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**Sunday, March 18<sup>th</sup>, 2018**

Fourth Sunday of Great Lent: St. John Climacus (Author of "The Ladder")

Tone 8

Eothinon 8

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**APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT**

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

**The Epistle**

*The Lord will give strength to His people. The Lord will bless His people with peace.*

**The Reading from the Epistle of St. Paul to the Hebrews (6: 13-20)**

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

**The Holy Gospel**

**The Reading from the Holy Gospel according to St. Mark. (9: 16-30)**

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

**Glory to Thee, O Lord, Glory to Thee!**



الاحد 18 آذار، 2018

الأحد الرابع من الصوم: القديس يوحنا السينائي كاتب سلم الفضائل  
اللحن الثامن الإيوثينا الثامنة

طروبارية القديس يوحنا السلمي باللحن الثامن

لِلْبَرِيَّةِ غَيْرِ الْمُثْمِرَةِ بِمَجَارِي دُمُوعِكَ أَمْرَعَتْ، وَبِالْتَهْدَاتِ الَّتِي مِنَ الْأَعْيَاقِ أَثْمَرْتَ بِأَتْعَابِكَ إِلَى مِئَةِ ضِعْفٍ، فَصِرْتَ كَوَكْبًا لِلْمَسْكُونَةِ  
مُتَلَأَلًا بِالْعَجَائِبِ، يَا أَبَانَا الْبَارَّ يوحنا، فَتَشْفَعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

الرسالة

الرَّبُّ يُعْطِي قُوَّةً لِشَعْبِهِ. قَدِّمُوا لِلرَّبِّ يَا أَبْنَاءَ اللَّهِ

فصل من رسالة القديس بولس الرسول إلى العبرانيين (6: 13-20)

يا إخوة، إِنَّ اللَّهَ لَمَّا وَعَدَ إِبْرَاهِيمَ، إِذْ لَمْ يُمْكِنْ أَنْ يُقَسِّمَ بِمَا هُوَ أَعْظَمُ مِنْهُ، أَقْسَمَ بِنَفْسِهِ \* قَائِلًا: لِأَبَارِكَنَّكَ بَرَكَهٌ وَأَكْثُرَنَّكَ تَكْثِيرًا.\*  
وَذَاكَ إِذْ تَأْتَى، نَالَ الْمُوعَدَ \* وَإِنَّمَا النَّاسُ يُقْسِمُونَ بِمَا هُوَ أَعْظَمُ مِنْهُمْ، وَتَنْقُضِي كُلَّ مَشَاجِرَةٍ بَيْنَهُمْ بِالْقَسَمِ لِتَثْبِيتِ \* فَإِنَّكَ لَمَّا شَاءَ  
اللَّهُ أَنْ يَزِيدَ وَرَثَةَ الْمُوعَدِ نَيَانًا لِعَدَمِ تَحْوِيلِ عَزْمِهِ، تَوَسَّطَ بِالْقَسَمِ \* حَتَّى تَحْصَلَ بِأَمْرَيْنِ لَا يَتَحَوَّلَانِ وَلَا يُمَكِّنُ أَنْ يُخْلَفَ اللَّهُ فِيهَا عَلَى  
تَعْزِيزَةِ قُوَّةٍ نَحْنُ الَّذِينَ التَّجَأْنَا إِلَى التَّمَسُّكِ بِالرَّجَاءِ الْمَوْضُوعِ أَمَامَنَا.\* الَّذِي هُوَ لَنَا كَبْرِيَاءَةً لِلنَّفْسِ أَمِينَةٌ رَاسِخَةٌ تَدْخُلُ إِلَى دَاخِلِ  
الْحِجَابِ، \* حَيْثُ دَخَلَ يَسُوعُ كَسَابِقٍ لَنَا وَقَدْ صَارَ عَلَى رُتْبَةِ مَلَكِيصَادَقَ، رَئِيسَ كَهَنَةٍ إِلَى الْأَبَدِ.

