St Nicholas Orthodox Cathedral of Los Angeles Antiochian Orthodox Christian Archdiocese of North America



See the full calendar and the latest additions and updates to our schedule on our website.

Beloved in Christ,



Enjoy your steak on the fast-free Friday, tomorrow!

The Pharisee had boasted before God about his fasting, as we heard last Sunday. Thus, when we fast, we must do so in humility. Lent is about humility, and it's coming soon.

For this coming Sunday, our second pre-Lent preparation Sunday, the *Synaxarion* says that our Lord gave the parable of the Prodigal Son in the Gospel to illustrate three things for us:

1. the condition of the sinner, 2. the rule of repentance, and 3. the greatness of God's compassion.

Those who have committed great sins, and have persisted in them for a long time, often fall into despair, thinking that there can no longer be any forgiveness for them. Being without hope, they fall every day into the same sins and even worse iniquities. This parable shows them the surpassing goodness of God's compassion and teaches them that there is no sin—no matter how great it may be—that can ever turn away God's love for them. They only need to come with repentance and confession, and they will find out.



Lent is our journey back to the House of the Father.

The last day we eat meat will be March 7. Then we begin the Great Fast proper by eliminating cheese (i.e., dairy products) and fish after Forgiveness Vespers, Sunday evening on March 14.

We look forward to a full Lenten schedule for our journey together (see Lenten service schedule below). Studies have shown that Orthodox services are beneficial to your physical and emotional health as well as to your soul. In particular, incense has been in the news; of course, we use lots of incense in all our services.

Depressed? Go to an Orthodox Church!

(As usual, science confirms that God knows what He is doing!)

Researchers have found components in incense to be psychoactive. Scientists from Johns Hopkins University and The Hebrew University in Jerusalem have found that burning resin from the Boswellia plant (frankincense) activates certain ion channels in the brain that relieve depression and anxiety. They have tested this on mice and have found that a protein called TRPV3 is activated when exposed to incense.

The vast majority of Americans who suffer from either Anxiety or Depression, sometimes both, now have a very simple solution right under their noses. Go to church! So, the next time you are in church, take a nice long deep whiff of the smokey stuff, and try not to sneeze too much. It is a medical fact that incense is an antimicrobial. It appears to purify the air.

In addition, you can buy a censer and incense, and begin to cense your home every day. Let your prayer rise like incense before God daily so that the heavens may pour back onto you His mercies.

Nick Damascus

With love and blessings in Christ,

+Fr. Nabil

Upcoming Schedule and Links

Remember to sign up for <u>each</u> service at <u>www.stnicholasla.org/schedule</u>

| Date | Time | Event or Service (click link for service text) | How to Participate |
|--|-------------|---|---|
| Thursday, Feb. 25 | 7:00 pm | Church School for 1 st – 4 th Grades | See links, below |
| Friday, Feb. 26 | 7:00 pm | Church School Middle and High School Grades | See links, below |
| Saturday, Feb. 27 | 11:00 am | St. Nicholas Virtual Winter Camp | See below |
| | 6:00 pm | Great Vespers | <u>Livestream</u> only (church closed) |
| Sunday, Feb. 28 | 7:45am | Divine Liturgy in Spanish | In person; service also livestreamed |
| Sunday of the Prodigal Son | 9:15 am | <u>Matins</u> | Sign up to attend at Cathedral; service also livestreamed |
| | 10:30 am | <u>Divine Liturgy</u> | Sign up to attend at Cathedral; service also livestreamed |
| Tuesday, Mar. 2 | 7:00 pm | Bible Study on the Meaning of Icons (in Arabic) درس الكتاب عن معنى الأيقونات | Join via Zoom |
| Wednesday, Mar. 3 | 7:00 pm | Church School Teachers' Meeting | |
| Thursday, Mar. 4 | 7:00 pm | Church School for 1 st – 4 th Grades | See links, below |
| Friday, Mar. 5 | 7:00 pm | Church School Middle and High School Grades | See links, below |
| Saturday, Feb. 6 نكرى لجميع الراقدين | 9:30 am | صلات السَحَر – Matins in Arabic بالعربية | Sign up to attend at Cathedral; service also livestreamed |
| | 10:30 am | القداس — Divine Liturgy in Arabic الإلهي بالعربية | Sign up to attend at Cathedral; service also livestreamed |
| | 6:00 pm | Great Vespers | <u>Livestream</u> only (church closed) |
| Sunday, Mar. 7 | 7:45am | Divine Liturgy in Spanish | In person; service also livestreamed |
| Sunday of the Last Judgement (Meatfare) | 9:15 am | Matins | Sign up to attend at Cathedral; service also livestreamed |
| | 10:30 am | Divine Liturgy | Sign up to attend at Cathedral; service also livestreamed |

