

Great Lent and Its Opportunities

By Monk Moses the Athonite

The period before Pascha which we are going through gives birth, or should give birth, to a special feeling within us. The most beautiful and solemn hymnography of this period, the many liturgical occasions, and the Lenten fast are calling us to assemble ourselves. To stoop within us, to figure out our problems, to self-evaluate towards a sincere repentance. Many people do not want to acknowledge the meaning of these days, continuing along in their monotonous life. Although they say life is tiring them, they do not take one step towards an essential change.

They do strict diets, but they don't fast. They go to psychologists, and sit in front of the television and computer for hours, but they don't go to confession nor to church. We are afraid to look ourselves in the eyes. We systematically avoid this, causing anxiety within ourselves. Great Lent works like an X-Ray machine, like a photographic camera, like a mirror. Somehow we consider it repulsive, because it reveals our hidden reality.

Today's spirit of consumerism, comfort and pride leaves man a prisoner of the many unnecessary things that have filled his life. Great Lent is a halt to this routine and a transfiguration. A prayer said in the divine services during Great Lent written by Ephraim the Syrian, urges us to abandon sloth, curiosity, love of power and idle talk and gain wisdom, humility, patience and love. This beautiful and meaningful prayer ends by asking God: "Grant me to see my own faults and not to judge my brother." That is, to abandon gossip, over-analyzing, and the strict and continuous judgement of others, and to turn within ourselves, correcting our own mistakes. Great Lent wants us to focus on ourselves and contribute to the healing of our spiritual diseases, which darken our minds and make our lives difficult and bitter.

If we reach this self-knowledge and repentance, then Great Lent will not be a gloomy and barren time for us, or a simple time to fulfill our "moral duties", but an opportunity to soften our hardened hearts, which will lead us to the love for people and the love for God.

Let us not lose this opportunity offered once again by the Great Fast. In the Church, our problems find their solution. The cold winter is followed by spring. The clouds are never permanent, but afterwards the sunshine is much better. And now, as a wonderful troparion says, it is the "time of repentance and the hour for prayer."



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*A Parish of the Diocese of Miami and the Southeast,
Antiochian Orthodox Archdiocese of North America*

Worship Guide and Bulletin – March 31, 2024



"... the passion for popularity brings such injury upon those it masters that it shipwrecks faith itself. Our Lord confirms this when He says, 'How can you have faith in Me when you receive honor from one another and do not seek for the honor that comes from the only God?'" (cf. John 5:44).

+Saint Gregory Palamas

Welcome!

Whether you are a parishioner or a visitor, we are glad you have chosen to pray with us at Saint Mary's. As a friendly reminder, please observe the following upon entering the church for prayer.

- If you arrive after the services begin, try to enter the Church quietly and observe what is happening. Try not to interrupt the service by your entrance.
- Please silence your cellular telephones.
- Please place your offerings in the basket on the counter in the Church Narthex (Entrance), or the Offering Tray when passed.
- You are invited join us in the Banquet Hall for coffee and refreshments following the Sunday Divine Liturgy.

Divine Liturgy Variables for the Second Sunday of Great Lent Commemoration of Saint Gregory Palamas

The Divine Liturgy of St. Basil the Great is celebrated on this day. The service text may be found beginning on page 91 in the Red Service Book in the pews. The 'Anaphora Prayers' usually found on pages 111-119 in the Red Service Book, can be found on pages 134-143.

Apolytikon for the Resurrection in Tone

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.

Apolytikon of Saint Gregory Palamas in 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.

Apolytikion of the Church (Dormition) in 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.



During Great Lent the regular schedule of weekly services will include:

Great Compline - (Great) "Compline" means "at the end of the day," and is a service of Psalms, prayers and supplications that reflect on the day and asking God's guidance and blessing on the night ahead.

Presanctified Liturgy - Is the solemn Lenten Vespers and Prayers with Holy Communion. There is no consecration of the eucharistic gifts at the Presanctified Liturgy. Holy Communion is given from the eucharistic gifts sanctified during the Divine Liturgy of the previous Sunday.

Akathist Hymn - The "Akathist Hymn to the Mother of God" is so named because "the word 'akathistos' or in Arabic 'Madayeh,' literally means 'not sitting,' i.e., standing; The hymns, poetic in nature, are an inspired means of expressing gratitude and praise to the Mother of God for what she has accomplished for our salvation."

