

Saint Leo the Great, Pope of Rome

Saint Leo I the Great, Pope of Rome (440-461), received a fine and diverse education, which opened for him the possibility of an excellent worldly career. He yearned for the spiritual life, however, and so he chose the path of becoming an archdeacon under holy Pope Sixtus III (432-440), after whose death Saint Leo was chosen as Bishop of Rome in September 440.

These were difficult times for the Church, when heretics assaulted Orthodoxy with their false teachings. Saint Leo was in particular one of the basic defenders of Orthodoxy against the heresies of Eutyches and Dioscorus, who taught that there was only one nature in the Lord Jesus Christ. He was also a defender against the heresy of Nestorius. He exerted all his influence to put an end to the unrest by the heretics in the Church, and by his letters to the holy emperors Theodosius II (408-450) and Marcian (450-457), he actively promoted the convening of the Fourth Ecumenical Council, at Chalcedon in 451, to condemn the heresy of the Monophysites.

At the Council at Chalcedon, at which 630 bishops were present, a letter of Saint Leo (Tome of Leo) to the deceased Saint Flavian, Patriarch of Constantinople (447-449) was read. In the letter of Saint Leo the Orthodox teaching about the two natures [the divine and the human] in the Lord Jesus Christ was set forth. All the bishops present at the Council were in agreement with this teaching, and so the heretics Eutyches and Dioscorus were excommunicated from the Church.

Saint Leo was also a defender of his country against the incursions of barbarians. In 452, by the persuasive power of his words, he stopped Attila the Hun from pillaging Italy. Again in the year 455, when the leader of the Vandals [a Germanic tribe], Henzerich, turned towards Rome, he persuaded him not to pillage the city, burn buildings, nor to spill blood.

He knew the time of his death beforehand, and he prepared himself, with forty days of fasting and prayer, to pass from this world into eternity. He died in the year 461 and was buried at Rome. His literary and theological legacy is comprised of 96 sermons and 143 letters, of which the best known is his Epistle to Saint Flavian.

Taken from the Synaxarion



Saint Mary Orthodox Church of West Palm Beach

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The Very Reverend Father Peter Shportun, *Priest /Pastor*

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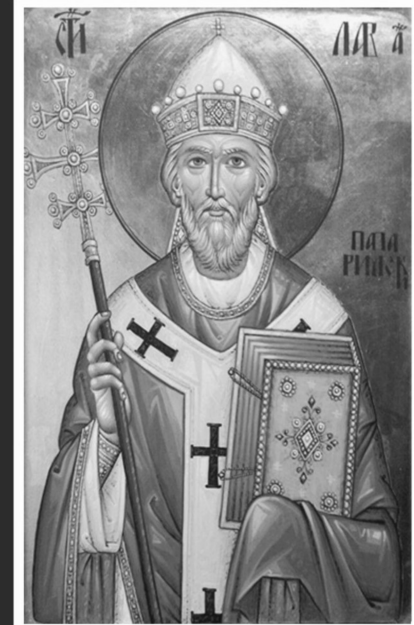
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*A Parish of the Diocese of Miami and the Southeast,
Antiochian Orthodox Archdiocese of North America*

Worship Guide and Bulletin – February 18, 2024



On Giving

"God's gifts, therefore, we must use properly and wisely, lest the material for good work should become an occasion of sin. For wealth, after its kind and regarded as a means, is good and is of the greatest advantage to human society, when it is in the hands of the benevolent and open-handed, and when the luxurious man does not squander nor the miser hoard it; for whether ill-stored or unwisely spent it is equally lost."

+Saint Leo the Great, Pope of Rome
'On the Collections, V.'

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 Seventeenth Sunday after Pentecost & Seventeenth Sunday of Matthew

The Divine Liturgy of Saint 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.

Apolytikon for the Resurrection in Tone 4

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

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.

Ordinary Sunday Kontakion in Tone 2

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

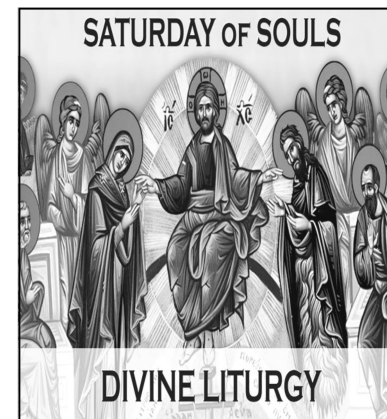


Church Services at Saint Mary

- ♦ Sunday: Matins at 8:50 AM; Divine Liturgy at 10:00 AM
 - ♦ Saturday: Great Vespers at 6:30 PM
 - ♦ Wednesday: Vespers at 6:30 PM

Confessions

- ♦ Saturday 5:30 to 6:30 PM (prior to Great Vespers);
 - ♦ Sunday 8:30 to 8:50 AM;
 - ♦ Wednesday 6:00 to 6:30 PM;
 - ♦ By appointment with Fr. Peter



Saturday, March 9th - 9:00 AM

On the Saturday of Souls, Orthodox Christians commemorate those who have fallen asleep, beginning from Adam and Eve, all the way to the most recently departed souls. There are two main Saturdays every year known as 'Saturday of Souls,' which are designated specifically for this purpose: the Saturday before Meatfare Sunday (March 9th), and the Saturday before Pentecost.

