

**ANTIOCHIAN ORTHODOX CHRISTIAN
ARCHDIOCESE OF NORTH AMERICA
Diocese of Los Angeles and the West**

**ANTIOCHIAN ORTHODOX CHURCH OF
THE REDEEMER**

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V. REV. FR. SAMER YOUSSEF, D. MIN

REV. FR. THEODORE SAKELLAR, MTS



JUNE 7, 2026

**FIRST SUNDAY AFTER PENTECOST
AND FIRST SUNDAY OF MATTHEW
THE SUNDAY OF ALL SAINTS**

**HIEROMARTYR THEODOTOS, BISHOP OF ANCYRA;
VENERABLE SEBASTIANA THE WONDERWORKER**

الأحد الأول بعد العنصرة - أحد جميع القديسين

RESURRECTION APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

أبوليتيكيون القيامة بالحن الثامن

أَنحَدَرْتَ مِنَ الْعُلُوِّ يَا مُتَحَنِّنٌ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ أَيَّامٍ، لِكَيْ تُعْتَقَنَا مِنَ الْآلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتَنَا،
يَا رَبُّ الْمَجْدُ لَكَ.

APOLYTIKION OF ALL SAINTS IN TONE FOUR

Thy Church, O Christ God, hath regaled herself in the blood of Thy Martyrs throughout the entire world, as in porphyry and purple. Through them she lifteth her voice crying: Turn with Thy compassion toward Thy people, and grant peace to Thy city, and to our souls the Great Mercy.

أبوليتيكيون جميع القديسين بالحن الرابع

أَيُّهَا الْمَسِيحُ الْإِلَهُ، إِنَّ كَنِيستَكَ مُتَسَرِّبَةً بِدِمَاءِ شُهَدَائِكَ الَّذِينَ فِي الْعَالَمِ كِبْرَفِيرَةٍ وَأَرْجُوَانٍ، وَبِهِمْ تُنَادِيكَ
قَائِلَةً: وَجْهَ رَأْفَتِكَ لِشُعْبِكَ، وَامْنَحِ السَّلَامَ لِعَبِيدِكَ، وَهَبْ لِنُفُوسِنَا الرَّحْمَةَ الْعُظْمَى.

TROPARION OF TRANSFIGURATION – TONE SEVEN

When Thou was transfigured on the mountain top, O Christ our God. Thou didst reveal thy glory to thy disciples as they could bear it. Enlighten us poor sinners as well with thine everlasting light through the intercessions of the Theotokos, O Thou Giver of light, glory to Thee.

طروبارية التجلي على اللحن السابع

لَمَا تَجَلَّيْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ فِي الْجَبَلِ، أَظْهَرْتَ مَجْدَكَ لِلتَّلَامِيذِ بِحَسَبِ مَا اسْتَطَاعُوا. فَأَشْرَقَ لَنَا نَحْنُ الْخَطَاةُ
نُورَكَ الْأَزَلِي، بِشَفَاعَةِ وَالِدَةِ الْإِلَهُ، يَا مَانِحَ النُّورِ الْمَجْدُ لَكَ.

KONTAKION OF ALL SAINTS IN TONE EIGHT

As first-fruits of our nature to the Planter of created things, the world presenteth the God-bearing martyred Saints in off 'ring unto Thee, O Lord

Through their earnest entreaties, keep Thy Church in deep peace and divine tranquility, through the pure Theotokos, O Thou Who art greatly merciful.

القنداق لجميع القديسين بالحن الثامن

أَيُّهَا الرَّبُّ الْبَارِيُّ الْخَلِيقَةَ، إِنَّ الْمَسْكُونَةَ تُقَدِّمُ لَكَ كَبَوَاكِيرِ الطَّبِيعَةِ الشُّهَدَاءَ اللَّائِسِي اللَّهِ. فَبِتَضَرُّعَاتِهِمْ أَحْفَظْ كَنِيستَكَ فِي سَلَامٍ دَائِمٍ، مِنْ أَجْلِ وَالِدَةِ الْإِلَهِ يَا جَزِيلَ الرَّحْمَةِ.

