



St. Nicholas Orthodox Cathedral

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

2300 WEST 3RD STREET • LOS ANGELES, CALIFORNIA 90057
(213) 382-6269 • WWW.STNICHOLASLA.ORG • EMAIL: CATHEDRAL@STNICHOLASLA.ORG

THE RIGHT REV. ANTHONY, BISHOP OF LOS ANGELES

V. REV. FATHER NABIL L. HANNA, DEAN
(317) 919-0841 • DEAN@STNICHOLASLA.ORG

REV. FATHER ANDREW ANDREWS, ASSISTANT PASTOR
(925) 323-6787 • FRANDREWA@STNICHOLASLA.ORG

REV. FATHER PAUL OLSON, ASSISTANT PASTOR
(714) 651-6151 • REV.PAUL.OLSON@GMAIL.COM

REV. DEACON ELIYA AMMARI, ATTACHED
(818) 433-5523 • LOUIA@HOTMAIL.COM

STONE 2

FEBRUARY 23, 2025

EOTHINON 2

SUNDAY OF THE LAST JUDGEMENT (“MEATFARE SUNDAY”)

أحد الدينونة الأخيرة (مرفع اللحم)
تذكار القديس بوليكر بوس أسقف أزمير



HIEROMARTYR POLYCARP,
BISHOP OF SMYRNA

VENERABLE GORGONIA, SISTER OF
GREGORY THE THEOLOGIAN

VENERABLE ZEBINAS,
POLYCHRONIOS, MOSES AND
DAMIAN NEAR CYRRHUS IN SYRIA

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 com-
passion of Thy mercy, I shout to Thee
like David, Have mercy upon me, O
God, according to Thy Great Mercy.

إذا تصوّرتُ كثرة أفعالي الرديئة أنا
الشقي، فأني أرْتعدُ من يوم الدينونة
الرهيبة. لكني إذ أنا واثق بتحنّيك، أهتفُ
إليك مثل داود: إرحمني يا الله، بحسب
عظيم رحمتك.

LITURGY VARIATIONS

3RD ANTIPHON: TROPARION OF THE RESURRECTION (TONE 2)

When Thou didst submit Thyself unto death,
O Thou deathless and immortal One, then
Thou didst destroy hell 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 تُحَدِّثَتْ إِلَى الْمَوْتِ، أَيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حَيِّتِيذٍ
أَمَّتْ الْجَحِيمَ بِرَبِّي لَاهُوتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتِ مِنْ
تَحْتِ الثَّرَى، صَرَخَ نَحْوَكُ جَمِيعَ الْقُوَّاتِ السَّمَاوِيِّينَ: أَيُّهَا
الْمَسِيحُ الْإِلَهُ، 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

See Calendar for Fast 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.

نظام المناولة المقدسة

يجب على أعضاء الكنيسة الأرثوذكسية من سن السابعة وما فوق، الاستعداد للمناولة المقدسة باعتراف حديث والصلاة والصوم عن جميع الأطعمة والمشروبات من منتصف الليل (ما لم تكن هناك موانع طبية)، والتواجد في الكنيسة قبل قراءات الرسالة والإنجيل، وأن يكونوا في سلام مع الجميع.

TEACHERS THEN CHILDREN going to church school 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.

ترحيب حار بضيوفنا

نحن سعداء لأنكم تشاركون معنا في الصلاة. يرجى ملاحظة أن المشاركة في المناولة المقدسة تقتصر على أعضاء الكنيسة الأرثوذكسية الذين استعدوا أيضا بالصلاة والصوم والاعتراف الحديث.

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 2)

When Thou didst submit Thyself unto death,
O Thou deathless and immortal One, then
Thou didst destroy hell 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 اُنْحَدَرْتَ إِلَى الْمَوْتِ، أَيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينَئِذٍ
أَمَتَّ الْجَحِيمَ بِبِرْتِي لَاهَوْتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتَ مِنْ
تَحْتِ الثَّرَى، صَرَخَ نَحْوِكَ جَمِيعُ الْقُوَّاتِ السَّمَاوِيِّينَ: أَيُّهَا
الْمَسِيحُ الْإِلَهُ، مُعْطِي الْحَيَاةِ الْمَجْدُ لَكَ.

Troparion of St. Raphael (Tone 3)

Rejoice, O Father Raphael, Adornment of the
holy Church. Thou art Champion of the true
Faith, Seeker of the lost, Consolation of the
oppressed, Father to orphans and Friend of
the poor, Peacemaker and good Shepherd,
Joy of all the Orthodox, Son of Antioch, Boast
of America. Intercede with Christ God for us
and for all who honor Thee.

يَا مُحَارِباً عَنِ الْإِيمَانِ، وَمُعَزِّياً مَنْ فِي الْأَحْزَانِ، وَأَبَا الْإِيثَامِ،
وَصَدِيقَ الْفُقَرَاءِ. الرَّاعِي الصَّالِحِ الْمَفْتَقِدِ الضَّالِّينَ، يَا رَفَائِيلُ،
يَا فَخْرَ الْأَرْثُوذُكْسِيِّينَ. ابْنِ أَنْطَاكِيَا، وَفَخْرَ أَمِيرِكَا ابْتِهَلِ إِلَى
الْمَسِيحِ مِنْ أَجْلِ مَكْرَمِيكَ.

