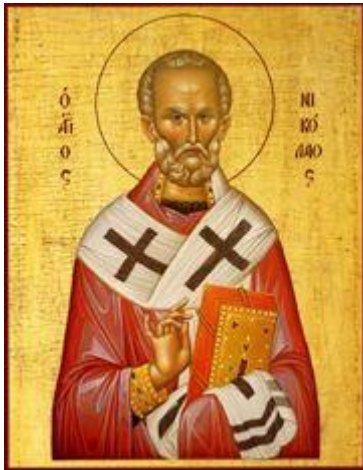


St Nicholas Orthodox Cathedral of Los Angeles  
Antiochian Orthodox Christian Archdiocese of North America



This morning, at the monthly Liturgy in Arabic, we observe the Feast of St. Barbara the Great Martyr of Heliopolis (Baalbek) and the Venerable John of Damascus. (Their feast is December 4, but we are taking the opportunity to observe it today.)

نقل تذكّار الشهيدة برباره والبار يوحنا الدمشقي  
السبت، 5 ديسمبر / كانون الاول  
القدّاس الإلهي بالعربي، ١٠:٣٠ صباحاً



Then **Sunday morning, December 6**, we celebrate the Feast of St. Nicholas the Wonderworker, the Patron of our Cathedral. We are trying to make this day as festive and special as possible under the present circumstances.






First we will bring the entire Cathedral family together “under one tent,” including our Spanish mission community at

the usual time: Matins, 9:15 am  
Divine Liturgy and Artoklasia 10:30 am

*There’s even a rumor, that Sayidna, the Archbishop of Myra, will be popping in for a visit!*



## Upcoming Schedule and Links

Date	Time	Event or Service (click link for service text)	How to Participate
<b>Saturday, Dec. 5</b>	10:30 am	 <a href="#">Divine Liturgy in Arabic</a> – القداس الإلهي بالعربية	In person outdoors AND <a href="#">livestream</a>
	6:00 pm	 <a href="#">Great Vespers</a>	<a href="#">Livestream</a> only (church closed)
<b>Sunday, Dec. 6</b> <i>Feast of St. Nicholas, Patron of the Cathedral</i>	9:15 am	 <a href="#">Matins</a>	In person outdoors AND <a href="#">livestream</a>
	10:30 am	 <a href="#">Divine Liturgy</a> (combined with Spanish service)	In person outdoors AND <a href="#">livestream</a>
<b>Tuesday, Dec. 8</b>	7:00 pm	Ladies of St. Nicholas Zoom Meeting	Will be sent before meeting
<b>Thursday, Dec. 10</b>	6:30 pm	Choir Zoom Meeting	Will be sent before meeting
<b>Friday, Dec 11</b>	6:30 pm	Charity Food Bag Assembly	
	7:00 pm	Church School Classes	Will be sent next week
	7:00 pm	Arabic Bible Study درس الكتاب بالعربي	Sign up with Dn. Eliya at <a href="mailto:Louia@hotmail.com">Louia@hotmail.com</a>
<b>Saturday, Dec. 12</b>	6:00 am	Charity Food Bag Distribution for Christmas	
	6:00 pm	 <a href="#">Great Vespers</a>	<a href="#">Livestream</a> only (church closed)
<b>Sunday, Dec. 13</b>	7:45 am	Divine Liturgy in Spanish	In person outdoors AND <a href="#">livestream</a>
	9:15 am	Matins	In person outdoors AND <a href="#">livestream</a>
	10:30 am	Divine Liturgy	In person outdoors AND <a href="#">livestream</a>

Please note that you do NOT need to have a Facebook account to join our services via livestreaming. Also, if you cannot join the services live, it remains on the Facebook site, so you can participate when your schedule allows.

## Holy Oblations and Prayer Requests

- By Fr. Nabil and the entire Cathedral community, for the good health of Fr. Andrew and Kh. Ruth Andrews, on the 1<sup>st</sup> Anniversary of ordination to the Holy Priesthood, for their son

Nicholas and the good health of all those living and departed who bear the name Nicholas, and for the repose of Kh. Ruth Meena.

