St. Jacob Melkite Catholic Community

Serving San Diego Since 1990

Sunday of Cheese-Fare / Forgiveness Sunday

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

Saint of the Day

Commemoration of the Holy Hieromartyr BLAISE, Bishop of Sebastea

Saint Blaise, the Bishop of Sebastea, Armenia, lived under Emperor Licinius. He had retired to a grotto on a mountain side where he lived peacefully amidst savage beasts tamed by his blessing. Very skilled in medicine, he performed numerous healings. He received the gift of miracles from God. He was captured and brought before President Agricola. He confessed Christ's name and for this was cruelly struck with rods, then suspended and thrashed. Cast to the bottom of a pond, he was brought back to shore and beheaded at the same time as two children who were in prison with him.

Great Lent Prayer Service Schedule (all services will be held at 7pm)**:**

- GREAT COMPLINE aka Lord of Powers (صلاة النوم الكبرى المعروفة بصلاة يارب القوات) will be on the first, third and fifth Tuesdays (2/13, 2/27 and 3/13) of Lent at Holy Angels Church
- LITURGY OF THE PRESANCTIFIED GIFTS (قداس السابق تقديسه) will be on the second, fourth and sixth Wednesdays (2/21, 3/7 and 3/21) of Lent at Holy Angels Church
- The AKATHIST HYMN (رتبة المدائح) will be on every Friday during Lent as follows:
  2/16 - at the home of *[please volunteer at www.stjacobmelkite.org/volunteer]*
  2/23 - at the home of *[please volunteer at www.stjacobmelkite.org/volunteer]*
  3/2 - at the home of *[please volunteer at www.stjacobmelkite.org/volunteer]*
  3/9 - at the home of *[please volunteer at www.stjacobmelkite.org/volunteer]*
  3/16 - at the home of *[please volunteer at www.stjacobmelkite.org/volunteer]*

Remember in your prayers: All our enemies, those who have sinned against us and those who have and continue to persecute us. The recently departed Jameleh Mousa El Helo. May our gracious God grant her soul rest where the light of His face keeps watch.

Know someone in need of a prayer? Please notify Fr. Rezkallah by Wednesday to ensure they are included in the following Sunday's special intentions. Reach Fr. Rezkallah online by visiting www.stjacobmelkite.org/prayer-request or by telephone at 858-987-2864.

Forgot your envelope? Not to worry. Visitor offering envelopes are available in the narthex.

Good Stewards: Fadi Buni for preparing and giving last week's discussion on the mystery of Holy Eucharist. May God bestow abundant blessings on all His faithful servants.

Holy Mysteries

Mysteries of Christian Initiation: 1 month advance notice. Parents and Sponsors must be practicing Catholics and properly registered in a parish.

Mystery of Holy Crowning: 6 months advance notice. Required: One meeting with Fr. Rezkallah and participation in a marriage preparation program approved by the Catholic Church.

Mystery of Reconciliation: Before or after any service or by appointment

Mystery of Holy Unction: Available for those who are ill or anticipating an operation.

Summary of offerings made on Sunday, February 4

Tithes and Sacrificial Offerings: Member envelopes returned: 10, Visitor envelopes used: 0, Basket collection: $519, Building Fund: $176, Electronic giving: $225, Total tithes and sacrificial offerings: $744

Average weekly expenses: $1,200

Average offerings made: Data not available

Are you a member or a visitor? Members have offering envelopes. If you consider yourself a member and don't have offering envelopes, please see Rami Maria.

Tithe: Represents 10% of our gross income returned to God. Sacrificial giving represents a gift that is a true sacrifice for us to give.

Attendance: 45

1 member gave $125
3 members gave $100
1 member gave $75
1 member gave $50
1 member gave $40
3 members gave $20
1 member gave $15
2 members gave $10
1 member gave $6
1 member gave $5
Visitors gave $48

Youth / Young Adults: Please see Dani Maria if you are interested in joining Living In Truth.

Choir Group: Please see Suha Maria if you would like to join the English or Arabic choirs.

Parish Advisory Council: Rami Maria (Chairman), Max Samaan (Vice-Chairman), Rose Habash (Secretary), Majeda Maria (Ladies Society Chairwoman), Waled Qamoh, Rana Metri and Micheline Haggar.

Volunteers wanted! Please sign up online at www.stjacobmelkite.org/volunteer or with Fr. Rezkallah or Rami Maria for the unassigned tasks on the following page. For social hour preparation and clean-up, please see Hala Shahtout.

Epistle Reading: Sign up to read the Epistle in the church narthex or online.

Volunteer Schedule

Please sign up at stjacobmelkite.org/volunteer if you would like to help!

