

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 - Sam Azzam 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 - Dan Raju and Joseph Wang jpw378@gmail.com

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

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

The Tenth Sunday after Pentecost; and the Tenth Sunday of Matthew

After-feast of the Transfiguration of Christ

Apostle Matthias; Translation of the relics of Venerable Herman of Alaska,
Wonderworker of America

Sunday, August 9, 2026

Tone 1; Eothinon 10

Apolytikion for the Resurrection (Tone 1)

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

Apolytikion for the Holy Transfiguration (Tone 7)

When, O Christ our God, Thou wast transfigured on the mountain, Thou didst reveal Thy glory to Thy Disciples in proportion as they could bear it. Let Thine everlasting light also enlighten us sinners, through the intercessions of the Theotokos, O Thou Bestower of light, glory to Thee.

Apolytikion for our Patron, Michael the Archangel (Tone 4)

O ye foremost of the Heavenly Host, we beseech thee, 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 for the Transfiguration (Tone 7)

Thou wast transfigured on the mount, and Thy Disciples, in so far as they were able, beheld Thy glory, O Christ our God; so that, when they should see Thee crucified, they would remember that all Thy suffering was voluntary, and could declare to all the world that Thou art truly the effulgent Splendor of the Father.

Daily Readings

THE EPISTLE (for the Tenth Sunday after Pentecost)

*Let Thy mercy, O Lord, be upon us.
Rejoice in the Lord, O ye righteous.*

**The Reading from St. Paul's First Epistle to the Corinthians
(4:9-16):**

Brethren, God has revealed us, the apostles, last of all, as those appointed to death; for we have become a spectacle to the world, both to angels and to men. We are fools for Christ's sake, but you are wise in Christ; we are weak, but you are strong; you are glorified, but we are dishonored. Even to this present hour, we both hunger and thirst, we are naked, and are buffeted, and are restless; and we labor, working with our own hands. While reviled, we bless; while persecuted, we endure; while blasphemed, we exhort; we have become the filth of the world and the off-scouring of all things, even until now. I do not write these things to make you ashamed, but to admonish you as my beloved children; for though you have a myriad of tutors in Christ, yet you do not have many fathers; for I begat you in Christ Jesus through the gospel. I beseech you, therefore, be imitators of me.

THE GOSPEL (for the Tenth Sunday of Matthew)

**The Reading of the Holy Gospel is according to St. Matthew
(17:14-23)**

At that time, a man came up to Jesus and kneeling before Him said, "Lord, have mercy on my son, for he is an epileptic and he suffers terribly; for often he falls into the fire, and often into the water. And I brought him to Thy disciples, and they could not heal him." And Jesus answered, "O faithless and perverse generation, how long am I to be with you? How long am I to bear with you? Bring him here to me." And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, "Why could we not cast it out?" Jesus said to them, "Because you have no faith. For truly, I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you. This kind never comes out except by prayer and fasting." As they were traveling together through Galilee, Jesus said to them, "The Son of man is to be delivered into the hands of men, and they will kill Him, and He will rise on the third day."

LITURGICAL CALENDAR

Fast of the Holy Dormition: August 1-14

We observe a traditional fast (no meat, poultry, fish, milk, cheese, eggs, wine and oil) Monday-Friday and the eve of the Feast, Friday, August 14, with provision for wine and olive oil on Saturday and Sunday; fish, wine and oil on the Feast of the Holy Transfiguration (August 6th)

Service of the Paraklesis (Intercessory Prayer)

Wednesday, August 12th, 6:30 p.m.

The Feast of the Holy Dormition

Great Vespers and the Lamentations, Saturday, August 14, 6:30 p.m.

Divine Liturgy, Saturday, August 15th, 10 a.m.

The Tenth Sunday of Matthew

Great Vespers - Saturday, August 8th, 5 p.m.

Orthros - Sunday, August 9th, 8:45 a.m., Divine Liturgy, 10 a.m.