To have the names of your departed ones commemorated in prayer on the Saturday of Souls, please write (print) their names on the Commemoration List that on the table in the Church Narthex.



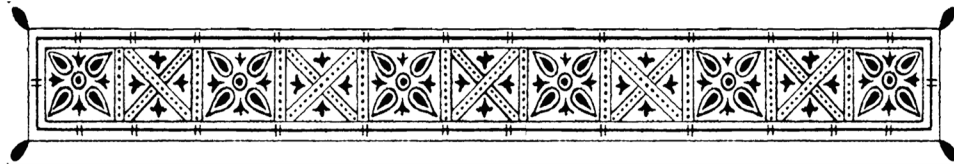
"For as the body apart from the spirit is dead,
so faith apart from works is dead."

James 2: 26

OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 25th	 Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week MARCH 3rd	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 10th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 24th	 SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 31st	 ST GREGORY PALAMAS Epistle: Hebrews 13:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 7th	 VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 14th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 21st	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 28th GREAT WEEK BEGINS	 ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY MAY 3rd	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 5th NO FASTING!	 HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



THE EPISTLE AND GOSPEL READINGS

The Epistle (For the Seventeenth Sunday after Pentecost)

Verse: O Lord, how magnified are Thy works. In wisdom hast Thou made them all. Bless the Lord, O my soul.

The Reading from the Second Epistle of St. Paul to the Corinthians. (6:16-7:1)
Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be My people. Therefore, come out from them, and be separate from them," says the Lord, "and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be My sons and daughters," says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

الرسالة (للأحد السابع عشر بعد العنصرة)

ما أعظم أعمالك يارب، كلها بحكمة صنعت. باركي يا نفسي الرب. فصل من رسالة القديس بولس الرسول الثانية إلى أهل كورنثوس. يا إخوة، أنتم هيكل الله الحي، كما قال الله، "إني سأسكن فيهم، وأسير فيما بينهم، وأكون لهم إلهاً وهم يكونون لي شعباً فلذلك اخرجوا من بينهم واعتزلوا"، يقول الرب، "ولا تمسوا نجساً، فأقبلكم، وأكون لكم أباً، وتكونون أنتم لي بنين وبنات"، يقول الرب القدير. وإذ لنا هذه المواعد، أيها الأحباء، فلنطهر أنفسنا من كل أدناس الجسد والروح، ونكمل القداسة بمخافة الله.

The Gospel (For the Seventeenth Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (15:21-28)
At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But He did not answer her one word. And His disciples came and begged Him,

saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before Him, saying, "Lord, help me." And He answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

الإنجيل (لأحد السابيع عشر من متى)

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتِّلْمِيزِ الطَّاهِرِ. (15: 21-28)

فِي ذَلِكَ الزَّمَانِ، خَرَجَ يَسُوعُ إِلَى نَوَاجِي صُورَ وَصَيْدَا. وَإِذَا بَامْرَأَةً كُنْعَانِيَّةً قَدْ خَرَجَتْ مِنْ تِلْكَ التُّخُومِ وَصَرَخَتْ إِلَيْهِ قَائِلَةً: "إِرْحَمْنِي يَا رَبُّ! يَا ابْنَ دَاوُدَ، فَإِنَّ ابْنَتِي بِهَا شَيْطَانٌ يُعَذِّبُهَا جَدًّا." فَلَمْ يُجِبْهَا بِكَلِمَةٍ. فَدَنَا تَلَامِيذُهُ وَسَأَلُوهُ قَائِلِينَ: "إِصْرِفْهَا فَإِنَّهَا تَصِيحُ فِي إِثْرِنَا." فَأَجَابَ وَقَالَ لَهُمْ: "لَمْ أُرْسَلْ إِلَّا إِلَى الْخِرَافِ الصَّالَّةِ مِنْ بَيْتِ إِسْرَائِيلَ." فَأَتَتْ وَسَجَدَتْ لَهُ قَائِلَةً: "أَعْثِنِي يَا رَبُّ." فَأَجَابَ قَائِلًا: "لَيْسَ حَسَنًا أَنْ يُؤَخَذَ خُبْرُ الْبَنِينَ وَيُلْقَى لِلْكِالِبِ." فَقَالَتْ: "تَعَمْ يَا رَبُّ، فَإِنَّ الْكِالِبَ أَيْضًا تَأْكُلُ مِنَ الْفَتَاتِ الَّذِي يَسْقُطُ مِنْ مَوَائِدِ أَرْيَابِهَا." حِينَئِذٍ أَجَابَ يَسُوعُ وَقَالَ لَهَا: "يَا امْرَأَةً، عَظِيمٌ إِيمَانُكَ، فَلْيَكُنْ لَكَ كَمَا أَرَدْتُ." فَشُفِيَتْ أَبْنَتُهَا مِنْ تِلْكَ السَّاعَةِ.

- 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.

