

St Nicholas Orthodox Cathedral of Los Angeles
Antiochian Orthodox Christian Archdiocese of North America



See the full calendar and the latest additions and updates to our [schedule on our website](#).

Beloved in Christ,

At Vespers tomorrow, the liturgical book of the Lenten season—the *Triodion*—will make its first appearance for the year, and now texts from the *Triodion* will be added to the usual hymns and prayers of the weekly resurrection service. They develop a major aspect of repentance: humility.



The famous theologian Fr. Alexander Schmemmann notes:

The Gospel lesson Sunday (Luke 18.10-4) depicts a man who is always pleased with himself and who thinks that he complies with all the requirements of religion. He is self-assured and proud of himself. In reality, however, he has falsified the meaning of religion. He has reduced it to external observations, and he measures his piety by the amount of money he contributes to the temple. As for the Publican, he humbles himself, and his humility justifies him before God.

If there is a moral quality almost completely disregarded and even denied today, it is indeed humility. The culture in which we live constantly instills in us the sense of pride, of self-glorification, and of

self-righteousness. It is built on the assumption that man can achieve anything by himself and it even pictures God as the one who all the time "gives credit" for man's achievements and good deeds. Humility—be it individual or corporate, ethnic or national—is viewed as a sign of weakness, as something unbecoming a real man. Even our churches—are they not imbued with that same spirit as the Pharisee? Do we not want our every contribution, every "good deed," all that we do "for the Church" to be acknowledged, praised, publicized?

The Lenten season begins then by a quest, a prayer for humility, which is the beginning of true repentance.

At matins on Sunday morning, we will begin to sing the following Lenten troparia, which are profoundly expressive of the humility and repentance which we need:

Glory to the Father, and to the Son, and to the Holy Spirit.

Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.

Both now and ever, and unto ages of ages. Amen.

Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.

Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.

If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy.

المَجْدُ لِلآبِ، وَالإِبْنِ، وَالرُّوحِ الْقُدُسِ.

إِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَهَبَ الْحَيَاةِ، لِأَنَّ رُوحِي
تَبَتَّكَرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِيًّا بِهِيْكَلِ جَسَدِي مُدَنِّسًا
بِجُمْلَتِهِ. لَكِنِ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّينِي بِتَحَنُّنِ
مَرَاحِمِكَ.

الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

سَهِّلِي لِي مَنَاهِجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ
دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ
بِالتَّوَانِي. لَكِنِ بِشَفَاعَاتِكَ، نَقِّينِي مِنْ كُلِّ رَجَاسَةٍ.

يَا رَحِيمُ، ارْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَبِحَسَبِ
كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي.

إِذَا تَصَوَّرْتُ كَثْرَةَ أَفْعَالِي الرَّدِيئَةِ أَنَا الشَّقِي، فَإِنِّي
أُرْتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ
بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: ارْحَمْنِي يَا اللَّهُ،
بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

This is what Lent is all about! It's *not* really about food, though controlling our appetites is a critical tool in the arsenal of disciplining ourselves for humility.

OUR JOURNEY TO PASCHA! 2021

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 21st	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 28th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 7th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 14th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 21st	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 28th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 4th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 11th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 18th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 25th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 30th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 2nd NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

I include the chart, above, of our “Journey to Pascha 2021.” I hope you will print it and post it somewhere prominent (like on your refrigerator), because I want to make this journey with you, our first Lenten journey together.

As with any major trip, though, we have to plan. We procure the necessary supplies. We make arrangements to be away from our regular routine by clearing our calendars, stopping mail delivery, arranging for someone to water the plants, (and, if it’s a car trip) tuning up the car, etc.

The same is true with our Lenten Journey. Lent Is just around the Corner! Please look ahead at the [calendar of services](#), and clear your calendar, so you can be at as many services as possible. Let’s start plan NOW to observe the “bright sadness” of the Lenten season. This includes dedicating time for Lenten services (*including Wednesday and Friday evenings, at least, in addition to Sunday, and for Holy Week*), scheduling confession and obtaining fasting foods.

