

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

Prior week's donations: \$1243 (including all cash, checks, and electronic deposits). Our weekly expenses run about \$1500. We appreciate your generosity.

How can you join in the mission and vision of St Jacob's, the only Melkite community in San Diego County? First, by participating in the life of our community and attending our worship services. Second, if you cannot attend regularly, please pray for the well-being of our Melkite mission. Third, your financial support is crucial for the longevity of St Jacob's. Please give generously to our Sunday collections, mail your donations to PO Box 231328, San Diego, CA 92193, use our new Venmo QR code, donate online using your credit card at <https://stjacobmelkite.org/giving-fund> or contribute from your phone's banking app by sending donations through Zelle to donate@stjacobmelkite.org. May the Lord bless you for your much needed support!



venmo

Earthquake Relief: If you would like to make a donation to assist those who have lost loved ones, have been injured, or had their property damaged or destroyed, you may mail a donation using the form at: <https://melkite.org/products-page/donation/donate-to-the-eparchy>. If you would rather write a check, please it payable to "Diocese of Newton" with the memo "Earthquake Relief" and mail it to: Diocese of Newton, 802 Rifle Camp Road, POB 630, Woodland Park, NJ 07424

Remember in your prayers: All who are sick, suffering or recovering from illness, especially Manuel Salazar, Matthew Medina, Samir Shamieh, Habib Metri, Alice Boghos, and Nassim and Soumaya Nasser.

Congratulations and blessings: May the Lord continue to bless His newly-illuminated handmaid Eliza Irene Maria who was recently reborn by water and the Spirit!

Great Lent Begins at vespers this evening. It is a solemn and sacred time of increased prayer, fasting, and almsgiving in preparation for the great fest of Pascha, the Resurrection of Our Lord, God, and Savior Jesus Christ. May we enter into this period with a spirit of generosity in all we do.

Troparion of the resurrection (4th tone)

The women disciples of the Lord, having learned from the angel the joyful announcement of the resurrection, and having rejected the ancestral sentence, proudly told the apostles: Death is despoiled. Christ God is risen, bestowing to the world great mercy."

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.

نشيد القيامة (باللحن الرابع)

إن تلميذات الرب تعلمن من الملاك بشرى القيامة البهيجة. ونبذن القضاء على الجدين، وقلن للرسل مفتخرات: لقد سلب الموت، ونهض المسيح الإله، واهباً للعالم عظيم الرحمة.

طروبارية القديس يعقوب أخى الرب: (باللحن الرابع)

بما أنك تلميذ للرب قبلت الإنجيل، أيها الصديق. وبما أنك شهيد لك عزم لا ينتنى، 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 الى الحكمة، وواهب الفطنة، ومثقف الجهال، ومجيز المساكين، شدّد قلبي وامنحه فهماً، أيها السيد، وأعطني كلاماً، يا كلمة الأب. فما انا لن أمسك شفتي عن الصراخ اليك: أيها الرحيم، ارحمني أنا الواقع.

Epistle Romans 13:11-14:4, Page 344 (English) – Page 385 (Arabic)

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.

مقدمة الرسالة

رَنّموا لإلهنا رَنّموا، رَنّموا لملكنا رَنّموا
يا جميع الأمم صنفقوا بالأبيادي، هَلِّلوا لله بصوت الابتهاج

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...

الرسالة: (رومة 13: 11 ج الى 14: 4)

يا إخوة، أن الخلاص أقرب إلينا الآن مما كان حين آمنا. قد تناهى الليل وأقترب النهار، فلنخلع اذن أعمال الظلمة، ونلبس اسلحة النور. لنسلكن سلوكاً لائقاً كما في النهار، لا بالقصوف والسكر، ولا بالمضاجع والعهر، ولا بالخصام والحسد. بل لبسوا 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 غيره، انه لمولاه يثبت أو يسقط، لكنه سيثبت لأن الله قادر أن يثبتته.

هللوا

عليك يا رب توكلت، فلا أخرج إلي الابد، بعدلك نجني وانتشلني

كن لي إلهاً محامياً وبيت ملجأ لخلاصي

انجيل أحد مرفع الجبن

الانجيل: (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 ينكرون وجوههم ليظهروا للناس صائمين. الحق أقول لكم، انهم قد نالوا اجرهم. أما أنت فإذا صمت، فادهن رأسك وأغسل وجهك، لتلا 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، 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 واجب 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

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

Mailing address: PO Box 231328, San Diego, CA 92193

Phone: 619-333-2772

Web site: stjacobmelkite.org

Fr. Shaun Brown, Administrator

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To report sexual abuse by clergy, parish personnel or volunteers of the Eparchy of Newton, please call the Victim Assistance Coordinator at 1-800-479-5910.

Saint Jacob Melkite Catholic Church is an Eastern Catholic Community of the Eparchy of Newton, headed by His Grace, Bishop François. 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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