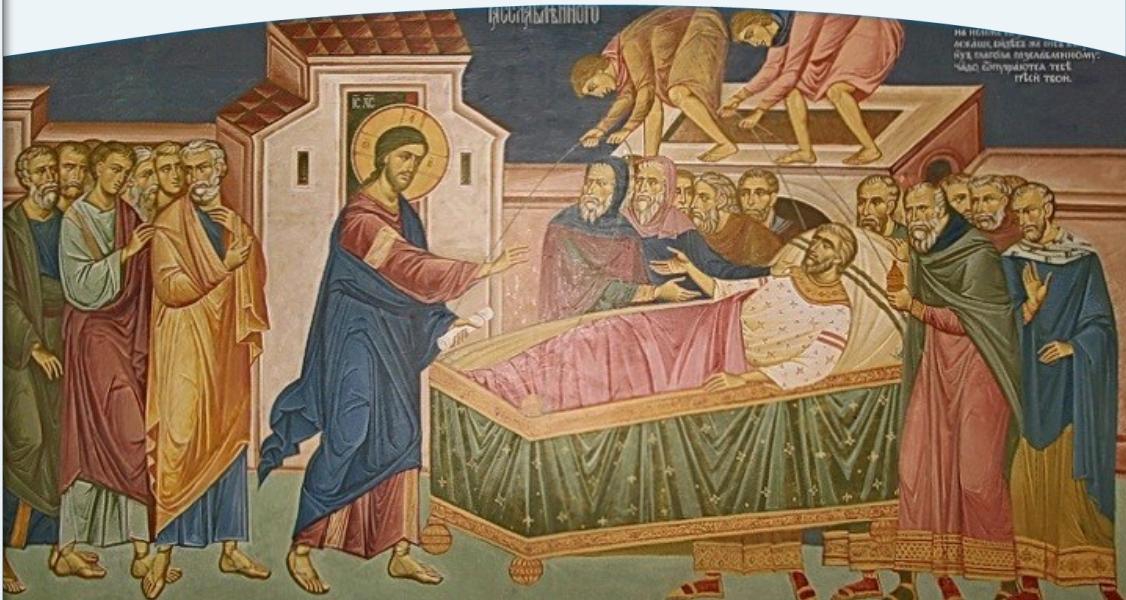




March 13, 2022

## ST. BASIL THE GREAT MELKITE GREEK CATHOLIC CHURCH



### Address

15 Skyview Drive  
Lincoln, Rhode Island 02865

Tel (401) 722-1345

### Parish Website

[www.stbasilthegreatchurch.com](http://www.stbasilthegreatchurch.com)

### Facebook

<https://www.facebook.com/StBasilTheGreatMelkiteGreekCatholicChurchRI/>

### YouTube

<https://bit.ly/3gkI2Uk>

### Email

[office@stbasilthegreatchurch.com](mailto:office@stbasilthegreatchurch.com)

### Office hours

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

### Divine Liturgies

**Tuesday through Friday** at 9:00 AM

#### Sunday

English 9:00 AM

Arabic 11:15 AM

### Religious Education

Sunday 10:00 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 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

## Sunday of the Holy Relics & St Gregory Palamas Second Sunday of Lent

أحد الذخائر المقدسة  
الاحد الثاني من الصوم المقدس

صلاة الأذنديفونة  
أيها رب إلهنا، يا من وَهَّبَ للشهداء للقديسين  
أن تتوَزَّعَ أعضاؤُهم في كل الأرض وفي هذه  
الكنيسة، لتأتِي بثمار الشفاء من الأمراض، أهْلنا،  
بشفاعة قدّيسِيكَ، لأنَّ قُدْمَمَ لك الذبيحة  
الروحية، واهدِنَا سِبِيلَ الخلاص . لأنَّك إله  
صالحٌ ومحبٌ للبشر، واليَك نرفع المجد، أيها  
الآبُ والابنُ والروح القدس، الآن وكلَّ أوانٍ والى  
دهر الداهرين.

### Antiphon Prayer (PLC p. 440)

O Lord, our God, You have granted the holy martyrs that their relics would be spread throughout the world, including this church, to bring forth the grace of healing from diseases. Make us worthy, through the intercession of your Saints, to offer You the Spiritual Sacrifice and guide us on the way of Salvation  
For You are Good and the Lover of mankind and to You we render glory, Father, Son and Holy Spirit, now and always and forever and ever.

### Troparion of the resurrection (1st tone)

While the stone was sealed by the Jews and soldiers were watching your sacred body, You rose, O Savior, on the third day, giving life to the world. Wherefore, O Giver of life, the powers of heaven cried out: Glory to your resurrection, O Christ. Glory to your kingdom, glory to your Plan of redemption, O You who alone are the Lover of mankind.

### Troparion of our Holy Father Gregory Palamas (8th Tone)

O Gregory the Wonderworker, light of Orthodoxy, support and teacher of the Church, glory of monks and invincible protector of theologians, pride of Thessaloniki and preacher of grace: Pray without ceasing for the salvation of us all.

نشيد القيامة باللحن الاول  
إن الحجر ختمه اليهود، وجسدك الظاهر حرسه  
الجنود. لكنك قمت في اليوم الثالث، أيها  
الخلص، واهبًا للعالم الحياة. لذلك قواتُ  
السماءات هتفت إليك، يا مُعطي الحياة: المجدُ  
لقيامتك أيها المسيح. المجدُ لملكك. المجدُ  
لتدبرِكَ، يا محب البشر وحدك.

نشيد العيد للقديس غريغوريوس باللحن  
الثامن  
يا كوكب اليمان القويم. وئيات الكنيسة  
ومعلمها. يا جمال المتوحدين. والمناضل الذي  
لا يُحاربُ عن المتكلمين بالإلهيات.  
غريغوريوس الصانع العجائبي. يا فخر تسالونيكي  
والمنادي بالعلمة. ابتهل على الدّوام في خلاص  
نفوسنا.



طربوبارية القديس باسيليوس  
لقد دأغ منطقك في كل الأرض. فانها قد قبّلت  
كلامك، الذي به بنيت العقائد ببياناً إلهياً،  
وأوضحت طبيعة الكائنات، ونظمت أخلاق  
البشر. في أيها الآب البار ذو الكنوت الملوكى،  
إبتهل إلى المسيح الإله في خلاص نفوسنا.

مقدمة الرسالة  
أنت يا رب تحفظنا وتحمي من هذا الجيل وإلى  
الدهر  
خلصني يا رب، فإن البار قد في، لأن الحقيقة  
قد صُعِّقت عند بنى البشر

الرسالة (عبرانيين 1: 10 إلى 3)  
أنت أيها رب في البدء أسست الأرض،  
والسموات هي صنعت يديك. هي تزول وأنت  
تبقي، وكلها تبلى كالثوب، وتطويها كالدراء  
فتتغير، وأنت أنت، وسنوك لن تفني. ولمن من  
الملاك قال قط: اجلس عن يمين حتى أجعل  
أعداك موطنًا لقدميك؟ أليسوا جمجمتهم  
أرواحًا خادمة، مرسلة لخدمتك؟ فلذلك يجب علينا  
المزمعين أن يرثوا الخلاص؟ لأننا نبتعد  
أن نتباهى إلى ما سمعناه غایة التنبه، لئلا نبتعد  
عنك. فإنها إن كانت الكلمة التي نطق بها على  
أسenne الملاك قد ثبتت، وكل تقدٍ ومعصية قد  
نان جزاءً عادلة، فكيف نُقلّت نحن إن أهملنا  
خلاصاً عظيماً كهذا قد نطق به على لسان رب  
أولاً، ثم ثبّته لنا الذين سمعوه.  
هلهلوا

بمراحيمك يا رب، أرّهم إلى الابد، إلى جيل فجيل  
أعلن حقيقتك. بفهي لأنك قلت: إن الرحمة تُبني  
إلى الابد، وفي السماتوات يُهيا حقيقتك.



### 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.com/myo.html](http://www.stbasilthegreatchurch.com/myo.html)

**NAMW:** Promotes and supports vocations to the priesthood and religious life in the United States.

<https://melkite.org/namw>

### 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.

### Epistle of the 2nd Sunday of Lent, Hebrews 1:10-2:4

Prokimenon (Tone 5)

You, O Lord, will keep us and preserve us always from this generation.

Stichon: Save me, O Lord, for there is no longer any holy man, for truthfulness has vanished from among the children of men.

### Reading from the Epistle of St. Paul to the Hebrews

You in the beginning, O Lord, did found the earth, and the heavens are works of your hands. They shall perish, but you shall continue; and they shall all grow old as does a garment, and as clothing shall you change them, and they shall be changed. But you are the same, and your years shall not fail (Ps. 101: 26-28)

Now, to which of the angels has he ever said, "Sit at my right hand, until I make your enemies the footstool at your feet" (Ps. 109: 1)? Are they not all ministering spirits, sent for service, for the sake of those who shall inherit salvation?

