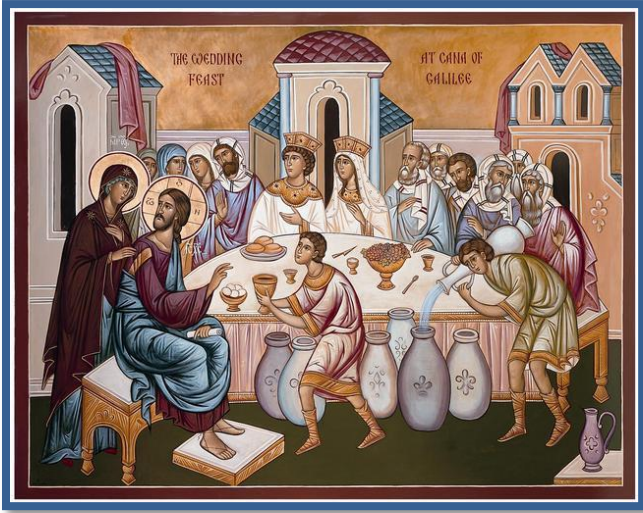


# Saint Joseph Maronite Catholic Church



## Cana Sunday Entrance into the Great Fast

**February 19, 2023**

Welcome all visitors to the beautiful heritage  
of Antioch

3 Appleton Street  
Waterville, ME 04901  
Office Phone: 207-872-8515

Pastor: Rev. Fr. James Doran, KHS  
Subdeacon: Mr. Stephen Crate  
website: <http://www.sjmaronite.org>  
e-mail: [stjoesinmaine@yahoo.com](mailto:stjoesinmaine@yahoo.com)

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*"For us, the men and women of the East are a symbol of the Lord Who comes again."* Orientale Lumen, John Paul II

**Qourboneh:** Sunday: (Vigil, Sat. 4:30pm) Sunday Morning 9:00 and 11:00 a.m.; Tues. – Fr. 9:00 a.m.; Sat. 10:00a.m.  
**Sick Calls:** To receive the Divine Eucharist and/or the Sacred Anointing, please call the rectory.  
**Confessions:** One half-hour before the Sunday Liturgies and by appointment.  
**Baptisms:** *Parents* should refer to the website and then contact the parish through the parish e-mail address.  
**Marriage:** Please refer to the parish website and contact the parish a **minimum 6 months before** finalizing the date of your wedding.  
**Mass Intentions:** For *specific* dates requested, please submit at least **two months in advance**. Recommended stipend: \$15  
**Monthly Memorials:** Sanctuary Candles \$35; Altar Bread \$30; Sacramental Wine \$55  
**Catechism:** Steve Crate, *Director*    **Legion of Mary:** Sir Ira Mandel, KHS, *President*  
**Choir:** Dame Marie Fefa Deeb, DSG, *Director*    **Pastoral Council Chair:** Suzanne Paré  
**Pastoral Council Members:** Suzanne Paré, *Chair*; Jeanne Thomas, *Secretary*; Steve Crate, *Religious Education*; Ira Mandel, *Legion of Mary*; Larry Mitchell, *Knights of Columbus*; Ruth Lunn, *Almoner*; Judith Metzger, *Finance Committee*

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## THIS DAY'S EPISTLE<sup>1</sup> Romans 14: 14-23

I know, indeed,  
and am persuaded by the Lord Jesus,  
that there is nothing which is unclean in itself:  
but to him who thinketh anything to be  
unclean, to him alone it is defiled.

But if thou grieveest thy brother,  
because of food, thou walkest not in charity.  
On account of food,  
destroy not him for whom Messiah died.  
And let not our good thing  
be matter of reproach.

