

**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** [stmichaelvanuys.org](http://stmichaelvanuys.org)

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# **The Second Sunday after Pentecost**

## **The Second Sunday of Matthew**

Martyr Julian of Tarsus; Martyr Aphrodisius of Cilicia;  
New-martyr Nikita of Nisyros near Rhodes

**Sunday, June 21, 2020**

**Tone 1; Eothinon 2**

### **Apolytikion for the Resurrection (Tone 1)**

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art 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 (Second Sunday after Pentecost)

*Let Thy mercy, O Lord, be upon us. Rejoice in the Lord, O ye righteous.*

**The Reading from the Epistle of St. Paul to the Romans (2:10-16)**

Brethren, glory and honor and peace for everyone who does good, the Jew first and also the Greek. For God shows no partiality. All who have sinned without the Law will also perish without the Law, and all

who have sinned under the Law will be judged by the Law. For it is not the hearers of the Law who are righteous before God, but the doers of the Law who will be justified. When Gentiles who have not the Law do by nature what the Law requires, they are a law to themselves, even though they do not have the Law. They show that what the Law requires is written on their hearts, while their conscience also bears witness and their conflicting thoughts accuse or perhaps excuse them on that day when, according to my gospel, God judges the secrets of men by Christ Jesus.

THE GOSPEL (for the Second Sunday of Matthew)

**The Reading of the Holy Gospel is according to St. Matthew  
(4:18-23)**

At that time, as Jesus was walking by the Sea of Galilee, He saw two brothers, Simon who is called Peter and Andrew his brother, casting a net into the sea; for they were fishermen. And He said to them, "Follow Me, and I will make you fishers of men." Immediately they left their nets and followed Him. And going on from there He saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and He called them. Immediately they left the boat and their father, and followed Him. And He went about all Galilee, teaching in their synagogues and preaching the gospel of the Kingdom and healing every disease and every infirmity among the people.

**The Synaxarion**

On June 21 in the Holy Orthodox Church, we commemorate the holy Martyr Julian of Tarsus.

***Verses***

Bearing Julian as goods worthy of Heaven,  
The sack into the midst of the sea doth plummet.  
On the twenty-first, Julian in a sack was sacrificed.

Of a noble senatorial family, Julian was only 18 years old when he was taken to trial for the Faith. But Julian was already educated and resolute in Christian faith and devotion. The imperial governor took him from city to city for a whole year, torturing him all the while and attempting to

persuade him to renounce Christ. The governor seized Julian's mother and sent her to urge her son to renounce Christ. She spent three days in prison with him, giving him precisely the opposite advice, teaching him to go to his death with courage and gratitude to God. His torturers then sewed Julian into a sack of sand with scorpions and snakes and threw him into the sea, and his mother also died under torture. The waves carried Julian's body onto the shore, and the faithful took it to Alexandria, where they buried it in 290. His relics were later taken to Antioch.

On this day, we also commemorate the Martyr Aphrodisius of Cilicia; and New-martyr Nikita of Nisyros near Rhodes. By their intercessions, O Christ God, have mercy upon us. Amen.

## **OFFERINGS**

Holy Bread is being offered by The Murr family with prayers for the fifteen year memorial of the servant of God, Gary George Murr (+21 June, 2005), beloved husband, father and grandfather. Memory eternal.

Holy Bread is being offered by Laila Dawud with prayers for the fathers of the Dawud family and in loving memory of Assad Dawud, beloved husband, father and grandfather. Memory eternal

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

by T. Mae Tortolano in loving memory of her father, Frank Skaff (+12 June, 1961) and husband Vittorio Tortolano (+1 July, 1974).  
Memory eternal.

for the continued health of Michael Baclig, son and father.  
May God grant him many years and continued success!

for the speedy recovery and continued health of Lila Awad,  
by her sister, Elaine Srouer and her family.

for the continued health of Dolores Cardelucci.

### **Father's Day - June 21, 2020**

Mrs. John B. Dodd, of the State of Washington, first proposed the idea of "Father's Day" in 1909. Mrs. Dodd wanted a special day to honor her father, William Smart. William Smart, a Civil

War veteran, was widowed when his wife (Mrs. Dodd's mother) died in childbirth with her sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington State. It was after Mrs. Dodd became an adult that she realized the strength and selflessness her father had shown in raising his children as a single parent.

The first Father's Day was observed on June 19, 1910 in Spokane, Washington. At about the same time in various towns and cities across America other people were beginning to celebrate "Father's Day." In 1924 President Calvin Coolidge supported the idea of a national Father's Day. Finally in 1966, President Lyndon Johnson signed a Presidential Proclamation declaring the third Sunday of June as Father's Day.