That is why we should all the more earnestly observe the things we have heard, lest perhaps we drift away. For if the word spoken by angels proved to be valid, and every transgression and disobedience received a just punishment, how shall we escape if we neglect such a great salvation? For it was first announced by the Lord and was confirmed to us by those who heard it.

Alleluia (Tone 5)

Your favor, O Lord, I will sing forever; from generation to generation my mouth will proclaim your faithfulness.

Stichon: For you have said, "My kindness is established forever." In heaven you have confirmed your faithfulness.

### Gospel of the 2nd Sunday of Lent, Mark 2:1-12 (Healing of the Paralytic)

At that time Jesus entered Capernaum, and it was reported that he was at home. And immediately many gathered together, so that there was no longer room, not even around the door. And he spoke the word to them. And they came, bringing to him a paralytic, carried by four. And since they could not bring him to Jesus because of the crowd, they uncovered the roof where he was, and, having made an opening, they let down the pallet on which the paralytic was lying. And Jesus, seeing their faith, said to the Paralytic, "Son, your sins are forgiven you." Now some of the Scribes were sitting there and reasoning in their hearts, "Why does this man blaspheme in this way? Who can forgive sins, beside God?" And at once Jesus, knowing in his spirit that they so reasoned within themselves, said to them, "Why are you arguing these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, and take up your pallet, and walk'? But that you may know the Son of Man has power on earth to forgive sins" — he said to the paralytic — "I say to you, arise, take up your pallet, and go to your house," And immediately he arose and, taking up his pallet, went forth in the sight of all, so that they were all amazed, and glorified God, saying, "Never did we see anything like this!"



At the end of the Divine Liturgy, Procession of the Holy Relics



## 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 All-holy, Good and Life-giving Spirit, now and always and forever and ever. Amen.



# Divine Liturgy Intentions

TODAY, MARCH 13, 2022: SUNDAY OF THE HOLY RELICS AND ST. GREGORY PALAMAS.

### 9:00 a.m. DIVINE LITURGY:

- + **FRED NASHAWATY** by Pamela Desmarais.
- + **ANNIE & CHARLES ZAINYEH** by Sonja Marion Pollard.
- + **ROSE AISSIS AUDETTE** by Gloria Walker.
- + **FRANCIS GRYBOWSKI** by Elizabeth Massud.
- + **STEVEN KANAKRY** by Beatrice Mischler.
- + **FREDERICK KOUSSA** by Mr. Dennis Dakake.
- + **MARGARET SABBAGH** by George & Jeanne Harraka.
- + **LILLIAN NASSANEY** by Alice & Joe Azar.
- + **VICTORIA PROCHNIAK** by Laila Raheb.
- + **YVONNE HAGGAR COLABELLA** by Tom & Sara Soucar & Family.

### 11:15 a.m. DIVINE LITURGY:

- + **REV. ARCHDEACON GEORGE YANY & ANGELA MAZZONE** by Bob & Lydia Gaboriault.
- + **YOUSSEF MADOUR (4<sup>th</sup> Anniv.)** by the Family.
- + **FLORENCE EID (4<sup>th</sup> Anniv.)** by the Family.
- + **BAHJAT KHOURY (8<sup>th</sup> Anniv.)** by the Family.
- + **MRS. FROSINE BAZERDJII** by the Family.
- + **M/M JOHN & JACQUELINE BAZERDJII** by the Family.
- + **GEORGETTE S. SAGGAL** by M/M Samir Chouha.
- + **LOUIS P. KISHFY** by Nadia Loze.
- + **GEORGETTE A. SAGGAL** by Joe & Yolanda Saggal.





**SACRIFICIAL GIVING:** March 6, 2022: Budgets: \$3,073.00; Envelopes: \$2,990.00; Loose: \$83.00; Candles: \$84.00; Stipends: \$40.00; Addit'l Melkite Diocesan Support: \$30.00; Building Fund: \$80.00; Fuel: \$202.00; Cemetery: \$10.00; Home Serve Refund: \$184.50.

**TODAY, MARCH 13, 2022**, there will be a special collection taken up for the **UPKEEP, MAINTENANCE & IMPROVEMENT OF THE CEMETERY**. Please contribute generously for the peaceful repose of our loved ones who have gone before us to eternal life in the hope of the Resurrection.

Please be advised that the weekly bulletin has not been printed due to the COVID-19 guidelines and restrictions, but presently, information is available online, church Facebook page and on YouTube.

**GENERAL HOME VISITATIONS, SICK CALLS, HOSPITAL VISITS:** Father Ephrem has been fully vaccinated and is now available for these parish services. Just email him at [office@stbasilthegreatchurch.com](mailto: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.

Canon Law prohibits accepting stipends or offerings for Liturgies more than one year in advance (rolling calendar) Canon 953. The time within which Liturgies must be celebrated (1 year) begins the day the intention is received. (Canon 955 #2). Formerly under the jurisdiction of the local Latin Ordinaries before the Exarchate was established under the leadership of the late Bishop Justin Najmy of this Parish, all Melkites have been subject to the latter since its erection in 1966. The Constitution of the Melkite Eparchy which is now a sole Diocese since 1976 still acknowledges this definitive protocol. Our parishes follow local discipline in the various customs e.g. every day clergy attire, stipends (Liturgy Offerings), etc. except in Liturgy and Ritual. Our relationship with the local Latin Dioceses and Latin pastors must be permeated with a spirit of love and friendship and cooperation.

**PLEASE NOTE:** Presently effective, the schedule of offerings in the parishes is now: Liturgies: \$25.00; Funerals: \$300.00; Weddings: \$300.00; Baptisms: \$100.00.

Thus far, all Liturgy Offerings received from Funerals, which exceeded more than one year or even more, have had the maximum and minimum celebrations. Surplus ones have been deposited in the Building Fund, and placed on the altar and remembered collectively, similar to the customs of Spiritual Bouquets, Perpetual Mass Enrollments & Memorial Cards, as in Chapels, Shrines, & Monasteries.

May the memories of our beloved deceased rest in peace & be eternal. Many thanks for your understanding and undivided attention in regard to these canonical guidelines and restrictions.

**FATHER DAN UPDATE:** On March 2<sup>nd</sup>, Ash Wednesday, the Roman Church joined with us in entering Lent. It is for all of us a time of prayer, conversion, fasting and penance. The Holy Father has asked that we pray and fast that day for peace in Ukraine. Their unjust suffering touches our loving heart. As an Eastern Church, we have known in our own flesh and blood, the pain of war and persecution – even though our Western media no longer considers the suffering of the Middle East and Africa worthy of news reports. And yet the planned papal visit to Lebanon will likely be cancelled because of the political unrest! May our love overcome the hatred of war and unrest. May our prayers and sacrifices help bring about the peace that can come from God alone.

As to my health, it is slowly healing. In a month it will be a year that my cancer was removed surgically. The incision went from just below the knee to above the ankle. As of this morning the remaining open wound is roughly 2 and ½" long and about an inch wide, measured by the visiting wound nurse. Even that is showing closure. I hope it will be healed for Easter! Thank You, Lord.

May this Lent be a time of peace and hope from God. Blessings to all! - **Father Dan**

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.





**CHANGE OF ADDRESS:** All the faithful who have recently changed their address or who are planning to do so, please remember to inform the church office at (401) 722-1345. Please also be sure to update new telephone numbers because **there is a cost that the Church has to absorb which adds up slowly but surely.**

**2022 ECCLESIASTICAL CALENDARS** are available – free for the taking – at the entrance of the Church. By 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.

**OUT OF RESPECT FOR THE HOUSE OF GOD,** please remember to remove any chewing gum before entering the church building. Also, please place your pagers and cell phones on silent.

**2021 BUDGET STATEMENT AVAILABLE:** It is that time of year to start thinking about the preparation of your 2021 Federal Income Tax Returns. Statements of your offerings to the Church for 2021 will only be issued upon request. If you would like a statement, please contact Father Joe at the rectory at 401-722-1345. To those who have been using envelopes, we extend our thanks and a reminder to please mark the amount enclosed which facilitates the recording of your contributions and allows for more accuracy. **THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION IN THIS REGARD!!!**

**ALL DAY CONFESSIONS:** Each one of us had times when we have mistreated others and neglected God. A great opportunity to make things right and regain our peace is through the Sacrament of Confession.

You are invited to **All Day Confessions, Saturday, March 26<sup>th</sup>, 9:00 a.m. – 2:00 p.m. at St. Joseph's Parish, 1200 Mendon Road, Woonsocket, RI.**

Never doubt God's readiness to forgive you!

**REFLECTION: How's your effort in life's most important category – your relationship with God?**

*Rule of Fasting in the Eparchy of Newton*

So as not to burden anyone's conscience, the Holy Synod of the Melkite Greek Catholic Church permits each eparchial bishop to ease the canonical obligations of fasting, while, at the same time, exhorts all the faithful to fast according to the ancient tradition. The minimum rule that Melkites in the Eparchy of Newton must observe are: *Fasting* from all food and drink from midnight until noon on the first day of Great Lent (Monday, March 6<sup>th</sup>), and on the last three days of Holy Week (Holy Thursday, Good Friday, Holy Saturday). *Abstinence* at least from meat, must be observed on every Friday of Great Lent. These requirements are the minimum. The faithful are encouraged to do more, such as also abstaining from meat every Wednesday or throughout the whole of Great Lent.

