

October, 2020

Beloved Clergy and Faithful of our Archdiocese:

Greetings in the Name of our Lord and Savior, Jesus Christ. We pray that you all enjoyed a peaceful and relaxing summer and are working hard as we begin a new, but very different ecclesiastical year. 2020 marks the 125th anniversary of the arrival of St. Raphael of Brooklyn and the establishment of our Antiochian presence on this continent. The seeds he planted have grown, thanks in large part to the educated clergy that serve our God-protected archdiocese.

With that in mind, we bring to your attention that October in the Antiochian Archdiocese is “Youth Month and Seminary Month”. This year we have 19 seminarians, and most, if not all, will serve this Archdiocese as priests. They will baptize the catechumens, raise up the youth in the Faith, educate the faithful, comfort the sorrowful, visit the sick, restore the penitent, and heal the broken-hearted. Supporting our future clergy and the institutions that are providing their education and formation is vital to the spiritual health of the parishes and ministries of our Church.

During this time of the pandemic and the related issues that surround it, it is vital that we continue to support our seminaries and theological institutions. Many of them have been burdened financially due to the constraints they are now under. While many of our own families are also under such difficulties, we hope that each one of you can spare just a little to support the institutions that prepare our future clergymen and lay leaders.

May the Lord continue to bless all your efforts and keep you safe during these trying times.

Your Father in Christ,

+JOSEPH

Archbishop of New York and Metropolitan of all North America



October is Youth Month

As you read in His Eminence’s message, above, every October, we introduce our children and teens to the many opportunities to serve in the Church, including such activities as reading the Epistle, taking the collections, chanting, singing in the Choir, etc. While we want them to be active in the services of the Church year round, October has been set aside in particular to recognize our youth and to give them more opportunities to serve.

In Support of our Seminaries

Separate from your regular pledges and offerings, please make your donations in response to Metropolitan Joseph's appeal (above) by writing **checks to St. Nicholas and noting "Seminaries" in the memo area.**



Since we cannot pass collection trays at this time, we will also have empty envelopes next to the offering box that you can use for cash, to keep these special offerings distinct from your pledges. Please also include your name on the check or envelope, so we can post the offering to your donation record properly.

“Fear not, little flock, for it is your Father's good pleasure to give you the kingdom!” (Luke 12:32)

«لَا تَخَفْ أَيُّهَا الْفَطْبَعُ الصَّغِيرُ لِأَنَّ أَبَاكُمْ قَدْ سَرَّ أَنْ يُعْطِيَكُمْ الْمَلَكُوتَ.»

As we take the coronavirus pandemic seriously, with faith and love, please note the following procedures:

1. Parking

As our parking lot is small, it is reserved for elderly and families with newborns in strollers. Everyone else should park at the photo lot. It is essential that all able-bodied worshippers show courtesy to the elderly and those with little children.

2. Social Distancing and Masks

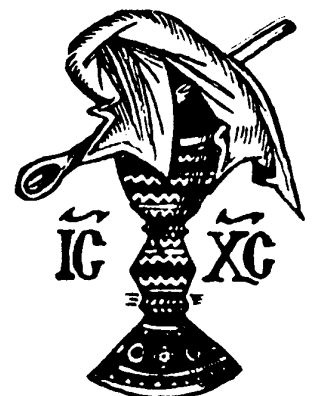
Please remember to maintain sufficient distance between your household and others. Your family may all sit together, if you live in the same house, but please keep six feet distance between yourself and members of other households.

Remember too that **masks are required**. Be sure to wear them in a way that covers your nose and mouth fully. Not wearing masks or wearing them incorrectly makes other people feel uncomfortable and unsafe. Let us practice this important courtesy to others who may have health issues and for everyone's comfort and peace of mind.

3. Communion

Holy Communion is the “medicine of immortality,” given “for the remission of sins, for healing of soul and body and for life everlasting.”

It has long been the practice throughout our Archdiocese—more out of respect for Communion, *rather* than *unthinkable* concern for germs—for the faithful to approach the Chalice with their mouths wide open and their heads tilted back. *Remember that you have to do both – a mouth that's open wide but tilted downward doesn't help!* This will allow the priest or deacon to insert the spoon, turn it over in your mouth and pull it out *without* touching your tongue or lips.



