



## 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 4**

**MARCH 6, 2022**

**EOTHINON 4**

### **FORGIVENESS SUNDAY (CHEESE FARE)**

أحد الغفران (مرفع الجبن)

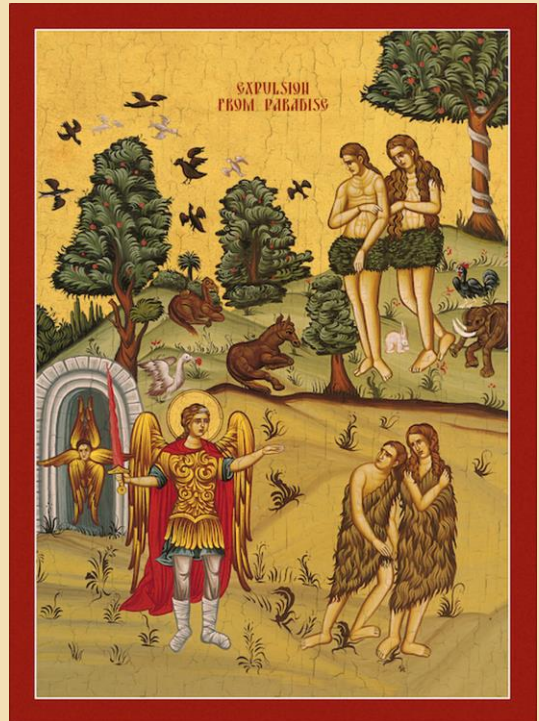
*THE 42 MARTYRS OF AMORIA IN PHRYGIA*

*DISCOVERY OF THE PRECIOUS CROSS  
AND NAILS BY ST. HELENA*

*VENERABLE FRIDOLIN,  
ENLIGHTENER OF THE UPPER RHINE*

The Sunday of Forgiveness, the last of the preparatory Sundays before Lent, has two themes: it commemorates Adam's expulsion from Paradise, and it accentuates our need for forgiveness.

There are obvious reasons why these two things should be brought to our attention as we stand on the threshold of the Great Fast. One of the primary images in the *Triodion* is that of the return to Paradise. Lent is a time when we weep with Adam and Eve before the closed gate of Eden, repenting with them for the sins that have deprived us of our free communion with God. But Lent is also a time when we are preparing to celebrate the saving event of Christ's death and rising, which has reopened Paradise to us once more (Luke 23:43). So, sorrow for our exile in sin is tempered by hope of our re-entry into Paradise.



# LITURGY VARIATIONS

## THIRD ANTIPHON: TROPARION OF THE RESURRECTION (TONE 4)

Having learned the joyful message of the Resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation and proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

إِنَّ تَلْمِذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَزِ بِالْقِيَامَةِ الْبَهْجِ،  
وَطَرَحْنَ الْقَضَاءَ الْجَدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ:  
سَيِّئِ الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، 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

**MASKS ARE NO LONGER REQUIRED** (though you may certainly choose to wear them).

## APOLYTIKIA AFTER THE ENTRANCE

### Troparion of the Resurrection (Tone 4)

Having learned the joyful message....

إِنَّ تَلْمِيزَاتِ الرَّبِّ....

### 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 نَبَقُولَاوَس. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمِسْكِنَةِ الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

### Kontakion for Forgiveness Sunday (Tone 6)

O Thou Who guidest to wisdom and givest understanding and intelligence, Instructor of the ignorant and Helper of the poor, strengthen my heart, and grant it understanding, O Master. Give me word, O Word of the Father, for I shall not refrain my lips from crying to Thee, O merciful One: Have mercy upon me who am fallen.

أَيُّهَا الْهَادِي إِلَى الْحِكْمَةِ، وَارْزُقُ الْفَهْمَ وَالْفِطْنَةَ، وَمُؤَدِّبُ الْجُهَّالِ، وَعَاضِدُ الْمَسَاكِينِ، شَدِّدْ وَفِّهِمْ قَلْبِي أَيُّهَا السَّيِّدُ، وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الْأَبِ، لِأَنِّي هَاأَنْدَا لَا أَفْنَعُ شَفَقَتِي مِنْ الصُّرَاخِ إِلَيْكَ: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعُ.

