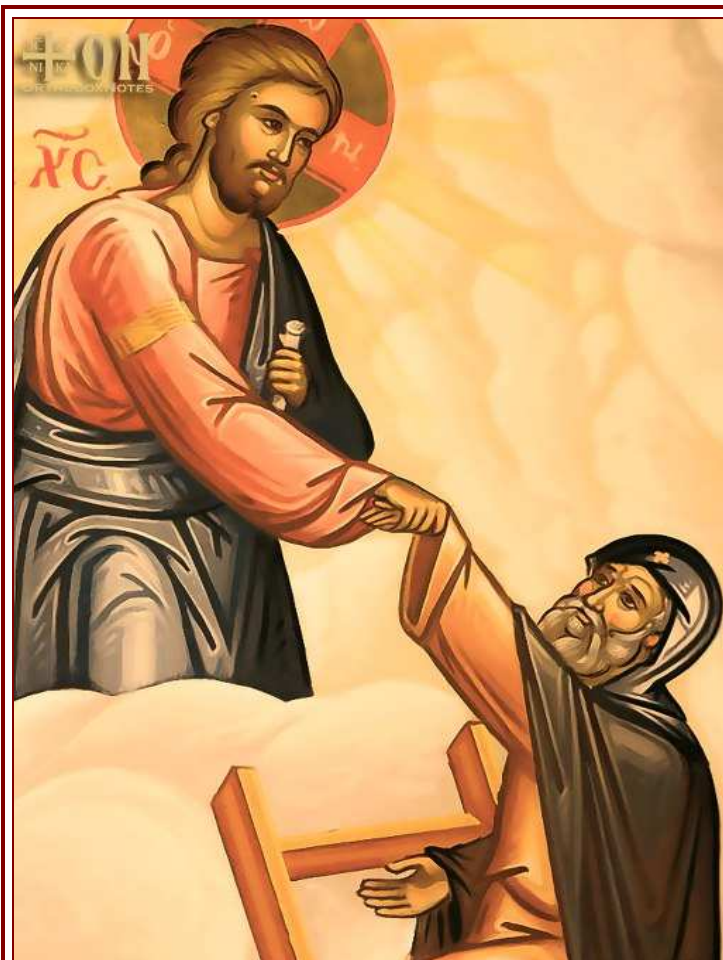


+ St. Nicholas Antiochian Orthodox Church +

Sunday Bulletin – October 20th 2013 A.D.



LIFT UP AND STRETCH OUT YOUR HANDS, NOT TO HEAVEN, BUT TO THE POOR; FOR IF YOU STRETCH FORTH YOUR HANDS TO THE POOR, YOU HAVE REACHED THE SUMMIT OF HEAVEN, BUT IF YOU LIFT UP YOUR HANDS IN PRAYER WITHOUT SHARING WITH THE POOR, IT IS WORTH NOTHING.

(St. John Chrysostom)

We continue to pray for Metropolitan Boulos Yazigi (*Antiochian Orthodox Metropolitan of Aleppo, Syria*) & Metropolitan Youhanna Ibrahim (*Syriac Orthodox Metropolitan of Aleppo, Syria*) who were **abducted by terrorists** on April 22 in Syria. We still have no news concerning them! Please keep them in your prayers! **The world may have forgotten about you, and the media is not interested, but we will not forget about you nor be silent!**



80 de Castelnau Est, Montreal, QC, H2R 1P2 – Office: 514-270-9788; Fax: 514-270-6424;
Pastoral Emergency: 514-926-7875 - www.stnicholasmtl.com/office@stnicholasmtl.org

+ **Fr. Mark-Arsenius Wyatt (Pastor)**

THE HOLY EPISTLE (2 Corinthians 6:16-7:1)

And what agreement has the temple of God with idols? For you are the temple of the living God. As God has said: "I will dwell in them and walk among them. I will be their God, and they shall be My people." Therefore "Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you "I will be a Father to you, and you shall be My sons and daughters, Says the Lord Almighty." Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

