

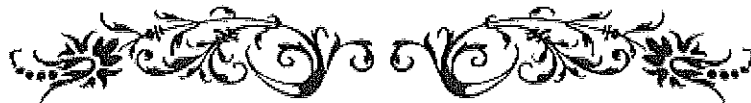


Sunday, January 8, 2017

Sunday After the Theophany of Christ

Tone 4

Eothinon 7



APOLYTIKION OF THE THEOPHANY OF CHRIST IN TONE ONE

When Thou, O Lord, wast baptized in the Jordan, worship of the Trinity wast made manifest; for the voice of the Father bore witness to Thee, calling Thee His beloved Son. And the Spirit in the form of a dove confirmed the truth of His word. O Christ our God, Who hath appeared and enlightened the world, glory to Thee.

THE EPISTLE

Let Thy mercy, O Lord, be upon us. Rejoice in the Lord, O ye righteous.

The Reading from the Epistle of St. Paul to the Ephesians (4: 7-13)

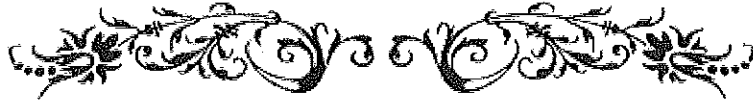
Brethren, grace was given to each of us according to the measure of Christ's gift. Therefore it is said, "When He ascended on high He led a host of captives, and He gave gifts to men." (In saying, "He ascended," what does it mean but that He had also descended into the lower parts of the earth? He who descended is He who also ascended far above all the heavens, that He might fill all things.) And His gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.



الأحد الواقع بعد عيد الظهور الإلهي

الإيوثينا السابعة

اللحن الرابع



طروبارية عيد الظهور الإلهي باللحن الأول

باعتادك يارب في نهر الأردن ظهرت السجدة للثالوث لأن صوت الآب تقدم لك بالشهادة مسمياً إياك ابناً محبوباً و الروح هيئة حماسة يؤيد حقيقة الكلمة فيا من ظهرت و أنرت العالم أيها المسيح الإله المجد لك .

الرسالة

لتكن يا ربّ رحمتك علينا، ابتهجوا أيّها الصديقون بالرب

فصل من رسالة القديس بولس الرسول إلى أهل أفسس. (4: 7-13)

يا إخوة لكل واحد منا أعطيت النعمة على مقدار موهبة المسيح. فلذلك يقول: لما صعد إلى العلى سبي سبياً وأعطى الناس عطايا. فكونه صعد، هل هو إلا أنه نزل أولاً إلى أسافل الأرض؟ فذاك الذي نزل هو الذي صعد أيضاً فوق السماوات كلها ليملاً كل شيء، وهو قد أعطى أن يكون البعض رسلاً والبعض أنبياءً والبعض مبشرين والبعض رعاة ومعلمين لأجل تكميل القديسين ولعمل الخدمة وبنيان جسد المسيح إلى أن ننتهي جميعنا إلى وحدة الإيمان ومعرفة ابن الله، إلى إنسان كامل، إلى مقدار قامة ملء المسيح.

The Holy Gospel
The Reading from the Holy Gospel according to St.
Matthew. (4: 12-17)

At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulon and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: “The land of Zebulon and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.” From that time Jesus began to preach, saying, “Repent, for the kingdom of Heaven is at hand.”

Glory to Thee, O Lord, Glory to Thee!

الإنجيلُ المقدّسُ

فصلٌ شريفٌ من بشارَةِ القديسِ متى البشيرِ والتلميذِ الطاهرِ

(4: 12 – 17)

في ذلك الزمان لما سمع يسوع أن يوحنا قد أُسلم، انصرف إلى الجليل وترك الناصرة وجاء فسكن في كفرناحوم التي على شاطئ البحر في تُخوم زبولون وفتاليم ليتمّ ما قيل يا شعبياء النبي القائل: أرض زبولون وأرض نفتاليم، طريق البحر، عبر الأردن، جليل الأمم. الشعب الجالس في الظلمة أبصر نورا عظيما والجالسون في بقعة الموت وظلاله أشرق عليهم نور. ومنذئذ ابتداء يسوع يكرز ويقول: توبوا فقد اقترب ملكوت السماوات.

المجد لك يا ربّ المجد لك!

