

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

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and Metropolitan of all North America www.antiochian.org

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The Third Sunday after Pentecost and the Third Sunday of Matthew

Venerable Thomas of Mt. Maleon; Hieromartyr Evangelos, Bishop of Tomi (Constanta) in Romania; New-martyr Polycarp; Eudokia, Princess of Moscow

Sunday, June 28, 2020

Tone 2; Eothinon 3

Apolytikion for the Resurrection (Tone 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

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 (The Third Sunday after Pentecost)

The Lord is my strength and my song. The Lord has chastened me sorely.

The Reading from the Epistle of St. Paul to the Romans (5:1-10)

Brethren, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through Him we have obtained access to

this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man—though perhaps for a good man one will dare even to die. But God shows His love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by His blood, much more shall we be saved by Him from the wrath of God. For if while we were enemies we were reconciled to God by the death of His Son, much more, now that we are reconciled, we shall be saved by His life.

THE GOSPEL (for the Third Sunday of Matthew)

**The Reading of the Holy Gospel is according to St. Matthew
(6:22-33)**

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink; nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of heaven: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon himself in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O men of little faith? Therefore, do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But

seek first His kingdom and His righteousness, and all these things shall be yours as well.”

The Synaxarion

On June 28 in the Holy Orthodox Church, we commemorate the recovery of the precious relics of the holy and wonderworking Unmercenaries Cyrus and John.

Verses

The bones now appeared of the Unmercenary Martyrs
Gush forth mighty torrents of unmercenary marvels.

On the twenty-eighth appeared Cyrus with fellow contender John.

Cyril, Patriarch of Alexandria, prayed fervently to God to destroy the idolatrous impurity in the town of Menuthis where a pagan temple was located and where the power of the demons ruled. An angel of God appeared to the patriarch and told him that Menuthis would be cleansed of its impurity if he translated the relics of Saints Cyrus and John from Canopus to that town. The patriarch did this immediately and built a church there in their honor. Ammonius, the son of Julian the mayor of Alexandria, was healed of scrofula; a Theodore was healed of blindness; the wife of Theodore from poisoning, a Eugenia of dropsy as well as many other people were healed of various diseases and torments by the relics of these saints. This all occurred in 412.

On this day, we also commemorate the holy martyr Papios; Paul the Physician of Corinth; Venerable Moses the anchorite; and Venerable Sergios and Herman, wonderworking abbots of Valaam. By their intercessions, O Christ God, have mercy upon us. Amen.

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.

LITURGICAL CALENDAR

NOTE: Wednesday and Friday are observed as days of fasting

The Feast of Ss. Peter and Paul

Divine Liturgy, 11 a.m.

The Venerable Athanasius of Athos

The Fourth Sunday of Matthew

Great Vespers – Saturday, July 4th, 5 p.m.

Orthros – Sunday, July 5th, 8:45 a.m., Divine Liturgy, 10 a.m.

OFFERINGS

The Holy Bread is being offered this morning with cherished memory of sister Loretta Namay-Jurado (+2 July, 2016), and mother Wedad Skaff-Namay (+9 July, 2011), by Darlene Namay-Ortega and family; with special prayers for the health and well being of brother Alan Namay (undergoing dialysis treatments).

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

for the well being of Richard Khoury, his wife, Janice and their family.

by Father Timothy for the good health of his sister, Arlene Horne of Midland-Odessa, Texas.

by Charmaine Darmour for the continued health of her mother, Ramona George Darmour.

for beloved Robert Webster on the occasion of his birthday (June 28th), in thanksgiving, and for a long, healthy and joy filled life in Christ; also with thanks to and prayers for all of the precious family and friends who show us love of every kind; by his adoring wife, Nicole, and loving mother-in-law, Minnie Tobey Lush and all the family.

All glory be to God!

by Father Timothy for Father Minas Sarchizian, who recently celebrated his birthday (June 24th). May God grant him many years!

