



St. Nicholas Antiochian Orthodox Christian Cathedral

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

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TONE 5

JULY 24, 2022

EOTHINON 6

SIXTH SUNDAY AFTER PENTECOST

الأحد السادس بعد العنصرة والقديسة العظيمة في الشهداء كريستينا

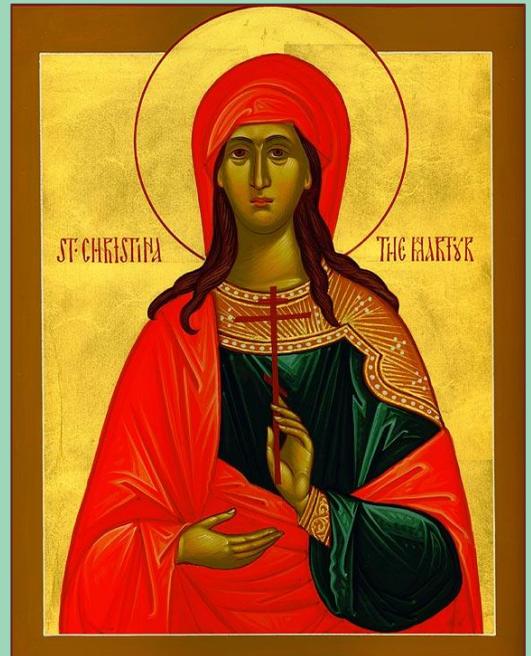
GREAT-MARTYR CHRISTINA OF TYRE

NEW-MARTYRS ATHANASIOS OF IKIA AND THEOPHILOS OF ZAKYNTHOS
ATHENAGORAS THE CONFESSOR • PASSION-BEARERS BORIS AND GLEB

The Martyr Christina lived during the third century. She was born into a rich family, and her father was governor of Tyre (today known as Sour, in Lebanon). She was beautiful, and many wanted to marry her. Christina's father, however, envisioned that his daughter should become a pagan priestess. To this end he placed her in a special room, where he had set up many gold and silver idols, and he commanded his daughter to burn incense before them.

From her room she was delighted by the stars of the heavens, and she constantly came back to the thought about the Creator of all the world. She was convinced that the voiceless and inanimate idols in her room could not create anything, since they themselves were created by human hands. She began to pray to the One God with tears, entreating Him to reveal Himself. Her soul blazed with love for the Unknown God, and she intensified her prayer all the more, and combined it with fasting.

Continued on inside back cover.



LITURGY VARIATIONS

3RD ANTIPHON (TROPARION OF THE RESURRECTION, TONE 5)

Let us believers praise and worship the Word, coëternal with the Father and the Spirit, born of the Virgin for our salvation, for He took pleasure in ascending the Cross in the flesh to suffer death and to raise the dead by His glorious Resurrection.

لِنَسْبِّحْ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدُ لِلْكَلِمَةِ، الْمَسَاوِي لِأَبٍ وَالرُّوحِ
فِي الْأَزَلِيَّةِ وَعَدَمِ الْإِبْتِدَاءِ، الْمَوْلُودِ مِنَ الْعَدْرَاءِ لِخَلَاصِنَا، لِأَنَّهُ
سُرٌّ أَنْ يَعْطُو بِالْجَسَدِ عَلَى الصَّلِيبِ، وَيَخْتِمِلَ الْمَوْتَ، وَيُنْهَضُ
الْمَوْتَى بِقِيَامَتِهِ الْمَجِيدَةِ.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of The Resurrection (Tone 5)

Let us believers praise and worship....

لِنَسْبِّحْ نَحْنُ الْمُؤْمِنِينَ....

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 Feast Days and Other Weekday Services Scheduled

Please turn cell phones off!



Order for Holy Communion

Members of the Orthodox Church age seven and above must prepare for Holy Communion with a recent confession, prayer, fasting from all food and drink from midnight (unless a medical condition preclude it), being in church *before* the Epistle and Gospel readings, and being at peace with everyone.