**THE GREAT AND HOLY TIME OF LENT**

Great Lent involves deepening of our prayer life. This includes private prayer as well as the services mentioned below.

An important facet of Lent is Almsgiving. "The Shepherd's Care" mandated in our Melkite Parishes and Missions throughout the United States is one good way to put the Almsgiving into practice.

**Tuesday, March 15<sup>th</sup>: GREAT COMPLINE**

**Friday, March 18<sup>th</sup>: AKATHIST HYMN**

We encourage and urge you to join us in the scheduled services this week.

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.



# الخلاص في المسيح

احمل فراشك وامضي إلى بيتك."

هكذا وبكلمة واحدة من يسوع تحولت كل الأنوار إلى هذا الرجل المقعد الذي شفي. هكذا تحولت كل الكلمات نحو هذا الرجل الصامت الذي لم يفتح فاه. هذا المخلع لم يتكلم كلمة واحدة... كانت كلمات يسوع له محبيه: "مغفورة لك خططياك... لك أقول انفاضاً". للحظة كان السؤال هل سيهض؟ بكلمة واحدة من يسوع هل سيمكنه أن يحرك جسده المشلول؟ هذا العمل الذي كان مستحيلاً، بالإيمان تترجم عملاً عجائبًا مدهشًا. جسد هذا المخلع تجدد وانتعش وقام وتحرك. بكلمة واحدة في هذه اللحظة الحرجة، بكلمة رجاء امتلاً قلب هذا المسكين شفاءً... أطاع وقام ومضى.

كل تلك السنوات الماضية التي كان فيها هذا المقعد محملًا من غيره، هذه الكتلة من الألم واليأس، هذا التاريخ المأساوي، بأمر المسيح مُسْحَّ وانتهى، وهو الآن يعيش لحظات خلاصية. كلمات المسيح تقول لنا إن المأساة ليست في الشلل، إنما هي في الخطيئة. ويسوع شفى هذا المقعد من خطئته ومن شلله.



وكل جماعة مسيحية أصابها الشلل، يقول لها المسيح أولاً: "مغفورة لك خططياك! أنهضي!"

من خلال هذا النص يمكننا أن نأخذ ثلاثة عِبرات:  
1. الشر موجود، متمثل بخطيئة هذا المقعد، بشلل هذا المقعد، متمثل أيضًا في إيمان الكتبة الذين يرافقون المسيح والذين يعيقون المسيح في تقديم خلاص الله له وللناس.

هؤلاء الأشخاص موجودون في كل زمان وفي كل مكان. يرفضون عطيا الله 2. محبو الخلاص موجودين، أراهم من خلال هؤلاء الحمالين الأربع، الذين الحقيقة المقدمة بشخص المسيح. ربما كانوا يريدون المسيح سؤالًا ذو قدرة فعلوا كل شيء، وبدلوا جهداً كبيراً كي يحملوا المقعد للمسيح. إيمانهم كبير أن كسائر الآباء، رجلاً يعمل كما هم يتخيرون الإيمان. على عكس إيمان هؤلاء الخلاص هو بال المسيح فقط والأهم بالنسبة إليهم هو أن يصل هذا المقعد إلى الرجال الأربع الذين يحملون المخلع، الذين يؤمّنون أن الله قادر أن يفعل أفعال المسيح وتغفر خططيته ويشفي.

دخلوها في الظاهر بالشفاء الجسدي الذي كانوا يرغبون سماعه. ولكن يسوع لا ينطليون على ما هو أسلوبهم في ذخائرهم المقدسة ليقدموننا للمسيح لكي يشفينا. قال: "يا بني، مغفورة خططياك".

ونحن أيضًا ذخائر حية في الكنيسة نحمل بعضنا البعض في الصلاة والصيام، نقدم بعضنا البعض إلى المسيح طالبين منه الخلاص ومغفرة خططيانا والشفاء على ما هو أساسي. المسيح منح هذا المخلع أولاً شفاء القلب وشفاء الروح، من شلل نفوسنا وأجسادنا.

3. هذا المقعد، هو العبرة الأهم، لم يستسلم لشلله ولم يعتبر أن الخطيئة والمرض قدر محتم ولم يسمح للإيس أن يملك قلبه. هذا المقعد قبل المغفرة المقدمة من المسيح، وقبل الشفاء كهدية عظيمة من الله. وهو مثال للتحلي بالصبر على الألم والتحلي بالرجاء، هو مثال الإيمان.

أقول لرعبي الحبيب، الخلاص هو في المسيح، المهم أن تصلي إليه وتسمعينه يقول لك: "مغفورة لك خططياك. انهضي! قومي". آمين

في هذا الأحد الثاني والمبارك من زمن الصيام، تعيد الكنيسة البيزنطية للذخائر المقدسة، وتكرّم فيها بقايا القديسين والقديسات والشهداء.

ما الذي سينتصر. أخيرًا في قلوب الناس الإيمان أو عدم الإيمان؟

يريد هذا النص المقدس أن يقول لنا إن الإيمان هو الذي سينتصر، من خلال هؤلاء الأشخاص الأربع. إيمانهم أكيد، إيمانهم حي.

هؤلاء الأشخاص الأربع يتأنمون بسبب آلام هذا المقعد، هذا الصديق الحميم. إيمانهم كان في يسوع أنه الشافي والمخلص والملجأ الأخير.

يتترجم إيمان هؤلاء الأربع بهمتهم وجهدهم: مهما كلف الأمر، حملوا هذا المخلع واقتربوا الجموع وصعدوا به إلى السقف ونقبوه ودلوا صديقهم منه. إيمانهم كسر. كل الحواجز لكي يتمتعوا هذا الرجل الكسيح بالاعافية. وعدم الإيمان كان حاضرًا هنا أيضًا. الإيمان وعدم الإيمان متواجهان هنا. عدم الإيمان متمثل في قلب بعض الكتبة، كان ينتظر ويراقب ويسمع ويفقيس، ليحكم ويدين.

هؤلاء الكتبة سمعوا وفهموا جيدًا وقارنو كلام يسوع بما يعتقدون به. بعدما سمعوا كلام المسيح "مغفورة لك خططياك" سألاه المسيح سؤال عدل، سؤالًا صحيحًا: "من يستطيع أن يغفر الخطايا إلا الله وحده؟" ولكنهم بالحقيقة غير قادرین على استيعاب الحال الحقيقي الذي قدمه المسيح. هربوا من فعل الإيمان الحقيقي. فبدل أن يستسلموا ويعيّنوا بقدرة الله ويقولوا: "هذا الرجل يفعل أفعال الله". فضلًا عدم الإيمان بقدرة الله وقالوا: "هذا الرجل يجذب".

ونحن أيضًا ذخائر حية في الكنيسة نحمل بعضنا البعض في الصلاة والصيام، نقدم بعضنا البعض إلى المسيح طالبين منه الخلاص ومغفرة خططيانا والشفاء على ما هو أساسي. المسيح منح هذا المخلع أولاً شفاء القلب وشفاء الروح، من شلل نفوسنا وأجسادنا.

ونحن أيضًا، أيها الإخوة والأخوات، ربما نطلب من المسيح شفاءً ماديًّا من خلال المال أو الممتلكات وربما الجاه، وربما شفاء للجسد، وهذا ما كان محبو هذا المخلع يريدونه. ولكن المسيح قدّم لهم ما هو أهم، الخلاص الحقيقي: سلام النفس والتحرر من الخطيئة. قدّم لهم كلمة أهم: "مغفورة لك خططياك". إن المسيح هو ابن الإنسان الذي يقدم خلاص الله الحقيقي.

سيأتي الشفاء، ولكن في مرحلة ثانية، سيأتي مكافأة على الإيمان، كعلامة لك يعيد الإيمان إلى من فقد الإيمان، لاسمها هؤلاء الكتبة: "آمرك!" "لك أقول: "آمرك!"

# Spiritual and Physical Healing

In today's Gospel, we find buried a story of great faith. It is the story of four friends who carried a paralyzed man to see Jesus, because they believed in the healing power of this prophet. When the size of the crowd blocked their way, they did not stop. They climbed the house and dug through the roof, lowering the paralytic so that Jesus might gaze upon him and have mercy. And "when Jesus saw their faith", he performed a miracle and the paralytic walked again.

The core of this reading, is the faith of these friends and this paralyzed man. Indeed, Jesus did not heal this man because he and his friends were rich or poor, respected or rejected, connected or cast out. Of these things, we know not. But we do know this: Jesus healed this man because of his faith and the faith of his friends. In this and other miracles, Jesus is clear that faith is required before healing can occur.

