

+ St. Nicholas Antiochian Orthodox Church +

كنيسة القديس نيقولاوس الانطاكية الأرثوذكسية

SUNDAY BULLETIN - MARCH 8, 2015 A.D.

+HUMILITY+
THE CROWN OF
ORTHODOX
VIRTUE!



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WE ARE A PARISH OF THE ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA,
WHICH IS AN ARCHDIOCESE OF THE GREEK ORTHODOX PATRIARCHATE OF ANTIOCH & ALL THE EAST.

لُغَتْنَا انطاكيّة، لُغَتْنَا واحدة

"Our language is Antiochian, our language is One" - H.B. Patriarch John X

THE HOLY EPISTLE (HEBREWS 1:10-2:3)

He also says, "In the beginning, Lord, you laid the foundations of the earth, and the heavens are the work of your hands. They will perish, but you remain; they will all wear out like a garment. You will roll them up like a robe; like a garment they will be changed. But you remain the same, and your years will never end." To which of the angels did God ever say, "Sit at my right hand until I make your enemies a footstool for your feet"? Are not all angels ministering spirits sent to serve those who will inherit salvation? We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away. For since the message spoken through angels was binding, and every violation and disobedience received its just punishment, how shall we escape if we ignore so great a salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard him.

و«أَنْتَ يَا رَبُّ فِي الْبَدْءِ أَسَسْتَ الْأَرْضَ، وَالسَّمَاوَاتُ هِيَ عَمَلُ يَدَيْكَ. هِيَ تَبِيدُ وَلَكِنْ أَنْتَ تَبْقَى، وَكُلُّهَا كَثُوبٌ تَبْلَى، وَكَرْدَاءٌ تَطْوِيهَا فَتَتَغَيَّرُ. وَلَكِنْ أَنْتَ أَنْتَ، وَسَنُوكَ لَنْ تَفْنَى». ثُمَّ لَمَنْ مِنَ الْمَلَائِكَةِ قَالَ قَطُّ: «اجْلِسْ عَنِ يَمِينِي حَتَّى أَضَعَ أَعْدَاءَكَ مَوْطِنًا لِقَدَمَيْكَ؟» أَلَيْسَ جَمِيعُهُمْ أَرْوَاحًا خَادِمَةً مُرْسَلَةً لِلخِدْمَةِ لِأَجْلِ الْعَتِيدِينَ أَنْ يَرِثُوا الْخَلَاصَ! لِذَلِكَ يَجِبُ أَنْ نَتَنَبَّهُ أَكْثَرَ إِلَى مَا سَمِعْنَا لئَلَّا نَفُوتَهُ، لِأَنَّهُ إِنْ كَانَتْ الْكَلِمَةُ الَّتِي تَكَلَّمَ بِهَا مَلَائِكَةٌ قَدْ صَارَتْ ثَابِتَةً، وَكُلُّ تَعَدٍّ وَمَعْصِيَةٍ نَالٍ مُجَازَاةً عَادِلَةً، فَكَيْفَ نَنْجُو نَحْنُ إِنْ أَهْمَلْنَا خَلَاصًا هَذَا مِقْدَارَهُ، قَدْ ابْتَدَأَ الرَّبُّ بِالتَّكَلُّمِ بِهِ، ثُمَّ تَثَبَّتْ لَنَا مِنَ الَّذِينَ سَمِعُوا،

THE HOLY GOSPEL (ST. MARK 2:1-12)

A few days later, when Jesus again entered Capernaum, the people heard that he had come home. They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. Some men came, bringing to him a paralyzed man, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. When Jesus saw their faith, he said to the paralyzed man, "Son, your sins are forgiven." Now some teachers of the law were sitting there, thinking to themselves, "Why does this fellow talk like that? He's blaspheming! Who can forgive sins but God alone?" Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, "Why are you thinking these things? Which is easier: to say to this paralyzed man, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk'? But I want you to know that the Son of Man has authority on earth to forgive sins." So he said to the man, "I tell you, get up, take your mat and go home." He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, "We have never seen anything like this!"

