



St. Nicholas Orthodox Cathedral

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

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TONE 6

MARCH 23, 2025

EOTHINON 6

THIRD SUNDAY OF THE GREAT FAST

VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS
VENERABLE-MARTYR NIKON OF SICILY AND WITH HIM 199 DISCIPLES

الأحد الثالث من الصوم الكبير: السجود امام الصليب الكريم المحيي
تذكار الشهيد نيكن وتلاميذه الـ ١٩٩ المستشهدين معه



Around the year 380, a nun from Spain named Egeria, was travelling on pilgrimage to Jerusalem. In a long letter, she described in detail everything that was done in Lent and Holy Week. Regarding the veneration of the True Cross, she noted:

“the deacons stand round the table, and a silver-gilt casket is brought in which is the holy wood of the Cross. ...both the wood of the Cross and the title are placed upon the table. ...the bishop...holds the extremities of the sacred wood firmly in his hands, while...the people, both faithful and catechumens, come one by one and, bowing down at the table, kiss the sacred wood and pass through. ...all bowing themselves, they touch the Cross and the title, first with their foreheads and then...then they kiss the Cross and pass through, but none lays his hand upon it to touch it”.

This photo shows a relic of the True Cross, preserved at the Monastery of Xeropotamou on Mt. Athos.

LITURGY VARIATIONS

1ST ANTIPHON FOR THE VENERATION OF THE HOLY CROSS (PSALMS 4.7; 59.4; 67.19; 60.5 LXX)

The light of Thy countenance, O Lord, hath
been signed upon us.

قَدْ اِتَّسَمَ عَلَيْنَا نُورَ وَجْهِكَ يَا رَبُّ.

Refrain: Through the intercessions of the
Theotokos, Savior, save us.

اللازمة: بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا.

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.

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.

As the start of Church School will be delayed until after the Veneration of the Holy Cross today, CHILDREN should stay with their families for Communion and then return to their places, with their families.

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.

Thou hast given a sign unto them that fear
Thee, that they may flee from before the face
of the bow. *Refrain*

أَعْطَيْتَ الَّذِينَ يَهْرَبُونَ اسْمَكَ مِيرَاثًا، لِيَهْرَبُوا مِنْ
الْقَوْسِ. *اللازمة*

Thou hast ascended on high; Thou ledest
captivity captive. *Refrain*

صَعِدْتَ إِلَى الْعَلَاءِ وَسَبَيْتَ سَبِيًّا *اللازمة*

Thou hast given an inheritance to them that
fear thy Name. *Refrain*

وَأَعْطَيْتَ مَوَاهِبَ لِلَّذِينَ يَخَافُونَ اسْمَكَ يَا رَبِّ. *اللازمة*

Glory... both now.... *Refrain*

المجد... الآن.... *اللازمة*

2ND ANTIPHON FOR THE VENERATION OF THE HOLY CROSS (PSALMS 97.5; 131.7; 73.13; 112.4; 96.10 LXX)

All the ends of the earth have seen the
salvation of our God.

فِي كُلِّ الْأَرْضِ رَأَيْنَا خَلَاصَ إِلَهِنَا.

Refrain: Save us, O Son of God, *Who art risen
from the dead*, who sing unto Thee: Alleluia.

اللازمة: خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ،
لِنُرْتِّلَ لَكَ. هَلِّلُوبَا.

Let us worship at the place where His feet
have stood. **Refrain**

اسْجُدُوا عِنْدَ مَوْطِئِ قَدَمَيْهِ. *اللازمة*

God is our King before the ages; He hath
wrought salvation in the midst of the earth.
Refrain

اللَّهُ هُوَ مَلِكُنَا مِنْذُ الْقَدَمِ. صَنَعَ الْخَلَاصَ فِي وَسْطِ
الْأَرْضِ. *اللازمة*

High above all the nations is the Lord. Thou
art Lord Most High over all the earth.
Refrain

وَأَعْلَمُوا أَنِّي أَنَا هُوَ اللَّهُ. أَرْتَفِعُ فِي الْأُمَمِ وَأَتَعَالَى فِي
الْأَرْضِ. *اللازمة*

Glory... both now.... O only-begotten Son....

