

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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 Choir Director - William Grundler wrgrundler@gmail.com

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 Young Adult Ministry Coordinator - George Khouri khourig@gmail.com

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The Sunday after the Feast of Holy Theophany

St. Theodosios the Great Head of Monasteries

Sunday, January 11, 2026

Tone 6; Eothinon 9

Apolytikion of 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 of the Holy Theophany of Christ (Tone 1)

When Thou, O Lord, wast baptized in the Jordan, worship of the Trinity wast made manifest; for the voice of the Father bore witness to Thee, calling Thee His beloved Son. And the Spirit in the likeness of a dove confirmed the truth of His word. O Christ our God, Who hast appeared and enlightened the world, glory to Thee.

Apolytikion of St. Theodosios (Tone 8)

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father Theodosios, intercede with Christ God to save our souls.

Apolytikion of 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 of Holy Theophany of Christ (Tone 4)

On this day Thou hast appeared unto the whole world, and Thy light, O Sovereign Lord, is signed on us who sing Thy praise and chant with knowledge: Thou hast now come, Thou hast appeared, O Thou Light unapproachable.

Daily Readings

THE EPISTLE (for St. Theodosios)

*Precious in the sight of the Lord is the death of His saint.
What shall we render to the Lord for all that He hath rendered unto us?*

The Reading from the Epistle of St. Paul to the Hebrews (13:7-16)

Brethren, remember your leaders, those who spoke to you the Word of God; consider the outcome of their life, and imitate their faith. Jesus Christ is the same yesterday and today and forever. Do not be led away by diverse and strange teachings; for it is well that the heart be strengthened by grace, not by foods, which have not benefited their adherents. We have an altar from which those who serve the tent have no right to eat. For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp. So Jesus also suffered outside the gate in order to sanctify the people through His own blood. Therefore, let us go forth to Him outside the camp and bear the abuse He endured. For here we have no lasting city, but we seek the city, which is to come. Through Him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His Name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

THE GOSPEL (Sunday after the Holy Theophany of Christ)

The Reading of the Holy Gospel is according to St. Matthew (4:12-17)

At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulon and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: “The land of Zebulon and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.” From that time Jesus began to preach, saying, “Repent, for the kingdom of Heaven is at hand.”

The Synaxarion

On January 11 in the Holy Orthodox Church, we continue to celebrate the Theophany (Epiphany) of our Lord Jesus Christ, and we

commemorate our righteous Father Theodosius the Cenobiarch, the instructor of the wilderness.

Verses

Theodosius was the leader of monks' common life;
And his departure from this life was monks' common loss.
On the eleventh the Cenobiarch left this ruinous life.

Theodosios the Great lived in Palestine. The founder and organizer of cenobitic (communal) monasticism, as a young man he visited Simeon Stylites, who blessed him and predicted for him great spiritual glory. Once Theodosios founded his monastery, many monks of different nationalities and languages quickly gathered around him. He built churches for each language group, but on a day when they were to receive Communion, all the brethren gathered in the great church. Together with Saint Sabbas, he defended Palestine from the heresy of the Monophysites. God endowed Theodosios with the gifts of wonderworking, to heal the sick, to be present and help from a distance, to tame wild beasts, among other gifts. Theodosios entered peacefully into rest in the Lord in the year 529, at the age of 105.

On this day, we also commemorate the Venerable Theodosios of Philotheou monastery on Athos; and Venerable Agapios of Apamea in Syria. By the intercessions of Thy saints, O Christ God, have mercy upon us. Amen.

LITURGICAL CALENDAR

The Feast of Ss. Athanasius and Cyril, Patriarchs of Alexandria and the Twelfth Sunday of Luke

Saturday, January 17 — Great Vespers, 5 p.m.

Sunday, January 18 — Orthros, 8:30 a.m., Divine Liturgy, 10 a.m.

OFFERINGS

Holy Bread is being offered and the coffee hour hosted by Adeeb & Nuha Abughazaleh, celebrating their 56th wedding anniversary. May God grant them many years! Prayers are also offered for their children and grandchildren.

Holy Bread is also being offered in loving memory of Dr. Edward Deeb, Sr. (+11 January, 1997) and Alice Deeb Andrews (+12 January 2024) by the Deeb, Najjar and Kouri families. Memory eternal.

