

# St. Nicholas Orthodox Cathedral

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

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### **TONE 5**

### JULY 28, 2024

### **EOTHINON 5**

# FIFTH SUNDAY AFTER PENTECOST

PROCHORUS, NICANOR, TIMON AND PARMENAS, DEACONS AND APOSTLES OF THE SEVENTY; VENERABLE PAUL, FOUNDER OF XEROPOTAMOU AND ST. PAUL MONASTERIES ON ATHOS; VENERABLE IRENE CHRYSOVALANTOU • PITIRIM, BISHOP OF TAMBOV

الأحد الخامس بعد العنصرة

تذكار القدّيسين بروخوريوس ونيكانر وتيمن وبرميناس الشمامسة، والقدّيسة إيريني خريسوفلاندي



The Apostle Timon of the Seventy was one of the first deacons (see Acts 6.1-7) of the Christian Church. He was later selected as the first Bishop of Bostra and suffered martyrdom on a



cross. The most recent Bishop of Bostra (called Bosra in Arabic) is now our own Metropolitan Saba.

Bostra, 67 miles south of Damascus, was first a Nabataean city. It was conquered by the Roman emperor Trajan, made the capital of the Roman

province of Arabia, and served as a key Roman fortress east of the Jordan River. The city eventually achieved the title metropolis under the Roman emperor Philip, a native of the city. In the 12<sup>th</sup> century, earthquakes and Turkish misrule hastened its decline. The monumental remains of temples, theatres, triumphal arches, aqueducts, reservoirs, churches, mosques, and a 13<sup>th</sup>-century citadel stretch over the modern site. The remains of the ancient city were designated a UNESCO World Heritage site in 1980.

# LITURGY VARIATIONS

### **3<sup>RD</sup> ANTIPHON: TROPARION OF THE RESURRECTION (TONE 4)**

Confession:

Having learned the joyful message of the Resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation and proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy. إنَّ تِلْميذاتِ الرَّبِّ تَعَلَّمْنَ مِنَ المِلاكِ الكَرْزَ بالقيامَةِ البَهِج، وطَرَحْنَ القَضاءَ الجَدِّيَّ، وخاطَبْنَ الرُّسُلَ مُفْتَخِراتٍ وقائِلاتٍ: سُبِيَ المؤْتُ وقامَ المسيحُ الإلهُ، ومَنَحَ العالَمُ الرَّحْمَةَ العُظْمي.

# Schedule of Regular Weekly Services

Sundays:

Matins, 9:15 AM

Divine Liturgy, 10:30 AM

Saturdays: Great Vespers, 6:00 PM

See Calendar for Feast Days and Other Weekday Services Scheduled

# **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. After Saturday Vespers During Sunday Matins Or by Appointment



Please turn cell phones off!

# 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 ايضا 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.

### **Troparion of the Resurrection (Tone 4)**

Having learned the joyful message....

إِنَّ تِلْمِيذَاتِ الرَّبِّ....

#### **Troparion of St. Nicholas (Tone 4)**

The verity of your actions revealed you to vour 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 أَظْهَرَتْكَ أَفْعالُ الحقّ لِرَعِيَّتِكَ قانوناً للإيمانِ، وصورَةً لِلْوَداعةِ، ومُعَلِّماً لِلإمْساكِ، أَيُّها الأبُ ورَئِيسُ الكَهَنَةِ نيقولاوس. فَلِذلِكَ أَحْرَزْتَ بِالتَّوَاضُعِ الرِّفْعَة، وبِالمسِكَنَةِ الغِنى. فَتَشَفَّعْ إلى المسيح الإلهِ أَنْ يُخَلِّصَ نفوسَنا.

### 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.

.....

جَحَلَّيْتَ أَيُّها المسيحُ الإلَهُ عَلى الجَبَل، وحَسْبَما وَسِعَ تَلاميذَكَ شاهَدوا مجَدَكَ. حَتَّى عِنْدَما يُعاينونَكَ مَصْلوبًا، يَفْطَنوا أَنَّ آلامَكَ طَوْعًا بِاخْتِيارِكَ، ويَكْرزوا للعالَم، أَنَّكَ أَنتَ بِالحَقِيقَةِ شُعاعُ الآب.

