



St. Nicholas Orthodox Cathedral

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

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TONE 3

APRIL 7, 2024

EOTHINON 11

THIRD SUNDAY OF THE GREAT FAST

VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

MARTYR KALLIOPIOS OF CILICIA

REPOSE OF TIKHON, PATRIARCH OF MOSCOW AND ENLIGHTENER OF NORTH AMERICA

الأخذ الثالث من الصوم الكبير: السجود امام الصليب الكرمي المحيي
تذكأر القديس كليوبيوس الشهيد والقديس جاورجيوس أسقف ميتليني البار
رقاد القديس تيخن، مطران موسكو ومنير أمريكا الشمالية

“Come, ye faithful, let us adore the life-giving wood, on which Christ the King of glory, stretched out his hands of his own will.”

With the help of God, we have reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labour set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.

Reading from the Synaxarion



LITURGY VARIATIONS

1ST ANTIPHON FOR THE VENERATION OF THE HOLY CROSS (PSALMS 4.7; 59.4; 67.19; 60.5 LXX)

The light of Thy countenance, O Lord, hath been signed upon us.

قَدْ اِثْسَمَ عَلَيْنَا نُورَ وَجْهِكَ يَا رَبُّ.

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

اللازمة: بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا.

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.

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.

As the start of Church School will be delayed until after the Veneration of the Holy Cross today, CHILDREN should stay with their families for Communion and then return to their places, with their families.

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.

Please 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.

Thou hast given a sign unto them that fear
Thee, that they may flee from before the face
of the bow. *Refrain*

أَعْطَيْتَ الَّذِينَ يَهْرَبُونَ اسْمَكَ مِيزَانًا، لِيَهْرَبُوا مِنْ
الْقَوْسِ. اللازمه

Thou hast ascended on high; Thou ledest
captivity captive. *Refrain*

صَعِدْتَ إِلَى الْعَلَاءِ وَسَبَيْتَ سَبِيًّا اللَّازِمَةَ

Thou hast given an inheritance to them that
fear thy Name. *Refrain*

وَأَعْطَيْتَ مَوَاهِبَ لِلَّذِينَ يَخَافُونَ اسْمَكَ يَا رَبِّ. اللازمه

Glory... both now.... *Refrain*

المجد... الآن.... اللازمه

2ND ANTIPHON FOR THE VENERATION OF THE HOLY CROSS (PSALMS 97.5; 131.7; 73.13; 112.4; 96.10 LXX)

All the ends of the earth have seen the
salvation of our God.

فِي كُلِّ الْأَرْضِ رَأَيْنَا خَلَاصَ إِلَهِنَا.

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

اللازمه: خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ،
لِنُرْتِّلَ لَكَ. هَلِّلُوبِيَا.

Let us worship at the place where His feet
have stood. *Refrain*

اسْجُدُوا عِنْدَ مَوْطِئِ قَدَمَيْهِ. اللازمه

God is our King before the ages; He hath
wrought salvation in the midst of the earth.
Refrain

اللَّهُ هُوَ مَلِكُنَا مِنْذُ الْقَدَمِ. صَنَعَ الْخَلَاصَ فِي وَسْطِ
الْأَرْضِ. اللازمه

High above all the nations is the Lord. Thou
art Lord Most High over all the earth. *Refrain*

وَأَعْلَمُوا أَنِّي أَنَا هُوَ اللَّهُ. أَرْتَفِعُ فِي الْأُمَمِ وَأَتَعَالَى فِي
الْأَرْضِ. اللازمه

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

المجد... الآن.... يَا كَلِمَةَ اللَّهِ الْإِبْنَ الْوَحِيدِ....

3RD ANTIPHON FOR THE VENERATION OF THE HOLY CROSS (PSALMS 98.5; 27.9 LXX): TROPARION OF THE CROSS AS REFRAIN (TONE 1)

Exalt ye the Lord our God, and worship at
the footstool of His feet.

إِرْفَعُوا الرَّبَّ إِلَهَنَا وَاسْجُدُوا عِنْدَ مَوْطِئِ قَدَمَيْهِ.

Refrain: O Lord, save Thy people, and bless Thine inheritance, granting to thy people victory over all their enemies, and by the power of Thy Cross, preserving thy Commonwealth.

