

St. Michael Antiochian Orthodox Church of the San Fernando Valley
a Parish of the Antiochian Orthodox Christian Archdiocese of North America
16643 Vanowen Street; Van Nuys, California; 91406 stmichaelvannuys.org

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Archdiocese of North America www.antiochian.org

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The Fourth Sunday after Pentecost; The Fourth Sunday of Matthew

Martyr Julian of Tarsus; Martyr Aphrodisius of Cilicia;
New-martyr Nikita of Nisyros near Rhodes

Sunday, June 28, 2026

Tone 3; Eothinon 4

Apolytikion for 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.

Apolytikion for our Patron, Michael the Archangel (Tone 2)

O ye foremost of the heavenly hosts, we beseech thee, though we are unworthy, pray that we may be encompassed with a shadow of thine unearthly glory; preserving us who kneel and cry endlessly: Deliver us from oppression since ye are the prince of the highest powers.

Kontakion (Tone 2)

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

Daily Readings

THE EPISTLE (for the Fourth Sunday after Pentecost)

Sing praises to our God, sing praises.

Clap your hands all ye peoples.

The Reading from St. Paul's Epistle to the Romans (6:18-23):

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 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.

THE GOSPEL (for the Fourth Sunday of Matthew)

The Reading of the Holy Gospel is according to St. Matthew (8:5-13)

At that time, as Jesus entered Capernaum, 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 followed 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.

The Synaxarion

On June 28 in the Holy Orthodox Church, we commemorate the recovery of the precious relics of the holy and wonderworking Unmercenaries Cyrus and John.

Verses

The bones now appeared of the Unmercenary Martyrs
Gush forth mighty torrents of unmercenary marvels.

On the twenty-eighth appeared Cyrus with fellow contender John.

Cyril, Patriarch of Alexandria, prayed fervently to God to destroy the idolatrous impurity in the town of Menuthis where a pagan temple was located and where the power of the demons ruled. An angel of God

appeared to the patriarch and told him that Menuthis would be cleansed of its impurity if he translated the relics of Saints Cyrus and John from Canopus to that town. The patriarch did this immediately and built a church there in their honor. Ammonius, the son of Julian the mayor of Alexandria, was healed of scrofula; a Theodore was healed of blindness; the wife of Theodore from poisoning, a Eugenia of dropsy as well as many other people were healed of various diseases and torments by the relics of these saints. This all occurred in 412.

On this day, we also commemorate the holy martyr Papios; and Paul the Physician of Corinth. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.

The Fast of the Holy Apostles

The Great Feast of Pentecost (fifty days after the Feast of the Resurrection) was celebrated this year on Sunday, May 31st; ten days following **The Feast of the Holy Ascension** (the fortieth day; celebrated this year on Thursday, May 21). Each year, **The Sunday of All Saints** was celebrated last Sunday (June 7th) following Pentecost, consistent with the theme of the Holy Spirit's descent. (In the Western Church it is celebrated November 1st each year). It was in Antioch that The Sunday of All Saints began as a celebration of martyrs in the 4th century.

Each year **The Fast of the Holy Apostles** immediately follows the Feast of All Saints — on the Monday after the Great Feast of Pentecost (June 8). When it appears on the calendar, The Apostles Fast prepares us for the celebration of the **Feast of the Holy Apostles Peter and Paul**, Patrons of the Patriarchate of Antioch, celebrated this year on Monday, June 29th. Having rejoiced for the fifty days following Pascha (Easter), the Apostles began to prepare for their departure from Jerusalem to spread Christ's message, as commissioned by the Lord at His Ascension (Mark 16:15-20). According to Holy Tradition, as part of their preparation, the Apostles began to fast with prayer to ask God to strengthen their resolve and to be with them in their missionary undertakings.

The scriptural foundation for the Fast is found in the four Gospels, when the Pharisees criticized the apostles for not fasting, Jesus said to them, "Can the children of the bridal chamber mourn, as long as the Bridegroom is with them?"

But the days will come, when the Bridegroom shall be taken from them, and then shall they fast.” In the immediate sense, Christ was referring to his being taken to be crucified; but in the wider sense it is understood in terms of his Ascension into heaven, and his commission to preach the Gospel, which can only be accomplished with prayer and fasting.

