

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

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The Sunday of the Holy Fathers of the Fourth Ecumenical Council;

Venerable Macrina, sister of Basil the Great; Venerable Dios of Antioch

Sunday, July 19, 2026

Tone 6; Eothinon 7

Apolytikion for the Resurrection (Tone 6)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

Apolytikion for the Holy Fathers (Tone 8)

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)

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 Holy Fathers)

*Be glad in the Lord, and rejoice, O ye righteous.
Blessed are those whose iniquities are forgiven!*

The Reading from St. Paul's Epistle to Titus (3:8-15):

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 Holy Fathers)

The Reading of the Holy Gospel is according to St. Matthew (5:14-19)

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 19 in the Holy Orthodox Church, we commemorate the Venerable Macrina, sister of Basil the Great; and Venerable Dios of Antioch.

On this Sunday, we commemorate the 630 holy and God-bearing Fathers of the Fourth Ecumenical Council, which convened in Chalcedon in 451 against the Monophysites.

Verses

Shunning opposite errors like the sea monsters Scylla and Charybdis,
The Fathers steer the Church on a straight course to safety.

The Holy Fathers were, once again, concerned with the nature of Jesus Christ. The false teaching arose that Christ's human nature (considered by heretics as less perfect) dissolved itself in His divine nature (considered by heretics as more perfect): like a cube of sugar in a parcel of water. Thus, in that scenario, Christ had only one nature, the Divine. These false preachers were called Monophysites ("mono", meaning "one" and "physis", meaning "nature"), and they were led by Eutyches and Dioscorus. Monophysitism overemphasized the divine nature of Christ, at the expense of the human. The Fourth Ecumenical Council condemned Monophysitism and proclaimed that Christ has two complete natures: the divine and the human, as defined by previous Councils. These two natures function as equally perfect, without confusion, and are neither divided nor separate. The Fathers declared that at no time did they undergo any change.

By the intercessions of Thy Saints, O Christ God, have mercy upon us.
Amen.

LITURGICAL CALENDAR

NOTE: We observe a fast on Wednesdays and Fridays

The Eighth Sunday of Matthew

Great Vespers - Saturday, July 25th, 5 p.m.

Orthros - Sunday, July 26th, 8:45 a.m., Divine Liturgy, 10 a.m.

OFFERINGS

Memorial wheat was offered for the one-year memorial of Father Minas Sarchizian (+22 July, 2025) by Presbyteria Nicole and Mary Sarchizian. Blessed be the memory of Father Minas, worthy of blessedness and eternal memory.

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

by George Khouri for the well being of his aunt, Christine Atwood.

for the continued health of Khouriye Hind Bchara
for Evan Afshin being baptized into Holy Orthodoxy
at St. Nicholas Greek Orthodox Church

by Bobbi Monsue for the continued health of her nephew Jim Canaday

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 Tuesday evenings, August 2nd and 9th, 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.

ANNOUNCEMENTS

Next Weekly Bible Study - Tuesday, July 28

Our weekly Bible Study will resume on Tuesday, July 28. This week's Bible Study is cancelled due to Father Timothy's absence. 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.

Raies-Murr Educational Trust Scholarship

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 Vanessa Obenhaus at: raiesmurrscholarship@gmail.com The applications must be returned by July 20, 2026.

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

Holy Bread Offering List

Coffee Hour Hosts Calendar

Jul 26 - open

Aug 02 - open

Aug 07 (Feast of the Transfiguration) - open

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

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!



Also available at
Food 4 Less
(A Kroger Affiliate)

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Link your Ralphs or Food 4 Less Rewards Card
to supporting St. Michael Orthodox Church and help
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≡ **IT'S AS EASY AS 1, 2, 3!** ≡

1

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Go to
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Click the
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is selected, or change your
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Every eligible purchase helps support
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♥ Thank you for supporting our parish! ♥



ST. MICHAEL
ANTIOCHIAN CHURCH

MONTHLY

MEN'S BREAKFAST



MEN OF ALL AGES WELCOME



4TH SATURDAY
OF EVERY MONTH



8:00 AM



GOOD FOOD.
GREAT COMPANY.

No agenda.
Just brotherhood.



