

*St. Elias Antiochian Orthodox Christian Church*

*V. Rev. Fr. Elias Nasr*

*Deacon Nicholas Mahshie*

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Sheila at [sahmaz@twcny.rr.com](mailto:sahmaz@twcny.rr.com)

**For Liturgy Names & Coffee Hour** email the above

**Saturday:** Vespers at 4:30 PM followed by confession

**Sunday:** Orthros at 9:30 AM & Divine Liturgy at 10:30 AM

**Check out our website @ [www.sainteliasny.com](http://www.sainteliasny.com)**

**ST. ELIAS  
ANTIOCHIAN CHRISTIAN ORTHODOX CHURCH**

**APRIL 7, 2019**

**HIS EMINENCE METROPOLITAN JOSEPH, ARCHBISHOP OF NEW YORK AND  
METROPOLITAN OF ALL NORTH AMERICA**

**HIS GRACE BISHOP ALEXANDER, AUXILIARY BISHOP OF THE DIOCESE OF  
OTTAWA , UPSTATE NEY YORK AND EASTERN CANADA**

**V. REV. FR. ELIAS NASR, PASTOR  
DEACON NICHOLAS MAHSHIE**

CHURCH: (315) 488-0388

RECTORY: (315) 218-5529  
DN. NICHOLAS 491-3990

'DISCIPLES FIRST CALLED THEMSELVES CHRISTIANS N ANTIOCH.' ACTS 11:26

**TONE 4/ EOTHINON 1**

MARTYR KALLIOPIOS OF CILICIA; VENERABLE GEORGE, BISHOP OF MITYLENE; REPOSE OF TIKHON,  
PATRIARCH OF MOSCOW AND ENLIGHTENER OF NORTH AMERICA

**WELCOME!**

We welcome all of our visitors who are praying with us today. We are eager to share with you our spiritual treasures, and invite you to join us for coffee-hour in the Fellowship Hall following the Divine Liturgy. If you are a first-time visitor, please take a few minutes to sign our Guest Registry book and complete the white VISITORS INFORMATION CARD which may be found in the Narthex, and return it to an usher. As a friendly reminder, **only Orthodox Christians who have properly prepared themselves through fasting, prayer and recent Confession may approach the Holy Chalice to receive Holy Communion. However all may come forward at end of Liturgy and receive blessed Holy Bread.** We look forward to meeting you and welcoming you personally to St. Elias. If you have any questions, please see Fr. Elias.

أهلاً بكم!

نرحب بجميع زوارنا الذين يصلون معنا اليوم ونحرص على مشاركتكم في كنوزنا الروحية، وندعوكم للانضمام إلينا لتناول القهوة معنا في قاعة الكنيسة بعد القداس الإلهي. إذا كانت هذه أول زيارة لكم، يرجى أخذ القليل من الوقت لتوقيع سجل الزوار واستكمال بطاقة معلومات الزوار البيضاء والتي توجد في صحن الكنيسة، وإعادتها إلى أحد مرشدي الكنيسة. وكتذكير ودي، يُسمح فقط للمسيحيين الأرثوذكس الذين أعدوا أنفسهم بشكل صحيح من خلال الصوم والصلاة واعتراف من زمن قريب بالاقتراب من الكأس المقدسة لتناول القربان المقدس. ولكن يُسمح للجميع الاقتراب في نهاية القداس لاستلام الخبز المقدس المبارك. ونحن نتطلع للقائكم والترحيب بكم شخصياً في كنيسة مار الياس. يرجى توجيه الأسئلة إلى الأب الياس مباشرة.

**WORSHIPPING THE ALL-HOLY GOD**

**Isaiah 57:15**

For thus says the high and lofty One who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, and also with him who is of contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite."

