



St. Nicholas Orthodox Cathedral

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

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TONE 8

MARCH 17, 2024

EOTHINON 8

FORGIVENESS SUNDAY ("CHEESE-FARE SUNDAY")

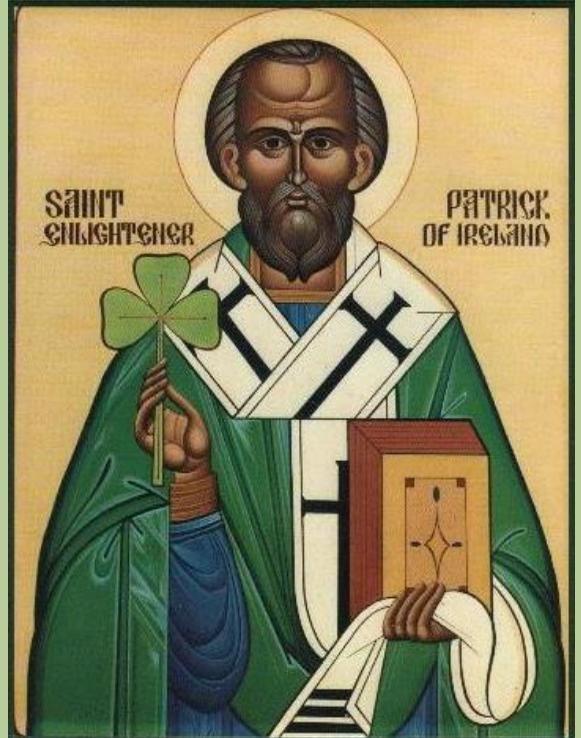
VENERABLE ALEXIOS THE 'MAN OF GOD'
PATRICK, BISHOP OF ARMAGH AND ENLIGHTENER OF IRELAND
VENERABLE THEOSTERIKTOS THE CONFESSOR OF PELECETE MONASTERY

أحد الغفران (مرفع الجبن)

الكسيوس رجل الله • باتريك، أسقف أرماغ في إيرلندا

Saint Patrick, the Apostle of the Irish, was seized from his native Britain by Irish marauders when he was sixteen years old. Though the son of a deacon and a grandson of a priest, it was not until his captivity that he sought out the Lord with his whole heart. In his Confession, the testament he wrote toward the end of his life, he declared:

"Many times a day I prayed. The love of God and His fear came to me more and more, and my faith was strengthened. And my spirit was so moved that in a single day I would say as many as a hundred prayers, and almost as many at night, and this even when I was staying in the woods and on the mountain; and I would rise for prayer before daylight, through snow, through frost, through rain, and I felt no harm."



LITURGY VARIATIONS

3RD ANTIPHON (TROPARION OF THE RESURRECTION, TONE 8)

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial that Thou mightest deliver us from passion. Thou art our Life and our Resurrection, O Lord, glory to Thee.

أُنْحَدَرْتَ مِنَ الْعُلُوِّ يَا مُتَحَنِّنٍ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ
الْأَيَامِ، لِكَيْ تُعْتِقَنَا مِنَ الْآلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتَنَا، يَا رَبُّ
الْمَجْدُ لَكَ.

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.

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.

CHILDREN going to church school and their teachers 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.

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 8)

From the heights Thou didst descend....

الْحَدْرَتْ مِنَ الْعُلُوِّ يَا مُتَحَيِّنٌ....

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 أَظْهَرْتِكَ أَعْمَالَ الْحَقِّ لِرِعِيَّتِكَ قَانُونَاً لِلْإِيمَانِ، وَصُورَةً لِلْوَدَاعَةِ، وَمُعَلِّماً لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرئيسُ الْكَهَنَةِ نيقولاوس. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرِّفْعَةَ، وَبِالمِسْكِنَةِ الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهِهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion for Forgiveness Sunday (Tone 6)

O Thou Who guidest to wisdom and givest understanding and intelligence, Instructor of the ignorant and Helper of the poor, strengthen my heart, and grant it understanding, O Master. Give me word, O Word of the Father, for I shall not refrain my lips from crying to Thee, O merciful One: Have mercy upon me who am fallen.