### THE SCRIPTURE LESSONS

Prokeimenon (Psalm 103.24, 1 LXX)	بروکیمنون (مزمور ۲۰،۳،۲، ۱ سبع.)
O Lord, how magnificent are your works. You have made all things in wisdom.	ما أَعْظَمَ أَعمالَكَ يا رَبُّ! كُلَّها بِحِكْمَةٍ صَنَعْتَ.
<i>Verse:</i> Bless the Lord, O my soul!	بارِکِي يا نَفْسي الرَّبّ.
From St. Paul's Epistle to the Romans (10.1-10; 5 <sup>th</sup> Sunday after Pentecost)	َ فَصْلٌ مِنْ مِنْ رِسَالَةِ القِدّيسِ بولُسَ الرَسولِ إلى أهلِ رومية
BRETHREN, my heart's desire and prayer to	(١, ١ - ١٠؛ الأحد الخامس بعد العنصرة)
God for Israel are that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes	يا إخوةُ، إِنَّ مَسَرَّةَ قَلْبِي وَطِلْبَتِي إِلَى اللهِ لأَجْلِ إِسْرَائِيلَ هِيَ لِلْحَلاَصِ. لأَنِيّ أَشْهَدُ لْهُمْ أَنَّ لَهُمْ غَيْرَةً بِلهِ، وَلكِنْ لَيْسَ

from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says: Do not say in your heart, "Who will ascend into Heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

# Holy Gospel according to St. Matthew (8.28-9.1; 5<sup>th</sup> Sunday of Matthew)

AT THAT TIME, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have You to do with us, O Son of God? Have You come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If you cast us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when

حَسَبَ الْمَعْوِفَةِ. لأَنَّهُمْ إِذْ كَانُوا يَجْهَلُونَ بِرَّ اللهِ، وَيَطْلُبُونَ أَنْ يُنْبِتُوا بِرَّ أَنْفُسِهِمْ، لَمَ يَخْصَعُوا لِبِرَ اللهِ. لأَنَّ عَايَةَ النَّامُوسِ هِيَ الْمَسِيحُ لِلْبِرِّ لِكُلِّ مَنْ يُؤْمِنُ. لأَنَّ مُوسَى يَكْتُبُ فِي الْبِرِّ الذي بِالنَّامُوسِ: «إِنَّ الإِنْسَانَ الَّذِي يَفْعُلُهَا سَيَحْيَا بِمَا». وَأَمَّا الْبِرُ الذي بِالإِيمَانِ فَيَقُولُ هكَذَا: «لاَ تَقُلْ فِي قَلْبِكَ: مَنْ يَصْعَدُ إلَى السَّمَاءِ؟» أَيْ لِيُحْدِرَ الْمَسِيحَ، أَوْ: «مَنْ يَهْبِطُ إِلَى الْمَاوِيَةِ؟» أَيْ لِيُصْعِدَ الْمَسِيحَ، أَوْ: «مَنْ يَهْبِطُ إِلَى اللَّي نَكْرِزُ بِمَا؛ لأَنَّكَ إِنِ اعْتَرَفْتَ بِفَمِكَ بِالرَّبِ يَسُوعَ، التي نَكْرِزُ بِمَا؛ لأَنَّكَ إِن اعْتَرَفْتَ بِفَمِكَ مِنَ الأَمْوَاتِ. لكِنْ مَاذَا يَقُولُ؟ التي نَكْرِزُ بِمَا؛ لأَنَّكَ إِن اعْتَرَفْتَ بِفَمِكَ، أَيْ كَلِمَةُ الإِيمَانِ التي نَكْرِزُ بِمَا؛ لأَنَّكَلِمَةُ قَرَيبَة مِنْكَ، فِي فَمِكَ وَفِي قَلْبِكَ»، أَيْ كَلِمَةُ الإِيمَانِ التي نَكْرِزُ بِمَا؛ لأَنَّكَ إِن اعْتَرَفْتَ بِفَمِكَ، وَالَيْ السَّمَاءِ أَنْ اللهُمَانِ فَيَقُولُ؟ التي نَكُرِزُ بِمَانَ اللَّهُ أَوَامَةُ مِنَ الْأَمْوَاتِ. لكَنْ مُوسَعَمَ، أَوْ يَعْمَلُونَ اللَّهُ الْمَانِ الْ