THE EPISTLE

God is wondrous in His saints. In the churches, bless ye God.

The Reading from the Epistle of St. Paul to the Hebrews. (11:33-12:2)

Brethren, all the saints through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which does so easily beset us, and let us run with patience the race that is set before us, looking to Jesus the Author and Perfecter of our faith.

الرسالة

عَجِيبٌ هُوَ اللهُ فِي قَدِّيسِيهِ، فِي الْمَجَامِعِ بَارِكُوا الله.

فَضْلٌ مِنْ رِسَالَةِ الْقَدِّيسِ بُولُسَ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ. (2:12- 33:11)

يا إِخْوَةَ، إِنَّ الْقَدِّيسِينَ، بِالْإِيمَانِ قَهَرُوا الْمَمَالِكَ، وَعَمَلُوا الْبِرَّ، وَنَالُوا الْمَوَاعِدَ، وَسَدَّوْا أَفْوَاهَ الْأُسُودِ.
وَأَطْفَأُوا حِدَّةَ النَّارِ وَنَجَّوْا مِنْ حَدِّ السَّيْفِ، وَتَقَوَّوْا مِنْ ضَعْفٍ، وَصَارُوا أَشِدَّاءَ فِي الْحَرْبِ، وَكَتَسَرُوا
مُعَسَكَرَاتِ الْأَجَانِبِ. وَأَخَذَتْ نِسَاءٌ أَمَوَاتُهُنَّ بِالْقِيَامَةِ، وَعَذِّبَ آخَرُونَ بِتَوْتِيرِ الْأَعْضَاءِ وَالضَّرْبِ، وَلَمْ
يَقْبَلُوا بِالنَّجَاةِ لِيُحْصَلُوا عَلَى قِيَامَةِ أَفْضَلِ. وَآخَرُونَ ذَاقُوا الْهَزْءَ وَالْجَلْدَ وَالْقَيْوَدَ أَيْضًا وَالسَّجْنَ. وَرُجِمُوا
وَتُشِرُوا وَامْتَحِنُوا وَمَاتُوا بِحَدِّ السَّيْفِ، وَسَاحُوا فِي جُلُودِ غَمٍّ وَمَعَزٍ وَهُمْ مُعُوزُونَ مُضَايِقُونَ مَجْهُودُونَ.
وَلَمْ يَكُنِ الْعَالَمُ مُسْتَحَقًّا لَهُمْ، فَكَانُوا تَائِهِينَ فِي الْبَرَارِيِّ وَالْجِبَالِ وَالْمَغَاوِرِ وَكُهُوفِ الْأَرْضِ. فَهَؤُلَاءِ كُلُّهُمْ
مَشْهُودًا لَهُمْ بِالْإِيمَانِ لَمْ يَنَالُوا الْمَوْعِدَ. لِأَنَّ اللَّهَ سَبَقَ فَنَظَرَ لَنَا شَيْئًا أَفْضَلَ، أَنْ لَا يَكْمَلُوا بِدُونِنَا. فَنَحْنُ
أَيْضًا إِذْ يُحَدِّقُ بِنَا مِثْلَ هَذِهِ السَّحَابَةِ مِنَ الشُّهُودِ فَلَنُلْقِ عَنَّا كُلَّ ثِقَلٍ وَكُلَّ حَظِيئَةٍ مُحِيطَةٍ بِنَا، وَلِنَسَابِقَ
بِالصَّبْرِ فِي الْجِهَادِ الَّذِي أَمَامَنَا، نَظْرِينَ إِلَى رَنِيِّسِ الْإِيمَانِ وَمُكْمَلِهِ يَسُوعَ.

THE GOSPEL

The Reading from the Holy Gospel according to St. Matthew. (10:32-33, 37-38; 19:27-30)

The Lord said to His disciples, “Everyone who acknowledges Me before men, I also will acknowledge before my Father Who is in heaven; but whoever denies Me before men, I also will deny before My Father Who is in heaven. He who loves father or mother more than Me is not worthy of Me; and he who loves son or daughter more than Me is not worthy of Me; and he who does not take his cross and follow Me is not worthy of Me.” Then Peter said in reply, “Lo, we have left everything and followed Thee. What then shall we have?” Jesus said to them, “Truly, I say to you, in the New World, when the Son of Man shall sit on His glorious throne, you who have followed Me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or wife or children or lands, for My Name’s sake, will receive a

hundred fold, and inherit eternal life. But many that are first will be last, and the last first.”

