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St. Nicholas Melkite Catholic Church
5715 Lake Ida Road, Delray Beach, FL 33484
Sunday Melkite Byzantine Catholic Divine Liturgy at 11:00 am
Saturday Ruthenian Byzantine Catholic Divine Liturgy at 4:00 pm

Exarch Gabriel N. Ghanoum, Pastor
Rt. Rev. Glen Pothier, D. TH., Pastor
Aldo Lombardo & Denise Fakhoury
Choir Directors
Paul Nassif, Sexton
Nelson Morciglio, Head of Ushers



Parish Office Tel: 561.499.3161
Email: parish@stnicholasmelkite.org
Eli Khouri & Carmen Hajj
Parish Council Co-Chairs
www.stnicholasmelkite.org
Confessions: By Appointment

Sunday, January 26, 2020

Troparion: O Merciful One, Who came down from on high and endured burial for three days in order to save us from suffering. O our Life and our Resurrection, glory to you.

Kondakion: O Christ our God who through your birth have sanctified the virginal womb and have now blessed the arms of Simon, today You have come to save us. O Lord, when wars prevail, keep your people in peace and strengthen our Public Authorities in every good deed, for You alone are the lover of Mankind.

Message From Father Gabriel...

Awakening the Shadow ©

Self-trust is a deep form of self regard based on an awareness of one's positive and negative attributes, as well as recognizing our strengths and building upon them. It is a combination of 3 emotional and spiritual qualities: Self-Awareness: the ability to know ourselves and to be in touch with both our thoughts and our feelings; Self-Acceptance: the ability to embrace who we are with our strengths as well as with our weaknesses; Self-Reliance: the ability to use what we know about ourselves to get the results we want in our lives without constant worry about the approval or disapproval of others.

Carl Jung said it beautifully, "he who looks outside, dreams, he who looks inside, awakens." Once we start looking within, we shed light on what we have been repressing that becomes our shadow. In Jack Sanford's words, "God loves your shadow much more than he does your ego."

Your shadow represents all the aspects of yourself that you feel discomfort or shame about possessing and would rather not accept or acknowledge. It is important to be aware of the shadow, or these attributes will be expressed in the worst possible moments. Anytime you notice yourself harshly evaluating another person, chances are that they express a piece of your shadow. Rather than judge, you can instead ask yourself, "What is the person doing or saying that expresses some aspect of myself that I feel is unacceptable and therefore I feel is unacceptable in this person?"

Your answer will help you gain insight into the nature of your shadow and will help you move from a place of judging to a place of noticing. In the process of gaining awareness, you shift your focus from attempting to change the other person to noticing what part of yourself you have disowned. You can ask yourself, "what portion of what I have disowned would I like to reclaim for myself?"

Once you accept and value all of yourself (including the parts that you least like), you begin to cultivate a healthy Self-trust. It is difficult to have a solid self-trust when you feel that much of yourself must be hidden from others. By choosing to accept each disowned piece of the shadow, you are in effect saying that all aspects of myself are worth loving and you begin to awaken your shadow.

In today's Gospel, Zacchaeus (Luke 19:1-10), is a good example of how to awaken your shadow and accept what you have been hiding from. The opinions and disapproval of others didn't affect him. On the contrary, he was able to respond with the light that was in him and not what was in them- (their own shadows manifested in their judgment and criticism towards him).

"Whenever I climb I am followed by a dog called 'Ego'. It's time to tie "Ego" to a lamppost, walk away and be free, he'll always be there, but he does not have to go everywhere with you."

(Friedrich Nietzsche)

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Special Offerings

. For peace in the world and in our hearts
BLESSINGS & WELLBEING of:
 . Maurie Rahal
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BIRTHDAY: Jeff Pasler, Franca Sama, Joselline Johnson
WEDDING ANNIVERSARY: George & Mahida Deeb

Liturgy Memorials

. Bill Toole
 . Laurice Mazloum - Abdelnour (2yrs), by Denise Faris & family
 . Tony Hanna (B-day Remembrance)
 . Rafik Rayes
 . Doug Sweredoski, by Rosie Sweredoski
 . Lorraine & James Oussani, Sr.

RELIGIOUS FORMATION

Sunday School – Regular class

EPISTLE : 1 Tim 4:9:15

PROKIMENON: The Lord will give strength to his people; the Lord will bless his people with peace
 Reading from the First Epistle of St. Paul to Timothy:
 My son Timothy, this saying is true and worthy of full acceptance: for we work and are reviled for this reason, Command and teach these that we hope in the living God who is the Savior of all men, especially of believers. Let no man despise the fact that you are young, but be an example to the faithful by what you say and do, things. Until I come, be diligent in reading, exhorting and teaching. Do not by love, faith, spirituality and chastity. neglect the grace that is in you, granted to you as a speaker for God through the laying on of the hands of the Meditate on these things, give yourself entirely to them, so that your progress may be evident to all. priesthood.

The Holy Gospel according to St. Luke the Evangelist 19: 1-10

 At that time as Jesus was passing through Jericho, behold there was a man named Zacchaeus; and he was a leading publican, and he was rich. And he was trying to see Jesus, to find out who He was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see Him, for He was going to pass that way. And when Jesus came to the place, He looked up and saw him, and said to him, "Zacchaeus make haste and come down; for I must stay in your house today." And he made haste and came down, and welcomed Him joyfully. And upon seeing it, all began to murmur, saying, "He has gone to be the guest of a man who is a sinner." But Zacchaeus stood and said to the Lord, "Behold, Lord, I give one-half of my possessions to the poor, and if I have defrauded anyone of anything, I restore it fourfold." Jesus said to him, "Today salvation has come to this house, since him, too, is a son of Abraham. For the Son of Man came to seek and to save what was lost."

