



St. Nicholas Orthodox Cathedral

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

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TONE 5

SEPTEMBER 10, 2023

EOTHINON 3

SUNDAY BEFORE THE ELEVATION OF THE HOLY CROSS POST-FEAST OF THE NATIVITY OF THE THEOTOKOS

الأحد قبل رفع الصليب وبعد ميلاد والدة الاله

MARTYRS MENODORA, METRODORA AND NYMPHODORA OF BITHYNIA
EMPRESS PULCHERIA • PETER, BISHOP OF NICAEA



After giving birth, St. Anna is assisted by attendants. Joachim looks at his daughter, Mary, in the cradle.

LITURGY VARIATIONS

1ST ANTIPHON FOR THE FEAST (PSALM 131.1, 6; 86.2; 45.5 LXX)

O Lord, remember David and all his meekness.

أَذْكُرُ يَا رَبُّ دَاوُدَ وَكُلَّ دَعْتِهِ.

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

اللازمة: بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِي، يَا مُخَلِّصُ خَلِّصْنَا.

Lo, we heard of it at Ephrata; we found it in the fields of the wood. *Refrain*

هُوَذَا قَدْ سَمِعْنَا بِهِ فِي أَفْرَاتَةَ. وَجَدْنَاهُ فِي حُقُولِ الْوَعْرِ. اللازمة

Glorious things are spoken of thee, O city of God. *Refrain*

فِيكَ قِيلَتْ الْمَقَائِرُ يَا مَدِينَةَ اللَّهِ. اللازمة

God is in the midst of her; she shall not be moved; God shall help her, and that right early. *Refrain*

اللَّهُ فِي وَسْطِهَا وَلِذَلِكَ لَنْ تَتَزَعَزَعُ، اللَّهُ يُعِينُهَا عِنْدَ انْبِلَاجِ الصُّبْحِ. اللازمة

Glory..., both now Amen. *Refrain*

المجد... الآن... 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.

As Church School will start after the blessing at the end of Liturgy today, **children should sit with their parents and come to Communion with them and return to their seats.** An usher will dismiss your row from the center aisle. Then return to your place by a side aisle for the prayers of thanksgiving and the final blessing and dismissal. Please let choir members pass when they come down for Communion.

A Warm Welcome to Our Guests

We are glad you are worshipping with us. Please note that participation in **Holy Communion is limited to members of the Orthodox Church** in good standing, who have prepared with prayer, fasting and a recent confession.

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

2ND ANTIPHON FOR THE FEAST (PSALM 131.11, 18, 13 LXX)

The Lord hath sworn in truth unto David;
and He will not turn from it.

حَلَفَ الرَّبُّ لِدَاوُدَ بِالْحَقِّ وَلَا يُخَلِّفُ .

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

اللازمة: خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ يَا مَنْ قَامَ مِنْ بَيْنِ
الْأَمْوَاتِ، لِتُرْتَلَّ لَكَ هَلْلُويَا.

Of the fruit of thy body will I set upon thy
throne. *Refrain*

إِنِّي مِنْ ثَمَرَةِ بَطْنِكَ أَجْلِسُ عَلَى كُرْسِيِّكَ. اللازمة

There I will make a horn of David to bud; I
have ordained a lamp for mine anointed.
Refrain

هُنَاكَ أَنْبِثُ لِدَاوُدَ قَرْنًا، هَبَّأْتُ لِمَسِيحِي سِرَاجًا. اللازمة
لَأَنَّ الرَّبَّ اخْتَارَ صِهْيُونَ وَارْتَضَاهَا لَهُ مَسْكِنًا. اللازمة

For the Lord hath chosen Zion; He hath
desired it for His habitation. *Refrain*

المجْدُ...الآن... يا كَلِمَةَ اللَّهِ الْإِبْنَ الْوَحِيدِ....

Glory..., both now Amen. O only-begotten
Son....

3RD ANTIPHON FOR THE FEAST (PSALM 131.15; 45.4; 64.5 LXX) TROPARION OF THE FEAST AS REFRAIN (TONE 4)

Here will I dwell, for I have desired it.

هَذَا هُنَا أَسْكُنُ لِأَنِّي إِيَّاهَا اصْطَفَيْتُ.

Refrain: Thy nativity, O Theotokos, hath
proclaimed joy to the whole universe; for
from thee did shine forth the Sun of justice,
Christ our God, annulling the curse and
bestowing the blessing, abolishing death and
granting us life everlasting.

