



St. Nicholas Orthodox Cathedral

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

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TONE 1

JANUARY 28, 2024

EOTHINON 1

31ST SUNDAY AFTER PENTECOST • 14TH SUNDAY OF LUKE

VENERABLE EPHRAIM THE SYRIAN • VENERABLE PALLADIOS OF ANTIOCH
MARTYR CHARITA • VENERABLE THEODOSIOS OF TOTMA
ISAAC THE SYRIAN, BISHOP OF NINEVEH

الأحد الحادي والثلاثون بعد العنصرة • الأحد الرابع عشر من انجيل لوقا
تذكار القديسين البار أفرام السرياني واسحاق السرياني أسقف نينوى

31^º DOMINGO PENTECOSTÉS • 14^º DOMINGO LUCAS
NUESTRO JUSTO PADRE EFRAÍN EL SIRIO Y ISAAC EL SIRIO, OBISPO DE NÍNIVE



Today, we commemorate two great Syrian Fathers, Ss. Ephraim and Isaac. Both wrote theology and spiritual works in a poetic style, including hymns and prayers. None is more famous than the Lenten Prayer of St. Ephraim the Syrian, which starts, "O Lord and Master of my life..."

Saint Ephraim was born in Nisibis of Mesopotamia about the year 306. Ephraim then made his dwelling in Edessa. Saint Ephraim was the first to make the poetic expression of hymnody and song a vehicle of Orthodox theological teachings, constituting it an integral part of the Church's worship; he may rightly be called the first and greatest hymnographer of the Church, who set the pattern for these who followed him, especially Saint Romanos the Melodist. Because of this he is called the "Harp of the Holy Spirit." Saint Ephraim reposed in peace around 379.

Continue reading inside about St. Isaac the Syrian

LITURGY VARIATIONS

3RD ANTIPHON: TROPARION OF THE RESURRECTION (TONE 1)

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world, for which cause the heavenly powers cried aloud unto Thee, O

Mientras estaba sellada la piedra por los Judíos y los soldados guardaban tu cuerpo purísimo, resucitaste al tercer día, oh Salvador, dando la vida al mundo. Por lo cual, los poderes celestiales clamaron a ti, oh Dador de

إِنَّ الْحَجَرَ لَمَّا حُتِمَ مِنَ الْيَهُودِ، وَجَسَدَكَ
الطَّاهَرَ حُفِظَ مِنَ الْجُنْدِ، قُمْتَ فِي الْيَوْمِ
الثَّالِثِ أَيُّهَا الْمَحْيِصُ، مَانِحًا الْعَالَمَ الْحَيَاةَ.
لِذَلِكَ قَوَّاتُ السَّمَاوَاتِ، هَتَفُوا إِلَيْكَ يَا
وَاهِبَ الْحَيَاةَ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا

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 Fast Days and Other Weekday Services Scheduled

Please turn cell phones off!



Order for Holy Communion

Members of the Orthodox Church age seven and above must prepare for Holy Communion with a recent confession, prayer, fasting from all food and drink from midnight (unless a medical condition preclude it), being in church *before* the Epistle and Gospel readings, and being at peace with everyone.

نظام المناولة المقدسة

يجب على أعضاء الكنيسة الأرثوذكسية من سن السابعة وما فوق، الاستعداد للمناولة المقدسة باعتراف حديث والصلاة والصوم عن جميع الأطعمة والمشروبات من منتصف الليل (ما لم تكن هناك موانع طبية)، والتواجد في الكنيسة قبل قراءات الرسالة والإنجيل، وأن يكونوا في سلام مع الجميع.

CHILDREN going to church school and their teachers should come down the center aisle first. (Small children may need to be assisted by their parents.)

ALL OTHERS should wait until an usher dismisses your row from the center aisle. Then return to your place by a side aisle for the prayers of thanksgiving and the final blessing and dismissal. Please let choir members pass when they come down for Communion.

A Warm Welcome to Our Guests

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

ترحيب حار بضيوفنا

نحن سعداء لأنكم تشاركون معنا في الصلاة. يرجى ملاحظة أن المشاركة في المناولة المقدسة تقتصر على أعضاء الكنيسة الأرثوذكسية الذين استعدوا أيضا بالصلاة والصوم والاعتراف الحديث.

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

Giver of Life: Glory to Thy Resurrection, O Christ, glory to Thy Kingdom, glory to Thy providence, O Thou Who alone art the Lover of mankind.

vida: Gloria a Tu Resurrección oh Cristo! ¡Gloria a tu Reino! ¡Gloria a Tu Divina Providencia, oh único amante de la humanidad!

