

**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](http://stmichaelvannuys.org)

His Eminence, Metropolitan SABA, of the Antiochian Orthodox Christian  
Archdiocese of North America [www.antiochian.org](http://www.antiochian.org)

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Usher Emeritus - Ramez Hage [jeddo.ramez@gmail.com](mailto:jeddo.ramez@gmail.com)

## **The Sunday of the Last Judgment (Meat Fare)**

Martyr Kodratos of Corinth and his five companions;  
Anastasia the patrician of Alexandria

**Sunday, February 15, 2026**

**Tone 3; Eothinon 3**

### **Apolytikion of the Resurrection (Tone 3)**

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

### **Apolytikion of our Patron the Archangel Michael (Tone 4)**

O ye foremost of the heavenly hosts we beseech thee, though we are unworthy, pray that we may be encompassed with a shadow of Thy unearthly glory, preserving us who kneel and cry endlessly: deliver us from oppression since ye are the prince of the Highest Power.

### **Kontakion for the Last Judgment (Tone 1)**

When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

## **Daily Readings**

THE EPISTLE (for the Sunday of the Last Judgment)

*The Lord is my strength and my praise. The Lord chastising has chastised me,  
but He hath not delivered me over to death.*

### **The Reading from the Epistle of St. Paul to the Corinthians (8:8 – 9:2)**

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care, lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you—a man of knowledge—at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their

conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

THE GOSPEL (for the Sunday of the Last Judgment)

**The Reading of the Holy Gospel is according to St. Matthew (25:31-46)**

The Lord said, "When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.' Then He will say to those at his left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."

**The Synaxarion**

On February 15 in the Holy Orthodox Church, we commemorate the Apostle Orensimos of the Seventy, the Venerable Eusebius of Syria, and the Martyr Major of Gaza.

Today, we commemorate the Second and impartial Coming of our Lord Jesus Christ.

### **Verses**

When the Judge of all sitteth to judge the earth,  
Come now! Mayest Thou judge me worthy of Thy voice!

It is the Sunday of the Last Judgment—known also as Meat Fare Sunday—the lesson of which occurs in today’s Holy Gospel. Jesus illustrates to us God’s ineffable goodness and His great love for mankind. And so lest some who are lazy should loiter and spend the time appropriate to their salvation in the pursuit of sin, and be suddenly overtaken by death, the divine Fathers decree that on this day the remembrance of the Second Appearance of Christ may be celebrated. The intention is to remind them that, as God is good and loving to mankind, He is also a very righteous Judge Who recompenses each according to his deeds. Our Lord teaches us that when we minister to our brother or sister, we really minister to Him. This brings us righteousness and life eternal.

By Thine ineffable love for mankind, O Christ God, make us worthy of Thy devoted voice, number us among Thy righteous ones and have mercy on 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 and the coffee hour being hosted by the Coudsy and Hollow families in loving memory of the servant of God, Lila Coudsy (+14 February, 2023). Memory eternal.

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

for the repose of the newly-departed servant of God, Minnie Tobey Lush (+9 February, 2026), beloved mother of Nicole (Robert) Webster, Gabrielle (Robert) Camacho, Greg (Erin) Nassir and families. Memory eternal.

in loving memory of Sara Coudsy, Richard Hollow, Jr., Benjamin Coudsy and Kyle Jaeger. Memory eternal.

in loving memory of the newly-departed servant of God, Emilie Laffoon, beloved mother of the Archpriest Michael Laffoon. Memory eternal.

for the newly-married servants of God, Ashia Ross and Anton Pyetukhov.  
May God grant them many years!

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

**Holy Bread Offering List**

Feb 22 - The Srour family  
Mae Tortolano; the Monsue family  
Feb 25 (Pre-sanctified Liturgy)  
Mar 01 - Antiochian Women  
Mar 04 (Pre-sanctified Liturgy)  
Mar 08 - open  
Mar 15 - The Bibi family

**Coffee Hour Hosts Calendar**

Cheese Fare Coffee Hour  
  
  
  
Lite Lenten Luncheon  
The Bibi family

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

## ANNOUNCEMENTS



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

View the weekly teaching from Metropolitan SABA here; his review of the book titled: "God, Where is the Wound;" go to: <https://www.antiochian.org/regulararticle/2729>

