

Sunday March 20th, 2016

First Sunday of Great Lent (Sunday of Orthodoxy)

Tone 1

Eothinon 9



APOLYTIKION OF FIRST SUNDAY OF GREAT LENT IN TONE TWO

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

THE EPISTLE

Blessed art Thou, O Lord, the God of our fathers. For Thou art just in all that Thou hast done for us.

**The Reading from the Epistle of St. Paul to the Hebrews.
(11:24-26, 32-40)**

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets; who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

الأحد 20 آذار، 2016

الأحد الأول من الصوم (أحد الأرثوذكسية)

الإيوثينا التاسعة

اللحن الأول



طروبارية أحد الأرثوذكسية (باللحن الثاني)

لِصُورَتِكَ الطَّاهِرَةِ نَسْجُدُ أَيُّهَا الصَّالِحُ، طَالِبِينَ مَغْفِرَةَ الخَطَايَا أَيُّهَا المَسِيحُ إِهْنَا. لِأَنَّ بِمَشِيئَتِكَ سُرِرْتَ أَنْ تَصْعَدَ بِالْجَسَدِ عَلَى الصَّلِيبِ، لِتُنَجِّيَ الَّذِينَ خَلَقْتَ مِنْ عُبُودِيَّةِ العَدُوِّ. لِذَلِكَ نَصْرُحُ إِلَيْكَ بِشُكْرٍ، لَقَدْ مَلَأْتَ الكُلَّ فَرَحًا يَا مُخَلِّصَنَا، إِذْ أَتَيْتَ لِتُخَلِّصَ العَالَمَ.

الرسالة

مبارك أنت يا إله آبائنا. لأنك عدلٌ في كلِّ ما صنعت بنا.

فصلٌ من رسالة القديس بولس الرسول إلى أهل العبرانيين.

(11: 24-26، 32-40)

يا إخوة، بالإيمان موسى لما كبر أبي أن يدعى ابنًا لابنة فرعون، مختارًا الشقاء مع شعب الله على التمتع الوقفي بالخطيئة. ومعتبرًا عار المسيح غني أعظم من كنوز مصر. لأنه نظر إلى الثواب. وماذا أقول أيضًا؟ إنه يضيق بي الوقت إن أخبرت عن جدعون وباراق وشمشون ويفتاح وداود وصموئيل والأنبياء. إن القديسين أجمعين، بالإيمان قهروا الممالك، وعملوا البر، ونالوا المواعد، وسدوا أفواه الأسود. وأطلقوا حدة النار، ونجوا من حد السيف، وتقووا من ضعف، وصاروا أشداء في الحرب، وكسروا معسكرات الأجانب. وأخذت نساء أمواتهن بالقيامة، وعذب آخرون بتوتير الأعضاء والضرب، ولم يقبلوا بالنجاة ليحصلوا على قيامة أفضل. وآخرون ذاقوا الهزة والجلد والقيود أيضًا والسجن. ورجموا ونشروا وامتنحوا وماتوا بحد السيف، وساحوا في جلود غنم ومعز وهم معوزون مضايقون مجهودون. ولم يكن العالم مستحقًا لهم فكانوا تائبين في البراري والجبال والمغاور وكهوف الأرض. فهؤلاء كلهم مشهودًا لهم بالإيمان لم ينالوا الموعد. لأن الله سبق فنظر لنا شيئًا أفضل أن لا يكملوا بدوننا.

The Holy Gospel

The Reading from the Holy Gospel according to St. John. (1: 43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree; do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

Glory to Thee, O Lord, Glory to Thee!

