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Parish Website

www.stbasilthegreatchurch.com

Facebook

https://www.facebook.com/ StBasilTheGreatMelkiteGreek CatholicChurchRI/

YouTube

https://bit.ly/3gkl2Uk

Email

office@stbasilthegreatchurch.com

Office hours

Tue-Fri 9:00 am to 4:00 pm

Divine Liturgy

Sunday: 9:00 AM - 11:15 AM

Pastoral Emergencies and anointing of the sick

(401)722-1345

Holy Mysteries

Reconciliation

The Sacrament of Reconciliation will be available before and after the Divine Liturgy or by appointment

Baptism

Please arrange with the pastor

Marriage

A notice of at least 6 months should be given to the pastor, before the proposed wedding date to arrange for the required interview and instructions



ST. BASIL THE GREAT MELKITE GREEK CATHOLIC CHURCH



Sunday of Orthodoxy -

Commemoration of our Father among the Saints Leo, Pope of Rome

Troparion of the Resurrection (Tone 5)

Let us, O faithful, praise and worship the Word, coeternal with the Father and the Spirit, born of the Virgin for our Salvation, for He was pleased to be lifted in the flesh upon the cross, and to endure death, and to raise the dead by His glorious resurrection.

Troparion of the Holy Icons (Tone 2)

Before your most pure image, we bow in worship, O Good One, begging forgiveness of our stumbling, Christ God: because You chose of your own free will to ascend upon the cross in the flesh in order to deliver from the enemy's yoke those You had created. For this reason, we cry out to You in thanksgiving: "You our Savior have Filled all things with joy when You came to save the world."

Troparion of St Basil

Your voice has sounded all over the earth, that accepted your preaching. You gave a divine explanation of doctrine, and made clear the nature of creatures, and set a rule of life for men. Holy Father, and Kingly Priest, intercede with Christ God to grant us great mercy.

Kondakion of the Annunciation (Tone 8)

Triumphant Leader to you belongs our prize of victory! And since you saved us from adversity, we offer you our thanks. We are your people O mother of God! So, as you have that invincible power, continue to deliver us from danger that we may cry out to you Hail, O Virgin and Bride ever pure.

نشيد القيامة باللحن الخامس

لننشد نحن المؤمنين ونسجدُ للكلمة، الأزلي مع الآب والروح، المولود من العذراء لخلاصنا. لأنه ارتضى. أن يصعدَ بالجسدِ على الصليب، ويحتمل الموت، وينهض الموتى بقيامته المجيدة.

نشيد الايقونات المقدسة باللحن الثاني

لِصُورَتِكَ الْطَاهِرَةِ نَسْجُدُ أَيُّهَا الْصَّالِحُ، مُلْتَمِسِينَ الْصَّالِحُ، مُلْتَمِسِينَ الْطَهَّةَ عَنْ زَلِاَتِنَا أَيُّهَا الْمَسِيحُ الإله. فَإِنَّكَ رَضِيْتَ بِاخْتِيَارِكَ أَنْ تَصْعَدَ بِالْجَسَدِ عَلَى الْصَلِيبِ. لِتُنْقِذَ الْذِينَ جَبِلْتَهُمْ مِنْ عَبُودِيَّةِ الْعَلُورَ فَلِذَلِكَ نَهْتِفُ إلَيْكَ شَاكِرِينْ: لَقَدْ مَلَأْتَ الْكُلِّ فَرَحًا يَا مُخَلِّصَنَا، لَمَّا أَتَيْتَ لِيُخَلِّصَ الْعَالَمُ

طروبارية القديس باسيليوس

لقد ذاغَ منطقُكَ في كل الأرض. فانها قد قَبِلَتْ كلامك، الذي به بيَّنت العقائدَ بياناً إلهيّاً، وأوضحتَ طبيعةَ الكائنات، ونظَّمتَ أخلاقَ البشر. فيا أيها الآبُ البارُّ ذو الكهنوت الملوكي، إبتهل إلى المسيحِ الإله في خلاص نفوسنا.

قنداق الختام باللحن الثامن

نَحْنُ عَبِيدَكِ يَا وَالِدَةَ الْإِلَهِ، نَكْتُبُ لَكِ آيَاتِ الْغَلَبَة يَا قَالِدَةً الْقِدْنَا مِنَ قَائِدَةً قَاهِرَه. وَنُقَدِّمُ الشُكْرَ لَكِ وَقَدْ أَنْقِدْنَا مِنَ الْشَدَائِدْ. لَكِنْ بِمَا أَنَّ لَكِ الْعِزَّةَ الَّتِي لا تُحَارَبْ، أَعْتِقِينَا مِنْ أَصْرَافِ الْمَخَاطِرُ لِكِيْ نَصْرُجَ إِلَيْكِ: أفراحي يَا عَرُوسَ لَهَا.



