

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

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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: JUNE 12, 2016 A.D.

Procrastination: Putting things off!

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

We all have times when we procrastinate. There is a story of a young monk who confessed to his elder that he was always struggling with procrastination. His elder told him it was his lack of faith which made it impossible for him to see God everywhere, and in all things, and for this reason he was careless and lazy about everything having to do with his salvation. The holy Apostle Paul said, "My grace is sufficient for you, for my power is made perfect in weakness. I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me" (2 Corinthians 12:9). It is in our weakness that we tend to put things off, especially when it comes to those things that pertain to our salvation. We know the importance of keeping a prayer rule, of spending time each day with the reading of the Holy Scriptures, and of being productive in our spiritual lives. We know the importance of frequent church attendance, yet put it off. Tomorrow, we tell ourselves, will be the day we will begin to take our spiritual life seriously. Tomorrow we will set our priorities, and keep to them. But tomorrow never comes. God desires we struggle on a daily basis, ever making progress in our journey into His heart. We only need to make that first step, remembering "...I can do all things in him who strengthens me" (Philippians 4:13). Procrastination does not have to dominate our life, for in the Lord we can turn things around and make progress. Procrastination only has power over our lives if we let it. Taking steps to curb the habit of slothfulness must begin with a decision that today, with God's help, will be the day that I leave laziness and procrastination aside, and move forward with action. It is procrastination that often stands in the way of our combating habitual sins that keep us from making spiritual progress. Procrastination can keep us from reconciling with family members or friends who've been estranged for years. It can keep us from making a good confession, thus unburdening ourselves of guilt that has been weighing us down. Procrastination need not rule our lives. Fear of failure can also be a cause for procrastination. We fear that we will not be good enough at a task at hand, so we put it off. This is often a common problem among young college students. Finally, let me make it very clear that I am not addressing the form of procrastination caused by depression. I am referencing that which is caused by laziness. Depression and procrastination often go hand in hand, but I'm not addressing this subject in the present article. As a former (recovering) psychologist I know that telling someone who is depressed they should stop procrastinating, would be counterproductive.

THE HOLY EPISTLE (Acts 20:16-18, 28-36)

In those days, Paul had decided to sail past Ephesos, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletos he sent to Ephesos and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, 'it is more blessed to give than to receive.'"

And when he had spoken thus, he knelt down and prayed with them all.

