



## St. Nicholas Orthodox Cathedral

Antiochian Orthodox Christian Archdiocese of North America  
Diocese of Los Angeles and the West

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**TONE 6**

**JANUARY 15, 2023**

**EOTHINON 9**

### 29<sup>TH</sup> SUNDAY AFTER PENTECOST • 12<sup>TH</sup> SUNDAY OF LUKE

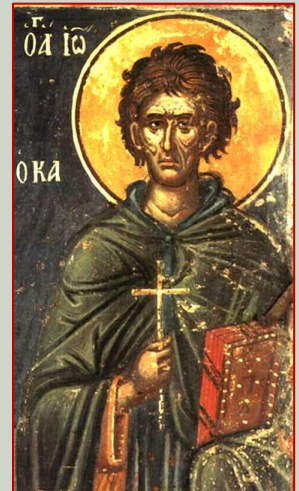
الاحد التاسع والعشرون بعد العنصرة • الاحد الثاني عشر من انجيل لوقا

VENERABLE PAUL OF THEBES AND JOHN THE HUT-DWELLER  
VENERABLE MARTYR PANSOPHIOS OF ALEXANDRIA • VENERABLE GABRIEL OF LESNOVO



Saint Paul, first among hermits, was born about 227 in the Thebaid of Egypt. In 250 he fled into the wilderness because of the persecution raging at that time under Decius. Having lived a solitary life in a certain cave for ninety-one years, he reposed in 341, at the age of 114, and was buried by Anthony the Great, who had been directed there by God several days before the Saint's repose.

Saint John, who was from Constantinople, was the son of illustrious parents, Eutropius the Senator and Theodora. At twelve years of age he departed secretly from his home and went to the Monastery of the Unsleeping. Aflame with longing for his parents, he returned after six years to his father's home in the guise of a pauper and beggar. Living in a small hut at the gates of his parents' house (wherefrom he is called "hut-dweller"), he remained unknown for many years and suffered mockery at the hands of those who had been his own servants. Foreknowing his death, he revealed himself to his parents, and within a few moments reposed, about the year 450.



# LITURGY VARIATIONS

## THIRD ANTIPHON: TROPARION OF THE RESURRECTION (TONE 6)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou ledest Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

إِنَّ الْقُوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرِ، وَالْحُرَّاسَ صَارُوا  
كَالْأَمْوَاتِ، وَمَرْيَمَ وَقَفَتْ عِنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ،  
فَسَبَّيْتَ الْجَحِيمَ وَمَ تَجَرَّبْتُ مِنْهُ، وَصَادَفْتَ الْبَتُولَ مَانِحاً الْحَيَاةَ.  
فِيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.

### Schedule of Regular Weekly Services

Sundays: Matins, 9:15 AM  
Divine Liturgy, 10:30 AM

Saturdays: Great Vespers, 6:00 PM

Confession: After Saturday Vespers  
During Sunday Matins  
Or by Appointment



*See Calendar for Feast Days and Other Weekday Services Scheduled*

*Please turn cell phones off!*

### Order for Holy Communion

Members of the Orthodox Church age seven and above must prepare for Holy Communion with a recent confession, prayer, fasting from all food and drink from midnight (unless a medical condition preclude it), being in church *before* the Epistle and Gospel readings, and being at peace with everyone.

**CHILDREN** going to church school and their teachers should come down the center aisle first. (Small children may need to be assisted by their parents.)

**ALL OTHERS** should wait until an usher dismisses your row from the center aisle. Then return to your place by a side aisle for the prayers of thanksgiving and the final blessing and dismissal. Please let choir members pass when they come down for Communion.

### A Warm Welcome to Our Guests

We are glad you are worshipping with us. Please note that participation in **Holy Communion is limited to members of the Orthodox Church** in good standing, who have prepared with prayer, fasting and a recent confession.

For all others: though we cannot share Communion with you—since it is an expression of membership and full unity in faith—you are welcome to come forward after the dismissal, receive a blessing and partake of the blessed bread (from the large bowls). Please also sign our guest book and introduce yourself to Fr. Nabil or Fr. Andrew during coffee hour. You may inquire with them how you can become a member.

## APOLYTIKIA AFTER THE ENTRANCE

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### Troparion of the Resurrection (Tone 6)

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When Mary stood at Thy grave....

إِنَّ الْقَوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ....