المسيح، المجدِّ لِمُلْكِكَ، المجدِّ لِتَدْبِيرِكَ،
يا مُحِبَّ البَشَرِ وَحَدِّكَ.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 1)

While the stone was sealed....

Mientras estaba sellada....

إِنَّ الحَجَرَ لَمَّا حُتِمَ مِنَ اليَهُودِ....

Troparion of St. Ephraim the Syrian (Tone 3)

Out of Paradise, a river floweth, flooding all the earth with joy unending, cheering souls with compunction and saving fear: Ephraim, the wine bowl of gladness inspired of God, from all eternity chosen to light the Church with his sacred hymns, his sermons, his shining canticles, whereby he filleth faithful souls with godliness.

Del Paraíso brota un río, inundando toda la tierra con un gozo sin fin, animando a las almas con compunción y temor salvador: Efraín, copa de vino de alegría inspirada por Dios, desde toda la eternidad escogida para iluminar a la Iglesia con sus himnos sagrados, sus sermones, sus cánticos resplandecientes, con los que llena de piedad a las almas fieles.

هَرَّ يَنْبُعُ مِنَ الفردوسِ يَروي الأَرْضَ
بالفَرَحِ الدائمِ وبالتَقوى والمخافةِ يُحْيِي
النُفوسَ أعني إفرامَ المِخْتارَ مُنْذُ الأَزَلِ
لِكي تُبَيِّرَ الكَنِيسَةَ بالإلهامِ وليَمَلَأْ
نُفوسَنَا تقوى بالعِظَمَاتِ وأبھی التسابيحِ
والأناشيدِ.

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

Tú que por la verdad de tus actos te mostraste a tu rebaño como canon de la fe, un ejemplo de virtud y maestro de mansedumbre; así como por tu humildad alcanzaste las alturas, y por tu pobreza las riquezas espirituales, oh Padre y Jerarca Nicolás nues-

لَقَدْ أَظْهَرْتَكَ أفعالَ الحَقِّ لِرَعِيَّتِكَ قانوناً
للإيمانِ، وصورَةً لِلوَداعةِ، ومُعَلِّماً
للإنسانِ، أَيُّها الأبُّ ورئيسُ الكَهَنَةِ
نيقولاوس. فَلِذَلِكَ أَحْرَزْتَ بالتَّواضِعِ
الرِّفْعَةَ، وبالمسكَنَةِ الغِنَى. فَتَشَقَّقْ إلى
المسيحِ الإلهِ أَنْ يُخَلِّصَ نفوسَنَا.

Christ our God to save our souls.

tro patrón ruega a Cristo Dios que salve nuestras almas.

Kontakion of the Meeting of the Lord (Tone 1)

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb and, as is meet, didst bless Simeon's arms, and didst also come to save us, preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

Tú, oh Cristo Dios, que con tu nacimiento santificaste el vientre de la Virgen y, como es justo, bendijiste los brazos de Simeón, y también viniste a salvarnos; conserva tu rebaño en las guerras y confirma a aquellos a quienes amaste, porque sólo Tú eres el Amante de la humanidad!

أَيُّهَا الْمَسِيحُ الْإِلَهَ، يَا مَنْ بِمَوْلِدِهِ قَدَّسَ
الْمُسْتَوْدَعُ الْبَتُولِيَّ، وَبَارَكَ يَدَيْ سِمْعَانَ
كَمَا لاقَ، وَأَدْرَكْنَا الْآنَ وَخَلَّصَنَا؛
إِحْفَظْ رَعِيَّتَكَ بِسَلَامٍ فِي الْحُرُوبِ، وَأَيِّدِ
الْمَلُوكَ الَّذِينَ أَحْبَبْتَهُمْ، بِمَا أَنَّكَ وَخَدَكَ
مُحِبُّ الْبَشَرِ.

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, have I cried, O my God.

From St. Paul's First Epistle to Timothy (1.5-17; 31st Sunday)

TIMOTHY, MY SON, the saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners. And I am the foremost of sinners; but I received mercy for this reason, that in me, as the foremost, Jesus Christ might display His perfect patience for an example to those who were to believe in Him for eternal life. To the King of Ages, immortal,

Prokimenon (Salmo 27.9, 1 LXX; Tono 6)

O Señor, salva a tu pueblo, y bendice a tu heredad.

A ti clamaré, oh Señor, oh Dios mío no te desentendas de mí.

