

St. Michael Antiochian Orthodox Church of the San Fernando Valley
a Parish of the Antiochian Orthodox Christian Archdiocese of North America
16643 Vanowen Street; Van Nuys, California; 91406 **stmichaelvannuys.org**

His Eminence, Metropolitan JOSEPH, Archbishop of New York

and Metropolitan of all North America

www.antiochian.org

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The Fifth Sunday of Great Lent

The Commemoration of Our Righteous Mother Mary of Egypt;
The Apostles Aristarchos Pudens and Trophymos of the Seventy;
Martyr Thomas of Alexandria; New-martyr Demetrios of the Peloponnesos

Sunday, April 14, 2019

Tone 5; Eothinon 2

Apolytikion of the Resurrection (Tone 8)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

Apolytikion of St. Mary of Egypt (Tone 8)

Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

Apolytikion of our Patron the Archangel Michael (Tone 4)

O ye foremost of the heavenly hosts we beseech thee, though we are unworthy, pray that we may be encompassed with a shadow of Thy unearthly glory, preserving us who kneel and cry endlessly: deliver us from oppression since ye are the prince of the Highest Power.

Kontakion for the Theotokos (Tone 2)

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

Daily Readings

THE EPISTLE (for the Fifth Sunday of Lent)

Make your vows to the Lord our God, and perform them.

God is known in Judah; His Name is great in Israel.

The Reading from the Epistle of St. Paul to the Hebrews (9:11-14)

Brethren, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation), He entered once for all into the Holy Place, taking not the blood of goats and calves but His own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, Who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?

THE GOSPEL (for the Fifth Sunday of Lent)

The Reading of the Holy Gospel is according to St. Mark (10:32-45)

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldest do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you

must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many.”

The Synaxarion

On April 14 in the Holy Orthodox Church, we commemorate the Apostles Aristarchos, Pudens and Trophymos of the Seventy; Martyr Thomais of Alexandria; and New-martyr Demetrios of the Peloponnesos.

On this same day, the Fifth Sunday of Great Lent, it was ordained that we make remembrance of our Godly Mother Mary of Egypt.

Verses

Spirit rose up, flesh melted away erewhile;
hide, O earth, the worn bones of Mary's body.

Once, during the Honorable Fast, the priest-monk Zosimus withdrew into the wilderness. He caught sight of a withered woman named Mary; her hair was white as snow. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness. She was then permitted to enter the church. Having venerated the Cross she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: “If you cross the Jordan, you will find glorious rest!” Mary left for the wilderness and remained there for 47 years in repentance. She bade Zosimus to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary's lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance that brings entry into the Heavenly Kingdom.

Through her intercessions, O Christ God, have mercy upon us. Amen.

A Note Regarding Holy Communion

Since we understand Communion to mean that we have all things in common, sharing an identical Faith, *only* those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and recent Confession may participate in Holy Communion. (We invite all, however, to partake of the blessed bread which is distributed at the dismissal.) Please see the Pastor for inquiries on how to become a member.

OFFERINGS

Holy Bread is being offered and the Coffee Hour hosted by Ron & Kathy Zraick in loving memory of their grandson, Lucas Scott who entered eternal rest on +13 April, 2007; also remembering Ron's sister, Renee Kabbez (+2 April, 1987). Memory eternal.

An offering of Holy Bread is also being offered this morning by the Safady family for the forty-day memorial of the newly-departed servant of God, Dolores Safady Saba (+21 February, 2019). Memory eternal.

Holy Bread is also being offered this morning by Farid and Tony Najjar and family in loving memory of Farid's beloved brother Michel Najjar. Memory eternal.

The Post Communion bread (Antidoron) was offered and Lenten meal hosted last Wednesday night by Presbyteria Nicole & Father Minas Sarchizian, Monica & Nicholas Juganu, Claudia & Rafi Zait, Asma & Haitham Sweis, Sharon Katerelos, Marcia O'Dea, Anita Chala, Randa & Saad Tarbouche, Mary Ibrahim, Deacon Andrew & Bobbie Monsue, with prayers for continued health of their families. [Note: the proceeds of the Lenten meal collection are being used to assist with the 2019 project of the Antiochian Women.]

