



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 3

FEBRUARY 27, 2022

EOTHINON 3

SUNDAY OF THE LAST JUDGEMENT (MEAT FARE)

أحد مرفع اللحم

*VENERABLE PROKOPIOS THE CONFESSOR OF DECAPOLIS
THALELAEUS, HERMIT OF GABALA IN SYRIA*

The trumpets shall blow, and the graves shall be empty, and all mankind shall rise trembling. They who have done good shall rejoice with joy, expecting their reward; and those who have done evil shall tremble greatly; moaning and shaking, as they are sent to suffering, separated from the elect. Wherefore, O Lord of glory, be compassionate toward us, and make us worthy to be of those who love Thee; for Thou art good.

From the Stichera at Vespers for the Sunday of the Last Judgement.

This icon of the Last Judgement is from the Monastery of the Accession on the Mount of Olives.



LITURGY VARIATIONS

THIRD ANTIPHON: TROPARION OF THE RESURRECTION (TONE 3)

Let the heavens rejoice and the earth be glad,
for the Lord hath done a mighty act with His
own arm. He hath trampled down death by
death and become the first-born from the dead.
He hath delivered us from the depths of Hades,
granting the world the Great Mercy

لَتَفْرَحِ السَّمَاوِيَّاتُ وَتَبْتَهِجِ الْأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا
بِإِسَاعِيهِ، وَوَطَّئَ الْمَوْتَ بِالْمَوْتِ، وَصَارَ بِكُرِّ الْأَمْوَاتِ، وَأَنْقَذَنَا
مِنْ جَوْفِ الْجَحِيمِ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

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 unvaccinated persons to wear masks indoors.



APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 3)

Let the heavens rejoice....

لَتَفْرَحِ السَّمَاوِيَّاتُ....

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

Kontakion for the Sunday of Last Judgement (Tone 1)

When Thou comest, O God, to earth with
glory, and all creatures tremble before Thee,
and the river of fire floweth before the Altar,
and the books are opened and sins revealed,
deliver me then from that unquenchable fire,
and make me worthy to stand at Thy right
hand, O righteous Judge.

إِذَا أَتَيْتَ يَا اللَّهُ عَلَى الْأَرْضِ بِمَجْدٍ، فَتَرْتَعِدُ مِنْكَ الْبَرَايَا
بِأَسْرِهَا، وَتَهْرُ النَّارُ يَجْرِي أَمَامَ عَرْشِكَ، وَالصُّحُفُ تُفْتَحُ،
وَالْحَقَائِدُ تَتَشَهَّرُ، فَنَجِّنِي حِينَئِذٍ مِنَ النَّارِ الَّتِي لَا تُطْفَأُ، وَأَهْلِنِي
لِلْقُوفِ عَنْ يَمِينِكَ، أَيُّهَا الدَّيَّانُ الْعَادِلُ.

THE SCRIPTURE LESSONS

Prokeimenon (Tone 2; Psalm 117.14, 18 LXX)

The Lord is my strength and my song.
Verse: The Lord has chastened me sorely.

بروكيمنون (اللقن ٢؛ مزمور ١١٧، ١٨)

قُوَّتِي وَتَسْبِيحَتِي الرَّبُّ.
أَدْبًا أَذْبَنِي الرَّبُّ، وَإِلَى الْمَوْتِ لَمْ يُسَلِّمْنِي.

St. Paul's 1st Epistle to the Corinthians (8.8-9.2; Sunday of the Last Judgment)

BRETHREN, food will not commend us to God.
We are no worse off if we do not eat, and no
better off if we do. Only take care, lest this
liberty of yours somehow become a stum-
bling block to the weak. For if anyone sees

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرِّسُولِ الْأُولَى إِلَى أَهْلِ
كُورِنْثُوس (٨، ٢-٩؛ الدِّينُونَةُ الْآخِرَةُ)

يَا إِخْوَةً، إِنَّ الطَّعَامَ لَا يُقَرِّبُنَا إِلَى اللَّهِ، لِأَنَّا إِنْ أَكَلْنَا لَا نَزِيدُ

you—a man of knowledge—at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Holy Gospel according to St. Matthew (25.31-46; Sunday of the Last Judgement)

THE LORD SAID, "When the Son of Man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee?

