

SAMI I. DAGHER, M.D.

ANESTHESIOLOGIST
FELLOWSHIP TRAINED IN PAIN MANAGEMENT

ADVANCED APPROACH FOR THE TREATMENT
OF PAINFUL CONDITIONS OF THE SPINE
AND THE NERVOUS SYSTEM

2401 South Seacrest Blvd. Boynton Beach, FL 33435
OFFICE: (561) 733-8133
FAX: (561) 733-6670



LOU BACHRODT

COCONUT CREEK

CHEVROLET MAZDA

George Deeb
Sales & Leasing

5500 N. State Rd. 7
Coconut Creek, FL 33073
Coconutcreekchevrolet.com

Cell: 561.436.2158
Fax: 954.247.5218
Gdeeb@loubachrodt.com

Anthony Ajakie
Camille Ajakie

CAMM Educational
Enterprises, Inc.
owner/operator



120 NW 7th Ave
Fort Lauderdale, FL 33311

Phone (954) 462-7746
Fax (954) 462-0697
www.NewRiverChildCare.com




Jeff Pasler
(561) 504-3479
jeffpasler@gmail.com

Available



PRAYERS REQUEST
PLEASE PRAY FOR
OUR AUTISTIC GRANDSON
FRANCIS & JOHNPAUL MCINTOSH
THANK YOU!
EVA & MIKE SICA



PRAYERS REQUEST
PLEASE PRAY FOR
OUR AUTISTIC GRANDSON
FRANCIS & JOHNPAUL MCINTOSH
THANK YOU!
EVA & MIKE SICA



Eli Moubarak
Franchisee

5096 Forest Hill Blvd.
(313) 510 2129
LittleCaesars.com


ST. NICK'S PANTRY & GIFT SHOP
For Your Convenience, We carry Large Variety of



Fatima M Grady MBA

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

Cheese Fare Sunday * Sunday, February 23, 2020 * احد مرفع الجبن

Troparion: The women disciples of the Lord, having learned from the angel the joyful announcement of the resurrection, and having rejected the ancestral sentence, proudly told the apostles: Death is despoiled. Christ God is risen, bestowing to the world great mercy.”

Kondakion of Cheese Fare: O You who guide men toward wisdom, and give them intelligence and understanding, instructor of the ignorant and helper of the poor, strengthen and enlighten my heart, O Lord, give me word, O Word of the Father, for behold I will not refrain my lips from crying out to You: O merciful One, have mercy on me who have fallen.

Alessage From Father Gabriel...

Lenten Reflection: “Capture the Time” ©

Lent has a special focus and significant meaning to our relationship with others and to our relationship with God. Lent is a time of preparation, meditation and reflection, a time to examine your relationship with God, and see if you have been giving the proper time to prayer and working on your relationship with Him, or what you can do to improve it now. It is a time to get back into balance with God and ourselves, to live peacefully.

The Bible teaches us to live in balance, but in today's society, many of us are losing the "war of the plan-ner." We want to get everything done, but for some reason, it never happens and we are left with what is called "The Overload Syndrome."

It is hard to keep balanced, but the only way is to really take the time to examine our lives. Ask your-self the question: *Is there any area where I'm out of balance and being excessive? Are there any over commitments that are affecting my relationships with God, others and self?* Balancing is a type of maintenance that needs to be performed regularly or all of the areas of your life will end up in disarray. Our vehicles have routine maintenance checkups for that very reason, to keep them aligned, balanced and running smoothly. If you want your life to run smoothly and you want to feel balanced and peaceful in all your actions daily, then you need to perform the “maintenance checkup” regularly and look at where your life has gotten out of balance. Many times when we forget the vehicle maintenance, dashboard lights inform us of what needs to be checked. **Look for the signs in your life that are drawing your attention to areas where you need to re-balance yourself.**

We find that most people are in a hurry. **When we are in a hurry: We become insensitive towards the peo-ple around us; we don't care about how people feel; we don't think about the impact of our actions on others.** We end up becoming self-centered and self-absorbed, and therefore end up having problems in our relationships with others.

