



St. Nicholas Orthodox Cathedral

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

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TONE 4

JULY 9, 2023

EOTHINON 5

FIFTH SUNDAY AFTER PENTECOST

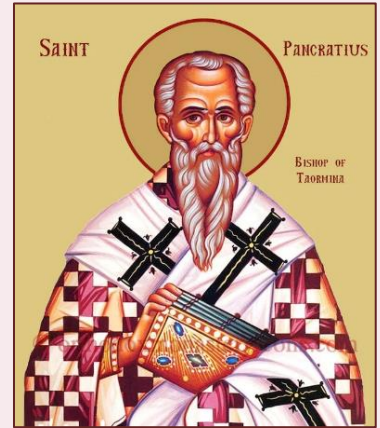
الأحد الخامس بعد العنصرة • الشهيد في رؤساء الكهنة بَنَكْرَاتِيوسَ أُسْقَفِ طَفْرُومِنِيَّةِ

*HIEROMARTYR PANKRATIOS, BISHOP OF TAORMINA IN SICILY
MARTYRS ANDREW AND PROBUS*

Pankratios was born in Antioch during the time when the Lord Jesus Christ walked as a man on earth. Hearing about the miracles of Christ, Pankratios' parents desired to see the Lord. Together with Pankratios, they traveled to Jerusalem, where they saw Jesus, heard His words and witnessed His miracles. While there, Pankratios met the Apostle Peter.

After the Ascension of the Lord, both Pankratios and his parents were baptized in Antioch. Later, the Apostles Peter and Paul appointed Pankratios as the Bishop of Taormina in Sicily. There, he worked many miracles, destroyed the idols, baptized the unbaptized, strengthened the baptized and governed well the Church of God.

A heathen commander, Aquilinus, heard that the entire city of Taormina became Christian and set out with an army to destroy it. With his clergy, Pankratios went to meet the army outside the city, carrying the Cross as their only 'weapon.' When the army approached, darkness befell them, and the soldiers were overcome with fear. Confused, they turned against one another and slaughtered each other. Eventually, Pankratios was stoned to death by envious heathens and found rest in the Lord.



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 تَلْمِذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَرُ بِالْقِيَامَةِ الْبَهْجِ،
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.

As there are **NO CHURCH SCHOOL** classes today, children should sit with their parents and come to Communion with them. An usher will dismiss 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.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of The Resurrection (Tone ٤)

Having learned the joyful message....

إِنَّ تَلْمِذَاتِ الرَّبِّ....

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 أَظْهَرْتَنكَ أَفْعَالَ الْحَقِّ لِرِعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَتِيسُ الْكَهَنَةِ
نِيقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمِسْكِنَةِ الْغِنَى.
فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Theotokos (Tone 2)

O undisputed Intercessor of Christians, the Mediatrix unrejected by the Creator, turn not away from the voice of our petitions, although we be sinners; come to us with aid in time, who cry unto Thee in faith, for thou art good. Hasten to us with intercessions, O Theotokos, who dost ever intercede for those who honor thee.

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ
الْمُرْدُودَةِ، لَا تُعْرِضِي عَن أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَّاءَةُ، بَلْ
تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنْتَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ:
بَادِرِي إِلَيَّ الشَّفَاعَةَ وَأَسْرِعِي فِي الطَّلْبَةِ، يَا وَالِدَةَ الْإِلَهِ،
الْمُتَشَفِّعَةَ دَائِمًا بِمَكْرَمِيكَ.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 103.24, 1 LXX; Tone 4)

O Lord, how magnificent are your works. You have made all things in wisdom.

Verse: Bless the Lord, O my soul!

From St. Paul's Letter to the Romans (10.1-10; 5th Sunday after Pentecost)

BRETHREN, my heart's desire and prayer to God for Israel are that they may be saved. I

بروكيمنون (مزمور ١٠٣، ٢٤، ١ سيع.؛ اللحن ٤)

مَا أَعْظَمَ أَعْمَالِكَ يَا رَبُّ! كُلُّهَا بِحِكْمَةٍ صَنَعْتَ.

