



# Saint Sharbel Maronite Catholic Church

Saint Sharbel, Pray for Us!

1804 SE 16th Ave., Portland, OR 97214

503.231.3853

[stsharbelpdx@gmail.com](mailto:stsharbelpdx@gmail.com)

[www.stsharbel.org](http://www.stsharbel.org)

## May 30, 2021

Sunday of the Holy Trinity



### Next Sunday

*The Spirit Teaches*

1 Cor 2:1-10 (The Corinthians & Paul/The True Wisdom)

Jn 14:21-27 (The Advocate)

## Your Gifts To God

*Offering Report for May 16th - 22nd*

Online.....\$580.00

Collection.....\$1,785.00

Weekly Total.....\$2,365.00

YTD Total.....\$38,590.47

YTD Goal.....\$38,766.00

YTD Difference.....**-\$175.53**

## Liturgy Intentions

Sunday, May 30th, 11:00am

*Niko Folkestad*

Monday, May 31st

*Available*

Tuesday, June 1st

*Available*

Wednesday, June 2nd

*Available*

Thursday, June 3rd

*Available*

Friday, June 4th

*Available*

Saturday, June 5th

*Available*

Sunday, June 6th

*Available*

***Adoration/Exposition every Sunday at 10:00 am before the morning Liturgy.***

***Confession every Sunday 10:35-10:50am before the morning Liturgy.***

***Also join us to pray the Rosary on Sundays at 10:30 am before the Liturgy begins.***

## Altar Sponsorship

Sunday, May 30th

*Available*

Sunday, June 6th

*Available*

# Parish | Community Events

## Parish Council

+Bruce Ashford  
(Treasurer)

Charlie Ashou

Gus Bekahi

Nick El Hajj

Agopos Ghossein

Adib Karam

+Claude Karam

Anne Marentette  
(Secretary)

+Doug Raab

+Thaddeus Rask

Nadia Redmond

Mitch Siekmann

Ex Officio

+Deacon Tony

+Deacon Wadih

+Finance  
Committee



## MONASTIC DISCERNMENT RETREAT JUNE 18 - 20

at Mount Angel Abbey & Online

For information or to register, contact  
Fr. Odo Recker, OSB, Vocation Director  
503.881.8919 | [vocation@mtangel.edu](mailto:vocation@mtangel.edu)

[MOUNTANGELABBEY.ORG](http://MOUNTANGELABBEY.ORG)

## Wedding Planning Checklist

### 4 MONTHS TO GO

- ☐ PLAN THE CEREMONY
- ☐ WRITE VOWS
- ☒ ATTEND COUPLES WORKSHOP TO BUILD A STRONG FOUNDATION FOR MY MARRIAGE

Prepare for your marriage at our next  
Couples Workshop!

Trained therapists will guide you  
through exercises and activities that will  
help you build communication and  
conflict resolution skills to use  
throughout your marriage.

**\*\*This workshop fulfills the 4<sup>th</sup> step in the  
Archdiocese of Portland's Marriage  
Preparation Journey.\*\***



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[www.nwcounseling.org](http://www.nwcounseling.org)



## NEXT WORKSHOP IS:

Friday, June 18, 6 pm–8 pm &  
Saturday, June 19  
9 am–11am & 1 pm–3 pm  
(Couples must attend each session)

## WHERE

Online with Zoom  
(Couples will be emailed with log-in information)

## COST

\$225 per couple

## REGISTRATION

Register and pay online at  
[nwcounseling.org/marriage-prep](http://nwcounseling.org/marriage-prep)

**Follow us on social media!**

@2Have2HoldPDX



## Personal Freedom thru the 4 Agreements

*Presented by Shirley Price, LPC*

We can often live our lives with self-limiting beliefs that can contribute  
to us feeling stuck, uninspired, and in the depths of suffering.  
Exploring new beliefs or adjusting the mindset can help free ourselves.

Come for a support session from a knowledgeable therapist to learn  
about Don Miguel Ruiz's powerful *Four Agreements* and how to use  
them to make transformations in your life.



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## When:

Saturday, June 12<sup>th</sup>, 2021  
10:30 AM - 12:00 PM PT

## Virtual Zoom Session:

Email with links for access will be sent  
the day of the workshop.

## Register:

### Online

[nwcounseling.org/services/workshops/](http://nwcounseling.org/services/workshops/)

**Or Call** (503)253-0964

## Cost:

\$25 per household

*Hardship scholarships available upon request*

Pre-registration required. Workshop fee  
must be paid at time of registration.

*Workshop fee is non-refundable; fee will remain a  
workshop credit for 6 months.*

# *Covid Mass Policies*

**\*\*SUNDAY MASS TIME\*\***

11:00am

Confessions: 10:35-10:50am

## **In-Person Mass Sign Ups**

We are switching over to using Sign-Up Genius for our weekly in person sign ups. The system will allow you to access at any time and register or alter a reservation. It is able to update in real-time, where as I am not. The sign up sheet is emailed every Wednesday, prior to the week's masses.