## LITURGICAL CALENDAR

### The Fast of the Holy Apostles

From Monday, June 16 to Sunday, June 28, we observe The Fast of the Holy Apostles.

The period of the fast varies from year to year, depending on the date of Easter.

The traditional fasting discipline includes: no meat, poultry, eggs, cheese, milk or other dairy products, fish, wine and olive oil on Mondays, Wednesdays and Fridays, with *katalysis* (allowance) for wine and olive oil on Tuesdays and Thursdays (some also permit fish on Tuesdays and Thursdays), fish, wine and olive oil on Saturdays and Sundays. The Fast prepares us from the celebration of the Feast of the Holy Apostles Peter and Paul, Patrons of the Patriarchate of Antioch. Having rejoiced for fifty days following Pascha (Easter), the Apostles began to prepare for their departure from Jerusalem to spread Christ's message. According to Holy Tradition, as part of their preparation they began a fast with prayer to ask God to strengthen their resolve and to be with them in their missionary undertakings.

### **The Third Sunday after Pentecost and the Third Sunday of Matthew**

Great Vespers – Saturday, June 27<sup>th</sup>, 5 p.m.

Orthros – Sunday, June 28<sup>th</sup>, 8:45 a.m., Divine Liturgy, 10 a.m.

### **The Feast of Ss. Peter and Paul**

Monday, June 29<sup>th</sup>, Divine Liturgy, 10 a.m.

## ANNOUNCEMENTS

### **Live-streaming Sunday Orthros and Liturgy**

Plan to view all of our scheduled church services on-line by logging on to: either **FaceBook** or **YouTube** via our parish website: <[www.stmichaelvannuys.org](http://www.stmichaelvannuys.org)> Your church offering may be made on-line

via our website "Donation" tab or by mailing your check to the church at: 16643 Vanowen Street; Van Nuys, California; 91406. Mailing your check to the church will save our church a 3% service charge.

## **Church Attendance**

We are able to have a seating occupancy of 25% of our worship space for parishioners attending the Divine Liturgy on Sunday's and who observe the safe-distancing. Instructions and Procedures are being provided by Father Timothy who needs to also be informed how many from your household will be present and whether or not you will be preparing to receive Holy Communion. Simply e-mail him at: [frtimothy@stmichaelvanuys.org](mailto:frtimothy@stmichaelvanuys.org) The Sacrament(s) are also available on weekdays by appointment.

## **Zoom Meetings Scheduled Next Week**

**Bible Study with Father Timothy** — Tuesday, June 23 at 7 p.m. **Use the link and security password provided in the parish e-mail.**

Note: Father Timothy would also welcome scheduling a Zoom Meeting with you and your family at any time by appointment.

## **Join in our Parish Bible Study Zoom Meetings**

An "Orthodox Bible Study" provides a broad and complete study of the full context of Holy Scripture (Old and New Testament) It is a comprehensive approach to understanding God's Word from Holy Tradition that includes: The Apostolic writings, Church Councils, the Canonical Texts, Patristic Sources, Liturgical Texts of Services and the experience of saints who have given testimony through their life as witnesses of the faith through the centuries. This week's "Virtual Bible Study Zoom Meeting" will take place on Tuesday evening, June 23 at 7 p.m. Each study is limited to one hour. All who are interested may review the previously recorded studies by requesting the Zoom link. Just e-mail Father Timothy at: [<frtimothy@stmichaelvannuys.org>](mailto:frtimothy@stmichaelvannuys.org) and will also receive a study guide. We are currently examining the New Testament readings of the season and focusing upon the Epistle of Romans.

## **Arab American Educational Foundation Scholarships**

Once again the American Arabic Educational Foundation (AAEF) is awarding scholarships to Southern California students of Arabic heritage. The scholarship requires that the applicant be a graduating high school senior or equivalent, planning to enter either an academic or vocational school the term following the granting of the scholarship. The recipient must also be of Arabic Heritage, and resident of one of the following California Counties: Imperial, Los Angeles, Orange, Riverside, San Bernardino, San Diego, or Ventura. Applicants must also be a citizen or permanent resident of the United States. Applications may also be submitted by college and graduate students. All of the above eligibility and qualifications apply. Applications may be obtained by e-mail in contacting: Fred Milkie, Jr. at <application@aaefscholarship.com> or by downloading it from: <http://www.aaefscholarship.com> Questions may be directed to Fred Milkie, Jr. by phoning him at: 818-535-4243. The applications must be turned in no later than July 1, 2020.

