



St. Nicholas Orthodox Cathedral

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

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TONE 8

MARCH 26, 2023

EOTHINON 8

FOURTH SUNDAY OF THE GREAT FAST SYNAXIS OF THE ARCHANGEL GABRIEL

رابع أحد من الصوم الكبير وعيد جامع لرئيس الملائكة جبرائيل

STEPHEN THE CONFESSOR, ABBOT OF TRIGLIA



LITURGY VARIATIONS

3RD ANTIPHON (TROPARION OF THE RESURRECTION, TONE 8)

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou mightest deliver us from passion. Thou art our life and our Resurrection, O Lord, glory to Thee.

أُنْحَدِرْتَ مِنَ الْعُلُوِّ يَا مُتَّحِنِينَ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ أَيَّامٍ،
لِكَيْ نُعَيِّفَا مِنَ الْأَلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتَنَا، يَا رَبُّ الْمَجْدُ
لَكَ.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 8)

From the heights Thou didst descend....

أُنْحَدِرْتَ مِنَ الْعُلُوِّ يَا مُتَّحِنِينَ....

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.

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.

Troparion for the Archangel Gabriel (Tone 4)

Supreme Commander of the Hosts of the Heavens, we, the unworthy, importune and beseech thee that by thy supplications thou encircle us in the shelter of the wings of thine immaterial glory; guarding us who now fall down and cry to thee with fervor: Deliver us from dangers of all kinds, as the great marshal of the heavenly hosts on high.

أَيُّهَا الْمَتَقَدِّمُ عَلَى الْجُنْدِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكَ نَحْنُ غَيْرِ الْمُسْتَحَقِّينَ، حَتَّى إِنَّكَ بِطَلْبَاتِكَ تَكْتُنِفُنَا بِظِلِّ أَجْنِحَةِ مَجْدِكَ اللاهِيُولِي، حَافِظاً إِيَّانَا نَحْنُ الْجَائِئِينَ وَالصَّارِحِينَ بِغَيْرِ فُتُورٍ: أَنْقِذْنَا مِنَ الشَّدَائِدِ، بِمَا أَنَّكَ رُئِيسُ مَرَاتِبِ الْقُوَاتِ الْعُلُويَّةِ.

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 أَظْهَرْتَكَ أَفْعَالِ الْحَقِّ لِرِعِيَّتِكَ قَانُوناً لِلإِيمَانِ، وَصُورَةً لِلْوَدَاعَةِ، وَمُعَلِّماً لِلإِمْسَاكِ، أَيُّهَا الأَبُ وَرئيسُ الكَهَنَةِ نيقولأوس. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرِّفْعَةَ، وَبِالمِسْكِنَةِ الغِنَى. فَتَشَفَّعْ إِلَى المَسِيحِ الإِلهِ 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 الإِلهِ، أُكْتَبُ لِكَ رَايَاتِ العَلْبَةِ، يَا جُنْدِيَّةً مُحَامِيَّةً، وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَذَةٍ مِنَ الشَّدَائِدِ، لَكِنِ بِمَا أَنَّ لَكَ العِزَّةَ الَّتِي لَا تُحَارَبُ أَعْتَقِبُنِي مِنْ صُنُوفِ الشَّدَائِدِ حَتَّى أَصْرُخَ إِلَيْكَ: إِفْرَحِي يَا عَرُوساً لَا عَرُوسَ هَا.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 28.11, 1 LXX; Tone 7)

The Lord will give strength to his people.

Verse: Bring to the Lord, O sons of God, bring to the Lord honor and glory.

بروكيمنون (اللحن ٧؛ مزور ٢٨، ١١، ١ سبع).

الرَّبُّ يُعْطِي قُوَّةً لِشَعْبِهِ.

قَدِّمُوا لِلرَّبِّ يَا أَبْنَاءَ اللهِ، قَدِّمُوا لِلرَّبِّ مَجْدًا وَكِرَامَةً.

