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Diocese
of Newton
for the Melkite Catholic Church
in the United States of America
3 VFW Parkway
West Roxbury MA 02132



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of Newton

for the Melkite Catholic Church
in the United States of America

FASTING –

*an exercise in humility given to us by Christ
and a proven tool set out for us by the Church.*

20 | Diocesan
24 | Calendar

Diocese of Newton

for the Melkite Catholic Church in the United States of America

Message on Fasting from Bishop François Beyrouti, Ph.D./D.Th.

In this year’s Melkite Catholic calendar, we focus on the importance and multifaceted aspect of fasting. Some are afraid to fast or have simply dismissed its importance for our spiritual life. I have a theory that if we fast from certain kinds of food, like meat or dairy, or if we decide to give up something else for a period, like chocolate, coffee, or music, we will not immediately die.

If you have recently died because you did not eat meat or chocolate, or did not drink coffee or alcohol, or because you gave up something else for a few days but are reading this, then you have proved the importance and power of fasting. It appears that you have risen from the dead. Ironically, fasting will not kill us but will bring us back to life as we detach from earthly possessions and pleasures and attach ourselves to true life with God and others.

Fasting goes against a lifestyle of excess that we now consider normal. We want a bigger car, more clothes, more expensive food, and more of absolutely everything around us, so why bother taking time to eat or want less? This doesn’t seem to make sense.

Fasting helps us prioritize the things we think are important. When we wake up what is the first thing that comes to our mind? Do we first think about what we are going to eat or of giving thanks to God for the blessings of our life? Fasting helps us rearrange our priorities to remind us that we should be hungry for the word of God, for justice, and for holiness more than we should be hungry for that steak or burger.

That is why we should never think of fasting as an inconvenience. Rather, fasting organizes our priorities to make sure that growing in our faith, what we think, and what we say is more important than what we put inside us.

We fear we might die if we fast. However, if we do not have self-control, if we do not pray, if we do not forgive, if we do not reach out to the poor and the needy, we are not living. We fast because we want to be less attached to what is passing and more attached to a fuller life with others and God.

May the reflections and readings in this calendar remind us that every minute of every hour of every day is for God. When we focus on the true meaning of fasting, we more fully feast on God’s blessings in our lives and in the lives of those around us.

+ François

Bishop François
Eparchial bishop of the Diocese of Newton
for the Melkite Catholic Church in the United States of America



Churches and Missions of the Melkite Catholic Diocese of Newton

MASSACHUSETTS

Eparchy of Newton | West Roxbury | 617 323 9922
Annunciation Cathedral | West Roxbury | 617 323 5242
Our Lady of Perpetual Help | Worcester | 508 752 4174
St Joseph | Lawrence | 978 682 8152

ALABAMA

St George | Birmingham | 205 252 5788

ARIZONA

St John of the Desert | Phoenix | 602 787 4787

CALIFORNIA

St Anne Co-Cathedral | North Hollywood | 818 761 2034
Annunciation Mission | Covina | 630 457 8153
Bakersfield Outreach | Bakersfield | 708 638 3572
Holy Cross | Placentia | 714 985 1710
Mission Viejo Outreach | Mission Viejo | 714 985 1710
Palm Springs Outreach | Palm Springs | 313 912 6538
St Elias Mission | San Jose | 831 229 8350
St George | Sacramento | 916 920 2900
St Jacob Mission | San Diego | 898 987 2864
St Paul Mission | El Segundo | 310 322 1892
St Phillip Mission | San Bernardino | 909 889 3579
Virgin Mary Mission | Temecula | 909 289 2098

CONNECTICUT

St Ann | Danbury | 203 743 5119
St Ann | Waterford | 860 442 2211

FLORIDA

Jacksonville Outreach | Jacksonville | 561 499 3161
St Jude | Miami | 305 856 1500
St Nicholas | Delray | 305 794 5716

GEORGIA

St Ignatius of Antioch | Augusta | 706 364 6219
St John Chrysostom | Atlanta | 404 373 9522

ILLINOIS

St John the Baptist | Northlake | 858 280 6131

INDIANA

Notre Dame Outreach | South Bend
(at University of Notre Dame) | 574 204 2338

MARYLAND

Annapolis Outreach | Annapolis | 703 734 9198

MICHIGAN

Our Lady of Redemption | Warren | 586 751 6017
St Joseph | Lansing | 517 575 6264
St Michael Mission | Plymouth | 734 589 9394

NEBRASKA

Melkite Outreach | Ralston/Omaha/Lincoln | 402 203 0868

NEVADA

Las Vegas Mission | Las Vegas | 313 912 6538

NEW HAMPSHIRE

Our Lady of the Cedars | Manchester | 603 623 8944

NEW JERSEY

St Ann | Woodland Park | 973 785 4144
St Demetrius | Cliffside Park | 973 785 4144

NEW YORK

Christ the Savior | Yonkers | 914 963 6680
St Basil | Utica | 315 732 4662
St Nicholas | Rochester | 585 426 4218
Virgin Mary | Brooklyn | 718 788 5454

OHIO

Holy Resurrection | Columbus | 614 396 8821
St Elias | Brooklyn | 216 661 1155
St Joseph | Akron | 330 535 7364
Steubenville Community | Steubenville | 740 804 9610

PENNSYLVANIA

Our Lady of Mercy Mission | Allentown | 484 747 7006
St Joseph | Scranton | 570 343 6092

RHODE ISLAND

St Basil the Great | Lincoln | 401 722 1345

TEXAS

Dallas/Fort Worth Outreach | 817 266 1281
St Barbara Mission | Houston | 832 846 5720
Three Hierarchs Mission | San Antonio | 210 929 5585

VIRGINIA

Holy Transfiguration | McLean | 703 734 9198

WASHINGTON

St Joseph Mission | Seattle | 425 679 2892

WISCONSIN

St George | Milwaukee | 414 342 1543



GIVING OUR TABLE TO THE LORD

Eating has always been one facet of life in which people have turned their attention to God. We recognize Him as the provider of our food and thus the source of our life. We also recognize His creation as good and worthy to be set apart for Him, either by using it or abstaining from it.

"Religion begins in the kitchen" runs the old saying. God imposed the Mosaic laws on the people of the Old Testament Church to remind them that they were responsible to Him. In the same way Tradition has given us, the New Testament Church, its ways of fasting and feasting as tools to help us work out our salvation and remember the things God has done for us.

These are some foods blessed in our Church:

Bread is blessed on several occasions. Bread, wheat, wine, and oil are blessed at the *artoklasia*, a sharing of food as part of Vespers on feasts. Similarly, bread is blessed as part of the *panaghia*, a solemn table blessing. The offered bread not used for Eucharist at the Liturgy is blessed and given out as *antidoron* (instead of the gifts) after the service. In some places sweet bread is blessed at memorial services. A special loaf, called the *artos*, is blessed as part of the Pascha observance.

Boiled wheat, sweetened and often mixed with fruit and nuts, is blessed at memorial services and on certain saint's days: St Barbara, St Theodore, and St Lucy to name a few.

Hard-boiled eggs are blessed at the paschal celebration and cracked in recollection of Christ breaking open the tomb. These eggs are dyed red in honor of Christ's blood. Cheese is often blessed along with *Ka'ak*, special cookies made especially for Pascha. Meat is sometimes also blessed (but never in the Church itself). All of these foods are eschewed during the Great Fast.

Figs are distributed with dates during the reading of the Life of St. Mary of Egypt. Figs are also blessed as part of the *arotoklasia* on Great Saturday.

Grapes are blessed on the Feast of the Transfiguration (August 6), as a sign of transformation.

Apples might be blessed on the feast of St Euphrosynos the Cook.

Herbs are blessed in many churches on the feast of the Dormition (August 15).

Water is blessed on Theophany and other times, not just for sprinkling, but drinking as well.

Wine is blessed at the *artoklasia* and *panaghia* services, as is, of course, the Common Cup at marriage.

Besides these liturgically blessed foods, festive meals abound in the life of our communities and in our families on the occasions of the church feasts. These feasts are really non-verbal forms of prayer in which we glorify the One in Whose honor we are celebrating.

In the domestic church we should celebrate the Church's festivals with some special table treats. In addition to the foods mentioned above, there are a number of foods from various ethnic traditions associated with festivals we observe: St Nicholas gingerbread cookies; Forty "skylark" breads or falafel or pumpkin kibbe balls for the Feast of the Forty Martyrs.

Also Zlaybe and Awwaymat, 'baptized' in syrup are a Middle Eastern treat associated with the feast of the Theophany.

Preparing these foods together could be more important than the eating. We talk about the Church's feasts, and they come alive for the family.

DECEASED CLERGY

Sawaya, BCO, Father Basil	1/18/1905	Kerame, Father Oreste	1/21/1983
Medawar, BCO, Father Nicholas	1/04/1928	Bardaouil, Father Michel	1/04/1987
Shaheen, BSO, Father Basil	1/28/1953	Sayegh, Father Anthony	1/17/1995
Warde, BSO, Father Polycarp	1/21/1955	Haddad, BSO, Father John W.	1/27/1998
Boury, BCO, Father Ananias	1/21/1963	Kelliher, SA, Father Alexander	1/31/2004
Saliba, BCO, Father Nemetallah	1/21/1976	Ghaby, Father Jean	1/20/2021

CLERGY ORDINATION

Abyad, Father Zyad	1/09/2022
Rose, Deacon Dorotheos	1/10/2016
Babcock, Father James	1/25/1981

JANUARY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>JN 10:1-9 COL 2:8-12 LK 2:20-22; 40-52</div> <div>Circumcision of our Lord</div> <div>Saint Basil the Great</div>	<div>2</div> <div>JAS 3:1-10 MK 12:18-27</div> <div></div> <div>Father Silvester, Pope of Rome</div>	<div>3</div> <div>JAS 3:11-18; 4:1-4 MK 12:28-37</div> <div></div> <div>Prophet Malachi - Martyr Gordios</div>	<div>4</div> <div>JAS 4:7-17; 5:1-9 MK 12:38-44</div> <div></div> <div>Synaxis of the seventy Disciples - Father Theoktistos</div>	<div>5</div> <div>1 COR 9:19-27 LK 3:1-18</div> <div>Paramony of the Theophany</div> <div>Martyrs Theopemptos and Theonas - Mother Syncretica</div>	<div>6</div> <div>MK 1:9-11 TI 2:11-14; 3:4-7 MT 3:13-17</div> <div>Theophany of our Lord</div> <div></div>
<div>7</div> <div>TONE 7</div> <div>JN 21:1-14 (10) ACTS 19:1-8 JN 1:29-34</div> <div>Synaxis of the Forerunner John the Baptist</div> <div>Venerable Mother Dominica - Father George the Chosebite</div>	<div>8</div> <div>1 PT 2:21-25; 3:1-9 MK 12:13-17</div> <div></div> <div>Martyr Polyeuctos</div>	<div>9</div> <div>2 TIM 2:1-10 MK 1:9-15</div> <div></div> <div></div>	<div>10</div> <div>EPH 4:7-13 LK 3:19-22</div> <div></div> <div>Father Gregory of Nyssa - Marcian - Dometian</div>	<div>11</div> <div>LK 6:17-23 HEB 13:7-16 MT 11:27-30</div> <div>Father Theodosios</div> <div></div>	<div>12</div> <div>1 COR 9:2-12 JN 10:39-42</div> <div></div> <div>Martyr Tatiana</div>	<div>13</div> <div>EPH 6:10-17 MT 4:1-11</div> <div>Saturday After Theophany</div> <div>Martyrs Ermylus and Stratonikos Martyrs of Sinai and Raitho</div>
<div>14</div> <div>TONE 8</div> <div>JN 21:14-25 (11) EPH 4:7-13 MT 4:12-17</div> <div>Sunday After Theophany</div> <div>Leave-taking of the Theophany</div>	<div>15</div> <div>1 PT 2:21-25; 3:1-9 MK 12:13-17</div> <div></div> <div>Fathers Paul of Thebes and John the Hut-Dweller</div>	<div>16</div> <div>ACTS 12:1-11 JN 21:14-25</div> <div>Veneration of the Chains of the Apostle Peter</div> <div></div>	<div>17</div> <div>MT 11:27-30 HEB 13:17-21 LK 6:17-23</div> <div>Father Anthony the Great</div> <div></div>	<div>18</div> <div>JN 10:1-9 HEB 13:7-16 MT 5:14-19</div> <div>Fathers Athanasios and Cyril, Archbishops of Alexandria</div> <div>Fathers Macarios the Egyptian and Arsenios</div>	<div>19</div> <div>2 PT 1:1-10 MK 13:1-8</div> <div></div> <div></div>	<div>20</div> <div>MT 11:27-30 2 COR 4:6-15 LK 6:17-23</div> <div>Father Euthymios the Great</div> <div></div>
<div>21</div> <div>TONE 1</div> <div>MT 28:16-20 (1) 2 TIM 3:10-15 LK 18:10-14</div> <div>Sunday of the Pharisee and the Publican</div> <div>Father Maximos the Confessor - Martyr Neophyte</div>	<div>22</div> <div>2 PT 1:20-21; 2:1-9 MK 13:9-13</div> <div></div> <div>Apostle Timothy - Martyr Anastasios the Persian</div>	<div>23</div> <div>2 PT 2:9-22 MK 13:14-23</div> <div></div> <div>Hiermartyr Clement Bishop of Ancyra - Martyr Agathangel</div>	<div>24</div> <div>2 PT 3:1-18 MK 13:24-31</div> <div></div> <div>Mother Xenia the Roman</div>	<div>25</div> <div>JN 10:1-9 HEB 7:26-28; 8:1-2 JN 10:9-16</div> <div>Father Gregory the Theologian, Patriarch of Constantinople</div> <div></div>	<div>26</div> <div>HEB 7:26-28; 8:1-2 JN 10:9-16</div> <div>Transfer of the Remains of Father John Chrysostom</div> <div>Father Xenophon and his relatives</div>	<div>27</div> <div>1 TIMOTHY 6:11-16 LK 20:46-47; 21:1-4</div> <div>Saturday of the Prodigal Son</div> <div></div>
<div>28</div> <div>TONE 2</div> <div>MK 16:1-8 (2) 1 COR 6:12-20 LK 15:11-32</div> <div>Sunday of the Prodigal Son</div> <div>Father Ephrem and Isaac the Syrians</div>	<div>29</div> <div>JN 10:9-16 1 JN 2:18-29; 3:1-8 MK 11:1-11</div> <div></div> <div>Transfer of the Remains of Hieromartyr Ignatius</div>	<div>30</div> <div>JN 10:9-16 HEB 13:7-16 MT 5:14-19</div> <div>Fathers Basil the Great, Gregory the Theologian and John Chrysostom</div> <div>Hieromartyr Hippolytus</div>	<div>31</div> <div>1 JN 3:21-24; 4:1-11 MK 14:43-72; 15:1</div> <div></div> <div>Cyrus and John the Moneyless Wonderworkers</div>			