ثُمَّ دَخَلَ كَفَرْنَاحُومَ أَيْضًا بَعْدَ أَيَّامٍ فَسَمِعَ أَنَّهُ فِي بَيْتٍ. وَلِلْوَقْتِ اجْتَمَعَ كَثِيرُونَ حَتَّى لَمْ يِعُدْ يَسْعُ وَلَا مَا حَوْلَ الْبَابِ. فَكَانَ يَخَاطِبُهُمُ بِالْكَلِمَةِ. وَجَاءُوا إِلَيْهِ مُقَدِّمِينَ مَفْلُوجًا يَحْمَلُهُ أَرْبَعَةً. وَإِذْ لَمْ يَفِدْرُوا أَنْ يَفْتَرِبُوا إِلَيْهِ مِنْ أَجْلِ الْجَمْعِ كَشَفُوا السَّقْفَ حَيْثُ كَانَ. وَبَعْدَ مَا نَقَبُوهُ دَلُّوا السَّرِيرَ الَّذِي كَانَ الْمَفْلُوجُ مُضْطَجِعًا عَلَيْهِ. فَلَمَّا رَأَى يَسُوعُ إِيمَانَهُمْ قَالَ لِلْمَفْلُوجِ: «يَا بُنَيَّ مَغْفُورَةٌ لَكَ خَطَايَاكَ». وَكَانَ قَوْمٌ مِنَ الْكُتَّابَةِ هُنَاكَ جَالِسِينَ يَفْكُرُونَ فِي قُلُوبِهِمْ: «لِمَاذَا يَتَكَلَّمُ هَذَا هَكَذَا بِتَجَادِيفٍ؟ مَنْ يَفْدُرُ أَنْ يَغْفِرَ خَطَايَا إِيَّاكَ إِلَّا اللَّهُ وَحْدَهُ؟» فَلِلْوَقْتِ شَعَرَ يَسُوعُ بِرُوحِهِ أَنَّهُمْ يَفْكُرُونَ هَكَذَا فِي أَنْفُسِهِمْ فَقَالَ لَهُمْ: «لِمَاذَا تُفَكِّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟ أَيْمًا أَيْسَرُ: أَنْ يُقَالَ لِلْمَفْلُوجِ مَغْفُورَةٌ لَكَ خَطَايَاكَ أَمْ أَنْ يُقَالَ: قُمْ وَاحْمِلْ سَرِيرَكَ وَامْشِ؟ وَلَكِنْ لَكِي تَعْلَمُوا أَنَّ لِبْنِ الْإِنْسَانِ سُلْطَانًا عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا» - قَالَ لِلْمَفْلُوجِ: «لَكَ أَقُولُ قُمْ وَاحْمِلْ سَرِيرَكَ وَاهْبِ إِلَى بَيْتِكَ». فَقَامَ لِلْوَقْتِ وَحَمَلَ السَّرِيرَ وَخَرَجَ قُدَّامَ الْكُلِّ حَتَّى بُهَتَ الْجَمِيعُ وَمَجَّدُوا اللَّهَ قَائِلِينَ: «مَا رَأَيْنَا مِثْلَ هَذَا قَطُّ!».

+ LENTEN SCHEDULE OF HOLY SERVICES +

- * Great Compline (7:00pm-8:00pm) on Mondays: Feb. 23; March 2, 9, 16, 23, 30)
- * Presanctified Divine Liturgy (7:00pm-8:30pm) on Wednesdays: Feb. 25; March 4, 11, 18; April 1
- * Akathist to the Theotokos (7:00pm-8:30pm) on Fridays: Feb. 27; March 6, 13, 20, 27
- * March 25: Feast of the Annunciation to the Theotokos - Vesperal Divine Liturgy (7:00pm-8:30pm)
- * Friday, April 3 - Little Compline with Canon of St. Lazarus (7:00pm-8:00pm)
- * Saturday, April 4 - Feast of St. Lazarus: Orthros & Divine Liturgy (9:00am-11:30pm) & Youth Brunch!
- * Sunday, April 5: Palm Sunday outside Procession! (and Bake Sale)
- * Holy Monday, April 6: Bridegroom Service (7:00pm-9:00pm)
- * Holy Tuesday, April 7: Bridegroom Service (7:00pm-9:00pm)
- * Holy Wednesday, April 8: Holy Unction Service (7:00pm-9:30pm)
- * Holy Thursday, April 9: Mystical Supper Vesperal Divine Liturgy (10:30am-12:00pm)
Passion Gospels (7:00pm-10:00pm)
- * Holy Friday, April 10: Paramon/Royal Hours (10:00am-12:00pm)
Lamentation Service with Tomb-Procession (7:00pm-10:00pm)
- * Holy Saturday, April 11: Saturday of Light Vesperal Divine Liturgy (10:00am-12:00pm)
Full Paschal Vigil (*Midnight Hour, Resurrection/Rush Service, Paschal Orthros & Paschal Divine Liturgy*) begins not earlier than 10:00pm uninterrupted and complete by the written instruction of H.E. Metropolitan JOSEPH. (10:00pm-1:00am approx)
- * Sunday of Pascha, April 12: Agape Vespers (1:00pm-2:00pm)
With the Gospel read in foreign languages & indoor Candle Procession.
- * Bright Monday, April 13: Divine Liturgy with Bishop ALEXANDER & Montreal Clergy (details to come)
- * Vespers: EVERY Saturday (6:00pm-7:00pm) - Sacrament of Confession is by appointment only.

