



Jul 12, 2025: Sixth Sunday after Pentecost & Sixth Sunday of Matthew	
Venerable Paisios the New of Mount Athos; Holy Martyrs Proclus and Hilary of Ancyra; Veronica, the woman with the issue of blood who was healed by our Lord	
TONE 5 / EOTHINON 6	
RESURRECTIONAL APOLYTIKION IN TONE FIVE	
Let us worship the Word, Who is un originate with the Father and the Spirit, and from a virgin was born for our salvation, O believers, and let us sing His praise. For in His goodness He was pleased to ascend the Cross in the flesh, and to undergo death, and to raise up those who had died, by His glorious Resurrection.	
APOLYTIKION OF ST. PAISIOS OF ATHOS IN TONE FIVE	
When the fire of love for the Lord was lit in thee, by thine ascetic travails didst thou give thyself unto Christ; and didst take up His pure Image, O Paisios. Thereby becoming for us all consolation and a God-inspired source of true wisdom; and by thy ceaseless entreaties for the whole world thou workest miracles.	
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
<i>Thou, O Lord, wilt preserve us and keep us from this generation. Save me, O Lord, for the Godly man hath disappeared.</i>
The Reading from the Epistle of St. Paul to the Romans. (12:6-14)
Brethren, having gifts that differ according to the grace that was given to us, let each use them accordingly: whether prophecy, let him prophesy according to the proportion of the faith; or ministry, let him give himself to the ministry; or the teacher, to the teaching; or he who exhorts, in the exhorting; he who gives, let him do it with simplicity; he who presides, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor that which is evil; cleave to that which is good. Love one another with brotherly affection; in honor preferring one another; in diligence not slothful; fervent in spirit; serving the Lord; rejoicing in hope; patient in tribulation; continuing steadfastly in prayer; communicating to the necessities of the saints; given to hospitality. Bless those who persecute you; bless, and do not curse.

طروباريَّة القيامة باللحن الخامس
لِنَسَبِّحْ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدْ لِلْكَلِمَةِ، المُساوي لِلأَبِ وَالرُّوحِ فِي الأَرْلِيَّةِ وَعَدَمِ الاِيتِداءِ، المُولودِ مِنَ العُذراءِ لِخِلاصِنَا، لِأَنَّهُ سَرَّ بِالْجَسَدِ أَنْ يَغْلُوَ عَلَى الصَّلِيبِ، وَيَحْتَمِلَ المَوْتَ، وَيُهِضِنَ المَوْتَ بِقِيَامَتِهِ المَجدِيةِ.
طروباريَّة القديس باييسيوس الآثوسي باللحن الخامس
إِذْ قِيلَتْ نيرانَ الحبِّ الإلهيِّ. بَدَلْتُ أَيْهَا البَارُّ جِهَادًا فَأَيَّقَ العقولَ. وَهَبْتَ ذَاتَكَ لِلَّهِ كُلَّهَا. فَصِرْتَ مُعَرِّيًا وَمُرْشِدًا تُهْدِي المؤمنينَ. بالأقوالِ الإلهيَّةِ. فَتَشَفَّعْ بلا انقطاعٍ يا باييسيوس في خلاصِنَا.
طروباريَّة رُقاد وَالِدَةِ الإلهِ باللحن الأوَّل
في ميلادِكَ حَفَظْتَ البَتُولِيَّةَ وَصُنَّتِهَا، وَفي رُقادِكَ ما أَهْمَلْتَ العالَمَ وَتَرَكْتِهِ يا وَالِدَةُ الإلهِ. لِأَنَّكَ انْتَقَلْتَ إلى الحَيَاةِ، بِما أَنَّكَ أُمُّ الحَيَاةِ. فَبَشِفاعَتِكَ، أَنْقِذِي مِنَ المَوْتِ نُفوسَنَا.
القنداق باللحن الثاني
يا شَفِيعَةَ المَسِيحِيِّينَ غَيْرِ الخازِيَةِ، الوَسيطَةِ لَدَى الخالِقِ غَيْرِ المَرْدُودَةِ، لا تُعْرضِي عَن أصْواتِ طَلِبائِنَا نَحْنُ الخَطَاةُ، بَلْ تَدَارِكِينَا بِالمَعوْنَةِ بِما أَنَّكَ صالِحَةٌ، نَحْنُ الصارِخِينَ إِلَيْكَ بِإيمانٍ: بِادِرِي إلَى الشَفاعَةِ وأَسْرِعي في الطَلَبَةِ، يا وَالِدَةُ الإلهِ، المُتَشَفِّعَةَ دائِمًا بِمَكْرَمِكَ.

