

# 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: MAY 22, 2016 A.D.

## In Every Way We Must Strive To Restrain ANGER!

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

Abba Evagrius the Monk said that, "Anger is by nature designed for waging war with the demons and for struggling with every kind of sinful pleasure. Therefore angels, arousing spiritual pleasure in us and giving us to taste its blessedness, incline us to direct our anger against the demons. But the demons, enticing us towards worldly lusts, make us use anger to fight with men, which is against nature, so that the mind, thus stupefied and darkened, should become a traitor to virtues." The Fathers tell us that whenever anyone takes God's name in vain the ramifications reverberate throughout the entire cosmos. However insignificant we may think our uttered angry words may be, they impact the whole of God's universe. Redemption is not just about us, but the whole of the universe. My salvation and your salvation are interconnected. When a Christian falls into such sin it is especially tragic, for there are many non-believers who guard their words better than many who profess Christ. We must strive by every means to preserve peace of soul and not allow ourselves to be disturbed by offenses from others. In every way we must strive to restrain anger and remain attentive to the mind and heart. We must make every effort to bear the offenses and insults of others, and accustom ourselves to such a disposition of spirit that their offenses not concern us. By guarding our thoughts, we can give quietness to our heart and make it as dwelling for God Himself. Abba Nilus said, "Prayer is the seed of gentleness and the absence of anger." If we truly be of Christ we have the means to change, for it is because we have Christ in us that victory over the passions can be ours. There is simply no excuse for a Christian to lose his temper. Ephesians 4:26, "Do not let the sun go down on the anger of your brother," and Ephesians 4:29, "Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers."

## THE HOLY EPISTLE (Acts 9:32-42)

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

فِي تِلْكَ الْيَّامِ حَدَّثَ أَنَّ بُطْرُسَ وَهُوَ يَجْتَازُ بِالْجَمِيعِ نَزَلَ أَيْضاً إِلَى الْقِدِّيسِينَ السَّاكِنِينَ فِي لُدَّةَ فَوَجَدَ هُنَاكَ إِنْسَاناً اسْمُهُ إِيْنِيَّاسُ مُضْطَجِعاً عَلَى سَرِيرٍ مُنْذُ ثَمَانِي سِنِينَ وَكَانَ مَفْلُوجاً. فَقَالَ لَهُ بُطْرُسُ: (( يَا إِيْنِيَّاسُ يَشْفِيكَ يَسُوعُ الْمَسِيحُ. قُمْ وَافْرُشْ لِنَفْسِكَ)). فَقَامَ لِلْوَقْتِ. وَرَأَهُ جَمِيعُ السَّاكِنِينَ فِي لُدَّةَ وَسَارُونَ الَّذِينَ رَجَعُوا إِلَى الرَّبِّ. وَكَانَ فِي يَافَا تَلْمِيذَةٌ اسْمُهَا طَابِيثَا الَّذِي تَرْجَمَتُهُ غَزَالَةٌ. هَذِهِ كَانَتْ مُمْتَلِئَةً أَعْمَالاً صَالِحَةً وَإِحْسَانَاتٍ كَانَتْ تَعْمَلُهَا. وَحَدَّثَ فِي تِلْكَ الْيَّامِ أَنَّهَا مَرَضَتْ وَمَاتَتْ فَغَسَلُوهَا وَوَضَعُوهَا فِي عَلِيَّةٍ. وَإِذْ كَانَتْ لُدَّةَ قَرِيبَةً مِنْ يَافَا وَسَمِعَ التَّلَامِيذُ أَنَّ بُطْرُسَ فِيهَا أَرْسَلُوا رَجُلَيْنِ يَطْلُبَانِ إِلَيْهِ أَنْ لَا يَتَوَانَى عَنْ أَنْ يَجْتَازَ إِلَيْهِمْ. فَقَامَ بُطْرُسُ وَجَاءَ مَعَهُمَا. فَلَمَّا وَصَلَ صَعِدُوا بِهِ إِلَى الْعَلِيَّةِ فَوَقَفَتْ لَدَيْهِ جَمِيعُ الْأَرَامِلِ يَبْكِينَ وَيُرِينَ أَقْمِصَةً وَثِيَاباً مِمَّا كَانَتْ تَعْمَلُ غَزَالَةً وَهِيَ مَعَهُنَّ. فَأَخْرَجَ بُطْرُسُ الْجَمِيعَ خَارِجاً وَجَثّاً عَلَى رُكْبَتَيْهِ وَصَلَّى ثُمَّ التَفَّتْ إِلَى الْجَسَدِ وَقَالَ: (( يَا طَابِيثَا قُومِي!)) فَفَتَحَتْ عَيْنَيْهَا. وَلَمَّا أَبْصَرَتْ بُطْرُسَ جَلَسَتْ ، فَنَازَلَهَا يَدُهُ وَأَقَامَهَا. ثُمَّ نَادَى الْقِدِّيسِينَ وَالْأَرَامِلَ وَأَحْضَرَهَا حَيَّةً. فَصَارَ ذَلِكَ مَعْلُوماً فِي يَافَا كُلِّهَا ، فَامَنَّ كَثِيرُونَ بِالرَّبِّ.

