

St. George Orthodox Church of Montreal

A parish of the Antiochian Orthodox Christian Archdiocese of North America
www.saintgeorgemontreal.org

كنيسة القديس جاورجيوس الأرثوذكسية في مونتريال
تابعة للأبرشية الأنطاكية الأرثوذكسية المسيحية في شمال أمريكا

555-575 Jean-Talon East; Montreal, QC H2R 1T8; Phone: (514) 276-8533



يمكنكم متابعة اخبار كنيستنا بقرءة هذه النشرة الأسبوعية THIS BULLETIN IS YOURS TO SHARE

February 22, 2026

Sunday of Forgiveness (Cheese Fare)

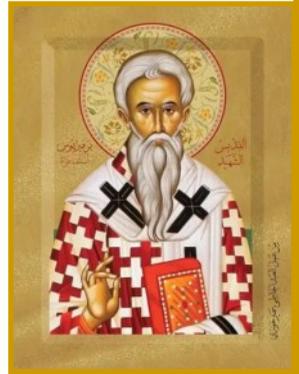
Uncovering of the Seven Martyrs' relics at Gate of Eugenios in Constantinople;

ORTHOFASH - St. George Montréal Youth Ministry

SAINT PORPHYRIUS, BISHOP OF GAZA

COMMEMORATED ON FEBRUARY 26

Saint Porphyrius was born around 346 in Thessalonica. His wealthy parents provided him with an excellent education. At the age of twenty-five, he renounced his wealth and travelled to Egypt, where he lived in the Nitrian Desert under the guidance of Saint Macarius the Great. He became a monk at Sketis, where he lived for five years. After making a pilgrimage to Jerusalem to venerate the Life-Giving Cross of the Lord, he moved into a cave in the Jordanian wilderness. Due to a severe ailment, he was forced to move to Jerusalem, where he was suddenly and completely cured after having a vision on Golgotha in which he saw the Good Thief come down from the Cross to lead him to Christ, who entrusted the Cross to him. **Porphyrius** took up the trade of a shoemaker in Jerusalem to provide for his basic needs. His humility and charity became so well known that, at the age of forty-five, the Bishop of Jerusalem ordained him as a priest and appointed him as the keeper of the True Cross of the Saviour. Three years later, much against his will, he was elected Bishop of Gaza.



In Gaza, **Porphyrius** found only 280 Christians; all the other inhabitants were fanatical idolaters. The Christian community was subjected to extreme violence at the hands of Gaza's rulers and pagans. It was only through his great faith and patience that **Porphyrius** succeeded in converting the inhabitants of Gaza to the Christian faith. In 401, with the support of Saint John Chrysostom, Emperor Arcadius and Empress Eudoxia issued an edict ordering the destruction of pagan temples in Gaza and the restoration of Christian privileges. Arcadius also provided funding for the construction of a new church on the site of the chief pagan temple.

The **Church of Saint Porphyrius** in Gaza is not only the oldest active church in the city, but also the third oldest in the world.

Saint Porphyrius guided his flock for twenty-five years and fell asleep in the Lord in 420.

ADAPTED FROM VARIOUS ORTHODOX SOURCES / INFORMATIONS TIRÉES DE PLUSIEURS SOURCES ORTHODOXES

Sunday, February 15, 2026

saintgeorgemontreal.org

PARISH CONTACT INFORMATION

CLERGY

His Eminence Metropolitan SABA
Archbishop of New York and Metropolitan
of all North America

His Grace Bishop ALEXANDER
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Tamara Karawi, *Secretary*

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Awada, Roy Azar, Laura Anne Habib,
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Arranging sacraments (baptisms, weddings,
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OFFICE HOURS - Mon-Fri 8:00—4:00 pm

Organizations/Groups Contact Information You are welcome to Join in with them!

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St. GEORGE BYZANTINE YOUTH CHOIR
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SAINT PORPHYRE, ÉVÊQUE DE GAZA

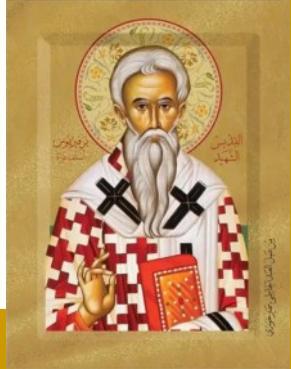
COMMÉMORÉ LE 26 FÉVRIER

Saint Porphyre est né vers 346 à Thessalonique. Ses parents, chrétiens et plutôt aisés, lui donnent une éducation solide. À l'âge de vingt-cinq ans, il renonce à sa fortune et part vivre en ermite dans le désert de Scété, en Égypte, sous la direction de saint Macaire le Grand; il y reste cinq ans. Après avoir accompli un pèlerinage à Jérusalem pour vénérer la Sainte Croix, il s'installe dans une grotte du désert jordanien. Malade, **Porphyre** se rend à Jérusalem, où il est soudainement et complètement guéri après avoir eu une vision du Christ, qui lui confie la Sainte et Vivifiante Croix, accompagné du Bon Larron. Sa réputation de sainteté, rehaussée par sa générosité, attire l'attention du patriarche de Jérusalem qui l'ordonne prêtre. Pour subvenir à ses besoins essentiels, **Porphyre** devient cordonnier à Jérusalem. Sa grande humilité et sa charité sont si célèbres qu'à l'âge de quarante-cinq ans, l'évêque de Jérusalem l'ordonne prêtre et le nomme gardien de la Sainte et Vivifiante Croix du Sauveur. Trois ans plus tard, **Porphyre** est élu évêque de Gaza, bien malgré lui. Arrivé à Gaza, il ne trouve que 280 chrétiens, car tous les autres habitants sont de fervents idolâtres.

