

"Even when your body does nothing, sin can be active in your mind. When your soul inwardly repulses the evil one's attack by means of prayer, attention, remembrance of death, godly sorrow and mourning, the body, too, takes its share of holiness, having acquired freedom from evil actions. This is what the Lord meant by saying that someone who cleans the outside of the cup has not cleansed it inside, but clean the inside and the whole cup will be clean (Mt. 23:25-26)." -- St. Gregory Palamas.



## ST. NICHOLAS ANTIOCHIAN ORTHODOX CHURCH



كنيسة القديس نيقولاوس  
الانتطاكية الأرثوذكسية

His Beatitude Patriarch JOHN X صاحب الغبطة البطريرك يوحنا العاشر  
Greek Orthodox Patriarch of Antioch and all the East

The Most Reverend Metropolitan JOSEPH صاحب السيادة المتروبوليت جوزيف  
Archbishop of New York and Metropolitan of All North America  
Antiochian Orthodox Christian Archdiocese of North America

The Right Reverend Bishop ALEXANDER صاحب السيادة الأسقف الكسندر  
Diocese of Ottawa, Eastern Canada and Upstate New York

The Reverend Father Mark Wyatt قدس الأب مارك ويّات  
Pastor of St. Nicholas Antiochian Orthodox Church

Formerly: The Syrian Greek Orthodox Church of St. Nicholas of Canada  
Founded in 1899 by St. Raphael (Hawaweeny) Bishop of Brooklyn

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Saturdays: Great Vespers  
5:00pm-6:00pm

Sundays: Orthros & Divine Liturgy  
9:00am-12:00pm

SUNDAY BULLETIN: FEBRUARY 26, 2017 A.D.



For Metropolitan Boulos,  
Archbishop John, and for  
their quick release from  
captivity and safe return,  
let us pray to the Lord.

## THE HOLY EPISTLE (Romans 13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armour of light. Let us walk becomingly, as in the day, not in reviling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

يَا إِخْوَةَ إِنِّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا\* قَدْ تَنَاهَى اللَّيْلُ وَاقْتَرَبَ النَّهَارُ فَلْنَدْعُ عَنَّا أَعْمَالَ الظُّلْمَةِ وَنَلْبَسَ أَسْلِحَةَ النُّورِ\* لِنَسْلُكَنَّ سُلُوكًا لَائِقًا كَمَا فِي النَّهَارِ لَا بِالْقُصُوفِ وَالسُّكْرِ وَلَا بِالْمُضَاجِعِ وَالْعَهْرِ وَلَا بِالْخِصَامِ وَالْحَسَدِ\* بَلِ الْبَسُوا الرَّبَّ يَسُوعَ الْمَسِيحَ وَلَا تَهْتَمُوا بِأَجْسَادِكُمْ لِقَضَاءِ شَهَوَاتِهَا\* مَنْ كَانَ ضَعِيفًا فِي الْإِيمَانِ فَاتَّخِذُوهُ بِغَيْرِ مُبَاحْتَةٍ فِي الْأَرَاءِ\* مِنَ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ. أَمَّا الضَّعِيفُ فَيَأْكُلُ بَقَوْلًا\* فَلَا يَزِدِرُ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدِينُ الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ فَإِنَّ اللَّهَ قَدْ اتَّخَذَهُ\* مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أَجْنَبِيًّا. إِنَّهُ لِمَوْلَاهُ يَنْبُتُ أَوْ يَسْقُطُ. لَكِنَّهُ سَيَنْبُتُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يَنْبُتَهُ\*

## THE HOLY GOSPEL (St. Matthew 6:14-21)

The Lord said to His Disciples, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