WHEN DO WE FAST?

First, we do not fast out of a sense of obligation. Does a husband love his wife or children because it is the law? There are reasons more compelling than law. We strive to live our life in Christ according to the fullest way handed down to us.

Every Wednesday and Friday (except for the weeks immediately following Pascha, Christmas, Theophany, the Sunday of the Pharisee and the Publican, and Pentecost: It is forbidden to fast on these days). The Wednesday/ Friday fast is from apostolic times. We fast to mark The Exaltation of the Life Giving Cross on September 14 and the Beheading of St John the Forerunner on August 29.

The Great Fast (40 days before the Great and Holy Week) and we fast during Great Week.

The Christmas Fast (November 15 to December 24).

The Fast of Peter and Paul (Monday after All Saints Sunday to June 28).

The Fast of the Theotokos (August 1 to August 14, in preparation for the feast of the Dormition).

The Fast for Holy Communion We skip the meal before the Service.

HOW DO WE FAST?

The general custom in our tradition on these days is to observe a total fast from midnight until noon and then to maintain an ascetical fast by abstaining for the rest of the day (i.e.,

do not eat meat, etc.). People who have never fasted may find even these observances too strict for them. In that case they may attempt to fast on a certain level and grow year by year into a more complete observance of the fast. Prayers for Publicans suggests the following degrees:

BEGINNING LEVEL - On Wednesday and Friday do not eat any meat and offer a brief prayer several times throughout the day. During, fasting seasons, such as the Great Fast or the Fast

of the Theotokos, attend at least one Lenten service each week. Before the Presanctified Liturgy, during the Great Fast, do not eat anything for several hours.

A DEEPER LEVEL - On fast days do not eat anything before noon and no meat thereafter. Keep additional fast days(s) during the fasting seasons. During the Great Fast, avoid dairy products also. Attend two Lenten services weekly and strive to perform some act of sharing each day.

A FURTHER LEVEL - In addition to the above, keep each day in fasting seasons as a fast day. Attend all services during fasting seasons. Replace entertainments (TV, movies, etc.) with spiritual reading and acts of sharing.

Fasting is counterproductive to spiritual growth if not coupled with prayer and almsgiving. Simply not doing creates a vacuum, and so the time and energy usually devoted to eating or entertainment needs to be redirected. Just not eating will not draw us closer to the Lord.

DECEASED CLERGY

Kadry, BCO, Father Michael	Simon, Father Athanasius	2/03/1935
Kattan, Father Abraham	Kalaff, BCO, Father Theophile	1938
Gannam, BSO, Father Athanasius	Sayegh, BSO, Father Philip K.	2/13/1947
Gannam, BSO, Father Nicholas	Tawil, Archbishop Joseph E.	2/17/1999
Geha, Father Peter	Coriarty, BSO, Father George	2/03/2002
Samaha, BCO, Father Makarios	Hassey, Father Athanase	2/04/2007
Nasr, BCO, Father Makarios (El-Haj)	Eliane, Father Julien	2/08/2011
Akel, Father Elias	Michalenko, MIC, Father Seraphim	2/11/2021

CLERGY ORDINATION

Pesta, Deacon Jacob	2/02/2008	Kaiser, Deacon Joseph	2/15/2009
Helo, Deacon Estephanos	2/04/2008	Willoughby, Deacon Michael	2/24/2007
Anatolios, Father Khaled	2/14/2015	Manuele, Father Christopher	2/26/2006

FEBRUARY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 1 JN 4:20-21; 5:1-21 MK 15:1-15 Preparation for the Encounter Martyr Tryphon	2 ✠ LK 2:25-32 HEB 7:7-17 LK 2:22-40 Encounter of our Lord	3 ✠ 1 COR 10:23-29 LK 21:8-9; 25-27; 33-36 Saturday of the Dead Simeon the Just and Ann the Prophetess
4 ✠ MK 16:9-20 (3) 1 COR 8:8-13; 9:1-2 MT 25:31-46 Sunday of Meat-Fare	5 ✠ 3 JN 1:1-15 LK 19:29-40; 22:7-39 Martyr Agatha	6 ✠ JUDE 1:1-10 LK 22:39-42; 45-71; 23:1 Leave-taking of the Encounter Father Boukolos, Bishop of Smyrna, Photios and Martyr Elian of Homs	7 ✠ JOEL 3:12-21 JOEL 2:12-26 Father Parthenios and Luke of Hellas	8 ✠ JUDE 1:11-25 LK 23:1-33; 44-56 Great-martyr Theodore - Prophet Zekariah	9 ✠ ZECH 8:19-23 ZECH 8:7-17 Martyr Nicephoros	10 ROM 14:19-23; 16:25-27 MT 6:1-13 Saturday of Our God-bearing Fathers the Ascetics Hieromartyr Charalampos
11 LK 24:1-12 (4) ROM 13:11-14; 14:1-4 MT 6:14-21 Sunday of Cheese-Fare	12 IS 1:1-20 GEN 1:1-13 PROV 1:1-20 Great Fast Begins Father Meletios, Archbishop of Antioch	13 IS 1:19-24 GEN 1:14-23 PROV 1:20-33 Father Martinian	14 IS 2:3-11 GEN 1:24-2:3 PROV 2:1-22 Father Auxentios - Hermit Maron	15 IS 2:11-21 GEN 2:4-19 PROV 3:1-18 Apostle Onesimos	16 IS 3:1-15 GEN 2:20-3:20 PROV 3:19-34 Martyrs Pamphilus and his companions	17 HEB 1:1-12 MK 2:23-28; 3:1-5 Saturday of the Great Among the Martyrs Theodore
18 LK 24:12-35 (5) HEB 11:24-40 JN 1:43-51 Sunday of Orthodoxy	19 IS 4:2-6; 5:1-7 GEN 3:21-4:7 PROV 3:34-4:22 Apostle Archippos - Martyr Philothea	20 IS 5:7-16 GEN 4:8-15 PROV 5:1-15 Father Leo, Bishop of Catania	21 IS 5:16-25 GEN 4:16-26 PROV 5:15-6:4 Fathers Timothy and Eustathios, Archbishop of Antioch	22 IS 6:1-12 GEN 5:1-24 PROV 6:3-20 Discovery of the Remains of the Martyrs at Eugenios	23 IS 7:1-15 GEN 5:32-6:8 PROV 6:20-7 Hieromartyr Polycarp, Bishop of Smyrna	24 LK 7:17-30 2 COR 4:6-15 MT 11:2-15 First and Second Discoveries of the Head of the Forerunner
25 LK 24:36-53 (6) HEB 1:10-14; 2:1-3 MK 2:1-12 Sunday of the Holy Relics and St. Gregory Palamas	26 IS 8:13-22; 9:1-7 GEN 6:9-22 PROV 8:1-21 Father Porphyrios, Bishop of Gaza and Photini the Samaritan Woman	27 IS 9:9-21; 10:1-4 GEN 7:1-5 PROV 8:32-9:11 Father Procopios the Decapolitan, Confessor	28 IS 10:12-20 GEN 7:6-9 PROV 9:12-18 Father Basil, Confessor	29 IS 11:10-16; 12:1-2 GEN 7:11-8:3 PROV 10:1-22 Father Cassian		



FASTING, CHILDREN AND PARADISE

There was an Ethiopian restaurant just down the street from one of America’s most prestigious Ivy League universities. The description of the extensive vegan section of the menu began: “As Apostolic Christians we spend a substantial amount of the year fasting from animal products. It is our return to the food of Paradise.”

The Lord of Non-coincidence often arranges that catechesis takes place when and where it is least expected. Here, a restaurant menu was making an important, succinct, and poignant point about the christian tradition of fasting. Repentance begins with a nostalgia for Paradise. Fasting is way to act upon that desire and begin the return.

FASTING BEGAN IN PARADISE

The Lord God planted the garden eastward in Eden, and made every tree grow that is pleasant to behold and good for food. God commanded Adam, saying, “Of every tree of the garden you may freely eat; but of the Tree of the Knowledge of Good and Evil you shall not eat, for in the day that you eat of it you shall surely die” (Genesis 2:16-17).

This is among the first of the commands that God gave to Adam.

Breaking it begins a spiraling fragmentation of the catholic relationship between creation and Creator. Man poisoned himself and all creation not with the food itself but by the act of self-willed disobedience. By not fasting, Paradise is lost.

When the Lord God created man, He set him as steward over Paradise. Disaster ensued when, through the duplicity of the serpent and man’s willful disobedience, man became the ingrate consumer. Our society teaches constant and unchecked consumption: If you want it, get it now! Children quickly absorb this principle from media aimed at them. By teaching them to fast, we provide a check on the untrammelled spirit of acquisition our culture endorses.

Teaching children to fast can also help in another way. By enabling them to do without, we prepare them to say no to harmful substances or illicit sex. If we insist that they cannot survive without one kind of food when so many other kinds are available, can we reasonably expect them to say no when faced with more serious temptations?

While we may not want to deprive children of something nutritious such as milk, there are a number of foods from which they would do well to abstain (candy, cookies, artificial breakfast cereals, soft drinks and the like, i.e., junk food). Not only foods but entertainment has been a traditional subject for fasting. Young people could be taught to fast on certain days from TV, internet, perhaps social media. The space could be filled with more spiritually and intellectually profitable activities. It helps if we see all the different types of fasting and prayer and selfless activities as a return to that which is normal but so often eludes us—Paradise.