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> 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@stmichaelvannuys.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> and will also receive a study guide. We are currently examining the New Testament readings of the season and focusing this week upon the relationship and ministries of Saints Peter and Paul as heard in the Epistle to the Galatians.

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/

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

Jul 05 - open

Jul 12 - open

Jul 19 - open

Jul 26 - open

Coffee Hour Hosts Calendar

Note: There are no Coffee

Hours scheduled

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.

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> 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

Reminder

No one attending a theater event is late to be seated and are on-time before the doors are closed. In fact, devout fans of a sports event plan an early arrival for "tailgate parties" if not, to get a good parking space before the start of a game. Why are many of us so poor in our discipline at arriving at church on time? Especially if we are coming to be recipients of the Body and Blood of Christ in the Sacrament of Holy Communion, we should do our very best to be present at the bare minimum to hear the lesson of the Epistle and Holy Gospel if not before.

EOTHINON 3

الايوثينا 3

TONE 2

اللحن 2

THE THIRD SUNDAY AFTER PENTECOST AND THE THIRD SUNDAY OF MATTHEW

**RECOVERY OF THE RELICS OF CYRUS & JOHN THE UNMERCENARIES; MARTYR PAPIOS;
PAUL THE PHYSICIAN OF CORINTH; VENERABLE MOSES THE ANCHORITE; VENERABLE
SERGIOS AND HERMAN, WONDERWORKING ABBOTS OF VALAAM**

طروبارية القيامة باللحن الثاني

عندما انحدرت إلى الموت، أيها الحياة الذي لا يموت، حينئذ أمتّ الجحيم ببرق لاهوتك،
وعندما أقيمت الأموات من تحت الثرى، صرخ نحوك جميع القوات السماويين: أيها
المسيح الإله المعطي الحياة، المجد لك.

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 الجاثين
والصارخين بغير فتور، أنقذونا من الشدائد، بما أنكم رؤساء مراتب القوات العلوية.

قنداق للقدسين على اللحن الثامن

أيها الرب البارئ الخليقة، إن المسكونة تقدم لك الشهداء اللابسي الله كباكير الطبيعة. فبتوسلاتهم احفظ كنيستك في سلام دائم، من أجل والدة الإله، يا جزيل الرحمة.

الرسالة

قُوتِي وَتَسْبِحْتِي الرَّبُّ. أَدْبَا أَدْبَنِي الرَّبُّ

فَصَلُّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ رومية (10-1:5)

يا إِخْوَةَ، إِذْ قَدْ بَرَّرْنَا بِالْإِيمَانِ، فَلْنَا سَلَامٌ مَعَ اللَّهِ بِرَبَّنَا يَسُوعَ الْمَسِيحِ * الَّذِي بِهِ حَصَلُ أَيْضًا لَنَا الدُّخُولُ بِالْإِيمَانِ إِلَى هَذِهِ النِّعْمَةِ الَّتِي نَحْنُ فِيهَا مُقِيمُونَ وَمُفْتَخِرُونَ فِي رَجَاءِ مَجْدِ اللَّهِ * وَلَيْسَ هَذَا فَقَطْ، بَلْ أَيْضًا نَفْتَخِرُ بِالشَّدَائِدِ، عَالِمِينَ أَنَّ الشَّدِيدَةَ تَنْشِيءُ الصَّبْرَ * وَالصَّبْرُ يُنْشِيءُ الْاِمْتِحَانَ وَالْاِمْتِحَانَ الرَّجَاءَ * وَالرَّجَاءَ لَا يُخْزِي. لِأَنَّ مَحَبَّةَ اللَّهِ قَدْ أَفِيضَتْ فِي قُلُوبِنَا بِالرُّوحِ الْقُدُسِ الَّذِي أُعْطِيَ لَنَا * لِأَنَّ الْمَسِيحَ، إِذْ كُنَّا بَعْدُ ضَعَفَاءَ، مَاتَ فِي الْأَوَانِ عَنِ الْمُنَافِقِينَ * وَلَا يَكْفِي أَحَدٌ يَمُوتُ عَنِ بَارٍّ، فَلَعَلَّ أَحَدًا يُقَدِّمُ عَلَيَّ أَنْ يَمُوتَ عَن صَالِحٍ * أَمَّا اللَّهُ فَيَدُلُّ عَلَيَّ مَحَبَّتَهُ لَنَا بِأَنَّهُ، إِذْ كُنَّا خَطَاةَ بَعْدُ، * مَاتَ الْمَسِيحُ عَنَّا. فَبِالْأُخْرَى كَثِيرًا، إِذْ قَدْ بَرَّرْنَا بِدَمِهِ، نَخْلُصُ بِهِ مِنَ الْغَضَبِ * لِأَنَّا إِذَا كُنَّا قَدْ صَوْلَحْنَا مَعَ اللَّهِ بِمَوْتِ ابْنِهِ وَنَحْنُ أَعْدَاءُ، فَبِالْأُخْرَى كَثِيرًا نَخْلُصُ بِحَيَاتِهِ وَنَحْنُ مُصَالِحُونَ.