قَالَ الرَّبُّ إِنْ غَفَرْتُمْ لِلنَّاسِ زَلَاتِهِمْ يَغْفِرُ لَكُمْ أَبُوكُمُ السَّمَاوِيِّ أَيْضًا\* وَإِنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَاتِهِمْ فَأَبُوكُمْ أَيْضًا لَا يَغْفِرُ لَكُمْ زَلَاتِكُمْ\* وَمَتَى صُمْتُمْ فَلَا تَكُونُوا مُعَبِّسِينَ كَالْمُرَائِينَ. فَإِنَّهُمْ يُنَكِّرُونَ وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ\* أَمَّا أَنْتَ فَإِذَا صُمْتَ فَادْهِنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لئَلَّا تَظْهَرَ لِلنَّاسِ صَائِمًا بَلْ لِأَبِيكَ الَّذِي فِي الْخَفِيَّةِ. وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عِلَانِيَةً\* لَا تَكْنِزُوا لَكُمْ كُنُوزًا عَلَى الْأَرْضِ حَيْثُ يَفْسِدُ السُّوسُ وَالْأَكَلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ\* لَكِنْ اكْنِزُوا لَكُمْ كُنُوزًا فِي السَّمَاءِ حَيْثُ لَا يَفْسِدُ سَوْسٌ وَلَا أَكَلَةُ وَلَا يَنْقُبُ السَّارِقُونَ وَلَا يَسْرِقُونَ\* لِأَنَّهُ حَيْثُ تَكُونُ كُنُوزُكُمْ هُنَاكَ تَكُونُ قُلُوبُكُمْ\*

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments. By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

# *"St. Nicholas Annual Deli-Night"*

**Wednesday, April 26 2017 at 6:30pm – \$25/ticket.**

**Contact: Carol Maker or any member of the Parish Council; or the Church Office.**

## **THANK YOU!**

**Thank you to Hala Zakaib & her committee for the Pre-Lenten Turkey Luncheon. It was co-hosted by the Antiochian Women & Sunday School. All proceeds went to the Sunday School. It was a great meal and a great afternoon with lots of kids! Thank you also to our sponsors & supporters.**

## **ST. NICHOLAS ARABIC SCHOOL FOR CHILDREN SATURDAYS 3:00PM-5:00PM**

The registration cost covers all the expenses including the supplies: \$25/child - \$40/2 children of same family - \$50/3+ children of same family. Please speak with Hala Zakaib (514-449-0882) or Kh. Rola Wyatt (514-626-6789) or the Church Office (514-270-9788).

### **Today's Memorial Service is for the departed Servants of God:**

- \*Helen Koussaya Zaraa (40th day). Offered by David & Jimmy Zaraa & Families.
- \*Louise George. Offered by the Family.
- \*Khalil Ayoub (3rd year), Itaf Ayoub (1st year); Amira, Gergi, Mira, Nicholas & Mona Ayoub. Offered by Colette, Elvir, Charles & Maggie.
- \*Moussa Abou Assaleh (12th year) & Rosa Abou Assaleh. Offered by the Family.

## **New Time for Great Vespers: Every Saturday 5:00pm-6:00pm**

**\* EVERYDAY there is a Church service except for Mondays & Tuesdays \***

Let us all hasten to the subjugation of the flesh by abstinence, as we approach the divine battlefield, the battlefield of blameless fasting. Let us pray to the Lord, our Saviour, in tears and prayers, turning away completely from sin, and crying, "We have sinned against Thee, O Christ, the King. Save us, therefore, as of old Thou didst save the people of Nineveh; and make us partakers of Thy heavenly kingdom, O compassionate One."

Let us begin the season of fasting with rejoicing, giving ourselves to spiritual strife, purifying soul and body, fasting from passions, as we fast from foods, faring on the virtues of the Spirit, which, if we continue to long for, we shall all be worthy to behold the most solemn Passion of Christ, and the holy Passover, rejoicing with spiritual joy.