## THE SCRIPTURE LESSONS

### Prokeimenon (Tone 3; Psalm 46.6, 1 LXX)

Sing praises to our God, sing praises.

Verse: Clap your hands, all you nations.

بروكيمنن (اللحن ٣؛ مزمور ٤٦، ١)

رَتِّلُوا لِلْهِنَا رَتِّلُوا.

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

### St. Paul's Letter to the Romans (13.11-14.4; Forgiveness Sunday)

BRETHREN, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرِّسُولِ إِلَى أَهْلِ رُومِيَّةِ  
(١١، ١٣-١٤، ٤؛ أحد الغفران)

يَا إِخْوَةُ، إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا. قَدْ

works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

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### **Holy Gospel according to St. Matthew (6.14-21; Forgiveness Sunday)**

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THE LORD SAID, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head, and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you openly.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasure in heaven, where neither moth nor rust consumes and where

تَنَاهَى اللَّيْلُ وَاقْتَرَبَ النَّهَارُ، فَلَنَدَعُ عَنَّا أَعْمَالَ الظُّلْمَةِ وَنَلْبَسَ أَسْلِحَةَ النُّورِ. لِنَسْئَلَنَّ سُلوْكَاً لَاتِقَاً كَمَا فِي النَّهَارِ، لَا بِالْخُصَامِ وَالْخُصُوفِ وَالسُّكْرِ، وَلَا بِالْمُضَاجِعِ وَالْعَهْرِ، وَلَا بِالْخِصَامِ وَالْحَسَدِ، بَلِ الْبُسُوَا الرَّبَّ يَسُوعَ الْمَسِيحَ وَلَا تَهْتُمُوا بِأَجْسَادِكُمْ لِقَضَاءِ شَهَوَاتِهَا.

مَنْ كَانَ ضَعِيفاً فِي الْإِيمَانِ فَالْتَّخِذُوهُ بِغَيْرِ مُبَاحَثَةٍ فِي الْآرَاءِ. مِنَ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ، أَمَّا الضَّعِيفُ فَيَأْكُلُ بِقُوْلٍ. فَلَا يَزِدِرِ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدِرِ الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ، فَإِنَّ اللَّهَ قَدْ اتَّخَذَهُ. مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أَجْنَبِيًّا؟ إِنَّهُ لِمَوْلَاهُ يَنْبُتُ أَوْ يَسْقُطُ. لَكِنَّهُ سَيَنْبُتُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يُثَبِّتَهُ.

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### **مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِي الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ (٢١، ١٤-٢١؛ أحد الغفران)**

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قَالَ الرَّبُّ: إِنْ عَفَرْتُمْ لِلنَّاسِ زَلَّاتِهِمْ، يَغْفِرَ لَكُمْ أَبُوكُمُ السَّمَاوِيُّ أَيْضاً. وَإِنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ، فَأَبُوكُمُ أَيْضاً لَا يَغْفِرُ لَكُمْ زَلَّاتِكُمْ.

وَمَتَى صُمُمْتُمْ، فَلَا تَكُونُوا مُعَبِّسِينَ كَالْمُرَائِينَ. فَإِنَّهُمْ يُنْكِرُونَ وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ. أَمَّا أَنْتَ فَإِذَا صُمَمْتَ، فَادْهِنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لَعَلَّ تَظْهَرَ لِلنَّاسِ صَائِماً، بَلْ لِأَبِيكَ الَّذِي فِي الْخَفِيَّةِ، وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عِلَانِيَةً.

لَا تَكْتُمُوا لَكُمْ كُنُوزاً عَلَى الْأَرْضِ، حَيْثُ يُفْسِدُ السُّوسُ وَالْآكِلَةُ وَيَنْقَبِ السَّارِقُونَ وَيَسْرِقُونَ. لَكِنْ اكْتُمُوا لَكُمْ كُنُوزاً فِي

thieves do not break in and steal. For where your treasure is, there will your heart be also.”

