



ST. MARY & ST. VERENA

COPTIC ORTHODOX CHURCH



THE MISSION
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HOLY SEASON OF LENT



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Yorba Linda, Ca. 92886

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*Diocese of Los Angeles,
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THE MISSION

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published by

**St. Mary & St. Verena
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Served by

Fr. Joseph Boules
Fr. Andrew Hanna
Archden. Jacob Abdelmalak

Mailing Address

PO Box 2035
Yorba Linda, CA 92885

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REGULAR WEEKLY SCHEDULE

Saturdays:

5:30 - 6:30 PM	Beginners & Advanced Hymns Classes
5:30 - 6:30 PM	Servants Meeting
5:30 - 7:30 PM	Deacons School
6:30 - 7:30 PM	Church School: PreK-HS
6:30 - 7:30 PM	Adult Bible Study Meetings
7:30 - 8:00 PM	Vespers
8:00 - 10:00 PM	Midnight Praise
8:00 - Open	Confessions

Sunday:

8:00 - 11:30 AM	Divine Liturgy
11:15 - 11:45 AM	Children's Hymns Class
11:30 - 12:30 PM	Agape/Fellowship Hour
11:30 - 12:30 PM	College & Grads Meeting
11:30 - 12:30 PM	Young Professionals & Young Families Meeting
11:30 - 12:30 PM	Pre-Servants Meeting

Wednesday:

8:30 - 10:30 AM	Divine Liturgy
10:30 - 12:30 PM	Seniors' Meeting
7:30 - 8:30 PM	Adult Deacons' Class

Friday:

8:00 - 10:00 AM	Divine Liturgy
6:30 - 7:30 PM	Jr. High & High School Youth Meetings
7:30 - 9:00PM	Youth Fellowship

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Schedule changes
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St. Mary & St. Verena
Coptic Orthodox Church
(714) 777-8373 Fax
www.saintverena.org
frjoseph@saintverena.org

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Fasting & Repentance

by His Holiness Pope Shenouda III

Those who fast and receive no benefit from it must have fasted in a wrong way; in this case, what is to blame is not fasting itself, but the method followed.

Fasting is a period of concentrated spiritual activity, a period of loving God and adhering to Him. As a result of this love, one who fasts is lifted above the level of the body and its concerns. He soars above worldly matters, to get a taste of the heavenly. It is a period of sacred feelings towards God, and ultimately, it harbors the feeling that one is close to, and familiar with, Him. It is a period of being spiritually content with the self and with God, and of standing against the Devil.

Days of fasting are specifically for spiritual energy, and are a period of storage. From the depths of spirituality acquired, through fasting, one who fasts receives spiritual energy which supports him during his non-fasting days. Thus, he who is honest in his spiritual activity during Lent, for instance, receives a spiritual stock that strengthens him throughout the following fifty sacred days, during which there is neither fasting nor metanoias.

If one wants to fast in a spiritual fashion, one must bear in mind the following:

1. Fasting must be spiritual in its target and motives. It should not be performed as an obligation, for praise, or out of custom. In fasting, one must place the love of God above materialistic and bodily things, in order to allow the soul its chance.
2. Fasting should be a period of penitence and purity of heart. In fasting, the person must lead a holy life, acceptable in the sight of God, in which he confesses his sins and repents, then partakes of the holy sacraments.
3. Fasting should be a period of spiritual nourishment, and it should follow a strong spiritual schedule.

While fasting, all the spiritual media should be taken care of, and spiritual, rather than bodily, matters should be concentrated upon. One should always place before oneself, not merely the kind of food for fasting, but the sanctity of fasting days and what is proper for them, so that one's spirit may become strengthened in them.

Fasting leads to the strength of the spirit, and the strength of the spirit leads to fasting.

In fasting there are virtues that are related to each other.

Fasting helps one to stay up late, because of the lightness of one's body, and staying up late leads to reading and prayer. Spiritual reading also helps one to pray, and it is a source of contemplation, which, in turn, strengthens prayer.

