

**St. Michael Antiochian Orthodox Church of the San Fernando Valley**  
**a Parish of the Antiochian Orthodox Christian Archdiocese of North America**  
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# **The Second Sunday of Great Lent**

**The Commemoration of St. Gregory Palamas, Archbishop of Thessalonica**

Hypatios the Wonderworker, Bishop of Gangra; Prophet Joel

**Sunday, March 31, 2024**

**Tone 2; Eothinon 10**

## **Apolytikion of the Resurrection (Tone 2)**

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

## **Apolytikion of St. Gregory Palamas (Tone 8)**

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

## **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 Sundays of Lent and Akathist Saturday (Tone 8)**

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

## **Daily Readings**

THE EPISTLE

*Thou, O Lord, shalt keep us and shalt preserve us.  
Save me, O Lord, for the godly man is no more!*

## **The Reading from the Epistle of St. Paul to the Hebrews (1:10 - 2:3)**

Thou, “O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.” But to which of the angels did He say at any time, “Sit on My right hand, until I make thine enemies a footstool for thy feet?” Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

## THE GOSPEL

### **The Reading of the Holy Gospel is according to St. Mark (2:1-12)**

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet

and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

## **The Synaxarion – March 31st**

On March 31 in the Holy Orthodox Church, we commemorate Hypatios the Wonderworker, Bishop of Gangra; and the Prophet Joel.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, Archbishop of Thessalonica.

### ***Verses***

The Spring of Light now leadeth to light unwaning  
The Light’s own truly great and resplendent herald.

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.

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## **OFFERINGS**

Holy Bread is being offered this morning by Jennifer Lyneis and family with prayers for her beloved mother Joni Slatko (+30 June, 2023), whose birthday was March 29; beloved sister, wife, mother, grandmother and great grandmother. Memory eternal.

An offering of Holy Bread and Memorial Wheat is being offered by Charlotte Murr for the repose of the newly-departed servant of God, Marcia Murr Terry (+13 March, 2024); beloved mother and grandmother, aunt and sister-in-law. Memory eternal.

[Funeral Service: Thursday, April 4, 2024, 9 a.m. followed by Graveside Trisagion at Forest Lawn Memorial Park (No. Hollywood) at 11 a.m.]

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

for Subdeacon Richard Tamoush, celebrating his birthday, from Cindy, Tyler, Amy, Ryan, Angela, Emiliano, Samantha and David.

May God grant him many years!

by Pat Malouf for the newly-departed Candi Murphy (+24 March, 2024).

May God grant her eternal rest; her children and husband comfort.

Memory eternal.

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## ANNOUNCEMENTS

### March is “Women’s Month” in the Antiochian Archdiocese

Reading the epistle this morning is and delivering a special message today is: **Michelle Moujaes**

Today’s usher is: **Bre Larson**

## LITURGICAL CALENDAR

[All Services are Live-streamed]

### Weekday Lenten Services

Monday, April 1<sup>st</sup> – Great Compline, 6:30 p.m.

Wednesday, April 3<sup>rd</sup> – Liturgy of Pre-sanctified Gifts, 6 p.m.

Friday, April 5<sup>th</sup> The Akathist Hymn, 3<sup>rd</sup> stasis (“Madeyeh”), 6:30 p.m.

### The 3<sup>rd</sup> Sunday of Great Lent (“Veneration of the Holy Cross”)

Great Vespers - Saturday, April 6<sup>th</sup>, 5 p.m.

Sunday, April 7<sup>th</sup> – Orthros, 8:45 a.m., Procession, Divine Liturgy, 10 a.m.

A traditional fasting discipline is observed during the Great Fast that continues through Holy Saturday (May 4). *Katalysis* (provision) for wine and oil is made on Saturdays and Sundays [with the exception of Great and Holy Saturday when there is *katalysis* for wine, but not for oil (implying food made more tasty by being cooked in or with oil as opposed to simple *xerophagy* of ‘dry eating,’ meaning raw fruits, vegetables and grains or those soaked or cooked in water)]. On Palm Sunday (April 28), fish, wine and oil are permitted.

**IMPORTANT NOTE:** One should bear in mind that fasting is not an end in itself but a means to a spiritual goal. One’s health should not be jeopardized by fasting. The Church does not recommend expectant mothers or those requiring medication to ignore their doctor’s instructions. One should also consider how abstaining from social activities and various vices may also be helpful. Should you have any questions, please feel free to contact Father Timothy.

