

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

Archpriest Timothy Baclig, Pastor frtimothy@stmichaelvannuys.org

Rev. Deacon Andrew Monsue armcopper@gmail.com

Subdeacon Richard Tamoush Tamoush.Richard@gmail.com

Subdeacon Elias Mankouche eli_mankouche@hotmail.com

Parish Council Chair - Michael Mitchell mgmitchell3@gmail.com

Council Vice-Chair - Waleed Moujaes wsmoujaes@icloud.com

Council Secretary - Fred Milkie, Jr. mildief@aol.com

Council Treasurer - Praneet Panga praneet.panga@stepupconsultingco.com

Assistant Treasurer - Kris Thabit kthabit66@hotmail.com

Long-range Planning Chair - Michael Mitchell mgmitchell3@gmail.com

Antiochian Orthodox Christian Women of No. America (AOCWNA)

Chapter President - Charmaine Darmour cdarmour@sbcglobal.net

Choir Director - William Grundler wrgrundler@gmail.com

Church School Dir. - Rachel Grundler superintendent@stmichaelvannuys.org

Youth Director - Michelle Moujaes michellemoujaes@gmail.com

Young Adult Ministry Coordinator - George Khouri khourigj@gmail.com

Men's Fellowship - Nathan Afshin mensministry@stmichaelvannuys.org

Faithtree Resources Exec. Director - Michelle Moujaes michelle@faithtree.org

Stewardship Chair - Constantine Nasr constantinenasr@icloud.com

Communications Chair - Michael Paraskevas michaelparaskevas13@gmail.com

Bookstore Manager - Bobbi Monsue bobbi_monsue@att.net

Golf Classic Co-Chairs - Don Meena donmeena@sbcglobal.net

and Fred Milkie mildief@aol.com

Fall Multi-Cultural Festival - Rami Madain rmadain@hotmail.com

Website - Joseph Wang jpw378@gmail.com

Charity Coordinator - Cindy Tamoush cindy.tamoush@gmail.com

Usher Emeritus - Ramez Hage jeddo.ramez@gmail.com

The Sunday before the Exaltation of the Holy Cross Consecration of Resurrection Church in Jerusalem

Forefeast of the Elevation of the Holy Cross

Sunday, September 13, 2026

Tone 6; Eothinon 4

Apolytikion for the Resurrection (Tone 6)

Angelic Powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

Apolytikion of the Forefeast of the Holy Cross (Tone 2)

We offer thee in mediation the life-giving Cross which, of Thy goodness, Thou hast given unto us, the unworthy, O Lord. Save Thy hierarchs and Thy flock, and grant Thou peace through the Theotokos, O only Lover of mankind.

Apolytikion of the Consecration (Tone 4)

Thou hast revealed the earthly majesty of the dwelling place of the holy glory, O Lord, as the brilliance of the firmament on high. Make firm its foundation unto ages of ages and receive our fervent supplications which are offered to thee therein; through the intercessions of the Theotokos, O Life and Resurrection of all.

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 Consecration (Tone 4)

The Church is shown to be a many-lighted heaven that doth shine a guiding light upon all them that do believe; wherein while standing, we cry aloud: Do Thou Thyself now establish this house, O Lord.

Daily Readings

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

*O Lord, save Thy people and bless Thine inheritance.
To Thee, O Lord, I have cried, O my God.*

The Reading from the Epistle of St. Paul to the Galatians (6:11-18)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

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

The Reading of the Holy Gospel is according to St. John (3:13-17)

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."

The Synaxarion

On September 13 in the Holy Orthodox Church, we celebrate the Forefeast of the Elevation of the Holy Cross and commemorate the Consecration of the Church of the Holy Resurrection of Christ our God.

Verses

New Israel, fulfilling a law that is ancient,
Doth honor thy tomb, O Word, with this consecration.
On the thirteenth befell the consecration of the Resurrection's fane.

Holy Resurrection in Jerusalem is honored above all others. Constantine the Great constructed it at the place of Golgotha, where our Savior was crucified and buried, then arose. For a long time this place had been purposely buried beneath the earth by the Jews and heathen; furthermore, during the reign of Hadrian (117-138), a temple dedicated to Aphrodite was built over the site so that this sacred place might be even further desecrated and fall into utter oblivion. It was here that the Cross was hidden. However, at the command of the pious Emperor Constantine, excavations were made and the tokens of the saving Passion were found. It was here, then, that the very great and magnificent temple named in honor of Christ God's Resurrection was built under the supervision of the blessed Helen, while Macarius was Archbishop of Jerusalem. Macarius elevated the venerable Cross and consecrated this temple in the year 336.

