



Jul 26, 2025: The Holy Righteous Martyr Paraskevi of Rome & Eighth Sunday of Matthew

Hieromartyrs Hermolaus, Hermippus, and Hermocrates of Nicomedia

TONE 7 / EOTHINON 8

RESURRECTIONAL APOLYTIKION IN TONE SEVEN
By Thy Cross Thou didst abolish death; to the thief Thou didst open Paradise; Thou didst transform the myrrh bearers’ lamentation, and didst order Thine Apostles to preach that Thou art risen, O Christ our God, bestowing great mercy upon the world.
APOLYTIKION OF ST. PARASKEVA IN TONE ONE
Showing a diligence befitting thy calling, O namesake of preparedness, thou hast gained, as thy dwelling, a faith worthy of thy name, O prize-winning Paraskeva. Hence, thou pourest forth healings and intercedest for our souls.
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>God is wondrous in His saints. In the churches, bless ye God.</i>
The Reading from the Epistle of St. Paul to the Galatians. (3:23-4:5)
Brethren, before faith came, we were confined under the Law, kept under restraint until faith should be revealed. So that the Law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus, you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ’s, then you are Abraham’s offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth His Son, to redeem those who were under the Law, so that we might receive adoption as sons.

طروباريّة القيامة باللحن السابع
حَطَمْتَ بِصَلْبِيكَ المَوْتَ، وَفَتَحْتَ لِلصَّ الْفَرْدَوْسَ، وَحَوَّلْتَ نَوَاحِ حَامِلَاتِ الطَّيِّبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرزُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، مَايَحَا الْعَالَمَ الرَّحْمَةُ الغُطْمَى.
طروباريّة القديسة پراسكيفي باللحن الأول
بِمَا أَنَّكَ جَعَلْتَ اهْتِمَامَكَ مِلَانَمَا لِتَسْمِيَتِكَ. أَحْرَزْتَ الْإِيمَانَ الْقَوِيمَ مَسْكِنًا. يَا لَايَسَةَ الْجِهَادِ. بِرَاسْكِيْفِي الْمَطَابَقَةُ لِاسْمِهَا. فَلَذَا تُفِيضِينَ الْأَشْفِيَةَ وَتَشْفَعِينَ لِأَجْلِ نَفُوسِنَا.
طروباريّة رُقَاد وَالِدَةِ الْإِلَه بِاللحن الأول
فِي مِيلَادِكَ حَفَظْتَ الْبَتُولِيَّةَ وَصُنَّتِيهَا، وَفِي رُقَادِكَ مَا أَهْمَلْتَ الْعَالَمَ وَتَرَكْتَهُ يَا وَالِدَةُ الْإِلَه. لِأَنَّكَ انْتَقَلْتَ إِلَى الْحَيَاةِ، بِمَا أَنَّكَ أُمُّ الْحَيَاةِ. فَيَشْفَاعَاتِكَ، أَنْقِذِي مِنَ المَوْتِ نَفُوسَنَا.
القنداق باللحن الثاني
يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تُغْضِي عَن أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةُ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنَّكَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بِادِرِي إِلَى الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلَبَةِ، يَا وَالِدَةُ الْإِلَه، الْمُتَشَفِّعَةُ دَائِمًا بِمُكْرَمِيكَ.

