

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



Sunday, March 22, 2026

Fourth Sunday of Lent:

1 The Commemoration of St. John of the Ladder

Saint Mary Antiochian Orthodox Church

"A parish of the Antiochian Orthodox Christian Archdiocese of North America"

Church Office hours: Monday– Friday 9am-2pm

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 SABA, 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 Cory Dupont**

Schedule of Services

<i>Sunday: Orthros (Matins)</i>	<i>9:00 a.m.</i>
<i>Sunday: Divine Liturgy</i>	<i>10:00 a.m.</i>
<i>Church School</i>	<i>11:15 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.

DIVINE LITURGY VARIABLES
SUNDAY, MARCH 22, 2026
TONE 8 / EOTHINON 8
FOURTH SUNDAY OF GREAT LENT
COMMEMORATION OF JOHN CLIMACUS,
AUTHOR OF “THE LADDER”

NEW HIEROMARTYR ZACHARIAH, METROPOLITAN OF CORINTH;
SOPHRONIOS, BISHOP OF IRKUTSK

****DIVINE LITURGY OF ST. BASIL THE GREAT****

During the Little Entrance, chant the Resurrectional Apolytikion. The Eisodikon (Entrance Hymn) is “O come, let us worship... save us, O Son of God, Who art risen from the dead...”
After the Little Entrance, chant these hymns in the following order:

RESURRECTIONAL APOLYTIKION IN TONE EIGHT

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

APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

TROPARION OF THE DORMITION: IN TONE ONE

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) IN TONE EIGHT

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.

THE EPISTLE

*Make your vows unto the Lord and perform them.
God is known in Judah; His name is great in Israel.*

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He could swear by no one greater, He swore by Himself, saying, “Surely blessing I will bless thee, and multiplying I will multiply thee.” And thus, having patiently endured, he obtained the promise. For people indeed swear by what is greater, and in every dispute of theirs the oath is final for confirmation. So when God, being minded to show more abundantly to the heirs of the promise the immutability of His counsel, He interposed it with an oath, that by two immutable things—in which it is impossible for God to lie—we might have a strong consolation, we, who have fled for refuge to lay hold of the hope that is set before us; a hope, which we have as an anchor of the soul, both sure and steadfast, and entering into “that which is within the veil,” where Jesus entered as a Forerunner on our behalf, having become a High Priest “forever according to the order of Melchizedek.”

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (9:17-31)

At that time, a man came to Jesus, kneeling down and saying unto him, “Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able.” And Jesus answered them, “O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me.” And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, “How long has he had this?” And he said, “From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us.” And Jesus said to him, “If you can believe, all things are possible to him who believes.” Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!” And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, “Why could we not cast it out?” And Jesus said to them, “This kind cannot be driven out by anything but prayer and fasting.” They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day.”



40-Day Memorial Service



A Forty-Day Memorial Service is being offered for the servant of God *Elizabeth McNeil* and is being offered by Her Loving Family. Coffee hour will be held in her memory following Liturgy.

May God grant her peace and may her memory be eternal

PRAYERS ARE BEING OFFERED FOR GOOD HEALTH AND BLESSING OF:

Mark Hashway
Barbara Samra
Sandra Conca
Offered by: Elaine Wilbur

Victoria Hallal
Offered by: Ron Hallal

Jacob, Maria, Sofia & Emilia Khoury
Nouhad Kardous
Linda Dvelis
Kristen Silva
Paul, Maureen & Mary Gurghigian
Offered by: Salwa Khoury

Paul, Maureen & Mary Gurghigian
Cindy Hayes & Family
Mack and Louise Megalli
Mother Xenia Minihan
Jacob Muller
Ronald Muller
Victoria Muller
Michelle Saliba
Kristen Anne Silva
Phil Spenard
Madison Tucker
Offered by: Michael & Nancy Muller

Kristen Silva & Family
Jacob Khoury & Family
Salwa Khoury & Family
Offered by: Linda Dvelis

Salwa Khoury
Jacob, Maria, Sophia, Emilia Khoury
Offered by: John & Anita Chamoun

Elizabeth Edes
Bryan Boulis & Family
Offered by: Fred Elliott



Phil Spenard
Sheri Turner and sons
Beth, Doug and Austin McGrath
Bria Bleasedale and Ricky Heng
Tom, Kelley and Connor Spenard
Joe, Kara and Colin Hunter
Sandra Matook and family
Paul Dagher
Kristen Silva
Charlene and Ed Faria
Cindy Hayes and family
Maureen and Paul Gurghigian
Mary Massiwer
Nora Matook and family
Offered by: Phil & Flo Spenard

