



St. Nicholas Orthodox Cathedral

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

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TONE 2

FEBRUARY 12, 2023

EOTHINON 2

SUNDAY OF THE PRODIGAL SON

أحد الابن الضال

MELETIOS, ARCHBISHOP OF ANTIOCH • NEW-MARTYR CHRISTOS OF CONSTANTINOPL



LITURGY VARIATIONS

THIRD ANTIPHON: TROPARION OF THE RESURRECTION (TONE 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hades with Thy godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou Giver of life, glory to Thee.

عِنْدَمَا أُحْدِثْتَ إِلَى الْمَوْتِ، أَيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينئِذٍ
أَمَتَّ الْجَحِيمَ بِبِرِّقِ لَهْوَتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتَ مِنْ تَحْتِ
الثَّرَى، صَرَخَ نَحْوَكَ جَمِيعُ الْقُوَّاتِ السَّمَاوِيِّينَ: أَيُّهَا الْمَسِيحُ
الإله، مُعْطِي الْحَيَاةِ الْمَجْدُ لَكَ.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 2)

When Thou didst submit Thyself unto death....

عِنْدَمَا أُحْدِثْتَ إِلَى الْمَوْتِ....

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 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 أَظْهَرْنَاكَ أَعْمَالَ الْحَقِّ لِرِعَائِكَ قَانُونَاً لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَتِيسُ الْكَهَنَةِ
نِيقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمِسْكِنَةِ الْغِنَى.
فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهِهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Prodigal Son (Tone 3)

Foolishly I sprang away from Thy great fatherly glory and dispersed in wicked deeds the riches that Thou didst give me. With the Prodigal I therefore cry unto Thee now: I have sinned against Thee, O compassionate Father. But receive me in repentance; make me as one of Thy hired servants, O Lord.

إِذْ عَصَيْتُ مَجْدَكَ الْأَبَوِيِّ بِجَهْلٍ، وَبِالْمَعَاصِي بَدَّدْتُ غِنَاكَ
الَّذِي أَعْطَيْتَ، فَبِصَوْتِ الْإِبْنِ الشَّاطِرِ إِلَيْكَ أَهْتِفُ: أَيُّهَا
الْأَبُ الرَّؤُوفُ، حَطِّبْتُ نَحْوَكَ، فَتَقَبَّلْ مِنِّي التَّوْبَةَ وَاجْعَلْنِي
كَأَحَدِ أُجْرَائِكَ.

THE SCRIPTURE LESSONS

Prokeimenon (Tone 1; Psalm 32.22, 1 LXX)

Let your mercy, O Lord, be upon us.

Verse: Rejoice in the Lord, O you righteous.

بروكيمنون (اللقن ١؛ مزمور ٣٢، ٢٢، ١ سبع).

لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا.

إِبْتَهَجُوا أَيُّهَا الصِّدِّيقُونَ بِالرَّبِّ.

St. Paul's 1st Epistle to the Corinthians (6.12-20; Prodigal Son)

BRETHREN, "all things are lawful for me," but not all things are helpful "All things are lawful for me," but I will not be enslaved by anything. "Food is meant for the stomach and the stomach for food"—and God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by His power. Do you not know that your bodies are members of Christ? Shall I therefore take the

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ الْأُولَى إِلَى أَهْلِ
كُورِنْثُوسَ (١٢، ٦-٢٠؛ الْإِبْنِ الشَّاطِرِ)

بِأِحْوَاءِ، كُلُّ شَيْءٍ مُبَاحٌ لِي، وَلَكِنْ لَيْسَ كُلُّ شَيْءٍ يُوَافِقُ،
كُلُّ شَيْءٍ مُبَاحٌ لِي وَلَكِنْ لَا يَتَسَلَّطُ عَلَيَّ شَيْءٌ. إِنَّ الْأَطْعِمَةَ
لِلْجُوفِ وَالْجُوفَ لِلْأَطْعِمَةِ، وَسَيُبِيدُ اللَّهُ هَذِهِ وَذَآكَ. أَمَّا الْجَسَدُ
فَلَيْسَ لِلرَّبِّ، بَلْ لِلرَّبِّ وَالرَّبُّ لِلْجَسَدِ، وَاللَّهُ الَّذِي أَقَامَ الرَّبَّ
سَيُقِيمُنَا نَحْنُ أَيْضًا بِقُوَّتِهِ. أَمَا تَعْلَمُونَ أَنَّ أَجْسَادَكُمْ هِيَ

members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with Him. Shun immorality. Every other sin which a man commits is outside the body, but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So, glorify God in your body and in your spirit which belong to God.