- By Dn. Eliya, Lena, Meray, Bashar and Meena Ammari, artoklasia for the Feast of St. Nicholas, for the health of the Ammari, Esoh and Abu Atta families, and in memory of Sietan, Mona, Anwar, Mary and Rimom.
- By Salwa Ayoub, for the health of all her family and friends.
- Happy Birthday to our blessed ladies Elen Saleh and Roula Saleh, wishing them the best of health and happiness, may the Lord grant them many healthy years.
- In loving memory of Beulah Farha (7 years departed). May God rest her soul and grant her eternal peace. We love and miss you always. Offered by: MaryKay, Ron, Marissa, Justin and Spencer Nichols.
- It is with heavy hearts that we announce the passing of Alice Naccache. She will be remembered during liturgy on Sunday, December 6, 2020, as requested by her brother, Antoine Naccache and his family. Due to the coronavirus pandemic, the family will not be accepting condolences at this time. Please keep the Naccache family in your prayers. May her memory be eternal.
- For the Ivkovic Family: Kerry, Bojan Ana, Ian.
- By Ehab Dahabreh and family and Mariam Beshara.
- By Sulty Yagoub Al Rabadi and family and Nouri Iskandar Al Rabadi and family, for the repose of Sultan Yagoub Al Rabadi (40-day memorial served Saturday, Dec. 5), and in memory of Yakoub, Fatheyh, Naglah, Elias, Josephine, Ayman, Osama and Danny El Rabadi.

## 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, until the date indicated after the name, and may be renewed upon request.)*

## Living

Bernadette Elac Krank 1/12

Soad Shammaa, hospital, 1/9

James, Roberta, Jamie and Marie Sadd, home, 1/1

Gonzalo and Griselda Arriaga, home, 12/31

Jason Perkins, home, 12/28

Lila Awad, home, 12/28

Renee Crawford, home, 12/24

Fred Wehba, hospital, 12/24

Henry Roum, home, 12/23

Abdo Hanna, home, 12/18

-

Conner Capata grandson of Julian Jr. and Shirley, home, 12/30

Ralph Parker, brother-in-law of Adrienne Andrews, 12/27

Fr. Nicholas and Kh. Malvi Neyman, daughter Kh. Joanna Townsend, son Richard Neyman, grandchildren Dimitry Youssef and Genevieve Townsend, 12/22

Fr. Joseph Abud, friend of Fr. Nabil, 12/7

Pilar and Patricia, Alex Cajeme's sisters, 12/10

Physicians, nurses and all the healthcare professionals on the front lines of the pandemic

All those suffering from illness, violence and want in this country and throughout the world

## Departed

Olga Elias, 1/4

-

Kh. Ruth Meena, 1/10

Alice Naccache, sister of Antoine Naccache, 1.9

Patriarch Irinej of Serbia, 12/30

Fr. Hanna Sakkab, 12/19

Metropolitan Maximos, retired GOA Bishop of Pittsburgh, 12/12

Victims of the pandemic and of violence everywhere

*To offer Holy Oblations and Memorials and for any announcements to be included in the bulletin, please email [Cathedral@stnicholasla.com](mailto:Cathedral@stnicholasla.com) or contact the Cathedral office at (213) 382-6269 by **Wednesday noon**.*

### Memory Eternal! + Kh. Ruth S. (Farris) Meena

Kh. Ruth Meena served the St. Nicholas community (even before it was a Cathedral) with her husband, Fr. James C. Meena of blessed repose, from 1951-61. She was laid to rest today in Ohio, after a short battle with CoViD-19. You can read more [on the Antiochian Orthodox Archdiocese website](#).



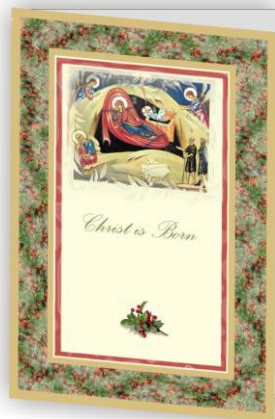
## ST. NICHOLAS CATHEDRAL COMMUNITY OUTREACH

***“For I was hungry, and you gave me food...”  
(Matthew 25.35)***

As we approach the Holiday Season ahead, we must be mindful of those in our Community who are struggling once again this year to try and make the Holidays meaningful for their family. And, of course, their plight this year has become more complicated by the coronavirus.