وَأَيَّةُ مُوَافَقَةٍ لِهَيْكَلِ اللَّهِ مَعَ الْأَوْثَانِ؟ فَإِنَّكُمْ أَنْتُمْ هَيْكَلُ اللَّهِ الْحَيِّ، كَمَا قَالَ اللَّهُ: «إِنِّي سَأَسْكُنُ فِيهِمْ وَأَسِيرُ بَيْنَهُمْ، وَأَكُونُ لَهُمْ إِلَهًا وَهُمْ يَكُونُونَ لِي شَعْبًا. لِذَلِكَ أَخْرَجُوا مِنْ وَسْطِهِمْ وَاعْتَرَلُوا، يَقُولُ الرَّبُّ. وَلَا تَمَسُّوا نَجِسًا فَأَقْبَلَكُمْ، وَأَكُونُ لَكُمْ أَبًا وَأَنْتُمْ تَكُونُونَ لِي بَنِينَ وَبَنَاتٍ» يَقُولُ الرَّبُّ الْفَاعِلِ عَلَى كُلِّ شَيْءٍ. فَإِذْ لَنَا هَذِهِ الْمَوَاعِيدُ أَيُّهَا الْأَجْبَاءُ لِنُطَهِّرَ ذَوَاتِنَا مِنْ كُلِّ دَنَسِ الْجَسَدِ وَالرُّوحِ، مُكَمِّلِينَ الْقَدَاسَةَ فِي خَوْفِ اللَّهِ.

THE HOLY GOSPEL (St. Luke 8:26-39)

Then they sailed to the country of the Gadarenes, which is opposite Galilee. And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!" For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness. Jesus asked him, saying, "What is your name?" And he said, "Legion," because many demons had entered him. And they begged Him that He would not command them to go out into the abyss. Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned. When those who fed them saw what had happened, they fled and told it in the city and in the country. Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. They also who had seen it told them by what means he who had been demon-possessed was healed. Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned. Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, "Return to your own house, and tell what great things God has done for you." And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.

وَسَارُوا إِلَى كُورَةِ الْجَدْرِيِّينَ الَّتِي هِيَ مُقَابِلَ الْجَلِيلِ. وَلَمَّا خَرَجَ إِلَى الْأَرْضِ اسْتَقْبَلَهُ رَجُلٌ مِنَ الْمَدِينَةِ كَانَ فِيهِ شَيَاطِينٌ مُنْذُ زَمَانٍ طَوِيلٍ وَكَانَ لَا يَلْبَسُ ثَوْبًا وَلَا يَقِيمُ فِي بَيْتٍ بَلْ فِي الْقُبُورِ. فَلَمَّا رَأَى يَسُوعَ صَرَخَ وَخَرَّ لَهُ وَقَالَ بِصَوْتٍ عَظِيمٍ: «مَا لِي وَلكَ يَا يَسُوعَ ابْنَ اللَّهِ الْعَلِيِّ! أَطَلَبُ مِنْكَ أَنْ لَا تُعَذِّبَنِي». لِأَنَّهُ أَمَرَ الرُّوحَ النَّجِسَ أَنْ يَخْرُجَ مِنَ الْإِنْسَانِ. لِأَنَّهُ مُنْذُ زَمَانٍ كَثِيرٍ كَانَ يَخْطِفُهُ وَقَدْ رُبُّ بِسَلْسِلٍ وَفِيودٍ مَحْرُوسًا وَكَانَ يَقَطِّعُ الرُّبْطَ وَيَسَاقُ مِنَ الشَّيْطَانِ إِلَى الْبَرَارِيِّ. فَسَأَلَهُ يَسُوعُ: «مَا اسْمُكَ؟» فَقَالَ: «لَجِنُونَ». لِأَنَّ شَيَاطِينَ كَثِيرَةً دَخَلَتْ فِيهِ. وَطَلَبَ إِلَيْهِ أَنْ لَا يَأْمُرَهُمْ بِالذَّهَابِ إِلَى الْهَآوِيَةِ. وَكَانَ هُنَاكَ قَطِيعُ خَنَازِيرٍ كَثِيرَةٍ تَرَعَى فِي الْجَبَلِ فَطَلَّبُوا إِلَيْهِ أَنْ يَأْذِنَ لَهُمْ بِالذَّخُولِ فِيهَا فَأْذِنَ لَهُمْ. فَخَرَجَتِ الشَّيَاطِينُ مِنَ الْإِنْسَانِ وَدَخَلَتْ فِي الْخَنَازِيرِ فَانْدَفَعَتِ الْقَطِيعُ مِنْ عَلَى الْجُرْفِ إِلَى الْبُحَيْرَةِ وَخَسَّتْ. فَلَمَّا رَأَى الرُّعَاةَ مَا كَانَ هَرَبُوا وَذَهَبُوا وَأَخْبَرُوا فِي الْمَدِينَةِ وَفِي الضِّيَاعِ فَخَرَجُوا لِيرَوْا مَا جَرَى. وَجَاءُوا إِلَى يَسُوعَ فَوَجَدُوا الْإِنْسَانَ الَّذِي كَانَتْ الشَّيَاطِينُ قَدْ خَرَجَتْ مِنْهُ لَا بَسًا وَعَاقِلًا جَالِسًا عِنْدَ قَدَمَيْ يَسُوعَ فَخَافُوا. فَأَخْبَرَهُمْ أَيْضًا الَّذِينَ رَأَوْا كَيْفَ خَلَّصَ الْمَجْنُونُ. فَطَلَبَ إِلَيْهِ كُلُّ جُمُهورِ كُورَةِ الْجَدْرِيِّينَ أَنْ يَذْهَبَ عَنْهُمْ لِأَنَّهُ اعْتَرَاهُمْ خَوْفٌ عَظِيمٌ. فَدَخَلَ السَّفِينَةَ وَرَجَعَ. أَمَّا الرَّجُلُ الَّذِي خَرَجَتْ مِنْهُ الشَّيَاطِينُ فَطَلَبَ إِلَيْهِ أَنْ يَكُونَ مَعَهُ وَلَكِنْ يَسُوعَ صَرَفَهُ قَائِلًا: «ارْجِعْ إِلَى بَيْتِكَ وَحَدِّثْ بِكُمْ صَنَعَ اللَّهِ بِكُمْ». فَصَمَى وَهُوَ يُنَادِي فِي الْمَدِينَةِ كُلِّهَا بِكُمْ صَنَعَ بِهِ يَسُوعُ.