DECEASED CLERGY

Hajjar, BSO, Father Malatios	3/29/1949	Farhat, Deacon Lawrence
Thalge, BSO, Father Beshara	3/04/1964	Antoun, Father Elie
Wakim, BSO, Father Theophane	3/10/1988	Azoon, Father Philip
Karam, BCO, Father Lawrence	3/11/1989	Hill, Deacon James
Faddoul, Father Salem	3/23/1992	Handal, Father Ephrem
Nocerino, Brother Andreas	3/23/1999	

CLERGY ORDINATION

Haggar, Father Joseph	3/13/1966
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MARCH

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>1</div> <div>IS 13:2-13 GEN 8:4-21 PROV 10:31-11:12</div> <div>Martyr Eudocia</div>	<div>2</div> <div>HEB 10:32-38 MK 2:14-17</div> <div>Hieromartyr Theodotos, Bishop of Cyrene</div>
<div>3</div> <div>JN 20:1-10 (7) HEB 4:14-16; 5:1-6 MK 8:34-38; 9:1</div> <div>Sunday of the Holy Cross</div>	<div>4</div> <div>IS 14:24-32 GEN 8:21-9:7 PROV 11:19-12:6</div> <div>Father Gerasimos the Jordanite</div>	<div>5</div> <div>IS 25:1-9 GEN 9:8-17 PROV 12:8-22</div> <div>Martyr Conon of Isauria</div>	<div>6</div> <div>IS 26:21;27:1-9 GEN 9:18-10:1 PROV 12:23-13:9</div> <div>Forty-two Martyrs of Amorium</div>	<div>7</div> <div>IS 28:14-22 GEN 10:32-11:9 PROV 13:19-14:6</div> <div>Hieromartyrs Ephrem, Basil, Eugene, Agathodore, Capiton, Aitheres and Elpides</div>	<div>8</div> <div>IS 29:12-23 GEN 12:1-7 PROV 14:15-26</div> <div>Father Theophilactos, Confessor</div>	<div>9</div> <div>LK 21:12-19 HEB 12:1-10 MT 20:1-16</div> <div>Forty Martyrs of Sebastea</div>
<div>10</div> <div>JN 20:11-18 (8) HEB 6:13-20 MK 9:17-31</div> <div>Sunday of Our Father John Climacus</div>	<div>11</div> <div>IS 37:33-38;38:1-6 GEN 13:12-18 PROV 14:27-15:4</div> <div>Father Sophronios, Patriarch of Jerusalem</div>	<div>12</div> <div>IS 40:18-31 GEN 15:1-15 PROV 15:7-19</div> <div>Fathers Theophane, Confessor and Gregory the Great, pope of Rome</div>	<div>13</div> <div>IS 41:4-14 GEN 17:1-9 PROV 15:20-16:9</div> <div>Deposition of the Remains of Nicephoros, Patriarch of Constantinople</div>	<div>14</div> <div>IS 42:5-16 GEN 18:20-33 PROV 16:17-17:17</div> <div>Thursday of Repentance</div>	<div>15</div> <div>IS 45:11-17 GEN 22:1-18 PROV 17:17-18:5</div> <div>Martyrs Agapios and his seven companions</div>	<div>16</div> <div>HEB 9:24-28 MK 8:27-31</div> <div>Saturday of the Acathist Hymn</div>
<div>17</div> <div>JN 20:19-31 (9) HEB 9:11-14 MK 10:32-45</div> <div>Sunday of Mary of Egypt</div>	<div>18</div> <div>IS 48:17-22;49:1-4 GEN 27:1-41 PROV 19:16-25</div> <div>Father Cyril, Archbishop of Jerusalem</div>	<div>19</div> <div>IS 49:6-11 GEN 31:3-16 PROV 21:3-21</div> <div>Martyrs Chrysanthos and Daria</div>	<div>20</div> <div>IS 58:1-12 GEN 43:26-31; 45:1-16 PROV 21:23-22:4</div> <div>Martyrs of the Monastery of St. Sabas</div>	<div>21</div> <div>IS 65:8-17 GEN 46:1-7 PROV 23:15-24:5</div> <div>Father James, Bishop of Catania, Confessor</div>	<div>22</div> <div>IS 66:10-24 GEN 49:33-50:26 PROV 31:8-31</div> <div>Hieromartyr Basil, Priest of the church of Ancyra</div>	<div>23</div> <div>HEB 12:28-29; 13:8 JN 11:1-45</div> <div>Saturday of Lazarus</div>
<div>24</div> <div>MT 21:1-11; 15-17 PHIL 4:4-9 JN 12:1-18</div> <div>Palm Sunday</div>	<div>25</div> <div>LK 1:39-49; 56 HEB 2:11-18 LK 1:24-38</div> <div>Annunciation of the Mother of God</div>	<div>26</div> <div>HEB 2:2-10 LK 10:16-21</div> <div>Synaxis of the Archangel Gabriel</div>	<div>27</div> <div>JN 12:17-50 1 COR 2:6-9 MT 26:6-16</div> <div>Great and Holy Wednesday</div>	<div>28</div> <div>LK 22:1-39 1 COR 11:23-32 MT 26:1-20; JN 13:3-18; MT 26:21-39; LK 22:43-44; MT 26:40-75; 27:1-2</div> <div>Great and Holy Thursday</div>	<div>29</div> <div>1 COR 15:47-58 JN 6:48-55</div> <div>Great and Holy Friday</div>	<div>30</div> <div>MT 27:62-66 ROM 6:3-11 MT 28:1-20</div> <div>Great and Holy Saturday</div>
<div>31</div> <div>MK 16:1-8 (2) ACTS 1:1-8 JN 1:1-17</div> <div>Holy Resurrection</div>						



RESURRECTION FOOD

The Cathedral of Monreale, Sicily, contains four mosaics that tell the story of the resurrection appearance at Emmaus (Luke 24:13-53).

In the first panel, the Unrecognized Lord walks with the two disciples who dramatically recount the events that have happened in Jerusalem.

The next panel shows the Lord with them at table holding the Eucharistic loaf. The third panel is almost identical but the Lord's place is empty, but for the broken loaf. The final panel shows the excited disciples running to the apostles to recount their overjoyed shock.

The third panel is extremely powerful. The disciples are seated almost in their previous positions. Numb? Frozen in surprise? Christ is gone. Somehow the golden void is taborically filled by the small broken loaf. The emptiness overflows with presence. The Food of Immortality most eloquently testifies that they had recognized the Risen Lord in the Breaking of the Bread.

Resurrection evening Jesus passes through locked doors as He had passed through the sealed tomb. To demonstrate that He was not a ghost, He asks the Apostles: "Have you anything here to eat?" And they brought Him a piece of fish and a honeycomb. And He ate them before their eyes (Cf. Luke 24:36-43).

Honeycomb is also a symbol of the Resurrection. Milk and honey described the Promised Land. At baptism a chalice of milk and honey was sometimes administered to the newly baptized immediately after their Communion as a sign of their passing over from death to life.

At the third Resurrection appearance, the Lord startles the apostles fishing on the Sea of Galilee. He serves them a breakfast of roasted fish and bread. St Augustine comments in a rhyming verse that ties this paschal breakfast to the Eucharist: *Pisces assus Christus passus*—as the fish roasted so Christ had suffered. It goes without saying that the Eucharist itself is the greatest Resurrection Food.

DECEASED CLERGY

Abdenmour, BAO,		Haddad, BSO, Father Cyril	4/15/1986
Father Benedictos	4/28/1947	Sahyouni , Archdeacon Elias	4/15/2013
Maloof, Father Allen	4/28/1969	Jolly, Father Michael	4/10/2015
Capucci, BAO, Father Peter	4/20/1973	Leonard, Father John	4/28/2015
Malouf, BSO, Father Lucien	4/13/1982	Kerby, Father Robert	4/14/2021
Borkhoche, BSO, Father Nicholas	4/11/1985	Leonarczyk, Father Theophan	4/17/2021

CLERGY ORDINATION

Brown, Father Shaun	4/10/1994	Moloney, Father Patrick	4/17/1977
Kardouh, BSO, Father Ephrem	4/13/2013	Macmillan, Deacon John	4/28/1992
Naber, Deacon Saleem	4/15/2001	Kakaty, Father Edward	4/30/1972
Sayegh, Father Fouad	4/16/1979		

APRIL

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>ACTS 1:12-17; 21-26 JN 1:18-28</div> <div>Bright Monday</div>	<div>2</div> <div>ACTS 2:14-21 LK 24:12-35</div> <div>Bright Tuesday</div>	<div>3</div> <div>ACTS 2:22-38 JN 1:35-51</div> <div>Bright Wednesday</div>	<div>4</div> <div>ACTS 2:38-43 JN 3:1-15</div> <div>Bright Thursday</div>	<div>5</div> <div>ACTS 3:1-8 JN 2:12-22</div> <div>Bright Friday</div>	<div>6</div> <div>ACTS 3:9-16 JN 3:22-33</div> <div>Bright Saturday</div>
<div>7</div> <div>MT 28:16-20 (1) ACTS 5:12-20 JN 20:19-31</div> <div>TONE 1</div> <div>Sunday of St. Thomas</div>	<div>8</div> <div>ACTS 3:19-26 JN 2:1-11</div> <div>Apostles Herodion, Agabus, Rufus, Asyncritus, Phlegon and Hermes</div>	<div>9</div> <div>ACTS 4:1-10 JN 3:16-21</div> <div>Martyr Eupsichius of Caesarea</div>	<div>10</div> <div>ACTS 4:13-22 JN 5:17-24</div> <div>Martyrs Terence, Pompeius, Maximos and their companions</div>	<div>11</div> <div>ACTS 4:23-31 JN 5:24-30</div> <div>Hieromartyr Antipas, Bishop of Pergamum in Asia</div>	<div>12</div> <div>ACTS 5:1-11 JN 5:30-46; 6:1-2</div> <div>Father Basil, Bishop of Parios, Confessor</div>	<div>13</div> <div>ACTS 5:21-32 JN 6:14-27</div> <div>Leave-taking of St. Thomas</div> <div>Father Martin, Pope of Rome, Confessor</div>
<div>14</div> <div>LK 24:1-12 (4) ACTS 6:1-7 MK 15:43-47; 16:1-8</div> <div>TONE 2</div> <div>Sunday of Ointment-Bearing Women</div>	<div>15</div> <div>ACTS 6:8-15; 7:1-5; 47-60 JN 4:46-54</div> <div>Martyr Crescent</div>	<div>16</div> <div>ACTS 8:5-15 JN 6:27-33</div> <div>Martyrs Agapia, Irene and Chionia</div>	<div>17</div> <div>ACTS 8:18-25 JN 6:35-39</div> <div>Hieromartyr Simeon the Persian and his companions Father Acacius, Bishop of Melitene</div>	<div>18</div> <div>ACTS 8:26-39 JN 6:40-45</div> <div>Father John, Disciple of Gregory the Decapolitan</div>	<div>19</div> <div>ACTS 8:40; 9:1-19 JN 6:48-55</div> <div>Hieromartyr Paphnutios - Father John the Hermit</div>	<div>20</div> <div>ACTS 9:19-31 JN 15:17-27; 16:1-2</div> <div>Father Theodore Trichinas</div>
<div>21</div> <div>LK 24:12-35 (5) ACTS 9:32-42 JN 5:1-15</div> <div>TONE 3</div> <div>Sunday of the Paralytic</div>	<div>22</div> <div>ACTS 10:1-16 JN 6:56-69</div> <div>Father Theodore Sykeotes, Bishop of Anastasiopolis</div>	<div>23</div> <div>LK 21:12-19 GAL 3:23-29; 4:1-5 JN 15:17-27; 16:1</div> <div>Great-Martyr George the Triumphant</div>	<div>24</div> <div>ACTS 14:6-18 JN 7:14-30</div> <div>Mid-Pentecost</div>	<div>25</div> <div>1 PT 5:6-14 LK 10:16-21</div> <div>Apostle Mark the Evangelist</div>	<div>26</div> <div>ACTS 10:44-48; 11:1-10 JN 8:21-30</div> <div>Hieromartyr Basil, Bishop of Amasia</div>	<div>27</div> <div>ACTS 12:1-11 JN 8:31-42</div> <div>Hieromartyr Simeon, cousin of the Lord, and Father Stephen, Bishop of Vladimir in Volynia</div>
<div>28</div> <div>JN 20:1-10 (7) ACTS 11:19-30 JN 4:5-42</div> <div>TONE 4</div> <div>Sunday of the Samaritan Woman</div>	<div>29</div> <div>ACTS 12:12-17 JN 8:42-51</div> <div>Martyrs of Cyzica and Memnon the Wonderworker</div>	<div>30</div> <div>ACTS 12:1-11 LK 9:1-6</div> <div>Apostle James, Brother of John the Evangelist</div>				



Ἡ ἙΓΓΕΡΣΙΣ ΤΟΥ ΛΑΖΑΡΟΥ

MEALS IN MEMORY OF THE DEAD

In the Melkite Catholic Church, and all other Byzantine churches, Saturday is set aside to pray for the dead. As the Sabbath, it was blessed by God for He took His rest on that day from the work of creation. God decreed this Day of Rest for the the Church of the Old Law to foreshadow the Great Saturday Rest of Christ in the tomb, for though the Lord Jesus rested in the tomb with His body, He journeyed into Hades bringing out the dead. This Sabbath rest of the New Law was the bud that blossomed the newness of Re-creation. The Sabbath was the queen and lady awaiting the Resurrection of the Sleeping King.

Thus as Christians we honor the Sabbath, as we do the Lord's Sunday, by never completely fasting, even during a fasting season, and by not kneeling or prostrating for prayer, for we have been raised up by Christ.