In addition to the above services, **Saturday Great Vespers** and **Sunday Matins and Divine Liturgy** will be prayed.

3rd Week of Great Lent Service Schedule

Sunday, March 31st
Second Sunday of Lent
'Saint Gregory Palamas'

- ♦ *Matins* - 8:50 PM
- ♦ *Divine Liturgy* - 10:00 AM

Monday, April 1st

- ♦ *Great Compline Service* - 6:30 PM

Wednesday, April 3rd

- ♦ *Presanctified Liturgy* - 6:30 PM

Friday, April 5th

- ♦ *Little Compline and 3rd Akathist Hymn (Madayah)* - 6:30 PM

Saturday, April 6th

- ♦ *Great Vespers Service* - 6:30 PM

Sunday, April 7th
Third Sunday of Lent
'Veneration of the Cross'

- ♦ *Matins* - 8:50 PM
 - ♦ *Divine Liturgy* - 10:00 AM
- Procession of the Cross will take place at the conclusion of the Liturgy.*

During Great Lent, Fr. Peter will be available for Confession 30 minutes prior to the start of the evening services, or by appointment.

Great Lent & Holy Week Needs

Donations are needed to help offset the cost of the following needs for Great Lent and Holy Week:

- Flowers to decorate the Cross and distributed on the 3rd Sunday of Lent: \$150.00
- Palms & Pussy Willows for Palm Sunday: \$150.00 **DONATED!**
- Flowers for Tomb for Great and Holy Friday: \$750.00
- Donations towards Potted Plants for Holy Friday and Pascha (Easter Lilies, Orchids, Peace Lilies, etc)
- Olive Oil for Holy Wednesday Unction Service: **DONATED!**
- Altar Wine: \$200.00

All donations may be offered for the good health of, or memory of loved ones, and will be acknowledged in the Pascha Bulletin. Please see Fr. Peter or Sam Pasley to donate.

Online Donations

In addition to making your donations to Saint Mary's by using the Sunday Offering Envelopes, mail, or Paypal, the church offers 'Zelle' as an online means of fulfilling your 2024 Annual Giving. To use Zelle, please access it through your online bank to: stmarywpbfinance@gmail.com.



Lenten Prayer of Saint Ephrem

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

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But give rather the spirit of chastity, humility, patience, and love to Thy servant.

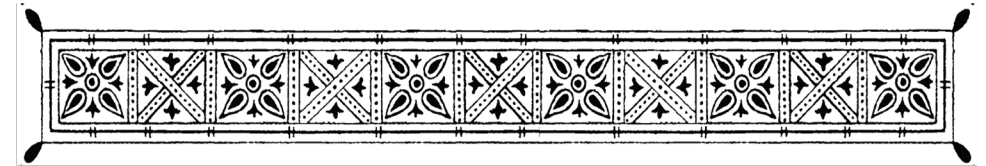
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Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.

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Kontakion for the Sundays of Great Lent in 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.



THE EPISTLE AND GOSPEL READINGS

The Epistle

Verse: The Lord is my strength and my song. The Lord has chastened me severely.

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?

الرسالة (للأحد الثاني من الصوم)

قَوَّتِي وَتَسْبِحْتِي الرَّبِّ. أَدْبَاباً أَتَدْبِنِي الرَّبِّ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ.

