



## St. Nicholas Orthodox Cathedral

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

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**TONE 7**

**MARCH 19, 2023**

**EOTHINON 7**

### THIRD SUNDAY OF THE GREAT FAST VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS



ثالث أحد من الصوم الكبير: السجود  
امام الصليب المكرم

*MARTYRS CHRYSANTHOS, DARIA, AND  
THOSE WITH THEM OF ROME  
MARTYR PANCHARIOS OF NICOMEDIA*

Much of our Lord's actual Cross has been given away, piece by piece, over the years.

One of the larger remaining pieces of the Holy Cross is embedded in this icon, which depicts Ss. Constantine and Helen together raising it up. It is displayed for veneration in the Reliquary of the Holy Cross, in the Church of the Resurrection, in Jerusalem (pictured here).

# LITURGY VARIATIONS

## 1<sup>ST</sup> ANTIPHON FOR THE VENERATION OF THE HOLY CROSS (PSALMS 4.7; 59.4; 67.19; 60.5 LXX)

The light of Thy countenance, O Lord, hath been signed upon us.

قَدْ ارْتَسَمَ عَلَيْنَا نُورَ وَجْهِكَ يَا رَبُّ.

**Refrain:** Through the intercessions of the Theotokos, Savior, save us.

اللازمة: بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا.

Thou hast given a sign unto them that fear Thee, that they may flee from before the face of the bow. *Refrain*

أَعْطَيْتَ الَّذِينَ يَرْهَبُونَ اسْمَكَ مِيزَانًا، لِيَهْرَبُوا مِنْ الْقَوْسِ. اللازمة.

Thou hast ascended on high; Thou ledest captivity captive. *Refrain*

صَعَدْتَ إِلَى الْعَلَاءِ وَسَبَيْتَ سَبْيًا لازمة

### Schedule of Regular Weekly Services

Sundays:      Matins, 9:15 AM      Confession:      After Saturday Vespers  
                    Divine Liturgy, 10:30 AM      During Sunday Matins  
Saturdays:    Great Vespers, 6:00 PM      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.

**As start of Church School will be delayed until after the Veneration of the Holy Cross today, CHILDREN should stay with their families for Communion and then return to their places, with their families.**

Please 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.

Thou hast given an inheritance to them that  
fear thy Name. *Refrain*

وَأَعْطَيْتَ مَوَاهِبَ لِلَّذِينَ يَخَافُونَ اسْمَكَ يَا رَبِّ. *اللازمة*

Glory... both now.... *Refrain*

المجد... الآن.... *اللازمة*

## 2<sup>ND</sup> ANTIPHON FOR THE VENERATION OF THE HOLY CROSS (PSALMS 97.5; 131.7; 73.13; 112.4; 96.10 LXX)

All the ends of the earth have seen the salva-  
tion of our God.

فِي كُلِّ الْأَرْضِ رَأَيْنَا خَلَاصَ إلهِنَا.

**Refrain:** O Son of God, Who art risen from the  
dead, save us who sing unto Thee: Alleluia.

*اللازمة:* خَلِّصْنَا يَا ابْنَ اللهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ،  
لِنُرْتَلِّكَ. هَلِّلُوبِيَا.

Let us worship at the place where His feet  
have stood. *Refrain*

اسْجُدُوا عِنْدَ مَوْطِئِ قَدَمَيْهِ. *اللازمة*

God is our King before the ages; He hath  
wrought salvation in the midst of the earth.  
*Refrain*

اللهُ هُوَ مَلِكُنَا مُنْذُ الْقِدَمِ. صَنَعَ الْخَلَاصَ فِي وَسْطِ  
الْأَرْضِ. *اللازمة*

High above all the nations is the Lord. Thou  
art Lord Most High over all the earth. *Refrain*

وَأَعْلَمُوا أَنِّي أَنَا هُوَ اللهُ. أَرْتَفِعُ فِي الْأَمَمِ وَأَتَعَالَى فِي

Glory... both now.... O only-begotten Son....

