

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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The Third Sunday of Great Lent

The Veneration of the Precious and Life-giving Cross;
Hypatios the Wonderworker, Bishop of Gangra; Venerable Akakios the Confessor, Bishop of Melitene; and the Prophet Joel; Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to America; and Jonah, Metropolitan of Moscow

Sunday, March 31, 2019

Tone 3; Eothinon 11

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 the Holy Cross (Tone 1)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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 of the Annunciation [and Great Lent] (Tone 8)

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: "Hail, O Bride without Bridegroom."

Daily Readings

THE EPISTLE (for the Third Sunday of Lent)

O Lord, save Thy people and bless Thine inheritance.

To Thee, O Lord, have I cried, O my God.

The Reading from the Epistle of St. Paul to the Hebrews (4:14 – 5:6)

Brethren, since we have a High Priest, Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but One Who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, “Thou art My Son, today I have begotten Thee”; as He says also in another place, “Thou art a priest forever, after the order of Melchizedek.”

THE GOSPEL (for the Third Sunday of Lent)

The Reading of the Holy Gospel is according to St. Mark (8:34 – 9:1)

The Lord said, “If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels.” And Jesus said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power.”

The Synaxarion – March 31st

On March 31 in the Holy Orthodox Church, we commemorate of our father among the saints Hypatios the Wonderworker, Bishop of Gangra; Venerable Akakios the Confessor, Bishop of Melitene; and the

Prophet Joel; and the repose of Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to America; and Jonah, Metropolitan of Moscow.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

Verses

Let the whole world entire worship the Cross
through Which it truly knew to worship Thee, O Word.

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. 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 about membership.

OFFERINGS

The Forty-day Memorial service is being offered in memory of the servant of God, Frank Boyer (+14 February, 2019). Memory eternal. Prayers are offered for the continued health of his beloved wife, Margot Boyer. The memorial wheat is being offered by the Sarchizian family and this morning's coffee hour is being hosted by the Ajalat family in memory of Frank.

Holy Bread is being offered in memory of Dr. Ezequiel Barba (+26 March, 2009) and Helen Saleh (+31 March, 2011) by Sam, Rami, Yuriko, Sarah and Leilah Yanni and the Ibrahim family. Memory eternal.

Roses for the procession of the Holy Cross is being offered this morning in loving memory of Marion R. Deeb, Rose Deeb and Amelia Nader, beloved mothers and grandmothers of Gina Deeb, Jeanice Deeb, Edward & Louise Deeb and family. Memory eternal.

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

for the speedy recovery and continued health of Ramez Hage

for the newborn child: Adalyn Reema Samer Abughazaleh born on March 18, 2019; the eleventh grandchild of Nuha & Adeeb Abughazaleh; born to Samer & Toni Abughazaleh; Mabrook!

The Lenten meal hosted last Wednesday night by Ramez & Rima Hage, Cindy & Richard Tamoush, Minnie Lush, Nicole & Robert Webster, Amira & Samir Boutari, Deacon Andrew & Barbara Monsue and their families. [Note: the proceeds of the Lenten meal collection are being used to assist with the projects of the Antiochian Women.] We also thank Minnie Lush for her contribution to our Church School Lenten dinner on March 13.

Note: On each of the five Sundays of Great Lent, the prayers of St. Basil the Great are used within the Divine Liturgy. The five Sundays of Lent are among the ten times when the Liturgy of St. Basil is used each year. Others include: January 1st, the Feast of St. Basil, January 6th, Holy Theophany, Holy Thursday, Holy Saturday and Christmas Eve.

The Liturgy of St. Basil is Antiochian, specifically from Cappadocia where St. Basil was a bishop. It is older than the Liturgy of St. John Chrysostom, perhaps by two centuries. The Liturgy of St. Basil was known to be the standard weekday liturgy in the Great Church of Constantinople (*St. Sophia*) up until the 6th century, after which the Liturgy of St. John Chrysostom began being commonly celebrated on Sundays.

To follow the service from our red Service Book, you will find the prayers of St. Basil beginning on page 132, replacing the prayers that begin on page 103 in the Liturgy of St. John Chrysostom. You will also find the prayers of St. Basil conveniently alongside the prayers of St. John Chrysostom in the spiral bound congregational service book.