Date	Task	Responsible Member(s)	
Sunday 2/11/2018	Epistle Reading	EN:	AR:
	Welcoming Visitors	Rami Maria	
	Gospel Bearing	EN: Emile Shahtout	AR: Adli Hanna
	Social hour	Lana Zawaideh	
Sunday 2/18/2018	Epistle Reading	EN:	AR:
	Welcoming Visitors	Waled Qamoh	
	Gospel Bearing	EN:	AR:
	Social hour	Bishara Karram	

Divine Liturgy of St. John Chrysostom

Offered by Waled and Janitte Qamoh on behalf of the soul of +Jameleh Mousa El Helo

Variable parts of the Liturgy:

Antiphon Prayer

O Creator of the Universe, You fashioned Adam from the dust of the earth. You infused him with a breath of life. You gave him dominion over the earth. By the enticement of the Serpent he rebelled against Your Commandments and fell. You therefore exiled him from Paradise. But your Only-begotten Son was incarnate, endured Passion and restored us to the Garden of Eden which we had lost. We therefore implore You, at the threshold of Holy and Great Lent, to make us worthy of a sincere repentance, so that we may avoid even the shadow of evil and abstain from carnal pleasure in order to gain You, Divine River of Paradise that quenches the thirst of our souls. Thus, having lived according to your commandments, we may share the glory of the Resurrection of Christ, our God and Savior.

For You are long-suffering, most compassionate and You call all people to salvation; and to You we render glory, honor and worship, Father, Son and Holy Spirit, now and always and forever and ever.

صلاة الأنديفونة

أيها الإلهُ المُبدع، لمَّا جبلتَ آدم من تُراب الأرض نفخت فيه نسمة حياة، وسلَّطتَه على هذا الكون. لكنه سقط بغِوايةِ الحيَّة، لمَّا عصى أمركَ وتناولَ من الثمرة المحرمة. فنفيته من الفردوس. ولمَّا تجسد مسيحُك واحتمل الآلام لأجلنا، أعادنا إلى جنة عدن التي خسرناها بآدم. فنتضرَعُ إليكَ، ونحنُ على عتبةِ الصومِ الأربعينيّ المقدس، أن تُؤهلنا للتوبة الصادقة، فنمتنع عن كل شبهِ شرّ، ونصوم عن اللذات لنحظى بكَ، أنتَ نهر النعيم المروي نفوسنا الظمأى، وإذا ما سلكنا سُبُلَ وصاياك نبلغُ الى التمتع بأمجاد قيامة المسيح إلهنا ومخلصنا.

لأنكَ أنت الطويل الأناة، الكثير الرحمة والداعي الجميع الى الخلاص، ولك ينبغي كلُ مجدٍ وإكرامٍ وسجود، أيها الاب والابن والروح القُدُس، ألآن وكل أوان ...

Eisodikon: ... who are risen from the dead ... **نشيد الدخولَ:** خلصنا ..... يا من قام من بين الاموات...

Troparion of the Resurrection *(Tone 3)*

Let all in heaven rejoice and all on earth be glad, for the Lord has exerted power with His arm: By death He has trampled upon Death and has become the firstborn from the dead. He has delivered us from the bosom of Hades and has granted to the world great mercy.

نشيد القيامة باللحن الثالث

لتفرح السماويات، وتبتهج الارضيات. لأن الرب صنع عزاً بساعده، ووطىء الموتَ بالموت، وصار بكرَ الاموات، وأنقذنا من جوف الجحيم، ومنحَ العالم عظيمَ الرحمة.

Troparion of St. Jacob, Brother of the Lord *(Tone 4)*

As a disciple of the Lord, you received the Gospel, O holy Jacob. As a martyr, you displayed unyielding will. As a brother of God, you have special power with Him. As a hierarch, you have the right of intercession. Intercede, therefore, with Christ God that he may save our souls.

طروبارية القديس يعقوب أخي الرب (شفيع الرعية)
بما أنكَ تلميذٌ للرب قبلتَ الإنجيل، أيها الصدِّيق. وبما أنك شهيدٌ لك عزمٌ لا ينثني، وبما أنك أخٌ للرب لك الدالَّةُ لديه. وبما أنكَ رئيسُ كهنة لك حقُ الشفاعة. فاشفع إلى المسيح الإله في خلاص نفوسنا

Kondakion of the Cheese-Fare *(Tone 6)*
O You who guide men toward wisdom, and give them intelligence and understanding, instructor of the ignorant and helper of the poor, strengthen and enlighten my heart, O Lord, give me word, O Word of the Father, for behold I will not refrain my lips from crying out to You: O merciful One, have mercy on me who have fallen.

قنداق مرفع الجبن الختام باللحن السادس
أيها الهادي الى الحكمة، وواهبُ الفطنة، ومُثقِّفُ الجُهَّال، ومُجيرُ المساكين، شدِّد قلبي وامنحه فهماً، أيُّها السيد، وأعطني كلاماً، يا كلمة الآب. فها انا لن أُمسِكَ شفتيَّ عن الصراخ اليك: أيُّها الرَّحيم، ارحْمني أنا الواقع.

