



St. Nicholas Antiochian Orthodox Christian Cathedral

Antiochian Orthodox Christian Archdiocese of North America • Diocese of Los Angeles and the West

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TONE 2

FEBRUARY 20, 2022

EOTHINON 2

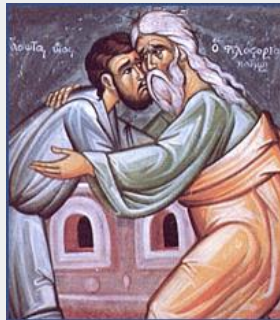
SUNDAY OF THE PRODIGAL SON

أحد الابن الضال

LEO, BISHOP OF CATANIA IN SICILY

VENERABLE VISSARION THE GREAT OF EGYPT • AGATHON, POPE OF ROME

I have been entrusted with a verdant and faultless region, but I planted evil in its soil and reaped its ears with the scythe of laziness. And I gathered my deeds into sheaves but placed them not on the threshing-floor of repentance. Wherefore, I ask Thee, O divine Husbandman, to winnow the straw of my deeds with the breeze of Thy compassionate love; and fill my soul with the wheat of forgiveness. Store me in Thy heavenly garners and save me.



Sunday of the
Prodigal Son

*"I shall return to Thee,
O compassionate Father..."*

Our way, O brethren, is to know the power of this mystery; for when the prodigal son ran away from sin, hastening to that fatherly refuge, his all-good father welcomed him and kissed him, granting him signs of glory. He celebrated the mystical joy to the celestial ones when he killed the fatted calf, that we might conduct ourselves becomingly toward the One Who offers sacrifice, the Father and Lover of mankind, and to the sacrificed One, the glorious Savior of our souls.

From the Stichera at Vespers for the Sunday of the Prodigal Son

LITURGY VARIATIONS

THIRD ANTIPHON: TROPARION OF THE RESURRECTION (TONE 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hades with Thy godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou Giver of life, glory to Thee.

عِنْدَمَا تُحْدِثَتْ إِلَى الْمَوْتِ، أُيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينَئِذٍ
أَمَتَّ الْجَحِيمَ بِرَبِّي لَاهُوتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتَ مِنْ
تَحْتِ الثَّرَى، صَرَخَ نَحْوُكَ جَمِيعُ الْقُوَّاتِ السَّمَاوِيِّينَ: أُيُّهَا
الْمَسِيحُ الْإِلَهَ، مُعْطِي الْحَيَاةِ الْمَجْدُ لَكَ.

Schedule of Regular Weekly Services

Sundays: Matins, 9:15 AM

Confession:

After Saturday Vespers

Divine Liturgy, 10:30 AM

During Sunday Matins

Saturdays: Great Vespers, 6:00 PM

Or by Appointment



**Remember to turn
cell phones off!**

See Calendar for Feast Days and Other Weekday Services Scheduled

Order for Holy Communion

Members of the Orthodox Church age seven and above must prepare for Holy Communion with a recent confession, prayer, fasting from all food and drink from midnight (unless a medical condition preclude it), being in church *before* the Epistle and Gospel readings, and being at peace with everyone.

CHILDREN going to church school and their teachers should come down the center aisle first. (Small children may need to be assisted by their parents.)

ALL OTHERS should wait until an usher dismisses your row from the center aisle. Then return to your place by a side aisle for the prayers of thanksgiving and the final blessing and dismissal. Please let choir members pass when they come down for Communion.

A Warm Welcome to Our Guests

We are glad you are worshipping with us. Please note that participation in **Holy Communion is limited to members of the Orthodox Church** in good standing, who have prepared with prayer, fasting and a recent confession.

For all others: though we cannot share Communion with you—since it is an expression of membership and full unity in faith—you are welcome to come forward after the dismissal, receive a blessing and partake of the blessed bread (from the large bowls). Please also sign our guest book and introduce yourself to Fr. Nabil or Fr. Andrew during coffee hour. You may inquire with them how you can become a member.

Coronavirus Precautions

Los Angeles County requires everyone to wear masks indoors, *including in churches*.



APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 2)

When Thou didst submit Thyself unto death....

عِنْدَمَا انْحَدَرْتَ إِلَى الْمَوْتِ....

Troparion of St. Nicholas (Tone 4)

The verity of your actions revealed you to your flock, a rule of faith, an icon of mildness, and teacher of abstinence, O Father Bishop Nicholas; wherefore by humility you have achieved exaltation and by poverty richness. Intercede with Christ our God to save our souls.