المجد... الآن.... يَا كَلِمَةَ اللَّهِ الْإِبْنَ الْوَحِيدِ....

3RD ANTIPHON FOR THE VENERATION OF THE HOLY CROSS (PSALMS 98.5; 27.9 LXX): TROPARION OF THE CROSS AS REFRAIN (TONE 1)

Exalt ye the Lord our God, and worship at
the footstool of His feet.

إِزْفَعُوا الرَّبَّ إِلَهَنَا وَاسْجُدُوا عِنْدَ مَوْطِئِ قَدَمَيْهِ.

Refrain: O Lord, save Thy people, and bless Thine inheritance, granting to thy people victory over all their enemies, and by the power of Thy Cross, preserving thy Commonwealth.

Save Thy people, and bless Thine inheritance. **Refrain**

Shepherd them, and bear them up unto eternity. **Refrain**

اللازمة: خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَأَمْنَحْ عِبِيدَكَ
المُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِيرِ، وَأَحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ
المُحْتَصِنِينَ بِكَ.

يا رَبُّ، خَلِّصْ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ. اللازمة.

وَارْعَهُمْ وَارْفَعْهُمْ إِلَى الأَبَدِ. اللازمة.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of the Resurrection (Tone 6)

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

إِنَّ القُوَّاتِ الملائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ المُؤَقَّرِ، والحِرَاسَ صاروا
كالأَمْواتِ، وَمَرِيَمَ وَقَفَّتْ عِنْدَ القَبْرِ طالِبَةً جَسَدَكَ الطاهرَ،
فَسَبَّبتِ الجَحِيمَ وَلم تُجَرَّبْ مِنْهُ، وصادَقَتِ البتولَ مانِحاً الحياةَ.
فيا مَنْ قامَ مِنْ بَيْنِ الأَمْواتِ، يا رَبُّ المجدُّ لَكَ.

Troparion of the Holy Cross (Tone 1)

O Lord, save Thy people, and bless Thine inheritance, granting to thy people victory over all their enemies, and by the power of Thy Cross, preserving thy Commonwealth.

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ، وَأَمْنَحْ عِبِيدَكَ المُؤْمِنِينَ
العَلْبَةَ عَلَى الشَّرِيرِ، وَأَحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ المُحْتَصِنِينَ
بِكَ.

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.

يا مُحارِباً عَنِ الإيمانِ، وَمُعزِّياً مَنْ فِي الأَحزانِ، وَأباً الأيتامِ،
وَصديقَ الفُقراءِ. الراعي الصَّالِحَ المُفتَقِدَ الضَّالِّينَ، يا رَفائيلُ،
يا فَحَرَ الأَرثوذكُسيِّينَ. ابْنِ أَنْطاكيا، وَفَحَرَ أَميرِكا ابْتِهالاً إلى
المسيحِ 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 أَظْهَرْتَنكَ أَفْعَالَ الْحَقِّ لِرِعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً
لِلْوُدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرَتِيسُ الْكَهَنَةِ
نِيقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرِّفْعَةَ، وَبِالْمَسْكِنَةِ
الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهِهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Annunciation (Tone 8)

O victorious Leader of triumphant hosts, we your servants, who have been delivered from danger, sing our grateful thanks to you, O Theotokos. As you have power, which is invincible, set us free from every danger that we may cry out to you: Rejoice, O unwedded Bride!

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ إِلَهِي، أَكْتُبُ لِكَ رَايَاتِ الْعَلْبَةِ، يَا
جُنْدِيَّةَ مُحَامِيَّةً، وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْفَعَدَةٍ مِنَ الشَّدَائِدِ، لَكِنْ
بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ أَعْتِقِيْنِي مِنَ صُنُوفِ الشَّدَائِدِ
حَتَّى أَصْرُخَ إِلَيْكَ: افْرَحِي يَا عَرُوسًا لَا عَرُوسَ لَهَا.