De la Primera Carta de San Pablo a Timoteo (1.5-17; Domingo 31)

TIMOTEO, MI HIJO, Palabra fiel y digna de ser recibida por todos: que Cristo Jesús vino al mundo para salvar a los pecadores, de los cuales yo soy el primero. Pero por esto fui recibido a misericordia, para que Jesucristo mostrara en mí el primero toda su clemencia, para ejemplo de los que habrían de creer en él para vida eterna. Por tanto, al

بروكيمينون (مزمو ٢٩، ٦، ١ سبع)؛

(الحن ٦)

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ.
إِلَيْكَ يَا رَبُّ أَصْرُحُ وَإِلَى إِلَهِي أَنْصَرِّعُ.

مِنْ رِسَالَةِ الْقِدِّيسِ بُولُسَ الرَّسُولِ

الأولى إلى تيموثاوس (١٥، ١-١٧)؛

الأحد الحادي والثلاثون)

يَا وَلَدِي تِيمُوثَاوُسُ، صَادِقَةٌ هِيَ الْكَلِمَةُ
وَمُسْتَحِقَّةٌ كُلُّ قُمُولٍ: أَنَّ الْمَسِيحَ يَسُوعَ
جَاءَ إِلَى الْعَالَمِ لِيُخَلِّصَ الْخَطَاةَ الَّذِينَ
أَوْلَهُمْ أَنَا. لَكِنِّي هَذَا رَجَمْتُ: لِيُظْهِرَ
يَسُوعُ الْمَسِيحُ فِيَّ أَنَا أَوْلَى كُلِّ أَنَاةٍ،
مَثَلًا لِلْعَائِدِينَ أَنْ يُؤْمِنُوا بِهِ لِلْحَيَاةِ
الْأَبَدِيَّةِ. وَمَلَكَ الدُّهُورِ الَّذِي لَا يَفْنَى

invisible, the only God, be honor and glory to the ages of ages. Amen.

Rey de los siglos inmortal, invisible, al único y sabio Dios, sea honor y gloria por los siglos de los siglos. Amén.

وَلَا يُرَى، الْإِلَٰهُ الْحَكِيمُ وَحْدَهُ، لَهُ الْكَرَامَةُ وَالْمَجْدُ إِلَى دَهْرِ الدُّهُورِ.
آمِينَ.

Holy Gospel according to St. Luke (18.35-43; 14th Sunday of Luke)

AT THAT TIME: when Jesus drew near to Jericho, a blind man was sitting by the roadside begging; and hearing a multitude going by, he inquired what this meant. They told him, "Jesus of Nazareth is passing by." And he cried, "Jesus, Son of David, have mercy on me!" And those who were in front rebuked him, telling him to be silent; but he cried out all the more, "Son of David, have mercy on me!" And Jesus stopped, and commanded him to be brought to Him; and when he came near, He asked him, "What do you want me to do for you?" He said, "Lord, let me receive my sight." And Jesus said to him, "Receive your sight; your faith has made you well." And immediately he received his sight and followed Jesus, glorifying God; and all the people, when they saw it, gave praise to God.

El Santo Evangelio Según San Lucas (18.35-43; Domingo 14)

ACONTECIÓ DESPUÉS: acercándose Jesús a Jericó, un ciego estaba sentado junto al camino mendigando, y al oír a la multitud que pasaba, preguntó qué era aquello. Le dijeron que pasaba Jesús nazareno. Entonces gritó, diciendo: ¡Jesús, Hijo de David, ten misericordia de mí! Los que iban delante lo reprendían para que callara; pero él gritaba aún más fuerte: ¡Hijo de David, ten misericordia de mí! Jesús entonces, deteniéndose, mandó traerlo a su presencia. Cuando llegó, le preguntó, diciendo: ¿Qué quieres que te haga? Y él dijo: Señor, que reciba la vista. Jesús le dijo: Recíbela, tu fe te ha salvado. Al instante recobró la vista, y lo seguía glorificando a Dios; y todo el pueblo, cuando vio aquello, dio alabanza a Dios.