لَقَدْ أَظْهَرْتَكَ أَفْعَالُ الْحَقِّ لِرَعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَتِيسُ الْكَهَنَةِ نِيقُولَاوس. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمِسْكِنَةِ الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Prodigal Son (Tone 3)

Foolishly I sprang away from Thy great fatherly glory and dispersed in wicked deeds the riches that Thou didst give me. With the Prodigal I therefore cry unto Thee now: I have sinned against Thee, O compassionate Father. But receive me in repentance; make me as one of Thy hired servants, O Lord.

إِذْ عَصَيْتُ مَجْدَكَ الْأَبَوِيِّ بِجَهْلٍ، وَبِالْمِعَاصِي بَدَّدْتُ غِنَاكَ الَّذِي أُعْطَيْتَ، فَبَصَوْتُ الْإِبْنَ الشَّاطِرِ إِلَيْكَ أَهْتِف: أَيُّهَا الْأَبُ الرَّؤُوف، خَطِئْتُ نَحْوَكَ، فَتَقَبَّلْ مِنِّي التَّوْبَةَ وَاجْعَلْنِي كَأَحَدِ أَجْرَائِكَ.

THE SCRIPTURE LESSONS

Prokeimenon (Tone 1; Psalm 32:22, 1 LXX)

Let your mercy, O Lord, be upon us.

Verse: Rejoice in the Lord, O you righteous.

بروكيمنن (اللحن ١؛ مزمور ٣٢، ٢٢، ١)

لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا.

إِبْتَهِجُوا أَيُّهَا الصِّدِّيقُونَ بِالرَّبِّ.

St. Paul's 1st Epistle to the Corinthians (6.12-20; Prodigal Son)

BRETHREN, "all things are lawful for me," but not all things are helpful "All things are lawful for me," but I will not be enslaved by anything. "Food is meant for the stomach and

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرِّسُولِ الْأُولَى إِلَى أَهْلِ كُورِنْثُوس (١٢، ١-٢٠؛ الْإِبْنَ الشَّاطِرِ)

يَا إِخْوَةً، كُلُّ شَيْءٍ مُبَاحٌ لِي وَلَكِنْ لَيْسَ كُلُّ شَيْءٍ يُوَافِقُ، كُلُّ

the stomach for food”—and God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by His power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, “The two shall become one flesh.” But he who is united to the Lord becomes one spirit with Him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body and in your spirit which belong to God.

Holy Gospel according to St. Luke (15.11-32; Prodigal Son)

THE LORD SPOKE THIS PARABLE: “There was a man who had two sons; and the younger of them said to his father, ‘Father, give me the share of property that falls to me.’ And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything. But when he came to himself he said, ‘How many of my father’s hired servants have bread enough to spare, but I perish

شَيْءٍ مُبَاحٍ لِي وَلَكِنْ لَا يَتَسَلَّطُ عَلَيَّ شَيْءٌ. إِنَّ الْأَطْعِمَةَ لِلْجَوْفِ وَالْجَوْفَ لِلْأَطْعِمَةِ، وَسَيَبِيدُ اللَّهُ هَذِهِ وَذَاكَ. أَمَّا الْجَسَدُ فَلَيْسَ لِلزَّيْنِ بَلْ لِلرَّبِّ وَالرَّبُّ لِلْجَسَدِ، وَاللَّهُ الَّذِي أَقَامَ الرَّبَّ سَيَقِيمُنَا نَحْنُ أَيْضًا بِقُوَّتِهِ. أَمَا تَعْلَمُونَ أَنَّ أَجْسَادَكُمْ هِيَ أَعْضَاءُ الْمَسِيحِ؟ أَفَأَخَذُ أَعْضَاءَ الْمَسِيحِ وَأَجْعَلُ مِنْهَا أَعْضَاءَ زَيْنٍ؟ حَاشَى. أَمَا تَعْلَمُونَ أَنَّ مَنْ اقْتَرَنَ بِزَانِيَةٍ صَارَ وَائِيَهَا جَسَدًا وَاحِدًا؟ لِأَنَّهُ قَدْ قِيلَ: "يَصِيرُ كِلَاهُمَا جَسَدًا وَاحِدًا." أَمَّا الَّذِي يَفْتَرِنُ بِالرَّبِّ فَيَكُونُ مَعَهُ زُوحًا وَاحِدًا. أَهْرُبُوا مِنَ الزَّيْنِ. فَإِنَّ كُلَّ خَطِيئَةٍ يَفْعَلُهَا الْإِنْسَانُ هِيَ فِي خَارِجِ الْجَسَدِ، أَمَّا الزَّانِي فَإِنَّهُ يَخْطَأُ إِلَى جَسَدِهِ. أَمَا تَعْلَمُونَ أَنَّ جَسَدَكُمْ هُوَ هَيْكَلُ الرُّوحِ الْقُدْسِ الَّذِي فِيكُمْ الَّذِي نَلْتَمِسُوهُ مِنَ اللَّهِ وَأَنْتُمْ لَسْتُمْ لِأَنْفُسِكُمْ؟ لِأَنَّكُمْ قَدْ اشْتَرَيْتُمْ بِثَمَنِ فَمَجَّدُوا اللَّهَ فِي أَجْسَادِكُمْ وَفِي أَرْوَاحِكُمْ الَّتِي هِيَ لِلَّهِ.

