



St. Nicholas Orthodox Cathedral

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

2300 WEST 3RD STREET • LOS ANGELES, CALIFORNIA 90057
(213) 382-6269 • WWW.STNICHOLASLA.ORG • EMAIL: CATHEDRAL@STNICHOLASLA.ORG

V. REV. FATHER NABIL L. HANNA, DEAN
(317) 919-0841 • FRNABILH@STNICHOLASLA.COM

REV. FATHER PAUL OLSON, ASSISTANT PASTOR
(714) 651-6151 • REV.PAUL.OLSON@GMAIL.COM

REV. FATHER ANDREW ANDREWS, ASSISTANT PASTOR
(925) 323-6787 • FRANDREWA@STNICHOLASLA.COM

REV. DEACON ELIYA AMMARI, ATTACHED
(818) 433-5523 • LOUIA@HOTMAIL.COM

TONE 4

APRIL 14, 2024

EOTHINON 1

FOURTH SUNDAY OF THE GREAT FAST

COMMEMORATION OF THE VENERABLE JOHN, ABBOT OF SINAI
AUTHOR OF "THE LADDER OF DIVINE ASCENT"

APOSTLES ARISTARCHOS, PUDENS AND TROPHYMOS OF THE SEVENTY
MARTYR THOMAS OF ALEXANDRIA • NEW-MARTYR DEMETRIOS OF THE PELOPONNESOS



رابع أحد من الصوم الكبير:
الْبَارِ يُوحَنَّا السِّينَاوِيِّ كَاتِبِ كِتَابِ سُلَّمِ الْفَضَائِلِ
الْقَدَيْسُونَ أَرِيَسْتَرْحُسُ وَبُوْدَيْسُ وَتُوْفَيْمُسُ الَّذِينَ مِنَ الرِّسْلِ السَّبْعِيْنَ

St. John is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer. It teaches the seeker of salvation how to lay a sound foundation for his struggles, how to detect and fight against each of the passions, how to avoid the snares laid by the demons, and how to rise to Godlike love and humility. It is held in such high esteem that it is read in its entirety in monasteries during the Great Fast.

The Ladder came to be known and cherished in the West also, demonstrated by the fact that it was the very first book printed in the Americas. The first documented printing press in the Western hemisphere was established in Mexico City. Its first product was *Escala Espiritual par Illegar al cielo* (*The Ladder of Divine Ascent*) in 1537.

CHAPTER V

NEW SPAIN UNDER THE VICEROYS

WHILE relating the events of the later part of the career of Cortés we mentioned the arrival, on October 15, 1535, of the first viceroy of Mexico, Don Antonio de Mendoza, Conde de Tendilla, a man of honor and ability, whose rule for many years was beneficent and wise. He established the first printing press in the New World, from which was printed in 1537 *La Escala de San Juan Climaco*, translated from Latin by Fray Juan de Madalena. He founded a

LITURGY VARIATIONS

3RD ANTIPHON (TROPARION OF THE RESURRECTION, TONE 4)

Having learned the joyful message of the Resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation and proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَوْزَرَ بِالْقِيَامَةِ الْبَهِيحِ،
وَطَرَحْنَ الْقَضَاءَ الْجَدِيدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ:
سُبْحَى الْمَوْتِ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

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 Fast 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.

نظام المناولة المقدسة

يجب على أعضاء الكنيسة الأرثوذكسية من سن السابعة وما فوق، الاستعداد للمناولة المقدسة باعتراف حديث والصلاة والصوم عن جميع الأطعمة والمشروبات من منتصف الليل (ما لم تكن هناك موانع طبية)، والتواجد في الكنيسة قبل قراءات الرسالة والإنجيل، وأن يكونوا في سلام مع الجميع.

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.

ترحيب حار بضيوفنا

نحن سعداء لأنكم تشاركون معنا في الصلاة. يرجى ملاحظة أن المشاركة في المناولة المقدسة تقتصر على أعضاء الكنيسة الأرثوذكسية الذين استعدوا أيضا بالصلاة والصوم والاعتراف الحديث.

