

أهلاً بكم!

نرحب بجميع زوّارنا 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 سجلّ الزوّار واستكمال بطاقة معلومات الزوّار البيضاء والتي توجد في صحن الكنيسة، وإعادتها إلى أحد مرشدي الكنيسة. وكتكبير وديّ، يُسمح فقط للمسيحيين الأرثوذكس الذين أعدّوا 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 Musa and Basma Shamma and Nuhaila Wazen**. Please pray for the spiritual and physical well-being of Musa, Basma, Abraham, Geisel and Yousef Shamma, also Nuhaila, George, Sahar and Samer Wazen and their families. **Also being offered in loving memory of** Michael, George, Antoun, Mary, Yousef and Munira Shamma. Mufaddy, Nura, Bassam, and Farhan Musharbash and Edward Wazen. **May their memory be eternal.**
- **Please pray for all the sick** and suffering, hospitalized and shut-ins of our community, especially Janet Saba, Salwa Makhlouf, 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.

*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

MAY 24, 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 NEW 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

# **SUNDAY OF THE AFTER-FEAST OF THE ASCENSION**

## **COMMEMORATION OF THE HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL**

*VENERABLE STYLITES SIMEON THE YOUNGER OF THE MOUNTAIN OF WONDERS AND NIKITAS OF PEREYASLAVL-ZALESSKI;  
MARTYR MELETIOS THE GENERAL OF GALATIA;  
VENERABLE VINCENT OF LERINS*

**TONE 6/ EOTHINON 10**

### **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 الأسقام ويظهر البرص، لذلك يُفيض الأشفية بمكرميهِ دائماً"

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

On May 24 in the Holy Orthodox Church, we commemorate the Venerable Stylites Simeon the Younger of the Mountain of Wonders and Nikitas of Pereyaslavl-Zaleski; Martyr Meletios the General of Galatia; and Venerable Vincent of Lerins.

On this day, the seventh Sunday of Pascha, we celebrate the first Ecumenical Council of the 318 God-bearing Fathers, which took place in Nicaea in Bithynia.

Arius, the notorious heretic, began to blaspheme against God and His Son the Word, saying that the latter was not God consubstantial with the Father, but that He was created as a stranger to the Substance of the Father and His glory. Alexander, the Archbishop of Alexandria, tried to constrain Arius from disturbing the faithful with this teaching; even though Alexander excommunicated him, Arius did not cease his blasphemy, which spread throughout the Church in all nations. Thus, Emperor Constantine the Great called the First Ecumenical Council, which gathered bishops and teachers in the Church from all lands. They all proclaimed, as by one mouth, the equality of the Son of God with the Father in Substance, thus laying down the noble Confession of Faith, *The Creed*,

his monastic obedience, taming his pride, and training him in humility.

Once, a monk did not heed his advice and left the monastery. He was set upon by brigands, who threatened him with death and forced him to offer sacrifice to the pagan gods. Filled with despair, the monk returned to the monastery. Saint Pachomius ordered him to pray intensely night and day, keep a strict fast and live in complete solitude. The monk followed his advice, and this saved his soul from despair.

The saint taught his spiritual children to avoid judging others, and he himself feared to judge anyone even in thought.

Saint Pachomius cared for the sick monks with special love. He visited them, he cheered the disheartened, he urged them to be thankful to God, and put their hope in His holy will. He relaxed the fasting rule for the sick, if this would help them recover their health. Once, in the saint's absence, the cook did not prepare any cooked food for the monks, assuming that the brethren loved to fast. Instead of fulfilling his obedience, the cook plaited 500 mats, something which Saint Pachomius had not told him to do. In punishment for his disobedience, all the mats prepared by the cook were burned.

Saint Pachomius always taught the monks to rely only upon God's help and mercy. It happened that there was a shortage of grain at the monastery. The saint spent the whole night in prayer, and in the morning a large quantity of bread was sent to the monastery from the city, at no charge. The Lord granted Saint Pachomius the gift of wonderworking and healing the sick.

