



St. Nicholas Orthodox Cathedral

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

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TONE 2

MARCH 31, 2024

EOTHINON 10

SECOND SUNDAY OF THE GREAT FAST

**COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA
HYPATIOS THE WONDERWORKER, BISHOP OF GANGRA
THE HOLY AND GLORIOUS PROPHET JOEL**

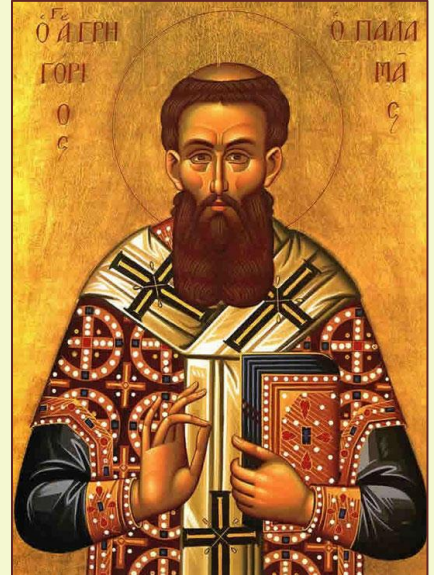
الأحد الثاني من الصوم الكبير

تذكارة أينا الجليل في القديسين غريغوريوس بالاماس رئيس أساقفة تسالونيكية

In our modern thinking, it might have made more sense for Jesus to ride the wave of popularity inaugurated at His baptism – when the heavens opened, the Spirit descended upon Him, and the Father’s voice proclaimed, “This is my beloved son in whom I am well pleased” – and immediately begin His teaching. But our Lord knew that God’s will could only be fully accomplished after His own silence and preparation.

Lent is a journey of preparation for us. Before we can go out and live our Christian faith, we too must descend to a place of inner stillness in prayer and fasting. St. Gregory Palamas, whom we commemorate this second Sunday of Lent, exemplified acquiring this “inner stillness” or “silence,” called hesychasm.

The Desert Fathers say, “A man who cannot be silent has nothing to say.” In this silence, we drown out the noise of the world; we find peace; we gain strength; we listen to the voice of God, and, as St. Gregory Palamas argues, we experience God Himself.



Excerpt from a Reflection by Father Nicholas Triantafilou

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 hell 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 انْحَدَرْتَ إِلَى الْمَوْتِ أَيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينَئِذٍ
أَمَتَّ الْجَحِيمَ بِبِرِّقِ لَاهُوتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتَ مِنْ
تَحْتِ الثَّرَى، صَرَخَ نَحْوَكُ جَمِيعُ السَّمَاوِيِّينَ: أَيُّهَا
الْمَسِيحُ الْإِلَهُ، مُعْطِي الْحَيَاةِ، الْمَجْدُ لَكَ.

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.

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.

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 2)

When Thou didst submit Thyself....

عِنْدَمَا انْحَدَرْتَ إِلَى الْمَوْتِ....

Troparion of St. Gregory Palamas (Tone 8)

O Star of Orthodoxy, Support of the Church and its Teacher, O Comeliness of ascetics, and incontestable Champion of those who speak in theology, Gregory the Wonder-worker, the Pride of Thessalonica and Preacher of grace, implore thou constantly for the salvation of our souls.

يَا كَوْكَبَ الرَّأْيِ الْقَوِيمِ، وَثَبَاتِ الْكَنِيسَةِ وَمُعَلِّمَهَا، وَجَمَالَ
الْمَتَوَحِّدِينَ، وَمُنَاضِلًا عَنِ الْمُتَكَلِّمِينَ بِاللَّاهُوتِ، الَّذِي لَا
يُحَارَبُ، غِرِّيغُورِيُوسَ الْفَاعِلِ الْمُعْجَزَاتِ، فَحَرَ تَسَالُونِيكِيَّةَ
وَكَارُوزَ الْبِعْمَةِ. لَا تَنْفَكْ مُتَشَفِّعًا فِي خَلَاصِ نَفُوسِنَا.

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 أَظْهَرْتَكَ أَفْعَالَ الْحَقِّ لِرَعِيَّتِكَ قَانُونًَا لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرئيسُ الْكَهَنَةِ
نِيقُولَاوسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرِّفْعَةَ، وَبِالْمِسْكِنَةِ
الْغِنَى. فَتَشَفِّعْ إِلَى الْمَسِيحِ الْإِلَهَ أَنْ يُخَلِّصَ نَفُوسِنَا.

