



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

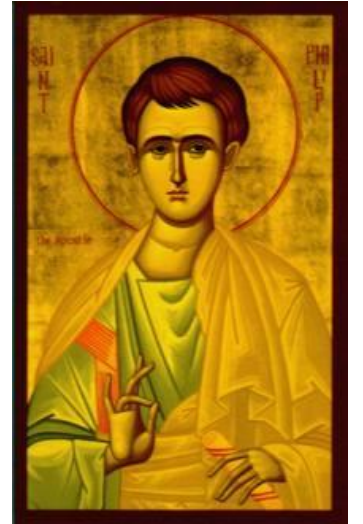
12 November 2020

Beloved in Christ,

On account of the weather last weekend, we had to cancel in-person services both Saturday and Sunday. This was painful for me to have to do. As it was, the wind ripped one of the tents and moved others in our outdoor setup. I pray we won't have to cancel too many more services over the coming winter. Of course, we'll send out an alert by email and via our Facebook and Instagram accounts if we have to cancel. Of course, we will always still provide the livestream services for you, regardless.

Since we could not have in-person attendance at the monthly Liturgy in Arabic (the first Saturday of each month), we are making it up with Liturgy in Arabic this Saturday, Nov. 14, when the Church observes the Feast of St. Philip the Apostle.

عيد الرسول فيلبس القديس الكلي المديح  
السبت، ١٤ نوفمبر/تشرين الثاني  
القدّاس الإلهي بالعربي، ١٠:٣٠ صباحاً



Because the Feast of St. Philip is the last day before we start the Pre-Christmas Fast—*enjoy your steak Saturday!*—this fast is often called the “St. Philip Fast.”

Then, November 15 marks the first day of the **Nativity Fast**, which runs for forty days, until Christmas. (*We do make a general dispensation, however, for Thanksgiving Day.*) During this time, we abstain from meat and dairy products. Then the last few days of the fast—Dec. 20-24—become stricter, when fish, wine and oil are also excluded.

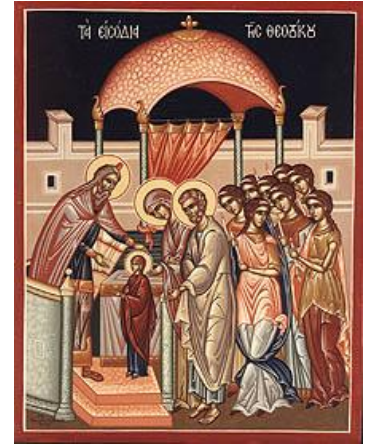
Here is a good article on [“5 Ways to Redeem the Time during the Nativity Fast.”](#)

Looking ahead, to Sunday, November 22: that's when we will be observing the Great Feast of the Entrance of the Theotokos into the Temple. (While the Feast actually falls on Nov. 21, a Saturday this year, we will celebrate it on the Sunday.)

On that day, as has been the custom at the Cathedral, all our girls and young ladies will process with candles to the front, just before the dismissal of Liturgy, when we will offer special prayers and blessings for them.

Wishing you a blessed Advent journey,

+Fr. Nabil



## ST. NICHOLAS CATHEDRAL COMMUNITY OUTREACH

***“For I was hungry, and you gave me food...” (Matthew 25.35)***

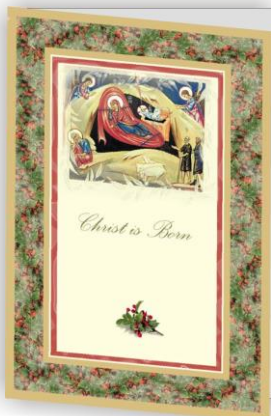
As we approach the Holiday Season ahead, we must be mindful of those in our Community who are struggling once again this year to try and make the Holidays meaningful for their family. And, of course, their plight this year has become more complicated by the coronavirus.

### Community Christmas Card

We are starting a beautiful, new tradition. Our Christmas card will serve two purposes:

**First, this is our greeting to each other** as part of our Christmas Celebration and to convey to others that they are close to our hearts and in our thoughts and prayers. When you contribute to the Christmas card, your name will appear on it, and it is mailed to all our parishioners.

