

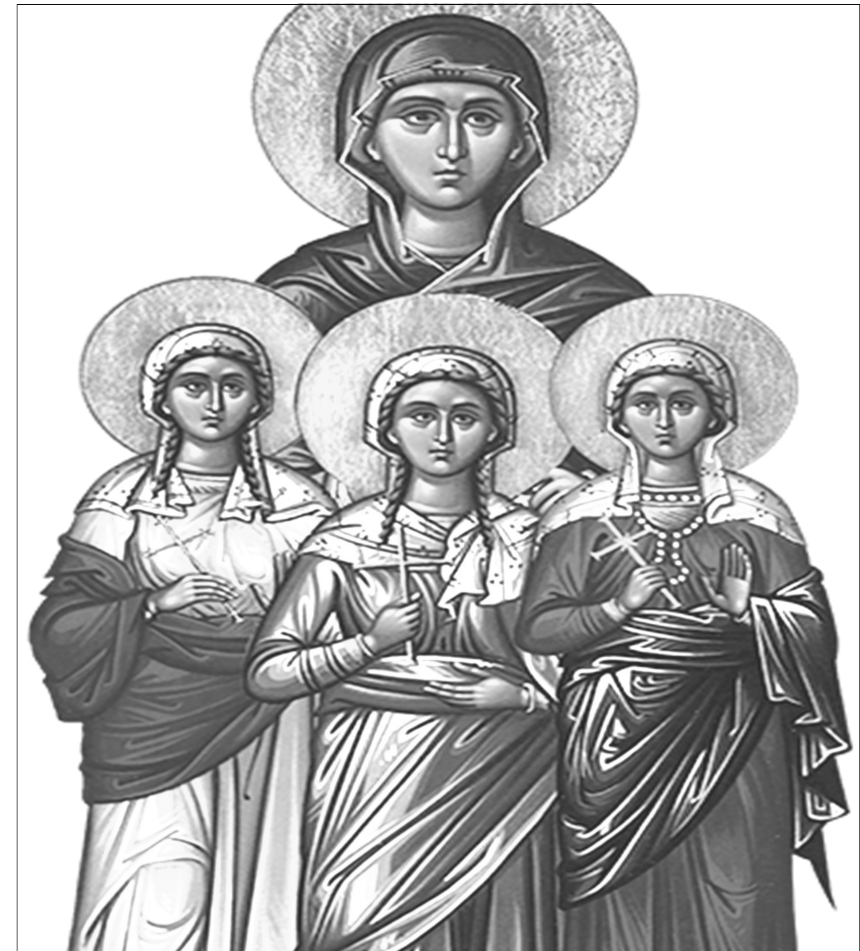
From the Front Cover

Today our Holy Church commemorates St. Sophia and her three daughters. The young girls, Faith, Hope and Love [or Charity] (in Greek: Πίστις, Ἐλπίς καὶ Ἀγάπη and In Russian: Vera, Nada and Lyubov) were, as tradition tells us, only 12, 10 and 9 years of age. This story is well worth recalling and warrants our reflection. Each year on The 2nd Sunday of May, the world celebrate Mother's Day, and yet on September 17th we Orthodox also look to a Christian mother for inspiration.

St. Sophia and her daughters lived early in the second century after Christ during the reign of the Roman Emperor Hadrian. They were of the patrician class. St. Sophia was widow, raising three girls on her own. She was a devout woman of faith when being a Christian was dangerous. Nonetheless, she raised her daughters to love Christ and to put their trust Him.

We all know that the love of a mother transcends our understanding. St Sophia's love for her young girls was strengthened by her love for Our Lord. Hadrian called for St. Sophia and her daughters to renounce their faith in Christ. To accomplish his aims he cruelly subjected each of St. Sophia's innocent young girls to gruesome tortures trying to influence Sophia to renounce her faith. This loving mother had bolstered her daughters faith by assuring them of Christ's love and of the glories of His heavenly kingdom. They faced their trials confidently and totally committed to Christ. No amount of torture inflicted on them could weaken their faith. From the oldest to the youngest, they accepted their trials only looking to Christ and their ultimate reward. They endured ever more pain and suffering. No amount of cruelty could weaken their commitment to Christ. Each of these innocent young girls earned the crown of martyrdom fortified by their mother's faith and prayers. St. Sophia received the earthly remains of her beautiful daughters and gave them a Christian burial. Overcome by her grief, St Sophia died at her daughter's graveside joining her daughters in God's kingdom.