فَصَلِّ مِنْ بَشَارَةِ الْقَدَّيسِ لَوْقَا الْإِنْجِيلِي الْبَشِيرِ 1-10

SECOND COLLECTION

St. Nicholas' Parish Council has carefully studied the church's ongoing expenses. Many volunteers help with much work on an ongoing basis; *To share this collective stewardship, we find it necessary to have a: 2nd collection on the 1st & 3rd Sundays of each month to go toward the BUILDING FUND MORTGAGE Commitment.*
January 2nd Collection: the 5th & 19th of the month
 If you wish to make arrangement to pay by Credit Card, please contact Samir Risk @ 954.561.5138 or risksamf@gmail.com
 Thank you for responding positively !!!

CALENDAR OF EVENTS

Friday, Feb. 28: 12th Annual Golf T
Friday, March 6: 2nd Friday of Lent
Saturday, March 14: Mediterranean Food Festival
Sunday, April 5: Palm Sun. Parish Showcase Bake Sale
Holy Week & Easter, April 8, 9, 10, 11, 12
Saturday, April 25 or May 2: Spring Hafleh

CHURCH FINANCIAL CORNER

As we continue to grow as a prayerful and supportive community thanks to your presence and efforts, we want to share with you our monthly church expenses.
Financial Summary for the month of Dec. 2019 - Total Income (Gen. Collection & Bldg Fund) \$39,531
 Expenses: Mortgage Payment: \$12,500 Operating Expenses: \$17,795
 Total Expenses: \$30,295 Surplus: \$9,236

But grow in the grace and knowledge of our Lord Jesus Christ. To Him be the glory both now and forever. Amen 2 Peter 3:18

FOLKS DANCE / DABKEE CLASSES

We are forming Dabkee /Folks Dance Group, so please sign up your children so we can start practicing in preparation for the Festival. Mrs Fadia, graciously accepted to teach the children. Please sign up with Carmen or Fadia-email :

Fadia131@aol.com
 Ladies@stnicholasmelkite.org
 Practice will be held after the Liturgy on Sunday
 Enrollment is open to All.

SUPER BOWL POOL BOARD

St. Nicholas Men's Club is conducting the 5th Annual Super Bowl Pool. All proceeds to benefit the Building Fund.



\$450 cash in prizes!

Your support is greatly appreciated.

St. Nicholas 1st Annual Mediterranean Food Festival

Saturday, March 14, 2020
 11:30 am - 8:30 pm

Excitement is in the air...! This Festival will put us on the map, and will help show the beauty of our heritage, culture and faith. Thank you for being always present for your church and community. The Food Festival presents an opportunity to showcase our community's delicious and savory food and divine desserts...This is an event open to the public. Everyone is invited to participate in helping out in various capacities. We ask each and every one to give us a hand to bring this festival to the success we are aiming and hoping for. We will have a work schedule and a plan of action very soon. Kindly let us know how you can help. Please stop by the Festival Project table to sign-up. More details to follow soon...

FACEBOOK

us grow our parish by liking our Facebook page @melkitecatholic - Kindly Like and share our posts!

12th Annual Golf Tournament



We welcome early registration and sponsorship inquiries for our 12th Annual Golf Tournament On Feb. 28, 2020 as we return to the celebrated Boca Country Club of the Waldorf Astoria Resorts.

The event includes a delightful Cocktail Reception and Dinner Party which are open to non-golfers as well! BUT at this time we can only wait list the Dinner Only Reservations.

We greatly appreciate Ged Lawyers, LLC and the Ged Family for being our Corporate Title Sponsor since our church 1st tournament!

Brochures are available, pick up your copy today.

SILENT AUCTION & RAFFLE

We are collecting items & Certificates for the Silent Auction and the Raffle...

We need your help to solicit these valuable items. (Donation Form & Solicitation Letter are available). We ask you to try to reach out to businesses you patronize or where you know somebody who can help you solicit (Restaurants Dining Certificates, Salons, Spa, Art Galleries, Hotels getaway, Travel agencies, Wine & Spirits, Jewelry & Costume Jewelry, Memorabilia of any kind, Sports, Movie or Theater Tickets, Time Share vacation, Artwork, Electronics...)

Feel free to use your imagination, if you wish to put a basket together for the Raffle or the Silent Auction. Please let us know how you can help, we are counting on you! We welcome your input, suggestions and ideas!!!

We need everything brought in N Later then Sunday, February 3rd. Email us - golf@stnicholasmelkite.org Your help is greatly appreciated!

BULLETIN ADS RENEWAL

Courtesy reminder - Kindly renew your bulletin ads and pay your annual renewal dues.
Thank you for your continuous support!

BISHOP APPEAL

Just in case you had misplaced the Bishop's appeal letter, Donation slips are available for your convenience on the Liturgy books table, you can either mail them with your check to: Deacon Robert J. Shallhoub
 55 Morris Ave, Suite 218, NJ 07081
 God Bless your generosity!