

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

His Eminence, Metropolitan SABA, of the Antiochian Orthodox Christian
Archdiocese of North America www.antiochian.org

His Grace, Bishop ANTHONY, Auxiliary to the Metropolitan
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Subdeacon Elias Mankouche eli_mankouche@hotmail.com
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Council Secretary - Fred Milkie, Jr. mildief@aol.com
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Bookstore Manager - Bobbi Monsue bobbi_monsue@att.net
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and Fred Milkie mildief@aol.com
Website - Dan Raju and Joseph Wang jpw378@gmail.com
Charity Coordinator - Cindy Tamoush cindy.tamoush@gmail.com
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The First Sunday of Great Lent (Sunday of Orthodoxy)

The Venerable-martyr Eudokia of Heliopolis; Venerable Domnina of Syria;
Martyrs Markellos and Anthony of Pamphylia

Sunday, March 1, 2026

Tone 5; Eothinon 5

Apolytikion of the Resurrection (Tone 5)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

Apolytikion of the First Sunday of Great Lent (Tone 2)

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

Apolytikion of our Patron the Archangel Michael (Tone 4)

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

Kontakion for the Sundays of Great Lent (and Akathist Saturday (Tone 8)

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

Daily Readings

THE EPISTLE (for the Sunday of the First Sunday of Great Lent)

*Blessed art Thou, O Lord, the God of our fathers.
For Thou art just in all that Thou hast done for us.*

The Reading from the Epistle of St. Paul to the Hebrews (11:24-26, – 32:40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL (for the First Sunday of Great Lent)

The Reading of the Holy Gospel is according to St. John (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe?"

You shall see greater things than these.” And Jesus said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

The Synaxarion

On March 1 in the Holy Orthodox Church, we commemorate the Venerable-martyr Eudokia of Heliopolis; the Venerable Domnina of Syria, and the Martyrs Marcello’s and Anthony of Pamphilia.

On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

Verses

I rejoice, as I see them fittingly reverence
The icons formerly unfittingly banished.

This restoration was accomplished in the year 843. Theodora’s husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O invariant Icon of the Father, through the intercessions of Thy holy Confessors, have mercy on 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

Memorial Wheat is being offered by the Antiochian Women of St. Michael Church this Women’s Month in remembrance of all departed ladies of our parish. Memory eternal.

Holy Bread and the coffee hour are offered in memory of the newly-departed beloved Minnie Tobey Lush (+9 February, 2026), by her treasuring and dearly grateful children, Robert & Nicole Webster; Gabrielle, Robert, Robert Joseph and Jonathan Camacho; and Greg, Erin Reed and Blake Nassir, also in memory of all the departed beautiful ladies of St. Michael. All glory be to God! Memory eternal!

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

for the speedy recovery of Sam Yanni.

for the repose of the newly-departed servant of God, Goldie Daruty (+13 February, 2026) Memory eternal.

[Note: Goldie Daruty's Funeral Service is scheduled for Thursday, March 5, 2026 at St. Mark Orthodox Church (Irvine) at 11 a.m. The interment at St. Nicholas Memorial Gardens (Valhalla) is scheduled for Friday, March 6, 2026 at 1 p.m.]

for the repose of the newly-departed servant of God, John Elac, Sr. (+17 February, 2026), the father of John Elac, Jr. Memory eternal.

[Note: John Elac, Sr.'s Funeral Service is scheduled for Thursday, March 5, 2026 at Pierce Brothers Mortuary in No. Hollywood at 10 a.m. followed by the interment at St. Nicholas Memorial Gardens at 11 a.m.]

for the repose of the newly-departed servant of God Pierre Azzam +13 February, 2026) of Houston, Texas, beloved son of Eva Azzam.

Memory eternal. A forty-day memorial is scheduled at St. Michael Church on Sunday, March 22, 2026.

by Florentina Manea for the safe travels of her family's move to Arizona: Mary, Anne, and Greg Streech.

Included in our prayers throughout the month of March are those celebrating their birthday: Katelin Ajalat (3/1), Sienna Hallak (3/2) Tony Mansur (3/2), Emily Meena (3/3), Kim Scott (3/3), Claudia Zait (3/3), Charles Ajalat (3/4), Daniel Larson (3/4), Janice Khoury (3/6) David Carlson (3/8), Emile Esshak Dahdah (3/8), Nicole Rose Kouri (3/10), Julie Malouf (3/10), Sahar Wassef (3/11), Hisham Barakat (3/12), Madison Graham (3/12), Sebastian Pena (3/12), Mary Ann Mitchell (3/13), Dema Dawud (3/14), Nicole Rafidi (3/14), Samia Habib (3/15), Aiden Mulry (3/15), Kenny Toomey (3/16), Adalyn Reema Samer Abughazaleh (3/18), Maria Habib (3/18), Elisabeth Paraskevas (3/18), Adeeb Abughazaleh (3/19), Natasha Ibrahim (3/19), Ellaney Matarese (3/19), Cecilia Coudsy (3/20), Benjamin Peters (3/20), Nuha

Abughazaleh (3/21), Christina Hannah (3/22), Ella Manning (3/22), Eli Panga (3/23), Terese Tintocalis-Crane (3/23), Deborah Worotko (3/23), Stephen Baba (3/26), Fred Nicola (3/26), Kristen Schumacher (3/26), Peyton Abughazaleh (3/27), Laurie Rowihab (3/27), Issam Sweis (3/27), Rebecca Zait (3/27), Suzanne Ajalat Aparicio (2/28), Odin Benitez (3/28), Nicole Nassir Webster (3/28), Debra (Debi) Dodds (3/29), Kimberlee Abughazaleh (3/30), Assad Dawud (3/30), Richard Tamoush (3/30), and Jonathan Weisfuss (3/30); and those celebrating their wedding anniversary: Ted & Cecilia Coudsy (3/3); Khalil & Amy Hallak (3/9). May God grant them many years!

