

# ST. NICHOLAS ANTIOCHIAN ORTHODOX CHURCH

كنيسة القديس نيقولاوس الانطاكية الأرثوذكسية

80 de Castelnau Est, Montreal, QC, H2R 1P2

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

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## REGULAR SCHEDULE OF WORSHIP:

**Saturdays:** Great Vespers 7:00pm-8:00pm

Confession 8:00pm-9:00pm (by Appointment only)

**Sundays:** 9:00am-12:00pm

(9:00am Orthros & 10:30am Divine Liturgy)

Agape Coffee Hour 12:00pm-2:00pm

**BULLETIN: APRIL 3, 2016 A.D.**

**The Capacity to Forgive and the Capacity to Love:** The capacity to forgive is directly related to the capacity to love, and it is in our act of forgiving others, that we find forgiveness. For it is in the turning away from our own self-concern, and our own self-will, that we begin to see that our salvation is directly linked to the salvation of our neighbor. To refuse to forgive our neighbor, is do cease having the capacity to love, "for he who does not love his brother whom he has seen, how can he love God whom he has not seen (1 John 4:20)?" The ability to forgive others requires work on our part, for we must cooperate with the grace that comes as a gift of the Holy Spirit. Since we have been forgiven much, we, in turn, must forgive much. The Lord Himself told us that we must forgive our brother seventy times seventy, no easy feat, to be sure. Yet it is this same Lord Who gives us the power, and the will, to be quick to forgive those who have hurt or offended us. It is this very Christ Who demonstrated the importance of forgiving others, when He forgave those who were crucifying Him. "Lord, forgive them, for they know not what they do (Luke 23:34)."

**Priorities:** We all need to set sensible priorities, making sure we pay attention to our health, our family, and our spiritual life. We must not let our life be so full of work that we don't allot time to focus on the things that bring us joy. We may think we don't have time to visit an art museum, have lunch with a friend, or take a day hike with our children, but lasting fulfillment requires time for play, for fun, and for spiritual contemplation. Focusing only on work can lead to a restless sense that something is missing in our life. Thoughts of where we'd rather be living, or the job we'd rather have, displace any joy that could be ours. Most of us, if we really think about it, already have everything we need for happiness right in front of us. We mustn't wait to enjoy what you already have.

+ **Abbot Tryphon** - *All Merciful Saviour Monastery, Vashon Island, Washington.*

## THE HOLY EPISTLE (Hebrews 4:14-16; 5:1-6)

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

يَا إِخْوَةَ، إِذْ لَنَا رَّبِّيسُ كَهَنَةٍ عَظِيمٍ قَدْ اجْتَاَزَ السَّمَاوَاتِ، يَسُوعُ ابْنُ اللَّهِ، فَلَنْتَمَسَّكَ بِالإِقْرَارِ. لِأَنَّ لَيْسَ لَنَا رَّبِّيسُ كَهَنَةٍ غَيْرُ قَادِرٍ أَنْ يَرْتَبِي لِضَعْفَاتِنَا، بَلْ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا، بِأَلَّا خَطِيئَةٍ. فَلَنْتَقَدِّمُ بِثِقَةٍ إِلَى عَرْشِ النِّعْمَةِ لِكَيْ نَنَالَ رَحْمَةً وَنَجِدَ نِعْمَةً عَوْنًا فِي حِينِهِ. لِأَنَّ كُلَّ رَّبِّيسٍ كَهَنَةٍ مَأْخُودٍ مِنَ النَّاسِ يُقَامُ لِأَجْلِ النَّاسِ فِي مَا لِلَّهِ، لِكَيْ يُقَدِّمَ قَرَابِينَ وَذَبَائِحَ عَنِ الْخَطَايَا، قَادِرًا أَنْ يَتَرَفَّقَ بِالْجُهَالِ وَالضَّالِّينَ، إِذْ هُوَ أَيْضًا مُحَاطٌ بِالضُّعْفِ. وَلِهَذَا الضُّعْفُ يَلْتَزِمُ أَنَّهُ كَمَا يُقَدِّمُ عَنِ الْخَطَايَا لِأَجْلِ الشَّعْبِ هَكَذَا أَيْضًا لِأَجْلِ نَفْسِهِ. وَلَا يَأْخُذُ أَحَدٌ هَذِهِ الْوِظِيْفَةَ بِنَفْسِهِ، بَلْ الْمَدْعُوُّ مِنَ اللَّهِ، كَمَا هَارُونَ أَيْضًا. كَذَلِكَ الْمَسِيحُ أَيْضًا لَمْ يَمَجِّدْ نَفْسَهُ لِيَصِيرَ رَّبِّيسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ: ((أَنْتَ ابْنِي أَنَا الْيَوْمَ وَوَلَدْتُكَ)). كَمَا يَقُولُ أَيْضًا فِي مَوْضِعٍ آخَرَ: ((أَنْتَ كَاهِنٌ إِلَى الأَبَدِ عَلَى رُتْبَةِ مَلِكِي صَادِقٍ)).