**DIOCESE OF OTTAWA  
TORONTO PLC 2019**

**JULY 4-7,  
2019**



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**Orthodox Christian and across the globe are entering Lent, the season of preparation before Easter. The 40 day period sees many Christians partake in a season of moderation, meditation, fasting, prayer and repentance. The exercises in discipline are undertaken to allow believers time to reflect on the life, words and sacrifices of our Saviour Jesus Christ.**

For those embarking on the annual Lenten journey, we've gathered 40 quotes of His Beatitude Patriarch Daniel about fasting, spiritual growth and the power of prayer.

- Fasting represents a source of sacred zeal for God.
- We fast because we love Christ our Lord and we wish to be nourished more with the word of the Gospel, with the word of the Holy Scripture, with the words we hear at every divine service and to strengthen our prayer in order to grow spiritually.
- Fasting is also the sign that a believer wishes to become free of the greed of limited, transient, material things in order to more intensely become more united with the unlimited and eternal God through prayer.
- True fast aims at raising man above earthly, material goods in order to receive heavenly, spiritual goods, thus uniting himself with the Heavenly God, the Source of life and of eternal joy in the Kingdom of Heaven, through prayer and partaking more often of the Holy Communion.
- There is not only a material fast, but also a spiritual one, the fasting of the eyes, the tongue, and heart.
- Fasting supports the prayer of a believer who considers his connection with God as the centre, the light, and the nourishment of his soul.
- True fasting produces a change of man's way of being, a shift from greed or passionate love of material things to the love of spiritual things, to cultivate prayer more intensely, which is a communion of love with the immaterial, unlimited, and eternal God.
- The heart or soul of a man who fasts acquires the freedom to continually enrich himself from the infinite and eternal love of God.
- A spiritual man, who prays and fasts, being enlightened by the grace of Christ, acquires a spiritual reasoning and sight, uses spiritual words and performs spiritual deeds, thus resembling the Saints of God.
- Fasting is a spiritual state of sacrifice or offering, a state cultivated freely and according to personal ability.

#### PRAYER ON ENTERING THE CHURCH

I WILL COME INTO THY HOUSE IN THE MULTITUDE OF THY MERCY: AND IN THY FEAR I WILL WORSHIP TOWARD THY HOLY TEMPLE. Lead me, O Lord, in thy righteousness because of mine enemies; make thy way straight before me, that with a clear mind I may glorify thee forever, One Divine Power worshipped in three Persons: Father, Son and Holy Spirit. Amen.

#### PRAYER ON LEAVING THE CHURCH

Lord, now lettest thou thy servant depart in peace, according to thy word: for mine eyes have seen thy salvation, which thou hast prepared before the face of all people: a light to lighten the Gentiles, and the glory of thy people Israel.

#### CHURCH ETIQUETTE

**O Lord, sanctify those who love the beauty of your house.**

When you enter the church, please remember that the church is a place of worship. Please do not disturb others as they worship God. **PLEASE TURN OFF ALL CELL PHONES.**

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## FOURTH SUNDAY OF GREAT LENT COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"

**\*\*DIVINE LITURGY OF ST. BASIL THE GREAT\*\***

#### **During the Little Entrance:**

#### **RESURRECTIONAL APOLYTIKION IN TONE FOUR**

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

#### **Entrance Hymn:**

O come let us worship and fall down before Christ, O Son of God, who art risen from the dead, save us who sing unto thee: Alleluia

الايصوذيكون

هلم لنسجد ونركع للمسيح ملكنا والهنا، خلصنا يا ابن الله يا من قام من بين الاموات، لنرتل لك هلوليا.

#### **After the Little Entrance:**

#### **RESURRECTIONAL APOLYTIKION IN TONE FOUR**

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَّرَ بِالْقِيَامَةِ النَّهَجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِّيَّ، وَخَاطَبْنَ الرَّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِّحِي الْمَوْتُ وَقَامَ الْمَسِيحُ إِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

