What is Lent?
Prayer ‍ Fasting ‍ Acts of Mercy

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.

Saint Mary Antiochian Orthodox Church
Sunday, March 21, 2021
First Sunday of Great Lent: Sunday of Orthodoxy
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
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

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

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.

- 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 21 in the Holy Orthodox Church, we commemorate the Venerable-confessor James the New, bishop of Catania; Thomas, patriarch of Constantinople; and New-martyr Michael. 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._

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.

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 Orthodoxy

Tone: 8   Eothinon: 8

RESURRECTION APOLYTIKION: Tone 8

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the threeday burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF FIRST SUNDAY OF GREAT LENT: Tone 2

(CHANT) (CHORAL)

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. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

TROPARION OF THE DORMITION: Tone 1

(CHANT) (CHORAL)

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 SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY): Tone 8

(CHANT) (CHORAL)

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.
**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  
Ed Betor  
Kh. Dolly Crow & Family  
Offered by: Elie, Julia & Naji Karam  
Ron Hallal  
Offered by: Rhonda Hallal, Bob Lienert, Hanna & Emma, Sharyn Hallal, Keith & Maria Hallal, Isabel & Matthew  
Nora Matook & Family  
Offered by: Sandra Matook & Family  
Michael, Maria, Mark & Meika Matook  
Leah, Bianca & Johanna Macaruso  
Offered by: Nora Matook  

**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  
V. Rev. Fr. Isaac Crow  
Offered by: Elie, Julia & Naji Karam  
Leon T. Matook  
Offered by: Nora Matook  
Leon Matook  
George Matook  
Offered by: Sandra Matook & Family  

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**An excerpt from The Synodikon**

(For the Sunday of Orthodoxy)

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.

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**Collection for Seminarians**

Today on the Sunday of Orthodoxy, as is the custom in our Archdiocese, we usually have an extra collection in support of Theological education and our Seminarians. But, because of COVID-19 precautions, we will not be passing a tray, so if you would like to leave a donation in the tray near the door, please put it in an envelope and earmark “Seminarians”, or you may mail a check to the church at: 249 High St., Pawtucket, RI 02860. Please be generous so that the Church can afford to train, equip and support the formation and education of our future pastors and educators.

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**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.

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**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.

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**THE REASON FOR HOLY IMAGES**

Just as in the Bible we listen to the word of Christ and are sanctified […] in 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 twofold, 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.

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—St. John of Damascus
St. Mary Antiochian Orthodox Church, Pawtucket
Schedule of Services: Great Lent 2021

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 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 9a.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.

Congratulations & Blessings

St. Mary Church offers congratulations and prayers for the blessing of the newly elected and appointed members of the Parish Council, and their officers:

President: Walid Nakhoul
Vice-President: Ghassan Alarmani
Treasurer: Salwa Khoury
Secretary: Cindy Hayes

Elected members: Scott Barnes, Matthew Duncan, Fadia Kabak, Matt Kelley, Maria Saad, Eric Wilmot, Florence Spenard, Yacoub Mitri, Edward Ayoub
Appointed members: Fouad Alzaibah,

May God bless them, strengthen and guide them, that together with their Pastor, Fr. Elie, and with the Arch-Pastoral guidance of Bishop JOHN, they may in unity and concord under take their Ministry to the Glory of God.

St. Mary Church would also like to thank the outgoing members of the Parish Council, Geoffrey Ayoub, Fred Slemon & Nancy Muller for their hard work and dedication throughout their terms.

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
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, Jonathan, 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 Bethsaida, 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."

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.

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.

Orthodox Vocabulary
Prostration

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

Church Calendar

Sunday, March 21st: Sunday of Orthodoxy
Monday, March 22nd: 6:00 P.M.- Service of the Great Compline held at St. Mary Church
Tuesday, March 23rd: 7:00 P.M.- Service of the Great Compline
Wednesday, March 24th: 7:00 P.M.- Liturgy of the Pre-sanctified Gifts
Thursday, March 25th: 7:00 P.M.- Service of the Great Compline
Friday, March 26th: 7:00 P.M.- Service of the Akathyst Hymn or Madeeh
Sunday, March 28th: Second Sunday of Lent (Gregory Palamas)
Installation of Parish Council Members
Monday, March 29th: 6:00 P.M.- Service of the Great Compline held at St. George, Lowell
Tuesday, March 30th: 7:00 P.M.- Service of the Great Compline

Palm Sunday – April 25th
PASCHA – May 2nd