



Jun 21, 2025: Third Sunday after Pentecost & Third Sunday of Matthew

الأحد الثالث بعد العنصرة والأحد الثالث من متى

Martyr Julian of Tarsus; Martyr Aphrodisius of Cilicia; New-martyr Nikita of Nisyros near Rhodes

TONE 2 / EOTHINON 3

RESURRECTIONAL APOLYTIKION IN TONE TWO

When Thou didst descend unto death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity. And when Thou didst also raise the dead out of the nether world, all the powers of the heavens were crying out: O Giver of life, Christ our God, glory be 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.



Martyr Julian of Tarsus, in Cilicia

The Holy Martyr Julian of Tarsus was born at Diocesarea in the province of Cilicia. He was the son of a pagan senator, but his mother was a Christian. After the death of her husband, she and Julian moved to Tarsus, where her son was baptized and raised in Christian piety. When Julian reached the age of eighteen, Emperor Diocletian (284-305) began to persecute Christians, issuing a decree that everyone had to offer sacrifice to the idols. If they refused, they would be tortured. Among those arrested was Saint Julian. They brought him before the eparch Marcian to be tried, and for a long time they urged him to renounce Christ. Neither tortures nor threats, nor promises of gifts or honors could convince the devout young man to sacrifice to the idols and deny Christ, and so the holy confessor remained steadfast in his faith. For a whole year they led the martyr through the cities of Cilicia, everywhere subjecting him to interrogation and torture, after which they threw him in prison. Saint Julian's mother followed her son and prayed that the Lord would strengthen him. In the city of Aegea, she besought the eparch to let her to visit the prison, ostensibly to persuade her son

to offer sacrifice to the idols. When she saw him, she did just the opposite. She spent three days in prison with Saint Julian, exhorting him to remain strong until the end. Once again, Saint Julian was brought before the eparch. Thinking that his mother had persuaded her son to obey the imperial decree, Marcian tried to convince her to offer sacrifice, but she continued to confess Jesus Christ, and boldly denounced polytheism. Marcian then ordered that her feet be cut off, since she had followed her son from Tarsus.

Then Saint Julian was placed into a sack filled with sand and poisonous snakes, and it was thrown into the sea. The Martyr's body was carried by the waves to the shores of Alexandria. There his body was buried by a certain pious Christian. Saint Julian's death occurred around the year 305. Afterward, his relics were transferred to Antioch.

Saint John Chrysostom honored the holy Martyr Julian with an encomium, and fragments of the Saint's relics are found in the Monasteries of Pantokrator and Saint Panteleimon on Mount Athos.

We pray to Saint Julian to protect gardens and fields from creeping things, snakes, and harmful insects.

Nativity of the Holy Glorious Prophet, Forerunner and Baptist, John (Commemorated on June 24)

The Nativity of the Holy Forerunner and Baptist of the Lord, John: The Gospel (Luke. 1: 5) relates that the righteous parents of Saint John the Baptist, the Priest Zachariah and Elizabeth (September 5), lived in the ancient city of Hebron. They reached old age without having children, since Elizabeth was barren. Once, Saint Zachariah was serving in the Temple at Jerusalem and saw the Archangel Gabriel, standing on the right side of the altar of incense. He predicted that Saint Zachariah would father a son, who would announce the Savior, the Messiah, awaited by the Old Testament Church. Zachariah was troubled, and fear fell upon him. He had doubts that in old age it was possible to have a son, and he asked for a sign. It was given to him, and it was also a chastisement for his unbelief. Zachariah was struck speechless until the time of the fulfillment of the archangel's words.

Saint Elizabeth came to be with child, and fearing derision at being pregnant so late in life, she kept it secret for five months. Then her relative, the Virgin Mary, came to share with her Her own joy. Elizabeth, "filled with the Holy Spirit," was the first to greet the Virgin Mary as the Mother of God. Saint John leaped in his mother's womb at the visit of the Most Holy Virgin Mary and the Son of God incarnate within Her.

