

Sunday, March 3, 2019

Christ is in our midst! He is and always will be!

الاحد، 3 آذار 2019

المسيح فيما بيننا! كائن وسيكون!

كنيسة القديس يعقوب  
للروم الملكيين الكاثوليك

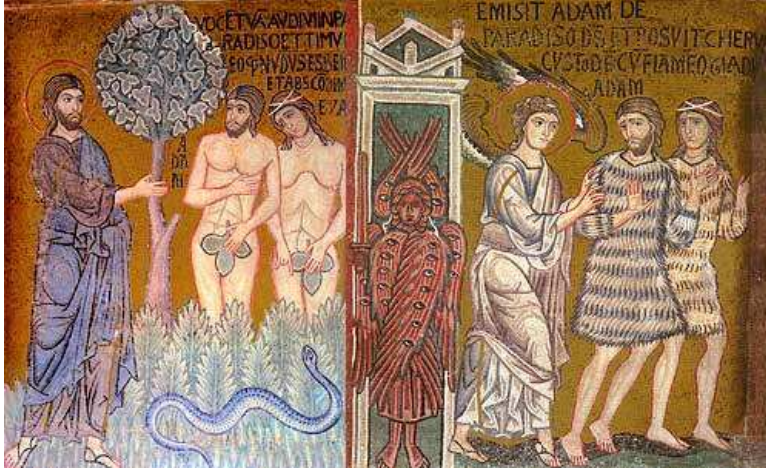
بخدمه سان دييغو منذ عام 1990



St. Jacob Melkite  
Greek-Catholic Church

Serving San Diego Since 1990

## Sunday of Cheesefare (Forgiveness Sunday)



If you were to ask a fitness devotee to describe Clean Week, you would hear about a seven-day nutrition and exercise program involving eating and lifestyle changes designed to “create the healthy habits you need for lifelong health and fitness.”

If you were to ask a committed Eastern Christian to describe Clean Week, you would hear about the first week of the Great Fast with its eating and lifestyle changes, its workouts (prostrations), and its programs for accountability (confession) and support (daily services).

Both approaches invite participants to put aside self-indulgence for a higher goal. The bodybuilder seeks health and fitness; the Christian seeks another kind of transformation, one described in the Scriptures as leading to something far greater: *“If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory”* (Colossians 3: 1-4).

Because our human nature has been scarred by the fall, pursuing the spiritual life does not come easily to us. It is necessary that we take pains to pursue it. We must make a concerted effort to change our focus from earthly things and to set our minds “on things above.” In the Great Fast, the Church provides us with an opportunity to make such an effort. The first step in this program for spiritual health is to distance ourselves from that which is harmful: what St Paul calls *“the works of darkness.”* In the Epistle to the Romans (which we hear today), he offers a catalogue – by no means an exhaustive one

(Continued on page 2)

– of such works: “Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy” (Romans 13:13). These things were recognized as destructive long before Christ or even before Moses. They are the stuff of the “shalt nots” in the Ten Commandments, and yet they appeal to people of all ages and places. Their appeal is proof of the brokenness of our nature.

Besides distancing ourselves from what is harmful, the committed Christian sees the Great Fast as an opportunity to evaluate the strength of his or her commitment to Christ. When the Lord was asked, “Which is the great commandment in the Law?” He answered by quoting the Book of Deuteronomy: “You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets” (Matthew 22:36-40).

In order to keep this first great commandment, the Christian must evaluate his or her way of life: Do I have a heart fully devoted to God or do I have other “loves” which distract me from loving Him? Am I so attached to things like my comforts (food, drink, etc.) or entertainment (TV, movies, sporting events) that I cannot put them aside, even for a brief time? Is my mind chiefly devoted to the pursuit of possessions – luxury cars, jewelry, clothing, etc. – that I have no mental energy to consider the things of God? The things to which we are attached may not be sinful in themselves, but they can prevent us from keeping the Lord’s commandment to “love the Lord your God with *all* your heart, with *all* your soul, and with *all* your mind.”

It is only by putting aside for a time the good things with which we have been blessed that we can determine how attached to them we may be. Would it be easier for me to do without the Eucharist for forty days than to do without cream in my coffee for the same period? One of the benefits of the Fast is that it teaches us what we love, on what we rely, and how much we love the Lord in comparison. <sup>1</sup>

## **Saints of the Day**

### **Commemoration of the Holy Martyrs EUTROPIUS, CLEONICUS and BASILISCUS**

Natives of Cappadocia, these holy martyrs were comrades in arms and relatives of the holy martyr Theodore. They gave their lives for Christ under Emperor Maximian (285-305). <sup>2,3</sup>

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**Remember in your prayers:** Those who have fallen asleep before us in the hope of resurrection. All who are sick, suffering or recovering from illness.

