



St. Nicholas Orthodox Cathedral

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

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TONE 4

FEBRUARY 26, 2023

EOTHINON 4

FORGIVENESS SUNDAY ("CHEESE-FARE SUNDAY")

أحد الغفران (مرفع الجبن)

PORPHYRIOS, BISHOP OF GAZA

GREAT-MARTYR PHOTEINI, THE SAMARITAN WOMAN, AND THOSE MARTYRED WITH HER
MARTYR THEOKLITOS AND THOSE WITH HIM • NEW MARTYR JOHN OF CONSTANTINOPLE

Woe is me! Verily, Adam by disobedience was exiled from paradise and driven from bliss, having been deceived by the words of the woman; and he sat opposite Eden naked and wailing. Let us all, therefore, be careful how we receive the season of fasting, obeying the traditions of the Gospels, that, becoming thereby acceptable to Christ, we may once more attain to paradise.

*From Vespers for
Forgiveness Sunday*

*This illustration is from the
iconography at St. George Church,
Indianapolis-Fishers, Indiana*



LITURGY VARIATIONS

THIRD 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 تَلْمِيزَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَّزَ بِالْقِيَامَةِ الْبَهْجِ،
وَطَرَحْنَ الْقَضَاءَ الْجَدِّيَّ، وَخَاطَبْنَ الرَّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ:
سُبِّحَ الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 4)

Having learned the joyful message....

إِنَّ تَلْمِيزَاتِ الرَّبِّ....

Schedule of Regular Weekly Services

Sundays: Matins, 9:15 AM

Divine Liturgy, 10:30 AM

Saturdays: Great Vespers, 6:00 PM

Confession: After Saturday Vespers

During Sunday Matins

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 أَظْهَرْتِكَ أَفْعَالَ الْحَقِّ لِرِعْبَتِكَ قَانُونَاً لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَتِيسُ الْكَهَنَةِ
نِيقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالمِسْكِنَةِ الْغِنَى.
فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهِهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of Forgiveness Sunday (Tone 6)

O Thou Who guidest to wisdom and givest understanding and intelligence, Instructor of the ignorant and Helper of the poor, strengthen my heart, and grant it understanding, O Master. Give me word, O Word of the Father, for I shall not refrain my lips from crying to Thee, O merciful One: Have mercy upon me who am fallen.

أَيُّهَا الْهَادِي إِلَى الْحِكْمَةِ، وَرَازِقُ الْفَهْمِ وَالْفِطْنَةِ، وَمُؤَدِّبُ
الْجُهَّالِ، وَعَاضِدُ الْمَسَاكِينِ، شَدِّدْ وَفَهِّمْ قَلْبِي أَيُّهَا السَّيِّدُ،
وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الْأَبِ، لِأَنِّي هَاأَنْذَا لَا أَمْتَعُ شَفَقَتِي مِنْ
الصُّرَاخِ إِلَيْكَ: يَا رَحُومَ، ارْحَمْنِي أَنَا الْوَاقِعَ.

THE SCRIPTURE LESSONS

Prokeimenon (Tone 3; Psalm 46.6, 1 LXX)

Sing praises to our God, sing praises.

Verse: Clap your hands, all you nations.

بروكيمنون (اللحن ٣؛ مزمور ٤٦، ٦، ١ سبع).

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا.

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

St. Paul's Letter to the Romans (13.11-14.4; Forgiveness Sunday)

BRETHREN, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى أَهْلِ رُومِيَّةِ
(١٣، ١١ - ١٤، ٤؛ أحد الغفران)

يَا إِخْوَتِي، إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ بِمَا كَانَ حِينَ آمَنَّا. قَدْ
تَنَاهَى اللَّيْلُ وَافْتَرَبَ النَّهَارُ، فَلْتَدْعُ عَنَّا أَعْمَالَ الظُّلْمَةِ وَتَلْبَسْ
أَسْلِحَةَ النُّورِ. لِنَسْلُكَنَّ سُلُوكاً لَا يُفْتَأُ كَمَا فِي النَّهَارِ، لَا
بِالْفُصُوفِ وَالسُّكْرِ، وَلَا بِالمِضَاجِعِ وَالعَهْرِ، وَلَا بِالْخِصَامِ
وَالْحَسَدِ، بَلِ الْبَسُوا الرَّبَّ يَسُوعَ الْمَسِيحَ وَلَا تَهْتَمُّوا بِأَجْسَادِكُمْ