الْأَرْضِ. *اللازمة*

المجْدُ... الآن.... يَا كَلِمَةَ اللهِ الْإِبْنَ الْوَحِيدِ....

## 3<sup>RD</sup> ANTIPHON FOR THE VENERATION OF THE HOLY CROSS (PSALMS 98.5; 27.9 LXX): TROPARION OF THE CROSS AS REFRAIN (TONE 1)

Exalt ye the Lord our God, and worship at the  
footstool of His feet.

إِذْفَعُوا الرَّبَّ إلهِنَا وَاسْجُدُوا عِنْدَ مَوْطِئِ قَدَمَيْهِ.

**Refrain:** O Lord, save Thy people, and bless  
Thine inheritance, granting to thy people vic-  
tory over all their enemies, and by the power  
of Thy Cross, preserving thy Commonwealth.

*اللازمة:* خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَأَمْنَحْ عِبِيدَكَ  
الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشِّرِيرِ، وَأَحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ  
الْمِيخْتَصِّينَ بِكَ.

Save Thy people, and bless Thine inheritance.  
*Refrain*

يَا رَبُّ، خَلِّصْ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ. *اللازمة*

Shepherd them, and bear them up unto eter-  
nity. *Refrain*

وَارْعَهُمْ وَارْفَعَهُمْ إِلَى الْأَبَدِ. *اللازمة*

## APOLYTIKIA AFTER THE ENTRANCE

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### Troparion of the Resurrection (Tone 7)

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Thou didst shatter death by Thy Cross; Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy and didst bid Thine Apostles proclaim a warning, that Thou hast risen, O Christ, granting to the world the Great Mercy.

حَطَمْتَ بِصَلِيْبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصِّبْغَةِ الْفِرْدَوْسَ، وَحَوَّلْتَ  
نُوحَ حَامِلَاتِ الطَّيِّبِ إِلَى فَرْحٍ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا،  
بَأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

### Troparion for the Holy Cross (Tone 1)

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O Lord, save Thy people, and bless Thine inheritance, granting to thy people victory over all their enemies, and by the power of Thy Cross, preserving thy Commonwealth.

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَأَمْنَحْ عَيْدَكَ الْمُؤْمِنِينَ  
الْعَلْبَةَ عَلَى الشَّرِيرِ، وَأَحْفَظْ بِقُوَّةِ صَلِيْبِكَ جَمِيعَ الْمُخْتَصِمِينَ  
بِكَ.

### 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 أَظْهَرْتَكَ أَعْمَالُ الْحَقِّ لِرِعِيَّتِكَ قَانُوناً لِلْإِيمَانِ، وَصُورَةً  
لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِنْسَانِ، أَيُّهَا الْأَبُ وَرَبِّيسَ الْكَهَنَةِ  
نِيقُولَاوسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرَّفْعَةَ، وَبِالْمَسْكِنَةِ الْغِنَى.  
فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهُ أَنْ يَخْلِّصَ نَفُوسَنَا.

### Kontakion of the Annunciation (Tone 8)

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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 الْإِلَهُ، أَكْتُبُ لِكَ رَايَاتِ الْعَلْبَةِ، يَا  
جُنْدِيَّةً مُحَامِيَّةً، وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَذَةٍ مِنَ الشَّدَائِدِ، لَكِنْ  
بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ أَعْتَقِيْنِي مِنْ صُنُوفِ الشَّدَائِدِ  
حَتَّى أَصْرُخَ إِلَيْكَ: إِفْرَحِي يَا عَرُوساً لَا عَرُوسَ لَهَا.

## ANTI-TRISAGION (IN PLACE OF "HOLY GOD")

**People:** Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify. (*Thrice*) (ثلاثا) لَصَلِّبِكَ يَا سَيِّدَنَا نَسْجُدُ، وَلِقِيَامَتِكَ الْمَقْدَّسَةِ مُنْجِد. (ثلاثا)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen. And Thy Holy Resurrection we glorify. وَاللَّاهِرِينَ. آمِينَ. وَلِقِيَامَتِكَ الْمَقْدَّسَةِ مُنْجِد.