الإنجيل

فصلٌ شريفٌ من بشارَةِ القديسِ متىّ الإنجيليِّ البشيرِ والتلميذِ الطاهرِ.

قالَ الرَّبُّ لِتِلْماميذِهِ، كُلُّ مَنْ يَعْترِفُ بي فُدامَ النَّاسِ، أَعترِفُ أنا بِهِ فُدامَ أبي الذي في السَّماءاتِ. وَمَنْ يُنكرُنِي فُدامَ النَّاسِ، أنكرُهُ أنا فُدامَ أبي الذي في السَّماءاتِ. مَنْ أَحَبَّ أبًا أو أُمًّا أَكثَرَ مِنِّي فلا يَسْتَحِقُّني، وَمَنْ أَحَبَّ ابنا أو بِنْتًا أَكثَرَ مِنِّي فلا يَسْتَحِقُّني. وَمَنْ لا يَأخُذُ صَليبَهُ وَيَتَّبَعُنِي فلا يَسْتَحِقُّني. فَأجابَ بَطرسُ وَقالَ لَهُ: هُوذا نَحْنُ قد تَرَكنا كُلَّ شَيءٍ وَتَبِعناكَ، فَمادا يَكُونُ لَنا؟ فَقالَ لَهُم يَسوعُ: الحَقُّ أَقولُ لَكم، إِنَّكم أَنْتُمْ الذينَ تَبِعْتُموني في جِيلِ التَّجديدِ، مَتى جَلَسَ ابْنُ البَشَرِ على كُرسيِّ مَجدهِ، تَجلسونَ أَنْتُمْ أَيضًا على اثني عَشَرَ كُرسيًّا تَدِينونَ أَسابِطَ إِسرائِيلِ الاثني عَشَرَ. وَكُلُّ مَنْ تَرَكَ بِيوتًا أو إِخوةً أو أَخواتٍ أو أبًا أو أُمًّا أو امرأَةً أو أولادًا أو حُقولاً مِن أَجلِ اسمي، يَأخُذُ مِئَةَ ضِعْفٍ، وَيَيرِثُ الحِياةَ الأَبديَّةَ. وَكثيرونَ أولونَ يَكُونونَ آخِرينَ، وآخِرونَ يَكُونونَ أولِينَ.

KOINONIKON (COMMUNION HYMN) OF ALL SAINTS IN TONE EIGHT

Rejoice in the Lord, O ye righteous; praise is meet for the upright.
Alleluia.

كينونيكون (ترنيمة المناولة) لأحد جميع القديسين باللحن الثامن

إِبتهِجوا أَيُّها الصِّديقونَ بِالرَّبِّ. لِمُسْتَقِمينَ يَنبَغِي التَّسبيحُ. هَللوييا.



HOLY BREAD OF OBLATION

OFFERED BY: Fr. Samer, the Clergy and the parishioners for the good of the parish council members, the building committee and the Ladies Auxiliary and their families. Many Years!

OFFERED BY: Maher, Randa and Tatiana Hanani for the good health of Eli Hanani on the occasion of his birthday (May 25). Many Years!

OFFERED BY: John and Norma Mogannam on the occasion of their 42nd wedding anniversary (May 27) and the good health of their children and the Mogannam and Abboud families. Many Years!

OFFERED BY: Hani Bou Reslan for the good health of his wife Nicole on the occasion of her birthday (June 7), and the good health of their newly baptized daughter, Capri on the occasion of her first participation in the Liturgy, and the good health of their daughter Emma and the Bou Reslan and Jadelrab families. Many Years!

