

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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The Sunday before the Exaltation of the Holy Cross

After-feast of the Nativity of the Theotokos

Venerable Theodora of Alexandria; Righteous Euphrosynos the Cook

Sunday, September 11, 2022

Tone 4; Eothinon 2

Apolytikion for the Resurrection (Tone 4)

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

Apolytikion of the Nativity of the Theotokos (Tone 4)

Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee did shine forth the Sun of justice, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.

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 of the Nativity of the Theotokos (Tone 4)

By thy holy nativity, O pure one, Joachim and Anna were delivered from the reproach of barrenness; and Adam and Eve were delivered from the corruption of death; thy people do celebrate it, having been saved from the stain of iniquity, crying unto thee: The barren doth give birth to the Theotokos, who nourisheth our life.

Daily Readings

THE EPISTLE (for the Sunday before the Elevation of the Cross)

O Lord, save Thy people and bless Thine inheritance.

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

The Reading from the Epistle of St. Paul to the Galatians (6:11-18)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

THE GOSPEL (for the Sunday before the Elevation of the Cross)

**The Reading of the Holy Gospel is according to St. John
(3:13-17)**

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."

The Synaxarion

On September 11 in the Holy Orthodox Church, we continue to celebrate the Nativity of the Most-holy Theotokos, and we commemorate our righteous Mother Theodora of Alexandria.

Verses

Aspect and mind Theodora maketh manlike,
And shameth the great mind before her departure.
On the eleventh, Theodora resteth with the last sleep.

Urged on by a fortune-teller, Theodora committed adultery with another man. Her conscience immediately began to trouble her, and she cut off her hair and dressed in men's garb, then went off to the men's monastery

of Octodecatos under the man's name of Theodore. Her labors, fasts, vigils, meekness and tearful repentance were a source of wonder to all the brethren. Driven out of the monastery, she spent seven years wandering in the forests and deserts, caring for a harlot's child. Theodora overcame all devilish illusions by making the sign of the Cross; they all vanished like smoke. After seven years, the abbot of the monastery received her back, and she lived there in asceticism a further two years and then entered into rest in the Lord in the year 490. Only then did the monks learn that Theodora was a woman, when an angel appeared and explained everything. Thus God glorified this true penitent, who, with heroic endurance, spent nine years repenting of one sin.

On this day, we also commemorate the Righteous Euphrosynos the Cook; Martyrs Demetrios, Evanthia and Demetrianos; and Venerable Sergios and Herman of Valaam. By their intercessions, O Christ God, have mercy upon us. Amen.

LITURGICAL CALENDAR

NOTE: Wednesdays and Fridays are observed as days of fasting

Feast of the Exaltation of the Holy Cross – Wednesday, Sept. 14th

[observed as a day of strict fasting (dry eating of uncooked foods)]

Wednesday, September 14 - Divine Liturgy, 10 a.m.

The Sunday after the Elevation of the Holy Cross

Great Vespers – Saturday, September 17th, 5 p.m.

Orthros – Sunday, September 18th, 8:45 a.m., Divine Liturgy, 10 a.m.

with the Procession of the Holy Cross

[Next Sunday, the Procession of the Holy Cross will precede the reading of the Holy Gospel. It is important that we gather for Liturgy on time at the start of the Divine Liturgy]

OFFERINGS

Holy Bread is being offered by Florentina Manea with prayers for the nine-month memorial of her beloved mother Elena. Memory eternal.

Holy Bread, Memorial Wheat and Sacramental Wine is being offered by Dr. Samir & Amira Boutari for the forty-day memorial of the newly-departed servant of God, Ibrahim Wassef (+4 August, 2022), beloved father of Subdeacon Magued and Nabil Wassef, and grandfather of Edward, Andrew and Justina Wassef. Memory eternal.

Sacramental wine is also being offered by Subdeacon Magued Wassef on behalf of Nabil Wassef, Edward Wassef, Andrew Wassef Justina Wassef, Mary Aboutar (Ibrahim's sister), Dr. Samir & Amira Boutari, for the forty-day memorial of Ibrahim Wassef (+4 August, 2022). Memory eternal.