# مِنْ بِشارَةِ القِدّيسِ مَتّى الإنْجيلِيِّ البَشيرِ والتلْميذِ الطاهِر (٩,١–٨,٢٨؛ للأحد الخامس من مَتّى)

في ذلكَ الزمانِ، لَمَّا أتى يَسوعُ إلى كورَةِ الجِرْحِسِيينَ اسْتَقْبَلَهُ بَحْنونانِ خارِجانِ مِنَ القُبورِ، شَرِسانِ حِداً، حَتّى إنَّهُ لَمْ يَكُنْ أَحَدٌ يَقْدِرُ أَنْ يَجْتازَ مِنْ تِلْكَ الطَرِيق. فَصاحا قائِلَيْنِ: "ما لَنا ولَكَ يا يسوعُ ابْنَ الله؟ أَحِمَّتَ إلى هَهُنا قَبْلَ الزَمانِ لتُعَذِّبَنا؟" وكانَ بَعيداً مِنْهُمْ قطيعُ حَنازيرَ كَثيرةٍ تَرْعى. فَأَحَدَ الشَياطينُ يَطْلُبُونَ إليْهِ قائِلينَ: "إن كُنْتَ تُخْرِجُنا، فَأَنْدَنْ لَنا أَنْ نَذْهَبَ إلى قطيعِ الخنازيرِ." فَقالَ لَهُمْ: "اذْهَبوا". فَحَرَجُوا وذَهَبُوا إلى قطيعِ الخنازير. فإذا بالقطيع كُلِّهِ قَدْ وَثَبَ عَنِ الْجُوْفِ إلى البَحْرِ وماتَ في المياهِ. أمَّا الرُّعاةُ فَهَرَبُوا ومَضَوًا إلى المِدينةِ، they saw Him, they begged Him to leave their neighborhood.

And getting into a boat He crossed over and came to His own city.

وأحْبَروا بِكُلِّ شَيْءٍ وبِأَمْرِ المِجْنونَيْنِ. فَحَرَجَتِ المِدينَةُ كُلُّها لِلِقاءِ يَسوعَ. ولما رَأُوهُ، طَلَبوا إليهِ أَنْ يَتَحَوَّلَ عَنْ تُخُومِهِمْ. فدَحَلَ السَفينَةَ واجتازَ وأتبي إلى مدينَتِهِ.

### 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	
Lucy Hanna	<b>Fr. Nabil</b> and <b>Kh. Elaine</b> and their children, <b>Anastasia</b> , <b>Basil</b> and <b>Gregory</b> (on Fr. Nabil's 35 <sup>th</sup> anniversary in the priesthood and 4 years of service at St. Nicholas Cathedral)	
Georgette Fasheh and her children, Joanne, Yousef and Johnathan, and Hani Fasheh and Annette Nassar and their families		Jamil J. Fasheh (husband, father and brother, 1-year memorial)
Mary Fasheh and her children, Joseph and Simon, and and Hani Fasheh and Annette Nassar and their families		Henry Y. Fasheh (husband, father and brother, 7 years)
Annette Fasheh Nassar and Hani Fasheh and their families		Parents <b>Naheel</b> Fasheh (20 years) and <b>Yousef</b> Tanas Fasheh (32 years)
<b>George</b> Nassar and <b>family</b> and <b>Hala</b> Nassar Downes and <b>family</b>		Michel Nassar, Milia Nassar and Raja Nassar
The Fasheh children and their Families		All the departed of the Fasheh family
The Smarius, Johnson and Saliano families		Josephine Spizzirri (6 years) and Hugo Spizzirri (45 years)
Salwa Ayoub	Her family	Husband <b>Emil</b> and daughter <b>Gretta</b> Casalnuovo
Robin Nicholas and Dorothy Nicholas		Ted Nicholas (15 years) and Teddy Nicholas (33 years)
George, Mariam, Mark, Antonio and Hend Bshara		