### Additional Resources on Great Lent

His Eminence, Metropolitan SABA has provided us with his teaching as we prepare for the season of Great Lent available in both English and Arabic as follows:

- a. "A New Pharisaism" <https://www.antiochian.org/regulararticle/1956>
- b. "The Humble Person" <https://www.antiochian.org/regulararticle/1968>

## Informative Archdiocese Links

View the January-February Issue of The Word magazine (the official publication of the Antiochian Archdiocese). Go to: <https://www.antiochian.org/regulararticle/2699> and read how to cast of distraction which is “the beginning of all evil” according to St. Ignatius Brianchaniov, finding strength in humble places; also the inspiring life of St. Nikiforos the Leper.

### LITURGICAL CALENDAR

*[Note: Today (“Meat Fare”) is the final day for consuming all meat products, However, eggs, dairy, fish, wine and oil may be consumed on any day of this week.]*

#### **The Sunday of the Cheese Fare\***

Great Vespers – Saturday, March 21<sup>st</sup>, 5 p.m.

Orthros – Sunday, March 22<sup>nd</sup>, 8:45 a.m.; Divine Liturgy, 10 a.m.

**The Beginning of Great Lent** – Monday, March 23<sup>rd</sup>

#### **Lenten Weekday Services**

Great Compline – Monday, February 23, 8 p.m.

Liturgy of Pre-Sanctified Gifts – Wednesdays, 6 p.m.

“Akathist”/“Madeyeh” (Service of Intercessory Prayer) – Fridays, 6:30 p.m.

\* the final day for consuming all dairy products, eggs, fish wine and oil. A traditional fasting discipline is observed during the Great Fast, which lasts from Pure Monday (February 23<sup>rd</sup>) through Great and Holy Saturday (April 11<sup>th</sup>). *Katalysis* (provision) for wine and oil is made on Saturdays and Sundays [with the exception of Great and Holy Saturday when there is *katalysis* for wine, but not for oil (implying food made more tasty by being cooked in or with oil as opposed to simple *xerophagy* of ‘dry eating,’ meaning raw fruits, vegetables and grains or those soaked or cooked in water)]. On the Feast of the Annunciation (March 25<sup>th</sup>) and Palm Sunday (April 5<sup>th</sup>), fish, wine and oil are permitted.

**IMPORTANT NOTE: One should bear in mind that fasting is not an end in itself, but a means to a spiritual goal. One’s health should not be jeopardized in fasting. The Church does not recommend those persons such as expectant mothers or those requiring medication to ignore their doctor’s instructions. One should also consider how abstaining from social activities and various other pleasures may also be helpful. Should you have questions, please speak with Fr. Timothy.**

## 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 \$114,039.84 From the Following Members:**

Adeeb & Nuha Abughazaleh  
Laila Abughazaleh  
Rami Abughazaleh  
Frances Allen  
Kevin Anthoney  
Sami & Omaila Azzam  
Fr. Timothy Baclig  
Kristy & Mike Chiaburu  
Deanna & Rami Jubran  
Nichola & Mimi Hallak  
Ramez & Rima Hage  
Tom & Lynn Homsy  
Sonia Karam  
Salim El-Darzi and Marwan  
Samia Habib  
Rami & Basma Madain  
Michael & Patricia Malouf  
Nicki Malouf  
Don Meena  
Fred & Tanya Milkie, Jr.

Mary Ann & Michael Mitchell  
Michelle & Waleed Moujaes  
Dn. Andrew & Barbara Monsue  
Charlotte Murr  
Antoine & Georgina Nader  
Riad Nasser  
Mandy & Constantine Nasr, Jr.  
Barbara & Fred Nicola  
Chrisa Sadd  
Haitham & Asma Sweis  
Richard & Cindy Tamoush  
Ronald & Georgia Tamoush  
Randa Tarbouche  
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 ANTIOCHIAN ORTHODOX CHURCH PRESENTS:

BRING YOUR FAITH TO LIFE WITH

# THE LION'S DEN

A FOUR-WEEK SMALL GROUP STUDY

## WHEN

February 2, 9, 16, 23

## WHERE:

St. Michael Antiochian  
Orthodox Church | VAN NUYS, CA

## What We'll Cover:

- ▶ Finding Authenticity in Christ
- ▶ Growing Intentional Discipleship
- ▶ Setting Faithful Priorities
- ▶ Pursuing God Together

