

ST. NICHOLAS ANTIOCHIAN ORTHODOX CHURCH

كنيسة القديس نيقولاوس الانطاكية الأرثوذكسية

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

+Rev. Fr. Mark-Arsenios 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: MAY 15, 2016 A.D.

Serving as the Front Line of Protection for our Communities

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

Police & Fire Chaplain for over 15 years!

Police officers are, by necessity, good actors, for they have to wear a mask to cover the pain and trauma that comes with their job. Often the focus of anger and accusation from the very communities they are pledged to protect, they put their lives on the line for people who often forget the uninhabitable places our cities would be without the protection our police forces provide, often with their own lives. Serving as the front lines of protection for our communities, our police protect us against the lawlessness that would overwhelm all of us if they were not there. They are men and women who have dedicated their lives in compassionate service to others, touch the lives of countless people each and every day, often under the most difficult of circumstances, and often without thanks. They sacrifice their own comfort zones so the rest of us can sleep without fear, and walk our neighbourhood without danger. Their unique calling, one that takes special training and deep commitment, is not for the faint hearted, but a vocation that is as challenging as it is satisfying. In an age when they are more often than not maligned and ridiculed, one wonders how any of them could chose to serve in this capacity. All the more reason those of us who count ourselves as committed Christians, need to keep the men and women of our police departments in prayer. And all the more reason we need to go out of our way to thank them for their service, including those moments when we have been pulled over for breaking the speed limit. They deserve our gratitude for keeping us safe, protecting our property, and the lives of our children, while keeping our communities safe from the lawlessness that would reign without them. May God protect those who protect us.

THE HOLY EPISTLE (Acts 6:1-7)

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the disciples and said, "it is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochoros, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

فِي تِلْكَ الْيَّامِ إِذْ تَكَثَّرَ التَّلَامِيذُ حَدَثَ تَذَمُّرٌ مِنَ الْيُونَانِيِّينَ عَلَى الْعِبْرَانِيِّينَ أَنَّ أَرَامِلَهُمْ كُنَّ يُغْفَلُ عَنْهُنَّ فِي الْخِدْمَةِ الْيَوْمِيَّةِ. فَدَعَا الْإِثْنَا عَشَرَ جُمُهورَ التَّلَامِيذِ وَقَالُوا: ((لَا يُرْضِي أَنْ نَتْرُكَ نَحْنُ كَلِمَةَ اللَّهِ وَنَخْدِمَ مَوَائِدَ. فَانْتَخَبُوا أَيُّهَا الْإِخْوَةُ سَبْعَةَ رِجَالٍ مِنْكُمْ مَشْهُودًا لَهُمْ وَمَمْلُؤِينَ مِنَ الرُّوحِ الْقُدْسِ وَحِكْمَةٍ فَتُقِيمَهُمْ عَلَى هَذِهِ الْحَاجَةِ. وَأَمَّا نَحْنُ فَنَوَاطِبُ عَلَى الصَّلَاةِ وَخِدْمَةِ الْكَلِمَةِ)). فَحَسَنَ هَذَا الْقَوْلُ أَمَامَ كُلِّ الْجُمُهورِ فَاخْتَارُوا اسْتِفَانُوسَ رِجُلًا مَمْلُوءًا مِنَ الْإِيمَانِ وَالرُّوحِ الْقُدْسِ وَفِيلِبُّسَ وَبِرُوحُورُسَ وَنِيكَانُورَ وَتِيْمُونَ وَبِرْمِينَاسَ وَنِيْفُولَاوُسَ دَخِيلاً أَنْطَاكِيًّا. الَّذِينَ أَقَامُوهُمْ أَمَامَ الرُّسُلِ فَصَلُّوا وَوَضَعُوا عَلَيْهِمُ الْيَدَايَ. وَكَانَتْ كَلِمَةُ اللَّهِ تَنْمُو وَعَدَدُ التَّلَامِيذِ يَتَكَثَّرُ جِدًّا فِي أُورُشَلِيمَ وَجُمُهورٌ كَثِيرٌ مِنَ الْكَهَنَةِ يُطِيعُونَ الْإِيمَانَ

"Everything has already begun, and everything always begins anew for the Church, with the Resurrection of our Lord."