Whatever you do while in a hurry, you are not even aware that you are doing it! When you come to the end of the day, you ask yourself- what did I accomplish today? There will be no joy, satisfaction, or meaning to any-thing you do while in the mindset of being in a hurry.

To help restore balance to our hectic, modern lives, we need to close the gap between rest and exhaustion in our overloaded lives. **We need to slow down and do less! Work less and do more! We need to take time to rest and reflect!** These powerful suggestions will help us to slow down, simplify, and change our perspective on what really is, and what isn't urgent in life. If you are out of balance, you will start to resent everything you do for people and it will lose the joy. You need to take the time to care for yourself, to balance yourself, so that you can then become loving and productive in your relationships and actions.


<p align="center">Special Offerings</p> <p><u>BLESSINGS & WELLBEING of:</u></p> <p>. The Ged Family</p> <p>. Lorraine Yabroudly & Mimi Samaan, Francis & Johnpaul McIntoch & Michael & Eva Sica, Maurice Rahal, Aldo & Sylvie Lombardo, Albert Ghanoum, George Ged, Bob Shaheen, Gaby Zakkour, Emil Kasses, Dr. Bishara Faris, Marilyn Barbary, Anthony Antaki, Samira Ajlouny</p> <p>. All who are helping with the Golf Tournament & the Food Festival</p> <p><u>BIRTHDAY:</u>George, Marva & Marty Ged, Michael Kattoura</p> <p><u>WED-ANNIV:</u>Mona & Jalil Karam, Nelson & Maria Morciglio</p>	<p align="center">Liturgy Memorials</p> <p>. <i>Myleen Ged</i>, by Marty & Kim Ged and family</p> <p>. <i>Bill</i> Toole</p> <p>. <i>Eliza Bahi</i></p> <p>. <i>Badie Kattoura</i></p> <p>. <i>Lorraine & James Oussani, Sr.</i></p> <tr> <td align="center" colspan="2">RELIGIOUS FORMATION - Regular class</td></tr> <tr> <td align="center"></td><td align="center">Spring Forward Time Change Sunday March 8 at 2:00 am</td></tr>	RELIGIOUS FORMATION - Regular class			Spring Forward Time Change Sunday March 8 at 2:00 am
RELIGIOUS FORMATION - Regular class					
	Spring Forward Time Change Sunday March 8 at 2:00 am				

EPISTLE: Romans 13:11-14:4 *(Forgiveness & Fasting)*

PROKIMENON: Sing praise to our God, sing praise! Sing praise to our King, sing praise!

Brethren, now our salvation is nearer than when we came to believe. The night is far advanced: the day is at hand. Let us therefore lay aside the works of darkness, and put on the armor of light. Let us walk becomingly as in daytime, not in revelry and drunkenness, not in debauchery and wantonness, not in strife and jealousy. But put on the Lord Jesus Christ, and as for the flesh, pay no attention to its lusts.

But whoever is weak in faith, receive him without arguing about opinion. For one believes he may eat all things but another who is weak, let him eat vegetables. Let not the one who eats despise the one who does not; and let not the one who does not eat judge the one who does, for God has received him. Who are you to judge another’s servant? To his own master he stands or falls but he will stand, for God is able to make him stand.



The Holy Gospel according to St. Matthew the Evangelist 6:14-21 *(Cheese Fare Sun.)*

The Lord said, “If you forgive men their offenses, your heavenly Father will also forgive you. But if you do not forgive men their offenses, neither will your Father forgive you your offenses. And when you fast, do not look gloomy like the hypocrites, who disfigure their faces in order to appear to men as fasting. Amen I say to you they have had their reward. But you, when you fast, anoint your head and wash your face, so that you may not be seen by men to fast, but by your Father, who is in secret; and your Father, who sees in secret, will reward you. Do not lay up for yourselves treasures on earth, where worm and rodent consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither worm nor rodent consumes, nor thieves break in and steal. For where your treasure is, there also will be your heart.”

