

SAYING THANKS THROUGH PRAYER

Saint Paul writes in his first letter to the Thessalonians 5:16-18 "Rejoice always. Pray without ceasing. In everything give thanks; for this is the will of God in Christ Jesus for you."

The idea of giving thanks is woven throughout the fabric of our Church. There are many moving accounts of God's people thanking Him in the Old Testament. Many times it involved building altars as an OUTWARD sign of their INWARD gratitude. Plenty of the Psalms are beautiful songs of thanksgiving to God. As noted in the Gospels, Christ Himself thanks His Heavenly Father. The essence of the Divine Liturgy each Sunday is the Eucharist. Communion is celebrated each Sunday we gather in the House of God. We petition, thank and praise our Lord through this common partaking of His Body and Blood.

Yet another way of expressing thanks is through prayer. Our prayers can be classified into 3 unique types: asking, thanking and praising. All 3 are necessary for a full relationship with God. The beginning of our Christian experience is the asking for God's forgiveness. When this is sincerely done, we are guaranteed His forgiveness. The natural response is to thank God for all that He has given us. Food, clothing, shelter, health and wealth are simply the beginning of what God has bestowed upon us. A growing relationship with our Lord Almighty eventually leads to praising Him for His goodness, truth and love.

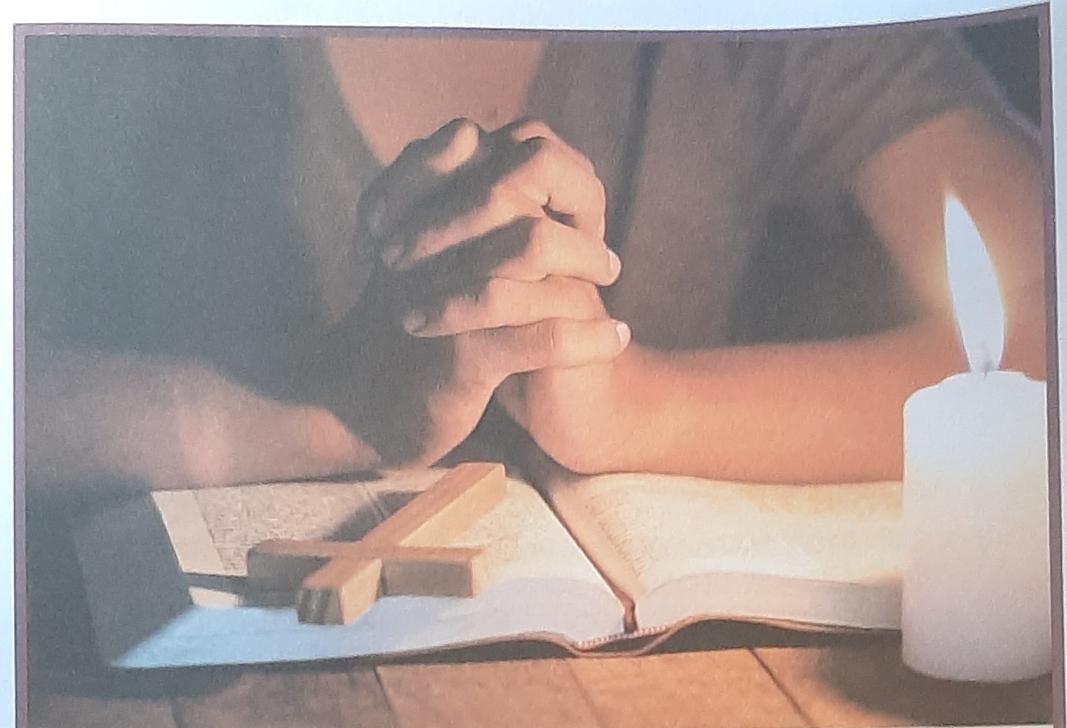
As Christians, we use prayer to thank God for each blessing He has given us. Go forth and SHOW everyone what it means to be thankful.

