



St. Nicholas Orthodox Cathedral

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

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TONE 6

MARCH 12, 2023

EOTHINON 6

SECOND SUNDAY OF THE GREAT FAST: ST. GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA

ثاني أحد من الصوم الكبير: القديس غريغوريوس بلاماس رئيس أساقفة تسالونيكية

VENERABLE THEOPHANES THE CONFESSOR OF SIGRIANE
GREGORY THE DIALOGIST, POPE OF ROME • VENERABLE SIMEON THE NEW THEOLOGIAN

Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast by celebrating the Triumph of Orthodoxy on the First Sunday of Lent and St. Gregory Palamas, the great Defender of the teachings of the holy Fathers, today.

We also remember today Gregory Dialogos, born in Rome about the year 540. His father died when he was still young, but his mother, Sylvia, saw to it that her child received a good education in both secular and spiritual learning. He became Prefect of Rome and sought to please God even while in the world. He then took up the monastic life, became Archdeacon of Rome, then representative to Constantinople. He returned to Rome and was elected Pope in 590. He is renowned for his writings, charity and missionary endeavor. The Presanctified Liturgy is ascribed to him. It is also from him that Gregorian Chant takes its name; he brought back to Rome many elements of the chanting he had heard at Constantinople. He served as Bishop of Rome from 590 to 604.



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 الْقُوَّاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرِ، وَالْحُرَّاسَ صَارُوا
كَالْأَمْوَاتِ، وَمَرِّمَ وَقَفَّتْ عِنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ،
فَسَبَّيْتَ الْجَحِيمَ وَلَمْ تُجْرَبْ مِنْهُ، وَصَادَقْتَ 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

Troparion of the Resurrection (Tone 6)

When Mary stood at Thy grave....

إِنَّ الْفُؤَاتِ الْمَلَائِكِيَّةِ....

Troparion for St. Gregory Palamas (Tone 8)

O Star of Orthodoxy, Support of the Church and its Teacher, O Comeliness of ascetics, and incontestable Champion of those who speak in theology, Gregory the Wonderworker, the Pride of Thessalonica and Preacher of grace, implore thou constantly for the salvation of our souls.

يَا كَوْكَبَ الرَّأْيِ الْقَوِيمِ، وَثَبَاتِ الْكَنِيسَةِ وَمُعَلِّمَهَا، وَجَمَالَ
الْمَتَوَجِّدِينَ، وَمُنَاضِلًا عَنِ الْمُتَكَلِّمِينَ بِاللَّاهُوتِ، الَّذِي لَا
يُحَازِبُ، غَرِيبُغُورِيُوسَ الْفَاعِلِ الْمُعْجَزَاتِ، فَخَرَّ تَسَالُونِيكِيَّةً
وَكَارُورَ الْبِعْمَةِ. لَا تَنْفَكْ مُتَشَفِّعًا فِي خَلَاصِ نُفُوسِنَا.

Troparion of St. Nicholas (Tone 4)

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 أَظْهَرْتَنِي أَعْمَالُ الْحَقِّ لِرِعْبَتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِنْسَاكِ، أَبُيَا الْأَبِ وَرئيسِ الْكَهَنَةِ
نِيقُولَاوسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمَسْكِنَةِ الْغِنَى.
فَتَشَفِّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Annunciation (Tone 8)

O victorious Leader of triumphant hosts, we your servants, who have been delivered from danger, sing our grateful thanks to you, O Theotokos. As you have power which is invincible, set us free every danger, that we may cry out to you: Rejoice, O unwedded Bride!

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهِ، أَكْتُبُ لِكَ رَايَاتِ الْعَلْبَةِ، يَا
جُنْدِيَّةً مُحَامِيَّةً، وَأَقْدِمُ لِكَ الشُّكْرَ كَمُنْقَدَّةٍ مِنَ الشَّدَائِدِ، لَكِنُّ
بِمَا أَنَّ لِكَ الْعِزَّةَ الَّتِي لَا تُحَارِبُ أَعْتَقِبِي مِنَ صُنُوفِ الشَّدَائِدِ
حَتَّى أَصْرُخَ إِلَيْكَ: إِفْرَحِي يَا عَرُوسًا لَا عَرُوسَ لَهَا.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 11.7, 1 LXX; Tone 5)

You, O Lord, shall keep us and preserve us.

