



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*

October 23, 2020

James the Apostle, brother of Our Lord

Our Righteous Father Ignatius, Patriarch of Constantinople

Dear Parents of Our Cathedral Teen SOYO,

Greetings in the name of our Lord Jesus Christ. We hope this letter finds you in good health and during these interesting times. It has been a few months since we were able to bring the Teen SOYO together as a group due to the restrictions placed on us during the pandemic. We are grateful to have the Teen Church School class in place via Zoom on Friday evenings to connect with our teens regularly. However, it is important that beyond Church School we keep the teen group thriving even with the restrictions of social distancing and masking.

**To that aim, we are holding a Teen SOYO meeting at the Matar Home located at 140 Aspen Oak Lane, Glendale 91207 at 3:00PM, Saturday November 14.** We will meet in their back yard, with masks and sitting with appropriate social distancing. The format would be a brief teaching, then a discussion about SOYO activities for the next year, and then time for the teens to interact with each other (properly masked and spaced out of course). We will take all the appropriate precautions to keep the environment safe and ask that anyone who is ill please wait to join us until a future meeting. We hope that this format will be acceptable to you and your teens.

We are optimistic that conditions will allow for some outings this coming year like those successfully held in prior years. We are also hopeful that the Parish Life Conference will be able to move forward next July as we have a strong tradition at the Cathedral of sending well prepared teens to the Bible Bowl. We are also planning to implement the "Relationship Project" with the Teens at the beginning of the year. This is a twelve session program developed by FaithTree Resources (<https://www.faithtree.org/>) designed specifically for Orthodox Christian teens focusing on identity, intimacy and mental health. This program has been well received around the world, with several dioceses implementing it in all their parishes.

In short, we are planning an excellent year for Teen SOYO, building on the momentum developed over the last few years. We are hopeful that your teens will enjoy and actively participate with us.

In Christ,

Fr Andrew Andrews  
Teen SOYO Spiritual Advisor

Nassif and Randa Shammaa  
Teen SOYO Lay Advisors



## October is Youth Month

Every October, we introduce our children and teens to the many opportunities to serve in the Church, including such activities as reading the Epistle, taking the collections, chanting, singing in the Choir, etc. While we want them to be active in the services of the Church year round, October has been set aside in particular to recognize our youth and to give them more opportunities to serve.

## In Support of our Seminaries

Separate from your regular pledges and offerings, please make your donations in response to Metropolitan Joseph's appeal by writing **checks to St. Nicholas** and noting **"Seminaries" in the memo area**.

Since we cannot pass collection trays at this time, we will also have empty envelopes next to the offering box that you can use for cash, to keep these special offerings distinct from your pledges. Please also include your name on the check or envelope, so we can post the offering to your donation record properly.

## Upcoming Schedule and Links

Date	Time	Event or Service (click link for service text)	How to Participate
<b>Friday, Oct. 23</b>	7:00 pm	Church School Classes	See links for each class, below
	7:00 pm	Arabic Bible Study on the Parables - درس الكتاب بالعربي	Sign up with Dn. Eliya at <a href="mailto:Louia@hotmail.com">Louia@hotmail.com</a>
<b>Saturday, Oct. 24</b>	6:00 pm	<a href="#">Great Vespers</a>	<a href="#">Livestream</a> only (church closed)
<b>Sunday, Oct. 25</b>	7:45 am	Divine Liturgy in Spanish	In person outdoors AND <a href="#">livestream</a>
	9:15 am	<a href="#">Martins</a>	In person outdoors AND <a href="#">livestream</a>
	10:30 am	<a href="#">Divine Liturgy</a>	In person outdoors AND <a href="#">livestream</a>
<b>Tuesday, Oct. 27</b>	7:00 pm	Bible Study: Worship, Liturgy and Sacraments	<a href="#">Join via Zoom</a>
<b>Wednesday, Oct. 28</b>	7:00 pm	Church School Staff meeting	
<b>Thursday, Oct. 29</b>	7:00 pm	Ladies of St. Nicholas Zoom Gathering	<a href="#">Join via Zoom</a>

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.