Included in our prayers for the departed during the month of March are:

Khalil Wassef, +3 March, 1944	Aida Haddad, +1 March, 2011
John M. Gantus, +23 March, 1945	Lily Ruff, +4 March, 2011
Habeeb George, +28 March, 1967	Elie Turkieh, +12 March, 2011
Nadia Baida, +8 March, 1968	Helen Saleh, +31 March, 2011
Andrew Andrews, +4 March, 1969	Joseph Sweis, +17 March, 2012
Marie Baida, +27 March, 1975	Pamela Rose Raffis, +March, 2012
Vladimir Patrick, +3 March, 1977	Steve Tobey, +30 March, 2012
Charlotte Stelmack, +1 March, 1983	Phyllis Deeb, +27 March, 2013
Edward Gabriel, +6 March, 1983	Boutros Ghawi, +27 March, 2013
Stellio Satel, +13 March, 1983	Elias Boulos Azzam, +29 March, 2013
Alice L. Peck, +7 March, 1988	Joshua Fortin, +11 March, 2014
Donald Wagner, +17 March, 1990	Nun Filoftheia, +17 March, 2016
David Barkett, +5 March, 1990	Lareese Nicola, +31 March, 2016
Louis E. Khoury, +18 March, 1991	Georget Aftimos, +9 March, 2017
George Saadeh, +21 March	Joseph Lakah, +March, 2017
Oliver Cates, +20 March, 1994	Gene Hapip, +18 March, 2017
Billy Handal, +26 March, 1994	Ellis Hanna, +19 March, 2017
Albert Saade, +7 March, 1998	George H. Jabrieh, +23 March, 2017
Arthur Brown, +6 March, 1999	Connie Cain, +30 March, 2018
Fred Homsy, +11 March, 1999	Darryl Maloof, +21 March, 2019
Carim Rihbany, +17 March, 1999	Miriam Eskaf, +13 March, 2020
George Rogers, +26 March, 2000	Kharma Al-Rabadi, +25 March, 2020
Richard Chala, +8 March, 2001	Rev. John Britton, +9 March, 2021
James Morgan, +8 March, 2001	Afaf Shaheen +14 March, 2021
Anthony Haddad, +24 March, 2001	Marie Skaff, +14 March, 2021
Edward Thabet, +18 March, 2002	Mary Balian, +8 March, 2022
William Bailey, +20 March, 2002	Ilham Moujaes, +14 March, 2022
Charles Hosey, +24 March, 2002	Farid Nassif, +23 March, 2022
Christine Saadeh, +28 March, 2003	Samira Ghawi, +23 March, 2023
Jamil Barghash, +31 March, 2003	Ousama Lahham, +7 March, 2024

Mary Yazbek, +1 March, 2004
Mary Saliba Malouf, +21 March, 2004
Salman Khleif, +20 March, 2005
Amelia Nader, +27 March, 2005
Frank "Skip" Miller, +1 March, 2007
Lily Wassef, +9 March, 2008
Kaleel "Kal" Mittry, +20 March, 2008
Tony Glenn, +29 March, 2008
Carrie Deeb Skaff, +25 March, 2009
Ezequiel Barbar, +26 March, 2009
Leonard Shaheen, +1 March, 2010
Christine Naser, +8 March, 2010
Farris Abdallah, +21 March, 2011

Joanna Michaelis, +7 March, 2024
Katie Nassief, +10 March, 2024
George Shamieh, +10 March, 2024
Marcia Murr Terry, +13 March, 2024
Ousama Zabaneh, +15 March, 2024
Linda Zine, +18 March, 2024
Viorica Ungureanu, +20 March, 2024
Lillian Agnes Koudsi, +28 March, 2024
Archdeacon George Shishim, +31
March, 2025
John Bibi, +6 March, 2025
Paul Youhanna Mankouche, +7 March
2025

Memory Eternal!

