



St. Nicholas Orthodox Cathedral

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

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TONE 3

FEBRUARY 19, 2023

EOTHINON 3

SUNDAY OF THE LAST JUDGEMENT (MEAT FARE)

أحد الدينونة الاخيرة (مرفع اللحم)

APOSTLES ARCHIPPOS, PHILEMON AND APPIAS OF THE SEVENTY



LIFT UP AND STRETCH OUT YOUR HANDS, NOT TO HEAVEN, BUT TO THE POOR; FOR IF YOU STRETCH FORTH YOUR HANDS TO THE POOR, YOU HAVE REACHED THE SUMMIT OF HEAVEN, BUT IF YOU LIFT UP YOUR HANDS IN PRAYER WITHOUT SHARING WITH THE POOR, IT IS WORTH NOTHING.

(St. John Chrysostom)

LITURGY VARIATIONS

THIRD ANTIPHON: TROPARION OF THE RESURRECTION (TONE 3)

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

لَتَفْرَحَ السَّمَاوِيَّاتُ وَتَبْتَهِجَ الْأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عَجْزًا بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَصَارَ بِكُرِّ الْأَمْوَاتِ، وَأَنْقَذَنَا مِنْ جَوْفِ الْجَحِيمِ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 3)

Let the heavens rejoice....

لَتَفْرَحَ السَّمَاوِيَّاتُ....

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 أَظْهَرْنَاكَ أَفْعَالَ الْحَقِّ لِرِعَائِكَ قَانُونَاً لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَتِيسَ الْكَهَنَةِ
نَيَقُولَا وَس. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمِسْكِنَةِ الْغِنَى.
فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion for the Sunday of Last Judgement (Tone 1)

When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

إِذَا أَتَيْتَ يَا اللَّهُ عَلَى الْأَرْضِ بِمَجْدٍ، فَتَرْتَعِدُ مِنْكَ الرِّبَايَا
بِأَسْرِهِا، وَتَهْرُ النَّارِ يَجْرِي أَمَامَ عَرْشِكَ، وَالصُّحُفُ تُفْتَحُ،
وَالْحَقَائِيا تُشْهَرُ، فَتَجْنِي حِينَئِذٍ مِنَ النَّارِ الَّتِي لَا تُطْفَأُ، وَأَهْلِييَا
لِلْوَقُوفِ عَنِ يَمِينِكَ، أَيُّهَا الدِّيَّانُ الْعَادِلِ.

THE SCRIPTURE LESSONS

Prokeimenon (Tone 2; Psalm 117.14, 18 LXX)

The Lord is my strength and my song.

Verse: The Lord has chastened me sorely.

بروكيمنون (اللعن ١؛ مزمو ١٤، ١١٧، ١٨ سبع).

قُوَّتِي وَتَسْبِيحِي الرَّبِّ.

أَدْبَاباً أَذْبَى الرَّبِّ، وَإِلَى الْمَوْتِ لَمْ يُسَلِّفْنِي.

St. Paul's 1st Epistle to the Corinthians (8.8-9.2; Sunday of the Last Judgment)

BRETHREN, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care, lest this liberty of yours somehow become a stumbling block to the weak. For if anyone sees you—a man of knowledge—at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ الْأُوْلَى إِلَى أَهْلِ

كورنثوس (٨، ٢-٩؛ الدينونة الاخرة)

يَا إِخْوَةَ، إِنَّ الطَّعَامَ لَا يُفَرِّقُنَا إِلَى اللَّهِ، لِأَنَّا إِنْ أَكَلْنَا لَا نَزِيدُ
وَإِنْ لَمْ نَأْكُلْ لَا نَنْقُصُ. وَلَكِنْ انظُرُوا أَنْ لَا يَكُونَ سَلْطَانُكُمْ
هَذَا مَعْتَرَةً لِلضَّعْفَاءِ. لِأَنَّهُ إِنْ رَأَى أَحَدٌ يَا مَنْ لَهُ الْعِلْمُ مُتَّكِيًا
فِي بَيْتِ الْأَوْثَانِ، أَفَلَا يَتَقَوَّى ضَمِيرُهُ، وَهُوَ ضَعِيفٌ، عَلَى أَكْلِ
ذَبَائِحِ الْأَوْثَانِ. فَيَهْلِكُ بِسَبَبِ عِلْمِكَ الْأَخِ الضَّعِيفِ الَّذِي
مَاتَ الْمَسِيحُ لِأَجْلِهِ؟ وَهَكَذَا إِذْ تُخْطِئُونَ إِلَى الْإِخْوَةِ وَتَجْرَحُونَ

brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Holy Gospel according to St. Matthew (25.31-46; Sunday of the Last Judgement)

