

Leave-taking (Apodosis) of the Feast of The Exaltation of the Holy Cross

Apostle Quadratos of the Seventy; Prophet Jonah;

Sunday, September 21, 2025

Tone 6; Eothinon 4

Apolytikion for the Resurrection (Tone 6)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

Apolytikion of the Exaltation of the Holy Cross (Tone 1)

O Lord, save Thy people and bless Thine inheritance, granting to Thy faithful people grant victory over the enemy, and by the power of Thy Cross protect all those who follow Thee.

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 of the Exaltation of the Holy Cross (Tone 4)

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

Daily Readings

THE EPISTLE (for the Sunday after the Elevation of the Cross)

*O Lord, how manifold are Thy works. In wisdom hast Thou made them all.
Bless the Lord, O my soul.*

**The Reading from the Epistle of St. Paul to the Galatians
(2:16-20)**

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

THE GOSPEL (for the Sunday after the Elevation of the Cross)

The Reading of the Holy Gospel is according to St. Mark (8:34 – 9:1)

The Lord said, “If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels.” And He said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power.”

The Synaxarion

On September 21 in the Holy Orthodox Church, we give up the celebration of the Exaltation (Elevation) of the Holy Cross of our Lord Jesus Christ. On this day, we commemorate the holy, glorious and all-laudable Apostle Quadratos of the Seventy.

Verses

Since in no wise would he offer stones his worship,

The unwise cast stones at worshipful Quadratos.

On the twenty-first Quadratos found a crown in contests.

He preached the Gospel in Athens, and was at first bishop in Athens after St. Publius, and then in the city of Magnesia. Quadratos was considered a “morning star among the clouds,” shining forth the light of

Christ to the Hellenes in the midst of their dark paganism and evil practices. But darkness always hates the light, and the pagans hated holy Quadratos. They first stoned him, and then imprisoned him, leaving him without bread until his holy soul left his body and entered into the Kingdom of Christ his God in 130. Before that, Quadratos wrote a defense of Christianity and gave it to the pagan Emperor Hadrian, who was so moved that he decreed that Christians should not be persecuted without special cause.

On this day, we also commemorate the Prophet Jonah; and the uncovering of the relics of Demetrios, bishop of Rostov. *By their intercessions, O Christ God, have mercy upon us. Amen.*

A Note Regarding Holy Communion

Since we understand Communion to mean that we have all things in common, sharing an identical Faith, *only* those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and recent Confession may participate in Holy Communion. (We invite all, however, to partake of the blessed bread which is distributed at the dismissal.) Please see the Pastor for inquiries on how to become a member.

OFFERINGS

A Memorial Trisagion is being offered for the newly-departed Gina Sungkhasette +14 September, 2025, by Nathan & Ashley Afshin and family. Memory eternal.

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

for the continued health and success of Vitka & Kriti and family
by Praneet Panga.

for the forty-day memorial of the newly-departed Margaret Soffa
(+1 September, 2025). Memory eternal.

by Father Timothy Baclig and family for the birthday of his grandson,
Andrew Keoni Baclig (September 23). May God keep him in His care.

ANNOUNCEMENTS

Attention Parents, Grandparents and Godparents:

The first day of Church School is Sunday, September 28th. Get ready for a great year! Register (if you have not already done so) your child(ren)

today. Contact Cooper Rowe with any questions you might have at: superintendent@stmichaelvannuys.org

This Week's Bible Study Zoom Meeting is on Tuesday, Sept. 23

Our weekly Bible Study is recorded for those unable to attend who may also request the link to the study. Our third session on "The Greatest Invitation: The Divine Liturgy," explores how we can be better engaged in praying the Bible in the Liturgy. Attendance is required for all catechumens.



Metropolitan SABA's Weekly Teaching (in English and Arabic)

View the weekly teaching from Metropolitan SABA here, titled: "The Little Churches;" go to: <https://www.antiochian.org/regulararticle/2573>

The **Archdiocese Department of Homeschooling** and St. Emmelia Ministries offers [support and resources](#) for your families in homeschooling programs, including curriculum, online discussion groups and workshops, teen outreach, and much more.