**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](http://www.stjacobmelkite.org/prayer-request) or by telephone at 858-987-2864.

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**THIS WEEK AT ST. JACOB:** Wednesday: 7:30pm - Confessions and Presanctified Liturgy. Friday: 7:30pm - Akathist Hymn. Saturday: 2pm - Spiritual Retreat with Bishop Nicholas followed by 5pm - Great Vespers.

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**BISHOP NICHOLAS VISIT:** His Grace will be joining our community on Saturday for a spiritual retreat with Holy Angels starting at 2pm, Vespers at 5pm and on Sunday for the Divine Liturgy followed by a potluck luncheon in the church hall. Please join us.

**O LORD GOD, BLESS THE SACRIFICIAL WORSHIP & STEWARDSHIP OF YOUR FAITHFUL SERVANTS**

**Summary of offerings made on Sunday, February 24**

Tithes and Sacrificial Offerings: Member envelopes returned: 18, Visitor envelopes used: 0, Basket offerings: \$1,232, Automated giving: \$150, Social Hour: \$60, Total tithes and sacrificial offerings: \$1,442

Average weekly expenses: \$1,200

Average offerings made: Members: \$32.75, Visitors: \$24.00

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

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.

Attendance: 52

- 1 member gave \$400
- 1 member gave \$200
- 3 members gave \$100
- 2 members gave \$50
- 3 members gave \$40
- 2 members gave \$30
- 3 members gave \$25
- 1 member gave \$20
- 1 member gave \$15
- 1 member gave \$10
- 2 members gave \$5
- Visitors gave \$72

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

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

**Parish Advisory Council:** Rami Maria (Chairman), Max Samaan (Co-Vice Chairman), Eihab Shahtout (Co-Vice Chairman), Rana Metri, Dani Maria and Anthony Porrello.

**Volunteers wanted!** Please sign up online at [www.stjacobmelkite.org/volunteer](http://www.stjacobmelkite.org/volunteer) or with Fr. Rezkallah or Rami Maria for the unassigned tasks on the following page. For social hour clean-up, please see Hala Shahtout or Rana Metri.

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

**Volunteer Schedule**

Please sign up at [stjacobmelkite.org/volunteer](http://stjacobmelkite.org/volunteer) if you would like to help!

<b>Date</b>	<b>Task</b>	<b>Responsible Member(s)</b>	
<b>Sunday 3/3/2019</b>	Epistle Reading	EN: Eihab Shahtout	AR: Waled Qamoh
	Welcoming Visitors	Eihab Shahtout	
	Gospel Bearing	EN:	AR:
	Social Hall	Rana Sibani	
<b>Sunday 3/10/2019</b>	Epistle Reading	EN:	AR:
	Welcoming Visitors	Rami Maria	
	Gospel Bearing	EN:	AR:
	Social Hall	Max Samaan	

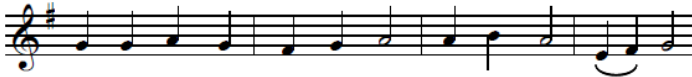
## Divine Liturgy of St. John Chrysostom

### 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 ever and unto the ages of ages.

### صلاة الأنديفونة

أيها الإله المبدع، لمَّا جبلت آدم من تُراب الأرض نفخت فيه نسمة حياة، وسلطته على هذا الكون. لكنه سقط بغواية الحيَّة، لمَّا عصى أمرَكَ وتناول من الثمرة المحرمة. فنفيتَه من الفردوس. ولمَّا تجسد مسيخُك واحتمل الآلام لأجلنا، أعادنا إلى جنة عدن التي خسرناها بآدم. فنتضرعُ إليك، ونحن على عتبة الصوم الأربعينيِّ المقدس، أن تُوهلنا للتوبة الصادقة، فممتنع عن كل شبه شرٍّ، ونصوم عن اللذات لنحظى بك، أنت نهر النعيم المروي نفوسنا الظمأى، وإذا ما سلكنا سبُلَ وصاياك نبلُغُ إلى التمتع بأمجاد قيامة المسيح إلينا ومخلصنا. لأنك أنت الطويل الأناة، الكثير الرحمة والداعي الجميع إلى الخلاص، ولك ينبغي كلُّ مجدٍ وإكرامٍ وسجود، أيها الابن والابن والروح القدس، الآن وكل أوان ...



You de-scen-ded from on high, O Com-pas - sion - ate



One; and con-sen - ted to bu - ri - al for three days



that You might free us from suf - fer - ing.