**Please phone the Church Office if there are any omissions or corrections to the above listing of names.
Please bear in mind that some have chosen not to be included in our announcement.
Please pardon any errors.**

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

Holy Bread Offering List

Mar 04 (Pre-sanctified Liturgy)
Mar 08 - The Meena family [start Daylight Savings Time] Lite Lenten Luncheon
Mar 11 (Pre-sanctified Liturgy)
Mar 15 - The Bibi family
Mar 18 (Pre-sanctified Liturgy)
Mar 22 - The Azzam family

Coffee Hour Hosts Calendar

Sami & Amy Azzam
Fr. Timothy Baclig
The Bibi family
open
The Azzam family

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 Weekly Teaching

(in English and Arabic)



View Metropolitan SABA's message - "The Orthodox Liturgy: It's Theology and Spirituality, Part One; go to:

<https://www.antiochian.org/regulararticle/2740>

Also, see Metropolitan SABA's letter announcing

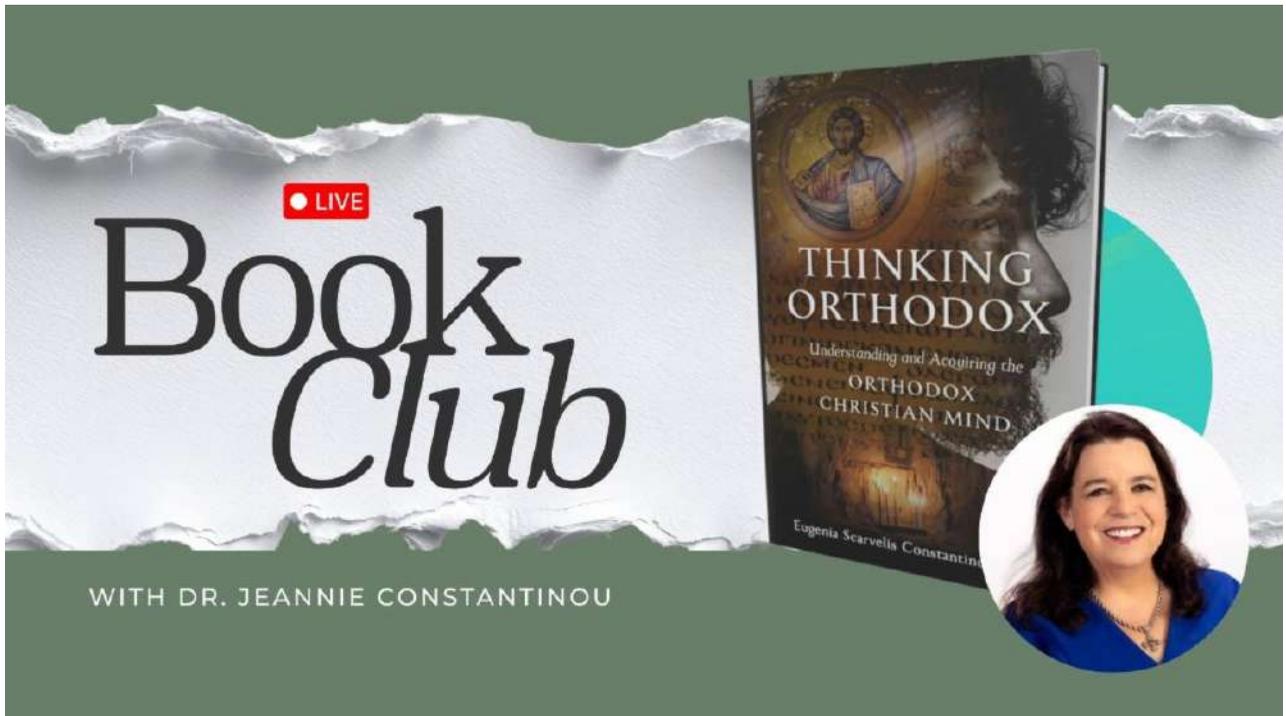
"Women's Month" Go to: [https://](https://antiochianprodsa.blob.core.windows.net/)

antiochianprodsa.blob.core.windows.net/

[websiteattachments/Prot.%20no.%20085-%202026-03-01%20AW%20Month%20Letter.pdf](https://antiochianprodsa.blob.core.windows.net/websiteattachments/Prot.%20no.%20085-%202026-03-01%20AW%20Month%20Letter.pdf)

Zoom Meeting Virtual Study With Dr. Jeannie Constantinou

Our weekly Bible Study with Father Timothy has been suspended during the season of Great Lent with the additional of weekday Lenten services. Our Bible Study will resume following Easter (April 12). Recorded links of our previous Bible Study sessions on various topics are available upon request of Father Timothy. In place of our weekly Bible Study, everyone is encouraged to participate in Dr. Jeannie Constantinou's Book Club Zoom meetings on Tuesdays, beginning this week for five weeks. These meetings are available via the The Encounter App of *Faithtree Resources*. The book club offers thoughtful formation from a trusted voice and can help reinforce Orthodox *phronema* (way of thinking) beyond the parish setting—especially fitting for Lent. If you don't already have the app, you can download it here: on [Apple](#) or [Android](#).



Bookstore Receives New Stock Items

Stop by the Bookstore and see the updated selection of icons and books that have arrived. Now is the time to place your special orders for Easter. See Bobbi Monsue for more information: bobbi_monsue@att.net

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.: 080/2026

The Sunday of Orthodoxy
March 1, 2026

Venerable Hierarchs, Reverend Fathers, Esteemed Members of the Parish Councils,
and Beloved Faithful in Christ,

Greetings and blessings to you in the Name of our Lord, God, and Savior Jesus
Christ!

