

From the Front Cover

The life of many of us in this world is such that gradually, over the years, we bow down under the weight of the burden laid upon us. It can be the burden of earthly concerns, experiences, and intractable problems; it can be the cross that we carry on our shoulders: illness that befalls us, trials that overtake us; it can be sins with which we do not have the strength to cope. We bow down under the weight of all this.

Sometimes it seems to us that, apart from this difficult earthly situation in which we find ourselves, nothing more exists on earth. The bowed woman, until the Lord healed her, saw only the patch of ground beneath her feet. In just the same way, we often are incapable of seeing anything that is higher than us, or even that which is on the same level with us, but rather see only that which is under our feet. Bowed down to the earth, we do not see heaven.

Coming to church, we have the opportunity to come into contact with this higher, other reality in our own living experience. The Church helps us to be spiritually strengthened, to forget about the earth, and to remember heaven, turning us away from the material and the here and now, and joining us to the spiritual and the "there."

By healing the bowed woman, the Lord Jesus Christ shows us what He awaits from each one of us. He awaits for us to stand before Him at our full height, that we should grow, in the words of the Apostle Paul, "unto the measure of the stature of the fulness of Christ" (Ephesians 4:13); The Lord wants us to remember our lofty and heavenly calling: to be children of God, to be inhabitants of the Kingdom of God.

The Church gives us new strength for us to grow spiritually, to ascend from "strength to strength," becoming more and more straightened out, and becoming all the less mindful of earth and appealing more to heaven. The closer man is to God, the more he feels his own sinfulness, but he simultaneously grows towards and feels God's closeness. And then repentance becomes joyful, like recovery after a long illness, as a straightening up after many years of being abnormally bowed down.



Christ Healing the Woman with Infirmary

Saint Mary Orthodox Church of West Palm Beach

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

The Very Reverend Father Peter Shportun, Priest /Pastor

Church Address: 1317 Florida Mango Road, West Palm Beach, Florida 33406
(561) 965-5007 (Church Office) (561) 632-7066 (Fr. Peter's Cellular)

Email: stmaryschurch@bellsouth.net Website: stmaryschurchwpb.org

Church Office Hours: Tuesday - Friday 10:30 AM to 2:30 PM, by appointment
Banquet Hall Rentals: Maribel Perez - (561) 721-5696

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 table 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.



"But when the time had fully come, God sent forth his Son, born of a woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons." Galatians 4:5

Schedule of Services for Theophany

Friday, January 5th

Great and Royal Hours for Theophany at 9:00 AM

Saturday, January 6th

Festal Orthros at 8:45 AM

Festal Divine Liturgy 10:00 AM

Great Sanctification of Waters follow the Divine Liturgy



Put Aside Conflict

By Abbot Tryphon

The holiday season increases the stress level of many family members. This stress tends to increase conflict, often leading to angry exchanges between people who normally really care about each other. Interaction with acquaintances and family members who are not usually a part of our everyday lives, together with holiday shopping obligations, can lead to increased tension.

Husbands and wives can find themselves arguing about petty things, children can become disobedient, and family arguments can overwhelm the peace that should reign during the holy season of the Fast and the upcoming Nativity celebrations. Good friendships can end because of political divides that are fomented by the tension that arises during times like this.

Sometimes one little remark from a visiting relative can open old wounds, leading to a family argument. Adult children can find themselves acting like angry teenagers with one critical word from a visiting parent, leading to a meltdown and ruining a family dinner. An old friend can share a differing political view that causes a meltdown, leading to a mini civil war.

It is during the Nativity season that we need to be vigilant, guarding our words and keeping our emotions intact. The Nativity season should be a time when we work harder at keeping the peace, guarding our heart, and letting Christ rule our words and thoughts. We must not let the celebration of the birth of our salvation be trampled upon by our ego. We must make sure Christ is glorified in our speech, our actions, and our thoughts.

Let us make this season one in which we treat all our family members, friends, and coworkers with extra respect and love. We must let Christ increase in our hearts, while making ourselves decrease.



