

DIVINE LITURGY VARIABLES ON SUNDAY, JUNE 02, 2024

TONE 4 / EOTHINON 7

**FIFTH SUNDAY OF PASCHA: SUNDAY OF THE SAMARITAN WOMAN
& AFTER-FEAST OF MID-PENTECOST**

NIKEPHOROS THE CONFESSOR, ARCHBISHOP OF CONSTANTINOPLE; NEW-MARTYRS DEMETRIOS OF PHILADELPHIA, JOHN OF TREBIZOND, AND CONSTANTINE OF ATHOS

VARIOUS ARRANGEMENTS OF "CHRIST IS RISEN"

Arabic ([slow, chant](#)) // English ([slow, chant](#)) // English-Arabic-Greek ([quick, chant](#))
English-Greek ([slow, choral](#)) // Arabic ([slow, choral](#))

- *The Priest begins Divine Liturgy with "Blessed is the Kingdom" and the choir responds "Amen." Bearing the Paschal Candle, the Priest then leads the singing of the Paschal Apolytikion and censes the west side of the altar.*

Priest: Christ is risen from the dead, trampling down death by death; and upon those in the tombs bestowing life!

الكاهن: الْمَسِيحُ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَوَهَبَ الْحَيَاةَ لِلَّذِينَ فِي الْقُبُورِ.

- *The Choir then sings this twice, and the Liturgy continues with the Great Litany.*

THE FIRST ANTIPHON

الأنْتِيفُونَا الْأُولَى

Shout with joy to God, all the earth; sing to His Name, give glory to His praises.

هَلِّلُوا لِلَّهِ يَا جَمِيعَ الْأَرْضِ، رَتِّلُوا لِاسْمِهِ أَعْطُوا مَجْدًا لِنَسَبِحَتِهِ.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

الْلازِمَةُ: بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِي، يَا مُخَلِّصُ خَلِّصْنَا.

Say to God: How awesome are Thy works; let all the earth worship Thee, and sing to Thee. Let it sing a song to Thy Name, O Most High. **(Refrain)**

قُولُوا لِلَّهِ مَا أَرْهَبَ أَعْمَالِكَ، كُلُّ مَنْ فِي الْأَرْضِ يَسْجُدُونَ لَكَ وَيُرْتَلُونَ لِاسْمِكَ أَيُّهَا الْعَلِيِّ. **(اللازِمَةُ)**

Glory... Both now... **(Refrain)**

الْمَجْدُ ... الْآنَ وَكُلَّ أَوَانٍ ... **(اللازِمَةُ)**

THE SECOND ANTIPHON

الأنْتِيفُونَا الثَّانِيَةَ

May God have mercy upon us, and bless us, and may He cause His face to shine upon us, and have mercy upon us.

لِيَتَرَأَفَ اللَّهُ عَلَيْنَا وَيُبَارِكُنَا، وَلِيُضِيءَ بِوَجْهِهِ عَلَيْنَا وَيَرْحَمَنَا.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

الْلازِمَةُ: خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَ لَكَ. هَلِّلُوبِيَا.

That Thy way may be known upon earth, Thy salvation among all nations; let the peoples give thanks to Thee, O God, let all the peoples give thanks to Thee. **(Refrain)**

لِتُعْرَفَ فِي الْأَرْضِ طَرِيقُكَ وَفِي جَمِيعِ الْأُمَمِ خَلَاصُكَ. تَعْتَرِفُ لَكَ الشُّعُوبُ يَا اللَّهُ تَعْتَرِفُ لَكَ. **(اللازِمَةُ)**

May God bless us, and may all the ends of the earth fear Him. **(Refrain)**

لِيُبَارِكُنَا اللَّهُ الْهَيْئًا، وَلِنَتَرَهَّبَهُ جَمِيعُ أَقْصَى الْأَرْضِ. **(اللازِمَةُ)**

Glory... Both now... O, only begotten Son and Word of God...

الْمَجْدُ ... الْآنَ وَكُلَّ أَوَانٍ ... يَا كَلِمَةَ اللَّهِ، الْإِبْنَ الْوَحِيدِ ...

<p align="center">THE THIRD ANTIPHON</p>	<p align="center">الأنتيفونا الثالثة</p>
<p>Let God arise, and let His enemies be scattered, and let them that hate Him flee from before His face.</p> <p>Refrain: Christ is risen from the dead, trampling down death by death; and upon those in the tombs, bestowing life!</p> <p>As smoke vanisheth, so let them vanish; as wax melteth before the fire. (Refrain)</p> <p>So let sinners perish at the presence of God, and let the righteous be glad. (Refrain)</p> <p>This is the day which the Lord hath made; let us rejoice and be glad therein. (Refrain)</p>	<p>لِيَقُمْ اللهُ وَيَتَبَدَّدَ جَمِيعُ أَعْدَائِهِ، وَيَهْرُبُ مُبْغِضُوهُ مِنْ أَمَامِ وَجْهِهِ.</p> <p>اللازمة: الْمَسِيحُ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَوَهَبَ الْحَيَاةَ لِلَّذِينَ فِي الْقُبُورِ.</p> <p>كَمَا يُبَادُ الدُّخَانُ يُبَادُونَ، وَكَمَا يَذُوبُ الشَّمْعُ مِنْ أَمَامِ وَجْهِ النَّارِ. (اللازمة)</p> <p>كَذَلِكَ تَهْلِكُ الْخَطَاةُ مِنْ أَمَامِ وَجْهِ اللهِ، وَالصَّادِقُونَ يَفْرَحُونَ وَيَتَهَلَّلُونَ أَمَامَ اللهِ، وَيَتَعَمَّوْنَ بِالسُّرُورِ.</p> <p>(اللازمة)</p> <p>هَذَا هُوَ الْيَوْمُ الَّذِي صَنَعَهُ الرَّبُّ، لِنَفْرَحَ وَنَتَهَلَّلَ بِهِ.</p> <p>(اللازمة)</p>
<p align="center">THE EISODIKON (ENTRANCE HYMN) OF PASCHA</p>	<p align="center">إيسوديكون (ترنيمه الدخول) للفصح</p>
<p>In the gathering places bless God the Lord, from the springs of Israel. Save us, O Son of God, Who art risen from the dead, who sing to Thee: Alleluia.</p>	<p>فِي الْمَجَامِعِ بَارِكُوا اللَّهَ، الرَّبَّ مِنْ يَنَابِيعِ إِسْرَائِيلَ، خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتِّلَ لَكَ: هَلِّلُويَا.</p>
<p align="center">RESURRECTIONAL APOLYTIKION IN TONE FOUR</p>	<p align="center">أبوليتيكيون القيامة باللحن الرابع</p>
<p>Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.</p>	<p>إِنَّ تَلْمِذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَزَةِ بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِيَ الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.</p>
<p align="center">APOLYTIKION OF MID-PENTECOST IN TONE EIGHT</p>	<p align="center">أبوليتيكيون انتصاف الخمسين باللحن الثامن</p>
<p>In the midst of this Feast, O Savior, give Thou my thirsty soul to drink of the waters of true worship; for Thou didst call out to all, saying: Whosoever is thirsty, let him come to Me and drink. Wherefore, O Christ our God, Fountain of life, glory to Thee.</p>	<p>فِي انْتِصَافِ الْعِيدِ، اسْقِ نَفْسِي الْعَطْشَى مِنْ مِيَاهِ الْعِبَادَةِ الْحَسَنَةِ أَيُّهَا الْمُخْلِصُ، لِأَنَّكَ هَتَفْتَ نَحْوَ الْكُلِّ قَائِلًا: مَنْ كَانَ عَطْشَانًا، فَلْيَأْتِ إِلَيَّ وَيَشْرَبْ. فَيَا يَنْبُوعَ الْحَيَاةِ، أَيُّهَا الْمَسِيحُ الْإِلَهُ الْمَجْدُ لَكَ.</p>
<p>• Now sing the apolytikion of the patron saint or feast of the temple.</p>	

