

GREAT LENT 2021

March 15th ~ May 2nd (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.

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



Sunday, March 14, 2021

Sunday of Forgiveness (Cheese Fare)

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

Church Office hours: Monday– Friday 9am-1pm
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
Sub-Deacon Elijah Vollendorf

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.

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.

Ladies Society News

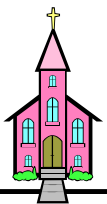
Dear Fr. Elie and my Fellow Parishioners of St Mary Church,
Christ is in our Midst!

As we begin Ladies Month this year we are still looking at continued limited church attendance and social distancing. While our parish is offering all services, Bible Studies, Church School and Meetings remotely, our ability to get back to some state of normalcy is only to be determined by the distribution of the Vaccines. I pray that we are all able to get vaccinated and are able to be back in our pews for our journey through Great Lent, Holy Week and Pascha.

The NAB Project of "Fulfilling the Vision - Building a Cathedral at the Antiochian Village" continues into this next year. The Antiochian Women continue to support this much needed project in which we are ensuring the expansion of the Village as the Holy Mountain for our Clergy, our families and especially our campers; a place we can all call home.

Our Annual Lenten Retreat is scheduled for Saturday March 27th, 2021. You can attend the Diocese Lenten Retreat sponsored by the Diocese of Worcester & New England Antiochian Women either in-person or on-line. We are very excited to welcome Dr. Gregory Abdalah, Pastoral Assistant at St. George Orthodox Church in Phoenix, AZ, as the Keynote Speaker for 2021! The topic for the retreat is "Don't Stop Believin': A Journey to the Kingdom of Heaven." For more details and to register for free, please go to <http://downe2021.eventbrite.com>

In His Service,
Your Sister in Christ,
Cindy Hayes

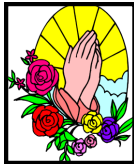


- Save the Date for the Parish Life Conference on June 4 & 5 to be held at the Cathedral
- Our Lenten Recipe resource tab is on our Church Website. If anyone has recipes that they would like to share, you can send them to Cindy Hayes (hayescindylee@gmail.com) or to the church office: (office@stmarypawtucket.org)

THE SYNAXARION (Plain Reading)

On March 14 in the Holy Orthodox Church, we commemorate our Venerable Father Benedict of Nursia; and Euschemenos, bishop of Lampsakos. 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.



Cemetery Plots

If you wish to purchase a cemetery plot at Walnut Hill Cemetery, the cost is \$1,000. Please contact Ed Ayoub for more information or to purchase a plot.

Sunday of Forgiveness (Cheese Fare)

Tone: 7 Eothinon: 7

RESURRECTION APOLYTIKION: Tone 7

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the 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.



CHURCH CALENDAR

Sunday, March 14th: Sunday of Forgiveness (Cheese Fare)

1 Year Memorial Service for Virginia Salhany

Daylight Savings Time Begins

Monday, March 15th: Great Lent Begins

Sunday, March 21st: Sunday of Orthodoxy

Sunday, March 28th: Second Sunday of Lent (Gregory Palamas)

Sunday, April 4th: Third Sunday of Lent



*Palm Sunday– April 25th
PASCHA– May 2nd*



Memorial Service



A One-Year Memorial Service for the servant of God *Virginia Salhany* (beloved aunt) is being offered by Rania & Kenneth Salhany.

May God grant her peace and may her memory be eternal

PRAYERS ARE BEING OFFERED FOR GOOD HEALTH AND BLESSING OF:

Kevin Hashway
Mark Hashway
Offered by: Elaine Wilbur

Victoria Hallal
Offered by: Ron Hallal

Josephine Karam
Mother Xenia Minihan
Ed Betor
Offered by: Elie, Julia & Naji Karam

Ron Hallal
Offered by: Rhonda Hallal, Bob Lienert, Hanna & Emma, Sharyn Hallal, Keith & Maria Hallal, Isabel & Matthew

The Salhany Family
Offered by: Nabil & Salwa Khoury

Ron Hallal & Family
Offered by: Nora Abdelahad
Elaine Agaty
Sandra Matook

Mary Massiwer & Family
Offered by: Sandra Matook

The Salhany Family
Offered by: Walid & Mirna Nakhoul



IN LOVING MEMORY OF:

