

St. Jacob Melkite Greek-Catholic Church

Serving San Diego Since 1990



كنيسة القديس يعقوب للروم الملكيين الكاثوليك

بخدمة سان دييغو منذ عام 1990

Second Sunday of Lent – Sunday of the Holy Relics & Our Holy Father Gregory Palamas

الاحد الثاني من الصوم العظيم المقدس – أحد الذخائر المقدسة - وعيد القديس غريغوريوس بالاماس

Today we have several commemorations: The **Holy Relics** remind us of Christ, His Mother, and the many holy men and women who have followed Christ while they walked the earth. We Eastern Christians, we understand that our entire selves are transformed by divine grace – *theosis* – hence we have a special reverence for the mortal remains of our holy mothers and fathers among the saints. And **St Gregory Palamas** (1296-1357) was a Byzantine Greek theologian, monk, and later an archbishop. He was a proponent of a mystical tradition of contemplative prayer know as hesychasm, based on Matthew 6:6. He is also famous for his understanding of the light that shone forth at Christ's Transfiguration as being uncreated, divine light. He was a great pastor and his learning enabled the Church to remain faithful to Orthodoxy in the face of several controversies.

Prior week's donations: \$912 (including all cash, checks, and electronic deposits). Our weekly expenses run about **\$1700**. 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 Sunday collections, mail your donations to PO Box 231328, San Diego, CA 92193, or visit our donations web page: <https://stjacobmelkite.org/donate> for electronic giving options. May the Lord bless you for your much needed support!

Remember in your prayers: All who are sick, suffering or recovering from illness, especially Joe Domaracki, Dcn. Edward Bagdasar, Najib Bagdasar, Eduardo Rame, Alfonso Hababa, Suad Maria, Jamil Maria, Jessica Hana, Manuel Salazar, Matthew Medina, Samir Shamieh, Micheline Haggar, Alice Boghos, Emil Shami, and Nassim and Soumaya Nasser. All who have been and continue to be affected by the violence in Ukraine and Gaza. We also remember all who have fallen asleep in the hope of resurrection.

Lenten Services: During Lent we will celebrate, alternatively, Great Compline and the Pre-Sanctified liturgy on Wednesdays at Holy Angels at 7:30 pm. Friday we will pray the Akathist at Holy Angels also at 7:30pm. **There will be no service this Wednesday evening.** Apologies for any inconvenience. Please feel free to join Holy Angels at 6:00 pm as they celebrate the Pre-sanctified liturgy.

Troparion of the Resurrection (6th tone)

The angelic powers were around Your tomb, and the guards became as dead, and Mary stood at the tomb, seeking Your spotless body; Then You despoiled Hades without being tried by it, and You met the Virgin O Bestower of life. O Lord, who rose from the dead, glory to You!

Troparion of the Holy Relics (2nd Tone)

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.

Troparion of Holy Father Gregory Palamas (8th Tone)

O Gregory the Wonderworker, light of Orthodoxy, support and teacher of the Church, glory of monks and invincible protector of theologians, pride of Thessaloniki and preacher of grace: Pray without ceasing for the salvation of us all.

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.

نشيد القيامة: (باللحن السادس)

إن القوات الملائكية ظهرت على قبرك، والحراس صاروا كالأموات، ومريم وقفت عند القبر، طالبة جسدك الطاهر. فسلبت الجحيم ولم تتلك بأذى، ولاقيت البتول واهباً الحياة. فيا من قام من بين الاموات، يا رب المجد لك.

نشيد الذخائر المقدسة: (باللحن الثاني)

مغبوطة الارض التي اخصبناها دماؤكم، يا شهداء الرب الظافرين. ومقدسة المساكن التي قبلت اجسادكم. فانكم قد غلبتم العدو في الميدان، وكرزتم بالمسيح بشجاعة، فנסألکم أن تبتهلوا إليه، بما انه صالح، في خلاص نفوسنا.

نشيد العيد للقديس غريغوريوس: (باللحن الثامن)

يا كوكب الايمان القويم. وثبات الكنيسة ومعلمها. يا جمال المتوحدين. والمناضل الذي لا يُحارب عن المتكلمين بالالهيات. غريغوريوس الصانع العجائب. يا فخر تسالونيكى والمُنادي بالنعمة. ابتهل على الدوام في خلاص نفوسنا.

