



## St. Nicholas Orthodox Cathedral

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

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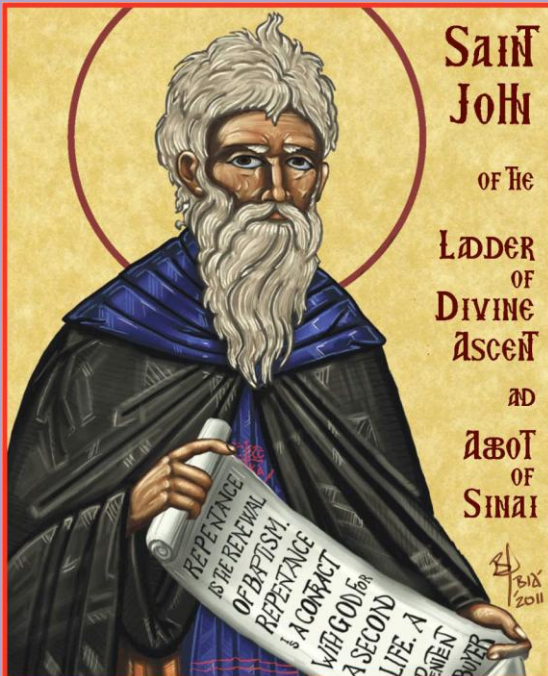
TONE 7

MARCH 30, 2025

EOTHINON 7

### FOURTH SUNDAY OF THE GREAT FAST

COMMEMORATION OF THE VENERABLE JOHN, ABBOT OF SINAI  
AUTHOR OF "THE LADDER OF DIVINE ASCENT"  
NEW HIEROMARTYR ZACHARIAH, METROPOLITAN OF CORINTH  
SOPHRONIOS, BISHOP OF IRKUTSK



رابع أحد من الصوم الكبير:  
الْبَارِ يُوحَنَّا السِّينَاوِيِّ كَاتِبِ كِتَابِ سُلَّمِ الْفَضَائِلِ  
تَذْكَارِ الشَّهِيدِ الْجَدِيدِ فِي الْكَهْنَةِ زَكْرِيَا، مَطْرَانَ كُورِنْثُوسِ

Saint John of Sinai is also known as John "of the Ladder" ("Climacus" in Greek). He is celebrated today because his book, *The Ladder of Divine Ascent*, is a sure guide to the ascetic life, written by a great man of prayer.

It teaches those who seek salvation how to lay a sound foundation for their struggles, how to detect and fight against each of the passions, how to avoid the snares laid by the demons, and how to rise from rudimentary virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast every year.

# LITURGY VARIATIONS

## 3<sup>RD</sup> ANTIPHON (TROPARION OF THE RESURRECTION, TONE 7)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy, and didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

حَطَّمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصَّيْرِ الْفِرْدَوْسَ، وَحَوَّلْتَ  
نُوحَ حَامِلَاتِ الطِّيبِ إِلَى فَرَحٍ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا،  
بَأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، مَانِحًا 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.

### نظام المناولة المقدسة

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

**TEACHERS THEN CHILDREN** going to church school should come down the center aisle first. (Small children may need to be assisted by their parents.)

**ALL OTHERS** should wait until an usher dismisses your row from the center aisle. Then return to your place by a side aisle for the prayers of thanksgiving and the final blessing and dismissal. Please let choir members pass when they come down for Communion.

### A Warm Welcome to Our Guests

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

### ترحيب حار بضيوفنا

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

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

## APOLYTIKIA AFTER THE ENTRANCE

### Troparion of the Resurrection (Tone 7)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy, and didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصِّفْرِدَوْسِ، وَحَوَّلْتَ  
نُوحَ حَامِلَاتِ الطِّيبِ إِلَى فَرْحٍ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا،  
بَأَنَّكَ قَدْ قُمْتَ أَتَيْهَا الْمَسِيحُ الْإِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ  
الْعُظْمَى.

