



St. Nicholas Orthodox Cathedral

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

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TONE 3

JULY 21, 2024

EOTHINON 4

FOURTH SUNDAY AFTER PENTECOST

*RIGHTEOUS FATHERS JOHN OF EDESSA IN MESOPOTAMIA AND
SIMEON OF HOMS (EMESA), THE FOOL-FOR-CHRIST • THE HOLY PROPHET EZEKIEL
PARTHENIOS, BISHOP OF RADOVIZLIOS • MARTYR VICTOR OF MARSEILLES*



الأحد الرابع بعد العنصرة

تذكار البازين سمعان المتباليه ويوحنا رفيقه في النسك

Our righteous Fathers John of Edessa (in Mesopotamia) and Simeon of Homs (Emesa) in Syria, the Fool-for-Christ, both received monastic tonsure at the Monastery of St. Gerasimos in Palestine. They withdrew into the wilderness near the Dead Sea, where they lived an austere ascetic life for nearly thirty years.

One day Simeon told John that, according to God's command, he must depart from the wilderness, go among the people and serve God there. John said to Simeon, "Pray to God for me, that He does not separate us, one from the other, in the future life."

Simeon went among the people of Homs as a "fool for Christ." He pretended insanity before everyone to teach people and to convert them to the Faith of Christ, but his heart was the temple of the Holy Spirit, and, in that temple, was unceasing prayer.

Simeon possessed grace from God and was able to discern all the inner secrets of people, healing them from evil spirits and other ailments. For example, Simeon once came across a young fornicator. Simeon struck him across the face with his hand and said: "Do not commit fornication." Immediately, the demon that possessed him left the young man, and he became well.

Simeon reposed in 570. John, who had remained in the wilderness, departed this life soon after.

LITURGY VARIATIONS

3RD ANTIPHON: TROPARION OF THE RESURRECTION (TONE 3)

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

لَتَفْرَحِ السَّمَاوِيَّاتُ وَتَبْتَهِجِ الْأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَصَارَ بِكْرَ الْأَمْوَاتِ، وَأَنْقَذَنَا مِنْ جَوْفِ الْجَحِيمِ، وَمَنَحَ 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.

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.

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 3)

Let the heavens rejoice....

لِتَفْرَحِ السَّمَاوِيَّاتُ....

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 أَفْعَالَ الْحَقِّ لِرِعِيَّتِكَ قَانُونًا لِلْإِيمَانِ، وَصُورَةً لِلْوَدَاعَةِ، وَمُعَلِّمًا لِلْإِمْسَاكِ، أَيُّهَا الْأَبُ وَرئيسِ الْكَهَنَةِ نيقولاوس. فَلِذَلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرَّفْعَةَ، وَبِالمَسْكِنَةِ الْغِنَى. فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِ أَنْ يُخَلِّصَ نَفُوسَنَا.

Kontakion of the Theotokos (Tone 2)

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

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِنَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمُرْدُودَةِ، لَا تُعْرِضِي عَنْ أَصْوَاتِ طَلِبَاتِنَا نُحْنُ الْخَطَّاءُ، بَلْ تَدَارِكِينَا بِالمَعُونَةِ بِمَا أَنْتَ صَالِحَةٌ، نُحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بَادِرِي إِلَى الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلِبَةِ، يَا الْوَالِدَةَ الْإِلَهَةَ، الْمُتَشَفِّعَةَ دَائِمًا بِمَكْرَمِيكَ.

THE SCRIPTURE LESSONS

Prokeimenon (Psalm 46.6, 1 LXX)

Sing praises to our God, sing praises.

Verse: Clap your hands, all you nations.

From St. Paul's Epistle to the Romans (6.18-23; 4th Sunday after Pentecost)

BRETHREN, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield

بروكيمنون (مزمو ٤٦، ٦، ١ سبع).