"أَنْتِ يَا رَبُّ فِي الْبَدْءِ أَسَسْتِ الْأَرْضَ، وَالسَّمَاوَاتِ هِيَ صُنْعُ يَدَيْكَ. هِيَ تَرُزِلُ وَأَنْتِ تَبْقَى وَكُلُّهَا تَبْلَى كَالثَّوْبِ. وَتَطْوِيهَا كَالرِّدَاءِ فَتَتَغَيَّرُ، وَأَنْتِ أَنْتِ وَسِنُوكِ لَنْ تَفْنَى." وَلِمَنْ مِنَ الْمَلَائِكَةِ قَالَ قَطُّ "إِجْلِسْ عَن يَمِينِي حَتَّى أَجْعَلَ أَعْدَاءَكَ مَوْطِناً لِقَدَمَيْكَ؟" أَلَيْسُوا جَمِيعُهُمْ أَرْوَاحاً خَادِمَةً تُرْسَلُ لِلْخِدْمَةِ مِنْ أَجْلِ الَّذِينَ سَيَرِثُونَ الْخَلَاصَ؟ فَلِذَلِكَ يَجِبُ عَلَيْنَا أَنْ نُصْغِيَ إِلَى مَا سَمِعْنَاهُ إِصْغَاءً أَشَدَّ لئَلَّا يَسْرَبَ مِنْ أَدْهَانِنَا. فَإِنَّهَا إِنْ كَانَتِ الْكَلِمَةُ الَّتِي نُطَقُ بِهَا عَلَى أَلْسِنَةِ مَلَائِكَةٍ قَدْ ثَبَّتَتْ، وَكُلُّ تَعَدٍّ وَمَعْصِيَةٍ نَالَ جَزَاءً عَذَاباً. فَكَيْفَ نُفْلِحُ نَحْنُ إِنْ أُهُمَلْنَا خَلَاصاً عَظِيماً كَهَذَا؟ قَدْ ابْتَدَأَ النَّطْقُ بِهِ عَلَى لِسَانِ الرَّبِّ، ثُمَّ ثَبَّتَهُ لَنَا الَّذِينَ سَمِعُوهُ.

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!"



Winter / Spring Catechism Classes

Catechism Classes will be offered each Tuesday for inquirers, catechumens and those interested in learning more about the Orthodox Faith. Each class will be 1 hour in duration. Classes will be from 7:00 to 8:00 PM, in the Conference Room.

Tuesday, March 5th

- ◇ Life as an Orthodox Christian; Salvation: "What must I do to be saved?"

Tuesday, March 12th

- ◇ We pray what we believe: The Nicene Creed; The Bible

Tuesday, March 19th

- ◇ The role of the Virgin Mary and the Saints.

Tuesday, March 26th

- ◇ Overview of the Ecumenical Councils; The 1054 Schism until today.

Tuesday, April 2nd

- ◇ Sacraments of Baptism, Chrismation, Unction and Marriage.

Tuesday, April 9th

- ◇ Sacraments of Confession (and Spiritual Guidance), Communion and Ordination.

Tuesday, April 16th

- ◇ Liturgical Worship and Daily Prayers.

