

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 Holy Righteous Martyr Paraskeva of Rome; and the Eighth Sunday of Matthew

The Hieromartyrs Hermolaus, Hermippus, and Hermocrates of Nicomedia

Sunday, July 26, 2026

Tone 7; Eothinon 8

Apolytikion for the Resurrection (Tone 7)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

Apolytikion for St. Paraskeva (Tone 1)

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

Apolytikion for our Patron, Michael the Archangel (Tone 2)

Showing a diligence befitting thy calling, O namesake of preparedness, thou hast gained, as thy dwelling, a faith worthy of thy name, O prize-winning Paraskeva. Hence, thou pourest forth healings and intercedest for our souls.

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 St. Paraskeva)

*God is wondrous in His saints.
In the churches, bless ye God.*

The Reading from St. Paul's Epistle to the Galatians (3:23 - 4:5):

Titus, my son, faithful is the saying, and concerning these things I desire you to affirm confidently, that those who have believed in God may be thoughtful of how to preside in honorable occupations. These things are good and profitable to men. But avoid foolish disputes, and genealogies, and contentions, and controversies about the Law; for they are unprofitable and vain. A man who is a heretic after the first and second admonition reject, knowing that such a one is subverted, and sins, being self-condemned. When I send Artemas to you, or Tychicós, give diligence to come to me to Nicopolis; for I have determined to winter there. Set forward Zenas the lawyer and Apollos on their journey diligently, that they may be lacking in nothing. And let our people also learn how to preside in honorable occupations, so as to help in cases of urgent need, that they should not be unfruitful. All who are with me salute you. Salute those who love us in the faith. Grace be with you all. Amen.

THE GOSPEL (for the Eighth Sunday of Matthew)

**The Reading of the Holy Gospel is according to St. Matthew
(14:14-22)**

At that time, Jesus got into a boat, crossed over and came to His own city. And behold, they brought to Him a paralytic, lying on his bed; and when Jesus saw their faith He said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—He then said to the paralytic—"Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they marveled, and they glorified God, Who had given such authority to men.

The Synaxarion

On July 26 in the Holy Orthodox Church, we commemorate the holy Righteous Martyr of Christ, Paraskeva of Rome.

Verses

O modest maid, thou didst prepare thyself through contests
As a house all-unsullied for God's inhabitation.

Born in Rome of Christian parents, she was brought up from her earliest youth in the Christian faith and gave herself wholeheartedly to the fulfilling of God's commandments in her life. When her parents died, Paraskeva gave all her goods away to the poor and received the monastic habit. As a nun, she preached the truth of Christ with ever more burning zeal, neither hiding from anyone nor fearing persecution. Paraskeva was brought to trial before the Emperor Antoninus then ordered a white-hot helmet placed on her head. But God saved her miraculously and she escaped and left Rome. She again began to go from city to city to bring the pagans to the true Faith. In two more cities she was brought before princes and judges and tortured for her Lord, performing on these occasions great miracles by the power of God and quickly recovering from her wounds. The pagans ascribed her recovery to the power and mercy of their gods. Paraskeva once said to a prince who was torturing her: "It is not your gods, O Prince, who heal me, but my Christ, the true God." She was finally beheaded by Prince Tarasius. She suffered for Christ in the second century and received her heavenly reward.

On this day, we also commemorate the Hieromartyrs Hermolaus, Hermippus and Hermocrates of Nicomedia. By the intercessions of Thy saints, O Christ God, have mercy on us. Amen.

LITURGICAL CALENDAR

NOTE: Wednesday and Fridays are observed as a day of fasting

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)

The Ninth Sunday of Matthew

Great Vespers - Saturday, August 1st, 5 p.m.

Orthros - Sunday, August 2nd, 8:45 a.m., Divine Liturgy, 10 a.m.

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 Beverly Ansara in loving memory of her precious husband, Michael Ansara (+31 July, 2013), her precious son, Matthew Ansara (+26 June, 2001) her mother-in-law, Syria Ansara (+16 August, 1991), her cousin, Sakae Kawata (+26 August, 2017); also in memory of the recent loss of her dear friends: Minnie Lush, Gloria Mittry, Laura Olsen and John Kirby.

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

by George Khouri for the repose of his aunt, the newly-departed servant of God, Christine Atwood (+18 July, 2026). Memory eternal.

for Eduardo Lopez, Jr. being received into Holy Orthodoxy this morning by the Sacrament of Holy Chrismation.

by Daphne Thabet for her brother, Bill Bailey's 80th birthday.
May God grant him many years!

ANNOUNCEMENTS

Weekly Bible Study - Tuesday, July 28

Our weekly Bible Study will resume on Tuesday, July 28. 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. The book is available for sale (volumes 1-3) at our bookstore.



Orthodox ChristianTM
PRISON MINISTRY

Today is Orthodox Prison Ministry Sunday

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.