## Is Fasting an Obligation? by Metropolitan SABA



View the message from Metropolitan SABA here, available in English and Arabic: <https://antiochian.org/regulararticle/1537>

In a recent article published this week on "The One Pascha," also available in English and Arabic go to: <https://www.antiochian.org/regulararticle/1999>

**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. A link to the entire service is also available on-line at: <https://stmaximus.org/files/Documents/StBasiltext.pdf>

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

### **Holy Bread Offering List**

Apr 07 - Katie Nassief 40-day Memorial  
Ron & Kathy Zraick  
Apr 14 - Barbara Bohamed  
Apr 21 - The Coudsy family  
Apr 28 (Palm Sunday) - open  
May 05 - (Holy Pascha) - open

### **Coffee Hour Hosts Calendar**

The Antiochian Women  
Lenten Luncheon by the Antiochian Women  
The Coudsy family  
Paschal Breakfast

Please contact Father Timothy (818/219-3761; [frtimothy@stmichaelvannuys.org](mailto:frtimothy@stmichaelvannuys.org)) to sign-up to offer Holy Bread or to host the Coffee Hour.

## Wednesday Evening Lenten Meal

We have a host for the after-Liturgy Lenten meal for this Wednesday, April 3rd and April 24th. It is the sole purpose for the meal, following the Pre-sanctified Liturgy to provide a simple and uncomplicated presentation of food and not a full dinner. The purpose of the meal is for renewed strength after fasting for the evening Liturgy. Last week, Lenten Chinese food was served with beverages. That was all. The meal should be modest and not require accumulating leftovers. This will also reduce the need for time consuming clean-up. **The Wednesday evening Liturgies now begin at 6 p.m. and not 6:30.** This will avoid eating late, and allow enough time for travel home, especially when children get up early for school in the morning. Contact Subdeacon Richard Ajalat [[rajalat@stmichaelvannuys.org](mailto:rajalat@stmichaelvannuys.org)] should you be interested in the following dates: April 10 and 17. Note: The Pre-sanctified Liturgy is the Liturgy for all of the forty-day weekdays of Great Lent. The festal Liturgy of St. John Chrysostom is celebrated on the Saturday (for the departed) and St. Basil the Great on Sunday (for the Resurrection), when wine and oil are permitted. In vigilant Church communities, the Pre-sanctified Liturgy is the sole sustenance for the faithful during Great Lent. It is important to keep in mind that our Lenten discipline is the practice of fasting, prayer and good works—all three.

## Zoom Meeting Virtual Bible Studies Will Resume in May

Our Weekly Bible Study will resume after Pascha. The link for the last recorded links and Study Guides on Great Lent and Holy Week are available by request by contacting Father Timothy at: [frtimothy@stmichaelvannuys.org](mailto:frtimothy@stmichaelvannuys.org)

**Virtual Parish Council Meeting - Monday, April 15; 5 p.m.**

## Upcoming Events

[Note: You may now access our Google Parish Calendar to your personal calendar.

Simply go to: <https://calendar.google.com/calendar/u/1?cid=YWRtaW5Ac3RtaWNoYWVsdmFubnV5cy5vcmcj>

Teen Event - Wednesday, April 3rd; 5:45 to 8:45 p.m.  
(Includes a light lenten meal following Liturgy)

St. Michael Church (Whittier) Lenten Retreat - Saturday, April 13;  
9 a.m. to 3 p.m. RSVP at: <https://www.signupgenius.com/go/10C0C48AAAB2BAAFBC61-48594519-2024>

Antiochian Women's Lenten Retreat - April 19-21, 2024  
at Camp St. Nicholas in Frazer Park;  
Speaker: Khouriye Susan Wallace of Stillwater, Oklahoma; Topic:  
"Ascending the Mountain; Moving Deeper Into the Heart of God."

St. Michael Golf Classic - Monday, June 3, 2023; Wood Ranch Golf Club  
Consecration of Our New Church - Sunday, October 6, 2024

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## St Michael Antiochian Women

### CHARITABLE SERVICE PROJECT FOR MARCH - ANTIOCHIAN WOMEN'S MONTH

## SUPPORTING DOMESTIC VIOLENCE VICTIMS In the San Fernando Valley

March as Women's Month is an opportunity to support women in need

#### Items being collected for personal hygiene kits:

Toothbrushes, toothpaste, dental floss, lip balm/chapstick, hairbrush, comb, deodorant, nail file (non metal only)

#### Other items being collected:

Shampoo, bar soap, liquid body wash, face wipes, feminine hygiene products (pads & tampons) new socks,

#### We are also collecting "GENTLY USED" clothing & shoes for women & children

If you are not able to shop - a donation can be made with a check to the church.

