



St. Nicholas Orthodox Cathedral

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

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TONE 7

MARCH 10, 2024

EOTHINON 7

SUNDAY OF THE LAST JUDGEMENT (“MEATFARE SUNDAY”)

KODRATOS OF CORINTH AND HIS FIVE COMPANIONS

ANASTASIA THE PATRICIAN OF ALEXANDRIA • NEW-MARTYR MICHAEL OF THESSALONIKA



أحد الدينونة الاخيرة (مرقع اللحم)
القديس الشهيد كدراطس الذي في كورنثوس
والذين معه • القديسة أناستاسيا الأرستقراطية
من الإسكندرية

"For I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in." (Matthew 25.35)

As we prepare for Lent, today's Gospel reading reminds us that we must remember the poor and sick as part of our fasting discipline. It is also the motivation for our charity work, as a community, all year long. Every one of us must look and see the face of Christ in the faces of others—especially the faces of the suffering—every day.

LITURGY VARIATIONS

3RD ANTIPHON (TROPARION OF THE RESURRECTION, TONE 7)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy, and didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصَّالِحِينَ الْفِرْدَوْسَ، وَحَوَّلْتَ
نُوحَ حَامِلَاتِ الطِّيبِ إِلَى فَرْحٍ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا،
بَأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ إِلَهُ، مَانِحًا الْعَالَمَ الرَّحْمَةَ
الْعَظْمَى.

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 أيضا 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 7)

Thou didst shatter death by Thy Cross....

حَطَمْتَ بِصَلِيْبِكَ الْمَوْتَ....

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 أَظْهَرْتِكَ أَفْعَالَ الْحَقِّ لِرِعِيَّتِكَ قَانُونَاً لِلْإِيمَانِ، وَصَوْرَةً لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرئيسُ الْكَهَنَةِ نيقولاوس. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَضُّعِ الرِّفْعَةَ، وَبِالمَسْكِنَةِ الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهِهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion for the Sunday of Last Judgement (Tone 1)

When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

إِذَا أَتَيْتَ يَا اللَّهُ عَلَى الْأَرْضِ بِمَجْدٍ، فَتَرْتَعِدُ مِنْكَ الْبَرَايَا بِأَسْرِهَا، وَهَرُّ النَّارِ يَجْرِي أَمَامَ عَرْشِكَ، وَالصُّحُفُ تُفْتَحُ، وَالْحَقَائِدُ تُشَهَّرُ، فَنَجِّنِي حِينَئِذٍ مِنَ النَّارِ الَّتِي لَا تُطْفَأُ، وَأَهْلِنِي لِلْقُوفِ عَنْ يَمِينِكَ، أَيُّهَا الدَّيَّانُ الْعَادِلُ.

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.

From Paul's 1st Epistle to the Corinthians (8.8-9.2; Sunday of the Last Judgement)

BRETHREN, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care, lest this liberty of yours somehow become a stumbling block to the weak. For if anyone sees you—a man of knowledge—at table in an

بروكيمنون (مزمو ١٤، ١٧، ١٨ سيع؛ اللحن ٢)

قُوِّي وَتَسَبَّحْتِي الرَّبُّ.

أَدْبَاباً أَذْبَنِي الرَّبُّ، وَإِلَى الْمَوْتِ لَمْ يُسَلِّفْنِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ الْأُولَى إِلَى أَهْلِ كورنثوس (٨، ٢-٩؛ لأحد الدينونة)

يَا إِخْوَةَ، إِنَّ الطَّعَامَ لَا يُقَرِّبُنَا إِلَى اللَّهِ، لِأَنَّنا إِنَّا أَكَلْنَا لَا نَزِيدُ وَإِن لَمْ نَأْكُلْ لَا نَنْقُصُ. وَلَكِنْ انظُرُوا أَنْ لَا يَكُونَ سُلْطَانُكُمْ

idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Holy Gospel according to St. Matthew (25.31-46; Sunday of the Last Judgement)

THE LORD SAID, "When the Son of Man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?' And the King