صلاة يسوع
PRAYER MEETING
 November 2 at 7:00pm
 in the Church

ربِّي
 يسوعُ المسيح
 يا ابن الله
 ارحمني
 أنا الخاطيء

www.facebook.com/Orthodox Faith

ORTHODOX FAITH

THE JESUS PRAYER: "O LORD JESUS CHRIST, HAVE MERCY ON ME"

Come and join us on November 2 at 7:00pm in the Church for our monthly Prayer Meeting and learn the Jesus Prayer and how to enrich your Spiritual Life!

* Science Studies the Jesus Prayer: Can seven words change lives?

It may seem a lot of effort over just seven words: Finding 110 Orthodox Christians, giving them a battery of tests ranging from psychology to theology to behavioral medicine, and then repeating the tests 30 days later. But the seven words "**Lord Jesus Christ, have mercy on me**" (a.k.a. **the Jesus Prayer**) are among the most enduring in history. What Boston University psychologist George Stavros, Ph.D., wanted to find out was whether repeating the Jesus Prayer for ten minutes each day over the 30 days would affect these people's relationship with God, their relationships with others, their faith maturity, and their "self-cohesion" (levels of depression, anxiety, hostility, and interpersonal sensitivity). In short, Stavros was asking whether the Jesus Prayer can play a special role in a person's "journey to the heart."

* **The Answer:** At least on all the scales that showed any significant effect compared to the control group—turned out to be a resounding yes! Repeating the contemplative prayer deepened the commitment of these Christians to a relationship with a transcendent reality. Not only that, **it reduced depression, anxiety, hostility, and feelings of inferiority to others.** So powerful were the psychological effects of the prayer that Stavros urges his colleagues to keep it in mind as a healing intervention for clients. He recommends that the prayer be used along with communal practices so that one's relationship with God and others is "subtly and continuously tutored." In other words, going inside to find God does not mean going it alone.

