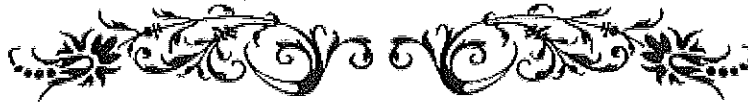




Sunday, March 19, 2017

Third Sunday of Great Lent: Veneration of the Precious and Life-Giving Cross
Tone 6 Eothinon 6



APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy inheritance.

THE EPISTLE

*O Lord, save Thy people and bless Thine inheritance.
To Thee, O Lord, have I cried, O my God.*

The Reading from the Epistle of St. Paul to the Hebrews (4:14-5:6)

Brethren, since we have a High Priest, Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but One Who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, "Thou art My Son, today I have begotten Thee"; as He says also in another place, "Thou art a priest forever, after the order of Melchizedek."

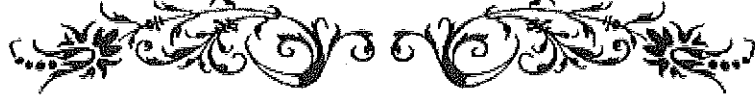


الأحد 19 آذار 2017

الأحد الثالث من الصوم: أحد السجود للصليب المحيي

الإيوثينا السادسة

اللحن السادس



طروبارية العيد باللحن الأول

خلص يارب شعبك و بارك ميراثك و امنح المؤمنين الغلبة على البربر و أحفظ بقوة صليبك جميع المختصين بك

الرسالة

خلص يا رب شعبك وبارك ميراثك، إليك يا رب أصرخ إلهي.

فصل من رسالة القديس بولس الرسول إلى العبرانيين. (4: 14 – 5: 6)

يا إخوة إذ لنا رئيس كهنة عظيم قد اجتاز السماوات، يسوع ابن الله، فلتمسك بالاعتراف، لأنّ ليس لنا رئيس كهنة غير قادر على أن يرثي لأوهاننا بل مجرّب في كلّ شيء مثلنا ما خلا الخطيئة. فلنقبل إذا بثقة إلى عرش النعمة لننال رحمة ونجد ثقة للإغاثة في أوانها. فإنّ كلّ رئيس كهنة متّخذ من الناس يقام لأجل الناس فيما هو لله ليقرّب تقادم وذبايح عن الخطايا في إمكانه أن يُشفق على الذين يجهلون ويضلّون لكونه هو أيضًا متلبسًا بالضعف، ولهذا يجب عليه أن يُقرّب عن الخطايا لأجل نفسه كما يُقرّب لأجل الشعب. وليس أحد يأخذ لنفسه الكرامة بل من دعاه الله كما دعا هرون. كذلك المسيح لم يُمجد نفسه ليصير رئيس كهنة بل الذي قال له: «أنت ابني وأنا اليوم ولدنك»، كما يقول في موضع آخر: «أنت كاهن إلى الأبد على رتبة ملكيصادق».

The Holy Gospel
The Reading from the Holy Gospel according to St.
Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

Glory to Thee, O Lord, Glory to Thee!

الإنجيل المقدس

فصل شريف من بشارة القديس مرقس البشير والتلميذ الطاهر

(1:9 – 34:8)

قال الرب: من أراد أن يتبعني فليكفر بنفسه ويحمل صليبه ويتبعني، لأن من أراد أن يخلص نفسه يهلكها، ومن أهلك نفسه من أجلي ومن أجل الإنجيل يخلصها. فإنه ماذا ينفع الإنسان لو ربح العالم كله وخسر نفسه، أم ماذا يعطي الإنسان فداء عن نفسه؟ لأن من يستحي بي وبكلامي في هذا الجيل الفاسق الخاطئ يستحي به ابن البشر متى أتى في مجد أبيه مع الملائكة القديسين. وقال لهم: الحق أقول لكم إن قوماً من القائميين ههنا لا يدوقون الموت حتى يروا ملكوت الله قد أتى بقوة.

