

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

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The Holy Apostle Andrew the First-Called

Commemorating St. Frumentios, Archbishop and Enlightener of Ethiopia;
Alexander, Bishop of Methymna

Sunday, November 30, 2025

Tone 8; Eothinon 3

Apolytikion for the Resurrection (Tone 8)

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

Apolytikion for St. Andrew the Apostle (Tone 4)

As the first called of the Apostles, and brother of their leader, O Andrew, entreat the Master of all that peace be granted unto the world and great mercy to our souls.

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 for the Preparation of Christ's Nativity (Tone 3)

[in anticipation of the Feast of the Holy Nativity, December 25th]

On this day the Virgin cometh to the cave to give birth to God the Word ineffably, Who was before all the ages. Dance for joy, O earth, on hearing the gladsome tidings; with the Angels and the shepherds now glorify Him Who is willing to be gazed on as a young Child Who before the ages is God.

Daily Readings

THE EPISTLE (for St. Andrew)

*His voice has gone out into all the earth.
The heavens declare the glory of God.*

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

Brethren, I think that God has exhibited us Apostles as last of all, like men sentenced to death; because we have become a spectacle to the world, 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 held in honor, but we in disrepute. To the present hour we hunger and thirst, we are ill-clad and buffeted and homeless, and we labor, working with our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we try to conciliate; we have become, and are now, as the refuse of the world, the scourge of all things. I do not write this to make you ashamed, but to admonish you as my beloved children. Though you have countless guides in Christ, you do not have many fathers. I became your father in Christ Jesus through the Gospel. I urge you, then, be imitators of me.

THE GOSPEL (for St. Matthew)

The Reading of the Holy Gospel is according to St. John (1:35-51)

At that time John was standing with two of his disciples; and he looked at Jesus as He walked, and said, "Behold, the Lamb of God!" The two disciples heard him say this, and they followed Jesus. Jesus turned, and saw them following, and said to them, "What do you seek?" And they said to Him, "Rabbi" (which means Teacher), "where art Thou staying?" He said to them, "Come and see." They came and saw where He was staying; and they stayed with Him that day, for it was about the tenth hour. One of the two who heard John speak, and followed Him, was Andrew, Simon Peter's brother. He first found his brother Simon, and said to him, "We have found the Messiah" (which means Christ). He brought him to Jesus. Jesus looked at him, and said, "So you are Simon the son of Jonah? You shall be called Cephas" (which means Peter). The next day, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathaniel, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathaniel said to him, "Can anything good come out

of Nazareth?” Philip said to him, “Come and see.” Jesus saw Nathanael coming to Him, and said of him, “Behold, an Israelite indeed, in whom is no guile!” Nathaniel said to Him, “How do you know me?” Jesus answered him, “Before Philip called you, when you were under the fig tree, I saw you.” Nathaniel answered Him, “Rabbi, Thou art the Son of God! Thou art the King of Israel!” Jesus answered him, “Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these.” And He said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

The Synaxarion

On November 30 in the Holy Orthodox Church, we commemorate the holy, glorious, and all-laudable Apostle Andrew the First-Called.

Verses

Andrew endureth an inverted crucifixion,
appearing feet upward in truth and not in shadow.
On the thirtieth Andrew braved a cross head downward.

He was the son of Jonah and brother of Peter, born in Bethsaida and a fisherman by trade. At first he was a disciple of John the Baptist, but when the Forerunner pointed to the Lord Jesus, saying, “Behold the Lamb of God!” (John 1:36), Andrew left his first teacher and became the first apostle to follow Christ. Then, Andrew brought his brother Peter to the Lord. Following the descent of the Holy Spirit, it fell by lot to Andrew to preach the Gospel in Byzantium and Thrace, then in the lands along the Danube and in Russia around the Black Sea, and finally in Epirus, Greece and the Peloponnesos. In Patras, he performed many miracles in the name of Christ, and won many over to the Lord. Among the new faithful were the brother and wife of the Proconsul Aegeates. Angered at this, Aegeates subjected Andrew to torture and then crucified him. Then the apostle prayed to God and an extraordinary light encompassed him, which lasted for half an hour. When it disappeared, the apostle gave up his holy soul to God in 62.