هذا مَعْتَرَةً لِلضُّعْفَاءِ. لِأَنَّهُ إِنْ رَأَى أَحَدٌ يَا مَنْ لَهُ الْعِلْمُ مُتَّكِمًا فِي بَيْتِ الْأَوْثَانِ، أَفَلَا يَتَقَوَّى ضَمِيرُهُ، وَهُوَ ضَعِيفٌ، عَلَى أَكْلِ ذَبَائِحِ الْأَوْثَانِ. فَيَهْلِكُ بِسَبَبِ عِلْمِكَ الْأَخِ الضَّعِيفِ الَّذِي مَاتَ الْمَسِيحُ لِأَجْلِهِ؟ وَهَكَذَا إِذْ تُخْطِئُونَ إِلَى الْإِخْوَةِ وَتَجْرَحُونَ ضَمَائِرَهُمْ، وَهِيَ ضَعِيفَةٌ، إِنَّمَا تُخْطِئُونَ إِلَى الْمَسِيحِ. فَلِذَلِكَ إِنْ كَانَ الطَّعَامُ يُسْكِكُ أَخِي، فَلَا أَكُلْ لِحَمَاءٍ إِلَى الْأَبَدِ لِقَلِّ أَشْكِكَ أَخِي. أَلَسْتُ أَنَا رَسُولًا؟ أَلَسْتُ أَنَا حُرًّا؟ أَمَا رَأَيْتُ يَسُوعَ الْمَسِيحَ رَبَّنَا؟ أَلَسْتُمْ أَنْتُمْ عَمَلِي فِي الرَّبِّ؟ وَإِنْ لَمْ أَكُنْ رَسُولًا إِلَى آخَرِينَ، فَإِنِّي رَسُولٌ إِلَيْكُمْ. لِأَنَّ خَاتَمَ رِسَالَتِي هُوَ أَنْتُمْ فِي الرَّبِّ.

مِنْ بِشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِذِ الطَّاهِرِ (٢٥،٣١-٤٦؛ لِأَحَدِ الدِّيُونَةِ)

قَالَ الرَّبُّ: مَتَى جَاءَ ابْنُ الْبَشَرِ فِي مَجْدِهِ وَجَمِيعِ الْمَلَائِكَةِ الْقَدِيسِينَ مَعَهُ، فَحِينَئِذٍ يَجْلِسُ عَلَى عَرْشِ مَجْدِهِ. وَتُجْمَعُ إِلَيْهِ كُلُّ الْأُمَمِ، فَيَمَيِّزُ بَعْضَهُمْ مِنْ بَعْضٍ، كَمَا يَمَيِّزُ الرَّاعِي الْخِرَافَ مِنَ الْجِدَاءِ. وَيَقِيمُ الْخِرَافَ عَنْ يَمِينِهِ وَالْجِدَاءَ عَنْ يَسَارِهِ. حِينَئِذٍ يَقُولُ الْمَلِكُ لِلَّذِينَ عَنْ يَمِينِهِ: تَعَالَوْا يَا مُبَارِكِي أَبِي رَثْوَا الْمَلِكِ الْمَعَدَّ لَكُمْ مُنْذُ إِنْشَاءِ الْعَالَمِ. لِأَنِّي جَعْتُ فَأَطَعْتُمُونِي، وَعَطِشْتُ فَسَقَيْتُمُونِي، وَكُنْتُ غَرِيبًا فَأَوْثَيْتُمُونِي. وَغُرْبَانًا فَكَسَوْتُمُونِي، وَمَرِيضًا فَعَدُّتُمُونِي، وَتَحْبُوسًا فَأَتَيْتُمُونِي إِلَيَّ. حِينَئِذٍ يُجِيبُهُ الصِّدِّيقُونَ قَائِلِينَ: يَا رَبُّ مَتَى رَأَيْنَاكَ جَائِعًا فَأَطَعْنَاكَ، أَوْ غُرْبَانًا أَوْ عَطِشَانًا فَسَقَيْنَاكَ؟ وَمَتَى رَأَيْنَاكَ غَرِيبًا فَأَوْثَيْنَاكَ، أَوْ غُرْبَانًا فَكَسَوْنَاكَ. وَمَتَى رَأَيْنَاكَ مَرِيضًا أَوْ تَحْبُوسًا فَأَتَيْنَاكَ إِلَيْكَ؟ فَيَجِيبُ الْمَلِكُ وَيَقُولُ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ، بِمَا أَنْتُمْ فَعَلْتُمْ ذَلِكَ بِأَحَدٍ إِخْوَتِي هؤُلَاءِ الصِّغَارِ فِي فِعْلَتُمُوهُ. حِينَئِذٍ يَقُولُ

will answer them, 'Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.' Then He will say to those at his left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."

