

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**

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and Metropolitan of all North America www.antiochian.org
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Sunday of the Holy Fathers of the 4th Ecumenical Council
Great Prince Vladimir (Basil) of Kiev, Equal-to-the-Apostles; Martyrs
Kyrikos and his mother Julitta of Tarsus

Sunday, July 15, 2019

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 of 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 for the Theotokos (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)

Blessed art Thou, O Lord, the God of our Fathers.
For Thou art just in all that Thou hast done for us.

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

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greetings to you. Greet 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)

The Lord said to His Disciples: “You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.”

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

The Holy Bread is offered by Richard and Deanna Bastron in loving memory of their Godchild, Caren Deeb Kouri. The Memorial Wheat is offered by Ramona and Charmaine Darmour in loving memory of their dear friend, Caren Deeb Kouri. The Coffee hour is offered by Nicole and Mustapha Aitouaskri, Danielle Kouri and Ashley Nieman, Richard and Deanna Bastron, Edna Deeb, The Najjar Family, The Kouri, Ranney, and Kinan families, in loving memory of their mother, niece, sister and dear friend, Caren Deeb Kouri. Memory eternal.

Holy Bread is being offered in loving memory of our sister, Caren by the Deeb family. Memory eternal.

Holy Bread last Sunday was offered last Sunday by the Meena, Abraham and Gascou families for the two-year memorial and in loving memory of Albert Meena (+18 July, 2016), beloved brother, uncle and Godfather. Memory eternal.

The coffee hour was offered last Sunday by Ned Toomey in remembrance and in loving memory of my dear wife, Neda Toomey (+31 July, 2010), and his Uncle Tim Farris (+54 years). Memory eternal.

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

for the speedy recovery of Uncle Emile by the Deeb family.

with prayers of thanksgiving by the Tortolano family for the well-being of Emile Skaff. May God keep him in His merciful care.

for the repose of the newly-departed Mikhael Boutros Rustrom (+17 June, 2018) and the good health of the Rustrom-Maloof family by Edna Deeb. Memory eternal.

for the repose of the one-year memorial of Metropolitan PAUL (Saliba) of Australia, New Zealand and the Philippines, of thrice-blessed memory!

Emile Skaff extends his thanks to everyone who prayed, visited and phoned him during his recent hospitalization. He asks everyone's continued prayers for his upcoming heart valve replacement.

ANNOUNCEMENTS

Congratulations!

We congratulate teens from our parish elected to serve as Executive Officers of our Diocesan Teen SOYO: Dominick Milkie (President) and Abby Abraham (Secretary).

Notice

Father Timothy is attending the Archdiocese Biennial Clergy Symposium at the Antiochian Village and will be leaving late tonight, July 15, and returning late on Friday, July 20th. In the event of an emergency, Father Timothy may be reached at: 818-219-3761 via text or e-mail: <pastor@stmichaelvannuys.org>. Subdeacon Richard Ajalat is available to respond to any pastoral concerns at: rajalat@stmichaelvannuys.org or (818) 800-2418

LITURGICAL CALENDAR

NOTE: Wednesday and Friday are observed as days of fasting

The Feast of the Holy Prophet Elias – Thursday, July 20th

The Eighth Sunday after Pentecost
and the Eighth Sunday of Matthew; Commemorating
Mary Magdoline, the Myrrh-bearer and Equal to the Apostles

Great Vespers – Saturday, July 21st, 5 p.m.

Orthros – Sunday, July 22nd, 8:45 a.m., Divine Liturgy, 10 a.m.

Fast of the Holy Dormition - August 1-14

Feast of the Holy Dormition - August 15

Upcoming Events (see the foyer bulletin board for more information)

Parish Council Meeting - Monday, July 16; Conference Room

Teen Santa Monica Pier Beach Day! - Saturday, July 21, 11:30 a.m.

