

Holy Transfiguration Melkite Greek-Catholic Church

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Rt. Rev. Joseph Francavilla, Pastor 703-734-9198 Rt. Rev. Charles Aboody 703-734-9198
Rev. Ephrem Handal 240-631-1318

Protodeacon David Baroody 703-729-6785 Deacon David Black 202 577 3235
Deacon Joseph Olt 301-663-3532

Website: www.holytransfiguration.org

Facebook: <https://www.facebook.com/HolyTransfigurationMelkiteMcLeanVA>

Church Services: Saturday-6:00 PM Vespers (Confessions available) Sunday-9:15 AM Orthros (Confessions available)
10:30 AM Divine Liturgy (Coffee Hour following)

March 5, 2017

H & S Lorrice Asher - Family
H & S Fernande Saba & Family - Deaconess
Alicia Rosov
H & S Tony Fakhouri & Family - Deaconess
Alicia Rosov
H & S Neva Farrah - Ronald & Mary Farrah
H & S Eliza Hamilton - Family
H & S Salim Kanakry Jr. - Family
H & S Christopher Kanakry - Family
H & S Paul Marquardt - Family
H & S Juliana Sauer- Costanzo Family
H & S Lorrice Shields - Family
H & S Madlene Zakhim - Marion Alany
+ Timothy O'Connell **MEMORIAL 2-year** -
Kirsten Wehle
+ Antoinette Fakhouri- Deaconess Alicia Rosov
+ Anne Gallagher - Family
+ Laurice Jagganathan - Family
+ Salim Kanakry - Family
+ Virginia Kfoury - Brenda Kfoury Eiland
+ Caynaan Saah- Family
+ Adel Saba - Raymond & Irene Husson
+ Reema Samaha - Family
+ George Tabash - Family

Schedule at a Glance

Sunday, Mar. 5	Sunday of Orthodoxy Sunday School/Orthros, 9:15 AM Divine Liturgy, 10:30 AM Coffee Hour
Monday, Mar. 6	Presanctified Liturgy, 7:30 PM
Tuesday, Mar. 7	Vespers, 7:30 PM
Wednesday, Mar. 8	Vespers, 7:30 PM
Thursday, Mar, 9	40 Martyrs (Oil & wine allowed) Presanctified Liturgy, 7:30 PM
Friday, Mar. 10	Akathist, 7:30 PM
Saturday, Mar. 11	Divine Liturgy, 7:30 PM
Sunday, Mar. 12	Saint Gregory Palamas Sunday School/Orthros, 9:15 AM Divine Liturgy, 10:30 AM Coffee Hour

FLOWERS for Akathist were donated by the Bseirani Family and by Brenda Kfoury in memory of Virginia Kfoury.

FLOWERS for the Feast of St. Theodore were donated by Dn. David & Linda Black in memory of Theodore Baroody

CONTRIBUTION STATEMENTS are now available, please send in your request to Sam Hondros at shondros@usptax.com

MARK YOUR CALENDARS!!! The parish clean-up day is scheduled for Saturday, April 1 after Divine Liturgy and lunch. To Volunteer, contact Deacon Joseph Olt or Frank Aleman.

THE IDEAL IS SET BEFORE US – The Holy Canons specify the following from sundown of Cheese-Fare Sunday to Holy Pascha:

ABSTINENCE of meat (including poultry), meat products, dairy products, fish, olive oil, and wine.

NO ABSTINENCE of shellfish, fruit, vegetables, vegetable products.

During this time, Orthodox Christians regulate both the amount of food they eat and the number of times they eat each day. In other words, no food should be eaten between meals and at mealtime only a small portion of food should be eaten.

On Saturdays and Sundays during the Great Lent the quantity and number of times food is eaten is not restricted and olive oil and wine may be taken.

SUNDAY SCHOOL A special thank you to everyone that helped with our program last week. We had an opportunity to learn many things that will help us prepare for Pascha.

In the hall, you will see a display about the Sunday School Lenten Charity Project. It is our hope that you will again assist us in this charity. It is because of your generosity that our Charity Projects are successful. Thank you in advance.

We are collecting bags of lunch items for those children who are not able to have a nourishing lunch on weekends. They receive meals at school but when they go home for the weekend, it is not uncommon that they do not get anything nourishing. In cooperation with Food for Others we are joining their P3 Power Pack Program to collect lunches for these children. They are distributed to the children on Fridays as they leave school. To help make this easy, we have prepared plastic bags with a list of items that are requested. Please take a bag or more and bring it back to the church when you have filled it. There is a sample bag in the hall and each plastic bag has an insert with a list of acceptable items. Thank you and may our Blessed Lord walk with you on your Path to Pascha.

GREAT LENT ADULT EDUCATION Lunch 'n Learn Series – The Education Committee is offering a series of Lenten Lunch 'n Learn talks during the first five Sundays of Great Lent. The talks will be

offered from 12:30-1:30 in the Parish Hall based on the following schedule:

- March 5- A Light from the East Over Antioch
- March 12 - St. Gregory Palamas and Eastern Christian Prayer
- March 19 - A Spirituality of the Cross and Great Week Services
- March 26 - The Path to Heaven - The Ladder of Divine Ascent
- April 2 - St. Mary of Egypt and Repentance

Please bring a Lenten dish to share if you are able. All of them are welcome.

If YOU ARE PLANNING to schedule a baptism within the next few months, then please come to the catechesis class on Saturday, March 18 at 4:30 PM. For more information or to sign up, please see Deaconess Melissa Olt in the hall during coffee hour.



Caught You Listening!

Gospel: John 1: 43-51

In today's gospel, several Israeli towns and regions are mentioned. Match the first column to the second (you may need to get out your Bible and re-read the Gospel).

Jesus decided to go here	Nazareth
Philip's hometown	Galilee
Where Jesus met Philip	Bethsaida
The city of Andrew & Peter	Galilee
Jesus' hometown	Bethsaida

IN YOUR CHARITY, please remember the following in your prayers: Donna Carlson, Anastasia Kalil, Nicholas Kotula, and Kelly Wolff.

This bulletin is sponsored by Nawal Hadeed for the health & salvation of her family.