**1. The Paralytic:** Four men carried a friend to Jesus. It made all the difference in the world to the friend, for he was paralyzed and was unable to approach Jesus on his own. He had heard of the miracles Jesus had performed but had never seen them. His healing was out of the question: he couldn't go to Jesus on his own. Had his four friends not stepped in and brought him to Jesus, he would never have been cured. Their faith and love made his healing possible. Who does Jesus want me to bring to him? Do I invite people to prayer and adoration? Do I invite people to Mass and confession?

**2. The Four Friends:** These four men were not stopped by the obstacles in their way. How long they traveled isn't mentioned, but even a short distance is tiring when carrying a man on a mat. When they arrived at the house, it was full of people who had traveled to hear and see Jesus and to be cured by him. It was impossible for the men to get inside the house through the door, but they didn't give up. They didn't quit. They carried their friend up to the rooftop and lowered him down into the house. By persevering, we can achieve anything. Love knows no boundaries or limits.



**3. Jesus:** God wants to save people. He wants to bring real healing into their lives, but he wants to heal them through us. Jesus could have found the paralyzed man. He chose, rather, to let the others bring the man to him. Jesus wanted to heal him, but without the charity in the hearts of the four men, the healing might never have been accomplished. Who does Jesus wish to encounter through me? How can I be a better instrument of his love?

**Conversation with Christ:** Lord, help me to realize more deeply that you want me involved in salvation history. I'm on the front lines. You entrust souls to me, and you want to bless their lives through my prayers, my sacrifices, and my work. Increase my love for these souls. They need my help and my fidelity. I don't want to let them down. Help me to be faithful.

Jesus deals first with the spiritual problem—the forgiveness of sins—and then the physical problem—the physical affliction. Most people want it the other way around, putting greater emphasis on healing the physical ailment than fixing the spiritual problem. Solomon gives us the answer to which is more important: "The spirit of a man will sustain him in sickness, but who can bear a broken spirit?" (Proverbs 18:14). From God's perfect perspective, spiritual needs are always more critical than physical ones (Mark 8:36), so in this miracle, forgiveness precedes healing.

**Resolution:** I will make a sacrifice today for the person most in need of God's grace.

To have faith is sometimes hard; Faith in ourselves, faith in our families, faith in our friends, faith in our God. We struggle. We hope. We pray. In the end, we find Jesus is right. Without faith, no miracles occur. If we do not believe for ourselves, no one can believe for us.

And when we have faith, we act. These friends opened up a roof. With our faith, we can open up our hearts and minds to reveal generosity, compassion, mercy and love. Through these expressions, we demonstrate our faith much like this group in today's Gospel demonstrated theirs. Because we believe and act, Jesus can see our faith, our intentions are heard, and miracles occur that make our lives, and lives of all we love, better.

# 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 mischaracterized as a form of deprivation, rather than a spiritual discipline. Because fasting is so misunderstood, 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.

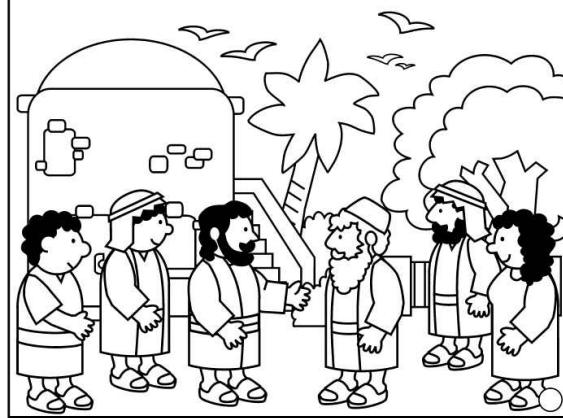
**Again, Lent is not a season of deprivation, nor should we "give up" something only to get it back once Lent is over. Lent is about repentance, and making small and permanent changes to bring us closer to the Lord, changes that will last long after Lent is over. This is the purpose of the Lenten journey.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

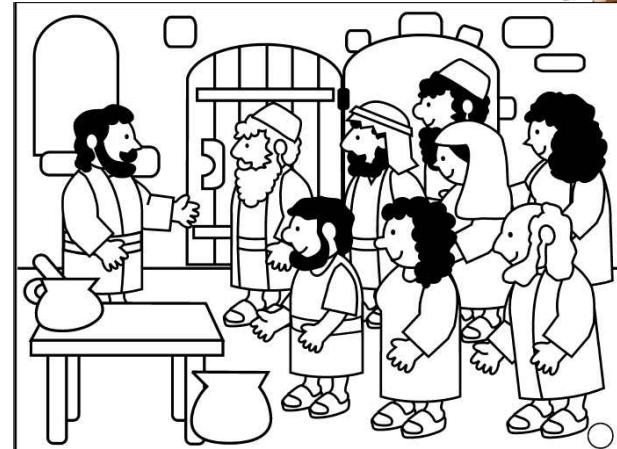


**Give some thought to your fasting plan for Lent today!**

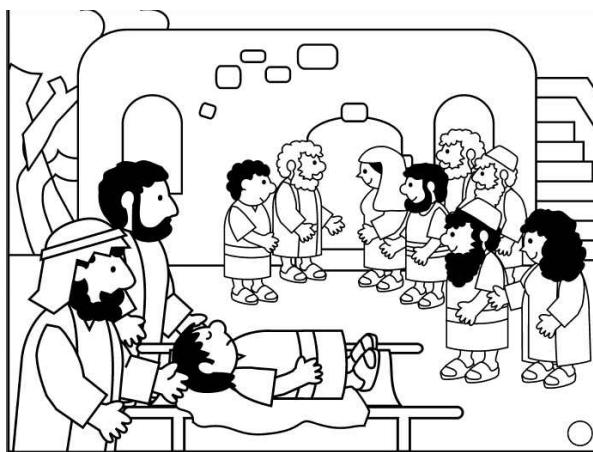
# Following Jesus Kids bulletin



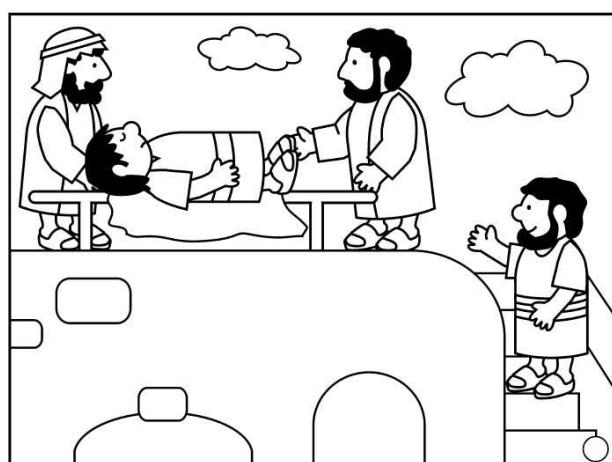
One day Jesus and His disciples went to the city of Capernaum . People were excited that Jesus had come, and they went to hear Him speak



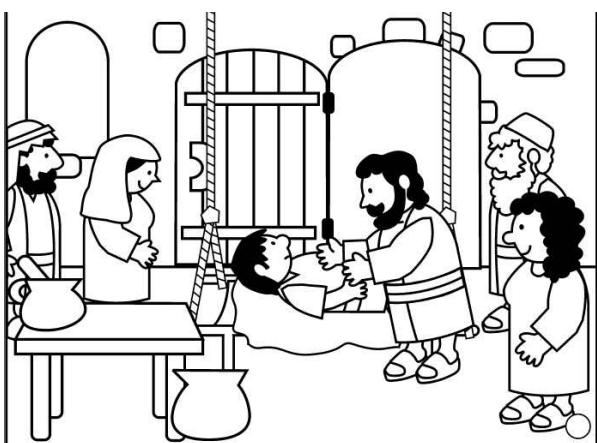
Jesus was inside a house, but it was very crowded. There were many people there wanting to see Jesus.