Our church organizations:

MAYA: Organization of Melkite Catholics ages 18 – 26 (and at least 1 year out of high school) under patronage of our bishop, the Most Reverend Nicholas Samra. https://melkite.org/maya

MYO: Provides a common forum for all the young people of St. Basil's Church, and that the Organization initiate, coordinate, and direct religious, social, educational, and humanitarian programs designed to promote the involvement of its membership in the Christian Faith and the Melkite tradition.

www.stbasilthegreatchurch.co m/myo.html

NAMW: Promotes and supports vocations to the priesthood and religious life in the United States. https://melkite.org/namw



PROKIMENON: Dn. 3 26,27 (Tone 4)

Blessed are You, O Lord, God of our Fathers, and your name is worthy of praise and glorious forever.

Stichon: For You are just in all You have done to us, and all your works are true and your ways right.

A reading from the letter of St. Paul to the Hebrews

Brethren, by faith Moses, when he was grown up, denied he was a son of Pharaoh's daughter (CF. Ex, 2: 11) — choosing to be afflicted with God's people rather than to have the enjoyment of sin for a time, estimating the indignities suffered by Christ to be of greater value than the Egyptians' treasures (Cf. Ex. 2:32): for he was considering the reward. By faith he left Egypt not fearing the king's wrath: for he persevered as if he were seeing the One who cannot be seen. By faith, he celebrated the Passover and the sprinkling of blood, so that the one who destroyed the firstborn might not touch these. By faith, they passed through the Red Sea, as through dry land — whereas the Egyptians attempting it were swallowed up. By faith, the walls of Jericho fell after people had gone around them for seven days. By faith, Rahab the prostitute who had received the spies in peace did not perish with the unbelievers. And what more shall I say? For time will be too short to speak of Gideon, of Barac, of Samson, of Jephthe, of David and of Samuel and the prophets, who by faith conquered kingdoms, wrought justice, obtained the fulfillment of promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, recovered strength from weakness, became valiant in battle routed foreign armies. Women had their dead restored to them through resurrection. Others were tortured, refusing to yield for their release, in order to obtain a better resurrection. Others again suffered mockery and blows, even chains and jailing. They were stoned, cut to pieces, put to the question, killed by the sword. They went about in sheepskins and goatskins, destitute, distressed, afflicted (of whom the world was not worthy), wandering in deserts, the mountains, caves and holes in And none of these, despite the positive witnessing of faith, received what was promised, for God had something better in store for us, so that they were not to reach their final perfection without us.

ALLELUIA: Ps. 98:6,7 (Tone 4)

Moses and Aaron were among his priests and Samuel among those who called upon his name. Stichon: They called upon the Lord, and He answered them; from the pillar of cloud, He spoke to them.

GOSPEL: Jn. 1:43-51, 1st Sunday of Lent

At that time Jesus was about to leave for Galilee, and He found Philip. And Jesus said to him, "Follow Me." Now Philip was from Bethsaida, the town of Andrew and Peter. Philip found Nathanael and said to him, "We have found the one of whom Moses in the Law and the Prophets wrote, Jesus the son of Joseph of Nazareth." And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him and said of him, "Look, a true Israelite in whom there is no guile!" Nathanael said to Him, "Where do you know me from?" Jesus answered him and said to him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him and said, "Rabbi, You are the Son of God, You are King of Israel." Answering, Jesus said to him, "Because I said to you that I saw you under the fig tree, you believe. Greater things than these shall you see." And He said to him, "Amen, amen, I say to you, you shall see heaven opened, and the angels of God ascending and descending upon the Son of Man."

مقدمة الرسالة

مُبَارَكٌ أَنْتَ أَيُّهَا الرَّبُ إِلَٰهُ آبَائِنَا، وَمُسَبَّحٌ وَمُمَجَدٌ آسْمُكَ إِلَى الْدُهُورِ لأَنَّكَ عَادِلٌ فِي جَمِيعِ مَا صَنَعْتَ بِنَا، وَأَعْمَالُكَ كُلُهَا صِدْقٌ، وَطُرُفِكَ آشِتقَامَة

الرسالة (عبرانيين 11: 24 - 26، 32 - 40)