Aside from preparation for Communion, there is no fasting or abstinence from meats and dairy products during this week, in commemoration of the Pharisee and Publican.

The last day we eat meat will be March 7. Then we begin the Great Fast proper by eliminating cheese (i.e., dairy products) and fish after Forgiveness Vespers, Sunday evening on March 14.

Lent Starts: Night of March 14 • Palm Sunday: April 25 • Pascha: May 2

With love and blessings in Christ,

+Fr. Nabil

Upcoming Schedule and Links

Remember to sign up for each service at www.stnicholasla.org/schedule

Date	Time	Event or Service (click link for service text)	How to Participate
Friday, Feb. 19	7:00 pm	Church School Classes	See links for each class, below
Saturday, Feb. 20	6:00 pm	Great Vespers	Livestream only (church closed)
Sunday, Feb. 21	7:45am	Divine Liturgy in Spanish	In person; service also livestreamed
<i>Sunday of the Pharisee and the Publican</i>	9:15 am	Matins	Sign up to attend at Cathedral; service also livestreamed
	10:30 am	Divine Liturgy	Sign up to attend at Cathedral; service also livestreamed
Tuesday, Feb. 23	7:00 pm	Bible Study on the Meaning of Icons (in Arabic) درس الكتاب عن معنى الأيقونات	Join via Zoom
Wednesday, Feb. 25	7:00 pm	Diocese Ladies' "Sowing Bee"	Livestreamed
Friday, Feb. 26	7:00 pm	Church School Classes	See links for each class, below
Saturday, Feb. 27	6:00 pm	Great Vespers	Livestream only (church closed)
Sunday, Feb. 28	7:45am	Divine Liturgy in Spanish	In person; service also livestreamed
<i>Sunday of the Prodigal Son</i>	9:15 am	Matins	Sign up to attend at Cathedral; service also livestreamed
	10:30 am	Divine Liturgy	Sign up to attend at Cathedral; service also livestreamed

See the full calendar and the latest additions and updates, [now available on our website](#).

Please note that you do NOT need to have a Facebook account to join our services via livestreaming. Also, if you cannot join a service live, it remains on the Facebook site, so you can participate when your schedule allows.

Church School 7 pm Friday, February 19, 2021

Class	Zoom Link	Meeting ID and Password	Text and Discussion Material
Preschool & Kindergarten	None – discuss at home	None	 View or print for Preschool
1 st – 4 th Grades	Join 1st – 4th Class	950 0406 4284 602971	 View or print for Grades 1-4
5 th – 8 th Grades	Join 5th – 8th Class	966 6787 2317 283692	 View or print for Grades 5-8
High School	Join High School Class	964 9146 2720 439263	 View or print for High School

Holy Oblations and Prayer Requests Offered

- By John L. and Suzi Sadd, for the good health and comfort of all those affected by the inclement weather and illness throughout the country.
- By Ehab and Rania Dahabreh and family and Mariam Beshara.

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

Adib Kahouch, home 3/22
Marilyn Nassif, home, 3/20
John L. Sadd, home, 3/17
Soad Shammas, rehab., 3/16
Veronica Harlo Atalla, hospital, 3/13
Edward and Georgette Malouf, 3/8
Dale Nicola, home, 3/1

-

Conner Capata, grandson of Eli and Shirley, home, 3/20
Physicians, nurses and all the healthcare professionals on the front lines of the pandemic
All those suffering from illness, violence and want in this country and throughout the world

Departed

Atallah Sayegh, 3/8
Poulos Samaan, home, 3/8
Emile Aramouni, 3/7
Massad Mattar, 3/1

-

Antoinette Karkar, mother of Bachar and Mary Louise, 3/14
Victims of the pandemic and of violence everywhere

To offer Holy Oblations and Memorials and for any announcements to be included in the bulletin, please email Cathedral@stnicholasla.com or contact the Cathedral office at (213) 382-6269 by **Wednesday noon**.