Offerings for February 18th

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.)*

Put Aside Resentment

by Abbot Tryphon

We Must Not Repay Evil For Evil

The decision to forgive another person a wrong done to us begins when we decide to let go of resentment and thoughts of revenge. To forgive someone does not mean that we forget what they did to us, for this may be impossible. The memory of the hurt might always remain with you, but when you decide to forgive the person who wronged you, the grip of resentment is put aside. When we forgive someone it is even possible to find yourself filled with compassion and empathy for the person, for the act of forgiveness opens the heart to God's grace.

When we forgive someone, we are not denying their responsibility for hurting or offending us, nor are we justifying their act. We can forgive them without approving or excusing their transgression against us. The act of forgiving another opens our heart to the peace that brings closure to hurt and pain, and opens us up to the love and peace that comes from living a life without resentment.

If we find ourselves struggling to forgive, it is a good reminder to recall those hurtful things we've done to others, and remember when we've been forgiven. It is especially good to recall how God has forgiven us, and call upon Him to give us the grace needed to put aside our resentment, and truly forgive the other person. Being quick to forgive, and putting aside all thoughts of revenge will open our hearts to a joyful and peaceful life.

Finally, if we pray for those who've offended us, we open the door to all kinds of possibilities. When we ask God to help the person who has been unkind and hurtful, our own hearts receive healing, for when we've forgiven others, grace abounds.

"Don't repay evil for evil. Don't retaliate when people say unkind things about you. Instead, pay them back with a blessing. That is what God wants you to do, and he will bless you for it." (1 Peter 3:9)

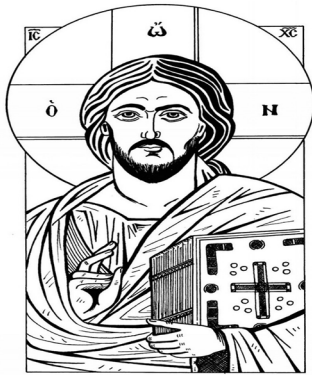
The Very. Rev. Abbot Tryphon is Igumen of All-Merciful Savior Monastery on Vashon Island, Washington. This and other articles may be found on his website abbottryphon.com

Wednesday Spiritual Discussions... Looking Ahead

The following are the topics for the forthcoming Wednesday Spiritual Discussions:

- February 21st: A Christian Ending to our Life
- February 28th: Preparing for the Sunday's of Great Lent
- March 6th: Preparing for the Services and Prayers of Great Lent
- March 13th: Preparing for Holy Week and Pascha

The Spiritual Discussions led by Fr. Peter are held on Wednesday's immediately following the Vespers Service, and last approximately 30 minutes. All are welcome to participate.



Catechism Classes

Beginning Tuesday, March 5th, an 8 week course 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.

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 Chalhub, Johnny & Joyce Chalhub, Raouf Saballeil, Sabah Shalhoub, Alice Kelly, George Matouk, Yvette Sajem, Anne-Marie Gargoura, Eugenia, Crystal Senour.

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), 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.***

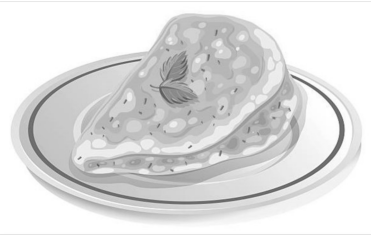




Be a Sunday Coffee Hour Host

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.

This Sunday's Coffee Hour:



Omelet Sunday

Immediately following the Divine Liturgy

Donation:

\$10.00 pp (Adults) / \$5.00 (Teens & Children)

All proceeds will go towards the Antiochian Village Scholarship Fund.

Sunday School Classes

Following Communion, Sunday School Classes are held for children and teens between the ages of 4 and 18 years. Classes last approximately 30 minutes. Parents are asked to please encourage their children to participate.

Attention Parents:

Immediately following the Divine Liturgy, Fr. Peter invites all our parents to the formation of a **'PARENTS GROUP.'** As our church community continues to grow, the need for the parents of our children to come together and meet and encourage each other; create opportunities for fellowship; and plan activities and support our children in a church setting is important. This meeting will take place in the church.

All parents are welcome to attend this brief meeting in the church.

Ladies Society Meeting

This Sunday, February 18th, during Coffee Hour in the hall. All ladies are welcome to attend and participate.



We're Going to the Zoo on Sunday, March 3rd

Leaving the church at 12:30 PM.

This trip is open to all the children of our parish (free), and their parents (\$14.50pp).

Sign-up begins this Sunday.

St. Mary Orthodox Church
2024 HAFLI
Tropical Night
SATURDAY, FEBRUARY 24TH



FEATURING
"STAR" BASSEL EID
MUSICIAN FADI HARDAN

DOORS OPEN AT 7:30PM
CASH BAR COCKTAIL HOUR
DINNER AT 8:00PM

ST. MARY'S BANQUET HALL
1317 FLORIDA MANGO ROAD
WEST PALM BEACH

\$100 IN ADVANCE, \$110 AT THE DOOR
FOR TICKETS AND INFORMATION CONTACT
NABIL ABOUKHALED: 561-502-8588
JANE PASLEY: 561-389-0346