

FIRST SUNDAY OF THE GREAT FAST
SUNDAY OF ORTHODOXY

Ἡ ἀναθήλωσις τῶν ἁγίων εἰκόνων



Icon of the Holy Images

St. Mary Antiochian Orthodox Christian Church

A Parish of the Self-Ruled Antiochian Orthodox Christian Archdiocese (antiochian.org) ... and ...
The Diocese of Charleston, Oakland & The Mid-Atlantic (antiochian.org/east)
("...the Disciples were called Christians first in Antioch!" [Acts 11:26](#))



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Most Rev. Metropolitan SABA – Archbishop & Primate
Right Rev. Bishop THOMAS – Auxiliary Bishop
Very Rev. Fr. Donald E. Shadid, M.Div. & D.Min. – Archpriest & Pastor
Sub-Deacon Timothy (Cade) Scott, MAT
Edward Makdad, Jr. – Parish Council Chairperson

“The World is Evil... Weep for your Sins... Have a Piece of Chocolate!” (Advice from Staretz in Russia to Fr. T. Hopko+)

Fr. Don – Cell: 814-242-0084 – abeenad1@gmail.com – Office: 814-255-2148

+ THE SUNDAY OF ORTHODOXY +
(The First Sunday of Great Lent)

Sunday, March 24, 2024

Glory be to Jesus Christ! Glory be to Him Forever!

Venerable ZACHARIAH The Recluse & ARTEMON, Bishop of Seleucia

March is “Antiochian Women Month!”

We welcome all of you, our Faithful and our Visitors, to St. Mary Antiochian Orthodox Christian Church! It is a pleasure to have you with us as we glorify and praise the Name of our God: Father, Son, and Holy Spirit. Please sing along with our Choir during the Liturgy.

Please note, as has been the practice of the Church since the Feast of Pentecost, that the Sacrament of Holy Communion can only be given to Orthodox Christians who have prepared themselves by prayer, fasting, regular Confession (at least twice per year ... 7 Yrs. old & up), who attend Liturgy regularly & on time (at least 3 times a month) ... and ... are at peace with all people.

When receiving Holy Communion, please fold your arms over your chest, open your mouth wide, tip your head back slightly, and allow the priest to place the elements in your mouth.

For our non-Orthodox brethren, we welcome you to sing and pray with us, venerate the Cross, and receive the Blessed Holy Bread at the end of the Divine Liturgy. Please join us again soon. May God Bless You Always

HOLY OBLATION: Offered by: **(1)** Pam Krinock for the health of her husband, Jeff, as he celebrates his Birthday ... **and ... (2)** Christine Asfar in beloved memory of son, Jesse George, in remembrance of his Earthly Birthday (03/23/2021).

PASCHAL CANDLES: Offered: in beloved memory of Joshua Mack by The Mack Family; **(2)** for the health of Don McMillan by his wife, Kathy ... **and ... (3)** in beloved memory of Jesse George by his mother, Christine Asfar.

PROSKAMEDIA CANDLE: Offered for the health of: **(1)** Maria as she celebrates her Birthday (March 2) and her Feast Day (March 25); and Ivan, Miranda, Paul, Grace, Fotia, Alexa, Andrea, Becky, Connie & Arianna by The McClatchey Family ... **and ... (2)** Elias Ghantous as he celebrates his Birthday (March 16) by parents, Albert & Mary Jo, sister, Marissa & husband, Mike and wife, Rebecca.

SEVEN-BRANCHED CANDLE: Offered: **(1)** for the health of Albert & Mary Jo Ghantous by Children & their Families ... **and ... (2)** in beloved memory of parents & grandparents, Edward (+33 Yrs.) & Julia (Audi) Mack (+26 Yrs.) by Butch & Renee (Mack) D’Ettorre and Family.

PRAYERS OF LITURGICAL REMEMBRANCE: Offered for the health of Khouria Janet Shadid and her Family by Linda.

TRISAGION PRAYERS OF MERCY (Naha): Offered in beloved memory of: **(1)** Joshua Mack by The Mack Family ... **and ... (2)** mother, grand & great-grandmother, Catherine Speranza by daughter, Judy & Family. **“May Their Memory Be Ever Eternal!” and “Christ is Risen!”**

**For The Living – “God Grant Them Many Years!”...and...
For The Departed – “May Their Memory Be Ever Eternal!”**

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- VARIATIONS & NOTES ON THE LITURGY -

PLEASE NOTE: During the Sundays of Great Lent, we celebrate the “Liturgy of St. Basil the Great” (Archbishop of Caesarea in Cappadocia), in which the priest’s prayers for the Faithful are longer and more penitential, and the Anaphora Prayers (the offering of the Liturgical Gifts for consecration) are more detailed regarding our Salvation History. Also, today, Fr. Don has to prepare the Lamb for this week’s Pre-Sanctified Liturgy. Please be attentive during these prayers and quiet moments so that you may truly join your prayer to that of the Church. We have Service Books on the Front Pews for this Liturgy so that you may more easily & fully participate in our Worship. Thank You!