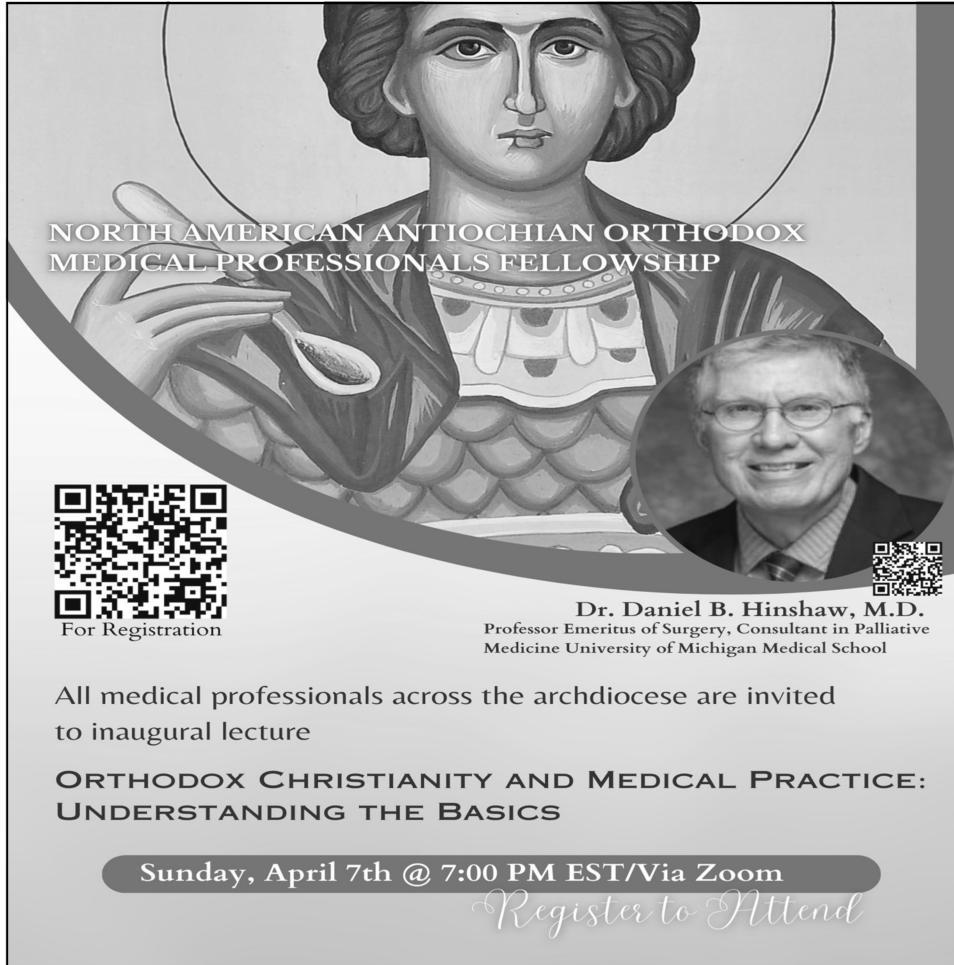
Tuesday, April 23rd

- ◇ Orthodox Praxis; Prayer, Fasting, Almsgiving; Traditions.



"Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory."

Isaiah 6:3



NORTH AMERICAN ANTIOCHIAN ORTHODOX
MEDICAL PROFESSIONALS FELLOWSHIP

Dr. Daniel B. Hinshaw, M.D.
Professor Emeritus of Surgery, Consultant in Palliative
Medicine University of Michigan Medical School

For Registration

All medical professionals across the archdiocese are invited
to inaugural lecture

**ORTHODOX CHRISTIANITY AND MEDICAL PRACTICE:
UNDERSTANDING THE BASICS**

Sunday, April 7th @ 7:00 PM EST/Via Zoom

Register to Attend

With the blessing of His Eminence Metropolitan Saba, the newly formed North American Antiochian Orthodox Medical Professionals Fellowship will host its inaugural lecture on Sunday, April 7 at 7:00 PM.

Daniel B. Hinshaw, M.D., will speak via Zoom about "Orthodoxy Christianity and Medical Practice: Understanding the Basics."

The lecture is free and open to all medical professionals in our parish.

فَصَلِّ شَرِيفًا مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

في ذلك الزمان، دَخَلَ يَسُوعُ كَفَرْنَاحُومَ وَسَمِعَ أَنَّهُ فِي بَيْتِ. فَلِلْوَقْتِ اجْتَمَعَ كَثِيرُونَ، حَتَّى أَنَّهُ لَمْ يَعُدْ مَوْضِعٌ وَلَا مَا حَوْلَ الْبَابِ يَسَعُ، وَكَانَ يُخَاطِبُهُمْ بِالْكَلِمَةِ. فَأَتُوا إِلَيْهِ بِمُخَلَّعٍ يَحْمِلُهُ أَرْبَعَةً. وَإِذْ لَمْ يَقْدِرُوا أَنْ يَقْتَرِبُوا إِلَيْهِ لِسَبَبِ الْجَمْعِ، كَشَفُوا السَّقْفَ حَيْثُ كَانَ. وَبَعْدَ مَا تَقَبَّوهُ، دَلُّوا السَّرِيرَ الَّذِي كَانَ الْمُخَلَّعُ مُضْطَجِعًا عَلَيْهِ. فَلَمَّا رَأَى يَسُوعُ إِيمَانَهُمْ، قَالَ لِلْمُخَلَّعِ: يَا بُنَيَّ، مَغْفُورَةٌ لَكَ خَطَايَاكَ. "وَكَانَ قَوْمٌ مِنَ الْكُتَّابَةِ جَالِسِينَ هُنَاكَ يُفَكِّرُونَ فِي قُلُوبِهِمْ "مَا بَالُ هَذَا يَتَكَلَّمُ هَكَذَا بِالتَّجْدِيفِ؟ مَنْ يَقْدِرُ أَنْ يَغْفِرَ الْخَطَايَا إِلَّا اللَّهُ وَحْدَهُ؟" فَلِلْوَقْتِ عَلِمَ يَسُوعُ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هَكَذَا فِي أَنْفُسِهِمْ، فَقَالَ لَهُمْ: لِمَاذَا تُفَكِّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟ مَا الْأَيْسَرُ أَنْ يُقَالَ "مَغْفُورَةٌ لَكَ خَطَايَاكَ" أَمْ أَنْ يُقَالَ "قُمْ وَاحْمِلِ سَرِيرَكَ وَامْشِ؟" وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا. فَقَالَ لِلْمُخَلَّعِ "لَكَ أَقُولُ، قُمْ وَاحْمِلِ سَرِيرَكَ وَادْهَبْ إِلَى بَيْتِكَ." فَقَامَ لِلْوَقْتِ وَحَمَلَ سَرِيرَهُ وَخَرَجَ أَمَامَ الْجَمِيعِ، حَتَّى دَهَشَ كُلُّهُمْ وَمَجَّدُوا اللَّهَ قَائِلِينَ "مَا رَأَيْنَا مِثْلَ هَذَا قَطُّ".

