

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 Fourteenth Sunday after Pentecost and The First Sunday of Luke

Hieromartyr Phocas, bishop of Sinope

Apostle Quadratos of the Seventy: Martyr Phocas the Gardener;

New-martyrs Isaac and Martin

Sunday, September 22, 2019

Tone 5; Eothinon 3

Apolytikion of 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 of St. Phocas of Sinope (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 Phocas. Entreat the Lord our God to save our souls.

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 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 Fourteenth Sunday after Pentecost)

Thou, O Lord, wilt keep and preserve us.
Save me, O Lord, for the godly man has failed.

The Reading from the Second Epistle of St. Paul to the Corinthians (1:21 - 2:4)

Brethren, it is God who establishes us with you in Christ, and has commissioned us; He has put his seal upon us and given us His Spirit in our hearts as a guarantee. But I call God to witness against me—it was to spare you that I refrained from coming to Corinth. Not that we lord it over your faith; we work with you for your joy, for you stand firm in your faith. For I made up my mind not to make you another painful visit. For if I cause you pain, who is there to make me glad but the one whom I have pained? And I wrote as I did, so that when I came I might not suffer pain from those who should have made me rejoice, for I felt sure of all of you, that my joy would be the joy of you all. For I wrote you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.

THE GOSPEL (for the First Sunday of Luke)

The Reading of the Holy Gospel is according to St. Luke (5:1-11)

At that time, Jesus was standing by the lake of Gennesaret. And He saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, Jesus asked him to put out a little from the land. And He sat down and taught the people from the boat. And when Jesus had finished speaking, He said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at Thy word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all that were with him, at the catch of fish, which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed Him.

The Synaxarion

On September 22 in the Holy Orthodox Church we commemorate the Holy Hieromartyr Phocas, bishop and wonderworker of Sinope, who was perfected in martyrdom by being terribly burned in a bath-house in the reign of Trajan.

Verses

O Phocas, receive thou the all-cleansing laver,
for it is laver of contest, not of washing.

On the twenty-second the bath received Phocas within.

As bishop in his birthplace, the town of Sinope on the Black Sea, Phocas strengthened the faith of the true believers and converted many idol-worshippers to the true Faith. This enraged the hard-hearted pagans. In a vision from the Lord, Phocas saw a white dove fly down from heaven carrying a wreath of flowers in its beak, and lowered it onto his head. And Phocas heard a voice, saying: "Your cup is full and you should drink it!" With gratitude toward God he prepared himself for suffering. The torturers beat and wounded his whole body, and then threw Phocas into boiling water. Phocas entered into the joy of his Lord in the year 102. His companion, the Martyr Phocas the Gardener, suffered for Christ on this day in the year 120.

On this day, we also commemorate the Apostle Quadratos of Magnesia of the Seventy; and New-martyrs Isaac and Martin. By their intercessions, 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.

OFFERINGS

Holy Bread is being offered in memory of Sondra Love (+25 Sept., 2016) by the Terry, Murr and Obenhaus families. Memory eternal.

Holy Bread is also being offered by the Murr, Obenhaus and Terry family for Nicholas G. Murr, celebrating his 30th birthday. May God grant him many years!

The coffee hour being hosted by the Minassian family with the church blessing on the entrance (“churaching”) of the newborn child, Sophia Ella Minassian and her parents, Troy & Mary. May God grant them many years!

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

by Michael & Pat Malouf, Deacon Andrew & Bobbi Monsue and Daphne Thabit for the healing of Willam Tensen who is hospitalized in Colorado with serious injuries from a car accident last weekend.

for the continued health of Dolores Cardelucci
and her daughter Deyanna.

for the continued health of Diane Nasser

LITURGICAL CALENDAR

NOTE: Wednesdays and Fridays are observed as days of fasting

The Holy Protomartyr Thekla, Equal to the Apostles - Tuesday, Sept. 24

The Fifteenth Sunday after Pentecost
and The Second Sunday of Luke

Great Vespers – Saturday, September 28th, 5 p.m.

