

Sunday, March 4th, 2018

Second Sunday of Great Lent: St. Gregory Palamas

Tone 6

Eothinon 6

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

The Epistle

O Lord, Thou wilt preserve us and keep us from this generation.

Save me, O Lord, for the godly man hath disappeared.

The Reading from the Epistle of St. Paul to the Hebrews (1: 10- 2:3)

“In the beginning, Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, until I make Thine enemies a stool for thy feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

The Holy Gospel

The Reading from the Holy Gospel according to St. Mark. (1: 1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

Glory to Thee, O Lord, Glory to Thee!



الأحد 4 آذار، 2018

الأحد الثاني من الصوم: القديس غريغوريوس بالاماس
اللحن السادس الإيوثينا السادسة

طروبارية القديس غريغوريوس بالاماس باللحن الثامن

يا كوكب الرأي المستقيم، وسند الكنيسة ومعلمها، يا جمال المتوحدين ونصييراً لا يجارب للمتكلمين باللاهوت، غريغوريوس العجائبي، فخر تسالونيكية وكاروز النعمة، ابتهل على الدوام في خلاص نفوسنا.

الرسالة

أنت يا رب تحفظنا وتسترتنا من هذا الجيل، خلصني يا رب فإنّ البار قد فني.
فصلٌ من رسالة القديس بولس الرسول إلى العبرانيين (1: 10-2: 3)

أنت يا رب في البدء أسست الأرض، والسموات هي صنع يديك، وهي تزول وأنت تبقى، وكلّها تبلى كالثوب وتطويها كالرداء فتتغير، وأنت أنت وسنوك لن تفتنى. ولئن من الملائكة قال قط: اجلس عن يميني حتى أجعل أعداءك موطنًا لقدميك؟ أليسوا جميعهم أرواحًا خادمة ترسل للخدمة من أجل الذين سيرثون الخلاص؟ فلذلك يجب علينا أن نصغي إلى ما سمعناه إصغاءً أشدّ لئلاّ يسرب من أذهاننا. فإنّها إن كانت الكلمة التي نطق بها على السنة ملائكة قد ثبتت، وكلّ تعدّد ومعصية نال جزاء عدلاً، فكيف نفلت نحن إن أهملنا خلاصاً عظيماً كهذا قد ابتدأ النطق به على لسان الربّ ثمّ ثبتته لنا الذين سمعوه؟

الإنجيل المقدّس

فصلٌ شريفٌ من بشارة القديس مرقس البشير والتلميذ الطاهر (2: 1-12)

في ذلك الزمان دخل يسوع كفرناحوم وسمع أنّه في بيت. فللوقت اجتمع كثيرون حتى إنّهم لم يعد موضع ولا ما حول الباب يسع، وكان يخاطبهم بالكلمة. فأتوا إليه بمخلّع يحمله أربعة، وإذ لم يقدر على أن يقتربوا إليه لسبب الجمع، كشفوا السقف حيث كان، وعندما تقبوه دلّوا السرير الذي كان المخلّع مضجّعاً عليه. فلما رأى يسوع إيمانهم، قال للمخلّع: يا بنيّ، مغفورة لك خطاياك. وكان قوم من الكتبة جالسين هناك يفكّرون في قلوبهم: ما بال هذا يتكلم هكذا بالتجديف؟ من يقدر على أن يغفر الخطايا إلاّ الله وحده؟ فللوقت علم يسوع بروحه أنّهم يفكّرون هكذا في أنفسهم فقال لهم: لماذا تفكّرون بهذا في قلوبكم؟ ما الأيسر، أنّ يقال مغفورة لك خطاياك، أم أن يقال قم واحمل سريرك وامش؟ ولكن لكي تعلموا أنّ ابن البشر له سلطان على الأرض أن يغفر الخطايا، قال للمخلّع: لك أقول قم واحمل سريرك واذهب إلى بيتك. فقام للوقت وحمل سريريه وخرج أمام الجميع حتى دهش كلّهم ومجدوا الله قائلين: ما رأينا مثل هذا قطّ.

المجد لك يا ربّ المجد لك!

Announcements

Weekly Schedule - برنامج الرعاية الأسبوعي

Day	Time	Event
Sunday Mar. 4 th	6.00 pm	Pan-Orthodox Vespers: Christ the Savior Orthodox Church (721 Somerset Street W)
Monday Mar 5 th	7.00 pm	Great Compline صلاة النوم الكبرى
Wednesday Mar. 7 th	6.00 pm	Presanctified Liturgy – القداس السابق تقديسه
Friday March. 9 th	6.00 pm	Lenten supper – عشاء صيامي
Friday March. 9 th	7.00 pm	Akathist – مديح والدة الإله
Saturday Mar. 10 th	6.00 pm	Great Vespers – صلاة الغروب
Saturday Mar. 10 th	7.00 pm	Young Adult Ministry Meeting
Saturday Mar. 10 th	7.00 pm	Teen Soyo – اجتماع الشبيبة
3rd Sunday of Lent: Veneration of the Life Giving Cross – الأحد الثالث من الصوم: السجود للصليب المحيي		
Sunday Mar. 11 th	8.45 am 10.00 am	Great Matins – صلاة السحر Divine Liturgy – القداس الإلهي
Sunday Mar. 11 th	6.00 pm	Pan-Orthodox Vespers: St. Stefan Serbian Orthodox Church (1989 Prince of Wales Drive)

Memorial This Sunday, March 4th, 2018

† 1 week memorial service for Mary Husson Skaff, who fell asleep in the Lord in Lebanon on February 26, 2018, offered by her children Andre (Renee), Joseph (Janan), John (Anette) and Souad (Tony) and her grandchildren Marianne, George, Sandra, Elie, Michael, Amanda, Michael, Nathalie, Elie, Lilian and Lisa.