بَارِكِي يَا نَفْسِي الرَّبَّ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ رُومِيَةِ

(١٠، ١-١٠؛ الأحد الخامس بعد العنصرة)

bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says: Do not say in your heart, "Who will ascend into Heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

Holy Gospel according to St. Matthew (8.28-9.1; 5th Sunday of Matthew)

AT THAT TIME, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have You to do with us, O Son of God? Have You come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If you cast us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into

يا إخوة، إِنَّ مَسَرَّةَ قَلْبِي وَطَلْبِي إِلَى اللَّهِ لِأَجْلِ إِسْرَائِيلَ هِيَ لِلْخَلَاصِ. لِأَنِّي أَشْهَدُ لَهُمْ أَنَّ لَهُمْ غَيْرَةَ لِلَّهِ، وَلَكِنْ لَيْسَ حَسَبَ الْمَعْرِفَةِ. لِأَنَّهُمْ إِذْ كَانُوا يَجْهَلُونَ بَرَّ اللَّهِ، وَيَطْلُبُونَ أَنْ يُثْبِتُوا بَرَّ أَنْفُسِهِمْ، لَمْ يَخْضَعُوا لِبَرِّ اللَّهِ. لِأَنَّ غَايَةَ النَّامُوسِ هِيَ الْمَسِيحُ لِبِرِّ لِكُلِّ مَنْ يُؤْمِنُ. لِأَنَّ مُوسَى يَكْتُبُ فِي الْبِرِّ الَّذِي بِالنَّامُوسِ: «إِنَّ الْإِنْسَانَ الَّذِي يَفْعَلُهَا سَيَحْيَا بِهَا». وَأَمَّا الْبِرُّ الَّذِي بِالْإِيمَانِ فَيَقُولُ هَكَذَا: «لَا تَعْلُ فِي قَلْبِكَ: مَنْ يَصْعَدُ إِلَى السَّمَاءِ؟» أَيْ لِيُخْدِرَ الْمَسِيحَ، أَوْ: «مَنْ يَهْبِطُ إِلَى الْهَابِثَةِ؟» أَيْ لِيُصْعِدَ الْمَسِيحَ مِنَ الْأَمْوَاتِ. لَكِنْ مَاذَا يَقُولُ؟ «الْكَلِمَةُ قَرِيبَةٌ مِنْكَ، فِي فَمِكَ وَفِي قَلْبِكَ»، أَيْ كَلِمَةُ الْإِيمَانِ الَّتِي نَكْرُرُ بِهَا؛ لِأَنَّكَ إِذَا اعْتَرَفْتَ بِقِيَمِكَ بِالرَّبِّ يَسُوعَ، وَأَمَنْتَ بِقَلْبِكَ أَنَّ اللَّهَ أَقَامَهُ مِنَ الْأَمْوَاتِ، خَلَصْتَ. لِأَنَّ الْقَلْبَ يُؤْمِنُ بِهِ لِلْبِرِّ، وَالْفَمَ يُعْتَرِفُ بِهِ لِلْخَلَاصِ.

من بشارة القديس متى الإنجيلي البشير والتلميذ الطاهر (٢٨، ٨-٩، ١؛ للأحد الخامس من متى)

فِي ذَلِكَ الزَّمَانِ، لَمَّا أَتَى يَسُوعُ إِلَى كَوْرَةَ الْجِرْجِسِيِّينَ اسْتَقْبَلَهُ مَجْنُونَانِ خَارِجَانِ مِنَ الْقُبُورِ، شَرِسَانِ جِدًّا، حَتَّى إِنَّهُ لَمْ يَكُنْ أَحَدٌ يَقْدِرُ أَنْ يَجْتَازَ مِنْ تِلْكَ الطَّرِيقِ. فَصَاحَا قَائِلِينَ: "مَا لَنَا وَلَكَ يَا يَسُوعَ ابْنَ اللَّهِ؟ أَجِئْتَ إِلَى هَهُنَا قَبْلَ الزَّمَانِ لِنُعَذِّبَنَا؟" وَكَانَ بَعْدًا مِنْهُمْ قَطِيعُ خَنَازِيرَ كَثِيرَةٍ تَرعى. فَأَخَذَ الشَّيَاطِينُ يَطْلُبُونَ إِلَيْهِ قَائِلِينَ: "إِنْ كُنْتَ تُخْرِجُنَا، فَأَتِدَّنْ لَنَا أَنْ نَذْهَبَ إِلَى قَطِيعِ الْخَنَازِيرِ." فَقَالَ لَهُمْ: "اذْهَبُوا". فَخَرَجُوا وَذَهَبُوا إِلَى قَطِيعِ الْخَنَازِيرِ. فإِذَا بِالْقَطِيعِ كُلِّهِ قَدْ وَتَبَ عَنِ الْجُرْفِ إِلَى

