

**Holy Transfiguration
Melkite Greek-Catholic Church**

8501 Lewinsville Road, McLean, VA 22102

Parish Office: 703-734-9566

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Livestream & Past Recordings: youtube.com/c/HolyTransfigurationMelkiteGreekCatholicChurch

Rt. Rev. Mark Melone: 703-734-9198 papamarcopastor@gmail.com

Rev. Ephrem Handal: 240-631-1318

Deacon David Black: 202-577-3235

Rev. Elias Dorham: 202-417-6145

Deacon Joseph Olt: 240-651-0103

Rev. David Baroody: 703-729-6785

Deacon Steven Rosenzweig: 530-848-3161

Rev. Peter Wingerter: 253-414-2610

H&S Presbyter David Baroody - Youth Group
 H&S Helena Berry- Severino Family
 H&S Julia Horman - Julie & David Carlson
 H&S Mariah Shea - Family
 H&S Troy Heagy - Brian Lohmann
 H&S Vera Mendoza- Severino family
 H&S Rita Melone - Family
 H&S Bridget & John Kidd - Family
 H&S Catherine & Clare Polis- Family
 H&S Doris Sears - Family
 H&S Edward Barbara- Family
 H&S Eileen Mary Jackson- Family
 H&S Eliza Hamilton - Family
 H&S Elizabeth Ashooh- Family
 H&S Gabe & Natalia Santiago - Family
 H&S George Abraham - Gangi Family
 H&S Ian DeWolf- Family
 H&S Jeanne Rosenbaum- Family
 H&S Joan Abraham - Gangi Family
 H&S Kristen Berg - Family
 H&S Mark Eschle - Family
 H&S Nicholas & Ruth Polis - Family
 H&S Paulette Shalhoub - Family
 H&S Rita and Eugene Rose - Hadeed & Hondros families
 H&S Ronald Farrah - Family
 H&S Ronald Hamrah - Family
 H&S Shaun Witte - Family
 H&S Stephen Brown - Joseph & Sheryl Gangi
 H&S Tyler Gregory - Parish Family
 H&S William Klimon- Family
 + Bishop David O'Connell
 + Mary Baroody - John & Frances Finney
 + Robert Mendoza - Severino family
 + Anne Gallagher - Family
 + Caynaan Saah - Family
 + Edward & Ruth Byrnes - Family
 + Frank DiMatteo - Gangi Family
 + George & Emily Alexandrou - Family

+ George Polis - Family
 + George Tabash - Family
 + Irene Starrs - Family
 + Kalil Wakim - Family
 + Neva Farrah - Family
 + Nicholas Polis - Family
 + Robert Shalhoub - Family
 + Roger Ashooh - Family
 + Scott Johnson - Family
 + Theodore & Mabel Farrah - Family
 + Trenton & Georgia Karalekas - Family
 + Sherry Witte - Family
 + Henry Murrad - Family

Schedule at a Glance

Sun, Feb. 26 **SUNDAY OF ORTHODOXY**
 Sunday School/Orthros, 9:15 AM
 Divine Liturgy, 10:30 AM
 Forgiveness Vespers, 6:30 PM

Mon. Feb. 27 Presanctified, 6:30 PM

Tue, Feb. 28 Vespers, 6:30 PM

Wed, Mar. 1 Presanctified, 6:30 PM

Thu, Mar. 2 Great Compline, 6:30 PM

Fri, Mar. 3 Akathist 2, 6:30 PM

Sat, Mar. 4 Divine Liturgy, 10:30 AM
 Great Vespers, 6:00 PM

Sun, Mar. 5 **SUNDAY OF St Gregory Palamas**
 Sunday School/Orthros, 9:15 AM
 Divine Liturgy, 10:30 AM

ANNUAL CHARITY LUNCHEON – March 12th is our annual Charity Luncheon. \$5.00 for adults, \$3.00 per child. No family pays more than \$20.00.

THE IDEAL IS SET BEFORE US – The Holy Canons specify the following from sundown of Cheesefare 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 mealtimes 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.

“Lent: A Family Affair!” - Marriage Enrichment - Saturday, March 18th, 4:00 - 5:30 . . . If you are married or preparing for marriage, you are invited to join us for light refreshments and conversation on navigating Lent and the other fast periods as a family. This event will be hosted by the Marriage Prep team and childcare will be provided. Please please please let us know by March 15th if you will attend so we may properly prepare.

Email marriage@holytransfiguration.org if you will attend.

Let our hearts and minds be united in prayer as we walk our Lenten journey together! The Ladies Guild invites all women of the parish to join us at the conclusion of all Lenten Akathist services as we gather around the icon of the Mother of God for a prayer reflection. **Most Holy Theotokos, save us!**

Planning on Marriage at Holy Transfiguration?

1. Please contact the rectory and arrange to meet with Father Mark at least six months before the planned date of the Rite of Crowning or the Blessing of the Marriage for counseling and direction.
2. Participation of the couple in Holy Transfiguration's two-month marriage preparation program is expected prior to the Rite of Crowning or the Blessing of a Marriage.

LIVESTREAM DURING GREAT LENT The following will be the streamed services during Great Lent and Great Week:

- *Through Great Lent* - All Wednesday and Friday services will be streamed, as well as Divine Liturgy for the Annunciation, the Great Canon of St. Andrew, and the Life of St. Mary of Egypt.
- *From Lazarus Saturday through Pascha* - All services will be streamed.

Shepherd’s Care Associated Charities 2023. To help those in need, the Shepherd’s Care Associated Charities of the Diocese of Newton is sponsoring this Lenten giving program to provide for the less fortunate. This year's proceeds will be given to alleviate the suffering of the victims of the recent earthquake in Turkey and Syria. Thank you for all you do to help the needy among us.

Divine Liturgy Acolyte Training - For men and young men over ten years of age interested in serving during the Divine Liturgy, the Subdeacons will hold a training in the Church's nave on March 5th and 26th at 12:15pm. Both sessions will cover the same material. If you are interested but cannot make one of the sessions, please don't hesitate to contact Subdeacon Eric Ortiz at ericmooreortiz@gmail.com to plan a time to cover the material. Even if you currently serve regularly, please plan on attending one of the sessions, as we will be covering new practices that will start soon.



Agape Meals
Signup



Coffee Hour
Signup