

St. Michael Antiochian Orthodox Church of the San Fernando Valley
a Parish of the Antiochian Orthodox Christian Archdiocese of North America
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The Third Sunday after Pentecost; The Third Sunday of Matthew

Martyr Julian of Tarsus; Martyr Aphrodisius of Cilicia;
New-martyr Nikita of Nisyros near Rhodes

Sunday, June 21, 2026

Tone 2; Eothinon 3

Apolytikion for the Resurrection (Tone 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, 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 Third Sunday after Pentecost)

*The Lord is my strength and my song.
With chastisement hath the Lord chastened me.*

The Reading from St. Paul's Epistle to the Romans (5:1-10):

Brethren, having been justified by faith, we have peace with God through our Lord Jesus Christ. Through him also we have obtained our access by faith to this grace in which we stand, and we boast in hope of the glory of God. And not only so, but we also boast in our tribulations,

knowing that tribulation produces patience; and patience produces character, and character produces hope, and hope does not put to shame, because the love of God has been poured into our hearts through the Holy Spirit which has been given to us. For while we were still weak, in due season Christ died for the ungodly. For scarcely for a righteous man will one die, though perhaps for a good man one would even dare to die. But God shows his own love toward us in that while we were yet sinners Christ died for us. Much more then, being now justified by his blood, through him shall we be saved from the wrath. For if we were reconciled to God through the death of his Son, while we were enemies, much more, being reconciled, we will be saved by his life.

THE GOSPEL (for the Third Sunday of Matthew)

**The Reading of the Holy Gospel is according to St. Matthew
(6:22-33)**

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink; nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of heaven: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon himself in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O men of little faith? Therefore, do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first His kingdom and His righteousness, and all these things shall be yours as well."

The Synaxarion

On June 21 in the Holy Orthodox Church, we commemorate the holy Martyr Julian of Tarsus.

Verses

Bearing Julian as goods worthy of Heaven,
The sack into the midst of the sea doth plummet.
On the twenty-first, Julian in a sack was sacrificed.

Of a noble senatorial family, Julian was only 18 years old when he was taken to trial for the Faith. But Julian was already educated and resolute in Christian faith and devotion. The imperial governor took him from city to city for a whole year, torturing him all the while and attempting to persuade him to renounce Christ. The governor seized Julian's mother and sent her to urge her son to renounce Christ. She spent three days in prison with him, giving him precisely the opposite advice, teaching him to go to his death with courage and gratitude to God. His torturers then sewed Julian into a sack of sand with scorpions and snakes and threw him into the sea, and his mother also died under torture. The waves carried Julian's body onto the shore, and the faithful took it to Alexandria, where they buried it in 290. His relics were later taken to Antioch.

On this day, we also commemorate the Martyr Aphrodisius of Cilicia; and New-martyr Nikita of Nisyros near Rhodes. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.

The Fast of the Holy Apostles

The Great Feast of Pentecost (fifty days after the Feast of the Resurrection) was celebrated this year on Sunday, May 31st; ten days following **The Feast of the Holy Ascension** (the fortieth day; celebrated this year on Thursday, May 21). Each year, **The Sunday of All Saints** was celebrated last Sunday (June 7th) following Pentecost, consistent with the theme of the Holy Spirit's descent. (In the Western Church it is celebrated November 1st each year). It was in Antioch that The Sunday of All Saints began as a celebration of martyrs in the 4th century.

Each year **The Fast of the Holy Apostles** immediately follows the Feast of All Saints — on the Monday after the Great Feast of Pentecost (June 8). When it

appears on the calendar, The Apostles Fast prepares us for the celebration of the **Feast of the Holy Apostles Peter and Paul**, Patrons of the Patriarchate of Antioch, celebrated this year on Monday, June 29th. Having rejoiced for the fifty days following Pascha (Easter), the Apostles began to prepare for their departure from Jerusalem to spread Christ's message, as commissioned by the Lord at His Ascension (Mark 16:15-20). According to Holy Tradition, as part of their preparation, the Apostles began to fast with prayer to ask God to strengthen their resolve and to be with them in their missionary undertakings.

