

الأحد 22 آذار 2020. الأحد الثالث من الصوم، أحد تكريم الصليب المقدس
اللحن 7 الإيوثينا 7

طروبارية القيامة باللحن السابع:

إِنَّ الْقَوَاتِ الْمَلَانِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرِ، وَالْخُرَاسَ صَارُوا كَالْأَمْوَاتِ، وَمَزَيَمَ وَقَفْتَ عِنْدَ الْقَبْرِ طَالِبِيَّةَ جَسَدِكَ الطاهرَ، فَسَبَّيْتَ الْجَحِيمَ وَلَمْ تُجَرَّبْ مِنْهَا، وَصَادَقْتَ الْبَتُولَ مَانِحاً الْحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.

طروبارية القديس غريغوريوس بالاماس باللحن الثامن:

يَا كَوَكَبَ الرَّأْيِ الْقَوِيمِ، وَثَبَاتِ الْكُنْيَسَةِ وَمُعَلِّمَهَا، وَجَمَالَ الْمُتَوَحِّدِينَ، وَمُنَاضِلاً عَنِ الْمُتَكَلِّمِينَ بِاللَّاهُوتِ، الَّذِي لَا يُحَارَبُ، غَرِغُورِيُوسَ الْفَاعِلِ الْمُعْجَزَاتِ، فَخَرُ تِسَالُونِيكِيَّةَ وَكَارُورُ النِّعْمَةِ. لَا تَنْفَكْ مُتَشَفِّعاً فِي خَلَاصِ نَفُوسِنَا.

قنداق الصوم الكبير باللحن الثامن:

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهِ * أَكْتُبُ لَكَ رَايَاتِ الْغَلْبَةِ * يَا جُنْدِيَّةَ مُحَامِيَّةَ * وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَذِهِ مِنَ الشَّدَائِدِ * لَكُنْ بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ * أَعْتِقْنِي مِنَ صُنُوفِ الشَّدَائِدِ * حَتَّى أَصْرُخَ إِلَيْكَ: إِفْرَحِي يَا غَرْوساً لَا غَرْوسَ لَهَا.

الرسالة

أَنْتَ يَا رَبُّ تَحْفَظُنَا وَتَسْتُرُنَا

خَلِّصْنِي يَا رَبُّ فَإِنَّ الْبَارَّ قَدْ قَنِي

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرُّسُولِ إِلَى الْعِبْرَانِيِّينَ

"أَنْتَ يَا رَبُّ فِي الْبَدْءِ أَسَّسْتَ الْأَرْضَ، وَالسَّمَاوَاتِ هِيَ صُنْعُ يَدَيْكَ * هِيَ تَرُولُ وَأَنْتَ تَبْقَى وَكُلُّهَا تَبْلَى كَالنُّوْبِ * وَتَطْوِيهَا كَالرِّدَاءِ فَتَتَغَيَّرُ، وَأَنْتَ أَنْتَ وَسِنُوكَ لَنْ تَقْنَى" * وَلِمَنْ مِنَ الْمَلَائِكَةِ قَالَ قَطُّ "إِجْلِسْ عَنِ يَمِينِي حَتَّى أَجْعَلَ أَعْدَاءَكَ مَوْطِئاً لِقَدَمَيْكَ" * أَلْيَسُوا جَمِيعُهُمْ أَرْوَاحاً خَادِمَةً تُرْسَلُ لِلْخِدْمَةِ مِنْ أَجْلِ الَّذِينَ سَيَرِثُونَ الْخَلَاصَ؟ فَلِذَلِكَ يَجِبُ عَلَيْنَا أَنْ نُصْغِي إِلَى مَا سَمِعْنَاهُ إِصْغَاءً أَشَدَّ لِئَلَّا يَسْرَبَ مِنْ أَدْهَانِنَا * فَإِنَّهَا إِنْ كَانَتْ الْكَلِمَةُ الَّتِي نُطِيقُ بِهَا عَلَى أَلْسِنَةِ مَلَائِكَةٍ قَدْ تَبَيَّنَتْ، وَكُلُّ تَعَدٍّ وَمَعْصِيَةٍ نَالَ جَزَاءَ عَذَابٍ * فَكَيْفَ نَقْلُتُ نَحْنُ إِنْ أَهْمَلْنَا خَلَاصاً عَظِيماً كَهَذَا؟ قَدْ ابْتَدَأَ النُّطْقُ بِهِ عَلَى لِسَانِ الرَّبِّ، ثُمَّ تَبَيَّنَتْ لَنَا الَّذِينَ سَمِعُوهُ.