أَيُّهَا الْهَادِي إِلَى الْحِكْمَةِ، وَرَازِقُ الْفَهْمِ وَالْفِطْنَةِ، وَمُؤَدِّبُ الْجُهَالِ، وَعَاضِدُ الْمَسَاكِينِ، شَدِّدْ وَفَهِّمْ قَلْبِي أَيُّهَا السَّيِّدُ، وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الْأَبِ، لِأَنِّي هَاأَنْدَا لَا أَمْنَعُ شَفَتِي مِنْ الصُّرَاحِ إِلَيْكَ: يَا رَحُومٌ، ارْحَمْنِي أَنَا الْوَاقِعِ.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 46.6, 1 LXX; Tone 3)

Sing praises to our God, sing praises.

Verse: Clap your hands, all you nations.

From St. Paul's Epistle to the Romans (13.11-14.4; Forgiveness Sunday)

BRETHREN, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as

بروكيمنون (مزمور ٤٦، ٦، ١ سبع؛ اللحن ٣)

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا.

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ رُومِيَّةِ
(١١، ١٣، ٤-١٤؛ أحد الغفران)

يَا إِخْوَةٌ، إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا. قَدْ تَنَاهَى اللَّيْلُ وَاقْتَرَبَ النَّهَارُ، فَلْتَنْدَعْ عَنَّا أَعْمَالَ الظُّلْمَةِ وَنَلْبَسْ

in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

Holy Gospel according to St. Matthew (6.14-21; Forgiveness Sunday)

THE LORD SAID, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head, and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you openly.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasure in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where

أَسْلِحَةَ النُّورِ. لِنَسْلُكِنَّ سُلُوكًا لَا تَقَاكَمَا فِي النَّهَارِ، لَا بِالْفُصُوفِ وَالسُّكْرِ، وَلَا بِالْمُضَاجِعِ وَالْعَهْرِ، وَلَا بِالْخِصَامِ وَالْحَسَدِ، بَلِ الْبَسُوا رَبَّ يَسُوعَ الْمَسِيحَ وَلَا تَهْتُمُوا بِأَجْسَادِكُمْ لِقِضَاءِ شَهَوَاتِهَا.

مَنْ كَانَ ضَعِيفًا فِي الْإِيمَانِ فَاتَّخِذُوهُ بِعَيْرِ مُبَاحَثَةٍ فِي الْآرَاءِ. مَنْ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ، أَمَّا الضَّعِيفُ فَيَأْكُلُ بَقُولًا. فَلَا يَرْدِرُ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدِرُ الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ، فَإِنَّ اللَّهَ قَدِ اتَّخَذَهُ. مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أَحَبِّبًا؟ إِنَّهُ لِمَوْلَاهُ يَثْبُثُ أَوْ يَسْقُطُ. لَكِنَّهُ سَيَثْبُثُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يُثَبِّتَهُ.

مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيذِ الطَّاهِرِ (٦،١٤-٢١؛ لأحد الغفران)

قَالَ الرَّبُّ: إِنَّ غَفَرْتُمْ لِلنَّاسِ زَلَّاتِهِمْ، يَغْفِرُ لَكُمْ آبُوكُمْ السَّمَاوِيُّ أَيْضًا. وَإِنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ، فَأَبُوكُمْ أَيْضًا لَا يَغْفِرُ لَكُمْ زَلَّاتِكُمْ.

وَمَتَى صُمْتُمْ، فَلَا تَكُونُوا مَعْبَسِينَ كَالْمُرَائِينَ. فَإِنَّهُمْ يُنْكِرُونَ وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ. أَمَّا أَنْتَ فَإِذَا صُمْتَ، فَادْهَنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لِكَلَّا تَظْهَرَ لِلنَّاسِ صَائِمًا، بَلَى لِأَيِّكَ الَّذِي فِي الْخَفِيَّةِ، وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عَلَانِيَةً.

لَا تَكْتَبِرُوا لَكُمْ كُنُوزًا عَلَى الْأَرْضِ، حَيْثُ يُفْسِدُ السُّوسُ وَالْأَكَلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ. لَكِنْ اكْتَبِرُوا لَكُمْ كُنُوزًا فِي السَّمَاءِ حَيْثُ لَا يُفْسِدُ سَوْسٌ، وَلَا آكِلَةٌ وَلَا يَنْقُبُ

your treasure is, there will your heart be also.”