On this day, we also commemorate Frumentios, archbishop and enlightener of Ethiopia; and Alexander, bishop of Methymna. By their intercessions, O Christ God, have mercy upon 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 is being offered with prayers for Deacon Andrew Monsue and his family, celebrating his Feast Day. May God grant them many years!

Memorial wheat is being offered and the coffee hour hosted for the one-year memorial of the servant of God, Saad Tarbouche (+1 December, 2024), beloved husband of Randa and father of Christine and Jeanette. Memory eternal.

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

for Andrew Mitchell, celebrating his Feast Day, by his family.
May God grant him many years!

for the continued good health of Carolyn Sadd

for the continued health of Subdeacon Richard & Kayla Ajalat

LITURGICAL CALENDAR

The Feast of St. Barbara the Great Martyr

Wednesday, December 3 — Vigil (Vespers, Matins, 1st Hour, 4 p.m. at St. Barbara Monastery (15799 Ojai Road, Santa Paula, CA 93060

Thursday, December 4 — Hierarchical Liturgy, 10 a.m.

The Feast of St. Nicholas the Wonderworker

Friday, December 5 — Great Vespers, 7 p.m. at St. Nicholas Greek Orthodox Church (Northridge)

The Twenty-sixth Sunday after Pentecost, The Tenth Sunday of Luke

Saturday, December 6, Great Vespers, 5 p.m.

Sunday, December 7, Orthros, 8:30 a.m., Divine Liturgy, 10 a.m.

ANNOUNCEMENTS

Virtual Parish Council Meeting - Tuesday, December 2nd, 6 p.m.



Metropolitan SABA's Weekly Teaching (in English and Arabic)

View the weekly teaching from Metropolitan SABA here, titled: "Let us Give Thanks and Rejoice;" go to: <https://www.antiochian.org/regulararticle/2636>

View and hear Metropolitan SABA's presentation to the Assembly of Orthodox Bishops: "On Converts to Orthodoxy." Go to: <https://www.antiochian.org/regulararticle/2620>

Weekly Bible Study Tuesday (December 2)

Our next Bible Study will be held on Tuesday evening, December 2nd, at 7 p.m. Sessions are recorded for those unable to attend who may also request the link to the study. Attendance is required for all catechumens.

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

Holy Bread Offering List

Dec 07 - The Mittry family
Dec 14 - Ron & Kathy Zraick
Dec 21 - open
Dec 24 - open
Dec 25 - open

Coffee Hour Hosts Calendar

The Mittry family
Church School Lenten Lunch

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

The Nativity Fast

[Note: The **Fast of the Holy Nativity** is divided into two periods: 1) November 15 through December 19, the traditional fasting discipline is observed (no meat, poultry, eggs, dairy, fish, and wine), except on Tuesdays and Thursdays when wine is permitted, and on Saturdays and

Sundays when fish, wine and oil are allowed. It should be noted that some allow for fish on all days except Wednesdays and Fridays from November 15 to December 18; 2) December 20 through 24, traditional fasting is observed on all days except on Saturday and Sunday.]

2025 Holiday Food Collection

St Michael continues to support Loaves & Fishes, a local pantry serving the impoverished areas in Van Nuys and throughout the San Fernando Valley areas.

Drop Off Date: December 14th

***A cart marked Food Collection is located in the Church kitchen*

***Monetary Donations can be placed in the Church Offering Box
earmarked Food Collection*

- *Canned Soups (pull-up tabs)*
- *Pasta Meals & Canned Sauce*
- *Canned Meat & Fish* • *Canned Fruit & Vegetables*
- *Flour, Cornmeal, Rice, Dry Beans, Peanut Butter & Jelly, Crackers*
- *Shelf Stable Milk, Cereals, Cooking Oils, Boxed Meals*
- *Pancake & Muffin Mix that Only Require Water, Instant Foods*
- *Baby Food, Juice Boxes, Apples Sauce & Granola Bars*
- *Baby Clothes, Baby Diapers & Wipes*
- *Blankets, Underwear, and Socks (Socks #1 requested item)*
- *Hand Soap, Shampoo, Body Wash, Deodorant, Toothbrushes, Toothpaste, Floss, Body Wipes, Mouthwash, Gloves, Razors, Shaving Cream, Feminine Hygiene Products, Lotion, Powder, Combs & Brushes*

** Any store scripts \$10, \$15*

*Contact Cindy Tamoush, 818-917-4847 or **cindy.tamoush@gmail.com** should you have any questions. Thank you for your continued support!*

JOIN THE ST. MICHAEL YOUNG ADULTS GROUPME!