I pray that your Lenten journey has begun with renewed strength and a spirit of
repentance. As we enter more deeply into this holy season, I am reminded of the
words of St. Isaac the Syrian, who taught: “Enter eagerly into the treasure-house that
is within you, and so you will see the treasure of heaven.”

This difficult yet profoundly hopeful exhortation calls us to anchor our hearts in
humility while never losing sight of the boundless mercy and love of God. Great Lent
offers us a sacred opportunity to cultivate this spiritual vigilance through prayer,
fasting, and almsgiving.

On the Sunday of Orthodoxy, our hearts turn to the sacred legacy we have received—
the faith preserved through the courage of the martyrs, the struggles of the ascetics,
the devotion of our spiritual ancestors, and the teachings of the Holy Fathers. God
has placed this precious inheritance in our care, that we may keep it alive and radiant
for future generations. One of the main ways we do this is through the education and
formation of our future clergymen who will be our priests, pastors and fathers.

Our seminarians, together with their wives and families, have embraced a life of
sacrifice, faith, and service to Christ and His Holy Church. They are preparing their
hearts and minds to shepherd Christ’s flock, to teach the Gospel, and to sustain the
very faith we celebrate today. I am grateful for my regular opportunities to meet with
them, learning their stories, their hopes, and the unique gifts God has entrusted to
them. These encounters assure me that the future of our Church is in faithful and
capable hands.

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

As we do every year on this day, I ask each parish to offer a generous gift in support of the seminarians and their families. This responsibility belongs to all of us. As they prepare to give their lives for us, let us lovingly support them in advance.

Wishing you a grace-filled and spiritually fruitful journey to the Passion and the glorious Resurrection of our Lord, I remain,

Yours in the Service of Christ,

A handwritten signature in black ink, appearing to read "T. Saba". The signature is written in a cursive style with a large, stylized initial "T" and "S".

+SABA

Archbishop of New York and Metropolitan of all North America

*His Grace Bishop Anthony, Hosting, Diocese of Los Angeles
Antiochian Orthodox Christian Archdiocese of North America*

*Together with
His Eminence Metropolitan Gerasimos
Of San Francisco, Greek Orthodox Archdiocese*

*And
His Eminence Archbishop Maxim
Western Diocese, Serbian Orthodox Church*

Invite You to

Vespers for the Triumph of Orthodoxy

6 pm Sunday • March 1, 2026

St. Nicholas Cathedral

2300 W 3rd Street • Los Angeles

And to Welcome

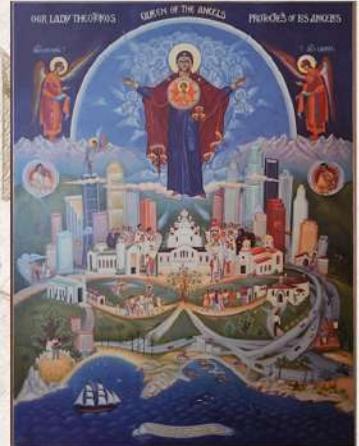
His Grace Bishop Vasily

Diocese of the West, Orthodox Church in America, Guest Homilist

Pan-Orthodox Choir • Reception Will Follow Vespers

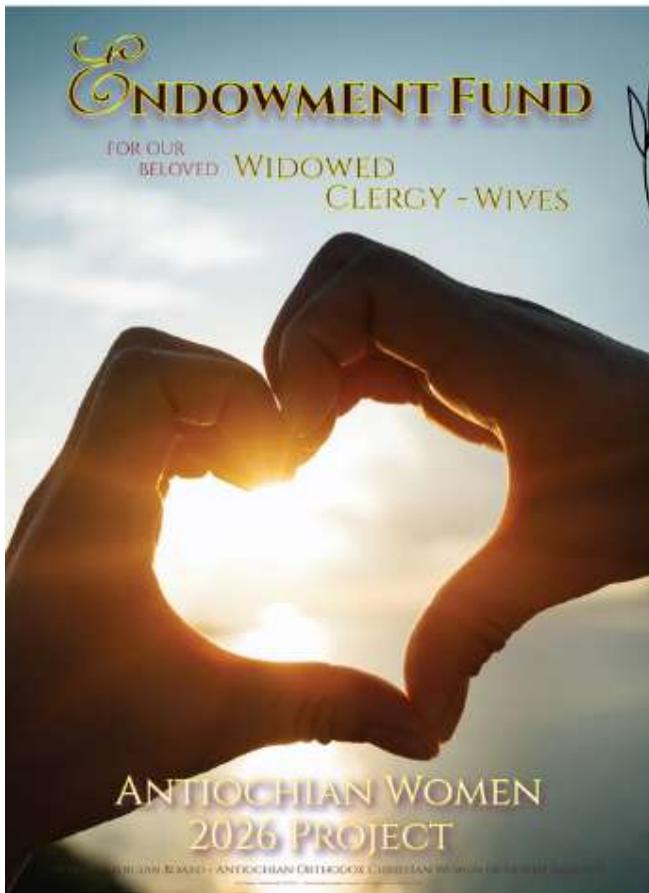
All the Faithful Are Invited to Bring and Bear Icons

Let us declare the Faith of the Apostles in Words and Images!



Lite Lenten Lunch Sunday, March 8th

Hosted by St Michael
Antiochian Women



\$10
Minimum
Donation.

