



# St. Nicholas Orthodox Cathedral

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

2300 WEST 3<sup>RD</sup> STREET • LOS ANGELES, CALIFORNIA 90057

(213) 382-6269 • WWW.STNICHOLASLA.ORG • EMAIL: CATHEDRAL@STNICHOLASLA.ORG

V. REV. FATHER NABIL L. HANNA, DEAN  
(317) 919-0841 • FRNABILH@STNICHOLASLA.COM

REV. FATHER PAUL OLSON, ASSISTANT PASTOR  
(714) 651-6151 • REV.PAUL.OLSON@GMAIL.COM

REV. FATHER ANDREW ANDREWS, ASSISTANT PASTOR  
(925) 323-6787 • FRANDREWA@STNICHOLASLA.COM

REV. DEACON ELIYA AMMARI, ATTACHED  
(818) 433-5523 • LOUIA@HOTMAIL.COM

**TONE 6**

**MARCH 3, 2024**

**EOTHINON 6**

## SUNDAY OF THE PRODIGAL SON

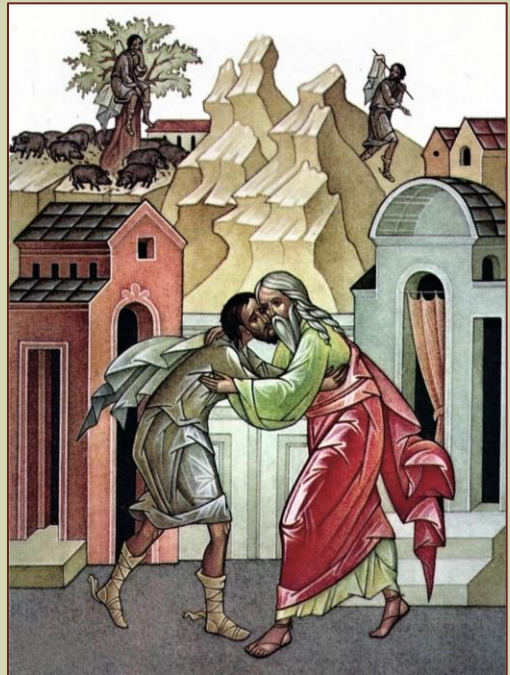
MARTYRS EUTROPIOS, KLEONIKOS, AND BASILIKOS OF AMASEA  
HIEROMARTYR THEODORETOS OF ANTIOCH

أحد الابن الضال  
القدسين افطروبيوس وكلاونيكوس وباسيليوس الشهداء

In today's Gospel lesson, our Lord gives us the parable—a teaching story—of the Prodigal Son.

This parable of God's forgiveness calls us to "come to ourselves," as did the prodigal son, to see ourselves as being "in a far country," far from the Father's house, and to make the journey of return to God.

We are given every assurance by the Master that our heavenly Father will receive us with joy and gladness. We must only "arise and go," confessing our self-inflicted and sinful separation from that "home" where we truly belong (Luke 15.11-24).



# LITURGY VARIATIONS

## 3<sup>RD</sup> ANTIPHON (TROPARION OF THE RESURRECTION, TONE 6)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou ledest Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

إِنَّ الْقُوَّاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرِ،  
وَالْحُرَّاسَ صَارُوا كَالْأَمْوَاتِ، وَمَرْيَمَ وَقَفَتْ عِنْدَ  
الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ، فَسَبَّيْتَ الْجَحِيمَ وَلَمْ  
تُجْرَبْ مِنْهُ، وَصَادَفْتَ الْبَتُولَ مَانِحاً الْحَيَاةَ. فَيَا  
مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ 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 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.

### 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.

### 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.

### ترحيب حار بضيوفنا

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

**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.

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 6)

When Mary stood at Thy grave....

إِنَّ الْقُوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ  
الْمَوْقَرِّ....

### 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 أَظْهَرَ نَتِكَ أَفْعَالُ الْحَقِّ لِرَعِيَّتِكَ قَانُونًا لِلْإِيمَانِ،  
وَصُورَةً لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ  
وَرَبِّيسُ الْكَهَنَةِ نَبِقُولَاوَس. فَلِذَلِكَ أَحْرَزْتَ  
بِالتَّوَاضُعِ الرَّفْعَةَ، وَبِالْمَسْكَنَةِ الْغِنَى. فَتَشَفَّعْ إِلَى  
الْمَسِيحِ الْإِلَهِيِّ أَنْ يُخَلِّصَ نَفُوسَنَا.