**Deacon:** *Dynamis!*

قُوَّة!

**People:** Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify. لَصَلِّبِكَ يَا سَيِّدَنَا نَسْجُدُ، وَلِقِيَامَتِكَ الْمَقْدَّسَةِ مُنْجِد.

## THE SCRIPTURE LESSONS

### Prokeimenon (Psalm 27.9, 1 LXX; Tone 6)

بروكيمنون (اللحن ٦؛ مزمور ٢٧، ٩، ١ سجع.)

O Lord, save your people and bless your inheritance.

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ.

*Verse:* To You, O Lord, have I cried, O my God.

إِلَيْكَ يَا رَبُّ أَصْرُخُ إِلَهِي.

### St. Paul's Letter to the Hebrews (4.14-5.6; 3<sup>rd</sup> Sunday of Lent)

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ

(٤، ١٤ - ٥، ٦؛ ثالث أحد من الصوم)

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

يَا إِخْوَةَ، إِذْ لَنَا رَئِيسُ كَهَنَةٍ عَظِيمٍ قَدْ اجْتَارَ السَّمَاوَاتِ، يَسُوعُ ابْنُ اللَّهِ، فَلَنَتَمَسَّكَ بِالْإِعْتِرَافِ. لِأَنَّ لَيْسَ لَنَا رَئِيسُ كَهَنَةٍ غَيْرِ قَادِرٍ أَنْ يَرْتَبِي لِأَوْهَانِنَا، بَلْ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا مَا خَلَا الْخَطِيئَةَ. فَلْنُقْبَلْ إِذْ بِنْتَقَةَ إِلَى عَرْشِ الرَّحْمَةِ، لِنَنَالَ رَحْمَةً وَنَجِدَ نِقَّةً لِلْإِعَاثَةِ فِي أَوَانِهَا.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with

فَإِنَّ كُلَّ رَئِيسِ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ يُقَامُ لِأَجْلِ النَّاسِ فِيمَا هُوَ لِلَّهِ، لِيُقَرَّبَ تَقَادِمًا وَدَبَائِحَ عَنِ الْخَطَايَا، فِي إِمْكَانِهِ أَنْ يُشْفِقَ عَلَى الَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ، لِكُونِهِ هُوَ أَيْضًا مُتَلَبِّسًا

weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was.

So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, "Thou art My Son, today I have begotten Thee;" as He says also in another place, "Thou art a priest forever, after the order of Melchizedek."

### Holy Gospel according to St. Mark (8.34-9.1; 3<sup>rd</sup> Sunday of Lent)

THE LORD SAID, "If anyone would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of Man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

بِالضَّعْفِ . وَهَذَا يَجِبُ عَلَيْهِ أَنْ يُقَرِّبَ عَنِ الْخَطَايَا لِأَجْلِ نَفْسِهِ  
كَمَا يُقَرِّبُ لِأَجْلِ الشَّعْبِ . وَلَيْسَ أَحَدٌ يَأْخُذُ لِنَفْسِهِ الْكَرَامَةَ ،  
بَلْ مَنْ دَعَاهُ اللَّهُ كَمَا دَعَا هَارُونَ . كَذَلِكَ الْمَسِيحُ لَمْ يُمَجِّدْ  
نَفْسَهُ لِيَصِيرَ رَئِيسَ كَهَنَةٍ ، بَلِ الَّذِي قَالَ لَهُ "أَنْتَ ابْنِي وَأَنَا  
الْيَوْمَ وَكَذَلِكَ" . كَمَا يَقُولُ فِي مَوْضِعٍ آخَرَ "أَنْتَ كَاهِنٌ إِلَى  
الْأَبَدِ عَلَى رُتْبَةِ مَلِكِيصَادَقَ" .

