**Liturgies:**

*+* ***please verify*** [***Unity tool***](https://unityapp.ca/) ***for Special Liturgy Feast days and any cancellations***

+ Sundays: French/ Arabic 6:00am- 8:30 am and French/ English 8:30am-11:00am  
  
+ Weekdays:   
Tuesdays (Arabic), Wednesdays, and Fridays: 7:30 – 10:00am,  
Thursdays: 4:30 – 6:45am

**Cafeteria opening hours**:

+ One hour after **Sunday** Liturgy  
+ Every second **Tuesdays** after Liturgy: Saint Pishoy Seniors’ Meeting  
+ **Friday** evenings for youth Meeting  
  
+ *Please submit event request forms (available on the* [*church website*](http://virginmarymtl.org)*), for any* ***s****pecial Event (requiring Cafeteria, Kitchen reservation)*

**Evening Raising of Incense:** Saturdays 7:00pm

**Midnight Praise:** Saturdays 8:00 – 10:30pm, Wednesday 9:00- 10:30pm

**Confessions:**

+ Any time by appointment with the fathers  
+ Fr. Saraphim Yousef: 514-941-1712  
+ Fr. Tadros El-Masry:  514-238-4255  
+ Fr. Kyrillos Mourad:  438-862-2279

**Sunday School:**

+ Sundays 11:30 am – 12:30 pm

**Pre-Servant/Discipleship Classes:**

+Youth: Sundays 11:30am – 1pm

**Church Choirs:**

+ Elementary: Fridays 8 – 9:30 pm  
+ High School: Fridays 9:30 – 10:30 pm  
+ Adults: Saturdays 8 – 9:30 pm

**Sports & Gymnasium Opening Hours:**

+ Soccer:  Youth: Wednesdays 8 - 11 pm and Adults (Sundays 7 – 9 pm)  
  
+ Basketball:   
Sundays 9 – 11 pm   
Fridays 7 to 8:30 pm and 9:30 to Midnight (High School, Cegep and University)  
Saturdays 4 – 6 pm (Elementary Children’s Club)

**Scouts Canada:**

+ Age 9 – 11: Sundays 1:15 – 3:15 pm  
+ Age 12-17: Fridays 6:30 – 8:15 pm

**Youth Meetings:**

+ Graduates (COYP):  Thursdays 8:30 – 10:00 pm + Fellowship  
+ High School 1, High School 2, Cegep and University: Fridays 8:30 – 9:30 pm

**Ti Ecclesia**

+ Primary: Saturdays 5:45 – 7:00 pm  
+ Secondary: Fridays 7:00 – 8:15 pm  
+ Adults: Fridays 7:30 – 8:30 pm

**Deacons Meetings:**

+ Elementary: Saturday 4:30 – 5:30 pm  
+ High School: 7 to 8pm  
+ Adults: Wednesdays 7:30 to 8:30pm

**Prayer Meeting:**

+ Fridays 7:00 – 8:00pm

**Saint Timothy Arabic Bible Study**

+ Sundays: 6:30 – 8:00 pm

**Bible Schools:**

1. Saint Joseph for Elementary (G1&G2): Friday from 6:30-8:00 (new building)
2. Saint Luke for Elementary (G3-G6) (French): Friday 6:30-8:00 (new building)
3. St Paul for High School Students (French): Saturday from 4:30-6:45 (new building)
4. St Timothy: Sunday from 6:30-8:00 (cafeteria)
5. St Mark (Graduates): Tuesday from 7:00-9:00 (new building)
6. St Mark Arabic and English: Thursday from 7:00-9:00 (new building)

**Arabic General Meeting**

+ Sunday's 12:00-1:00pm

**Saint Pishoy Seniors’ Meeting:**  
  
+ Every 2 Tuesdays 8 am – 1 pm  
+ Liturgy, Breakfast, Songs and Sermon, Social Time

**Alpha Course:**  
+ Wednesdays 7 – 8:15pm

**Tutoring Services:**  
+ Wednesday’s 7:00pm   
+ Contact Eman Geres: 514-918-5907

**Professional Psychotherapy and Counselling Services:**

+ By appointment with Myriam Ghobriel: 514-246-4245 (Office #129)

**The Good Seed Bookstore and Rental Library (English and French):**

 + Online:[**https://the\_good\_seed.librarika.com/**](https://the_good_seed.librarika.com/)

 + Sundays: 12:00 – 1:00 pm

**Centre E.S.P.O.I.R. Québec :**

+ For Professional Courses and career counselling and assistance,  
+ Visit us at 6098 Grande Allée, Room S215 or [www.espoir-qc.ca](http://www.espoir-qc.ca) or email your needs to [info@espoir-qc.ca](mailto:info@espoir-qc.ca)    
+ Connect with us through LinkedIn

**NOTES:**

+ There are no social or sports activities during Spiritual Services

+ No social or sports activities can be held without the presence of the official servants of that activity during the whole time of the activity

+ For more details, please refer to the individual services servants