



# 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)

## February 19, 2023

Entrance into Lent: Miracle at Cana



### Next Sunday

2nd Week of Lent: Healing of the Leper

Rom 6:12-23 (Freedom from Sin/Life of God)

Mk 1:35-43 (Jesus Leaves Capernaum/The Cleansing of the Leper)

## Your Gifts To God

Offering Report for February 5th - February 11th

Online.....\$1,550.80

Collection.....\$1,152.00

Weekly Total.....\$2,702.80

YTD Total.....\$9,259.30

YTD Goal.....\$13,848.00

YTD Difference.....-\$4,588.70

## Liturgy Intentions

Sunday, February 19th, 11:00am

+**Kathy Rask**

Monday, February 20th

Available

Tuesday, February 21st

Available

Wednesday, February 22nd

Available

Thursday, February 23rd

Available

Friday, February 24th

Available

Saturday, February 25th

Available

Sunday, February 26th

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, February 19th

Redmond Family

Sunday, February 26th

Available

## Parish Council

Bruce Ashford  
 Charlie Ashou  
 Gus Bekahi  
 Ben El Hajj  
 Agopos Ghossein  
 Adib Karam  
 +Claude Karam  
 Lydia Massaad  
 +Doug Raab  
 +Thaddeus Rask  
 Nadia Redmond  
 Peter Rizk  
 Mitch Siekmann

+Finance  
 Committee

## EPARCHY OF OUR LADY OF LEBANON OF LOS ANGELES REGULATION FOR GREAT LENT

Then to all Christ Said, "Whoever wishes to be my follower must deny his very self, take up his cross each day, and follow in my steps." (Lk 9:23)

The Church has always helped us fulfill these words of Jesus by prescribing very definite penance for all Catholics. Accordingly, the Pope, the Patriarch, and the American bishops have outline obligatory fasting and abstinence. Our Eparchial Regulations are:

- **Ash Monday (February 20, 2023) and Great Friday (Good) Friday (April 7, 2023)** are days of abstinence for all Catholics *over the age of 14*. On these two days, *fasting* as well as abstinence is also obligatory for those *from the ages of 18-59*. Abstinence means abstinence from meat and meat products. Fasting means no food from midnight to noon, except for plain water. No Catholic will lightly excuse himself or herself from this obligation.
- **All other Fridays of Lent** are days of *abstinence* from meat (and meat products) for everyone 14 years of age and older. Here again, Catholics will not hold themselves lightly excused.
- **If there is a serious health problem, the obligation of fasting and abstinence would not apply.**
- **Fasting from midnight to noon daily is optional.**
- **We strive to make all days of Lent a time of prayer, penance, and charitable assistance toward the less fortunate and needy.**

## Need to Schedule a Mass Intention?

**STEP 1:** Go to the Website <https://www.stsharbel.org/mass-intentions/>

**STEP 2:** View Available Dates via the Button

**STEP 3:** Fill Out the Mass Intention Request Form

**STEP 4:** Donate a Mass Stipend

\*Priority will be given to Parishioners

\*Mass Intentions are added manually from the Request Form, so please allow 24-48 hours for mass intentions to be scheduled.

|| ASH MONDAY ||

MONDAY,  
 FEBRUARY 20,  
 2023

7:00PM — Liturgy  
 and Imposition of  
 Ashes

## SECOND COLLECTIONS

*Next Collection*

**February 22-April 9,  
 2023**

Eparchial Development  
 Appeal

# Parish Programs



St. Sharbel's MYO or "The Cedars of Saint Sharbel" gathers in the upstairs meeting room immediately after mass. The group is for boys and girls ages 13-18.

## Upcoming Meeting Dates Are:

- 2/26 Cedars Meeting discussing the Theology of the Body simplified
- 3/12 Cedars Meeting with Surprise Guest
- 3/26 Cedars Meeting with Mental Health Focus
- 4/16 Cedars Meeting and last dabke rehearsal
- 4/30 Cedars Dabke for/with St. Sharbel Families
- 5/7 Cedars Movie Day - last meeting until the Fall

Some Pictures from Last Week's Laser Tag Event!



Please contact Gennifer Karam at [jmjkaram3@gmail.com](mailto:jmjkaram3@gmail.com) to register

## Maronite Young Adults (MYA)

MYA is a local chapter of a national Maronite organization for single and married men and women ages 19+



**Next Event: TBA**

For more info on the MYA, contact [Claude@trazzafoods.com](mailto:Claude@trazzafoods.com)

## Religious Education

*To ALL Families with children between Ages 6-11*

For Information about family catechesis and sacrament preparation Contact Nadia Redmond, Coordinator of Religious Education, [n.redmond@comcast.net](mailto:n.redmond@comcast.net)

Please continue to pray for our parish and ministries



## Invitation to all Sisters in Christ,

A year ago, we formed a group of 7 sisters in Christ to join the Seven Sisters Apostolate, <https://sevensistersapostolate.org/>. Catholic parishes across the United States have joined this beautiful apostolate to pray for our priests.

The Seven Sisters Apostolate is a call to strengthen the Church by ensuring that a Holy Hour is prayed each day of the week for the sole intention of a specific priest or bishop—a "holy wasting" (cf. Mt. 26:10) or lavishing of prayer for his deeper conformity to Christ.

St. Sharbel's 7 sisters are committed to pray for one Holy Hour per week for Abouna Christopher.