### Kontakion of the Prodigal Son (Tone 3)

Foolishly I sprang away from Thy great fatherly glory and dispersed in wicked deeds the riches that Thou didst give me. With the Prodigal I therefore cry unto Thee now: I have sinned against Thee, O compassionate Father. But receive me in repentance; make me as one of Thy hired servants, O Lord.

إِذْ عَصَيْتُ مَجْدَكَ الْأَبَوِيِّ بِجَهْلٍ، وَبِالْمَعَاصِي  
بَدَدْتُ غِنَاكَ الَّذِي أُعْطَيْتَ، فَبِصَوْتِ الْإِبْنِ الشَّاطِرِ  
إِلَيْكَ أَهْنِفُ: أَيُّهَا الْأَبُ الرَّؤُوفُ، خَطْبْتُ نَحْوِكَ،  
فَتَقَبَّلْ مِنِّي التَّوْبَةَ وَاجْعَلْنِي كَأَحَدِ أَجْرَائِكَ.

## THE SCRIPTURE LESSONS

---

### Prokeimenon (Psalm 32.22, 1 LXX; Tone 1)

Let your mercy, O Lord, be upon us.

*Verse:* Rejoice in the Lord, O you righteous.

### From Paul's 1<sup>st</sup> Epistle to the Corinthians (6.12-20; Prodigal Son)

BRETHREN, "all things are lawful for me," but not all things are helpful "All things are lawful for me," but I will not be enslaved by anything. "Food is meant for the stomach and the stomach for food"—and God will destroy

بروكيمنون (مزمور 32.22، 1 سبع؛ اللحن 1)

لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا.

إِبْتَهَجُوا أَيُّهَا الصِّدِّيقُونَ بِالرَّبِّ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرِّسُولِ الْأُولَى  
إِلَى أَهْلِ كُورِنْثُوسِ (6.12-20؛ الْإِبْنِ الشَّاطِرِ)

يَا إِخْوَةٌ، كُلُّ شَيْءٍ مُبَاحٌ لِي، وَلَكِنْ لَيْسَ كُلُّ شَيْءٍ  
يُؤَافِقُ، كُلُّ شَيْءٍ مُبَاحٌ لِي وَلَكِنْ لَا يَنْسَلُطُ عَلَيَّ

both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by His power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with Him. Shun immorality. Every other sin which a man commits is outside the body, but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So, glorify God in your body and in your spirit which belong to God.

شَيْءٌ. إِنَّ الْأَطْعِمَةَ لِلْجَوْفِ وَالْجَوْفَ لِلْأَطْعِمَةِ، وَسَيُبِيدُ اللَّهُ هَذِهِ وَذَلِكَ. أَمَّا الْجَسَدُ فَلَيْسَ لِلرَّزَى، بَلْ لِلرَّبِّ وَالرَّبُّ لِلْجَسَدِ، وَاللَّهُ الَّذِي أَقَامَ الرَّبَّ سَيَقِيمُنَا نَحْنُ أَيْضًا بِقُوَّتِهِ. أَمَا تَعْلَمُونَ أَنَّ أَجْسَادَكُمْ هِيَ أَعْضَاءُ الْمَسِيحِ؟ أَفَأَخَذُ أَعْضَاءَ الْمَسِيحِ وَأَجْعَلُ مِنْهَا أَعْضَاءَ زَنَى؟ حَاشَى. أَمَا تَعْلَمُونَ أَنَّ مَنْ اقْتَرَنَ بِزَانِيَةٍ صَارَ وَإِيَّاهَا جَسَدًا وَاحِدًا؟ لِأَنَّهُ قَدْ قِيلَ: "يَصِيرُ كِلَاهُمَا جَسَدًا وَاحِدًا." أَمَا الَّذِي يَقْتَرِنُ بِالرَّبِّ َفَيَكُونُ مَعَهُ رُوحًا وَاحِدًا. أَهْرُبُوا مِنَ الرَّزَى. فَإِنَّ كُلَّ خَطِيئَةٍ يَفْعَلُهَا الْإِنْسَانُ هِيَ فِي خَارِجِ الْجَسَدِ، أَمَا الزَّانِي فَإِنَّهُ يَخْطَأُ إِلَى جَسَدِهِ. أَمَا تَعْلَمُونَ أَنَّ جَسَدَكُمْ هُوَ هَيْكَلُ الرُّوحِ الْقُدْسِ الَّذِي فِيكُمْ الَّذِي نَلْتَمِسُهُ مِنَ اللَّهِ وَأَنْتُمْ لَسْتُمْ لِأَنْفُسِكُمْ؟ لِأَنَّكُمْ قَدْ اسْتَرَبْتُمْ بِنَمْنٍ فَمَجَدُّوا اللَّهَ فِي أَجْسَادِكُمْ وَفِي أَرْوَاجِكُمْ الَّتِي هِيَ لِلَّهِ.