**St. Paul's Letter to the Hebrews
(6.13-20; 4TH Sunday of Lent)**

BRETHREN, when God made a promise to Abraham, since He had no one greater by whom to swear, he swore to Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So, when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, He interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

**Holy Gospel according to St. Mark
(9.17-31; 4th Sunday of Lent)**

AT THAT TIME, a man came to Jesus, kneeling down and saying unto Him, "Teacher, I brought my son to You, for he has a dumb spirit; and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And Jesus answered him, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And

**فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ
(١٣، ٦-٢٠؛ رابع أحد من الصوم)**

يَا إِخْوَتِي، إِنَّ اللَّهَ لَمَّا وَعَدَ إِبْرَاهِيمَ، إِذْ لَمْ يُمْكِنَ أَنْ يُقْسِمَ بِمَا هُوَ
أَعْظَمُ مِنْهُ، أَقْسَمَ بِنَفْسِهِ. قَائِلًا: لِأُبَارِكَنَّكَ بِرَكَّةٍ وَأَكثِّرَنَّكَ
تَكثِيرًا. وَذَلِكَ إِذْ تَأْتَى، نَالَ الْمُوعَدَ. وَإِنَّمَا النَّاسُ يُقْسِمُونَ بِمَا
هُوَ أَعْظَمُ مِنْهُمْ، وَتَنْقُضِي كُلَّ مُشَاحِرَةٍ بَيْنَهُمْ بِالْقَسَمِ
لِلْتَثْبِيتِ. فَلِذَلِكَ، لَمَّا شَاءَ اللَّهُ أَنْ يَرِيدَ وَرَثَةَ الْمُوعَدِ بَيَانًا لِعَدَمِ
تَحْوُلِ عَزْمِهِ، تَوَسَّطَ بِالْقَسَمِ. حَتَّى نَحْصَلَ بِأَمْرَيْنِ لَا يَتَحَوَّلَانِ
وَلَا يُمْكِنُ أَنْ يُخْلَفَ اللَّهُ فِيهِمَا عَلَى تَعَزُّبَةٍ قَوِيَّةٍ، نَحْنُ الَّذِينَ
الْتَجَأْنَا إِلَى التَّمَسُّكِ بِالرَّجَاءِ الْمَوْضُوعِ أَمَامَنَا. الَّذِي هُوَ لَنَا
كَمُرْسَاةٍ لِلنَّفْسِ أَمِينَةٍ رَاسِحَةٍ تَدْخُلُ إِلَى دَاخِلِ الْحِجَابِ،
حَيْثُ دَخَلَ يَسُوعُ كَسَابِقٍ لَنَا وَقَدْ صَارَ عَلَى رُتْبَةِ
مَلَكِيصَادَقَ، رَئِيسِ كَهَنَةٍ إِلَى الْأَبَدِ.

**مِنْ بَشَارَةِ الْقَدِيسِ مَرْقَسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ
(١٧، ٩-٣١؛ رابع أحد من الصوم)**

فِي ذَلِكَ الزَّمَانِ، دَنَا إِلَى يَسُوعَ إِنْسَانٌ وَسَجَدَ لَهُ قَائِلًا: يَا
مُعَلِّمِي، قَدْ أَتَيْتُكَ بَابْنِي، بِهِ رُوحٌ أَبْكَمٌ. وَحَيْثُمَا أَخَذَهُ يَصْرَعُهُ،
فَيَزِيدُ وَيَصْرِفُ بِأَسْنَانِهِ وَيَبِينُ، وَقَدْ سَأَلْتُ تَلَامِيذَكَ أَنْ
يُخْرِجُوهُ فَلَمْ يَقْدِرُوا. فَأَجَابَهُ قَائِلًا: "أَيُّهَا الْجِيلُ غَيْرِ الْمُؤْمِنِ،
إِلَى مَتَى أَكُونُ عِنْدَكُمْ؟ حَتَّى مَتَى أَحْتَمِلُكُمْ؟ هَلُمَّ بِهِ إِلَيَّ."
فَأَتَوْهُ بِهِ. فَلَمَّا رَأَهُ لِلْوَقْتِ صَرَغَهُ الرُّوحُ، فَسَقَطَ عَلَى الْأَرْضِ
يَتَمَرَّعُ وَيُزِيدُ. فَسَأَلَ أَبَاهُ: "مَنْذُكُمْ مِنَ الزَّمَانِ أَصَابَهُ هَذَا؟"

Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if You can do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, He rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, his disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting."

They went out from there and passed through Galilee. And Jesus would not have any one know it; for He was teaching his disciples, saying to them, "The Son of Man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

فَقَالَ: "مَنْذُ صِبَاهُ. وَكَثِيرًا مَا أَلْفَاهُ فِي النَّارِ وَفِي الْمِيَاهِ لِيُهْلِكَهُ. لَكِنْ إِنْ اسْتَطَعْتَ شَيْئًا، فَتَحَنَّنْ عَلَيْنَا وَأَعِثْنَا. " فَقَالَ لَهُ يَسُوعُ: "إِنْ اسْتَطَعْتَ أَنْ تُؤْمِنَ، فَكُلُّ شَيْءٍ مُسْتَطَاعٌ لِلْمُؤْمِنِ. " فَصَاحَ أَبُو الصَّبِيِّ مِنْ سَاعَتِهِ بِدُمُوعٍ وَقَالَ: "إِنِّي أَوْمِنُ يَا سَيِّدُ، فَأَعِثْ عَدَمَ إِيْمَانِي. " فَلَمَّا رَأَى يَسُوعُ أَنَّ الْجَمْعَ يَتَبَادَرُونَ إِلَيْهِ، انْتَهَرَ الرُّوحَ النَّجِسَ قَائِلًا لَهُ: "أَيُّهَا الرُّوحُ الْأَنْبَكُمُ الْأَاصُمْ، أَنَا أَمْرُكَ أَنْ اخْرُجَ مِنْهُ وَلَا تَعُدَّ تَدْخُلُ فِيهِ. " فَصَرَخَ وَخَبَطَهُ كَثِيرًا وَخَرَجَ مِنْهُ، فَصَارَ كَالْمَيْتِ، حَتَّى قَالَ كَثِيرُونَ إِنَّهُ قَدْ مَاتَ. فَأَخَذَ يَسُوعُ بِيَدِهِ وَأَمْحَضَهُ، فَقَامَ. وَلَمَّا دَخَلَ بَيْتًا، سَأَلَهُ تَلَامِيذُهُ عَلَى انْفِرَادٍ: "لِمَا لَمْ نَسْتَطِعْ نَحْنُ أَنْ نُخْرِجَهُ؟" فَقَالَ لَهُمْ: "إِنَّ هَذَا الْجِنْسَ لَا يُمَكِّنُ أَنْ يُخْرِجَ بِشَيْءٍ إِلَّا بِالصَّلَاةِ وَالصُّومِ. "

ولمَّا خَرَجُوا مِنْ هُنَاكَ، اجْتَنَزُوا فِي الْجَلِيلِ، وَلَمْ يُرِدْ أَنْ يَدْرِي أَحَدٌ. فَإِنَّهُ كَانَ يُعَلِّمُ تَلَامِيذَهُ وَيَقُولُ لَهُمْ "إِنَّ ابْنَ الْبَشَرِ يُسَلَّمُ إِلَى أَيْدِي النَّاسِ، فَيَقْتُلُونَهُ، وَبَعْدَ أَنْ يُقْتَلَ، يَقُومُ فِي الْيَوْمِ الثَّلَاثِ. "

HOLY OBLATIONS AND PRAYER REQUESTS

- By the Cathedral community, for the health of our newly elected Teen SOYO officers and their advisors: Katrina Doll (President), Elias Shammaa (Vice-president), Annette Zidane (Secretary), Jessica Alchammas (Treasurer), Fr. Andrew Andrews (Spiritual Advisor) and Nassif and Randa Shammaa (Lay Advisors).
- By Dn. Eliya, Lina, Bashar, Meray and Meena Ammari, for the repose of Deacon's brother Mazen Ammari (40-day memorial).
- By Amal Matar and family, for the repose of George Matar (40-day memorial).

