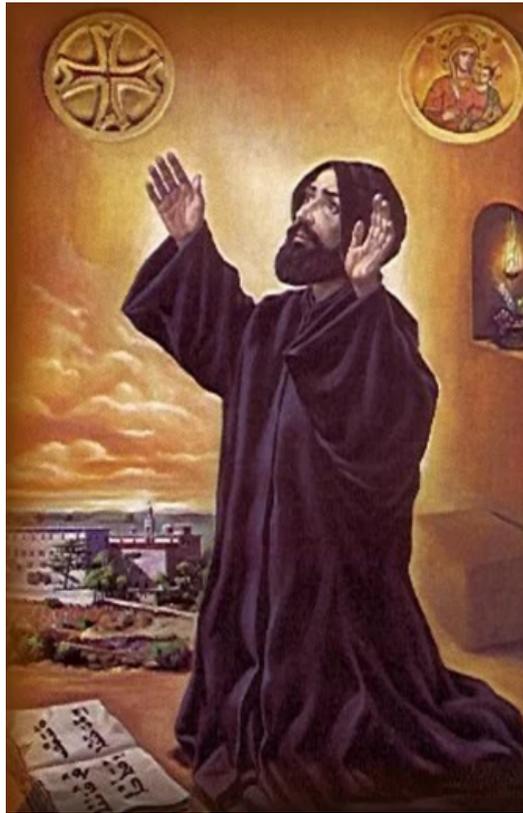


Saint Naamtallah Hardini Catholic Church

The greatest is he that can save his soul



 2807 15th Ave S, Seattle, WA 98144
 sthardini.seattle
 Saint Naamtallah Hardini - Seattle
 sthardiniseattle.com
 www.youtube.com/@StHardiniSeattle
 (503)705-5874

Mach 15, 2026



This Sunday:
Healing of the Paralytic

The readings for this week:
Old Testament; Is 35:1-6, 8, 9b-10
Epistle; 1 Tim 5:24-6:5
Gospel; Mk 2:1-12

Mass Schedule

- Mass is every Sunday 10:30 AM
- Confession available before and after Mass
- **Mass Intentions:** Father Pierre El Rahi

Collection

- Last Sunday : \$534
- On line donation :...

Scan the barcode for donations



Pastoral Council Members:

Alia C Abboud
Georges Saber
Ramy Azar
Diaa Nemer
Rita Saleme
Maya Kordahi

Finance Council Members:

Joumana Farah
Toufic Matar

Reflection

Continuing to discuss the Church's teaching.

In many ways, the approach of Vatican II, and *“Gaudium et spes”*, was very different from what came before. At Vatican I, for example, word was sent to the Eastern Orthodox and Protestants that they should convert and become Catholic and then join the Council. This was not very welcoming, and no one responded to this invitation. In Vatican II, differently, there is an open invitation to non-Catholics to observe and participate in the council. *“Gaudium et spes”* says that Catholics should cooperate and be in dialogue with non-Catholics. Actually, the document is addressed to all people, and not just to Catholics. It tries to see issues in a way that is meaningful to all people, not just Catholics, and it addresses many different social issues. At the same time, the council is traditional, because it teaches that the true fulfillment of mankind is only in God, and specifically in Jesus Christ. It really is a great evangelization, but without saying it.

One time period in the past that *“Gaudium et spes”* reminds me of is the Middle Ages, when the new forms of religious life were beginning, and also new forms of theology, especially scholasticism. The discovery of Aristotle's thinking changed a lot. Also, although the Middle ages did not have a lot of ecumenism, there was a new awareness of the Middle East, and other religions, especially Islam.

Regulation for Great Lent

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 outlined obligatory fasting and abstinence. Our Eparchial Regulations are:

- **Great Friday (April 3, 2026)** is a day of *abstinence* for all Catholics over the age of 14. On this day, *fasting* as well as abstinence is also obligatory for those *from the age of 18 through 59*. Abstinence means abstinence from meat and meat products. Fasting means no food from midnight to noon, except for plain water. No Catholic will likely 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.**