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<sup>1</sup> Based on The New Testament, translated from the Syriac Peshitto Version, Gorgias Press, New Jersey, 2001, translated by James Murdock, STD, 1893

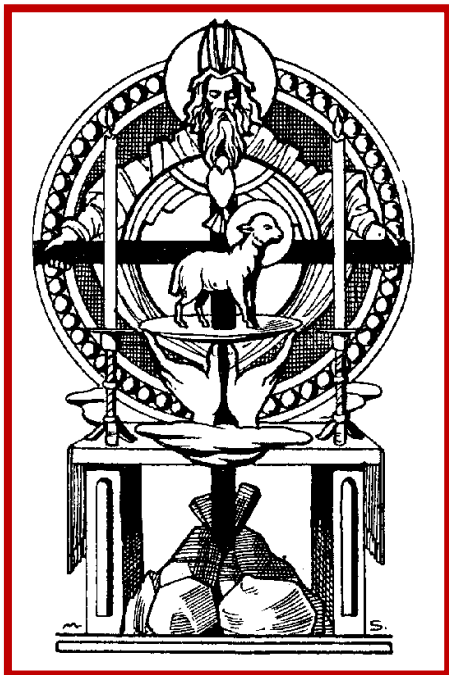
For the Kingdom of God is not food and drink;  
but is righteousness, and peace,  
and joy in the Holy Spirit.  
For he who is in these things  
a servant of Messiah, is pleasing to God,  
and approved before men.

Now let us strive after peace,  
and after the edification of one another.  
And let us not, on account of food,  
destroy the work of God.  
For everything is (indeed) pure;  
yet it is evil, to the man  
who eateth with stumbling.

It is proper, that we neither eat flesh,  
nor drink wine, nor (do) anything,  
whereby our brother is made to stumble.  
Thou art one in whom there is faith;  
keep it to thyself, before God.

Blessed is he, who doth not condemn himself,  
in that thing which he alloweth.  
For he who eateth and doubteth,  
is condemned; because (he eateth) not in faith.

For everything which is not of faith, is sin.



*You will progress in understanding  
the Holy Scriptures  
only to the degree that you yourself  
have made progress  
through contact with them.*

St. Gregory the Great (AD 540-604)<sup>2</sup>

## **ABOUNA'S REFLECTIONS**

Ruth, Badiha, and all the crew are to be heartily thanked for the beautiful brunch we had this past Sunday. It was a real treat to be able to gather with such enjoyment.

While labelled for "Super Bowl Sunday", we will from now on hold this brunch in honor of the Father of our Church, *and in conjunction with the holyday* – Saint Maron, on February 9<sup>th</sup> – on the second Sunday of February. It was a true joy to see many attend and enjoy the culinary skill and to share the happiness of so many. Adding an upbeat rendition of "happy birthday" and an excellent cake, along with a charming card, to celebrate with this "old man" his birthday was an unexpected delight for which I am grateful.

Thank you to all for making the day so memorable. If our *marfaa* on this Cana Sunday succeeds even half as much as last week's festivity, our joy and pleasure will be complete.

شكرا

It has been asked what the Arabic word "marfaa" actually means, and why do we call today's celebration by such a name. Living in the West, we all know the meaning of **Mardi Gras**, "Fat Tuesday". As an observance, our day is related to this, of course, but it is not on Tuesday, nor is it for deep frying in "fat", but the intention, as a preparation for Lent, and as gastronomic celebration, is similar.

<sup>2</sup> Homily 1.7.8 "on Ezechiel"

This word, “marfaa”, is our English adaptation from the Arabic verb **r-f-a**, (رفع), which means *to elevate* or *heighten*. When the prefix **m** (م) is added to a word, in general, it indicates that it is being used as a participle or possibly as a noun. As when “mabrouk” is used meaning “blessing” or “congratulations”. So, “marfaa” has then a meaning of the “**lifting up**” or the “**raising**”.

There are a couple interpretations for this annual festivity’s title. One is that Cana Sunday – the Entrance into the Great Fast – is *the moment that we raise up our hearts, minds, and eyes to the Hidden One Who bestows upon us all blessings, so that we can prepare ourselves and enter generously into Lent*. There has also been a tradition in which a goat or lamb is raised up and then slain for its meat to celebrate the last day before the Fast.