OFFERED BY: Samuel and Maya Hage for the good health of their son Luka on the occasion of his 4th Birthday (June 4), and the good health of their daughter Gabrielle, and the Hage, Houcheime, Moujaes, Farah, Lahoud, Matar and Mapar families. Many Years!

OFFERED BY: Osama and Hala Elmasu for the good health of Asmahan Kazaleh and Daloma Elmasu on the occasion of their birthdays (June 5), Michael Elmasu and Zachary Zuniga birthdays (June 8) and Celia Elmasu's birthday (June 12) and the good health of Elmasu, Zuniga and Kazaleh families. Many Years!

OFFERED BY: Ibtisam Kreitem for the good health of her son Pierre on the occasion of his birthday (June 10) and the good health of her daughter Laila and her son Samer and his wife Sara and their daughter Yasmin, and the Kreitem and Halteh families. Many Years!

OFFERED BY: John and Norma Mogannam in loving memory of John's beloved parents Aziz and Margarete for Aziz's passing anniversary. Memory eternal!

OFFERED BY: Faten Mansour, Lara, Chris and Christian Zeidan in remembrance of beloved Mom and Grandmother Margo Mansour on the occasion of her birthday in heaven with our Lord and Savior. God bless her soul and may her memory be eternal!



COFFEE HOUR

Offered By: Samuel and Maya Hage

*(To host the Coffee Hour, please contact Wardeh Asfour @408-718-3339
office@orthodoxredeemer.org*

Online Link: <https://holytransfiguration.breezechms.com/form/26c422>

Services Schedule Every Week

Matins @ 9:00 AM

Divine Liturgy @ 10:00 AM

Vespers: Every Saturday @ 5:00 PM

(Please check your email in case of any cancellations for Vespers)

Honoring The Graduates of 2026

We offer thanks to God for giving our parish such educated members who graduated from different levels of schooling. The Church is so proud of you and your children. We pray that Christ our God gives them a bright future with faithfulness to His teachings. Please send us your children's name and which school and degree they are graduating this year to put in the bulletin and honor them on a special Sunday.

- **Mona Batmani:** Graduated with honors from Chicago-Kent College of Law with a Juris Doctor degree.
- **Dominic Youssef:** Graduating with three Associate Degrees from West Valley College with honors, and transferring to San Jose State University studying Aviation and minor in Business.
- **Taleen Ammari:** Graduating from Presentation High School and will be attending Santa Clara University.
- **Angelena Hanani:** Graduating from Archbishop Mitty High School and will be attending Santa Clara University.
- **Christina Labban:** Graduating from Saratoga High School and will be attending NYU.
- **Lukas Anthony Srouji:** Graduating from Mount Carmel High School in San Diego and will be attending San Jose State University.

- **Ashley Jean Srouji:** Graduating from Foothill High School in Pleasanton and will be attending CalPoly.
- **Maya Otell:** Graduating 8th grade from Bret Harte Middle School and will be attending Leland High School.
- **Angelina Labban:** Graduating from Redwood Middle School and will be going to Saratoga High School.

PARISH COUNCIL 2026

The Parish Council members' of 2026. Chair President; Bassam Khoury, Vice-Chair; Linda Salah, Treasurer; Henry Veizades, Secretary; Rima Gannage, Maher Fasheh, Sana Eideh, Johnny Khamis, Jake Timothy, Edmund Khinno and Sal Hanhan. Roula Haddad will represent the Antiochian Women Committee and Salem Aweiss will represent the Men Fellowship Committee.

ANTIOCHIAN WOMEN 2025

The Antiochian Women Committee Leaders of 2026. Roula Haddad (Chairwoman), Dania Amireh (Vice- Chairwoman), Ibtisam Kreitem (Secretary/ Communication), Wardeh Asfour (Kitchen/Coffee Hour), Rima Gannage (Bookkeeping), Diana Khoury (Myrrh Barrier), and Hala Aboujudom (Sunshine).