يَا إِخْوَة، بِالإِيمَانِ مُوسَى لَمَّا كَبِرَ أَبِي أَنْ يُدْعَى آبْناً لآئِنَةِ فَرْعَوْنِ. وَآخْتَارَ الْمَشقَّةُ مَعَ شَعْبِ اللهِ عَلَى الْتَّمَتُّعِ الْوَقْتِيِّ بِالْخَطِيئَةِ. وَآعْتَبَرَ عَارَ الْمَسِيحِ غِنَّي أَعْظَمَ مِنْ كُنُوزِ مِصْر، لأَنَّهُ كَانَ يَنْظُرُ إِلَى الْتَّوَابِ. وَمَاذَا أَقُولُ أَيْضاً؟ إِنَّهُ يَضِيقُ بِيَ الْوَقْتُ إِنْ أَخْبَرْتُ عَنْ جِدْعَوْنَ وَبَارَاقَ وَشَمْشُونَ، وَيَفْتَاحَ وَدَاوُدَ وَصَمُونيلَ وَالأَنْبيَاء، الَّذِينَ بِالإِيمَانِ قَهَرُوا الْمَمَالِكَ وَعَملُوا الْبِرِّ، وَنَالُوا الْمَوَاعِدَ وَسَدُّوا أَفُواهَ الأُسُود، وَأَطْفَأُوا قُوَّةَ الْنَّارِ، وَنَجَوَا مِنْ حَدِّ الْسَّيْف، وتَقَوَّوُا مِنْ ضُعْفِ، وَصَارُوا أَشِدَّاءَ فِي الْقِتَالِ وَكَسَرُوا مُعَسْكَرَاتِ الأَجَانِبِ. وَاسْتَرْجَعَتْ نِسَاءٌ أَمْوَاتَهُنَّ بِالْقِيامَةِ. وَآخَرُونَ قَدْ عُذِّبُوا بِتَوَتِيرِ الأَعْضَاءِ وَالْظِّرْبِ، وَلَمْ يَقْبَلُوا النَّجَاةَ لِيَحْصُلُوا عَلَى قِيَامَةِ أَفْضَل. وَآخَرُونَ قَدْ ذَاقُوا الْهُزْءَ وَالْسِيَاطَ وَالْقُيُودَ أَيْضاً وَالْسِّجْنِ. رُجمُوا، نُشِرُوا، آمْتُحِنُوا، مَاتوا بِحَدِّ الْسَّيْف، سَاحُوا في جُلُود الغَنَم وَالْمَعْز، مُعْوزينَ، مُضَايَقِينَ، مَجْهُودينَ. وَلَمْ يَكن الْعاَلَمُ مُسْتَحِقًا لَهُم، تَائِهِينَ فِي الْبَرَارِيِّ وَالْجِبَالِ وَالْمَغَاوِرِ وَكُهُوفِ الأَرْضِ. فَهَؤُلاَءِ كُلُّهُمُ الْمَشْهُودُ لَهُمْ بِالإِيمَانِ لَمْ يَنَالُوا الْمَوْعِد، لأَنَّ اللهَ قَدْ سَبَقَ فَنَظَرَ لَنَا شَيْئاً أَفْضَل، لِكَي لا يُكْمَلُوا بِمَعْزِلِ عَنَّا.

فللويا

كَانُوا يَدْعُونَ الرَّبَّ فَيَسْتَجِيبُ لَهُمْ، فِي عَمُودِ الغَمَامِ يُكَلِّمُهُمْ.

الانجيل (يوحنا 1: 43-51)

في ذَلِكَ الْزَّمَانِ، أَرَادَ يَسُوعُ الْخُرُوجَ إِلَى الْجَلِيل، فَوَجَدَ فِيلِبُّسَ، فَقَالَ لَهُ: اتبعني. وَكَانَ فِيلِبُّسُ مِنْ بَيْت صَيْدًا مِنْ مَدِينَةِ أَنْدَرَاوُسَ وَيُطْرُسَ. فَصَادَفَ فيلبُّسُ نَثَنَائِيلَ فَقَالَ لَهُ: إِنَّ الَّذِي كَتَبَ عَنْهُ مُوسَى فِي الْنَامُوسِ وَالأَنْبِيَاءُ قَدْ وَجَدْنَاهُ، وَهُوَ يَسُوعُ بِنُ يُوسُفَ مَنَ الْنَاصِرَةِ. فَقَالَ لَهُ نَثَنَائِيلُ: أَمِنَ مِنَ الْنَّاصِرَةِ يَمْكِنُ أَنْ يَكُونُ شَيْءٌ صَالِحٌ؟ قَالَ لَهُ فِيلِبُّسُ: تَعَالَ وَانْظُرْ. فَلَمَّا رَأَى يَسُوعُ نَثَنَائِيلَ مُقْبِلاً إِلَيْهِ، فَقَالَ عَنْهُ: هَذَا فِي الْحَقِيقَةِ إِسْرَائِيلِيٌّ لا غِشَّ فِيهِ. فَقَالَ لَهُ نَثَنَائِيلُ: مِنْ أَيْنَ تَعْرِفُنِي؟ أَجَابَ يَسُوعُ وَقَالَ لَهُ: قَبْلَ أَنْ يَدْعُوكَ فِيلِبُّسُ، وَأَنْتَ تَحْتَ الْتننَة، رَأَيْتُكَ. أَجَابَ نَثَنَائيلُ وَقَالَ لَهُ: يَا مُعَلِّمُ، أَنْتَ هُوَ آبْنُ اللهِ، أَنْتَ هُوَ مَلِكُ إِسْرَائِيلَ. أَجَابَ بَسُوعُ وَقَالَ لَهُ: لأَنِّي قُلْتُ لَكَ إِنِّي رَأَيْتُكَ تَحْتَ الْتِينَةِ آمَنْتَ. إِنَّكَ سَتُعَايِنُ أَعْظَمَ مِنْ هَذَا. وَقَالَ لَهُ: الْحَقَّ الْحَقَّ أَقُولُ لَكُمْ، إِنَّكُمْ مِنَ الآنَ تَرَوْنَ أَلْسَمَاءَ مَفْتُوحَةً، وَمَلاَئكَةُ اللهِ يَصْعَدُونَ وَىنْزِلُونَ عَلَى آبْنِ الْبَشَرِ.