Don, Lauren, Allie and Donald Joseph Hayes
Dan, Liz, Gabriella and Sophia Hayes
Sarah Hayes & Dan Hennigan
Offered by: Cindy Hayes

Mary Massiwer
Mauren, Paul & Mary Gurghigian
Mary & Bill Franklin & Family
Diane Andrew & Paul Bernier
Laura, Jim & Noelle Arrighi
John & Patricia Massiwer
Richard & Susan McNeil & Family
Flo & Phil Spenard & Family
Kristen Silva & Family
Jacob Khoury & Family
Marietta Foster & Family
Ray & Leila Trabulsi
Phil & Bette Ayoub
Faye McCray
Offered by: Cindy Hayes & Family

Richard and Susan McNeil & family
Mary Massiwer
Nora Matook
Janet and Philip Laffey & family
Elaine Gauthier
Offered by: Cindy Antypas

Very Rev. Constantine and Sharon Nasr

**PRAYERS ARE BEING OFFERED FOR
GOOD HEALTH AND BLESSING OF:**

Paul Gurghigian

Offered by: Maureen & Mary Gurghigian

Mary Massiwer and family

Cindy Hayes and family

Dan, Liz, Gabriella and baby Sophia Hayes

McNeil, Matook and Massiwer families

Flo and Phil Spenard

Salwa Khoury and family

Jacob and Maria Khoury and family

Kristin Silva and Linda Dvelis and family

Nancy and Michael Muller and family

Susan and Jim Harvey and family

Ray and Leila Trabulsi

Offered by: Paul, Maureen & Mary Gurghigian



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.

**PRAYERS ARE BEING OFFERED FOR
IN LOVING MEMORY OF:**

Janice Hallal

Offered by: Her Loving Husband Ron

Mary Hallal

Offered by: Her Loving Son Ron

Fred Hashway

Kevin Hashway

Lorice Hallal

Robert Laffey

Offered by: Elaine Wilbur

Fred & Adele Shwaery

Offered by: Linda Dvelis & Family

Nabil Khoury

George Kardous

Offered by: Salwa Khoury

Elizabeth McNeil

Scott Bleasdale

George and Alma Matook

Alan Matook

George Matook

Thomas Matook

Christopher Spenard

Arthur Placido

Offered by: Phil & Flo Spenard

Elizabeth McNeil

Offered by: Elaine Gauthier

Don Hayes

John Massiwer

Tom Andrew

Elizabeth McNeil

Departed members of the Matook Family

Offered by: Cindy Hayes & Family

Elizabeth McNeil

Evelyn and Dick McNeil

Cara Laffey

Robert Laffey

Offered by: Cindy Antypas

Very Rev. Constantine and Sharon Nasr

Elizabeth McNeil (40 day memorial)

Nicholas and Jane Matook

John Matook

Nicholas J Matook

Douglas Elkas

Russell Fortier

Offered by Darlene Elkas and Family

Elizabeth McNeil

Nicholas and Jane Matook

John Matook

Nick Matook

Offered by: Judy Fortier

Elizabeth McNeil

Evelyn and Richard McNeil

John Massiwer

Tom Andrew

Donald Hayes Sr.

Offered by: Paul, Maureen & Mary Gurghigian

GREAT LENT 2026

February 23rd ~ April 12th (Holy Pascha)



What is Lent?

Prayer † Fasting † Acts of Mercy

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.

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 2026

Great Lent began on February 23rd

The Service of Great Compline (St. Mary Church) will be held on Tuesday & Thursday evenings at 6:30 pm

The Liturgy of the Pre-sanctified Gifts will be held on Wednesday evenings at 6:30 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 6:30 pm with a pot-luck to follow.

The Divine Liturgy on Lazarus Saturday, April 4th will be celebrated at 10:00 a.m. with a luncheon following Liturgy.

Palm Sunday is on April 5th

Holy Week starts on Sunday evening April 5th with the Bridegroom Service at 6:30 p.m.

Great and Holy Week: Monday, April 6th- Saturday, April 11th

Great and Holy PASCHA (Easter) is April 12th

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.

