



St. Anthony The Great Antiochian Orthodox Church

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WELCOME TO ST. ANTHONY'S

Where people from around the world come together to serve God and our community.
We are glad you are worshipping with us today! This Church is one community of many in the One, Holy, Catholic, and Apostolic Church. The Church of Antioch belongs to two thousand years of evangelization, teaching, history, and tradition which expresses the continued commitment of its members to the Orthodox Christian faith in the Lord Jesus Christ!
St. Anthony Church is a Pan-Orthodox community, under the omophorion of Metropolitan JOSEPH within the Self-ruled Antiochian Orthodox Christian Archdiocese of North America.
If you are a first time visitor, please fill out the guest form located on the literature table.
We want you to feel at home in prayer and worship. Please submit your names to the ushers and introduce yourself to Fr. Elia at the end of the service so he may welcome you personally.
Following services, please join us for sharing of fellowship, coffee, and food.

DIVINE LITURGY VARIABLES ON SUNDAY, MARCH 27, 2022 THIRD SUNDAY OF GREAT LENT; TONE 7 / EOTHINON 7 VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

MARTYR MATRONA OF THESSALONICA; MARTYRS PHILETOS THE SENATOR, HIS WIFE LYDIA OF ROME AND THOSE WITH THEM; PAUL, BISHOP OF CORINTH

DIVINE LITURGY OF ST. BASIL THE GREAT

NOTE TO CLERGY: Remember to include this special petition in the Great Litany before the one for the head of state, as directed by the Antiochian Archdiocese.

Deacon: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.

Choir: Lord, have mercy.

THE FIRST ANTIPHON

The light of Thy countenance, O Lord, has been signed upon us. Thou hast given to those that fear thee a sign, to flee from the bow.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord. (**Refrain**)

Glory... Both now... (**Refrain**)

THE SECOND ANTIPHON

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet have stood.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

God is our King before the ages; He has wrought salvation in the midst of the earth. (**Refrain**)

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ALL OUR SERVICES IN THE CHURCH FOR THE MONTH OF MARCH WILL BE OPEN

WITH SOME RESTRICTIONS,

WE NEED TO KEEP SOCIAL DISTANCING AND THE MASK WILL BE

RECOMENDED BECAUSE OF THE COVID VARIANT SITUATION.

THE COFFEE HOUR is back on track.



TODAY'S FEAST SUNDAY, MARCH 27TH 2022
3RD SUNDAY OF THE GREAT LENT
VENERATION OF THE HOLY CROSS

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labour set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.

MARTYR MATRONA OF THESSALONIKI

This martyr was the servant of a certain Jewish woman named Pantilla, the wife of the Governor of Thessalonica. When Matrona refused to follow her mistress into the synagogue Pantilla beat her so severely that she died in a few days, and thus received the crown of her confession.



Enter into the Silence
by Abbot Tryphon

Great and Holy Lent is seen by most as the forty days before Pascha when we give up certain foods (dairy, meat, eggs, fish), and give more attention to alms giving. The season of the Great Fast is also a time when we try to cut back on entertainment, avoiding movies, nights out with friends, and replace worldly pleasures with increased time attending the divine services in the temple. Lent is also the time when we increase our spiritual reading, consulting with our priest, or the proprietor of our local Orthodox bookstore, for suggestions on books to accompany our Lenten journey. I would like to suggest another element, one that is important, but seldom talked about. During the forty days of the Great Fast, why not put aside the “noise” of this world, and discover the value of silence. When radio was first introduced on the American scene, an important element in daily living was to be lost forever. No longer was silence a part of everyday life. With families gathering around the radio, often listening to shows or music that were far from edifying, the loss for the human spirit was great. As we’ve entered the “information age”, we are experiencing even more noise, for not only do we have televisions blaring from the moment we walk in our homes, youtube has introduced noise in an even more invasive manner, noise on command at any time. Ipods fill our waking moments with music, and even when we are on walks, these gadgets are shutting out the sounds of nature. Birds chirping, the sound of wind in the trees, the lapping of waves on the beach, these wonderful sounds of nature are all replaced with recorded music. The Psalmist David tells us, “Be still, and know that I am God (Psalm 46:10).” Silence to the noise of this world opens our ears to the whispers of the Lord, Who speaks to us from within. Silence should not be feared, but sought out, and embraced as though a lover.

I will be exalted among the nations; I will be exalted in the earth. (*Refrain*)
Glory... Both now... O, only begotten Son and Word of God...

THE THIRD ANTIPHON

Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them, and lift them up forever.

~ During the Little Entrance, after the verses of the Third Antiphon, chant the Apolytikion of the Holy Cross.

THE EISODIKON (ENTRANCE HYMN) OF ORDINARY SUNDAYS

Come, let us worship, and fall down before Christ. Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

After the Little Entrance (Eisodos), sing these Apolytikia in the following order.