Janice Hallal
Offered by: Her Loving Husband Ron

Al Hallal
Offered by: Ron Hallal

Albert Hallal
Offered by: Rhonda, Keith & Sharyn Hallal & Family

Janice Hallal
Offered by: Rhonda Hallal, Bob Lienert, Hanna & Emma, Sharyn Hallal, Keith & Maria Hallal, Isabel & Matthew

Georges Karam
Elaine Swistak
Julia Enright
Offered by: Elie, Julia & Naji Karam

Virginia Salhany
Offered by: Dr. Edward & Sonja (Avedisian) Pollard
Gregory & Susan Pollard
Douglas & Stephanie Pollard
Zoey & Mikayla Pollard

Virginia Salhany
Offered by: Nabil & Salwa Khoury

Janice Hallal
Offered by: Nora Abdelahad
Elaine Agaty
Sandra Matook

Virginia Salhany
Offered by: Walid & Mirna Nakhoul

John Massiwer
Offered by: Sandra Matook



Happy Birthday to everyone who has a birthday during the month of March.

Nora Abdelahad
Michael Andrews
Bryan Chowning
Elie Dellaleh
Tala Estephan
Paula Hallal
Dalia Karam
Elene Mahfouz
Joelle Saade
Saliba Saliba
David Shwaery
Florence Spenard

Charles Abosamra
Michele Astphan
Bret Decristoforo
Asher Duncan
Maria Guirguis
Dan Hayes
Elias Karwashan
Kristen Mousalli
John Salhany
Joseph John Samra
Jack Silva

Elaine Agaty
Kristen Burke
Taylor Decristoforo
Fatat El-Khaouli
Mary Gurghigian
Colette Jeha
Fred Kilsey
Anthony Mechrefe
Kenny Salhany Jr.
Beth Schillawski
Donna Slemmon

*****if you have a March birthday and do not see your name– we do not have it in our database– please email or call the church office to have you and your family members added. *****



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.

St. Mary Antiochian Orthodox Church, Pawtucket

Schedule of Services: Great Lent 2021

Cheese-fare Sunday is March 14th

Great Lent begins on March 15th

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.

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 7:00 pm:

- | | |
|---------------|---|
| ~ March 15th: | St. George, Norwood |
| ~ March 22nd: | St. Mary Church, Pawtucket |
| ~ March 29th: | St. George, Lowell |
| ~ April 5th: | St. Michael, Cotuit, Cape Cod |
| ~ April 12th: | St. George, West Roxbury (6:30pm.) |
| ~ April 19th: | St. George Cathedral, Worcester (6:30pm.) |

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

The Divine Liturgy on Lazarus Saturday, April 24th, will be celebrated at 9:00 a.m.

Palm Sunday is on April 25th.

Holy Week starts on Sunday evening April 25th with the Bridegroom Service at 7:00 p.m.

Great and Holy Week: Monday, April 26nd - Saturday, May 1st

Great and Holy PASCHA (Easter) is May 2nd

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.

HAVE YOU SEEN THIS PHOTO ALBUM?

A family photo album with great sentimental value is missing from our Sunday School. We are asking anyone who remembers seeing it to let us know. The album is approximately 9" by 9", creme color and includes pictures of Three Adult Baptisms at our Church. A family loaned the album to Sunday School for a unit on Baptism. It was last seen in one of the classrooms prior to the "stay at home" order last March. If you recall seeing it or have any other information that may be helpful, please contact Sheryl at the office ([401-726-1202](tel:401-726-1202)), Matt Duncan (714-686-0541) or Maureen Gurghigian (401-486-3711). **Dear Parents: as you read this bulletin, please ask your children if they have seen this photo album. Thank you very much.**



Arabic Educational Foundation

Arabic Educational Foundation of RI is now accepting college scholarship applications.

High school seniors and current undergraduates of Arabic decent who are or will be enrolled as full-time students at an accredited college for the 2021-2022 academic year are encouraged to apply. The deadline for all applications is June 1, 2021.

Eligibility information and applications can be found on our website:

www.aef-ri.org or on our facebook page:

<https://www.facebook.com/aefrhodeisland> or contact AEF board member: Fadia Khoury Kabak @ 401-692-8273

THE EPISTLE

O chant unto our God, chant ye. Clap your hands, all ye nations!

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

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

THE 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.

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 unforgiveable 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.