Scan the QR code to
stay on top of all future
announcements and
happenings!



Have You Considered Costs Involved at the End of Your Life?

With the typical traditional burial costs beginning at \$9,995, the purchase of a burial plot (\$15,000-\$25,000), and additional fees charged for an interment, it is very possible that the total cost for an Orthodox Funeral is beyond the range of your family, especially when cremation is not allowed for an Orthodox Funeral. Therefore, it is recommended that families consider acquiring a life insurance policy in advance of planning for end-of-life expenses. Various life insurance companies provide funds for a low monthly rate, the earlier one plans to begin a policy in advance. For example, a person at the age of 50, could pay \$18/mo. for a \$25,000 policy. For more information, and to compare rates go on-line to: "Life Insurance Policies." [Note: Life Insurance Policies are most commonly provided for those 85 years of age or younger.]



CELEBRATING THE FEAST OF ST. NICHOLAS CATHEDRAL LOS ANGELES, CALIFORNIA

DECEMBER 6–7 2025

Saturday, December 6

6:00 pm Great Vespers with
Artoklasia

Sunday, December 7

9:15 am Matins

10:30 am Divine Liturgy

St. Nicholas Day Banquet *(follows
immediately in the Heritage Ballroom)*

Visit by St. Nicholas

St. Nicholas Banquet

Adults \$35.00 • 12 and under \$15.00

**Make reservations during coffee hour and online via the QR
Code.** Contact Hend Nahas at 818-631-2625 for questions.

*An anonymous donor will pay for all youth registered in the St.
Nicholas Church School, but they still need to make a reservation.*



*Recognizing the Very Reverend
Fr. Michel and Kh. Eva Najim
for their faithful service to
St. Nicholas Cathedral
from 1987-2020*



75 Years and Continuing to Carry People across Troubled Waters to the Safe Harbor in Christ!

LA MOVIE PREMIERE



LUMIERE CINEMA

DEC 4, 2025

JOIN US FOR AN EVENING SCREENING OF EL TONTO POR CRISTO AT LUMIERE CINEMA, 9036 WILSHIRE BLVD, BEVERLY HILLS, CA 90211. DOORS AT 6:00 PM, VIP AT 6:30, FILM AT 7:00. RUNTIME: 2H14M. DIRECTOR Q&A AND DISCUSSION TO FOLLOW. CAST MAY BE IN ATTENDANCE.

QUESTIONS? EMAIL
ELTONTOPORCRISTO@ELTONTOPORCRISTO.COM
MORE INFO:
WWW.ELTONTOPORCRISTO.COM



WATCH THE TRAILER -
SCAN THE QR CODE
ABOVE

St. Michael Christmas Program

The Prince of Peace

Dec 14th, 2025 | 11:30AM Following Liturgy



FOR PARENTS OF PARTICIPANTS

Rehearsal on Sat, Dec 13th, 2025

Contact Rachel Grundler for your child to participate
superintendent@stmichaelvannuys.org

الأحد التاسع من أبوليتيكيون القيامة بالبحر الثامن.

أخذت من الغلو يا مخلص، وقيلت الذفن ذا الثلاثة الأيام، لكي نعتقنا من الالام، فبا حياتنا وقيامتنا، يا رب المجد لك.

أبوليتيكيون القديس أندراوس بالبحر الرابع

بما أنك في الرسل مدعو أولاً، وللهمامة آخا، إبتهل يا أندراوس إلى سيد الكل، أن يفتح المسكونة السلام ونفوسنا الرحمة العظمى.

طروبارية رؤساء الملائكة بالبحر الرابع

أيها المتقديون على الجند السماويين، نتوسل إليكم نحن غير المستحقين، حتى إنكم بطليباتكم تكتفوننا بظن أجنحة مجدكم اللاهولي، حافظين إيانا نحن الجائين والصارحين بغفر قنور: أنقذونا من الشدايد، بما أنكم رؤساء مراتيب القوات العلوية.