الرسالة
عَجِيبٌ هُوَ اللهُ فِي قِدِّيْسِيهِ. فِي الْمَجَامِعِ بَارَكُوا اللهَ.
فَصَلِّ مِنْ رِسَالَةِ الْقِدِّيسِ بُولُسَ الرَّسُولِ إِلَى أَهْلِ غَلَاطِيَةِ
يَا إِخْوَةَ، قَبْلَ أَنْ يَأْتِيَ الْإِيمَانُ كُنَّا مَحْفُوظِينَ تَحْتَ النَّامُوسِ مُعْلَقًا عَلَيْنَا مِنْ أَجْلِ الْإِيمَانِ الَّذِي كَانَ مُرْمَعًا إِعْلَانُهُ. فَالنَّامُوسُ إِذَا كَانَ مُؤَدِّبًا لَنَا يُرْشِدُنَا إِلَى الْمَسِيحِ، لِكَيْ نُبَرِّرَ بِالْإِيمَانِ، فَبَعْدَ أَنْ جَاءَ الْإِيمَانُ، لَسْنَا بَعْدُ تَحْتَ مُؤَدِّبٍ. فَأَنْتُمْ كُلكُمْ أَبْنَاءُ اللهِ بِالْإِيمَانِ بِالْمَسِيحِ يَسُوعَ. لِأَنَّكُمْ أَنْتُمْ الَّذِينَ بِالْمَسِيحِ اعْتَمَدْتُمْ، الْمَسِيحَ قَدْ لَبِسْتُمْ. لَيْسَ يَهُودِيٌّ وَلَا يُونَانِي، لَيْسَ عَبْدٌ وَلَا حُرٌّ، لَيْسَ ذَكَرٌ وَلَا أُنْثَى، فَأَنْتُمْ كُلُّكُمْ وَاحِدٌ فِي الْمَسِيحِ يَسُوعَ. فَإِذَا كُنْتُمْ لِلْمَسِيحِ، فَأَنْتُمْ إِذَا نَسَلُ إِبْرَاهِيمَ وَوَرَثَتُهُ بِحَسَبِ الْمَوْعِدِ. وَأَقُولُ: إِنَّ الْوَارِثَ مَا دَامَ طِفْلًا فَلَا فَرْقَ بَيْنَهُ وَبَيْنَ الْعَبْدِ مَعَ كَوْنِهِ مَالِكِ الْجَمِيعِ، لَكِنَّهُ تَحْتَ أَيْدِي الْأَوْصِيَاءِ وَالْوَكَلَاءِ إِلَى الْوَقْتِ الَّذِي حَدَدَهُ الْأَبُ. هَكَذَا نَحْنُ أَيْضًا حِينَ كُنَّا أَطْفَالًا كُنَّا مُتَعَدِّينَ تَحْتَ أَرْكَانِ الْعَالَمِ، فَلَمَّا حَانَ مِلْءُ الزَّمَانِ، أَرْسَلَ اللهُ ابْنَهُ مَوْلُودًا مِنْ امْرَأَةٍ، مَوْلُودًا تَحْتَ النَّامُوسِ، لِيَقْتَدِيَ الَّذِينَ تَحْتَ النَّامُوسِ، لِنَنَالَ التَّبَنِّيَ.

THE GOSPEL
The Reading from the Holy Gospel according to St. Matthew. (14:14-22)
At that time, when Jesus went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to Him and said, “This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves.” Jesus said, “They need not go away; you give them something to eat.” They said to Him, “We have only five loaves here and two fish.” And He said, “Bring them here to Me.” Then He ordered the crowds to sit down on the grass; and taking the five loaves and the two fish He looked up to Heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then Jesus made the disciples get into the boat and go before Him to the other side, while He dismissed the crowds.



Martyr Paraskevi of Rome

Holy Virgin Martyr Paraskevi (Paraskev ) of Rome was the only daughter of Christian parents, Agathon and Politia, and from her early years she dedicated herself to God. She spent much of her time in prayer and the study of the Holy Scriptures. After the death of her parents Saint Paraskevi distributed all of her inheritance to the poor, and consecrated her virginity to Christ. Emulating the holy Apostles, she began to preach to the pagans about Christ, converting many to Christianity.

She was arrested during the reign of Antoninus Pius (138-161) because she refused to worship the idols. She was brought to trial and fearlessly confessed herself a Christian. Neither enticements of honors and material possessions, nor threats of torture and death shook the firmness of the saint nor turned her from Christ. She was given over to beastly tortures. They put a red-hot helmet on her head and threw her in a cauldron filled with boiling oil and pitch. By the power of God the holy martyr remained unharmed. When the emperor peered into the cauldron, Saint Paraskevi threw a drop of the hot liquid in his face, and he was burned. The emperor began to ask her for help, and the holy martyr healed him. After this the emperor set her free.

Traveling from one place to another to preach the Gospel, Saint Paraskevi arrived in a city where the governor was named Asclepius. Here again they tried the saint and sentenced her to death. They took her to an immense serpent living in a cave, so that it would devour her. But Saint Paraskevi made the Sign of the Cross over the snake and it died. Asclepius and the citizens witnessed this miracle and believed in Christ. She was set free, and continued her preaching. In a city where the governor was a certain Tarasius, Saint Paraskevi endured fierce tortures and was beheaded in the year 140.

Many miracles took place at the saint’s tomb: the blind received sight, the lame walked, and barren women gave birth to children. It is not only in the past that the saint performed her miracles, but even today she helps those who call on her in faith.