RSVP to Katya Soot at: katya@stmichaelvannuys.org by July 18

Antiochian Archdiocese Biennial Clergy Symposium, July 16-20
at the Antiochian Village (Bolivar, Pennsylvania)

St. Nicholas Summer Camp Session I - July 15-21, 2018;
Session II - July 22-28, 2018; Session III - July 29 to August 4, 2018

Dormition Fast - Wednesday, August 1 to Tuesday August 14, 2018
The Feast of the Transfiguration - Monday, August 6

Vesperal Liturgy for the Feast of the Dormition - Tuesday, August 14
Feast of the Holy Dormition - Wednesday, August 15

Orthodox Young Professionals Conference, August 16-19
Denver, Colorado; www.oypc.org

Father Timothy on vacation: August 21-23; August 28 to September 6

Church School Registration - September 2, 9, 2018
Church School Awards Presentation Coffee Hour - September 9, 2018
Start of Church School Classes - September 16, 2018

St. Mark (Irvine) Annual Fundraiser - Saturday, September 22
San Juan Golf Club; dinner, entertainment and silent auction.

Additional Parking

We are now able to park along Vanowen Street immediately in front of our church property. The "No Parking at Any Time" signs have been removed. Additional parking is also available in the neighborhood outside of the north gate of our church property.

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

Holy Bread Offering List

Jul 22 - open
Jul 29 - open
Aug 05 - the Boutross and Horaney
families
Aug 12 - open

Coffee Hour Hosts Calendar

Jul 22 - Sharon & Nabeel Abughazaleh
Jul 29 - "Peanut Butter Sunday"
Aug 05 - open
Aug 12 - open

Please contact Fr. Timothy (818/219-3761; pastor@stmichaelvannuys.org) to sign-up to offer Holy Bread for open upcoming Sundays and Cindy Tamoush at: (818-345-4363; famtam5@socal.rr.com) for the Coffee Hour.

The Prayer of Metropolitan Philaret of Moscow*

O Lord, grant that I may meet the coming day in peace. Help me in all things to rely upon your holy will. In each hour of the day reveal your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with the firm conviction that Your will governs all.

In all my deeds and words guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me the strength to bear the fatigue of the coming day with all that it shall bring. Direct my will. Teach me to pray. Pray within me.

Most Holy God, I pray and beseech you, give me a pure heart, a way of speaking that befits the faith I profess. Grant me uprightness of purpose, powers of reasoning unhindered by passions, conduct that becomes those who fear you, and perfect knowledge of your commandments. May I enjoy health in body and in spirit.

Grant me a life of peace, genuine faith and living hope, sincere charity and bountiful generosity, patience that knows no bounds and the light of Your truth to proclaim Your goodness to me, that for ever and in all things placing my trust only in You, I may abound in every good work, and that in Christ Your gifts may increase in every soul.

For to You belong all glory, honor and majesty, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen

**Metropolitan Philaret of Moscow (1782-1867) was canonized a saint by the Russian Orthodox Church in 1995. His Feast Day is on November 19. He was known to preach and write about how to live the Christian life, and based his words on the wisdom of the Holy Fathers. He published a catechism that was an influential book in Russia and other countries for nearly 200 years.*

SUNDAY OF THE HOLY FATHERS OF THE FOURTH ECUMENICAL COUNCIL

HIEROMARTYR ATHENOGENES, BISHOP OF HERAKLEOPOLIS, AND HIS TEN DISCIPLES;
THE 15,000 MARTYRS OF PISIDIA WHO BELIEVED IN CHRIST THROUGH ST. MARINA

طروبارية القيامة على اللحن السادس

إنّ القواتِ الملائكية ظهرت عند قبرك الموقرِ، فالحراسُ صاروا كالأمواتِ، ومريم وقفت عند القبرِ طالبةً جسدك الطاهرِ، فسببتِ الجحيمَ ولم تجرّب منها، وصادفتِ البتولَ مانحاً الحياةَ، فيا من قام من بين الأمواتِ، يا ربّ المجدُّ لك.