The tradition of the Fast has existed at least since Pope Leo I (461 AD), as is evidenced by his homilies, though it has subsequently been forgotten in the West. The Fast is thought to have been instituted out of thanksgiving to God for the witness of the apostles of Christ. With this Fast, believers express their thanks for the apostles' endurance of persecution during their mission.

The period of this fast varies from year to year, depending on the date of Easter. It may begin as early as May 18 or as late as June 21. Thus, it may be as short as one day or as long as forty-two days in duration. This year, due to the late date of Easter (Holy Pascha), the Fast of the Apostles does not appear on the calendar. It is one of the four periods of fasting on our church calendar; the others include: a) Great Lent and Holy Week (in the late winter and spring), b) The Fast of the Holy Nativity (forty days before Christmas), and c) The Fast of the Holy Dominion (August 1-14).

The traditional fasting discipline is less severe from other periods of fasting on the church calendar; similar to the Nativity Fast. It includes: no meat, poultry, eggs, cheese, milk or other dairy products, fish, wine and olive oil on Monday, with *catalysis* (allowance) for wine and olive oil on Tuesday (some also permit fish on Tuesday).

LITURGICAL CALENDAR

NOTE: We observe a fast on Wednesdays and Fridays

The Feast of Ss. Peter and Paul - Monday, June 29

**The Venerable Athanasius of Athos and
The Fifth Sunday of Matthew**

Great Vespers – Saturday, July 4th, 5 p.m.

Orthros – Sunday, July 5th, 8:45 a.m., Divine Liturgy, 10 a.m.

OFFERINGS

Holy Bread is being offered this morning by Terek & Nida' Rabadi for the good health of Ralph, Mary, Tony, Janet, Sylvia, Brenda, Nataly, Suzanne, George, Hiam, Nidal and Samer, and in loving memory of George Howari (+14 August, 2022) and Nusta Ishaq (+25 February, 2025). Memory eternal.

Holy Bread is also being offered in gratitude for the birthday, and for the health, safety and salvation of beloved Robert Webster, by his treasuring wife, Nicole and the family. May God grant Robert and all the family, Fr. Timothy and St. Michael Parishioners and families many years!

Special offerings and requests for prayer are being made . . .

for the repose of the newly-departed servant of God, George Azal (+22 June, 2026), beloved brother of the late Gloria Mittry. Memory eternal.

[Arrangements for the Funeral are still to be announced]

by Cindy & Subdeacon Richard Tamoush for the recovery and continued safety of the citizens of Venezuela and the victims of the recent earthquake.

by George, Basima and Milad Sayegh with prayers for their family and all fathers of the world; and the repose of Issa and Eid Almarji, Salima, Selim, Nabala, Jamila Ballout; Esshak, Eada, Nssrin and Talina Sayegh.

for the repose of the servant of God, Sol Ajalat (+28 June, 2024).
Memory eternal.

Today's Lenten coffee hour is being sponsored by Nicole & Robert Webster.

Note to Coffee Hour hosts: coffee and paper goods will be provided each week.

Holy Bread Offering List

Coffee Hour Hosts Calendar

Jul 05 - open

Jul 12 - open

Jul 19 - open

Jul 26 - open

Please contact Father Timothy (818/219-3761; frtimothy@stmichaelvannuys.org) to sign-up to offer Holy Bread or to host the Coffee Hour.

ANNOUNCEMENTS

Metropolitan SABA's Teaching (in English, Arabic, Spanish and French)



View the message from Metropolitan SABA here, entitled: "The Faithful and Secularism, Part Three": <https://www.antiochian.org/regulararticle/2846>

See also the [May-June issue of The WORD Magazine](#) and the [Spring 2026 Antiochian Women E-bulletin](#)



Orthodox ChristianTM
PRISON MINISTRY

Join our Parish Prison Ministry Group

See or speak with Coordinator, David Rodriguez [drodpena@gmail.com], Subdeacon Elias Mankouche and others who are committed to reaching out to those in prisons through an Pan-Orthodox Prison Ministry Program of the Assembly of Orthodox Bishops.