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

ABOUT COMMUNION

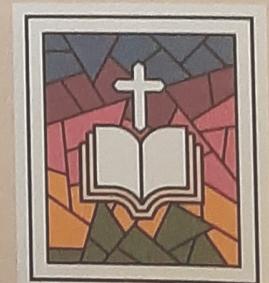
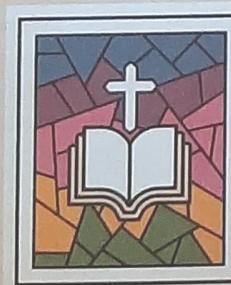
We are happy that you have joined us today. Indeed, we pray for the "unity of the Faith" for the day when all of Christianity are united as ONE and can share a common Chalice. However, this is not the case as yet. Please note that Holy Communion, the actual Body & Blood of our Lord Jesus Christ, is only for Members of the Orthodox Church who have prepared themselves through prayer, fasting, and confession, & arrived before the Gospel reading. However, everyone is welcome to partake of the blessed bread and receive a blessing from the pastor at the dismissal. If you are interested, you may inquire with the pastor how you can become a member.

If you are a guest or otherwise not a regular communicant, please give your baptismal name when receiving.



PRAISE GOD

FOR THE GRACE
AND LOVE
HE HAS BESTOWED
UPON US.





St. Anthony The Great Antiochian Orthodox Church

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Pastor's address: 2295 Oklahoma St.. W. Palm Beach, FL 33406

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 His Beatitude Patriarch JOHN X 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, FEBRUARY 26, 2023 TONE 4 / EOTHINON 4 SUNDAY OF FORGIVENESS (CHEESE FARE)

PORPHYRIOS, BISHOP OF GAZA; GREAT-MARTYR PHEME THE SAMARITAN WOMAN AND THOSE WITH HER

~ During the Little Entrance, chant the Resurrectional Apolytikion. The Eisodikon (Entrance Hymn) is "O come, let us worship... save us, O Son of God, Who art risen from the dead..." After the Little Entrance, chant the apolytikia in the following order:

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

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 FORGIVENESS SUNDAY IN TONE SIX

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

THE EPISTLE

(For Sunday of Forgiveness)

O chant unto our God, chant ye. Clap your hands, all ye nations!

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the

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2023 PLEDGE DRIVE

Thank you to all who already have signed the form.

Total from 32 pledges is 93,230.00

Fr. Elia and Kh. Odette Shalhoub

Deborah Abdo D'Ambrosio

Lou Abraham

Gabriella Baika

Michealle Carey

Jeff and Holly Dick

Ionica and Marcel Dragu

Stephanie Enstice

Zachary Ferreli

Yuliya Gabbasova

Michael and Janet Gorczynski

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Michael Mooney

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Jean Najjar

Ethan Packey

William Snell and Susan Perers

Tristan and Jenny Riter

Alex and Bobbi Skaff

Patricia Smith

Mark and Lori Sorenson

Priscilla Spinola

Deborah Thieme

Isaac Vaughn

(Our Goal for 2023 is \$90,000.00)

All Pledge & Tithing members Names will be listed in the Bulletin

**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!**

day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

THE GOSPEL

(For Sunday of Forgiveness)

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men 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 moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

~ *The Divine Liturgy of St. John Chrysostom continues as usual.*

ABOUT THE DIVINE LITURGY

The Divine Liturgy expresses the entire Christian faith in a continuous song of praise and prayer addressed to God. It is focused on God, not on us. There is nothing just for amusement or entertainment. Since much of the service is the same every week, worshippers know it and can participate personally, either by singing along or just by prayerful attention. Worshippers are surrounded by icons (pictures of Christ and the saints), which remind us that we are participating, while on earth, in the worship of all the angels and saints in heaven. The entire service (except for the sermon) is sung. The words are all from Scripture or ancient Christian texts. Please follow the service in the books available in the pews. Weekly changes will appear below and marked with a corresponding letter in the service book.

COME BACK

We hope to see you next week. Each Sunday we celebrate the Resurrection of Christ with our morning Matins service at 8:45am followed by the main Sunday service, Divine Liturgy at 10am. Sunday School for the Children follows Communion. Fr. Elia would love to speak with you and answer any questions you may have. Please fill out our Guest Form (CONNECTION CARD). There's also a place where you can let us know any specific needs or concerns and we will lift them up in prayer. We welcome everyone who would like to learn more about the Orthodox Christian Faith. Please contact Fr. Elia either by E-Mail (elia_shalhoub@yahoo.com) or on his cell phone (305) 812-4940

Announcements



**February 19th
February 26th**

Epistle Readers

**Louis Abraham
Jeffrey Dick**

March is Women's month

During this month, you will notice women reading Epistles, doing Sermons.
We will also have our Annual Project Fundraiser.

