

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 Beatitude, Patriarch JOHN X, of the Greek Orthodox Patriarchate of Antioch
and all the East www.antiochpatrarchate.com
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The Seventeenth Sunday after Pentecost and the Seventeenth Sunday of Matthew

The Translation of the Relics of St. Ignatius of Antioch

The New-martyr, Demetrios of Chios

Sunday, January 29, 2022

Tone 8; Eothinon 11

Apolytikion for the Resurrection (Tone 8)

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

Apolytikion of St. Ignatius of Antioch (Tone 4)

By choosing the Apostles' way of life, thou hast succeeded to their throne. Inspired by God, thou didst find the way to divine contemplation through the practice of virtue. After teaching the Word of Truth without error, thou didst defend the Faith to the very shedding of thy blood, O Holy Martyr among bishops Ignatius. Entreat the Lord our God to save our souls.

Apolytikion for our Patron, Michael the Archangel (Tone 2)

By choosing the Apostles' way of life, thou hast succeeded to their throne. Inspired by God, thou didst find the way to divine contemplation through the practice of virtue. After teaching the Word of Truth without error, thou didst defend the Faith to the very shedding of thy blood, O Hieromartyr Cyprian. Entreat the Lord our God to save our souls.

Kontakion for the Theotokos (Tone 1)

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

Daily Readings

THE EPISTLE (The Seventeenth Sunday after Pentecost)

*Make your vows to the Lord our God and perform them.
God is known in Judah; His Name is great in Israel.*

The Reading from the Second Epistle of St. Paul to the Corinthians (6:16 - 6:1)

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be My people. Therefore, come out from them, and be separate from them," says the Lord, "and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be My sons and daughters," says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

THE GOSPEL (The Seventeenth Sunday of Matthew)

The Reading of the Holy Gospel is according to St. Matthew (15:21-28)

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But He did not answer her one word. And His disciples came and begged Him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before Him, saying, "Lord, help me." And He answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

The Synaxarion

On January 29 in the Holy Orthodox Church, we commemorate the recovery of the sacred relics of the holy Hieromartyr Ignatius the God-bearer.

Verses

O Ignatius, thanks be to the all-devouring lions,
who left to us the faithful a portion of thy body.

Ignatius returned upon the twenty-ninth.

His principal feast is celebrated on December 20, but today marks the translation of his relics from Rome, where he suffered martyrdom, to Antioch where earlier he was a bishop. When Ignatius was summoned to Rome before Emperor Trajan to account for his faith, he was accompanied on this long journey by several citizens from Antioch who were motivated by a great love toward their wonderful Arch-shepherd. Since he would never deny his faith in Christ, this saint of God, who abhorred all adulation and promises of Emperor Trajan, was condemned to death and was thrown into the Circus Maximus before wild beasts which tore him apart, and he gave up his soul to God. His companions then gathered his exposed bones and took them to Antioch and honorably buried them. When the Persians captured Antioch in the sixth century, the relics of Ignatius were again translated from Antioch to Rome.

On this day, we also commemorate the New-martyr Demetrios of Chios. By the intercessions of Thy Saints, O 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.

OFFERINGS

Holy Bread is being offered by Darlene Namay-Ortega and family in cherished memory of brother Moses (“Ricky”) Namay (+29 January, 2018); the fifth year memorial of his passing from this earthly life; also commemorating the precious memory of our father Sleyman Moses Namay (+11 January, 1966). Memory eternal.

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

for the healing and continued health of Samir Boutari
and his niece, Carol Latif.

for the healing and good health of John Elac.

SCHEDULE OF SERVICES

[Note: Wednesdays and Fridays are observed as days of fasting]

The Feast of the Presentation of Christ - Thursday, February 2nd
Divine Liturgy, 10 a.m.

The Sunday of the Pharisee and Publican

Saturday, February 4th - Great Vespers, 5 p.m.