الإنجيل المقدس

فصل شريف من بشارة القديس مرقس البشير والتلميذ الطاهر (9: 16-30)

فِي ذَلِكَ الزَّمَانِ، دَنَا إِلَى يَسُوعَ إِنْسَانٌ وَسَجَدَ لَهُ قَائِلًا: "يَا مُعَلِّمُ، قَدْ أَتَيْتُكَ بَابِي، بِهِ رُوحُ آبَائِكُمْ." \* وَحِينَئِذٍ أَخَذَهُ يَصْرَعُهُ، فَيُرِيدُ وَيَصْرِفُ  
بِأَسْنَانِهِ وَيَبْتِيسُ، وَقَدْ سَأَلَتْ تَلَامِيذُكَ أَنْ يُخْرِجُوهُ فَلَمْ يَقْدِرُوا." \* فَأَجَابَهُ قَائِلًا: "أَيُّهَا الْجِيلُ الْغَيْرُ الْمُؤْمِنِ، إِلَى مَتَى أَكُونُ عِنْدَكُمْ؟ حَتَّى  
مَتَى أَخْتَمِلُكُمْ؟ هَلُمَّ بِهِ إِلَيَّ." \* فَأَتَوْهُ بِهِ. فَلَمَّا رَأَهُ لَوُفَّتِ صَرَعَهُ الرُّوحُ، فَسَقَطَ عَلَى الْأَرْضِ يَتَمَرَّعُ وَيُرِيدُ \* فَسَأَلَ أَبَاهُ: "مَنْذُكُمْ مِنَ  
الزَّمَانِ أَصَابَهُ هَذَا؟" \* فَقَالَ: "مَنْذُ صَبَاهُ." \* وَكَثِيرًا مَا أَلْقَاهُ فِي النَّارِ وَفِي الْمِيَاهِ لِيُهْلِكَ. لَكِنْ إِنْ اسْتَطَعْتَ شَيْئًا، فَتَحَنَّنْ عَلَيْنَا  
وَأَعِثْنَا" \* فَقَالَ لَهُ يَسُوعُ: "إِنْ اسْتَطَعْتَ أَنْ تُؤْمِنَ، فَكُلُّ شَيْءٍ مُسْتَطَاعٌ لِلْمُؤْمِنِ." \* فَصَاحَ أَبُو الصَّبِيِّ مِنْ سَاعَتِهِ بِدُمُوعٍ وَقَالَ: "إِلَيَّ  
أُؤْمِنُ يَا سَيِّدُ، فَأَعِثْ عَدَمَ إِيمَانِي." \* فَلَمَّا رَأَى يَسُوعُ أَنَّ الْجَمْعَ يَتَّبِعُونَهُ إِلَيْهِ، انْتَهَرَ الرُّوحَ التَّجَسَّسَ قَائِلًا لَهُ: "أَيُّهَا الرُّوحُ الْأَبْكُمُ  
الْأَصْمُ، أَنَا أَمْرُكَ أَنْ أَخْرُجَ مِنْهُ وَلَا تَعُدْ تَدْخُلُ فِيهِ." \* فَصَرَخَ وَخَبَطَهُ كَثِيرًا وَخَرَجَ مِنْهُ، فَصَارَ كَلِمَتِي، حَتَّى قَالَ كَثِيرُونَ إِنَّهُ قَدْ  
مَاتَ. \* فَأَخَذَ يَسُوعُ يَدَيْهِ وَأَنْهَضَهُ، فَقَامَ \* وَلَمَّا دَخَلَ نَيَانًا، سَأَلَهُ تَلَامِيذُهُ عَلَى انْفِرَادٍ: "لِمَاذَا لَمْ نَسْتَطِعْ نَحْنُ أَنْ نُخْرِجَهُ؟" \* فَقَالَ لَهُمْ:  
"إِنَّ هَذَا الْجِنْسَ لَا يُمَكِّنُ أَنْ يَخْرُجَ بِشَيْءٍ إِلَّا بِالصَّلَاةِ وَالصُّومِ." \* وَلَمَّا خَرَجُوا مِنْ هُنَاكَ، اجْتَازُوا فِي الْجَلِيلِ وَلَمْ يَرِدْ أَنْ يَدْرِي أَحَدٌ.  
فَإِنَّهُ كَانَ يُعَلِّمُ تَلَامِيذَهُ وَيَقُولُ لَهُمْ "إِنَّ ابْنَ الْبَشَرِ يُسَلَّمُ إِلَى أَيْدِي النَّاسِ، فَيَقْتُلُونَهُ، وَبَعْدَ أَنْ يَقْتُلَ، يَقُومُ فِي الْيَوْمِ الثَّلَاثِ."