## Who Should Attend:

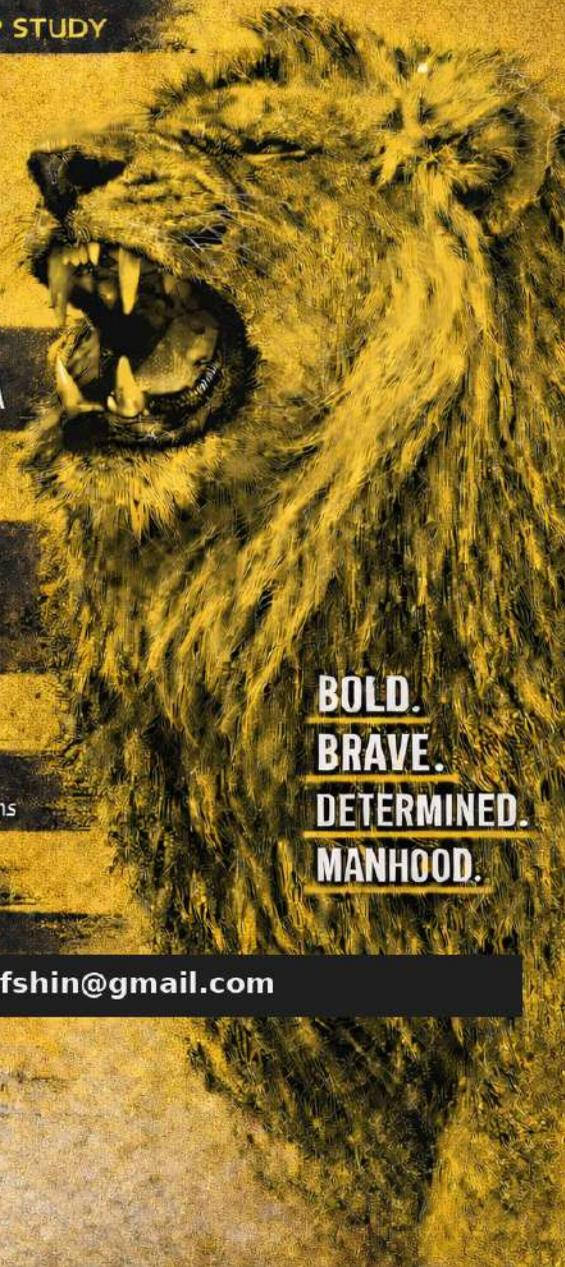
- ▶ Men Ages 18 and Older
- ▶ Parishioners, Inquirers, & Catechumens

## For More Info & RSVP

Nathan Afshin

818-825-6442 · [Nathanafshin@gmail.com](mailto:Nathanafshin@gmail.com)

**LIONHEART**  
SESSIONS



**BOLD.**  
**BRAVE.**  
**DETERMINED.**  
**MANHOOD.**

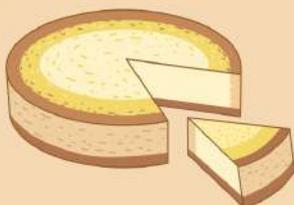
# ANTIOCHIAN WOMEN (AW) CHEESEFARE SUNDAY

## CHEESEEEEEEE FIESTA BRUNCH

SUNDAY, FEBRUARY 22nd  
After Divine Liturgy

**\$7 Per Person**

**\$20 Families  
2 adults &  
unlimited  
children  
12 & under**



**All proceeds  
to benefit the  
AW shared  
Charitable  
Act of Mercy -  
Project Mexico's  
baby orphanage  
Casa Cuna**