**مِنْ بَشَارَةِ الْقَدِيسِ لَوْقَا الْإِنْجِيلِيّ
الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ (١٨,٣٥ -
٤٣؛ الأحد الرابع عشر من لوقا)**

فِي ذَلِكَ الزَّمَانِ، فِيمَا يَسُوعُ بِالقُرْبِ مِنْ أَرِيحَا، كَانَ أَعْمَى جَالِسًا عَلَى الطَّرِيقِ يَسْتَعْطِي. فَلَمَّا سَمِعَ الْجُمُعَ مُجْتَازًا، سَأَلَ مَا عَسَى أَنْ يَكُونَ هَذَا، فَأَحْبَبُوهُ أَنَّ يَسُوعَ النَّاصِرِيِّ مُجْتَازًا. فَصَرَخَ قَائِلًا: "يَا يَسُوعُ ابْنَ دَاوُدَ، ارْحَمْنِي!" فَاتْتَهَرَهُ الْمُتَقَدِّمُونَ لِيَسْكُتَ، أَمَّا هُوَ فَصَرَخَ أَكْثَرَ كَثِيرًا: "يَا ابْنَ دَاوُدَ، ارْحَمْنِي!" فَوَقَّفَ يَسُوعُ وَأَمَرَ أَنْ يُقَدَّمَ إِلَيْهِ. وَلَمَّا اقْتَرَبَ سَأَلَهُ قَائِلًا: "مَاذَا تُرِيدُ أَنْ أَفْعَلَ بِكَ؟" فَقَالَ: "يَا سَيِّدُ، أَنْ أَبْصِرَ." فَقَالَ لَهُ يَسُوعُ: "أَبْصِرْ؛ إِيمَانُكَ قَدْ شَفَاكَ." وَفِي الْحَالِ أَبْصَرَ، وَتَبِعَهُ وَهُوَ يُمَجِّدُ اللَّهَ. وَجَمِيعُ الشَّعْبِ إِذْ رَأَوْا سَبَّحُوا اللَّهَ.

THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be Thy Name, Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from the evil one.

Padre nuestro que estás en los cielos santificado sea tu nombre. Venga tu reino. Hágase tu voluntad en la tierra como en el cielo. El pan nuestro de cada día dánoslo hoy y perdona nuestras ofensas así como nosotros perdonamos a los que nos han ofendido y no nos dejes caer en la tentación, más líbranos del mal.

أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ مَلَكُوتُكَ، لِتَكُنْ مَشِيئَتُكَ، كَمَا فِي السَّمَاءِ، كَذَلِكَ عَلَى الْأَرْضِ. خُبْرَنَا الْجَوْهَرِي أَعْطِنَا الْيَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا، كَمَا نَتْرُكُ مَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي بَحْرَةٍ، لَكِنْ نَجِّنَا مِنَ الشَّرِيرِ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
Edward Awad	Roger and Karen Awad (children), Natalie Awad (daughter-in-law), and Glenn, Carl and Claire Awad (grandchildren)	Lila Awad (wife, 3-year memorial), Kamel and Matilda Awad (parents), and Karim and Nazira Rihbany (Lila's parents)
Amaany, Scott and Alexandra Bytof, Hanan and Khalil Attalla and family, George and Zakieh Samaan and family, Rojeena and Kevin Wolfendon, Anisa and Bassam Mikhail and family		Poulos Samaan (father, 3-year memorial)
Ronald and Rose Samore	Christina (daughter) and Tyler Sutton (as they start their married life together), and all their children and grandchildren	Isabel Elac
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

THIS IS STEWARDSHIP RECOMMITMENT SUNDAY

Over the course of this month, we have been reflecting on the question of what should be our fitting response to the Lord, Who has saved us and continues to work in our lives.

Today, we conclude our reflections on how we can be cheerful sowers and givers—and how this is done tangibly through our offerings. **·:THE SOWER OF GOOD SEEDS:·**

The point is this: he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9.6-7)

هَذَا وَإِنَّ مَنْ يَزْرَعُ بِالسُّخِّ فَبِالسُّخِّ أَيْضًا يَحْصُدُ، وَمَنْ يَزْرَعُ بِالْبَرَكَاتِ فَبِالْبَرَكَاتِ أَيْضًا يَحْصُدُ. كُلُّ وَاحِدٍ كَمَا يَنْوِي بِقَلْبِهِ، لَيْسَ عَنْ حُزْنٍ أَوْ اضْطِرَارٍ. لِأَنَّ الْمَغْطِي الْمَسْرُورَ يُحِبُّهُ اللَّهُ. (٢ كورنثوس ٩، ٦-٧)

This is the day we ask all to recommit their faith by pledging to be part of God's work. This is a basic way we make our faith tangible, not just some abstract philosophy. We committed to being Orthodox Christians when we were baptized/chrisdated; now we renew that commitment to following Christ, doing His work together.