مِنْ بَشَارَةِ الْقَدِيسِ لُوقَا الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِذِ الطَّاهِرِ (١٨، ١٠ - ١٤؛ الْإِنِيشَاطِرِ)

قَالَ الرَّبُّ هَذَا الْمَثَلُ: "إِنْسَانٌ كَانَ لَهُ ابْنَانِ، فَقَالَ أَصْغَرُهُمَا لِأَبِيهِ: يَا أَبَتِ، أَعْطِنِي النَّصِيبَ الَّذِي يُخْصِنِي مِنَ الْمَالِ. فَقَسَمَ بَيْنَهُمَا مَعِيشَتَهُ. وَبَعْدَ أَيَّامٍ غَيْرِ كَثِيرَةٍ، جَمَعَ الْابْنُ الْأَصْغَرُ كُلَّ شَيْءٍ لَهُ، وَسَافَرَ إِلَى بَلَدٍ بَعِيدٍ، وَبَذَرَ مَالَهُ هُنَاكَ عَائِشًا فِي الْخِلَاعَةِ. فَلَمَّا أَنْفَقَ كُلَّ شَيْءٍ لَهُ، حَدَّثَتْ فِي ذَلِكَ الْبَلَدِ مَجَاعَةٌ شَدِيدَةٌ، فَأَخَذَ فِي الْعَوْرِ. فَذَهَبَ وَانْصَوَى إِلَى وَاحِدٍ مِنْ أَهْلِ ذَلِكَ الْبَلَدِ، فَأَرْسَلَهُ إِلَى حُقُولِهِ يَدْعَى خَنَازِيرَ. وَكَانَ يَسْتَهْيِ أَنْ يَمْلَأَ بَطْنَهُ مِنَ الْخَزْنَوِ الَّذِي كَانَتْ الْخَنَازِيرُ تَأْكُلُهُ، فَلَمْ يُعْطِهِ أَحَدٌ. فَرَجَعَ إِلَى نَفْسِهِ وَقَالَ "كَمْ لَأَبِي مِنْ أَجْرَاءَ يَفْضُلُ عَنْهُمْ الْخُبْزَ، وَأَنَا أَهْلِكُ جوعًا. أَقُومُ وَأَمْضِي إِلَى أَبِي

here with hunger! I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants." And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry.

"Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But the son was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost and is found.'"

وَأَقُولُ لَهُ "يَا أَبَتِ، قَدْ أَخْطَأْتُ إِلَى السَّمَاءِ وَأَمَامَكَ، وَلَسْتُ مُسْتَحِقًّا بَعْدُ أَنْ أُدْعَى لَكَ ابْنًا، فَاجْعَلْنِي كَأَحَدِ أُجْرَائِكَ." فَقَامَ وَجَاءَ إِلَى أَبِيهِ. وَفِيمَا هُوَ بَعْدُ غَيْرُ بَعِيدٍ، رَأَاهُ أَبُوهُ، فَتَحَنَّنَ عَلَيْهِ وَأَسْرَعَ وَأَلْقَى بِنَفْسِهِ عَلَى عُنُقِهِ وَقَبَّلَهُ. فَقَالَ لَهُ الْابْنُ: "يَا أَبَتِ، قَدْ أَخْطَأْتُ إِلَى السَّمَاءِ وَأَمَامَكَ وَلَسْتُ مُسْتَحِقًّا بَعْدُ أَنْ أُدْعَى لَكَ ابْنًا." فَقَالَ الْأَبُ لِعَبِيدِهِ: "هَاتُوا الْحُلَّةَ الْأُولَى وَالْبِسُوهُ، وَاجْعَلُوا خَاتَمًا فِي يَدِهِ، وَجِذَاءً فِي رِجْلَيْهِ، وَأَتُوا بِالْعِجْلِ الْمَسْمَنِ وَادْبَحُوهُ، فَتَأْكُلْ وَتَفْرَحْ، لِأَنَّ ابْنِي هَذَا كَانَ مَيِّتًا فَعَاشَ، وَكَانَ ضَالًّا فَوُجِدَ. فَطَفِقُوا يَفْرَحُونَ.

