



Jul 05, 2025: Venerable Athanasius of Athos & Fifth Sunday of Matthew

Venerable Lampados of Irenoupolis; Hieromartyr Cyprian of Mount Athos

TONE 4 / EOTHINON 5

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful proclamation of the Resurrection from the angel, and having cast off the ancestral condemnation, the women disciples said to the Apostles triumphantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

APOLYTIKION OF ST. ATHANASIUS OF ATHOS IN TONE THREE

The Angels’ ranks were awed by thy life in the flesh, how, though corporeal, and clad with earthly clay, thou didst set forth with courage to invisible wars and wrestlings and didst boldly smite the hordes of the demons with mortal wounds. Wherefore, Christ rewarded thee with abundant gifts in return. Entreat Him that our souls find salvation, O most renowned Father Athanasius.

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.

ORDINARY KONTAKION IN TONE TWO

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

THE EPISTLE

*The saints shall boast in glory, and they shall rejoice upon their beds.
Sing unto the Lord a new song; His praise is in the church of the saints.*

The Reading from the Epistle of St. Paul to the Galatians. (5:22-6:2)

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another’s burdens, and so fulfill the law of Christ.

طروباريّة القيامة باللحن الرابع

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَرُ بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِّحِ الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهَ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

طروباريّة القديس أثناسيوس باللحن الثالث

لَقَدْ دَهَشَتْ طَغَمَاتُ الْمَلَائِكَةِ مِنْ سِيرَتِكَ بِالْجَسَدِ أَيُّهَا الدَّائِمُ الذِّكْرُ، كَيْفَ أَنْتَ، وَأَنْتَ بِالْجَسَدِ، سَعَيْتَ نَحْوَ الْمَصَافِ غَيْرِ الْمُنْطَوْرَةِ، وَجَرَحْتَ مَوَاقِبَ الْأَبَالِسَةِ. فَلِذَلِكَ، قَدْ كَافَأَكَ الْمَسِيحُ بِمَوَاهِبِ غَنِيَّةٍ. فَيَا أَيُّهَا الْأَبُ أَثْنَاسِيُوسَ، تَشَفَّعْ إِلَيْهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

طروباريّة رُقَادِ الْإِلَهَةِ بِاللحن الأول

فِي مِيلَادِكَ حَفِظْتَ الْبَتُولِيَّةَ وَصُنَّتِيهَا، وَفِي رُقَادِكَ مَا أَهْمَلْتَ الْعَالَمَ وَتَرَكْتَهُ يَا وَالِدَةَ الْإِلَهَةِ. لِأَنَّكَ انْتَقَلْتَ إِلَى الْحَيَاةِ، بِمَا أَنَّكَ أُمُّ الْحَيَاةِ. فَبِشْفَاعَاتِكَ، أَنْقِذِي مِنَ الْمَوْتِ نَفُوسَنَا.

القنداق باللحن الثاني

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تُعْرِضِي عَنْ أَصَوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةُ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنَّكَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بَايْمَانٍ: بِادْرِي إِلَى الشِّفَاعَةِ وَأَسْرِعِي فِي الْطَلِبَةِ، يَا وَالِدَةَ الْإِلَهَةِ، الْمُتَشَفِّعَةَ دَائِمًا بِمَكْرَمَتِكَ.

الرسالة

لِيَبْتَهِجِ الْأَتْقِيَاءُ بِمَجْدٍ، لِيَرْثَمُوا عَلَى مَضَاجِعِهِمْ.
غَنَّا لِلرَّبِّ تَرْنِيمَةً جَدِيدَةً، تَسْبِيحُتُهُ فِي جَمَاعَةِ الْأَتْقِيَاءِ.