Springtime is the season of new life. We remember all the dead in a special way at the beginning of Spring and at its end. The first Saturday of All the Dead is the day before the Sunday of the Last Judgment, which heralds the approaching Great Fast. The next Saturday of All the Dead occurs at the end of Resurrection

Season, the day before Pentecost Sunday. The linking of the Great Feast of Pentecost, with prayers for the dead should not surprise us. Do we not call the Holy Spirit the Lord the Giver of Life? Do we not often chant at Orthros in the Holy Spirit every soul lives and is made to shine mystically...? If we listen to the special prayers for the Kneeling Vespers Service of Pentecost we hear special remembrance of the dead.

When we pray for the dead, we offer a special dish of boiled wheat, sweetened and mixed with dried fruit and nuts. When possible, pomegranate seeds, a symbol of immortality, are added as well.

Recall the Savior's words: Unless the grain of wheat fall into the ground and die, it shall not have life (John 12:24).

When someone dies we prepare a Meal of Mercy. There is a mourning aspect to this custom.

A striking aspect of the Mercy Meal is that fish is often the centerpiece of the menu.

The Greek word for fish, *ichthus*, is an acrostic for Jesus Christ Son of God Savior. One early church writer says: We are the little fish of the Big Fish.

DECEASED CLERGY

Sharkey, Father Antoine		Dagher, BSO, Father Joseph
Totongy, BAO, Father Cyril		Haddad, BSO, Father William
Simon, BSO, Father Joseph	1911	Chalhoub, Father Maximos
Marsha, BSO, Father Basil	1925	Kirk, Father David
Haddad, BCO, Father John	1940	Jadaa, BSO, Father John
Sawaya, BCO, Father Lawrence	1981	Aboody, Father Charles
McHugh, OFM Cap, Deacon Malachy	5/02/1988	Youssef, BSO, Father Clement
Ledbetter, BSO, Father Dominic	5/19/1996	

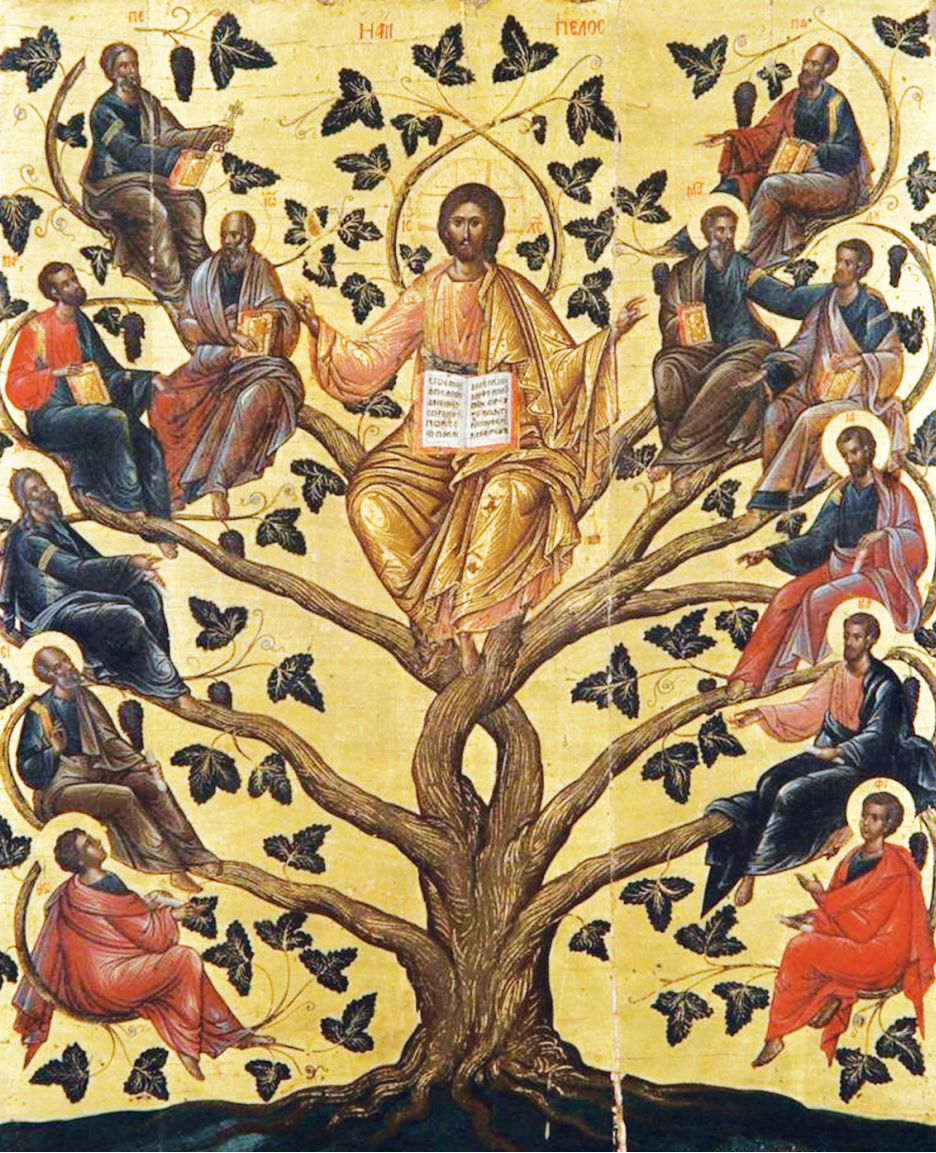
CLERGY ORDINATION

5/18/1997	Elhilow, Jr. Deacon Edmond	5/01/1994	Frechette, Father Paul G.	5/21/1978
5/05/2001	Carnazzo, Father Hezekias	5/01/2016	Raczka, Father Philip	5/25/1980
5/30/2002	Golini, Father Ronald	5/05/1968	Gallaro, Bishop George	5/27/1972
5/23/2007	Faulk, Deacon Edward	5/06/1995	McNeil, Father Bryan	5/27/2017
5/07/2016	Samra, Bishop Nicholas	5/10/1970	Rose, Father Justin	5/28/1995
5/29/2017	Haddad, Deacon Gregory	5/12/1996		
5/31/2019	Layous, Father Ziad	5/12/2019		
	Sherman, Father Kenneth	5/18/1980		

MAY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <div>ACTS 13:13-24 JN 6:5-14</div> <div>Leave-taking of Mid-Pentecost</div>	<div>2</div> <div>HEB 13:7-16 MT 5:14-19</div> <div>Transfer of the Remains of Athanasios the Great</div>	<div>3</div> <div>ACTS 15:5-12 JN 10:17-28</div> <div>Martyrs Timothy and Maura</div>	<div>4</div> <div>ACTS 15:35-41 JN 10:27-38</div> <div>Martyr Pelagia</div>
<div>5</div> <div>JN 20:11-18 (8) ACTS 16:16-34 JN 9:1-38</div> <div>Sunday of the Man Born Blind</div>	<div>6</div> <div>ACTS 17:1-9 JN 11:47-54</div> <div>Job, the Holy and Long-suffering One</div>	<div>7</div> <div>ACTS 17:19-28 JN 12:19-36</div> <div>Apparition of the Cross Over Jerusalem</div>	<div>8</div> <div>JN 21:14-25 (11) 1 JN 1:1-7 JN 19:25-27; 21:24-25</div> <div>Leave-taking of Easter</div>	<div>9</div> <div>MK 16:9-20 (3) ACTS 1:1-12 LK 24:36-53</div> <div>Feast of the Ascension</div>	<div>10</div> <div>ACTS 19:1-8 JN 14:1-11</div> <div>Apostle Simon the Zealot</div>	<div>11</div> <div>ACTS 20:7-12 JN 14:10-21</div> <div>Dedication of Constantinople Martyr Mocius - Cyril and Methodius, Apostles of the Slavs</div>
<div>12</div> <div>JN 21:1-14 (10) ACTS 20:16-18; 27-36 JN 17:1-13</div> <div>Sunday of the Fathers of Nicea I</div>	<div>13</div> <div>ACTS 21:8-14 JN 14:27-31; 15:1-7</div> <div>Martyr Glyceria</div>	<div>14</div> <div>ACTS 21:26-32 JN 16:2-13</div> <div>Martyr Isidore of Chio</div>	<div>15</div> <div>ACTS 23:1-11 JN 16:15-23</div> <div>Fathers Pachomios the Great and Isaia, Bishop of Rostore</div>	<div>16</div> <div>ACTS 25:13-19 JN 16:23-33</div> <div>Father Theodore the Sanctified</div>	<div>17</div> <div>ACTS 27:1-44; 28:1 JN 17:18-26</div> <div>Leave-taking of the Ascension</div>	<div>18</div> <div>ACTS 28:1-31 JN 21:14-25</div> <div>Saturday of the Dead</div>
<div>19</div> <div>JN 20:19-23 ACTS 2:1-11 JN 7:37-52; 8:12</div> <div>Sunday of Pentecost</div>	<div>20</div> <div>EPH 5:8-19 MT 18:10-20</div> <div>Monday of the Holy Spirit</div>	<div>21</div> <div>ACTS 26:1; 12-20 JN 10:1-9</div> <div>The Equals of the Apostles Constantine and Helena</div>	<div>22</div> <div>ROM 1:18-27 MT 5:20-26</div> <div>Martyr Basiliscus</div>	<div>23</div> <div>ROM 1:28-32; 2:1-9 MT 5:27-32</div> <div>Father Michael the Confessor, Metropolitan of Synades - Mother Euphrosyne of Polotsk</div>	<div>24</div> <div>ROM 2:14-28 MT 5:33-41</div> <div>Father Simeon the Younger</div>	<div>25</div> <div>2 COR 4:6-15 MT 11:2-15</div> <div>Leave-taking of Pentecost</div>
<div>26</div> <div>MT 28:16-20 (1) HEB 11:33-40; 12:1-2 MT 10:32-38; 19:27-30</div> <div>Sunday of All Saints</div>	<div>27</div> <div>ROM 2:28-29; 3:1-18 MT 6:31-34; 7:9-11</div> <div>Hieromartyr Alladius</div>	<div>28</div> <div>ROM 4:4-12 MT 7:15-21</div> <div>Hieromartyr Eutiches</div>	<div>29</div> <div>ROM 4:13-25 MT 7:21-23</div> <div>Martyr Theodosia of Tyre</div>	<div>30</div> <div>JN 6:55-59 1 COR 11:23-32 JN 6:48-55</div> <div>Father Isaac, Abbot</div>	<div>31</div> <div>ROM 5:17-21; 6:1-2 MT 9:14-17</div> <div>Martyr Hermius</div>	



FASTING WITH THE APOSTLES

So many times we hear that the **summer fast of the Apostles** is a preparation for the Feast of Saints Peter and Paul on June 29. But that is only part of the story. This fast begins on the Monday after the Sunday of All Saints, which is the eighth day of Pentecost. If we look at this fast in relation to the Eighth Day of Pentecost, it adds another dimension to the meaning to this fast: The Eighth Day is the icon of the completion of the Kingdom.

At the time of Christ, pious Jews normally fasted two days a week, hence the words of the Pharisee: I fast twice a week (Luke 18:12). The early Christians did as well and early on the designated days became Wednesday and Friday. This is recorded in a book called “The Didache, the Teaching of the 12 Apostles.” The book was written around the year 70. which makes it as old as St Mark’s Gospel. “The Didache” also speaks of fasting as an important preparation for baptism, for one who is baptizing and one who is being baptized. Fasting on Wednesday and Friday is the practice of the Eastern Christian churches to this day.

After the descent of the Holy Spirit, the apostles kept a fast. As Moses fasted during the Theophanies on Sinai, so this fast is a grateful awe for the gifts of the Holy Spirit. Every gift demands gratitude. And gratitude demands response. All God's gifts are given in order to be given. So we might see this fast as a transition from reception of gifts to mission. Gratitude becomes preparation. The apostles embraced the fast to begin their ministry to the world. It is a fast of preparation and inauguration to preach and baptize. Fasting is an important preparation for ministry and service.

Fasting is a preparation. Athletes know this. The apostles fasted before they established the churches in Asia (Acts 14:23) and when they chose Paul and Barnabas at Antioch (Acts 13:2).

Fasting is a precursor of revelation. While fasting and at prayer, Peter receives the command to receive Cornelius and his household and thus open the Church to the Gentiles (Acts 10). We see that fasting softens our hearts to discern the will of God.

