



St. Nicholas Orthodox Cathedral

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

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TONE 7

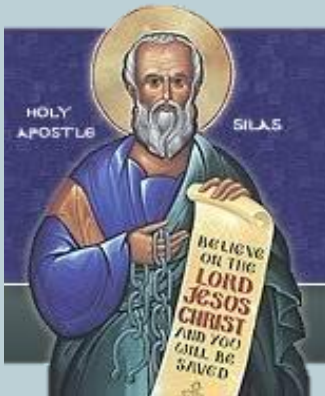
JULY 30, 2023

EOTHINON 8

EIGHTH SUNDAY AFTER PENTECOST

الأحد الثامن بعد العنصرة

*APOSTLES SILAS, SILVAN, CRESCENS, EPNETOS AND ANDRONIKOS OF THE SEVENTY
HIEROMARTYR VALENTINE, BISHOP OF TERNI IN ITALY AND HIS DISCIPLES
JOHN THE WARRIOR AT CONSTANTINOPLE • UNCOVERING OF THE RELICS OF VENERABLE
HERMAN OF SOLOVKY • ANGELINA, SOVEREIGN LADY OF SERBIA*



Saint Silas was a companion and fellow laborer of the Apostle Paul: “And Paul chose Silas and departed...and he went through Syria and Cilicia, confirming the churches” (Acts 15.40-41). He later became Bishop of Corinth, and reposed in peace. Saint Silvanos became Bishop of Thessalonica. Saint Crescents became Bishop of Chalcedon. Epenetus, “the first-fruits of Achaia unto Christ” (Roman 16.5), became Bishop of Carthage.



A number of saints are named Valentine, and there has resulted some confusion among them. We commemorated St. Valentine, a Presbyter of Rome on July 6. The Valentine that we commemorate today, the Bishop of Terni, is the one that the West celebrates on February 14. They both received the martyrs' crowns in Rome.

LITURGY VARIATIONS

3RD 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.

حَطَّطْتَ بِصَلْبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصَّالِحِينَ الْفِرْدَوْسَ، وَحَوَّلْتَ
نَوْحَ حَامِلَاتِ الطِّيبِ إِلَى فَرْحٍ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا،
بَأَنَّكَ قَدْ قُمْتَ أَبِيهَا الْمَسِيحِ الْإِلَهُ، مَانِحًا الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

APOLYTIKIA AFTER THE ENTRANCE

Troparion of The Resurrection (Tone 7)

Thou didst shatter death by Thy Cross....

....حَطَّطْتَ بِصَلْبِكَ الْمَوْتَ....

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.

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 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 أَفْعَالِ الْحَقِّ لِرِعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً
لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرئيسُ الْكَهَنَةِ
نِيقُولَاوَسَ. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرَّفْعَةَ، وَبِالمِسْكِنَةِ الْغِنَى.
فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Transfiguration (Tone 7)

Thou wast transfigured on the mount, and Thy Disciples, insofar as they were able, beheld Thy glory, O Christ our God, so that, when they should see Thee crucified, they would remember that all Thy suffering was voluntary, and could declare to all the world that Thou art truly the effulgent Splendor of the Father.

تَجَلَّيْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ عَلَى الْجَبَلِ، وَحَسْبَمَا وَسِعَ تَلَامِيذُكَ
شَاهَدُوا مَجْدَكَ. حَتَّى عِنْدَمَا يُعَانِينُوكَ مَصْلُوبًا، يُفْطِنُوا أَنَّ
الْأَمَلَ طَوْعًا بِاخْتِيَارِكَ، وَيَكْرِزُوا لِلْعَالَمِ، أَنَّكَ أَنْتَ بِالْحَقِيقَةِ
شُعَاعُ الْآبِ.

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.

بروكيمنون (مزمور ٢٨، ١١، ١ سبع؛ اللحن السابع)

الرَّبُّ يُعْطِي قُوَّةً لِشَعْبِهِ.

قَدِّمُوا لِلرَّبِّ يَا أَبْنَاءَ اللَّهِ.