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

for the continued health of Mike Zwaaf by Rachel Grundler.

by Michael Srour for the forty-day memorial of his uncle, Edward Awad (+14 November, 2025). Memory eternal.

for the continued health of Laila Abughazaleh.

ANNOUNCEMENTS



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

View the weekly teaching from Metropolitan SABA here, titled: "In Suffering;" go to: <https://www.antiochian.org/regulararticle/2700>

Informative Archdiocese Links

Registration is now open for two important opportunities for your church musicians: the spring semester of the [Antiochian Orthodox Ecclesiastical Online Music School](#) with classes starting on Jan. 12; and the [Winter Sacred Music Institute](#) in Phoenix, Arizona from Feb. 5-8. Thanks be to God, music education in our Archdiocese is year-round. Please encourage your choirs, chanters and their directors to sign up.

Annual Parish Meeting and Annual Report Booklet

The Annual Meeting of the Voting Membership will be held on Sunday, January 25, 2026. In the best interest of time, a Confidential Report will be prepared for distribution prior to the Annual Meeting. Single page reports are past due from all Council officers, Standing Committees and Subsidiary Organizations in order to be compile on time for distribution to the Voting Membership.

Frequently Asked Questions When Completing a Pledge Form

What is the reason for completing an annual parish Pledge Form?

Each year planning for budgeted receipts and expenditures are an important part of being responsible stewards of Christ's church. Some of our month-to-month expenses include: priest and staff salaries, utility and maintenance expenses, the payment of property taxes (yes, churches do pay property taxes), and insurance. It is not uncommon for these expenses increase each year. It is a goal of our Parish Council to meet these expenses with the contributions of our members. The Pastor does not receive stipends (monetary gifts) for house blessings, baptisms, weddings and funerals if a family is not enrolled with the parish and completed an annual pledge form. The Pastor's living expenses and allowances are included the Annual Budget of the parish.

What is the St. Michael annual "Archdiocese Parish Contribution"

Each parish of the Antiochian Archdiocese pays 10% of its parish income to assist with the expenses of our bishops, Archdiocesan and Diocesan departments and programs. Over one-fourth of the Archdiocese budget is dedicated to youth programs. We project that our annual payment to the Archdiocese from St. Michael Church to be \$36,000, or 10% of our income (excluding contributions received for the charity collections, special Archdiocese collections, and memorial gifts).

We Gratefully Acknowledge the Receiving 2026 Pledge Commitments Totaling \$88,919.84 From the Following Members:

Adieb & Nuha Abughazaleh
Laila Abughazaleh
Frances Allen
Kevin Anthoney
Fr. Timothy Baclig
Kristy & Mike Chiaburu
Deanna & Rami Jubran
Nichola & Mimi Hallak
Tom & Lynn Homsy
Salim El-Darzi and Marwan
Samia Habib
Michael & Patricia Malouf
Don Meena
Fred & Tanya Milkie, Jr.
Mary Ann & Michael Mitchell

Michelle & Waleed Moujaes
Dr. Andrew & Barbara Monsue
Charlotte Murr
Riad Nasser
Mandy & Constantine Nasr, Jr.
Barbara & Fred Nicola
Chrisa Sadd
Richard & Cindy Tamoush
Ronald & Georgia Tamoush
Daphne Thabet
Geri Thabit
Mae and Cristina Tortolano
Nicole & Robert Webster
Laila Zaki
Ron & Kathy Zraick

2026 Pledge Forms are now available on-line and hard copies may be found in the narthex.



**ST. MICHAEL
CHURCH SCHOOL
2025 - 2026**

**REGISTER
NOW!**

RESUMES

JAN 11TH

CURRICULUM

EXODUS

CLASSES

Pre-K - Kindergarten

1st - 3rd Grade

4th - 6th Grade

7th - 12th Grade



FOR MORE INFORMATION, CONTACT RACHEL GRUNDLER
SUPERINTENDENT@STMICHAELVANNUYS.ORG



ST. NICHOLAS
ANTIOCHIAN ORTHODOX
CATHEDRAL

2300 W. 3RD ST.
LOS ANGELES, CA 90057

LOS ANGELES, CA
18 JANUARY
SUNDAY, 5:00 PM

WHERE ARE YOU, ADAM?