DECEASED CLERGY

Nahas, BSO, Father Basil	6/08/1926	Raya, Archbishop Joseph	6/10/2005
Riashi, BCO, Father Raphael	6/06/1963	Munn, Father Daniel	6/29/2006
Najmy, BAO, Bishop Justin	6/11/1968	Frey, BSO, Father Ross	6/21/2014
Abboud, BSO, Father Gregory	6/29/1978	Russo, Father Romanos	6/08/2023
Cueter (Kwaiter), Archbishop Elias	6/09/1985		
Hajjar, BSO, Father Peter	6/15/1996		
Essa, Father Badie George	6/03/1997		

CLERGY ORDINATION

Nasser, Deacon Andre	6/01/1980	McCarthy, Father Dennis	6/10/2017
Skrocki, Father Michael	6/03/2000	Boutros, Father Peter	6/12/2000
Gosselin, Father Lawrence	6/05/1976	Koury, Father James	6/13/1992
Zeinieh, Deacon Ibrahim	6/05/2005	Raheb, Deacon Edmond	6/18/1992
Moses, Deacon John	6/06/1999	Bisharat, Father George	6/19/1993
Mitchell, BSO, Father Eugene	6/07/1992	Negm, Deacon Magdi	6/21/1998
Tuminelli, BSO, Father Lawrence	6/09/1996	Azar, Father John	6/26/1988
Hyatt, BSO, Father Martin	6/10/1984	Smith, Father Alexei	6/28/1987

JUNE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <div>ROM 3:19-26 MT 7:1-8</div> <div>Martyrs Justin the Philosopher and his companions</div>
2 <div>MK 16:1-8 (2) ROM 2:10-16 MT 4:18-23</div> <div>TONE 1</div> <div>Second Sunday After Pentecost</div> <div>Father Nicephoros the Confessor, Archbishop of Constantinople</div>	3 <div>ROM 7:1-13 MT 9:36-37; 10:1-8</div> <div>Martyrs Lucilian and his companions</div>	4 <div>ROM 7:14-25; 8:1-2 MT 10:9-15</div> <div>Father Metrophanes, Bishop of Constantinople</div>	5 <div>ROM 8:2-13 MT 10:16-22</div> <div>Hieromartyr Dorotheos, Bishop of Tyre</div>	6 <div>ROM 8:22-28 MT 10:23-31</div> <div>Fathers Bessarion the Wonderworker and Hilarion the Younger, Abbot</div>	7 <div>ROM 9:6-19 MT 10:32-42; 11:1</div> <div>Hieromartyr Theodotos, Bishop of Ancyra</div>	8 <div>ROM 3:28-31; 4:1-3 MT 7:24-29; 8:1-4</div> <div>Transfer of the Remains of the Great-martyr Theodore</div>
9 <div>MK 16:9-20 (3) ROM 5:1-10 MT 6:22-33</div> <div>TONE 2</div> <div>Third Sunday After Pentecost</div> <div>Father Cryil, Archbishop of Alexandria</div>	10 <div>ROM 9:18-33 MT 11:2-15</div> <div>Martyrs Alexander and Antonina - Hieromartyr Timothy, Bishop of Prussa</div>	11 <div>ROM 10:11-21; 11:1-2 MT 11:16-20</div> <div>Apostles Bartholomew and Barnabas</div>	12 <div>ROM 11:2-12 MT 11:20-26</div> <div>Fathers Onuphrios of Egypt and Peter of Athos</div>	13 <div>ROM 11:13-24 MT 11:27-30</div> <div>Martyr Aquilina - Father Truphillios, Bishop of Leucosia</div>	14 <div>ROM 11:25-36 MT 12:1-8</div> <div>Prophet Elisha - Father Methodius, Archbishop of Constantinople</div>	15 <div>ROM 6:11-17 MT 8:14-23</div> <div>Prophet Amos - Father Jerome, Hermit of Bethlehem</div>
16 <div>LK 24:1-12 (4) ROM 6:18-23 MT 8:5-13</div> <div>TONE 3</div> <div>Fourth Sunday After Pentecost</div> <div>Father Tykhon the Wonderworker, Bishop of Amathonte of Cyprus</div>	17 <div>ROM 12:4-5; 15-21 MT 12:9-13</div> <div>Martyrs Manuel, Sabel and Ismael</div>	18 <div>ROM 14:9-18 MT 12:14-16; 22-30</div> <div>Martyr Leontius</div>	19 <div>ROM 15:7-16 MT 12:38-45</div> <div>Holy Apostle Jude</div>	20 <div>ROM 15:17-29 MT 12:46-50; 13:1-3</div> <div>Hieromartyr Methodius of Patara</div>	21 <div>ROM 16:1-16 MT 13:3-9</div> <div>Martyr Julian of Tarsus</div>	22 <div>ROM 8:14-21 MT 9:9-13</div> <div>Martyr Eusebius, Bishop of Samosate</div>
23 <div>LK 24:12-35 (5) GAL 4:4-7 MT 8:28-34; 9:1</div> <div>TONE 4</div> <div>Fifth Sunday After Pentecost</div> <div>Visitation of the Theotokos to Her Cousin Elizabeth</div>	24 <div>LK 1:24-25; 57-69; 76-80 ROM 13:11-14; 14:1-4 LK 1:1-25; 57-68; 76-80</div> <div>Nativity of the Forerunner</div>	25 <div>1 COR 1:1-9 MT 13:24-30</div> <div>Martyr Febronia</div>	26 <div>1 COR 2:9-16; 3:1-8 MT 13:31-36</div> <div>Father David of Thessalonica</div>	27 <div>1 COR 3:18-23 MT 13:36-43</div> <div>Father Samson the Hosteler</div>	28 <div>1 COR 4:5-8 MT 13:44-54</div> <div>Transfer of the Remains of the Holy Physicians Cyrus and John</div>	29 <div>JN 21:14-25 (11) 2 COR 11:21-33; 12:1-9 MT 16:13-19</div> <div>Apostles Peter and Paul</div>
30 <div>LK 24:36-53 (6) 1 COR 4:9-16 MT 9:1-8</div> <div>TONE 5</div> <div>Sixth Sunday After Pentecost</div> <div>Synaxis of the Twelve Apostles</div>						



ST JOHN CHRYSOSTOM ON FASTING

Do you fast ? Give me proof of it by your works.

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies.

Let the hands fast, by being free of avarice.

Let the feet fast, by ceasing to run after sin.

Let the eyes fast, by disciplining them not to glare at that which is sinful.

Let the ear fast, by not listening to people talk and gossip.

Let the mouth fast from foul words and unjust criticism.

For what good is it if we abstain from fowl and fish, but bite and devour our brothers?

May He who came to the world to save sinners strengthen us to complete the fast with humility. May he have mercy on us and save us.

ST PACHOMIOS AND THE ANGELS

Once, when passing through a town, the great St Pachomios, the father of monks, encountered a procession carrying the corpse of a man for burial. Because the saint had been given by God the special gift of noetic insight, he was able to see spiritual realities invisible to others. He saw two angels carrying torches in the funeral cortege and wondered what was so special about this man. He fervently asked the Lord to reveal to him the meaning of this vision.

As the procession passed by, as if reading the Father’s thoughts, one of the angels turned to the saint and said “Abba Pachomios, I am the Angel of Wednesday and my companion is the Angel of Friday. Because this man fasted faithfully every Wednesday and Friday throughout his life, the Lord has command that we give him a solemn escort to his grave. As he kept the fast throughout his life so we are here to glorify him upon his death.”

DECEASED CLERGY

Shatawee, BSO, Father Alexios	7/12/1957
Mufleh, BSO, Father Malatios	7/04/1964
Salmane, BCO, Father Philip	7/06/1967
Sawaya, BCO, Father Clement	7/01/1969
Araktingi, Father Nicholas	7/18/1973
Riashi, BCO, Father Agabios	7/06/1984
Gorayeb, Father Albert	7/27/1987
Badaoui, BSO, Father Adib	7/07/2006

Soloman, Deacon James	7/04/2011
Elya, BSO, Bishop John A.	7/19/2019
Hull, Father Michael	7/19/2019
St. Germain, Father Andre	7/22/2020
Littlefield, Father Philaret	7/29/2022
Samra, Father Basil	7/16/2023

CLERGY ORDINATION

Geiger, Father Damon	7/05/1971
Steinmetz, Father Thomas	7/06/2002
Kabban, Deacon Antoine	7/06/2008
McAnerny, OP, Father Brendan	7/07/1988
Barakeh, BSO, Father Imad	7/09/2005
Sayegh, Father George	7/10/2022
Kashou, Deacon Elias	7/11/2010
Ayala, Father Sergio	7/17/2016

Ghali, Father Adel	7/20/1984
Samaan, Father Rezkallah	7/20/1986
Rizk, BSO, Father Antoine	7/20/1996
Khasho, Deacon Habib	7/22/2001
Shehata, Deacon Antoine	7/22/2001
Bourjaili, Deacon Nicholas	7/23/2006
El-Khoury, BSO, Father Marwan	7/23/2022
Hamm, BSO, Father Michael	7/23/2022

JULY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1 COR 12:27-31; 13:1-8 MT 10:1; 5-8 Wonderworkers Cosmas and Damian	2 HEB 9:1-7 LK 1:39-49; 56 Deposition of the Mantle of the Mother of God at Blachernae	3 1 COR 7:12-24 MT 14:35-36; 15:1-11 Martyr Hyacinth and Father Anatolios	4 1 COR 7:24-35 MT 15:12-21 Father Andrew of Jerusalem	5 1 COR 7:35-40; 8:1-7 MT 15:29-31 Father Athanasios of Athos - Lampados and Martha	6 ROM 12:1-3 MT 10:37-42; 11:1 Father Sisoe the Great
7 JN 20:1-10 (7) ROM 15:1-7 MT 9:27-35 Seventh Sunday After Pentecost Fathers Thomas of Maleum, Acacius - Martyr Kyriaca	8 1 COR 9:13-18 MT 16:1-6 Great-martyr Procopius	9 1 COR 10:5-12 MT 16:6-12 Hieromartyr Pancratius, Bishop of Taormina in Sicily	10 1 COR 10:12-22 MT 16:20-24 Forty-five Martyrs of Nicopolis in Armenia	11 2 COR 6:1-10 LK 7:36-50 Great-martyr Euphemia	12 1 COR 11:8-23 MT 17:10-18 Martyrs Proclus and Hilarion	13 ROM 13:1-10 MT 12:30-37 Archangel Gabriel - Father Stephen the Sabaite
14 JN 20:11-18 (8) TI 3:8-15 MT 5:14-19 Sunday of the Fathers of the First Six Ecumenical Councils Apostle Aquila and Joseph the Confessor	15 1 COR 11:31-34; 12:1-6 MT 18:1-11 Martyrs Cyricus and his mother Julitta	16 1 COR 12:12-26 MT 18:18-22; 19:1-2; 13-15 Hieromartyr Athenogenes and his ten disciples	17 GAL 3:23-29; 4:1-5 MK 5:24-34 Great Martyr Marina	18 1 COR 14:6-19 MT 20:17-28 Martyr Emilian	19 1 COR 14:26-40 MT 21:12-14; 17-20 Mother Macrina, Sister of Basil the Great - Father Dios	20 MK 9:9-15 JAS 5:10-20 LK 4:22-30 Prophet Elias the Thesbite
21 JN 20:19-31 (9) 1 COR 3:9-17 MT 14:22-34 Ninth Sunday After Pentecost Fathers Simeon, the fool for Christ and his companion John	22 1 COR 9:2-12 LK 8:1-13 Perfume-bearing Woman Mary Magdalen	23 1 COR 15:29-38 MT 21:23-27 Transfer of the Remains of Hieromartyr Phocas - Prophet Ezechiel	24 1 COR 16:4-12 MT 21:28-32 Great-martyr Christina	25 GAL 4:22-27 LK 8:16-21 Dormition of St Ann	26 2 COR 1:12-20 MT 22:23-33 Hieromartyr Hermolaus and his two companions - Martyr Parasceva	27 LK 21:12-19 2 TIM 2:1-10 JN 15:17-27; 16:1-2 Great-Martyr Panteleimon the Physician Father Clement the Wonderworker, Archbishop of Ochrida
28 JN 21:1-14 (10) 1 COR 4:9-16 MT 17:14-23 Tenth Sunday After Pentecost Deacons Prochor, Nicanor, Timon and Parmenas	29 2 COR 2:3-15 MT 23:13-22 Martyrs Callinicus and Theodota	30 2 COR 2:14-17; 3:1-3 MT 23:23-28 Apostles Silas and Silvan and their companions	31 2 COR 3:4-11 MT 23:29-39 Holy and Just Eudocimos - Vigil of the Procession of the Cross		 Bishop Nicholas J. Samra's Episcopal Ordination July 6, 1989	



DORMITION FAST – THE FIRST FRUIT

The fast preparing for the Great Feast of the Dormition, the falling asleep of the Virgin Mary, is kept during the first fourteen days of August. Next to Great Lent, this is probably the most kept fast. That tells us how dear the Theotokos remains to the hearts of the Christian people. It is relatively short and made pleasant by the Summer bounty. It begins with the Procession of the Holy Cross, marked by the Little Blessing of Water and celebrations of the *Paraklesis*. It is also telling that the first day of August is the commemoration of the Maccabee Martyrs, who refused to break the Mosaic Fast.