الإنجيل

الله باركوا المجمع في. قدسيه في الله هو عجيب

الأمم جميع يا هذا اسمعوا

(3:23-29; 4:1-5) غلاطية أهل إلى الرسول بولس القديس رسالة من فصل

العبيد الإيمان إلى علينا معلقاً، الناموس تحت محروسين كنا الإيمان جاء قبلما، إخوة يا جاء ما بعد ولكن. بالإيمان نبرر لكي، المسيح إلى مؤدبنا الناموس كان قد إذا. يعلن أن كلكم لأن. يسوع بالمسيح بالإيمان الله أبناء جميعاً لأنكم. مؤدب تحت بعد لسننا، الإيمان

لَيْسَ حُرٌّ وَلَا عَبْدٌ لَيْسَ يُونَانِيٌّ وَلَا يَهُودِيٌّ لَيْسَ: الْمَسِيحُ لَبِسْتُمْ قَدْ بِالْمَسِيحِ اعْتَمَدْتُمْ الَّذِينَ
نَسَلُوا إِذَا فَانْتُمْ، لِلْمَسِيحِ كُنْتُمْ فَإِنْ يَسُوعُ الْمَسِيحِ فِي وَاحِدٍ جَمِيعًا لَأَنْتُمْ، وَأَنْتَى ذَكَرُ
، الْعَبْدِ عَنِ شَيْئًا يَفْرُقُ لَا ، قَاصِرًا الْوَارِثُ دَامَ مَا : أَقُولُ وَإِنَّمَا . وَرَثَةُ الْمَوْعِدِ وَحَسَبَ ، إِبْرَاهِيمَ
هَكَذَا . أَبِيهِ مِنَ الْمُوجَلِ الْوَقْتِ إِلَى وَوَكَلَاءَ أَوْصِيَاءَ تَحْتَ هُوَ بَلْ . الْجَمِيعِ صَاحِبِ كَوْنِهِ مَعَ
مِلَّةً جَاءَ لَمَّا وَلَكِنْ . الْعَالَمِ أَرْكَانٍ تَحْتَ مُسْتَعْبِدِينَ كُنَّا ، قَاصِرِينَ كُنَّا لَمَّا : أَيْضًا نَحْنُ
تَحْتَ الَّذِينَ لِيَفْتَدِي ، النَّامُوسِ تَحْتَ مَوْلُودًا ، امْرَأَةٍ مِنْ مَوْلُودًا ابْنَهُ اللَّهُ أَرْسَلَ ، الزَّمَانِ
التَّبَنِّي لِنَنَالَ ، النَّامُوسِ

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 الذى يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضواً فى الكنيسة الارثوذكسية