La communauté chrétienne est alors confrontée à une violence extrême de la part des dirigeants et des païens de la ville. Grâce à sa grande foi et à sa patience, **Porphyre** convertit les habitants de Gaza à la foi chrétienne. En 401 et grâce au soutien de saint Jean Chrysostome, l'empereur Arcadius et l'impératrice Eudoxie publient un édit ordonnant la destruction des temples païens de Gaza et le rétablissement des privilèges des chrétiens. De plus, Arcadius finance la construction d'une nouvelle église, érigée sur le site du principal temple païen.

L'**Église Saint-Porphyre de Gaza** est la plus ancienne église encore en activité dans la ville et la troisième plus ancienne église encore utilisée au monde.

Saint Porphyre guide ses ouailles pendant vingt-cinq ans et s'endort dans Le Seigneur, en 420.



القديس بورفيرىوس أسقف غزة

نعيّد له في 26 شباط

وُلِدَ **القديس بورفيرىوس** في تسالونيكى قُرابة العام 346. منحه والداه الأثرياء تعليماً متميزاً. تخلى عن أملاكه في عامه الخامس والعشرين وانتقل إلى مصر حيث عاش في صحراء وادي النطرون تحت إشراف القديس مكاريوس الكبير. أصبح راهباً في مدينة سكيتيس فيها حيث عاش لمدة خمسة سنوات. بعد حجّه إلى القدس لتكريم الصليب المقدّس المحيي، قَدَّر الإنتقال إلى مغارة في صحراء الأردن. أُجِبَ على العودة إلى القدس بسبب مرض شديد. لكنّه سُفِيَ بشكل تامّ ومفاجئ بعد أن شاهد رؤيا حدثت في الجلجلة نزل فيها اللصّ الصالح عن الصليب ليقوده للمسيح الذي اتّمتنه على الصليب. امتهن **بورفيرىوس** صناعة الأحذية كمهنة في القدس ليؤمّن احتياجاته الأساسيّة. انتشر خبرُ تواضعه وأعماله الصالحة إلى حدّ جعل أسقف القدس أن يسيّمه كاهناً في عمر الخامسة والأربعين ويأتمنه على صليب المُخلّص الحقيقي. بعد ثلاثة أعوام تمت سيامته زُعماً عنه أسقفاً لمدينة غزة.

وَجَدَ **بورفيرىوس** 280 مسيحياً فقط في غزة حيث كان بقية السكان من عبّدة الأوثان المتشددين. كانت الجماعة المسيحية تتعرّض للعنف الشديد على يد حُكّام غزة الوثنيين. استطاع **بورفيرىوس** بفضل إيمانه وصبره القويّين أن يهدّي سكّان غزة إلى المسيحيّة. بدعم من القديس يوحنا الذهبي الفم أمرَ الإمبراطور أركاديوس والامبراطورة إفذوكسيّا في العام 401 أن تُدَمّر المعابد الوثنيّة في غزة وأن تُعاد حقوق المسيحيين. كما أمّنَ الإمبراطور أركاديوس التّمويل لبناء كنيسة جديدة في موقع أكبر معبد وثني.

كنيسة القديس بورفيرىوس في غزة ليست فقط أقدم كنيسة لا تزال مستخدمة في المدينة فحسب، وإنما إحدى الكنائس الثلاث الأقدم في العالم.

قاد **القديس بورفيرىوس** رعيّته لمدة خمسة وعشرون سنة إلى أن رقد في الرب في عام 420.



**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Prot. no.: 073/2026

Great Lent 2026

Beloved in the Antiochian Orthodox Christian Archdiocese of North America,

By the grace of God, we welcome the season of holy Lent—this blessed time which the Church has appointed for us as an opportunity for renewal, repentance, and a sincere return to the depths of the heart, where we encounter our Lord in an atmosphere of stillness and clarity. This helps us to reorder our priorities and to realign our lives with our pursuit of the true life that is in Christ. It is a time to remember:

- That fasting, as we have received it from the living Tradition of the Church, is not an end in itself, nor is it merely abstaining from certain foods. Rather, it is a comprehensive spiritual journey whose aim is the liberation of the inner person and the reordering of our relationship with God, with ourselves, and with others.
- That we fast not to humiliate or punish the body, but so that the body may become obedient to the spirit. We fast because we ourselves are in need of fasting; through it, we grow spiritually and humanly, our inner depths are healed, and our hearts are enlarged to receive the grace of God. God does not need our fasting, but He rejoices in our return to Him with a humble heart.
- That we were created for the heavenly Kingdom, and fasting helps awaken this deep longing within us. It purifies our spiritual vision so that we may view our lives in the light of eternity. For this reason, the Church calls us to live Lent within its communal framework—not as an individual effort or a selective choice, but as an experience lived by the community of believers across the generations, and walked by the saints as a path toward true freedom.
- That our commitment to the Church’s fasting guidelines is not merely formal, but a call to move from disciplining the table to refining the heart, and from external abstinence to inner purification.