The Feast of the Lord’s Transfiguration on August 6 coincides with the grape harvest. Grapes are offered at the Divine Liturgy to be blessed. The prayer alludes to the ripening of the fruit and that the grapes will be transformed into wine, which will be changed into the Blood of Christ. By partaking we will be transformed into the Body of Christ. By living accordingly we will transform others.

The Lord uses the images of seedtime and harvest to point to the Kingdom. At reaping, the wheat and the weeds that grew among it are gathered and sorted.

At her death, the Mother of God is the First Fruit of the bodily resurrection. Her Son, gathers her soul and then her most pure body. The apostles planted

her body in the tomb. Later, at the nostalgic instigation of tardy Thomas, who desired to see her face one more time, they found her body gone and the tomb filled with fragrance and flowers.

On this day it is the custom to bless flowers and healing herbs prepared for dark winter.

From the *Akathist Hymn*:

When the Power of the Most High overshadowed the one who had never known the nuptial bed, her fruitful womb conceived, and she became for all a delicious field: for those who wish to reap salvation by singing: Alleluia.

Rejoice, O Tendril whose Bud shall not wilt:

Rejoice, O Soil whose Fruit shall not perish.

Rejoice, O Tender of mankind’s loving Tender:

Rejoice, O Gardener of the Gardener of Life.

Rejoice, O Earth who yielded abundant mercies:

Rejoice, O Table full-laden with appeasement.

Rejoice, for You have greened anew the pastures of delight....

DECEASED CLERGY

Jock, Father Timothy	8/11/1948	Rosov, Deacon Nicholas
Sion, BSO, Father Paul	8/21/1953	Hage, BSO, Father Simon
Saba, BSO, Father Eftimios	8/20/1956	Marji, Deacon Ibrahim
Kandalaft, BSO, Father Joseph	8/03/1957	Lawler, Deacon Paul
Malouf, Father Paul Kattini	8/24/1965	Heinmeyer, Deacon Carl
Aneed, Father Anthony Joseph	8/24/1970	Cholewinski, Deacon Stan
Abraham, BSO, Father Nicholas	8/16/1973	Dick, MSSP, Father Gabriel
Bassoul, BSO, Archbishop John	8/09/1977	Shofany, Father Dr. Saba
Adcock, Father Basil William	8/04/1998	Zammar, BSO, Father Michel

CLERGY ORDINATION

Eid, Father Elias	8/05/2007	Dorham, Father Elias	8/15/2020
Harrington, Father Ignatius	8/07/1982	Black, Father Oliver	8/16/2020
Woltornist, Father Alexei	8/08/2021	Samaha, Father Victor	8/21/1958
McCarthy, Father Emmanuel C.	8/09/1981	Bathouche, Father Ezzat	8/22/2008
Hanna, Deacon Elie	8/10/2014	Altongy, Deacon Dr. Gilbert	8/24/2014
Nasrallah, Deacon Tareq	8/12/2001	Plowman, Deacon Kent	8/28/1994
Melone, Father Mark	8/13/1978	Baroody, Father David	8/28/2022
O’Malley, Deacon Thom	8/15/2004	Carnazzo, Father Sebastian	8/30/2015

AUGUST

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>1</div> <div>HEB 11:33-40; 12:1-2 MT 10:16-22</div> <div>Procession of the Life-giving Cross</div> <div>Seven Macchabees, their Mother Salome and the Elder Eleazar</div>	<div>2</div> <div>2 COR 4:13-18 MT 24:27-33; 42-51</div> <div></div> <div>Transfer of the Remains of the Holy Protomartyr the Archdeacon Stephen</div>	<div>3</div> <div>1 COR 1:3-9 MT 19:3-12</div> <div></div> <div>Fathers Isaac, Dalmatos and Faustus</div>
<div>4</div> <div>JN 21:14-25 (11) 1 COR 9:2-12 MT 18:23-35</div> <div>TONE 2</div> <div>Eleventh Sunday After Pentecost</div> <div>Seven Holy Youths of Ephesus and of Martyr Eudocia</div>	<div>5</div> <div>2 COR 5:10-15 MK 1:9-15</div> <div></div> <div>Preparation of the Transfiguration - Martyr Eusignius</div>	<div>6</div> <div>LK 9:28-36 2 PT 1:10-19 MT 17:1-9</div> <div>✠</div> <div>Transfiguration of our Lord</div>	<div>7</div> <div>2 COR 6:11-16 MK 1:23-28</div> <div>✠</div> <div></div> <div>Martyr Dometios</div>	<div>8</div> <div>2 COR 7:1-10 MK 1:29-35</div> <div>✠</div> <div></div> <div>Confessor Emilian, Bishop of Cyrica</div>	<div>9</div> <div>2 COR 7:10-16 MK 2:18-22</div> <div>✠</div> <div></div> <div>Apostle Matthias</div>	<div>10</div> <div>1 COR 1:26-31; 2:1-5 MT 20:29-34</div> <div>✠</div> <div></div> <div>Martyr Archdeacon Lawrence</div>
<div>11</div> <div>MT 28:16-20 (1) 1 COR 15:1-11 MT 19:16-26</div> <div>TONE 3</div> <div>Twelfth Sunday After Pentecost</div> <div>Martyr Euplus the Deacon</div>	<div>12</div> <div>2 COR 8:7-15 MK 3:6-12</div> <div>✠</div> <div></div> <div>Maximos the Confessor Martyrs Photios and Anicetos</div>	<div>13</div> <div>2 COR 8:16-24; 9:1-5 MK 3:13-19</div> <div>✠</div> <div>Leave-taking of the Transfiguration</div>	<div>14</div> <div>2 COR 9:12-15; 10:1-7 MK 3:20-27</div> <div></div> <div></div> <div>Vigil of the Dormition - Prophet Micah</div>	<div>15</div> <div>LK 1:39-49; 56 PHIL 2:5-11 LK 10:38-42; 11:27-28</div> <div>✠</div> <div>Dormition of the Mother of God</div>	<div>16</div> <div>1 TIM 3:13-16; 4:1-5 LK 9:51-56; 10:22-24; 13:22</div> <div>✠</div> <div></div> <div>Martyr Diomedes</div>	<div>17</div> <div>1 COR 2:6-9 MT 22:15-22</div> <div>✠</div> <div></div> <div>Martyr Myron</div>
<div>18</div> <div>MK 16:1-8 (2) 1 COR 16:13-24 MT 21:33-42</div> <div>TONE 4</div> <div>Thirteenth Sunday After Pentecost</div> <div>Martyrs Florus and Laurus</div>	<div>19</div> <div>2 COR 12:10-19 MK 4:10-23</div> <div>✠</div> <div></div> <div>Martyrs Andrew the Centurion and his companions</div>	<div>20</div> <div>2 COR 12:20-21; 13:1-2 MK 4:24-34</div> <div>✠</div> <div></div> <div>Prophet Samuel</div>	<div>21</div> <div>2 COR 13:3-13 MK 4:35-41</div> <div>✠</div> <div></div> <div>Apostle Thaddeus - Martyr Bassa and her children</div>	<div>22</div> <div>GAL 1:1-3,20-24; 2:1-5 MK 5:1-20</div> <div>✠</div> <div></div> <div>Martyrs Agathonicos and his companions</div>	<div>23</div> <div>GAL 2:6-10 MK 5:22-24, 35-43; 6:1</div> <div>✠</div> <div>Leave-taking of the Dormition</div> <div>Martyr Luppus and Hieromartyr Irenaeus</div>	<div>24</div> <div>1 COR 4:1-5 MT 23:1-12</div> <div></div> <div></div> <div>Hieromartyr Eutyches, Disciple of Saint John the Theologian</div>
<div>25</div> <div>MK 16:9-20 (3) 2 COR 1:21-24; 2:1-4 MT 22:2-14</div> <div>TONE 5</div> <div>Fourteenth Sunday After Pentecost</div> <div>Transfer of the remains of the Apostle Bartholomew - Apostle Titus</div>	<div>26</div> <div>GAL 2:11-16 MK 5:24-34</div> <div></div> <div></div> <div>Martyrs Adrian and his wife Natalia Blessed Mary Bawardy</div>	<div>27</div> <div>GAL 2:21; 3:1-7 MK 6:1-7</div> <div></div> <div></div> <div>Father Poemen and Martyr Phanurios</div>	<div>28</div> <div>GAL 3:15-22 MK 6:7-13</div> <div></div> <div></div> <div>Fathers Moses the Abyssinian and Augustine, Bishop of Hippo</div>	<div>29</div> <div>MT 14:1-13 ACTS 13:25-33 MK 6:14-30</div> <div></div> <div>Beheading of the Forerunner</div>	<div>30</div> <div>GAL 4:8-21 MK 6:45-53</div> <div></div> <div></div> <div>Fathers Alexander, John and Paul the Latter, Archbishops of Constantinople</div>	<div>31</div> <div>HEB 9:1-7 LK 10:38-42; 11:27-28</div> <div></div> <div>Deposition of the Cincture of the Theotokos in Calcoprateia</div>



FAST AND HARVEST

One of the modern pioneers of liturgical studies reflected that the seasonal fasts were related to important agricultural harvests. Though most of us are not so well attuned to the rhythm of nature, we can grasp how that would relate to the Great Lent before Pascha. It is obvious if we consider that In most languages the name for the pre-Resurrection Fast is either a derivation of the word for 40 or the act of fasting. The English word Lent comes from the word for Springtime.

The **Summer fast of the Apostles** falls near the wheat harvest. Midway in the almost-Autumn Fast of the Virgin Mary, we bless the grape harvest on Transfiguration. The winter fast before Nativity occurs about the time the new vintage is sampled and the olive harvest cured and pressed for oil.

Wheat, wine and oil are Scripture’s consistent images of God’s providence and bounty. We start each new day with Psalm 103: “Wine that gladdens the heart of man. ...Oil to put a gleam upon his face; bread that strengthens the heart of man.” All three are offered and blessed on feast days at the Artoklasia. All three are used in the Holy Mysteries to grant healing and new life. The word for oil in Greek sounds pretty much like the word for mercy, and our poetry constantly plays on this. We pray in the Service of Holy Crowning: “Fill the house of your servants with abundant wheat, wine, and oil that they in turn may give to those in need.”

Fasting, anticipation, and focus, bear relationship to harvesting. A flurry of labor looks forward to final fruition. Then bounty leads to gratitude for God’s gifts to us. But joy only comes after labor and patience. Wheat is ground. Grapes are crushed and become wine after they are hidden away.

In the words of St John of Damascus, “Through the Cross joy has come into the world, for by enduring the Cross He has crushed death by His death.”

"Through the Cross joy has come into the world, for by enduring the Cross He has crushed death by His death".