The scriptural foundation for the Fast is found in the four Gospels, when the Pharisees criticized the apostles for not fasting, Jesus said to them, "Can the children of the bridal chamber mourn, as long as the Bridegroom is with them? But the days will come, when the Bridegroom shall be taken from them, and then shall they fast." In the immediate sense, Christ was referring to his being taken to be crucified; but in the wider sense it is understood in terms of his Ascension into heaven, and his commission to preach the Gospel, which can only be accomplished with prayer and fasting.

The tradition of the Fast has existed at least since Pope Leo I (461 AD), as is evidenced by his homilies, though it has subsequently been forgotten in the West. The Fast is thought to have been instituted out of thanksgiving to God for the witness of the apostles of Christ. With this Fast, believers express their thanks for the apostles' endurance of persecution during their mission.

The period of this fast varies from year to year, depending on the date of Easter. It may begin as early as May 18 or as late as June 21. Thus, it may be as short as one day or as long as forty-two days in duration. This year, due to the late date of Easter (Holy Pascha), the Fast of the Apostles does not appear on the calendar. It is one of the four periods of fasting on our church calendar; the others include: a) Great Lent and Holy Week (in the late winter and spring), b) The Fast of the Holy Nativity (forty days before Christmas), and c) The Fast of the Holy Dominion (August 1-14).

The traditional fasting discipline is less severe from other periods of fasting on the church calendar; similar to the Nativity Fast. It includes: no meat, poultry, eggs, cheese, milk or other dairy products, fish, wine and olive oil on Monday,

with *catalysis* (allowance) for wine and olive oil on Tuesday (some also permit fish on Tuesday).

LITURGICAL CALENDAR

*NOTE: We are currently in the period of the Apostles' Fast
(See article above)*

The Fourth Sunday after Pentecost and The Fourth Sunday of Matthew

Great Vespers – Saturday, June 27th, 5 p.m.

Orthros – Sunday, June 28th, 8:45 a.m., Divine Liturgy, 10 a.m.

OFFERINGS

Holy Bread is being offered this morning by Adeeb & Nuha Abughazaleh with prayers for their grandson, Lucas Hani Abughazaleh, graduating from high school. May God grant him continued success. Prayers are also offered for their family members: Rami, Elias, Carole, Samer, Hani and their families.

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

to honor all of our beloved fathers, Sayidnas, Abounas, Deacons, and all who diligently serve and sing praises to our heavenly Father. With gratitude we laud your devotion and pray that our loving God will keep you in His grace and continue to illumine your path as you guide us with wisdom and humility — sharing and caring. Happy Father's Day!

by Charlotte Murr and family for all fathers and godfathers on their special day, and in memory of Gary G. Murr (+21 June, 2005)
Memory eternal.

by Michael & Patricia Malouf for their beloved friend, Ron Zriack, on the occasion of his 85th birthday (June 27).
May God grant him good health and many years!

by George, Basima and Milad Sayegh with prayers for their family and all fathers of the world; and the repose of Issa and Eid Almarji, Salima, Selim, Nabala, Jamila Ballout; Esshak, Eada, Nssrin and Talina Sayegh.

Today's coffee hour is being hosted by the ladies with thanks to our fathers. May God grant them many years!

ANNOUNCEMENTS

Metropolitan SABA's Teaching (in English, Arabic, Spanish and French)



View the message from Metropolitan SABA here, entitled: "The Faithful and Secularism, Part Two": <https://www.antiochian.org/regulararticle/2845>

See also the [May-June issue of The WORD Magazine](#) and the [Spring 2026 Antiochian Women E-bulletin](#).

Weekly Bible Study - To Resume on Tuesday, June 23

Our weekly Bible Study will resume on Tuesday, June 23. 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. This week we will begin volume two of Bishop EMILIANOS' book, [Walking on the Waves, an Everyday Guide to Nepsis](#).