Fasting is related to metanoias, which lead to humility and the meekness of the heart. The humbling of the body, through fasting, also leads to a humbling of the soul.

Fasting is connected with virtues that are related to the purpose of fasting.

There is a fast, such as that of the Apostles, that prepares one for service, while another fast, such as that of Nineveh, aims at repentance. The purpose of some fasts, such as Esther's, aims at saving people, and there are those who fast for others, and their fast includes love, sacrifice, and cooperation. These are all fasts that are mingled with special virtues.

We should remember in our fast that the Lord Jesus Christ fasted while He was filled with the Spirit, but as for us, at least let us fast so that we may become filled with the Spirit.

Fasting should be accompanied by repentance.

Fasting days are sacred, and man lives them in holiness. During these days, the mind, heart and body must also be sacred. Fasting is a training period during which one attempts to approach God, while at the same time being pulled away by sin.

Therefore, one must escape from sin through repentance in order to draw one's self closer to God.

While fasting, the body abstains from food, and the soul abstains from every earthly lust, every worldly lust, and all lusts that pertain to the body. Thus, through repentance, one approaches God. Therefore, ask yourself: Are you on this track?

Without repentance, God does not accept your fast, and thus, you gain neither heaven nor earth, and you make yourself suffer in vain. If you want God to accept your fast, check yourself, as far as all your sins are concerned, and revoke them.

On this matter, we may take the clear example of the fast of Nineveh.

The Bible says that the people of Nineveh turned, "everyone from his evil way, and from the violence that is in their hands." (Jonah3 :8) For this reason, God did not destroy them when He " ... saw their works, that they turned from their evil way." (Jonah3 :10) It was not said that, 'when He saw their ascetic garb or their fast,' but when he saw their repentance, which was a principal element in their fast.

In the Book of Joel, we see an example of repentance that accompanies fasting. The Lord addressed the people through His prophet, saying: "Turn to me with all your heart, with fasting, with weeping, and with mourning. So rend your heart, and not your garments; return to the Lord your God, for He is gracious and merciful" (Joel 2:13). It is clear here that fasting is accompanied by repentance and weeping. Therefore, fasting is not mere abstinence from food, but rather, it is the true yearning of the heart for God.

In his fast, Daniel, the prophet, presented the repentance of the whole population.

He fasted and confessed to God, saying, "We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from Your precepts ... o Lord, righteousness belongs to You, but unto us shame of face ... o Lord, to us belongs shame of face to our kings, to our princes, and to our fathers, because we have sinned against You. " (Daniel9 :5-8)

Therefore, be reconciled with God in your fast.

Do not say: "How long will You forget me, o Lord: forever?" (Psalm13 :1) You should rather say. 'How long will I forget You, o Lord? Forever? Until when will I hide my face from You?'

Purify your souls then, and sanctify them. Prepare for a meeting with these days. Become ready by making God reside in your hearts, and not be merely abstaining from food. If you are in sin, be reconciled with God, and if you are reconciled with Him, deepen your love for Him.

If you have done away sinfulness during a fast, continue on in the same manner.

Repentance is not confined to fasting alone, but it is made fit through fasting. Man becomes trained in it, his heart is purified, and he keeps this purity as a lifestyle.

In all this, be ready to strive against the Devil.

Joshua, son of Sirach, told his son that if he set forward to serve God, he should prepare himself for all trials.

When the Devil sees your fast and repentance, he becomes envious of your spiritual acts.

Thus, he fights you to deprive you of the fruit of your labor, and seeks every trick to bring about your downfall, saying, 'I shall not leave you until you give up.' Remember the words of Saint Peter who said, "Whom resist, steadfast in the faith. " (1 Peter 5:9) Thus, fasting is a period of spiritual warfare, as was the case of our Lord Jesus Christ, in Matthew 4. It is also a period of triumph for him who shares it with Christ.