ANNOUNCEMENTS

March is "Women's Month" in the Antiochian Archdiocese

Reading the Epistle this morning is Nicole Webster; our ushers are: Tanya Milkie, Yuriko Yanni, Anita Chala and Cindy Tamoush.

Wednesday Evening Talks: "The Rituals of Our Church"

At each of the Wednesday evening Pre-sanctified Liturgies Father Timothy is speaking on the topic: "The Rituals of the Church and Their Meaning." His objective is to clarify the purpose and function of rituals in our services and to correct some misconceptions.

LITURGICAL CALENDAR

[Note: We are currently in the period of the Great Fast.*]

Weekday Lenten Services

Monday, April 1st – Great Compline, 6:30 p.m.

Wednesday, April 3rd – Liturgy of Pre-sanctified Gifts,** 6:30 p.m.
[followed by a parish Lenten Meal]

Friday, April 5th – The Akathist Hymn, 4th stasis ("Madeyeh"), 6:30 p.m.

The Fourth Sunday of Great Lent

The Commemoration of St. John "of the Ladder" (Climacus)

Saturday, March 6th – Great Vespers, 5 p.m.

Sunday, March 7th – Orthros, 8:45 a.m., Divine Liturgy 10 a.m.

*For more information on fasting or questions, speak with Father Timothy.

** the Liturgy of Pre-sanctified Gifts is a Vespereal Liturgy and includes Holy Communion. Preparation begins with observing the fast and includes abstinence following light lunch.

Fish, wine and oil are permitted on Palm Sunday, April 21st.

Holy Pascha (Easter) is celebrated on April 28th.

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

So. California Antiochian Women's 40th Annual Diocesan Spring Retreat
Camp St. Nicholas (Frazier Park, CA); April 12-14, 2019

Speaker: V. Rev. George Ajalat; Topic: "Holy Week:
The Bride Receives Her Bridegroom;" on-line registration at:
antiochianladiocese.org (scholarships also available)

50th Anniversary St. Michael Golf Classic - Monday, May 13, 2019
Woodland Hills Country Club; 12 noon "tee-off;" dinner, 6 p.m.

IOCC “Share the Love” Valentine Dinner, Sunday, May 19, 2019
St. Luke Church (Garden Grove) at 5 p.m., \$50/person
Go to: iocc.org/sharethelove

67th Annual Diocesan Parish Life Conference
Host: St. Anthony Church; San Diego, California, July 3-7, 2019

Go to: antiochianevents.com/la.html to register for your hotel room (\$169/night) at the Sheraton Harbor Island and Marina.

Antiochian Archdiocese Convention - July 21-28, 2019
Host: St. Nicholas Church; Grand Rapids, Michigan

Go to: AC2019gr.org to register for your hotel room, view the Convention schedule and download forms for the ad book and registration. There are two (2) Convention hotels: 1) the Amway Grand Plaza (\$149/night) with free self-parking and WiFi; 2) the JW Marriott (\$184/night), adjacent to the Convention hotel.

Please Do Not Enter the Construction Site

Please stay clear and keep all children away from the construction site on our property to avoid any accident or unintended mishap. The newly paved parking areas is now available for your convenience. However, please observe a 5 mph speed limit and be cautious in using the unmarked double lane driveway in front of the building. Thank you for your patience and continued cooperation.

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

Holy Bread Offering List

Apr 07 - open
Apr 14 - Ron & Kathy Zraick
Apr 21 - Palm Sunday
Apr 28 - Holy Pascha
May 05 - open

Coffee Hour Hosts Calendar

Apr 07 - open
Apr 14 - Ron & Kathy Zraick
Apr 21 - Palm Sunday Bake Sale
Apr 28 - Paschal Breakfast
May 05 - The Castillo family