FIRST ANTIPHON: (Refrain - “Through the intercessions of the Theotokos...”) “The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so that it shall never be moved.” / Refrain. / “Who shall tell of the mighty acts of the Lord? Who shall make all of His praises to be heard? Let the redeemed by the Lord

say so, whom He has delivered from the hand of the enemy." / *Refrain.* / "Glory & Now" ... *Refrain.*

SECOND ANTIPHON: (*Refrain – "Save us, O Son of God Who art risen from the dead; who sing to Thee. Alleluia."*)

"Let them acknowledge the Lord for His mercies, and for His wondrous works for the sons of men." / *Refrain.* / "Let them exalt Him in the church of the faithful, and in the assembly of the presbyters." / *Refrain.* / "The eyes of the Lord are upon those that fear Him, upon those that hope in His mercy; to hear the mourning of those in captivity, and to loose the sons of those appointed to death." / *Refrain.* / "Glory & Now" ... and ... "O Only-begotten Son & Word of God ...".

THIRD ANTIPHON: (*Sung During The Little Entrance – Tone One*)

Verses: Let the heavens and the earth praise Him. This is the day which the Lord hath made; let us rejoice and be glad in it. O Lord my God, I will acknowledge Thee forever.

<p><i>Troparion:</i> See "Troparion of the First Sunday of Great Lent" Below.</p>

AFTER THE LITTLE ENTRANCE:

TROPARION OF THE RESURRECTION: (*Tone One*)

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure Body, Thou didst arise on the third day, O Savior, granting life to the world; for which cause the heavenly powers cried aloud unto Thee, O Giver of Life: Glory to Thy Resurrection, O Christ; Glory to Thy Kingdom; Glory to Thy Providence, O Thou Who alone art the Lover of mankind!

TROPARION OF THE FIRST SUNDAY OF GREAT LENT: (*Tone Two*)

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to Thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

TROPARION OF THE DORMITION: (*Patron Feast Day - 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.

KONTAKION OF THE ANNUNCIATION, GREAT LENT & AKATHIST SAT.: (*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."

EPISTLE: Hebrews 11:24-26 & 32-40 (First Sunday of Lent)

HOLY GOSPEL: John 1:43-51 (First Sunday of Lent)

Concerning the "Kiss of Peace," prior to the Nicene Creed, we encourage you to greet those around you with a handshake, saying: "**Christ is in Our Midst!**" ... the response being: **He is And Always Shall Be!**" In this way, we express: (1) our Joy that God has acted to restore our Communion with Him ... **and ...** (2) our Hope in the Resurrection from the Dead that is offered to us by our Lord's own "trampling down death by death!" **God is With Us ("Emmanuel!")**

MEGALYNARION (*Instead of "It Is Truly Meet..." - for St. Basil's Liturgy*):

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic 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 He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

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- THIS WEEK'S EVENTS & ANNOUNCEMENTS -

Church Office: Tuesday - Friday ... 9 AM - 2 PM.

Please Note: according to the Tradition of our Holy Orthodox Church, we are called during the Great Lent to place special emphasis on the Spiritual Disciplines of Prayer, Fasting & Almsgiving.

We have now entered into the whole fasting period of the Great Lent. Thus, we are called to Fast from all Dairy Products, Fish (excluding shellfish), Wine & Olive Oil. The most important thing to remember about our Fasting is that we are also called to approach this Discipline in the Spirit of the Law, not the Letter of the Law. Try to do the best you can; if necessary, begin with small steps and pray for the strength to take bigger steps as you are able.

Let us also avail ourselves of the opportunities during these next few weeks for extra prayer, Liturgically in Church and from within the Closet of our Hearts; and for the sharing of our Alms, our Mercies, with our Neighbor, anyone who is in need.

+ Sunday, March 24 - FIRST SUNDAY OF GREAT LENT - SUNDAY OF ORTHODOXY - MATINS @ 8:30 AM & DIVINE LITURGY with The Procession of The Holy Icons @ 9:30 AM ... and ... SUNDAY OF ORTHODOXY PAN-

ORTHODOX GATHERING with LENTEN VESPERS & FELLOWSHIP at St John The Baptist Orthodox Church (427 1st Street – Conemaugh, PA) – 4 PM.

