

CHURCH CALENDAR

Sunday, March 1st: Sunday of Forgiveness (Cheesefare)

Ladies Society Meeting During Coffee Hour

Monday, March 2nd: Great Lent Begins

Tuesday, March 3rd: 7:00 P.M.— Service of Great Compline at St. Mary Church

Wednesday, March 4th: 9:30am-Ladies Cooking

7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

Thursday, March 5th: 7:00 P.M.— Service of Great Compline at St. Mary Church

Friday, March 6th: 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by
Potluck Dinner at Parish Center hosted by the Ladies Society

Sunday, March 8th: Orthodoxy Sunday

Outreach Meeting During Coffee Hour

Daylight Savings Time

Monday, March 9th: Service of Great Compline (Diocese) at 7pm

Tuesday, March 10th: 7:00 P.M.- Parish Council Meeting

7:00 P.M.— Service of Great Compline at St. Mary Church

Wednesday, March 11th: 9:30am-Ladies Cooking

7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

Thursday, March 12th: 7:00 P.M.— Service of Great Compline at St. Mary Church

Friday, March 13th: 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by
Potluck Dinner at Parish Center

Sunday, March 15th: Second Sunday of Lent (Gregory Palamas)

Monday, March 16th: Service of Great Compline (Diocese) at 7pm

Tuesday, March 17th: 7:00 P.M.— Service of Great Compline at St. Mary Church

Wednesday, March 18th: 9:30am-Ladies Cooking

7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

Thursday, March 19th: 7:00 P.M.— Service of Great Compline at St. Mary Church

Friday, March 20th: 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by
Potluck Dinner at Parish Center

Sunday, March 22nd: Sunday of the Holy Cross

Monday, March 23rd: Service of Great Compline (Diocese) at 7pm

Tuesday, March 24th: 7:00 P.M.-Liturgy for the Annunciation

Wednesday, March 18th: 9:30am-Ladies Cooking

7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



Sunday, March 1, 2020

*Sunday of Forgiveness
(Cheese Fare)*

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

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Parish Center Phone (401) 725-5150
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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
Sub-Deacon Elijah Vollendorf

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.

March is Ladies Month and the Ladies will be doing the Epistle readings and ushering. This is the list of Ladies who will perform the duties:

<u>Date</u>	<u>Epistle</u>	<u>Ushers</u>
March 1	Rebecca Samra	Nora Matook & Julia Karam
March 8	Sarah Hayes	Kh. Michelle Burke & Beth Schillawski
March 15	Lois Kilsey	Salwa Khoury & Anita Chamoun
March 22	Megan Duncan	Mirna Nakhoul & Charlotte Mitri
March 29	Beth Schillawski	Amani Kelley/Mireille Karam

THE SYNAXARION (Plain Reading)

On March 1 in the Holy Orthodox Church, we commemorate the Venerable-martyr Eudokia of Heliopolis; Venerable Domnina of Syria; Martyrs Markellos and Anthony of Pamphylia; Venerable Agapios of Vatopedi monastery on Athos; and Venerable David of Wales, bishop of Menevia.

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.*

2020 St. Mary Food Order Form

You can pay by credit/debit card or pay at pick-up. Thank you!

First: _____

Last _____

Email: _____

Contact phone: _____

The Ladies will be cooking in March (4th, 11th, 18th & 25th). If you would like to come and help, please be at the Parish Center at 9:30am.

Orders are due by TODAY!

We are now taking orders for the following items:

- Sfecha
- Kibbee
- Grape Leaves

Kibbee-24 ct.
\$50.00

Sfecha- 1 dozen
\$36.00

25 Grape Leaves
\$12.50

100 Grape Leaves
\$50.00

Cheese Ball
\$6.00



We will be only making enough to fill the orders, so order soon!

Sunday of Forgiveness
(Cheese Fare)

Tone: 4 / Eothinon: 4

RESURRECTIONAL APOLYTIKION: Tone 4

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

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 FORGIVENESS SUNDAY : 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.



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.

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 make him stand.

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.

PRAYERS ARE BEING OFFERED FOR GOOD HEALTH AND BLESSING OF:

Kevin Hashway
Mark Hashway
Offered by: Elaine Wilbur

Elizabeth Votruba
Offered by: Sandra Matook

Fr. Isaac & Kh. Dolly Crow
Simon Karam
Edward Betor
Josephine Karam
Offered by: Elie, Julia & Naji Karam

Paula Hallal
Offered by: Holly Lazieh & Sons & Bob Dessaint

Paula Hallal
Adele Shwaery
Saliba Saliba
Ghassan & Latifeh Alarmani
Elias Alarmani
Offered by: Nabil & Salwa Khoury

Fred & Adele Shwaery & Family
Offered by: Elaine Swistak

Victoria Muller
Offered by: Michael, Nancy & Jacob Muller

Fr. Isaac & Kh. Dolly
Suzanne & Ed Ayoub
Charles & Angela Abosamra
Louise Megalli
Fred & Adele Shwaery
Offered by: Michael & Nancy Muller & Family



IN LOVING MEMORY OF:

Fred Hashway Jr.
Offered by: Elaine Wilbur

Lillian Betor
Georges Karam
Offered by: Elie, Julia & Naji Karam

Luciano Ferrari
Offered by: John, Renda, Natalia & Julia Ferrari

Alma Matook
Nicholas Matook
John Matook
Charles Agaty
Fred Hashway
Offered by: Sandra Matook & Family

Fred Hashway
Offered by: Nora Abdelahad
Elaine Agaty

Special Prayers in Loving Memory are being
offered for George Kilsey (35 years)

Offered by:
Amen Kilsey
Fred Kilsey
Pattie Kilsey & Family
Joyce Kilsey
Jeffrey Kilsey



Coffee Hour

Coffee hour today is sponsored by Saliba Saliba & Family for the Health of their Family. Coffee hour will be held at the Parish Center following Liturgy.