#### **APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT**

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou

hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

لِلْبَرِّيَّةِ غَيْرِ الْمُثْمِرَةِ بِمَجَارِي دُمُوعِكَ أَمْرَعْتَ، وَبِالْتَهْدَاتِ الَّتِي مِنَ الْأَعْمَاقِ أَنْمَرْتَ بِأَثْعَابِكَ إِلَى مِثَّةٍ ضِعْفٍ، فَصِرْتَ كَوَكْبًا لِلْمَسْكُونَةِ مُتَلَأْلَأًا بِالْعَجَائِبِ، يَا أَبَانَا الْبَارَّ يُوْحِنَا، فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

**TROPARIUM OF THE PATRON SAINT OF THE CHURCH TONE 4:**

O Angelic of body the founder and corner stone of the prophets, the second forerunner of the advent of Christ, O Elias, venerable and glorious, thou didst send grace from heaven to thy disciple Elisha to dispel diseases and to purify lepers wherefore he abounds with healing to all those who honor him.

أيها الملاك بالجسم قاعدة الأنبياء وركنهم، السابق الثاني لحضور المسيح، إلياس المجيد الموقر، لقد أرسلت النعمة من العلى لأليشع ليطرد الأَسْقَامَ ويطهر البرص، لذلك يُفِيضُ الأَشْفِيَةَ بمكرميه دائماً

**KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT**

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

إني أنا عبدك يا والدة الإله أكتبُ لك رِايَاتِ الْعَلْبَةِ يَا جُنْدِيَّةَ مُحَامِيَّةً وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَذَةٍ مِنَ الشَّدَائِدِ لَكِنِّ بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ أَعْتَقِينِي مِنْ صُنُوفِ الشَّدَائِدِ حَتَّى أَصْرُخَ إِلَيْكَ: إفْرَحِي يَا عَرُوساً لَا عَرُوسَ لَهَا.

**Today's Reader : Nabil Jabaji**

**Priest: Let us attend.**

**Reader: The Lord will give strength to His people.  
The Lord will bless His people with peace.**

**Priest: Wisdom**

**Reader: The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)**

**Priest: Let us attend.**

**Reader:** Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into

**DONATIONS NEEDED BY ST. ELIAS CHURCH**

**FOR HOLY WEEK**

**Mark your choice with an X. Deadline is April 14th 2019**

- Altar Bread of Lazarus Saturday Liturgy \_\_\_\_\_
- Palms & Altar Bread for Palm Sunday \_\_\_\_\_
- Altar Bread for Holy Thursday \_\_\_\_\_
- Flowers to decorate the Tomb of Christ (Great Friday) \_\_\_\_\_
- Holy Friday Epitaphios Candles \_\_\_\_\_
- Altar Wine for Eucharist \_\_\_\_\_
- Incense and Charcoal \_\_\_\_\_
- Easter Eggs \_\_\_\_\_
- Easter Flowers for Iconostasis (minimum donation \$25.00 each) \_\_\_\_\_

**PLEASE PRINT NAMES**

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In Memory of \_\_\_\_\_

From \_\_\_\_\_

Donation \_\_\_\_\_

Please make check payable to **St. Elias Church** and give to Faris Sousou no later than April 14th 2019

### **SCHEDULE/DATES TO REMEMBER**

Sunday	4/7	6:00 pm 4th Sunday of Lent St. John Climacus Vespers @ Holy Transfiguration
Wednesday	4/10	5:30 pm Pre-sanctified Liturgy
Thursday	4/11	7:00 pm Little Complne Canon of St. Andrew
Friday	4/5	7:00pm 5th Akathist (Madayeh)
Wednesday	4/17	Parish Council Meeting @ 7:00 PM
Wed-Sun	7/3-7/7	Parish Life Conference 2019, Diocese of Ottawa @ St. George Church, Richmond Hill ON

### **Food For Hungry People 2018 45th Anniversary**

#### **Food for Hungry Boxes**

Are given out with your bulletin. Please take it with you.  
You will also find a Food for the Hungry calendar to follow if you like.  
Please return the boxes by Good Friday.