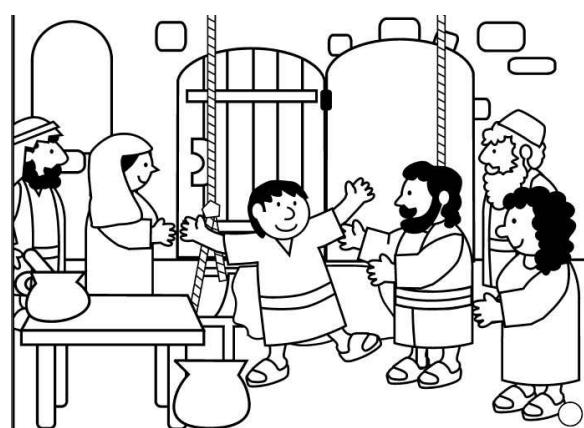
Some men had a friend who was sick. He couldn't move and had to lie in bed all the time. The men wanted Jesus to heal their friend, but there were so many people that they couldn't get close to



Suddenly, one of the men had an idea. Ever so carefully they carried the sick man up to the roof of the house



They made a hole in the roof, big enough to lower the sick man and his bed into the house. They lowered their sick friend all the way down to where Jesus was standing. Jesus was happy that the sick man's friends had faith that He could heal their friend. "Stand up and walk," Jesus told the sick man and immediately the man stood up



Jesus had healed him, and now he could move. He could stand and he could even jump! The man went running back to his home praising and thanking God for healing him

# شَرْحُ أَيْقُونَةِ الْمَدَائِحِ لِوَالِدَةِ إِلَهِ

- في كنيسة الروم الكاثوليك، يُذكر المؤمنون أيقونة المدائحة في أيام الجمعة من الأسابيع الخمسة الأولى من الصوم الكبير المبارك. وهي تتألف من أربع وعشرين أيقونة، وذلك على عدد أبيات صلاة "المدائحة لوالدة الإله العذراء".
- تُنشد وتُستعرض البيوت والإيقونات الـ ٤ أحاديث التجسد الإلهي انطلاقاً من حديث البشارة.
- فيما يلي، سوف يتم عرض كلّ أيقونة مع مطلع البيت الخاص بها في صلاة المدائحة لوالدة الإله. يبدأ عرض الإيقونات من يسار الإيقونة الفلوتي تدرجاً نحو اليمين:
1. أيقونة الملائكة جبرائيل المُرسَل للقاء مريم: "إِنَّ الْمَلَكَ الْمُتَقَدِّمَ أُرْسَلَ مِنَ السَّمَاءِ لِيَقُرَأَ السَّلَامَ عَلَى وَالِدَةِ إِلَهِ...".
  2. أيقونة دعشة مريم من كلام الملائكة: "لَمَّا رَأَتِ الْقَدِيسَةَ ذَاهِبًا فِي حَالَةِ الْقَوَافِلِ قَالَتْ لِجَبَرِيلَ بِجُرْحَةٍ: إِنَّ مَقَالَكَ الْغَرِيبَ يَبْدُو لِنَفْسِي غَيْرَ الْقَبُولِ...".
  3. أيقونة التماس مريم أن تعلم العلم الذي لا يعلم: "لَمَّا التمَسَتِ الْعَذْرَاءُ أَنْ تَعْلَمَ الْعِلْمَ تَعْلَمَ الْعِلْمَ الَّذِي لَا يَعْلَمُ هَتَّقَتْ نَحْوَ الرَّسُولِ: قُلْ لِي كَيْفَ يُمْكِنُ أَنْ يُولَدَ ابْنٌ مِّنْ أَحْشَائِ النَّقَيْةِ؟".
  4. أيقونة حلول الروح القدس على مريم: "إِنْ قُدْرَةَ الْعُلَيِّ طَلَّتْ حِينَدِنٍ أَلَّيْ لَمْ تَخْبِرْ رَوْاجَاً. لَكِ تَحْبِلُ فَأَظَهَرْتُ أَحْشَاءَهَا الْمُثَمِّرَةَ حَفْلًا ظَيْبًا لِجَمِيعِ الَّذِينَ يَرْوُمُونَ أَنْ يَجْنُوا خَلَاصًا...".
  5. أيقونة زيارة مريم لأليصابات: "إِنَّ الْبَتُولَ أَسْرَعَتْ نَحْوَ الْأَيْصَابَاتِ وَهِيَ تَحْمِلُ اللَّهَ فِي مُسْتَوْدِعِكِ...".
  6. أيقونة اضطراب يوسف: "إِنَّ يُوسَفَ الْعَفِيفَ شَعَرَ فِي دَاخِلِهِ بِعَاصِفَةٍ مِّنَ الْأَفْكَارِ مُسَاوِيَةً غَزَّارِيَّةً رَأْفِكَ الْغَزِيرَةَ أَيْهَا الْمَلَكُ الْقَدُّوسُ...".
  7. أيقونة العذراء المصباح المشع، والمؤمنين الجالسين ظلام الجهل: "إِنَّ نَرِي الْبَتُولَ إِيَّاكَ الْرُّعَاةَ بِمِيلَادِ الْمَسِيحِ: إِنَّ يُوسَفَ الْعَفِيفَ شَعَرَ فِي دَاخِلِهِ بِعَاصِفَةٍ مِّنَ الْقَدِيسَةِ مُصَبَّحًا مُشَعًا ظَاهِرًا لِلَّذِينَ فِي الظَّلَامِ لَأَنَّهَا بِإِشْعَالِهِ الْمُؤْرَ غَيْرُ الْمَادِيِّ تَهْدِي الْأَفْكَارَ الْمُقْلِفَةَ. فَاضْطَرَبَ حِينَ نَظَرَ إِلَيْكَ أَنْتِ الْبِكْرِ...".
  8. أيقونة المجنوس وهو يتبعون الكوكب: "لَمَّا رَأَيَ الْمَجْوُسُ كُوكَبًا يُسَيِّرُهُ اللَّهُ إِتَّبَعُوا بَيْرُكَ دُيُونَهُمُ الْقَدِيمَةَ قَلِيمَ بِنَفْسِهِ إِلَى الْدِينِ ابْتَدَعُوا عَنِ نِعْمَتِهِ وَمَرْقَ الصَّلَكِ الْمُكْتَوبِ عَلَيْهِمْ...".
  9. أيقونة تكرييم المجنوس للطفل الإلهي: "أَبْصَرَ فَتَيَانُ الْكَلَدَانِيَّينَ فِي يَدِيِ الْبَتُولِ جَابِلَ الْبَشَرِ بِهِدِيَّةِ الْبَتُولِ تَحْمِلُ فِي يَدِيهَا جَابِلَ الْبَشَرِ بِيَدِهِ وَفَقَهُوا أَنَّهُ السَّيِّدُ وَإِنَّ أَنَّهُ صُورَةُ عَبْدٍ فَبَادَرُوا إِلَى إِكْرَامِهِ بِالْهَدَىِّ...".
  10. أيقونة عودة المجنوس إلى بلادهم: "لَمَّا غَدَ الْمَجْوُسُ مُبَشِّرِينَ لِبَسِينَ اللَّهِ عَادُوا إِلَى بَابِلَ بَعْدَ أَنْ أَنْتَوْا مَا أَوْجَيْتُهُ إِلَيْهِمْ...".
  11. أيقونة الهروب إلى مصر: "لَمَّا أَشَعَلَتْ فِي مَصْرِ نُورَ الْحَقِيقَةِ...".
  12. أيقونة دخول المسيح إلى الهيكل: "لَمَّا أَرْتَعَ سَمَاعَنَّ أَنْ يَنْتَقِلَ مِنْ هَذَا الدَّهْرِ الْحَاضِرِ

"يَا وَالِدَةَ إِلَهِ، الْفَائِقَةُ الْقَدَاسَةُ، خَلَصِينَا".

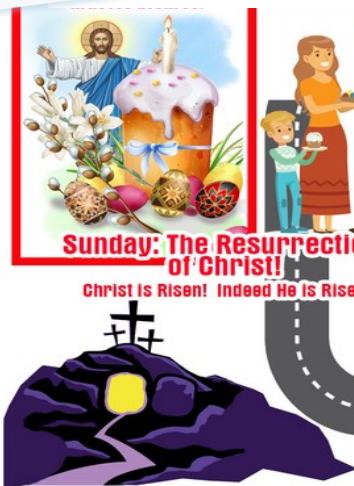
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# Our Journey to Pascha 2022

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE
Fast - Free Week <b>FEBRUARY 6th</b>	<b>TRIODION WEEKS</b> <b>Publican and the Pharisee</b> 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 <b>FEBRUARY 13th</b>	<b>The Prodigal Son Returns</b> 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 <b>FEBRUARY 20th</b> FAREWELL TO MEAT TODAY	<b>The Last Judgment</b> 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 <b>FEBRUARY 27th</b> FAREWELL TO CHEESE TODAY	<b>Adam and Eve are cast from Paradise</b> <b>FORGIVENESS SUNDAY</b> 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 <b>MARCH 6th</b>	<b>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</b> <b>SUNDAY OF ORTHODOXY</b> 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 <b>MARCH 13th</b>	<b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 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 <b>MARCH 20th</b>	<b>VENERATION OF THE HOLY CROSS</b> <b>HALF WAY TO PASCHA!</b> 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 <b>MARCH 27th</b>	<b>ST JOHN OF THE LADDER</b> 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 <b>APRIL 3rd</b>	<b>ST MARY OF EGYPT</b> 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 <b>APRIL 10th</b> GREAT WEEK BEGINS	<b>GREAT AND HOLY WEEK</b> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> 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 <b>APRIL 15th</b>	<b>GREAT AND HOLY FRIDAY</b> <b>JESUS DIES ON THE CROSS</b> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 17th</b> NO FASTING!	<b>BRIGHT WEEK</b> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and good night.

