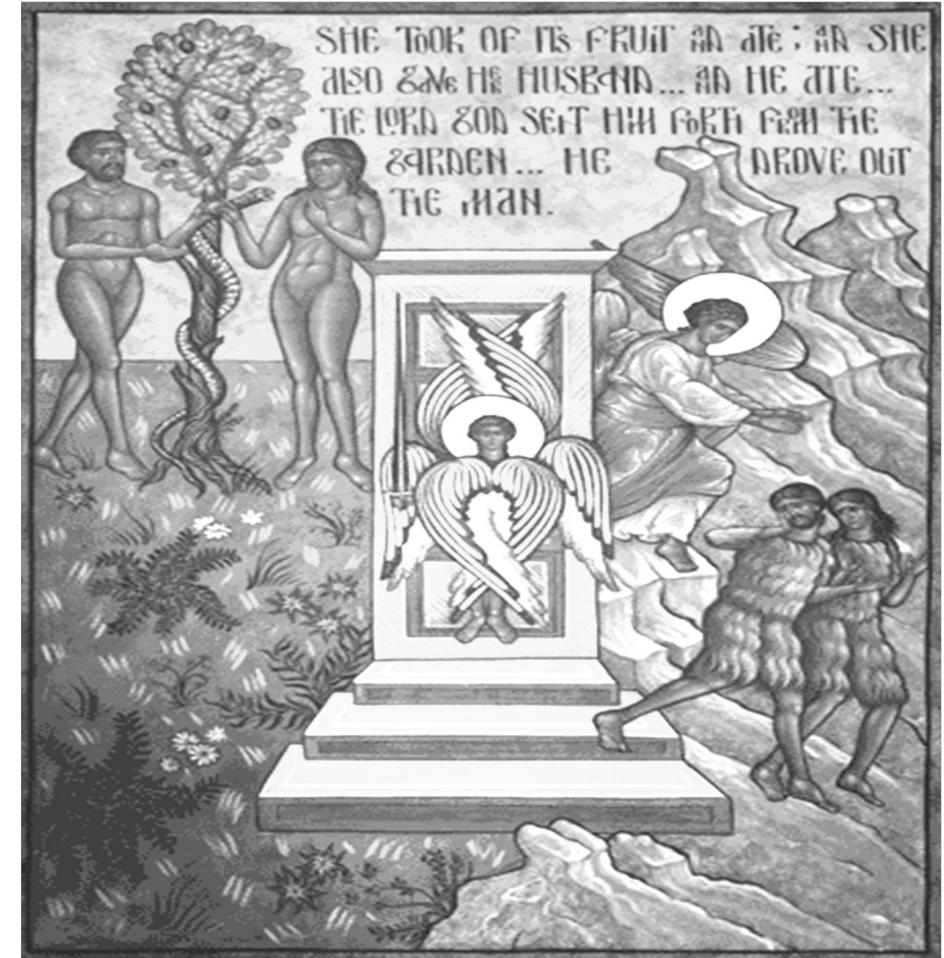


OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 5th	<i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 12th	The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 19th FAREWELL TO MEAT TODAY	The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 26th FAREWELL TO CHEESE TODAY	Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 5th	<i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 12th	ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 19th	VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bowl!
4th Sunday of Lent MARCH 26th	ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 2nd	ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 9th GREAT WEEK BEGINS	<i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 14th	GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 16th NO FASTING!	<i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



Forgiveness Sunday (Cheese-fare)



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*

His Beatitude John X, Patriarch of Antioch

The Right Reverend Nicholas, *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.

Great Lent Begins Monday, February 27th

"Consider well, my soul: dost thou fast? Then despise not thy neighbor.

Dost thou abstain from food? Condemn not thy brother.

Come, let us cleanse ourselves by almsgiving and acts of mercy to the poor,

Not sounding a trumpet or making a show of our charity.

Let not our left hand know what our right hand is doing;

Let not vainglory scatter the fruit of our almsgiving;

But in secret let us call on Him that knows all secrets:

Father, forgive us our trespasses, for Thou loves mankind."

The Three Disciplines

by Abbot Tryphon

Prayer, Fasting, and Almsgiving

Jesus Christ called for a thorough conversion of our heart and mind, and a complete turning away from the old man (our fallen nature). The main act that begins this conversion is metanoia, which means thorough change of mind. This happens when we become aware that we have sinned, and that we are in need of God's forgiveness, and resolve, with His help, to submit to Him.