Put a memo that indicates "domestic violence shelter" and someone will shop for you.

We will be purchasing cloth bags for the hygiene kits as well as hygiene products.

Please bring items to church & leave in the kitchen - It would help if you could advise your donations so we know what we need to fill in by contacting Charmaine at: [cdarmour65@gmail.com](mailto:cdarmour65@gmail.com)

We will be assembling hygiene kits after church on Sunday, March 31st & we will need help!



# ANTIOCHIAN WOMEN



## **LENTEN SPINACH PIE SALE**

**PICKUP ON SAT/SUN APRIL 13/14**

**PRE-ORDER ONLY**

**LIMITED QUANTITIES**

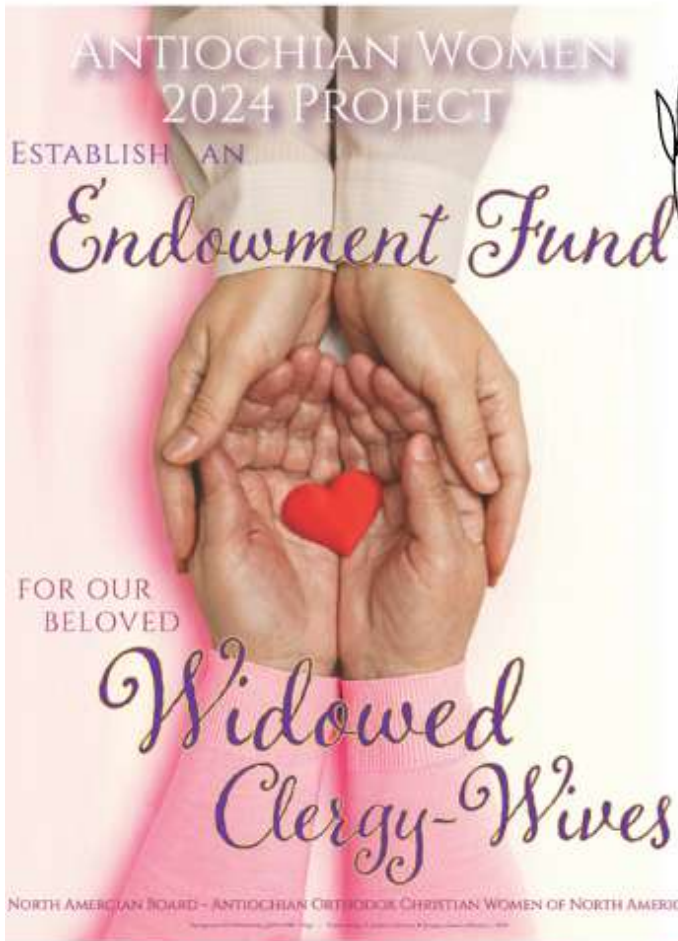
**Spinach Pies \$20 dozen**

**\*\*Proceeds to the AW Project to  
create an Endowment for our  
widowed Khourias\*\***

**Place your order with Charmaine Darmour  
[cdarmour65@gmail.com](mailto:cdarmour65@gmail.com)**

# Lite Lenten Lunch Sunday, April 14th

Hosted by St Michael  
Antiochian Women



**\$10**  
**Minimum  
Donation.**

**Hummus  
Salad  
Rice  
Bazella  
(Pea Stew)  
Fruit  
Dessert**

**ALL PROCEEDS - 100%**  
**For the Widowed Khouria Endowment Fund**

An icon of a saint, likely St. Basil, with a halo, wearing a red robe and holding a chalice. The icon is set against a light blue background with a blue curved border.

**NORTH AMERICAN ANTIOCHIAN ORTHODOX  
MEDICAL PROFESSIONALS FELLOWSHIP**



For Registration



**Dr. Daniel B. Hinshaw, M.D.**

Professor Emeritus of Surgery, Consultant in Palliative  
Medicine University of Michigan Medical School

All medical professionals across the archdiocese are invited  
to inaugural lecture

**ORTHODOX CHRISTIANITY AND MEDICAL PRACTICE:  
UNDERSTANDING THE BASICS**

**Sunday, April 7th @ 7:00 PM EST/Via Zoom**

*Register to Attend*



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ما هي لفة الأرثوذكسية المتوازنة،  
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الموجودة في التيارين؟