- By the Sadd and Ayoob families, for the health of Suzi Sadd, Roberta Pollock, Danielle Sadd and Jamie Sadd, as they celebrate their birthdays, and for the repose of mother and grandmother Marjorie Nicola Sadd (six-month memorial).
- By the Roum, Nicola, Bwarie and Crawford families, for the health of Barbara Bray, on her birthday.
- By Lucy Hanna, for the health of son Fr. Nabil (on his birthday) and Kh. Elaine and their children, Anastasia, Basil and Gregory, the health of daughter Suzy and her husband Joseph Hadeed and their family, Christina, Matthew, Becca, Ellie, Andrew, Gwyn and Michael, the health of daughter Mary and her husband Kyle Thompson and their children, Hanna and Jordan, and in memory of husband Lotfy Hanna and parents, Youssef, Victoria, Ragheb and Fardos.
- By George and Nora Hanna and all the Awad family, for the health of Edward Awad on his 91st birthday.
- 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 بِأَسْرَهَا، تَفْرَحُ بِكَ يَا مُتَمَلِّقَةَ نِعْمَةً: مَحَافِلِ الْمَلَائِكَةِ،
وَأَجْنَاسِ الْبَشَرِ. أَتَيْتُهَا الْهَيْكَلُ الْمُتَقَدِّسِ، وَالْفِرْدَوْسُ النَّاطِقِ،
فَخَرُّ الْبَتُولِيَّةِ مَرَمٍ، الَّتِي مِنْهَا بَحَسَدَ الْإِلَهِ، وَصَارَ طِفْلاً، وَهُوَ
إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ
بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُتَمَلِّقَةَ نِعْمَةً، تَفْرَحُ بِكَ
كُلُّ الْبَرَايَا وَتُحْمَدُكَ.



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 • SLAYING OF SISERA

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



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.

- Dn. Eliya Ammari and family are hosting a mercy meal today, in memory of Deacon's brother Mazen, on his 40-day memorial.



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.

SPECIAL GUEST SPEAKER TODAY

We welcome Anastasia Pamela Barksdale from the Orthodox Christian Mission Center. She will give a video presentation in the hall, during the lunch today, about OCMC's missionary work around the world.



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 for more information, or contact Anastasia at:
Phone: (904) 529-5132 Ext. 162
E-mail a.barksdale@ocmc.org



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.



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.



Summary of LENTEN SERVICES

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.

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

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

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.



Join us for our annual

CANON OF SAINT ANDREW OF CRETE WITH THE LIFE OF SAINT MARY OF EGYPT

Thursday March 30th at 6:30PM

All young adults are welcome and encouraged to participate in the service by reading, chanting, serving, etc!

FOCUS
SOUTHERN + CALIFORNIA

FOOD DISTRIBUTION

HOSTED BY ST. NICKS AND ST. MICHAELS YOUNG ADULTS!

Saturday April 1st at 8:30AM to 12:00PM | 2300 W 3rd St Los Angeles, 90057

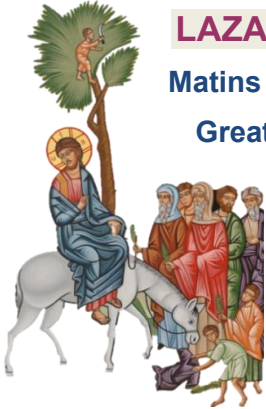
All young adults are welcome to join us for lunch at Sage Restaurant in Echo Park following the distribution!