New Arabic Bible Study Series – Tuesdays, 7 pm via Zoom

The Meaning of Festal Icons

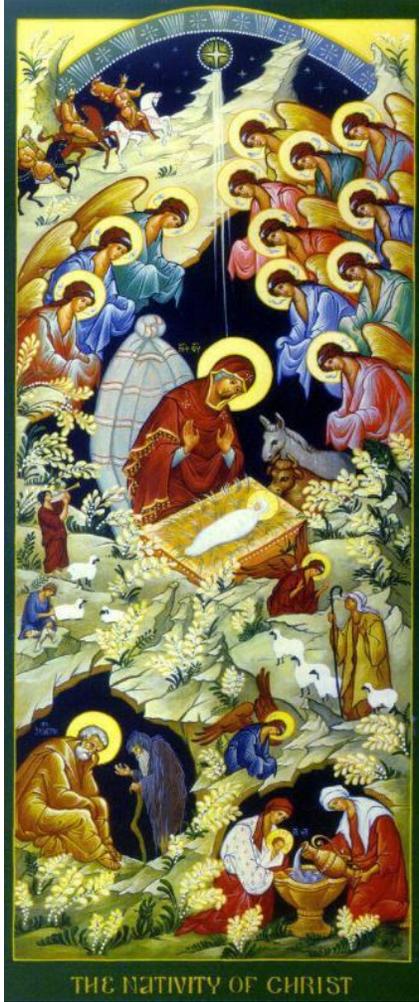
درس الكتاب عن معنى الأيقونات

By Fr. Paul Marji

[Join via Zoom](#)

Or join by telephone (669) 900-9128

Passcode: 740337 • Meeting ID: 975 1014 4107



February 16	ايقونة البشارة	١
February 23	ايقونة الميلاد	٢
March 2	ايقونة العماد	٣
March 9	ايقونة التجلي	٤
March 23	ايقونة العشاء السري مع ايقونة الصلب	٥
March 30	ايقونة القيامة	٦
April 6	ايقونة الصعود	٧
April 13	ايقونة العنصرة	٨
April 20	ايقونة مثل الزارع	٩
May 4	ايقونة الخمس عذارى الحكيمات والخمس جاهلات	١٠
May 11	ايقونة رقاد العذراء مريم	١١
May 17	ايقونة الرسل	١٢

*"What shall I render to the Lord,
for All His Bounty to Me?"*

*I will offer to Thee the sacrifice of
Thanksgiving, and I will call
upon the Name of the Lord.*

(Psalm 116.12, 17)



Thanks and blessings on all who already stepped up and made their stewardship commitments for 2021. May the Lord remember them in His Kingdom!

Anonymous
Anonymous
Anonymous
Anonymous
Mrs. Margaret Abdun-nur
Mr. & Mrs. Charles Ajalat
Mr. & Mrs. Gregory Ajalat
Mr. & Mrs. Tanya Akel
Fr. Andrew & Kh. Ruth
Andrews
Mr. & Dr. Daniel A. Andrews
Mr. & Mrs. Robert S.
Andrews, Sr.
Mr. Curtis Annett
Edward Awad
Mr. & Mrs. Richard Ayoob
Mrs. Salwa Ayoub
Rula Bakhit
Leila Beebe
Mr. & Mrs. Sami Bitar
Simmon Bittar
Mrs. Diane Brooks
Mr. & Mrs. Julian Eli Capata
Mr. & Mrs. Elie Constantine
Mr. & Mrs. Robert Crawford
Ms. Isabel C. Elac

Simon Elhabre
Mr. & Mrs. George Fasheh
Mrs. Jane Fasheh
Mrs. Josephine Ferris
Mr. & Mrs. Kamel Ghurani
Mr. & Mrs. Issa Habash
Patrick Haddad
Mr. & Mrs. William Haddad
Mrs. Lucy Hanna
V. Rev. and Mrs. Nabil Hanna
Mr. Souheil Helou
Mr. and Mrs. Robert Jabour
Saleem & Mirna Khashoun
Linda Khoury
Mrs. Nadia Khoury
Mr. & Mrs. Tony Khoury
Mr. & Mrs. Habib Kort
John & Gisele Koulakis
Dr. & Mrs. Paul Kouri
Mrs. Agnes Kuncar
Mr. & Mrs. Issa Mahfouz
Mrs. Dianne Maloof
Dr. & Mrs. Albert Malouf
Mr. & Mrs. Gabriel Matta
Dr. & Mrs. Fred Milkie
Mrs. Mabel Mona

