



The Self Ruled
Antiochian Orthodox Christian Archdiocese of North America

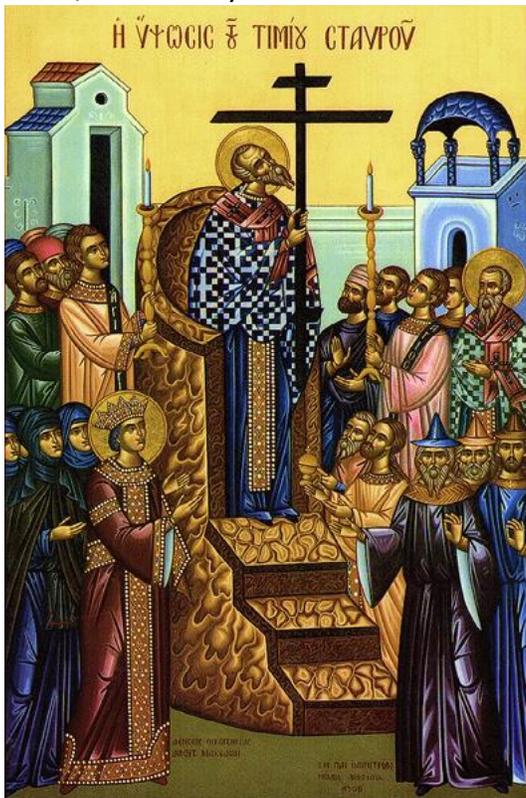
ST. NICHOLAS ANTIOCHIAN ORTHODOX CHRISTIAN CATHEDRAL

His Eminence, The Most Reverend Metropolitan JOSEPH Archbishop of New York
and Metropolitan of All North America

Beloved in Christ,

This Sunday, Sep. 13, we *observe* the Great Feast of the **Elevation of the Holy Cross**. While the feast would normally be observed on the 14th, we are moving the observance to Sunday. (Thus, when you click on the links from the Archdiocese for the services for this weekend—included in the table, below—Saturday’s vespers is actually labeled “September 13,” and Sunday’s matins and liturgy are labeled “September 14.”)

The actual Holy Cross on which our Lord was crucified was found in a cavern, below the Church of the Resurrection (Holy Sepulchre), in Jerusalem. After being found, it was taken up, elevated by St. Makarios, Bishop of Jerusalem, and the people spontaneously fell prostrate and cried out, repeatedly, “Lord, have mercy!” That’s what we will also do on Sunday.



Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection we praise and glorify!

لِصَلْبِكَ يَا سَيِّدَنَا نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ نُمَجِّدُ.

Sung Instead of the Trisagion and as We Venerate the Cross

The Feast of the Cross is also a day of strict fasting in remembrance of our Lord’s death for our sakes. We honor Him *and* the Cross upon which He won our salvation for us. We decorate, elevate and bow before the Cross. We also fast in penitence, each of us remembering and saying to ourselves, “***Jesus is on the Cross out of love for me and because of my sins.***”

Since we are moving the liturgical observance to Sunday—though the feast is actually on Monday—pick *either* Sunday or Monday, and do your very best to keep fast that day, meditating on the meaning of the Cross.

I also invite you to study further. Please see, below, the syllabus for a Bible Study on the Parables of Christ that will start next week (taught in Arabic). Schedules for two other classes this fall will be announced next week, covering the Orthodox Faith and the Divine Liturgy.

With love in Christ,

Fr. Nabil

Housekeeping Reminders

1. Parking

Our parking lot has always been reserved for clergy, elderly and families with newborns in strollers. Everyone else should park at the photo lot. Now that we're back to one service and—praise the Lord—greater attendance, it is critical that all able-bodied worshippers show courtesy to the elderly and those with little children.

2. Social Distancing and Masks

Please remember to maintain sufficient between your household and others. Your family may all sit together, if you live in the same house, but please keep six feet distance between yourself and members of other households.

Remember too that masks are required. There have been a few people who have not worn masks during services or who have worn them in a way that doesn't fully cover nose and mouth. This makes other people feel uncomfortable and unsafe. Again, with the blessing of higher attendance, let us practice this important courtesy to others who may have health issues and for everyone's comfort and peace of mind.

3. Communion

Holy Communion is the "medicine of immortality," given "for the remission of sins, for healing of soul and body and for life everlasting."

It has long been the practice throughout our Archdiocese—out of respect for Communion, *rather* than *unthinkable* concern for germs—for the faithful to approach the Chalice with their mouths wide open and their heads tilted back. *Remember that you have to do both – a mouth that's open wide but tilted downward doesn't help!* This will allow the priest or deacon to insert the spoon, turn it over in your mouth and pull it out *without* touching your tongue or lips. (We are also looking to get some smaller Communion spoons that are easier to turn over without touching the mouth.)