فِي تِلْكَ الْأَيَّامِ عَزَمَ بُولُسُ أَنْ يَتَجَاوَزَ أَفْسُسَ فِي الْبَحْرِ لِنَلَّا يَعْضِرُ لَهُ أَنْ يَصْرِفَ وَقْتًا فِي أَسِيَّا لِأَنَّهُ كَانَ يُسْرِعُ حَتَّى إِذَا أَمَكْنَهُ يَكُونُ فِي أُورُشَلِيمَ فِي يَوْمِ الْخَمْسِينَ. وَمِنْ مِيلَيْتُسَ أَرْسَلَ إِلَى أَفْسُسَ وَاسْتَدْعَى قُسُوسَ الْكَنِيسَةِ. فَلَمَّا جَاءُوا إِلَيْهِ قَالَ لَهُمْ: ((أَنْتُمْ تَعْلَمُونَ مِنْ أَوَّلِ يَوْمٍ دَخَلْتُ أَسِيَّا كَيْفَ كُنْتُ مَعَكُمْ كُلَّ الزَّمَانِ. 28 احْتَرِزُوا إِذَا لَأَنْفُسِكُمْ وَلِجَمِيعِ الرَّعِيَّةِ الَّتِي أَقَامَكُمُ الرُّوحُ الْقُدُسُ فِيهَا أَسَاقِفَةً لِتَرْعُوا كَنِيسَةَ اللَّهِ الَّتِي اقْتَنَاهَا بِدَمِهِ. 29 لَأَنْتُمْ تَعْلَمُونَ مِنْ أَوَّلِ يَوْمٍ دَخَلْتُ أَسِيَّا كَيْفَ كُنْتُ مَعَكُمْ كُلَّ الزَّمَانِ. 30 وَمِنْكُمْ أَنْتُمْ سَيَفُومُ رِجَالٌ يَتَكَلَّمُونَ بِأُمُورٍ مُلْتَوِيَّةٍ لِيَجْتَذِبُوا التَّلَامِيذَ وَرَاءَهُمْ. 31 لِذَلِكَ اسْهَرُوا مُتَذَكِّرِينَ أَنِّي ثَلَاثَ سِنِينَ لَيْلاً وَنَهَاراً لَمْ أَفْتُرَ عَنْ أَنْ أَنْذِرَ بِدُمُوعِ كُلِّ وَاحِدٍ. 32 وَالآنَ أَسْتَوْدِعُكُمْ يَا إِخْوَتِي لِلَّهِ وَلِكَلِمَةِ نِعْمَتِهِ الْقَائِرَةِ أَنْ تَبْنِيَكُمْ وَتُعْطِيَكُمْ مِيرَاثاً مَعَ جَمِيعِ الْمُقَدَّسِينَ. 33 فِرْضَةً أَوْ ذَهَبَ أَوْ لِبَاسَ أَحَدٍ لَمْ أَشْتِهِ. 34 أَنْتُمْ تَعْلَمُونَ أَنَّ حَاجَاتِي وَحَاجَاتِ الَّذِينَ مَعِيَ خَدَمْتَهَا هَاتَانِ الْيَدَانِ. 35 فِي كُلِّ شَيْءٍ أَرَيْتُكُمْ أَنَّهُ هَكَذَا يَنْبَغِي أَنْكُمْ تَتَعَبُونَ وَتَعْضُدُونَ الضُّعَفَاءَ مُتَذَكِّرِينَ كَلِمَاتِ الرَّبِّ يَسُوعَ أَنَّهُ قَالَ: مَغْبُوطٌ هُوَ الْعَطَاءُ أَكْثَرُ مِنَ الْاِخْتِذَا)). 36 وَمَلَّا قَالَ هَذَا جَثَا عَلَى رُكْبَتَيْهِ مَعَ جَمِيعِهِمْ وَصَلَّى.

CONGRATULATIONS TO OUR NEW PARISH COUNCIL:

GERRY SHADEED (CHAIRMAN), LARRY ZAKAIB (VICE-CHAIR), HECTOR ZAKAIB (TREASURER), JEFF AZAKIE (RECORDING SECRETARY), CAROL MAKER (GENERAL SECRETARY), MARIE AZAKIE, ROSETTE HABAK, IBRAHIM TAMER, MARK TABAH, ERIC ZAKAIB, ROULA MOURANI AND JUSTIN MASSAD.

Today's Memorial Service is for the Departed Servants of God:

- * Leona Battah (40th day). Offered by her children Linda, Allan, Robert and families.
- * Gloria Kishfy (40th day); Nicholas Kishfy. Offered by the family.
- * Hassib Mefrige (1st year); Fouad, Skyee, George, Eric Mefrige & Freddy Shaleesh. Offered by Sylvia Mefrige.
- * Antony Zoghbi (5th year). Offered by the Zoghbi family.
- * Maurice, Badih, Najib, Jamileh, Mariam, Joseph, Renée & John. Offered by Jocelyne Wakim.

Students in need of Financial Assistance for Post-Secondary University Education, may apply for a grant from The Aziz Tabah Foundation for the coming scholastic year. Please contact Carolyn Tabah @: 514-948-2590 for further information.

THE HOLY GOSPEL (St. John 17:1-13)

At that time, Jesus lifted up his eyes to heaven and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him power over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work which you gave me to do; and now, Father, you glorify me in your own presence with the glory which I had with you before the world was made." I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you; for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are mine; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. While I was with them, I kept them in your name, which you have given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to you; and these things I speak in the world, that they may have my joy fulfilled in themselves."

