

## Holy Transfiguration Melkite Greek-Catholic Church

8501 Lewinsville Road, McLean, VA 22102

Parish Office: 703-734-9566

Parish Email: [office@holytransfiguration.org](mailto:office@holytransfiguration.org)

Livestream & Past Recordings: [youtube.com/c/HolyTransfigurationMelkiteGreekCatholicChurch](https://youtube.com/c/HolyTransfigurationMelkiteGreekCatholicChurch)

Rt. Rev. Mark Melone: 703-734-9198 [papamarcopastor@gmail.com](mailto: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 Ephraim Handal and the Handal family - HT Ladies Guild

H&S Dns. Melissa Olt and the Olt family - HT Ladies Guild

H&S Jennifer Carlson - Julie & David Carlson

H&S George Fahham - Julio Blas

H&S Burke Family - Don Twombly

H&S Knott Family - Don Twombly

H&S Hartzell Family - Wingerter Family

H&S Kirsten Johnson - Julie & David Carlson

H&S Don Shalhoub - Olt 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

+ Presbyter Roger

+ Mary Baroody - John & Frances Finney

+ Georgette Bittar- Julio Blas

+ Michael Burke - Don Twombly

+ Fuad Danfora - Family

+ Rashid Fahham - Julio Blas

+ Frank Knott - Don Twombly

+ Dan and Jessie Richey - Don Shalhoub

+ 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

### Schedule at a Glance

Sun, Mar. 12	<b>SUNDAY OF HOLY &amp; LIFE-GIVING CROSS</b> Sunday School/Orthros, 9:15 AM Divine Liturgy, 10:30 AM Annapolis Divine Liturgy, 3:00 PM
Mon. Mar. 13	Presanctified, 6:30 PM
Tue, Mar. 14	Vespers, 6:30 PM
Wed, Mar. 15	Presanctified, 6:30 PM
Thu, Mar. 16	Great Compline, 6:30 PM
Fri, Mar. 17	Akathist 4, 6:30 PM
Sat, Mar. 18	Divine Liturgy, 10:30 AM Great Vespers, 6:00 PM
Sun, Mar. 19	<b>SUNDAY OF SAINT JOHN CLIMACUS</b> Sunday School/Orthros, 9:15 AM Divine Liturgy, 10:30 AM

There will be a second collection today for the "Holy Land".

**LADIES GUILD** - The nominating committee would like to hear from you! All paid members are encouraged to consider running for one of the following positions for the 2023-2024 year: President, Vice-President, Treasurer, and Secretary - the deadline for submitting names is midnight March 19th.

**PARISH CLEANUP** – Thank you to everyone who helped make the parish cleanup a success. All your hard work has made the church beautiful.

**FLOWERS FOR PASCHA 2023** - In keeping with the custom of offering flowers for the living & reposed and having them remembered during Divine Liturgy, we encourage you to make a donation for the beautification of our church for Pascha. Pascha Flowers donation forms are available in the narthex; Emily Bickl can receive your donations (made out to Holy Transfiguration Church), or they can be mailed directly to "Holy

Transfiguration Church, **Attn: Emily Bickl**, 8501 Lewinsville Road, McLean, VA 22102."

Donation forms with names can be handed in, mailed, or emailed to [flowers@holytransfiguration.org](mailto:flowers@holytransfiguration.org), and must be received by Thursday 4/6.

**ARABIC CHIOR** - Come and join the Arabic choir. No language background needed. Everything is transliterated. We will be practicing both the Good Friday and Paschal hymns, Sundays at 12:15PM in the Sunday school classroom.

**Feast of the Annunciation Fish Luncheon** - Join us for this



special agape hosted by the Ladies Guild on Saturday, March 25th, following morning Divine Liturgy! We must hear from you by 3/19/23 if you plan to attend. Sign up today with the following link

([https://docs.google.com/forms/d/e/1FAIpQLSd6t4I1oLeMLLaLX4\\_G3\\_XC9dICATvN-nPXjyFw6cuNCbV52g/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSd6t4I1oLeMLLaLX4_G3_XC9dICATvN-nPXjyFw6cuNCbV52g/viewform?vc=0&c=0&w=1&flr=0)) , use the QR code, or email: [ladiesguildht@gmail.com](mailto:ladiesguildht@gmail.com).

**HOLY QURBAN** – Why offer Holy Qurban?

One of the many things that distinguish our Melkite Greek-Catholic tradition from that of the Latin Church is the use of leavened bread (made with yeast) in the Divine Liturgy. The Latin or Western Church uses unleavened bread (made without yeast) for its Eucharistic sacrifice. The reason for the distinction is quite ancient but suffices it to say we have received the custom from ancient times, and, happily, we do not change it.

The faithful are encouraged to make the Holy Qurban, offering it to God for the Divine Liturgy at church. This is an offer of the labor of our hands that God receives and returns transformed into His Body and Blood.

During the Lenten Season, it is our local custom at Holy Transfiguration to make small loaves available to the faithful for purchase to offer to the priest. Lists of names either of the living or the reposed accompany these loaves. The priest will excise from the loaf a small portion for each name remembered.

What becomes of the remainder of the loaf? It is brought to the Holy Table (Altar) and held over the Holy Gifts (Communion) to be blessed. It will be returned to those who offered it after the Divine Liturgy. This blessed bread is shared with family and friends the rest of the week as a continuation of participation in the Divine Liturgy. Uneaten leftovers are blessed and don't get thrown away. Instead, give it to God's creatures, the birds and other animals.

**Lenten Agape Meal** - THANK YOU to everyone who has signed up to provide a Lenten Agape meal. What a wonderful response from our community! Kitchen Use guidelines are posted in the kitchen - and please remember to clean the hall tables and take out the trash at the conclusion of your agape service.

**“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



Agape Meals  
Signup

This bulletin is sponsored by Tanya Attal for the Health and Salvation of Father David and Khourieh Cathy

know by March 15th if you will attend so we may properly prepare.

Email [marriage@holytransfiguration.org](mailto: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 26th at 12:15pm. If you are interested but cannot make this sessions, please don't hesitate to contact Subdeacon Eric Ortiz at [ericmooreortiz@gmail.com](mailto:ericmooreortiz@gmail.com) to plan a time to cover the material.

**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.



Coffee Hour  
Signup