

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 Nuha Sousou**, for the spiritual and physical wellbeing of Nuha Sousou, her children, and grandchildren: Irene, Nabil, Rina, Christian, Tanya, Martine, Holly, Andrew, Thomas, Matthew, Joanne, Brian, Alex, Alaina, Tony, Anthony, Madalyne, Faris, Lisa, Jacob, and Emilie. **Also being offered in loving memory of Elia, Qustandi & Jalileh, Shukri & Melia, Almaza & Fouad, Hanna, Fawzi, Samira, Suad & Naim, Suhail, Gabi. May their memories be eternal.**
- **Please pray for all the sick** and suffering, hospitalized and shut-ins of our community, especially Gary (Chip) George, Janet Saba, Salwa Makhlof, 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.

March is Antiochian Women’s Month

	Sermonette	Epistle Arabic	Epistle English	Users
March 1	Diala Makhlof <i>(English)</i>	Violette Hum-si	Nujoud Makhlof	Joanne Sousou Craig Holly Sousou Kane
March 8	Grace Khairallah <i>(English)</i>	Suad Jabaji	Layla Elamir Elias	Natalie Rott Janice Rott
March 15	Jiana Azar <i>(Arabic)</i>	Suhad Alam	Suhad Koussa	Nujoud Makhlof Manal Vassallo
March 22	Gloria Dayeh <i>(Arabic)</i>	Rima Nasr	Anna Jabaji	Mary Alamir Georgina Khoury
March 29	Mai Makhlof <i>(English)</i>	Rania Habib	Lisa Gabriel	Dalal Al Jeries Ghada Al Jeries

St. Elias Antiochian Orthodox Christian Church

Rev. Fr. Michael Ibrahim

4988 Onondaga Road, Syracuse, NY 13215

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

Church Office e-mail: office@sainteliasny.com

For Bulletin Announcements email at office@sainteliasny.com

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**

MARCH 1, 2026

**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

CHURCH: (315) 488-0388

FR. MICHAEL-973-641-8463

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

FIRST SUNDAY OF GREAT LENT (SUNDAY OF ORTHODOXY)

*VENERABLE-MARTYR EUDOKIA OF HELIOPOLIS; VENERABLE
DOMNINA OF SYRIA;*

MARTYRS MARKELLOS AND ANTHONY OF PAMPHYLIA

TONE 5/ EOTHINON 5

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 ليطرد الأقسام ويطهر البرص، لذلك يُفيض الأشفية بمكرميته دائماً"

THE SYNAXARION (Plain Reading)

On March 1 in the Holy Orthodox Church, we commemorate the Venerable-martyr Eudokia of Heliopolis; Venerable Domnina of Syria; and Martyrs Markellos and Anthony of Pamphylia.

On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

This restoration was accomplished in the year 843. Theodora's husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O invariant Icon of the Father, through the intercessions of Thy holy Confessors, have mercy on us. Amen.

nothing until the very day of the All-Radiant Resurrection of Christ, when he received the Holy Mysteries. Going out into the desert for all of Great Lent, Saint Gerasimus took with him his beloved disciple Saint Cyriacus (September 29), whom Saint Euthymius had sent to him.

When Saint Euthymius the Great died, Saint Gerasimus saw how angels carried the soul of the departed up to Heaven. Taking Cyriacus with him, the monk immediately set off to the monastery of Saint Euthymius and consigned his body to the earth.

Saint Gerasimus died peacefully, mourned by his brethren and disciples. Before his death, a lion had aided Saint Gerasimus in his tasks, and upon the death of the Elder it died at his grave and was buried nearby. Therefore the lion is depicted on icons of the saint, at his feet.

