



St. Nicholas Orthodox Cathedral

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

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TONE 5

MARCH 5, 2023

EOTHINON 5

1ST SUNDAY OF THE GREAT FAST • SUNDAY OF ORTHODOXY

الأحد الأوّل من الصوم الكبير (أحد الأورثذكسية)

HIEROMARTYR KONON OF ISAURIA
MARTYRS ARCHELAOS AND HIS 152 COMPANIONS IN EGYPT



LITURGY VARIATIONS

FIRST ANTIPHON (PSALMS 92.1-2; 105.2; 106.2 LXX)

The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength.

Refrain: Through the intercessions of the Theotokos, Savior, save us.

For He has established the world so sure that it shall never be moved. *Refrain*

Who can utter the mighty acts of the Lord?
Who can cause all His praises to be heard?
Refrain

الرَّبُّ قَدْ مَلَكَ، وَالْجَلالَ لَيْسَ. لَيْسَ الرَّبُّ القُوَّةَ وَمَنْطَقَ بِهَا.

اللازمة: بِشَفَاعَاتِ والدةِ الإله، يا مُخْلِصُ حَلِّصْنَا.

لَأَنَّهُ ثَبَّتَ المِسْكُونَةَ فَلَا تَتَزَعَّجُ اللازمة.

مَنْ ذَا الَّذِي يُجَدِّدُ عَنْ عَظَائِمِ الرَّبِّ؟ مَنْ ذَا الَّذِي يُجَيِّدُ

بِجَمِيعِ مَدَائِحِهِ؟ اللازمة

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 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.

Let the redeemed of the Lord say so, whom
He hath redeemed from the hand of the en-
emy. *Refrain*

Glory..., Now.... *Refrain*

لِيُقْسَلْ هَذَا مَقْدِيئُو الرَّبِّ الَّذِينَ افْتَدَاهُمْ مِنْ أَيْدِي
الْأَعْدَاءِ. اللازمه

المجدُ ... الآنَ وكلَّ أوانٍ ... اللازمه

SECOND ANTIPHON (PSALMS 106.8, 32; 32.18; 101.20 LXX)

Let them praise the Lord for His mercies, and
for His wonderful works to the children of
men.

Refrain: O Son of God, *Who art risen from the
dead*, save us who sing unto Thee: Alleluia.

Let them exalt Him in the congregation of the
people, and praise Him in the seat of the
elders. *Refrain*

The eyes of the Lord are upon them that fear
Him, upon them that hope in His mercy.
Refrain

To hear the groaning of the prisoners, to
loose the sons of the slain. *Refrain*

Glory to the Father, and to the Son, and to the
Holy Spirit, Now and ever, and unto ages of
ages. Amen. O only-begotten Son....

فَلْيُقِيسُوا لِلرَّبِّ بِمَرَاحِمِهِ وَبِعَجَائِبِهِ لَيْبِي الْبَشَرِ.

اللازمه: حَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ،
لِنُرْتَلِّ لَكَ. هَلِّلُوبِيَا.

لِيُعْظَمُوهُ فِي جَمْعِ الشُّعُوبِ وَلِيُسَبِّحُوهُ فِي مَجْلِسِ
الشُّيُوخِ. اللازمه

هَا إِنَّ عَيْنِي الرَّبِّ إِلَى الَّذِينَ يَخَافُونَهُ، الَّذِينَ يَتَوَكَّلُونَ عَلَى
رَحْمَتِهِ. اللازمه

لِيَسْمَعَ أَيْنِ الْمُعْتَقَلِينَ وَيُنْقِذَ أَوْلَادَ الْمَائِتِينَ. اللازمه

المجدُ ... الآنَ وكلَّ أوانٍ ... يا كلمة الله....

THIRD ANTIPHON (PSALMS 68.39; 117.24; 107.3 LXX): TROPARION OF THE 1ST SUNDAY OF LENT AS REFRAIN (TONE 2)

Let the heavens and the earth praise Him.