Sometimes we see a synonymous use of two words, penance and confession. When going to confession, a priest sometimes gives a penance, which is a spiritual discipline that can aid in our journey to God. We are given guidelines that can lead to spiritual growth, and change of heart.

These penances are often in the form disciplines that are meant to help increase the time spent in prayer, fasting, and almsgiving. These three disciplines help us deepen our relationship with Christ, and aid in the Acquisition of the Holy Spirit. Sometimes we are asked to do akathist hymns, where we seek the aid of saints, or the Holy Virgin, as we struggle to go deeper in our spiritual quest. We might be given extra periods of fasting, that in depriving ourselves of food, we are able to see deeper into our hearts, and, with God's help, be ridden of the dirt and grime that resides within us. Other times we might be asked to perform acts of charity, or increase our almsgiving, as a way of moving beyond ourselves, and focusing on the needs of others.

Disciplines that focus on increased prayer, fasting and almsgiving, along with immersing ourselves in the Holy Scriptures, help us in our continued quest to live a life in total submission to Christ. These three categories of discipline aid us in the Acquisition of the Holy Spirit, and help us to live our life for Christ.

Prayer, fasting and almsgiving, are not ends in themselves, but are exercises which help in spiritual warfare against the demons who would bring us down. These disciplines are aids that help us in our attempt to repent, and to have a thorough change of mind (metanoia). And this repentance does not mean that we must feel sad, but that we strive to put off all pride and selfishness, and replace the ego with love, joy, peace, patience, gentleness, goodness, kindness, meekness and self control.



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



Schedule of Church Services

Sunday, February 26th

Forgiveness (Cheese-fare) Sunday

Matins at 8:50 AM; Divine Liturgy at 10:00 AM

Baptism at 12:45 PM

Forgiveness Vespers at 6:30 PM

Great Lent begins on Monday, February 27th

Monday, February 27th (Clean Monday)

Great Compline at 5:30 PM

Wednesday, March 1st

Presanctified Liturgy at 6:30 PM

Friday, March 3rd

Little Compline and 1st Akathist (Madayah) Hymn at 6:30 PM

Sunday, March 5th

1st Sunday of Great Lent (Orthodoxy Sunday)

Matins at 8:50 AM; Divine Liturgy at 10:00 AM

Children's Sermon and Procession of Icons at end of the Divine Liturgy

Orthodoxy Sunday Vespers at 5:00 PM

(To be held at St. Mark Greek Orthodox Church, Boca Raton)

Fr. Peter is available for Confession:

- *By appointment;*
- *30 Minutes prior to Sunday Matins;*
- *30 minutes prior to all Lenten Services*

Divine Liturgy Variables for the Forgiveness Sunday (Cheesefare Sunday)

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. Please read The 'Prayers of Thanksgiving After Holy Communion' on pages 128-131 in the Red Service Book in the pews.

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

Resurrectional Apolytikion in Tone 4

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

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 for Forgiveness Sunday in Tone 6

O Thou Who guides to wisdom, and gives understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

The Epistle (For Forgiveness Sunday)

Prokeimenon Verse: *O chant unto our God, chant ye. Clap your hands, all ye nations!*

The Reading from the Epistle of St. Paul to the Romans. [13:11-14:4]

BRETHERN, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling

and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

الرسالة

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا.

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسَ الرَّسُولِ إِلَى أَهْلِ رُومِيَّةَ.

يَا إِخْوَةَ، إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا. فَدُ تَتَاهَى اللَّيْلِ وَأَقْتَرَبَ النَّهَارُ، فَلْتَدْعُ عَنَّا أَعْمَانَ الظُّلْمَةِ وَتَلْبَسْ أَسْلِحَةَ النُّورِ. لِنَسْلُكَنَّ سُلُوكًا لَاتِقًا كَمَا فِي النَّهَارِ، لَا بِالْقُصُوفِ وَالسُّكْرِ، وَلَا بِالْمَصَاجِعِ وَالْعَهْرِ، وَلَا بِالْخِصَامِ وَالْحَسَدِ، بَلِ الْبِشْوَا الرَّبِّ يَسُوعَ الْمَسِيحِ وَلَا تَهْتَمُّوا بِأَجْسَادِكُمْ لِقَضَاءِ شَهَوَاتِهَا. مَنْ كَانَ ضَعِيفًا فِي الْإِيمَانِ فَاتَّخِذُوهُ بِعَيْزٍ مُبَاحِثَةً فِي الْأَرَاءِ. مِنَ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ، أَمَّا الضَّعِيفُ فَيَأْكُلُ بُقُولًا. فَلَا يَزِدِرِ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدِينُ الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ، فَإِنَّ اللَّهَ قَدِ اتَّخَذَهُ. مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أَجْنَبِيًّا؟ إِنَّهُ لِمَوْلَاهُ يَنْتَبِثُ أَوْ يَسْفُطُ. لَكِنَّهُ سَيَنْتَبِثُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يَنْتَبِثَهُ.

