

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



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March 29, 2026

Sunday of THE Righteous Mother Mary of Egypt

Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon of Heliopolis and those with them.

ORTHOFASH - St. George Montréal Youth Ministry

SAINT MARTYR LONGIN, LE CENTURION

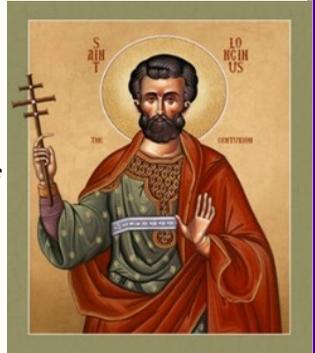
Longin (en latin *Longinus*) sert en Judée sous les ordres de Ponce Pilate. Il commande les soldats qui gardent la Sainte-Croix, sur le Golgotha. Selon la Tradition de l'Église, **Longin** est le centurion qui transperce le côté du Sauveur d'un coup de lance et guérit instantanément d'une maladie des yeux, lorsque du sang et de l'eau jaillissent de la blessure.

Lui et ses soldats sont témoins des derniers instants de la vie terrestre du Seigneur, ainsi que des événements qui se produisent à sa mort : « *le voile du Temple* (qui) *se déchire en deux (...)*, *la terre* (qui) *tremble*, *les rochers* (qui) *se fendent*, *les tombeaux* (qui) *s'ouvrent et les corps de plusieurs saints (...)* morts (qui) *ressuscitent*. »

Après la mort du Sauveur, **Longin** et ses compagnons gardent la tombe et sont témoins de la résurrection radieuse du Christ. Les Juifs essaient de les soudoyer pour qu'ils disent que les disciples ont volé le corps, la nuit, mais lui et deux de ses compagnons ne peuvent pas ignorer le miracle de la résurrection.

Saint Longin et ses compagnons vont en Cappadoce, où il est né, pour prêcher la parole du Christ. Quand Pilate voit que le christianisme se répand, il écrit à l'empereur pour dénoncer le centurion. Tibère César fait arrêter **Longinus** et le fait décapiter. Les hommes de l'empereur envoient ensuite sa tête à Jérusalem pour prouver à Pilate et aux grands prêtres qu'il est vraiment mort.

Des années plus tard, **saint Longin** apparaît en songe à une femme noble de Cappadoce qui a perdu et la vue et son fils. Il lui révèle le lieu où est enterrée sa tête et lui promet de la guérir. Lorsqu'elle trouve la tête du saint martyr, elle recouvre la vue et reçoit la grâce de voir son fils aux côtés du Saint dans le Royaume des Cieux.



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Sunday, March 29, 2026

saintgeorgemontreal.org

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PARISH CONTACT INFORMATION

CLERGY

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

His Grace Bishop ALEXANDER
Auxiliary Bishop of the Diocese of Ottawa,
Eastern Canada and Upstate New York

V. Rev. Dr. Joseph Purpura, Pastor
الأب جوزيف پورپورا
frjoseph@saintgeorgemontreal.org

Rev. Fr. Gabriel Abdel Nour,
الأب غابرييل عبد النور
Assistant Pastor,
frgabriel@saintgeorgemontreal.org

Philip Genest, Nicolas Bayouk &
Christian Kishfy, Sub-Deacons

PARISH COUNCIL

Elie Mallouk , *President of the Parish Council*
president@saintgeorgemontreal.org

Cynthia Mégélas, *Vice-President*

Gregory Ayoup, *Treasurer*

Tamara Karawi, *Secretary*

Samer Al Laham, Jaimie Auger, Kim
Awada, Roy Azar, Laura Anne Habib,
Nick Maliha.

Fr Joseph Purpura, *Pastor*

Carol Jazzar, *Immediate Past President*

OFFICE ADMINISTRATION STAFF

Viviane Gédéon, *Office Administrator*,
info@saintgeorgemontreal.org

Arranging sacraments (baptisms, weddings,
funerals); home and hospital visits; membership,
dues and donations; hall reservations.

YOUTH DIRECTOR

Hayat Kassab, *Youth Director*,
youth@saintgeorgemontreal.org

OFFICE HOURS - Mon-Fri 8:00—4:00 pm

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

CHOIRS:

St. GEORGE CHOIR
St. GEORGE CHILDREN'S CHOIR
St. GEORGE BYZANTINE YOUTH CHOIR
Bronwyn Schuman, *Choir Director*,
choir@saintgeorgemontreal.org

CHANTERS:

Georges Fattouh, *First Chanter*,
Nagy Helal

ANTIOCHIAN WOMEN:

Linda Alexander, *President*, abralinann@yahoo.ca

TEEN SOYO:

Michael Karam, *President*,
soyo@saintgeorgemontreal.org

YOUNG ADULTS MINISTRY (YAM):

George Khouri, *President*,
YAM@saintgeorgemontreal.org

CHURCH SCHOOL:

Rouba Khouri, rouba.khouri@gmail.com

ORDER OF ST. IGNATIUS OF ANTIOCH:

Carol Jazzar, carol.jazzar@gmail.com

LE CERCLE ST. GEORGE:

Hedy Ephtimios, hedy.ephtimios@gmail.com
Magda Naim, magdanaim75@gmail.com
Barbara Meimari, barbie.meimari@gmail.com

ST. GEORGE SOCIAL CLUB:

Nick Maliha, *Coordinator*, nick.maliha@gmail.com

ARABIC BIBLE FELLOWSHIP:

Nick Maliha, *Coordinator*, nick.maliha@gmail.com

WEST ISLAND BIBLE STUDY (English):

Diane Nemer, *Coordinator*, remenenaidd@videotron.ca

LEGACY & TRINITY FUNDS:

