

**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
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Rev. David Baroody: 703-795-3304
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Deacon David Black: 202-577-3235

Deacon Joseph Olt: 240-651-0103

Deacon Steven Rosenzweig: 530-848-3161

H&S Presbyter David Baroody – Ladies Guild
H&S Carole Miller – Ladies Guild
H&S Abdullah Bashir Bseirani - Family
H&S Lee Misleh - Family
H&S Nils Parker - Emika Burke
H&S Rita Rose - Sylvia & Sam Hondros
H&S Thomas Severino - Family
H&S Tristram Carlisle - Family
H&S Rita Melone - Family
H&S Kristen Berg - Family
H&S John Skliras - Hondros family
H&S Miles Hamilton - Family
H&S Vic & Kathleen Lohman - Brian Lohman
H&S George & Joan Abraham - Family
+Derar Ayoub - Sylvia & Sam Hondros
+Theodore Baroody - Family
+Thomas Murphy - Michael Hajjar
+Shizuko Reich- Emika Burke
+Eugene Rose - Sylvia & Sam Hondros
+John A. Samaha, Sr. - Family
+Anne Gallagher - Family
+Caynaan Saah - Family
+Kalil Wakim- Family
+Mary Baroody- Family
+Kristina DiGregori - Family
+George Tabash - Family

Schedule at a Glance

Sun. Feb. 18 **Orthodoxy Sunday**
 Sunday School/Orthros, 9:15 AM
 Divine Liturgy, 10:30 AM
Mon. Feb. 19 Presanctified Liturgy, 6:30 PM
Tue. Feb. 20 Vespers, 6:30 PM
Wed. Feb. 21 Presanctified Liturgy, 6:30 PM
Thurs. Feb. 22 Great Compline, 6:30 PM
Fri. Feb. 23 Akathist 2, 6:30 PM
Sat. Feb. 24 Divine Liturgy, 10:30 AM
 Vespers, 6:00 PM
Sun. Feb. 25 **St. Gregory Palamas**
 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!*

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.

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- From Lazarus Saturday through Pascha - All services will be streamed.

ANNUAL POTATO KIBBEH CHARITY LUNCHEON – March 3rd is our annual Charity Luncheon. 6.00 for adults, \$4.00 per child. No family pays more than \$25.00. RSVP is required by February 25 to ensure that the correct amount of food is prepared. A sign-up sheet is in the hall.

- 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.

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.

