



May 24, 2026: Sunday of the After-feast of the Ascension - Commemoration of the Holy Fathers of the First Ecumenical Council

Venerable Stylites Simeon the Younger of the Mountain of Wonders and Nikitas of Pereyaslavl-Zaleski; Martyr Meletios the General of Galatia; Venerable Vincent of Lerins

TONE 6 / EOTHINON 10

THE FIRST ANTIPHON

O clap your hands, all ye peoples; shout unto God with the voice of exultation.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

For the Lord Most High is terrible; He is a great King over all the earth. He hath subdued the peoples under us, and the nations under our feet. **(Refrain)**

Glory... Both now... **(Refrain)**

THE SECOND ANTIPHON

Great is the Lord, and greatly to be praised in the city of our God, in His holy mountain.

Refrain: Save us, O Son of God, Who didst rise from us in glory to the heavens, who sing to Thee: Alleluia.

God is known in her palaces when He cometh to our aid. **(Refrain)**

For lo, the kings of the earth were assembled; they came together. **(Refrain)**

Glory... Both now... O, only begotten Son and Word of God....

THE THIRD ANTIPHON

Hear this, all ye people; give ear, all ye inhabitants of the earth. My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding. I will incline mine ear to a parable; I will open my dark saying upon the harp.

RESURRECTIONAL APOLYTIKION IN TONE SIX

When the angelic powers were at Thy tomb, then they that guarded Thee became as dead. And Mary stood beside the grave seeking Thine immaculate body. Thou hast despoiled Hades and wast not tired thereby. Thou didst meet the Virgin and didst grant life to us. O Thou Who art risen from the dead, Lord, glory be to Thee.

APOLYTIKION OF THE ASCENSION IN TONE FOUR

Thou hast ascended in glory, O Christ our God, and gladdened Thy Disciples with the promise of the Holy Spirit, making them confident through the blessing that Thou art the Son of God, and Deliverer of the world.

APOLYTIKION OF THE HOLY FATHERS IN TONE EIGHT

Thou, O Christ, art our God of exceeding praise Who didst establish our holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

APOLYTIKION OF THE DORMITION IN TONE ONE

In thy birth-giving, O Theotokos, thou didst keep and preserve virginity; and in thy falling-asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore, by thine intercessions, deliver our souls from death.

KONTAKION OF THE ASCENSION IN TONE SIX

When Thou didst fulfill Thy dispensation for our sakes, uniting the terrestrials with the celestials, Thou didst ascend in glory, O Christ our God, inseparable in space, but constant without separation, and crying unto Thy beloved: I am with you, and no one shall be against you.

الأحد الذي بعد الصعود – أحد آباء المجمع المسكوني الأول

الأنتيفونا الأولى

يَا جَمِيعَ الأُمَمِ صَفِّقُوا بِالأَيَادِي. هَلِّلُوا اللهَ بِأَصْوَاتِ الإِبْتِهَاجِ.

اللازمة: بِشَفَاعَاتِ وَالدَّةِ الإِلهِ، يَا مُخْلِصَ خَلِصِنَا.

لَأَنَّ الرَّبَّ مُتَعَالٍ وَمَرْهُوبٌ، وَمَلِكٌ عَظِيمٌ عَلَى الدُّنْيَا بِأَسْرَهَا. أَخْضَعَ الشُّعُوبَ لَنَا وَالأُمَمَ تَحْتَ أَقْدَامِنَا. **(اللازمة)**

المَجْدُ ... الآن ... **(اللازمة)**

الأنتيفونا الثانية

عَظِيمٌ هُوَ الرَّبُّ وَمُسَبِّحٌ جِدًّا فِي مَدِينَةِ إِلَهِنَا عَلَى جَبَلِ قُدْسِهِ .

اللازمة: خَلِّصْنَا يَا ابْنَ اللهِ، يَا مَنْ صَعِدَ عَنَّا بِمَجْدِ إِلَى السَّمَاوَاتِ، نَحْنُ المُرْتَلِينَ لَكَ: هَلِّلُوبِيَا.