**Here is the link in case you need to check or alter your reservation.**

<https://www.signupgenius.com/go/10C0C4EA9AF23A4FC1-inperson>

## **COVID MASS POLICIES**

- You will need to come with a mask. Mask may be removed to receive Communion obviously. We don't have masks to give you so please bring one.
- I cannot give Communion outside of Mass – this means in your cars, on the sidewalk, etc. Communion for the homebound is suppressed also at this time.
- Sit only in spot marked on pews. Remain physically distant as you enter and exit the church through the basement entrance only.
- No lingering after Mass, you will need to leave directly.
- If your name is not of the sign up list the ushers cannot allow you to come in. We will need to be strict about this and apologize in advance for problems that might arise.
- I request you only use the downstairs entrance, below the main stairs, the other doors will be closed, this will help us to be able to clean commonly touched surfaces.
- We will not allow use of missals, or other books in the pews. Do your best with the responses.
- Only people who are members of the parish are eligible at this point to attend our limited Masses. If you have been coming regularly, and are not registered elsewhere but have not registered with us, now is the time to do this. Archbishop has asked that we keep people going to the parishes they are registered as a way to respect fair and equitable access to all.

**Sunday, May 30, 2021, 10:30am**

**Youtube Channel Link:**

<https://www.youtube.com/channel/UCi8CEQIEnX-VeERKBMqhKRA>

**We'll be using this same link every week since it connects to St. Sharbel's Youtube Channel. Once there click on the appropriate date for mass.**



# Reflection

Each year in the Syriac tradition, we have the peculiar Rite of Kneeling on Pentecost Sunday. Several people have written to me asking why we do it, and specifically why on Pentecost, so it seems an appropriate topic to reflect upon.

The Rite of Kneeling is an ancient rite common amongst the entire Syriac Church, as well as a similar rite in the Byzantine Churches. It commemorates the descent of the Holy Spirit upon the Apostles and the Holy Church after the Ascension of Jesus as a fulfillment of His promise to send His Paraclete from the Father. In the Syriac tradition, kneeling marks a very solemn moment – a moment when the descent of the Holy Spirit is manifest, hence its usage during the epiclesis (when the priest kneels and says *'aneen moryo...*). Likewise, in this rite the priest calls upon the Holy Spirit to descend upon all present as He did on the first Pentecost and at our baptisms.

Liturgically, this is the reinstitution of kneeling, which was ceased historically in the Church from Easter until Pentecost, as praying standing is a commemoration of the Resurrection of Christ, which the Ecumenical Council of Nicaea mandated. The rest of the Church year was filled with kneeling and prostration, so the days between Easter and Pentecost were very clearly set apart by their lack of such activity. The rite takes place before our Lord's flesh and blood veiled in the anaphoral veil – this festal rite is different from many others in that it occurs after the priest is communed, as opposed to in the beginning of the Mass. The ancient text has three watches, structured like typical minor "hours" (or prayer services), each of which address a Person of the Holy Trinity, and offer incense for His honor and as sacrifice on behalf of our petitions. At the conclusion of each watch, everyone kneels in adoration of the Person of the Trinity to Whom the watch is directed, and then everyone is exhorted to "Arise by the power of God!" Our eastward prayer emphasizes the eschatological (or "end times") focus of the Syriac tradition, in that we face East praying to the Lord eagerly awaiting His second coming. Our standing likewise shows our readiness to go forth and do the will of God, working diligently in His vineyard. At the end of the rite, there is a blessing and sprinkling of water, which externalizes the reality of the descent of the Holy Spirit upon the worshippers. The sprinkling of water also recounts our baptism, at which the Spirit first made us temples of His dwelling.

As is made explicitly clear in the rite, the Syriac tradition expresses a pervasive unity in all Trinitarian acts of soteriology. A common depiction of the cross amongst the Eastern Syriacs includes the Holy Spirit in the form of a dove perched upon the cross – this illustrates the inseparability of the Persons of the Holy Trinity, as well as unity of action despite their distinctiveness; the Holy Spirit and the Father were not crucified, as both Persons do not have flesh like the Son, but the Son was never separated from the Father or Spirit in existence. Likewise, though Pentecost remembers the descent of the Holy Spirit, it is an act of the entire Trinity. Salvation is wrought through God's entire being: Father, Son and Holy Spirit.

*Arise by the power of God! This is the day in which the heavens were gladdened and the world exulted, the watchers clamored and the seraphim cried out, and the Apostles were gladdened for on it they received the Holy Spirit, the Paraclete. On this day the Spirit of Anointing, Who was stripped from our father Adam by the transgression of the commandment, was returned to us. He descended upon the disciples and gave forgiveness to the peoples, and He granted salvation to the generations and lineages. Our Lord and our God, to You be glory forever. Amen.*

**Gibran N Zogbi**

Agent

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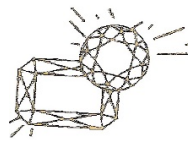
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