

CHURCH OF THE VIRGIN MARY

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Daily Liturgy 9:30, Sunday Liturgy 11:00

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Fr. Antoine Rizk, BSO, Pastor
Deacon Naji Youssef
Deacon William Williamsen

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February 14, 2010. Cheese Fare Sunday.

Epistle: Romans 13: 11-14, 14: 1-4, p.1224.
Gospel Mt 6: 14-21, p.1017. Next Sunday's readings: Epistle: Hebrews 11: 24-26; 32-40; 12: 1-2. Gospel: John 1: 43-51.

THE DIVINE LITURGY is offered for

- ✦ George Kawas (40day)
- ✦ Jozian Seikali
- ✦ Renee Baghdadi

Great Lent begins tomorrow, Monday, February 15, 2010.

LENTEN PRAYERS SCHEDULE

Monday – The Great Compline, 7:30 PM
Wednesday – The Pre-sanctified, 7:30 PM
Friday – The Akathist, 8:00 PM

LENTEN BLESSINGS: In this Holy Season of Lent, every Friday, following the Akathist prayer, we will have a guest speaker.

February 19: Lenten Supper - John & Zaka Hechme

Speaker: Msgr. Guy Massie

February 26: Lenten Supper- Fraternity

March 5: Lenten Supper- Ladies Society

Speaker: Fr. John Cush

March 12: Lenten Supper

March 19: Lenten Supper- MAYA/NAMY

March 26: Lenten Supper-

PRE-NAMY: We will be meeting Monday, February 15th, at 5PM. All pre-teens are welcome!

PARISH COUNCIL: We will be meeting Tuesday, February 16th, at 8PM.

EL GRECO TRIP: Yesterday, The Social club organized a trip to view **THE ORIGINS OF EL GRECO: ICON PAINTING IN VENETIAN CRETE** exhibition. Those who attended enjoyed the magnificent exhibit as well as the social gathering that followed.

VALENTINE'S PARTY: Our young adults group, MAYA, held a Valentine's Day Party last night in the Church Hall. A DJ provided the music and a full course Italian Buffet was served. It was a fun way to share the evening with friends!

FUTURE LITURGIES: On **February 21st**, for George Hindy (30Years) and Santa Aronica; on **February 28th**, for Sleiman El-Achkar (1Year); on **March 7th**, for Stephanie Makhoul (40day); on **March 14th**, for Ajib Shabouk (3Years); on **March 21st**, for Joseph Seikali; on **May 9th**, for Thomas Muratore; on **May 16th**, for Shukrallah Darsi (5 Years).

COLLECTION: *For God loves a cheerful giver.*

The Rule of Benedict: Insight for the Ages.

“Lent is the time for trimming the soul and scrapping the sludge off a life turned slipshod. Lent is about taking stock of time, even religious time. Lent is about exercising the control that enables us to say no to ourselves so that when life turns hard of its own accord we have the stamina to yes to its twists and turns with faith and hope.... Lent is the time to make new efforts to be what we say we want to be.”

A Lenten Quote

No one should judge that he has greater perfection because he performs great penances and gives himself in excess Merit consists in the virtue of love alone, flavored with the light of true discretion, without which the soul is worth nothing.

~ St. Catherine of Sienna

Epistle Verses – Prokimenon

Reader: Sing praise to our God, sing praise! Sing praise to our King, sing praise!

All: Sing praise to our God, sing praise! Sing praise to our King, sing praise!

Reader: All you peoples clap your hands! Shout to God with cries of gladness.

All: Sing praise to our God, sing praise! Sing praise to our King, sing praise!

Troparion of the resurrection (4th tone)

The Women disciples of the Lord heard from the Angels the joyful news of the resurrection, and casting away the ancestral sentence, they announced with pride to the Apostles: Death is

vanquished, Christ God is risen! And has bestowed great mercy upon the world

Troparia of the Patron of the Church

In giving birth you have preserved your virginity and in falling asleep you did not forsake the world, O Mother of God. You have passed to life being the Mother of Life. Through your intercession, save our souls from death.

Kondakion of Cheese-fare (6th Tone)

O You who guide men toward wisdom, and give them intelligence and understanding, instructor of the ignorant and helper of the poor, strengthen and enlighten my heart, O Lord, give me word, O Word of the Father, for behold I will not refrain my lips from crying out to You: O merciful One, have mercy on me who have fallen.

A Lenten Reflection

- Give up complaining—focus on gratitude.
- Give up pessimism—become an optimist.
- Give up harsh judgments—think kindly thoughts.
- Give up worry—trust Divine Providence.
- Give up discouragement—be full of hope.
- Give up bitterness—turn to forgiveness.
- Give up hatred—return good for evil.
- Give up negativism—be positive.
- Give up anger—be more patient.
- Give up pettiness—become mature.
- Give up gloom—enjoy the beauty that is all around you.
- Give up jealousy—pray for trust.
- Give up gossiping—control your tongue.
- Give up sin—turn to virtue.
- Give up giving up—hang in there!