St. Michael Antiochian Orthodox Church of the San Fernando Valley

a Parish of the Antiochian Orthodox Christian Archdiocese of North America
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The Third Sunday after Pentecost

The Great Martyr Kyriaki of Nicomedia

Venerable Thomas of Mt. Maleon; Hieromartyr Evangelos, Bishop of Tomi (Constanta) in Romania; New-martyr Polycarp; Eudokia, Princess of Moscow

Sunday, July 14, 2019 Tone 2; Eothinon 3

Apolytikion for the Resurrection (Tone 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

Apolytikion for St. Kyriaki (Tone 5)

Thou didst prove an auspicious and pleasing sacrifice, a holy offering, O valiant prizewinner Kyriaki, when thou broughtest thy Creator thine own spotless soul; which Christ in turn hath glorified, for through thee, He poureth forth divine gifts and endless graces upon the faithful who praise thee, since He is the Lover of mankind.

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 commemoration of St. Kyriaki)

God is wondrous in His saints. Bless God in the congregations.

The Reading from the Epistle of St. Paul to the Galatians (3:23 – 4:5)

Brethren, before faith came, we were confined under the Law, kept under restraint until faith should be revealed. So that the Law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth His Son, to redeem those who were under the Law, so that we might receive adoption as sons.

THE GOSPEL (for the Third Sunday of Matthew)

The Reading of the Holy Gospel is according to St. Matthew (6:22-33)

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink; nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of heaven: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon himself

in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O men of little faith? Therefore, do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first His kingdom and His righteousness, and all these things shall be yours as well."

The Synaxarion

On July 7 in the Holy Orthodox Church, we commemorate the holy and glorious Great-Martyr Kyriaki of Nicomedia.

Verses
Though Kyriaki dieth before beheading,
she is perfected by the sword in volition.
On the seventh, Kyriaki ascended to her Betrothed.

Kyriaki means "the Lord's day" in Greek. Her devoutly Christian parents, Doretheus and Eusebia, gave their only child this name because she was born on a Sunday. From her childhood, Kyriaki consecrated herself to God, restraining from everything that unruly children do. When she matured, beautiful in body and soul, many suitors came to ask for her hand in marriage. Kyriaki refused them all, saying that she betrothed herself to Christ the Lord and desired to die as a virgin. One of the rejected suitors denounced Kyriaki and her parents to Emperor Diocletian as being Christians. The emperor ordered that her parents be tortured and banished to the town of Melitene where they died for Christ. Kyriaki endured trial and similar tortures. When Kyriaki lay in her prison cell, completely covered with wounds, Christ the Lord appeared to her, healed her and said: "Kyriaki, do not be afraid of torture. My grace is with you." When she was taken from there for beheading, Kyriaki—bearing in mind all of the glorious martyrs before her—offered one last prayer that God would have mercy and save all those who would celebrate her memory, and to give rest to her soul together with the souls of her parents. Kyriaki rendered her soul to God just before the sword was lowered on her head. Many pagans believed in Christ through her, and also received martyrdom. Kyriaki was received into eternal joy in 289 in Nicomedia.

On this day, we also commemorate Venerable Thomas of Mount Maleon; Hieromartyr Evangelos, bishop of Tomi (Constanta) in Romania; New-martyr Polycarp; and Eudokia, princess of Moscow. By the intercessions of Thy Saints, O Christ God, have mercy upon 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.

LITURGICAL CALENDAR

NOTE: Wednesday and Friday are observed as days of fasting

The Third Sunday of the Holy Fathers of the
Fourth Ecumenical Council

Great Vespers – Saturday, July 13th, 5 p.m.

Orthros – Sunday, July 14th, 8:45 a.m., Divine Liturgy, 10 a.m.

OFFERINGS

The Holy Bread and wheat are being offered by the Natali Kneizeh, Walid, Bassem, Joseph and their families for the forty-day memorial of the newly-departed servant of God, Mikhail Kneizeh (+28 May, 2019). Memory eternal.

Holy Bread is being offered in cherished memory of Wedad Skaff-Namay (+9 July, 2011) and our beloved Loretta Namay-Jurado (+2 July, 2016) by the Namay, Ortega and Jurado families. Memory eternal.

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

by Diana Nasser for the heath and safe travel of her granddaughter,
Sunny Dunphy

by Andy & Diane Nassir for the newly departed
Alan Malouf (+29 June 2019) of San Francisco.
Memory eternal.