<p style="text-align: center;">KONTAKION OF PASCHA IN TONE EIGHT</p>	<p style="text-align: center;">القنطاق للفصح باللحن الثامن</p>
<p>Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.</p>	<p>وَلَيْنُ كُنْتَ نَزَلْتَ إِلَى قَبْرِ يَا مَنْ لَا يَمُوتُ، إِلَّا أَنْتَ، دَرَسْتَ قُوَّةَ الْجَحِيمِ، وَقَمْتَ غَالِباً أَيُّهَا الْمَسِيحُ الْإِلَهَ، وَلِلنِّسْوَةِ حَامِلَاتِ الطَّيِّبِ قُلْتَ "أَفْرَحَنَّ"، وَلِرُسُلِكَ وَهَبْتَ السَّلَامَ، يَا مَانِحَ الْوَاقِعِينَ الْقِيَامَ.</p>
<p style="text-align: center;">THE EPISTLE (For the Sunday of the Samaritan Woman)</p>	<p style="text-align: center;">الرسالة (لأحد السامريّة)</p>
<p style="text-align: center;"><i>How magnified are Thy works, O Lord. In wisdom hast Thou made them all. Bless the Lord, O my soul.</i></p> <p style="text-align: center;">The Reading from the Acts of the Holy Apostles. (11:19-30)</p> <p>In those days, when the apostles were scattered because of the tribulation that arose over Stephen, they traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to no one, except to Jews only. But there were some of them, men of Cyprus and Cyrene, who upon coming to Antioch spoke to the Hellenists also, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number that believed turned to the Lord. The report concerning them reached the ears of the church in Jerusalem, and they sent out Barnabas, to go as far out as Antioch. When he came and saw the grace of God, he was glad; and he exhorted them all, that with purpose of heart they should cleave to the Lord; for he was a good man, full of the Holy Spirit and of faith. And a great multitude was added unto the Lord. Then Barnabas went to Tarsus to look for Saul; and when he had found him, he brought him to Antioch. For a whole year, they were gathered together in the church, and they taught a great multitude of people, and the disciples were called Christians first in Antioch. Now in these days prophets came down from Jerusalem to Antioch. And one of them named Agabos stood up and signified by the Spirit that there would be a great famine over the</p>	<p>مَا أَعْظَمَ أَعْمَالِكَ يَا رَبُّ، كُلُّهَا بِحِكْمَةٍ صَنَعْتَ بَارِكِي يَا نَفْسِي الرَّبِّ. فصلٌ مِنْ أَعْمَالِ الرُّسُلِ الْقَدِيسِينَ الْأَطْهَارِ. (١١:١٩-٣٠)</p> <p>فِي تِلْكَ الْأَيَّامِ، لَمَّا تَبَدَّدَ الرُّسُلُ مِنْ أَجْلِ الضِّيقِ الَّذِي حَصَلَ بِسَبَبِ اسْتِفَانُوسَ، اجْتَازُوا إِلَى فِينِيقِيَّةِ وَقُبْرُصَ وَأَنْطَاكِيَّةِ، وَهُمْ لَا يُكَلِّمُونَ أَحَدًا بِالْكَلِمَةِ إِلَّا الْيَهُودَ فَقَطْ. وَلَكِنَّ قَوْمًا مِنْهُمْ كَانُوا قُبْرُصِيِّينَ وَقَيْرَوَانِيِّينَ. فَهَؤُلَاءِ لَمَّا دَخَلُوا أَنْطَاكِيَّةَ، أَخَذُوا يُكَلِّمُونَ الْيُونَانِيِّينَ مُبَشِّرِينَ بِالرَّبِّ يَسُوعَ. وَكَانَتْ يَدُ الرَّبِّ مَعَهُمْ، فَامَنَّ عَدَدٌ كَثِيرٌ وَرَجَعُوا إِلَى الرَّبِّ. فَبَلَغَ خَبْرُ ذَلِكَ إِلَى آذَانِ الْكَنِيسَةِ الَّتِي بِأُورُشَلِيمَ، فَأُرْسِلُوا بَرْنَابَا لِكِي يَجْتَازَ إِلَى أَنْطَاكِيَّةِ. فَلَمَّا أَقْبَلَ وَرَأَى نِعْمَةَ اللَّهِ، فَرِحَ وَوَعَّظَهُمْ كُلَّهُمْ بِأَنْ يَتَّبِعُوا فِي الرَّبِّ بِعَزِيمَةِ الْقَلْبِ. لِأَنَّهُ كَانَ رَجُلًا صَالِحًا مُمْتَلِنًا مِنَ الرُّوحِ الْقُدْسِ وَالْإِيمَانِ. وَانْضَمَّ إِلَى الرَّبِّ جَمْعٌ كَثِيرٌ. ثُمَّ خَرَجَ بَرْنَابَا إِلَى طَرْسُوسَ فِي طَلَبِ شَاوُلَ. وَلَمَّا وَجَدَهُ أَتَى بِهِ إِلَى أَنْطَاكِيَّةِ. وَتَرَدَّدَا مَعًا سَنَةً كَامِلَةً فِي هَذِهِ الْكَنِيسَةِ، وَعَلَّمَا جَمْعًا كَثِيرًا، وَدُعِيَ التَّلَامِيذُ مَسِيحِيِّينَ فِي أَنْطَاكِيَّةِ أَوَّلًا. وَفِي تِلْكَ الْأَيَّامِ، انْحَدَرَ مِنْ أُورُشَلِيمَ أَنْبِيَاءٌ إِلَى أَنْطَاكِيَّةِ. فَقَامَ وَاحِدٌ مِنْهُمْ اسْمُهُ أَغَابُوسَ، فَأَنْبَأَ بِالرُّوحِ أَنْ سَتَكُونُ مَجَاعَةٌ</p>

whole world; and this took place in the days of Claudius Caesar. And the disciples, every one according to his ability, determined to send relief to the brethren who dwelt in Judaea; and they did so, sending it to the elders by the hand of Barnabas and Saul.