### Troparion of St. John of Sinai (Tone 8)

The barren wilderness thou didst make fertile with the streams of thy tears, and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

لِلْبَرِّيَّةِ غَيْرِ الْمُبْمِرَةِ بِمَجَارِي دُمُوعِكَ أَمْرَعْتَ، وَبِالْتَنَهُدَاتِ الَّتِي  
مِنَ الْأَعْمَاقِ أُنْمَرْتَ بِأَتْعَابِكَ إِلَى مِئَةِ ضِعْفٍ، فَصِرْتَ كَوَكْباً  
لِلْمَسْكُونَةِ مُتَأَلِّماً بِالْعَجَائِبِ، يَا أَبَانَا الْبَارَّ يُوْحَنَّا، فَتَشَفَّعْ  
إِلَى الْمَسِيحِ الْإِلَهُ أَنْ يُخَلِّصَ نَفُوسَنَا.

### Troparion of St. Raphael (Tone 3)

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

يَا مُحَارِباً عَنِ الْإِيمَانِ، وَمُعَزِّياً مَنْ فِي الْأَحْزَانِ، وَأَبَا الْأَيْتَامِ،  
وَصَدِيقَ الْفُقَرَاءِ. الرَّاعِي الصَّالِحِ الْمُفْتَقِدِ الضَّالِّينَ، يَا رَفَائِيلُ،  
يَا فَحَرَ الْأَرْثُوذُكْسِيِّينَ. إِنَّ أَنْطَاكِيَا، وَفَحَرَ أَمِيرِكَا ابْتَهَلُ 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 أَظْهَرْتَكَ أَعْمَالُ الْحَقِّ لِرِعْبَتِكَ قَانُوناً لِلْإِيمَانِ، وَصُورَةً  
لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أَتَيْهَا أَبُو وَرَيْسِ الْكَهَنَةِ  
نِيقُولَاوسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُّعِ الرَّفْعَةَ، وَبِالْمَسْكِنَةِ  
الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهُ 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!

إني أنا عبدك يا والدة الإله، أكتُب لك رايات العَلْبَة، يا جُنْدِيَّةَ مُحَامِيَّةٍ، وأَقْدِم لكَ الشُّكْرَ كَمُنْقَدَّةٍ مِنَ الشَّدَائِدِ، لَكِنِّ بِمَا أَنَّ لِكَ الْعِزَّةَ الَّتِي لَا تُحَارِبُ أَعْتِقِيَنِي مِنْ صُنُوفِ الشَّدَائِدِ حَتَّى أَصْرُخَ إِلَيْكَ: إفْرَحِي يَا عَرُوسًا لَا عَرُوسَ لَهَا.

## THE SCRIPTURE LESSONS

### Prokeimenon (Psalm 28.11, 1 LXX; Tone 7)

The Lord will give strength to his people.

*Verse:* Bring to the Lord, O sons of God, bring to the Lord honor and glory.

### From St. Paul's Epistle to the Hebrews (6.13-20; 4<sup>th</sup> Sunday of Lent)

BRETHREN, when God made a promise to Abraham, since He had no one greater by whom to swear, he swore to Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So, when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, He interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our

بروكيمنون (مزمو ١١، ٢٨، ١ سبع؛ اللحن ٧)

الرَّبُّ يُعْطِي قُوَّةً لِشَعْبِهِ.

قَدِّمُوا لِلرَّبِّ يَا أَبْنَاءَ اللَّهِ، قَدِّمُوا لِلرَّبِّ تَجْدًا وَكِرَامَةً.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ

(١٣، ٦-٢٠؛ رابع أحد من الصوم)