Included in our prayers throughout the month of July are those celebrating their birthday: Jamie Farr (7/1), Jeffery Nasser (7/1), Christopher Murr (7/2), Beverly Kushida Ansara (7/3), Dema Dawud (7/3), Julian Haggar (7/4), Courtney Meena, (7/6), Nabil Wassef (7/6), Charles Matarese (7/7), Mariana Gantus Wall (7/7), Marc Abdennour (7/9), Justin Gruetzmaeher (7/9), Alice Prewett (7/9), Mary Ann Thomas (7/9), Thomas Zraick (7/09), Waleed Moujaes (7/10), Christopher Andrews (7/11), Tere Chala (7/11), Fadwa Dabbour (7/11), Hani AbuGhazaleh (7/12), Janice Rose Deeb (7/12), Edward Deeb, Jr. (7/12), Josephine Courey (7/14), Caroline Malouf (7/14), Ignacio Mas (7/14), Marc Delaney (7/16), Luc Deraney (7/16), Matthew Tambouras (7/17), Stephanie Monsue (7/19), Michael Haggar (7/20), Presbytera Stela-Nicole Sarchizian (7/20), Frank Boyer (7/21), Vivian Bitar (7/22), Christopher Abughazaleh (7/23), Kenneth Malouf (7/23), Wolfgang Van Fronthoffer (7/25), Sal Chala (7/28), Fred M. Khoury (7/29); Julie Rubell Delaney (7/30), Shannon Meena (7/30); and those celebrating their wedding anniversary: Ari & Sheila Katerelos; Anna & Cooper Rowe (7/1), Christiana & Chris Matarese (7/2), Linda & Buddy Andrews (7/6), Mary Ann & Michael Mitchell (7/12), Stephanie & Justin Gruetzmaeher (7/18), Denise & Leandro Cruz (7/19), Rita Anne Makhoul & Stephen Christopher Ablahad (7/21), Sharon & Nabeel AbuGhazaleh (7/22), Michael & Pat Malouf (7/31), Babe & Gloria Mittry (7/31). May God grant them all many years!

Included in our prayers for the departed throughout July are:

Salim Haddad, +2 July, 1956
Margaret Khoury, +27 July, 1965
Maria Mas, +2 July, 1967
Sarah Abood, +25 July, 1972
Victoria Manci, +26 July, 1972
Sadie J. Fadel, +3 July, 1973
Fred Kabbash, +7 July, 1976
Raymond Salamy, +12 July, 1980
Victoria Azal, +1 July, 1988
Douglas Charles, +1 July, 1991
Joseph Dalati, +7 July, 1992
George Skaff, +28 July, 1993
Selma Rafidi, +23 July, 1993
Stella Kovallic, +17 July, 1993
Fred Aboud, +2 July, 1994
Naima Naifeh, +5 July, 1994
Carolyn Cates, +28 July, 1998
Ted Mureau, +3 July, 1999
Louise Sadd, +10 July, 1999
Ibrahim Esper, +28 July, 2000
Edmund Kence, +16 July, 2001
Gabriel Kovalick, +19 July, 2002
Jeannette Loussi, +6 July, 2002
Diana Haddad, +17 July 2004
Iancu Ugureanu, +5 July, 2006
Nacha Rihbany Baida, +16 July, 2007
Rodney Khalil, Jr., +31 July, 2010
Neda Toomey, +31 July, 2010
Rev. Thomas O'Dea, +10 July, 2011
Wedad Namay, +9 July, 2011
James "Jimmy" George, +28 July, 2011
Rose Marie Motter, +25 July, 2012

Saba Murr, +8 July, 1994
Fred Edwards, +16 July, 1994
Elias Fadel, +18 July
Gayle Collins, +1 July, 1975
Matthew McCarron, +15 July, 1977
Margaret Saade, +9 July, 2012
Mary Haddad, +19 July, 1978
Evelyn Mansour, +30 July, 1983
John Barghash, +26 July, 1987
Joseph Ernest Gorup, +31 July
Grace Edwards, +8 July, 1998
Vittorio Tortolano, +1 July 1994
Oscar Garcia, +1 July, 1996
George Assa, +31 July 1997
Billy Handal, +10 July, 1998
George Boutross, +5 July, 2013
Michael George Ansara, +31 July, 2013
Mousa Tarbouche, +21 July, 2014
Louis Andrews, +18 July, 2015
Loretta Jurado, +2 July, 2016
George Mitchell, +7 July, 2016
Anna El-Helou Zabaneh, +25 July, 2016
Albert Meena, +18 July, 2016
Tawfik Latham, +22 July, 2017
Adnan Sweis, +21 July, 2018
Carol Kinan, +24 July, 2018
Clair Bitar, +24 July, 2018
Nora Ayoub, +29 July, 2018
Samia Kudmani, +29 July, 2018
Jamilie Rabadi, +29 July, 2018

Memory Eternal!

