



## St. Nicholas Orthodox Cathedral

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

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TONE 3

MARCH 2, 2025

EOTHINON 3

### FORGIVENESS SUNDAY (“CHEESEFARE SUNDAY”)

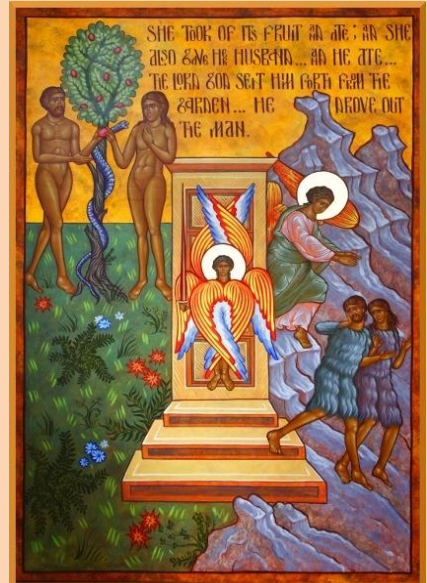
أحد الغفران (مرفع الجبن)  
تذكار الشهيد إيسخيوس

MARTYR HESYCHIOS THE SENATOR • THEODOTOS, BISHOP OF CYRENE IN CYPRUS  
VIRGIN-MARTYR EUTHALIA OF SICILY • ARSENIOS, BISHOP OF TVER

### Failure to Keep the Fast Cost Us the Loss of Paradise!

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendants (i.e., we) became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from sinful desires and urges and to nourish our souls with prayer and repentance, to participate in church services and partake of the life-giving Mysteries of Christ.



# LITURGY VARIATIONS

## 3<sup>RD</sup> ANTIPHON: TROPARION OF THE RESURRECTION (TONE 3)

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

لَتَفْرَحِ السَّمَاوِيَّاتُ وَتَبْتَهِجِ الْأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا  
بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَصَارَ بِكُرِّ الْأَمْوَاتِ، وَأُنْقَذَنَا  
مِنْ جَوْفِ الْجَحِيمِ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

### 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.

### 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.

### 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.

### 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.

**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.

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 3)

Let the heavens rejoice....

لِتَفْرَحِ السَّمَاوِيَّاتُ....

### 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، وَمُعَزِّباً مَنْ فِي الْأَحْزَانِ، وَأَبَا الْإِيمَانِ،  
وَصَدِيقَ الْفُقَرَاءِ. الرَّاعِي الصَّالِحَ الْمِفْتَاحَ الضَّالِّينَ، يَا زَفَائِلُ،  
يَا فَاخِرَ الْأَرْثُوذُكْسِيِّينَ. ابْنُ أَنْطَاكِيَا، وَفَاخِرَ أَمِيرِكَا ابْتِهَالاً إِلَى  
الْمَسِيحِ مِنْ أَجْلِ مُكْرَمِيكَ.

### 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 أَظْهَرْتَنِي أَفْعَالٍ الْحَقِّ لِرِعِيَّتِكَ قَانُوناً لِلْإِيمَانِ، وَصُورَةً  
لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَيْسُ الْكَهَنَةِ  
نِيقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمَسْكِنَةِ  
الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهٍ أَنْ يُجَلِّصَ 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، وَرَازِقُ الْفَهْمِ وَالْفِطْنَةِ، وَمُؤَدِّبُ  
الْجُهَالِ، وَعَاضِدُ الْمَسَاكِينِ، شَدِّدْ وَفَهِّمْ قَلْبِي أَيُّهَا السَّيِّدُ،  
وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الْأَبِ، لِأَنَّي هَاأَنْدَا لَا أَمْنَعُ شَفْعِي مِنْ  
الصُّرَاخِ إِلَيْكَ: يَا رَحِوْمُ، ارْحَمْنِي أَنَا الْوَاقِعُ.

## THE SCRIPTURE LESSONS

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

Sing praises to our God, sing praises.

Verse: Clap your hands, all you nations.

### From St. Paul's Epistle 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 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.

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

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

بروكيمنون (مزور ٤٦,٦ ، ١ سبع ؛ اللحن ٣)

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا.