Verse: Save me, O Lord, for the godly man has failed.

St. Paul's Letter to the Hebrews (1.10-23; 2nd Sunday of Lent)

"In the beginning, You O Lord, did found the earth, and the heavens are the work of your hands; they will perish, but You remain; they will all grow old like a garment, like a mantle You will roll them up, and they will be changed. But You are the same, and your years will never end." But to what angel has He ever said, "Sit at my right hand, till I make your enemies a stool for your feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

Holy Gospel according to St. Mark (2.1-12; 2nd Sunday of Lent)

AT THAT TIME, when Jesus returned to Capernaum after some days, it was reported that He was home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near

بروكيمنون (اللحن ٥؛ زمور ١١، ٧، ١ س.ع.)

أنت يا رب تحفظنا وتسنننا.

خَلِّصْنِي يَا رَبُّ فَإِنَّ الْبَارَّ قَدْ فَتِيَ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرُّسُولِ إِلَى الْعِبْرَانِيِّينَ

(١٠، ١-٢٣؛ ثاني أحد من الصوم)

أنت يا رب في البدء أسست الأرض، والسماوات هي صنع يدك. هي تزول وأنت تبقى وكلها تبلى كالثوب. وتطويها كالرداء فتتعير، وأنت أنت وسنوك لن تفتي. ولمن من الملائكة قال قط "إجلس عن يميني حتى أجعل أعداءك موطئا لقدميك"؟ أليسوا جميعهم أرواحاً خادمة تُرسل للخدمة من أجل الذين سيثون الخلاص؟

فَلِذَلِكَ يَجِبُ عَلَيْنَا أَنْ نُصْغِيَ إِلَى مَا سَمِعْنَاهُ إِصْغَاءً أَشَدَّ لِقَلْبًا يَسْرَبُ مِنْ أَدْهَانِنَا. فَإِنَّهَا إِنْ كَانَتْ الْكَلِمَةُ الَّتِي نُطَقُ بِهَا عَلَى أَلْسِنَةِ مَلَائِكَةٍ قَدْ تَبَتَّتْ، وَكُلُّ نَعْدٍ وَمَعْصِيَةٍ نَالَ جَزَاءً عَدْلًا. فَكَيْفَ نُفَلِّتُ نَحْنُ إِنْ أَهْمَلْنَا خَلَاصًا عَظِيمًا كَهَذَا؟ قَدْ ابْتَدَأَ النُّطْقُ بِهِ عَلَى لِسَانِ الرَّبِّ، ثُمَّ تَبَتَّتْ لَنَا الَّذِينَ سَمِعُوهُ.

مِنْ بَشَارَةِ الْقَدِيسِ مَرْفَسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ

(١٢-٢، ١؛ ثاني أحد من الصوم)

فِي ذَلِكَ الزَّمَانِ، دَخَلَ يَسُوعُ كَفَرْنَاحُومَ وَسَمِعَ أَنَّهُ فِي بَيْتٍ. فَلِلْوَقْتِ اجْتَمَعَ كَثِيرُونَ، حَتَّى لَمْ يَبْقَ مَوْضِعٌ وَلَا مَا حَوْلَ الْبَابِ يَسْعُ، وَكَانَ يُخَاطِبُهُمْ بِالْكَلِمَةِ. فَأَتَوْا إِلَيْهِ بِمُخْلَعٍ يَحْمِلُهُ أَرْبَعَةٌ. وَإِذْ لَمْ يَقْدِرُوا أَنْ يَقْتَرِبُوا إِلَيْهِ لِسَبَبِ الْجَمْعِ، كَشَفُوا

Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of Man has authority on earth to forgive sins"—He said to the paralytic—"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