الإنجيل المقدس

فصل شريف من بشارة القديس يوحنا البشير والتلميذ الطاهر

(1: 43-51)

في ذلك الزمان، أراد يسوع الخروج إلى الجليل، فوجد فيلبس فقال له اتبعني. وكان فيلبس من بيت صيدا من مدينة أندراوس وبطرس. فوجد فيلبس ثنائيل فقال له إن الذي كتب عنه موسى في التاموس والأنبياء قد وجدناه وهو يسوع بن يوسف الذي من الناصرة. فقال له ثنائيل، أمن الناصرة يمكن أن يكون شيء صالح؟ فقال له فيلبس تعال وانظر. فرأى يسوع ثنائيل مقبلاً إليه فقال عنه هوذا إسرائيلي حقا لا غش فيه. فقال له ثنائيل من أين تعرفني. أجاب يسوع وقال له قبل أن يدعوك فيلبس وأنت تحت التينة رأيتك. أجاب ثنائيل وقال له، يا معلم، أنت ابن الله أنت ملك إسرائيل. أجاب يسوع وقال له، لأني قلت لك إني رأيتك تحت التينة أمنت. إنك ستعطين أعظم من هذا. وقال له الحق الحق أقول لكم، إنكم من الآن ترون السماء مفتوحة، وملائكة الله يصعدون وينزلون على ابن البشر.

المجد لك يا رب المجد لك!

Sunday of Orthodoxy (By Metropolitan ANTHONY Bloom)

We are keeping today, as every year at the end of the first week of Lent, the Feast of the Triumph of Orthodoxy. And every year we must give thought to what is meant, not only as a historical event, but also in our personal lives. First of all we must remember that the Triumph of Orthodoxy is not the Triumph of the Orthodox over other people. It is the Triumph of the Truth Divine in the hearts of those who belong to the Orthodox Church and who proclaim the Truth revealed by God in its integrity and directness.

Today we must thank God with all our hearts that He has revealed Himself to us, that He has dispelled darkness in the minds and hearts of thousands and thousands of people, that He who is the Truth has shared the knowledge of the perfect Truth Divine with us.

The occasion of this feast was the recognition of the legitimacy of venerating icons. By doing this we proclaim that God - invisible, ineffable, the God whom we cannot comprehend, has truly become man, that God has taken flesh, that He has lived in our midst full of humility, of simplicity, but of glory also. And proclaiming this we venerate the icons not as idols, but as a declaration of the Truth of the Incarnation.

By doing this we must not forget that it is not the icons of wood and of paint, but God who reveals Himself in the world. Each of us, all men, were created in the image of God. We are all living icons, and this lays upon us a great responsibility because an icon may be defaced, an icon may be turned into a caricature and into a blasphemy. And we must think of ourselves and ask ourselves: are we worthy, are we capable of being called "icons", images of God? A western writer has said that meeting a Christian, those who surround him should see him as a vision, a revelation of something they have never perceived before, that the difference between a non-Christian and a Christian is as great, as radical, as striking, as the difference there is between a statue and a living person. A statue may be beautiful, but it is made of stone or of wood, and it is dead. A human being may not at first appear as possessed of such a beauty, but those who meet him should be able, as those who venerate an icon - blessed, consecrated by the Church - should see in him the shining of the presence of the Holy Spirit, see God revealing Himself in the humble form of a human being.

As long as we are not capable of being such a vision to those who surround us, we fail in our duty, we do not proclaim the Triumph of Orthodoxy through our life, we give a lie to what we proclaim. And therefore each of us, and all of us collectively, bear every responsibility for the fact that the world

meeting Christians by the million is not converted by the vision of God's presence in their midst, carried indeed in earthen vessels, but glorious, saintly, transfiguring the world.

What is true about us, simply, personally, is as true about our churches. Our churches were called by Christ as a family, a community of Christians to be a body of people who are united with one another by total love, by sacrificial love, a love that is God's love to us. The Church was called, and is still called, to be a body of people whose characteristic is to be the incarnate love of God. Alas, in all our churches what we see is not the miracle of love divine.

From the very beginning, alas, the Church was built according to the images of the State - hierarchical, strict, and formal. In this we have failed - to be truly what the early, first community of Christians were. Tertullian writing in defence of the Christians said to the Emperor of Rome: "When people meet us they are arrested and say: 'How these people love one another!'" We are not collectively a body of people about whom one could say this. And we must learn to recreate what God has willed for us, what has once existed: to recreate communities, churches, parishes, dioceses, patriarchates, the whole church, in such a way that the whole of life, the reality of life should be that of love. Alas, we have not learned this yet.