### Community Christmas Card – **Deadline Sunday, December 6**

We are starting a beautiful, new tradition. Our Christmas card will serve two purposes:



**First, this is our greeting to each other** as part of our Christmas Celebration and to convey to others that they are close to our hearts and in our thoughts and prayers. When you contribute to the Christmas card, your name will appear on it, and it is mailed to all our parishioners.

**Second, through your generosity, it will generate funds for our Charity Ministry.** In an effort to assist those in need, the Cathedral will be distributing Food Bags to those in our community on Saturday, December 12, 2020. Each Food Bag will consist of 10-12 canned/package items, a 5-dozen pack of Tortillas and a \$15.00 grocery store gift card (which the needy can use for meat, milk and fresh produce for their Christmas dinners).

**Make this Christmas card *your* holiday greeting to your friends at St. Nicholas. We'll take care of mailing it out to all our members and friends.**

We respectfully ask you to donate to the Christmas card. Please complete the Christmas card form, with your donation, and either drop it in the offering box, or mail it to the Cathedral, ***no later than December 6. There is no set amount, but please be generous.*** You can now also submit your Christmas card participation online at [www.stnicholasla.org](http://www.stnicholasla.org) or just call the Cathedral office.

	<b>St. Nicholas Antiochian Orthodox Cathedral</b> 2300 W. 3rd Street Los Angeles, CA 90075	<b>Community Christmas Card</b> Make this Christmas Card your holiday greeting to your friends at St. Nicholas.	
<p><b>Your contribution will help needy families this holiday season.</b> <b><i>May God bless you richly in return.</i></b></p>			
<p>_____</p> <p>Print your name(s) as they should appear on the card.</p>			
<p>Enclosed donation amount (circle one):    \$25    \$50    \$100    other: \$ _____</p>			
<p>Given by _____</p>			
<p>Address _____</p>		<p>Phone _____</p>	
<p>City _____ State _____ Zip _____</p>		<p>Email _____</p>	
<p><i>Place in envelope, and put in collection tray, or mail to the church office by the first Sunday in December.</i> <i>Please make checks payable to St. Nicholas Cathedral.</i></p>			

*We enclosed return envelopes in the recent mailing that included the charity/Christmas Card subscription forms. Unfortunately, a couple of digits were transposed in the zip code for the church address. Please be sure to fix the zip code on the return envelopes before mailing to:*

**St. Nicholas Cathedral**  
**2300 W. Third Street**  
**Los Angeles, CA 90057**

## **Stocking the Food Bags for the Needy - *Deadline Sunday, December 6***

We are asking our entire Cathedral community to participate in this event. We will be accepting both cash (through the Christmas Card) and food donations. The cost of each Food Bag is approximately \$35.00. As a guideline, we suggest that each family or individual parishioner donate the cost of at least two Food Bags. If you can make a larger donation, it would be appreciated.



For those of you who would prefer to purchase food items directly, and as part of our participation with the entire Archdiocese in **World Food Day**, a list of what to purchase is provided below.

*This is a great way to involve our children and is a really good, tangible way to teach them about being compassionate to the needy.*

*Please bring only these items, and ensure that the expiration dates are in 2021 or after. You can place your items in the large cardboard food box as you come in for services.*

#### FOOD BAG LIST

- 1 - 15 Oz. Can Corn
- 2 - 15 Oz. Can Rosarita Refried Beans
- 1 - 15 Oz. Can Chili Con Carne W/Beans
- 1 - 15 Oz. Can Black Beans
- 1 - Large Can Sliced Jalapenos
- 2 - Packages Kraft Macaroni & Cheese
- 1 - 10 Oz. Bottle Tapatio Hot Sauce
- 1 - 15 Oz. Can Cranberry Sauce
- 1 - 2 Lb. Bag of Rice
- 1 - 16 Oz. Jar Peanut Butter

**No Additions or Substitutions please. This will allow uniformity in each Food Bag.**

*Tortillas and gift cards will be purchased by the Outreach Committee and added to the Food Bags.*

Please contact Ed Malouf for any questions at (310) 923-4347.