Please phone the Church Office if there are any omissions or corrections to the above listing of names. Please bear in mind that some have chosen not to be included in our announcement. Please pardon any errors.

ANNOUNCEMENTS

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.

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 your registration.

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

Teen SOYO Fall "Kick-off" - Saturday, September 21, 2019,
St. Nicholas Cathedral Heritage Hall; 1-5 p.m.

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

Holy Bread Offering List	**Coffee Hour Hosts Calendar**
Jul 14 - The Tamoush family	Jul 14 - The Tamoush family
Jul 21 - open	Jul 21 - Ned Toomey
Jul 28 - The Bitar family	Jul 28 - open
Aug 04 - open	Aug 04 - open
Aug 06 - open (Holy Transfiguration)	
Aug 11 - open	Aug 11 - The Waldman 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.

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>.

Reminder

No one attending a theater event is late to be seated and are on-time before the doors are closed. In fact, devout fans of a sports event plan an early arrival for "tailgate parties" if not, to get a good parking space before the start of a game. Why are many of us so poor in our discipline at arriving at church on time? Especially if we are coming to be recipients of the Body and Blood of Christ in the Sacrament of Holy Communion, we should do our very best to be present at the bare minimum to hear the lesson of the Epistle and Holy Gospel if not before.

For Planning Ahead

The Feast of the Dormition this year falls on a Thursday (August 15). The Feast is preceded by a fourteen day fast, beginning on Thursday, August 1st. The traditional fasting discipline includes: no meat, poultry, eggs, dairy, fish, wine and oil, but wine and oil are allowed on Saturdays and Sundays; also fish wine and oil are permitted for the Feast of the Transfiguration (Tuesday, August 6).

EOTHINON 3	TONE 2
الايوثينا3	اللحن 2

The Great Martyr Kyriaki of Nicomedia and The Third Sunday of Matthew

Venerable Thomas of Mt. Maleon; Hieromartyr Evangelos, bishop of Tomi (Constanta) in Romania; New-mArtyr Polycarp; Eudokia, Princess of Moscow

طروبارية القيامة باللحن الثاني

عندما انحدرت إلى الموت, أيها الحياةُ الذي لا يموت, حينئذ أمتّ الجحيمَ ببرقِ لاهوتِك, وعندما أقمتَ الأمواتَ من تحتِ الثرى, صرخَ نحوك جميعُ القواتِ السماويين: أيها المسيحُ الإلهُ المعطي الحياة, المجدُ لك.

طروبارية الرسل على اللحن الثالث

أيها الرسلُ القديسون تشفعوا إلى المسيحِ الإلهِ الرحيم أنْ يُنعمَ بغفرانِ الزلات لنفوسِنا.

طروبارية القديسين على اللحن الرابع

أيها المسيح الإله, إن كنيستك تتسربل في العالم أجمع دماءَ شهدائك, مثل الأرجوانِ والكتانّ الناعم, ونحن نهتف إليك بواسطتهم: أرسل رأفتك على شعبك, وهب لرعيتك السلام ولنفوسنا الرحمة العظمى.

طروبارية رؤساء الملائكة باللحن الرابع

أيّها المتقدّمونَ على الأجناد السماويين، نتوسّلُ إليكم نحن غيرَ المستحقّين، حتّى أَنّكم بطلباتِكم تكتنوفوننا بظلِّ أجنحةِ مجدِكم غيرِ الهيولي، حافظينَ إيّانا نحنُ الجاثين والصارخينَ بغيرِ فتور، أنقذونا منَ الشدائدَ، بما أنّكم رؤساءُ مراتبِ القوّاتِ العلوية.

قنداق للقديسين على اللحن الثامن

أيها الرب البارئ الخليقة, إن المسكونة تقدم لك الشهداء اللابسي الله كبواكير الطبيعة. فبتوسلاتهم احفظ كنيستك في سلام دائم, من أجل والدة الإله, يا جزيل الرحمة.

الرسالة

عجيبٌ هو اللهُ في مقادسِهِ, في المجامعِ باركوا الله.