### Troparion of St. Paul of Thebes (Tone 8)

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The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father Paul, intercede with Christ God to save our souls.

لِلْبَرِّيَّةِ غَيْرِ الْمُثْمِرَةِ بِمَجَارِي دُمُوعِكَ أَمْرَعْتَ، وَبِالتَّنْهَدَاتِ الَّتِي مِنْ الْأَعْمَاقِ أُمْتَرْتَ بِأَنْعَابِكَ إِلَى مِئَةِ ضِعْفٍ، فَصِرْتَ كَوْكَبًا لِلْمَسْكُونَةِ مُتَأَلِّمًا بِالْعَجَائِبِ، يَا أَبَانَا الْبَارَّ بُولَسَ، فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِيِّ أَنْ يُخَلِّصَ نَفُوسَنَا.

### Troparion of St. John the Hut Dweller (Tone 4)

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Since thou hadst with fervor longed after the Lord from thy youth, thou leftest the world with its delights and nobly didst strive in valiant ascetic deeds. Thou didst pitch thy hut before the gates of thy parents; thou didst break the demons' snares, O all-blessed Father. And therefore, as is meet, hath Christ God glorified thee, O John.

لَقَدْ صَبَّوْتُ إِلَى الرَّبِّ بِحَرَارَةٍ مُنْذُ الطُّفُولَةِ، فَعَادَرْتُ الْعَالَمَ وَمَا فِيهِ مِنَ الْمَطْرِبَاتِ، وَامْتَرَزْتُ فِي النَّسْكِ، وَنَصَبْتُ الْكُوْحَ بِإِزَاءِ أَبْوَابِ الْوَالِدِيكَ. فَهَدَمْتَ مَكَامِنَ الشَّيَاطِينِ، يَا يُوْحَنَّا الْكَامِلُ الْعِظَةِ. لِذَلِكَ مَجَّدَكَ الْمَسِيحُ عَنِ اسْتِخْقَاقِ.

### Troparion of St. Nicholas (Tone 4)

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The verity of your actions revealed you to your flock, a rule of faith, an icon of mildness, and teacher of abstinence, O Father Bishop Nicholas; wherefore by humility you have achieved exaltation and by poverty richness. Intercede with Christ our God to save our souls.

لَقَدْ أَظْهَرْتَنِيكَ أَفْعَالِ الْحَقِّ لِرِعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَتِيسُ الْكَهَنَةِ نِيقُولَاوسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرِّفْعَةَ، وَبِالْمِسْكِنَةِ الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِيِّ أَنْ يُخَلِّصَ نَفُوسَنَا.

## Kontakion of the Meeting of the Lord (Tone 1)

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

أَيُّهَا الْمَسِيحُ الْإِلَهُ، يَا مَنْ بِمَوْلِدِهِ قَدَّسَ الْمُسْتَوْدَعَ الْبَتُولِيَّ،  
وَبَارَكَ يَدَيْ سِمْعَانَ كَمَا لاقَ، وَأَذْرَكْنَا الْآنَ وَخَلَّصَنَا؛ إِحْفَظْ  
رَعِيَّتَكَ بِسَلَامٍ فِي الْحُرُوبِ، وَأَيِّدِ الْمُلُوكَ الَّذِينَ أَحْبَبْتَهُمْ، بِمَا  
أَنْتَكَ وَخَدَّكَ مُجِبُّ لِلْبَشَرِ.

## THE SCRIPTURE LESSONS

### Prokeimenon (Psalm 103.24, 1 LXX; Tone 4)

O Lord, how magnificent are your works. You have made all things in wisdom.

*Verse:* Bless the Lord, O my soul.

بروكيمنون (اللحن ٤؛ مزمور ١٠٣، ٢٤، ١ سبع).

مَا أَعْظَمَ أَعْمَالِكَ، يَا رَبُّ، كُلُّهَا بِحِكْمَةٍ صَنَعْتَ.  
بَارِكِي يَا نَفْسِي الرَّبَّ.

### From St. Paul's Epistle to the Colossians (3.4-11; 29<sup>th</sup> Sunday after Pentecost)

BRETHREN, when Christ Who is our life appears, then you also will appear with Him in glory.

Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire and covetousness, which is idolatry. On account of these the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away, anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its Creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسَ إِلَى أَهْلِ كُولُوسِي  
(١١-٣، ٤؛ الأحد التاسع والعشرون بعد العنصرة)

يَا إِخْوَةَ، مَتَى ظَهَرَ الْمَسِيحُ الَّذِي هُوَ حَيَاتُنَا، فَأَنْتُمْ أَيْضاً  
تُظَهَرُونَ حَيْنئِدٍ مَعَهُ فِي الْمَجْدِ.  
فَأَمِتُوا أَعْضَاءَكُمْ الَّتِي عَلَى الْأَرْضِ: الرِّبِّيَّ، وَالتَّجَاسَةَ، وَالهَوَى  
وَالشَّهْوَةَ الرَّذِيَّةَ، وَالطَّمَعَ الَّذِي هُوَ عِبَادَةٌ وَتَنٍ. لِأَنَّهُ لِأَجْلِ  
هَذِهِ يَأْتِي غَضَبُ اللَّهِ عَلَى أَبْنَاءِ الْعِصْيَانِ. وَفِي هَذِهِ أَنْتُمْ أَيْضاً  
سَلَكْتُمْ حِيناً إِذْ كُنْتُمْ عَائِشِينَ فِيهَا. أَمَّا الْآنَ، فَأَنْتُمْ أَيْضاً  
أَطْرَحُوا الْكُلَّ: الْغَضَبَ، وَالسَّخَطَ، وَالْحُبْثَ، وَالتَّجْدِيفَ،  
وَالكَلَامَ الْفَبِيحَ مِنْ أَفْوَاهِكُمْ. وَلَا يُكَدِّبُ بَعْضُكُمْ بَعْضاً، بَلِ  
أَخْلَعُوا الْإِنْسَانَ الْعَتِيقَ مَعَ أَعْمَالِهِ. وَالْبَسُوا الْإِنْسَانَ الْجَدِيدَ  
الَّذِي يَتَجَدَّدُ لِلْمَعْرِفَةِ عَلَى صُورَةِ خَالِقِهِ. حَيْثُ لَيْسَ يُونَانِيٌّ  
وَلَا يَهُودِيٌّ، لَا خِتَانٌ وَلَا قَلْفٌ، لَا بَرَبْرِيٌّ وَلَا اسْكِيثِيٌّ، لَا  
عَبْدٌ وَلَا حُرٌّ، بَلِ الْمَسِيحُ هُوَ كُلُّ شَيْءٍ فِي الْجَمِيعِ.

**Holy Gospel according to St. Luke  
(17.12-19; 12<sup>th</sup> Sunday of Luke)**

AT THAT TIME, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said, "Jesus, Master, have mercy on us." When He saw them, He said to them, "Go and show yourselves to the priests." And as they went, they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving Him thanks. Now he was a Samaritan. Then said Jesus, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to Him, "Rise, and go your way; your faith has made you well."

مِنْ بَشَارَةِ الْقَدِيسِ لَوْقَا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ  
(١٢، ١٧-١٩؛ الأحد الثاني عشر)

فِي ذَلِكَ الزَّمَانِ، فِيمَا يَسُوعُ دَاخِلًا إِلَى قَرْيَةٍ اسْتَقْبَلَهُ عَشْرَةُ رِجَالٍ بُرْصٍ وَوَقَفُوا مِنْ بَعِيدٍ، وَرَفَعُوا أَصْوَاتَهُمْ قَائِلِينَ: يَا يَسُوعُ الْمَعْلَمُ ارْحَمْنَا. فَلَمَّا رَأَاهُمْ قَالَ لَهُمْ امضُوا وَأَرُوا الْكَهَنَةَ أَنْفُسَكُمْ. وَفِيمَا هُمْ مُنْطَلِقُونَ طَهَّرُوا. وَإِنَّ وَاحِدًا مِنْهُمْ، لَمَّا رَأَى أَنَّهُ قَدْ بَرِيَ، رَجَعَ يُمَجِّدُ اللَّهَ بِصَوْتٍ عَظِيمٍ. وَخَرَّ عَلَى وَجْهِهِ عِنْدَ قَدَمَيْهِ شَاكِرًا لَهُ وَكَانَ سَامِرِيًّا، فَأَجَابَ يَسُوعُ وَقَالَ، أَلَيْسَ الْعَشْرَةُ قَدْ طَهَّرُوا فَأَيْنَ التِّسْعَةُ؟ أَلَمْ يُوجَدِ مَنْ يَرْجِعُ لِيُحْمَدَ اللَّهَ إِلَّا هَذَا الْأَجْنَبِيُّ؟ وَقَالَ لَهُ، قُمْ وَامضِ إِيْمَانُكَ قَدْ خَلَّصَكَ.

