



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 18, 2024

EOTHINON 4

17TH SUNDAY AFTER PENTECOST 17TH SUNDAY OF MATTHEW

LEO THE GREAT, POPE OF ROME

AGAPITOS THE CONFESSOR, BISHOP OF SYNNADE IN PHRYGIA, AND HIS COMPANIONS

الأحد السابع عشر بعد العنصرة • الأحد السابع عشر من انجيل متى
تذكار أبينا الجليل في القديسين لاون الكبير، أسقف رومية



The Canaanite Woman

Today's Gospel reading of the encounter between Jesus Christ and the Canaanite woman can raise more questions than many other passages.

We see a Gentile woman from a pagan culture coming before Christ on behalf of her demon possessed daughter. At first, Christ ignores her, then he calls her a dog, and then he finally heals her daughter.

This story teaches us about the woman's persistence in faith, for too often a person makes a commitment of

faith but is too soon put off by difficulties or forgetfulness. Jesus discerning the Canaanite woman's faith, decided to test her, "not in insult or abuse were Christ's words spoken, but for the purpose of calling forth her virtue and revealing the treasure in her" (St. John Chrysostom).

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 الْكَوَزَّ بِالْقِيَامَةِ الْبَهْجِ،
وَوَطَّرَحْنَ الْقَضَاءَ الْجَدِيدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَخِرَاتٍ
وَقَائِلَاتٍ: سُبِّحَ الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ
الْعُظْمَى.

Schedule of Regular Weekly Services

Sundays: Matins, 9:15 AM Confession: After Saturday Vespers
Divine Liturgy, 10:30 AM During Sunday Matins
Saturdays: Great Vespers, 6:00 PM Or by Appointment

See Calendar for Fast Days and Other Weekday Services Scheduled

Please turn cell phones off!



Order for Holy Communion

Members of the Orthodox Church age seven and above must prepare for Holy Communion with a recent confession, prayer, fasting from all food and drink from midnight (unless a medical condition preclude it), being in church *before* the Epistle and Gospel readings, and being at peace with everyone.

نظام المناولة المقدسة

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

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.

ترحيب حار بضيوفنا

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

For all others: though we cannot share Communion with you—since it is an expression of membership and full unity in faith—you are welcome to come forward after the dismissal, receive a blessing and partake of the blessed bread (from the large bowls). Please also sign our guest book and introduce yourself to Fr. Nabil or Fr. Andrew during coffee hour. You may inquire with them how you can become a member.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 4)

Having learned the joyful message....

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ....

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 لِرِعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرئيسُ الْكَهَنَةِ نيقولاوس. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمَسْكِنَةِ الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهِهِ 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 الْخَازِنَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمُرْدُودَةِ، لَا تُعْرِضِي عَنِ أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَّاءَةُ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنْتَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بِادْرِي إِلَى الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلِبَةِ، يَا وَالِدَةَ الْإِلَهَةِ، الْمَتَشَفِّعَةَ دَائِمًا بِمَكْرَمِيكَ.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 75.11, 1; Tone 8)

Make your vows to the Lord our God, and perform them.

Verse: God is known in Judah; His Name is great in Israel.

Reading from St. Paul's 2nd Epistle to the Corinthians (6.16-7.1; 17th Sunday after Pentecost)

BRETHREN, we are the temple of the living God; as God said, "I will live in them and

بروكيمنون (مزمور ٧٥، ١١، ١ سبع؛ اللحن ٨)

صَلُّوا وَأَوْفُوا الرَّبَّ إِلَهَنَا.

اللَّهُ مَعْرُوفٌ فِي أَرْضِ يَهُودَا. إِسْمُهُ عَظِيمٌ فِي إِسْرَائِيلَ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسِ الثَّانِيَةِ إِلَى أَهْلِ كُورِنْثُوسَ
(١٦، ٦-٧، ١؛ لِلْأَحَدِ السَّابِعِ عَشَرَ بَعْدَ الْعَنْصَرَةِ)

يَا إِخْوَةَ، أَنْتُمْ هَيْكَلُ اللَّهِ الْحَيِّ، كَمَا قَالَ اللَّهُ، "إِنِّي سَأَسْكُنُ فِيهِمْ، وَأَسِيرُ فِيهِمْ نَبِيئُهُمْ، وَأَكُونُ لَهُمْ إِلَهُاً وَهُمْ يَكُونُونَ لِي

move among them, and I will be their God, and they shall be my people. Therefore, come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a Father to you, and you shall be my sons and daughters, says the Lord Almighty.” Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

**Holy Gospel according to St. Matthew
(15.21-28; 17th Sunday of Matthew)**

AT THAT TIME, Jesus went away to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, “Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon.” But Jesus did not answer her a word. And His disciples came and begged Him, saying, “Send her away, for she is crying after us.” Jesus answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before Him saying, “Lord, help me.” And Jesus answered, “It is not fair to take the children’s bread and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters’ table.” Then Jesus answered her, “O woman, great is your faith! Be it done for you as you desire.” And her daughter was healed instantly.