THE LORD SAID, "When the Son of Man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.' Then He will say to those at his left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no

ضَمَائِرُهُمْ، وَهِيَ ضَعِيفَةٌ، إِنَّمَا تُحْطُونَ إِلَى الْمَسِيحِ. فَلِذَلِكَ إِنْ كَانَ الطَّعَامُ يُشَكِّكَ أَخِي، فَلَا أَكُلْ لَحْمًا إِلَى الْأَبَدِ لِقَلًّا أَشَكِّكَ أَخِي. أَلَسْتُ أَنَا رَسُولًا؟ أَلَسْتُ أَنَا حُرًّا؟ أَمَا رَأَيْتَ يَسُوعَ الْمَسِيحَ رَبَّنَا؟ أَلَسْتُمْ أَنْتُمْ عَمَلِي فِي الرَّبِّ؟ وَإِنْ لَمْ أَكُنْ رَسُولًا إِلَى آخَرِينَ، فَلِئِي رَسُولٌ إِلَيْكُمْ. لِأَنَّ خَاتَمَ رِسَالَتِي هُوَ أَنْتُمْ فِي الرَّبِّ.

مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ (٢٥،٣١-٤٦؛ الدينونة الاخيرة)

قَالَ الرَّبُّ: مَتَى جَاءَ ابْنُ الْبَشَرِ فِي مَجْدِهِ وَجَمِيعُ الْمَلَائِكَةِ الْقَدِيسِينَ مَعَهُ، فَحِينئذٍ يَجْلِسُ عَلَى عَرْشِ مَجْدِهِ. وَتُجْمَعُ إِلَيْهِ كُلُّ الْأُمَمِ، فَيَمَيِّزُ بَعْضَهُمْ مِنْ بَعْضٍ، كَمَا يَمَيِّزُ الرَّاعِي الْخِرَافَ مِنَ الْجِدَاءِ. وَيَقِيمُ الْخِرَافَ عَنْ يَمِينِهِ وَالْجِدَاءَ عَنْ يَسَارِهِ. حِينئذٍ يَقُولُ الْمَلِكُ لِلَّذِينَ عَنْ يَمِينِهِ: تَعَالَوْا يَا مُبَارِكِي أَبِي رَثْوَا الْمَلِكِ الْمَعَدَّةَ لَكُمْ مُنذُ إِنْشَاءِ الْعَالَمِ. لِأَنِّي جَعْتُ فَأَطْعَمْتُمُونِي، وَعَطِشْتُ فَسَقَيْتُمُونِي، وَكُنْتُ غَرِيبًا فَأَوْثَمْتُمُونِي. وَغَرِيانًا فَكَسَوْتُمُونِي، وَمَرِيضًا فَعَدَّيْتُمُونِي، وَمَحْبُوسًا فَأَتَيْتُمُنِي إِلَى. حِينئذٍ يُجِيبُهُ الصِّدِّيقُونَ قَائِلِينَ: يَا رَبُّ مَتَى رَأَيْنَاكَ جَائِعًا فَأَطْعَمْنَاكَ، أَوْ عَطِشْنَاكَ فَسَقَيْتَنَاكَ؟ وَمَتَى رَأَيْنَاكَ غَرِيبًا فَأَوْثَمْنَاكَ، أَوْ غَرِيانًا فَكَسَوْنَاكَ. وَمَتَى رَأَيْنَاكَ مَرِيضًا أَوْ مَحْبُوسًا فَأَتَيْنَاكَ إِلَيْكَ؟ فَيَجِيبُ الْمَلِكُ وَيَقُولُ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ، بِمَا أَنْتُمْ فَعَلْتُمْ ذَلِكَ بِأَحَدٍ إِخْوَتِي هؤُلاءِ الصِّغَارِ فِي فَعْلَتُمُوهُ. حِينئذٍ يَقُولُ أَيْضًا لِلَّذِينَ عَنْ يَسَارِهِ: أَذْهَبُوا عَنِّي يَا مَلَاعِينُ إِلَى النَّارِ الْأَبَدِيَّةِ الْمَعَدَّةِ لِإِبْلِيسَ وَمَلَائِكَتِهِ. لِأَنِّي جَعْتُ فَلَمْ تُطْعَمُونِي، وَعَطِشْتُ فَلَمْ تَسْقُونِي. وَكُنْتُ غَرِيبًا فَلَمْ تُؤْوُونِي، وَغَرِيانًا فَلَمْ تَكْسُونِي، وَمَرِيضًا وَمَحْبُوسًا فَلَمْ تَزُورُونِي. حِينئذٍ يُجِيبُونَهُ هُمْ

food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."