Another interpretation of “marfaa” is that the “raising up” refers to the “**giving up**” of meat and animal products that will begin on Ash Monday. In this case, *marfaa* is more related to the beginning of the Fast and less about a festive meal. The idea is also that the faithful “use up” the animal products they still have in their houses. This is similar to the *carne levare* (*carnival*) in the Latin tradition meaning “to remove/take away meat”.

Either meaning is fitting, and probably both should be embraced. This would mean that *marfaa* is a moment for us to celebrate our life in prayer, lifting up our eyes, minds, and spirits to the Living One, by offering up our food stuffs and set them aside in order to clear our minds, illumine our prayer, strengthen our will, cleanse our bodies, make reparation for our sins, and generously enter into the Great Fast.

As it is the last moment, we festively eat these good things on this last day before we set them aside until we celebrate the Day of the Resurrection. Determination and resolve clear the path to true freedom for the children of the light.

May the Good One strengthen all hearts to generously embrace the Great Fast, raise our spirits on high in gracious thanksgiving, and lavish His joy upon us as we celebrate as one this day and all the days of our lives, together in our beautifully radiant Faith.

## Schedule of Leaders for the Recitation of the Rosary at 10:30 am on the **first, third,** and **fifth** Sundays of each month:



Sun	Feb	19	Jody Lachance
Sun	Mar	5	Sava Nappi
Sun	Mar	19	Suzanne Paré
Sun	Apr	2	Jeanne Thomas
Sun	Apr	16	Diane Wyder
Sun	Apr	30	Ira Mandel

### VOCATION ICON

*“Request therefore the Lord of the harvest to send forth laborers into His harvest.”* St. Matthew 9: 38

Sun	Feb	19	Daja Gombojav & Family
Sun	Feb	26	Ira & Catherine Mandel
Sun	Mar	5	Dean & MaryAnn Carter
Sun	Mar	12	Michael & Gayle Misner
Sun	Mar	19	Steve & Allison Crate
Sun	Mar	26	Anne Marie Mathieu
Sun	Apr	2	Suzanne Paré

*Grant them health, and raise them up  
from their illness, and make them  
to have perfect health of body and soul  
and strengthen them in spirit;  
for Thou art our Savior and Benefactor,  
the Lord of lords and Weaver of crowns,  
Thou art Lord and King of all. Amen*

**Those for whom we pray:** Joyce Black, Celina Knippling, Stephen Michaud, Dame Fefa, Paula Mitchell, Sheila Bonenfant, Gareth Belton, Katrina Nappi, Holly Perron, Christian Disuag, Daja Gombojav, Margaret Mae Lambert, Mary Morin, Larry Grard, Sarah Grace Misner-Elias, Cindy Elias, Barbara Joseph, Sally Derosby, Tala Poulin, Richard Karter, Rita Hikel, and all those who may suffer from illness, disease, want, or depression.

# Marfaa!



## Mardi Celebration and luncheon

Today, Cana Sunday,  
February 19<sup>th</sup>,  
following the 11:00am Liturgy

### SCHEDULE OF READINGS

#### ENTRANCE INTO THE GREAT FAST:

##### THE FIRST SIGN AT CANA

February 19, 2023

Rom 14: 14-23      St. John 2: 1-11

#### SECOND SUNDAY OF THE GREAT FAST:

##### THE HEALING OF THE LEPER

February 26, 2023

Rom 12: 12-23      St. Mark 1: 35-43

### INTENTIONS FOR THE QOURBONEH (MASSES)

Sun 19 9:00am Parishioners of Saint Joseph

11:00am †Patsy Venezinno  
(Pam & Dan Casavant)

Mon 20 **Ash Monday**

10:00am Nicholas Family  
(Mary Nicholas)

6:00pm **Ash Monday**  
Private Intention

Tue 21 -----

Wed 22 †Ron LeClair  
(Pam & Dan Casavant)