اللهِ مَغْرُوفٌ فِي قُصُورِهَا بِأَنَّهُ نَصِيرُهَا. **(اللازمة)**

هَذَا إِنْ مُلُوكِ الأَرْضِ قَدِ اجْتَمَعُوا وَأَقْبَلُوا مَعًا. **(اللازمة)**

المجد ... الآن ... يَا كَلِمَةَ اللهِ الإِبْنَ الوَحِيدِ....

الأنتيفونا الثالثة

إِسْمَعُوا هَذَا يَا كُلَّ الأُمَمِ، أَصْغُوا يَا سُكَّانَ الأَرْضِ أَجْمَعِينَ. إِنْ قَمِي يَتَكَلَّمُ بِالحِكْمَةِ، وَقَلْبِي يُلْهَجُ بِالفَهْمِ. أَمِيلُ أذُنِي إِلَى الأَمْثَالِ، وَأَكْشِفُ العَازِي عَلَى القِيَّارِ.

طروبارية القيامة باللحن السادس

إِنَّ القُوَّاتِ المَلَانِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ المَوْقَرِ، وَالحُرَّاسِ صَارُوا كالأَمْوَاتِ، وَمَرْيَمَ وَقَفَتْ عِنْدَ القَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرِ، فَسَبَّتِ الجَحِيمَ وَلَمْ تَجْرَبْ مِنْهَا، وَصَادَفْتَ البَتُولَ مَانِحًا الحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ الأَمْوَاتِ، يَا رَبُّ المَجْدُ لَكَ.

طروبارية الصعود باللحن الرابع

لَقَدْ صَعِدْتَ بِمَجْدٍ أَيُّهَا المَسِيحُ إِلَهِنَا، وَفَرَحَتْ تَلَامِيذُكَ بِمَوْعِدِ الرُّوحِ القُدُّوسِ، إِذْ أَيْقَنُوا بِالبِرِّكَ أَنَّكَ أَنْتَ ابْنُ اللهِ، المُنقِّذُ العَالَمِ.

طروبارية أحد الآباء باللحن الثامن

أَنْتَ أَيُّهَا المَسِيحُ إِلَهِنَا الفَائِزُ النَّسَبِيحِ، يَا مَنْ أَسَّسْتَ آبَاءَنَا القِدِّيسِينَ عَلَى الأَرْضِ كَوَاكِبَ لَامِعَةٍ، وَبِهِمْ هَدَيْتَنَا جَمِيعًا إِلَى الإِيمَانِ الحَقِيقِيِّ، يَا جَزِيلَ الرَّحْمَةِ، المَجْدُ لَكَ.

طروبارية رُقادِ وَالدَّةِ الإِلهِ باللحن الأوَّل

فِي مِيلَادِكِ حَفَظْتَ البَتُولِيَّةَ وَصَنَّتْهَا، وَفِي رُقَادِكِ مَا أَهْمَلْتَ العَالَمَ وَتَرَكْتَهُ يَا وَالدَّةِ الإِلهِ. لِأَنَّكَ انْتَقَلْتَ إِلَى الحَيَاةِ، بِمَا أَنَّكَ أُمُّ الحَيَاةِ. فَبِشَفَاعَاتِكِ، أَنْقِذِي مِنَ المَوْتِ نَفُوسَنَا.

القنداق للصعود باللحن السَّادِس

لَمَّا كَمَلْتَ التَّنْبِيْرَ الَّذِي مِنْ أَجْلِنَا، وَجَعَلْتَ الذِّينَ عَلَى الأَرْضِ مُتَّجِدِينَ بِالسَّمَاوِيِّينَ، صَعِدْتَ بِمَجْدٍ أَيُّهَا المَسِيحُ إِلَهِنَا، غَيْرَ مُنْقَصِلٍ مِنْ مَكَانٍ، بَلْ تَابِتًا بِغَيْرِ افْتِرَاقٍ وَهَاتِقًا بِأَجْبَانِكَ: أَنَا مَعَكُمْ، وَلَيْسَ أَحَدٌ عَالِيَكُمْ.

THE EPISTLE

*Blessed art Thou, O Lord, the God of our Fathers.
For Thou art just in all Thou hast done to us.*

The Reading from the Acts of the Holy Apostles.