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

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

يَا إِخْوَةَ، إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا. قَدْ تَنَاهَى اللَّيْلُ وَافْتَرَبَ النَّهَارُ، فَلْتَدَعِ عَنَّا أَعْمَالَ الظُّلْمَةِ وَتَلْبَسِ أَسْلِحَةَ النُّورِ. لِنَسْلُكَنَّ سُلُوكًا لَائِقًا كَمَا فِي النَّهَارِ، لَا بِالضُّصُوفِ وَالسُّكْرِ، وَلَا بِالْمُضَاجِعِ وَالعَهْرِ، وَلَا بِالْخِصَامِ وَالْحَسَدِ، بَلِ الْبَسُوا رَبَّ يَسُوعَ الْمَسِيحَ وَلَا تَهْتُمُوا بِأَجْسَادِكُمْ لِقِضَاءِ شَهَوَاتِهَا.

مَنْ كَانَ ضَعِيفًا فِي الْإِيمَانِ فَاتَّخِذُوهُ بَعِيرٍ مُبَاحَثَةٍ فِي الْآرَاءِ. مَنْ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ، أَمَّا الضَّعِيفُ فَيَأْكُلُ بَقُولًا. فَلَا يَزِدِرِ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدْرِي الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ، فَإِنَّ اللَّهَ قَدْ اتَّخَذَهُ. مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أجنبيًّا؟ إِنَّهُ لِمَوْلَاهُ يَتَّبِعُ أَوْ يَسْفُطُ. لَكِنَّهُ سَيَتَّبِعُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يُبَيِّنَهُ.

مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ  
(١٤, ٦-٢١؛ لأحد الغفران)

قَالَ الرَّبُّ: إِنَّ عَفْرَتُمْ لِلنَّاسِ زَلَّاتِهِمْ، يَعْغُفِرُ لَكُمْ أَبُوكُمْ السَّمَاوِيُّ أَيْضًا. وَإِنْ لَمْ تَعْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ، فَأَبُوكُمْ أَيْضًا لَا يَعْغُفِرُ لَكُمْ زَلَّاتِكُمْ.

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

وَمَتَى صُمْنُمْ، فَلَا تَكُونُوا مُعَيِّنِينَ كَالْمَرْءِ عَيْنٍ. فَإِنَّهُمْ يُنْكِرُونَ  
وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُمْ قَدْ  
أَخَذُوا أَجْرَهُمْ. أَنَا أَنْتَ إِذَا صُمْتَ، فَادْهَنْ رَأْسَكَ وَاغْسِلْ  
وَجْهَكَ لِقَلَّا تَظْهَرَ لِلنَّاسِ صَائِمًا، بَلْ لِأَبِيكَ الَّذِي فِي الْخَفِيَّةِ،  
وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ مُجَازِيكَ عِلَانِيَةً.

لَا تَكْتَبُوا لَكُمْ كُنُوزًا عَلَى الْأَرْضِ، حَيْثُ يُفْسِدُ السُّوسُ  
وَالْآكِلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ. لَكِنْ اكْتَبُوا لَكُمْ كُنُوزًا فِي  
السَّمَاءِ حَيْثُ لَا يُفْسِدُ سَوْسٌ، وَلَا آكِلَةٌ وَلَا يَنْقُبُ  
السَّارِقُونَ وَلَا يَسْرِقُونَ. لِأَنَّ هُنَاكَ تَكُونُ كُنُوزُكُمْ، هُنَاكَ تَكُونُ  
قُلُوبُكُمْ.

## HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
Richard and Joyce Ayoob and family	Fr. Joseph and Kh. Leslee Abud and family, the Ayoob and Sadd families	Laila Abud (Fr. Joseph's mother, 9 days 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

### RECOGNIZING OUR LADIES

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, President of our Ladies' Society, will give a message at the end of Liturgy.**

His Eminence  
The Most Reverend  
Metropolitan SABA



Archbishop of New York  
and Metropolitan of  
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE**  
OF NORTH AMERICA

Prot. no.: 022/2025

March 2025

Beloved Antiochian Women throughout our God-protected Archdiocese,

Greetings in the name of our Lord and Savior Jesus Christ as we prepare to enter the Great and Holy Fast. I pray you and your families are well.

Throughout the archdiocese, March is dedicated to all of you, our faithful Antiochian Women. While I did not initiate this custom, it is no coincidence in my opinion that the month we set aside for our Antiochian Women also always includes the Great Fast. The main components of the fast include fasting (obviously), prayer, and almsgiving. I can't think of anyone who embodies these three components of a sound spiritual life, that brings us closer to God, than all of you. Prayer brings us closer to God. Who prays more than a mother for her children and family? Fasting teaches us discipline and sacrifice. Who sacrifices more than a woman for her family, friends, and church? Almsgiving puts our faith into action in a concrete way and teaches us that everything comes from God. You all, through your charitable efforts, set a wonderful example of that each year with your annual charity project. This year is no exception.