## Church School 7 pm Friday, October 23

Class	Zoom Link	Meeting ID and Password (Not needed if you use the link)	Text and Discussion Material
<b>Preschool &amp; Kindergarten</b>	None – discuss at home	None	 <a href="#">View or print for Preschool</a>
<b>1<sup>st</sup> – 4<sup>th</sup> Grades</b>	<a href="#">Join 1st – 4th Class</a>	950 0406 4284 602971	 <a href="#">View or print for Grades 1-4</a>
<b>5<sup>th</sup> – 8<sup>th</sup> Grades</b>	<a href="#">Join 5th – 8th Class</a>	966 6787 2317 283692	 <a href="#">View or print for Grades 5-8</a>
<b>High School</b>	<a href="#">Join High School Class</a>	964 9146 2720 439263	 <a href="#">View or print for High School</a>

## Holy Oblations and Prayer Requests

In loving memory of our dear mother and grandmother, Abba Akel on her birthday, offered by her daughters. May her memory be eternal.

### 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, which is the date indicated after the name, and may be renewed upon request.)*

#### Living

Jason Perkins, home, 11/18  
Lilla Awad, home, 11/18  
Fred Wehba, hospital, 11/14  
Henry Roum, home, 11/13  
Abdo Hanna, home, 11/8  
Richard Ayoob, home, 11/8  
Conner Capata grandson of Julian Jr. and Shirley, hospital, 11/20

#### Departed

Metropolitan Theodosios, retired OCA Archbishop of Washington DC, 11/28  
Tanos Habr, 11/21  
William Saba Sr., 11/18  
Barbara Waian Abraham, cousin of Suzi Sadd, 11/23  
Elias Khalaf, relative of Patrick Haddad, 11/21

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

**If you missed this week's session of our Tuesday Bible Study on Worship, you can see the recording [here](#).**



**Fall 2020 Adult Study:  
Worship - Liturgy and  
Sacraments**

V. Rev. Nabil Hanna  
Dean  
St. Nicholas Orthodox Cathedral  
Los Angeles, California

**Session 3:  
Byzantine Liturgy – Part I**

00:00:25 / 01:32:06 Oct 2020 Speed

MOST REVEREND JOSEPH  
ARCHBISHOP OF NEW YORK AND LOS ANGELES  
METROPOLITAN OF NORTH AMERICA  
V. REV. FATHER NABIL L. HANNA  
DEAN



REV. FATHER PAUL OLSON  
ASSISTANT PASTOR  
REV. FATHER ANDREW S. ANDREWS  
ASSISTANT PASTOR

## ONLINE Fall 2020 Adult Study: Worship: Liturgy and Sacraments

**Tuesdays: 7:00 to 8:30 p.m.**

**Connect via Zoom:** Meeting ID 964 9146 2720 • Password 439263

Instructor: Father Nabil L. Hanna • (213) 915-6269 • [fmabilh@stnicholasla.com](mailto:fmabilh@stnicholasla.com)

### Syllabus - Approximate

- Oct. 27** **Byzantine Liturgy – Part II**  
Eucharistic Prayer • Anaphora of St. Basil the Great •  
Communion and Dismissal
- Nov. 3** **Baptism and Chrismation**  
How are we saved? • The Body of Christ, the Community  
and Priesthood
- Nov. 10** **Marriage and Other Sacraments**  
Holy Unction, Holy Orders, etc. •  
Sacraments and Sacramentals
- Nov. 17** **The Liturgy of Time**  
Being in This World but Not  
of This World • The Hours  
of Prayer



## Arabic Bible Study on the Parables – الامثال - العربي

Every Friday at 7PM

Classes will be led by Dn. Eliya Ammari

Contact him at (818) 433 5523 or [Louia@hotmail.com](mailto: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
10/23/2020	مثل الراعي الصالح	(30 - يو 10 : 11 - 18 و 25)
10/30/2020	مثل البنائين	(46- 49 : مت 7 : 24 - 27 ، لو 6)
11/6/2020	مثل الكرامين الأشرار	(لو 20 : 9 - 16 - 1 : 12 مت 21 : 33 - 41 ، مر )
11/13/2020	مثل الحجر المرفوض	(و 11 ، لو 20 : 17 - 19 : 12 مت 21 : 42 - 46 ، مر )

## Do You Need Books or Icons?

See Diane Brooks or Isabel Elac for anything from the Cathedral bookstore. While we can't have you go into the bookstore to peruse the stock at this time, they will be happy to bring out to you what you would like.

## Good News: Let's Make the Best of This Opportunity

The St. Nicholas Heating Ventilation and Air Conditioning (HVAC) Committee is pushing forward with the plan to install the new air conditioning system in the Cathedral. The members of the committee wish to express their gratitude for everyone's patience with the process. They are also grateful for the generosity of those who have already donated to make the new air conditioner a reality.



