

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: MARCH 13, 2016 A.D.

FORGIVING OTHERS!

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

The decision to forgive another person a wrong done to us begins when we decide to let go of resentment and thoughts of revenge. To forgive someone does not mean that we forget what they did to us, for this may be impossible. The memory of the hurt might always remain with us, but when we decide to forgive the person who wronged us, the grip of resentment is put aside. When we forgive someone it is even possible to find ourselves filled with compassion and empathy for the person, for the act of forgiveness opens the heart to God's grace. When we forgive someone, we are not denying their responsibility for hurting or offending us, nor are we justifying their act. We can forgive them without approving or excusing their transgression against us, for the act of forgiving another opens our heart to the peace that brings closure to hurt and pain, and opens us up to the love and peace that comes from living a life without resentment. If we find ourselves struggling to forgive, it is good to recall those hurtful things we've done to others, and remember when we've been forgiven. It is especially good to recall how God has forgiven us, and call upon Him to give us the grace needed to put aside our resentment, and truly forgive the other person. Being quick to forgive, and putting aside all thoughts of revenge will open our heart to a joyful and peaceful life. Finally, if we pray for those who've offended us, we open the door to all kinds of possibilities. When we ask God to help the person whose been unkind and hurtful, our own hearts receive healing, for when we've forgiven others, grace abounds. "Don't repay evil for evil. Don't retaliate when people say unkind things about you. Instead, pay them back with a blessing. That is what God wants you to do, and he will bless you for it." (1 Peter 3:9)

THE HOLY EPISTLE (Romans 13:11-14, 14:1-4)

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

يَا إِخْوَةَ، إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا. قَدْ تَنَاهَى اللَّيْلُ وَتَقَارَبَ النَّهَارُ فَلْنَخْلَعْ أَعْمَالَ الظُّلْمَةِ وَنَلْبَسْ أَسْلِحَةَ النُّورِ. لِنَسْلُكْ بِلِيَاقَةِ كَمَا فِي النَّهَارِ لَا بِالْبَطَرِ وَالسُّكْرِ لَا بِالْمُضَاجِعِ وَالْعَهْرِ لَا بِالْخِصَامِ وَالْحَسَدِ. بَلِ الْبَسُوا الرَّبَّ يَسُوعَ الْمَسِيحَ وَلَا تَصْنَعُوا تَدْبِيرًا لِلْجَسَدِ لِأَجْلِ الشَّهَوَاتِ. وَمَنْ هُوَ ضَعِيفٌ فِي الْإِيمَانِ فَاقْبَلُوهُ لَا لِحَاكِمَةِ الْأَفْكَارِ. وَاحِدٌ يُؤْمِنُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ وَأَمَّا الضَّعِيفُ فَيَأْكُلُ بَقَوْلًا. لَا يَزْدِرُ مَنْ يَأْكُلُ بِمَنْ لَا يَأْكُلُ وَلَا يَدِينُ مَنْ لَا يَأْكُلُ مَنْ يَأْكُلُ، لِأَنَّ اللَّهَ قَبِلَهُ. مَنْ أَنْتَ الَّذِي تَدِينُ عَبْدًا غَيْرَكَ؟ هُوَ لِمَوْلَاهُ يَنْبُتُ أَوْ يَسْقُطُ. وَلَكِنَّهُ سَيَنْبُتُ لِأَنَّ اللَّهَ قَائِرٌ أَنْ يَنْبُتَهُ.

Today is the **SUNDAY OF FORGIVENESS** and we begin the Great & Holy Fast in anticipation for the Feast of Holy Pascha. We traditionally ask for each other's forgiveness to embark on the Lenten Journey with a spirit of humility and forgiveness. Please participate at the end of the Divine Liturgy in the Ceremony of Mutual Forgiveness. **If we don't ask for forgiveness and accept to forgive each other in the Church, how then do we truly expect God to forgive us when we ask Him? Look at the next page and read the Gospel for today!**

Next Sunday, March 20, is **SUNDAY OF ORTHODOXY**, and we will have our annual indoor Procession with Icons involving all our Youth. It is a nice tradition that you bring your favourite Icon from home to Church with you to hold while the Procession is taking place, to support our Youth and to promote our Faith.