Announcements

Updating your info in the system

As we prepare for our 2017 House blessings, we seek your cooperation to make things more organized for us by:

1. Contacting the Church in case you have changed your address or phone No.
2. Emailing the Church at info@steliascathedral.com so that we add your email address to your family info and be able to contact you via Email.
3. If you are a new comer & have not yet registered your name on our parish list, please do so by phone or email.

Fellowship of St. John the Divine

Next Meeting: Tuesday January 10th at 7.30 pm. Everyone is welcome.

Prayer Week for the Unity of Churches

Everyone is invited to 2 events during the Prayer week for the unity of Churches:

1. A Concert held at St. Paul Syriac Catholic Church, on Saturday January 21st at 7.30 pm (344 CYR AVE, OTTAWA, ON. K1L 7P1)
2. A prayer held at the Greek Church of the Dormition of the Theotokos, on Sunday January 22nd at 7 pm (1315 Prince of Wales Dr.)

(Our Pastor V. Rev. Fr. Ghattas will be speaking in both events)

BIBLE BOWL COMPETITION - Parish Life Conference - PLC (St. Elias Cathedral, Ottawa)

This year's PLC will be held right here at our own St. Elias Cathedral from June 29th - July 2nd, 2017! This conference, as with every other conference, will hold a Bible Bowl Competition whose purpose is to engage and educate our children about various scriptures from the Bible. The focus of this year's competition will be the "Gospel of Mark". In preparation for this event, we are actively seeking participants for the following three categories:

Pre-Teen Team: ages 10-12 (*new!*)

Junior Team* : ages 13-19

Senior Team : all ages

*Please recognize that preparation for this event is a significant effort on the part of the student. Should our "Junior Team" win at this year's Bible Bowl competition in Ottawa, a further committment is required to attend and compete at the Archdiocese level in Miami, FL (Wed July 26th) with other diocesean winners!

Training will begin February 4th, 2017 and will run every Saturday from 4 - 5:45pm in the Church School.

If you are interested to participate on one of these teams please contact Kelly Hamwi at mkhlovesgod@gmail.com before the end of January

Upcoming Services

Service	Date	Time
Twelfth Sunday of Luke		
Great Vespers	Saturday, January 14 th	6.00 pm
Great Matins	Sunday, January 15 th	8.45 am
Divine Liturgy		10.00 am

Memorials This Sunday, January 8th, 2017

† 3 Week Memorial Service for Rosette Haddad El Khoury who fell asleep in the Lord in Lebanon offered by her brother Elias Haddad and his family.

† 40 Day Memorial Service for Nicholas Abdelnour offered by his wife Wafaa Dabaghi, his children Rima, James and John, and his siblings Elias Abdelnour, Noha Abboud, Rashidi Mrad, Jacquelyn Laham (of Brasil), Nadia Hatoum and the children of his late sisters Margo Skaff and Akila Nakhle, and their families.

† 6 Month Memorial Service for Rasha Zureikat who fell asleep in the Lord in Amman, Jordan, offered by her daughter Shereen (Osama Ghawi) and her grandchildren Michel, Leila and Joelle.

Please join the families for a coffee hour.

† 15 year memorial service for Simon Nasrallah, offered by his wife Amira and his daughters Rola, Rania, & Reine, and his son Peter and their families, & his brothers Sami and Mounir Nasrallah.

May Their Memory be Eternal!

Memorials Next Sunday, January 15th, 2017

† 1 Year Memorial Service for Christopher Thomas offered by his mother Noelle, his sons Matthew and Nicholas and their mother Dana, his brothers David (Rose), Joseph (Diane), his nephews Joshua and Jacob, and his niece Rachel; Also to be Remembered in a 9 month Memorial Service his father George Thomas.

May Their Memory be Eternal!

Our Life in the Divine Liturgy

Have you ever wondered what does each part of the Divine Liturgy that you attend every Sunday mean? Reading this Commentary on the Divine Liturgy by Fr. Lev Gillet will help you. We will be publishing one part weekly.

Part 15: Thanksgiving

We enter now into the central prayer of the liturgy, into the great act of gratitude and offering of which the consecration of bread and wine constitutes the essential element. This is properly termed the "Eucharist," for eucharist means "thanksgiving."