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

An Evening
**WITH
FR. TIMOTHY**

Food ✿ *Music* ✿ *Fun*

**JULY 26 | 5:00
2026 | PM**

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

LEBANON RELIEF FUND

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

MAIL-IN REGISTRATION



EVENT TICKET : \$100

INCLUDES MEZA, DINNER, SOFT
DRINK, ALCOHOL , AND
ENTERTAINMENT

RSVP BY AUGUST 17TH

ONLINE REGISTRATION



FOR QUESTIONS PLEASE CONTACT : 661-433-9561

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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



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SUNDAY OF THE HOLY FATHERS
OF FOURTH ECUMENICAL COUNCIL
VENERABLE MACRINA, SISTER OF BASIL THE GREAT
VENERABLE DIOS OF ANTIOCH

طروبارية القيامة باللحن السادس

إِنَّ الْقُوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرَ، وَالْخِرَاسَانَ صَارُوا كَالْأَمْوَاتِ، وَمَزَمِمْ وَقَفْتَ عِنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرَ، فَسَبَّيْتَ الْجَحِيمَ وَلَمْ تُخْزَبِ مِنْهَا، وَصَادَقْتَ الْبَتُولَ مَانَحَا الْحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.

أبوليتيكيون لأحد الآباء القديسين باللحن الثامن

أَنْتَ أَيُّهَا الْمَسِيحُ الْهَنَا الْغَائِقُ الشَّيْخِ، يَا مَنْ أَسَّسْتَ أَبَاغَنَا الْقَدِيسِينَ عَلَى الْأَرْضِ كَوَاكِبَ لَامِعَةٍ، وَبِهِمْ هَدَيْتَنَا جَمِيعًا إِلَى الْإِيمَانِ الْحَقِيقِيِّ، يَا جَزِيلَ الرُّحْمَةِ الْمَجْدُ لَكَ.

طروبارية رؤساء الملائكة باللحن الرابع

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمُسْتَخْفِينَ، حَتَّى أَنْتُمْ بَطْلِبَاتِكُمْ تَكْتَفُونَا بِظُلِّ أجنحة مجدكم غير الهولي، حَافِظِينَ إِيَّانَا نَحْنُ الْجَائِئِينَ وَالصَّارِخِينَ بِغَيْرِ قُورٍ، أَنْقِذُونَا مِنْ الشَّدَانِ، بِمَا أَنْتُمْ رُؤَسَاءُ مَرَاتِبِ الْقُوَاتِ الْعُلُوبَةِ.

قنداق باللحن الثاني

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِنَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْذُودَةِ، لَا تُعْرِضِي عَنْ أَسْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَاكِينَا بِالْمَعُونَةِ بِمَا أَنْتَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بِادِرِي إِلَى الشَّفَاعَةِ وَاسْئُرِي فِي الطَّلِبَةِ، يَا وَلَدَةَ الْإِلَهِ، الْمُتَشَفِّعَةُ دَائِمًا بِمَكْرَمِكَ.

الرسالة

أَفْرَحُوا بِالرَّبِّ وَابْتَهِجُوا يَا أَيُّهَا الصِّدِّيقُونَ.

طوبى للذي غَفَرَ إِنْهُ.

فصل من رسالة القديس بولس الرسول إلى تيطس.

يا ولدي تيطس، صادقة هي الكلمة وإياها أريد أن نقرّرَ حَتَّى يَهْتَمَّ الَّذِينَ آمَنُوا بِاللَّهِ فِي الْقِيَامِ بِالْأَعْمَالِ الْحَسَنَةِ، فَهَذِهِ هِيَ الْأَعْمَالُ الْحَسَنَةُ وَالنَّافِعَةُ. أَمَّا الْمُبَاحَثَاتُ الْهَيْدَانِيَّةُ

