

SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



Sunday, March 8, 2026

*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-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 08, 2026

TONE 6 / EOTHINON 6

SECOND SUNDAY OF GREAT LENT

COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA
THEOPHYLACT THE CONFESSOR, BISHOP OF NICOMEDIA; APOSTLE HERMAS
OF THE SEVENTY

****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 SIX

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 IN TONE EIGHT

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 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 (& 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

*O Lord, save Thy people, and bless Thine inheritance.
Unto Thee will I cry, O Lord my God.*

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

Thou, “O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.” But to which of the angels did He say at any time, “Sit on My right hand, until I make thine enemies a footstool for thy feet?” Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

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!”

**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

Maureen Gurghigian
Cindy Hayes
Offered by: Sandra Matook & Family

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
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

Elaine Wilbur
Joe and Marlene Samra
Barbara Samra
Linda Dvelis
Kristen Silva
J J Khoury
Salwa Khoury
Offered by: Ray & Leila Trabulsi

Elaine Wilbur
Joe & Marlene Samra
Barbara Samra
Sandra Conca
Offered by: Philip & Bette Ayoub



Cemetery information

If you are in need of a cemetery lot, please contact Flo Spenard at 508-930-6630 or Linda Dvelis at 401-749-1278. Please be aware that the cost of a lot which accommodates one or two people, has been updated.

**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
Lorice Hallal
Offered by: Salwa Khoury

Lorice Hallal
Offered by: Philip & Bette Ayoub

Lorice Hallal
Offered by: Susan Warzycha & Family

Lorice Hallal
Offered by: Patricia Kilsey & Family

Lorice Hallal
Offered by: Nora Abdelahad
Elaine Agaty
Sandra Matook & Family



Lorice
Edward
Joseph
Mary
Nora
Peter
Fred
Kevin
Russell
Offered by: Their Loving Family

Don Hayes
John Massiwer
Tom Andrew
Lorice Hallal
Offered by: Cindy Hayes

Lorice Hallal
Larry Orfaly
Offered by: Ray & Leila Trabulsi



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.

Coffee Hour

Today, Coffee Hour is being offered in memory of *Lorice Hallal* (2 years) by Her Loving Family. Coffee Hour will be held at the Parish Center following Liturgy.



GREAT LENT 2026

February 23rd ~ April 12th (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



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.

Ladies Society News

March is Antiochian Women Ladies Month and the Ladies of our Parish will be Reading the Epistle, Collecting Trays, Ushering during Liturgy thru the month of March. We also will be having a Luncheon for the NAB Project, "Endowment Fund for our Beloved Widow Clergy Wives". This Luncheon will be held on Sunday March 28th following liturgy.

First, I want to thank everyone for their support of our Annual Souper-Bowl of caring fundraiser. We raised over \$700 for our Box Lunch Program.

As we are beginning Great Lent we have many exciting things happening with the Antiochian Women/Ladies Society and our church.

Second, We will be collecting items for our Warm Your Neighbor program through March. Hats, Gloves, Coats, Socks, Sweatshirts/pants, Hand Warmers, Blankets and toiletries can be brought to the collection box in the Parish Center.

We also will be having a Bake Sale for Lorda's Tuition.

Lastly, the season of Lent affords us many opportunities for increasing our Spiritual life through fasting, Prayer and almsgiving. We are hosting the Sunday of Orthodoxy program with the Rhode Island Orthodox Clergy on Sunday March 1st at 6PM with a coffee hour following at our Parish Center. We also will be having Compline and Presanctified Liturgy each Wednesday and the Akathist Hymns to the Theotokos on Fridays following with a Potluck dinner and speakers on some evenings. Please plan to attend these services and help when asked to bring a dish to potluck or to Usher/read, etc.

Thank you,
Cindy Hayes





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).

◆ 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)

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 hierarch, a theologian who defeated the heretics of his era, 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.

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: Salwa Khoury
Treasurer: Bassam Zankul
Secretary: Cindy Hayes



Parish Council Members: Ghassan Alarmani, Betty Bennett, Rossy Delgado, Megan Duncan, Cory Dupont, Linda Dvelis, Matthew Kelley, Mikhail Mekler, Maria Saad, Will Small & Florence Spenard

May God bless them, strengthen and guide them, that together with their Pastor, Fr. Elie, they may in unity and concord under take their Ministry to the Glory of God.

St. Mary Church would also like to thank outgoing members of the Parish Council Emile Sarkis & Fred Kilsey for their hard work and dedication throughout their terms.

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

<u>Date:</u>	<u>Sponsored by:</u>	<u>Sponsored for:</u>
March 8, 2026	Her Loving Family	Memory of Lorice Hallal (2 years)
March 15, 2026	Dr. Zeyad Morcos & Family	Marie Haddad (40 Day Memorial)
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	<i>not available</i>	Palm Sunday
April 12, 2026	<i>not available</i>	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

CHURCH CALENDAR

Sunday, March 8, 2026: Sunday of Gregory Palamas

Daylight Savings Time begins

Tuesday, March 10, 2026: 6:30P.M.- Service of the Great Compline

7:00 P.M.– Parish Council Meeting

Wednesday, March 11, 2026: 6:30 P.M.– Liturgy of the Pre-sanctified Gifts

Thursday, Marcy 12, 2026: 6:30P.M.- Service of the Great Compline

Friday, March 13, 2026: 6:30P.M.- Service of the Akathyst Hymn & Pot-Luck to follow

Sunday, March 15, 2026: Veneration of the Cross

Tuesday, March 17, 2026: 6:30P.M.- Service of the Great Compline

Wednesday, March 18, 2026: 6:30 P.M.– Liturgy of the Pre-sanctified Gifts

Thursday, Marcy 19, 2026: 6:30P.M.- Service of the Great Compline

Friday, March 20, 2026: 6:30P.M.- Service of the Akathyst Hymn & Pot-Luck to follow

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)



Palm Sunday– April 5th

PASCHA– April 12th

Save the Date! Diocese PLC June 20, 2026

St. George Church in Lowell will host the Diocese PLC on Saturday June 20, 2026. Location and more details to come soon!