Sunday, September 29th - Orthros, 8:45 a.m., Divine Liturgy, 10 a.m.

ANNOUNCEMENTS

Parish Council Nominations

On Sunday, November 24, 2019 we will be holding a brief 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, 2020 to December, 2022). 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 (Vice-Chair) [ending her first term; able to be nominated]; Carrie Sadd Khouri [ending her second term and unable to be nominated] and Michael Mitchell (Chair) [ending his second term and unable to be nominated]. Our three (3) one-year appointed members whose terms are expiring are: Eric Nelson (Secretary), [ending his eighth consecutive year (two three year terms and two appointed terms) and unable to be nominated]; Julie Bitar [ending her first appointed term and able to be nominated]; and Dan Raju [ending his first appointed term and able to be nominated]. The Parish Council election will be held on two (2) consecutive Sundays: December 1 and 8. Council members whose terms are unexpired are: Richard Ajalat, Joe Ayoub, Regan Hines, Adam Lamar, Deacon Andrew Monsue and Kris Thabit. Charmaine Darmour is also completing her ninth (9th) consecutive year as President of the Antiochian Women.

Do You Receive The Word Magazine?

The Word magazine is the official monthly periodical of the Antiochian Archdiocese. A free subscription is available to all pledging members of St. Michael Church. If you are not receiving your copy and would like to, please contact Samia Habib at: sambur@juno.com. Subscription forms are also available for anyone who would like to be a subscriber.

St. Michael Volunteer Skills Directory

Let us get to know you. Our St. Michael parish website helps us to know your skills and talents. Let us know how you are able to volunteer your help to our parish by completing the confidential parish website form on line at: <http://www.stmichaelvannuys.org/volunteer-at-st-michaels-antiochian-church-van-nuys/>

New Parish Directory

We have begun to plan for a new Parish Directory. Please be sure that your mailing address and phone number(s) are current for our records by either e-mailing or providing Samia Habib with a clearly handwritten note. If there has been no change to your information in our 2018-2019 Parish Directory you will not need to inform us of an update. However, if you choose to not publish your mailing address and or phone number(s) please let us know. Samia's e-mail address is: <sambur@juno.com>. If you would like to add or re-submit your business card to our directory for \$50, please contact Emile F. Skaff at: emilefskaffsr@gmail.com

New E-mail Address

NOTE: Father Timothy has a new church e-mail address: frtimothy@stmichaelvannuys.org Please do not use his former address and update his contact information on your computer. His phone number has not changed: 818-219-3761. He prefers that you do not text him by telephone for bulletin postings or announcements. Sunday Bulletin announcements are properly received by e-mail, however, prayer requests may be made by text, e-mail or voice call.

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

St. Michael (Whittier) Patronal Feast Day Celebration
with His Grace, Bishop JOHN; September 27-29

October is "Youth Month"

23rd Annual L.A. Mediterranean Festival at St. Nicholas Cathedral
2300 W. Third Street; Los Angeles; Saturday-Sunday, October 5-6, 2019

Young Adult Wine and Cheese Night (Introductions, Food, Fellowship)
Saturday, October 5, 6:30 p.m., 616 Groveview Lane; La Canada 91011

St. Michael Antiochian Women's Meeting - Sunday, October 6

St. Michael 50th Anniversary "Game Night" - Saturday, October 12th
from 5-9 p.m., beginning with Vespers (open to all ages!)

Diocesan Fall Gathering - October 25-27, 2019; St. Peter and Paul Church (Ben Lomond, California); \$139/night (available by September 25, 2019); for more information please contact the planning committee at: <FallGathering2019@gmail.com>

San Fernando Valley Interfaith Solidarity March
Sunday, October 27, 2 p.m.