And so, when we keep the feast of the Triumph of Orthodoxy we must remember that God has conquered, that we are proclaiming the truth, God's own Truth, Himself incarnate and revealed, and there is a great responsibility for all of us collectively and singly in this world, that we must not give the lie to what we proclaim by the way in which we live. A western theologian has said that we may proclaim the whole truth of Orthodoxy and at the same time deface it, give it the lie by the way in which we live, showing with our life that all these were words, but not reality. We must repent of this, we must change, we must become such that people meeting us should see God's truth, God's light, God's love in us individually and collectively. As long as we have not done this we have not taken part in the Triumph of Orthodoxy. God has triumphed, but He has put us in charge of making his triumph the triumph of life for the whole world.

Therefore, let us learn to live according to the Gospel which is the Truth and the Life, not only individually but collectively, and build societies of Christians that are a revelation of it, so that the world looking at us may say: "Let us re-shape our institutions, re-shape our relationships, renew all that has gone or remains old and become a new society in which the Law of God, the Life of God can prosper and triumph. Amen.

Announcements

Antiochian Women Month:

March is the month of the Antiochian Women. You will see them collecting trays, reading the Epistles, and serving coffee every Sunday. May this Lent be a blessed one for our women that never disappoint in their service and love to God and His Church. TO know more about the Antiochian Women you can visit the following website:

www.antiochian.org/women

Today, the Sermonette will be delivered by Susanne Zeidan, the chairwomen of the Antiochian Women.

Sunday of Orthodoxy Vespers:

St. Elias will host the Pan-Orthodox Sunday of Orthodoxy Vespers today, Sunday March 20th at 7.00 pm. We ask our parishioners to attend this beautiful service which expresses the unity of faith with our brothers and sisters in Christ. His Grace Bishop IOAN Casian of Vicina, Auxiliary bishop of the Romanian Orthodox Archdiocese in the Americas, will preside over the Service.

Volunteers Request:

We are looking for volunteers that could help St. Elias with the New coming Syrian Refugees that are being sponsored by our parishioners. Volunteers should know English and Arabic. We are looking for people that can help us in 2 aspects:

1. Assisting sponsors in the process to get refugees (filling out paperwork).
2. Assisting Refugees to settle in Ottawa once they arrive.

Food for the Hungry People Alms Boxes:

Hunger is one of the world's most pressing problems affecting over 1 billion people. It is an intensely personal problem as well. Behind the grim statistics are children and families loved by God, who are deprived of their right to a full life because they do not have enough to eat!

Please take home an Alms Box to-day and fill it during the Lenten period so that we may all do our small part to relieve some of the suffering in this troubled world. Please return the boxes by Pascha to enable us to remit the funds to the Archdiocese for distribution to the needy.

Second Tray This Sunday

As usual, a second tray will be collected today, on the Sunday of Orthodoxy, in support of our Antiochian Orthodox Seminarians, who are being prepared to serve the Lord and His Holy Church.

2nd Lenten Dinner

The Second Lenten Dinner will take place on Friday March 25th at 6.00 pm before the 2nd Akathist. It is donated by the Fellowship of St. John the Divine and the Teen SOYO organizations. Donations to the food for the hungry people will be very much appreciated.

Presenting the Holy Mountain "Athos":

Three of our parishioners: Bassam Hamwi, George Thomas & Nader Hajjar were blessed to visit the Holy Mountain "Athos" in Greece recently in a spiritual pilgrimage.

They will share with us their experience and present to us their trip on Monday, March 28th at 8.15 pm (following the Great Compline, in the basement).

Fellowship Bible Study:

Next Week's topic is "**Jonah the Prophet**" (Tuesday, March 22nd at 7.30 pm in the board room). Kindly prepare by reading the book of Jonah.

Lenten Lunch

The Antiochian Women will be hosting the Annual Lenten Lunch, on Sunday April 3rd after Liturgy. Tickets will be on sale in the Hall downstairs after Liturgy every Sunday. A portion of the proceeds will go to the Antiochian Women's Project: **Help Feed Hungry Children**. Thank you for your support.

Memorials Next Week, March 27th, 2016

† Three Week Memorial Service for Edward Chafik El Zein offered by his brother Tony (Vichinia) El Zein and his sister Afaf (Joseph Mansour).