Church Services at Saint Mary

- ♦ Sunday: Matins at 8:50 AM; Divine Liturgy at 10:00 AM
 - ♦ Wednesday: Vespers at 6:30 PM
- ♦ Confessions: Sunday 8:30 to 8:50 AM; Wednesday 6:00 to 6:30 PM; or by appointment with Fr. Peter

Tuesday, December 19th

Feast of Saint Ignatius of Antioch
Vesperal Divine Liturgy at 6:30 PM



Schedule of Services for the Feast of the Nativity

Friday, December 22nd

Great and Royal Hours for the Nativity at 9:00 AM

Sunday, December 24th

(Morning – Sunday before the Nativity)

Matins at 8:50 AM; Divine Liturgy at 10:00 AM

(Christmas Eve - Feast of the Nativity of our Lord)

Festal Matins at 6:45PM; Festal Divine Liturgy at 8:00 PM

Traditional Christmas Carols will follow the
Christmas Eve Divine Liturgy

No Church Services on Christmas Day

Monday, January 1st

Feast of Saint Basil the Great and the Circumcision of our Lord
Divine Liturgy of Saint Basil the Great at 9:00 AM

Twenty-Seventh Sunday after Pentecost & Tenth Sunday of Luke
+Martyrs Menas, Eugephos & Hermogenes of Alexandria;
+Venerable Thomas Dephourkinos of Bithynia

Divine Liturgy Variables for December 10th

The Divine Liturgy of St. John Chrysostom is celebrated on this day. The service text may be found beginning on page 91 in the Red Service Book in the pews.

- Sung during and immediately following the Entrance of the Gospels

Resurrectional Apolytikon in Tone 1

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 of Saints Menas, Eugephios & Hermogenes in Tone 8

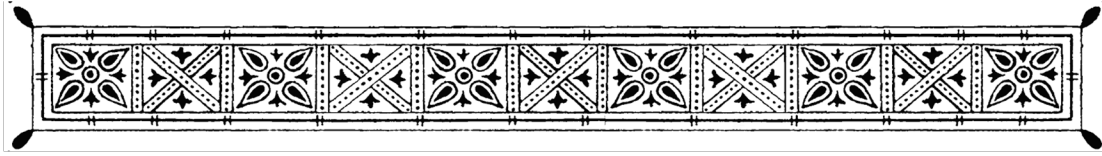
Since they had slain through their abstinence and struggles * the fiery ragings and fierce motions of the passions, * the staunch Martyrs of Christ God laid hold on the graces * to drive off the pains and illnesses of the sick * and work wonders both while living and after death. * Strange indeed is the miracle: * that these bare bones should pour forth * such overflowing streams of cures. * Glory be to our only God.

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.

Kontakion for the Preparation of the Nativity of Christ in Tone 3

On this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the gladsome tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is God.



THE EPISTLE AND GOSPEL READINGS

The Epistle (For the Twenty-Seventh Sunday after Pentecost)

Verse: The Lord is my strength and my song. With chastisement hath the Lord chastened me.

The Reading from the Epistle of St. Paul to the Ephesians. (6:10-17)

Brethren, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. Therefore, take the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand, therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the equipment of the gospel of peace; besides all these, taking the shield of faith, with which you can quench all the flaming darts of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

الرسالة

(لِلأَحَدِ السَّابِعِ وَالْعِشْرِينَ بَعْدَ الْعَنْصَرَةِ)

قَوَّتِي وَتَسْبِخْتِي الرَّبَّ. أَدَبًا أَتَدْبِي الرَّبَّ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِّيسِ بُولُسِ الرَّسُولِ إِلَى أَهْلِ أَفَسُسَ.