4. Venerating Icons

Venerate icons or the gospel book or the cross with just a 'gesture,' but **do not actually touch the item with your lips or hand**. While the Greek word in the Bible for veneration literally means to "approach and kiss," for now, approach *as if* to kiss, but then back away. The same goes for the priest's hand.



5. Antidoron (Blessed Bread)

For receiving the antidoron (blessed bread) after Holy Communion and at the dismissal, the Archdiocese has directed us to implement the more ancient practice. That is, *instead* of everyone reaching into the bowl with their own hands, **cup your hands together, and the priest (at dismissal) or an assistant (after Communion) will drop a piece of the blessed bread in them**. The priest and assistants will have washed their hands thoroughly and will be wearing gloves, so please do not touch or kiss their hands. While it is traditional to kiss the priest's hand when receiving a blessing, for the time being, please just make a 'gesture' of veneration for the priest's hand (as described above).

6. Who Should NOT Come to Church

Of course, those who are elderly, who have asthma, diabetes or other conditions that compromise their immune systems are still advised NOT to come to church at this time. Thus, **Fr. Nabil will be very happy to bring you the Sacraments to your homes or to have you come to the Cathedral privately, by appointment**. Please call him directly at (213) 915-6269 to schedule.

Good News: Let's Make the Best of This Opportunity

The St. Nicholas Heating Ventilation and Air Conditioning (HVAC) Committee is pushing forward with the plan to install the new air conditioning system in the Cathedral. The members of the committee wish to express their gratitude for everyone's patience with the process. They are also grateful for the generosity of those who have already donated to make the new air conditioner a reality.



A new, anonymous, donor has stepped forward and has committed to donating \$25,000 in a matching fund campaign to raise the amount of funding still needed to pay for the new system. The HVAC committee urges all the faithful of the Cathedral who have not yet contributed to meet this challenge with your own generous donations. Your commitment is very necessary to making the new air conditioning system for the Cathedral become a reality. How wonderful it would be to walk into a blessedly cool Cathedral in the near future!

Please earmark donations "AC" on your check, or use the "AC Challenge" link on the online donations page on the Cathedral website stnicholasla.org. Please deposit donation in the offering box, or mail them to St. Nicholas Cathedral, 2300 W. 3rd St., Los Angeles, CA 90057.





Contact Ron Samore with any questions at 818-378-2055 or ronsamore18@gmail.com.

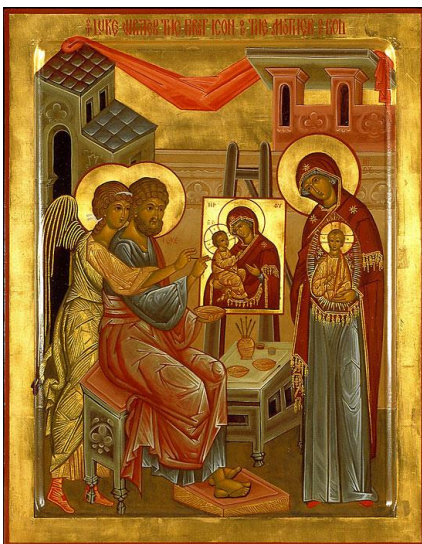
Upcoming Schedule and Links

Date	Time	Event or Service (click link for service text)	How to Participate
Friday, Oct. 16	7:00 pm	Church School Classes	See links for each class, below
Saturday, Oct. 17	6:00 pm	Great Vespers	Livestream only (church closed)
Sunday, Oct. 18	7:45 am	Divine Liturgy in Spanish	In person outdoors AND livestream
	9:15 am	Martins	In person outdoors AND livestream
	10:30 am	Divine Liturgy	In person outdoors AND livestream
Monday, Oct. 19	7:00 pm	Cathedral Council	
Tuesday, Oct. 20	7:00 pm	Bible Study: Worship, Liturgy and Sacraments	Join via Zoom

Please note that you do NOT need to have a Facebook account to join our services via livestreaming. Also, if you cannot join the services live, they remain on the Facebook site, so you can participate when your schedule allows.