وَكَانَ ابْنُهُ الْأَكْبَرُ فِي الْحَقْلِ. فَلَمَّا أَتَى وَقَرَّبَ مِنَ الْبَيْتِ، سَمِعَ أَصْوَاتَ الْغِنَاءِ وَالرَّقْصِ. فَدَعَا أَحَدَ الْغُلَّامِ وَسَأَلَهُ مَا هَذَا. فَقَالَ لَهُ: "قَدْ قَدِمَ أَخُوكَ، فَذَبَحَ أَبُوكَ الْعِجْلَ الْمَسْمَنَ لِأَنَّهُ لَقِيَهُ سَالِمًا." فَغَضِبَ وَلَمْ يُرِدْ أَنْ يَدْخُلَ. فَخَرَجَ أَبُوهُ وَطَفِقَ يَتَوَسَّلُ إِلَيْهِ، فَأَجَابَ وَقَالَ لِأَبِيهِ: "كَمْ لِي مِنَ السِّنِينَ أَخْدِمُكَ، وَلَمْ أَتَعَدَّ لَكَ وَصِيَّةً قَطُّ، وَأَنْتَ لَمْ تُعْطِنِي قَطُّ جَدِيًّا لِأَفْرَحَ مَعَ أَصْدِقَائِي. وَلَمَّا جَاءَ ابْنُكَ هَذَا الَّذِي أَكَلَ مَعِيشَتَكَ مَعَ الزَّوَانِي، ذَبَحْتَ لَهُ الْعِجْلَ الْمَسْمَنَ. فَقَالَ لَهُ: "يَا ابْنِي، أَنْتَ مَعِيَ فِي كُلِّ حِينٍ، وَكُلُّ مَا هُوَ لِي فَهُوَ لَكَ. وَلَكِنْ كَانَ يَنْبَغِي أَنْ نَفْرَحَ وَنُسَرَّ، لِأَنَّ أَخَاكَ هَذَا كَانَ مَيِّتًا فَعَاشَ، وَكَانَ ضَالًّا فَوُجِدَ."

HOLY OBLATIONS AND PRAYER REQUESTS

- For the health of Fr. Andrew and the teens of the Diocese of the West, who are attending Winter Camp in Frazier Park this weekend, and for their safe return home today.
- By the Annett and Nichols families, in memory of Curtis' wife Julie (15 years departed).
- By Shadi, Wafa, Jordan and Jad Omeish, for the repose of Jad's uncle Zuhair (3-year memorial).
- By Saleh, Elen, Ziad, Roula, Jayden, Justin and Georgette Saleh, for their health.
- By Edward and Georgette Malouf, for the health of all their family.
- By George, Mariam, Mark, Antonio and Hend Bshara.
- By Ehab, Rania, Sami, Selena and Anthony Dahabreh, for the health of Rania's father, Hani Tadros, and in memory of Ehab's mother, Nawal Hawatmeh Dahabreh.

To offer Holy Oblations and Memorials please use the form at

<https://stnicholasla.com/makeaprayerrequest> or call the Cathedral office by Wednesday.

Note that oblations must only list the following: 1. Names of those offering them, 2. Names of the living and the occasion, and 3. Names of the departed and how long departed.

ANNOUNCEMENTS

TODAY'S CHURCH SCHOOL STUDY TOPIC

We're taking a break from our journey through the Bible. We'll be using the time to teach on this year's Archdiocese-wide Conference theme:

**"Unless you are converted and become like children, you will by no means enter the kingdom of heaven."
(Matthew 18:3).**

Then our youth will be reflecting on this theme and expressing it in the creative festivals: art, writing, poetry or photography, as well as in the oratorical festival.



PLEASE JOIN US FOR FELLOWSHIP AFTER LITURGY

Following the dismissal and announcements, come forward for a blessing, then exit via the south (right side) doors, and join us in the Heritage Ballroom for refreshments.



Please consider sponsoring a Coffee Hour after Liturgy. Bring whatever you would like to share—donuts, cookies, mini bagels, zaatar, etc. What we eat isn't as important as sharing the fellowship of our Cathedral Family. The Ladies Society will provide the coffee and paper goods. Call/text Joujou George (562) 522-1322, or email her at ginageorge@verizon.net to reserve a Sunday.