Troparion of St. Nicholas (Tone 4)

The verity of your actions revealed you to
your flock, a rule of faith, an icon of mild-
ness, 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 أَظْهَرْتَنكَ أَفْعَالُ الْحَقِّ لِرِعْبَتِكَ قَانُوناً لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَبِّيسُ الْكَهَنَةِ
نِقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرَّفْعَةَ، وَبِالْمَسْكِنَةِ
الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهُ 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 النَّارِ يَجْرِي أَمَامَ عَرْشِكَ، وَالصُّحُفُ تُفْتَحُ،
وَالْحَفَايَا تُشَهَّرُ، فَنَجِّنِي حِينَئِذٍ مِنَ النَّارِ الَّتِي لَا تُطْفَأُ، وَأَهْلِنِي
لِلْقُوفِ عَنْ يَمِينِكَ، أَيُّهَا الدَّيَّانُ الْعَادِلُ.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 117.14, 18 LXX; Tone 2)

The Lord is my strength and my song.

Verse: The Lord has chastened me sorely.

From Paul's 1st Epistle to the Corinthians (8.8-9.2; Sunday of the Last Judgement)

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 stumbling block to the weak. For if anyone sees 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

بروكيمنون (مزمو ١٤، ١١٧، ١٨ سيع.؛ اللحن ٢)

فُوتِي وَتَسْبِحَتِي الرَّبُّ.

أَدَباً أَدَّبَنِي الرَّبُّ، وَإِلَى الْمَوْتِ لَمْ يُسَلِّمْنِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ الْأُولَى إِلَى أَهْلِ
كورنثوس (٨، ٢-٩؛ لأحد الديونة)

يا إخوة، إِنَّ الطَّعَامَ لَا يُفَرِّئُنَا إِلَى اللَّهِ، لِأَنَّا إِنْ أَكَلْنَا لَا نَزِيدُ
وإِنْ لَمْ نَأْكُلْ لَا نَنْقُصُ. وَلَكِنْ أَنْظُرُوا أَنْ لَا يَكُونَ سُلْطَانُكُمْ
هَذَا مَعْتَرَةً لِلضَّعِيفِ. لِأَنَّهُ إِنْ رَأَى أَحَدٌ يَا مَنْ لَهُ الْعِلْمُ مُتَّكِمًا
فِي بَيْتِ الْأَوْثَانِ، أَفَلَا يَتَّقَوِي ضَمِيرَهُ، وَهُوَ ضَعِيفٌ، عَلَى
أَكْلِ ذَبَائِحِ الْأَوْثَانِ. فَيَهْلِكُ بِسَبَبِ عِلْمِكَ الْأَخِ الضَّعِيفِ
الَّذِي مَاتَ الْمَسِيحُ لِأَجْلِهِ؟ وَهَكَذَا إِذْ تُحْطِطُونَ إِلَى الْإِخْوَةِ
وَتَجْرَحُونَ ضَمَائِرَهُمْ، وَهِيَ ضَعِيفَةٌ، إِنَّمَا تُحْطِطُونَ إِلَى الْمَسِيحِ.
فَلِذَلِكَ إِنْ كَانَ الطَّعَامُ يُشَكِّكُ أَخِي، فَلَا أَكُلْ لِحَمَاءِ إِلَى
الْأَبَدِ لِقَلًّا أَشَكِّكُ أَخِي. أَلَسْتُ أَنَا رَسُولًا؟ أَلَسْتُ أَنَا خِرَافًا؟
أَمَا رَأَيْتُ يَسُوعَ الْمَسِيحَ رَبَّنَا؟ أَلَسْتُمْ أَنْتُمْ عَمَلِي فِي الرَّبِّ؟
وإِنْ لَمْ أَكُنْ رَسُولًا إِلَى آخَرِينَ، فِإِنِّي رَسُولٌ إِلَيْكُمْ. لِأَنَّ خَاتَمَ
رِسَالَتِي هُوَ أَنْتُمْ فِي الرَّبِّ.

مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ
(٣١، ٢٥-٤٦؛ لأحد الديونة)

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 يُمَيِّزُ الرَّاعِي الْخِرَافَ
مَنْ الْجِدَاءِ. وَيَقِيمُ الْخِرَافَ عَنْ يَمِينِهِ وَالْجِدَاءَ عَنْ يَسَارِهِ. حِينَئِذٍ

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? 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."