ANTI-TRISAGION (IN PLACE OF "HOLY GOD")

Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify. (Thrice)

لِصَلْبِيكَ يَا سَيِّدَنَا نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ مُنْجِدٍ. (ثَلَاثًا)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen. And Thy Holy Resurrection we glorify.

الْمَجْدُ لِلآبِ وَالِابْنِ وَالرُّوْحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى
دَهْرِ الدَّاهِرِينَ. آمِينَ. وَلِقِيَامَتِكَ الْمُقَدَّسَةِ مُنْجِدٍ.

Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify.

لِصَلْبِيكَ يَا سَيِّدَنَا نَسْجُدُ، وَلِقِيَامَتِكَ الْمُقَدَّسَةِ مُنْجِدٍ.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 27.9, 1 LXX; Tone 6)

O Lord, save your people and bless your inheritance.

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

بروكيمنون (مزور ٢٧، ٩، ١ سبع؛ اللحن ٦)

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ.

إِلَيْكَ يَا رَبُّ أَصْرُخُ إِلَهِي.

**From St. Paul's Epistle to the Hebrews
(4.14-5.6; 3rd Sunday of Lent)**

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was.

So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, "Thou art My Son, today I have begotten Thee;" as He says also in another place, "Thou art a priest forever, after the order of Melchizedek."

**Holy Gospel according to St. Mark
(8.34-9.1; 3rd Sunday of Lent)**

THE LORD SAID, "If anyone would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him

**فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ
(٤، ١٤ - ٥، ٦؛ ثالث أحد من الصوم)**

يَا إِخْوَتِي، إِذْ لَنَا رَئِيسُ كَهَنَةٍ عَظِيمٍ قَدِ اجْتَارَ السَّمَاوَاتِ، يَسُوعُ ابْنُ اللَّهِ، فَلَنَتَمَسَّكَ بِالْإِعْتِرَافِ. لِأَنَّ لَنَا رَئِيسَ كَهَنَةٍ غَيْرِ قَادِرٍ أَنْ يَرْتَبِي لِأَوْهَانِنَا، بَلْ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا مَا خَلَا الْخَطِيئَةَ. فَلَنُقْبَلْ إِذْنًا بِنَيْقَةِ إِلَى عَرْشِ الرَّحْمَةِ، لِنَنَالَ رَحْمَةً وَنَجِدَ نَيْقَةً لِلْإِغَاثَةِ فِي أَوَانِهَا.

فَإِنَّ كُلَّ رَئِيسِ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ يُقَامُ لِأَجْلِ النَّاسِ فِيمَا هُوَ لِلَّهِ، لِيُقَرَّبَ تَقَادِمًا وَذَبَائِحَ عَنِ الْخَطَايَا، فِي إِمْكَانِهِ أَنْ يُشْفِقَ عَلَى الَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ، لِكُونِهِ هُوَ أَيْضًا مُتَلَبِّسًا بِالضَّعْفِ. وَهَذَا يَجِبُ عَلَيْهِ أَنْ يُقَرَّبَ عَنِ الْخَطَايَا لِأَجْلِ نَفْسِهِ كَمَا يُقَرَّبُ لِأَجْلِ الشَّعْبِ. وَلا يَتَّخِذُ لِنَفْسِهِ الْكَرَامَةَ، بَلْ مَنْ دَعَاهُ اللَّهُ كَمَا دَعَا هَارُونَ.

كَذَلِكَ الْمَسِيحُ لَمْ يُمَجِّدْ نَفْسَهُ لِيَصِيرَ رَئِيسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ "أَنْتَ ابْنِي وَأَنَا الْيَوْمَ وَكَذَلِكَ". كَمَا يَقُولُ فِي مَوْضِعٍ آخَرَ "أَنْتَ كَاهِنٌ إِلَى الْأَبَدِ عَلَى رُتْبَةِ مَلَكِيصَادَق".

**مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ
الطَّاهِرِ (٨، ٣٤ - ٩، ١؛ ثالث أحد من الصوم)**

قَالَ الرَّبُّ: مَنْ أَرَادَ أَنْ يَتَّبِعَنِي فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلْبِيهِ وَيَتَّبِعَنِي، لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا، وَمَنْ أَهْلَكَ نَفْسَهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ يُخَلِّصُهَا. فَإِنَّهُ مَاذَا يَنْتَفِعُ الْإِنْسَانُ لَوْ رَجَحَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ؟ أَمْ مَاذَا يُعْطِي الْإِنْسَانُ فِدَاءً عَنْ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي

will the Son of Man also be ashamed, when He comes in the glory of His Father with the holy angels.” And Jesus said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power.”

هذا الخليل الفاسق الخاطيء. يَسْتَحْيِي بِهِ ابْنُ الْبَشَرِ مَتَى آتَى فِي مَجْدِ أَبِيهِ مَعَ الْمَلَائِكَةِ الْقَدِيسِينَ. وَقَالَ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ، إِنَّ قَوْمًا مِّنَ الْقَائِمِينَ هَهُنَا لَا يَذُوقُونَ الْمَوْتَ حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ قَدْ آتَى بِقُوَّةٍ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
John L. and Suzi Sadd	Grandson John IV “Jack” Sadd and his godmother Danielle Sadd	
Leila Beebe (flowers for the Cross)	Her children, grandchildren and great-grandchildren	Jameel Beebe
Diane Dee Maloof and Andrea White		Alfred Tibshraeny (father/grandfather, 20 years departed)
Robert and Renee Crawford, Barbara Bray, Nancy and Ronald Nicola, and Michael Roum	Cousin Mitry Mor, his wife Trina , and their daughters Francesca and Gianna	
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)

To offer Holy Oblations and Memorials please use the form at <https://stnicholasla.com/makeaprayrequest> or call the Cathedral office by Wednesday.



WE SERVE THE LITURGY OF ST. BASIL TODAY

To follow the text of the service:

- If you’re using the Archdiocese Service Book (all English, pictured at left), from the point where Father invites us, saying, “Let us give thanks unto the Lord,” turn to the middle of page 134 in the brown hardback books to continue participating in the Prayer of the Anaphora.
- But, if you’re following in the new, spiral-bound English/Arabic book, immediately after the Great Entrance, turn to page 136. *You’re welcome to take one from the candle stand. Please just return it after the service.*



REFRAIN OF THE COMMUNION PSALM (PSALM 4.7; TONE 8)

The light of Thy countenance, O Lord, hath
been signed upon us. Alleluia.

لَقَدْ أَرْتَسَمَ عَلَيْنَا نُورٌ وَجْهَكَ يَا رَبِّ. هَلَلُويا.

PROCESSION OF THE HOLY CROSS AND ANTI-TRISAGION

Following "Blessed be the Name of the Lord...", the Cross, upon a tray with branches of basil (or flowers), is placed on the Holy Table.

People: *All kneel and sing "Holy God..." to a slow and solemn melody.*

The priest goes around the Holy Table censing the Cross from four sides. Taking the tray upon his head, preceded by the processional torches and fans and the deacon with the incense, the priest goes around the Holy Table and out the north door of the sanctuary, going around the temple. He stops before the Royal Doors, where the tetrapod has been positioned, after circling it thrice.

Priest: Wisdom! Let us attend.