المجد لك يا رب المجد لك!

Announcements

Thank you for the prayers

We would like to thank all those who called, visited or prayed for Fr. Ghattas in his recent distress. Your love and prayers means everything to Abouna. We keep praying that the Lord God will grant him health and all His blessings.

Third Anniversary of the repose of Metropolitan PHILIP

This Sunday marks the third anniversary of the repose of Metropolitan PHILIP of Thrice blessed memory. We will offer the oblation for the repose of his soul and pray that his memory will be eternal with the saints and the righteous.

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. Fourth Dinner, March 24th, is offered by The Fellowship of St. John the Divine, the Young Adult Ministry and the Teen SOYO. God bless them and send them in return His mercy & blessing.

Antiochian Women

Our next meeting is on Tuesday, March 21st, at 7:30pm in the Board Room upstairs.

Topic of Discussing: The Myrrh Bearing Women

Health & Welfare Discussion: Boosting our Immune System and Recovering from the Flu/Viruses.

We will be continuing to collect for the "Food Bank". Please bring your donations to our next meeting.

Hope to see you all on the 21st of March.

Lenten Lunch

Annual Lenten Lunch organized by the Antiochian Women. Sunday March 26th. Tickets are on sale this Sunday in the Cathedral Hall downstairs. Please look for Fifi Ayoub.

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.

Fellowship of St. John the Divine

Next Bible Study: Tuesday March 21st at 7.30 pm. Galatians 5. Everyone is welcome.

Redeemer Christian High School's annual dinner auction

Saturday, April 1, 2017 in the gym. We'll be having a country hoedown and guests are welcome to come as you are, or dress up country style! Auction viewing is at 5:30 p.m. and dinner is at 6 p.m. followed by the auction. Come on out y'all to help raise funds for secondary Christian education in our community. You can RSVP on our website, rchs.on.ca, or call the school at [613-723-9262](tel:613-723-9262) ext. 21. Auction items updated daily on our website!

Antiochian Orthodox Rewards Program

The Archdiocese Board of Trustees with the support of the Bishops and endorsement from Metropolitan Joseph are extremely excited to announce the **Antiochian Orthodox Rewards Program**. This is an online shopping rewards program connecting individuals and their businesses to their favorite retailers. It also provides the ability to order gift cards from a large selection through the Gift Card Mall including Visa, American Express, Target, Best Buy, Barnes & Noble, iTunes, department stores and more.

The program creates an automatic monetary contribution that will go **directly to our parish** as well as a portion being contributed to the **clergy retirement fund**. We believe this is a great way for parishioners to earn money for their parish on everyday purchases while finding deals and exclusive discounts from thousands of retailers.

To view an overview video about the Antiochian Orthodox Rewards Program please click here: <https://vimeo.com/193822498>.

Parishioners will simply access the site via <http://antiochian.org/rewardsprogram> and register with their email. Each family member who shops online should register. For additional ease, the shopper will not have to access the rewards site prior to making their purchases if they install the "**Support Button**" on their Chrome, Safari, or Firefox Browser. Once installed, every time they explore the web, approved sites will be indicated by an Orthodox cross icon. They will also see the contribution percentage donated on each site. A link to a tutorial/overview video is noted above.

If you have any questions, please email info@philanthropyportal.com.

Lebanese Nationality Program

Did you know that currently, the official statistical population of Lebanon comprises of about 70% Non-Christians and 30% Christians? You may ask yourself, how is that possible? The reason for this is that during the wars, a countless

number of Lebanese Christian citizens fled the country in order to escape them. Soon after those wars, they began their new lives outside of Lebanon, without registering their marriage or their children. As a result of this, the laws in Lebanon will soon be geared towards the "greater" population, which may have an effect on the freedoms of Christians. By registering, even though you live outside of Lebanon, you and all others are taken into consideration when laws and statistical documents are proposed. For more information please contact marktamer@hotmail.com