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

May Her Memory be Eternal!

Akathist Supper

Next Friday's Third Lenten Supper at 6 pm will be offered by our Teen Soyo, Young Adult Ministry and Fellowship of St. John the Divine. Donations are appreciated and funds raised will be donated to "Food For Hungry People" Program.

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.

Easter Donations

Dear Parishioners, if you would like to donate flowers, bread, candles, oil, 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.

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 or Fifi Ayoub.

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.**

Pan Orthodox Vespers Schedule

Sunday March 4th, 6 pm. Christ the Savior Orthodox Church (721 Somerset Street W)

Sunday March 11th, 6 pm. St. Stefan Serbian Orthodox Church (1989 Prince of Wales Drive)

Sunday March 18th, 6 pm. Assumption of the Theotokos Ukrainian Orthodox Cathedral (1000 Byron Avenue)

Sunday March 25th, 6 pm. Saints Mark & Mary of Egypt Coptic Church (555 Parkdale Ave)

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.

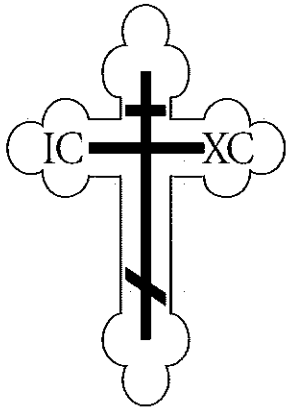
Here in Halifax we are well known for our warm hospitality. This is most true in our home Parish of Saint Antonios. You will see the weekend open with a welcome dinner from our parishioners. We are thrilled to offer touristic offerings in our registration package to allow you to experience our beautiful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

Yours in Christ,
Maria Haddad and Nada Haidar

Co-Chairs of the 2018 DOECUNY Parish Life Conference”

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



Lenten Retreat
"Standing at the Cross"

In three talks,
Very Rev. Dr. John Behr will
explore the mystery of the Cross
of Christ in our lives and in the life
of the Church, with time for
questions and discussion.

When: Saturday, March 10, 2018

Where: Annunciation Orthodox Cathedral, 15 Lebreton Ave. Ottawa ON

Schedule: 9:30 am until 4:30 (followed by Vigil at 5:00 pm)

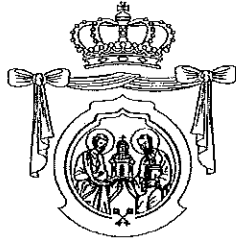
- 9:30 am - Coffee
- 10-12 noon Talk 1 – followed by Lunch
- 1-2:30 pm - Talk 2
- 2:30-3:00 pm - Coffee/tea
- 3-4:30 Talk 3 - followed by 5:00 Vigil

Cost: \$15.00 - includes a Lenten lunch and coffee.

Further donations are most welcome to help cover costs.

Registration: Please go the *Eventbrite.ca* website below to pay and register.
<https://www.eventbrite.ca/e/standing-at-the-cross-mid-lenten-retreat-with-fr-john-behr-tickets-43000353214>

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

January 18, 2018

Beloved in Christ,

Greetings and blessings to you in the Name of Our Lord, God, and Savior Jesus Christ!

For many decades in the life of our Archdiocese, we have celebrated Antiochian Women's Month every March. I have always found this month to be very important during my many years of ministry, and I will continue to support it enthusiastically during my tenure as the Metropolitan – but perhaps not for the reasons many may wrongly assume.

Let me emphatically state that the purpose of this month is not meant to *allow* the women of our parishes to participate in the life of the Church one month out of the year. Women are an integral and vital part of the ministry of the Church year round!

We set aside this month of March to honor the unique ministry of the women of our Archdiocese. Often, the ministry of women is done quietly and can easily be taken for granted. There is the hard work of our mothers, grandmothers, and godmothers in transmitting the Faith to our children – how often do we see and appreciate it? There are the various initiatives of the Antiochian Women. We might notice the help a bake sale provides our budgets, but do we take notice of their work in inspiring vocations, supporting seminarian families, endowing funds for orphanages around the world, or raising needed funding for the Antiochian Village? Do we honor the women who serve on our parish councils, direct our choirs, or lead our efforts in Christian education?

In our Orthodox iconographic tradition, the Theotokos is always portrayed pointing to her Son. Although her assent to bearing the Son and Word of God in her womb brought salvation to the world, she always humbly directs our gaze to Christ. This beautiful image so aptly describes the ministry of our Antiochian Women, who work so tirelessly in service to Our Lord and Savior. As the Metropolitan of this God-protected Archdiocese, I honor our Antiochian Women because their Christ-like service – in ways similar to their patroness, the Theotokos – will in turn point all of us to Christ.