O Lord, our life and our re-sur - rec-tion, glo - ry



to You.

### Troparion of the Resurrection (Tone 8)

You descended from on high O compassionate One; and consented to burial for three days that You might free us from suffering. O Lord, our life and our resurrection, \* glory to You!

### نشيد القيامة (ألحن الثامن)

إنحدرت من العلاء أيها المتحنن، وقبِلت الدفن ثلاثة أيام، لكي تعتقنا من الآلام، فيا حياتنا وقيامتنا، يا رب المجد لك.

### Troparion of St. James, Brother of the Lord (Tone 4)

O holy James, as a disciple of the Lord, you received the Gospel; as a martyr,

you displayed an 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 (ألحن الرابع)

بما أنك تلميذ للرب قبلت الإنجيل، أيها الصديق. وبما أنك شهيد لك عزم لا ينتهي، وبما أنك أخ للرب لك الدالة لديه. وبما أنك رئيس كهنه لك حق الشفاعة. فاشفع إلى المسيح الإله في خلاص نفوسنا.

### Kondakion of Cheesefare (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 لمرفع اللحم (ألحن السادس)

أيها الهادي الى الحكمة، وواهب الفطنة، ومُتَقِّفُ الجُهَالِ، ومُجَبِّرُ المساكين، شَدَّدْ قلبي وامنحه فهماً، أيها السيد، وأعطني كلاماً، يا كلمة الأب. فما انا لن أُمسِكْ شَفْتَيَّ عن الصراخ اليك: أيُّها الرَّحِيمِ، ارحمني أنا الواقع.

### EPISTLE of the Sunday of Cheesefare Romans 13:11-14:4 (pg. 344)

**PROKIMENON** (Tone 3) Ps.46: 7,2

Reader: Sing praise to our God, sing praise! Sing praise to our King, sing praise!

**All: Sing praise to our God, sing praise! Sing praise to our King, sing praise!**

Reader: you peoples, clap your hands! Shout to God with cries of gladness.

**All: Sing praise to our God, sing praise! Sing praise to our King, sing praise!**

Reader: Sing praise to our God, sing praise! ...

**All: ... Sing praise to our King, sing praise!**

**A READING** from the Epistle of St. Paul to the Romans



rethren, 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) Ps.30: 2,3

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 العيد رومة 13: 11 ج الى 14: 4  
مقدمة الرسالة

القارئ: رثموا لإلهنا رثموا، رثموا لملكنا رثموا  
الجميع: رثموا لإلهنا رثموا، رثموا لملكنا رثموا  
القارئ: يا جميع الأمم صففوا بالأيادي، هليلوا لله بصوت الابتهاج  
الجميع: رثموا لإلهنا رثموا، رثموا لملكنا رثموا  
القارئ: رثموا لإلهنا رثموا ...  
الجميع: ... رثموا لملكنا رثموا

فصل من رسالة القديس بولس الرسول إلى أهل رومة  
يا إخوة، أن الخلاص أقرب إلينا الآن مما كان حين أمنا. قد تناهى الليل وأقرب النهار، فانخلع اذن أعمال الظلمة،  
وتلبس اسلحة النور. لنسلكن سلوكاً لائقاً كما في النهار، لا بالقصوف والسكر، ولا بالمضاجع والعهر، ولا بالخصام  
والحسد. بل البسوا الرب يسوع المسيح، ولا تهتموا بالجسد لقضاء شهواته. من كان ضعيفاً في الايمان فأقبلوه بغير  
مباحثة في الآراء. من الناس من يعتقد أن له ان يأكل كل شيء، أما الضعيف فيأكل بقولاً. فلا يزدري الذي يأكل من لا  
يأكل، ولا يدين الذي يأكل من لا يأكل، لان الله قد قبله. أنت من أنت يامن يدين عبد غيره، انه لمولاه يثبت أو يسقط ،  
لكنه سيثبت لأن الله قادر أن يثبت.

