

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

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September 20, 2026

Sunday after the Elevation of the Holy Cross

Great-martyr Eustathios and his family;

ORTHOFLASH - St. George Montréal Youth Ministry

THEKLA THE PROTOMARTYR AND EQUAL-OF-THE-APOSTLES

Saint Thekla (Ancient GR Θέκλα, *Thékla*, lit. "Glory of God") was born in Iconium (modern day Konya, in Turkey) in A.D. 16 to rich and illustrious parents, and she was distinguished by extraordinary beauty. When she was eighteen, her parents arranged for her to marry an eminent young man. But after hearing St. Paul preach about Christ, **Thekla** decided not to get married. Instead, she decided to devote her life to spreading the Gospel. Her mother and her fiancé were opposed to this decision, and their accusations to the governor landed St. Paul in prison. **Thekla** ran away from home at night to listen to St. Paul in prison. She had bribed the guards with her gold jewelry to get in.

Despite facing many hardships and torments because of her faith, **Thekla** was saved from all of them by God. She travelled with Saint Paul and Saint Barnabas to Antioch to preach the Gospel. Later, with Paul's blessing, Thekla settled in a remote area of Isaurian Seleucia and lived there for many years, sharing God's Word and healing the sick through her prayers.

Saint Thekla converted many pagans to Christianity, and the Church appropriately names her "**Equal-of-the-Apostles**." When **Thekla** was 90, jealous pagan sorcerers came to defile her. A large rock split open when she asked Christ the Saviour for help. This rock in *Maaloula*, Syria was her refuge and her tomb, and the site of the Monastery which she founded, the oldest Christian convent in the world.

Tradition considers her the first female martyr—a **Protomartyr**—just as St Stephen was the first male martyr. The Protomartyr Thekla is invoked during the tonsure of women into monasticism.

Saint John Chrysostom says of this wonderful saint: "*It seems to me that (...) this blessed virgin, on the one hand, offers Christ, virginity, and on the other hand, martyrdom.*"

Saint Thekla is the patron saint of the outdoor Chapel at the Antiochian Village.



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Sunday, September 20, 2026

saintgeorgemontreal.org

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The Cross in Our Life, Part Two

By His Eminence Metropolitan Saba (Isper)

The Cross of Relationships

Atheistic existentialism says, “Hell is other people,” whereas Christian existentialism says, “Paradise is other people.” Saint Silouan the Athonite used to say, “Our brother is our life.” In Christ, the other — who, according to the Gospel, is our “neighbor” — is no longer an outsider. Every stranger becomes your neighbor when you treat him as the Good Samaritan treated the wounded man (Luke 10). Thus, if you strive to approach every human being with love and compassion, you will see that all are your neighbors. Yet it is important to understand that whenever you feel responsible for others, whether individually or collectively, you continually bear the cross of that responsibility.

There is a heavy cross here, specifically in our relationships with others, beginning with the members of our own family and extending even to our enemies. This cross arises from our desire to protect those we love, to help them, and to stand beside them in their trials and distresses, even when they may not want our help, may be unwilling to follow our advice, or may misunderstand us. At times, they may even oppose us in proportion to our love for them, because they demand an expression of our love that differs from ours, and that may contradict our principles and morals. In this world, we cannot but bear responsibility for whatever may threaten the lives of those entrusted to our care and love; first, those closest to us, and then everyone with whom we come into contact in one way or another.

In sharing their burden, our own cross grows heavier, just as theirs grows heavier. Sharing responsibility for their lives becomes a source of great anxiety and pressure. Can you simply cease caring about your children, your spouse, your parents, or your siblings? You may see them walking along a path that leads to destruction—materially or spiritually, emotionally or relationally—and your love instinctively compels you to stand beside them, strengthen and support them, and share in their pain and suffering.

Your sorrow may be magnified by being so close to them, especially since they might reject your offerings or misinterpret your actions for selfish reasons, although you had different intentions. You grieve for them and bear their burdens to the extent that you know the terrible end they will reach.

