

# St. Jacob Melkite Greek-Catholic Church

Serving San Diego Since 1990



# كنيسة القديس يعقوب للروم الملكيين الكاثوليك

بخدمة سان دييغو منذ عام 1990

## Third Sunday of Lent – Sunday of the Holy Cross

الاحد الثالث من الصوم العظيم المقدس

"As a traveler weary from a long journey rests under a broad, leafy tree, so do Orthodox Christians making their spiritual journey to the Heavenly Jerusalem—to the Pascha of the Lord—find at the halfway point of their path the 'Tree of the Cross', that they might gather strength under its canopy for their onward journey. Or, as before the arrival of the king returning from victory is preceded by his standards and scepters, so also does the Cross of the Lord precede Christ's victory over death—His Bright Resurrection." (<https://orthochristian.com/69281.html>). Meditating on the suffering of our Lord fortifies us in the sacrifices we, as His followers, make in our daily lives and, more particularly, during Lent.

**- Here's how you can help – and we NEED YOUR HELP!:** 1) Your spiritual support: Come to services on Sunday, and during the week in Lent. 2) Your temporal support: Contribute to the weekly collections, mail your donations to us at PO Box 231328, San Diego, CA 92193. Electronic donations: Zelle: [donate@stjacobmelkite.org](mailto:donate@stjacobmelkite.org), Credit Card and Paypal: <https://www.paypal.com/us/fundraiser/charity/1286298>. **The future of St Jacob's depends on YOU!**

**- Great Lenten services:** For Great Lent we will have services at Holy Angels on Wednesday at 7:30 pm and Friday at 7:30 pm in volunteer's homes. We will alternate Great Compline and the Pre-sanctified Liturgy on Wednesdays and celebrate the Akathist on Fridays. We hope you will join us this Friday at Hanna & Suha Maria's house.

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

### 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.

### Troparion of the resurrection (2nd tone)

When You descended to death, O immortal Life, You put Hades to death by the splendor of Your divinity. And when You raised the dead from below the earth, all the heavenly powers cried out to you: "O Giver of life, Christ our God, glory to You!"

### Troparion of the Holy Cross (Holy Synod version)

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

### 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 the Annunciation

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.

**Instead of the Trisagion** We bow in worship before Your Cross, O Master, and we give praise to Your Holy Resurrection.

**Epistle of the 3<sup>rd</sup> Sunday of Lent**, Hebrews 4:14-5:6, p. 356, Arabic p. 404

**Prokimenon** (Tone 6)

### الأنديفونة الأولى

- 1- قَدِ ارْتَسِمَ عَلَيْنَا نُورٌ وَجْهَكَ يَا رَبَّ  
اللازمة: بِشَفَاعَةِ وَالِدَةِ الْإِلَهِي، يَا مُخَلِّصُ خَلِّصْنَا
- 2- أَعْطَيْتَ الَّذِينَ يَتَّقُونَكَ عَلَامَةً لِيَهْرُبُوا مِنْ وَجْهِ الْقَوْسِ
- 3- أَعْطَيْتَ مِيرَاثًا لِلَّذِينَ يَتَّقُونَ اسْمَكَ يَا رَبَّ

### نشيد القيامة: (باللحن الثاني)

لما نزلت الى الموت، أيها الحياة الخالدة، أمت الجحيم بسنى لاهوتك. ولما أقتت الاموات من تحت الثرى، صرخت جميع قوات السماويين: أيها المسيح ألهنا، يا مُعْطِي الحياة، المجد لك.

### نشيد الصليب: (باللحن الأول)

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، مَانِحاً الْعَالَمَ السَّلَامَ. وَاحْفَظْ بِصَلْبِكَ رَعِيَّتَكَ.

### طروبارية القديس يعقوب أخي الرب: (باللحن 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 كهنة لك حق الشفاعة. فاشفع إلى المسيح الإله في خلاص نفوسنا.

### قنداق الختام: (باللحن الثامن)

نَحْنُ عبيدك يَا وَالِدَةَ الْإِلَهِي، نَكْتُبُ لَكَ آيَاتِ الْعَلْبَةِ يَا قَائِدَةَ قَاهِرَةَ. وَنُقَدِّمُ الشُّكْرَ لَكَ وَقَدْ أَنْقَدْنَا مِنَ الشَّدَائِدِ. لَكِنْ بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ، أَعْتَقِينَا مِنْ أَصْنَافِ الْمَخَاطِرِ لِكَيْ نَصْرُخَ إِلَيْكَ: أفرحي يَا عَرُوسَةَ لَا عَرُوسَ لَهَا.

### بدل التريصاجيون نرنم:

لصلبنا يا سيدنا نسجد، ولقيامتك المقدسة نمجد.

رسالة الاحد الثالث من الصوم

مقدمة الرسالة:

O Lord, save your people and bless your inheritance!  
**Stichon:** To you, O Lord, I have called: O my Rock, be not deaf to me!

**Reading** from the Epistle of St. Paul to the Hebrews: Brethren, 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 Meichisedek" (Ps. 109:4)."

**Alleluia** (Tone 6)

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.

**Gospel of the 3<sup>rd</sup> Sunday of Lent, Mark 8: 34-9:1**  
**(Taking up the daily cross)** Page 213 (English) – Page 137 (Arabic)

The 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."