This story with all its poignant details gives us the understanding that no earthly evil can separate us from the love of Christ. Each of us lives our life with Christ's protection. Each of us must confess our faith, even under the most difficult circumstances. Each of us, as parents, have a calling to mold the faith of our children and to teach them to love Christ above all else. Faith, Hope and Love are examples that teach us it is not the years we are given, but how we use those years in His service. St Sophia, the loving mother, teaches us that Christ should always be the strength and foundation of our life and the protector of our family.



+ Saint Sophia and her daughters
Faith, Hope and Love

The Weekly Bulletin - September 17, 2023



Saint Mary Orthodox Church of West Palm Beach

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

The Most Reverend Metropolitan Saba, *Primate*

The Right Reverend Nicholas, *Auxiliary Bishop for Diocese of Miami and the Southeast*

The Very Reverend Father Peter Shportun, *Priest / Pastor*

Church Address: 1317 Florida Mango Road, West Palm Beach, Florida 33406

(561) 965-5007 (Church Office) (561) 632-7066 (Fr. Peter's Cellular)

Email: stmaryschurch@bellsouth.net **Website:** stmaryschurchwpb.org

Church Office Hours: Tuesday – Friday 10:30 AM to 2:30 PM, by appointment

Banquet Hall Rentals: Maribel Perez – (561) 721-5696

Welcome!

Whether you are a parishioner or a visitor, we are glad you have chosen to pray with us at Saint Mary's. As a friendly reminder, please observe the following upon entering the church for prayer.

- If you arrive after the services begin, try to enter the Church quietly and observe what is happening. Try not to interrupt the service by your entrance.
- Please silence your cellular telephones.
- Please place your offerings in the basket on the table in the Church Narthex (Entrance), or the Offering Tray when passed.
- You are invited join us in the Banquet Hall for coffee and refreshments following the Sunday Divine Liturgy.

Reflections on the Cross

By the Elder Cleopa

"Do not do anything without signing yourself with the Cross! When you depart on a journey, when you begin your work, when you go to study, when you are alone, and when you are with other people, seal yourself with the Holy Cross on your forehead, your body, your chest, your heart, your lips, your eyes, your ears. All of you should be sealed with the sign of Christ's victory over hell. Then you will no longer be afraid of the evil one, because it is defeated by the power of the Cross, like wax before a fire and like dust before the wind."



LITURGICAL SERVICES AT SAINT MARY'S FOR SEPTEMBER AND OCTOBER

SUNDAY, September 17th

Confessions from 8:30 to 8:50 AM

Matins at 8:50 AM

Divine Liturgy at 10:00 AM

*** 40 Day Trisagion Service for Paula Slattery*

WEDNESDAY, September 20th

Confessions from 6:00 to 6:30 PM

Vespers Service at 6:30 PM

SUNDAY, September 24th

Confessions from 8:30 to 8:50 AM

Matins at 8:50 AM

Divine Liturgy at 10:00 AM

WEDNESDAY, September 27th

Confessions from 6:00 to 6:30 PM

Vespers Service at 6:30 PM

SUNDAY, October 1st

Confessions from 8:30 to 8:50 AM

Matins at 8:50 AM

Divine Liturgy at 10:00 AM

**Fr. Peter's Children's Sermon*

***1 Year Trisagion Service for Ernest Shwayri*

WEDNESDAY, October 4th

Confessions from 6:00 to 6:30 PM

Vespers Service at 6:30 PM

The Heart

By Abbot Tryphon

Heavenly Worship Must Enter Into The Heart

The beauty of Orthodox worship is meant to lift us up, connecting us to Heavenly Worship that is eternally celebrated before the Throne of God. The beatific vision granted the Holy Apostle and Evangelist John, and revealed in the Book of Revelation, describes the connection between the Eucharistic service we celebrate here on earth, and the Heavenly Banquet that awaits us in Eternity. The beauty of our Orthodox Divine Liturgy is but a mere foretaste of what awaits us.