We ask you to consider prayerfully your stewardship commitment for the coming year. This is the pledge we make in support of our church operations and ministries for 2024. At the conclusion of Liturgy:

- We will offer a special prayer of thanksgiving for you, God's stewards, and ask Him to bless and reward all those who are recommitting to His Church.
- Then the clergy and Council members will proceed to put their pledge cards in the offering box.
- We respectfully ask everyone to follow and put a confidential pledge into the box. Pledge cards are inserted in your bulletin.



Stewardship Commitment Prayer

O Lord, God Almighty, Who alone art holy, Who dost accept the sacrifice of praise from those Who call upon Thee with their whole heart:

Send down the grace of Thy Holy Spirit, and bless all aspects of our labor to maintain this holy cathedral to the glory of Thy holy Name and in honor and memory of Thy holy Wonderworker Nicholas. Preserve this church in Thy peace, which is beyond human comprehension. Bless our congregation, council and all who commit themselves to Thee and who offer to Thee their tithes and offerings for the furtherance of the Holy Orthodox Christian Faith in our community.

Look upon us, O God, and receive our pledges of tithes and offerings as Thou didst receive the gifts of Abel, the sacrifices of Noah, the burnt-offerings of Abraham, the priestly offices of Moses and Aaron, the peace-offerings of Samuel. Even as Thou didst receive at the hands of Thy holy apostles this true worship, so also do Thou in Thy goodness, O Lord, receive from the hands of us sinners these gifts; that, we may receive the recompense of wise and faithful stewards in the fearful day of Thy just requiring, through the compassions of Thine only-begotten Son, with Whom Thou art blessed, together with Thine all-holy and good and life-giving Spirit, now and ever and unto ages of ages. Amen.

CHURCH SCHOOL FOLLOWS HOLY COMMUNION

Today: our classes will continue the study of St. Paul's Epistle to the Romans— **Lesson 10: "St. Paul's Summary/Everyday People"** (**Romans chapters 15-16**). Please discuss it with your children at home, to reinforce their lessons. You will find the **Church School Calendar online** and updated with changes (scan the QR code at right, or enter <https://bit.ly/SNGschool23-24>).



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.

- Lunch is hosted today by Edward Awad (on wife Lila's 3-year memorial).

Upcoming Coffee Hour Schedule

February 4	Hend, John, and Maria Nahas (lunch in memory of Sarkees Nahas)
February 11	OPEN
February 18	Lunch and Annual General Assembly Meeting
February 25	Lunch with Metropolitan Saba
March 3	OPEN
March 10	Ladies' Society: "Hamburger Bar" for Meatfare Sunday
March 17	Dale and Robin Nicola (in memory of son Gregory)
March 24	OPEN
March 31	OPEN



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.

MIDWEEK LITURGICAL CELEBRATIONS

Feast of the Three Great Hierarchs

We celebrate a combined remembrance of Ss. Basil the Great, Gregory the Theologian and John Chrysostom on **Tuesday, January 30, Divine Liturgy 10:30 am**

A Great Feast: The Meeting of the LORD

One day, an old woman and a very old man went to the Temple to pray. There, they met the Lord Himself, in the flesh! The Meeting of the Lord is also known as the Presentation of Christ.

We too will meet Him at the **Divine Liturgy**, here at St. Nicholas Cathedral, starting at **6:30 this Thursday evening, Feb. 1.**

PRESENTATION AND BLESSING OF BOYS NEXT SUNDAY

At Liturgy next Sunday, February 5, our Cathedral's boys and young gentlemen will come in procession with candles toward the altar. We will then offer special prayers for them, asking God to bless them.



OFFICIAL NOTICE OF ANNUAL CATHEDRAL GENERAL ASSEMBLY

Our annual general assembly will be held after Liturgy on Sunday, February 18, 2024, immediately after the Liturgy and lunch.

Reports from the organizations and financial reports are being compiled in a packet and will be made available via a download link to be emailed in advance of the meeting. A few paper copies will also be printed and made available for those who desire them. (If you are an organization head or treasurer, please submit your report to the Cathedral office by January 28.)