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.

Dear St. Michael Parish Family and Friends,

We are excited to host the **33rd Annual St. Michael Golf Classic** at Wood Ranch Golf Club on **Monday, June 29**. This special event brings together parishioners, families, friends, and supporters for a memorable day of golf, fellowship, and community spirit.

Last year, thanks to the generosity of **42 hole sponsors**, the Golf Classic was a tremendous success. Your support helped St. Michael continue serving the spiritual needs of our parish while sustaining the important work of our ministries and programs.

As our church community continues to grow, so do the needs of our parish. This year, our goal is to increase participation to **50 hole sponsors**, and we are asking for your support once again.

Hole Sponsorship Opportunities

- **Hole Sponsor — \$275**
Directly supports the Golf Classic with 100% of your donation benefiting the event.
- **Hole Sponsor with Logo/Photo — \$325**
Showcase your business, family, or organization while supporting St. Michael.

We invite parish families, local businesses, ministries, and friends of St. Michael to sponsor a hole and help make this year's tournament a success.

To allow time for sponsorship signage to be prepared, please submit your sponsorship by **Sunday, June 21**.

To sponsor a hole online, [please visit the Golf Classic page on the parish website](#), or contact:

Michael Mitchell
mgmitchell3@gmail.com
661-678-5583

Thank you for your continued generosity and support of St. Michael Church. We look forward to a wonderful Golf Classic and appreciate your partnership in helping our parish continue its mission and ministry.

God bless,

St. Michael Golf Classic Committee

ST. MICHAEL GOLF CLASSIC

MONDAY, JUNE 29, 2026

WOOD RANCH GOLF CLUB

10:00 Check-in & Lite Bruch

12:00 Golf

5:00 Cocktail

6:00 Dinner



For Golf Questions Contact:

Don (661) 623-0340

Fred (818) 535-4243



Dinner with Fr. Timothy
Will take place in Summer 2026

(Date TBD)

Contact:

Marcelle (818) 516-1736

DeAnne (818) 389-0065

Register Here for all events →



<https://app.tickettailor.com/events/stmichaelantiochianchurch/2085844>

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

Holy Bread Offering List

Jun 28 - open

Jul 05 - open

Jul 12 - open

Coffee Hour Hosts Calendar

Nicole Webster

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

EOTHINON 3

الايوثينا 3

TONE 2

الطن 2

THE THIRD SUNDAY AFTER PENTECOST

THE THIRD SUNDAY OF MATTHEW

Martyr Julian of Tarsus; Martyr Aphrodisius of Cilicia; New-martyr Nikita of Nisyros near Rhodes

أبوليتيكيون القيامة باللحن الثاني

عِنْدَمَا انْحَدَرْتَ إِلَى الْمَوْتِ، أَيُّهَا الْحَيَاةُ الَّذِي لَا يَمُوتُ، حِينَئِذٍ أَمَتَّ الْجَحِيمَ بِبَرَقِ
لَاهُوتِكَ. وَعِنْدَمَا أَقَمْتَ الْأَمْوَاتَ مِنْ تَحْتِ الثَّرَى، صَرَخَ نَحْوَكُ جَمِيعُ الْقَوَاتِ
السَّمَاوِيِّينَ: أَيُّهَا الْمَسِيحُ الْإِلَهَ، مُعْطِي الْحَيَاةِ الْمَجْدُوكِ.

طروبارية رؤساء الملائكة باللحن الرابع

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمُسْتَحَقِّينَ، حَتَّى
أَنْتُمْ بَطْلِبَاتِكُمْ تَكْتَنُفُونَنَا بِظِلِّ أَجْنَحَةِ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَّانَا نَحْنُ
الْجَائِثِينَ وَالصَّارِحِينَ بِغَيْرِ فَتُورٍ، أَنْقِذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْتُمْ رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ
الْعُلُويَّةِ.