Medical professionals and students are welcome to join the next Zoom meeting of the **Fellowship of St. Julian** on Sunday, Sept. 28. Their special guest will be Dr. Amin Barakat, a renowned pediatrician, philanthropist, and Orthodox Christian. Dr. Barakat was the first physician to describe a rare disease in children that was eventually named after him. Medical professionals and students are encouraged to [register](#) for this event.

Upcoming Events (see the foyer bulletin board for more information)

[Note: You may now access our Google Parish Calendar to your personal calendar. Here is the link: <https://calendar.google.com/calendar/u/1?cid=YWRtaW5Ac3RtaWN0YWVsdmFubnV5cy5vcmc>]

Fall Gathering — October 10-12

hosted by St. Peter and Paul Church (Ben Lomond, California)

Town Hall Dinner with Roger David, Past Chair of The Order of St. Ignatius of Antioch - Saturday, October 25th
St. Nicholas Cathedral (Los Angeles), 7 p.m.
(See flier below)

St. Michael Feast Day Lunch — Sunday, November 9

Special Meeting of the Voting Membership – Sunday, November 16

Parish Council Election – Sunday, November 23 and 30

Raies-Murr Scholarship Presentations

Today, the Trustees of the Raies-Murr Educational Trust will be presenting scholarship checks to the following recipients from our parish: **Britton McLinn** and **Kyla Terry**. We congratulate our recipients and pray for their continued success.

Parish Council Zoom Meeting - Monday, September 22, 6 p.m.

LITURGICAL CALENDAR

NOTE: Wednesdays and Fridays are observed as days of fasting

The Sixteenth Sunday after Pentecost and the First Sunday of Luke

Great Vespers – Saturday, September 27th, 5 p.m.

Orthros – Sunday, September 28th, 8:45 a.m., Divine Liturgy, 10 a.m.

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

Holy Bread Offering List

Sep 28 - Ron & Kathy Zraick
The Mitchell family

Oct 05 - The Malouf and Dodds family
Oct 12 - open
Oct 19 - open

Coffee Hour Hosts Calendar

Pat Malouf

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

SAVE THE DATE

SUNDAY SCHOOL

7TH-12TH GRADE

ST. MICHAEL ANTIOCHIAN ORTHODOX CHURCH

SEPTEMBER 7

**FIRST DAY OF
REGISTRATION**



SEPTEMBER 14

PARENT MEETING
UPSTAIRS IN THE FELLOWSHIP HALL
IN THE TEEN CLASSROOM



SEPTEMBER 21

**KIDS MEET AND GREET
WITH REFRESHMENTS**



SEPTEMBER 28

**OFFICIAL LAUNCH
OF CLASS**





ST. MICHAEL CHURCH SCHOOL 2025 - 2026

REGISTER NOW!

START DATE

SEP 28TH

CURRICULUM

EXODUS

CLASSES

Pre-K - Kindergarten
1st - 3rd Grade
4th - 6th Grade
7th - 12th Grade



FOR MORE INFORMATION, CONTACT COOPER ROWE
SUPERINTENDENT@STMICHAELVANNUYS.ORG

Diocese of Los Angeles & the West

Fall Gathering

in the Redwoods.

Hosted by
Ss. Peter & Paul, Ben Lomond, CA

October
10-12, 2025

Presiding:
His Grace Bishop
ANTHONY

Registration &
Hotel Information:



www.SsPeterandPaulOrthodox.com



Friday, October 10:
5:00 PM - Registration
5:30 PM - Vespers
6:30 PM - Dinner

Saturday, October 11:
8 AM - Registration & Continental Breakfast
9 AM - Morning Prayers & Opening Address
9:30 AM to 1 PM - Organizational Meetings
1:00 PM - Lunch
2:00 PM Music Workshop, Hiking,
- Games, Service Project
5:00 PM - or varied activities
5:30 PM - Great Vespers at Ss. Peter & Paul
6:30 PM - Dinner





The Order of St. Ignatius of Antioch
Diocese of Los Angeles and the West
cordially invites members and non-members to a
Town Hall & Dinner Reception with our guest speaker
Roger David
Past North American Chair &
Current North American Treasurer

Hosted by St. Nicholas Orthodox Cathedral

Saturday October 25, 2025
2300 West 3rd St., Los Angeles, CA 90057

6:00 PM Great Vespers
7:00 PM Town Hall, Dinner & Fellowship (no charge)