Calendar of Events: ***February 2018***

Thu, Feb. 1 - *Feast of the Prophet Jonah*
- 8:30am - Divine Liturgy

Sun, Feb. 4 - *Feast of Saint Serapion*

Sun, Feb. 4 - 11:30am - Bone Marrow Drive at Church

Sun, Feb. 4 - 3:00pm - Young Adults Fellowship Get-Together

Tue, Feb. 6 - 7:00pm - Monthly Women's Group Meeting

Sun, Feb. 11 - 7:00pm - Couples Fellowship Event - Painting Class

Mon, Feb. 12 - ***Great Lent Begins***

Wednesday Liturgies: 9:00am-12:00pm

Friday Liturgies: 3:00pm-6:00pm

Thu, Feb. 15 - ***Feast of the Lord's Entry into the Temple***
- 9:00am - Divine Liturgy

Fri-Sun, Feb. 16-18 - Diocese College Lenten Retreat

Fri, Feb. 23 - *Feast of Saint Elizabeth*

latest calendar updates are posted at
www.saintverena.org

THEOPHANY CELEBRATION AT CHURCH



Monthly Women's Group Meeting



New Year's Day Community Service Event



Annual Young Adults Christmas Party





**Congratulations to the beautiful new couple
on your marriage
Dr. & Dr. Fady & Maria Rofail**



**Congratulations to Mr. & Mrs. Adam & Magy Graff
on the baptism of their daughter
Grace (Elizabeth) Graff**



**Installation
of our new
BASKETBALL
COURT!!**



St. Mary & St. Verena Church

offers her condolences to the families of the reposed:

Mr. Anwar Aziz

father of Dr. Sherif Aziz, husband of Mrs. Rasha Aziz
cousin or Archdeacon Jacob Abdelmalak, husband of Mrs. Soad Abdelmalak
cousin of Mr. Fayek Abdelmalak, husband of Mrs. Suzan Abdelmalak

Mrs. Mary Dimity

mother of Mrs. Mary Girgis, wife of Mr. Adel Girgis

*May the Lord repose their souls
and comfort the families through the gifts of the Holy Spirit.*

living hope through the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, who are kept by the power of God through faith for salvation ready to be revealed in the last time. (I Peter 1:3-5 NKJV)

(10) Trusting in God brings more: joy, peace & hope

Rom 15:13

Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. (Romans 15:13 NKJV)

لأنَّ كُلَّ ما سَبَقَ فَكُتِبَ كُتِبَ لِأَجْلِ تَعْلِيمِنَا، حَتَّى بِالصَّبْرِ والتَّعْزِيَةِ بما فِي الكُتُبِ يَكُونُ
لنا رَجاءٌ. وَلِيُعْطِكمُ إِلَهُ الصَّبْرِ والتَّعْزِيَةِ أَنْ تَهْتَمُّوا اهْتِمَامًا واحِداً فِيمَا بَيْنَكمُ، بِحَسَبِ
المَسِيحِ يَسُوعَ، وَلِيَمَلَأَكمُ إِلَهُ الرِّجاءِ كُلَّ سُرورٍ وسلامٍ فِي الإيْمانِ، لِتَزِدُوا فِي الرِّجاءِ
بِقوَّةِ الرُّوحِ القُدُسِ



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Lord shall reign forever— Your God, O Zion, to all generations.
Praise the Lord ! (Psalms 146:3-5, 8-10)

لا تَتَكَلَّمُوا عَلَى الرَّؤَسَاءِ، وَلَا عَلَى ابْنِ آدَمَ حَيْثُ لَا خَلَاصَ عِنْدَهُ. طَوْبَى لِمَنْ إِلَهُ يَعْقُوبَ
 مُعِينَهُ، وَرَجَاؤُهُ عَلَى الرَّبِّ إِلَهُهِ، الرَّبُّ يَفْتَحُ أَعْيُنَ الْعُمِيِّ. الرَّبُّ يَفْعَلُ يَوْمَ الْمُنْحَنِينَ. الرَّبُّ يَحِبُّ
 الصِّدِّيقِينَ. الرَّبُّ يَحْفَظُ الْغُرَبَاءَ. يَعْضُدُ الْيَتِيمَ وَالْأَرْمَلَةَ، أَمَّا طَرِيقُ الْأَشْرَارِ فَيُعْجِجُهُ.
 يَمْلِكُ الرَّبُّ إِلَى الْأَبَدِ، إِلَهُكَ يَا صِهْيُونُ إِلَى دَوْرٍ دَوْرٍ. هَلُّوِيَا.