Every time we Orthodox stand in worship, we must take in the words of the service, and make them our own. Merely observing the service is not worship, as we must enter into Divine Worship with our heart, and give attention to the Word of God that permeates the whole of the services. We must breathe in the Word of God, and let the action of the Word take root in our heart. The Word of God is a Living Word, imparting God's grace.

The Word, as heard in the readings of the Epistle and the Gospel, and prayed in the liturgical texts, is meant to transform us, as God is making us His holy people. This regeneration takes place when the Word has entered our heart.

Abbot Nazarius of Valaam, taught that we must strive as well as we can "to enter deeply with the heart into the church reading and singing and to imprint these on the tablets of the heart". This is why it is so important for our spiritual progress to drive out distracting thoughts that confront us, while in worship.



The Very. Rev. Abbot Tryphon is Igumen of All-Merciful Savior Monastery on Vashon Island, Washington. This and other article may be found on his website abbottryphon.com

Sunday after the Elevation of the Precious and Life-Giving Cross

The Divine Liturgy of St. John Chrysostom is celebrated on this day. The service text may be found beginning on page 91 in the Red Service Book in the pews.

- Divine Liturgy Variables -

The First Antiphon

O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

Refrain. Through the intercessions of the Theotokos, O Savior, save us.

My God, I will cry by day, and wilt Thou not hearken? And by night, and it shall not be unto folly for me. But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. **[Refrain]**

Glory... Both now... **[Refrain]**

The Second Antiphon

O God, why hast Thou cast us off unto the end? Remember Thy congregation which Thou hast purchased from the beginning.

Refrain. Save us, O Son of God, Who wast crucified in the flesh; who sing to Thee. Alleluia.

This is Mount Zion wherein Thou hast dwelt. **[Refrain]**

God is our King before the ages. He hath wrought salvation in the midst of the earth. **[Refrain]**

Glory... Both now... O, only begotten Son and Word of God...

The Third Antiphon

The Lord reigneth, let the people rage; He sitteth upon the cherubim, let the earth be shaken. The Lord is great in Zion; and He is high above all peoples. Let them confess Thy great Name, for it is terrible and holy.

- *During the Little Entrance, after the verses of the Third Antiphon, the Apolytikion of the Holy Cross is chanted; The Little Entrance Hymn is "O come, let us worship... save us, O Son of God, Who art risen from the dead..." as on ordinary Sundays; After the Little Entrance, the following hymns are sung:*

Resurrectional Apolytikion in Tone 6

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

Apolytikion of the Elevation of the Holy Cross in Tone 1

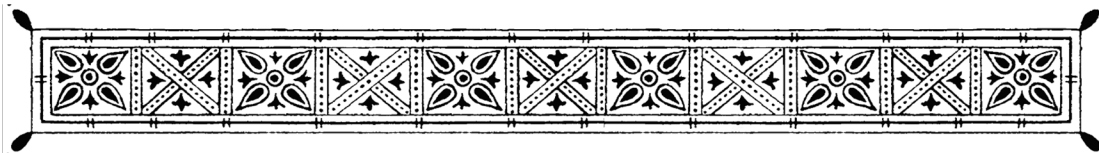
O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

Apolytikion of the Church (Dormition) in Tone 1

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.

Kontakion of the Elevation of the Holy Cross in Tone 4

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.



THE EPISTLE AND GOSPEL READINGS

The Epistle (For the Sunday after the Elevation of the Cross)

*O Lord, how manifold are Thy works. In wisdom hast Thou made them all.
Bless the Lord, O my soul.*

The Reading from the Epistle of St. Paul to the Galatians. [2:16-20]

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be

2023 FALL RETREAT



Hosted at St. Elias Orthodox Church
Atlanta, GA

September 22 - 23, 2023

<https://domse.org/fallretreat2023>

Register for the retreat
(No onsite registration! Register by September 14)

Reserve your hotel room
(Special pricing \$129.00 ends on September 8)

“Thy Word is a Lamp Unto My Feet”
Psalms 118:105

Replacement of our Church Flooring Complete

Over the past several weeks, the tiles and carpeting in the church have replaced. Porcelain tiles new baseboards have been placed in the Church Narthex, Solea and Altar. New carpeting has been installed in the Sanctuary and Sacristy.

Thank you to Mark Samra for overseeing this project, as well as the many volunteers who offered their time moving pews and liturgical furniture.