السَّمَاءِ حَيْثُ لَا يُفْسِدُ سُوسٌ وَلَا آكِلَةٌ وَلَا يَنْقُبُ السَّارِقُونَ  
وَلَا يَسْرِقُونَ. لِأَنَّهُ حَيْثُ تَكُونُ كُنُوزُكُمْ، هُنَاكَ تَكُونُ قُلُوبُكُمْ.

## HOLY OBLATIONS AND PRAYER REQUESTS

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- By Joseph Mansour and by Fr. Nabil, Kh. Elaine and Lucy Hanna, for the repose of Fr. David Buss (2-year memorial).
- By the Maalouf and Kanaan family, in memory of Lucas Maalouf.
- 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.*



## TODAY’S STUDY TOPIC: LESSON 1.8 — JACOB AND RACHEL

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All church school classes from first grade on up will study Genesis 29-33 (pages 56-63 in *The Golden Children’s Bible*) today. Adults will study the same text simultaneously with our children.

## RECOGNIZING OUR LADIES

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March is Women’s Month in the Archdiocese. During this month we ask our ladies to serve as ushers, readers, etc., in order to highlight the indispensable role our women have served throughout Christian history up to and including the present.

- Today, Rose Samore will deliver a special message about the ministry of our Antiochian Women, after the dismissal of the Liturgy.



Together with the Ladies throughout the US and Canada, our Women have taken up as their ongoing project Sayidna Joseph’s dream of having a cathedral, monastery and retired bishops’ residence at the Antiochian Village.

His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

## ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

March 2022

Beloved Antiochian Women throughout our God-Protected Archdiocese:

Many blessings to you and your families as we approach the start of Great Lent, that beautiful season of repentance and renewal.

For many years now, March has been dedicated to recognizing your important contributions to the life of our parishes and our archdiocese. What an appropriate time for us to emphasize the role of women in our Church! Later this month we will celebrate the Feast of the Annunciation, when the Virgin Mary learned that she would bear the Savior of the World and said “Yes” to God’s plan for her. She accepted this role with faith and courage and remained faithful to her Son through all the difficulties that followed, enduring the sword that Righteous Symeon foretold would pierce her own soul also (Luke 2:35).

In imitation of the Most-Holy Theotokos, you now accept the ministries entrusted to you and persevere in them with faith and love, and it is right for us to acknowledge this not just for one month but throughout the year. On behalf of our archdiocese, I thank you for all your good works: from fundraising for archdiocesan projects to assisting those in unfortunate circumstances; from cooking for parish events to providing spiritual nourishment by sponsoring retreats.

This year we have as our annual-project theme “Reflecting on the Past—Building for the Future.” It focuses on the next phases of development at the Antiochian Village, which you have been working to support for a few years now: a new cathedral (with a crypt for our deceased hierarchs and a shrine to house the holy relics of St. Raphael of Brooklyn), a residence for our hierarchs when they retire, an independent/assisted living facility, and a monastery on a secluded part of the property. This project will bless many future generations and will stand as a monument to your loving generosity, along with that of many others throughout our archdiocese.

As we begin our Lenten journey, I pray that each of you will be spiritually strengthened to accomplish the course of the Fast with humility and love for one another. May it strengthen your resolve to continue working together in harmony for the glory of God and the good of the Church, doing your best and never giving up.

Your Father in Christ,

A handwritten signature in blue ink, reading "Metropolitan Joseph". The signature is written in a cursive style and is preceded by a large, stylized cross symbol.

**+JOSEPH**

Archbishop of New York and Metropolitan of all North America

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# ANNOUNCEMENTS

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## 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.



- Coffee hour is hosted today by the Antiochian Women of St. Nicholas.

