

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 Venerable Athanasius of Athos; The Fifth Sunday of Matthew

Venerable Lampados of Irenoupolis; Hieromartyr Cyprian of Mount Athos

Sunday, July 05, 2026

Tone 4; Eothinon 5

Apolytikion for the Resurrection (Tone 4)

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.

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 Fifth Sunday after Pentecost)

*The saints shall boast in glory, and they shall rejoice upon their beds.
Sing unto the Lord a new song; His praise is in the church of the saints.*

The Reading from St. Paul's Epistle to the Galatians (5:22 - 6:2):

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one

another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

THE GOSPEL (for the Fifth Sunday of Matthew)

**The Reading of the Holy Gospel is according to St. Matthew
(8:28 - 9:1)**

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 we to do to Thee, O Son of God? Art Thou 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 Thou castest 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 they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.

The Synaxarion

On July 5 in the Holy Orthodox Church, we commemorate our Venerable and God-bearing Father Athanasius of Athos, and his six disciples who died with him.

Verses

Anthony the Great was the inception of the Fathers,
And divine Athanasius, their godly culmination.

On the fifth, Angels took Athanasius and his disciples to the City of God.

Born in Trebizond of God-fearing parents, he was early left destitute, but, by the providence of God, a high-ranking army officer took him to Constantinople and educated him there. Finishing his schooling, Athanasius eventually moved to the Holy Mountain to live in silence and strict asceticism. Many, desirous of the ascetic life, began to gather round him and he was constrained to build the famous Lavra. The Byzantine Emperors gave him generous help in this. Manifold

temptations came upon Athanasius, from demons and from men, but he, as a valiant soldier of Christ, resisted and overcame them all by his immense humility and unceasing prayer to the living God. Filled with the grace of God, he was found worthy to behold the most holy Mother of God, who miraculously brought forth water from a rock. Death came to him suddenly in 1003. He, together with six of his monks, had climbed up onto a newly-constructed part of the church to inspect a wall that was in building when the wall fell in and buried them all. Athanasius appeared a number of times to his brethren after his death, to console or rebuke them.

On this day, we also commemorate Venerable Lampados of Irenoupolis; and Venerable hieromartyr Cyprian of Mount Athos. By the intercessions of Thy Saints, O Christ our God, have mercy upon us. Amen.

LITURGICAL CALENDAR

NOTE: We observe a fast on Wednesdays and Fridays

The Sixth Sunday after Pentecost and The Sixth Sunday of Matthew

The Venerable Paisios the New of Mount Athos

Great Vespers – Saturday, July 11th, 5 p.m.

Orthros – Sunday, July 12th, 8:45 a.m., Divine Liturgy, 10 a.m.

OFFERINGS

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

for the fiftieth wedding anniversary of John & JoAnn Gantus
(June 27, 2026). May God grant them many years!

for the 100th birthday of Mary Ann Thomas (July 9).
May God grant her continued health and many years!

by Charmaine Darmour for the recovery and good health of her cousin:
Mark George

by Nazli Saadeh and Lili Soltaniazad for the continued good health of
Jean Pierre Saadeh.

for the safe travel and return of Farid Najjar.

for the repose of the newly-departed servant of God, Louise Joseph (+29 June, 2026), beloved mother and mother-in-law of Richard & Loretta Joseph. Memory eternal.

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

Holy Bread Offering List

Coffee Hour Hosts Calendar

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: "What Can We Learn From America's First Orthodox Bishop": <https://www.antiochian.org/regulararticle/2835>

See also the Special Edition of The Word magazine dedicated to the ministry of The Order of St. Ignatius of Antioch: <https://antiochianprodsa.blob.core.windows.net/websiteattachments/Special%20Edition%20The%20Order%202026.pdf>

Weekly Bible Study - Tuesday, July 7

Our weekly Bible Study will resume on Tuesday, July 7. 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.



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.

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.

EOTHINON 4

الايوثينا 4

STONE 3

اللقن 3

THE VENERABLE ATHANASIUS OF ATHOS THE FIFTH SUNDAY OF MATTHEW

Venerable Lampados of Irenoupolis; Hieromartyr Cyprian of Mount Athos

أبوليتيكيون القيامة باللقن الرابع

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَزَ بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِّيَّ،
وَخَاطَبْنَ الرَّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِّي الْمَوْتُ وَقَامَ الْمَسِيحُ إِلَهُ، وَمَنْحَ الْعَالَمِ
الرَّحْمَةَ الْعُظْمَى.

أبوليتيكيون القديس أثناسيوس باللحن الثالث (**بهاء ساميا**) **

لَقَدْ دَهَشَتْ طَغَمَاتُ الْمَلَائِكَةِ مِنْ سِيرَتِكَ بِالْجَسَدِ أَيُّهَا الدَّائِمُ الذِّكْرُ، كَيْفَ أَنْتَ، وَأَنْتَ
بِالْجَسَدِ، سَعَيْتَ نَحْوَ الْمَصَافِّ غَيْرِ الْمَنْظُورَةِ، وَجَرَحْتَ مَوَاكِبَ الْأَبَالِسَةِ. فَلِذَلِكَ، قَدْ
كَافَأَكَ الْمَسِيحُ بِمَوَاهِبِ غَنِيَّةٍ. فَيَا أَيُّهَا الْأَبُ أَثْنَاسِيُوسَ، تَشْفَعُ إِلَيْهِ أَنْ يُخَلِّصَ
نُفُوسَنَا.