Church School 7 pm Friday, October 16

Class	Zoom Link	Meeting ID and Password (Not needed if you use the link)	Text and Discussion Material
Preschool & Kindergarten	None – discuss at home	None	 View or print for Preschool
1 st – 4 th Grades	Join 1st – 4th Class	950 0406 4284 602971	 View or print for Grades 1-4
5 th – 8 th Grades	Join 5th – 8th Class	966 6787 2317 283692	 View or print for Grades 5-8
High School	Join High School Class	964 9146 2720 439263	 View or print for High School



Sunday, October 18: We Commemorate the Holy Apostle and Evangelist Luke

St. Luke, who wrote the third Gospel, also painted the first icons. That is, he expressed the Christian Faith in both words and images. In this icon, St. Luke is seen painting the first icon of the Theotokos and being directed by an angel in doing so. This icon has remained the prototype of all icons of the Mother of God.

Though “No one has ever seen God; the only-begotten Son, who is in the bosom of the Father, has made him known” (John 1.18). Icons uphold the truth of our theology that God has truly come in the flesh. He was seen and touched, so the invisible God became depictable.

In the Syrian town of Saydnaya, which has more than forty churches, chapels, and monasteries. The most prominent among them is the convent of the Virgin Mary, one of the most important institutions in the Patriarchate of Antioch.

Since the Middle Ages, most pilgrims and travelers on their way to the Holy Land would stop at Saydnaya in order to pray before the miraculous icon of the Virgin and to receive her blessing. According to tradition, this image was painted by St. Luke himself, and many miracles have been attributed to it ever since, down to the present time.

Holy Oblations and Prayer Requests

Barbara Waian Abraham grew up at Saint Nicholas and was very involved in SOYO, Camp and Choir. She battled Cancer for the last six years and finally fell asleep in the Lord on Wednesday, October 14th. Currently residing in Maryland and members of Saints Peter and Paul's parish. Barbara is survived by her husband John Abraham, her sons Christian and his wife Mary Anne, son Matthew and his wife Danielle, and five grandchildren, Eva, Maggie, Patrick, Sawyer and Tennison, as well as her sister Diane Waian Hunten and her family. Memory Eternal!

In loving memory of Elias Khalaf, recently deceased in Lebanon.

May God continue to watch over and bless our parent's Joe and Salma Maalouf on the occasion of their 50th Wedding Anniversary and grant them many, many years. Given with love by their children, Shirley and Esper Kanaan, Joey and Christine Maalouf, Reema and Elia Maalouf and their families.

In loving memory of our dear father and grandfather Samuel R. Simon. May his memory be eternal. Offered by Marie, Marianne, Matthew, and Mark.

In loving memory of our dear mother and grandmother, Abla Akel on her birthday, offered by her daughters. May her memory be eternal.

In loving memory of our Parents Elias & Odette Seikaly. May their memory be eternal! Offered by the Seikaly and Kassisieh Families.

Cathedral Prayer List:

Please include in your daily prayers the following—those struggling with acute illness and those newly departed this life—from our parishioners and those for whom they have requested our prayers. (Names are kept for 40 days, which is the date indicated after the name, and may be renewed upon request.)

Living

Jason Perkins, home, 11/18

Lilla Awad, home, 11/18

Fred Wehba, hospital, 11/14

Henry Roum, home, 11/13

Abdo Hanna, home, 11/8

Richard Ayoob, home, 11/8

Conner Capata grandson of Julian Jr. and Shirley, ICU, 11/20

Departed

Tanos Habr, 11/21

William Saba Sr., 11/18

Barbara Waian Abraham, cousin of Suzi Sadd, 11/23

Elias Khalaf, relative of Patrick Haddad, 11/21

*To offer Holy Oblations and Memorials and for any announcements to be included in the bulletin, please email Cathedral@stnicholasla.com or contact the Cathedral office at (213) 382-6269 by **Wednesday noon**.*

If you missed this week's session of our Tuesday Bible Study on Worship, you can see the recording [here](#).