مِنْ بَشَارَةِ الْقِدِّيسِ مَرْقُسَ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ

(٨،٣٤ - ٩،١؛ ثالث أحد من الصوم)

قَالَ الرَّبُّ: مَنْ أَرَادَ أَنْ يَتَّبِعَنِي فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلْبِيَهُ  
وَيَتَّبِعَنِي، لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا، وَمَنْ أَهْلَكَ  
نَفْسَهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ يُخَلِّصُهَا. فَإِنَّهُ مَاذَا يَنْتَفِعُ  
الْإِنْسَانُ لَوْ رَجَحَ الْعَالَمَ كُلَّهُ وَحَسِرَ نَفْسَهُ؟ أَمْ مَاذَا يُعْطِي  
الْإِنْسَانُ فِدَاءً عَنْ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحِي بِي وَبِكَلَامِي فِي  
هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِئِ. يَسْتَحِي بِهِ ابْنُ الْبَشَرِ مَتَى أَتَى فِي  
مَجْدٍ أَيْبِهِ مَعَ الْمَلَائِكَةِ الْقِدِّيسِينَ. وَقَالَ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ،  
إِنَّ قَوْمًا مِنْ الْقَائِمِينَ هَهُنَا لَا يَذُوقُونَ الْمَوْتَ حَتَّى يَرَوْا  
مَلَكَوَتَ اللَّهِ قَدْ أَتَى بِقُوَّةٍ.

## HOLY OBLATIONS AND PRAYER REQUESTS

- By the Cathedral community, for the repose of Metropolitan-Archbishop Philip (9-year memorial).
- By the Cathedral community, for the health of our newly elected and appointed Council members (who are being installed today), together with all those who have completed their service and those who continue to serve on the Council.
- By her children, Lina Atalla, Rhonda Malkin, Jay Khashram, and grandchildren and great-grandchildren, for the repose of Laila Khashram (6-month memorial).

- By Dale and Robin and the Nicola family, for the repose of son Gregory (3-day memorial) and parents Lester (32-year memorial) and Leerese (7-year memorial).
- By her children, Tanya Akel, Cyndi Flagg and Tommy Beebe, and grandchildren Xulani Akel and Jackson Flagg, in memory of Abba Akel (on her birthday), Connie Beebe and Bonnie Beebe.
- 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.

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## WE SERVE THE LITURGY OF ST. BASIL TODAY

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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.

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

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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، تَفْرَحُ بِكَ يَا مُمْتَلِئَةً نِعْمَةً: مُحَافِلِ الْمَلَائِكَةِ،  
وَأَجْنَاسِ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدِّسُ، وَالْفِرْدَوْسُ النَّاطِقُ،  
فَخَرُّ الْبَتُولِيَّةِ مَرِيَمَ، الَّتِي مِنْهَا بَحَسَدَ الْإِلَهِ، وَصَارَ طِفْلاً، وَهُوَ  
إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ  
بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةً نِعْمَةً، تَفْرَحُ بِكَ  
كُلُّ الْبَرَايَا وَتُحْمَدُكَ.

---

### REFRAIN OF THE COMMUNION PSALM (PSALM 4.7; TONE 8)

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The light of Thy countenance, O Lord, hath been signed upon us. Alleluia.

لَقَدْ أَرْتَسَمَ عَلَيْنَا نُورٌ وَجْهِكَ يَا رَبِّ. هَلْلُوِيَا.

---

### PROCESSION OF THE HOLY CROSS AND ANTI-TRISAGION

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*Following "Blessed be the Name of the Lord...,"  
the Cross, upon a tray with branches of basil (or flowers), is placed on the Holy Table.*

People: *All kneel and sing “Holy God...” to a slow and solemn melody.*

*The priest goes around the Holy Table censing the Cross from four sides. Taking the tray upon his head, preceded by the processional torches and fans and the deacon with the incense, the priest goes around the Holy Table and out the north door of the sanctuary, going around the temple. He stops before the Royal Doors, where the tetrapod has been positioned, after circling it thrice.*

Priest: Wisdom! Let us attend.