لِقَضَاءِ شَهَوَاتِهَا.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

مَنْ كَانَ ضَعِيفاً فِي الْإِيمَانِ فَاتَّخِذُوهُ بِعَيْرِ مُبَاحَثَةٍ فِي الْأَرَءِ. مِنْ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ، أَمَّا الضَّعِيفُ فَيَأْكُلُ بَقُولاً. فَلَا يَزْدَرِ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدْرِي الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ، فَإِنَّ اللَّهَ قَدْ اتَّخَذَهُ. مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أجنبيًّا؟ إِنَّهُ لِمَوْلَاهُ يَتَّبِعُ أَوْ يَسْفُطُ. لَكِنَّهُ سَيَتَّبِعُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يُنْشِئَهُ.

Holy Gospel according to St. Matthew (6.14-21; Forgiveness Sunday)

THE LORD SAID, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head, and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you openly.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasure in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ (١٤، ٦-٢١؛ أحد الغفران)

قَالَ الرَّبُّ: إِنَّ عَفْرَتُمْ لِلنَّاسِ زَلَّاتِهِمْ، يَعْغِرُ لَكُمْ أَبُوكُمْ السَّمَاوِيِّ أَيْضاً. وَإِنْ لَمْ تَعْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ، فَأَبُوكُمْ أَيْضاً لَا يَعْغِرُ لَكُمْ زَلَّاتِكُمْ.

وَمَتَى صُمْتُمْ، فَلَا تَكُونُوا مَعْبَسِينَ كَالْمُرَائِينَ. فَإِنَّهُمْ يُنْكِرُونَ وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ. أَمَّا أَنْتَ فَإِذَا صُمْتَ، فَادْهِنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لِيَلَّا تَظْهَرَ لِلنَّاسِ صَائِماً، بَلَى لِأَيِّكَ الَّذِي فِي الْخَفِيَّةِ، وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عَلَانِيَةً.

لَا تَكْتَبُوا لَكُمْ كُنُوزاً عَلَى الْأَرْضِ، حَيْثُ يُفْسِدُ السُّوسُ وَالْأَكِلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ. لَكِنْ اكْتَبُوا لَكُمْ كُنُوزاً فِي السَّمَاءِ حَيْثُ لَا يُفْسِدُ سَوْسٌ وَلَا آكِلَةٌ وَلَا يَنْقُبُ السَّارِقُونَ وَلَا يَسْرِقُونَ. لِأَنَّهُ حَيْثُ تَكُونُ كُنُوزُكُمْ، هُنَاكَ تَكُونُ قُلُوبُكُمْ.

HOLY OBLATIONS AND PRAYER REQUESTS

- By Shirley Cameron, Kristen, Mike and Zoey Campo and family, in memory of son/brother Scott Cameron (10-year memorial).
- By John L. and Suzi Sadd, for all victims of the earthquakes and anyone going through hardships.
- 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/makeaprayrequest> or call the Cathedral office by Wednesday.



TODAY'S STUDY TOPIC: LESSON I.25 MOSES' LAST WORDS AND HIS DEATH

All church school classes from first grade on up will study today Deuteronomy chapters 6, 8, 28, 29, 30, 32, 34 (pp. 170-76) in *The Golden Children's Bible*).

The Israelites are on the edges of Canaan, about to enter the Promised Land. Moses takes this opportunity to preach a series of sermons instructing the people. (This photo shows the view of the Promised Land from the top of Mt. Nebo, in Jordan, where Moses died.)

From Moses' sermon, we can apply three things: first, never forget what God has done for us in Christ; second, allow the memory of God's goodness to motivate the way we live each day; third, make that motivating memory the legacy of our families.