Holy Bread is being offered by George, Basima & Milad Sayegh, with prayers for the nine-day memorial of the newly-departed servant of God, Salima Ballout (+3 September, 2022) of جـبـيـب (recently, Dar'a, Syria), beloved mother and grandmother. Salima is survived by her six children: Bassim, Basima, Essam, Esmat, Rami, and Ammar; and eight grandchildren. Memory eternal.

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

for the repose of the newly-departed Her Majesty, Elizabeth II, Queen of England (+8 September, 2022), and for the good health and well being of her succeeding monarch and son, King Charles III and his family.

for the repose of the newly-departed servant of God, Roger Tierney (+2 September, 2022), beloved husband of Carol and children:
Melanie and Richie. Memory eternal.

by the Milkie family for the speedy recovery and continued health of
Dr. Fred Milkie, Sr.

for the continued health of Margaret Abdun-Nur and her family.

ANNOUNCEMENTS

Special Collection for The Antiochian House of Studies

Your donation should be made out to "St. Michael Church," earmarked AHOS and one check will be sent to the Archdiocese.

Weekly Bible Study Tuesday (September 13)

Our next Bible Study will be held on Tuesday evening, September 13th, at 7 p.m. We will be complete our study of the Book of Ruth (Chapters 2 and 4). A link to the Zoom meeting will be sent out in an e-mail. Sessions are recorded for those unable to attend who may also request the link to the study. Plan to join us.

Parish Council Meeting

The next Parish Council Meeting is scheduled for Monday, September 19, 2022. However, all July Committee and Organization Reports should be completed and submitted to the Google drive.

New Prayer Books Now in the Bookstore

The new Archdiocese and Faithtree prayer books are now on sale!
Stop by and see our many other gift items.

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

Holy Bread Offering List

Coffee Hour Hosts Calendar

Sep 14 - open (Exaltation of the Holy Cross)

Sep 18 - open

Sep 25 - Marcia Terry and Charlotte Murr

Oct 02 - the Deeb Family

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

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=YWRtaW5Ac3RtaWN0YWVsdmFubnV5cy5vcmcj>

Young Adult Wine & Cheese Party September 16, 6-10 p.m.

RSVP to: rajalat@stmichaelvannuys.org

Teen Pool Party and “Ask Abouna Session”
{for 13-19 year olds} - Saturday, September 17, 11 a.m. to 3 p.m.
(Dawud Home) 10918 Cartwright Dr., Chatsworth 91311
RSVP by September 10 to: crowe31@gmail.com

Orthodox Christian Leadership Initiative 6th Annual Conference
September 16-18: “Monday—The Gospel Changes Everything”
On-line link for registration: <https://www.orthodoxservantleaders.com/leadership-conference.html>

Church School Registration - Sunday, September 18
Register at: <https://www.stmichaelvannuys.org/church-school-registration-form/>

Altar Boy Training - Saturday, September 24, 3-7 p.m.
RSVP to: rajalat@stmichaelvannuys.org

First Sunday of Church School - Sunday, September 25

Diocesan Fall Gathering - Friday-Sunday, October 7-9
Hosted by St. Simeon Church (Santa Clarita)
Register at: www.scvorthodox.com

St. Michael Feast Day Celebration - Sunday, November 6

Church School Christmas Program - Sunday, December 11

A Prayer for September 11th

O Thou who didst pray for them that crucified Thee and who didst commend Thy servants to pray for their enemies, forgive, O Lord, those who hate and maltreat us, and turn our lives, and the lives of all those who suffered at the hands of our enemies, from all harm and evil to brotherly love and good works. For this we humbly bring our prayer, that with one accord and one heart we may glorify Thee who alone art the Lover of mankind. And as Thy first martyr Stephen prayed to Thee for those who slew him, so we fall down before Thee and pray: Forgive, O Lord, all those who hate us and maltreat us, and let not one of them perish because of us, but be saved by Thy grace. Set our hearts on fire with love for Thee, O Christ our God, that in its flame we may love Thee with all our heart, with all our mind, with all our soul and with all our strength, and our neighbors as ourselves, so that, keeping Thy commandments, we may glorify Thee together with Thine unoriginate Father and Thine all-holy and good and life-giving Spirit, now and ever, and unto ages of ages.