the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood.

And getting into a boat He crossed over and came to His own city.

الْبَحْرِ وَمَاتَ فِي الْمِيَاهِ. أَمَّا الرُّعَاةُ فَهَرَبُوا وَمَضَوْا إِلَى الْمَدِينَةِ،
وَأَخْبَرُوا بِكُلِّ شَيْءٍ وَأَمَرَ الْمَجْنُونِينَ. فَخَرَجَتِ الْمَدِينَةُ كُلُّهَا
لِلْقَاءِ يَسُوعَ. وَلَمَّا رَأَوْهُ، طَلَبُوا إِلَيْهِ أَنْ يَتَحَوَّلَ عَنْ ثُقُومِهِمْ.

فَدَخَلَ السَّفِينَةَ وَاجْتَاَزَ وَأَتَى إِلَى مَدِينَتِهِ.

HOLY OBLATIONS AND PRAYER REQUESTS

- For our youth traveling to Camp St. Nicholas, and for the health of Fr. Andrew and all our staff, counselors and campers.
- By David Paul and Anna Maria Abdouch, and Paul Dean Abdouch and their families, for the repose of parents Joseph Edward Abdouch (20-year memorial) and Marcia Mary Abdouch (16-year memorial.)
- By Isabel Elac, Debby and Steven Verba and Nancy Krank, for the health of Stephen, Michael, Matthew and Samson, and for the repose of sister/mother Bernadette Elac Krank (1-year memorial).
- By their families, in memory of Victoria Fasheh, Ibrahim Fasheh, Nabil Fasheh Lisa Fasheh, Mahfouz Doss, Georgette Fasheh and all departed of the Fasheh family.
- By Salma Maalouf, for the health of all her family, and in memory of Joseph Maalouf.
- 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.

WORDS OF WISDOM

The Fire makes iron impossible to touch, and likewise frequent prayer renders the intellect more forceful in its warfare against the enemy. That is why the demons strive with all their strength to make us slothful in attentiveness to prayer, for they know that prayer is the intellect's invincible weapon against them.

Saint John of Karpathos

Do not direct your gaze towards the enemy. Never get into a controversy with him whom you cannot possibly resist. With his millennia of experience he knows the very trick that can render you helpless at once. No, stand in the middle of your heart's field and keep your gaze upward; then the heart is protected from all sides at once.

Way of the Ascetics

ANNOUNCEMENTS

PLEASE JOIN US FOR FELLOWSHIP AFTER LITURGY

Following the dismissal and announcements, come forward for a blessing, then exit via the south (right side) doors, and join us in the Heritage Ballroom for refreshments. Coffee hour is hosted today by:



- Isabel Elac and Nancy Krank, in memory of sister/mother Bernadette Elac Krank, on the first anniversary of her repose.

- David, Paul and Anna Maria Abdouch, in memory of parents Marcia Mary and Joseph Edward Abdouch.



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 to reserve a Sunday.



ST NICKS YOUNG ADULTS
POOL PARTY
BBQ • REFRESHMENTS • MUSIC
JOIN US 7/23 AFTER LITURGY
At the home of Father Andrew and Kh. Ruth
3250 PARK VISTA DR
LA CRESCENTA, 91214
RSVP HERE!