Refrain: Thy pure image do we venerate, O
good One, asking forgiveness of our
sins, O Christ our God; for by Thine
own good will Thou didst ascend
the Cross in Thy body, to save Thy
creatures from the bondage of the
enemy. Wherefore, with thankful-
ness we cry aloud to Thee: Thou
hast verily filled all with joy, since

لِتُسَبِّحَهُ السَّمَاوَاتُ وَالْأَرْضُ.

اللازمه: لِيَصُورَتَكَ الطَّاهِرَةَ نَسْجُدُ أَيُّهَا الصَّالِحُ، طَالِبِينَ
عُفْرَانَ الْخَطَايَا، أَيُّهَا الْمَسِيحُ إلهْنَا، لِأَنَّكَ قَبِلْتَ أَنْ
تَرْتَفِعَ بِالْجَسَدِ عَلَى الصَّلِيبِ طَوْعًا، لِتُنَجِّيَ الَّذِينَ
خَلَقْتَ مِنْ عُبُودِيَّةِ الْعَدُوِّ. لِذَلِكَ هَمْتِفُ إِلَيْكَ

Thou didst come, O our Savior, to
save the world.

بِشُكْرِ: لَقَدْ مَلَأْتَ الْكُلَّ فَرِحًا يَا مُخْلِصَنَا، إِذْ أَتَيْتَ
لِتُخْلِصَ الْعَالَمَ.

This is the day which the Lord hath made; let
us rejoice and be glad in it. *Refrain*

O Lord my God, I will give thanks unto Thee
forever. *Refrain*

هَذَا هُوَ الْيَوْمُ الَّذِي صَنَعَهُ الرَّبُّ فَلْتَهَلَّلْ وَانْفِرْ بِهِ. *اللازمة*
أَيُّهَا الرَّبُّ إِلَهِي إِيَّاكَ أَحْمَدُ إِلَى الْأَبَدِ. *اللازمة*

APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 5)

Let us believers praise and worship the
Word, coeternal with the Father and the
Spirit, born of the Virgin for our salvation.
For He took pleasure in ascending the Cross
in the flesh to suffer death and to raise the
dead by His glorious Resurrection.

لِنُسَبِّحَ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدَ لِلْكَلِمَةِ، الْمَسَاوِي لِأَبِ وَالرُّوحِ
فِي الْأَزَلِيَّةِ وَعَدَمِ الْإِبْتِدَاءِ، الْمَوْلُودِ مِنَ الْعَذْرَاءِ لِخَلَاصِنَا، لِأَنَّهُ
سَرَّ بِالْجَسَدِ أَنْ يَعْلَوْ عَلَى الصَّلِيبِ، وَيَحْتَمِلَ الْمَوْتَ، وَيُنْهَضَ
الْمَوْتَى بِقِيَامَتِهِ الْمَجِيدَةِ.

Troparion of the First Sunday of Lent (Tone 2)

Thy pure image do we venerate....

لِصُورَتِكَ الطَّاهِرَةِ نَسْجُدُ....

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 أَظْهَرْتَنِي أَعْمَالُ الْحَقِّ لِرَعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرئيسُ الْكَهَنَةِ
نِيقُولَاوس. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرَّفْعَةَ، وَبِالْمِسْكِنَةِ الْغِنَى.
فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخْلِصَ نَفُوسَنَا.

Kontakion of the Annunciation (Tone 8)

To thee, the Champion Leader, do I offer
thanks of victory, O Theotokos, thou who
hast delivered me from terror; but as thou
that hast that power invincible, O Theotokos,
thou alone canst set me free: from all forms

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهِ، أَكْتُبُ لَكَ رَايَاتِ الْعَلْبَةِ، يَا
جُنْدِيَّةَ مُحَامِيَّةً، وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَدَةٍ مِنَ الشَّدَائِدِ، لَكِنَّ

of danger free me, and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ اعْتَقِبْنِي مِنْ صُنُوفِ الشَّدَائِدِ
حَتَّى أَصْبُرَ إِلَيْكَ: إِفْرَحِي يَا عَرُوسًا لَا عَرُوسَ لَهَا.