Prayer for the dead



O God of all spirits and of all flesh, who have destroyed death, overcome the devil, and given life to the world: grant, O Lord to the souls of your servants, who have departed from this life, that they may rest in a place of light, in a place of happiness, in a place of peace, where there is no pain, no grief, no sighing. And since You are gracious God and Lover of mankind, forgive them every sin they have committed by thought, or word, or deed, for there is not a man who lives and does not sin: You alone are without sin, your righteousness is everlasting, and your word is true.

For You are the Resurrection and the Life, and the Repose of your departed servants, O Christ our God, and we render glory to You, together with your Eternal Father and your Allholy, Good and Life-giving Spirit, now and always and forever and ever. Amen.





Divine Liturgy Intentions

THIS SUNDAY, FEBRUARY 18, 2024: FIRST SUNDAY OF LENT. SUNDAY OF ORTHODOXY.

9:00 a.m:

- + ANTHONY S. LAZIEH (47th Anniv.) by his children and grandchildren.
- + MARION BAKER (1st Anniv.) by Caroline St. Germain & Family.
- + JOSEPH A. NOURY (Birthday Remem.) by his Daughters & their Families.
- + VICTORIA GEORGE ALCHIKH by her Uncle Hani Alchikh.
- + MAGEE MARTINEZ by Shirley Moon Lemay.
- + YOUSEF GEORGI DEEB by Yessin Aleneini & Mafideh Hana.

11:15 a.m:

- + JOSEPH P. HANNA by Elias & Barbara Deeb.
- + JOHN R. ROWEY by Michael & Afaf Ashkar.

"HAPPY BIRTHDAY INTENTIONS for MELISSA DOMANEY by Abe & Michele Domaney."





SACRIFICIAL GIVING: February 11, 2024: Budgets: \$2,019.00 (Envelopes: \$1,930.00; Loose: \$89.00); Candles: \$75.00; Stole Offerings: \$200.00; Building Fund: \$110.00; Fuel: \$334.00; Cemetery Account Refund: \$2,770.00.

Father Ephrem has now been here three and a half years and has been fully available for parish services. Just email him at office@stbasilthegreatchurch.com and leave him your message. PLEASE! NO GRATUITIES! A cup of coffee or tea is just fine. He looks forward to in-person contact this New Year.

<u>PLEASE NOTE:</u> Anyone who is planning an <u>ENGAGEMENT/BAPTISM/MARRIAGE RECEPTION PLANS</u> is kindly requested to notify a member of the clergy <u>BEFORE</u> reception/party plans are made. The Clergy may be already scheduled for something else on the day that you have rented a hall/restaurant. Following this policy will help avoid any later misunderstandings.

2024 ECCLESIASTICAL CALENDARS are available-free for the taking-at both entrances of the Church. Following the liturgical cycle of the church year and remembering the Saints each day is an excellent way to attach yourself more closely to the worshipping community that is the church.

ANY NEEDS OR THOUGHTS, CONCERNS, QUESTIONS, MISUNDERSTANDINGS, SUGGESTIONS, ETC. that you may have, please do not hesitate to contact any member of the Parish Advisory Council or any standing committee immediately. Explanations/Corrections/Discussions/Changes will never be made unless all bring these concerns to us. Let us remain the united and caring community that we are.

RHODE ISLAND CATHOLIC'S ANNUAL FEBRUARY SUBSCRIPTION CAMPAIGN is underway. To subscribe to your national award-winning diocesan newspaper, just drop the specially marked Subscription Drive weekly envelope into the collection basket; log onto w.w.w.thericatholic.com and click Subscribe at the left order renew and even pay for your subscription online with a credit or debit card or call the newspaper's Circulation Desk at 272-1010 to subscribe by phone. Your Diocesan Newspaper depends on its faithful readers to continue its 146th year mission of bringing the good news of the church to your home each week. Subscription only \$30 per year.

<u>CLEANLINESS AND HEALTH:</u> Please pick up after yourselves and the children during and following Coffee Hour; insects and rodents are attracted by what we leave throughout and around the interior and exterior of the building; it takes but a few moments to clean up well. Cultural Center, kitchen, and bar, should always be free of open food items. Everyone: please take note: Hall dining tables, coffee serving areas, stainless steel tables, counters, sinks, stove etc. should be soap washed after every use and before leaving the building. The custodian does not always come in on our desired schedule. Thank you!

PLEASE NOTIFY THE CHURCH OFFICE of any change of address or telephone number information. This will cut down on returned mail and time waste. Unfortunately, this has been an ongoing request but to no avail. Kindly give this your undivided attention and as Our Lord says in His parables: "He who has ears to hear, let him hear. "TODAY, there will be a special collection taken up for the RELIGIOUS EDUCATION PROGRAM. Please be generous in your support to help defray the cost of books, paper stock, visual aids and all that is involved to perfect our program and meet present day standards in this field of education.

