



St. Nicholas Orthodox Cathedral

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

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TO NE 2

DECEMBER 10, 2023

EOTHINON 5

27TH SUNDAY AFTER PENTECOST • 10TH SUNDAY OF LUKE

MARTYRS MENAS THE MOST ELOQUENT, EUGRAPHOS AND HERMOGENES OF ALEXANDRIA
VENERABLE THOMAS DEPHOURKINOS OF BITHYNIA
BLESSED ANGELINA BRANCOVICH AND HER SON BLESSED JOHN, KING OF SERBIA

الأحد السابع والعشرون بعد العنصرة • والاحد العاشر من انجيل لوقا
الشهداء ميناس الرّخيم الصّوت، ارموجانيس وأفغرافس • البارّ توما البيثيني



The Emperor Maximian (r. 305-313) sent St. Menas “the Most Eloquent” from Athens to Alexandria to suppress riots between Christians and pagans. Distinguished for military skill and a gift of eloquence, Menas instead openly preached the Christian Faith and converted many pagans. Learning of this, Maximian sent Hermogenes to Alexandria to purge the city of Christians.

Hermogenes, though a pagan, was struck by St. Menas’ endurance under torture and by his miraculous healing after the cruel torments, and he also came to believe in Christ. Maximian himself then arrived in Alexandria. Neither the endurance of Ss. Menas and Hermogenes under torture, nor even the miracles manifested by God in this city, mollified the Emperor. The Emperor personally stabbed Eugraphos, St. Menas’ secretary, and gave orders to behead Ss. Menas and Hermogenes.

Note that the St. Menas of Alexandria commemorated today is not to be confused with the Great Martyr Menas of Egypt, who is commemorated on November 11.

LITURGY VARIATIONS

3RD 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 أُيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينَئِذٍ
أَمَتَّ الْجَحِيمَ بِبِرْقِ لَاهُوتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتَ مِنْ
تَحْتِ الثَّرَى، صَرَخَ نَحْوَكُ جَمِيعُ السَّمَاوِيِّينَ: أُيُّهَا
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 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.

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 Ss. Menas, EUGRAPHOS and Hermogenes (Tone 8)

Since they had slain through their abstinence and struggles the fiery ragings and fierce motions of the passions, the staunch Martyrs of Christ God laid hold on the graces to drive off the pains and illnesses of the sick and work wonders both while living and after death. Strange indeed is the miracle: that these bare bones should pour forth such overflowing streams of cures. Glory be to our only God.

إِنَّ شُهَدَاءَ الْمَسِيحِ، إِذْ أَهَمُّ أَمَاتُوا بِالْإِمْسَاكِ وَثَبَاتِ الْأَهْوَاءِ
الْمُخْرِقَةِ وَحَرَكَاتِهَا، نَالُوا نِعْمَةً، لِيَطْرُدُوا أَسْقَامَ الْمَرْضَى،
وَيَصْنَعُوا الْعَجَائِبَ فِي الْحَيَاةِ وَبَعْدَ الْمَمَاتِ. فَبِالْحَقِيقَةِ إِنَّهُ
لَعَجَبٌ مُسْتَعْرَبٌ أَنَّ عِظَاماً مُجَرَّدَةً تُفِيضُ الْأَشْفِيَّةَ، فَلِلْمَجْدِ
لِإِلَهِنَا وَحْدَهُ.

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 أَظْهَرْتَنكَ أَعْمَالِ الْحَقِّ لِرِعِيَّتِكَ قَانُوناً لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرئيسُ الْكَهَنَةِ
نِيقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمَسْكِنَةِ
الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion in Preparation for the Nativity of Our Lord Jesus Christ (Tone 3)

On this day the Virgin cometh to the cave to give birth to God the Word ineffably, Who was before all the ages. Dance for joy, O earth, on hearing the gladsome tidings; with the Angels and the shepherds now glorify Him Who is willing to be gazed on as a young Child Who before the ages is God.

الْيَوْمَ الْعَذْرَاءُ تَأْتِي إِلَى الْمَغَارَةِ لِتَلِدَ الْكَلِمَةَ الَّتِي قَبْلَ الدُّهُورِ،
وَلَادَةً لَا تُفَسِّرُ وَلَا يُنْطَقُ بِهَا، فَأَفْرَحِي أَيُّهَا الْمَسْكُونَةُ إِذَا
سَمِعْتِ، وَمَجِّدِي مَعَ الْمَلَائِكَةِ وَالرُّعَاةِ، الَّتِي سَيَظْهَرُ بِمَشِيئَتِهِ
طِفْلاً جَدِيداً وَهُوَ إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 117.14, 18 LXX; Tone 2)

The Lord is my strength and my song.