Peter Auger, *Chairman*,
peterlegacy@saintgeorgemontreal.org

COMMUNITY CARE & COMFORT:

Carolyn Zigayer, carolyn@freedin.ca
Kim Awada, kimawada@gmail.com

ICON STUDIO:

Virginie Desjardins, virginieicones@gmail.com
Icon Classes Available upon Registration

MOTHER'S GROUP:

Lana Azar, mothersgroup@saintgeorgemontreal.org

MEN'S BROTHERHOOD GROUP:

Ion Materinca,
mensbrotherhood@saintgeorgemontreal.org

MENTORING PROGRAM

Catherine Kishfy, *Mentoring Director*
mentoringdirector@saintgeorgemontreal.org

HOLY MARTYR LONGINUS THE CENTURION

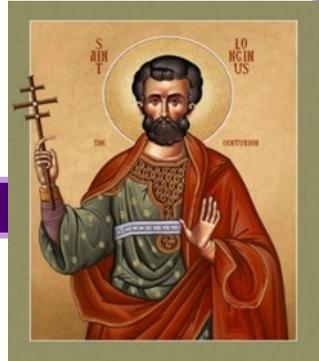
Longinus served in Judea under Pontius Pilate. He commanded the detachment of soldiers who stood watch on Golgotha at the foot of the Holy Cross. According to Church Tradition, Longinus was the centurion who pierced the side of the Saviour with a spear and received healing from an eye affliction when blood and water gushed forth from the wound.

Longinus and his soldiers witnessed the final moments of the Lord's earthly life and the events that occurred at his death: the earthquake, the sun darkening, the veil of the temple being torn, graves opening, and many saints appearing in their risen bodies.

After the burial of the Saviour, **Longinus** stood watch with his company at the Sepulchre. They witnessed the radiant resurrection of Christ. The Jews bribed them to lie and claim that Christ's disciples stole the body under the cover of darkness, but **Longinus** and two of his comrades refused to remain silent about the miracle of the resurrection.

Saint Longinus and his companions departed for Cappadocia, his homeland, where he preached Christ. When Pilate learned that Christianity was spreading throughout the city and surrounding villages, he wrote to the emperor to denounce the centurion. Tiberius Caesar had **Longinus** arrested and beheaded. The emperor's men then sent his head to Jerusalem to prove to Pilate and the chief priests that **Longinus** had indeed been put to death.

Many years later, **Saint Longinus** appeared in a dream to a wealthy Cappadocian lady who had lost her sight and her son. He revealed to her the spot where his head was buried and assured her that she would be healed. When she found the holy martyr's head, not only were her eyes opened, but she was also granted the grace to see her son with **Saint Longinus** in the Heavenly Kingdom.



الشهيد القديس لونجينوس قائد المئة

خدم **لونجينوس** في اليهودية تحت ولاية بيلاطس البنطي، وكان قائد الفرقة التي تولت حراسة الجلجلة عند صلب المسيح. وفقاً لتقليد الكنيسة، فإن **لونجينوس** هو قائد المئة الذي طعن جنب المخلص بالحربة، فنال الشفاء من علة في عينيه عندما فاض دم وماء من الجرح. شهّد **لونجينوس** وجنوده الأحداث التي رافقت موت السيد على الصليب: الزلزلة، انحجاب الشمس، انشقاق حجاب الهيكل، تفتح القبور، وظهور كثير من القديسين الراقدين بالجسد.

بعد دفن المخلص، وقف **لونجينوس** مع جنوده يحرسون القبر، فعابنوا القيامة المشرقة للمسيح. حاول اليهود رشوتهم ليقولوا إن تلاميذ المسيح سرقوا الجسد ليلاً، لكن **لونجينوس** واثنين من رفاقه رفضوا أن يصمتوا حول أعجوبة القيامة.

غادر القديس **لونجينوس** مع رفاقه إلى كبادوكيا، موطنه الأصلي، حيث بشر بالمسيح. لما علم بيلاطس أن الإيمان المسيحي ينتشر في المدينة وفي القرى المحيطة، كتب إلى الإمبراطور مبلغاً عن قائد المئة. أمر طيباريوس قيصر بالقبض على **لونجينوس** وقطع رأسه، ثم أرسل رأسه إلى أورشليم ليثبت لبيلاطس ورؤساء الكهنة أنّ **لونجينوس** قد قُتل فعلاً.

بعد سنوات عديدة، ظهر القديس **لونجينوس** في حلم لسيدة غنية من كبادوكيا كانت قد فقدت بصرها وابنها. كشف لها القديس عن الموضع الذي دُفن فيه رأسه، ووعدها بالشفاء. عندما وجدت رأس الشهيد القديس، انفتحت عيناها، ونالت أيضاً نعمة رؤية ابنها مع القديس **لونجينوس** في ملكوت السماوات.

Lord, Do Not Discipline Us Harshly

By His Eminence Metropolitan Saba (Isper)

My Lord,

Perhaps one of the most difficult things in Your Gospel is that You allowed the wheat to grow together with the tares until the final judgment. In doing so, You taught us that Your Church on earth is not a gathering of saints as much as it is a community of strugglers seeking holiness.

Some may attain it; others may glimpse it only from afar; and many may not see it at all.

You willed Your Church to be a community of seekers of the truth—and the Truth is You, and in You it is revealed. Yet we still wonder why the Church is persecuted and in conflict until the end of time.

In our disputes and zealotry – which we mistakenly attribute to You – we imagine that we are defending You and defending Your Body stretched out across the earth.

But the truth is: we belong to this and that of your servants more we belong actually to You.