**A new, anonymous, donor has stepped forward and has committed to donating \$25,000 in a matching fund campaign** to raise the amount of funding still needed to pay for the new system. The HVAC committee urges all the faithful of the Cathedral who have not yet contributed to meet this challenge with your own generous donations. Your commitment is very necessary to making the new air conditioning system for the Cathedral become a reality. How wonderful it would be to walk into a blessedly cool Cathedral in the near future!

**Please earmark donations "AC" on your check, or use the "AC Challenge" link on the online donations page on the Cathedral website [stnicholasla.org](http://stnicholasla.org).** Please deposit donation in the offering box, or mail them to St. Nicholas Cathedral, 2300 W. 3rd St., Los Angeles, CA 90057.

Contact Ron Samore with any questions at 818-378-2055 or [ronsamore18@gmail.com](mailto:ronsamore18@gmail.com).

**"Fear not, little flock, for it is your Father's good pleasure to give you the kingdom!" (Luke 12:32)**

«لَا تَخَفْ أَيُّهَا الْفَطْبِيعُ الصَّغِيرُ لِأَنَّ أَبَاكُمْ قَدْ سَرَّ أَنْ يُعْطِيَكُمْ الْمَلَكُوتَ.»

*As we take the coronavirus pandemic seriously, with faith and love, please note the following procedures:*



### 1. Parking

As our parking lot is small, it is reserved for elderly and families with newborns in strollers. Everyone else should park at the photo lot. It is essential 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 distance 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**. Be sure to wear them in a way that covers your nose and mouth fully. Not wearing masks or wearing them incorrectly makes other people feel uncomfortable and unsafe. 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—more 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.



### 4. Venerating Icons

Venerate icons or the gospel book or the cross with just a ‘gesture,’ but **do not actually touch the item with your lips or hand**. While the Greek word in the Bible for veneration literally means to “approach and kiss,” for now, approach *as if* to kiss, but then back away. The same goes for the priest’s hand.

### 5. Antidoron (Blessed Bread)

For receiving the antidoron (blessed bread) after Holy Communion and at the dismissal, the Archdiocese has directed us to implement the more ancient practice. That is, *instead* of everyone reaching into the bowl with their own hands, **cup your hands together, and the priest (at dismissal) or an assistant (after Communion) will drop a piece of the blessed bread in them**. The priest and assistants will have washed their hands thoroughly and will be wearing gloves, so please do not touch or kiss their hands. While it is traditional to kiss the priest’s hand when receiving a blessing, for the time being, please just make a ‘gesture’ of veneration for the priest’s hand (as described above).



### 6. Who Should NOT Come to Church

Of course, those who are elderly, who have asthma, diabetes or other conditions that compromise their immune systems are still advised NOT to come to church at this time. Thus, **Fr. Nabil will be very happy to bring you the Sacraments to your homes or to have you come to the Cathedral privately, by appointment**. Please call him directly at (213) 915-6269 to schedule.



# St. Nicholas Antiochian Women Newsletter

November 2020

## A Sisterhood Serving Christ Through Serving Others

Dear Sisters in Christ,

The statement above is the Mission Statement of the Antiochian Women of our Archdiocese. We truly believe that the Women of St. Nicholas strive to fulfill this mission in all our works!

By serving others, we seek to emulate our Lord, who gave Himself as the ultimate sacrifice for us. The officers have been meeting with Fr. Nabil to establish our mission and goals. Our goals include providing opportunities for fellowship, good works, and spiritual growth.

Plans are being made to establish a new Book Club for us. New outreach programs are being discussed with our clergy. We will increase our presence on social media by posting our information on Facebook and the St. Nicholas website. We will promote every opportunity to communicate; and we hope that the women in our community will feel free to reach out to us with any ideas and/or needs. We are seeking new ideas and new energy! Please bring them!

**Our Next Gathering--**We are so pleased and excited to have **Kh. Elaine Hanna** to speak to our group on **Thursday, October 29**, at 7:00 p.m. via Zoom. Kh. Elaine will present a thought-provoking discussion on **Women in the Church: Our Roots and Our Future**. Here is the link: Join Zoom Meeting <https://lausd.zoom.us/j/88220055047>

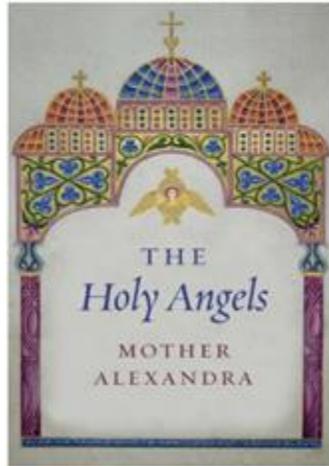
**See's Candy** Please remember to order and purchase your holiday See's Candy from Diane Brooks. Diane also sells See's Candy Gift Cards. That way, you can give a gift at any time during the holidays! Contact Diane at 562-761-8436 or [rockinwomom@gmail.com](mailto:rockinwomom@gmail.com).