Monthly Orthodox Catechism: November 9th at 7:00pm
"UNDERSTANDING THE DIVINE LITURGY"



The Divine Liturgy is the most powerful and important Prayer Service in the Orthodox Church, where **Angels** are ascending and descending from Heaven over the Altar, where a continuous **Miracle** occurs each time: our Lord sanctifies Bread & Wine to be **His Body & Blood** for us to partake of Him. **But do you understand what is really happening throughout the Divine Liturgy?** Do you ever wonder why it is done that particular way and not something different every week? Can you answer your friends if they ask you about the exact same Sunday Service you may have grown attending? Come & Join us on **November 9 at 7:00pm**. These monthly Catechisms will also include Bible Studies and other topics pertaining to the Faith.

"The Divine Liturgy occurred one time forever. It has eternity. Every time the Divine Liturgy is celebrated, we rise up to its height. If we live some aspects of the Divine Liturgy, then we will understand its greatness, as happened with St. Seraphim of Sarov who saw angels coming to the Church during the Small Entrance. We follow the Divine Liturgy, because we do not live it, until we live it." (Metropolitan Ierotheos Vlachos)

St. Nicholas Annual Turkey Lunch TODAY!!!



A Great Family Event!

Adults \$20

Active Teen Soyo Members: \$10.00

Non-Active Teens 12-19: \$15.00

Active Sunday School Children: FREE

Non-Active Children 4-11: \$5.00



For Tickets: Contact Linda Lemieux (514-824-6328)

Food Drive for the Poor & Hungry: Please bring a non-perishable item with you!

St. Nicholas GRAND HAFLI Church Fundraiser

November 15 at 7:30pm

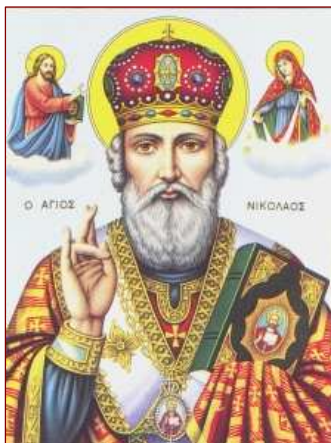
At: Nuit De Beyrouth

12208 Laurentien, Montreal, QC

\$50.00/Person



To purchase Tickets or if you require additional information, please contact:
Sylvia Mefrige (514-344-0550), Marie Azakie (514-835-7878), Hala Zakaib
(514-748-0882), Salwa Abouassaly (514-337-6779).



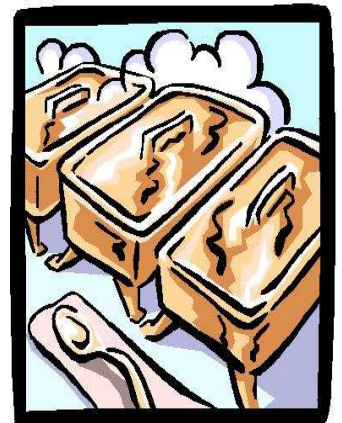
ST. NICHOLAS FEAST DAY BRUNCH

Sunday, December 8

Always Homemade!

Always Fresh!

More info to come!



ST. NICHOLAS ANNUAL WINE RAFFLE

Draw will take place on December 8
during the St. Nicholas Feast Day Brunch

\$20/Ticket (500 tickets printed: Only 60 tickets remaining!)

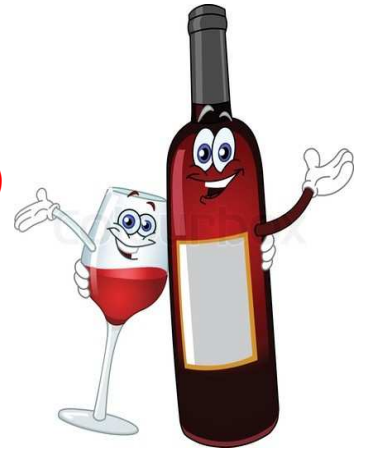
Contact Marie Azakie (514-835-7878)

or any member of the Antiochian Women

1st Prize: 50 bottles of Wine (\$1000 Value)

2nd Prize: 25 bottles of Wine (\$500 Value)

3rd Prize: 12 bottles of Wine (\$250 Value)



Sunday School Monthly Birthday PARTY

with FUN Activity

Sunday, October 27

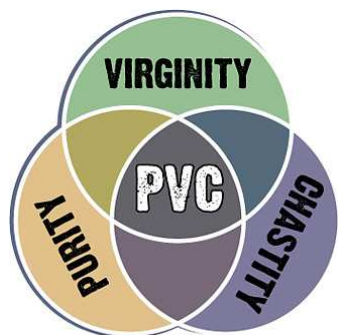
Join our FUN Sunday School Program!