يقول الملك للذين عن يمينه: تعالوا يا مباركي أبي رثوا الملك المعَدَّ لكم منذُ إنشاءِ العالمِ. لأني جُعتُ فأطعمتُموني، وعطِشْتُ فسَقَيْتُموني، وكُنْتُ غريباً فأوْتيتُموني. وغريباً فكَسَوْتُموني، ومريضاً فَعُدْتُموني، ومحبوساً فَأَتَيْتُمُنِي إِلَيَّ. حينئذٍ يُجِيبُهُ الصِّدِّيقُونَ قائلينَ: يا ربُّ متى رأيناك جائعاً فأطعمناك، أو عطشاناً فسَقَيْناك؟ ومتى رأيناك غريباً فأوْتيناك، أو غريباً فكَسَوْنَاك. ومتى رأيناك مريضاً أو محبوساً فَأَتَيْنا إِيكَ؟ فيجيبُ الملكُ ويقولُ لَهُمْ: الحقُّ أقولُ لكم، بما أنْكُمْ فَعَلْتُمْ ذَلِكَ بأحدِ إِخْوَتِي هؤُلاءِ الصِّغَارِ فَبِي فَعَلْتُمُوهُ. حينئذٍ يقولُ أيضاً للذِّينَ عَنْ يَسَارِهِ: اذْهَبُوا عَنِّي يا مَلاعِينُ إلى النارِ الأَبَدِيَّةِ المَعَدَّةِ لِإِبْلِيسَ ومَلائِكَتِهِ. لأني جُعتُ فَلَمْ تُطْعِمُونِي، وعَطِشْتُ فَلَمْ تَسْقُونِي. وكُنْتُ غريباً فَلَمْ تُؤوُونِي، وغريباً فَلَمْ تَكْسُونِي، ومريضاً ومحبوساً فَلَمْ تَزُورُونِي. حينئذٍ يُجِيبُونَهُ هُمْ أيضاً قائلينَ: يا رَبُّ، متى رأيناك جائعاً أو عطشاناً أو غريباً أو غريباً أو مريضاً أو محبوساً ولمْ نَحْدِمْكَ؟ حينئذٍ يُجِيبُهُمْ قائلانَ: الحقُّ أقولُ لكم، بما أنْكُمْ لَمْ تَفْعَلُوا ذَلِكَ بأحدِ هؤُلاءِ الصِّغَارِ، فَبِي لَمْ تَفْعَلُوهُ. فَيَذْهَبُ هؤُلاءِ إلى العذابِ الأَبَدِيِّ، والصِّدِّيقُونَ إلى الحياةِ الأَبَدِيَّةِ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
John L. and Suzi Sadd	All those affected by the fires (for their strength and guidance)	

Offered by	For the Health of	In Memory of
Nancy Malouf, Mike and Angela, Jim and Guilied, Paul and Belinda Malouf, and grandchildren Ellie and Zach Slaris, Angie and George Hanna, Daniel and Grace, Peter, David, Sophia and Natalia Malouf		Albert Malouf (1-year memorial)
Nancy Malouf and family		Michael A. and Rose Malouf (Albert's parents), George and Jeanette Mousalam (Nancy's parents)
Lilly Barakat, Robert and Kathy Malouf and all nieces and nephews and their families		Albert Malouf (brother and uncle, 1 year departed)
George, Mariam, Mark, Antonio and Hend Bshara		
Ehab, Rania, Sami, Selena and Anthony Dahabreh	Hala Tadros (Rania's mother)	Hani Tadros (Rania's father) and Nawal Hawatmeh Dahabreh (Ehab's mother)

ANNOUNCEMENTS

PLEASE JOIN US FOR FELLOWSHIP AFTER THE LITURGY

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

- **Please join after Liturgy, as we say farewell to meat with gyros sandwiches, served with appreciation for all our stewards and supporters, those who have given of their time, talents and financial resources over the last year.**



Upcoming Coffee Hour Schedule

Mar. 2	Nina and Alberto Fayad	Mar. 23	OPEN
Mar. 9	John Nahas and family	Mar. 30	OPEN
Mar. 16	OPEN	Apr. 6	OPEN

Please consider sponsoring a Coffee Hour after Liturgy. Contact the Cathedral office or Joujou George at (562) 522-1322 or ginageorge@verizon.net to host a Sunday.

PLEASE STAY FOR OUR ANNUAL GENERAL ASSEMBLY TODAY

Our annual general assembly will be held **after Liturgy TODAY, February 23**. We ask everyone to give us an hour of your valuable time to join us for this important meeting of our Cathedral family. In turn, we promise to keep the meeting running efficiently.

- Lunch will be provided.
- Reports from the organizations and financial reports have been compiled in a packet. Printed copies are available for you to pick up and review during lunch.

LENT IS AROUND THE CORNER!

TODAY is the last day we eat meat. Then we begin the Great Fast proper by eliminating cheese (i.e., dairy products) and fish after Forgiveness Vespers on March 2, next Sunday evening.



FORGIVENESS VESPERS
ICE CREAM SOCIAL

Join us for a sweet treat before Forgiveness Vespers!
Sunday, March 2 at 5:30 PM

HOSTED BY TEEN SOYO

- **Date:** Sunday, March 2, Cheesefare Sunday
- **Time:** 5:30 PM, just before Forgiveness Vespers
- **Come enjoy your last ice cream cone (or sundae) before Lent**

St. Nicholas Antiochian Orthodox Cathedral

Pizza and Movie Night!