**Second, through your generosity, it will generate funds for our Charity Ministry.** In an effort to assist those in need, the Cathedral will be distributing Food Bags to those in our community on Saturday, December 12, 2020. Each Food Bag will consist of 10-12 canned/package items, a 5-dozen pack of Tortillas and a \$15.00 grocery store gift card (which the needy can use for meat, milk and fresh produce for their Christmas dinners).



**Make this Christmas card *your* holiday greeting to your friends at St. Nicholas. We'll take care of mailing it out to all our members and friends.**

We respectfully ask you to donate to the Christmas card. Please complete the Christmas card form, with your donation, and either drop it in the offering box, or mail it to the Cathedral, ***no later than December 6. There is no set amount, but please be generous.*** You can now also submit your Christmas card participation online at [www.stnicholasla.org](http://www.stnicholasla.org) or just call the Cathedral office.



St. Nicholas Antiochian  
Orthodox Cathedral  
2300 W. 3rd Street  
Los Angeles, CA 90075

## Community Christmas Card

Make this Christmas Card your holiday greeting  
to your friends at St. Nicholas.



Your contribution will help needy families this holiday season.

*May God bless you richly in return.*

Print your name(s) as they should appear on the card.

Enclosed donation amount (circle one): \$25 \$50 \$100 other: \$ \_\_\_\_\_

Given by \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Email \_\_\_\_\_

*Place in envelope, and put in collection  
tray, or mail to the church office  
by the first Sunday in December.*

*Please make checks payable to  
St. Nicholas Cathedral.*

## Stocking the Food Bags for the Needy

We are asking our entire Cathedral community to participate in this event. We will be accepting both cash (through the Christmas Card) and food donations. The cost of each Food Bag is approximately \$35.00. As a guideline, we suggest that each family or individual parishioner donate the cost of at least two Food Bags. If you can make a larger donation, it would be appreciated.

For those of you who would prefer to purchase food items directly, and as part of our participation with the entire Archdiocese in **World Food Day**, a list of what to purchase is provided below.

***This is a great way to involve our children and is a really good, tangible way to teach them about being compassionate to the needy.***

***Please bring only these items, and ensure that the expiration dates are in 2021 or after. You can place your items in the large cardboard food box as you come in for services.***

### FOOD BAG LIST

- 1 - 15 Oz. Can Corn
- 2 - 15 Oz. Can Rosarita Refried Beans
- 1 - 15 Oz. Can Chili Con Carne W/Beans
- 1 - 15 Oz. Can Black Beans
- 1 - Large Can Sliced Jalapenos
- 2 - Packages Kraft Macaroni & Cheese
- 1 - 10 Oz. Bottle Tapatio Hot Sauce
- 1 - 15 Oz. Can Cranberry Sauce
- 1 - 2 Lb. Bag of Rice
- 1 - 16 Oz. Jar Peanut Butter









**No Additions or Substitutions please. This will allow uniformity in each Food Bag. Tortillas and gift cards will be purchased by the Outreach Committee and added to the Food Bags.**

Please contact Ed Malouf for any questions at (310) 923-4347.

**Your support of our Outreach program will go a long way to benefit the less fortunate in our surrounding community.**

## Upcoming Schedule and Links





Date	Time	Event or Service (click link for service text)	How to Participate
<b>Friday, Nov. 13</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, Nov. 14</b>  <i>Feast of St. Philip the Apostle</i>	10:30 am	 <a href="#">Divine Liturgy in Arabic</a> – <a href="#">القداس الإلهي بالعربية</a> (  <a href="#">English text</a> )	In person outdoors AND <a href="#">livestream</a>
	3:00 pm	Teen SOYO Backyard Meeting	Matar home: 140 Aspen Oak Ln, Glendale
	6:00 pm	 <a href="#">Great Vespers</a>	<a href="#">Livestream</a> only (church closed)
<b>Sunday, Nov. 15</b>  <i>First Day of the Pre-Christmas Fast</i>	7:45 am	Divine Liturgy in Spanish	In person outdoors AND <a href="#">livestream</a>
	9:15 am	 <a href="#">Matins</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>Monday, Nov. 16</b>	7:00 pm	Cathedral Council meeting	
<b>Tuesday, Nov. 17</b>	7:00 pm	Bible Study: Worship, Liturgy and Sacraments	<a href="#">Join via Zoom</a>
<b>Friday, Nov. 20</b>	7:00 pm	Church School Classes	See links for each class, below
	7:00 pm	Arabic Bible Study درس الكتاب بالعربي	Sign up with Dn. Eliya at <a href="mailto:Louia@hotmail.com">Louia@hotmail.com</a>
<b>Saturday, Nov. 21</b>	6:00 pm	 <a href="#">Great Vespers</a>	<a href="#">Livestream</a> only (church closed)
<b>Sunday, Nov. 22</b>	7:45 am	Divine Liturgy in Spanish	In person outdoors AND <a href="#">livestream</a>