REFECTION: "Plan your life like you will live forever and live your life like you will die the next day." - Unknown

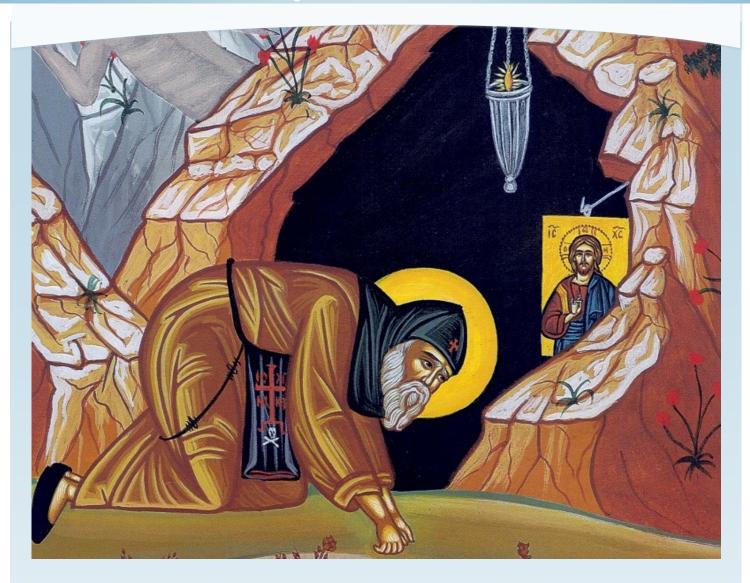
O Jesus, Who has said,
"Ask and you shall
receive, seek and you
shall find, knock and it
shall be opened," through
the intercession of the
Theotokos, Your Most
Holy Mother, I knock, I
seek, I ask that my prayer
be granted.

O Jesus, Who has said,
"All that you ask of the
Father in My Name, He
will grant you," through
the intercession of the
Theotokos Your Most Holy
Mother, I humbly and
urgently ask your Father
in your name that my
prayer will be granted.

O Jesus, Who has said,
"Heaven and earth shall
pass away but My word
shall not pass away,"
through the intercession
of the *Theotokos* Your
Most Holy Mother, I feel
confident that my prayer
will be granted.



Prayer for Lent

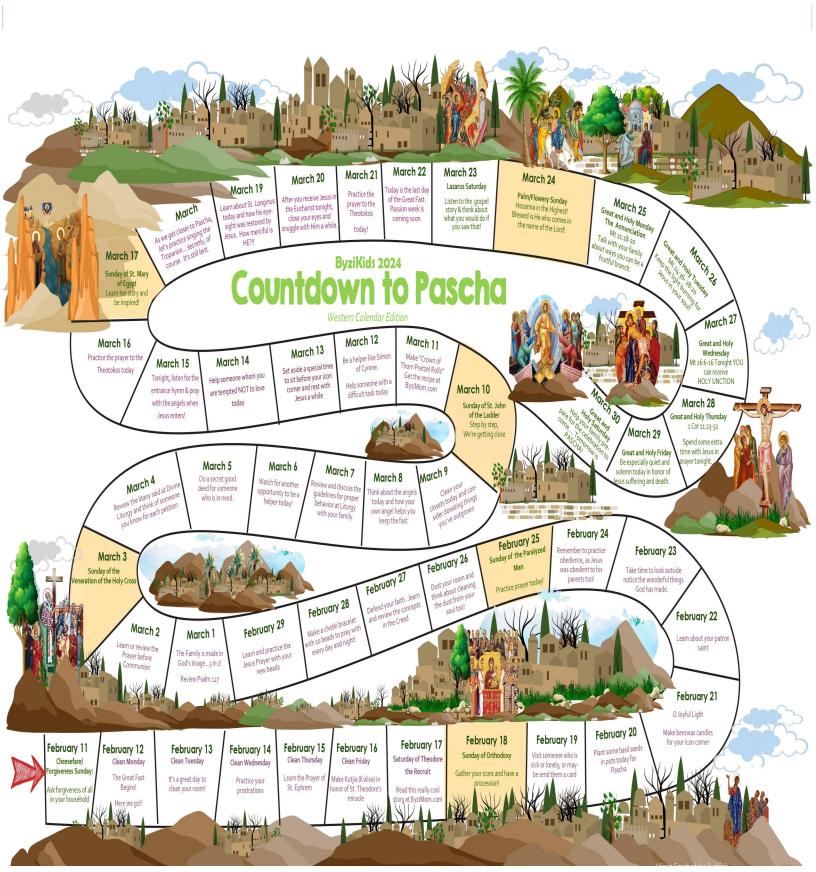


"O Lord and Master of my life, take from me the spirit of sloth, faintheartedness, the lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to your servant. Yes, O Lord, and King grant me to see my own sin and not to judge my brother, for You are blessed from all ages to all ages. Amen"



Following Jesus Kids bulletin





OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

Adapted by Fr Vitalii Stashkevych (BCC) for the Gregorian Calendar

SUNDAYS

THEMES / GOSPEL READING

HOW TO PARTICIPATE:

Fast - Free Week **JANUARY 21ST**



TRIODION WEEKS

Publican and the Pharisee 2 Timothy 3:10-15 Epistle: Luke 18:10-14 Gospel:

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 **IANUARY 28TH**



The Prodigal Son Returns!