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

فَصَلِّ مِنْ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسَ الرَّسُولِ إِلَى أَهْلِ رومية. (١٨، ٦-٢٣؛ للأحد الرابع بعد العنصرة)

يَا إِخْوَةَ، بَعْدَ أَنْ أُعْتِقْتُمْ مِنَ الْخَطِيئَةِ أَصَبَحْتُمْ عَبِيدًا لِلْبِرِّ. أَقُولُ كَلِمًا بَشَرِيًّا مِنْ أَجْلِ ضَعْفِ أَجْسَادِكُمْ، فَإِنَّكُمْ كَمَا

your members to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Holy Gospel according to St. Matthew (8.5-13; 4th Sunday of Matthew)

AT THAT TIME, Jesus entered Capernaum, and a centurion came forward to Him, beseeching Him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And Jesus said to him, "I will come and heal him." But the centurion answered Him, "Lord, I am not worthy to have You come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it."

When Jesus heard Him, he marveled, and said to those who were following him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

جعلتم أعضائكم عبداً للتجاسة والإثم للإثم، كذلك الآن اجعلوا أعضائكم عبداً للبر للقداسة.

لأنكم حين كنتم عبداً للخطية كنتم أحراراً من البر. فأياً ثم حصل لكم من الأمور التي تستحيون منها الآن، فإتما عاقبتها الموت. وأما الآن فإذا قد أعتقتكم من الخطية واستعبدتم لله فإن لكم ثمركم القداسة، والعاقبة هي الحياة الأبدية. لأن أجرة الخطية موت، وموهبة الله حياة أبدية في المسيح يسوع ربنا.

من بشارة القديس متى الإنجيلي البشير والتلميذ الطاهر

(٤،٥-١٣؛ للأحد الرابع من متى)

في ذلك الزمان، دخل يسوع كفرناحوم، فدنا إليه قائد مئة، وطلب إليه قائلاً: يا رب إن فتاي ملقى في البيت مخلعاً يُعذب بعذاب شديد. فقال له يسوع: أنا آتي وأشفيه. فأجاب قائد المئة قائلاً: يا رب، لست مستحقاً أن تدخل تحت سقفي، ولكن قل كلمة لا غير، فببراً فتاي. فإني أنا إنسان تحت سلطان، ولي جند تحت يدي، أقول لهذا "اذهب"، فيذهب، وللآخر "اتم"، فيأتي، ولعبيدي "اعمل هذا"، فيعمل.

فلما سمع يسوع، تعجب وقال للذين يتبعونه: الحق أقول لكم، إنني لم أجد إيماناً بمقدار هذا ولا في إسرائيل. أقول لكم، إن كثيرين سيأتون من المشارق والمغرب ويتكئون مع إبراهيم واسحق ويعقوب في ملكوت السموات. وأما بنو الملكوت فيلقون في الظلمة البرانية. هناك يكون البكاء

وصَرِّيفُ الْأَسْنَانِ. ثُمَّ قَالَ يَسُوعُ لِقَائِدِ الْمَيَّةِ: اذْهَبْ، وَلْيَكُنْ
لَكَ كَمَا آمَنْتَ. فَتَشْفِي فِتْنَاهُ فِي تِلْكَ السَّاعَةِ.

HOLY OBLATIONS AND PRAYER REQUESTS

Offered by	For the Health of	In Memory of
The Cathedral community	Fr. Andrew and all our campers and staff at Camp St. Nicholas	
Debby and Steven Verba and Nancy Krank	Their children, Stephen, Michael, Matthew and Samson	Isabel Elac (aunt, 6-month memorial) and Bernadette Krank (mother, 2 years departed)
Elen Saleh	Saleh, Ziad, Roula, Jayden, Justin and Georgette	Fares Azar, Na'eem, Najla, Edward, Violet, Shafiq, Yvonne, Samir and Dawlat Copti, Michel Khoury, Souhail Jadaa and Joseph Abinakad
The Bray, Crawford, Roun, Nicola and Bwarie families		Randy Bray (2 years departed) and Lorraine Roun (7 years departed)
Richard, Joyce, Elizabeth and Steven Ayoob	Paul and Lizzie Ayoob and their newborn girls Alice Kristine and Marianne Joyce	
John L. and Suzi Sadd	The Ayoob family, Paul, Lizzie and newborn twins, Alice Kristine and Marianne Joyce	
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)

