

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 the Holy Cross Anticipation of the Feast of the Annunciation (March 25)

In a beautiful and mystical interpretation of the Genesis story, St Ephrem the Syrian describes Paradise as a mountain-temple. The lower regions, where Adam and Eve began, correspond to the narthex and then the nave of a Church. At the boundary between the nave and the altar - which we would associate with the Royal Doors - St Ephrem sees the Tree of the Knowledge of Good and Evil. This Tree, then, is a gate of entry into the Holy of Holies. When they were spiritually prepared, and not before, Adam and Eve would have been granted entrance into the sanctuary. Once there they would have been given to eat the sacred fruit of the Tree of Life, and would have become immortal.

Now, what is this tree and what is its fruit? As we did not abide in Paradise but were banished through sin, we must turn our attention elsewhere to find the Tree of Life and its Fruit. Let us hear, then, St Ephrem:

***Greatly saddened was the Tree of Life
when it beheld Adam stolen away from it;
it sank down into the virgin ground
and was hidden to burst forth and reappear on Golgotha...***

***Under the Old Covenant the Tree of Life
continued to remain hidden from humanity,
and it was only with the Crucifixion
that it was finally made manifest.***

The Cross is the Tree of Life. Let us be clear. The Cross is not a symbol of the Tree of Life, not a figure of the Tree of Life: it is the Tree of Life. And the fruit of Tree?

***The Tree of the Cross has borne a fruit
that gives eternal life unto the world;
and as we eat of it, O Christ,
we are delivered from death.***

(The Lenten Triodion)

The Fruit of the Tree of Life that gives immortality to those who eat of it is the Body of Christ. What Adam was denied in Paradise because of sin is given to us in the Liturgy, and eating it we partake of Divine Life. And thus, on this Sunday, almost halfway through the journey of Great Lent, do we venerate the Holy Cross.



***The Church is revealed as a second Paradise,
having a tree of life, as the first Paradise of old:
by touching Your Cross, O Lord,
we share in immortality!
(The Lenten Triodion)¹***

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 or by telephone at 858-987-2864.

THIS WEEK AT ST. JACOB: Wednesday: 7:30pm - Great Compline. 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 Komboskion, 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.²

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

Summary of offerings made on Sunday, March 17

Tithes and Sacrificial Offerings: Member envelopes returned: 10, Visitor envelopes used: 1, Basket offerings: \$517, Automated giving: \$250, Social Hour: \$116, Total tithes and sacrificial offerings: \$883

Average weekly expenses: \$1,200

Average offerings made: Members: \$25.41, Visitors: \$15.00

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: 33

- 1 member gave \$240
- 1 member gave \$100
- 2 members gave \$50
- 1 member gave \$40
- 2 members gave \$30
- 1 member gave \$25
- 2 members gave \$20
- 1 member gave \$15
- 1 member gave \$10
- 1 member gave \$7
- Visitors gave \$30

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 3/24/2019	Epistle Reading	EN:	AR:
	Welcoming Visitors	Dani Maria	
	Gospel Bearing	EN:	AR:
	Social Hall	Alham Khbais	
Sunday 3/31/2019	Epistle Reading	EN:	AR:
	Welcoming Visitors	Elhab Shahtout	
	Gospel Bearing	EN:	AR:
	Social Hall	Rose Habash	

Divine Liturgy of St. Basil the Great

Antiphon Prayer

O Christ God, You chose of your own free will to be raised on the Cross for the sake of mankind. Have mercy on your people called after your name. Grant to the Church, your Mystical Body, to rejoice in your might. Safeguard all the peoples that You reconciled by your crucifixion. As for us, who have been sealed by the sign of your Cross, grant that we may not be proud of anything but of your Cross, bearing at all time in our hearts and our minds, the marks of your Holy Passion. For You are our Light and our Sanctification, O Christ our God, and to You we render glory, and to your Eternal Father, and your All-holy, Good and Life-giving Spirit, now and ever and unto the ages of ages.

℟: Amen.