# Our Journey to Pascha 2022



## HOLY WEEK

Focus on Christ's Passion

### HURTURE SILENCE

Spend the week in silence, thought and prayer  
Attend Holy Week Services

Wednesday: Holy Unction

Thursday: Mystical Supper & Washing of feet  
(Reading of 12 Passion Gospels)

Friday: Crucifixion and burial of Christ

(Vespers)

Saturday: Harrowing of Hades



## THIRD WEEK

The Cross is presented to us  
Focus on Sacrifice and Charity

### DONATE

Each day this week set aside tasty food and feed the hungry  
Each day take one item from your closet and donate it to those in need  
Turn off the television all week - sacrifices are not meant to be easy

Put aside a tenth of this week's paycheck, and donate it

Offer your services at church

Offer to help a neighbor

Donate books

Donate a pair of nice shoes

GO ONE DAY WITHOUT COMPLAINING

TRY AGAIN - to go all day without negative comment

Sacrifices are not meant to be easy



## FOURTH WEEK

Focus on Family

### SPEND TIME FOCUSING ON YOUR FAMILY

Pray Evening Prayers with your family  
Share stories from your day, and listen to each other  
During dinner tell each person something you love about them  
Tell each of your children what makes them unique  
Tell your parents why you appreciate them  
Find a family recipe and prepare it together  
Ask, "If you could go anywhere, where would you go?"



### VENERATION OF THE HOLY CROSS

- THE CROSS IS PRESENTED TO STRENGTHEN US ST. JOHN OF THE LADDER  
KEEP TRYING TO BE GOOD

## SECOND WEEK

Focus on Prayer

Be disciplined with your Prayer Routine

Memorize the Lenten Prayer of St. Ephrem

### PRAY

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

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

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



2

St. GREGORY PALAMAS  
TAUGHT DISCIPLINE THROUGH PRAYER



### BRING YOUR ICONS TO CHURCH



1

### FIRST WEEK

Monday - Strict Fast

Try to attend services

Focus on Self-Improvement

You are a living icon of Christ

Do not GOSSIP

Formulate a Prayer Rule, and

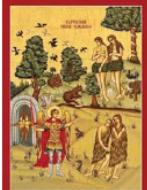
stick to it all through Lent...  
and beyond.

While it is good to avoid places of temptation, it is better to seek places of inspiration. While it is good to avoid individuals, who may lead you to sin, it is better to seek out individuals who will lead you to virtue. While it is good to shun those things which tend to control us, it is better to seek self-control over things which have no power over us unless we give them that power.



# LITURGICAL CALENDAR



MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 آذار - مارس 2022			1  	2  	3  	4  	5 
			St Eudocia Romans 8:14-21 Matthew 6:1-13	St Theodosius of Cyrene 2 Corinthians 4:13-18 Mark 11:22-26; Matthew 7:7-8	Sts Eutropios, Cleonicos and Basiliscos Romans 15:30-33 Matthew 7:7-11	1 <sup>st</sup> Akathist الماناج الأولى 1 Timothy 2:1-7 John 15:1-7	St Theodore the Martyr (أمجوجية القمح المسلوق) Hebrews 1:1-12 Mark 2:23-3:5
	6 	7  	8  	9  	10  	11  	12 
	Sunday of Orthodoxy أحد الأرثوذكسية Hebrews 1:24-40 John 1:43-51	Martyrs of Cherson Romans 15:1-7 Matthew 18:10-20	St Theophylactos of Nicomedia Galatians 6:2-10 Matthew 4:25-5:12	Forty Martyrs of Sebastea Hebrews 12:1-10 Matthew 20:1-16	St Codratos and his companions 1 Corinthians 10:5-12 Matthew 5:27-32	2 <sup>nd</sup> Akathist الماناج الثانية Romans 5:1-10 Matthew 5:33-41	St Theophane of Sigria Hebrews 3:12-16 Mark 1:35-44
FEBRUARY 2022	13 St Gregory Palamas أحد الشفاعة المقنسة Hebrews 1:10-2:3 Mark 2:1-12	14 	15  	16  	17  	18  	19 
S M T W T F S 1 2 3 4 5 6 7 8 9 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	St Benedict Ephesians 4:25-32 Matthew 5:42-48	St Agapios and his companions Philippians 2:12-16 Matthew 10:32-38;19:27-30	St Sabinos the Egyptian Ephesians 4:1-7 Matthew 7:1-8	St Alexis Colossians 3:4-11 Matthew 7:24-8:4	3 <sup>rd</sup> Akathist الماناج الثالثة Ephesians 5:1-8 Matthew 6:22-33	Sts Chrysanthos and Daria Hebrews 10:32-38 Mark 2:14-17	
APRIL 2022	20  Veneration of Holy Cross أحد المسجود للصليب الكريم Hebrews 4:14-5:6 Mark 8:34-9:1	21  	22  	23  	24  	25  	26 
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	St James of Catania Philippians 2:5-11 Matthew 13:10-23,9	St Basil of Ancyra 1 Corinthians 1:18-24 Matthew 13:36-43	St Nikon and his 200 pupils Galatians 2:16-20 Matthew 9:18-26	Preparation of the Annunciation Galatians 5:22-6:2 Matthew 25:14-30	Annunciation عبد البشرة Hebrews 2:11-18 Luke 1:24-38		Synaxis of Archangel Gabriel Hebrews 6:9-12 Mark 7:31-37
	27  St John Climacos القديس يوحنا السنيدي Hebrews 6:13-20 Mark 9:17-31	28  	29  	30  	31  		
			St Cyril and his companions Ephesians 4:14-17 Luke 6:24-30	St John Climacos Ephesians 4:17-25 Luke 7:36-50	Thursday of Great Canon خميس القانون الكبير Ephesians 4:25-32 Luke 13:1-9		

 Church Major Feasts

 Abstain from Meat

 Fast from midnight until noon

 Lenten Season

# Prayer for Lent



## PRAYER OF SAINT EPHREM

+O Lord and Master of my life! Drive from me the spirit of indifference and discouragement, lust for power, and idle chatter. (prostration)

+Instead, grant to me, your servant,

the spirit of integrity, humility, patience, and love. (prostration)

+Yes, O Lord and King! Let me see my own sins and not judge my brothers and sisters; for you are blessed for ever and ever. Amen.

(prostration) Followed by 12 small prostrations, with the sign of the Cross:

God, be merciful to me a sinner! (prostration) God,

cleanse me of my sins and have mercy on me! (prostration)

I have sinned without number, forgive me, O Lord! (prostration)

O Lord and Master of my life!

Drive from me the spirit of indifference and discouragement, lust for power, and idle chatter.

Instead, grant to me, your servant, the spirit of integrity, humility, patience, and love.

Yes, O Lord and King! Let me see my own sins and not judge my brothers and sisters; for You are blessed for ever and ever.

Amen. (prostration)

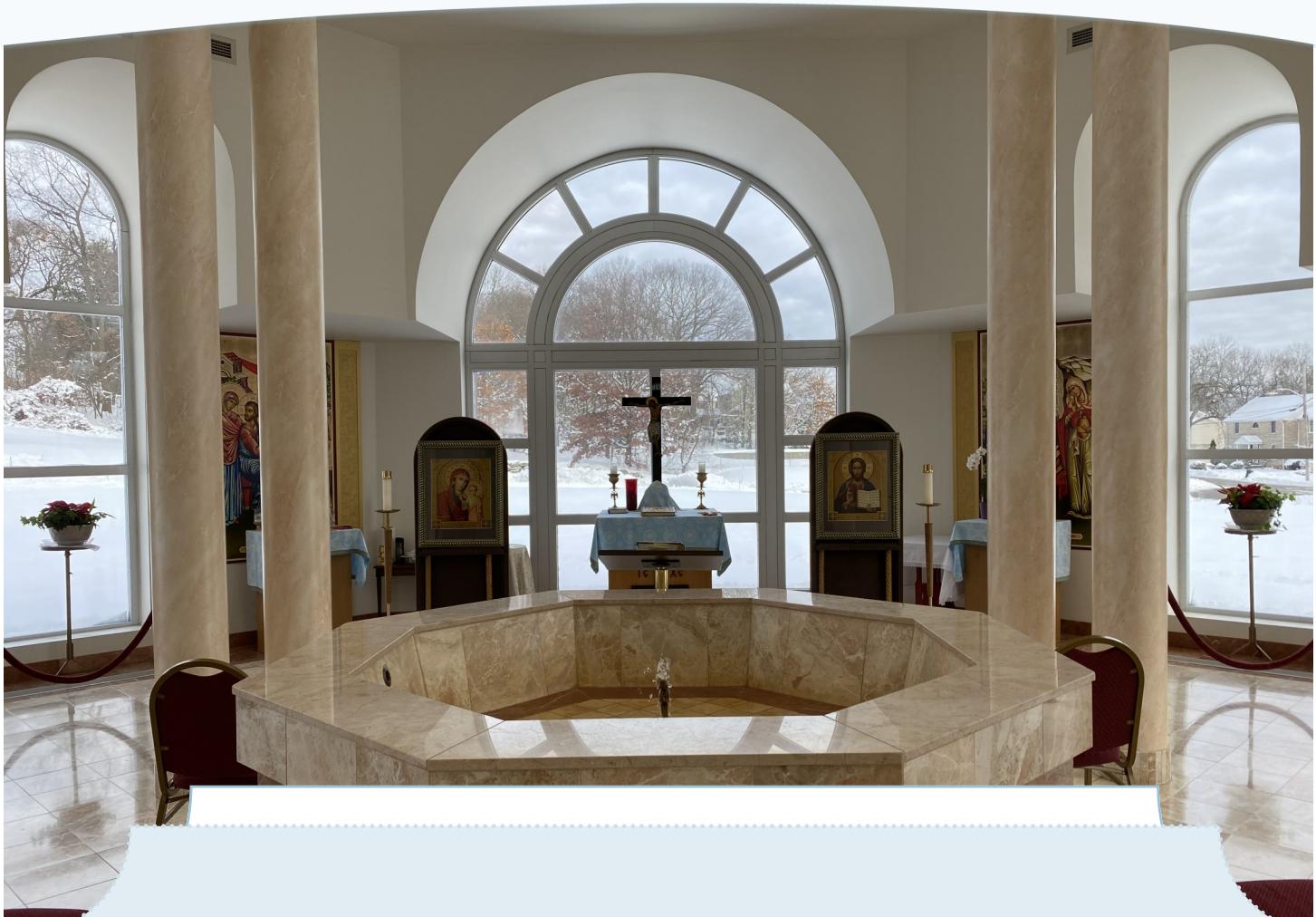
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To emphasize the theme of this prayer--changing our lives--we accompany it with **Great Prostration**, kneeling and touching the forehead to the floor, then standing and making the sign of the cross. When we pray "O God, be gracious to me a sinner, and have mercy on me" 12 times, we make **Small Prostration**, bowing very low, touching the floor with the fingertips of the right hand, then standing and making the sign of the cross. The bows represent the twelve hours of the day, and our awareness of the sins and shortcomings we suffer throughout each day of our life.