عَظِيمَةٌ فِي جَمِيعِ الْمَسْكُونَةِ، وَقَدْ وَقَعَ ذَلِكَ فِي أَيَّامِ
كَلُودِيوسَ قَيْصَرَ. فَعَزَمَ التَّلَامِيذُ، بِحَسَبِ مَا يَتَيَسَّرُ
لِكُلِّ وَاحِدٍ مِنْهُمْ، أَنْ يُرْسِلُوا خِدْمَةً إِلَى الْإِخْوَةِ
السَّاكِنِينَ فِي أُورُشَلِيمَ. فَفَعَلُوا ذَلِكَ، وَبَعَثُوا إِلَى
الشُّيُوخِ عَلَى أَيْدِي بَرْنَابَا وَسَاوُلَ.

الإنجيل (لأحد السامريّة)

THE GOSPEL (For the Sunday of the Samaritan Woman)

The Reading from the Holy Gospel according to St. John. (4:5-42)

At that time, Jesus came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as He was with his journey, sat down beside the well. It was about the sixth hour. There came a woman of Samaria to draw water. Jesus said to her, "Give Me a drink." For His Disciples had gone away into the city to buy food. The Samaritan woman said to Him, "How is it that Thou, a Jew, ask a drink of me, a woman of Samaria?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and Who it is that is saying to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water." The woman said to Him, "Sir, Thou hast nothing to draw with, and the well is deep; where do you get that living water? Art Thou greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Everyone who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst forever; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to Him, "Sir, give me this water, that I may not thirst, nor come here to draw." Jesus said to her, "Go, call your husband, and come here." The woman answered Him, "I have no husband." Jesus said to her,

فَصَلُّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِيّ
البشير والتلميذ الطاهر. (٤:٥-٤٢)
فِي ذَلِكَ الزَّمَانِ، أَتَى يَسُوعُ إِلَى مَدِينَةِ مِنَ السَّامِرَةِ
يُقَالُ لَهَا سُوحَارُ، بِقُرْبِ الضَّيْعَةِ الَّتِي أَعْطَاهَا يَعْقُوبُ
لِيُوسُفَ ابْنِهِ. وَكَانَ هُنَاكَ عَيْنُ يَعْقُوبَ. وَكَانَ يَسُوعُ
قَدْ تَعَبَ مِنَ الْمَسِيرِ. فَجَلَسَ عَلَى الْعَيْنِ، وَكَانَ نَحْوَ
السَّاعَةِ السَّادِسَةِ. فَجَاءَتْ امْرَأَةٌ مِنَ السَّامِرَةِ لِتَسْتَقِي
مَاءً، فَقَالَ لَهَا يَسُوعُ: أَعْطِنِي لِأَشْرَبَ. فَإِنَّ تَلَامِيذَهُ
كَانُوا قَدْ مَضَوْا إِلَى الْمَدِينَةِ لِيَبْتَاعُوا طَعَامًا. فَقَالَتْ
لِهَا الْمَرْأَةُ: كَيْفَ تَطْلُبُ أَنْ تَشْرَبَ مِنِّي، وَأَنْتَ يَهُودِيٌّ
وَأَنَا امْرَأَةٌ سَامِرِيَّةٌ؟ وَالْيَهُودُ لَا يُخَالِطُونَ السَّامِرِيِّينَ.
أَجَابَ يَسُوعُ وَقَالَ لَهَا: لَوْ عَرَفْتَ عَطِيَّةَ اللَّهِ، وَمَنْ
الَّذِي قَالَ لِكَ "أَعْطِنِي لِأَشْرَبَ" لَطَلَبْتَ أَنْتِ مِنْهُ
فَأَعْطَاكَ مَاءً حَيًّا. قَالَتْ لَهَا الْمَرْأَةُ: يَا سَيِّدُ إِنَّهُ لَيْسَ
مَعَكَ مَا تَسْتَقِي بِهِ وَالْبُئْرُ عَمِيقَةٌ. فَمِنْ أَيْنَ لَكَ الْمَاءُ
الْحَيُّ؟ أَلَعَلَّكَ أَنْتَ أَعْظَمُ مِنْ أَبِييَا يَعْقُوبَ الَّذِي
أَعْطَانَا الْبُئْرَ، وَمِنْهَا شَرِبَ هُوَ وَبَنُوهُ وَمَاشِيَّتُهُ؟ أَجَابَ
يَسُوعُ وَقَالَ لَهَا: كُلُّ مَنْ يَشْرَبُ مِنْ هَذَا الْمَاءِ يَعْطَشُ
أَيْضًا. وَأَمَّا مَنْ يَشْرَبُ مِنَ الْمَاءِ الَّذِي أَنَا أُعْطِيهِ،
فَلَنْ يَعْطَشَ إِلَى الْأَبَدِ. بَلِ الْمَاءُ الَّذِي أُعْطِيهِ لَهُ
يَصِيرُ فِيهِ يَنْبُوعَ مَاءٍ يَنْبَعُ إِلَى حَيَاةٍ أَبَدِيَّةٍ. فَقَالَتْ لَهَا
الْمَرْأَةُ: يَا سَيِّدُ، أَعْطِنِي هَذَا الْمَاءَ لِكَيْ لَا أَعْطَشَ وَلَا
أَجِيءَ إِلَى هَهُنَا لِأَسْتَقِي. فَقَالَ لَهَا يَسُوعُ: اذْهَبِي
وَادْعِي رَجُلَكَ، وَهَلِّمِي إِلَى هَهُنَا. أَجَابَتْ الْمَرْأَةُ

