

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 Michel and Rima Nasr.** Please pray for the spiritual and physical well-being of Samaa Nasr, Roene Michel Nasr, Sonia Nasr, Michel Nasr and family, Zafer Nasr and family. **Also being offered in loving memory of** all the departed members from Jana Nasr's Family, Samaa Nasr's family, Rafic Nasr's family, Kawrhar, Hoda and Christina **May their memory be eternal.**
- **Please pray for all the sick** and suffering, hospitalized and shut-ins of our community, especially Janet Saba, Salwa Makhoulf, 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

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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

JULY 5, 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

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FR. MICHAEL-973-641-8463

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

VENERABLE ATHANASIOS OF ATHOS & FIFTH SUNDAY OF MATTHEW

*VENERABLE LAMPADOS OF IRENOUPOLIS; HIEROMARTYR
CYPRIAN OF MOUNT ATHOS*

TONE 4/ 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 الأسقام ويطهر البرص، لذلك يُفيض الأشفية بمكرميهِ دائماً"

THE SYNAXARION (Plain Reading)

On July 5 in the Holy Orthodox Church, we commemorate our Venerable and God-bearing Father Athanasios of Athos, and his six disciples who died with him.

Born in Trebizond of God-fearing parents, he was early left destitute, but, by the providence of God, a high-ranking army officer took him to Constantinople and educated him there. Finishing his schooling, Athanasios eventually moved to the Holy Mountain to live in silence and strict asceticism. Many, desirous of the ascetic life, began to gather round him and he was constrained to build the famous Lavra. The Byzantine Emperors gave him generous help in this. Manifold temptations came upon Athanasios, from demons and from men, but he, as a valiant soldier of Christ, resisted and overcame them all by his immense humility and unceasing prayer to the living God. Filled with the grace of God, he was found worthy to behold the most holy Mother of God, who miraculously brought forth water from a rock. Death came to him suddenly in 1003. He, together with six of his monks, had climbed up onto a newly-constructed part of the church to inspect a wall that was in building when the wall fell in and buried them all. Athanasios appeared a number of times to his brethren after his death, to console or rebuke them.

On this day, we also commemorate Venerable Lampados of Irenoupolis; and Venerable hieromartyr Cyprian of Mount Athos. By the intercessions of Thy Saints, O Christ our God, have mercy upon us. Amen.

George and John.

When the boys were grown, Saint Stephen and his family were forced to flee to Italy for their safety. At that time the Turks invaded Albania and began to slaughter men, women, and even children.

Saint Stephen died in 1468, leaving Angelina a widow. In her distress, she turned to the ruler of Hungary for help. He gave them the town of Kupinovo in Sirmie.

Saint Angelina left Italy with her sons in 1486, stopping in Serbia to bury Saint Stephen's incorrupt body in his native land.

The children of these pious parents also became saints. George gave up his claim to the throne in favor of his brother John, then entered a monastery and received the name Maximus.

John was married, but had no sons. He died in 1503 at a young age, and many miracles took place before his holy relics.

Saint Angelina survived her husband and both of her sons. Mindful of her soul's salvation, she entered a women's monastery. She departed to the Lord in peace, and her body was buried in the same tomb as her sons in the monastery of Krushedol in Frushka Gora.

Saint Angelina is also commemorated on December 10 with her husband Saint Stephen and her son Saint John.

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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 زوّارنا 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 أوّل 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 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 القدّاس لاستلام الخبز المقدس المبارك. ونحن نتطلع للقائكم والترحيب بكم شخصياً في كنيسة مار إلياس. يرجى توجيه الأسئلة إلى الأب مايكل مباشرةً.

But what the hatred of the pagans and the ferocity of the Roman authorities could not do, was accomplished by black envy, one of the strongest passions of sinful human nature. An older physician, an instructor, under whom the holy brothers had studied the art of medicine, became envious of their fame. Driven to madness by malice, and overcome by passionate envy, he summoned the two brothers, formerly his most beloved students, proposing that they should all go together in order to gather various medicinal herbs. Going far into the mountains, he murdered them and threw their bodies into a river.

Thus these holy brothers, the Unmercenary Physicians Cosmas and Damian, ended their earthly journey as martyrs. Although they had devoted their lives to the Christian service of their neighbors, and had escaped the Roman sword and prison, they were treacherously murdered by their teacher.

The Lord glorifies those who are pleasing to God. Now, through the prayers of the holy martyrs Cosmas and Damian, God grants healing to all who with faith have recourse to their heavenly intercession.

The Unmercenary Saints Cosmas and Damian of Rome should not be confused with the Unmercenary Saints Cosmas and Damian of Asia Minor (November 1), or the Unmercenary Saints Cosmas and Damian of Arabia (October 17).