	Epistle	Sermon
March 5	Ionica	Kh. Odette
March 12	Patricia	Yuliya
March 19	Yuliya	Holly
March 26	Gabriella	Michealle

March Schedule of Events

- Saturday, March 4 at 3:30pm Teen SOYO Nerf Battle
- Sunday, March 5 Sunday of Orthodoxy (bring your icon to Church),
No Sunday School
- Saturday, March 11 at 11am
at 4pm Teen SOYO Retreat Zoom from home;
AWO "Welcoming Gifts" Book discussion
- Sunday, March 12 at 9am Sunday School combined lesson
for Creative Arts Festival
- Saturday, March 18 at 10am
at 10:30am-2pm AMen Lenten Retreat Zoom
Sunday School Creative Art Festival Camp
- Sunday, March 19 Raffle Baskets (details to come).
- Saturday, March 25 at 8:30am-noon Everyone Work Day
- Tuesday, March 28 at 7pm Teen SOYO Bible Bowl Study Zoom

Special Collections, Fundraisers

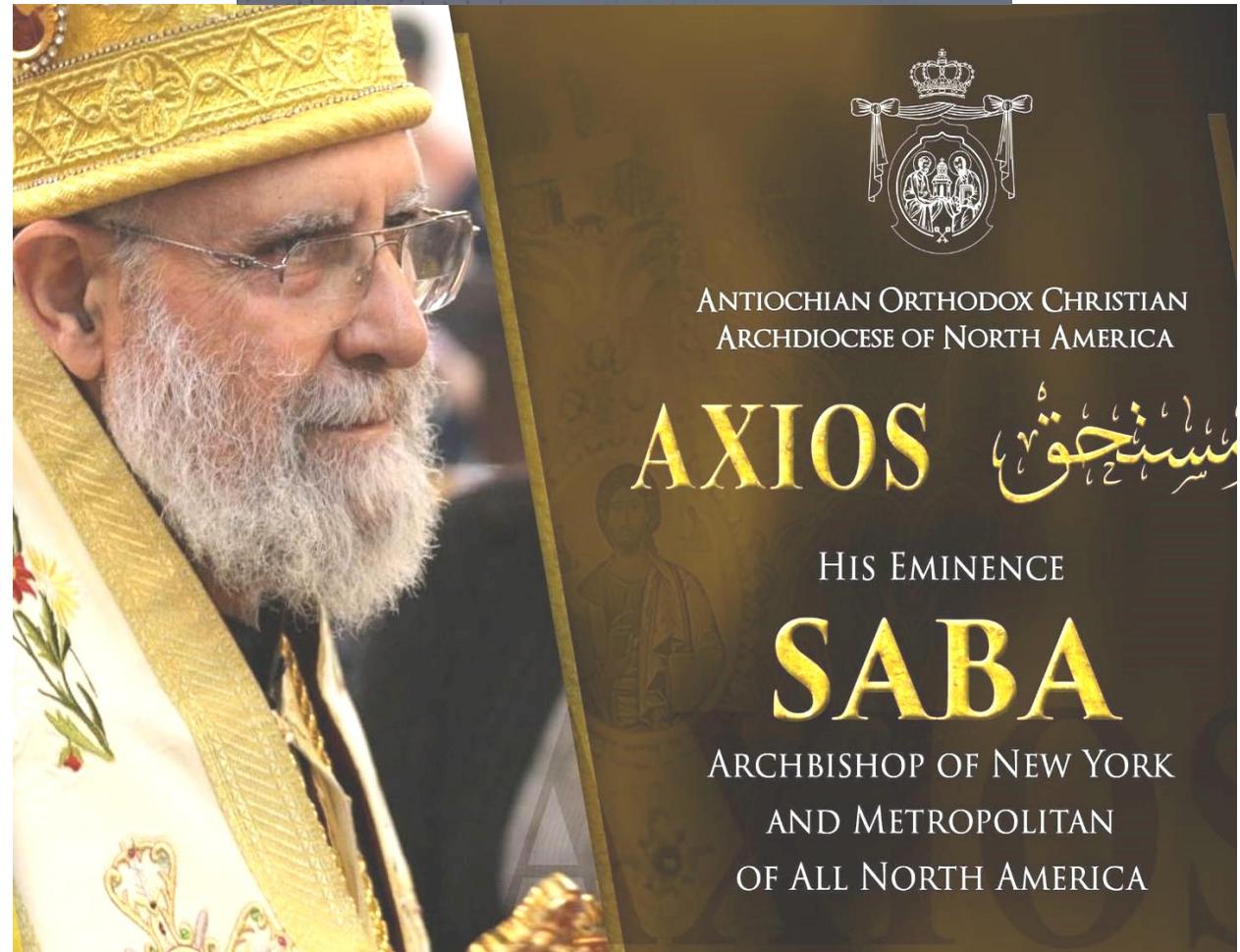
- March - Food For Hungry People (change collection boxes)**
- March 5 Seminarians**
- March 5 - 19 AWO sale of the tickets for Raffle Baskets**