اللازمة: مِيلَادُكَ يَا وَالِدَةَ الْإِلَهَةِ، بَشَّرَ بِالْفَرْحِ كُلَّ الْمَسْكُونَةِ،
لَأَنَّ مِنْكَ أَشْرَقَ شَمْسُ الْعَدْلِ الْمَسِيحِ إِهْنَا، فَحَلَّ اللَّعْنَةَ،
وَوَهَبَ الْبَرَكَاتَةَ، وَأَبْطَلَ الْمَوْتَ، وَأَعْطَانَا حَيَاةً أَبَدِيَّةً .

The Most High hath sanctified His
tabernacle. *Refrain*

أَلْعَلِّي قَدَّسَ مَسْكِنَهُ. اللازمة

Holy is Thy temple, and wonderful in
righteousness. *Refrain*

قُدُوسٌ هُوَ هَيْبَتُكَ، وَعَجِيبٌ أَنْتَ فِي عَدَالَتِكَ. اللازمة

APOLYTIKIA AFTER THE ENTRANCE

Troparion of The Resurrection (Tone 5)

Let us believers praise and worship the Word, coëternal 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 وَنَسْجُدُ لِلْكَلِمَةِ، الْمَسَاوِي لِأَبِ وَالرُّوحِ
فِي الْأَزَلِيَّةِ وَعَدَمِ الْإِبْتِدَاءِ، الْمَوْلُودِ مِنَ الْعَدْرَاءِ لِخَلَاصِنَا، لِأَنَّهُ
سُرَّ أَنْ يُعَلِّقَ بِالْجَسَدِ عَلَى الصَّلِيبِ، وَيَحْتَمِلَ الْمَوْتَ، وَيُنْهَضَ
الْمَوْتَى بِقِيَامَتِهِ الْمَجِيدَةِ.

Troparion for the Nativity of the Theotokos (Tone 4)

Thy nativity, O Theotokos, hath proclaimed joy to the whole universe....

مِيْلَادُكَ يَا وَالِدَةَ الْإِلَهِ، بَشَّرَ بِالْفَرَحِ كُلَّ الْمَسْكُونَةِ....

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 أَفْعَالُ الْحَقِّ لِرِعِيَّتِكَ قَانُونَاً لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أُيُّهَا الْأَبُ وَرئيسُ الْكَهَنَةِ
نِيقُولَاوسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرِّفْعَةَ، وَبِالْمَسْكِنَةِ
الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Nativity of the Theotokos (Tone 4)

By thy holy nativity, O pure One, Joachim and Anna were delivered from the reproach of barrenness, and Adam and Eve were delivered from the corruption of death. Thy people do celebrate it, having been saved from the stain of iniquity, crying unto thee: The Barren doth give birth to the Theotokos, who nourisheth our life.

إِنَّ يُوَاكِيمَ وَحَنَّةَ مِنْ عَارِ الْعُقْرِ أُطْلِقًا، وَآدَمَ وَحَوَّاءَ مِنْ فَسَادِ
الْمَوْتِ، بِمَوْلِدِكَ الْمُقَدَّسِ يَا طَاهِرَةً أُعْتَقًا. فَلَهُ يُعَيِّدُ شَعْبَكَ،
وَقَدْ نَخَّلَصَ مِنْ وَصْمَةِ الزَّلَّاتِ، صَارِحًا نَحْوَكَ: الْعَاقِرُ تَلِدُ
وَالِدَةَ الْإِلَهِ الْمُعْجَذِيَّةَ حَيَاتَنَا.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 27.9, 1 LXX; Tone 6)

O Lord, save Your people and bless Your inheritance.

Verse: To You, O Lord, I have cried, O my God.

From St. Paul's Epistle to the Galatians (6.11-18; Sunday before the Elevation)

BRETHREN, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and not only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God.

Henceforth let no man trouble me; for I bear on my body the marks of Jesus.

The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Holy Gospel according to St. John (3.13-17; Sunday before the Elevation)

THE LORD SAID: "No one has ascended into heaven but He who descended from heaven, the Son of Man. And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life."

بروكيمنون (مزور ٢٧، ٩، ١؛ اللحن السادس)

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ.
إِلَيْكَ يَا رَبُّ أَصْرُحُ، يَا إِلَهِي.