Please RSVP by October 20th to Esper Kanaan
esper@kanaanconstruction.com or 626.255.8080

✦ Holy Land Pilgrimage ✦

Guided by Fr. Ilya Gotlinsky
Educational • Biblical •
Archaeological

Apr 15 - 27, 2026



Journey from Jordan to Jerusalem



Walk in the footsteps of Christ



Visit Nazareth, Bethlehem & Jerusalem



Experience Petra, the Rose City



Explore Biblical archaeology



Open to all denominations

✦ **Space is limited – first come, first served!** ✦



Contact me today to reserve your place.

joyce@theadventurechic.com

PASTORAL SERMON
The Sunday after the Exaltation of the Holy Cross
September 21, 2025

The Feast of the Holy Cross bears such great significance that the Orthodox liturgical tradition has devoted many days to its commemoration. In the middle of Great Lent a Sunday is dedicated to its veneration. On Holy Thursday, the Holy Cross is carried in a solemn procession to the center of the church for veneration commemorating our Lord's Crucifixion. On August 1st, there is placed at the center of the church at the beginning of the Dormition Fast when prayers are said for the healing of the sick. In September, the Feast of its Exaltation or Elevation is celebrated on the 14th as a strict fast day. The period of the Feast began last Sunday ("The Sunday before the Holy Cross") and ends today, September 21st, which is the Leave-taking of the Feast.

The Feast is actually a commemoration of two historical events: The first is a double discovery of the Cross and the dedication of the Church of the Resurrection in Jerusalem (completed in 335 AD). The dedication of the Church concluded a period of excavations in Jerusalem by St. Helen the Empress and mother of the Emperor Constantine. The second event is the recovery of the Cross from the hands of the Persians three hundred years later after the remnant of the Holy Cross was removed with the fall of Jerusalem in the 7th century. The Emperor Heraclius was able to defeat the Persians and retrieve the Cross. He brought it to The Church of Holy Wisdom in Constantinople in 629 AD. It was at this time that it was lifted up for the veneration of the faithful.

The Feast of the Elevation of the Holy Cross is a "fixed Feast", meaning that it is always celebrated on the 14th of September. It is, nonetheless, one of the twelve Great Feasts of the Church.

Two Sundays ago, you may recall, we heard the lesson of God's love : *For God so loved the world that He gave His only begotten Son that whosoever believeth in Him will have eternal Life...* **The Gospel reading on the Feast itself is a reflection of the passion of our Lord.** We are again in a *dejavue* of Great and Holy Week and the day is observed as a strict fast. Today's Gospel message focuses upon the call to commitment: to take up our Cross and to follow Christ.

For the Orthodox, the Holy Cross is more than a symbol of remembrance, for every Christian it is sign of the gift of spiritual power and a shield from all evil, specifically the Evil One. While it can be a popular piece of jewelry for some, for the Christian it should be worn with reverence, just as we would make the sign of the Cross.

However, the Cross is an emblem of victory over sin and death and should be understood as such. Christ was the victor and not a victim. His death of the Cross is for you and me a triumphant end to the power of evil. For the Orthodox it is no longer viewed as a tragedy. In place of the Trisagion Hymn today we sing: *Before Thy Cross, we bow down in worship, O Lord, and Thy holy Resurrection do we glorify!* Listen also to the hymn of Vespers:

Finally, the Holy Cross is a sign of cleansing and healing : *The poison of the serpent is washed away by the Blood of God, and the just curse against us is destroyed through the unjust condemnation of the Righteous One. The consequences of the tree of paradise are healed by the blessings of the tree of the Cross; and the corruptive passions of humanity justly condemned are cleansed by the passion of the Sinless One. Glory to You, Christ our King, for Your plan of redemption for us by which You have saved us all...*

This mystery is something that is easily understood or comprehended. It is “foolishness” to the unbeliever, but to the believer, “...it is the power of God.”

St. Paul says in today’s Epistle reading : *You do not have in mind the things of God, but the things of men.* Our life in this world is very often defined in terms of our possessions, our health, and our career, how successful or poor we might be. But the fact remains: Our life is best defined by the meaning of the cross. Do we live for ourselves or is our life in being Christ’s a life of selfless love. Each of us chooses the degree of our commitment. It is a daily decision and a lifelong series of choices.