Hummus
Salad
Rice
Bazella
(Pea Stew)
Fruit
Dessert

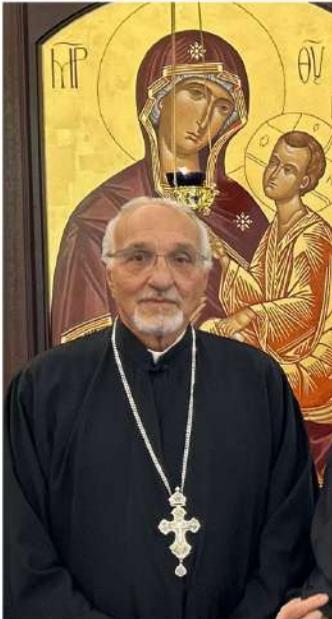
ALL PROCEEDS - 100%
For the Widowed Khouria Endowment Fund

St Michael Antiochian Women

Annunciation Tea



Saturday, March 21, 2026
10 am - Morning Prayer
Followed by Tea Time



This year we are blessed to have
V. Rev. George Ajalat speaking to us on
“the Mystery of the Holy Theotokos in
our Spiritual life as Christians.”

Please bring a lenten dish to share.
Donation of \$8 per person. As is our
tradition, all proceeds will be donated
to St Barbara Monastery.

Please RSVP by March 14th to
Charlotte Murr at: blackmurr@aol.com



LITURGICAL CALENDAR

Lenten Weekday Services

Great Compline – Mondays, March 2, 6:30 p.m.

Liturgy of Pre-Sanctified Gifts – Wednesdays, 6 p.m.

“Akathist”/“Madeyeh” (Service of Intercessory Prayer) – Fridays, 6:30 p.m.

* A traditional fasting discipline is observed during the Great Fast, which lasts from Pure Monday (February 23rd) through Great and Holy Saturday (April 11th). *Katalysis* (provision) for wine and oil is made on Saturdays and Sundays [with the exception of Great and Holy Saturday when there is *katalysis* for wine, but not for oil (implying food made more tasty by being cooked in or with oil as opposed to simple *xerophagy* of ‘dry eating,’ meaning raw fruits, vegetables and grains or those soaked or cooked in water)]. On the Feast of the Annunciation (March 25th) and Palm Sunday (April 5th), fish, wine and oil are permitted.

IMPORTANT NOTE: One should bear in mind that fasting is not an end in itself, but a means to a spiritual goal. One’s health should not be jeopardized in fasting. The Church does not recommend those persons such as expectant mothers or those requiring medication to ignore their doctor’s instructions. One should also consider how abstaining from social activities and various other pleasures may also be helpful. Should you have questions, please speak with Fr. Timothy.

Preparing for Great Lent

Wednesday Evening Lenten Meal - Following the Pre-sanctified Liturgy each Wednesday evening during Great Lent, a simple Lenten meal will be provided following Liturgy. It is the sole purpose for the meal, following the Pre-sanctified Liturgy, to provide a simple and uncomplicated offering of food and not a full dinner. The Lenten meal is for renewed strength for those who have fasted in preparation for Holy Communion at the evening Liturgy, and like our coffee hour, is not a fundraiser. The meal should be modest, not elaborate, and not require accumulating leftovers. This will also reduce the need for time consuming clean-up by the host(s). **The Wednesday evening Liturgies begin at 6 p.m. and not 6:30.** This start time will avoid eating late, and to also provide enough time for travel home, especially when children get up early for school in the morning, and many begin another workday. Contact Father Timothy at: frtimothy@stmichaelvannuys.org should you be interested in hosting the meal on March 18. Note: The Pre-sanctified Liturgy is the Liturgy for all of the forty-day weekdays of Great Lent. The festal Liturgy of St. John Chrysostom is celebrated on the Saturday (for the departed) and St. Basil

the Great on Sunday (for the Resurrection), when wine and oil are permitted. In vigilant communities, like monasteries, the Pre-sanctified Liturgy and Lenten meal is the sole sustenance for the faithful during Great Lent. It is also important to keep in mind that our Lenten discipline is the practice that includes: fasting, prayer and good works—all three.

We Gratefully Acknowledge the Receiving 2026 Pledge Commitments Totaling \$149,039.84 From the Following Members:

Margaret Abdun-Nur
Adeeb & Nuha Abughazaleh
Laila Abughazaleh
Rami Abughazaleh
Charles & Marilee Ajalat
Frances Allen
Kevin Anthony
Sami & Omaira Azzam
Fr. Timothy Baclig
Kristy & Mike Chiaburu
Nichola & Mimi Hallak
Ramez & Rima Hage
Tom & Lynn Homsy
Deanna & Rami Jubran
Sonia Karam
Salim El-Darzi and Marwan
Samia Habib
Rami & Basma Madain
Michael & Patricia Malouf
Nicki Malouf
Don Meena

Fred & Tanya Milkie, Jr.
Michael & Mary Ann Mitchell
Waleed & Michelle Moujaes
Dn. Andrew & Barbara Monsue
Charlotte Murr
Antoine & Georgina Nader
Riad Nasser
Mandy & Constantine Nasr, Jr.
Barbara & Fred Nicola
Chrisa Sadd
Haitham & Asma Sweis
Richard & Cindy Tamoush
Ronald & Georgia Tamoush
Randa Tarbouche
Daphne Thabet
Geri Thabit
Mae and Cristina Tortolano
Nicole & Robert Webster
Laila Zaki
Ron & Kathy Zraick

2026 Pledge Forms are now available on-line and hard copies may be found in the narthex.

Upcoming Events

[Note: You may now access our Google Parish Calendar to your personal calendar.

