

ANNIVERSARY OR OUR DEPARTED FOR THIS SUNDAY

DAY	NAME OF THE DEPARTED	ANNIVERSARY
6	Elias Ghoson Haddad	1
6	Tammam Alfar	30
6	Sofia Fahel	4
6	Maha Zabaneh	24
7	Fred John Burke	30
8	Mary Hutchings	50
8	Thomas Ellies	42
9	Nassib Atallah	2
9	Yacoub Qaqish	26
12	Fouad G El-Hage	2
12	Josephine Youakim	12

ETERNAL LIGHT

- **Jan 12:** for the good health of John & Mona Bisharat and family
- **Ushers, Jan 12:** Wail Haddad, Richard Smith, George Nims and Mounir Ayyad
- **Ushers, Jan 19:** Naji El-Achhab, Ramzi Shnoudeh, Nabil Samaan and Samar Shuhaiber
- **Please**, pray for the health of the following parishioners: Ellen, Robert, Alex, Sam, Elias, Isabelle, Nassar, Valentine, Lucy, Nina, Sonia, Samer, George and Elizabeth. If you have any names of people who need prayers, email them to father.
- **Check our new website** www.stgeorgeto.org
- **University Students:** Fr. George would like to build a database to keep in touch with our students at the universities. Please, email Fr. George your children name, email and phone number who are attending universities at this time.
- Dates to keep on your calendar: Great Lent begins on March 2nd. Palm Sunday April 12th. Pascha April 19th.
- **ENVELOPES AND CALENDARS 2020:** Please make sure to pick up your **new envelopes** at the back of the church as well as **2020 church calendar**. Have a blessed year.
- **Blessing of Homes:** Father will start blessing homes on **January 7th**. If you like to have your home blessed, please fill out the form for blessing homes.
- Young Adults meeting on Sunday, January 12 after the Liturgy at the centre.
- Sunday School Teachers meeting after Liturgy on Sunday January 19.
- Engaged couple's preparation class on Saturday January 25th at 2:30 PM.
- Bible Study will be stopped during the month of December, we will resume in January again.
- **Preparation for the Bible Bowl** is starting now. We will meet together each week to study St. John Gospel. Please, contact Peter for more information. Email: peter.brubacher@pm.me
- **SAVE THE DATE – On MARCH 6-7, 2020** we will be welcoming **Dr. Philip Mamalakis**, author of **“Parenting towards the Kingdom: Orthodox Principles of Child-rearing.”** Every parent, parent-to-be, grandparent and caregiver will benefit and enjoy Dr. Mamalakis's Orthodox and researched-based, down-to-earth, approach to child rearing. We pray everyone will take advantage of this special opportunity to learn how we can all help the children who are entrusted to us by God to grow as Orthodox Christians.

Ten Steps to a Better Prayer Life

Designate A Prayer Space: Whether it is in the corner of your desk or a little stand in your room, it is important to have a place where you can put your Bible, Icons, etc. Dedicate the use of that space for God alone.

Acquire A Time: Incorporate prayer in your routine and set time aside to center your thoughts to God.

Acquire A Library: Start with a Bible, then get a small Orthodox Prayer Book, after that start collecting books. Here are some suggestions: 'Living the Liturgy' (Fr. Stanley Harakas), 'The Way of a Pilgrim' (Monk of the Eastern Church), 'For the Life of the World' (Fr. Alexander Schmemmann), 'Beginning to Pray' (Metropolitan Anthony Bloom), 'Bread for Life' (Fr. Theodore Stylianopoulos), 'The Orthodox Way' (Bishop Kallistos Ware), 'Way of the Aesthetic' (Tito Collander).

Assemble An Altar: In your prayer center gather icons (Christ, Theotokos, Guardian Angel and patron saint), service books, incense, votive light, a cross, a prayer rope, etc. Incorporate your five senses in prayer.

Pray: Speak from your heart. Learn prayers of the Church. Try the Jesus Prayer or the Lord's Prayer. Also incorporate your own prayers and thoughts.

