

## CHURCH CALENDAR

**Sunday, March 20th:** Gregory Palamas— Second Sunday of Lent  
**Tuesday, March 22nd :** 7:00 P.M.— Service of Great Compline at St. Mary Church  
**Wednesday, March 23rd:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church  
**Thursday, March 24th:** 7:00 P.M.— Service of Great Compline at St. Mary (in Arabic)  
**Friday, March 25th:** 9:00 A.M.- Liturgy for the Annunciation of the Theotokos  
 7:00 P.M.- Akathyst Hymn at St. Mary Church  
**Sunday, March 27th:** Holy Cross— Third Sunday of Lent  
 Memorial Service for Alan Matook (40 day)  
**Tuesday, March 29th:** 7:00 P.M.— Service of Great Compline at St. Mary Church  
**Wednesday, March 30th:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church  
**Thursday, March 31st:** 7:00 P.M.— Service of Great Compline at St. Mary (in Arabic)  
**Friday, April 1st:** 7:00 P.M.- Akathyst Hymn at St. Mary Church  
**Saturday, April 2nd:** 6:00 P.M.— Arabic Liturgy  
**Sunday, April 3rd:** John Climacus— Fourth Sunday of Lent  
**Tuesday, April 5th :** 7:00 P.M.— Service of Great Compline at St. Mary Church  
**Wednesday, April 6th:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church  
**Thursday, April 7th:** 7:00 P.M.— Service of Great Compline at St. Mary (in Arabic)  
**Friday, April 8th:** 7:00 P.M.- Akathyst Hymn at St. Mary Church  
**Sunday, April 10th:** Mary of Egypt— Fifth Sunday of Lent  
 Memorial Service for Ruth Salhany (12 years)  
 Memorial Service for William Salhany (6 months)  
**Tuesday, April 12th:** 6:00— Parish Council Meeting  
**Saturday, April 16th:** Lazarus Saturday- 9:00 A.M. Divine Liturgy  
 Church School- 9am-Lenten Retreat (before and after Liturgy)  
**Sunday, April 17th:** Palm Sunday  
 8:50 A.M.— Orthros  
 10:00 A.M.— Divine Liturgy and Procession with Palms  
 6:30 P.M.— Bridegroom Service  
**Monday, April 19th:** Great and Holy Monday  
 7:00P.M.— Bridegroom Service  
**Tuesday, April 20th :** Great and Holy Tuesday  
 7:00 P.M.— Bridegroom Service  
**Wednesday, April 21st:** Great and Holy Wednesday  
 7:00 P.M.— Sacrament of Holy Unction



## SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



*Sunday, March 20, 2022*

*Second Sunday of 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](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**

**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*

**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.

**Coffee Hour Committee:** Latifa Alarmani- (781)414-6281  
(Please contact her to sponsor a coffee hour.)

The Parish Council has decided to implement a new system to organize our coffee hours. There are two ways to handle this: when a couple, family, or an individual decides to sponsor the coffee hour, you may do it on your own which entails purchasing the pastry & juice, making the coffee, setting up the table, and cleaning up. The second option is to donate \$200 to the church so that a Parish Council member will handle the coffee hour on your behalf.



**Coffee Hour Sponsorships**

**Date:**

**Sponsored by:**

**Sponsored for:**

**March 20th:**

**Fadi & Hadeel Samaan  
Sami Dahdal**

**Health of Family  
Health of Family**

**March 27th:**

**His Loving Family**

**Dr. Alan Matook (40 day)**

**April 3rd:**

**Dr. Zeyad & Norma Morcos**

**Health of Iyad & Elias Morcos**

**April 10th:**

**Their Loving Family**

**Ruth Ganim Salhany (12 years)**

(Barbara & George Moussalli & Family,  
Ken & Rania Salhany & Family, Bill & Susan Salhany & Family)

