

St. Nicholas Antiochian Orthodox Christian Cathedral

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

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MOST. REV. METROPOLITAN JOSEPH, ARCHBISHOP

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TONE 6

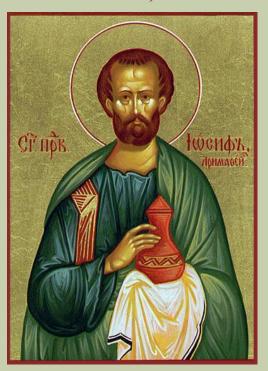
JULY 31, 2022

EOTHINON 7

SEVENTH SUNDAY AFTER PENTECOST

الأحد السابع بعد العنصرة والقَدِّيس إفْدوكِيمُس الصِدِّيق مِنْ كَبادوكِيا HOLY AND JUST EUDOKIMOS OF CAPPADOCIA

RIGHTEOUS JOSEPH OF ARIMATHEA; GERMANOS, BISHOP OF AUXERRE



The holy and righteous Joseph of Arimathea was a wealthy member of the Jewish Sanhedrin and a secret follower of Christ (Matt. 27.25; John 19.38). His feast day is July 31. (He is also commemorated on the Sunday of the Myrrhbearers, the second Sunday after Pascha.)

Along with St. Nicodemus, St. Joseph removed Christ's body from the Cross, prepared it for burial and placed it in his own sepulchre. Jewish spies found out about this and told their authorities, who imprisoned St. Joseph. The risen Christ appeared to St. Joseph in prison and convinced him of his Resurrection. Some time later, the Jews released St. Joseph from prison and banished him from Jerusalem. He then traveled throughout the world preaching the Gospel, eventually sowing the seeds of salvation in Britain, where he reposed peacefully in the Lord.

LITURGY VARIATIONS

3RD ANTIPHON (TROPARION OF THE RESURRECTION, TONE 6)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou ledest Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

إِنَّ القُوَّاتِ المِلائكِيَّةِ ظَهَروا على قَبْرِكَ الْمُوَقَّرِ، والحُرَّاسَ صاروا كالأمواتِ، ومَرْيَمَ وَقَفَتْ عِنْدَ القَبْرِ طالِبَةً جَسَدَكَ الطاهِرَ، فَسَبَيْتَ الجَحيمَ ولَمَّ بُحُرَّبْ مِنْهُ، وصادَفْتَ البتولَ مانِحاً الحياة. فيا مَنْ قامَ مِنْ بينِ الأمواتِ، يا ربُّ المِجْدُ لَكَ.

Schedule of Regular Weekly Services

Sundays: Matins, 9:15 AM Confession: After Saturday Vespers

Divine Liturgy, 10:30 AM

Saturdays: Great Vespers, 6:00 PM Or by Appointment

See Calendar for Feast Days and Other Weekday Services Scheduled

Please turn cell phones off!



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.

As there are **NO CHURCH SCHOOL** classes today, children should sit with their parents and come to Communion with them. An usher will dismiss 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

During Sunday Matins

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.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of The Resurrection (Tone 6)

When Mary stood at Thy grave....

إِنَّ القُوَّاتِ المِلائكِيَّةِ ظَهَروا على قَبْركَ....

Troparion for St. Eudokimos (Tone 4)

The One that hath called thee from the earth to Heaven to dwell preserveth thy body uncorrupted after thy death, O saintly Eudokimos; or in living modestly and chastely, O blest one, thou didst keep thy flesh free of all stain and defilement; with boldness, therefore, pray unto Christ that we may all be saved.

إِنَّ الذي دَعاكَ مِنَ الأَرْضِ إلى المساكِنِ السماوِيَّةِ يَحَفَظُ جَسَدَكَ بعدَ المؤتِ أيضاً سالِماً أيُّها القِدّيس. فإنَّكَ سِرْتَ سيرةً وقورةً حكيمةً ولم تُدنِّسِ الجَسَدَ أيُّها المِغْبوط. فَتَشَفَّعْ إلى المسيح الإلهِ في خلاصِنا.