As there are **NO CHURCH SCHOOL** classes today, children should sit with their parents and come to Communion with them. An usher will dismiss your row from the center aisle. Then return to your place by a side aisle for the prayers of thanksgiving and the final blessing and dismissal. Please let choir members pass when they come down for Communion.

A Warm Welcome to Our Guests

We are glad you are worshipping with us. Please note that participation in **Holy Communion is limited to members of the Orthodox Church** in good standing, who have prepared with prayer, fasting and a recent confession.

For all others: though we cannot share Communion with you—since it is an expression of membership and full unity in faith—you are welcome to come forward after the dismissal, receive a blessing and partake of the blessed bread (from the large bowls). Please also sign our guest book and introduce yourself to Fr. Nabil or Fr. Andrew during coffee hour. You may inquire with them how you can become a member.

Troparion for St. Christina (Tone 4)

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer for Thy sake, that I may reign with Thee; for Thy sake I die, that I may live in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord, save our souls through her intercessions, since Thou art great in mercy.

نَعَجْتُكَ يَا يَسُوعَ تَصْرُحُ نَحْوَكُ بِصَوْتٍ عَظِيمٍ: يَا حَتَنِي إِنِّي أَشْتَاقُ إِلَيْكَ وَأَجَاهِدُ طَالِبَةً إِيَّاكَ وَأُصَلِّبُ وَأُدْفَنُ مَعَكَ بِمَعْمُودِيَّتِكَ، وَأَتَأَلَّمُ لِأَجْلِكَ حَتَّى أَمْلُكَ مَعَكَ وَأَمُوتُ عِنْدَكَ لَكِنِّي أَحِبُّكَ يَا رَبُّ. لَكِن كَذَبِيحَةٍ بِلَا عَيْبٍ تَقْبَلُ الَّتِي بِشَوْقٍ قَدْ دُجِّحْتُ لَكَ. فَبِشَفَاعَاتِهَا، بِمَا أَنْتَ رَحِيمٌ، خَلِّصْ نَفُوسَنَا.

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 أَعْمَالِ الْحَقِّ لِرَعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَتِيسُ الْكَهَنَةِ نَبَقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمِسْكِنَةِ الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Theotokos (Tone 2)

O undisputed Intercessor of Christians, the Mediatrix unrejected by the Creator, turn not away from the voice of our petitions, although we be sinners; come to us with aid in time, who cry unto Thee in faith, for thou art good. Hasten to us with intercessions, O Theotokos, who dost ever intercede for those who honor thee.

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمُرْدُودَةِ، لَا تُعْرِضِي عَنَّا عَنْ أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنْتَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بَادِرِي إِلَى الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلْبَةِ، يَا وَالِدَةَ الْإِلَهِ، الْمَشْفُوعَةَ دَائِمًا بِمَكْرَمِيكَ.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 11.7, 1 LXX; Tone 5)

You, O Lord, shall keep us and preserve us.
Verse: Save me, O Lord, for the godly man has failed.

بروكيمنون (مزمور ١١، ٧، ١؛ اللحن الخامس)

أَنْتَ يَا رَبُّ تَحْفَظُنَا وَتَسْتَنْزِلُنَا مِنْ هَذَا الْجِيلِ.
فِي: خَلِّصْنِي يَا رَبُّ، فَإِنَّ الْبَارَّ قَدْ فَنِيَ.

**From St. Paul's Letter to the Romans
(12.6-14; 6th Sunday after Pentecost)**

Brethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness.

Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality.

Bless those who persecute you; bless, and do not curse them.

