



Jul 19, 2025: Sunday of the Holy Fathers of Fourth Ecumenical Council

أحد الآباء القديسين المجتمعين في المجمع المسكوني الرابع

Venerable Macrina, sister of Basil the Great; Venerable Dios of Antioch

TONE 6 / EOTHINON 7

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 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.

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

*Be glad in the Lord, and rejoice, O ye righteous.
Blessed are those whose iniquities are forgiven!*

The Reading from the Epistle of St. Paul to St. Titus. (3:8-15)

Titus, my son, faithful is the saying, and concerning these things I desire you to affirm confidently, that those who have believed in God may be thoughtful of how to preside in honorable occupations. These things are good and profitable to men. But avoid foolish disputes, and genealogies, and contentions, and controversies about the Law; for they are unprofitable and vain. A man who is a heretic after the first and second admonition reject, knowing that such a one is subverted, and sins, being self-condemned. When I send Artemas to you, or Tychicós, give diligence to come to me to Nicopolis; for I have determined to winter there. Set forward Zenas the lawyer and Apollos on their journey diligently, that they may be lacking in nothing. And let our people also learn how to preside in honorable occupations, so as to help in cases of urgent need, that they should not be unfruitful. All who are with me salute you. Salute those who love us in the faith. Grace be with you all. Amen.

طروباريَّة القيامة باللحن السادس

إنَّ القُوَّاتِ المَلانِكِيَّةَ ظَهَرُوا على قَبْرِكَ المَوْقَرِّ، والخَرَّاسَ صاروا كالأموات، ومَرَمَ وَفَقَّتْ عِنْدَ القَبْرِ طالِبَةً جَسَدَكَ الطاهر، فَسَنِيَّتِ الجَحِيمَ ولمْ تُجَرَّبْ مِنْها، وصادَقَتِ البتولَ مانِحاً الحِياة. فِيا مَنْ قامَ مِنْ بَينِ الأمواتِ، يا رَبُّ المَجْدُ لَكَ.

طروباريَّة لأحد الآباء القديسين باللحن الثامن

أَنْتَ أَيُّها المَسِيحُ إِلَها الفائقُ التَّسْبِيحَ، يا مَنْ أَسَّسْتَ آبائنا القَدِيسينَ على الأرضِ كواكبَ لامِعة، وبِهِمْ هَدَيْتَنا جميعاً إلى الإيمانِ الحَقِيقِي، يا جَزِيلَ الرِّحمةِ المَجْدُ لَكَ.

طروباريَّة رُقاد والإدَّة الإله باللحن الأوَّل

في ميلادِكَ حَفِظْتَ البَتولَةَ وصُنَّتِها، وفي رُقادِكَ ما أَهْمَلْتَ العالَمَ وَتَرَكْتَهُ يا والدَةَ الإله. لِأَنَّكَ انْتَقَلْتَ إلى الحِياة، بِما أَنَّكَ أُمُّ الحِياة. فِيشَفاعَتِكَ، أَنْقِذِ مِنَ المَوْتِ نَفوسَنا.

القنداق باللحن الثاني

يا شَفِيعَةَ المَسِيحيينَ غَيْرَ الخازِية، الوَسِيطَةَ لَدَي الخالقِ غَيْرِ المَرْدُودَةِ، لا تُعرِضِني عَن أصواتِ طَلِبائِنا نَحْوَ الخَطَاة، بَلْ تَدارِكِنا بالمَعونَةِ بِما أَنَّكَ صالِحَةٌ، نَحْوَ الصارِخينَ إِلَيْكَ بايمانٍ: بادِري إلى الشَفاعَةِ وأسْرِعي في الطِّلَبَةِ، يا والدَةَ الإله، المُتَشَفِّعَةَ دائِماً بِمَكْرَمِكَ.

الرسالة

إفْرَحُوا بِالرَّبِّ وَابْتَهِجُوا يا أَيُّها الصِّدِّيقُونَ.
طوبى لِلَّذِينَ غُفِرَتْ ذُنُوبُهُمْ.

فَصْلٌ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسَ الرِّسُولِ إِلَى تِيطُسَ