طروبارية القديس يعقوب أخى الرب: (باللحن الرابع)

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

قنداق الختام: (باللحن الثامن)

تحن عبيدك يا والدة الإله، تكثب لك آيات العلبة يا قائدة قاهرة. ونقدم الشكر لك وقد أنقذتنا من الشدايد. لكن بما أن لك العزة التي لا تُحارب، أغتنيبنا من أصناف المخاطر لكي نصرخ إليك: أفرحي يا عروسة لا عروس لها.

Epistle of the 2nd Sunday of Lent: Hebrews 1:10-2:4

Prokimenon: (Tone 5)

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

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

A Reading from the Epistle of St. Paul to the Hebrews:

You 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)

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.

Gospel of the 2nd Sunday of Lent, Mark 2:1-12 (Healing of the Paralytic) Page 211 (English) – Page 136 (Arabic)

At that time Jesus entered Capernaum, 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!"

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: Praise the Lord ...

مقدمة الرسالة: (الاحد الثاني من الصوم)

أنت يا رب تحفظنا وتحمينا من هذا الجيل وإلى الدهر
خلصني يا رب، فإن البار قد فني، لان الحقيقة قد ضعفت عند بني
البشر

الرسالة: (عبرانيين 1: 10 الى 2: 3)

أنت أيها الرب في البدء أسست الارض، والسموات هي صنع
يديك. هي تزول وأنت تبقى، وكلها تبلى كالثوب، وتطويها كالرداء
فتتغير، وأنت أنت، وسنوك لن تفنى. ولمن من الملائكة قال قط:
اجلس عن يميني حتى أجعل أعداءك موطناً لقدميك؟ أليسوا
جميعهم أرواحاً خادمة، مرسله لخدمته من أجل المزمعين أن يرثوا
الخلاص؟ فلذلك يجب علينا أن نتنبه إلى ما سمعناه غاية التنبه،
لئلا نبتعد عنه. فإنها إن كانت الكلمة التي نُطِقَ بها على السنة
الملائكة قد ثبتت، وكلّ تعدٍ ومعصية قد نالَ جزاءً عادلاً، فكيف
نُفَلتُ نحن إن أهملنا خلاصاً عظيماً كهذا قد نُطِقَ به على لسان
الربِّ أولاً، ثم تبَّنه لنا الذين سمعوه.

هللوا:

بمراحمك يا رب. أرتم إلى الابد، إلى جيلٍ فجيلٍ أعلنُ حقك
بفمي.

لأنك قلت: إن الرحمة تُبنى إلى الابد، وفي السموات يُهَيَّأُ حقك.

انجيل الاحد الثاني من الصوم:

الانجيل: (مرقس 2: 1 – 12)

في ذلك الزمان، دخل يسوع كفرناحوم. وسمع أنه في بيت، ففي
الحال اجتمع خلق كثير بحيث لم يبق موضع يسع ولا عند الباب،
وكان يخاطبهم بالكلمة. فأتوا اليه بمخلعٍ يحمله أربعة. وإذ لم يقدر
أن يقربوا اليه بسبب الجمع، كشفوا السقف حيث كان، وبعد ما
نقبوه دلوا 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 يُقال 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: لك أقول قم احمل فراشك واذهب الى بيتك. فقام للوقت
وحمل فراشه وخرج أمام الجميع، حتى دهشوا كلهم ومجدوا الله
قائلين: ما رأينا قط مثل هذا.

النشيد لوالدة الاله:

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

نشيد المناولة: سبحوا الرب من السموات ...

SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH

Wednesday **Pre-Sanctified** 6:00 p.m. with Holy Angels Friday **Akathist** 7:30 p.m. Sunday **Divine Liturgy** 11:30 a.m.
at Holy Angels Byzantine Catholic Church, 2235 Galahad Road

Confessions after services & by appt

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Information on other **Holy Mysteries** (sacraments): <https://stjacobmelkite.org/holy-mysteries>

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.