

+ St. Nicholas Antiochian Orthodox Church +

Sunday Bulletin – September 29th 2013 A.D.

"Send us, Lord, the patience, in this year of stormy, gloom-filled days, to suffer popular oppression, and the tortures of our hangmen. Give us strength, oh Lord of justice, Our neighbor's evil to forgive, And the Cross so heavy and bloody, with Your humility to meet, In days when enemies rob us, To bear the shame and humiliation, Christ our Savior, help us. Ruler of the world, God of the universe, Bless us with prayer and give our humble soul rest in this unbearable, dreadful hour. At the threshold of the grave, breathe into the lips of Your slaves inhuman strength — to pray meekly for our enemies."

- Royal Martyr, Olga Romanova



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!**



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

THE HOLY EPISTLE (1 Corinthians 1:21-2:4)

Now He who establishes us with you in Christ and has anointed us is God, who also has sealed us and given us the Spirit in our hearts as a guarantee. Moreover I call God as witness against my soul, that to spare you I came no more to Corinth. Not that we have dominion over your faith, but are fellow workers for your joy; for by faith you stand. But I determined this within myself, that I would not come again to you in sorrow. For if I make you sorrowful, then who is he who makes me glad but the one who is made sorrowful by me? And I wrote this very thing to you, lest, when I came, I should have sorrow over those from whom I ought to have joy, having confidence in you all that my joy is the joy of you all. For out of much affliction and anguish of heart I wrote to you, with many tears, not that you should be grieved, but that you might know the love which I have so abundantly for you.

وَلَكِنَّ الَّذِي يُرْسِخُنَا وَإِيَّاكُمْ فِي الْمَسِيحِ، وَالَّذِي قَدْ مَسَحَنَا، إِنَّمَا هُوَ اللَّهُ، وَهُوَ أَيْضاً قَدْ وَضَعَ خَتْمَهُ عَلَيْنَا، وَوَهَبَنَا الرُّوحَ الْقُدُسَ عَرْبُوناً فِي قُلُوبِنَا. غَيْرَ أَنِّي أَدْعُو اللَّهَ أَنْ يَشْهَدَ عَلَيَّ نَفْسِي بِأَنِّي إِشْفَاقاً عَلَيْكُمْ لَمْ آتِ إِلَى كُورِنْثُوسَ. وَهَذَا لَا يَعْنِي أَنَّنَا نَسَلْطُ عَلَى إِيمَانِكُمْ، بَلْ إِنَّنَا مُعَاوِنُونَ لَكُمْ نَعْمَلُ لِأَجْلِ فَرَحِكُمْ. فَبِالْإِيمَانِ أَنْتُمْ تَابِتُونَ. وَلَكِنِّي قَرَّرْتُ نِهَائِيَّ أَنْ لَا يَكُونَ مَجِئِي إِلَيْكُمْ سَبَباً لِأِحْزَانِكُمْ. فَإِنَّ أَحْزَانَكُمْ فَمَنْ ذَا يُفْرِحُنِي إِلَّا الَّذِي أَحْزَنْتُهُ؟ لِهَذَا أَكْتُبُ إِلَيْكُمْ مَا أَكْتُبُهُ هُنَا، حَتَّى عِنْدَمَا أَجِيءُ لَا يَأْتِينِي الْحُزْنُ مِنَ الَّذِي كَانَ يَجِبُ أَنْ يَأْتِيَنِي مِنْهُ الْفَرَحُ. وَلِي ثِقَةٌ بِجَمِيعِكُمْ أَنَّ فَرِحِي هُوَ فَرِحِكُمْ جَمِيعاً. فَإِنَّ مَا كَتَبْتُهُ إِلَيْكُمْ سَابِقاً كَانَ تَابِعاً مِنَ ضَيْقٍ شَدِيدٍ وَاكْتِتَابٍ فِي الْقَلْبِ، وَمَصْحُوباً بِدُمُوعٍ كَثِيرَةٍ. وَمَا كَانَ قَصْدِي أَنْ أَحْزَنْكُمْ، بَلْ أَنْ تَعْرِفُوا الْمَحَبَّةَ الْفَيَاضَةَ الَّتِي عِنْدِي مِنْ نَحْوِكُمْ.

