

**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 the Al-Khoury Family.** Please pray for the spiritual and physical well-being of **Rami, Georgina, Faris & Marya, Fayez & Nadia. Rania, Rajia & Rima. Rula & family. Mahfouz, Lina & family. Joe, Tamara and family.**

- **Also being offered in loving memory of Fayek, Mary, & Randa Alkhoury May their memory 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.

	Sermonette	Epistle Arabic	Epistle English	Ushers
<b>March 15</b>	Jiana Azar <i>(Arabic)</i>	Suhad Alam	Suhad Koussa	Nujoud Makhlof Manal Vassallo
<b>March 22</b>	Gloria Dayeh <i>(Arabic)</i>	Rima Nasr	Anna Jabaji	Mary Alamir Georgina Khoury
<b>March 29</b>	Mai Makhlof <i>(English)</i>	Rania Habib	Lisa Gabriel	Nariman Jiries Lina Abu-Manneh

*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](mailto:office@sainteliasny.com)**

**For Bulletin Announcements** email at [office@sainteliasny.com](mailto: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](http://www.sainteliasny.com)**



**ST. ELIAS  
ANTIOCHIAN CHRISTIAN ORTHODOX CHURCH**

**MARCH 15, 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**

# THIRD SUNDAY OF GREAT LENT

## VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

*MARTYR AGAPIOS OF PALESTINE AND THOSE WITH HIM; APOSTLE ARISTOBOULOS OF THE SEVENTY, FIRST BISHOP OF BRITAIN; NEW-MARTYRS MANUEL OF CRETE AND PARTHENIOS*

**TONE 7 / EOTHINON 7**

### 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"

### THE SYNAXARION (Plain Reading)

On March 15 in the Holy Orthodox Church, we commemorate the Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy, first bishop of Britain; and New-martyrs Manuel of Crete and Parthenios.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

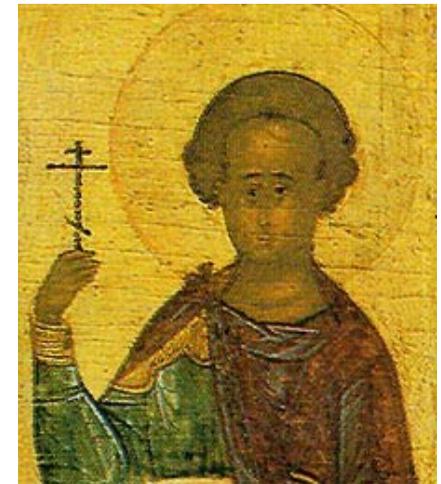
By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.

## Martyr Sabinus of Egypt

Commemorated on March 16

The Holy Martyr Sabinus was administrator of the Egyptian city of Hermopolis. During a persecution of Christians under the emperor Diocletian (284-305), Saint Sabinus and some like-minded companions hid in a remote village.

His hiding place was revealed by a certain ungrateful beggar who had brought him food. The saint used to feed him and help him with money, but the man betrayed him for two pieces of gold. Sabinus was seized with six other Christians, and after torture they were all drowned in the Nile in 287.



## Martyr Julian of Anazarbus

Commemorated on March 16

The Hieromartyr Julian of Anazarbus suffered for Christ in Antioch, Syria under the emperor Maximian Galerius (305-311). His relics were glorified by miracles in the time of Saint John Chrysostom. Chrysostom mentions the martyr in his 47th homily.

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### 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 القداس الإلهي. إذا كانت هذه أول زيارة لكم، يرجى أخذ القليل من الوقت لتوقيع سجل 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 القداس لاستلام الخبز المقدس المبارك. ونحن نتطلع للقائكم والترحيب بكم شخصياً في كنيسة مار إلياس. يرجى توجيه الأسئلة إلى الأب مايكل مباشرةً.

priesthood at Auxerre under Saint Germanus (July 31). Eventually, he was consecrated as a bishop, and was entrusted with the mission to Ireland, succeeding Saint Palladius (July 7). Saint Palladius did not achieve much success in Ireland. After about a year he went to Scotland, where he died in 432.

Patrick had a dream in which an angel came to him bearing many letters. Selecting one inscribed "The Voice of the Irish," he heard the Irish entreating him to come back to them.

Although Saint Patrick achieved remarkable results in spreading the Gospel, he was not the first or only missionary in Ireland. He arrived around 432 (though this date is disputed), about a year after Saint Palladius began his mission to Ireland. There were also other missionaries who were active on the southeast coast, but it was Saint Patrick who had the greatest influence and success in preaching the Gospel of Christ. Therefore, he is known as "The Enlightener of Ireland."