H.B. the reposed Patriarch IGNATIUS IV of Antioch

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

- * H.E. Metropolitan CONSTANTINE Papastephanou. Retired Metropolitan of the Antiochian Orthodox Archdiocese of Baghdad & the Arabian Gulf - recently reposed.
- * Nidal Georges Daoud (1st year) & Jihad and Elham Daoud. Offered by his wife Salwa and his Children Roni, Dani and Rania.
- * Paulette Sekaly (13th year). Offered by Christian, Elena & Maria Sekaly.

**NOTE: THE VESPERS SERVICES FOR MAY 14 & 21
WILL BE HELD AT 4:00PM.**

\$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). 6pm Food & 8pm Ticket Drawing.

The **Lebanese Syrian Canadian Ladies Aid Society** is hosting their Spring Luncheon on May 18 at Le Mont Blanc (1950 rue Notre-Dame-de-Fatima, Laval H7G 4X8. Tickets: \$60. Contact Karen Aziz for more information or to book tickets: 514-341-8331.

The **Antiochian Orthodox Union of Canada** is holding a Family Brunch on May 23 at 11:30am at Monastère de la Vierge Marie la Consolatrice (827 chemin de la Carrière, Brownsburg, QC J8G 1K5) on May 23 at 11:30AM. Followed by a tour of the monastery. Tickets are \$50 each for adults and \$25 each for children 3 to 12 years. Contact Hala Zakaib for tickets (514-449-0882) or e-mail unionorthodoxe@gmail.com

THE HOLY GOSPEL (St. Mark 15:43-47; 16:1-8)

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joses saw where he was laid. And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back; for it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid

في تلك الأيام، جاء يوسُفُ الَّذِي مِنَ الرَّامَةِ مُشِيرٌ شَرِيفٌ وَكَانَ هُوَ أَيْضاً مُنْتَظِراً مَلَكَوتَ اللَّهِ فَتَجَاسَرَ وَدَخَلَ إِلَى بِيلاطُسَ وَطَلَبَ جَسَدَ يَسُوعَ. فَتَعَجَّبَ بِيلاطُسُ أَنَّهُ مَاتَ كَذَا سَرِيعاً. فَدَعَا قَائِدَ المِئَةِ وَسَأَلَهُ: «هَلْ لَهُ زَمَانٌ قَدْ مَاتَ؟» وَلَمَّا عَرَفَ مِنْ قَائِدِ المِئَةِ وَهَبَ الجَسَدَ لِيُوسُفَ. فَاشْتَرَى كِتَابَةً فَانزَلَهُ وَكَفَّنَهُ بِالْكِتَابِ وَوَضَعَهُ فِي قَبْرِ كَانَ مَنْحُوتاً فِي صَخْرَةٍ وَدَحْرَجَ حَجَراً عَلَى بَابِ القَبْرِ. وَكَانَتْ مَرْيَمُ المَجْدَلِيَّةُ وَمَرْيَمُ أُمُّ يُوْسُي تَنْظُرَانِ أَيْنَ وَضِعَ. وَبَعْدَ مَا مَضَى السَّبْتُ اشْتَرَتْ مَرْيَمُ المَجْدَلِيَّةُ وَمَرْيَمُ أُمُّ يَعْقُوبَ وَسَالُومَةَ حَنُوطاً لِيَاثَيْنِ وَيَدَهْنَةً. وَبَاكِراً جِداً فِي أَوَّلِ الأَسْبُوعِ أَتَيْنِ إِلَى القَبْرِ إِذْ طَلَعَتِ الشَّمْسُ. وَكُنَّ يَقُلْنَ فِيمَا بَيْنَهُنَّ: «مَنْ يُدَحْرِجُ لَنَا الحَجَرَ عَنِ بَابِ القَبْرِ؟» فَتَطَلَعْنَ وَرَأَيْنَ أَنَّ الحَجَرَ قَدْ دُحِرَجَ! لِأَنَّهُ كَانَ عَظِيماً جِداً. وَلَمَّا دَخَلْنَ القَبْرَ رَأَيْنَ شَاباً جَالِساً عَنِ اليَمِينِ لِأَسَاءِ حُلَّةٍ بِيضَاءَ فاندَهَشْنَ. فَقَالَ لَهُنَّ: «لَا تَنْدَهَشْنَ! أَلَمْ تَطَلَبْنَ يَسُوعَ النَّاصِرِيَّ المِصْلُوبَ. قَدْ قَامَ! لَيْسَ هُوَ هَهُنَا. هُوَذَا المَوْضِعُ الَّذِي وَضَعُوهُ فِيهِ. لَكِنَّ اذْهَبْنَ وَقُلْنَ لِتِلَامِيذِهِ وَلِبَطْرُسَ إِنَّهُ يَسْبِقُكُمْ إِلَى الجَلِيلِ. هُنَاكَ تَرَوْنَهُ كَمَا قَالَ لَكُمْ». فَخَرَجْنَ سَرِيعاً وَهَرَبْنَ مِنَ القَبْرِ لِأَنَّ الرُّعْدَةَ وَالْحَيْرَةَ أَخَذَتْهُنَّ. وَلَمْ يَقُلْنَ لِأَحَدٍ شَيْئاً لِأَنَّهُنَّ كُنَّ خَائِفَاتٍ.