Thu 23 †Peggy Serwin  
(Durant Family)

Fri 24 †Mary Bellamah Maroon  
(Paul & Stephen Maroon)

Sat 25 **Saturday, 10:00am**  
**Ginnaz for Mary Theresa Huebner**  
(Margaret Mae Lambert)

**4:30pm Sunday Vigil**  
Private Intention

Sun 26 9:00am Parishioners of Saint Joseph  
11:00am Benjamin Misner-Elias  
(Gayle Misner-Elias)

Mon 27 -----

Tue 28 †Darrell Mitchell  
(Donna-Jo Mitchell)

Wed 1 †Sam & Nimera Nammour Maroon  
(Stephen and Paul Maroon)

Thu 2 Chorbishop Joseph Kaddo  
(Abouna)

Fri 3 †Elizabeth Serwin  
(Gayle Misner-Elias)

Sat 4 **Saturday, 10:00am**  
**Faithful Departed of Saint Joseph**  
(Audrey Yotides)

**4:00pm Ramsho and Sunday Vigil**  
Private Intention

Sun 5 9:00am Parishioners of Saint Joseph  
11:00am Michael Misner-Elias  
(Gayle Misner-Elias)

Mon 6 -----

Tue 7 †Albert & Rose Bellamah  
(Paul & Stephen Paul Maroon)

Wed 8 †Susan B. Mitchell  
(Stephen and Paul Maroon)

Thu 9 **Special Intention**  
(-----)

Fri 10 Audrey & Michael McKenny  
(Monique & John Deschaine)



## LAST WEEK'S COLLECTIONS

(Budgeted: \$3,500.00)

**Regular Collection Last Two Weeks and  
the Holy Day of Saint Maron: \$4,243.00**

(Running Budget Deficit, 2023: \$6,171.00)<sup>3</sup>



**Second collection** taken last week for our brothers  
in the **Middle East: \$1,479.00**

**Well done!!** These funds will be distributed by  
our own eparchy and directly through our  
eparchial bishops in the countries of concern.

**Second Sunday each month** is a second collection  
to cover our **monthly fuel-oil costs**. The next twelve  
months will cost us **over \$26,000.00**.

**Please be as generous as you can.**

**This month's fuel collection to date: \$120.00<sup>4</sup>**

*Please remember to sustain the apostolic work  
of this parish through regular contributions.*



*After the Divine Mysteries,  
at both 9:00 and 11:00am,  
there is a gathering in the  
parish hall for coffee and  
freshly baked muffins  
on the **second and fourth  
Sunday**  
of each month.*

! :Priest **مُكَلِّمًا حُجَّجَهُ**

**Shlomoh l'koulkhoun!**

(literally: Peace [be] to all you!)

! :People **هَؤُمَ وَهَسَا وَحَر!**

**w'am rouHoh deelokh!**

(literally: and with spirit your!)



From **February 22, 2023**, you are invited to join other  
Christians for 40 Days for Life – 40 days of prayer and  
fasting for an end to abortion. You are also invited to  
stand and peacefully pray during a 40-day vigil in the  
public right-of-way outside Maine Family Planning on  
Gabriel Drive in Augusta, and also to help spread the  
word about this important community outreach. If you  
would like more information – and especially if you'd  
like to volunteer to help, please contact: Judy Icenogle  
872-6558 or [ricejuice@twc.com](mailto:ricejuice@twc.com)

## **Stations and Benediction of the Life-giving Cross**

**Fridays of the Great Fast  
6:30pm**

<sup>3</sup> Deficit 2019: \$72,270.59 / Deficit 2020: \$34,473.00 / Deficit  
2021: \$35,178.00 / Deficit 2022: \$29,423.00

<sup>4</sup> Jan: \$670.00 / Feb: Our contractual payment each month to  
DownEast is \$2,455.00.