Simply go to: <https://calendar.google.com/calendar/u/1?cid=YWRtaW5Ac3RtaWNoYWVsdmFubnV5cy5vcmc>]

**Young Adults - FOCUS Food and Clothing Distribution
New Date — March 14, 2026, 9 a.m.**

[St. Nicholas Cathedral; 2300 W. 3rd Street; Los Angeles]

Antiochian Women Annunciation Tea - March 21, 2026
[see flier with this bulletin]

March is “Women’s Month” in the Antiochian Archdiocese

Our ladies will be participating in ushering and reading the Epistle throughout the month of March. Today’s ushers are: **Samia Habib** and **Monica Juganu**. Reading today’s epistle is: **Charlotte Murr**.

33rd Annual St. Michael Golf Classic

Mark your calendar for The 33rd Annual St. Michael Golf Classic: Monday June 29th 2026 at Wood Ranch Golf Club, Simi Valley, CA. Join your St. Michael family for a day of fellowship and fun. For more information, don't hesitate to get in touch with Don Meena (661-623-0340, donmeena@sbcglobal.net) or Fred Milkie (818-535-4243, milkief@aol.com).

Annual Parish Life Conference

Host: St. George Church; San Diego, California, July 1-5 2026

Go to: <https://www.antiochianevents.com/los-angeles> to register for your hotel room (\$199/night) at the Marriott Marquis San Diego.

Creative Festivals

Expressions of Faith in Sunday Church Schools across the Archdiocese--are underway! This is an exciting annual tradition for our students as they create projects to express their faith in the categories of art, poetry, creative writing, and photography (and video, in some dioceses). Please see our Church School Superintendent, Rachel Grundler at superintendent@stmichaelvannuys.org for more information and deadlines.

Prison Ministry Opportunity

David Rodriguez is leading our effort in working with volunteer parishioners interested in an Prison Ministry. The work involves two core activities: (a) a storybook reading program, where volunteers enter facilities to record inmates reading books for their children and (b) a group discussion program focused on the Parables of our Lord Jesus Christ. Not all volunteer roles require entering the correctional facilities. We are looking for parishioners to contribute their unique talents in various capacities, such as: (1) Outreach: Assisting with phone calls to facilities, (2) Technical and Creative Support — helping with technology or designing fliers to

promote our mission. I encourage anyone interested to attend our upcoming virtual information session. There is no commitment required to simply inquire and see if this ministry resonates with you. It is a wonderful opportunity to pool our talents for God's purpose and grow closer to Christ through service. For more information contact David Rodriguez at: drodpena@gmail.com

2026 Frances Maria Scholarships

Scholarship applications are now available on the Archdiocese website at: bit.ly/MariaScholarship2026. The applicants must be young adults in good standing in an Antiochian parish; U.S., Canadian citizens or permanent residents who are entering any of the first four years of an accredited **undergraduate** college. The scholarship offers a \$10,000 award to assist with tuition. Also the Maria Meritorious Scholarship for 2026 applications are also being accepted, awarding \$2,000 to support service-oriented young adults facing financial difficulties; open to **both undergraduate and graduate** students who are actively involved in their parish and can demonstrate a need for financial assistance.

Pastoral Sermon The Sunday of Orthodoxy March 1, 2026

Today's lesson about first impressions. People often draw conclusions based upon their personal perceptions, that can at times, be very limited and promote prejudices. The City of Nazareth is built on a basalt limestone hill mountain and is not fertile ground. Nazareth, where Jesus grew up as a child is known as a town of stone smiths; unlike Cana of Galilee that was at the foot of the mountain in the very fertile region of Galilee.

Nathaniel was perceived by Jesus to be a very direct, honest and straightforward man. Jesus does not point to his Nathaniel's perceptions or his prejudice in speaking about him. He only complimented Nathaniel. It opened the door to a conversation that revealed something about Nathaniel that you and I did not know. It triggered Nathaniel recognizing and confessing that Jesus was the Son of God.

You and I can be very quick to judge people and to put people in categories that brand them in some way. Nathaniel who was recognized by Jesus as someone who would "call a spade a spade," complimented Nathaniel, even though many considered

people from Nazareth to be somewhat “lesser” than others who were from other towns. Can you imagine? Something that today would be called prejudice! It is very easy for you and I can easily think like that.

It makes our commemoration of the restoration of Holy Icons all the more important and pertinent. Every man or woman, every person, who is created in the image and likeness of God cannot be placed in categories, especially grouped in ways that demean or categorically define them in ways that make them lesser persons than you and I. Yet, how easy it is for you and I to do so.

