



St. John Chrysostom Melkite Catholic Church



A Parish Community of the Eparchy of Newton

Sunday, February 11, 2024

Sunday of Cheese-Fare

الاحد، 11 شباط 2024

أحد مرفع الجبن

SATURDAY: GREAT VESPERS (6pm) – CONFESSIONS (5:30-6pm)

SUNDAY: ORTHROS (9:45AM) - DIVINE LITURGY (10:30am) – CONFESSIONS (9:30AM)

Followed by Coffee Hour Fellowship in the Church Hall

WELCOME VISITORS! Please register on Flocknote to receive e-mails/texts and join us in the Church Hall. If you would like a tour or discussion about the Melkite Church, please let Fr. Elias know so that one can be arranged after coffee hour. Interested in being a catechumen or parishioner? Please send an email to contact@stjohnmelkite.org.



COMMUNION: If you are unable to make Divine Liturgy due to health reasons, and you would like to receive the Holy Eucharist, please e-mail contact@stjohnmelkite.org by Saturday so that clergy may visit you with Communion.

COMMEMORATIONS: Send a commemoration request to contact@stjohnmelkite.org for a family member, friend, or colleague such as: (a) Repose of their soul, (b) health and wellness, (c) commemorate a special event in their life.

BLESSINGS: Father Elias is ready to bless your house! To schedule yours, please e-mail pastor@stjohnmelkite.org.

----- DIVINE LITURGY COMMEMORATIONS -----

HEALTH & SALVATION

Fr. Tom Flynn, Requested by the St. John Chrysostom Parish Community
Lauren Makhlouf, Requested by the St. John Chrysostom Parish Community
Rony Kashou, Requested by the Kashou Family

REPOSE IN THE HEAVENLY KINGDOM

+Samira Jajeh, Requested by St. John Chrysostom Parish Community
+America La Torre de Hernandez, Requested by Deacon Elie, Kh. Dzovag Hanna and Family
+Teresa Nader, 1 year anniversary, Requested by her daughter Janice Peterson

----- UPCOMING AND IMPORTANT EVENTS -----

SUN, FEB 11TH – SUNDAY OF CHEESE FARE/FORGIVENESS SUNDAY/BEGINNING OF GREAT LENT

- General Assembly with lunch
- Forgiveness Vespers immediately following the General Assembly

WED, FEB 14TH – 7 PM PRE-SANCTIFIED LITURGY

FRI, FEB 16TH – 7 PM AKATHIST FOLLOWED BY COMMUNITY MEAL

SAT, FEB 17TH – 6 PM GREAT VESPERS/CONFESSIONS (5:30 PM)

SUN, FEB 18TH – FIRST SUNDAY OF LENT – SUNDAY OF ORTHODOXY

- Bring your icons for the procession at the end of Orthros

WED, FEB 21ST – 7 PM PRE-SANCTIFIED LITURGY

FRI, FEB 23RD – 7 PM AKATHIST FOLLOWED BY COMMUNITY MEAL

SUN, FEB 25TH – SECOND SUNDAY OF LENT – HOLY RELICS AND GREGORY PALAMAS

SUN, MAR 3RD – THIRD SUNDAY OF LENT – SUNDAY OF THE HOLY CROSS

- Bring your crosses for the procession at the end of Orthros

FRI, MAR 8TH – 7 PM AKATHIST FOLLOWED BY COMMUNITY MEAL

SAT, MAR 9TH – SATURDAY OF THE DEAD – DIVINE LITURGY

SUN, MAR 10TH – FOURTH SUNDAY OF LENT – SUNDAY OF OUR FATHER JOHN CLIMACUS

- Memorial Service for +Samira Jajeh, followed by Mercy Meal



----- PARISH LIFE UPDATE -----

ADULT CATECHISM: We will be offering an online Adult Catechism class on Thursdays during Great Lent. We will begin on **Thursday, February 15th, with the Light for Life Series Part One: The Mystery Believed.** This volume sketches out the mystery of the God who loves us and reveals Himself to us. The Light for Life Series, commissioned by the Eastern Catholic Bishops of the United States, is an overview of the faith, worship, and spiritual life of the Eastern Church. Drawing on various aspects of Holy Tradition, Light for Life expresses the historical proclamation of the Gospel. We will pause for Holy Week and Great and Glorious Pascha, and resume after Bright Week. Books are available at the book table in the parish hall.