FILM BY ALEXANDER ZAPOROSHCHENKO & ALEXANDER PLYSKA

American Orthodox

A lost icon. A hidden faith.

Orthodox “Movie Night” at St. Nicholas Cathedral Sunday, January 18 at 5:30 p.m. (see flier above)

The evening will include a double feature: 1) “American Orthodox” and 2) “Where Are You Adam?” The evening will include a question and answer session with the filmmaker from Kyiv, Ukraine. Entry and snack bar by freewill offering.

Our Weekly Bible Study Will Resume Following Holy Theophany

Our weekly Virtual Bible Study will resume this Tuesday evening, January 13th, at 7 p.m. Recorded sessions of previous sessions are available.

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

Holy Bread Offering List

Jan 18 - open

Jan 25 - open

Feb 01 - open

Coffee Hour Hosts Calendar

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

Upcoming Events

[Note: You may now access our Google Parish Calendar to your personal calendar.

Simply go to: <https://calendar.google.com/calendar/u/1/?cid=YWRtaW5Ac3RtaWNoYWVsdmFubnV5cy5vcmc>

Feast of the Presentation of Christ — February 2, 2026
Divine Liturgy, 10 a.m.

Mid-Winter Choir Institute — February 5-8, 2026
See flier with this bulletin (below)

Annual Meeting of the Voting Membership
Sunday, January 25, 2026

Clergy Seminar - February 5-12, 2026
Sacred Heart Retreat Center (Alhambra)

Parish Family Super Bowl Party - February, 2026
[Note: The gathering is a potluck]

Congratulations to our 2026 Executive Board

The elected 2026 Parish Council Officers at a meeting on Sunday, January 4, 2026 are: **Michael Mitchell**, Chair; **Waleed Moujaes**, Vice-Chair; **Fred Milkie**, Secretary; **Praneet Panga**, Treasurer.

Forward Alliance Lake Balboa Park Project

The plans by "Forward Alliance Los Angeles" is available by viewing the following link: <http://www.forwardalliance.org/> Linda Gravani, President of the Lake Balboa Neighborhood Council (LBNC) reported that the Council is in favor of the proposed project (shown on the link), however opposed to the proposed 250 affordable housing units by the City of Los Angeles (shown as #17 on the site plan) that is not part of the FALA proposed plan. Federal Funds were used for the existing "Park and Ride" in the location of the proposed housing units. Public transportation is part of a long-range plan for the Sepulveda Pass to UCLA and the elimination of the parking at the corner of Victory and Balboa will be a disadvantage for commuters. The Van Nuys Airport is now providing weekly private flights to Maui. The Airtel Plaza is now closed after 40 years. The airport site plan posed difficulty for the hotel/restaurant/Conference Center. For more information go to: <https://lakebalboanc.org/2025/10/airtel-plaza-hotel-to-close-after-40-years/>

Establishing a Prayer Discipline

Have you ever found praying to be difficult? Do you feel too busy to pray? Or perhaps you don't know where to begin? Maybe you have found it hard to focus, or even experienced emptiness when you pray. If so, you're not alone. For many Orthodox Christians, prayer can be misunderstood, or even frustrating. But prayer is how we build an intimate relationship with the living God! The reality is that cultivating that relationship takes time and effort. Our parish is partnering with Faithtree Resources in *The Encounter*, a prayer initiative that will help us grow closer to God, closer to each other, and to grow in our faith.

Made up of daily Orthodox prayers that you can utilize on a free app, or through a physical prayer book, *The Encounter* is a simple and easy way to begin to grow in your prayer life and do so with others in our community.

If you'd like more information about participating, sign up on the google doc here: tinyurl.com/encounterfaithtree

EOTHINON 9

الايوثينا ٩

TONE 6

الحن ٦

**THE SUNDAY AFTER THE THEOPHANY OF CHRIST
THEODOSIOS THE GREAT, HEAD OF MONASTERIES (CENOBIARCH)**

أبوليتيكيون القيامة بالحن السادس

إِنَّ الْقُوَّاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوَقَّرِ، وَالْحُرَّاسَ صَارُوا كَالْأَمْوَاتِ،
وَمَرْيَمَ وَقَفَتْ عَنْدَ الْقَبْرِ طَالِبَةً جَسَدَكَ الطَّاهِرِ، فَسَبَّيْتَ الْجَحِيمَ وَلَمْ تُجَرِّبْ
مِنْهَا، وَصَادَفَتِ الْبَتُولَ مَانِحًا الْحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، يَا رَبَّ
الْمَجْدِ لَكَ.