Fall 2020 Adult Study: Worship - Liturgy and Sacraments

V. Rev. Nabil Hanna
Dean
St. Nicholas Orthodox Cathedral
Los Angeles, California


**Session 2:
Overview of the Eucharist**

13 Oct 2020



MOST REVEREND JOSEPH
ARCHBISHOP OF NEW YORK AND LOS ANGELES
METROPOLITAN OF NORTH AMERICA

V. REV. FATHER NABIL L. HANNA
DEAN



REV. FATHER PAUL OLSON
ASSISTANT PASTOR

REV. FATHER ANDREW S. ANDREWS
ASSISTANT PASTOR

ONLINE Fall 2020 Adult Study: Worship: Liturgy and Sacraments

Tuesdays: 7:00 to 8:30 p.m.
Connect via Zoom: Meeting ID 964 9146 2720 • Password 439263

Instructor: Father Nabil L. Hanna • (213) 915-6269 • fnabilh@stnicholasla.com

Syllabus - Approximate



Oct. 20 **Byzantine Liturgy – Part I**
The Church Building • Stational Liturgy • *Enarxis, Synaxis*,
Liturgy of the Word, Entrance with the Gifts

Oct. 27 **Byzantine Liturgy – Part II**
Eucharistic Prayer • Anaphora of St. Basil the Great • Communion and Dismissal

Nov. 3 **Baptism and Chrismation**
How are we saved? • The Body of Christ, the Community
and Priesthood

Nov. 10 **Marriage and Other Sacraments**
Holy Unction, Holy Orders, etc. •
Sacraments and Sacramentals

Nov. 17 **The Liturgy of Time**
Being in This World but Not
of This World • The Hours
of Prayer



درس الكتاب بالعربي - الامثال - Arabic Bible Study on the Parables

Every Friday at 7PM

Classes will be led by Dn. Eliya Ammari

Contact him at (818) 433 5523 or Louia@hotmail.com to sign up.

He will then send you an invitation for a Zoom meeting one day before the discussions.

Date	Topic of Discussion	Bible Readings
10/16/2020	لا يوجد حصّة اليوم	No class today
10/23/2020	مثل الراعي الصالح	(30-يو 10: 11-18 و 25)
10/30/2020	مثل البنائين	(46-49 مت: 7: 24-27، لو 6)
11/6/2020	مثل الكرامين الأشرار	(لو 20: 9-16 1-12 مت: 21: 33-41، مر)
11/13/2020	مثل الحجر المرفوض	(و 11، لو 20: 17-19 12: 21: 42-46، مر)

Do You Need Books or Icons?

See Diane Brooks or Isabel Elac for anything from the Cathedral bookstore. While we can't have you go into the bookstore to peruse the stock at this time, they will be happy to bring out to you what you would like.

Congratulations to These Young Adults

At last Saturday's Virtual Fall Diocese Meetings, Cathedral members were elected as officers of the Diocese of Los Angeles Young Adult Ministry: Christian Faradj is the new College Outreach Coordinator, and Christopher Ajalat is the new Program Coordinator. God bless them and grant them health and wisdom to serve faithfully!

Antiochian Women - DLAW

Join us For the Sowing Bee

October 21st at 7pm

**In Honor of October
Breast Cancer Awareness Month
A Panel of Three Antiochian Women**

Christine Corbin, MD - board certified OB/GYN

Plus 2 Breast Cancer Survivors:

Tammy Salamone - CETI cancer exercise specialist

**Kh Joanna Townsend - certified hospice &
palliative care & oncology nurse**



**To view this presentation simply visit our facebook
page - You do not need to have a facebook account.**

Our facebook page:

@AntiochianWomenDioceseOfLosAngelesandtheWest

Questions ?? email: antiochianwomenla@gmail.com

The Martyrdom of Ss. Peter and Paul, the Apostles

On the same day (June 29), the two great saints Peter and Paul were martyred. Peter was from Bethsaida, and he was a fisherman. The Lord chose him on the second day of His baptism after He chose Andrew his brother. He had fervent faith and strong zeal. When the Lord asked His disciples: "Who do men say that I am?," they answered, "Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets. ..." Simon Peter answered and said, "You are the Christ, the Son of the living God." (Matt.16:13-20) After he received the grace of the Holy Spirit, he went around in the world preaching of the crucified Christ, and he converted many to the faith. God wrought great and innumerable signs and wonders by his hands. He wrote two catholic (that is, general letters, not addressed to specific churches or individuals) Epistles to the believers. When he came to the city of Rome, he found there St. Paul the Apostle. Through their preaching, many of the people of Rome believed, so Nero seized Peter and commanded to crucify him. Peter asked them to crucify him head downwards, and he delivered up his soul into the hand of the Lord.

As for St. Paul the Apostle, he was born in Tarsus two years before the advent of the Savior. He was a Jew, of the tribe of Benjamin, a Pharisee, the son of a Pharisee. He was well learned in the Law of the Old Testament, and he was zealous for it. He persecuted the Christians.

When they stoned St. Stephen, Paul was guarding the clothes of those who were stoning him. He took from Caiaphas, the high priest, letters to the synagogues of Damascus, to bind the Christians and bring them to Jerusalem. As he journeyed, he drew near Damascus, and suddenly a light shone around him from heaven. Then he fell to the ground, and heard a voice saying to him, 'Saul, Saul, why are you persecuting Me?' And he said, "Who are You, Lord?" And the Lord said, "I am Jesus, whom you are persecuting. It is hard for you to kick against the goads." Then He ordered him to go to Ananias in Damascus, who baptized him, and he received his sight at once. He was filled by the grace of the Comforter, and he proclaimed boldly the Faith. He went around in the world preaching of the crucified Christ. He suffered much: beatings, imprisonment, and was bound with fetters, some of which are mentioned in the book of the Acts of the Apostles and in his Epistles.

He went to Rome and proclaimed the Faith there and many believed by his hands. He wrote for them the Epistle to the Romans which is the first of his fourteen Epistles, as arranged in the New Testament.

Finally, Nero seized him, tortured him severely and ordered his head cut off. While St. Paul was passing along with the executioner, he met a damsel who was a kinswoman of the Emperor Nero, and who had believed through him. She walked along with St. Paul, weeping, to where they carried out the sentence. He comforted her and asked her for her veil, He wrapped his head with the veil, and asked her to return back. The executioner cut off his head and left it wrapped in the veil of the young girl, and that was in the year 67 A.D. The young girl met the executioner on his way back to the Emperor, and asked him about Paul and he replied, "He is lying where I left him and his head is wrapped in your veil." She told him. "You are lying, for he and Peter had just passed by me, they were arrayed in the apparel of kings, and had crowns decorated with jewels on their heads, and they gave me my veil, and here it is." She showed it to the executioner, and to those who were with him. They marveled, and believed on the Lord Christ.

God wrought by the hands of Peter and Paul many great signs and wonders, that they even carried the sick out into the streets. As Peter came by, if his shadow might fall on them, they were all healed. (Acts 5:15) The handkerchiefs or aprons were brought from Paul's body to the sick, and the diseases left them and the evil spirits went out of them. (Acts 19:12)

May their prayers be with us, and Glory be to God forever. Amen.

By *ELEN SALEH*

St. Nicholas Antiochian Orthodox Christian Cathedral
2300 W. Third Street
Los Angeles, CA 90057
(213) 382-6269 *office*
www.stnicholasla.com

ATTACHED CLERGY CONTACTS

V. Rev. Father Nabil L. Hanna, *Dean*
(213) 915-6269 or (317) 919-0841 *mobile*
frnabilh@stnicholasla.com

Rev. Father Paul Olson, *Assistant Pastor*
714-651-6151 *mobile*
rev.paul.olson@gmail.com

Rev. Father Andrew Andrews, *Assistant Pastor*
(925) 323-6787 *mobile*
frandrewa@stnicholasla.com

Rev. Archdeacon George Shishim
(818) 891-6211

Rev. Deacon Eliya Ammari
(818) 433-5523
louia@hotmail.com

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