Sunday, February 5th - Orthros, 8:45 a.m., Divine Liturgy, 10 a.m

ANNOUNCEMENTS

Zoom Meeting Virtual Bible Study on The Book of Genesis

Bible Study with Father Timothy — will meet this Tuesday, January 31st at 7 p.m. A Zoom link and security password provided in a weekly parish e-mail. Each study is limited to one hour. We will continue our study of the Book of Genesis beginning with chapter 40 on Joseph's imprisonment. Recorded links of our study are available upon request of Father Timothy at: frtimothy@stmichaelvannuys.org

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

Holy Bread Offering List

Feb 02 - open (The Feast of the Presentation of Christ in the Temple)
Feb 05 - The Tambouras family
The Mittry family
The Abdun-Nur family
Feb 12 - the Coudsy family
Feb 19 - open (Meat Fare Sunday)
Feb 26 - open (Cheese Fare Sunday)

Coffee Hour Hosts Calendar

The Mittry family

The Coudsy family
Chili Cook-off

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

Young Parent's Ministry 2022 Annual Report

January 29, 2023

The Young Parent's Ministry of St. Michael Church had a quiet year in 2022 as we all found our way back to a normal way for life post pandemic. On April 24, 2022 we hired an Easter Bunny to join us for our Annual Easter Egg Hunt. We plan to continue growing this event in the upcoming year. In December we were able to successfully collect over 100 toys for children at Elizabeth House, a shelter for pregnant women and children experiencing homelessness.

The purpose of our group is:

1. To build bonds of fellowship among young parents in prayer, worship and in working together
2. To provide a safe space for our infants and young toddlers (ages 5 and under) in the church during church services
3. To plan monthly events that provide children activities
4. To learn about raising children as children and not as adults in the church
5. To prepare for what our new church sanctuary will provide parents with infants and young children

In order to maintain contact with each other and to further provide informative materials our group has developed a group App. We encourage all young parents to enter the conversation by logging on to: <https://band.us/n/a0af2b6334W85>

We are planning the development of a nursery within our Church school, regular monthly meetings, and special events like: Dad's Night Out, Mom's Night Out, and family game night. This will give children and their parents a chance to bond.

For more information or if you'd like to get involved, please contact me at: blajalat@gmail.com

In Christ,

Brittney Ajalat



SAVE THE DATE

MOMS' RETREAT WITH THE KRUSES Hosted by Antiochian Women DLAW

- **WHEN:** Saturday, February 25th
- **WHERE:** St Luke - Garden Grove, CA
- **WHO SHOULD ATTEND:** Moms of all ages & even moms to be!

Registration Information Out in Mid-January



SUPER BOWL SUNDAY

February 12, 2023

616 Groveview Lane

La Canada CA91011

Beginning: 1:30 p.m.

PLEASE PARK ON
OAKWOOD LANE

COME HAVE FUN
AND WATCH
THE GAME

FOOD ,
BEVERAGES,
FELLOWSHIP

JOIN US FOR ANOTHER

MEATFARE SUNDAY
CHILI COOK-OFF

SUNDAY - FEBRUARY 19TH

IF YOU THINK YOUR CHILI HAS WHAT IT TAKES
CONTACT ADRIENNE LEVY: ALEVY202@GMAIL.COM

Cook and Compete or Just Come to EAT!

Adults \$7 Kids under 12 - \$5

Family of 4 or more \$20 (2 adults - unlimited kids)

*Hot Dogs and Chips will also be provided!

*Dessert and beverage donations appreciated

PROCEEDS TO BENEFIT
ORTHODOX CRISIS
PREGNANCY CENTERS
PROVIDING AID TO
MOTHERS IN NEED

A shared Act of Mercy for the
Antiochian Women of our Archdiocese



JALAPEÑO



CAYENNE



HABANERO



POBLANO



HOT!

HOT!

SPICY
HOT!

Upcoming Events

[Note: You may now access our Google Parish Calendar to your personal calendar. Here is the link: <https://calendar.google.com/calendar/u/1?cid=YWRtaW5Ac3RtaWN0YWVsdmFubnV5cy5vcmc>]

Annual Meeting of the Voting Membership — Sunday, January 29

Winter Sacred Music Institute hosted by St. Anthony Church (San Diego) February 2-5, 2023; see flier attached below

2023 Debutante Fashion Show — Saturday, February 4, 2023
Sheraton Universal Hotel; RSVP by January 25th (see flier)
\$85/adult; \$50/children; social hour, 11 a.m., luncheon, 12 noon

Young Adult Super Bowl Party — Sunday, February 12, 2023

Camp St. Nicholas Winter Camp — February 17-20, 2023
(President's Day Weekend)

Annual Chili Cook-off — Meat Fare Sunday, February 19, 2023

Meeting of the Holy Synod of Antioch
Wednesday, February 22, 2023; Balamand, Lebanon

Day Retreat Especially for Orthodox Moms and Moms to Be!
hosted by St. Luke Church (Garden Grove) February 23, 2023