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**\$50 Early Bird by 3/31**

**\$65 Regular by 5/2**

**NO TICKETS SOLD AT THE DOOR!**

**Use the QR Code or link in bio to RSVP**



**The St. Michael Church Golf Classic** is scheduled for **Monday June 3, 2024** at the Wood Ranch Golf Club in Moorpark, CA. Online **Registration is now available** by using the QR Code to the left or going to the Church Website and clicking the link on the home page. Online Registration is available for Hole Sponsor with logo (\$300), Hole Sponsor no logo (\$250), Golfer Day-Pass (\$200), Dinner – Adults (\$60), Dinner Children (\$50), or Golf Ball Raffle (\$50). Please register online today to support our parish Annual Golf Classic!

### **Golf Classic Raffle**

The Golf Ball Raffle will be held at the Golf Classic dinner on June 3rd. Donations of \$50 gift cards to any business or \$50 cash or check and a card card will be purchased for you. Earmarked donations may also be made on-line. Samia Habib will be available at the coffee hour for your donation. The deadline for your donation is May 11, 2024. You may either bring your gift card or check to church, or to my home address: Samia Habib; 852 N. Maple St. Burbank, CA 91505; cell: (818)919-3870; e-mail: [samiaburbank@gmail.com](mailto:samiaburbank@gmail.com) Thank you for your support. Feel free to contact me should you have any questions.

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### **Pastoral Sermon**

**By V. Rev. Timothy Baclig**

**The Second Sunday of Great Lent**

**March 31, 2024**

In the reading of today's Epistle we hear St. Paul say: *We must pay more careful attention, therefore to what we have heard, so that we do not drift away.* There are many distractions in our lives today that can very easily cause us to “drift away” from our focus upon God. Preserving and cultivating the values that are important to our spiritual life are increasingly difficult. These distractions pertain to what consumes our time and resources; what preoccupies our thoughts, our vision and hearing.

One of the reasons why the Church presents Great Lent to us as a discipline is to prevent us from being misguided by any notion of presumption and complacency. Presumption leads to pride, arrogance; being judgmental. Complacency leads one to slothfulness, neglect and procrastination. A humble person is not presumptuous and prayer is not a substitute for complacency. Humility is not exhibited in flamboyance but is practiced with grace and modesty.

With this in mind, Great Lent also helps us to recognize that God calls us to act responsibly. Being honest and responsible; accepting responsibility for our choices and actions is the first step to a healthy spiritual life; not to mention the practice of good health.

St. James' Epistle can be very helpful with our discipline. In the first chapter (verse 19) we hear – “My dear brothers, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry, for man's anger does not bring about the righteous life that God desires.” James 1:26 – “If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless.”

Do you fast? Is fasting difficult? Have you considered self control, silence or “biting your tongue” as a kind of fast?

The verse of the Epistle of St. James continues: “Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

Doing what we can to help others – when it is within our ability and our means to do so is sound religion that is without hypocrisy. St. Gregory Palamas (who is among later Saints of our church) is commemorated on this, the second Sunday of Great Lent. He along with many other Church Fathers (and Mothers) teach us a tradition of prayer that is neither stagnant nor passive. For example, he says, “Union with God is achieved by the practice of virtues and communication with Him through prayer.” We tend to forget that the practice of prayer does not mean inaction or being passive. St. Gregory clearly states: “When we sit down, when we walk, when we eat, we can always pray inwardly...”

Today's reading of the Gospel illustrates the faith of the men who carried the paralytic, to extent of even making an opening in the roof in order for the man to be healed by the Lord. It was the action and faith of those who assisted the paralytic who did what was within their power to help the man who needed healing. They contributed to the paralytic's healing. In a sense, they were intercessors. They participated in helping him to get well. They did what they could to assist in his recovery.

Moreover, we tend to think of learning as something that is achieved in classrooms. Well, even educators today know that repetition; interaction, participation and involvement are among the best means of learning. This was always a part of our didactic tradition.

Conditioning ourselves through the various means provided by the discipline of our church are among the most successful ways of learning. Our Biblical prayer language helps us to make what we read in scripture something that becomes more than a way of thinking; it becomes a way of life. It helps us to form a healthy attitude. It shapes our hearts and minds and restructures our way of communicating. We guard ourselves from being hypocritical if our words of the prayers we address to God are inconsistent with the words and ways of communicating with others.