### **Schedule For Lenten Services (2019)**

Sun.	April 7	6:00pm 4th Sunday of Lent St. John Climacus Vespers at Holy Transfiguration Preaching- TBA
Wed.	April 10	5:30pm Pre-sanctified Liturgy
Thurs.	April 11	7:00pm Little Complne Canon of St. Andrew
Fri.	April 12	7:00pm 5th Akathist (Madayeh)
Sun.	April 14	6:00pm 6th Sunday of Lent St. Mary of Egypt Vespers at St. Nicholas - Auburn Preaching- TBA
Wed.	April 17	5.30pm 6th Pre-sanctified
Fri.	April 19	7:00pm Compline with Canon of the Raising of Lazarus
Sat.	April 20	10:00am Lazarus Saturday Liturgy
Sun.	April 21	Palm Sunday

\*Other Services Will Be Announced

### **Sunday of St. John Climacus**

Do not allow human respect to get in your way when you hear someone slandering his neighbor. Instead, say to him, "Brother, stop it! I do worse things every day, so how can I criticize him?" You accomplish two things when you say this. You heal yourself and you heal your neighbor with the one bandage.

*St. John Climacus*

the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

الرَّبُّ يُعْطِي قُوَّةَ لَشَعْبِهِ

قَدِّمُوا لِلرَّبِّ يَا أَبْنَاءَ اللَّهِ

**فصلٌ مِنْ رِسَالَةِ الْقَدِّيسِ بُولُسَ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ.**

يَا إِخْوَتِي، إِنَّ اللَّهَ لَمَّا وَعَدَ إِبْرَاهِيمَ، إِذْ لَمْ يُمْكِنَ أَنْ يُفَسِّمَ بِمَا هُوَ أَعْظَمُ مِنْهُ، أَقْسَمَ بِنَفْسِهِ قَائِلًا: لِأَبَارِكَتِكَ بَرَكَتَةً وَأَكْثَرَتِكَ تَكْثِيرًا. وَذَلِكَ إِذْ تَأْتَى، نَالَ الْمَوْعِدَ وَإِنَّمَا النَّاسُ يُفْسِمُونَ بِمَا هُوَ أَعْظَمُ مِنْهُمْ، وَتَنْقُضِي كُلَّ مَشَاجِرَةٍ بَيْنَهُمْ بِالْقَسَمِ لِلتُّنْبِيَتِ فَلِذَلِكَ لَمَّا شَاءَ اللَّهُ أَنْ يَزِيدَ وَرَثَةَ الْمَوْعِدِ بَيَانًا لِعَدَمِ تَحَوُّلِ عَزْمِهِ، تَوَسَّطَ بِالْقَسَمِ حَتَّى نَحْصُلَ بِأَمْرَيْنِ لَا يَتَحَوَّلَانِ وَلَا يُمْكِنُ أَنْ يُخْلَفَ اللَّهُ فِيهِمَا عَلَى تَعَزُّيَةٍ قَوِيَّةٍ نَحْنُ الَّذِينَ التُّجَانَا إِلَى التَّمَسُّكِ بِالرَّجَاءِ الْمَوْضُوعِ أَمَانًا. الَّذِي هُوَ لَنَا كَمِرْسَاةٍ لِلنَّفْسِ أَمِينَةٍ رَاسِحَةٍ تَدْخُلُ إِلَى دَاخِلِ الْحِجَابِ، حَيْثُ دَخَلَ يَسُوعُ كَسَابِقٍ لَنَا وَقَدْ صَارَ عَلَى رُتْبَةِ مَلَكِيصَادَقَ، رَئِيسَ كَهَنَةٍ إِلَى الْأَبَدِ.