وإن لم نأكل لا ننقص. ولكن انظروا أن لا يكون سلطانكم هذا معترّة للضعفاء. لأنه إن رآك أحد يا من له العلم متكبراً في بيت الأوثان، أفلا يتقوى ضميره، وهو ضعيف، على أكل ذبائح الأوثان. فیهلك بسبب علمك الأخ الضعيف الذي مات المسيح لأجله؛ وهكذا إذ تخطئون إلى الإخوة وتجرحون ضمائرهم، وهي ضعيفة، إنما تخطئون إلى المسيح. فلذلك إن كان الطعام يشكك أخي، فلا أكل لحماً إلى الأبد لئلا أشكك أخي. ألسنت أنا رسولاً؟ ألسنت أنا حرّاً؟ أما رأيث يسوع المسيح ربنا؟ ألسنتم أنتم عملي في الرب؟ وإن لم أكن رسولاً إلى آخرين، فإنني رسول إليكم. لأن خاتم رسالتي هو أنتم في الرب.

من بشارة القديس متى الإنجيليّ البشير والتلميذ الطاهر (٢٥،٣١-٤٦؛ الديونة الاخيرة)

قَالَ الرَّبُّ: مَتَى جَاءَ ابْنُ الْبَشَرِ فِي مَجْدِهِ وَجَمِيعُ الْمَلَائِكَةِ الْقَدِيسِينَ مَعَهُ، فَحِينَئِذٍ يَجْلِسُ عَلَى عَرْشِ مَجْدِهِ. وَتُجْمَعُ إِلَيْهِ كُلُّ الْأُمَمِ، فَيَمَيِّزُ بَعْضَهُمْ مِنْ بَعْضٍ، كَمَا يَمَيِّزُ الرَّاعِي الْخِرَافَ مِنَ الْجِدَاءِ. وَيُثَبِّتُ الْخِرَافَ عَنْ يَمِينِهِ وَالْجِدَاءَ عَنْ يَسَارِهِ. حِينَئِذٍ يَقُولُ الْمَلِكُ لِلَّذِينَ عَنْ يَمِينِهِ: تَعَالَوْ يَا مُبَارَكِي أَبِي رَثْوَا الْمَلِكِ الْمَعْدَّ لَكُمْ مِنْذُ إِنْشَاءِ الْعَالَمِ. لِأَنِّي جُعْتُ فَأَطْعَمْتُمُونِي، وَعَطَشْتُ فَسَقَيْتُمُونِي، وَكُنْتُ غَرِيباً فَأَوْثَقْتُمُونِي. وَغُرَبَانَا فَكَسَوْتُمُونِي، وَمَرِيضاً فَعُدْتُمُونِي، وَمَخْبُوساً فَأَتَيْتُمُنِي إِلَيَّ. حِينَئِذٍ يُجِيبُهُ الصِّدِّيقُونَ قَائِلِينَ: يَا رَبُّ مَتَى رَأَيْنَاكَ جَائِعاً فَأَطْعَمْنَاكَ، أَوْ غُرَبَانَا فَكَسَوْنَاكَ. وَمَتَى رَأَيْنَاكَ مَرِيضاً أَوْ مَخْبُوساً فَأَتَيْنَا إِلَيْكَ؟ فَيُجِيبُ الْمَلِكُ وَيَقُولُ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ، بِمَا أَنْتُمْ فَعَلْتُمْ

And when did we see Thee sick or in prison and visit Thee?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.’ Then He will say to those at his left hand, ‘Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.’ Then they also will answer, ‘Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?’ Then He will answer them, ‘Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.’ And they will go away into eternal punishment, but the righteous into eternal life.”

ذَلِكَ بِأَحَدٍ إِخْوَتِي هَؤُلَاءِ الصِّغَارِ فِي فَعَلْتُمُوهُ. حِينَئِذٍ يَقُولُ
أَيْضاً لِلذَّيْنِ عَنْ يَسَارِهِ: اذْهَبُوا عَنِّي يَا مَلَاعِينُ إِلَى النَّارِ
الْأَبَدِيَّةِ الْمَعْدَّةِ لِلْإِبْلِيسِ وَمَلَائِكَتِهِ. لِأَنِّي جُعْتُ فَلَمْ تُطْعِمُونِي،
وَعَطِشْتُ فَلَمْ تَسْقُونِي. وَكُنْتُ غَرِيباً فَلَمْ تُؤْوِئُونِي، وَغُرَيْباً فَلَمْ
تَكْسُونِي، وَمَرِيضاً وَمَجْبُوساً فَلَمْ تَزُورُونِي. حِينَئِذٍ يُجِيبُونَهُ هُمْ
أَيْضاً قَائِلِينَ: يَا رَبُّ، مَتَى رَأَيْنَاكَ جَائِعاً أَوْ عَطِشَاناً أَوْ غَرِيباً
أَوْ غُرَيْباً أَوْ مَرِيضاً أَوْ مَجْبُوساً وَلَمْ نَخْدَمْكَ؟ حِينَئِذٍ يُجِيبُهُمْ
قَائِلًا: الْحَقُّ أَقُولُ لَكُمْ، بِمَا أَنْتُمْ لَمْ تَفْعَلُوا ذَلِكَ بِأَحَدٍ هَؤُلَاءِ
الصِّغَارِ، فِي مَتَى تَفْعَلُوهُ. فَيَذْهَبُ هَؤُلَاءِ إِلَى الْعَذَابِ الْأَبَدِيِّ،
وَالصَّادِقُونَ إِلَى الْحَيَاةِ الْأَبَدِيَّةِ.