The priest places the tray with the Cross upon the tetrapod, and circles it while incensing it three times. Meanwhile is sung:

Priest: *The troparion of the feast, "O Lord, save thy people..."*

People: *The troparion of the feast, "O Lord, save thy people..." (twice)*

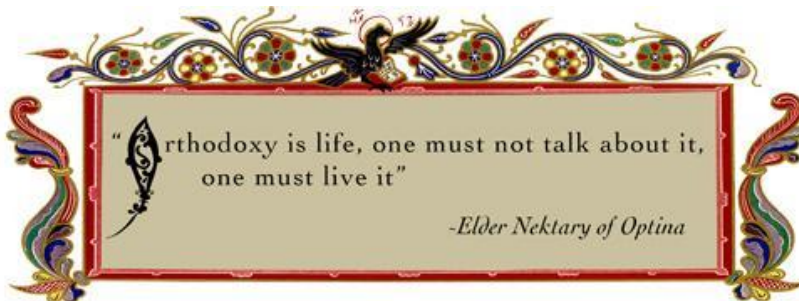
Then is sung the following anti-Trisagion thrice, with all making a prostration each time.

Priest: Before thy Cross, we bow down in worship, O Master, and thy holy Resurrection we glorify.

People: Before thy Cross... *(twice)*

When you venerate the Cross, after the dismissal, you will receive a flower from it as a blessing.

Children and Teachers will come up first, so they can go to their classes.



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.



- Coffee hour is hosted today by the Ladies of St. Nicholas. **Your generous donation** will help them in their project of establishing a fund **for widowed clergy wives**.

Upcoming Coffee Hour Schedule

Mar. 30	Falafel lunch by the Qafaiti, Shousha and Nima families	Apr. 20	Pascha: Breakfast of Love
Apr. 6	OPEN	Apr. 27	Robin Nicholas (Aunt Dorothy's birthday)
Apr. 13	Palm Sunday bake sale	May 4	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.

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.



GREAT FEAST OF THE ANNUNCIATION



Great Vespers 6:30 p.m. Monday, March 24

صلاة الغروب لعيد البشارة: مساء الاثنين، ٢٤ آذار، الساعة ٦:٣٠

Divine Liturgy 6:30 p.m. Tuesday, March 25

القداس الإلهي لعيد البشارة: مساء الثلاثاء، الساعة ٦:٣٠

Baked Salmon will be provided after Liturgy. **Please bring side dishes, salads or desserts**, as we share dinner for the Feast.

Being a great feast within the great fast, fasting and feasting are balanced, so fish, wine and oil are permitted after Liturgy on March 25.

2025 LENTEN SERVICES at St. Nicholas 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.

Mondays — On Mondays in Lent we will serve **Great Compline at 6:30 p.m.**

- 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. Various Cathedral organizations or groups will host dinner. A short spiritual discussion will follow.

- March 26 Men's Fellowship
- April 2 Young Adults Ministry
- 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.**

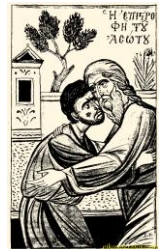
- On **April 11**, we serve the Little Compline with the Canon of Lazarus.

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

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.

LIKE THE PRODIGAL SON, WE RETURN TO OUR FATHER IN HUMILITY

Everyone should make a confession at least once during Lent. A priest is always available for confessions after Saturday Vespers and during Matins on Sundays, or you can make an appointment. Just wait in a pew near the St. Raphael Shrine, and a priest will come out and meet you by the shrine.



FOOD FOR HUNGRY PEOPLE

As we fast, we always need to remember the poor.

Keep Aunt Dorothy busy! Did you know that she counts every coin turned in after Lent? 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 بِشَوْشٍ الْوَجْهَ فِي كُلِّ عَطِيَّةٍ،
وَكَرِّسْ 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

CATHEDRAL COUNCIL OFFICERS

Please keep in your prayers the following laypeople who were elected at last Tuesday's meeting of the Cathedral Council to serve with Fr. Nabil as officers.