Mass & Event Schedule 2026

Saint Hardini - Maronite Mass Schedules

Sunday's Mass 10:30 AM

| | | |
|----------------|----------|----------------------------|
| January 1st | 11:00 AM | New Year |
| January 6th | 7:00 PM | Epiphany |
| January 22nd | 7:00 pm | St. Sharbel |
| February 6th | 12:00pm | First Friday |
| February 9th | 7:00 PM | St. Maron |
| February 16th | 7:00pm | Ash Monday |
| February 20th | 7:00 pm | Station of the Cross |
| February 27th | 7:00 PM | Station of the Cross |
| March 6th | 12:00 PM | First Friday |
| March 6th | 7:00 PM | Station of the Cross |
| March 13th | 7:00 PM | Station of the Cross |
| March 20th | 7:00 PM | Station of the Cross |
| March 27th | 7:00 PM | Station of the Cross |
| March 30th | 7:00 PM | Holy Week |
| March 31st | 7:00 PM | Holy Week |
| April 1st | 7:00 PM | Holy Week |
| April 2nd | 7:00 PM | Holy Thursday |
| April 3rd | 7:00 PM | Great Friday |
| April 4th | 6:00 PM | Easter Vigil Mass |
| April 22nd | 7:00 PM | St. Sharbel |
| May 1st | 12:00pm | First Friday |
| May 14th | 7:00 PM | The Ascension |
| May 22nd | 7:00PM | St. Sharbel |
| June 5th | 12:00 PM | First Friday |
| June 22nd | 7:00 PM | St. Sharbel |
| July 3rd | 12:00 PM | First Friday |
| July 23rd | 7:00pm | St. Sharbel |
| August 7th | 12:00 PM | First Friday |
| September 4th | 12:00 PM | First Friday |
| September 22nd | 7:00 PM | St. Sharbel |
| October 3rd | 12:00 PM | First Friday |
| October 22nd | 7:00 PM | St. Sharbel |
| November 6th | 12:00 PM | First Friday |
| December 4th | 12:00 PM | First Friday |
| December 8th | 7:00 PM | The Immaculate Conception |
| December 14th | 7:00 PM | St. Naamtallah |
| December 24th | 4:00 PM | Vigil of the Glorious Bith |
| December 25th | 10:30 AM | Christmas |

ST. NAAMTALLAH HARDINI EVENT CALENDAR

14-21 SAT-SAT Maamoul Orders
MARCH

29 SUN Palm Sunday Breakfast / Egg Hunt
MARCH

12 SUN First Holy Communion
APRIL

9 SAT Mother's Day Banquet
MAY

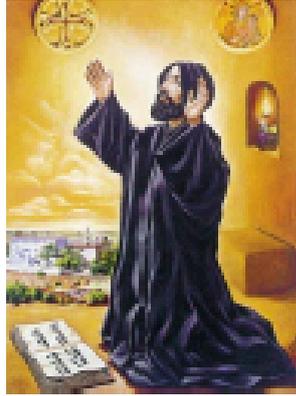
21 SUN Father's Day Picnic
JUNE

30 SUN Summer Food Festival
AUGUST

12 SAT St. Hardini Feast Day Party
DECEMBER

20 SUN Breakfast with Santa
DECEMBER

Saint Naamtallah Prayer



Saint Naamtallah, man of God, monk, priest, teacher, worker, servant, and Prior who lived heroically according to the evangelical counsels of obedience, chastity, and poverty. You made the mystery of the Eucharist the center of your daily life and taught your disciples and brothers the theological virtues of faith, hope, and charity. You managed with responsibility and humility the ministries entrusted to you by the Church, and you worked silently and diligently. You served people and souls with joy and selflessness.

We implore you to intercede for us with the Holy Trinity, that He may grant us to be guided by your example, to follow in your footsteps, and to strive as you did, and to attain the same holiness and union with our Lord Jesus Christ. May we listen, like you, to the inspirations of the Holy Spirit, and love, as you did, the Virgin Mary, the Mother of God and our Mother, and glorify with you God the Father, the Son, and the Holy Spirit forever. Amen.

ايها القديس نعمة الله، الراهب، وكاهن، المعلم وامدير، العامل والخدام، با من عشت بطولة المشورات الانجيلية، الطاعة والعفة والفقر، وجعلت محور حياتك اليومية سر الافخارستيا، وعلمت تلاميذك واخوتك الفضائل الالهية، اليمان والرجاء والمحبة، وديرت بمسؤولية وتواضع ما اسندت اليك الكنيسة من خدم، وعملت بصمت وجدية، وخدمت الناس والنفوس نسالك ان تشفع لنا لدي القالوت القدوس فيمنحنا ان نهتدي بفرح ومجانية وتبلغ ما بلغتمن قداسة واتحادبرينا ونسعى مسعاك ونقتفي خطاك بيمتلك ونصغي نظيرك الى الهامات الروح القدوس ونحب متلك يسوع المسيح العزراء مريم ام الله امنا ونمجد معك الله الاب والابن والروح القدوس الى الابد
امين

Upcoming Event



LEBANON IS PROUD OF YOU BE PROUD OF YOUR ROOTS

The Maronite Foundation Proudly Presents

THE MARONITE ACADEMY INITIATIVE, 9TH ANNUAL SESSION

In honor of the late **MICHEL ABI NADER** Executive Board Member of the Maronite Foundation

Hosted by the Maronite Foundation in the World and in collaboration with the Holy Spirit University of Kaslik (USEK)

Are you of Lebanese descent, living abroad and aged between 20 and 30?