“You are right in saying, ‘I have no husband’; for you have had five husbands, and he whom you now have is not your husband; this you said truly.” The woman said to Him, “Sir, I perceive that Thou art a prophet. Our fathers worshiped on this mountain; and Thou sayest that in Jerusalem is the place where men ought to worship.” Jesus said to her, “Woman, believe Me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship Him. God is spirit, and those who worship Him must worship in spirit and truth.” The woman said to Him, “I know that Messiah is coming [He Who is called Christ]; when He comes, He will tell us all things.” Jesus said to her, “I Who speak to you am He.” Just then His Disciples came. They marveled that He was talking with a woman, but none said, “What dost Thou wish?” or, “Why art Thou talking with her?” So the woman left her water jar, and went away into the city, and said to the people, “Come, see a man Who told me all that I ever did. Can this be the Christ?” They went out of the city and were coming to Him. Meanwhile the Disciples besought Him, saying, “Rabbi, eat.” But He said to them, “I have food to eat of which you do not know.” So the Disciples said to one another, “Has anyone brought Him food?” Jesus said to them, “My food is to do the will of Him Who sent Me, and to accomplish His work. Do you not say, ‘There are yet four months, then comes the harvest’? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent

وقالت: إِنَّهُ لَا رَجُلَ لِي. فَقَالَ لَهَا يَسُوعُ: قَدْ أَحْسَنْتِ بِقَوْلِكَ إِنَّهُ لَا رَجُلَ لِي. فَإِنَّهُ كَانَ لِكَ خَمْسَةَ رِجَالٍ، وَالَّذِي مَعَكَ الْآنَ لَيْسَ رَجُلًا. هَذَا قُلْتِهِ بِالصِّدْقِ. قَالَتْ لَهُ الْمَرْأَةُ: يَا سَيِّدُ أَرَى أَنَّكَ نَبِيٌّ. أَبَاؤُنَا سَجَدُوا فِي هَذَا الْجَبَلِ. وَأَنْتُمْ تَقُولُونَ إِنَّ الْمَكَانَ الَّذِي يَنْبَغِي أَنْ يُسَجَدَ فِيهِ هُوَ فِي أُورُشَلِيمَ. قَالَ لَهَا يَسُوعُ: يَا امْرَأَةُ صَدِّقِيْنِي، إِنَّهَا تَأْتِي سَاعَةٌ لَا فِي هَذَا الْجَبَلِ وَلَا فِي أُورُشَلِيمَ تَسْجُدُونَ فِيهَا لِلآبِ. أَنْتُمْ تَسْجُدُونَ لِمَا لَا تَعْلَمُونَ وَنَحْنُ نَسْجُدُ لِمَا نَعْلَمُ. لِأَنَّ الْخَلَاصَ هُوَ مِنَ الْيَهُودِ. وَلَكِنْ تَأْتِي سَاعَةٌ، وَهِيَ الْآنَ حَاضِرَةٌ، إِذِ السَّاجِدُونَ الْحَقِيقِيُّونَ يَسْجُدُونَ لِلآبِ بِالرُّوحِ وَالْحَقِّ. لِأَنَّ الْآبَ إِنَّمَا يَطْلُبُ السَّاجِدِينَ لَهُ مِثْلَ هَؤُلَاءِ. اللَّهُ رُوحٌ. وَالَّذِينَ يَسْجُدُونَ لَهُ، فَبِالرُّوحِ وَالْحَقِّ يَنْبَغِي أَنْ يَسْجُدُوا. قَالَتْ لَهُ الْمَرْأَةُ: قَدْ عَلِمْتُ أَنَّ مَسِيحًا، الَّذِي يُقَالُ لَهُ الْمَسِيحُ، يَأْتِي. فَمتى جَاءَ ذَلِكَ فَهُوَ يُخْبِرُنَا بِكُلِّ شَيْءٍ. فَقَالَ لَهَا يَسُوعُ: أَنَا الْمَتَكَلِّمُ مَعَكَ هُوَ. وَعِنْدَ ذَلِكَ، جَاءَ تَلَامِيذُهُ، فَتَعَجَّبُوا أَنَّهُ يَتَكَلَّمُ مَعَ امْرَأَةٍ. وَلَكِنْ لَمْ يَقُلْ أَحَدٌ مَاذَا تَطْلُبُ؟ أَوْ لِمَاذَا تَتَكَلَّمُ مَعَهَا؟ فَتَرَكَّتِ الْمَرْأَةُ جَرَّتَهَا، وَمَضَتْ إِلَى الْمَدِينَةِ، وَقَالَتْ لِلنَّاسِ: تَعَالَوْا انظُرُوا إِنْسَانًا قَالَ لِي كُلِّ مَا فَعَلْتُ. أَلَعَلَّ هَذَا هُوَ الْمَسِيحُ؟ فَخَرَجُوا مِنَ الْمَدِينَةِ وَأَقْبَلُوا نَحْوَهُ. وَفِي أَثْنَاءِ ذَلِكَ سَأَلَهُ تَلَامِيذُهُ قَائِلِينَ: يَا مُعَلِّمُ كُنْ. فَقَالَ لَهُمْ: إِنْ لِي طَعَامًا لِأَكُلَ لَسْتُ تَعْرِفُونَهُ أَنْتُمْ. فَقَالَ التَّلَامِيذُ فِيمَا بَيْنَهُمْ: أَلَعَلَّ أَحَدًا جَاءَهُ بِمَا يَأْكُلُ؟ فَقَالَ لَهُمْ يَسُوعُ: إِنْ طَعَامِي أَنْ أَعْمَلَ مَشِيئَةَ الَّذِي أَرْسَلَنِي وَأَتَمَّ عَمَلَهُ. أَلَسْتُ تَقُولُونَ أَنْتُمْ إِنَّهُ يَكُونُ أَرْبَعَةَ أَشْهُرٍ ثُمَّ يَأْتِي الْحَصَادُ؟ وَهَا أَنَا أَقُولُ لَكُمْ: اِرْفَعُوا عُيُونَكُمْ وَاَنْظُرُوا إِلَى الْمَزَارِعِ، إِنَّهَا قَدْ ابْيَضَّتْ لِلْحَصَادِ. وَالَّذِي يَحْصُدُ يَأْخُذُ أَجْرَهُ، وَيَجْمَعُ ثَمَرًا لِحَيَاةٍ أَبَدِيَّةٍ، لِكِي يَفْرَحَ الزَّارِعُ وَالْحَاصِدُ مَعًا. فَفِي هَذَا يَصْدُقُ