The total cost of this project is **\$30,000**, with over **\$10,000** in donations received to date. Additional donations are needed to cover the balance of the total cost. Any donation is greatly appreciated. Please see Mark Samra or Sam Pasley to offer your donation to this project.

Tuesday Bible Study

Weekly Bible Study is held each Tuesday, from 7:00 to 8:00 PM, in the Conference Room. Led by Jim Gavrilos, the Fall Bible Study will focus on the Gospel of Mark. All are welcome to participate. Please bring your bibles.

Weekly Spiritual Discussion

Following each Wednesday Vespers Service, Fr. Peter will host a spiritual discussion concerning our spiritual life and the Orthodox faith. The discussions will be held in the church and be approximately 15 to 20 minutes in duration.

Ladies Society Meeting

The first meeting of fall for the Ladies Society will be held on Sunday, September 24th, at 11:45 AM, in the hall. All ladies are welcome to attend and participate.

Teen SOYO Meeting

The first meeting of fall for our Teen SOYO will be held on Sunday, October 1st at 11:45 AM, in the conference room. All our teens are welcome to attend.

Thank You!

To everyone who contributed towards the ‘Summer Boxes of Love.’ 18 boxes of non perishable food items as well as baby diapers and supplies were deliver to Boca Helping Hands.

In the next couple of weeks, information about the annual ‘Thanksgiving Food Baskets for the Homeless’ and the ‘Angel Tree’ will be announced.

Online Donations

Thank you for your continued donations to your Saint Mary’s Church. In addition to tradition means of giving (Sunday Offering Envelopes or by mail), the church offers Zelle as an online means of fulfilling your ‘**Annual Pledge.**’ To use Zelle, please access it through your online bank to:

stmarywpbfinance@gmail.com.

In addition, you may use the online services of Paypal.

For questions and information, please speak with our Parish Council Treasurer Sam Pasley.

- ♦ Fr. Peter will be out of town attending the Fall Diocese Retreat in Atlanta, GA, from Thursday afternoon (September 21st) until Saturday evening (September 23rd). In the event of a pastoral emergency, Fr. Peter may be reached on his cellular telephone at 561.632-7066.

justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

الرسالة (لأحد الذي يلي رفع الصليب المقدس)

مَا أَعْظَمَ أَعْمَالِكَ، يَا رَبِّ. كُلُّهَا بِحِكْمَةٍ صَنَعْتَ.

بَارِكِي يَا نَفْسِي الرَّبِّ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسَ الرَّسُولِ إِلَى أَهْلِ غَلَاطِيَّةِ.

يَا إِخْوَةُ، إِذْ نَعْلَمُ أَنَّ الْإِنْسَانَ لَا يُبَرَّرُ بِأَعْمَالِ النَّامُوسِ، بَلْ إِنَّمَا بِالْإِيمَانِ بِيَسُوعَ الْمَسِيحِ. أَمَّا نَحْنُ أَيْضاً بِيَسُوعَ فَإِنْ كُنَّا. الْمَسِيحَ لِكَيْ نُبَرَّرَ بِالْإِيمَانِ بِالْمَسِيحِ لَا بِأَعْمَالِ النَّامُوسِ، إِذْ لَا يُبَرَّرُ بِأَعْمَالِ النَّامُوسِ أَحَدٌ مِنْ ذَوِي الْجَسَدِ فَإِنِّي إِنِ عُدْتُ. وَنَحْنُ طَالِبُونَ التَّبَرُّجَ بِالْمَسِيحِ وَجَدْنَا نَحْنُ أَيْضاً خُطَاةَ، أَفَيَكُونُ الْمَسِيحُ إِذَنْ خَادِماً لِلْخَطِيئَةِ؟ حَاشَى مَعَ الْمَسِيحِ صُلِبْتُ، فَأَخِيَا، لَا . لِأَنِّي بِالنَّامُوسِ مِتُّ لِلنَّامُوسِ لِكَيْ أَخِيَا لِلَّهِ. أَتُبْنِي مَا قَدْ هَدَمْتُ، أَجْعَلُ نَفْسِي مُتَعَدِّياً أَنَا، بَلِ الْمَسِيحُ يَخِيَا فِيَّ. وَمَا لِي مِنَ الْحَيَاةِ فِي الْجَسَدِ، أَنَا أَخِيَا فِي إِيْمَانِ ابْنِ اللَّهِ الَّذِي أَحَبَّنِي، وَبَذَلَ نَفْسَهُ عَنِّي.