فَصَلِّ مِنْ رِسَالَةِ الْقِدِّيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ غَلَاطِيَةَ
(١١، ٦-١٨؛ للأحد قبل رفع الصليب)

يا إخوة، انظروا ما أعظم الكتابات التي كتبتها إليكم بيدي.
إن كل الذين يريدون أن يرضوا بحسب الجسد يلزمونكم أن
تحتسبوا، وإنما ذلك لئلا يضطهدوا من أجل صليب المسيح.
لأن الذين يحتسبون هم أنفسهم لا يحفظون الناموس بل إنما
يريدون أن تحتسبوا ليفتنخوا بأجسادكم. أما أنا، فحاشى لي
أن أفتخر إلا بصليب ربنا يسوع المسيح، الذي به صلب
العالم لي وأنا صليبت للعالم. لأنه في المسيح يسوع ليس الحتان
بشيء ولا القلف بل الخليقة الجديدة. وكل الذين يسلكون
بحسب هذا القانون، فعليهم سلام ورحمة وعلى إسرائيل الله.
فلا يجلب علي أحد أتعاباً فيما بعد، فإني حامل في جسدي
سمات الرب يسوع.

نعمة ربنا يسوع المسيح مع روحكم أيها الإخوة. آمين.

من بشارة القديس يوحنا الإنجيلي البشير والتلميذ الطاهر
(١٣، ٣-١٧؛ للأحد قبل رفع الصليب)

قال الرب: لم يصعد أحد إلى السماء إلا الذي نزل من
السماء، ابن البشر الذي هو في السماء. وكما رفع موسى
الحية في البرية، هكذا ينبغي أن يرفع ابن البشر. لكي لا

For God so loved the world that He gave his Only-begotten Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him.

يَهْلِكُ كُلُّ مَنْ يُؤْمِنُ بِهِ، بَلْ تَكُونُ لَهُ الْحَيَاةُ الْأَبَدِيَّةُ. لِأَنَّهُ هَكَذَا أَحَبَّ اللَّهُ الْعَالَمَ حَتَّى بَدَّلَ ابْنَهُ الْوَحِيدَ لِكَيْ لَا يَهْلِكَ كُلُّ مَنْ يُؤْمِنُ بِهِ بَلْ تَكُونُ لَهُ الْحَيَاةُ الْأَبَدِيَّةُ. فَإِنَّهُ لَمْ يُرْسِلِ اللَّهُ ابْنَهُ الْوَحِيدَ إِلَى الْعَالَمِ لِيُدِينَ الْعَالَمَ، بَلْ لِيُخَلِّصَ بِهِ الْعَالَمَ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
The Cathedral Community	All our Church School students and staff	
Deborah, Michael, Aidan and Lindsay Ettinger, and Krissy, Alex and Niko Tragos	Diane Brooks (mother/grandmother)	John Abraham (uncle and brother of Diane Brooks)
John L. and Suzi Sadd	Their family, friends and extended community	
Julia Kuncar		Alexandra Kuncar (mother) and Alex Kuncar (brother)
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.

ANNOUNCEMENTS

NEW CHURCH SCHOOL YEAR BEGINS TODAY

After the Dismissal of Liturgy, we will open the Church School year as follows:

- ❖ Annette Zidane will share with us the oration she delivered at the Parish Life Conference.



- ❖ We will recognize our Creative Festival winners and Bible Bowl teams.
- ❖ We will offer a prayer of blessing for students and staff.
- ❖ Students will then go to their classes.
- ❖ After adults are dismissed, and get their coffee, they may follow the priest downstairs for the blessing of the church school classrooms and to meet their children's teachers.

CONGRATULATIONS TO ALL OUR PARTICIPANTS AND AWARD WINNERS

Our youth reflected on our theme: **“Let us make man in our image, after our likeness”** (Genesis 1.26).

Creative Arts Winners

Kindergarten, Second Place (Tie): Bashir Handal
 First Grade, Honorable Mention: Elie Kashoun
 Fifth Grade, Second Place: Jad Andre Omeish
 Ninth Grade, First Place: Karla Romano
 Tenth Grade, Honorable Mention: Annette Zidane
 Eleventh Grade, First Place: Elise Helou



Creative Writing Winners

Fourth Grade, First Place: Alexander Simon Fraih
 Fifth Grade, First Place: Elian Khashoun

Oratorical Junior Division Team

Annette Zidane

Bible Bowl Junior Division Team

Adrian Nassif
 Christelle Yazegi
 Anthony Zidane

Bible Bowl Senior Division Team

Claire Hudson
 Emily Hudson
 Joseph Jazegi



TEACHERS AND CLASSES

We have classes for youth from preschool through high school. (Three-year-olds may begin preschool if potty trained.)