SJC YOUNG ADULT LENTEN BIBLE STUDY: The SJC Young Adults group will begin a weekly online Lenten Bible study on **Tuesdays at 8:00 PM, beginning on February 13th.** As modern Christians, an exploration of the various covenants of the Old Testament can provide a deeper appreciation of our own baptism and prepare us spiritually for a more fruitful celebration of Glorious Pascha (Easter). This interactive study will explore the Old Testament through the lens of the "big picture" of salvation history, with an emphasis on the Old Testament Covenants and their ultimate fulfillment in the New Testament through Christ.

YOUTH ACTIVITIES FOR GREAT LENT: This year we are inviting our youth to assist with certain Holy Week services. We are looking for young men (13-17) to serve as youth Epistle Readers at the anointing service on Holy Wednesday, and young ladies (5-12) to serve as Myrrh Bearers at the Lamentations Service on Great and Holy Friday. Please be on the lookout for a sign-up sheet for each.

A LENTEN DATE NIGHT FOR MARRIED COUPLES – SAVE THE DATE - Please join Father Elias and Kh. Sylvia for Vespers and a Lenten date night on **Saturday, February 17th.** After Vespers we will meet in the hall for a Lenten supper as well as a fun and entertaining discussion of Dr. John Gottman's "4 Horsemen," a common set of behaviors that often ride into marriages and wreak havoc. Invite another couple and make it a double date. Stay tuned for more details.



SJC YOUNG ADULTS and SJC MEN'S GROUP: If you are interested in participating in either of our newly formed SJC Young Adults Group or SJC Men's Group, please add yourself to the SJC Young Adults and/or SJC Men's Group Flocknote Groups.

WOMEN DISCIPLES OF THE LORD: You are cordially invited to join Kh. Sylvia and women throughout the Eparchy as we continue the time-honored tradition of reading through the Psalter during the season of Great Lent. We will be using the book, "Songs of Praise" by S. Leontaritis to guide us and provide additional material for reflection. Copies of the book will be available for purchase in the bookstore. We would love to have you join us for this beautiful Lenten discipline. Scan the QR Code to sign up.



MID-DAY FOR MOMS! If you would like to receive correspondence and notifications of future events, please join the Mid-day Moms' Flocknote Group. We look forward to hosting this event again on Wednesday, February 21st, from 10 AM - 1 PM.

----- WEEKDAY GREAT LENT SCHEDULE AND READINGS -----

Weekday Lenten Services: WED – Pre-sanctified Liturgy (7pm) and FRI – Akathist followed by community supper – 7PM

Weekday Daily Lenten Scripture Readings: During Great Lent it is the custom on weekdays to read from Genesis and Proverbs during the daily evening services, and from the Prophet Isaiah at the 6th hour. You can find these readings listed in your Melkite calendar, or at <http://melkite.org>, and follow along on your own each day. This is one way to journey together with the Church as we make our way to Pascha.

----- HOLY WEEK SCHEDULE -----

- SAT, MAR 23RD – 10:30AM - LAZARUS SATURDAY, followed by a pancake lunch and various youth activities.
- SUN, MAR 24TH – PALM SUNDAY – SUNDAY ORTHROS AND DIVINE LITURGY, followed by Bake Sale and Luncheon
2:30PM - VESPERS for ANNUNCIATION OF THE MOST HOLY THEOTOKOS immediately following
- MON, MAR 25TH – 7:00PM - DIVINE LITURGY FOR THE ANNUNCIATION OF THE MOST HOLY THEOTOKOS
- TUES, MAR 26TH – 7:00PM - HOLY TUESDAY - BRIDEGROOM SERVICE
- WED, MAR 27TH – 7:00PM - GREAT AND HOLY WEDNESDAY - ANOINTING SERVICE
- THURS, MAR 28TH – 10:30AM - GREAT AND HOLY THURSDAY DIVINE LITURGY
7:00PM - CRUCIFIXION SERVICE (SERVICE OF THE 12 GOSPELS)
- FRI, MAR 29TH – 6:00PM - GREAT AND HOLY FRIDAY – DESCENT FROM THE CROSS
7:00PM - EPITAPHIOS SERVICE (LAMENTATIONS)
- SAT, MAR 30TH – 10:30AM - GREAT AND HOLY SATURDAY LITURGY OF THE LIGHT
8:00PM - HAJMEH/DIVINE LITURGY

----- LENTEN FAST – THE IDEAL IS SET BEFORE US -----

The tradition of the Eastern Church during Great Lent is as follows 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, Eastern 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. If you have any questions, please don't hesitate to contact Father or one of the Deacons.