See the full calendar and the latest additions and updates, <u>now available on our website</u>.

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

Church School This Week

| Class | Meeting Day/Time | Zoom Link | Meeting ID and Password | Text and Discussion Material |
|--|---------------------------|---------------------------|----------------------------|----------------------------------|
| Preschool & Kindergarten | None – discuss at home | | None | View or print for Preschool |
| 1 st – 4 th Grades | Thursday, 7 pm | Join 1st – 4th Class | 950 0406 4284 602971 | View or print for Grades 1-4 |
| 5 th – 8 th Grades | Friday, 7 pm | Join 5th – 8th Class | 966 6787 2317 283692 | View or print for Grades 5-8 |
| High School | Friday, 7 pm | Join High School Class | 964 9146 2720 439263 | View or print for High School |



Winter Camp at Home 2021

Saturday, February 27, 2021 — 11:00 am – 12:30 pm

We would be blessed to have you join us for Winter Camp at Home! Our theme will be: **Navigating Towards Christ**. We feel that it is very needful at this time to come together as one community and discuss how we turn to Christ in the midst of conflict, trauma, and darkness. We also want to share ways for our beloved youth, staff, and parents to find peace and purpose at this time through sharing opportunities to serve those who are suffering.

Registration

Registration is already closed, but please email director@campstnicholas.com if you'd like to attend.

- Speakers will share video messages. Videos are posted here
- Try to watch and enjoy the videos before winter camp on Saturday.
- We will meet from 11 am- 12:30 pm on Saturday, February 27:
- Steve Christoforou and Katrina Bitar will offer their thoughts on Navigating Towards Christ.
 - Reflect and discuss the videos from the speakers
 - We will have small group chats with staff and campers your age
 - Games and Wrap up!

Holy Oblations and Prayer Requests Offered

- Fr. Nabil Hanna, for the repose of spiritual father and mentor, Fr. David Buss (1-year memorial).
- By John L. and Susan Sadd, for the good health and comfort of all those affected by the inclement weather and illness throughout the country.
- In loving Memory of Scott Cameron (eight years departed), offered by Shirley and Kristen Cameron and family. We hold him close in our hearts. May his Memory be Eternal.
- By Yuliana, for the health of Shahla.
- By Ehab and Rania Dahabreh and family and Mariam Beshara.

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

Adib Kahouch, home 3/22 Marilyn Nassif, home, 3/20 John L. Sadd, home, 3/17 Soad Shammas, rehab., 3/16 Veronica Harlo Atalla, hospital, 3/13 Dale Nicola, home, 3/1

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Aziz Haddad, brother-in-law of Ron and Rose Samore, 4/1
Fr. Stephen Hedges, hospice care in Santa Barbara, 3/31
Conner Capata, grandson of Eli and Shirley, home, 3/20
Physicians, nurses and all the healthcare professionals on the front lines of the pandemic
All those suffering from illness, violence and want in this country and throughout the world

Departed

Atallah Sayegh, 3/8 Poulos Samaan, 3/8 Emile Aramouni, 3/7 Massad Mattar, 3/1

-

Elaine Srour, sister-in-law of Edward Awad, 3/30 Alaa Alnakoula, brother-in-law of Hazar Albsharh, 3/29 Antoinette Karkar, mother of Bachar and Mary Louise, 3/14 Victims of the pandemic and of violence everywhere

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

Summary of LENTEN SERVICES 2021

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.