Upcoming Services

Service	Date	Time
Pan-Orthodox Vespers (Sts. George & Anthony Coptic Orthodox Church)	Sunday March 19 th	6.00 pm
Great Compline	Monday March 20 th	7.00 pm
Pre-Sanctified Liturgy	Wednesday March 22 nd	6.00 pm
Feast of the Annunciation to the Theotokos		
Lenten Dinner	Friday March 24 th	6.00 pm
Vespers for the Feast of the Annunciation + 4 th Stasis of the Akathist Hymn		7.00 pm
Great Matins	Saturday, March 25 th	8.45 am
Divine Liturgy		10.00 am
Fourth Sunday of Great Lent: St. John Climacus		
Great Vespers	Saturday, March 25 th	6.00 pm
Great Matins	Sunday, March 26 th	8.45 am
Divine Liturgy		10.00 am
Pan-Orthodox Vespers (Assumption of Theotokos Ukrainian Orthodox)	Sunday, March 26 th	6.00 pm

Pan-Orthodox Vespers Schedule

Date	Time	Hosting Church	Address
Sunday March 19 th	6.00 pm	Sts. George & Anthony Coptic Orthodox Church	1081 Cadboro Rd.
Sunday March 26 th	6.00 pm	Assumption of Theotokos Ukrainian Orthodox	1000 Byron Ave
Sunday April 2 nd	6.00 pm	St. Mary's Coptic Orthodox Church	1 Canfield Rd, Nepean

Memorials Next Sunday, March 26th, 2017

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

May His Memory be Eternal!

الصليب طريق إلى القيامة المطران جورج خضر

جعلت الكنيسة، في منتصف الصوم، الصليب محورًا لجهاد المؤمن الصائم لأنّ الإنسان قد يملّ، وأرادت الكنيسة أن يتابع سيره بفرح وصبر وسلام حتى يبلغ القيامة. وُضع الصليب على الزهر لأنه ليس أداة الآلام. إته يبتدئ بالآلام ولكنه ينتهي بالقيامة. القيامة الآن حاصلة في نفوسنا إن كنا للمسيح. ولكن لا تكون القيامة إلا إذا طبّقنا القواعد التي تحدّث عنها يسوع في الإنجيل: «من أراد أن يتبعني فليكفر بنفسه ويحمل صليبه ويتبعني».

هذه القيامة، قيامة الحياة، ازدهار الحياة، انبعاثنا من الألم ومن الخطيئة، سلامنا، فرحنا، هذه كلّها تصير إن أردناها أن نصير: «من أراد أن يتبعني. المسيح لا يكره أحدًا على الحياة ولا يكره أحدًا على الموت. ليس أحد مجبرًا على محبته ولكن من أحبه يعيش ومن لا يحبه يموت. ليس أنه يموت موتًا في الجسد ولكنه ميت اليوم وهو يتحرّك. ليس كلّ من رزق الحياة حيًا بالمعنى الصحيح.

من أراد أن يتبع الخلّص، أي من أراد أن تكون فيه حياة المسيح، حياة الله، عليه أن يكون إلهيًا في نفسه، في أخلاقه، في تصرّفاته، في فكره. من أراد أن يصبح مثل الله، حيًا مثله، محييًا مثله، سيّدًا، كريمًا مثله، أزيًا مثله، من أراد ذلك عليه أن يكفر بكلّ شيء وبالنهاية أن يكفر بنفسه.