أَعْضَاءَ الْمَسِيحِ؟ أَمَا تَعْلَمُونَ أَنَّنِي مَنِ اقْتَرَنَ بِزَانِيَةٍ صَارَ وَإِيَّاهَا جَسَدًا وَاحِدًا؟ لِأَنَّهُ قَدْ قِيلَ: "يَصِيرُ كِلَاهُمَا جَسَدًا وَاحِدًا." أَمَا الَّذِي يَفْتَرِنُ بِالرَّبِّ فَيَكُونُ مَعَهُ رُوحًا وَاحِدًا. أَهَرُبُوا مِنَ الرَّبِّ. فَإِنَّ كُلَّ خَطِيئَةٍ يَفْعَلُهَا الْإِنْسَانُ هِيَ فِي خَارِجِ الْجَسَدِ، أَمَا الزَّانِي فَإِنَّهُ يَخْطَأُ إِلَى جَسَدِهِ. أَمَا تَعْلَمُونَ أَنَّ جَسَدَكُمْ هُوَ هَيْكَلُ الرُّوحِ الْقُدْسِ الَّذِي فِيكُمْ الَّذِي نِلْتُمُوهُ مِنَ اللَّهِ وَأَنْتُمْ لَسْتُمْ لِأَنْفُسِكُمْ؟ لِأَنَّكُمْ قَدْ اشْتَرَيْتُمْ بِتَمَنٍّ فَمَجَّدُوا اللَّهَ فِي أَجْسَادِكُمْ وَفِي أَرْوَاحِكُمْ الَّتِي هِيَ لِلَّهِ.

Holy Gospel according to St. Luke (15.11-32; Prodigal Son)

THE LORD SPOKE THIS PARABLE: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So, he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything. But when he came to himself, he said, 'How many of my father's hired servants have bread enough to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants."' And he arose and came to his father. But while he

مِنْ بَشَارَةِ الْقُدْسِيِّ لُوقَا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ (١٥، ١١-٣٢؛ الْإِبْنِ السَّاطِرِ)

قَالَ الرَّبُّ هَذَا الْمَثَلُ: "إِنْسَانٌ كَانَ لَهُ ابْنَانِ، فَقَالَ أَصْغَرُهُمَا لِأَبِيهِ: يَا أَبَتِي، أَعْطِنِي النَّصِيبَ الَّذِي يَخْصُنِي مِنَ الْمَالِ. فَفَسَمَّ بَيْنَهُمَا مَعِيشَتَهُ. وَبَعْدَ أَيَّامٍ غَيْرِ كَثِيرَةٍ، جَمَعَ الْإِبْنُ الْأَصْغَرُ كُلَّ شَيْءٍ لَهُ، وَسَافَرَ إِلَى بَلَدٍ بَعِيدٍ، وَبَدَّرَ مَالَهُ هُنَاكَ عَائِشًا فِي الْخَلَاعَةِ. فَلَمَّا أَنْفَقَ كُلَّ شَيْءٍ لَهُ، حَدَّثَتْ فِي ذَلِكَ الْبَلَدِ مَجَاعَةٌ شَدِيدَةٌ، فَأَخَذَ فِي الْعُوزِ. فَذَهَبَ وَأَنْصَوَى إِلَى وَاحِدٍ مِنْ أَهْلِ ذَلِكَ الْبَلَدِ، فَأَرْسَلَهُ إِلَى حُقُولِهِ يَرْعَى خَنَازِيرَ. وَكَانَ يَسْتَهْيِي أَنْ يَمْلَأَ بَطْنَهُ مِنَ الْحَزْنُونِ الَّذِي كَانَتْ الْخَنَازِيرُ تَأْكُلُهُ، فَلَمْ يُعْطِهِ أَحَدٌ. فَرَجَعَ إِلَى نَفْسِهِ وَقَالَ "كَمْ لَأَبِي مِنْ أَجْرَاءَ يَفْضُلُ عَنْهُمْ الْخُبْزَ، وَأَنَا أَهْلِكُ جُوعًا. أَقُومُ وَأَمْضِي إِلَى أَبِي وَأَقُولُ لَهُ "يَا أَبَتِي، قَدْ أَخْطَأْتُ إِلَى السَّمَاءِ وَأَمَامَكَ، وَلَسْتُ مُسْتَحِقًّا بَعْدَ أَنْ أَدْعَى لَكَ ابْنًا، فَاجْعَلْنِي كَأَحَدِ أَجْرَائِكَ." فَقَامَ وَجَاءَ إِلَى أَبِيهِ. وَفِيمَا هُوَ بَعْدُ غَيْرُ بَعِيدٍ، رَأَهُ أَبُوهُ، فَتَحَنَّنَ عَلَيْهِ وَأَسْرَعَ وَأَلْقَى بِنَفْسِهِ عَلَى عُنُقِهِ وَقَبَّلَهُ. فَقَالَ لَهُ الْإِبْنُ:

was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry.

"Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But the son was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost and is found.'"

"يا أَبَتِ، قَدْ أَحْطَأْتُ إِلَى السَّمَاءِ وَأَمَامَكَ وَأَسْنْتُ مُسْتَحِقًّا
بَعْدُ أَنْ أُذْعَى لَكَ ابْنًا. " فَقَالَ الأبُ لِعَبِيدِهِ: " هَاتُوا الْحُلَّةَ
الْأُولَى وَالْبِسُوهُ، وَاجْعَلُوا خَاتَمًا فِي يَدَيْهِ، وَجِذَاءً فِي رِجْلَيْهِ، وَأَتُوا
بِالْعِجْلِ الْمَسْمَنِ وَادْبَحُوهُ، فَنَأْكُلْ وَنَفْرَحْ، لِأَنَّ ابْنِي هَذَا كَانَ
مَيِّتًا فَعَاشَ، وَكَانَ ضَالًّا فَوُجِدَ. فَطَفِقُوا يَفْرَحُونَ.

وَكَانَ ابْنُهُ الْأَكْبَرُ فِي الْحَقْلِ. فَلَمَّا أَتَى وَقَرَّبَ مِنَ الْبَيْتِ، سَمِعَ
أَصْوَاتَ الْغِنَاءِ وَالرَّقْصِ. فَدَعَا أَحَدَ الْغُلَمَانِ وَسَأَلَهُ مَا هَذَا.
فَقَالَ لَهُ: " قَدْ قَدِمَ أَخُوكَ، فَذَبَحَ أَبُوكَ الْعِجْلَ الْمَسْمَنَ لِأَنَّهُ
لَقِيَهُ سَالِمًا. " فَغَضِبَ وَلَمْ يُرِدْ أَنْ يَدْخُلَ. فَخَرَجَ أَبُوهُ وَطَفِقَ
يَتَوَسَّلُ إِلَيْهِ، فَأَجَابَ وَقَالَ لِأَبِيهِ: " كَيْفَ لِي مِنَ السِّنِينَ
أَخْدِمُكُمْ، وَلَمْ أَتَعَدَّ لَكُمْ وَصِيَّةً قَطُّ، وَأَنْتَ لَمْ تُعْطِنِي قَطُّ جَدِيًّا
لِأَفْرَحَ مَعَ أَصْدِقَائِي. وَلَمَّا جَاءَ ابْنُكَ هَذَا الَّذِي أَكَلَ مَعِيشَتَكَ
مَعَ الزَّوَانِي، ذَبَحْتَ لَهُ الْعِجْلَ الْمَسْمَنَ. فَقَالَ لَهُ: " يَا ابْنِي، أَنْتَ
مَعِيَ فِي كُلِّ حِينٍ، وَكُلُّ مَا هُوَ لِي فَهُوَ لَكَ. وَلَكِنْ كَانَ
يَنْبَغِي أَنْ نَفْرَحَ وَنُسَرَّ، لِأَنَّ أَخَاكَ هَذَا كَانَ مَيِّتًا فَعَاشَ، وَكَانَ
ضَالًّا فَوُجِدَ. "