Special offerings and requests for prayer are being made for. . .

the continued health of Kelly Coudsy by Lila Coudsy.

the successful surgery and speedy recovery of Frank Fontaine by Don Meena.

the healing and well-being of Alan George Namay (post-exploratory procedure)
with gratitude, beseeching God's infinite mercy to enable him

to witness the graduation of his daughter Sara from UC Monterey,
aspiring for a career in marine biology.

the continued health of Art Danks.

ANNOUNCEMENTS

Wednesday Evening Talks: "The Rituals of our Services"

At each of the Wednesday evening Pre-sanctified Liturgies Father Timothy is speaking on the topic: "The Rituals of our Services." Next Wednesday, Father will be addressing the rituals of Holy Week. Father's four talks are now posted on-line on the parish website. Go to: www.stmichaelvannuys.org/lenten-reflections

Attention Parents:

Come and learn the meaning of our offerings and prayers at the Liturgy: Father Timothy will be teaching the children (and any adult interested in having an “up-close” lesson) about the preparation of the Holy Bread offering just before the Lazarus Saturday Liturgy on Saturday, April 20, 2019, beginning at 10 a.m. The prayers for the preparation of the offering at the “table of the offering,” called the Prothesis [pro-THEE-sus] table, will take place outside the altar for all to see with explanations of the prayers and actions by the priest. A brunch will follow Liturgy and the children will be taught about Palm Sunday and Holy Week and learn how to weave palm crosses. It will be a beautiful way to begin Holy Week as we celebrate Christ's entrance into the Holy City of Jerusalem.

Paschal Breakfast

The Feast of the Resurrection (Holy Pascha/Easter) is April 28th and only a few weeks away. Like previous years, we will be celebrating the Feast with a “pot luck” Paschal “Agape” Breakfast following the midnight Liturgy in the early morning. Last year's breakfast was a tremendous success and we are again depending upon your generous offerings as we celebrate the Feast. All dishes and desserts should be brought to the church kitchen prior to the start of the late evening service that begins at 11:30 p.m. Please consider one of the following categories and e-mail me at kthabit66@hotmail.com with the item(s) that you will be bringing. Please choose from the following: a) main dish (meat, poultry, fish), b) kid friendly meal, c) side dish (salad, veggies, relish dish, fruit, etc.), d) desserts or pastries, e) beverages (water, coffee, tea, juice, soft drinks), f) paper plates, cups, etc. Some of you may also consider assisting us with the buffet set-up and kitchen clean up. Please inform me of your availability. This will save in helping us to hire a clean-up crew. God bless you and grant you and your family a blessed Lent and Pascha! [Kris Thabit].

67th Annual Diocesan Parish Life Conference

Host: St. Anthony Church; San Diego, California, July 3-7, 2019

Go to: antiochianevents.com/la.html to register for your hotel room (\$169/night) at the Sheraton Harbor Island and Marina.

LITURGICAL CALENDAR

[Note: We are currently in the period of the Great Fast.*]

Weekday Lenten Services

Monday, April 15th – Great Compline, 6:30 p.m.

Wednesday, April 17th – Liturgy of Pre-sanctified Gifts,** 6:30 p.m.
[followed by a parish Lenten Meal]

Lazarus Saturday – April 20th

The Preparation of Gifts (Proskomedia), 10 a.m., Divine Liturgy, 10:30 a.m.
[followed by Church School Brunch Holy Week lesson and weaving of palms]

Palm Sunday***

[Note: There are no memorials held on Palm Sunday]

Saturday, April 20st – Great Vespers, 5 p.m.

Sunday, April 21st – Orthros, 8:45 a.m.

The Procession of Palms and The Divine Liturgy, 10 a.m.

*For more information on fasting or questions, speak with Father Timothy.

** the Liturgy of Pre-sanctified Gifts is a Vespereal Liturgy and includes Holy Communion. Preparation begins with observing the fast and includes abstinence following light lunch.

*** Fish, wine and oil are permitted on Palm Sunday, April 21st.

Holy Pascha (Easter) is celebrated on Sunday, April 28th.

