

**Sunday, March 3<sup>rd</sup>, 2019**  
**Sunday of the Last Judgment (Meat Fare)**

**Tone 7**

**Eothinon 7**

**KONTAKION FOR SUNDAY OF LAST JUDGMENT IN TONE ONE**

When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

**THE EPISTLE**

*The Lord is my strength and my praise.*

*The Lord chastising hath chastised me, but He hath not delivered me over to death.*

**The Reading from the First Epistle of St. Paul to Corinthians. (8:8-9:2)**

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care, lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you—a man of knowledge—at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

**The Holy Gospel**

**The Reading from the Holy Gospel according to St. Matthew (25: 31-46)**

The Lord said, "When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.' Then He will say to those at his left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."

**Glory to Thee, O Lord, Glory to Thee!**



الاحد 3 آذار، 2019

أحد الدينونة (مرفع اللحم)

الإيوثينا السابعة

اللحن السابع

### قنداق أحد الدينونة باللحن الأول

إذا أتيت يا الله على الأرض بمجد، فترتعد منك البرايا بأسرها، ونهر النار يجري أمام عرشك، والصحف تفتح، والحفايا تسهر، فتجني حيثئذ من النار التي لا تطفأ، وأهلتي للوقوف عن يمينك، أيها الديان العادل.

### الرسالة

قوتي وتسبختي الرب. أدباً أدبني الرب، وإلى الموت لم يسلمني.

فصل من رسالة القديس بولس الرسول الأولى الى أهل كورنثوس (8: 8 – 9: 2)

يا إخوة، إن الطعام لا يقربنا إلى الله، لأننا إن أكلنا لا تزيد وإن لم نأكل لا ننقص \* ولكن انظروا أن لا يكون سلطانكم هذا معتره للضعفاء \* لأنه إن رآك أحد يا من له العلم مثكياً في بيت الأوثان، أفلا يتقوى ضميره، وهو ضعيف، على أكل ذبائح الأوثان \* فبهلك بسبب علمك الأخ الضعيف الذي مات المسيح لأجله؟ \* وهكذا إذ تخطون إلى الإخوة وتجرحون ضمائرهم، وهي ضعيفة، إننا نخطون إلى المسيح \* فلذلك إن كان الطعام يشكك أخي، فلا أكل لحمًا إلى الأبد لئلا أشكك أخي \* ألسنت أنا رسولا؟ ألسنت أنا حرًا؟ أما رأيت يسوع المسيح ربنا؟ ألسنتم أنتم عملي في الرب؟ \* وإن لم أكن رسولا إلى آخرين، فإني رسول إليكم. لأن خاتم رسالتي هو أنتم في الرب.

### الإنجيل المقدس

فصل شريف من بشارة القديس متى البشير والتلميذ الطاهر (25: 31-46)

قال الرب: متى جاء ابن البشر في مجده وجميع الملائكة القديسين معه، فحينئذ يجلس على عرش مجده \* وتجمع إليه كل الأمم، فيميز بعضهم من بعض، كما يميز الراعي الخراف من الجداء \* ويقيم الخراف عن يمينه والجداء عن يساره \* حينئذ يقول الملك للذين عن يمينه: تعالوا يا مباركي أبي رثوا الملك المعد لكم منذ إنشاء العالم \* لأنني جعت فأطعمتموني، وعطشتم فسدقتموني، وكنت غريباً فأويتموني \* وغريباً فكسوتهموني، ومریضاً فعدتهموني، ومحبوساً فأنتمهم إلي \* حينئذ يجيبه الصديقون قائلين: يا رب متى رأيناك جائعاً فأطعمناك، أو عطشاناً فسدقناك؟ ومتى رأيناك غريباً فأويتمنا، أو عطشاً فسدقناك، أو غريباً فكسوتناك \* ومتى رأيناك مريضاً أو محبوساً فأنتمنا إليك؟ فيجيب الملك ويقول لهم: الحق أقول لكم، بما أنكم فعلتم ذلك بأحد إخوتي هؤلاء الصغار فبي فعلتموه \* حينئذ يقول أيضاً للذين عن يساره: اذهبوا عني يا ملاعين إلى النار الأبديّة المعدة لإبليس وملائكته \* لأنني جعت فلم تطعموني، وعطشتم فلم تسقوني \* وكنت غريباً فلم تؤووني، وغريباً فلم تكسوني، ومریضاً ومحبوساً فلم تزوروني \* حينئذ يجيبونه هم أيضاً قائلين: يا رب، متى رأيناك جائعاً أو عطشاناً أو غريباً أو مريضاً أو محبوساً ولم نخدمك؟ \* حينئذ يجيبهم قائلين: الحق أقول لكم، بما أنكم لم تفعلوا ذلك بأحد هؤلاء الصغار، فبي لم تفعلوه \* فيذهب هؤلاء إلى العذاب الأبدي، والصديقون إلى الحياة الأبديّة.