“It is meet and right to hymn Thee, to bless Thee, to praise Thee...” he who sings, blesses and praises with a sincere heart assumes an inner attitude of thanksgiving. He is in a spiritual state that can be spoken of as “eucharistic.” He progresses in his life, singing with joy and confidence. He has abandoned himself to a happiness that envelops and surpasses him.

For what do we express our gratitude to God in the great prayer of thanksgiving? We thank Him “for all things.” We remember before Him everything He has done on our behalf. “From non-being Thou hast called us into being.” He has raised us up after the Fall. He bears us tirelessly into His coming Kingdom. We give thanks “for all the good things which we know and which we know not,” and for the abundant goodness which He pours out upon us each day in an infinite variety of ways.

But our thanksgiving becomes still more precise, immediate, and concrete: “We thank Thee also for this liturgy which Thou hast deigned to accept at our hands, Thou art surrounded by thousands of Archangels...” Worship more worthy than ours could be offered to God by the celestial powers alone. But God accepts what we offer to Him with our sinful hands. The Angels at this moment unite themselves to us, to sing the triumphal hymn: “Holy, Holy, Holy is the Lord,” the Lord of the angelic host (which is the meaning of Sabaoth). “Hosannah! Blessed is He who comes in the name of the Lord!”

“He who comes in the name of the Lord...” This is he who draws near to us in this solemn moment, He who is the supreme Gift which the Father offers to mankind. “Thou hast so loved the world as to give Thine only begotten Son, that whoever believes in Him should not perish but have everlasting life...” the key word of the liturgy and of the whole of God’s relation to mankind is spoken here: “thou hast so loved the world...” The whole existence of God, like the whole of human existence, is a mystery of love. At this very moment we are standing before that self-giving Love.

Now, by the words of the priest, the liturgy specifies the visible form by which that Gift of Love has been made manifest among us. The words of the Savior will be repeated: words He spoke “in the night in which He was betrayed, or rather gave Himself up for the life of the world.” Listen to these words once again: “Take, eat. This is my Body which is broken for you for the forgiveness of sins... Drink of it, all of you. This is my Blood of the New Covenant, which is poured out for you and for the multitude, for the forgiveness of sins.”

Each one of these words should be carefully considered within our heart. “Take”: this is something other than “receive.” It really amounts to a sacred boldness that allows us to draw near and with sinful hands, to “take.” What is it that we take? “My body... My Blood.” These words are Spirit and Life. We do not receive them as the expression of some sort of sacramental materialism. Nor do we find in them a purely “symbolic” expression, a metaphor or simple sign. We receive them rather as the self-realizing declaration of an invisible Presence – thoroughly real, living and active – of the Body and Blood of our Savior. This bread is a Body which is “broken”; this wine is Blood which is “shed.” Our liturgy, like the Lord’s Supper in the Upper Room, is an invitation to participate, as fully as we are able, in the immolation of our Lord’s Body and the outpouring of His Blood. We are called to offer ourselves, to allow ourselves to be broken, and our life to be “poured out.” For, as we stressed earlier, the Eucharist is a mystery of love; and we know from the Gospel that there is no greater love than to give our life for those we love.

“For you...” The Body of the Lord is broken for me. The Blood of the Lord is shed for me. To avoid weakening Christ’s declaration into some sort of general affirmation, it is well for us to perceive just how deeply personal it is, how much it concerns each one of us in particular. At this very moment the Savior is telling me that He has died *for me*, that He is truly the Paschal Lamb who takes upon Himself all of my sins. Do I sense the power and breadth of divine forgiveness? Do I experience myself as purified, cleansed by the Blood of the redeemer?

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General Manager

Joan Gullen
Founding Member

Ralph G. Tannis
Founding Member

December 2016

St Elias Antiochian Orthodox Church
700 Ridgewood Ave
Ottawa ON K1V 6N1

Dear Friends,

Thanks to you, over 16,000 area children will feel the warmth this winter! Your recent generous gift of \$180 will go toward purchasing and distributing cozy snowsuits to children whose families in our community struggle every day just to meet their basic needs.

So many families experiencing job loss, underemployment or other financial difficulties come to us for help every year. Their children are no different from yours or mine: they want to play in the snow with their friends; they want to stay well enough to go to school every day; and, they want to fit in with their peers. But if they do not even have appropriate outerwear to stay warm and dry, how will they achieve these modest dreams?