Your support of our Outreach program will go a long way to benefit the less fortunate in our surrounding community.



## درس الكتاب بالعربي - الامثال – Arabic Bible Study on the Parables

### Every Friday at 7PM

Classes will be led by Dn. Eliya Ammari

Contact him at (818) 433 5523 or [Louia@hotmail.com](mailto:Louia@hotmail.com) to sign up.

He will then send you an invitation for a Zoom meeting one day before the discussions.

Date	Topic of Discussion	Bible Readings
12/4/2020	مثل القاضي الظالم	(8 - لو ١٨ : ١)
12/11/2020	مثل المديونين	لو (٧ : ٤١ - ٤٣)
12/18/2020	مثل الكرمة والأغصان	(11-15 : يو)

1/8/2020	مثل الغني الغني	لو ١٢ (٢١ - ١٦)
1/15/2021	مثل العبد القاسي	مت (١٨ : ٢٣ - ٣٥)
1/22/2021	مثل السامري الصالح	لو ( ١٠ : ٢٥ - ٣٧)
1/29/2021	مثل الوزنات المختلفة	مت (٢٥ : ١٤ - ٣٠)
2/5/2021	مثل الغني ولعازر	لو (١٦ : ١٩ - ٣١)

## Do You Need Books or Icons?

See Diane Brooks or Isabel Elac for anything from the Cathedral bookstore. While we can't have you go into the bookstore to peruse the stock at this time, they will be happy to bring out to you what you would like.

## Good News: Let's Make the Best of This Opportunity

The St. Nicholas Heating Ventilation and Air Conditioning (HVAC) Committee is pushing forward with the plan to install the new air conditioning system in the Cathedral. The members of the committee wish to express their gratitude for everyone's patience with the process. They are also grateful for the generosity of those who have already donated to make the new air conditioner a reality.

**An anonymous donor has stepped forward and has committed to donating \$25,000 in a matching fund campaign** to raise the amount of funding still needed to pay for the new system. The HVAC committee urges all the faithful of the Cathedral who have not yet contributed to meet this challenge with your own generous donations. Your commitment is very necessary to making the new air conditioning system for the Cathedral become a reality. How wonderful it would be to walk into a blessedly cool Cathedral in the near future!

*Matching Fund Challenge Expires Dec. 31, 2020!*

Please earmark donations "AC" on your check, or use the "AC Challenge" link on the online donations page on the Cathedral website [stnicholasla.org](http://stnicholasla.org). Please deposit



donation in the offering box, or mail them to St. Nicholas Cathedral, 2300 W. 3rd St., Los Angeles, CA 90057.

Contact Ron Samore with any questions at 818-378-2055 or [ronsamore18@gmail.com](mailto:ronsamore18@gmail.com).

## Summary of Procedures

**“Fear not, little flock, for it is your Father's good pleasure to give you the kingdom!” (Luke 12:32)**

«لَا تَخَفْ أَيُّهَا الْقَطِيعُ الصَّغِيرُ لِأَنَّ أَبَاكُمْ قَدْ سَرَّ أَنْ يُعْطِيَكُمْ الْمَلَكُوتَ.»

*As we take the coronavirus pandemic seriously, with faith and love, please note the following procedures:*

### 1. Parking

As our parking lot is small, it is reserved for elderly and families with newborns in strollers. Everyone else should park at the photo lot. It is essential that all able-bodied worshippers show courtesy to the elderly and those with little children.



### 2. Social Distancing and Masks

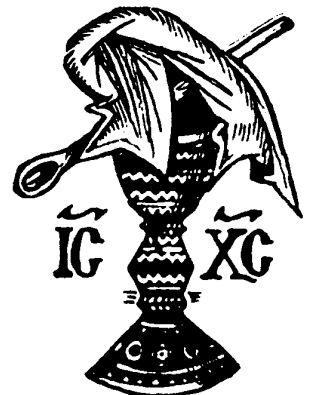
Please remember to maintain sufficient distance between your household and others. Your family may all sit together, if you live in the same house, but please keep six feet distance between yourself and members of other households.

