

## Forgiveness Sunday

This Sunday is called the Sunday of Forgiveness, in which we remember Adam and Eve being cast out of the Paradise of Eden. Though they initially wore no clothing, they were robed in garments of light and beauty. When cast out of Eden, they were clothed in skins of flesh, which signifies what is now our mortal, corruptible bodies.

Through transgressing the commandment of God by eating of the Tree of Knowledge of Good and Evil, Adam and Eve broke the divinely appointed fast. Now we, having inherited corrupted human nature and contributing our own sins to it, are called to keep a new divinely appointed fast: that of Great Lent.

As explained in the inspired writings from the Triodion, fasting is a spiritual tool that we utilize to purify our bodies and souls. Without fasting, true repentance and purification are nearly impossible. During Great Lent, we come together in oneness as the Body of Christ to fast, repent, and reflect upon our present condition.

This is a time of repentance and healing. That being the case, the fathers of the Church have deemed it proper that we also ask forgiveness from one another. Therefore, Forgiveness Lenten Vespers is celebrated on Sunday evening—the eve of Great Lent in which we seek each others forgiveness.

As our Lord and the fathers have taught us, it is not fitting to make an offering to God (our current offering being this upcoming Fast) if we harbor any sort of ill feelings in our heart toward one another. Our fasting will be rejected as hypocritical if we hold to any sort of malice. Fortunately, we are given the opportunity for repentance to both God and one another. In doing so, we receive the spiritual and emotional healing that is necessary for humility, peace of heart and mind, strength in fasting, and our salvation.

*“Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit may we persevere with love and so be counted worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold His Holy Pascha.”*



## Saint Mary Orthodox Church of West Palm Beach

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

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Banquet Hall Rentals: Maribel Perez - (561) 721-5696

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

## Worship Guide and Bulletin – March 17, 2024



“Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.”

Lenten Troparia  
(as sung in the Matins Service)

# 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 Forgiveness Sunday (also known as Cheese Fare Sunday)

*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 8

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 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 Forgiveness Sunday in Tone 6

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.



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.

# First Week of Great Lent Service Schedule

Sunday Evening, March 17th  
'Forgiveness Sunday'

- ♦ *Lenten Vespers and the Rite of Forgiveness* - 6:30 PM

Monday, March 18th  
'Clean Monday' First Day of Lent

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

Wednesday, March 20th

- ♦ *Presanctified Liturgy* - 6:30 PM

Friday, March 22nd

- ♦ *Little Compline and 1st Akathist Hymn (Madayah)* - 6:30 PM

Saturday, March 23rd

- ♦ *Great Vespers Service* - 6:30 PM

Sunday, March 24th

First Sunday of Lent  
'Sunday of Orthodoxy'

- ♦ *Matins* - 8:50 PM
- ♦ *Divine Liturgy* - 10:00 AM
- ♦ *Procession of Icons celebrating the 'Triumph of Orthodoxy' at the conclusion of the Divine Liturgy.*

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

5TH ANNUAL

**Amén**

THE ANTIOCHIAN MEN

DIOCESE OF MIAMI & THE SOUTHEAST


LENTEN VIRTUAL RETREAT

**SATURDAY**

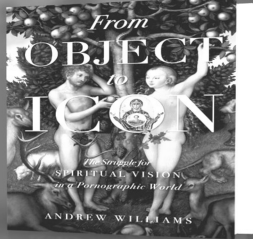
**4/6/24**


*From*

**OBJECT to ICON**



**Event #1 @ 10 am EST**  
Books, Breakfast,  
& Brotherhood Part IX  
Discussion led by  
Michael Baclig





**Event #2 @ 12 pm EST**  
Guest Speaker:  
**Fr. Hans Jacobse**

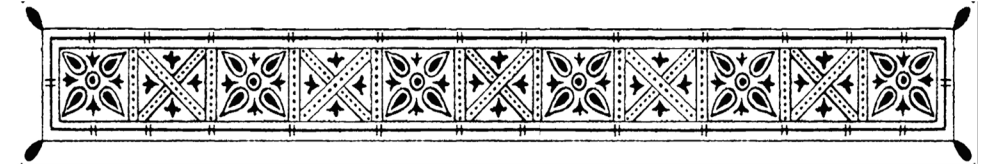
*Living Orthodoxy*

**TEEN SOYO LENTEN RETREAT**

**WITH KAREN HANNA**

**MARCH 30TH**  
**10AM-11AM EASTERN**





## THE EPISTLE AND GOSPEL READINGS

### The Epistle (For Sunday of Forgiveness)

*Verse: 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 Romans. (13:11-14:4)**