Kontakion of the Annunciation (Tone 8)

O victorious Leader of triumphant hosts, we your servants, who have been delivered from danger, sing our grateful thanks to you, O Theotokos. As you have power, which is invincible, set us free from every danger that we may cry out to you: Rejoice, O unwedded Bride!

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهَ، أَكْتُبُ لَكَ رَايَاتِ الْعَلْبَةِ، يَا
جُنْدِيَّةَ مُحَامِيَّةَ، وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَدَّةٍ مِنَ الشَّدَائِدِ، لَكِنْ
بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ أَعْتَقِبْنِي مِنَ صُنُوفِ الشَّدَائِدِ
حَتَّى أَصْرَحَ إِلَيْكَ: إِفْرَحِي يَا عَرُوسًا لَا عَرُوسَ لَهَا.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 11.7, 1 LXX; Tone 5)

You, O Lord, shall keep us and preserve us.

بروكيمنون (مزمو ١١، ٧، ١ سبوع؛ اللحن ٥)

أَنْتَ يَا رَبُّ تَحْفَظُنَا وَتَسْتُرُنَا.

Verse: Save me, O Lord, for the godly man has failed.

خَلِّصْنِي يَا رَبُّ فَإِنَّ الْبَارَّ قَدْ فَنِيَ.

**From St. Paul's Epistle to the Hebrews
(1.10-23; 2nd Sunday of Lent)**

**فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ
(١٠، ١-٢٣؛ ثاني أحد من الصوم)**

"In the beginning, You O Lord, did found the earth, and the heavens are the work of your hands; they will perish, but You remain; they will all grow old like a garment, like a mantle You will roll them up, and they will be changed. But You are the same, and your years will never end." But to what angel has He ever said, "Sit at my right hand, till I make your enemies a stool for your feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

أَنْتَ يَا رَبُّ فِي الْبَدْءِ أَسَسْتَ الْأَرْضَ، وَالسَّمَاوَاتِ هِيَ صُنْعُ يَدَيْكَ. هِيَ تَزُولُ وَأَنْتَ تَبْقَى وَكُلُّهَا تَبْلَى كَالثَّوْبِ. وَتَطْوِيهَا كَالرِّدَاءِ فَتَتَعَيَّرُ، وَأَنْتَ أَنْتَ وَسِنُوكَ لَنْ تَفْنَى. "وَلِمَنْ مِنَ الْمَلَائِكَةِ قَالَ قَطُّ" إِجْلِسْ عَنِّي يَمِينِي حَتَّى أَجْعَلَ أَعْدَاءَكَ مَوْطِئًا لِقَدَمَيْكَ؟" أَلَيْسُوا جَمِيعُهُمْ أَرْوَاحًا خَادِمَةً تُرْسَلُ لِلْخِدْمَةِ مِنْ أَجْلِ الَّذِينَ سَيَرْثُونَ الْخَلَاصَ؟

Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

فَلِدَلِكَ يَجِبُ عَلَيْنَا أَنْ نُصْغِيَ إِلَى مَا سَمِعْنَاهُ إِصْغَاءً أَشَدَّ لِقَائِلًا يَسْرَبُ مِنْ أَذْهَانِنَا. فَإِنَّهَا إِنْ كَانَتْ الْكَلِمَةُ الَّتِي نُطَقُ بِهَا عَلَى أَلْسِنَةِ مَلَائِكَةٍ قَدْ تَبَيَّنَتْ، وَكُلُّ تَعَدٍّ وَمَعْصِيَةٍ نَالَ جَزَاءً عَدْلًا. فَكَيْفَ نَفْلِتُ نَحْنُ إِنْ أَهْمَلْنَا خَلَاصًا عَظِيمًا كَهَذَا؟ قَدْ ابْتَدَأَ النُّطْقُ بِهِ عَلَى لِسَانِ الرَّبِّ، ثُمَّ تَبَيَّنَتْ لَنَا الَّذِينَ سَمِعُوهُ.