الإنجيل

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْفُسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتِّلْمِيزِ الطَّاهِرِ (2:1-12)

فِي ذَلِكَ الزَّمَانِ، دَخَلَ يَسُوعُ كَفَرْنَاحُومَ وَسَمِعَ أَنَّهُ فِي بَيْتِ * فَلِلْوَقْتِ اجْتَمَعَ كَثِيرُونَ، حَتَّى أَنَّهُ لَمْ يَعْذْ مُوَضِّعٌ وَلَا مَا حَوْلَ الْبَابِ يَسْعُ، وَكَانَ يُخَاطِبُهُمْ بِالْكَلِمَةِ * فَأَتُوا إِلَيْهِ بِمُخْلَعٍ يَحْمِلُهُ أَرْبَعَةٌ * وَإِذْ لَمْ يَقْدِرُوا أَنْ يَقْتَرِبُوا إِلَيْهِ لِسَبَبِ الْجَمْعِ، كَشَفُوا السَّقْفَ حَيْثُ كَانَ. وَبَعْدَ مَا تَقَبَّوْهُ، دَلُّوا السَّرِيرَ الَّذِي كَانَ الْمُخْلَعُ مُضْطَجِعاً عَلَيْهِ * فَلَمَّا رَأَى يَسُوعُ إِيْمَانَهُمْ، قَالَ لِلْمُخْلَعِ: "يَا بُنَيَّ، مَغْفُورَةٌ لَكَ خَطَايَاكَ" * وَكَانَ قَوْمٌ مِنَ الْكُتَّابَةِ جَالِسِينَ هُنَاكَ يَقْكِرُونَ فِي قُلُوبِهِمْ "مَا بَالُ هَذَا يَتَكَلَّمُ هَكَذَا بِالتَّجْدِيفِ؟ مَنْ يَقْدِرُ أَنْ يَغْفِرَ الْخَطَايَا إِلَّا اللَّهُ وَحْدَهُ؟" * فَلِلْوَقْتِ عَلِمَ يَسُوعُ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هَكَذَا فِي أَنْفُسِهِمْ، فَقَالَ لَهُمْ: "لِمَاذَا تَفَكَّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟" * مَا الْأَيْسَرُ أَنْ يُقَالَ "مَغْفُورَةٌ لَكَ خَطَايَاكَ" أَمْ أَنْ يُقَالَ "قُمْ وَاحْمِلْ سَرِيرَكَ وَامْشِ؟" * وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا (قَالَ لِلْمُخْلَعِ) "لَكَ أَقُولُ، قُمْ وَاحْمِلْ سَرِيرَكَ وَادْهَبْ إِلَى بَيْتِكَ" * فَقَامَ لِلْوَقْتِ وَحَمَلَ سَرِيرَهُ وَخَرَجَ أَمَامَ الْجَمِيعِ، حَتَّى دَهَشَ كُلُّهُمْ وَمَجَّدُوا اللَّهَ قَائِلِينَ "مَا رَأَيْنَا مِثْلَ هَذَا قَطُّ".

Gentle reminder to our parish.

This bulletin is being sponsored by members of our parish. Please take a moment and have a look at our advertisement section. There is a wide variety of services that we use daily. Discounts available and our church gets a percentage back. Thank You.

Please Mention that you are part of St. Mary's Church

THE 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!"

مسابقة الكتاب المقدس الجزء 4 / Bible Competition Part 4	
٢٨ آذار ، ٢٠٢٠ الساعة السابعة مساءً / March 28, 2020 at 700 PM	
الموضوع والقراءة	Subject and Reading
الصوم متى ١٧: ١٩-٢١ مرقس ٩: ٢٨-٢٩ متى ٩: ١٤-١٥ متى ٦: ١٦-١٨ مرقس ٢: ١٠-١٢ لوقا ١٨: ١-١٤ لوقا ٢: ٣٦-٣٨ أعمال الرسل ١٠: ٣٠-٣٣ أعمال الرسل ١٣: ١-٣ أعمال الرسل ١٤: ٢١-٢٣ ١ كورنثوس ٧: ٥ ٢ كورنثوس ٦: ١-١٠	Fasting: Matthew 17:19-21 Mark 9: 28-29 Matthew 9:14-15 Matthew 6: 16-18 Mark 2: 18-20 Luke 18:10-14 Luke 2: 36-38 Acts 10:30-33 Acts 13: 1- 3 Acts 14: 21-23 1 Corinthians 7:5 2 Corinthians 6:1-10
تجربة الشيطان للمسيح لوقا ٤: ١٤ متى ٤: ١-١١ مرقس ١: ١٢-١٣	Temptation of Christ by the devil Luke 4:1-14 Matthew 4: 1-11 Mark 1:12-13
عظة الجبل /التطويات متى ٥، ٦ و٧	Sermon on the Mount / Beatitudes Matthew 5, 6 and 7

RESURRECTIONAL APOLYTIKION IN TONE 6:

WHEN MARY STOOD AT THY GRAVE, LOOKING FOR THY SACRED BODY, ANGELIC POWERS SHONE ABOVE THY REVERED TOMB; AND THE SOLDIERS WHO WERE TO KEEP GUARD BECAME AS DEAD MEN. THOU LED HADES CAPTIVE AND WAST NOT TEMPTED THEREBY. THOU DIDST MEET THE VIRGIN AND DIDST GIVE LIFE TO THE WORLD, O THOU, WHO ART RISEN FROM THE DEAD, O LORD, GLORY TO THEE.