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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1

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ST. MICHAEL
ANTIOCHIAN CHURCH

MONTHLY

MEN'S BREAKFAST



MEN OF ALL AGES WELCOME



4TH SATURDAY
OF EVERY MONTH



GOOD FOOD.
GREAT COMPANY.

No agenda.
Just brotherhood.



8:00 AM



NAT'S EARLY BITE

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(818) 781-3040

📍 Plenty of parking available



STARTING **JULY 25TH**
SEE YOU THERE!

An Evening
**WITH
FR. TIMOTHY**

Food ✿ *Music* ✿ *Fun*

**JULY 26 | 5:00
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Fr. Timothy's Clubhouse

\$50 A PERSON

Come enjoy an evening of good food,
yummy margaritas, fellowship and fun!

For tickets contact Marcelle Chaffin 818.516.1736

ST. BARBARA 4TH ANNUAL FUNDRAISER

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SATURDAY, AUGUST 22ND AT ST. NICHOLAS CATHEDRAL

“SACRED PLACES, LIVING FAITH: OUR PILGRIMAGE TO LEBANON”



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

**INCLUDES MEZA, DINNER, SOFT
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RSVP BY AUGUST 17TH

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ST. MICHAEL
ANTIOCHIAN ORTHODOX CHURCH

SAVE THE DATE

ST. MICHAEL FALL

MULTI-CULTURAL FESTIVAL



SUNDAY, NOVEMBER 8, 2026



CELEBRATING
THE FEAST DAY OF
ST. MICHAEL
THE ARCHANGEL



16643 VANOWEN ST
VAN NUYS, CA 91406



WWW.STMICHAELVANNUYS.ORG

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

Holy Bread Offering List

Coffee Hour Hosts Calendar

Aug 02 - open

Aug 06 (Feast of the Transfiguration) - open

Aug 09 - open

Aug 16 - open

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

EOTHINON 8

الاوثينا 8

tone 7

الحن 7

THE HOLY RIGHTEOUS MARTYR PARASKEVA OF ROME AND THE EIGHTH SUNDAY OF MATTHEW

The Hieromartyrs Hermolaus, Hermippus, and Hermocrates of Nicomedia

أبوليتيكيون القيامة بالحن السابع

حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصَّ الْفِرْدَوْسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطَّيِّبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

أبوليتيكيون القديسة پراسكيفي بالحن الأول

بِمَا أَنَّكَ جَعَلْتَ اهْتِمَامَكَ مَلَأَماً لِتَسْمِيَّتِكَ. أَحْرَزْتَ الْإِيمَانَ الْقَوِيمَ مَسْكِناً. يَا لِبِسَةِ الْجِهَادِ. بِرَاسَكِيفِي الْمَطَابَقَةُ لِاسْمِهَا. فَلِذَا تُفِيضِينَ الْأَشْفِيَةَ وَتَشْفَعِينَ لِأَجْلِ نَفُوسِنَا.

طروبارية رؤساء الملائكة بالحن الرابع

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرُ الْمُسْتَحَقِّينَ، حَتَّى أَنْتُمْ بِطَلِبَاتِكُمْ تَكْتَفُونَا بِظِلِّ أَجْنَحَةِ مَجْدِكُمْ غَيْرِ الْهَيُولِي، حَافِظِينَ إِيَّانَا نَحْنُ الْجَائِثِينَ وَالصَّارِخِينَ بِغَيْرِ فَتُورٍ، أَنْقَذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْتُمْ رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ الْعُلُويَّةِ.

قنداق بالحن الثاني

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تُعْرِضِي عَنْ أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنَّكَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بِأَدْرِي إِلَى الشَّفَاعَةِ وَأُسْرَعِي فِي الطَّلِبَةِ، يَا وَالِدَةَ الْإِلَهُ، الْمُتَشَفِّعَةَ دَائِماً بِمُكْرَمِكَ.

الرسالة

(للقديسة پراسكيفي)

عَجِيبُ هُوَ اللهُ فِي قَدِيسِيهِ. فِي الْمَجَامِعِ بَارِكُوا اللهَ.

فَصَلُّ مِنْ رِسَالَةِ الْقَدِيسِ بُولِسِ الرِّسُولِ إِلَى أَهْلِ غَلَاطِيَّةَ. (5:4-23:3)

