

Sunday, March 26, 2017

Fourth Sunday of Great Lent: St. John Climacus
Leave-Taking of the Annunciation to the Theotokos
Synaxis of Archangel Gabriel

Tone 7

Eothinon 7



APOLYTIKION OF THE ANNUNCIATION IN TONE FOUR

Today is the beginning of our salvation, and the manifestation of the mystery from the ages; for the Son of God becometh the Son of the Virgin; and Gabriel proclaimeth grace. Wherefore, do we shout with him to the Theotokos: Rejoice, O full of grace! The Lord is with thee.

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.



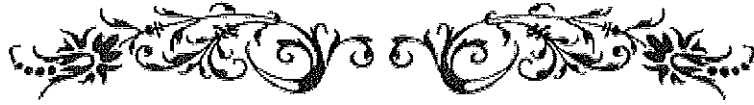
الأحد الرابع من الصوم: القديس يوحنا السلمي

وداع عيد البشارة

تذكار جامع لرئيس الملائكة جبرائيل

الإيوثينا السابعة

اللحن السابع



طروبارية عيد البشارة باللحن الرابع

اليوم رأس خلاصنا وإعلان السر الذي منذ الدهور فإن ابن الله يصير ابن البتول و جبرائيل بالنعمة يبشر لذلك نحن معه فلنهنف نحو والدة الاله افرحي أيتها الممتلئة تعمة الرب معك

الرسالة

الرب يعطي قوّة لشعبه، قدّموا للرب يا أبناء الله.

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

يا إخوة، إن الله لما وعد إبراهيم، إذ لم يمكن أن يقسم بما هو أعظم منه، أقسم بنفسه قائلاً: لأباركك بركة وأكثرك تكثيراً. وذلك إذ تأتى نال الموعد. وإنما الناس يقسمون بما هو أعظم منهم، وتنقضي كل مشاجرة بينهم بالقسم للتثبيت. فلذلك لما شاء الله أن يزيد ورثة الموعد بيئاتاً، لعدم تحوّل عزمه، توسّط بالقسم، حتى نحصل بأمرين لا يتحوّلان ولا يمكن أن يخلف الله فيهما، على تعزية قوية نحن الذين التجأنا إلى التمسك بالرجاء الموضوع أماناً، الذي هو لنا كمرساة للنفس أمينة راسخة تدخل إلى داخل الحجاب حيث دخل يسوع كسابق لنا، وقد صار على رتبة ملكيصادق رئيس كهنة إلى الأبد.

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!

الإنجيل المقدس

فصل شريف من بشارة القديس مرقس البشير والتلميذ الطاهر

(9: 16 - 30)

في ذلك الزمان دنا إلى يسوع إنسان وسجد له قائلاً: يا معلم، قد أتيتك بابني به روح أبكم، وحيثما أخذه يصرعه فيزيد ويصرف بأسنانه ويبس. وقد سألت تلاميذك أن يُخرجوه فلم يقدرُوا. فأجابه قائلاً: أيها الجيل غير المؤمن، إلى متى أكون عندكم؟ حتى متى أحتلمكم؟ هلمّ به إليّ. فأتوه به. فلما رآه للوقت صرعه الروح فسقط على الأرض يتمرغ ويُرِيد. فسأل أباه: منذ كم من الزمان أصابه هذا؟ فقال: منذ صباه، وكثيراً ما ألقاه في النار وفي المياه ليهلكه. ولكن إن استطعت شيئاً فتحنّ علينا وأغثنا. فقال له يسوع: إن استطعت أن تؤمن فكل شيء مستطاع للمؤمن. فصاح أبو الصبي من ساعته بدموع وقال: إني أومن يا سيد، فأغثْ عدم إيماني. فلما رأى يسوع أن الجمع يتبادرون إليه، انتهر الروح النجس قائلاً له: أيها الروح الأبكم الأصمّ أنا أمرك أن اخرج منه ولا تعُدْ تدخل فيه. فصرخ وخبطه كثيراً وخرج منه، فصار كالميت حتى قال كثيرون انه قد مات. فأخذ يسوع بيده وأنهضه فقام. ولما دخل بيتاً سأله تلاميذه على انفراد: لماذا لم نستطع نحن أن نُخرجه؟ فقال لهم: إن هذا الجنس لا يمكن أن يخرج الا بالصلاة والصوم. ولما خرجوا من هناك اجتازوا في الجليل ولم يُردْ أن يدري أحد، فإنه كان يُعلّم تلاميذه ويقول لهم: إن ابن البشر يُسلم إلى أيدي الناس فيقتلونه، وبعد أن يُقتل يقوم في اليوم الثالث.