السَّقْفَ حَيْثُ كَانَ. وَبَعْدَ مَا نَقَبُوهُ، دَلُّوا السَّرِيرَ الَّذِي كَانَ
 الْمُحَلَّعَ مُضْطَجِعًا عَلَيْهِ. فَلَمَّا رَأَى يَسُوعُ إِيْمَانَهُمْ، قَالَ
 لِلْمُحَلَّعِ: "يَا بُنَيَّ، مَغْفُورَةٌ لَكَ خَطَايَاكَ." وَكَانَ قَوْمٌ مِنْ
 الْكَتَبَةِ جَالِسِينَ هُنَاكَ يُفَكِّرُونَ فِي قُلُوبِهِمْ "مَا بَالُ هَذَا يَتَكَلَّمُ
 هَكَذَا بِالتَّجْدِيفِ؟ مَنْ يَقْدِرُ أَنْ يَغْفِرَ الْخَطَايَا إِلَّا اللَّهُ وَحْدَهُ؟"
 فَلَلَوُفَّتِ عَلِيمَ يَسُوعُ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هَكَذَا فِي أَنْفُسِهِمْ،
 فَقَالَ لَهُمْ: "لِمَاذَا تُفَكِّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟ مَا الْإِيسَرُ أَنْ
 يُقَالَ "مَغْفُورَةٌ لَكَ خَطَايَاكَ" أَمْ أَنْ يُقَالَ "قُمْ وَاحْمِلْ سَرِيرَكَ
 وَامْشِ"؟ وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ سُلْطَانٌ عَلَى
 الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا (قَالَ لِلْمُحَلَّعِ) "لَكَ أَقُولُ، قُمْ وَاحْمِلْ
 سَرِيرَكَ وَادْهَبْ إِلَى بَيْتِكَ." فَقَامَ لِلْوَفَاتِ وَحَمَلَ سَرِيرَهُ وَخَرَجَ
 أَمَامَ الْجَمِيعِ، حَتَّى دَهَشَ كُلُّهُمْ وَجَدُّوا اللَّهَ قَائِلِينَ "مَا رَأَيْنَا مِثْلَ
 هَذَا قَطُّ".

HOLY OBLATIONS AND PRAYER REQUESTS

- By the Cathedral community, for the health of our 2023 Debutantes, Escorts and their families.
- By Leila Milkie and family, for the repose of Dr. Carl Fredrick Milkie (6-month memorial).
- By Jabra and Lubna Kidess and family, and Michael and Lamis Issa and family, in memory of Nabih and Layla Jabaji, George and Samia Issa, Anton and Aida Kidess, Hatim Jabaji, Abla and Salim Rizkallah, Samir Rizkallah, Wael Rizkallah and Elias Issa.
- By Ronald and Rose Samore, for the health of their children and grandchildren.
- 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.

WE SERVE THE LITURGY OF ST. BASIL TODAY

From the point in the service where Father invites us, “Let us give thanks unto the Lord,” turn to the middle of page 134 in the brown hardback books to continue participating in the Prayer of the Anaphora.

MEGALYNARION OF ST. BASIL'S LITURGY (TONE 8)

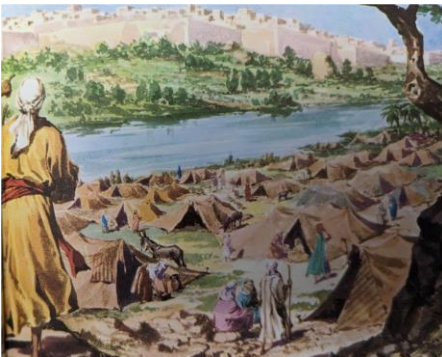
All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed Temple and spiritual Paradise, Glory of virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

إِنَّ الْبَرَايَا بِأَسْرِهَا، تَفْرُحُ بِكَ يَا مُمْتَلِئَةً نِعْمَةً: مَحَافِلَ الْمَلَائِكَةِ،
وَأَجْنَاسَ الْبَشَرِ. أُيْتِيهَا الْهَيْكَلُ الْمُتَقَدِّسِ، وَالْفِرْدَوْسُ النَّاطِقُ،
فَخَرُّ الْبَتُولِيَّةِ قَرَمٍ، الَّتِي مِنْهَا بَحَسَدَ الْإِلَهِ، وَصَارَ طِفْلاً، وَهَوَّ
إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ
بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةً نِعْمَةً، تَفْرُحُ بِكَ
كُلُّ الْبَرَايَا وَمُتَّحِدًا.

RECOGNIZING OUR LADIES

March is Women's Month in the Archdiocese. During this month we ask our ladies to serve as ushers, readers, etc., in order to highlight the indispensable role our women have served throughout Christian history up to and including the present.

Together with the Ladies throughout the US and Canada, our Women have taken up a new project in response to the suffering people in the Patriarchate: to raise funds for the victims of the recent earthquakes in Syria and Turkey.