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 FEBRUARY 4TH FAREWELL TO MEAT TODA



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 FEBRUARY 11TH



Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY

Romans 13:11-14:4 Epistle: Matthew 6:14-21

Ask each other for forgiveness each evening this week before bed.

1ST Sunday of Lent FEBRUARY 18TH



GREAT LENT BEGINS WITH FORGIVENESS VESPERS

SUNDAY of ORTHODOXY

Epistle: Hebrews 11:24-26, 32-12:2

John 1:43-51 Gospel:

2ND Sunday of Lent FEBRUARY 25TH

3RD Sunday of Lent

MARCH 3RD



ST GREGORY PALAMAS

Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12

Bring an icon to church for a procession.

Bring a prayer rope to be

blessed today!

VENERATION OF THE HOLY CROSS

HALF WAY TO PASCHA!

Epistle: Hebrews 4:14-5:6 Mark 8:34-9:1 Gospel:

Use it and pray the Jesus Prayer each day this week. Wear your cross to church and

kiss the cross

each morning with a bow!

4TH Sunday of Lent MARCH 10TH



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 MARCH 17TH



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.

PALM SUNDAY MARCH 24TH

GREAT WEEK BEGINS



GREAT AND HOLY WEEK

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 MARCH 29TH



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! MARCH 31ST NO FASTING!



BRIGHT WEEK

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!

A Lenten Reflection

Fasting to Feasting

Fast from judging others;
Feast on God's work in them.
Fast from fear of weakness;
Feast on the power of God.
Fast from words that pollute;
Feast on speech that purifies.

Fast from discontent; Feast on gratitude.

Fast from anger; Feast on patience.

Fast from pessimism; Feast on hope.

Fast from negatives; Feast on encouragement.

Fast from bitterness; Feast on forgiveness.

Fast from self-concern; Feast on compassion.

Fast from suspicion; Feast on truth.

Fast from gossip; Feast on purposeful silence.

Fast from problems that overwhelm;

Feast on prayer that sustains.

Fast from anxiety; Feast on faith.

Author Unknown

When you fast

Jesus said, '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:'



Matthew 6: 16-18 (Gospel of Cheesefare Sunday)

When people think of the word "Lent," the word "fasting" is one of the first things that comes to mind. The cornerstone of Lent is not fasting, but repentance and growing in our faith. Fasting is a tool that is used to assist in spiritual growth. Fasting is also mischarac-terized as a form of deprivation, rather than a spiritual discipline. Because fasting is so misun-derstood, it is many times done incorrectly.

In the Orthodox world, we use the word "passions" to describe tendencies that each person has that lead us to sin. Each of us has a "passion" for anger, lust, power, greed, ego, etc. We do not get through life without wrestling with each of these, sometimes on a daily basis. The most basic "passion" is hunger. While we can go a day without a lustful thought or an angry thought, we can't go more than a few hours without a hungry thought. So, if we can or tame our passion for eating, we can hopefully tame our other passions. If we can discipline ourselves to go without certain kinds of food, we can hopefully discipline ourselves so that we can go without certain kinds of behavior that are spiritually destructive. Thus, fasting is not about giving up something only to get it back. Fasting is about getting control of our passions, maintaining control over them, and ultimately giving control of ourselves to God.

If you've never fasted before, I would not recommend doing a strict fast. Try fasting from meat on Wednesdays and Fridays of Lent (and then throughout the year), then next year try fasting Wednesdays and Fridays plus all of the first week of Lent and all of Holy Week. Then work up from that.

Below is a guide of some levels of fasting:

- •Level one -- Fast from meat on Wednesdays and Fridays and during Holy Week
- •Level two -- Fast from meat and fish on Wednesdays and Fridays and during Holy Week
- •Level three -- Fast from meat the entirety of Lent and Holy Week
- •Level four -- Fast from meat and fish the entirety of Lent and Holy Week
- •Level five -- Level four and eliminate dairy products during Holy Week
- •Level six -- Level four and eliminate dairy products on Wednesday and Fridays and during Holy Week.
- •Level seven -- Level four plus eliminate dairy products during all of Lent and Holy Week
- •Level eight -- Level seven plus eliminate oil and wine during Holy Week
- •Level nine -- The strict fast no meat, fish, dairy products, wine or oil during the entirety of Great Lent

**Fish is allowed on March 25 (Annunciation) and Palm Sunday; oil and wine are allowed on Saturdays and Sundays, except for Holy Saturday.

After a few years at one level, challenge yourself to go up a level.

More important, however, than fasting from food, is fasting from the behaviors that are spiritually destructive. We need to fast from things that get us in trouble - perhaps the television, alcohol, inappropriate materials on the computer and in movies, foul language, etc. Fasting also does not mean "looking" deprived, complaining about what you can't eat, or making a show of your fasting. In fact, if you are fasting and you are invited to someone's home for dinner and they serve meat, eat the meat, don't make a big deal out of your fasting. Also, do not pass judgment on others who are not fasting to the degree you are. Saint Paul reminds us in Romans 14:3-4: "Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own Master that he stands or falls." As Christ tells us, our fasting is seen by our "Father who is in secret," and He will reward us for our efforts.