CHURCH OF THE REDEEMER YOUNG ADULTS

Young adults (college age and up to 39-1/2) meet on the first Sunday of the month and organize social, educational, and volunteer activities. For more information, please contact Dimitry Youssef (President of the Young Adults in the Diocese of Los Angles and the West) @ (408)364-5670, or Fr.Theodor Sakellar @ 408-455-8145

SOYO (YOUTH GROUP 12-18 YEARS)

Our SOYO (Youth Group) is active through the leadership of the Advisors: Dominic Youssef and Caesar Haddad. The officers are: President; Riad Akery, Secretary; Mila Haddad, Treasurer; Gabreilla Ajlouni, Social Media Coordinator; Adriana Ajlouni.

UPCOMING EVNTS AT THE CHURCH

Please save the date

June 13: *Book Club, Saturday June 13@ 2:00 PM – 5:00 PM*

July 1-5: *2026 Parish Life Conference, PLC in San Diego*

July 23-27: *Camp Three Holy Youths, July 23rd – July 27th @Daybreak Camp, Ben Lomond. <https://campthy.com/camper-registration/>*

Food Festival Sept 12 & 13: *Our Annual Food Festival*

CAMP THREE HOLY YOUTHS

Thursday, July 23-Monday, July 27, 2026 at Daybreak Camp in Felton, CA. Registration is open and space is filling up quickly! Tuition is \$300 per camper, **click here** to visit the camp site for full details. Looking forward to seeing our returning and new campers this year!

[Click here to register today!](#)

Bible Bowl Preparation Season is Open!

If you are interested in participating in this year's Bible Bowl, please join the group in the Church App or message Alia Nystrom about joining the WhatsApp interest group. We will meet via Zoom one night a week to read the book of Exodus and prepare for the Bible Bowl.

If you would just like to read with us or if you are not sure whether you will join the official team, still register your interest!

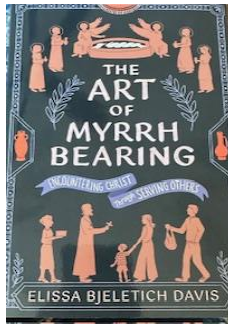
Open to everyone ages 10 and up.

Summer Spiritual Reading Program

A Sunday School - Bookstore Partnership

Calling all students! Our parish is hosting a spiritual reading challenge that will run June - July. Students are invited to select a story from the lives of the saints and complete a small reflection (artwork, essay, poster or other). Reflections will be displayed at our Summer Family Night (date to be announced) and all participants will receive a \$10 gift card to our bookstore; teens will receive \$15. A great opportunity to read as a family!

Book Club



Book club is now open with our first book; “The Art of Myrrh Bearing”. If you enjoy reading and are interested to join the ladies’ Book Club, please see Roula B Haddad to purchase the book.

Discussion will be on Saturday June 13, 2026, 2:00 PM- 5:00 PM, along with knitting and crocheting workshop, *and a light dinner.*

June 13 is open to everyone, but only the ones that read the book will discuss what’s read so far of the book. We have books available to purchase at the June 13th gathering for the next discussion meeting.

Workshop finished goods will be donated to nearby shelters.

VOCATIONS

Do You Want to Be a Priest?

A VOCATIONS RETREAT WITH THE
ANTIUCHIAN ARCHDIOCESE OF AMERICA

August 20-23, 2026

Antiochian Village Conference and Retreat Center

ANCIENT FAITH MINISTRIES

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

On Social Media

By His Eminence Metropolitan Saba (Isper)

When the hermit-priest Fr. Isaac Atallah, a disciple of St. Paisios the Athonite, visited the Archdiocese of Latakia in the 1980s, I accompanied him. At that time, video players had only recently appeared on the market. Wherever Fr. Isaac went, people would first ask him about the video device: *What are the harms and benefits of using it? Is having it in the home a blessing or a curse?*

Fr. Isaac used to answer them this way: “Does this device not have an on/off switch? The problem, my beloved, is not in the device itself. When you see that it will harm you, you simply turn it off.”

I begin with this experience in order to speak about social media, now available in everyone’s hands. How should we deal with it? How do believers interact with what they watch or read through it? And are they aware of the need to limit its use—at least partially—so that it does not enslave them and scatter their minds in things that neither benefit nor edify? Do they realize that wasting time on these applications can become a sin and may even lead to depression, since it deepens loneliness and isolation and makes life more burdensome?