SPECIAL COLLECTION FOR EARTHQUAKE RELIEF

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.



**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Prot. no.: PV037/2023

Great Lent, 2023

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

“Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver” (2 Corinthians 9:7)

Beloved Brother Hierarchs, Reverend Clergy, and Christ-Loving Faithful of this God-Protected Archdiocese,

Blessings to you and your families in the Name of our Lord, God, and Savior Jesus Christ!

Our Lord said, “Amen, I say to you: insofar as you did it for one of the least of these my brothers, you did it for me” (Matt. 25:40). Clothing the naked, feeding the hungry, welcoming the stranger, visiting those sick or in prison—all these acts of kindness toward others are received by Christ as an expression of love toward Him, when they are undertaken cheerfully. These words of the gospel are read in church on the Sunday of the Last Judgment in order to focus our attention on such acts of charity during this holy season. They call us to rededicate ourselves now to this Christian lifestyle of giving, which should characterize our lives throughout the year.

What a privilege it is to serve Christ Himself in the needy! In fact, every one of us is in need of the mercy of God. Christ identified Himself with the weak, the poor, and the miserable and with those who could not provide themselves with the necessities of life, so it is Him we serve in every human being, and it is Him who, in us, serves those who need to be served. This is how we live our “Royal Priesthood,” delivering our lives to Him so that we may experience the mystery of His sacrifice, for Christ Himself is “He that offereth and is offered, that accepteth and is distributed” (The Prayer of the Cherubic Hymn).

The mystery of giving and sacrifice lies in our acceptance to God’s Love, which we express by complying with the commandment, “My son, give me your heart” (Prov. 23:26). Giving God our hearts means giving Him everything—all our being. When we give Him our hearts, He gives us Himself through His Holy Spirit and dwells in our hearts with His unoriginated Father, “so that God may be all in all” (1 Cor. 15:28). Then we will experience how “in everyone it is the same God at work” (1 Cor. 12:6) and will acknowledge that in Christ we become what we give; in other words, we should be the food given—in Christ, to and through Him—to console the hearts of those who seek it.

As we have throughout the past 49 years, we now encourage you to provide help for the needy through the Food for Hungry People program during Lent. We appeal to your generosity and your love of

God, asking you to offer Christ this token of your gratitude for His kindness to us. We know that He will receive it as a precious gift and cherish it.

With prayers that God will strengthen us all in this holy struggle of Lent and that we will be found worthy to celebrate joyously the Resurrection of our Lord Jesus Christ, I remain,

Yours in Christ,

✠Metropolitan ANTONIOS



Metropolitan of Zahle, Baalbek, and Dependencies

Patriarchal Vicar of New York and All North America

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.

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.



NEXT SUNDAY: FALAFEL LUNCH BENEFIT FOR SYRIA EARTHQUAKE VICTIMS

A number of our families are getting together and hosting a delicious, Lenten falafel lunch. In return, they will be asking for your generous free-will donation for the benefit of victims of the devastating earthquakes in Syria and Turkey.

LENT IS HERE!

- Since Monday, we've been easing into Lent by eliminating meat but continuing to eat fish and dairy products (even on Wednesday and Friday).
- We begin the Great Fast proper by eliminating cheese (i.e., dairy products and eggs) and fish as well after the service of **Forgiveness Vespers tonight**.

EXPERIENCE LENT LIKE NEVER BEFORE



If you're anything like me, you're anxious to grow in your faith, but also struggle to carve out time every day for spiritual disciplines like prayer and reading the Bible.

That's why our team created The Encounter app. This completely free app is designed to make the daily habit of prayer accessible and attainable for everyone—no matter how full your schedule is.