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 أَظْهَرَتْكَ أَفْعالُ الحقِّ لِرَعِيَّتِكَ قانوناً للإيمانِ، وصورَةً لِلْوَداعةِ، ومُعَلِّماً لِلإِمْساكِ، أَيُّها الأَبُ ورَئيسُ الكَهَنَةِ نيقولاوس. فَلِذلِكَ أَحْرَرْتَ بالتَّواضُعِ الرِّفْعَة، وبالمِسكَنَةِ الغِنى. فَتَشَفَّعْ إلى المِسيح الإلهِ أَنْ يُحَلِّصَ نفوسَنا.

Kontakion in Preparation of the Transfiguration (Tone 7)

Thou wast transfigured on the mount, and Thy Disciples, insofar as they were able, beheld Thy glory, O Christ our God, so that, when they should see Thee crucified, they would remember that all Thy suffering was voluntary, and could declare to all the world that Thou art truly the effulgent Splendor of the Father.

يَحَلَّيْتَ أَيُّهَا المِسيخُ الإِلَهُ عَلَى الجَبَل، وحَسْبَما وَسِعَ تَلاميذَكَ شَاهَدوا مَجَدَكَ. حَتَّى عِنْدَما يُعايِنونَكَ مَصْلوبًا، يَفْطَنوا أَنَّ الاَمَكَ طَوْعًا باخْتِيارِكَ، ويَكْرِزوا للعالَم، أَنَّكَ أَنتَ بالحَقيقةِ شُعاعُ الآب.

Prokeimenon (Psalm 27.9, 1 LXX; Tone 6)

O Lord, save your people, and bless your inheritance.

Verse: To You, O Lord, have I cried, O my God.

From St. Paul's Letter to the Romans (15.1-7; 7th Sunday after Pentecost)

Brethren, we who are strong ought to bear with the failings of the weak, and not to please ourselves; let each of us please his neighbor for his good, to edify him. For Christ did not please himself; but, as it is written, "The reproaches of those who reproached thee fell on me." For whatever was written in former days was written for our instruction, that by steadfastness and by the encouragement of the scriptures, we might have hope. May the God of steadfastness and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord **Jesus Christ.**

Welcome one another, therefore, as Christ has welcomed you, for the glory of God.

Holy Gospel according to St. Matthew (9.27-35; 7th Sunday of Matthew)

AT THAT TIME, when Jesus was passing by, two blind men followed Him, crying aloud and saying, "Have mercy on us, Son of David." When He entered the house, the blind men came to Him; and Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord." Then Jesus touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no

بروكيمنون (مزمور ٢٧,٩، ١؛ اللحن السادس)

حَلِّصْ يا رَبُّ شعْبَكَ وبارِكْ ميراتَك.

إليْكَ يا رَبُّ أَصرُخُ إِلْهِي.

فَصْلٌ مِنْ رِسالَةِ القِدّيسِ بولُسَ الرَّسولِ إلى أَهلِ روميَة (١٥,١-٧؛ للأحد السابع)