FEBRUARY 28 AT 6:30PM

Pizza and popcorn will be provided. Please bring salads, side dishes and desserts.

Please RSVP so we can make sure we bring enough pizza!

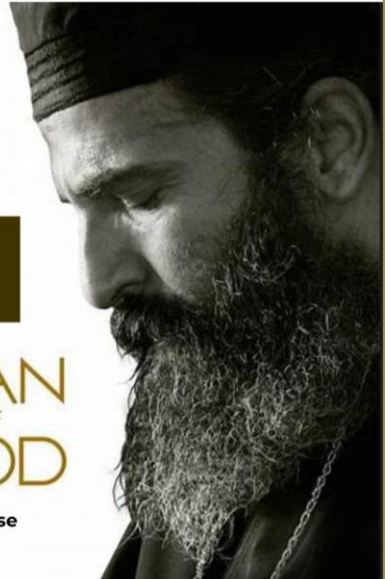
The movie is about the life of St. Nektarios, the great Saint of the 20th century



MAN
OF
GOD

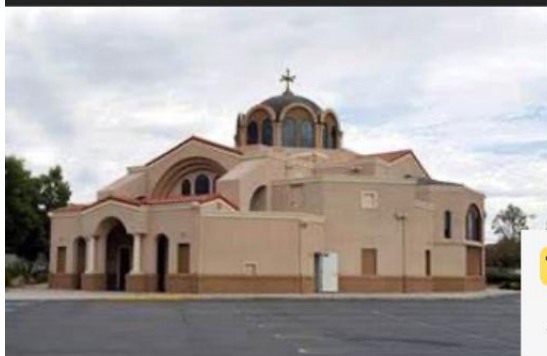
Scan this QR code or call Rose Samore at (818) 378-2055.
There's NO charge.

Organized by the Ladies' Society for men, women and the whole family.





PILGRIMAGE TO ST. NECTARIOS SHRINE



Join us for a field trip to the
St. Nectarios Orthodox
Church and Shrine in Covina

SATURDAY, MARCH 15

10:30 AM - Bus Departure From Cathedral

All are encouraged to be together on the bus!

- Veneration of St. Nectarios's relics
- Prayer and supplication for healing
- Talk by Father Demosthenes on the life and message of St. Nectarios
- Lenten lunch catered by:
Grape Leaf Greek Kouzina

RSVP is a must!

Deadline by Monday, March 10

\$20 per person including lunch

Please call/text Diana Kronfli
to sign up (818) 468-3733

OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 9th	 <i>TRIDION 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 16th	 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 23rd 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 2nd 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 9th	 <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 16th	 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 23rd	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHAI</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 30th	 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 6th	 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 13th 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 18th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 20th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



الرعية الأرثوذكسية The Orthodox Parish

الرعية الأرثوذكسية: تابع: عدد 3460 السنة 67 ليوم الأحد 2 فبراير (شباط) 2025

التريودي - الصوم الأربعيني المقدس - أسبوع الآلام - الفصح المقدس الزمن الفصحي - الصعود - العنصرة - عيد الرسل لعام 2025 من الرعية الأرثوذكسية

الأحد القادم 9 فبراير:	بداية التريودي - أحد الفريسي والعتاش (لا يصام في هذا الأسبوع يومى الأربعماء والجمعة حتى لا نتمثل بالفريسي - أسبوع المخالفين).
الأحد 16 فبراير:	أحد الابن الشاطر (الضال).
الأحد 23 فبراير:	أحد مرقع اللحم. (أحد الدينونة)
الأحد 2 مارس:	أحد مرقع الجبن. (أحد الغفران)
الاثنين 3 مارس:	بداية الصوم الأربعيني المقدس
الأحد 9 مارس:	الأحد الأول من الصوم. أحد الأرثوذكسية. أحد رفع الأيقونات المقدسة.
الأحد 16 مارس:	الأحد الثاني من الصوم. تذكار القديس غريغوريوس بالاماس.
الأحد 23 مارس:	الأحد الثالث من الصوم. عيد السجود للصليب الكريم.
الاثنين 25 مارس:	عيد بظارة والدة الإله الحائمة البتولية مريم. (مسموح فيه بأكل السمك)
الأحد 30 مارس:	الأحد 4 من الصوم. تذكار أبينا البار يوحنا السلمى مؤلف كتاب سلم الفضائل.
الأحد 6 أبريل:	الأحد الخامس من الصوم. تذكار أمنا البارة مريم المصرية.
الأحد 13 أبريل:	أحد الفقاعين (مسموح فيه بأكل السمك)
الاثنين 14 أبريل:	بداية أسبوع الآلام.
الأحد 20 أبريل:	أحد الفصح المقدس - عيد القيامة المجيد
الأحد 27 أبريل:	الأحد الأول للفصح - الأحد الجديد - أحد توما.
الأحد 4 مايو:	الأحد الثاني للفصح - أحد حاملات الطيب.
الأحد 11 مايو:	الأحد الثالث للفصح - أحد المخلع.
الأحد 18 مايو:	الأحد الرابع للفصح - أحد السامرية.
الأحد 25 مايو:	الأحد الخامس للفصح - أحد الأعمى.
الأربعاء 28 مايو:	وداع عيد الفصح المقدس.
الخميس 29 مايو:	خميس الصعود عيد صعود ربنا وإلهنا يسوع المسيح إلى السماء.
الأحد 1 يونيو:	آباء المجمع المسكونى الأول للمجمعين في نيقية.
الأحد 8 يونيو:	أحد العنصرة العظيم
الأحد 15 يونيو:	الأحد الأول بعد العنصرة - أحد جميع القديسين.
الاثنين 16 يونيو:	بداية صوم الرسل
الأحد 29 يونيو:	عيد هامتي الرحل بطرس وپولس
الاثنين 30 يونيو:	تذكار جامع للرسل الاثني عشر - عيد الرسل.