The Prayer of St Ephrem is one of the main components of Lenten services in the Byzantine Church. It signifies our awareness of our sins and of temptations, it proclaims our faith in the all-merciful God, and it asks for the gifts and graces we need to lead a holy life. During Lent, it is a good practice to recite the prayer of St Ephrem when you get up in the morning and before you go to bed at night.

Both privately and publicly, the Prayer of St Ephrem the Syrian is the characteristic prayer of Great Lent. It reminds us that God is the Master of our lives, and asks God to free us from the sins of everyday life, like pride and gossip and laziness and greed. In it we ask God to give us humility and love of our neighbor, awareness of our own sins, and disinterest in the sins of others. We then pray "O God, be gracious to me a sinner, and have mercy on me" twelve times.

# Weekly Divine Liturgy Schedule



*The Divine Liturgy is celebrated*

At St. Elias Chapel

|(St. Basil the Great Melkite Greek Catholic Church)

**Tuesday to Friday at 9:00 am**

Sunday Divine Liturgy :

**English at 9:00 am—Arabic at 11:15 am**

The Sacrament of Reconciliation is available  
Tuesday to Friday before or after the Divine Liturgy.

# **ALL-DAY CONFESSIONS**

**Saturday, March 26<sup>th</sup>**

9:00 A.M. – 2:00 P.M.

Saint Joseph Church

1200 Mendon Road, Woonsocket, R.I.

**Has it been a long time?**

**WELCOME HOME!**

-two to three priests at all times

-anonymous Confessions behind the screen and face-to-face  
available

-friendly volunteers to answer your questions

-examinations of conscience provided

-music playing so voices cannot be heard

**NEVER DOUBT GOD'S WILLINGNESS TO FORGIVE YOU!**

# LITURGY OR MASS INTENTIONS



Divine Liturgy intentions can be scheduled for those who have died, and on the occasion of a birthday, wedding anniversary, for healing for the conversion of sinners, for the grace to face the challenges in life, for the success in a new job, for those serving in the church and country in different levels, for good weather, bountiful harvest, for world peace, in thanksgiving for the blessings received, etc. You can find so many reasons to think about a Mass offering. We offer the Mass for a specific intention because we believe in the immense spiritual value of the Holy Sacrifice of the Mass.

The custom of giving offering to have Liturgies said for specific intentions is a laudable one and should be maintained as much as possible. Church teaching and Canon Law (nos. 942-958) provide important guidelines on how to preserve the dignity and appreciation of this practice. Overall, it should be well noted that Liturgy offerings are never to be viewed as a means of parish fundraising.

**COMMEMORATIONS OF THE DEAD:** The Apostolic Constitutions refer to the repetition of the Mass on the third, ninth and fortieth days: "Let the third day be observed in remembrance of the dead with psalms, lessons, and prayers, because Christ rose from the dead on the third day. Let the ninth day be observed in remembrance both of the living and the dead, and also the fortieth day, in accordance with mourning customs of the Israelites at the time of Moses' death. Finally, let the anniversary day be observed in memory of the dead."

In contemporary Byzantine practice, the dead are commemorated on the ninth and fortieth days and on the anniversary of their departure from this world.

Formerly under the jurisdiction of the local Latin Ordinaries before the Exarchate was established under the leadership of the late Bishop Justin Najmy of this Parish, all Melkites have been subject to the latter since its erection in 1966. The Constitution of the Melkite Eparchy which is now a sole Diocese since 1976 still acknowledges this definitive protocol. Our parishes follow local discipline in the various customs e.g., clergy attire, stipends (Mass Offerings), etc. except in Liturgy and Ritual. Our relationship with the local Latin Dioceses and Latin pastors must be permeated with a spirit of love and friendship and cooperation.

Effective January 1, 2008, which by-passed us, the schedule of offerings for Masses in parishes is now \$25.00; Funerals: \$300.00; Weddings: \$300.00.

Canon Law prohibits accepting stipends or offerings for Masses more than one year in advance (rolling calendar) Canon 953. The time within which Masses must be celebrated (1 year) begins the day the intention is received (Canon 955 #2.)

May the memories of our beloved deceased be eternal and many thanks for your understanding and undivided attention in regard to these guidelines and restrictions.

# ANNOUNCEMENTS



Welcome to

## St. Basil The Great Melkite Greek Catholic Church

Check our website  
for Church news and updates at  
[www.stbasilthegreatchurch.com](http://www.stbasilthegreatchurch.com)

On Facebook  
<https://www.facebook.com/StBasilMelkiteChurchRI/>

YouTube  
<https://bit.ly/2VJgvnS>

Contact us for information and ideas  
[office@stbasilthegreatchurch.com](mailto:office@stbasilthegreatchurch.com)



“GOD LOVES THE  
CHEERFUL GIVER”  
2 COR 9:7

Donations are greatly appreciated especially during this pandemic crisis. Please click on the link below to donate.

Thank you and God bless you and yours.



## St. Basil the Great Melkite Greek Catholic Church

15 Skyview Drive Lincoln, RI 02865

Sharing our Faith  
SECURING OUR FUTURE



### Campaign Facts:



**Campaign Goal:** \$1,000,000



**Outstanding Goal:** \$485,000



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

### Parish Community Facts:



**Total Registered Families:** 415



**Active Families:** 250



**% of Families who contributed:** 27%

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

-Mother Teresa

### Current & Future Projects:



**Roof Repair:** Contract Under Review



**Parking Lot & Walkway Resurfacing**



**Mold Remediation:** Acquiring Proposals



**Interior Décor Enhancements**



**Doors & Windows:** Acquiring Proposals



**Walk In Cooler & Kitchen Equipment Repair**



**HVAC & Boiler:** Acquiring Proposals



**Masonry Repairs**



**Flooring Upgrades:** Acquiring Proposals



**TBD**

### Important Highlights

- We are extremely grateful to all of those who have contributed and supported this campaign thus far.
- Our first priority of this campaign was the roof -But there are several other projects/repairs being reviewed and considered.
- 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, [click here](#), or scan this code with your Smartphone Camera!

Jeff Boudjouk: 401-441-2737

Ann Sabbagh: 508-243-1190

Kyle Mardo: 401-578-5369

## Shepherd's Care Associated Charities

Shepherd's Care began in 1988 at the request of the faithful and clergy who saw a need for a united effort among all Melkite Catholic Parishes in the United States to reach out to people in need. By means of this initiative, the Eparchy reaches out in love through financial assistance to people in need here in the United States and abroad. Over the years Shepherd's Care has raised more than \$250,000.

Through your love and faithful support, the Eparchy has been able to help orphans, the hungry, the homeless, drug addicted, the destitute, runaway teens, victims of war, victims of disease and disasters, and so many more.

Donations are distributed to local parish charities such as soup kitchens, food pantries, homeless shelters, eparchial charities, world charities, and offers tuition assistance to seminarians of the Eparchy.

But Shepherd's Care much more than raising funds for charitable causes. More importantly, it is a guide to assist us in living a Holy Lent through understanding and practicing the Lenten cornerstones of prayer, fasting and almsgiving.