## Preparing for Great Lent

**Wednesday Evening Lenten Meal** - Following the Pre-sanctified Liturgy each Wednesday evening during Great Lent, a simple Lenten meal will be provided following Liturgy. It is the sole purpose for the meal, following the Pre-sanctified Liturgy, to provide a simple and uncomplicated offering of food and not a full dinner. The Lenten meal is for renewed strength for those who have fasted in preparation for Holy Communion at the evening Liturgy, and like our coffee hour, is not a fundraiser. The meal should be modest, not elaborate, and not require accumulating leftovers. This will also reduce the need for time consuming clean-up by the host(s). **The Wednesday evening Liturgies begin at 6 p.m. and not 6:30.** This start time will avoid eating late, and to also provide enough time for travel home, especially when children get up early for school in the morning, and many begin another workday. Contact Father Timothy at: [frtimothy@stmichaelvannuys.org](mailto:frtimothy@stmichaelvannuys.org) should you be interested in reserving the following dates: February 25, March 4, 11, and 18. Note: The Pre-sanctified Liturgy is the Liturgy for all of the forty-day weekdays of Great Lent. The festal Liturgy of St. John Chrysostom is celebrated on the Saturday (for the departed) and St. Basil the Great on Sunday (for the Resurrection), when wine and oil are permitted. In vigilant communities, like monasteries, the Pre-sanctified Liturgy and Lenten meal is the sole sustenance for the faithful during Great Lent. It is also important to keep in mind that our Lenten discipline is the practice that includes: fasting, prayer and good works—all three.

## 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=YWRtaW5Ac3RtaWN0YWVsdmFubnV5cy5vcmc>]

### **The Lion's Den - Four Week Group Study for Men**

February, 16, 23 [see flier with this bulletin]

### **Young Adults - FOCUS Food and Clothing Distribution February 28, 2026, 9 a.m.**

[St. Nicholas Cathedral; 2300 W. 3rd Street; Los Angeles]

### **Antiochian Women Annunciation Tea - March 21, 2026**

[see flier with this bulletin]

*His Grace Bishop Anthony, Hosting, Diocese of Los Angeles  
Antiochian Orthodox Christian Archdiocese of North America*

*Together with  
His Eminence Metropolitan Gerasimos  
Of San Francisco, Greek Orthodox Archdiocese*

*And  
His Eminence Archbishop Maxim  
Western Diocese, Serbian Orthodox Church*

*Invite You to*

# *Vespers for the Triumph of Orthodoxy*

**6 pm Sunday • March 1, 2026**

**St. Nicholas Cathedral**

**2300 W 3rd Street • Los Angeles**

**And to Welcome**

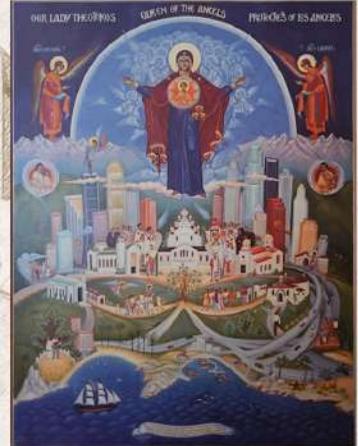
*His Grace Bishop Vasily*

*Diocese of the West, Orthodox Church in America, Guest Homilist*

**Pan-Orthodox Choir • Reception Will Follow Vespers**

**All the Faithful Are Invited to Bring and Bear Icons**

***Let us declare the Faith of the Apostles in Words and Images!***

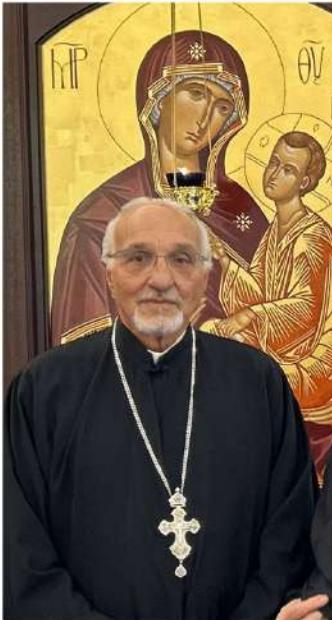


# *St Michael Antiochian Women*

## *Annunciation Tea*



**Saturday, March 21, 2026  
10 am - Morning Prayer  
Followed by Tea Time**



**This year we are blessed to have  
V. Rev. George Ajalat speaking to us on  
“the Mystery of the Holy Theotokos in  
our Spiritual life as Christians.”**

**Please bring a lenten dish to share.  
Donation of \$8 per person. As is our  
tradition, all proceeds will be donated  
to St Barbara Monastery.**

**Please RSVP by March 14<sup>th</sup> to  
Charlotte Murr at: [blackmurr@aol.com](mailto:blackmurr@aol.com)**



## **Zoom Meeting Virtual Bible Study**

**Our weekly Bible Study** has been suspended during the season of Great Lent with the additional of weekday services that begins on Monday, February 23. Our Bible Study will resume following Easter (April 12). Recorded links of our previous Bible Study sessions on various topics are available upon request of Father Timothy.