**Holy Gospel according to St. Matthew
(9.1-8; 6th Sunday of Matthew)**

AT THAT TIME, Jesus got into a boat, crossed over and came to His own city. And behold, they brought to Him a paralytic, lying on his bed; and when Jesus saw their faith He said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—He then said to the paralytic—"Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they

**فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ رومية
(١٢،٦-١٤؛ للأحد السادس)**

يا إخوة، إذ لنا مواهبٌ مُتخِلِّفَةٌ باختِلافِ التَّعْمَةِ المَعْطَاةِ لَنَا، فَمَنْ وَهَبَ النُّبُوَّةَ فَلْيَتَنَبَّأْ وَفَقًّا لِلإِيمَانِ، وَمَنْ وَهَبَ الخِدْمَةَ فَلْيُلَازِمِ الخِدْمَةَ، والمُعَلِّمِ التَّعْلِيمَ، والوَاعِظِ الوَعْظَ، والمَتَصَدِّقِ البَسَاطَةَ، والمَدْبِرِ الاجْتِهَادَ، والزَّاحِمِ البَشَاشَةَ.

وَلْتَكُنِ المِحَبَّةُ بِلا رِيَاءٍ. كونوا مَاقِنِينَ لِلسَّرِّ وَمُلْتَصِقِينَ بِالخَيْرِ. مُحِبِّينَ بَعْضُكُمْ بَعْضًا حُبًّا أَحْوَبًا، مُبَادِرِينَ بَعْضُكُمْ بَعْضًا بِالإِكْرَامِ، غَيْرِ مُتَكَاسِلِينَ فِي الاجْتِهَادِ، حَازِينَ بِالرَّوْحِ، عَابِدِينَ لِلرَّبِّ، فَرِحِينَ فِي الرَّجَاءِ، صَابِرِينَ فِي الضِّيقِ، مُوَظِّبِينَ عَلَى الصَّلَاةِ، مُؤَاسِرِينَ الْقَدِيسِينَ فِي احتِياجَاتِهِمْ، عَاكِفِينَ عَلَى ضِيافَةِ العُرَبَاءِ.

باركوا الذين يَضطَّهدونَكُمْ، باركوا، ولا تلعنوا.

**مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الإِنْجِيلِيِّ البَشِيرِ والتَلْمِيذِ الطَّاهِرِ
(٩،١-٨؛ للأحد السادس من متى)**

فِي ذَلِكَ الزَّمَانِ، دَخَلَ يَسُوعُ السَّفِينَةَ وَاجْتَاَزَ وَجَاءَ إِلَى مَدِينَتِهِ. فِإِذَا بِمُخَلِّعٍ مُلْتَمِي عَلَى سَرِيرِ قَدَمُوهُ إِلَيْهِ. فَلَمَّا رَأَى يَسُوعُ إِيْمَانَهُمْ، قَالَ لِلْمُخَلِّعِ: "تَق يَا بُنَيَّ، مَغْفُورَةٌ لَكَ خَطَايَاكَ." فَقَالَ قَوْمٌ مِنْ الكَتَّابَةِ فِي أَنْفُسِهِمْ "هَذَا يُجَدِّفُ." فَعَلِمَ يَسُوعُ أَفْكَارَهُمْ، فَقَالَ: "إِذَا مَا تُفَكِّرُونَ بِالسَّرِّ فِي قُلُوبِكُمْ؟ مَا الأَبْسَرُ أَنْ يُقَالَ، مَغْفُورَةٌ لَكَ خَطَايَاكَ، أَمْ أَنْ يُقَالَ قُمْ فَامْشِ؟ وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ البَشَرِ لَهُ سُلْطَانٌ عَلَى الأَرْضِ أَنْ يَغْفِرَ الخَطَايَا. حِينَئِذٍ قَالَ لِلْمُخَلِّعِ "قُمْ، ائْمَلْ

marveled, and they glorified God, Who had given such authority to men.

سَرِيرَكَ وَأَذْهَبَ إِلَى بَيْتِكَ. " فِقَامَ وَمَضَى إِلَى بَيْتِهِ. فَلَمَّا نَظَرَ
الْجُمُوعُ، تَعَجَّبُوا وَمَجَّدُوا اللَّهَ الَّذِي أَعْطَى النَّاسَ سُلْطَانًا كَهَذَا.