Part of the skulls of Saints Cosmas and Damian are located in the sacred Pantokrator Monastery on Mount Athos. Pieces of the Holy Relics of Saints Cosmas and Damian may be found in the Roman Catholic Church of the Holy Unmercenaries in Rome.

## Saint Angelina of Serbia

Commemorated on July 1

Saint Angelina was the daughter of Prince George Skenderbeg of Albania. Her mother's name is not known, but she raised her daughter in Christian piety and taught her to love God.

Saint Stephen Brancovich (October 9 and December 10), the ruler of Serbia, had come to Albania to escape those who wished to kill him. Some time before he arrived in Albania, Saint Stephen was unjustly blinded by the Turkish Sultan for some perceived offense. Since he was innocent, he bore his affliction with courage.

Saint Stephen was not only Prince George's guest, but he was also treated as a member of his family. Not surprisingly, Stephen and Angelina eventually fell in love. With her parents' blessing, they were married in church. After a few years, they were blessed with two sons:



## THE EPISTLE

**Priest:** Let us attend.

**Reader:** *The saints shall boast in glory,  
and they shall rejoice upon their beds.  
Sing unto the Lord a new song;  
His praise is in the church of the saints*

**Reader:** The Reading from the Epistle of St. Paul to the Galatians. (5:22-6:2)

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provocation of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

لِيَبْتَهِجِ الْاَتَقِيَاءُ بِمَجْدٍ، لِيَرْتَمُوا عَلَى مَضَاجِعِهِمْ.

غَنَّا لِلرَّبِّ تَرْنِيمَةً جَدِيدَةً، تَسْبِيحَتُهُ فِي جَمَاعَةِ الْاَتَقِيَاءِ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِّيسِ بُولُسَ الرُّسُولِ إِلَى أَهْلِ غَلَاطِيَّةِ. (2:6-22:5)

يَا إِخْوَةُ، أَمَّا ثَمَرُ الرُّوحِ فَهُوَ الْمَحَبَّةُ وَالْفَرَحُ وَالسَّلَامُ وَطَوْلُ الْاَنَاءَةِ وَاللُّطْفُ وَالصَّلَاحُ وَالْإِيمَانُ

وَالْوَدَاعَةُ وَالْعَفَافُ، وَهَذِهِ لَيْسَ نَامُوسٌ ضَدُّهَا. وَالَّذِينَ هُمْ لِلْمَسِيحِ، صَلَبُوا أَجْسَادَهُمْ بِكُلِّ مَا فِيهَا مِنْ أَهْوَاءٍ

وَشَهَوَاتٍ. فَإِنْ كُنَّا نَعِيشُ بِالرُّوحِ، فَلْنَسْلُكْ بِالرُّوحِ أَيْضًا، وَلَا نَكُنْ دَوِي عُجْبٍ وَلَا نُغَاضِبُ، وَلَا نَحْسُدُ بَعْضُنَا

بَعْضًا. أَيُّهَا الْإِخْوَةُ، إِذَا أُخِذَ أَحَدٌ فِي زَلَّةٍ فَأَصْلِحُوهُ أَنْتُمْ الرُّوحِيِّينَ بِرُوحِ الْوَدَاعَةِ، وَتَبَصَّرْ أَنْتَ لِنَفْسِكَ لِيَلَّا

نُجْرَبَ أَنْتَ أَيْضًا. إِحْمِلُوا بَعْضُكُمْ أَثْقَالَ بَعْضٍ وَهَكَذَا أَتَمُّوا نَامُوسَ الْمَسِيحِ.

## GOSPEL

**Priest:** The Reading from the Holy Gospel according to St. Matthew. (8:28-9:1)

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If Thou castest us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِّيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ. (1:9-28:8)

فِي ذَلِكَ الزَّمَانِ، لَمَّا أَتَى يَسُوعُ إِلَى كُورَةِ الْجَرْجِسِيِّينَ اسْتَقْبَلَهُ مَجْنُونَانِ خَارِجَانِ مِنَ الْقُبُورِ، شَرِسَانِ

جِدًّا، حَتَّى إِنَّهُ لَمْ يَكُنْ أَحَدٌ يَقْدِرُ أَنْ يَجْتَازَ مِنْ تِلْكَ الطَّرِيقِ. فَصَاحَا قَائِلَيْنِ: "مَا لَنَا وَلَكَ يَا يَسُوعُ ابْنُ اللَّهِ؟"