Offering Holy Bread

It is the tradition of the Orthodox Church to offer Holy Bread for a Divine Liturgy for the health of a loved one; in memory of one who has fallen asleep in the Lord; a feast day, anniversary, birthday or other special occasion. The customary donation is \$25.00 per offering. Please fill out the form by the candles.



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



"Let Us make man in Our image, according to Our likeness."

Genesis 1:26



2023 Parish Life Conference
Diocese of Miami and the Southeast
Miami, Florida



June 14-17, 2023

Hosted by St. George Cathedral Coral Gables, Florida at the Embassy Suites

Join us in Miami, Florida - the home of warm
weather and beautiful beaches.

Stay tuned for more details to come!



Faith, Orthodoxy, Love, Joy
All waves lead to Miami 2023



Sunday of Forgiveness

(Cheese-Fare Sunday)

FASTING AND FEASTING

Lent should be more than a time for fasting.

It should also be a joyous season of feasting.

Lent is a time to fast from certain things and to feast on others.

It is a season in which we should:

Fast from judging others; feast on the Christ dwelling in them.
Fast from emphasis on differences; feast on the unity of all life.
Fast from thoughts of illness; feast on the healing power of God.
Fast from words that pollute; feast on phrases that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on divine order.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from discouragement; feast on hope.

Fast from suspicion; feast on truth.

Fast from thoughts that weaken; feast on promises that inspire.

May God bless us all with Forgiveness and peace during the upcoming holy season!

In Christ,

Fr. Elia Shalhoub

Very Rev. Fr. Elia Shalhoub, Pastor

Parish Council Officers for 2023

Dr. Paul Alex Skaff, Chairman

Ethan Packey, Treasurer

Patricia Smith, Assistant Treasurer

Susan Perers, Vice-Chairman

Debbie Thieme, Secretary

Gabriella Baika, Assistant Secretary



TODAY'S FEAST, SUNDAY, FEBRUARY 26TH 2023
SUNDAY OF FORGIVENESS
CHEESE FARE SUNDAY

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

PORPHYRIOS, BISHOP OF GAZA

Saint Porphyrius had Thessalonica as his homeland. He became a monk in Scete of Egypt, where he lived for five years. He went on pilgrimage to Jerusalem, after which he spent five years in much affliction in a cave near the Jordan. Stricken with a disease of the liver, he departed to Jerusalem, where he was ordained presbyter and appointed Keeper of the Cross at the age of 45. Three years later he was made Bishop of Gaza. He suffered much from the rulers and pagans of Gaza; but with the friendship of Saint John Chrysostom, and the patronage of the Empress Eudoxia, he razed the temple of the idol Marnas in Gaza and built a great church to the glory of God. He reposed in 450.



PHOTINI THE SAMARITAN WOMAN & HER MARTYRED SISTERS: ANATOLE, PHOTA, PHOTIS, PRASKEVI, & KYRIAKI

Saint Photini lived in 1st century Palestine and was the woman that Christ met at Jacob's Well in Samaria as recorded in the Gospel according to John (4:4-26). After her encounter with Christ, she and her whole family were baptized by the Apostles and became evangelists of the early Church. Photini and her children eventually were summoned before the emperor Nero and instructed to renounce their faith in Christ. They refused to do so, accepting rather to suffer various tortures. After many efforts to force her to surrender to idolatry, the emperor ordered that she be thrown down a well. Photini gave up her life in the year 66.

St. Photini is commemorated on three occasions during the year: February 26 (Greek tradition), March 20 (Slavic tradition), and the Sunday of the Samaritan Woman on the 5th Sunday of Pascha.

OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 5th	TRIDION WEEKS Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 12th	The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 19th FAREWELL TO MEAT TODAY	The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 26th FAREWELL TO CHEESE TODAY	Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 5th	GREAT LENT BEGINS WITH FORGIVENESS VESPERS SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 12th	ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 19th	VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 26th	ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 2nd	ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 9th GREAT WEEK BEGINS	GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 14th	GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 16th NO FASTING!	BRIGHT WEEK HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!