<b>Observance of the Entrance of the Theotokos</b>	9:15 am	Matins	In person outdoors AND <a href="#">livestream</a>
	10:30 am	Divine Liturgy	In person outdoors AND <a href="#">livestream</a>
<b>Blessing of Girls and Young Ladies</b>			

*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, it remains on the Facebook site, so you can participate when your schedule allows.*

## Church School 7 pm Friday, November 13

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

Offered by Ronald and Rose Samore, for the health of all the Samore family.

God's blessing for Samson Adame on his 25th Birthday and for his safe return from Beijing's University of Culture and Language. Offered by his Grandmother Bernadette Krank and Family.

In loving memory of our beloved father and grandfather Khamis Tanas Fasheh (3 years) and beloved mother and grandmother Jamileh K. Fasheh (3 years), offered by their children and grandchildren and families. Tata and Cido are forever alive in our hearts and with Our Lord Jesus in His Kingdom. May their 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

Olga Elias, hospital, 12/19

Jason Perkins, home, 11/18

Lilla Awad, home, 11/18

Fred Wehba, hospital, 11/14  
Henry Roum, home, 11/13  
Fr. Nicholas and Kh. Malvi Neyman, 12/22  
Kh. Joanne (in ICU) Neyman Townsend and daughter Genevieve, 12/22  
Fr. Joseph Abud, friend of Fr. Nabil, 12/7  
Pilar and Patricia, Alex Cajeme's sisters, 12/10  
Conner Capata grandson of Julian Jr. and Shirley, hospital, 11/20

### Departed

Tanos Habr, 11/21  
William Saba Sr., 11/18  
Metropolitan Maximos, retired GOA Bishop of Pittsburgh, 12/12  
Metropolitan Theodosios, retired OCA Archbishop of Washington DC, 11/28  
Fr. Hanna Sakkar, retired from St. George, San Diego, 12/19  
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.***

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

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

**[CLICK HERE to Connect via Zoom](#)**

Meeting ID 964 9146 2720 • Password 439263

This Tuesday, November 17, will be the final session of this course. We will be studying:

### **The Liturgy of Time**

Being in This World but Not  
of This World • The Hours of Prayer

If you missed a session of our  
Tuesday Bible Study on  
Worship, you can see the  
recordings via the following  
links to previous classes:

[October 6](#)  
[October 13](#)  
[October 20](#)  
[October 27](#)  
[November 3](#)  
[November 10](#)



## 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](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
11/13/2020	مثل الكرامين الأشجار	(لو ٩: ١٦-١٢: ١ مت ٢١: ٣٣-٤١، مر)
11/20/2020	مثل الحجر المرفوض	(و ١١، لو ٢٠: ١٧-١٢: ١٠ مت ٢١: ٤٢-٤٦، مر ١٩)

### 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 الْقَطِيعُ 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).

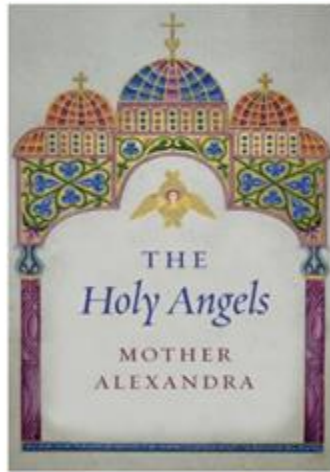
#### 6. Who Should NOT Come to Church

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.

**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.



## SYMBOLS OF THE HOLY SPIRIT

There are, at least, six clear symbols for The Holy Spirit in the Bible:

1. The Dove: In the Epiphany, the scene of the baptism of Christ, it is written that the Holy Spirit descended in bodily form like a dove upon Him. (Matt. 3:16, Luke 3:22 & John 1:33). The dove refers to peace, purity, tranquility and meekness.