### + The Memorial Service today is for the Departed Servants of God +

\*Nicholas, Essa, Sister Melanie, Maggie, Toufic, George, Chafika, Zahia and Hafiza. Offered by Laure Barbara and Family.

## PALM SUNDAY CANDLES

Our Antiochian Women are working on decorating a variety of nice Palm Sunday Candles. They will be decorated and made available EVERY Sunday starting today until Orthodox Palm Sunday (April 24) while supplies last. Today, there is a selection available in the elevator room next to the Narthex. For more information, please contact Hana Abou Assaleh Rahhal (514-953-4220).

## Mid-Lenten Luncheon

**Sunday, April 3, 2016 at 1:00pm**

A Generous Variety of Delicious Lenten Food & an  
Afternoon of Great Fellowship!

**A few tickets are remaining!**

Tickets: \$25/Adult — \$10/Children 12 & under

Contact: Sylvia Mefrige (514-344-0550)

## \$100 RAFFLE - May 31st

500 Tickets

10 Draws (instead of 5)

**More Cash Prizes**

**& More Chance to Win!**

Call the Church Office

or Sylvia Mefrige (514-344-0550)

Delicious Food at 6:00pm

Ticket Drawing at 8:00pm

## THE HOLY GOSPEL (St. Mark 8:34-38; 9:1)

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

في ذلك الزمان دعا يسوع الجَمْعَ مَعَ تَلَامِيذِهِ وَقَالَ لَهُمْ: ((مَنْ أَرَادَ أَنْ يَأْتِيَ وَرَائِي فَلْيُنْكَرْ نَفْسَهُ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبِعْنِي. فَإِنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يَهْلِكُهَا، وَمَنْ يُهْلِكُ نَفْسَهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ فَهُوَ يُخَلِّصُهَا. لِأَنَّهُ مَاذَا يَنْتَفِعُ الْإِنْسَانُ لَوْ رَبِحَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ؟ أَوْ مَاذَا يُعْطِي الْإِنْسَانُ فِدَاءً عَنِ نَفْسِهِ؟ لِأَنَّ مَنْ اسْتَحَى بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِئِ، فَإِنَّ ابْنَ الْإِنْسَانِ يَسْتَحِي بِهِ مَتَى جَاءَ بِمَجْدِ أَبِيهِ مَعَ الْمَلَائِكَةِ الْقَدِيسِينَ)). وَقَالَ لَهُمْ: ((الْحَقُّ أَقُولُ لَكُمْ: إِنَّ مِنَ الْقِيَامِ هَهُنَا قَوْمًا لَا يَذُوقُونَ الْمَوْتَ حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ قَدْ أَتَى (بِقُوَّةٍ)).

### 2016 Holy Friday Flowers Sponsorships

Your generous donations are needed to sponsor the flowers used to decorate the Holy Tomb of Christ for Holy Friday this year. You can sponsor them for the good health and/or the eternal memory of your loved ones. All sponsorships will be printed in the Holy Friday Special Bulletin. The Sponsorship is a generous minimum donation of \$25.00 to our Church. Please return the Sponsorship form found on the website and attached to this bulletin to the Church no later than Sunday, April 24th 2016 (Palm Sunday), or simply contact the Church Office before the deadline to guarantee it is published in the bulletin. Thank you!

### An Easy Gift with Great Value for a Holy Cause!

The next time you need to find a simple yet meaningful gift for someone, you can always consider making a donation to the Church for the good health of the person being celebrated. We will mail a greeting letter from the Church to the person of your choice, or give it to you, acknowledging that you made a prayerful monetary donation to the Church for their good health in celebration of the occasion of your choice. The donation amount will not be mentioned in the letter, but the minimum is \$25.00 to the Church. Occasion ideas to consider: Get Well Message, New Born Congratulations, New Home Gift, Our Sympathies Message, Birthday Wishes, Wedding Anniversary, Christmas/Easter Gift. Contact the Church Office to order.

### ORTHODOX CHARITIES LENTEN COIN BOXES

**ARE AVAILABLE FOR YOU TO TAKE HOME IN THE NARTHEX.**

**For Your Information:** The notice of solicitation of names of individuals who wish to stand for election to the Parish Council is available on our Church website and a hard copy can be obtained from the Church Office. It was also emailed to all registered parishioners along with this bulletin.

### FOR RENT: ST. NICHOLAS CHURCH HALL

Our newly renovated Church Hall is available for rent. Suitable for private receptions and family gatherings, such as Birthday parties, Baptism/Wedding receptions, Anniversary celebrations, Funeral Mercy Meals, and more! Contact the Church Office for details.