If the Holy Spirit is calling you to make this commitment, please contact Nadia Redmond at 503-671-0440 or email: [n.redmond@comcast.net](mailto:n.redmond@comcast.net)



## Reflection

A great banquet requires great planning. Anyone who hosts guests knows the anxiety of arranging a perfect party. In today's reading from Gospel, Jesus saves the hosting couple from utter embarrassment at their own wedding when they run out of wine – the main drink of the day. In His mercy, Christ performs His first miracle by turning six huge jars of water into wine – and not just any wine, but the best vintage. While it might seem strange that we commemorate a party before the start of the fasting of Lent it is no accident. The following Sundays of the Lent all commemorate the merciful acts of our Lord, the Lover of Mankind, on those whom He takes pity (such as the Leper next week, Mark 1:35-43). Each merciful act of Christ in healing the sick and suffering reveals to humanity that He is the Divine Physician Who has come to heal our souls and bodies. But all this climaxes with a banquet. Before His passion He gave us His body and blood, which truly given when crucified and shed the following day, at the Last Supper – a banquet. The banquet at Cana points us to what to await at the end of Lent – the commemoration of Christ, Life Himself, giving us the flesh of life at His banquet. And these two banquets point to the ultimate banquet in the resurrected glory of Easter at the end of time in heaven, which we celebrated at the Consecration of the Church, for the Church is the wedding party preparing for the banquet. For this reason, before we begin fasting we recall the banquet of Cana, which Christ gave us as a foreshadowing.

When we receive an invitation to a party we make sure not to fill up on junk food that day. In fact, sometimes we do not eat so that we can eat more delicious food at the banquet. Similarly, in the spiritual life we must prepare for the banquet of Holy Thursday, Easter, and the end of time to enjoy it properly with Christ. If we fill our souls with junk food pleasures of this world to fulfill our immediate desires, like Adam in the Garden eating the apple, we have less room for God. This is why Christ has given us a powerful means of preparing spiritually, which we traditionally associate with Lent – fasting. If Adam had fasted, he would not have transgressed the commandment of God when tempted by Satan. Christ shows us, when He fasts and is tempted by Satan, that He triumphs over him (Matt. 4:1-11). Fasting controls our passions, and is an imperative of Christ, which He reminds will be rewarded by the Father (Matt. 6:18).

In the pastoral care of the Church, the canonical obligation of fasting is not regularly required (i.e. it is not a mortal sin if you do not fast), but it is also not required to bring armor to battle, and as the Syriac Father Aphrahat tells us fasting is "Accounted like treasure in heaven. It is armor against the Evil One, and a shield against the Enemy's arrows" (On Fasting). Fasting is an integral part of our tradition for thousands of years because of the spiritual assistance it grants. One should try to do as much as they healthily can. According to the Maronite tradition, fasting is not eating until noon Monday through Friday, followed by two meals of just what one needs to eat, and it excludes animal products (meats/fish with a spine, dairy, egg) and alcohol. It is daunting at first but one must remember it is for one's preparation to receive the Risen Christ and the Kingdom. Of course, our tradition is also very sensible – we are not legalists, but adherents to the Spirit. If this fast is too much, one should ask their priest how they can make it more manageable – perhaps try just Wednesday and Friday this Lent or abstaining from meat. But the important thing to remember is that it is not an athletic competition to see how much we can not eat, but preparation for Christ's coming, both back from the dead at Easter and on the last day.

But fasting does not just include not eating. St. Isaac of Nineveh reminds us there are spirits besides angels that do not eat but they also do not pray – demons. Fasting is an opportunity to remove the junk food from our lives during a fasting period to focus better on the spiritual life. If one, for instance, does do the fast above they could replace breakfast with praying a couple psalms from the Book of Psalms. Ultimately, we must prepare our whole selves for Christ, not just our stomachs. Aphrahat, once again, says that your body, which is a temple of God, has one doorway through which the King Jesus Christ enters for communion. A man would not drag manure and trash out the door a king will enter – likewise, as we fast, we must strive to fast from all sorts of hateful language, gossip, and trouble-making for our Lord said, "That which enters man does not defile him but what comes out of him from the mouth defiles him" (Matt. 15:11).

- Article Credit: St Rafka Parish

## Bulletin Sponsors



### Gibran N Zogbi

Agent

2925 SE 73rd Avenue  
Hillsboro, OR, 97213  
Bus 503-649-9514 Fax 503-649-1612  
gibran.zogbi.qdmq@statefarm.com



24 Hour Good Neighbor Service®

### KARAM LEBANESE DELI & CATERING

30 years in business

Beaverton Location  
2800 SW Cedar Hills Blvd  
Beaverton, OR 97005

Portland Location  
1111 SW Jefferson  
Portland, OR 97205



karamldc.com  
503-626-5272



Katy Redmond  
Broker (OR)



(503) 887-5879



Katy@LovejoyRealEstate.com



facebook.com/katy.redmond



@KrrrealPDX

LOVEJOY  
REAL ESTATE  
TURNER TEAM

CONTEMPORARY & TRADITIONAL HOMES

# Oreste

RESIDENTIAL CONSTRUCTION

**Darin Oreste**  
503.705.6609 • darin3100@aol.com  
849 SW Troy St. Portland, OR 97219  
CCB# 114416 "Where detail makes the difference"

## URBAN NEST REALTY

### JESSICA BOWMAN

REAL ESTATE BROKER  
Licensed in OR



971.404.4976  
jessicabowman@urbannestpdx.com  
503.432.8126  
urbannestpdx.com



OREGON OFFICE:  
6336 NE SANDY BLVD.  
PORTLAND, OR 97213

Sales - Service  
Maintenance  
Supplies

Gus & Eva Bekahi

*Bill Morrison*

Printers, Fax Machines, Copiers,

12227 SE Stark St  
Portland, OR 97233

(503) 255-1617  
FAX (503) 255-1626

## Want to Advertise Your Business?

Contact **Nisreen Mouammar** to set up  
your advertisement today!

nisreen.mouammar@gmail.com