HOLY OBLATIONS AND PRAYER REQUESTS

- By George Nassar and Hala Downes and their families, for the repose of brother Raja M. Nassar (1-year memorial), and in memory of parents Michel and Milia Nassar and of Yousef, Naheel and Henry and all the departed of the Nassar and Fasheh families.
- By Sami and Najah Madi and family, for the repose of Najah's mother, Adma Saade (40-day memorial).

- By Edward and Georgette Malouf and family, in memory of Charles Malouf (50 years), Leila Malouf (13 years), Albert Nader (43 years) and Freda Nader (30 years).
- By the Annett and Nichols families, in memory of wife/daughter/mother Julie Annett (16 years).
- By their children and grandchildren, for the repose of Joseph and Minerva Haddad.
- By the Constantine family, for the health of neighbor Laura.
- 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.

ANNOUNCEMENTS

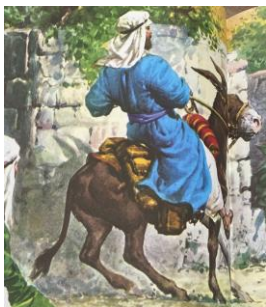
PLEASE JOIN US FOR FELLOWSHIP AND LUNCH AFTER LITURGY

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.

- Coffee hour is hosted today by Sami and Najah Madi, in memory of Najah's mother, Adma Saade.

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.

TODAY'S STUDY TOPIC: LESSON I.24 BALAAM AND THE KING OF MOAB



All church school classes from first grade on up today will study Numbers chapters 22-24 (pp. 164-69) in *The Golden Children's Bible*.

The story of Balaam teaches us several things. All those who would serve the true God must recognize that God revealed Himself historically for all people, through a particular people, whom He chose for this purpose. We are also warned not to walk through this life with spiritually blind eyes, but rather to recognize and respond to God as He directs and guides us.



**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

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February 7, 2023

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

Beloved Brother Hierarchs, reverend Clergy, and Christ-loving Faithful,

Greetings to you in the Name of our Lord, God, and Savior Jesus Christ.

This week we learned with heavy hearts of the devastation wrought by the powerful earthquake in Turkey and Syria. The toll of death and destruction is only slowly coming to light, but it is clear that thousands have died and the lives and livelihoods of many have been wrecked. In these moments, as our hearts break for our fellow man—especially for our brothers and sisters in the Faith—we feel acutely what St. Paul said about the Body of Christ: “When one part suffers, all the parts suffer with it” (1 Cor. 12:26).

Brethren, the same apostle teaches us to share what we have with those who are now in need, knowing that a time may come when they can help us. He writes, “It is not that you should be burdened so that others might have it easy. Rather, out of equality, your abundance should now go toward their need, so that their abundance might someday supply your need, so that there might be equality” (2 Cor. 8:13–14). This openhearted sharing is an affirmation of our bonds with those now suffering. It is also an expression of love, which always takes the burden of the beloved upon one’s own shoulders.

I call upon all our parishes to collect contributions each Sunday throughout the month of February for the relief of those suffering as a result of this earthquake. Immediately after each Sunday, each parish should mail a check for the funds collected that Sunday to our archdiocese headquarters and email the total amount to Mr. Daniel Nehme at our headquarters (dnehme@antiochian.org), which will allow us to distribute the funds more quickly. Individuals can also contribute online at antiochian.org/earthquake. We will forward the collected funds to His Beatitude Patriarch John X as they come in, as a demonstration of our love, to be distributed through our patriarchal relief agencies to those affected by this disaster.