SATURDAY OF SOULS: FEBRUARY 26

Matins 9:30 am • Divine Liturgy 10:30 am
Memorial for All the Departed at the end of Liturgy

This is a day for remembering as many of our forebears as we can, praying that God will remember them in His Kingdom always.



- Bring with you a list of names of all the departed you wish to remember. Please just list the Christian names of your beloved departed (i.e., first names as given at baptism, not nicknames, and no last names).
- It is also customary to bring with you a small bowl of Koliva (as you see in the photo), *but if you don't have time to make it, don't worry, as we will be making a large bowl on behalf of all.*

JOURNEY TO PASCHA

As with any major trip, though, we have to plan. We procure the necessary supplies. We make arrangements to be away from our regular routine by clearing our calendars, stopping mail delivery, arranging for someone to water the plants, (and, if it's a car trip) tuning up the car, etc.

The same is true with our Lenten Journey. Lent is just around the corner! Please look ahead at the [calendar of services at stnicholasla.org/parishcalendar](http://stnicholasla.org/parishcalendar), and clear your calendar, so you can be at as many services as possible. Let's start planning NOW to observe the "bright sadness" of the Lenten season. This includes dedicating time for Lenten services (*including Wednesday and Friday evenings, at least, in addition to Sundays, and for Holy Week*), scheduling confession and obtaining fasting foods.

The last day we eat meat will be February 27. Then we begin the Great Fast proper by eliminating cheese (i.e., dairy products) and fish after Forgiveness Vespers, Sunday evening on March 6.

Summary of LENTEN SERVICES 2022

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 6:30 p.m. **Sunday, March 6.** 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. Bring one Lenten item to share for a pitch-in after Liturgy, so we can break bread. A short spiritual discussion will follow.

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

- **March 25** will be an exception, as we celebrate Liturgy for the Great Feast of the Annunciation.

The First Saturday, March 12 — 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.





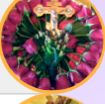


The Fifth Thursday, April 7 — We serve the **Great Canon of St. Andrew of Crete and Life St. Mary of Egypt** at 6:30 pm.

Palm Sunday: April 17 • Pascha: April 24

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

OUR JOURNEY TO PASCHA! 2022

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 13th	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 20th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 27th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8: 8-9:2 Gospel: Matthew 25: 31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 6th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13: 11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 13th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY OF ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 20th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 27th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 14: 5-6 Gospel: Mark 8: 34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 3rd	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 10th	 ST MARY of EGYPT Epistle: Hebrews 9: 11-14 Gospel: Mark 10: 32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 17th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 22nd	 <i>JESUS DIES ON THE CROSS</i> GREAT AND HOLY FRIDAY CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 24th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: Jan 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

STEWARDSHIP: EXPRESSING OUR LOVE FOR GOD



Jesus “saw a poor widow put in two copper coins. And He said, ‘Truly I tell you, this poor widow has put in more than all of them; for they all contributed out of their abundance, but she out of her poverty put in all the living that she had.’” (Luke 21.2-4)

Thanks, and blessings on all who already stepped up and made their stewardship commitments for 2022!

If you haven't done so yet, we ask you to consider prayerfully your stewardship commitment for this year. Please place your pledge card in the collection basket, in the offering box at the candle stand, or return it by mail.

You will find extra pledge cards in the narthex. (They look like the facsimile at right.) You can even enter your pledge as a recurring donation online yourself at stnicholasla.org/contributions

Regular Stewardship Pledge for 2022
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.

Name(s) _____ Address _____
City _____ State _____ Zip _____ Phone _____

☒ Renew my pledge at ☐ the same level, or increase it by ☐ 5% ☐ 10% ☐ 15% ☐ 20% from last year
☐ Start with a fresh pledge: \$ _____ per ☐ week ☐ month ☐ year

☒ Giving by Check/Cash/Stock, etc.
☐ Giving by Bank Draft Please include voided check if available
Routing # _____ Account # _____
☐ Giving by Credit/Debit Card: ☐ MasterCard ☐ Visa ☐ Discover
Name as on Card _____ # _____ Expiration _____ Billing Zip _____

Signature _____ Date _____ Email _____

By selecting the Bank Draft or Credit Card options, I authorize St. Nicholas Cathedral to charge my account the amount stated until I provide a written cancellation. The convenience of automatic recurring billing is processed through the authorize.net payment system.

☐ Keep my name anonymous (amounts are never published).

SEE YOU AT THE MOVIE!