TODAY'S STUDY TOPIC: LESSON II.1 THE INVASION OF CANAAN AND THE FALL OF JERICO

All church school classes from first grade on up will *continue to* study today Joshua chapters 1-6 (pp. 178-85) in *The Golden Children's Bible*.

Except for Debutantes, students will be dismissed directly from Holy Communion to their classes. Then, after Debutantes are introduced and receive a blessing, they will be dismissed to prepare coffee hour.

ANNOUNCEMENTS

WELCOME DN. MICHAEL HADDAD

Dn. Michael is visiting us from St. George Church in Phoenix, along with his wife Valerie (Samore) and children Georgina and Gabriel.



WELCOME DEBUTANTES AND FAMILIES

Before the dismissal of Liturgy, we will call up this year's Debutantes, introduce them and offer a prayer for them.

We will also present each of them a prayer book, a copy of *The Encounter: The Common Prayer Discipline of the Fellowship of St. Philip the Evangelist*, given by Faithtree and the Orthodox Vision Foundation.

Jessica Imad Alchammas, St. Nicholas Cathedral

Juliana Elizabeth Aparicio, St. Michael, Van Nuys

Nancy Hanah Azzam, St. Nicholas Cathedral

Natalie Laila Dawud, St. Michael, Van Nuys

Katrina Doll, St. Nicholas Cathedral

Isabelle Ann Fadly, St. Nicholas Cathedral

Claire Rebecca Hudson, St. Michael, Whittier

Chloe Ann Kanaan, St. Nicholas Cathedral

Jacqueline Makaela Maalouf, St. Nicholas Cathedral

Sarah Elizabeth Malouf, St. Michael, Van Nuys

Sophia Guilied Malouf, St. Simeon, Santa Clarita

Stephanie Shaher Marji, Virgin Mary, Bakersfield

Elisa Leianne Milkie, St. Michael, Van Nuys

Hanna Sophia Mitchell, St. Michael, Van Nuys

Olivia Christine Mitchell, St. Michael, Van Nuys

Deena Ramzi Salameh, St. Mark, Irvine

Annette Zidane, St. Nicholas Cathedral

The Woman Who Feels the Lord (Pro 31:10-31)

... She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. She seeks wool and flax, and works with willing hands. ... She rises while it is yet night and provides food for her household and tasks for her maidens. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She girds her loins with strength and makes her arms strong. ... She opens her hand to the poor, and reaches out her hands to the needy. She is not afraid of snow. ... Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness. Her children rise up and call her blessed; her husband also, and he praises her [saying]: "Many women have done excellently, but you surpass them all." Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised. Give her of the fruit of her hands, and let her works praise her in the gates.

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.

- Today's coffee hour is hosted by the Debutantes, their parents and the 2023 Sweetheart Ball Committee.

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.

FOOD FOR HUNGRY PEOPLE

As we fast, we always need to remember the poor.

Please take a Food for Hungry People offering box from the narthex, and make it a practice to put something into it as you sit down for every meal.

Also, please pick up a **Food for Hungry People Daily Calendar** to make it fun for your family—to engage your children in contributing something for the hungry each day.

Canisters can be placed on counters in your place of business—a store, restaurant, etc.—where your customers can also put in their spare change.

Please then bring back the filled boxes and canisters after Lent.

"Inasmuch as you have done it to the least of these my brethren, you have done it to me."
(Matthew 25:40).



Summary of LENTEN SERVICES 2023

In Addition to the regular, weekly services:

Saturday Vespers, 6 p.m.

Sunday Matins: 9:15 a.m. • Sunday Divine Liturgy: 10:30 a.m.

Mondays — On Mondays in Lent we will serve **Great Compline at 6:30 p.m.**

Wednesdays — Join us at **6:30 p.m. for the Presanctified Liturgy.**

Fast from all food and drink from *at least* noon in preparation for Holy Communion. Bring one Lenten item to share for a potluck after Liturgy, so we can break bread. A short spiritual discussion will follow.

- *On March 15, dinner will be hosted by the Men's Fellowship. On March 22, a group of ladies will host dinner. You will not need to bring any food with you those days.*

Fridays — Little Compline with the Akathist Hymn to the Theotokos at **6:30 p.m.**

- *On March 24 we will celebrate Great Vespers for the Annunciation.*

Saturdays — Divine Liturgy is served every Saturday of Lent. Please see the calendar for times, which vary from week to week.