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It is in this sense that Saint Silouan the Athonite said, “The greater the love, the greater the suffering.” You cannot simply turn your eyes away from someone you love. At times, you may try to put him out of your mind, but the moment you hear that something bad has happened to him, your suppressed love erupts in anguish. This is a cross that leads you toward openness and selflessness, raising you to become like your Lord in His tender compassion. As the sufferings of your love increase, your heart becomes more tender, more open, and more elevated.

There is a second meaning to the cross of relationships, which we encounter in the many people who behave with open hostility toward us, even when we have done them no wrong.

This is a cross we may be required to carry until death. Why do some people feel hostility toward someone who has neither harmed nor offended them? In reality, human beings are pulled by many different impulses of which they are often unaware. They allow these impulses to drive them and consequently deal with others solely according to their feelings—yet feelings are deceptive and changeable. A person’s psychological state often plays a decisive role in shaping his relationships with others. Some people may oppose you because your uprightness exposes their crookedness, even if you have never behaved offensively toward them.

Your very presence disturbs them and says to them, “You are wrong.” They do not want to listen to their conscience, of which you remind them even when you remain silent and keep your distance. Your steadfastness in your convictions brings their evil schemes into the light and exposes their wrongful intentions.

How heavy, too, is the cross of those who do not understand you, who misunderstand you, or who judge you according to assumptions and interpretations that have never even crossed your mind. This cross becomes even heavier when your intentions are the exact opposite of what they read into your conduct. Moreover, they refuse to accept any explanation or clarification from you. You seek their material and physical well-being and strive to help them grow spiritually and humanly, yet they perceive the very opposite.

In such a situation, bear their failure to understand your good intentions as a cross — one that urges you to examine yourself carefully, so that you may discover any weakness, error, or impropriety in your conduct. Leave room within yourself for the possibility that you bear some responsibility for their failure to understand you, even when you are certain that they have treated you unjustly.

Your tone of voice, the look in your eyes, the movement of your hands — all or some of these may have provoked them in a way you neither intended nor desired.

Once, during a conversation, an atheist struck Saint Tikhon of Zadonsk across the face. The saint bowed down before him and apologized for having provoked him!

In addition, always carry such people in your prayers. Do not allow your memory to dwell continually on the details of what happened, and do not speak about them excessively. Ask the Lord to have mercy on them. Remember them by name in your daily prayers. You will discover that, despite their hostility, they remain close to you and dwell within your heart — at least as far as you are concerned.

Every effort we make to spread goodness, uprightness, and a culture of love and forgiveness is accompanied by a cross that we must bear. If we avoid this cross, however, we are in fact renouncing the struggle and spiritual labor required to do what is good and to serve love. Consequently, we lose its blessing and the grace that God pours out upon us through it.

To avoid the cross is to refuse to carry it, thereby depriving yourself of the discovery of the depth and greatness of the powers and capacities hidden within you. You forget that you were created in the image of God, and that the traces of the divine image lie dormant within you, awaiting your cooperation so that they may be brought forth. God allows the cross to become the instrument by which they are revealed. Every transformation of the self entails a certain inner rupture, which we experience as a cross. Every advancement requires abandoning that to which we are accustomed or comfortable. The cross is necessary because it refines you, so that you may become a clear mirror reflecting your true, new humanity — the human person fashioned according to the likeness of his Creator.

Saint John Climacus says, in essence: Rejoice when there is among your brethren someone who is harsh and rough, for he brings forth the sleeping serpents hidden within you — anger, pride, vainglory, impatience, lack of endurance, weakness of love, and inability to forgive. Elsewhere, he says that the edges of stones are sharp and cutting at the river's source, but on their journey toward its mouth, they are gradually broken down as they strike one another under the force of the rushing water. With time, they are polished until, at the river's end, they become smooth and beautiful pebbles.

Rejoice in your cross, and carry it with courage and patience, that you may partake of beauties you never imagined.

Divine Liturgy Variables for Sunday September 20, 2026

THE FIRST ANTIPHON

O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

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

My God, I will cry by day, and wilt Thou not hearken? And by night, and it shall not be unto folly for me. But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel. **(Refrain)**
Glory... Both now... **(Refrain)**

THE SECOND ANTIPHON

O God, why hast Thou cast us off unto the end? Remember Thy congregation which Thou hast purchased from the beginning.

