

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

His Eminence, Metropolitan JOSEPH, Archbishop of New York
and Metropolitan of all North America www.antiochian.org
Archpriest Timothy Baclig, Pastor frtimothy@stmichaelvannuys.org
Rev. Fr. Minas Sarchizian, Assisting Priest fatherminas@gmail.com
Rev. Deacon Andrew Monsue armcopper@gmail.com
Subdeacon Richard Tamoush Tamoush.Richard@gmail.com
Subdeacon Magued Wassef wassefm@msn.com
Subdeacon Richard Ajalat, Pastoral Assistant rajalat@stmichaelvannuys.com
Parish Council Chair - Connie Abdun-Nur Barilla cmatthews46@yahoo.com
Council Vice-Chair - Kris Thabit kthabit66@hotmail.com
Council Secretary - John Khouri johngkhouri@gmail.com
Council Treasurer - Britton McLinn britton@ikon-x.com

Antiochian Orthodox Christian Women of No. America (AOCWNA)
Chapter President - Charmaine Darmour cdarmour@sbcglobal.net
Choir Director - Art Danks artdanks1@yahoo.com
Youth Director - Cooper Rowe crowe31@gmail.com
Young Adult Director - Richard Ajalat rajalat@stmichaelvannuys.org
Young Parents' Ministry - Brittney Ajalat brittneylee704@gmail.com
Faithtree Resources Exec. Director - Michelle Moujaes michelle@faithtree.org
Project Manager - Michael J. Malouf michael@jacksonia.com
Stewardship Chair - Richard Tamoush Tamoush.Richard@gmail.com
Capital Funds Campaign Chair - Ron Zraick ronaldzraick@gmail.com
Communications Chair - Michael Paraskevas michaelparaskevas13@gmail.com
Bookstore Manager - Bobbi Monsue bobbi_monsue@att.net
Golf Classic Co-Chair - Don Meena donmeena@sbcglobal.net
Webmaster - Dan Raju dan.raju16@hotmail.com
Charity Coordinator - Cindy Tamoush cindy.tamoush@gmail.com
Head Usher - Ramez Hage jeddo.ramez@gmail.com

**The Sixth Sunday after Pentecost and The Sixth Sunday of Matthew
Great-martyr Christina of Tyre**

New-martyrs Athanasios of Ikia and Theophilos of Zakynthos; Athenagoras the Confessor;
Passion-bearers Boris (Roman) and Gleb (David)

Sunday, July 24, 2022

Tone 5; Eothion 6

Apolytikion for the Resurrection (Tone 5)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit,
born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the
flesh to suffer death; and to raise the dead by His glorious Resurrection.

Apolytikion for St. Christina (Tone 4)

O Lord Jesus, unto Thee Thy lamb doth cry with a great voice: O my Bridegroom, Thee I love; and seeking Thee, I now contest, and with Thy baptism am crucified and buried. I suffer for Thy sake, that I may reign with Thee; for Thy sake I die, that I may live in Thee: accept me offered out of longing to Thee as a spotless sacrifice. Lord, save our souls through her intercessions, since Thou art great in mercy.

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 Transfiguration (Tone 7)

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 Sixth Sunday after Pentecost)

*Thou, O Lord, shalt keep us and preserve us.
Save me, O Lord, for the godly man is no more.*

The Reading from the Epistle of St. Paul to the Romans (12:6-14)

Brethren, having gifts that differ according to the grace that was given to us, let each use them accordingly: whether prophecy, let him prophesy according to the proportion of the faith; or ministry, let him give himself to the ministry; or the teacher, to the teaching; or he who exhorts, in the exhorting; he who gives, let him do it with simplicity; he who presides, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor that which is evil; cleave to that which is good. Love one another with brotherly affection; in honor preferring one another; in diligence not slothful; fervent in spirit; serving the Lord; rejoicing in hope; patient in tribulation; continuing steadfastly in prayer; communicating to the necessities of the saints; given to hospitality. Bless those who persecute you; bless, and do not curse.