TROPARION OF ST. GREGORY PALAMAS IN TONE 8:

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 WONDERWORKER, THE PRIDE OF THESSALONICA AND PREACHER OF GRACE, IMPLORE THOU CONSTANTLY FOR THE SALVATION OF OUR SOULS.

KONTAKION OF THE GREAT LENT IN TONE 8:

TO THEE, THE CHAMPION LEADER, DO I OFFER THANKS OF VICTORY, O THEOTOKOS, THOU WHO HAST DELIVERED ME FROM TERROR; BUT AS THOU THAT HAST THAT POWER INVINCIBLE, O THEOTOKOS, THOU ALONE CAN SET ME FREE: FROM ALL FORMS OF DANGER FREE ME AND DELIVER ME, THAT I MAY CRY UNTO THEE: HAIL, O BRIDE WITHOUT BRIDEGROOM.

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.

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كنيسة رقاد السيدة العذراء الأنطاكية الأرثوذكسية في ميسيساغا

SUNDAY MARCH 22TH, 2020

تقديم القرايين:

جان سينانيوس.
سمير نجمة

HOLY OBLATION OFFERED BY

John Sinanios
Samir Nejmeh

A Reminder to all Parishioners to register with our ushers in order to offer the Holy Bread every Sunday. The Schedule for the whole year is outside in the hall. The Fee for this service is \$50. Reserve your week in advance, signup sheet at the entrance.

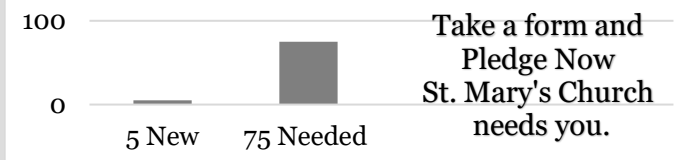
COLLECTIONS

15 March-2020: \$ 591

Annual Membership Dues is a minimum \$600 or preauthorized \$50 per month. For more info please see Massoud Kamel (Church Accountant) or one of our Ushers. To increase your current contribution please see Massoud Kamel. Tax receipts will be sent end of year.

MEMBERSHIP CHALLENGE

We Need a Total of 80 New Members to Reach Challenge Target



Take a form and Pledge Now
St. Mary's Church needs you.

UPDATES FROM THE CHURCH COUNCIL

Elevator construction has started.
Visiting parish members has started.

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V.PRESIDENT: JEAN SINANIOS
TREASURER: MASSOUD KAMEL
SECRETARY: ELIE HADDAD

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AYED BALLAN, ELIAS BABISH,
GEORGETTE ZINATY, JEAN HADDAD,
JOSE MAALOUF, LAMEES NAIFEH.
RIMA BORDCOSH, AND TAMER AZIZ

ANNOUNCEMENTS

We need 6 contestants for the Bible Competition – Part 4

مسابقة الكتاب المقدس الجزء 4

March 28 at 7 PM
الساعة السابعة مساءً آذار ٢٨

Check your email for more information. If you didn't get the email for this Bible competition, please register for our newsletter directly from the website
WWW.SAINTMARYSMISSISSAUGA.COM

For questions please call:
Helen Nejmeh at (416) 550-7405
Mona Rassi at (416) 994-8528

The Bible competition at the Parish Life Conferences is on July 3rd, 2020.

We will have Bible Bowl meetings on Sundays after liturgy. March 8, 15.
Tentative for March 22. 29 and April 5.

March 29th Election/Voting for a new committee chair for the Sisterhood of Antiochian Women/Ladies Auxiliary

There is a plan to start a new Sports Committee at our church.

It will include a sports facility that will bring together all our young members to begin a new chapter at St. Mary's, our community will stay together and grow stronger. More details to come. If you wish to be part of this committee, please see Jose Maalouf or josemaalouf@gmail.com.

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VESPERS: SATURDAYS 5:00 PM | MATINS: SUNDAYS 9:00 AM | DIVINE LITURGY: SUNDAYS 10:15 AM
SAINT MARY'S ANTIOCHIAN ORTHODOX CHURCH MISSISSAUGA | 280 TRADERS BLVD E, MISSISSAUGA, ON L4Z 1W7