## **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 20, 2020.

## **Upcoming Events**

St. Michael Ladies Annunciation Tea - **Postponed to August 22**

Speaker: Mother Paraskeva of St. Barbara Monastery

Topic: "Sow to the Spirit: Preparing Now for the World to Come"

29th Annual St. Michael Annual Golf Classic  
**(Postponed to Monday, November 2, 2020)**

The 57th “Sweetheart Ball” - at the Universal Hilton Hotel  
**(Postponed to November 28, 2020)**

St. Nicholas Virtual Summer Camp - July 12-17, 2020  
Grades 2 to 12; sign-up at: [www.stnicholas.com/eite/home/](http://www.stnicholas.com/eite/home/)

2020 Virtual Sacred Music Institute - July 17-19, 2020  
“God Is With Us: Music of the Nativity of Christ”  
\$50/person (\$25/day); \$250 for up to 10 people from a parish

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

**Holy Bread Offering List**

Jun 21 - open  
Jun 28 - open  
Jul 05 - open  
Jul 12 - open

**Coffee Hour Hosts Calendar**

Note: There are no Coffee  
Hours scheduled

Please contact Fr. Timothy (818/219-3761; [pastor@stmichaelvannuys.org](mailto:pastor@stmichaelvannuys.org)) to sign-up to offer Holy Bread and  
Cindy Tamoush at: (818-345-4363; [famtam5@socal.rr.com](mailto:famtam5@socal.rr.com)) to sign-up for the Coffee Hour.

**Study: “Building a Worshipping Community”**

All of Father Timothy’s visual presentations: “Building a Worshipping Community” are now available on-line. Visit our parish website homepage <[stmichaelvannuys.org](http://stmichaelvannuys.org)> and click onto link of the presentations on the slider: Part I - “Children in Church;” Part II - “Church Hymnography; Antiphonal Singing and Chanting;” Part III - “Iconography in the Church; Their Order and Placement;” Part IV - “The Iconostasis, Its Purpose and Function.” Part V, soon to be available will focus on “The ‘Assembly of the Faithful’ in the Nave and Its Furniture.”

**Personal Tours of our New Church Sanctuary**

Personal tours are being scheduled by appointment for all who are interested in designated “sponsorships” or “dedications” of various parts of the new church sanctuary that are available. The tour will also provide answers to questions. Please contact Father Timothy for more information at: [frtimothy@stmichaelvannuys.org](mailto:frtimothy@stmichaelvannuys.org)



## The Fast of the Holy Apostles (June 15 – 28, 2020)

The **Apostles' Fast**, also called the **Fast of the Holy Apostles**, the **Fast of Peter and Paul**, or sometimes **St. Peter's Fast**, is observed by the Orthodox beginning on the second Monday after the Feast of Pentecost, and continues to the Feast of Ss. Peter & Paul (on Monday, June 29<sup>th</sup>).

Having rejoiced for fifty days following Pascha (Easter), the Apostles began to prepare for their departure from Jerusalem to spread Christ's message. According to Holy Tradition, as part of their preparation, they began a fast with prayer to ask God to strengthen their resolve and to be with them in their missionary undertakings.

The scriptural foundation for the Fast is found in the four Gospels, when the Pharisees criticized the apostles for not fasting, Jesus said to them, "Can the children of the bridal chamber mourn, as long as the Bridegroom is with them? But the days will come, when the Bridegroom shall be taken from them, and then shall they fast." In the immediate sense, Christ was referring to his being taken to be crucified; but in the wider sense it is understood in terms of his Ascension into heaven, and his commission to preach the Gospel, which can only be accomplished with prayer and fasting.

The tradition of the Fast has existed at least since Pope Leo I (461 AD), as is evidenced by his homilies, though it has subsequently been forgotten in the West. The Fast is thought to have been instituted out of thanksgiving to God for the witness of the apostles of Christ. With this Fast, believers express their thanks for the apostles' endurance of persecution during their mission.

The Apostles' Fast is not as severe as Great Lent or the Dormition Fast, but entails fasting from red meat, poultry, meat products, eggs, dairy products, fish, oil, and wine. Fish, wine and oil are allowed on Saturdays and Sundays, and oil and wine are allowed on Tuesdays and Thursdays. These fasting rules are much the same as those observed during the Nativity Fast. Depending on the date of Pascha, the Apostles' Fast can begin as early as May 18 or as late as June 21. Thus, it may be as short as eight days or as long as forty-two days in duration.