RSVP using the QR code or link in our bio



HOLY WEEK & PASCHA 2023

St. Nicholas Cathedral • Los Angeles



LAZARUS SATURDAY • APRIL 8 • سبت لعازر

Matins 9 AM • Divine Liturgy, 10 AM

Great Vespers, 6 PM • Confessions Follow

Jesus' raising Lazarus from the dead shows He can raise all mankind. *Please also join us for lunch after Liturgy, and help us prepare for the Feast by preparing and decorating the Lord's house.*

PALM SUNDAY • APRIL 9 • احد الشعانين

Matins, 7:45 AM • Divine Liturgy, 9:00 AM ~AND~ 11:00 AM

We celebrate the triumphant entry of our Lord into Jerusalem, to face his voluntary death. "We like the children carry the palms of victory," in procession. Adults and children may also bring decorated candles. *To accommodate the large number of worshippers, we will have **two liturgies Palm Sunday** morning. Join us at either 9 am or 11 am. Both Liturgies will be celebrated in a mix of languages. There will be a procession, coffee hour and pre-holiday bake sale after each liturgy.*

PALM SUNDAY EVENING • APRIL 9 • مساء الشعانين

Bridegroom Matins, 6:30 PM • Confessions Follow

The Procession with the icon of Christ, the Bridegroom of the Church, takes place, and we remember the righteousness of Joseph who, like Christ, suffered unjustly with patience and was exalted.



GREAT MONDAY • APRIL 10 • الاثنين العظيم

Presanctified Liturgy, 10 AM • Bridegroom Matins, 6:30 PM • Confessions Follow

We remember the example of the ten virgins waiting for the Bridegroom.

GREAT TUESDAY • APRIL 11 • الثلاثاء العظيم

Presanctified Liturgy, 10 AM • Bridegroom Matins, 6:30 PM • Confessions Follow

We remember the woman who anointed the head and feet of our Lord, wiping them with her hair, in contrast with Judas and his betrayal of Christ. The Hymn of Kassiane expresses these contrasts with profound poetry and majesty.

GREAT WEDNESDAY • APRIL 12 • الأربعاء العظيم

Presanctified Liturgy, 10 AM • Sacrament of Holy Unction, 6:30 PM

We are anointed for healing of soul and body as Christ was anointed in anticipation of his burial.

GREAT THURSDAY MORNING • APRIL 13 • صباح الخميس العظيم

Liturgy of St. Basil, 10 AM

On this day, when Jesus first said to his disciples, "Take, eat; this is my Body," Orthodox Christians make it a point to participate in Holy Communion. *Following the Liturgy, we will perform the rite of the Footwashing with the Church School. A Communion breakfast follows.*



GREAT THURSDAY EVENING • APRIL 13 •

مساء الخميس العظيم

Matins with the Twelve Passion Gospels, 6:30 PM

We walk with our Lord through the Passion. A procession with the Cross commemorates Christ's voluntary Crucifixion.

GREAT FRIDAY • APRIL 14 • الجمعة العظيمة

Royal Hours, 10 AM • Un-nailing Vespers, 3 PM

We try to spend this day in Church, heeding our Lord's words to "watch and pray." At Vespers, Christ is taken down from the Cross and placed in the decorated tomb.

GREAT FRIDAY EVENING • APRIL 14 • مساء الجمعة العظيمة

Matins of Christ's Funeral, 6:30 PM

We join Joseph of Arimathea, Nicodemus and the Myrrh-bearing Women to sing in Praise of the buried Christ, and we process with the Bier and passing under it as if joining Christ in the tomb.