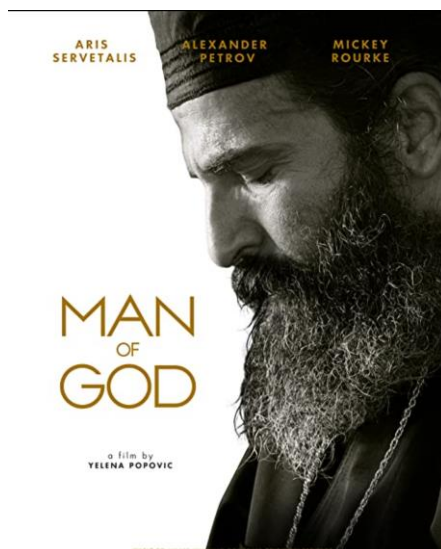
Man of God at AMC Burbank 16
7 PM Monday, March 21, 2022

This movie about the life of St. Nektarios is playing in theatres all over the country *one day only*, on Monday, March 21.

We have obtained tickets to go together, as a group from the Cathedral. **Please see Fr. Andrew during coffee hour to get your ticket** (or email him at frandrewa@stnicholasla.org). Tickets are \$19 per person.

St. Nektarios is a 20th century saint (reposed in 1920).

By his humble acceptance of God's will, he was given the grace of wonderworking. In particular, he is invoked for the healing of cancers.





ST NICHOLAS FAMILY CAMP: MARCH 18-20

St Nicholas Cathedral families are invited to spend a weekend at Beautiful Camp St Nicholas in Frazier Park (just 80 miles from the Cathedral), arriving the evening of March 18 and departing before noon on March 20.

Friday will be game night in the mess hall. Our schedule Saturday will include some family discussion time followed by an activity. In the afternoon it's family fun time with all the traditional camp games and sports. We'll have a talent show for those who want to participate on Saturday night, and we'll celebrate the Liturgy together on Sunday morning. Families bring their own dinner Friday night. Camp will provide meals on Saturday and Breakfast on Sunday after Liturgy. Then we will depart for home.

To help us gauge interest, please go to tinyurl.com/SNC-FamCamp22 and let us know how many people are coming from your family. The cost for the weekend is yet to be determined. If you would like to come but are concerned about cost, please see Fr. Nabil or Fr. Andrew.

The Lenten Fast

What is it? Why do it?
How does it fit the Benedictine Tradition?

Saturday, March 12 | 9 a.m. – 3 p.m.
St Michael Orthodox Church, Whittier
Antiochian Orthodox Christian Archdiocese of N. Am.
3333 Workman Mill Road † Whittier, CA 90601

www.StMichaelWhittier.org
StMichaelWhittier@gmail.com † 562.692.6121

Lunch provided † Donation Accepted
RSVP Requested

A Lenten Retreat
The V. Rev. Nabil Hanna
Dean, St Nicholas Orthodox Cathedral, Los Angeles

Presented by the Society of St Benedict at St Michael Church
with the blessing of Metropolitan Joseph & Bishop John

To aid your Lenten Fast with prayer and meditation, the Society of St Benedict of St Michael Antiochian Orthodox Church will host the V Rev Nabil Hanna on Saturday, March 12, for a day-long Lenten Retreat. Fr Nabil will present three meditations on the theme "The Lenten Fast." These meditations will address what the fast is, why we do it, and how it fits the Benedictine tradition. Fr Nabil is the Dean of St Nicholas Orthodox Cathedral in Los Angeles. His meditations will be surrounded by Liturgy, silence for reflection, private prayer, and opportunities for confession. The retreat begins with First Hour (Prime) prayers at 9 a.m. and concludes by 3 p.m. with Ninth Hour (None) and Benediction. Fast friendly meals will be provided; child care is not offered. St Michael Church is located at 3333 Workman Mill Road, Whittier CA 90601. Please RSVP by sending an email to StMichaelWhittier@gmail.com or by telephoning the parish office (562.692.6121).

WITH THE BLESSING OF HIS EMINENCE METROPOLITAN JOSEPH

THE ANTIOCHIAN WOMEN OF LOS
ANGELES AND THE WEST PRESENTS...

AN ANTIOCHIAN WOMEN'S SPIRITUAL RETREAT! April 8-10 (Fri-Sun), 2022

In Person at Camp St. Nicholas
11770 Frontier Rd.
Frazier Park, CA 93225

COST

- \$145 Includes 5 meals, snacks, room, and board.
- \$65 Saturday only, Includes 3 meals, and snacks.