During this season of Great Lent, we're launching a new feature in The Encounter app: **daily Scripture readings to help Christians develop a simple routine focused on the spiritual disciplines.**

Each daily reading is short and easily digestible, but also incredibly deep and rich. Plus, you have the option to actually listen to the daily passages being read aloud. So whether you've got a long commute to work or have your hands full with kids, **the Encounter app makes it easy to get into a daily rhythm of prayer and reflection.**

These small steps of daily devotion lead to big transformation in our hearts and communities. [Download The Encounter app](#) and experience Great Lent like never before.

Your sister in Christ,

Michelle Moujaes
Founder, Faithtree Resources

FOOD FOR HUNGRY PEOPLE

As we fast, we always need to 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.

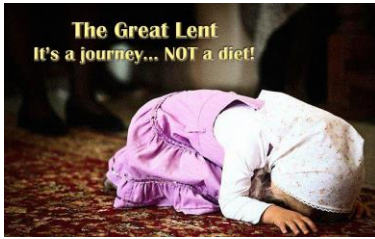
Also, please pick up a **Food for Hungry People Daily Calendar** to make it fun for your family—to engage your children in contributing something for the hungry each day.

Canisters can be placed on counters in your place of business—a store, restaurant, etc.—where your customers can also put in their spare change.

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

“Inasmuch as you have done it to the least of these my brethren, you have done it to me.” (Matthew 25:40).





"If you can't resist a cheeseburger, you're not going to make a very good martyr!"
Fr. Apostolos Hill



ST. THEODORE LITURGY AND MEMORIAL SATURDAY

We commemorate the Miracle of the Boiled Wheat (*koliva*) with the final All-Souls Memorial of the season this **Saturday, March 4:**

- **Matins 9:30 am**
- **Divine Liturgy 10:30 am**
- **Blessing of Koliva and Memorial for All the Departed at the end of Liturgy**



- Bring with you a list of names of all the departed you wish to remember. Please just list their Christian names (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, *but if you don't have time to make it, don't worry, as we will be making a large bowl on behalf of all.*

NEXT SUNDAY: CHILDREN BRING ICONS FOR SUNDAY OF ORTHODOXY

At the end of Liturgy next Sunday, all our children will join the clergy in the procession with the holy icons, as we celebrate the Triumph of Orthodoxy and the truth that God truly became man.

Our church school students should bring their icons from their rooms at home (though we will have some spares for those who forget).



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 فَارْغِينِ. 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.



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.*

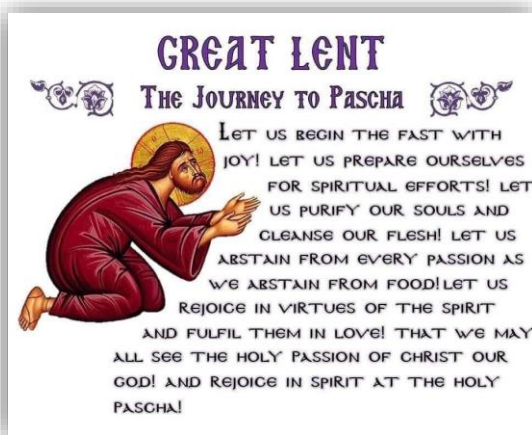
The First Saturday, March 4 — On the first Saturday of Lent, we serve the Liturgy in commemoration of St. Theodore and the miracle of the boiled wheat, including another memorial for **All Souls: Matins 9:30 a.m./Liturgy and Memorial at 10:30 a.m.** *You may bring koliva and a list of the names of your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



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

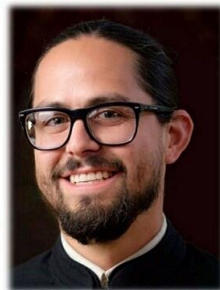
LENTEN RETREAT FOR MEN AND WOMEN

The V. Rev. Dr. Chad Hatfield, President of St Vladimir's Orthodox Seminary, will be the guest speaker on Saturday, March 11, at St Michael Church in Whittier. Fr Chad will present three meditations on the theme: "Obedience, Silence & Stability." Fr Chad's meditations will be surrounded by Liturgy, silence for reflection, private prayer, and opportunities for confession. The retreat begins with First Hour (Prime) prayers at 9 a.m. and concludes by 3 p.m. with Ninth Hour (None) and Benediction. Fast friendly meals will be provided; however, childcare is not offered. St Michael

Church is located at 3333 Workman Mill Road, Whittier CA 90601. Please RSVP by sending an email to StMichaelWhittier@gmail.com or by telephoning the parish office (562.692.6121). This retreat is open to anyone and is designed to aid your Lenten Fast with prayer and meditation.