From St. Paul's 1st Epistle to the Corinthians (1.10-17; 8th Sunday after Pentecost)

BRETHREN, I appeal to you by the Name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسِ الرَّسُولِ الْأُولَى إِلَى أَهْلِ
كُورِنْثُوسَ (١٠، ١٧-١٧؛ لِلأحد الثامن)

يَا إِخْوَةَ، أَطْلُبُ إِلَيْكُمْ بِاسْمِ رَبِّنَا يَسُوعَ الْمَسِيحِ أَنْ تَقُولُوا
جَمِيعُكُمْ قَوْلًا وَاحِدًا، وَأَنْ لَا يَكُونَ بَيْنَكُمْ شِقَاقَاتٌ، بَلْ
تَكُونُوا مُكْتَبِلِينَ بِفِكْرٍ وَرَأْيٍ وَاحِدٍ. فَقَدْ أَخْبَرَنِي عَنْكُمْ، يَا
إِخْوَتِي، أَهْلُ خُلُوبِي، أَنَّ بَيْنَكُمْ حُصُومَاتٍ. أَعْنِي أَنَّ كُلَّ
وَاحِدٍ مِنْكُمْ يَقُولُ "أَنَا لِبُولُسٍ أَوْ أَنَا لِلْبَلُّوسِ، أَوْ أَنَا لِصَفَا أَوْ

belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius, lest anyone should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to preach the gospel, and not with eloquent wisdom, lest the Cross of Christ be emptied of its power.

Holy Gospel according to St. Matthew (14.14-22; 8th Sunday of Matthew)

AT THAT TIME, when Jesus went ashore, He saw a great throng; and He had compassion on them and healed their sick. When it was evening, the disciples came to Him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to Him, "We have only five loaves here and two fish." And Jesus said, "Bring them here to Me." Then He ordered the crowds to sit down on the grass; and taking the five loaves and the two fish He looked up to heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children.

Then Jesus made his disciples get into the boat and go before Him to the other side, while He dismissed the crowds.

أَنَا لِلْمَسِيحِ. " أَلَعَلَّ الْمَسِيحَ قَدْ نَجَزَا؟ أَلَعَلَّ بُولُسَ صَلِبَ لِأَجْلِكُمْ؟ أَوْ بِاسْمِ بُولُسَ اعْتَمَدْتُمْ؟ أَشْكُرُ اللَّهَ أَنِّي لَمْ أَعْتَدْ مِنْكُمْ أَحَدًا سِوَى كَرِسْبُسَ وَغَايُوسَ. لِئَلَّا يَقُولَ أَحَدٌ إِنِّي عَمَدْتُ بِاسْمِي. وَعَمَدْتُ أَيْضًا أَهْلَ بَيْتِ اسْتِيفَانَسَ. وَمَا عَدَا ذَلِكَ، فَلَا أَعْلَمُ، هَلْ عَمَدْتُ أَحَدًا غَيْرَهُمْ. لِأَنَّ الْمَسِيحَ لَمْ يُرْسَلْنِي لِأَعْتَدَ، بَلْ لِأُبَشِّرَ لَا بِحِكْمَةٍ كَلَامٍ لِئَلَّا يَبْطُلَ صَلِيبَ الْمَسِيحِ.

مِنْ بَشَارَةِ الْقِدِّيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ (١٤، ١٤-٢٢؛ لِلأَحَدِ الثَّامِنِ مِنْ مَتَّى)

فِي ذَلِكَ الزَّمَانِ، أَبْصَرَ يَسُوعُ جَمْعًا كَثِيرًا، فَتَحَنَّنَ عَلَيْهِمْ وَأَبْرَأَ مَرْضَاهُمْ. وَلَمَّا كَانَ الْمَسَاءَ، دَنَا إِلَيْهِ تَلَامِيذُهُ وَقَالُوا: "إِنَّ الْمَكَانَ قَفْرٌ، وَالسَّاعَةُ قَدْ فَاتَتْ. فَاصْرِفِ الْجُمُوعَ لِيَذْهَبُوا إِلَى الْقُرَى وَيَبْتَاعُوا لَهُمْ طَعَامًا." فَقَالَ لَهُمْ يَسُوعُ: "لَا حَاجَةَ لَهُمْ إِلَى الذَّهَابِ. أَعْطُوهُمْ أَنْتُمْ لِيَأْكُلُوا." فَقَالُوا لَهُ: "مَا عِنْدَنَا هَهُنَا إِلَّا خَمْسَةُ أَرْغَفَةٍ وَسَمَكَتَانِ." فَقَالَ لَهُمْ: "هَلُمَّ بِمَا إِلَيَّ إِلَى هَهُنَا." وَأَمَرَ بِجُلُوسِ الْجُمُوعِ عَلَى الْعُشْبِ. ثُمَّ أَخَذَ الْخَمْسَةَ الْأَرْغَفَةَ وَالسَّمَكَتَيْنِ، وَنَظَرَ إِلَى السَّمَاءِ، وَبَارَكَ، وَكَسَرَ، وَأَعْطَى الْأَرْغَفَةَ لِتَلَامِيذِهِ، وَالتَّلَامِيذُ لِلْجُمُوعِ. فَأَكَلُوا جَمِيعُهُمْ وَشَبِعُوا، وَرَفَعُوا مَا فَضُلَ مِنَ الْكِسْرِ اثْنَتَيْ عَشْرَةَ فُفَّةً مَمْلُوءَةً. وَكَانَ الْأَكِلُونَ خَمْسَةَ آلَافِ رِجُلٍ، سِوَى النِّسَاءِ وَالصِّبْيَانِ. وَلِلْوَقْتِ اضْطُرَّ يَسُوعُ تَلَامِيذُهُ أَنْ يَدْخُلُوا السَّفِينَةَ وَيَسْبِقُوهُ إِلَى الْعَبْرِ، حَتَّى يَصْرِفَ الْجُمُوعَ.