<u>EPISTLE of the Sunday of Cheese-fare</u> Romans 13:11-14:4 (pg. 344)
PROKIMENON *(Tone 3)* Ps 117:14,18
Reader: Sing praise to our God, sing praise! Sing praise to our King, sing praise!
People: Sing praise to our God, sing praise! Sing praise to our King, sing praise!
Reader: All you peoples, clap your hands! Shout to God with cries of gladness.
People: Sing praise to our God, sing praise! Sing praise to our King, sing praise!
Reader: Sing praise to our God, sing praise!...
People: ...Sing praise to our King, sing praise!
A READING from the Epistle of St. Paul to the Romans
Brethren, now our salvation is nearer than when we came to believe. The night is far advanced: the day is at hand. Let us therefore lay aside the works of darkness, and put on the armor of light. Let us walk becomingly as in daytime, not in revelry and drunkenness, not in debauchery and wantonness, not in strife and jealousy. But put on the Lord Jesus Christ, and as for the flesh, pay no attention to its lusts.
But whoever is weak in faith, receive him without arguing about opinion. For one believes he may eat all things but another who is weak, let him eat vegetables. Let not the one who eats despise the one who does not; and let not the one who does not eat judge the one who does, for God has received him. Who are you to judge another's servant? To his own master he stands or falls but he will stand, for God is able to make him stand.
ALLELUIA *(Tone 3)*
In you, O lord, I have hoped: let me never be put to shame. In your Justice, save me and deliver me.
Stichon: Be for me a protecting God, a sheltering house to save me.

رسالة احد مرفع الجبن (ص 385)

مقدمة الرسالة

القاريء: رنّموا لإلهنا رنّموا، رنّموا لملكِنا رنّموا

الشعب: رنّموا لإلهنا رنّموا، رنّموا لملكِنا رنّموا

القاريء: يا جميعَ الأُممِ صَفِقوا بالأيادي، هلِلّوا للهِ بصوتِ الابتهاج

الشعب: رنّموا لإلهنا رنّموا، رنّموا لملكِنا رنّموا

القاريء: رنّموا لإلهنا رنّموا...

الشعب: ...رنّموا لملكِنا رنّموا

الرسالة (رومة 13 :11 ج الى 14: 4)

يا إخوة، أن الخلاصَ أقربُ إلينا الآنَ مما كانَ حينَ آمنَّا. قد تناهى الليلُ وأقتربَ النهار، فلنخلعْ اذن أعمال الظلمة، ونلبس اسلحة النور. لنسلكنَّ سُلوكاً لائقاً كما في النهار، لا بالقصوفِ والسكر، ولا بالمضاجعِ والعهر، ولا بالخصامِ والحسد. بل البسوا الربَ يسوع المسيح، ولا تهتموا بالجسد لقضاءِ شهواتِه. من كانَ ضعيفاً في الايمانِ فاقبلوه بغيرِ مباحثةٍ في الآراء. مِنَ الناسِ من يعتقدَ أن له ان يأكلَ كُلَ شيءٍ، أما الضعيفُ فيأكل بقولاً. فلا يزدرِ الذي يأكل من لا يأكل، ولا يدنِ الذي يأكل من لا يأكل، لان الله قد قبله. أنتَ من أنتَ يامنْ يدن عبدَ غيره، انه لمولاه يثبتْ أو يسقط، لكنه سيثبتُ لأن الله قادرٌ أن يُثَبِتَهُ.

هللويا

عليكَ يا ربّ توكلت، فلا أخزَ إلي الابد، بعدلكَ نجّني وانتشلني

كن لي إلهاً محامياً وبيت ملجأ لخلاصي

GOSPEL of Cheese-Fare Sunday Matthew 6:14-21 (pg. 204) *(Forgiveness and Fasting)*

The Lord said, "If you forgive men their offenses, your heavenly Father will also forgive you. But if you do not forgive men there offenses, neither will your Father forgive you your offenses. And when you fast, do not look gloomy like the hypocrites, who disfigure their faces in order to appear to men as fasting. Amen I say to you they have had their reward. But you, when you fast, anoint your head and wash your face, so that you may not be seen by men to fast, 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 worm and rodent consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither worm nor rodent consumes, nor thieves break in and steal. For where your treasure is, there also will be your heart."