Save Thy people, and bless Thine inheritance. *Refrain*

Shepherd them, and bear them up unto eternity. *Refrain*

اللازمة: خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَأَمْنَحْ عِبِيدَكَ
المُؤْمِنِينَ الْعَلْبَةَ عَلَى الشِّرِيرِ، وَأَحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ
المِخْتَصِّينَ بِكَ.

يا رَبُّ، خَلِّصْ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ. اللازمة

وَارْعَهُمْ وَاذْفَعُهُمْ إِلَى الأَبَدِ. اللازمة

APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 3)

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

لِتَفْرَحِ السَّمَاوِيَّاتُ وَتَبْتَهِجِ الأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا
بِسَاعِدِهِ، وَوَطِئَ المَوْتَ بِالمَوْتِ، وَصَارَ بِكُرِّ الأَمْوَاتِ، وَأَنْقَدَنَا
مِنْ جَوْفِ الجَحِيمِ، وَمَنَحَ العَالَمَ الرَّحْمَةَ العُظْمَى.

Troparion of the Holy Cross (Tone 1)

O Lord, save Thy people, and bless Thine inheritance, granting to thy people victory over all their enemies, and by the power of Thy Cross, preserving thy Commonwealth.

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَأَمْنَحْ عِبِيدَكَ المُؤْمِنِينَ
العَلْبَةَ عَلَى الشِّرِيرِ، وَأَحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ المِخْتَصِّينَ
بِكَ.

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 أَظْهَرْتَكَ أفعالَ الحَقِّ لِرِعِيَّتِكَ قَانُونًا لِلإِيمَانِ، وَصُورَةً
لِلوَدَاعَةِ، وَمُعَلِّمًا لِلإِمْسَاكِ، أَيُّهَا الأبُّ وَرئيسُ الكَهَنَةِ
نِيقُولَاوسُ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرِّفْعَةَ، وَبِالمِسْكِنَةِ
الغِنَى. فَتَشَفَّعْ إِلَى المَسِيحِ الإلهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Annunciation (Tone 8)

O victorious Leader of triumphant hosts, we your servants, who have been delivered from danger, sing our grateful thanks to you, O Theotokos. As you have power, which is invincible, set us free from every danger that we may cry out to you: Rejoice, O unwedded Bride!

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهِ، أَكْتُبُ لَكَ رَايَاتِ الْعَلْبَةِ، يَا
جُنْدِيَّةَ مُحَمَّدِيَّةٍ، وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَذَةٍ مِنَ الشَّدَائِدِ، لَكِنِّي
بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارِبُ أَعْتَقِيَنِي مِنْ صُنُوفِ الشَّدَائِدِ
حَتَّى أَصْرُخَ إِلَيْكَ: افْرَحِي يَا عَرُوسًا لَا عَرُوسَ هَاهُنَا.

ANTI-TRISAGION (IN PLACE OF "HOLY GOD")

People: Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify. (*Thrice*)

لِصَلِيبِكَ يَا سَيِّدَنَا نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ مُمَجِّدٌ. (ثَلَاثًا)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen. And Thy Holy Resurrection we glorify.

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى
دَهْرِ الدَّاهِرِينَ. آمِينَ. وَلِقِيَامَتِكَ الْمُقَدَّسَةِ مُمَجِّدٌ.

Deacon: *Dynamis!*

قُوَّةٌ!

People: Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify.

لِصَلِيبِكَ يَا سَيِّدَنَا نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ مُمَجِّدٌ.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 27.9, 1 LXX; Tone 6)

بروكيمنون (مزمور ٢٧، ٩، ١ سبع؛ اللحن ٦)

O Lord, save your people and bless your inheritance.

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ.

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

إِلَيْكَ يَا رَبُّ أَصْرُخُ إِلَهِي.

**From St. Paul's Epistle to the Hebrews
(4.14-5.6; 3rd Sunday of Lent)**

فَصَلِّ مِنْ رِسَالَةِ الْقُدِّيسِ بُولْسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ

(٤، ١٤ - ٥، ٦؛ ثالث أحد من الصوم)

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with

يَا إِخْوَتِي، إِذْ لَنَا رَئِيسٌ كَهَنَةٌ عَظِيمٌ قَدِ اجْتَارَ السَّمَاوَاتِ،
يَسُوعُ ابْنُ اللَّهِ، فَلْنَتَمَسَّكَ بِالْإِعْتِرَافِ. لِأَنَّ لَيْسَ لَنَا رَئِيسٌ
كَهَنَةٌ غَيْرٌ قَادِرٌ أَنْ يَرْتَبِي لَأَوْهَانِنَا، بَلْ مُجَرَّبٌ فِي كُلِّ شَيْءٍ ۚ

confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was.