*The priest places the tray with the Cross upon the tetrapod, and circles it while incensing it three times. Meanwhile is sung:*

Priest: *The troparion of the feast, “O Lord, save thy people...”*

Chanters: *The troparion of the feast, “O Lord, save thy people...”*

Choir: *The troparion of the feast, “O Lord, save thy people...”*

*Then is sung the following anti-Trisagion thrice, with all making a prostration each time.*

Priest: Before thy Cross, we bow down in worship, O Master, and thy holy Resurrection we glorify.

Chanters: Before thy Cross...

Choir: Before thy Cross...

*When you venerate the Cross, after the dismissal, you will receive a flower from it as a blessing.*

## 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.2 JOSHUA AND THE HIVITES • THE SLAYING OF SISERA

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All church school classes from first grade on up will study today Joshua chapters 8-11 and 23-24 and Judges 4-5 (pp. 186-91 in *The Golden Children's Bible*).



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# ANNOUNCEMENTS

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## PLEASE JOIN US FOR FELLOWSHIP AFTER LITURGY

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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, the Ladies of St. Nicholas are offering a **Tostada Bar Lunch**. Your generous, free-will donations are appreciated to **provide disaster relief to the victims of the earthquakes in Syria and Turkey**.

*If you don't have cash or checks, you can contribute online at [stnicholasla.org/contributions](http://stnicholasla.org/contributions) or by Zelle (send to [cathedral@stnicholasla.com](mailto:cathedral@stnicholasla.com), and earmark it "Earthquake").*

*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](mailto:ginageorge@verizon.net) by Wednesday to reserve a Sunday.*

## FOOD FOR HUNGRY PEOPLE

---

As we fast, we always need to remember the poor, so **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. *Please then bring back the filled boxes and canisters after Lent.*

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.





**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA**

**Prot. no.:** 007/2023

March 19, 2023

**To be read from the pulpit and printed in the bulletin.**

Beloved Brother Hierarchs, Reverend Clergy, and Christ-loving Faithful of this God-protected Archdiocese,

Christ is in our midst!

This Sunday, March 19, is the ninth anniversary of the repose of Sayyidna PHILIP of thrice-blessed memory. I call upon all our churches to pray the Trisagion Prayers of Mercy for the repose of his soul, and let us remember what he accomplished in the history of this blessed archdiocese. He ministered as its chief shepherd for 48 years, working tirelessly and continually as a dedicated hierarch in the service of his Archdiocese as well as the Antiochian Patriarchate. He strived to heal the then-existing fractures and divisions between Antiochians in this land and succeeded admirably. After these divisions had been healed, he concentrated his efforts on further strengthening the archdiocese and expanding it. During his tenure, he increased the number of its parishes from 65 to 262. He strived to spread the Orthodox Faith beyond the existing ethnic boundaries and inaugurated an epoch of Orthodox evangelism in North America, by communicating with other faithful Christians and welcoming them into the Antiochian Church.

Let us pray today to our God, who is good and loves mankind, that our father Metropolitan PHILIP may now enjoy the unfading splendor of His heavenly kingdom.

Praying that all of you will be always under the warm wings of our Christ, I am,

In Christ,

✠ SABA

Archbishop of New York and  
Metropolitan of All North America

## 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 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**



## GREAT FEAST OF THE ANNUNCIATION SATURDAY

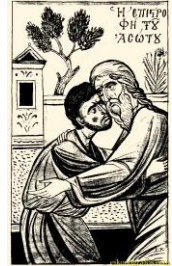
We celebrate the Annunciation this **Saturday, March 25** with

**Matins at 9:15 and Liturgy at 10:30 am**

Lunch with fish, spaghetti and salad will be provided after Liturgy. *Being a great feast occurring in a fast, however, fasting and feasting are balanced this day, so that fish, wine and oil are permitted.*

### LIKE THE PRODIGAL SON, WE RETURN TO OUR FATHER IN HUMILITY

Everyone should make a confession at least once during Lent. A priest is always available for confessions after Saturday Vespers and during Matins on Sundays, or you can make an appointment. Just wait in a pew near the St. Raphael Shrine, and a priest will come out and meet you by the shrine.



