

Sunday, March 17, 2019

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

الاحد، 17 آذار 2019

المسيح فيما بيننا! كائن وسيكون!

كنيسة القديس يعقوب
للروم الملكيين الكاثوليك

بخدمة سان ديبغو منذ عام 1990



St. Jacob Melkite
Greek-Catholic Church

Serving San Diego Since 1990

Sunday of the Holy Relics and St. Gregory Palamas

On the Holy Relics... "We carry about these clean and holy bones, O king, because we attest in due form our love of those marvelous men to whom they belong: and because we would bring ourselves to remember their wrestlings and lovely conversation, to rouse up ourselves to the like zeal; and because we would catch some vision of the rest and felicity wherein they now live, and thus, as we call them blessed, and provoke one another to emulate them, strive to follow their footsteps: because, moreover, we find thereby that the thought of death, which is right profitable, lends wings of zeal to our religious exercises; and lastly, because we derive sanctification from their touch." ¹

On Saint Gregory... Saint Gregory Palamas (1296-1359) was a monk, archbishop and eminent theologian. He was also a major figure in fourteenth century Byzantium. His greatest work, *In Defense of Holy Hesychasts* [commonly known as the *Triads*], was written between 1338 and 1341 as a response to the charges of Barlaam. Barlaam denied the legitimacy of the spiritual methods of Byzantine monastic groups known as hesychasts and discredited their claims to experience the divine presence. Hesychasm, a movement dating back to the Fathers of the desert, believed that since the body itself receives the grace of sacraments and the pledge of final resurrection it would properly have a share in "pure prayer". They believed that God is accessible to personal experience because He shared His own life with humanity. It is from this tradition that we have the famous "Jesus Prayer": "Lord, Jesus Christ, Son of God, have mercy on me, a sinner!" ²



Remember in your prayers: Those who have fallen asleep before us in the hope of resurrection, especially +Cecil Safo. 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 or by telephone at 858-987-2864.

THIS WEEK AT ST. JACOB: Wednesday: 7:30pm - Liturgy of the Pre-sanctified Gifts. Thursday: 7:30pm - Choir Rehearsal. Friday: 7:30pm - Akathist Hymn.



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 what later became called 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 and 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. Pray. Try it. ³

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.

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

Summary of offerings made on Sunday, March 10

Tithes and Sacrificial Offerings: Member envelopes returned: 18, Visitor envelopes used: 1, Basket offerings: \$1,724, Automated giving: \$200, Holy Land Offerings: \$50, Social Hour: \$133, Total tithes and sacrificial offerings: \$2,057

Average weekly expenses: \$1,200

Average offerings made: Members: \$39.57, Visitors: \$14.86

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: 62

- 1 member gave \$500
- 1 member gave \$300
- 2 members gave \$200
- 2 members gave \$100
- 1 member gave \$50
- 3 members gave \$40
- 1 member gave \$35
- 2 members gave \$30
- 2 members gave \$25
- 3 members gave \$20
- 1 member gave \$15
- 3 members gave \$10
- Visitors gave \$104

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 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 if you would like to help!

Date	Task	Responsible Member(s)	
Sunday 3/17/2019	Epistle Reading	EN:	AR: Layla Khbais
	Welcoming Visitors	Max Samaan	
	Gospel Bearing	EN:	AR:
	Social Hall	Alham Khbais	
Sunday 3/24/2019	Epistle Reading	EN:	AR:
	Welcoming Visitors	Dani Maria	
	Gospel Bearing	EN:	AR:
	Social Hall	Alham Khbais	

Divine Liturgy of St. Basil the Great

Antiphon Prayer

O Lord, our God, You have granted the holy martyrs that their relics would be spread throughout the world, including this church, to bring forth the grace of healing from diseases. Make us worthy, through the intercession of your Saints, to offer You the Spiritual Sacrifice and guide us on the way of Salvation For You are Good and the Lover of mankind and to You we render glory, Father, Son and Holy Spirit, now and ever and unto the ages of ages.

صلاة الأنديفوننة

أيها الربَّ إلهنا، يا مَنْ وَهَبَ للشُّهداءِ للقَدَّيسين أن تتوزَّعَ أعضاؤُهُم في كلِّ الأرض وفي هذه الكنيسة، لتأتيَ بِثَمارِ الشفاءِ من الأمراض، أهلنا، بِشفاعةِ قَدَّيسيك، لأنَّ نُقَدَّمَ لك الذبيحةَ الروحيَّةَ، واهدنا سبيلَ الخلاص. لأنَّكَ إله صالحٌ ومحبٌّ للبشر، واليك نرفع المجد، أيُّها الأبُّ والابنُ والروحُ القدس، الآن وكلَّ أوانٍ وإلى دهرِ الداهرين.