### Judges Choices - St. Nicholas, Montreal

Creative Arts Festival - Diocese of Ottawa, Upstate New York, and Eastern Canada - 2016

Name	Grade	Art	Writing	Poetry	Photography
NAHHAS, Rena-Maria	3	GOLD			
DEVITO, Marco	7	GOLD			
SEMAAN, Peter	9	GOLD			
NAHHAS, Thea-Galia	1	Silver			
DEVITO, Marco	7		Bronze		
WYATT, Marina	3			GOLD	
EL-DICK, Nicholas	8			GOLD	
EL-DICK, Anthony	5				Silver-Tied

5 GOLD  
2 Silver  
1 Bronze  
TOTAL: 8 Judges Choices

**CONGRATULATIONS**  
to our YOUTH!

Report prepared by Bruna L. Salhany  
Creative Arts Festival Co-Coordinator

Congratulations to our Senior **Basketball Team** who came in 3rd Place last weekend at the Diocesan Basketball Tournament in Ottawa. Seniors: Dany El Hage, Chuck El Hage, Ziad Hawa, Myriam Zakaib, Petra Tamer, Melanie Massad, Kevin John. & Juniors: Mary-Eve Anderson, Peter Samaan, Anthony De Vito, Marco De Vito, Nicholas El Dick, Karim Estephan.

### THE HOLY GOSPEL (St. John 5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the sabbath. So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

. في ذلك الزمان صعد يسوع إلى اورشليم. وفي اورشليم عند باب الضان بركة يقال لها بالعبرانية «بيت حسدا» لها خمسة أروقة. في هذه كان مضطجعا جمهور كثير من مرضى وعمي وعرج وعسم يتوقعون تحريك الماء. لأن ملاكا كان ينزل أحيانا في البركة ويحرك الماء. فمن نزل أولا بعد تحريك الماء كان يبرا من أي مرض اعتراه. وكان هناك إنسان به مرض منذ ثمان وثلاثين سنة. هذا رآه يسوع مضطجعا وعلم أن له زمانا كثيرا فقال له: «أتريد أن تبرا؟» أجابه المريض: «يا سيد ليس لي إنسان يلقيني في البركة متى تحرك الماء. بل بينما أنا أت ينزل قدامي آخر». قال له يسوع: «قم. احمل سريرك وامش». فحالا برى الإنسان وحمل سريرته ومشى. وكان في ذلك اليوم سبت. فقال اليهود للذي شفي: «إنه سبت! لا يحل لك أن تحمل سريرك». أجابهم: «إن الذي أبراني هو قال لي احمل سريرك وامش». فسألوه: «من هو الإنسان الذي قال لك احمل سريرك وامش؟». أما الذي شفي فلم يكن يعلم من هو لأن يسوع اعتزل إذ كان في الموضع جمع. بعد ذلك وجده يسوع في الهيكل وقال له: «ها أنت قد برئت فلا تخطئ أيضا لئلا يكون لك أشر». فمضى الإنسان وأخبر اليهود أن يسوع هو الذي أبراه.