THE GOSPEL (for the Sixth Sunday of Matthew)

The Reading of the Holy Gospel is according to St. Matthew (9:1-8)

At that time, Jesus got into a boat, crossed over and came to His own city. And behold, they brought to Him a paralytic, lying on his bed; and when Jesus saw their faith He said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—He then said to the paralytic—"Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they marveled, and they glorified God, Who had given such authority to men.

The Synaxarion

On July 24 in the Holy Orthodox Church, we commemorate the holy and glorious Great-martyr Christina of Tyre.

Verses

The blood of martyrdom hath chastely united
The blameless bride Christina to Christ the Bridegroom.
On the twenty-fourth Christina was cast upon sharp stakes.

She was the beautiful daughter of the imperial governor, Urban, an idolater. Christina knew nothing of the Savior until the age of eleven, but, when she reached that age, her father—who was hiding her from the world until she was fully grown—made her live in a high tower. He gave her every comfort, but Christina's young soul was suffocated in this idolatrous atmosphere. Looking out of the window at God's natural wonders, she came, through her own understanding, to a firm belief in Him. God, in His great mercy, sent His angel to her, who named her the bride of Christ and fully instructed her in the things of God. Then Christina smashed all the golden idols in her rooms and distributed the remnants to the poor. Urban and two other leaders, Dion and Julian, tortured her and intended to kill her. Urban and Dion dropped dead, and Julian was blinded when Christina threw her severed tongue into his face. Christina's courage in suffering and the marvels which were performed by the power of God brought many of Tyre's pagan inhabitants to Christianity. Christina entered the immortal kingdom in the year 200.

On this day, we also commemorate the New-martyrs Athanasios of Ikiia and Theophilos of Zakynthos; Athenagoras the Confessor; and the Passion-bearers Boris (Roman) and Gleb (David). By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.

LITURGICAL CALENDAR

The Seventh Sunday after Pentecost and The Seventh Sunday of Matthew

Saturday, August 30th, Great Vespers, 5 p.m.

Sunday, August 31th, Orthros, 8:45 a.m., Divine Liturgy, 10 a.m.

The Dormition Fast – August 1-14

[Note: During the period of the fast, the Church's

Traditional fasting discipline is observed with the abstinence of meat, poultry, eggs, dairy, fish, wine and oil, through August 14th.

Wine and oil are permitted on Saturdays and Sundays. Also, Fish, wine and oil are permitted on the Feast of the Transfiguration (August 6th).]

Service of the Paraklesis - Wednesday, August 3; 6:30 p.m.

The Feast of the Holy Transfiguration - Saturday, August 6th

Divine Liturgy, 10 a.m.

Service of the Paraklesis - Wednesday, August 10; 6:30 p.m.

THE DISCIPLINE OF FASTING AND PRAYER

We will soon begin **The Dormition Fast** (August 1-14). It is one of the four major fasting periods in the discipline of the Orthodox church (the others being: Great Lent, the Christmas Fast and the Apostles' Fast). The August Dormition Fast precedes the memorial of the Holy Dormition of the All-Holy virgin Mother of God (August 15).

It is beneficial for us to make an effort to observe this fast (to the degree that it is not detrimental to our health). Jesus Himself fasted and taught His disciples about fasting (see St. Matthew's Gospel 6:16-18). The purpose of fasting is to be strengthened spiritually, allowing our spiritual desires to dominate our physical or carnal appetites. This is a means of becoming liberated from being dependent upon the things of this world; focusing our attention upon the spiritual virtues and things of the eternal Kingdom of God. The discipline of fasting provides power to the soul (when accompanied with prayer) in order that it might not yield to temptation and sin. According to St. Seraphim of Sarov, fasting is an "indispensable means" of gaining the fruit of the Holy Spirit in one's life (see Galatians 5:22-23), and Jesus Himself taught that some forms of evil cannot be conquered without it. (see Matthew 17-21 and Mark 9:29).

A special prayer service called the *Paraklesis* [Παράκλησις] (pah-RAH-kle-sis), which means "supplicatory canon," is done each evening of the Dormition Fast. This year, the service will take place on Wednesday evenings, August 3rd, then again on Wednesday, August 10th, beginning at 6:30 p.m., and will be live-streamed. The prayer service for the living is especially dedicated on behalf of those who are in need of all forms of help and healing. Names of persons may be turned in to Father Timothy.