Lent starts with Forgiveness — We start Lent at 6 p.m. Sunday, March 14. We celebrate the rite of mutual forgiveness as we start the journey to the Resurrection.

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

• **The first week of Lent**, Great Compline is served on Monday, Tuesday and Thursday nights with portions of the Great Canon of St. Andrew of Crete.

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.

• March 24 will be an exception, as we celebrate the Vespers and Artoklasia for Great Feast of the Annunciation, instead of Presanctified. Then Annunciation Liturgy will be on Thursday, March 25, at 6:30 pm.

Fridays — Little Compline with the Akathist Hymn to the Theotokos at 6:30 p.m.

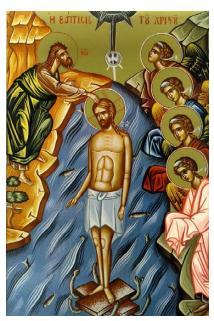
The First Saturday, March 20 — On the first Saturday of Lent, we serve the Liturgy in commemoration of St. Theodore and the miracle of the boiled wheat, including a memorial for **All Souls: Matins 9:30 a.m./Liturgy and Memorial at 10:30 a.m.** You are invited to bring koliva and a list of the names of your departed to be remembered.

The Fifth Thursday, April 15 — We serve the Great Canon of St. Andrew of Crete and Life St. Mary of Egypt at 6:30 pm.

Palm Sunday: April 25 • Pascha: May 2

Mark your calendars, so you won't miss any part of our journey to the Holy Pascha.





New Arabic Bible Study Series Tuesdays, 7 pm via Zoom

The Meaning of Festal Icons درس الكتاب عن معنى الأيقونات

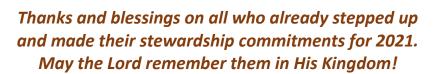
By Fr. Paul Marji

Join via Zoom

Or join by telephone (669) 900-9128 Meeting ID: 960 9629 7837 • Passcode: 134676

| February 16 | ايقونة البشارة | ١ |
|-------------|---|----|
| | 3 | , |
| February 23 | ايقونة الميلاد | ٢ |
| March 2 | ايقونة العماد | ۲ |
| March 9 | ايقونة التجلي | ٤ |
| March 23 | ايقونة العشاء السري مع ايقونة الصلب | ٥ |
| March 30 | ايقونة القيامة | ٦ |
| April 6 | ايقونة الصعود | ٧ |
| April 13 | ايقونة العنصرة | ٨ |
| April 20 | ايقونة مثل الزارع | ٩ |
| May 4 | ايقونة الخمس عذارى الحكيمات والخمس جاهلات | ١. |
| May 11 | ايقونة رقاد العذراء مريم | ١١ |
| May 17 | ايقونة الرسل | ١٢ |

"What shall I render to the Lord, for All His Bounty to Me?" I will offer to Thee the sacrifice of Thanksgiving, and I will call upon the Name of the Lord. (Psalm 116.12, 17)





Mr. & Mrs. Julian Eli Capata

Mr. & Mrs. Elie Constantine

Mr. & Mrs. Robert Crawford

Ms. Isabel C. Elac Simon Elhabre Mr. & Mrs. George Fasheh Mrs. Jane Fasheh Mrs. Josephine Ferris Mr. & Mrs. Kamel Ghurani Mr. & Mrs. Issa Habash Mr. & Mrs. William Haddad Mrs. Lucy Hanna V. Rev. and Mrs. Nabil Hanna Mr. Souheil Helou Mr. and Mrs. Robert Jabour Saleem & Mirna Khashoun Linda Khoury Mrs. Nadia Khoury Mr. & Mrs. Tony Khoury Mr. & Mrs. Habib Kort John & Gisele Koulakis Dr. & Mrs. Paul Kouri Mrs. Agnes Kuncar Mr. & Mrs. Issa Mahfouz Mrs. Dianne Maloof Dr. & Mrs. Albert Malouf Mr. & Mrs. Gabriel Matta Dr. & Mrs. Fred Milkie Mrs. Mabel Mona Jessica Marie Naccache