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

AN ANTIOCHIAN WOMEN'S SPIRITUAL RETREAT!



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

March 31-
April 2,
2023

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

COST

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

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

Obedience, Silence, Stability

A Lenten
Retreat
by the Very Rev.
Dr. Chad Hatfield

Saturday,
March 11
9 a.m. - 3 p.m.



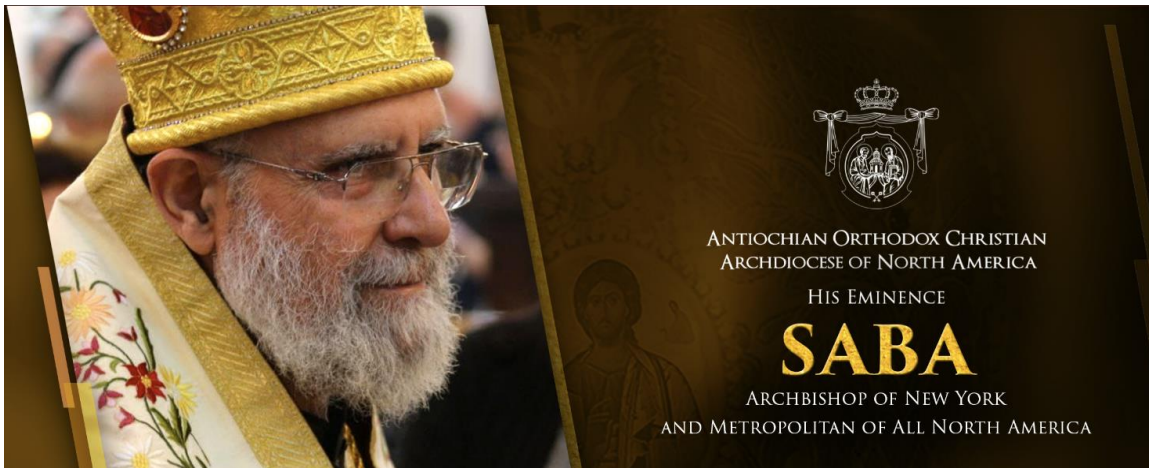
LUNCH PROVIDED
DONATIONS ACCEPTED

PLEASE RSVP TO
[StMichaelWhittier@
GMAIL.COM](mailto:StMichaelWhittier@gmail.com)

OR CALL
(562) 692 - 6121

StMichaelWhittier.org

Presented by the Society of St. Benedict of St. Michael Orthodox Church, with the blessing of His Grace Bishop John.



Thursday morning, the Holy Synod of the Patriarchate of Antioch elected His Eminence Saba to be Archbishop of New York and, thus, Metropolitan of North America.

We pray for our Metropolitan Saba and for his success in leading the Archdiocese of North America with godly wisdom, integrity and love, unto the faithful ministry of the gospel of Christ.

The following is a reflection penned by Metropolitan Saba when he was still Metropolitan of Bosra-Hauran.

I Dream of a Church

+ I dream of a church; her master is Jesus Christ alone.

+ I dream of a church; her members seek the life of righteousness at all times.

+ I dream of a church; her youth see the Life flow from their church.

+ I dream of a church; her elders enjoy her warmth in the sunset of their lives.

+ I dream of a church; rooted in her heritage, and present always to face all new.

+ I dream of a church; who allows the Holy Spirit to act.

+ I dream of a church; who does not attribute false names to the Holy Spirit, to justify her decay.

+ I dream of a church; her spiritual fathers are pure and righteous.

+ I dream of a church; who opens the door for the youth to find themselves in Christ. And I detest a church who teaches the youth that the only way to God is the blind obedience that erases their personality that God created.