With love and prayers for you as we approach the holy struggle of Great Lent, I remain,

Yours in Christ,

✠Metropolitan ANTONIOS

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

SPECIAL COLLECTION FOR EARTHQUAKE RELIEF



GOPA-DERD
actalliance

His Beatitude, Patriarch John X, has asked us to raise and send funds to help the mother Church in this hour of great need. **In response, we will be taking a special collection at the end of Liturgy today and each Sunday for the rest of this month.**

You can also contribute online at stnicholasla.org/contributions.

In the photo, above, you see a relief worker wearing a vest with the emblem of the Patriarchate’s humanitarian arm, which is working closely with International Orthodox Christian Charities (IOCC) and other aid agencies. Hence, the acronym is for Greek Orthodox Patriarchate of Antioch – Department of Ecumenical Relations and Development.

More significantly, this department has a wonderful motto for its work: **“Faith Is through Actions,”** الإيمان بالأعمال، and its emblem is the Good Samaritan coming to the aid of the man who had been left at the side of the road.

VOTE FOR CATHEDRAL COUNCIL TODAY

Please get your ballot, vote, and drop it in the ballot box in the foyer of our Heritage Hall either today or next Sunday, Feb. 19. To vote, you must be an adult in good spiritual standing, who is also committed financially to St. Nicholas. (If you’re not on the ballot list, but you believe you should be, please see Fr. Nabil, and we’ll fix it.)

STEWARDSHIP: EXPRESSING OUR LOVE FOR GOD

*They shall not appear before the Lord empty handed; every man shall give as he is able, according to the blessings of the Lord your God which He has given you.
(Deuteronomy 16.16b-17)*

وَلَا يَخْضَرُوا أَمَامَ الرَّبِّ فَارْغِينَ. كُلُّ وَاحِدٍ حَسَبَمَا تَعْطِي
يَدُهُ، كَبَرَكَةِ الرَّبِّ إِلَيْكَ الَّتِي أَعْطَاكَ. (تثنية ١٦، ١٧)



*Thanks, and blessings on all who already stepped up
and made their stewardship commitments for 2023!*

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

WHAT ARE THE YELLOW ENVELOPES IN THE BACK OF THE PEWS FOR?

- For confidentiality:** you can place your donations in an envelope. We handle all donations in strict confidence.
- For cash:** be sure to write your name in the space provided inside the flap, so we can credit your donations properly.
- For NOT being empty handed:** if you're giving by mailing a check to the Cathedral or by automatic credit card donations, etc., please just put a yellow envelope in the collection basket. You *don't* need to put money in the envelope, and please don't write anything in it (so we can then reuse the envelopes).



In this way, everyone is visibly participating in the offering, and no one should feel embarrassed for not putting anything in.

SATURDAY OF SOULS: FEBRUARY 18

Matins 9:30 am • Divine Liturgy 10:30 am
Memorial for All the Departed at the end of Liturgy

This is a day for remembering as many of our forebears as we can, praying that God will remember them in His Kingdom always.

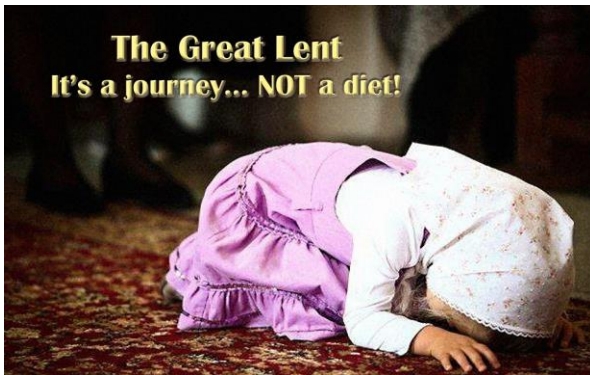
- Bring with you a list of names of all the departed you wish to remember. Please just list the Christian names of your beloved departed (i.e., first names as given at baptism, *not* nicknames and *no* last names).
- It is also customary to bring with you a small bowl of Koliva (as you see in the photo), but if you don't have time to make it, don't worry, as we will be making a large bowl on behalf of everyone.



JOURNEY TO PASCHA

As with any major trip, we have to plan. We procure 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.

