

+St. John the Evangelist Orthodox Church

Antiochian Archdiocese of North America
Metropolitan Saba of New York and all North America
V. Rev. Fr. Nicholas Borzghol, Pastor
Dn. Nicholas Adranly

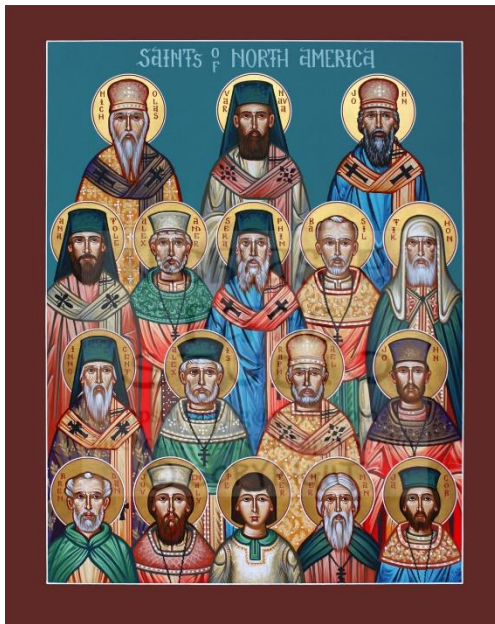
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SUNDAY, JUNE 14, 2026; TONE 1 / EOTHINON 2

THE SUNDAY OF ALL SAINTS OF ANTIOCH & NORTH AMERICA

PROPHET ELISHA; METHODIOS THE CONFESSOR, PATRIARCH OF CONSTANTINOPLE



On the Second Sunday after Pentecost, we celebrate the memory of the holy, glorious and all-laudable apostles, the Christ-loving shepherds and hierarchs, the holy and God-bearing Fathers, the glorious and victorious Martyrs and New Martyrs, and all the Saints who have shone as stewards of the Most Holy Patriarchate of Antioch, the Great City of God, from time immemorial to the present. Most precious in the eyes of the Church is her choir of heavenly intercessors which stand before the throne of the Lord of hosts. The See of Antioch, whose apostolic establishment is recorded in the book of Acts (11:26), is especially blessed with an abundance of Saints in this glorified assembly. Being drastically reduced in both geographic area and numbers, having endured the ravages of time and wars, and bearing the loss of her finest church buildings and earthly goods, Antioch knows full well the worth of having laid up its treasures

in heaven. The harvest of Antioch includes the Chief Apostles Peter and Paul; the Martyrs Ignatius, Artemios and Julian; and Barbara, Christina and Marina; the Melodists Romanos and Cosmas; John Chrysostom and John of Damascus; Ephraim and Isaac the Syrians; Joseph of Damascus and Raphael of Brooklyn; the Hieromartyrs Nicholas and Habib Khasha; and countless other saints known and unknown. For two millennia, the light of Christ has shown brilliantly upon the See of Antioch through these glorified children and heirs of their Heavenly Father.

On the Second Sunday after Pentecost, we also celebrate the memory of the Saints of North America. Holy Orthodoxy in North America has produced saints in nearly all of the major categories of saints: Apostles (and Equals of the Apostles); Martyrs (and Confessors); Hierarchs; Monastic Saints; and the Righteous. We honor the holy ones whom Almighty God has revealed to us: the first revealed is the blessed elder Herman of Alaska. We also have the holy martyrs Juvenaly of Iliamna and Peter the Aleut; the holy hierarchs and enlighteners: Metropolitan Innocent Veniaminov, Patriarch Tikhon Belavin, Archbishop John Maximovitch, Bishop Nicholai Velimerovich of Zhicha; the righteous priests Yakov Netsvetov of Alaska and Alexis Toth; the archpriests John Kochurov and Alexander Hotovitsky who labored in America; and most recently, our Righteous Mother Olga of Alaska. We also honor those saints who are known only to God and we pray that He will reveal them to us one day. As we contemplate the lives of these saints, let us remember that we are also called by God to a life of holiness.