شَعْبًا فَلِدَلِكِ الْخُرُوجِ مِنْ بَيْنِهِمْ وَاعْتَرَلُوا، يَقُولُ الرَّبُّ، "وَلَا تَمَسُّوا نَجَسًا، فَأَقْبَلِكُمْ، وَأَكُونَ لَكُمْ أَبًا، وَأَنْتُمْ تَكُونُونَ لِي بَنِينَ وَبَنَاتٍ،" يَقُولُ الرَّبُّ الْقَدِيرُ. وَإِذْ لَنَا هَذِهِ الْمَوَاعِدُ، أَيُّهَا الْأَحْبَاءُ، فَلْنُطَهِّرْ أَنْفُسَنَا مِنْ كُلِّ أَدْنَانِ الْجَسَدِ وَالرُّوحِ، وَنُكَمِّلِ الْقِدَاسَةَ بِمَخَافَةِ اللَّهِ.

**مِنْ بَشَارَةِ الْقِدِّيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ
(٢١، ١٥-٢٨؛ الأحد السابع عشر)**

فِي ذَلِكَ الزَّمَانِ، خَرَجَ يَسُوعُ إِلَى نَوَاحِي صُورَ وَصَيْدَا. وَإِذَا بِامْرَأَةٍ كَنْعَانِيَّةٍ قَدْ خَرَجَتْ مِنْ تِلْكَ التُّخُومِ وَصَرَخَتْ إِلَيْهِ قَائِلَةً: "إِرْحَمْنِي يَا رَبُّ! يَا ابْنَ دَاوُدَ، فَإِنَّ ابْنَتِي بِهَا شَيْطَانٌ يُعَذِّبُهَا جَدًّا." فَلَمْ يُجِبْهَا بِكَلِمَةٍ. فَدَنَا تَلَامِيذُهُ وَسَأَلُوهُ قَائِلِينَ: "إِصْرِفْهَا فَإِنَّهَا تَصِيحُ فِي إِثْرِنَا." فَأَجَابَ وَقَالَ لَهُمْ: "لَمْ أُرْسَلْ إِلَّا إِلَى الْخِرَافِ الضَّالَّةِ مِنْ بَيْتِ إِسْرَائِيلِ." فَاتَتْ وَسَجَدَتْ لَهُ قَائِلَةً: "أَغْنِنِي يَا رَبُّ." فَأَجَابَ قَائِلًا: "لَيْسَ حَسَنًا أَنْ يُؤَخَذَ خُبْزُ الْبَنِينَ وَيُلْفَى لِلْكِالِبِ." فَقَالَتْ: "نَعَمْ يَا رَبُّ، فَإِنَّ الْكِالِبَ أَيْضًا تَأْكُلُ مِنَ الْفَتَاتِ الَّتِي يَسْقُطُ مِنْ مَوَازِدِ أَرْبَابِهَا." حِينَئِذٍ أَجَابَ يَسُوعُ وَقَالَ لَهَا: "يَا امْرَأَةَ، عَظِيمٌ إِيمَانُكَ، فَلْيَكُنْ لَكَ كَمَا أَرَدْتَ." فَشَفِيَتْ ابْنَتُهَا مِنْ تِلْكَ السَّاعَةِ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
The Cathedral community	Fr. Joseph and Kh. Leslee Abud (visiting from Flint, Michigan), Dn. Michael and Valerie	

Offered by	For the Health of	In Memory of
	Haddad and family (visiting from Phoenix, Arizona), Fr. Andrew Andrews and all our youth and staff at Camp St. Nicholas this weekend	
Deborah and Steve Verba, Nancy Krank and family		Isabel Elac (aunt, 40-day memorial), Theresa Elac (grandmother) and Bernadette Krank (mother)
Rosaline Saba, James and Jack Naify, and Diane and Andrew Nassir		Josephine Naify (sister/mother/aunt, 1-year memorial)
Robert Jabour, and Cynthia , Robin , Brian and Kalen Winn		Marie Jabour (mother/grandmother, 2 years departed)
John and Gayle Samore and family , Ronald and Rose samore and family , and James and Beatriz Samore and family		John and Nellie Samore (parents)
Saleh , Elen , Ziad , Roula , Jayden and Justin Saleh		
George , Mariam , Mark , Antonio and Hend Bshara		
Ehab , Rania , Sami , Selena and Anthony Dahabreh		Hani Tadros (Rania's father) and Nawal Hawatmeh Dahabreh (Ehab's mother)