*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](mailto:ginageorge@verizon.net) to reserve a Sunday.*

## 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**



## ST. THEODORE LITURGY AND MEMORIAL SATURDAY

We commemorate the Miracle of the Boiled Wheat with the final All-Souls Memorial of the season this **Saturday, March 12:**

- **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.*

# 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 the 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.*



# 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](http://www.StMichaelWhittier.org)  
[StMichaelWhittier@gmail.com](mailto:StMichaelWhittier@gmail.com) † 562.692.6121

Lunch provided † Donation Accepted  
RSVP Requested

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

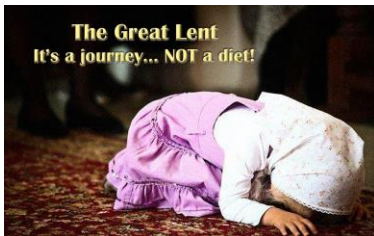
## A Lenten Retreat

The V. Rev. Nabil Hanna

Dean, St Nicholas Orthodox Cathedral, Los Angeles

**There is still time to send your RSVP** for the Saturday, March 12, Lenten Retreat at St Michael Antiochian Orthodox Church in Whittier with Fr Nabil Hanna. 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.

The retreat begins with prayer at 9 a.m. and concludes at 3 p.m. Meals are provided, but there is no provision for child care. St Michael Church is located at 3333 Workman Mill Road, Whittier CA 90601. Please RSVP by sending an email to [StMichaelWhittier@gmail.com](mailto:StMichaelWhittier@gmail.com) or by telephoning the parish office (562.692.6121).



“If you can't resist a cheese-  
burger, you're not going to  
make a very good martyr!”  
*Fr. Apostolos Hill*



## 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.



# *Vespers for the Triumph of Orthodoxy*

**6:30 pm Sunday**

**March 13, 2022**

**St. Nicholas Cathedral**

**2300 W. 3<sup>rd</sup> 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.*

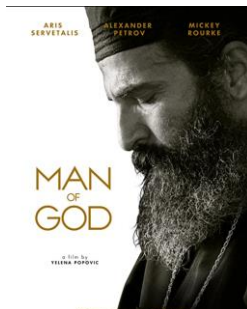
## SEE YOU AT THE MOVIE!

### **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](mailto:frandrewa@stnicholasla.org)). Tickets are \$19 per person.

St. Nektarios is a 20<sup>th</sup> century saint (+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.



As we approach the beginning of Great Lent this Monday, we are excited to invite you to join us, and thousands of Orthodox Christians around the globe, as we encounter the living God through prayer.

**What better time to improve our prayer lives than during Great Lent?!**

Faithtree Resources recently introduced a new app called [THE ENCOUNTER](#), which is available for both Apple and Android products. THE ENCOUNTER has daily Orthodox prayers which can be read -or read to you- three times a day...for less than a total of 25 minutes a day.

If there's one thing we know for sure, it's that the world needs Christians on their knees, praying. There's no better time to join us than during this Great Lent as we come before God daily; on behalf of the Church, as the Church.

We look forward to praying with you,

THE FAITHTREE RESOURCES TEAM

#LentenInvitation #PrayingGreatLentTogether



*Here's what folks are saying about [THE ENCOUNTER](#):*

★★★★★

"Thank you, thank you, thank you for this app!"

★★★★★

"What a wonderful app. It's helped me keep my rule of prayer up and been there for me in times of need! The noon prayer has been a refresher mid day! God grant you many years!"

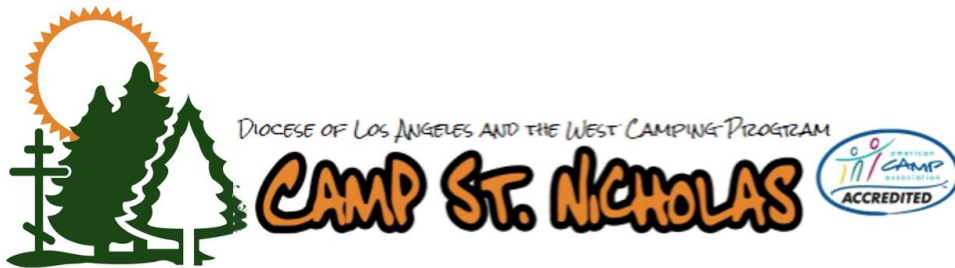
## ST NICHOLAS FAMILY CAMP: MARCH 18-20

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](https://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.