Please look ahead at the [calendar of services at stnicholasla.org/parishcalendar](http://stnicholasla.org/parishcalendar), and clear your calendar, so you can be at as many services as possible. Let's start planning 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 Sundays, and for Holy Week*), scheduling confession and obtaining fasting foods.



The last day we eat meat will be February 19. Then we begin the Great Fast proper by eliminating cheese (i.e., dairy products) and fish after Forgiveness Vespers, Sunday evening on February 26.

Lent Starts: Night of February 26 • Palm Sunday: April 9 • Pascha: April 16

Summary of LENTEN SERVICES 2023

In Addition to the regular, weekly services:

Saturday Vespers, 6 p.m.

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

Lent starts with Forgiveness — We start Lent at 6:30 p.m. **Sunday, February 26.** We celebrate the rite of mutual forgiveness as we start the journey to the Resurrection.

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

- *The first week of Lent, Great Compline is served on Monday, Tuesday and Thursday nights, with portions of the Great Canon of St. Andrew of Crete.*

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.**

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

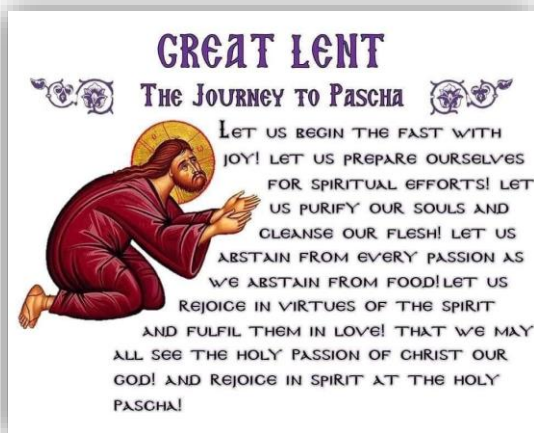
The First Saturday, March 4 — On the first Saturday of Lent, we serve the Liturgy in commemoration of St. Theodore and the miracle of the boiled wheat, including another memorial for **All Souls: Matins 9:30 a.m./Liturgy and Memorial at 10:30 a.m.** *You may bring koliva and a list of the names of your departed to be remembered.*

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.

Palm Sunday: April 9

Pascha: April 16

Mark your calendars, so you won't miss any part of our journey to the Holy Pascha.





MOMS' RETREAT

We are now 2 weeks away from the Southern CA Moms' Retreat hosted by our Diocese Antiochian Women - on Saturday, February 25, at St Luke in Garden Grove.

It will be a very special day with guest speakers Very Rev David & Kh Caryn Kruse from our parish of St Raphael in Thousand Palms, CA. This will be a day designed especially for ***Moms of all ages & Moms-to-be too!***

Antiochian Women DLAW Present
A DAY RETREAT FOR ORTHODOX MOMS
St Luke - Garden Grove, CA
Saturday – February 25, 2023

RETREAT FOCUS WILL BE SPECIFIC TO MOMS

RAISING CHILDREN IN THE CHURCH

SPEAKERS – V. REV. FR. DAVID & KH CARYN KRUSE

DAY RETREAT – MINIMUM DONATION OF \$30

WILL BEGIN WITH MORNING PRAYER AT 9AM & CONCLUDE WITH VESPERS AT 4PM

LITE BREAKFAST, LUNCH & SNACKS ARE INCLUDED

You may register by using this google doc link: <https://forms.gle/MTy36AfP6zosFimi8>

Or by emailing this registration form to: antiochianwomenla@gmail.com

and paying **online** using Venmo at: @ladiesofstluke-stluke (image of the Theotokos)

Ladies of St. Luke St. Luke Or

@LadiesofStLuke-StLuke



venmo

Mail in this registration form and your check payable to:
Antiochian Women Diocese of LA & the West or AWDLAW to:
AW DLAW 8161 E. Kaiser Blvd #27905 Anaheim, CA 92809

*****Moms with babies under 2 are
welcome to bring them with you*****

All Participants Must be 18 and Older

For more information or questions please contact Charmaine Darmour antiochianwomenla@gmail.com

ANNUAL WOMEN'S LENTEN RETREAT AT CAMP ST. NICHOLAS

You will find paper copies of the registration form in narthex, at the candle stand.