For the Health of

In Memory of

Ehab, Rania, Sami, Selena and Anthony Dahabreh

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

# ANNOUNCEMENTS

### A WARM WELCOME TO OUR VISITING CLERGY

We welcome today V. Rev. **Father Paul O'Callahan**, our former assistant pastor, with **Kh**. **Jeannie**, from St. George Cathedral in Wichita, Kansas. We also welcome **Protodeacon Elie and Cindy Khoury** from St. Andrew Church in Riverside, California.

### 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:

• Lucy Hanna for Fr. Nabil's 35th Ordination Anniversary

Upcoming Coffee Hour Schedule				
Aug. 4	OPEN	Sep. 8	OPEN	
Aug. 11	Nancy Malouf (6 months for Albert	Sep. 15	OPEN	
	Malouf) and Anna Perkins	Sep. 22	OPEN	
Aug. 18	Christine Maalouf	Sep. 29	OPEN	
Aug. 25	OPEN			

Sep. 1 Maria Matta and Nina Fayad

**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.



Hani Tadros (Rania's father) and Nawal Hawatmeh Dahabreh (Ehab's mother)



# **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, and bring your children.

### Divine Liturgy 10:30 am Thursday, August 1, including procession

# SUPPLICATION FOR THE SICK

We serve the **Paraklesis at 7 p.m. on Aug. 1 and 7,** 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 August 5/6:

Monday, Aug. 5: Great Vespers with Artoklasia

Tuesday, Aug. 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 to break the fast on Wednesday, 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 drinks, bread, olives, fruit or dessert.
- H-M, please bring. a salad or side dish of any type.
- N-Z, please bring a main dish.

Contact Rose Samore (818-378-2055 or <u>rosesamore@gmail.com</u>) for questions and to help.







### **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 Aboud, 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

Ibrahim Haddad, 8/16 Fouad Akel, 8/15 Evonne Chala, 8/8 George Ibrahim, 7/30 Bobbie Kouri, 8/20 Suzanne Omeish, cousin of Shadi Omeish, 7/28 Victims of the Gaza and Ukraine conflicts

and of violence everywhere

## ST. NICHOLAS CATHEDRAL CALENDAR

### July 2024

Sun. 28	<ul> <li>Spanish Mission Liturgy, 7:45 am</li> <li>Fellowship and Bible Study in Spanish</li> <li>Matins, 9:15 am</li> <li>Divine Liturgy, 10:30 am</li> <li>Coffee hour</li> </ul>			
Tue. 30	Choir Dinner and Practice, 6:30 pm			
Wed. 31	Young Adult Bible Study, 7 pm			
August 2024				
Thu. 1	Beginning of the Dormition Fast Procession of the Holy Cross Divine Liturgy, 10:30 am Paraklesis (Supplication to the Theotokos), 7 pm			
Sat. 3	Great Vespers and Confessions, 6 pm			
Sun. 4	<ul> <li>Spanish Mission Liturgy, 7:45 am</li> <li>Fellowship and Bible Study in Spanish Matins, 9:15 am</li> <li>Divine Liturgy, 10:30 am</li> <li>Coffee hour</li> <li>Debutante/Escort/Parent Ice Breaker and Dinner, 3 pm</li> </ul>			
Mon. 5	Eve of the Transfiguration Great Vespers with Artoklasia, 6:30 pm			
Tue. 6	<i>Great Feast of the Transfiguration</i> Matins, 9:30 am Divine Liturgy, 10:30 am			
Wed. 7	<b>Paraklesis</b> (Supplication to the Theotokos), 7 pm			
Sat. 10	FOCUS Food & Clothing distribution, 9 am Great Vespers and Confessions, 6 pm			