GREAT SATURDAY MORNING • APRIL 15 • صباح سبت النور

Liturgy of St. Basil, 10 AM

As we keep vigil, the Victory of Christ over death and his Resurrection 'explode' with throwing of the leaves of victory. *Please bring your children to this service.*

THE RESURRECTION • SATURDAY, APRIL 15 • القيامة

RUSH/MATINS/LITURGY, 11 PM

We receive the new Light and the Good News that “Christ is Risen.” We will bless red eggs, and you may also bring Easter Baskets to be blessed. An Agape Breakfast will follow.



AGAPE VESPERS • SUNDAY, APRIL 16 • الباعوث

Love Vespers, 1 PM

The Good News (Gospel) of the Resurrection will be proclaimed in as many languages as possible. A sign-up list will be posted during Holy Week for you to read any language you know (we might have the text available, if you don't).



PLEASE JOIN US FOR....
A BREAKFAST OF LOVE

AS WE CELEBRATE THE RISEN CHRIST
Saturday Night, April 15, 2023
Immediately Following Paschal Liturgy

\$8.00 per Person

**ALL PROCEEDS BENEFIT THE ARCHDIOCESE
FOOD FOR HUNGRY PROGRAM**

Donations Accepted

Please Contact Ed Malouf 310-923-4347

“Let no one go away hungry!”

If you can't afford it, just see Fr. Nabil, Fr. Andrew or Fr. Paul privately, and we'll get you complimentary tickets. We just want our whole Cathedral family together for this Love Feast.

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.

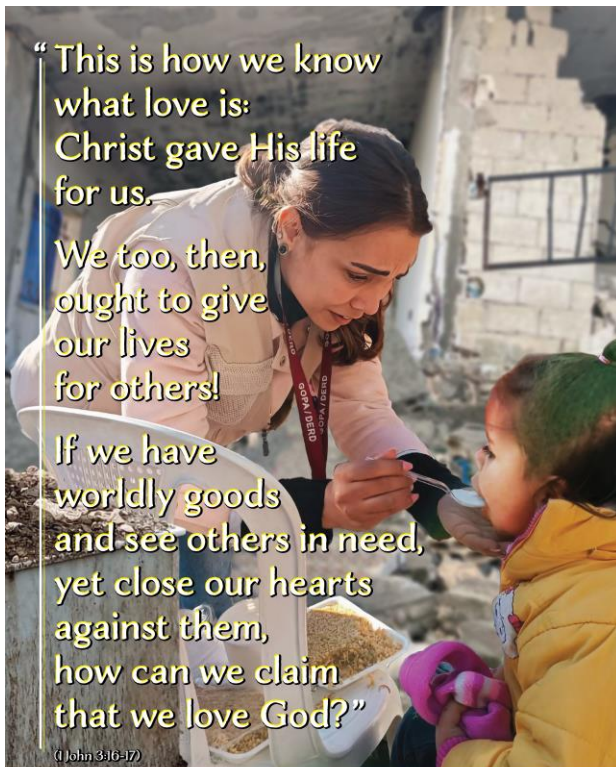
March 31-April 2—Antiochian Women's Lenten Retreat

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

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 is **enclosed with this this bulletin** (and 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!**



“ 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

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).

If you would like to volunteer at this year's "Palm Sunday Bake Sale" event, please go to tinyurl.com/PalmSundayBakeSale and enter you name in the slot of your choice. (This is a live link that will update automatically after you make your entry.)

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.

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.

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

Registration is open, and there's still room in each session. Register online at www.campstnicholas.com/site/home

St. Nicholas will pay half the cost for all campers who are members of the Cathedral. If you need additional financial assistance, please submit the form available to you when you register, or ask Fr. Nabil privately. Please just pay the \$75 deposit to secure your spot at camp.

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.

"To go to church is not an obligation..."

To fast is not an obligation...

To pray is not an obligation....

To give alms is not an obligation...

To follow the commandments is not an obligation....

None of these things are obligations. We are not "required" to do any of these things.

They are GIFTS.

They are an opportunity to transform ourselves.