His autobiographical Confession tells of the many trials and disappointments he endured. Patrick had once confided to a friend that he was troubled by a certain sin he had committed before he was fifteen years old. The friend assured him of God's mercy, and even supported Patrick's nomination as bishop. Later, he turned against him and revealed what Patrick had told him in an attempt to prevent his consecration. Many years later, Patrick still grieved for his dear friend who had publicly shamed him.

Saint Patrick founded many churches and monasteries across Ireland, but the conversion of the Irish people was no easy task. There was much hostility, and he was assaulted several times. He faced danger, and insults, and he was reproached for being a foreigner and a former slave. There was also a very real possibility that the pagans would try to kill him. Despite many obstacles, he remained faithful to his calling, and he baptized many people into Christ.

The saint's Epistle to Coroticus is also an authentic work. In it he denounces the attack of Coroticus' men on one of his congregations. The Breastplate (Lorica) is also attributed to Saint Patrick. In his writings, we can see Saint Patrick's awareness that he had been called by God, as well as his determination and modesty in undertaking his missionary work. He refers to himself as "a sinner," "the most ignorant and of least account," and as someone who was "despised by many." He ascribes his success to God, rather than to his own talents: "I owe it to God's grace that through me so many people should be born again to Him."

By the time he established his episcopal See in Armagh in 444, Saint Patrick had other bishops to assist him, many native priests and deacons, and he encouraged the growth of monasticism.

Saint Patrick is often depicted holding a shamrock, or with snakes fleeing from him. He used the shamrock to illustrate the doctrine of the Holy Trinity. Its three leaves growing out of a single stem helped him to explain the concept of one God in three Persons. Many people now regard the story of Saint Patrick driving all the snakes out of Ireland as having no historical basis.

Saint Patrick died on March 17, 461 (some say 492). There are various accounts of his last days, but they are mostly legendary. Muirchu says that no one knows the place where Saint Patrick is buried. Saint Columba of Iona (June 9) says that the Holy Spirit revealed to him that Patrick was buried at Saul, the site of his first church. A granite slab was placed at his traditional grave site in Downpatrick in 1899.



## THE EPISTLE

**Priest: Let us attend.**

**Reader: O Lord, save Thy people and bless Thine inheritance. Unto Thee, O Lord, will I cry, O my God!**

**Reader: The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)**

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to the order of Melchizedek."

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ.

إِلَيْكَ يَا رَبُّ أَصْرُحُ إِلَهِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِّيسِ بُولْسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ. (6:5-14:4)

يَا إِخْوَتِي، إِذْ لَنَا رَئِيسُ كَهَنَةٍ عَظِيمٍ قَدِ اجْتَازَ السَّمَاوَاتِ، يَسُوعُ ابْنُ اللَّهِ، فَلَنَتَمَسَّكَ بِالْإِعْتِرَافِ. لِأَنَّ لَيْسَ لَنَا رَئِيسُ كَهَنَةٍ غَيْرِ قَادِرٍ أَنْ يَرْتَبِي لِأَوْهَانِنَا، بَلْ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا مَا خَلَا الْخَطِيئَةَ. فَلْنُقْبَلْ إِذْنًا بِثِقَةٍ إِلَى عَرْشِ النِّعْمَةِ، لِنَنَالَ رَحْمَةً وَنَجْدَ ثِقَةٍ لِلْإِغَاثَةِ فِي أَوَانِهَا. فَإِنَّ كُلَّ رَئِيسِ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ يُقَامُ لِأَجْلِ النَّاسِ فِيمَا هُوَ لِلَّهِ، لِيُقَرَّبَ تَقَادِمًا وَدَبَائِحَ عَنِ الْخَطَايَا، فِي إِمْكَانِهِ أَنْ يُشْفِقَ عَلَى الَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ، لِكُونِهِ هُوَ أَيْضًا مُتَلَبِّسًا بِالضُّعْفِ. وَلِهَذَا يَجِبُ عَلَيْهِ أَنْ يُقَرَّبَ عَنِ الْخَطَايَا لِأَجْلِ نَفْسِهِ كَمَا يُقَرَّبُ لِأَجْلِ الشَّعْبِ. وَلَيْسَ أَحَدٌ يَأْخُذُ لِنَفْسِهِ الْكِرَامَةَ، بَلْ مَنْ دَعَاهُ اللَّهُ كَمَا دَعَا هَارُونَ. كَذَلِكَ الْمَسِيحُ لَمْ يُمَجِّدْ نَفْسَهُ لِيَصِيرَ رَئِيسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ "أَنْتَ ابْنِي وَأَنَا الْيَوْمَ وَالذُّنُوكَ." كَمَا يَقُولُ فِي مَوْضِعٍ آخَرَ "أَنْتَ كَاهِنٌ إِلَى الْأَبَدِ عَلَى رُتْبَةِ مَلَكِيصَادَقَ."

## 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 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 Jesus 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."