The Lord revealed to him the future of monasticism. The saint learned that future monks would not have such zeal in their struggles as the first generation had, and they would not have experienced guides. Prostrating himself upon the ground, Saint Pachomius wept bitterly, calling out to the Lord and imploring mercy for them. He heard a Voice answer, "Pachomius, be mindful of the mercy of God. The monks of the future shall receive a reward, since they too shall have occasion to suffer the life burdensome for the monk."

Toward the end of his life Saint Pachomius fell ill from a pestilence that afflicted the region. His closest disciple, Saint Theodore (May 17), tended to him with filial love. Saint Pachomius died around the year 348 at the age of fifty-three, and was buried on a hill near the monastery.

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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.

strict ascetic life. Realizing the need for spiritual guidance, he turned to the desert-dweller Palamon. He was accepted by the Elder, and he began to follow the example of his instructor in monastic struggles.

Once, after ten years of asceticism, Saint Pachomius made his way through the desert, and halted at the ruins of the former village of Tabennisi. Here he heard a Voice ordering him to start a monastery at this place. Pachomius told the Elder Palamon of this, and they both regarded the words as a command from God.

They went to Tabennisi and built a small monastic cell. The holy Elder Palamon blessed the foundations of the monastery and predicted its future glory. But soon Palamon departed to the Lord. An angel of God then appeared to Saint Pachomius in the form of a schemamonk and gave him a Rule of monastic life. Soon his older brother John came and settled there with him.

Saint Pachomius endured many temptations and assaults from the Enemy of the race of man, but he resisted all temptations by his prayer and endurance.

Gradually, followers began to gather around Saint Pachomius. Their teacher impressed everyone by his love for work, which enabled him to accomplish all kinds of monastic tasks. He cultivated a garden, he conversed with those seeking guidance, and he tended to the sick.

Saint Pachomius introduced a monastic Rule of cenobitic life, giving everyone the same food and attire. The monks of the monastery fulfilled the obediences assigned them for the common good of the monastery. Among the various obediences was copying books. The monks were not allowed to possess their own money nor to accept anything from their relatives. Saint Pachomius considered that an obedience fulfilled with zeal was greater than fasting or prayer. He also demanded from the monks an exact observance of the monastic Rule, and he chastized slackers.

His sister Maria came to see Saint Pachomius, but the strict ascetic refused to see her. Through the gate keeper, he blessed her to enter upon the path of monastic life, promising his help with this. Maria wept, but did as her brother had ordered. The Tabennisi monks built her a hut on the opposite side of the River Nile. Nuns also began to gather around Maria. Soon a women's monastery was formed with a strict monastic Rule provided by Saint Pachomius.

The number of monks at the monastery grew quickly, and it became necessary to build seven more monasteries in the vicinity. The number of monks reached 7,000, all under the guidance of Saint Pachomius, who visited all the monasteries and administered them. At the same time Saint Pachomius remained a deeply humble monk, who was always ready to comply with and accept the words of each brother.

Severe and strict towards himself, Saint Pachomius had great kindness and condescension toward the deficiencies of spiritually immature monks. One of the monks was eager for martyrdom, but Saint Pachomius turned him from this desire and instructed him to fulfill

*which we Orthodox Christians recite to this day. The Church regards these divine Fathers as preachers of the Faith next to the holy Apostles.*

By the intercessions of the 318 God-bearing Fathers, O Christ God, have mercy on us. Amen.

### **THE EPISTLE**

**Priest: Let us attend.**

**Reader: Blessed art Thou, O Lord, the God of our Fathers.**

**For Thou art just in all Thou hast done to us**

**The Reading from the Acts of the Apostles. (20:16-18, 28-36)**

In those days, Paul was determined to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening, if possible, to be at Jerusalem on the Day of Pentecost. And from Miletus he sent to Ephesus and called to him the priests of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you bishops, to shepherd the church of the Lord and God, which He purchased with His own blood. For I know that after my departure ravenous wolves will enter among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore, remain watchful, remembering that for three years I did not cease to admonish every one, night and day with tears. And now, brethren, I commend you to God and to the word of His grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by such laboring we ought to help the weak, and to remember the words of the Lord Jesus, how He Himself said: 'It is more blessed to give than to receive.'" And when he had spoken thus, he knelt down on his knees with them all, and prayed.

مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا.

فَإِنَّكَ عَدَلٌ فِي كُلِّ مَا صَنَعْتَ بِنَا.

فَصَلِّ مِنْ أَعْمَالِ الرُّسُلِ الْقِدِّيسِينَ الْأَطْهَارِ.

(20: 16-18, 28-36)

فِي تِلْكَ الْأَيَّامِ، ارْتَأَى بُولُسُ أَنْ يَتَجَاوَرَ أَفْسَسَ فِي الْبَحْرِ لِنَلَّا يَعْريصَ لَهُ أَنْ يُبْطِئَ فِي آسِيَةِ. لِأَنَّهُ

كَانَ يَعْجَلُ حَتَّى يَكُونَ فِي أورشَلِيمَ يَوْمَ الْعَنْصَرَةِ إِنْ أَمْكَنَهُ. فَمِنْ مِيلْيُشَسَ بَعَثَ إِلَى أَفْسَسَ، فَاسْتَدْعَى

قُسُوسَ الْكَنِيسَةِ. فَلَمَّا وَصَلُوا إِلَيْهِ قَالَ لَهُمْ: اخْذَرُوا لِأَنْفُسِكُمْ وَلِجَمِيعِ الرِّعِيَةِ الَّتِي أَقَامَكُمُ الرُّوحُ الْقُدُّسُ فِيهَا

أَسَاقِفَةً، لِتَرْعَوْا كَنِيسَةَ اللَّهِ الَّتِي أَفْتَنَّاها بِدَمِهِ فَإِنِّي أَعْلَمُ هَذَا، أَنَّهُ سَيَدْخُلُ بَيْنَكُمْ بَعْدَ ذَهَابِي ذُبَابٌ خَاطِفَةٌ لَا

تُشْفِقُ عَلَى الرِّعِيَةِ وَمِنْكُمْ أَنْفُسُكُمْ سَيَقُومُ رِجَالٌ يَتَكَلَّمُونَ بِأُمُورٍ مُلْتَوِيَةٍ لِيَجْتَذِبُوا التَّلَامِيذَ وَرَاءَهُمْ لِذَلِكَ

اسْهَرُوا، مُتَذَكِّرِينَ أَنِّي مُدَّةَ ثَلَاثِ سِنِينَ لَمْ أَكْفُفْ لَيْلًا وَنَهَارًا أَنْ أَنْصَحَ كُلَّ وَاحِدٍ بِدَمُوعٍ. وَالْآنَ أَسْتَوْدِعُكُمْ،

يَا إِخْوَتِي، اللَّهُ وَكَلِمَةُ نِعْمَتِهِ الْقَادِرَةُ أَنْ تَبْنِيَكُمْ وَتَمْنَحَكُمْ مِيرَاثًا مَعَ جَمِيعِ الْقِدِّيسِينَ. إِنِّي لَمْ أَشْتَهَ فِضَّةً أَوْ

ذَهَبَ أَوْ لِبَاسَ أَحَدٍ. وَأَنْتُمْ تَعْلَمُونَ أَنَّ حَاجَاتِي وَحَاجَاتِ الَّذِينَ مَعِيَ خَدَمَتْهَا هَاتَانِ الْيَدَانِ. فِي كُلِّ شَيْءٍ بَيَّنْتُ لَكُمْ أَنَّهُ هَكَذَا يَنْبَغِي أَنْ نَتَعَبَ لِشُعَاعِدِ الضُّعْفَاءِ، وَأَنْ نَتَذَكَّرَ كَلَامَ الرَّبِّ يَسُوعَ. فَإِنَّهُ قَالَ: إِنَّ الْعَطَاءَ هُوَ مَعْبُوطٌ أَكْثَرَ مِنَ الْأَخْذِ. وَلَمَّا قَالَ هَذَا، جَنَّا عَلَى رُكْبَتَيْهِ مَعَ جَمِيعِهِمْ وَصَلَّى.