فَصَلِّ مِنْ بَشَارَةِ الْقَدِّيسِ مَتَّى الْإِنْجِلِيِّ الْبَشِيرِ 6:14-21 (احد مرفع الجبن)

قال الرب: إن غفرتُم للناس زَلَّاتِهم، يغفرُ لكم أيضاً أبوكُم السماوي زَلَّاتِكم. وإن لم تغفروا للناس زَلَّاتِهم، فأبوكُم أيضاً لا يغفرُ لكم زَلَّاتِكم. وإذا صمتُم فلا تكونوا معبِّسين كالمُرائين فإنهم يُنكرون وجوههم ليظهروا للناس صائمين. الحق أقول لكم، انهم قد نالوا اجرهم. أما أنتُ فإذا صمت، فادهنْ رأسك وأغسل وجهك، لتلا تظهر للناس صائماً بك لأبيك الذي في الخفية، وأبوك الذي ينظرُ في الخفية هو يجازيك علانية. لا تكتزوا لكم كنوزاً على الارض، حيث يُفسدُ السوس والصدأ، وحيث ينقبُ السارقون ويسرقون. لكن اكنزوا لكم كنوزاً في السماء، حيث لا يفسدُ سوسٌ ولا صدأ، ولا ينقبُ السارقون ولا يسرقون. فإنه حيث يكون كنزُكم هناك يكون قلبُكم أيضاً.

BULLETIN ADS RENEWAL

Courtesy reminder - Kindly renew your bulletin ads and pay your annual renewal dues to:
Dr. Nick Fakhoury or Carmen. We do accept Credit Cards. **Thank you for your continuous support!**

<p align="center">SECOND COLLECTION</p> <p>St. Nicholas’ Parish Council has carefully studied the church's ongoing expenses. Many volunteers help with much work on an ongoing basis; <i>To share this collective stewardship, we find it necessary to have a: <u>2nd collection on the 1st & 3rd Sundays of each month</u> to go toward the BUILDING FUND MORTGAGE Commitment</i></p> <p>Monthly 2nd Collections: February 2nd & 16th of the month</p> <p>If you wish to make arrangement to pay by Credit Card, please contact Samir Risk @ 954.561.5138</p>	<p align="center">CALENDAR OF EVENTS</p> <p><u>Friday, Feb. 28:</u> 12th Annual Golf T</p> <p><u>Friday, March 6:</u> 2nd Friday of Lent</p> <p><u>Saturday, March 14th:</u> Mediterranean Food Festival</p> <p><u>Sunday, April 5:</u> Palm Sun. Parish Showcase Bake Sale</p> <p><u>Holy Week & Easter, April 8, 9, 10, 11, 12</u></p> <p><u>Saturday, April 25 :</u> Spring Hafle</p>
--	--

هل تعلم ؟ إنه أحد المرفع، أحد مدخل الصوم، ندعوه بالمرفع لأننا نرفع (بمعنى نلغي) من خلاله عن موائدنا أصناف الطعام المحتوية اللحوم والبيض ومشققاتها كالألبان والاجبان.... ولكّنه أيضاً أحد المرفع(بمعنى نرفع)

قلوبنا و عيوننا وأذاننا إلى الله للدخول في الصوم الكبير المقدّس. في الكنيسة البيزنطية فالיום هو أحد الغفران فقد وضعت فيه إنجيل القديس متى "إن غفرثُم للناس ذلّاتهم، يغفرلكم أيضاً أبوكُم السماوي زلاتكم. وإن لم تغفروا للناس ذلّاتهم،فأبوكُم أيضاً لا يغفر لكم زلاتكم. وإذا صمتُم فلا تكونوا معبِّسين كالمُرائين. " فتذكرنا الكنيسة أن الصوم لا قيمة له إذا كان عند أي إنسان حقد أو ضغينة لأي إنسانٍ آخر وتدعونا الى الغفران بدون حدودوتدعونا أيضا الى صوم حقيقي ينبع من الداخل. وفي صلاة الغروب من مساء اليوم تقام رتبة الغفران وفيها يطلب المؤمنون السماح والمغفر لبعضهم من بعض ويتصافحون مرتّمين ترنيمة القيامة "المسيح قام". وهكذا يدخلون متصافحين متسامحين ميدان الصيام.