- *On March 25 we will celebrate the Great Feast of the Annunciation (Matins at 9:15 am and Liturgy at 10:30 am). A fish lunch will follow.*

The Fifth Thursday, March 30 —

We serve the **Great Canon of St. Andrew of Crete with the Life of St. Mary of Egypt** at 6:30 pm.



LENTEN SERVICES

Mondays
Great Compline @6:30PM

Wednesdays
Pre-sanctified Liturgy
@6:30PM
Potluck to follow

Fridays
Little Compline &
Akathist Hymn @6:30PM

Saturdays
Liturgy (see bulletin for time)
Great Vespers @6PM

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

Palm Sunday: April 9 • Pascha: April 16



ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

Prot. no.: PV046/2023

March 2023

Beloved Antiochian Women throughout our God-protected Archdiocese,

Greetings and blessings to you in this holy Lenten season of repentance and renewal.

Each year, March is a special time for us to recognize the essential contribution of women in our archdiocese. This month is so appropriate for such a reminder because it includes the Feast of the Annunciation and the singing of the Akathist Hymn, both of which celebrate the essential role of the Most Holy Theotokos in the economy of God for our salvation. This is, therefore, a time to reflect on her exemplary womanhood and to appreciate how the women of our archdiocese continue her legacy today.

At the Annunciation, Mary the Theotokos encountered Archangel Gabriel, who informed her that she, as a virgin, would give birth to the Son of God for the salvation of mankind (Luke 1:26–38). Imagine her shock and surprise! Consider what thoughts went through her mind! Yet none of this shook her faith in the sureness of the word of God sent to her. By accepting this word, she accepted God the Word into her womb; through her faith, she received the promised blessing, as the Only-Begotten Son of God took flesh within her. While remaining ever virgin, she thus became the Mother of God (the Theotokos), as well as an icon of obedience to the Lord. She said, “I am the handmaiden of the Lord; let it be to me according to your word” (Luke 1:38), and by this example she has inspired Christian women throughout the centuries to follow in her footsteps, bringing Christ into the world by faithfully and courageously embracing the word of God in their lives.

Dear sisters, this is the courageous faith we all need when God calls us to serve Him, in ways large and small. Setting aside doubts, fears, and any other distraction, let us embrace the word of God to us, the cosmic work of salvation that God even now calls us to participate in.

Antiochian Women across this archdiocese support the Church in so many ways. In particular, each year you work hard to raise funds for crucial needs in our archdiocese, through your annual project. In light of the recent devastation caused by the powerful earthquake in Syria and Turkey—including in the historical center of our patriarchate, Antakya—we have decided to shift this year’s fundraising to support “Disaster Relief.” I encourage you to redouble your efforts so that those suffering from unthinkable tragedy might receive the fruits of your labor as a life-sustaining support and a gesture of love.

Wishing you and your families—in the name of His Beatitude Patriarch John X and on my own behalf—a blessed remainder of the Great Fast and a most joyous Pascha, I remain,

Yours in Christ,

✠Metropolitan ANTONIOS

Metropolitan of Zahle, Baalbek, and Dependencies
Patriarchal Vicar of New York and All North America

UPCOMING ACTIVITIES BY THE LADIES OF ST. NICHOLAS

March 12—Lenten Bake Sale: Spinach Pies, Zaatar Bread and Veggie Bread - *Come and get them!*

The St. Nicholas Antiochian Women are supporting the Archdiocese Women's Project of raising funds for the Earthquake Relief Fund for Syria and Turkey. All proceeds from this Bake Sale will go toward the Project. We will be selling these Lenten goodies after Divine Liturgy every Sunday during Lent, starting March 12.

Spinach pies are \$17.00 per dozen; and zaatar and/or veggie bread is \$15.00 for 6. Please contact Chairwoman Jacqui Badaro with your orders. Be sure to **order by Wednesday of the week before you want to pick up your pies!** Jacqui's number is (626) 476-9070 and her email address is jmbadaro@hotmail.com.