REGISTER ONLINE NOW

maronitefoundation.org/MaroniteAcademy

to win a trip to Lebanon from **August 8 to 23, 2026**

*Candidates must be fluent in English



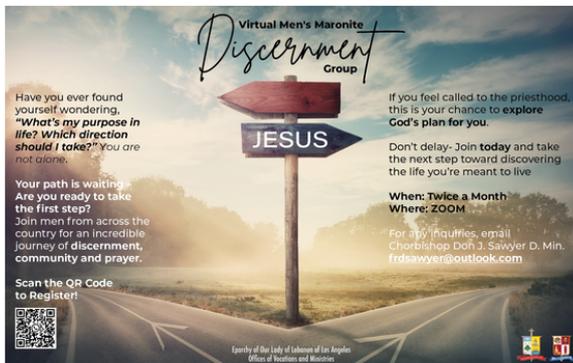
ORDER OF SAINT SHARBEL

Join us to help build the future of the Maronite Church by supporting the education of our seminarians and showing our appreciation by providing proper care for our retired priests.

ENROLL NOW ONLINE AT
www.orderstsharbel.org
or in your parish

For more information about the Order, please contact your Parish Priest or the Order of Saint Sharbel Office at info@orderstsharbel.org or call the Eparchy of Our Lady of Lebanon of Los Angeles at (818) 626-9193.

If you are interested in becoming a Priest or Religious Sister, contact Vocations Director, Chorbishop Donald J. Sawyer, D. Min. at (512) 458-3969 or fdawyer@outlook.com



Virtual Men's Maronite Discernment Group

Have you ever found yourself wondering, "What's my purpose in life? Which direction should I take?" You are not alone.

Your path is waiting. Are you ready to take the first step? Join men from across the country for an incredible journey of discernment, community and prayer.

Scan the QR Code to Register!

If you feel called to the priesthood, this is your chance to explore God's plan for you.

Don't delay. Join today and take the next step toward discovering the life you're meant to live

When: Twice a Month
Where: ZOOM

For any inquiries, email Chorbishop Don J. Sawyer, D. Min. frdsawyer@outlook.com

Eparchy of Our Lady of Lebanon of Los Angeles
Office of Vocations and Ministries



2026 NATIONAL MYO CONFERENCE

SAVE THE DATES

ChatGOD
THE ANSWERS YOU NEED

JUN 23 **JUN 28**

UNIVERSITY OF DAYTON

Registration and more info are available at www.maroniteyouth.org



NAM Spring RAFFLE

\$17,500.00 IN CASH PRIZES!

1ST PRIZE - \$10,000.00
2ND PRIZE - \$3,000.00
3RD PRIZE - \$2,000.00
4TH PRIZE - \$1,500.00
5TH PRIZE - \$1,000.00

ONLY 450 TICKETS ARE AVAILABLE
DRAWING WILL BE HELD ON APRIL 11, 2026!
WINNER NEED NOT BE PRESENT

DONATION: \$100
TO PURCHASE TICKETS, VISIT

WWW.NAMARONITES.ORG/SPRING-RAFFLE

OR DIRECTOR@NAMARONITES.ORG
(904)-752-1882

ALL REQUESTS AND PAYMENTS MUST BE RECEIVED BY APRIL 5, 2026

SCAN ME

<https://www.namaronites.org/plans-pricing>



The Robert Atallah Innovation Challenge

NAM PITCH DAY
startup EVENT

ONE PITCH. ONE WINNER. \$20,000 GRAND PRIZE

NAM Pitch Day is your chance to showcase your business idea or startup to a panel of industry experts, investors, and community leaders — and compete for funding, visibility, and mentorship.

- Build valuable business relationships
- Share ideas and exchange insights
- Discover opportunities & collaborations

JULY 4, 2026 AT THE 2026 MARONITE CONVENTION

WINNER WILL BE ANNOUNCED AT THE GRAND BANQUET

Applicants Must Register for the NAM Convention pitchday@namaronites.org Winner Must be Present at the Grand Banquet

Pope Leo loves the Eastern rite churches, and how esteems the Liturgy.
<https://press.vatican.va/content/salastampa/en/bollettino/pubblico/2025/05/14/250514a.html>

The twelve mortal sins by Pope Leo:
https://youtu.be/IRGP3F_e28c?si=XePlrqh4rD7DE34P

Petition Link: <https://chng.it/njbtTJ8Mch>

<https://youtu.be/y8oJB5eqtwk>

Upcoming Event

EPARCHIAL PILGRIMAGE 2026

LAND TRIP TO FRANCE

May 19-28, 2026

Join Bishop A. Elias Zaidan to Lourdes and other important sites in France, including Paris, Lisieux, St. Michel, Normandie, and Bordeaux.