St. Nicholas Annual Mid-Lenten Luncheon

Sunday, April 3, 2016 at 1:00pm

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

Limited amount of tickets are remaining!

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

Contact: Sylvia Mefrige (514-344-0550)

\$100 RAFFLE

Tuesday, May 31 2016

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

MARCH IS ANTIOCHIAN WOMEN'S MONTH!

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

The Lord said, "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."

قال الرب إن غفرتُم للنَّاسِ زَلَّاتِهِمْ ، يَغْفِرُ لَكُمْ أَيضاً أَبُوكُمُ السَّمَاوِيِّ . وَإِنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ ، لَا يَغْفِرُ لَكُمْ أَبُوكُمُ أَيضاً زَلَّاتِكُمْ . ((وَمَتَّى صُمْتُمْ فَلَا تَكُونُوا عَابِسِينَ كَالْمُرَائِينَ ، فَإِنَّهُمْ يَغَيِّرُونَ وُجُوهَهُمْ لِكَيْ يَظْهَرُوا لِلنَّاسِ صَائِمِينَ . الْحَقُّ أَقُولُ لَكُمْ : إِنَّهُمْ قَدْ اسْتَوْفَوْا أَجْرَهُمْ . وَأَمَّا أَنْتَ فَمَتَّى صُمْتَ فَادْهِنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ ، لِكَيْ لَا تَظْهَرَ لِلنَّاسِ صَائِماً ، بَلْ لِأَبِيكَ الَّذِي فِي الْخَفَاءِ . فَأَبُوكَ الَّذِي يَرَى فِي الْخَفَاءِ يُجَازِيكَ عِلَانِيَةً .)) (لَا تَكْنِزُوا لَكُمْ كُنُوزاً عَلَى الْأَرْضِ حَيْثُ يُفْسِدُ السُّوسُ وَالصَّدَأُ ، وَحَيْثُ يَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ . بَلْ اكْنِزُوا لَكُمْ كُنُوزاً فِي السَّمَاءِ ، حَيْثُ لَا يُفْسِدُ سُوسٌ وَلَا صَدَأٌ ، وَحَيْثُ لَا يَنْقُبُ سَارِقُونَ وَلَا يَسْرِقُونَ ، لِأَنَّهُ حَيْثُ يَكُونُ كَنْزُكَ هُنَاكَ يَكُونُ قَلْبُكَ أَيضاً .

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

- * Adma Saoumaa (40th day). Offered by Ibrahim Becherrani, Leila & Ramez Saoumaa.
- * Georgette Chacra (1st year); Emile Chacra. Offered by her Children.
- * Nuhad Haddad (1st year); Fares, Michael, Wadeh, Jamil, Nayef, Elias, Tafeed, Tafeeda, Fawzi Martha, Fadi Haddad, Refca, Shafica & Nassra. Offered by Saidy Haddad & Family.
- * Michel Shamy (61st year); Adeebe Shamy (17th year); Joyce Shamy Fireman (4th year) & Zalfa Salhany (61st year). Offered by the Shamy Family.
- * Rudy Assaly (4th year). Norman, Nazira and Robert. Offered by Elaine Assaly.
- * Angeline, Nellie, Norma, Romeo Chacra, Eddy Assaf & Peter Assaly. Offered by Doreen Assaly.
- * Jacqueline Gibara (2nd year); Lottie, Toufic, Vivian, Norma and Norman. Offered by the Gibara Family.

CALL FOR APPLICATIONS - SCHOLARSHIPS:

- Antiochian Orthodox Union of Canada -

Instructions: You have to be a full time student in a Quebec university approved by the Ministère de l'Éducation du Québec; Be a Canadian citizen or a permanent resident; You or your parents are members of on Antiochian Orthodox parish; A copy of this completed application (on the St. Nicholas Church Website - www.stnicholasmtl.com); Your application has to be submitted with the following documents: Copy of the document proving your status in Canada; Copy of a proof of admission to a full time university program; Copy of the academic results during the last two years; Copy of the latest Revenue Canada assessment.

The completed documents should be mailed to the Union before March 31, 2016

The Application Form can be found on the St. Nicholas Church Website.

+ 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 & Mid-Lenten Luncheon)
- * 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 Russia: Healing Spring of St. Seraphim
- * 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 the Life-Giving Font in Constantinople
- * 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!**