هذه الحياة الكريمة، الطيبة، السعيدة التي لنا مع الله تعرقها عراقيل كثيرة. تعرقها كلّ محبة باطلة، كلّ تعلق فاسد. الإنسان الذي يعيش المال عشقًا ويفرق فيه غرقًا، يصبح على صورة الشيء الذي يحبه. فمن أحبّ الجسد يصبح هو أيضًا جسدًا، نبتًا كالجسد، مريضًا كالجسد، فانيًا كالجسد. من أحبّ الله يصير على صورة الله، أي سيّدًا، حرًا، أزيًا، دائم الوجود. هل نصبح مثل الله؟ هذا يفترض ألا نصبح مثل أشياء العالم ومثل الحيوانات التي في العالم. وإذا تركنا حيوانيتنا وصميتنا وتعبنا للجسد وتعبنا للعالم، نصبح أحرارًا أي نصلب تلك الأشياء التي كنا متعلّقين بها. إن أمتنا الأشياء التي كنا نعبدنا نصبح أحرارًا منها وهي التي كانت تكبلنا. نصبح فقط أمام الله وننظر إليه وينظر هو إلينا، نتأمّله ونقتبس جماله ونصير كما يكون هو أي أنّ نور وجهه يرتسم علينا، ومن رأنا على هذه الأخلاق وهذا التصرف، من رأنا على هذه الروحانية فكأنه رأى الله.

«من أراد أن يتبعني» يعني من أراد أن يكون قائمًا مثلي حيًا كريمًا، هذا لا تسود عليه الأشياء التي لا أرضى عنها. ويسهل لنا السيّد هذه المسيرة بقوله: «ماذا ينفع الإنسان لو ربح العالم كلّه وخسر نفسه؟» أو «ماذا يعطي الإنسان فداء عن نفسه؟» هذه كلمة تقولها في المآثم: ماذا أخذ معه؟ الدنيا فانية. علينا أن نتذكّر هذا ليس فقط في المآثم ولكن لنعيش كلّ يوم ونحن أصحاء مالكين قوّة الجسد ونقول: ماذا ينفعني هذا المال المتزايد الذي أتكالب عليه؟ أو ماذا ينفعني هذا الجاه الذي أتبعج به أمام الناس؟ أو ماذا تنفعني الزعامات النافهة؟ وإذا كان شيء من هذا لا ينفعني فأنا فوق كلّ هذه الأشياء. وإذا أنا حرّ، لأني ما طلبت كلّ هذا الأشياء وأنا ابن القيامة، ولهذا أستطيع أن أقضي النصف الثاني من الصوم منتظرًا القيامة متنوِّقًا المسيح بالروح، بالتصرف، بالسلوك اليوميّ ليطلّ علينا المسيح بفصح عظيم.

The Cross in Our Life

By His Eminence Metropolitan JOSEPH

Many heretics of our time don't believe in the cross, even if they may call themselves Christians. Some pop stars and actors wear the cross, but by the witness of their lives we can assume that they don't put much value in the cross except as an empty symbol. There is nothing new under the sun and there have always been accusation against our Church. In the second century, Christians were accused of practicing incest, of being cannibals, of being ignorant and of being bad citizens. The most dangerous accusation was that the Christian teaching was unreasonable. This idea purported that the incarnation was nonsense; God would not lower Himself to become a tiny baby or to be crucified as a common thief.

At the peak of these accusations was that Christians worshipped a crucified animal. In the excavation of the old city of Rome, a stone was discovered which pictured a crucified person, who had the head of a donkey. This picture was drawn to ridicule the Christians who worshipped someone who had been crucified.

In response to all these accusations, Christians pointed to the injustices. There were no secrets among Christians. Christians were good citizens and Christianity was a reasonable belief. The death of Christ was the supreme sacrifice! The cross is not just a symbol or piece of material in our life. "For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God" (1 Cor. 1:18).

Without the Holy Cross of our Lord and deep understanding of our faith, we manifest the same accusations. Faith and knowledge must go together. Faith alone leads to superstition and knowledge alone is limited to facts. The process is called Transformation which means transfiguring ourselves to a better understanding of faith and a better life in light of the Holy Cross.

Our prominent St. Ignatius, Bishop of Antioch (AD 115), struggled to disprove and refute two contemporaries of the Christian faith:

1. Orthodox Judaizers, who were relapsing to the Old Testament thinking that Jesus was merely a prophet who was above passion and crucifixion. They found the Old Testament a relaxing religion in which the cross did not exist.
2. The so-called Docetism, which asserted that Christ had not really come in the flesh and was not really crucified; He only appeared to be crucified.