THE SCRIPTURE LESSONS

Prokeimenon (Daniel 3.26, 27; Tone 4)

Blessed are You, O Lord, God of our Fathers.
Verse: For You are righteous in all things You have done for us.

بروكيمنون (اللقن ٤؛ دانيال ٣، ٢٦، ٢٧)

مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا.

لَأَنَّكَ عَادِلٌ فِي كُلِّ مَا صَنَعْتَ بِنَا.

St. Paul's Letter to the Hebrews (11.24-26, 32-40; First Sunday in Lent)

BRETHREN, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill treatment with the people of God than to enjoy the fleeting pleasures of sin.

And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ

(٢٤، ١١-٢٦، ٣٢-٤٠؛ أول أحد من الصوم)

يَا إِخْوَتِي، بِالْإِيمَانِ مُوسَى لَمَّا كَبُرَ أَبِي أَنْ يُدْعَى ابْنًا لِابْنَةِ
فِرْعَوْنَ. مُخْتَارًا الشَّقَاءَ مَعَ شَعْبِ اللَّهِ عَلَى التَّمَتُّعِ الْوَقْتِيِّ
بِالْخَطِيئَةِ.

وَمَاذَا أَقُولُ أَيْضًا؟ إِنَّهُ يَضْبِقُ بِي الْوَقْتُ إِنْ أُخْبِرْتُ عَنْ
جِدْعُونَ وَبَارَاقَ وَشَمْسُونَ وَبَيْفَتَاحَ وَدَاوُدَ وَصَمُوئِيلَ وَالْأَنْبِيَاءِ.
الَّذِينَ بِالْإِيمَانِ قَهَرُوا الْمَمَالِكَ، وَعَمَلُوا الْبِرَّ، وَنَالُوا الْمَوَاعِدَ،
وَسَدُّوا أَفْوَاهَ الْأَسُودِ. وَأَطْفَأُوا حِدَّةَ النَّارِ، وَنَجَّوْا مِنْ حِدِّ
السَّيْفِ، وَتَقَوَّوْا مِنْ ضَعْفٍ، وَصَارُوا أَشِدَّاءَ فِي الْحَرْبِ، وَكَسَرُوا
مُعَسَّكَرَاتِ الْأَجَانِبِ. وَأَخَذَتْ نِسَاءٌ أَمْوَالَهُنَّ بِالْقِيَامَةِ. وَغَدَّبَ
آخَرُونَ بِتَوْتِيرِ الْأَعْضَاءِ وَالضَّرْبِ، وَلَمْ يَقْبَلُوا بِالنَّجَاةِ، لِيَحْصُلُوا
عَلَى قِيَامَةٍ أَفْضَلَ. وَآخَرُونَ ذَاقُوا الْمُرَّةَ وَالْجُلْدَ وَالْقَيْوَدَ أَيْضًا
وَالسِّجْنَ. وَرُجِمُوا، وَنُشِرُوا، وَامْتَحِنُوا، وَمَاتُوا بِحِدِّ السَّيْفِ،
وَسَاخُوا فِي جُلُودِ عَنَمٍ وَمِعْزٍ، وَهُمْ مُعَوَّزُونَ مُضَايِقُونَ مَجْهُودُونَ
(وَلَمْ يَكُنِ الْعَالَمُ مُسْتَحِقًّا لَهُمْ)، وَكَانُوا تَائِهِينَ فِي الْبَرَارِيِّ

mountains, and in dens and caves of the earth.

And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

والجبال، والمغاور وكهوف الأرض.

فهؤلاء كلهم مشهوداً لهم بالإيمان، لم يتالوا الموعد. لأن الله سبق فنظر لنا شيئاً أفضل، أن لا يكملوا بدوننا.

Holy Gospel according to St. John (1.43-51; First Sunday of Lent)

AT THAT TIME, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of Man."