يا وَلَدِي تِيطُسُ، صادِقَةٌ هِيَ الكَلِمَةُ وَإِياها أُرِيدُ أَنْ تُفَرِّرَ حَتَّى يَهْتَمَّ الَّذِينَ آمَنُوا بِاللَّهِ في القِيامِ بِالْأَعمالِ الحَسَنَةِ، فَهَذِهِ هِيَ الْأَعمالُ الحَسَنَةُ والنَّافِعَةُ. أَمَّا المُباحَثاتُ الهَذِيبَةُ والأَنسابُ والخُصوماتُ والمُماخَكاتُ النَّاموسِيَّةُ فَاجْتَنِبْها، فَإِنَّها غَيْرُ نافعَةٍ وَباطِلَةٌ. وَرَجُلٌ البِدْعَةِ بَعْدَ الإِنْذارِ مَرَّةً وَأُخْرى أَعْرِضْ عَنْهُ. عالِماً أَنَّ مَنْ هُوَ كَذَلِكَ قَدْ اِغْتَسَفَ، وَهُوَ في الخَطِيئَةِ يَقْضِي بِنَفْسِهِ على نَفْسِهِ. وَمَتى أُرْسَلْتُ إِلَيْكَ أَرْتِماسَ أو تِخِيكُسَ، فَبادِرْ أَنْ تَأْتِيَنِي إلى نيكوبولسَ لِأَنِّي قَدْ عَزَمْتُ أَنْ أَشْتَبِي هُنَاكَ. أَمَّا زِيناسُ مُعَلِّمُ النَّاموسِ وَأَبْلُوسُ، فَاجْتَهِدْ أَنْ تُشَبِّعَهُما مُتَأَهِّبينَ لِلْأَمْرِ هُما شَيءٌ. وَلْيَتَعَلَّمْ ذَوونا أَنْ يَقوموا بِالْأَعمالِ الصَّالِحَةِ لِلْحاجاتِ الضَّرورِيَّةِ حَتَّى لا يَكُونوا غَيْرَ مُثْمِرِينَ. يُسَلِّمُ عَلَيْكَ جَمِيعُ الَّذِينَ مَعِي، سَلِّمَ على الَّذِينَ يُحِبُّونَنا في الإيمانِ، النِّعْمَةُ مَعَكُمْ أَجْمَعِينَ. آمين.

THE GOSPEL

The Reading from the Holy Gospel according to St. Matthew. (5:14-19)

The Lord said to His Disciples: “You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.”



Holy, Glorious Prophet Elijah (Commemorated on July 20)

The Holy Prophet Elijah is one of the greatest of the prophets and the first dedicated to virginity in the Old Testament. He was born in Tishba of Gilead into the Levite tribe 900 years before the Incarnation of the Word of God.

Saint Epiphanius of Cyprus gives the following account about the birth of the Prophet Elijah: “When Elijah was born, his father Sobach saw in a vision angels of God around him. They swaddled him with fire and fed him with flames.” The name Elijah (the Lord’s strength) given to the infant defined his whole life. From the years of his youth he dedicated himself to the One God, settled in the wilderness and spent his whole life in strict fasting, meditation and prayer. Called to prophetic service, which put him in conflict with the Israelite king Ahab, the prophet became a fiery zealot of true faith and piety. During this time the Israelite nation had fallen away from the faith of their Fathers, they abandoned the One God and worshipped pagan idols, the worship of which was introduced by the impious king Jereboam. Jezebel, the wife of king Ahab, was devoted to idol worship. She persuaded her husband to build a temple to the pagan god Baal, which led many Israelites away from the worship of the true God. Beholding the ruin of his nation, the Prophet Elijah began to denounce King Ahab for impiety, and exhorted him to repent and turn to the God of Israel. The king would not listen to him. The Prophet Elijah then declared to him, that as punishment there would be neither rain nor dew upon the ground, and the drought would cease only by his prayer. Indeed, the word of Elijah was a torch (Eccles. 48: 1). The heavens were closed for three and a half years, and there was drought and famine throughout all the land. During this time of tribulation, the Lord sent him to a cave beyond the Jordan. There he was miraculously fed by ravens. When the stream Horath dried up, the Lord sent the Prophet Elijah to Sarephta to a poor widow, a Sidonian Gentile who suffered together with her children, awaiting death by starvation. At the request of the prophet, she prepared him a bread with the last measure of flour and the remainder of the oil. Through the prayer of the Prophet Elijah, flour and oil were not depleted in the home of the widow for the duration of the famine. By the power of his prayer the prophet also performed another miracle: he raised the dead son of the widow. After the end of three years of drought the Merciful Lord sent the prophet to appear before King Ahab, and promised to send rain upon the earth. The Prophet Elijah told the king to order all of Israel to gather upon Mount Carmel, and also the priests of Baal. When the nation had gathered, the Prophet Elijah proposed that two sacrificial altars be built: one for the priests of Baal, and the other for the Prophet Elijah who served the True God. The Prophet Elijah told them to call on their gods to consume the sacrificial animals with fire, and he would call on his. Whichever was first to send fire on the sacrifice would be acknowledged as the true God. The prophets of Baal called out to their idol from morning till evening, but the heavens were silent. Towards evening the holy Prophet Elijah built his sacrificial altar from twelve stones, the number of the tribes of Israel. He placed the sacrifice upon the wood, gave orders to dig a ditch around the altar and commanded that the sacrifice and the wood be soaked with water. When the ditch had filled with water, the prophet turned to God in prayer. Through the prayer of the prophet fire came down from heaven and consumed the sacrifice, the wood, and even the water. The people fell down to the ground, crying out: “Truly, the Lord is God!” Then the Prophet Elijah had all the pagan-priests of Baal put to death, and he began to pray for rain. Through his prayer the heavens opened and an abundant rain fell, soaking the parched earth. King Ahab acknowledged his error and repented of his sins, but his wife Jezebel threatened to kill the prophet of God. The Prophet Elijah fled into the Kingdom of Judea and, grieving over his failure to eradicate idol worship, he asked God to let him die. An angel of the Lord came before him, strengthened him with food and commanded him to go upon a long journey. The Prophet Elijah traveled for forty days and nights and, having arrived at Mount Horeb, he settled in a cave. The Lord told him that the next day Elijah would stand in His presence. There was a strong wind that crushed the rocks of the mountain, then an earthquake, and a fire, but the Lord was not in them. The Lord was in “a gentle breeze” (3 Kings 19: 12). He revealed to the prophet, that He would preserve seven thousand faithful servants who had not worshipped Baal. Later, the Lord commanded Elijah to anoint Elisha into prophetic service. Because of his fiery zeal for the Glory of God the Prophet Elijah was taken up alive into Heaven in a fiery chariot. The Prophet Elisha received Elijah’s mantle, and a double portion of his prophetic spirit.