قنفاق باللحن الثاني

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

الرسالة

(للأحد الثالث بعد العنصرة)

قُوَّتِي وَتَسْبِيحَتِي الرَّبُّ. أَدْبَا أَدْبَنِي الرَّبُّ.

فَصَلُّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ رُومِيَّةِ. (5:1-10)

يَا إِخْوَةَ، إِذْ قَدْ بَرُّرْنَا بِالْإِيمَانِ، فَلَنَا سَلَامٌ مَعَ اللَّهِ بِرَبَّنَا يَسُوعَ الْمَسِيحِ، الَّذِي بِهِ
حَصَلْنَا أَيْضًا لَنَا الدُّخُولُ بِالْإِيمَانِ إِلَى هَذِهِ النِّعْمَةِ الَّتِي نَحْنُ فِيهَا مُقِيمُونَ
وَمُفْتَخِرُونَ فِي رَجَاءِ مَجْدِ اللَّهِ. وَلَيْسَ هَذَا فَقَطْ، بَلْ أَيْضًا نَفْتَخِرُ بِالشَّدَائِدِ، عَالِمِينَ أَنَّ
الشَّدَّةَ تُنْشِئُ الصَّبْرَ، وَالصَّبْرَ يُنْشِئُ الْاِمْتِحَانَ، وَالْاِمْتِحَانَ الرَّجَاءَ، وَالرَّجَاءَ لَا

يُخْزِي. لِأَنَّ مَحَبَّةَ اللَّهِ قَدْ أُفِيضَتْ فِي قُلُوبِنَا بِالرُّوحِ الْقُدُسِ الَّذِي أُعْطِيَ لَنَا. لِأَنَّ الْمَسِيحَ، إِذْ كُنَّا بَعْدَ ضَعْفَاءَ، مَاتَ فِي الْأَوَانِ عَنِ الْمُنَافِقِينَ. وَلَا يَكَادُ أَحَدٌ يَمُوتُ عَنْ بَارٍّ، فَلَعَلَّ أَحَدًا يَقْدِمُ عَلَيَّ أَنْ يَمُوتَ عَنْ صَالِحٍ. أَمَّا اللَّهُ فَيَدُلُّ عَلَيَّ مَحَبَّتِهِ لَنَا بِأَنَّهُ، إِذْ كُنَّا خُطَاةً بَعْدُ، مَاتَ الْمَسِيحُ عَنَّا. فَبِالْآخَرَى كَثِيرًا، إِذْ قَدْ بَرَّرْنَا بِدَمِهِ، نَخْلُصُ بِهِ مِنَ الْغَضَبِ. لِأَنَّا إِذَا كُنَّا قَدْ صَوْلِحْنَا مَعَ اللَّهِ بِمَوْتِ ابْنِهِ وَنَحْنُ أَعْدَاءُ، فَبِالْآخَرَى كَثِيرًا نَخْلُصُ بِحَيَاتِهِ وَنَحْنُ مُصَالِحُونَ.

الإنجيل

(لِلأحد الثالث مِنْ مَتَّى)

فَصَلُّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ
الطاهر. (6:22-33)