You also taught us that holiness is not given except to those who truly seek it on the narrow path.

Thus, we learned that we must be strict with ourselves, not others, and that we must demand truth and uprightness from ourselves before anything else.

Then You offered Your life so that truth, purity, and self-sacrifice might hold the highest place in Your creation. Your sacrifice became the true expression of Your pure words.

And because You humbled Yourself and made Your life consistent with Your word, Your whole life was a descent.

You ascended only twice. The first time was so that the multitudes might hear Your teaching, when You went up the mountain to give them the new law.

The second time was upon the Cross. On the hill of Golgotha, You allowed Yourself to be lifted up as a martyr, embracing the world with Your outstretched arms.

Yet even this elevation was the summit of Your descent, for it led You to the tomb in an earthly cave.

And through this utmost descent You rose again and burst forth with life — the life of which You spoke in the Gospel, saying that You came to give it to us, and to give it to us abundantly.

But we often act contrary to you.

We love display and self-exaltation. We prefer that people see us as leaders rather than as servants and fathers.

We want followers, even if we lead them to destruction.

Because we are small within, we seek to become great—not through You, but through them—so that we may feel effective, influential, and important.

If Your children, out of love for us, see only our outward appearance, what excuse do we have, when we ourselves know who we are and are aware of the baseness, weakness, and impurity that dwell within us?

Teach us, Lord, how to descend so that You may raise us up.

Guide us to understand the true exaltation that befits Your people and Your servants.

Is it not enough for us to remain at Your feet?

Is not the whole fulfillment in listening to You, as Mary did when she received the good portion that shall not be taken away from her?

In the intoxication of our self-importance and ego, we often forget You, my Lord, and replace You with our followers.

We become preoccupied with the devil dwelling within us, following his whispers so we no longer see You or hear You. Thus, vainglory leads us to do what we perceive is right—when in truth it is our own sins.

And so, Lord, we no longer know how to distinguish between our passions and our zeal for Your house.

Do not allow turmoil, Lord, to drive us to act contrary to Your Gospel.

Have mercy on us and on our hardness of heart. Pour out upon us much more of Your abundant mercy.

You have entrusted us with a fearful responsibility, for You have chosen to place Your Holy Spirit in us – vulnerable vessels so easily broken.

How can we keep our vessels intact while slipping is so easy, and the illusion that we are Your chosen agents to correct Your Church and the world is so enticing?

Lord, how many times have we been tempted to act against Your Gospel in order to serve Your Church “better”?

How often have we violated Your Gospel when we sanctified the means for the sake of the end?

And how often have we betrayed You when we set You aside and used You as a tool for our own interests and desires?

Teach us, Lord, that we are not greater than You, for no servant is greater than his master.

Help us to accept Your example—the example of the one who is the persecuted, not the persecutor.

Direct our steps so that You may be our first love.

Grant that we may listen to You more than we speak about You, so that we may rightly discern between Your will and our passions.

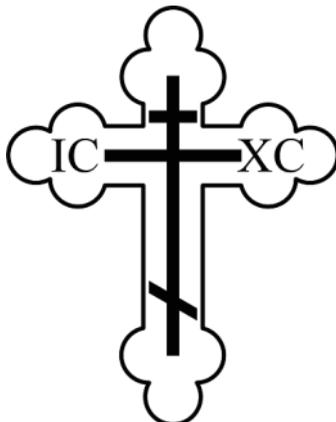
My Lord, throughout history You have taught us that You permit both external and internal persecution when we stray from the truth and depart from the straight path.

Do not discipline us harshly, Lord, for we can scarcely endure it.

Preserve among us a remnant that bears witness to You—to the fullness of life You desired for us, and to the joy that Your angels proclaimed when You honored our earth when You visited us.

People are weary of Your Church because of us, O Lord. Forgive us and guide us onto the straight path.

It is You who we desire, Lord. Do not let us become distracted from You by that which belongs to You.



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.: 135/2026

The Annunciation, March 25, 2026

To the Beloved Hierarchs, Clergy, and Faithful of our God-Protected Archdiocese:

As we walk together through the Great and Holy Fast, the Church calls us to deepen our repentance, strengthen our prayer, and express Christ's love through compassionate action. In this spirit, I write to you with a pastoral appeal on behalf of our brothers and sisters in the Antiochian Archdioceses of Mount Lebanon and Zahle, who are facing a severe humanitarian crisis.

Ongoing instability in Lebanon has forced many families—including numerous Christian households—to flee their homes with only the most basic necessities. In response, the Archdioceses of Mount Lebanon and Zahle have opened their churches, monasteries, and institutions to provide shelter, food, medical care, and pastoral support, and above all, the dignity of being received with love.

Their Eminences Metropolitan Silouan and Metropolitan Antonios—both of whom sacrificed their own time by leaving their flocks to serve our Archdiocese faithfully during times of transition—now labor tirelessly to care for the displaced. We also offer our fervent prayers for His Eminence Metropolitan Elias of Tyre and Sidon, whose archdiocese includes many of the areas affected by forced displacement, and for all who have been impacted by this crisis. We pray for the swift restoration of peace and for the safe return of families to their homes.

During this holy season, we are blessed with the opportunity to respond with generosity and love. I therefore ask every parish, mission, family, and individual to prayerfully consider making a financial offering to support these urgent relief efforts.

Donations may be made through the Archdiocese's [online giving platform](#) and [Antiochian.org](#).

May our Lord Jesus Christ bless your compassion, reward your generosity, and grant lasting peace to Lebanon.

Yours in the service of Christ,

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

+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, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

Divine Liturgy Variables for Sunday March 29, 2026

RESURRECTIONAL APOLYTIKION IN TONE ONE

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION FOR ST. MARY OF EGYPT IN TONE EIGHT

Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

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.