RESURRECTIONAL APOLYTIKION IN TONE SEVEN

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

APOLYTIKION OF ST. ANTHONY THE GREAT

Thou didst become like the zealous Elijah in his condition, and followed John the Baptist in his upright ways. Becoming a dweller in the wilderness, and an establisher of the universe by thy prayer O Father Anthony. Wherefore intercede thou with Christ our God to save our souls.

KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

THE ANTI-TRISAGION HYMN

Before Thy Cross we bow down in worship, Master, and Thy Holy Resurrection we glorify. (THRICE)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.
And we glorify Thy Holy Resurrection.

Dynamis!

Before Thy Cross we bow down in worship, Master, and we glorify Thy Holy Resurrection.

THE EPISTLE

(For the Third Sunday of Great Lent)

O Lord, save Thy people and bless Thine inheritance. Unto Thee, O Lord, will I cry, O my God!

The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertain

ing to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, “Thou art My Son, today I have begotten Thee.” As He says also in another place, “Thou art a Priest forever, according to the order of Melchizedek.”

THE GOSPEL

(For the Third Sunday of Great Lent)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, “If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel’s will save it. For what does it profit a man to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels.” And Jesus said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

~ The Divine Liturgy of St. Basil the Great continues as usual with the following variables.

ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

KOINONIKON (COMMUNION HYMN) FOR THIRD SUNDAY OF GREAT LENT

The light of Thy countenance, O Lord, hath been signed upon us. Alleluia.

Post-Communion Hymn: Instead of “We have seen the true light”, sing the Apolytikion of the Holy Cross.

PROCESSION OF THE HOLY CROSS

AS DONE ON THE THIRD SUNDAY OF GREAT LENT

(See the separate file, which is based on the Liturgikon, P. 428-30)

If the procession is begun as the Great Doxology concludes in Orthros, the final “Holy God, Holy Mighty” is slowly chanted (traditionally, if possible, in the “Agia” style of Tone Four).

If the procession follows “Blessed be the Name of the Lord” in Divine Liturgy, it starts with “Holy God, Holy Mighty” and is chanted in the same style as above, if possible.

Announcements

Ladies’ Project - Fish Luncheon

Join us today after the Liturgy for our fundraiser to build a Cathedral at the Antiochian Village.

We kindly ask for a donation of \$10/Adults, \$5/Children.

Thank you for your support.



Please pray for the healing of John Thieme, Debbie Thieme, Ann Shark, Jennifer Glass, Luke and Beverly Delida, Lisa Zolton, Tatiana Jones, Gabriella Baika, Ted Theodoropoulos, Susan Perers, Lou Abraham, Alix Hall, Shirley Young, Nina and Diogo Penas, Beth Manzini, John Archambeau, Holly Blank, Alex & Soula.



Holy Bread for today’s Communion is provided by Jeff and Holly Dick
In Memory of
Jerry Dick (Jeff’s father)
May his Memory be Eternal!

WORK DAY

To start preparing for Great and Holy Pascha, we will have a work day on
April 9 at 8:30am
Everyone is welcome.

AWO LADIES RETREAT APRIL 9 AT 10AM-NOON

MEET AT THE CHURCH FOR SPRING RETREAT ON ZOOM.



Adoration of the Holy Cross Sunday (3rd Sunday of Lent)

At this mid-point of the fast, the Church, as our Loving Mother, is reminding us why we are struggling... to celebrate the Great and Holy Week of Christ's Passion, Crucifixion, and Resurrection. The Gospel at the Divine Liturgy for this feast is Mark 8:34 - 9:1. St. Theophan (Thoughts of Each Day of the Year, St. Herman Press, Platina, CA, 2010, p 68-69) commenting on verse 8:34 ("whosoever will come after Me, let him deny himself, take up his cross, and follow Me.") reminds us how every Christian must carry a cross: It is impossible to follow the Lord as a cross-bearer without a cross, and everyone who follows Him unfailing goes with a cross. What is this cross? It consists of all sorts of inconveniences, burdens, and sorrows -- weighing heavily both internally and externally -- along the path of the conscientious fulfillment of the commandments of the Lord, in a life according to the spirit of His instructions and requirements. Such a cross is so much a part of a Christian that wherever there is a Christian, there is this cross, and where there is no such cross, there is no Christian. Abundant privileges and a life of pleasure do not suit a true Christian. His task is to cleanse and reform himself. He is like a sick person who needs cauterization or amputation; how can this be without pain? He wants to tear himself away from the captivity of a strong enemy, but how can all this be without struggle and wounds? He must walk counter to all the practices that surround him, but how can he sustain this without inconvenience and constraint? Rejoice as you feel the cross upon yourself, for it is a sign that you are following the Lord on the path of salvation which leads to heaven. Endure a bit. The end and the crowns are just around the corner!
- St. Theophan the Recluse
May God give us strength to fulfill our high calling.