2. The Fire: In the Day of Pentecost, the Holy Spirit descended upon the Apostles in the form of “divided tongues as of fire and sat upon each of them” (Acts 2:3). The fire stands for the Divine nature of the Holy Spirit, the third Person in the Holy Trinity. He is Holy and the giver of holiness. The fire consumes the germs of sin in us. It purifies, brings light, warmth and fervency in love, prayer, zeal and service.

3. The Water: Jesus said, If anyone thirsts, let him come to Me and drink. He who believes in me, as the Scripture has said, out of his heart will Flow Rivers of living water. He spoke concerning the Spirit... for the Holy Spirit was not yet given...” (John 7:37, 38). As the water washes and cleans, so the Holy Spirit does, and it is written that, “God has saved us through the washing of regeneration and renewing of the Holy Spirit” (Titus 3:5). The water also quenches the thirst of the body, but the Holy Spirit gives us comfort and satisfaction. “For as the rain comes down from heaven and waters the earth, and makes it bring forth and bud, so the Holy Spirit gives us His nine blessed fruits mentioned in (Galatians 5:22, 23) which are, “Love, Joy, Peace, Longsuffering, Kindness, Goodness, Faithfulness, Gentleness and Self-Control.”

4. The Wind: At Pentecost, the coming of the Holy Spirit was accompanied with “a sound from heaven as of a rushing mighty wind...” (Acts 2:2). The winds are mighty as in a tornado or a hurricane; it drives the ships and the clouds. It is written, “Not by might, nor by power, but by My Spirit, says the Lord of Hosts” (Zech. 4:6).

5. The Oil: The Oil stands for sanctification, consecration, dedication, ordination, healing, lighting and illumination. All these are the works of the Holy Spirit and much more. Kings, priests and prophets were usually ordained and anointed with Holy Oil. The priest anoints the person who is baptized with the Holy Myron Oil in all his senses, body members, joints and limbs, for sanctification, confirmation and the descent of the Holy Spirit upon him/her. This Myron Oil anointment replaced the laying of the hands of the apostles which we read of in Acts 8:17, “Then they (Peter and John) laid their hands on them, and they received the Holy Spirit.” Also, oil was used in healing in the sacrament of unction of the sick, “Is anyone among you sick, let him call the priests of the church, and let them pray over him, anointing him with oil in the name of the Lord...and the Lord will raise him up” (James 5:14). We also read that the Apostles anointed with oil many who were sick and healed them (Mark 6:13).

6. The Seal: St. Paul writes to the Ephesians saying, “Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption” (Eph. 4:30). The Seal means that we have become God’s brand and possession; we belong to the Lord Jesus Christ who bought us with His precious blood. The Good Shepherd stamps His flock with this Holy Seal of the Holy Spirit. The Seal also stands for authority of the king or the government.



St. Nicholas Antiochian Orthodox Christian Cathedral  
2300 W. Third Street  
Los Angeles, CA 90057  
(213) 382-6269 *office*  
[www.stnicholasla.com](http://www.stnicholasla.com)

#### ATTACHED CLERGY CONTACTS

V. Rev. Father Nabil L. Hanna, *Dean*  
(213) 915-6269 or (317) 919-0841 *mobile*  
[frnabilh@stnicholasla.com](mailto:frnabilh@stnicholasla.com)

Rev. Father Paul Olson, *Assistant Pastor*  
714-651-6151 *mobile*  
[rev.paul.olson@gmail.com](mailto:rev.paul.olson@gmail.com)

Rev. Father Andrew Andrews, *Assistant Pastor*  
(925) 323-6787 *mobile*  
[frandrewa@stnicholasla.com](mailto:frandrewa@stnicholasla.com)

Rev. Archdeacon George Shishim  
(818) 891-6211

Rev. Deacon Eliya Ammari  
(818) 433-5523  
[louia@hotmail.com](mailto:louia@hotmail.com)

## New Cathedral Website Is Now Live

Thanks to the good work of Fr. Andrew Andrews, Patrick Haddad and others of our Social Media Ministries team, we have a beautiful, new website that we will be able to maintain and enhance over time.

Check it out at [www.stnicholasla.org](http://www.stnicholasla.org), and check back often to see new content, as it gets added.

Follow St. Nicholas Cathedral on  
Social Media





<https://www.facebook.com/StNicholasCathedralLosAngeles>



<https://www.instagram.com/SaintNicholasCathedral/>