Jessica Marie Naccache
Mrs. Hend Nahas
Sarkees John & Maria Nahas
Mikhail & Hanan Nasour
George & Annette Nassar
Alfred & Sandra Neino
Michael & Diana Nofal
Christopher Plourde
Mr. & Mrs. Dennis Pogue
John & Lamia Qafaiti
Edmond Scott Ratliff
Mr. & Mrs. George Roum
Mr. & Mrs. John L. Sadd Jr.
Louie & Tamar Sadd
Mrs. Marjorie Sadd
Mr. and Mrs. Saleh Saleh
Mr. & Mrs. Tom Saliba
Amaany B. Samaan
Mr. & Mrs. Ronald Samore
Dr. & Mrs. Ramzi Sawabini
Nassif & Randa Shammaa
Mrs. Concetta Smarius
Mrs. Marion Tahan
Mr. & Mrs. Richard Tracy
Roger & Angelle Wacker
Mr. Steven Waian

We are looking for 100% participation. Everybody can do *something*, according to ability. These 76 families have committed an average of \$39.48 per week. (Note that the above reflects those who have turned in actual pledge cards, and it is likely missing those who have set up their pledges online. We apologize for this and will do our best to include them next week.)

If you haven't done so yet, please place your pledge card in the offering box at the candle stand, or return it by mail. You will find extra pledge cards in the narthex, or you can use the facsimile, below. You can even enter your pledge as a recurring donation online yourself at <https://stnicholasla.org/contributions>



Regular Stewardship Pledge for 2021

2300 W. 3rd Street • Los Angeles, CA 90057

I/we pledge to St. Nicholas Antiochian Orthodox Cathedral a reasonable and fair share of the blessings received from God as a token of thanksgiving and in support for His Holy Church.

Name(s) _____ Address _____
 City _____ State _____ Zip _____ Phone _____

Renew my pledge at the same level, or increase it by 5% 10% 15% 20% from last year

Start with a fresh pledge: \$ _____ per week month year

Giving by Check/Cash/Stock, etc.

Giving by Bank Draft *Please include voided check if available*

Routing # _____ Account # _____

Giving by Credit/Debit Card: MasterCard Visa Discover:

Name as on Card _____ # _____ / _____ / _____ Expiration ____/____ Billing Zip _____

Authorization
 By selecting the Bank Draft or Credit Card options, I authorize St. Nicholas Cathedral to charge my account the amount stated until I provide a written cancellation. The convenience of automatic recurring billing is processed through the *authorize.net* payment system.

Signature _____ Date _____ Email _____ Keep my name anonymous (amounts are never published).



Winter Camp at Home 2021

Saturday, February 27, 2021 — 11:00 am – 12:30 pm

We would be blessed to have you join us for Winter Camp at Home! Our theme will be: **Navigating Towards Christ**. We feel that it is very needful at this time to come together as one community and discuss how we turn to Christ in the midst of conflict, trauma, and darkness. We also want to share ways for our beloved youth, staff, and parents to find peace and purpose at this time through sharing opportunities to serve those who are suffering.

Registration

Grades 7 - 12 [Register here](#)

College & Young Adults (Up to age 25) [Register here](#)

Parents [Register here](#)

Registration deadline is Wednesday, February 24.

- Speakers will share video messages. Videos will be posted on our [website](#) on Wednesday, February 24

- Watch and enjoy the videos before winter camp on Saturday.
- We will meet from 11am- 12:30pm on Saturday, February 27th:
 - Steve Christoforou and Katrina Bitar will offer their thoughts on Navigating Towards Christ.
 - Reflect and discuss the videos from the speakers
 - We will have small group chats with staff and campers your age
 - Games and Wrap up!