THE EPISTLE

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

The Reading from the Acts of the Holy Apostles. (11:19-30)

In those days, when the apostles were scattered because of the tribulation that arose over Stephen, they traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to no one, except to Jews only. But there were some of them, men of Cyprus and Cyrene, who upon coming to Antioch spoke to the Hellenists also, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number that believed turned to the Lord. The report concerning them reached the ears of the church in Jerusalem, and they sent out Barnabas, to go as far out as Antioch. When he came and saw the grace of God, he was glad; and he exhorted them all, that with purpose of heart they should cleave to the Lord; for he was a good man, full of the Holy Spirit and of faith. And a great multitude was added unto the Lord. Then Barnabas went to Tarsus to look for Saul; and when he had found him, he brought him to Antioch. For a whole year, they were gathered together in the church, and they taught a great multitude of people, and the disciples were called Christians first in Antioch. Now in these days prophets came down from Jerusalem to Antioch. And one of them named Agabos stood up and signified by the Spirit that there would be a great famine over the whole world; and this took place in the days of Claudius Caesar. And the disciples, every one according to his ability, determined to send relief to the brethren who dwelt in Judaea; and they did so, sending it to the elders by the hand of Barnabas and Saul.

لَتَكُنْ يَا رَبُّ رَحْمَتَكَ عَلَيْنَا.

ابْتَهِجُوا أَيُّهَا الصَّادِقُونَ بِالرَّبِّ.

فصلٌ من أعمال الرُّسل القديسين الأطهار. (30-19:11)

في تلك الأيام، لما تَبَدَّدَ الرُّسلُ من أجلِ الضيقِ الذي حَصَلَ بِسَبَبِ اسْتِفَانُوسَ، اجتازوا إلى فينيقية وقبرص وأنطاكية، وهم لا يُكَلِّمُونَ أحداً بالكلمة إلا اليهود فقط. ولكن قوماً منهم كانوا قُبرُصيين وقيروانيين. فهؤلاء لما دخلوا أنطاكية، أخذوا يُكَلِّمُونَ اليونانيين مُبَشِّرِينَ بِالرَّبِّ يسوع. وكانت يدُ الرَّبِّ مَعَهُمْ، فأَمَنَ عَدَدٌ كَثِيرٌ وَرَجَعُوا إلى الرَّبِّ. فَبَلَغَ خَبْرُ ذَلِكَ إلى آذانِ الكَنِيسَةِ التي بأورشليم، فأرسلوا بَرْنابَا لِكَي يَجْتَازَ إلى أنطاكية. فَلَمَّا أَقْبَلَ ورأى نِعْمَةَ اللَّهِ، فَرِحَ وَوَعَظَهُمْ كُلَّهُمْ بَأَن يَتَّبِعُوا في الرَّبِّ بِعَزِيمَةِ الْقَلْبِ. لَأَنَّهُ كَانَ رَجُلًا صَالِحًا مُمْتَلِئًا مِنَ الرُّوحِ الْقُدُسِ وَالْإِيمَانِ. وَانْضَمَّ إلى الرَّبِّ جَمْعٌ كَثِيرٌ. ثُمَّ خَرَجَ بَرْنابَا إلى طَرُسُوسَ في طَلَبِ شَاوُلَ. وَلَمَّا وَجَدَهُ أَتَى بِهِ إلى أنطاكية. وَتَرَدَّدَا مَعًا سَنَةً كَامِلَةً في هَذِهِ الكَنِيسَةِ، وَعَلَّمَا جَمْعًا كَثِيرًا، ودُعِيَ التَّلَامِيذُ مَسِيحِيِّينَ في أنطاكية أَوَّلًا. وفي تلك الأيام، انْحَدَرَ مِنْ أورشليم أنبياء إلى أنطاكية. فَقَامَ وَاحِدٌ مِنْهُمْ اسْمُهُ أَغَابُوسُ، فَأَنْبَأَ بِالرُّوحِ أَن سَتَكُونُ مَجَاعَةٌ عَظِيمَةٌ في جميعِ المَسْكُونَةِ، وَقَدْ وَقَعَ ذَلِكَ في أَيَّامِ كُلُودِيُوسَ قَيْصَرَ. فَعَزَمَ التَّلَامِيذُ، بِحَسَبِ مَا يَتَيَسَّرُ لِكُلِّ وَاحِدٍ مِنْهُمْ، أَن يُرْسِلُوا خِدْمَةً إلى الإخوةِ السَّاكِنِينَ في أورشليم. فَفَعَلُوا ذَلِكَ، وَبَعَثُوا إلى الشُّيُوخِ على أَيْدِي بَرْنابَا وشَاوُلَ.

