

St. Jacob Melkite Greek-Catholic Church

Serving San Diego Since 1990



كنيسة القديس يعقوب للروم الملكيين الكاثوليك

بخدمة سان دييغو منذ عام 1990

Cheesefare Sunday

أحد مرفع الجبن

Today is Cheesefare Sunday. On this last Sunday before Great Lent, the last day that traditionally Orthodox Christians eat dairy products until Pascha, the Church remembers the expulsion of Adam and Eve from Paradise. God commanded them to fast from the fruit of a tree (Gen. 2:16), but they did not obey. In this way Adam and Eve and their descendants became heirs of death and corruption. On Forgiveness Sunday many attend Forgiveness Vespers on the eve of Great Lent. They hear on the Lord's teaching about fasting and forgiveness and enter the season of the fast forgiving one another so that God will forgive them. If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses (Matthew 6:14). The Gospel reading of the day also gives advice on fasting. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. (Matthew 6:16-18). from https://orthodoxwiki.org/Forgiveness_Sunday

- **Remember in your prayers:** All the aged, those who are sick, suffering, recovering, or shut-in, especially Habib Metri and Alice Boghos, Victor Shamieh, Samir Shamieh, and Boshra Banoub. We pray for peace throughout the world, especially for those suffering in the Middle-east.

- **Sunday, 27 February:** Cheesefare Sunday: Holy Angels is having a Forgiveness Service following their liturgy. Hence, our liturgy will begin slightly later than usual.

- **Monday, 28 February:** Great Lent begins. We have only a week left to prepare for this time of strict fasting and abstinence. To use the season of Great Lent more effectively, and enter Pascha more fully, I invite you to visit the eparchy's website for information regarding these holy seasons: <https://melkite.org/faith/faith-worship/holy-week-traditions>

Antiphon Prayer (PLC p. 435)

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.

Troparion of the Resurrection (8th tone)

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!

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.

Kondakion of Cheese-fare (6th Tone)

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.

صلاة الأنديفوننة:

أيها الإله المبدع، لَمَّا جيلت آدم من تُراب الأرض نفخت فيه نسمة حياة، وسلطته على هذا الكون. لكنه سقط بغواية الحية، لَمَّا عصى أمرك وتناول من الثمرة المحرمة. فنفته من الفردوس. ولَمَّا تجسد مسيخك واحتمل الآلام لأجلنا، أعادنا إلى جنة عدن التي خسرتها بآدم. فنتضرع إليك، ونحن على عتبة الصوم الأربعيني المقدس، أن تؤهلنا للتوبة الصادقة، فتمتنع عن كل شبه شرّ، ونصوم عن اللذات لنحظى بك، أنت نهر النعيم المروي نفوسنا الظمأى، وإذا ما سلكتنا سُبُل وصاياك نبلغ إلى التمتع بمآجد قيامة المسيح إلينا ومخلصنا. لأنك أنت الطويل الأناة، الكثير الرحمة والداعي الجميع إلى الخلاص، ولك ينبغي كلُّ مجد وإكرامٍ وسجود، أيها الأب والابن والروح القدس، الآن وكل أوان ...
الشعب: آمين.

نشيد القيامة: (باللحن الثامن)

انحدرت من العلاء أيها المتحنن، وقبلت الدفن ثلاثة أيام، لكي تعتنقنا من الآلام، فيا حياتنا وقيامتنا، يا رب المجد لك.

طروبارية القديس يعقوب أخي الرب: (باللحن الرابع)

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

قنداق مرفع الجبن الختام: (باللحن السادس)

أيها الهادي إلى الحكمة، وواهب الفطنة، ومثقف الجهال، ومجبر المساكين، شدّد قلبي وامنحه فهماً، أيها السيد، وأعطني كلاماً، يا كلمة الأب. فيها انا لن أمسيك شفتي عن الصراخ إليك: أيها الرحيم، ارحمني أنا الواقع.

Prokimenon (Tone 3) Sing praise to our God, sing praise! Sing praise to our King, sing praise! **Stichon:** All you peoples, clap your hands! Shout to God with cries of gladness.

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.