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

- \* H.E. Metropolitan CONSTANTINE Papastephanou (40th day) - retired Metropolitan of the Antiochian Orthodox Archdiocese of Baghdad & the Arabian Peninsula.
- \* Sister Melanie (1st year). Nicholas, Issa, Maguy, George, Michael & Shafika. Offered by Laure Barbara & Family.
- \* Robert Younes (2nd year). Offered by his wife Lody, his Children & Grandchildren.
- \* Lucy Shoofey (4th year). Nicholas, Frank, Mary, Henry, Philip, Joseph & John. Offered by her Children Elizabeth Shoofey Stabler (Garry) & Robert Shoofey (Eleanor).

Congratulations to our newly elected **Antiochian Women** Board: Helene Zakaib (President), Susan Hanna Kouri (Vice President), Maryan Jabbour (Treasurer), Hana Abou-Assaleh Rahhal (Secretary), Dianne Barbara (Corresponding Secretary), Judy Hodhod, Aida Devito, Hala Zakaib, Grace Battah, Amal Abouassaly, Salwa Abouassaly, Roula Mourani.

## LADIES' CLOSING DINNER

Tuesday, June 14 2016 at 6:30pm- Restaurant Madisons (1695 Boul de l'avenir)

Ticket: \$30/person - To confirm, please contact Roula Mourani before June 6

(514) 699-9635 / roula\_mourani@sympatico.ca

## THE AGE OF ANGER!

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

Christ is Risen! I have noticed a growing trend over the last 14 years of hearing confessions. People are finding themselves falling more and more to the passion (the sin) of "Anger." I suppose this is to be expected due to that fact that it "seems" our daily worries and fears to have grown exponentially and (as the Fathers of the Church teach us) fear is one of the main causes of anger. It "seems" we are more worried about our body, health, weight, and diet than ever before. It "seems" we are more worried about our economy, money and jobs than ever before. It "seems" we are more worried about our society, culture, family and future than ever before. It "seems" we are more worried about air, water, light, sound and earth pollution than ever before. The only thing people (as a whole) do not seem worried about is the decline of their personal Christian commitment and the the sea of spiritual pollution that they are exposed to on a daily basis. I would suggest that this last element is the greatest cause of our fall into worry, fear and ultimately anger. There are many inputs to the spiritual pollution that we are exposed to every day and one of the greatest of these is all forms of social media—TV, radio, internet and the like. One of the latest statics suggest that the average Canadian spends over 40 (non work related) hours per week plunged into some from of social media/TV/movies/internet...etc. And that is only the intentional exposure. Every where we go we are unintentionally exposed to a myriad of social media that on one side tell us we are inadequate, in danger and unfulfilled, and on the other side depict graphic sadistic, violent and sexual images—and our poor brains, hearts and souls have to filter and process every piece. For one example, the average Canadian hears about (radio), witnesses (movies), and participates (video games) in dozens of violent killings every week—how are our poor brains, hearts and souls suppose to handle this type of spiritual pollution? And this is only one example. Worries, worries, worries—Anger, anger, anger! So what is the solution? Well, on one hand there are certainly "real dangers" that we must deal with but perhaps it would do us all well make a tangible commitment to limit our exposure to this "spiritual pollution" around us (whatever form they may take)—and on the other hand we can start to place more concern on our commitment, our personal walk, with Christ, and His Church—and to practice love with everyone God puts in our daily lives. Let us remember that Jesus and the Holy Scriptures tell us repeatedly "Fear not" and St. John proclaims, "There is no fear in love; but perfect love casts out fear, because fear involves torment [worries]. But he who fears has not been made perfect in love. We love Him because He first loved us." (1 John 4:18-19). Christ is Risen! Have a Blessed Day!

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### \$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.

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