

Ladies Society News

Christ is in our Midst!

We have just completed our second week of Great Lent; Ladies Month is over and we are continuing our journey to Renew Our Relationship with God. Every day we are given another chance to do better; to do more; to bring ourselves to the table and to be present in the life of the church. This past week we celebrated the Feast of the Annunciation of the Theotokos and for the Antiochian Women/Ladies Society of St. Mary Church, this Sunday was to be our Annual fish dinner fundraiser for the NAB Project, “Fulfilling the Vision, Building a Cathedral at the Antiochian Village.” Every year at this fish dinner we offer a beautiful meal to the Parish and all of the proceeds go towards our project. As you know, for the past two years we were unable to have our fish dinner and celebrate Antiochian Women's Month as we normally would. Now that many of us are getting vaccinated and feeling more confident about getting out into the community again, let us not forget about our return to the church. God may be with us in all we do but it's time for us to be with God in church especially during this beautiful time of Great Lent. All of the services are still being held and it is greatly encouraged that we celebrate these beautiful services together. Metropolitan JOSEPH has asked the Antiochian Women to start the return to normalcy in our lives and bring our families back to church. Great Lent is the perfect time to renew our relationship with God and the Church. And to remember “**Observance of Great Lent is characterized by fasting, intensified private and public prayer, self-examination, confession, personal improvement, repentance and almsgiving.**”

Our Annual Lenten Retreat was held this past Saturday March 27th, 2021. Dr. Gregory Abdalah, Pastoral Assistant at St. George Orthodox Church in Phoenix, AZ, was the Retreat Speaker and offered a beautiful reflection on our invitation to be present in the Liturgy. I would like to invite everyone to a viewing of the retreat on the big screen at the Parish Center and a discussion on the topic in the next few weeks. We also have had some interest in a Spring Food Fair from friends of St. Mary's who have enjoyed our delicious foods and await the time to purchase them again. We will continue to practice all safety protocols such as social distancing, using gloves for food preparation and masks will be required at all times during the retreat and for the future food fair. We hope you all will consider helping with the food fair as we donate the profits of this fundraiser to our project.

And Lastly, our Ladies are still supporting the education of Lorda in Palestine. We have been blessed with donations toward providing her education until she graduates from High School and will also utilize funds from the food fair towards her education.

I pray that I see you all as we begin to return to church, to pray for each other with a smile and the Love of Jesus in our hearts.

In His Service, Your Sister in Christ, Cindy Hayes



Saint Mary Antiochian Orthodox Church *“A parish of the Antiochian Orthodox Christian Archdiocese of North America”*

Church Office hours: Monday– Friday 9am-1pm
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**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

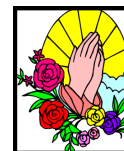
Schedule of Services

<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.

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH

BEFORE THY CROSS WE BOW DOWN IN WORSHIP,
O MASTER,
AND THY HOLY RESURRECTION WE GLORIFY!



VENERATION OF THE CROSS - SESSIONAL HYMN

No sooner had the wood of Thy Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but it led Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy on us!

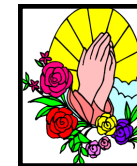
Sunday, April 4, 2021

Third Sunday of Lent:

Veneration of the Holy Cross

THE SYNAXARION (Plain Reading)

On April 4 in the Holy Orthodox Church, we commemorate the Venerable George of Mount Maleon; Martyrs Theodoulos the reader and Agathopodos the deacon of Thessalonica; Venerable Theonas, archbishop of Thessalonica; and Isidore, bishop of Seville. On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross. Verses Let the whole world entire worship the Cross through Which it truly knew to worship Thee, O Word. Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast. By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. 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.

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:

~ April 4th: St. Michael, Cotuit, Cape Cod
~ April 11th: St. George, West Roxbury (6:30pm.)
~ April 18th: 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.

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.

Third Sunday of Great Lent

Tone: 2 Eothinon: 10

RESURRECTION APOLYTIKION: Tone 2

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION FOR THE HOLY CROSS: TONE 1 (CHANT) (CHORAL)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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.