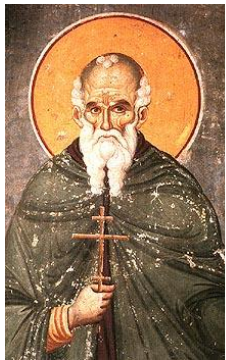
فَصْلٌ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسَ الرَّسُولِ إِلَى أَهْلِ غَلَاطِيَّةِ

يَا إِخْوَةُ، أَمَّا ثَمَرُ الرُّوحِ فَهُوَ الْمَحَبَّةُ وَالْفَرَحُ وَالسَّلَامُ وَطَوَلُ الْأَنَاءِ وَاللُّطْفُ وَالصَّلَاحُ وَالْإِيمَانُ وَالْوَدَاعَةُ وَالْعِفَافُ، وَهَذِهِ لَيْسَ نَامُوسٌ ضَدَّهَا. وَالَّذِينَ هُمْ لِلْمَسِيحِ، صَلَبُوا أَجْسَادَهُمْ بِكُلِّ مَا فِيهَا مِنْ أَهْوَاءٍ وَشَهَوَاتٍ. فَإِنْ كُنَّا نَعِيشُ بِالرُّوحِ، فَلْنَسْلُكْ بِالرُّوحِ أَيْضًا، وَلَا نَكُنْ دَوِي غُجْبٍ وَلَا نُعَاضِبْ، وَلَا نَحْسُدُ بَعْضُنَا بَعْضًا. أَيُّهَا الْإِخْوَةُ، إِذَا أُخِذَ أَحَدٌ فِي زَلَّةٍ فَأَصْلِحُوهُ أَنْتُمْ الرُّوحِيِّينَ بِرُوحِ الْوَدَاعَةِ، وَتَبَصَّرْ أَنْتَ لِنَفْسِكَ لِيَنَالَا ثَجَرَبَ أَنْتَ أَيْضًا. إِحْمِلُوا بَعْضُكُمْ أَثْقَالَ بَعْضٍ وَهَكَذَا آتِمُوا نَامُوسَ الْمَسِيحِ.

THE GOSPEL

The Reading from the Holy Gospel according to St. Matthew. (8:28-9:1)

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, “What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?” Now a herd of many swine was feeding at some distance from them. And the demons begged Him, “If Thou castest us out, send us away into the herd of swine.” And He said to them, “Go.” So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.



Venerable Athanasius, founder of the Great Lavra and Coenobitic Monasticism on Mount Athos, and his six disciples

Saint Athanasius of Athos, in holy Baptism named Abraham, was born in the city of Trebezond. He was orphaned at an early age, and being raised by a certain good and pious nun, he imitated his adoptive mother in the habits of monastic life, in fasting and in prayer. Doing his lessons came easily and he soon outpaced his peers in study. After the death of his adoptive mother, Abraham was taken to Constantinople, to the court of the Byzantine emperor Romanus the Elder, and was enrolled as a student under the renowned rhetorician Athanasius. In a short while the student attained the mastery of skill of his teacher and he himself became an instructor of youths. Reckoning as the true life that of fasting and vigilance, Abraham led a strict and abstinent life, he slept little and then only sitting upon a stool, and barley bread and water were his nourishment. When his teacher Athanasius through human weakness became jealous of his student, blessed Abraham gave up his teaching position and went away. During these days there had arrived at Constantinople Saint Michael Maleinos (July 12), igumen of the Kyminas monastery. Abraham told the igumen about his life, and revealed to him his secret desire to become a monk. The holy Elder, discerning in Abraham a chosen vessel of the Holy Spirit, became fond of him and taught him much in questions of salvation. One time during their spiritual talks Saint Michael was visited by his nephew, Nikêphôros Phocas, a military officer and future emperor. Abraham’s lofty spirit and profound mind impressed Nikêphôros, and all his life he regarded the saint with reverent respect and with love. Abraham was consumed by his zeal for the monastic life. Having forsaken everything, he went to the Kyminas monastery and, falling down at the feet of the holy igumen, he begged to be received into the monastic life. The igumen fulfilled his request with joy and tonsured him with the name Athanasius.