Every Sunday at 10:30am

(English/French/Arabic)



**Special
Olympics**



a SOYO project

Every October, our Archdiocese raises funds for the **Special Olympics Sports Camp** that will be held at the Antiochian Village August 8 - 16, 2014. Next summer we will be celebrating our 33rd Annual Special Olympics Sports Camp. This ministry is run by and sponsored by the North American Council of Teen SOYO. Our teens work very hard for this ministry and rely on the generosity and support of the faithful of our Archdiocese and the Order of St. Ignatius. **This Sunday** is Special Olympics Awareness Day and our Teen SOYO will be collecting a **2nd TRAY** for this project. There will be a **Special Message about our Youth Ministry** following the Divine Liturgy and **Icon Bookmarks** will be distributed by them also. Our **Teen SOYO** is starting their annual **can collection** for the Food for Hungry People Archdiocese Project and need **YOUR** support! Please bring in your non-perishable food items so together we can help out the less fortunate! Our Teen SOYO has monthly events in the Church and at other venues. We are always open to new members, join us!

Today's Holy Oblation is offered for the Good Health of the Servants of God:

Nadine Kabrita, Alex Kalil (Frances), Alexander Edward Kalil (Stephanie, Alexa, Daniella, Jessica), Edward Kalil (Ellen), Edward John Kalil (Rita, John, Esther), Geoffrey Kalil (Michelle, Megan, Grady), Peter Kalil, Peter Kandalaft, Frederick Kaneb (Tia, Christopher, Jenna-Marie), Mark Kaneb (Julie), Michelle Kaneb (Aidan, Evan), Stephanie Kaneb (Wilfred), Vanessa Kaneb, William Kaneb (Cathy, Andrew, Shelby-Ann), Anas Kardous (Debora, Alessio, Maya), Nabil Kardous (Ana-Paula, Karim, Kamil), Antoine Kardouss (Mona), John Kelzi (Marie), Samir Kersheh (Brigitte, Sabrina Mary, Tiffany), Theodore Kersheh (Yola), George Khazaka (Nadia, Nathan), Michel Khouri (Francine), Nizam Khouri (Laura), Nabil Khoury (Rose-Marie, Richard, Raphael), Brian Kishfy (Suzanne, Catherine, Patrick, Christian), Gloria Kishfy. Richard Kishfy (Diane, Jonathan).