أَيْضاً لِلذَّيِّنَ عَنْ يَسَارِهِ: اذْهَبُوا عَنِّي يَا مَلَاعِيْنُ إِلَى النَّارِ
الْأَبَدِيَّةِ الْمَعْدَّةِ لِإِبْلِيسَ وَمَلَائِكَتِهِ. لِأَنِّي جُعْتُ فَلَمْ تُطْعِمُونِي،
وَعَطَشْتُ فَلَمْ تَسْقُونِي. وَكُنْتُ غَرِيْباً فَلَمْ تُؤْوِئُونِي، وَغَرِيْباً فَلَمْ
تَكْسُبُونِي، وَمَرِيضاً وَمَحْبُوساً فَلَمْ تَزُورُونِي. حِينَئِذٍ يُجِيبُونَهُ هُمْ
أَيْضاً قَائِلِينَ: يَا رَبُّ، مَتَى رَأَيْنَاكَ جَائِعاً أَوْ عَطْشَاناً أَوْ غَرِيْباً
أَوْ غَرِيْباً أَوْ مَرِيضاً أَوْ مَحْبُوساً وَلَمْ نَخْدِمَكَ؟ حِينَئِذٍ يُجِيبُهُمْ
قَائِلًا: الْحَقُّ أَقُولُ لَكُمْ، بِمَا أَنْتُمْ لَمْ تَفْعَلُوا ذَلِكَ بِأَحَدٍ هؤُلَاءِ
الصَّعَارِ، فَبِي لَمْ تَفْعَلُوهُ. فَيَذْهَبُ هؤُلَاءِ إِلَى الْعَذَابِ الْأَبَدِيِّ،
وَالصَّادِقُونَ إِلَى الْحَيَاةِ الْأَبَدِيَّةِ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
The Cathedral community	Our new Council members being installed today: Imad Alchammas, Souheil Helou, Jabra Kidess, Edmond Ratliff and Amaany Samaan Our retiring Council members: Gregory Ajalat, Mark Crawford, Patrick Haddad, and Sarkees John Nahas And all the members of the Cathedral Council	
John L, Suzi, Danielle, John III "Louie" and Georgie Sadd	John "Jack" Sadd IV (grandson/son/brother, on his 6 th birthday)	
Nabil, Dania, Annette and Anthony Zidane		Antoun Zidane (Nabil's father, 8 years departed)
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.

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.

Meatfare Sunday: Hamburger Bar



Today, the Ladies of St. Nicholas will help us get our last fill of meat before Lent.

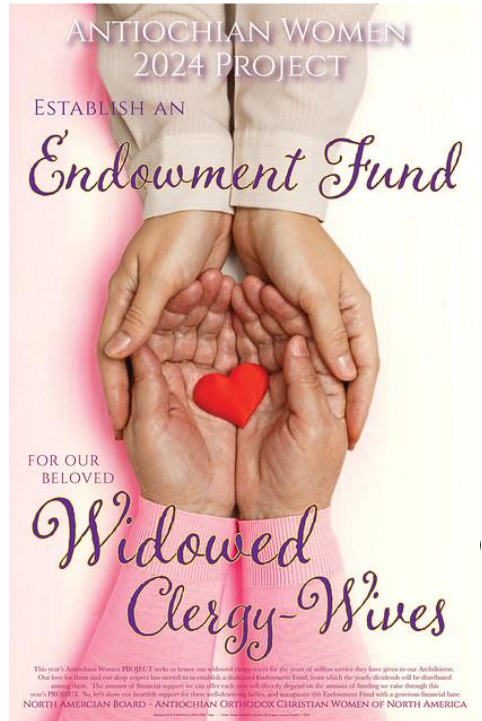
Adults \$10 • Children \$5 – all you can eat

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.