يَا إِخْوَةَ، إِنَّ اللَّهَ لَمَا وَعَدَ إِبْرَاهِيمَ، إِذْ لَمْ يُمْكِنَ أَنْ يُقْسِمَ بِمَا هُوَ أَعْظَمُ مِنْهُ، أَقْسَمَ بِنَفْسِهِ. قَائِلًا: لِأَبَارِكَنَّكَ بَرَكَهً وَأَكْثِرَنَّكَ تَكْثِيرًا. وَذَلِكَ إِذْ تَأْتَى، نَالَ الْمُوعَدَ. وَإِنَّمَا النَّاسُ يُقْسِمُونَ بِمَا هُوَ أَعْظَمُ مِنْهُمْ، وَتَنْقُضِي كُلَّ مُشَاجَرَةٍ بَيْنَهُمْ بِالْقَسَمِ لِلتَّثْبِيثِ. فَلِذَلِكَ، لَمَّا شَاءَ اللَّهُ أَنْ يَزِيدَ وَرَثَةَ الْمُوعَدِ بَيَانًا لِعَدَمِ تَحْوُلِ عِزِّهِ، تَوَسَّطَ بِالْقَسَمِ. حَتَّى نَحْصَلَ بِأَمْرَيْنِ لَا يَتَحَوَّلَانِ وَلَا يُمْكِنُ أَنْ يُخْلَفَ اللَّهُ فِيهِمَا عَلَى تَعَزُّبَةٍ قَوِيَّةٍ، نَحْنُ الَّذِينَ التَّجَأْنَا إِلَى التَّمَسُّكِ بِالرَّجَاءِ الْمَوْضُوعِ أَمَامَنَا. الَّذِي هُوَ لَنَا كَمِرْسَاةٍ لِلنَّفْسِ أَمِينَةٍ رَاسِحَةٍ تَدْخُلُ إِلَى دَاخِلِ الْحِجَابِ، حَيْثُ دَخَلَ يَسُوعُ كَسَابِقٍ لَنَا وَقَدْ صَارَ عَلَى رُتْبَةِ مَلَكَيَصَادِقَ، رَئِيسَ كَهَنَةٍ إِلَى الْأَبَدِ.

behalf, having become a high priest forever after the order of Melchizedek.

**Holy Gospel according to St. Mark  
(9.17-31; 4<sup>th</sup> Sunday of Lent)**

AT THAT TIME, a man came to Jesus, kneeling down and saying unto Him, "Teacher, I brought my son to You, for he has a dumb spirit; and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And Jesus answered him, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if You can do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, He rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, his disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be

**مِنْ بَشَارَةِ الْقَدِيسِ مَرْقَسِ الْإِنْجِيلِيّ الْبَشِيرِ وَالتَّلْمِيذِ  
الظَّاهِرِ (١٧، ٩-٣١؛ رابع أحد من الصوم)**

فِي ذَلِكَ الزَّمَانِ، دَنَا إِلَى يَسُوعَ إِنْسَانٌ وَسَجَدَ لَهُ قَائِلًا: "يَا مُعَلِّمُ، قَدْ أَتَيْتُكَ بِابْنِي، بِهِ رُوحٌ أَبْكَمٌ. وَحَيْثُمَا أَخَذَهُ بَصَرَغَهُ، فَيُرِيدُ وَيَصْرِفُ بِأَسْنَانِهِ وَيَيْبَسُ، وَقَدْ سَأَلْتُ تَلَامِيذَكَ أَنْ يُخْرِجُوهُ فَلَمْ يَقْدِرُوا." فَأَجَابَهُ قَائِلًا: "أَيُّهَا الْجِيلُ غَيْرُ الْمُؤْمِنِ، إِلَى مَتَى أَكُونُ عِنْدَكُمْ؟ حَتَّى مَتَى أَحْتَمِلُكُمْ؟ هَلُمُّ بِهِ إِلَيَّ." فَأَتَوْهُ بِهِ. فَلَمَّا رَأَهُ لِلْوَقْتِ صَرَغَهُ الرُّوحُ، فَسَقَطَ عَلَى الْأَرْضِ يَتَمَرَّغُ وَيُرِيدُ. فَسَأَلَ أَبَاهُ: "مُنْذُ كَمْ مِنَ الزَّمَانِ أَصَابَهُ هَذَا؟" فَقَالَ: "مُنْذُ صِبَاهُ. وَكَثِيرًا مَا أَلْفَاهُ فِي النَّارِ وَفِي الْمِيَاهِ لِيُهْلِكَهُ. لَكِنَّ إِنْ اسْتَطَعْتَ شَيْئًا، فَتَحْنَنْ عَلَيْنَا وَأَعْنِنَا." فَقَالَ لَهُ يَسُوعُ: "إِنْ اسْتَطَعْتَ أَنْ تُؤْمِنَ، فَكُلُّ شَيْءٍ مُسْتَطَاعٌ لِلْمُؤْمِنِ." فَصَاحَ أَبُو الصَّبِيِّ مِنْ سَاعَتِهِ بِدُمُوعٍ وَقَالَ: "إِلَهِي أَوْمِنُ يَا سَيِّدِي، فَأَعِثْ عَدَمَ إِيمَانِي." فَلَمَّا رَأَى يَسُوعُ أَنَّ الْجَمْعَ يَتَبَادَرُونَ إِلَيْهِ، انْتَهَرَ الرُّوحَ النَّجِسَ قَائِلًا لَهُ: "أَيُّهَا الرُّوحُ الْأَبْكَمُ الْأَصْمُ، أَنَا أَمْرُكَ أَنْ اخْرُجَ مِنْهُ وَلَا تَعُدْ تَدْخُلُ فِيهِ." فَصَرَخَ وَخَبَطَهُ كَثِيرًا وَخَرَجَ مِنْهُ، فَصَارَ كَالْمَيْتِ، حَتَّى قَالَ كَثِيرُونَ إِنَّهُ قَدْ مَاتَ. فَأَخَذَ يَسُوعُ بِيَدِهِ وَأَهْضَمَهُ، فَقَامَ. وَلَمَّا دَخَلَ بَيْتًا، سَأَلَهُ تَلَامِيذُهُ عَلَى انْفِرَادٍ: "لِمَا لَمْ نَسْتَطِعْ نَحْنُ أَنْ نُخْرِجَهُ؟" فَقَالَ لَهُمْ: "إِنَّ هَذَا الْجِنْسَ لَا يُمَكِّنُ أَنْ يُخْرِجَ بِشَيْءٍ إِلَّا بِالصَّلَاةِ وَالصُّومِ."