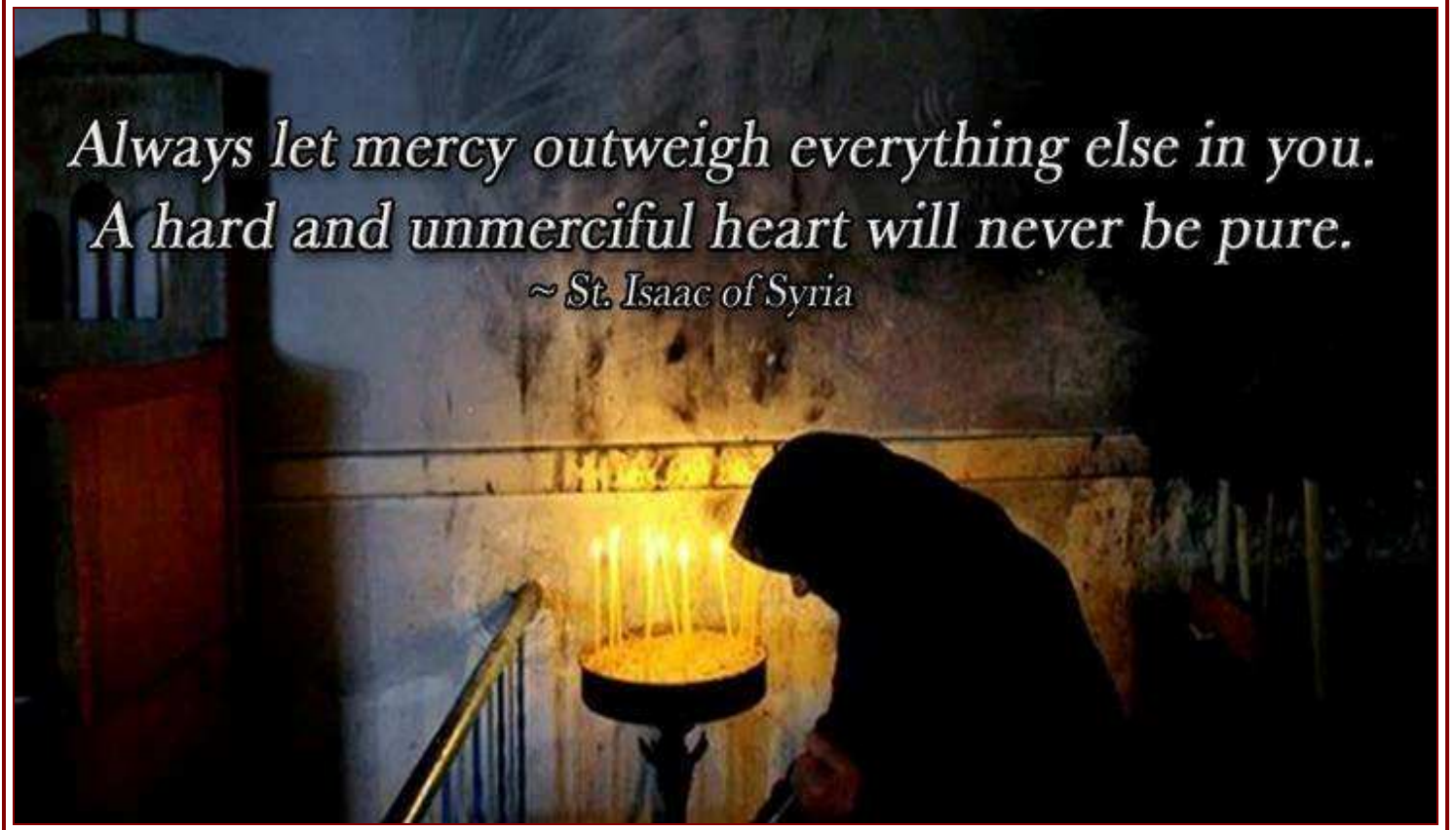
Today's Memorial Prayers are offered for the Eternal Memory of the Servants of God:

*For Eileen Aziz Saykaly (7th year). Remembered also: Roger Saykaly, Essa & Ajeia Aziz, Philip Aziz, Eleanor Aziz Salhany & Virginia Aziz Bander. Offered by Brian & Carol Saykaly.

*For Edward David (7th year). Offered by Mona David & Family.

* For Nassima Sabbagh (21st year) & for Assaad Sabbagh (32nd year). Offered by the Sabbagh Family.

*Always let mercy outweigh everything else in you.
A hard and unmerciful heart will never be pure.
~ St. Isaac of Syria*



“People who ski, I suppose, are people who happen to like skiing, who have time for skiing, who can afford to ski, and who are good at skiing. Recently I found that I often treat prayer as though it were a sport like skiing--something you do if you like it, something you do in your spare time, something you do if you can afford the trouble, something you do if you're good at it... But prayer isn't a sport. It's work. But prayer is no game... Prayer is the opposite of leisure. It's something to be engaged in, not indulged in. It's a job you give first priority to, performing when you have energy left for nothing else.” (Elizabeth Elliott)



Monthly Parish Movie Night
Saturday October 26 at 7:00pm

"Spiritual Vitamins"

6 Modern Orthodox Mini-Movies Depicting Important
Spiritual Lessons for Modern Times! Approximately 2 Hours
That Will Stay With You For Many Years To Come!
All are Welcome!!

Monthly Parish Movie Night - Saturday November 16 at 7:00pm

"DAMASCUS SPEAKS!"

The Story of St. Paul the Apostle: Filmed on-location
(before the present war) where the events happened in the Bible!
Followed by a Special on "The Ark of the Covenant"
With footage of the Monasteries of Sinai & Ethiopia

Approximately
2 Hours
ALL ARE
WELCOME!

