

**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 Sunday of the After-feast of the Ascension

Commemoration of the Holy Fathers of the 1<sup>st</sup> Ecumenical Council  
Cyril, Archbishop of Alexandria; Pelagia and the three Virgin-martyrs of  
Chios; The Venerable Cyril of Belozersk; Venerable Columba, the  
Enlightener of Scotland

Sunday, June 9, 2019

Tone 6; Eothinon 10

### 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 Ascension (Tone 4)

Thou hast ascended in glory, O Christ our God, and gladdened Thy Disciples with the promise of the Holy Spirit, having become confident of the blessing. Verily, Thou art the Son of God, and Deliverer of the world.

### Apolytikion for 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 Ascension (Tone 6)

When Thou didst fulfill Thy dispensation for our sakes, uniting the terrestrials with the celestials, Thou didst ascend in glory, O Christ our God, inseparable in space, but constant without separation, and crying unto Thy beloved, I am with you, and no one shall be against you.

## Daily Readings

### THE EPISTLE (for the Holy Fathers)

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

### The Reading from the Acts of the Apostles (20:16-18, 28-36)

In those days, Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletus he sent to Ephesus and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish everyone with tears. And now I commend you to God and to the word of His grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how He said, 'It is more blessed to give than to receive.'" And when he had spoken thus, he knelt down and prayed with them all.

### THE GOSPEL (for the Sunday after the Ascension)

### The Reading of the Holy Gospel is according to St. John (17:1-13)

At that time, Jesus lifted up His eyes to heaven and said, "Father, the hour has come; glorify Thy Son that the Son may glorify Thee, since Thou hast given Him power over all flesh, to give eternal life to all whom Thou hast given Him. And this is eternal life, that they know Thee the only true God, and Jesus Christ Whom Thou hast sent. I glorified Thee on earth, having accomplished the work which Thou gavest Me to do; and now, Father, glorify Thou Me in Thy own presence with the glory

which I had with Thee before the world was made. I have manifested Thy Name to the men whom Thou gavest Me out of the world; Thine they were, and Thou gavest them to Me, and they have kept Thy word. Now they know that everything that Thou hast given Me is from Thee; for I have given them the words which Thou gavest Me, and they have received them and know in truth that I came from Thee; and they have believed that Thou didst send Me. I am praying for them; I am not praying for the world but for those whom Thou hast given Me, for they are Thine; all Mine are Thine, and Thine are Mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to Thee. Holy Father, keep them in Thy Name, which Thou hast given Me, that they may be one, even as We are one. While I was with them, I kept them in Thy Name, which Thou have given Me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to Thee; and these things I speak in the world, that they may have My joy fulfilled in themselves.”

#### **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 by Salim El-Darzi, Maya and Marwan, in loving memory of the servant of God, Laila (+8 December, 2015), beloved wife and mother. Memory eternal.

Holy Bread is being offered by Amira & Samir Boutari on behalf of the St. Michael Prayer Group Sisterhood, for the repose of the newly-departed servant of God, Violet Kavan (+29 May, 2019). Memory eternal.

[The schedule of services for Violet Kavan include: Funeral Service - Monday, June 10 at 10 a.m. followed by the Graveside Trisagion and interment at St. Nicholas Memorial Park (Valhalla Cemetery) at 11:30 a.m.]

Holy Bread is being offered by Waleed & Michelle Moujaes and family, and Marie Moujaes, for Sophie Moujaes, on the occasion of her baptism. May God grant her many years of health, happiness, and service in His Holy Church.

Holy Bread is being offered in memory of Mitry & Elizabeth Ajalat, Raymond Salamy and Shehadeh Moujaes by the Ajalat, Salamy and Moujaes families. Memory eternal.

Holy Bread is being offered by Emile F. Skaff and family in memory of Frank Skaff, Sr. (+12 June, 1960). Memory eternal.

Holy Bread is being offered by the O'Dea and Chala families in memory of their beloved father, grandfather and great grandfather, Salvador Chala, Sr. (+9 June, 1997). Memory eternal.

