

**ST. ELIAS  
ANTIOCHIAN CHRISTIAN ORTHODOX CHURCH**

**MARCH 10, 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**

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

**TONE 8 / EOTHINON 8**

MARTYR KODRATOS OF CORINTH AND HIS FIVE COMPANIONS; ANASTASIA THE PATRICIAN OF  
ALEXANDRIA; NEW-MARTYR MICHAEL OF THESSALONICA

**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، وتدعوكم 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. وكنذكير 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 إلياس. يرجى توجيه الأسئلة إلى الأب إلياس 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."

**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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**SUNDAY OF FORGIVENESS (CHEESE FARE)**

**During the Little Entrance:**

**RESURRECTIONAL APOLYTIKION IN TONE EIGHT**

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

**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

الايصونديكون

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 EIGHT**

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

انْحَدَرْتَ مِنَ الْعُلُوِّ يَا مُنْحَنٌّ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ الْاَيَّامِ، لِكَيْ تُعْتِقَنَا مِنَ الْاَلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتَنَا، يَا رَبُّ الْمَجْدُ لَكَ.

**TROPARION 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 الأسقام ويطهر البرص، لذلك يُفيض الأشفية بمكرميهِ دائماً

### **KONTAKION FOR FORGIVENESS SUNDAY IN TONE SIX**

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

أيها المُهْدِي إلى الحِكْمَةِ، ورازِقَ الفَهْمِ والفِطْنَةِ، وموَدِّبَ الجُهَالِ، وعاضِدَ المَساكِينِ، شَدِّدْ وفَهْمَ قَلْبِي  
أيها السَيِّدُ، وأعْطِنِي كَلِمَةً يا كَلِمَةَ الآبِ، لأنِّي هاأنذا لا أُمْنَعُ شَفَقَتِي مِنَ الصَّرَاخِ إِلَيْكَ: يا رَحِمْ،  
ارْحَمْنِي أنا الواقع.

**Today's Reader : Melia Al Amir (Arabic), Anna Jabaji (English)**

**Priest: Let us attend.**

**Reader: Sing praises to our God, sing praises.  
Sing praises to our King, sing praises.  
O clap your hands, all ye nations.**

**Priest: Wisdom**

**Reader: The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)**

(For Sunday of Forgiveness)

**Priest: Let us attend.**

**Reader:** 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 the Master is able to make him stand.

رَبُّوا لِإِلَهِنَا رَتِّلُوا

يا جَمِيعَ الأُمَمِ صَفِّقُوا بِالْأَيْدِي

فصلٌ من رسالةِ القديسِ بولسِ الرسولِ إلى أهلِ رومية

يا إخوة، إنَّ خَلاصَنا الآنَ أَقْرَبُ ممَّا كانَ حينَ آمَنَّا قَدْ تَنَاهَى اللَّيْلُ واقتَرَبَ النَّهَارُ، فَلنَدْعُ عَنَّا أَعْمَالَ  
الظُّلْمَةِ وتَلْبَسْ أَسْلِحَةَ النُّورِ لِنَسْلُكَنَّ سُلُوكاً لائِقاً كَمَا في النَّهَارِ، لا بالفُصُوفِ والسُّكْرِ ولا بالمُضَاجِعِ  
والعَهَرِ ولا بالخِصَامِ والحَسَدِ بل البَسُوا الرَّبَّ يسوعَ المسيحَ ولا تَهْتَمُّوا بأجسادِكُمْ لِقضاءِ شَهواتِها مَنْ كانَ

صَعِيفاً في الإيمانِ فَاتَّخِذُوهُ بغيرِ مُباحَّةٍ في الآراءِ مِنَ الناسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ. أمَّا  
الصَّعِيفُ فيأْكُلُ بغيرِ مُؤَلَّفٍ فلا يَزِدِرِ الذي يَأْكُلُ مَنْ لا يَأْكُلُ ولا يَدِينُ الذي لا يَأْكُلُ مَنْ يَأْكُلُ فَإِنَّ اللهَ قَدِ اتَّخَذَهُ  
مَنْ أَنْتَ يا مَنْ تَدِينُ عَبْدًا أَجَنَّبِيًّا؟ إِنَّهُ لِمَوْلَاهُ يَنْبُتُ أو يَسْفُطُ. لَكِنَّهُ سَيَنْبُتُ لأنَّ اللهَ قَادِرٌ على أَنْ يَنْبُتَهُ.

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

**PLEASE STAND!**

**Alleluia! Alleluia! Alleluia!**

**Next Sunday's Reader: Lina Abu-Manneh (Arabic), Joanne Craig (English)**

**Priest: The Reading from the Holy Gospel according to St. Matthew. (6:14-21)**

(For Sunday of Forgiveness)

The Lord said to His Disciples: 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.