**Priest: Peace be to you Reader.**

**PLEASE STAND!**

**Alleluia! Alleluia! Alleluia!**

**Next Sunday's Reader: Ronda Akl**

**Priest: The Reading from the Holy Gospel according to St. Mark. (9:17-31)**

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

## فَصَلِّ شَرِيفًا مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ

في ذلكَ الزمانِ، دنا إلى يسوعَ إنسانٌ وسَجَدَ لَهُ قَائِلًا: "يا مُعَلِّمُ، قَدْ أَتَيْتُكَ بِابْنِي، بِهِ رُوحَ آبَائِكُمْ. وَحَيْثُمَا أَخَذَهُ بِصَرَعهُ، فَيَزِيدُ وَيَصْرِفُ بِأَسْنَانِهِ وَيَبْيَسُ، وَقَدْ سَأَلْتُ تَلَامِيذَكَ أَنْ يُخْرِجُوهُ فَلَمْ يَقْدِرُوا." فَأَجَابَهُ قَائِلًا: "أَيُّهَا الْجِيلُ الْغَيْرُ الْمُؤْمِنُ، إِلَى مَتَى أَكُونُ عِنْدَكُمْ؟ حَتَّى مَتَى أَحْتَمِلُكُمْ؟ هَلُمَّ بِهِ إِلَيَّ." فَأَتَوْهُ بِهِ. فَلَمَّا رَأَهُ لِلْوَقْتِ صَرَعهُ الرُّوحُ، فَسَقَطَ عَلَى الْأَرْضِ يَتَمَرَّعُ وَيُزِيدُ فَسَأَلَ أَبَاهُ: "مُنْذُ كَمْ مِنَ الزَّمَانِ أَصَابَهُ هَذَا؟" فَقَالَ: "مُنْذُ صِبَاهُ. وَكَثِيرًا مَا أَلْفَاهُ فِي النَّارِ وَفِي الْمِيَاهِ لِيُهْلِكَهُ. لَكِنْ إِنْ اسْتَطَعْتَ شَيْئًا، فَتَحْنَنْ عَلَيْنَا وَأَغْنِنَا" فَقَالَ لَهُ يَسُوعُ: "إِنْ اسْتَطَعْتَ أَنْ تُؤْمِنَ، فَكُلُّ شَيْءٍ مُسْتَطَاعٌ لِلْمُؤْمِنِ." فَصَاحَ أَبُو الصَّبِيِّ مِنْ سَاعَتِهِ بِدُمُوعٍ وَقَالَ: "إِنِّي أُوْمِنُ يَا سَيِّدُ، فَأَغْنِ عَدَمَ إِيمَانِي." فَلَمَّا رَأَى يَسُوعُ أَنَّ الْجَمْعَ يَتَبَادَرُونَ إِلَيْهِ، انْتَهَرَ الرُّوحَ النَّجِسَ قَائِلًا لَهُ: "أَيُّهَا الرُّوحُ الْأَبْكَمُ الْأَصَمُّ، أَنَا أَمْرُكُ أَنْ أُخْرِجَ مِنْهُ وَلَا تُعَدُّ تَدْخُلُ فِيهِ." فَصَرَخَ وَخَبَطَهُ كَثِيرًا وَخَرَجَ مِنْهُ، فَصَارَ كَالْمَيِّتِ، حَتَّى قَالَ كَثِيرُونَ إِنَّهُ قَدْ مَاتَ. فَأَخَذَ يَسُوعُ بِيَدِهِ وَأَنْهَضَهُ، فَقَامَ وَلَمَّا دَخَلَ بَيْتًا، سَأَلَهُ تَلَامِيذُهُ عَلَى انْفِرَادٍ: "لِمَاذَا لَمْ نَسْتَطِعْ نَحْنُ أَنْ نُخْرِجَهُ؟" فَقَالَ لَهُمْ: "إِنَّ هَذَا الْجِنْسَ لَا يُمَكِّنُ أَنْ يَخْرُجَ بِشَيْءٍ إِلَّا بِالصَّلَاةِ وَالصُّومِ." وَلَمَّا خَرَجُوا مِنْ هُنَاكَ، اجْتَازُوا فِي الْجَلِيلِ وَلَمْ يُرِدْ أَنْ يَدْرِيَ أَحَدٌ. فَإِنَّهُ كَانَ يُعَلِّمُ تَلَامِيذَهُ وَيَقُولُ لَهُمْ "إِنَّ ابْنَ الْبَشَرِ يُسَلِّمُ إِلَى أَيْدِي النَّاسِ، فَيَقْتُلُونَهُ، وَبَعْدَ أَنْ يُقْتَلَ، يَقُومُ فِي الْيَوْمِ الثَّالِثِ."