According to the Tradition of Holy Church, the Prophet Elijah will be the Forerunner of the Dread Second Coming of Christ. He will proclaim the truth of Christ, urge all to repentance, and will be slain by the Antichrist. This will be a sign of the end of the world.

The life of the holy Prophet Elijah is recorded in the Old Testament books (3 Kings; 4 Kings; Sirach/Ecclesiasticus 48: 1-15; 1 Maccabees 2: 58). At the time of the Transfiguration, the Prophet Elijah conversed with the Savior upon Mount Tabor (Mt. 17: 3; Mark 9: 4; Luke. 9: 30).

Orthodox Christians of all times, and in all places, have venerated the Prophet Elijah for centuries. The first church in Russia, built at Kiev under Prince Igor, was named for the Prophet Elijah. After her Baptism Saint Olga (July 11) built a temple of the holy Prophet Elijah in her native region, at the village of Vibuta.

In iconography the Prophet Elijah is depicted ascending to Heaven in a fiery chariot, surrounded with flames, and harnessed to four winged horses. We pray to him for deliverance from drought, and to ask for seasonable weather.

On July 20, 1741, the Feast Day of the Holy Prophet Elijah, an unnamed Hieromonk served the first Divine Liturgy in Alaskan waters while aboard the ship Saint Peter, commanded by Captain-Commander Vitus Bering, at 58 degrees 14 minutes northern latitude, and 141 degrees western longitude.

Source: www.oca.org

الإنجيل

فصلٌ شريفٌ من بشارة القديس متى الإنجيليّ البشير والتلميذ الطاهر

قالَ الرَّبُّ لِتَلامِيذِهِ، أَنْتُمْ نُورُ العالَمِ، لا يُمكنُ أَنْ تُخْفِيَ مَدِينَةً واقِعَةً على جَبَلٍ. ولا يُوقَدُ سِراجٌ ويُوضَعُ تحتَ المِكيالِ، لَكِنَ على المَنارَةِ ليُضيءَ لِجَمِيعِ الذينَ في البَلِيَّةِ. هَكَذا فَلْيُضِيْ نورُكُمْ قُدَّامَ النَّاسِ لِيَرَوْا أَعْمالَكُمْ الصَّالِحَةَ، وَيَمَجِّدُوا أَبائَكُمْ الذي في السَّماواتِ. لا تَظُنُّوا أَنِّي أَتَيْتُ لِأَحْلَ التَّاموسِ والأَنْبياءَ، إِنِّي لَمْ أَتِ لِأَحْلَ لَكِنَ لِأَتِمِّمَ. الحَقُّ أَقولُ لَكُمْ، إِنَّهُ إلى أَنْ تَزُولَ السَّماءُ والأَرْضُ، لا يَزُولُ حَرْفٌ واحدٌ أو نُقْطَةٌ واحدَةٌ مِنَ التَّاموسِ حَتَّى يَتِمَّ الكُلُّ. فَكُلُّ مَنْ يَحُلُّ واحدَةً مِنْ هَذِهِ الوَصايا الصِّغارِ وَيَعْلَمُ النَّاسَ هَكَذا، فَإِنَّهُ يُدْعى صَغِيرًا في مَلَكوتِ السَّماواتِ؛ وَأَمَّا الذي يَعمَلُ وَيَعْلَمُ، فَهَذا يُدْعى عَظِيمًا في مَلَكوتِ السَّماواتِ.



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كنيسة رُقَاد السيّدة العذراء الأنطاكية الأرثوذكسية (اونتاريو)

Jul 19, 2026

HOLY OBLATION OFFERED BY: تقديم القرابين:

- 40 Day Memorial for the late Mary Haddad offered by Elias & Chams Haddad and Family.
- Tony & Siham Haddad and Family.
- Ayman Zodeh and Family.

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 July 12th Tray Collections: \$1038.00

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

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

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SPONSORS WILL BE RECONGIZED THROUGHOUT THE TOURNAMENT

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

SAVE THE DATE

ST. MARY'S MIDDLE EASTERN HERITAGE FESTIVAL 2026



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