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

for the repose of the newly-departed, Diane Wood (+4 June, 2019), beloved sister of Pat Malouf. Memory eternal.

by Minnie Lush and family in memory of her cousin, George Saba of Phoenix, Arizona, who passed away suddenly on Friday, May 31, 2019. He leaves his darling wife, Kim Abdelnour Saba and three beautiful teen aged children, his parents in Lebanon, his father and mother-in-law, Joe & Louise Abdelnour of Phoenix, and many dear friends. Memory eternal.

by Minnie Lush and family in memory of Violet Kavan, a great lady who regularly showed her devotion, care and generosity to her family, her church family and to many others in the community! Memory eternal!

for the healing and speedy recovery of the Archpriest, David Hovik, the Pastor of St. Andrew Church in Arlington, Washington.

by Charmaine Darmour for the repose of her newly-departed co-worker: Marriah Valdez, 26 years of age of the Anaheim Police Department. (+5 June, 2019). Memory eternal.

## LITURGICAL CALENDAR

[Wednesdays and Fridays are observed as days of fasting in all Orthodox Churches]

The Great Feast of Pentecost

Great Vespers – Saturday, June 15<sup>th</sup>, 5 p.m.

Orthros – Sunday, June 16<sup>th</sup>, 8:45 a.m., Divine Liturgy, 10 a.m.

followed by the Kneeling Prayers

## For Planning Ahead

**The Great Feast of Pentecost** (fifty days after the Feast of the Resurrection) is celebrated this year next Sunday, June 16th. There is no fasting during the week following Pentecost (June 17-21). **The Sunday of All Saints** is celebrated on the Sunday following Pentecost (June 23rd). From Monday, June 44th to Friday, June 28, we observe **The Fast of the Holy Apostles**. The period of this fast varies from year to year, depending on the date of Easter. The traditional fasting discipline includes: no meat, poultry, eggs, cheese, milk or other dairy products, fish, wine and olive oil on Monday, with *catalysis* (allowance) for wine and olive oil on Tuesday (some also permit fish on Tuesday). The Fast prepares us for the celebration of the **Feast of the Holy Apostles Peter and Paul**, Patrons of the Patriarchate of Antioch, celebrated this year on Saturday, June 29th. Having rejoiced for the fifty days following Pascha (Easter), the Apostles began to prepare for their departure from Jerusalem to spread Christ's message. According to Holy Tradition, as part of their preparation, they began to fast with prayer to ask God to strengthen their resolve and to be with them in their missionary undertakings.

## ANNOUNCEMENTS

### Arab American Educational Foundation Scholarships

Once again the American Arabic Educational Foundation (AAEF) is awarding scholarships to Southern California students of Arabic heritage. The scholarship requires that the applicant be a graduating high school senior or equivalent, planning to enter either an academic or vocational school the term following the granting of the scholarship. The recipient must also be of Arabic Heritage, and resident of one of the following California Counties: Imperial, Los Angeles, Orange, Riverside, San Bernardino, San Diego, or Ventura. Applicants must also be a citizen or permanent resident of the United States. Applications may also be submitted by college and graduate students. All of the above eligibility and qualifications apply. Applications may be obtained by e-mail in contacting: Fred Milkie, Jr. at <application@aaefscholarship.com> or by downloading it from: <http://www.aaefscholarship.com> Questions may be directed to Fred Milkie, Jr. by phoning him at: 818-535-4243. The applications must be turned in no later than June 14, 2019.

## Raies-Murr Educational Trust Scholarship

Only members, in good standing of St. Michael Antiochian Orthodox Church (Van Nuys) or St. Nicholas Antiochian Orthodox Cathedral (Los Angeles) and who have been accepted to or are currently enrolled in a publicly supported (not private) institution of higher learning, including eligible publicly supported vocational, technical and trade schools, are eligible to apply for a Raies-Murr Scholarship. Applications can be obtained by e-mailing Mallory Murr at: <RaiesMurrScholarship@gmail.com>. The applications must be returned by July 8, 2019.

## 67th Annual Diocesan Parish Life Conference

Host: St. Anthony Church; San Diego, California, July 3-7, 2019

Go to: [antiochianevents.com/la.html](http://antiochianevents.com/la.html) to register for your hotel room (\$169/night) at the Sheraton Harbor Island and Marina. We have been informed that the hotel is nearly fully booked.