**Flights to/from the United States to France need to be booked separately.*

Double Occupancy \$4,000 /per person
Single Occupancy Additional Supplement \$1,000

10 Days 9 Nights

Price Includes:

- 4 Star Hotels Accommodations
- Entrance Fees to Various Sites
- English Speaking Guide
- Transportation between locations
- All Meals and Tips Included

To Reserve
 Ivette Jackson: 323-336-3168
 Jamileh Koury: 818-294-2901
 Email: info@eparchy.org

Requirements
 Reservation requires a deposit of \$2,000 per person.
 Full amount due on March 31, 2026.

Proudly Announces
2026 Scholarship Program

High School Senior Scholarships

| | |
|---|---|
| MYO – John A. Solomon Two for High School Seniors \$2000 | Massabki Brothers One for High School Seniors \$2000 |
| Naomi & Paul Kassouf Two for High School Seniors \$3000 | Abouna Sharbel Five for High School Seniors \$1000 |

Undergraduate Scholarships

| | |
|---|---|
| Chagoury Family Undergraduate One for College Student \$2000 | Thomas and Jennie Ayoub One for College Student \$2000 |
|---|---|

Graduate & Professional Scholarship

Chagoury Family Graduate
One for Graduate Student \$2000

Study Abroad in Lebanon Opportunities

Notre Dame University-Louaize
Up to 10 scholarships for Fall 2026 or Spring 2027

The Holy Spirit University of Kaslik
Up to 12 scholarships for Summer 2026 Semester

For more information and application visit www.namaronline.org, e-mail scholarsh@namaronline.org or call NAM at 440-821-6303

APPLICATION DEADLINE MAY 31, 2026

The Hidden Pearl Press Presents

Maronite Enrichment Days

Guest Speaker
Erin Galgay Walsh, PhD

April 15-16, 2026

APR 15 4:45 PM Spiritual Vigilance in Ephrem's Hymns on the Church

APR 15 6:45 PM Jacob of Serugh's mēmrā "On the Sign Our Lord Performed at Cana"

APR 16 11 AM Treasure in Heaven: Jacob of Serugh on the Widow and her Two Small Coins

APR 16 1 PM Holy Foolery: The Syriac Life of the Holy Onesima

For more information:
Fr. Armando Elkhoury
(202) 876-6648
elkhoury@thehiddenpearl.press

Location:
Our Lady of the Cedars
of Mount Lebanon Maronite Church
507 S. Cleveland Massillon Road
Fairlawn, OH 44333

PLEASE RSVP
BY APRIL 7 2026

ALLOCATION OF FUNDS

Last year, we set a goal of \$260,000, which was allocated as outlined below. We raised a little over the goal amount, which helped defray the expenses of printing and mailing the Eparchial Appeal. We are truly grateful to all who generously contributed to support our Eparchy.

REPORT ON 2025 LENTEN APPEAL USE OF FUNDS (\$260,000)

* The funds raised are not sufficient to fully cover the expenses in various areas. The Eparchy continues to provide subsidies and address additional costs as necessary.

1. SEMINARIANS AND RETIRED PRIESTS

Our Eparchy is actively preparing two celibate seminarians and four married candidates for the Sacred Priesthood. Over the past year, the total expenses for their education, housing, formation, and living costs amounted to **\$283,618**. Additionally, we provide support for 10 retired priests, which incurs an annual cost of around **\$321,000**. **35% of this year's Annual Appeal proceeds will support Seminarians and Retired priests.**

2. MISSIONS AND AND SMALL PARISHES

Our Eparchy encompasses thirty-seven parishes and ten missions, serving over 46,000 Maronite Catholics across 34 states. Recently, we have established missions in New Orleans (LA) and Dallas (TX), as well as a plan to establish a new community in Mobile (AL). Many of these missions rely on financial assistance from the Eparchy to cover essential expenses. Your generous contributions will help us support these missions and connect with our cherished Maronite community throughout the country. **25% of this year's Annual Appeal proceeds will support Missions and Small Parishes.**

Lenten Appeal & Vocation



BISHOP'S MESSAGE

Dear Brothers and Sisters in Christ:

As we approach the Lenten season, I would like to once again express my sincere gratitude for your steadfast and generous support of our beloved Eparchy of Our Lady of Lebanon of Los Angeles. In a time marked by many challenges, both at home and around the world, your faithfulness and commitment continue to be a true source of strength and hope.