These two heresies resisted Orthodoxy throughout the history of Christianity taking different forms. History reveals how foolish and scandalous the cross seemed to many religions; to Jews, Judaizers, Gentiles and Moslems.

These heretics still exist in our age because many are convinced that the prophets and the Son of God are above the punishment of crucifixion. To them, only condemned personas are affixed to the cross to await death. These tendencies were always disproved by the fact of Jesus' birth in the flesh and Jesus' death on the cross. Jesus' death on the cross marked the end of the Law of the Old Testament (Gal 3:13).

Jesus was lifted up on the cross as Moses lifted the serpent in the wilderness. What is this serpent which was lifted up by Moses? What is the meaning of the typology? If we go back to the Book of Numbers in the Old Testament, we will see that the people became impatient in the desert and that they spoke against God. Thus, the fiery serpent was sent among the people so that many of them died. These poisonous snakes were a kind of divine judgment on the people's rebellion against God. So, Moses prayed for the people. And the Lord told Moses to make a bronze serpent and set it on a pole. Everyone who was bitten when they saw it would live. This could be seen as spiritual testing; persecution, difficulty, trial. This whole process is one of self-denying.

Jesus used the symbol of the healing snake as representing His crucifixion and resurrection which heals us from death and sin. The verb "lifted up" has a double meaning. It refers to the cross of Jesus and to His glorification in His resurrection and ascension.

From His analogy, the crowd understood that Jesus spoke about His death, but for the masses of people, Messiah and death were incompatible. When Jewish nationalism was on the rise, the expectation of a Messiah acquired political overtones. The people expected Jesus to be a national leader, a mighty king who would deliver the people from the Roman yoke and restore the earthly kingdom of Israel. The crowds and even the disciples that gladly listened to Jesus shared in the understanding of Messiah. They continued to hold these hopes until the very end. The people wanted Jesus to be a king who would not hesitate to use the sword for the realization of their nationalistic dreams.

Jesus predicted His death and He identified Himself with the suffering servant of Christ. When He predicted His death, Jesus pointed at the same time to His resurrection. The resurrection reveals what was achieved on the cross. St. Paul said: "But God forbid that I should boast except in the cross of our Lord Jesus Christ" (Gal. 6:14).

Christ's death on the cross brought salvation (Col. 2:14; Eph. 2:16) and hence, it was the basis for Christian hope. It is the sign of the supreme sacrifice and the resurrection; it signifies life rather than death.

Of course, we do not believe that the divinity of Jesus was crucified on the cross. Thus, we always make a distinction between the two questions "what?" and "who?" Who was crucified on the cross? The answer is Jesus Himself, the second person of the Trinity. What was crucified on the cross? Only the humanity of Jesus was crucified, not His divinity, because the divinity is above our reach. His divinity is unapproachable by human minds.

By His divinity He made the cross the sign of the new life. Our cross is through baptism and repentance. For this reason we become communicants of His cross by our baptism, life, struggle and suffering for the sake of Jesus. We cross ourselves all the time – before kissing an icon, when we pray, before we eat, to express the daily experience of the cross. It is the power of God! The cross to the unbelievers is foolishness, but to us believers it is the power of God. Every action of Christ, including all His working of miracles, was truly great and wonderful. But of all things the most wonderful is His honorable cross. For by nothing else, except by the cross of our Lord Jesus Christ, death has been brought low, death has been despoiled and resurrection bestowed. The power given us by the death of Christ, that is to say the cross has clothed us with the wisdom and power of God. This we have been given as a sign on our forehead, just as Israel was given circumcision. For by it, we faithful are set apart from the skeptics and we are recognized apart from unbelievers.

So that honorable and most truly venerable cross, upon which Christ offered Himself as a sacrifice for us, is itself to be adored because it has been sanctified by contact with His sacred body and blood. We have splinters of this most honorable wood as a relic because it touched the humanity and the sacred divinity of our Lord.