## Announcing Summer Camp 2022

"Let the children come to me, and do not hinder them; for to such belongs the kingdom of heaven." (Matthew 19:14)

We return to our regular three session format in 2022. Camp dates are:

Week 1: July 10 - 16  
2<sup>nd</sup> Grade - 12<sup>th</sup> Grade

Week 2: July 17 - July 23  
7<sup>th</sup> Grade - 12<sup>th</sup> Grade

Week 3: July 24 - July 30  
2<sup>nd</sup> Grade - 12<sup>th</sup> Grade

Tuition: \$600 (\$75 deposit due at time of Registration)

Busses: \$40 each way - if desired (from St Luke and St Nicholas Parking Lots)

Registration for camper, staff and CIT applications begins at 10PM, Sunday March 6. Links to register will be posted on our camp website: <https://www.campstnicholas.com/site/home/>.

# 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](http://stnicholasla.org/contributions)

**Regular Stewardship Pledge for 2022**  
2300 W. 3rd Street • Los Angeles, CA 90087  
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) \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Address \_\_\_\_\_  
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 ☐ Account # \_\_\_\_\_  
☒ Giving by Credit/Debit Card: ☐ MasterCard ☐ Visa ☐ Discover: \_\_\_\_\_  
 Name as on Card \_\_\_\_\_ Date \_\_\_\_\_ Email \_\_\_\_\_ Expiration \_\_\_\_\_ Billing Zip \_\_\_\_\_

Signature \_\_\_\_\_

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 authorizations and payment system. ☐ Keep my name anonymous (amounts are never published).



## 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.

- **Please see the letter from His Eminence, Metropolitan Joseph, about Food for Hungry People on the inside back cover of today's bulletin.**
- **We are also including a Food for Hungry People Calendar that gives fun things to do with your children. The activities are like scavenger hunts. Then they put the coins in their Boxes. No home should be without one! Here's a snippet, for the first week:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>MARCH 7</b> How many clocks do you have in your home? Deposit .25 for each in your Food for Hungry People Box because "time" is running out for those who are starving.	<b>8</b> "Put a little love in your heart," get FFHP off to a good start. Put in a dime for all the "loves" in your life.	<b>9</b> Count the number of Bibles in your home and deposit .50 for each, because Jesus said, "I was hungry and you gave me food."	<b>10</b> Count the number of soda cans or water bottles in your home. Put in .15 each, because Jesus said, "I was thirsty and you gave me drink."	<b>11</b> How many tablets do you own? Deposit .25 each. Tablets can be a means of communication. Let's communicate our love for the hungry.	<b>12</b> Count the number of steps (inside and outside) of your home. Pay .10 for each step. Help the hungry "step" into a new future.

His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA**

Great Lent, 2022

**TO BE READ FROM THE PULPIT AND PRINTED IN THE BULLETIN**

Beloved Clergy and Faithful of our Archdiocese,

Blessings to you and your families in the name of our great God and Savior, Jesus Christ!

As we enter Great Lent—this consecrated season of repentance—the Church summons us to focus even more intently on drawing near to God. She shows us proven paths of approach to Him: not just fasting and prayer but also sharing our material blessings with others. From the saints we learn that charitable giving is not just about helping our neighbor, but even more importantly, it is a means of approach to God. St. Paul encourages us, “Do not forget to do good and to share, for God is well pleased with such sacrifices” (Heb. 13:16), and he thus teaches us that charity is a form of holy sacrifice—an act of worship that shows our love for God and invites Him into our lives.