----- CEDAR CLUB OF ATLANTA FOUNDATION SCHOLARSHIPS -----

ATTENTION HIGH SCHOOL GRADUATING SENIORS: The Cedar Club of Atlanta Foundation will be awarding up to \$1,500 in scholarship(s) to a graduating senior(s) from St. Elias Antiochian Orthodox church, St. John Melkite church, and/or St. Joseph Maronite church. Applicants must have attended one of the above churches for the past 3 years to qualify and need not be of Arabic descent. This scholarship will be awarded based on academics.

The Sarina Shadeed Scholarship is \$1,000 and will be awarded based on an essay, written by the applicant, about overcoming adversity in their life. Applicant must be a member of one of the above churches or a member of the Cedar Club of Atlanta.

Complete applications must be received no later than April 15th, 2024. Please contact Sandra Salem, Cedar Club of Atlanta Foundation, Scholarship Director, at sasalem1118@gmail.com for more information. The link to access both scholarships is: [2024 Cedar Club Scholarship Application](#).

----- CHURCH FINANCIALS -----

2023 REPORTING AND GIVING PATTERNS: Please consider revising your annual giving plan or starting one if you have not already. Our finance committee has identified a few challenges that have impacted the long-term health of our parish community that include inconsistent giving, a mismatch between increased giving and inflation, and fewer new members. Please review the giving patterns for 2023 to best plan for your tithing in 2024. Thank you for your consideration.

ANNUAL GIVING BY HOUSEHOLD

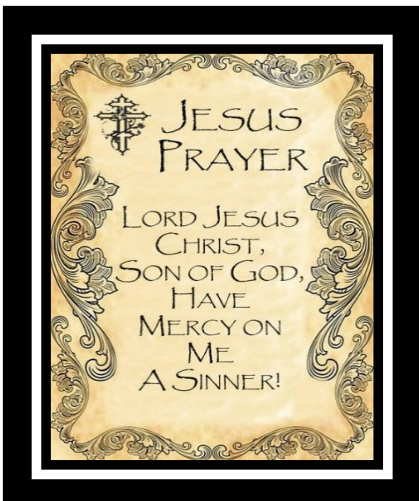
- \$7,500 - 10,000: Three (3) parishioner families
- \$5,000 – 7,500: One (1) parishioner family
- \$2,500 – 5,000: Eleven (11) parishioner families
- \$1,000 – 2,500: Seventeen (17) parishioner families
- \$500 – 1,000: Twenty-one (21) parishioner families
- \$250 - 500: Eight (8) parishioner families
- < \$250: Forty-seven (47) visitors, friends, and parishioners

2023-24 FINANCIALS: (MONTHLY - JAN 2024 and JAN-DEC 2023):

| | | |
|----------------|--------------------------|---------------------------------------------------------------------------------------------------|
| *Total Income: | \$13,320 (O.C. \$10,120) | \$164,094 (O.C. \$114,896) |
| **Expenses: | \$26,435 | \$295,775 |
| Net Income: | (\$13,115) | (\$131,681) * O.C. – Ordinary Collections, ** JAN 24 RENOVATION & MAINT. EXPENSES: \$9,357 |

----- PRAYER IS A WAY OF LIFE -----

COMMEMORATIONS: Send a commemoration request to contact@stjohnmelkite.org for a family member, friend, or colleague such as: (a) Repose of their soul, (b) health and wellness, (c) commemorate a special event in their life.



PRAYER LINE: Please keep in your prayers...

Fr. Tom Flynn Lauren Makhlof Serene Kadadu
 Julian and Nadia Muhanna Deacon Sami and Family

Those looking for employment Those preparing for marriage
 Victims of natural disasters The homeless and poor
 Areas of War and Violence, Including Holy Land, Ukraine, Syria, Lebanon

May the Divine Physician of our souls and bodies extend His healing hand over His servants and handmaids.

For those in need of prayer and to keep us up to date on everyone's condition, please share at contact@stjohnmelkite.org.

February Birthdays & Anniversaries



Note: We apologize IN ADVANCE for anyone who is missing or any information which is mistaken. Please send corrections to contact@stjohnmelkite.org so we can update our database.