Is this not exactly what is happening with these social media, but on a broader, deeper, and more dangerous scale than the old video player? These platforms have multiplied, and their applications continue to evolve with ever newer and more attractive features. Will we realize that our failure to cultivate proper conduct, discipline, and virtue in our lives has allowed these platforms to expose our weaknesses publicly, increase our sins, and unleash our anger and reactions everywhere and against everyone? Have emotional impulses not become the master of the moment, with reckless comments appearing instantly and without any careful verification of information?

Even more dangerous is the harm inflicted on others, whether knowingly or unknowingly. The danger of speaking badly about others or exposing their secrets on social media lies in our inability to repair the damage once we later recognize our sin. When I gossip or slander someone privately, I may apologize and mend the situation once I realize the evil I have done. But on social media, countless people

who read what I wrote will never know of my repentance, while the harm done to the other person remains. My judgment will be severe.

Our spiritual literature tells the story that St. Macarius once asked to see hell, and his request was granted in a vision. Among the things he saw were people hanging by their tongues from spears while fire burned beneath them. When he asked about their sin, he was told: *These are the ones who spread secrets and carried rumors from house to house.*

If we apply this story to our present reality, what will be the judgment of those who publicly disgrace others and expose their secrets before millions of readers on the internet?

There are morals and virtues that every Christian must possess. Christianity is not merely a social identity or outward lifestyle; it is a way of life in which our virtues and morals become visible. Outwardly, you reveal what exists inwardly. Self-control, refraining from hasty judgment, and resisting the urge to believe and spread everything we hear are the very least we should require of ourselves.

St. Silouan the Athonite considered reading newspapers to be the darkening of the soul and an obstacle to “pure prayer.” What then should we say today about the endless flood of news pouring upon us like heavy winter rain? At the time, he spoke only about newspapers — the sole means of learning the news in the early twentieth century. And newspapers are tacit: they merely report events without interaction. What would the saint say today about social media, which not only transmits news but also allows every reader to instantly become an editor and commentator?

Do we realize how much time we consume reading and debating trivial matters, many of which are not even true and bring us no benefit whatsoever? Do we stop to consider what useful things we could have accomplished during the time wasted scrolling? Beyond that, we willingly disturb our minds and trouble our souls with our own hands. Do we realize how easily we are carried away by rumors and falsehoods, without using discernment or examining what we read and hear?

I will not give lessons in morality and etiquette; whoever has not been formed by the Gospel will not be corrected merely by manners. Yet there are still some necessary pieces of advice for whoever wishes to listen.

Stand before your icons (if you are at home), make the sign of the cross, and pray before opening your electronic device. Ask the Holy Spirit to guide you so that you may use it for what is good and beneficial to others, and only then begin browsing. It is also helpful to keep your prayer rope in your hand, reminding you that God is present.

Do not read what does not benefit you on these platforms. Do not waste your precious time following what is useless. Remain vigilant lest you become emotionally agitated and wound others. Set aside a specific amount of time for browsing and strive as much as possible to use it only for what is useful, necessary, and beneficial. It may help to set an alarm for the amount of time you intend to spend online, so that you are not left endlessly with your device until it consumes all your time. Think before you write and pray several repetitions of the Jesus Prayer on your prayer rope.

Try instead to make use of your talents and abilities, devoting your time to developing them and serving others through them. Then you will discover the depth of joy that comes from such a life.

During a spiritual retreat, I asked the ladies attending to choose one specific hour each day during which they would turn off their mobile phones and live as though they did not own one. At first, they found it difficult, but they followed the advice and were astonished by the peace they experienced. Some even forgot about their phones for the entire day.

Try this yourself. Dedicate one hour each day to living as though you own no electronic means of communication, and you may discover a measure of inner peace and quiet. Perhaps you will then become a messenger to others, offering from your own experience something that comforts and benefits them. In this way, you become a messenger of peace and joy—worthy of the name “Christian.”