**Holy Gospel according to St. Mark
(2.1-12; 2nd Sunday of Lent)**

**مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ
الطَّاهِرِ (١، ٢-١٢؛ ثاني أحد من الصوم)**

AT THAT TIME, when Jesus returned to Capernaum after some days, it was reported that He was home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic,

فِي ذَلِكَ الزَّمَانِ، دَخَلَ يَسُوعُ كَفَرْنَاحُومَ وَسَمِعَ أَنَّهُ فِي بَيْتِهِ. فَلِلْوَقْتِ اجْتَمَعَ كَثِيرُونَ، حَتَّى أَنَّهُ لَمْ يَعْذُ مَوْضِعٌ وَلَا مَا حَوْلَ الْبَابِ يَسْعُ، وَكَانَ يُخَاطِبُهُمْ بِالْكَلِمَةِ. فَأَتُوا إِلَيْهِ بِمُخَلَّعٍ يَحْمِلُهُ أَرْبَعَةً. وَإِذْ لَمْ يَقْدِرُوا أَنْ يَفْتَرِبُوا إِلَيْهِ لِسَبَبِ الْجَمْعِ، كَشَفُوا السَّقْفَ حَيْثُ كَانَ. وَبَعْدَ مَا تَقَبَّوهُ، دَلُّوا السَّرِيرَ الَّذِي كَانَ الْمُخَلَّعُ مُضْطَجِعًا عَلَيْهِ. فَلَمَّا رَأَى يَسُوعُ إِيمَانَهُمْ، قَالَ لِلْمُخَلَّعِ: "يَا ابْنِي، مَغْفُورَةٌ لَكَ خَطَايَاكَ." وَكَانَ قَوْمٌ مِنْ

“Son, your sins are forgiven.” Now some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins”—He said to the paralytic—“I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

الكَتَبَةِ جَالِسِينَ هُنَاكَ يُفَكِّرُونَ فِي قُلُوبِهِمْ "مَا بَالُ هَذَا يَتَكَلَّمُ هَكَذَا بِالتَّجْدِيفِ؟ مَنْ يَقْدِرُ أَنْ يَغْفِرَ الْخَطَايَا إِلَّا اللَّهُ وَحْدَهُ؟" فَلِلْوَقْتِ عَلِمَ يَسُوعُ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هَكَذَا فِي أَنْفُسِهِمْ، فَقَالَ لَهُمْ: "لِمَاذَا تُفَكِّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟ مَا الْأَيْسَرُ أَنْ يُقَالَ "مَغْفُورَةٌ لَكَ خَطَايَاكَ" أَمْ أَنْ يُقَالَ "قُمْ وَاحْمِلْ سَرِيرَكَ وَامْشِ"؟ وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا (قَالَ لِلْمُخَلِّعِ) "لَكَ أَقُولُ، قُمْ وَاحْمِلْ سَرِيرَكَ وَادْهَبْ إِلَى بَيْتِكَ." فَقَامَ لِلْوَقْتِ وَحَمَلَ سَرِيرَهُ وَخَرَجَ أَمَامَ الْجَمِيعِ، حَتَّى دَهَشَ كُلُّهُمْ وَمَجَّدُوا اللَّهَ قَائِلِينَ "مَا رَأَيْنَا مِثْلَ هَذَا قَطُّ".

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
Nassif and Randa Shammaa	Elias Shammaa (son, 18 th birthday), Nour Shammaa (daughter), Nicholas Shammaa (nephew, 20 th birthday) and Phillippe Shammaa (nephew)	
Edward and Georgette Malouf and family		Albert and Freda Nader, Charles and Leila Malouf, Joe and Josephine Ferris, Jack Hanna and Abboudie Nader
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)

To offer Holy Oblations and Memorials please use the form at

<https://stnicholasla.com/makeaprayrequest> or call the Cathedral office by Wednesday.

WE SERVE THE LITURGY OF ST. BASIL TODAY

From the point in the service where Father invites us, "Let us give thanks unto the Lord," turn to the middle of page 134 in the brown hardback books to continue participating in the Prayer of the Anaphora.

MEGALYNARION OF ST. BASIL'S LITURGY (TONE 8)

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed Temple and spiritual Paradise, Glory of virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

إِنَّ الْبَرَايَا بِأَسْرِهَا، تَفْرَحُ بِكَ يَا مُتَمَلِّئَةَ نِعْمَةً: مَحَافِلُ الْمَلَائِكَةِ،
وَأَجْنَسَ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدِّسِ، وَالْفِرْدَوْسُ النَّاطِقُ،
فَخُزُّ الْبَتُولِيَّةِ مَرْيَمَ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلاً، وَهُوَ
إِهْنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنََّّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ
بَطْنِكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُتَمَلِّئَةَ نِعْمَةً، تَفْرَحُ بِكَ
كُلُّ الْبَرَايَا وَتُحْمَدُكَ.

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/chapel area) doors, and join us in the Heritage Ballroom for refreshments. Coffee hour is hosted today by:

- Nassif and Randa Shammaa, in celebration of Elias' 18th birthday.



