

**Holy Transfiguration
Melkite Greek-Catholic Church**

8501 Lewinsville Road, McLean, VA 22102
703-734-9566

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 26, 2017

- H & S Reader Cyril, Holly, & Kayla Handal - Family
- H & S Ibrahim, Juwana, and Bashir Handal - Family
- H & S Nun Sophia
- H & S Elanor Fourtney- Sebastian Byrum
- H & S Eliza Hamilton - Family
- H & S Elizabeth & Lucy Ferraro - Eric & Monica Ortiz
- H & S Hope MacDonald- Deacon David & Linda Black
- H & S Insol Maximilian Park- Daniel & Susan Arico
- H & S Neva Farrah - Ronald & Mary Farrah
- + Nijmeh Handal **MEMORIAL** - Family
- + Ibrahim Handal- Family
- + Handal Family - Family
- + Adel Saba - John & Ghada Samaha
- + Anne Gallagher - Family
- + Antoinette Fakhouri- Phil & Mary Battey
- + Caynaan Saah- Family
- + Charles Klump - Family
- + George Tabash - Family
- + Laurice Jagganathan - Family
- + Margo Carlisle - Family
- + Reema Samaha - Family

Schedule at a Glance

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| Sunday, Mar. 26 | St. John Climacos
Sunday School/Orthros,
9:15 AM
Divine Liturgy, 10:30 AM |
| Monday, Mar. 27 | Presanctified Liturgy,
7:30 PM |
| Tuesday, Mar. 28 | Vespers, 7:30 PM |
| Wednesday, Mar. 29 | Presanctified Liturgy,
7:30 PM |
| Thursday, Mar. 30 | Great Kanon, 7:30 PM |
| Friday, Mar. 31 | Akathist, 7:30 PM |
| Saturday, April 1 | Divine Liturgy, 10:30 AM
Vespers, 6:00 PM |
| Sunday, April 2 | St. Mary of Egypt
Sunday School/Orthros,
9:15 PM
Divine Liturgy, 10:30 AM |

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.

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

THE YOUNG ADULTS all-night vigil for young women will take place on Friday, March 31st to Saturday April 1. For more information, please contact Kristen Berg at holytya@gmail.com

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 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 26 - The Path to Heaven - The Ladder of Divine Ascent
- April 2 - St. Mary of Egypt and Repentance

On April 2, there will be a meal of mercy offered, so lunch will be provided.

THE DEACON HELPER SCHEDULE through April is below:

- 4/2 Joseph Severino
- 4/9 John Khoury
- 4/16 Jack Nicola
- 4/23 Anthony Sauer
- 4/30 Joshua Sauer

Many extra liturgies take place in April, May, and June. Deacon Helpers for those liturgies will be appointed from among those present. If your son is not able to perform the duties of deacon helper on a particular Sunday, we will choose someone from the Children's Choir to take his place. Questions? sdorham@gmail.com

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



Caught You Listening!

Gospel: Mark 9: 17-31

Crack the code to find out what Jesus said boy's father, and what the boy's father said to Jesus.

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-Jesus

" (@%+{%2%; *%+: {5 1}@%+{%^." - Boy's Father

Hints:

! = A % = E (= I | = O 1 = U 5 = Y

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