Weekly Bible Study - Tuesday, June 30

Our weekly Bible Study will resume on Tuesday, June 23. For links to the past recorded links, contact Father Timothy at: frtimothy@stmichaelvannuys.org The recent Bible Studies were on of the scriptural passages that is the basis of the practice of *nepsis* ("vigilance"); in acquiring the grace of the Holy Spirit. We have begun reading volume two of Bishop EMILIANOS' book, [Walking on the Waves, an Everyday Guide to Nepsis](#).

His Eminence
The Most Reverend
Metropolitan SABA



Archbishop of New York
and Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

Prot. no.: 355/2026

June 17, 2026

Beloved Clergy and Parish Councils of our God-protected Archdiocese,

Greetings in the name of our Lord, God, and Savior Jesus Christ!

I pray that this holy time of the Apostles' Fast will be a time of spiritual growth for you and your families.

This fall, for the first time, our Archdiocese will host a summit, bringing together all of the leaders of our youth and young adult ministries. This would include youth directors, church school directors and teachers, camp directors and staff, and young adult leaders. In these challenging times for young people, our Archdiocese needs to do everything possible to work together to pass along the "faith once delivered to the saints" to the next generation. This summit will be a vital opportunity to enhance our common vision, build relationships, learn, grow, and be refreshed together.

There will be sessions that include all of the ministries and breakout sessions for the individual ministries. We are pleased to share that the keynote addresses will be offered by the Rev. Dr. George Parsenios, and the workshop addresses will include V. Rev. Fr. Michael Nasser, Rev. Dr. Greg Abdalah, Dr. Ann Bezzerides, and Sh. Shell Keim.

As St. John Chrysostom teaches us: "Let everything take second place to our care of our children, our bringing them up to the discipline and instruction of the Lord." Therefore, I call on our clergy and parish councils to encourage those working with our youth and young adults to attend this summit and help ensure that financial constraints are not a reason for them to miss out on this important gathering.

With prayerful best wishes for a grace-filled summer, I remain,

Your Father in Christ,

A handwritten signature in blue ink, appearing to read "T. Saba".

+SABA

Archbishop of New York and Metropolitan of all North America

"The disciples were first called Christians in Antioch" (Acts 11: 26)

ST. MICHAEL GOLF CLASSIC

For Golf Questions Contact:

Don (661) 623-0340

Fred (818) 535-4243

MONDAY, JUNE 29, 2026

WOOD RANCH GOLF CLUB

10:00 Check-in & Lite Bruch

12:00 Golf

5:00 Cocktail

6:00 Dinner



Dinner with Fr. Timothy
Will take place in Summer 2026

(Date TBD)

Contact:

Marcelle (818) 516-1736

DeAnne (818) 389-0065

Register Here for all events →

<https://app.tickettailor.com/events/stmichaelantiochianchurch/2085844>



Raies-Murr Educational Trust Scholarship

Only members, in good standing of St. Michael Antiochian Orthodox Church (Van Nuys) or St. Nicholas Antiochian Orthodox Cathedral (Los Angeles) and who have been accepted to or are currently enrolled in a publicly supported (not private) institution of higher learning, including eligible publicly supported vocational, technical and trade schools, are eligible to apply for a Raies-Murr Scholarship. Applications can be obtained by e-mailing Mallory Murr or Vanessa Obenhaus at: raiesmurscholarship@gmail.com The applications must be returned by July 20, 2026.

ST. BARBARA 4TH ANNUAL FUNDRAISER

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FOR QUESTIONS PLEASE CONTACT : 661-433-9561

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Parish Life Conference 2026 July 2nd-5th, San Diego, CA

Conference Highlights (Matins & Vespers Services Daily)

7/1 ——— Wednesday

Registration, Bishop & Clergy Meeting

7/2 ——— Thursday

Clergy & Clergy Wives Brunch, Workshops, Young Adult's Event, Order of St. Ignatius Reception, Hospitality Night

7/3 ——— Friday

Organizations' Meetings, Antiochian Women Brunch, General Meeting and Bishop's Address, Bible Bowl, Social Event, Teen Dance

7/4 ——— Saturday

Hierarchical Divine Liturgy, Festival Awards Brunch, Oratorical Contest and Choir Festival, 4th of July Celebration Dinner & Party