driven out by anything but prayer and fasting.”

They went out from there and passed through Galilee. And Jesus would not have any one know it; for He was teaching his disciples, saying to them, “The Son of Man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day.”

ولما خَرَجُوا مِنْ هُنَاكَ، اجْتَازُوا فِي الْجَلِيلِ، وَلَمْ يُرِدْ أَنْ يَدْرِيَ أَحَدٌ. فَإِنَّهُ كَانَ يُعَلِّمُ تَلَامِيذَهُ وَيَقُولُ لَهُمْ "إِنَّ ابْنَ الْبَشَرِ يُسَلَّمُ إِلَى أَيْدِي النَّاسِ، فَيَقْتُلُونَهُ، وَبَعْدَ أَنْ يَقْتَلَهُ، يَقُومُ فِي الْيَوْمِ الثَّالِثِ."

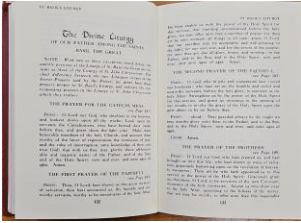
## HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
<b>Jihad, Lina, Jaylene, Jennifer and Jeffrey</b> Kassir and all the <b>Kassir family</b>		<b>Mariette</b> Khoury Kassir (mother/grandmother, 40-day memorial)
The <b>Roum, Ajalat</b> and <b>Safady families</b>	<b>Diana</b> Costa (84 <sup>th</sup> birthday)	
<b>Robin</b> Nicholas	<b>Dorothy</b> Nicholas (undergoing surgery on Tuesday)	
<b>Bob</b> and <b>Rene</b> Crawford, <b>Nancy</b> and <b>Ron</b> Nicola, <b>Michael</b> Roum, <b>Mark</b> and <b>Adele</b> Crawford, <b>Michael</b> and <b>Faten</b> Crawford, <b>Laura</b> and <b>John</b> Bwarie, and all <b>great nieces and nephews</b>	<b>Barbra</b> Bray (77 <sup>th</sup> birthday)	
<b>Bob</b> and <b>Rene</b> Crawford, <b>Ron</b> and <b>Nancy</b> Nicola, and <b>Barbara</b> Bray	<b>Shirely</b> Cameron	
<b>Salwa</b> Ayoub	<b>Joe</b> and <b>Nadia</b> Ayoub, <b>Mary Ann</b> , <b>Mike</b> , <b>Andrew</b> , <b>Hannah</b> and <b>Olivia</b> Mitchell	<b>Emil</b> Ayoub (husband) and <b>Gretta</b> Casalnuovo (daughter)
<b>George</b> , <b>Mariam</b> , <b>Mark</b> , <b>Antonio</b> and <b>Hend</b> Bshara		
<b>Ehab</b> , <b>Rania</b> , <b>Sami</b> , <b>Selena</b> and <b>Anthony</b> Dahabreh	<b>Hala</b> Tadros (Rania's mother)	<b>Hani</b> Tadros (Rania's father) and <b>Nawal</b> Hawatmeh Dahabreh (Ehab's mother)