## **33rd Annual St. Michael Golf Classic**

Mark your calendar for The 33<sup>rd</sup> Annual St. Michael Golf Classic: Monday June 29<sup>th</sup> 2026 at Wood Ranch Golf Club, Simi Valley, CA. Join your St. Michael family for a day of fellowship and fun. For more information, don't hesitate to get in touch with Don Meena (661-623-0340, [donmeena@sbcglobal.net](mailto:donmeena@sbcglobal.net)) or Fred Milkie (818-535-4243, [milkief@aol.com](mailto:milkief@aol.com)).

## **Bookstore Receives New Stock Items**

Stop by the Bookstore and see the updated selection of icons and books that have arrived. Now is the time to place your special orders for Easter. See Bobbi Monsue for more information: [bobbi\\_monsue@att.net](mailto:bobbi_monsue@att.net)

## **Annual Parish Life Conference**

**Host: St. George Church; San Diego, California, July 1-5 2026**

Go to: <https://www.antiochianevents.com/los-angeles> to register for your hotel room (\$199/night) at the Marriott Marquis San Diego.

## **Creative Festivals**

Expressions of Faith in Sunday Church Schools across the Archdiocese--are underway! This is an exciting annual tradition for our students as they create projects to express their faith in the categories of art, poetry, creative writing, and photography (and video, in some dioceses). Please see our Church School Superintendent, Rachel Grundler at [superintendent@stmichaelvannuys.org](mailto:superintendent@stmichaelvannuys.org) for more information

## **Prison Ministry Opportunity**

David Rodriguez is leading our effort in working with volunteer parishioners interested in an Prison Ministry. The work involves two core activities: (a) a storybook reading program, where volunteers enter facilities to record

inmates reading books for their children and (b) a group discussion program focused on the Parables of our Lord Jesus Christ. Not all volunteer roles require entering the correctional facilities. We are looking for parishioners to contribute their unique talents in various capacities, such as: (1) Outreach: Assisting with phone calls to facilities, (2) Technical and Creative Support — helping with technology or designing fliers to promote our mission. I encourage anyone interested to attend our upcoming virtual information session. There is no commitment required to simply inquire and see if this ministry resonates with you. It is a wonderful opportunity to pool our talents for God's purpose and grow closer to Christ through service. For more information contact David Rodriguez at: [drodpena@gmail.com](mailto:drodpena@gmail.com)

### **Addressing the High Cost of Grave Plots**

One of the ways to be prepared for Funerals that includes plans for the high cost of grave plot is to consider a low cost life insurance offered by various agencies. Cremation is not an option for an Orthodox Funeral Service. The text of the Orthodox Funerals presumes the presence of a body that is anointed prior to burial. Father Timothy is available to answer your questions on the subject. To explore options and more information go to: [https://10bestlifeinsurances.com/best-over-55/?utm\\_source=google&keyword=affordablelifeinsurance&campaignid=22169774296&adgroupid=173553233946&targetid=kwd-10880781&device=c&loc\\_physical=1013645&net\\_type=g&mt=b&gad\\_source=1&gbraid=0AAAAAppVgOhjhnXGH\\_70wbQcgtraFp7Ez&gclid=EAlaIQobChMI2ff9xIHGiwmVai5ECB0dmzbVEAAYAiAAEgKH9PD\\_BwE](https://10bestlifeinsurances.com/best-over-55/?utm_source=google&keyword=affordablelifeinsurance&campaignid=22169774296&adgroupid=173553233946&targetid=kwd-10880781&device=c&loc_physical=1013645&net_type=g&mt=b&gad_source=1&gbraid=0AAAAAppVgOhjhnXGH_70wbQcgtraFp7Ez&gclid=EAlaIQobChMI2ff9xIHGiwmVai5ECB0dmzbVEAAYAiAAEgKH9PD_BwE)