**Shepherd's Care  
Associated Charities  
Eparchy of Newton  
3 V.F.W. Parkway  
West Roxbury, MA 02132-7727**



## SHEPHERD'S CARE Associated Charities Great Lent

**"There is no sin that alms cannot cleanse. Charity is a medicine suitable for any wound."**

*St. John Chrysostom*

## The Widow's Mite

Each year during the Great Fast, the Church encourages us with the example of the "widow's mite". We receive a little box – a "mite box" which we take home. This box symbolizes the offerings (alms) we give during Lent, together with our increased prayers, fasting, and abstinence.

*"When He looked up, he saw some wealthy people putting their offering into the treasury, and He noticed a poor widow putting in two small coins. He said, "I tell you truly, this poor widow put in more than all the rest; for those others have all made offerings from their surplus wealth. But she, from her poverty, has offered her whole livelihood"*



recognized that the widow's "mite" was far greater than the large offerings other people were contributing. They could afford to give more. The poor widow, however, gave to God everything she had.



### Lenten Gift Box

Each family, indeed every person, is invited to take home a Lenten gift (mite) box. Put it on your dining table, or in your icon corner, anywhere you will see it and be inspired to remember the needy. Throughout Lent place your offerings in the box. Some people try to put in the amount they save by abstaining from certain foods. Children find it especially fun to use the coin calendar.

At the end of Great Lent bring the proceeds of your mite box to the church

as your offering for Shepherd's Care. If you are presenting a check please make it payable to **SHEPHERD'S CARE ASSOCIATED CHARITIES**. You may also make donations by check directly to the Eparchial Office. Address is on the back. Together our eparchial family can help alleviate the sufferings of God's people.

All proceeds from Shepherd's Care Associated Charities go directly to the charities. The Bishop, together with his advisors, insures that 100% of the money is given to the needy at home and abroad.

Your tax-deductible contributions are greatly appreciated by all who will benefit from them. The Fathers of the Church encourage us to always be humbly grateful and remember those in need. In helping others, we are doing the will of God.

*"The bread you do not use is the bread of the hungry. The garment in your wardrobe is the garment of the person who is naked. The money you keep locked away is the money of the poor."*

*St. Basil the Great*



Join us for the  
**Little Sisters of the Poor**  
**14<sup>th</sup> Annual**  
**St. Patrick's Day Dinner**



**Traditional Corned Beef and Cabbage  
Homemade Scones • Pot of Gold**

**Thursday, March 17, 2022**

**11:00 a.m. to 8:00 p.m.**

**The Old Grist Mill Tavern**

**390 Fall River Avenue • Seekonk, MA**



**\$17.00 per adult • \$7.50 (children under 12)**

Tickets must be purchased in advance at: [www.littlesistersofthepoorpawtucket.org](http://www.littlesistersofthepoorpawtucket.org)  
Questions? Email: [pwdevelopment@littlesistersofthepoor.org](mailto:pwdevelopment@littlesistersofthepoor.org) or call 401-723-4314

# St. George Maronite Catholic Church

## St. Joseph 73rd Annual Hafli

Saturday,  
April 23, 2022

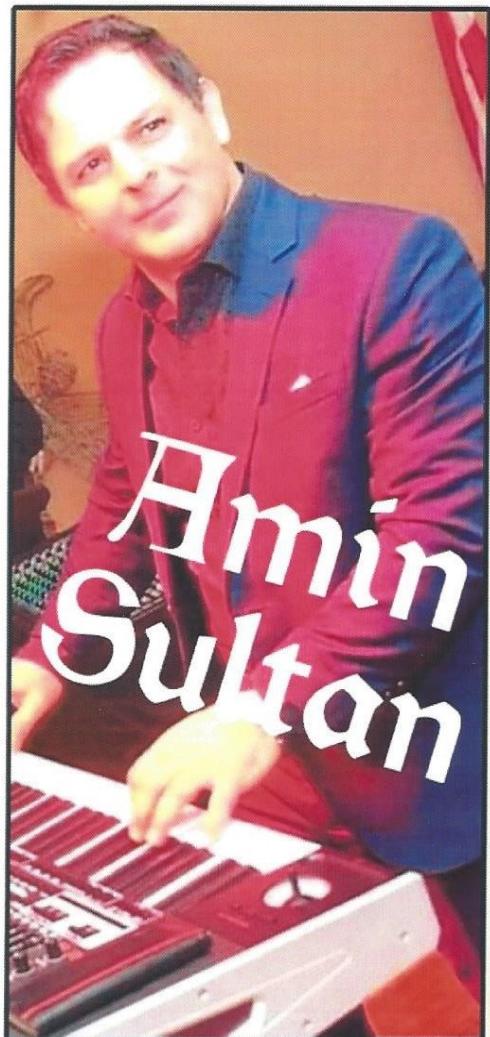
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<b>Children (12 &amp; Under)</b>	<b>\$20.00</b>

For Tickets please contact:  
Lillian Barish (401) 521-4888  
Nancy Pasquerillo (401) 231-8981  
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**Scholarship Applicants must meet the following  
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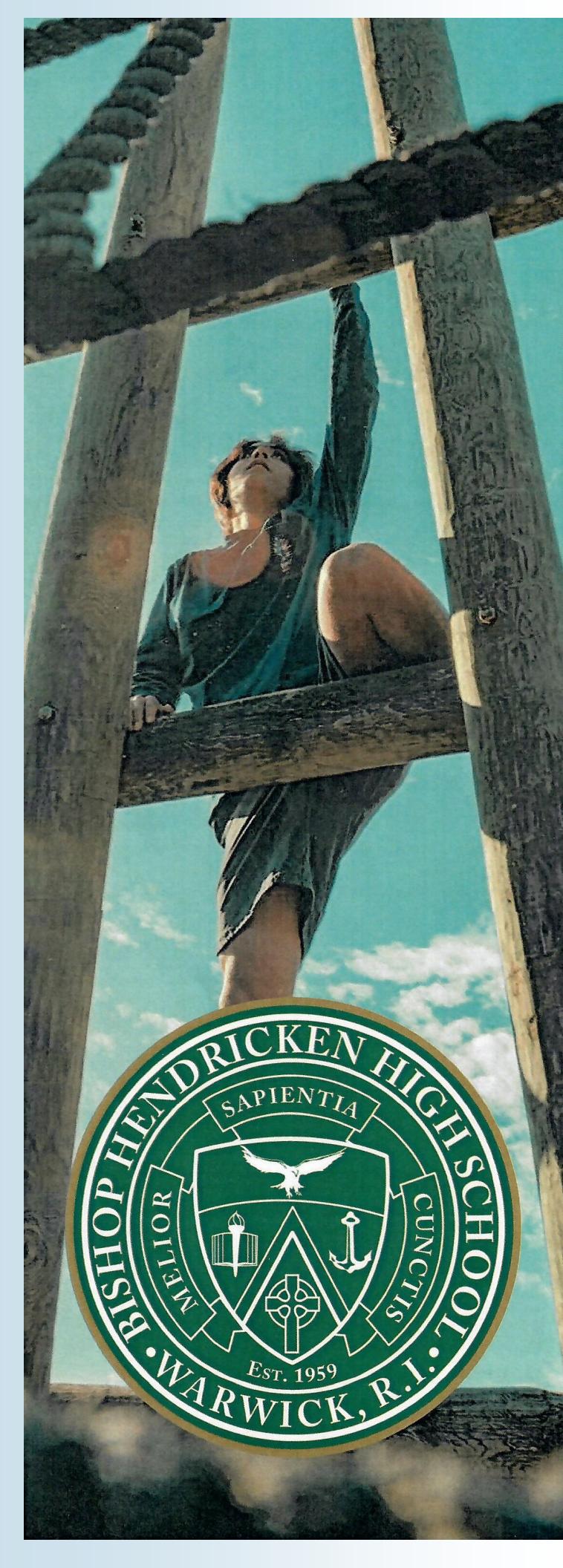
**High school seniors and current undergraduates of Arabic descent  
who are or will be enrolled as full-time students at an accredited  
college for the 2022-2023 academic year**

Eligibility information and applications can be found on the AEF website or Facebook. For more information, Please contact AEF board member at [aef1966@cox.net](mailto:aef1966@cox.net)

**DEADLINE: May 1, 2022**

VISIT [www.aef-ri.org](http://www.aef-ri.org)

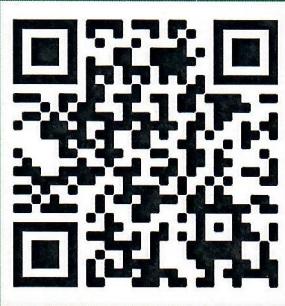
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called for  
*more.*

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**Open House**  
**Saturday, March 19<sup>th</sup>**  
**12pm-3pm**



**Register now!**  
[hendricken.com/visit](http://hendricken.com/visit)

Applications still being accepted for Fall 2022!

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