Nassif Shammaa, Chairman
Eissa Shousha, Vice-chairman
Suzi Sadd, Secretary
Lamia Qafaiti, Treasurer
Carol Wackeen, Asst. Treasurer

2025 SOCAL LENTEN RETREAT

TOPIC: CULTIVATING A SPIRIT OF REPENTANCE

SATURDAY, APRIL 5
FROM 9AM-3PM

ST. PETER ANTIOCHIAN ORTHODOX CHURCH
2200 N. ORANGE GROVE AVE.
POMONA, CA 91767

SPEAKER: REV. FR. THOMAS MILLER

SCHEDULE:

9-10am: Matins
10-11am: Divine Liturgy
11-11:30am: Coffee & Continental Breakfast
11:30am-12:30pm: Session 1
12:30-12:45pm: Discussion Groups
12:45-1:45pm: Lenten Lunch
1:45-2:45pm: Session 2
2:45-3pm: Discussion Groups

RSVP BY 4/2 HERE!



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

FREE FOR ST. NICHOLAS FAMILIES!

For more information email frandrewa@stnicholasla.org

**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**



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.



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

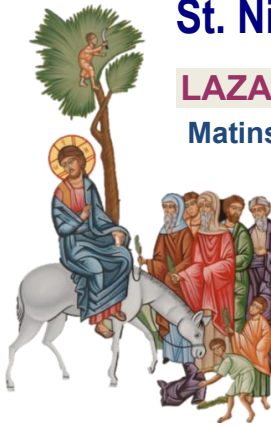
When Is It?

- 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)



HOLY WEEK & PASCHA 2025

St. Nicholas Cathedral • Los Angeles



LAZARUS SATURDAY • APRIL 12 • سبت لعازر

Matins 9:30 AM • Divine Liturgy, 10:30 AM

Great Vespers, 6 PM • Confessions Follow

Jesus' raising Lazarus from the dead shows He can raise all mankind. *Please also join us for lunch after Liturgy, and help us prepare for the Feast by preparing and decorating the Lord's house.*

PALM SUNDAY • APRIL 13 • احد الشعانين

Matins, 7:30 AM • Divine Liturgy, 9:00 AM ~AND~ 11:00 AM

We celebrate the triumphant entry of our Lord into Jerusalem, to face his voluntary death. "We like the children carry the palms of victory," in procession. Adults and children may also bring decorated candles. *To accommodate the large number of worshippers, we will have **two liturgies Palm Sunday** morning, with **Bishop Anthony presiding**. Join us at either 9 am or 11 am. Both Liturgies will be celebrated in a mix of languages. There will be a procession, coffee hour and pre-holiday bake sale after each liturgy.*

PALM SUNDAY EVENING • APRIL 13 • مساء الشعانين

Bridegroom Matins, 6:30 PM • Confessions Follow

The Procession with the icon of Christ, the Bridegroom of the Church, takes place, and we remember the righteousness of Joseph who, like Christ, suffered unjustly with patience and was exalted.



GREAT MONDAY • APRIL 14 • الاثنين العظيم

Presanctified Liturgy, 10 AM • Bridegroom Matins, 6:30 PM • Confessions Follow

We remember the example of the ten virgins waiting for the Bridegroom.

GREAT TUESDAY • APRIL 15 • الثلاثاء العظيم

Presanctified Liturgy, 10 AM • Bridegroom Matins, 6:30 PM • Confessions Follow

We remember the woman who anointed the head and feet of our Lord, wiping them with her hair, in contrast with Judas and his betrayal of Christ. The Hymn of Kassiane expresses these contrasts with profound poetry and majesty.

GREAT WEDNESDAY • APRIL 16 • الاربعاء العظيم

Presanctified Liturgy, 10 AM • Sacrament of Holy Unction, 6:30 PM

We are anointed for healing of soul and body as Christ was anointed in anticipation of his burial.

GREAT THURSDAY MORNING • APRIL 17 • صباح الخميس العظيم

Matins, 9 AM • Liturgy of St. Basil, 10 AM

On this day, when Jesus first said to his disciples, "Take, eat; this is my Body," Orthodox Christians make it a point to participate in Holy Communion. *Following the Liturgy, we will perform the rite of the Footwashing with the Church School. A Communion breakfast follows.*

GREAT THURSDAY EVENING • APRIL 17 • مساء الخميس العظيم

Matins with the Twelve Passion Gospels, 6:30 PM

We walk with our Lord through the Passion. A procession with the Cross commemorates Christ's voluntary Crucifixion.