- *The Divine Liturgy of St. Basil the Great continues as usual with the following variables.*

Saint Basil Divine Liturgy Megalynarion (*sung instead of 'It is truly meet...'*)
All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

After receiving Communion, please read the 'Prayers of Thanksgiving After Holy Communion' on pages 128-131 in the Red Service Book in the pews.



Offerings for March 31st

Holy Bread Offered

- ◇ For the good health and spiritual well-being of the Ladies of Saint Mary in commemoration of Antiochian Women Month.

Weekly Altar Candle

- ◇ In glory of the Most Holy Trinity: Father, Son, and Holy Spirit.

***If you would like to offer a Weekly Altar Candle, or Holy Bread for a Divine Liturgy, please speak with Fr. Peter. (A minimum donation of \$10.00 (Altar Candle), and \$30.00 (Holy Bread) is requested.)*

The Month of March is Antiochian Women's Month

Each year, our Archdiocese sets aside the month of March as 'Antiochian Women Month' to acknowledge the good works and the important role the women have in our churches. Today, the following Ladies from Saint Mary will be reading the Epistle, serving as Ushers, and hosting Coffee Hour.



A beautiful way to celebrate an occasion, honor a loved one's memory or simply show your love for Saint Mary's is to host a Sunday Coffee Hour. It is also a great way to contribute to our parish fellowship. Please speak with Jane Pasley of Khouryia Myriam for more details and to host a Coffee Hour.

Coffee Hour is hosted by Pam Weidman as part of Antiochian Women Month. All proceeds will go towards the 'Widowed Clergy Wives Endowment.'

Food For Hungry People Boxes

"A poor man when he reaches out to you does not beg, but offers you the Kingdom of God." Elder Arsenie Papacioc of Romania

As we prepare to enter the season of Great Lent, our archdiocese embarks upon the 50th Anniversary of the Food For Hungry People and Charitable Outreach Ministry. In addition to our fasting and prayer, almsgiving - remembering the poor - is part of our Lenten discipline. FFHP Alms Boxes have been placed in the Church Narthex to assist in your giving of alms. Please take one home with you.

Your Prayers Are Requested

For the Living

"Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord." James 5: 14

For the Good Health of the Servants of God: Archpriest Michael & Matushka Annette Zaparyniuk, Michael, Priest Andrew Short, Sub-Deacon William Hall, Jodet Rae, Leon & Judy Chalhub, Johnny & Joyce Chalhub, Raouf Saballeil, Sabah Shalhoub, Alice Kelly, Anne-Marie Gargoura, Eugenia, Joseph Matouk, George Matouk, Nadine Smith, Yulieth Vasquez, Elena Sora.

For the Shut-ins of our Church Community: Gloria Yedlinsky, Zakia Salloum.

For peace in the Middle East; the Ukraine and throughout the world.

For all Christians and people suffering from violence, war, persecution, captivity, hunger, and homelessness throughout this world.

For those serving in our armed forces here and abroad: Christopher Smith, Jonathan Shportun, Alexios Gavrilos.

For the Departed

"With the spirits of the righteous made perfect, give rest O Lord to the souls of Thy servants..."

Panagiotis (Peter) Ziros (1/5/24), Florence Esper (12/8/23), Roy Samra (9/13/23), Gail Camileri (6/26/23), Angie Smith (6/23/23).

Seven Day Prayer Candles

- ◇ Leon & Judy Chalhub for safety of all those who are travelling this week.
- ◇ Safwat Fahmy for the health of Andrew, Maria, Thomas, Safwat.
- ◇ For the restoration of good health of Yulieth Vasquez.

When offering a Seven Day Prayer Candle, please list only the names that you are praying for, and are asking the church community to pray for. Please do not include greetings, birthday and anniversary wishes, etc.