**William Salhany (6 months)**

**April 17th:**

***not available***

**Palm Sunday**

**April 24th:**

***not available***

**Great & Holy PASCHA**

**May 1st:**

***available for sponsorship***

**May 8th:**

***not available***

**May 15th:**

**Their Loving Family**

**Memory of Fred, Sophie and Paula Hallal**

**May 22nd:**

**Adolina & Alex Najjar & Family**

**Rosette Wadih Alhaddad (1 year)**

**May 29th:**

**Charitable Gift Program**

**Charitable Gift Program Participants**

**June 5th:**

**Nabil & Salwa Khoury**

**Health of Family**

**June 12th:**

**St. Mary Church**

**Last Day of Church School & Luncheon**

**June 19th:**

**Karwashan Family**

**Health of Family**

**June 26th:**

***available for sponsorship***

**July 3rd:**

***available for sponsorship***

**July 10th:**

***not available***

**Family Day**

**July 17th:**

***not available***

**Family Day (rain date)**

**July 24th:**

**Dr. Zeyad & Norma Morcos**

**Health of Elias Morcos (son)**

**Memory of Elias Morcos (father)**

**July 31st:**

***available for sponsorship***

**August 7th:**

***available for sponsorship***

**August 14th:**

**Karwashan Family**

**Health of Elias, Nicole &**

**Olivia (happy birthday) Karwashan**

**Feast Day Weekend Aug. 19th-21st**

**August 21st:**

***not available***

**August 28th:**

***available for sponsorship***

Great Lent and Holy Pascha 2022  
Easter Flowers (Holy Friday and Pascha)

Please make a donation to help decorate the Church for Holy Week and Easter.

**For Good Health and Blessing of:**

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**In Loving Memory of:**

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**Your name:**

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**Donation:**

To all those who would like to contribute for the Easter Flowers; checks should be made out to St. Mary Orthodox Church and earmarked "Easter Flowers".

*All donations should be received by April 17th..*



## *Second Sunday of Lent*

**Tone: 6 Eothinon: 6**

### **RESURRECTIONAL APOLYTIKION: TONE 6**

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

### **APOLYTIKION FOR ST. GREGORY PALAMAS: TONE 8 (CHANT) (CHORAL)**

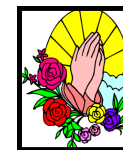
O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

### **APOLYTIKION OF THE DORMITION: TONE 1**

In thy birth-giving, O Theotokos, thou didst keep and preserve virginity; and in thy falling-asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore, by thine intercessions, deliver our souls from death.

### **KONTAKION FOR SUNDAYS IN GREAT LENT: 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.



### **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.

## THE EPISTLE

*O Lord, Thou wilt preserve us and keep us from this generation.  
Save me, O Lord, for the godly man hath disappeared.*

### **The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)**

“In the beginning, Thou, O Lord, didst found the earth, 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, until I make Thine 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 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

### **The Reading from the Holy Gospel according to St. 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, reasoning 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!”



## **St. Mary Church School & Teen SOYO News**

**Attention All Parents:** Please bring your children to the Liturgy before Church School. Church School starts every Sunday following communion (Approx. 11:15am).

### **Upcoming events:**

Saturday, April 16th: 9am-Lenten Retreat (before and after Liturgy)

The St. Mary's Choir is now inviting new singers to join us from the congregation. With the public health situation in Rhode Island improving steadily, we are able to have masking as an optional policy for singers. If you love the music of our church, if you enjoy singing along with us from the pews, we would be delighted to have you join us upstairs in the choir loft.

Please contact the director Susan Harvey ([Susan\\_Harvey@Brown.edu](mailto:Susan_Harvey@Brown.edu)) with any questions or concerns. Join us in offering the beauty of music – a "sacrifice of praise" – as we lead our parish in singing the prayer of worship.