المجد لك يا ربّ المجد لك!

Announcements

St. Elias Cathedral's Lenten Food Collection

A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another. (John 13:34-35)

During this Lenten season, our Cathedral will be collecting 'non-perishable' food items from parishioners for those who are in need. Items can be dropped off in the Church Hall (basement). Should you have any further questions please contact the Cathedral Office at (613) 738-2222 or by email at info@steliascathedral.com, God bless your contributions!

Akathist Lenten Dinners

Every Friday throughout Great Lent, an organization will offer the parishioners a Lenten Dinner served in the Cathedral's Hall at 6.00 pm right before the Akathist (7.00 pm). Donations are welcome. Proceeds go to the Food for Hungry People Project. Fifth Dinner, March 21st, is offered by The Parish Council. God bless them and send them in return His mercy & blessing.

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.

Exercise Class

Would you like to get healthy and fit this Spring? Then join our Tuesday Exercise Class at 6pm in the St. Elias Cathedral Hall.

Memorials This Sunday, March 26th, 2017

† 40 Day memorial for Anis Ayoub offered by his wife Nawal, his children Amal (Eli Saikaley), Michael (Milva Falsetto), Joanne (Collin Shaw) and Raymond, his grandchildren Amanda, Jessica, Nicholas, Olivia, Thomas, Micayla and Sabrina and his siblings Salim (Souad), Nicholas (Shafica), Faiz (Georgette), and Linda (Moussa Saab).

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

† 1 Year memorial for Saad Issa offered by his daughter Jihan El Achhab (Elias) and family.

May Their Memory be Eternal!

Memorials Next Sunday, April 2nd, 2017

† 40 Day memorial for George Monsour offered by his sister Georgette, his nieces and nephews Derek and Tara Hatoum and Duanne and Brenda Mayo.

† 1 year memorial service for George Thomas; also to be remembered his late son Christopher Thomas; offered by His wife Noelle, his sons David (Rose) and Joseph (Diane), his grandchildren Jacob, Joshua, and Rachel; and Matthew, and Nicolas and their mother Dana and the Thomas family.

† 2 year memorial service for Murhaf Haddad offered by his wife Lama and his daughters Mary-Jewel and Roomi-Elena.

May Their Memory be Eternal!

Upcoming Services

Service	Date	Time
Pan-Orthodox Vespers (Assumption of Theotokos Ukrainian Orthodox Church 1000 Byron)	Sunday March 26 th	6.00 pm
Great Compline	Monday March 27 th	7.00 pm
Pre-Sanctified Divine Liturgy	Wednesday March 29 th	6.00 pm
Lenten Supper	Friday March 31 st	6.00 pm
Fifth Akathist		7.00 pm
Fifth Sunday of Great Lent: St. Mary of Egypt		
Great Vespers	Saturday, April 1 st	6.00 pm
Great Matins	Sunday, April 2 nd	8.45 am
Divine Liturgy		10.00 am
Pan-Orthodox Vespers (St. Mary's Coptic Orthodox Church)	Sunday, April 2 nd	6.00 pm

St. John of the Ladder

(Published on Steliascathedral.com in 2016)

On the fourth Sunday of Great Lent, the holy Orthodox Church has appointed the commemoration of our father among the saints, John of the Ladder (or Climacus). John loved God from his youth, and entered the monastic life, dedicating his life to the ascetic struggles at the age of 16. After living as a hermit for forty years, he became abbot of the God-trodden mountain of Sinai. Out of his experience struggling against the passions, he wrote his immortal book, *The Ladder of Divine Ascent* (or *Klimax* meaning *the ladder*), from which his name is derived. *The ladder* is a series of counsels to monks that outline the spiritual life based on the image of the lofty ladder which Jacob beheld in a dream stretching from earth to heaven (Genesis 28:12).