ANNOUNCEMENTS

NO CHURCH SCHOOL CLASSES TODAY

On account of the Annual Meeting, so the teachers can attend, there are no classes today. You will find the **Church School Calendar online** and updated with changes (scan the QR code at right, or enter <https://bit.ly/SNCschool23-24>).



PLEASE JOIN US FOR FELLOWSHIP AFTER LITURGY

Following the dismissal and announcements, come forward for a blessing, then exit via the south (right side/chapel area) doors, and join us in the Heritage Ballroom for refreshments.

- Lunch is hosted today by John and Gayle Samore, Ronald and Rose samore, and James and Beatriz Samore, in memory of their parents, John and Nellie Samore.

Upcoming Coffee Hour Schedule

February 25	Lunch with Metropolitan Saba
March 3	OPEN
March 10	Ladies' Society: "Hamburger Bar" for Meatfare Sunday
March 17	Dale and Robin Nicola (in memory of son Gregory)
March 24	OPEN
March 31	OPEN



***Please consider sponsoring a Coffee Hour after Liturgy.** The time of fellowship after the Divine Liturgy is integral to the life of our community. It provides an opportunity for visitors to be fully welcomed and for the rest of us to enjoy visiting with our church family members.*

We have many openings for YOU to host coffee hour. Call/text Joujou George (562) 522-1322, or email her at ginageorge@verizon.net to reserve a Sunday.

PLEASE STAY FOR OUR ANNUAL GENERAL ASSEMBLY TODAY

Our annual general assembly will be held **after Liturgy TODAY, February 18**. We ask everyone to give us an hour of your valuable time to join us for this important meeting of our Cathedral family. In turn, we promise to keep the meeting running efficiently.

- Lunch will be provided.
- Reports from the organizations and financial reports have been compiled in a packet. Printed copies are available for you to pick up and review during lunch.

JOIN THE ORDER OF ST. IGNATIUS OF ANTIOCH, OR UPGRADE

Metropolitan Saba will love inducting you during his first visit to the Cathedral, on Sunday, February 25.

Have you thought about joining the Order? Do you have any questions about the Order and what it does? Please see Concetta Smarius during coffee hour, or contact her at concettasmarius@yahoo.com.



METROPOLITAN SABA WILL BE VISITING US

His Eminence, Metropolitan Saba, will be making his first pastoral visit to this area this month.

**Sunday, February 25:
9 am Reception of the Metropolitan,
Followed by Matins and Hierarchical Divine Liturgy**

A **Formal Lunch in honor of Sayidna's first visit** will follow immediately. We expect a large crowd, so please make your reservations ASAP:

Adults \$30, Children (12 and under) \$15

See **Georgette Malouf** during coffee TODAY, or contact her at 818-391-6217 or gette0324@yahoo.com.



You can also sign up online: scan the QR code, or enter <http://tinyurl.com/Sayidna2024>

Please see Fr. Nabil if you cannot afford it, and we will take care of it discreetly. We just want all of our Cathedral to be together.

DIOCESE YOUNG ADULT MINISTRIES: DINNER WITH THE METROPOLITAN

Young adults from all our churches in the area are invited to a special session with Metropolitan Saba.

When: **6 pm, Sunday, Feb. 25**

Where: **St. Nicholas Cathedral,
Conference Room**

What: **Dinner and Discussion
with the Metropolitan**

Dinner will be provided at no charge.

A poster for a Christmas event. The background is black with a starry sky. At the bottom, there are several green Christmas trees, some of which are being burned by bright orange and yellow flames. The text is in white and yellow. On the left side, there is a vertical text: '\$10 SUGGESTED DONATION FOR FOOD COSTS'. At the bottom, it says 'QUESTIONS: CONTACT SETH @ 310-977-1962'.