THE HOLY GOSPEL (St. Luke 6:31-36)

And just as you want men to do to you, you also do to them likewise. “But if you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive back, what credit is that to you? For even sinners lend to sinners to receive as much back. But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil. Therefore be merciful, just as your Father also is merciful.

وَبِمِثْلِ مَا تُرِيدُونَ أَنْ يُعَامِلَكُمُ النَّاسُ عَامِلُوهُمْ أَنْتُمْ أَيْضاً. فَإِنَّ أَحَبِّبُنَا الَّذِينَ يُحِبُّونَكُمْ، فَأَيُّ فَضْلٍ لَكُمْ؟ فَحَتَّى الْخَاطِئُونَ يُحِبُّونَ الَّذِينَ يُحِبُّونَهُمْ! وَإِنْ أَحْسَنْتُمْ مُعَامَلَةَ الَّذِينَ يُحْسِنُونَ مُعَامَلَتَكُمْ، فَأَيُّ فَضْلٍ لَكُمْ؟ فَحَتَّى الْخَاطِئُونَ يَفْعَلُونَ هَكَذَا! وَإِنْ أَقْرَضْتُمُ الَّذِينَ تَأْمَلُونَ أَنْ تَسْتَوْفُوا مِنْهُمْ، فَأَيُّ فَضْلٍ لَكُمْ؟ فَحَتَّى الْخَاطِئُونَ يُقْرِضُونَ الْخَاطِئِينَ لِكَيْ يَسْتَوْفُوا مِنْهُمْ مَا يُسَاوِي قَرْضَهُمْ. وَلَكِنْ، أَحِبُّوا أَعْدَاءَكُمْ، وَأَحْسِنُوا الْمُعَامَلَةَ، وَأَقْرَضُوا نُونِ أَنْ تَأْمَلُوا اسْتِيفَاءَ الْقَرْضِ، فَتَكُونُوا مُكَافَأَتَكُمْ عَظِيمَةً، وَتَكُونُوا أَبْنَاءَ الْعَلِيِّ، لِأَنَّهُ يُنْعِمُ عَلَى نَاكِرِي الْجَمِيلِ وَالْأَشْرَارِ. فَكُونُوا أَنْتُمْ رُحَمَاءَ، كَمَا أَنَّ أَبَاكُمْ رَحِيمٌ.

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



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. **(Note: the Date was changed from Oct.26)**

"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)*

صلاة يسوع

PRAYER MEETING

October 5 at 7:00pm
in the Church

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يسوعُ المسيح
يا ابن الله
ارحمني
أنا الخاطيء

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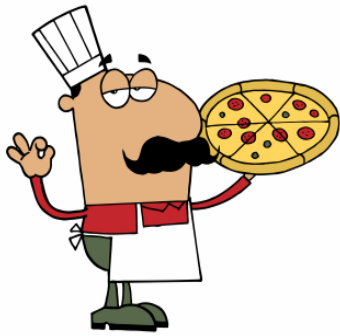
THE JESUS PRAYER: "O LORD JESUS CHRIST, HAVE MERCY ON ME"

Come and join us on October 5 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.



**St. Nicholas Annual Youth
Pizza Party & Pie Bake**
October 6
Following the Divine Liturgy



St. Nicholas Annual Turkey Lunch
Sunday October 20th
Hosted by the **SUNDAY SCHOOL**
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!

GRAND HAFLI

Church Fundraiser

Hosted by the Antiochian Women

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

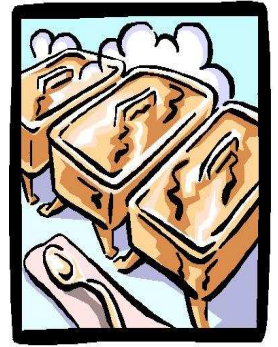
Sunday, December 8

Hosted by the
Antiochian Women

Always Homemade!

Always Fresh!

More info to come!