Martyr Conon the Gardener of Pamphylia

Commemorated on March 5

The Holy Martyr Conon the Gardener was born in Nazareth of Galilee, but he lived in the city of Mandona, where he occupied himself with gardening. He was a God-fearing man, sincere in heart, and without malice. The saint suffered for his faith in Christ under the emperor Decius (249-251). When they brought him to trial, he unwaveringly and firmly confessed his faith. The torturers drove nails into his feet and dragged him behind a chariot until the sufferer collapsed from exhaustion. With a prayer, he surrendered his spirit to the Lord.



~~~~~

## **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 يصلّون معنا اليوم ونحرص على مشاركتكم في كنوزنا الروحية، وندعوكم للانضمام إلينا لتناول القهوة معنا في قاعة الكنيسة بعد القدّاس الإلهي. إذا كانت هذه أول زيارة لكم، يرجى أخذ القليل من الوقت لتوقيع سجلّ الزوّار واستكمال بطاقة معلومات الزوّار البيضاء والتي توجد في صحن الكنيسة، وإعادتها إلى أحد مرشدي الكنيسة. وكتذكير وديّ، 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 القدّاس لاستلام الخبز المقدس المبارك. ونحن نتطلع للقائكم والترحيب بكم شخصياً في كنيسة مار إلياس. يرجى توجيه الأسئلة إلى الأب مايكل مباشرةً.

In the morning, the torturers saw with surprise that the martyrs were still alive, and their guard Aglaius was glorifying Christ together with them. They led the soldiers out of the water and broke their legs. During this horrible execution the mother of the youngest of the soldiers, Meliton, pleaded with her son to persevere until death.

They put the bodies of the martyrs on a cart and committed them to fire. Young Meliton was still breathing, and they left him on the ground. His mother then picked up her son, and on her own shoulders she carried him behind the cart. When Meliton drew his last breath, his mother put him on the cart with the bodies of his fellow sufferers. The bodies of the saints were tossed in the fire, and their charred bones were thrown into the water, so that Christians would not gather them up.

Three days later the martyrs appeared in a dream to Saint Peter, Bishop of Sebaste, and commanded him to bury their remains. The bishop together with several clergy gathered up the relics of the glorious martyrs by night and buried them with honor.

There is a pious custom of baking "skylarks" (pastries shaped like skylarks) on this day, because people believed that birds sing at this time to announce the arrival of spring. Forty "skylarks" are prepared in honor of the Forty Martyrs.

The names of the forty martyrs are: Cyrion (or Quirio), Candidus, Domnus, Hesychius, Heraclius, Smaragdus, Eunocius (Or Eunicus), Valens, Vivianus, Claudius, Priscus, Theodulus, Eutyechus, John, Xanthius, Helianus, Sisinius, Aglaius, Aetius, Flavius, Acacius, Ecdicius, Lysimachus, Alexander, Elias, Gorgonius, Theophilus, Dometian, Gaius, Leontius, Athanasius, Cyril, Sacerdon, Nicholas, Valerius, Philoctimon, Severian, Chudion, Aglaius, and Meliton.

## Venerable Gerasimus of the Jordan

Commemorated on March 4

Saint Gerasimus was a native of Lycia (Asia Minor). From his early years he was distinguished for his piety. Having received monastic tonsure, he withdrew into the desert of the Thebaid (in Egypt). Thereafter, in about the year 450, the monk arrived in Palestine and settled at the Jordan, where he founded a monastery.

For a certain while Saint Gerasimus was tempted by the heresy of Eutyches and Dioscorus, which acknowledged only the divine nature in Jesus Christ, but not His human nature (i.e. the Monophysite heresy). Saint Euthymius the Great (January 20) helped him to return to the true Faith.