We also adore the likeness of the honorable and life giving Cross, even though it is made of another material. We do not honor the material, but the likeness as a symbol of Christ. We preach Christ crucified. Therefore, the sign of Christ in the Cross is to be adored, for wherever the sign may be, there He will be too. If the form of the cross should happen to be destroyed however, the material from which the cross was composed is not to be adored, even if it was of gold or precious stones. We honor the material as a sign of Christ, for wherever the sign is, Christ is there. We also trace this sign upon our bodies and thereby bless ourselves. Thus we adore everything that has reference to God, although it is to Him that we direct the worship.

Deny yourself and carry your cross daily. To build a godly life you must understand the depth of carrying your cross daily. Read the Bible, but don't read the Bible by itself. Communicate with the person of Jesus! This is your life! Read the Bible slowly and carefully. Read it and pray it at the same time. The experience of Church is in the Bible! The life of the Church is in reading, living and praying altogether. Christ remained silent when Pilot asked Him about the accusations against Him, because He presupposed that Pilot did not understand His theology. Silence has the greatest power to teach. It is the strongest defense. This kind of theology needs peace and silence. The Holy Theotokos kept silent. Protect your families by keeping silent. Carry your cross of poverty, sadness, agony, anxiety, despair or sickness. Carry your cross of the vices gluttony, fornication, avarice, anger, negligence or pride. We must struggle and not give up. Give a work of encouragement. The same Grace is given to all in baptism and in communion. God can heal all. These crosses lead us to confusion, disillusion and pain, but His cross, the TRUE CROSS, leads us to joy and salvation.



Bible Time

Mark 8: 34 – 9:1 † March 19, 2017

Deny ourselves? In today's Gospel, we are asked to deny ourselves, and live for Christ. What a thing to ask of the 'me generation'. Are we not supposed to figure out what *we* want to do in life, what *we* want to achieve or what *we* need to acquire to make ourselves happy? The world keeps telling us to live our life in a way that brings us personal happiness and personal success? We are constantly bombarded with messages encouraging us to 'live our lives' and to 'do what makes us happy'. On the surface, these worldly messages don't initially seem selfish, until you remember that the definition of selfish is first seeking *your* desire and *your* needs before anything else.

My life is His I am a relatively young person (somewhat) , and for many years I would wonder what I was supposed to do with my life. I still do, but not in the same way. Jesus tells us to "*seek first the kingdom of God and His righteousness,*" (Matt. 6:20). We need to look towards Christ in everything. Our choices in life need to revolve around Christ and His kingdom, not ourselves and our own agendas. We need to pray before each of life's choices and be obedient to the thing Christ gives us peace for. We need to put our desires and ambitions aside so that Christ's desire and purpose for us can be heard. And for us to be able to hear His voice clearly, we need to sit quietly and spend time with Him.

Sacrifice Today's message of self-denial is just what most of us need to hear today. Today, as we venerate the precious Cross of Christ, we are reminded that as children of God, we need to live a life in the shadow of that Holy and Life-Giving Cross. Today we are being warned that if we want to live a life that revolves around our own desires, then the consequence is death (loss of eternal life). We need to live a life that revolves around the cross. What does that mean? Saint Paul said "*I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me*" (Galatians 2:20). We need to willingly accept that our sinful flesh has been crucified on the cross, and now our sinful desires ought to be replaced with our obedience to Christ – we now live in faith and not in the flesh. We need to choose – we can't stand in our sin and stand with Christ.

Suffering In life we will suffer. That's something we don't like to think about, but we will all have different sufferings (or crosses to bear). If we call on the Name of the Lord Jesus, He is with us during these times. In fact, when we call on Him, it is He that carries us through these hardships and we come out closer to Him. Sometimes things need to be broken to be rebuilt properly; and sometimes we too are allowed to endure suffering so that Christ can do a work in us. May the Lord help us to remember that when we are suffering.