The Synaxarion

On August 9 in the Holy Orthodox Church, we commemorate the holy Apostle Matthias.

Verses

Judas went out and was raised up on a halter

Matthias came in and was raised up on a scaffold.

On the ninth, single-hearted Matthias was raised on a scaffold.

Born in Bethlehem of the tribe of Judah, he was a pupil of St. Simeon the Host of God in Jerusalem. Matthias was among those who loved the Lord with all their hearts. Matthias was at first included among the “Seventy” Apostles of Christ, but, after the Lord’s Resurrection, because the place of Judas the betrayer fell vacant, the apostles chose Matthias to take his place as one of the twelve Great Apostles (Acts 1:23). Receiving the Holy Spirit at Pentecost, Matthias began to preach the Gospel, first in Judea then in Ethiopia, where he suffered greatly for the sake of Christ. In Judea, he was arrested and taken for trial before Ananias the High Priest, before whom he fearlessly witnessed to Christ. Ananias—the same who had earlier killed the Apostle James—

condemned Matthias to death. Thus the Apostle went to the eternal joy of his Lord.

On this day, we also commemorate the translation of the relics of Venerable Herman of Alaska, wonderworker of America. By the intercessions of Thy Saints, O Christ God, have mercy on us. Amen.

THE DISCIPLINE OF FASTING AND PRAYER

The Dormition Fast (August 1-14) is one of the four major fasting periods in the discipline of the Orthodox church (the others being: Great Lent, the Christmas Fast and the Apostles' Fast). The August Dormition Fast precedes the memorial of the Holy Dormition of the All-Holy virgin Mother of God (August 15).

It is beneficial for us to make an effort to observe this fast (to the degree that it is not detrimental to our health). Jesus Himself fasted and taught His disciples about fasting (see St. Matthew's Gospel 6:16-18). The purpose of fasting is to be strengthened spiritually, allowing our spiritual desires to dominate our physical or carnal appetites. This is a means of becoming liberated from being dependent upon the things of this world; focusing our attention upon the spiritual virtues and things of the eternal Kingdom of God. The discipline of fasting provides power to the soul (when accompanied with prayer) in order that it might not yield to temptation and sin. According to St. Seraphim of Sarov, fasting is an "indispensable means" of gaining the fruit of the Holy Spirit in one's life (see Galatians 5:22-23), and Jesus Himself taught that some forms of evil cannot be conquered without it. (see Matthew 17-21 and Mark 9:29).

A special prayer service called the Paraklesis [Παράκλησις] (*pah-RAH-kle-sis*), which means "supplicatory canon," is done each evening of the Dormition Fast, however the service will take place on Monday evening, August 3rd and Wednesday, August 12th, beginning at 6:30 p.m., and may be attended in person or viewed via live-streaming. The prayer service for the living is especially dedicated on behalf of those who are in need of all forms of help and healing. Names of persons may be turned in to Father Timothy.

The Orthodox Church has always understood the discipline of fasting to be accompanied with prayer and good works as mentioned in St. Matthew's Gospel (7:21). It is also important to remember that the Paraklesis Service is not limited to taking place during the Dormition Fast. It is a prayer service that may be said for anyone at any time, in a home or at a bedside, by personal request.

OFFERINGS

Holy Bread is being offered by the Safady family in honor of the newly-married servants of God, Michael & Georgie Safady, being uncrowned this morning. May God grant them many years!

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

for the successful upcoming surgery of Lyman Parrigin, by Michael C. Srouer.

for the healing of Luis Gonzalez, by Alejandro Bohorquez.

for the speedy recovery of Carolyn Sadd.

The “first fruits” (grapes) were offered for the Feast of the Holy Transfiguration by Samia Habib with prayer for her family.

ANNOUNCEMENTS

Weekly Bible Study - Tuesday, August 11

Our weekly Bible Study will meet via Zoom on Tuesday, August 11. 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 are completing volume two of Bishop EMILIANOS’ book, Walking on the Waves, an Everyday Guide to Nepsis. Volumes 1-3 is on sale in our bookstore.