Upcoming Coffee Hour Schedule

March 17	Dale and Robin Nicola (in memory of son Gregory)		
March 24	Fr. Andrew and Kh. Ruth (in memory of Adrienne Andrews, 40 days)		
March 31	Nassif and Randa Shammaa (birthday celebration for Elias)		
April 7	OPEN	April 21	OPEN
April 14	OPEN	April 28	Ladies' Palm Sunday Bake Sale

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. Contact Jougou George at (562) 522-1322 or ginageorge@verizon.net to reserve a Sunday.



CHURCH SCHOOL CLASSES TODAY

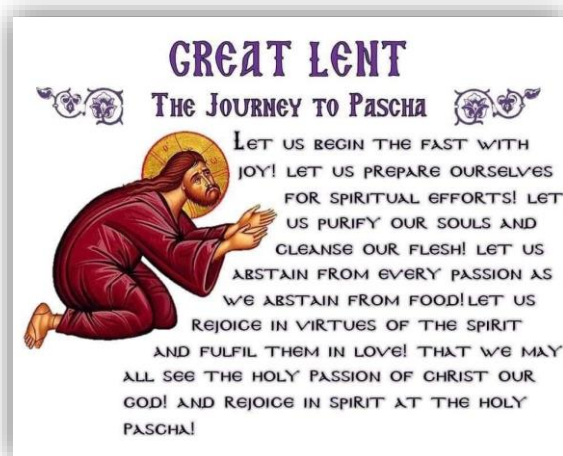
All Church School classes (above pre-school) have been studying the meaning of Romans 8:28: **“All things work together for good to those who love God, to those who are called according to His purpose.”** Today, they will reflect on this passage through art, writing, poetry and photography for the Diocese 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>).

Ice Cream Social

- **Date**: Sunday, March 17, Cheesefare Sunday
- **Time**: 5:30 PM, just before Forgiveness Vespers
- **Come enjoy your last ice cream cone (or sundae) before Lent**



JOURNEY TO PASCHA

As with any major trip, we have to plan. We get the necessary supplies. We make arrangements to be away by clearing our calendars, stopping mail delivery, arranging for someone to water the plants, 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](https://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.

This is the last day we eat meat. Then we begin the Great Fast proper by eliminating dairy products and fish after Forgiveness Vespers, Sunday evening on March 17.

Of course, everyone has to take health conditions into account. We encourage you to talk to one of our clergy about a fasting discipline appropriate to your situation.

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.

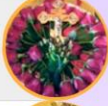
2nd Sunday of Lent
MARCH 31st



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!

2024 LENTEN SERVICES at the Cathedral

In Addition to the regular, weekly services:

Saturday Vespers, 6 p.m.

Sunday Matins: 9:15 a.m. • Sunday Divine Liturgy: 10:30 a.m.

Lent starts with Forgiveness — We start Lent at 6:30 p.m. **Sunday, March 17.** We celebrate the rite of mutual forgiveness as we start the journey to the Resurrection.

Mondays — On Mondays in Lent we will serve **Great Compline at 6:30 p.m.**

- ***The first week of Lent, Great Compline is served on Monday, Tuesday and Thursday nights, with portions of the Great Canon of St. Andrew of Crete.***
- ***On March 25 we will instead celebrate the Liturgy for the Annunciation.***

Wednesdays — Join us at **6:30 p.m. for the Presanctified Liturgy.** Fast from all food and drink from *at least* noon in preparation for Holy Communion. Bring one Lenten item to share for a potluck after Liturgy. (Various Cathedral organizations might host dinner some weeks—to be announced). A short spiritual discussion will follow.

Fridays — Little Compline with the **Akathist Hymn to the Theotokos at 6:30 p.m.**

Saturdays — We serve the Liturgy each Saturday morning in Lent. See the calendar for the specific times; some Saturdays the Liturgy will be early, before FOCUS.