Note: On each of the five Sundays of Great Lent, the prayers of St. Basil the Great are used within the Divine Liturgy. The five Sundays of Lent are among the ten times when the Liturgy of St. Basil is used each year. Others include: January 1st, the Feast of St. Basil, January 6th, Holy Theophany, Holy Thursday, Holy Saturday and Christmas Eve.

The origin of the Liturgy of St. Basil is Antiochian, specifically from Cappadocia where St. Basil was a bishop. It is older than the Liturgy of St. John Chrysostom, perhaps by two centuries. The Liturgy of St. Basil was known to be the standard weekday liturgy in the Great Church of Constantinople (*St. Sophia*) up until the 6th century, after which the Liturgy of St. John Chrysostom began being commonly celebrated on Sundays.

To follow the service from our red Service Book, you will find the prayers of St. Basil beginning on page 132, replacing the prayers that begin on page 103 in the Liturgy of St. John Chrysostom. In the spiral congregational Service Book the prayers of St. Basil are printed alongside the prayers of St. John Chrysostom.

LITURGICAL CALENDAR

*NOTE: Confessions will be heard before and/or after the services, **or** by appointment during the week. It would be most appropriate for confessions to be completed by Holy Wednesday (April 24th) just prior to the Sacrament of Holy Unction and the Holy Thursday morning Liturgy.*

THE SERVICES OF GREAT AND HOLY WEEK

Palm Sunday Evening – April 21st

Bridegroom Orthros and Procession, 6:30 p.m.

Great and Holy Monday – April 22nd

Bridegroom Orthros and Confessions, 6:30 p.m.

Great and Holy Tuesday – April 23rd

Bridegroom Orthros and Confessions, 6:30 p.m.

Great and Holy Wednesday – April 24th

Confessions

The Sacrament of Holy Unction, 6:30 p.m.

Great and Holy Thursday – April 25th

Vesperal Liturgy of St. Basil, 10 a.m.

Orthros of the Twelve Passion Gospels, 6:30 p.m.

Great and Holy Friday – April 26th

Great Vespers of the Descent from the Cross, 3 p.m.

Orthros of the Lamentations and Procession, 6:30 p.m.

Great and Holy Saturday – April 27th

Service of the Preparing of the Holy Gifts (Proskomedie), 8:30 a.m.

Vesperal Liturgy of St. Basil the Great, 9 a.m.

SERVICES OF THE GLORIOUS RESURRECTION – HOLY PASCHA

The “Rush Procession” Orthros, 11:30 p.m.

The Divine Liturgy and “Agape Breakfast”

Holy Pascha – April 28th

The Paschal Vespers of Love (Agape), 11 a.m.

Food for the Hungry People Drive

You may have received the Food for the Hungry People mailing from Robin Nicholas. Your contribution may be made through our parish by writing your check to "St. Michael Church", earmarked: "FFHP" and our parish collection will be sent in at the end of Great Lent. Thank you for your support of our annual Lenten charity campaign.

Holy Friday Arabic Choir

We encourage your participation in the Arabic Choir on Holy Friday Lamentations Service (April 26) and to attend the rehearsal sessions led by our Choir Director, Art Danks, on Wednesday, April 24 and again on Friday, April 26 at 5:30 p.m. in classrooms 3 and 4.

Holy Friday Teen Vigil - April 26

Our teens will again be participating in our Annual Vigil that will take place on Holy Friday, April 26, following the Holy Friday Lamentations service. It will include a light dinner, preparing the church for Pascha, cutting bay leaves and a group discussion with Father Timothy. Please speak with Cooper Rowe, Youth Director for more information.

Note to Coffee Hour hosts: coffee and paper goods will be provided each week.

Holy Bread Offering List

Apr 21 - Palm Sunday

Apr 28 - Holy Pascha

May 05 - open

May 12 - open

Coffee Hour Hosts Calendar

Apr 21 - Palm Sunday Bake Sale

Apr 28 - Paschal Breakfast

May 05 - The Castillo family

May 12 - open

Please contact Fr. Timothy (818/219-3761; pastor@stmichaelvannuys.org) to sign-up to offer Holy Bread and Cindy Tamoush at: (818-345-4363; famtam5@socal.rr.com) to sign-up for the Coffee Hour.