هللوا

عليك يارب توكلت، فلا أخز إلي الابد، بعدلك نجني وانتشلني  
كن لي إلهاً محامياً وبيت ملجأ لخلاصي

**GOSPEL of the Sunday of Cheesefare** Matthew 6:14-21 (*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 their 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 احد مرفع الجبن متى 6: 14-21**

قال الرب: إن غفرتم للناس زلاتهم، يغفر لكم أيضاً أبوكم السماوي زلاتكم. وإن لم تغفروا للناس زلاتهم، فأبوكم أيضاً لا يغفر لكم زلاتكم. وإذا صمتم فلا تكونوا معبسين كالمرائين فإنهم يُنكرون وجوههم ليظهروا للناس صائمين. الحق أقول لكم، انهم قد نالوا اجرهم. أما أنت فإذا صمت، فادهن رأسك وأغسل وجهك، لئلا تظهر للناس صائماً بل لأبيك الذي في الخفية، وأبوك الذي ينظر في الخفية هو يجازيك علانية. لا تكنزوا لكم كنوزاً على الارض، حيث يفسد

السوس والصدأ، وحيثُ ينقبُ السارقون ويسرقون. لكن اكنزوا لكم كنوزاً في السماء، حيثُ لا يفسدُ سوسٌ ولا صدأ، ولا ينقبُ السارقون ولا يسرقون. فإنه حيثُ يكونُ كنزُكم هناك يكونُ قلبُكم أيضاً.

**Hirmos:** It is truly right ...

نشيد لوالدة الاله: انه واجب حقا ...

**Kinonikon:** Praise the Lord ...

نشيد المناولة: سبحوا الرب من السموات ...

**Post-communion hymn:** We have seen the true light ...

بعد المناولة: إذ قد نظرنا النور الحقيقي ...



**BEING MELKITE - DID YOU KNOW?** The Jesus Prayer has been around since at least the 7th century and pre-dates the use of the Hail Mary commonly prayed in the West. It is often prayed using a prayer rope or Komboskinion, usually made of wool in which there is string of 33, 100, or 300 beads or knots with a large knot at each decade. This was the rosary prayed by Saint Basil the Great.

Saint Paul, in his first letter to the Thessalonians, calls upon us to “*pray without ceasing*” (1 Thessalonians 5:17). The Jesus Prayer is an adaptation of the humble prayer of the publican, derived from

the Gospel story of the Pharisee and the tax collector who cried out: “*O God, have mercy on me, a sinner.*” (Luke 18:13) The Lord Jesus said that he went out from his prayer “justified.” On each bead or knot Early Christians adopted this prayer for their own use, reciting The Jesus Prayer:

**“Lord Jesus Christ, Son of God, have mercy on me, a sinner.”**

The prayer is prayed rhythmically, that is in time with the person's breathing. While inhaling, “lord Jesus Christ, Son of God,” and while exhaling, “have mercy on me, a sinner.” With some practice, one will be praying constantly, as Saint Paul instructed. The Jesus prayer helps the person who prays to reach a depth of peace / tranquility. In the first part of the prayer we call upon the name of the Lord, so that our prayer will be answered. In the second part, we acknowledge Christ's divinity and profess our faith. In the last part, we admit our fallen nature and ask God's mercy in humility. Breathe in, breathe out. Try it. <sup>4</sup>

Credits: 1. Adapted from Eparchy of Newton, 2. Adapted from Byzantine Daily Worship, 3. Adapted from R. Golini, 4. Adapted from M.Liles and St. Joseph Melkite Church

**St. Jacob Mission Statement:** To foster a Catholic and Godly renewal with worship through the awe-inspiring Liturgy of the Byzantine Rite and by safeguarding our orthodox faith and Tradition; in order to bring the message of the Living Lord to the faithful and seekers of truth.



## **SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH**

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](mailto:rsamaan@stjacobmelkite.org)    Web site: [stjacobmelkite.org](http://stjacobmelkite.org)

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

**Saint Jacob Melkite Catholic Church** is an Eastern Catholic Community of the Eparchy of Newton, headed by His Grace, Bishop Nicholas. Liturgical services are celebrated in English and Arabic in the Byzantine Rite. 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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### **March 2019**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Divine Liturgy Cheesefare Sunday	4 Great Fast Begins بداية الصوم الكبير	5	6 Confessions Pre-sanctified Liturgy قداس السابق تقديسه	7	8 Akathist Hymn المديح لوادة الإله	9 Retreat with Bishop Nicholas 40 Holy Martyrs of Sebastea
10 Hierarchal Divine Liturgy Sunday of Orthodoxy	11	12	13 Great Compline صلاة النوم الكبرى	14	15 Akathist Hymn المديح لوادة الإله	16
17 Divine Liturgy Holy Relics Gregory Palamas	18	19	20 Pre-sanctified Liturgy قداس السابق تقديسه	21	22 Akathist Hymn المديح لوادة الإله	23
24 Divine Liturgy Holy Cross	25 Annunciation	26 Synaxis of Archangel Gabriel	27 Great Compline صلاة النوم الكبرى	28	29 Akathist Hymn المديح لوادة الإله	30
31 Divine Liturgy John Climacus						