Verse: The Lord has chastened me sorely.

Epistle of St. Paul to the Ephesians (6.10-17; 27th Sunday after Pentecost)

BRETHREN, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. Therefore, take the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand, therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the equipment of the gospel of peace; besides all these, taking the shield of faith, with which you can quench all the flaming darts of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the Word of God.

Holy Gospel according to St. Luke (13.10-17; 10th Sunday of Luke)

AT THAT TIME, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and

بروكيمنون (مزمو ١٤, ١٧, ١٨ سيع.; اللحن الثاني)

قَوِّي وَتَسَبِّحِي الرَّبَّ.

أَدْبَابًا أَدَّبَنِي الرَّبَّ.

فَصَلِّ مِنْ رِسَالَةِ الْقِدِّيسِ بُولُسَ الرَّسُولِ إِلَى أَهْلِ أِفْسُسَ
(١٠, ١٧-٦؛ لِلأَحَدِ السَّابِعِ وَالْعِشْرِينَ)

يَا إِخْوَةَ، تَقَوُّوا فِي الرَّبِّ وَفِي عِيَّةِ قُدْرَتِهِ. إلبسوا سلاحَ الله الكاملِ لِتَسْتَطِيعُوا أَنْ تَقِفُوا ضِدَّ مَكَايِدِ إبليس. فَإِنَّ مُصَارَعَتَنَا لَيْسَتْ ضِدَّ دَمٍ وَلَحْمٍ، بَلْ ضِدَّ الرِّئَاسَاتِ، ضِدَّ السَّلَاطِينِ، ضِدَّ وُلَاةِ الْعَالَمِ، عَالَمِ ظُلْمَةِ هَذَا الدَّهْرِ، ضِدَّ أَجْنَادِ الشَّرِّ الرُّوحِيَّةِ فِي السَّمَاوَاتِ. فَلذَلِكَ احْمِلُوا سِلَاحَ اللَّهِ الكاملِ لِتَسْتَطِيعُوا المَقَاوِمَةَ فِي اليَوْمِ الشَّرِيرِ، حَتَّى إِذَا تَمَّتْ كُلُّ شَيْءٍ وَتَثْبُتُونَ. فَانْتَبِهُوا إِذَنْ مُنْطَقِينَ أَحْقَاءَكُمْ بِالْحَقِّ، وَلَا يَسِينِ دِرْعَ الْبِرِّ. وَأَنْعِلُوا أَقْدَامَكُمْ بِاسْتِعْدَادِ إِنْجِيلِ السَّلَامِ. وَاحْمِلُوا عِلَاوَةً عَلَى كُلِّ ذَلِكَ تُرْسَ الْإِيمَانِ الَّذِي بِهِ تَقْدِرُونَ أَنْ تُطْفِئُوا جَمِيعَ سِهَامِ الشَّرِيرِ الْمُتَلْتَهَةِ. وَاتَّخِذُوا حُوْدَةَ الْخِلَاصِ وَسَيْفَ الرُّوحِ الَّذِي هُوَ الْكَلِمَةُ.

مِنْ بَشَارَةِ الْقِدِّيسِ لَوْقَا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ
(١٠, ١٣-١٧؛ لِلأَحَدِ الْعَاشِرِ مِنْ لَوْقَا)

فِي ذَلِكَ الزَّمَانِ، كَانَ يَسُوعُ يَعْطَلُ فِي أَحَدِ المَجَامِعِ يَوْمَ السَّبْتِ. وَإِذَا بِامْرَأَةٍ بِهَا رُوحٌ مَرَضٍ مُنْذُ ثَمَانِي عَشْرَةَ سَنَةً، وَكَانَتْ مُنْحَنِيَةً لَا تَسْتَطِيعُ أَنْ تَنْتَصِبَ الْبَتَّةَ. فَلَمَّا رَأَاهَا يَسُوعُ، دَعَاهَا وَقَالَ لَهَا: إِنَّكِ مُطْلَقَةٌ مِنْ مَرَضِكَ. وَوَضَعَ

she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, “There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day.” Then the Lord answered him, “You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?” As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.”