+ Monday, March 25 – FEAST OF THE ANNUNCIATION OF THE THEOTOKOS – VESPERAL DIVINE LITURGY – 6 PM.

+ Wednesday, March 27 – NINTH HOUR & TYPIKA – 5:15 PM ... Followed by the PRE-SANCTIFIED LITURGY – 6 PM – Please abstain from food & drink from your Noon Meal onward if you will be partaking of the Holy Eucharist at this Vesperal Liturgy ... also, please note that since our Parish Organizations consist of many of the same parishioners, all within our Parish Family are asked to help with the set-up & clean-up of the Lenten Suppers ... if you can bring a non-meat and/or non-dairy Casserole / Dish / Lenten Dessert, please do so ... and ... everyone, please join us after the Service as we break our fast together.

+ Friday, March 29 – LITTLE COMPLINE WITH THE AKATHIST HYMN (Madayeh Service) – Stasis 2 – 6 PM.

+ Saturday, March 30 – GREAT VESPERS – 5 PM.

+ Sunday, March 31 – SECOND SUNDAY OF GREAT LENT – COMMEMORATION OF GREGORY PALAMAS – ARCHBISHOP OF THESSALONICA – MATINS @ 8:30 AM & DIVINE LITURGY @ 9:30 AM ... Followed by Agape Fellowship.

**Please Note that during the Great Lent, our Weekly Bible Study will meet after our Great Compline Prayers on the following Mondays ...
April 01, 08, 15 & 22.**

THOSE IN SPECIAL NEED OF OUR PRAYERS: AMBER HILLS @ CAMBRIA CARE CENTER (Ebensburg, PA): *Mary Ann Unis-Asfar (#606)*; CONEMAUGH HOSPITAL (Main Campus): *Dalal George (E.R.)*; LAURELVIEW VILLAGE: *George Zdravecky (Health Care #302) & Rhoda (Nasser) Zdravecky (Vista - 913)*; HILLTOP HEIGHTS CARE CENTER (formerly "Laurelwood Care Ctr."): *Suzanne George (#37-W)*; HERITAGE RIDGE SENIOR LIVING (formerly "Lutheran Home"): *Elaine Heider (#34)*; QUALITY LIFE SERVICES – WESTMONT WOODS (formerly "Presbyterian Home"): *Emma (Nasser) Audey (#115-W)*; UPMC Altoona Hospital: *George Haidar (#810-A)* ... **and ... IN TREATMENT, RECOVERING AND / OR "SHUT-IN AT HOME": *Becky Azar; Larry Bertino; Carolyn Clark; Renee D'Ettorre; Patty Devich; Joanne George; John George; Olga Hodge; Denise Khorey-Harriman; Matthew Makdad; Huda Martin, Donald McMillan; Anna Marie (Abraham) Rovansek and Sara Shahade.* **May God Be With All of Them & All of Those Who Are Ill and/or in Need!****

LENT BEGINS ... ARE READY?

Our Journey through Great Lent, which will then culminate in the celebration of Holy Week & Pascha, began, Monday, March 18, 2024. Are you getting ready (e.g. – putting the beautiful Lenten Services on your schedule, cleaning out the Fridge to start your Fasting, planning on when you will celebrate the Sacrament of Holy Confession, etc.)!?! If you would like to learn how to prepare or need a few hints, please watch the Weekly Bulletin closely and/or talk with Fr. Don. You can also find some great help & resources on “antiochian.org!” This is our opportunity to obey our Lord’s command ... “*be still and know that I am God*” (Psalm 45:11) ... all so that we can truly walk with our Lord to His Cross and thus, share in His Holy Resurrection! **God Be With You & Your Loved Ones!**

+++ CONFESSION SCHEDULE +++

By Appointment ... Please Call or Text Fr. Don @ 814-242-0084.

Due to Fr.’s Commitment to Matins, Confession Will Not Be Offered On Sun. Mornings.

Dear members of St. Mary,

We want to start by expressing gratitude for your unwavering support and generosity towards our church. Your contributions have been essential to our ability to continue carrying out our mission and serving the needs of our community.

We also want to take this opportunity to introduce our new online giving platform, Vanco. **This platform provides a secure and user-friendly way to give to our church online**, and we are confident that it will make giving more convenient for many members of our congregation.

You can give now at this link: <https://secure.myvanco.com/L-ZKAC/home>

The link is available on our website as well as in the weekly email.

Whether you choose to give online or in person, your support is vital to the continued success of our church community. We are so grateful for your generosity and commitment to our shared mission.

Thank you again for all that you do.