الرسالة
أَنْتَ يا رَبُّ تَحْفَظُنَا وَتَسْتُرُنَا مِنْ هَذَا الجِيلِ. خَلِّصْني يا رَبُّ، فَإِنَّ البَارَّ قَدْ فَنِي.
فَصْلٌ مِنْ رِسَالَةِ الْقَدِيسِ بولُسَ الرِّسُولِ إلى أَهْلِ روميةِ
يا إِخْوَةَ، إِذْ لَنَا مَواهِبُ مُخْتَلَفَةٌ بِاخْتِلَافِ النِّعَمَةِ المُعْطاةِ لَنَا، فَمَنْ وَهَبَ النُّبُوَّةَ فَلْيَتَنَبَّأْ وَفَقًّا لِلإيمانِ، وَمَنْ وَهَبَ الخِدْمَةَ فَلْيُلازِمِ الخِدْمَةَ، والمُعَلِّمُ التَّعليمَ، والوَاعِظُ الوَاعِظَ، والمُتَصَدِّقُ البَساطَةَ، والمُدَبِّرُ الاجْتِهَادَ، والرَّاجِمُ البَشاشَةَ. وَلِتَكُنِ المَحَبَّةُ بِلا رِياءٍ. كونا مَاقَتِينَ لِلشَّرِّ وَمُلتَصِقِينَ بِالخَيْرِ. مُحِبِّينَ بَعْضُكُمْ بَعْضًا حُبًّا أَخَوِيًّا، مُبادِرِينَ بَعْضُكُمْ بَعْضًا بِالإكرامِ، غَيْرَ مُتَكَاسِلِينَ في الاجْتِهَادِ، حارِّينَ بِالرَّوحِ، عابِدِينَ لِلرَّبِّ، فَرِحِينَ في الرَّجاءِ، صابِرِينَ في الضِّيقِ، مُواظِبِينَ على الصَّلَاةِ، مُواسِينِ القَدِيسِينَ في احتِياجَاتِهِمْ، عاكِفِينَ على ضِياقَةِ الغُرَباءِ. بارِكوا الَّذِينَ يَضطَّهِدونَكُمْ، بارِكُوا، وَلَا تَلْعَنُوا.

THE GOSPEL
The Reading from the Holy Gospel according to St. Matthew. (9:1-8)
At that time, Jesus got into a boat, crossed over and came to His own city. And behold, they brought to Him a paralytic, lying on his bed; and when Jesus saw their faith He said to the paralytic, “Take heart, my son; your sins are forgiven.” And behold, some of the scribes said to themselves, “This man is blaspheming.” But Jesus, knowing their thoughts, said, “Why do you think evil in your hearts? For which is easier, to say, ‘Your sins are forgiven,’ or to say, ‘Rise and walk’? But that you may know that the Son of man has authority on earth to forgive sins”—He then said to the paralytic—“Rise, take up your bed and go home.” And he rose and went home. When the crowds saw it, they marveled, and they glorified God, Who had given such authority to men.