58th St. Nicholas Sweetheart (Debutante) Ball
April 29, 2023; Hilton Universal City

St. Michael 30th Annual Golf Classic — Monday, May 22, 2023
Wood Ranch Golf Club; Simi Valley

Diocesan Parish Life Conference hosted by St. Luke Church (Garden Grove) June 28 to July 2, 2023; Irvine Marriott
Go to: www.laplc.org

56th Biennial Antiochian Archdiocese Convention hosted by St. George Church (Phoenix, Arizona); July 23-30, 2023
Go to: www.ac2023az.org

Frequently Asked Questions When Completing a Pledge Form

What is the reason for completing an annual parish Pledge Form?

Each year planning for budgeted receipts and expenditures are an important part of being responsible stewards of Christ's church. Some of our month-to-month expenses include: priest and staff salaries, utility and maintenance expenses, the payment of taxes on all investment (income) property (yes, churches do pay property taxes), and insurance. Moreover, it is not uncommon for these expenses increase each year. It is a goal of our Parish Council to meet these expenses with the contributions of our members. The Pastor does not receive stipends (monetary gifts) for house blessings, baptisms, weddings and funerals if a family is not enrolled as a regular contributor of the parish. The Pastor's living expenses and allowances are included the Annual Budget of the parish that will be presented at our Annual Meeting on January 31st.

What is an annual "Fair Share Commitment?"

Each parish of the Antiochian Archdiocese pays 10% of its parish income to assist with the expenses of our bishops, Archdiocesan and Diocesan departments and programs. Over one-fourth of the Archdiocese budget is dedicated to youth programs. You can see two charts that provide the financial highlights of Archdiocese receipts and expenditures provided in our Annual Report booklet. The annual payment to the Archdiocese from St. Michael Church is currently: \$26,000 or 10% of our parish income (excluding contributions received for the Building Fund, charity collections, special Archdiocese collections, and memorial gifts). This money is collected from our parishioners from their first contribution to the church: \$50 for each adult and \$35 for each child (17 years of age or under) in a household. All additional funds pledged by our parishioners assist with the month-to-month expenses of the parish.

Our 2023 Pledge Form is available on our parish website at: <https://www.stmichaelvannuys.org/donate/> and is also provided with this bulletin. Hard copies are also on hand in the narthex and will be mailed to you by request.

The form may be completed and returned to the Church Office at: 16643 Vanowen Street; Van Nuys; California; 91406.

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

2023 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 SEVENTEENTH SUNDAY OF PENTECOST
AND THE SEVENTEENTH SUNDAY OF MATTHEW**

Translation of relics of Ignatius the God-bearer of Antioch

New-martyr Demetrios of Chios

طروبارية القيامة على الحن الثامن

انحدرت من العلوّ يا متحنن، وقلبت الدفن ذا الثلاثة الأيام، لكي تُعَنّقنا من الآلام، فيا حياتنا وقيامتنا يا ربّ المجد لك.

طروبارية القديس إغناطيوس الإنطاكي بالحن الرابع

صرتُ مُشابهًا للرُّسل في أحوالهم، وخليفةً في كراسيهم، فوجدتُ بالعملِ المِرْقاةَ إلى الثاورياً أيها اللاهَجُ بالله. لذلك تَتَبَعْتُ كَلِمَةَ الْحَقِّ بِاسْتِقَامَةٍ، وَجَاهَدْتُ عَنِ الْإِيمَانِ حَتَّى الدَّمِ، أَيُّهَا الشَّهِيدُ فِي رُؤْسَاءِ الْكَهَنَةِ إغناطيوس. فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهِيِّ فِي خَلَاصِ نَفُوسِنَا.

طروبارية رؤساء الملائكة بالحن الرابع

أيها المتقدّمون على الأجناد السماويين، نتوسّلُ إليكم نحن غير المستحقّين، حتّى أنكم بطلباتكم تكتنوفوننا بظلمة أجنحة مجدكم غير الهولي، حافظين إيانا نحن الجاثين والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القوّات العلوية.

أيُّهَا الْمَسِيحُ الْإِلَهِيُّ، يَا مَنْ بِمَوْلِدِهِ قَدَّسَ الْمُسْتَوْدَعَ الْبِتُولِيِّ، وَبَارَكَ يَدَيَّ سَمْعَانَ كَمَا لاقَ، وَأَدْرَكْنَا الْآنَ وَخَلَّصْنَا. إِحْفَظْ رَعِيَّتَكَ بِسَلَامٍ فِي الْحُرُوبِ، وَأَيِّدِ الْمُلُوكَ الَّذِينَ أَحَبَبْتَهُمْ، بِمَا أَنَّكَ وَحَدَاكَ مُحِبٌّ لِلْبَشَرِ.