† Two Week Memorial Service for Souheil Tayar & 1 year memorial service for Amal Yaacoub who fell asleep in the Lord in Syria offered by their daughter Hala Tayar (Bassam Kassis) and his grandchildren.

May Their Memory be Eternal!

Metropolitan Philip Repose Anniversary

March 19th, 2016 marks the second anniversary of the repose of our beloved Metropolitan PHILIP of Thrice-blessed memory. As we always keep him in our prayers, we offer today's liturgy for the repose of his soul. May his memory be eternal!

Upcoming Services

Service	Date	Time
Sunday of Orthodoxy Pan Orthodox Vespers	Sunday, March 20 th	7.00 pm
Great Compline	Monday, March 21 st	7.00 pm
Presanctified Liturgy	Wednesday, March 23 rd	6.00 pm
Feast of Annunciation Great Vespers	Thursday, March 24 th	6.00 pm
Feast of Annunciation Matins Divine Liturgy	Friday, March 25 th	9.00 am 10.00 am
2 nd Lenten Dinner 2 nd Akathist	Friday, March 25 th	6.00 pm 7.00 pm
Great Vespers	Saturday, March 26 th	6.00
Second Sunday of Great Lent (St. Gregory Palamas) Matins Divine Liturgy	Sunday, March 27 th	8.45 am 10.00 am

Weekly Immigration Clinic

St. Elias Cathedral is offering a free of charge weekly immigration consultation for our parishioners who are seeking legal consultancy in one of the following services:

- Refugee paperwork assistance.
- Immigration legal writing (writing an immigration letter).
- Immigration Advice (questions and answers).
- Application review and advice.
- How to immigrate.
- How to sponsor your family.
- Citizenship Applications Assistance.
- Study, work, visit or obtain a Super Visa to Canada.
- Removal orders (ex. Deportation etc.), refusals and appeals.

These services will be offered by our Parishioner Tarek Farah who is a Canadian Immigration Regulated Consultant; a member of the ICCRC.

To apply for an appointment, please contact the Cathedral either by phone or email.

إعلان: خدمات هجرة أسبوعية

تعلمن كاتدرائية مار الياس عن تقديم خدمة مجانية أسبوعية خاصة بخدمات ومجال الهجرة إلى كندا لأبناء الرعية الطالبين استشارة أو استفسار عن إحدى الخدمات التالية:

- مساعدة في تعبئة الطلبات الخاصة باللجوء.
- مساعدة في كتابة رسائل قانونية خاصة بالهجرة.
- إجابة استفساراتكم وأسئلتكم الخاصة في مجال الهجرة.
- مراجعة طلبات الهجرة.
- كيفية تقديم طلبات الهجرة.
- كيفية كفالة أحد أفراد الأسرة.
- كيفية الحصول على تأشيرة دراسة، عمل، أو زيارة (أو super visa) إلى كندا.
- كيفية التعامل مع قرارات الترحيل أو الطلبات المرفوضة.

يقدم هذه الخدمات أحد أبناء رعيتنا طارق فرح، مستشار الهجرة المعتمد من قبل الحكومة الكندية.

لطلب موعد، يرجى الاتصال بمكتب الكنيسة عبر الهاتف أو البريد الإلكتروني.

WHY ARE THERE ICONS EVERYWHERE?

“The Church, through the temple and Divine service, acts upon the entire man, educates him wholly; acts upon his sight, hearing, smelling, feeling, taste, imagination, mind, and will, by the splendor of the icons and of the whole temple, by the ringing of bells, by the singing of the choir, by the fragrance of the incense, the kissing of the Gospel, of the cross and the holy icons, by the prosphoras, the singing, and sweet sound of the readings of the Scriptures.” {St. John of Kronstadt}



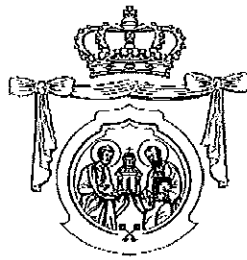
Icons are in some sense our family album.