Although initially addressed to monks, *the ladder* is an excellent book for all those who wish to elevate their soul to God in pure prayer. The ladder is composed of 30 steps leading the soul from renunciation of the world to the perfection of the trinity of virtues (faith, hope and love). As a skilled physician and a co-struggler in the spiritual life, St. John leads the faithful who wish to turn their back to sin to actively acquire the fundamental virtues of obedience, penitence, remembrance of death and sorrow. A great portion of this work is dedicated to the struggle against the passions, physical (e.g. gluttony, lust and avarice), and non-physical (e.g. anger, malice, slander, talkativeness, falsehood, deception, insensitivity, fear, vainglory and pride). Its goal is to become a Christocentric being, one who follows Christ in humility and lives in unity with Him, practicing the virtues of stillness, prayer, dispassion, and love. This goal is beautifully illustrated in the icon of the ladder of divine ascent, which shows the faithful ascending the ladder to Christ who is ready to receive them with a loving embrace.

As we celebrate the feast of this most honourable saint, let us begin our climb taking courage from his counsel as he explains what it means to be a faithful and wise Christian:

He who has kept his fervour unabated, and to the end of his life has not ceased daily to add fire to fire, fervour to fervour, zeal to zeal, love to love.

This is the first step. Let him who has mounted it not turn back.

Through the prayers of our Holy Father John, O Lord Jesus Christ our God have mercy on us and save us. Amen.

المديح المطران جورج خضر

فيما نحن نجاهد الجهاد الحسن في الصوم ناظرين دائماً إلى القيامة الآتية فصحاءً مجيداً وخلصاً لنا، يمكن أن يغرينا الشيطان بإغراء الكبرياء. يعلمنا الآباء أنه إذا عفّ الإنسان عن الأشياء المحرمة وحفظ نفسه من شهوات الجسد خلال الصوم، يواجهه إغراء الكبرياء لأنه يميل إلى أن يحسب نفسه صاحب قدرة روحية ويفتخر بنفسه. هذه تجربة كلنا معروضون لها. أمام هذه التجربة عندنا صورة العذراء التي لما جاءها الملاك مدحها وقال لها: «السلام عليك أيتها الممتلئة نعمة، الربّ معك، مباركة أنت في النساء»، وهي تعني أنك مختارة بين كل نساء العالم- وبشرها بأنها ستلد ابناً ويدعى اسمه يسوع لأنه يخلص شعبه من خطاياهم، قالت: «ها أنا أمة للربّ، فليكن لي حسب قولك». الإنسان الذي يتلقّى مديحاً يفخر أمام المديح، يتعاضم أو ينتفخ.

لم تقف العذراء عند مديح السماء لها، ومديح السماء كله حقيقة، فكيف نقف نحن عند مديح البشر لنا ومعظمه كذب. وفي كلّ حال لا يجوز لنا أن نفتخر لأنّ من افتخر فليفتخر بالربّ، أي بما وهبه الربّ من نعم لأنّ كلّ ما عندنا إنما هو عطاء الأب الذي انعطف علينا بالمسيح. تذكّروا شيئاً آخر: لما ذهبت العذراء إلى أليصابات واستقبلتها أيضاً بالمديح الصحيح، قالت لها البتول: «تعظم نفسي الربّ...»، وما أحسّت أنها هي تتعظم لما قالت لها نسيبتها «مبارك هو ثمر بطنك». أحسّت أنّ التسييح يعود إلى الله فقط ولهذا قالت: «تعظم نفسي الربّ فإنّه نظر إلى تواضع أمته». نظر إلى أنني متواضعة، إلى أنني لا شيء، ولذلك، لكوني متواضعة، منذ الآن تطوّبني جميع الأجيال.