يا إخوة، يَجِبُ عَلَيْنا نَحْنُ الأَقْوِياءَ أَنْ نَحْتَمِلَ وَهَنَ الضَّعَفاءِ، ولا نُرْضِي أَنْفُسَنا. فَلْيُرْضِ كُلُّ واحِدٍ مِنّا قَرِيبَهُ لِلْحَيْرِ، لأَجْلِ البُنْيانِ. فإنَّ المسيحَ لَمْ يُرْضِ نَفْسَهُ، ولَكِنْ كَما كُتِبَ مِنْ قَبْلُ، "تَعْييراتُ مُعَيِّريكَ وَقَعَتْ عَلَيَّ." لأَنَّ كُلَّ ما كُتِب مِنْ قَبْلُ، إنَّ عُيراتُ مُعَيِّريكَ وَقَعَتْ عَلَيَّ." لأَنَّ كُلَّ ما كُتِب مِنْ قَبْلُ، إنَّ عُلِيراتُ مُعَيِّريكَ وَقَعَتْ عَلَيَّ." لأَنَّ كُلَّ ما كُتِب مِنْ قَبْلُ، إنَّ عُلِيمِنا، لِيكونَ لَنا الرَجاءُ بالصَبْرِ وبتَعْزِيَةِ الكُتُبِ. ولِيعْطِكُمْ إلهُ الصَبْرِ والتَعْزِيَةِ أَنْ تَكونوا مُتَّفِقي الآراءِ فيما وليعْظِكُمْ إلهُ الصَبْرِ والتَعْزِيَةِ أَنْ تَكونوا مُتَّفِقي الآراءِ فيما بيننكُمْ، بِحَسَبِ المسيح يسوع. حَتّى إنَّكُمْ بِنَفْسٍ واحِدَةٍ وَفَمٍ واحِدةٍ وَفَمِ واحِدةً وَاللهَ أَبا رَبِّنا يسوعَ المسيح.

مِنْ أَجْلِ ذَلِكَ، فَلْيَتَّخِذْ بَعْضُكُمْ بَعْضاً كَما اثَّخَذَكُمُ المِسيخُ لِمَجْدِ الله.

مِنْ بِشارَةِ القِدّيسِ مَتّى الإِنْجيلِيِّ البَشيرِ والتلْميذِ الطاهِر (٩,٢٧) للأحد السابع من مَتّى)

في ذلكَ الزمانِ، فيما يسوعُ مُجْتازٌ، تَبِعَهُ أَعْمَيانِ يَصيحانِ ويَقولانِ: ارْحَمْنا يا ابْنَ داود. فَلَمّا دَحَلَ البَيْتَ، دَنا إلَيْهِ الأَعْمَيانِ، فقالَ لَهُما يسوعُ: هَلْ تُؤْمِنانِ أَيِّ أَقْدِرُ أَنْ أَفْعَلَ ذَلِكَ؟ فَقالا لَهُ: نَعَمْ، يا رَبُّ. حَينَئِذٍ لَمَسَ أَعْيُنَهُما قائِلاً: كإيمانِكُما فَلْيَكُنْ لَكُما. فانْفَتَحَتْ أَعْيُنُهما. فَانْتَهَرَهُما يَسوعُ

one knows it." But they went away and spread his fame through all that district.

As they were going away, behold, a dumb demoniac was brought to Jesus. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons."

And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity of the people.

قائلاً: انْظُرا، لا يَعْلَمْ أَحَدٌ. فَلَمّا حَرَجا، شَهَراهُ في تِلْكَ الأَرْضِ كُلِّها.

وبَعَدَ خُروجِهِما، قَدَّمُوا إليْهِ أَخْرَسَ بِهِ شَيْطانٌ. فَلَمّا أُخْرِجَ الشَيْطانُ، تَكَلَّمَ الأَخْرَس. فَتَعَجَّبَتِ الجُمُوعُ قائِلين: لَمْ يَظْهَرْ قَطُّ مِثْلُ هَذَا فِي إِسِرائيل. أمّا الفَرّيسيُّونَ فَقالُوا: إنَّهُ بِرَئيسِ الشَياطين يُخْرِجُ الشَياطين.

وكانَ يَسوعُ يَطوفُ المِدُنَ كلَّها والقُرى، يُعَلِّمُ في مَجامِعِهِمْ، ويَكْرِزُ بِبِشارَةِ الملِكوتِ، ويَشْفي كُلَّ مَرَضٍ وَكُلَّ ضُعْفٍ في الشَّعْب.

HOLY OBLATIONS AND PRAYER REQUESTS

- By the Nassief and Sanbar families, for the repose of Pamela Nassief Sanbar (10-year memorial).
- By Richard and Joyce Ayood and family, for the health of Paul Ayoob and Elizabeth Ayoub, as they celebrate their July birthdays, and in memory of Randy Bray.
- 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.