### Holy Gospel according to St. Luke (15.11-32; Prodigal Son)

THE LORD SPOKE THIS PARABLE: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So, he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything. But when he came to himself, he said, 'How many of my father's hired ser-

### مِنْ بَشَارَةِ الْقُدْسِ لَوْقَا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الظَّاهِرِ (15.11-32؛ الْإِبْنِ السَّاطِرِ)

قَالَ الرَّبُّ هَذَا الْمَثَلُ: "إِنْسَانٌ كَانَ لَهُ ابْنَانِ، فَقَالَ أَصْغَرُهُمَا لِأَبِيهِ: يَا أَبَتِ، أَعْطِنِي النَّصِيبَ الَّذِي يَخْصُنِي مِنَ الْمَالِ. فَفَسَمَّ بَيْنَهُمَا مَعِيشَتَهُ. وَبَعْدَ أَيَّامٍ غَيْرِ كَثِيرَةٍ، جَمَعَ الْإِبْنُ الْأَصْغَرُ كُلَّ شَيْءٍ لَهُ، وَسَافَرَ إِلَى بَلَدٍ بَعِيدٍ، وَبَدَرَ مَالَهُ هُنَاكَ عَائِشًا فِي الْخَلَاعَةِ. فَلَمَّا انْفَقَ كُلَّ شَيْءٍ لَهُ، حَدَثَتْ فِي ذَلِكَ الْبَلَدِ مَجَاعَةٌ شَدِيدَةٌ، فَأَخَذَ فِي الْعَوْرِ. فَذَهَبَ وَانْضَوَى إِلَى وَاحِدٍ مِنْ أَهْلِ ذَلِكَ الْبَلَدِ، فَأَرْسَلَهُ إِلَى حُقُولِهِ يَرْعَى خَنَازِيرَ. وَكَانَ يَشْتَهِي أَنْ يَمْلَأَ بَطْنَهُ مِنَ الْخَرْنُوبِ الَّذِي كَانَتْ الْخَنَازِيرُ تَأْكُلُهُ، فَلَمْ

vants have bread enough to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants." And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry.

"Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But the son was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost and is found.'"

يُعْطِيهِ أَحَدٌ. فَرَجَعَ إِلَى نَفْسِهِ وَقَالَ "كَمْ لِأَبِي مِنْ  
أَجْرَاءَ يَفْضُلُ عَنْهُمْ الْخُبْزَ، وَأَنَا أَهْلِكُ جَوْعاً. أَقُومُ  
وَأَمْضِي إِلَى أَبِي وَأَقُولُ لَهُ "يَا أَبَتِ، قَدْ أَخْطَأْتُ  
إِلَى السَّمَاءِ وَأَمَامِكَ، وَلَسْتُ مُسْتَحِقّاً بَعْدُ أَنْ أُدْعَى  
لَكَ ابْناً، فَاجْعَلْنِي كَأَحَدِ أَجْرَانِكَ." فَقَامَ وَجَاءَ إِلَى  
أَبِيهِ. وَفِيمَا هُوَ بَعْدُ غَيْرُ بَعِيدٍ، رَأَى أَبُوهُ، فَتَحَنَّنَ  
عَلَيْهِ وَأَسْرَعَ وَأَلْقَى بِنَفْسِهِ عَلَى عُنُقِهِ وَقَبَّلَهُ. فَقَالَ  
لَهُ الْابْنُ: "يَا أَبَتِ، قَدْ أَخْطَأْتُ إِلَى السَّمَاءِ وَأَمَامِكَ  
وَلَسْتُ مُسْتَحِقّاً بَعْدُ أَنْ أُدْعَى لَكَ ابْناً." فَقَالَ الْأَبُ  
لِعَبِيدِهِ: "هَاتُوا الْحُلَّةَ الْأُولَى وَالْأَلْسُوهُ، وَاجْعَلُوا  
خَاتِماً فِي يَدَيْهِ، وَجِذَاءً فِي رِجْلَيْهِ، وَأَتُوا بِالْعِجْلِ  
الْمُسَمَّنِ وَادْبَحُوهُ، فَتَأْكُلُ وَتَفْرَحُ، لِأَنَّ ابْنِي هَذَا  
كَانَ مَيِّتاً فَعَاشَ، وَكَانَ ضَالاً فُوجِدَ. فَطَفِقُوا  
يَفْرَحُونَ.