Soon Saint Elizabeth gave birth to a son, and all the relatives and acquaintances rejoiced together with her. On the eighth day, in accordance with the Law of Moses, he was circumcised and was called John. Everyone was amazed, since no one in the family had this name. When they asked Saint Zachariah about this, he motioned for a tablet and wrote on it: "His name is John." Immediately his tongue was loosed, and Saint Zachariah glorified God. He also prophesied about the Coming into the world of the Messiah, and of his own son John, the Forerunner of the Lord (Luke. 1: 68-79).

After the Nativity of our Lord Jesus Christ and the worship of the shepherds and the Magi, wicked king Herod gave orders to kill all male infants. Hearing about this, Saint Elizabeth fled into the wilderness and hid in a cave. Saint Zachariah was at Jerusalem and was doing his priestly service in the Temple. Herod sent soldiers to him to find out the abode of the infant John and his mother. Zachariah answered that their whereabouts were unknown to him, and he was killed right there in the Temple. Righteous Elizabeth continued to live in the wilderness with her son and she died there. The child John, protected by an angel, dwelt in the wilderness until the time when he came preaching repentance, and was accounted worthy to baptize the Lord.

Source: www.oca.org

طروباريّة القيامة باللحن الثاني

عِنْدَمَا انْحَدَرْتَ إِلَى الْمَوْتِ، أَيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينَئِذٍ أَمَنْتَ الْجَحِيمَ بِبَرَقِ لَاهُوتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتِ مِنْ تَحْتِ الثَّرَى، صَرَخَ نَحْوَكَ جَمِيعُ الْقَوَاتِ السَّمَاوِيِّينَ: أَيُّهَا الْمَسِيحُ الْإِلَهَ، مُعْطِي الْحَيَاةِ الْمَجْدُ لَكَ.

طروباريّة رُقَاد وَالِدَةِ الْإِلَهَ بِاللحن الأول

فِي مِيلَادِكَ حَفَظْتَ الْبَتُولِيَّةَ وَصَنَّتِهَا، وَفِي رُقَادِكَ مَا أَهْمَلْتَ الْعَالَمَ وَتَرَكَتِهِ يَا وَالِدَةُ الْإِلَهَ. لِأَنَّكَ انْتَقَلْتَ إِلَى الْحَيَاةِ، بِمَا أَنَّكَ أُمُّ الْحَيَاةِ. فَبَشْفَاعَاتِكَ، أَنْقِذِي مِنَ الْمَوْتِ نَفُوسَنَا.

القنداق باللحن الثاني

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْؤُودَةِ، لَا تُعْرِضِي عَنْ أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنَّكَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِلَيْمَانٍ: بَادِرِي إِلَى الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلِبَةِ، يَا وَالِدَةُ الْإِلَهَ، الْمُتَشَفِّعَةَ دَائِمًا بِمُكْرَمِكَ.

THE EPISTLE

*The Lord is my strength and my song.
With chastisement hath the Lord chastened me.*

The Reading from the Epistle of St. Paul to the Romans. (5:1-10)

Brethren, having been justified by faith, we have peace with God through our Lord Jesus Christ. Through him also we have obtained our access by faith to this grace in which we stand, and we boast in hope of the glory of God. And not only so, but we also boast in our tribulations, knowing that tribulation produces patience; and patience produces character, and character produces hope, and hope does not put to shame, because the love of God has been poured into our hearts through the Holy Spirit which has been given to us. For while we were still weak, in due season Christ died for the ungodly. For scarcely for a righteous man will one die, though perhaps for a good man one would even dare to die. But God shows his own love toward us in that while we were yet sinners Christ died for us. Much more then, being now justified by his blood, through him shall we be saved from the wrath. For if we were reconciled to God through the death of his Son, while we were enemies, much more, being reconciled, we will be saved by his life.

THE GOSPEL

The Reading from the Holy Gospel according to St. Matthew. (6:22-33)

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink; nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of heaven: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon himself in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O men of little faith? Therefore, do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first His kingdom and His righteousness, and all these things shall be yours as well."