Reflections for  
**GREAT LENT**  
VENERATION *of* the HOLY CROSS

WE SPEAK THE WISDOM OF GOD IN A MYSTERY, THE HIDDEN WISDOM WHICH GOD ORDAINED BEFORE THE AGES FOR OUR GLORY, WHICH NONE OF THE RULERS OF THIS AGE KNEW. —1 COR 2:7–8

The midpoint of Great Lent sees the cross in our midst. St. Paul says that the word of the cross is “foolishness” to those who are perishing (1 Cor 1). The cross does not make sense to the world. Who would choose humiliation, agony, suffering and death as the way to salvation? Yet, there it

is. We are confronted with it. The Church gives us the cross now to sharpen and change our focus from ourselves and our meager Lenten efforts to the destination.

Our Lenten journey is the struggle to see “through” the world in order to understand what is hidden and mysterious to those captured by the world. We fast, we pray, we give alms, and we forgive as our own crosses when the wisdom of the world tells us to fill, glorify, and hoard money for ourselves and stick it to the other guy when he deserves it. The Christian faith makes no sense unless we begin by uniting ourselves to Christ in baptism and taking up our cross. Even then, the demons constantly whisper: “Take care of yourself. God is not there. A cross is cruel and has no value.”

Those who are wise in the hidden mysteries of Christ will never be seen as wise in the eyes of the world. May we all be fools in taking up our crosses!

Very Rev. John J. Dresko, Retired Pastor

ST. PAUL THE APOSTLE ORTHODOX CHURCH, LAS VEGAS, NV



## Meeting Urgent Needs

*IOCC is working closely with partners on the ground to meet the immediate needs of people displaced by the earthquakes in Syria and Turkey.*

IOCC is currently working with partners to get resources to those in need across the region affected by the earthquakes in February of this year.

Amid terrible loss, injuries, and displacement, IOCC is addressing the most basic human needs of survivors.

In Syria, IOCC’s local Church partner reported that the destruction has left tens of thousands in need of shelter. The winter weather, with temperatures below freezing at night, has made the situation all the more urgent.

To meet their immediate needs, IOCC quickly released initial funds to help people in Syria. This aid is far-reaching, and includes necessities for families and individuals across the region, including blankets, pillows, warm clothing, water, and food for affected people.

For many of us, it’s difficult to comprehend not only the scale of the devastation but also what people are experiencing right now in Syria and Turkey.

## UPCOMING ACTIVITIES BY THE LADIES OF ST. NICHOLAS

### 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.

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](mailto:jmbadaro@hotmail.com).

### **March 19—Lenten Tostada Bar Lunch**

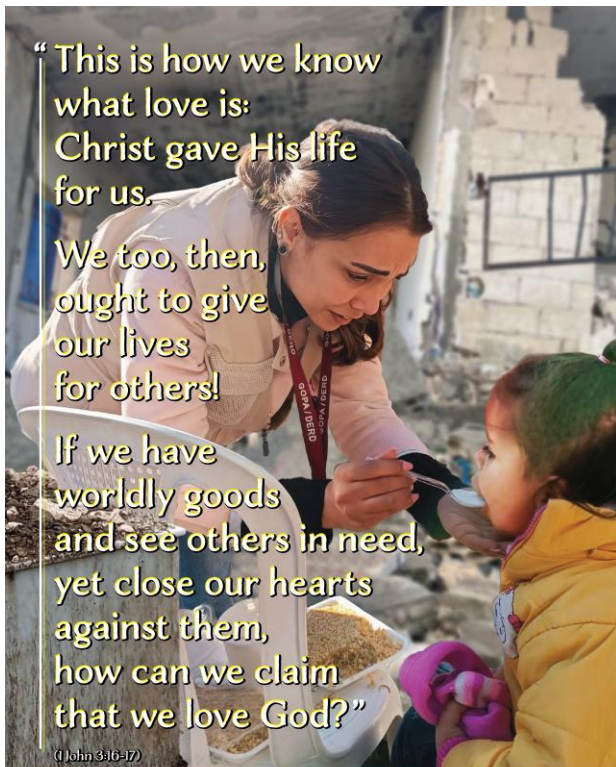
Everyone is invited to lunch! The Ladies are hosting a tostada bar filled with rice, beans, and all the toppings after Divine Liturgy on Sunday March 19. A free will offering will be accepted, and all the proceeds will go toward the Antiochian Women's Project to support the Earthquake Relief Fund in 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](https://tinyurl.com/DLAWretreat2023)