من بشارة القديس يوحنا الإنجيلي البشير والتلميذ الطاهر (٤٣، ١-٥١؛ اول أحد من الصوم)

في ذلك الزمان، أراد يسوع الخروج إلى الجليل فوجد فيلبس فقال له: اتبعني. وكان فيلبس من بيت صيدا من مدينة أندراوس وبطرس. فوجد فيلبس نثنائيل، فقال له: إن الذي كتب عنه موسى في التاموس والأنبياء قد وجدناه، وهو يسوع بن يوسف الذي من الناصرة. فقال له نثنائيل: من الناصرة يمكن أن يكون شيء صالح؟ فقال له فيلبس: تعال وانظر. فرأى يسوع نثنائيل مقبلاً إليه، فقال عنه: هوذا إسرائيلي حقاً لا غش فيه. فقال له نثنائيل: من أين تعرفني؟ أجاب يسوع، وقال له: قبل أن يدعوك فيلبس وأنت تحت التينة رأيتك. أجاب نثنائيل وقال له: يا معلم، أنت ابن الله، أنت ملك إسرائيل. أجاب يسوع وقال له: لأني قلت لك إني رأيتك تحت التينة آمنت؟ إنك ستعابن أعظم من هذا. وقال له: الحق الحق أقول لكم، إنكم من الآن ترون السماء مفتوحة، وملائكة الله يصعدون وينزلون على ابن البشر.

HOLY OBLATIONS AND PRAYER REQUESTS

- By their children Mary, George, Basimah and Tony, by their grandchildren and great grandchildren and by the Kort, Farsoun, and Khoury families, in memory of parents Fayez Khoury (30 years) and Farideh Khoury (20 years).

- By the Farsoun, Karkus, Kort and Khoury families, in memory of mother/daughter/sister/aunt/cousin May Farsoun Dabbah.
- By her husband George and her son Richard and by the Kort, Farsoun, and Khoury families, in memory of wife/mother/sister/aunt Hilda Khoury.
- By her children Lina Atalla, Rhonda Malkin, Jay Khashram and grandchildren and great-grandchildren, for the repose of Laila Khashram (6-month memorial).
- 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.

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.

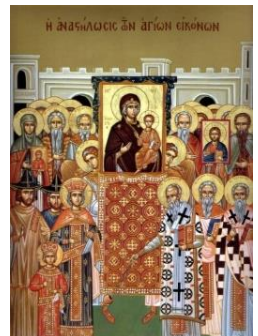
MEGALYNARION OF ST. BASIL'S LITURGY (TONE 8)

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 بِأَسْرَهَا، تَفْرَحُ بِكَ يَا مُتَمَلِّقَةَ نِعْمَةً: مَحَافِلِ الْمَلَائِكَةِ،
وَأَجْنَسِ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدِّسِ، وَالْفِرْدَوْسُ النَّاطِقِ،
فَخُرُّ الْبَتُولِيَّةِ قَرِيمِ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلاً، وَهُوَ
إِهْنَأُ الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ
بَطْنِكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُتَمَلِّقَةَ نِعْمَةً، تَفْرَحُ بِكَ
كُلُّ الْبَرَايَا وَتُحْمَدُكَ.

ORDER FOR THE ABBREVIATED PROCESSION OF THE HOLY ICONS

Children will carry icons and join the clergy and acolytes in procession around the inside of the church. **(Church school students will leave after communion, as usual, to prepare for the procession).**



1. *We sing the Troparion of the First Sunday of Lent as we process around the church. (Tone 2)*

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own good will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to Thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

2. *When the procession reaches the solea, all proclaim together the Synodikon of Orthodoxy (short from).*

As the Prophets beheld, as the Apostles have taught, as the Church has received, as the teachers have dogmatized, as the Universe has agreed, as Grace has shown forth, as Truth has revealed, as falsehood has been dissolved, as Wisdom has presented, as Christ awarded, thus we declare, thus we assert, thus we preach Christ our true God, and honor His Saints in words, in writings, in thoughts, in sacrifices in churches, in Holy Icons; on the one hand worshipping and reverencing Christ as God and Lord, and on the other hand honoring as true servants of the same Lord of all, and accordingly offering them veneration.