Sarkees John & Maria Nahas Mikhail & Hanan Nasour George & Annette Nassar Alfred & Sandra Neino Dr. & Mrs. Ronald Nichols Michael & Diana Nofal Christopher and Noël Plourde Mr. & Mrs. Dennis Pogue John & Lamia Qafaiti **Edmond Scott Ratliff** Mr. & Mrs. George Roum Mr. & Mrs. John L. Sadd Jr. Louie & Tamar Sadd Mrs. Marjorie Sadd Mr. and Mrs. Saleh Saleh Mr. & Mrs. Tom Saliba Amaany B. Samaan Mr. & Mrs. Ronald Samore Dr. & Mrs. Ramzi Sawabini Nassif & Randa Shammaa Mrs. Concetta Smarius **Dominique Smarius** Mrs. Marion Tahan Mr. & Mrs. Richard Tracy Roger & Angelle Wacker Mr. Steven Waian

Mrs. Hend Nahas

We are looking for 100% participation. Everybody can do something, according to ability. These 81 families have committed an average of \$39.33 per week. (Note that the above reflects those who have turned in actual pledge cards, and it is likely missing those who have set up their pledges online. We apologize for this and will do our best to include them next week.)

If you haven't done so yet, please place your pledge card in the offering box at the candle stand, or return it by mail. You will find extra pledge cards in the narthex, or you can use the facsimile, below. You can even enter your pledge as a recurring donation online yourself at https://stnicholasla.org/contributions



Regular Stewardship Pledge for 2021 2300 W. 3rd Street • Los Angeles, CA 90057

I/we pledge to St. Nicholas Antiochian Orthodox Cathedral a reasonable and fair share of the blessings received from God as a token of thanksgiving and in support for His Holy Church.

| Angeli- | | | | | | | | | | |
|--|----------------|-----------|-------------|---|----------|-----|---------------|-------------------|--------------------------|--------|
| Name(s) | | | _ Address _ | | | | | | | |
| City | State | Zip | | Phone _ | | | | | | |
| Renew my pledge a | | | | - | | | □ 15% | □ 20% f | rom last year | |
| Start with a fresh p | | _ per 🚨 | week 🔲 1 | nonth | □ ye | ear | | | Credit Card options, | |
| ☐ Giving by Check/Cas | h/Stock, etc. | | | | | | | | ral to charge my acco | |
| Giving by Bank Draft Please include voided check if available Routing # Account # | | | | the amount stated until I provide a written cancellation. The convenience of automatic recurring billing is processed through the authorize net payment system. | | | | | | |
| ☐ Giving by Credit/Deb | it Card: 🗆 Mas | terCard 🗆 | l Visa 🗆 D | iscover: | | | processed and | rugii uic autron. | zeriet payment syste | 111. |
| Name as on Card | | | | | xpiratio | on/ | Billing | g Zip | _ | |
| Signature | Date | | Email | | | | □ Keep my nar | me anonymous (a | amounts are never publis | shed). |

The Antiochian Women of St. Nicholas present:

Lenten Bake Sale! Meat Pies, Cheese Pies, Spinach Pies, Zaatar Bread for Sale!! Come and get them!