أَيْضاً قَائِلِينَ: يَا رَبُّ، مَتَى رَأَيْنَاكَ جَائِعاً أَوْ عَطْشَاناً أَوْ غَرِيْباً
أَوْ غَرِيْبَاناً أَوْ مَرِيْضاً أَوْ مَحْبُوساً وَمَ تَخْدِمُكَ؟ حِينَئِذٍ يُجِيبُهُمْ
قَائِلًا: الْحَقُّ أَقُولُ لَكُمْ، بِمَا أَنْتُمْ لَمْ تَفْعَلُوا ذَلِكَ بِأَحَدٍ هَؤُلَاءِ
الصِّغَارِ، فَبِي لَمْ تَفْعَلُوهُ. فَيَذْهَبُ هَؤُلَاءِ إِلَى الْعَذَابِ الْأَبَدِيِّ،
وَالصَّادِقُونَ إِلَى الْحَيَاةِ الْأَبَدِيَّةِ.

HOLY OBLATIONS AND PRAYER REQUESTS

- By Robin and Brian Winn, Robert and Cynthia Jabour, Kalen Winn and children, for the repose of mother/grandmother/great-grandmother Marie Jabour (1-year memorial).
- By the Badaro family, for the health of Victoria, Aaron, Layal and Joseph, and in memory of Bejis, Nimreh, Victoria, Joseph, Jocelyn and John.
- By Salwa Ayoub, for the health of her family, and in memory of Emil Ayoub and Gretta Ayoub Casalnuovo.
- By Joanne L. Hanna, in memory of mother Olga Khourey (16 years), brother George Khourey (15 years), sister Lenda Jones (3 years) and godmother Lorraine Baba (10 years).
- By Samer and Reem Gergeos, in memory of parents Antonios Gergeos, Adib Kahouch and Nawal Sarhan.
- By George, Mariam, Mark, Antonio and Hend Bshara.
- By Ehab, Rania, Sami, Selena and Anthony Dahabreh, in memory of Rania's father, Hani Tadros, and of Ehab's mother, Nawal Hawatmeh Dahabreh.

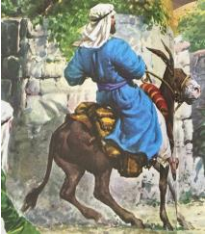
To offer Holy Oblations and Memorials please use the form at

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

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.

Last Sunday, we received \$7,323 (including online donations). Also, the Archdiocese had a \$150,000 match for online donations; thanks be to God, we exceeded that goal!



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

All church school classes from first grade on up will study today Numbers chapters 22-24 (pp. 164-69) in *The Golden Children's Bible*. (Note that, the Church School continued working on creative festival entries last week and postponed this lesson to today.)

One of the things we learn from the passage is that we all need someone *else* to help us reflect on what we're doing and to see our motivations objectively, so that we don't walk through life with spiritually blind eyes.

ANNOUNCEMENTS

PLEASE JOIN US FOR FELLOWSHIP AND LUNCH AFTER LITURGY

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

- Coffee hour is hosted today by the Brian Winn family and the Robert Jabour family, in memory of mother Marie Jabour.

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.

VOTE FOR CATHEDRAL COUNCIL TODAY

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

ENJOY YOUR STEAK TODAY!

- ***Today is the last day we eat meat!***
- Starting tomorrow, February 20, we ease into Lent by eliminating meat but *continuing* to eat fish and dairy products (even on Wednesday and Friday).
- Then we begin the Great Fast proper by eliminating dairy products, eggs and fish after the service of Forgiveness Vespers on February 26.