Prayer

O Christ, our God, help each of us in our self sacrifice that we may have faith and courage to take up our cross and follow you. Strengthen us in our weakness and grant us your Spiritual power that in being ever mindful of your supreme sacrifice we may also do Thy will in all things. For blessed is Thy Name and glorified is Thy Kingdom: of the Father and of the Son and of the Holy Spirit; now and ever, and unto ages of ages. Amen.

**LEAVE-TAKING (APODOSIS) OF THE FEAST OF
THE ELEVATION OF THE HOLY CROSS
APOSTLE QUADRATOS OF THE SEVENTY; PROPHET JONAH;**

طروبارية القيامة على اللحن السادس

إنَّ القواتِ الملائكية ظهرت عند قبرك الموقر، فالحراسُ صاروا كالأموات، ومريم وقفت عند القبر طالبةً جسدك الطاهر، فسبيت الجحيم ولم تُجرب منها، وصادفت البتول مانحاً الحياة، فيا من قام من بين الأموات، يا ربَّ المجدُّ لك.

طروبارية الصليب على اللحن الأول

خَلِّصْ يا رب شعبك وبارك ميراثك، وامنح عبيدك المؤمنين الغلبة على الشرير، واحفظ بقوة صليبك جميع المختصين بك.

طروبارية رؤساء الملائكة باللحن الرابع

أيُّها المتقدمون على الأجناد السماويين، نتوسلُّ إليكم نحن غير المستحقين، حتَّى أنكم بطلباتكم تكتنوفوننا بظلِّ أجنحة مجدكم غير الهولي، حافظين إيانا نحن الجاثين والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القواتِ العلوية.

قنداق الصليب على اللحن الرابع

يا من ارتفعت على الصليب طوعاً، أيُّها المسيحُ الإلهُ، امنح رافتك لشعبك الجديد المُسمى بك. وفرِّحْ بقدرتك عبيدك المؤمنين مانحاً إياهم الغلبة على الشرير. ولتكنْ لهم نصرتك سلاحاً للسلام، وظفراً لا يُقهر.

الرسالة

ما أعظمَ أعمالك يا رب. كلُّها بحكمةٍ صنعت. باركي يا نفسي الرب
فصلٌ من رسالة القديس بولس الرسول إلى أهل غلاطية

يا اخوة, نحن نعلم أنّ الإنسان لا يُعدّ باراً بالعمل بأحكام الشريعة, بل بالإيمان بيسوع المسيح. ولذلك آمنّا بيسوع المسيح لنُعدّ أبراراً بالإيمان بالمسيح, لا بالعمل بأحكام الشريعة. فالإنسان لا يُعدّ باراً لعمله بأحكام الشريعة. فإنّ كنّا نلتمس البرّ بالمسيح ووجدنا أيضاً من الخاطئين, فهل يعني هذا أنّ المسيح يعمل للخطيئة؟ حاشَ له! ولكني إذا عدتُ إلى بناءٍ ما هدمته, جعلتُ من نفسي مُخالفاً للشريعة, لأنّي بالشريعة مُتّ عن الشريعة لأحيا لله. مع المسيح صُلبتُ, فما أنا أحياء بعد, بل المسيح يحيا فيّ. وإذا كنتُ أحياء الآن في الجسد, فحياتي هي في الإيمان بابن الله الذي أحبّني وضحّى بنفسه من أجلي.

الإنجيل

فصلٌ شريفٌ من بشارة القديس مرقس

قال الرب: "من أراد أن يتبعني, فليُنكر نفسه ويحمل صليبه ويتبعني. لأن الذي يريد أن يخلّص حياته يخسرها, أما الذي يخسر حياته في سبيلي وسبيل البشارة فإنّه يخلّصها. فماذا ينفع الإنسان لو ربح العالم كله وخسر نفسه؟ وبماذا يفدي الإنسان نفسه؟ لأنّ من يستحي بي وبكلامي في هذا الجيل الفاسق الشرير يستحي به ابن الإنسان متى جاء في مجد أبيه مع الملائكة الأطهار. وقال لهم: "الحق أقول لكم: في جملة الحاضرين هنا من لا يذوقون الموت, حتى يشاهدوا مجيء ملكوت الله في مجد عظيم."

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