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 4)

Having learned the joyful message of the Resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation and proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

إِنَّ تَلْمِذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَزَةِ بِالْقِيَامَةِ الْبَهِيحِ،
وَطَرَحْنَ الْقَضَاءَ الْجَدِيدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ:
سَيِّ الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

Troparion of St. John of Sinai (Tone 8)

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

لِلْبَرِّيَّةِ غَيْرِ الْمُثْمِرَةِ بِمَجَارِي دُمُوعِكَ أَمْرَعْتَ، وَبِالتَّنْهَدَاتِ الَّتِي
مِنَ الْأَعْمَاقِ أَثْمَرْتَ بِأَتْعَابِكَ إِلَى مِئَةِ ضِعْفٍ، فَصِرْتَ كَوْكَبًا
لِلْمَسْكُونَةِ مُتَالِفًا بِالْعَجَائِبِ، يَا أَبَانَا الْبَارَّ يُوْحَنَّا، فَتَشَفَّعْ
إِلَى الْمَسِيحِ الْإِلَهُ أَنْ يُخَلِّصَ نَفُوسَنَا.

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 أَظْهَرْتَنِيكَ أَعْمَالُ الْحَقِّ لِرِعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِنْسَانِ، أَيُّهَا الْأَبُ وَرَيْسُ الْكَهَنَةِ
نَبِقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرَّفِيعَةِ، وَبِالْمَسْكُونَةِ
الْغَنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهُ 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 from every danger that we may cry out to you: Rejoice, O unwedded Bride!

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهُ، أَكْتُبُ لَكَ رَايَاتِ الْعَلْبَةِ، يَا
جُنْدِيَّةَ مُحَامِيَّةً، وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَدَّةٍ مِنَ الشَّدَائِدِ، لَكِنْ
بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ أَعْتَقِبْنِي مِنْ صُنُوفِ الشَّدَائِدِ
حَتَّى أَصْرُخَ إِلَيْكَ: إِفْرَحِي يَا عَرُوسًا 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.

From St. Paul's Epistle 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

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

الرَّبُّ يُعْطِي قُوَّةً لِشَعْبِهِ.

قَدِّمُوا لِلرَّبِّ يَا أَبْنَاءَ اللَّهِ، قَدِّمُوا لِلرَّبِّ مَجْدًا وَكِرَامَةً.

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

يَا إِخْوَةَ، إِنَّ اللَّهَ لَمَا وَعَدَ إِبْرَاهِيمَ، إِذْ لَمْ يُمَكِّنْ أَنْ يُنْفِيسَ بِمَا هُوَ أَعْظَمُ مِنْهُ، أَقْسَمَ بِنَفْسِهِ. قَائِلًا: لِأُبَارِكَنَّكَ بِرِكَتِهِ وَأُكَثِّرَنَّكَ تَكْثِيرًا. وَذَلِكَ إِذْ تَأْتَى، نَالَ الْمُوعِدِ. وَإِنَّمَا النَّاسُ يُنْفِيسُونَ بِمَا هُوَ أَعْظَمُ مِنْهُمْ، وَتَنْقُضِي كُلَّ مُشَاحِرَةٍ بَيْنَهُمْ بِالْقَسَمِ لِلتَّثْبِيتِ. فَلِذَلِكَ، لَمَّا شَاءَ اللَّهُ أَنْ يَزِيدَ وَرَثَةَ الْمُوعِدِ بَيَانًا لِعَدَمِ تَحْوُلِ عَزْمِهِ، تَوَسَّطَ بِالْقَسَمِ. حَتَّى نَحْضَلَ بِأَمْرَيْنِ لَا يَتَحَوَّلَانِ وَلَا يُمَكِّنُ أَنْ يُخْلِفَ اللَّهُ فِيهِمَا عَلَى تَعَزُّبَةٍ قَوِيَّةٍ، نَحْنُ الَّذِينَ التَّجَأْنَا إِلَى التَّمَسُّكِ بِالرَّجَاءِ الْمَوْضُوعِ أَمَامَنَا. الَّذِي هُوَ لَنَا كَمِرْسَاةٍ لِلنَّفْسِ لِأَمِينَةٍ رَاسِخَةٍ تَدْخُلُ إِلَى دَاخِلِ الْحِجَابِ، حَيْثُ دَخَلَ يَسُوعُ كَسَابِقِ لَنَا وَقَدْ صَارَ عَلَى رُتْبَةِ مَلَكِيصَادَقَ، رَئِيسِ كَهَنَةٍ إِلَى الْأَبَدِ.

مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّمْدِيدِ

الطاهر (١٧، ٩-٣١؛ رابع أحد من الصوم)

فِي ذَلِكَ الزَّمَانِ، دَنَا إِلَى يَسُوعَ إِنْسَانٌ وَسَجَدَ لَهُ قَائِلًا: "يَا مُعَلِّمَ، قَدْ أَتَيْتُكَ بِابْنِي، بِهِ رُوحٌ أَبْكَمٌ. وَحَيْثُمَا أَحَدُهُ يَصْرَعُهُ، فَيَرْبِدُ وَيَصْرِفُ بِأَسْنَانِهِ وَيَبْسُسُ، وَقَدْ سَأَلْتُ تَلَامِيذَكَ أَنْ

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 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."

يُخْرِجُوهُ فَلَمْ يَقْدِرُوا. "فَأَجَابَهُ قَائِلًا: "أَيُّهَا الْجِيلُ غَيْرِ الْمُؤْمِنِ، إِلَى مَتَى أَكُونُ عِنْدَكُمْ؟ حَتَّى مَتَى أَحْتَمِلُكُمْ؟ هَلُمَّ بِهِ إِلَيَّ. " فَآتَوْهُ بِهِ. فَلَمَّا رَأَهُ لِلْوَقْتِ صَرَخَهُ الرُّوحُ، فَسَقَطَ عَلَى الْأَرْضِ يَتَمَرَّعٌ وَيُزِيدُ. فَسَأَلَ أَبَاهُ: "مُنْذُ كَمْ مِنَ الزَّمَانِ أَصَابَهُ هَذَا؟" فَقَالَ: "مُنْذُ صِبَاهُ. وَكَثِيرًا مَا أَلْقَاهُ فِي النَّارِ وَفِي الْمِيَاهِ لِيُهْلِكَهُ. لَكِنْ إِنْ اسْتَطَعْتَ شَيْئًا، فَتَحَنَّنْ عَلَيْنَا وَأَعِنْنَا. " فَقَالَ لَهُ يَسُوعُ: "إِنْ اسْتَطَعْتَ أَنْ تُؤْمِنَ، فَكُلُّ شَيْءٍ مُسْتَطَاعٌ لِلْمُؤْمِنِ. " فَصَاحَ أَبُو الصَّبِيِّ مِنْ سَاعَتِهِ بِدُمُوعٍ وَقَالَ: "إَيُّيَ أَوْمُنُ يَا سَيِّدِي، فَأَغِثْ عَدَمَ إِيمَانِي. " فَلَمَّا رَأَى يَسُوعُ أَنَّ الْجَمْعَ يَتَبَادَرُونَ إِلَيْهِ، انْتَهَرَ الرُّوحَ النَّجِسَ قَائِلًا لَهُ: "أَيُّهَا الرُّوحُ الْأَبْنَكُمُ الْأَصَمِّ، أَنَا أَمُرُّكَ أَنْ اخْرُجَ مِنْهُ وَلَا تَعُدْ تَدْخُلُ فِيهِ. " فَصَرَخَ وَخَبَطَهُ كَثِيرًا وَخَرَجَ مِنْهُ، فَصَارَ كَالْمَيِّتِ، حَتَّى قَالَ كَثِيرُونَ إِنَّهُ قَدْ مَاتَ. فَأَخَذَ يَسُوعُ بِيَدِهِ وَأَمْسَهُ، 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، اجْتَازُوا فِي الْجَلِيلِ، وَلَمْ يُرِدْ أَنْ يَدْرِيَ 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

Offered by	For the Health of	In Memory of
The Cathedral community	Alyana Alfarrouh, Bashir Handal, Elie Khashoun and Emilia Saa (who made their first confessions today)	
Georges and Soha Attar, Elie and Joanna Attar, Raymonda and Joseph Helou, Marlene and Elie Maalouf and their families		Georgette Attar (mother, 4-year memorial) and Nicholas, Laurice, Joseph, Wadih and Georgette
Eissa, Amy, Andrew, Melodie and Natalie Shousha		Nazek Hosny (14 years departed)
John L. and Suzi Sadd	All our Cathedral family and their loved ones	
George, Mariam, Mark, Antonio and Hend Bshara		
Ehab, Rania, Sami, Selena and Anthony Dahabreh		Hani Tadros (Rania's father) and Nawal Hawatmeh Dahabreh (Ehab's mother)

To offer Holy Oblations and Memorials please use the form at <https://stnicholasla.com/makeapayerrequest> 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 مُمْتَلِئَةَ نِعْمَةً: مَحَافِلُ الْمَلَائِكَةِ،
وَأَجْنَاسَ الْبَشَرِ. أُثْبِتُهَا الْهَيْكَلُ الْمُتَقَدِّسِ، وَالْفِرْدَوْسُ النَّاطِقُ،
فَخَزِرُ الْبَتُولِيَّةِ مَرْيَمَ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلاً، وَهَوَ
إِهْنَأُ الَّذِي قَبْلَ الدَّهْوَرِ. لِأَنََّّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ
بَطْنِكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةَ نِعْمَةً، تَفْرَحُ بِكَ
كُلُّ الْبَرَايَا وَتُتَمَجِّدُكَ.