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH

249 HIGH STREET, PAWTUCKET, RI 02860

Holy Week 2026 Schedule of Services

Saturday, April 4th

Lazarus Saturday

10:00 a.m. — Divine Liturgy
followed by luncheon hosted by
Church School

Sunday, April 5th

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 6th

Great and Holy Monday

6:30 p.m. — Bridegroom Service

Tuesday, April 7th

Great and Holy Tuesday

6:30 p.m. — Bridegroom Service

Wednesday, April 8th

Great and Holy Wednesday

6:30 p.m. — Sacrament of Holy
Unction

Thursday, April 9th

Great and Holy Thursday

10:00 a.m. — Divine Liturgy
6:30 p.m. — Service of the Twelve
Passion Gospels

Friday, April 10th

Great and Holy Friday

10:00 a.m. — Royal Hours
11:00 a.m. — Great Vespers of the
Taking Down of the Cross
6:30 p.m. — Service of the
Lamentations and Procession

Saturday, April 11th

Great and Holy Saturday

10:00 a.m. — Divine Liturgy
11:00 p.m. — Rush Service

Sunday, April 12th

Great and Holy Pascha

12:00 a.m. — Divine Liturgy
followed by Agape Breakfast
3:00 p.m. — Agape Vespers
(note time change)



Great Lent and Holy Pascha 2026 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:

In Loving Memory of:

Your name:

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 March 29th



Ladies Society News

Our Ladies continue the collection for our Warm Your Neighbors project. To date we have made several donations to local shelters in our area that minister to the homeless, those in need and the Domestic abuse shelter. We thank you for your continued help and support of the Ladies Society Outreach programs to our community.

We will be holding our Annual National Project Luncheon on Sunday March 29, 2026. The proceeds from this event go to support the Endowment for the Widow Clergy Wives of those pastors who have served our Archdiocese. We pray for them and are thankful for this program to aid them in their later years.

Lastly we are having our Annual Easter Bake to help fund Lorda's Tuition. Lorda is a young girl from Palestine who we are helping with Education Costs thru her graduation from High school. She is currently in fifth grade. We are blessed to have your continued support to help Lorda!



Annual Project Luncheon to support Widow Clergy Wives Endowment Sunday March 29, 2026

Donation \$12.00 Adults & Teens

Children Under 12 \$5.00 & Under 5 Free

Loubee/String Beans & Rice, Shrimp & Rice, Hummus, Salad
Pizza, Zataar, Dessert

Annual Easter Bake Sale

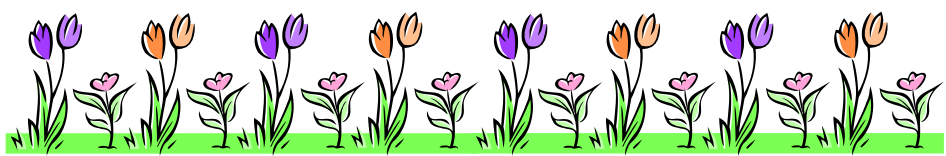
Sponsored by the Ladies Society for the Support of Lorda's School Tuition.
The last Day to Order is Sunday, March 29th. *We are only filling orders for this sale.*

If you would like to place an order, or have any questions- call/text Cindy Hayes (401)480-4306. *You may also place order forms in the tray on Sunday*

Pick up will be after Liturgy on Holy Saturday April 11th or at Pascha Pot-Luck.

<u>Item</u>		<u>Amount</u>	<u>Total</u>
Mamoul Dates	\$3.50 each	_____	_____
Graybee	\$3.50 each	_____	_____
Rolled Baklawa Walnuts	\$4.00 each	_____	_____
Rolled Baklawa Pistachio	\$4.00 each	_____	_____
Mamoul Walnut	\$3.50 each	_____	_____
Mamoul Pistachio	\$3.50 each	_____	_____
Kaik	\$12.00 Dozen	_____	_____
Total		Amount	_____

Name _____ Phone _____



Save the Date! Diocese PLC: June 20, 2026

**St. George Church, Lowell, MA
 More information coming soon!**



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).

◆ **Saturday, April 4th:**

Lazarus Saturday Retreat and Church School hosting:
Potluck Luncheon-(*everyone invited to attend*)
10am-2pm-Church School Lazarus Saturday Lenten Retreat



THE SYNAXARION (Plain Reading)

The celebration of his feast on this day arose from the custom prevalent in the honorable monasteries of starting Great Lent with the reading of his lessons. John describes the method of elevating the soul to God as ascending a ladder. He teaches those who seek salvation how to lay a firm foundation for struggles, how to detect and fight every passion, how to avoid demonic snares, and how to rise from the rudimental virtues to the heights of Godlike love and humility. John of the Ladder came to Mount Sinai at age 16 and remained there, first as a novice under obedience, then as a recluse, and finally as abbot until his eightieth year. One time, his disciple, Moses, fell asleep under the shade of a large stone. John, in prayer in his cell, saw that his disciple was in danger and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the stone tumbled. Had he not jumped, the stone would have crushed him. John Climacus died on March 30, 606. Through his intercessions, O Christ God, have mercy upon us. Amen.

