

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.

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



Sunday, March 28, 2021

**Second Sunday of Great Lent and
The Commemoration of St. Gregory Palamas,
Archbishop of Thessalonica**

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

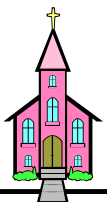
Dear Fr. Elie and my Fellow Parishioners of St Mary Church,
Christ is in our Midst!

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

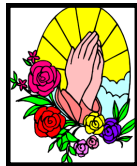


- Save the Date for the Parish Life Conference on June 4 & 5 to be held at the Cathedral
- Our Lenten Recipe resource tab is on our Church Website. If anyone has recipes that they would like to share, you can send them to Cindy Hayes (hayescindylee@gmail.com) or to the church office: (office@stmarypawtucket.org)

THE SYNAXARION (Plain Reading)

On March 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.

Second Sunday of Great Lent

Tone:1 Eothinon:9

RESURRECTION APOLYTIKION: Tone 1

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION FOR ST. GREGORY PALAMAS: Tone 8

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

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

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.





Memorial Service



A Memorial Service is being offered for the servant of God *Ruth Ganim Salhany* (11th Anniversary) and is being offered by her loving husband & children, William Salhany, Barbara & George Moussalli & Family, Kenneth & Rania Salhany & Family and Bill & Susan Salhany & Family.

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
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

Renda, John, Natalia, Julia, and their new daughter
Maria Christine
Offered by: Tayta Olga, Jiddo Tawfik & Uncle Fareed

Fareed Hawwa
Offered by: Tawfik & Olga Hawwa

Nora Abdelahad
Offered by: Elaine Agaty
Sandra Matook & Family
Fr. Michael & Selma Abdelahad & Family

William Salhany (beloved father)
Renna, Kenny & Joe Salhany
Offered by: Ken & Rania Salhany

Jacob, Maria, Sofia & Emelia Khoury
Renda, John, Natalia, Julia & newborn Maria Christine
Offered by: Nabil & Salwa Khoury



Congratulations to Renda and John Ferrari on the birth of Maria Christine!

May God grant her many happy and healthy years!

Love, Tayta Olga, Jiddo Tawfik and Uncle Fareed

ONLINE BULLETIN

The Bulletin is available
online on our website at:
<http://stmarypawtucket.org>

Prayers of good health & blessing are being offered for *Nora Abdelahad* on the occasion of her 96th birthday.

Offered by: Elaine Agaty
Sandra Matook & Family
Fr. Michael & Selma Abdelahad & Family



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 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.

Orthodox Vocabulary

Apostolos

APOSTOLOS this signifies the Apostolic Reading given before the reading of the Gospel in the Liturgy, in the sacraments, and other ceremonies. Apostolos is called also the book containing all the readings of the year taken from the Acts of the Apostles and the epistles. The Apostolos (book) includes also readings for the Saturdays and Sundays of the Great Lent and Holy Week also of fixed feasts of the ecclesiastical year and of the various sacraments and other ceremonies such as baptisms, wedding, funeral services, consecration of churches, sanctification of waters and others.

On earth, everything is temporary brief, transitory. Soon, everything will pass by- that which is pleasant and delightful, as well as what is lamentable and sorrowful. If we have chosen for ourselves the path of piety; then we must remember and not forget the words of the Apostle: 'All that will live godly in Christ shall suffer persecution' (2 Timothy 3:12).

~St. Ambrose of Optina



CHURCH CALENDAR

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

Memorial Service for Ruth Ganim Salhany (11 years)

Installation of Parish Council Members

Monday, March 29th: 7:00 P.M.– Lenten Vespers held at St. George, Lowell

Tuesday, March 30th: 7:00 P.M.- Service of the Great Compline

Wednesday, March 31st: 7:00 P.M.- Liturgy of the Pre-sanctified Gifts

Thursday, April 1st: 7:00 P.M.-Service of the Great Compline

Friday, April 2nd: 7:00 P.M.- Service of the Akathyst Hymn or Madeeh

Saturday, April 3rd: 6:00 P.M. Arabic Liturgy

Sunday, April 4th: Third Sunday of Lent

Monday, April 5th: 7:00 P.M.– Lenten Vespers held at St.

Michael, Cotuit, Cape Cod



Palm Sunday– April 25th
PASCHA– May 2nd

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

Charles Abdelahad

Offered by: Elaine Agaty

Sandra Matook & Family

Fr. Michael & Selma Abdelahad & Family

Ruth Salhany (beloved mother)

Antwanet Baalbaki Kasatli (beloved mother)

George Baalbaki (beloved father)

Offered by: Ken & Rania Salhany

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.

It is necessary for a Christian to fast, in order to clear his mind, to rouse and develop his feelings, and to stimulate his will to useful activity. These three human capabilities we darken and stifle above all by 'surfeiting, and drunkenness, and cares of this life' (Lk. 21:34).

~ St. John of Kronstadt



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"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."

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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.

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, William Small

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 1:10-2:3

Prokeimenon: You, O Lord, shall keep us and preserve us.
Verse: Save me, O Lord, for the godly man has failed.
The reading is from Saint Paul's Letter to the Hebrews.

"Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet"? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay the closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

The Gospel Mark 2:1-12

At that time, when Jesus returned to Capernaum after some days, it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' But that you may know that the Son of man has authority on earth to forgive sins"--he said to the paralytic--"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"