

# 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 النخائر 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: \$906.34** (including all cash, checks, and electronic deposits). Our weekly expenses run about **\$1700**. If we get 30 people (i.e., all the men, women, and children, combined), that amounts to about **\$57 per person**. We appreciate your generosity. St Jacob's couldn't survive without your support!

**Lenten Services:** Wednesdays 7:30 pm at Holy Angels, alternating Great Compline and Presanctified Liturgy. Fridays Akathist, 7:00 pm sponsored by a family at their home – all welcome!

**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 online giving web page: <https://stjacobmelkite.org/giving> for electronic options. May the Lord bless your generosity. **St Jacob's can't exist without your support!**

**Remember in your prayers:** All who are sick, suffering or recovering from illness, especially His Holiness, Pope Francis, Samir Khbais, Juliette Linholm, Dcn. Edward Bagdasar, Najib Bagdasar, Eduardo Rame, Alfonso Hababa, Suad Maria, 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, Gaza and Lebanon. We remember the Christians being persecuted in Syria and throughout the Middle East. We remember also all who have fallen asleep in the hope of new life.

### THIRD ANTIPHON: Psalm 94

1: Come, let us sing joyfully to the Lord; let us shout with joy to God our Savior.

**O Son of God, who are risen from the dead, save us who sing to You, Alleluia**

2: Let us come into His presence with thanksgiving and let us joyfully sing psalms to Him.

3: For God is a great Lord and a great King over all the earth.

### الانديفونة الثالثة: (من المزمور 94)

1- هَلِّمُوا تَبْتَهِجُوا بِالرَّبِّ، وَنَهَلُوا لِيهِ مَخْلَصُنَا، وَنَهَلُوا لِيهِ مَخْلَصُنَا. خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنَ بَيْنِ الْأَمْوَاتِ، نَحْنُ الْمُرْتَمِينَ لَكَ هَلْلُويَا .

2- لِنُبَادِرْ إِلَى وَجْهِهِ بِالْإِعْتِرَافِ وَبِالْمَزَامِيرِ نُهَلِّلُ لَهُ، فَإِنَّ الرَّبَّ إِلَهُ عَظِيمٌ وَمَلِكٌ عَظِيمٌ عَلَى الْأَرْضِ كُلِّهَا.

3- لِأَنَّ يَدَيْهِ أَقْطَارَ الْأَرْضِ وَلَهُ قِمَمَ الْجِبَالِ لِأَنَّ الْبَحْرَ لَهُ وَهُوَ صَنَعَهُ وَيَدَاهُ جَبَلْنَا الْيَابِسَةَ.

### نشيد القيامة: (باللحن الثاني)

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

### نشيد النخائر المقدسة: (باللحن الثاني)

مغبوطة الارض التي أخصبتهأ دماؤكم، يا شهداء الرب الظافرين. ومقدسة المساكن التي قبِلت أجسادكم. فإنكم قد غلبتم العدو في الميدان، وكرزتم بالمسيح بشجاعة، فنسألکم أن تبتهلوا إليه، بما انه صالح، في خلاص نفوسنا.

### طروبارية القديس يعقوب أخى الرب: (باللحن الرابع)

بما أنك تلميذ للرب قبلت الإنجيل، أيها الصديق. وبما أنك شهيد لك عزم لا ينثني، 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 الْإِلَه، 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 نَصْرُحَ إِلَيْكَ: أفرحي يَا عَرُوسَةَ لَا عَرُوسَ لَهَا.

### Troparion of the Resurrection: (Tone 2)

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 Relics: (Tone 2)

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 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: (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.

**Epistle of the 2<sup>nd</sup> 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 2<sup>nd</sup> 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!

**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 ننتبه إلى ما سمعناه غاية التنبيه،  
لئلا نبتعد عنه. فإنها إن كانت الكلمة التي نُطِقَ بها على السنة  
الملائكة قد ثبتت، وكلّ تعدٍ ومعصية قد نالَ جزاءً عادلاً، فكيف  
نُفَلِّتُ نحن إن أهملنا خلاصاً عظيماً كهذا قد نُطِقَ به على لسان  
الربِّ أولاً، ثم تَبَّنه لنا الذين سمعوه.

**هللوا:**

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

لأنك قلت: إن الرحمة تُبنى إلى الابد، وفي السماوات 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 يبقى 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 السماوات.  
لذلك، يا ممتلئة نعمة تفرح بك كل البرايا وتمجدك.

## SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH

Wednesday **Great Compline** 7:30 p.m. Friday **Akathist** 7 p.m. (location TBD) **Confessions** after services & by appt

Sunday **Divine Liturgy** 11:30 a.m. at Holy Angels Byzantine Catholic Church, 2235 Galahad Road

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Fr. Shaun Brown, Administrator

E-mail: [frshaun@stjacobmelkite.org](mailto:frshaun@stjacobmelkite.org)

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.

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