السَّارِقُونَ وَلَا يَسْرِفُونَ. لِأَنَّهُ حَيْثُ تَكُونُ كُنُوزُكُمْ، هُنَاكَ تَكُونُ قُلُوبُكُمْ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
The Cathedral community		Metropolitan Philip (10-year memorial)
Nancy Malouf, Michael and Angela, James and Guilied, Paul and Belinda Malouf and their families.		Albert Malouf (husband/father, 40-day memorial)
Dale, Robin and Rebekah Nicola, Rachel, Jerry, Goldie and Maple Hsieh		Gregory John Nicola (son/brother/uncle, 1-year memorial)
Richard and Joyce Ayoub	Paul, Lizzie, Elizabeth and Steven Ayoub and Nick Nicola	
George, Mariam, Mark, Antonio and Hend Bshara		
Ehab, Rania, Sami, Selena and Anthony Dahabreh		Hani Tadros (Rania's father) and Nawal Hawatmeh Dahabreh (Ehab's mother)



MEMORY ETERNAL, METROPOLITAN PHILIP!

His Eminence Metropolitan Philip departed this life on March 19, 2014. Today, we and all the churches of our Archdiocese will serve a 10-year memorial for him.

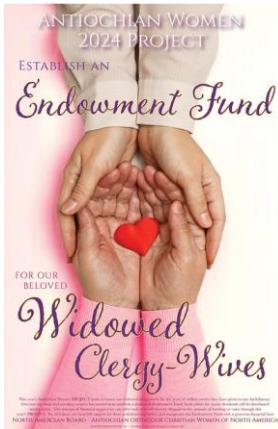
His Eminence became our Metropolitan in 1966, at age 35. That same year, on his first visit to St. Nicholas in Los Angeles, he designated this church to be a cathedral, the second cathedral of the Archdiocese and his base of operation for the western states.

TOP PHOTO: Metropolitan Philip exchanges the kiss of peace with Fr. Nabil immediately after ordaining the latter (July 1989). BELOW:

Metropolitan Philip at his funeral (St. Nicholas Cathedral, Brooklyn, New York, March 2014).



Metropolitan Saba encourages everyone to visit a special webpage at www.antiochian.org/metropolitanphilip, devoted to his predecessor, which recalls his life and important place in the history of our archdiocese.



ANNOUNCEMENTS

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.

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.

- Coffee hour is hosted today by Dale, Robin, Rebekah, Rachel, Makaela and Lisa (in memory of Gregory John Nicola)



Upcoming Coffee Hour Schedule

March 24	Fr. Andrew and Kh. Ruth (in memory of Adrienne Andrews, 40 days)		
March 31	Nassif and Randa Shammaa (birthday celebration for Elias)		
April 7	Diana Nofal and Family	April 21	OPEN
April 14	OPEN	April 28	Ladies' Palm Sunday Bake Sale

***Please consider sponsoring a Coffee Hour after Liturgy.** The time of fellowship after the Divine Liturgy is integral to the life of our community. It provides an opportunity for visitors to be fully welcomed and for the rest of us to enjoy visiting with our church family members. Contact Joujou George at (562) 522-1322 or ginageorge@verizon.net to reserve a Sunday.*

CHURCH SCHOOL CLASSES TODAY

All Church School classes (above pre-school) have been studying the meaning of Romans 8:28: **"All things work together for good to those who love God, to those who are called according to His purpose."** Today, they will reflect on this passage through art, writing, poetry and photography for the Diocese Creative Festival.

You will find the **Church School Calendar online** and updated with changes (scan the QR code at right, or enter <https://bit.ly/SNCschool23-24>).



Ice Cream Social

- **Date:** Sunday, March 17, Cheesefare Sunday
- **Time:** 5:30 PM, just before Forgiveness Vespers
- **Come enjoy your last ice cream cone (or sundae) before Lent**



LENT IS HERE!

- Since Monday, we've been easing into Lent by eliminating meat but continuing to eat fish and dairy products (even on Wednesday and Friday).
- We begin the Great Fast proper by eliminating cheese (i.e., dairy products and eggs) and fish as well after the service of **Forgiveness Vespers tonight**.

ST. THEODORE LITURGY AND MEMORIAL SATURDAY

We commemorate the Miracle of the Boiled Wheat (*koliva*) with the final All-Souls Memorial of the season this **Saturday, March 23:**

- **Divine Liturgy 7 am**
- **Blessing of Koliva and Memorial for All the Departed**



- Bring with you a list of names of all the departed you wish to remember. Please just list their Christian names (i.e., first names as given at baptism, not nicknames, and no last names).
- It is also customary to bring with you a small bowl of Koliva, *but if you don't have time to make it, don't worry, as we will be making a large bowl on behalf of all.*

NEXT SUNDAY: CHILDREN BRING ICONS FOR SUNDAY OF ORTHODOXY

At the end of Liturgy next Sunday, all our children will join the clergy in the procession with the holy icons, as we celebrate the Triumph of Orthodoxy and the truth that God truly became man.