أبوليتيكيون الظهور الإلهي بالحن الأول

باعْتِمَادِكَ يَا رَبُّ فِي نَهْرِ الْأَرْدُنِ، ظَهَرَ السُّجُودُ لِلثَّالِثِ، فَإِنْ صَوْتُ الْأَبِ أَتَاكَ
بِالشَّهَادَةِ، مُسَمِّيًّا إِيَّاكَ أَبْنَا مَحْبُوبًا، وَالرُّوحُ بِهِيَّةِ حَمَامَةٍ، يُؤَيِّدُ حَقِيقَةَ
الْكَلِمَةِ، فَيَا مَنْ ظَهَرَ وَأَنَارَ الْعَالَمَ، أَيُّهَا الْمَسِيحُ إِلَهُ الْمَجْدِ لَكَ.

أبوليتيكيون للقديس ثيودوسيوس بالحن الثامن

لِلْبَرِّيَّةِ غَيْرِ الْمُتُمَرِّةِ بِمَجَارِي دُمُوعِكَ أَمْرَعْتَ، وَبِالْتَّنَهَّدَاتِ التِّي مِنَ الْأَعْمَاقِ أَثْمَرْتَ بِأَتَعَابِكِ
إِلَى مَيَّةِ ضِعْفٍ، فَصِرْتَ كَوْكَبًا لِلْمَسْكُونَةِ مُتَلَائِمًا بِالْعَجَابِ، يَا أَبَانَا الْبَارَ ثِيودُوسيُّوسَ،
فَتَشَفَّعْ إِلَى الْمَسِيحِ إِلَهِ أَنْ يُخَلِّصَ نُفُوسَنَا.

طروبارية رؤساء الملائكة بالحن الرابع

أَيْهَا الْمُتَقْدِمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرُ الْمُسْتَحْقِينَ، حَتَّىٰ أَنْكُمْ
بِطَلْبَاتِكُمْ تَكْتُنُونَا بِظُلْلٍ أَجْنَاحَةً مَجِدَكُمْ غَيْرُ الْهَيْوَلِيٍّ، حَافِظِينَ إِيَّانَا نَحْنُ الْجَاثِينَ
وَالصَّارِخِينَ بِغَيْرِ فَتْوَرٍ، أَنْقَذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْكُمْ رُؤْسَاءُ مَرَاتِبِ الْقُوَّاتِ الْعُلُوِّيَّةِ.

قنداق الظهور الإلهي باللحن الرابع ** أصلية الوزن (**)

قَدْ ظَهَرْتَ لِلْدُّنْيَا، ذَا الْيَوْمَ يَا رَبُّ، وَضِيَاؤُكَ ارْتَسَمَ عَلَيْنَا نَحْنُ الْمُرْسَلِينَ لَكَ
الْتَّسْبِيحَ عَنْ مَعْرِفَةِ قَائِلِينَ: جِئْتَ وَبِنْتَ يَا نُورًا لَا يُدْنِي مِنْهُ

الرسالة

(القديس ثيودوسيوس)

كرِيمٌ بَيْنَ يَدَيِّ الرَّبِّ مَوْتُ أَبْرَارِهِ.

بِمَاذَا نَكَافِيُّ الرَّبُّ عَنْ كُلِّ مَا أَعْطَانَا.