HOLY OBLATIONS AND PRAYER REQUESTS

- By Richard and Joyce Ayoob, for the health of the Ayoob and Sadd families.
- By Shirley and Kristen Cameron and family, in memory of Scott Cameron (nine years).
- By the Matta family, in memory of Hanania, Zakie, Henry, Georgette, Lidia, Hilal and Fadel.
- By Nabil, Dania, Annette and Anthony Zidane, in memory of Antoun, Zidane, Hala, Elias, Anissa, Mariam, Kayssar, Taufik, Weddad, Philip and Kosta.
- By Lenor and George Gernanides, in memory of Lila Coudsy.
- By the Saleh Family, in memory of Na'eem, Najla, Edward, Shafiq, Samir, Dawlat, Violet, Yvonne, Suhail, Joseph, Michel, Hanna and Bill.
- 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'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).

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. We resume our journey through the Bible next Sunday.



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.



• **Today, our Teen SOYO will have a bake sale to benefit FOCUS.** (FOCUS stands for Fellowship of Orthodox Christians United to Serve through Food, Occupational help, Clothing, Understanding and Shelter. We are working to establish a FOCUS center in Los Angeles.

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.

سبت ذكرى جميع الراقدين الثاني – القداس الإلهي بالعربي ه آذار/مارس

SECOND SATURDAY OF SOULS: MARCH 5 – SERVED IN ARABIC

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

- Bring with you a list of names of all the departed you wish to remember. Please just list their Christian names (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, *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.*



LENT IS AROUND THE CORNER!

- ***Today is the last day we eat meat!***
- Starting tomorrow, February 28, we ease into Lent by eliminating meat but continuing to eat fish and dairy products (even on Wednesday and Friday).
- Then we begin the Great Fast proper by eliminating dairy products, eggs and fish after the service of Forgiveness Vespers on March 6.



Ice Cream Social

- **Date: Sunday, March 6, Cheesefare Sunday**
- **Time: 5:30 PM, just before Forgiveness Vespers**
- **Come enjoy your last ice cream cone (or sundae) before Lent**



FOOD FOR HUNGRY PEOPLE

As we fast, we always need to remember the poor.

Please take a Food for Hungry People offering box from the narthex, and make it a practice to put something into it as you sit down for every meal.

HOSTING OUR FELLOW ORTHODOX CHRISTIANS

We are hosting the Sunday of Orthodoxy Vespers, Sunday evening, March 13. We need help providing refreshments such as spinach pies, fruit and Lenten sweets. We are gratefully accepting both food and monetary donations. Please contact Rose Samore (818-378-2055) to help.

WORDS OF WISDOM

"Therefore, do not grudge anything to your brother, but do unto him as unto the Lord; especially as you do not know in whom the Lord will come and visit you; be impartial to all, be kind to all, sincere and hospitable. Remember that sometimes God speaks even through unbelievers, or disposes their hearts towards us..."

Righteous John, Wonderworker of Kronstadt, *My Life in Christ*, p.74

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 First Sunday, March 13 — We will be hosting the **Sunday of Orthodoxy Vespers at 6:30 pm** for all the Antiochian churches of Los Angeles County.





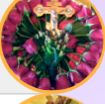


The Fifth Thursday, April 7 — We serve the **Great Canon of St. Andrew of Crete and Life St. Mary of Egypt at 6:30 pm.**

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	 <i>HALF WAY TO PASCHA!</i> VENERATION OF THE HOLY CROSS 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!

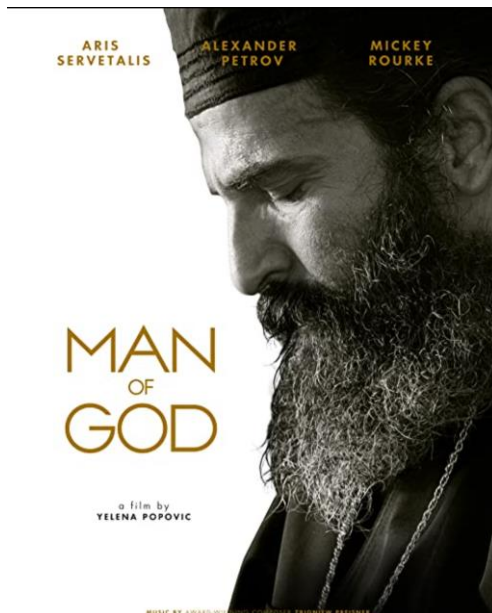
SEE YOU AT THE MOVIE!