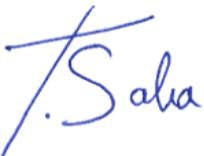
- True fasting leads us into the depths of ourselves, where we confront our weakness, confess our sins, and open our hearts to the work of grace.
- That fasting is inseparably linked to prayer and works of mercy. There is no fasting without prayer, and no fasting without love. Through prayer we lift our hearts to God, and through mercy we translate our fasting into a living act of love, especially toward the poor and the needy. Therefore, the Church calls us to share with others what we save through fasting, transforming abstinence into giving, hunger into communion, and deprivation into love.
- That our contemporary world, with its excessive consumption and false sense of fullness, is in urgent need today of the spirit of fasting as a path to freedom, balance, and the restoration of human mastery over oneself. We are not of this world, even though we live in it, and fasting teaches us to use the goods of the world without becoming enslaved to them.

Fasting, my beloved, is the provision for the journey toward the glorious Pascha, where the mystery of redemption becomes a living reality within us, and the Resurrection of Christ is transformed into an inner resurrection that renews our lives. Let us live this holy season not as a negative act of deprivation, but as a positive journey toward God—filled with His presence, renewed in spirit, and growing in love.

I ask the Lord, on your behalf, to grant us all an acceptable fast, sincere repentance, and a humble heart, so that we may together attain the joy of the Resurrection.

Wishing you a blessed fast and a holy season, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "T. 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)

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Divine Liturgy Variables for Sunday February 22, 2026

RESURRECTIONAL APOLYTIKION IN TONE FOUR

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.

APOLYTIKION OF ST. GEORGE IN TONE FOUR

As deliverer of captives and defender of the poor; healer of the infirm, champion of kings; victorious Great Martyr George, intercede with Christ our God; for our souls' salvation.

KONTAKION FOR SUNDAY OF FORGIVENESS IN TONE SIX

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

طروبارية القيامة بالحن الرابع

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَّرَ بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِّيَّ، وَخَاطَبْنَ الرَّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِّحِ الْمَوْثُ وَقَامَ الْمَسِيحُ الْإِلَهَ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

طروبارية القديس جاورجيوس بالحن الرابع

بِمَا أَنْتَ لِلْمَاسُورِينَ مُحَرَّرٌ وَمُعْتَقٌ، وَلِلْفُقَرَاءِ وَالْمَسَاكِينِ عَاضِدٌ وَنَاصِرٌ، وَلِلْمَرْضَى طَيِّبٌ وَشَافٍ، وَعَنْ الْمُؤْمِنِينَ مُكَافِحٌ وَمُحَارِبٌ أَيُّهَا الْعَظِيمُ فِي الشَّهَادَةِ جَاورْجِيُوسُ اللَّابِسِ الظَّفَرِ، تَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِي فِي خَلَاصِ نَفُوسِنَا.

قنداق لأحد الغفران بالحن السادس

أَيُّهَا الْهَادِي إِلَى الْحِكْمَةِ، وَرَازِقُ الْفَهْمِ وَالْفِطْنَةِ، وَمُؤَدِّبُ الْجُهَالِ، وَعَاضِدُ الْمَسَاكِينِ، شَدِّدْ وَفَهِّمْ قَلْبِي أَيُّهَا السَّيِّدُ، وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الْآبِ، لِأَنِّي هَاأَنْدَا لَا أَمْنَعُ شَفَّتِي مِنَ الصُّرَاخِ إِلَيْكَ: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعِ.



THE EPISTLE (For the Sunday of Forgiveness)

O Lord, how magnified are Thy works. In wisdom hast Thou made them all.
Bless the Lord, O my soul.

The Reading from the Epistle of St. Paul to the Romans .(13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

الرسالة (الأحد الغفران)

ما أعظم أعمالك يارب، كلها بحكمة صنعته. باركي يا نفسي الرب.

فصل من رسالة القديس بولس الرسول إلى أهل رومية .

يا إخوة، إن خلاصنا الآن أقرب مما كان حين آمننا. قد تناهى الليل واقترب النهار، فلندع عنا أعمال الظلمة ونلبس أسلحة النور. لنسلكن سلوكاً لائقاً كما في النهار، لا بالفصوف والسكر، ولا بالمصاحج والعهر، ولا بالخصام والحسد، بل النبوا الرب يسوع المسيح ولا تهتموا بأجسادكم لقضاء شهواتها. من كان ضعيفاً في الإيمان فاتخذوه بغير مباحثة في الآراء. من الناس من يعتقد أن له أن يأكل كل شيء، أما الضعيف فيأكل بُغولاً. فلا يزدري الذي يأكل من لا يأكل ولا يدين الذي لا يأكل من يأكل، فإن الله قد اتخذه من أنت يا من تدين عبداً أجنبياً؟ إنه لمؤلاه يثبت أو يسقط. لكنه سيثبت لأن الله قادر على أن يثبتته .



L'ÉPÎTRE

*Que tes œuvres sont grandes, Seigneur.
Tu as tout créé avec sagesse. Bénis le Seigneur, ô mon âme.*

Lecture de la première épître du saint apôtre Paul aux Romains.