Troparion of the Resurrection (Tone 2)



When you des - cend - ed to Death, O Im - mor - tal



Life, You put Ha-des to death by the splen-dor of



Your Di-vin-i - ty, and when You raised the dead



from be-low the earth, all the Hea-ven-ly Po-wers



cried out to You: O Gi-ver of Life, Christ our God,



glo-ry to You!

نشيد القيامة (ألحن الثاني)

لما نزلت الى الموت، أيها الحياة الخالدة، أمت الجحيم بسنى لا هوتك. ولما أقتت الاموات من تحت الثرى، صرخت جميع قوات السماويين: أيها المسيح أهنأ، يا معطي الحياة، المجد لك.

Troparion of the Holy Relics (Tone 2)

O victorious witnesses of the Lord, blessed is the earth fertilized by your blood and holy are the heavenly places that opened to your souls. You have vanquished the enemy in the stadium, and proclaimed Christ with courage. We beg you to intercede with Him who is all-Good, that He may save our souls.

طروبارية الذآخر المقدسة (ألحن الثاني)

مغبوطة الارض التي أخصبئها دماؤكم، يا شهداء الرب الظافرين. ومقدسة المساكن التي قبليت أجسادكم. فإنكم قد غلبتم العدو في الميدان، وكرزتم بالمسيح بشجاعة، فنسألكم أن تبتهلوا إليه، بما انه صالح، في خلاص نفوسنا.

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 أخط للرب لك الداللة لديه. وبما أنك رئيس كهنة لك حق الشفاعة. فاشفع إلى المسيح الإله في خلاص نفوسنا.

Kondakion of the Annunciation (Tone 8)

Triumphant leader to you belongs our prize of victory! And since you saved us from adversity we offer you our thanks. We are your people O Theotokos! So as you have that invincible power, continue to deliver us from danger that we may cry out to you Hail, O Virgin and bride ever pure.

قنداق عيد البشارة (ألحن الثامن)

نحن عبيدك يا والدة الإله، نكتب لك آيات الغلبة يا قائدة قاهره. ونقدم الشكر لك وقد أنقذتنا من الشدايد. لكن بما أن لك العزة التي لا تحارب، أعطينا من أصناف المخاطر لكي نصرخ إليك: أفرحي يا عروسة لا عروس لها.

EPISTLE of the Second Sunday of Lent Hebrews 1:10-2:4

PROKIMENON (Tone 5) Ps.11: 8,2

Reader: You, O Lord, will keep us and preserve us always from this generation.

All: You, O Lord, will keep us and preserve us always from this generation.

Reader: Save me, O Lord, for there is no longer any holy man, for truthfulness has vanished from among the children of men.

All: You, O Lord, will keep us and preserve us always from this generation.

Reader: You, O Lord, will keep us ...

All: ... and preserve us always from this generation.

A READING from the Epistle of St. Paul to the Hebrews



ou in the beginning, O Lord, did found the earth, and the heavens are works of your hands. They shall perish, but you shall continue; and they shall all grow old as does a garment, and as clothing shall you change them, and they shall be changed. But you are the same, and your years shall not fail (Ps. 101: 26-28)

Now, to which of the angels has he ever said, "Sit at my right hand, until I make your enemies the footstool at your feet" (Ps. 109: 1)? Are they not all ministering spirits, sent for service, for the sake of those who shall inherit salvation?

That is why we should all the more earnestly observe the things we have heard, lest perhaps we drift away. For if the word spoken by angels proved to be valid, and every transgression and disobedience received a just punishment, how shall we escape if we neglect such a great salvation? For it was first announced by the Lord and was confirmed to us by those who heard it.

ALLELUIA (Tone 5) Ps.88: 2,3

Your favor, O Lord, I will sing forever; from generation to generation my mouth will proclaim your faithfulness.

Stichon: For you have said, "My kindness is established forever." In heaven you have confirmed your faithfulness.

رسالة الأحد الثاني من الصوم عبرانيين 1 : 10 الى 2 : 3

مقدمة الرسالة

القارئ: أنت يا ربُّ تحفظنا وتحمينا من هذا الجيل وإلى الدهر
الجميع: أنت يا ربُّ تحفظنا وتحمينا من هذا الجيل وإلى الدهر
القارئ: يارب، فإن البارَّ قد فني، لان الحقيقة قد ضَعُفَتْ عندَ بني البشر
الجميع: أنت يا ربُّ تحفظنا وتحمينا من هذا الجيل وإلى الدهر
القارئ: أنت يا ربُّ تحفظنا ...
الجميع: ... وتحمينا من هذا الجيل وإلى الدهر