Source: www.oca.org

الإنجيل
فصلٌ شريفٌ من بشارَةِ القديسِ مَتَّى الإنجيليِّ البشيرِ والتلميذِ الطاهرِ
فِي ذَلِكَ الزمانِ، أَبْصَرَ يَسوعُ جَمْعاً كَثِيراً، فَتَحَنَّنَ عَلَيْهِمْ وَأَبْرَأَ مَرُضَاهُمْ. وَلَمَّا كَانَ الْمَسَاءُ، دَنَا إِلَيْهِ تَلَامِيذُهُ وَقَالُوا: "إِنَّ الْمَكَانَ قَفْرٌ، وَالسَّاعَةُ قَدْ فَاتَتْ. فَاصْرِفِ الْجُمُوعَ لِيَذْهَبُوا إِلَى الْغُرَى وَيَبْتَاعُوا لَهُمْ طَعَاماً." فَقَالَ لَهُمْ يَسوعُ: "لَا حَاجَةَ لَهُمْ إِلَى الدَّهَابِ. أَعْطُوهُمْ أَنْتُمْ لِيَأْكُلُوا." فَقَالُوا لَهُ: "مَا عِنْدَنَا هَهُنَا إِلَّا خَمْسَةُ أَرْغِفَةٍ وَسَمَكَتَانِ." فَقَالَ لَهُمْ: "هَلُمَّ بِهَا إِلَيَّ إِلَى هَهُنَا." وَأَمَرَ بِجُلُوسِ الْجُمُوعِ عَلَى الْعُشْبِ. ثُمَّ أَخَذَ الْخَمْسَةَ الْأَرْغِفَةَ وَالسَّمَكَتَيْنِ، وَنَظَرَ إِلَى السَّمَاءِ، وَبَارَكَ، وَكَسَرَ، وَأَعْطَى الْأَرْغِفَةَ لِتَلَامِيذِهِ، وَالتَّلَامِيذُ لِلْجُمُوعِ. فَأَكَلُوا جَمِيعُهُمْ وَشَبِعُوا، وَرَفَعُوا مَا فَضَلَ مِنَ الْكَسْرِ اثْنَتَيْ عَشْرَةَ قُفَّةً مَمْلُوءَةً. وَكَانَ الْأَكْلُونَ خَمْسَةَ آلَافِ رَجُلٍ، سِوَى النِّسَاءِ وَالصِّبْيَانِ. وَلِلْوَقْتِ اضْطُرَّ يَسوعُ تَلَامِيذُهُ أَنْ يَدْخُلُوا السَّفِينَةَ وَيَسْبِقُوهُ إِلَى الْعَبْرِ، حَتَّى يَصْرِفَ الْجُمُوعَ.



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**ST. MARY'S ANTIOCHIAN ORTHODOX CHURCH (ONTARIO)**
كنيسة رُقَاد السيِّدة العذراء الأنطاكية الأرثوذكسية (اونتاريو)
Jul 26, 2026

HOLY OBLATION OFFERED BY: تقديم القرابين:
- Camilia & Maya Bajjaly 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 19th Tray Collections: \$3121.00
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
This coming Saturday (Aug 1st) we start our **Dormition Fast** leading us to celebrating the feast of The Dormition of our Most Holy Lady Theotokos and Ever Virgin Mary on Aug 15th.
Join us for **Paraklesis Service** during the Dormition Fast **every day @ 7:00pm (Monday to Friday)**.
We will also have **Divine Liturgy** on **Wednesday Aug 5th @ 7:00pm** celebrating the **Feast of Transfiguration**.

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

Church Admin: Massoud Kamel

ANNOUNCEMENTS
Declaration of election No. 1
July 24, 2026
From St. Mary's Election Committee: Fr. Elias Ayoub; Ghassan Rassi; Chaker Hajji; Ayed Ballan; Joseph Georges Haddad.
Dear brothers and sisters in the name of Jesus Christ, This letter is to inform you that the Parish Council election will take place after the General Assembly on Sunday, September 20, 2026. (After the Liturgy), and in case there is no quorum (25% of the eligible voting members), the election will be held on September 27, 2026, with whoever is in attendance.
In accordance with Article 6, Section 2 of the Constitution, a qualified candidate for the Parish Council must be 21 years of age or over, have been a parish member for a period of two years, have fulfilled the canonical requirements of Faith, and have paid his/her pledge for the church for the years 2024 and 2025.
The election committee invites members of the parish who find themselves to be competent as well as willing to serve in the Parish Council to get in contact with the Election Committee members no later than Sep 10, 2026. Please contact:
Fr. Elias Ayoub (437) 438-3439 or Ghassan Rassi (416) 886-3947
We pray that our Lord Jesus Christ will lead us toward the right path for his glory and in accordance with his will.
Note:
Ratib Okal, Fadi Saba, Mona Rassi, and Elie Haddad: their terms of service on the Parish Council expire this year (Fiscal 2025, ending April 30, 2026). The member who is eligible for nominations and re-election is Fadi Saba.
Best regards,
Sami Haddad, Parish Council Board Secretary, on behalf of the Parish Council of St Mary Antiochian Orthodox Church.
council@saintmarysmmississauga.com

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