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/chapel area) doors, and join us in the Heritage Ballroom for refreshments. Lunch is hosted today by:

- the Shousha, Qafaiti and Nima families – our Annual “Falafel Day” Lunch

They ask for donations of \$10 per plate for adults and \$5 for children. All your donations will go toward our kitchen remodeling project.

- And the Church School, in honor of those who made their First Confessions today.



Upcoming Coffee Hour Schedule

April 21 Hannan Lahham (40-day memorial for Osama Lahham)

April 28 Ladies’ Palm Sunday Bake Sale

May 5 Pascha Breakfast

May 12 Men’s Fellowship (Mother’s Day)

May 19 Robin Nicholas

May 26 Nellie and William Haick (2-year memorial for Wil Haick)

Please consider sponsoring a Coffee Hour after Liturgy. *The time of fellowship after the Divine Liturgy is integral to the life of our community. It provides an opportunity for visitors to be fully welcomed and for the rest of us to enjoy visiting with our church family members. Contact Joujou George at (562) 522-1322 or ginageorge@verizon.net to reserve a Sunday.*

CHURCH SCHOOL CLASSES TODAY

Today: Our classes will continue the study of St. Paul’s Epistle to the Romans— **Lesson II.5: “Faithfulness” (Romans 4.13-22)**. Please discuss it with your children at home, to reinforce their lessons.

You will find the **Church School Calendar online** and updated with changes (scan this QR code, or enter <https://bit.ly/SNCschool23-24>).



2024 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.

- We then share dinner together.
 - **April 17: Men's Fellowship** will host dinner, so no need to bring anything.
 - **April 24: Ladies' Society** will host dinner, so no need to bring anything.
- A short spiritual discussion will follow.

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

Saturdays — We serve the Liturgy each Saturday morning in Lent. See the calendar for the specific times; some Saturdays the Liturgy will be early, before FOCUS.

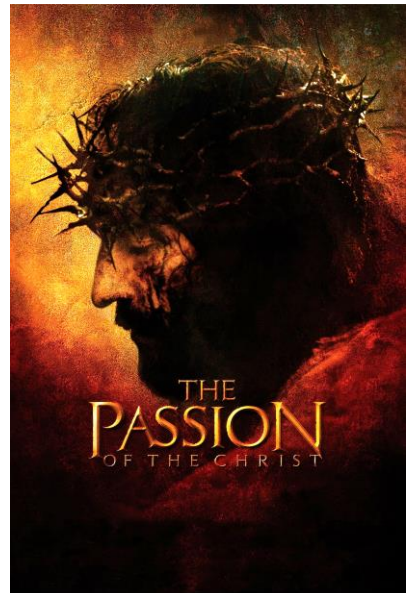
The Fifth Thursday, April 18 — We serve the **Great Canon of St. Andrew of Crete with the Life of St. Mary of Egypt** at 6:30 pm.

LENTEN PRAYER, POTLUCK DINNER AND MOVIE NIGHT THIS FRIDAY

1. We start at **6:30 pm** with the **Akathist service** to the Mother of God, this Friday, April 19.
2. Then bring something to share for a **Lenten Potluck dinner**.
3. We will then **watch and discuss together** *The Passion of the Christ* movie. This will be a good way to get ready for Holy Week.



4. **Childcare will be provided** during the adult movie. Children will have movies of their own to watch during this time, downstairs.



OPEN HOUSE FOR PARENTS AND STUDENTS: 7 PM, APRIL 23

RIBET



ACADEMY

KINDER - 12TH GRADE



Eastern Orthodox Classes
now at Ribet Academy.



- College Prep Curriculum
- Financial Aid Available
- After School Care
- Caring Staff in Safe Environment
- Individual Attention and Small Class Size
- Award Winning Math & Science Program
- Eastern Orthodox Classes with Service in Chapel
- Hands-On Instruction in Visual and Performing Arts

Currently Accepting Applications!