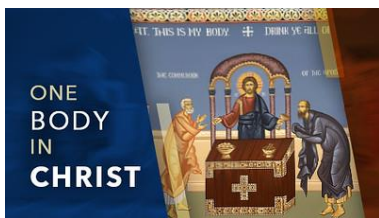
Class

Preschool and Kindergarten
1st and 2nd Grades
3rd and 4th Grades
5th and 6th Grades
7th and 8th Grades
High School
Director
Assistant Directors

Teacher(s)

Mirna Aboud, Bana Dabbour
Colette Helou,
Wafa Omeish
Marina George
Ruth Andrews, Malvena Yagham
Nassif and Randa Shammaa
Lauren Malouf
Salma Maalouf, Wafa Omeish

Please register new students for Church School online (scan the QR code or enter <https://forms.gle/xRSfTz1dCGKJDPCv5> manually).



New Curriculum this year: we are synchronizing our instruction with the Archdiocese-wide program. This year, we will be studying the Epistle to the Romans, the theme being **“One Body in Christ.”**

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.



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. Please select a Sunday to host a coffee hour. You can also team up with another family. Bring whatever you would like to share—donuts, cookies, mini bagels, zaatar, etc. The Ladies Society will provide the coffee and paper goods. Call/text Joujou George (562)-522-1322, or email her at ginageorge@verizon.net to reserve a Sunday.

A Solemn Feast

This Wednesday, Sep. 13, we celebrate the Great Feast of the Elevation of the Holy Cross. Divine Liturgy begins at **6:30 p.m.**

This is a day of strict fasting (even after Liturgy) in remembrance of our Lord's death for our sakes. We honor Him *and* the Cross upon which He won salvation for us. We decorate, elevate and bow before the Cross.

Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection we praise and glorify!

Sung Instead of the Trisagion and as We Venerate the Cross

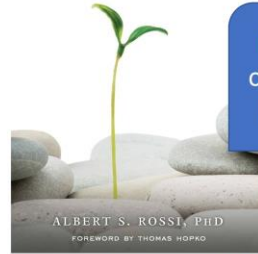


Join St. Nicholas Cathedral's Ladies Society

Book Club!

Becoming a Healing Presence
by Albert S. Rossi

BECOMING
A HEALING
PRESENCE



Purchase in
our Cathedral
Bookstore!

*Learn more about our faith and
enjoy time with your sisters in Christ!*

*Our Book Club will meet on October 21
at our One-Day Retreat!*

Questions? Contact Lauren Malouf
(818) 687-0406
lmalouf@hchc.edu

ST. PAUL'S GREEK ORTHODOX CHURCH INVITES YOU TO THE



OCMC PAN-ORTHODOX VESPERS & MISSIONS DINNER



Keynote Address by:
Fr. Martin Ritsi
OCMC Executive Director

Opening Remarks by:
Anastasia Barksdale
OCMC Parish Engagement
Coordinator

Local Presentation by:
Alex Gorbenko
St. Paul's Mission Is Possible
Program Coordinator



**St. Paul's Greek
Orthodox Church**
4949 Alton Parkway | Irvine, CA 92604



Saturday, Sept. 30

Pan-Orthodox Vespers at 5:00 PM
Dinner & Program at 6:15 PM

\$50 Dinner Ticket
Table reservation are for 10 people.
(Proceeds will benefit OCMC efforts
around the world.)

Register Online by Sept. 20.
For questions, please contact:
OCMC staff by email at events@ocmc.org



Please register or donate at www.ocmc.org/Irvine-Dinner.

ST. NICHOLAS FESTIVAL: OCTOBER 7-8

Mark your calendars now, and plan to be with us the first full weekend of October. We need everyone working together as one family for the Festival.

Please stop by the Festival Table in the hall, during coffee hour today.