Again, Lent is not a season of deprivation, nor should we "give up" something only to get it back once Lent is over. Lent is about repentance, and making small and permanent changes to bring us closer to the Lord, changes that will last long after Lent is over. This is the purpose of the Lenten journey. Fasting is an aid to help us in this.

The time has come - the start of our spiritual contests, the victory over demons, the full armor of self-control the angels' dignity, the confidence before God. Thereby did Moses become conversant with the Creator, and heard the invisible voice. Lord, through fasting make us worthy to worship Your Passion and Holy Resurrection, as You love humanity. (Doxastikon of Orthros, Cheesefare Sunday, Trans. by Fr. Seraphim Dedes)

Give some thought to your fasting plan for Lent today!

15 نصيحه رعوية في الصوم الاربعيني



قدم البابا فرنسيس في عظته الأسبوعية خمس عشرة نصيحة رعوية في الصوم الأربعيني فقال بدلاً مِن الانقطاع عن الطّعام وأكل اللحم في الصّوم الكبير، قوموا بالأعمال الصالحة التالية الخمسة عشرة: .

1. ألقِ التحية (دائمًا وفي كلّ مكان).

2. عبّر عن شكرك (حتّى لو لم يكن "ينبغي" أن تفعل ذلك).

3. ذكِّر الآخرين بمدى حبّكَ لهم.

4. سلِّم بحرارة على الناس الذين تراهم كلّ يوم.

5. اصغ بمحبّة إلى قصّة الآخر دون تحيّز.

6. توقَّف للمساعدة كن منتبهًا لمَن يحتاجون إليك.

7. ارفع معنويات مَن هم بحاجة إلى ذلك.

8. احتفل بمزايا أو نجاح الآخر.

9. حدِّد ما لا تستخدمه وأعطه لمَن يحتاجون إليه.

10. ساعد عند الحاجة لإراحة آخر بحاجة.

11. كُن أمينًا بمحبّة ولا تصمت خوفًا.

12. انتبه إلى التفاصيل الصّالحة مع المقربين منك.

13. قُم بتنظيف ما استخدمته في المنزل.

14. ساعد الآخرين على تخطّي العقبات.

15 اتصل بوالديك، إذا كنت محظوظًا بكونهما ما يزالان على قيد الحياة.

•صم عن الكلام الجارح ولتكن تعابيرك رقيقة.

•صم عن السّخط والتململ، واملأ قلبك بالامتنان.

•صُم عن الغضب واملأ قلبك بالصبر.

•صُم عن التشاؤم واملأ قلبك بالأمل والتفاؤل.

•صُم عن الهموم واملأ قلبك بالثقة بالله.

•صم عن التشكي واملأ قلبك بأبسط الأشياء في الحياة.

•صُم عن ضغوطات الحياة واملأ قلبك بالصلاة.

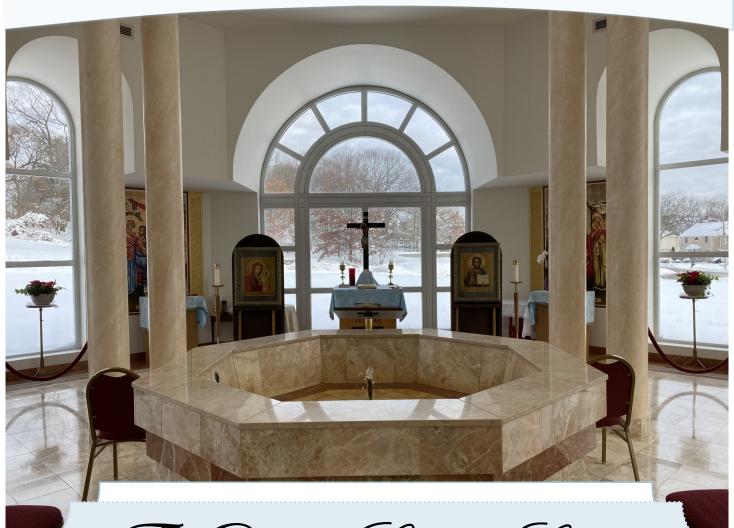
•صُم عن الحزن والمرارة واملأ قلبك بالفرح.

•صم عن الأنانية وكن رؤوفًا بالآخرين.

•صم عن عدم الغفران واسعى إلى مواقف المصالحة.
 •صم عن كثرة الكلام وتحلّى بالصمت والاستماع إلى الآخرين.

إذا حاولنا جميعًا الإلتزام بهذا الصّوم، فستمتلئ حياتنا اليومية بالسلام والثقة والفرح.

Weekly Divine Liturgy Schedule



The Divine Liturgy Schedule

Divine Liturgy

Sunday at 9:00 am & 11:15 am

The Holy Sacrament of Reconciliation is available before and after the Divine Liturgy or by appointment.