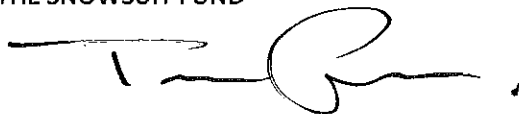
For 35 years, thanks to you and people just like you, The Snowsuit Fund has kept underprivileged kids warm during our long, chilly winters. On behalf of the Board of The Snowsuit Fund, and the families we serve, I would like to thank you for your kind gift.

For the four children who will benefit from your gift, you have provided a simple yet significant gesture of kindness that will make a positive difference in their lives. We are so grateful!

Thank you for Sharing Your Warmth With a Child.

Sincerely,

THE SNOWSUIT FUND



Taryn Gunnlaugson
Chair

PS: We would be delighted to arrange a tour of our facility for you. Please call our Depot at 613-746-5143 ext 201 or e-mail us at joanne.andrews@snowsuitfund.com. To stay in the loop about upcoming events, visit our website at www.snowsuitfund.com and sign up for our newsletter. Please follow us on Facebook and Twitter!

Share your Warmth With a Child
Soyez chaleureux envers un enfant



12/10/2016

Dear St. Elias Cathedral & Parishioners,

The staff, missionaries, and board members at the Orthodox Christian Mission Center thank you for your gift to OCMC. Please continue to lift up in prayer our Orthodox brothers and sisters around the world this Christmas season!

Volunteers are needed for a short-term mission team traveling to Albania March 10th – 20th. The team will host a youth and young adult conference that will focus on strengthening the Orthodox Faith of young Christians in Albania. OCMC long-term missionary, Deacon Stephanos Ritsi, will lead the team members. If you or someone you know has a love of youth work, this would be a great opportunity to serve the Church!

Healthcare professionals are needed for a team traveling to Guatemala March 17th – 26th. The team will provide healthcare and health education to the Mayan people of Aguacate. This is a great opportunity to use medical skills for the service of the Church! Also, March 29th – April 10th another OCMC short-term team will be traveling to Kenya where they will participate in a youth mentorship program at the St. Clement Orthodox School in Nairobi. The team will focus on improving life skills and deepening the Orthodox Faith of the Kenyan youth.

Please spread the word about these team opportunities. It is important that people sign up as soon as possible! If you, or anyone you know, might be interested in serving on one of these teams, please visit www.ocmc.org, e-mail teams@ocmc.org, or call 1-877-463-6784 ext. 141 for more information or to apply.

Thank you for your continued support of Orthodox missions! May the Lord bless you with His peace as we reflect on the miracle of the birth of the Son of God.

Yours in Christ,

F. Martha Peter

Société Alzheimer Society

OTTAWA AND RENFREW COUNTY

1750 Russell Road, Suite 1742, Ottawa ON K1G 5Z6
TEL: 613-523-4004, FAX: 613-523-8522
www.alzheimer.ca/ottawa

December-09-16

The Very Rev. Fr. Ghattas Hajal
St Elias Antiochan Orthodox Church
700 Ridgewood Ave
Ottawa ON K1V 6N1

Dear The Very Rev. Fr. Ghattas Hajal:

Thank you very much for your recent donation. Your generosity helps to provide support, education and resources to people right here in your community who are living with dementia. So we thank you on their behalf!



Caring for our community

December 16, 2016

Ghattas Hajal
St. Elias Cathedral
700 Ridgewood Avenue
Ottawa ON Canada K1V 6N1

Dear The Vert Rev Fr. Ghattas Hajal:

Thank you so very much for your gift! Your support will help to provide our Residents with special touches during this Christmas season.

More Residents than ever need the strength and comfort of St. Patrick's Home's medical care, programs and services. Because of you, St. Patrick's Home can provide care for our community seniors. Your gift will directly impact the lives of our seniors who require special care.

Thank you for caring and sharing by supporting our Caring Tree campaign for our Residents.

Wishing you happiness and joy,

Ruth Catana
Executive Director

St. Elias Antiochian Orthodox Cathedral

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Ottawa, Ontario, Canada K1V 6N1

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The Most Rev. Metropolitan JOSEPH

Primate of the Antiochian Archdiocese of North America

The Right Rev. Bishop ALEXANDER

Bishop of Ottawa, Eastern Canada and Upstate New York

The Very Rev. Father Ghattas Hajal

Archpriest and Dean of the Cathedral

The Rev. Father Nektarios Najjar

Assistant Pastor