طروبارية رؤساء الملائكة باللحن الرابع
أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمُسْتَحَقِّينَ، حَتَّى
أَنْتُمْ بِطَلْبَاتِكُمْ تَكْتَنُفُونَنَا بِظِلِّ أَجْنَحَةِ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَّانَا نَحْنُ
الْجَائِينَ وَالصَّارِحِينَ بِغَيْرِ فَتُورٍ، أَنْقِذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْتُمْ رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ
الْعُلُويَّةِ.

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

الرسالة

(للقديس أثناسيوس)

لِيَبْتَهَجِ الْأَتْقِيَاءُ بِمَجْدٍ، لِيُرَنِّمُوا عَلَى مَضَاجِعِهِمْ.
عَنَّا لِلرَّبِّ تَرْتِيمَةً جَدِيدَةً، تَسْبِحَتُهُ فِي جَمَاعَةِ الْأَتْقِيَاءِ.
فَصَلُّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرِّسُولِ إِلَى أَهْلِ غَلَاطِيَّةِ. (2:6-22:5)
يَا إِخْوَةَ، أَمَّا ثَمَرُ الرُّوحِ فَهُوَ الْمَحَبَّةُ وَالْفَرَحُ وَالسَّلَامُ وَطُولُ الْأَنَاءِ وَاللُّطْفُ وَالصَّلَاحُ
وَالْإِيمَانُ وَالْوَدَاعَةُ وَالْعَفَافُ، وَهَذِهِ لَيْسَ نَامُوسٌ ضِدَّهَا. وَالَّذِينَ هُمْ لِلْمَسِيحِ، صَلَبُوا
أَجْسَادَهُمْ بِكُلِّ مَا فِيهَا مِنْ أَهْوَاءٍ وَشَهَوَاتٍ. فَإِنَّ كُنَّا نَعِيشُ بِالرُّوحِ، فَلْنَسَلِكُ بِالرُّوحِ

أَيْضًا، وَلَا نَكُنْ ذَوِي عُجْبٍ وَلَا نُعَاضِبُ، وَلَا نَحْسُدُ بَعْضُنَا بَعْضًا. أَيُّهَا الْإِخْوَةُ، إِذَا
أَخَذَ أَحَدٌ فِي زَلَّةٍ فَأَصْلِحُوهُ أَنْتُمْ الرُّوحِيِّينَ بِرُوحِ الْوِدَاعَةِ، وَتَبَصَّرْ أَنْتَ لِنَفْسِكَ لِيَلَّا
تُجْرَبَ أَنْتَ أَيْضًا. إِحْمِلُوا بَعْضُكُمْ أَثْقَالَ بَعْضٍ وَهَكَذَا آتَمُوا نَامُوسَ الْمَسِيحِ.

الإنجيل

(للأحد الخامس من متى)

فصل شريف من بشارة القديس متى الإنجيلي البشير والتلميذ
الطاهر. (1:9-28:8)

في ذلك الزمان، لما أتى يسوع إلى كورة الجرجسيين استقبله مجنونان خارجان
من القبور، شرسان جدا، حتى إنه لم يكن أحد يقدر أن يجتاز من تلك الطريق.
فصاحا قائلين: "ما لنا ولك يا يسوع ابن الله؟ أجيئت إلى ههنا قبل الزمان
لتعذبنا؟" وكان بعيداً منهم قطيع خنازير كثيرة ترعى. فأخذ الشياطين يطلبون إليه
قائلين: "إن كنت تخرجنا، فأذن لنا أن نذهب إلى قطيع الخنازير." فقال لهم:
"اذهبوا". فخرجوا وذهبوا إلى قطيع الخنازير. فإذا بالقطيع كله قد وثب عن
الجرف إلى البحر ومات في المياه. أما الرعاة فهربوا ومضوا إلى المدينة، وأخبروا
بكل شيء وبأمر المجنونين. فخرجت المدينة كلها للقاء يسوع. ولما رأوه، طلبوا إليه
أن يتحول عن تخومهم. فدخل السفينة واجتاز وأتى إلى مدينته.

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



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If you shop at **Ralphs** or **Food 4 Less**, you can support **St. Michael Church** at **no extra cost** by enrolling in the **Community Rewards Program**.

Together, we earned \$689.00 in 2025. Let's see how much more we can raise this year—just by doing our regular grocery shopping!

Already enrolled? Please take a moment to make sure **St. Michael Orthodox Church** is still selected as your Community Rewards organization.

Please read through the next page that provides you with instructions.

Questions or need help enrolling? Please see Cindy Tamoush, 818-917-4847 or cindy.tamoush@gmail.com. Thank you for supporting our parish!



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