Acquire A Spiritual Guide: This is a very important step. One should build a relationship with either a member of the clergy, monk or nun, who will become your spiritual guide. He/she will help guide and pace you to a balanced prayer life. The Sacrament of Confession can be arranged through your priest.

Fasting and Almsgiving: Fasting adds a dimension to your prayer life. Your fasting practice should be regulated to avoid physical and spiritual harm. As for alms, give where you see a need and trust that the Lord will provide.

Build On What You Already Have: If you already have a routine, build on it. If, for example, you pray before you go to sleep, it will be easier to read a chapter from the Bible before your bedtime prayers, than to set up some time during the day to read.

Sanctify All That You Do. You may have set aside a time and space for a prayer routine, but that doesn't mean you should separate your life into sacred and secular. Privately thank God for what you have at all times, and make Him aware of your every concern. Dedicate everything you do to Him.

Remember the power of the Life-giving Cross, The sign of the Cross is a reminder of Christ in our lives. Blessing oneself with the cross by holding the first two fingers of the right hand and thumb together represents the Holy Trinity. The last two fingers held to the palm represent the two natures of Christ – God and man. Orthodox Christians cross themselves from the head to the breast and from shoulder to shoulder, right to left. This unique and all-embracing symbol shows that the cross is the inspiration, power and indeed the very content of our lives.

DIVINE LITURGY VARIABLES ON SUNDAY, JANUARY 12, 2020

TONE 5 / EOTHINON 8

SUNDAY AFTER THE THEOPHANY OF CHRIST

MARTYR TATIANA OF ROME AND THOSE WITH HER; MARTYR PETER ABSALOM OF PALESTINE; VIRGIN-MARTYR EUTHASIA; MARTYR MERTIOS OF MAURETANIA

Deacon: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.

Choir: Lord, have mercy.

الشَّماس: مِنْ أَجْلِ الْمَثْرُوبُولِيَّتِ بُولَسَ وَالْمِطْرَانَ
يُوحَنَّا وَفَكَ أَسْرِهِمَا وَعَوْدَتِهِمَا سَالِمِينَ، إِلَى الرَّبِّ
نَطْلُبُ.
الجوقة: يَا رَبُّ ارْحَمْنَا.

THE FIRST ANTIPHON

When Israel went out of Egypt, and the house of Jacob from among a barbarous people; Judah became His sanctuary; Israel His dominion.

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

The sea beheld and fled: Jordan turned back. What aileth thee, O sea, that thou fleddest? And thou Jordan, that thou didst turn back? (**Refrain**)

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

عِنْدَ خُرُوجِ إِسْرَائِيلَ مِنْ مِصْرَ وَبَيْتِ يَعْقُوبَ مِنْ
شَعْبٍ أَعْجَمِيٍّ، صَارَ يَهُودًا مَقْدِسًا لَهُ وَإِسْرَائِيلُ
سَلْطَنَتَهُ.
اللازمة: بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِيَّةِ، يَا مُخَلِّصُ،
خَلِّصْنَا.
أَبْصَرَ الْبَحْرُ هَذَا فَهَرَبَ وَالْأُرْدُنُّ رَجَعَ إِلَى الْوَرَاءِ.
مَاذَا دَهَاكَ يَا بَحْرُ حَتَّى هَرَبْتَ؟ وَيَا أُرْدُنُّ حَتَّى
رَجَعْتَ إِلَى الْوَرَاءِ؟ (اللازمة)
المجدُ الآنَ (اللازمة)

THE SEOND ANTIPHON

I am filled with love, for the Lord will hear the voice of my supplication. For He hath inclined His ear unto me, and in my days will I call upon Him.

Refrain: Save us, O Son of God, Who was baptized by John in the Jordan; who sing to Thee. Alleluia.