You would be surprised if I were to tell you how many times, as a priest, when I am introduced to someone, I get asked the question: “What is your last name?” Where are you from? Who are your parents, were they Arabic—as though, I was somehow disqualified from being an Orthodox priest if I did not meet their personal expectations, or perhaps speak the language that they spoke. Or even how my fellow priest, who may be whiter than me, who has a southern brawl, may feel being interrogated as a convert priest?

Similarly are you aware of how some people experience this attitude from others in some other way? And this, my dear brothers and sisters in Christ, is the very sharp point of today’s commemoration. If we really are restoring images to the Church today, let us restore, in truth, fully acknowledging and recognizing that your and my identity is first and foremost being created in the image and likeness of God. That you and I, regardless of our skin color, our nation of origin, even whether or not we are an American citizen, are first persons who are worthy to be called God’s children, created in His image and likeness. No one of us can ever claim Orthodoxy to be our own.

As we celebrate the restoration of images to the church, let us never forget the bloodshed that took place for over a hundred years! It is not unlike the bloodshed that continues as we speak in a land some clean to be Russia, while indigenous people claim it to be Ukraine. Or need I say people whose home has been historic Palestine, that others prefer it to be called Israel. There will be more evils still to come in this fallen world that can and will destroy us, if we do not pray for discernment in the spiritual battles of our day. It is clearly mentioned in the prophetic Gospel narratives that are to be heard when Holy Week arrives.

As difficult as it may be today, let us keep all prejudices from raising their ugly head in our attitude, and that can easily result in insults, and, God forbid, heinous acts of hatred that can lead to violence, that today, would even legally be justified as “one’s state

of mind!” Or “a personal addiction.” If you are a Christian, strive to acquire Christ’s state of mind. And if you believe in slavery, think as St. Paul did by calling himself, “a bondservant of Christ.” Be filled with the Holy Spirit that you may not further the cause to divide segregate, demean and isolate others, that promote divisions, “distancing,” and the cruelty of some who are misguided by Satan; “all his angels, all his works, all his service and all his pride!” These are the persons that we must be separated from! Pray that their consciences may be awakened to admitting their shame and called to repent. Let us, as the scripture instructs us, follow our Lord’s example and speak the truth in love; understanding that we are all sinners and are saved by a God of love and mercy.

May this Holy Season of prayer and fasting truly empower us with God’s goodness and steadfast love for every person for whom He took upon Himself the reviling, the cursing, the beating, and yes, even death on a Cross for our salvation.

EOTHINON 5

الايوثينا 5

TONE 5

اللحن 5

THE FIRST SUNDAY OF GREAT LENT (THE SUNDAY OF ORTHODOXY)

**VENERABLE-MARTYR EUDOKIA OF HELIOPOLIS; VENERABLE DOMNINA OF SYRIA;
MARTYRS MARKELLOS AND ANTHONY OF PAMPHYLIA**

أبوليتيكيون القيامة باللحن الخامس

لِنُسَبِّحُ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدُ لِلْكَلِمَةِ، الْمُسَاوِي لِأَبِ وَالرُّوحِ فِي الْأَزَلِيَّةِ وَعَدَمِ الْإِبْتِدَاءِ،
الْمَوْلُودِ مِنَ الْعَذْرَاءِ لِخَلَاصِنَا، لِأَنَّهُ سُرَّ بِالْجَسَدِ أَنْ يَعْلوَ عَلَى الصَّلِيبِ، وَيَحْتَمِلَ
الموتَ، وَيُنْهَضَ الْمُوتَى بِقِيَامَتِهِ الْمَجِيدَةِ.

أبوليتيكيون للأحد الأول من الصوم باللحن الثاني

لِصُورَتِكَ الطَاهِرَةِ نَسْجُدُ أَيُّهَا الصَّالِحُ، طَالِبِينَ غُفْرَانَ الْخَطَايَا، أَيُّهَا الْمَسِيحُ الْهُنَا،
لِأَنَّكَ قَبِلْتَ أَنْ تَرْتَفِعَ بِالْجَسَدِ عَلَى الصَّلِيبِ طَوْعًا، لِتُنَجِّيَ الَّذِينَ خَلَقْتَ مِنْ عُبُودِيَّةِ
الْعَدُوِّ. لِذَلِكَ نَهْتَفُ إِلَيْكَ بِشُكْرٍ: لَقَدْ مَلَأْتَ الْكُلَّ فَرَحًا يَا مُخَلَّصِنَا، إِذْ أَتَيْتَ لِتُخَلِّصَ
العالمَ.

طروبارية رؤساء الملائكة باللحن الرابع

أيها المتقدمون على الأجناد السماويين، نتوسل إليكم نحن غير المستحقين، حتى أنكم بطلباتكم تكتنوفوننا بظل أجنحة مجدكم غير الهولي، حافظين إيانا نحن الجاشين والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القوات العلوية.

القنداق لآحاد الصوم الكبير (وسبت المديح) باللحن الثامن

إني أنا عبدك يا والدة الإله * أكتبُ لك رايات الغلبة * يا جندية محامية * وأقدمُ لك الشكر كمنقذة من الشدائد * لكن بما أن لك العزة التي لا تحارب * أعتقيني من صنوف الشدائد * حتى أصرح إليك: إفرحي يا عروساً لا عروس لها.