Remember too that **masks are required**. Be sure to wear them in a way that covers your nose and mouth fully. Not wearing masks or wearing them incorrectly makes other people feel uncomfortable and unsafe. Let us practice this important courtesy to others who may have health issues and for everyone's comfort and peace of mind.

### 3. Communion

Holy Communion is the “medicine of immortality,” given “for the remission of sins, for healing of soul and body and for life everlasting.”

It has long been the practice throughout our Archdiocese—more out of respect for Communion, *rather* than *unthinkable* concern for germs—for the faithful to approach the Chalice with their mouths wide open and their heads tilted back. *Remember that you have to do both – a mouth that's open wide but tilted downward doesn't help!* This will allow the priest or deacon to insert the spoon, turn it over in your mouth and pull it out *without* touching your tongue or lips.





#### 4. Venerating Icons

Venerate icons or the gospel book or the cross with just a 'gesture,' but **do not actually touch the item with your lips or hand**. While the Greek word in the Bible for veneration literally means to "approach and kiss," for now, approach *as if* to kiss, but then back away. The same goes for the priest's hand.



#### 5. Antidoron (Blessed Bread)

For receiving the antidoron (blessed bread) after Holy Communion and at the dismissal, the Archdiocese has directed us to implement the more ancient practice. That is, *instead* of everyone reaching into the bowl with their own hands, **cup your hands together, and the priest (at dismissal) or an assistant (after Communion) will drop a piece of the blessed bread in them**. The priest and assistants will have washed their hands thoroughly and will be wearing gloves, so please do not touch or kiss their hands. While it is traditional to kiss the priest's hand when receiving a blessing, for the time being, please just make a 'gesture' of veneration for the priest's hand (as described above).

#### 6. Who Should NOT Come to Church

Of course, those who are elderly, who have asthma, diabetes or other conditions that compromise their immune systems are still advised NOT to come to church at this time. Thus, **Fr. Nabil will be very happy to bring you the Sacraments to your homes or to have you come to the Cathedral privately, by appointment**. Please call him directly at (213) 915-6269 to schedule.

#### 7. Confessions

For confession, to minimize risk, please set up a time for us to talk by phone or Zoom. Then you can come for absolution before one of the Liturgies and partake of Communion at that Liturgy, or we can arrange a private appointment.

#### See's Candy

Please remember to order and purchase your holiday See's Candy from Diane Brooks. A one pound box of chocolates now costs \$23.50 and a two pound box now costs \$45.00. Diane also has a few See's Candy Gift Cards left that you can purchase for the old price. That way, you can give a gift at any time during the holidays!

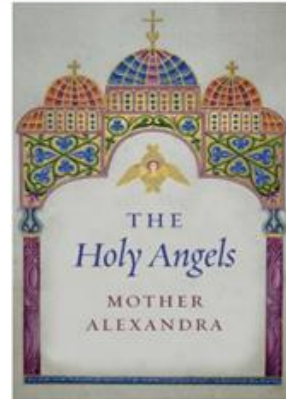


Contact Diane at 562-693-7927; or email her at [rockinwomom@gmail.com](mailto:rockinwomom@gmail.com).

## St. Nicholas Antiochian Women Book Club

Our Chaplain, Lauren Malouf, is organizing a book club for us! Our first book is one recommended by the Antiochian Women of the Archdiocese. More information about meetings to discuss the book will follow.

Join St. Nicholas Cathedral's  
Antiochian Women's  
**Book Club!**



Learn more about our faith and enjoy time  
with your sister's in Christ!