I offer my heartfelt gratitude to all of the Antiochian Women for their selfless ministry. I ask that all of us work together to support their initiatives and never take them for granted. Praying that we all enter into the time of the Great Fast with a spirit of love, humility, and service, I remain,

Yours in the service of Christ,

+JOSEPH

Archbishop of New York and Metropolitan of all North America

"The disciples were first called Christians in Antioch" (Acts 11: 26)

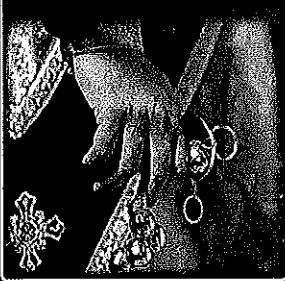
358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

STRENGTHENING THE MINISTRIES OF OUR CHURCH

❖ VOCATIONS ❖

ANTIOCHIAN WOMEN
2018 NAB PROJECT

ORDAINED
MINISTRY



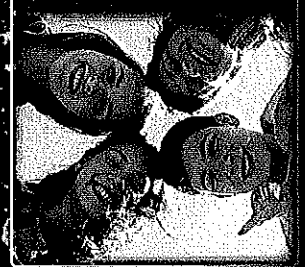
SERVICE
MINISTRY



TEACHING
MINISTRY



YOUTH
MINISTRY



Encouraging
Supporting
Funding

MUSIC
MINISTRY



MONASTIC
MINISTRY



ADMIN.
MINISTRY



UPCOMING SPANISH CLASSES

Would you like to be able to communicate in Spanish during your next trip to a Spanish-speaking country? Starting in March, Spanish workshops will be offered at St. Elias Cathedral by Ioana Dimitriu, PhD, Spanish Lecturer at Carleton University.

Spanish for Travellers I

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 (Minimum 4, maximum 10 participants)

Spanish for Travellers II

Tuesdays and Thursdays 9:30-11:30 (plus 30 minutes free practice and conversation)

March 1-29, 2018

This workshop aims at further developing participants' listening, comprehension and speaking abilities in Spanish. Participants will practice the use of the present tense of regular and irregular verbs in oral communication. Conversation topics will focus on travel and will include making and responding to invitations, talking about favourite activities and daily routine, shopping for clothing, discussing culinary traditions, booking accommodation, checking in at the airport, and buying tickets for shows. Cultural components about different parts of the Spanish-speaking world will be presented through audiovisual materials. No homework and no tests. Fun and relaxed atmosphere. Suitable for young and young at heart. Cost: \$250 per participant (Minimum 4, maximum 8 participants)

Intermediate Spanish Conversation

Mondays 9:30-12:00

March 5, 12, 19, 26

This workshop is intended as a refresher for participants who wish to practice speaking Spanish. The workshop will offer an overview of certain aspects of grammar and more complex lexical structures in different contexts. Conversation topics will focus on travel experiences and travel plans. Cost: \$100 per participant (Minimum 4, maximum 6 participants)

Elementary Spanish I

Fridays 9:30-11:30 (plus 30 min. free practice and conversation)

April 13-June 29

This Spanish language course is intended for true beginners who wish to develop listening, comprehension, reading and speaking skills in Spanish. Grammar and vocabulary will be taught through Power Points presentations. Audiovisual materials will focus on cultural components of different parts of the Spanish-speaking world. Homework assignments are optional and may be completed online. Cost: \$300 per participant

For more information on these Spanish workshops or to register, please contact the teacher Ioana Dimitriu at info@LenguaViva.ca

For anonymous feedback from past students who took these classes, please visit www.LenguaViva.ca



February 6, 2018

V. Rev. Ghattas Hajal
St Elias Antiochian Orthodox Cathedral
700 Ridgewood Ave
Ottawa ON K1V 6N1
CANADA

Dear Father Ghattas:

Thank you for your gift supporting the critical humanitarian efforts of International Orthodox Christian Charities (IOCC). This life-changing work would not be possible without you!

Your donation helps IOCC respond quickly and effectively to people in need, from refugees in Lebanon to families recovering from recent hurricanes. IOCC provides food, clean water, hygiene items and access to shelter in its emergency relief capacity, as well as medical care and crisis counseling in response to the traumatic effects of war, poverty, and disease.

Some of the world's most vulnerable families and communities have hope and opportunity because of your generous act of compassion. On behalf of the beneficiaries IOCC serves, please accept our sincere gratitude.

Yours in Christ,

Constantine M. Triantafilou
Executive Director and CEO

Please retain this information for your records.

Antiochian Orthodox Christian Archdiocese of North America

St. Elias Antiochian Orthodox Cathedral

Cathedral Location: 2975 Riverside Dr.

Cathedral Office: 700 Ridgewood Ave.

Ottawa, Ontario, Canada K1V 6N1

Telephone: (613) 738-2222 Fax: (613) 737-4392

Email: info@steliascathedral.com Website: www.steliascathedral.com

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