With long fasts, vigils, bending of the knees, with works night and day Athanasius soon attained such perfection, that the holy igumen blessed him for the exploit of silence in a solitary place not far from the monastery. Later on, having left Kyminas, he made the rounds of many desolate and solitary places, and guided by God, he came to a place called Melanos, at the very extremity of Athos, settling far off from the other monastic dwellings. Here the monk made himself a cell and began to live an ascetical life in works and in prayer, proceeding from exploit to exploit towards higher monastic attainment. The enemy of mankind tried to arouse in Saint Athanasius hatred for the place chosen by him, and assaulted him with constant suggestions in thought. The ascetic decided to suffer it out for a year, and then wherever the Lord should direct him, he would go. On the last day of this year’s length of time, when Saint Athanasius set about to prayer, a heavenly light suddenly shone upon him, filling him with an indescribable joy, all the thoughts dissipated, and from his eyes welled up graced tears. From that moment Saint Athanasius received the gift of tenderness, and he became as strongly fond of the place of his solitude as he had formerly loathed it. During this time Nikêphôros Phocas, having had enough of military exploits, remembered his vow to become a monk and from his means he besought Saint Athanasius to build a monastery, i.e., to build cells for him and the brethren, and a church where the brethren could commune of the Divine Mysteries of Christ on Sundays. Tending to shun cares and worries, Saint Athanasius at first would not agree to accept the hateful gold, but seeing the fervent desire and good intent of Nikêphôros, and discerning in this the will of God, he set about the building of the monastery. He built a large church in honor of the holy Prophet and Forerunner of Christ, John the Baptist, and another church at the foot of a hill, in the name of the Most Holy Theotokos. Around the church were the cells, and a wondrous monastery arose on the Holy Mountain. In it were a trapeza (dining area), a hospice for the sick and for taking in wanderers, and other necessary structures. Brethren flocked to the monastery from everywhere, not only from Greece, but also from other lands, simple people and illustrious dignitaries, desert-dwellers having labored in asceticism for long years in the wilderness, igumens from many monasteries and hierarchs wanting to become simple monks in the Athos Lavra of Saint Athanasius. The saint established at the monastery a cenobitic monastic Rule on the model of the old Palestinian monasteries. Divine services were served with all strictness, and no one was so bold as to talk during the services, nor to come late or leave the church without necessity. The Heavenly Patroness of Athos, the All-Pure Mother of God Herself, was graciously disposed towards the saint. Many times he was privileged to see Her with his own eyes. By God’s dispensation, there once occurred such a hunger, that the monks one after the other quit the Lavra. The saint remained all alone and, in a moment of weakness, he also considered leaving. Suddenly he beheld a Woman beneath an ethereal veil, coming to meet him. “Who are you and where are you going?” She asked quietly. Saint Athanasius from an innate deference halted. “I am a monk from here,” Saint Athanasius replied, and spoke about himself and his worries. “Would you forsake the monastery which was intended for glory from generation unto generation, just for a morsel of dry bread? Where is your faith? Turn around, and I shall help you.” “Who are you?” asked Athanasius. “I am the Mother of the Lord,” She answered, and bid Athanasius to strike his staff upon a stone. From the fissure there gushed forth a spring of water, which exists even now, in remembrance of this miraculous visitation. The brethren grew in number, and the construction work at the Lavra continued. Saint Athanasius, foreseeing the time of his departure to the Lord, prophesied about his impending end and besought the brethren not to be troubled over what he foresaw. “For Wisdom disposes otherwise than as people judge.” The brethren were perplexed and pondered the words of the saint. After giving the brethren his final guidance and comforting all, Saint Athanasius entered his cell, put on his mantiya and holy kukolion (head covering), which he wore only on great feasts, and emerged after prolonged prayer. Alert and joyful, the holy igumen went up with six of the brethren to the top of the church to inspect the construction. Suddenly, through the imperceptible will of God, the top of the church collapsed. Five of the brethren immediately gave up their souls to God. Saint Athanasius and the architect Daniel, thrown upon the stones, remained alive. All heard the saint call out to the Lord, “Glory to Thee, O God! Lord, Jesus Christ, help me!” The brethren with great weeping began to dig out their father from the rubble, but they found him already dead.

