

St. Elias Antiochian Orthodox Christian Church

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For Liturgy Names & Coffee Hour email the above

Saturday: Vespers at 5:00 PM followed by confession

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

Check out our website @ www.sainteliasny.com

ST. ELIAS
ANTIOCHIAN CHRISTIAN ORTHODOX CHURCH
SEPTEMBER 15, 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
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'DISCIPLES FIRST CALLED THEMSELVES CHRISTIANS IN ANTIOCH.' ACTS 11:26

SUNDAY AFTER THE ELEVATION OF THE HOLY CROSS

GREAT-MARTYR NIKITAS THE GOTH AND THOSE WITH HIM

tone 3/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 ليطررد الأسقام ويظهر البرص، لذلك يُفيض الأشفية بمكرميه 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 مُرشدي 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 المُقدس المُبارك. ونحن نتطلع للقائكم والترحيب بكم شخصياً في كنيسة مار الياس. يرجى توجيه الأسئلة إلى الأب مايكل مباشرة.

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 is being offered by the Evon Hodge and her daughters**, for the continued good health and wellbeing of Evon, Victoria, and her children and grandchildren, Mona and her children, Gabrielle and Michael and their children. **Also being offered in loving memory of** our dear departed Fuad Hodge. **May his memory be eternal.**
- **Please pray for all the sick** and suffering, hospitalized and shut-ins of our community, especially Simon Abboud, Janet Saba, Siham Ayoub, Salwa Makhlof, Kawthar Shomar, Elias Shamieh, Nada and Rima Tadros, Evelyn Gabriel.
- **Please pray for all those** who have suffered and lost loved ones in Palestine and the Middle East.

He got out of bed and then hurried to church. There he saw Euphrosynos and asked him where he had been that night. The Saint said, "Forgive me, Father, I have not been anywhere tonight. I have just come to church or the Service."

The priest urged him to tell the truth, so that God's glory might be made manifest. The humble Euphrosynos told him, "I was in the place where the good things are, which those who love God shall inherit, and which for many years you wished to behold. There you saw me enjoying the blessings of that garden; for God had deigned to reveal to you the blessings of the Just. He has performed this miracle through me, the lowly one."

"Father Euphrosynos, what did you give me from that garden?"

He replied, "The delightful and most fragrant apples which you just put on your bed. Forgive me, Father, for I am a worm and not a man."

When the service of Matins was over, the priest told the brethren about his vision and showed them the apples. They noticed the ineffable fragrance with spiritual joy, marveling at what the priest had told them. Rushing into the kitchen, they found that Saint Euphrosynos had already left the monastery, fleeing from the glory of men, and he could not be found.

The brethren shared the apples among themselves and, as a blessing, gave pieces to those who visited the monastery, especially for those in need of healing, for those who ate the apples were cured of their ailments. Many received benefit from the gift of Saint Euphrosynos. An account of this vision was written, not only on paper, but also in their hearts.

Finally, Saint Euphrosynos reposed in a remote Hēsikhastērion. The Church, knowing that a king or a philosopher is not more worthy to enter the Kingdom of Heaven than a cook, has numbered Euphrosynos the Cook among her Saints, for he knew God's will and lived according to it.

A fragment of the Saint's relics is located in the Monastery of Loukous in the Holy Metropolis of Mantinea and Kynouria in Greece.

¹ The name Euphrosynos means gladness or delight.

THE SYNAXARION (Plain Reading)

On September 15 in the Holy Orthodox Church, we continue to celebrate the Elevation of the Holy Cross, and we commemorate the contest of the Holy Great-Martyr Nikitas the Goth.

Nikitas was a disciple of Theophilus, Bishop of the Goths, who participated in the First Ecumenical Council in Nicaea in 325. When the Gothic prince Athenarik began to torture Christians, Nikitas stood before the prince and denounced him for his paganism and inhumanity. Subsequently harshly tortured, Nikitas confessed his faith in Christ even more strongly, and prayed to God with thanksgiving. On his breast under his robe Nikitas bore an icon of the Most-holy Theotokos with the Pre-eternal Christ Child standing and holding the Cross in His hands. The Holy Theotokos had appeared to him and comforted him. Finally, the torturer threw the soldier of Christ into the fire, where the holy martyr breathed his last, but his body remained untouched by the fire. His companion Marianus took his body from the land of the Goths to the town of Mopsuestia in Cilicia. There, he built a church dedicated to Nikitas, and placed the miracle-working relics of the martyr in it. Nikitas suffered and was glorified in the year 372.

By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.

THE EPISTLE

Priest: Let us attend.

**Reader: Sing praises to our God, sing praises.
Clap your hands all ye peoples.**

Reader: The Reading from the Epistle of St. Paul to the Galatians. (2:16-20)

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا.

يا جميع الأمم صَفِّقُوا بِالْأَيْدِي.

فَضْلٌ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسَ الرَّسُولِ إِلَى أَهْلِ غَلَاطِيَّةِ.