ORDINARY KONTAKION IN TONE TWO

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

Divine Liturgy Variables for Sunday March 29, 2026

طروبارية القيامة بالحن الأول

إِنَّ الْحَجَرَ لَمَّا حُتِمَ مِنَ الْيَهُودِ، وَجَسَدَكَ الطاهرَ حُفِظَ مِنَ الْجُنْدِ، قُتِمَتْ فِي الْيَوْمِ الثَّالِثِ أَيُّهَا الْمُخْلِصُ،
مَانِحاً الْعَالَمَ الْحَيَاةَ. لِذَلِكَ قُوَّتِ السَّمَاوَاتِ، هَتَفُوا إِلَيْكَ يَا وَهَبَ الْحَيَاةَ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ، الْمَجْدُ
لِمُلْكِكَ، الْمَجْدُ لِتَدْبِيرِكَ، يَا مُحِبَّ الْبَشَرِ وَحَدَّكَ.

طروبارية القديسة مريم المصرية بالحن الثامن

بِكَ حُفِظَتْ صُورَةُ خَلْقِنَا بِدِقَّةٍ أَيُّهَا الْأُمُّ مَرْيَمَ، فَإِنَّكَ حَمَلْتِ الصَّلِيبَ وَتَبِعْتِ الْمَسِيحَ، وَعَمَلْتِ وَعَلَّمْتِ أَنْ
يُتَغَاظَى عَنِ الْجَسَدِ لِأَنَّهُ زَائِلٌ، وَأَنْ يُعْنَى بِالنَفْسِ غَيْرِ الْمَائِنَةِ. لِذَلِكَ تَبْتَهُجُ رُوحُكَ مَعَ الْمَلَائِكَةِ.

طروبارية القديس جاورجيوس بالحن الرابع

بِمَا أَتَكَ لِلْمَأسُورِينَ مُحَرَّرٍ وَمُعْتِقٍ، وَلِلْفُقَرَاءِ وَالْمَسَاكِينِ عَاضِداً وَنَاصِراً، وَلِلْمَرْضَى طَبِيباً وَشَافِياً، وَعَنْ
الْمُؤْمِنِينَ مُكَافِحٍ وَمُحَارِبٍ أَيُّهَا الْعَظِيمُ فِي الشَّهَادَةِ جَاورْجِيُوسَ اللَّابِسِ الظَّفَرَ، تَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ فِي
خِلَاصِ نَفُوسِنَا.

القنداق بالحن الثاني

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تُعْرِضِي عَنِ أَصْوَاتِ طَلِبَاتِنَا
نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنْكَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيْمَانٍ: بَادِرِي إِلَى الشَّفَاعَةِ
وَأَسْرِعِي فِي الطَّلْبَةِ، يَا وَالِدَةَ الْإِلَهِ، الْمُتَشَفِّعَةَ دَائِماً بِمُكْرَمِيكَ.

تَعْظِيمَةُ لِقْدَاسِ الْقَدِيسِ بَاسِيلْيُوسِ

إِنَّ الْبَرَايَا بِأَسْرِهَا، تَفْرَحُ بِكَ يَا مُمْتَلِنَةً نِعْمَةً: مَحَافِلَ الْمَلَائِكَةِ، وَأَجْنَاسَ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدِّسِ،
وَالْفِرْدُوسُ النَّاطِقُ، فَخِرُ الْبَتُولِيَّةِ مَرْيَمَ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهِ، وَصَارَ طِفْلاً، وَهُوَ إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ.
لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِنَةً نِعْمَةً، تَفْرَحُ بِكَ كُلُّ الْبَرَايَا
وَتُمَجِّدُكَ.



THE EPISTLE (For the Fifth Sunday of Great Lent)
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 Hebrews (9:11-14)

Brethren, Christ having appeared a High Priest of the good things to come, through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; neither through the blood of goats and calves, but through His own blood, entered in once for all into the holy place, having found eternal redemption. For if the sprinkling of defiled persons with the blood of bulls and goats and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?

L'ÉPÎTRE

Que ta miséricorde, Seigneur, soit sur nous. Exultez dans le Seigneur, vous les justes.

Lecture de l'épître du saint apôtre Paul aux Hébreux.

Frères, le Christ a paru comme grand prêtre des biens à venir, il a traversé un tabernacle plus grand et plus parfait, celui qui n'est pas fait de main d'homme, c'est-à-dire qui n'appartient pas à cette création, et ce n'est pas avec le sang des boucs ou des jeunes taureaux, mais avec son propre sang, qu'il est entré une fois pour toutes dans le sanctuaire, nous ayant acquis l'éternelle rédemption. Si le sang des taureaux et des boucs, si la cendre des génisses, en effet, sanctifient par leur aspersion ceux qui sont souillés et leur procurent la pureté de la chair, combien plus le sang du Christ, qui par l'éternel Esprit s'est lui-même offert à Dieu comme victime sans tache, purifiera-t-il notre conscience de ses œuvres de mort, pour nous permettre de rendre un culte au Dieu de vie !



الرسالة (للأحد الخامس من الصوم)
لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا. اِثْنَهَجُوا أَيُّهَا الصِّدِّيقُونَ بِالرَّبِّ.

فَصَلُّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ.