وَكَانَ ابْنُهُ الْأَكْبَرُ فِي الْحَقْلِ. فَلَمَّا أَتَى وَقَرَّبَ مِنَ  
الْبَيْتِ، سَمِعَ أَصْوَاتَ الْغِنَاءِ وَالرَّقْصِ. فَدَعَا أَحَدَ  
الْعُلَمَانَ وَسَأَلَهُ مَا هَذَا. فَقَالَ لَهُ: "قَدْ قَدِمَ أَخُوكَ،  
فَدَبَحَ أَبُوكَ الْعِجْلَ الْمُسَمَّنَ لِأَنَّهُ لَقِيَهُ سَالِماً."  
فَغَضِبَ وَلَمْ يُرِدْ أَنْ يَدْخُلَ. فَخَرَجَ أَبُوهُ وَطَفِقَ  
يَتَوَسَّلُ إِلَيْهِ، فَأَجَابَ وَقَالَ لِأَبِيهِ: "كَمْ لِي مِنَ السِّنِينَ  
أَخْدَمْتُكَ، وَلَمْ أَتَّعِدْ لَكَ وَصِيَّةً قَطُّ، وَأَنْتَ لَمْ تُعْطِنِي  
قَطُّ جَدِيماً لِأَفْرَحَ مَعَ أَصْدِقَائِي. وَلَمَّا جَاءَ ابْنُكَ هَذَا  
الَّذِي أَكَلَ مَعِيشَتَكَ مَعَ الزَّوَانِي، دَبَحْتَ لَهُ الْعِجْلَ  
الْمُسَمَّنَ. فَقَالَ لَهُ: "يَا ابْنِي، أَنْتَ مَعِيَ فِي كُلِّ  
حِينٍ، وَكُلُّ مَا هُوَ لِي فَهُوَ لَكَ. وَلَكِنْ كَانَ يَنْبَغِي أَنْ

نَفْرَحَ وَنُسَرِّ، لِأَنَّ أَخَاكَ هَذَا كَانَ مَيِّتًا فَعَاشَ، وَكَانَ ضَالًّا فَوَجِدَ.

## HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
Fr. Andrew and Kh. Ruth and Nicholas Andrews		Ronald Davis (Kh. Ruth's father, 40-day memorial)
Shirley Cameron and Kristen, Mike and Zoey Campo	The Cameron and Campo families	Scott Cameron (11-year memorial)
Salma Maalouf and family		Lucas Maalouf (grandson, 7 years departed) and Joe Malouf (husband)
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

### 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.

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

### 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 Fr. Andrew and Kh. Ruth (in memory of Ruth's father, Ronald Davis).

---

### Upcoming Coffee Hour Schedule

---

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	Nassif and Randa Shammaa (birthday celebration for Elias)

*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](mailto:ginageorge@verizon.net) to reserve a Sunday.*

---

### MEATFARE SUNDAY: HAMBURGER BAR MARCH 10

---



Next Sunday, the Ladies of St. Nicholas will help us get in our fill of meat before Lent.

**Adults \$10 • Children \$5 – all you can eat**

That's a deal! And all proceeds will go toward the Antiochian Women's National project this year of raising funds to establish an Endowment Fund for widowed clergy wives.

---

### CHURCH SCHOOL CLASSES TODAY

---

All Church School classes (above pre-school) will be studying the meaning of Romans 8:28: **"All things work together for good to those who love God, to those who are the called according to His purpose."** Then next Sunday, they will begin reflecting on this passage through art, writing, poetry and photography for the Diocese Creative Festival.

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>).



## JOURNEY TO PASCHA

---

As with any major trip, though, we have to plan. We procure the necessary supplies. We make arrangements to be away from our regular routine by clearing our calendars, stopping mail delivery, arranging for someone to water the plants, (and, if it's a car trip) tuning up the car, etc.