The Gospel (For Forgiveness Sunday)

The Reading from the Holy Gospel according to St. Matthew. [6:14-21]

THE LORD said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.



- ANNOUNCING DOMSE LENTEN RETREATS 2023 - Diocese of Miami and the Southeast

HOW TO PARTICIPATE IN THE UPCOMING DOMSE LENTEN RETREATS:

Young Adults – March 4 (In person & Zoom)

REGISTER: <https://domse.org/event/yaf-lenten-retreat-2023/>

Questions? Contact: Rebekah Meese

Teen SOYO – March 11 (Zoom)

Register: <https://oliviabaca.typeform.com/to/cTeJJK5d>

Questions? Contact: Olivia Bacca

AMEN – March 18 (Zoom)

Join our email list: AntiochianMen.org

Questions? Contact: Michael Baclig

Antiochian Women – April 1 (Zoom – Hub & Spoke)

Zoom link sent to Chapter Leaders

Questions? Contact: Sh. Shell Keim

Weekly Bible Study

Bible Study, led by Jim Gavrilos, is held each Monday evening from 6:45 to 8:00 PM in the Conference Room. This coming Monday (February 27th), we conclude the study of the Apostle Paul's Letter to the Romans.

Beginning Monday, March 6th, we will begin study of the Old Testament Book of Genesis. All are welcome to participate.

Summer Camp Scholarships Available

Again this summer, Saint Mary's will be providing scholarship assistance to those attending our archdiocese summer camps. If you have a child attending one of our archdiocese summer camps, please let Fr. Peter know by March 26th, so that they may be considered for scholarship assistance.

Online Donations

The church offers Zelle as an online means of fulfilling your 'Annual Pledge' as well as make a donation to the 'Repair and Improvement Campaign.'

To use Zelle, please access it through your online bank to:
stmarywpbfinance@gmail.com.

In addition, you may use the online services of Paypal, and the Envelopes on the table in the Church Narthex in fulfilling your pledge, or to make an offering.

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

Great Lent & Holy Week Needs

Donations are needed to help offset the cost of the following needs for Great Lent and Holy Week:

- Flowers to decorate the Cross and distribute on the 3rd Sunday of Lent: \$100.00
- Palms & Pussy Willows for Palm Sunday: \$100.00
- Flowers for Tomb for Great and Holy Friday: \$500
- Donations towards Potted Plants for Holy Friday and Pascha (Easter Lilies, Orchids, Peace Lilies, etc)
- Incense: \$50.00
- Olive Oil for Holy Wednesday Unction Service: \$20.00
- Altar Wine: \$75.00
- Holy Bread for Lazarus Saturday; Palm Sunday; Holy Thursday; Holy Saturday; and Pascha: \$25.00 ea.

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.

الإنجيل

فَصَلِّ شَرِيفًا مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

قَالَ الرَّبُّ: إِنَّ عَقْرَتُمْ لِلنَّاسِ زَلَّاتِهِمْ، يَغْفِرُ لَكُمْ أَبُوكُمْ السَّمَاوِيِّ أَيْضًا. وَإِنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ، فَأَبُوكُمْ أَيْضًا لَا يَغْفِرُ لَكُمْ زَلَّاتِكُمْ. وَمَتَى صُمُّتُمْ، فَلَا تَكُونُوا مُعَسِّبِينَ كَالْمُرَاءِينَ. فَإِنَّهُمْ يَنْكُرُونَ وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ. أَمَا أَنْتَ فَإِذَا صُمَّمْتَ، فَادْهَنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لئَلَّا تَظْهَرَ لِلنَّاسِ صَائِمًا، بَلْ لِأَبِيكَ الَّذِي فِي الْخَفِيَّةِ، وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عَلاَنِيَّةً. لَا تَكْنُزُوا لَكُمْ كُنُوزًا عَلَى الْأَرْضِ، حَيْثُ يُفْسِدُ السُّوسُ وَالْأَكَلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ. لَكِنْ اكْنُزُوا لَكُمْ كُنُوزًا فِي السَّمَاءِ حَيْثُ لَا يُفْسِدُ سَوْسٌ وَلَا أَكَلَةٌ وَلَا يَنْقُبُ السَّارِقُونَ وَلَا يَسْرِقُونَ. لِأَنَّهُ حَيْثُ تَكُونُ كُنُوزُكُمْ، هُنَاكَ تَكُونُ قُلُوبُكُمْ.