<p>you to reap that for which you did not labor; others have labored, and you have entered into their labor.” Many Samaritans from that city believed in Him because of the woman’s testimony, “He said to me all that I ever did.” So when the Samaritans came to Him, they asked Him to stay with them; and He stayed there two days. And many more believed because of His words. They said to the woman, “It is no longer because of your words that we believe, for we have heard for ourselves, and we know that this is indeed the Savior of the world.”</p>	<p>الْقَوْلُ إِنَّ "وَاحِدًا يَزْرَعُ، وَآخِرُ يَحْصُدُ." إِنِّي أَرْسَلْتُكُمْ لِنَحْصُدُوا مَا لَمْ تَنْعَبُوا أَنْتُمْ فِيهِ. فَإِنَّ آخِرِينَ تَعْبُوا وَأَنْتُمْ دَخَلْتُمْ عَلَى تَعْبِهِمْ. فَأَمَّنَ بِهِ مِنْ تِلْكَ الْمَدِينَةِ كَثِيرُونَ مِنَ السَّامِرِيِّينَ مِنْ أَجْلِ كَلَامِ الْمَرْأَةِ الَّتِي كَانَتْ تَشْهَدُ أَنْ "قَدْ قَالَ لِي كُلُّ مَا فَعَلْتُ." وَلَمَّا أَتَى إِلَيْهِ السَّامِرِيُّونَ، سَأَلُوهُ أَنْ يُقِيمَ عِنْدَهُمْ. فَمَكَثَ هُنَاكَ يَوْمَيْنِ. فَأَمَّنَ جَمْعٌ أَكْثَرَ مِنْ أَوْلَائِكَ جَدًّا مِنْ أَجْلِ كَلَامِهِ. وَكَانُوا يَقُولُونَ لِلْمَرْأَةِ: لَسْنَا مِنْ أَجْلِ كَلَامِكَ نُؤْمِنُ الْآنَ. لِأَنَّا نَحْنُ قَدْ سَمِعْنَا، وَنَعْلَمُ أَنَّ هَذَا هُوَ بِالْحَقِيقَةِ الْمَسِيحُ، مُحَلِّصُ الْعَالَمِ.</p>
<p>MEGALYNARION FOR SAMARITAN WOMAN SUNDAY IN TONE ONE</p>	<p>تعظيمه أحد السامريّة بالحن الأول</p>
<p><i>The angel spake to her that is full of grace, saying, O pure Virgin, rejoice; and I say also, Rejoice; for thy Son is risen from the tomb on the third day.</i></p> <p>Rejoice and be glad, O gate of the divine Light; for Jesus Who disappeared in the tomb hath risen with greater radiance than the sun, illuminating all believers, O Lady favored of God.</p>	<p>إِنَّ الْمَلَائِكَةَ تَقَوَّهَ نَحْوَ الْمُنْعَمِ عَلَيْهَا، أَيُّهَا الْعَذْرَاءُ النَّقِيَّةُ افْرَحِي، وَأَيْضًا أَقُولُ افْرَحِي، لِأَنَّ ابْنَكَ قَدْ قَامَ مِنَ الْقَبْرِ فِي الْيَوْمِ الثَّالِثِ.</p> <p>إفْرَحِي وَتَهَلَّلِي يَا بَابَ النُّورِ الْإِلَهِيِّ، لِأَنَّ يَسُوعَ الَّذِي غَابَ فِي الْقَبْرِ قَدْ أَشْرَقَ لِامِعَا، أَبْهَى مِنَ الشَّمْسِ، وَأَنَارَ الْمُؤْمِنِينَ جَمِيعَهُمْ، أَيُّهَا السَّيِّدَةُ الْمُنْعَمُ عَلَيْهَا مِنَ اللَّهِ.</p>
<p>KOINONIKON (COMMUNION HYMN) OF PASCHA IN TONE EIGHT</p>	<p>كينونيكون (ترنيمه المناولة) للفصح بالحن الثامن</p>
<p>Receive ye the body of Christ; taste ye the Fountain of immortality.</p>	<p>جَسَدَ الْمَسِيحِ خُذُوا، وَالْيَنْبُوعَ الَّذِي لَا يَمُوتُ ذُوقُوا.</p>
<p>• Instead of “We have seen the true light,” sing “Christ is Risen” ONCE.</p>	
<p>THE DISMISSAL</p>	<p>الختم</p>
<p>Priest: May He Who rose from the dead, Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the might of the Precious and Life-giving Cross; by the protection of the honorable Bodiless Powers of Heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious and all-laudable apostles; of our father among the saints, John Chrysostom, archbishop of Constantinople,</p>	<p>الكاهن: أَيُّهَا الْمَسِيحُ إِلَهُنَا الْحَقِيقِي، يَا مَنْ قَامَ مِنَ بَيْنِ الْأَمْوَاتِ، بِشَفَاعَاتِ أُمِّكَ الْكَلِيَّةِ الطَّهَارَةِ وَالْبَرِيَّةِ مِنْ كُلِّ عَيْبٍ؛ وَبِقُدْرَةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلْبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقُدَيْسِينَ الْمُشْرَفِينَ الرُّسُلِ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبِينَا الْجَلِيلِ فِي الْقَدَيْسِينَ يُوْحَنَّا</p>

<p>whose Divine Liturgy we have now celebrated; of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; of <i>Saint N., the patron and protector of this holy community</i>; of the holy and righteous ancestors of God, Joachim and Anna; of the holy and glorious Great-martyr Photeini, the Samaritan Woman, whose memory we celebrate today, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.</p>	<p>الذَّهَبِيِّ الْفَمِ رَئِيسِ أَسَاقِفَةِ الْقُسْطَنْطِينِيَّةِ، كَاتِبِ هَذِهِ الْخِدْمَةِ الشَّرِيفَةِ، وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالظَّفَرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشِّحِينَ بِاللَّهِ؛ ؛ وَالْقَدِيسِ (ة) (فُلَانِ، فُلَانَةِ) شَفِيعِ(ة) وَحَامِي(ة) هَذِهِ الرَّعِيَّةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِينَ الصِّدِّيقِينَ جَدِّي الْمَسِيحِ الْإِلَهِ، يُوَاكِمَ وَحَنَّةً؛ وَالشَّهِيدَةَ الْعَظِيمَةَ فُوتِينِي، الْمَرَّةَ السَّامِرِيَّةَ، الَّذِينَ نُقِيمُ تَذَكَارَهُمْ الْيَوْمَ، وَجَمِيعِ قَدِيسِيكَ، إِرْحَمْنَا وَخَلِّصْنَا بِمَا أَنْتَ صَالِحٌ وَمُحِبٌّ لِلْبَشَرِ.</p>
<p>Priest: Christ is risen from the dead, trampling down death by death, and upon those in the tombs...</p>	<p>الكاهن: الْمَسِيحُ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَوَهَبَ الْحَيَاةَ...</p>
<p>People: ...bestowing life!</p>	<p>الجوقة: ... لِلَّذِينَ فِي الْقُبُورِ.</p>
<p>• NOTE: This ending for the remainder of Bright Season matches what is correctly provided in <i>The Liturgikon</i> (fourth edition, p. 14).</p>	
<p>These texts have been prepared by the Department of Liturgics of the Antiochian Archdiocese Portions of the Archdiocesan Service Texts include texts from <i>The Menaion</i>, <i>The Great Horologion</i>, <i>The Pentecostarion</i>, <i>The Octoechos</i>, <i>The Triodion-Holy Week</i>, and <i>The Psalter of the Seventy</i>, which are Copyright © Holy Transfiguration Monastery, Brookline, Massachusetts, and are used with permission. All rights reserved. These works may not be further reproduced, beyond printing out a single copy for personal non-commercial use, without the prior written authorization of Holy Transfiguration Monastery.</p>	