ANNOUNCEMENTS

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 Nassief and Sanbar families, in memory of Pamela Nassief Sanbar (10 years).

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 by Wednesday to reserve a Sunday.

ST NICHOLAS MARROW DRIVE TODAY

The family of a 23-year-old man is reaching out to us and other churches around the country. The young man just graduated from college and is in desperate need for a marrow transplant. He is currently hospitalized in Houston for severe lymphoma.

With no matches among his close family, the next best possibility is people of his ethnic group, however, people of Middle Eastern background are currently <u>underrepresented</u> in the Registry.

In order to help this young man

and potentially others in the future, we are hosting this marrow donor registry event (cheek swabbing only) after Liturgy TODAY, during coffee hour.

Nurse Randa Shammaa will be on hand as our liaison.

To be eligible: you must be between the ages of 18 and 40, and healthy.



DORMITION FAST STARTS TOMORROW

The Fast leading up to the Feast of the Dormition (repose) of the Mother of God runs from August 1-14.

Because of our great love for our Lord's Mother, Who has become our mother, and because our goal is to emulate her humility as the "Handmaid of the Lord," the Church and the Orthodox faithful generally observe this fast quite strictly.



We abstain from meat, fish and dairy products during this time. (Traditionally, we also abstain from oil and wine, except on the weekends.) The fasting is relaxed to allow for fish, wine and oil on the Feast of the Transfiguration, August 6, and on the feast of St. Herman of Alaska, August 9. *As always, if you can't keep the fast to this level, do the most your health allows, and you are invited to contact Fr. Nabil for guidance.*

PROCESSION OF THE HOLY CROSS

We observe the Feast of the Procession of the Holy Cross on the first day of the Dormition Fast. Join us tomorrow morning.







SUPPLICATION FOR THE SICK ON THE COMING TWO WEDNESDAYS

We serve the **Paraklesis at 7 p.m. on Wednesdays, Aug. 3 & 10,** during the fast. It is a special service of supplication to the Mother of God.

Please bring a list of the first names of the sick or of any other living persons in need of prayer for any reason, to be remembered at the Supplication.

- August 3: We will anoint everyone present with myrrh from the tomb of the Theotokos.
- August 10: we will anoint all with oil that came out of the tomb of St. George, the "Healer of the infirm."

THE GREAT FEAST OF THE TRANSFIGURATION

We celebrate this Great Feast on **Saturday**, **August 6**:

Matins, 9:30 am • Liturgy, 10:30 am

Bring with you grapes and/or other first fruits to be blessed, especially from your gardens.

We always offer to God the first and best portions of everything, and, through this first portion, He blesses everything else.



TWO BISHOPS AND TWO LUNCHES

Special Luncheon with the Metropolitan: August 14

We will be observing the Feast of the Dormition, and His Eminence will be ordaining Dn. Nicholas Nasrallah to the priesthood.

Everyone is invited to break the fast and celebrate the Feast of the Dormition with our beloved Metropolitan Joseph directly after the Liturgy on Sunday, August 14. A delicious luncheon will be provided by the St. Nicholas family.



Special Luncheon with Bishop John: August 21

Everyone is invited to greet and eat with Bishop John directly after Liturgy on Sunday, August 21. A free-will offering will be appreciated that day, to help us cover the cost of this luncheon. We are looking forward to being together.

Please contact Rose Samore at rosesamore@gmail.com or 818-378-2055 if you would like to donate toward the luncheon.



GEARING UP TO DO GOD'S WORK

FOCUS North America/St. Nicholas Orthodox Cathedral of LA is now an agency of the LA Regional Food Bank.

We are now ready to expand our charity

ministry. As a first step, we will be receiving and **distributing food** the 2^{nd} and 4^{th} Saturday mornings every month, starting in September.