يَا إِخْوَةُ، إِنَّ الْمَسِيحَ إِذْ قَدْ جَاءَ رَئِيسَ كَهَنَةِ الْخَيْرَاتِ الْمُسْتَقْبَلَةِ، فَبِمَسْكِنٍ أَعْظَمَ وَأَكْمَلَ غَيْرِ مَصْنُوعٍ بِأَيْدٍ، أَيْ لَيْسَ مِنْ هَذِهِ الْخَلِيقَةِ. وَلَيْسَ بِدَمِ ثِيُوسٍ وَعُجُولِ بَلِّ بِدَمِ نَفْسِهِ نَحَلَ الْأَقْدَاسَ مَرَّةً وَاحِدَةً فَوَجَدَ فِدَاءً أَبَدِيًّا. لِأَنَّهُ إِنْ كَانَ دَمُ ثِيرَانٍ وَثِيُوسٍ وَرَمَادُ عِجَلَةٍ يُرْشُ عَلَى الْمُنْجَسِينَ فَيُقَدِّسُهُمْ لِتَطْهِيرِ الْجَسَدِ، فَكَمْ بِالْأَحْرَى دَمُ الْمَسِيحِ، الَّذِي بِالرُّوحِ الْأَرْلِيِّ قَرَّبَ نَفْسَهُ لِلَّهِ بِلا عَيْبٍ، يُطَهِّرُ صَمَائِرِكُمْ مِنَ الْأَعْمَالِ الْمَيِّتَةِ لِتَعْبُدُوا اللَّهَ الْحَيَّ.

THE GOSPEL (For the Fifth Sunday of Great Lent)

The Reading from the Holy Gospel according to St. Mark (10:32-45)

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldest do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many."



الإنجيل (لأحد الخامس من الصوم)

فصل شريف من بشاره القديس مرقس الإنجيلي البشير والتلميذ الطاهر.

في ذلك الزمان، أخذ يسوع تلاميذه الإثني عشر وابتدأ يقول لهم ما سيعرض له. "هوذا نحن صاعدون إلى اورشليم، وابن البشر سيسلم إلى رؤساء الكهنة والكتبة، فيحكّمون عليه بالموت ويسلمونه إلى الأمم. فيهزأون به، ويبصقون عليه، ويخلدونه، ويقتلونه، وفي اليوم الثالث يقوم." فدنا إليه يعقوب ويوحنا ابنا زبدي قائلين: "يا معلم، نريد أن تصنع لنا مهما طلبنا." فقال لهما: "ماذا تريدان أن أصنع لكما؟" قالا له: "أعطنا أن يجلس أحدهما عن يمينك والآخر عن يسارك في مجدك." فقال لهما يسوع: "إنكما لا تعلمان ما تطلبان. أنتنطيعان أن تشربا الكأس التي أشربها أنا، وأن تصطبعا بالصبغة التي أصطبغ بها أنا؟" فقالا له: "نتطيع." فقال لهما يسوع: "أما الكأس التي أشربها فتشربانها، وبالصبغة التي أصطبغ بها فتصطبغان. وأما جلوسكما عن يميني وعن يساري فليس لي أن أعطيه إلا للذين أعدد لهم." فلما سمع العشرة، ابتدأوا يعضبون على يعقوب ويوحنا. فدعاهم يسوع، وقال لهم: "قد علمتم أن الذين يحسبون رؤساء الأمم يسودونهم، وعظماهم يتسلطون عليهم. وأما أنتم فلا يكون فيكم هكذا. ولكن من أراد أن يكون فيكم كبيراً، فلينكن لكم خادماً. ومن أراد أن يكون فيكم أول، فلينكن للجميع عبداً. فإن ابن البشر لم يأت ليخدم بل ليخدم، ولينذل نفسه فداءً عن كثيرين."

L'ÉVANGILE

Lecture de l'Évangile selon saint Mark

En ce temps-là, Jésus prit de nouveau les douze auprès de lui, et commença à leur dire ce qui devait lui arriver : « Voici, nous montons à Jérusalem, et le Fils de l'homme sera livré aux principaux sacrificateurs et aux scribes. Ils le condamneront à mort, et ils le livreront aux païens, qui se moqueront de lui, cracheront sur lui, le battront de verges, et le feront mourir ; et, trois jours après, il ressuscitera. » Les fils de Zébédée, Jacques et Jean, s'approchèrent de Jésus, et lui dirent : « Maître, nous voudrions que tu fasses pour nous ce que nous te demanderons. » Il leur dit : « Que voulez-vous que je fasse pour vous ? » « Accorde-nous, lui dirent-ils, d'être assis l'un à ta droite et l'autre à ta gauche, quand tu seras dans ta gloire. » Jésus leur répondit : « Vous ne savez ce que vous demandez. Pouvez-vous boire la coupe que je dois boire, ou être baptisés du baptême dont je dois être baptisé ? » « Nous le pouvons, dirent-ils. » Et Jésus leur répondit : « Il est vrai que vous boirez la coupe que je dois boire, et que vous serez baptisés du baptême dont je dois être baptisé ; mais pour ce qui est d'être assis à ma droite ou à ma gauche, cela ne dépend pas de moi, et ne sera donné qu'à ceux à qui cela est réservé. » Les dix, ayant entendu cela, commencèrent à s'indigner contre Jacques et Jean. Jésus les appela, et leur dit : « Vous savez que ceux qu'on regarde comme les chefs des nations les tyrannisent, et que les grands les dominant. Il n'en est pas de même au milieu de vous. Mais quiconque veut être grand parmi vous, qu'il soit votre serviteur ; et quiconque veut être le premier parmi vous, qu'il soit l'esclave de tous. Car le Fils de l'homme est venu, non pour être servi, mais pour servir et donner sa vie comme la rançon de plusieurs. »

THE SYNAXARION

On March 29 in the Holy Orthodox Church, we commemorate Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon of Heliopolis and those with them; and Martyrs Jonah and Barachisios of Persia and those with them.