يَدِّهَ عَلَيْهَا، فِي الْحَالِ اسْتَقَامَتْ، وَمَجَّدَتِ اللَّهَ. فَأَجَابَ
رئيسُ المَجْمَعِ، وَهُوَ مُعْتَاظٌ لِإِبْرَاءِ يَسُوعَ فِي السَّبْتِ، وَقَالَ
لِلْجَمْعِ: هِيَ سِتَّةُ أَيَّامٍ يَنْبَغِي الْعَمَلُ فِيهَا. فَفِيهَا تَأْتُونَ
وَتَسْتَشْفُونَ، لَا فِي يَوْمِ السَّبْتِ. فَأَجَابَ الرَّبُّ وَقَالَ: يَا
مُرَائِي! أَلَيْسَ كُلُّ وَاحِدٍ مِنْكُمْ يَحُلُّ ثَوْرَهُ أَوْ حِمَارَهُ فِي السَّبْتِ
مِنَ الْمَدْوَدِ وَيَنْطَلِقُ بِهِ فَيَسْقِيهِ؟ وَهَذِهِ، وَهِيَ ابْنَةُ إِبْرَاهِيمَ الَّتِي
رَبَطَهَا الشَّيْطَانُ مُنْذُ ثَمَانِي عَشْرَةَ سَنَةً، أَمَا كَانَ يَنْبَغِي أَنْ
تُطَلَّقَ مِنْ هَذَا الرِّبَاطِ يَوْمَ السَّبْتِ؟ وَلَمَّا قَالَ هَذَا، حَزِيَ كُلُّ
مَنْ كَانَ يَقَاوِمُهُ، وَفَرِحَ الْجَمْعُ بِجَمِيعِ الْأُمُورِ الْمَجِيدَةِ الَّتِي
كَانَتْ تَصْدُرُ مِنْهُ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
The Cathedral community	All our choir members and chanters	
Rose, Muna, Manal, Rania, Ray and Ramzi Kakish and their families		Mervat Kakish Madain (daughter/sister, 6-month memorial) and Salim Ayed Kakish (husband/father, 4 years departed)
Suzi Sadd	John L. Sadd (her husband, on his birthday)	
Dorothy and Robin Nicholas		Gabriel, Mary, John, Kathryn, Edmon and Ronald Beyrooty
Adrienne (Martha), Fr. Andrew, Kh. Ruth, Nicholas, John, Daniel, Mary, James, Christopher and Matthew Andrews, and Christina, Jonesy (Joseph), RJ (Andrew), Christian (Elias), and Samuel Worrall	Robert (Simon) Andrews (on his 95 th birthday)	
The Wacker, Ghiz, Aboohamad, Martin, Deeb, Kushner and Andrews families	Roger, Angelle Grace, Martina, Rene, Gregory, Anisa, Michelle, JJ and Fifi	Sally Lou Ghiz (6 years), George, James, Jazelle and Edward Ghiz
Ashley	Daria	

George, Mariam, Mark, Antonio and Hend Bshara

Ehab, Rania, Sami, Selena and Anthony Dahabreh

Hani Tadros (Rania's father) and
Nawal Hawatmeh Dahabreh (Ehab's
mother)

ANNOUNCEMENTS

CHURCH SCHOOL FOLLOWS HOLY COMMUNION

We are taking a short break from our study of the book of Romans, as our students prepare a Christmas program that will take place on December 17.

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. Call/text Joujou George (562)-522-1322, or email her at ginageorge@verizon.net to reserve a Sunday.



FOR THE FIRST ORTHODOX SAINT OF AMERICA

Known as the "Wonderworker of All America," we celebrate the Divine Liturgy on the Feast of St. Herman of Alaska at **10:30 am Wednesday, December 13.**

*"From this day, from this hour, from this minute,
let us strive to love God above all
and to fulfill His holy will."*

~ St. Herman of Alaska

His Eminence
The Most Reverend
Metropolitan SABA



Archbishop of New York
and Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

Prot. no.: 462/2023

December 10, 2023

Beloved Brother Hierarchs, Reverend Clergy, and Christ-Loving Faithful,

Today we gratefully recognize all our dedicated and faithful church musicians, who lead us in singing God's praises, filling our hearts and minds with angelic melodies.

In last Sunday's Epistle, we heard this admonition from St. Paul: "Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart" (Eph. 5:19). There is a hollow and disappointing camaraderie found in drinking parties, where people are filled with alcohol and belt out unprofitable songs. However, true joy and brotherhood come from being filled with the Holy Spirit and singing holy songs together with all our heart. Such spiritual fellowship brings us closer to God and creates edifying bonds with one another. Unlike intoxication and carousing, it truly lightens our spiritual burdens, bringing us joy and peace that will not disappoint. This is the blessing and ministry of sacred music within our archdiocese.

On this Musician Appreciation Sunday, we extend heartfelt thanks to Ms. Mareena Boosamra-Ball and all the members of our archdiocesan Department of Sacred Music, for their tireless efforts in support of this holy ministry. We also gratefully honor the dedication of all the choir directors, chanters, and choir members in parishes throughout the archdiocese, who faithfully present their time and talents, week after week, as priceless gifts to Christ and His Church.