**PASTORAL SERMON**  
**The Sunday of Meat Fare**  
**By V. Rev. Timothy Baclig**  
**February 15, 2026**

The themes of love and judgment are often mentioned together in the Bible and in Christian prayers and hymns. For example in St. John's epistle we read: *God is love, and whoever lives in love lives in union with Him. Love is made perfect in us in order that we may have courage on the **Judgment Day** (1 John 4:16-17).*

In the Gospel of St. John we hear: *For God so loved the world that He gave us only His Son . . . God did not send His Son into the world to be its **judge**, but to be its Savior. Whoever believes in the Son is not **judged**; but whoever does not believe has already been **judged** (John 3:16-18).*

In a petition heard in our Liturgy we hear the words: *For a Christian ending to our life, painless, blameless, and peaceful, and a good defense **before the fearful judgment seat of Christ**, let us ask of the Lord...* Jesus Christ is our “good defense.” He is our advocate and has provided the atonement for our sins by His voluntary sacrifice. Our petition is a plea for His love and mercy.

But you may ask what about all of the fearful descriptions of hell, fire and brimstone in the Bible? These are warnings in a pictorial representation, just as they are found in icons. However, these images are not interpreted as geographic or physical places created by God for the punishment of human beings. They are admonitions with a clear and serious message: Life outside of the love of God results in evil, falsehood, hatred, guilt, alienation, and pain. Life apart from God leads to agony of darkness in which people torment themselves and each other. It is a spiritual hell created not by God but by the willful refusal to turn to God, Who is love, in order to be forgiven, cleansed, renewed and liberated.

How can the Lord of love and goodness be also the Lord of judgment? Is there an inconsistency in the images of God as a loving Father and God as a righteous Judge? The Church Fathers answered this perplexing difficulty by affirming that God is always a loving Father for everyone—both righteous and sinners. In this life, and in the life to come, everyone who is desirous of knowing God, experience the radiance of God’s love. However those who have separated themselves from God experience the same radiance of God’s love as fire of judgment—a “scourge of love,” as described by St. Isaac the Syrian.

God does not **cause** judgment at any time. He is not vengeful to evildoers nor does He prepare a place of punishment (Hell). This does not mean that Hell does not exist. It does. However, God is love and by His very nature He cannot do what is evil, hateful, or destructive to anyone. Judgment and hell are spiritual conditions of sin and darkness. Judgment **results** when someone is separated from God who is the source of light and life. Judgment also results when we willfully shut ourselves off from God’s redeeming love.

Through the Parable of the Last Judgment, Christ teaches us that heaven and hell pertain to the fulfillment of physical and spiritual needs. That fulfillment is determined by choices. Each day we make choices on a path to holiness or

unrighteousness. These choices are directly related to our physical and spiritual well being. Christ taught us by His example and teaching that the main virtues of Christians are faithful obedience and loving service to God and to each other. Great Lent is a time for sorting out our real needs from the distortion of false needs. I call it “the Church’s forty-day rehabilitation of the soul.” By bringing sharper focus upon what is necessary from what is not, we can in fact be able to do more in helping others. This is precisely the point of today’s Gospel lesson.

EOTHINON 3

الايوثينا 3

TONE 3

اللحن 3

## THE SUNDAY OF THE LAST JUDGMENT (MEAT FARE)

APOSTLE ONESIMOS OF THE SEVENTY; VENERABLE EUSEBIOS OF SYRIA;  
MARTYR MAJOR OF GAZA

### أبوليتيكيون القيامة باللحن الثالث

لِنَفْرَحِ السَّمَاوِيَّاتُ وَتَبْتَهِجِ الْأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَصَارَ بِكُرِّ الْأَمْوَاتِ، وَأَنْقَذَنَا مِنْ جَوْفِ الْجَحِيمِ، وَمَنْحَ الْعَالَمِ الرَّحْمَةَ الْعُظْمَى.

### طروبارية رؤساء الملائكة باللحن الرابع

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمُسْتَحَقِّينَ، حَتَّى أَنْكُم بِظُلْمَاتِكُمْ تَكْتَنُوفُونَا بِظُلْمِ أَجْنَحَةِ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَّانَا نَحْنُ الْجَائِثِينَ وَالصَّارِحِينَ بِغَيْرِ فَتُورٍ، أَنْقَذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْكُم رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ الْعُلُوبَةِ.