Saint Gerasimus established a strict monastic Rule. He spent five days of the week in solitude, occupying himself with handicrafts and prayer. On these days the wilderness dwellers did not eat cooked food, nor did they kindle a fire, but ate only dry bread, roots and water.

On Saturday and Sunday all gathered at the monastery for Divine Liturgy and to partake of the Holy Mysteries of Christ. In the afternoon, taking a supply of bread, tubers, water and an armload of date-palm branches for weaving baskets, the desert-dwellers returned to their own cells. Each had only old clothes and a mat, upon which he slept. When they left their cells, the door was never locked, so that anyone could enter and rest, or take whatever he needed.

Saint Gerasimus himself attained a high level of asceticism. During Great Lent he ate

## THE EPISTLE

**Priest: Let us attend.**

**Reader: Blessed art Thou, O Lord, the God of our fathers.  
For Thou art just in all that Thou hast done for us.**

**Reader: The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)**

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا.

لَأَنَّكَ عَادِلٌ فِي كُلِّ مَا صَنَعْتَ بِنَا.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ. (11:24-26، 32-40)

يَا إِخْوَتِي، بِالْإِيمَانِ مَوْسَى لَمَّا كَبُرَ أَبِي أَنْ يُدْعَى ابْنًا لِابْنَةِ فِرْعَوْنَ. مُخْتَارًا الشَّقَاءَ مَعَ شَعْبِ اللَّهِ

عَلَى التَّمَتُّعِ الْوَقْتِيِّ بِالْخَطِيئَةِ. وَمُعْتَبِرًا عَارَ الْمَسِيحِ غِنَى أَعْظَمَ مِنْ كُنُوزِ مِصْرَ، لِأَنَّهُ نَظَرَ إِلَى الثَّوَابِ.

وَمَاذَا أَقُولُ أَيْضًا؟ إِنَّهُ يَضِيقُ بِي الْوَقْتُ إِنْ أُخْبِرْتُ عَنْ جِدْعُونَ وَبَارَاقَ وَشَمْشُونَ وَيَفْتَاخَ وَدَاوَدَ وَصَمُوئِيلَ

وَالْأَنْبِيَاءِ. الَّذِينَ بِالْإِيمَانِ قَهَرُوا الْمَمَالِكَ، وَعَمِلُوا الْبِرَّ، وَنَالُوا الْمَوَاعِدَ، وَسَدُّوا أَفْوَاهَ الْأَسُودِ. وَأَطْفَأُوا حِدَّةَ

النَّارِ، وَتَجَوَّأَ مِنْ حَدِّ السَّيْفِ، وَتَقَوَّوْا مِنَ الضَّعْفِ، وَصَارُوا أَشِدَّاءَ فِي الْحَرْبِ، وَكَسَرُوا مَعْسَكَرَاتِ الْأَجَانِبِ.

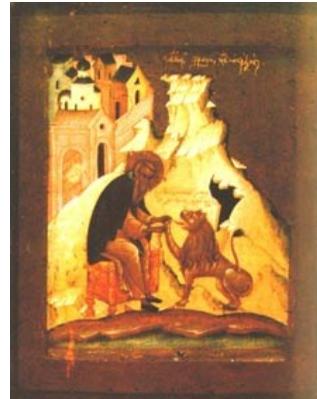
وَأَخَذَتْ نِسَاءً أَمْوَاتَهُنَّ بِالْقِيَامَةِ. وَعَدَّبَ آخَرُونَ بِتَوْبِيرِ الْأَعْضَاءِ وَالضَّرْبِ، وَلَمْ يَقْبَلُوا بِالنَّجَاةِ، لِيَحْصَلُوا

عَلَى قِيَامَةِ أَفْضَلِ. وَآخَرُونَ ذَاقُوا الْهَزَّةَ وَالْجَلْدَ وَالْقُبُودَ أَيْضًا وَالسِّجْنَ. وَرُجِمُوا، وَتَشْرَبُوا، وَامْتَحِنُوا، وَمَاتُوا

بِحَدِّ السَّيْفِ، وَسَاحُوا فِي جُلُودِ غَنَمٍ وَمِعْزٍ، وَهُمْ مُعْوَزُونَ مَضَائِقُونَ مَجْهُودُونَ، (وَلَمْ يَكُنِ الْعَالَمُ مُسْتَحِقًّا

لَهُمْ) وَكَانُوا تَائِهِينَ فِي الْبَرَارِيِّ وَالْجِبَالِ، وَالْمَعَاوِرِ وَكُهُوفِ الْأَرْضِ. فَهَوْلَاءَ كُلُّهُمْ مَشْهُودًا لَهُمْ بِالْإِيمَانِ، لَمْ

يَنَالُوا الْمَوْعِدَ. لِأَنَّ اللَّهَ سَبَقَ فَتَطَّرَ لَنَا شَيْئًا أَفْضَلَ، أَنْ لَا يَكْمَلُوا بَدُونِنَا.



## GOSPEL

### Priest: The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدَّيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ، وَالتَّلْمِيزِ الطَّاهِرِ. (51-43:1)

في ذلك الزمان، أراد يسوع الخروج إلى الجليل فوجد فيلبس فقال له: اتبعني. وكان فيلبس من بيت صيدا من مدينة أندراوس وبطرس. فوجد فيلبس نثنائيل، فقال له: إن الذي كتب عنه موسى في الناموس والأنبياء قد وجدناه، وهو يسوع بن يوسف الذي من الناصرة. فقال له نثنائيل: أمين الناصرة يمكن أن يكون شيء صالح؟ فقال له فيلبس: تعال وانظر. فرأى يسوع نثنائيل مقبلاً إليه، فقال عنه: هوذا إسرائيلي حقا لا غش فيه. فقال له نثنائيل: من أين تعرفني؟ أجاب يسوع، وقال له: قبل أن يدعوك فيلبس وأنت تحت التينة رأيتك. أجاب نثنائيل وقال له: يا معلم، أنت ابن الله، أنت ملك إسرائيل. أجاب يسوع وقال له: لأني قلت لك إني رأيتك تحت التينة آمننت؟ إنك ستعطين أعظم من هذا. وقال له: الحق الحق أقول لكم، إنكم من الآن ترون السماء مفتوحة، وملائكة الله يصعدون وينزلون على ابن البشر.