[End of Daylight Savings Time - Sunday, November 3rd]

Patronal Feast Day of the Holy Archangel Michael - Friday, November 8
Vesperal Divine Liturgy, Thursday, November 7; 6:30 p.m.

**50th Anniversary Patronal Feast Day Luncheon
Sunday, November 10th (Save the date!)**

***Our parish family will again celebrate the Feast Day
of our Patron, St. Michael, with a family friendly luncheon.***

Be watching for more information soon to follow.

Father Timothy on Vacation:

Monday, November 11 to Thursday, November 21

Fast in Preparation of the Holy Nativity - November 15 to December 24

Special Meeting of the Voting Membership - Sunday, November 24
[for the purpose of accepting nominations for Council members]

Thanksgiving Weekend Iconography Retreat with Iconographer:
Khouriye Randa Al Khoury Azar - November 25-30; 10 a.m. to 5 p.m.
with free hour lunch break; Antiochian House of Studies
(1020 Base Line Rd., La Verne 91750)

Parish Council Election:

Sunday, December 1 and Sunday, December 8

Church School Christmas Program Rehearsal - Saturday, December 7
Christmas Program - Sunday, December 8

The Feast of the Holy Nativity (Christmas) - Wednesday, December 25
Christmas Eve Liturgy (Paramon), 3:30 p.m.; Christmas Day, 10 a.m.

Project Manager's Report - September 2019

During the past few months our New Church Building Project has continued to move forward and some personnel adjustments have been implemented and finalized by your Project Manager.

First, our construction activities have included the completion of the underground footings, above ground concrete foundations and the completion of our concrete slab flooring and mezzanine stairway. We have had multiple inspections and approvals by our structural engineer, commissioned deputy inspectors hired by the Church, and the Los Angeles Department of Building Inspectors. We are now in the process of connecting underground electrical service to the new church for our metal framing and drywall contractor who began prep work last week. The process has begun for obtaining additional proposals and cost and installation estimates for our doors, windows and roofing that meet fire proofing requirements. Our HVAC contractors are standing by to begin work when the sequence of construction timing will require their specialty services on site.

Second, during the summer, our construction planning and Project Manager's management direction has caused adjustments to our on-site personnel. The initial concrete contractor (JC Construction) was not performing at an adequate level, was terminated in May, and was replaced with a new contractor (JSL) to complete our concrete work. Our General Contractor, ZK Development & Building Inc., also failed to perform to our level of satisfaction in several areas of supporting our building program needs. Separating and terminating individuals from contracted future work that they believed they were entitled to is always difficult and has created some hard feelings between the parties. Since our LADBS general contractor, who was the construction on-site ten (10) times in the last fourteen (14) months, failed to meet our expectations, St. Michael Church has recorded with the City a construction "change of permit status" to "owner builder." We have also hired Harris Valle as a Construction Manager, to help support our daily activities. Unfortunately, two weeks ago, Harris experienced an on-site accident, breaking his right wrist and arm in multiple places.

As we continue to move forward, as always, your prayers and continued financial support is requested and greatly appreciated.

Michael Malouf
Project Manager

Senior Ride Option

GOGO Grandparent is a safe and affordable transportation service for seniors needing a ride to and from any location. The company also provides assistance with seniors using walkers and wheelchairs. For more information go to: <gogograndparent.com> or phone: 855-464-6872.

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

Holy Bread Offering List

Sep 29 - The Sarchizian family
Oct 06 - The Deeb family
Oct 13 - Ron & Kathy Zraick
Oct 20 - open
Oct 27 - open

Coffee Hour Hosts Calendar

Sep 29 - the Zait and Sarchizian families
Oct 06 - Leslie Henry
Oct 13 - Vera Ababseh
Oct 20 - open
Oct 27 - the Yanni 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.