On this day, we also commemorate the Hieromartyr Cornelius the centurion; and Venerable Hierotheos the Younger of Iviron monastery on Athos. *By the intercessions of Thy Saints, O Christ God, 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

Holy Bread and wheat are being offered and the coffee hour hosted by Carol & Daniel Sanders for the newly-departed Mikolai Augustine Strasiulewicz (+26 July, 2026), age 27, beloved son, grandson and brother, uncle and nephew. Memory eternal.

Holy Bread is being offered by Anita Chala with prayers for her beloved daughter, Julie Ellerton, celebrating her birthday (September 13); also

Janice Bidwell, Ani Keleshyan, Tara Wallace, Jonah Moujaes, Jimmy Gabrie and the complete healing of her godson, Brad Ellerton.

Holy Bread is being offered by Ron & Kathy Zraick in memory of Ron's sister, Louise Martin (+6 September, 1975), also Elyse Zraick (+28 September, 2024), Ron & Kathy's daughter-in-law. Memory eternal.

Holy Bread is being offered by Fred & Tanya Milkie for the four-year memorial of the servant of God, Fred Mlike, Sr. (+10 September, 2022), beloved husband, father and grandfather. Memory eternal. Prayers are also being offered for the repose of Nassima and baby Leila.

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

for the repose of the newly-departed servant of God, Mary Ann Thomas
(+10 September, 2026), beloved wife of the late, Jacob Thomas
(+12 January, 2024). Memory eternal.

for the newly-departed servant of God Jack Sakash (+23 August, 2026),
beloved uncle of Carol Sanders. Memory eternal.

for Ezra and Chloe Crouch who are being Confirmed in Holy Orthodoxy
this morning, sponsored by Jerius & Katarina Jubran.

for Mandy & Constantine Nasr, Jr., celebrating their 18th wedding
anniversary, and Constantine's 52nd birthday; also co-hosting today's
coffee hour. May God grant them many years!

by Mandy & Constantine Nasr for the repose of the newly-departed
servant of God, James Nicholas (+6 September, 2026)
of Louisville, Kentucky. Memory eternal.

The Funeral Schedule for the newly-departed servant of God, Philip Nassief (+4 September, 2026) is as follows: Funeral Service on Wednesday, September 16, 2026 at 11 a.m., preceded by a viewing from 10:15 a.m. A meal of mercy will follow the service in the St. Michael banquet room. The Graveside Trisagion will take place at Forest Lawn Memorial Park (1712 So. Glendale Ave., Glendale, 91205) on Thursday, September 17, 2026 at 11:30 a.m. A visitation at the home of Mark & Alex Nassief (22522 Oxford Lane; Santa Clarita, 91350) from 3-6 p.m. on Sunday, September 13, 2026.

ST MICHAEL ANTIOCHIAN CHURCH
VAN NUYS

CHURCH SCHOOL BEGINS SEPTEMBER 20

FOR PRE-K - 12TH GRADE
2026-27 CURRICULUM | CORINTHIANS

SUNDAYS FOLLOWING LITURGY
REGISTER BY SCANNING THE QR CODE



FOR QUESTIONS, EMAIL RACHEL GRUNDLER AT
SUPERINTENDENT@STMICHAELVANNUYS.ORG

Here is the registration link for convenience: <https://docs.google.com/forms/d/e/1FAIpQLSfPUakWnXJX2JGCFo4ftyt1KL0geTSTAc8LG1tfgN9YtQUg7w/viewform?usp=header>



St. Michael Ladies

Fall Fellowship Brunch

Saturday, October 3rd – 10:30am

**An opportunity to get together
as Sisters in Christ! A time to get
to know one another better.**

RSVP to Charmaine at

714-287-1266 or

cdarmour65@gmail.com

**This is a potluck & we ask you to
please bring a dish to share &
include what it is with your RSVP**

**LET'S GATHER TO PRAY, BREAK BREAD
AND LAUGH TOGETHER!**



LITURGICAL CALENDAR

[Note: Wednesdays and Fridays are observed as days of fasting in the Orthodox Church.]

The Feast of The Elevation of the Holy Cross

[observed as a day of strict fasting (dry eating)]

Monday, September 14th - Divine Liturgy, 10 a.m. followed by
The Procession of the Holy Cross

The Sunday after the Elevation of the Holy Cross

Saturday, September 19th - Vespers, 5 p.m.

Sunday, September 20th - Orthros, 8:45 a.m.,
Divine Liturgy and Procession, 10 a.m.