وَالْأَنسَابُ وَالْخُصُومَاتُ وَالْمُمَاحَاثَاتُ النَّامُوسِيَّةُ فَاجْتَنِبْهَا، فَإِنَّهَا غَيْرُ نَافِعَةٍ وَبَاطِلَةٌ. وَرَجُلٌ الْبُدْعَةُ بَعْدَ الْإِثْدَارِ مَرَّةً وَآخَرَى أَعْرَضَ عَنْهُ. عَالِمًا أَنَّ مَنْ هُوَ كَذَلِكَ قَدْ اغْتَسَفَ، وَهُوَ فِي الْخَطِيئَةِ يَقْضِي بِنَفْسِهِ عَلَى نَفْسِهِ. وَمَتَى أَرْسَلْتُ إِلَيْكَ إِنْ تِيْمَاسَ أَوْ تِيخِيَكِسَ، فَيَاذَنْ أَنْ تَأْتِيَنِي إِلَى نِيكُوبُولِسَ لِأَنِّي قَدْ عَزَمْتُ أَنْ أَتِيَ هُنَاكَ. أَمَّا زِينَاثُ مُعَلِّمُ النَّامُوسِ وَأَبُلُوسُ، فَاجْتَنِبْ أَنْ تُشَيِّعَهُمَا مَتَّاهِبِينَ لِئَلَّا يُعَوِّزَ هُمَا شَيْءٌ. وَلْيَتَعَلَّمْ دُونَا أَنْ يَقُومُوا بِالْأَعْمَالِ الصَّالِحَةِ لِلْحَاجَاتِ الضَّرُورِيَّةِ حَتَّى لَا يَكُونُوا غَيْرَ مُفْمِرِينَ. يَسَلِّمْ عَلَيْكَ جَمِيعُ الَّذِينَ مَعِيَ، سَلِّمْ عَلَى الَّذِينَ يُجِبُونَنَا فِي الْإِيمَانِ، الْيَعْمَةُ مَعَكُمْ أَجْمَعِينَ. آمِينَ.

الإنجيل

فصل شريف من بشارة القديس متى الإنجيلي البشير.
والتلميذ الطاهر.

قَالَ الرَّبُّ لِتِلَامِيذِهِ، أَنْتُمْ نُورُ الْعَالَمِ، لَا يُمَكِّنُ أَنْ تُخْفِيَ مَدِينَةً أَوْ قَرْعَةً عَلَى جَبَلٍ. وَلَا يُوقَدُ سِرَاجٌ وَيُوضَعُ تَحْتَ الْمِكْيَالِ، لَكِنْ عَلَى الْمَنَارَةِ لِیُضِيءَ لِجَمِيعِ الَّذِينَ فِي الْبَيْتِ. هَكَذَا فَلْيُضِيءِ نُورُكُمْ قُدَّامَ النَّاسِ لِيَبْزُوا أَعْمَالَكُمْ الصَّالِحَةَ، وَيَمَجِّدُوا أَبَاكُمْ الَّذِي فِي السَّمَاوَاتِ. لَا تَطْلُونَا أَنِّي أَتَيْتُ لِأَخْلُ النَّامُوسَ وَالْأَنْبِيَاءَ، إِنِّي لَمْ أَتْ لِأَخْلُ لَكِنْ لِأَتِمِّمَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُ إِلَى أَنْ تَزُولَ السَّمَاءُ وَالْأَرْضُ، لَا يَزُولُ خَرْقُ وَاجِدٍ أَوْ نَقْطَةٌ وَاجِدَةٍ مِنَ النَّامُوسِ حَتَّى يَتِمَّ الْكُلُّ. فَكُلُّ مَنْ يَخْلُ وَاجِدَةً مِنْ هَذِهِ الْوَصَايَا الصَّغَارِ وَيُعَلِّمُ النَّاسَ هَكَذَا، فَإِنَّهُ يَدْعَى صَغِيرًا فِي مَلَكُوتِ السَّمَاوَاتِ؛ وَأَمَّا الَّذِي يَعْمَلُ وَيُعَلِّمُ، فَهَذَا يَدْعَى عَظِيمًا فِي مَلَكُوتِ السَّمَاوَاتِ.

ملاحظة بخصوص تناول القربان المقدس

إن مفهومنا لتناول القربان يعني عمومية المشاركة فيه لذوي العقيدة الواحدة، إلا إن المشاركة في سر القربان المقدس هنا تقتصر على أعضاء الكنائس الأرثوذكسية والذين يحضرون أنفسهم بالصلاة والصوم والاعتراف منذ فترة قريبة وعلى كل حال، فإننا ندعو الجميع للمشاركة في الخبز المقدس الذي يوزع عند إنتهاء مراسيم القداس.

الرجاء مراجعة الكاهن إذا رغبت أن تصبح عضواً في الكنيسة الأرثوذكسية.