If you would like to nominate someone, or you are possibly interested in serving God through the Cathedral Council yourself, please contact a member of our nominations committee, by February 10:

John Nahas (818-438-9707), sjohn.nahas@gmail.com

Shadi Omeish (702- 743-5747), Shadi.omeish@1hotels.com

Lamia Qafaiti (323-597-7332), qafaiti@yahoo.com

Voting members at the Annual Meeting are comprised of all adult members of the Orthodox Church, who are in good spiritual standing at St. Nicholas Cathedral and whose pledges and contributions are current through 2023. *Note that “nominations from the floor” means that voting members can make nominations, but they must still go through the committee, prior to the meeting to confirm they meet basic eligibility requirements: candidates must be in good spiritual standing, have made and fulfilled their stewardship pledge, be at least 18 years of age and members of the Cathedral for at least one year. Candidates must have accepted nomination and signed the Archdiocese standard affirmation form.*

METROPOLITAN SABA WILL BE VISITING US

His Eminence, Metropolitan Saba, will be making his first pastoral visit to this area next month. Plans and details are still being formulated, but here's what we know now:

Saturday, February 24:

6 pm Great Vespers - *Tentative*

Sayidna might be with us at that time, but this is yet to be confirmed. If so, we would receive him formally into the Cathedral at the start of Vespers. We would likely also have some kind of reception afterwards, with time for getting acquainted, with questions and answers.

Sunday, February 25:

9 am Reception of the Metropolitan, Matins and Hierarchical Divine Liturgy Follow

A lunch in honor of Sayidna's first visit will follow Liturgy.





JOIN THE ORDER OF ST. IGNATIUS OF ANTIOCH, OR UPGRADE

Metropolitan Saba will love inducting you during his first visit to the Cathedral, on Sunday, February 25.

Have you thought about joining the Order? Do you have any questions about the Order and what it does? Please see Concetta Smarius during coffee hour, or contact her at concettasmarius@yahoo.com.

Today, you can also talk with Michael Srour, the Diocese of Los Angeles Co-chairman of the Order, who is with us today (joining us for the memorial of his aunt Lila Rehbany Awad).

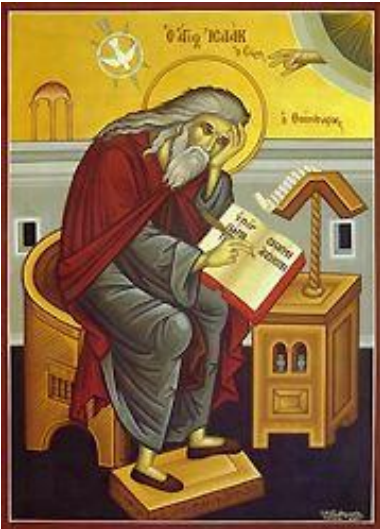
WORDS OF WISDOM

Losers focus on what they are going through, and winners focus on what they are going to. Friends, sometimes in life we have a victim mentality, thinking poor old me. No, friends, I want you to change that attitude. God created you as a winner and yes, things may not be going your way in life, but don't have a pity party, have a praise party. Remember brighter days are ahead. If you complain, you will remain, but if you praise, you will be raised.

Fr. Nicholas Louh, St. John the Divine Greek Orthodox Church, Jacksonville, FL

A human being who does not endure courageously the unpleasant burdens of temptations, will never produce fruit worthy of the divine wine-press and eternal harvest, not even if one possesses all other virtues. For one is only perfected through zealously enduring both all the voluntary and involuntary afflictions.

St. Gregory Palamas



ABOUT TODAY'S GREAT SYRIAN SAINTS - CONTINUED FROM FRONT COVER

Saint Isaac, was born in the early seventh century in Eastern Arabia, the present-day Qatar on the Persian Gulf. He became a monk at a young age and went to dwell with monks in Persia. He was consecrated Bishop of Nineveh (and is therefore sometimes called "Saint Isaac of Nineveh. He wrote his renowned and God-inspired Ascetical Homilies toward the end of his long life of monastic struggle, about the end of the seventh century. The fame of his Homilies grew quickly were translated from Syriac into Greek by two monks of the Monastery of Mar Sabbas in Palestine, from which they spread throughout the monasteries of the Roman Empire and became a guide to the hesychasts of all generations thereafter.

St. Barbara Lebanon Relief Fund



Receipt of Charitable Donation

St Barbara Lebanon Relief Fund gratefully acknowledge the receipt of the following donation:

Amount: \$8,000.00

Given by: St Nicholas Orthodox Cathedral, Los Angeles

Year received: 2023

No goods or services were provided by SBLRF in return for this donation. Thank you for your generous support. You have touched the lives of many Lebanese people during this unprecedented humanitarian crisis.

Dear Father Nabil,

We thank you and thank the faithful of St. Nicholas Cathedral for your generosity and support to continue serving the suffering people of Lebanon. Your support is so important to us to provide food, medicine, diapers, heating oil, milk and many other essentials to the neediest families and individuals in Lebanon. Your generosity and prayers truly made a difference and allowed us to reach out to many communities in three Orthodox Archdioceses in Lebanon during the months of June and July of 2023.

