

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.

Prior week's donations: \$1477 (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.

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: (Tone 3)

Let all in heaven rejoice and all on earth be glad, for the Lord has exerted power with His arm: By death He has trampled upon Death and has become the firstborn from the dead. He has delivered us from the bosom of Hades and has granted to the world great mercy.

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 3rd Sunday of Lent, Hebrews 4:14-5:6, p. 356,

Arabic p. 404

Prokimenon: (Tone 6)

الأنديفوننة الأولى:

- 1- قد ارتسم عَلَيْنَا نُورٌ وَجْهَكَ يَا رَبَّ
اللازمة: بِشَفَاعَةِ وَالِدَةِ الْإِلَهِ، يَا مُخَلَّصُ خَلِّصْنَا
- 2- أَعْطَيْتَ الَّذِينَ يَتَّقُونَكَ عَلَامَةً لِيَهْرُبُوا مِنْ وَجْهِ الْقَوْسِ
- 3- أَعْطَيْتَ مِيرَاثًا لِلَّذِينَ يَتَّقُونَ اسْمَكَ يَا رَبَّ

نشيد القيامة: (باللحن الثالث)

لتفرح السماويات، وتبتهج الارضيات. لأن الرب صنع عزاً بساعده،
ووطىء الموت بالموت، وصار بكر الاموات، وأنقذنا من جوف
الجحيم، ومنح العالم عظيم الرحمة.

نشيد الصليب: (باللحن الأول)

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

طروبارية القديس يعقوب أخى الرب: (باللحن الرابع)

بما أنك تلميذ للرب قبلت الإنجيل، أيها الصديق. وبما أنك شهيد لك
عزماً 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)

تَحْنُ عَيْدِكَ يَا وَالِدَةَ الْإِلَهِ، نَكْتُبُ لَكَ آيَاتِ الْعَلْبَةِ يَا قَائِدَةَ قَاهِرَةَ. وَتَقْدِمُ
الشُّكْرَ لَكَ وَقَدْ أَنْقَذْنَا 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:

لصليبك 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 3rd Sunday of Lent, Mark 8:34-9:1

(Taking up the daily cross) pg 213 (Eng) – Page 137 (Ar)

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.

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

خَلِّصْ يَا رَبِّ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ.

إِلَيْكَ يَا رَبُّ أَصْرُخُ، إِلَهِي لَا تَتَّصِمَمْ عَنِّي.

أَلْرَسَالَة: (عبرانيين 4: 14 إلى 5: 6)

فَصَلِّ مِنْ رِسَالَةِ الْقِدِّيسِ بُولْسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ

يَا إِخْوَةَ، إِذْ لَنَا رَيْسُ كَهَنَةٍ عَظِيمٍ قَدْ أَجْتَازَ السَّمَاوَاتِ، يَسُوعُ ابْنُ اللَّهِ، فَلْتَتَمَسَّكَ بِالْإِعْتِرَافِ. فَإِنَّ رَيْسَ الْكَهَنَةِ الَّذِي لَنَا لَيْسَ غَيْرَ قَادِرٍ أَنْ يَرْثِي لِأَمْرَانَا، بَلْ هُوَ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا مَا خَلَا الْخَطِيئَةَ. فَلتَقْبَلِ إِذَنْ بَدَالَةً إِلَى عَرْشِ النِّعْمَةِ، لِئَنَّا رَحِمَةٌ وَنَجْدٌ نِعْمَةٌ لِلْإِغَاثَةِ فِي أَوَانِهَا. فَإِنَّ كُلَّ رَيْسِ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ، يُقَامُ لِأَجْلِ النَّاسِ فِي مَا لِلَّهِ، لِيُقَرَّبَ قَرَابِينَ وَدَبَائِحَ عَنِ الْخَطَايَا، قَادِرًا أَنْ يَرْقِيَ لِلَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ، لِكُونِهِ 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 رَيْسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ: أَنْتَ ابْنِي، أَنَا الْيَوْمَ وَلَدْتُكَ. كَمَا يَقُولُ أَيْضًا فِي مَوْضِعٍ آخَرَ: أَنْتَ كَاهِنٌ إِلَى الْأَبَدِ عَلَى رُتْبَةِ مُلْكِيصَادَق.

هَلْلُويَا

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

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

الإنجيل: (مرقس 8: 34 إلى 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 الْإِنْسَانَ فِدَاءً عَنِ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحْيِي بِي وَيَكْلِمِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِئِ، يَسْتَحْيِي بِي ابْنُ الْبَشَرِ أَيْضًا مَتَى أَتَى فِي مَجْدِ أَبِيهِ مَعَ الْمَلَائِكَةِ وَالْقِدِّيسِينَ. 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 وتمجدك.

ترنيمة المناولة:

لِيَرْتَسِمَ عَلَيْنَا نُورٌ وَجْهَكَ يَا رَبِّ. هَلْلُويَا --- أو ---
خَلِّصْنَا صَنَعْتَ فِي وَسْطِ الْأَرْضِ أَيُّهَا الْمَسِيحُ الْإِلَهِي. هَلْلُويَا

نشيد الصليب: (باللحن الأول)

خَلِّصْ يَا رَبِّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، مَا نَحْنُ الْعَالَمِ السَّلَامِ. وَاحْفَظْ بِصَلِيبِكَ رَعِيَّتَكَ.

SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH

Wednesday **Pre-Sanctified** 7:30 p.m. -- **Confessions** after services & by appt -- Friday **Akathist** 7:00 p.m.

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

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

Phone: 619-333-2772 Web site: stjacobmelkite.org

Fr. Shaun Brown, Administrator E-mail: 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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