(20:16-18, 28-36)

In those days, Paul was determined to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening, if possible, to be at Jerusalem on the Day of Pentecost. And from Miletus he sent to Ephesus and called to him the priests of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you bishops, to shepherd the church of the Lord and God, which He purchased with His own blood. For I know that after my departure ravenous wolves will enter among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore, remain watchful, remembering that for three years I did not cease to admonish every one, night and day with tears. And now, brethren, I commend you to God and to the word of His grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by such laboring we ought to help the weak, and to remember the words of the Lord Jesus, how He Himself said: 'It is more blessed to give than to receive.'" And when he had spoken thus, he knelt down on his knees with them all, and prayed.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (17:1-13)

At that time, Jesus lifted up His eyes to heaven and said, "Father, the hour has come; glorify Thy Son that the Son may glorify Thee, since Thou hast given Him power over all flesh, to give eternal life to all whom Thou hast given Him. And this is eternal life, that they know Thee the only true God, and Jesus Christ Whom Thou hast sent. I glorified Thee on earth, having accomplished the work which Thou gavest Me to do; and now, Father, glorify Thou Me in Thy own presence with the glory which I had with Thee before the world was made. I have manifested Thy Name to the men whom Thou gavest Me out of the world; Thine they were, and Thou gavest them to Me, and they have kept Thy word. Now they know that everything that Thou hast given Me is from Thee; for I have given them the words which Thou gavest Me, and they have received them and know in truth that I came from Thee; and they have believed that Thou didst send Me. I am praying for them; I am not praying for the world but for those whom Thou hast given Me, for they are Thine; all Mine are Thine, and Thine are Mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to Thee. Holy Father, keep them in Thy Name, which Thou hast given Me, that they may be one, even as We are one. While I was with them, I kept them in Thy Name, which Thou have given Me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to Thee; and these things I speak in the world, that they may have My joy fulfilled in themselves."

الرسالة

مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا.
فَإِنَّكَ عَدْلٌ فِي كُلِّ مَا صَنَعْتَ بِنَا.

فَصَلِّ مِنْ أَعْمَالِ الرُّسُلِ القِدِّيسِينَ الأَطْهَارِ

فِي تِلْكَ الأَيَّامِ، ارْتَأَى بُولُسُ أَنْ يَتَجَاوَزَ أَفْسُسَ فِي البَحْرِ لئَلَّا يَعْرُضَ لَهُ أَنْ يُبْطِئَ فِي أَسِيَةِ. لِأَنَّهُ كَانَ يَعْجَلُ حَتَّى يَكُونَ فِي أُورُشَلِيمَ يَوْمَ العُنْصَرَةِ إِنْ أُمَكَّنَهُ. فَمِنْ مِيلْيُتُسَ بَعَثَ إِلَى أَفْسُسَ، فَاسْتَدْعَى قُسُوسَ الكَنِيسَةِ. فَلَمَّا وَصَلُوا إِلَيْهِ قَالَ لَهُمْ: اخْذَرُوا لِأَنْفُسِكُمْ وَلِجَمِيعِ الرِّعِيَةِ الَّتِي أَقَامَكُمُ الرُّوحُ القُدُّوسُ فِيهَا أَسَاقِفَةً، لِتَرْعَوْا كَنِيسَةَ اللهِ الَّتِي أَفْتَتَاهَا بِدَمِهِ فَإِنِّي أَعْلَمُ هَذَا، أَنَّهُ سَيَدْخُلُ بَيْنَكُمْ بَعْدَ ذَهَابِي ذُنَابٌ خَاطِفَةٌ لَا تُشْفِقُ عَلَى الرِّعِيَةِ وَمِنْكُمْ أَنْفُسِكُمْ سَيَقُومُ رِجَالٌ يَتَكَلَّمُونَ بِأُمُورٍ مُلْتَوِيَةٍ لِيَجْتَذِبُوا التَّلَامِيذَ وَرَاءَهُمْ لِذَلِكَ اسْهَرُوا، مُتَذَكِّرِينَ أَنِّي مُدَّةَ ثَلَاثِ سِنِينَ لَمْ أَكْفُفْ لَيْلًا وَنَهَارًا أَنْ أَصْخَ كُلُّ وَاحِدٍ بِدُمُوعٍ. وَالآنَ اسْتَوْدِعُكُمْ، يَا إِخْوَتِي، اللهُ وَكَلِمَةَ نِعْمَتِهِ القَائِرَةِ أَنْ تَبْنِيَكُمْ وَتَمْنَحَكُمْ مِيرَاثًا مَعَ جَمِيعِ القِدِّيسِينَ. إِنِّي لَمْ أَشْتَهَ فِضَّةً أَوْ ذَهَبًا أَوْ لِبَاسَ أَحَدٍ. وَأَنْتُمْ تَعْلَمُونَ أَنَّ حَاجَاتِي وَحَاجَاتِ الذِّينَ مَعِي خَدَمْتُهَا هَاتَانِ اليَدَانِ. فِي كُلِّ شَيْءٍ بَيَّنْتُ لَكُمْ أَنَّهُ هَكَذَا يَنْبَغِي أَنْ نَتَّعِبَ لِإِسَاعِدِ الضُّعْفَاءِ، وَأَنْ نَتَذَكَّرَ كَلَامَ الرَّبِّ يَسُوعَ. فَإِنَّهُ قَالَ: إِنَّ العِطَاءَ هُوَ مَغْبُوطٌ أَكْثَرَ مِنَ الأَخْذِ. وَلَمَّا قَالَ هَذَا، جَنَّا عَلَى رُكْبَتَيْهِ مَعَ جَمِيعِهِمْ وَصَلَّى.