STEWARDSHIP: EXPRESSING OUR LOVE FOR GOD

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

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



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

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

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

Regular Stewardship Pledge for 2023
2300 W. 3rd Street • Los Angeles, CA 90057
I/we 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) _____ 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: \$ _____ per week month year

Giving by Check/Cash/Stock, etc.
 Giving by Bank Draft 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 _____

By selecting the Bank Draft or Credit Card options, I authorize St. Nicholas Cathedral to charge my account the amount stated until I provide a written cancellation. The convenience of automatic recurring billing is processed through the authorize.net payment system.

Keep my name anonymous (amounts are never published).

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

1. **For confidentiality:** you can place your donations in an envelope. We handle all donations in strict confidence.
2. **For cash:** be sure to write your name in the space provided inside the flap, so we can credit your donations properly.
3. **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.*

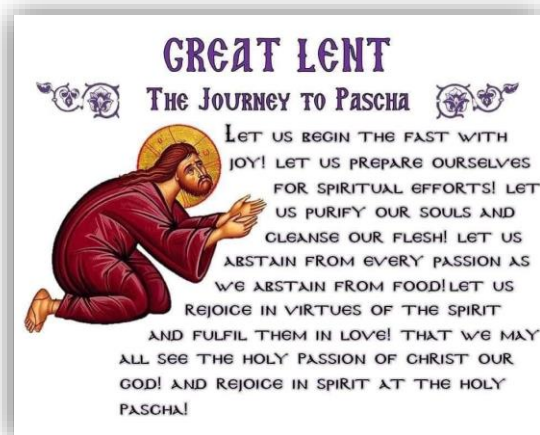
The First Saturday, March 4 — On the first Saturday of Lent, we serve the Liturgy in commemoration of St. Theodore and the miracle of the boiled wheat, including another memorial for **All Souls: Matins 9:30 a.m./Liturgy and Memorial at 10:30 a.m.** *You may bring koliva and a list of the names of your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



Antiochian Women DLAW Present
A DAY RETREAT FOR ORTHODOX MOMS

St Luke - Garden Grove, CA
Saturday – February 25, 2023

RETREAT FOCUS WILL BE SPECIFIC TO MOMS

RAISING CHILDREN IN THE CHURCH

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

DAY RETREAT – MINIMUM DONATION OF \$30

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

LITE BREAKFAST, LUNCH & SNACKS ARE INCLUDED

You may register by using this google doc link: <https://forms.gle/MTY36AFP6zosFimI8>

Or by emailing this registration form to: antiochianwomenla@gmail.com
and paying online using Venmo at: @ladiesofstluke-stluke (image of the Theotokos)

Ladies of St. Luke St. Luke

Or

@ladiesofStLuke-StLuke

Mail in this registration form and your check payable to:

Antiochian Women Diocese of LA & the West or AWD/LAW to:
AW DLAW 8161 E. Kaiser Blvd #27905 Anaheim, CA 92809



venmo

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

All Participants Must be 18 and Older

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

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

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



Saint Nicholas LA Young Adult Ministry

INTRO TO LENT VESPERS, DINNER & DISCUSSION

**Saturday February 25th
Vespers starts at 6pm**

Discussion will be led by Father Nabil at
the Cathedral Hall

RSVP below and we hope to see you there!



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

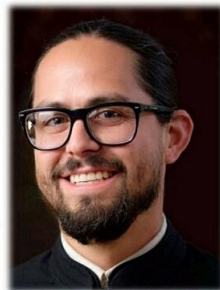
LENTEN RETREAT FOR MEN AND WOMEN

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

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.

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

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

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

Wael Madanat, brother of George Madanat, 2/22

Victims of the earthquake in Syria and Turkey, of violence in Ukraine and everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

February 2023

Sun. 19	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Divine Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Church School • Coffee hour
Mon. 20	<i>Beginning of Cheesefare Week</i> Cathedral Council online meeting, 7 pm
Tue. 21	Choir dinner and practice, 6:30 pm
Wed. 22	Bereavement Group online meeting, 7 pm Byzantine Music class, 7 pm
Sat. 25	FOCUS Food Distribution , 8:30 am <ul style="list-style-type: none"> • Deb/Escort meeting Great Vespers and Confession, 6 pm <ul style="list-style-type: none"> • Young Adult dinner/gathering
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 – benefit for Syria Relief Debutante Father/Daughter Luncheon , 12:30 at Lakeside Country Club Forgiveness Vespers , 6:30 pm
Mon. 27	<i>First Day of the Great Fast</i> Great Compline , 6:30 pm
Tue. 28	Great Compline , 6:30 pm Church School staff meeting, 8 pm

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