**HOLY OBLATIONS AND PRAYER REQUESTS**

- By Nouri Iskander Alrabadi and family, for the repose of nephew Tha'ir Mnawwar Alrabadi (3/9/40-day memorial), and in memory of Iskander, Krayzah, Nour, Anwar, Mnawar and Nourah Alrabadi.
- By Edward and Georgette Malouf, for the health of their family.
- By George, Mariam, Mark, Antonio and Hend Bshara.
- By Ehab, Rania, Sami, Selena and Anthony Dahabreh, in memory of Rania's father, Hani Tadros, and of Ehab's mother, Nawal Hawatmeh Dahabreh.

*To offer Holy Oblations and Memorials please use the form at*

<https://stnicholasla.com/makeaprayerrequest> or call the Cathedral office by Wednesday.

**THIS IS STEWARDSHIP EDUCATION MONTH:  
RALF ZACKY WILL GIVE A TESTIMONIAL TODAY**

Over the course of this month, we are reflecting on the question of what should be our fitting response to the Lord, Who has saved us and continues to work in our lives.

- Today, Ralf Zacky will give a testimonial.
- Nassif Shammaa will give a testimonial next Sunday, January 22.



- On Sunday, January 29, Bishop Anthony of Toledo will be our special guest speaker.

**We will conclude on Sunday, January 29, Stewardship Sunday at the Cathedral this year.** That is the day we ask all to recommit their faith by pledging to be part of God's work.

*They shall not appear before the Lord empty handed; every man shall give as he is able, according to the blessings of the Lord your God which He has given you. (Deuteronomy 16.16b-17)*



وَلَا يَخْضَرُوا أَمَامَ الرَّبِّ فَارْغِينَ. كُلُّ وَاحِدٍ حَسَبَمَا تَغْطِي يَدُهُ،  
كَبْرَكَةِ الرَّبِّ إِلَيْهِكَ الَّتِي أَعْطَاكَ. (تثنية ١٦، ١٦-١٧)



## TODAY'S CHURCH SCHOOL STUDY TOPIC

Today and for the next few weeks, we're taking a break from our journey through the Bible. We'll be using the time to teach on this year's Archdiocese-wide Conference theme:

**"Let us make man in our image, according to our likeness." (Genesis 1:26).**

Then our youth will be reflecting on this theme and expressing it in the creative festivals: art, writing, poetry or photography, as well as in the oratorical festival.

# ANNOUNCEMENTS

## PLEASE JOIN US FOR FELLOWSHIP AFTER LITURGY

Following the dismissal and announcements, come forward for a blessing, then exit via the south (right side) doors, and join us in the Heritage Ballroom for refreshments.

- Coffee hour is hosted today by Nouri Alrabadi, in memory of nephew Tha'ir Alrabadi. *Please consider sponsoring a Coffee Hour after Liturgy. Bring whatever you would like to share—donuts, cookies, mini bagels, zaatar, etc. What we eat isn't as important as sharing the fellowship of our Cathedral Family. The Ladies Society will provide the coffee and paper goods. Call/text Joujou George (562) 522-1322, or email her at ginageorge@verizon.net by Wednesday to reserve a Sunday.*



## **VOLUNTEERS NEEDED SATURDAY, JANUARY 28**

**8:30AM-1:00PM. Sign up at [tinyurl.com/focus-la](https://tinyurl.com/focus-la)**

Thanks be to God! What a joy it is do His work and to behold the smiles He allows us to bring to the faces of children and their families! *Come as a family!*