Wishing you and your families a blessed remainder of the fast and a joyous Feast of the Nativity of our Lord Jesus Christ, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Saba". The signature is written in a cursive, flowing style.

✠ SABA

Archbishop of New York and Metropolitan of All North America

PREPARING FOR CHRISTMAS

Our 40-day Fast in preparation for Christmas continues to Christmas. During this “Winter Lent” we prepare ourselves to receive Christ, born anew in our hearts, through prayer, fasting and almsgiving. During this time, we abstain from meat and dairy products. Then the last few days of the fast—Dec. 20-24—become stricter, when fish is also excluded.

Schedule for Christmas

Friday, December 22

10 am Royal Hours

Sunday Morning, December 24

7:45 am Spanish Mission Liturgy

9:15 am Matins

10:30 am Liturgy for the
Sunday *before* Christmas

Sunday Night, December 24 – Christmas Eve

8:00 p.m. Matins

9:30 p.m. CHRISTMAS LITURGY



FINAL CALL: COMMUNITY CHRISTMAS CARD

Make this Christmas card *your* holiday greeting to your friends at St. Nicholas. We'll take care of mailing it out to all our members and friends.

First, this is our greeting to each other as part of our Christmas celebration and to convey to others that they are close to our hearts and in our thoughts and prayers.

Second, it will generate funds for our Charity Ministry through the coming year, both locally and overseas. This includes helping the poor in the Cathedral neighborhood *AND* our support for those suffering in the Gaza conflict, in Lebanon and Syria.

Please complete the form, include your donation, and drop it in the offering box **TODAY**. You can also submit your Christmas card participation online at www.stnicholasla.org/contributions or just call the Cathedral office. **There is no set amount, but please be generous.**



CSNU



a college-aged retreat
at **CAMP ST. NICHOLAS**

JANUARY 4-7, 2024

THEME: WALK ON WATER
MEANINGFUL SESSIONS, FUN ACTIVITIES,
PRICELESS FELLOWSHIP

REGISTER HERE



DIocese of LOS ANGELES & THE WEST
THE YOUNG ADULT MINISTRY

DLAW YAM Winter Retreat

January 12-15, 2024

at Camp St. Nicholas ~ Frazier Park, CA

Building Relationships through Christ

Keynote Speakers: Fr. George & Kh. Miray Katrib

Registration ~ \$260 (ends 12/29)



register here!

CSNU

**JANUARY 4TH-7TH, 2024
AT CAMP ST. NICHOLAS**



WHAT?

A retreat creating a Christ-centered community for college-aged adults to grow in our faith, relationships, and careers together.

WHO?

All college-aged adults are welcome!

HOW MUCH?

\$300
Scholarships are available on the camp website. The deadline to apply is December 15th.

THEME AND SESSIONS

The theme is Walk on Water. We will have 4 sessions over the weekend:

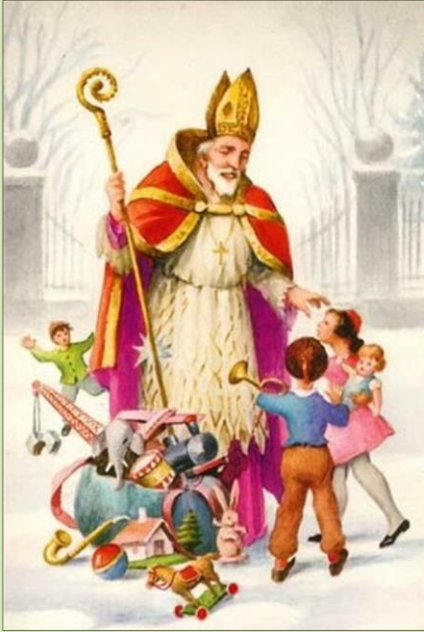
- Walking Through Careers - Fr. Andrew Andrews
- Walking Through Criticism - Kh. Ruth Andrews
- Walking Through Independence - Catherine Beasley
- Walking Through Relationships - Jacob and Kyra Corbin



Register here



Apply for the scholarship here



St. Nicholas Orthodox Cathedral

2300 WEST 3RD STREET • LOS ANGELES, CALIFORNIA

Neighborhood Family Prayer and Breakfast With St. Nicholas

Saturday, December 16

8:30 – 11:00 AM

Prayer • Music • Light Breakfast

Visit with St. Nicholas

Toys for Children Ages 0-12

VOLUNTEERS NEEDED SATURDAY, DEC. 16: 7:30 AM

We will be hosting a **Neighborhood Family Prayer and Breakfast with St. Nicholas**.