### **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 2022

Great Lent begins on March 7th

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 5:00 pm:

~ March 20th:	St. John's Parish (501 East St., Woonsocket, RI)
~ March 27th:	St. Spyridon's Parish (390 Thames St., Newport, RI)
~ April 3rd:	St. Michael's Parish (74 Harris Ave, Woonsocket, RI)
~ April 10th:	St. Mary/Mena's Parish (2433 Scituate Ave, Hope (Cranston)

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

Eve of Annunciation Great Vespers: Thursday, March 24th- Annunciation Parish (175 Oaklawn Ave, Cranston at 6:00 p.m.  
Liturgy for the Annunciation of the Theotokos : Friday, March 25th:- St. Mary Church, Pawtucket at 9:00 a.m.

The Divine Liturgy on Lazarus Saturday, April 16th, will be celebrated at 9:00 a.m.

Palm Sunday is on April 17th

Holy Week starts on Sunday evening April 17th with the Bridegroom Service at 7:00 p.m.

Great and Holy Week: Monday, April 18th - Saturday, April 23rd

Great and Holy PASCHA (Easter) is April 24th

*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.*

### 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  
Offered by: Elie, Julia & Naji Karam

Nabil Khoury  
Fr. Elie, Kh. Rouba, Tala, Bassam & Chadi Estephan  
Najla Estephan  
Cindy Hayes  
Mary Massiwer  
Samy & Helen Morcos  
Saliba, Robin, Bianca, Michelle Saliba  
Offered by: Nabil & Salwa Khoury

Cindy Hayes  
Tony and Fadia Kabak  
Mary Massiwer  
Mack and Louise Megalli  
Mother Xenia Minihan  
Elmer and Cheryl Stanley and Family  
Madison Tucker  
Offered by: Michael, Nancy, Jacob & Victoria Muller

Samy Morcos  
Mary Massiwer  
Cindy Hayes  
Offered by: Lorice Hallal

Ray & Leila Trabulsi  
Offered by: Sandra Matook

Samy & Helen Morcos  
Dr. Nabil & Salwa Khoury  
Offered by: Walid & Mirna Nakhoul

Lorice Hallal  
Mary Massiwer  
Cindy Hayes  
Offered by: Elaine Wilbur



### IN LOVING MEMORY OF:

Janice Hallal  
Offered by: Her Loving Husband Ron

Fred Hashway  
Offered by: Elaine Wilbur

Al Hallal  
Offered by: Ron Hallal

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

Georges Karam- 5 Year Anniversary (March 28th)  
Offered by: his Loving Family

Leon Matook  
George Matook  
Offered by: Sandra Matook & Family

Lila & John Bargoot  
Offered by: Frederick & Beverly Bargoot



### ONLINE BULLETIN

The Bulletin is available online on our  
website at:

<http://stmarypawtucket.org>

### Coffee Hour

Today, Coffee Hour is being offered by Fadi & Hadeel Samaan & Sami Dahdal for the Health of their Families. Coffee Hour will be held at the Parish Center following Liturgy.

All are welcome to attend.



# GREAT LENT 2022

March 7th ~ April 24th (Holy Pascha)



## What is Lent?

Prayer ✝ Fasting ✝ Acts of Mercy

## 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



## THE SYNAXARION (Plain Reading)

On March 20 in the Holy Orthodox Church, we commemorate the holy fathers slain at the monastery of Mar Sabbas; and New-martyr Myron of Crete.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

### *Verses*

*The Spring of Light now leadeth to light unwaning  
The Light's own truly great and resplendent herald.*

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.

## Spring / Mother's Day Hafli

**Date: Saturday May 7, 2022**

**Time: 8:00 pm-1am**

**Place: St. Mary Parish Center**

**Singer: Salah Kurdi**

**Tickets : \$125.00 VIP / \$100 (regular ticket)**

**OPA- Maza & Full Dinner**

### **For Tickets contact:**

Fr. Elie (240) 205-9079

Walid Nakhoul (401) 692-1250

Ghassan Alarmani (781) 414-1091

Fouad Alzaibak (781) 888-4448



## 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.