Refrain: Save us, O Son of God, Who wast crucified in the flesh, who sing to Thee: Alleluia.

This is Mount Zion wherein Thou hast dwelt. **(Refrain)**

God is our King before the ages. He hath wrought salvation in the midst of the earth. **(Refrain)**

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

THE THIRD ANTIPHON

The Lord reigneth, let the people rage; He sitteth upon the cherubim, let the earth be shaken. The Lord is great in Zion; and He is high above all peoples. Let them confess Thy great Name, for it is terrible and holy.

RESURRECTIONAL APOLYTIKION IN TONE SEVEN

Thou didst abolish death by Thy Cross; Thou didst open Paradise to the thief; Thou didst transform the myrrh-bearers' lamentation, and didst bid Thine Apostles to preach that Thou art risen, O Christ God, granting great mercy to the world.

APOLYTIKION OF THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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 OF THE HOLY CROSS IN TONE FOUR

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

الانتيفونا الأولى

إِلَهِي إِلَهِي أَنْظُرْ إِلَيَّ لِمَاذَا تَرَكْتَنِي؟ لِمَاذَا ابْتَعَدْتَ عَنِّي عَنْ نُصْرَتِي وَعَنْ كَلِمَاتِ أَنْبِيَايَ.

(اللازمة) بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ يَا مُخَلِّصُ خَلِّصْنَا.

إِلَهِي أَنَا فِي النَّهَارِ أَصْرُخُ إِلَيْكَ فَلَا تَسْتَجِيبُ، أَمَا أَنْتَ يَا مِدْحَةَ إِسْرَائِيلَ فَتَسْكُنُ فِي الْأَقْدَاسِ. (اللازمة)
الْمَجْدُ ... الْآنَ ... (اللازمة)

الانتيفونا الثانية

اللَّهُمَّ لِمَاذَا أَقْصَيْتَنَا إِلَى الْأَبَدِ؟ أَذْكَرُ جَمَاعَتِكَ الَّتِي أَفْتَنَيْتَ مِنْذُ الْقَدَمِ.

(اللازمة) خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ صُلِبَ عَنَّا بِالْجَسَدِ، إِذْ نُرْتَلُّ لَكَ: هَلْلُويَا.

جَبَلُ صِهْيُونَ هَذَا الَّذِي فِيهِ سَكَنْتَ. (اللازمة)

اللَّهُ هُوَ مَلِكُنَا مِنْذُ الْقَدَمِ، صَنَعَ الْخَلَاصَ فِي وَسْطِ الْأَرْضِ. (اللازمة)

الْمَجْدُ ... الْآنَ ... يَا كَلِمَةَ اللَّهِ الْابْنَ الْوَحِيدِ...

الانتيفونا الثالثة

الرَّبُّ قَدْ مَلَكَ فَلْتَرْتَعِدِ الشُّعُوبُ، وَاسْتَوَى عَلَى الشُّرُوبِيمِ فَلْتَنْزِلْ الْأَرْضُ. الرَّبُّ عَظِيمٌ فِي صِهْيُونَ وَمُنْعَالٍ عَلَى جَمِيعِ الشُّعُوبِ. فَلْيَحْمَدُوا اسْمَكَ الْعَظِيمِ لِأَنَّهُ رَهيبٌ وَقُدُّوسٌ.

أبوليتيكيون القيامة بالالحن السابع

خَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصِّ الْفِرْدُوسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطَّيِّبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهِ، مَانِحًا الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

أبوليتيكيون الصليب المقدس بالالحن الأول

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَأَمْنُحْ عَبْدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشِّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.