Our church school students should bring their icons from their rooms at home (though we will have some spares for those who forget).



*"We venerate Thy most pure image, O Good One.
Therefore, with thankfulness we cry aloud unto Thee: Thou hast filled
all with joy, O our Savior. For Thou hast come to save the world."*

2024 LENTEN SERVICES at the 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.

Lent starts with Forgiveness — We start Lent at 6:30 p.m. **Sunday, March 17.** We celebrate the rite of mutual forgiveness as we start the journey to the Resurrection.

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

- ***The first week of Lent, Great Compline is served on Monday, Tuesday and Thursday nights, with portions of the Great Canon of St. Andrew of Crete.***
- ***On March 25 we will instead celebrate the Liturgy 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. Bring one Lenten item to share for a potluck after Liturgy. (Various Cathedral organizations might host dinner some weeks—to be announced). A short spiritual discussion will follow.

Fridays — Little Compline with the **Akathist Hymn to the Theotokos at 6:30 p.m.**

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

- ***The first Saturday Morning of Lent, March 23, we serve the Liturgy at 7 am*** in commemoration of St. Theodore and the miracle of the boiled wheat, including another **memorial for All Souls: *You may bring koliva and a list of the names of your departed to be remembered.***
- ***The first Saturday Evening of Lent, March 23, we will serve the Triumph of Orthodoxy Vespers in a pan-Orthodox Celebration 5 pm at Holy Virgin Mary Cathedral (650 Micheltorena St, Los Angeles)***

The First Sunday, March 24 — We serve the **Great Vespers of the Annunciation** at 6:30 pm.

The Fifth Thursday, April 18 — We serve the **Great Canon of St. Andrew of Crete with the Life of St. Mary of Egypt** at 6:30 pm.

Palm Sunday: April 28 • Pascha: May 5

Mark your calendars, so you won't miss any part of our journey to the Holy Pascha.

THANKS AND BLESSINGS ON ALL WHO HAVE MADE THEIR STEWARDSHIP COMMITMENTS FOR 2024

The point is this: he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9.6-7)

·THE SOWER OF GOOD SEEDS·

هَذَا وَإِنَّ مَنْ يَزْرَعُ بِالسَّخِّ فَيَالسَّخِّ أَيْضًا يَحْصُدُ، وَمَنْ يَزْرَعُ بِالْبَرَكَاتِ فَيَالْبَرَكَاتِ أَيْضًا يَحْصُدُ. كُلُّ وَاحِدٍ كَمَا يَنْوِي بِقَلْبِهِ، لَيْسَ عَنْ حُزْنٍ أَوْ اضْطِرَّارٍ. لِأَنَّ الْمُعْطِيَ الْمَسْرُورَ يُحِبُّهُ اللَّهُ. (٢) كورنثوس ٩،٦-٧



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



REGISTRATION FOR SUMMER CAMP IS NOW OPEN

Register online at www.campstnicholas.com/site/summer-camp/

Camp St. Nicholas

Summer Camp Registration

Friday, February 23rd at 7pm PST

Week 1: July 14-20
Week 2: July 21-27 (Teen Week)
Week 3: July 28-Aug 3

www.campstnicholas.com

Session 2/Teen Week is already full!

Please sign up online for week 1 or week 3 ASAP, before they fill up too!

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.

MESSAGE FROM OUR CHARITABLE MINISTRIES COORDINATOR

As we approach the season of Great Lent, we all have a spectacular opportunity to celebrate Christ and honor His great Passion and sacred sacrifice for our salvation. Twice-monthly, our Cathedral supplies the families in this neighborhood with several thousand pounds of fresh produce, fruit, dairy, meat, canned goods, nuts and packaged legumes. Clothing, diapers, sanitary products, household items, toys and books are distributed when available. We adhere to Federal guidelines so there is no cost to our Cathedral.

I invite all parishioners who have not experienced this glorious ministry to make a commitment for Lent to participate in one of the bi-monthly distributions. After you and your family have opened your hearts to shine the light of the Lord on our neighbors and felt the joy of Christ in these families as you share not just food, more importantly a kind and loving greeting, you will want to return. What a great example to model for your children. I want to thank all of the generous and selfless volunteers, clergy, and Cathedral staff who have helped tirelessly since our inception. I look forward to seeing many more new and loving families join our distributions this Great Lenten season.