The St. Nicholas Antiochian Women are raising funds to support the Archdiocese Women's Project of raising funds for the Antiochian Village Building Fund. We will be selling these Lenten goodies (or your last chance for meat pies before Lent!) after Divine Liturgy on the following Sundays:

- Meat Pies and Cheese Pies on Sunday March 7
- Cheese Pies, Spinach Pies and Zaatar on Sunday March 14
- Cheese Pies and Zaatar on Sundays March 28 and April 11

Join St. Nicholas Cathedral's Antiochian Women's Book Club! Wednesday, March 10 @ 7:00 pm ZOOM ID: 879 6362 8166 https://lausd.zoom.us/j/87963628166 We will be discussing Book 1 (Introduction - page 104) Can still be purchased on Amazon or Ancient Faith Bookstore! Holy Angels MOTHER Learn more about our faith and enjoy time with your sisters in Christ! **Questions? Contact Lauren Malouf** (818) 687 -0406

lmalouf@hchc.edu

Meat pies are \$18.00 per dozen; Spinach pies and Cheese pies are \$16.00 per dozen; and zaatar is \$10.00 for 6. Please contact Chairwoman Jacqui Badaro with your orders. Be sure to order by Wednesday of the week before you want to pick up your pies! Jacqui's number is (626) 476-9070 and her email address is jmbadaro@hotmail.com.

The Palm Sunday Bake Sale_will be held on Palm Sunday, April 25, outside the Heritage Ballroom, after the Palm Sunday Liturgy. Orders may also be picked up on the Saturday before which is Lazarus Saturday, after the Divine Liturgy. The order form is printed here, and will be posted in the Sunday bulletin, on Facebook and on the St. Nicholas website (stnicholasla.org). Please place your orders ASAP,

because all this good stuff goes fast! Jacqui's number is (626) 476-9070 and her email address is <u>jmbadaro@hotmail.com</u>.

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. The Palm Sunday Bake Sale has always been one of the Cathedral's greatest traditions. Please contact Chairwoman Jacqui Badaro to contribute with either your delicious homemade sweets or to donate needed funds.





Baked Goods Sale



Homemade by Our St. Nicholas Cathedral's ladies Palm Sunday, April 26, 2021

| Baked Goods | Price | Quantity | Total Amt. |
|-------------------|----------------------|----------------|------------|
| Date Fingers | \$18.00 per dozen | **** | |
| Maamool Walnut | \$18.00 per dozen | | |
| Maamool Pistachio | \$18.00 per dozen | | |
| Maamool Date | \$18.00 per dozen | | |
| Macaroons | \$12.00 per dozen | | |
| Baklawa Fingers | \$16.00 per lbs. | | |
| Baklawa | \$16.00 per lbs. | | |
| Ka'ak | \$14.00 per dozen | | |
| Namoora | \$12.00 per lbs. | | |
| Spinach Fatayer | \$16.00 per dozen | | |
| Meat Fatayar | \$18.00 per dozen | | |
| Zaatar | \$10.00 per 6 pieces | | |
| Cheese Pies | \$16.00 per dozen | | |
| Kibbeh Balls | \$20.00 per dozen | | |
| | TOT | AL AMOUNT DUE: | |

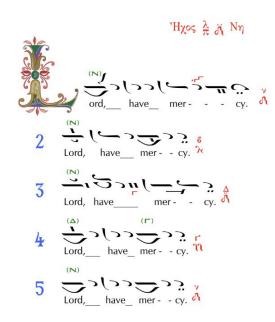
ALL Orders must be placed prior to Monday, April 19, 2021, and must be picked up on Palm Sunday at St. Nicholas after liturgy. Please place your orders as soon as possible. Quantities are limited. All sales are by advanced order only.

| Ordered By: | | 9 | |
|-------------|----------|-----------|--|
| 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: <u>jmbadaro@hotmail.com</u>

Staring soon:



Byzantine music notation and theory virtual lessons, available in both English and in Arabic, for beginners and intermediate chanters.

This is a comprehensive program that will train students in necessary skills to become competent chanters. Students will learn about Byzantine modes, the scales they use, the different types of chant and what to chant during each service.