فصلٌ من رسالةِ بولس الرسولِ إلى العبرانيين

يا إخوةُ, إن القديسين أجمعين بالإيمانِ أخضعوا الممالكَ وأقاموا العدلَ ونالوا المواعدَ وسدوا أفواهَ الأسودِ وأخمدوا لهيبَ النيران ونجوا من حدّ السيف, وتغلبوا على الضعفِ وصاروا أبطالا في الحروبِ وهزموا جيوشَ الغرباءِ, واستعاد نساءٌ أمواتَهن بالقيامة. ومنهم من احتملَ التعذيبَ ورفضوا النجاةَ رغبةً في قيامةٍ أفضل, وآخرون قاسوا الهزءَ والجلدَ, بل القيودَ والسجن. ورجموا ونُشروا وقتلوا بحدّ السيف, وهاموا على وجوهِهم, لباسُهم جلودُ الغنم والماعز محرومين مقهورين مظلومين, لا يستحقّهم العالمُ, فتاهوا في البراري والجبالِ والمغاورِ وكهوفِ الأرض.

ولم يحصلْ هؤلاء على الموعدِ مع أنهم مشهودٌ لهم بالإيمان, لانّ الله أعدّ لنا مصيراً أفضلَ من مصيرِهم وشاء أن لا يصيروا كاملين إلا معنا. لذلك فنحن الذين تُحيط بهم هذه السحابةُ الكثيفةُ من الشهود, علينا أن نُلقي عنا كلّ ثقلٍ وما يكتنفنا من خطايا, فنجري بعزمٍ في ميدانِ الجهادِ المُمْتدِ أمامنا, ونجعلُ نصبَ أعيننا رأسَ إيماننا ومكملّه يسوع.

الإنجيل

الله بارِكوا المَجامِعِ في .قِدّيسيه في اللهُ هُوَ عَجيبٌ.
الأُمَمِ جَميعَ يا هَذا إسْمَعوا

غَلاطِيَة أَهْلِ إلى الرَّسولِ بولُسَ القِدّيسِ رِسالَةِ مِنْ فَصْلُ (3:23–29; 4:1–5)

الْعَتِيدِ الإِيمَانِ إِلَى عَلَيْنَا مُغْلَقاً ،النَّامُوسِ تَحْتَ مَحْرُوسِينَ كُنَّا الإِيمَانُ جَاءَ قَبْلَمَا ،إِخْوَةُ يا جَاءَ مَا بَعْدَ وَلَكِنْ .بِالإِيمَانِ نَتَبَرَّرَ لِكَيْ ،الْمَسِيحِ إِلَى مُؤَدِّبَنا النَّامُوسُ كَانَ قَدْ إِذاً .يُعْلَن أَنْ كُلَّكُمُ لأَنَّ .يَسُوعَ بِالْمَسِيحِ بِالإِيمَانِ الله أَبْنَاءُ جَمِيعًا لأَنَّكُمْ .مُؤَدِّبٍ تَحْتَ بَعْدُ لَسْنَا ،الإِيمَانُ لَيْسَ .حُرٌّ وَلاَ عَبْدٌ لَيْسَ .يُونَانِيٌّ وَلاَ يَهُودِيٌّ لَيْسَ :الْمَسِيحَ لَبِسْتُمُ قَدْ بِالْمَسِيحِ اعْتَمَدْتُمْ الَّذِينَ نَسْلُ إِذًا فَأَنْتُمْ ،لِلْمَسِيحِ كُنْتُمْ فَإِنْ .يَسُوعَ الْمَسِيحِ فِي وَاحِدٌ جَمِيعاً لأَنَّكُمْ ،وَأُنْثَى ذَكَرٌ ،الْعَبْدِ عَنِ شَيْئاً يَفْرِقُ لاَ ،قَاصِراً الْوَارِثُ دَامَ مَا :أَقُولُ وَإِنَّمَا .وَرَثَةُ الْمَوْعِدِ وَحَسَبَ ،إِبْرَاهِيمَ هكَذَا .أَبِيهِ مِنْ الْمُؤَجَّلِ الْوَقْتِ إِلَى وَوُكَلاَءَ أَوْصِيَاءَ تَحْتَ هُوَ بَلْ .الْجَمِيعِ صَاحِبَ كَوْنِهِ مَعَ مِلْءُ جَاءَ لَمَّا وَلكِنْ .الْعَالَمِ أَرْكَانِ تَحْتَ مُسْتَعْبَدِينَ كُنَّا ،قَاصِرِينَ كُنَّا لَمَّا :أَيْضًا نَحْنُ تَحْتَ الَّذِينَ لِيَفْتَدِيَ ،النَّامُوسِ تَحْتَ مَوْلُودًا ،امْرَأَةٍ مِنِ مَوْلُوداً ابْنَهُ اللهُ أَرْسَلَ ،الزَّمَانِ التَّبَنِّيَ لِنَنَالَ ،النَّامُوسِ

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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 عضوا .فى الكنيسة الارثوذكسية