In 2025, we continue to dedicate the Archdiocesan AW-NAB Project to the widowed khouriehs (clergy wives) of our archdiocese. We have set a goal of one million dollars and, so far, we have raised over \$400,000. We have set the funds raised to date through your efforts into a special restricted account and, once we reach our goal, we will have the ability to help those great examples who often get overlooked during the winter years of their lives. Not only do our clergy wives sacrifice for their own families, but also for the larger parish family. Whether directly by their own participation in the activities and life of the parish or, indirectly, by caring for their own families while their husbands minister to the larger parish family, theirs is a sacrifice above and beyond what most people experience. As this multi-year campaign - which touches the very heart of our archdiocese - continues, we urge every local Antiochian Women chapter to give their full attention and effort to this project.

Praying for a blessed and spiritually rewarding Fast, I remain,

Your Father in Christ,

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

+SABA

Archbishop of New York and Metropolitan of all North America



## CHURCH SCHOOL TODAY

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- We are continuing to work on projects for the Creative Arts Festival, whose **theme revolves around the Annunciation of the Holy Theotokos**: "Behold the maidservant of the Lord! Let it be to me according to your word" (Luke 1:38).
- **Junior High and High School** classes will have "Ask Abouna" sessions with Fr. Nabil and Fr. Andrew, respectively, after Liturgy dismissal.



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### Next Sunday: Children Bring Icons for Sunday of Orthodoxy

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At the end of Liturgy next Sunday, our children will join the clergy in the procession with the holy icons, as we celebrate the Triumph of Orthodoxy and the truth that God became man.

Our church school students should bring their icons from their rooms at home (though we will have some spares for those who forget).

## PLEASE JOIN US FOR FELLOWSHIP AFTER THE LITURGY

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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.

- Coffee hour is hosted today by Nina and Alberto Fayad



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### Upcoming Coffee Hour Schedule

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Mar. 9	John Nahas and family	Mar. 30	OPEN
Mar. 16	OPEN	Apr. 6	OPEN
Mar. 23	OPEN	Apr. 13	Palm Sunday bake sale

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

## VOTE FOR CATHEDRAL COUNCIL TODAY

Please get your ballot, vote, and drop it in the ballot box in the foyer of our Heritage Hall either today or next Sunday, March 9.

To vote, you must be an adult in good spiritual standing, who is also committed financially to St. Nicholas. (If you're not on the ballot list, but you believe you should be, please see Fr. Nabil, and we'll gladly fix it.)

### ENJOY YOUR LAST ICE CREAM BEFORE LENT

- **Date:** Sunday, March 2, Cheesefare Sunday
- **Time:** 5:30 PM, just before Forgiveness Vespers
- **Hosted by** Teen SOYO



### 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.



### 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،  
وَكَرِّسْ لِلرَّبِّ عُسْرَ 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](http://stnicholasla.org/contributions)





## **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 (if your health allows). *Then, we share a meal together. Some weeks, it will be a potluck; other weeks, Cathedral organizations or groups will host dinner. A short spiritual discussion will follow.*

- *March 5 Ladies' Society hosting*
- *March 12 Church School hosting*
- *March 19 Potluck*
- *March 26 Potluck*
- *April 2 Potluck*
- *April 9 Rose Samore, Georgette Malouf and Robin Nicholas hosting*

**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 join a pan-Orthodox celebration of the **Triumph of Orthodoxy**, 6:30 pm at St. Paul's Greek Orthodox Church (4949 Alton Parkway, Irvine). All four bishops of our area will be there, 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.



**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

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.

## RETREAT: MARCH 8 IN WHITTIER

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There is still time to send your RSVP for the Saturday, March 8, Lenten Retreat at St Michael Antiochian Orthodox Church in Whittier with The Rt. Rev. Bishop ANTHONY of the Diocese of Los Angeles and the West.

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](mailto: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.