The Orthodox Church has always understood the discipline of fasting to be accompanied with prayer and good works as mentioned in St. Matthew's Gospel (7:21). It is also important to remember that the Paraklesis Service is not limited to taking place during the Dormition Fast. It is a prayer service that may be said for anyone at any time, in a home or at a bedside, by personal request.

OFFERINGS

Holy Bread is being offered with prayers for George, Basima and Milad; the Sayegh and Almarji family, and for the repose of the servants of God: Issa Almarji, Esshak, Nessrin and Talina Sayegh. Memory eternal.

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

for the newly-departed Archimandrite Duane Pederson (+21 July, 2022),
of blessed memory and eternal repose.

for the newly-departed servant of God Billy Saba (+17 July, 2022),
the cousin of Greg Safady and family. Memory eternal.

for the repose of the newly-departed servant of God, Suzanne Jacob (+17 July, 2022),
beloved aunt of Ghada Mansur and family. Memory eternal.

for all who are celebrating the Feast and are named after their patron, Christina,
May God grant them many years!

ANNOUNCEMENTS

The New Archdiocese "Red" Pocket Prayer Book is Available in our Parish Bookstore.

The Faithtree Resources Prayer Book is now available in our Parish Bookstore.

Join in our Parish Bible Study Zoom Meeting

Our next Bible Study will be held on Tuesday evening, July 26th, at 7 p.m. We will be continuing our study of Psalms 119. A link to the Zoom meeting will be sent out on Tuesday. Sessions are recorded for those unable to attend who may also request the link to the study. Plan to join us.

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>]

Retirement Luncheon for the Archpriest Michael Laffoon

Sunday, July 31, 2022; 2:30 p.m., \$55/person
at St. Paul Greek Orthodox Church, Irvine, California

Biennial Antiochian Western Rite Vicariate Conference

Hosted by St. Michael Church (Whittier; StMichaelWhittier.org)
August 16-19; Registration \$300/in-person, \$250/on-line
\$50/Banquet (Tuesday); \$125/Wednesday or Thursday
<http://www.orthodoxwest.com/conference>

St. Michael Teen Event - Saturday, August 6th
with activities and "Ask Abouna" session following Liturgy and lunch (\$15/teen)

Southern California Deanery Teen Event

all day, Saturday, August 20, 2022; St. Matthew Church (Torrance)

Church School Registration - Sunday, September 18 **First Sunday of Church School - Sunday, September 25**

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

Holy Bread Offering List

Coffee Hour Hosts Calendar

Jul 31 - Beverly Ansara

Aug 06 (Transfiguration) - open

Aug 07 - open

Aug 14 (Pre-Feast of the Dormition) - open

Aug 15 (Feast of the Dormition) - open

Please contact Fr. Timothy (818/219-3761; frtimothy@stmichaelvannuys.org) to sign-up to offer Holy Bread or host the coffee hour.

Our 2022 Pledge Form Provided with this Bulletin

As a committed member of St. Michael Church, please complete a new 2021 form. An annual "Fair Share Contribution" is paid by St. Michael Church to the Archdiocese (\$50/adult; \$35/17 years of age or under). Everyone's financial situation is subject to changes from year to year. In the same way, our parish depends upon the financial pledge commitments of its members in order to meet its monthly expenses. Hardcopies will be mailed to you by request. We thank you for your faithful financial support of our parish and all who have made additional contributions to our Building Fund.

St. Michael Antiochian Orthodox Church
16643 Vanowen Street, Van Nuys, CA 91406 Phone: 818-994-2313
Website: www.stmichaelvannuys.org

2022 CHRISTIAN STEWARDSHIP COMMITMENT FORM

1. All enrolled members must first fulfill a fair share contribution that is paid 100% by St. Michael Church to the Archdiocese annually (this does not include your family pledge obligation BELOW).