Yours humbly in Christ,
Marta Chala

Sunday of Orthodoxy Pan-Orthodox Celebration

March 23, Saturday - Los Angeles, CA

Join our Hierarchs for this Celebration

His Eminence, **Metropolitan Gerasimos** of the Greek Orthodox Metropolis of San Francisco,
His Eminence, **Archbishop Benjamin** of the Diocese of the West, Orthodox Church of America
His Grace, **Bishop Maxim** of the Serbian Orthodox Diocese of Western America,
Bishop Ioannis of Phocaea of the Greek Orthodox Metropolis of San Francisco,
together with Deans, Clergy and members of their respective flocks



The Pan-Orthodox Vespers will take place at 5 pm
at the Holy Virgin Mary OCA Cathedral, Los Angeles, California
650 Micheltorena St, Los Angeles, California 90026-3623

- Homily: Fr Andrew Cuneo of St Katherine OCA parish in Carlsbad, California
- Procession of Icons
- Following the Services, lenten dinner will be served in the main hall

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.



**45th ANNUAL
ANTIOCHIAN WOMEN'S LENTEN RETREAT
DIOCESE OF LOS ANGELES AND THE WEST
APRIL 19 - 21, 2024**

**AT CAMP
ST NICHOLAS
FRAZIER PARK, CA**



We are honored to have Kh. Susan Wallace from St. James Antiochian Orthodox Church in Stillwater, OK as our Retreat Speaker.

Her topic will be:

“Ascending the Mountain; moving deeper into the Heart of God”

REGISTRATION INFORMATION:

You may register and pay online using a credit card at:

<https://tithe.ly/event-registration/#/8523483>

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 April 4th

Pay by check: \$170 Online payment: \$175

Full Weekend 2 nights/5 meals AFTER April 4th

Pay by check: \$170 Online payment: \$175

Saturday Only - 3 meals Pay by check: \$80 Online payment \$83

**For questions, please contact Georgette Malouf
via email: gette0324@yahoo.com or via phone at: 818-391-6217**

CATHEDRAL PRAYER LIST

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

LIVING

Leroy Simon, hospital, 4/25
Natalie Waimrin, hospital, 4/13
Evonne Chala, home, 4/9
Hayat Kassab Alchammas, home, 4/9
Asad Aboud, rehab., 3/31
Julian E. Capata, home, 3/30
Angele Wahhab, Lamia Qafaiti's mother, 4/16
Sharon Carothers, friend of Fr. Andrew and Kh. Ruth, 4/10
Elham Alloush, 4/9
Julian F. Capata, son of Julian and Shirley Capata, 3/22
All those suffering from illness, violence and want in the Gaza conflict, in this country and throughout the world

DEPARTED

Ousama Zabaneh, 4/24
Carlos Alegria, 4/12
William Haddad, 4/9
Adrienne Andrews, 3/19
Anna Victoria Cebedo, Armando Cano's wife, 4/14
Carletta Simon, Adele Crawford's grandmother, 3/25
Victims of the Gaza conflict and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

March 2024

Sun. 17	<p><i>Forgiveness/Cheesefare Sunday</i> Spanish Mission Liturgy, 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Matins, 9:15 am Divine Liturgy, 10:30 am <ul style="list-style-type: none"> • Church School • Coffee Hour Pre-Lent Ice Cream Social, 5:30 pm Forgiveness Vespers – start of Lent, 6:30 pm</p>
Mon. 18	Great Compline , 6:30 pm
Tue. 19	Great Compline , 6:30 pm
Wed. 20	<p>Presanctified Liturgy, 6:30 pm <ul style="list-style-type: none"> • Potluck Dinner • Brief Discussion </p>
Thu. 21	Great Compline , 6:30 pm
Fri. 22	Little Compline with Akathist , 6:30 pm
Sat. 23	<p><i>St. Theodore/1st Saturday of Lent</i> Divine Liturgy with blessing of Koliva and All-souls memorial, 7 am FOCUS Food Distribution, 9 am Pan-Orthodox Vespers, 5 pm at Holy Virgin Mary Cathedral (650 Micheltorena St., Los Angeles)</p>
Sun. 24	<p><i>Sunday of Orthodoxy</i> <i>Eve of the Annunciation</i> Spanish Mission Liturgy, 7:45 am <ul style="list-style-type: none"> • Fellowship and Bible Study in Spanish Matins, 9:15 am Divine Liturgy, 10:30 am <ul style="list-style-type: none"> • Coffee Hour Annunciation Vespers, 6:30 pm</p>

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