

# ST. NICHOLAS ANTIOCHIAN ORTHODOX CHURCH

كنيسة القديس نيقولاوس الانطاكية الأرثوذكسية

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

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

514-270-9788 office@stnicholasmtl.org www.stnicholasmtl.com

\*Follow us on **FACEBOOK!**\* (direct link on our website)

## 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: JULY 31, 2016 A.D.**

## Don't Blame Others!

By: Abbot Tryphon, All-Merciful Orthodox Monastery, Vashon Island - Washington

"A humble and spiritually active man, when he reads the Holy Scriptures, will refer everything to himself and not to another." (Saint Mark the Ascetic) We all have a natural tendency to lay blame on others, when in truth we must blame only ourselves. When facing our own sins and shortcomings, it is always easy to put the blame on others, yet our faith tells us that spiritual progress can only come with the acquisition of a humble and contrite heart. As long as we are anxious to put the blame on others for our shortcomings, we will remain stagnant on the spiritual path. The saints give clear witness that progress towards holiness can only come when we look only to our own faults, and not see the faults of others. It is far more comfortable to see the wickedness of others, for in focusing on them, we can forgo the all important work of changing our own behavior, and allowing the Holy Spirit to transform our own fallen nature. Focusing on the shortcomings of others allows our own self-serving pride to grow stronger, and we remain puffed up, and wallow in unfounded pride. When we keep our attention focused on our own shortcomings, we keep vigilant until our last day, guarding our soul until the final judgement. When we take our eyes off our own faults, while focusing on our neighbors sin, we deprive ourselves of precious time for repentance. Since we do not know the day or hour of our last breath, we must treat every moment as though it be our last.

***St. Paisios of Mt. Athos said: "If you want to help the Church, then try to mend your own ways, rather than others'. In straightening yourself out you straighten out a particle of the Church. If everyone were to do that then the Church would be in perfect order. But today's people attend to everything under the sun, only not to themselves, because it's easy to teach others, while mending one's own ways requires effort."***

## THE HOLY EPISTLE (Romans 12:6-14)

Brethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.

يَبِيئاً إِخْوَةَ، إِذْ لَنَا مَوَاهِبُ مُخْتَلِفَةٌ بِحَسَبِ النِّعْمَةِ الْمُعْطَاةِ لَنَا: أَنْبُوَّةٌ فَبِالنَّسَبَةِ إِلَى الْإِيمَانِ أَمْ خِدْمَةٌ فَبِالْخِدْمَةِ أَمْ الْمَعْلَمُ فَبِالتَّعْلِيمِ أَمْ الْوَاعِظُ فَبِالْوَعْظِ الْمَعْطِيِّ فَبِالسَّخَاءِ الْمُدْبِرِ فَبِالْجِتْهَادِ الرَّاحِمِ فَبِالسُّرُورِ. الْمَحَبَّةُ فَلْتَكُنْ بِلَا رِيَاءٍ كُونُوا كَارِهِينَ الشَّرِّ مُلتَصِقِينَ بِالْخَيْرِ وَادِّينَ بَعْضُكُمْ بِبَعْضٍ بِالْمَحَبَّةِ الْأَخَوِيَّةِ مُقَدِّمِينَ بَعْضُكُمْ بِبَعْضٍ فِي الْكِرَامَةِ غَيْرَ مُتَكَاسِلِينَ فِي الْجِتْهَادِ حَارِّينَ فِي الرُّوحِ عَابِدِينَ الرَّبَّ فَرِحِينَ فِي الرَّجَاءِ صَابِرِينَ فِي الضِّيقِ مُوَظِّبِينَ عَلَى الصَّلَاةِ مُشْتَرِكِينَ فِي احْتِيَاجَاتِ الْقِدِّيسِينَ عَاكِفِينَ عَلَى إِضَافَةِ الْغُرَبَاءِ. بَارِكُوا عَلَى الَّذِينَ يَضْطَهُدُونَكُمْ. بَارِكُوا وَلَا تَلْعَنُوا.

## THE HOLY GOSPEL (St. Matthew 9:1-8)

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" he then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

فَبِذَلِكَ الزَّمَانِ دَخَلَ يَسُوعُ السَّفِينَةَ وَاجْتَاَزَ وَجَاءَ إِلَى مَدِينَتِهِ. وَإِذَا مَفْلُوجٌ يُقَدِّمُونَهُ إِلَيْهِ مَطْرُوحاً عَلَى فِرَاشٍ. فَلَمَّا رَأَى يَسُوعُ إِيمَانَهُمْ قَالَ لِلْمَفْلُوجِ: ((ثِقْ يَا بَنِيَّ. مَغْفُورَةٌ لَكَ خَطَايَاكَ)). وَإِذَا قَوْمٌ مِنَ الْكُتَبَةِ قَدَ قَالُوا فِي أَنْفُسِهِمْ: ((هَذَا يُجَدِّفُ!)) فَعَلِمَ يَسُوعُ أَفْكَارَهُمْ ، فَقَالَ: ((لِمَاذَا تَفَكَّرُونَ بِالشَّرِّ فِي قُلُوبِكُمْ؟ أَيُّمَا أَيْسَرُ ، أَنْ يُقَالَ: مَغْفُورَةٌ لَكَ خَطَايَاكَ ، أَمْ أَنْ يُقَالَ: قُمْ وَامْشِ؟ وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ لِابْنِ الْإِنْسَانِ سُلْطَانًا عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا)). . حِينَئِذٍ قَالَ لِلْمَفْلُوجِ: ((قُمْ أَحْمِلْ فِرَاشَكَ وَاذْهَبْ إِلَى بَيْتِكَ!)) فَقَامَ وَمَضَى إِلَى بَيْتِهِ. فَلَمَّا رَأَى الْجُمُوعُ تَعَجَّبُوا وَمَجَّدُوا اللَّهَ الَّذِي أَعْطَى النَّاسَ سُلْطَانًا مِثْلَ هَذَا.

