

CHURCH CALENDAR

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)

Ladies Society Meeting during Coffee Hour

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: : 6:00 P.M.- Service of Great Compline at St. Mary Church

note time change

7:00 P.M.- Parish Council Meeting

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)

5:00 P.M.- RI Clergy Fellowship Services for Great Lent (Sts. Mary & Mena, Cranston)

Saturday, April 20th: Lazarus Saturday

10:00 A.M. Divine Liturgy

12pm-3pm-Church School Potluck Luncheon and Retreat

Sunday, April 21st: 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 22nd: Great and Holy Monday

7:00P.M.- Bridegroom Service

Tuesday, April 23rd : Great and Holy Tuesday



SAINT MARY ANTIOCHIAN ORTHODOX CHURCH

BEFORE THY CROSS WE BOW DOWN IN WORSHIP,
O MASTER,
AND THY HOLY RESURRECTION WE GLORIFY!



VENERATION OF THE CROSS - SESSIONAL HYMN

No sooner had the wood of Thy Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but it led Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy on us!

Sunday, March 31, 2019

Third Sunday of Lent:

Veneration of the Holy Cross

Saint Mary Antiochian Orthodox Church

"A parish of the Antiochian Orthodox Christian Archdiocese of North America"

249 High Street, Pawtucket, RI 02860
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Parish Center Phone (401) 725-5150
Web site: <http://stmarypawtucket.org>
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**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 31 in the Holy Orthodox Church, we commemorate of our father among the saints Hypatios the wonderworker, bishop of Gangra; Venerable Akakios the Confessor, bishop of Melitene; and the Prophet Joel; and the repose of Innocent, metropolitan of Moscow, enlightener of the Aleuts and apostle to America; and Jonah, metropolitan of Moscow.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

Verses

*Let the whole world entire worship the Cross
through Which it truly knew to worship Thee, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and 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

March 31st: Sarah Hayes

Ushers

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.



Epistle

Hebrews 4:14-5:6

Prokeimenon: O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, have I cried, O my God.

The reading is from Saint Paul's Letter o the Hebrews.

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just like Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten Thee," as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

The Gospel

Mark 8:34-9:1

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."



Third Sunday of Lent

Tone: 3 Eothinon: 11

APOLYTIKION OF THE RESURRECTION: Tone 3

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

APOLYTIKION FOR THE HOLY CROSS: Tone 1

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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, 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

Hexapsalmos

The sequence of six psalms read after the opening prayers of Orthros. They are Septuagint Psalms 3,37,62,87,102 and 142. During the reading of the Six Psalms the officiating priest recites the twelve Matins prayers and the congregation maintains a strict silence.

All our life is like a day of celebration for us; we are convinced, in fact, that God is always everywhere. We work while singing, we sail while reciting hymns, we accomplish all other occupations of life while praying.

~Clement of Alexandria



PRAYERS ARE BEING OFFERED FOR GOOD HEALTH AND BLESSING OF:

Kevin Hashway
Mark Hashway
Offered by: Elaine Wilbur

Elizabeth Votruba
Offered by: Sandra Matook

Dr. Nabil Khoury & Family
Lisa Ayoub Parent
Elaine Wilbur & Family
Laurice Hallal & Family
Offered by: Ed & Sue Ayoub

Karam Family
Offered by: Nabil & Salwa Khoury

Family of Georges Karam
Elie, Julia & Naji Karam
Dr. Nabil & Salwa Khoury
Reyna & Anthony Chamoun
Offered by: John & Anita Chamoun

Nabil & Salwa Khoury
Albert & Vicki Hallal
Mary Lou Catelli
Offered by: Janice & Ron Hallal

William Salhany
Offered by: George & Barbara Moussalli & Family

Linda Dvelis & Family
Offered by: Sandra Matook

Alan Matook
Nabil Khoury
Offered by: Linda Dvelis



Ed Bakleh
Offered by: Chirin Ashkar
Paul Ashkar

IN LOVING MEMORY OF:

Fred Hashway Jr.
Offered by: Elaine Wilbur

Adele Maloof
Nicole Arruda
Paul Maloof
Fred Howard
Offered by: Ed & Sue Ayoub

Georges Karam
Offered by: Elie, Julia & Naji Karam

Georges Karam
Offered by: Nabil & Salwa Khoury

Georges Karam
Offered by: John & Anita Chamoun

Ruth Salhany (9 year memorial)
Offered by: George & Barbara Moussalli & Family

Mona Bakleh
Offered by: Chirin Ashkar
Paul Ashkar

Coffee Hour

Today, Coffee Hour is being offered by The Karam Family in memory of Georges Karam (2 years). Coffee Hour will be held at the Parish Center following Liturgy.



The Third Sunday of Lent Sunday of the Adoration of the Holy Cross


In the middle of lent, the Church sets before us the Cross of Christ. On two other occasions during the year, September 14th and August 1st, the Cross is presented for our remembrance and veneration. Both these feasts link the adoration of the Cross to historic events. However, the remembrance of the Cross on the third Sunday of Lent speaks only to our faith and reverence. It is to proclaim the part played by the cross in the history of salvation and to prepare us for the vision, still far-off, of the Cross which, on Holy Friday, will be erected on Golgotha.

The priest places a cross on a tray covered with flowers and, carrying the cross over his head, he leaves the sanctuary and the iconostasion. He is preceded by lighted candles and censers: Having reached the middle of the Church, he places the cross on a table. He censes it. The choir sings: "We venerate thy Cross, O Master, and we glorify thy Holy Resurrection." The meaning of the feast is well expressed by this chant for matins:

"When, on this day, we look at the precious Cross of Christ, in faith let us adore it, let us rejoice, and embrace it ardently. beseeching our Lord, who of his own choice gave himself to be crucified on it, to make worthy of adoring his most precious Cross so that, free from all defilement, we may attain the day of Resurrection."

The Year of Grace of the Lord





**Making
The Sign of the
Cross**

**This is how
your right hand
will look.**

What the sign means:
 Thumb and first 2 fingers:
 The Holy Trinity
 Little finger and ring finger:
 Two natures of Christ
 (human and divine)

Guidelines:
 Only sign yourself with your right hand.
 Sign yourself with Father, Son, &
 Holy Spirit.
 Forehead ⇨
 breastbone ⇨
 right shoulder ⇨
 left shoulder

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 April 9th~ 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 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.