الإنجيل

فصل شريف من بشارة القديس يوحنا الإنجيلي البشير والتلميذ الطاهر

فِي ذَلِكَ الزَّمَانِ، رَفَعَ يَسُوعُ عَيْنَيْهِ إِلَى السَّمَاءِ وَقَالَ: يَا أَبَتِ قَدْ أَنْتَ السَّاعَةَ، مَجِّدِ ابْنَكَ لِئِمَجِّدَكَ ابْنُكَ أَيْضًا. كَمَا أَعْطَيْتَهُ سُلْطَانًا عَلَى كُلِّ بَشَرٍ لِيُعْطِيَ كُلَّ مَنْ أَعْطَيْتَهُ لَهُ حَيَاةً أَبَدِيَّةً. وَهَذِهِ هِيَ الحَيَاةُ الأَبَدِيَّةُ، أَنْ يَعْرِفُوكَ أَنْتَ الإِلهَ الحَقِيقِيَّ وَحَدَّكَ، وَالَّذِي أَرْسَلْتَهُ يَسُوعَ المَسِيحَ. أَنَا قَدْ مَجَّدْتُكَ عَلَى الأَرْضِ. قَدْ أَتَمَمْتُ العَمَلَ الَّذِي أَعْطَيْتَنِي لِأَعْمَلُهُ. وَالآنَ مَجَّدْنِي أَنْتَ يَا أَبَتِ عِنْدَكَ بِالمَجْدِ الَّذِي كَانَ لِي عِنْدَكَ مِنْ قَبْلِ كَوْنِ العَالَمِ. قَدْ أَعْلَنْتُ اسْمَكَ لِلنَّاسِ الذِّينَ أَعْطَيْتَهُمْ لِي مِنَ العَالَمِ. هُمْ كَانُوا لَكَ، وَأَنْتَ أَعْطَيْتَهُمْ لِي، وَقَدْ حَفَظُوا كَلَامَكَ. وَالآنَ قَدْ عَلِمُوا أَنَّ كُلَّ مَا أَعْطَيْتَهُ لِي هُوَ مِنْكَ. لِأَنَّ الكَلَامَ الَّذِي أَعْطَيْتَهُ لِي أَعْطَيْتُهُ لَهُمْ. وَهُمْ قَبِلُوا وَعَلِمُوا حَقًّا أَنِّي مِنْكَ خَرَجْتُ، وَأَمَنُوا أَنَّكَ أَرْسَلْتَنِي. أَنَا مِنْ أَجْلِهِمْ أَسْأَلُ. لَا أَسْأَلُ مِنْ أَجْلِ العَالَمِ، بَلْ مِنْ أَجْلِ الذِّينَ أَعْطَيْتَهُمْ لِي، لِأَنَّهُمْ لَكَ. كُلُّ شَيْءٍ لِي هُوَ لَكَ، وَكُلُّ شَيْءٍ لَكَ هُوَ لِي، وَأَنَا قَدْ مَجَّدْتُ فِيهِمْ. وَلَسْتُ أَنَا بَعْدُ فِي العَالَمِ، وَهُوَ لَإِي هُمْ فِي العَالَمِ، وَأَنَا آتِي إِلَيْكَ. أَيُّهَا الأبُ القُدُّوسُ احْفَظْهُمْ بِاسْمِكَ، الذِّينَ أَعْطَيْتَهُمْ لِي، لِيَكُونُوا وَاحِدًا كَمَا نَحْنُ. حِينَ كُنْتُ مَعَهُمْ فِي العَالَمِ، كُنْتُ أَحْفَظُهُمْ بِاسْمِكَ. إِنَّ الذِّينَ أَعْطَيْتَهُمْ لِي قَدْ حَفَظْتَهُمْ، وَلَمْ يَهْلِكْ مِنْهُمْ أَحَدٌ إِلا ابْنُ الهَلَاكِ، لِيَتِمَّ الكِتَابُ. أَمَّا الآنَ فَإِنِّي آتِي إِلَيْكَ. وَأَنَا أَتَكَلَّمُ بِهَذَا فِي العَالَمِ لِيَكُونَ فَرَحِي كَامِلًا فِيهِمْ.

