



+St. John the Evangelist Orthodox Church

Antiochian Archdiocese of North America

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SUNDAY, MARCH 19, 2023

TONE 7 / EOTHINON 7

THIRD SUNDAY OF GREAT LENT

VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

MARTYRS CHRYSANTHOS, DARIA, AND THOSE WITH THEM OF ROME; MARTYR PANCHARIOS OF NICOMEDIA

الأحد الثالث من الصوم الكبير (السجود للصليب الكريم المُحيي)
تَذْكَارُ الشَّهِيدَيْنِ خَرِيْسَنْتُسَ وِدَارِيَّةِ وَمَنْ مَعَهُمَا مِنْ رُومَا، وَالشَّهِيدِ بِنُخَارِيُوسَ مِنْ نِيْقُومِيْدِيَا



The Feast of the Veneration of the Honorable and Life-Creating Cross

On March 19 in the Holy Orthodox Church, we commemorate the Martyrs Chrysanthos, Daria, and those with them of Rome; and the Martyr Pancharios of Nicomedia.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross. Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

THE EPISTLE (For the Third Sunday of 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 pertaining 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."

الرسالة

(للأحد الثالث من الصوم)

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ.

إِلَيْكَ يَا رَبُّ أَصْرُحُ إِلَهِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ.

يا إخوة، إذ لنا رئيس كهنة عظيم قد اجتاز السموات، يسوع ابن الله، فلنتمسك بالإعتراف. لأن ليس لنا رئيس كهنة غير قادر أن يرثي لأوهاننا، بل مجرب في كل شيء مثلنا ما خلا الخطيئة. فلنقبل إذن بثقة إلى عرش النعمة، لننال رحمة ونجد ثقة للإغاثة في أوانها. فإن كل رئيس كهنة متخذ من الناس يُقام لأجل الناس فيما هو لله، ليقرّب تقادم وذبايح عن الخطايا، في إمكانه أن يشفق على الذين يجهلون ويضلون، لكونه هو أيضاً متلبساً بالضعف. ولهذا يجب عليه أن يقرّب عن الخطايا لأجل نفسه كما يقرّب لأجل الشعب. وليس أحد يأخذ لنفسه الكرامة، بل من دعاه الله كما دعا هارون. كذلك المسيح لم يمجّد نفسه ليصير رئيس كهنة، بل الذي قال له "أنت ابني وأنا اليوم ولدتك". كما يقول في موضع آخر "أنت كاهن إلى الأبد على رتبة ملكيصادق".

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."

الإنجيل

(للأحد الثالث من الصوم)

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ، وَالتَّلْمِيزِ الطَّاهِرِ.

قال الرب: من أراد أن يتبعني فليكره نفسه ويحمل صليبه ويتبعني، لأن من أراد أن يخلص نفسه يهلكها، ومن أهلك نفسه من أجلي ومن أجل الإنجيل يخلصها. فإنه ماذا ينتفع الإنسان لو ربح العالم كله وخسر نفسه؟ أم ماذا يعطي الإنسان فداء عن نفسه؟ لأن من يستحي بي وبكلامي في هذا الجيل الفاسق الخاطيء. يستحي به ابن البشر متى أتى في مجد أبيه مع الملائكة القديسين. وقال لهم: الحق أقول لكم، إن قوماً من القائمين ههنا لا يدوقون الموت حتى يروا ملكوت الله قد أتى بقوة.

Love your Neighbor

Each year, the Archdiocese asks each parish to take a collection to help support the Patriarchate in Antioch on Palm Sunday. This will be our “neighbor” for the month of April.

April – Archdiocese Collection for Palm Sunday (April 9, 2023)

Upcoming Events

Wednesday, March 15th	Pre-Sanctified Liturgy القداس السابق تقديسه at 6:00pm
Friday, March 17th	Akathist/Salutations المديح at 6:30pm, followed by potluck
Sunday, March 19th	Ladies of St. John’s Kaak and Falafel sale. We appreciate your pre orders by calling Fadwa Samara at 510-909-0119 or Rula Adranly at 510 508-0929 or in person on Sundays. A Dozen Falafel: \$12. Ka’ak: \$6 (2 in a pack).
Monday, March 20th	Great Compline صلاة النوم الكبرى at 6:00pm
Wednesday, March 22nd	Pre-Sanctified Liturgy القداس السابق تقديسه at 6:00pm
Friday, March 24th	Akathist/Salutations المديح at 6:30pm, followed by potluck
Sunday, March 26th	Delicious Lenten Lunch \$10/person minimum donation Benefitting the Antiochian Women’s Project for Syria & Turkey Earthquake Disaster Relief
Sunday, April 9th	Rose bake sale. Contact Denise at 925-360-3350 about your participation in baking.
Sunday, April 9th	Palm Sunday Easter Basket Raffle. Please bring your gourmet goodies to Rima Kashou.
Sunday, April 16, 2023	Pascha/Easter

Coffee Hours

March 19th	Norma Khalil
March 26th	Mona Thayer in memory of Matilda and Nicola Messih
April 2nd	Sponsor Needed
April 9th	Bake Sale

Holy Oblations

This week, Holy Oblations are offered by:

- † St. John Parish Family for the good health of **Khalid Haddad** (Fairouz Freij's nephew), **Nick Nicola, Nadia Frangieh, Souhila Swies, Noha Schulze, George Messih** and **Aida Youakeem**. Many years!
- † Also, for the good health of their family!
- † St. John Parish Family for the good health of **Julian and Mary Farradj**. Many years!
- † St. John Parish Family for the good health of **Jane Nassif**. Many years!
- † St. John Parish Family for the good health of **Nick Nicola**. Many years!
- † St. John Parish Family for the **victims of the earthquake in Syria and Turkey**. For the good health of the survivors and memory eternal for the departed!
- † St. John Parish Family in memory of **Mariam Munayr**. May her memory be eternal!

Candles for the altar table and in front of the icons of Christ and the Theotokos offered by:

- † Ibrahim Fasheh in memory of Hanada Fasheh for one full year. May her memory be eternal!



- † Altar Servers: Nathan Sweis, Clayton Morgan, Elias Freij, Angelo Freij, Andrew Freij, Mazyn Haddadin

- † March 19th Epistle Readers:
English: Sahar Juha
Arabic: Kimberly Bailey

- † Flowers on the Sunday of the adoration of the Cross offered by Nick and Najat Nicola and family in loving memory of **Metropolitan Philip Saliba** and **Bishop Antoun** and for the good health of **Nick and Najat Nicola and Family**.



St. John Orthodox Church
501 Moraga Way
Orinda, CA 94563

You could use this QR code for your donation



JOIN US FOR AN



EASTER EGG HUNT

APRIL 15TH AFTER 10AM SERVICE

FOOD AND CANDY • EGG HUNT
PHOTO OPPORTUNITY • CRAFTS
BRING YOUR OWN BASKETS

for Volunteers and/or Donations
Please contact Rania Kashou 415.722.0774 or
Kimberly Bailey 925.408.5128

FALAFEL & KA'AK SALE

Sunday, March 19TH

St. John's Church

Come get some delicious, fresh falafel for lent!! Enjoy now or stock up your freezer!!

Falafel by the dozen \$12



Ka'ak pkg. of 2 for \$6



Pre-orders are appreciated

Rula Adranly at 510-508-0929, rulaadranly@comcast.net or Fadwa Samara at 510-909-0119, fvsamara@gmail.com
