



“The highway of the upright turns aside from evil; he who guards his way preserves his life. Pride goes before destruction, and a haughty spirit before a fall. It is better to be of a lowly spirit with the poor than to divide the spoil with the proud. He who gives heed to the word will prosper, and happy is he who trusts in the LORD. “

Proverbs 16:17-20

**The Basics of Great Lent**  
Great Lent began on Monday, February 23rd, and concludes with the celebration of Pascha on April 12th. During the time of Great Lent we are called to:

- ⇒ **Fast (abstain)** from all meat products (including fish), dairy products, wine and olive oil.
- ⇒ **Give Alms** and remember the poor in your prayers.
- ⇒ **Pray.** Increase your daily prayers. Attend the Lenten Services. Spend more time reading the scriptures.



## Saint Mary's Calendar

### March is Antiochian Women Month

*Please see the Weekday Lenten Service Schedule in today's bulletin.*

#### Sunday, March 29th Fifth Sunday of Great Lent Saint Mary of Egypt

- Confession - 8:30 AM
- Matins & Divine Liturgy - 8:50 AM
- Sunday School Classes follow Communion
- Parish Council Meeting - 12:15 PM

#### Saturday, April 4th Lazarus Saturday

- Confession - 8:30 AM
- Divine Liturgy - 9:00 AM
- Children's Breakfast with making of Candles and Palm Crosses - 10:30 AM
- Confessions - 6:00 PM
- Great Vespers - 6:30 PM

**Schedule of Holy Week Services has been inserted in today's Bulletin.**



## Saint Mary Orthodox Church of West Palm Beach, FL

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

*“The disciples were called Christians first at Antioch.” Acts 11:26*

Metropolitan SABA,  
Primate, Antiochian  
Orthodox Archdiocese

Bishop NICHOLAS,  
Auxiliary Bishop for the  
Diocese of Miami and the  
Southeast

Parish Priest  
The Very Reverend  
Father Peter Shportun  
561.632-7066 (Cellular)

Church Office:  
561.965-5007

Office Hours:  
Tuesday—Friday  
10:30 AM—2:30 PM  
(by Appointment)

Website:  
stmaryschurchwpb.org

#### Weekly Liturgical Service Schedule:

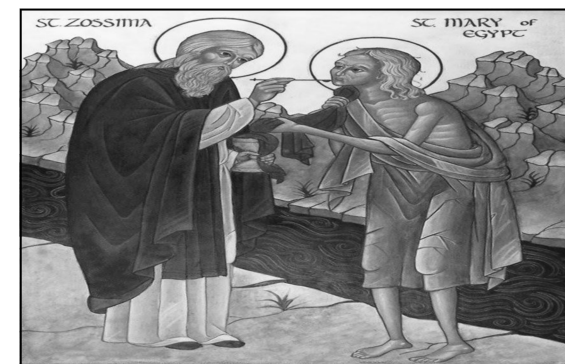
*Sunday Services: Matins 8:50 AM; Divine Liturgy 10:00 AM  
Wednesday Vespers 7:00PM; Saturday Vespers 6:30 PM  
Feast Day Services as announced in The Weekly Bulletin*

#### Sacrament of Confession:

*Saturday 6:00 - 6:30 PM; Sunday 8:30 - 8:50 AM;  
Wednesday 6:30 - 7:00 PM; By appointment with Fr. Peter.*

## The Weekly Bulletin

### March 29, 2026



### Commemoration of Saint Mary of Egypt

**Sunday School Classes** for all children between the ages of 3 and 12 years, each Sunday (September - May) immediately following Communion.