طروبارية القديس جاورجيوس بالالحن الرابع

بِمَا أَنَّكَ لِلْمَاسُورِينَ مُحَرِّرٌ وَمُعْتِقٌ، وَلِلْفُقَرَاءِ وَالْمَسَاكِينِ عَاضِدٌ وَنَاصِرٌ، وَلِلْمَرْضَى طَبِيبٌ وَشَافٍ، وَعَنْ الْمُؤْمِنِينَ مُكَافِحٌ وَمُحَارِبٌ أَيُّهَا الْعَظِيمُ فِي الشَّهَادَةِ جَاورْجِيُوسُ الْطَّافِرُ، تَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ فِي خَلَاصِ نَفُوسِنَا.

قنداق للصليب المقدس بالالحن الرابع

يَا مَنْ عَلَى الصَّلِيبِ أَرْتَقَعَ طَوْعًا، إِمْنَحْ رَأْفَاتِكَ شَعْبَكَ الْجَدِيدَ، الْمُسَمَّى بِكَ أَيُّهَا الْمَسِيحُ الْإِلَهِ. وَفَرِّحْ بِقُوَّتِكَ عَبْدَكَ الْمُؤْمِنِينَ، فَتَمْنَحَهُمُ الْفَوْزَ عَلَى مُحَارِبِيهِمْ، وَلِتَكُنْ مَعُونَتُكَ لَهُمْ سِلَاحَ سَلَامٍ، وَطَفَرًا لَا يَقْهَرُ.



THE EPISTLE

The Lord will give strength to His people.

Ascribe to the Lord, O sons of God, ascribe to the Lord glory and honor.

The Reading from the Epistle of St. Paul to the Galatians .(2:16-20)

Brethren, knowing that a person is not justified by the works of the Law, but through faith in Jesus Christ, even we have believed in Jesus Christ, that we might be justified by faith in Christ, and not by the works of the Law; for by the works of the Law shall no flesh be justified. But if, while we sought to be justified in Christ, we ourselves also were found sinners, is Christ then a minister of sin? God forbid! For if I build up again those things which I destroyed, I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ, nevertheless I live, yet not I, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself up for me.

الرسالة

الرَّبُّ يُعْطِي قُوَّةً لِشَعْبِهِ.

قَدِّمُوا لِلرَّبِّ يَا أَبْنَاءَ اللَّهِ. قَدِّمُوا لِلرَّبِّ مَجْدًا وَكَرَامَةً .

فَصَلِّ مِنْ رِسَالَةِ الْقَدِّيسِ بُولُسَ الرَّسُولِ إِلَى أَهْلِ غَلَاطِيَّةِ .

يَا إِخْوَةُ، إِذْ نَعْلَمُ أَنَّ الْإِنْسَانَ لَا يُبَرَّرُ بِأَعْمَالِ النَّامُوسِ، بَلْ إِنَّمَا بِالْإِيمَانِ بِيَسُوعَ الْمَسِيحِ، آمَنَّا نَحْنُ أَيْضاً بِيَسُوعَ الْمَسِيحِ لِكَيْ نُبَرَّرَ بِالْإِيمَانِ بِالْمَسِيحِ لَا بِأَعْمَالِ النَّامُوسِ، إِذْ لَا يُبَرَّرُ بِأَعْمَالِ النَّامُوسِ أَحَدٌ مِنْ ذَوِي الْجَسَدِ. فَإِنْ كُنَّا وَنَحْنُ طَالِبُونَ التَّبَرُّيرَ بِالْمَسِيحِ وَجِدْنَا نَحْنُ أَيْضاً خُطَاةً، أَفَيَكُونُ الْمَسِيحُ إِذَنْ خَادِماً لِلْخَطِيئَةِ؟ حَاشَى. فَإِنِّي إِنْ عُدْتُ أَبْنِي مَا قَدْ هَدَمْتُ، أَجْعَلُ نَفْسِي مُتَعَدِّياً. لِأَنِّي بِالنَّامُوسِ مِتُّ لِلنَّامُوسِ لِكَيْ أَحْيَا لِلَّهِ. مَعَ الْمَسِيحِ صُلِبْتُ، فَأَحْيَا، لَا أَنَا، بَلِ الْمَسِيحُ يَحْيَا فِيَّ. وَمَا لِي مِنَ الْحَيَاةِ فِي الْجَسَدِ، أَنَا أَحْيَا فِي إِيمَانِ ابْنِ اللَّهِ الَّذِي أَحْبَبَنِي، وَبَذَلَ نَفْسَهُ عَنِّي.