يا إخوة، تَقَوُّوا فِي الرَّبِّ وَفِي عِزَّةِ قُدْرَتِهِ. البسوا سلاحَ اللَّهِ الْكَامِلِ لِتَسْتَطِيعُوا أَنْ تَقِفُوا ضِدَّ مَكَايِدِ إبليس. فَإِنَّ مُصَارَعَتَنَا لِنَيْتٍ ضِدَّ دَمٍ وَلَحْمٍ، بَلْ ضِدَّ الرِّئَاسَاتِ، ضِدَّ السَّلَاطِينِ، ضِدَّ وِلَاةِ الْعَالَمِ، عَالَمِ ظُلْمَةِ هَذَا الدَّهْرِ، ضِدَّ أَجْنَادِ الشَّرِّ الرُّوحِيَّةِ فِي السَّمَاوَاتِ. فَلِذَلِكَ اأْمْلُوا بِسِلَاحِ اللَّهِ الْكَامِلِ لِتَسْتَطِيعُوا الْمَقَاوِمَةَ فِي الْيَوْمِ الشَّرِيرِ، حَتَّى إِذَا تَمَمْتُمْ كُلَّ شَيْءٍ تَنْبُتُونَ. فَانْبُتُوا إِذَنْ مُنْطَبِقِينَ أَحْقَاءَكُمْ بِالْحَقِّ، وَلَا يَسِينُ دِرْعُ الْبِرِّ. وَأَنْعِلُوا أَقْدَامَكُمْ بِاسْتِعْدَادِ إِنْجِيلِ السَّلَامِ. وَاحْمِلُوا غُلَاوَةً عَلَى كُلِّ ذَلِكَ ثُرْسَ الْإِيمَانِ الَّذِي بِهِ تَقْدِرُونَ أَنْ تُطْفِئُوا جَمِيعَ سِهَامِ الشَّرِّيرِ الْمُتَهَبَةِ. وَاتَّخِذُوا خُوْدَةَ الْخَلَاصِ وَسَيْفَ الرُّوحِ الَّذِي هُوَ الْكَلِمَةُ.

His Eminence
The Most Reverend
Metropolitan SABA



Archbishop of New York
and Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

Prot. no.: 462/2023

December 10, 2023

Beloved Brother Hierarchs, Reverend Clergy, and Christ-Loving Faithful,

Today we gratefully recognize all our dedicated and faithful church musicians, who lead us in singing God's praises, filling our hearts and minds with angelic melodies.

In last Sunday's Epistle, we heard this admonition from St. Paul: "Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart" (Eph. 5:19). There is a hollow and disappointing camaraderie found in drinking parties, where people are filled with alcohol and belt out unprofitable songs. However, true joy and brotherhood come from being filled with the Holy Spirit and singing holy songs together with all our heart. Such spiritual fellowship brings us closer to God and creates edifying bonds with one another. Unlike intoxication and carousing, it truly lightens our spiritual burdens, bringing us joy and peace that will not disappoint. This is the blessing and ministry of sacred music within our archdiocese.

On this Musician Appreciation Sunday, we extend heartfelt thanks to Ms. Marcena Boosamra-Ball and all the members of our archdiocesan Department of Sacred Music, for their tireless efforts in support of this holy ministry. We also gratefully honor the dedication of all the choir directors, chanters, and choir members in parishes throughout the archdiocese, who faithfully present their time and talents, week after week, as priceless gifts to Christ and His Church.

Wishing you and your families a blessed remainder of the fast and a joyous Feast of the Nativity of our Lord Jesus Christ, I remain,

Your Father in Christ,


SABA

Archbishop of New York and Metropolitan of All North America

"The disciples were first called Christians in Antioch" (Acts 11: 26)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

Ladies Christmas Dinner

The Ladies Society Christmas Dinner will be at Grande Bella Cucina (4580 Donald Ross Rd, Palm Beach Gardens., on Friday, December 15th, at 6:30 PM. The dinner will include a choice of: Fish of the Day, Shrimp Scampi, Chicken Marsala, Eggplant Parmesan, Lasagna (Bolognese or Veggie); Salad; Dessert; a glass of Wine or Soda. The cost is \$33.00 (includes taxes and gratuity). To reserve a spot, please see Carol Sara.

Online Donations

Thank you for your continued donations to your Saint Mary’s Church. In addition to giving by Sunday Offering Envelopes, or by mail, the church offers Zelle as an online means of fulfilling your ‘**Annual Pledge.**’ To use Zelle, please access it through your online bank to: stmarywpbfinance@gmail.com.