Frères, le salut est désormais plus près de nous qu'au temps où nous avons cru. La nuit s'avance, le jour est proche. Laissons là les œuvres de ténèbres et revêtons les armes de lumière. Comme en plein jour, conduisons-nous avec dignité : point de ripailles ni d'orgies, pas de luxure ni de débauche, pas de querelles ni de jalousies. Mais revêtez-vous du Seigneur Jésus Christ, et ne vous souciez pas de la chair pour en satisfaire les convoitises. Envers celui qui est faible dans la foi, soyez accueillants, sans vouloir discuter des opinions. Tel croit pouvoir manger de tout, tel autre n'a pas cette force et poursuit sa diète de végétarien. Que celui qui mange de tout ne méprise pas l'abstinent, et que l'abstinent ne juge pas celui qui mange de tout, puisque Dieu l'a reçu. Toi, qui es-tu pour juger le serviteur d'autrui ? Qu'il demeure ferme ou qu'il tombe, cela ne regarde que son maître. D'ailleurs il restera ferme, car le Seigneur a le pouvoir de le soutenir.

THE GOSPEL

The Reading from the Holy Gospel according to St. Matthew (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.



الإنجيل

فصلٌ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

قَالَ الرَّبُّ: إِنَّ غَفَرْتُمْ لِلنَّاسِ زَلَاتِهِمْ، يَغْفِرْ لَكُمْ أَبُوكُمْ السَّمَاوِيِّ أَيْضاً. وَإِنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَاتِهِمْ، فَأَبُوكُمْ أَيْضاً لَا يَغْفِرْ لَكُمْ زَلَاتِكُمْ. وَمَتَى صُمْتُمْ، فَلَا تَكُونُوا مَعْبَسِينَ كَالْمُرَائِينَ. فَإِنَّهُمْ يُنْكِرُونَ وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ. أَمَا أَنْتَ فَإِذَا صُمْتَ، فَادْهَنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لئَلَّا تَظْهَرَ لِلنَّاسِ صَائِماً، بَلْ لِأَبِيكَ الَّذِي فِي الْخَفِيَّةِ، وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عِلَانِيَةً. لَا تَكْنِزُوا لَكُمْ كُنُوزاً عَلَى الْأَرْضِ، حَيْثُ يُفْسِدُ السُّوسُ وَالْأَكِلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ. لَكِنْ اكْنِزُوا لَكُمْ كُنُوزاً فِي السَّمَاءِ حَيْثُ لَا يُفْسِدُ سَوْسٌ وَلَا آكِلَةٌ وَلَا يَنْقُبُ السَّارِقُونَ وَلَا يَسْرِقُونَ. لِأَنَّهُ حَيْثُ تَكُونُ كُنُوزُكُمْ، هُنَاكَ تَكُونُ قُلُوبُكُمْ.

L'ÉVANGILE

Lecture de l'Évangile selon Saint Matthieu

Le Seigneur a dit: « Si vous pardonnez leurs fautes aux hommes, votre Père céleste vous pardonnera à vous aussi ; mais si vous ne pardonnez pas aux hommes votre Père non plus ne vous pardonnera pas vos fautes. Quand vous jeûnez, ne prenez pas un air triste, comme les hypocrites, qui se prennent une mine défaite, pour montrer aux hommes qu'ils jeûnent. En vérité, je vous le dis, ils ont reçu leur récompense. Mais toi, quand tu jeûnes, parfume-toi la tête et lave-toi le visage, afin de ne pas montrer aux hommes que tu jeûnes, mais seulement à ton Père qui est là dans le lieu secret ; et ton Père, qui voit dans le secret, te le rendra. Ne vous amassez pas de trésors sur la terre, où les vers et la rouille détruisent, et où les voleurs percent et dérobent ; mais amassez-vous des trésors dans le ciel où ni les vers ni la rouille ne détruisent, et où les voleurs ne percent ni ne dérobent : car là où est ton trésor, là aussi sera ton cœur. »

THE SYNAXARION

On February 22 in the Holy Orthodox Church, we commemorate the uncovering of the Seven Martyrs' relics at Gate of Eugenios in Constantinople; and Martyr Anthusa and her twelve servants.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

Verses

Let the world mourn bitterly along with ages past;

As, by sweet eating, it hath fallen along with those who had fallen.

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

MEMO FROM THE CEDARS HOME FOR THE ELDERLY **RE: LES HABITATION ST. GEORGES/LES CÈDRES**

From time to time, apartments become available at Habitation St. Georges/Les Cèdres, 7255 Lajeunesse Street, located just behind St. George Church.

These HLM apartments (low-rent social housing) are for low-income individuals who are senior citizens (65 years of age and over). They are always a one bedroom dwelling, for either a married couple or a single person from our Middle Eastern Christian community. All applicants must meet the qualifications as outlined by the OMHM (Office municipal d'habitation de Montréal).

For more information and to place your name on the waiting list, please call 514 826-8975.