March 19—Lenten Tostada Bar Lunch


Everyone is invited to lunch! The Ladies are hosting a tostada bar filled with rice, beans, and all the toppings after Divine Liturgy on Sunday March 19. A free will offering will be accepted, and all the proceeds will go toward the Antiochian Women's Project to support the Earthquake Relief Fund in Syria and Turkey. Come for the food—stay for the fellowship! Contact Georgette Malouf at (818) 391-6217 if you would like to help with the food or with any questions.

March 31-April 2—Antiochian Women's Lenten Retreat

The Antiochian Women of the Diocese of Los Angeles and the West are invited to attend our annual Lenten Retreat at Camp St. Nicholas in Frazier Park on March 31- April 2. The guest speaker this year will be Fr. Thomas Hernandez from St. George Mission church in St. George Utah. This retreat is always filled with great fellowship and learning. Cost for the Retreat is \$170 for the whole weekend (payment due by March 15), or \$80 for Saturday only.

Register online at tinyurl.com/DLAWretreat2023

To pay online please go to tinyurl.com/DLAWretreat2023Pay



**“ This is how we know
what love is:
Christ gave His life
for us.
We too, then,
ought to give
our lives
for others!
If we have
worldly goods
and see others in need,
yet close our hearts
against them,
how can we claim
that we love God?”**

(John 3:16-17)

DISASTER RELIEF

2023 SPECIAL PROJECT FUNDRAISING EFFORT
ANTIOCHIAN WOMEN - NORTH AMERICAN BOARD

Religious Text © 2003 Antiochian Women's Project

April 9—The Palm Sunday Bake Sale will be held on Palm Sunday, April 9, inside the Heritage Ballroom, after the Palm Sunday Liturgy. Orders may also be picked up on the Saturday before, after the Lazarus Saturday Liturgy. The form for pre-ordering all the baked goods will be available soon and on the St. Nicholas website (stnicholasla.org). **Contact Jacqui (626-476-9070 or jmbadaro@hotmail.com) to place your order ASAP, because all this good stuff goes fast!**

The St. Nicholas Ladies need help with baking and donations. Let us all help to make this a successful and delicious event as we celebrate the special feast day. The Palm Sunday Bake Sale has always been one of the Cathedral's great traditions. To contribute with either your delicious homemade sweets or needed funds, and to help at the Bake Sale, please contact Jacqui Badaro (626-476-9070 or jmbadaro@hotmail.com) or Rose Samore (818-378-2055 or rosesamore@gmail.com).

April 29—Sweetheart Ball Tickets are now on sale for the Sweetheart Ball, taking place at the Universal Hilton Hotel on April 29. Tickets are \$200 for adult and \$175 for children if purchased by March 31. After March 31, the prices go up to \$230 for adults and \$200 for children. **Absolute deadline for purchasing tickets is April 17.** You may purchase tickets online at stnicholasla.org, or contact Lauren Malouf at lmalouf@hchc.edu to pay by check.

Women's Scholarship Program—The Antiochian Women's North America Board is offering \$500 educational grants to the women of our parishes to help with the cost of any educational or training program that will help improve the lives of themselves and their families. Please find scholarship applications in the narthex of the Cathedral, or contact Rose Samore at rosesamore@gmail.com for more information and an application. Deadline for applications is June 1.

THE ANTIOCHIAN WOMEN OF THE DIOCESE OF LOS ANGELES AND THE WEST

AN ANTIOCHIAN WOMEN'S SPIRITUAL RETREAT!



Featured Keynote Speaker
Rev. Fr. Thomas Hernandez
St. George Antiochian Orthodox Church
St. George, Utah

**March 31-
April 2,
2023**

In Person at Camp St.
Nicholas 11770 Frontier Rd.
Frazier Park, CA 93225

COST

- \$170 Includes 5 meals, snacks, room, and board.
- \$80 Saturday only, Includes 3 meals and snacks.