On this same day, Fifth Sunday of Great Lent, it was ordained that we make remembrance of our Godly Mother Mary of Egypt.

Verses

Spirit rose up, flesh melted away erewhile; hide, O earth, the worn bones of Mary's body.

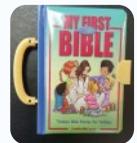
Once, during the Honorable Fast, the priest-monk Zosimus withdrew into the wilderness. He caught sight of a withered woman named Mary; her hair was white as snow. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness. She was then permitted to enter the church. Having venerated the Cross she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: "If you cross the Jordan, you will find glorious rest!" Mary left for the wilderness and remained there for 47 years in repentance. She bade Zosimus to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary's lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance that brings entry into the Heavenly Kingdom.

Through his intercessions, O Christ God, have mercy upon us. Amen.



"Let the little children come to me, and do not hinder them, for the Kingdom of heaven belongs to such as these."

Matthew 19:14



CONGRATULATIONS TO

Tigran Pierre Beauregard, son of Ian Beauregard & Vanuhi Margaryan
For his baptism on Sunday, March 29th, 2026 at 1:30 p.m.

The Youth Ministry of St. George Montreal is proud to welcome you to its family and wishes you innumerable discoveries with "My First Handy Bible" because it is never too early to learn the Word of God!

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

MARCH 2026

Sunday 29— Sunday of St. Mary of Egypt

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

Monday 30

- * 06:30 pm Great Compline

APRIL 2026

Wednesday 1

- * 06:30 pm Pre-Sanctified Liturgy

Friday 3

- * 06:30 pm Little Compline with the Canon of the raising of Lazarus

Saturday 4

- * 10:30 am Lazarus Saturday - Divine Liturgy
- * 12:00 pm Communion Breakfast in the Fellowship Hall
- * 03:30 pm Arabic classes
- * 04:00 pm St. George Children & Teen Choir
- * 06:00 pm Young Adults Meeting
- * 06:30 pm Vespers
- * 07:30 pm Arabic Bible Study Group

Sunday 5— Palm Sunday

- * 09:20 am Sunday Orthros
- * 10:30 am Palm Sunday - Divine Liturgy
- * 06:30 pm Orthros of the Bridegroom

Monday 6

- * 09:30 am Pre-Sanctified Divine Liturgy
- * 0630 pm Orthros of the Bridegroom

Tuesday 7

- * 09:30 am Pre-Sanctified Divine Liturgy
- * 06:30 pm Orthros of the Bridegroom

Wednesday 8

- * 09:30 am Pre-Sanctified Divine Liturgy
- * 06:30 pm Holy Unction Service





Prayers Offered For the Living

For the Orthodox Servants of God:

Raweah; Rose Najar; Arlette Issid & family; Yvette Kassis; Souad Khoury
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
The victims who are suffering in the war in the Middle East

Memorials Today

Samir Habash (Newly departed); Laurice Elias Lacroix (9 days)
Faouzia Mitrie Makarios (40 days); Michel Sarkis (1 year) & Diane Poulin
Stephen Abraham (2 years); Frank Beauchamp; Antoine Forest; Mackenzie Gunther
Isabelle Soussou; Azar Al Tork; Nagui Saba; Joseph Haggar
Gabrielle Saba; Nadia Saba; Mireille Elias; Stella Boghdadi; Galil Soussou
Raymond Soussou; Georgette Soussou; Elias Soussou
David Ironside (13 years); Valerie Marino Ring (20 years); Annette Boojady
All those who died in the war in the Middle East

Our heartfelt sympathies to

The Habash & Boutros families on the loss of Samir,
who fell asleep in the Lord in Texas on March 24th

&

The Sarkis & Poulin families on the loss of Michel Sarkis
who departed this life for the Kingdom of Heaven on April 1st, 2025 &
Diane Poulin, who fell asleep in the Lord on February 14th, 2023

&

The Elias & Lacroix families on the loss of Laurice,
who fell asleep in the Lord on March 16th

Chrismation today

Ian Antoine Beauregard, son of Bruno Beauregard & Lucie Lemay

Baptism today

Tigran Pierre Beauregard, son of Ian Beauregard & Vanuhi Margaryan

**A second collection will be held today to support the victims in Lebanon,
who have been impacted by the war.**

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

آذار ٢٠٢٦

الأحد ٢٩ أحد القديسة مريم المصريّة
* صلاة السحرية ٩:١٠ صباحاً
* القديس الإلهي ١٠:٣٠ صباحاً

الإثنين ٣٠

* صلاة النوم الكبرى ٦:٣٠ مساءً

نيسان ٢٠٢٦

الأربعاء ١

* قدّاس البروجيزماني (القدسات السابق تقديسها) ٦:٣٠ مساءً

الجمعة ٣

* صلاة النوم الصغرى وقانون لعازر ٦:٣٠ مساءً

السبت ١٢

* سبت لعازر - القديس الإلهي ١٠:٣٠ صباحاً
* فطور محبّة ١٢ ظهراً
* دراسة اللّغة العربيّة ٣:٣٠ ب.ظ.
* تدريبات جوقة أطفال كنيسة القديس جاورجيوس ٤ مساءً
* اجتماع الشبيبة YAM ٦:٠٠ مساءً
* صلاة الغروب ٦:٣٠ مساءً
* دراسة إنجيليّة باللّغة العربيّة ٧:٣٠ مساءً

الأحد ٥ - أحد الشعانين

* صلاة السحرية ٩:٢٠ صباحاً
* القديس الإلهي ١٠:٣٠ صباحاً
* صلاة الختن الأولى ٦:٣٠ مساءً