In Christ,
Fr. Elia Shalhoub
Very Rev. Fr. Elia Shalhoub, Pastor

PREPARATION FOR GREAT LENT

ALMSGIVING

One of the aspects that gets overlooked during our lenten journey is that of almsgiving. We tend to concentrate on fasting and increase our prayer life, but do we remember the poor? Fr. Thomas Hopko in his book 'The Orthodox Faith' Vol. IV, gives us this teaching about almsgiving.

"In Christ’s teaching, almsgiving goes together with fasting and prayer. We have seen that this is also the teaching of Isaiah and of the Old Testament generally. When one prays and fasts, one must show love through active generosity to others. As with fasting and prayer, the gifts of help to the poor must be done strictly in secret, so much so that one should, as it were, even hide from himself what he is giving to others, not letting one hand know what the other is doing. Every effort must be made, if the gift will be pleasing to God, to avoid all ostentation and boastfulness in its giving. There is no real love if one does not share what he has with the poor. "*... if anyone has the world’s goods and sees his brother in need, yet closes his heart against him, how does God’s love abide in him?*" (1 Jn 3.17).

According to Saint John Chrysostom, no one can be saved without giving alms and without caring for the poor. Saint Basil the Great says that a man who has two coats or two pairs of shoes, when his neighbor has none, is a thief. All earthly things are the possessions of God. Giving alms, therefore, must be a sacrificial act if it has any spiritual worth. One cannot give merely what is left over when all his own needs are satisfied. One must take from oneself and give to others. In the spiritual tradition of the Church it is the teaching that what one saves through fasting and abstinence, for example during the special lenten seasons, should not be kept for other times but should be given away to the poor."

In closing, some words from our Lord Jesus Christ about giving to the poor: "*... the poor you always have with you, but you do not always have Me ... if you would be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven; and come, and follow me*" (Mt 19.21)

LENTEN SERVICES

Great Lent is the time of preparation for the feast of the Resurrection of Jesus Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. Quite often, we over-emphasize fasting and we forget about the need to pray and remembering the poor. For without prayer and almsgiving, fasting is merely a diet. During this coming Lenten season, make time for prayer - **“for prayer is making room for God in our lives.” (Metropolitan Antony Bloom)** The following are the opportunities to come together during the weekdays and pray at Saint Anthony during our Lenten journey.

The Compline Service is a worship service before we retire for the evening. We turn to God and ask Him for his protection to "shelter us under the shadow of His wings." It is a series of psalms, hymns and prayers that help us ask forgiveness from God for the sins of the day and protection from evil for the night that comes. Great Compline Service will be prayed each **Monday at 5:30 PM.**

On Wednesday evenings during Lent, the Church offers **the Liturgy of the Presanctified Gifts.** The basic structure of this unique Liturgy is that it contains daily vespers, special prayers and Communion. There are also several OT Bible readings from the Psalms, the Book of Genesis and Proverbs. Since we do not celebrate weekday liturgies during Lent (besides the the Feast of the Annunciation on March 25th), the Church gives us the Presanctified Liturgy to offer us another opportunity to receive Holy Communion outside of Sundays.

The Presanctified Liturgy will be prayed each Wednesday at 5:30 PM.

On the five Fridays of Great Lent, a service called the **“Salutations to the Virgin Mary”** is held in the Orthodox Church. The origin of this service comes from 626 AD, when Constantinople was besieged by the Avars and sought to take over the great City. Patriarch Sergios led a procession around the city wall with an icon of the Theotokos. The people prayed all night “without sitting” (Akathistos in Greek). That night, a strong wind, which many believe was sent by God, after hearing the intercessions of the Virgin Mary, caused a storm which destroyed the enemy fleet, which withdrew from the city, sparing her. This event occurred on August 8, 626. The poem of the Salutations was composed by Saint Romanos the Melodist.

Salutations to the Theotokos (also known as the Akathist Hymn or Madayah) Service on the first five Fridays of Lent at 5:30 PM.

UPCOMING SUNDAY CALENDAR

Below lists the upcoming Sundays from January 30th until Holy Pascha, which falls on April 24th this year. We invite you to join us each week for Sunday Liturgy to celebrate this special commemoration of Jesus’ life, death, and Resurrection.

Please mark these special dates on your calendar.

March 20	2nd Sunday of Lent	April 17	PALM SUNDAY
March 27	3rd Sunday of Lent	April 22	GOOD FRIDAY
April 3	4th Sunday of Lent	April 24	HOLY PASCHA
April 10	5th Sunday of Lent	May 1	THOMAS SUNDAY

2022 PLEDGE DRIVE

Thank you to the following Parishioners who already signed their pledge card.