Public School Sexual Health Education Law

Attention Parents: If your child is in public school, California AB-329 is now a law in effect as Education Code 51930-51939. The law was passed and was subsequently amended nearly two years ago. Father Timothy is available to provide you with information that clarifies the actual wording of the law and to assist you in understanding your rights. Section 13 of the law stipulates that: "It is the intent of the Legislature to encourage pupils to communicate with their parents or guardians about human sexuality and HIV, and to respect the rights of parents or guardians to supervise their children's education on these subjects... and if they wish, to excuse their children from participation in all or part of that instruction or evaluation. The Legislature recognizes that while parents and guardians overwhelmingly support medically accurate, comprehensive sex education, parents and guardians have the ultimate responsibility for imparting values regarding human sexuality to their children." NOTE: Excusing your child from the curriculum requires a written request to the school district. Please see Father Timothy to receive a hand-out that clarifies the law and to respond to any question you may have.

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طروبارية القيامة على اللحن الثامن

العذراء من المولود، الابتداء وعدم الأزلية في الروح للآب المساوي، للكلمة ونسجد المؤمنين نحن لنسبح
المجيدة بقيامته الموتى ويُنهض، الموت ويَحْتَمِل، الصليب على يعلو أن بالجسد سرّ لأنه، لِحلاصنا

صرت مشابهاً للرسل في أحوالهم، وخليفة في كراسيهم، فوجدت بالعمل المرقاة إلى الثأوريا أيها اللاهج بالله.
لذلك تتبعت كلمة الحق باستقامة، وجاهدت عن الإيمان حتى الدم، أيها الشهيد في رؤساء الكهنة فوقاً. فتشفع
إلى المسيح الإله في خلاص نفوسنا

طروبارية رؤساء الملائكة باللحن الرابع

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

قنفاق السيدة على اللحن الثاني

يا شفيعة المسيحيين غير المخذولة، المتوسطة لدى الخالق غير المردودة، لا تعرضني عن
أصوات طلباتنا نحن الخطاة، بل تداركينا بالمعونة بما أنك صالحة نحن الصارخين إليك
بإيمان: بادري إلى الشفاعة وأسرعني في الطلبة، يا والدة الإله المتشفعة دائماً في مكرميك

الرسالة

الجيل هذا من وتسترنا تحفظنا رب يا أنت
فني قد البار فلن رب يا خلصني

كورنثوس. (2:4-1:21) أهل إلى الثانية الرسول بولس القديس رسالة من فصل

وَأَعْطَى أَيْضاً خَتَمَنَا الَّذِي . اللهُ هُوَ ،مَسَحَنَا وَقَدْ ،المسيح في مَعَكُمْ يُثَبِّتُنَا الَّذِي إِنْ ،إِحْوَةٌ يَا
أَيْضاً أَتِ لَمْ ،عَلَيْكُمْ لِإِشْفَاقِي أَنِّي ،نَفْسِي عَلَى اللهِ اسْتَشْهَدُ وَإِنِّي *قُلُوبِنَا فِي الرُّوحِ عُرْبُونَ
،الإيمان على ثَابِتُونَ لِأَنَّكُمْ ،سُرُورِكُمْ أَعْوَانُ نَحْنُ بَلْ ،إِيمَانِكُمْ عَلَى نَسُودٍ لِأَنَّا لَا .كُورِنَثُوسَ إِلَى
يَسْرُتُنِي الَّذِي فَمَنْ ،أَعْمُكُمْ كُنْتُ إِنْ لِأَنِّي * غَمٌّ فِي أَيْضاً أَتِيكُمْ لَا أَنْ نَفْسِي فِي بِهِذَا جَزَمْتُ وَقَدْ
كَانَ مِمَّنْ غَمٌّ قَدُومِي عِنْدَ يِنَالِنِي لِئَلَّا بَعِينَهُ هَذَا إِلَيْكُمْ كَتَبْتُ وَإِنَّمَا * الْغَمُّ لَهُ أَسَبَبٌ مِنْ غَيْرِ
كَابَةِ شِدَّةٍ مِنْ فَإِنِّي * جَمِيعَكُمْ فَرَحٌ هُوَ فَرَحِي أَنْ بِجَمِيعِكُمْ لَوَائِقُ وَإِنِّي * بِهِمْ أَفْرَحُ أَنْ يَنْبَغِي
لَكُمْ بِالْأَكْثَرِ الْمَحَبَّةَ مِنْ عِنْدِي مَا لَتَعْرِفُوا بَلْ ،لَتَعْتَمُوا لَا ،كَثِيرَةً بِدُمُوعِ إِلَيْكُمْ كَتَبْتُ ،قَلْبٍ وَكَرْبٍ