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

### **الرسالة (لأحد الغفران)**

*صلُّوا وأوفُوا الرَّبَّ إِلَهَنَا.*

*اللهُ معروفٌ في أرضِ يهوذا. إسمُهُ عَظِيمٌ في إِسْرَائِيلَ.*

**فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسِ الرِّسُولِ إِلَى أَهْلِ رُومِيَّةَ.**

يَا إِخْوَتِي، إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا. قَدْ تَنَاهَى اللَّيْلُ وَاقْتَرَبَ النَّهَارُ، فَلْنَدَعْ عَنَّا أَعْمَالَ الظُّلْمَةِ وَنَلْبَسْ أَسْلِحَةَ النُّورِ. لِنَسْلُكَنَّ سُلُوكًا لَائِقًا كَمَا فِي النَّهَارِ، لَا بِالْقُصُوفِ وَالسُّكْرِ، وَلَا بِالْمَصَاجِعِ وَالْعَهَرِ، وَلَا بِالْخِصَامِ وَالْحَسَدِ، بَلِ الْبُسُوَا الرَّبِّ يَسُوعَ الْمَسِيحَ وَلَا تَهْتَمُّوا بِأَجْسَادِكُمْ لِقَضَاءِ شَهَوَاتِهَا. مَنْ كَانَ ضَعِيفًا فِي الْإِيمَانِ فَاتَّخِذُوهُ بِغَيْرِ مُبَاحَثَةٍ فِي الْأَرَاءِ. مِنَ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ، أَمَّا الضَّعِيفُ فَيَأْكُلُ بَقُولًا: فَلَا يَزِدُّرَ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدِينُ الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ، فَإِنَّ اللَّهَ قَدْ اتَّخَذَهُ. مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أَعْجَبِيًّا؟ إِنَّهُ لِمَوْلَاةٍ يَنْتَبُتُ أَوْ يَنْسَقُطُ. لَكِنَّهُ سَيَنْتَبُتُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يُنْبِتَهُ.

The Gospel (For Sunday of Forgiveness)

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

الإنجيل (لأحد الغفران)

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِّيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

قَالَ الرَّبُّ: إِنَّ غَفَرْتُمْ لِلنَّاسِ زَلَّاتِهِمْ، يَغْفِرُ لَكُمْ أَبُوكُمْ السَّمَاوِيِّ أَيْضاً. وَإِنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ، فَأَبُوكُمْ أَيْضاً لَا يَغْفِرُ لَكُمْ زَلَّاتِكُمْ. وَمَتَى صُمَّمْتُمْ، فَلَا تَكُونُوا مُعَبِّسِينَ كَالْمَرَاتِينِ. فَإِنَّهُمْ يُنَكِّرُونَ وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ. أَمَّا أَنْتَ فَإِذَا صُمَّمْتَ، فَأَدْهِنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لئَلَّا تَظْهَرَ لِلنَّاسِ صَائِماً، بَلْ لِأَبِيكَ الَّذِي فِي الْخَفِيَّةِ، وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عَلَانِيَةً. لَا تَكْنِزُوا لَكُمْ كُنُوزاً عَلَى الْأَرْضِ، حَيْثُ يُفْسِدُ السُّوسُ وَالْأَكِلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ. لَكِنْ اكْنِزُوا لَكُمْ كُنُوزاً فِي السَّمَاءِ حَيْثُ لَا يُفْسِدُ سَوْسٌ وَلَا آكِلَةٌ وَلَا يَنْقُبُ السَّارِقُونَ وَلَا يَسْرِقُونَكُمْ، هُنَاكَ تَكُونُ قُلُوبُكُمْ.