	Venerable Paisios of the Holy Mountain Venerable Father Paisios of the Holy Mountain was born to devout parents, Pródromos and Eulampía Enzepidē, at Phárasa in Cappadocia on July 25, 1924. Shortly before the family left for Greece because of the exchange of populations, he was baptized by Saint Arsenios of Cappadocia (Nov 10). His godfather wanted to name the child Christos, after his grandfather, but Archimandrite Arsenios, the parish priest, refused saying, "Not so! He shall be called Arsenios. You shall have many other children, but I am a monk; I will have no children. I want him to be a reminder of me." Archimandrite Arsenios, a man who lived a most holy life, also foretold that he was leaving a monk in his place. He gave the child a special blessing, and so, like Elijah and Elisha, grace passed from the Spiritual Father to his child. He also predicted that he himself would not live more than forty days after he arrived in Greece. Forty days after their arrival in Greece, Saint Arsenios went to the Lord and was buried on the island of Kefhaloniá... After completing his studies, Arsenios did not wish to continue with his education, preferring to imitate Christ, and so he learned the trade of a carpenter, which he practiced with diligence and skill. At the age of fifteen, he was deemed worthy of seeing the Lord, because of one philotimo thought, by which he repelled a demonic assault and a temptation toward impiety. From that time, the fire of God's love increased in him even more, as well as a longing for the monastic life. Times of turmoil and upheaval followed for Greece, he was both a citizen and a soldier during his service, displaying unparalleled courage and self-sacrifice. Sometimes he volunteered to take the place of married men with families, who were about to be sent to the Front. He was willing to give every moment, and even his life, to save others. In fact, he was often in the line of fire. Not only did he protect many soldiers by his fervent prayers, but he also guarded himself in a miraculous way. For most of his military service Arsenios served as a radio operator. He said that they all felt secure only when they communicated with their Division every hour... He revealed later, "we felt a bit insecure. Sometimes, when we could be in touch with them just twice a day, we felt uncomfortable, lonely, and lost. The same thing applies to our prayers. The more we pray, the more we feel secure, on a spiritual basis, of course." After all these things, he wanted to embrace the angelic life of monasticism, which gives wings of divine love... At the age of 29, he forsook the world and went to the Holy Mountain. After visiting various Skētēs and Kalyves, the Saint finally followed the advice of a venerable Elder and joined the brotherhood of the Holy Monastery of Esphigmenou, known at the time for its strictness. There he lived in the midst of everyone and engaged in severe asceticism, surpassing the others in his labors for the grace of Christ and his brethren. Then, on March 27, 1954, he was tonsured and received the name Averkios. But desiring a stricter life of asceticism, he received the Igoumen's blessing and went to live in the Holy Monastery of Philotheou, which was then idiorhythmic. Under the guidance of a hermit, they lived a very strict ascetical life... On March 12, 1956 he was tonsured into the Small Schema and received the name Paisios (which means "child"), thanks to Metropolitan Paisios II of Caesarea, who was also his compatriot... The Saint pleaded fervently with God to remove the temptations which besieged him every day, and to show him the path he must follow. So, he accepted the invitation of a certain Hierodeacon to accompany him to the God-trodden Mount Sinai. In this waterless place, in the kelli of Saints Galaktion and Epistēmē (Nov 5) near Saint Katherine's Monastery, living in solitude and in asceticism... He was beloved by the Bedouins, giving them food and money which he earned by selling to the pilgrims wooden crosses that he made himself. The Arab children in the area often visited Father Paisios. He wished that he had something to give them, but when he brought his handiwork to the Monastery he asked for some cookies and was told that he had to bring more handiwork to obtain cookies. Father Paisios shortened his Prayer Rule and spent more time for his handiwork so that he might have cookies for the children. By this act of love, he discerned that he received even more grace from God. Returning to Mount Athos in 1964, he did not cease his ascetical contests despite his bodily ailments, but maintained his former fervor in his soul. So, living as a stranger and a sojourner on the earth (Genesis 23:4, LXX), he became a citizen of the Heavens. He attained the heights and became a partaker of divine mysteries, with the blessing of the Mother of God. In addition, he conversed with the Saints who appeared before him, and he had a vision of his Guardian Angel. He also heard angelic hymns, and he shone with heavenly light. In 1966 he became seriously ill and was admitted to the Center for Thoracic Diseases of Northern Greece. He had a major operation, which resulted in the partial removal of his lungs... In 1967, he moved to Katounákia, specifically to the Lavriote kelli of Hypatios (Vlachika), where he had a vision of the Uncreated Light. He also saw various Saints, the Mother of God, and even Christ Himself. On one occasion, he was visited by Saint Euphemia, with whom he discussed certain Church matters. On August 12, 1968, Saint Paisios came to the Holy Monastery of Stavronikita and lived alone in the kelli of the Holy Cross. There he was tonsured into the Great Schema by the Russian Elder Tikhon, who had the gift of tears. After the latter's repose, Father Paisios would visit the Elder's grave to ask him questions, and Father Tikhon would reply from the grave. Saint Paisios became ill shortly afterward, and had to leave the Holy Mountain. Then he lived for a time in a monastery in northern Greece. As a consolation, he took with him the relics of Saint Arsenios, who had baptized him. Father Paisios did return to Mount Athos and settled in a cell... To the daily fatigue of Saint Paisios, some health problems were added, which tormented him. In the final years of his life, the pains of various diseases such as colitis, which left him permanently dyspeptic, an inguinal hernia, and especially from the cancer with which he had been diagnosed. There was more and more of this, nevertheless, he was calm and did not complain at all. On the contrary, he continued to pray for everyone... After 1993 he began to hemorrhage, for which he was hospitalized, saying that "everything will be done, it is convenient for me." In November of the same year, he left the Holy Mountain for the last time, and went to Sourote, to the Monastery of Saint John the Theologian for its Feast Day; and later for the Feast of Saint Arsenios (Nov 10). He stayed for a few days, but when he was preparing to leave, he fell ill and was taken to Theageineio, where he was diagnosed with a tumor in the large intestine. He asked God to grant him bodily and spiritual health. On February 4, 1994, he underwent surgery. The disease was not halted, but it metastasized to the lungs and to the liver. The Saint announced his desire to return to the Holy Mountain on June 13, but a high fever and shortness of breath forced him to remain. At the end of June, his doctors announced that he had only two or three weeks to live at most. On Monday, July 11, 1994 (the Feast of Saint Euphemia), Father Paisios received Holy Communion for the last time, kneeling by his bed. In the last days of his life he decided not to take medicines or painkillers, despite the horrible pains of his sickness. He reposed on Tuesday, July 12, 1994 at 11:00 and was buried in the Holy Hesychasterion of Saint John the Theologian in Sourotei, Thessaloniki, next to Saint Arsenios of Cappadocia, whose Life was written by Saint Paisios. On January 13, 2015, the Holy Synod of the Ecumenical Patriarchate of Constantinople met and decided to include Saint Paisios of the Holy Mountain in the Hagiologion of the Orthodox Church. May his blessing be upon us. Source: www.oca.org
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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 جزءًا من نجاح المهرجان، تطوِّع معنا لخدمة كنيستنا الحبيبة.
 Volunteers 14 years old and over will receive the official community service hours!
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 Festival Inquiries: (416) 825-5251 / (905) 502-1111
 Register for volunteer on our website at :
www.saintmarysevents.ca/volunteer