{ كل عام وانتم بخير }

2025 LENTEN SERVICES at the Cathedral

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 2.** 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.*
- *On March 24 we will instead celebrate the Vespers for the Annunciation.*

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 potluck after Liturgy. (Various Cathedral organizations might host dinner some weeks—to be announced). A short spiritual discussion will follow.

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

- *On April 11, we serve the Little Compline with the Canon of Lazarus.*

Saturdays — We serve the Liturgy each Saturday morning in Lent. See the calendar for the specific times; some Saturdays the Liturgy will be early, before FOCUS.

- *The first Saturday Morning of Lent, March 8, we serve the Liturgy at 7 am in commemoration of St. Theodore and the miracle of the boiled wheat, including another memorial for All Souls: You may bring koliva and a list of the names of your departed to be remembered.*

The First Sunday, March 9 — We serve the **Triumph of Orthodoxy Vespers** in a pan-Orthodox Celebration at 6:30 pm at St. Paul's Greek Orthodox Church (4949 Alton Parkway, Irvine). All the four bishops of our area will be together, with our Bishop Anthony preaching.

The Fifth Thursday, April 3 — We serve the **Great Canon of St. Andrew of Crete with the Life of St. Mary of Egypt** at 6:30 pm.

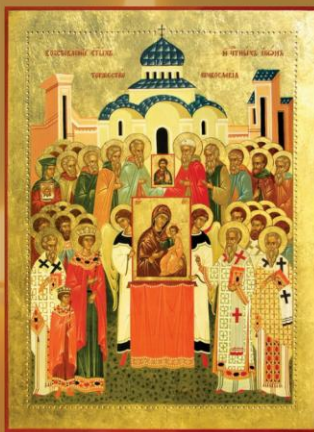
Palm Sunday: April 13 • Pascha: April 20

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

His Eminence
Metropolitan Gerasimos of San Francisco
invites you to

The Sunday of Orthodoxy

PAN-ORTHODOX VESPERS



SUNDAY, MARCH 9, 2025 AT 6:30 PM
St. Paul's Greek Orthodox Church
4949 Alton Parkway, Irvine

Celebrating Our Faith & Honoring

His Eminence
**Archbishop Benjamin of
San Francisco and the West**

All of the faithful are invited to join the surrounding Southern California Orthodox Hierarchs and Clergy for Vespers and the Procession of Icons, sung by a Pan-Orthodox Choir.
A Lenten reception will follow services.

All four Orthodox bishops of the area will be concelebrating, and our Bishop Anthony will be the homilist. He asks that we turn out and support him and show a good Antiochian presence in his debut on the local pan-Orthodox scene.

WORSHIP: MEANING TO THE RHYTHMS OF OUR LIFE

The St. Nicholas **Young Adult Bible Study** continues every other Monday. We continue our series on understanding the Liturgy tomorrow.

The February 24 session will be *both* in person (Cathedral conference room) and online at **7 pm**. To join online, find the link in our Young Adult GroupMe chat, or ask Fr. Nabil, and he'll text or email it to you.



We will explore:

Jan. 27: ~~What Is Worship, and Why We Do It~~

Feb. 10: The Eucharist

Feb. 24: The Eucharist *continued*

Mar. 10: The Liturgy of Time

Mar. 24: Sharing the Light

THANKS AND BLESSINGS ON ALL WHO HAVE MADE THEIR STEWARDSHIP COMMITMENTS FOR 2025

*"With every gift show a cheerful face,
and dedicate your tithe with gladness."*

(Sirach 35.9)

كُنْ بِشَوْشَ الْوَجْهِ فِي كُلِّ عَطِيَّةٍ،
وَكْرِسْ لِلرَّبِّ عَشْرَ غَلَالِكَ بِفَرَحٍ (سيراخ ٣٥،٩)

- 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 2025
2309 W. 3rd Street • Los Angeles, CA 90007
This pledge to St. Nicholas Sarbanika Orthodox Cathedral is a reasonable and fair share of the blessings received from God, as a token of thanksgiving and to support the Holy Church.