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If you wish to advertise or list your business here, please contact: **Jose Maalouf**
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Recommended donation: 1x Square = \$400 /Year
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ST. MARY'S ANTIOCHIAN ORTHODOX CHURCH (ONTARIO)
 كنيسة رقاد السيدة العذراء الأنطاكية الأرثوذكسية (اونتاريو)

May 24, 2026

HOLY OBLATION OFFERED BY: تقديم القرابين:

- Elias & Lama Zakaria and Family.
- Michel Awad and Family.
- Teen SOYO members.

We invite all Parishioners to please register your name(s) with our ushers to offer Holy Bread every Sunday.

Signup sheet with the Schedule for the whole year is outside at church entrance hall. **Thank you for contributing an amount of \$50 for this service.**

CONTRIBUTIONS & DONATIONS

"So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver" (2 Corinthians 9:7)

Sunday May 17th Tray Collections: \$2021.00

Our Church needs our continued support, financial contributions and donations to cover operating and maintenance costs.

If you wish to start or increase your contribution, please see Massoud Kamel (Church Admin) or one of our Ushers.

Minimum recommended annual contribution is \$600 or preauthorized payments of \$50 per month (to be a voting parish member).

Tax receipts will be sent end of year.

Thank you for your generosity. May God bless you.

P.S. We encourage you to consider including our church name in your Will or estate plans. Your legacy gift will help extend your faith and generosity to bless our future generations.

CHURCH UPDATES

Join us for **Saturday of Souls Divine Liturgy** this coming **Saturday, May 30th @10:00am**
 (قُدَّاس سَبْتِ الْأَمْوَاتِ)

PARISH COUNCIL MEMBERS

President: Ratib Okal	Elie Haddad , Fadi Saba,
V.President: Jose Maalouf	George Dib , Hani Barghouth,
Treasurer: Salem Abu Manneh	Dr. Issam Obeid , Jack Chami,
Secretary: Sami Haddad	Khaled Ghawi , Mona Rassi.

Church Admin: Massoud Kamel

ANNOUNCEMENTS

SAVE THE DATE

ST. MARYS YAM INVITES YOU

Wine and Cheese Night

DRINKS, APPS, MUSIC, FELLOWSHIP
Saturday, June 6th
8:00PM

\$10/PERSON
 19+ YAM Only

RSVP on our Google Forms!

St. Mary's Antiochian Orthodox Church

SAVE THE DATE

SAINT MARY
 ANTIOCHIAN ORTHODOX CHURCH
 كنيسة رقاد السيدة العذراء الأنطاكية الأرثوذكسية

SAVE THE DATE!

St. MARY'S MIDDLE EASTERN HERITAGE FESTIVAL
August 14, 15 & 16, 2026

Our church festival needs your help! join us by volunteering!
 كن جزءاً من نجاح المهرجان، تطوع معنا لخدمة كنيستنا الحبيبة.

Volunteers 14 years old and over will receive the official community service hours!
 Volunteers' coordinator: (647) 290-8393

Festival Inquiries: (416) 825-5251 / (905) 502-1111

Register for volunteer on our website at:
www.saintmarysevents.ca/volunteer