To offer Holy Oblations and Memorials please use the form at

<https://stnicholasla.com/makeapayerrequest> 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, to use during today's service. Please just return it after the service.*

## 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. Lunch is hosted today by:



- the Shousha, Qafaiti and Nima families – our Annual "Falafel Day" Lunch

*They ask for your generous donations for our Lenten Food for Hungry People charity.*



### Upcoming Coffee Hour Schedule

Apr. 6	OPEN	May 4	OPEN
Apr. 13	Palm Sunday bake sale	May 11	Mother's Day Lunch by the Men's Fellowship
Apr. 20	Pascha: Breakfast of Love	May 18	OPEN
Apr. 27	Robin Nicholas (Aunt Dorothy's birthday)	May 25	The Najjar family

**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.

## 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.



## **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.**

**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.*

- 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.

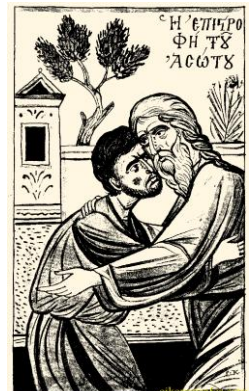
**The Fifth Thursday, April 3** — We serve the **Great Canon of St. Andrew of Crete with the Life of St. Mary of Egypt** at 6:30 pm.

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

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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.







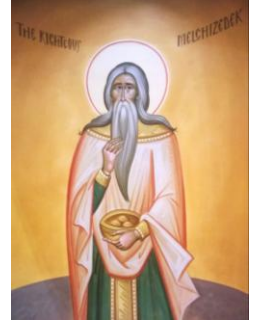
## FOOD FOR HUNGRY PEOPLE

As we fast, we always need to remember the poor. 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 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](http://stnicholasla.org/contributions)

**Regular Stewardship Pledge for 2025**  
2000 W. 3rd Street • Los Angeles, CA 90027

I vow to give to St. Nicholas Antiochian Orthodox Cathedral a reasonable and fair share of the blessings received from God, as a token of thanksgiving and in support for His Holy Church.

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Renew my pledge at the same level as last year  
 Increase my pledge by  5%  10%  15%  20%  
 Start with a fresh pledge of \$\_\_\_\_\_ per  week  month  year

Giving by Check/Credit/Debit Card  Bill Me  Other \_\_\_\_\_  
 Giving by Bank Draft (ACH)  Bill Me  Other \_\_\_\_\_  
 Giving by Credit/Debit Card  MasterCard  Visa  Discover  Bank \_\_\_\_\_  
 Name on Card \_\_\_\_\_ Date \_\_\_\_\_ Email \_\_\_\_\_

Signature \_\_\_\_\_

Do not return this card to the church. It is for the church's records only. Please include a return address and phone number. We will contact you if we need more information. The information provided is subject to our privacy policy. For more information, please visit our website at [www.stnicholasla.org](http://www.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](mailto:gette0324@yahoo.com) or via phone at: 818-391-6217

### ANNUAL WOMEN'S RETREAT

You can register by scanning the QR code from the flyer at right, or see Georgette Malouf during coffee hour, or print and mail the registration form to her at 1021 N. Orchard Drive, Burbank, CA 91506.