ولاحظوا أنّ الكنيسة عندما تمدح العذراء بأبيات المديح، فتروا أنّها ليست في الواقع مديحاً للسيدة بحدّ نفسها، ولكن لكونها حملت الابن الإلهي. الافتخار فقط بالتجسد الإلهي، بانتقال المؤمنين من كونهم كانوا قبل المسيح لا شيء إلى كونهم صاروا مخلصين بالمسيح. ثمّ بعد ذلك في حياة والدة الإله لما وقف السيد مرّة وتكلّم جيّداً، مدحت امرأة أمّه حسب عادة الشرقيين: «طوبى للبطن الذي حملك»، فقال السيد لهذه المرأة: «بل طوبى للذين يسمعون كلمة الله ويحفظونها».

يقول الكتاب الإلهي عن والدة الإله إنّها كانت تحفظ كلّ هذه الأقوال وترددها في نفسها. كانت تكبر لأنّها كانت تحفظ الكلمة. فالإنسان كبير بالله وليس كبيراً بأصله أو بأهله أو بماله أو بنفذه. الإنسان ليس كبيراً بجسده ولا بجماله ولا بعلمه. ولهذا أمام كلّ مديح نسمعه موقفنا أن نوقف البشر الذين يمدحوننا.

هناك مرض روحيّ أو شهوة نسميها العجب أو الافتخار. هذه خطيئة والجواب عنها قول بولس الرسول في الرسالة إلى أهل فيليبي (٢: ٥-١١) التي نقرأها دائماً في أعياد والدة الإله: «ليكن فيكم الفكر الذي في المسيح يسوع، الذي إذ كان في صورة خلصة أن يكون معادلاً لله، لكنّه أخلّى ذاته أخذاً صورة عبد صائراً في شبه الناس... لذلك رفعه الله وأعطاه اسماً فوق كلّ اسم لكي تجثو باسم يسوع كلّ ركبة ممّن في السماء وعلى الأرض وما تحت الأرض، ويعترف كلّ لسان بأنّ يسوع المسيح هو ربّ لمجد الله الأب».

Almsgiving during Lent

"The merciful person is he who gives to others what he has himself received from God, whether it be money, food, strength, a helpful word, prayer or anything else that he has through which he can express his compassion for those in need. At the same time he considers himself a debtor since he has received more than he is asked to give." St. Peter of Damascus

"Prove yourself a god to the unfortunate by imitating the mercy of God. There is nothing so godly in human beings as to do good works." St. Gregory the Theologian

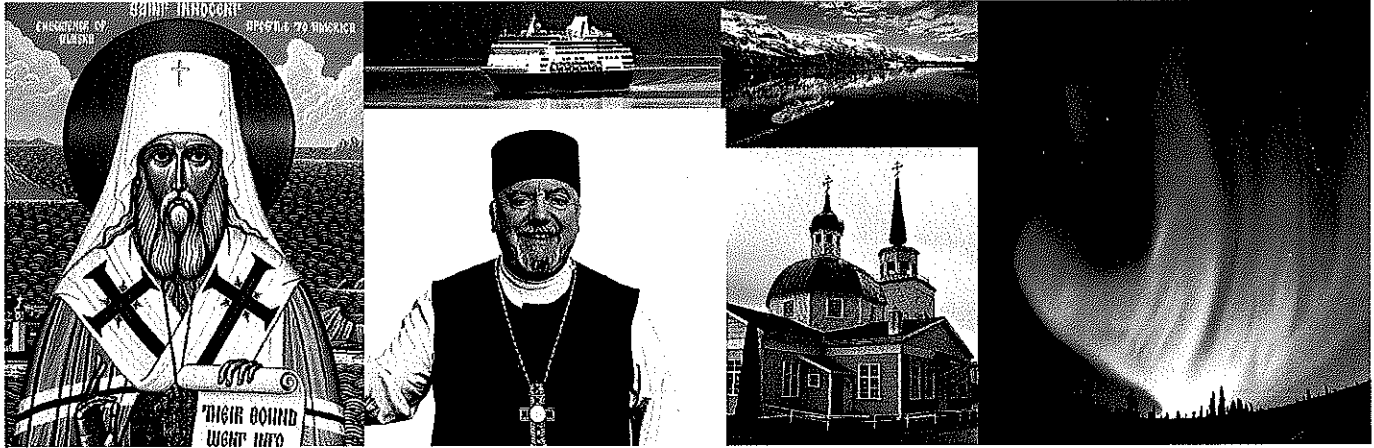
As we approach Holy Week, we remember that our Fasting must be accompanied with prayer and Almsgiving. One of the way you could reach out to those in-need is our Archdiocesan food for hungry people project. Most of you have gotten Lenten collection boxes for this purpose. We encourage you to do your best in this regard because reaching out to our brothers and sisters who need us, is the practical proof that we are benefitting from this Lenten Journey.

