



2100 W. Frontage Rd. • Palatine, IL. 60078
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*"I who speak
 to you am He ..."*

(John 4:26)

THE HOLY GOSPEL OF THE 4TH SUNDAY OF THE GREAT LENT SPEAKS ABOUT:

THE SAMARITAN WOMAN

(John 4:1-30)



Jesus was journeying from Judea to Galilee, and He had to pass through Somaria. He came to a city of Somaria called Sychar where there was Jacob's well, it was midday. Tired and exhausted from the long journey, Jesus sat beside the well. There came a Samaritan woman to draw water. Jesus asked her to give Him a drink. But why she should come to that well which was far away from her home, was a mystery.

It is quite clear from verse 18, in which Jesus said to the woman: "...for you have five husbands, and he whom you now have is not your husband..." that she lived in a condition of shameless immorality. She was shunned by the women in her village, so she had to come to Jacob's well to draw water. Also that was why she asked Jesus to give her the "living water" in order not come to Jacob's well any more.

Jesus suddenly brought the woman back to her

senses "Go" said Jesus, "call your husband and come here." His words made her feel the looseness and immorality of her life. She realized that life as she was living it, will not do, and she felt the need for God. All that she wanted to know was where she should find Him, to straighten her life. Jesus told her that God is Spirit, and he is not confined to one place, He is every where. This was a new revelation to her, which opened a new door of hope. It made her experience things beyond her understanding. All that she could say, "I know that Messiah is coming, when he comes, he will show us all things." Jesus said to her, "**I who speak to you am He ...**". What a transforming revelation this was!



AN INSIGHT



Having found this amazing person, Jesus, the Samaritan woman went and said to the men of her village "Come, see a man who told me all things that ever I did." She was compelled to share her find with others. This very desire to tell others relieved her from shame. She was no doubt an outcast.

The very fact that she was drawing water, from this distant well show how she avoided her neighbors, and how they avoided her...

But now, she ran to tell them of her discovery ...

A person may try to keep the things that embarrass him a secret, but once he is healed, he is often so filled with wonder and gratitude that he reveals all his secrets to others. A person may hide his sins, but once he discovers Jesus Christ as Savior, his first instinct is to say to all, "**Look at what I was, and look at what I am; This is what Jesus has done for me.**"



*Our best wishes to
 H.H. Pope Shenouda III
 for a Happy Resurrection Feast*

*may the Lord grant him health
 and keep him as a leader, a
 shepherd and a teacher for
 many years to come.*

Fasting



THE GREAT LENT

(March 11th - May 4th)

Generally speaking, fasting has a very special significance in our spiritual life. We can clearly see that, in the lives and sayings of the saintly Fathers of the church in both the East and the West. Church history is full of great examples of God's people who attained high levels of holiness through fasting. All the saints without exception, fasted because they experienced its benefits.

When our Lord Jesus Christ started His ministry, He started by fasting. Just after He was baptized, the Holy Spirit led Him to the wilderness and He fasted for forty days and forty nights.

■ **St. Isaac the Syrian** said: "Every struggle against sin and its lusts should start by fasting." He also said: "Fasting is the first step in God's Holy way. It is the beginning of struggle, the upkeep of chastity, the sense of peace, and the teacher of silence."

■ **St. Ambrose, bishop of Milan**, said: "Regarding the 'Holy Lent' He who is free from every sin, fasted

"Sanctify a fast..." (Lev 2:15)



for forty days, while you, a sinner do not fast!!"

■ **St. Basil the Great, Archbishop of Caisarea**, never ate meat throughout his archepiscopate, he said: "We were driven out from the earthly paradise because we did not fast, therefore we have to fast to return to the heavenly paradise."

■ **St. John Chrysitone, Patriarch of Constantinople**, used to eat only wet wheat throughout the period of his patriarchate. He said: "Fasting fights ones enemies and delivers him from their bondage, and sets him free."

■ **St. Gregory of Cyprus** said: "He, who is a heavy eater suffers from bad dreams. He, who does not eat much sleeps soundly. As it gets dark with fog, so does the mind get dark if the stomach is full."

Desert Wisdom

"Whose God is their Belly" (Phil 3:19)



A leader of a community asked abba Poemen: "How can I gain fear of God?" Abba Poemen replied: "How indeed can we gain the fear of God when we have bellies full of cheese and jars of salted fish?"



April 28 Palm Sunday
9:00 A.M. - 2:30 P.M. Divine Liturgy
4:30 P.M. - 6:30 P.M. Pascha prayers

April 29, 30, & May 1 Monday, Tuesday & Wednesday Pascha prayers
6:30 P.M. - 9:00 P.M.

May 2 Holy Thursday
9:00 A.M. - 2:30 P.M. Liturgy of Water and Divine Liturgy
4:30 P.M. - 7:30 P.M. Pascha prayers

May 3 Good Friday
9:30 A.M. - 6:30 P.M.

May 3 & 4 Pokalapsis Night
(All night prayers)
Friday May 3, 11:30 P.M. through the early hours of Saturday May 4.

May 4
Saturday, 4:30 A.M. - 6:30 A.M. Divine Liturgy

May 4
Saturday
7:30 P.M. - past midnight Divine Liturgy.

Happy Resurrection Feast **May 5**

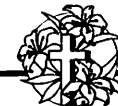


Congratulations To:

- ❖ **Dr. Emad Rizk and Ms. Fadia Boutros**
- ❖ **Mr. Ehab Jacob and Ms. Rania Seeba** for becoming one in Christ. May the Lord bless their life together and grant them happiness.
- ❖ **Mr. Johnney Marcos & Ms. Melissa Nashed**.
- ❖ **Dr. Marco Abdel-nour & Ms. Anariet Abdel- Messih** for their engagement. May the Lord bless them and grant them guidance.
- ❖ **Mr. Ehab & Mrs. Maggie Riad** for the birth of their son **Benjamin**.
- ❖ **Mr. Sameh & Mrs. Manal Georgy** for the birth of their son **Jacob**.
- ❖ **Mr. Emad & Mrs. Niveen Girgis** for the baptism of their son **John**.
- ❖ **Mr. Ramy & Mrs. Mona Farag** for the baptism of their daughter **Danielle**.
- ❖ **Dr. Ayman & Mrs. Karen Naguib** for the baptism of their son **Mark**.
- ❖ **Mr. George & Mrs. Carmen Mitry** for the baptism of their daughter **Miriann**.
- ❖ **Mr. Emad & Mrs. Nibal Isaac** for the baptism of their son **Noah**.

May the Lord bless the newborn to grow in grace and stature before God and men.

CONDOLENCES TO:



- ❖ **Mr. Magdy Dows** for the passing away of his uncle the late **Mr. Khairy Morcos**.
- ❖ **Mr. Baber Bishara** for the passing away of his mother, the late **Mrs. Mercedes Narooz**.
- ❖ **Mr. William Salib** for the passing away of his brother, the late **Mr. Halim Salib**.
- ❖ **Mr. Joseph Messiba** for the passing away of his father, the late **Mr. Halim Messiba**.
- ❖ **Dr. Ramses Saroufim** for the passing away of his wife, the late **Mrs. Clara Saroufim**.

May the Lord repose the souls of the deceased and console their grieving fami!