(Louder) This is the Faith of the Apostles; this is the Faith of the Fathers; this is the Faith of the Orthodox; this is the Faith which has established the Universe.

3. *Then we sing the Great Prokeimenon. (Psalm 76; Tone 7)*

Deacon: The Great Prokeimenon:
Who is so great a god as our God? Thou alone art the God who dost wonders.

People: Who is so great a god as our God? Thou alone art the God who dost wonders.

Deacon: Thou hast made thy power known among the peoples; with thine arm Thou hast redeemed thy people.

People: Who is so great a god as our God? Thou alone art the God who dost wonders.

Deacon: And I said: Now have I made a beginning; this change hath been wrought by the right hand of the Most High.

People: Who is so great a god as our God? Thou alone art the God who dost wonders.

Deacon: I remembered the works of the Lord; for I will remember thy wonders from the beginning.

People: Who is so great a god as our God? Thou alone art the God who dost wonders.

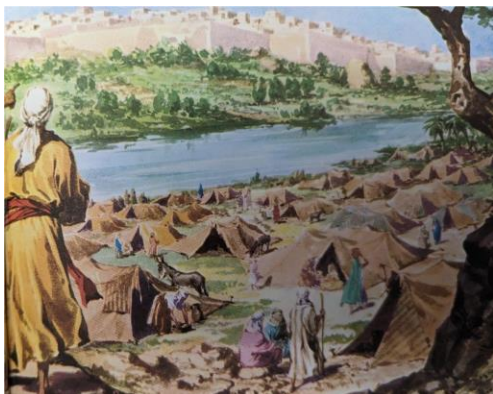
All clergy: Who is so great a god as our God?

People: Thou alone art the God who dost wonders.

4. We then sing the Troparion of the First Sunday of Lent. (Tone 2)

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own good will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to Thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

5. Then the dismissal.



**TODAY'S STUDY TOPIC: LESSON II.1
THE INVASION OF CANAAN AND THE
FALL OF JERICO**

All church school classes from first grade on up will study today Joshua chapters 1-6 (pp. 178-85) in *The Golden Children's Bible*.

Our students will be dismissed from Communion, as usual, where they will first get ready for the procession with the holy icons. After the procession, they will be the first dismissed to go to their classes to begin this lesson.

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 in response to the suffering people in the Patriarchate: to raise funds for the victims of the recent earthquakes in Syria and Turkey.

Today, Ladies' President Rose Samore will give a message about the work of the Ladies.

Note that all our adult women are automatically members of the St. Nicholas Ladies' Society and the Antiochian Women of North America.



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.



FALAFEL LUNCH TODAY: BENEFIT FOR SYRIA EARTHQUAKE VICTIMS

A number of our ladies have gotten together and are hosting a delicious, Lenten falafel lunch.

In return, they are asking for your generous free-will donation to benefit victims of the devastating earthquakes in Syria and Turkey. If you don't have cash or checks, you can contribute online at stnicholasla.org/contributions or by Zelle (send to cathedral@stnicholasla.com, and earmark it "Earthquake"). *This is the last Sunday we will be making a special appeal, so please be generous.*

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.

FOOD FOR HUNGRY PEOPLE

As we fast, we always need to remember the poor.

Please take a Food for Hungry People offering box from the narthex, and make it a practice to put something into it as you sit down for every meal.

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

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

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

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



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.

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. Bring one Lenten item to share for a potluck after Liturgy, so we can break bread. A short spiritual discussion will follow.

- *On March 15, dinner will be hosted by the Men's Fellowship. On March 22, a group of ladies will host dinner. You will not need to bring any food with you those days.*

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.*

Saturdays — Divine Liturgy is served every Saturday of Lent. Please see the calendar for times, which vary from week to week.

- *On March 25 we will celebrate the Great Feast of the Annunciation. A fish lunch will follow.*

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.