So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, "Thou art My Son, today I have begotten Thee;" as He says also in another place, "Thou art a priest forever, after the order of Melchizedek."

Holy Gospel according to St. Mark (8.34-9.1; 3rd Sunday of Lent)

THE LORD SAID, "If anyone would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of Man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

مِثْلَنَا مَا خَلَا الْخَطِيئَةَ. فَلْنُقْبَلْ إِذَنْ بِثِقَةٍ إِلَى عَرْشِ الرَّحْمَةِ،
لِننال رَحْمَةً وَنَجِدَ ثِقَةً لِلإِغَاثَةِ فِي أَوْهَا.

فَإِنَّ كُلَّ رَئِيسٍ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ يُقَامُ لِأَجْلِ النَّاسِ فِيمَا
هُوَ لِلَّهِ، لِيُقَرَّبَ تَقَادِمًا وَدَبَائِحَ عَنِ الْخَطَايَا، فِي إِمْكَانِهِ أَنْ
يُشْفِقَ عَلَى الَّذِينَ يَجْهَلُونَ وَيَضَلُّونَ، لِكُونِهِ هُوَ أَيْضًا مُتَلَبِّسًا
بِالضُّعْفِ. وَهَذَا يَجِبُ عَلَيْهِ أَنْ يُقَرَّبَ عَنِ الْخَطَايَا لِأَجْلِ
نَفْسِهِ كَمَا يُقَرَّبُ لِأَجْلِ الشَّعْبِ. وَلَيْسَ أَحَدٌ يَأْخُذُ لِنَفْسِهِ
الْكَرَامَةَ، بَلْ مَنْ دَعَاهُ اللَّهُ كَمَا دَعَا هَارُونَ. كَذَلِكَ الْمَسِيحُ أَمْ
يُجِدُ نَفْسَهُ لِيَصِيرَ رَئِيسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ "أَنْتَ ابْنِي
وَأَنَا الْيَوْمَ وَذَلِكَ". كَمَا يَقُولُ فِي مَوْضِعٍ آخَرَ "أَنْتَ كَاهِنٌ
إِلَى الْأَبَدِ عَلَى رُتْبَةِ مَلِكِيصَادَقَ".

مِنْ بَشَارَةِ الْقَدِيسِ مَرْقَسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ (٨،٣٤-٩،١؛ ثالث أحد من الصوم)

قَالَ الرَّبُّ: مَنْ أَرَادَ أَنْ يَتَّبِعَنِي فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلِيبَهُ
وَيَتَّبِعَنِي، لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا، وَمَنْ أَهْلَكَ
نَفْسَهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ يُخَلِّصُهَا. فَإِنَّهُ مَاذَا يَنْتَفِعُ
الْإِنْسَانُ لَوْ رَجَحَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ؟ أَمْ مَاذَا يُعْطَى
الْإِنْسَانُ فِدَاءً عَنْ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحِي بِي وَبِكَلَامِي فِي
هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِيءِ. يَسْتَحِي بِهِ ابْنُ الْبَشَرِ مَتَى أَتَى فِي
مَجْدِ أَبِيهِ مَعَ الْمَلَائِكَةِ الْقَدِيسِينَ. وَقَالَ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ،
إِنَّ قَوْمًا مِنَ الْقَائِمِينَ هَهُنَا لَا يَذُوقُونَ الْمَوْتَ حَتَّى يَرَوْا
مَلَكَوَتَ اللَّهِ قَدْ أَتَى بِقُوَّةٍ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
Nabeel Hanna , Nael Hanna, Isaac and Naela Kusto, Nabeela Hanna and Nisreen Hanna		Nimer Hanna (father, 40-day memorial)
Benjamin , Ann , David and Ana Haddad and Rosemarie and Mitri Hajjar	The Haddad and Hajjar families	William Haddad (father, 40-day memorial)
Alice Mikesell, Shirley Cameron, Connie Burrell and their families .		Melveen Fadoul (mother, 2 years departed)
Michael , Diana , Christopher and Joseph Nofal	The Rafeedie and Nofal families	George Rafeedie and George Nofal (fathers/grandfathers)
Salma Maalouf	Her children , grandchildren and all her family	
Leila Beebe (flowers for the Cross)	Her children , grandchildren and all her family	Jameel Beebe (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)

To offer Holy Oblations and Memorials please use the form at <https://stnicholasla.com/makeaprayerrequest> or call the Cathedral office by Wednesday.