Dear Jesus, Lord I give myself to you. I want to accept the things you want for me. Help me not to be selfish. I don't want to only do the things I find easy or comfortable; I want to do the things that give You glory. Help me to serve You Lord, not myself. I love You Lord. Amen.

Your Friends in Jesus,

Roula and Alyssa Thomas

Think about This *Do you ever feel that only you know what you need? Do you make decisions and move throughout your day as if you've got it all figured out? Or do you humbly walk in full dependence on God? Do you fully appreciate that all that you have is from God, and that your life is truly blessed only when you are in close communion with the Lord? Do you desperately cling to God like a newborn baby clings to his mother? When we are in full communion with God, we don't do anything without first turning to God and seeking His guidance and blessing. When we are living in the shadow of the Cross, we are living a life that is firmly and obediently focused on Jesus.*

Today as we celebrate the Cross of Christ, let us pray fervently for our persecuted brothers and sisters in Christ who are truly carrying their crosses for Christ. They are not being asked to give up comfort for Christ; they are not being called to simply 'speak up' about their faith – they are being killed violently and without mercy simply because they are Christians! Blessed are those who are persecuted for your Holy Name O Lord Jesus, for theirs is the Kingdom of God.

PRO-LIFE ON PARLIAMENT HILL

WITH SPECIAL GUEST SPEAKER, THE FOUNDER AND DIRECTOR OF

 ***Human Rights and Freedoms Forever!***

WILLIAM BAPTISTE SFO

WHO WILL SPEAK ON

HUMAN RIGHTS FOR ALL HUMANS

BECAUSE

PRO-LIFE=PRO-DEMOCRACY

WHEN

**Sun. March 19 Rally
1pm – 3:30pm**

Where

PARLIAMENT HILL

THE SPEECH WILL INCLUDE
THE TOP 6 FACTS FEW
KNOW ABOUT HUMAN
RIGHTS HISTORY WHICH
PROVE *PRO-LIFE = PRO-
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By William Baptiste SFO of



[http://protecthumanrights
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brotherunity@gmail.com

رسالة معالي وزير الخارجية والمغتربين

بمناسبة "يوم المغترب اللبناني"

أيها المغتربون،

نتوجه اليكم هذا العام، وقد استعاد وطننا حياته الدستورية وذلك بانتخاب فخامة الرئيس العماد ميشال عون رئيساً للجمهورية وتشكيل حكومة جديدة وهو المنطلق لتحقيق الاستقرار السياسي والأزدهار الاقتصادي. هذا الاستقرار سيكتمل بإيجاد قانون عصري للانتخابات وبمشارككم، وأنتم حملة رسالة هذا الوطن في أنحاء المعمورة.

في يوم المغترب تجدد وزارة الخارجية والمغتربين عهداً معكم والتزاماً بمتابعة قضاياكم المحقة، وهي التي كانت قد ساهمت مساهمة كبرى في إقرار قانون استعادة الجنسية الذي يعيد اليكم حقكم الطبيعي وهو حق الجنسية. فأنتم لبنانيون بالأصل وهذا واجب علينا حققناه ولو بعد زمن. وفي هذا الاطار ندعوكم أفراداً وجماعات ونوادٍ وجمعيات ورجال دين للتعاون والمبادرة بالاتصال بالبعثات الدبلوماسية للتسجيل وتقديم طلبات استعادة الجنسية.

أيها المغتربون،

إن التواصل معكم هو أساس عملنا، لذلك شكّل العقاد مؤتمر الطاقة الاغترابية مناسبة وطنية زادت في التواصل بين اللبنانيين اينما كانوا وفتحت آفاقاً جديدة لمشاريع مستقبلية تقوم على الشراكة مع الاغتراب وتستند الى ابداعاته الكبيرة على مستوى العالم. هذا المؤتمر حققته الوزارة خلال العام الماضي حيث انتم، في ساوباولو ونيويورك وجنوب افريقيا، وتدعوكم اليه مجدداً في بيروت مطلع ايار القادم لنكمل المسيرة وفرح اللقاء.

صتم وعاش لبنان.

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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