Total number of baptized Orthodox persons (age 18 & above) in your household _____ \$50 each _____

Total number of baptized Orthodox persons (age 17 & under) in your household _____ \$35 each _____

(Please print all names with information in the section below)

2. In gratitude of God's blessings, I / we pledge to contribute St. Michael Church expenses.

A total annual amount of: ____ (see Treasure self-assessment chart)

\$_____ weekly \$_____ monthly \$_____ quarterly \$_____ semi-annually \$_____ annually

Name _____ Spouse Name _____

Phone number _____ E-mail Address _____

Address _____ City _____ State _____ Zip _____

3. How do you wish to pay? We accept personal checks or credit card payments. (See below)

- a. You may write a check to "St. Michael Church" and mail it to the Church Office.
(see address above)
- b. You may process an "automatic bill pay" with your bank that will mail a recurring monthly hard-copy earmarked check to St. Michael Church.
- c. You may pay by credit card using our website donation page (a 3% processing fee will apply) at: <https://www.stmichaelvannuys.org/donate/> and we will be immediately notified.
- d. You may arrange for a recurring monthly automatic withdrawal from your bank account using our church bank routing number and bank account.

Note: Each donation to St. Michael Church should be earmarked, i.e., "Building Fund," "Pledge," etc.

Print names of baptized Orthodox persons in your household.

Name _____
Age

THE SIXTH SUNDAY AFTER PENTECOST; THE SIXTH SUNDAY OF MATTHEW
GREAT-MARTYR CHRISTINA OF TYRE

NEW-MARTYRS ATHANASIOS OF IKIA AND THEOPHILOS OF ZAKYNTHOS;
ATHENAGORAS THE CONFESSOR; PASSION-BEARERS BORIS (ROMAN) AND GLEB (DAVID)

طروبارية القيامة على اللحن السادس

إنّ القواتِ الملائكية ظهرت عند قبرك الموقر، فالحراسُ صاروا كالأموات، ومريم وقفت عند القبر طالبةً جسدك الطاهر، فسببت الجحيمَ ولم تُجربَ منها، وصادفتَ البتولَ مانحاً الحياةَ، فيا من قام من بين الأموات، يا ربَّ المجدِّ لك.

نَعَجَّتْكَ يَا يَسُوعُ تَصْرُحُ نَحْوَكُ بِصَوْتِ عَظِيمٍ: يَا خَتَنِي إِنِّي أَشْتَاقُ إِلَيْكَ وَأُجَاهِدُ طَالِبَةً إِيَّاكَ وَأُصَلِّبُ وَأُدْفَنُ مَعَكَ بِمَعْمُودِيَّتِكَ، وَأَتَأَلَّمُ لِأَجْلِكَ حَتَّى أَمْلِكُ مَعَكَ وَأَمُوتُ عِنْدَكَ لَكِي أَحْيَا بِكَ. لَكِنْ كَذِبِيحَةٍ بِلَا عَيْبٍ تَقَبَّلِ الَّتِي بِشَوْقٍ قَدْ دُبِحَتْ لَكَ. فَبِشَفَاعَاتِهَا، بِمَا أَنَّكَ رَحِيمٌ، خَلِّصْ نَفُوسَنَا.

طروبارية رؤساء الملائكة باللحن الرابع

أيها المتقدمون على الأجناد السماويين، نتوسلُّ إليكم نحن غير المستحقين، حتى أنكم بطلباتكم تكتنوفوننا بظلاً أجنحة مجدكم غير الهولي، حافظين إيانا نحن الجاثين والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القواتِ العلوية.

يا شَفِيعَةَ الْمَسِيحِيِّينَ الْغَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تُعْرِضِي عَنَّا عَنْ أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنَّكَ صَالِحَةٌ، نَحْنُ الْصَارِخِينَ إِلَيْكَ بِإِيمَانٍ: بَادِرِي إِلَى الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلْبَةِ، يَا وَالِدَةَ الْإِلَهِ، الْمُتَشَفِّعَةَ دَائِمًا بِمُكْرَمِيكَ.