The Antiochian Women of the Diocese of LA Announce:

SOWING BEE: the February "Sowing Bee" online presentation will be held next Wednesday, February 24, at 7pm PST.

We are blessed to have as our Guest Speaker - V. Rev John Finley who as the author of "Sacred Meals" will discuss the spirit of the Lenten Fast, drawing from the Holy Scriptures and Hymns of the Church.

Join online at <https://www.facebook.com/AntiochianWomenDioceseOfLosAngelesandtheWest>
Since our facebook page is public, a personal facebook account is not needed to view.

For those interested in Fr. John's book, it is available from St Barbara Monastery:
<http://www.stbarbaramonastery.org/>

MASKS: Back by popular demand -- We are once again taking orders for our Orthodox masks. Submitted by next Thursday, 2/25, by emailing antiochianwomenla@gmail.com.

Proceeds from mask sales allow us to maintain support of our ongoing commitments (Mission Clergy, Diocese Seminarians, Widowed Khouria, Children's Relief adopted child and more) Masks are made in the USA by an Orthodox family owned business.

One in Christ,
Charmaine Darmour
AW DLAW President

With The Blessing of His Eminence, Metropolitan JOSEPH

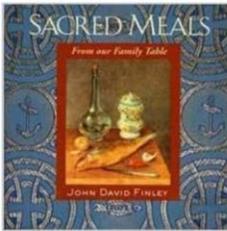
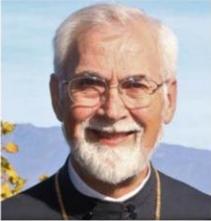
Join Us For **"The Sowing Bee"**
On our Antiochian Women
DLAW facebook page

Planting Seeds of
Wisdom, Hope & Love

Guest Speaker:
V. Rev. John Finley
Wednesday February 24th
7-8:15pm PST (CA time)

Fr. John – Author of "Sacred Meals" will discuss the spirit of the Lenten Fast, drawing from the Holy Scriptures and Hymns of the Church

*Fr John's book is available from St Barbara Monastery: <http://www.stbarbaramonastery.org/>



Our page is public
facebook account not needed to view



ORTHODOX MASKS
\$15 EACH

From the Antiochian Women Diocese of LA & the West

Sales to benefit our ongoing support of Mission Priests, Seminarians, Widowed Khouria, Adopted Child- Children's Relief, Sacred Music Institute for Youth of our Diocese



to order email:
antiochianwomenla@gmail.com

Masks are 100% Made in the USA & produced by an Orthodox family owned business

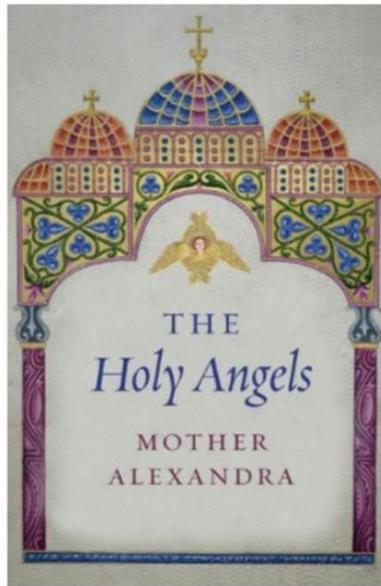
Join St. Nicholas Cathedral's
Antiochian Women's

Book Club!

Wednesday, March 10 @ 7:00 pm

ZOOM ID: 879 6362 8166

We will be discussing **Book 1**
(Introduction - page 104)



Can still be
purchased on
Amazon or Ancient
Faith Bookstore!

*Learn more about our faith and enjoy time with
your sisters in Christ!*

Questions? Contact Lauren Malouf

(818) 687 -0406

lmalouf@hchc.edu

Starting soon:

Ἦχος λ̣ δ̣ Νη

1 ord, have mer - - - cy.