## Antiochian Archdiocese Convention - July 21-28, 2019

Host: St. Nicholas Church; Grand Rapids, Michigan

Go to: [AC2019gr.org](http://AC2019gr.org) to register for your hotel room, view the Convention schedule and download forms for your registration.

## Neighborhood Open Houses

As we continue to celebrate our parish's Fiftieth Year, it is our hope that you will get to know your fellow parishioners in your neighborhood. We have formed a listing of our members in each area of the Los Angeles metropolitan area and are looking for volunteers to host a neighborhood gathering sometime this year. The gatherings are to be informal and to allow for socializing; maximum two (2) hours, i.e., 7-9 p.m. Deserts or refreshments may be considered. Potlucks may also be planned. Gatherings may also take place in a clubhouse or be a park picnic. Hosts will be responsible in contacting parishioners in their neighborhood. We are asking our hosts not to include the church calendar dates of fasting. Should you have any questions or are interested in being a host, please speak with Father Timothy: 818-219-3761 <[pastor@stmichaelvannuys.org](mailto:pastor@stmichaelvannuys.org)>.

## June "Loaves and Fishes" Food Collection

Water, socks (all ages) packet of wipes, lip balm, diapers, baby wipes, feminine hygiene items, \$5/\$10 gift cards are being collected by Cindy Tamoush up until June 30th.

### Mattresses for Camp St. Nicholas

There is an urgent need at Camp St. Nicholas for new, sanitary mattresses. The Camp Committee is hoping to provide approximately 225 mattresses before the start of the upcoming Summer Camp Season. The cost is \$100 per mattress. If you are able to make a donation of one or more mattresses, you may send your check to "St. Nicholas Cathedral," earmarked "mattresses," % Ed Malouf (1021 No. Orchard Drive; Burbank, CA; 91506) or make an on-line donation with your credit card at: <http://www.stnicholasla.com/make-donation> (select: "Camp St. Nicholas"). Questions? Contact Ed Malouf at: 310-923-4347.

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

Young Adults celebrating birthdays - hosted by Father Timothy at his residence on Sunday, July 21, 2019, after church.

St. Nicholas Summer Camp Program:

Week One - July 15-20; Week Two - July 22-27;

Week Three - July 29 to August 3

Fast of the Holy Dormition - August 1-14

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

#### **Holy Bread Offering List**

Jun 16 - Pentecost  
Jun 23 - open  
Jun 30 - open  
Jul 07 - The Kneizeh family  
Jul 14 - open

#### **Coffee Hour Hosts Calendar**

Jun 16 - open  
Jun 23 - open  
Jun 30 - open  
Jul 07 - The Kneizeh family  
Jul 14 - open

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

## SUNDAY OF THE AFTER-FAST OF THE ASCENSION

COMMEMORATION OF THE HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL  
CYRIL, ARCHBISHOP OF ALEXANDRIA; PELAGIA AND THE THREE VIRGIN-MARTYRS OF CHIOS;  
VENERABLE CYRIL OF BELOZERSK; VENERABLE COLUMBA, ENLIGHTENER OF SCOTLAND

### طروبارية القيامة على اللحن السادس

إنَّ القواتِ الملائكية ظهرت عند قبرك الموقر، فالحراسُ صاروا كالأموات،  
ومريم وقفت عند القبر طالبةً جسدك الطاهر، فسببت الجحيمَ ولم تُجرب منها،  
وصادفتَ البتولَ مانحاً الحياة، فيا من قام من بين الأموات، يا ربَّ المجدُّ لك

### طروبارية الصعود على اللحن الرابع

لقد صعدت بمجد أيها المسيح إلهنا، وفرحت تلاميذك بموعد الروح القدس، فأيقنوا  
بالبركة أنك أنت ابن الله المنقذ العالم

### طروبارية الآباء على اللحن الثامن

أنت أيها المسيح إلهنا فائق التسبيح، لأنك أقمت آباءنا كواكب على الأرض، وبهم  
هديتنا جميعاً إلى الإيمان الحقيقي. فيا جزيل التحنن المجد لك

### طروبارية رؤساء الملائكة بالحن الرابع

أيها المتقدمون على الأجناد السماويين، نتوسلُ إليكم نحن غير المستحقين، حتى  
أنكم بطلباتكم تكتنوفوننا بظلِّ أجنحة مجدكم غير الهيولي، حافظين إيتانا نحن  
الجاثين والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القوات  
العلوية.