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

Paschal Breakfast

The Feast of the Resurrection (Holy Pascha/Easter) is April 28th and only a few weeks away. Like previous years, we will be celebrating the Feast with a "pot luck" Paschal "Agape" Breakfast following the midnight Liturgy in the early morning. Last year's breakfast was a tremendous success and we are again depending upon your generous offerings as we celebrate the Feast. All dishes and desserts should be brought to the church kitchen prior to the start of the late evening service that begins at 11:30 p.m. Please consider one of the following categories and e-mail me at kthabit66@hotmail.com with the item(s) that you will be bringing. Please choose from the following: a) main dish (meat, poultry, fish), b) kid friendly meal, c) side dish (salad, veggies, relish dish, fruit, etc.), d) desserts or pastries, e) beverages (water, coffee, tea, juice, soft drinks), f) paper plates, cups, etc. Some of you may also consider assisting us with the buffet set-up and kitchen clean up. Please inform me of your availability. This will save in helping us to hire a clean-up crew. God bless you and grant you and your family a blessed Lent and Pascha! [Kris Thabit].

Food for the Hungry People Drive

You may have received the Food for the Hungry People mailing from Robin Nicholas. Your contribution may be made through our parish by writing your check to "St. Michael Church", earmarked: "FFHP" and our parish collection will be sent in at the end of Great Lent. Thank you for your support of our annual Lenten charity campaign.

Overcoming Anger

Anger is one of the most commonly confessed sins. However, the Bible instructs "In your anger do not sin," and not to let the sun go down while you are still angry. (Ephesians 4:26). How is this done? Is it possible? Hear Father Ted Pulchini who provides a very excellent series of talks on this subject. His helpful presentations are in four sessions each with questions and answers. To hear them simply go to: <http://antiochian.org/regulararticle/245>

Holy Friday Arabic Choir

We encourage your participation in the Arabic Choir on Holy Friday (April 26) and to attend the rehearsal sessions led by our Choir Director, Art Danks, on Wednesday, April 24 and again on Friday, April 26 at 5:30 p.m. in classrooms 3 and 4.

Holy Friday Teen Vigil - April 26

Our teens will again be participating in our Annual Vigil that will take place on Holy Friday, April 26. It will include a light dinner, preparing the church for Pascha, cutting bay leaves and a group discussion with Father Timothy.

EOTHINON 11

الايوثينا 11

TONE 3

اللح 3

THIRD SUNDAY OF GREAT LENT

VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

HYPATIOS THE WONDERWORKER, BISHOP OF GANGRA; VENERABLE AKAKIOS THE CONFESSOR, BISHOP OF MELITENE; AND THE PROPHET JOEL; INNOCENT, METROPOLITAN OF MOSCOW, ENLIGHTENER OF THE ALEUTS AND APOSTLE TO AMERICA; AND JONAH, METROPOLITAN OF MOSCOW

طروبارية القيامة على اللحن الثالث

لتفرح السماويات وتبتهج الارضيات, لانّ الربّ صنعَ عزّاً بساعده, ووطئ الموتَ بالموت, وصارَ بكرَ الاموات, وأنقذنا من جوفِ الجحيم, ومنح العالمَ الرحمةَ العظمى

طروبارية الصليب على اللحن الأول

خلص يا رب شعبك وبارك ميراثك, وامنح عبيدك المؤمنين الغلبة على الشرير, واحفظ بقوة صليبك جميع المختصين بك.

طروبارية رؤساء الملائكة بالحن الرابع

أيها المتقدمون على الأجناد السماويين، نتوسّل إليكم نحن غير المستحقين، حتّى أنكم بطلباتكم تكتنّفوننا بظلمٍ أجنحةٍ مجدكم غير الهولي، حافظين إيانا نحن الجاشين والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القوات العلوية.

قنداق آحاد الصوم على اللحن الثامن

إني أنا عبدك يا والدة الإله، أكتب لك رايات الغلبة يا جنديّة محامية، وأقدم لك الشكر كمنقذة من الشدائد. لكن بما أن لك العزة التي لا تحارب، أعتقيني من صنوف الشدائد، حتّى أصرخ إليك: افرحي يا عروسا لا عروس لها.