المجد لك يا رب المجد لك!

## Announcements

### برنامج الرعاية الأسبوعي - Weekly Schedule

Day	Time	Event
Sunday Mar. 18 <sup>th</sup>	6.00 pm	Pan-Orthodox Vespers: Assumption of the Theotokos Ukrainian Orthodox Cathedral (1000 Byron Avenue)
Monday Mar 19 <sup>th</sup>	7.00 pm	Great Compline صلاة النوم الكبرى
Wednesday Mar. 21 <sup>st</sup>	<b>5.00 pm</b>	Presanctified Liturgy – القداس السابق تقديسه
Thursday Mar. 22 <sup>nd</sup>	<b>5.00 pm</b>	Small Compline & Canon of St. Andrew of Crete
Friday March. 23 <sup>rd</sup>	<b>5.00 pm</b>	The Great Akathist – مديح والدة الإله الكبير
Friday March. 23 <sup>rd</sup>	<b>7.30 pm</b>	Zahle Archdiocese Fundraiser (Banquet Centre)
Saturday March 24 <sup>th</sup>	10.30 am	Church School teachers, Teen Soyo and Young Adult Ministry Meeting with Metropolitan ANTONIOS
Saturday March 24 <sup>th</sup>	4.30 pm	Parish Council, Antiochian women, Fellowship of St. John the Divine and Adult ministries meeting with Metropolitan ANTONIOS
Saturday Mar. 24 <sup>th</sup>	6.00 pm	Great Vespers – صلاة الغروب
<b>5<sup>th</sup> Sunday of Lent: Feast of the Annunciation – عيد البشارة – الأحد الخامس من الصوم:</b>		
Sunday Mar. 25 <sup>th</sup>	8.45 am 10.00 am	Great Matins – صلاة السحر Divine Liturgy – القداس الإلهي
Sunday Mar. 25 <sup>th</sup>	6.00 pm	Pan-Orthodox Vespers: Saints Mark & Mary of Egypt Coptic Church (555 Parkdale Ave)

### Memorials This Sunday, March 18<sup>th</sup>, 2018

† 1 Year Memorial Service for Rashidi Mourad offered by her children Marie, Salwa, Elie (Eliana), and her grandchildren George, Johnny, Christina, Rachel, George, Maria and her sisters Noha Abboud and Nadia (Elie Hatoum) and their families.

*Please join the family for a coffee hour following the Divine Liturgy*

† Two Year Memorial Service for Chehade Zeidan, who fell asleep in the Lord in Lebanon, offered by his son Dimitri (Susanne), and his grandchildren Katya, Krista & Marcus Zeidan.

**May Their Memory be Eternal!**

### Antiochian Women Month

March is the Antiochian Women Month. They will be assisting in reading the Epistles and collecting the Trays. May God Bless them and grant them holiness.

## Change in Time

Please Note the Change in times for this week's services:

- Presanctified Liturgy on Wednesday at 5 pm
  - Small Compline on Thursday at 5 pm
  - Akathist on Friday at 5 pm

That is due to the visit of His Eminence Metropolitan ANTONIOS  
Please spread the word to your family and friends

### Easter Donations

Dear Parishioners, if you would like to donate flowers, bread, candles, oil, eggs, incense or any other church supplies during this Holy season, please limit your donation to a monetary donation to the Church, as we prefer to purchase the items needed. Special offering envelopes are available in the narthex. May the Lord bless you and grant you to see His Glorious Resurrection.

### Lenten Luncheon

St. Elias Antiochian Women's Lenten Lunch will be held on Sunday, March 25 at St. Elias Centre, following the Divine Liturgy. Tickets are on sale in the cathedral Hall after divine liturgy. (Adult: 25\$, Children: 12\$)

### Camp Transfiguration Sponsorships

As you know our church sponsors a number of children every year to be able to go to Camp Transfiguration. Donations to support our funds to sponsor even more children this year are very welcome. This provides kids with a unique spiritual, learning and fun experience. Please contact the priests if you wish to contribute or *make cheques to "St. Elias Cathedral" with memo: "Camp T 2018 sponsorships"*. May the Lord reward your love and kindness.