**Hymn to the Theotokos:**

In you, O full of grace, all creation rejoices, the orders of angels and the human race as well: O, sanctified Temple, spiritual Paradise, and Glory of virgins from whom our God who exists before all eternity, took flesh and became a little Child! He has taken your womb as His throne, making it more spacious than the heavens. Therefore, O full of grace, in you all creation rejoices: glory to you!

**Kinonikon:**

**(Either)** "Let the light of your Face shine on us, O Lord", or "O Christ, You brought about salvation in the midst of the earth", Alleluia.

حَلِّصْ يَا رَبِّ شَعْبَكَ، وَبَارِكْ مِيرَاتِكَ.

إِلَيْكَ يَا رَبُّ أَصْرُخُ، إِلَهِي لَا تَتَّصِمَمْ عَنِّي.

**الرسالة:** (عبرانيين 4: 14 الى 5: 6)

فَصَلِّ مِنْ رِسَالَةِ الْقُدِّيسِ بُوَلْسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ يَا إِخْوَةَ، إِذْ لَنَا رَئِيسُ كَهَنَةٍ عَظِيمٍ قَدْ أَجْتَازَ السَّمَاوَاتِ، يَسُوخُ ابْنُ اللَّهِ، فَلْتَتَمَسَّكَ بِالْإِعْتِرَافِ. فَإِنَّ رَئِيسَ الْكَهَنَةِ الَّذِي لَنَا لَيْسَ غَيْرَ قَادِرٍ أَنْ يَرْثِي لِأَمْرَاضِنَا، بَلْ هُوَ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا مَا خَلَا الْخَطِيئَةَ. فَلْتَقْبَلْ إِذَنْ بَدَالَةً إِلَى عَرْشِ النِّعْمَةِ، لِنَنَالَ رَحْمَةً وَنَجْدَ نِعْمَةٍ لِلْإِغَاثَةِ فِي أَوَانِهَا. فَإِنَّ كُلَّ رَئِيسِ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ، يُقَامُ لِأَجْلِ النَّاسِ فِي مَا لِلَّهِ، لِيُقَرَّبَ قَرَابِينَ وَدَبَائِحَ عَنِ الْخَطَايَا، قَادِرًا أَنْ يَرِقَّ لِلَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ، لِكَوْنِهِ هُوَ أَيْضًا مُتَلَبِّسًا بِالضُّعْفِ. وَلِهَذَا يَجِبُ عَلَيْهِ أَنْ يُقَرَّبَ عَنِ الْخَطَايَا لِأَجْلِ نَفْسِهِ، كَمَا يُقَرَّبُ لِأَجْلِ الشَّعْبِ. وَلَيْسَ أَحَدٌ يَأْخُذُ لِنَفْسِهِ هَذِهِ الْكَرَامَةَ، إِلَّا مَنْ دَعَا اللَّهَ كَمَا دَعَا هَرُونَ. كَذَلِكَ الْمَسِيحُ أَيْضًا لَمْ يَمَجِّدْ نَفْسَهُ حَتَّى يَصِيرَ رَئِيسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ: أَنْتَ ابْنِي، أَنَا الْيَوْمَ وَلَدْتُكَ. كَمَا يَقُولُ أَيْضًا فِي مَوْضِعٍ آخَرَ: أَنْتَ كَاهِنٌ إِلَى الْأَبَدِ عَلَى رُتْبَةِ مَلَكِيصَادَقُ.

**هللوا**

أَذْكُرُ جَمَاعَتِكَ الَّتِي أَقْتَنَيْتَهَا مِنْذُ الْقَدِيمِ، لَقَدْ افْتَدَيْتَ صَوْلَجَانَ مِيرَاتِكَ.

أَمَّا اللَّهُ فَهُوَ مَلِكُنَا قَبْلَ الدُّهُورِ، أَجْرَى الْخَالَصِ فِي وَسْطِ الْأَرْضِ.

**الإنجيل:** (مرقس 8: 34 الى 9: 1)

قَالَ الرَّبُّ: مَنْ أَرَادَ أَنْ يَتَّبِعَنِي فَلْيُنْكَرْ 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 رَجَعَ الْعَالَمُ كُلُّهُ وَحَسِرَ نَفْسُهُ؟ أَمْ مَاذَا يُعْطِي الْإِنْسَانُ فِدَاءً عَنِ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِي، يَسْتَحْيِي بِهِ ابْنُ الْبَشَرِ أَيْضًا مَتَى آتَى 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.

**النشيد لوالدة الإله:**

إن البرايا بأسرها تفرح بك يا ممتلئة نعمة. محافل الملائكة وأجناس البشر لك يعظمون. أيها الهيكل المقدس والفردوس الناطق وفخر البتولية، التي منها تجسد الإله وصار طفلاً، وهو الهنا قبل الدهور. لأنه صنع مستودعك عرشاً، وجعل بطنك أرحب من السماوات. لذلك، يا ممتلئة نعمة تفرح بك كل البرايا وتمجّدك.

**ترنيمة المناولة**

لِيَرْتَسِمَ عَلَيْنَا نُورٌ وَجْهَكَ يَا رَبِّ. هللوا --- أو ---

خَالِصاً صَنَعْتَ فِي وَسْطِ الْأَرْضِ أَيُّهَا الْمَسِيحُ الْإِلَهِي. هللوا

## SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH

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

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

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Fr. Shaun Brown, 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.

**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.