ANNOUNCEMENTS

Attention Parents, Grandparents and Godparents:

The first day of Church School is next Sunday, September 20th. Get ready for a great year! Register (if you have not already done so) your child(ren) today. See the flier with this bulletin and if necessary, contact Rachel Grundler, Superintendent with any questions you might have at: superintendent@stmichaelvannuys.org

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

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

Simply go to: <https://calendar.google.com/calendar/u/1?cid=YWRtaW5Ac3RtaWNoYWVsdmFubnV5cy5vcmcj>

First Sunday of Church School - September 20th

Virtual Parish Council Meeting - Monday, September 21st, 7 p.m.

Ladies' Fellowship Brunch - Saturday, October 3rd, 2026 from 10 a.m. to 12 noon; RSVP to Charmaine Darmour at: 714-287-1266

St. Nicholas Cathedral Festival - Saturday, Sunday, October 17-18, 2026
Saturday, 3-11 p.m., Sunday, 12 noon to 10 p.m.

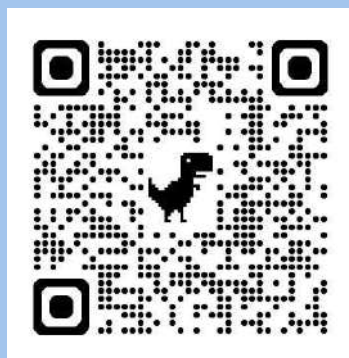
Diocesan Fall Gathering - Friday-Sunday, October 23-25, 2026
Hosted by St. Michael Church (Whittier, California); Register at:
<https://stmichaelwhittier.org/fall-gathering-2026-registration/>

Men's Breakfast - Saturday, September 26, 8 a.m.
Nat's Early Bite (14115 Burbank Blvd. Sherman Oaks CA 91401)

St. Michael Feast Day and Multi-Cultural Festival - Sunday, November 8
Church School Christmas Program - Sunday, December 13



VOLUNTEER HERE!



Scan the QR Code above or
CLICK HERE to sign up!

Here is a link for easy access to volunteer: <https://bit.ly/4wZ7mat>



St. Nicholas
ANTIOCHIAN ORTHODOX CATHEDRAL

SAVE THE DATE

ST. NICHOLAS

FESTIVAL



OCTOBER 17 & 18, 2026



2300 W. 3RD STREET
LOS ANGELES, CA 90057



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Liturgical Arabic

Learn Arabic
through Liturgy

St. Nicholas
Antiochian Cathedral

Thursdays
7:00 – 8:30 pm

Course starts
September 10.



Learn to read, understand, and pray in the Arabic tradition of the Antiochian Orthodox Church.

Whether you are encountering Arabic for the first time or grew up speaking and never learned to read, this **free course for adult learners** will help you develop the skills to read Arabic script and understand familiar prayers in **Modern Standard Arabic** (fuṣḥā, فصحي; naḥwī, نحوي). **No prior experience is required**, and a custom-built, interactive app enables **self-paced progress**.

Course instructors

Rich Hanna – PhD student and Arabic Instructor at UCLA

Joseph Price – curriculum and course app developer

Learn more & register: <https://tinyurl.com/liturgical-arabic>



Pastor's Sermon
The Sunday before the Elevation of the Cross
By V. Rev. Timothy Baclig
September 13, 2026

Today is the Sunday before the Feast of the Elevation of the Holy Cross (Monday, September 14); and the theme of today's Gospel lesson is tied to tomorrow's commemoration.

With each Sacrament, the lesson remains the same: Love is never mastered. It is always tested. It is grounded in commitment and devotion. It is the theme of the Holy Cross and Christ's sacrifice. Love is selfless and not proud, not rude or boastful, does not delight in evil but rejoices with the truth. It protects, trusts, hopes, perseveres. It grows with patience and is never practiced in a vacuum. It is greater than faith and hope [see I Corinthians 13]. Love is eternal.

Tomorrow, the Feast of the Exaltation of the Holy Cross is observed as a day of strict fasting when we are reminded of our Lord's passion. Our Liturgy will take place on Saturday at 10 a.m. The Gospel reading for the Feast is of our Lord's judgment and crucifixion, reminiscent of his saving work. It is the most important Feast of the fall season, celebrating the redeeming love of God and the power of spiritual renewal for our lives. We are reminded that the Holy Cross is called the "life-giving" Cross. A sign of hope, as Christ is seen not as a victim but victor: He who trampled down death by Death. It is a symbol of God's unconditional love as we hear in today's Gospel. The Feast of the Holy Cross is among several days in the Church calendar devoted to the theme of God's unconditional love, His supreme sacrifice and what it means to be committed to Christ. Finally, the Holy Cross is our "weapon of peace" and the symbol of deliverance and healing.