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**His Eminence Metropolitan ANTONIOS Al-Soury,  
Metropolitan of Zahlé, Lebanon,**

St. Elias Antiochian Orthodox Cathedral is hosting a fundraising dinner on March 23rd to support the projects of the Antiochian Orthodox Archdiocese of Zahle and Bekaa, Lebanon.

Those projects include:

- 1- International Orthodox College (IOC) - Deir Al Ghazal
- 2- Convent of the Birth of the Theotokos - Qousaya
- 3- build a social care center in Zahle

His Eminence Metropolitan ANTONIOS will be presiding over the services in Ottawa between March 20 and 25, and will be present at the fundraiser on the 23rd at St. Elias Banquet Centre.

**Tickets Available every Sunday after Liturgy or by contacting Kh. Helene (613-738-0476) or Fifi Ayoub (819-962-6337)**

Monetary Donations are welcome. Please mark envelopes "Zahle Archdiocese" or cheques payable to "St. Elias Cathedral", memo: Zahle Archdiocese.

**Palm Sunday Decorated Candles**

If you are interested in purchasing decorated Palm Sunday Candles and supporting a New Comer parishioner, call **Pascale at 613-700-7759.**

**Francis Maria Scholarship for College Students**

The Antiochian Archdiocese **Francis Maria Scholarship** is offering several \$2,500 Scholarships to college students, who are members of a parish in the Antiochian Archdiocese of North America, who will be in one of their first 4 years of College this fall. Application deadline is May 15<sup>th</sup>. (You can apply online, search "Francis Maria Scholarship" in your search engine).

## Spanish for Travellers Level I

will be offered at our Cathedral  
Saturdays 10:00 - 12:00  
March 17-May 26 (No class April 7)

This introductory Spanish course aims at providing students with the grammatical and lexical elements that are essential for basic communication. Conversation topics will focus on travel and will include asking for directions, talking about the weather and the schedule, expressing food and accommodation preferences, describing places and tourist attractions, shopping for souvenirs, expressing medical concerns and making an emergency call. Audiovisual materials will include cultural components related to different parts of the Spanish-speaking world. Practical for people who wish to be able communicate in Spanish while travelling. No homework and no tests. Fun and relaxed atmosphere. Suitable for young and young at heart. Cost: \$250 per person (maximum 8 participants)  
For more information, please visit [LenguaViva.ca](http://LenguaViva.ca) or contact Ioana Dimitriu at [SpanishForTravellers@icloud.com](mailto:SpanishForTravellers@icloud.com) or at 613.304.1433

## Parish Life Conference 2018 in Halifax, NS.

“Greetings in the name of Christ,

It is with great excitement that we invite you to the Parish Life Conference in our beautiful city of Halifax June 28-July 1, 2018. We are working hard to ensure that these four days will be some of the best days you will ever spend outside of your home parishes. We promise that our schedule will be dense with activities and events that will draw us all together spiritually and in fun.

Here in Halifax we are well known for our warm hospitality. This is most true in our home Parish of Saint Antonios. You will see the weekend open with a welcome dinner from our parishioners. We are thrilled to offer touristic offerings in our registration package to allow you to experience our beautiful city and beyond. Our activities are planned with every age in mind.

It is our sincere hope that you join us for what promises to be a wonderful weekend, and we would amiss if we did not extend a welcome to our Halifax Lebanese Festival from July 5-8 2018. The hotel has promised to hold your rate if you should decide to extend your stay. Halifax and St. Antonios Parish await you.

*Maria Haddad and Nada Haidar* - Co-Chairs of the 2018 DOECUNY Parish Life Conference”

**More info and registration: <http://www.antiochianevents.com/ottawa.html>**

*Antiochian Orthodox Christian Archdiocese of North America*

*St. Elias Antiochian Orthodox Cathedral*

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**The Most Rev. Metropolitan JOSEPH**

*Primate of the Antiochian Archdiocese of North America*

**The Right Rev. Bishop ALEXANDER**

*Auxiliary 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*