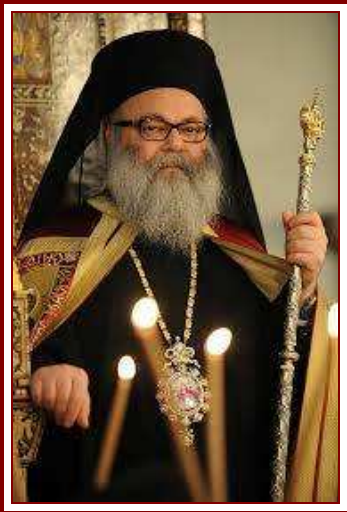
When you are
down to nothing
God
is up to something

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

Abdo El-Dick (Maya, Anthony, Catherine, Nicolas), Theresa Elie, Victoria Elie, Reginald Emery (Christine, Adam, Todd), Elias Farah (Marie-Claude, Claudine, Paul-Michel), Ghassan Fares (Maggie, Sacha, Crystel, Anthony), Elayn Farr (Stephanie), Bachir Fattal (Nicole), Jean Fattal (Tony, Nadia, Sami), Aura Fornade, Gordon Frampton (Donna-Marie, Jessica, Chelsea), Louise George, Eva Gebara, Antoinette Ghazal, Barbar Ghazi (Kelly, Emmanuel), Wadih Ghazi (Therese), Alfred Gibara (Laurice, Mary, Eddy), Caroline Gibara (Frosso, Jackie, Jean Claude), Elie Gibara (Cynthia, Christopher, Kayla), James Gibara (Jacqueline), Raymond Gibara (Christine, Randall, Mark), Evelyn Gibson, Daniel Gosselin (Rhonda, Alexandra, Ashley), Edith Grimm, George Grivas (Bernice), Mario Guerrera (Christine, Nicholas, Karl), Rosette Habak, (Remi, Nicholas, Maryse), Souad Hachem (Mona), Haddad Elias (Pascale).

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

* For Alexandra Salem Kersheh (6th year). Remembered also: Michel, George, Layla, Antoinette, Hasna.
Offered by Theo Kersheh & Family.



**+ Patriarchal Appeal for the Monastery of St. Thekla (Maaloula, Syria) +
Issued on September 24: Feast of St. Thekla**

Military acts are increasing in our beloved country Syria and Man pays a high price for this tragedy. So we see destruction prevailing in all the country and we see Man pained, displaced, hungry, thirsty and missing life in all places and at all times. One aspect of this tragedy touches the village Maloula and her Monastery of St. Thekla, a place of pilgrimage which witnesses to the continuous Christian presence of love from the first centuries of Christendom, in the one part, and testifies also to the deep relationship which links citizens to whatever religion they might belong. The Monastery of St. Thekla in Maloula, a cultural monument, which belongs to all Syrian citizens, and at the same time, an international heritage belonging to all humanity, lives difficult and painful days at this time. The monastery is located in a region where there is exchange of fire and this renders it very difficult and dangerous for it to be provided and supplied. Recently, this exchange of fire damaged totally the electrical generator rendering it impossible to supply the monastery with water and threatening, therefore, the survival of this place. We know that the presence of the monastery is a clear reminder of Love, peace and brotherhood between all citizens. We insist that we remain there to witness to our love in the country and to its sons and to express to all our total refusal of violence and its damaging effects toward people and the physical environment. Mindful of this, we appeal officially and urgently to the Syrian Red Crescent, the International Red Cross and all the governmental and non-governmental organizations with capacity in human affairs to provide those living in the monastery, namely, the nuns and the orphans, whose number is 40 persons, with essential supplies by sending one or more relief cargoes. In this way, the inhabitants will remain in their monastery and village to witness to our close relations with each other deep rooted in this land which we love. We appeal to the consciences of all in the saving of blood, the refusal of violence, the laying waste of all the monuments of the splendor of Syria and the avoidance of their damage and destruction. We repeat our invitation to all the sons of the same country to adopt dialogue as the only way to deal with the debated issues so that the respect, freedom and dignity of men shall be observed always. In these difficult days, the hearts of the faithful in the church of Antioch pray to St. Thekla, whom we commemorate today, and they ask her to protect Maloula and the sons of Maloula and to overshadow her monastery, her nuns and her orphans with her protection. May God protect Maloula, Syria and all the world and overshadow the creation with His Divine Peace.

Any Parishioners interested in sending funds towards St. Thekla Monastery in Maloula is asked to speak with Fr. Mark

Above Photos: H.B. Patriarch Youhanna X; St. Thekla Monastery; and Mother Pelagia (Abbess)



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

**** DATE CHANGE!! ****

"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!