WE SERVE THE LITURGY OF ST. BASIL TODAY

From the point in the service where Father invites us, “Let us give thanks unto the Lord,” turn to the middle of page 134 in the brown hardback books to continue participating in the Prayer of the Anaphora.

MEGALYNARION OF ST. BASIL'S LITURGY (TONE 8)

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed Temple and spiritual Paradise, Glory of virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for

إِنَّ الْبَرَايَا بِأَسْرِهَا، تَفْرَحُ بِكَ يَا مُتَمَلِّقَةَ نِعْمَةٍ: مَحَافِلَ الْمَلَائِكَةِ،
وَأَجْنَاسَ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدِّسِ، وَالْفِرْدَوْسُ النَّاطِقِ،
فَخَرُّ الْبَتُولِيَّةِ مَرَمٍ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلاً، وَهُوَ

He made thy womb a throne, and thy body
more spacious than the heavens. All
creation rejoiceth in thee, O thou who art
full of grace. Glory to thee.

إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ
بَطْنِكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةً نِعْمَةً، تَفْرَحُ بِكَ
كُلُّ الْبَرَايَا وَتُمَجِّدُكَ.

REFRAIN OF THE COMMUNION PSALM (PSALM 4.7; TONE 8)

The light of Thy countenance, O Lord, hath
been signed upon us. Alleluia.

لَقَدْ أَرْتَسَمَ عَلَيْنَا نُورٌ وَجْهَكَ يَا رَبِّ. هَلَلُويا.

PROCESSION OF THE HOLY CROSS AND ANTI-TRISAGION

*Following "Blessed be the Name of the Lord...", the Cross, upon a
tray with branches of basil (or flowers), is placed on the Holy Table.*

People: *All kneel and sing "Holy God..." to a slow and solemn melody.*

The priest goes around the Holy Table censing the Cross from four sides.

*Taking the tray upon his head, preceded by the processional torches and fans and the
deacon with the incense, the priest goes around the Holy Table and out the north door
of the sanctuary, going around the temple. He stops before the Royal Doors,
where the tetrapod has been positioned, after circling it thrice.*

Priest: Wisdom! Let us attend.

*The priest places the tray with the Cross upon the tetrapod,
and circles it while incensing it three times. Meanwhile is sung:*

Priest: *The troparion of the feast, "O Lord, save thy people..."*

People: *The troparion of the feast, "O Lord, save thy people..." (twice)*

*Then is sung the following anti-Trisagion thrice,
with all making a prostration each time.*

Priest: Before thy Cross, we bow down in worship, O Master, and thy holy
Resurrection we glorify.

People: Before thy Cross... *(twice)*

*When you venerate the Cross, after the dismissal,
you will receive a flower from it as a blessing.*

ANNOUNCEMENTS

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. Coffee hour is hosted today by:

- Diana Nofal and family
- Nabeel Hanna , Nael Hanna, Isaac and Naela Kusto, Nabeela Hanna and Nisreen Hanna, in memory of father Nimer Hanna



Upcoming Coffee Hour Schedule

April 14 Annual “Falafel Day” by the Shousha, Qafaiti and Nima families

April 21 Hannan Lahham (40-day memorial for Osama Lahham)

April 28 Ladies’ Palm Sunday Bake Sale

May 5 Pascha Breakfast

May 26 Nellie and William Haick (2-year

May 12 Men’s Fellowship (Mother’s Day)

memorial for Wil Haick)

May 19 Robin Nicholas

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

CHURCH SCHOOL CLASSES TODAY

Today: students and teachers will go to their classes after the Veneration of the Holy Cross.

Our classes will continue the study of St. Paul’s Epistle to the Romans—

Lesson II.4: “Obedience” (Romans 6:22, 12:2, 13:2 and Matthew 26:39). 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 this QR code, or enter <https://bit.ly/SNCschool23-24>).



2024 LENTEN SERVICES

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.

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

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.