In addition to making donations toward your annual pledge to the church, you may also donate towards our ongoing church facilities renovations, and various ministries.

Paypal continues as an option for those who wish to donate online.

For questions and information, please speak with our Parish Council Treasurer Sam Pasley.

The Gospel (For the Tenth Sunday of Luke)

The Reading is from the Holy Gospel according to St. Luke. (13:10-17)

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, “Woman, you are freed from your infirmity.” And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, “There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day.” Then the Lord answered him, “You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?” As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.

الإنجيل (للالحد العاشر من لوقا)

فصل شريف من بشارة القديس لوقا الإنجيلي البشير والتلميذ الطاهر.

في ذلك الزمان، كان يسوع يعلم في أحد المجامع يوم السبت. وإذا بامرأة بها روح مريض منذ ثمانى عشرة سنة، وكانت مثنوية لا تستطيع أن تنتصب البتة. فلما رآها يسوع، دعاها وقال لها: إنك مطلقه من مرضك. ووضع يديه عليها، وفي الحال استقامت، ومجدت الله. فأجاب رئيس المجمع، وهو مغتاظ لإبراء يسوع في السبت، وقال للمجمع: هي ستة أيام ينبغي العمل فيها. ففيها تأتون وتشتفون، لا في يوم السبت. فأجاب الرب وقال: يا مراني! أليس كل واحد منكم يحل ثوره أو جماره في السبت من المذود وينطلق به فيسقيه؟ وهذه، وهي ابنة إبراهيم التي ربطها الشيطان منذ ثمانى عشرة سنة، أما كان ينبغي أن تطلق من هذا الرباط يوم السبت؟ ولما قال هذا، خزي كل من كان يقاومه، وفرح الجمع بجميع الأمور المجيدة التي كانت تصدر منه.

- The Divine Liturgy of St. John Chrysostom continues as usual.

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



Christmas Nativity Pageant
Sunday, December 17th

In the church immediately following the Divine Liturgy

Presented by
Our Sunday School Children, with assistance
from our Choir and Parents.

The Nativity Fast

From November 15th until December 24th, the Orthodox Church observes the Nativity Fast in preparation for the Feast of the Nativity of our Lord Jesus Christ. During this period, we are called to do our best to fast, increase our daily prayers, and remember those in need in our almsgiving.

This Sunday (December 10th)

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.

Sunday School Classes

Sunday School Classes following Communion.

Christmas/Nativity Play Practice

Practice for this year's Christmas Nativity Play will be today following the Divine Liturgy. This, and all practices will be held in the church. This year's pageant will be held on Sunday, December 17th.

Sunday Coffee Hour

Coffee Hour on Sunday, December 10th is hosted by David and Irene Zavan-dek.

Parish Council Meeting

The monthly meeting of the Parish Council will be held on December 10th, at 11:45 AM, in the Conference Room.

Please Remember in Your Prayers

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 Chalhoub, Johnny & Joyce Chalhoub, Raouf Saballeil, Sabah Shalhoub, Craig Miller, Emma, George Matouk, George.

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

For peace in the Middle East and the Ukraine.

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..."

Gail Camileri (6/26/23), Angie Smith (6/23/23), Archdeacon Joseph Harb (3/8/23).

Seven Day Prayer Candles

***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.*

Our Sympathies

The Community of Saint Mary's extends sympathies to Ibrahim Chalhoub, Gabriel Chalhoub and Samar Chalhoub and their families on the falling asleep in the Lord of their sister Lama Chalhoub in Lebanon this past Wednesday, December 6th. May her memory be eternal!

Weekly Spiritual Discussion

Thank you to everyone who have participated in the Spiritual Discussions led by Fr. Peter on Wednesday's following the Vespers Service. Join us this coming Wednesday's discussion as we discuss the topic of 'The Virtues of the Church: Acquiring Patience.'



Thank you to everyone who took an Angel from this year's Angel Tree. Over 30 Angels have been sponsored this year. Please remember to return your Angel affixed to the gift wrapped toy no later the SUNDAY, DECEMBER 17TH. This will ensure that the gifts are distributed to children in need prior to Christmas.