- Please see our Festival Chairman Ehab Dahabreh during coffee hour today, or email him at tony@sspetro.com
- See Lamia Qafaiti to donate items for the silent auction. We can use new items, antiques and gift certificates for services.
- We have **sponsorship opportunities**, where you can showcase your business. Let your fellow Cathedral members know about services you can provide them, as well as advertising your business to all our guests, as you will be recognized in our publicity, in a brochure to be handed out to all our Festival guests and on our website. *See someone at the Festival table for more information.*
- **You will find flyers and posters at the Festival Table.** Please take a flyer, and help us get the word out by sharing the flyer with friends or posting it to a bulletin board where you work or shop.

Please sign up for at least one shift. We want everyone to have a chance to enjoy the Festival. To do that, we will also need everyone to work, so the effort doesn't fall on a small number of people. *Many hands make light work!*

St. Nicholas
ANTIOCHIAN ORTHODOX CATHEDRAL

Festival

SATURDAY & SUNDAY
OCTOBER 7 & 8, 2023

2300 W. 3RD STREET, LOS ANGELES, CA 90057

SATURDAY: 3:00PM - 11:00PM SUNDAY: 12:00PM - 10:00PM

LIVE MUSIC & DJ

WIN 2023 TOYOTA CAMRY

CHURCH TOURS

\$5 ENTRANCE FEE
KIDS UNDER 10 - FREE

FUOEL Fवाद **MICHEL ASHKAR** **MICHEL ASLAN** **CHARBEL BASSIL** **RUDI HAMANI**

VENDORS AND RENTAL INQUIRIES, AD BOOK, DONATIONS: PLEASE CONTACT ZIAD SALEH AT 818-288-8716

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BEER + WINE

KIDS ACTIVITIES
CARNIVAL GAMES .
BOUNCY HOUSE & MORE

2023 TOYOTA CAMRY
SILENT AUCTION
SPORT COLLECTIBLES

SMOKING IN DESIGNATED AREAS ONLY



Men's BBQ Social Dinner ALL YOU CAN EAT!



September 12, 2023
Social at 6:00
Dinner at 7:00
St. Nicholas Cathedral Heritage Hall

YES is coming to your community!

- Be guided through an educational and formational service-learning experience
- Learn about the current struggles of your community
- Connect with organizations doing great work in your city
- Come together with other young people eager to serve

WHEN?	Saturday, September 30h from 9:30am - 4:30pm
WHERE?	St. Nicholas Antiochian Orthodox Cathedral 2300 W 3rd St, Los Angeles, CA 90057
WHO?	13- to 18- year-olds
COST?	A donation of \$65 per person will support the outreach efforts and make it possible for the YES Program to prepare and execute the Trip.

HOW DO I REGISTER? Registration is open!
www.yesnorthamerica.org

ANY QUESTIONS? Please contact **Wadeed Fakhoury**
Program Manager
wfakhoury@focusna.org



RSVP

Mike 909-561-0363 Jim 323-646-3717
George 626-390-9285 Curt 909-518-3042
Fr. Andrew at the Cathedral

\$25 Per Person

ST NICHOLAS ORTHODOX CATHEDRAL

Sponsored By

ST NICHOLAS LADIES SOCIETY

Annual Field Trip

FUN FOR THE WHOLE FAMILY!

THURSDAY, SEPTEMBER 28, 2023

Bus leaves St. Nicholas parking lot at 9:30 AM Sharp

2300 W 3rd St. Los Angeles, CA 90057

Reserve your seat, spaces are limited!

Deadline Wednesday, September 20, 2023



A very special place to visit, dedicated to one of the great wood workers of our time. Sam Maloof was a world-famous woodworker and artist - The foundation dedicated this museum and gallery to showcase his work and his excellence in craftsmanship, encourage artists and make available to the public the treasure house the Maloofs' lovingly created.

After the tour we will get to enjoy the art gallery, the gardens and the delightful gift store.

Price: \$30/person - Bus, Museum Admission & Tour

Check payable to: St. Nicholas Ladies Society

Mail Check to: Diana Kronfli

913 Calle La Primavera, Glendale, CA 91208

Or, Pay with ZELLE: cathedral@stnicholasla.com

Comment: St. Nick Field Trip

Lunch from Zaky Mediterranean Grill

Voted best Med restaurant in CA!

Complimentary of the Ladies Society



St. Katherine Fall Retreat

Mother Efrema on Prayer and Forgiveness



About Mother Efrema

Mother Efrema has been with the Monastery of St. Silouan the Athonite in Iasi, Romania, since 2008. With Mother Siluana Vlad's blessing and prayers, Mother Efrema has been helping many people through spiritual and emotional counseling. Her work involves the "Forgiveness Seminar" created by Mother Siluana as a method of teaching a way of life centered on God. Mother Efrema also teaches on Orthodox faith topics at "Metropolitan Varlaam" School in Iasi.