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### **Clothing Needed**

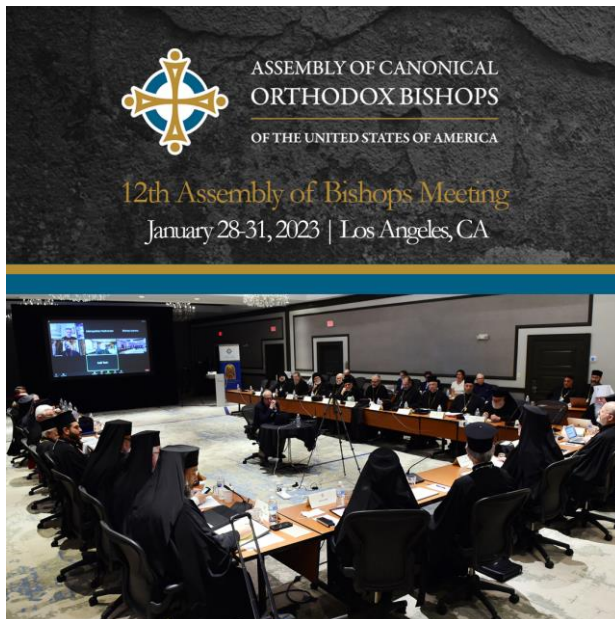
As the weather turned colder, we have seen a need for clothing in our community. We and FOCUS SoCal are, therefore, conducting a clothing drive at St. Nicholas Cathedral. **Please bring new or gently-used and clean clothing you would like to donate to the foyer of the Cathedral hall, and place them in the large marked box.**

We need sizes, from infant to adult, for both males and females. Please contact, Marta Chala at [latifechala@gmail.com](mailto:latifechala@gmail.com), our coordinator, with any questions.

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### **Grocery Bags Needed**

We also need large plastic or canvas grocery bags. If you have any to spare, please bring them with you Saturday morning, when you volunteer, or bring them any Sunday, and place them in the collection basket in the foyer of Heritage Hall.



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### **HELP NEEDED: AND GET SOME QUALITY TIME WITH A BISHOP**

The 56 Orthodox bishops in the United States will be meeting in Los Angeles the end of this month. Each of the LA cathedrals—St. Sophia (Greek), Holy Virgin Mary (OCA), St. Stephen (Serbian) and we, St. Nicholas (Antiochian)—have a role in hosting them.

Our task is to shuttle the bishops from the airport to their hotel. We need at least ten people who are willing to help shuttle.

**Please contact Fr. Nabil if you can help: (317) 919-0841 or [frnabilh@stnicholasla.org](mailto:frnabilh@stnicholasla.org)**

# YOU'RE INVITED!

Join us for the services and events being held during this year's  
Assembly of Bishops Meetings.

For over a decade, members of the Assembly of Canonical  
Orthodox Bishops of the United States of America have gathered  
annually to discuss and decide important matters affecting the life,  
growth, and unity of the Orthodox Church, its ministries, finances,  
and philanthropic concerns.

Prior to these important meetings, the Hierarchs will gather at local  
parishes to celebrate Vespers and Divine Liturgy with the Orthodox  
Christian faithful. The Assembly Meetings also offer excellent  
networking opportunities with the Bishops through receptions and  
other public events.

Register  
Today!



**Purpose and Mission Statement:** The Assembly of Bishops, in bringing together the Orthodox Christian hierarchy, serves to bring the clergy, monastics, and laity closer to Christ and each other. The Assembly of Bishops preserves and contributes to the unity of the Orthodox Church in the United States of America by furthering her spiritual, theological, ecclesiological, canonical, educational, missionary, and philanthropic aims.

## OFFICIAL NOTICE OF ANNUAL CATHEDRAL GENERAL ASSEMBLY

**Our annual general assembly will be held after Liturgy on Sunday, February 5, 2023,** immediately after the Liturgy and lunch.

Reports from the organizations and financial reports are being compiled in a packet and will be made available via a download link to be emailed in advance of the meeting. A few paper copies will also be printed and made available for those who desire them. (If you are an organization head or treasurer, please submit your report to the Cathedral office by January 22.)

If you would like to nominate someone, or you are possibly interested in serving God through the Cathedral Council yourself, please contact a member of our nominations committee, by January 29:

John Nahas (818-438-9707), [sjohn.nahas@gmail.com](mailto:sjohn.nahas@gmail.com)

Edmond Scott Ratliff (323-270-1347), [edmondratliff@gmail.com](mailto:edmondratliff@gmail.com)

Rose Samore (818-378-2055), [rosesamore@gmail.com](mailto:rosesamore@gmail.com)

Chad Wehba (310-386-9700), [chad@rcw2.com](mailto:chad@rcw2.com)