الرسالة

خلص يا ربّ شعبك وبارك ميراثك، إليك يا ربّ أصرخ الهي.
فصلٌ من رسالة القديس بولس الرسول إلى العبرانيين

يا إخوة، ولما كان لنا رئيس كهنة عظيم قد اجتاز السماوات، وهو يسوع ابن الله، فلنتمسك بالاعتراف به. فلنا رئيس كهنة قادر أن يشفق على ضعفنا، مُجربٌ في كل شيء ما عدا الخطيئة. فلنتقدم بثقة إلى عرش النعمة، لننال رحمة ونجد نعمة تغيننا عند الحاجة. فكل رئيس كهنة يؤخذ من بين البشر ويقام من أجلهم فيما هو لله، ليقدّم قرابين وذبائح عن الخطايا. وهو قادر أن يشفق على الجاهلين والضالين، لأنه هو نفسه متلبس بالضعف. ولهذا يجب عليه أن يقدم كفارة عن خطاياهم وعن خطايا الشعب. وما من أحد يتولى بنفسه هذه الكرامة إلا إذا دعاه الله كما دعا هارون. وكذلك المسيح لم يرفع نفسه ليصير رئيس كهنة، بل رفعه الذي قال له: أنت ابني وأنا اليوم ولدتك. وقال له في موضع آخر: أنت كاهن إلى الأبد على رتبة ملكيصادق.

الإنجيل

فصلٌ شريفٌ من بشارة القديس مرقس

قال الرب: من أراد أن يتبعني, فلينكر نفسه ويحمل صليبه ويتبعني, لان من أراد أن يخلص نفسه يخسرها, ولكن من خسر نفسه في سبيلي وفي سبيل البشارة يخلصها. فماذا ينفع الإنسان لو ربح العالم كله وخسر نفسه؟ وبماذا يفدي الإنسان نفسه؟ لان من يستحي بي وبكلامي في هذا الجيل الفاسق الخاطيء, يستحي به ابن البشر متى جاء في مجد أبيه مع الملائكة الأطهار. وقال لهم: "الحق أقول لكم: في الحاضرين هنا من لا يذوقون الموت, حتى يروا مجيء ملكوت الله في قوة".

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.

THE HISTORICAL BACKGROUND OF THE HOLY CROSS AND ITS VENERATION

Apart from many other occasions on which the precious Cross of Christ is venerated in the Orthodox Church, there are two particular feasts completely devoted to its veneration. The first is the Third Sunday of Great Lent; the second is the Feast of the Raising (*Exaltation*) of the Holy Cross (September 14th). On the third Sunday of Great Lent, the anniversary of the finding of the Cross by St. Helen is commemorated. St. Helen was the mother of the first Byzantine emperor, Constantine the Great. She was a devout Christian and supported the Christian cause with great zeal. In 326AD, at the age of 71, St. Helen visited the Holy Land where she discovered the Cross on which our Lord was crucified, according to the tradition widely circulated at the time and quoted by highly respected historians. She founded there the Basilicas on the Mount of Olives and at Bethlehem, as well as other Churches in both Constantinople and Rome.

Originally, the anniversary of the finding of the Cross was set to be celebrated on March 6th, but since March 6th usually falls within Great Lent and no Eucharist can be celebrated unless it falls on a Saturday or Sunday, the celebration of the anniversary was shifted to the Third Sunday of Lent.

Basil leaves are used with flowers in the procession because its sweet scent was evident at the place where the Holy Cross was found.

ORDER OF THE PROCESSION WITH THE HOLY CROSS

In order to provide the opportunity for our children to participate by singing in the procession with the Holy Cross this morning, the procession will take place within our Liturgy, prior to the readings of the Epistle and Gospel lesson.

Following the "Amen" of the prayer of the Second Little Ektenia, the Priest censes the tray of flowers and the Cross and the Trisagion Hymn begins for the procession (going out of the church to the front door) beginning with the Altar Boys, followed by the Cross, clergy, choir, and congregation. Upon returning to the table in front of the Holy Altar, the tray with the Cross and flower being placed upon the table, the following order is observed:

CHANTER: "Exalt ye the Lord our god, and worship and His footstool.
O Lord, save Thy people and bless Thine inheritance.
Feed them and lift them up forever!"

PRIEST: Hymn of the Cross sung by the Priest (Arabic)

CHOIR: Hymn of the Cross sung by the Choir (English)

DEACON: "Wisdom, attend!"

CHOIR: "Come let us worship, and fall down before Christ. Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia!

This is followed by the Apolitikia printed in the bulletin before the "Prayer of the Thrice-Holy."