The lessons will follow a systematic curriculum, based mainly on the curriculum developed by master chanter Father Romanos Joubran, choir director and teacher at the Beirut Orthodox Choir (used with permission).

Students will be tested and graded periodically, and will advance through the curriculum accordingly.

Each class will meet once a week on Zoom, on a weekday, with specific timing to be agreed upon with each group.

These group classes are free of charge and open to everyone. Private lessons are also available.

The lessons will be taught by Patrick Haddad, first chanter at St. Nicholas Antiochian Cathedral of Los Angeles, former teacher at the School of Ecclesiastical Music of Mount Lebanon, and former member of the SEM Mount Lebanon Choir and the Theotokos Orthodox Choir of Beirut.

For additional questions or to enroll in the classes, please contact Patrick here:

Email: haddadpatrick@outlook.com

Phone: (818) 428-5915

Remember to sign up for every service

It is important so that:

- You won't drive all the way to church and find we're already at capacity.
- We will know who was here and so we will notify you if it turns out—God forbid—that someone who came down with CoViD was in church the same day you were.
- If you get sick, please be sure to let us know, so that we will pray for you and can help you and your family with whatever you may need as well as alerting others.

Summary of Our Plan for Indoor Worship

We will keep doors and windows open, and we'll have the HVAC fans going continuously.

Part of the price of going back inside is that we need to adhere *strictly* to procedures.

- You must sign up in advance to attend services. We need to limit capacity, and we also don't want anyone to drive all the way to church and be turned away because we reached our limit. Sign up for Services at St Nicholas Cathedral (stnicholasla.org) up until 7 am the day of the service.
- Please stay home if you have a fever, cough, sneezing, runny nose, etc., have tested
 positive for the coronavirus, or been exposed to someone who might have coronavirus
 within the last 10 days.
- Elderly, infirm, diabetics, and those who have asthma, heart conditions or compromised immune systems or any chronic illness are strongly advised NOT to come to Liturgy but to participate via livestream services and then to schedule an appointment to come and partake of holy Communion privately.
- Those who have children who might be hard to control, who might run around and touch people or surfaces, are also advised to participate via livestream and then to schedule an appointment to come and partake of holy Communion.
- We will do a very quick **screening of everyone who comes to church**, including taking your temperature without touching you.
- The faithful are <u>required</u> to wear face masks at all times, except when partaking of communion and except for children <u>under</u> 5 years of age.
- We will practice distancing in the church building.
 - Come in only through the narthex; exit only via the chapel door.

- We will maintain only one-way movement, so you never have to cross anyone else's path.
- Enter and be seated via the center aisle. The center aisle will be used only for movement toward the altar. Westward movement (away from the altar) will be via the outside aisles.
- Members of the same household may sit together. Ushers will seat you, one household per pew. To maintain maximum distance, they will seat you in alternate ends of the pews, from row to row.
- Please leave your tithes and offerings in the box in the narthex, as we will not pass any
 collection baskets.
- We will have our cleaning crew sanitize the building thoroughly before each service.
- Call or email Fr. Nabil directly (at frnabilh@stnicholasla.com) for an appointment to come privately for Communion.
- Please use a provided Clorox towel to wipe down surfaces before AND after you use the bathrooms.
- Note that coffee hour and all non-liturgical gatherings are <u>not</u> resuming at this point.
 Organizational meetings, Bible studies, etc., will continue online.

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

ATTACHED CLERGY CONTACTS

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

V. Rev. Father Paul Marji, Attached 661-755-5363 mobile fathershahermj@yahoo.com

Rev. Father Paul Olson, Assistant Pastor 714-651-6151 mobile rev.paul.olson@gmail.com Rev. Father Andrew Andrews, Assistant Pastor (925) 323-6787 mobile frandrewa@stnicholasla.com

Rev. Archdeacon George Shishim (818) 891-6211 gshishim@verizon.net

Rev. Deacon Eliya Ammari (818) 433-5523 <u>louia@hotmail.com</u>

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