Antiochian Archdiocese Convention - July 21-28, 2019

Host: St. Nicholas Church; Grand Rapids, Michigan

Go to: AC2019gr.org to register for your hotel room, view the Convention schedule and download forms for the ad book and registration. There are two (2) Convention hotels: 1) the Amway Grand Plaza (\$149/night) with free self-parking and WiFi; 2) the JW Marriott (\$184/night), adjacent to the Convention hotel.

St. Michael 50th Anniversary Golf Classic - May 13

The St. Michael Golf Classic is our largest annual fundraiser and we need your help for its success. This year the Golf Classic is celebrating our parish's 50th Anniversary and will again take place at the Woodland Hills Country Club. The evening will be filled with fun and fellowship with friends. A barbecue dinner will be followed with raffles, auctions and awards for our golfers. How can you help?

1) consider a donation toward our Golf Ball Raffle. Each golf ball recipient will receive a prize equivalent to its purchase price of \$50. One of the golf balls will reward the winner a free trip Grand Prize! Donations of gift cards and cash are being received for the Golf Ball Raffle. Consider giving your unused or newly purchased Gift Cards or your donation to DeAnne Abraham at: [<dmarieabe@aol.com>](mailto:dmarieabe@aol.com) or 818-389-0065; 2) consider a donation toward our Chinese Auction Baskets. In years past, these baskets have consisted of a Money Tree, Disney gift items, including tickets to Disneyland, a wine basket, picnic basket, golf basket, sports basket, cooking basket, restaurant basket, religious basket, Starbucks basket, Trader Joe basket, and many others. Each basket must be at least \$75 in value with an itemized list of its contents. Please let Sean O'Dea know if you are able to make a donation by contacting him at: [<guinnessodea@gmail.com>](mailto:guinnessodea@gmail.com) or 818-642-7278.

Frequently Asked Questions

What is the reason for completing an annual parish Pledge Form?

Each year planning for budgeted receipts and expenditures are an important part of being responsible stewards of Christ's church. Some of our month-to-month expenses include: priest and staff salaries, utility and maintenance expenses, the payment of taxes on all investment (income) property, and insurances. Moreover, it is not uncommon for these expenses increase each year. It is a goal of our Parish Council to meet these expenses with the contributions of our members. The Pastor does not receive stipends (monetary gifts) for house blessings, baptisms, weddings and funerals if a family is not an active contributing member of the parish. The Pastor's living expenses and allowances are included the Annual Budget of the parish. Moreover, all who call upon the church should understand that its services are provided through the financial

commitments of its members. Father Timothy personally considers it ethically inappropriate for him to receive a personal gift from a family who is not a regular contributing member of the parish.

Who is a Pledging Member of St. Michael Church?

Any person or family who is willing to share in the responsibility of Christian stewardship can be a pledging member. Should you desire to join us, please complete the attached form and turn it in at the end of the service to our Comptroller, Mary Ann Coury, or mail it to the church office and to her attention (16643 Vanowen Street; Van Nuys, CA; 91406).

St. Michael Antiochian Orthodox Church of the San Fernando Valley

16643 Vanowen Street, Van Nuys, California 91406-4622

Dear Fellow Parishioners of St. Michael Church,

As we approach our celebration of the Feast of Feasts and prepare in making our offerings to the church, allow me to begin by reminding us of a priority list we are asked to consider:

1. Making an Annual Pledge or annual contribution to our parish to help us to meet our monthly operating expenses. This first and most important commitment will help us to sustain our General Fund. All initial contributions should include an Annual Fair Share offering that is paid by St. Michael Church to the Archdiocese (\$50/adult and \$35/child, per household).

2. Second, considering a Pledge or one-time donation to our Building Fund. We are still short of our goal in reaching the needed funds to complete our project. Pledge Forms are provided at the Project display in the church narthex.

St. Michael Church will provide you with a Year-end Financial Statement for income tax purposes. The more help we receive in each of these offering choices, the easier it will be for us to be successful in achieving all of our goals this year.

May God bless you and your families with the spiritual rewards of this Lenten season and grant you a joyous Feast of Christ's Holy Resurrection!