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ، وَالتَّلْمِيزِ الطَّاهِرِ. (1:9-34:8)

قَالَ الرَّبُّ: مَنْ أَرَادَ أَنْ يَتَّبِعَنِي فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبِعَنِي، لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا، وَمَنْ أَهْلَكَ نَفْسَهُ مِنْ أَجْلِ وَمِنْ أَجْلِ الْإِنْجِيلِ يُخَلِّصُهَا. فَإِنَّهُ مَاذَا يَنْتَفِعُ الْإِنْسَانُ لَوْ رَجَعَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ؟ أَمْ مَاذَا يُعْطِي الْإِنْسَانُ فِدَاءً عَن نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِئِ. يَسْتَحْيِي بِهِ ابْنُ الْبَشَرِ مَتَى أَتَى فِي مَجْدٍ أَمَّا مَعَ الْمَلَائِكَةِ الْقَدِيسِينَ. وَقَالَ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ، إِنَّ قَوْمًا مِنَ الْقَائِمِينَ هَهُنَا لَا يَذُقُونَ الْمَوْتَ حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ قَدْ أَتَى بِقُوَّةٍ.

### **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.

القنذاق لأحاد الصوم الكبير (وسبت المديح) باللحن الثامن

إني أنا عبدك يا والدة الإله أكتب لك رايات العلبة يا جندية محامية وأقدم لك الشكر كمنقذة من الشدائد  
لكن بما أن لك العزة التي لا تحارب أعتقيني من صنوف الشدائد حتى أصرخ إليك: إفرحي يا عروساً لا  
عروس لها.

### **Venerable Theophanes the Confessor of Sigriane**

Commemorated on March 12

Saint Theophanes the Confessor was born in 759 at Constantinople into a pious and renowned family. His father was a relative of the Byzantine emperor Leo the Isaurian (717-741). Three years after Theophanes was born, his father died, leaving his family under the care of the emperor himself.

Theophanes grew up at the court and became a dignitary under the emperor Leo IV the Khazar (775-780). His position obliged him to enter into marriage, but he persuaded his bride to live with him in virginity.

After the death of his parents, Theophanes and his wife visited monasteries in the Sygrian district (Asia Minor). Theophanes met the Elder Gregory Stratitios, who predicted to Theophanes' wife that her husband would earn the crown of martyrdom.



Later the wife of Theophanes was tonsured a nun in one of the monasteries in Bithynia, and Theophanes went to a monastery in the Cyzicus region. With the blessing of his Elder, Theophanes founded the Kalonymon monastery on an island in the Sea of Marmara and secluded himself in his cell, transcribing books. Theophanes attained a high degree of skill in this occupation.

Later, Saint Theophanes founded another monastery in Sygria, at a place called the "Big Settlement", and became its igumen. He participated in all the work of the monastery, and was an example to all in his love for work and ascetical effort. He received from the Lord the gift of wonderworking, healing the sick, and casting out demons.

The Seventh Ecumenical Council met in Nicea in 787, which condemned the heresy of Iconoclasm. Saint Theophanes was also invited to the Council. He arrived dressed in his tattered garments, but he revealed his wisdom in affirming the veneration of the holy icons.

At the age of fifty, Saint Theophanes fell grievously ill and he suffered terribly until the day he died. Even on his deathbed, the saint continued to work. He wrote his CHRONOGRAPHIA, a history of the Christian Church covering the years 285-813. This work has remained an invaluable source for the history of the Church.

During the reign of the emperor Leo the Armenian (813-820), when the saint was advanced in age, the Iconoclast heresy returned. They demanded that Saint Theophanes accept the heresy, but he firmly refused and was locked up in prison. His "Big Settlement" monastery was put to the torch. The holy confessor died in 818 after twenty-three days in prison.

After the death of the impious emperor Leo the Armenian, the "Big Settlement" monastery was restored and the relics of the holy confessor were transferred there.

### **Saint Patrick, Bishop of Armagh, Enlightener of Ireland**

Commemorated on March 17

Saint Patrick, the Enlightener of Ireland was born around 385, the son of Calpornius, a Roman decurion (an official responsible for collecting taxes). He lived in the village of Bannavem Taberniae, which may have been located at the mouth of the Severn River in Wales. The district was raided by pirates when Patrick was sixteen, and he was one of those taken captive. He was brought to Ireland and sold as a slave, and was put to work as a herder of swine on a mountain identified with Slemish in Co. Antrim. During his period of slavery, Patrick acquired a proficiency in the Irish language which was very useful to him in his later mission.

He prayed during his solitude on the mountain, and lived this way for six years. He had two visions. The first told him he would return to his home. The second told him his ship was ready. Setting off on foot, Patrick walked two hundred miles to the coast. There he succeeded in boarding a ship, and returned to his parents in Britain.

Some time later, he went to Gaul and studied for the