# + 2016 LENTEN SCHEDULE OF PRAYERS & BLESSINGS +

- \* Sunday, March 13 - Cheesefare Sunday & Ceremony of Mutual Forgiveness
- \* Wednesday, March 16 at 7:30pm - Presanctified Divine Liturgy
- \* Thursday, March 17 at 7:30pm - Great Compline
- \* Friday, March 18 at 7:30pm - 1st Akathist, Anointing with miraculous **Myrrh** from the Holy Relics of St. Demetrios
- \* Saturday, March 19 at 7:00pm - Great Vespers & Confessions by Appointment
- \* Sunday, March 20 - Sunday of Orthodoxy (Procession with Icons)  
Evening: Pan-Orthodox Vespers - 7:00pm at St. George Antiochian Orthodox Church
- \* Wednesday, March 23 at 7:30pm - Presanctified Divine Liturgy
- \* Thursday, March 24 at 7:00pm - VIGIL for Feast of the Annunciation at St. Mary's Church with the Montreal Clergy.
- \* Friday, March 25 at 7:30pm - 2nd Akathist, Anointing with **Holy Oil** from Mt. Athos: PARAMYTHIA Miraculous Icon
- \* Saturday, March 26 at 7:00pm - Great Vespers & Confessions by Appointment
- \* Sunday, March 27 - Sunday of St. Gregory Palamas, **Holy Water** from Mt. Athos: Miraculous Spring of IVIRON
- \* Wednesday, March 30 at 7:30pm - Presanctified Divine Liturgy
- \* Thursday, March 31 at 7:30pm - Great Compline
- \* Friday, April 1 at 7:30pm - 3rd Akathist, Anointing with **Holy Oil** from Mt. Athos: PORTAITISSA Miraculous Icon
- \* Saturday, April 2 at 7:00pm - Great Vespers & Confessions by Appointment
- \* **Sunday, April 3 - Sunday of the Holy Cross (Procession with Crosses)**
- \* Wednesday, April 6 at 7:30pm - Presanctified Divine Liturgy
- \* Thursday, April 7 at 7:30pm - Great Compline
- \* Friday, April 8 at 7:30pm - 4th Akathist, Anointing with **Holy Oil** from Mt. Athos: ST. NICHOLAS Miraculous Icon
- \* Saturday, April 9 at 7:00pm - Great Vespers & Confessions by Appointment
- \* Sunday, April 10 - Sunday of St. John Climacus, **Holy Water** from the Life-Giving Font in Constantinople
- \* Wednesday, April 13 at 7:30pm - Small Compline & Canon of St. Andrew (and Life of St. Mary of Egypt)
- \* Thursday, April 14 at 7:30pm - Presanctified Divine Liturgy
- \* Friday, April 15 at 7:30pm - 5th Akathist, Anointing with **Holy Oil** from Mt. Athos: ST. ANNA Miraculous Icon
- \* Saturday, April 16 at 7:00pm - Great Vespers & Confessions by Appointment
- \* Sunday, April 17 - Sunday of St. Mary of Egypt, **Holy Water** from Mt. Athos: St. Anna Skete (Relics of St. Anna)
- \* Tuesday, April 19 at 7:30pm - Great Compline
- \* Wednesday, April 20 at 7:30pm - Presanctified Divine Liturgy
- \* Friday, April 22 at 7:30pm - Small Compline & Canon of St. Lazarus
- \* Saturday, April 23 at 10:00am - Orthros & Divine Liturgy for St. Lazarus  
Evening at 7:00pm - Great Vespers & Confessions by Appointment
- \* Sunday, April 24 - Palm Sunday (Outdoor Procession & Bake Sale)  
Evening at 7:30pm - 1st Bridegroom Service
- \* Monday, April 25 at 7:30pm - 2nd Bridegroom Service
- \* Tuesday, April 26 at 7:30pm - 3rd Bridegroom Service
- \* Wednesday, April 27 at 7:30pm - Holy Unction Service
- \* Thursday, April 28 at 10:30am - Vespereal Divine Liturgy of St. Basil (Mystical Supper)  
Evening at 7:30pm - Holy Passion Gospels Service
- \* Friday, April 29 at 10:00am - Holy Paramon  
Evening at 7:30pm - Lamentation Service with outdoor Procession
- \* Saturday, April 30 at 10:00am - Vespereal Divine Liturgy of St. Basil (Saturday of Light)  
**Evening at 10:00pm - Paschal Vigil**
- \* Sunday, May 1 at 1:00pm - Agape Vespers (Indoor Candle Procession)
- \* Monday, May 2 - Bright Monday & Feast of St. George - Divine Liturgy with Bishop Alexander & Montreal Clergy at St. George Antiochian Orthodox Church. (Exact morning time will be announced later)
- \* **NOTE: the above Anointings & Holy Water will ONLY be administered at those times, book the dates from now!**