**St. Nicholas Antiochian Women Book Club** Our Chaplain, Lauren Malouf, is organizing a book club for us! Our first book is one recommended by the Antiochian Women of the Archdiocese. More information about meetings to discuss the book will follow.

Join St. Nicholas Cathedral's  
Antiochian Women's

## Book Club!



Learn more about our faith and enjoy time  
with your sister's in Christ!

Order at: <https://store.ancientfaith.com/the-holy-angels/>

For all details, contact Lauren Malouf  
(818) 687-0406  
[lmalouf@hchc.edu](mailto:lmalouf@hchc.edu)

**The Antiochian Women of the Diocese Los Angeles and the West** are asking for articles for their Winter Newsletter coming out in December. Do you have a story about your life or experiences in the church to share with your sisters across the Diocese? The deadline to submit an article is December 1. Please contact Lauren Malouf at [lmalouf@hchc.edu](mailto:lmalouf@hchc.edu) for more information.



The Antiochian Women are selling face masks. The masks are black and have an Orthodox cross in gold printed on them. Each mask costs \$15. To order please email Georgette Malouf at [gette0324@yahoo.com](mailto:gette0324@yahoo.com) or call her at 818-391-6217.

This year has brought one challenge after another. At IOCC, we have seen those we serve continue to rise to each challenge with a resilient spirit that humbles and inspires us.

Over the next few weeks, we look forward to sharing remarkable stories of resilience from around the world, which were made possible by your support.

Please accept our gratitude for your part in helping IOCC reach so many.



## Swift Response and Long-Term Recovery in Beirut

On the evening of August 4, 2020, a massive explosion in Beirut damaged thousands of buildings and homes. Learn how the emergency aid sent by IOCC donors helped to meet urgent needs and pave the path toward recovery.



## Picking up the Pieces in Iowa

A derecho windstorm crossed the Midwest destroying homes and property, including Cedar Rapids, Iowa. Read how people like Eleanora and her husband worked alongside an IOCC team to clean up their community.

***Please keep an eye on your inbox starting next week for these full stories.***

[Don't receive a physical copy of News & Needs in your mailbox?  
Click Here to set your preferences.](#)

## ST. JAMES THE APOSTLE, FIRST BISHOP OF JERUSALEM

St. James is One of the Twelve, he is called James the Less (Mark 15:40) to differentiate him from James, son of Zebedee. He was known as James the Righteous because of his holy life and his asceticism. He was also known as James, Bishop of Jerusalem, because he was its first Bishop. There was controversy around his personality and about the title of “ the Brother of the Lord “ by which he was known.

St. James was the Head of the Church of Jerusalem and its Bishop. He remained in Jerusalem until his martyrdom and probably became Bishop in 34 AD. His work as Bishop of Jerusalem shows us the wisdom of the early Church and its principle of putting the right person in the right place.

He had great authority among the baptized Jews, and he was also highly considered among the Jews themselves. For this, Jerusalem became the stronghold of the Jews of the whole world, and thousands of them came to visit so that he could preach them.

He headed the first Church Council, in the year 50 AD, which discussed the question of circumcision for the Gentiles who wish to join the faith (Acts 15).

He was vegetarian and did not eat meat and did not drink alcoholic drinks. His clothes were made from linen, when the land became dry because of the lack of rain and the crop was almost lost, the people asked him to pray. So he prayed and it rained and their consideration for him grew and many believed through him.

When the number of Christians increased in Jerusalem, the High Priests were angered and they aimed at annihilating them, but they could find no means to do so, because Festus, the Roman Governor repelled their treachery; so they continued looking for an opportunity until he died and the air became cleared.

They ordered James to deny that Jesus is Christ. But James said “Listen to me brethren, and accept the witnessing of truth. Know that Jesus the Son of Man is sitting in heaven on the right hand of the Father, because He is truly the Son of God; and He will come on the clouds of the sky to judge us all “. When he said this, many believed and cried out, “Hosanna to the Son of David”.

However, the priests shouted that the righteous was misled. Then a group of them went up to him and pushed him down. He went down on his knees praying for their forgiveness. But they started stoning him repeatedly. And struck him on the head with a Hammer, and he died. He was buried near the Altar.

By ELEN SALEH

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