The pangs of death have encompassed me; the perils of hades have found me. Tribulation and sorrow have I found, and I called upon the name of the Lord. (**Refrain**)

Merciful is the Lord, and righteous; and our God hath mercy. (**Refrain**)

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

فَرِحْتُ جِدًّا لِأَنَّ الرَّبَّ يَسْمَعُ صَوْتِ تَضَرُّعِي. إِنَّهُ
أَمَالَ أُذُنَهُ إِلَيَّ فَأَنَادِيهِ مَا حَيِّثُ.
اللازمة: خَلِّصْنَا، يَا ابْنَ اللَّهِ، يَا مَنْ اعْتَمَدَ مِنْ
يُوحَنَّا فِي الْأُرْدُنِّ، لِتُرْتَلَّ لَكَ. هَلْلُويَا.
عَمَرَاتُ الْمَوْتِ اكْتَنَفْتَنِي وَأَهْوَالُ الْجَحِيمِ أَدْرَكْتَنِي.
لَقِيْتُ الضِّيقَ وَالْأَسَى، فَدَعَوْتُ بِاسْمِ الرَّبِّ.
(اللازمة)
الرَّبُّ رَحِيمٌ وَصِدِّيقٌ، إِلَهْنَا رُؤُوفٌ. (اللازمة)
المجدُ الآنَ يَا كَلِمَةَ اللَّهِ الْإِبْنَ
الوحيد...

THE THIRD ANTIPHON

O give thanks unto the Lord, for He is good; for His mercy endureth forever. Let the house of Israel now confess that He is good; for His mercy endureth forever. Let the house of Aaron confess that He is good; for His mercy endureth forever. Let them now who fear the Lord confess that He is good; for His mercy endureth forever.

إِحْمَدُوا الرَّبَّ لِأَنَّهُ صَالِحٌ، لِأَنَّ إِلَى الْأَبَدِ رَحْمَتُهُ. لِيَقُلْ بَيْتُ إِسْرَائِيلَ إِنَّهُ صَالِحٌ، وَإِنَّ إِلَى الْأَبَدِ رَحْمَتُهُ. لِيَقُلْ بَيْتُ هَارُونَ إِنَّهُ صَالِحٌ، وَإِنَّ إِلَى الْأَبَدِ رَحْمَتُهُ. لِيَقُلْ خَائِفُوا الرَّبِّ جَمِيعاً إِنَّهُ صَالِحٌ، وَإِنَّ إِلَى الْأَبَدِ رَحْمَتُهُ.

- *During the Little Entrance, after the verses of the Third Antiphon, chant the Apolytikion of Theophany. Then, the following:*

THE EISODIKON (ENTRANCE HYMN) OF ORDINARY SUNDAYS

Come, let us worship and fall down before Christ. Save us, O Son of God, **Who art risen from the dead**; who sing to Thee. Alleluia.

هَلِّمُوا لِنَسْجُدَ وَتَرَكَعَ لِلْمَسِيحِ، مَلِكِنَا وَإِلَهِنَا. خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلِّلُوبِيا.

- *After the Little Entrance, chant the apolytikia in the following order:*

RESURRECTIONAL APOLYTIKION IN TONE FIVE

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

لِنُسَبِّحَ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدَ لِلْكَلِمَةِ، الْمُسَاوِي لِأَبِ وَالرُّوحِ فِي الْأَرْلِيَّةِ وَعَدَمِ الْإِبْتِدَاءِ، الْمَوْلُودِ مِنَ الْعَذْرَاءِ لِخَلَّاصِنَا، لِأَنَّهُ سَرَّ بِالْجَسَدِ أَنْ يَعْلُو عَلَى الصَّلِيبِ، وَيَخْتَمِلَ الْمَوْتَ، وَيُنْهَضَ الْمَوْتَى بِقِيَامَتِهِ الْمَجِيدَةِ.

APOLYTIKION OF THE THEOPHANY OF CHRIST IN TONE ONE

When Thou, O Lord, wast baptized in the Jordan, worship of the Trinity wast made manifest; for the voice of the Father bore witness to Thee, calling Thee His beloved Son. And the Spirit in the likeness of a dove confirmed the truth of His word. O Christ our God, Who hast appeared and enlightened the world, glory to Thee.