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.



CAMP ST. NICHOLAS

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.

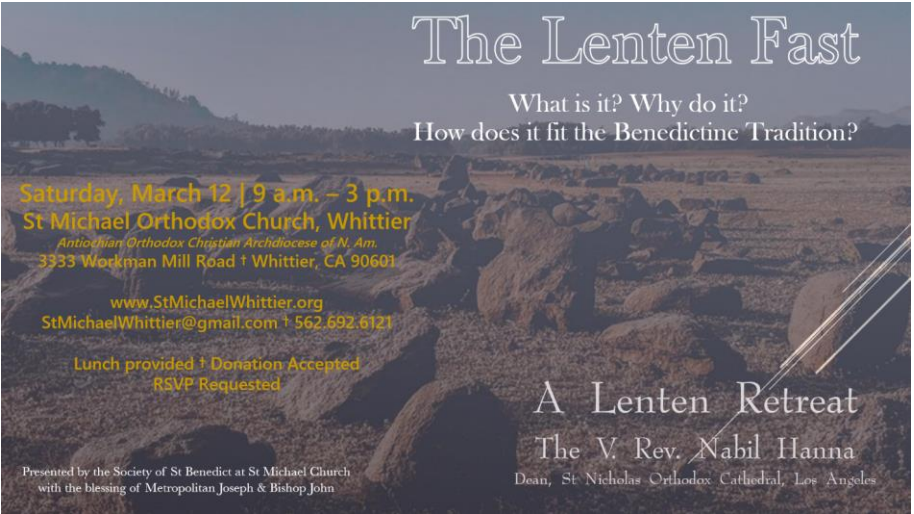
Friday will be game night in the mess hall. Our schedule Saturday will include some family discussion time followed by an activity. In the afternoon it's family fun time with all the traditional camp games and sports. We'll have a talent show for those who want to participate on Saturday night, and we'll 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.

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).



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

Help People in Need

As things in Ukraine have changed rapidly this week, all of us at IOCC have been fervently praying for everyone affected.

The core of IOCC's work has always been responsibly and effectively offering humanitarian aid. As of today, I can share with you that we've been in touch with partners in Ukraine and across the region. Our immediate response will consist of:

- Supporting basic needs, like supplying fuel and generators
- Providing flashlights, batteries, and candles

I invite you to do three things to help today:

- First and foremost, pray for everyone affected.
- Share this update with friends and loved ones so they know how the Orthodox community in the US is responding.
- Support IOCC's efforts with a gift to our [International Emergency Response Fund](#), which allows us to respond quickly and effectively to help those in need.

Thank you for your prayers and your faithful support of IOCC's mission.

Yours in Christ,

Constantine M. Triantafilou, Executive Director, IOCC



The Antiochian Orthodox Churches of Los Angeles County



Vespers for the Triumph of Orthodoxy

6:30 pm Sunday

March 13, 2022

St. Nicholas Cathedral

2300 W. 3rd Street • Los Angeles, California

Reception Will Follow Vespers

All the Faithful Are Invited to Bring and Bear Icons

Let us declare the Faith of the Apostles in Words and Images!



We venerate Thy most pure image, O Good One.

*Therefore, with thankfulness we cry aloud unto Thee: Thou hast filled
all with joy, O our Savior; For Thou hast come to save the world.*

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, DLAW
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.

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

Faithtree

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



Have mercy upon me, O God, according to Thy loving-kindness; according to the multitude of Thy tender mercies blot out my transgressions.

If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David: Have mercy upon me, O God, according to Thy Great Mercy.

From the Lenten Troparia after Psalm 50 at Matins



**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

Jason Perkins, to undergo medical procedure, 4/7

Kh. Patricia Romley, 4/1
Newborn **Ava** Hourani, hospital, 3/23

Abdullah Matar, home, 3/17

Gerald Nader, home, 3/7

Natalie Ann Waimrin, home, 3/6

Genevieve Vine, child from Indiana here for 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

All those suffering from illness, violence and want in this country, in Ukraine 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

Victims of the pandemic and of violence in Ukraine everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

February 2022

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 • Teen SOYO Bake Sale • Choir meeting (corner of hall)
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March 2022

Tue. 1	Church School Staff , 7 pm via Zoom
Thu. 3	Funeral of Lila Coudsy , 11 am
Sat. 5	Souls Saturday نكرى 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
Sun. 6	Forgiveness Sunday 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 Ice Cream Social , 5:30 pm Forgiveness Vespers , 6:30 pm
Mon. 7	Lent Begins Great Compline , 6:30 pm

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