

*St. Elias Antiochian Orthodox Christian Church*

*Rev. Fr. Michael Ibrahim*

*Deacon Nicholas Mahshie*

**4988 Onondaga Road, Syracuse, NY 13215**

**Church: 488-0388 Cell: 973-641-8463**

**Church Office e-mail: [office@sainteliasny.com](mailto:office@sainteliasny.com)**

**For Bulletin Announcements** email Dona at [office@sainteliasny.com](mailto:office@sainteliasny.com) and  
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

JANUARY 28, 2024

HIS EMINENCE METROPOLITAN SABA, 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

REV, FR. MICHAEL IBRAHIM  
DEACON NICHOLAS MAHSHIE

CHURCH: (315) 488-0388

FR. MICHAEL-973-641-8463  
DN. NICHOLAS 491-3990

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

## THIRTY-FIRST SUNDAY AFTER PENTECOST & FOURTEENTH SUNDAY OF LUKE OUR RIGHTEOUS FATHER EPHRAIM THE SYRIAN

VENERABLE PALLADIOS OF ANTIOCH;  
VENERABLE THEODOSIOS OF TOTMA  
TONE 1 / EOTHINON 1

### 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.

### 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.

### 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 ليطرده الأسقام ويظهر البرص، لذلك يُفيض الأشفية بمكرميته دائماً"

### 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. Michael.

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 مايكل مباشرةً.

### 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.

### ANNOUNCEMENTS

- **The Holy Bread of Oblations today is being offered by** Hilda Dannoun, Issa & Sawsan Dannoun and Family, and Haifa Gantos and Family. Pray for the continued health for Hilda Dannoun, her children, grandchildren and great grandchildren., **Also being offered in loving memory** our beloved Jiries Dannoun, Majed Dannoun, Shane Gantos and Emile Bajjali. Also being offered in loving memory of the newly departed, Elias Faddoul (Hilda's Brother), who passed away in Jordan. Memory Eternal to all family members and friends of the Dannoun, Gantos, Faddoul and Bajjali who lay asleep in the Lord.
- **Please pray for all the sick** and suffering, hospitalized and shut-ins of our community, especially Rana, Shadi, Simon Abboud, Janet Saba, Siham Ayoub, Salwa Mahloul, Kawthar Shomar, Elias Shamieh, Nada Tadros, Evelyn Gabriel, Eva Phillips.
- **Please pray for all those** who have suffered and lost loved ones in Palestine and the Middle East.

licly in certain churches after the Holy Scripture, as Saint Jerome tells us. At present, the Church Typikon prescribes certain of his instructions to be read on the days of Lent. Among the prophets, Saint David is the preeminent psalmist; among the Fathers of the Church, Saint Ephraim the Syrian is the preeminent man of prayer. His spiritual experience made him a guide for monastics and a help to the pastors of Edessa. Saint Ephraim wrote in Syriac, but his works were very early translated into Greek and Armenian. Translations into Latin and Slavonic were made from the Greek text.

In many of Saint Ephraim's works we catch glimpses of the life of the Syrian ascetics, which was centered on prayer and working in various obediences for the common good of the brethren. The outlook of all the Syrian ascetics was the same. The monks believed that the goal of their efforts was communion with God and the acquisition of divine grace. For them, the present life was a time of tears, fasting and toil.

"If the Son of God is within you, then His Kingdom is also within you. Thus, the Kingdom of God is within you, a sinner. Enter into yourself, search diligently and without toil you shall find it. Outside of you is death, and the door to it is sin. Enter into yourself, dwell within your heart, for God is there."

Constant spiritual sobriety, the developing of good within man's soul gives him the possibility to take upon himself a task like blessedness, and a self-constraint like sanctity. The requital is presupposed in the earthly life of man, it is an undertaking of spiritual perfection by degrees. Whoever grows himself wings upon the earth, says Saint Ephraim, is one who soars up into the heights; whoever purifies his mind here below, there glimpses the Glory of God. In whatever measure each one loves God, he is, by God's love, satiated to fullness according to that measure. Man, cleansing himself and attaining the grace of the Holy Spirit while still here on earth, has a foretaste of the Kingdom of Heaven. To attain to life eternal, in the teachings of Saint Ephraim, does not mean to pass over from one realm of being into another, but rather to discover "the heavenly," spiritual condition of being. Eternal life is not bestowed on man through God's one-sided efforts, but rather, it constantly grows like a seed within him by his efforts, toils and struggles.