THE GOSPEL

The Reading from the Holy Gospel according to St. Matthew. (4:18-23)

At that time, as Jesus was walking by the Sea of Galilee, He saw two brothers, Simon who is called Peter and Andrew his brother, casting a net into the sea; for they were fishermen. And He said to them, "Follow Me, and I will make you fishers of men." Immediately they left their nets and followed Him. And going on from there He saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and He called them. Immediately they left the boat and their father, and followed Him. And He went about all Galilee, teaching in their synagogues and preaching the gospel of the Kingdom and healing every disease and every infirmity among the people.

فصلٌ من بشارَةِ القديسِ مَتَّى الإنجيليِّ البشيرِ والتلميذِ الطاهرِ. (4:18-23)

فِي ذَلِكَ الزَّمَانِ، فِيمَا كَانَ يَسُوعُ مَاشِيًا عَلَى شَاطِئِ بَحْرِ الْجَلِيلِ، رَأَى أَخَوَيْنِ وَهُمَا سِمَعَانُ الْمَدْعُوُّ بُطْرُسَ وَأَنْدَرَاوُسَ أَخُوهُ، يُلْقِيَانِ شَبَكَةً فِي الْبَحْرِ (لَأَنَّهُمَا كَانَا صَيَّادَيْنِ)، فَقَالَ لَهُمَا هَلُمَّ وَرَائِي فَأَجْعَلَكُمَا صَيَّادِي النَّاسِ. فَلَمَّا تَرَكَمَا كُلَّ شَيْءٍ وَتَبِعَاهُ. وَجَازَ مِنْ هُنَاكَ، فَرَأَى أَخَوَيْنِ آخَرَيْنِ وَهُمَا يَعْقُوبُ بْنُ زَبْدَى وَيُوحَنَّا أَخُوهُ، فِي سَفِينَةٍ مَعَ أَبِيهِمَا زَبْدَى يُصْلِحَانِ شِبَاكَهُمَا فَدَعَاهُمَا، وَلَمَّا تَرَكَمَا السَّفِينَةَ وَأَبَاهُمَا وَتَبِعَاهُ. وَكَانَ يَسُوعُ يَطُوفُ الْجَلِيلَ كُلَّهُ يُعَلِّمُ فِي مَجَامِعِهِمْ وَيَكْرِزُ بِبِشَارَةِ الْمَلَكُوتِ وَيَشْفِي كُلَّ مَرَضٍ وَكُلَّ ضَعْفٍ فِي الشَّعْبِ.

Holy Oblations

This week, Holy Oblations are offered by:

- † St. John Parish Family for the good health of **Nick Nicola, Sandy Dudum, George Messih, George Adranly, Fred Addes, Henriette Hilal, Souhad Halaka, George Cawog, Rocky Dudum and Norma Khalil**. Many years!
- † St. John Parish Family in memory of **Daniel McLellan**. May his memory be eternal!
- † St. John Parish Family in memory of **Laila Mashy**. May her memory be eternal!
- † St. John Parish Family for the good health of **Jean Harb**. Many years!
- † St. John Parish Family for the good health of **Fairouz Freij**. Many years!
- † St. John Parish Family for the good health of **Violet Jaber**. Many years!
- † St. John Parish Family for the good health of **Laila Adranly**. Many years!

Candles for the altar table and in front of the icons of Christ and the Theotokos offered by:

- † Ibrahim Fasheh in memory of Hanada Fasheh for one full year. May her memory be eternal!
- † Altar Servers:



Nathan Sweis, Clayton Morgan, Elias Freij, Angelo Freij, Andrew Freij, Mazyn Haddadin, James Dudum, John Dudum, David Evans, Evan Kavar, Mason Kavar, Jonathan Juha, Maron Juha and Zaiden Karanikola

Upcoming Events

June 14th	40 days memorial service for the servant of God Daniel McLellan. May his memory be eternal!
June 21st	Father's Day Picnic
July 19th	One year memorial service for the handmaid of God Aida Yowakeem
1st and 3rd Sundays	St. Anastasia's Fellowship for those struggling with substance abuse. 1st and 3rd Sundays of the month. 6pm meeting; 7pm Readers Paraklesis at St. John's. Contact Joseph: (310) 227-9848