10:1

student to
teacher ratio



100%

College
Acceptances



\$500K+

in Scholarships
given every year



32+

Advanced
Placement Courses

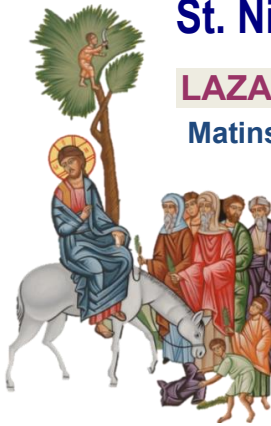
Financial Aid Available!

2911 N. San Fernando Rd. Los Angeles CA 90065 | ribetacademy.com | (323) 344-4330

We are pleased to partner with Ribet Academy to provide Orthodox students an excellent, wholesome education at affordable tuition. Check it out at the Open House on April 23.

HOLY WEEK & PASCHA 2024

St. Nicholas Cathedral • Los Angeles



LAZARUS SATURDAY • APRIL 27 • سبت لعازر

Matins 9:30 AM • Divine Liturgy, 10:30 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 28 • احد الشعانين

Matins, 7:30 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 28 • 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 29 • 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 30 • 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 • MAY 1 • الاربعاء 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 • MAY 2 • صباح الخميس العظيم

Matins, 9 AM • 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 • MAY 2 • 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 • MAY 3 • 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. Dinner will be served after Vespers.

GREAT FRIDAY EVENING • MAY 3 • 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 • MAY 4 • 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, MAY 4 • 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, MAY 5 • الباعوث

Paschal Service in Spanish, 7:30 AM • 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).

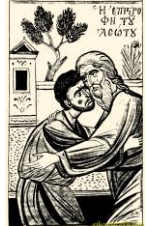


AS WE FAST, WE ALWAYS REMEMBER THE POOR!

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

WE ALSO 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.



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



**AS WE CELEBRATE THE RISEN CHRIST
Saturday Night, May 4, 2024
Immediately Following Paschal Liturgy**

**\$8.00 per Person
(Tickets sold at the Door)**

**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.



THE PALM SUNDAY BAKE SALE AND COFFEE HOUR

The Palm Sunday Bake Sale and Coffee Hour

will be held on Palm Sunday, April 28, in the Heritage Ballroom, after *both* Palm Sunday Liturgies. Everyone is invited to place their pre-orders or shop after Liturgy. Be sure to get all your favorite sweets and treats! Ordering ahead is encouraged due to limited quantities.

Be sure to look for the special order form in the Sunday bulletin, in the Antiochian Women Newsletter, on Facebook or on the St. Nicholas website (stnicholasla.org), for more information and to place your orders. Please place your orders ASAP, because all this good stuff goes fast! Jacqui's number is (626) 476-9070 and her email address is jmbadaro@hotmail.com

The Palm Sunday Bake Sale has always been one of the Cathedral's traditions. The St. Nicholas Antiochian Women need help with baking and donations. Let us all help to make this a successful and delicious event to celebrate the special feast day. Please contact Chairwoman Jacqui Badaro to contribute with either your delicious homemade sweets or to donate needed funds.

May 18--Ladies' Book Club/One Day Spiritual Retreat The next Book Club meeting will take place on Saturday May 18 from 10:00 am to 2:00 pm at the home of Rose Samore; 1817 Maginn Dr., Glendale, CA 91202. We will finally be able to review the book we have been reading, [Becoming a Healing Presence](#) by Dr. Albert Rossi (but don't worry if you haven't had the chance to read it). Fr. Nabil Hanna will lead us in a discussion on the book, and we will have a chance to discuss how the concepts of the book affect and appear in our lives. This is a great opportunity for spiritual growth and fellowship for us. Please join us! Call Rose with any questions: 818-378-2055.

Join St. Nicholas Cathedral's
Ladies Society

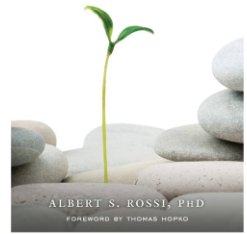
One Day Retreat

Led by Father Nabil

*We will be discussing
[Becoming a Healing
Presence](#) by
Albert S Rossi!*

*Please join us, even if
you haven't read the
book!*

BECOMING
A HEALING
PRESENCE



When: Saturday, May 18
9:00 am – 2:00 pm

Where: The Home of Rose Samore
1817 Maginn Drive
Glendale, CA 91202

RSVP to Lauren Malouf (818) 687 – 0406
lmalouf@hchc.edu by **May 9**



DEDICATION IN MEMORY OF FR. NICHOLAS NEYMAN

Also note that *in conjunction with the Women's Retreat*, at **4 pm on Saturday, April 20**, we will dedicate an outdoor shrine in memory of our long-time Camp Director, Fr. Nicholas Neyman.