The same is true with our Lenten Journey. Lent IS just around the corner! Please look ahead at the [calendar of services at stnicholasla.org/parishcalendar](http://stnicholasla.org/parishcalendar), and clear your calendar, so you can be at as many services as possible. Let's start planning NOW to observe the "bright sadness" of the Lenten season. This includes dedicating time for Lenten services (*including Wednesday and Friday evenings, at least, in addition to Sundays, and for Holy Week*), scheduling confession and obtaining fasting foods.

The last day we eat meat will be March 10. Then we begin the Great Fast proper by eliminating cheese (i.e., dairy products) and fish after Forgiveness Vespers, Sunday evening on March 17.

**Lent Starts: Night of March 17 • Palm Sunday: April 28 • Pascha: May 5**

## SATURDAY OF SOULS: MARCH 9

---

**Divine Liturgy 7 am (before the FOCUS Food Distribution) and Memorial for All the Departed at the end of Liturgy**

This is a day for remembering as many of our forebears as we can, praying that God will remember them in His Kingdom always.

- Bring with you a list of names of all the departed you wish to remember. Please just list the Christian names of your beloved departed (i.e., first names as given at baptism, *not* nicknames and *no* last names).



- It is also customary to bring with you a small bowl of Koliva (as you see in the photo), but if you don't have time to make it, don't worry, as we will be making a large bowl on behalf of everyone.



# OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

## SUNDAYS

## THEMES / GOSPEL READING

## HOW TO PARTICIPATE:

Fast - Free Week  
**FEBRUARY 25th**



*TRIODION WEEKS*  
**Publican and the Pharisee**  
Epistle: 2 Timothy 3:10-15  
Gospel: Luke 18:10-14

Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.

Normal Fast Week  
**MARCH 3rd**



**The Prodigal Son Returns!**  
Epistle: 1 Corinthians 6:12-20  
Gospel: Luke 15:11-32

Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.

Meatfare  
**MARCH 10th**

FAREWELL TO MEAT TODAY



**The Last Judgement**  
Epistle: 1 Corinthians 8:8-9:2  
Gospel: Matthew 25:31-46

Pray facing East this week. Christ is returning from the East and we wait for Him!  
Use up/freeze dairy this week.

Cheesefare  
**MARCH 17th**

FAREWELL TO CHEESE TODAY



**Adam and Eve are cast from Paradise!**  
*FORGIVENESS SUNDAY*  
Epistle: Romans 13:11-14:4  
Gospel: Matthew 6:14-21

Ask each other for forgiveness each evening this week before bed.

1st Sunday of Lent  
**MARCH 24th**



*GREAT LENT BEGINS WITH FORGIVENESS VESPERS*  
**SUNDAY of ORTHODOXY**  
Epistle: Hebrews 11:24-26, 32-12:2  
Gospel: John 1:43-51

Bring an icon to church for a procession.

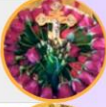
2nd Sunday of Lent  
**MARCH 31st**



**ST GREGORY PALAMAS**  
Epistle: Hebrews 1:10-2:3  
Gospel: Mark 2:1-12

Bring a prayer rope to be blessed today!  
Use it and pray the Jesus Prayer each day this week.

3rd Sunday of Lent  
**APRIL 7th**



**VENERATION OF THE HOLY CROSS**  
*HALF WAY TO PASCHA!*  
Epistle: Hebrews 4:14-5:6  
Gospel: Mark 8:34-9:1

Wear your cross to church and kiss the cross each morning with a bow!

4th Sunday of Lent  
**APRIL 14th**



**ST JOHN of the LADDER**  
Epistle: Hebrews 6:13-20  
Gospel: Mark 9:17-31

Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!

5th Sunday of Lent  
**APRIL 21st**



**ST MARY of EGYPT**  
Epistle: Hebrews 9:11-14  
Gospel: Mark 10:32-45

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

FLOWERY (PALM) SUNDAY!

**APRIL 28th**  
GREAT WEEK BEGINS



*GREAT AND HOLY WEEK*  
**ENTRY OF OUR LORD INTO JERUSALEM**  
Epistle: Philippians 4:4-9  
Gospel: John 12:1-18

Place your palm branches and pussywillows behind an icon at home and in your car!