Coffee Hour

June 14th	Mona Thayer for the good health of Thayer and Messih Families
June 21st	Father's Day Picnic in lieu of coffee hour
June 28th	Samara Family to celebrate our mother, Fadwa's birthday



Announcements

How to Rent St. John Hall

A great way to inquire about renting St. John Hall is by using the link below. Completing the inquiry form helps us gather the information needed about your event, including the date, time, type of gathering, and any special requirements. Once your inquiry is received, a member of our team will review the details and follow up regarding availability, rental policies, pricing, and next steps.

Whether you are planning a family celebration, meeting, community event, or special occasion, we look forward to hearing from you and helping make your event a success.

This link can be provided to ANYONE!

Link: <https://saintjohnhall.org/>

Organizing Items in the Hall

We are beginning an important project to organize and improve the kitchen and storage areas in our hall. Our goal is to label all storage rooms, cabinets, shelves, and kitchen areas so that items can be easily returned to their proper place after use and the space can remain clean, organized, and well-maintained.

With the help of Joby, a professional organizer by trade, we will be starting this process on Sunday, July 19th at 1:00 PM, immediately following coffee hour. Please plan on dedicating at least 4+ hours. This project will take place in 2–3 phases, and we would greatly appreciate all volunteers who are willing to lend a hand. If you would like to help, please let Rania K know. Thank you in advance for your support as we work together to improve and maintain our shared space!

Preschool event at our Hall!



St. John's Church FATHER'S DAY PICNIC Sunday, June 21st



Let's treat all the Fathers, Grandfathers, Godfathers & Uncles to a delicious BBQ Lunch complete with burgers, hot dogs, salad, chips, cold drinks & delectable homemade desserts!!!

Salmon burgers are available for anyone who is observing the Apostle's Fast!

Immediately following Divine Liturgy on the church grounds

\$20/adult minimum donation

Kids 12 & under – FREE

Organized by the St. John Ladies

All proceeds to benefit the Playground Rebuilding project!!



RSVP to Rula Adranly at rulaadranly@comcast.net so we can have plenty for everyone to enjoy!!

MARK YOUR CALENDARS

FESTIVAL PREP WORKSHOPS: Saturdays at 9:30 AM in our new kitchen!

June 27 th	Grape leaves	July 11 th	Spinach & Cheese Pies
August 15 th	Sfeiha & Zatar Pies	September 12 th	Knafeh & Date Mamoul



Please sign up for **any or all** workshops with Rula Adranly at rulaadranly@comcast.net or 510-508-0929

We're accepting pre-orders for grape leaves - will be available at the festival on September 25th & 26th or as early as June 27th. Delicious for your family to enjoy, for summer parties, graduations and more!!

- Large Tray - (approximately 180 leaves) \$200

- Small Tray - (approximately 90 leaves) \$100

Ecclesiastes 4:9 Two are better than one, because they have a good reward for their toil

ST. JOHN ORTHODOX CHURCH

MIDDLE EASTERN FOOD FESTIVAL



MUSIC



FOOD



CULTURE



SEPTEMBER 26 - 27

501 MORAGA WAY, ORINDA, CA

SAT 11AM - 8PM | SUN NOON - 7PM

FREE ADMISSION



Save the date

★ **AUGUST 15TH** ★

St. John

BBQ DINNER DANCE

★ *Under the stars* ★

★
Fun for the
ENTIRE FAMILY!

Congratulations Class of 2026

This year, we are honoring our graduates by putting their names and photos in the bulletin. We are very proud of them! We ask the Lord Jesus Christ to be with them in the next step in their lives.



Ella Potts, daughter of Jim and Nadine Potts and granddaughter of Very Reverend Father Emile and Khouryi Claudette Hanna is graduating from the University of California Los Angeles with a Political Science degree and a minor in philosophy. Ella is currently working as a legal assistant at an LA law firm and plans to apply to law school in the fall of 2027. We couldn't be more proud!