Our first distribution will be on Saturday, September 10. We will need about 25 volunteers from 8:30 am to 12:30 pm. Sign up at https://www.signupgenius.com/go/8050E4AAEAA2CA6FE3-focus1



Fighting Hunger. Giving Hope.

To organize our efforts, we are now also forming a Charity Ministry Team. If God has given you a heart to serve and to make a difference, **please contact our Coordinator**, **Marta Chala (<u>latifiechala@gmail.com</u>**, **323-630-7706)**, and come be part of our team. We will be scheduling a team meeting in the coming weeks.

The Charity Ministry Team will work to organize our efforts toward our goal of mobilizing all the members of the Cathedral (and nearby parishes too) in doing God's work.

IMPORTANT CHOIR EVENTS COMING UP

If you're in the choir now or are considering becoming part of this *very* important ministry, please plan to join us for these two important, upcoming dates:

- 1. **Choir Dinner and Meeting Tuesday, August 2:** Dinner will be provided at 6:30 pm. Then we need to practice and prepare for the <u>two</u> Hierarchical Liturgies coming up this month.
- 2. Choir Workshop 3 pm, Saturday, August 20: We will be honored to have Mareena Boosamra Ball (Chairman of the Archdiocese Department of Sacred Music) leading us in a Singers' Workshop. Mareena will be joined by Regina Ashie Roum (our Diocese of the West Music Chairman).

The Choir will then also sing the responses to Great Vespers at 6 p.m. with His Grace Bishop John of Worcester. Mareena will then conduct our choir for the Hierarchical Liturgy on Sunday, August 21.



August 16-19 2022 Western Rite Conference

Hosted by St Michael Orthodox Church, Whittier CA www.orthodoxwest.com/conference



St Michael Orthodox Church in Whittier CA

Join Metropolitan JOSEPH, Bishop JOHN, and your brothers and sisters in the Western Orthodox tradition for the biennial Antiochian Western Rite Vicariate Conference.

Registration Options:

- In Person: \$300
- Online: \$250 (use website listed above)
- Tuesday (Aug 16) Banquet: \$50
- Wed or Thur (Aug 17, 18) only: \$125

Registration cost covers presentations, meals, and conference materials. Schedule & details available at the <u>Conference website</u>.

We look forward to seeing you!

OCTOBER 1-2

Mark your calendars now, and plan to be with us the first weekend of October. We need everyone working together as one family for the Festival.



We are forming the team now. If you would like to be on the steering committee or to work in one of the booths, please email Ehab Dahabreh (tony@sspetro.com) or Mike Zeeb (fast-fix@sbcglobal.net), or talk with them during coffee hour today.

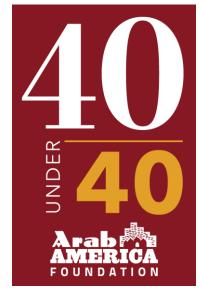


Announces 40 Under 40 Class of 2022 Applicants Now Accepted

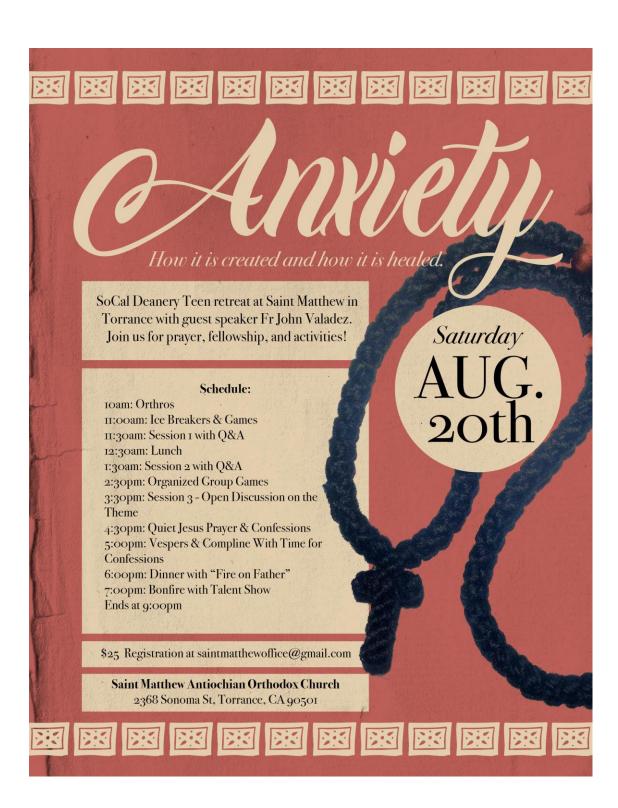
The Arab America Foundation announced today that the period for registration is now open for 40 Under 40--Class of 2022. Applications are now being **accepted through Wednesday, August 3, 2022**, by midnight ET. See online at www.arabamerica.com