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

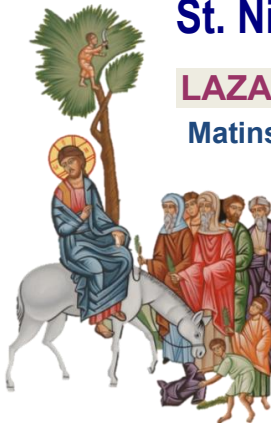
### When Is It?

- 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)



# 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.		
<b>TOTAL AMOUNT DUE:</b>			

**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](mailto: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!!!**

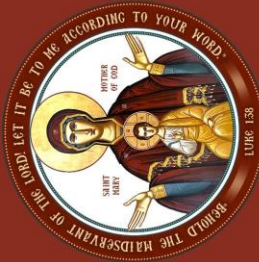
**Sunday, May 4, 2025  
5:30 p.m.**

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



# DIOCESE OF LOS ANGELES & THE WEST PARISH LIFE CONFERENCE

JUNE 25 - 29, 2025

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

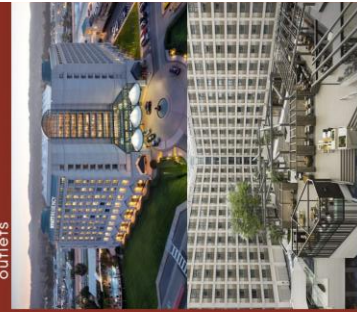
### SATURDAY JUNE 28

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

### 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

# 2025 SOCIAL 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!



## 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

**Adrienne** Nahas, hospital, 5/8

**Samira** El-Shammas, rehab., 5/5

**Dorothy** Nicholas, to undergo surgery, 4/23

**Mittry** Mor, rehab, 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

**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 injured and displaced by the earthquake in Burma and Thailand and 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

**John** Bibby, Maurice Koudsi's grandson, 4/15

**Atef** Iskander, cousin of Lucy Hanna, 4/7

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

**Victims of the earthquake in Burma and Thailand**

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

## ST. NICHOLAS CATHEDRAL CALENDAR

### March 2025

<b>Sun. 30</b>	<b>Spanish Mission Liturgy</b> , 7:45 am <ul style="list-style-type: none"> <li>• Fellowship and Bible Study in Spanish</li> </ul> <b>Matins</b> , 9:15 am <b>Divine Liturgy</b> , 10:30 am <ul style="list-style-type: none"> <li>• Church School</li> <li>• Coffee Hour</li> </ul>
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<b>Mon. 31</b>	<b>Great Compline</b> , 6:30 pm
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### April 2025

<b>Wed. 2</b>	<b>Presanctified Divine Liturgy</b> , 6:30 pm <ul style="list-style-type: none"> <li>• Lenten Dinner</li> <li>• Spiritual Q&amp;A Discussion</li> </ul>
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<b>Thu. 3</b>	<p style="text-align: center;"><i>Thursday of the Great Canon</i></p> <b>Ladies</b> preparing for Bake Sale, 10 am <b>Little Compline</b> with the <b>Great Canon</b> of St. Andrew of Crete and the Life of St. Mary of Egypt
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<b>Fri. 4</b>	<b>Ladies</b> preparing for Bake Sale, 10 am <b>Little Compline/Akathist</b> , 6:30 pm
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<b>Sat. 5</b>	<p style="text-align: center;"><i>Saturday of the Akathist</i></p> <b>Divine Liturgy</b> , 7 am <b>FOCUS</b> food and clothing distribution, 9 am <b>Great Vespers</b> and Confessions, 6 pm
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<b>Sun. 6</b>	<b>Spanish Mission Liturgy</b> , 7:45 am <ul style="list-style-type: none"> <li>• Fellowship and Bible Study in Spanish</li> </ul> <b>Matins</b> , 9:15 am <b>Divine Liturgy</b> , 10:30 am <ul style="list-style-type: none"> <li>• Church School</li> <li>• Coffee Hour</li> </ul>
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<b>Mon. 7</b>	<b>Great Compline</b> , 6:30 pm <ul style="list-style-type: none"> <li>• Young Adult Bible study</li> </ul>
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SEE THE FULL CALENDAR and latest additions and updates at [stnicholasla.org/parishcalendar](http://stnicholasla.org/parishcalendar)