

CHURCH CALENDAR

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)
 Second Collection for Antiochian Women NAB Project
 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

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.- Service of Great Compline at St. Mary Church

Wednesday, April 10th: 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

Thursday, April 11th: 7:00 P.M.- Service of Great Compline at St. Mary (in Arabic)

Friday, April 12th: 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by Lenten
 Potluck at the Parish Center

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

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



Sunday, March 24, 2019

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

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

<i>Sunday: Orthros (Matins)</i>	<i>9:00 a.m.</i>
<i>Church School</i>	<i>11:15 a.m.</i>
<i>Sunday: Divine Liturgy</i>	<i>10:00 a.m.</i>

*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 24 in the Holy Orthodox Church, we celebrate the Forefeast of the Annunciation to the Theotokos, and we commemorate Venerable Father Zachariah the recluse and Artemon, bishop of Seleucia; and New-hieromartyr Parthenios, patriarch of Constantinople.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

Verses

*The Spring of Light now leadeth to light unwaning
The Light's own truly great and resplendent herald.*

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

***Through his intercessions, O Lord Jesus Christ our God,
have mercy upon 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 24th: Nora Matook
March 31st: Sarah Hayes

Ushers

Mireille Karam & Nancy Muller
Sousan Karwashan & Robin Saliba

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.



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!"



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

Tone: 2 Eothinon: 10

APOLYTIKION 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.

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.

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

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.

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.

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 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.

GREAT LENT 2019

March 11th ~ April 28th (Holy Pascha)



What is Lent?

Prayer † Fasting † Acts of Mercy

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 asceticism— 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



PRAYERS ARE BEING OFFERED FOR GOOD HEALTH AND BLESSING OF:

Kevin Hashway
Mark Hashway
Offered by: Elaine Wilbur

Elizabeth Votruba
Offered by: Sandra Matook

Nora Matook & Family
Offered by: Nabil & Salwa Khoury

Nora Abdelahad on the occasion
of her 94th Birthday
Offered by: Her Loving Family

Bill & Mary Lou Catelli
Offered by: Sandra Matook & Family

Nabil & Salwa Khoury
Offered by: Ray & Leila Trabulsi

Nabil & Salwa Khoury
Fred & Adele Shwaery
Offered by: Elaine Swistak

IN LOVING MEMORY OF:

Fred Hashway Jr.
Offered by: Elaine Wilbur

Leon Matook
The 5th Anniversary of the repose of
Metropolitan PHILIP
Offered by: Nabil & Salwa Khoury

Charles Abdelahad on the occasion of his
fifth-year memorial
Offered by: His Loving Family

Leon Matook
George Matook
Offered by: Sandra Matook & Family



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 2019

Beloved in the Lord:

Greetings to you in the Name of Our Great God and Savior, Jesus Christ! As we begin this most holy time of prayer, fasting, and almsgiving, let us turn our attention once again to the Food for Hungry People and Charitable Outreach Program of our Archdiocese. Over the span of forty-five years, this campaign has had a tremendous impact throughout the world, helping to alleviate the suffering and hunger caused by poverty, war, and numberless tragedies. Today, we see humanitarian disasters ensuing from the recent wars abroad, numerous natural disasters, and global economic instability, and we depend now more than ever on your support to help the victims of these man-made and natural tragedies. St. John Chrysostom, perhaps the greatest preacher in the history of the Church, once said: "Although fasting is more difficult than this, nothing is so strong and powerful to extinguish the fire of our sins as almsgiving. It is greater than all other virtues. It places its lovers by the side of the King Himself, and justly. For the effect of fasting is confined to those who fast, and no other is saved thereby. But almsgiving extends to all, embracing the members of Christ, and actions that extend their effects to many are far greater than those which are confined to one." Through your generosity to the Food for Hungry People campaign, you embrace the world with the love of Christ, saving yourself as you work to save others. We urge you, during this season of prayer, self-discipline and fasting, to be very generous in your contribution to this campaign. As we practice the virtues that cleanse our souls, let us not forget or refrain from the "greatest of the virtues." As important as prayer and fasting are, they are of no avail to us if we fail to give to those in need. Asking the Almighty God to bless you during this journey to Pascha, I remain,

Your Father in Christ,

**His Eminence
The Most Reverend
Metropolitan JOSEPH
Archbishop of New York and Metropolitan of All North America**



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 Madech (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.