الرسالة

(للأحد الأول من الصوم)

مبارك أنت يا رب إله آبائنا.

لأنك عادل في كل ما صنعت بنا.

فصل من رسالة القديس بولس الرسول إلى العبرانيين.

(26-11:24، 40-32)

يا إخوة، بالإيمان موسى لما كبر أبى أن يدعى ابناً لابنة فرعون. مختاراً الشقاء مع شعب الله على التمتع الوقتي بالخطيئة. ومعتبراً عار المسيح غنى أعظم من كنوز مصر، لأنه نظر إلى الثواب. وماذا أقول أيضاً؟ إنه يضيق بي الوقت إن أخبرت عن جدعون وباراق وشمشون ويفتاح وداود وصموئيل والأنبياء. الذين بالإيمان قهروا الممالك، وعملوا البر، ونالوا المواعد، وسدوا أفواه الأسود. وأطفأوا حدة النار، ونجوا من حد السيف، وتغفروا من ضعف، وصاروا أشدء في الحرب، وكسروا معسكرات الأجانب. وأخذت نساء أمواتهن بالقيامة. وعذب آخرون بتوتير الأعضاء والضرب، ولم يقبلوا بالنجاة، ليحصلوا على قيامة أفضل. وآخرون ذاقوا الهزء والجلد والقيود أيضاً والسجن. ورجموا، ونشروا، وامتحنوا، وماتوا بحد السيف، وساحوا في جلود غم ومعز، وهم معوزون مضايقون مجهودون، (ولم يكن العالم مستحقاً لهم) وكانوا

تَائِهِينَ فِي الْبَرَارِي وَالْجِبَالِ، وَالْمَغَاوِرِ وَكُهُوفِ الْأَرْضِ. فَهَوْلَاءِ كُلُّهُمْ مَشْهُودًا لَهُمْ
بِالْإِيمَانِ، لَمْ يَنَالُوا الْمَوْعِدَ. لِأَنَّ اللَّهَ سَبَقَ فَنظَرَ لَنَا شَيْئًا أَفْضَلَ، أَنْ لَا يَكْمَلُوا بَدُونَنَا.

الإنجيل

(لِلأَحَدِ الْأَوَّلِ مِنَ الصَّوْمِ)

فَصَلُّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يوحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ، وَالتَّلْمِيزِ الطَّاهِرِ.

(51:43:1)

فِي ذَلِكَ الزَّمَانِ، أَرَادَ يَسُوعُ الْخُرُوجَ إِلَى الْجَلِيلِ فَوَجَدَ فِيلِبُّسَ فَقَالَ لَهُ: اتَّبِعْنِي.
وَكَانَ فِيلِبُّسُ مِنْ بَيْتِ صَيْدَا مِنْ مَدِينَةِ أَنْدِرَاوَسَ وَبِطْرُسَ. فَوَجَدَ فِيلِبُّسُ نَتْنَائِيلَ،
فَقَالَ لَهُ: إِنَّ الَّذِي كَتَبَ عَنْهُ مُوسَى فِي النَّامُوسِ وَالْأَنْبِيَاءِ قَدْ وَجَدْنَاهُ، وَهُوَ يَسُوعُ
بْنُ يَوْسُفَ الَّذِي مِنَ النَّاصِرَةِ. فَقَالَ لَهُ نَتْنَائِيلُ: أَمِنْ النَّاصِرَةِ يُمَكِّنُ أَنْ يَكُونَ
شَيْءٌ صَالِحٌ؟ فَقَالَ لَهُ فِيلِبُّسُ: تَعَالِ وَانظُرْ. فَرَأَى يَسُوعُ نَتْنَائِيلَ مُقْبِلًا إِلَيْهِ، فَقَالَ
عَنْهُ: هُوَذَا إِسْرَائِيلِيُّ حَقًّا لَا غَشَّ فِيهِ. فَقَالَ لَهُ نَتْنَائِيلُ: مِنْ أَيْنَ تَعْرِفْنِي؟ أَجَابَ
يَسُوعُ، وَقَالَ لَهُ: قَبْلَ أَنْ يَدْعُوكَ فِيلِبُّسُ وَأَنْتَ تَحْتَ التَّيْنَةِ رَأَيْتُكَ. أَجَابَ نَتْنَائِيلُ
وَقَالَ لَهُ: يَا مُعَلِّمُ، أَنْتَ ابْنُ اللَّهِ، أَنْتَ مَلِكُ إِسْرَائِيلِ. أَجَابَ يَسُوعُ وَقَالَ لَهُ: لِأَنِّي قُلْتُ
لَكَ إِنِّي رَأَيْتُكَ تَحْتَ التَّيْنَةِ آمَنْتَ؟ إِنَّكَ سَتَعَايِنُ أَعْظَمَ مِنْ هَذَا. وَقَالَ لَهُ: الْحَقُّ الْحَقُّ
أَقُولُ لَكُمْ، إِنَّكُمْ مِنَ الْآنَ تَرَوْنَ السَّمَاءَ مَفْتُوحَةً، وَمَلَائِكَةَ اللَّهِ يَصْعَدُونَ وَيَنْزِلُونَ
عَلَى ابْنِ الْبَشَرِ.