L'ÉPÎTRE

Le Seigneur donnera la force à son peuple. Apportez au Seigneur, fils de Dieu, apportez au Seigneur gloire et honneur.

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

Frères, sachant que ce n'est pas par les œuvres de la loi que l'homme est justifié, mais par la foi en Jésus Christ, nous aussi nous avons cru en Jésus Christ, afin d'être justifiés par la foi en Christ et non par les œuvres de la loi, parce que nulle chair ne sera justifiée par les œuvres de la loi. Mais, tandis que nous cherchons à être justifié par Christ, si nous étions aussi nous-mêmes trouvés pécheurs, Christ serait-il un ministre du péché ? Loin de là ! Car, si je rebâtis les choses que j'ai détruites, je me constitue moi-même un transgresseur, car c'est par la loi que je suis mort à la loi, afin de vivre pour Dieu. J'ai été crucifié avec Christ ; et si je vis, ce n'est plus moi qui vis, c'est Christ qui vit en moi ; si je vis maintenant dans la chair, je vis dans la foi au Fils de Dieu, qui m'a aimé et qui s'est livré lui-même pour moi.

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark . (8:34- 9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."



الإنجيل

فَصَلُّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِّيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

قَالَ الرَّبُّ: "مَنْ أَرَادَ أَنْ يَتَّبَعَنِي، فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبَعَنِي. لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا، وَمَنْ أَهْلَكَ نَفْسَهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ يُخَلِّصُهَا. فَإِنَّهُ مَاذَا يَنْتَفِعُ الْإِنْسَانُ لَوْ رَبِحَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ؟ أَمْ مَاذَا يُعْطِي الْإِنْسَانُ فِدَاءً عَنْ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِي، يَسْتَحْيِي بِي ابْنُ الْبَشَرِ مَتَى أَتَى فِي مَجْدٍ أَبِيهِ مَعَ الْمَلَائِكَةِ الْقَدِّيسِينَ." وَقَالَ لَهُمْ: "الْحَقُّ أَقُولُ لَكُمْ، إِنَّ قَوْمًا مِنَ الْقَائِمِينَ هَهُنَا لَا يَذُقُونَ الْمَوْتَ، حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ قَدْ أَتَى بِقُوَّةٍ."

L'ÉVANGILE

Lecture de l'Évangile selon Saint Marc

Jésus, ayant appelé la foule avec ses disciples, leur dit : « Si quelqu'un veut venir après moi, qu'il renonce à lui-même, qu'il se charge de sa croix, et qu'il me suive. Car celui qui voudra sauver sa vie la perdra, mais celui qui perdra sa vie à cause de moi et de la bonne nouvelle la sauvera. Et que sert-il à un homme de gagner tout le monde, s'il perd son âme ? Que donnerait un homme en échange de son âme ? Car quiconque aura honte de moi et de mes paroles au milieu de cette génération adultère et pécheresse, le Fils de l'homme aura aussi honte de lui, quand il viendra dans la gloire de son Père, avec les saints anges. » Il leur dit encore : « Je vous le dis en vérité, quelques-uns de ceux qui sont ici ne mourront point, qu'ils n'aient vu le royaume de Dieu venir avec puissance. »



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

September 2026

Sunday 20— 14th Sunday after Holy Cross

- * 09:15 am - Sunday Orthros
- * 10:30 am - Divine Liturgy
- * 12:00 pm - Sunday School Classes start
- * 12:15 pm - The Mother's Group will be hosting the Coffee Hour

Saturday 26

- * 10:00 am - Men's Brotherhood Apple Picking
- * 04:00 pm - Children and Youth Choir Rehearsal
- * 06:30 pm - Vespers
- * 07:30 pm - Young Adults Meeting