قَالَ الرَّبُّ: سِرَاجُ الْجَسَدِ الْعَيْنُ. فَإِنْ كَانَتْ عَيْنُكَ بَسِيطَةً، فَجَسَدُكَ كُلُّهُ يَكُونُ نِيرًا. وَإِنْ كَانَتْ عَيْنُكَ شَرِيرَةً، فَجَسَدُكَ كُلُّهُ يَكُونُ مُظْلِمًا. وَإِذَا كَانَ النُّورُ الَّذِي فِيكَ ظِلْمًا، فَالظُّلَامُ كَمْ يَكُونُ؟ لَا يَسْتَطِيعُ أَحَدٌ أَنْ يَعْبُدَ رَبَّيْنِ، لِأَنَّهُ إِمَّا أَنْ يُبِغِضَ الْوَاحِدَ وَيُحِبَّ الْآخَرَ، أَوْ يَلْزِمَ الْوَاحِدَ وَيَرْذُلَ الْآخَرَ. لَا تَقْدِرُونَ أَنْ تَعْبُدُوا اللَّهَ وَالْمَالَ. فَلِهَذَا أَقُولُ لَكُمْ، لَا تَهْتَمُّوا لِأَنْفُسِكُمْ بِمَا تَأْكُلُونَ وَبِمَا تَشْرَبُونَ، وَلَا لِأَجْسَادِكُمْ بِمَا تَلْبَسُونَ. أَلَيْسَتْ النَّفْسُ أَفْضَلُ مِنَ الطَّعَامِ، وَالْجَسَدُ أَفْضَلُ مِنَ اللِّبَاسِ؟ انظُرُوا إِلَى طُيُورِ السَّمَاءِ، فَإِنَّهَا لَا تَزْرَعُ وَلَا تَحْصُدُ وَلَا تَخْزِنُ فِي الْأَهْرَاءِ، وَأَبُوكُمْ السَّمَاوِيُّ يَقْوَتُهَا. أَفَلَسْتُمْ أَنْتُمْ أَفْضَلُ مِنْهَا؟ وَمَنْ مِنْكُمْ، إِذَا اهْتَمَّ، يَقْدِرُ أَنْ يَزِيدَ عَلَى قَامَتِهِ ذِرَاعًا وَاحِدَةً؟ وَلِمَاذَا تَهْتَمُّونَ بِاللِّبَاسِ؟ اعْتَبِرُوا زَنَايِقَ الْحَقْلِ كَيْفَ تَنْمُو. إِنَّهَا لَا تَتَعَبُ وَلَا تَغْزَلُ. وَأَنَا أَقُولُ لَكُمْ إِنَّ سُلَيْمَانَ نَفْسُهُ، فِي كُلِّ مَجْدِهِ، لَمْ يَلْبَسْ كَوَاحِدَةً مِنْهَا. فَإِذَا كَانَ عَشْبُ الْحَقْلِ، الَّذِي يُوجَدُ الْيَوْمَ وَفِي غَدٍ يُطْرَحُ فِي التَّنُورِ، يُلْبَسُهُ اللَّهُ هَكَذَا، أَفَلَا يُلْبَسُكُمْ بِالْآخَرَى أَنْتُمْ يَا قَلِيلِي الْإِيمَانِ؟ فَلَا تَهْتَمُّوا قَائِلِينَ "مَاذَا نَأْكُلُ؟" أَوْ

"ماذا نَشْرَبُ؟" أو "ماذا نَلْبَسُ؟" فَإِنَّ هَذَا كُلَّهُ تَطَلُّبُهُ الْأُمَّمِ. لِأَنَّ أَبَاكُمْ السَّمَاوِيِّ يَعْلمُ أَنَّكُمْ تَحْتَاجُونَ إِلَى هَذَا كُلِّهِ. فَاطْلُبُوا أَوَّلًا مَلَكُوتَ اللَّهِ وَبِرَّهُ، وَهَذَا كُلُّهُ يُزَادُ لَكُمْ.

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 مراسم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضوا. فى الكنيسة الارثوذكسية



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7/1 — Wednesday

Registration, Bishop & Clergy Meeting

7/2 — Thursday

Clergy & Clergy Wives Brunch, Workshops, Young Adult's Event, Order of St. Ignatius Reception, Hospitality Night

7/3 — Friday

Organizations' Meetings, Antiochian Women Brunch, General Meeting and Bishop's Address, Bible Bowl, Social Event, Teen Dance

7/4 — Saturday

Hierarchical Divine Liturgy, Festival Awards Brunch, Oratorical Contest and Choir Festival, 4th of July Celebration Dinner & Party

7/5 — Sunday

Hierarchical Divine Liturgy

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If you have one you may be willing to share, please contact Subdeacon Maximus Sauskojus at 612-434-3974