فَصُلُّ مِنْ رِسَالَةِ الْقَدِيسِ بُولِسَ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ. (16:7)
يَا إِخْوَةُ، اذْكُرُوا مُدْبِرِيْكُمُ الَّذِينَ كَلَمُوكُمْ بِكَلْمَةِ اللَّهِ. تَأَمَّلُوا فِي عَاقِبَةٍ تَصَرُّفُهُمْ وَاقْتَدُوا
بِإِيمَانِهِمْ. إِنَّ يَسُوعَ الْمَسِيحَ هُوَ هُوَ، أَمْسٌ وَالْيَوْمُ وَإِلَى مَدِي الدَّهْرِ. لَا تَتَقَادُوا لِتَعَالِيمَ
مُتَنَوِّعَةٍ غَرِيبَةً. فَإِنَّهُ يَحْسُنُ أَنْ يَبْيَتَ الْقَلْبُ بِالنَّعْمَةِ لَا بِالْأَطْعَمَةِ الَّتِي لَمْ يَنْتَفِعُ الَّذِينَ
تَعَاطَوْهَا. إِنَّ لَنَا مَذْبَحًا، لَا سُلْطَانًا لِلَّذِينَ يَخْدُمُونَ الْمَسْكِنَ أَنْ يَأْكُلُوا مِنْهُ. لِأَنَّ الْحَيَوانَاتِ
الَّتِي يُدْخِلُ بِدَمِهَا عَنِ الْخَطَبَيَّةِ إِلَى الْأَقْدَاسِ بِيَدِ رَبِّيْسِ الْكَهْنَةِ، تُحرَقُ أَجْسَامُهَا خَارِجَ
الْمَحَلِّ. فَلِذَلِكَ يَسُوعُ أَيْضًا تَأَلَّمُ خَارِجَ الْبَابِ لِيُقْدِسَ الشَّعْبَ بِدَمِ نَفْسِهِ. فَلَنَخْرُجْ إِذْنَ إِلَيْهِ،
إِلَى خَارِجِ الْمَحَلِّ، حَامِلِينَ عَارِهِ. لَأَنَّهُ لَيْسَ لَنَا هَهُنَا مَدِيْنَةٌ بِاقِيَّةٌ، بَلْ نَطْلُبُ الْآتِيَّةَ. فَلَنُقْرِبَ بِهِ
إِذْنَ ذَبِيْحَةِ التَّسْبِيحِ كُلَّ حِينٍ، وَهِيَ ثَمَرُ شِفَاهٍ مُعْتَرِفَةٍ لَاسْمِهِ. لَا تَنْسُوا الإِحْسَانَ
وَالْمَوَاسِيَّةَ، فَإِنَّ اللَّهَ يَرَتَضِي مِثْلَ هَذِهِ الْذَّبَائِحِ.

الإنجيل

(اللَّأَحَدُ بَعْدِ عِيدِ الْظُّهُورِ الإِلَهِيِّ)

فَصُلُّ شَرِيفٌ مِنْ بِشَارَةِ الْقَدِيسِ مَتَّى الْأَنْجِيلِيِّ الْبَشِيرِ وَالْتَّلْمِيْدِ الطَّاهِرِ.
(17:12:4)

في ذلك الزمانِ، لَمَّا سَمِعَ يَسُوعَ أَنَّ يُوحَنَّا قَدْ أَسْلَمَ، انْصَرَفَ إِلَى الْجَلِيلِ. وَتَرَكَ النَّاصِرَةَ، وَجَاءَ فَسَكَنَ فِي كَفْرَنَاحَوْمَ الَّتِي عَلَى شَاطِئِ الْبَحْرِ فِي ثُخُومِ زَبُولُونَ وَنَفْتَالِيْمَ. لِيَتَمَّ مَا قَيِّلَ بِأَشْعِيَاءِ النَّبِيِّ الْقَائِلِ: أَرْضُ زَبُولُونَ وَأَرْضُ نَفْتَالِيْمَ، طَرِيقُ الْبَحْرِ، عَبْرَ الْأَرْدُنَ، جَلِيلُ الْأَمَمِ. الشَّعْبُ الْجَالِسُ فِي الظُّلْمَةِ أَبْصَرَ نُورًا عَظِيمًا، وَالْجَالِسُونَ فِي بُقْعَةِ الْمَوْتِ وَظِلَالِهِ أَشْرَقَ عَلَيْهِمْ نُورًا. وَمُنْذُئِدٍ ابْتَدَأَ يَسُوعَ يَكْرِزُ وَيَقُولُ: تَوَبُوا، فَقَدِ اقْتَرَبَ مَلَكُوتُ السَّمَاوَاتِ.