Upcoming Schedule and Links

Date	Time	Event or Service (click link for service text)	How to Participate
Saturday, Sep. 12	4:00 pm	Church School Family Kick-off Picnic	Cathedral plaza (see details below)
	6:00 pm	Great Vespers Camp-style Service & Music	In person outdoors <i>for Church School families</i> AND Livestream
Sunday, Sep. 13 <i>Observance of the Great Feast of the Elevation of the Holy Cross</i>	7:45 am	Divine Liturgy in Spanish	In person outdoors AND livestream
	9:15 am	Matins	In person outdoors AND livestream
	10:30 am	Divine Liturgy Procession of the Holy Cross	In person outdoors AND livestream
Saturday Sep. 19	6:00 pm	Great Vespers	Livestream only (church closed)
Sunday, Sep 20	7:45 am	Divine Liturgy in Spanish	In person outdoors AND livestream

	9:15 am	Matins	In person outdoors AND livestream
	10:30 am	Divine Liturgy	In person outdoors AND livestream

Please note that you do NOT need to have a Facebook account to join our services via livestreaming. Also, if you cannot join the services live, they remain on the Facebook site, so you can participate when your schedule allows.

Holy Oblations and Prayer Requests

In loving memory of Dr. Michel Absi (6 months) offered by the Nahas, Sawabini, and Sayegh families. May his memory be eternal.

To Renee Crawford on the occasion of her birthday offered by her loving husband, children, grandchildren, and the Bray Nicola, and Bwarie families. May God grant her many continued blessings of health and happiness. 143 heart to heart.

Prospora and flowers for the Elevation of the Cross are offered by the members of the Cathedral Altar Society.

For Mrs. Patty Romley, wife of Abouna Paul Romley. For her wellbeing, she is currently disabled with Dementia and living with her daughter in Northern California.

Here's our current 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, the date indicated after the name, and may be renewed upon request.)

Living

Lilla Awad

Departed

Manuel

To offer Holy Oblations and Memorials and for any announcements to be included in the bulletin, please email Cathedral@stnicholasla.com or contact the Cathedral office at (213) 382-6269 by Wednesday noon.

St. Nicholas Cathedral Sunday School Kick-Off!



When: Saturday September 12, 2020
@ 4:00 PM

Where: St. Nicholas Cathedral
2300 West 3rd. Street
Los Angeles CA, 90057

Come and Meet our New Priests:

Father Nabil Hanna

Father Andrew Andrews

Everyone is welcome for an
Afternoon of fun for the whole family!

Games for all Ages!

Camp-Style Vespers Outside!

Pizza Dinner!



COVID-19 Requirements:
FaceCovering and Social distancing.



For More Info Contact Tania Matar (818)903-0953 taniamatta@sbcglobal.net

**If you are experiencing any COVID-19 symptoms please do not come to the event.
All participants are responsible for their own safety and health.*

Arabic Bible Study on the Parables – الامثال - بالعربي

Every Friday at 7PM

Classes will be led by Dn. Eliya Ammari

Contact him at (818) 433 5523 or Louia@hotmail.com to sign up.

He will then send you an invitation for a Zoom meeting one day before the discussions.

Date	Topic of Discussion	Bible Readings
9/18/2020	مثل عرس ابن الملك	(مت 22 : 1- 14)
9/25/2020	مثل العشاء العظيم	(لو 14 : 16- 24)
10/2/2020	مثل شجرة التين العقيمة	(لو 13 : 6- 9)
10/9/2020	مثل الباب الضيق والباب المغلق	(لو 13 : 23- 30)
10/16/2020	مثل الراعي الصالح	(يو 10 : 11- 18 و 25)
10/23/2020	مثل البنانيين	(مت 24 : 7- 27، لو 6)
10/30/2020	مثل الكرامين الأشرار	(لو 9 : 9- 16، مت 21 : 33- 41، مر)
11/6/2020	مثل الحجر المرفوض	(و 11، لو 20 : 17- 19، مت 21 : 42- 46، مر)

Schedules for classes on Introducing the Orthodox Faith and on the Divine Liturgy will be announced next week.

SAINT MARY: AN ICON OF SIMPLICITY

Simplicity is good ground, bound to yield crops regardless of size whether hundred, sixty or thirty fold. Simplicity defies and transcends both naivety and superficiality; because in essence simplicity is the source of wisdom and the child of humility, both being important protective weapons to the human heart.

Whereas simplicity does not worry about the consequences of obeying God's commands, naivete does not worry about the consequences of one's actions. Superficiality on the other hand thinks about neither actions nor consequences.

Traits of Simplicity, (The Good Ground)

1- Obedience: St. Mary heard the message from the angels and although she was totally baffled by the seeming impossibility and absurdity of it, yet because the message was coming from God, she answered obediently "Let it be to me according to your word" without thinking of the hazardous, vague, undefined consequences. Were it not for her obedience, perhaps we would still be hopelessly in bondage with no future nor destiny. St. Mary's obedience came like fresh water bringing satisfaction to the human race. "As cold water to a weary soul, so is good news from a far country" (Proverbs 25:25). The outcome of obedience is always a hundredfold blessing. St. Mary is revered by all generations.

2- Innocence: This trait is an essential requirement for entry into the kingdom of heaven; "unless you are converted and become as little children, you will by no means enter the kingdom of heaven" (Matthew 18:3). To be Christlike is to return and be childlike. St. Mary's innocence is both concealed and manifest in her total obedience. She, in a childlike manner, followed Joseph in their flight to Egypt, accepted to give birth to her mysteriously begotten Son in a manger, watched signs and wonders happen around her without questioning, losing her composure or fainting. Who would behave like that except someone with a childlike attitude? In her innocence, the beautiful dove was like Noah's dove

carrying the olive branch (Jesus Christ) bringing good tidings to Noah (the prototype of humanity that was in captivity) (Genesis 8:8-12).

3- We all honor her and ask for her intercession.

Elen Saleh

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