ANNOUNCEMENTS



Welcome to

St. Basil The Great Melkite Greek Catholic Church

Check our website for Church news and updates at

www.stbasilthegreatchurch.com

On Facebook

https://www.facebook.com/StBasilMelkiteChurchRI/

YouTube

https://bit.ly/2VJgvnS

Contact us for information and ideas

office@stbasilthegreatchurch.com





Join us for St. Basil the Great Melkite Greek Catholic Church

Lenten Dinner



On Friday February 23, 2024
After the *Akathist* Prayer at 6:30 pm
Please sign your name on the sheet posted on both entrances of the Church

Day of Prayer for Ukraine

February 24, 2024 at St. Michael Ukrainian Catholic Church 394 Blackstone St, Woonsocket, RI 02895

February 24, 2024 marks the second anniversary of russia's full scale invasion of Ukraine and the 10th anniversary of the illegal annexation of Crimea and the Luhansk & Donetsk eastern regions of Ukraine.



Come and pray with us for the people of Ukraine.

3:30 PM Rosary Prayer - led by The Knights of Columbus of Rhode Island



4:00 PM Byzantine Divine Liturgy of St. John Chrysostom, celebrated by the pastor

4:45 PM "Common Man for Ukraine", a Rotary Club project presented by Susan Mathison from Plymouth, NH, describing their efforts to help the children and orphans of the current war in Ukraine. http://www.commonmanforukraine.org/



Opportunities will be available for prayer, fellowship, and sharing of our resources.





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The Emmaus Experience

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The Emmaus Experience

PACKAGE REGISTRATION FORM

INDIVIDUAL TICKETS if Purchased Separately from Package					
Individual Events	Price per ticket	Quantity	Total Cost		
Thursday, July 4 . Opening Night BBQ	\$80.00				
Friday, July 5 . Hafleh	\$95.00				
Saturday, July 6 . Grand Banquet	\$130.00				
Sunday, July 7 . Farewell Brunch	\$45.00				
		TOTAL DUE			

COMPLETE PACKAGES Thursday, Friday, Saturday Evenings only – SUNDAY BRUNCH NOT INCLUDED				
Evening Social Events	Price per package	Quantity	Total Cost	
Purchased before 5/15/24	\$275.00			
Purchased after 5/15/24	\$305.00			
		TOTAL DUE		
Make Checks Payable to:		GRAND TOTAL	\$	

ANNUNCIATION MELKITE CATHEDRAL

Memo: Convention Package

Mail Payment and Form to:

Annunciation Melkite Catholic Cathedral 7 VFW Parkway, West Roxbury, MA 02132 DO NOT SEND CASH

Registration material will be picked up at the convention registration desk

NO TICKETS WILL BE SOLD AT THE DOOR

Please complete the entire registration form and mail it with your payment to the address on the left.

For further information, contact Our Lady of Annunciation Cathedral at (617) 323-5242

REGISTRATION

Name			Spouse's Name
Additional Names			Phone ()
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ANNOUNCEMENTS



St. Basil the Great Melkite Greek Catholic Church

15 Skyview Drive Lincoln, RI 02865



Campaign Facts:



Campaign Goal: \$1,000,000



Outstanding Goal: \$329,240



Contribution Ranges: \$20 to \$50,100

Parish Community Facts:



Total Registered Families: 410



Active Families: 200



% of Active Families Participation: 55%

"It's not about how much we give, but how much love we put into giving"
-Mother Teresa

Current & Future Projects:



Church Roof Replacement: Project completed, final cost \$321,000.



Rectory Roof Replacement: Project completed, final cost \$18,850.



Church Window Repairs: Project completed, final cost \$9,000. Additional window was found to need repair, awaiting additional estimate.



HVAC & Boiler Replacement: Proposals received, estimated cost \$196,000. Boiler does need immediate replacing, awaiting timeframe. HVAC system is okay for now



Flooring Upgrades: Proposal received, estimated cost \$50,000 (carpeting for Church, Cultural Center, office & hallway), awaiting samples and timeframe.



Parking Lot Sealing: Project completed at both Rectory & Church, final cost \$14,000.



Interior Repairs, Expand Storage & HVAC Vent Cleaning: Partial proposals received. Vent cleaning completed, final cost \$9,020



Exterior/Masonry/Walkway Repairs: Awaiting proposals. Maintenance to mosaic of The Blessed Mother completed, cost \$8,000.



Security Cameras/Door Upgrades: Camera system complete, final cost \$10,500. Electrification of doorway proposal received, pending completion.



Central Air Conditioning and HVAC improvements to Rectory: Project completed, final cost \$56,665.

Important Highlights

- We are extremely grateful to all of those who have contributed and supported the campaign thus far.
- The finance committee has begun strategy planning on maximizing the return of current financial reserves for future projects. God willing, this will
 prevent the need for another capital campaign and allow for a more spiritual focus!
- As reflected above, donations have varied in amounts, we do not expect everyone to support with the same amount...However, we do pray that
 everyone will support this important campaign!
- This is an open and transparent campaign, if you have any questions, suggestion, or concerns Fr. Ephrem or any of the committee members would be
 more than happy review/discuss during coffee hour or feel free to call them at the numbers listed below.



For more information contact any of the committee members, <u>click here</u>, or scan this code with your Smartphone Camera! Jeff Boudjouk: 401-441-2737 Ann Sabbagh: 508-243-1190

Kyle Mardo: 401-578-5369

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