صلاة الأنديفوننة

أَيُّهَا الْمَسِيحُ الْإِلَهَ، يَا مَنْ رُفِعَ عَلَى الصَّلِيبِ طَوْعًا حُبًّا لِلنَّاسِ، إِرْأَفْ بِشَعْبِكَ الْمُسَمَّى بِاسْمِكَ، وَأَعْطِ الْكَنِيسَةَ، الَّتِي هِيَ جَسَدُكَ، أَنْ تَفْرَحَ بِقُدْرَتِكَ، وَصُنْ جَمِيعَ الشُّعُوبِ الَّتِي سَأَلْتَهَا يَوْمَ صَلْبِكَ، وَاجْعَلْنَا نَحْنُ الَّذِينَ وَسُمْنَا بِشَارَةِ الصَّلِيبِ الْأَنْفَخَرِ إِلَّا بِهِ، حَامِلِينَ دَائِمًا فِي قُلُوبِنَا وَأَفْكَارِنَا سِمَاتِ الْأَمِكِ الْمُقَدَّسَةِ. لِأَنَّكَ أَنْتَ ثُورُنَا وَتَقْدِيسُنَا، أَيُّهَا الْمَسِيحُ الْإِلَهَ، وَإِلَيْكَ تَرْفَعُ الْمَجْدَ وَالشُّكْرَ وَالسُّجُودَ، وَإِلَى أَبِيكَ الْأَزَلِيِّ وَرُوحِكَ الْقُدُّوسِ، الْآنَ كُلَّ أَوَانَ وَإِلَى دَهْرِ الدَّاهِرِينَ.
أَلْشَعْبُ: آمِينَ.

Antiphons of the Feast

First Antiphon

1. O Lord, let the light of your countenance shine upon us.

℟: *Through the prayers of the Mother of God, O Savior, Save us!*

2. O Lord, for those who fear You, You have raised a banner to which they may flee out of the range of arrows.

3. You have ascended on high, taken captives, and received men as gifts.

الأنديفوننة الأولى

1- قَدْ ارْتَسَمَ عَلَيْنَا نُورٌ وَجْهَكَ يَا رَبَّ

اللازمة: بِشَفَاعَةِ وَالِدَةِ الْإِلَهَ، يَا مُخَلَّصُ خَلْصَانَا

2- أَعْطَيْتَ الَّذِينَ يَنْقُودُكَ عِلَامَةً لِيَهْرُبُوا مِنْ وَجْهِ الْقَوْسِ

3- أَعْطَيْتَ مِيرَاثًا لِلَّذِينَ يَنْقُودُ أَسْمَكَ يَا رَبَّ

Eisodikon of the Feast of the Annunciation (March 25)

Proclaim from day to day the salvation of our Lord. O Son of God who were incarnate from the Virgin, save us who sing to You: Alleluia!

نشيد الدخول لعيد البشارة (25 آذار)

بشروا من يوم إلى ويوم بخلصنا إلهنا. خلصنا يا ابن الله، يا من تجسّد من البتول، نحن المُرْمنين لك: هلوليا

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 (ألحن الثالث)

لتفرح السماويات، وتبتهج الارضيات. لأن الرب صنع عزاً بساعده، ووطيء الموت بالموت، وصار بكر الاموات، وأنقذنا من جوف الجحيم، ومنح العالم عظيم الرحمة.

Troparion of the Holy Cross (as modified by the Holy Synod) (Tone 1)

O Lord save your people and bless your inheritance, granting peace to the world; and protect your community by the power of your Cross.

طروبارية الصليب (ألحن الأول)

خَلَّصَ يَا رَبُّ شَعْبَكَ وَبَارَكَ مِيرَاثَكَ، مَا نَحَا الْعَالَمَ السَّلَامَ. وَاحْفَظْ بِصَلْبِكَ رَعِيَّتَكَ.

Troparion of the Feast of the Annunciation (March 25) (Tone 4)

Today is the beginning of our salvation and the revelation of the mystery that was planned from all eternity: the Son of God becomes the Son of the Virgin and Gabriel announces this grace. Let us join him in crying out to the Mother of God: Hail, O full of grace! The Lord is with you.

طروبارية عيد البشارة (25 اذار) (ألحن الرابع)

اليوم بدء خلاصنا، وظهور السر الذي منذ الأزل. فإن ابن الله يصير ابن البتول، وجبرائيل بالنعمة يبشر. فلنهنف معه نحو والدة الإله: السَّلَامُ عليك يا ممتلئة نعمة الرب معك.

