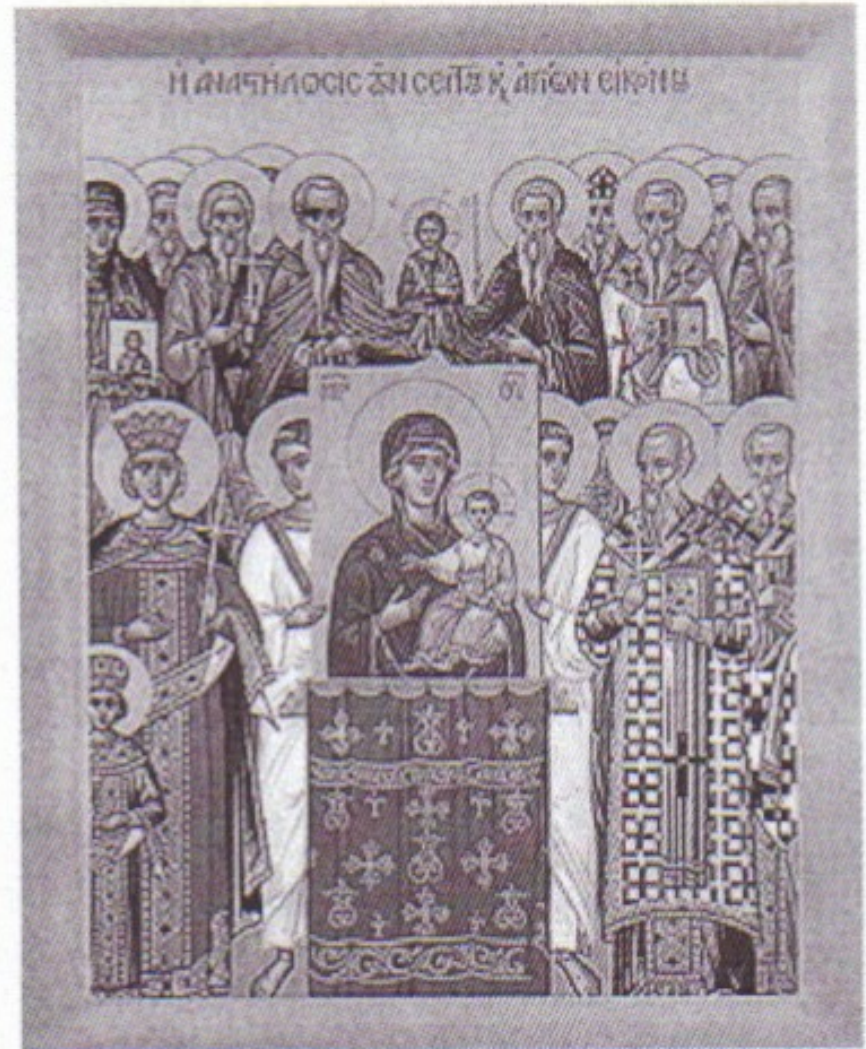
**Wednesday, April 3rd:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Thursday, April 4th:** 7:00 P.M.- Service of Great Compline at St. Mary (in Arabic)

**Friday, April 5th:** 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by Lenten Potluck at the Parish Center

**Saturday, April 6th:** Diocese Spring Meeting at the Parish Center  
6:00 P.M.- Arabic Liturgy

## SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



*Sunday, March 17, 2019*

**First Sunday of Great Lent:  
Sunday of Orthodoxy**

***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](mailto: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](mailto: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 17 in the Holy Orthodox Church, we commemorate the Venerable Alexios the “Man of God”; Patrick, bishop of Armagh and enlightener of Ireland; Venerable Theosteriktos the Confessor of the Pelecete Monastery; and Venerable Makarios of Kal-yazin.

On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

***Verses***

*I rejoice, as I see them fittingly reverence  
The icons formerly unfittingly banished.*

This restoration was accomplished in the year 842. Theodora's husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

***O invariant Icon of the Father, through the intercessions of  
Thy holy Confessors, have mercy on us. 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**

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

**Ushers**

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

## THE SUNDAY OF ORTHODOXY

On the first Sunday of Lent, the Church commemorates the final ending of the Iconoclast controversy and the definitive restoration of the holy icons to the churches by the Empress Theodora, acting as regent for her young son Michael III This took place on the first Sunday in Lent, 11 March, 843. If Orthodoxy triumphed in the epoch of the Iconoclast controversy, this was because so many of the faithful were prepared to undergo exile, torture, and even death, for the sake of the truth. The Feast of Orthodoxy is above all a celebration in honour of the martyrs and confessors who struggled and suffered for the faith: hence its appropriateness for the season of Lent, when we are striving to imitate the martyrs by means of our ascetic self-denial.