Gospel of Cheese-Fare Sunday, (Matthew 6:14-21) (Forgiveness & Fasting)

Page 204 (English) – Page 130 (Arabic)

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."

Hymn to the Theotokos: It is truly right...

Kinonikon: Praise the Lord...

Post-communion: We have seen the true Light...

رَتَمُوا لِإِلَهِنَا رَتَمُوا، رَتَمُوا لِمَلِكِنَا رَتَمُوا

يَا جَمِيعَ الْأُمَمِ صَفَّقُوا بِالْأَيْدِي، هَلِّلُوا لِلَّهِ بِصَوْتِ الْإِبْتِهَاجِ

الرسالة: (رومة 13: 11 ج الى 14: 4)

يَا إِخْوَةَ، أَنْ الْخَلَاصَ أَقْرَبُ إِلَيْنَا الْآنَ مِمَّا كَانَ حِينَ أَمَّنَّا. قَدْ تَنَاهَى اللَّيْلُ وَأَقْتَرَبَ النَّهَارُ، فَلنَخْلُجْ أذن أعمال الظلمة، ونلبس اسلحة النور. لنسلكنَّ سُلُوكًا لائِقًا كَمَا فِي النَّهَارِ، لَا بِالْقُصُوفِ وَالسُّكْرِ، وَلَا بِالْمُضَاجَعِ وَالعَهْرِ، وَلَا بِالخِصَامِ وَالْحَسَدِ. بَلِ الْبِسُوا الرَّبَّ يَسُوعَ الْمَسِيحَ، وَلَا تَهْتَمُوا بِالْجَسَدِ لِقَضَاءِ شَهَوَاتِهِ. مَنْ كَانَ ضَعِيفًا فِي الْإِيمَانِ فَاقْبَلُوهُ بِغَيْرِ مَبَاحِثَةٍ فِي الْأَرَاءِ. مِنْ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ، أَمَّا الضَّعِيفُ فَيَأْكُلُ بِقَوْلٍ. فَلَا يَزِدُّ الَّذِي يَأْكُلُ مِنْ لَا يَأْكُلُ، وَلَا يَدِنُ الَّذِي يَأْكُلُ مِنْ لَا يَأْكُلُ، لِأَنَّ اللَّهَ قَدْ قَبَلَهُ. أَنْتَ مَنْ أَنْتَ يَا مَنْ يَدِنُ عَبْدَ غَيْرِهِ، أَنَّهُ لِمَوْلَاهُ يَثْبُتُ أَوْ يَسْقُطُ، لَكِنَّهُ سَيَثْبُتُ لِأَنَّ اللَّهَ قَادِرٌ أَنْ يُثَبِّتَهُ.

هللوا

عَلَيْكَ يَا رَبِّ تَوَكَّلْتُ، فَلَا أَخْزَى إِلَيَّ الْإِبدِ، بَعْدَكَ نَجِّنِي وَانْتَشَلْنِي

كُنْ لِي إِلَهًا مُحَامِيًا وَبَيْتَ مَلْجَأٍ خَلَاصِي

انجيل أحد مرفع الجبن

الانجيل: (متى 6: 14-21)

قال الرب: إن غفرتم للناس زلاتهم، يغفر لكم أيضاً أبوك السماوي زلاتكم. وإن لم تغفروا للناس زلاتهم، فأبوك أيضاً لا يغفر لكم زلاتكم. وإذا صمتم فلا تكونوا معبسين كالمرائين فإنهم ينكرون 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 الأرض، حيث يفسد السوس والصدأ، وحيث ينقب السارقون ويسرقون. لكن اكنزوا لكم كنوزاً في السماء، حيث لا يفسد سوس ولا صدأ، ولا ينقب السارقون ولا يسرقون. فإنه حيث يكون كنزكم هناك يكون قلبكم أيضاً

نشيد لوالدة الاله: انه واجبٌ حقاً...

كينونيكون: سبحوا الرب من السماوات. هللوا.

بعد المناولة: إذ قد نظرنا النور الحقيقي ...

SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH

Sunday Divine Liturgy 11:00 a.m. at Holy Angels Byzantine Catholic Church

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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.

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.

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