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

Renew my pledge at the same level as last year
 Increase my pledge by 2% 10% 15% 20%
 Start with a fresh pledge of \$ _____ per week month year

Giving by Check/Cash/Stock, etc.
Billing # _____
 Giving by Bank Draft (ACH) Bank Name _____ Account # _____
 Giving by Credit/Debit Card: MasterCard Visa Discover AmEx
Source as on Card _____ / _____ / _____
Signature _____ Date _____ Email _____ Equinox _____ Billing Zip _____ CVC _____

By selecting the Bank, Card or Credit Card options, you agree to authorize automatic charges on account the amount stated and to provide a written cardholder. The convenience of automatic recurring billing is processed through the customer's payment system.

© Free my name wherever possible and appropriate.

TO PAY BY CHECK

See Georgette Malouf during coffee hour, or print and mail the registration form to her at 1021 N. Orchard Drive, Burbank, CA 91506.

SCHOLARSHIPS AVAILABLE

A limited number of scholarships are available from the Diocese of Los Angeles and the West Antiochian Women to attend the Spring Diocesan Retreat each year.

QUALIFICATIONS:

- Applicant must be a female, at least 18 years of age the year of the retreat.
- Applicant must be a member in good standing of a parish of the Diocese of Los Angeles and the West.
- Applicant must be actively involved in her parish.
- Applicant must demonstrate financial need and submit a letter of recommendation from her parish priest.
- In order to allow more women to participate, scholarships may not be granted to the same applicant more than once every two years, unless funds are available the second year.
- Applications must be received no later than 20 days prior to the Retreat.

46th ANNUAL ANTIOCHIAN WOMEN'S LENTEN RETREAT DIOCESE OF LOS ANGELES AND THE WEST APRIL 4 - 6, 2025



With the Blessing of His Grace Bishop ANTHONY we are honored to have V. Rev. Fr. Michael Nasser of St. Nicholas Church in Grand Rapids, Michigan as our retreat speaker! His topic will be: "Keeping Faith in a Confusing, Chaotic World"

REGISTRATION INFORMATION

You may register and pay online using a credit card here:
<https://buytickets.at/stnicholasla/1554925>

Or, mail in the registration form and your check payable to:
Antiochian Women, Diocese of the West OR AW DLAW

Full Weekend 2 nights/5 meals

EARLY BIRD by March 23: Check: \$175 Online: \$175, plus fee
AFTER March 23: Check: \$185 Online: \$185, plus fee

Saturday Only - 3 meals

Check: \$80 Online: \$80, plus fee



For questions, please contact Georgette Malouf
via email: gette0324@yahoo.com or via phone at: 818-391-6217

RETREAT: MARCH 8 IN WHITTIER

The Rt. Rev. Bishop ANTHONY of the Diocese of Los Angeles and the West will be the guest speaker on Saturday, March 8, at St Michael Antiochian Orthodox Church for the annual Lenten Retreat.

His Grace will present three meditations on the theme: **“Sacred Time & the Times We Live In.”** Bishop ANTHONY’s meditations will be ‘surrounded’ by Liturgy, silence for reflection, private prayer, and opportunities for confession. The retreat begins with First Hour prayers at 9 a.m. and concludes by 3 p.m. with Ninth Hour and Benediction. Fast-friendly meals will be provided. Childcare is not offered.

St Michael Church is located at 3333 Workman Mill Road, Whittier CA 90601. [RSVP](mailto:StMichaelWhittier@gmail.com) by email (StMichaelWhittier@gmail.com) or by telephoning the parish office (562.692.6121). This retreat is open to all and is designed to aid your Lenten Fast with prayer and meditation.

JOURNEY TO PASCHA WITH FOCUS!

Lent is a season of reflection, renewal, and spiritual growth. It's a time not just for prayer and fasting, but almsgiving as well. **Yet service is a part of the spiritual life we often overlook.**

That's why FOCUS is bringing you a special Lenten video series—weekly reflections from our team to help share how this season inspires our efforts and motivates the ministry.

Each week, we'll explore the themes of Lent, from the Sunday of Orthodoxy to St. Mary of Egypt, and connect them with the ministry of FOCUS. **These short, impactful videos will be delivered straight to your inbox, giving you a moment to pause, reflect, and refocus on Christ in those we serve.**

[Sign Up For Our Lenten Video Series](#)

Make this Lent meaningful. **Sign up today** and walk this journey with us!

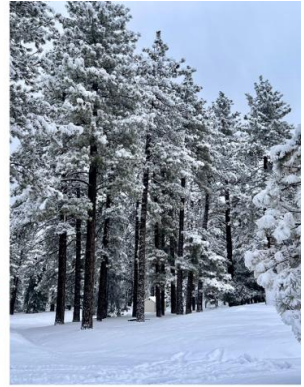
The FOCUS team

ARE YOU READY FOR LENT?

Get access to exclusive weekly Lenten videos from FOCUS Center Directors directly in your inbox!