بَاعْتِمَادِكَ يَا رَبُّ فِي نَهْرِ الْأَرْدُنِّ، ظَهَرَ السُّجُودُ لِلثَّلَاوِثِ، فَإِنَّ صَوْتَ الْأَبِ أَتَاكَ بِالشَّهَادَةِ، مُسَمِّياً إِيَّاكَ ابْناً مَحْبُوباً، وَالرُّوحَ بِهَيْئَةِ حَمَامَةٍ يُؤَيِّدُ حَقِيقَةَ الْكَلِمَةِ، فَيَا مَنْ ظَهَرَ وَأَنَارَ الْعَالَمَ، أَيُّهَا الْمَسِيحُ الْإِلَهُ الْمَجْدُ لَكَ.

- *Now sing the apolytikion of the patron saint or feast of the temple.*

KONTAKION OF THE THEOPHANY OF CHRIST IN TONE FOUR

(**The original melody**)

On this day Thou hast appeared * unto the whole world, * and Thy light, O Sovereign Lord, * is signed on us who sing Thy praise * and chant with knowledge: Thou hast now come, * Thou hast appeared, O Thou Light unapproachable.

قَدْ ظَهَرْتَ لِلدُّنْيَا، ذَا الْيَوْمِ يَا رَبُّ، وَضِيَاؤُكَ ارْتَسَمَ عَلَيْنَا نَحْنُ الْمُرْسَلِينَ لَكَ التَّسْبِيحَ عَنْ مَعْرِفَةٍ قَائِلِينَ: جِئْتَ وَبُنْتَ يَا نُوراً لَا يُدْنَى مِنْهُ.

THE EPISTLE

(For the Sunday after the Theophany of Christ)

Let Thy mercy, O Lord, be upon us. Rejoice in the Lord, O ye righteous.

The Reading from the Epistle of St. Paul to the Ephesians. (4:7-13)

Brethren, grace was given to each of us according to the measure of Christ's gift. Therefore, it is said, "When He ascended on high He led a host of captives, and He gave gifts to men." (In saying, "He ascended," what does it mean but that He had also descended into the lower parts of the earth? He who descended is He who also ascended far above all the heavens, that He might fill all things.) And His gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

لَتَكُنْ يَا رَبُّ رَحْمَتَكَ عَلَيْنَا
ابْتَهِجُوا أَيُّهَا الصَّادِقُونَ بِالرَّبِّ.

فصلٌ من رسالة القديس بولس الرسول إلى أهل أفسس. (4:7-13)

يا إخوة، لكل واحدٍ منا أُعطيت النعمة على مقدار موهبة المسيح* فذلك يقول لَمَّا صعد إلى العلى سبى سبياً وأعطى الناس عطايا* فكأنه صعد، هل هو إلا أنه نزل أولاً إلى أسافل الأرض؟* فذاك الذي نزل، هو الذي صعد أيضاً فوق السماوات كلها ليملاً كل شيء* وهو قد أعطى أن يكون البعض رؤساء، والبعض أنبياء، والبعض مبشرين، والبعض رعاة ومعلمين* لأجل تكميل القديسين، ولعمل الخدمة، وبنیان جسد المسيح* إلى أن ننهي جميعنا إلى وحدة الإيمان ومعرفة ابن الله، إلى إنسان كامل، إلى مقدار قامة ملء المسيح.

THE GOSPEL

(For the Sunday after the Theophany of Christ)

The reading from the Holy Gospel according to St. Matthew. (4:12-17)

At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: "The land of Zebulun and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying,

فصلٌ شريفٌ من بشارة القديس متى الإنجيلي البشير والتلميذ الطاهر (4:12-17)

في ذلك الزمان، لَمَّا سمع يسوع أن يوحنا قد أُسليم، انصرف إلى الجليل* وترك الناصرة، وجاء فسكن في كفرناحوم التي على شاطئ البحر في تخوم زبولون ونفتاليم* ليتم ما قيل بأشعياء النبي القائل: أرض زبولون وأرض نفتاليم، طريق البحر، عبر الأردن، جليل الأمم* الشعب الجالس في الظلمة أبصر نوراً عظيماً، والجالسون في بقعة الموت وظلاله أشرق عليهم