**Catechism Classes and Bible Studies** as announced in The Weekly Bulletin.

*We are glad you have chosen to pray with us at Saint Mary Orthodox Church. Today, the Divine Liturgy of Saint John Chrysostom is celebrated. The service text begins on page 91 in the Red Service Book in the pews.*

*Please know that Holy Communion is offered to Orthodox Christians after preparing themselves through prayer, fasting and recent confession. All visitors are welcome to receive the blessed bread at the end of the Divine Liturgy, and join us for fellowship during Coffee Hour.*

## The Fifth Sunday of Great Lent

Today, THE DIVINE LITURGY OF SAINT BASIL THE GREAT is celebrated. The service text begins on page 91 in the Red Service Book in the pews. The 'Anaphora Prayers' usually found on pages 111–119 in the Red Service Book, can be found on pages 134-143. The Divine Liturgy variables are as follows:

- During the Little Entrance, the Resurrectional Apolytikion is sung. The Entrance Hymn is "O come, let us worship... save us, O Son of God, Who art risen from the dead..." After the Little Entrance, these hymns are sung in the following order:

### RESURRECTIONAL APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

### APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

### APOLYTIKION FOR THE CHURCH (Dormition) IN TONE ONE

In thy birth-giving, O Theotokos, thou didst keep and preserve virginity; and in thy falling-asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore, by thine intercessions, deliver our souls from death.  
world the Great Mercy.

### ORDINARY KONTAKION IN TONE TWO

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.



## LENTEN SERVICES FOR THE 5th WEEK OF GREAT LENT

### Monday, March 30th

- Confessions from 6:30 –7:00 PM.
- Great Compline Service –7:00 PM.

### Wednesday, April 1st

- Confessions from 6:30 –7:00 PM.
- Presanctified Liturgy –7:00 PM.

### Saturday, April 4th

#### Lazarus Saturday

- Confessions from 8:30 –9:00 AM.
  - Divine Liturgy – 9:00 AM
  - Great Vespers Service for Palm Sunday - 6:30 PM



### Prayer of St. Ephriam the Syrian

**O Lord and Master of my Life, take from me the spirit of sloth, despair, lust of power and idle talk;**

**But grant rather the spirit of chastity, humility, patience and love for Thy servants;**

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

## *Saint Mary of Egypt*

*"But I have heard that God Who was born of you became man on purpose to call sinners to repentance."* –St. Mary of Egypt while standing outside the Church of the Holy Cross before the Icon of the Theotokos, unable to enter because of her impure way of life.

Our impure ways of life albeit by our words, our deeds, or our thoughts will always hinder us from approaching the all-loving and merciful God. However, our Lord and Savior can lead us out of the impurity into all righteousness no matter what degree of impurity we have allowed into our life.

The Great Fast is our desert of purification, which can lead us out of sin into holiness. Just as the time St. Mary spent in the desert led her out of her sinful way of life, so too can our time spent in the Great Fast bring us to a purified life.

The first step for us toward purification is the same as that of St. Mary: that is to confess we are sinners and are in need of repentance. We will never be able to be admitted into the Kingdom of God without admitting we need repentance.

### **Making It Easier To Give**



By using this QR Code, it is easier to make a donation or fulfill your annual pledge through Zelle to Saint Mary's. You may also access it through your online bank to:  
[stmarywpbfinance@gmail.com](mailto:stmarywpbfinance@gmail.com)

Should you have any questions, or need further information about giving opportunities at Saint Mary's, please speak to our Parish Council Treasurer Sam Pasley.

**Note:** You may also use Zelle to make donations for Great Lent, Holy Week, Pascha and Food For Hungry People. Please make sure you earmark what the donation is for.

### **DONATIONS FOR GREAT LENT AND HOLY WEEK**

Again this year, we turn to our parishioners and benefactors for donations for Great Lent. Please consider donating towards the following:

- **Palm Sunday, Holy Thursday, Holy Saturday and Pascha.** Suggested donation: DONATED!
- **Palms and Pussy Willows for Palm Sunday.** DONATED!
- **Oil for Holy Wednesday Unction Service.** DONATED!
- **Rose Water for Holy Friday Vespers and Lamentation Service.** Suggested donation: \$25.00
- **Flowers for Tomb for Great and Holy Friday.** DONATED!
- Donations towards **Potted Plants for Holy Friday and Pascha** (Easter Lilies, Orchids, Peace Lilies, etc.).
- **Bay Leaves for Holy Saturday.** Suggested donation: \$25.00

All donations may be offered for the good health of, or memory of loved ones, and will be acknowledged in the Pascha Bulletin. Please see Fr. Peter or Sam Pasley to donate.