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)

نَحْنُ عبيدك يا والدة الإله، نَكْتُبُ لَكَ آيَاتِ الْعَلْبَةِ يَا فَائِدَةَ قَاهِرِهِ. وَنُقَدِّمُ الشُّكْرَ لَكَ وَقَدْ أَنْقَذْنَا مِنَ الشَّدَائِدِ. لَكِنْ بِمَا أَنْ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ، أَعْتَقِينَا مِنْ أَصْنَافِ الْمَخَاطِرِ لِكَيْ نَصْرُخَ إِلَيْكَ: أفرحي يَا عَرُوسَةَ لَا عَرُوسَ لَهَا.

Instead of the Trisagion



We bow in wor - ship be - fore Your Cross, O



Mas - ter, and we give praise to Your Ho-ly



Re - sur - rec - tion.

Arabic: Li-sa-lee-bi-kaya Say-yi-da-na nas-jud, wa-li-qi-yaa-ma-ti-kal-mu-qad-da-sa nu-maj-jid.

Greek: Ton Stav-ronsu pros-ki-noo-men Dhes-po-ta, ke tin a-gi-an su A-na-sta-sin dho-xa-zo-men.

بيدل (المثلث المقدس) بنشيد

لصليبتك ياسيدتنا نسجد، ولقيامتك المقدسة نمدح

EPISTLE of the Third Sunday of Lent Hebrews 4:14-5:6

PROKIMENON (Tone 6) Ps.27: 9,1

Reader: O Lord, save your people and bless your inheritance!

All: O Lord, save your people and bless your inheritance!

Reader: To you, O Lord, I have called: O my Rock, be not deaf to me!

All: O Lord, save your people and bless your inheritance!

Reader: O Lord, save your people ...

All: ... and bless your inheritance!

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



RETHREN, since we have a great high priest who has passed into the heavens, let us hold fast our profession of faith. For we have not a high priest unable to pity our weaknesses, but one tried as we are in all things, save sin. Let us then approach the throne of grace with confidence, so that we may obtain mercy and find grace to help in time of need.

For every high priest taken from among men is appointed for men in matters pertaining to God, so that he may offer gifts and sacrifices for sins. He is able to have compassion on the ignorant and erring, because he himself also is beset with weakness, and therefore must make offerings for sin in his own behalf as in behalf of the people. And no one invests himself with this honor: only one who is called by God takes it, as Aaron was. So also Christ did not glorify himself with the high priesthood, but glorified the One who had spoken to him, "You are my son, I this day have begotten you (Ps. 2:7). "As he says also in another place, "You are a priest forever, according to the order of Melchisedek (Ps. 109:4)."

ALLELUIA (Tone 6) Ps.73: 2,12

Remember your congregation which you have acquired from the beginning: you redeemed the scepter of your inheritance.

Stichon: God is our King forever: he brought about salvation in the midst of the earth.

رسالة الأحد الثالث من الصوم عبرانيين 4 : 14 الى 5 : 6

مقدمة الرسالة

القارئ: خَلِّصْ يَا رَبِّ شَعْبَكَ، وَبَارِكْ مِيرَاتِكَ

الجميع: خَلِّصْ يَا رَبِّ شَعْبَكَ، وَبَارِكْ مِيرَاتِكَ

القارئ: إِلَيْكَ يَا رَبُّ أَصْرُخُ، إِلَهِي لَا تَنْصَامَمَ عَلَيَّ

الجميع: خَلِّصْ يَا رَبِّ شَعْبَكَ، وَبَارِكْ مِيرَاتِكَ

القارئ: خَلِّصْ يَا رَبِّ شَعْبَكَ ...