في وسائل التواصل الاجتماعي

بقلم المترولوجيت سابا (اسبر)

زار الأب المتوحد اسحق عطالله، تلميذ القديس بابيسيوس الأثوسي، أبرشية اللاذقية، في ثمانينيات القرن الماضي، وكنت مرافقا له طوال أيام الزيارة. كان جهاز الفيديو قد نزل الأسواق حديثاً؛ فأينما ذهب الأب اسحق أو اجتمع كان يسمع سؤالاً أولاً بخصوص جهاز الفيديو، ما مضار ومنافع استخدامه؟ وهل وجوده في البيت بركة أم لعنة؟

اعتاد الأب اسحق أن يجيب سائله هكذا: "أما لهذا الجهاز من مفتاح تشغيل وإيقاف؟ المشكلة يا أحبائى ليست فيه. عندما ترون أنه سيؤدي تديرون مفتاح تشغيله وتقلونه."

أنطلق من هذه الخبرة إلى الحديث على وسائل التواصل الاجتماعي المتوفرة، في أيدي الجميع حالياً. كيف يتم التعامل معها؟ وكيف يتفاعل المؤمنون وما يشاهدونه او يقرأونه فيها؟ وهل يعون وجوب تقييد استعمالها جزئياً على الأقل، لئلا تستعبدهم، وتالياً تشتت أذهانهم في أمور لا تفيد ولا تبني؟ هل يعون أنّ هدر الوقت في متابعة هذه التطبيقات قد يتحول إلى خطيئة، ويقود إلى الاكتئاب، إذ يعزّز الوحدة والعزلة ويزيد حياتهم صعوبة؟!

أليس هذا ما يحدث مع هذه الوسائل، وبشكل أوسع وأعمق وأخطر من الفيديو. فقد تعددت هذه الوسائل ولا تزال تطبيقاتها التي تحمل ميزات أكثر جذّة وحدائث تتوالى، وستبقى تتطور. هل نعي أنّ عدم اتباعنا آداباً وأصولاً وفصائل في حياتنا بعامّة، جعلها تكشف عيوبنا على الملء، وتزيد من خطايانا، وتفجّر ردود أفعالنا وغضبنا، أينما كان وعلى أيّ كان؟ أما باتت الانفعالات سيّدة الموقف وردّات الفعل تظهر في التعليقات الهوجاء سريعاً ودونما دقّة في المعلومات المتلقاة؟

أما الأخطر فهو إيقاع الضرر بالآخرين بمعرفة أو بجهل. فالخطر الكامن في الكلام ضدّ الآخرين بالسوء، أو فضح أسرارهم على وسائل التواصل، قائمٌ في عدم قدرتنا على إصلاح الضرر إذا ما وعينا خطيئتنا لاحقاً. فعندما أستغيب أو أتمّ على أحد أمام آخر، أستطيع الاعتذار وإصلاح

الموقف عندما أعي السوء الذي فعلته. أما على وسائل التواصل فالكثير ممّ قرأوا ما كتبت لن يعلموا بتوبتي، وسيبقى الأذى واقعاً بالآخر. دينونتي آنذاك ستكون عظيمة.

يُروى في أدبياتنا الروحية التربوية أنّ القديس مكاريوس طلب أن يرى الجحيم، فتحقّق طلبه يوماً في رؤيا. وممّا شاهده هناك أناساً معلّقين من ألسنتهم على رماح والنار تشتعل تحتهم! وعندما سأل مستفسراً عن خطيئتهم، أتاه الجواب أنّهم الذين كانوا يفشون الأسرار ويتناقلون الشائعات من بيتٍ إلى بيت.

إذا طبّقنا هذه القصة على واقعنا المعاصر، فماذا ستكون دينونة الذين يشنّعون على الآخرين ويكشفون أسرارهم أمام ملايين القراء على الشبكة العنكبوتية؟

ثمة أخلاق وآداب على المسيحي أن يتحلّى بها. فمسيحيّتنا ليست نمطَ عيش اجتماعي الشكل فقط، بل نمطٌ تنعكس فيه أخلاقنا وفضائلنا. فأنت تُظهر خارجياً ما أنت عليه في داخلك. إنّ ضبط النفس وعدم التسرّع في الحكم على الآخرين وتصديق ما نسمع ونقله أقلّ ما يمكن أن نُلزم أنفسنا فيه.