HOLY OBLATIONS AND PRAYER REQUESTS

- By the Cathedral community, for the health and safety of Fr. Andrew and all the staff and campers at Camp St. Nicholas.
- By Salma Maalouf and family, in memory of Joseph Maalouf.
- By her family, for the health of Mable Mona on her 90th birthday.
- By Albert and Nancy Malouf, for the repose of brother-in-law Norman Barakat.
- By George, Mariam, Mark, Antonio and Hend Bshara.
- By Ehab, Rania, Sami, Selena and Anthony Dahabreh, for the health of Rania's father, Hani Tadros, and in memory of Ehab's mother, Nawal Hawatmeh Dahabreh.

To offer Holy Oblations and Memorials please use the form at

<https://stnicholasla.com/makeaprayrequest> or call the Cathedral office by Wednesday.

ANNOUNCEMENTS

PLEASE JOIN US FOR FELLOWSHIP AFTER LITURGY



Following the dismissal and announcements, come forward for a blessing, then exit via the south (right side) doors, and join us in the Heritage Ballroom for refreshments. Coffee hour is hosted today by:

- Juliet Doss and families, in memory of Victoria Fasheh (22 years), Ibrahim Fasheh (21 years), Nabil Fasheh (3 years) and Lisa Fasheh (10 years).
- Mable Mona and family.

Please consider sponsoring a Coffee Hour after Liturgy. Bring whatever you would like to share—donuts, cookies, mini bagels, zaatar, etc. What we eat isn't as important as sharing the fellowship of our Cathedral Family. The Ladies Society will provide the coffee and paper goods. Call/text Joujou George (562)-522-1322, or email her at ginageorge@verizon.net by Wednesday to reserve a Sunday.

ST NICHOLAS MARROW DRIVE ON JULY 31

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

Unfortunately, his only sibling was not a good marrow match for him. Additionally, his doctors did not find a good match in the large “BE THE MATCH” Registry operated by the National Marrow Donor Program database. Many friends and family members have been urgently undergoing private testing to see if they could potentially be a match, but the family needs more committed members to join the Registry.

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

If a person is a match and commits to help, then all donor medical and travel expenses will be fully covered by the patient’s family.

In order to help this young man, our congregation is sponsoring this marrow donor registry event (cheek swabbing only) after Liturgy on July 31, during coffee hour.

To be eligible: you must be **between the ages of 18 and 40, healthy** (guidelines on the digital registration) **and willing to donate to someone in need.**

Want To Help Save A Life? Here's How...

FOR THOUSANDS OF PATIENTS THAT ARE DIAGNOSED WITH A BLOOD CANCER OR BLOOD DISEASE, THEIR ONLY CHANCE TO SURVIVE IS TO HAVE A MARROW/STEM CELL TRANSPLANT

That's where YOU come in. The registry is made of millions of people like you and me that are willing to help. Getting registered is the first step to giving someone more time.

YOU MUST BE...

- Between 18-40 years old
- Committed to donating to ANY patient in need
- Meet the health guidelines

5 MIN. TO REGISTER WITH A CHEEK SWAB

TWO WAYS TO DONATE

≈85% PBSC

Most adult donors (≈85%) are asked to provide blood stem cells collected from circulating blood, called a peripheral blood stem cell (PBSC) donation. It is similar to donating platelets or plasma.

≈15% MARROW

Some donors (≈15%) are asked to provide blood stem cells collected from bone marrow. The blood stem cells are withdrawn from the donor's pelvic bone under full anesthesia.

"I think it's the right thing to do, just as a human being, help somebody out and give them a chance - give them a shot at more life."
- Be The Match Donor

IN LOVING MEMORY OF SEBASTIAN

BE THE MATCH

OCTOBER 1-2

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

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





SOUTHERN + CALIFORNIA

GEARING UP TO DO GOD'S WORK

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

For over a year now, we've been discussing our need to work together to show Christian charity to the needy around us. We have also been working behind the scenes, researching what our neighborhood needs and how we can cooperate with other charities to complement efforts.