*Note that "nominations from the floor" means that the general membership can make nominations, but they must still go through the committee, prior to the meeting to confirm they meet basic eligibility requirements: candidates must be in good spiritual standing, have made and fulfilled their stewardship pledge, be at least 18 years of age and members of the Cathedral for at least one year. Candidates must have accepted nomination and signed the Archdiocese standard affirmation form.*



## NEWS FROM THE ANTIOCHIAN WOMEN OF ST. NICHOLAS

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**The January Ladies Society Meeting** will be held **TODAY, upstairs in the Conference Room** of the Cathedral, directly after Divine Liturgy. This meeting is very important as we seek new goals and direction for the coming year. The Ladies are always at the center of Cathedral activities.

Our leadership is always so important and valuable; and now is the time to discuss new ideas and set new goals. So, grab your coffee and attend this meeting and give your input and thoughts for what you would like to see the Ladies accomplish in the coming months.

### FASHION SHOW

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**The Debutante Fashion Show** will take place on **Saturday, February 4, 2023**, starting at 11:00 a.m. A Social Hour. Lunch and Program begin at 12:00 pm, at the Sheraton Universal Hotel in Universal City.

This is shaping up to be a beautiful and exciting event. We need to fill the room in support of our beautiful debutantes! There will be special tributes to past debutantes as well!

Join the women from past Sweet-heart Ball years at special tables and share the memories, as our current Debutantes make their own new memories. *New this year: Some of the Escorts are participating in the runway show!*

There are some great times to be had at the Fashion Show this year. Join us for the fun! Tickets are \$85 for adults and \$50 for children under 12.

**See Concetta Smarius at a table during coffee hour today**, or contact Lauren Malouf at 818-678-0406 or at [lmalouf@hchc.edu](mailto:lmalouf@hchc.edu) to make your reservations. You can also get your tickets online through the St. Nicholas website at [stnicholasla.org/ball](http://stnicholasla.org/ball)



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## Sweetheart Ball

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The **2023 Sweetheart Ball** will be held Saturday, April 29. at the Universal Hilton Hotel in Universal City. Tickets and other information regarding the Ball are on our website at [stnicholasla.org/ball](http://stnicholasla.org/ball)



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## Program Book Sponsorships Available

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Please consider sending your well wishes for any or all of our Debutantes by sponsoring an ad in the Sweetheart Ball Program Book. The Sweetheart Ball is a beautiful affair, but it takes great financial assistance to make it a success. Our souvenir program book is not a commercial book for advertising but for congratulatory messages. The sponsorship form is available, at [stnicholasla.org/ball](http://stnicholasla.org/ball)

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## GOD BLESS YOUR HOME AND BLESS YOU!

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Please help yourself to extra bottles of holy water from Epiphany, available in the narthex.

Our celebration of the Feast of Epiphany includes the priest taking the blessed water to the homes of all our parishioners.

Thus, we would like to come and visit with you, get to know you, pray with you and ask God to bless your home. Fr. Nabil will take all the requests and group them geographically. Either he or one of his assistants will come to your home (or they may come together).

Kindly return the coupon below to request your house blessing, or simply email Fr. Nabil at [fnabilh@stnicholasla.org](mailto:fnabilh@stnicholasla.org), indicating the days and times you're available.

We would like to do our best to see as many as possible before Lent (which starts Feb. 27).



### House Blessing Scheduling Form

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

Check ALL Possible Days:     Sun     Mon     Tue     Wed     Thu     Fri     Sat

Check ALL Possible Times:             Mornings     Afternoons     Evenings

***Please place in tray in church, or mail back as soon as possible.***

*St. Athanasius Antiochian Orthodox Church*  
Invites you to  
**A SEMINAR IN PREPARATION FOR  
THE BEGINNING OF GREAT LENT**



**GOING TO  
CONFESSION:  
A BAPTISM OF  
TEARS**

*V. Rev. James Coles, Presenter*  
**SATURDAY, FEBRUARY 4, 2023**  
10:00 a.m. – 12:00 Noon

300 Sumida Gardens Ln. in Santa Barbara

Free & open to the public.  
No admission charge. No registration necessary.