# Ash Monday

**Monday, February 20<sup>th</sup>**

Mass: 10:00am

Evening Liturgy: 6:00pm

*Please note that there will  
no public Liturgies on  
Tuesday, February 21<sup>st</sup>*

## *SERVERS OF THE DIVINE ALTAR*

February 19<sup>th</sup>:

9:00am: N. Carter/ C. Gombojav

10:00am: J. Gamble / S. Nappi

February 26<sup>th</sup>:

9:00am: L. Michaud / M. Carter

11:00am: R. Nappi / P. Carter

March 5<sup>th</sup>:

9:00am: C. Gombojav / N. Carter

11:00am: S. Nappi/ I. Gombojav

March 12<sup>th</sup>:

9:00am: M. Carter / A. Michaud

11:00am: J. Gamble / P. Carter

March 19<sup>th</sup>:

9:00am: C. Gombojav / N. Carter

11:00am: I. Gombojav/ S. Nappi

March 26<sup>th</sup>:

9:00am: A. Michaud / M. Carter

11:00am: R. Nappi / S. Nappi

April 2<sup>nd</sup>:

9:00am: M. Carter / L. Michaud

10:00am: I. Gombojav / P. Carter

## Cana Sunday

p. 176

**Lighting of the Church:** LB p 5

*Jesus Christ, O Source of Light*

**Entrance Hymn:** LB fsheeto 233

**Glory:** SB *al majdu*

**Qolo/Hymn:** LB *toobaik 'eedto* 234

Creed p 748

PRE-ANAPHORA:

**Transfer of Gifts:** LB *The Lord Reigns*

**Incense Hymn Offertory:** SB *l'maryam yoldat*

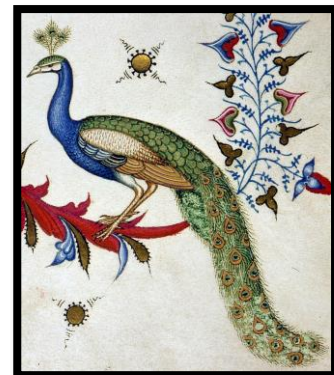
ANAPHORA:

**Saint John the Apostle:** p 815

**Sign of Peace:** SB *tou ba*

**Communion:** SB *Father of Truth; Aboun d'b'shmayo*

**Recessional:** SB *Alleluia*



# The Traditional and Patriarchal Norms for the Great Fast

- A.) Although all the days of Lent are traditionally fast days, special effort is to be put in to observe fully the first and last weeks of the holy season: **the week of Ash Monday and Great and Holy Week.**
- B.) Ash Monday and the First Week of Great Lent and Great Week of the Passion and especially Great and Holy Friday of the Crucifixion through to noon on Saturday of the Great Light are *Days of Fast and Abstinence according to our traditions.*
- C.) *For all, as a minimum requirement according to the sacred canons, we must **fast on Ash Monday and on Good Friday.** Abstinence must be observed on **all Fridays** of Great Lent. The days of fast and those of abstinence are strictly to be free of all flesh meats.*
- D.) From the age of reason onward, all are *obliged to follow the abstinence from all meat, meat products, and dairy products on these fast days.*
- E.) All Wednesdays and Fridays throughout the year are *traditional days of fast and abstinence from all meat and dairy products.*
- F.) *In general, the sick, expectant mothers, those involved in heavy labor or exertion, and the elderly who need to eat regularly are exempted from fasting and abstinence, especially those who are under medical care for chronic illnesses.*
- G.) Saturdays and Sundays in the eastern traditions are *not days of fasting as are the weekdays.*
- 1.) *Traditionally, abstinence is still observed from all meat and meat products, from all dairy products, eggs, and from fish.*