Upcoming Coffee Hour Schedule

April 7	Diana Nofal and Family	May 19	Robin Nicholas
April 14	Annual "Falafel Day" by the Shousha, Qafaiti and Nima families	May 26	OPEN
April 21	Hannan Lahham (40-day memorial for Osama Lahham)		
April 28	Ladies' Palm Sunday Bake Sale		
May 5	Pascha Breakfast		
May 12	Men's Fellowship (Mother's Day)		

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. Contact Jouvou George at (562) 522-1322 or ginageorge@verizon.net to reserve a Sunday.*

RECOGNIZING OUR LADIES

March is Women's Month in the Archdiocese. During this month we ask our ladies to serve as ushers, readers, etc., in order to highlight the indispensable role our women have served throughout Christian history up to and including the present.

Together with the Ladies throughout the US and Canada, our Women have taken up a new project, to establish an endowment fund to help widowed clergy wives.



The Palm Sunday Bake Sale and Coffee Hour will be held on Palm Sunday, April 28, in the Heritage Ballroom, after *both* Palm Sunday Liturgies. Everyone is invited to place their pre-orders or shop after Liturgy. Be sure to get all your favorite sweets and treats! Ordering ahead is encouraged due to limited quantities.

Be sure to look for the special order form in the Sunday bulletin, in the Antiochian Women Newsletter, on Facebook or on the St. Nicholas website (stnicholasla.org), for more information and to place your orders. Please place your orders ASAP, because all this good stuff goes fast! Jacqui's number is (626) 476-9070 and her email address is jmbadaro@hotmail.com

The Palm Sunday Bake Sale has always been one of the Cathedral's traditions. The St. Nicholas Antiochian Women need help with baking and donations. Let us all help to make this a successful and delicious event to celebrate the special feast day. Please contact Chairwoman Jacqui Badaro to contribute with either your delicious homemade sweets or to donate needed funds.

CHURCH SCHOOL CLASSES TODAY

Today: our classes will continue the study of St. Paul's Epistle to the Romans— **Lesson II.3: "The Law/Torah" (Romans 8:2-4 and Matthew 5:17-19)**. Please discuss it with your children at home, to reinforce their lessons.



You will find the **Church School Calendar online** and updated with changes (scan this QR code, or enter <https://bit.ly/SNCschool23-24>).

2024 LENTEN SERVICES

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.

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

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.

- Various Cathedral organizations will host dinner some weeks—to be announced. Otherwise, bring one Lenten item to share for a potluck after Liturgy.
 - **April 3: The Altar Society is preparing dinner**, so no need to bring anything.
- A short spiritual discussion will follow.

Fridays — Little Compline with the **Akathist Hymn to the Theotokos at 6:30 p.m.**

Saturdays — We serve the Liturgy each Saturday morning in Lent. See the calendar for the specific times; some Saturdays the Liturgy will be early, before FOCUS.

The Fifth Thursday, April 18 — 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 28 • Pascha: May 5



Walking with Jesus
Reflections on the Via Dolorosa

A LENTEN RETREAT
The V. Rev. John W. Fenton
Pastor, St Michael Orthodox Church
Faculty, Antiochian House of Studies

Saturday, April 13 | 9 a.m. – 3 p.m.
St Michael Orthodox Church, Whittier
Antiochian Orthodox Christian Archdiocese of N. Am.
3333 Workman Mill Road † Whittier, CA 90601

www.StMichaelWhittier.org
StMichaelWhittier@gmail.com † 562.692.6121

Lunch provided † Donation Accepted
RSVP Requested

**45th ANNUAL
ANTIOCHIAN WOMEN'S LENTEN RETREAT
DIOCESE OF LOS ANGELES AND THE WEST
APRIL 19 - 21, 2024**

**AT CAMP
ST NICHOLAS
FRAZIER PARK, CA**



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”

REGISTRATION INFORMATION:

You may register and pay online using a credit card at:

<https://tithe.ly/event-registration/#/8523483>

Or, Mail in the registration form and your check payable to Antiochian Women, Diocese of the West OR AW DLAW

Full Weekend 2 nights/5 meals EARLY BIRD by April 4th

Pay by check: \$170 Online payment: \$175

Full Weekend 2 nights/5 meals AFTER April 4th

Pay by check: \$170 Online payment: \$175

Saturday Only - 3 meals Pay by check: \$80 Online payment \$83

**For questions, please contact Georgette Malouf
via email: gette0324@yahoo.com or via phone at: 818-391-6217**

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

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)