The Gospel (For the Sunday after the Elevation of the Cross)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, “If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels.” And He said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power.”

الإنجيل (لأحد الذي يلي رفع الصليب المقدس)

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسَ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

قَالَ الرَّبُّ: "مَنْ أَرَادَ أَنْ يَتَّبِعَنِي، فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبِعْنِي. لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا، وَمَنْ فَإِنَّهُ مَاذَا يَنْتَفِعُ الْإِنْسَانُ لَوْ رَجَعَ الْعَالَمُ كُلُّهُ وَخَسِرَ نَفْسَهُ؟ أَمْ مَاذَا. أَهْلَكَ نَفْسَهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ يُخَلِّصُهَا

يُعْطِي الْإِنْسَانَ فِدَاءً عَنْ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَنْحِي بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِي، يَسْتَنْحِي بِهِ ابْنُ الْبَشَرِ
" وَقَالَ لَهُمْ: " الْحَقُّ أَقُولُ لَكُمْ، إِنَّ قَوْمًا مِنَ الْقَائِمِينَ هَهُنَا لَا يَذُقُونَ .مَتَى أَتَى فِي مَجْدِ أَبِيهِ مَعَ الْمَلَائِكَةِ الْقَدِيسِينَ
الْمَوْتِ، حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ قَدْ أَتَى بِقُوَّةٍ."

- *The Divine Liturgy of Saint John Chrysostom continues as usual.*

After receiving Communion, please read the 'Prayers of Thanksgiving After Holy Communion' on pages 128–131 in the Red Service Book in the pews.



This Sunday (September 17th)

40 Day Trisagion Prayers

For the repose of Paula Peterson Coglehas Slattery, offered by her sister Nadine & Scott Smith. +Memory Eternal!

Holy Bread offered

For the repose of Paula Peterson Coglehas Slattery, offered by her sister Nadine & Smith.

Altar Candle

- ◇ In glory of the Most Holy Trinity: Father, Son, and Holy Spirit.
- ◇ By Scott & Nadine Smith in loving memory of Nadine's sister Paula Slattery.
- ◇ Offered by Jane Pasley.

****Sunday Coffee Hour hosts are needed for the fall months. If you would like to host a Sunday Coffee Hour, please speak to Jane Pasley or Khouryia Myriam.**

Sunday School Classes

Sunday School Classes began last Sunday, September 10th, and will continue each Sunday morning until May.

As last year, Sunday School Classes will begin following Communion, and will last approximately 30 minutes. This year we will have three classes: Ages 4-6; 7-10; Pre Teen and Teen Class.

Please Remember in Your Prayers

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: Archpriest Michael & Matushka Annette Zaparyniuk, Michael, Priest Andrew Short, Sub-Deacon William Hall, Jodet Rae, Leon & Judy Chalhoub, Johnny & Joyce Chalhoub, Raouf Saballeil, Sabah, Craig Miller, Emma, Lauren Moreland, Lama Chalhoub.

For the Shut-ins of our Church Community: Gloria Yedlinsky, Lidia Pawlcuk, Zakia Salloum.

For all Christians and people suffering from violence, war, persecution, captivity, hunger, and homelessness throughout this world.

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

For the Departed

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

Roy Samra *(newly departed 9/13/23)*, Gail Camileri *(6/26/23)*, Angie Smith *(6/23/23)*, Archdeacon Joseph Harb *(3/8/23)*, George Freije *(10/26/22)*, Ernest Shwayri *(9/29/22)*.

Seven Day Prayer Candles

- ◇ Offered by Linda Harrington in memory of her husband John Harrington (8 years).
- ◇ Offered by Jane Pasley and family in memory of Roy Samra.

****When offering a Seven Day Prayer Candle, please list only the names that you are praying for, and are asking the church community to pray for. Please do not include greetings, birthday and anniversary wishes, etc.**

Our Sympathies

To the Samra Family on the falling asleep in the Lord of Roy Samra on Wednesday, September 13th, in Worcester. MA. Memory Eternal!