المناسبات الكنسيّة القادمة

انضموا إلينا بحضوركم شخصياً إلى الكنيسة للمشاركة في الخدم الكنسيّة
يمكنكم متابعة البث المباشر على صفحة الفيسبوك الخاصة بكنيستنا
https://www.facebook.com/stgeorgemtl/live_videos

شباط ٢٠٢٦

الأحد ٢٢	أحد مرفع الجبن (الغفران)	*
	صلاة السحرية ٩:١٠ صباحاً	*
	القُدّاس الإلهي ١٠:٣٠ صباحاً	*
	صلاة الغروب - أحد الغفران ٦:٣٠ مساءً	*
الإثنين ٢٣	بدء الصوم الكبير	*
	صلاة النوم الكبرى ٦:٣٠ مساءً	*
الثلاثاء ٢٤	ندوة حول المهارات في الدراسة—Mentoring Program ٦:٣٠ مساءً	*
الأربعاء ٢٥	قُدّاس البروجيزماني (القدسات السابق تقديسها) ٦:٣٠ مساءً	*
	اجتماع فرقة الرجال—حديث روحي مع الأب جوزيف ٧:٣٠ مساءً	*
الجمعة ٢٧	صلاة المديح (الذي لا يُجلس فيه) ٦:٣٠ مساءً	*
	مائدة محبةً تقدمه "السيدات الأنطاكيّات" ٨:٠٠ مساءً	*
السبت ٢٨	نشاط لأبناء مدارس الأحد Creative Art Festival Workshop ١:٠٠ ب.ظ.	*
	دراسة اللّغة العربيّة ٢:٠٠ ب.ظ.	*
	تدريبات جوقة أطفال كنيسة القُدّيس جاورجيوس ٤ مساءً	*
	صلاة الغروب ٦:٣٠ مساءً	*
	اجتماع الشبيبة YAM ٧:٣٠ مساءً	*
الأحد ١	أحد الأرثوذكسيّة (رفع الأيقونات)	*
	صلاة السحرية ٩:١٠ صباحاً	*
	القُدّاس الإلهي ١٠:٣٠ صباحاً	*
الإثنين ٢	نشاط للشبيبة Teen Soyo ١٠:٠٠ صباحاً	*
	صلاة النوم الكبرى ٦:٣٠ مساءً	*

آذار ٢٠٢٦



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WHAT WE OFFER:

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 - ✓ Study spaces & quiet environment
 - ✓ High-speed internet
 - ✓ Snacks & coffee available
- 📍 **LOCATION:** Saint George Orthodox Church
of Montreal – Youth Center
- 📅 Every Monday through Friday
- 🕒 **HOURS:** 10:00 AM – 10:00 PM



Come study, connect, and thrive!

SAINT GEORGE MENTORING PROGRAM

WE ARE HIRING



We are looking for motivated and reliable teens and/or young adults to join our team as **On-Site Coordinators** and/or **Interns**.

Part-time, 10 hours/week: starting ASAP
Full-time, 30 hours/week: Summer 2026

- ✓ Gain real experience
- ✓ Make a difference
- ✓ Build skills you can put on your resume

APPLY NOW. LIMITED POSITIONS AVAILABLE

For more information, contact **Catherine Kishfy** by phone at **(514) 276-8533 ext. 204** or by email at **mentoringdirector@saintgeorgemontreal.org**

UPCOMING PARISH EVENTS

Join us and come to the Church to attend church services in person.
For the Live feed, please join us on Facebook
https://www.facebook.com/stgeorgemtl/live_videos

February 2026

Sunday 22 - Sunday of Forgiveness (Cheese Fare)

- * 09:10 am Sunday Orthros
- * 10:30 am Divine Liturgy
- * 06:30 pm Vespers for Forgiveness Sunday

Monday 23— Great Lent Begins

- * 06:30 pm Great Compline

Tuesday 24

- * 06:30 pm Study Skills Workshop offered by the Mentoring Program

Wednesday 25

- * 06:30 pm Pre-Sanctified Liturgy
- * 07:30 pm Men's Brotherhood Spiritual talk lead by Fr. Joseph

Friday 27

- * 06:30 pm Madayeh Service (Akathist)
- * 08:00 pm Madayeh Supper hosted by "The Antiochian Women"

Saturday 28

- * 01:00 pm Church School Creative Art Festival Workshop
- * 02:00 pm Arabic classes
- * 04:00 pm St. George Children Choir rehearsal
- * 06:30 pm Vespers
- * 07:30 pm Young Adults Meeting



March 2026

Sunday 1 - Sunday of Orthodoxy

- * 09:10 am Sunday Orthros
- * 10:30 am Divine Liturgy

Monday 2

- * 10:00 am Teen SOYO Bible Bowl & Lenten Cooking
- * 06:30 pm Great Compline



Prayers Offered

For the Living

For the Orthodox Servants of God:

Agnes Zakaib; Nicholas Azar; Arlette Issid & family; Mona Akkawi Turk;
Carole Mallouk Barr; Carol; Angie; Yvette Kassis; Souad Khoury;
Eleni; Enriqu ; Julie Kourakos; Nabil Samaan; Jean-Pierre;
Julie Grillakis; Sophia Jabbour; Elie Doro; Mary Aboud; Jos e Bernaquez;
Gaby, Nada & Nicolas Mouacdi ; Josephine Soury; Fouad.