**More from St. Paisios of Mt. Athos:** "The world has lost control of itself. Honor and self-sacrifice have abandoned people. The taste of sacrificial joy is unknown to today's people, and that's why they're so tortured. For only when you co-participate in the pain of another do miracles happen. If a person doesn't cultivate in himself the spirit of self-sacrifice then he thinks only of himself and doesn't receive Divine Grace. The more a person forgets himself, the more God remembers him Those who die heroically don't really die. And where there's no heroism nothing worthwhile can be expected. Our time is like a bubbling and steaming cauldron. One needs temperament, audacity, courage. Take care not to be caught unprepared, if something is to happen. Start getting ready now so that you'll be able to resist difficulties. Christ Himself tells us: "Therefore be ye also ready" (Matt. 24:44), doesn't He? Today, living in such complicated times, we have to be not merely ready, but triply ready, at the minimum! Possibly we may meet not only with sudden death, but with other dangers. So let's drive away the desire to arrange our lives comfortably! May love of honor and the spirit of self-sacrifice live in us."

# Paraklisis to the Mother of God

Wednesdays & Fridays at 7:30pm (August 3, 5, 10, 12)

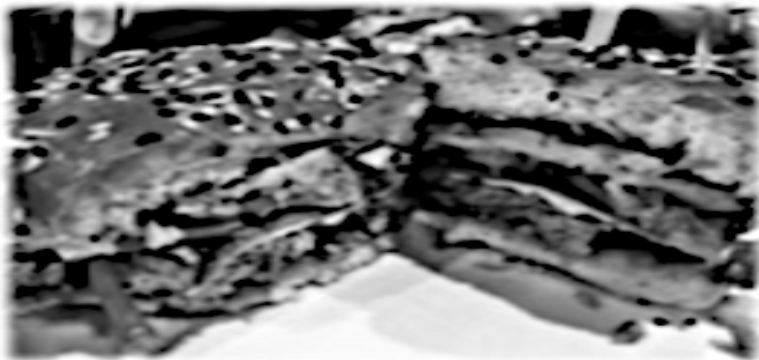
Dormition Fast: August 1-15

## - A PLACE TO PRAY -

**By: Fr. Stephen Allen - Pastor of Sts. Peter & Paul Antiochian Orthodox Church, Charlottetown, PEI**

We have a place for everything—eating, sleeping, watching TV—but often we do not have a special place to pray in our homes. I believe every home should have a special room set aside just for prayer—but hey...I am an Orthodox Priest—so at least every family could have a special Icon Wall or Corner that is set aside for prayer. But if you can a little room is better. This little room should be our Embassy into the Kingdom of God. Like our Canadian Embassy in foreign Countries—as soon as your inside the door you are on Canadian soil. It is just the same for our prayer room, as soon as we step inside the door we are on Heavenly soil, and we should act as such. We show respect for this room not eating or drinking in it, we never yell or shout at our family from it or if they are in it—it can be a heaven of peace a place to run from anger. This room can be a refuge for all the family, where they can sit, pray, smile and restore themselves. This Prayer room should have an Icon of our Lord Jesus, our Holy Mother, a Cross and a candle and a place to sit comfortably. You can add other Icons of Saints, incense, prayer ropes, holy oil, a small Altar, a vase of fresh flowers but in my opinion it is best to keep it simple without too much distraction or we will always be busy decorating and not praying. As a family we can do our morning or evening prayers together in this room. At other times when you are stressed or a little upset you can just quietly slip into this room and pray. Can you imagine the effect it would have on our children to see their Mom and Dad praying in this room—or the effect it would have on parents seeing their children praying in this special room? I have been in many houses as a Priest and I have seen many special rooms dedicated to many different things—home theater, exercise, pool-table, toy-room, a bar to mix drinks, a “man-cave”, a sowing room and so on. If we can dedicate a special room for these things in our homes why not one dedicated to prayer?

**St Nicholas SOYO & YAM Present**



**Gourmet  
Burger**

**BBQ**

**\$15**

**Sunday July 31<sup>st</sup> at 12:30 PM**

**80 de Castelnau St. East, Montreal, QC H2R 1P2**

# UPCOMING CHURCH FUNDRAISERS

**To purchase tickets for the Grand Hafli Please contact:**

Sylvia Mefrige  
514-344-0550  
Salwa Abouassaly  
514-337-6779  
Hala Zakaib  
514-748-0882  
Hana Rahhal  
514-953-2440  
Church Office  
514-270-9788

NOTE: Children 12 & under \$25.00

\* \* \* \* \*

**To purchase tickets for the Fashion Show please contact:**  
**Carol Maker**  
**514-335-4372**  
**cmaker33@gmail.com**

## Grand Hafli

Presented by: St. Nicholas Antiochian Church  
Date: Saturday, November 5th 2016  
Time: 6:30 p.m.  
Price: \$50/ per person

**New Location! New Location !**

**Nuits de Beyrouth  
965 Curé-Labelle Suite K  
Laval, Quebec**



Mezza  
Supper

Ticket #-----

100\$



Diane Majdell and St. Nicholas Church  
present  
**A Cocktail Fashion Show and After Party Dance**  
To benefit  
**St. Nicholas Orthodox Church**  
Sunday, September 25, 2016  
5:00 pm Cocktails/Hors D'oeuvres  
6:30 pm Fashion Show  
Followed by After Party Dance and Sweet Table

**Le Loft Hotel**  
314 Sherbrooke St. East,  
Montreal H2X 1E6  
Free Parking on Street

#000