- We then share dinner together.
 - **April 10:** bring one Lenten item to share for a **potluck** after Liturgy.
 - **April 17: Men's Fellowship** will host dinner, so no need to bring anything.
 - **April 24: Ladies' Society** will host dinner, so no need to bring anything.
- 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 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



Walking with Jesus
Reflections on the Via Dolorosa

A LENTEN RETREAT
The V. Rev. John W. Fenton
Pastor, St Michael Orthodox Church
Faculty, Antiochian House of Studies

Saturday, April 13 | 9 a.m. – 3 p.m.
St Michael Orthodox Church, Whittier
Antiochian Orthodox Christian Archdiocese of N. Am.
3333 Workman Mill Road † Whittier, CA 90601

www.StMichaelWhittier.org
StMichaelWhittier@gmail.com † 562.692.6121

Lunch provided † Donation Accepted
RSVP Requested



ANTIOCHIAN WOMEN
OF ST. NICHOLAS ANTIOCHIAN CHRISTIAN CATHEDRAL

THE PALM SUNDAY BAKE SALE AND COFFEE HOUR

The Palm Sunday Bake Sale and Coffee Hour

will be held on Palm Sunday, April 28, in the Heritage Ballroom, after *both* Palm Sunday Liturgies. Everyone is invited to place their pre-orders or shop after Liturgy. Be sure to get all your favorite sweets and treats! Ordering ahead is encouraged due to limited quantities.

Be sure to look for the special order form in the Sunday bulletin, in the Antiochian Women Newsletter, on Facebook or on the St. Nicholas website (stnicholasla.org), for more information and to place your orders. Please place your orders ASAP, because all this good stuff goes fast! Jacqui's number is (626) 476-9070 and her email address is jmbadaro@hotmail.com

The Palm Sunday Bake Sale has always been one of the Cathedral's traditions. The St. Nicholas Antiochian Women need help with baking and donations. Let us all help to make this a successful and delicious event to celebrate the special feast day. Please contact Chairwoman Jacqui Badaro to contribute with either your delicious homemade sweets or to donate needed funds.

May 18--Ladies' Book Club/One Day Spiritual Retreat The next Book Club meeting will take place on Saturday May 18 from 10:00 am to 2:00 pm at the home of Rose Samore; 1817 Maginn Dr., Glendale, CA 91202. We will finally be able to review the book we have been reading, [Becoming a Healing Presence](#) by Dr. Albert Rossi (but don't worry if you haven't had the chance to read it). Fr. Nabil Hanna will lead us in a discussion on the book, and we will have a chance to discuss how the concepts of the book affect and appear in our lives. This is a great opportunity for spiritual growth and fellowship for us. Please join us! Call Rose with any questions: 818-378-2055.

Join St. Nicholas Cathedral's
Ladies Society

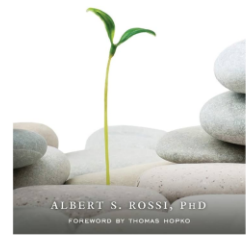
One Day Retreat

Led by Father Nabil

*We will be discussing
[Becoming a Healing
Presence](#) by
Albert S Rossi!*

*Please join us, even if
you haven't read the
book!*

BECOMING
A HEALING
PRESENCE



When: Saturday, May 18
9:00 am – 2:00 pm
Where: The Home of Rose Samore
1817 Maginn Drive
Glendale, CA 91202

RSVP to Lauren Malouf (818) 687 – 0406
lmalouf@hchc.edu by **May 9**



DEDICATION IN MEMORY OF FR. NICHOLAS NEYMAN

Also note that *in conjunction with the Women's Retreat*, at **4 pm on Saturday, April 20**, we will dedicate an outdoor shrine in memory of our long-time Camp Director, Fr. Nicholas Neyman.

His wife, Kh. Malvina Neyman, and his daughters, Kh. Juliana Youssef and Kh. Joanna Townsend, and their families will be joining us for to the Women's Retreat and the dedication.

Men and women, alike, are invited to join for the dedication and vespers that will take place immediately following the dedication, at Camp St. Nicholas. (There will be no vespers at the Cathedral on April 20.)