ANNIVERSARY OR OUR DEPARTED FOR THIS SUNDAY

<u>DAY</u>	<u>NAME OF THE DEPARTED</u>	<u>ANNIVERSARY</u>
27	Khalil Haddad	2
27	Laura Abraham	38
27	Michel Bridi	34
27	Michael Zakaib	23
28	Thomas Charles Saba	47
28	Alexandra Abdelnour	37
28	Michael Ziad Georgi	19
30	Ethel Mutter	35
30	Tawfik Hanna	28
30	George Issa Manneh	26
30	Karim Sayeg	8
31	Cehade Batchoun	14
31	Joli Shihaiber	18
1	Marhaba Hauraney	69
2	Richard Haick	27
2	Robert Qaqish	18
2	Lawrence Omrin	17
2	Ispiro Halabi	12

- **Please**, pray for the health of the following parishioners: Ellen, Robert, Alex, Sam, Elias, Nassar, George, Nina, Sonia, George, Beshara, Irene, Nadia, Christine, Toni, George, Helena, Rami and Maien.

MEMORIAL

- **40 days memorial service** for **Jamil Koussa** offered by **his children and their families**. May his memory be eternal!
The coffee hour today is offered in loving memory of **Jamil Koussa** by his family.
- **40 days memorial service** for **Albert Salameh** offered by **his children and their families**. May his memory be eternal!
The coffee hour today is offered in loving memory of **Albert Salameh** by his family.

ETERNAL LIGHTS

- **June 9:** In loving memory of Ernest Younes from his family.

CHURCH OFFICE

- Anyone wishing to church a child, removal of crowns, have a memorial service, or would like Fr. George to give communion or visit their loved sick ones, should contact the church office ahead of time (905) 731-7210. In case of emergency, call Fr. Georges Mokbel (416) 725-2888

MAINTAINING SILENCE DURING THE SERVICE

- The congregation is expected to actively participate in worship. However, God's house is a place for reverence and worship, not loud and idle conversations (between each other or on cell phones). Please, turn off cell phones and any other devices when you are attending the Liturgy. If you have a situation that requires you to speak to other parishioners, please do that quietly outside the church or downstairs in the basement.

FIRE ROUTE, HANDICAPPED PARKING, AND PARKING LINES

- Please make sure not to park on the side of the church or in front of the Fire Hydrant, for this is a fire route. Also ensure not to park in the spots designated for handicapped parking. Anyone who parks and does not show a handicap permit on the window will be tagged.

TEEN SOYO

- Congratulations to our newly elected TEEN SOYO Board Members...

President: Peter Mokbel

VP: Peter Novratidis

Treasurer: Helena Mokbel

Secretary: Michael Ishac

Social Media: Dima Alzidan

Coordinators: Lucas El Bouri, Mark Moussa and Paul Petro Youth Advisors: Angela Ghazal and Fadi Freiga

If you are interested in joining our Teen SOYO group please contact our Youth Advisors.

Note: members must be between the ages of 13-19 years old.

Angela Ghazal: 416-720-0308

Fadi Freiga: 647-829-6136

- **Kindly Submit your Contribution through the Following Methods: Connect to the Church Website www.stgeorgeto.org Click on Donate**

- **PayPal, or send your Cheque by Mail to: St. George Antiochian Church, 9116 Bayview Ave,
Richmond Hill ON, L4B 3M9**

Good will come to those who are generous and lend freely, who conduct their affairs with justice.

(Psalm 112:5)

Services at St. George Antiochian Orthodox Church – Toronto.
Month: June 2024

Date	Time	Service
1st Week		
Saturday June 1 st	4:00 p.m.	Confessions
	5:00 p.m.	Great Vespers
Sunday June 2 nd Sunday of the Samaritan Woman	9:00 a.m.	Orthros
	10:15 a.m.	Divine Liturgy
2nd Week		
Wednesday June 5 th	7:00 p.m.	Daily Vespers
Saturday June 8 th	4:00 p.m.	Confessions
	5:00 p.m.	Great Vespers
Sunday June 9 th Sunday of the Blind Man	9:00 a.m.	Orthros
	10:15 a.m.	Divine Liturgy
3rd Week		
Tuesday June 11 th	6:00 p.m.	Festal Orthros
	7:00 p.m.	Divine Liturgy
Wednesday June 12 th	5:00 p.m.	Great Vespers
	6:00 p.m.	Festal Orthros
	7:00 p.m.	Divine Liturgy
Saturday June 15 th	4:00 p.m.	Confessions
	5:00 p.m.	Great Vespers
Sunday June 16 th Fathers of the 1st Council	9:00 a.m.	Orthros
	10:15 a.m.	Divine Liturgy
4th Week		
Wednesday June 19 th	7:00 p.m.	Paraklesis to the Theotokos
Saturday June 22 nd Saturday of Souls	9:00 a.m.	Orthros
	10:00 a.m.	Divine Liturgy
	4:00 p.m.	Confessions
	5:00 p.m.	Great Vespers
Sunday June 23 rd Holy Pentecost	9:00 a.m.	Orthros
	10:15 a.m.	Divine Liturgy
5th Week		
Friday June 28 th All-Night Vigil for the Holy Apostles Peter & Paul	6:00 p.m. - 12:00 a.m.	Little Compline (with Canon of Preparation for Holy Communion, Great Vespers (with Litia/Artoklasia), Festal Orthros & Divine Liturgy
Saturday June 29 th	4:00 p.m.	Confessions
	5:00 p.m.	Great Vespers
Sunday June 30 th Synaxis of the Twelve Holy Apostles	9:00 a.m.	Orthros
	10:15 a.m.	Divine Liturgy

Activities at St. George Antiochian Orthodox Church – Toronto.