<p>“Repent, for the kingdom of Heaven is at hand.”</p>	<p>نورٌ * ومُنْدُودٌ ابْتَدَأَ يَسُوعُ يَكْرُرُ وَيَقُولُ: تَوْبُوا، فَقَدْ اقْتَرَبَ مَلَكُوتُ السَّمَاوَاتِ.</p>
<p>• <i>The Divine Liturgy of St. John Chrysostom continues as usual.</i></p>	
<p>THE DISMISSAL</p>	
<p>Priest: May He Who deigned to be baptized by John in the Jordan for our salvation, and 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, whose Divine Liturgy we have now celebrated; of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; <i>of Saint N., the patron and protector of this holy community</i>; of the holy and righteous ancestors of God, Joachim and Anna; of the Martyr Tatiana of Rome and those with her; Martyr Peter Absalom of Palestine; Virgin-martyr Euthasia; and Martyr Mertios of Mauretania, 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>الكاهن: أَيُّهَا الْمَسِيحُ الْهُنَا الْحَقِيقِي، يَا مَنْ اقْتَبَلَ أَنْ يِعْتَمِدَ مِنْ يُوْحَنَّا فِي الْأُرْدُنِّ مِنْ أَجْلِ خَلَاصِنَا، وَقَامَ مِنْ بَيْنِ الْأَمْوَاتِ، بِشَفَاعَاتِ أُمِّكَ الْكَلِيَّةِ الطَّهَارَةِ وَالْبَرِيَّةِ مِنْ كُلِّ عَيْبٍ؛ وَبِقُدْرَةِ الصَّلِيبِ الْكَرِيمِ الْمُخِييِ؛ وَبِطَلْبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانِ؛ وَالْقَدِيسِينَ الْمُشْرَفِينَ الرُّسُلِ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبِينَا الْجَلِيلِ فِي الْقَدِيسِينَ يُوْحَنَّا الذَّهَبِيِّ الْقَمِّ رَئِيسِ أَسَاقِفَةِ الْقُسْطَنْطِينِيَّةِ، كَاتِبِ هَذِهِ الْخِدْمَةِ الشَّرِيفَةِ، وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالظَّفْرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشِّحِينَ بِاللَّهِ؛ وَالْقَدِيسِ (فُلَانِ)، صَاحِبِ وَشَفِيعِ هَذِهِ الرَّعِيَّةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِينَ الصِّدِّيقِينَ يُوَاكِمِ وَحَنَّةَ جَدِّي الْمَسِيحِ الْإِلَهِ؛ وَالشَّهِيدَةَ تَاتِيَانَا الرَّومَانِي وَرِفَاقَهَا، الشَّهِيدَ بَطْرُسَ الْأَبِشَالُومِيِّ الْفِلَسْطِينِيِّ، الشَّهِيدَةَ أَفْتَاسِيَا، الْقَدِيسَ الشَّهِيدَ مَرْتِيُوسَ الْمُورِيتَانِيَا، الَّذِينَ نَقِيمُ تَذَكَارَهُمْ الْيَوْمَ، وَجَمِيعِ قَدِيسِيكَ، اِرْحَمْنَا وَخَلِّصْنَا بِمَا أَنْتَ صَالِحٌ وَمُحِبٌّ لِلْبَشَرِ.</p>
<p>Priest: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy on us and save us.</p>	<p>الكاهن: بِصَلَوَاتِ آبَائِنَا الْقَدِيسِينَ، أَيُّهَا الرَّبُّ يَسُوعُ الْمَسِيحُ الْهُنَا، اِرْحَمْنَا وَخَلِّصْنَا.</p>
<p>Choir: Amen.</p>	<p>الجوق: آمين.</p>

These texts have been prepared by the Department of Liturgics of the Antiochian Archdiocese

Portions of the Archdiocesan Service Texts include texts from The Menaion, The Great Horologion, The Pentecostarion, The Octoechos, and The Psalter of the Seventy, 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.