Board members, Esper Kanaan and I traveled to Lebanon and worked closely with the different Orthodox organizations. We established a network of known, reliable, and verifiable contacts in Lebanon that we will work with in the future to deliver our aid. We were blessed to visit and spend time with three Antiochian Metropolitans.

In the Archdiocese of Tripoli and Koura 60 grocery store vouchers (\$50 each) and adult diapers were distributed to the neediest families through the House of Family and Youth organization established by Metropolitan Ephraim Kyriakos. Receipts of what was purchased were collected from the grocery stores and kept for our record (please find a sample of a receipt below). A nursing home in Mina



recommended by Metropolitan Ephraim received help with diapers, cleaning supplies, toilet paper, tissues and meat. The Orthodox Youth Movement, social work department distributed meat and chicken vouchers to 33 families in Mina in addition to purchasing medicine to support a local clinic. The need was so great, and the vouchers were all used up within 2 days of being received. Many of the families that received chicken and meat were saying that they haven't eaten any meat since Pascha when it was donated to them for free back then. One hundred bags of food were put together by Orthodox Youth Movement members and one Orthodox priest, were then distributed to 11 areas in North Lebanon including Koura, Tripoli, and Minyeh-Danniyeh districts.

Our work in the Archdiocese of Zahle and Baalbek was very blessed, where Esper Kanaan and I visited Metropolitan Antonios' chancery and participated at St. Nicholas Restaurant with preparing hot meals, served every Wednesday and delivered to around 410 families in the area. We sponsored the hot meal project for four consecutive weeks in the month of July in addition to funding the purchase of bags of food to be delivered to the neediest families in the area. The clinic of St. Nektarios the Wonderworker dispensary in Qousaya received enough funding to purchase medicine to treat many conditions such as high cholesterol, hypertension, allergies, muscle pain, and much more.



In the Archdiocese of Mount Lebanon, Jbeil and Batroun, 100 bags of food were put together by church members and were distributed to 13 different areas in the archdiocese, recommended by Metropolitan Silouan. We also supported 3 clinics in Batroun, Wadi Chahrour and Al-Nabaa with medicine that is in high demand. The Elderly Home in Douma, established by the Thrice Blessed Memory, Metropolitan Anthony Bashir was helped to purchase heating oil for the winter season. Grocery store vouchers valued at \$50 each were distributed to the most vulnerable members of the police department in Batroun. The members of the police department come from different areas in Lebanon, and not only from Batroun. Assafina, an organization serving handicapped people in the area of Batroun was also helped to start providing services to the members of society that are very neglected in Lebanon.

We are planning on continuing our support to the Archdioceses that we already worked with, and to expand our work to support more Archdioceses in Lebanon such as Beirut, Akkar and South Lebanon. This is only possible with your continuous financial support. We appreciate your monthly commitment, in order for us to continue this worthy ministry of serving the suffering Lebanese people during this extremely challenging time.

Please find below few pictures from our work in Lebanon, summer of 2023. You may also check our website for more details and pictures about our work in Lebanon!!

In Christ,

A handwritten signature in blue ink, appearing to read "Ramona".

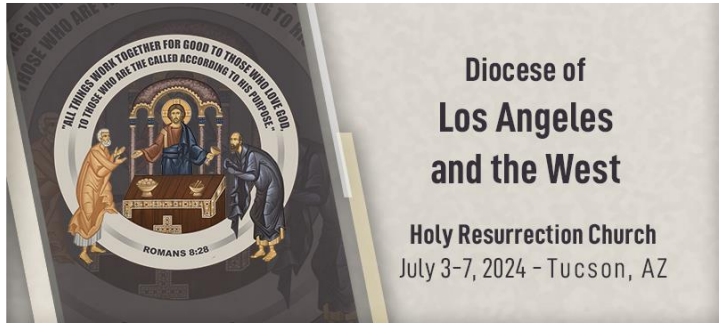
Ramona Zaini Blanski, *Chair*
St Barbara Lebanon Relief Fund
<https://stbarbaralebanonrelief.org/>



PARISH LIFE CONFERENCE UPDATE

The Bible Bowl will be held on Friday, July 5 at the Parish Life Conference in Tucson, AZ.