ST MATTHEW YOUNG ADULTS
INVITE YOU TO OUR:

**3RD ANNUAL CHRISTMAS
TREE BURNING**

WHERE: DOCKWEILER BEACH
FIRE PITS

WHEN: SUNDAY, FEBRUARY 18TH
@ 5PM

\$10 SUGGESTED DONATION FOR FOOD COSTS

QUESTIONS: CONTACT SETH @ 310-977-1962

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

∴THE SOWER OF GOOD SEEDS∴

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

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



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

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

stnicholasla.org/contributions

Regular Stewardship Pledge for 2024
2300 W. 3rd Street • Los Angeles, CA 90057

Free 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 of \$ _____ per week month year

Giving by Check/Cash/Stock, etc. _____
 Giving by Bank Draft (ACH) Please include voided check if available. _____
Routing # _____ Account # _____

Giving by Credit/Debit Card: MasterCard Visa Discover
Name as on Card _____ # _____ Expiration _____ Billing Zip _____

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

GOD BLESS YOUR HOME AND BLESS YOU!

Kindly return the coupon below to request your house blessing. We would like to do our best to see as many as possible before Lent, which will start March 17.

House Blessing Scheduling Form

Name _____ Telephone _____

Address _____ Email _____

Check ALL Possible Days: Sun Mon Tue Wed Thu Fri Sat

Check ALL Possible Times: Mornings Afternoons Evenings

Do not schedule me for a house blessing at this time. I will call Father when I'm ready.

Please place in tray in church, or mail back as soon as possible.



KICK-OFF MEETING

NEW FOCUS CENTER

FEBRUARY 29, 2024 @ 6:00PM

Saint Nicholas Cathedral
2300 West 3rd Street
Los Angeles CA 90057

Help us serve our needy neighbors in Los Angeles. Join us as we begin developing a new Orthodox Christian service and outreach ministry. We'll (i) review the plan, (ii) build our team, and (iii) get to work! Dinner will be served. All are invited.

RSVP BY FEBRUARY 22: CHRISTOFOROU@FOCUSNA.ORG

LAUNCHING FOCUS LOS ANGELES

With the wonderful growth of our charity work throughout Southern California, we are now launching separate FOCUS Centers for Los Angeles, Orange and San Diego Counties, each with its own full-time director.

Orthodox Christians from across LA County, who want to help lead this effort, will gather for dinner and planning at St. Nicholas Cathedral on February 29. *FOCUS already received a \$65,000 matching grant for the launch.*

RSVP, then come and join us!



To Register
go to
[https://tithe.ly/
/event-
registration/#
/8424070](https://tithe.ly/registration/#/8424070)

**ST NICHOLAS
FAMILY CAMP**
.....
Camp St Nicholas
11770 Frontier Road
Frazier Park, CA
.....
MARCH 8-10, 2024

Or Scan:



Join us for a fun filled weekend at Camp St Nicholas. We will arrive on Friday evening, March 8 and return home on Sunday afternoon, March 10. All ages are invited to participate. We will have a spiritual workshop on Saturday followed by an afternoon of family fun and snow (hopefully). We will celebrate Vespers on Saturday evening and the Divine Liturgy on Sunday morning in the Camp Chapel.

Adults - \$145. 7-17 Years - \$100. Under 7 - Free.

For more information contact the Cathedral Office at (213) 382-6269

APRIL 19 - 21, 2024

45th ANNUAL

**ANTIOCHIAN WOMEN'S LENTEN RETREAT
DIOCESE OF LOS ANGELES AND THE WEST**



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



Her topic will be

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

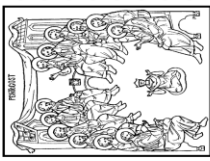
SAVE THE DATE - PLAN TO ATTEND
Watch for full registration details soon!

For questions, please contact
Georgette Malouf via email:
gette0324@yahoo.com

With the blessing of His Eminence, Metropolitan SABA, St. Luke's invites you to join Singers/Chanters from the Diocese of Los Angeles and the West for:



A MUSICAL JOURNEY FROM PASCHA TO PENTECOST



Saturday, March 16, 2024
FREE Workshop begins at 9AM
Great Vespers at 5PM

With choral and chant presentations by:

Archpriest Timothy Baclog Archpriest Michael Tassos
St. Michael, Van Nuys *St. Luke, Garden Grove*

Mareena Boosamra Ball
Antiochian Archdiocese National Sacred Music Choir

Reader Patrick Haddad
Director of Music Ministries - St. Nicholas Cathedral, Los Angeles

Regina Roum
Diocese of Los Angeles and the West Sacred Music Choir

The workshops, lunch, and snacks are hosted by St. Luke's. Optional Middle Eastern Dinner Afterwards | Cost is \$20 per person