### GOSPEL

#### The Reading from the Holy Gospel according to St. John. (17:1-13)

At that time, Jesus lifted up His eyes to heaven and said, "Father, the hour has come; glorify Thy Son that the Son may glorify Thee, since Thou hast given Him power over all flesh, to give eternal life to all whom Thou hast given Him. And this is eternal life, that they know Thee the only true God, and Jesus Christ Whom Thou hast sent. I glorified Thee on earth, having accomplished the work which Thou gavest Me to do; and now, Father, glorify Thou Me in Thy own presence with the glory which I had with Thee before the world was made. I have manifested Thy Name to the men whom Thou gavest Me out of the world; Thine they were, and Thou gavest them to Me, and they have kept Thy word. Now they know that everything that Thou hast given Me is from Thee; for I have given them the words which Thou gavest Me, and they have received them and know in truth that I came from Thee; and they have believed that Thou didst send Me. I am praying for them; I am not praying for the world but for those whom Thou hast given Me, for they are Thine; all Mine are Thine, and Thine are Mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to Thee. Holy Father, keep them in Thy Name, which Thou hast given Me, that they may be one, even as We are one. While I was with them, I kept them in Thy Name, which Thou have given Me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to Thee; and these things I speak in the world, that they may have My joy fulfilled in themselves."

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ. (13-1:17)

فِي ذَلِكَ الزَّمَانِ، رَفَعَ يَسُوعُ عَيْنَيْهِ إِلَى السَّمَاءِ وَقَالَ: يَا أَبَتِ قَدْ أَتَتْ السَّاعَةُ، مَجِّدِ ابْنَكَ لِئِمَجِّدَكَ

ابْنَكَ أَيْضًا. كَمَا أَعْطَيْتَهُ سُلْطَانًا عَلَى كُلِّ بَشَرٍ لِيُعْطِيَ كُلَّ مَنْ أَعْطَيْتَهُ لَهُ حَيَاةً أَبَدِيَّةً. وَهَذِهِ هِيَ الْحَيَاةُ

الْأَبَدِيَّةُ، أَنْ يَعْرِفُوكَ أَنْتَ الْإِلَهَ الْحَقِيقِيَّ وَحَدَّكَ، وَالَّذِي أَرْسَلْتَهُ يَسُوعَ الْمَسِيحَ. أَنَا قَدْ مَجَّدْتُكَ عَلَى الْأَرْضِ. قَدْ

أَتَمَمْتُ الْعَمَلَ الَّذِي أَعْطَيْتَنِي لِأَعْمَلُهُ. وَالْآنَ مَجِّدْنِي أَنْتَ يَا أَبَتِ عِنْدَكَ بِالْمَجْدِ الَّذِي كَانَ لِي عِنْدَكَ مِنْ قَبْلِ

كَوْنِ الْعَالَمِ. قَدْ أَعْلَنْتُ اسْمَكَ لِلنَّاسِ الَّذِينَ أَعْطَيْتَهُمْ لِي مِنَ الْعَالَمِ. هُمْ كَانُوا لَكَ، وَأَنْتَ أَعْطَيْتَهُمْ لِي، وَقَدْ

حَفِظُوا كَلَامَكَ. وَالْآنَ قَدْ عَلِمُوا أَنَّ كُلَّ مَا أَعْطَيْتَهُ لِي هُوَ مِنْكَ. لِأَنَّ الْكَلَامَ الَّذِي أَعْطَيْتَهُ لِي أَعْطَيْتَهُ لَهُمْ.