LENTEN SERVICES

Mondays
Great Compline @6:30PM

Wednesdays
Pre-sanctified Liturgy
@6:30PM
Potluck to follow

Fridays
Little Compline &
Akathist Hymn @6:30PM

Saturdays
Liturgy (see bulletin for time)
Great Vespers @6PM

Sundays
Matins @9:15AM
Divine Liturgy @10:30AM



Palm Sunday: April 9 • Pascha: April 16

UPCOMING ACTIVITIES BY THE LADIES OF ST. NICHOLAS

March 12 Lenten Bake Sale:

Spinach Pies, Zaatar Bread, and Veggie Bread for Sale. Come and get them!

The St. Nicholas Antiochian Women are supporting the Archdiocese Women's Project of raising funds for the Earthquake Relief Fund for Syria and Turkey. All proceeds from this Bake Sale will go toward the Project. We will be selling these Lenten goodies after Divine Liturgy every Sunday during Lent, starting March 12.

Spinach pies are \$17.00 per dozen; and zaatar and/or veggie bread is \$15.00 for 6. Please contact Chairwoman Jacqui Badaro with your orders. Be sure to order by Wednesday of the week before you want to pick up your pies! Jacqui's number is (626) 476-9070 and her email address is jmbadaro@hotmail.com.

March 19—Lenten Tostada Bar Luncheon Everyone is invited to lunch! The Ladies are hosting a tostada bar filled with rice, beans, and all the toppings after Divine Liturgy on Sunday March 19. A free will offering will be accepted, and all the proceeds will go toward the Antiochian Women's Project to support the Earthquake Relief Fund in Syria and Turkey. Come for the food—stay for the fellowship! Contact Georgette Malouf at (818) 391-6217 if you would like to help with the food or with any questions.

March 31-April 2—Antiochian Women's Lenten Retreat The Antiochian Women of the Diocese of Los Angeles and the West are invited to attend our annual Lenten Retreat at Camp St. Nicholas in Frazier Park on March 31- April 2. The guest speaker this year will be Fr. Thomas Hernandez from St. George Mission church in St. George Utah. This retreat is always filled with great fellowship and learning. Cost for the Retreat is \$170 for the whole weekend (payment due by March 15); or \$80 for attending Saturday only.

Register online at tinyurl.com/DLAWretreat2023

To pay online please go to tinyurl.com/DLAWretreat2023Pay

April 9--The Palm Sunday Bake Sale will be held on Palm Sunday, April 9, inside the Heritage Ballroom, after the Palm Sunday Liturgy. Orders may also be picked up on the Saturday before, which is Lazarus Saturday, after the Divine Liturgy. The order form for pre-ordering all the baked goods will be available soon and on the St. Nicholas website

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

Theme

The Dominance of Christian
Humility: The Antidote to
Self-Delusion

COST

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



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

(stnicholasla.org). 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 St. Nicholas Ladies need help with baking and donations. Let us all help to make this a successful and delicious event as we celebrate the special feast day. **The Palm Sunday Bake Sale** has always been one of the Cathedral's greatest traditions. Please contact Chairwoman Jacqui Badaro at (626) 476-9070 or at her email address jmbadaro@hotmail.com; or **Rose Samore** at (818) 378-2055 or rosesamore@gmail.com to contribute with either your delicious homemade sweets or to donate needed funds, and to help at the Bake Sale.

April 29—The Sweetheart Ball

Tickets are now on sale for the Sweetheart Ball, taking place at the Universal Hilton Hotel on April 29. Tickets are \$200 for adult and \$175 for children if purchased by March 31. After March 31, the prices go up to \$230 for adults and \$200 for children. **Absolute deadline for purchasing tickets is April 17.** You may purchase tickets online at stnicholasla.org (there will be an added fee for purchasing online); or contact Lauren Malouf at lmalouf@hchc.edu to pay by check.

Women's Scholarship Program—

The Antiochian Women's North America Board is offering \$500 educational grants to the women of our parishes to help with the cost of any educational or training program that will help improve the lives of themselves and their families. Please find scholarship applications in the narthex of the Cathedral or contact Rose Samore at rosesamore@gmail.com for more information and an application. Deadline for applications is June 1, 2023.