Very Rev. Fr. Elia & Kh. Odette Shalhoub
Patricia Smith
Debbie Thieme
Dr. & Mrs. Alex Skaff
Subdeacon Jean Najjar
Alix Hall
John and Joanne Karas
Lou Abraham
Gabriella Baika
Mark and Lori Sorenson
Susan Perers
Ionica Dragu
Michael and Janet Gorczynski
Peri Kiros
Adrian and Carrie Matos
Deborah Abdo Dambrosio
Michealle Carey
Mr. and Mrs. Bill Jackson
Mr. and Mrs. Robert Dodge
Yuliya Gabbasova
Subdeacon Michael And Alyssa Liberman
Jeffrey Bellinger
Carlos and Olga Munoz
Isaac Vaughn
Ann Shark
Kevin Michael Brown
Stephanie Enstice
Jeff & Holly Dick
Tristan & Jennifer Riter

(Our Goal for 2022 is \$75,000.00)

THE ARCHDIOCESE ANNUAL ASSESSMENT (\$50.00) PER BAPTISED SOUL
EVERY PARISHIONER IS RESPONSIBLE TO PAY THIS ASSESSMENT ONCE A
YEAR BESIDE YOUR PLEDGE TO THE CHURCH.

IF YOU HAVEN'T SUBMITTED THE ASSESSMENT MONEY YET,
PLEASE DO SO AS SOON AS YOU CAN. THANK YOU FOR YOUR GENEROSITY!

Food For Hungry People 2022 48th Anniversary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MARCH 7 How many clocks do you have in your home? Deposit .25 for each in your Food for Hungry People Box because "time" is running out for those who are starving.	8 "Put a little love in your heart," get FFHP off to a good start. Put in a dime for all the "loves" in your life.	9 Count the number of Bibles in your home and deposit .50 for each, because Jesus said, "I was hungry and you gave me food."	10 Count the number of soda cans or water bottles in your home. Put in .15 each, because Jesus said, "I was thirsty and you gave me drink."	11 How many tablets do you own? Deposit .25 each. Tablets can be a means of communication. Let's communicate our love for the hungry.	12 Count the number of steps (inside and outside) of your home. Pay .10 for each step. Help the hungry "step" into a new future.
13 How many mirrors are in your home? Pay .15 for each. Let your "mirror" reflect the image of one who cares.	14 Count the locks in your home. Pay .20 for each lock. Let's "unlock" the door that gives hope to the hungry.	15 How many rings do you have? Deposit .15 per ring. This will help us b"ring" food to the hungry!	16 How many eggs are in your refrigerator? Pay .15 for each. Hungry people have to "scramble" for their food.	17 How many doors does your home have? Pay .20 for each. Help open a "door" to a better future for the world's hungry.	18 Have everyone in the family deposit all the loose change they have in their pockets or purses. It makes "cents" to help the hungry	19 How many electrical outlets are in your kitchen and living room? Pay .15 each. You'll get a "charge" out of feeding the hungry.
20 "Button up your overcoat" - so simple to do. They are not only hungry but very cold too. Deposit .50 for each coat in your home.	21 For every cellphone in your home, pay .30. It is "long distance" to hungry areas in most parts of the world. Let's make it a toll free number.	22 How many extension cords do you have in your home? Pay .25 for each. Let's "extend" a helping hand to those who need it.	23 For each pie or cake in your home, deposit .40. We should never "dessert" the hungry.	24 How many Apple products do you own? For every one deposit .35. Let's never "tune out" the hungry.	25 For every salt and pepper shaker, pay .25. Let's all "sprinkle" their lives with a little seasoning.	26 For every TV show that was watched today pay .35. TV helps us see around the world, this money will help us feed the hungry around the world.
27 How many computers do you own? Pay .30 for each. Let's take a "byte" out of hunger!	28 How many pictures do you have on your walls? Just "picture" yourself without food & deposit .15 for each picture.	29 Pay .30 for each pair of contacts or eyeglasses you have. This will help us "see" clearly the need of caring for the hungry.	30 Do you have musical instruments in your home? Pay .75 for each. This is a "key" to sharing and caring.	31 How many phone chargers can you find in your home? Pay .25 for each. You'll get a "charge" out of helping the hungry.	APRIL 1 Count your tea or coffee cups and deposit .10 each. Our "cup" runneth over, so let's fill theirs.	2 "I've got my love to keep me warm," that's true, but the hungry have only you. Pay .15 for each blanket in your home.



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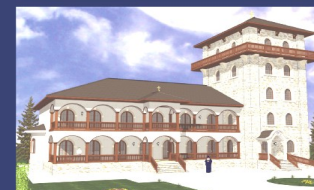
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