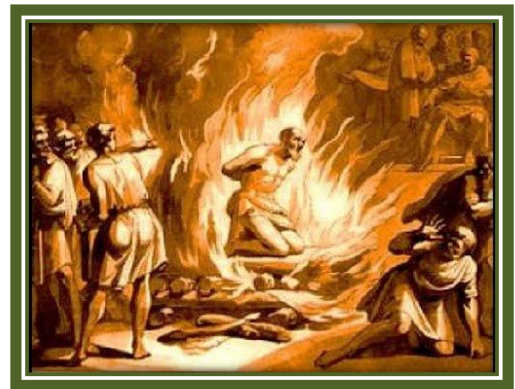
- 2.) *Traditional mitigation on Saturday and Sunday does allow for the consuming of shellfish and wine (or other alcohol).*
- 3.) *There is no fast restriction of time. One may eat at any hour.*
- 4.) *In its celebration, fish may be eaten on Sha'neenee (Hosanna Sunday/Palm Sunday)*

H.) *Breaking the Fast is permitted also on the following feastdays:*

- 1.) Saint John Maron (March 2);
- 2.) The Forty Martyrs (March 9);
- 3.) Saint Patrick (March 17<sup>th</sup>);
- 4.) Saint Joseph (March 19<sup>th</sup>); and,
- 5.) The Annunciation (March 25<sup>th</sup>).

**QUANTITY:** *In our tradition, the weekday fast means no food whatsoever between midnight and noon, only water and medication are permitted.*

**QUALITY:** *Also, in our traditional eastern tradition, the days of fast are in practice more or less vegan, that is, no meat, no seafood, no meat products, no dairy products, and no eggs are eaten.*



*Saint Polycarp  
of Smyrna*

*Bishop and Martyr*

*February 23<sup>rd</sup>*



## EPARCHY OF SAINT MARON OF BROOKLYN

Office of the Bishop

109 Remsen Street

Brooklyn, New York 11201-4212

Tel: (718)-237-9913 Fax: (718)-243-0444

[chancerystmaron@verizon.net](mailto:chancerystmaron@verizon.net) [www.stmaron.org](http://www.stmaron.org)

Lent 2023

Prot. No. 014 S / 23

Dear Brothers and Sisters in Christ,

The world needs our help! Please support this year's Annual Lenten Appeal for the Eparchy of Saint Maron. There are so many challenges here and around the world (especially in Lebanon). This Lent we can offer our prayers, fasting and almsgiving for those suffering more than us. The Eparchy can be a part of your Lenten sacrifice, as we rely upon your generosity to serve the faithful throughout the Eparchy and in the Middle East.

Please consider making a gift to this year's Annual Lenten Appeal. Your gift will support:

- **Seminarians:** We currently have four excellent men preparing for the priesthood. Our seminarians are our future; we need to educate them well so that they can minister effectively in the future. The costs of Our Lady of Lebanon Maronite Seminary are about \$450,000 per year. **40% of your contribution to this year's Annual Appeal will go for Seminarians.**
- **Ministries:** Our outreach to young people, the elderly, families, and in defense of life from conception to natural death, helps people at the most crucial times in their lives. You can ensure that the Eparchy continues this important work. **20% of your contribution will go to support Ministries.**
- **Retired Priests:** The Eparchy's 17 retired priests served the faithful with generosity. We help them with a modest pension that is helpful to them each month. **20% of your contribution will support Retired Priests.**
- **Help for Lebanon and the Middle East:** The Eparchy has provided an unprecedented amount of support to help in Lebanon and the Middle East over the past few years. We can never forget the homeland of our Maronite Church. **10% of your contribution will support Christians in Lebanon and the Middle East.**
- **Endowment:** The Eparchy's Endowment Fund supports today's needs and ensures the Eparchy will have resources in the future. **10% of your contribution will be deposited into the Eparchy's Endowment.**

Please open your heart once again and make a gift. Your participation in this Appeal impacts the lives of many people, both inside the Eparchy, and in the Middle East. Any gift will be appreciated. Please visit <http://www.stmaron.org/lenten-appeal> for more information.

Thank you, and may God bless you for your generosity! I wish you a blessed Lent and Easter.

Gratefully yours in Christ,

+ Gregory

+ Gregory J. Mansour