Sunday 27— 1st Sunday of Luke

09:15 am - Sunday Orthros

10:30 am - Divine Liturgy



October 2026

Saturday 3

- * 10:00 am - Men's Brotherhood Big Fall Hiking
- * 02:00 pm - Arabic Classes
- * 04:00 pm - Children and Youth Choir Rehearsal
- * 06:30 pm - Vespers
- * 07:30 pm - Young Adults Meeting
- * 07:30 pm - Arabic Bible Study Group

Sunday 4— 2nd Sunday of Luke

- * 09:15 am - Sunday Orthros
- * 10:30 am - Divine Liturgy
- * 12:15 pm - Choir recording in Church

Wednesday 7

- * 07:00 pm - Antiochian Women Executive Meeting Via Teams Meeting

Prayers Offered for the living

For the Orthodox Servants of God:

Fr. Stephen Tewfik; Milena; Robert Padilla; Amine Cassis; Nancy Maker;
George Malek; Zeina; Reem Assaf; Khalil Ghoson; Pierre Souaid; Louise Saykaly;
Nourhan & Antoine Daoud; George Cassir; Maila & Steve; Souad Sayegh;
Leila Khoury; Khodor; Enriqu  ; Julie Kourakos; Jean-Pierre; Julie Grillakis;
Sophia Jabbour; Elie Doro; Mary Aboud; Jos  e Bernaquez;
Gaby, Nada & Nicolas Mouacdi  ; Josephine Soury.

**Blessing of the icon of the Elevation of the Cross donated by Gaby Mouacdi  
in memory of his wife Norma Coussa Mouacdi  **

Installation of Parish Council members:

President: Elie Mallouk, Samer Al Laham; Jaimie Auger; Gregory Ayoup;
Roy Azar; Anne Marie Cocja; Carol Jazzar; Tamara Karawi; Nick Maliha;
Cynthia M  g  las; Marianne Na  m.

Memorials today

Eddy George Charley (Newly departed); Ferial Habib (Newly departed)
Brian Mackarous (Newly departed); Norma Coussa Mouacdi  ;
Basma Farah Fattouh (40 days); Nabil Bouzakhm; Nasri Mattar; Adelena; Nina;
Ilarion; Nelly, Maurice, F  lix & Linda Boutari; Ernest Habib;
Huguette Habib; Andr   Petit

Our heartfelt sympathies to

The Charley family on the loss of Eddy, who fell asleep in the Lord on September 13
The Habib family on the loss of Ferial, who fell asleep in the Lord on September 12
The Mackarous family on the loss of Brian, who fell asleep in the Lord on August 29

Baptism today at 1:30 pm

Angel Luis Emilian Van Willegen, son of Frederick Van Willegen & Sonia De La Cruz

Forthcoming Weddings Saturday, September 26th

Christian-Joseph Na  m, son of Farid Na  m & Magda Ephtimios to
Natalie Melnyk, daughter of Andry Melnyk & Melanie Aumand at 2:00 pm
&

Tiffany Ann Samaan, daughter of George Samaan & Regina Khoury to
Seyed Kiamehr, son of Seyed Ziaeddine Moussavikafi & Roksana Behruzi at 4:00 pm

THE SYNAXARION

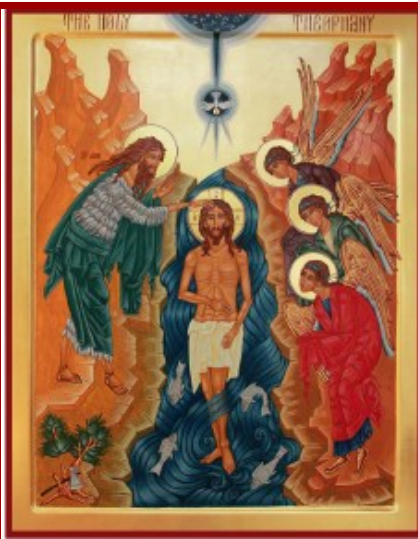
On September 20 in the Holy Orthodox Church, we commemorate holy Great-martyr Eustathios, Theopiste his wife, and their two sons Agapios and Theopistos.

Verses

A bronze bull burned up Eustathios' whole household;
And the whole household Thou, O Word of God, savest.
On the twentieth Eustathios with family was burned in a bull.