Lent is a sacred time to connect with our Almighty God and to renew ourselves through prayer, fasting, and works of charity. We are called to reflect on the many blessings we have received and to respond with compassion to those in need.

During this Lenten season, I humbly ask for your help in meeting our most urgent needs:

- Education and formation of our seminarians
- Care for our Retired Priests
- Support for our missions and parishes
- Development of ministries for our children, youth, and young adults
- Charitable assistance for our brothers and sisters in the U.S., Lebanon, Syria, and throughout the Middle East

These needs are outlined in the enclosed Annual Appeal brochure. Your prayers and generous support make a profound difference and are deeply appreciated. On behalf of all those whose lives will be touched by your kindness, please accept my heartfelt thanks for your continued generosity and support.

Prayerfully yours in Christ,

+A. Elias Zaidan

Bishop of the Eparchy of Our Lady of Lebanon of Los Angeles



Bishop A. Elias Zaidan's Lenten Appeal 2026:

<https://www.youtube.com/watch?v=Euol8j053Sk>

A Light To Our Maronite Church

The Maronite Servants of Christ the Light are a congregation of consecrated religious serving the Church in the parish as spiritual mothers in imitation of Mary, radiating the Light of Christ in their life of contemplative prayer, asceticism, and apostolic mission to children, youth, young adults, families, the sick, dying, and grieving... We serve alongside the priest in pastoral ministry reaching out with a maternal touch to the many needs of the parish family.

"I am the servant of the Lord. Let it be done to me according to Your word."

Luke 1:38



<https://www.maroniteservants.org/#:~:text=A%20Light%20To,Luke%201:38>

Cedars of St. Naamtallah Youth Catechesis and MYA Schedule



Attention young people ages 12-17
come check out our new youth group,

The Cedars of St. Naamtallah!

Who: Anyone ages 12 to 17 interested in building friendships, participating in important and relevant discussions and having fun!

Facilitated by Gennifer Karam and assisted by parent volunteers. Please contact Abouna Tony or Gennifer directly to register.

What: The Cedars of St. Naamtallah is a group of young people seeking to better understand the love of Jesus and His calling to be disciples. The Cedars meet once a month for which teach us about our identity as followers of Christ, our mission as young Maronite Christians, and where to find the answers to the questions we have in our hearts regarding faith, life, decision making, and more. The vision for this group also includes creating a subgroup, the MYO (The Maronite Youth Organization), which will focus on service to the church and social activities for ages 12-17.

Where/When: Cedars Youth sessions are held once a month (usually) on a Sunday. After Sunday liturgy, youth are to take 15 minutes downstairs to have a bite to eat before they are invited to the St. Naamtallah Rectory upstairs for fun and discussion. All meetings will be announced ahead of time through email and church announcements.

SAVE THE DATES:

Cedars of St. Naamtallah Youth Catechesis

2025-2026 Tentative Schedule

Theme for the Year: How to defend the faith in various instances, with personal testimonies from real people.

March 22 – non-Christian religions of the East, Mormonism, JW's, new agers, etc.

April 26 – Guest Speaker TBA followed by open forum Q & A

May 31 – Defending Mary, the Mother of God

MYA Maronite Young Adults

...A local chapter of a national organization consisting of Maronite Catholics who intentionally live the teaching of the Catholic Church and embrace Jesus in their daily lives.

By their service, social, and spiritual activities, they seek to live the Gospel values of mercy and compassion and grow in their relationship with Jesus and one another.

SAVE THE DATES:

St. Naamtallah MYA (Maronite Young Adults)

2025-2026 Tentative Schedule

Themes of Discussion for this Year: Apologetics, The Sacraments (The Mysteries), and Discernment of Spirits, and more.... to be announced month by month. See full schedule below!

March 22

April 26

May 31

June Meeting TBA

Advertisements

**Lynnwood Mediterranean Food
Grocery & Deli
Halal**

Ph. Number: (425) 745 - 4710
E-mail:
Mediterraneanfood@frontier.com

4510 168th Street Southwest
Lynnwood, WA 98037

 Like us on Facebook!
@Lynnwood Mediterranean Food



**BARBASTELLA
DETAILING**

BARBASTELLA DETAILING

Toni Khoury/Owner
425-223-9843/barbastelladetailing@gmail.com
barbastelladetailing.com