To pay online please go to [tinyurl.com/DLAWretreat2023Pay](https://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

Religion Today 2023 © Antiochian Women's Project 2023

**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](http://stnicholasla.org)).

**Contact Jacqui (626-476-9070 or [jmbadaro@hotmail.com](mailto:jmbadaro@hotmail.com)) to place your order ASAP, because all this good stuff goes fast!**

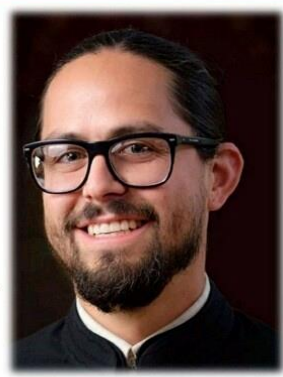
The St. Nicholas Ladies need help with baking and donations. Let us all help to make this a successful and delicious event as we celebrate the special feast day. The Palm Sunday Bake Sale has always been one of the Cathedral's great traditions. To contribute with either your delicious homemade sweets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

**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](mailto: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

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

COST

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



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

## **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](http://stnicholasla.org), or contact Lauren Malouf at [lmalouf@hchc.edu](mailto:lmalouf@hchc.edu) to pay by check.

***Please sign up during  
coffee hour today!***

### **INVITATION**

*The memory of the best lasts forever!*

The Dahabreh and Tadros families invite you to join them for the six-month Memorial Service for their beloved



**Hani Jamil  
Tadros**

Saturday,  
March 25, 2023

Memorial  
Service: 2:30 pm

St. Nicholas Cathedral

Mercy Meal follows immediately in the Heritage Hall

*May his memory be eternal!*

*With the Saints give rest, O Christ, to the soul of Your servant Hani, where there is no pain, no sorrow, no sighing, but life everlasting.*

ST. NICHOLAS ORTHODOX CATHEDRAL  
LADIES' SOCIETY PRESENTS

# The 58<sup>th</sup> 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 17<sup>th</sup>**

*For more information and to purchase tickets visit*

[stnicholasla.org](http://stnicholasla.org)

*or email Lauren Malouf at [lmalouf@hchc.edu](mailto: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](mailto: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.



## GO TO ALL NATIONS AND MAKE DISCIPLES

MARCH 26

Anastasia Barksdale, OCMC Parish Engagement Coordinator, will visit our parish for the Fourth Sunday of Great Lent and offer a special message on Orthodox mission work following the service.

Hear the latest updates about OCMC's missionary efforts worldwide and learn how YOU can help extend the Light of Christ the ends of the earth this Great and Holy Lent.

Visit [www.ocmc.org](http://www.ocmc.org) for more information, or contact Anastasia at:  
Phone: (904) 529-5132 Ext. 162  
E-mail [a.barksdale@ocmc.org](mailto:a.barksdale@ocmc.org)





# 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 28<sup>th</sup> - Sunday, July 2<sup>nd</sup>, 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](https://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](mailto:literacyonstage@gmail.com) today!