الرسالة

أَنْتَ يَا رَبُّ تَحْفَظُنَا وَتَسْتَبْرُنَا مِنْ هَذَا الْجِيلِ
خَلَّصَنِي يَا رَبُّ، فَإِنَّ الْبَارَّ قَدْ فَنِي.

فصل من رسالة القديس بولس الرسول إلى أهل رومية.

يَا إِخْوَةَ، إِذْ لَنَا مَوَاهِبٌ مُخْتَلِفَةٌ بِاخْتِلَافِ النِّعْمَةِ الْمُعْطَاةِ لَنَا، فَمَنْ وَهَبَ النَّبُوءَةَ فَلْيَتَنَبَّأْ وَفَقَاً لِلْإِيمَانِ، وَمَنْ وَهَبَ الْخِدْمَةَ فَلْيَلْزِمِ الْخِدْمَةَ، وَالْمُعَلِّمُ التَّعْلِيمَ، وَالْوَاعِظُ الْوَعْظَ، وَالْمُتَّصِدِّقُ الْبَسَاطَةَ، وَالْمُدَبِّرُ الْاجْتِهَادَ، وَالرَّاحِمُ الْبَشَاشَةَ. وَلْتَكُنِ الْمَحَبَّةُ بِلَا رِيَاءٍ. كُونُوا مَاقِتِينَ لِلشَّرِّ وَمُتَّصِقِينَ بِالْخَيْرِ. مُحِبِّينَ بَعْضُكُمْ بَعْضًا حُبًّا أَخَوِيًّا، مُبَادِرِينَ بَعْضُكُمْ بَعْضًا بِالْإِكْرَامِ، غَيْرَ مُتْكَاسِلِينَ فِي الْاجْتِهَادِ، حَارِّينَ بِالرُّوحِ، عَائِدِينَ لِلرَّبِّ، فَرِحِينَ فِي الرَّجَاءِ، صَابِرِينَ فِي الضِّيْقِ، مُوَظِّبِينَ عَلَى الصَّلَاةِ، مُؤَاسِسِينَ الْقَدِيسِينَ فِي أَحْتِيَاجَاتِهِمْ، عَاكِفِينَ عَلَى ضِيَاغَةِ الْعُرْبَاءِ. بَارِكُوا الَّذِينَ يَضْطَهُدُونَكُمْ، بَارِكُوا، وَلَا تَلْعَنُوا.

الإنجيل

فَصَلُّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.
في ذلك الزمان، دَخَلَ يَسُوعُ السَّفِينَةَ وَاجْتَاَزَ وَجَاءَ إِلَى مَدِينَتِهِ. فَأِذَا بِمُخَلِّعٍ مُلْقَى عَلَى سَرِيرٍ قَدِّمُوهُ إِلَيْهِ. فَلَمَّا رَأَى يَسُوعُ إِيمَانَهُمْ، قَالَ لِلْمُخَلِّعِ: "ثِقْ يَا بَنِيَّ، مَغْفُورَةٌ لَكَ خَطَايَاكَ." فَقَالَ قَوْمٌ مِنْ الْكُتَّابَةِ فِي أَنْفُسِهِمْ "هَذَا يُجَدِّفُ." فَعَلِمَ يَسُوعُ أَفْكَارَهُمْ، فَقَالَ: "لِمَاذَا تَتَفَكَّرُونَ بِالشَّرِّ فِي قُلُوبِكُمْ؟ مَا الْإَيْسَرُ أَنْ يُقَالَ، مَغْفُورَةٌ لَكَ خَطَايَاكَ، أَمْ أَنْ يُقَالَ قُمْ فَامْشِ؟ وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا. (حِينَئِذٍ قَالَ لِلْمُخَلِّعِ) "قُمْ، أَحْمِلْ سَرِيرَكَ وَاذْهَبْ إِلَى بَيْتِكَ." فَقَامَ وَمَضَى إِلَى بَيْتِهِ. فَلَمَّا نَظَرَ الْجُمُوعُ، تَعَجَّبُوا وَمَجَّدُوا اللَّهَ الَّذِي أَعْطَى النَّاسَ سُلْطَانًا كَهَذَا.

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 الأرثوذكسية 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 الأرثوذكسية