More resources:

YouTube channel dedicated to Mother Siluana: <https://www.youtube.com/@MaicaSiluanacadragisirugaciune>
Blog with translations of sayings and homilies from Romanian elders: <https://romelders.substack.com/>

Saturday, September 16, 2023

- St. Katherine Greek Orthodox Church
722 Knob Hill Ave., Redondo Beach, CA 90277
- 8:30 AM - 9 AM - Orthros
- 9 AM - 9:15 AM - Coffee & Donuts
- 9:30 AM - 11:30 AM - Session One:
"On the Prayer of the Heart"
- 11:30 AM - 12:30 PM - Lunch
- 12:30 PM - 3 PM - Session Two:
"On Forgiveness"

Retreat Agenda

- **Fr. Michael Courey** - Opening prayer and speaker introduction
- **M. Efrema** - Session One
"On the Prayer of the Heart" - Prayer involves our entire being: soul and body
- **M. Efrema** - Session Two
"On Forgiveness" - Forgiveness, being free, is the highest form of love and can only be accomplished with God's help
- **Fr. Michael Courey** - Closing prayer

Registration

Seating is limited. Please register by September 14

Please register by emailing
corina@passionforhealing.com

The event is free.

Donations to the St. Katherine Discretionary Fund are gladly accepted.



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INVITES YOU TO

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Honoring

DR. PHILIP A. SALEM

Sunday

SEPTEMBER 24TH, 2023

5.30 PM - MIDNIGHT
DINNER & MUSIC

Imperial Event Venue Banquet Hall
1175 N Lake Ave, Pasadena, CA 91104

For more information
Gulida Asmar 626-390-2111



Every Thought Captive Cultivating the Christian Mind

October 13, 14, & 15 2023

St. Andrew Orthodox Church Riverside, CA.

Speakers

Father Alexis Torrance

Presbytera Dr. Jeannie Constaninidou

Register at

CONFERENCE.PATRISTICNECTAR.ORG

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EMINENCE METROPOLITAN SABA**

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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. Antony and **Kh. Dina** Bahou, St. George Church, San Diego, 10/18

Veronica Chala, home, 10/18

Albert Malouf, home, 10/3

Ousama Zabaneh, home, 9/29

Adrienne Andrews, home, 9/28

Clemence Gedeon, nursing home, 9/23

Julian Capata, home, 9/5

Charles Malouf, brother of Ed Malouf, 10/15

Elizabeth Bwarie, niece of Bob and Renee Crawford, 10/4

Youssry Iskander, uncle of Fr. Nabil, 9/21

Kristen Schamp, goddaughter of Fr. Nabil and Kh. Elaine, 9/14

All those suffering from flooding in Greece, earthquakes in Morocco, illness, violence and want in this country and throughout the world

DEPARTED

Fr. Paul Eyler, retired from St. Michael's, Las Vegas, 9/26

John Abraham, 9/30

Helen O'Conor, hospital, 9/20

Anis Madanat, Faten Crawford's father, 10/5

Larry Stenman, former member of the Cathedral, 9/27

Zinetta Marie Nassif, former member of the Cathedral, 9/14

Victims of the earthquake in Morocco and of violence in this country and everywhere

Future Dates to Remember

- **St. Nicholas Festival**, October 7-8
- **Diocese Fall Gathering**, Oct. 13-15, Modesto

ST. NICHOLAS CATHEDRAL CALENDAR

September 2023

Sun. 10	Spanish Mission Liturgy , 7:45 am • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am • Church School Blessing and “ Meet the Teacher ” • Coffee Hour
Tue. 12	Men's Fellowship dinner, 6 pm
Wed. 13	<i>Eve of the Great Feast of The Elevation of the Holy Cross</i> Divine Liturgy , 6:30 pm
Thu. 14	Church School staff meeting, 7 pm online
Fri. 15	Funeral of John Abraham , 10 am
Sat. 16	Great Vespers and Confessions, 6 pm
Sun. 17	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. 18	Cathedral Council meeting, 7 pm
Tue. 19	Choir dinner and practice, 6:30 pm
Sat. 23	FOCUS charity food distribution, 9 am Great Vespers and Confessions, 6 pm
Sun. 24	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

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