ST. NICHOLAS ORTHODOX CATHEDRAL
LADIES' SOCIETY PRESENTS



APRIL 29, 2023

HILTON UNIVERSAL HOTEL

COCKTAIL HOUR AT 5PM

DOORS OPEN AT 6PM

EARLY BIRD TICKETS BY MARCH 31ST
\$200 ADULT • \$175 CHILDREN
REGULAR PRICED TICKETS
\$230 ADULT • \$200 CHILDREN

A \$6 convenience fee per ticket will be added when purchased online. Convenience fee is waived if paid by check.

Children ages 3-10 may order a children's dinner

LAST DAY TO BUY TICKETS

APRIL 17th


For more information and to purchase tickets visit
stnicholasla.org
or email Lauren Malouf at lmalouf@hchc.edu

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." 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.

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.

✠ · ✠



ORIGINS

Creationism, Evolution and Orthodox Theology of Creation

*Four lectures delivered by His Grace,
Bishop Irenei of Great Britain and Western Europe*

*The Lamb Slain Before the Foundation of the
World Moving Beyond Creationism and Evolution*

*The Order of Salvation
The Creation of the Cosmos as the
Beginnings of the Church in Genesis*

*The Creation of Man
The Pinnacle of Creation*

*Creation and Its Consequences
The Sanctity of Life and Ecology*

PATRISTIC HECTAR
PUBLICATIONS

Lenten Retreat

March 17-19, 2023

Hosted by:
Saint Andrew Orthodox Church
4700 Canyon Crest Drive
Riverside, CA 92507

The event is free but donations are welcome!

Registration & Details: saintandrew.net/events

Registration
Form:



His Grace, Bishop Irenei



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



***The 2023 Archdiocese Convention is going to be
Metropolitan SABA's first convention.***

Visit www.ac2023az.org Today!
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

Fr. Andrew Andrews, home, 4/12
Bachir Chahin, home, 3/25
Edward Awad, home, 3/20
Gary Schaub, Fr. Nabil and Kh. Elaine's brother-in-law, 4/10
Ellie, Kh. Laurie Olson's mother, 4/4
Nora Samore, daughter-in-law of Ron and Rose Samore, 3/17
Jane Nassief, wife of Dn. George, and former members of St Nicholas, 3/7
All those suffering from the earthquake in Syria and Turkey, and from illness, violence and want in this country, in Ukraine and throughout the world

DEPARTED

Met. John (Zizioulas, famous theologian), 3/14
Samya Nasan, 4/6
Josephine Naify, 3/30
George Matar, 3/16
Ernest Simon, former member of the Cathedral, 4/9
Ernesto Perez, former member of the Cathedral, 4/6
Geoffrey Wolfendon, brothers-in-law of Amaany Samaan, 4/4
Mazen Ammari, Dn. Eliya's brother, 3/25
Mariana Gantus Wall, former member of the Cathedral, 3/14
Patricia Granados, sister of custodian Alejandro Caheme, 3/10
Victims of the earthquake in Syria and Turkey, of violence in Ukraine and everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

March 2023

Sun. 5	Spanish Mission Liturgy, 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Divine Matins, 9:15 am Divine Liturgy, 10:30 am <ul style="list-style-type: none"> • Church School • Coffee hour – Falafel Lunch benefit for Syria Earthquake Relief
Mon. 6	Great Compline, 6:30 pm
Tue. 7	Choir dinner and practice, 6:30 pm
Wed. 8	Presanctified Liturgy, 6:30 pm <ul style="list-style-type: none"> • Potluck Dinner • Meditation/Discussion • Byzantine Music class
Fri. 10	Little Compline and Akathist to the Theotokos, 6:30 pm
Sat. 11	Divine Liturgy, 7 am FOCUS Food Distribution, 8:30 am SOYO lunch and activity, 12:30 pm Great Vespers and Confession, 6 pm
Sun. 12	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 in honor of Debutantes, Escorts and their families
Mon. 13	Great Compline, 6:30 pm
Tue. 14	Church School online staff meeting, 7 pm

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