- ❖ Wednesday, March 1 at 7:30pm— 1st Presanctified Divine Liturgy.
- ❖ Thursday, March 2 at 7:30pm — 1st Great Compline.
- ❖ Friday, March 3 at 7:30pm— 1st Akathist with anointing of Miraculous Oil from Mt. Athos.
- ❖ Saturday, March 4 at 5:00pm — Great Vespers.
- ❖ Sunday, March 5, 9:00am-12:00pm — “Sunday of Orthodoxy” Orthros & Divine Liturgy with indoor Procession of Holy Icons. *Bring your favourite Icon from home!*
- ❖ Wednesday, March 8 at 7:30pm — 2nd Presanctified Divine Liturgy.
- ❖ Thursday, March 9 at 7:30pm — 2nd Great Compline.
- ❖ Friday, March 10 at 7:30pm — 2nd Akathist with anointing of Miraculous Oil from Mt. Athos.
- ❖ Saturday, March 11 at 5:00pm — Great Vespers.
- ❖ Sunday, March 12, 9:00am-12:00pm — “Sunday of St. Gregory Palamas” Orthros & Divine Liturgy.
- ❖ Wednesday, March 15 at 7:30pm — 3rd Presanctified Divine Liturgy.
- ❖ Thursday, March 16 at 7:30pm — 3rd Great Compline.
- ❖ Friday, March 17 at 7:30pm — 3rd Akathist with anointing of Miraculous Oil from Mt. Athos.
- ❖ Saturday, March 18 at 5:00pm — Great Vespers.
- ❖ Sunday, March 19, 9:00am-12:00pm — “Sunday of the Holy Cross” Orthros & Divine Liturgy with indoor Procession with the Holy Cross. *Bring your Cross from home!*
- ❖ Wednesday, March 22 at 7:30pm — 4th Presanctified Divine Liturgy.
- ❖ Thursday, March 23 at 7:30pm — 4th Great Compline.
- ❖ Friday, March 24 at 7:00pm-10:00pm — “Feast of the Annunciation” Orthros & Divine Liturgy & 4th Akathist Stasis, with anointing of Miraculous Oil from Mt. Athos.
- ❖ Saturday, March 25 at 5:00pm — Great Vespers.
- ❖ Sunday, March 26, 9:00am-12:00pm — “Sunday of St. John Climacus” Orthros & Divine Liturgy.
- ❖ Wednesday, March 29 at 7:30pm — Small Compline with Canon of St. Andrew & Life of St. Mary of Egypt.
- ❖ Thursday, March 30 at 7:30pm — 5th Presanctified Divine Liturgy.
- ❖ Friday, March 31 at 7:30pm — 5th Akathist with anointing of Miraculous Oil from Mt. Athos.
- ❖ Saturday, April 1 at 5:00pm — Great Vespers.
- ❖ Sunday, April 2, 9:00am-12:00pm — “Sunday of St. Mary of Egypt” Orthros & Divine Liturgy.
- ❖ Wednesday, April 5 at 7:30pm — 6th Presanctified Divine Liturgy.
- ❖ Thursday, April 6 at 7:30pm — 6th Great Compline.
- ❖ Friday, April 7 at 7:30pm — Small Compline “St. Lazarus” with anointing of Miraculous Oil from Mt. Athos.
- ❖ Saturday, April 8 at 10:00pm — Orthros & Divine Liturgy “St. Lazarus”. At 5:00pm — Great Vespers.
- ❖ Sunday, April 9, 9:00am-12:00pm — “Palm Sunday” Orthros & Divine Liturgy. Followed by outdoor Procession & Bake Sale. At 7:30pm — 1st Bridegroom Orthros.
- ❖ Monday, April 10 at 7:30pm — “Holy Monday” 2nd Bridegroom Orthros.
- ❖ Tuesday, April 11 at 7:30pm — “Holy Tuesday” 3rd Bridegroom Orthros.
- ❖ Wednesday, April 12 at 7:30pm — “Holy Wednesday” Holy Unction.
- ❖ Thursday, April 13 at 10:30am — “Holy Thursday” Divine Liturgy (Mystical Supper). At 7:30pm — Holy Passion Gospels.
- ❖ Friday, April 14 at 9:00am — “Holy Friday” Paramon. At 7:30pm — Orthros & Lamentations with outdoor Procession and distribution of blessed flowers.
- ❖ Saturday, April 15 at 10:00am — “Saturday of Light” Divine Liturgy. At 10:00pm — Paschal Vigil. Followed by distribution of Blessed Eggs and Late-night reception.
- ❖ Sunday, April 16 at 1:00pm — “Holy Pascha” Agape Vespers with indoor Candle Procession.
- ❖ Monday, April 17 — “Bright Monday” Hierarchal Divine Liturgy with H.G. Bishop ALEXANDER & Montreal Clergy. Details to be confirmed.