Register online at
tinyurl.com/DLAWretreat2023

To pay online please go to
tinyurl.com/DLAWretreat2023Pay

SWEETHEART BALL

The 58th Sweetheart Ball
April 29, 2023 ~ Universal Hilton Hotel

The **2023 Sweetheart Ball** will be held Saturday, **April 29**, at the Universal Hilton Hotel in Universal City.

Tickets and other information regarding the Ball are on our website at stnicholasla.org/ball or contact Lauren Malouf at lmalouf@hchc.edu or (818) 687-0406.

MEMORY ETERNAL TO BISHOP TIKHON!

On January 22, His Grace, Bishop Tikhon, retired OCA Bishop of San Francisco, Los Angeles and the West, fell asleep in the Lord at the age of 90. Services will be at Holy Virgin Mary Cathedral Monday evening and Tuesday morning, Feb. 13 and 14.

Vested in red, he was the last of this group of five who served together on July 30, 1989. It was Fr. Nabil's ordination at the closing Liturgy of the Archdiocese Convention in Anaheim. From left to right: Bishop Antoun, Archbishop Michael, Metropolitan Philip, Bishop Anthony (GOA) and Bishop Tikhon. Read more at www.oca.org/in-memoriam/his-grace-bishop-tikhon



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

AN
ANTIOCHIAN
WOMEN'S
SPIRITUAL
RETREAT!

March 31-
April 2,
2023

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

COST

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



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

Theme

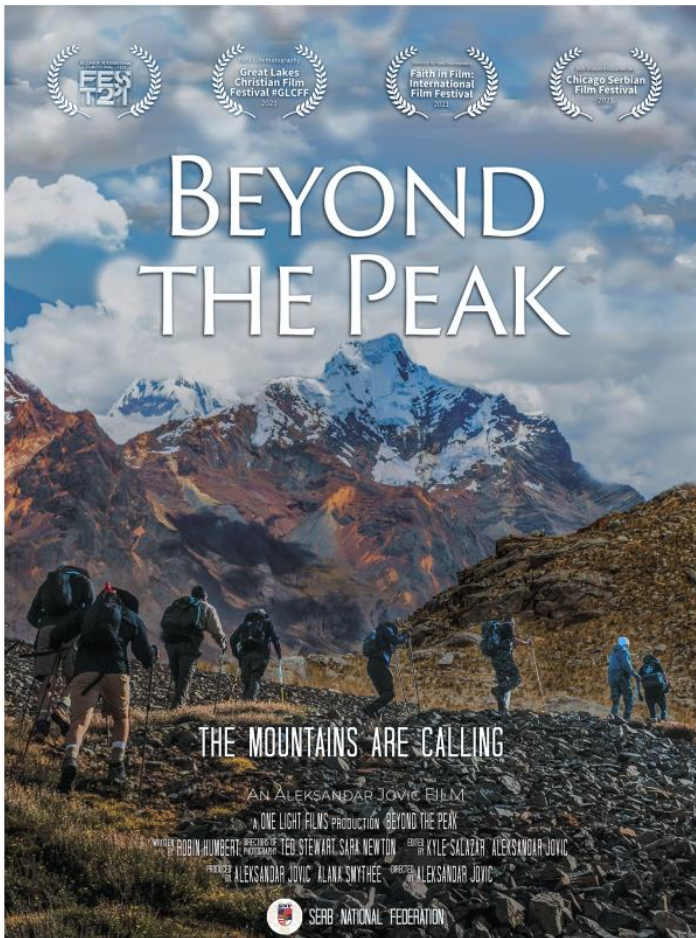
The Dominance of Christian
Humility: The Antidote to
Self-Delusion



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

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





LA Screening
February 18th, 2023
at 6:30pm

at Huffington Center
Saint Sophia
Greek Orthodox Cathedral
1324 South Normandie Ave
Los Angeles, CA 90006

Get your tickets here:



Tickets are \$15/each
Children 12 and under: Free

If you love the mountains, the great outdoors, and are a spiritual person, you will certainly love this movie.