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

ANNOUNCEMENTS

PLEASE JOIN US FOR FELLOWSHIP AFTER LITURGY

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

- Steven and Debby Verba and Nancy Krank (in memory of Isabel Elac and Bernadette Krank)



Upcoming Coffee Hour Schedule

July 28	Lucy Hanna	Sep. 1	OPEN
Aug. 4	A group of friends	Sep. 8	OPEN
Aug. 11	Nancy Malouf (6 months for Albert Malouf) and Anna Perkins	Sep. 15	OPEN
Aug. 18	Christine Maalouf	Sep. 22	OPEN
Aug. 25	OPEN	Sep. 29	OPEN

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.

**Saints of July
on the west
wall of the
nave at the St.
Paul chapel at
Camp St.
Nicholas.**

**These were
done and put
up by the 2023
campers.**



FOLLOWING OUR KIDS AT CAMP ST. NICHOLAS

Summer Camp starts today at Camp St. Nicholas. Each day, we post many photos of the activities at camp. They can be found at www.campstnicholas.com/site/daily-photos

YOUNG ADULT BIBLE STUDY



The Cathedral Young Adults are meeting for Bible Study every other Wednesday (see calendar).

Our introduction—“What is the Bible and How to Read It”—continues 7 pm Wednesday, July 31. All young adults are welcome to join us in the conference room at the Cathedral.

St. Nicholas YAM
SUMMER
BEACH DAY

JULY 21ST | AFTER LITURGY

LOCATION: WILL ROGERS STATE BEACH
Meeting at the South Volleyball Courts

PLEASE RSVP BY 7/18

Jersey Mikes Lunch will be provided!

WITH THE BLESSING OF
HIS EMINENCE METROPOLITAN SABA

† ORTHODOX

YOUNG PROFESSIONALS CONFERENCE

IS NOW OPEN FOR REGISTRATION

Join Orthodox Young Professionals in Anaheim, California for a weekend of fellowship, events, speaker sessions and more.

JULY 25 - 28, 2024

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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, 8/23
Jason Perkins, home, 8/23
Steven Waian, home, 8/16
Nellie Haick, home, 8/4
Georgette Malouf, home, 8/4
Asad About, hospital, 7/30
Julian F. Capata, son of Julian and Shirley Capata, 8/29
Elham Alloush, mother of Arij Watfa Alchammas, 8/23
Wael Kanj, friend of the Nimas, 8/8
All those suffering from illness, violence and want in the Gaza conflict, in Ukraine, in this country and throughout the world

DEPARTED

Fr. James Bernstein, seminary classmate of Fr. Nabil, 7/27
Ibrahim Haddad, 8/16
Fouad Akel, 8/14
Evonne Chala, 8/8
George Ibrahim, 7/30
Bobbie Kouri, 8/20
Suzanne Omeish, cousin of Shadi Omeish, 7/28
Muna Habib, friend of Wafa Omeish, 7/24
Victims of the Gaza and Ukraine conflicts and of violence everywhere

ST. NICHOLAS CATHEDRAL CALENDAR

July 2024

Sun. 21	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 Young Adult Day at Will Rogers Beach
Wed. 24	Funeral of Bobbie Kouri , 10:30 am
Sat. 27	FOCUS food and clothing distribution, 9 am Great Vespers and Confessions, 6 pm
Sun. 28	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
Wed. 31	Young Adult Bible Study , 7 pm
August 2024	
Thu. 1	<i>Beginning of the Dormition Fast</i> <i>Procession of the Holy Cross</i> Divine Liturgy , 10:30 am
Sat. 3	Great Vespers and Confessions, 6 pm
Sun. 4	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 Debutante/Escort/Parent Ice Breaker and Dinner, 3 pm
Mon. 5	Great Vespers , 6:30 pm
Tue. 6	Great Feast of the Transfiguration Matins , 9:30 am • Divine Liturgy , 10:30 am

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