Order at: <https://store.ancientfaith.com/the-holy-angels/>

## **Advent Fast and the Kingdom of God**

For all details, contact Lauren Malouf  
(818) 687 -0406  
[lmalouf@hchc.edu](mailto:lmalouf@hchc.edu)

As we focus on our daily lives we see that we neglect this great and precious gift of eternal life, as if our resurrection after death will not take place. This is because of our weak faith and carelessness to live the life the Lord calls us to live when He says: "Seek ye first the Kingdom of God and his righteousness, and all these things shall be added to you." ( Mat 6:33). But, sadly, we forget this, and we get caught up with the worries of our daily lives thus end up by falling. And through our negligence we forget all about God's Commandments, thus we sin and fail to achieve God's demands. This is how our lives become dark, silly and meaningless. But, whenever we understand this, then we shall realize the need to fast before the feast, because the church in all it's services, and in it's annual cycles she reminds us of our heavenly citizenship.

It is important to remember that the great Prophet Moses fasted forty days before he received the Word of God written by God. So the Church managed for us to fast forty days to prepare us to receive the WORD of GOD incarnate, that is to say, born of the Virgin Mary in His earthly journey to achieve our salvation upon the Cross.

The church's purpose is to open our eyes to see Eternal Life that we shall have through JESUS' BIRTH.

What is Fasting? It is a sample of a purified righteous and godly life, that we have to always live by means of fasting against SIN, through Repentance and Confession, Prayers, Holy Scriptures reading, and serving the little brethren of Christ, giving alms and good deeds.

Watch and pray so when the groom comes in His second Coming you may be worthy to receive the newness of life and to live the kingdom of God here on earth. Do not neglect the fast, but be ready and happy for such a journey will definitely lead you to joyful ending.

The Gospel sets before our eyes challenges that we can't attain with our weak human nature if it wasn't for the grace that God bestows on us. Even the Apostles faced with those challenges, we heard them saying "who can be saved?", in reality it's difficult for any man to reject a type of life that is very busy, full of desires for financial growth, full of desires for lust, and in this world that we live in with all the media in it, encourages us to participate and enjoy every thing that is in the world. BUT how would it profit a man if he gains the whole world and loses his soul?

Our Lord who loves us says strive to enter into the narrow gate, struggle, carry your cross, and happiness will be at the end of the road. Without Christ's grace how can we make such a difficult decision? Here comes the Church to teach us how to fast.

*BY ELEN SALEH*

St. Nicholas Antiochian Orthodox Christian Cathedral  
2300 W. Third Street  
Los Angeles, CA 90057  
(213) 382-6269 *office*  
[www.stnicholasla.com](http://www.stnicholasla.com)

#### ATTACHED CLERGY CONTACTS

V. Rev. Father Nabil L. Hanna, *Dean*  
(213) 915-6269 *or* (317) 919-0841 *mobile*  
[frnabilh@stnicholasla.com](mailto:frnabilh@stnicholasla.com)

V. Rev. Father Paul Marji, *Attached*  
661-755-5363 *mobile*  
[fathershahermj@yahoo.com](mailto:fathershahermj@yahoo.com)

Rev. Father Paul Olson, *Assistant Pastor*  
714-651-6151 *mobile*  
[rev.paul.olson@gmail.com](mailto:rev.paul.olson@gmail.com)

Rev. Father Andrew Andrews, *Assistant Pastor*  
(925) 323-6787 *mobile*  
[frandrewa@stnicholasla.com](mailto:frandrewa@stnicholasla.com)

Rev. Archdeacon George Shishim  
(818) 891-6211  
[gshishim@verizon.net](mailto:gshishim@verizon.net)

Rev. Deacon Eliya Ammari  
(818) 433-5523  
[louia@hotmail.com](mailto:louia@hotmail.com)

## New Cathedral Website Is Now Live

Thanks to the good work of Fr. Andrew Andrews, Patrick Haddad and others of our Social Media Ministries team, we have a beautiful, new website that we will be able to maintain and enhance over time.

Check it out at [www.stnicholasla.org](http://www.stnicholasla.org), and check back often to see new content, as it gets added.

Follow St. Nicholas Cathedral on Social Media



<https://www.facebook.com/StNicholasCathedralLosAngeles>



<https://www.instagram.com/SaintNicholasCathedral/>