المجد لك يا رب المجد لك!

## Weekly Schedule - برنامج الرعية الأسبوعي

Day	Time	Event
Tuesday March 5 <sup>th</sup>	7.00 pm	English Bible Study
Friday March 8 <sup>th</sup>	6.00 pm	Teen SOYO
Saturday March 9 <sup>th</sup>	5.00 pm	Great Vespers – صلاة الغروب
Saturday March 9 <sup>th</sup>	6.00 pm	Young Adult Ministry
<b>Forgiveness Sunday (Cheese Fare) – أحد الغفران (مرفع الجبن)</b>		
Sunday March 10 <sup>th</sup>	8.45 am	Great Matins – صلاة السحر
	10.00 am	Divine Liturgy – القداس الإلهي
Sunday March 10 <sup>th</sup>	6.00 pm	Forgiveness Vespers – صلاة غروب (الغفران)

### Memorials This Sunday, March 3<sup>rd</sup>, 2019

† 40 day memorial service for Sam Ayoub offered by his parents Joseph and Mary; his siblings Golda (Eli Samra), Eddie (Christina Boutros) and Christine (Steve Cardillo); and his nieces and nephews Leana, Nicholas, Elisa, Maya, Olivia, Julia and Matteo.

† 40 day memorial service for Salma Ayoub offered by her children Doreen (Fadi Khouri), Monica (Rick Aiello), Alice (Raymond Ayoub) and her grandchildren Nidal, Nadeem, Jordan, Mikaila, Daniel & Michael.

*Please join the Families for a coffee hour*

† 1 year Memorial Service for Nawal Nasrallah offered by her husband Gabi, her children Elie (Micheline), Natalie and Nancy and their families.

† 1 year Memorial Service for Marie Hossan Skaff, offered by her children Andre (Rene), Joseph (Janan), Jean (Anette), Souad (Tony Abou Moussa) and their families.

### Memorial Next Sunday, March 10<sup>th</sup>, 2019

† 40 day memorial service for Sam Smiley offered by his wife Marie, his children Sally (Eli Monsour), Sheila (Neil Webb) and Sandy, his grandchildren Anna and Angela, his siblings Souad, Fouad (Beverly), Michel (Jeanette) and Sleiman (Audet), and his brothers-in-law Georges (wafa), Elias and David (Claire) Abou-Arrage.

***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. The women are the heart of the Church, and our Antiochian Women have been the heart of our parish. Their contribution is indescribable. May God Bless them and grant them many years of holiness.

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### **Antiochian Women Meeting**

Join us on our Journey to Pascha 2019.

Thursday March 7<sup>th</sup> at 7pm

We will learn how to prepare ourselves for Lent.

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### **Antiochian Women Lenten Luncheon**

St. Elias Antiochian Women's Lenten Lunch will be held On Sunday April 14<sup>th</sup> following the Divine Liturgy at the newly renovated St. Elia Centre. Ticket sales will start next week! During this lunch, we will consecrate the newly renovated centre.

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### **Church School Pick-up Reminder**

This is a friendly reminder to all parents with young children to kindly pick them up from class no later than 12:15pm. If you are ok with them leaving the class alone, or with an older sibling, please let their teacher know so they don't have to wait with them past the end of class.

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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 2019

Beloved Antiochian Women of our God-Protected Archdiocese:

We greet you as we have just left the holy season of our Lord's Nativity and Theophany and prepare to enter the all-holy season of the Triodion. These cyclical movements of the Church year remind us of an important theological and ontological reality. This reality is that while we take-leave of these seasons every year, we are nevertheless always assured that the God-man Jesus Christ, who was with the Father before the ages, is always with us and dwells with us and in us. Therefore, while the liturgical seasons come and go, the theological truths that we celebrate in them remain with us throughout the year. Let us follow the rhythm of these seasons as we pursue the Kingdom of God in our lives and in the lives of those around us.