يَا إِخْوَةَ، قَبْلَ أَنْ يَأْتِيَ الْإِيمَانُ كُنَّا مَحْفُوظِينَ تَحْتَ النَّامُوسِ مُغْلَقًا عَلَيْنَا مِنْ أَجْلِ الْإِيمَانِ الَّذِي كَانَ مُزْمَعًا إِعْلَانُهُ. فَالنَّامُوسُ إِذَا كَانَ مُؤَدِّيًا لَنَا يُرْشِدُنَا إِلَى الْمَسِيحِ، لِكَيْ نُبَرَّرَ بِالْإِيمَانِ. فَبَعْدَ أَنْ جَاءَ الْإِيمَانُ، لَسْنَا بَعْدُ تَحْتَ مُؤَدِّبٍ. فَانْتُمْ كُلُّكُمْ أَبْنَاءُ اللهِ بِالْإِيمَانِ بِالْمَسِيحِ يَسُوعَ. لِأَنَّكُمْ أَنْتُمْ الَّذِينَ بِالْمَسِيحِ اعْتَمَدْتُمْ، الْمَسِيحَ قَدْ لَيْسْتُمْ. لَيْسَ يَهُودِيٌّ وَلَا يُونَانِيٌّ، لَيْسَ عَبْدٌ وَلَا حُرٌّ، لَيْسَ ذَكَرٌ وَلَا أُنْثَى، فَانْتُمْ كُلُّكُمْ وَاحِدٌ فِي الْمَسِيحِ يَسُوعَ. فَإِذَا كُنْتُمْ لِلْمَسِيحِ، فَانْتُمْ إِذَا نَسَلُ إِبْرَاهِيمَ وَوَرَثَةُ بِحَسَبِ الْمَوْعِدِ. وَأَقُولُ: إِنَّ الْوَارِثَ مَا دَامَ طِفْلًا فَلَا فَرْقَ بَيْنَهُ وَبَيْنَ الْعَبْدِ مَعَ كَوْنِهِ مَالِكِ الْجَمِيعِ، لَكِنَّهُ تَحْتَ أَيْدِي الْأَوْصِيَاءِ وَالْوَكَلَاءِ إِلَى الْوَقْتِ الَّذِي حَدَدَهُ الْأَبُ. هَكَذَا نَحْنُ أَيْضًا حِينَ كُنَّا أَطْفَالًا كُنَّا مُتَعَيِّدِينَ تَحْتَ أَرْكَانِ الْعَالَمِ، فَلَمَّا حَانَ مِلُّ الزَّمَانِ، أَرْسَلَ اللهُ ابْنَهُ مَوْلُودًا مِنْ امْرَأَةٍ، مَوْلُودًا تَحْتَ النَّامُوسِ، لِيَقْتَدِيَ الَّذِينَ تَحْتَ النَّامُوسِ، لِنَنَالَ التَّنَبُّي.

الإنجيل

(لِلأحد الثامن من متى)

فَصَلُّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ (22:14:14)

فِي ذَلِكَ الزَّمَانِ، أَبْصَرَ يَسُوعُ جَمْعًا كَثِيرًا، فَتَحَنَّنَ عَلَيْهِمْ وَأَبْرَأَ مَرْضَاهُمْ. وَلَمَّا كَانَ الْمَسَاءُ، دَنَا إِلَيْهِ تَلَامِيذُهُ وَقَالُوا: "إِنَّ الْمَكَانَ قَفْرٌ، وَالسَّاعَةُ قَدْ فَاتَتْ. فَاصْرِفِ الْجُمُوعَ لِيَذْهَبُوا إِلَى الْقُرَى وَيَبْنَعُوا لَهُمْ طَعَامًا." فَقَالَ لَهُمْ يَسُوعُ: "لَا حَاجَةَ لَهُمْ إِلَى الذَّهَابِ. أَعْطَوْهُمْ أَنْتُمْ لِيَأْكُلُوا." فَقَالُوا لَهُ: "مَا عِنْدَنَا هَهُنَا إِلَّا خَمْسَةُ أَرْغِفَةٍ وَسَمَكَتَانِ." فَقَالَ لَهُمْ: "هَلُمَّ بِهَا إِلَيَّ إِلَى هَهُنَا." وَأَمَرَ بِجُلُوسِ الْجُمُوعِ عَلَى الْعُشْبِ. ثُمَّ أَخَذَ الْخَمْسَةَ الْأَرْغِفَةَ وَالسَّمَكَتَيْنِ، وَنَظَرَ إِلَى السَّمَاءِ، وَبَارَكَ، وَكَسَرَ، وَأَعْطَى الْأَرْغِفَةَ لِتَلَامِيذِهِ، وَالتَّلَامِيذُ لِلْجُمُوعِ. فَأَكَلُوا جَمِيعُهُمْ وَشَبِعُوا، وَرَفَعُوا مَا فَضَلَ مِنَ الْكَسْرِ اثْنَتَيْ عَشْرَةَ فُقَّةً مَمْلُوءَةً. وَكَانَ الْأَكْلُونَ خَمْسَةَ آلَافِ رَجُلٍ، سِوَى النِّسَاءِ وَالصِّبْيَانِ. وَلِلْوَقْتِ اضْطُرَّ يَسُوعُ تَلَامِيذُهُ أَنْ يَدْخُلُوا السَّفِينَةَ وَيَسْبِقُوهُ إِلَى الْعَبْرِ، حَتَّى يَصْرِفَ الْجُمُوعَ.

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