قنداق تقدمة الميلاد بالبحر الثالث

اليوم العذراء، تأتي إلى المغارة، لتلد الكلمة الذي قبل الدهور، ولادة لا نفس ولا ينطق بها، فافرحي أيها المسكونة إذا سمعت، ومجدي مع الملائكة والرعاة، الذي سيظهر بمشيئته طفلاً جديداً وهو إلهنا الذي قبل الدهور.

الرسالة

في كل الأرض خرج صوته
السماوات تدبج مجد الله

فصل من رسالة القديس يولس الرسول الأولى إلى أهل كورنثوس

يا إخوة، إن الله أبرزنا نحن الرسل آخري الناس، كأننا مجبولون للموت. لأننا قد صرنا مشهوداً للعالم والملائكة والبشر. نحن جهال من أجل المسيح، أما أنتم فحكماة في المسيح. نحن ضغفاء، وأنتم أقرباء. أنتم مكرهون، ونحن مهانون. وإلى هذه الساعة، نحن نجوع ونعطش ونعزى ونلطم ولا قرار لنا. ونعذب عاملين. نشتم فنبارك، نضطهد فنحنمل. نبشتم علينا فنقتصرع. قد صرنا كأقذار العالم وكأوساخ يستخفها الجميع إلى الآن. ولست لأجلكم أكتب هذا، وإنما أعظكم كأولادي الأجياء. لأنه ولو كان لكم ربوة من المرشدين في المسيح، ليس لكم أباء كثيرون. لآني أنا ولأنكم في المسيح يسوع بالإنجيل. فاطلب إليكم أن تكونوا مقدين بي.

الإنجيل

فصل شريف من بشارة القديس يوحنا الإنجيلي البشير

في ذلك الزمان، كان يوحنا واقفاً هو وأثنان من تلاميذه، فطفر إلى يسوع مائتياً، فقال: «هوذا حمل الله!» فسمعه التلميذان يتكلم، فبعا يسوع. فالتفت يسوع ونظرهما يثبعان، فقال لهما: «ماذا تطلبان؟» فقالا: «ربي، الذي نسيره: يا معلم، أين تمكث؟» فقال لهما: «تعاليا وانظرا». فأتيا ونظرا أين كان تمكث، ومكثا عنده ذلك اليوم. وكان نحو الساعة العاشرة. كان أندراوس أخو سمعان بطرس واجداً من الاثنى الذين سمعوا يوحنا وتبعاه. هذا وجد أولاً أخاه سمعان، فقال له: «قد وجدنا مسياً» الذي تفسره: المسيح. فجاء به إلى يسوع. فطفر إليه يسوع وقال: «أنت سمعان بن يونا. أنت تدعى صفا» الذي تفسره: بطرس. في الغد أراد يسوع أن يخرج إلى الجليل، فوجد فيلبس فقال له: «اتبعني». وكان فيلبس من بيت صيدا، من مدينة أندراوس وبطرس. فيلبس وجد ثنائيل وقال له: «وجدنا الذي كتب عنه موسى في الناموس والأنبياء يسوع ابن يوسف الذي من الناصرة». فقال له ثنائيل: «أمن الناصرة يُمكن أن يكون شيء صالح؟» قال له فيلبس: «تعال وانظر». ورأى يسوع ثنائيل مقبلاً إليه، فقال عنه: «هوذا إسرانيلي حقا لا عش فيه». قال له ثنائيل: «من أين تعرفني؟» أجاب يسوع وقال له: «قبل أن دعاك فيلبس وأنت تحت الثبنة، رأيته». أجاب ثنائيل وقال له: «يا معلم، أنت ابن الله! أنت ملك إسرانيل!» أجاب يسوع وقال له: «هل آمننت لأني قلت لك إني رأيته تحت الثبنة؟ سوف ترى أعظم من هذا!» وقال له: «الحق الحق أقول لكم: من الآن ترون السماء مفتوحة، وملائكة الله يصعدون وينزلون على ابن الإنسان».

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 الارثوذكسية والذين يحضرون أنفسهم بالصلاة والصوم والاعتراف منذ فترة قريبة وعلى كل حال، فإننا ندعو الجميع للمشاركة في الخبز المقدس الذي يوزع عند انتهاء مراسيم القداس •
الرجاء مراجعة الكاهن إذا رغبت أن تصبح عضواً في الكنيسة الارثوذكسية.