His wife, Kh. Malvina Neyman, and his daughters, Kh. Juliana Youssef and Kh. Joanna Townsend, and their families will be joining us for to the Women's Retreat and the dedication.

Men and women, alike, are invited to join for the dedication and vespers that will take place immediately following the dedication, at Camp St. Nicholas. (There will be no vespers at the Cathedral on April 20.)

45th ANNUAL ANTIOCHIAN WOMEN'S LENTEN RETREAT DIOCESE OF LOS ANGELES AND THE WEST APRIL 19 - 21, 2024

AT CAMP
ST NICHOLAS
FRAZIER PARK, CA



We are honored to have Kh. Susan Wallace from St. James Antiochian Orthodox Church in Stillwater, OK as our Retreat Speaker.

Her topic will be:

“Ascending the Mountain; moving deeper into the Heart of God”

REGISTRATION INFORMATION:

You may register and pay online using a credit card at:

<https://tithe.ly/event-registration/#/8523483>

Or, Mail in the registration form and your check payable to Antiochian Women, Diocese of the West OR AWDLAW

Full Weekend 2 nights/5 meals **EARLY BIRD** by April 4th

Pay by check: **\$170** Online payment: **\$175**

Full Weekend 2 nights/5 meals **AFTER** April 4th

Pay by check: **\$180** Online payment: **\$186**

Saturday Only - 3 meals Pay by check: **\$80** Online payment **\$83**

For questions, please contact Georgette Malouf

via email: gette0324@yahoo.com or via phone at: 818-391-6217



Baked Goods Sale



Homemade by Our St. Nicholas Cathedral's Ladies
Palm Sunday April 28, 2024

Baked Goods	Pre-order / on-Site Price	Quantity	Total Amt.
Date Fingers	\$20.00 per dozen / \$25.00 per dozen		
Maamool Walnut	\$25.00 per dozen / \$25.00 per dozen		
Maamool Pistachio	\$25.00 per dozen / \$25.00 per dozen		
Maamool Date	\$25.00 per dozen / \$25.00 per dozen		
Macaroons	\$15.00 per dozen / \$20.00 per dozen		
Baklawa Fingers	\$16.00 per lb. / \$18.00 per lb.		
Baklawa	\$16.00 per lb. / \$18.00 per lb.		
Ka'ak	\$14.00 per dozen / \$16.00 per dozen		
Ghraibie	\$15.00 per dozen / \$18.00 per dozen		
Namoora	\$12.00 per lb. / \$14.00 per lb.		
Spinach Fatayer	\$17.00 per dozen / \$18.00 per dozen		
Meat Bread	\$15.00 per 6 pcs. / \$15.00 per 6 pcs.		
Veggie Bread	\$15.00 per 6 pcs. / \$15.00 per 6 pcs.		
Cheese Pies	\$18.00 per dozen / \$20.00 per dozen		
Kibbeh Balls	\$30.00 per dozen		
Zaatar	\$15.00 per 6 pcs.		
TOTAL AMOUNT DUE:			

All preorders are due by Sunday, April 14, 2024.

Ordered By: _____

Phone (____) _____

Check \$ _____ Cash \$: _____ Total \$: _____

Make checks payable to St. Nicholas Cathedral Ladies Society
For questions and orders; contact the Bake Sale Chairperson:
Jacqui Badaro (626) 476-9070 Email: jmbadaro@hotmail.com

KABARNOS

Live in USA

أمسية للموسيقى الكنسية البيزنطية

Byzantine Orthodox Hymns

Performed by the Archimandrite

NIKODIMOS KABARNOS

May 19, 2024

St. Nicholas

Antiochian Orthodox Cathedral

2300 W 3rd St, Los Angeles, CA 90057

Door open 5 pm

Event start 6 pm

Scan for ticket



followed by reception at the cathedral hall

for tickets and reservations please contact

St. Nicholas 213-382-6269 or Naji: 818-699-5860



St. Nicholas Orthodox Cathedral

We are pleased to host the world-famous Orthodox Musician, Fr. Nikodimos Kabarnos, here at St. Nicholas Cathedral (with St. Sophia Greek Orthodox Cathedral and St. George Church of Phoenix as co-sponsors). *SEE PATRICK HADDAD DURING COFFEE HOUR TODAY FOR TICKETS.*