Memorials Today

Said Chammas (Newly departed)
Mounir Chamandy (Newly departed)
May Shalhoub Saad
Katherine (5 years) & Robert Anka
Tony Paradiso (8 years); Lillian (Pearl) Zigayer (26 years)
Joseph Francis (39 years)
Montaha (Mahawesh) Chamandy (25 years)
Morris Michael (44 years); Dorothy Elias
Jenny Elias; Mary Elias; Joseph Elias
Douad Daoud; Youssef, Zakiy , Salim & Loutfi , George & Diana Daoud
Bertha, Elias, Laura & Pauline Malky

Our heartfelt sympathies to

The Chammas family on the loss Said,
who fell asleep in the Lord in Cyprus on February 19th
&

The Chamandy family on the loss of Mounir,
who fell asleep in the Lord on February 15th

Churchings Today

Jeremy Daher, son of Christian Daher & Jennifer Khalil
&
Amari Naccache, daughter of Jonathan Naccache & Jennifer Tomas

graphic design

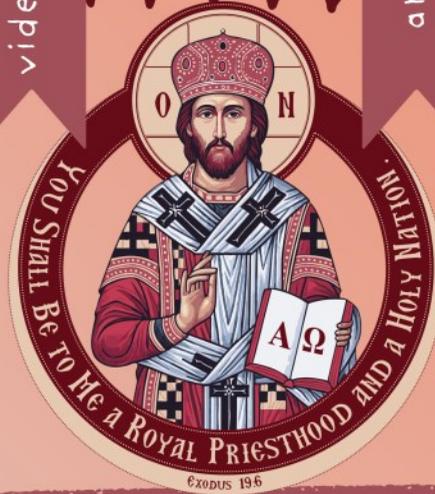
writing

video

art

poetry

photography



CREATIVE FESTIVALS 2026

You shall be to Me a royal
priesthood and a holy nation.
- Exodus 19:6

Join Our Second Creative Festivals Workshop!

**Don't miss out on our second and final Creative Festivals
Workshop happening on February 28 from 1:00 to 4:00 PM!
Kids will receive materials and have time to start working
on their art project.**

Plus, they'll get to enjoy pizza together!



When: February 28 | 1:00 - 4:00 PM

Register now:

<https://bit.ly/creative-festivals-workshop2>

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UPSTATE NEW YORK**

PARISH LIFE CONFERENCE 2026

JULY 2ND – JULY 5TH, 2026

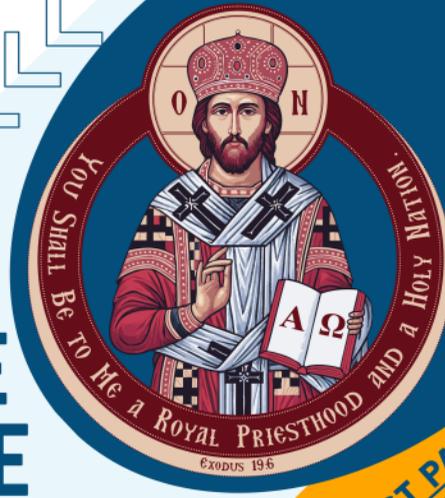
**REGISTRATION
IS OPEN!**

**VISIT THE WEBSITE
AND REGISTER TODAY:**

WWW.OTTAWAPLC.ORG



**EARLY-BIRD TICKETS ARE
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- Emails sent to the full parish, 1,200 + families
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For more information, email us at:

info@saintgeorgemontreal.org

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RBQ # 5842-3856-01



RBQ # 5842-3856-01

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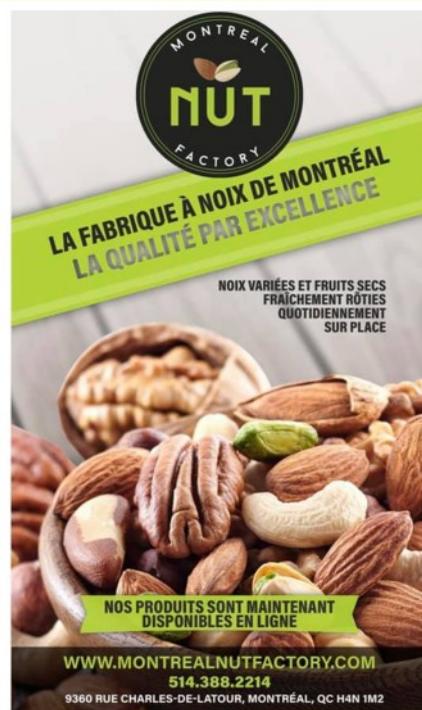
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Our Mentoring Program is offering

Study Skills Workshops



Time: 6:30 PM



Location: Saint George Learning Center



Who: Teens & Young Adults



Registration open: Scan QR codes



Session Dates & Topics:



SESSION : 02 Note Taking & Class Time
February 17, 2026



SESSION : 03 Study Environment
February 24, 2026



SESSION : 04 Time Management
March 3, 2026



SESSION : 05 Study Methods
March 10, 2026



SESSION : 06 Test Preparation
March 31, 2026

SAINT GEORGE SUMMER DAY CAMP

July
6

Camp Dates: July 6th- July 31st, 2026



★ Camper Registration Now Open! ★

\$225 per week / Deadline: June 15

Don't miss out on our EARLY BIRD DISCOUNTS, available until April 30:

- 20% off TWO weeks: \$180/week - PROMO CODE: EARLYBIRD2.**
- 30% off THREE weeks: \$157.5/week - PROMO CODE: EARLYBIRD3.**
- 35% off FOUR weeks: \$146.25/week - PROMO CODE: EARLYBIRD4.**

**Contact us at 514-276-8533 Ext:205 or Youth@saintgeorgemontreal.org
to inquire about available discounts for siblings.**

SAINT GEORGE LEARNING CENTER

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**STUDENTS IN
EP & UNIVERSITY**

**THE TOTAL
AND THE
S.**



SAINT GEORGE SUMMER DAY CAMP

July
6

Camp Dates: July 6th- July 31st, 2026



★ Volunteer and Staff Applications Now Open! ★

Staff Application Deadline: March 15th, 2026

Volunteer Application Deadline: March 31st, 2026

To receive the application and begin your journey with us,
please send us an email at Youth@saintgeorgemontreal.org

We look forward to hearing from you and welcoming you to our
summer camp family!