-THE SOWER OF GOOD SEEDS-

هَذَا وَإِنَّ مَنْ يَزْرَعُ بِالسَّخِّ فَيَالسَّخِّ أَيْضًا يَحْصُدُ، وَمَنْ يَزْرَعُ بِالْبَرَكَاتِ فَيَالْبَرَكَاتِ أَيْضًا يَحْصُدُ. كُلُّ وَاحِدٍ كَمَا يَنْوِي بِقَلْبِهِ، لَيْسَ عَنْ حُزْنٍ أَوْ اضْطِرَّارٍ. لِأَنَّ الْمُعْطِيَ الْمَسْرُورَ يُحِبُّهُ اللهُ. (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



REGISTRATION FOR SUMMER CAMP IS NOW OPEN

Register online at www.campstnicholas.com/site/summer-camp/

Session 2/Teen Week is already full!

Please sign up online for week 1 or week 3 ASAP, before they fill up too!

St. Nicholas Cathedral will pay half the cost for all our campers. If you need additional help, just ask Fr. Nabil privately. Just register, and pay the deposit for now.

Please contact Fr. Andrew if you are having any problems with the online sign-up process.

Camp is the most important and most effective part of our youth ministry program. We are offering these generous scholarships because we believe Camp is *that* important.

Camp St. Nicholas
Summer Camp Registration

Friday, February 23rd at 7pm PST

Week 1: July 14-20
Week 2: July 21-27 (Teen Week)
Week 3: July 28-Aug 3

www.campstnicholas.com

GET THE DISCOUNT PRICE ON THE YOUNG ADULT HAFLEH

Though we just started the Great Fast, we also look forward to celebrating the Resurrection.

To that end, the Young Adults of St. Nicholas Cathedral have invited the young adults (approximately age 20-35) of our sister Orthodox parishes in Southern California to the 2nd Annual Young Adult Paschal Hafleh (Arabic for “party”).

Register **TODAY** to take advantage of our early bird pricing by scanning the QR code on the flyer at right.

The Hafleh was a very successful event last year, and we hope it will continue to grow and become an established tradition going forward.



VESPERS AT 6PM
HAFLEH AT 7PM

LOCATION: ST. NICHOLAS CATHEDRAL HALL
2300 W 3RD ST. LOS ANGELES, 90057

Dinner • Drinks • Dancing • Photo Booth • More!

DRESS CODE: FORMAL



\$50 Early Bird by 3/31
\$65 Regular by 5/2

NO TICKETS SOLD AT THE DOOR!

Use the QR Code or link in bio to RSVP



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

Fr. Joseph Abud, friend of Fr. Nabil and Kh. Elaine, 5/1

Leroy Simon, hospital, 4/25

Natalie Waimrin, hospital, 4/13

Evonne Chala, home, 4/9

Hayat Kassab Alchammas, home, 4/9

Asad Aboud, rehab., 3/31

Julian E. Capata, home, 3/30

Julian F. Capata, son of Julian and Shirley Capata, 5/1

Angele Wahhab, Lamia Qafaiti's mother, 4/16

Sharon Carothers, friend of Fr. Andrew and Kh. Ruth, 4/10

Elham Alloush, 4/9

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

DEPARTED

Ousama Zabaneh, 4/24

Carlos Alegria, 4/12

William Haddad, 4/12

Anna Victoria Cebedo, Armando Cano's wife, 4/14

Victims of the Gaza conflict and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

March 2024

Sun. 31

Spanish Mission Liturgy, 7:45 am
 • **Fellowship and Bible Study in Spanish**
Matins, 9:15 am
Divine Liturgy, 10:30 am
 • **Church School**
 • **Coffee Hour**

April 2024

Mon. 1

Great Compline, 6:30 pm

Wed. 3

Presanctified Liturgy, 6:30 pm
 • **Dinner**
 • **Brief Discussion**

Fri. 5

Little Compline with Akathist, 6:30 pm

Sat. 6

Divine Liturgy, 7 am
FOCUS charity food and clothing distribution, 9 am
 • **Get updated Flu and Covid vaccines**
Great Vespers and Confessions, 6 pm

Sun. 7

Spanish Mission Liturgy, 7:45 am
 • **Fellowship and Bible Study in Spanish**
Matins, 9:15 am
Divine Liturgy, 10:30 am
 • **Church School**
 • **Coffee Hour**

Mon. 8

Great Compline, 6:30 pm

Tue. 9

Choir dinner and practice, 6:30 pm

Wed. 10

Presanctified Liturgy, 6:30 pm
 • **Potluck Dinner**
 • **Brief Discussion**

Fri. 12

Little Compline with Akathist, 6:30 pm

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