Every year, the Metropolitan gives the Antiochian Woman a project for a charitable and worthy cause. Over the decades, we have helped those within and those outside the archdiocese, both here and overseas. This year we have a special project that will touch the lives of both adults and children in our archdiocese. That project is the building of a new Cathedral at the Antiochian Village.

This Cathedral will encompass and be part of the continued growth and expansion of the dream that started in the late 1970's under the inspiration of my predecessor of thrice-blessed memory, His Eminence Metropolitan PHILIP. The first phase was a camp for our children. As you know, the camp is the jewel of our archdiocese and has inspired our children to become priests, to marry each other, to remain in the Church and to live their Christian lives in a world that too often encourages them to do otherwise. The next phase was the Heritage and Learning Center. The center boasts 100 sleeping rooms, conference rooms, a library, a museum and meal facilities for pilgrims, retreats, PLC's and the like and allows us to gather and worship in a holy setting at a reasonable price, rather than at a hotel or conference center.

Now we come to today and the dream of a new Cathedral. For many years, we have worshipped with a church for the camp and the chapel for the center, both of which are too small for our campers and our large gatherings like the Clergy Symposium or the Parish Life Conference for our Eastern Dioceses. Likewise, if we truly believe that the Antiochian Village is the "jewel" of our archdiocese as we say, then this "jewel" should have a traditional church large enough to accommodate our needs. Beyond the worship space itself, we intend to build a crypt under the altar for our reposed hierarchs so that our children and their descendants can come, see, and learn about them and their contributions to our archdiocese. We will have in the church itself a special place for the holy body of St. Raphael of Brooklyn so that everyone can venerate the relics of this holy saint who established our presence on these shores. This Cathedral will be built in the traditional

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

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office: (201) 871-1355 Archdiocese@antiochian.org fax: (201) 871-7954

Orthodox style, reflected by the sacred art and proper architecture, so that visitors can truly encounter heaven on earth.

Beyond the Cathedral, we have other phases in mind for the future like a monastery, a senior home and more. The Cathedral is the first step and this is the challenge I have given the Antiochian Women for this year so we can kick-off our fund-raising campaign in a good way. I encourage all of our women's groups throughout the archdiocese to do their best to work hard for this project, as they always do. We are grateful for your efforts and for the efforts of the Village Council and the staff at the Antiochian Village for their continued hard work as we begin our work and cooperative efforts to realize our dreams.

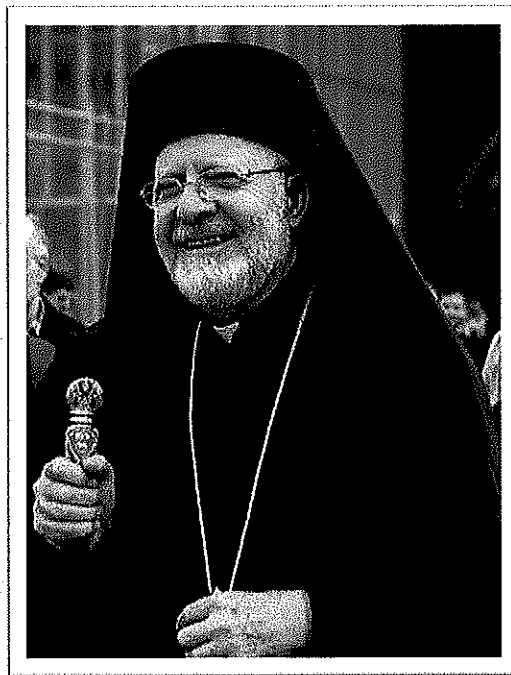
Finally, as we approach Antiochian Women's month in March, be assured you are in my prayers and thoughts.

Wishing you all a blessed Triodion period, I remain,

Your Father in Christ,

**+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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*Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat.*

*Mother Teresa*

January 2019

Dear Friend(s),

Thank you for your generous donation which allows us to continue offering material and emotional support to pregnant women, mothers in difficulty and their families, and those grieving the loss of a baby.