انجيل أحد مرفع الجبن (متى 6: 14-21) (ص 158)

قال الرب: إن غفرتم للناس زلاّتِهم، يغفرْ لكم أيضاً أبوكم السماوي زلاّتِكم. وإن لم تغفروا للناس زلاّتهم، فأبوكم أيضاً لا يغفرُ لكم زلاّتكم. واذا صمتم فلا تكونوا معبّسين كالمرائين فإنهم يُنَكرون وجوهَهم ليظهروا للناس صائمين. الحقَّ أقول لكم، انهم قد نالوا اجرهم. أما أنتَ فإذا صمتَ، فادهنْ رأسكَ وأغسل وجهكَ، لئَلا تظهرَ للناس صائماً بل لأبيكَ الذي في الخفية، وأبوكَ الذي ينظرُ في الخفية هو يجازيكَ علانية. لا تكنزوا لكم كنوزاً على الارض، حيثُ يُفسدُ السوس والصدَأ، وحيثُ ينقبُ السارقون ويسرقون. لكن اكنزوا لكم كنوزاً في السماء، حيثُ لا يفسدُ سوسٌ ولا صدَأ، ولا ينقبُ السارقونَ ولا يسرقون. فإنه حيثُ يكونُ كنزُكم هناك يكونُ قلبُكم أيضاً.

OUR JOURNEY TO PASCHA! 2018

Created by Fr. Jonathan Bannon (ACROD) and adapted for use with Gregorian calendar

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week **JANUARY 21st**		*TRIODION WEEKS* Publican and the Pharisee Reading: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14	Trust in God, not yourself! Ask for His help before every task this week!
Normal Fast Week **JANUARY 28th**		The Prodigal Son Returns! Reading: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Use up/freeze meats this week.
Meatfare **FEBRUARY 4th** FAREWELL TO MEAT TODAY		The Last Judgment Reading: 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 11th** FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! *FORGIVENESS SUNDAY* Reading: 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 **FEBRUARY 18th**		*GREAT FAST BEGINS WITH FORGIVENESS VESPERS* SUNDAY of ORTHODOXY Reading: Hebrews 11: 24-26, 32-12:2 Gospel: John 1: 43-51	Bring an icon to church for a procession.
2nd Sunday of Lent **FEBRUARY 25th**		ST GREGORY PALAMAS Reading: 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 4th**		VENERATION OF THE HOLY CROSS *HALF WAY TO PASCHA!* Reading: Hebrews 4: 14-5: 6 Gospel: Mark 8:34-9: 1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent **MARCH 11th**		ST JOHN of the LADDER Reading: 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 **MARCH 18th**		ST MARY of EGYPT Reading: Hebrews 9: 11-14 & Heb 2:11-18 Gospel: Mark 10: 32-45 & LK 1:24-38	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! **MARCH 25th** GREAT WEEK BEGINS		*GREAT AND HOLY WEEK* ENTRY OF OUR LORD INTO JERUSALEM Reading: 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 **MARCH 30th**		GREAT AND HOLY FRIDAY *JESUS DIES ON THE CROSS* CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet, & Phones to honor Christ's Death.
FEAST OF FEASTS! **APRIL 1st** NO FASTING!		*BRIGHT WEEK* 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!

SAINT JACOB MELKITE CATHOLIC COMMUNITY

Sunday Divine Liturgy 11 a.m. at Holy Angels Byzantine Catholic Church

Worship address: 2235 Galahad Road, San Diego, CA 92123

Mailing address: PO Box 231328, San Diego, CA 92193

Pastor office address: 4772 Felton Street, San Diego, CA 92116

Phone: 858-987-2864 E-mail: rsamaan@stjacobmelkite.org Web site: stjacobmelkite.org

Fr. Rezkallah Samaan, Pastor/Administrator Deacon Antoine Kabbane, Associate

Saint Jacob Melkite Community is a Greek-Catholic (Eastern Catholic) Community of the Eparchy of Newton, headed by His Grace, Bishop Nicholas. Liturgical services are celebrated in Arabic and English. The Eparchy (Diocese) is a part of the Patriarchate of Antioch, headed by His Beatitude, Patriarch Joseph. "...and in Antioch the disciples were for the first time called Christians" (Acts 11:26). The Melkite Greek-Catholic Church professes the Orthodox Faith and maintains full communion with the See of Rome.

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February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Feast of the Encounter	3 Saturday of the Dead Encounter
4 Divine Liturgy Encounter Meat-Fare	5 Encounter	6 Leave-taking of the Encounter	7	8	9	10
11 Divine Liturgy Cheese-Fare Forgiveness Vespers	12 Great Fast Begins بداية الصوم الكبير	13 Great Compline صلاة النوم الكبرى	14	15	16 Akathist Hymn المديح لوالدة الإله	17
18 Divine Liturgy Sunday of Orthodoxy	19	20	21 Pre-sanctified Liturgy قداس السابق تقديسه	22	23 Akathist Hymn المديح لوالدة الإله	24 Finding of the Head of John the Baptist
25 Divine Liturgy Holy Relics & Gregory Palamas	26	27 Great Compline صلاة النوم الكبرى	28			