### **Meditation**

Let us work with the body and pray with the soul. Let the outer person perform bodily tasks, and let the inner person be entirely dedicated to the service of God, never abandoning spiritual prayer... This practice of inner prayer tames passions as Daniel tamed the wild beasts. By it the dew of the Holy Spirit is brought down upon the heart, as Elijah brought down rain on Mount Carmel. This mental prayer reaches to the very throne of God and is the light, which illuminates man's soul and inflames the heart with the fire of the love of God (St. Gregory Palamas; *On Prayer and Purity of Heart*).

**EOTHINON 10**  
الايوثين 10

**TONE 2**  
اللحن 2

**SECOND SUNDAY OF GREAT LENT**  
**COMMEMORATION OF GREGORY PALAMAS,**  
**ARCHBISHOP OF THESSALONICA**

Hypatios the Wonderworker, bishop of Gangra; Prophet Joel



## أبوليتيكيون القيامة باللحن الثاني

عِنْدَمَا انْحَدَرْتَ إِلَى الْمَوْتِ، أَيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينَئِذٍ أَمَتَّ الْجَحِيمَ بِبَرَقِ لَاهُوتِكَ.  
وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتَ مِنْ تَحْتِ الثَّرَى، صَرَخَ نَحْوَكَ جَمِيعُ الْقَوَاتِ السَّمَاوِيِّينَ: أَيُّهَا  
الْمَسِيحُ الْإِلَهَ، مُعْطِي الْحَيَاةِ الْمَجْدُ لَكَ.

## أبوليتيكيون للقديس غريغوريوس بالاماس

### باللحن الثامن

يَا كَوَكَبَ الرَّأْيِ الْقَوِيمِ، وَثَبَاتَ الْكَنِيسَةِ وَمُعَلِّمَهَا، وَجَمَالَ الْمُتَوَحِّدِينَ، وَمُنَاضِلًا عَنِ الْمُتَكَلِّمِينَ  
بِاللاهوتِ، الَّذِي لَا يُحَارَبُ، غَرِغُورِيُوسَ الْفَاعِلِ الْمُعْجَزَاتِ، فَخْرُ تِسَالُونِيكِيَّةٍ وَكَارُوزِ  
النُّعْمَةِ. لَا تَنْفَكْ مُتَشَفِّعًا فِي خَلَاصِ نَفُوسِنَا.

## طروبارية رؤساء الملائكة باللحن الرابع

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمَسْتَحَقِّينَ، حَتَّى أَنْكُمْ  
بَطْلِبَاتِكُمْ تَكْتَنُوفُونَا بِظِلِّ أجنحةٍ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَانَا نَحْنُ الْجَائِثِينَ  
وَالصَارِحِينَ بِغَيْرِ فَتُورٍ، أَنْقَذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْكُمْ رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ الْعُلُويَّةِ.

### قدناق آحاد الصوم على اللحن الثامن

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهَ، أَكْتُبُ لَكَ رَايَاتِ الْغَلْبَةِ يَا جَنْدِيَّةَ مَحَامِيَّةٍ. وَأَقْدِمُ لَكَ الشُّكْرَ كَمَنْقَذَةٍ  
مِنَ الشَّدَائِدِ. لَكِنْ بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ، أَعْتَقِنِي مِنْ صُنُوفِ الشَّدَائِدِ، حَتَّى أَصْرُخَ  
إِلَيْكَ: افْرَحِي يَا عَرُوسَا لَا عَرُوسَ لَهَا

## الرسالة

(لِلأَحَدِ الثَّانِي مِنَ الصُّومِ)

أَنْتَ يَا رَبُّ تَحْفَظُنَا وَتَسْتُرُنَا.

خَلَّصْنِي يَا رَبُّ فَإِنَّ الْبَارَّ قَدْ فَنَى.

فَصَلُّ مِنْ رِسَالَةِ الْقَدِيسِ بُولِسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ.

أَنْتَ يَا رَبُّ فِي الْبَدَأِ أَسَّسْتَ الْأَرْضَ، وَالسَّمَاوَاتُ هِيَ صُنْعُ يَدَيْكَ. هِيَ تَزُولُ وَأَنْتَ تَبْقَى "  
وَكُلُّهَا تَبْلَى كَالثُّوبِ. وَتَطْوِيهَا كَالرِّدَاءِ فَتَتَغَيَّرُ، وَأَنْتَ أَنْتَ وَسِنُوكَ لَنْ تَفْنَى. " وَلَمَنْ مِنَ الْمَلَائِكَةِ