*The Divine Liturgy of Saint 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.*



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.



"But you, beloved, build yourselves up on your most holy faith; pray in the Holy Spirit; keep yourselves in the love of God; wait for the mercy of our Lord Jesus Christ unto eternal life."  
Jude 1:20-21



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.: 049/2024

Great Lent, 2024

**TO BE READ FROM THE PULPIT AND PRINTED IN THE BULLETIN**

Beloved Hierarchs, Clergy, and Faithful of our Archdiocese,

Greetings in the name of our great God and Savior Jesus Christ!

During this holy season of repentance, we strive with renewed focus to live rightly, being “doers of the word and not just hearers” (James 1:22). Along with increasing our prayers and abandoning self-indulgence, we especially focus on caring for the needs of others. As we hear on Meatfare Sunday, we will be judged by God on how we have responded to the sufferings of the “least of these” (Matthew 25), so we must strive to give attention to their needs as we would to Christ’s.

Although our Lord Jesus Christ taught and exemplified this law of love in the most perfect way, it is also beautifully stated in the Old Law, where God commands, “If one of your brothers happens to be in need . . . , you will not harden your heart nor shut your hand to your needy brother. You will surely open your hands to him” (Deuteronomy 15:7–8). Such giving is not just some humanitarian project but a relational act: opening our hearts and hands to our brothers and sisters. It is a determination to actually see the homeless woman we pass on the street and to remember the friend or acquaintance who has fallen on hard times. Although the magnitude of suffering in the world tempts us to insulate ourselves against the needs of others, the law of love reminds us that each person is a treasure and that his need is not a problem but an opportunity to embrace him.

As we have for 50 years now, we again encourage you to open your hearts and hands to the needy by contributing to our Food for Hungry People program this Lent. We appeal to your well-known generosity and ask the blessing of Almighty God on all who participate in this worthy effort.

With prayers for an edifying and enriching Great Lent and a glorious celebration of Pascha, I remain,

Your Father in Christ,

*Saba*  
✠ SABA

Archbishop of New York and Metropolitan of All North America

*“The disciples were first called Christians in Antioch” (Acts 11: 26)*

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(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

## Offerings for March 17th

### Trisagion Prayers

- ◊ For the repose of Metropolitan Philip of thrice blessed memory (10 years).
- ◊ For the repose of Archdeacon Joseph Harb (1 year).

### Holy Bread Offered

- ◊ For the good health and spiritual well-being of Magda Danese, Elena Sora, Simona, Erik, Niko, Mircea, Anamaria, Brianna and Stephanie.
- ◊ 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.
- ◊ For the good health and spiritual well-being of Magda Danese, Elena Sora, Simona, Erik, Niko, Mircea, Anamaria, Brianna and Stephanie.

*\*\*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.



### 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 is hosted by Magda Danese and Elena Sora, All donations will go towards the Antiochian Women 2024 Project.

## 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, Anne-Marie Gargoura, Eugenia, Crystal Senour, Joseph Matouk, George Matouk, Nadine Smith, Yulieth Vasquez.

*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

♦ For the restoration to good health and well-being of Yulieth Vasquez.  
Offered by Liliana Underwood.

***\*\*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.***

### Summer Camp Scholarships Available

Again this year, Saint Mary's will be providing scholarship assistance to those attending our archdiocese summer camps. If you have a child attending one of our archdiocese summer camps, please let Fr. Peter know by March 26th, so that they may be considered for scholarship assistance.

### Sunday School Classes

Each Sunday, Sunday School Classes are held immediately following Communion. Parents with children and teens between the ages of 4 years and 18 years are encouraged to bring their children in order that they may participate.

### 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. Please read Metropolitan Saba's letter in this bulletin.

### 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](mailto:stmarywpbfinance@gmail.com).

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

### 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
- 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: \$20.00
- 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.