GREAT AND HOLY FRIDAY  
**MAY 3rd**



**GREAT AND HOLY FRIDAY**  
*JESUS DIES ON THE CROSS*  
CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE

Refrain from TV, Internet & Phones to honor Christ's Death.

FEAST OF FEASTS!  
**MAY 5th**  
NO FASTING!



*BRIGHT WEEK*  
**HOLY PASCHA! (CHRIST IS RISEN!)**  
Epistle: Acts 1:1-8 Gospel: John 1:1-17

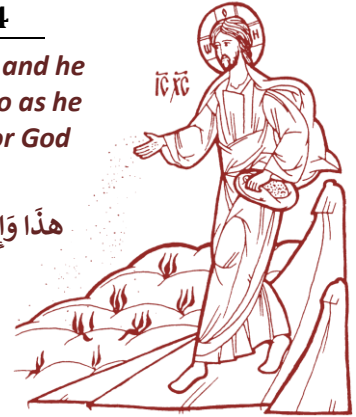
Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

# THANKS AND BLESSINGS ON ALL WHO HAVE MADE THEIR STEWARDSHIP COMMITMENTS FOR 2024

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 بِالسَّخِّ فَيَالسَّخِّ أَيضًا يَخْصُدُ، وَمَنْ يَزْرَعُ بِالْبَرَكَاتِ فَيَالْبَرَكَاتِ أَيضًا يَخْصُدُ. كُلُّ وَاحِدٍ كَمَا يَتَوَي بِقَلْبِهِ، لَيْسَ عَنْ حُزْنٍ أَوْ اضْطِرَارٍ. لِأَنَّ الْمُعْطِي الْمَسْرُورَ يُحِبُّهُ اللهُ. (2 كورنثوس 9.6-7)



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

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

**Regular Stewardship Pledge for 2024**  
2100 W. 3rd Street • Los Angeles, CA 90057

I/we pledge to St. Nicholas Antiochian Orthodox Cathedral a reasonable and fair share of the blessings received from God as a token of thanksgiving and in support for His Holy Church.

Name(s) \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Renew my pledge at  the same level, or increase it by  5%  10%  15%  20% from last year  
 Start with a fresh pledge of \$ \_\_\_\_\_ per  week  month  year

Giving by Check/Cash/Stock, etc.  
 Giving by Bank Draft (ACH) Please include voided check if available  
Routing # \_\_\_\_\_ Account # \_\_\_\_\_  
 Giving by Credit/Debit Card:  MasterCard  Visa  Discover:  
Name as on Card \_\_\_\_\_ # \_\_\_\_\_ Expiration \_\_\_\_\_ Billing Zip \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ Email \_\_\_\_\_  Keep my name anonymous (amounts are never published)

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

Saint Nicholas LA Young Adult Ministry

## INTRO TO LENT

VESPERS  
DINNER  
DISCUSSION

Saturday March 9th  
Vespers starts at 6pm



After Vespers, Father Nabil will lead a discussion on Great Lent in the Cathedral conference room and an In-N-Out dinner will be provided!

RSVP BELOW TO CHOOSE YOUR BURGER PREFERENCE





# Camp St. Nicholas

Open Now

## Summer Camp Registration

Friday, February 23rd at 7pm PST

Week 1: July 14-20

Week 2: July 21-27 (Teen Week)

Week 3: July 28-Aug 3



www.campstnicholas.com



**APRIL 19 - 21, 2024**

**45th ANNUAL**

**ANTIOCHIAN WOMEN'S LENTEN RETREAT  
DIOCESE OF LOS ANGELES AND THE WEST**



We are honored to have Kh. Susan Wallace from St. James Antiochian Orthodox Church in Stillwater, OK as our Retreat Speaker.



**Her topic will be**

**“Ascending the Mountain; moving deeper into the Heart of God”**

**SAVE THE DATE - PLAN TO ATTEND**  
Watch for full registration details soon!

For questions, please contact  
Georgette Malouf via email:  
gette0324@yahoo.com

With the blessing of His Eminence, Metropolitan SABA, St. Luke's invites you to join Singers/Chanters from the Diocese of Los Angeles and the West for:



## **A MUSICAL JOURNEY FROM PASCHA TO PENTECOST**



**Saturday, March 16, 2024**  
**FREE Workshop begins at 9AM**  
**Great Vespers at 5PM**

With choral and chant presentations by:

Archpriest Timothy Baclog      Archpriest Michael Tassos  
*St. Michael, Van Nuys*      *St. Luke, Garden Grove*