These very facts are heard in the content of today's short and very concise Gospel lesson: *"No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so*

must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."

God's prophetic word is complete and there is no need for any new prophet. Most importantly, as Christians we must now be vigilant in knowing how to respond and not react to all that we see and hear around us. In every circumstance our response is in love. That love, however, is grounded in the truth. And our actions cannot be anything other than what is based upon that Christ has fulfilled and accomplished for us.

A Prayer for September 11th

O Thou who didst pray for them that crucified Thee and who didst commend Thy servants to pray for their enemies, forgive, O Lord, those who hate and maltreat us, and turn our lives, and the lives of all those who suffered at the hands of our enemies, from all harm and evil to brotherly love and good works. For this we humbly bring our prayer, that with one accord and one heart we may glorify Thee who alone art the Lover of mankind. And as Thy first martyr Stephen prayed to Thee for those who slew him, so we fall down before Thee and pray: Forgive, O Lord, all those who hate us and maltreat us, and let not one of them perish because of us, but be saved by Thy grace. Set our hearts on fire with love for Thee, O Christ our God, that in its flame we may love Thee with all our heart, with all our mind, with all our soul and with all our strength, and our neighbors as ourselves, so that, keeping Thy commandments, we may glorify Thee together with Thine unoriginate Father and Thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages. A-men.

**Sunday before the Elevation of the Holy Cross &
Consecration of Resurrection Church in Jerusalem
Forefeast of the Elevation of the Holy Cross**

أبوليتيكيون القيامة باللحن السادس

إِنَّ الْقَوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرَ، وَالْحُرَّاسَ صَارُوا كَالْأَمْوَاتِ، وَمَرِّيمَ وَقَفَتْ عِنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ، فَسَبَّيْتَ الْجَحِيمَ وَلَمْ تُجَرَّبْ مِنْهَا، وَصَادَقْتَ الْبَتُولَ مَانِحاً الْحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.

**أبوليتيكيون قبل عيد الصليب المقدس
باللحن الثاني**

أَيُّهَا الرَّبُّ، إِنَّا نُقَدِّمُ لَكَ لِلإِسْتِشْفَاعِ صَلِيبَ صَلاَحِكَ الْمُحْيِي، الَّذِي وَهَبْتَهُ لَنَا نَحْنُ غَيْرِ الْمُسْتَحِقِّينَ. فَخَلَّصِ الْمُلُوكَ وَمَدِينَتَكَ، جَاعِلاً لَهُمْ سَلاماً، مِنْ أَجْلِ الْوَدَةِ الْإِلَهِيَّةِ، يَا مُحِبَّ الْبَشَرِ وَحَدِّكَ.

أبوليتيكيون للتكريس باللحن الرابع

كَمِثْلِ بَهَاءِ الْجَدِّ الْعُلُويِّ أَظْهَرْتَ الْجَمَالَ السُّفْلِيَّ لِمَسْكَنِ مَجْدِكَ الْأَقْدَسِ يَا رَبُّ. فَتَبَّئْتَهُ إِلَى دَهْرِ الدَّاهِرِينَ، وَتَقَبَّلْ طِلْبَاتِنَا الْمُقَدَّمَةَ لَكَ فِيهِ بِغَيْرِ فُتُورٍ، بِشَفَاعَةِ الْوَدَةِ الْإِلَهِيَّةِ، يَا حَيَاةَ الْكُلِّ وَقِيَامَتَهُمْ.

طروبارية رؤساء الملائكة باللحن الرابع

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَائِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمُسْتَحِقِّينَ، حَتَّى أَنْكُم بِطِلْبَاتِكُمْ تَكْتَنُفُونَنَا بِظِلِّ أَجْنَحَةِ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَّانَا نَحْنُ الْجَائِثِينَ وَالصَّارِحِينَ بِغَيْرِ فُتُورٍ، أَنْقِذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْكُم رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ الْعُلُويَّةِ.

القنداق للتكريس باللحن الرابع (**) قَدْ ظَهَرَتْ هَذَا الْيَوْمَ (**) **

إِنَّ الْكَنِيسَةَ قَدْ ظَهَرَتْ سَمَاءَ كَثِيرَةِ الْأَنْوَارِ، مُنِيرَةً جَمِيعَ الْمُؤْمِنِينَ. فَإِذْ نَحْنُ وَاقِفُونَ فِيهَا، نَصْرُخُ هَاتِفِينَ: ثَبَّتْ هَذَا الْبَيْتَ، يَا رَبَّ.