Support Our Parish Every Time You Shop

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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*Let's see how much more we can raise this year—
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Thank you for supporting our parish!



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

Holy Bread Offering List

Coffee Hour Hosts Calendar

Aug 16 - open	Reserved
Aug 23 - Mae Tortolano	Reserved
Aug 30 - open	Reserved
Sep 06 - open	open
Sep 13 - open	open
Sep 14 (Exhalation of the Holy Cross) - open	(no coffee hour)

Please contact Father Timothy (818/219-3761; frtimothy@stmichaelvannuys.org) to sign-up to offer Holy Bread and David Rodriguez (drodpena@gmail.com) host the Coffee Hour.

Participate in Hosting the Sunday Coffee Hours

After participating in Divine Liturgy and partaking of the Eucharist, we break our morning fast with a light meal to refresh our bodies and fellowship with our church community. A light meal is sufficient to sustain us, keeping the focus on fellowship rather than extravagance. Coffee Hours are not intended to provide a full lunch, except when hosts choose to celebrate special events.

Please note that depending on the time of year, we observe specific fasting periods (Great Lent, Apostles Fast, Dormition Fast, and Nativity Fast) when we abstain from certain foods while practicing almsgiving and prayer. Guidelines will be posted ahead of each fasting cycle. Conversely, feast days are times of great cheer, and we encourage a larger spread with more options available.

For more information and to sign-up, please contact David Rodriguez at: drodpena@gmail.com

NOTE: The Coffee Hour is not a fundraiser. Hosts provide hospitality to encourage fellowship following the Liturgy. Anyone may offer to support our expenses by logging on to: <https://www.stmichaelvannuys.org/donate> and earmarking your contribution towards the Pastoral Account.

ST. MICHAEL
ANTIOCHIAN ORTHODOX CHURCH

SAVE THE DATE

ST. MICHAEL FALL

MULTI-CULTURAL FESTIVAL



SUNDAY, NOVEMBER 8, 2026



16643 VANOWEN ST
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1ST ANNUAL

Multicultural Festival

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HELP NEEDED

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(FOOD, CRAFTS, MERCHANDISE, AND MORE)

WITH YOUR HELP, THIS YEAR'S FESTIVAL
WILL BE THE BEST ONE YET!

INTERESTED IN HELPING? PLEASE CONTACT FESTIVAL
COORDINATOR: (818)-383-9557 OR RMADAIN@HOTMAIL.COM

• GEORGE KHOURI
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• FAITH-FAMILY-COMMUNITY •

NOVEMBER 8th 2026

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ON NOVEMBER 8th,
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FR. THOMAS MILLER



RICHARD AYOUB

5:00 PM VESPERS | 6:00PM COCKTAIL HOUR | 7:00 PM DINNER

FAITH IN ACTION • HOPE FOR LEBANON • COMPASSION FOR THOSE IN NEED

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EVENT TICKET : \$100

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RSVP BY AUGUST 17TH

ONLINE REGISTRATION



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**THE TENTH SUNDAY AFTER PENTECOST
AND THE TENTH SUNDAY OF MATTHEW
THE AFTER-FEAST OF THE TRANSFIGURATION OF CHRIST**

Apostle Matthias; Translation of the relics of Venerable Herman of Alaska,
Wonderworker of America

أبوليتيكيون القيامة باللحن الأول

إِنَّ الْحَجَرَ لَمَّا خُتِمَ مِنَ الْيَهُودِ، وَجَسَدَكَ الطَّاهِرَ حُفِظَ مِنَ الْجُنْدِ، قُمْتَ فِي الْيَوْمِ الثَّالِثِ أَيُّهَا
الْمُخَلَّصُ، مَانِحاً الْعَالَمَ الْحَيَاةَ. لِذَلِكَ قُوَّاتُ السَّمَاوَاتِ، هَتَفُوا إِلَيْكَ يَا وَاهِبَ الْحَيَاةِ: الْمَجْدُ
لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ، الْمَجْدُ لِمُلْكِكَ، الْمَجْدُ لِتَدْبِيرِكَ، يَا مُحِبَّ الْبَشَرِ وَحَدَّكَ