Theme
The Dominance of Christian Humility: The Antidote to Self-Delusion



V. Rev. Fr. David Hovik
DLAW Antiochian Women Spiritual Leader
St. Andrew Antiochian Orthodox Church
Arlington, WA

For any questions, please contact Khourieh Jean Baba,
DLAW Retreat Coordinator @ (916) 955-4736

ST. NICHOLAS ORTHODOX CATHEDRAL
LADIES' SOCIETY PRESENTS

The 58th
**SWEETHEART
BALL**

APRIL 29, 2023

HILTON UNIVERSAL HOTEL

COCKTAIL HOUR AT 5PM

DOORS OPEN AT 6PM

EARLY BIRD TICKETS BY MARCH 31ST

\$200 ADULT • \$175 CHILDREN

REGULAR PRICED TICKETS

\$230 ADULT • \$200 CHILDREN

A \$6 convenience fee per ticket will be added when purchased online. Convenience fee is waived if paid by check.
Children ages 3-10 may order a children's dinner

LAST DAY TO BUY TICKETS

APRIL 17th

For more information and to purchase tickets visit
stnicholasla.org
or email Lauren Malouf at lmalouf@hchc.edu



ANNOUNCING SUMMER CAMP 2023

"LET US MAKE MAN IN OUR IMAGE, ACCORDING TO OUR LIKENESS." (GENESIS 1:26)

WEEK 1: JULY 9 - 15

WEEK 2: JULY 16 - JULY 22

WEEK 3: JULY 23 - JULY 29

TUITION: \$600 (\$100 DEPOSIT DUE AT TIME OF REGISTRATION)

BUSES: \$50 EACH WAY - IF DESIRED (FROM ST LUKE AND ST NICHOLAS)

SEE [HTTPS://WWW.CAMPSTNICHOLAS.COM/SITE/HOME/](https://www.campstnicholas.com/site/home/) FOR REGISTRATION LINKS

St. Nicholas Cathedral will pay half the cost for all our campers. If you need additional help, simply ask Fr. Nabil privately. Just register, and pay the deposit for now.

If you find difficulty registering online, contact Fr. Andrew (frandrewa@stnicholasla.org), and he can help you. In some cases, he will need to override the system, as it may not understand the "age and grade" limits when determining if a camper is eligible for a session.

HOLY VIRGIN MARY RUSSIAN ORTHODOX CATHEDRAL
650 MICHELTORENA ST. LOS ANGELES CA90026

MICHELTORENA Concert SERIES

Sunday 4:30pm MARCH 26
МАРТА ВОСКРЕСЕНЬЕ 13:30

Boris Markosian - violin, viola
Maria Shcherbakova - piano

CHAMBER MUSIC CONCERT

Program includes:
Bach, Beethoven, Tchaikovsky, Brahms, Albeniz, Skryab

КОНЦЕРТ КАМЕРНОЙ МУЗЫКИ

В программе:
Бах, Бетховен, Чайковский, Брамс, Альбенис, Скрябин

Борис Маркосян - скрипка, альт
Мария Щербакова - фортепьяно

из цикла

Концерты на МИЧЕЛТОРЕНА

СВЯТО-БОГОРОДИЦЫЙ РУССКИЙ ПРАВОСЛАВНЫЙ СОБОР 650 MICHELTORENA ST. LOS ANGELES CA90026

BOOK THE TICKETS: online HVMLA.ORG or by phone: (323) 661-7000

TICKETS
in advance \$35
children \$15
at the door \$40

БИЛЕТЫ
забронированный \$35
детский \$15
в день концерта \$40



DIOCESE OF LOS ANGELES & THE WEST

PARISH LIFE CONFERENCE

HOSTED BY: ST. LUKE CHURCH (GARDEN GROVE, CA)
JUNE 28 - JULY 2, 2023 - IRVINE MARRIOTT

2023 Parish Life Conference
Hosted By St. Luke – Garden Grove
IRVINE MARRIOTT
18000 Von Karman
Irvine, CA 92612

• Site of multiple prior successful PLCs (incl. 2011 & 2015)

• Less than a mile from John Wayne Airport

• Wednesday June 28th - Sunday, July 2nd, 2023

• **Room Per Night:** \$155/night for regular room (Guest Option + \$50 if M Club Level with breakfast), 1 BR Suites - \$299/night

• **Amenities at no extra cost:** In-room internet access, access to pool and gym. While there is a \$20 daily self parking charge, there is no extra in and out parking charge.

