

**Sunday, March 24<sup>th</sup>, 2019**

**Second Sunday of Great Lent (St. Gregory Palamas)**

**Tone 2**

**Eothinon 10**

**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. (2: 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!**



الاحد 24 آذار ، 2019

الأحد الثاني من الصوم (القديس غريغوريوس بالاماس)

الإيوثينا العاشرة

اللحن الثاني

طروبارية القديس غريغوريوس بالاماس باللحن الثامن

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

الرسالة

أنت يا رب تحفظنا وتسترنا من هذا الجيل، خلصني يا رب فإنّ البار قد فني.  
فصل 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، وكلها تبلى كالثوب وتطويها كالرداء فتتغير، وأنت أنت وسنوك لن تفتنى. ولمن من الملائكة قال قط: اجلس عن يميني حتى أجعل أعداءك موطئاً لقدميك؟ أليسوا جميعهم أرواحاً خادمة ترسل للخدمة من أجل الذين سيرثون الخلاص؟ فلذلك يجب علينا أن نصفي إلى ما سمعناه إصغاءً أشدّ لتلاّ يسرب من أذهاننا. فإنها إن كانت الكلمة التي نطق بها على السنة ملائكة قد ثبتت، وكلّ تعدّ 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 المقدس

فصل شريف 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 بمخلعٍ يحمله أربعة، وإذا لم يقدروا على أن يقتربوا إليه لسبب الجمع، كشفوا السقف حيث كان، وبعدما تقبوه دلّوا السرير الذي كان المخلع مّصّجاً عليه. فلما رأى يسوع إيمانهم، قال للمخلع: يا بنيّ، مغفورة لك خطاياك. وكان قوم من الكتبة جالسين هناك يفكّرون في قلوبهم: ما بال هذا يتكلّم 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 أنّ يقال قم واحمل سريرك وامش؟ ولكن لكي تعلموا أنّ ابن البشر له سلطان على الأرض أن يغفر الخطايا، قال للمخلع: لك أقول قم واحمل سريرك واذهب إلى بيتك. فقام للوقت وحمل سريريه وخرج أمام الجميع حتى دهش كلّهم ومجّدوا الله قائلين: ما رأينا مثل هذا قطّ.

المجد لك يا ربّ المجد لك!

## برنامج الرعاية الأسبوعي - Weekly Schedule

Day	Time	Event
عيد البشارة – Feast of the Annunciation		
Sunday March 24 <sup>th</sup>	6.00 pm	Great Vespers for the Feast of the Annunciation
Sunday March 25 <sup>th</sup>	8.45 am 10.00 am	Great Matins – صلاة السحر Divine Liturgy – القداس الإلهي
Monday March 25 <sup>th</sup>	7.00 pm	Great Compline - صلاة النوم الكبرى
Wednesday March 27 <sup>th</sup>	6.00 pm	Presanctified Liturgy – القداس السابق تقديسه
Friday March 29 <sup>th</sup>	6.00 pm	Lenten Supper – عشاء صيامي
Friday March 29 <sup>th</sup>	7.00 pm	2 <sup>nd</sup> Akathist – المديح الثاني
Saturday March 30 <sup>th</sup>	5.00 pm	Great Vespers – صلاة الغروب
Saturday March 30 <sup>th</sup>	6.00 pm	Young Adult Ministry
<b>Third Sunday of Great Lent (PLEASE Bring Flowers)</b>		
Sunday March 31 <sup>st</sup>	8.45 am 10.00 am	Great Matins – صلاة السحر Divine Liturgy – القداس الإلهي
Sunday March 31 <sup>st</sup>	6.00 pm	Pan-Orthodox Vespers (St. Stefan Serbian Orthodox Church, 1989 Prince of Wales Dr.)

### Memorials This Sunday, March 24<sup>th</sup>, 2019

† 40 day memorial service for Elias El-Tawil offered by his wife Jeanette, his children Wassim (Chadia), Simon (Shafika), Toni (Catherine), Suzan (Jihad El-Chantiri) and Salma (Joe Nseir) and all his grandchildren and family.

† 40 Day memorial Service for Afifa Haddad offered by her husband John, her children Lara (Costa Chatjiantoniou), Dena (Russell Seidle) and Tanya (Michael Mastropietro); her grandchildren Kyra, Ethan, Alexander and Ava; her siblings Yousef Inati (Ezme), Aminy Audi, Shams Inati, Souad Najjar (Elias), Adlette (Nassim Khoriaty) and George

*Please join the Families for a coffee hour*

***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.

### **Third Akathist Supper**

Our Parish Council will be offering the third Akathist (Madeeh) Supper this Friday at 6 pm. All donations will go to our Archdiocesan program "Food for Hungry People". Other Donations throughout lent can be made towards this program, please mark the envelopes or cheques "Food for Hungry People"

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### **Diaconate Ordination at St. Elias**

With the Blessing of His Eminence Metropolitan JOSEPH, and by the laying on of hands of His Grace Bishop ALEXANDER, Our parishioner Gilbert Daoura will be ordained to the Holy Diaconate next Sunday, March 31<sup>st</sup>, 2019.