We will invite families into the Cathedral for prayer and a message before serving them breakfast in the hall. St. Nicholas will provide toys to the kids, all while our own assistant pastors, Frs. Paul and Andrew, provide an ambiance of Christmas music.

The event will start at 8:30 am, but we need our volunteers at 7:30.



Clothing and Bags Needed

Please bring new or gently-used and clean clothing you would like to donate to the foyer of the Cathedral hall. We need sizes, from infant to adult, for both males and females.

For our food distribution, we also need **sturdy plastic or canvas shopping bags**.

Place bags and clothing in the large, marked box. Please contact, Marta Chala at latifiechala@gmail.com, our coordinator, with any questions.

ON FASTING, BY ST. INNOCENT, THE “APOSTLE TO AMERICA”

Before speaking of what fasting is let us see why fasting has been appointed.

The end and purpose of fasting is to quiet and relieve the body, and so to make it more obedient to the soul, because a full and well-fed body requires luxury and rest, and disposes one to indolence, and prevents one from thinking about God; it, as it were, binds and oppresses the soul.

And now, what is fasting? Fasting varies greatly. For a person brought up in luxury, fasting can be one thing, whereas for a person brought up in simple and rough conditions, it is another thing. Therefore, for one person, it is nothing to use the roughest food and be healthy, or to live without food for a number of days, whereas for another, a big change of food can be very noticeable, and even harmful.

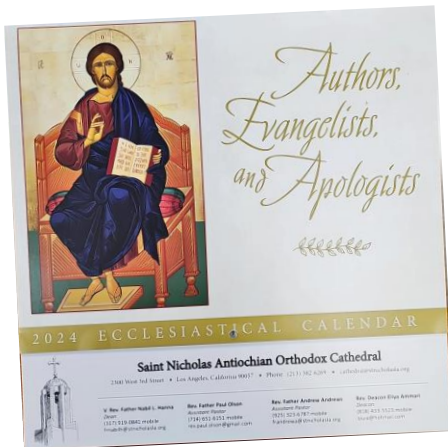
But for everyone in general, fasting is above all temperance and strict moderation in the use of food. Consequently, you should use food in moderation, and try especially to bridle the desires of the body, and not satisfy its lusts at all, for they are unnecessary for the preservation of health and the prolongation of life; and then your fast will be true.

But while fasting physically, it is necessary at the same time to fast spiritually as well, that is, to restrain your tongue from evil and not speak ill of anyone or talk needlessly, to moderate your desires and root out your passions.

2024 CHURCH CALENDARS

New church calendars are available in the narthex.

Please take only one per household. After every family has had a chance to get one, you may then take additional copies in January of whatever is left.



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

Adrienne Andrews, home, 1/16

Edward Awad, home, 1/6

Laila Milkie, rehab., 12/26

Albert Malouf, rehab., 12/22

Ousama Zabaneh, home, 12/18

Natalie Waimrin, home, 12/15

George Syriani, father of Loyal Badaro, 1/11

Nicholas Nicola, brother-in-law of Renée Crawford and Barbara Bray, 1/9

Christine Kouri, friend of Fr. Andrew and Kh. Ruth, 12/15

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

DEPARTED

Fr. William Clark, assisted at St. Nicholas, 12/24

Samir Fasheh, 1/10

Ilham Theodory, 12/30

Leigh Trenham, mother of Fr. Josiah of Riverside, 1/8

Steve Moseley, friend of Scott Bytof, 1/6

Eliana Bahou, daughter of Fr. Antony and Kh. Dina of San Diego, 12/31

Caroline Barkett, aunt of Kh. Ruth 12/14

Victims of the Gaza conflict and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

December 2023

Sun. 10	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Church School • Coffee Hour
Wed. 13	<i>Feast of St. Herman of Alaska</i> Divine Liturgy , 10:30 am
Thu. 14	Funeral of Samir Fasheh , 12:30 pm
Sat. 16	Neighborhood Family Prayer and Breakfast with St. Nicholas, 7:30 am Great Vespers and Confessions , 6 pm
Sun. 17	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Coffee Hour • Church School Christmas Program
Mon. 18	Cathedral Council , 7 pm
Wed. 20	<i>Feast of St. Ignatius of Antioch</i> Matins , 9:30 am Divine Liturgy , 10:30 am
Fri. 22	Royal Hours of Christmas, 10 am
Sat. 23	Great Vespers and Confessions , 6 pm
Sun. 24	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Coffee Hour Christmas Matins , 8 pm CHRISTMAS DIVINE LITURGY , 9:30 PM

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