الرسالة

قُوَّتِي وَتَسْبِيحَتِي الرَّبُّ.
أَدَبًا أَدَّبَنِي الرَّبُّ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ رومية

يَا إِخْوَةُ، إِذْ قَدْ بُرِّرْنَا بِالْإِيمَانِ، فَلَنَا سَلَامٌ مَعَ اللَّهِ بِرَبَّنَا يَسُوعَ الْمَسِيحِ، الَّذِي بِهِ حَصَلَ أَيْضًا لَنَا الدُّخُولُ بِالْإِيمَانِ إِلَى هَذِهِ النِّعْمَةِ الَّتِي نَحْنُ فِيهَا مُقْبِمُونَ وَمُفْتَخِرُونَ فِي رَجَاءِ مَجْدِ اللَّهِ. وَلَيْسَ هَذَا فَقَطْ، بَلْ أَيْضًا نَفْتَخِرُ بِالشَّدَائِدِ، عَالِمِينَ أَنَّ الشِّدَّةَ تُنْشِئُ الصَّبْرَ، وَالصَّبْرُ يُنْشِئُ الْإِمْتِحَانَ، وَالْإِمْتِحَانُ الرَّجَاءَ، وَالرَّجَاءُ لَا يُخْزِي. لِأَنَّ مَحَبَّةَ اللَّهِ قَدْ أُفِضَتْ فِي قُلُوبِنَا بِالرُّوحِ الْقُدُسِ الَّذِي أُعْطِيَ لَنَا. لِأَنَّ الْمَسِيحَ، إِذْ كُنَّا بَعْدُ ضِعْفَاءَ، مَاتَ فِي الْأَوَانِ عَنِ الْمُنَافِقِينَ. وَلَا يَكَادُ أَحَدٌ يَمُوتُ عَنْ بَارٍ، فَلَعَلَّ أَحَدًا يُقَدِّمُ عَلَى أَنْ يَمُوتَ عَنْ صَالِحٍ. أَمَّا اللَّهُ فَيَدُلُّ عَلَى مَحَبَّتِهِ لَنَا بِأَنَّهُ، إِذْ كُنَّا خُطَاةَ بَعْدُ، مَاتَ الْمَسِيحُ عَنَّا. فَبِالْأُخْرَى كَثِيرًا، إِذْ قَدْ بُرِّرْنَا بِدَمِهِ، نَخْلُصُ بِهِ مِنَ الْعَضْبِ. لِأَنَّا إِذَا كُنَّا قَدْ صَوِّلْنَا مَعَ اللَّهِ بِمَوْتِ ابْنِهِ وَنَحْنُ أَعْدَاءُ، فَبِالْأُخْرَى كَثِيرًا نَخْلُصُ بِحَيَاتِهِ وَنَحْنُ مُصَالِحُونَ.