40 Under 40 is a celebration of accomplished young Arab Americans. The program spotlights them in all fields, including but not limited to: business, education, law, public service/politics, non-profit, business leaders, entrepreneurs, engineers, medical professionals, artists, entertainers, writers, and the media.

"This initiative is an important part of our mission to connect and empower Arab Americans and to recognize rising leaders who are impacting our communities. It is imperative that we celebrate our youth and young leaders, so they take pride in their heritage and identity," said Warren David, President of Arab America and Co-Founder of the



Arab America Foundation "We look forward to selecting 40 Under 40, Class of 2022 and to show them our appreciation for their outstanding accomplishments."



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, home, 9/6
Saleh Sam Saleh, home, 8/30
Ouberto Badaro, home, 8/29
Wafa Daya Tarrab, home, 8/22
Albert and Nancy Malouf, 8/18
Natalie Ann Waimrin, home, 8/13
John Samore Jr. home, 8/2
Gregory Malouf, nephew of Al Malouf, 8/30
Timothy Fogle, relative of Fr. Paul and Kh.
Laurie Olson, 8/5
All those suffering from illness, violence
and want in this country, in Ukraine

DEPARTED

and everywhere

Fr. Duane Pedersen, 8/29
Randolph Bray, 9/3
William Saba Jr., 8/26
Bernadette Krank, 8/11
Nicholas Thomas Habib, 8/4
Victoria Elac, Isabel's sister-in-law, 9/4
Norman Barakat, brother-in-law of Albert and Nancy Malouf, 8/31
Vicki Toma, sister of Fr. Joseph Abud, 8/16
Christopher Sabin Nassif, brother of Paul Nassif, 8/15
Helen Rage, aunt of Kh. Elaine Hanna, 8/14
Ramona Darmour, mother of Charmaine, DLAW AOCWNA President, 8/13
Eness Spiro, Jean Mahfouz' mother and Fr.

John Mahfouz' grandmother, 8/3

ST. NICHOLAS CATHEDRAL CALENDAR	
July 2022	
Sun. 31	Spanish Mission Liturgy, 7:45 am • Fellowship Matins, 9:15 am Divine Liturgy, 10:30 am • Coffee Hour
August 2022	
Mon. 1	Beginning of the Dormition Fast Procession of the Holy Cross Divine Liturgy and Cross procession, 10 am
Tue. 2	Choir dinner and practice, 6:30 pm
Wed. 3	Paraklesis to the Theotokos with anointing for healing, 7 pm
Thu. 4	Funeral of Norman Barakat, 10 am
Sat. 6	Great Feast of the Transfiguration Matins, 9:30 am Divine Liturgy and blessing of grapes/first fruits, 10:30 am Great Vespers and Confessions, 6 pm
Sun. 7	Spanish Mission Liturgy, 7:45 am • Fellowship Matins, 9:15 am Divine Liturgy, 10:30 am • Coffee Hour
Wed. 10	Paraklesis to the Theotokos with anointing for healing, 7 pm
Thu. 11	Funeral of Randy Bray, 11 am

Victims of the pandemic and of violence in this country, in Ukraine and everywhere