قَالَ قَطُّ "إِجْلِسْ عَن يَمِينِي حَتَّى أَجْعَلَ أَعْدَاءَكَ مَوْطِنًا لِقَدَمَيْكَ"؟ أَلَيْسُوا جَمِيعُهُمْ أَرْوَاحًا خَادِمَةً تُرْسَلُ لِلْخِدْمَةِ مِنْ أَجْلِ الَّذِينَ سَيَرْتُونَ الْخَلَاصَ؟ فَلِذَلِكَ يَجِبُ عَلَيْنَا أَنْ نَصْغِي إِلَى مَا سَمِعْنَاهُ إِصْغَاءً أَشَدَّ لِنَلَّا يَسْرَبَ مِنْ أَدْهَانِنَا. فَإِنَّهَا إِنْ كَانَتْ الْكَلِمَةُ الَّتِي نُطِقُ بِهَا عَلَى أَلْسِنَةِ مَلَائِكَةٍ قَدْ ثَبَّتَتْ، وَكُلُّ تَعَدٍّ وَمَعْصِيَةٍ نَالَ جَزَاءً عَدْلًا. فَكَيْفَ نَفَلْتُمْ نَحْنُ إِنْ أَهْمَلْنَا خَلَاصًا عَظِيمًا كَهَذَا؟ قَدْ ابْتَدَأَ النُّطْقُ بِهِ عَلَى لِسَانِ الرَّبِّ، ثُمَّ ثَبَّتَهُ لَنَا الَّذِينَ سَمِعُوهُ.

## الإنجيل

### فصل شريف من بشارة القديس مرقس الإنجيلي البشير والتلميذ الطاهر.

فِي ذَلِكَ الزَّمَانِ، دَخَلَ يَسُوعُ كَفَرْنَاحُومَ وَسَمِعَ أَنَّهُ فِي بَيْتِ. فَلِلْوَقْتِ اجْتَمَعَ كَثِيرُونَ، حَتَّى أَنَّهُ لَمْ يَعُدْ مَوْضِعٌ وَلَا مَا حَوْلَ الْبَابِ يَسَعُ، وَكَانَ يُخَاطِبُهُمْ بِالْكَلِمَةِ. فَاتُّوا إِلَيْهِ بِمُخْلَعٍ يَحْمِلُهُ أَرْبَعَةً. وَإِذْ لَمْ يَقْدِرُوا أَنْ يَقْتَرِبُوا إِلَيْهِ لِسَبَبِ الْجَمْعِ، كَشَفُوا السَّقْفَ حَيْثُ كَانَ. وَبَعْدَ مَا نَقَبُوهُ، دَلُّوا السَّرِيرَ الَّذِي كَانَ الْمُخْلَعُ مُضْطَجِعًا عَلَيْهِ. فَلَمَّا رَأَى يَسُوعُ إِيمَانَهُمْ، قَالَ لِلْمُخْلَعِ: "يَا بَنِي، مَغْفُورَةٌ لَكَ خَطَايَاكَ." وَكَانَ قَوْمٌ مِنَ الْكُتَّابَةِ جَالِسِينَ هُنَاكَ يُفَكِّرُونَ فِي قُلُوبِهِمْ "مَا بَالُ هَذَا يَتَكَلَّمُ هَكَذَا بِالتَّجْدِيفِ؟ مَنْ يَقْدِرُ أَنْ يَغْفِرَ الْخَطَايَا إِلَّا اللَّهُ وَحْدَهُ؟" فَلِلْوَقْتِ عَلِمَ يَسُوعُ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هَكَذَا فِي أَنْفُسِهِمْ، فَقَالَ لَهُمْ: "لِمَاذَا تَفَكِّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟ مَا الْإَيْسَرُ أَنْ يُقَالَ "مَغْفُورَةٌ لَكَ خَطَايَاكَ" أَمْ أَنْ يُقَالَ "قُمْ وَاحْمِلْ سَرِيرَكَ وَامْشِ"؟ وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا (قَالَ لِلْمُخْلَعِ) "لَكَ أَقُولُ، قُمْ وَاحْمِلْ سَرِيرَكَ وَاذْهَبْ إِلَى بَيْتِكَ." فَقَامَ لِلْوَقْتِ وَحَمَلَ سَرِيرَهُ وَخَرَجَ أَمَامَ الْجَمِيعِ، حَتَّى دَهَشَ كُلُّهُمْ وَمَجَدُّوا اللَّهَ قَائِلِينَ "مَا رَأَيْنَا مِثْلَ هَذَا قَطُّ".

### ملاحظة بخصوص تناول القربان المقدس

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