Orthodox Vocabulary

Resurrection

RESURRECTION: The reunion of the soul and body after death which will revitalize and transform the physical body into a spiritual body. Jesus Himself is the firstfruits of perfect resurrection; He will never again be subject to death. Because He conquered death by His Resurrection, all will rise again: the righteous to life with Christ, the wicked to judgment. See John 5:28, 29; 1 Cor. 15:35-55.

God has surrounded the tongue with a double wall— with the barrier of the teeth and fence of the lips— in order that it may not easily and heedlessly utter words it should not speak.

~St. John Chrysostom



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



SAVE THE DATE

Feast Day Weekend (Mahrajan)

Saturday, August 15th & Sunday, August 16th

We are planning a Fun Weekend Music and Ethnic food such as SAJ, Zaater and Cheese, Shawarma, Falafel, Knafee, Hooka and much more.



Coffee Hour Update

Contact Ghassan Alarmani (Gus) to sponsor a coffee hour- (781)414-1091

For those who are sponsoring a coffee hour, the contribution is \$200, including food, paper goods and beverage.

Coffee Hour Sponsorships

Date:

Sponsored by:

Sponsored for:

March 22, 2026

Her Loving Family

Elizabeth McNeil (40 Day Memorial)

March 29, 2026

Ladies Society

Luncheon for the NAB Project,

“Endowment Fund for our Beloved Widow Clergy Wives”

April 5, 2026

not available

Palm Sunday

April 12, 2026

not available

PASCHA

April 19, 2026

Lindsey Chammas

Thankful for the Church Community

April 26, 2026

Church School

Pancake Breakfast (Camp Fundraiser)

May 3, 2026

Her Loving Family

Memory of Doha Geha Chamas

May 10, 2026

No Coffee Hour

May 17, 2026

Charitable Gift Program

Charitable Gift Participants

May 24, 2026

Sean & Kayla Joaseus

The Catechumens

May 31, 2026

Emile Sarkis & Family

The Health of Family

June 7, 2026

Will Small

Memory of Fr. Isaac

June 14, 2026

available for sponsorship

June 21, 2026

Salwa Khoury

Memory of Dr. Nabil Khoury

CEMETERY NEWS....

Dear Fellow Parishioners,

Now that spring is on the way, plans are being made for hydroseeding the bare spots at the cemetery as well as spreading fresh loam. This is a great opportunity for you to clear out the nasty weeds on your lot (s), and we will hydroseed that area so that new, “weed-free” grass will replace the unsightly areas. If you elect to do this, the clearing needs to be completed by April 15th; please take all debris with you.

Cemetery Committee

CHURCH CALENDAR

Sunday, March 22, 2026: John of the Ladder

Tuesday, March 24, 2026: 6:30P.M.- Service of the Great Compline

Wednesday, March 25, 2026: 6:30 P.M.– Liturgy of the Pre-sanctified Gifts

Thursday, March 26, 2026: 6:30P.M.- Service of the Great Compline

Friday, March 27, 2026: 6:30P.M.- Service of the Akathyst Hymn & Pot-Luck to follow

Sunday, March 29, 2026: Mary of Egypt

Luncheon for the NAB Project, “Endowment Fund for our Beloved Widow Clergy Wives”

Tuesday, March 31, 2026: 6:30P.M.- Service of the Great Compline

Wednesday, April 1, 2026: 6:30 P.M.– Liturgy of the Pre-sanctified Gifts

Thursday, April 2, 2026: 6:30P.M.- Service of the Great Compline

Saturday, April 4, 2026: 10:00am– Divine Liturgy on Lazarus Saturday

10am-2pm- Lazarus Saturday Church School Retreat & Luncheon (all invited to attend)
6:00 P.M.– Arabic Liturgy

Sunday, April 5, 2026: 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 6, 2026: Great and Holy Monday

6:30 p.m.- Bridegroom Service

Tuesday, April 7, 2026: Great and Holy Tuesday

6:30 p.m.- Bridegroom Service

7:30 p.m - Parish Council Meeting (**note date & time change**)

Wednesday, April 8, 2026: Great and Holy Wednesday

6:30 p.m.- Sacrament of Holy Unction

Thursday, April 9, 2026: Great and Holy Thursday

10:00 a.m.- Divine Liturgy

6:30 p.m.- Service of the Twelve Passion Gospels

Friday, April 10, 2026: Great and Holy Friday

10:00 a.m.- Royal Hours

11:00 a.m.- Great Vespers of the Taking Down of the Cross

6:30 p.m.- Service of the Lamentations and Procession

Saturday, April 11, 2026: Great and Holy Saturday

10:00 a.m.- Divine Liturgy

11:00 p.m.- Rush Service

Sunday, April 12, 2026: Great & Holy PASCHA