They are an opportunity to be TRANSFIGURED.

They are an opportunity to become Christ-like and to draw ourselves closer to God.

They are an opportunity to satisfy our thirst to return to the Garden of Eden.

They are an opportunity to become Holy...."

From a sermon by Fr Demetrios Tsikouris:

SELF EXAMINATION BEFORE CONFESSION



First Commandment

Have I believed in God the Father, the Son, and the Holy Spirit? Have I failed to trust in God and his mercy? Have I complained against God in adversity? Have I been thankful for God's blessings? Have I doubted the Christian faith and the teachings of the Church? Have I tried to serve God and keep His Commandments? Have I given way to superstition? Have I frequented the religious meetings of heretics and schismatics? Have I neglected my duties to God through fear of ridicule or persecution? Have I failed to pray to God faithfully? Have I put myself before God?

Second Commandment

Have I made an idol of any person or thing? Have I given to anyone or anything the worship that is due to God alone? Have I set before myself the holy life of Jesus and tried to imitate Him? Have I read the Holy Scriptures regularly? Have I been irreverent during Church Services, let my attention wander, or been insincere? Have I neglected to receive Holy Communion regularly or without due preparation?

Third Commandment

Have I profaned the holy name of God in any way? Have I cursed anyone or anything, or sworn a false oath? Have I failed to give proper reverence to holy persons and things? Have I had due respect for the clergy of the Church, or hindered them in performing God's work? Have I broken any solemn vow or promise? Have I entered into any unlawful contract or made an unlawful promise?

Fourth Commandment

Have I stayed away from Church on Sundays or prevented others from going? Have I done unnecessary work on Sundays? Have I spent the day in unwholesome fashion or profaned it by improper conduct? If I could not go to Church because of illness or other grave cause, have I prayed at home? Have I caused anyone else to profane the Lord's Day? Have I kept the Fasts and Festivals prescribed by the Church?

Fifth Commandment

Have I respected my parents and been obedient to them? Have I been guilty of deception, or caused them pain by my words or actions? Have I neglected them or failed to help them? Have I done my duty towards my family? Have I been wanting in love or kindness towards my husband (or wife), or harmed him (or her) in any way? Have I set my children a good example and tried to bring them up properly? Have I corrected their faults with patience and not with anger? Have I over-indulged or spoiled them? Have I neglected my godchildren and failed in my obligations towards them? Have I worked for my employers honestly and diligently? Have I treated fairly all those who have worked for me? Have I honored God as my Heavenly Father by

treating others as my brothers, and have I honored the Church as my spiritual Mother by honoring and practicing my religion in accordance with her teachings?

Sixth Commandment

Have I caused the injury or death of anyone, or wished that I were dead? Have I done anything to shorten my own life or that of someone else by injuring health, or through evil and intemperate living? Have I given way to anger, or harmed others with words or actions? Have I defamed others who needed help, or failed to stand up for those unjustly treated? Have I been cruel to anyone? Have I mistreated animals or destroyed any life unnecessarily? Have I failed to forgive anyone or harbored evil thoughts against them?

Seventh Commandment

Have I given way to impure thoughts, words, or deeds? Have I committed any unworthy actions alone or with others? Have I degraded myself in any way, or forgotten human dignity? Have I read immoral books or magazines, or delighted in obscenity of any kind? Have I associated with bad companions or frequented unsavory places? Have I eaten or drunk or smoked too much? Have I been lazy, idle, or wasted my time? Have I led others to commit sinful acts? Have I been unfaithful to any trust confided in me?

Eighth Commandment

Have I stolen anything or wished to do so? Have I kept anything that did not belong to me? Have I tried honestly to find owners of lost articles I have found? Have I paid my debts? Have I lived within my income, and not wastefully and extravagantly? Have I given to charitable causes in proportion to my means? Have I been honest and upright?

