

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 Colie and Wilkerson Families - Family
 H&S Tamara Grow - Michael Hajjar
 H&S Emad Sweidan - Sunday School
 H&S Rita Melone - Family
 H&S Bridget & John Kidd - Family
 H&S Catherine & Clare Polis - Family
 H&S Diakonissa Melissa Olt - 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 & Joan Abraham - Gangi Family
 H&S Ian DeWolf- Family
 H&S Jeanne Rosenbaum - 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 Ephrem Handal - **MEMORIAL** - Family
 +Presbyter Roger
 +Teresa Sgro - **MEMORIAL** - Reader Makarios
 +Mary Baroody- Marianne Murad
 +Frances Colie - Family
 +Henry Murad - Murad Family
 +Anne Gallagher - Family
 +Caynaan Saah - Family
 +Edward & Ruth Byrnes- 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. 19	SUNDAY OF SAINT JOHN CLIMACUS Sunday School/Orthros, 9:15 AM Divine Liturgy, 10:30 AM
Mon, Mar. 20	Presanctified, 6:30 PM
Tue, Mar. 21	Vespers, 6:30 PM
Wed, Mar. 22	Presanctified, 6:30 PM
Thu, Mar. 23	Great Compline, 6:30 PM
Fri, Mar. 24	Akathist 5, 6:30 PM
Sat, Mar. 25	Divine Liturgy – Holy Annunciation , 10:30 AM Great Vespers, 6:00 PM
Sun, Mar. 26	SUNDAY OF SAINT MARY OF EGYPT Sunday School/Orthros, 9:15 AM Divine Liturgy, 10:30 AM

PLEASE HELP US protect the children's materials in the hall classroom (Catechesis of the Good Shepherd). Recently items have been mishandled and damaged. These items are not toys but learning devices to, with supervision, teach the children. Please instruct AND GUIDE children to not enter outside of supervised class times. Thank you! Sunday School.

PALM SUNDAY: ARABIC SWEETS for SALE (One day only!)

Also: Volunteers are Needed to Bake, Pack and Sell Sweets

The Ladies Guild will have a limited supply of delicious Arabic Sweets (Date, Walnut and Pistachio Mamoul and Ghraybeh O's) for sale on Palm Sunday (April 2nd) after Divine Liturgy (11:45am – 1pm). Please note that these sweets will be sold ONLY on Palm Sunday. Although they are meant for your Pascha feast (because they contain butter so are not considered "Lenten"), we will not sell them on Pascha.

To make this event "happen," volunteers are needed on three days:

- Thurs. Mar. 23 (9:30am – 3:30pm) to make Date Mamoul;
- Thurs. Mar. 30 (9:30am – 1:30pm) to pack Date Mamoul and other previously made Sweets
- Sun. Apr. 2 (11:45am – 1pm) to sell packed Sweets in the Church Hall.

To sign up to help, go to <https://www.signupgenius.com/go/8050A4DA5A62C7-2022> or email Lani Kanakry at kanakry@cox.net.

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.

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, and must be received by Thursday 4/6.

ARABIC CHOR - 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 today, 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), use the QR code, or email: ladiesguildht@gmail.com.

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.



Agape Meals
Signup

This bulletin is sponsored by the Attal family for the Health and Salvation of Fr David and Kh Cathy

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 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