Sign Up Today

FOCUS
NORTH + AMERICA



Camp St. Nicholas
 11770 Frontier Road
 Frazier Park, CA

ST NICHOLAS LENTEN FAMILY CAMP

.....
MARCH 29-30, 2025

Scan to
 Register:



Register at: <https://form.jotform.com/250086230570146>

SATURDAY

11:00AM Check In and Rooming Assignments
 12:00PM Lunch
 1:00PM Workshop
 2:30PM Games, Sports, Crafts (Snow??)
 5:00PM Vespers
 6:00PM Dinner
 7:00PM Ask Abouna + Evening Program

SUNDAY

8:30AM Orthros
 9:30AM Divine Liturgy
 11:00AM Brunch
 12:00PM Pack, Clean and Depart Camp

For more information email frandrewa@stnicholasla.org



CAMP ST. NICHOLAS

SUMMER CAMP REGISTRATION

FEBRUARY 22ND,
10:00AM

COST: \$620
DEPOSIT: \$100

DATES

WEEK 1: JULY 6TH-12TH

WEEK 2: JULY 13TH-19TH (Teen Week)

WEEK 3: JULY 20TH-26TH

WWW.CAMPSTNICHOLAS.ORG

NEW CAMPING OPPORTUNITY

We have a BRAND NEW PROGRAM which is intended for those who will be graduating high school the spring of 2025.

This program is called "**Bridge Week.**" It is a full week of camping but only for this year's high school graduates. Enrollment will likely be approximately 30 campers. The focus of this program is to equip our young people to 'bridge' from high school to whatever comes next (practically, emotionally, and spiritually). The program also includes familiar camping afternoon and evening activities with a few surprises (including an off-campus activity). Bridge Week will be held June 15-21.

REGISTRATION FOR SUMMER CAMP IS NOW OPEN

Register online at www.campstnicholas.org

St. Nicholas Cathedral will pay half the cost for all our campers. If you need additional help, just ask Fr. Nabil privately. Just register, and pay the deposit for now.

Please contact Fr. Andrew if you are having any problems with the online sign-up process.

Camp is the most important and most effective part of our youth ministry program. We are offering these generous scholarships because we believe Camp is *that* important.

CAMP ST. NICHOLAS Bridge Week 2025

Summer Camp for 2025 High School Grads

What Is This?

- Summer Camp for Current Year High School Graduates
- Similar to Regular Camp St Nicholas Summer Program
- Focused on Bridging the Gap Between High School and What Comes Next

What Will We Do?

- Morning Program Focused on Strengthening our Faith, Skills for Success, and Connection with Orthodox Christians While Away from Home
- Afternoon and Evening Program Similar to Regular Summer Camp
- Off Camp Day Trips and New Activities

When Is It?

- Sun, June 15 to Sat, June 21
- Limited to 30 Campers
- Registration Opens Feb 22
- Cost is \$100 per Camper (through philanthropic support from the Orthodox Vision Foundation)





DIOCESE OF LOS ANGELES & THE WEST PARISH LIFE CONFERENCE

JUNE 25 - 29, 2025

HOSTED BY:
ST. NICHOLAS ANTIOCHIAN ORTHODOX
CHURCH, SAN FRANCISCO

WWW.LAPLC.ORG

SCHEDULE HIGHLIGHTS:

THURSDAY JUNE 26

- Morning and Afternoon Workshops
- Order of St. Ignatius Reception
- Young Adult Dinner
- Taco Thursday Welcome Reception

FRIDAY JUNE 27

- Organization Meetings
- Bible Bowl
- Ice Cream Social & Teen Dance
"Candyland" Theme

SATURDAY JUNE 28

- Young Adult Pilgrimage to Holy Virgin Mary Russian Cathedral
- Awards Brunch
- Oratorical & Choir Festival
- Middle Eastern Dinner and Dance (Hafli)

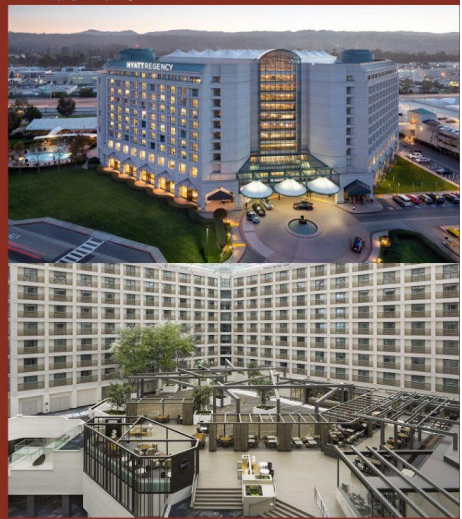
SUNDAY JUNE 29

- Hierarchical Divine Liturgy

Visit our website for more information

JOIN US AT HYATT
REGENCY SAN FRANCISCO
AIRPORT FOR THE 2025 PLC!