Month: June 2024

Date	Time	Activity	Location
1st Week			
Saturday 1 st	6:00 – 8:00 pm	YAM Bible Study	Church Basement
Sunday 2 nd	After Communion	Sunday School	Church Basement
	12:30 – 1:30 pm	Bible Study for Teens	Library Room
2nd Week			
Tuesday 4 th	11:00 am – 9:00 pm	GOLF Tournament	Caledon Woods Golf Club
Thursday 6 th	8:30 – 11:00 pm	Basketball for the Adults	Gym at St. George Centre
Friday 7 th	6:30 – 8:00 pm	Byzantine Music Class	Church Basement
	7:30 – 11:30 pm	Families Gathering & Sports	Gym at St. George Centre
	9:00 – 9:30 pm	“Know your Church” for Teens	Gym at St. George Centre
Sunday 9 th	After Divine Liturgy	Sunday School Graduation	Church
	After Graduation	Potluck for the Sunday School	Gym at St. George Centre
3rd Week			
Thursday 13 th	8:30 – 11:00 pm	Basketball for the Adults	Gym at St. George Centre
Friday 14 th	6:30 – 8:00 pm	Byzantine Music Class	Church Basement
	7:30 – 11:30 pm	Families Gathering & Sports	Gym at St. George Centre
Saturday 15 th	6:00 – 8:00 pm	YAM Bible Study	Church Basement
Sunday 16 th	12:00 – 1:30 pm	Bible Study for Teens	Library Room
4th Week			
Thursday 20 th	8:30 – 11:00 pm	Basketball for the Adults	Gym at St. George Centre
Friday 21 st	6:30 – 8:00 pm	Byzantine Music Class	Church Basement
	7:30 – 11:30 pm	Families Gathering & Sports	Gym at St. George Centre
Sunday 23 rd	12:30 – 1:30 pm	Bible Study for Teens	Library Room
5th Week			
Thursday 27 th	8:30 – 11 pm	Basketball for the Adults	Gym at St. George Centre
Saturday 29 th	6:00 – 8:00 pm	YAM Bible Study	Church Basement
Sunday 30 th	12:30 – 1:30 pm	Bible Study for Teens	Library Room

March 31st, 2024

Dearest Brothers and sisters in Christ,

Subject: Ushering Procedures and protocols

We are pleased to inform you that during its March 26th Meeting, the Parish Council endorsed the new procedures and protocols for ushering. The primary aim of these measures is to update ushering activities and, most importantly, to welcome new volunteers to participate and engage in the church community's life.

As such, we are currently seeking volunteers for the month of April to help with ushering duties and support the process. If you are available during the upcoming weeks, please reach out to me via email or text message at the contact details below. According to the updated protocol, the Head Usher to supervise all ushering activities, along with 4-6 volunteer ushers who will assist the two (2) Parish Council member volunteers.

We welcome new volunteers to serve during our liturgy, however, kindly note that to ensure a fair opportunity for as many parishioners as possible to volunteer, only those whose names have been announced will be serving as ushers. Others are kindly requested to wait for their turn. Thank you for your understanding.

Thank you for your cooperation.

For the Glory of God!

Ra'ed G Dallal

raed_dallal@yahoo.ca

Text: (416) 576-3232

Call: (905) 833-2333

Summary of Duties and Responsibilities

- Arrive early before 9:30am
- Refill Candle supply when required
- Assist with seating when needed
- Maintain order during the service
- Collection offerings
- Ensure order during communion
- Counting collection tray by the appointed Board Members with Head Usher

Responsibilities of head Usher Plus One usher

- Remove old burnt candles in the Candle stand
- Keep the area as clean as possible
- Try to make the area clear; minimize chit chat
- Minimize hazards at the entrance
- No more than \$50 in \$5 and \$10 denominations shall be used as change
- Bring forward the names before beginning of Liturgy

Collection Offering:

Steps for collecting the Offering

- Four ushers line up in rows of two at the back of Church
- At the appointed time, ushers walk forward and stand together in front of the Altar, they will meet Abouna, they will kiss the Cross and proceed with the collection.
- Ushers move in pairs to the left and right pews.
- Once collection is complete, the Head Usher will wait near the front door with the large collection basket;
- All collection baskets are distributed into the large collection basket;
- The two (assigned "usher" board members) will jointly walk up the stairs to deliver money to the church office; these two (2) Ushers shall count the offering and will sign the collection offering spreadsheet that
- Is prepared by Office Manager. At the time of counting the offering, there shall only be two (2) Ushers counting.

Ushers for Communion

- Firm Ushering during communion is the key to success for an orderly movement of people.
- As the two (2) appointed "Ushers" Council Members are counting the collection,
- The other ushers (4) will keep order during communion. An additional Usher is required for the middle row

Collections

- Candle BOX Retrieval
- Normally completed once during the service, second after tray collection
- Head Usher obtains a separate basket (different than the ones for the tray collection);

- In the presence of another Usher; box is open, money poured into the basket;
- Ensure that the candle box is locked after being emptied;
- The two (2) appointed Board Members serving as ushers take the basket up together to deliver and count the offering. They may be assisted by the Treasurer and the vice chair.

Counting of the Offering

- The two (2) assigned "Ushers" Board Member are responsible for counting the offering; must always be present during the counting and depositing into church safe.
- These will be the same Ushers that will sign the collection spreadsheet as prepared by Waddah.
- The Head Usher shall designate an additional usher to assist with the counting should the collection require support.

CHRISTIAN EDUCATION CONFERENCE
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June 6-9, 2024

Speakers



FR. MAXIMOS CONSTAS, KEYNOTE



**FR. STEPHEN
DE YOUNG**



**FR. NICHOLAS
LONG**



Hosted by: Antiochian Orthodox Christian Education Ministry

At: Antiochian Village Conference & Retreat Center

To Register:

<https://registration.antiochianvillage.org/OCEC2024>

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His Eminence
The Most Reverend
Metropolitan SABA



Archbishop of New York
and Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

Prot. no.: 224/2024

May 28, 2024

Venerable Hierarchs, Reverend Clergy, and Christ-loving Faithful of this Archdiocese,

Christ is risen!

Ten years ago, our young adults gathered for the first Orthodox Young Professionals Conference in San Diego. They initiated this project themselves, in order to keep our Faith at the center of their lives and to strengthen their relationships within the Church. This year, they will gather in Anaheim, California, July 25–28, for the same purpose. The weekend includes prayer, speaker sessions, and time for fellowship with one another. Father Evan and Presbytera Stacy Armatas will be the keynote speakers, focusing on “Love & Relationships—God’s Greatest Gift.” Young adults aged 21+ are welcome, whether single or married.

We are so glad when our young adults prioritize faith in Christ and make it the foundation of their lives—building their house upon the rock, as our Lord Jesus said in His parable (Matthew 7:24–25). Moreover, we are encouraged by their camaraderie and love for one another, since those networks of relationships across the archdiocese bind us all together and foster collaboration in our sacred mission. Therefore, I would love to see as many of our young adults as possible attend this year’s conference, and I urge our pastors to spread the word and encourage those in their communities to attend.

Again, this year’s conference will be held July 25–28, at the JW Marriott Resort in Anaheim, California. Find more information and register at www.oypc.org.