فصلٌ شريفٌ من بشارَةِ القديسِ متى الإنجيليِّ البشيرِ والتلميذِ الطاهرِ (6:14-21)

قالَ الرَّبُّ: إنَّ عَفْرَتُمْ لِلنَّاسِ زَلاتِهِمْ يَغْفِرُ لَكُمْ أبوكُمْ السَّمَاوِيُّ أيضاً وإنَّ لَمْ تَغْفِرُوا لِلنَّاسِ زَلاتِهِمْ،  
فأبوكُمْ أيضاً لا يَغْفِرُ لَكُمْ زَلاتِكُمْ ومَتى صُمْتُمْ، فلا تَكُونُوا مُعَبِّسِينَ كالمُراعيينَ. فَإِنَّهُمْ يَنْكُرُونَ وجُوهَهُمْ  
ليَظْهَرُوا لِلنَّاسِ صائِمِينَ. الحَقُّ أَقولُ لَكُمْ، إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ أمَّا أَنْتَ فإذا صُمْتَ، قاذِمْ رَأْسَكَ  
واغْسِلْ وَجْهَكَ لئَلَّا تَظْهَرَ لِلنَّاسِ صائِماً، بَلْ لِأَبِيكَ الذي في الخَفِيَّةِ، وأبوكَ الذي يَرى في الخَفِيَّةِ يُجازِيكَ  
عَلانِيَةً لا تَكْنِزُوا لَكُمْ كُنُوزاً على الأَرْضِ، حيثُ يَفْسِدُ السُّوسُ والأَكِلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ لَكِنْ  
اكَنِزُوا لَكُمْ كُنُوزاً في السَّماءِ حيثُ لا يَفْسِدُ سوسٌ ولا أَكِلَةٌ ولا يَنْقُبُ السَّارِقُونَ ولا يَسْرِقُونَ لأنَّهُ حيثُ تَكُونُ  
كُنُوزُكُمْ هناكَ تَكُونُ قُلُوبُكُمْ

**Sermonette: Dona Savage**

**Next Week: Mai Makhlof**

**Megalynarion:**

It is truly meet ...

**Koinonikon (Communion Hymn)**

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

**Ushers: Nadia Abu Manneh, Nuha Sousou**  
**Next Week: Gada Al Jeries, Nour Azar**



**March is Antiochian Women's Month. The women of our church will be ushering, reading the Epistle and giving Sermonettes.**

**ANNOUNCEMENTS**

- **The Holy Bread of Oblations today is being offered by** Douglas Monsour on the third anniversary of the falling asleep in the Lord of his dearly beloved wife, Andrea. For the continued good health and well being of the Monsour family . **Also being offered in loving memory** of the departed members of the Monsour family. May their memories be eternal.
- **Please pray for all the sick** and suffering, hospitalized and shut-ins of our community, especially, Evon DeRoberts, Nada Tadros, Kamal Awwad, Samaa Nasr, Janet Awad, Salwa Musallam, Violette Humsi, Nick Tadros, Salwa Makhoulouf, Joseph Jacobs, Lutfi Salloum, Evelyn Gabriel.
- **SUNDAY HOLY BREAD SPONSORS** Mar. 17th Abboud family, 40 day memorial for Alice Abyad Harrison, sister of Lily Abboud; Mar. 24th OPEN; Mar. 31st Clair Abdo
- **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.

**TODAY IS SUNDAY OF FORGIVENESS–  
 CHEESE FARE SUNDAY**

Please take the time this week to meditate on your Lenten journey toward Holy Pascha. This calls by the church for a spiritual preparation just like spring cleaning. Examine yourself and your relationship with your heavenly Father and with your fellow brothers and sisters, and to seek forgiveness and grant forgiveness to those we offended or are offended by. Thus through this humble action we can cut off sins from our life, so that our journey will be lighter through the aid of our angels. May your journey be fruitful and blessed by God.