45th ANNUAL ANTIOCHIAN WOMEN'S LENTEN RETREAT DIOCESE OF LOS ANGELES AND THE WEST APRIL 19 - 21, 2024

AT CAMP
ST NICHOLAS
FRAZIER PARK, CA



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”

REGISTRATION INFORMATION:

You may register and pay online using a credit card at:

<https://tithe.ly/event-registration/#/8523483>

Or, Mail in the registration form and your check payable to Antiochian Women, Diocese of the West OR AWDLAW

Full Weekend 2 nights/5 meals **EARLY BIRD** by April 4th

Pay by check: **\$170** Online payment: **\$175**

Full Weekend 2 nights/5 meals **AFTER** April 4th

Pay by check: **\$180** Online payment: **\$186**

Saturday Only - 3 meals Pay by check: **\$80** Online payment **\$83**

For questions, please contact Georgette Malouf
via email: gette0324@yahoo.com or via phone at: 818-391-6217



Baked Goods Sale



Homemade by Our St. Nicholas Cathedral's Ladies
Palm Sunday April 28, 2024

Baked Goods	Pre-order / on-Site Price	Quantity	Total Amt.
Date Fingers	\$20.00 per dozen / \$25.00 per dozen		
Maamool Walnut	\$25.00 per dozen / \$25.00 per dozen		
Maamool Pistachio	\$25.00 per dozen / \$25.00 per dozen		
Maamool Date	\$25.00 per dozen / \$25.00 per dozen		
Macaroons	\$15.00 per dozen / \$20.00 per dozen		
Baklawa Fingers	\$16.00 per lb. / \$18.00 per lb.		
Baklawa	\$16.00 per lb. / \$18.00 per lb.		
Ka'ak	\$14.00 per dozen / \$16.00 per dozen		
Ghraibie	\$15.00 per dozen / \$18.00 per dozen		
Namoora	\$12.00 per lb. / \$14.00 per lb.		
Spinach Fatayer	\$17.00 per dozen / \$18.00 per dozen		
Meat Bread	\$15.00 per 6 pcs. / \$15.00 per 6 pcs.		
Veggie Bread	\$15.00 per 6 pcs. / \$15.00 per 6 pcs.		
Cheese Pies	\$18.00 per dozen / \$20.00 per dozen		
Kibbeh Balls	\$30.00 per dozen		
Zaatar	\$15.00 per 6 pcs.		
TOTAL AMOUNT DUE:			

All preorders are due by Sunday, April 14, 2024.

Ordered By: _____

Phone (____) _____

Check \$ _____ Cash \$: _____ Total \$: _____

Make checks payable to St. Nicholas Cathedral Ladies Society
For questions and orders; contact the Bake Sale Chairperson:
 Jacqui Badaro (626) 476-9070 Email: jmbadaro@hotmail.com

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

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)

-THE SOWER OF GOOD SEEDS-

هَذَا وَإِنَّ مَنْ يَزْرَعُ بِالشَّحِّ فَيَالشَّحِّ أَيْضًا يَخْصُدُ، وَمَنْ يَزْرَعُ بِالْبَرَكَاتِ فَيَالْبَرَكَاتِ أَيْضًا يَخْصُدُ. كُلُّ وَاحِدٍ كَمَا يَنْوِي بِقَلْبِهِ، لَيْسَ عَنْ حُزْنٍ أَوْ اضْطِرَّارٍ. لِأَنَّ الْمُعْطِيَ الْمَسْرُورَ يُحِبُّهُ اللهُ. (٢) كورنثوس ٩،٦،٧



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



REGISTRATION FOR SUMMER CAMP IS NOW OPEN

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

Session 2/Teen Week is already full!

Please sign up online for week 1 or week 3 ASAP, before they fill up too!

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.

Please contact Fr. Andrew if you are having any problems with the online sign-up process.

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.

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

FRANCIS MARIA SCHOLARSHIP

2024 Francis Maria Scholarships are being offered for adults and young adults in good standing in a church in our Archdiocese.

This year, awards increased to \$10,000 per student to help meet the challenges of high tuition costs. With this Premier Scholarship, we hope to encourage more Orthodox young people to seek higher education becoming stronger, well-educated, Orthodox Christian leaders. Find applications and more information at

www.antiochian.org/regulararticle/386



ARE YOU A HIGH SCHOOL JUNIOR OR SENIOR?