في ذلك الزمان رفع يسوع عينيهِ نحو السماءِ وَقَالَ: ((أَيُّهَا الْآبُ قَدْ أَتَتْ السَّاعَةُ. مَجِّدِ ابْنَكَ لِيَمَجِّدَكَ ابْنُكَ أَيضاً إِذْ أُعْطِيتُهُ سُلْطَاناً عَلَى كُلِّ جَسَدٍ لِيُعْطِيَ حَيَاةً أَبَدِيَّةً لِكُلِّ مَنْ أُعْطِيتَهُ. وَهَذِهِ هِيَ الْحَيَاةُ الْأَبَدِيَّةُ: أَنْ يَعْرِفُوكَ أَنْتَ الْإِلَهَ الْحَقِيقِيَّ وَحَدَّكَ وَيَسُوعَ الْمَسِيحَ الَّذِي أَرْسَلْتَهُ. أَنَا مَجِّدْتُكَ عَلَى الْأَرْضِ. الْعَمَلُ الَّذِي أُعْطِيتَنِي لِأَعْمَلُ قَدْ أَكْمَلْتُهُ. وَالْآنَ مَجِّدْنِي أَنْتَ أَيُّهَا الْآبُ عِنْدَ ذَاتِكَ بِالْمَجْدِ الَّذِي كَانَ لِي عِنْدَكَ قَبْلَ كَوْنِ الْعَالَمِ. ((أَنَا أَظْهَرْتُ اسْمَكَ لِلنَّاسِ الَّذِينَ أُعْطِيتَنِي مِنَ الْعَالَمِ. كَانُوا لَكَ وَأُعْطِيتَهُمْ لِي، وَقَدْ حَفَظُوا كَلَامَكَ. وَالْآنَ عَلِمُوا أَنَّ كُلَّ مَا أُعْطِيتَنِي هُوَ مِنْ عِنْدِكَ، وَأَمَّنُوا أَنَّكَ أَنْتَ أَرْسَلْتَنِي. مِنْ أَجْلِهِمْ أَنَا أَسْأَلُ. لَسْتُ أَسْأَلُ مِنْ أَجْلِ الْعَالَمِ، وَهُمْ قَبِلُوا وَعَلِمُوا يَقِيناً أَنِّي خَرَجْتُ مِنْ عِنْدِكَ، وَأَمَّنُوا أَنَّكَ أَنْتَ أَرْسَلْتَنِي. وَأَنَا مُمَجِّدٌ فِيهِمْ. وَلَسْتُ أَنَا بَعْدُ فِي الْعَالَمِ، وَأَمَّا هَؤُلَاءِ فَهُمْ فِي الْعَالَمِ، وَأَنَا آتِي إِلَيْكَ. أَيُّهَا الْآبُ الْقُدُّوسُ، احْفَظْهُمْ فِي اسْمِكَ الَّذِينَ أُعْطِيتَنِي، لِيَكُونُوا وَاحِداً كَمَا نَحْنُ. حِينَ كُنْتُ مَعَهُمْ فِي الْعَالَمِ كُنْتُ احْفَظُهُمْ فِي اسْمِكَ. الَّذِينَ أُعْطِيتَنِي حَفَظْتَهُمْ، وَلَمْ يَهْلِكْ مِنْهُمْ أَحَدٌ إِلَّا ابْنُ الْهَلَاكِ لِيَتِمَّ الْكِتَابُ. أَمَّا الْآنَ فَإِنِّي آتِي إِلَيْكَ. وَأَتَكَلَّمُ بِهَذَا فِي الْعَالَمِ لِيَكُونَ لَهُمْ فَرَحِي كَامِلاً فِيهِمْ..

* COFFEE HOUR NEWS FLASH (By: Carol Maker) *

As we approach the end of the Sunday school year, so we approach the summer break from Coffee Hour. Our last coffee hour will be June 19 and resume on Sunday, September 11, 2016. Year two was an experimental year and one that proved to be very successful. Not only did we raise sufficient money to pay for the fatayer, but we also covered the cost of the coffee, etc. WE ARE A SUCCESSFUL SELF-SUPPORTING COFFEE GROUP. Thank you to all who supported and all that helped. Look forward to once again sharing Fatayer and Fellowship with you in September.