2 Lord, have mer - - cy.

3 Lord, have mer - - cy.

4 Lord, have mer - - cy.

5 Lord, have mer - - cy.

Byzantine music notation and theory virtual lessons, available in both English and in Arabic, for beginners and intermediate chanters.

This is a comprehensive program that will train students in necessary skills to become competent chanters. Students will learn about Byzantine modes, the scales they use, the different types of chant and what to chant during each service.

The lessons will follow a systematic curriculum, based mainly on the curriculum developed by master chanter Father Romanos Joubran, choir director and teacher at the Beirut Orthodox Choir (used with permission).

Students will be tested and graded periodically, and will advance through the curriculum accordingly.

Each class will meet once a week on Zoom, on a weekday, with specific timing to be agreed upon with each group.

These group classes are free of charge and open to everyone. Private lessons are also available.

The lessons will be taught by Patrick Haddad, first chanter at St. Nicholas Antiochian Cathedral of Los Angeles, former teacher at the School of Ecclesiastical Music of Mount Lebanon, and former member of the SEM Mount Lebanon Choir and the Theotokos Orthodox Choir of Beirut.

For additional questions or to enroll in the classes, please contact Patrick here:

Email: haddadpatrick@outlook.com

Phone: (818) 428-5915

Remember to sign up for every service

It is important so that:

- You won't drive all the way to church and find we're already at capacity.
- We will know who was here and so we will notify you if it turns out—God forbid—that someone who came down with CoViD was in church the same day you were.
- If you get sick, please be sure to let us know, so that we will pray for you and can help you and your family with whatever you may need as well as alerting others.

Summary of Our Plan for Indoor Worship

We will keep doors and windows open, and we'll have the HVAC fans going continuously.

Part of the price of going back inside is that we need to adhere *strictly* to procedures.

- **You must sign up in advance to attend services.** We need to limit capacity, and we also don't want anyone to drive all the way to church and be turned away because we reached our limit. [Sign up for Services at St Nicholas Cathedral \(stnicholasla.org\)](https://stnicholasla.org) up until 7 am the day of the service.
- **Please stay home if you have a fever, cough, sneezing, runny nose, etc.,** have tested positive for the coronavirus, or been exposed to someone who might have coronavirus within the last 10 days.
- **Elderly, infirm, diabetics, and those who have asthma, heart conditions or compromised immune systems or any chronic illness are strongly advised NOT to come to Liturgy** but to participate via livestream services and then to schedule an appointment to come and partake of holy Communion privately.
- Those who have **children who might be hard to control**, who might run around and touch people or surfaces, are also advised to participate via livestream and then to schedule an appointment to come and partake of holy Communion.
- We will do a very quick **screening of everyone who comes to church**, including taking your temperature without touching you.
- **The faithful are required to wear face masks** at all times, except when partaking of communion and except for children under 5 years of age.
- **We will practice distancing in the church building.**
 - Come in only through the narthex; exit only via the chapel door.

- We will maintain only one-way movement, so you never have to cross anyone else's path.
 - Enter and be seated via the center aisle. The center aisle will be used only for movement *toward* the altar. Westward movement (*away* from the altar) will be via the outside aisles.
 - Members of the same household may sit together. Ushers will seat you, one household per pew. To maintain maximum distance, they will seat you in alternate ends of the pews, from row to row.
- Please leave your tithes and offerings in the box in the narthex, as we will not pass any collection baskets.
 - We will have our cleaning crew sanitize the building thoroughly before each service.
 - Call or email Fr. Nabil directly (at frnabilh@stnicholasla.com) for an appointment to come privately for Communion.
 - **Please use a provided Clorox towel to wipe down surfaces before AND after you use the bathrooms.**
 - Note that coffee hour and all non-liturgical gatherings are not resuming at this point. Organizational meetings, Bible studies, etc., will continue online.

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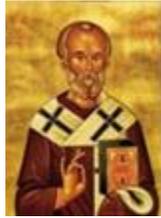
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