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. Eve

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

<p align="center">CHURCH FINANCIAL CORNER</p> <p align="center"><i>Financial Summary for the month of January 2020 -</i></p> <p align="center">Total Income -Gen. Collection & Bldg Fund-26,492*</p> <p align="center">Expenses: Mortgage Payment: \$12,500</p> <p align="center">Operating Expenses: \$5,418</p> <p align="center">Total Expenses: \$17,918 Surplus: \$8,574</p> <p align="center">*Deposits from the Golf Tournament Registrations boosted ths month Building Fund income.</p> <p align="center">For any questions, please contact Samir Risk: Risksamf@gmail.com</p>
--

GED LAWYERS CLIENTS APPRCIATION EVENT

Ged Lawyers, are having clients appreciation Hafla on Saturday, February 29th, 7:00 pm - 10:00 pm .

You and a guest are cordially invited.

Traditional food, drinks and entertainment

Proudly sponsored by the law firm

RSVP contact Roberta at rmcdowell@gedlawyers.com or 561.995.1966

Ocean Sky Resort & Hotel

4060 Galt Ocean Drive, Fort Lauderdale, FL, 33308

Flyer available in the Church Hall

THE JOURNEY BEGINS

If YOU WERE TO ASK a fitness devotee to describe Clean Week, you would hear about a seven-day nutrition and exercise program involving eating and lifestyle changes designed to “create the healthy habits you need for lifelong health and fitness.”

If you were to ask a committed Eastern Christian to describe Clean Week, you would hear about the first week of the Great Fast with its eating and lifestyle changes, its workouts (prostrations), and its programs for accountability (confession) and support (daily services). Both approaches invite participants to put aside self-indulgence for a higher goal. The bodybuilder seeks health and fitness; the Christian seeks another kind of transform-ation, one described in the Scriptures as leading to something far greater: “*If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory*” (Col 3: 1-4).

“Let Us Put On the Armor of Light”

Besides distancing ourselves from what is harmful, the committed Christian sees the Great Fast as an opportunity to evaluate the strength of his or her commitment to Christ. When the Lord was asked, “*Which is the great commandment in the Law?*” He answered by quoting the Book of Deuteronomy: “‘*You shall love the LORD your God with all your heart, with all your soul, and with all your mind. ’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets*” (Mt 22:36-40).

In order to keep this first great commandment, the Christian must evaluate his or her way of life: Do I have a heart fully devoted to God or do I have other “loves” which distract me from loving Him? Am I so attached to things like my comforts (food, drink, etc.) or entertainment that I cannot put them aside, even for a brief time? Is my mind chiefly devoted to the pursuit of possessions – luxury cars, jewelry, clothing, etc. – that I have no mental energy to consider the things of God? The things to which we are attached may not be sinful in themselves, but they can prevent us from keeping the Lord’s commandment to “love the LORD your God with *all* your heart, with *all* your soul, and with *all* your mind.”

It is only by putting aside for a time the good things with which we have been blessed that we can determine how attached to them we may be. Would it be easier for me to do without the Eucharist for forty days than to do without cream in my coffee for the same period? One of the benefits of the Fast is that it teaches us what we love, on what we rely, and how much we love the Lord in comparison.

I tell you, keep asking , and it will be given you. Keep seeking, and you will find. Keep knocking and it will be opened to you. Luke 11:9