- *The Divine Liturgy of St. 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.

Liturgical Offerings

Weekly Altar Candle offered for the week of February 26th

- ◇ In glory of the Most-Holy Trinity: Father, Son and Holy Spirit.
- ◇ By Magda Danese and Elena Sora for their good health.

Holy Bread for this Sunday is offered

- ◇ By Dr. Alan & Carol Sara and family in memory of Samaan & Olga Sara.
- ◇ By George & Hayfa Zein in memory of Amal N. Zein, Afaf Jabour, and their departed loved ones who have fallen asleep in the Lord.
- ◇ *If you wish to offer Holy Bread for a Divine Liturgy, or a Weekly Altar Candle for the health of, or memory of a love one, please speak with Fr. Peter.*

This Sunday

- ◇ Trisagion (Memorial) Prayers will be offered by Dr. Alan & Carol Sara and family for the repose of Alan's parents, the newly departed servants of God Samaan & Olga Sara. May their memory be eternal!
- ◇ SECOND OFFERING TRAY. At the request of our Archdiocese, a second offering will be taken to assist the victims of the devastating earthquakes in Syria and Turkey. Please be generous in your giving.

- ◇ COFFEE HOUR for this Sunday is offered by Dr. Alan & Carol Sara and family in memory of Samaan & Olga Sara.

To host a Sunday Coffee Hour, please speak with Jane Pasley or Khouryia Myriam.

- ◇ FOOD FOR HUNGRY PEOPLE (FFHP) Alms Boxes have been placed on the table in the church narthex. Please take one with you to use during Great Lent.



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, Sub-Deacon William Hall, Jodet Rae, Leon & Judy Chalhub, Johnny & Joyce Chalhub, Jenna Welch, Raouf Saballeil, Jennifer Joseph Zicky, Marie-Therese Habib, Sabah, Luizette Aramouni, Craig Miller, Ralph Geeza.

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

For the preservation of all victims of the recent natural disaster in Syria and Turkey, and for the souls of all who have perished.

For all persecuted Christians and all people suffering from violence, war, 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..."

George Freije [10/26/22], Ernest Shwayri [9/29/22], Basil Dalack [9/1/22], Sarah Nabhan [9/5/22], Thomas Eissey [5/4/22], Margo Fankhauser [5/3/22].

- ◇ *If you would like to have names offered in prayer during a Sunday Divine Liturgy, or a Feast Day Divine Liturgy, please text or email their names to Fr. Peter in advance of the service.*

Seven Day Prayer Candles Offered

By Fr. Chris and Kathy Davis for the good health of Natalie and Cameron.

- ◇ *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.*

Upcoming Meetings/ Activities at Saint Mary's

- ◇ LADIES SOCIETY MEETING: Sunday, February 26th at 11:45 AM.
- ◇ A-MEN MEETING: Sunday, February 26th at 11:45 AM. This is a meeting to organize an A-Men Chapter in our parish. The goal of the A-Men is to bring together the men of our parish for fellowship, spiritual growth and to organize their talents for the upbuilding of our community. All men are encouraged to participate.
- ◇ SOYO MEETING: Sunday, March 5th at 11:45 AM, in the Conference Room.
- ◇ CHOIR REHERSAL: Will be held each Sunday morning from 9:15 to 10:00 AM, during the month of March. All choir members, as well as those interested in singing in the choir are asked to attend. For more information, please speak with Steve Antolik.



His Eminence,
+SABA

Elected by the Holy Synod of the Patriarchate of Antioch on Thursday, February 23rd, as the new Archbishop of New York, and Metropolitan of the Antiochian Orthodox Archdiocese of all North America.

Axios! He is Worthy! Moustahiq!
May God grant him many years!