(8) Hope produces endurance and perseverance

1 Thess 1:3

remembering without ceasing your work of faith, labor of love,
 and patience of hope in our Lord Jesus Christ in the sight of
 our God and Father, knowing, beloved brethren, your election
 by God. For our gospel did not come to you in word only, but
 also in power, and in the Holy Spirit and in much assurance,
 as you know what kind of men we were among you for your
 sake. (I Thessalonians 1:3-5 NKJV)

مُنْذَرِّينَ بِلَا انْقِطَاعٍ عَمَلِ إِيمَانِكُمْ، وَتَعَبِ مَحَبَّتِكُمْ، وَصَبْرِ رَجَائِكُمْ، رَبَّنَا يَسُوعَ
 الْمَسِيحَ، أَمَامَ اللَّهِ وَأَبِينَا. عَالِمِينَ أَيُّهَا الْإِخْوَةُ الْمَحْبُوبُونَ مِنْ اللَّهِ اخْتِيَارِكُمْ، أَنْ نُنْجِلِنَا لَمْ
 يَصِرْ لَكُمْ بِالْكَلامِ فَقَطْ، بَلْ بِالْقُوَّةِ أَيْضًا، وَبِالرُّوحِ الْقُدْسِ، وَبِيقِينٍ شَدِيدٍ، كَمَا تَعْرِفُونَ
 أَيَّ رِجَالٍ كُنَّا بَيْنَكُمْ مِنْ أَجْلِكُمْ

(9) We have a living hope through the resurrection of Jesus Christ: 1 pet 1:3

مُبَارَكُ اللَّهُ أَبُو رَبِّنَا يَسُوعَ الْمَسِيحِ، الَّذِي حَسَبَ رَحْمَتَهُ الْكَثِيرَةَ وَلَدَنَا ثَانِيَةً لِرَجَاءِ حَيِّ،
 بَقِيَاةِ يَسُوعَ الْمَسِيحِ مِنَ الْأَمْوَاتِ، لِمِيرَاثِ لَا يَفْنَى وَلَا يَتَدَنَّسُ وَلَا يَضْمَلُ، مَحْفُوظٍ فِي
 السَّمَاوَاتِ لِأَجْلِكُمْ، أَنْتُمْ الَّذِينَ بِقُوَّةِ اللَّهِ مُحْرَسُونَ، بِإِيمَانٍ، لَخَلَاصِ مُسْتَعَدِّ أَنْ يُعْلَنَ
 فِي الزَّمَانِ الْأَخِيرِ. الَّذِي بِهِ تَبْتَهَجُونَ، مَعَ أَنْكُمْ الْآنَ - إِنْ كَانَ يَجِبُ - نُحْرَتُونَ يَسِيرًا
 بِتَجَارِبِ مُنْتَوَعَةٍ، لَكِي تَكُونَ تَرْكِيَّةَ إِيمَانِكُمْ، وَهِيَ أَثْمَنُ مِنَ الذَّهَبِ الْفَانِي، مَعَ أَنَّهُ
 يُمْتَحَنُ بِالنَّارِ، تُوجَدُ لِلْمَدْحِ وَالْكَرَامَةِ وَالْمَجْدِ عِنْدَ اسْتِعْلَانِ يَسُوعَ الْمَسِيحِ، (بَطْرُسَ
 الْأُولَى 1:3-7 AVDDV)

Blessed be the God and Father of our Lord Jesus Christ, who
 according to His abundant mercy has begotten us again to a

Though He causes grief, Yet He will show compassion
According to the multitude of His mercies. For He does not
afflict willingly, Nor grieve the children of men. (Lamentations
3:32, 33 NKJV)