+ I dream of a church; who welcomes the world with joy.

+ I dream of a church; who does not confine the world within its walls, but goes off into the world to make it a church.

+ I dream of a church; who does not handle the issues with human wisdom, but by the inspiration of the Holy Spirit.

+ I dream of a church; that gives the last word to her Master and seeks, ceaselessly, to determine the compatibility of her decisions with His vision.

+ I dream of a church; who gets up after every fall.

+ I dream of a church; who plants her feet on the ground but she looks up to heavens.

+ I dream of a church; who leaves the human scales and seeks to take on the stature of Jesus Christ.

+ I dream of a church; who deals with money to serve the needs of God's people.

+ I dream of a church; who does not limit herself to just being a building, but realizes that the true church is the living church.

+ I dream of a church; who shares with the believers their worries, and concerns, and sorrows.

+ I dream of a church; who is an oasis for consolation in the desert of this world.

+ I dream of a church; who knows how to rejoice in God, and how to give this joy to the people.

+ I dream of a church; who discerns the peace of Jesus Christ from the peace of the world.

+ I dream of a church; who lives the fulfillment of the life.

+ I dream of a resurrectional church.

+ I dream of a church; who prioritizes welfare.

+ I dream of a church; who knows the language of this world, and evangelizes it in a language that the people of the world will understand.

+ I dream of a church; who lives love every day.

+ I dream of a church; who integrates the talents of her people without putting them in the race of completion.

+ I dream of a church; who does not differentiate between clergy and laity, but deals with all as royal priesthood.

+ I dream of a church; who does not accept a goal less than sainthood, and works to nourish the life with the kingdom of God.

+ I dream of a church; who is not led by human desires.

+ I dream of a church; who her poorest and richest are equal in value and respect.

+ I dream of a church; who doesn't stop working to actualize the Kingdom of God.

+ I dream of a church; who is the body of Christ on earth.

O God, save us from the institutionalized church that puts her Master to death and keeps only His name!

- *Metropolitan Saba (Esber) of Bosra, Horan and Jabal Al-Arab*


(Translated by Fr. Damaskinos Issa)

SWEETHEART BALL

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

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

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.



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

Go to antiochianevents.com/la

For all information and to register for our Diocese of Los Angeles Conference

- Worship
- Workshops and Lectures
- Fellowship
- "A Night on Broadway"
- Bible Bowl
- Creative Festivals

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

Bachir Chahin, home, 3/25
Edward Awad, home, 3/20
Ellie, Kh. Laurie Olson's mother, 4/4
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
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
Josephine Naify, 3/30
George Matar, 3/16
Ernesto Perez, former member of the Cathedral, 4/6
Geoffrey Wolfendon, brothers-in-law of Amaany Samaan, 4/4
Mazen Ammari, Dn. Eliya's brother, 3/25
Mariana Gantus Wall, former member of the Cathedral, 3/14
Patricia Granados, sister of custodian Alejandro Caheme, 3/10
Victims of the earthquake in Syria and Turkey, of violence in Ukraine and everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

February 2023

Sun. 26	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 Debutante Father/Daughter Luncheon, 12:30 at Lakeside Country Club Forgiveness Vespers , 6:30 pm
Mon. 27	First Day of the Great Fast Great Compline , 6:30 pm
Tue. 28	Great Compline , 6:30 pm Church School staff meeting, 8 pm
March 2023	
Wed. 1	Presanctified Liturgy , 6:30 pm <ul style="list-style-type: none"> • Potluck Dinner • Meditation/Discussion • Byzantine Music class
Thu. 2	Great Compline , 6:30 pm
Fri. 3	Little Compline and Akathist to the Theotokos, 6:30 pm
Sat. 4	Matins , 9:30 am Divine Liturgy with blessing of Koliva and memorial, 10:30 am Funeral of Josephine Naify , 1 pm Great Vespers and Confession, 6 pm
Sun. 5	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 – benefit for Syria Relief

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