Eustathios, before his baptism, was an illustrious Roman general named Placidas in the second century. While hunting in the country one day, he was converted to the Faith of Christ through the apparition of an uncommonly majestic stag, between whose antlers he saw the Cross of Christ, and through which the Lord spoke to him with a human voice. Upon returning home, he learned that his wife Tatiana had also had a similar vision. They sought out the Christian Bishop and were baptized, Placidas receiving the name Eustathios, and Tatiana the name Theopiste; their two sons were baptized Agapios and Theopistos. The family was then subjected to such trials as Job endured. When the family refused to sacrifice to the idols—a public sacrifice from which no Roman general could be absent—the Emperor Hadrian had them put into a large bronze device in the shape of a bull, which was heated with fire until they died. When their holy bodies were removed, they were found to be without harm. The martyrs suffered in the year 126.

On this day, we also commemorate the Venerable-martyr Hilarion of St. Anne Skete on Athos. By the intercessions of Thy Saints, O God, have mercy on us. Amen.



CONGRATULATIONS TO
Angel Luis Emilian Van Willegen,
son of Frederick Van Willegen
&
Sonia De La Cruz
for his baptism on Sunday,
September 20th, 2026 at 1:30 pm

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

أيلول ٢٠٢٦

الأحد ٢٠

- * صلاة السحرية ٩:١٥ صباحاً
- * القداس الإلهي ١٠:٣٠ صباحاً
- * يلي القداس Coffee Hour تحضرها "فرقة الأمهات"
- * بداية نشاط مدارس الأحد

السبت ٢٦

- * Men Brotherhood - رحلة لقطف التفاح ١٠ صباحاً
- * دراسة اللغة العربية ٢:٠٠ ب.ظ
- * تدريبات جوقة أطفال كنيسة القديس جاورجيوس ٤ مساءً
- * صلاة الغروب ٦:٣٠ مساءً
- * اجتماع الشبيبة ٧:٣٠ YAM مساءً

الأحد ٢٧

- * صلاة السحرية ٩:١٥ صباحاً

تشرين الأول ٢٠٢٦

السبت ٣

- * Men Brotherhood - رحلة تسلق الجبال ١٠ صباحاً
- * دراسة اللغة العربية ٢:٠٠ ب.ظ
- * تدريبات جوقة أطفال كنيسة القديس جاورجيوس ٤ مساءً
- * صلاة الغروب ٦:٣٠ مساءً
- * اجتماع الشبيبة ٧:٣٠ YAM مساءً
- * دراسة إنجيلية باللغة العربية ٧:٣٠ مساءً

الأحد ٤

- * صلاة السحرية ٩:١٥ صباحاً
- * القداس الإلهي ١٠:٣٠ صباحاً

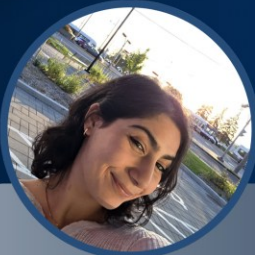
الأربعاء ٧

- * اجتماع السيدات الأنطاكيّات—أونلاين - ٧:٠٠ مساءً

Church School 2026-2027

Meet

Our Teachers



Christina Hayek
Pre-school Teacher
& Group Lead

**Don't worry !
Prepare your lesson, trust
in the Holy Spirit, and let
Him do the rest.**



Lana Lutfi
Pre-school Teacher

**Prepare your heart through
prayer, love your students,
lead by example, and trust
the Holy Spirit to grow their
faith.**



Marie-Noël Chayeb
Pre-school Teacher

**Lead by example,
reflecting Christ's love
and light to your
students.**



Nousia Lutfi
Grades 1 & 2 Teacher
& Group Lead

**Teach with love, patience,
and faith, what you plant
in a child's heart can last
a lifetime.**



Rouba Khouri
Grades 1 & 2 Teacher

**Love the Lord's children
dearly, love them equally,
and call them by their
name.**



Kh. Souhaila
Back up Teacher

**Teaching Sunday School
is more than giving a
lesson, it's letting God's
love shine through you.**



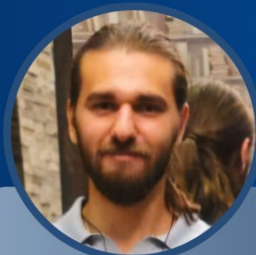
Bassam Louca
 Grades 3, 4 & 5 Teacher
 & Group Lead

Pray for each student by name, keeping their unique needs and circumstances in mind.