In the same way that many people keep photo albums to help them remember people and events, we keep the icons to **remind us of people and events.** They adorn the walls of our worship spaces, making that **“great cloud of witnesses”** more apparent to us. Most Orthodox Christians also have an icon corner in their home where they display icons of Christ, the Theotokos (a Greek word meaning “Birth-giver to God,” i.e., the Virgin Mary) and other saints and scenes from Scripture.

Icons are not just items made of wood and paint. **Human beings are also icons of God** (that is, we are made in the image and likeness of God). Jesus Christ is called by St.

Paul the “image” (in Greek, *eikon*) of the invisible God (Col. 1:15). **Thus, icons always point back to God.** Reverence which is made through these **“windows into heaven”** is directed at the image of God found in each of the saints depicted.

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

March 20, 2016

"Let us O brethren, begin the second week of the Fast, fulfilling it day by day with rejoicing, making unto ourselves, like Elias the Tisbite, a fiery chariot of the great cardinal virtues, elevating our minds by subduing our passions, arming ourselves with purity, to chase away and vanquish the enemy."

---Vespers of the first Sunday Evening

Reverend Fathers, Esteemed Members of the Parish Council, and Beloved Faithful:

Greetings to you and your families on this first Sunday of the Fast. I pray the struggles of the first week were accomplished with faithful endurance by the grace of God.

Every year on the Sunday of Orthodoxy, in addition to celebrating the triumph of the Holy Icons, we appeal to the faithful of our communities on behalf of our archdiocesan students who are undertaking theological studies in preparation for ordination. We are thankful that they are dedicating their lives to serve Christ and His Holy Church. At the same time, we are all mindful of the costs of higher education. In addition to their undergraduate degrees which they are responsible for obtaining, they must spend an additional three years studying at the seminary in order to be considered for ordination and placement in one of our parishes. So as not to burden them in the future, we give all qualified applicants a scholarship to cover the cost of their tuition and room and board so that they might enter the ministry without the additional burden of paying back loans from seminary. The money we receive from our parishes on this day is used to provide these scholarships. Therefore, we ask that you give generously and from your heart.

Praying that our heavenly Father continue to bless you on your Lenten pilgrimage to the glorious Resurrection of His Son, our Lord and Savior Jesus Christ, we remain,

Your Father in Christ,

A handwritten signature in black ink, appearing to be 'Joseph'.

+JOSEPH
Archbishop of New York and Metropolitan of all North America

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

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St. George Antiochian Orthodox Church

350 Higby Rd.
New Hartford, NY 13413
Rev. Fr. Nikolai Meyers
(315)939-8837

February 23, 2016
Hieromartyr Polycarp

Dear Bishop Alexander, Priests, Deacons and faithful of our Diocese.

Christ is in our midst!

It is our great honor and pleasure to be your host for the 2016 Parish Life Conference. We will be hosting you at the Radisson Hotel in Downtown Utica, NY. June 30th to July 3rd. We have a fantastic room rate of \$99.00 a night.

Some of the highlights of our PLC schedule are:

- Visit to Holy Trinity Monastery in Jordanville NY on Thursday.
- Not just child care but a Vacation Church School program for kids during the days of our PLC. • Teen Service Project on Saturday.
- Order of St. Ignatius Cocktail Hour for everyone to attend on Saturday.
- And all the rest of our great PLC events!

Please register early and take advantage of the Early Bird discount. You can register at:

<http://antiochianevents.com/ottawa.html>.

If you would like to include a memorial in honor of a family member, honor a recent Grad, highlight an important anniversary or just offer best wishes to someone attending the conference you can place a message in our Souvenir Journal. Parishes can receive a discounted price for a full color page for only \$400.00. You can see all of your options for the Souvenir Journal at: <https://www.antiochianevents.org/journal/128>.

Please come and be our guest for this summer's Diocese of Ottawa, Eastern Canada & Upstate New York Parish Life Conference!

In Christ,

Fr. Nikolai Meyers
Host Pastor



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



January 22, 2016

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 are able to award grants, in the amount of \$500.00 each, to help women return to education or training in order to improve their circumstances and 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, 2016.

Interested women can direct their inquiries and/or send applications to:

Laila Ferris, Coordinator
AW NAB Grant Committee
3016 Harrison
El Paso, TX 79930
(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
North American Board

❖ ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN 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