الجميع: ... وَبَارِكْ مِيرَاتِكَ

فصل من رسالة القديس بولس الرسول إلى العبرانيين

يَا إِخْوَةَ، إِذْ لَنَا رَئِيسُ كَهَنَةٍ عَظِيمٍ قَدْ أَجْتَازَ السَّمَاوَاتِ، يَسُوعُ ابْنُ اللَّهِ، فَلْتَنَمَسِّكْ بِالاعْتِرَافِ. فَإِنَّ رَئِيسَ الْكَهَنَةِ الَّذِي لَنَا لَيْسَ غَيْرَ قَادِرٍ أَنْ يَرْتِي لَأَمْرَاضِنَا، بَلْ هُوَ مُجْرَبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا مَا خَلَا الْخَطِيئَةَ. فَلتَقْبَلْ إِذْنٌ بَدَالَةٍ إِلَى عَرْشِ النِّعْمَةِ، لِنُنَالَ رَحْمَةً وَنَجِدَ نِعْمَةً لِلْإِعَاثَةِ فِي أَوَانِهَا. فَإِنَّ كُلَّ رَئِيسِ كَهَنَةٍ مَتَّخِذٍ مِنَ النَّاسِ، يُقَامُ لِأَجْلِ النَّاسِ فِي مَا لِلَّهِ، لِيُقَرَّبَ قَرَابِينَ وَدَبَائِحَ عَنِ الْخَطَايَا، قَادِرًا أَنْ يَبْرُقَ لِلَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ، لِكُونِهِ هُوَ أَيْضًا مُتَلَبِّسًا بِالضَّعْفِ. وَلِهَذَا يَجِبُ عَلَيْهِ أَنْ يُقَرَّبَ عَنِ الْخَطَايَا لِأَجْلِ نَفْسِهِ، كَمَا يُقَرَّبُ لِأَجْلِ الشَّعْبِ. وَلَيْسَ أَحَدٌ يَأْخُذُ لِنَفْسِهِ هَذِهِ الْكِرَامَةَ، إِلَّا مَنْ دَعَاهُ اللَّهُ كَمَا دَعَا هَرُونَ. كَذَلِكَ الْمَسِيحُ أَيْضًا لَمْ يَمَجِّدْ نَفْسَهُ حَتَّى يَصِيرَ رَئِيسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ: أَنْتَ ابْنِي، أَنَا الْيَوْمَ وَذَلِكَ. كَمَا يَقُولُ أَيْضًا فِي مَوْضِعٍ آخَرَ: أَنْتَ كَاهِنٌ إِلَى الْأَبَدِ عَلَى رِثَةِ مَلِكِيصَادَقُ.

أَذْكُرُ جَمَاعَتِكَ الَّتِي أَقْنَيْتَهَا مُنْذُ الْقَدِيمِ، لَقَدْ افْتَدَيْتَ صَوْلَجَانَ مِيرَاتِكَ
أَمَّا اللَّهُ فَهُوَ مَلَكًا قَبْلَ الدُّهُورِ، أَجْرَى الْخَالِصِ فِي وَسْطِ الْأَرْضِ

GOSPEL of the Third Sunday of Lent Mark 8: 34-9:1 (*Taking up the daily cross*)



he Lord said: "If anyone wishes to come after me, let him deny himself, and take up his cross and follow me. For anyone who would save his life will lose it; but anyone who loses his life for my sake and for the sake of Good News will save it. For what does it profit a man, if he gains the whole world, but suffers the loss of his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of Man also be ashamed when he comes with the holy angels in the glory of his Father." And he said to them, "Amen I say to you, there are some of those standing here who will not taste death, till they have seen the kingdom of God coming in power."

انجيل الأحد الثالث من الصوم مرقس 8: 3 إلى 9: 1

قَالَ الرَّبُّ: مَنْ أَرَادَ أَنْ يَتَّبِعَنِي فَلْيَنْكُرْ نَفْسَهُ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبِعَنِي. لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا، وَمَنْ أَهْلَكَ نَفْسَهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ فَذَلِكَ يُخَلِّصُهَا. فَإِنَّهُ مَاذَا يَنْفَعُ الْإِنْسَانَ لَوْ رَبِحَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ؟ أَمْ مَاذَا يُعْطِي الْإِنْسَانَ فِدَاءً عَنْ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِئِ، يَسْتَحْيِي بِهِ ابْنُ الْبَشَرِ أَيْضًا مَتَى أَتَى فِي مَجْدِ أَبِيهِ مَعَ الْمَلَائِكَةِ وَالْقَدِيسِينَ. وَقَالَ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ، إِنَّ بَعْضَ الْقَائِمِينَ هَهُنَا لَا يَدُوفُونَ الْمَوْتَ حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ آتِيًا بِقُوَّةٍ حَقًّا.

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

نشيد لوالدة الاله: إن البرايا ...

Kinonikon (Annunciation): The Lord has chosen Zion, He prefers her for His dwelling place. Alleluia.

نشيد المناولة (لعيد البشارة): ان الرب قد اختار صهيون. إصطفاها مسكنًا له. هللوا.

Post-communion hymn: Troparion of the Holy Cross

بعد المناولة: طروبارية الصليب

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

Credits: 1. Adapted from St John of Chicago Orthodox Christian Church, 2. 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 PAC Meeting	29 Akathist Hymn المديح لوادة الإله	30
31 Divine Liturgy John Climacus						