### SACRED TIME & THE TIMES WE LIVE IN

#### LENTEN RETREAT

By Rt Rev Bishop Anthony (Michaels)  
Saturday March 8, 8:30 am to 3 pm  
Lunch Provided Donations Accepted  
Please RSVP to [StMichaelWhittier@gmail.com](mailto:StMichaelWhittier@gmail.com)  
Or Call (562) 692 - 6121

St Michael Orthodox Church  
3333 Workman Mill Rd  
Whittier CA 90601  
[StMichaelWhittier.org](http://StMichaelWhittier.org)



## WORSHIP: MEANING TO THE RHYTHMS OF OUR LIFE

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

**The March 10 session** will be in person (Cathedral conference room) following Great Compline.

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 Eucharist *continued*

Mar. 24: The Liturgy of Time

Mar. 31: Sharing the Light





**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](mailto:gette0324@yahoo.com) or via phone at: 818-391-6217**

**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.

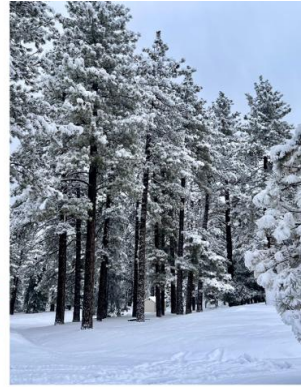
**SCHOLARSHIPS  
AVAILABLE**

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 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.

- 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.



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](mailto: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](http://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)







57<sup>th</sup> 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  
50<sup>TH</sup> ANNIVERSARY OF  
THE UNIFICATION OF  
NEW YORK AND TOLEDO  
and the  
120<sup>TH</sup> ANNIVERSARY OF  
THE WORD MAGAZINE

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

Visit

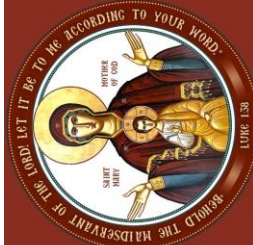
**WWW.AC2025CHICAGO.ORG**

*"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 Sabas for the first time, venerate the Miraculous Weeping Icon in the Holy Chapel all week.



## 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 (Hafi)

#### 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



## 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

**Caroline** Sayegh Kizwani, undergoing tests, 4/6

**Mirna** Aboud, undergoing tests, 4/4

**Marta** Chala, rehab., 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

**Jeanette** Dawn Reedy, mother of Dante Solano, 4/10

**Nasry** Iskander, Lucy Hanna's brother, 4/9

**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

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

**Fr. Wayne** Wilson, founding Pastor of St. Barnabas Church, Costa Mesa, 4/10

**Mariette** Kassir, Jihad's mother, 3/26

**Atef** Iskander, cousin of Lucy Hanna, 2/28

**Joan** Rechsteiner, aunt of Kh. Laurie Olson, 4/5

**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

March 2025

	<p><b>Forgiveness Sunday/Cheesefare</b></p> <p><b>Spanish Mission Liturgy</b>, 7:45 am</p> <ul style="list-style-type: none"> <li>• Fellowship and Bible Study in Spanish</li> </ul> <p><b>Matins</b>, 9:15 am</p> <p><b>Divine Liturgy</b>, 10:30 am</p> <ul style="list-style-type: none"> <li>• Church School ("Ask Abouna" for Jr. High and High School)</li> <li>• Coffee Hour</li> </ul> <p><b>Pre-Lent Ice-Cream Social</b>, 5:30 pm</p> <p><b>Forgiveness Vespers</b>, 6:30 pm</p>
<b>Sun. 2</b>	
<b>Mon. 3</b>	<b>Great Compline</b> , 6:30 pm
<b>Tue. 4</b>	<b>Funeral of Mariette Kassir</b> , noon <b>Great Compline</b> , 6:30 pm
<b>Wed. 5</b>	<b>Presanctified Divine Liturgy</b> , 6:30 pm
	<ul style="list-style-type: none"> <li>• Lenten Dinner</li> <li>• Spiritual Discussion</li> </ul>
<b>Thu. 6</b>	<b>Great Compline</b> , 6:30 pm
<b>Fri. 7</b>	<b>Little Compline/Akathist</b> , 6:30 pm
<b>Sat. 8</b>	<p><b>St. Theodore and the Miracle of the Koliva (Boiled Wheat)</b></p> <p><b>Divine Liturgy</b> 7 am</p> <p><b>FOCUS</b> food and clothing distribution, 9 am</p> <p><b>Great Vespers</b> and Confessions, 6 pm</p>
<b>Sun. 9</b>	<p><b>Sunday of Orthodoxy</b></p> <p><b>Spanish Mission Liturgy</b>, 7:45 am</p> <ul style="list-style-type: none"> <li>• Fellowship and Bible Study in Spanish</li> </ul> <p><b>Matins</b>, 9:15 am</p> <p><b>Divine Liturgy</b>, 10:30 am</p> <ul style="list-style-type: none"> <li>• Church School</li> <li>• Coffee Hour</li> </ul> <p><b>Pan-Orthodox Vespers</b>, 6:30 pm at St. Paul Church (4949 Alton Pky., Irvine)</p>

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