Mareena Boosamra Ball  
*Antiochian Archdiocese National Sacred Music Choir*

Reader Patrick Haddad  
*Director of Music Ministries - St. Nicholas Cathedral, Los Angeles*

Regina Roum  
*Diocese of Los Angeles and the West Sacred Music Choir*

The workshops, lunch, and snacks are hosted by St. Luke's. Optional Middle Eastern Dinner Afterwards | Cost is \$20 per person

Please email or call Anna Nasser at St. Luke's  
**BEFORE Monday, March 11, 2024** if you plan to attend the workshop and/or the dinner afterwards.  
714-971-2244 | saintlukesoc@gmail.com

*ST. LUKE ANTIOCHIAN ORTHODOX CHURCH*  
*13261 DUNKLEE AVE, GARDEN GROVE, CA 92840*

## 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**

**William** Haddad, hospital, 4/9  
**Evonne** Chala, home, 4/9  
**Hayat** Kassab Alchammas, home, 4/9  
**Asad** Aboud, rehab., 3/31  
**Julian E.** Capata, home, 3/30  
**Leroy** Simon, hospital, 3/16  
**Kamile** Waimrin, home, 3/12  
**George** Ghaoui, home, 3/10  
**Ousama** Zabaneh, home, 3/7  
**Natalie** Waimrin, home, 3/4  
**Elham** Alloush, 4/9  
**Julian F.** Capata, son of Julian and Shirley Capata, 3/22  
**Angele** Wahhab, 3/7  
**Sharon** Carothers, friend of Fr. Andrew & Kh. Ruth, 4/10  
**All those suffering from illness, violence and want in the Gaza conflict, in this country and throughout the world**

### **DEPARTED**

**Protodeacon George** Moubayed, St. Mark Church, Irvine, 3/15  
**Adrienne** Andrews, 3/19  
**Albert** Malouf, 3/16  
**Nimer** Hanna, 3/15  
**Carletta** Simon, Adele Crawford's grandmother, 3/25  
**Victims of the Gaza conflict and of violence everywhere**

## ST. NICHOLAS CATHEDRAL CALENDAR

**March 2024**

<b>Sun. 3</b>	<b>Spanish Mission Liturgy, 7:45 am</b> <ul style="list-style-type: none"> <li>• Fellowship and Bible Study in Spanish</li> </ul> <b>Matins, 9:15 am</b> <b>Divine Liturgy, 10:30 am</b> <ul style="list-style-type: none"> <li>• Church School</li> <li>• Coffee Hour</li> </ul>
<b>Sat. 9</b>	<b>Divine Liturgy</b> and All-souls Memorial, 7 am <b>FOCUS</b> Food Distribution, 9 am <b>Great Vespers</b> and Confessions, 6 pm <b>YAM Discussion and Dinner, 7 pm</b>
<b>Sun. 10</b>	<p style="text-align: center;"><b><i>Meatfare Sunday</i></b></p> <b>Spanish Mission Liturgy, 7:45 am</b> <ul style="list-style-type: none"> <li>• Fellowship and Bible Study in Spanish</li> </ul> <b>Matins, 9:15 am</b> <b>Divine Liturgy, 10:30 am</b> <ul style="list-style-type: none"> <li>• Church School</li> <li>• “Hamburger Bar” lunch</li> </ul>
<b>Mon. 11</b>	<b>Cathedral Council</b> meeting, 7 pm
<b>Sat. 16</b>	<b>Diocese Sacred Music Workshop, 9 am</b> at St. Luke's (13261 Dunklee Ave., Garden Grove) <b>Great Vespers</b> and Confessions, 6 pm
<b>Sun. 17</b>	<p style="text-align: center;"><b><i>Forgiveness/Meatfare Sunday</i></b></p> <b>Spanish Mission Liturgy, 7:45 am</b> <ul style="list-style-type: none"> <li>• Fellowship and Bible Study in Spanish</li> </ul> <b>Matins, 9:15 am</b> <b>Divine Liturgy, 10:30 am</b> <ul style="list-style-type: none"> <li>• Church School</li> <li>• Coffee Hour</li> </ul> <b>Forgiveness Vespers – start of Lent, 6:30 pm</b>

SEE THE FULL CALENDAR and latest additions and updates at [stnicholasla.org/parishcalendar](https://stnicholasla.org/parishcalendar)