HOLY VIRGIN MARY RUSSIAN ORTHODOX CATHEDRAL  
650 MICHELTORENA ST LOS ANGELES CA 90026

# MICHELTORENA Concert SERIES



Boris Markosian - violin, viola  
Maria Shcherbakova - piano

Sunday 1:30pm  
MARCH  
**26**  
МАРТА  
воскресенье  
13:30

## CHAMBER MUSIC CONCERT

Program includes:

Bach, Beethoven, Tchaikovsky, Brams, Albéniz, Skoryk

## КОНЦЕРТ КАМЕРНОЙ МУЗЫКИ

В программе:

Бах, Бетховен, Чайковский, Брамс, Альбенис, Скрябин

Борис Маркосян - скрипка, альт

Мария Щербакова - фортепьяно

из цикла  
*Концерты на*

МИЧЕЛТОРЕНА

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

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

СВЯТО-БОГОРОДИЦКИЙ РУССКИЙ ПРАВОСЛАВНЫЙ СОБОР 650 MICHELTORENA ST LOS ANGELES CA 90026

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

## 56th Biennial Antiochian Archdiocese Convention



July 23-30, 2023  
St. George • Phoenix, AZ  
[www.ac2023az.org](http://www.ac2023az.org)



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

Visit [www.ac2023az.org](http://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

**Dn. Eliya** Ammari, hospital, 4/27

**Ouberto** Badaro, home, 4/22

**Bachir** Chahin, home, 3/25

**Ellie**, Kh. Laurie Olson's mother, 4/4

**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

**Gregory** Nicola, 4/25

**Samira** Ayoub, 4/24

**Samya** Nasan, 4/6

**Josephine** Naify, 3/30

**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

**Victims of the earthquakes in Syria and Turkey, of violence in this country, in Ukraine and everywhere**

## ST. NICHOLAS CATHEDRAL CALENDAR

**March 2023**

<b>Sun. 19</b>	<p><b>Veneration of the Holy Cross</b></p> <p><b>Spanish Mission Liturgy</b>, 7:45 am</p> <ul style="list-style-type: none"> <li>• Fellowship and Bible Study in Spanish</li> </ul> <p><b>Matins</b>, 9:15 am</p> <p><b>Divine Liturgy</b>, 10:30 am</p> <ul style="list-style-type: none"> <li>• Church School</li> <li>• Lunch Tostada bar by Ladies, to benefit earthquake victims</li> </ul>
<b>Mon. 20</b>	<b>Great Compline</b> , 6:30 pm
<b>Tue. 21</b>	<p>Choir dinner and practice, 6:30 pm</p> <p><b>Cathedral Council</b>, 7 pm</p>
<b>Wed. 22</b>	<p><b>Presanctified Liturgy</b>, 6:30 pm</p> <ul style="list-style-type: none"> <li>• Dinner by a group from the Ladies</li> <li>• Meditation/Discussion</li> <li>• Byzantine Music class</li> </ul>
<b>Fri. 24</b>	<b>Great Vespers of the Annunciation</b> with Akathist to the Theotokos, 6:30 pm
<b>Sat. 25</b>	<p><b>Great Feast of the Annunciation</b></p> <p><b>Matins</b>, 9:15 am</p> <p><b>Divine Liturgy</b>, 10:30 am</p> <ul style="list-style-type: none"> <li>• Fish Luncheon</li> </ul> <p><b>Memorial for Hani Tadros</b>, 2:30 pm</p> <ul style="list-style-type: none"> <li>• Mercy Meal</li> </ul> <p><b>Great Vespers</b> and Confession, 6 pm</p> <ul style="list-style-type: none"> <li>• SOYO Dinner and meeting</li> </ul>
<b>Sun. 26</b>	<p><b>Spanish Mission Liturgy</b>, 7:45 am</p> <ul style="list-style-type: none"> <li>• Fellowship and Bible Study in Spanish</li> </ul> <p><b>Matins</b>, 9:15 am</p> <p><b>Divine Liturgy</b>, 10:30 am</p> <ul style="list-style-type: none"> <li>• Church School</li> <li>• Coffee hour</li> </ul>
<b>Mon. 27</b>	<b>Great Compline</b> , 6:30 pm

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