

Holy Transfiguration Melkite Greek-Catholic Church

8501 Lewinsville Road, McLean, VA 22102

Parish Office: 703-734-9566

Parish Email: office@holytransfiguration.org

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

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

Rev. David Baroody: 703-795-3304
abounadavidbaroody@outlook.com

Deacon David Black: 202-577-3235

Deacon Joseph Olt: 240-651-0103

Deacon Steven Rosenzweig: 530-848-3161

Newly Illumined Handmaiden of God, Elysia Delphine
Benedicto

H&S Presbyter David Baroody - Ladies Guild
H&S Schauder family, who offers the Holy Qurban
H&S Jane Horte **BIRTHDAY** - Craig Horte
H&S John Russell Brumley - Deacon Joseph &
Diakonissa Melissa

H&S Ray Compton - Brian Lohmann

H&S Tamara Grow - Michael Hajjar

H&S Nicholas Haddad - Family

H&S Lucia Severino - Family

H&S Rita Melone - Family

H&S Kristen Berg - Family

H&S John Skliras - Hondros family

H&S Miles Hamilton - Family

H&S Mary Baptiste – Thomas Baptiste

H&S Vic & Kathleen Lohman - Brian Lohman

H&S George & Joan Abraham - Family

H&S Michael & Antoinette Hosh – Hosh family

+Khouriyeh Judy Handal - Family

+Luke Condit - Brian Lohmann

+Abraham & Nasrine Koory - Family

+Thomas Murphy - Michael Hajjar

+Adele Sawaya - Family

+Malvina Sawaya - Family

+Cheryl Speed - Brian Lohmann

+Edward Thomsen - Robbie Salem

+Florence Trotta - Family

+Sherry Ann Witte- Deacon Joseph & Diakonissa
Melissa

+Reema Samaha – Samaha family

+Georgette Samaha – Samaha family

+Souheil Samaha – Samaha family

+Anne Gallagher - Family

+Caynaan Saah - Family

+Kalil Wakim- Family

+Mary Baroody- Family

+Kristina DiGregori - Family

Schedule at a Glance

Sun. Feb. 11	Cheesefare Sunday Sunday School/Baptism, 9:15 AM Divine Liturgy, 10:30 AM Divine Liturgy, 10:30 AM (Annapolis) Forgiveness Vespers, 6:30 PM
Mon. Feb. 12	Presanctified Liturgy, 6:30 PM
Tues. Feb. 13	Vespers, 6:30 PM
Wed. Feb. 14	Presanctified Liturgy, 6:30 PM
Thurs. Feb. 15	Great Compline, 6:30 PM
Fri. Feb. 16	Akathist 1, 6:30 PM
Sat. Feb. 17	Divine Liturgy, 10:30 AM Vespers, 6:00 PM
Sun. Feb. 18	Orthodoxy Sunday Sunday School/Orthros, 9:15 AM Divine Liturgy, 10:30 AM

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.

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!*

LENTEN SIXTH HOUR The bookstore has printed booklets containing the Lenten Sixth Hour, which is traditionally prayed at noon. The Lenten Sixth Hour contains prayers, an Old Testament reading, and other propers for each weekday. The booklets will be available following the Divine Liturgy FOR FREE at the table in the narthex. Please, only take one per adult in the family. And at the end of the potluck, if there are still copies available, feel free to take as many as you'd like.

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

- First week of Great Lent - All Lenten services will be streamed.
- Through Great Lent - All Wednesday and Friday services will be streamed, plus the Great Canon of St. Andrew.
- From Lazarus Saturday through Pascha - All services will be streamed.

ICON & BOOKSTORE At long last, the Publicans Prayer Book is back in stock in our bookstore! This book is a great resource to enrich your home prayer life. We have also put out a display table with a selection of Lenten books.

IT'S TAX TIME AGAIN, and for those individuals that need a tax letter from Holy Transfiguration, a letter is needed for any contribution of \$250 or more. For those so inclined to understand this part of the tax code, please go to IRS.GOV and query "Topic no. 506, Charitable contributions". Send your request via email to: accounting@holytransfiguration.org Please add your physical address as that is needed for your Contribution Letter.

CONCERNING CONFESSION – Confessions are not available during The Introductory Psalm of Vespers, the Hexapsalm of Orthros, and during any reading from Scripture or homily at any Divine Service, and at Divine Liturgy once the Entrance with the Gospel Book takes place. Please feel free to make arrangements with any of the priests for confession or spiritual counseling at another time.

A REMINDER When in Church, we are in the presence of the Lord of All, a Place of Awe. We dress and act appropriately. Avoid idle chatter. Please silence cellphones. No recording or photography is allowed without the express permission of the priest. No snacks or drink in church. Modest, appropriate, respectful attire is the norm. Shorts are not appropriate for adults.

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.
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.



This bulletin is sponsored by anonymous.