The Triodion gives the text of a special “Office of Orthodoxy,” which is held at the end of the Divine Liturgy on this Sunday. The Office celebrates not only the restoration of the holy icons but, more generally, the victory of the true faith over all heresies and errors. A procession is made with the holy icons, and the synodical decree of the Seventh Ecumenical Council (787) is read

## THE SYNODIKON (CONFESSION OF FAITH)

As the prophets beheld, as the apostles have taught, as the Church has received, as the teachers have dogmatized, as the universe has agreed, as grace has shown forth, as truth has revealed, as falsehood has been dissolved, as wisdom has presented, as Christ awarded, thus we declare, thus we assert, thus we preach Christ our true God and honor His saints in words, in writings, in thoughts, in sacrifices, in churches, in Holy Icons; on the one hand worshipping and reverencing Christ as God and Lord and on the other hand honoring as true servants of the same Lord of all and accordingly offering them veneration.

(Louder) **This is the Faith of the Apostles, this is the Faith of the Fathers, this is the Faith of the Orthodox, this is the Faith which has established the Universe**

## THE REASON FOR HOLY IMAGES

Just as in the Bible we listen to the word of Christ and are sanctified [...] in I the same way through the painted icons we behold like representation of his human form, of his miracles and passion: and are likewise sanctified, and fully reassured, and imbued with joy, and pronounced blessed; and we respect, honor and venerate his human form. And beholding his human form, we contemplate, as much as we can, the glory of his deity. Because we can only arrive at the spiritual through the material, for we are created two-fold, possessing both soul and body; and because our soul is not naked but covered with a veil; thus we hear comprehensible words as with our corporeal ears and consequently contemplate the spiritual; and thus through bodily vision we come to the spiritual.

—St. John of Damascus



## The Epistle

### Hebrews 11:24-26, 32-40

Prokeimenon: Blessed are you, O Lord, God of our Fathers.  
Verse: For you are righteous in all things you have done for us.  
The reading is from Saint Paul's Letter to the Hebrews.

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time will fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets - who through faith conquered kingdoms, and enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated (of whom the world is not worthy) wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

## The Gospel

### John 1:43-51

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Beth-saida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."



# *Sunday of Orthodoxy*

*Tone: 1 Eothinon: 9*

## **APOLYTIKION OF THE RESURRECTION: Tone 1**

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

## **APOLYTIKION OF FIRST SUNDAY OF GREAT LENT: Tone 2**

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

## **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 SUNDAYS IN GREAT LENT: Tone 8**

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

### **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 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 Khoury  
Mary Lou Catelli  
Offered by: George & Lois Kilsey & Family

Nabil & Salwa Khoury  
Offered by: Nora Abdelahad  
Elaine Agaty  
Sandra Matook

Dawn Boukari  
Offered by: Sandra Matook

John Salhany (on his birthday today)  
Kristen Moussalli (on her birthday today)  
William Sahany  
Susan Moussalli  
Offered by: George & Barbara Moussalli

Donnie & Lauren Hayes  
Daniel Hayes  
Sarah Hayes  
Offered by: Cindy Hayes

Liz Larose & Family  
Mary Massiwer  
Paul, Maureen & Mary Gurghigian  
Mary & Bill Franklin & Family  
Diane Andrew & Paul Burnier  
Laura, Jim & Noelle Arrighi  
John & Patricia Massiwer & Danielle  
Nabil & Salwa Khoury  
Al & Vicki Hallal & Family  
Bill & Mary Lou Catelli  
Elaine Wilbur  
Julia Vale  
The Saad Family  
Offered by: Cindy Hayes & Family

Dr. Nabil & Salwa Khoury  
Offered by: Linda Dvelis



### **IN LOVING MEMORY OF:**

Fred Hashway Jr.  
Offered by: Elaine Wilbur

Ruth Salhany  
Offered by: George & Barbara Moussalli

Gergi Saad  
Don Hayes  
John Massiwer  
Tom Andrew  
Bill Osborn  
Rose  
Offered by: Cindy Hayes & Children



### **Coffee Hour**

Today, Coffee Hour is being offered by Ed & Sue Ayoub for the health of their family. Coffee Hour will be held at the Parish Center following Liturgy.

### **Extra Collection**

Today on the Sunday of Orthodoxy, as is the custom in our Archdiocese, 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.

# 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 10:00 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

### Prostration

A bodily posture of reverence and homage to God made by kneeling on both knees while touching the hands and forehead to the ground. The sign of the Cross is often made preceding or following each prostration. In prostrating, the believer demonstrates humility to God and at the same time trains the body in physical enactment and discipline of that foundational Spiritual posture.



*The mathematics of God is completely different from the mathematics of humans. For us two and two equal four. For God two and two can make five or fifteen or anything else.*

~Elder Epiphanius of Athens