**SECOND SUNDAY AFTER PENTECOST  
THE SECOND SUNDAY OF MATTHEW**

MARTYR JULIAN OF TARSUS; MARTYR APHRODISIUS OF CILICIA;  
NEW-MARTYR NIKITA OF NISYROS NEAR RHODES

**طروبارية القيامة على اللحن الأول**

إِنَّ الْحَجَرَ لَمَّا خُتِمَ مِنَ الْيَهُودِ، وَجَسَدَكَ الطَّاهَرَ حَفِظَ مِنَ الْجَنْدِ، قُتِمَتْ فِي الْيَوْمِ الثَّلَاثِ أَيَّهَا الْمَخْلُصُ، مَانِحاً الْعَالَمَ الْحَيَاةَ. فَلذَلِكَ قَوَاتِ السَّمَاوَاتِ هَتَفُوا إِلَيْكَ يَا وَاهَبَ الْحَيَاةَ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ، الْمَجْدُ لِمَلِكِكَ، الْمَجْدُ لِنُدْبِيرِكَ يَا مُحَبِّبَ الْبَشَرِ وَحَدِّكَ.

**طروبارية رؤساء الملائكة بالحن الرابع**

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمُسْتَحَقِّينَ، حَتَّى أَتَّكُم بِطَلْبَاتِكُمْ تَكْتَنُوفُونَا بِظِلِّ أَجْنَحَةٍ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَّانَا نَحْنُ الْجَائِثِينَ وَالصَّارِخِينَ بِغَيْرِ فِتْوَرٍ، أَنْقِدُونَا مِنَ الشَّدَائِدِ، بِمَا أَتَّكُم رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ الْعُلْوِيَّةِ.

**قنداق للقديسين على اللحن الثامن**

أَيُّهَا الرَّبُّ الْبَارِي الْخَلِيقَةَ، إِنْ الْمَسْكُونَةُ تَقْدَمُ لَكَ الشَّهَادَةَ الْبَلْبَسِي اللّهِ كِبَوَاكِيرِ الطَّبِيعَةِ. فَبِتَوَسَّلَاتِهِمْ أَحْفَظْ كَنِيستَكَ فِي سَلَامٍ دَائِمٍ، مِنْ أَجْلِ وَالِدَةِ الْإِلَهِ، يَا جَزِيلَ الرَّحْمَةِ.

**الرسالة**

لَتَكُنْ يَا رَبِّ رَحْمَتُكَ عَلَيْنَا، ابْتَهَجُوا أَيُّهَا الصَّدِيقُونَ بِالرَّبِّ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولَسِ الرَّسُولِ إِلَى أَهْلِ رُومِيَّةِ.

يَا إِخْوَةَ، الْمَجْدُ وَالْكَرَامَةُ وَالسَّلَامُ لِكُلِّ مَنْ يَعْمَلُ الْخَيْرَ مِنَ الْيَهُودِ أَوْ لَا ثُمَّ الْيُونَانِيِّينَ، لِأَنَّ اللَّهَ لَا يُحَابِي أَحَدًا. فَكُلُّ الَّذِينَ خَطَبُوا بِغَيْرِ الشَّرِيعَةِ، بِغَيْرِ الشَّرِيعَةِ يَهْلِكُونَ. وَكُلُّ الَّذِينَ خَطَبُوا وَهُمْ بِالشَّرِيعَةِ، فَبِالشَّرِيعَةِ يَدَانُونَ. وَلَيْسَ الَّذِينَ يَسْمَعُونَ كَلَامَ الشَّرِيعَةِ هُمْ

الأبرارُ عند الله، بل الذين يعملون بأحكام الشريعة هم الذين ينالون البر. فالوثنيون الذين بلا شريعة، إذا عملوا طبيعياً بما تأمر به الشريعة، كانوا شريعة لأنفسهم، مع أنهم بلا شريعة. فيظهرون أن ما تأمر به الشريعة مكتوبٌ في قلوبهم وتشهد لهم ضمائرهم وأفكارهم، فهي مرة تشكوهم ومرة تدافع عنهم، وسيظهر هذا كله، وفق ما أبشركم به، يوم يدين الله سرائر الناس بيسوع المسيح.

## الإنجيل

### فصلٌ شريفٌ من بشارَةِ القديسِ متى الانجيلي البشير والتلميذِ الطاهر.

في ذلك الزمان، كان يسوع ماشياً على شاطئِ بحر الجليل، فأبصر أخوين هما سمعان الملقب بطرس وأخوه اندراوس يلقيان الشبكة في البحر، لأنهما كانا صيادين. فقال لهما: "اتبعاني، أجعلكما صيادي بشر." فتركا شباكهما في الحال وتبعاه. وسار من هناك فرأى أخوين آخرين، هما يعقوب ابن زبدي وأخوه يوحنا، مع أبيهما زبدي في قارب يصلحان شباكهما، فدعاهما فتركا القارب وأباهما في الحال وتبعاه. وكان يسوع يسير في الجليل كله، يعلم في مجامعهم ويعلن بشارَةَ الملكوت، ويشفي الشعب من كل مرض وداء.

#### 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 الارثوذكسية 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 الارثوذكسية.