HOLY OBLATIONS AND PRAYER REQUESTS

- By Amal Matar and family, for the repose of George Matar (6-month memorial).
- By Mary Fasheh and family, Jamal, Anna and Hani Fasheh, in memory of Henry Y. Fasheh (6 years departed), and Yousef (30 years departed) and Naheel Y. Fasheh (20 years departed).
- By Agnes Kuncar, for the health of her family, and in memory of husband Elias Kuncar.
- By George, Mariam, Mark, Antonio and Hend Bshara.
- By Ehab, Rania, Sami, Selena and Anthony Dahabreh, in memory of Rania's father, Hani Tadros, and of Ehab's mother, Nawal Hawatmeh Dahabreh.

To offer Holy Oblations and Memorials please use the form at

<https://stnicholasla.com/makeaprayerrequest> 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/chapel area) doors, and join us in the Heritage Ballroom for refreshments.

Please consider sponsoring a Coffee Hour after Liturgy. Bring whatever you would like to share—donuts, cookies, mini bagels, zaatar, etc. The Ladies Society will provide the coffee and paper goods. Call/text Joujou George (562)-522-1322, or email her at ginageorge@verizon.net to reserve a Sunday.



DORMITION FAST STARTS TUESDAY

The Fast leading up to the Feast of the Dormition (repose) of the Mother of God runs from August 1-14.

Because of our great love for our Lord's Mother, Who has become our mother, and because our goal is to emulate her humility as the "Handmaid of the Lord," the Church and the Orthodox faithful generally observe this fast quite strictly.

We abstain from meat, fish and dairy products during this time. (Traditionally, we also abstain from oil and wine, except on the weekends.) The fasting is relaxed to allow for fish, wine and oil on the Feast of the Transfiguration, August 6, and on the feast of St. Herman of Alaska, August 9. *As always, if you can't keep the fast to this level, do the most your health allows, and you are invited to contact Fr. Nabil for guidance.*

PROCESSION OF THE HOLY CROSS

We observe the Feast of the Procession of the Holy Cross on the first day of the Dormition Fast. Join us tomorrow morning.

Divine Liturgy 10:30 am Tuesday, August 1, including procession



SUPPLICATION FOR THE SICK ON THE COMING TWO WEDNESDAYS

We serve the **Paraklesis at 7 p.m. on Wednesdays, Aug. 2 & 9**, during the fast. It is a special service of supplication to the Mother of God.

Please bring a list of the first names of the sick or of any other living persons in need of prayer for any reason, to be remembered at the Supplication.

We will also anoint everyone present with myrrh from the tomb of the Theotokos.



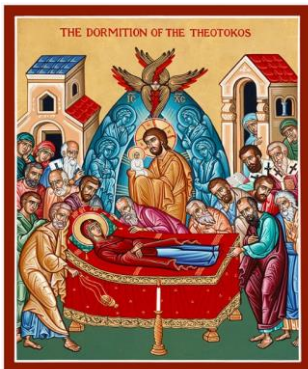
GREAT FEAST OF THE TRANSFIGURATION

We celebrate this Great Feast on **Sunday, August 6:**

Matins, 9:15 am • Liturgy, 10:30 am

Bring with you grapes and/or other first fruits to be blessed, especially from your gardens.

We always offer to God the first and best portions of everything, and, through this first portion, He blesses everything else.



AUGUST 14: FEAST OF THE DORMITION POTLUCK

The St. Nicholas Family is invited to share in a Potluck Dinner on Monday, August 14, to celebrate the Feast of the Dormition of the Theotokos. The potluck will take place directly after the Evening Divine Liturgy in the Heritage Ballroom.

Please join us and bring your favorite dish to serve 15 people. If your last name begins with

- A-G, please bring a main dish.
- H-M, please bring drinks, bread, olives, fruit or dessert.
- N-Z, please bring a salad or side dish of any type.

Please see Rose Samore (818-378-2055 or rosesamore@gmail.com) for questions and to help.

OCTOBER 7-8

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.

Please stop by the Festival Table in the hall, during coffee hour today.

