



Beloved in Christ,

We are gearing up for our fall programs for the entire Cathedral community. Church School had a really wonderful and well-attended kickoff event last Saturday, and classes will start next Friday via Zoom. Arabic Bible Study on the Parables of Christ starts this evening. We are working on starting other Bible Study groups, and organizations are planning events (most of them will be done remotely for now). We are trying to make the best of the situation; we're trying to get our community life back together, doing so safely.

Thus it is great to see more people participating in the church services. We had as full a 'house' as we could—with social distancing under the tents—for the Feast of the Cross last Sunday.

With more people attending, however, we have a good problem.

1. That means we need to be more vigilant than ever about mask wearing and social distancing.
2. We have limited parking in our own lot, so we need to make sure that we leave enough space for those who really need it—the disabled, elderly and such. Thus Fr. Andrew and I will be parking our cars in the Photo Lot on Sundays from now on, to do our part to help, freeing up those clergy spots for those who really need to park close by. I ask you all to do likewise, if you're able bodied.

Please see the reminders below for details.

As we reflect on the implications of the Cross and the need to carry our own crosses daily, these small inconveniences are actually little crosses that I encourage you to take up with joy:

"Through the Cross is joy come into all the world!"

Blessings 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.

Upcoming Schedule and Links

Date	Time	Event or Service (click link for service text)	How to Participate
Friday, Sep. 18	7:00 pm	Arabic Bible Study on the Parables	Sign up with Dn. Eliya at Louia@hotmail.com
	7:00 pm	Church School staff meeting	
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
Monday, Sep. 21	7:00 pm	Cathedral Council meeting	
Friday, Sep. 25	7:00 pm	Church School Classes	Links are being set up and will be sent via special message early next week
	7:00 pm	Arabic Bible Study on the Parables	Sign up with Dn. Eliya at Louia@hotmail.com
Saturday Sep. 26	6:00 pm	Great Vespers	Livestream only (church closed)
Sunday, Sep 27	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

By Sharki Alrabadi, for the repose of aunt Sada Alrabadi (3/9-day memorial).

God's blessings for Isabel Elac in the occasion of her birthday, offered by her loving family.

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.

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 : 27- 49، لو 6)
10/30/2020	مثل الكرامين الأشرار	(، لو 20 : 9- 16- 19- 12 : مت 21 : 33- 41، مر)
11/6/2020	مثل الحجر المرفوض	(و 11، لو 20 : 17- 19- 12 : مت 21 : 42- 46، مر)

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

Join Us For "The Sowing Bee"
Planting Seeds of Wisdom, Hope & Love

Our Antiochian Women DLAW online
series viewed on our facebook page

This Month's Speaker:
Kh Heather Sommer



Tuesday September 22nd
7-8:15pm PST (CA time)

Kh Heather is a gifted iconographer - who
will share with us both the iconography
process & answer questions

You do not need to have a facebook account
to view - just visit our facebook page:
[@AntiochianWomenDioceseOfLosAngelesandtheWest](#)

THE GLORIOUS FEAST OF THE CROSS

The Church the Holy Cross three times every year. The main Feast is the Elevation of the Cross, which is what we are celebrating now, on the fixed date September 14. We also bring out the Cross from veneration on the 3rd Sunday of Lent, which date is variable in accordance with the variable date of Pascha (Easter), and the feast of the Procession of the Cross on August 1.

On the feast of the Cross we remember many vital matters: Spiritual, theological, doctrinal and symbolic..

1) We remember the love with which Christ loved us to the point where He died for our sake. We remember His words, "Greater love has no one than this, than to lay down one's life for his friends." Sacrifice is the greatest sign of love, and self-sacrifice is the summit of sacrifice.

2) In the Cross we also remember Redemption:
A soul that dies for another soul, this is the principle of atonement. We were under the judgment of death, then came the Savior who had died instead of us in order that we may live.

3) In the Cross we remember endurance:
The death of our Lord Jesus Christ on the Cross can be described as follows, "All we like sheep have gone astray; each of us have turned, into his own way; And the Lord has laid on Him the iniquity of us all" (Isa. 53:6)

4) In the Cross we remember forgiveness:
We remember how our sins were forgiven on the Cross and how our Master pleaded with the Heavenly Father whilst on the Cross saying , "Father, forgive them, for they do not know what they do" (Lk. 23:34)

5) In making the sign of the Cross we remember the Holy Trinity, the one God.

ELEN SALEH

Community Service Announcement from Saint Sophia Cathedral

SAINT SOPHIA RESIDENCE FOR LEASE

Lovely and spacious 2 bedroom/2 bath and 3 bedroom/2bath apartments are now available at the beautifully maintained building located directly behind Saint Sophia Cathedral at 1425 South Mariposa Avenue
Los Angeles

If you are 55 or older and an Orthodox Christian, come check out these apartments while they are still available and join a friendly Orthodox community!

2 bedroom/2 bath-\$1400 3 bedroom/2 bath-\$1800

Please call Louis Pappas...310-902-0852

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ATTACHED CLERGY CONTACTS

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