### **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.

القنطاق لأحاد الصوم الكبير (وسبت المديح) باللحن الثامن

إني أنا عبدك يا والدة الإله أكتب لك رايات الغلبة يا جديّة مُحاميةً وأقدم لك الشكر كمُنقِدةٍ من الشدائد لكن بما أن لك العزة التي لا تُحارب أعطيني من صنوف الشدائد حتى أصرخ إليك: إفرحي يا عروساً لا عروس لها.

## 40 Holy Martyrs of Sebaste

Commemorated on March 9

In the year 313 Saint Constantine the Great issued an edict granting Christians religious freedom, and officially recognizing Christianity as equal with paganism under the law. But his co-ruler Licinius was a pagan, and he decided to stamp out Christianity in his part of the Empire. As Licinius prepared his army to fight Constantine, he decided to remove Christians from his army, fearing mutiny.

One of the military commanders of that time in the Armenian city of Sebaste was Agricola, a zealous champion of idolatry. Under his command was a company of forty Cappadocians, brave soldiers who had distinguished themselves in many battles. When these Christian soldiers refused to offer sacrifice to the pagan gods, Agricola locked them up in prison. The soldiers occupied themselves with prayer and psalmody, and during the night they heard a voice saying, "Persevere until the end, then you shall be saved."

On the following morning, the soldiers were again taken to Agricola. This time the pagan tried flattery. He began to praise their valor, their youth and strength, and once more he urged them to renounce Christ and thereby win themselves the respect and favor of their emperor.

Seven days later, the renowned judge Licius arrived at Sebaste and put the soldiers on trial. The saints steadfastly answered, "Take not only our military insignia, but also our lives, since nothing is more precious to us than Christ God." Licius then ordered his servants to stone the holy martyrs. But the stones missed the saints and returned to strike those who had thrown them. One stone thrown by Licius hit Agricola in the face, smashing his teeth. The torturers realized that the saints were guarded by some invisible power. In prison, the soldiers spent the night in prayer and again they heard the voice of the Lord comforting them: "He who believes in me, though he die, yet shall he live (John 11:25). Be brave and fear not, for you shall obtain imperishable crowns."

On the following day the judge repeated the interrogation in front of the torturer, but the soldiers remained unyielding.

It was winter, and there was a severe frost. They lined up the holy soldiers, threw them into a lake near the city, and set a guard to prevent them from coming out of the water. In order to break the will of the martyrs, a warm bath-house was set up on the shore. During the first hour of the night, when the cold had become unbearable, one of the soldiers made a dash for the bath-house, but no sooner had he stepped over the threshold, then he fell down dead.

During the third hour of the night, the Lord sent consolation to the martyrs. Suddenly there was light, the ice melted away, and the water in the lake became warm. All the guards were asleep, except for Aglaius, who was keeping watch. Looking at the lake he saw that a radiant crown had appeared over the head of each martyr. Aglaius counted thirty-nine crowns and realized that the soldier who fled had lost his crown.

Aglaius then woke up the other guards, took off his uniform and said to them, "I too am a Christian," and he joined the martyrs. Standing in the water he prayed, "Lord God, I believe in You, in Whom these soldiers believe. Add me to their number, and make me worthy to suffer with Your servants." Then a fortieth crown appeared over his head.