أبوليتيكيون تجلي ربنا يسوع المسيح باللحن السابع

لَمَّا تَجَلَّيْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ فِي الْجَبَلِ، أَظْهَرْتَ مَجْدَكَ لِلتَّلَامِيذِ حَسْبَمَا اسْتَطَاعُوا، فَأَشْرِقُوا لَنَا
نَحْنُ الْخَطَاةَ نَوْرَكَ الْأَزْكَى، بِشَفَاعَاتِ الْوِدَّةِ الْإِلَهِيَّةِ، يَا مَانِحَ النُّورِ، الْمَجْدُ لَكَ.

طروبارية رؤساء الملائكة باللحن الرابع

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرَ الْمُسْتَحَقِّينَ، حَتَّى أَنْكُمْ بَطْلِبَاتِكُمْ
تَكْتَنُفُونَنَا بِظِلِّ أَجْنَحَةِ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَّانَا نَحْنُ الْجَائِثِينَ وَالصَّارِخِينَ بِغَيْرِ فُتُورٍ،
أَنْقُذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْكُمْ رُؤَسَاءُ مَرَاتِبِ الْقُوَّاتِ الْعُلَوِيَّةِ.

قنداق تجلي ربنا يسوع المسيح باللحن السابع

تَجَلَّيْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ عَلَى الْجَبَلِ، وَحَسْبَمَا وَسَّعَ تَلَامِيذُكَ شَاهَدُوا مَجْدَكَ. حَتَّى عِنْدَمَا
يُعَايِنُوكَ مَصْلُوبًا، يَفْطَنُوا أَنَّ أَلَمَكَ طَوْعًا بِاخْتِيَارِكَ، وَيَكْرِزُوا لِلْعَالَمِ، أَنَّكَ أَنْتَ بِالْحَقِيقَةِ شُعَاعُ
الْآبِ.

الرسالة

(للأحد العاشر بعد العنصرة)

لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا.

إِبْنَهُجُوا أَيُّهَا الصِّدِّيقُونَ بِالرَّبِّ.

فَصْلٌ مِنْ رِسَالَةِ الْقَدِّيسِ بُولُسِ الرَّسُولِ الْأُولَى إِلَى أَهْلِ كورنثوس. (9:4-16)
يَا إِخْوَةٌ، إِنَّ اللَّهَ أَتَزَرَّنَا نَحْنُ الرُّسُلُ آخَرِي النَّاسِ، كَأَنَّا مَجْعُولُونَ لِمَوْتٍ. لَأَنَّا قَدْ صِرْنَا مَشْهُدًا
لِلْعَالَمِ وَالْمَلَائِكَةِ وَالْبَشَرِ. نَحْنُ جُهَالٌ مِنْ أَجْلِ الْمَسِيحِ، أَمَّا أَنْتُمْ فَحُكَمَاءُ فِي الْمَسِيحِ. نَحْنُ
ضُعَفَاءُ، وَأَنْتُمْ أَقْوِيَاءُ. أَنْتُمْ مُكْرَمُونَ، وَنَحْنُ مُهَانُونَ. وَإِلَى هَذِهِ السَّاعَةِ نَحْنُ جُوعٌ وَنَعْطَشُ
وَنَعْرَى وَنُلْطَمُ وَلَا قَرَارَ لَنَا. وَنَتَعَبُ عَامِلِينَ. نُسْتَمُّ، فَنُبَارِكُ. نَضْطَهْدُ، فَنَحْتَمِلُ. يَشْتَعُ عَلَيْنَا،
فَنَنْضَرِّعُ. قَدْ صِرْنَا كَأَقْدَارِ الْعَالَمِ وَكَأَوْسَاخٍ يَسْتَحْبِثُهَا الْجَمِيعُ إِلَى الْآنِ. وَلَسْتُ لِأُخْلِكُكُمْ أَكْتُبُ
هَذَا، وَإِنَّمَا أَعْظُكُمْ كَأَوْلَادِي الْأَحِبَّاءِ. لِأَنَّهُ وَلَوْ كَانَ لَكُمْ رَبُّوَةٌ مِنَ الْمُرْشِدِينَ فِي الْمَسِيحِ، لَيْسَ لَكُمْ
آبَاءُ كَثِيرُونَ. لِأَنِّي أَنَا وَلَدْتُكُمْ فِي الْمَسِيحِ يَسُوعَ بِالْإِنْجِيلِ. فَاطْلُبُ إِلَيْكُمْ أَنْ تَكُونُوا مُقْتَدِينَ بِي.