In Christ,

Richard Tamoush
Stewardship Chair

PASTORAL SERMON
The Fifth Sunday of Great Lent
Commemorating St. Mary of Egypt
By V. Rev. Timothy Baclig
April 14, 2019

One of the hymns in today's Orthros (early morning) service highlights the witness and testimony of the penitent saints: *The Kingdom of God is not food and drink, but righteousness, spiritual striving and holiness...* This hymn is taken from the words of St. Paul who said: "The Kingdom of God is not food and drink, but righteousness, joy and peace in the Holy Spirit." (Romans 14:7). Our Lord Jesus Christ also said, "Man does not live by bread alone, but needs every word that God speaks." (Matthew 4:4). And from His Sermon on the Mount we hear, "Blessed are those who hunger and thirst for righteousness, for theirs is the Kingdom of Heaven." (Matthew 5:6). Then, perhaps among the most frequently quoted verse are the words of Jesus: "Be concerned above everything else with the Kingdom of God and what He requires of you, and He will provide you with all these other things." (Matthew 6:33).

All of these virtues are spiritual qualities that are not in any way intended to diminish the experience of heartfelt joy or peace for a Christian. These virtues are practiced with the mature understanding that our life does not consist in relishing temporal things or fixating upon fleeting passions.

How much is enough? You and I have to determine each day: how much is enough to eat? How much is too much to spend? How much time we should we provide for something? The list goes on and on.

Each Lent we tend to fixate upon the food we eat when we think of fasting. However, the fast also involves the use of our talents and skills as well as the management of our resources. We tend to forget that our Lenten discipline of fasting must be accompanied with prayer and good works.

For the past five weeks at our Wednesday evening Liturgies we have prayed the words of St. Gregory Dialogist: ...***Let our eye have no part in any evil sight. Let our hearing be inaccessible to all idle words; and let our tongue be purged from unseemly speech. Purify our lips which praise Thee, O Lord. Make our hands to***

abstain from evil deeds and to work only such things as are acceptable unto Thee, establishing all of our members and our minds by Thy Grace.

How is any of this possible? What are we saying by praying these words? Are we calling upon God to act and to somehow prevent these things from happening (... that our eye have not part in any evil sight, or our hearing be inaccessible to idle words, etc.), or is there something that we are actually supposed to do?

This prayer of the Liturgy summarizes the task and the goal of our personal Lenten discipline. Prayer involves our relationship with God. It is our conversation with Him. And while you and I can easily call upon God's help for many things and at many times, we are also expected to do our part as we live our lives from day to day.

There is much to be said about what is gained from the spiritual virtues of temperance, self-control, chastity, and modesty. They are exemplified in the life of the Holy Virgin who is our intercessor. These virtues are greatly lacking in our day and are among the lessons that parents need to spend time in helping their children to understand what they mean. In so doing, it is extremely important that parents also live and exemplify these virtuous qualities.

Episode Two of "The Relationship Project" by *Faithtree Resources* has a very important curriculum for young people on the subject of "Intimacy." The curriculum in its entirety put into the words of our day a six lesson curriculum on: 1) our personal identity as Orthodox Christians, 2) the meaning of true intimacy and why boundaries are important for real intimacy, 3) the hows of building relationships, 4) marriage as a Sacrament, and 5) dating. This curriculum is also an invaluable resource for adults!

Each day we have come to recognize the urgency and importance of having this curriculum ready for our youth programs designed to engage our young people in conversations in the church. There is a lot that they are exposed to on a daily basis outside of the church—where most of their time is spent. You know—because, as parents, you also spend most of your time beyond the walls of our church each week. And you also are engaged in conversations that pertain to subjects for which very little has been provided in a way that helps you to know how to engage in conversations with others.

This curriculum is long overdue! We can no longer be a church that provides theological monologues that speak over our heads. Jesus engaged each person he met in a conversation that brought light to the life and ignited their faith in Him. Come to our Holy Week services to hear the Gospel lessons that clearly help us to hear how our Lord spoke with the people he encountered: “The Sinful (Adulterous) Woman,” His use of parables of the Kingdom, even the conversations He had with His own disciples who had many misconceptions and who were weak in staying awake following the Last Supper, like some of us struggle in prayer at our services! Our Church’s teaching is what makes good sense. Christ’s way is in building sound relationships. We need to know how to engage others in ways that helps them to understand God’s way of thinking before more time escapes us and more young people of our generation are lost to the world’s way of thinking.