We may register teams in the Pre-Teen (Ages 10-12), Junior (Ages 13-15), and Senior (Ages 16-19) divisions and we can have multiple teams in each division. The questions this year are from the Book of Romans (the same book we are focused on in Sunday School).



Anyone interested in participating should see Fr. Andrew or Fr. Nabil, so that we can add you to the roster and the training schedule.

GOD BLESS YOUR HOME AND BLESS YOU!

Kindly return the coupon below to request your house blessing.

Fr. Nabil will take all the requests and group them geographically and assign them to one of his assistants or to himself. We will let you know in advance when a priest will be coming.

We would like to do our best to see as many as possible before Lent, which will start March 17.



House Blessing Scheduling Form

Name _____ Telephone _____

Address _____ Email _____

Check ALL Possible Days: Sun Mon Tue Wed Thu Fri Sat

Check ALL Possible Times: Mornings Afternoons Evenings

Do not schedule me for a house blessing at this time. I will call Father when I'm ready.

Please place in tray in church, or mail back as soon as possible.



PROJECT MEXICO & St. Innocent Orphanage



“Missionaries of the Church”

Project Mexico

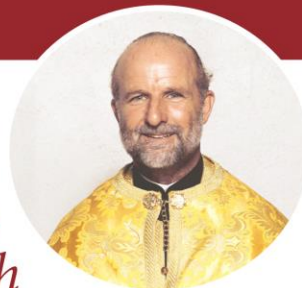
Project Mexico provides safe, secure, permanent homes for families in Baja California with the help of selfless and hardworking volunteers with over thirty years of experience. Many families endure squalid conditions in shacks pieced together with cardboard, old tarps, and wooden pallets. With no protection from the elements, children and elderly are vulnerable to the elements and victimization. Our mission provides sturdy structures and a foundation for families to build a better future and community.

St. Innocent Orphanage

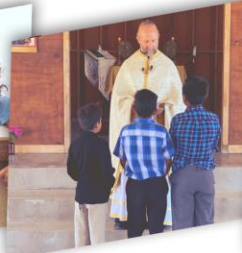
St. Innocent Orphanage was founded in 1996 to provide children with love, hope and a safe home. The children are given a chance to live successful, productive lives and receive a comprehensive education at St. Innocent School that also includes vocational training, sports and psychological counseling. Most importantly, they are instructed in the Orthodox Christian life. All of this, including a structured and loving environment, fosters a miraculous transformation.

JOIN US!

*Sunday,
Feb. 4th*



Fr. Nicholas Andruchow, the Executive Director of Project Mexico, will be giving the homily at liturgy and speak on this great ministry!



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

Protodeacon George Moubayed, hospital, 3/1

Ousama Zabaneh, home, 3/7

Adrienne Andrews, home, 3/6

Natalie Waimrin, home, 3/4

Hayat Kassab Alchammas, home, 2/29

Leila Milkie, rehab., 2/27

Fadi Nakhleh, home, 2/13

Albert Malouf, home, 1/31

Angele Wahhab, mother of Lamia Qafaiti, 3/7

Elham Alloush, mother of Arij Watfa Alchammas, 2/29

Julian F. Capata, son of Julian and Shirley Capata, 2/11

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

DEPARTED

Isabel Elac, 2/17

Jeanette Shammas, 2/17

Ronald Davis, Kh. Ruth's father, 2/27

Kh. Dina Bahou, St. George Church, San Diego, 2/11

Kh. Hannah Sally Howell, St. Athanasius Church, Fair Oaks/Sacramento, 2/4

Victims of the Gaza conflict and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

January 2024

Sun. 28

Stewardship Recommitment Sunday

Matins, 9:15 am

Divine Liturgy, 10:30 am

- Church School
- Coffee Hour

Tue. 30

Feast of the Three Great Hierarchs

Divine Liturgy, 10:30 am

Church School Staff online meeting, 7 pm

February 2024

Thu. 1

Eve of the Great Feast Of the Meeting of the Lord

Divine Liturgy, 6:30 pm

Sat. 3

Great Vespers and Confessions, 6 pm

Sun. 4

Spanish Mission Liturgy, 7:45 am

- Fellowship and Bible Study in Spanish

Blessing of Boys and Young Men

Matins, 9:15 am

Divine Liturgy, 10:30 am

- Church School
- Coffee Hour

Sat. 10

FOCUS Food Distribution, 9 am

Great Vespers and Confessions, 6 pm

Sun. 11

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

**Fri. 16 –
Mon. 19**

Winter Camp at Camp St. Nicholas

Sat. 17

Great Vespers and Confessions, 6 pm

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