### ST. BASIL LITURGY MEGALYNARION (IN-AL BARRAYA)

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic paradise, glory of Virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

إِنَّ الْبَرِيَا بِأَسْرَهَا، تَفْرَحُ بِكَ يَا مُمْتَلِنَةً نِعْمَةً: مَحَافِلَ الْمَلَائِكَةِ، وَأَجْنَاسَ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدَّسُ، وَالْفِرْدَوْسُ النَّاطِقُ، فَخَرُ الْبَتُولِيَّةِ مَرِيَمَ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلًا، وَهُوَ إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِنَةً نِعْمَةً، تَفْرَحُ بِكَ كُلُّ الْبَرِيَا وَتُمَجِّدُكَ.

### Koinonikon (Communion Hymn)

Praise ye the Lord from the Heavens; praise ye Him in the highest. Alleluia, Alleluia, Alleluia

## ANNOUNCEMENTS

- **Please pray for all the sick** and suffering, hospitalized and shut-ins of our community, especially, Nada Tadros, Kamal Awwad, Samaa Nasr, Janet Awad, Salwa Musallam, Violette Humsi, Nick Tadros, Salwa Makhoulouf, Joseph Jacobs, Evelyn Gabriel.
- **SUNDAY HOLY BREAD SPONSORS:** April 7th. OPEN; April 14th. OPEN; April 21st, Palm Sunday, Rezak family.
- **Festival 2019**– July 11, 12, 13, 14.
- **THE COFFEE SPONSOR CHART FOR 2019** is posted in the Narthex. Please take the time to check the dates and sign up for a Sunday.
- **For Announcements, Oblations and Trisagions for the Bulletin**, the deadline is Tuesday evening. Please send your emails to church: [steliasny@aol.com](mailto:steliasny@aol.com) and to Sheila: [sahmaz@twcny.rr.com](mailto:sahmaz@twcny.rr.com)
- **Please keep your church pledges up-to-date.** We thank all those who have increased their offering. May God reward you with abundance.  
‘We are already past 3 months of the new year; between the inclement weather and now our kitchen/hall renovation, our attendance has been down. This is reflective in the income of the church which is used to take care of the bills. Just a reminder, if you are unable to come and you are able to send us your dues, it would be greatly appreciated’. (from the Cornerstone)
- **See Ramzi Khairallah for comments and suggestions** regarding last year’s Festival or the upcoming Festival, or put them in the Suggestions Jar located in the conference room.
- **Kathy Fedrizzi and her committee**, Vicki Hodge and Nabil Jabaji are working on the fund raising for the Building Fund. Please give them your full cooperation.
- **Message from the President of the Antiochian Women of St. Elias**  
“*On behalf of the Antiochian Women, I would like to thank all the ladies who participated in the ladies’ month of March by ushering, reading epistles, or presenting the sermonettes. We appreciate all the effort that was put in and we hope to continue to support this church as the body of the Antiochian women. Georgina Al Khoury, President*”

### PRAYER OF ST. EPHRAIM THE SYRIAN

(WHICH IS SAID AT THE SERVICES DURING LENT)

O LORD AND MASTER OF MY LIFE, TAKE FROM ME THE SPIRIT OF SLOTHFULNESS, FAINT HEARTEDNESS, LUST OF POWER AND IDLE TALK.

BUT GIVE ME RATHER THE SPIRIT OF CHASTITY, HUMILITY, PATIENCE AND LOVE TO THY SERVANT.

YES, O LORD AND KING, GRANT ME TO SEE MY OWN SINS AND NOT TO JUDGE MY BROTHERS, FOR YOU ARE BLESSED UNTO AGES OF AGES. AMEN.