الرسالة

(للأحد الذي قبل عيد رفع الصليب المقدس)

خَلِّصْ يَا رَبُّ شُعْبَكَ وَبَارِكْ مِيراثَكَ.
إِلَيْكَ يَا رَبُّ أَجْرَحُ أَلْهِي.

فصلٌ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرِّسُولِ إِلَى أَهْلِ غَلَاطِيَّةِ.

(18-6:11)

يَا إِخْوَةَ، انظُرُوا مَا أَعْظَمَ الْحُرُوفَ الَّتِي أَخْطَأَ لَكُمْ بِيَدِي. هَؤُلَاءِ الَّذِينَ يُرِيدُونَ يَا إِخْوَةَ، أَنْظُرُوا مَا أَعْظَمَ الْكِتَابَاتِ الَّتِي كَتَبْتُهَا إِلَيْكُمْ بِيَدِي. إِنَّ كُلَّ الَّذِينَ يُرِيدُونَ أَنْ يُرْضُوا بِحَسَبِ الْجَسَدِ يُلْزَمُونَكُمْ أَنْ تَخْتَبِتُوا، وَإِنَّمَا ذَلِكَ لِئَلَّا يُضْطَهَدُوا مِنْ أَجْلِ صَلِيبِ الْمَسِيحِ. لِأَنَّ الَّذِينَ يَخْتَبِتُونَ هُمْ أَنْفُسُهُمْ لَا يَحْفَظُونَ النَامُوسَ بَلْ إِنَّمَا يُرِيدُونَ أَنْ تَخْتَبِتُوا لِيَقْتَحِرُوا بِأَجْسَادِكُمْ. أَمَّا أَنَا، فَحَاشَى لِي أَنْ أَفْتَحِرَ إِلَّا بِصَلِيبِ رَبَّنَا يَسُوعَ الْمَسِيحِ، الَّذِي بِهِ صُلبَ الْعَالَمُ لِي وَأَنَا صُلِبْتُ لِلْعَالَمِ. لِأَنَّهُ فِي الْمَسِيحِ يَسُوعَ لَيْسَ الْخِتَانُ بِشَيْءٍ وَلَا الْقَلْفُ بَلِ الْخَلِيقَةُ الْجَدِيدَةُ. وَكُلُّ الَّذِينَ يَسْلُكُونَ بِحَسَبِ هَذَا الْقَانُونِ، فَعَلَيْهِمْ سَلَامٌ وَرَحْمَةٌ وَعَلَى إِسْرَائِيلَ اللَّهُ. فَلَا يَجْلِبُ عَلَيَّ أَحَدٌ أَتْعَاباً فِيمَا بَعْدُ، فَإِنِّي حَامِلٌ فِي جَسَدِي سِمَاتِ الرَّبِّ يَسُوعَ. نِعْمَةٌ رَبَّنَا يَسُوعَ الْمَسِيحِ مَعَ رُوحِكُمْ أَيُّهَا الْإِخْوَةُ. آمِينَ.

الإنجيل

(للأحد الذي قبل عيد رفع الصليب المقدس)

فَصْلٌ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يوحنا الْإِنْجِيلِيِّ الْبَشِيرِ والتلميذ الطاهر. (17-3:13)

قَالَ الرَّبُّ: لَمْ يَصْعَدْ أَحَدٌ إِلَى السَّمَاءِ إِلَّا الَّذِي نَزَلَ مِنَ السَّمَاءِ، ابْنُ الْبَشَرِ
الَّذِي هُوَ فِي السَّمَاءِ. وَكَمَا رَفَعَ مُوسَى الْحَيَّةَ فِي الْبَرِّيَّةِ، هَكَذَا يَنْبَغِي أَنْ
يُرْفَعَ ابْنُ الْبَشَرِ، لِكَيْ لَا يَهْلِكَ كُلُّ مَنْ يُؤْمِنُ بِهِ، بَلْ تَكُونُ لَهُ الْحَيَاةُ الْأَبَدِيَّةُ.
لَأَنَّهُ هَكَذَا أَحَبَّ اللَّهُ الْعَالَمَ حَتَّى بَذَلَ ابْنَهُ الْوَحِيدَ لِكَيْ لَا يَهْلِكَ كُلُّ مَنْ يُؤْمِنُ
بِهِ بَلْ تَكُونُ لَهُ الْحَيَاةُ الْأَبَدِيَّةُ. فَإِنَّهُ لَمْ يُرْسِلِ اللَّهُ ابْنَهُ الْوَحِيدَ إِلَى الْعَالَمِ
لِيَدِينَ الْعَالَمَ، بَلْ لِيُخَلِّصَ بِهِ الْعَالَمَ.

ملاحظة بخصوص تناول القربان المقدس

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