CHURCH CALENDAR

Sunday, April 4th: Third Sunday of Lent: Veneration of the Holy Cross

7:00 P.M.– Lenten Vespers held at St. Michael, Cotuit, Cape Cod

Tuesday, April 6th: 7:00 P.M.- Service of the Great Compline

Wednesday, April 7th: 7:00 P.M.- Liturgy of the Pre-sanctified Gifts

Thursday, April 8th: 7:00 P.M.-Service of the Great Compline

Friday, April 9th: 7:00 P.M.- Service of the Akathyst Hymn or Madeeh

Sunday, April 11th: Fourth Sunday of Lent

6:30P.M.– Lenten Vespers held at St. George, West Roxbury

Tuesday, April 13th: 7:00 P.M.- Service of the Great Compline

Wednesday, April 14th: 7:00 P.M.- Liturgy of the Pre-sanctified Gifts

Thursday, April 15th: 7:00 P.M.-Service of the Great Compline

Friday, April 16th: 7:00 P.M.- Service of the Akathyst Hymn or Madeeh

Sunday, April 18th: Fifth Sunday of Lent

6:30 P.M.– Lenten Vespers held at St. George Cathedral, Worcester

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



Orthodox Vocabulary

Hexapsalmos

The sequence of six psalms read after the opening prayers of Orthros. They are Septuagint Psalms 3,37,62,87,102 and 142. During the reading of the Six Psalms the officiating priest recites the twelve Matins prayers and the congregation maintains a strict silence.

All our life is like a day of celebration for us; we are convinced, in fact, that God is always everywhere. We work while singing, we sail while reciting hymns, we accomplish all other occupations of life while praying.

~Clement of Alexandria



Epistle

Hebrews 4:14-5:6

Prokeimenon: O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, have I cried, O my God.

The reading is from Saint Paul's Letter o the Hebrews.

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just like Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten Thee," as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

The Gospel

Mark 8:34-9:1

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."



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



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

Nabil George (uncle)
Offered by: Matt & Amani Kelley

Mary Agaty
Offered by: Elaine Agaty

AEF Scholarship

Scholarship applications are now available. Eligibility information & applications may be found on their website at aef-ri.org. The application deadline is June 1st.

You may also contact AEF board member: Fadia Khoury Kabak @ (401)692-8273

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.



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

**Tanya Gaudioso
Maria Hallal
Gabriella Kenaan
Lois Kilsey
Nora Matook
Henry Cavanaugh
Ghassan Sayaf**

**Issa Freij
Joseph Jeha
Robert Khoury
Todd Kilsey
Helen Morcos
Emilio Sarkis
Dianna Shammo**

**Lindsay Guertin
Russell Kandalajt
Christopher Kilsey
Marlene Marshall
Brooklyn Saliba
Steven G. Kilsey
Nancy Sterpis**

*****if you have an April 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.*****

ONLINE BULLETIN

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



- 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)

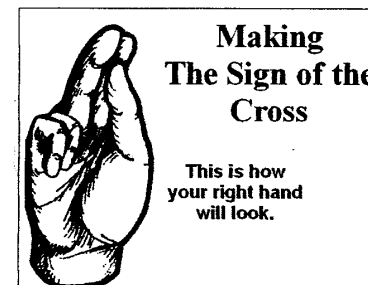
The Third Sunday of Lent Sunday of the Adoration of the Holy Cross

In the middle of lent, the Church sets before us the Cross of Christ. On two other occasions during the year, September 14th and August 1st, the Cross is presented for our remembrance and veneration. Both these feasts link the adoration of the Cross to historic events. However, the remembrance of the Cross on the third Sunday of Lent speaks only to our faith and reverence. It is to proclaim the part played by the cross in the history of salvation and to prepare us for the vision, still far-off, of the Cross which, on Holy Friday, will be erected on Golgotha.

The priest places a cross on a tray covered with flowers and, carrying the cross over his head, he leaves the sanctuary and the iconostasion. He is preceded by lighted candles and censers: Having reached the middle of the Church, he places the cross on a table. He censes it. The choir sings: "We venerate thy Cross, O Master, and we glorify thy Holy Resurrection." The meaning of the feast is well expressed by this chant for matins:

“When, on this day, we look at the precious Cross of Christ, in faith let us adore it, let us rejoice, and embrace it ardently. beseeching our Lord, who of his own choice gave himself to be crucified on it, to make worthy of adoring his most precious Cross so that, free from all defilement, we may attain the day of Resurrection.”

The Year of Grace of the Lord



What the sign means:

Thumb and first 2 fingers:
The Holy Trinity
Little finger and ring finger:
Two natures of Christ
(human and divine)

Guidelines:

Only sign yourself with your right hand.
Sign yourself with Father, Son, & Holy Spirit.
Forehead ⇒
breastbone ⇒
right shoulder ⇒
left shoulder