Here are some ways to fill these boxes in the upcoming 5th week of Great Lent:

<p>26 How many cars are in your family? You can't "Dodge" the hungry, but you can a "Ford" to pay .50 for each car.</p>	<p>27 "Day by day," from dawn till night, Hunger knows no hour - nor if it's day or night. Pay .20 for each lamp in your home.</p>	<p>28 How many cameras do you have? Pay .25 for each. This will help us make all "negatives" positives.</p>	<p>29 Pick up all the loose change laying around the house. Put it in your FFHP Box. This will help make a "change" in the world!</p>	<p>30 Count the scissors you have in your home and pay .25 for each pair. Let's "cut-out" the hunger in hunger-y!</p>	<p>31 How many members are in your family? Pay .10 for each. The hungry have families to feed also; let's make this a real "family affair!"</p>	<p>APRIL 1 How many towels are in your home? If you pay .05 for each towel, this may help us "wipe out" hunger for all people.</p>
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ORTHODOX CRUISE TO ALASKA

SEATTLE > JUNEAU > GLACIER BAY > SITKA > KETCHIKAN > SEATTLE
SATURDAY SEPTEMBER 2, 2017 - SATURDAY SEPTEMBER 9, 2017



Join us for the 3rd edition of our exceptional Conference & Pilgrimage Orthodox Cruise to Alaska: the roots of Orthodoxy in North America. Discover the beauties of creation at Glacier Bay, and explore Juneau and Sitka, the ancient capital of Russian America and home of the historic St Michael's Cathedral and Bishop's House where St Innocent himself served. Two engaging speakers will offer daily lectures and workshops dealing with mystical theology, science and apologetics as well as spirituality. The speakers are Fr Michael Oleksa, one of the foremost authorities on Orthodoxy in Alaska, and Fr Laurent Cleenewerck, a noted author and Editor of the Eastern / Greek Orthodox Bible and forthcoming Catechism.

The ship will be the spectacular Holland America Westerdam and cabins start at \$1,390 (stateroom per person which includes all taxes and conference fees). Participation is limited to 55 due to seating restrictions on-board. Reservation is offered on a first-come / first-serve basis, and both previous editions of this popular cruise were sold out. Please reserve your cabin as soon as possible.

This cruise is organized with the blessing of His Eminence Archbishop BENJAMIN of San Francisco and of Bishop David of Sitka and Alaska (Orthodox Church in America). Call Fr Laurent at 707 682 6263 if you have any questions.

TO PARTICIPATE IN THIS EVENT, IT IS REQUIRED THAT ALL CRUISE, BUS, AND HOTEL ARRANGEMENTS BE MADE THROUGH DALIANES TRAVEL ONLY. TO PARTICIPATE, PLEASE CALL DEBBIE SANDERS OR BEVERLY TURPEN AT 800-462-2937.

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Primate of the Antiochian Archdiocese of North America

The Right Rev. Bishop ALEXANDER

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The Very Rev. Father Ghattas Hajal

Archpriest and Dean of the Cathedral

The Rev. Father Nektarios Najjar

Assistant Pastor