

**Sunday, March 11<sup>th</sup>, 2018**

Third Sunday of Great Lent: Veneration of the Precious and life-giving Cross

Tone 7

Eothonon 7

**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 commonwealth.

**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)**

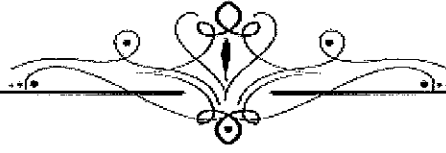
Brethren, since we have a High Priest, Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but One Who in every respect has been tempted as we are, yet without sin. Let us then with 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."

**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!**



الاحد 11 آذار ، 2018

اللحن السابع  
الأحد الثالث من الصوم: السجود للصليب الكريم المحيي  
الإيوثينا السابعة

### طروبارية الصليب باللحن الأول

خَلِّصْ يَا رَبُّ شَعْبَكَ، وَبَارِكْ مِيرَاتِكَ، وَامْتَحْ عَيْدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الْبَرِّ، وَاحْفَظْ بِقُوَّةِ صَلْبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.

### الرسالة

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاتِكَ. إِلَيْكَ يَا رَبُّ أَصْرُخُ إِلَهِي  
فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ (4: 14-5: 6)

يا إخوة، إذ لنا رئيس كهنة عظيم قد اجتاز السموات، يسوع ابن الله، فلتنمستك بالاعتراف لأن ليس لنا رئيس كهنة غير قادر أن يرثي لأوهاننا بل مجرب في كل شيء مثلنا ما خلا الخطيئة. فلنقبل إذن بثقة إلى عرش النعمة لننال رحمة ونجد ثقة للإغاثة في أوانها فإن كل رئيس كهنة متخذ من الناس يقام لأجل الناس فيما هو لله ليقترب تقادم وذبايح عن الخطايا في إمكانه أن يشفق على الذين يجهلون ويضلون لكونه هو أيضاً مثلئساً بالضعف\* ولهذا يجب عليه أن يقترب عن الخطايا لأجل نفسه كما يقترب لأجل الشعب\* وليس أحد يأخذ لنفسه الكرامة، بل من دعاه الله كما دعا هارون\* كذلك المسيح لم يمجّد نفسه ليصير رئيس كهنة، بل الذي قال له "أنت ابني وأنا اليوم ولدتك". كما يقول في موضع آخر "أنت كاهن إلى الأبد على رتبة ملكيصادق".

### الإنجيل المقدس

فصل شريف من بشارة القديس مرقس البشير والتلميذ الطاهر (8: 34-9: 1)

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

المجد لك يا رب المجد لك!

## Announcements

### Weekly Schedule - برنامج الرعية الأسبوعي

Day	Time	Event
Sunday Mar. 11 <sup>th</sup>	6.00 pm	Pan-Orthodox Vespers: St. Stefan Serbian Orthodox Church (1989 Prince of Wales Drive)
Monday Mar 12 <sup>th</sup>	7.00 pm	Great Compline صلاة النوم الكبرى
Wednesday Mar. 14 <sup>th</sup>	6.00 pm	Presanctified Liturgy – القداس السابق تقديسه
Friday March. 16 <sup>th</sup>	6.00 pm	Lenten supper – عشاء صيامي
Friday March. 16 <sup>th</sup>	7.00 pm	Akathist – مديح والدة الإله
Saturday Mar. 17 <sup>th</sup>	6.00 pm	Great Vespers – صلاة الغروب
Saturday Mar. 17 <sup>th</sup>	7.00 pm	Young Adult Ministry Meeting
Saturday Mar. 17 <sup>th</sup>	7.00 pm	Teen Soyo – اجتماع الشبيبة
<b>4<sup>th</sup> Sunday of Lent: St. John Climacus – الأحد الرابع من الصوم: القديس يوحنا السلمى</b>		
Sunday Mar. 18 <sup>th</sup>	8.45 am	Great Matins – صلاة السحر
	10.00 am	Divine Liturgy – القداس الإلهي
Sunday Mar. 18 <sup>th</sup>	6.00 pm	Pan-Orthodox Vespers: Assumption of the Theotokos Ukrainian Orthodox Cathedral (1000 Byron Avenue)

### Memorials Next 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.

† 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.

### 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.

### Akathist Supper

Next Friday's Fourth Lenten Supper at 6 pm will be offered by our Church School. Donations are appreciated and funds raised will be donated to "Food For Hungry People" Program.

### 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.**

### **Pan Orthodox Vespers Schedule**

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

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

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

### **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

### **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).

## 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>**

### SPONSORSHIP REQUEST

Beloved Parishioners of St. Elias,

This year again, DOECUNY SOYO is grateful to be hosted by St. Elias Cathedral for its  
**8<sup>th</sup> Annual Basketball Tournament**

In an attempt from the SOYO board to encourage participation, it was decided not to increase the registration fees.

This being, we would highly appreciate any contribution, full or partial, monetary or in kind, to cover any of the below items:

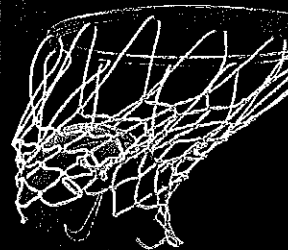
1. Gymnasium rental fee
2. Medals and awards
3. Basket balls and whistles
4. Referees Thank You gifts
5. Speakers Thank You gifts
6. Friday healthy snacks
7. Saturday Lunch
8. Saturday Buffet Dinner

For any additional information on how to contribute, please contact:

George Shacker: [613 276-8037](tel:6132768037) or Rouba Khouri: [514 892-1177](tel:5148921177)

DOECUNY SOYO'S  
8<sup>TH</sup> ANNUAL  
BASKETBALL  
TOURNAMENT/  
SPIRITUAL RETREAT

Hosted by  
St. Elias  
Ottawa



**SHOOT HOOPS  
FOR THE LORD**

MAY 4, 5, 6TH 2018  
WITH SPECIAL SPEAKER!