الرسالة

صَلُّوا وَأَوْفُوا الرَّبَّ إِلَهَنَا.

اللَّهُ مَعْرُوفٌ فِي أَرْضِ يَهُوذَا. إِسْمُهُ عَظِيمٌ فِي إِسْرَائِيلِ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ الثَّانِيَةِ إِلَى أَهْلِ كورِنثوس.
يَا إِخْوَةَ، أَنْتُمْ هَيْكَلُ اللَّهِ الْحَيِّ، كَمَا قَالَ اللَّهُ "إِنِّي سَأَسْكُنُ فِيهِمْ، وَأَسِيرُ فِيهِمْ
بَيْنَهُمْ، وَأَكُونُ لَهُمْ إِلَهًا وَهُمْ يَكُونُونَ لِي شَعْبًا فَلِذَلِكَ أَخْرَجُوا مِنْ بَيْنِهِمْ
واعتزلوا"، يَقُولُ الرَّبُّ، "وَلَا تَمَسُوا نَجَسًا، فَأَقْبَلَكُمْ، وَأَكُونُ لَكُمْ أَبًا، وَأَنْتُمْ
تَكُونُونَ لِي بَنِينَ وَبَنَاتٍ"، يَقُولُ الرَّبُّ الْقَدِيرُ. وَإِذْ لَنَا هَذِهِ الْمَوَاعِدُ، أَيُّهَا الْأَحِبَّاءُ،
فَلْنَطَهِّرْ أَنْفُسَنَا مِنْ كُلِّ أَدْنَسِ الْجَسَدِ وَالرُّوحِ، وَنُكَمِّلِ الْقِدَاسَةَ بِمَخَافَةِ اللَّهِ.

الإنجيل

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّلْمِيزِ
الطاهر.

فِي ذَلِكَ الزَّمَانِ، خَرَجَ يَسُوعُ إِلَى نَوَاحِي صُورَ وَصَيْدَا. وَإِذَا بِامْرَأَةٍ كَنَعَانِيَّةٍ قَدِ
خَرَجَتْ مِنْ تِلْكَ التَّخُومِ وَصَرَخَتْ إِلَيْهِ قَائِلَةً: "إِرْحَمْنِي يَا رَبُّ! يَا ابْنَ دَاوُدَ، فَإِنَّ
ابْنَتِي بِهَا شَيْطَانٌ يُعَذِّبُهَا جِدًّا." فَلَمْ يُجِبْهَا بِكَلِمَةٍ. فَذُنَا تَلَامِيذُهُ وَسَأَلُوهُ قَائِلِينَ:
"إِصْرِفْهَا فَإِنَّهَا تَصِيحُ فِي إِثْرِنَا." فَأَجَابَ وَقَالَ لَهُمْ: "لَمْ أُرْسِلْ إِلَّا إِلَى الْخَرَافِ
الضَّالَّةِ مِنْ بَيْتِ إِسْرَائِيلِ." فَاتَتْ وَسَجَدَتْ لَهُ قَائِلَةً: "أَغْنِنِي يَا رَبُّ." فَأَجَابَ
قَائِلًا: "لَيْسَ حَسَنًا أَنْ يُؤْخَذَ حُبُّ الْبَنِينَ وَيُلْقَى لِلْكَلابِ." فَقَالَتْ: "نَعَمْ يَا رَبُّ،
فَإِنَّ الْكَلَابَ أَيْضًا تَأْكُلُ مِنَ الْفَتَاتِ الَّذِي يَسْقُطُ مِنْ مَوَائِدِ أَرْبَابِهَا." حِينَئِذٍ
أَجَابَ يَسُوعُ وَقَالَ لَهَا: "يَا امْرَأَةَ، عَظِيمُ إِيمَانِكَ، فَلْيَكُنْ لَكَ كَمَا أَرَدْتِ." فَشَفِيَتْ
ابْنَتُهَا مِنْ تِلْكَ السَّاعَةِ.

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 مراسم القداس). رجاء مراجعة الكاهن إذا رغبت أن تصبح عضواً فى الكنيسة الارثوذكسية