

# GREAT LENT 2021

March 15th ~ May 2nd (Holy Pascha)



What is Lent?

Prayer ✝ Fasting ✝ Acts of Mercy



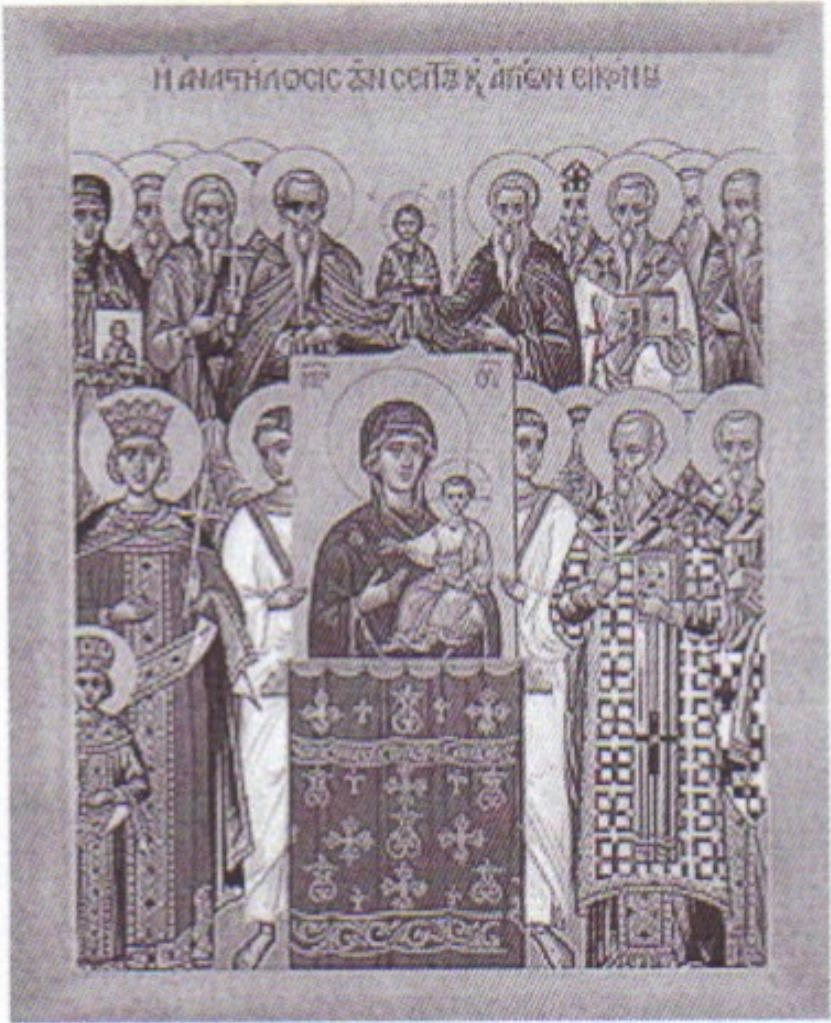
## Food For Hungry People Collection (F.F.H.P.)

“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.



*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](mailto: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](mailto: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

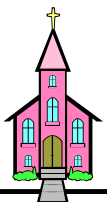
Dear Fr. Elie and my Fellow Parishioners of St Mary Church,  
Christ is in our Midst!

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

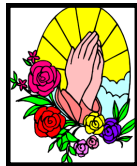


- Save the Date for the Parish Life Conference on June 4 & 5 to be held at the Cathedral
- Our Lenten Recipe resource tab is on our Church Website. If anyone has recipes that they would like to share, you can send them to Cindy Hayes ([hayescindylee@gmail.com](mailto:hayescindylee@gmail.com)) or to the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

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

**An excerpt from The Synodikon  
(The Confession of Faith)  
of 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.***

**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.

**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

**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.

**(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**

**THE REASON FOR HOLY IMAGES**

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

—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](http://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, Jephthah, 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 Beth-saida, 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."

*Orthodox Vocabulary*

**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.

*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*