The future deacon will be serving at St. Elias. We wish him a blessed ministry.

We will have a small reception following the Divine Liturgy in the hall downstairs where parishioners can congratulate Gilbert and wish him a blessed ministry.

We will also celebrate this blessed occasion the following Sunday, April 14<sup>th</sup>, at the Antiochian Women Lenten Luncheon (See Announcement below).

This will be the first ordination that happens at our Cathedral. We hope that you will all be there to witness this holy day and declare your "Amen" by saying "He is Worthy! Axios! Moustahek!".

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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. Elias Centre. Ticket will be available following the Divine Liturgy during coffee hour! During this lunch, we will consecrate the newly renovated centre.

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### **SOS Children's Villages Fundraiser**

Under the Patronage of the Embassy of Lebanon in Canada

SOS Children's Villages has the pleasure to invite you to the

### **SOS Children's Villages Charity Gala**

*The #GLOBALCITIZENS Project*

Supporting Vulnerable children of Lebanon

**Saturday April 13<sup>th</sup>, 2019 at St. Elias Banquet Center**

Cocktail at 6.30 pm – Dinner at 7.30 pm

***Tickets: [soschildrensvillagescharitygala.eventbrite.com](https://www.eventbrite.com/soschildrensvillagescharitygala)***

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## Music Workshop Postponed

The music workshop/course that was planned for this summer will be postponed to a date in 2020 to be announced later

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## New Stained Glass Window Crosses

4 New Stained Glass Window Crosses were installed in the front of the Cathedral:

- 2 Windows offered by Maurice El-Frenn and Myrvat Maalouf, for the health of their family
- 1 Window offered by Souad Nesrallah and her children for the health of their family
- 1 Window offered by Gary, Grant, Eleanor and Michael Shacker in memory of their parents Frank and Doreen Shacker

Thank you and may the Lord God grant you many years of good health and give rest to the souls of your loved ones.

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## Ouzkourni Fi Malakoutika (Remember me in Thy Kingdom)

“Ouzkourni Fi Malakoutika” is a Christian association based in Lebanon that encourages prayer for the souls of the departed. In cooperation with them, we will have a Trisagion (memorial) prayer following Vespers on Every First Saturday of the month.

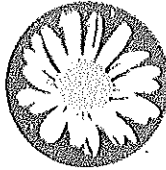
First one will be held on Saturday April 6<sup>th</sup>; Please bring names of departed people you would like us to pray for in that service.

For more information visit: <http://www.ouzkournifimalakoutika.com/en>

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## Pan-Orthodox Vespers

Date	Time	Church	Address
Sunday March 24 <sup>th</sup>	6 pm	(local vespers at <u>St. Elias Cathedral</u> )	<i>We will have vespers at St. Elias for the Annunciation Feast</i>
Sunday March 31 <sup>th</sup>	6 pm	St. Stefan Serbian Orthodox Church	1989 Prince of Wales Dr.
Sunday April 7 <sup>th</sup>	6 pm	Ukrainian Orthodox Church of the Assumption of the Virgin	1000 Byron Ave.
Sunday April 14 <sup>th</sup>	6 pm	Sts. George and Anthony Coptic Orthodox Church	1081 Cadboro Rd.



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March 7, 2019

St Elias Antiochan Orthodox Church  
700 Ridgewood Ave  
Ottawa ON K1V 6N1

Dear Sir/Madam:

Thanks to you, people in Ottawa and Renfrew County have somewhere to turn when they or their loved one is diagnosed with dementia.

Your recent donation helps to ensure no one in our community faces dementia alone. Thank you so very much for this support.

Did you know that there are thousands of people in Ottawa and Renfrew County who are living with a diagnosis of dementia? With your contribution, The Dementia Society is now helping over 4,100 caregivers and people with dementia annually.

Help at The Dementia Society comes in different forms. Trained staff and volunteers offer **one-to-one support** by phone and in person. Caregivers attend **support groups** to help meet the challenges associated with their important role of looking after a family member or friend with dementia. Various **social programs** offer exercise, music and fellowship – so important as we learn the value of keeping active and being social, especially for people living with dementia. **Education programs** provide those living with the impact of dementia, as well as the general public, with the information they need to understand and better manage the reality of dementia.

And it is with your help that people living with dementia, their caregivers and families receive the tailored support they need.

Please find your receipt for income tax purposes below. Once again, my sincerest thanks for your support.

Warmly,

Sheila Bauer  
Chief Executive Officer  
613-523-4004 x 3109  
smbauer@dsorc.org

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 & UPSTATE NEW YORK

*The Very Rev. Father Ghattas Hajal*

ARCHPRIEST & DEAN OF THE CATHEDRAL

*The Rev. Father Nektarios Najjar*

ASSISTANT PASTOR