### قنفاق لأحد الدينونة، باللحن

#### الأول

إِذَا أَتَيْتَ يَا اللَّهُ عَلَى الْأَرْضِ بِمَجْدٍ، تَرْتَعِدُ مِنْكَ الْبَرَايَا بِأَسْرِهِا، وَنَهْرُ النَّارِ يَجْرِي أَمَامَ عَرْشِكَ، وَالصُّحُفُ تُفْتَحُ، وَالْحَفَايَا تُشْهَرُ، فَجَنِّني حِينَئِذٍ مِنَ النَّارِ الَّتِي لَا تُطْفَأُ، وَأَهْلِنِي لِلْوُقُوفِ عَنْ يَمِينِكَ، أَيُّهَا الدَّيَّانُ الْعَادِلُ.

# الرسالة

قوتي وتسبيحتي الرب, أدباً أدبني الرب

فصل من رسالة القديس بولس الرسول الأولى إلى أهل كورنثوس

يا اخوة, إن الطعام لا يقربنا إلى الله, فإن أكلنا لا نكسب شيئاً, وإن لم نأكل لا نخسر شيئاً. ولكن انظروا أن لا تكون حريتكم هذه حجر عثار للضعفاء. فإن رآك أحد, يا صاحب المعرفة, تأكل في بيت الأوثان ألا يتشجع إذا كان ضعيف الضمير, فيأكل من ذبائح الأوثان؟ فيهلك بسبب معرفتك الأخ الضعيف الذي مات المسيح من أجله. وهكذا تخطئون إلى المسيح حين تخطئون إلى الاخوة وتجرحون ضمائرهم الضعيفة. فإذا كان الطعام يشكك أخي فلن أكل لحماً إلى الأبد, لئلا أشكك أخي. أما أنا رسول؟ أما أنا حر؟ أما رأيت ربنا يسوع المسيح؟ أما أنتم عملي في الرب؟ وإن لم أكن رسولا عند غيركم, فإني رسول عندكم, لأنكم أنتم خاتم رسالتي في الرب.

## الإنجيل

فصل شريف من بشارة القديس متى

قال الرب: متى جاء ابنُ البشر في مجده, ومعه جميعُ الملائكة القديسين يستوي على عرش مجده. وتُحشد أمامه جميعُ الشعوب, فيميز بعضهم من بعض, مثلما يميز الراعي الخراف عن الجداء, فيقيم الخراف عن يمينه, والجداء عن يساره. ويقول للذين عن يمينه: تعالوا, يا من باركهم أبي, رثوا الملك المهياً لكم منذ إنشاء العالم, لأنني جعت فأطعمتموني, وعطشت فسقتموني, وكنت غريباً فأويتموني, وعريانا فكسوتموني, ومريضاً فزرتموني, وسجينا فجنتم إلي. فيجيبه الصديقون: يا رب, متى رأيناك جائعاً فأطعمناك؟ أو عطشانا فسقيناك؟ ومتى رأيناك غريباً فأويناك؟ أو عريانا فكسوناك؟ ومتى رأيناك مريضاً أو سجينا فجننا إليك؟ فيجيبهم الملك: الحق أقول لكم: بما أنكم فعلتم هذا لواحد من اخوتي الصغار, فلي فعلتموه! ثم يقول للذين عن يساره: ابتعدوا عني, يا ملاعين, إلى النار الأبدية المهياة لإبليس وملائكته: لأنني جعت فلم تطعموني, وعطشت فلم تسقوني, وكنت غريباً فلم تؤووني, وعريانا فلم تكسوني, ومريضاً وسجينا فلم تزوروني. فيجيبه هؤلاء: يا رب متى رأيناك جائعاً أو عطشانا, غريباً أو عريانا,

مريضا أو سجيناً ولم نخدمك؟ فيجيبهم الملك: الحق أقول لكم: بما أنكم لم تفعلوا هذا  
لواحد من اخوتي الصغار، فلي لم تفعلوه! فيذهب هؤلاء إلى العذاب الأبدي، والصدّيقون  
إلى الحياة الأبدية.

#### 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