ALTAR BOY TRAINING



COME AND
LEARN HOW
TO SERVE IN
THE NEW
ALTAR

@ St. Michael Church - 16643
Vanowen St. Van Nuys, 91406
Day/Time: September 24, 2022
From 3:00-7:00 p.m.

With a light Dinner after Vespers
Please Contact SBDN. Richard
Mitry Ajalat for any Questions
Rajalat@stmichaelvannuys.org

SEP
16



WINE AND CHEESE PARTY

FOR YOUNG ADULTS

at: 616 Groveview Lane, La Canada, CA 91011

FROM: 6:00- 10:00 PM

**Come and enjoy the your young adult community
with food, beverages and conversations.**

Please Contact Sub-Deacon Richard Mitry Ajalat

rajalat@stmichaelvannuys.org

Parish Council Nominations

On Sunday, November 20, 2022 we will be holding a brief virtual and in-person Special Meeting of the Voting Membership solely for the purpose of receiving and accepting nominations for Parish Council members to be elected for there (3), three-year terms (January, 2023 to December, 2025). At this meeting the Nominations Committee will present their report and additional nominations will be open from the floor.

It is important that persons being considered be able to fulfill the commitment to serve. Therefore it is necessary that all nominees first be personally asked if they would accept nomination, and second be approved by the Pastor as someone who is qualified. The Parish Constitution prescribes that all nominees must be at least twenty-five years of age or older, have been a pledging members of the parish for at least one year and have fulfilled the canonical requirements of the Faith [Article VI, Sec. 2]. The nominees must also be committed in attending monthly Parish Council meetings held on the third (3rd) Sunday of each month.

We sincerely thank Connie Abdun-Nur Barilla [ending his second (2nd) term; unable to be nominated; able to be appointed]; John Khouri [ending his first (1st) term; able to be nominated or appointed]; and Dan Raju [completing his first (1st) term; able to be nominated or appointed]. Our one-year appointed members whose terms are expiring are: Adam Lamar [completing his second year appointed and a three-year term], Michael Paraskevas [completing his first year appointed]; and Maria Safady [completing his first year appointed].

If necessary, the Parish Council election will be held on two (2) consecutive Sundays: November 27 and December 4. Council members whose terms are unexpired are: Joe Ayoub, Subdeacon Richard Ajalat, Julie Bitar, Britton McLinn, Deacon Andrew Monsue and Kris Thabit. Charmaine Darmour is also completing her eleventh (12th) consecutive year as President of the Antiochian Women. All interested in serving on the Parish Council should contact: Kris Thabit, Nominations Chair at: kthabit66@hotmail.com or speak with Father Timothy.

THE SUNDAY BEFORE THE ELEVATION OF THE HOLY CROSS

THE AFTER-FAST OF THE NATIVITY OF THE THEOTOKOS

Venerable Theodora of Alexandria; Righteous Euphrosynos the Cook

طروبارية رؤساء الملائكة باللحن الرابع

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

مِيلادُكَ يَا وَالِدَةَ الإِلهِ، بَشَرَ بِالْفَرَحِ كُلِّ الْمَسْكُونَةِ، لِأَنَّهُ مِنْكَ أَشْرَقَ شَمْسُ الْعَدْلِ الْمَسِيحِ إِلَيْنَا، فَحَلَّ اللَّعْنَةَ، وَوَهَبَ الْبَرَكَهَ، وَأَبْطَلَ الْمَوْتَ، وَأَعْطَانَا حَيَاةً أَبَدِيَّةً.

طروبارية رؤساء الملائكة باللحن الرابع

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

قنفاق ميلاد العذراء على اللحن الرابع

بمِيلادِكَ الطاهرِ أُطْلِقَ يِوَاكِيمَ وَحَنَةَ مِنْ عَارِ الْعَقْرِ وَأَدَمَ وَحِوَاءَ مِنْ فِسادِ الْمَوْتِ. فَلِه يُعِيدُ شَعْبَكَ إِذْ تَخَلَّصَ مِنْ وَصْمَةِ الزَّلَاتِ هَاتِفًا نَحْوَكِ: الْعَاقِرُ تَلِدُ وَالِدَةَ الإِلهِ الْمَغْذِيَةَ حَيَاتِنَا.