Great Lent in our church is the time when we become focused upon addressing the subject of our “passions.” The Fathers of the church saw every negative impulse as an opportunity to be transformed. One of the best examples which explain this important lesson is heard in the words of St. John Climacus. St. John says that passions such as anger, gluttony, pride or lust, which can cause us to sin, can also be transformed to virtues if they are redirected. In other words we can “overcome evil with good” by curbing or redirecting our passions. Listen to what St. John himself says:

God neither caused or created evil and therefore, those who would assert that certain passions come naturally to the soul are quite wrong. What they fail to realize is that we have taken natural attributes of our own and turned them into passions. For instance, the seed which we have for the sake of procreating children is abused by us for the sake of fornication. Nature has provided us with anger as something to be turned against the serpent, but we have used it against our neighbor. We have a natural urge to excel in virtue, but instead we compete in evil. Nature stirs within us the desire for glory, but that glory is of a heavenly kind. It is natural to be arrogant—against the demons. Joy is ours by nature, but it should be joy on account of the Lord and for the sake of doing good to our neighbor. Nature has given us resentment, but that ought to be against the enemies of our souls. We have a natural desire for pleasurable foods, but not surely for wastefulness.

Gluttony, St. John tells goes on to say, is a vice, but eating as such, is by no means sinful; there is nothing wrong about enjoying food. The practice of fasting

implies no condemnation upon the action of eating, but serves to make that action *sacramental* and *Eucharistic* (a sacred action of thanksgiving).

I am convinced that these undiscovered and untaught lessons can make a significant difference in our struggle with our personal struggle with anxiety, pain and human suffering. This is precisely why the Feast of the Resurrection (“Holy Pascha” *Aramaic for the word “Passover;” [Christ is our Passover, having passed from death to life.]*) is so very important and central to everything about our Orthodox worship.

Great Lent and Holy Week are not mere rituals and should not be looked upon as some magical formula for our healing. It is intended to provide us with a structure and prayerful services that bring us closer to a reality that we often want to ignore. The work and effort to change: to be renewed and transformed, remains with our willingness to do what is right, beginning with the renunciation of pride and any sin that prevents us from being in communion or in fellowship with each other.

May we all make the most of the time we have left in the period of the Fast and in the Great and Holy Week which is to come by preparing ourselves to experience the fullness of Holy Pascha. And may the Glorious Feast of our Lord’s Resurrection be even more meaningful this year to every member of our families.

EOTHINON 2

2 اللحن

TONE 5

5 الايوثينا

FIFTH SUNDAY OF GREAT LENT

COMMEMORATION OF OUR RIGHTEOUS MOTHER MARY OF EGYPT

APOSTLES ARISTARCHOS, PUDENS AND TROPHYMOS OF THE SEVENTY;

MARTYR THOMAS OF ALEXANDRIA; NEW-MARTYR DEMETRIOS OF THE PELOPONNESOS

طروبارية القيامة على اللحن الخامس

لنُسبِخْ نحن المؤمنين ونسجدُ للكلمة، المساوي للآب والروح في الأزلية وعدم الابتداء، المولود من العذراء لخلصنا، لأنه سرٌّ أن يصعدَ بالجسدِ على الصليبِ ويحتَمِلَ الموت، ويُنهضَ الموتى بقيامتهِ المجيدة.

طروبارية البارة مريم المصرية على اللحن الثامن
فيك حُفِطَتِ صورةُ الله بتدقيق أيتها الأم مريم، لأنك حملتِ الصليبَ وتبعتِ المسيحَ.
وعَلِمْتَ بالعملِ التغاضي عن الجسدِ لأنه زائلٌ، والاهتمامَ بالنفسِ لأنها خالدة. فلذلك تبتهج
روحك أيتها البارة مع الملائكة.

طروبارية رؤساء الملائكة بالحن الرابع
أيها المتقدمون على الأجناد السماويين، نتوسّل إليكم نحن غير المستحقّين، حتّى أنكم
بطلباتكم تكتنوفوننا بظلّ أجنحةٍ مجدكم غير الهولي، حافظين إيانا نحن الجاثين
والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القوّات العلوية.