الإنجيل

فصل من بشارة القديس لوقا

في ذلك الزمان، كان يسوع على شاطئ بحيرة جنيسارت، فازدحم الناس عليه ليسمعوا كلام الله. ورأى قارِبَيْنِ رَاسِيَيْنِ عِنْدَ الشَّاطِئِ، خَرَجَ مِنْهُمَا الصَّيَادُونَ لِيَغْسِلُوا شِبَاكَهُمْ. فَصَعِدَ إِلَى وَاحِدٍ مِنْهُمَا، وَكَانَ لِسِمْعَانَ، وَطَلَبَ مِنْهُ أَنْ يَبْتَعدَ قَلِيلًا عَنِ الْبَرِّ. وَجَلَسَ يَسُوعُ فِي الْقَارِبِ يُعَلِّمُ الْجُمُوعَ. وَلَمَّا خَتَمَ كَلَامَهُ، قَالَ لِسِمْعَانَ: «سِرْ إِلَى الْعُمُقِ وَأَلْقُوا شِبَاكَكُمْ لِلصَّيْدِ». فَأَجَابَهُ سِمْعَانُ: «تَعْبِنَا اللَّيْلَ كُلَّهُ، يَا مَعْلَمُ، وَمَا اصْطَدْنَا شَيْئًا. وَلَكِنِّي أَلْقِي الشِّبَاكَ إِجَابَةً لِطَلَبِكَ». وَفَعَلُوا ذَلِكَ فَامْسَكُوا سَمَكًا كَثِيرًا، وَكَادَتْ شِبَاكُهُمْ تَتَمَرَّقُ. فَأَشَارُوا إِلَى شُرَكَائِهِمْ فِي الْقَارِبِ الْآخِرِ أَنْ يَجِيبُوا وَيُسَاعِدُوهُمْ. فَجَاؤُوا وَمَلَأُوا الْقَارِبَيْنِ حَتَّى كَادَا يَغْرَقَانِ. فَلَمَّا رَأَى سِمْعَانُ مَا جَرَى وَقَعَ عَلَى رُكْبَتَيْ يَسُوعَ وَقَالَ: «ابْتَعدْ عَنِّي، يَا سَيِّدِي! أَنَا رَجُلٌ خَاطِئٌ». وَكَانَ فِي دَهْشَةٍ هُوَ وَرِفَاقُهُ كُلُّهُمْ لِكَثْرَةِ السَّمَكِ الَّذِي اصْطَادُوهُ. وَمِثْلُهُمْ يَعْقُوبُ وَيُوحَنَّا، ابْنَا زَبْدِي وَشَرِيكَ سِمْعَانَ. فَقَالَ يَسُوعُ لِسِمْعَانَ: «لَا تَخَفْ! سَتَكُونُ بَعْدَ الْيَوْمِ صَيَّادَ بَشَرٍ». وَلَمَّا رَجَعُوا بِالْقَارِبَيْنِ إِلَى الْبَرِّ، تَرَكَوا كُلَّ شَيْءٍ وَتَبِعُوا يَسُوعَ.

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 قريية (وعلى كل حال، فإننا ندعو الجميع للمشاركة فى الخبز المقدس الذى يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضواً فى الكنيسة الارثوذكسية