**SCHEDULE/DATES TO REMEMBER**

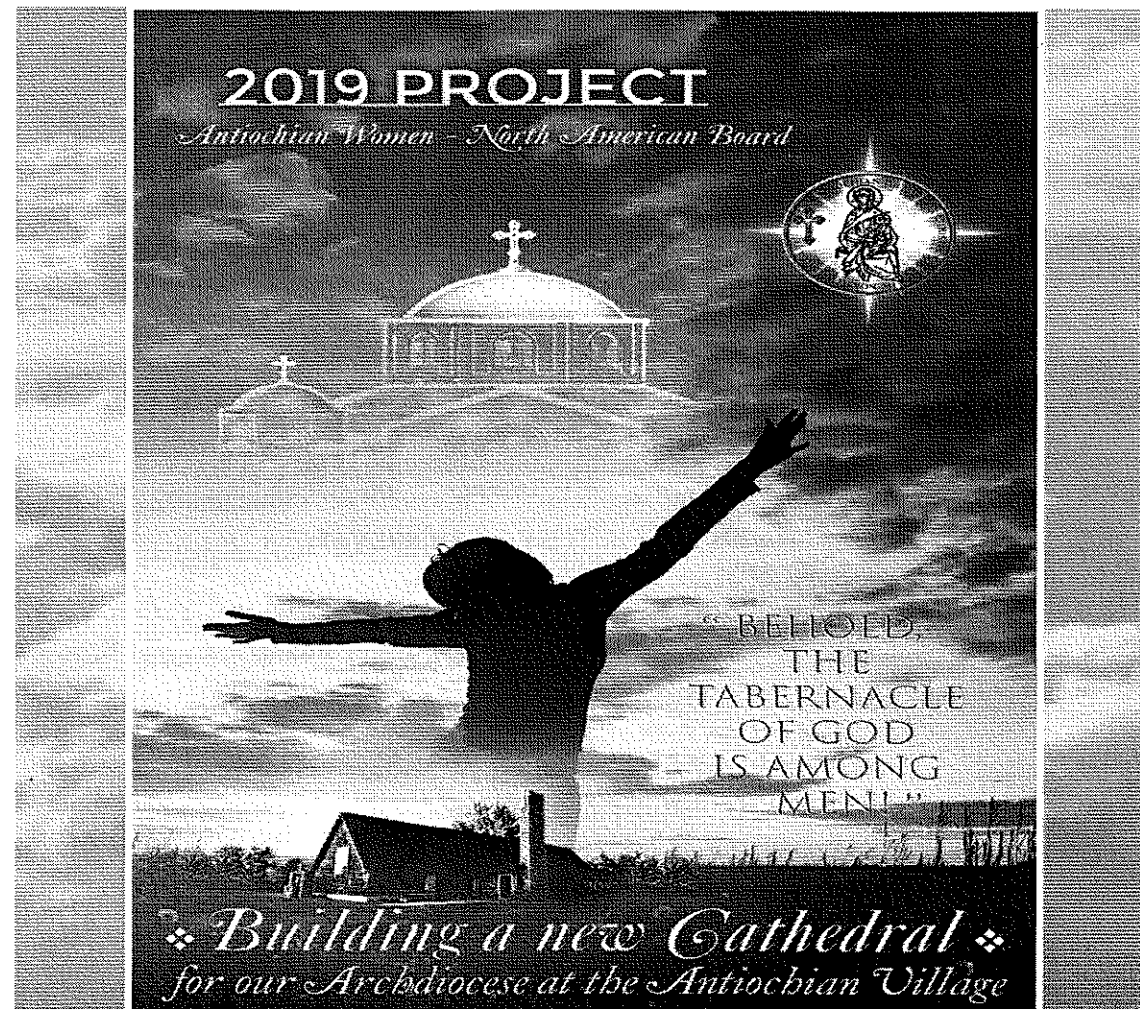
Wednesday 3/13 1st Pre-sanctified Liturgy 5:30pm  
 Friday 3/15 Akathist (Madayeh) 7:00pm

Saturday 3/16 Lecture and Lenten Reception, 11:30 AM @ the University Room at Drumlins with Sister Vassa  
 Sunday 3/17 Sunday of Orthodoxy –Vespers at St. Sophia Church 6pm  
 Wednesday 3/20 Parish Council Meeting @ 7:00 PM

**Parish Life Conference 2019  
 Diocese of Ottawa  
 July 3-7**

**St. George Church, Richmond Hill ON  
 Creative Arts Festival Theme:**

**Antiochian Village, Past Present and Future  
 “I can do all things through Christ who strengthens me”  
 [Philippians 4:13]**



## FAITHFUL TO CHRIST

**A**n amazing story of faithfulness to Christ comes from a most unusual source - 40 soldiers who suffered martyrdom rather than deny their faith. The Roman Emperor Licinius, about the year 320, issued an edict ordering every Christian believer, under the penalty of death, to abandon his religion. In the imperial army were 40 men, stationed in Sebaste of Armenia, brave and distinguished soldiers, who refused to offer sacrifice to the idols.

The 40 went to their commanding officer, confessed their Christianity, and were promptly cast into prison. A week later they were hauled before a magistrate, who sentenced them to be stripped, scourged, and then forced to remain on a frozen lake to suffer and die. On the shore a fire was built, with a hot bath, to entice the soldiers to renounce Christ.

The men huddled together in the bitter cold, prayed, and suffered as one. Their battle cry was, "40 wrestlers we have entered the arena, let 40 victors receive the prize." The prize was the crown of glory for suffering martyrdom. One by one they froze and fell asleep in Christ.

Suddenly one of the soldiers, unable to withstand the temptation of the fire, crawled to the shore and abandoned his buddies. But at that moment one of the pagan guards, inspired by the example of courageous faith by the 39, proclaimed himself a Christian and went to join the martyrs. Thus, the total of 40 was kept intact.

The names of these martyrs are recorded in lists of Christian saints. A prayer in the marriage service mentions them, reminding the bride and groom to be faithful to each other and to Christ to the end of their lives.

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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)**