THANKS AND BLESSINGS ON ALL WHO HAVE MADE THEIR STEWARDSHIP COMMITMENTS FOR 2024

The point is this: he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9.6-7)

-THE SOWER OF GOOD SEEDS-

هَذَا وَإِنَّ مَنْ يَزْرَعُ بِالسَّخِّ فَيَالسَّخِّ أَيْضًا يَحْصُدُ، وَمَنْ يَزْرَعُ بِالْبَرَكَاتِ فَيَالْبَرَكَاتِ أَيْضًا يَحْصُدُ. كُلُّ وَاحِدٍ كَمَا يَنْوِي بِقَلْبِهِ، لَيْسَ عَنْ حُزْنٍ أَوْ اضْطِرَّارٍ. لِأَنَّ الْمُعْطِيَ الْمَسْرُورَ يُحِبُّهُ اللهُ. (٢) كورنثوس ٩،٦،٧



If you haven't done so yet, we ask you to consider prayerfully your stewardship commitment for this year. Please place your pledge card in the collection basket, in the offering box at the candle stand, or return it by mail.

You will find extra pledge cards in the narthex. (They look like the facsimile at right.) You can even enter your pledge as a recurring donation online yourself at stnicholasla.org/contributions



REGISTRATION FOR SUMMER CAMP IS NOW OPEN

Register online at www.campstnicholas.com/site/summer-camp/

Session 2/Teen Week is already full!

Please sign up online for week 1 or week 3 ASAP, before they fill up too!

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

Please contact Fr. Andrew if you are having any problems with the online sign-up process.

Camp is the most important and most effective part of our youth ministry program. We are offering these generous scholarships because we believe Camp is *that* important.

Camp St. Nicholas
Summer Camp Registration

Friday, February 23rd at 7pm PST

Week 1: July 14-20
Week 2: July 21-27 (Teen Week)
Week 3: July 28-Aug 3

www.campstnicholas.com

FRANCIS MARIA SCHOLARSHIP

2024 Francis Maria Scholarships are being offered for adults and young adults in good standing in a church in our Archdiocese.

This year, awards increased to \$10,000 per student to help meet the challenges of high tuition costs. With this Premier Scholarship, we hope to encourage more Orthodox young people to seek higher education becoming stronger, well-educated, Orthodox Christian leaders. Find applications and more information at

www.antiochian.org/regulararticle/386



ARE YOU A HIGH SCHOOL JUNIOR OR SENIOR?

CROSSROAD INSTITUTE

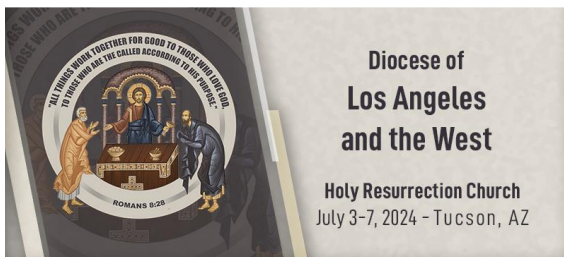
Fill your **summer** with what **counts**

Join one of our four sessions

- Boston June 8-18
- Northern California June 18-28
- Boston June 22-July 2
- Chicago July 6-16

Explore what's next

CrossRoad is a ten-day immersive summer program designed for YOU as you prepare to make big life decisions and start new adventures. By connecting with the Orthodox Christian theological and spiritual tradition in a deep and meaningful way, you will find a place to form authentic and lifelong friendships, ask hard questions, and explore what it means to be an Orthodox Christian in the 21st century.



Diocese of Los Angeles and the West

Holy Resurrection Church
July 3-7, 2024 - Tucson, AZ

PARISH LIFE CONFERENCE SPOTLIGHT

The Special Guest at this year's Conference will be His Grace Bishop Anthony, from the Diocese of Toledo and the Midwest

Register, Find Schedules and all the Information You Need at www.antiochianevents.com/la.htm



2nd Annual Young Adult Paschal **HAFLEH**

SATURDAY MAY 11TH

VESPERS AT 6PM
HAFLEH AT 7PM

LOCATION: ST. NICHOLAS CATHEDRAL HALL
2300 W 3RD ST. LOS ANGELES, 90057

Dinner • Drinks • Dancing • Photo Booth • More!
DRESS CODE: FORMAL

 **\$50 Early Bird by 3/31**
\$65 Regular by 5/2

NO TICKETS SOLD AT THE DOOR!