قنداق السيدة على اللحن الثاني
يا شفيعة المسيحيين غير المخذولة، المتوسطة لدى الخالق غير المردودة، لا تعرضي
عن أصوات طلباتنا نحن الخطاة، بل تداركينا بالمعونة بما أنك صالحة نحن الصارخين
إليك بايمان: بادري إلى الشفاعة وأسرعِي في الطلبة، يا والدة الإله المتشفعة دائماً في
مكرميك.

الرسالة

صلوا وأفوا الرب إلهنا، الله معروف في أرض يهوذا.
فصلٌ من رسالة القديس بولس الرسول إلى العبرانيين

يا إخوة، إن المسيح جاء رئيسَ كهنةٍ للخيراتِ المستقبلِ واجتاز الخيمةَ العظمى
والكبرى، غيرَ المصنوعةِ بأيدي البشر، أي ليست من هذه الخليقة، فدخل قدسَ
الأقداسِ مرةً واحدةً، لا بدمِ التيوسِ والعجول، بل بدمِهِ، فكسبَ لنا خلاصاً أبدياً،
فإذا كان دُمُ التيوسِ والثيرانِ ورمادُ العجلةِ يُرَشَّ على المنجسين فيقدسهم
مطهراً جسدَهُم، فكم بالأولى دُمُ المسيح الذي قدّم نفسه إلى الله بالروح الأزلي
قرباناً لا عيبَ فيه، أن يُطهرَ ضمائرنا من الأعمالِ الميئة لنعبدَ اللهَ الحي.

الإنجيل

فصلٌ شريفٌ من بشارة القديس مرقس

في ذلك الزمان, أخذ يسوع الإثني عشر وطفق يكلمهم بما سيحدث له, فقال: "ها نحن صاعدون إلى اورشليم, وسيُسلم ابن البشر إلى رؤساء الكهنة ومعلمي الشريعة, فيحكمون عليه بالموت ويسلمونه إلى الوثنيين, فيهزأون به, ويبصقون عليه ويجلدونه ويقتلونه, وبعد ثلاثة أيام يقوم." ودنا منه يعقوب ويوحنا, ابنا زبدى, وقالوا له: "يا معلم, نريد أن تصنع لنا مهما طلبنا." فقال لهما: "ماذا تريدان أن أصنع لكما؟" فأجابا: "أعطنا أن يجلس واحد عن يمينك, وواحد عن يسارك في مجدك." فقال لهما يسوع: "إنكما لا تعلمان ما تطلبان: أنتستطيعان أن تشربا الكأس التي سأشربها, أو تقبلا معمودية الآلام التي سأقبلها؟" فأجابا: "نستطيع." فقال لهما: "الكأس التي أشربها تشربانها, ومعمودية الآلام التي أقبلها تقبلانها. أما الجلوس عن يميني وعن يساري, فليس لي أن أعطيه إلا لمن أعد لهم." فلما سمع التلاميذ العشرة هذا الكلام, غضبوا على يعقوب ويوحنا. فدعاهم يسوع وقال لهم: "قد علمتم أن رؤساء الأمم يسودونها, وأن عظماءها يتسلطون عليها. أما أنتم فلا يكن هذا فيكم, بل من أراد أن يكون عظيما فيكم, فليكن لكم خادما, ومن أراد أن يكون الأول فيكم, فليكن لجميعكم عبدا. لان ابن الإنسان جاء لا ليخدم, بل ليعمل ويبذل نفسه فداء عن كثيرين.

ملاحظة بخصوص تناول القربان المقدس

إن مفهومنا لتناول القربان يعنى عمومية المشاركة فيه لذوى العقيدة الواحدة، إلا إن المشاركة في سر القربان المقدس هنا تقتصر فقط على أعضاء الكنائس الارثوذكسية والذين يحضرون أنفسهم بالصلاة والصوم والاعتراف منذ فترة قريبة (وعلى كل حال، فإننا ندعو الجميع للمشاركة في الخبز المقدس الذى يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضوا فى الكنيسة الارثوذكسية.