يا إِخْوَةُ، إِذْ نَعْلَمُ أَنَّ الْإِنْسَانَ لَا يُبَرَّرُ بِأَعْمَالِ النَّامُوسِ، بَلْ إِنَّمَا بِالْإِيمَانِ بِيَسُوعَ الْمَسِيحِ، أَمَّا نَحْنُ أَيْضاً بِيَسُوعَ الْمَسِيحِ لِكَيْ نُبَرَّرَ بِالْإِيمَانِ بِالْمَسِيحِ لَا بِأَعْمَالِ النَّامُوسِ، إِذْ لَا يُبَرَّرُ بِأَعْمَالِ النَّامُوسِ أَحَدٌ مِنْ دُونِ الْجَسَدِ. فَإِنْ كُنَّا وَنَحْنُ طَالِبُونَ التَّبَرِيرَ بِالْمَسِيحِ وَجِدْنَا نَحْنُ أَيْضاً خُطَاةً، أَفَيَكُونُ الْمَسِيحُ إِذَنْ خَادِماً لِلْخَطِيئَةِ؟ حَاشَى. فَإِنِّي إِذْ عُدْتُ ابْنِي مَا قَدْ هَدَمْتُ، أَجَعَلْتُ نَفْسِي مُتَعَدِّياً. لِأَنِّي بِالنَّامُوسِ مُتُّ لِلنَّامُوسِ لِكَيْ أَحْيَا لِلَّهِ. مَعَ الْمَسِيحِ صُلِبْتُ، فَأَحْيَا، لَا أَنَا، بَلِ الْمَسِيحُ يَحْيَا فِيَّ. وَمَا لِي مِنَ الْحَيَاةِ فِي الْجَسَدِ، أَنَا أَحْيَاهُ فِي إِيمَانِ ابْنِ اللَّهِ الَّذِي أَحَبَّنِي، وَبَدَّلَ نَفْسَهُ عَنِّي.

GOSPEL

Priest: The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

فصل شريف من بشارة القديس مرقس الإنجيلي البشير والتلميذ الطاهر.

قال الرب: "من أراد أن يتبعني، فليتكفر بنفسه ويحمل صليبه ويتبعني. لأن من أراد أن يخلص نفسه يهلكها، ومن أهلك نفسه من أجلي ومن أجل الإنجيل يخلصها. فإنه ماذا ينتفع الإنسان لو ربح العالم كله وخسر نفسه؟ أم ماذا يعطي الإنسان فداء عن نفسه؟ لأن من يستحي بي وبكلامي في هذا الجيل الفاسق الخاطيء، يستحي به ابن البشر متى أتى في مجد أبيه مع الملائكة القديسين." وقال لهم: "الحق أقول لكم، إن قوماً من القائمين ههنا لا يدوقون الموت، حتى يروا ملكوت الله قد أتى بقوة."

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.

المجد للآب والابن والروح القدس.

إن الرب قد حصر إلى التلاميذ الداهيين إلى الجبل، للارتجاع عن الأرضيات، فسجدوا له، وتلقفوا السلطان

المعطي له في كل مكان. وأرسلوا إلى ما تحت السماء، ليكرزوا بالقيامة من بين الأموات، وبالنقلة إلى

السموات، الذين قد وعدهم، وهو غير كاذب، بأن يكون معهم إلى الأبد، المسيح الإله، ومخلص نفوسنا.

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.

الآن وكل أوان وإلى دهر الداهرين. آمين.

أنت هي الفائقة على كل البركات، يا والدة الإله العذراء، لأن الجحيم قد سببت بواسطة المتجسد منك، وأدم

دعي ثانية، واللعة بادت، وحواء انعتقت، والموت أميت، ونحن قد حيننا. فذلك نسبح هاتين: مبارك أنت

أيها المسيح إلهنا، يا من هكذا سر، المجد لك.

Saint Euphrosynos the Cook of Alexandria

Commemorated on September 11

Our Holy Father Euphrosynos (Euphrósynos)¹ the Cook was born into a peasant family, and had no schooling, but he was truly devout and faithful.

As an adult, he became a cook, and was able to save money out of his expenses by depriving himself, but only for the sake of almsgiving. His position as a cook permitted him to eat the best food first, but he never took advantage of this privilege. He ate his greens and olives gratefully, while the most appetizing meats and most tantalizing fish were cooking before him.

Later Euphrosynos went to a monastery, where his obedience was to work in the kitchen as a cook. In contrast to the meals that he used to prepare in secular hotels, he made very plain food in the monastery. To those who complained and mocked him, Euphrosynos meekly replied: "Good cooking is not useful for attaining the Kingdom of Heaven. The more the body craves pleasure, the more the soul will lose that which it truly needs. It is not my intention to punish you."

Some of the monks scorned him because of his coarse rustic background, but he endured their contempt in silence and was not disturbed by it. Saint Euphrosynos strove to please the Lord by his virtuous life, which he concealed from others, but the Lord Himself revealed to the monastic brethren just what spiritual heights their cook had attained.

In the same monastery there was a devout priest who prayed that he might know what good things are prepared for those who love God. One night, as he was sleeping, he found himself in a beautiful garden, where, to his astonishment, he beheld the most wondrous things. Then he saw Father Euphrosynos, the monastery cook standing in the garden and partaking of the good things of that place. As he approached the cook, he asked to whom the garden belonged, and how he came to be there.

Saint Euphrosynos replied, "This garden is reserved for God's elect, and by His great goodness, I also dwell here."

Then the priest asked him what he did in the garden. The Saint told him, "I have authority over all the things you see here. I rejoice and am filled with gladness and the spiritual enjoyment of them."

The priest questioned him again, "Can you give me something of these good things?"

"Certainly," he replied, "by God's grace, take whatever you wish."

Pointing to some apples, he inquired if he might have some of them. Taking a few of the apples, Saint Euphrosynos placed them in the priest's outer garment saying, "Receive that which you requested, and may you delight in them."

At that moment the semantron was heard, summoning the Fathers to the Midnight Service. When the priest awakened, he thought that his vision was just a dream. But when he reached for his outer garment, he found the apples which the cook had given him, and he could still smell their wonderful fragrance.