Ninth Commandment

Have I told lies, or added to or subtracted from the truth? Have I made careless statements or spoken evil of anyone? Have I told any secrets entrusted to me, or betrayed anyone? Have I gossiped about anyone or harmed their reputation? Have I concealed the truth, assisted in carrying out a lie, or pretended to commit a sin of which I was not guilty? Have I tried to see the good in others rather than their shortcomings?

Tenth Commandment

Have I envied anything good that has come to others? Have I been jealous of another's good fortune? Have I wished for anything that was another's? Have I damaged or destroyed the property of others? Have I wished for things God has not given me, or been discontented with my lot? Have I been stingy? Have I held back anything due another? Have I hoped for the downfall of anyone so that I might gain by it? Have I failed to be gracious and generous to anyone? Have I expected God to give me that which I would refuse one of my fellow men?



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 Brunch 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

50th ANNIVERSARY OF AW: Our Antiochian Women’s Ministry was founded by Metropolitan PHILIP - of thrice blessed memory - in 1973. **Happy Golden Anniversary to us!!** At our AW Brunch Meeting at our Diocese PLC, we will be celebrating this auspicious occasion & we want as many of you as possible to be with us. Our Brunch Meeting is set for Friday, June 30 - following Divine Liturgy. For complete information on the PLC - including event registration visit, go to <https://antiochianevents.com/la>

56th Biennial Antiochian Archdiocese Convention



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



Blessed Feast of the Annunciation!

www.ac2023az.org

We're celebrating with an announcement of our own.

The Convention is going to be a blast!

Having said that...
there is something we need to talk about.

This convention is going to be huge!

We committed to 2,085 room nights at the magnificent JW Marriott. We have currently sold over 2,700 room nights, and the hotel doesn't have any more to give us.

It's insane!

That's more than our largest Archdiocese Convention ever...and it's only March!

To accommodate everyone who doesn't have a room, we have secured a fabulous and similarly priced overflow hotel...and they even have a shuttle!

Visit www.ac2023az.org today to reserve your room today!

And don't forget to [get your tickets](#) for events including:

A special presentation of "Man of God" with writer/director Yelena Popovic

Keynote Addresses by Author and Podcaster Fr. Evan Armatas

Grand Hafli with Superstar Hadi Aswad

And a Special Performance by the Antiochian Archdiocese's own Anees!

Visit www.ac2023az.org today, your one-stop shop for all the convention things!

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

Ouberto Badaro, home, 4/22

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

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

Also remember in your prayers the Officers of the Cathedral Council, elected at last Tuesday's meeting:

Nassif Shammaa, Chairman

Shadi Omeish, Vice-chairman

Gregory Ajalat, Secretary

Lamia Qafaiti, Treasurer

Chad Wehba, Asst. Treasurer/
Correspondence Secretary

ST. NICHOLAS CATHEDRAL CALENDAR

March 2023

| | |
|-------------------------|---|
| Sun. 26 | 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 |
| Mon. 27 | Great Compline , 6:30 pm |
| Wed. 29 | Presanctified Liturgy , 6:30 pm <ul style="list-style-type: none"> • Potluck Dinner • Meditation/Discussion • Byzantine Music class |
| Thu. 30 | <i>Thursday of the Great Canon</i> Great Canon of St. Andrew of Crete with the Life of St. Mary of Egypt, 6:30 |
| Fri. 31 | Little Compline with the Akathist to the Theotokos, 6:30 pm |
| Fri. 31 – Sun. 2 | Diocese Women's Retreat , Camp St. Nicholas |
| April 2023 | |
| Sat. 1 | <i>Saturday of the Akathist</i> Divine Liturgy , 7 am FOCUS Food Distribution, 8:30 am <ul style="list-style-type: none"> • Deb/Escort volunteer opportunity and Father/Daughter Etiquette Meeting Great Vespers and Confession, 4 pm |
| Sun. 2 | 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 |
| Mon. 3 | Great Compline , 6:30 pm |

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