الإثنين ٦

* قدّاس البروجيزماني (القدسات السابق تقديسها) ٩:٣٠ صباحاً
* صلاة الختن الثانية ٦:٣٠ مساءً

الثلاثاء ٧

* قدّاس البروجيزماني (القدسات السابق تقديسها) ٩:٣٠ مساءً
* صلاة الختن الثالثة ٦:٣٠ مساءً

الأربعاء ٨

* قدّاس البروجيزماني (القدسات السابق تقديسها) ٩:٣٠ صباحاً
* خدمة تقديس الزيت ٦:٣٠ مساءً



graphic design

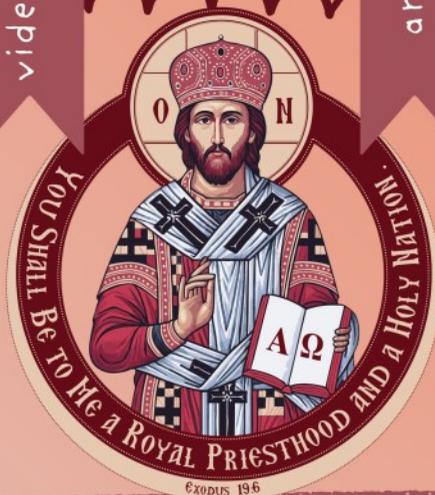
writing

video

art

poetry

photography



CREATIVE FESTIVALS 2026

You shall be to Me a royal
priesthood and a holy nation.

- Exodus 19:6

We are joyful to host this year's Parish Life Conference and warmly invite everyone to participate in the Creative Festivals!

SUBMISSION DEADLINE: APRIL 4, 2026

(This is the final reminder, no late submissions will be accepted.)

Let's come together as a community and share our talents, creativity, and faith. We encourage as many participants as possible!



? Questions?

Please contact your church school teacher
for guidance and details.

We look forward to your participation!

Au nom du Comité Organisateur / On behalf of the Organizing Committee

2026 Parish Life

Église Orthodoxe St. Georges de Montréal / St. George Orthodox Church of Montreal

575 rue Jean-Talon E.

Montréal, QC. H2R 1T8



Dear Brothers and Sisters in Christ,

As we enter this holy and grace-filled season of Lent, we pray that it may be a time of spiritual renewal, deeper prayer, and abundant blessings for you and your families. May the Lord strengthen and guide each of us as we journey together toward Pascha.

With great joy and excitement, we are pleased to announce that registration is now officially **OPEN** for the:

Parish Life Conference 2026

 July 2–5, 2026

 Hosted by our own St. George Orthodox Church of Montreal
Diocese of Ottawa, Eastern Canada & Upstate New York

It is a tremendous blessing and responsibility for our parish to host the 2026 PLC. We look forward to welcoming our entire Diocesan family to Montreal for a spiritually enriching and joy-filled gathering of worship, fellowship, and unity in Christ.

We encourage all our parishioners to register early and take advantage of **Early Bird pricing**.

There are also many ways to support the Conference, including:

- ✓ Souvenir Journal participation
- ✓ Conference Sponsorship opportunities
- ✓ Booking hotel accommodations at the Sheraton Montreal Airport Hotel

To register and learn more, please visit: www.ottawapl.org

Thank you for your continued prayers and support as we prepare to host this important Diocesan event. We look forward to coming together as one parish family to welcome our Diocese to Montreal.

Wishing you a blessed and fruitful Lenten season.

In Christ,

The 2026 Parish Life Conference Committee
St. George Orthodox Church of Montréal

DIocese of OTTAWA,
EASTERN CANADA &
UPSTATE NEW YORK

PARISH LIFE CONFERENCE 2026

JULY 2ND – JULY 5TH, 2026

Our church is honored to
host this year's Parish
Life Conference.

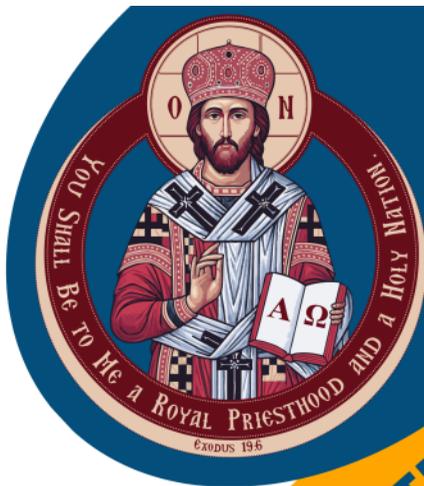
Join us at our
REGISTRATION TABLE IN
THE HALL ON APRIL 19
for assistance with
signing up.

VISIT THE WEBSITE
AND REGISTER TODAY:

WWW.OTTAWAPLC.ORG



EARLY-BIRD TICKETS ARE
AVAILABLE FOR A LIMITED TIME!



REGISTRATION
IS OPEN!



SHERATON MONTREAL
AIRPORT HOTEL

MENTORING PROGRAM

UPCOMING EVENTS

SAT
MARCH
28

Workshop for the Teens

7pm Session on Confidence, Self-Esteem and Identity

SAT
APRIL
18

Study Skills Workshop

2pm Session on Study Environment
3:30pm Late Lunch Break
4:30pm Session on Time Management

SAT
MAY
2

Study Skills Workshop

2pm Session on Study Methods
3:30pm Late Lunch Break
4:30pm Session on Exam Preparation

SAINT GEORGE MENTORING PROGRAM



New
Scholarship
Opportunity



THE SAINT GEORGE MENTORING FUTURE LEADERS SCHOLARSHIP

Financial support for educational and personal development

5 scholarships of \$1,500 to be awarded

**APPLY
NOW
DEADLINE
MAY 31, 2026**



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

<https://bit.ly/MentoringScholarship2026>

ANTIOCHIAN WOMEN

THE MOST REVEREND METROPOLITAN PHILIP -- FOUNDER
"A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS"



THE MOST REVEREND
METROPOLITAN SABA
358 MOUNTAIN ROAD
ENGLEWOOD, NEW JERSEY 07631

DIOCESE OF OTTAWA,
EASTERN CANADA & UPSTATE NY



March 2026

The Clergy of the Diocese of Ottawa, Eastern Canada and Upstate New York

RE: Antiochian Women Scholarship

Dear Reverend Fathers:

Christ is in our midst!