Featured Keynote Speaker: Rev. Fr. John Valadez
St. Timothy Antiochian Church
Lompoc, CA

Theme
May it Be
Blessed:
Conforming
Our Will to
God's



V. Rev. Fr. David Hovik

DLAW Antiochian Women Spiritual Leader
St. Andrew Antiochian Church
Arlington, WA

For any questions, please contact Khourieh Jean Baba, DLA
Retreat Coordinator @ (916) 955-4736

Scholarships are available for anyone whose attendance would be prohibited because of cost. Please just contact Fr. Nabil, and we will take care of it.

WORDS OF WISDOM

On Prayer Producing Humility

Let me recall a wise custom of the ancient Holy Fathers: when greeting each other, they did not ask about health or anything else, but rather about prayer, saying "How is your prayer?" The activity of prayer was considered by them to be a sign of the spiritual life, and they called it the breath of the spirit. If the body has breath, it lives; if breathing stops, life comes to an end. So, it is with the spirit. If there is prayer, the soul lives; without prayer, there is no spiritual life.

However, not every act of prayer is prayer. Standing at home before your icons, or here in church, and venerating them is not yet prayer, but the "equipment" of prayer. Reading prayers either by heart or from a book or hearing someone else read them is not yet prayer, but only a tool or method for obtaining and awakening prayer. Prayer itself is the piercing of our hearts by pious feelings towards God, one after another – feelings of humility, submission, gratitude, doxology, forgiveness, heart-felt prostration, brokenness, conformity to the will of God, etc. All of our effort should be directed so that during our prayers, these feelings and feelings like them should fill our souls, so that the heart would not be empty when the lips are reading the prayers, or when the ears hear and the body bows in prostrations, but that there would be some qualitative feeling, some striving toward God. When these feelings are present, our praying is prayer, and when they are absent, it is not yet prayer.

It seems that nothing should be simpler and more natural for us than prayer and our hearts' striving for God. But in fact, it is not always like this for everyone. One must awaken and strengthen a prayerful spirit in oneself, that is one must bring up a prayerful spirit. The first means to this is to read or to hear prayers said. Pray as you should, and you will certainly awaken and strengthen the ascent of your heart to God, and you will come into a spirit of prayer.

*From **On Prayer**, Homily 1, by St. Theophan the Recluse
Delivered 21 November 1864*



Simply type Faithtree Resources into the search bar of the Google or iOS app store, and download this new aid for regular prayer.

"Every Christian without exception
ought to dwell always in prayer."

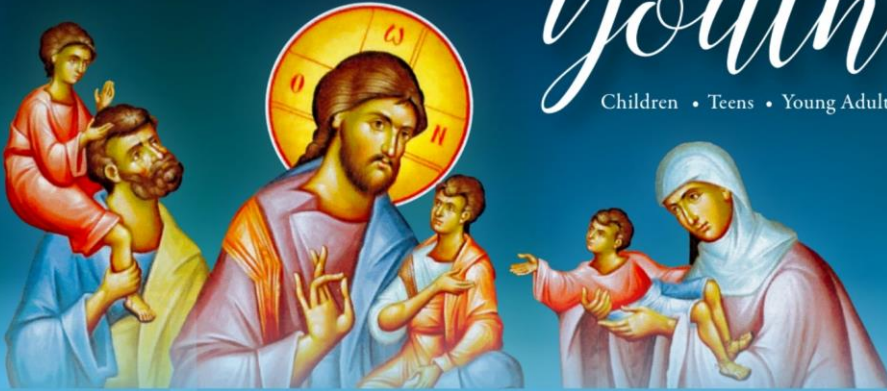
-St. Gregory Palamas



"Let the children come to Me"

Matthew 19:14

YEAR OF *The Youth*
Children • Teens • Young Adults



Meet The Bishops: TOWNHALLS

*An opportunity for youth to meet hierarchs of the
Assembly of Bishops in a townhall setting.*

Hierarchs attending:



*Metropolitan
Gerasimos*



*Metropolitan
Joseph*



*Metropolitan
Gregory*



*Archbishop
Michael*



Bishop Irinej

February 23rd | 8:00 pm EST

Register: assemblyofbishops.org/ministries/youth/register



ASSEMBLYOFBISHOPS.ORG

The final "Year of the Youth" Townhall will take place on **Wednesday, February 23** at 8:00 PM EST (7:00 PM CST, 5:00 PM PST) for anyone 18 and under. This Townhall is national in nature. His Eminence Metropolitan JOSEPH will be attending. It is a wonderful opportunity for our youth to spend some time with our hierarchs virtually. The link to register is: assemblyofbishops.org/ministries/youth/register