7/5 ——— Sunday

Hierarchical Divine Liturgy

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STARTING JULY 25TH
— SEE YOU THERE! —

THE FOURTH SUNDAY AFTER PENTECOST

THE FOURTH SUNDAY OF MATTHEW

Recovery of the relics of Cyrus & John the Unmercenaries; Martyr Papios;
Paul the Physician of Corinth

أبوليتيكيون القيامة باللحن الثالث

لَتَقْرَحِ السَّمَاوِيَّاتُ وَتَبْتَهَجِ الْأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ
بِالْمَوْتِ، وَصَارَ بِكُرِّ الْأَمْوَاتِ، وَأَنْقَذَنَا مِنْ جَوْفِ الْجَحِيمِ، وَمَنْحَ الْعَالَمِ الرَّحْمَةَ
الْعُظْمَى.

طروبارية رؤساء الملائكة باللحن الرابع

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمُسْتَحَقِّينَ، حَتَّى
أَنْتُمْ بِطَلْبَاتِكُمْ تَكْتَنُفُونَنَا بِظُلِّ أَجْنَحَةِ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَّانَا نَحْنُ
الْجَائِثِينَ وَالصَّارِحِينَ بِغَيْرِ فَتُورٍ، أَنْقَذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْتُمْ رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ
الْعُلْوِيَّةِ.

قنداق باللحن الثاني

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَّةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تُعْرِضِي
عَنْ أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنَّكَ صَالِحَةٌ، نَحْنُ
الصَّارِحِينَ إِلَيْكَ بِإِيمَانٍ: بَادِرِي إِلَيَّ الشَّفَاعَةَ وَأُسْرِعِي فِي الطَّلِبَةِ، يَا وَالِدَةَ الْإِلَهِ،
الْمُنْتَشِفَةَ دَائِمًا بِمُكْرَمِيكَ.

الرسالة

(للأحد الرابع بعد العنصرة)

رتلوا لإلهنا رتلوا.

يا جميع الأمم صفقوا بالأيادي.

فَصَلُّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ رُومِيَّةِ. (6: 18-23)

يا إخوة، بعد أن أعتقتم من الخطيئة أصبحتم عبيداً للبر. أقول كلاماً بشرياً من أجل ضعف أجسادكم، فإنكم كما جعلتم أعضاءكم عبيداً للنجاسة والاثم للإثم، كذلك الآن اجعلوا أعضاءكم عبيداً للبر للقداسة. لأنكم حين كنتم عبيداً للخطيئة كنتم أحراراً من البر. فأي ثمر حصل لكم من الأمور التي تستحيون منها الآن، فإنما عاقبتها الموت. وأمّا الآن فإذ قد أعتقتم من الخطيئة واستعديتكم لله فإن لكم ثمركم القداسة، والعاقبة هي الحياة الأبدية. لأن أجره الخطيئة موت، وموهبة الله حياة أبدية في المسيح يسوع ربنا. نخلص بحياته ونحن مصالحوه.

الإنجيل

(للاحد الرابع من متى)

فصل شريف من بشارة القديس متى الإنجيلي البشير والتلميذ
الطاهر. (8:5-13)

في ذلك الزمان، دخل يسوع كفرناحوم، فدنا إليه قائد مئة، وطلب إليه قائلاً: يا رب إن فتاي ملقى في البيت مخلعاً يعذب 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 "انتي"، فيأتي، ولعبدي "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 السماوات. وأمّا بنو الملكوت فيلقون في الظلمة البرانية. هناك يكون البكاء وصريف الأسنان. ثم قال يسوع لقائد المئة: اذهب، وليكن لك كما آمنت. فشفي فتاه في تلك الساعة.

ملاحظة بخصوص تناول القربان المقدس

إن مفهومنا لتناول القربان يعنى عمومية المشاركة فيه لذوى العقيدة الواحدة، الا إن المشاركة في سر القربان المقدس هنا مقتصر فقط على أعضاء الكنائس الارثوذكسية والذين يحضرون أنفسهم بالصلاة والصوم والاعتراف منذ فترة قريبة (وعلى كل حال، فإننا ندعو الجميع للمشاركة فى الخبز المقدس الذى يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضواً فى الكنيسة الارثوذكسية