We are now ready to expand our charity ministry. As a first step, we will be receiving and **distributing food the 2nd and 4th Saturday mornings every month, starting in September.**

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

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

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

THE GREAT MARTYR CHRISTINA *CONTINUED FROM FRONT COVER*

One time Christina was visited by an angel, who instructed her in the true faith in Christ, the Savior of the world. The angel called her a bride of Christ and told her about her future suffering. The holy virgin smashed all the idols in her room and threw them out the window.

Urban, her father, gave Christina a fierce beating and threw her in prison. Having learned about what had happened, St Christina's mother came in tears, imploring her to renounce Christ and to return to her ancestral beliefs, but Christina remained unyielding.

The torturers tied her to an iron wheel, beneath which they lit a fire. The body of the martyr, turning round on the wheel, was scorched on all sides. An angel of God appeared at night, healing her wounds and strengthening her with food. Her father, seeing her unharmed, gave orders to drown her in the sea. An angel sustained the saint while the stone sank down, and Christina miraculously came out of the water and reappeared before her father. The holy martyr was for a long while in prison. People began to flock to her, and she told them about the true faith in Christ. Thus about 300 were converted.

A new governor, Julian, arrived and resumed torturing of the Saint. Julian gave orders to throw her into a red-hot furnace and lock her in it. After five days they opened the furnace and found the Christina alive and unharmed. Seeing this miracle, many more believed in Christ the Savior, and the torturers executed St. Christina with a sword.

CATHEDRAL PRAYER LIST

Please include in your daily prayers the following—those struggling with acute illness and those newly departed this life—from our parishioners and those for whom they have requested our prayers. (Names are kept for 40 days, the date indicated after the name, and may be renewed upon request.)

LIVING

Saleh Sam Saleh, home, 8/30
Ouberto Badaro, home, 8/29
Randy Bray, rehab., 8/27
Wafa Daya Tarrab, home, 8/22
Albert and Nancy Malouf, 8/18
Natalie Ann Waimrin, home, 8/13
John Samore Jr. home, 8/2
Jason Perkins, home, 7/28
Gregory Malouf, nephew of Al Malouf, 8/30
Timothy Fogle, relative of Fr. Paul and Kh. Laurie Olson, 8/5
All those suffering from illness, violence and want in this country, in Ukraine and everywhere

DEPARTED

Fr. Duane Pedersen, 8/29
William Saba Jr., 8/26
Bernadette Krank, 8/11
Nicholas Thomas Habib, 8/4
Joseph Maalouf Sr., 7/29
Abdo Hanna, 7/28
Norman Barakat, brother-in-law of Albert and Nancy Malouf, 8/31
Vicki Toma, sister of Fr. Joseph Abud, 8/16
Christopher Sabin Nassif, brother of Paul Nassif, 8/15
Ramona Darmour, mother of Charmaine, DLAW AOCWNA President, 8/13
Eness Spiro, Jean Mahfouz' mother and Fr. John Mahfouz' grandmother, 8/3
Victims of the pandemic and of violence in this country, in Ukraine and everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

July 2022

Sun. 24	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Coffee Hour
Mon. 25	Cathedral Council , 7 pm
Sat. 30	Great Vespers and Confessions , 6pm
Sun. 31	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Coffee Hour

August 2022

Mon. 1	<i>Beginning of the Dormition Fast</i> <i>Procession of the Holy Cross</i> Divine Liturgy and Cross procession, 10 am
Tue. 2	Choir dinner and practice , 6:30 pm
Wed. 3	Paraklesis to the Theotokos with anointing for healing, 6:30 pm
Sat. 6	<i>Great Feast of the Transfiguration</i> Matins , 9:30 am Divine Liturgy and blessing of grapes/first fruits, 10:30 am Great Vespers and Confessions , 6 pm
Sun. 7	Spanish Mission Liturgy , 7:45 am <ul style="list-style-type: none"> • Fellowship Matins , 9:15 am Divine Liturgy , 10:30 am <ul style="list-style-type: none"> • Coffee Hour

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