طروبارية رؤساء الملائكة باللحن الرابع

أيها المتقدّمونَ على الأجنادِ السماويين، نتوسّلُ إليكم نحن غيرَ المستحقّين، حتّى أنكم بطلباتكم تكتنّفوننا بظلِّ أجنحةِ مجدكم غيرِ الهيوالي، حافظينَ إيانا نحنُ الجاثينِ والصارخينَ بغيرِ فتور، أنقذونا منّ الشدائد، بما أنكم رؤساءُ مراتبِ القواتِ العلوية.

قنّداق السيدة على اللحن الثاني

يا شفيعةَ المسيحيين غيرِ المخذولةِ، المتوسطة لدى الخالق غيرِ المردودة، لا تعرضي عن أصواتِ طلباتنا نحنِ الخطأة، بل تداركينا بالمعونة بما أنك صالحة نحنِ الصارخينَ إليك بإيمان: بادري إلى الشفاعة وأسرعِي في الطلبة، يا والدة الإله المتشفعة دائماً في مكرميك.

الرسالة

افرحوا بالرب وابتهجوا أيها الأبرار، طوبى لمن غفرت معصيتهم

فصلٌ من رسالة القديس بولس الرسول إلى تيطس

يا ولدي تيطس، هذا قولٌ صادقٌ، وأريدُ أن تكونَ حازماً في هذا الأمرِ حتّى ينصرفَ المؤمنون بالله إلى العملِ الصالحِ، فهذا حسنٌ ومفيدٌ للناس. أما المجادلةُ السخيفةُ وذكرُ الأنسابِ والخلافُ والمناقشةُ في الشريعةِ، فاجتنبها لأنها لا تقيدُ ولا

تتفع. وأما صاحبُ البدع فأعرض عنه بعد أن تُنذِرَه مرةً ومرةً. وأنت تعرفُ أنّ من كان مثله ضلّ وكان خاطئاً وحكّم على نفسه. ومتى أرسلتُ إليك أرتيماس أو تيخيكس بادرُ في المجيء إليّ إلى نكوبولس، لأنّي أنوي أنّ أقضي الشتاءَ هناك. واجتهدُ في إعدادِ سفرِ زيناس معلّمِ الشريعة وأبلس لئلا يحتاجا إلى شيء. وليتعلّم ذوونا حسنَ القيامِ بالعملِ الصالحِ ليسدوا الحاجاتِ الضرورية، فلا يكونوا عقاء. يسلم عليك جميع الذين معي. سلّم على أحبائنا في الإيمان. ولتكنّ النعمةُ معكم أجمعين.

الإنجيل

فصلٌ شريفٌ من بشارَةِ القديسِ متى

قال الربُّ لتلاميذه: أنتم نورُ العالمِ، لا تخفى مدينةً على جبلٍ، ولا يوقدُ سراجٌ ويوضعُ تحت المكيالِ، لكن على المنارة حتى يضيء لجميع الذين هم في البيت. فليضيء نوركم هكذا قدام الناس، ليروا أعمالكم الصالحة ويمجدوا أباكم الذي في السماوات. لا تظنوا أنّي جئت لأبطل الشريعة والأنبياء: ما جئت لأبطل، بل لأكمل. الحق أقول لكم: إلى أن تزول السماء والأرض لن يزول حرف أو نقطة من الشريعة حتى يتم كل شيء. فمن خالف وصية من أصغر هذه الوصايا وعلم الناس أن يعملوا مثله، عدّ صغيراً في ملكوت السماوات. وأما من عمل بها وعلمها فهو يُعدّ عظيماً في ملكوت السماوات.

ملاحظة بخصوص تناول القربان المقدس

إن مفهومنا لتناول القربان يعني عمومية المشاركة فيه لذوى العقيدة الواحدة، إلا 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 في الخبز المقدس الذي يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضواً في الكنيسة الارثوذكسية.