**MORE THAN 3 YEARS HAVE PASSED SINCE THE UNSOLVED ABDUCTION
BY ISLAMIC TERRORISTS OF THE 2 METROPOLITANS OF ALEPPO, SYRIA:**

(L) MET. YUHANNA IBRAHIM - SYRIAC ORTHODOX & (R) MET. BOULOS YAZIGI - GREEK ORTHODOX

THERE ARE NO SHORT CUTS – EVERYONE NEEDS A “PRAYER RULE!”

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

I remember when Mel Gibson's "The Passion of the Christ" came out. My wife, Kh. Sarah (Tracey), and I when to see it. We were not the only Priest/pastoral family there—among the audience there were other Church Pastors from Catholic to Evangelical to mainstream Christian Churches. Everybody cordially entered with that I am about to see a "Jesus Movie" smile on their faces but when it was finished and the lights came up and the credits were rolling—everyone—and I mean everyone—just sat there shocked, teary-eyed and emotionally overwhelmed. No one knew quite what to do or say—it was all there laid out before us. Mel set out to shake us with his version of the Passion and he did his job well. Many people told me afterwards, "This movie is going to change 1000s of lives!" Sadly—years later—I can attest (from my pastoral experience) it didn't really. The problem is that the development of an honest spiritual life—a life in Christ—is not a sprint but a day to day walk/struggle/effort to repent (change). The gift of salvation is freely given but it is up to us respond to our Lord's loving gift—and it is not the "works" but it is the daily working out of our salvation in fear and trembling before the Lord (Philippians 2:12). Prayer is our daily work! If anyone says it is not they are lying and the 2000 years of wonderful Christian Saints back me up on this statement. Prayer is our only source of true life. No prayer—No life! No prayer—no love! It is as simple as that. And today's social media can be a "friendly enemy" because it makes so easy (like the movie "The Passion of the Christ") to invoke an emotional "spiritual" response but it is a false perception of a spiritual life—it is not the real thing. We all love going on Facebook and seeing a lovely photo of a Butterfly with the caption, "God changes caterpillars into butterflies, sand in to pearls, coal into diamond and He is working on you too!"— or a picture of a pious Monk looking up to Heaven with the caption that says, "Take one step towards God and He will take a 1000 towards you." There is nothing wrong with these statements--ALL TRUE—but just clicking "like" (although might boost us emotionally) has not any real true effect on our spiritual state.

If you would like to get started here are some elements of a daily prayer rule as taught to me by my Spiritual Father Roman (AKA—Papa Luke)

- 1: Every person is unique—so make your prayer rule doable and be faithful to it. Which means you are able to complete it even on your busiest day.
- 2: The only way to learn to pray is to begin praying—just begin and God will teach you.
- 3: Prayer shows us how much we love God—if we don't pray we don't love.
- 4: The goal of prayer rule is to Love God with all your heart, mind and strength and to love others as Jesus loves us.
- 5: Have a guild. Find Priest/priest wife, monk, nun, or any mature prayerful Christian man or woman to help you.
- 6: Set a time and place where you can fruitfully pray, read the Bible, and do spiritual reading alone and by yourself.
- 7: Always make time to count and give thanks to God for your many blessing as part of your daily rule—it will help not falling into a negative mindset.
- 8: Have a reasonable list of names to pray for others.
- 9: Always end your rule with the "Jesus prayer" (Lord Jesus Christ, Son of God, have mercy on me a sinner) 10 times, 33 times 100 times is up to your time and strength but then take that prayer with you all day—say it as much as you can wherever you can—keep Jesus the center as you move through the day.

So go ahead click away at all those beautiful Christian movies and resources but don't neglect your daily prayer rule—that is why it is called a "Prayer Rule" not a prayer suggestion!

Have a blessed day — Christ is Risen! Indeed He is Risen!