الرسالة

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ

إِلَيْكَ يَا رَبُّ أَصْرَحُ الهِي

*فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ غَلَاطِيَّةِ

يا إِخْوَةُ، انظُرُوا ما أَعْظَمَ الكِتاباتِ التي كَتَبْتُها إِلَيْكُمْ بِيَدِي* إِنَّ كَلَّ الَّذِينَ يُرِيدُونَ أَنْ يُرْضُوا بِحَسَبِ الجَسَدِ، يُلْزِمُونَكُمْ أَنْ تَحْتَنِبُوا، وَإِنَّمَا ذَلِكَ لِئَلَّا يُضْطَهَدُوا مِنْ أَجْلِ صَليبِ المَسِيحِ* لِأَنَّ الَّذِينَ يَحْتَنِبُونَ هُمْ أَنْفُسَهُمْ لا يَحْفَظُونَ الناموسَ، بَلْ إِنَّمَا يُرِيدُونَ أَنْ تَحْتَنِبُوا لِيَفْتَحُوا بِأَجْسَادِكُمْ* أَمَّا أَنَا، فَحاشى لي أَنْ أَفْتَحَرَ إِلَّا بِصَليبِ رَبَّنَا يَسوعَ المَسِيحِ، الَّذِي بِهِ صُلبَ العالَمُ لي وَأَنَا صُلبْتُ لِلْعالَمِ* لِأَنَّهُ في المَسِيحِ يَسوعَ لَيْسَ الخِتانُ بِشَيْءٍ ولا القَلْفُ، بَلْ الخَلِيقَةُ الجَدِيدَةُ* وَكُلُّ الَّذِينَ يَسْلُكُونَ بِحَسَبِ هذا القانُونِ، فَعَلَيْهِمْ سَلامٌ وَرَحْمَةٌ وَعَلَى إِسْرائِيلَ اللهُ* فَلَا يَجْلِبُ عَلَيَّ أَحَدٌ أَتَعاباً فِيمَا بَعْدُ، فَإِنِّي حامِلٌ في جَسَدِي سِماةِ الرَّبِّ يَسوعَ* نِعْمَةٌ رَبَّنَا يَسوعَ

المَسِيحِ مَعَ رُوحِكُمْ أَيُّها الإِخْوَةُ. آمين.

الإِنْجِيلِ المَقْدَسِ

فَصَلُّ شَريفٌ مِنْ بَشارَةِ القَدِيسِ يوحَنَّا الإِنْجِيلِيِّ البَشِيرِ وَالتَّلْمِيزِ الطاهِرِ
قالَ الرَّبُّ: لَمْ يَصْعَدْ أَحَدٌ إِلى السَّماءِ إِلَّا الَّذِي نَزَلَ مِنَ السَّماءِ، ابْنُ البَشَرِ الَّذِي هُوَ في السَّماءِ* وَكَمَا رَفَعَ موسى الحَيَّةَ في البَرِّيَّةِ، هَكَذا يَنْبَغِي أَنْ يُرْفَعَ ابْنُ البَشَرِ* لِكَي لا يَهْلِكَ كُلُّ مَنْ يُؤْمِنُ بِهِ، بَلْ تَكُونَ لَهُ الحَيَاةُ الأَبَدِيَّةُ* لِأَنَّهُ هَكَذا أَحَبَّ اللهُ العالَمَ، حَتَّى بَدَّلَ ابْنَهُ الوَحِيدَ لِكَي لا يَهْلِكَ كُلُّ مَنْ يُؤْمِنُ بِهِ، بَلْ تَكُونَ لَهُ الحَيَاةُ الأَبَدِيَّةُ* فَإِنَّهُ لَمْ يُرْسِلِ اللهُ ابْنَهُ الوَحِيدَ إِلى العالَمِ لِيَدِينِ العالَمَ، بَلْ لِيُخَلِّصَ بِهِ العالَمَ.