• **Hotel Reservation cut-off date will be June 12, 2023.**

• Separate Teen and Children/Kids Club Schedule

• **Ticket Book Prices** (includes 4 PLC events Thursday Western BBQ Hospitality, Friday Post Bible Bowl Social, Saturday Awards Branch and Saturday Variety Show (Broadway theme), Dinner and Dance):

• **Early Bird:** Children - \$165; Teens - \$185; Adults/Clergy/Clergy Wives - \$195

• **Standard:** Children - \$180; Teens - \$200; Adults/Clergy/Clergy Wives - \$225

• Online Registration opens up next month

IRVINE MARRIOTT



Go to antiochianevents.com/la

For all information and to register for our Diocese of Los Angeles Conference


- Worship
- Workshops and Lectures
- Fellowship
- “A Night on Broadway”
- Bible Bowl
- Creative Festivals

Casting Call: Final Call!

Calling all Diocese Talent for our Saturday Night event: “A Night on Broadway”

To be a member of the cast, contact Regina Roum at literacyonstage@gmail.com today!

IC XC



ORIGINS

Creationism, Evolution and Orthodox Theology of Creation

Four lectures delivered by His Grace,
Bishop Irenei of Great Britain & Western Europe

*The Lamb Slain Before the Foundation of the
World Moving Beyond Creationism and Evolution*

*The Order of Salvation
The Creation of the Cosmos as the
Beginnings of the Church in Genesis*

*The Creation of Man
The Pinnacle of Creation*

*Creation and Its Consequences
The Sanctity of Life and Ecology*

PATRISTIC NECTAR
PUBLICATIONS

Lenten Retreat

March 17-19, 2023

Hosted by :

Saint Andrew Orthodox Church
4700 Canyon Crest Drive
Riverside, CA 92507

The event is free but donations are welcome!

Registration & Details: saintandrew.net/events

Registration
Form:



His Grace, Bishop Irenei

56th Biennial Antiochian Archdiocese Convention



July 23-30, 2023
St. George · Phoenix, AZ
www.ac2023az.org



**The 2023 Archdiocese Convention is going to be
Metropolitan SABA's first convention.**

Visit www.ac2023az.org Today!

Rooms are already very near to selling out.

1. Reserve your room at the beautiful JW Marriott Phoenix Desert Ridge
2. Get your Early Bird ticket books before June 1
3. Sponsor a page in the Souvenir Journal or an Event before June 1
4. Reserve your Vendor space

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

Fr. Andrew Andrews, home, 4/12
Bachir Chahin, home, 3/25
Gary Schaub, Fr. Nabil and Kh. Elaine's brother-in-law, 4/10
Ellie, Kh. Laurie Olson's mother, 4/4
Nora Samore, daughter-in-law of Ron and Rose Samore, 3/17
All those suffering from the earthquakes in Syria and Turkey, and from illness, violence and want in this country, in Ukraine and throughout the world

DEPARTED

Met. John (Zizioulas, famous theologian), 3/14
Samya Nasan, 4/6
Josephine Naify, 3/30
George Matar, 3/16
Ernest Simon, former member of the Cathedral, 4/9
Ernesto Perez, former member of the Cathedral, 4/6
Geoffrey Wolfendon, brother-in-law of Amaany Samaan, 4/4
Mazen Ammari, Dn. Eliya's brother, 3/25
Mariana Gantus Wall, former member of the Cathedral, 3/14
Victims of the earthquakes in Syria and Turkey, of violence in this country, in Ukraine and everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

March 2023

Sun. 12	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Church School • Coffee hour by Debutantes • Debutante practice
Mon. 13	Great Compline , 6:30 pm
Tue. 14	Church School online staff meeting, 7 pm
Wed. 15	Presanctified Liturgy , 6:30 pm <ul style="list-style-type: none"> • Dinner by Men's Fellowship • Meditation/Discussion • Byzantine Music class
Fri. 17	Little Compline and Akathist to the Theotokos, 6:30 pm
Sat. 18	Divine Liturgy , 7 am FOCUS Food Distribution , 8:30 am Great Vespers and Confession, 6 pm
Sun. 19	<p style="text-align: center;"><i>Veneration of the Holy Cross</i></p> Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Church School • Lunch Tostada bar by Ladies, to benefit earthquake victims
Mon. 20	Great Compline , 6:30 pm
Tue. 21	Choir dinner and practice, 6:30 pm Cathedral Council , 7 pm
Wed. 22	Presanctified Liturgy , 6:30 pm <ul style="list-style-type: none"> • Dinner by a group from the Ladies • Meditation/Discussion • Byzantine Music class

SEE THE FULL CALENDAR and latest additions and updates at stnicholasla.org/parishcalendar