GREAT FRIDAY • APRIL 18 • الجمعة العظيمة

Royal Hours, 10 AM • Un-nailing Vespers, 3 PM

We try to spend this day in Church, heeding our Lord's words to "watch and pray." Then help us decorate the bier (نعش). At Vespers, Christ is taken down from the Cross and placed in it. *Dinner is served after Vespers.*

GREAT FRIDAY EVENING • APRIL 18 • مساء الجمعة العظيمة

Matins of Christ's Funeral, 6:30 PM

We join Joseph of Arimathea, Nicodemus and the Myrrh-bearing Women to sing in Praise of the buried Christ, and we process with the Bier and passing under it as if joining Christ in the tomb.

GREAT SATURDAY MORNING • APRIL 19 • صباح سبت النور

Liturgy of St. Basil, 10 AM

As we keep vigil, the Victory of Christ over death and his Resurrection 'explode' with throwing the leaves of victory. *Please bring your children to this service. They will have an egg hunt after, too.*



THE RESURRECTION • SATURDAY, APRIL 19 • القيامة

RUSH/MATINS/LITURGY, 11 PM

We receive the new Light and the Good News that "Christ is Risen." *We will bless red eggs, and you may also bring Easter Baskets to be blessed. An Agape Breakfast will follow.*



AGAPE VESPERS • SUNDAY, APRIL 20 • الباعوث

Paschal Service in Spanish, 7:30 AM • Love Vespers, 1 PM

The Good News (Gospel) of the Resurrection will be proclaimed in as many languages as possible. A sign-up list will be posted during Holy Week for you to read any language you know (we might have the text available, if you don't).



Baked Goods Sale



Homemade by Our St. Nicholas Cathedral's Ladies
Palm Sunday April 13, 2025

Baked Goods	Pre-order / on-Site Price	Quantity	Total Amt.
Date Fingers	\$20.00 per dozen / \$27.00 per dozen		
<u>Maamool Walnut</u>	\$27.00 per dozen / \$27.00 per dozen		
<u>Maamool Pistachio</u>	\$27.00 per dozen / \$27.00 per dozen		
<u>Maamool Date</u>	\$27.00 per dozen / \$27.00 per dozen		
Macaroons	\$15.00 per dozen / \$20.00 per dozen		
Baklawa Fingers	\$16.00 per lb. / \$18.00 per lb.		
Baklawa	\$18.00 per lb. / \$20.00 per lb.		
<u>Ka'ak</u>	\$14.00 per dozen / \$16.00 per dozen		
<u>Ghraibie</u>	\$15.00 per dozen / \$18.00 per dozen		
<u>Namoor</u>	\$12.00 per lb. / \$14.00 per lb.		
Spinach Fatayer	\$18.00 per dozen / \$18.00 per dozen		
Meat Bread	\$15.00 per 6 pcs. / \$15.00 per 6 pcs.		
Veggie Bread	\$15.00 per 6 pcs. / \$15.00 per 6 pcs.		
Cheese Pies	\$20.00 per dozen / \$20.00 per dozen		
Kibbeh Balls	\$30.00 per dozen		
Zaatar	\$15.00 per 6 pcs.		
TOTAL AMOUNT DUE:			

All preorders are due by Sunday, April 6, 2025.

Ordered By: _____
 Phone (____) _____
 Check \$ _____ Cash \$: _____ Total \$: _____

Make checks payable to **St. Nicholas Cathedral Ladies Society**
For questions and orders; contact the Bake Sale Chairperson:
 Jacqui Badaro (626) 476-9070 Email: jmbadaro@hotmail.com

St. Nicholas Young Adult Ministry Presents...