Let's make this summer extraordinary together!

HELP US CONNECT STUDENTS WITH INTERNSHIP OPPORTUNITIES!

Are you a **business owner, a professional, or someone who knows or works for a company** that offers internships? Do you **work for a company** that hires interns, and are you willing to help us connect with your company to help facilitate internship opportunities?

We're looking for **partners and community members** who want to help students gain valuable, real-world experience.

Our goal is to connect **motivated college and high school students** with meaningful internship placements that foster learning, growth, and career exploration.

We're Seeking:

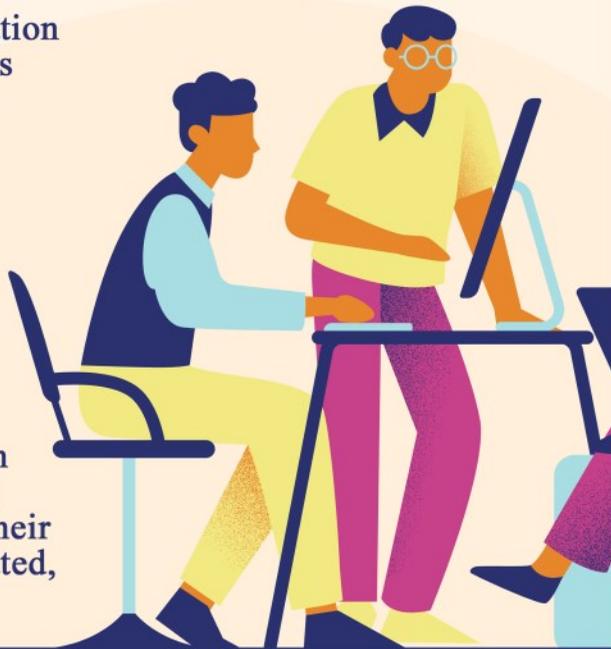
- Businesses or organizations willing to hire interns
- Individuals who can share information about companies offering internships

Internship Options:

- In-person, remote, or hybrid opportunities
- Flexible scheduling (semester, summer, or short-term placements)
- Paid or unpaid positions, all experiences are valuable!

Your Involvement Matters

By offering or connecting us with an internship opportunity, you'll play a vital role in preparing students for their future careers, while gaining motivated, enthusiastic interns in return.



Interested? Contact Catherine Kishfy, Mentoring Director



mentoringdirector@saintgeorgemontreal.org



(514) 276-8533 ext. 204

Internship Program

Are you interested in gaining **practical experience through an internship**, but not sure where to start?

We're here to help you **find and prepare for internship opportunities** that align with your academic and career goals!



What You Can Expect:

- Guidance on locating and applying for suitable internships
- Support with resumes, cover letters, and interview preparation
- Connections with organizations seeking student interns

Who Can Participate:

- Primarily designed for **CEGEP and university students**
- **High school students** who are motivated to explore career pathways are also welcome!

Why Get Involved:

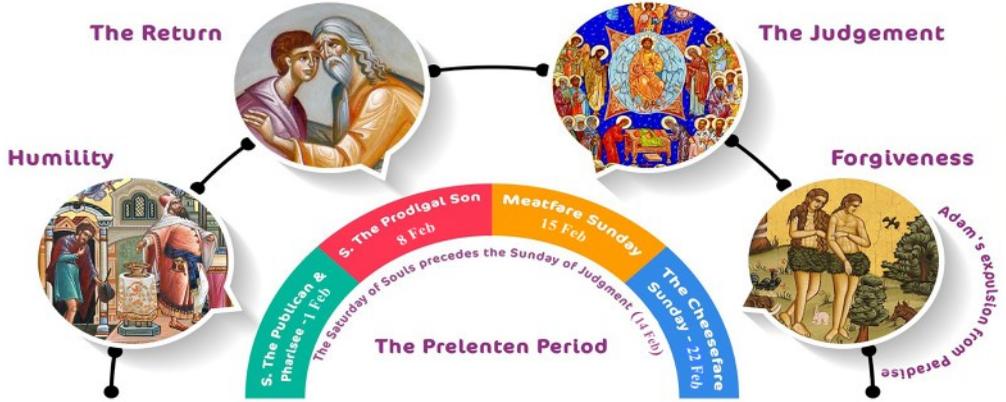
- Gain hands-on, real-world experience
- Build confidence and professional skills
- Explore potential career directions