الإنجيل

(لِلأحد العاشر من متى)

فَصْلٌ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِّيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.
(14:17-23)

فِي ذَلِكَ الزَّمَانِ، دَنَا إِلَى يَسُوعَ إِنْسَانٌ، فَجَنَّا لَهُ وَقَالَ: "يَا رَبُّ، ارْحَمْ ابْنِي، فَإِنَّهُ يُعَذِّبُ فِي
رُؤُوسِ الْأَهْلِ وَيَتَأَلَّمُ شَدِيدًا، لِأَنَّهُ يَقَعُ كَثِيرًا فِي النَّارِ وَكَثِيرًا فِي الْمَاءِ. وَقَدْ قَدَّمْتُهُ لِتَلَامِيذِكَ، فَلَمْ
يَسْتَطِيعُوا أَنْ يَشْفَوْهُ." فَأَجَابَ يَسُوعُ وَقَالَ: "أَيُّهَا الْجِيلُ غَيْرُ الْمُؤْمِنِ الْأَعْوَجُ، إِلَيَّ مَتَى أَكُونُ
مَعَكُمْ؟ حَتَّى مَتَى أَجْتَمِلُكُمْ؟ هَلَمْ بِهِ إِلَيَّ إِلَى هَهُنَا." وَانْتَهَرَهُ يَسُوعُ، فَخَرَجَ مِنْهُ الشَّيْطَانُ،
وَشَفِيَ الْغُلَامُ مِنْ تِلْكَ السَّاعَةِ. حِينَئِذٍ، دَنَا التَّلَامِيذُ إِلَى يَسُوعَ عَلَى انْفِرَادٍ، وَقَالُوا: "لِمَاذَا لَمْ
نَسْتَطِعْ نَحْنُ أَنْ نُخْرِجَهُ؟" فَقَالَ لَهُمْ يَسُوعُ: "لِعَدَمِ إِيْمَانِكُمْ. فَإِنِّي الْحَقُّ أَقُولُ لَكُمْ، لَوْ كَانَ لَكُمْ
إِيْمَانٌ مِثْلُ حَبَّةِ خَرْدَلٍ، لَكُنْتُمْ تَقُولُونَ لِهَذَا الْجَبَلِ "انْتَقِلْ مِنْ هَهُنَا إِلَى هُنَا، فَيَنْتَقِلُ" وَلَا يَتَعَذَّرُ
عَلَيْكُمْ شَيْءٌ. وَهَذَا الْجِنْسُ لَا يَخْرُجُ إِلَّا بِالصَّلَاةِ وَالصَّوْمِ." وَإِذْ كَانُوا يَتَرَدَّدُونَ فِي الْجَلِيلِ، قَالَ
لَهُمْ يَسُوعُ: "إِنَّ ابْنَ الْبَشَرِ مُرْمَعٌ أَنْ يُسَلَّمَ إِلَى أَيْدِي النَّاسِ. فَيَقْتُلُونَهُ، وَفِي الْيَوْمِ الثَّالِثِ يَقُومُ."

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



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!**