SOYO & YAM BBQ - SUNDAY, JUNE 12

Join us for a great BBQ of homemade quality mouthwatering Burgers & Souvlaki after the Divine Liturgy. For tickets, please contact Larry Zakaib (514-892-9900)

SOUL SATURDAY: JUNE 18 (11:00AM-3:00PM)

BLESSING OF THE GRAVES AT MT. ROYAL CEMETERY

CALL THE CHURCH OFFICE TO BOOK AN APPOINTMENT WITH FR. MARK.

June 18: Vespers will be held at 4:00pm (instead of 7:00pm)

June 19: Feast of Pentecost (Kneeling Prayers after the Divine Liturgy)

June 30–July 3: Fr. Mark will be attending the PLC and will not be available.

July 2: No Vespers & July 3: Fr. Boulos Khayat will be substituting for Fr. Mark.

July 18–22: Fr. Mark will be attending the Clergy Symposium and will not be available.

"Are You Thirsty?" By: Fr. Stephen Allen (Sts. Peter & Paul Church - Charlottetown PEI)

"Blessed are those who hunger and thirst for righteousness, for they shall be filled." Summer in Canada is wonderful. We wait so long for the heat that when it comes we overdue it at times—we forget how powerful the sun is and we get sun-burnt and heatstroke. Especially here on Prince Edward Island with our beautiful sun-drenched beaches that make you feel like you are vacationing on the Mediterranean. If you are not careful you can get dehydrated very fast and we know that feeling of being so parched that all we can think about is a cold glass of water and we run to the beach vendor and pay \$5 for a small bottle of water—this is what real thirst looks like. In the Gospels, Jesus talks about a different type of thirst. He talks about a spiritual thirst—a thirst that is blessed and one that is to be sought for by every Christian. It is a thirst to go to Church, a thirst to go to Confession, a thirst to pray daily, a thirst to fast, a thirst to read the Holy Bible, a thirst to help the needy, poor and forgotten—and above all a thirst to partake of the Holy and Precious Body and Blood of our Lord Jesus Christ—which is a thirst to Love God above all things and to love others as Christ loves us. Have you ever felt this thirst? The people who feel this thirst are actually in a very good place—Jesus calls these people "Blessed." And in truth—whether we know it or not—we all have a spiritual thirst that only God can satisfy. Often we mistake this thirst and we try to satisfy it with other things. Just like when we are physically thirsty and we buy a soda-pop instead of water, which in the end does not help our thirst but only makes it worse. We replace God with drugs, alcohol, shopping, gambling, Facebook, food, TV, horoscopes, false spirituality...the list goes on and it is endless. However, whether we recognize it or not, we all long to be close to Jesus and to be filled with His life and His love. God is the only fuel we were made to run on—and without Him we will never find the fulfillment that Jesus talks about when he says, "Blessed are those who hunger and thirst for righteousness, for they shall be filled." He saw this in the lady at the well (St. Photini) who was trying to satisfy her thirst by going through men (physical relationships) like water. Jesus knew her thirst and offered "and said to her, 'If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water...and that whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.'" Jesus knew that the fulfillment she had been wrongly trying to find in her many physical relationships could only be found in Him. It is also why he had such a long conversation with her; he wanted her to recognize her fallen thirst and trade it in for the blessed thirst. The same goes for us—Jesus is always ready to quench our thirst and He is eager to fill us with His living water. However, just as with St. Photini, He waits for us to recognize how thirsty we are—He waits for us to put aside the soda-pop and reach for living water. And we can never drink too much of this living water. There is no such thing as too much Church, confession, prayer, bible, and especially love—as long as we keep it within our strength and station of life. So let us remember the words of our Lord from the Holy Cross, "I thirst", which means He is thirsty for us to come to Him and drink of His living water. If we ask for it He will never reject us because He loves to fill us up; he loves refreshing our spirits; He loves keeping us spiritually hydrated. So go ahead, and drink up! Cheers!

*Back by Popular Demand! St. Nicholas Annual HAFLI
November 5 - Save the Date! More Details to come.*