### قنداق الصعود على اللحن السادس

لما أكملت التدبير الذي من أجلنا، ووحدت الأرضيات بالسماويات، صعدت بمجدٍ إليها المسيح إلهنا، دون أن تبرح مكانا، بل لبثت غير منفصل عنا، وهنقت بمحبتيك: أنا معكم وليس أحد عليكم.

## الرسالة

مبارك أنت يا رب اله آبائنا، فانك عدل في كل ما صنعت بنا.

فصل من أعمال الرسل القديسين الأطهار

في تلك الأيام، صمّم بولس أن يتجاوز أفسس في البحر لئلا يتأخر في أسية، لأنه كان يريد السرعة لعلّه يصل إلى أورشليم يوم الخميس. وأرسل من ميليتس يستدعي شيوخ كنيسة أفسس. فلما جاؤوا إليه، قال لهم: اسهروا على أنفسكم وعلى القطيع الذي أقامكم فيه الروح القدس أساقفة، لترعوا كنيسة الله التي اكتسبها بدمه. وإني لعالم بأنه بعد رحيلي ستدخل بينكم الذئاب الخاطفة، ولا تشفق على القطيع. ويقوم من بينكم أنتم أناس ينطقون بالباطل ليحملوا التلاميذ على اتباعهم. فتنبهوا وتذكروا أني بالدموع نصحت كل واحد منكم، ليلا ونهارا، مدة ثلاث سنوات. والآن استودعكم الله وكلمة نعمته، فهو القادر على أن يشيد البنيان ويؤتيكم الميراث مع جميع القديسين. إني لم اشته يوما فضة أحد أو ذهبه أو ثيابه، وأنتم تعرفون أن يدي هاتين سدتا حاجتي وحاجة رفاقي. وأريتم في كل شيء كيف يجب علينا بمثل هذا الجهد أن نسعف الضعفاء، متذكّرين كلام الرب يسوع: "تبارك العطاء أكثر من الأخذ." قال هذا ثم جثا فصلى معهم جميعا

## الإنجيل

فصل شريف من بشارة القديس يوحنا

في ذلك الزمان, رفع يسوع عينيه إلى السماء وقال: "يا أبتاه, لقد جاءت الساعة: مجد ابنك ليمجدك ابنك بما أوليته من سلطان على جميع البشر ليهب الحياة الأبدية لمن وهبتهم له. والحياة الأبدية هي أن يعرفوك أنت الإله الحق وحدك ويعرفوا الذي أرسلته يسوع المسيح. أنا مجدتك في الأرض فأتممت العمل الذي أعطيتني لأعمله. فمجدني الآن عندك يا أبت بالمجد الذي كان لي عندك قبل أن يكون العالم. أظهرت اسمك لمن وهبتهم لي من العالم. كانوا لك, فوهبتهم لي وعملوا بكلامك. والآن هم يعرفون أن كل ما أعطيتني هو منك. أعطيتهم الكلام الذي أعطيتني لي فقبلوه, وعلوموا يقينا أنني من لدنك خرجت وآمنوا أنك أنت أرسلتني, أنا أصلي لأجلهم, ولا أصلي لأجل العالم, بل لأجل من وهبتهم لي لأنهم لك. كل ما هو لي فهو لك, وكل ما هو لك فهو لي, وأنا قد مُجِدت فيهم. لست بعد اليوم في العالم, وأما هم فإنهم في العالم, وأنا ذاهب إليك. أيها الأب القدوس, احفظهم باسمك الذي أعطيتني, حتى يكونوا واحدا مثلما نحن واحد. عندما كنت أنا معهم حفظتهم باسمك الذي أعطيتني. حفظتهم, فلم أخسر منهم أحدا إلا ابن الهلاك ليطم ما جاء في الكتاب. والآن أنا ذاهب إليك. أقول هذا الكلام وأنا في العالم, ليكون فيهم فرحي التام.

### 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