وَهُمْ قَبِلُوا وَعَلِمُوا حَقًّا أَنِّي مِنْكَ خَرَجْتُ، وَأَمَنُوا أَنَّكَ أَرْسَلْتَنِي. أَنَا مِنْ أَجْلِهِمْ أَسْأَلُ. لَا أَسْأَلُ مِنْ أَجْلِ الْعَالَمِ،

بَلْ مِنْ أَجْلِ الَّذِينَ أَعْطَيْتَهُمْ لِي، لِأَنَّهُمْ لَكَ. كُلُّ شَيْءٍ لِي هُوَ لَكَ، وَكُلُّ شَيْءٍ لَكَ هُوَ لِي، وَأَنَا قَدْ مَجَّدْتُ

فِيهِمْ. وَلَسْتُ أَنَا بَعْدُ فِي الْعَالَمِ، وَهَوْلَاءِ هُمْ فِي الْعَالَمِ، وَأَنَا آتِي إِلَيْكَ. أَيُّهَا الْآبُ الْقُدُّوسُ احْفَظْهُمْ بِاسْمِكَ،

الَّذِينَ أَعْطَيْتَهُمْ لِي، لِيَكُونُوا وَاحِدًا كَمَا نَحْنُ. حِينَ كُنْتُ مَعَهُمْ فِي الْعَالَمِ، كُنْتُ احْفَظُهُمْ بِاسْمِكَ. إِنَّ الَّذِينَ أَعْطَيْتَهُمْ لِي قَدْ حَفِظْتَهُمْ، وَلَمْ يَهْلِكْ مِنْهُمْ أَحَدٌ إِلَّا ابْنُ الْهَلَاكِ، لِئِيْتَمَّ الْكِتَابُ. أَمَّا الْآنَ فَإِنِّي آتِي إِلَيْكَ. وَأَنَا أَتَكَلَّمُ بِهَذَا فِي الْعَالَمِ لِيَكُونَ فَرْحِي كَامِلًا فِيهِمْ.

### KONTAKION OF THE ASCENSION IN TONE SIX

When Thou didst fulfill Thy dispensation for our sakes, uniting the terrestrials with the celestials, Thou didst ascend in glory, O Christ our God, inseparable in space, but constant without separation, and crying unto Thy beloved: I am with you, and no one shall be against you.

القنْدَاقُ لِلصُّعُودِ بِاللَّحْنِ السَّادِسِ

لَمَّا اكْمَلْتَ التَّدْبِيرَ الَّذِي مِنْ أَجْلِنَا، وَجَعَلْتَ الَّذِينَ عَلَى الْأَرْضِ مُتَّحِدِينَ بِالسَّمَاوِيِّينَ، صَعِدْتَ بِمَجْدٍ أَيُّهَا الْمَسِيحُ إِلَهُنَا، غَيْرَ مُنْفَصِلٍ مِنْ مَكَانٍ، بَلْ ثَابِتًا بَعِيرٍ افْتِرَاقٍ وَهَاتِفًا بِأَحْبَابِنَا: أَنَا مَعَكُمْ، وَلَيْسَ أَحَدٌ عَلَيكُمْ.

## Venerable Pachomius the Great, Founder of Coenobitic Monasticism

Commemorated on May 15

Saint Pachomius the Great was both a model of desert dwelling, and with Saints Anthony the Great (January 17), Macarius the Great (January 19), and Euthymius the Great (January 20), a founder of the cenobitic monastic life in Egypt.

Saint Pachomius was born in the third century in the Thebaid (Upper Egypt). His parents were pagans who gave him an excellent secular education. From his youth he had a good character, and he was prudent and sensible.

When Pachomius reached the age of twenty, he was called up to serve in the army of the emperor Constantine (apparently, in the year 315). They put the new conscripts in a city prison guarded by soldiers. The local Christians fed the soldiers and took care of them.

When the young man learned that these people acted this way because of their love for God, fulfilling His commandment to love their neighbor, this made a deep impression upon his pure soul. Pachomius vowed to become a Christian. Pachomius returned from the army after the victory, received holy Baptism, moved to the lonely settlement of Shenesit, and began to lead a