فإنَّهُ وَلَوْ أَحْزَنَ يَرْحَمُ حَسَبَ كَثْرَةِ مَرَامِحِهِ. لَأَنَّهُ لَا يُذِلُّ مِنْ قَلْبِهِ، وَلَا يُحْزِنُ بَنِي الْإِنْسَانِ.
(مراثي إرميا 3:32, 33)

(5) Hope is an anchor for the soul

Heb. 6:19-20

This hope we have as an anchor of the soul, both sure and
steadfast, and which enters the Presence behind the veil,
where the forerunner has entered for us, even Jesus, having
become High Priest forever according to the order of
Melchizedek. (Hebrews 6:19, 20 NKJV)

الَّذِي هُوَ لَنَا كَمِرْسَاةٍ لِلنَّفْسِ مُؤْتَمِنَةً وَثَابِتَةً، تَدْخُلُ إِلَى مَا دَاخَلَ الْحِجَابِ، حَيْثُ دَخَلَ
يَسُوعُ كَسَابِقٍ لِأَجْلَانَا، صَائِرًا عَلَى رَتْبَةِ مَلَكِي صَادِقٍ، رَئِيسَ كَهَنَةٍ إِلَى الْأَبَدِ.

(6) Put your hope in God

Ps. 42:5

Why are you cast down, O my soul? And why are you
disquieted within me? Hope in God, for I shall yet praise Him
For the help of His countenance. (Psalms 42:5 NKJV)

لِمَاذَا أَنْتَ مُنْحَنِيَةٌ يَا نَفْسِي؟ وَلِمَاذَا تَتَنَبَّئِينَ فِيَّ؟ ارْتَجِي اللَّهَ، لِأَنِّي بَعْدُ أَحْمَدُهُ، لِأَجْلِ
خِلاصِ وَجْهِهِ.

(7) Put your faith in the all mighty God

Ps. 146:3-10

Do not put your trust in princes, Nor in a son of man, in whom
there is no help. His spirit departs, he returns to his earth; In
that very day his plans perish. Happy is he who has the God of
Jacob for his help, Whose hope is in the Lord his God, The
Lord opens the eyes of the blind; The Lord raises those who
are bowed down; The Lord loves the righteous. The Lord
watches over the strangers; He relieves the fatherless and
widow; But the way of the wicked He turns upside down. The

لماذا نثق في الله بمناسبة بدأ الصوم الكبير

(1) God has solutions to our problems

1 Cor. 10:13

"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." (I Corinthians 10:13 NKJV)

لَمْ نُصَبِّكُمْ تَجْرِبَةً إِلَّا بِشَرِيَّةٍ. وَلَكِنَّ اللَّهَ آمِنٌ، الَّذِي لَا يَدْعُكُمْ تُجْرَبُونَ فَوْقَ مَا تَسْتَطِيعُونَ، بَلْ سَيَجْعَلُ مَعَ التَّجْرِبَةِ أَيْضًا الْمُنْفَذَ، لِتَسْتَطِيعُوا أَنْ تَحْتَمِلُوا.

(2) God's grace is sufficient for every need

In all things at all times, having all that you need, you will abound in every good work. 2 Cor. 9:8

"And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work." (II Corinthians 9:8 NKJV)

وَاللَّهُ قَادِرٌ أَنْ يَزِيدَكُمْ كُلَّ نِعْمَةٍ، لِكَيْ تَكُونُوا وَلَكُمْ كُلُّ اِكْتِفَاءٍ كُلَّ حِينٍ فِي كُلِّ شَيْءٍ، تَزْدَادُونَ فِي كُلِّ عَمَلٍ صَالِحٍ.

(3) God is able to do more than we can imagine

Eph 3:20

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, (Ephesians 3:20 NKJV)

وَالْقَادِرُ أَنْ يَفْعَلَ فَوْقَ كُلِّ شَيْءٍ، أَكْثَرَ جِدًّا مِمَّا نَطْلُبُ أَوْ نَفْتِكِرُ، بِحَسَبِ الْقُوَّةِ الَّتِي تَعْمَلُ فِيْنَا،

(4) God is always faithful

Lam 3:32



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