Source: www.oca.org

الإنجيل

فصلٌ شريفٌ من بشارة القديس متى الإنجيليِّ البشيرِ والتلميذِ الطاهر

فِي ذَلِكَ الزَّمَانِ، لَمَّا أَتَى يَسُوعُ إِلَى كُورَةِ الْجَرْجَسِيِّينَ اسْتَقْبَلَهُ مَجْنُونَانِ خَارِجَانِ مِنَ الْقُبُورِ، شَرَسَانِ جِدًّا، حَتَّى إِنَّهُ لَمْ يَكُنْ أَحَدٌ يَقْدِرُ أَنْ يَجْتَازَ مِنْ تِلْكَ الطَّرِيقِ. فَصَاحَا قَائِلَيْنِ: "مَا لَنَا وَلَكَ يَا يَسُوعُ ابْنُ اللَّهِ؟ أَجِئْتَ إِلَى هَهُنَا قَبْلَ الزَّمَانِ لِنُعَذِّبَنَا؟" وَكَانَ بَعِيدًا مِنْهُمْ قَطِيعُ خَنَازِيرَ كَثِيرَةٍ تَرْعَى. فَأَخَذَ الشَّيَاطِينُ يَطْلُبُونَ إِلَيْهِ قَائِلِينَ: "إِنْ كُنْتَ تُخْرِجُنَا، فَأَنْذِرْ لَنَا أَنْ نَذْهَبَ إِلَى قَطِيعِ الْخَنَازِيرِ." فَقَالَ لَهُمْ: "اذْهَبُوا." فَخَرَجُوا وَذَهَبُوا إِلَى قَطِيعِ الْخَنَازِيرِ. فَإِذَا بِالْقَطِيعِ كُلِّهِ قَدْ وَثَبَ عَنِ الْجُرْفِ إِلَى الْبَحْرِ وَمَاتَ فِي الْمِيَاهِ. أَمَّا الرُّعَاةُ فَهَرَبُوا وَمَضُوا إِلَى الْمَدِينَةِ، وَأَخْبَرُوا بِكُلِّ شَيْءٍ وَبِأَمْرِ الْمَجْنُونَيْنِ. فَخَرَجَتِ الْمَدِينَةُ كُلُّهَا لِلِقَاءِ يَسُوعَ. وَلَمَّا رَأَوْهُ، طَلَبُوا إِلَيْهِ أَنْ يَتَحَوَّلَ عَنْ ثُخُومِهِمْ. فَدَخَلَ السَّفِينَةَ وَاجْتَازَ وَأَتَى إِلَى مَدِينَتِهِ.



ST. MARY'S ANTIOCHIAN ORTHODOX CHURCH (ONTARIO)

كنيسة رُقَاد السيِّدة العذراء الأنطاكية الأرثوذكسية (اونتاريو)

Jul 05, 2026

HOLY OBLATION OFFERED BY: تقديم القرابين:

We invite all Parishioners to please register your name(s) with our ushers to offer Holy Bread ever `y 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 June 28th Tray Collections: \$1605.00

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

There will be **no Divine Liturgy today** in our church due to Father Elias attending the PLC in Montreal and no available temp priests to serve.

We will only have Orthros service with the Choir.

PARISH COUNCIL MEMBERS

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V.President: Jose Maalouf	George Dib , Hani Barghouth,
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Office: 905.766.1542 | www.saintmarysmississauga.com

Matins: Sundays 9:00 am | Divine Liturgy: Sundays 10:15 am

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ANNOUNCEMENTS

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SAVE THE DATE

ST. MARY'S ANNUAL
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More than just a day on the course, the St. Mary's Golf Tournament brings our community together in support of a greater purpose. Proceeds from this year's event will help fund parish projects, and future improvements that benefit our church family. Become a sponsor and be part of something meaningful.

SPONSORS WILL BE RECOGNIZED THROUGHOUT THE TOURNAMENT

CONTACTS: Eddie Joubran (Fax): 905-564-6711 | Arlet Joubran: arlet.joubran@psfttd.com
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