REGISTER NOW!
10-14 JULY
SUPER SAINTS
LITTLE LIGHT OF CHRIST
VACATION BIBLE SCHOOL
9am-12pm
PRE-K THROUGH 5TH
ST. MICHAEL ANTIOCHIAN ORTHODOX CHURCH
16643 Vanowen Street, Van Nuys, CA 91406
COST \$50 Per Child
\$40 per child if registered before June 10
FAITH TREE RESOURCES

Register your children for Vacation Bible School at:
<https://www.faithtree.org/vbs-2023-registration>

56th Biennial Antiochian Archdiocese Convention



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



www.ac2023az.org

for all the details.

His Beatitude, Patriarch JOHN X will be presiding at the convention, along with our new Metropolitan SABA, for his first convention as our chief shepherd.

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

- A special presentation of “*Man of God*” with writer/director Yelena Popovic
- Keynote Addresses by Author and Podcaster Fr. Evan Armatas
- Grand Hafli with Superstar Hadi Aswad
- And a Special Performance by the Antiochian Archdiocese’s own Anees!

It's Festival Season Now

Please support our sister churches at their festivals.

And, when you go, please be sure to identify yourself as coming from St. Nicholas Cathedral, and **invite them to come to the St. Nicholas Festival, October 7 and 8.** (We should have flyers for our Festival soon.)

St. Elias, our newest Antiochian Mission in the LA metro area, has their festival July 22 (see flyer at right). Fr. Ibrahim Ibrahim is their pastor.

Saint Elias Celebrations
Ricardo Hallak

Donation 5\$

OUR ACTIVITIES

- ✓ Live Band
- ✓ Live DJ
- ✓ Mediterranean food
- ✓ Kids activities
- ✓ Ice cream
- ✓ Free parking

July 22
2098 N Benson Ave
Upland, CA 91784
10 am to 10 pm

+1 (951) 310-9507

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

Clemence Gedeon, nursing home, 8/14

Mary Hanna, home, 7/13

Ousama Zabaneh, 7/11

Yousry Iskander, uncle of Fr. Nabil, 8/12

Yara Ghawi, friend of our Debutantes, 8/10

Kristen Schamp, goddaughter of Fr. Nabil & Kh. Elaine, 8/5

Charles Malouf, brother of Ed Malouf, 7/20

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

DEPARTED

Sol Ajalat, 8/7

Mervat Salim Kakish Madain, 7/23

Jane Nassief, former parishioner, 8/13

Therese Makhoul, Pierre's mother, 7/21

Nuha Qushair, former member of the Cathedral, 7/16

Robert O'Conor Jr., Eleni's husband, 7/15

Victims of violence in this country and everywhere

Future Dates to Remember

- **Archdiocese Convention** (Phoenix, AZ), July 24-30
- **Dormition Fast starts**, Aug. 1
- **Great Feast of the Transfiguration**, Aug. 6
- **Great Feast of the Dormition**, Aug. 15
- **St. Nicholas Festival**, October 7-8
- **Diocese Fall Gathering**, Oct. 13-15, Modesto

ST. NICHOLAS CATHEDRAL CALENDAR

July 2023

Sun. 9	Spanish Mission Liturgy , 7:45 am • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am • Coffee Hour Bus Departs for 1 st Camp Session, 1 pm
Mon. 10	<i>Feast of St. Joseph of Damascus</i> Divine Liturgy , 10:30 am
Tue. 11	Men's Fellowship Dinner , TO BE RESCHEDULED Funeral of Jane Nassief , 7 pm
Thu. 13	Funeral of Sol Ajalat , 9:30 am
Sat. 15	Bus Arrives from 1 st Camp Session, noon Great Vespers and Confessions, 6 pm
Sun. 16	Spanish Mission Liturgy , 7:45 am • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am • Coffee Hour Bus Departs for 2 nd Camp Session, 1 pm
Mon. 17	Cathedral Council meeting, 7 pm
Tue. 18	Choir dinner and practice , 6:30 pm
Thu. 20	<i>Feast of the Prophet Elias</i> Matins , 9:30 am Divine Liturgy , 10:30 am
Sat. 22	FOCUS charity food distribution, 9 am Bus Arrives from 2 nd Camp Session, noon Great Vespers and Confessions, 6 pm

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