Wishing you a joyous continuation of the Paschal season, I remain,

Yours in Christ,

A handwritten signature in blue ink that reads "J. Saba". The signature is written in a cursive, flowing style.

✠ SABA

Archbishop of New York and Metropolitan of All North America

“The disciples were first called Christians in Antioch” (Acts 11: 26)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

Thoughts on the Fullness of Life, Part Two

By Metropolitan Saba (Isper)

A famous saying of the blessed Augustine is true of man, in every place and time. It has an influential and profound impact on today's man who is tormented and spiritually besieged from all sides. The blessed one says, addressing God: "You created us to turn to you, O Lord, and our hearts will not find rest unless they rest in you." Augustine reflects the words of Christ: "I have come that you may have life, and that it may be more abundantly" (John 10:10). Perhaps the most beautiful meaning that the Greek original of this verse carries is the following: "I came that you may have life, and that you may have the fullness of life."

Many people searched for and found in the person of Christ the meaning the meaning of life in general, and for their own lives in particular. Some of them, such as the great novelist Fyodor Dostoevsky, made this discovery, saying, "If anyone could prove to me that Christ is outside the truth, and if the truth really did exclude Christ, I should prefer to stay with Christ and not with truth." Not all these people are monks and hermits. The history of the Church is full of saints and lovers of God and His gospel from all categories: married and celibate, high and simple in education, men and women, the elderly and children, kings and rulers, free and slaves, rich and poor.

Why don't all human beings believe in this truth? Why don't they search for it, especially all Christians? One contemporary theologian says: "The problem isn't that there are few saints, but that not all Christians are saints!" I wonder if the reason lies in humans' fear of facing what they can't handle or comprehend, so they prefer to stay in the shallows rather than soar? Could it be the pride rooted within them, a product of subconscious fear, the barrier preventing them from liberating themselves from their constraints and embarking on the vastness of life to which they are inherently called? Or is it the economic consumerist grind that absorbs their energy, potential, and all that's beautiful in them, making them chase after requirements the current media falsely portrays as essential, causing further estranging from themselves?

These and other reasons often play a role in depriving humans of discovering true life and realizing their true calling.

But there is no doubt among all who have experienced this divine life that inner pride and self-love are the roots of all evils that manifest themselves in countless forms of vices, defects, and shortcomings, to the point that they blind people from seeing the light of God and the truth. Thus, humans will destroy their great dream of achieving the true meaning and fulness of their life.

Do not be fooled by the glamorous lifestyle of so-called stars, and the screens on which they appear in order to invade your imagination. For in the last days, you will discover a completely different side to them: “The world will fade, and so will its lusts” (1 John 2:17). One thing that remains is the face of your loving Lord, from which the light never fades.

Can you replace the morning sun with a candle?

أفكار في ملء الحياة، الجزء الأول، الجزء الثاني

المتروبوليت سابا (اسبر)

قول المغبوط أغسطين الشهيرة، يصحّ في الإنسان، في كلّ مكان وزمان، وله وقع مؤثر وعميق في إنسان اليوم المعبّد والمطوّق روحياً، من كلّ الجهات. يقول المغبوط مخاطباً الله: "لقد خلقتنا متّجهين إليك، يا ربّ، ولن تجد قلوبنا الراحة، ما لم تستقرّ فيك". يلاقي أغسطين، بكلمته هذه، كلمة المسيح: "لقد أتيت لتكون لكم الحياة، ولتكون أوفر" (يوحنا ١٠/١٠). ولعلّ أجمل المعاني التي يحملها الأصل اليوناني لهذه الآية هو التالي. "أتيت لتكون لكم حياة، بل ليكون لكم ملء الحياة".

وجد الكثيرون في شخص المسيح المعنى الذي يبحثون عنه للحياة، بعامة، ولحياتهم هم بخاصّة. وقد وصل هذا الاكتشاف عند بعضهم، كالروائي العظيم دوستويفسكي إلى القول "لو تأكّدت من أنّ المسيح في وادٍ، والحقيقة في وادٍ آخر لفضّلت المسيح على الحقيقة". وليس جميع هؤلاء رهباناً ونساکاً. فتاريخ الكنيسة يحفل بقديسين وعاشقين لله وإنجيله، من كلّ الفئات: متزوّجين ومتبتّلين، علماء عظماء وبسطاء في العلم، رجال ونساء، شيوخ وأطفال، ملوك وحكّام، أحرار وعبيد، أغنياء وفقراء....

لماذا لا يصدّق جميع البشر هذه الحقيقة؟ ولا يكتشفها، بخاصّة، جميع المسيحيين؟ يقول أحد اللاهوتيين المعاصرين: "ليست المشكلة في قلّة القديسين، بل في أن ليس جميع المسيحيين قديسين"! أترى السبب يكمن في خوف الإنسان من مواجهة ما لا طاقة له به، ولا معرفة له بكنهه، فيفضّل البقاء في الأرض الواطئة، على التحليق في فضاء يخافه؟ أتكون الكبرياء المتأصّلة في داخله، وهي صنّعة الخوف عنده في اللاشعور، والمانع الذي يقف أمام تحريره من قيودها، وانطلاقه في رحاب وأمداء ملء الحياة المدعوّ إليها كيانياً؟ أم المطحنة المعيشية الاقتصادية الاستهلاكية هي التي تمتصّ طاقته وقدرته وكلّ جميل فيه، بجعله يلهث وراء متطلبات يوهمه الإعلام الحالي بجوهريّتها، وهي أكثر من نافلة، لا بل تزيده اغتراباً عن ذاته، أكثر فأكثر؟

هذه الأسباب وغيرها، غالباً، ما تلعب دوراً في حرمانه من اكتشاف الحياة الحقة، وتحقيق ذاته في المجال الصحيح والحقيقي!

لكن ممّا لا شكّ فيه عند جميع الذين اختبروا هذه الحياة الإلهية أنّ الكبرياء الداخليّة، وحب الذات، هما أصل جميع الشرور التي تنبّد في أشكال، لا عدّها، من الرذائل والعيوب والنقائص، حتّى إنّها تعمي البصيرة عن رؤية نور الله والحقيقة. فيقضي الإنسان على حلمه العظيم، ومعنى حياته وملئها.

لا تتوقفوا عند ما ترونه من نمط حياة باهرة لدى من يدعون نجوماً، وتجعلهم الشاشات يغزون مخيلتكم، ففي أواخر أيامهم، ستكتشفون وجهاً آخر بالكلية لهم. "العالم يزول وكذلك شهوته" (١٧/٢). أمر واحد يبقى هو وجه ربك المحبّ، الذي لا ينطفئ النور منه أبداً.

أو تستبدل شمس الصباح، بشمعة في الليل؟