كان القديس سلوان الأثوسي يعتبر أنّ قراءة الصحف تعتمّ الروح، وتشكّل عقبةً بإزاء "الصلاة النقيّة". فماذا نقول اليوم في الأخبار المنهمرة علينا انهمار المطر في عزّ الشتاء؟ دار هذا الحديث حول الجرائد التي كانت الوسيلة الوحيدة لمعرفة الأخبار وما يجري، في بدايات القرن العشرين. ومعروفٌ أنّ الجريدة صمّاء تكفي بنقل الخبر، ولا تفاعل معها. فماذا كان القديس ليقول اليوم عن وسائل التواصل الاجتماعي، وهي ليست مجرد ناقل للأخبار، بل تتيح المجال بكل سهولة لكل قارئ لأن يكون، محرراً ومعبّراً عن رأيه؟

ألا نعي كم نستهلك من الوقت في قراءة ومناقشة أمور سخيفة، والكثير منها غير حقيقي، ولا تفيدنا في شيء؟ ألا ننتبه إلى ما كنّا نقدر على القيام به خلال ذلك الوقت الذي ضاع ممّا في التصفّح؟ عدا عن تشويش ذهننا وجلب الاضطراب إلى نفوسنا بأيدينا! هل نعي كيف ننجرّ

بسهولة وراء أيّ إشاعة أو مغالطة، وأننا لا نُعملِ عقولنا ولا ندقق في ما نقرأ ونسمع على هذه الصفحات؟

لن أعطي دروساً في الآداب والأخلاق؛ فمن لم يتأدب بالإنجيل، لن تنفعه الآداب. لكن ثمة نصائح لا بدّ منها، لمن يريد أن يسمع.

قفّ أمام الأيقونات وارسم إشارة الصليب وصلّ قبل أن تفتح جهازك الإلكتروني، واطلب من الروح القدس أن يلهمك كي تستعمله في الصالح والنافع للآخرين، ومن ثم ابدأ بالتصفح. من المفيد أن تكون مسبحتك في يدك كي تدكّر بأنّ الله حاضر.

لا تقرأ ما لا يفيدك ممّا يُنشر على هذه الوسائل. لا تهدر وقتك الثمين في متابعة ما لا ينفَعك، وكن يقظاً لئلا تنفعل وتُلحق الأذى بالآخرين. حدّد وقتاً معيّناً لتصفّحها، وحاول بكلّ جهدك أن تتصفّح الأشياء المفيدة والضرورية واللازمة لك. من المفيد أن تحدّد منبّه الساعة على الوقت الذي ستخصّصه لها، ولا تترك نفسك مع الجهاز دونما مذكّرٍ، لئلا يستهلك وقتك كلّهُ. فكّر قبل أن تكتب، واتلو بمسبحتك عدداً من صلاة يسوع.

حاول أن تستفيد من مواهبك وقدراتك وتصرف وقتك في تنميتها وتقديم الخدمة للآخرين بواسطتها. ستختبر آنذاك كمّ الفرح الذي ستعيشه.


في خلوةٍ روحية طلبت من السيّدات المشتركات أن يخترن ساعةً محدّدة يومياً، يقفلن فيها هواتفهن النقال، ويعشنها وكأئنهن لا يملكن هاتفاً. استصعبن الأمر في البداية، لكنهن نفذن النصيحة فاندھشن من السلام الذي حصلن عليه، وبعضهن نسين الهاتف طوال اليوم.

جرّب هذه الخبرة. خصّص ساعةً في اليوم تعيش فيها وكأنك لا تملك وسيلة تواصلٍ إلكترونية، لتتعمق ببعض السلام والهدوء الداخليين. لعلك تكون رسولاً للآخرين وتقدّم لهم من اختبارك ما يريحهم ويفيدهم. آنذاك تكون رسول سلام وفرح يليق بك لقب "مسيحي".

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