BIRTHDAYS

| | |
|----------------|-------------------|
| Mervat Joudh | Thomas Atalla |
| Fr. John Azar | Nina Curry |
| Jaime Diaz | William Maakaroun |
| Mark Madanat | Vic Maloof |
| Ghada Nabhan | Maya Nabhan |
| Camille Nassar | Paul Peterson |
| Jonathan Pharo | Scott Schreiber |
| Mayy Wehbeh | |

ANNIVERSARIES

Mr. & Mrs. Zahi and Suely Elias
Dr. & Mrs. Shajih and Ghada Muhanna
Mr. & Mrs. Greg and Patty Pharo

1428 Ponce de Leon Ave NE, Atlanta, Georgia 30307, Office:
(404) 373-9522, Fax: (404) 373-9755,
Email: contact@stjohnmelkite.org
Web: stjohnmelkite.org • FB: [facebook.com/StJohnMelkite](https://www.facebook.com/StJohnMelkite) •
YouTube: www.youtube.com/@StJohnMelkite
FlockNote: <https://stjohnmelkiteatl.flocknote.com/register>

Parish Clergy and Staff

Rev. Elias Dorham, Pastor
pastor@stjohnmelkite.org

Rev. Deacon Sami Jajeh, Administrator and Finance Chair
deaconsami@stjohnmelkite.org

Rev. Deacon Elie Hanna, Administrator and PAC Chair
deaconelie@stjohnmelkite.org

Church Hall - Jerome Hagley (jerome.hagley@gmail.com)

--- DONATIONS ---

All checks should be made to "St. John Chrysostom Melkite Church" except for diocesan collections, made out to "Eparchy of Newton." Identify in memo field purpose of any Zelle donation given at donate@stjohnmelkite.org. You may give via Flocknote. Register or update registration via QR code.



--- VICTIM ASSISTANCE COORDINATOR ---

To report sexual abuse by clergy, parish personnel or volunteers of the Eparchy of Newton, please call the Victim Assistance Coordinator at 1-800-479-5910.

--- OUR LENTEN JOURNEY BEGINS ---

Great Lent begins at sundown this Sunday, February 11th. As a spiritual challenge, Lent requires a response, a decision, a plan and a continuous effort. Below are some thoughts excerpted from Fr. Alexander Schmemmann's Book "Great Lent" to help us in this regard:

Forgiveness Vespers

We will celebrate the service of Forgiveness Vespers after our General Assembly this Sunday. For our community, this annual spiritual event marks the start of our common journey. This is a beautiful part of our tradition that we should all try to attend if we can. It allows us to begin our 40-day journey with a spirit of forgiveness towards others in our heart.

Lenten Services

It is unlikely for anyone to attend all the Lenten services, but attending some of them may be possible. Part of our planning can be around which weekday evening Lenten liturgies to attend, as our personal circumstances allow. For those of us able to attend, we will find spiritual inspiration to help us along our Lenten journey.

Fasting and Prayer

Some of us may not take fasting very seriously, while others may focus on keeping all the rules just right. Neither approach is spiritually helpful. It is more important to understand the spiritual goals of Lent, and apply them to our own lives. **Ultimately fasting means to be hungry.** Our hunger during the fast is first and foremost a hunger for God, and a reminder of our dependence on Him. Fasting is meant to be accompanied by our prayer and concentration on God. Fasting without prayer is meaningless and even dangerous.

We all have different abilities and circumstances. It is better and safer to begin with a minimum effort and build on that as opposed to taking on more than we can do. Fasting is meant to challenge us, but challenges in the spiritual life can help our faith to grow. We may be tempted and even give in, but that is part of the journey. The important thing is to keep trying. Each time we choose to continue the Lenten struggle in spite of our failures, we grow in the virtue of patience.

A Lenten Lifestyle

Aside from Lenten services, fasting and prayer, our whole way of life during Great Lent should line up with the spiritual goals of Lent: deepening, renewing and transforming our faith. At home we can do what we can to introduce an atmosphere of greater silence by cutting down on social media, entertainment (streaming, music, video games), and smartphone usage. We don't have to eliminate these things all together but we want to try to break our addiction to them. We should consider filling the silence with prayer to feed our souls, and good reading to feed our intellect. Outside the home, we can look for the opportunity to engage with others at a deeper level. Finally, we can choose to control our speech, as we allow the growth of interior silence to spill over into the world around us.