### **CAMP SCHOLARSHIPS AVAILABLE**

Saint Mary's together with The Order of Saint Ignatius will be offering partial scholarships for camp tuition. Please speak to Fr. Peter for more information. **Deadline is TODAY, March 29th.**

### **THE EPISTLE**

**(For the Fifth Sunday of Great Lent)**

*Verse: Let Thy mercy, O Lord, be upon us. Rejoice in the Lord, O ye righteous.*

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

Brethren, Christ having appeared a High Priest of the good things to come, through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; neither through the blood of goats and calves, but through His own blood, entered in once for all into the holy place, having found eternal redemption. For if the sprinkling of defiled persons with the blood of bulls and goats 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 Great Lent)**

**The Reading from the Holy Gospel 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 Divine Liturgy of St. Basil the Great continues as usual.*

### **ST. BASIL LITURGY MEGALYNARION**

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

- *After receiving Communion, please quietly read the ‘Prayers of Thanksgiving after Communion’ on pages 128-131 in the Red Service Book.*
- *Please allow the children and teachers to receive Communion first in order that they may proceed to their Sunday School Classes.*
- *We welcome **His Grace, Bishop Nicholas, Auxiliary Bishop for the Diocese of Miami and the Southeast**, who is joining us today and presiding from the throne. Bishop Nicholas will offer the Homily during today’s Divine Liturgy.*

### **Offerings for the Divine Liturgy Today**

#### **Holy Bread**

- For the health of Safwat, Neveien, Andrew & Maria Fahmy. In memory of Ayed & Ayman
- For the health and well-being of Valerica, Daniela, Andrei, Rachel, Fr. Gherman, Petru, Sarah, Xenia, Lucia, Basil, Maria, Ioana, Joachim.
- In memory of Roula, Fehmi, Olga, Samaan and Renee.
- For the Ladies of Saint Mary’s in honor of Antiochian Women Month.

*If you would like to offer a Weekly Altar Vigil Candle, Holy Bread or Altar Wine for a Divine Liturgy, please speak with Fr. Peter.*

### **Your Prayers Are Requested**

#### **For the Living**

*“Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord.” James 5: 14*

*For the Good Health of the Servants of God: Matushka Annette Zaparyniuk, Leon & Judy Chalhub, Johnny & Joyce Chalhub, Sabah Shalhoub, Cheryl Lewis, Eric Waser.*

*For those serving in our armed forces here and abroad: Christopher Smith, Jonathan Shportun, Alexios Gavrilos, Dylan Himber.*

*For peace in the Middle East and throughout the world.*

#### **For the Departed**

*“With the spirits of the righteous made perfect, give rest O Lord to the souls of Thy servants...”*

*Ralph Haselmann (12/22/25), Sub-Deacon William Hall (4/12/25).*

*\*Names for the ‘good health’ will be kept on the Prayer List for 40 days unless otherwise requested. Please speak with Fr. Peter.*

### **March is Antiochian Women Month**

During the month of March, the Antiochian Orthodox Archdiocese and our Saint Mary’s Community, recognize the labor of love offered by the women of our archdiocese and our parish—both past and present. Our Ladies Society are a "Sisterhood Serving Christ Through Serving Others." During March, members of our Ladies Society will be reading the Epistle Readings, collect the Offering Trays, Usher during the Divine Liturgy, and host Sunday Coffee Hours. Again this year, the Antiochian Women’s Project is in support of “Fortifying the Endowment Fund for Our Beloved Widowed Clergy-Wives.”

During Coffee Hour, our Ladies Society will host a Lenten Luncheon. Suggested donation: \$10.00 for adult; 12 years and under free will donation.

### **Parish Council Meeting Today**

The monthly meeting of the Parish Council will be held today at 12:15 PM, in the Conference Room.