- We are forming a team now. Please see Ehab Dahabreh during coffee hour today, or email him at tony@sspetro.com).
- See Lamia Qafaiti to donate items for the silent auction. We can use new items, antiques and gift certificates for services.
- We have **sponsorship opportunities**, where you can showcase your business. Let your fellow Cathedral members know about services you can provide them, as well as advertising your business to all our guests, as you will be recognized in our publicity, in a brochure to be handed out to all our Festival guests and on our website. *See someone at the Festival table for more information.*

ANTIOCHIAN ORTHODOX CATHEDRAL

ST. NICHOLAS FESTIVAL

SATURDAY & SUNDAY
OCTOBER 7 & 8, 2023
2300 W. 3RD STREET, LOS ANGELES, CA 90057
SATURDAY: 1:00PM - 9:00PM SUNDAY: 12:00PM - 8:00PM

LIVE MUSIC & DJ
VIEW SCHEDULE AT STNICHOLASLA.ORG/FESTIVAL

FADI HANANI FIDEL FAYAD MICHEL ASHKAR

FOOD
MANAKEESH . KABAB . GYRO . TACOS . KIBBEH MASHWEYEH . FALAFEL . SWEETS

KIDS ACTIVITIES
CARNIVAL GAMES . BOUNCY HOUSE . ETC

LIVE AND SILENT AUCTIONS
SPORTS COLLECTIBLES

\$5 ENTRANCE FEE CHURCH TOURS

SMOKING IN DESIGNATED AREAS ONLY

WORDS OF WISDOM

Often, we speak about love as if it is a feeling. But if we wait for a feeling of love before loving, we may never learn to love well. The feeling of love is beautiful and life-giving, but our loving cannot be based on that feeling.

To love is to think, speak, and act according to the spiritual knowledge that we are infinitely loved by God and called to make that love visible in this world. Mostly we know what the loving thing to do is. When we "do" love, even if others are not able to respond with love, we will discover that our feelings catch up with our acts.

Henri Nouwen, *Bread for the Journey*

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

Helen O’Conor, hospital, 9/7

Julian Capata, home, 9/5

Albert Malouf, home, 8/24

Ousama Zabaneh, home, 8/20

Clemence Gedeon, nursing home, 8/14

Charles Malouf, brother of Ed Malouf, 9/5

Anis Madanat, Adele Crawford’s father, 8/28

John Orloff, grandson of Fr. Paul and Kh. Laurie, 8/24

Yousry Iskander, uncle of Fr. Nabil, 8/12

Yara Ghawi, friend of our Debutantes, 8/10

Kristen Schamp, goddaughter of Fr. Nabil & Kh. Elaine, 8/5

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

DEPARTED

Jimmy Joseph Fasheh, 9/8

Paul Attyah, 8/24

Sol Ajalat, 8/7

Jane Nassief, former parishioner, 8/13

Victims of violence in this country and everywhere

Future Dates to Remember

- **Church New Year**, Sep. 1
- **Great Feast of the Nativity of the Theotokos**, Sep. 8
- **Start of Church School**, Sep. 10
- **Great Feast of the Elevation of the Holy Cross**, Sep. 14
- **St. Nicholas Festival**, October 7-8

ST. NICHOLAS CATHEDRAL CALENDAR

July 2023

Sun. 30

Spanish Mission Liturgy, 7:45 am
 • **Fellowship** and **Bible Study** in Spanish
Matins, 9:15 am
Divine Liturgy, 10:30 am
 • **Coffee Hour**

August 2023

Tue. 1

***Beginning of the Dormition Fast
 Procession of the Holy Cross***
Divine Liturgy, 10:30 am
Choir dinner and practice, 6:30 pm

Wed. 2

Paraklesis to the Theotokos, 7 pm

Sat. 5

Great Vespers and Confessions, 6 pm

Sun. 6

Great Feast of the Transfiguration
Spanish Mission Liturgy, 7:45 am
 • **Fellowship** and **Bible Study** in Spanish
Matins, 9:15 am
Divine Liturgy, 10:30 am
 • **Coffee Hour**

Wed. 9

Paraklesis to the Theotokos, 7 pm

Sat. 12

FOCUS Food Distribution, 9 am
Teen SOYO Lunch and activity, 12:30 pm
Great Vespers and Confessions, 6 pm

Sun. 13

Spanish Mission Liturgy, 7:45 am
 • **Fellowship** and **Bible Study** in Spanish
Matins, 9:15 am
Divine Liturgy, 10:30 am
 • **Coffee Hour**

Mon. 14

Eve of the Great Feast of the Dormition
Divine Liturgy, 6:30 pm
 • **Potluck Dinner**

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