✠ THE 3RD ANNUAL ✠
YOUNG ADULT

Paschal Party

Save the Date

April 26, 2025

Middle Eastern Feast · Arabic & Greek Music · Cash Bar

St. Nicholas Antiochian Orthodox Cathedral
2300 W 3rd St.
Los Angeles, 90057



Save the Date

**ST. BARBARA LEBANON
RELIEF FUND**

3rd Annual Fundraising Event

SATURDAY | MAY 3 2025 | 7:00 PM

STARRING ... LIVE



**St. Nicholas Cathedral Heritage Ballroom
2300 W 3rd St. Los Angeles CA 90057**



SAVE THE DATE!!!

**Sunday, May 4, 2025
5:30 p.m.**

The Order of St. Ignatius of Antioch
Diocese of Los Angeles and the West
presents a
Middle Eastern Dinner
welcoming

Right Reverend Bishop ANTHONY
Diocese of Los Angeles and the West
Auxiliary to the Metropolitan

With special guest
Dennis Awad
Chairman of the Board
Project Mexico & St. Innocent Orphanage

Phoenicia Restaurant
343 N. Central Avenue
Glendale, CA 91203
(818) 956-7800



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~~
\$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

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- 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

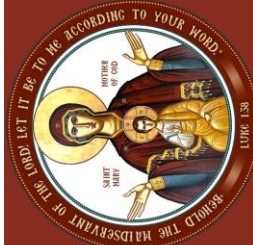
WWW.AC2025CHICAGO.ORG

*"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, venerates 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, 4/13
Dorothy Nicholas, to undergo surgery, 4/23
Mitry Mor, hospital, 4/20
Leroy Simon, hospital, 4/20
Caroline Sayegh Kizwani, undergoing tests, 4/6
Mirna Aboud, undergoing tests, 4/4
Marta Chala, rehab., 4/4
Georgette Malouf, home, 4/2
Samira El-Shammas, rehab., 3/26
Elham Alloush, Arij Alchammas' mother, 4/20
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
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

Fr. George Manneh, retired Pastor of St. George Church, Upland, 4/20
Fr. Wayne Wilson, founding Pastor of St. Barnabas Church, Costa Mesa, 4/10
Mariette Kassir, Jihad's mother, 3/26
John Koudsi, Maurice's grandson, 4/15
Atef Iskander, cousin of Lucy Hanna, 4/7
Joan Rechsteiner, aunt of Kh. Laurie Olson, 4/5
Victims of the Middle East and Ukraine conflicts and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

March 2025

Sun. 23	<p>Veneration of the Holy Cross</p> <p>Spanish Mission Liturgy, 7:45 am</p> <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish <p>Matins, 9:15 am</p> <p>Divine Liturgy, 10:30 am</p> <ul style="list-style-type: none"> • Church School • Coffee Hour
Mon. 24	<p>Great Vespers of the Annunciation, 6:30 pm</p> <ul style="list-style-type: none"> • Young Adult Bible Study
Tue. 25	<p>Great Feast of the Annunciation</p> <p>Divine Liturgy, 6:30 pm</p> <ul style="list-style-type: none"> • Salmon Dinner and Potluck
Wed. 26	<p>Presanctified Divine Liturgy, 6:30 pm</p> <ul style="list-style-type: none"> • Lenten Dinner • Spiritual Q&A Discussion
Fri. 28	<p>Little Compline/Akathist, 6:30 pm</p>
Sat. 29	<p>Divine Liturgy and All-Souls Memorial, 10:30 am</p> <p>Great Vespers and Confessions, 6 pm</p>
Sun. 30	<p>Spanish Mission Liturgy, 7:45 am</p> <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish <p>Matins, 9:15 am</p> <p>Divine Liturgy, 10:30 am</p> <ul style="list-style-type: none"> • Church School • Coffee Hour
Mon. 31	<p>Great Compline, 6:30 pm</p>
April 2025	
Wed. 2	<p>Presanctified Divine Liturgy, 6:30 pm</p> <ul style="list-style-type: none"> • Lenten Dinner • Spiritual Q&A Discussion

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