**Thank you for your  
generosity!**

## **Lest We Forget: Honour Wall**

To honour deceased Clergy of the Antiochian Orthodox Clergy Archdiocese of North America.

An Honor Wall will be placed in the Antiochian Village Heritage Center. In our 50<sup>th</sup> Anniversary Souvenir Book (1980) the following Reverend Clergy were mentioned as having served St. Elias Parish:

Right Rev. Archimandrite Basilious Nader

Rev. Fr. Antoun Bahhah

Rev. Fr. Hanania Kassab

Rev. Fr. Nicholas Husson

Rev. Fr. Jirios Trad

Rev. Fr. Nicholas Nahhas

Rev. Fr. Gerosimos Yared

Rev. Fr. Athanasius Rahbani

Rev. Fr. David Cassis

Rev. Fr. Emile Hanna

Rev. Fr. George Kazaka

If any of our parishioners have any pictures or stories or biographies of the above mentioned Fathers when they served our parish, please send the information to our office.

Thank you & God rest the souls of our past Pastors. May their Memory be Eternal.



THE MOST REVEREND  
METROPOLITAN JOSEPH  
358 MOUNTAIN ROAD  
ENGLEWOOD, NEW JERSEY 07631

# ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP -- FOUNDER  
☞ A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS ☞

❖ NORTH AMERICAN BOARD ❖

N.A.B. GRANT COMMITTEE



March 1, 2018

Dear Reverend Fathers,

Greetings in the name of our Lord and Savior Jesus Christ!

The Antiochian Women of North American Board are **asking for your help** in finding women in your parish who could benefit from the Antiochian Women's Educational Grant. Each year, the Antiochian Orthodox Christian Women of North America awards grants, in the amount of \$500.00 each. The grant is meant to help women with the cost of education or training, which they have undertaken to improve their circumstances or those of their families.

We will be awarding these scholarships in July at the NAB Summer Meeting. You can help by passing along the enclosed application to the women in your parish you feel are eligible and would benefit from our scholarship. Please feel free to duplicate the application form if more than one woman in your parish wishes to apply. Also, please publicize the grant in your parish newsletter or Sunday Bulletin.

The qualifications for the grant are as follows. Applicants must:

- Be a female, 26 years of age or older
- Be a member in Good Standing of their Antiochian parish
- Be actively involved in the worship, service, and social life of her parish
- Be applying for, or registered in, an academic or trade study program
- Demonstrate financial need

**The DEADLINE for the Committee to receive the application and material is June 1, 2018.**

Interested women may contact me with questions; they should send their completed application to:

**LAILA FERRIS**

AW NAB Grant Committee  
33016 Harrison  
El Paso, TX 79930

home: (915) 565-1088 / mobile: (915) 204-0524 / e-mail: lferris130@yahoo.com

Thank you for helping us with this very important program. We look forward to receiving applications from the women in your parish.

Yours in Christ,

Cindy Nimey  
Chair of the Grant Committee  
ANTIOCHIAN WOMEN North American Board



**ANTIOCHIAN WOMEN  
NORTH AMERICAN BOARD  
GRANT APPLICATION**

*∞ Please print clearly or type all information. ∞*

NAME	
ADDRESS	
CITY	
ST./PR. & ZIP	
TELEPHONE	
E-MAIL	
DATE OF BIRTH	
PARISH NAME	
ST./PR. & ZIP	
PRIEST'S NAME	

**Please provide the following information  
(all financial information will be kept strictly confidential):**

**COST OF STUDY (academic year)**

TUITION	\$	
ROOM & BOARD	\$	<i>(this is only for on-campus students)</i>
BOOKS & FEES	\$	

TOTAL FINANCIAL AID RECEIVED (academic year): \$

TOTAL HOUSEHOLD INCOME (academic year): \$

TOTAL # OF PEOPLE IN HOUSEHOLD:

**ALL MATERIAL  
(THIS APPLICATION & YOUR SUPPORTING DOCUMENTATION)  
MUST BE RECEIVED BY THE GRANT COMMITTEE ON OR BEFORE:**

**JUNE 1, 2018**

## SUPPORTING DOCUMENTATION

All material must be submitted in English.  
Please allow yourself extra time if you need to have your material translated.  
All material **MUST** be received  
by the Grant Committee *on or before* **JUNE 1, 2018.**

### ESSAY:

On a separate sheet of paper, please include an essay of between 100-250 words explaining your scholastic and/or vocational goals.

In your essay, please address the following questions:

- What are you planning on studying?
- Why have you chosen this program of study?
- How will this education impact your life in the future?
- How will this grant from the Antiochian Women assist you?

### RECOMMENDATION:

A letter of recommendation from your parish priest **must** be included in your application.

Your priest may either:

- Send the recommendation directly to the Grant Committee (address below)
- or -
- Give you the recommendation in a sealed & initialed envelope that you will include with your application and essay.

*We cannot consider your application unless it includes  
your priest's letter of recommendation.*

**The application deadline is June 1, 2018**

Please mail your application material (application form, essay, and priest's recommendation) to:

**LAILA FERRIS  
AW NAB Grant Committee  
3016 Harrison  
El Paso, TX 79930 U.S.A.**

*If you have questions, please call Laila at home: (915) 565-1088 / mobile: (915) 204-0524,  
or send her an e-mail: lferris130@yahoo.com*

*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](mailto:info@steliascathedral.com) Website: [www.steliascathedral.com](http://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*