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.

Pastor's Sermon
The Sunday before the Elevation of the Cross

By V. Rev. Timothy Baclig
September 11, 2022

The Feast and message of the Holy Cross speak to us as parents, grandparents, godparents and teachers. The Church places great emphasis on the meaning of the Cross this week that it includes three (3) gospel lessons, beginning with The Sunday before the Feast (Sunday, September 11), The day of The Feast of the Exaltation of the Holy Cross (September 14), and The Sunday after the Feast (next Sunday, September 18).

The lesson points to the many choices we face as children, young people, young adults, husbands, wives, parents, godparents; choices that always begin with parenting and the challenge to love with the sacrificial love of God. It is the same lesson heard in the Sacrament of Holy Baptism when Godparents are reminded of their commitment to Christ and their responsibility to teach their Godchildren by example (word and deed). It is the same lesson heard in the Sacrament of Holy Matrimony when a couple is challenged to love as Christ loved the church, “submitting to one another out of reverence of Christ.” It is the same lesson heard at the time of an ordination when one responds to God’s call to service. It is also the lesson learned in the Sacrament of Healing, and includes the Sacrament of Confession and reconciliation.

With each Sacrament, the lesson remains the same: Love is never mastered. It is always tested. It is grounded in commitment and devotion. It always begins in humility. It is selfless and (as we hear St. Paul say) is not proud, not rude or boastful, does not delight in evil but rejoices with the truth. It is full of mercy. It protects, trusts, hopes, perseveres. It grows with patience and is never practiced in a vacuum. It is greater than faith and hope [see I Corinthians 13]. Love is eternal.

In today's gospel we clearly hear that love took the initiative: *God so loved the world that He gave...* It is sacrificial but not presumptuous; not without consideration or thoughtfulness. God's love is also not conditional. He did not say: "Get your act together and I'll love you." His love is not, "I'll love you if..." or "I'll love you when..." It's not even something He needed to explain: "I love you because..." His love is grounded in His relationship with His creation. And as the Author of Life, however, His love is also not permissive. It cares. It speaks the truth, but lovingly. It extends itself. It reaches out. Consequently, as Christians: Love works with others for a greater good and considers a team effort more important than one's personal agenda or interest.

The Feast of the Exaltation of the Holy Cross is always on the 14th of September. While it is a day with historical significance tied to the Holy City of Jerusalem and specifically the Church of the Holy Resurrection—that we today, celebrate its dedication; the Feast of the Cross is observed as a day of strict fasting because (like the fast on Wednesday of each weekday), we are reminded of our Lord's passion; and like the fast of the Friday of each weekday, we are reminded of our Lord's Death.

Wednesday's Divine Liturgy will take place at 10 a.m. The Gospel reading for the Feast is of our Lord's judgment and crucifixion, reminding us of his passion; his saving work. It is the most important Feast of the fall season, celebrating the redeeming love of God and renewing our lives and equipping us with virtue of spiritual power.

We are reminded that the Holy Cross is called the "life-giving" Cross: **A sign of hope**, as Christ is seen not as a victim but victor: He who trampled down death by Death. It is a symbol of God's unconditional love as we hear in today's Gospel. The Feast of the Holy Cross is among several days in the Church calendar devoted to the theme of God's boundless love, His supreme sacrifice and what it means to be committed to Christ. Finally, the Holy Cross is for us an ironic emblem. It is called a "weapon of peace" and

and “trophy invincible.” It is the symbol of deliverance and healing. For St. Paul the Cross is our boast. It is the cause of joy because its end is God’s victory over sin and death: His triumph in the Holy Resurrection!

These very facts are heard in the content of today’s short and very concise Gospel lesson: *“No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him.”*

As Christians we must now be vigilant in knowing how to respond and not react to all that we see and hear around us. In every circumstance our response is in love. That love, however, is grounded in the truth. And our actions cannot be anything other than what is rooted in all that Christ has fulfilled and accomplished for us.

Prayer

O Lord, save your people and bless your inheritance, granting victory over the adversary and by the power of your life-giving Cross, guard and protect all who follow Thee!