Blessings,

+ *Fr. Don*

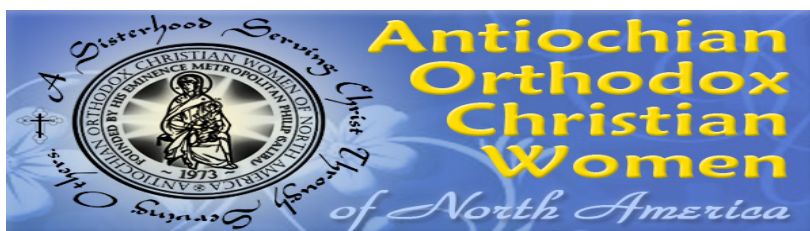


March is “Antiochian Women Month” throughout our Archdiocese. During this time, we highlight the ministries of our “Antiochian Orthodox Christian Women of North America” (AOCWNA), as well as the activity of our Ladies in our St. Mary Parish Family.

On a regional & national scale, our Ladies have helped with many worthwhile ministries of our Archdiocese, such as the Antiochian Village, our Seminarians, Continuing Pastoral Education, St. George Hospital of Beirut, Lebanon, Orphanages, Strengthening The Ministries of our Church and now their current project of **“Establish an Endowment Fund For Our Beloved Widowed Clergy-Wives.”** Here in our Parish, our Ladies have always been a vibrant force ... always seeking to glorify God through their ministry of prayer, caring, liturgical life, fund-raising, etc.

As we celebrate the ministry of our Antiochian Women throughout our Archdiocese, let us thank God for the gifts that they so generously share in our Lord's Vineyard. ***May God Grant Them All Many Years!***

Today, we welcome the women of our St. Mary Parish Family to assist us during our Liturgical Worship ... Epistle Reading, Communion Cloth, Holy Bread & Agape Fellowship after our Divine Liturgy. The Handmaidens of God who have participated thus far: *Kh. Janet Shadid, Susan Joseph, Nitsa McClatchey, Pam Keklak, Kathy McMillan, Sandy Milkie, Lisa Catanese, Pam Krinock, Laura Slifko, Lindsay & Farah Fennel, Carolyn Clark, Stephanie Romano, Renee D’Ettorre, Zina Vios and possibly a few others ... if you have assisted & are not listed here, please inform Fr. Don of this. Thank You & God Bless You & Your Families!*



ST. MARY CHURCH PROJECT

National Orthodox Baby Shower - Sponsored by
St. Mary Antiochian Orthodox Church and
Orthodox Christians for Life



Help us collect baby items
for moms in need!

Did you know that pregnancy resource centers across the country provide free material resources to help women in crisis pregnancies? Our Church is joining with Orthodox parishes across the country to hold a "**baby shower**" to support mothers who choose life for their unborn children! Join us in collecting:

- 4-oz baby bottles
- diaper bags
- diaper wipes
- monetary donations
- diapers (sizes 4 & 6)

These items will be donated to Birthright of Johnstown, our local pregnancy resource center.

Please bring donations on 3/31, 4/7, and 4/14, and drop them off in the collection baskets set up in the back of the church hall.

For any questions, contact Laura Slifko at laura.slifko@gmail.com / 814-242-9435.

Epistle

*Blessed art Thou, O Lord, the God of our fathers.
For Thou art just in all that Thou hast done for us.*

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

Gospel

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.

"May God Be With You!"

Saint of the Day – March 24, 2024

THE VENERABLE ZACHARIAS [OF EGYPT]

Zacharias was the son of Carion the Egyptian. Carion left his wife and children and became a monk. He took Zacharias with him because the child's mother was unable to care for him. Even though Zacharias was younger than most of the elders in Scetis, he was favored with greater gifts of grace than many others. He felt that his whole being was on fire with the grace of God. To the question of St. Macarius, "Who is the ideal monk?" Zacharias replied, "He who continually compels himself to fulfill the commandments of God." To the question of Abba Moses, "What does it mean to be a monk?" Zacharias removed his kamilavka [hat] and trampled it underfoot, saying, "If a man is not broken like this, he cannot be a monk." He was a great light among the monks of the wilderness and, while still young, reposed in the Lord.

SAINT ARTEMON, BISHOP OF SELEUCIA

Artemon was born and educated in Seleucia. When the Apostle Paul came to that city, he met Artemon, further strengthened him in the Christian Faith, and appointed him bishop of that city. Artemon governed his entrusted flock with love and zeal. He was a physician of the souls as well as the bodies of men. He entered into eternity in ripe old age

To God be the Glory and Praise Always!

101 THINGS GOD CAN'T DO

What You Must Know to Win . . . by Maisie Sparks (03/24)

36. God can't be uncaring.

*"Like as a father pitieth his children,
so the Lord pitieth them that fear Him." (PSALM 103:13)*