David, a man on a mission, climbs a mountain in memory of his recently deceased brother. His grief turns to inspiration that would be the first step to a more profound journey. ***Beyond the Peak*** is an award winning 70-minute documentary film that tells the story of the highest Orthodox Divine Liturgy Service performed in North America.

For any questions, send an email to
Hello@BeyondThePeakFilm.com

Get your tickets and watch the 2-minute trailer here:
www.BeyondThePeakFilm.com



DIOCESE OF LOS ANGELES & THE WEST
PARISH LIFE CONFERENCE
HOSTED BY: ST. LUKE CHURCH (GARDEN GROVE, CA)
JUNE 28 - JULY 2, 2023 ~ IRVINE MARRIOTT

CASTING CALL



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

WE WANT ALL DIOCESE TALENT FOR OUR Saturday Night Event on July 1st at the Irvine Marriott in Irvine, CA

“A NIGHT ON BROADWAY”

To be a member of the cast, send a 3 minute video of your musical number or act to Director, Regina Roum and the Producers at: literacyonstage@gmail.com.

All considerations must be family-oriented and reflect a memorable moment from the Broadway stage. The Cast selected is required to register for the PLC. Musical selections will have accompaniment available. **PLEASE SUBMIT YOUR ADMISSION BY MONDAY, FEBRUARY 20, 2023.**

The Show line-up will be announced by email on Saturday, February 25. Any questions, please contact Regina Roum at: literacyonstage@gmail.com

See you in the OC! www.lapl.org

56th Biennial Antiochian Archdiocese Convention



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



Visit www.ac2023az.org Today!

The 2023 Archdiocese Convention is fast approaching!
Rooms are already very near to selling out.

Visit www.ac2023az.org for all of your convention needs:

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

CATHEDRAL PRAYER LIST

Please include in your daily prayers the following—those struggling with acute illness and those newly departed this life—from our parishioners and those for whom they have requested our prayers. (Names are kept for 40 days, the date indicated after the name, and may be renewed upon request.)

LIVING

Edward Awad, hospital, 3/20
Nora Samore, daughter-in-law of Ron and Rose Samore, 3/17
Jane Nassief, wife of Dn. George, and former members of St Nicholas, 3/7
Mazen Ammari, Dn. Eliya's brother, 3/7
All those suffering from the earthquake in Syria and Turkey, and from illness, violence and want in this country, in Ukraine and throughout the world

DEPARTED

Met. John (Zizioulas, famous theologian), 3/14
Bishop Tikhon (retired Bishop of San Francisco, OCA), 3/4
George Matar, 3/16
Miriam Ghareeb, 2/16
Mariana Gantus Wall, former member of the Cathedral, 3/14
Patricia Granados, sister of custodian Alejandro Caheme, 3/10
Wael Madanat, brother of George Madanat, 2/22
Tha'ir Alrabadi, nephew of Nouri Ayoub Alrabadi, 2/13
Michael Corey, former member of the Cathedral, 2/12
Victims of the earthquake in Syria and Turkey, of violence in Ukraine and everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

February 2023

Sun. 12	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Divine Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Church School • Coffee hour
Tue. 14	Church School staff online meeting, 7 pm
Wed. 15	Bereavement Group online meeting, 7 pm Byzantine Music class, 7 pm
Fri. 17 – Mon. 20	Winter Camp at Camp St. Nicholas
	Saturday of Souls
Sat. 18	Matins , 9:30 am Divine Liturgy and Memorial , 10:30 am Great Vespers and Confession, 6 pm
Sun. 19	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Divine Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Church School • Coffee hour
Mon. 20	Beginning of Cheesefare Week Cathedral Council , 7 pm
Tue. 21	Choir dinner and practice, 6:30 pm
Wed. 22	Bereavement Group online meeting, 7 pm Byzantine Music class, 7 pm
Sat. 25	FOCUS Food Distribution , 8:30 am <ul style="list-style-type: none"> • Deb/Escort meeting Great Vespers and Confession, 6 pm <ul style="list-style-type: none"> • Young Adult gathering

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