Magda Naim
 Grades 3, 4 & 5 Teacher

Teach with love and patience, reflecting Christ's love and guiding your students closer to Him and His Church.



Mario Alhaj
 Grades 3, 4 & 5 Teacher

Show Christ, the Good Teacher, in every Scripture story and lead students to live the Gospel.

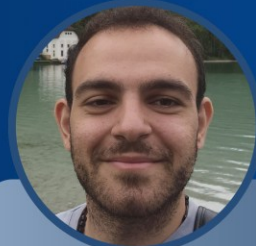
MAY GOD GUIDE your steps



Nadia Farah
 Grades 6 & sec. 1 Teacher
 & Group Lead

Love and trust in the Lord, our strength, rock, refuge, and salvation.

Inspired by Psalm 18:1-2



Serge Ellaham
 Grades 6 & sec. 1 Teacher

Keep your heart open because sometimes we are the ones who are learning from the children



Emad Kassab
 Sec. 2, 3 & 4 Teacher
 & Group Lead

All that is needed is to lead with Christ's love.



Catherine Louca
 Sec. 2, 3 & 4 Teacher

You can't force a teenager to love God. You can, however, show them what loving God looks like.

"Do you understand what you are reading? And he said, "How can I, unless someone guides me?"

Acts 8: 30-31



Dr. Viviane Habib

Sec. 5 & CEGEP Teacher
& Group Lead

1 John 2:10
**"He who loves his brother
abides in the light"**



Rawane Saliby

Sec. 5 & CEGEP Teacher

**Listen to and learn from
your students, connecting
faith to real-life experiences
so you can grow closer to
God together.**



Myrna Abboud

Back up teacher

**Teach by example, not only
by words. Help children love
God and build a personal
relationship with Him so they
may follow Him.**

As we embark on another church school year,
we are excited to partner with you in nurturing
the spiritual lives of your children. Together,
we can help them grow in their faith and
understanding of God's Word.

We welcome all participants between the ages
of 4 and 19 to join our church school classes.

We look forward to a year filled with learning,
fellowship, and love for Christ.



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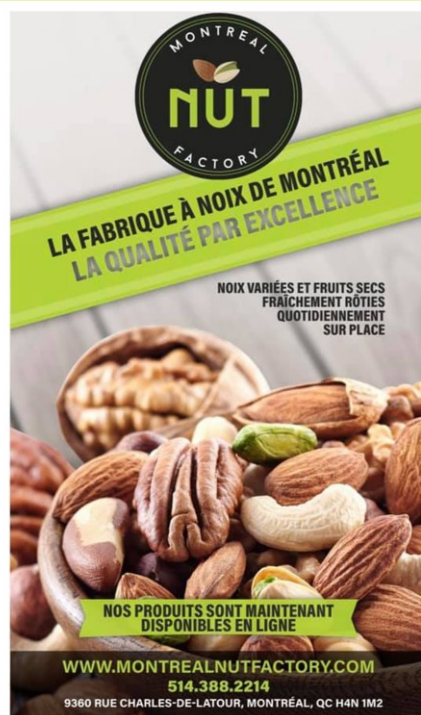
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FAMILY, FAITH
AND FUN!



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Men's Brotherhood



invites you to a



Big Fall Hike

Mount Royal Park

Saturday, October 3 • 10 AM

We meet at the parking lot near bus 144 station
(Des Pins/Peel).



Everyone is welcome to hike with us.

No registration required. Just show up at 10 AM.

Let's enjoy the fall wonders together!

**CELEBRATION OF THE FEAST OF THE CROSS
SUNDAY, SEPTEMBER 13TH, 2026**