March is Antiochian Women's month. On Sundays throughout this month, our dedicated ladies will be leading the ushering, collecting the Trays and delivering short messages to better inform you about what their organization is all about and why they are committed to serving!

**ST. NICHOLAS SCOUTS:
EVERY FRIDAY
7:00PM-9:00PM
WE ARE RECRUITING
BOYS/GIRLS 7 YEARS & OLDER
REGISTER TODAY!
(FREE TRIAL PERIOD).**

Abouna's Note: A warm welcome to my 'Godfather' - FR. GEORGE ESBER, who is visiting us from Lebanon and serving with us today! He used to be the Deacon of St. Antonios Church in Halifax and later moved back to Lebanon with his family, where he was ordained a Priest and now serves at St. Jacob the Persian Monastery for Nuns in North Lebanon. Welcome, Abouna George!

Today's Memorial Service is for the departed servants of God:

- * Clemence Zarifeh (9th day). Offered by the Family
- * Jacqueline Gibara (1st year); Lottie Gibara. Offered by Gibara Family.
- * Albert Lawand (5th year). Offered by Violette Koussaya.
- * Fawzi Marta (6th year). Offered by Ronny & Rabab Haddad.
- * Alia Haddad Mansour (8th year); Ibrahim & Layla. Offered by Khalil Mansour & Family.
- * Philip Aziz (12th year); Nabeeha Shaar. Offered by Elaine Aziz & Family.

MID-LENTEN LUNCHEON

SUNDAY, MARCH 15, 2015

FOLLOWING THE DIVINE LITURGY

TICKETS: \$25/ADULT

\$10/CHILD (UNDER 12 YEARS)

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IF YOU WOULD LIKE TO HELP SUPPLY OUR ALTAR WITH THE NECESSARY ITEMS SUCH AS COMMUNION WINE, INCENSE, HOLY BREAD, CANDLES, ETC. YOU CAN BECOME A 2015 SPONSOR AND DONATE FOR THE GOOD HEALTH/ETERNAL MEMORY OF YOUR LOVED ONES! PLEASE SEND YOUR SPONSORSHIP TO THE CHURCH OFFICE WITH THE NAMES YOU WANT COMMEMORATED! THANK YOU!

+ ACQUIRING HUMILITY +

A Lenten Reflection by: Abbot Tryphon - *Ancient Faith Radio*

In the Christian life there are two paths to salvation and whichever road you chose must be embraced with your whole being. The married state and monasticism both have as their primary means of aiding in your salvation the acquisition of a humble and a contrite heart. Without having attained this, there is no salvation. The salvific role of the institution of marriage and the monastic vocation are both based on the destruction of self-will. In marriage the husband and wife are charged with being obedient to one another. The symbolism of the crowns used in the Orthodox marriage ceremony represent the crowns of martyrdom. Death to self. The obedience a monk gives to his abbot, and the obedience to the typicon of the community the abbot gives himself over to, are also paths to the destruction of self will. The ego is the enemy, for like the tempting of Adam and Eve in the Garden, Satan uses the ego to keep us from communion with God. When we are disobedient to our spouse or the rule of the monastery, God's grace departs from us. If you argue with your spouse or your abbot it is pride and self will that rule and you become the loser. When you give yourself over to humble obedience, grace abounds! Each day you should begin with the prayer, " Lord Jesus Christ, help me to pass through this day without sin." The use of the Jesus Prayer throughout the day is a good way to keep yourself centered in that plea to Christ to help you through your day. "Lord Jesus Christ, Son of God, have mercy on me a sinner." The crushing down of self will takes effort and struggle, for our fallen nature is all about ME and is in rebellion against God. Ascetic struggle, keeping the fasts, being strict in your observance of your prayer rule, making the services at the parish a center of your week, all contribute to your eventual triumph in your struggle for the prize, humbleness of heart. God's grace abounds and is our ready helper. Like Saint Paul we can say that anything good we have done is Christ in us. God did not create us as robots, but gave us the freedom of choice. Choice wisely and eternal life with God is yours for eternity.



MET. BOULOS YAZIGI

& MET. YOUHANNA IBRAHIM

ABDUCTED BY TERRORISTS IN SYRIA

ON APRIL 22, 2013

THE INTERNATIONAL SILENCE CONTINUES

**DURING THE GENOCIDE OF THE
CHRISTIANS OF THE MIDDLE EAST.**

WE CONTINUE TO PRAY FOR THEM ALL!