- Hotel Group Rate: \$179/night plus local taxes/fees
- Group rate is valid 3 days before and 3 days after Conference
- Complimentary shuttle to & from San Francisco airport
- Self parking \$15/Day
- 10% discount at all hotel food outlets





**57TH BIENNIAL ANTIOCHIAN ORTHODOX CHRISTIAN
Archdiocese Convention**
July 20 – 27, 2025



EARLY BIRD PRICE

Now Until April 30, 2025

~~\$ 350~~
\$ 330

Per Person Total Value \$380

**Buy your Ticket Books Today
and Save!**

HOTEL REGISTRATION

Hyatt Regency O'Hare Chicago

\$ 189 PER NIGHT

\$10/night for parking
Complimentary shuttle to and from O'Hare

Reserve your Hotel Room!

“CONTINUING THE ANTIOCHIAN LEGACY IN CHICAGO”

Celebrating the

**50TH ANNIVERSARY OF
THE UNIFICATION OF
NEW YORK AND TOLEDO**

and the

**120TH ANNIVERSARY OF
THE WORD MAGAZINE**

- 100+ EVENTS AND MEETINGS
- CHURCH SERVICES
- ARCHDIOCESE GENERAL ASSEMBLY
- “ASK ABOUNA” ALL WEEK
- CLUB SAINT GEORGE AGES 4-12
- BIBLE BOWL
- ORATORICAL FESTIVAL
- TEEN EVENTS
- YAM EVENTS
- WORKSHOPS
- “MY KIND OF TOWN”
- ARABIAN NIGHTS DINNER AND HAFLI
- ANTIOCHIAN LEGACY BANQUET AND GRAND HAFLI

Visit

WWW.AC2025CHICAGO.ORG

*“Then Mary said, “Behold the maidservant of the Lord! Let it be to me according to your word.” And the angel departed from her.”
Luke 1:38*

THE MIRACULOUS WEeping ICON
Cicero, IL



With the blessing of His Eminence Metropolitan Saba, for the first time, venerate the Miraculous Weeping Icon in the hotel Chapel all week.



SCAN ME

**Contact us
Host Parish**

Saint George Antiochian
Orthodox Church

1220 S. 60th Court
Cicero, IL 60804

(708) 656-2927
Info@AC2025Chicago.org
AC2025Chicago.org

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.

LIVING

Fr. Joseph Abud, friend of Fr. Nabil and Kh. Elaine, 3/4

Mirna Aboud, undergoing tests, 4/4

Ronald Samore, home, 4/2

Georgette Malouf, home, 4/2

Samira El-Shammas, hospital, 3/26

Dorothy Nicholas, undergoing tests, 3/14

Leroy Simon, hospital, 3/11

Gabriel Matta, home, 3/8

Rosario Elias, hospital, 2/24

Marta Chala, rehab., 2/22

Sandra Strain, Tiffany Mychaskiw's mother, 4/2

Mark Sauskojus, Maximus' father, 4/1

Hala Tadros, Rania Dahabreh's mother, 3/11

Elham Alloush, Arij Alchammas' mother, 3/11

Maryanne Haddad, cousin of Dale Nicola, 3/9

Lisa Granillo, niece of Nancy Malouf, 3/8

Colin Gantus, John and JoAnn's grandson, 3/3

Jeanette Dawn Reedy, mother of Dante Solano, 2/28

Atef Iskander, cousin of Lucy Hanna, 2/28

All those displaced by the fires in our area, frontline workers, community leaders and all who are providing aid

All those suffering from illness, violence and want in the Middle East, Ukraine and throughout the world

DEPARTED

Archbishop Anastasios, Primate of the Church of Albania, 3/8

Marriette Kassir, Jihad Kassir's mother, 3/26

Mona Abu Zeid Hajarian, Lina Kassir's mother, 3/8

Georgiann Jacobson, cousin of Kh. Elaine, 3/2

Victims of the fires in our area

Victims of the Middle East and Ukraine conflicts and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

February 2025

Sun. 23	Sunday of the Last Judgement/Meatfare Spanish Mission Liturgy , 7:45 am • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am • Church School • Lunch • Annual General Assembly
Mon. 24	Young Adult Bible Study , 7 pm
Tue. 25	Choir Dinner and Practice , 6:30 pm
Wed. 26	Bereavement Group online meeting, 7 pm
Fri. 28	Pizza and Movie Night , 6:30 pm

March 2025

Sat. 1	Great Vespers and Confessions , 6 pm
Sun. 2	Forgiveness Sunday/Cheesefare Spanish Mission Liturgy , 7:45 am • Fellowship and Bible Study in Spanish Matins , 9:15 am Divine Liturgy , 10:30 am • Church School • Coffee Hour Pre-Lent Ice-Cream Social , 5:30 pm Forgiveness Vespers , 6:30 pm
Mon. 3	Great Compline , 6:30 pm
Tue. 4	Funeral of Marriette Kassir , noon Great Compline , 6:30 pm
Wed. 5	Presanctified Divine Liturgy , 6:30 pm • Lenten Potluck Dinner • Spiritual Discussion

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