- ***The first Saturday Morning of Lent, March 23, we serve the Liturgy at 7 am in commemoration of St. Theodore and the miracle of the boiled wheat, including another memorial for All Souls: You may bring koliva and a list of the names of your departed to be remembered.***
- ***The first Saturday Evening of Lent, March 23, we will serve the Triumph of Orthodoxy Vespers in a pan-Orthodox Celebration 5:30 pm at Holy Virgin Mary Cathedral (650 Micheltorena St, Los Angeles)***

The First Sunday, March 24 — We serve the **Great Vespers of the Annunciation** at 6:30 pm.

The Fifth Thursday, April 18 — We serve the **Great Canon of St. Andrew of Crete with the Life of St. Mary of Egypt** at 6:30 pm.

Palm Sunday: April 28 • Pascha: May 5

Mark your calendars, so you won't miss any part of our journey to the Holy Pascha.



FOOD FOR HUNGRY PEOPLE

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

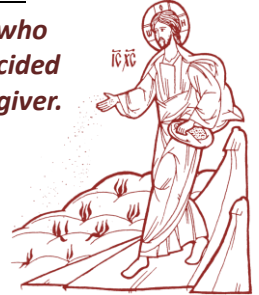
Please take a Food for Hungry People offering box from the narthex, and make it a practice to put something into it as you sit down for every meal.

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 قِبَالَ السَّخِّ أَيْضًا يَحْصُدُ، وَمَنْ يَزْرَعُ بِالْبَرَكَاتِ قِبَالَ الْبَرَكَاتِ أَيْضًا يَحْصُدُ. كُلُّ وَاحِدٍ كَمَا يَنْوِي بِقَلْبِهِ، لَيْسَ عَنْ حُزْنٍ أَوْ اضْطِرَّارٍ. لِأَنَّ الْمُعْطِيَ الْمَسْرُورَ يُحِبُّهُ اللهُ. (٢ كورنثوس ٦، ٧-٩)

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



Camp St. Nicholas



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

REGISTRATION FOR SUMMER CAMP IS NOW OPEN

Register online at www.campstnicholas.com/site/summer-camp/

St. Nicholas Cathedral will pay half the cost for all our campers. If you need additional help, just ask Fr. Nabil privately. Just register, and pay the deposit for now.

Camp is the most important and most effective part of our youth ministry program. We are offering these generous scholarships because we believe Camp is that important.

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

Natalie Waimrin, home, 4/13
Ousama Zabaneh, home, 4/13
Evonne Chala, home, 4/9
Hayat Kassab Alchammas, home, 4/9
Asad About, rehab., 3/31
Julian E. Capata, home, 3/30
Leroy Simon, hospital, 3/16
Kamile Waimrin, home, 3/12
Angele Wahhab, 4/16
Sharon Carothers, friend of Fr. Andrew and Kh. Ruth, 4/10
Elham Alloush, 4/9
Julian F. Capata, son of Julian and Shirley Capata, 3/22
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
Carlos Alegria, 4/12
William Haddad, 4/9
Adrienne Andrews, 3/19
Albert Malouf, 3/16
Nimer Hanna, 3/15
Anna Victoria Cebedo, Armando Cano's wife, 4/14
Carletta Simon, Adele Crawford's grandmother, 3/25
Victims of the Gaza conflict and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

March 2024

Sun. 10	<p>Meatfare Sunday 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 • “Hamburger Bar” lunch </p>
Mon. 11	Cathedral Council meeting, 7 pm
Wed. 13	Funeral for William Haddad , 7 pm
Sat. 16	<p>Diocese Sacred Music Workshop, 9 am at St. Luke's (13261 Dunklee Ave., Garden Grove) Great Vespers and Confessions, 6 pm</p>
Sun. 17	<p>Forgiveness/Meatfare Sunday 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 Pre-Lent Ice Cream Social, 5:30 pm Forgiveness Vespers – start of Lent, 6:30 pm</p>
Mon. 18	Great Compline , 6:30 pm
Tue. 19	Great Compline , 6:30 pm
Wed. 20	<p>Presanctified Liturgy, 6:30 pm <ul style="list-style-type: none"> • Potluck Dinner • Brief Discussion </p>
Thu. 21	Great Compline , 6:30 pm
Fri. 22	Little Compline with Akathist Hymn , 6:30 pm

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