**Archpriest James Coles** was born and raised in Dallas, Texas and grew up Roman Catholic. He graduated from Texas Tech in 1989 with a Bachelor of Science degree in Family Studies. After graduation, Fr. James worked as a youth director for Episcopal churches in Tucson, Los Angeles, and Santa Fe. It was while working for Young Life in Santa Fe that Fr. James and his wife, Kh. Karen, converted to Orthodox Christianity. In 2000 they moved to New York to attend St. Vladimir's Orthodox Theological Seminary and on Theophany of 2003, Fr. James was ordained to the Holy Priesthood. Fr. James was the assistant pastor at St. George parish in Houston from 2003-2005 and has been the pastor of Saint Ignatius parish in Mesa, AZ since 2005. He received a Doctorate in Eastern Christian Studies in 2016. **His dissertation was on helping parishioners understand the role and spiritual value of Confession in the parish context.**

## 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, the date indicated after the name, and may be renewed upon request.)

### LIVING

**Julian E. Capata**, home, 2/10

**Albert and Nancy Malouf**, home, 1/23

**Sol Ajalat**, home, 1/20

**All those suffering from illness, violence and want in this country, in Ukraine and throughout the world**

### DEPARTED

**Wael Madanat**, brother of George Madanat, 2/22

**Tha'ir Alrabadi**, nephew of Nouri Ayoub Alrabadi, 2/13

**Michael Corey**, former member of the Cathedral, 2/12

**Victims of violence in Ukraine and everywhere**

## WORDS OF WISDOM

No one can say, "I am poor and hence I have no means of giving alms." For even if you cannot give as the rich gave their gifts into the temple treasury, give two pennies, as the poor widow did, and from you God will consider it a greater gift than the gifts of the rich. And if you do not have as much as two farthings, you can take pity on the sick and give alms by ministering to them. And if you cannot do even this? You can comfort your brother by your words.

*St. Dorotheos of Gaza*

## ST. NICHOLAS CATHEDRAL CALENDAR

### January 2023

|                      |   |
|----------------------|---|
| <b>Sun. 15</b>       | <b>Spanish Mission Liturgy</b> , 7:45 am <ul style="list-style-type: none"> <li>• <b>Fellowship and Bible Study</b> in Spanish</li> </ul> <b>Matins</b> , 9:15 am<br><b>Divine Liturgy</b> , 10:30 am <ul style="list-style-type: none"> <li>• <b>Church School</b></li> <li>• <b>Coffee Hour</b></li> <li>• <b>Ladies'</b> meeting in Conference Room</li> </ul> |
| <b>Tue. 17</b>       | <b>Choir</b> dinner and practice, 6:30 pm   |
| <b>Wed. 18</b>       | <b>Bereavement Group</b> meeting, 7 pm online   |
| <b>Sat. 21</b>       | <b>Debutante Etiquette Class</b> , 10 am<br><b>Great Vespers and Confession</b> , 6 pm <ul style="list-style-type: none"> <li>• <b>Teen SOYO</b> meeting</li> </ul>   |
| <b>Sun. 22</b>       | <b>Spanish Mission Liturgy</b> , 7:45 am <ul style="list-style-type: none"> <li>• <b>Fellowship and Bible Study</b> in Spanish</li> </ul> <b>Matins</b> , 9:15 am<br><b>Divine Liturgy</b> , 10:30 am <ul style="list-style-type: none"> <li>• <b>Church School</b></li> <li>• <b>Festival "Thank You" Lunch</b></li> </ul>                                       |
| <b>Wed. 25</b>       | <b>Bereavement Group</b> meeting, 7 pm online   |
| <b>Sat. 28</b>       | <b>FOCUS Food Distribution</b> , 8:30 am<br><b>Great Vespers and Confession</b> , 6 pm  |
| <b>Sun. 29</b>       | <p style="text-align: center;"><b>Stewardship Sunday</b><br/> <b>Bishop Anthony Presiding</b></p> <b>Matins</b> , 9:15 am<br><b>Divine Liturgy</b> , 10:30 am <ul style="list-style-type: none"> <li>• <b>Church School</b></li> <li>• <b>Coffee Hour</b></li> </ul>  |
| <b>Mon. 30</b>       | <b>Cathedral Council</b> , 7 pm   |
| <b>February 2023</b> |   |
| <b>Wed. 1</b>        | <b>Bereavement Group</b> meeting, 7 pm online   |

SEE THE FULL CALENDAR and latest additions and updates at [stnicholasla.org/parishcalendar](http://stnicholasla.org/parishcalendar)