Extended to 4/14

Use the QR Code or link in bio to RSVP

REGISTER NOW TO BE IN THE NEXT SWEETHEART BALL

St. Nicholas Ladies Society will be hosting the 59th Sweetheart Ball on February 8, 2025.

There will be an **informational meeting at 3 pm on Sunday, May 19, 2024**, in the St. Nicholas Cathedral Heritage Ballroom.

We are recruiting girls now. Registration is easy, as they can scan the QR code on the flyer and use the online form. *Or* email debutantechairs@gmail.com for more info.

SAVE THE DATE

FEBRUARY 08, 2025



Ball Information is available at:

www.stnicholasla.org/ball

or

Contact Debutante Chairs

DeAnne Abraham & Tracy Kuncar

debutantechairs@gmail.com



Scan QR Code for Debutante Registration Form

With the Blessing of
Metropolitan Saba

CAMP ST NICHOLAS

60TH ANNIVERSARY REUNION DINNER

JUNE 8, 2024

VESPERS 5PM
DOORS OPEN 6PM

ST NICHOLAS CATHEDRAL

2300 W 3RD ST, LA 90057

Join us for Great Vespers followed by a celebration dinner and fundraiser for Camp St Nicholas, in honor of its 60th anniversary. Our casual event will include dinner via two food trucks. Beer, wine and soft drinks will be available for purchase. We will also be providing an opportunity to contribute to the future of our Camp Facility.

MUSEUM, FOOD TRUCKS, PHOTO BOOTH
MULTI-MEDIA PRESENTATION & RECOGNITIONS

\$50 PER PERSON



Purchase Tickets at:
<https://buytickets.at/stnicholasla/1220720>

For more details call
(213) 382-6269

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

LIVING

Fr. Joseph Abud, friend of Fr. Nabil and Kh. Elaine, 5/1

Natalie Waimrin, hospital, 5/23

Evonne Chala, home, 5/19

Hayat Kassab Alchammas, home, 5/19

Fayza Chammaa, home, 5/15

George Zahab, hospital, 5/13

Asad Aboud, rehab., 5/11

Julian E. Capata, home, 5/10

Leroy Simon, hospital, 4/25

Elham Alloush, 5/19

Julian F. Capata, son of Julian and Shirley Capata, 5/1

Angele Wahhab, Lamia Qafaiti's mother, 4/16

All those suffering from illness, violence and want in the Gaza conflict, in this country and throughout the world

DEPARTED

Kamile Waimrin, 5/18

Lillian Agnes Koupsi, 5/7

Ousama Zabaneh, 4/24

Anna Victoria Cebedo, Armando Cano's wife, 4/14

Victims of the Gaza conflict and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

April 2024

Sun. 14	<p>4th Sunday of Lent</p> <p>Spanish Mission Liturgy, 7:45 am</p> <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish <p>Matins, 9:15 am</p> <ul style="list-style-type: none"> • First Confessions, 9:45 am <p>Divine Liturgy, 10:30 am</p> <ul style="list-style-type: none"> • Church School • Falafel Lunch and First Confession Banquet
Mon. 15	Great Compline , 6:30 pm
Tue. 16	Cathedral Council meeting, 7 pm
Wed. 17	<p>Presanctified Liturgy, 6:30 pm</p> <ul style="list-style-type: none"> • Dinner by Men's Fellowship and Discussion
Thu. 18	Little Compline with the Great Canon and the Life of St. Mary of Egypt, 6:30 pm
Fri. 19	<p>Ladies' Society preparing of Bake Sale, 10 am</p> <p>Little Compline with Akathist, 6:30 pm</p> <ul style="list-style-type: none"> • Potluck Dinner • Movie and discussion on <i>The Passion of the Christ</i>
Fri. 19 – Sun. 21	Diocese Women's Retreat at Camp St. Nicholas
Sat. 20	<p>Divine Liturgy, 7 am</p> <p>FOCUS Food Distribution, 9 am</p> <p>Dedication of Shrine in memory of Fr. Nicholas Neyman, 4 pm at Camp St. Nicholas</p> <ul style="list-style-type: none"> • Great Vespers in Camp Chapel <p>NO Vespers at St. Nicholas</p>

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