Jul 12, 2026

HOLY OBLATION OFFERED BY: تقديم القربانين :

- Abdallah Hamwi and Family.
- Michel Awad and Family.

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 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

July 19th: 40 days memorial for the late Mary Toufic Haddad.

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

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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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كنيسة رُقاد السيِّدة العذراء الأنطاكية الأرثوذكسية (اونتاريو)

ANNOUNCEMENTS

SAVE THE DATE



SATURDAY, JULY 25TH
DAY TRIP TO HOLY CROSS MONASTERY, MONO
\$60 PER PERSON
 DEPARTURE: 9:00 AM from Church (St. Mary's)
 (Note: Stopping for ice-cream on the way home)
 RETURN: Approx. 8:30 PM
INCLUDES BBQ LUNCH AND ACTIVITIES FOR ALL AGES
 TO REGISTER, CONTACT PAULA: (416) 830-7324 | haddadjph@hotmail.com
 Registration and Payment Deadline: Thursday, July 16th

SAVE THE DATE

ST. MARY'S ANNUAL Golf Day 2026

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SPONSORS WILL BE RECONGIZED THROUGHOUT THE TOURNAMENT

CONTACTS: Eddie Joubran (Fax): 905-564-6711 | Arlet Joubran: arlet.joubran@psftd.com
 Enaya Rabba: Enaya@enayarabbaevents.com