DECEASED CLERGY

Fayad, BCO, Father Thomas	9/20/1939	Denissoff, Father Elias
Salman, BSO, Father Clement	9/13/1951	Pride, Deacon Robert
Ghosn, BCO, Father Bernard	9/09/1955	Murphy, BSO, Father Gerasimos
Nicholas, Father Dimitri	1963	Wehby, BAO, Father Albert

CLERGY ORDINATION

9/07/1971	Trabulsy, Deacon Rick	9/06/2009	Rimmer, Deacon Marion	9/18/1988
9/10/2011	Rosensweig, Deacon Steven	9/11/2022	Haddad, Father Georges	9/19/2020
9/14/2019	Wingerter, Father Peter A.	9/11/2022	Herr, Deacon David	9/21/2008
9/17/2020	Abu-Lail, Father Samir	9/14/1994	Macoul, Deacon Michael	9/21/2014
	Sabbagh, Father Choukri	9/14/2014	Mefrige, Father John	9/22/2002
	Ghandour, Deacon Stephen	9/15/2002	Bailey, Deacon Elias	9/27/2009
	Alam, Father Alam	9/18/1981	Youssef, Deacon Naji	9/28/2008

SEPTEMBER

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 TONE 6 Church's New Year Father Simeon the Stylite - Synaxis of the Mother of God	2 GAL 4:28-31; 5:1-10 MK 6:54-56; 7:1-8 Martyr Mammas - John the Faster, Patriarch of Constantinople	3 GAL 5:11-21 MK 7:5-16 Hieromartyr Anthimos, Bishop of Nicomedia - Father Theoctistos	4 GAL 6:2-10 MK 7:14-24 Hieromartyr Babylas Bishop of Antioch - Prophet Moses	5 EPH 1:1-9 MK 7:24-30 Prophet Zachariah, father of the Forerunner	6 HEB 2:2-10 LK 10:16-21 The Miracle of Archangel Michael at Colossae	7 1 COR 2:6-9 MT 10:37-42; 11:1-2 Saturday Before the Holy Cross Forefeast of the nativity of the Mother of God - Martyr Sozon
8 ✠ TONE 7 Nativity of the Mother of God Sunday Before the Holy Cross	9 ✠ GAL 4:22-27 LK 8:16-21 Ancestors of Christ Joachim and Ann Martyr Severian	10 ✠ EPH 2:19-22; 3:1-7 MK 11:11-24 Martyrs Menodora, Metrodora and Nymphodora	11 ✠ EPH 3:8-21 MK 11:22-24 Mother Theodora of Alexandria	12 ✠ EPH 4:14-17 MK 11:27-33 Leave-taking of the Nativity of Mary Martyr Autonomus	13 HEB 3:1-6 JN 12:25-36 Dedication of the Basilica of the Resurrection Preparation of the Exaltation of the Cross	14 ✠ JN 12:28-36 1 COR 1:18-24 JN 19:6-11; 13-20; 25-35 Exaltation of the Cross
15 ✠ TONE 8 Sunday After the Holy Cross Martyr Nicetas	16 ✠ 2 COR 6:1-10 LK 7:36-50 Great-martyr Euphemia	17 ✠ EPH 5:20-25 LK 3:23-38; 4:1 Martyrs Sophia and of her daughters, Faith, Hope and Charity	18 ✠ EPH 5:25-33 LK 4:1-15 Father Eumenius, Bishop of Gortyna in Crete	19 ✠ EPH 5:33; 6:1-9 LK 4:16-22 Martyrs Trophimus, Sabbatius and Dorymedes	20 ✠ EPH 6:18-24 LK 4:22-30 Great-martyr Eustathius, his wife Theopista and their children Agapius and Theopista	21 ✠ 1 COR 1:26-31; 2:1; 5 JN 8:21-30 Saturday After the Holy Cross Leave-taking of the Exaltation of the Cross
22 TONE 1 First Sunday After the Holy Cross Hieromartyr Phocas	23 GAL 4:22-27 LK 4:38-44 Conception of the Forerunner	24 PHIL 1:8-14 LK 5:12-16 Protomartyr Thecla	25 PHIL 1:12-19 LK 5:33-39 Mother Euphrosyne	26 JN 21:14-25 (11) 1 JN 4:12-19 JN 19:25-27;21:24-25 The Repose of John, Apostle and Theologian	27 PHIL 1:27-30; 2:1-4 LK 6:17-23 Martyrs Callistratus and his companions	28 1 COR 15:58; 16:1-3 LK 5:17-26 Father Chariton the Confessor
29 TONE 2 Second Sunday After the Holy Cross Father Cyriakos the Anchorite	30 PHIL 2:12-16 LK 6:24-31 Hieromartyr Gregory, Bishop of Armenia					



FASTING – SOME OTHER DIMENSIONS

There are other dimensions and aspects to fasting we often do not consider.

Fasting can improve health. This is the most evident, even to those who never gave a thought to spiritual matters. Research is constantly done on the effects of frequency and types of food on physical and mental well being. Fasting has also been used to treat mental health illnesses.

Fasting can increase alertness and focus. Time and resources which are used for consumption can be redirected toward others and can be focused on transformation... Prayer, study, charity, renewal and work.

One anthropological aspect is that **fasting serves a sense of group identity.** We see this in the relation of Ramadan to Islam and “keeping kosher” to Judaism. British slang calls Roman Catholics “fish eaters.”

Traditional meals and foods transmit culture, history, and worldview. Communal identity is reinforced through common memory and striving. Fasting can be a reminder to consider our relationship with God at least four times or better a year, two days a week, and three times a day.

Fasting is preparation. Athletes change their eating patterns before contests. People diet to fit into that wedding dress or tuxedo. Fasting can reflect anxious expectation and anticipation.

Fasting is used to heighten a spiritual state. It

is a preparation to encounter the sublime. We can become vulnerable and realize we are not in control. There is a sense of expectation, preparation, looking forward... This is an icon of the entire Christian life.

Fasting is a training to be a witness, the actual meaning of the word “martyr.” It is preparation for harder and more difficult times.

Fasting can set a pattern for discipline and help to realign behavior patterns.

Note that these visible and invisible benefits do not usually take place unless the fasting is practiced for a period of time.

We make honest allowance for living circumstances, health, age, pregnancy etc. It is one thing to modify fasting due to circumstances yet quite another to disregard it because we are lazy or embarrassed. We support each other and never criticize those able to do more nor those able to do less. We never advertise fasting but should someone ask with a genuine desire to know, we can explain.

When in doubt we consult our spiritual father or mother so that our fasting is not self-willed and is grounded in humility.

When we fast we are not fulfilling laws but nurturing a relationship by a tried and true means given to us by those much wiser and more experienced. We cannot cheat God. What is minimal should not be our goal.

DECEASED CLERGY

Batal, BSO, Father Philip	10/17/1906	Mardelli, Father Maximos
Bechwate, BSO, Father Abraham	10/10/1923	King, Father James
Hallack, BCO, Father Andrew	10/09/1962	Riashi, BCO, Archbishop George
Hatoum, BCO, Father Dimitri	10/07/1986	Kolitsos, Father Andrew
Castañon, BSO, Father Ramon	10/31/1991	Ritchey, Deacon Seraphim
Ghattas, BSO, Bishop Ignatius	10/11/1992	

CLERGY ORDINATION

Rafidi, Deacon Fadi	10/02/2007	Shihadeh, Father Musil	10/19/2012
Beyrouti, Bishop François	10/04/1998	Saliba, BCO, Father Dimitri	10/22/2011
Fallouh, Father Paul Al Khouri	10/04/2014	Matta, Father Nassir	10/23/1978
Bagdasar, Deacon Edward	10/06/1996	Jebber, Deacon Dennis	10/24/2004
Sarkis, Deacon Elias	10/11/2009	Mobley, Deacon Michael	10/24/2010
Daratomy, Deacon Joseph	10/12/1975	Cheble, Father Michel	10/26/2002

OCTOBER

تشرين الأول

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Bishop François Beyrouti's Episcopal Ordination October 12, 2022		1 <small>HEB 9:1-7 LK 10:38-42; 11:27-28</small> Protection of the Mother of God Apostle Ananias - Romanos the Melodist	2 <small>PHIL 2:24-30 LK 6:46-49; 7:1</small> Hieromartyr Cyprian - Martyr Justina	3 <small>PHIL 3:1-8 LK 7:17-30</small> Hieromartyr Dionysios	4 <small>PHIL 3:8-19 LK 7:31-35</small> Hieromartyr Hierotheos, Bishop of Athens	5 <small>2 COR 1:8-11 LK 5:27-32</small> Martyr Charitina
6 <small>JN 20:19-31 (9) 1 COR 4:9-16 LK 7:11-16</small> Third Sunday After the Holy Cross Apostle Thomas	7 <small>PHIL 4:10-23 LK 7:36-50</small> Martyrs Sergius and Bacchus	8 <small>COL 1:1-11 LK 8:1-3</small> Mother Pelagia	9 <small>1 COR 4:9-16 MT 9:36-38; 10:1-8</small> Apostle James, son of Alphaeus Father Andronikos and His Wife Athanasia	10 <small>COL 1:24-29; 2:1 LK 9:7-11</small> Martyrs Eulampius and Eulampia	11 <small>COL 2:1-7 LK 9:12-18</small> Apostle Philip - Father Theophane, Bishop of Nicea	12 <small>2 COR 3:12-18 LK 6:1-10</small> Martyrs Probus, Tarachus and Andronicus
13 <small>JN 21:1-14 (10) TI 3:8-15 LK 8:5-15</small> Fathers of the Second Council of Nicea Great-Martyr Artemius	14 <small>COL 2:13-20 LK 9:18-22</small> Martyrs Nazarius, Gervasius, Protasius and Celsus - Father Cosmas the Poet, Bishop of Maiuma	15 <small>COL 2:20-23; 3:1-3 LK 9:23-27</small> Martyr Lucian, Priest of Antioch	16 <small>COL 3:17-25; 4:1 LK 9:44-50</small> Martyr Longinus the Centurion	17 <small>COL 4:2-9 LK 9:49-56</small> Prophet Hosea - Martyr Andrew of Crete	18 <small>COL 4:5-11; 14-18 LK 10:16-22</small> Apostle Luke the Evangelist Martyrs Marcian and Martyrius	19 <small>2 COR 5:1-10 LK 7:1-10</small> Prophet Joel - Martyr Varus
20 <small>JN 21:14-25 (11) GAL 6:11-18 LK 8:27-39</small> Sixth Sunday After the Holy Cross Great-Martyr Artemius	21 <small>1 THES 1:1-5 LK 10:22-24</small> Father Hilarion	22 <small>1 THES 1:6-10 LK 11:1-10</small> Abercius Bishop of Hieropolis - Seven Children martyred at Ephesus	23 <small>GAL 1:11-19 LK 11:9-13</small> Hieromartyr James, First Bishop of Jerusalem Great-martyr Arethas and his companions	24 <small>1 THES 2:9-14 LK 11:14-23</small> Great-martyr Arethas and his companions	25 <small>1 THES 2:14-20 LK 11:23-26</small> Martyrs Marcian and Martyrius	26 <small>LK 21:12-19 2 TIM 2:1-10 JN 15:17-27; 16:1-2</small> Great-martyr Demetrios The Great Earthquake
27 <small>MT 28:16-20 (1) EPH 2:4-10 LK 8:41-56</small> Seventh Sunday After the Holy Cross Martyr Nestor	28 <small>1 THES 2:20; 3:1-8 LK 11:29-33</small> Martyrs Terence and Neonila - Father Stephen the Sabaite	29 <small>1 THES 3:8-13 LK 11:34-41</small> Martyr Anastasia - Father Abramius	30 <small>1 THES 4:1-12 LK 11:42-46</small> Martyr Zenobius and his sister Zenobia	31 <small>1 THES 4:18; 5:1-10 LK 11:47-54; 12:1</small> Apostles Stachys, Apelles, Amplias, Urban, Aristobulus and Marcissus - Martyr Epimakius		



FASTING IN THE OLD TESTAMENT

In the opening pages of Genesis, almost immediately after giving man dominion over creation, God commands fasting. The fruit of the Tree of the Knowledge of Good and Evil is forbidden. Clean and unclean food is set out as a condition of relationship with Him. This is later exemplified by Daniel and his companions and the Maccabee Martyrs.

Fasting is a preparation for religious duty. Moses fasts 40 days and nights on Sinai while the people are commanded to fast as well (Exodus 38:28). Daniel fasts to know the will of God.

Fasting is an accompaniment and a manifestation of mourning. David mourns over Saul and his dying child.

Fasting is an act of atonement. Ahab fasts to avert the disaster predicted by Prophet Elias in 1 Kings. Nehemiah fasts over the sad condition of Jerusalem.

Fasting is a way to entreat a favor from God. We see this exemplified by Esther, Judith, Sarah.

Collective fasting often takes place in time of peril or misfortune (See Jeremiah 36:9 and 1 Maccabees 3:47). Fasting is a way to avert disaster. The King of Nineveh and his people and even their animals fast in response to the warnings of Jonah.

The kosher laws of Judaism embody qualitative fasting. But there is by and large no prescribed quantitative fasting except for the Day of Atonement and after the fall of Jerusalem in 585 BC. Four commemorative fast days are added during the year. Fasting was usually from sunrise to sunset.

“They fasted that day, put on sackcloth and sprinkled ashes on their heads, and rent their clothes” (1 Maccabees 3:47).