The pledge within us of "theosis" (or "deification") is the Baptism of Christ, and the main force that drives the Christian life is repentance. Saint Ephraim was a great teacher of repentance. The forgiveness of sins in the Mystery of Repentance, according to his teaching, is not an external exoneration, not a forgetting of the sins, but rather their complete undoing, their annihilation. The tears of repentance wash away and burn away the sin. Moreover, they (i.e. the tears) enliven, they transfigure sinful nature, they give the strength "to walk in the way of the the Lord's commandments," encouraging hope in God. In the fiery font of repentance, the saint wrote, "you sail yourself across, O sinner, you resurrect yourself from the dead."

Saint Ephraim, accounting himself as the least and worst of all, went to Egypt at the end of his life to see the efforts of the great ascetics. He was accepted there as a welcome guest and received great solace from conversing with them. On his return journey he visited at Caesarea in Cappadocia with Saint Basil the Great (January 1), who wanted to ordain him a priest, but he considered himself unworthy of the priesthood. At the insistence of Saint Basil, he consented only to be ordained as a deacon, in which rank he remained until his death. Later on, Saint Basil invited Saint Ephraim to accept a bishop's throne, but the saint feigned madness in order to avoid this honor, humbly regarding himself as unworthy of it.

After his return to his own Edessa wilderness, Saint Ephraim hoped to spend the rest of his life in solitude, but divine Providence again summoned him to serve his neighbor. The inhabitants of Edessa were suffering from a devastating famine. By the influence of his word, the saint persuaded the wealthy to render aid to those in need. From the offerings of believers he built a poor-house for the poor and sick. Saint Ephraim then withdrew to a cave near Edessa, where he remained to the end of his days.

## **THE SYNAXARION (Plain Reading)**

On January 28 in the Holy Orthodox Church, we commemorate our righteous Father Ephraim the Syrian.

Ephraim was born in Syria of poor parents in about 306. He spent his youth rather tempestuously, but suddenly a change took place in his soul, and he began to burn with love for the Lord Jesus. Ephraim was a disciple of St. James, bishop of Nisibis. Due to the great grace of God, wisdom flowed from Ephraim's tongue like a stream of honey, and ceaseless tears flowed from his eyes. Industrious as a bee, Ephraim continually wrote books, orally taught the monks in the monastery and the people of Edessa, and dedicated himself to prayer and contemplation. Numerous are his books and beautiful are his prayers, the most famous of which is his prayer recited during Great Lent: "O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience and love to me, Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother; for Thou art blessed unto ages of ages. Amen." When the people wanted to appoint him a bishop by force, he pretended to be insane, racing through the city, dragging his garment behind him. Seeing this, the people left him in peace. Ephraim was a contemporary and friend of St. Basil the Great. Ephraim is considered the apostle of repentance. Even today, his works soften many hearts hardened by sin, returning them to Christ. Ephraim reposed in 378.

On this day, we also commemorate Venerable Palladios of Antioch; and Venerable Theodosios of Totma. By their intercessions, O Christ God, have mercy upon us. Amen.

## **THE EPISTLE**

**Priest: Let us attend.**

**Reader: *Let Thy mercy, O Lord, be upon us.  
Rejoice in the Lord, O ye righteous.***

**Reader: The Reading from the First Epistle of St. Paul to St. Timothy. (1:15-17)**

Timothy, my son, the saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners. And I am the foremost of sinners; but I received mercy for this reason, that in me, as the foremost, Jesus Christ might display His perfect patience for an example to those who were to believe in Him for eternal life. To the King of Ages, immortal, invisible, the only God, be honor and glory to the ages of ages. Amen.

لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا.

إِبْتَهَجُوا أَيُّهَا الصَّادِقُونَ بِالرَّبِّ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُوَلْسِ الرَّسُولِ الْأُولَى إِلَى تِيموثَاوَس.