فصل من رسالة القديس بولس الرسول إلى العبرانيين

أنت أيها الرب في البدء أسست الأرض، والسموات هي صنعُ يديك. هي تزولُ وأنت تبقى، وكلها تبلى كالثوب، وتطويها كالرداء فتتغير، وأنت أنت، وسنوك لن تفنى. ولمن من الملائكة قال قط: اجلس عن يميني حتى أجعل أعداءك موطئاً لقدميك؟ أليسوا جميعهم أرواحاً خادمة، مرسلّة لخدمته من أجل المزمعين أن يرثوا الخلاص؟ فلذلك يجب علينا أن نتنبّه إلى ما سمعناه غاية التنبّه، لئلا نبتعدَ عنه. فإنها إن كانت الكلمة التي تُطَقُّ بها على ألسنة الملائكة قد ثبتت، وكلّ نَعْدٍ ومعصيةٍ قد نالَ جزاءً عادلاً، فكيف نُؤَلِّتُ نحن إن أهملنا خلاصاً عظيماً كهذا قد نُطَقَّ به على لسان الربِّ أولاً، ثم تَبَّهَ لنا الذين سمعوه.

هللوا

بمراحمك يا ربِّ. أُرِّمُ إلى الابد، إلى جيلٍ فجيلٍ أعلنُ حَقَّكَ بفي
لأنك قلت: إن الرحمة تُبْنَى إلى الابد، وفي السموات يُهَيَّأُ حَقَّكَ

GOSPEL of the Second Sunday of Lent Mark 2:1-12 (*Healing of the Paralytic*)



At that time Jesus entered Caparnaum, and it was reported that he was at home. And immediately many gathered together, so that there was no longer room, not even around the door. And he spoke the word to them. And they came, bringing to him a paralytic, carried by four. And since they could not bring him to Jesus because of the crowd, they uncovered the roof where he was, and, having made an opening, they let down the pallet on which the paralytic was lying. And Jesus, seeing their faith, said to the Paralytic, "Son, your sins are forgiven you." Now some of the Scribes were sitting there and reasoning in their hearts, "Why does this man blaspheme in this way? Who can forgive sins, beside God?" And at once Jesus, knowing in his spirit that they so reasoned within themselves, said to them, "Why are you arguing these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, and take up your pallet, and walk'? But that you may know the Son of Man has power on earth to forgive sins" — he said to the paralytic — "I say to you, arise, take up your pallet, and go to your house," And immediately he arose and, taking up his pallet, went forth in the sight of all, so that they were all amazed, and glorified God, saying, "Never did we see anything like this!"

انجيل الأحد الثاني من الصوم مرقس 2 : 1 – 12

في ذلك الزمان، دخل يسوع كفرناحوم. وسُمع أنه في بيت، ففي الحال اجتمع خلق كثير بحيث لم يبقى موضع يسع ولا عند الباب، وكان يخاطبهم بالكلمة. فأتوا اليه بمخلع يحمله أربعة. وإذ لم يقدروا أن يقتربوا اليه بسبب الجمع، كشفوا السقف حيث كان، وبعد ما نقبوه دأوا الفراش الذي كان المخلع مضطجعا عليه. فلما رأى يسوع إيمانهم قال للمخلع: يا بني مغفورة لك خطاياك. وكان قوم من الكتبة جالسين هناك يفكرون في قلوبهم: ما بال هذا يتكلم هكذا بالتجديف؟ من يقدر أن يغفر الخطايا إلا الله وحده؟ فلوقت علم يسوع بروحه انهم يفكرون هكذا في أنفسهم. فقال لهم: لماذا تفكرون بهذا في قلوبكم؟ ما الايسر: أن يقال للمخلع مغفورة لك خطاياك. أم أن يقال قم احمل فراشك وامشي؟ ولكن لكي تعلموا ان ابن الانسان له سلطان على الارض ان يغفر الخطايا، قال للمخلع: قال للمخلع: قم احمل فراشك واذهب الى بيتك. فقام للوقت وحمل فراشه وخرج أمام الجميع، حتى دهبوا كلهم ومجدوا الله قائلين: ما رأينا قط مثل هذا.

Hirmos: In You, O full of grace ...

نشيد لوالدة الاله: إن البرايا ...

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 ...

At the end of the Divine Liturgy, Procession of the Holy Relics

Credits: 1. St. Nicholas Byzantine Catholic Church, 2. St. John Damascene, *The Precious Pearl: The Lives of Sts. Barlaam and Joseph*, p. 248, 3. 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

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 Web site: 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 Lenten Retreat Great Vespers 40 Holy Martyrs of Sebastea
10 Hierarchical 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						