✉ Interested? Contact Catherine Kishfy, Mentoring Director

✉ mentoringdirector@saintgeorgemontreal.org

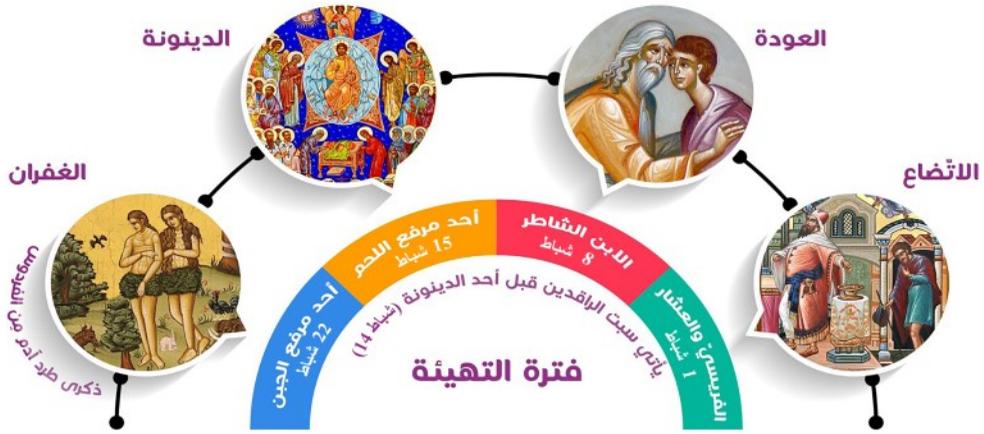
☎ (514) 276-8533 ext. 204

The Triodion's period can be divided into three basic phases:
 1- The Prelenten period 2- The Great Lent of forty days 3- Holy Week.



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يُقسم زمن التريودي إلى ثلاث مراحل أساسية:
 ١- فترة التهيئة ٢- الصوم الأربعيني ٣- الأسبوع العظيم.

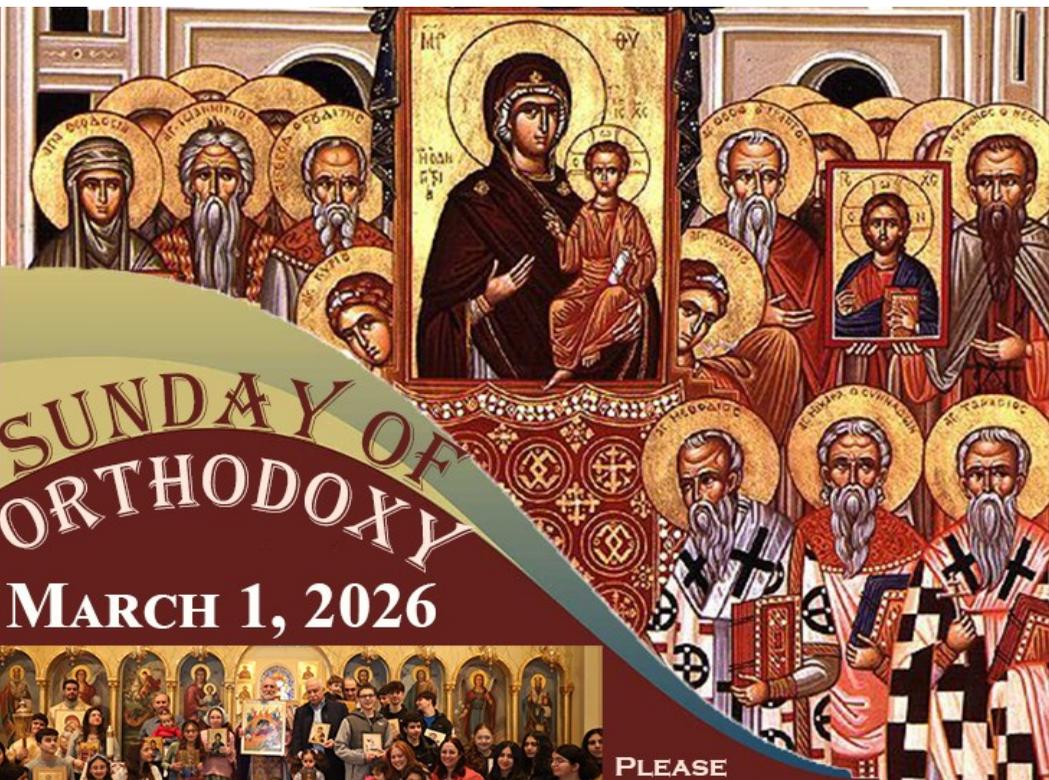


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OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 8th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 15th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 22nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 1st	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 8th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 15th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 22nd	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent MARCH 29th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 5th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 10th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 12th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



SUNDAY OF ORTHODOXY

MARCH 1, 2026



**PLEASE
REMEMBER
TO BRING YOUR ICONS
FOR THE PROCESSION THAT
WILL TAKE PLACE IN THE CHURCH.**

The Sunday of Orthodoxy celebrates the triumph of the true faith, not as a victory of pride, but as a testimony to the living truth of Christ in His Church. This feast commemorates the restoration of the holy icons, affirming that the Word truly became flesh and dwelt among us, and that His image may be depicted, honored, and venerated without idolatry.

Orthodoxy is not simply a set of doctrines;
it is the life of Christ lived within His Body, the Church.

Icons are windows into the Kingdom. They call us to holiness, humility, and love. They proclaim that God has entered our history, sanctified creation, and invites us to be transformed in His likeness.

As we continue our Lenten journey, let us guard the faith entrusted to us, not only through our words, but through our actions, compassion, and repentance. May we cleanse the “icons” of our own hearts from the dust of sin, so that the light of Christ may shine through us into the world.