Lilly Potts, daughter of Jim and Nadine Potts and granddaughter of Very Reverend Father Emile and Khouryi Claudette Hanna, is graduating from Las Lomas High School in Walnut Creek. She is excited to be pursuing her undergraduate degree at the University of Washington in Seattle. We couldn't be more proud!



GRAD

Congratulations Class of 2026

This year, we are honoring our graduates by putting their names and photos in the bulletin. We are very proud of them! We ask the Lord Jesus Christ to be with them in the next step in their lives.



Dr. Conner Ganjavi, grandson of Sue Gedeon and son of Sandra Gedeon, graduated on May 16, 2026 from the Keck School of Medicine - University of Southern California. He earned a Doctor of Medicine (MD) and Master of Public Health. Dr. Ganjavi will be a Urology Resident at the University of Washington in Seattle.

Jason Samuel Burt, son of Lillian (Mitry) Burt and grandson of Siham Mitry, graduated from Ponderosa High School in Cameron Park, CA. He plans to attend culinary school to become a chef.



Ramzi Hanna is the grandson of Helene Gbantous. He graduated from De La Salle High school. He is heading to Gonzaga University to study accounting.

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 المتربوليت سابا (اسبر)

زار الأب المتوحد اسحق عطالله، تلميذ القديس باييسيوس الآثوسي، 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 وتقولونه."

أنطلق من هذه الخبرة إلى الحديث على وسائل التواصل الاجتماعي المتوفرة، في أيدي الجميع حالياً. كيف يتم التعامل معها؟ وكيف يتفاعل المؤمنون وما يشاهدونه أو يقرأونه فيها؟ وهل يعون وجوب تقييد استعمالها جزئياً على الأقل، لئلا تستعبدهم، وتالياً تشتت أذهانهم في أمور لا تفيد ولا تبني؟ هل يعون أن هدر الوقت في متابعة هذه التطبيقات قد يتحول إلى خطيئة، ويقود إلى الاكتئاب، إذ يعزز 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 جدّة وحدثة تتوالى، وستبقى تتطور. هل نعي أن عدم اتباعنا آداباً وأصولاً وفصائل في حياتنا بعامّة، جعلها تكشف عيوبنا على الملء، وتزيد من خطايانا، وتفجر ردود أفعالنا وغضبنا، أينما كان وعلى أيّ كان؟ أمّا باتت الانفعالات سيّدة الموقف وردّات الفعل تظهر في التعليقات الهوجاء سريعاً ودونما دقّة في المعلومات المتلقاة؟

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

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

يُروى في أدبياتنا الروحية التربوية أنّ القديس مكاريوس طلب أن يرى الجحيم، فتحقّق طلبه يوماً في رؤيا. ومما شاهده هناك أناساً معلّقين من ألسنتهم على رماح والنار تشتعل تحتهم! وعندما سأل مستفسراً عن خطيئتهم، أتاها 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؟

ثمّة أخلاق وآداب على المسيحي أن يتحلّى بها. فمسيحيّتنا ليست نمطاً عيش اجتماعي الشكل فقط، بل نمطاً تتعكس 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 نلزم أنفسنا فيه.

كان القديس سلوان الأثوسي يعتبر أنّ قراءة الصحف تعمّ الروح، وتشكّل عقبةً بإزاء "الصلاة النقية". 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. ومعروف أنّ الجريدة صمّاء تكتفي 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 ومعبراً 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 نُعمل عقولنا ولا ندقق في ما نقرأ ونسمع على هذه الصفحات؟

لن أعطي دروساً في الآداب والأخلاقيات؛ فمن لم يتأدّب 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 تذكرك بأنّ الله حاضر.

لا تقرأ ما لا يفيدك ممّا يُنشر على هذه الوسائل. لا تهدر وقتك الثمين في متابعة ما لا ينفك، وكن يقظاً لئلا تتفعل وتُلحق الأذى بالآخرين. حدّد وقتاً معيناً 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 مذكّر، 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 خلوة روحية طلبت من السيّدات المشتركات أن يخترن ساعة محدّدة يومياً، يقفلن فيها هواتفهن النقّالة، ويعشنها وكأنّهن لا يملكن هاتفاً. استصعبن الأمر في البداية، لكنّهن نفّذن النصيحة فاندھشن من السلام الذي حصلن عليه، وبعضهن نسين الهاتف طوال اليوم.

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