DECEASED CLERGY

Nahas, Father Peter	11/21/1926	Rasi, Father Richard
Abboud, BSO, Father Elias	11/22/1937	Dionne, Deacon Irenaeus
Hindy, Father John E.	11/18/1938	Dagher, BSO, Father George
Sawaya, BCO, Father Gerasimos	11/18/1949	Ghazal, BCO, Father Edmond
Abouzeid, BSO, Father Peter	11/26/1960	Burke, Deacon Thomas
Anid, Father Cyril	11/04/1968	Franquilla, Father Joseph
Shashaty, BSO, Father Raymond	11/15/1991	

CLERGY ORDINATION

Karout, Deacon George	11/02/1997	Fleshman, Deacon John	11/15/2009
Moses, Father Thomas	11/06/2021	Jajeh, Deacon Sami	11/18/2012
Parent, Father Basil	11/09/1986	Olt, Deacon Joseph	11/19/2006
Graham, Father James	11/13/1993	Thomas, Father Joseph	11/21/1971
Black, Deacon David	11/14/2004		

NOVEMBER

تشرين الثاني

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>1</div> <div>1 COR 12:27-31; 13:1-7 MT 10:1; 5-8</div> <div>Martyrs, Wonderworkers and Physicians Cosmas and Damian</div>	<div>2</div> <div>2 COR 11:1-6 LK 9:1-6</div> <div>Martyrs Akindinus, Pegasus, Aphtonius, Elpidophor and Anempodisius</div>
<div>3</div> <div>MK 16:1-8 (2) EPH 2:14-22 LK 16:19-31</div> <div>Fifth Sunday After the Holy Cross</div> <div>Martyrs Acepsimas, Joseph and Aeithalas - Dedication of the Church of the Great-Martyr George</div>	<div>4</div> <div>2 THES 1:1-10 LK 12:13-15; 22-31</div> <div>Father Joannicios the Great - Hieromartyr Nicander, Bishop of Myra - Hermeus, a priest</div>	<div>5</div> <div>2 THES 1:10-12; 2:1-2 LK 12:42-48</div> <div>Martyrs Galaction and his wife Episteme</div>	<div>6</div> <div>2 THES 2:1-12 LK 12:48-59</div> <div>Father Paul, Archbishop of Constantinople, Confessor</div>	<div>7</div> <div>2 THES 2:13-17; 3:1-5 LK 13:1-9</div> <div>Thirty-two Martyrs of Melitene - Father Lazarus the Wonderworker</div>	<div>8</div> <div>MT 18:10-20 HEB 2:2-10 LK 10:16-21</div> <div>Synaxis of the Archangels Michael and Gabriel and all the Heavenly Powers</div>	<div>9</div> <div>GAL 1:3-10 LK 9:37-43</div> <div>Martyrs Onesiphorus and Porphyry - Mother Matrona</div>
<div>10</div> <div>MK 16:9-20 (3) EPH 4:1-7 LK 10:25-37</div> <div>Eighth Sunday After the Holy Cross</div> <div>Apostles Olympus, Rhodion, Sosipater, Tertius, Erastes and Quartus - Martyr Orestes</div>	<div>11</div> <div>1 TIM 1:1-7 LK 12:1; 12-15</div> <div>Martyrs Menas, Victor, Vincent and Stephanida - Father Theodore the Studite</div>	<div>12</div> <div>1 TIM 1:8-14 LK 14:25-35</div> <div>Father John the Merciful - Father Nilus</div>	<div>13</div> <div>JN 10:1-9 HEB 7:26-28; 8:1-2 LK 15:1-10</div> <div>Father John Chrysostom, Archbishop of Constantinople</div>	<div>14</div> <div>ACTS 8:26-39 JN 1:43-51</div> <div>Apostle Philip</div>	<div>15</div> <div>1 TIM 4:4-8; 16 LK 16:15-18; 17:1-4</div> <div>Beginning of the Nativity Fast</div> <div>Martyrs Gourias, Samonas and Habib</div>	<div>16</div> <div>1 COR 4:9-16 MT 9:9-13</div> <div>Apostle Matthew the Evangelist</div>
<div>17</div> <div>LK 24:1-12 (4) EPH 5:8-19 LK 12:16-22</div> <div>Ninth Sunday After the Holy Cross</div> <div>Father Gregory the Wonderworker, Bishop of Neo-Caesarea</div>	<div>18</div> <div>1 TIM 5:1-12 LK 17:20-25</div> <div>Martyrs Plato and Romanos</div>	<div>19</div> <div>1 TIM 5:11-21 LK 17:26-36; 18:8</div> <div>Prophet Abadiah - Martyr Barlaam</div>	<div>20</div> <div>1 TIM 5:22-25; 6:1-11 LK 18:15-17; 26-30</div> <div>Preparation of the Feast of the Entrance</div> <div>Fathers Gregory the Decapolite - Proclus, Archbishop of Constantinople</div>	<div>21</div> <div>LK 1:39-49; 56 HEB 9:1-7 LK 10:38-42; 11:27-28</div> <div>Entrance of the Mother of God into the Temple</div>	<div>22</div> <div>2 TIM 1:1-2; 8:1-18 LK 19:12-28</div> <div>Apostles Philemon, Apphias, Archippus and Onesimus - Martyrs Cecilia, Valerian and Tiburtius</div>	<div>23</div> <div>GAL 5:22-26; 6:1-2 LK 10:19-21</div> <div>Fathers Gregory, Bishop of Agrigentium and Amphilochius, Bishop of Iconium</div>
<div>24</div> <div>LK 24:12-35 (5) EPH 6:10-17 LK 18:18-27</div> <div>Thirteenth Sunday After the Holy Cross</div> <div>Hieromartyrs Clement, Pope of Rome and Peter, Bishop of Alexandria</div>	<div>25</div> <div>MT 25:1-13 GAL 3:23-29; 4:1-5 MK 5:24-34</div> <div>Leave-taking of the Entrance of the Mother of God into the Temple</div> <div>Great-martyrs Catherine of Alexandria and Mercury</div>	<div>26</div> <div>2 TIM 3:16-17; 4:1-4 LK 19:45-48</div> <div>Fathers Alypius the Stylite and Nikon the Preacher of Penance</div>	<div>27</div> <div>2 TIM 4:9-22 LK 20:1-8</div> <div>Martyr James the Persian</div>	<div>28</div> <div>TI 1:5-14 LK 20:9-18</div> <div>Martyr Stephen the Latter and Irenarchus</div>	<div>29</div> <div>TI 1:15-16; 2:1-10 LK 20:19-26</div> <div>Martyrs Paramon and Philumenes</div>	<div>30</div> <div>MT 4:18-23 1 COR 4:9-16 JN 1:35-51</div> <div>Apostle Andrew, the First-called</div>



THE NATIVITY FAST

The Nativity Fast often seems to be the hardest to keep. As Americans we cram the shortening days and lengthening nights between Thanksgiving and Christmas with shopping and parties that have become social and business obligations more than expressions of fellowship and joy. And quite frankly there is nothing quite as dour or artificial as compulsory enforced merriment.

The Church calendar tells another tale. It reminds us, in the persons of numerous winter saints, that our Christian way of life will often be at odds with society around us. There are things considered normal that we do not do, not out of self-satisfied smugness or judgment but because we are called to be different and take our commitment to living the life in Christ seriously—but always with a joy that hatches from hope.

Our winter saints remind us that we often swim against the tide. St Barbara, the young and sheltered girl, who forsook life and privilege for Christ. She shares December 4 with St John the Damascene, a brilliant mind who gave up influence and power to be a priestmonk-poet in the desert of Judaea. We hear of Beloved Nicholas, compassionate and kind but fiercely just and orthodox; of Eleutherios, bishop at age 20 who protected the trafficked and the unborn; and of the aged bishop Spiridon, the almost-martyr who herded well his flocks, both animal and human.

Dark winter’s misty foreshadows foretell Good News about to dawn. Gideon’s Fleece, Isaiah’s Sign, and Daniel’s Unhewn Mountain.

Old Testament Prophets are remembered throughout December. On the two Sundays before Nativity: prophets, ancestors of the Lord, indeed all the righteous of the Old Testament are honored.

We see Daniel and his Three companions, Ananias, Azarias, and Misael, preserve their identity by fasting from entitlement, the rich forbidden food of the royal table. By fasting Daniel elucidates the king’s puzzlement and provides tools to order the empire and assuage the king’s anxiety.

The fasting of the Three Young Men further gave them power to resist idolatry. It was the expression of their conviction and hope that God is faithful to His promises. Because of that, conflagration became refreshment and the Son of God walked among them, and in the fulness of time, among us.

DECEASED CLERGY

Gebara, BSO, Father Ignatius	12/31/1928	Egan, Father William J.
Kayata, BSO, Father Beshara	12/17/1933	McCarthy, Deacon Michael Patrick
Sanky, Father Paul	12/05/1939	Skaﬀ, Father Elias
Roumie, BAO, Father Seraphim	12/12/1940	Weyrich, Deacon Paul
Zahar, BSO, Father Flavian	12/12/1945	Milienewicz, Father Frank
Jacopin, Father Armand	12/10/1971	Yany, Deacon George
Gedah, BSO, Father Raphael	12/29/1975	

CLERGY ORDINATION

Davis, Father Thomas	12/01/2019	Bsarany, Deacon Edward	12/06/1987
Shalhoub, Deacon Robert	12/02/1995	Basinski, Deacon Roland	12/06/1987
Mallick, Father Marcus	12/03/2005	Richardson, Deacon David	12/19/1990
Versage, Deacon Joseph	12/05/1982	Ghanoum, BSO, Father Gabriel	12/21/1993
Daaboul, Deacon Jamil	12/05/2021	Copenhagen, Father Michael	12/30/2015

DECEMBER

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 TONE 3 Fourteenth Sunday After the Holy Cross Prophet Nahum	2 HEB 3:5-11; 17-19 LK 20:27-44 Prophet Habakkuk	3 HEB 4:1-13 LK 21:12-19 Prophet Zephaniah	4 GAL 3:23-29; 4:1-5 MK 5:24-34 Great-martyr Barbara Father John the Damascene	5 LK 6:17-23 GAL 5:22-26; 6:1-2 MT 11:27-30 Father Sabas the Sanctified	6 JN 10:1-9 HEB 13:17-21 LK 6:17-23 Father Nicholas the Wonderworker	7 EPH 2:11-13 LK 13:19-29 Father Ambrose, Bishop of Milan
8 TONE 4 JN 20:1-10 (7) COL 3:12-16 LK 13:10-17 Tenth Sunday After the Holy Cross Father Patapios	9 LK 6:17-23 GAL 4:22-27 LK 8:16-21 Maternity of Ann Prophet Haggai	10 HEB 9:8-23 MK 8:22-26 Martyrs Mena, Hermogenes and Eucraphus	11 HEB 10:1-18 MK 8:30-34 Father Daniel the Stylite	12 JN 10:1-9 EPH 5:8-19 JN 10:9-16 Father Spiridon the Wonderworker	13 HEB 11:8-16 MK 9:32-40 Martyrs Eustrates, Auxentius, Eugene, Mardarius, Orestes and the Virgin Lucia	14 EPH 5:1-8 LK 14:1-11 Martyrs Thyrces, Leucius, Callinicus, Philemon and Apollonius
15 TONE 5 JN 20:11-18 (8) COL 3:4-11 LK 14:16-24 Sunday of the Forefathers Hieromartyr Eleutherius - Father Paul of Latra	16 HEB 11:17-31 MK 9:42-49; 10:1 Prophet Haggai	17 HEB 12:25-27; 13:22-25 MK 10:2-12 Prophet Daniel and Ananias, Azarias and Mizael	18 JAS 1:1-18 MK 10:11-16 Martyrs Sebastian and his companions	19 JAS 1:19-27 MK 10:17-27 Martyr Boniface	20 JAS 2:1-13 MK 10:24-32 Hieromartyr Ignatius the God-bearer	21 GAL 3:8-12 LK 13:19-29 Saturday Before the Nativity of our Lord Martyr Juliana of Nicomedia
22 TONE 6 JN 20:19-31 (9) HEB 11:9-10; 32-40 MT 1:1-25 Sunday Before the Nativity of our Lord - Genealogy Great-martyr Anastasia	23 JAS 2:14-26 MK 10:46-52 Ten Holy Martyrs of Crete	24 HEB 1:1-12 LK 2:1-20 Paramony of the Nativity Martyr Eugenia	25 ✠ MT 1:18-25 GAL 4:4-7 MT 2:1-12 Nativity of our Lord	26 ✠ HEB 10:19-31 MT 2:13-23 Synaxis of the Mother of God	27 ✠ ACTS 6:8-15; 7:1-5; 47-60 MT 21:33-42 Protomartyr Archdeacon Stephen Father Theodore the Confessor	28 ✠ 1 TIM 6:11-16 LK 19:1-10 Saturday After the Nativity of our Lord Martyrs burned in Nicomedia
29 ✠ TONE 7 JN 21:1-14 (10) GAL 1:11-19 MT 2:13-23 Sunday After the Nativity of our Lord Holy Joseph, James and David	30 ✠ 1 PT 2:21-25; 3:1-9 MK 12:18-27 Venerable Melany - Martyr Anysia	31 ✠ 1 COR 15:39-57 MK 12:28-37 Leave-taking of the Nativity of Our Lord				