By supporting us this way, you allow us to help those most in need and give them hope. In 2018 we had 191 appointments and we helped 160 children aged 4 years and younger. We could not continue without your help.

You become a vital part of our ministry because you have cared enough to give so generously. You allow us to promote respect for life and to give hope to that life.

May God bless you,

Miriam Centre Staff

*Christine Dr. Rita Neale*





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February 8, 2019

V. Rev. Fr. Ghattas Hajal  
St. Elias Cathedral  
700 Ridgewood Ave  
Ottawa, ON K1V6N1  
Canada

Dear Father Ghattas,

Greetings in our Lord! On behalf of the staff and students of the Office of Vocation & Ministry and CrossRoad Summer Institute, I want to express to you my deep gratitude for your gift of \$100.00 to the CrossRoad Summer Institute. Thank you for identifying the value in contributing to the formation and transformation of the youth of our Church.

Now in its 13<sup>th</sup> year, the CrossRoad Summer Institute continues to bring 60+ high school students every summer to the beautiful campus of Hellenic College Holy Cross. You help make it possible for other Orthodox youth to delve into Orthodox theology and scripture, discern their God-given gifts, and explore how they can match those with the needs of the world.

Through your support and prayers, you are making this ministry possible! You are helping us invite our young people to be tomorrow's leaders. Please keep CrossRoad students, staff, alumni, and future participants in your thoughts and prayers. Thank you again!

In His Service,

*Rev. Christopher T. Metropulos*  
Rev. Fr. Christopher T. Metropulos, DMin  
President

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St. Elias Antiochian Orthodox Church  
700 Ridgewood Ave  
Ottawa Ontario K1V 6N1

February 13, 2019

Dear Friends,

The Gospel: the gift of a glorious, everlasting life from a heavenly Father through His loving Son. Faithful supporters like you make it possible for us to bring this life-changing message to those hungry for love, hope and acceptance. Thank you!

Through your faithful support, God's Word is:

- Changing lives across our nation – touching the hearts of prisoners, newcomers to Canada, First Nations and Inuit people, members of the Canadian Forces, veterans, children and many others.
- Bringing healing to victims of domestic violence, substance abuse and war in South and Central America, East Africa and South Asia.
- Helping millions in the Middle East, Europe, Africa and Asia to connect with their Creator and Redeemer by reading about Him in their heart's language.

CBS provides *Adventure for Life* Bibles for children attending Christian camps. A junior teen camp representative said, "We believe being able to provide a Bible for all students is essential, and we had just run out." But God's timing was proven perfect. "The day after we ran out of Bibles, boxes of Bibles arrived from Canadian Bible Society! We were so thankful! More than 40 teens stood and gave their lives to Christ that night, and we had the living Word of God to place in their hands!"

This is the impact of your generosity. Thank you! With your continued support, we look forward to exciting opportunities that God has in store for us every new day.

In His service,

Rev. Dr. Rupen Das  
National Director

**B R E A T H E**  
the lung association

**The Lung Association - Ontario**  
18 Wynford Drive, Suite 401, Toronto, ON M3C 0K8  
T 416-864-9911 | F 416-864-9916 | info@on.lung.ca | lungontario.ca  
Lung Health Information Line 1-888-344-LUNG (5864)

St. Elias Antiochian Orthodox Church  
C/O The Very Rev Fr Ghattas Hajal 700 Ridgewood Ave  
Ottawa ON K1V 6N1

Dear Supporter,

Today, a child will run and play with her friends knowing her asthma is under control. A young person will quit smoking - for good. And a father may get the life-saving call he's been waiting for: he'll be receiving new lungs.

And it's all because of you! Thank you so much for making all of this possible.

With your caring gift of \$200.00 to The Lung Association - Ontario, you are making a life-changing difference for Canadians living with lung disease.

If you read our recent newsletter, you already know how you're impacting the lives of women, men, and children across the country. Best of all, you're helping build a better breathing future for all of us.

Please don't hesitate to contact us if you have any questions about your gift or to learn more about how you can support people living with lung disease year-round with a monthly donation. Call our toll free number at 1-888-344-LUNG (5864) or e-mail info@lungontario.ca and we will be happy to help you in any way we can.

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

ST. ELIAS ANTIOCHIAN ORTHODOX CATHEDRAL

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*The Rev. Father Nektarios Najjar*

ASSISTANT PASTOR