**DIOCESE OF LOS ANGELES
AND THE WEST
PARISH LIFE CONFERENCE
JUNE 29 — JULY 3, 2022
SANTA CLARA, CA**

*"Unless you are converted and become like children, you will
by no means enter the kingdom of heaven" Matthew 18:3*

EVENT HIGHLIGHTS

**SUNDAY HIERARCHICAL DIVINE
LITURGY & DAILY DIVINE
SERVICES**

**BRUNCH WITH HIS EMINENCE
METROPOLITAN JOSEPH**

**PILGRIMAGE TO HOLY VIRGIN
CATHEDRAL & VENERATION
OF ST. JOHN MAXIMOVICH
IN SAN FRANCISCO**

**KEYNOTE SPEAKER:
FR KOSTA PETROGEORGE**

**THE ORDER OF ST. IGNATIUS
RECEPTION**

**DINNER & DANCE WITH MIDDLE
EASTERN & AMERICAN MUSIC**

**BIBLE BOWL WITH
DESSERT SOCIAL**

YOUNG ADULT ACTIVITIES

TEEN SOYO

KIDS CLUB

**MARRIOTT HOTEL
SANTA CLARA, CA**

**PLC ROOM RATE
\$159/NIGHT**



IMPORTANT DEADLINES

**SOUVENIR JOURNAL: MAY 1
VENDOR: MAY 31
EARLY BIRD: MAY 31
EL RESERVATION: JUNE 17**

www.antiochianevents.com/la

**FOR COMPLETE INFORMATION AND TO REGISTER,
GO TO WWW.ANTIOCHIANEVENTS.COM/LA**

HOSTED BY ORTHODOX CHURCH OF THE REDEEMER, LOS ALTOS HILLS, CA



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

Newborn **Ava** Hourani, hospital, 3/23
Abdullah Matar, home, 3/17
Gerald Nader, home, 3/7
Natalie Ann Waimrin, home, 3/6
Jad Omeish, home, 2/26
Joseph Maalouf, home, 2/20
Kh. Patricia Romley, 2/20
Genevieve Vine, child from Indiana here to undergo surgery, 3/31
Ronald Davis Sr., Kh. Ruth Andrews' father, 3/28
Marie Absi, Maria Nahas' grandmother, 3/27
Barbara Wolfendon, relative of Amaany Samaan, 3/11
Cynthia Kelada, cousin of Lucy Hanna, 3/17
Patricia, sister of Alejandro Caheme, 3/17
Connor Capata, Julian and Shirley's grandson, 3/10
Melveen Fadoul, Shirley Cameron's mother, 3/7
Daniel Neuendorf, friend of Fr. Nabil and Kh. Elaine, 2/20
All those suffering from illness, violence and want in this country and everywhere

DEPARTED

Marie Jabour, 3/31
Raja Nassar, 3/24
Lila Coudsy, 3/26
Charles Valentino, friend of Richard Ayoub, 3/10
Samuel Koury, brother of James Koury, 3/9
Richard Koury and **Marian** Koury, cousins of James Koury, 3/9
Youssef Ibrahim, father of Nahla Tamer, 3/7
Rizkallah Adam, uncle of Christine Maalouf, 3/7
Hrant Keshishian, father of Subdeacon Seraphim, 2/22
Victims of the pandemic and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

February 2022

Sun. 20	Sunday of the Prodigal Son Spanish Mission Liturgy, 7:45 am <ul style="list-style-type: none">• Fellowship and Bible Study in Spanish Matins, 9:15 am Divine Liturgy, 10:30 am <ul style="list-style-type: none">• Church School• Coffee Hour
Mon. 21	Cathedral Council, 7 pm via Zoom
Sat. 26	Souls Saturday Matins, 9:30 am Divine Liturgy and All Souls Memorial, 10:30 am Great Vespers and Confession, 6 pm
Sun. 27	Sunday of the Last Judgement Spanish Mission Liturgy, 7:45 am <ul style="list-style-type: none">• Fellowship and Bible Study in Spanish Matins, 9:15 am Divine Liturgy, 10:30 am <ul style="list-style-type: none">• Church School• Coffee Hour
March 2022	
Sat. 5	Souls Saturday نذكرى لجميع الراقدين Matins, 9:30 am صلاة السحر بالعربية Divine Liturgy and All Souls Memorial, 10:30 am القداس الإلهي بالعربية Great Vespers and Confession, 6 pm

SEE THE FULL CALENDAR and latest additions and updates at stnicholasla.org/parishcalendar