In the same vein, St. John Chrysostom describes philanthropy as a holy and priestly ministry, urging us to “put on the vestment of philanthropy, which is holier than the priestly clothing.” He goes on to exhort us: “When you see a poor believer, think that you behold an altar; when you see a miserable beggar, do not just refrain from insulting him but even reverence him” (Homily 20 on Second Corinthians). His words remind us that people in need do us a service, by providing us a way to show God love and honor. For, as our Lord said, “As you did it to one of the least of these my brethren, you did it to me” (Matt. 25:40).

With this in mind, over the past 48 years our Archdiocese has encouraged you to give alms during Lent through *Food for Hungry People and Charitable Outreach*. Once again, we appeal to your generosity and your love of God, asking you to offer God a gift by putting food and other necessities into the hands of the poor. May your gift from the heart be received by God as a pleasing and holy sacrifice, and may He give you in return the joy of His presence.

With prayers that we all be granted strength for the holy struggle ahead and that we be found worthy to celebrate joyously the victory of our Crucified and Risen Lord, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive, flowing style.

**+ JOSEPH**

Archbishop of New York and Metropolitan of all North America

## 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

**Natalie** Ann Waimrin, hospital, 4/15  
**Abdo** Hanna, home, 4/11  
**George** and **Andrea** Rafeedi, home, 4/8  
**Jason** Perkins, home, 4/7  
**Kh. Patricia** Romley, 4/1  
 Newborn **Ava** Hourani, hospital, 3/23  
**Abdullah** Matar, home, 3/17  
**Gerald** Nader, home, 3/7  
**Genevieve** Vine, child from Indiana, 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 and everywhere**

## ST. NICHOLAS CATHEDRAL CALENDAR

### March 2022

<b>Sun. 6</b>	<b><i>Forgiveness Sunday</i></b> <b>Spanish Mission Liturgy, 7:45 am</b> <ul style="list-style-type: none"><li><b>Fellowship and Bible Study</b></li> </ul> <b>Matins, 9:15 am</b> <b>Divine Liturgy, 10:30 am</b> <ul style="list-style-type: none"><li><b>Church School</b></li><li><b>Coffee Hour</b></li></ul> <b>Ice Cream Social, 5:30 pm</b> <b>Forgiveness Vespers, 6:30 pm</b>
<b>Mon. 7</b>	<b>Great Compline, 6:30 pm</b>
<b>Tue. 8</b>	<b>Great Compline, 6:30 pm</b>
<b>Wed. 9</b>	<b>Presanctified Liturgy, 6:30 pm</b> <ul style="list-style-type: none"><li><b>Potluck dinner</b></li><li><b>Discussion</b></li></ul>
<b>Thu. 10</b>	<b>Great Compline, 6:30 pm</b>
<b>Fri. 11</b>	<b>Akathist to the Theotokos, 6:30 pm</b>
<b>Sat. 12</b>	<b><i>St. Theodore/Souls Saturday</i></b> <b>Lenten Retreat, 9 am at <u>St. Michael Church</u> (3333 Workman Mill Rd., Whittier)</b> <b>Matins, 9:30 am</b> <b>Divine Liturgy and Memorial, 10:30 am</b> <b>Great Vespers and Confession, 6 pm</b>
<b>Sun. 13</b>	<b><i>Sunday of Orthodoxy</i></b> <b>Spanish Mission Liturgy, 7:45 am</b> <ul style="list-style-type: none"><li><b>Fellowship and Bible Study</b></li> </ul> <b>Matins, 9:15 am</b> <b>Divine Liturgy, 10:30 am</b> <ul style="list-style-type: none"><li><b>Church School</b></li><li><b>Coffee Hour</b></li></ul> <b>Choir Practice, 5:30 pm</b> <b>Orthodoxy Vespers, 6:30 pm</b> <ul style="list-style-type: none"><li><b>Reception</b></li></ul>

SEE THE FULL CALENDAR and latest additions and updates at [stnicholasla.org/parishcalendar](https://stnicholasla.org/parishcalendar)