I am writing to ask for your assistance in publicizing the Antiochian Women's Scholarship for the women of our diocese. We have seen women only applying for the national scholarship, but we want to make you aware of our local opportunities.

We will be awarding to our Canadian winning applicant **\$750.00 CAD or \$500.00 USD** or to our American winning applicant.

All applications must be emailed by **May 29, 2026** in order to be considered. The scholarship recipients will be announced at the 2026 Parish Life Conference.

The qualifications for the scholarship are:

- The applicant must be a female over 26 years of age.
- The applicant must be a member in good standing of her local Antiochian parish.
- The applicant must be actively involved in the life of her parish.
- The applicant must be applying for/or registered in an academic or trade program of study.
- The applicant must demonstrate financial need.

Kindly distribute this letter and the accompanying scholarship application to your Antiochian Women and encourage the eligible women in your parish to apply.

I am sincerely yours in Christ Jesus,

Denise Issa
Scholarship Coordinator

ANTIOCHIAN WOMEN OF THE DIOCESE OF OTTAWA, EASTERN CANADA & UPSTATE NY
❖ ANTIOCHIAN ORTHODOX CHRISTIAN WOMEN OF NORTH AMERICA ❖

**MARCH IS
ANTIOCHIAN
WOMEN'S
MONTH**



**MARS EST
LE MOIS DES
FEMMES
D'ANTIOCHE**

The Antiochian Women are collecting hygiene supplies for the Shield of Athena, a non-profit organization that helps victims of family violence.

Toothbrushes, toothpaste, dental floss, combs, hairbrushes, hair elastics, shampoos and other hair products, hair dyes, sanitary pads, deodorant, body spray, make-up, nail polishes, and sun screen,

All items, which must be new and in unopened packages, can be placed in the dedicated boxes located in the church vestibule throughout the month.

Les Femmes d'Antioche ramassent des articles de toilette pour le Bouclier d'Athéna, un organisme à but non lucratif qui vient à l'aide des victimes de la violence familiale.

Brosses à dents, dentifrice, soie dentaire, peignes, brosses à cheveux, élastiques, shampooings, colorants capillaires, serviettes hygiéniques, désodorant, spray pour le corps, maquillage, vernis à ongles, et écran solaire.

Tous les dons de nouveaux articles dans des emballages scellés peuvent être déposés dans les boîtes placées dans le vestibule de l'église tout au long du mois.



**BOUCLIER D'ATHÉNA
SHIELD OF ATHENA**
SERVICES FAMILIAUX | FAMILY SERVICES

**PLEASE GIVE
S.V.P. DONNEZ**



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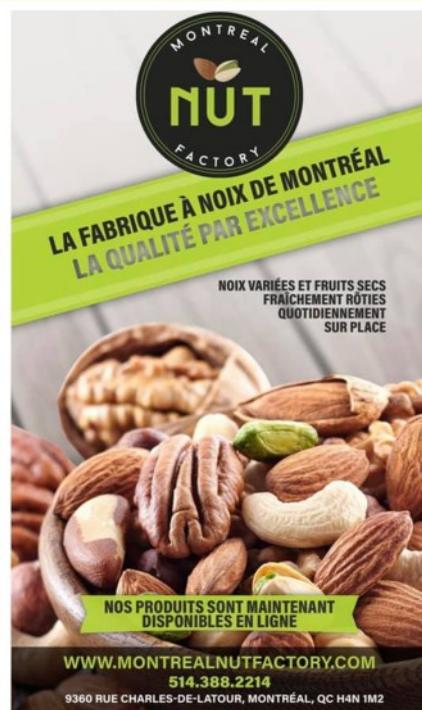
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The Mothers Group
CHARI-TEA PARTY
& Clothing Exchange

Saturday, April 25, 2026
3:00–6:00 PM | St. George Parish Hall

Join us for an elegant afternoon of tea, luncheon, desserts, and a clothing & accessory exchange.
All mothers, daughters, godmothers, aunts & friends are welcome!

Clothing & Donation Details

- Bring 1+ new or gently used item for the exchange
- Bring 1+ NEW item to donate to a local shelter

Donation drop-off **deadline: April 16**

Event Details

Tickets: \$15 per person

Register by: April 20



**Scan QR code for
registration & full details**



Tea Party Attire

Wear your best afternoon dress and accessories, prizes for best hat or fascinator, plus door and game prizes!



All monetary and clothing donations will benefit a local shelter.

Church School

LAZARUS SATURDAY COMMUNION BREAKFAST

SATURDAY, APRIL 4, 2026



10:30 AM – Divine Liturgy
Communion Breakfast will follow in the hall.

After breakfast, families can participate in fun activities for every age as we prepare for Pascha together!

Candle decorating
Making Pascha cards for the elderly
Making crosses from palms
Kahoot Quiz Game for families
Prizes for the winners!

Come enjoy fellowship, creativity, and time together as a parish family while preparing our hearts for Holy Pascha.

Everyone is welcome