الإنجيل

فصلٌ شريفٌ من بشارة القديس متى الإنجيليّ البشير والتلميذ الطاهر

قَالَ الرَّبُّ: سِرَاجُ الْجَسَدِ الْعَيْنُ. فَإِنْ كَانَتْ عَيْنُكَ بَسِيطَةً، فَجَسَدُكَ كُلُّهُ يَكُونُ نَيِّرًا. وَإِنْ كَانَتْ عَيْنُكَ شَرِيرَةً، فَجَسَدُكَ كُلُّهُ يَكُونُ مَظْلِمًا. وَإِذَا كَانَ النُّورُ الَّذِي فِيكَ ظَلَامًا، فَالظَّلَامُ كَمْ يَكُونُ؟ لَا يَسْتَطِيعُ أَحَدٌ أَنْ يَعْبُدَ رَبَّيْنِ، لِأَنَّهُ إِمَّا أَنْ يُبْغِضَ الْوَاحِدَ وَيُحِبَّ الْآخَرَ، أَوْ يِلَازِمَ الْوَاحِدَ وَيَرْذُلَ الْآخَرَ. لَا تَقْدِرُونَ أَنْ تَعْبُدُوا اللَّهَ وَالْمَالَ. فَلِهَذَا أَقُولُ لَكُمْ، لَا تَهْتَمُّوا لِأَنْفُسِكُمْ بِمَا تَأْكُلُونَ وَبِمَا تَشْرَبُونَ، وَلَا لِأَجْسَادِكُمْ بِمَا تَلْبَسُونَ. أَلَيْسَتْ النَّفْسُ أَفْضَلَ مِنَ الطَّعَامِ، وَالْجَسَدُ أَفْضَلَ مِنَ اللِّبَاسِ؟ انْظُرُوا إِلَى طُيُورِ السَّمَاءِ، فَإِنَّهَا لَا تَزْرَعُ وَلَا تَحْصُدُ وَلَا تَخْزِنُ فِي الْأَهْرَاءِ، وَأَبُوكُمُ السَّمَاءِيُّ يَقُوِّثُهَا. أَفَلَسْتُمْ أَنْتُمْ أَفْضَلُ مِنْهَا؟ وَمَنْ مِنْكُمْ، إِذَا اهْتَمَّ، يَقْدِرُ أَنْ يَزِيدَ عَلَى قَامَتِهِ ذِرَاعًا وَاجِدَةً؟ وَلِمَاذَا تَهْتَمُّونَ بِاللِّبَاسِ؟ اعْتَبِرُوا زَنَايِقَ الْحَقْلِ كَيْفَ تَتَمُّو. إِنَّهَا لَا تَتَعَبُ وَلَا تَغْزُلُ. وَأَنَا أَقُولُ لَكُمْ إِنَّ سُلَيْمَانَ نَفْسَهُ، فِي كُلِّ مَجْدِهِ، لَمْ يَلْبَسْ كَوَاجِدَةً مِنْهَا. فَإِذَا كَانَ غُشْبُ الْحَقْلِ، الَّذِي يُوجَدُ الْيَوْمَ وَفِي غَدٍ يَطْرَحُ فِي التَّنُورِ، يُلْبِسُهُ اللَّهُ هَكَذَا، أَفَلَا يُلْبِسُكُمْ بِالْأُخْرَى أَنْتُمْ يَا قَلِيلِي الْإِيمَانِ؟ فَلَا تَهْتَمُّوا قَائِلِينَ "مَاذَا نَأْكُلُ؟" أَوْ "مَاذَا نَشْرَبُ؟" أَوْ "مَاذَا تَلْبَسُ؟" فَإِنَّ هَذَا كُلَّهُ تَطْلُبُهُ الْأُمَمُ. لِأَنَّ أَبَاكُمْ السَّمَاءِيَّ يَعْلَمُ أَنَّكُمْ تَحْتَاجُونَ إِلَى هَذَا كُلِّهِ. فَاطْلُبُوا أَوَّلًا مَلَكُوتَ اللَّهِ وَبِرَّهُ، وَهَذَا كُلُّهُ يُرَادُ لَكُمْ.



Hala Abboud, D.D.S.

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Jun 21, 2026

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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 14th Tray Collections: \$1318.00

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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).

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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

Blessed Holy Apostles Fast!

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Host Parish: St. George Church (Montréal, QC)
Date: July 2nd - July 5th
Venue: Sheraton Montréal Airport Hotel
For Registration:
www.antiochianevents.com/ottawa



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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

BLESSED IS HE THAT COMES IN THE NAME OF THE LORD!
مبارك الآتي باسم الرب

Join us for **Great Vespers** service with
His Eminence Metropolitan Saba
next **Monday, June 29th @6:00pm**
followed by Q&A session and Parish talk with Sayedna.



HAPPY FATHER'S DAY



FATHER'S DAY BARBECUE
Hosted by St. Mary's YAM
Come celebrate the dads in our church community! Join us for a BBQ in the church parking lot, after divine liturgy!
\$10
Burger OR Hot Dog, Chips & Drink
Veggie options available!
SUNDAY JUNE 21
St. Mary's Orthodox Church
280 Traders Blvd
Mississauga

SAVE THE DATE



SAINT MARY
ANTIOCHIAN ORTHODOX CHURCH
كنيسة رقاد السيدة العذراء الأنطاكية الأرثوذكسية في ميسيساغا

SAVE THE DATE!
JULY 25TH
DAY TRIP TO HOLY CROSS MONASTERY, MONO
COMMUNITY BBQ LUNCH
TRAVEL BY BUS
GAMES & ACTIVITIES & FOR ALL AGES
REFLECTION & DISCOVERY
MORE INFORMATION TO FOLLOW!