Please email or call Anna Nasser at St. Luke's **BEFORE Monday, March 11, 2024** if you plan to attend the workshop and/or the dinner afterwards.
714-971-2244 | saintlukesoc@gmail.com

*ST. LUKE ANTIQOCHIAN ORTHODOX CHURCH
13261 DUNKLEE AVE, GARDEN GROVE, CA 92840*

So often in today's world

it appears that we are ambushed with one crisis after another. It may be something on a global scale or within or parish family or biological family. There always appears to be something

pressuring us for our time and attention. I believe it is no different now than it has ever been but due to technology, we are more rapidly cognizant of these things. I could be wrong, but this is my impression.



So, we compare ourselves to others and on occasion feel inadequate, because our lives don't seem to be as put together as someone else's. We want to find that perfect spouse like it seems everyone else has. We want peace where it may never exist. We desire for everyone else to think pretty much exactly how I think. And so, it goes. The result of all of this is that some of us feel flooded by the emotional surge of anxiety, panic or that we are in a crisis that we can't avert.

As we have now entered this new year, perhaps we have heard people express the thoughts that this year will be better than last year (even though experience tells us it seldom is). I would like to suggest that we each try to slow things down. Let us attempt to be more intentional in our thoughts and actions. Take a brief moment to take a deep breath (the breath of life that God gives without hesitation). We can engage in more reflective moments dealing with our relationships. Don't look beyond down the road. Keep our focus on our three-foot world for a period of time each day. Why three feet you ask? Because it is only within those few feet, we can actually reach (and maybe impact). It is only with that proximity do we have any chance to have control. Past those three feet is the rest of the world which seldom if ever listens to us. Even in the short space within our grasp, the odds are high that many things are beyond our control. And that is okay, so long as I am right with God.

I don't have to reach to find Him. God is ever present within me and next to me. He is everywhere filling all things. My real world is the world that exists between me and God. That ultimately is the only world that needs my full attention. If I am attentive to this relationship that God wants with me, then I can find peace and salvation. God desires that relationship from me, and I have to find a way to match my desire to His. "Thy will be done."

Take some time each day (starting with 10-15 minutes) to focus on "just me and God". Breathe Him in and sit with God. Find His peace within you. Everything else will still be waiting for you when you are done (although maybe after doing this a few times you might realize that some of those items you can just simply ignore). Be attentive to what truly matters - you and God! Then you can do some good in the world.

Fr. Anthony Yazge, Pastor of St. George Church, Indianapolis-Fishers, Indiana

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

Leroy Simon, hospital, 3/16
Kamile Waimrin, home, 3/12
George Ghaoui, home, 3/10
Ousama Zabaneh, home, 3/7
Natalie Waimrin, hospital, 3/4
Hayat Kassab Alchammas, home, 2/29
Leila Milkie, rehab., 2/27
Julian F. Capata, son of Julian and Shirley Capata, 3/22
Angele Wahhab, mother of Lamia Qafaiti, 3/7
Elham Alloush, mother of Arij Watfa Alchammas, 2/29
All those suffering from illness, violence and want in the Gaza conflict, in this country and throughout the world

DEPARTED

Protodeacon George Moubayed, St. Mark Church, Irvine, 3/15
Adrienne Andrews, 3/19
Albert Malouf, 3/16
Nimer Hanna, 3/15
Ronald Davis, Kh. Ruth's father, 2/27
Victims of the Gaza conflict and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

February 2024

Sun. 18	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Lunch • Annual General Assembly
Mon. 19	Funeral for Nimer Hanna , 12:30 pm
Tue. 20	Choir dinner and practice , 6:30 pm
Thu. 22	Funeral for Albert Malouf noon
Sat. 24	FOCUS Food Distribution, 9 am Great Vespers and Confessions, 6 pm
Sun. 25	Metropolitan Saba's First Visit to St. Nicholas Cathedral Reception of Metropolitan into Cathedral, 9 am <ul style="list-style-type: none"> • Matins and Hierarchical Divine Liturgy • Lunch Banquet Young Adult dinner with the Metropolitan, 6 pm
Wed. 28	Choir practice for funeral , 5:45 pm Funeral for Adrienne Andrews , 7 pm
Thu. 29	FOCUS LA Dinner/Launch, 6 pm
March 2024	
Sat. 2	Great Vespers and Confessions, 6 pm
Sun. 3	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Church School • Coffee Hour

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