أَجِئْتُ إِلَى هَهُنَا قَبْلَ الزَّمَانِ لَتُعَذِّبَنَا؟" وَكَانَ بَعِيداً مِنْهُمْ قَطِيعُ خَنَازِيرَ كَثِيرَةٍ تَرعى. فَأَخَذَ الشَّيَاطِينُ يَطْلُبُونَ إِلَيْهِ قَائِلِينَ: "إِنْ كُنْتَ تُخْرِجُنَا، فَأَتَدْنُ لَنَا أَنْ نَذْهَبَ إِلَى قَطِيعِ الْخَنَازِيرِ." فَقَالَ لَهُمْ: "اذهَبُوا." فَخَرَجُوا وَذَهَبُوا إِلَى قَطِيعِ الْخَنَازِيرِ. فَإِذَا بِالْقَطِيعِ كُلِّهِ قَدْ وَثَبَ عَنِ الْجُرْفِ إِلَى الْبَحْرِ وَمَاتَ فِي الْمِيَاهِ. أَمَّا الرَّعَاءُ فَهَرَبُوا وَمَضَوْا إِلَى الْمَدِينَةِ، وَأَخْبَرُوا بِكُلِّ شَيْءٍ وَبِأَمْرِ الْمَجْنُونَيْنِ. فَخَرَجَتِ الْمَدِينَةُ كُلُّهَا لِلِقَاءِ يَسُوعَ. وَلَمَّا رَأَوْهُ، طَلَبُوا إِلَيْهِ أَنْ يَتَحَوَّلَ عَنْ ثُخُومِهِمْ. فَدَخَلَ السَّفِينَةَ وَاجْتَارَ وَأَتَى إِلَى مَدِينَتِهِ.

### **ORDINARY KONTAKION IN TONE TWO**

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

قِنْدَاقٌ بِاللَّحْنِ الثَّانِي

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تُعْرِضِي عَنْ أَصَوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكُنَا بِالْمَعُونَةِ بِمَا أَنتَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بِإِدْرِي إِلَى الشِّفَاعَةِ وَأُسْرِعِي فِي الطَّلِبَةِ، يَا وَالِدَةَ الْإِلَهِ، الْمُتَشَفِّعَةَ دَائِمًا بِمُكْرَمِيكِ.

## **Hieromartyr Lampados of Irenopolis**

Commemorated on July 5

Saint Lampados was from Irenopolis in Isauria and lived during the tenth century. While he was still in the world, he shone with the Christian virtues. He was distinguished for his wisdom, his exceeding goodness, controlling his tongue, his patience, his forbearance, his gentleness, and for his great love for the poor and the suffering.

Later he struggled in asceticism, and he was one of those ascetics who, by their holy life and the reputation of their virtue, are also profitable for the world. Many who came to his hermitage were led by Saint Lampados to the appropriate spiritual balsam, and they recovered their moral health, which the passions and the pleasures of the flesh had destroyed.

This monastic saint performed many miracles during his lifetime and after his repose.

## **Holy Wonderworking Unmercenary Physicians Cosmas and Damian at Rome**

Commemorated on July 1

The Holy Martyrs, Wonderworkers and Unmercenary Physicians Cosmas and Damian were born at Rome, brothers by birth, and physicians by profession. They suffered at Rome in the reign of the emperor Carinus (283-284). Brought up by their parents in the rules of piety, they led strict and chaste lives, and they were granted by God the gift of healing the sick. By their generosity and exceptional kindness to all, the brothers converted many to Christ. The brothers told the sick, "It is not by our own power that we treat you, but by the power of Christ, the true God. Believe in Him and be healed." Since they accepted no payment for their treatment of the infirm, the holy brothers were called "unmercenary physicians."



Their life of active service and their great spiritual influence on the people around them led many into the Church, attracting the attention of the Roman authorities. Soldiers were sent after the brothers. Hearing about this, local Christians convinced Saints Cosmas and Damian to hide for a while until they could help them escape. Unable to find the brothers, the soldiers arrested instead other Christians of the area where the saints lived. Saints Cosmas and Damian then came out of hiding and surrendered to the soldiers, asking them to release those who had been arrested because of them.

At Rome, the saints were imprisoned and put on trial. Before the Roman emperor and the judge they openly professed their faith in Christ God, Who had come into the world to save mankind and redeem the world from sin, and they resolutely refused to offer sacrifice to the pagan gods. They said, "We have done evil to no one, we are not involved with the magic or sorcery of which you accuse us. We treat the infirm by the power of our Lord and Savior Jesus Christ and we take no payment for rendering aid to the sick, because our Lord commanded His disciples, 'Freely have you received, freely give' (Mt. 10: 8)."

The emperor, however, continued with his demands. Through the prayer of the holy brothers, imbued with the power of grace, God suddenly struck Carinus blind, so that he too might experience the almighty power of the Lord, Who does not forgive blasphemy against the Holy Spirit (Mt. 12:31). The people, beholding the miracle, cried out, "Great is the Christian God! There is no other God but Him!" Many of those who believed besought the holy brothers to heal the emperor, and he himself implored the saints, promising to convert to the true God, Christ the Savior, so the saints healed him. After this, Saints Cosmas and Damian were honorably set free, and once again they set about treating the sick.