CROSSROAD INSTITUTE

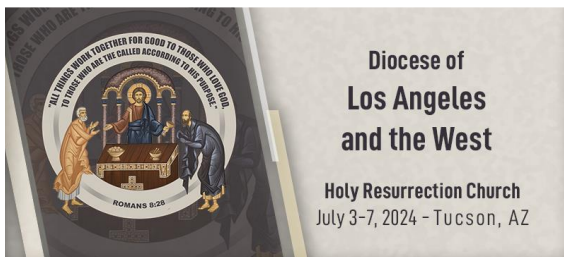
Fill your **summer** with what **counts**

Join one of our four sessions

- Boston June 8-18
- Northern California June 18-28
- Boston June 22-July 2
- Chicago July 6-16

Explore what's next

CrossRoad is a ten-day immersive summer program designed for YOU as you prepare to make big life decisions and start new adventures. By connecting with the Orthodox Christian theological and spiritual tradition in a deep and meaningful way, you will find a place to form authentic and lifelong friendships, ask hard questions, and explore what it means to be an Orthodox Christian in the 21st century.



Diocese of Los Angeles and the West

Holy Resurrection Church
July 3-7, 2024 - Tucson, AZ

PARISH LIFE CONFERENCE SPOTLIGHT

The Special Guest at this year's Conference will be His Grace Bishop Anthony, from the Diocese of Toledo and the Midwest

Register, Find Schedules and all the Information You Need at www.antiochianevents.com/la.htm



2nd Annual
Young Adult Paschal
HAFLEH

SATURDAY MAY 11TH

VESPERS AT 6PM
HAFLEH AT 7PM

LOCATION: ST. NICHOLAS CATHEDRAL HALL
2300 W 3RD ST. LOS ANGELES, 90057

Dinner • Drinks • Dancing • Photo Booth • More!
DRESS CODE: FORMAL



\$50 Early Bird by 3/31
\$65 Regular by 5/2

NO TICKETS SOLD AT THE DOOR!

Extended to 4/14

Use the QR Code or link in bio to RSVP

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

Fr. Joseph Abud, friend of Fr. Nabil and Kh. Elaine, 5/1

Fayza Chammaa, home, 5/15

George Zahab, hospital, 5/13

Asad Aboud, rehab., 5/11

Julian E. Capata, home, 5/10

Leroy Simon, hospital, 4/25

Natalie Waimrin, rehab., 4/13

Evonne Chala, home, 4/9

Hayat Kassab Alchammas, home, 4/9

Julian F. Capata, son of Julian and Shirley Capata, 5/1

Angele Wahhab, Lamia Qafaiti's mother, 4/16

Sharon Carothers, friend of Fr. Andrew and Kh. Ruth, 4/10

Elham Alloush, 4/9

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

DEPARTED

Agnes Koudsi, 5/7

Ousama Zabaneh, 4/24

Carlos Alegria, 4/12

William Haddad, 4/12

Anna Victoria Cebedo, Armando Cano's wife, 4/14

Victims of the Gaza conflict and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

April 2024

Sun. 7	<p>Veneration of the Holy Cross</p> <p>Spanish Mission Liturgy, 7:45 am</p> <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish <p>Matins, 9:15 am</p> <p>Divine Liturgy, 10:30 am</p> <ul style="list-style-type: none"> • Church School • Coffee Hour
Mon. 8	Great Compline , 6:30 pm
Tue. 9	Choir dinner and practice, 6:30 pm
Wed. 10	<p>Presanctified Liturgy, 6:30 pm</p> <ul style="list-style-type: none"> • Potluck Dinner and Discussion
Thu. 11	Funeral of Agnes Koudsi , 3 pm at Forest Lawn Memorial Park, Hollywood Hills
Fri. 12	Little Compline with Akathist , 6:30 pm
Sat. 13	<p>Divine Liturgy, 10:30 am</p> <p>Great Vespers and Confessions, 6 pm</p>
Sun. 14	<p>4th Sunday of Lent</p> <p>Spanish Mission Liturgy, 7:45 am</p> <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish <p>Matins, 9:15 am</p> <ul style="list-style-type: none"> • First Confessions, 9:45 am <p>Divine Liturgy, 10:30 am</p> <ul style="list-style-type: none"> • Church School • Falafel Lunch and First Confession Banquet
Mon. 15	Great Compline , 6:30 pm
Tue. 16	Cathedral Council meeting, 7 pm
Wed. 17	<p>Presanctified Liturgy, 6:30 pm</p> <ul style="list-style-type: none"> • Dinner by Men's Fellowship and Discussion

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