يَا وَلَدِي تِيموثَاوَس، صَادِقَةٌ هِيَ الْكَلِمَةُ وَمُسْتَحَقَّةٌ كُلُّ قَبُولٍ: أَنَّ الْمَسِيحَ يَسُوعَ جَاءَ إِلَى الْعَالَمِ لِيُخَلِّصَ

الْخَطَاةَ الَّذِينَ أَوْلُهُمْ أَنَا. لَكِنِّي لِهَذَا رُحِمْتُ: لِيُظَهَرَ يَسُوعَ الْمَسِيحُ فِيَّ أَنَا أَوَّلًا كُلِّ أَنَاةٍ، مِثَالًا لِلْعَتِيدِينَ أَنْ

يُؤْمِنُوا بِهِ لِلْحَيَاةِ الْأَبَدِيَّةِ. وَمَلِكُ الدُّهُورِ الَّذِي لَا يَفْنَى وَلَا يَرَى، الْإِلَهَ الْحَكِيمِ وَحَدَهُ، لَهُ الْكَرَامَةُ وَالْمَجْدُ إِلَى

دَهْرِ الدُّهُورِ. آمِينَ.

## GOSPEL

### **Priest: The reading from the Holy Gospel according to St. Luke. (18:35-43)**

At that time, as Jesus drew near to Jericho, a blind man was sitting by the roadside begging; and hearing a multitude going by, he inquired what this meant. They told him, "Jesus of Nazareth is passing by." And he cried, "Jesus, Son of David, have mercy on me!" And those who were in front rebuked him, telling him to be silent; but he cried out all the more, "Son of David, have mercy on me!" And Jesus stopped, and commanded him to be brought to Him; and when he came near, Jesus asked him, "What do you want me to do for you?" He said, "Lord, let me receive my sight." And Jesus said to him, "Receive your sight; your faith has made you well." And immediately he received his sight and followed Him, glorifying God; and all the people, when they saw it, gave praise to God.

**فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ لَوْقَا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.**

في ذَلِكَ الزَّمَانِ، فِيمَا يَسُوعُ بِالْقُرْبِ مِنْ أَرِيخَا، كَانَ أَعْمَى جَالِسًا عَلَى الطَّرِيقِ يَسْتَعْطِي. فَلَمَّا سَمِعَ الْجَمْعَ مُجْتَازًا، سَأَلَ مَا عَسَى أَنْ يَكُونَ هَذَا، فَأَخْبَرُوهُ أَنَّ يَسُوعَ النَّاصِرِيِّ مُجْتَازٌ. فَصَرَخَ قَائِلًا: "يَا يَسُوعُ بَنَ دَاوُدَ، ارْحَمْنِي!" فَانْتَهَرَهُ الْمُتَقَدِّمُونَ لَيْسَ كَت، أَمَّا هُوَ فَصَرَخَ أَكْثَرَ كَثِيرًا: "يَا ابْنَ دَاوُدَ، ارْحَمْنِي!" فَوَقَفَ يَسُوعُ وَأَمَرَ أَنْ يُعَدَّمَ إِلَيْهِ. وَلَمَّا اقْتَرَبَ سَأَلَهُ قَائِلًا: "مَاذَا تُرِيدُ أَنْ أَفْعَلَ بِكَ؟" فَقَالَ: "يَا سَيِّدُ، أَنْ أَبْصِرَ." فَقَالَ لَهُ يَسُوعُ: "أَبْصِرْ؛ إِيْمَانُكَ قَدْ شَفَاكَ." وَفِي الْحَالِ أَبْصَرَ، وَتَبِعَهُ وَهُوَ يُمَجِّدُ اللَّهَ. وَجَمِيعُ الشَّعْبِ إِذْ رَأَوْا سَبَّحُوا اللَّهَ.

### **THE FIRST EOTHINON DOXASTICON IN TONE ONE**

#### **Glory to the Father, and to the Son, and to the Holy Spirit.**

As the disciples were hastening to the mountain, the Lord came to them that He might raise them from things earthly; and they worshipped Him and learned of the power given to Him in every place. They were sent forth to every land under heaven to preach the Resurrection from the dead and the restoration to the Heavens. He that cannot lie promised also that He would be with them forever, even Christ God, the Savior of our souls.

**الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقَدَسِ.**

إِنَّ الرَّبَّ قَدْ حَضَرَ إِلَى التَّلَامِيذِ الدَّاهِبِينَ إِلَى الْجَبَلِ، لِارْتِقَاعِ عَنِ الْأَرْضِيَّاتِ، فَسَجَدُوا لَهُ، وَتَلَقَّفُوا السُّلْطَانَ الْمُعْطَى لَهُ فِي كُلِّ مَكَانٍ. وَأُرْسِلُوا إِلَى مَا تَحْتَ السَّمَاءِ، لِيَكْرِزُوا بِالْقِيَامَةِ مِنْ بَيْنِ الْأَمْوَاتِ، وَبِالنَّقْلَةِ إِلَى السَّمَاوَاتِ، الَّذِينَ قَدْ وَعَدَهُمْ، وَهُوَ غَيْرُ كَاذِبٍ، بَأَنَّ يَكُونَ مَعَهُمْ إِلَى الْأَبَدِ، الْمَسِيحُ الْإِلَهُ، وَمَخْلَصُ نَفُوسِنَا.

#### **Both now and ever, and unto ages of ages. Amen.**

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

**الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ.**

أَنْتِ هِيَ الْفَائِزَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالدَةَ الْإِلَهَةِ الْعِذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُبِّبَتْ بِوَأَسْطَةِ الْمُتَجَسِّدِ مِنْكَ، وَأَدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةُ بَادَتْ، وَحَوَاءَ انْعَتَقَتْ، وَالْمَوْتَ أَمِيَتْ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِيْنِ: مُبَارَكٌ أَنْتِ أَيُّهَا الْمَسِيحُ إِلَهُنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.

### **Venerable Ephraim the Syrian Commemorated on [January 28](#)**

Saint Ephraim the Syrian, a teacher of repentance, was born at the beginning of the fourth century in the city of Nisibis (Mesopotamia) into the family of impoverished toilers of the soil. His parents raised their son in piety, but from his childhood he was known for his quick temper and impetuous character. He often had fights, acted thoughtlessly, and even doubted God's Providence. He finally recovered his senses by the grace of God, and embarked on the path of repentance and salvation.

Once, he was unjustly accused of stealing a sheep and was thrown into prison. He heard a voice in a dream calling him to repent and correct his life. After this, he was acquitted of the charges and set free.



The young man ran off to the mountains to join the hermits. This form of Christian asceticism had been introduced by a disciple of Saint Anthony the Great, the Egyptian desert dweller Eugenius. Saint James of Nisibis (January 13) was a noted ascetic, a preacher of Christianity and denouncer of the Arians. Saint Ephraim became one of his disciples. Under the direction of the holy hierarchy, Saint Ephraim attained Christian meekness, humility, submission to God's will, and the strength to undergo various temptations without complaint.

Saint James transformed the wayward youth into a humble and conrite monk. Realizing the great worth of his disciple, he made use of his talents. He trusted him to preach sermons, to instruct children in school, and he took Ephraim with him to the First Ecumenical Council at Nicea (in the year 325). Saint Ephraim was in obedience to Saint James for fourteen years, until the bishop's death in 338.

After the capture of Nisibis by the Persians in 363, Saint Ephraim went to a monastery near the city of Edessa. Here he saw many great ascetics, passing their lives in prayer and psalmody. Their caves were solitary shelters, and they fed themselves with a certain plant.

He became especially close to the ascetic Julian (October 18), who was of one mind with him. Saint Ephraim combined asceticism with a ceaseless study of the Word of God, taking from it both solace and wisdom for his soul. The Lord gave him a gift of teaching, and people began to come to him, wanting to hear his counsel, which produced compunction in the soul, since he began with self-accusation. Both verbally and in writing, Saint Ephraim instructed everyone in repentance, faith and piety, and he denounced the Arian heresy, which at that time was causing great turmoil. Pagans who heard the preaching of the saint were converted to Christianity.

He also wrote the first Syriac commentary on the Pentateuch (i.e. "Five Books") of Moses. He wrote many prayers and hymns, thereby enriching the Church's liturgical services. Famous prayers of Saint Ephraim are to the Most Holy Trinity, to the Son of God, and to the Most Holy Theotokos. He composed hymns for the Twelve Great Feasts of the Lord (the Nativity of Christ, the Baptism, the Resurrection), and funeral hymns. Saint Ephraim's Prayer of Repentance, "O Lord and Master of my life...", is recited during Great Lent, and it summons Christians to spiritual renewal.

From ancient times the Church has valued the works of Saint Ephraim. His works were read pub-