

**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](http://stmichaelvannuys.org)

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and Metropolitan of all North America [www.antiochian.org](http://www.antiochian.org)

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# **The Sunday of the Holy Fathers of the Seventh Ecumenical Council and the 4<sup>th</sup> Sunday of Luke**

Apostle Philip one of the Seven Deacons; Venerable Theophanes the branded; Nektarios, Arsakios, Sisinius and Philotheos Kokkinos, Patriarchs of Constantinople; Venerable Jonah of Cyprus

**Sunday, October 11, 2020**

**Tone 1; Eothinon 7**

## **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 of the Holy Fathers (Tone 8)**

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, 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 (for the Holy Fathers)

*Blessed art Thou, O Lord, the God of our Fathers.  
For Thou art just in all that Thou hast done.*

### **The Reading from the First Epistle of St. Paul to Titus (3:8-15)**

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissension, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all. Amen.

THE GOSPEL (for the Fourth Sunday of Luke)

### **The Reading of the Holy Gospel is according to St. Luke (8:5-15)**

The Lord spoke this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when His Disciples asked Him what this parable meant, Jesus said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the

thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.” As Jesus said this, He called out, “He who has ears to hear, let him hear.”

## **The Synaxarion**

On October 11 in the Holy Orthodox Church, we commemorate the Apostle Philip the deacon of the Seventy; Venerable Theophanes the branded; Nektarios, Arsakios, Sisinios and Philotheos Kokkinos, patriarchs of Constantinople; and Venerable Jonah of Cyprus.

On this day we commemorate the holy and blessed Fathers who came together for the second time in Nicaea, during the reign of the pious and Christ-loving Sovereigns Constantine and Irene, against those who impiously, ignorantly and foolishly asserted that the Church of God worshippeth idols, and rejected the august and holy icons.

### ***Verses***

Thy champions, O Word, with words as their weapons,  
Turn to flight the foes of the venerable icons.

The Council met in 787 to refute the Iconoclast heresy, whose camp believed that all depictions of Christ, His Mother and the saints should be destroyed. The iconophiles believed that icons served to preserve the doctrinal teachings of the Church; and they considered icons to be man’s dynamic way of expressing the divine through art and beauty. The council decreed that the veneration of icons was not idolatry (Exodus 20:4-5), because the honor shown to them is not directed to the wood or paint, but passes to the prototype, or the person depicted. It also upheld the possibility of depicting Christ, Who became man and took flesh at His Incarnation. The Father, on the other hand, cannot be represented in His eternal nature, because “no man has seen God at any time” (John 1:18). By the intercessions of the Holy Fathers, 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 partake 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 Ron & Kathy Zraick in memory of Ron's brother, Richard Zraick who entered eternal rest on October 13, 1974. Memory eternal.

Holy Bread is also being offered by Father Minas, Presbyteria Nicole and Mary in honor of the birthdays of Presbyteria's mother, Viorica (October 10th), and daughter, Mary (October 11), with prayers and gratitude of having them in our life, with intense prayers for Jamie, Amy, Greg, John, for healing of soul, mind and body, and in gratitude for the prayers of the St. Michael community.

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

For the speedy recovery and continued health of Lila Coudsy.

for Carrie Sadd Khouri on the occasion of her birthday. May God grant her many years! Also on the occasion of Leilah & Daniel Lewin's twelfth wedding anniversary. May God bless them on this celebration!

by for the repose of the newly-departed, Blake Burgess (+3 October, 2020), OU classmate and friend of Nick Safady

for the repose of the newly-departed, Edward Brady +7 October, 2020), the uncle of Pat Malouf. Memory eternal.

for the speedy recovery of Aiden Jimenez, 18 year old freshman at ASU

by for the repose of the newly-departed, Bill Saba (+9 October, 2020), uncle of Greg Safady and family. Memory eternal.

by Maria Safady for the healing of her cousin, Tyler Capata, (9 years old) recently hospitalized.

for the Bishop-Elect, His Grace SPYRIDON of Amastris (the Archimandrite Spyrou (Spencer) Kezios of St. Nicholas Greek Orthodox Church in Northridge, California). AXIOS!

from the Srouer and Cruz families for the speedy recovery of Lila Awad who was hospitalized for congestive heart failure.

## LITURGICAL CALENDAR

### **The Holy Apostle and Evangelist Luke**

Saturday, October 17<sup>th</sup>, Great Vespers, 5 p.m.

Sunday, October 18<sup>th</sup>, Orthros, 8:45 a.m., Divine Liturgy, 10 a.m.

**The Holy Apostle James, Brother of the Lord** - October 23



## ASSEMBLY OF CANONICAL ORTHODOX BISHOPS

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### OF THE UNITED STATES OF AMERICA

### **A Message of Hope from the Assembly of Bishops**

October 7, 2020

We, the Members of the Assembly of Canonical Orthodox Bishops of the United States of America, gathering for our first digital meeting on October 6-7, 2020, offer the perennial message of Christian hope and spiritual encouragement to our clergy and faithful, and all persons of good will, in these unprecedented times of the current global health crisis, political division, and social strife.

The Coronavirus pandemic has affected every human being in the world with some form of trauma: loss of life, debilitating illness, separation from loved ones, financial hardship, or emotional fatigue. And yet, it remains true that through the Cross joy has come into all the world. Through these tragedies, health care workers who have sacrificially cared for the sick, parents who have had to manage every aspect of their children's education and care from home, those who are without employment and those who are facing financial struggles, and clergy who have maintained the spiritual and liturgical lives of their parishes—all bear witness to the power of love and goodwill to provide solace in these troubled days. At the same time, this health crisis and the energy required to shoulder it have also given rise to an unhealthy increase of polemical opinion related to questions of science, medicine, and civil and ecclesiastical directives. As often

happens when human passions erupt, such polemics have infected other areas of society as reflected in the rise in this country of racial tensions, ideological clashes, and political polarization. We remind all that, as Orthodox Christians sojourning in this land, we are not called to base our lives upon the ephemeral convictions that are common in the realm of politics, economics, or ideology. Rather, we are called to “set your minds on things that are above, not on things that are on earth” (Col. 3:2), placing our trust in the Gospel of our Lord Jesus Christ and doing His Holy Will through our efforts to fulfill His life-giving commandments.

In our present circumstances, trying to hold a sensible middle ground between opposing forces of faithless reason on the one hand and spiritualized folly on the other is the greatest challenge of our time. As Orthodox Christians we are called to follow the “road, I will turn aside neither to the right nor to the left” (Deuteronomy 2:27). Saint Jerome teaches that the high way or royal way is the way of the One who declares, not only that “I am the way, the truth, and the life,” but also “Your ways are not like my way” (Commentary on Isaiah). This means keeping our eyes on Christ and His sacrificial love for the entire world and being humble about our own particular opinions is the time-tested way to walk along the path worthy of the Christian calling.

Certainly, our present physical separation from one another and spiritual isolation from the divine services have complicated our ability to navigate these troubled waters. It is not fitting for us, as Orthodox Christians, to add to the burdens of our brothers and sisters either by condemning them or by appeasing them with insincere flattery. Rather, we ought to honestly fulfill the law of God by bearing one another’s burdens, as the Holy Apostle Paul reminds us (cf. Gal. 6:2). This means that we are called to an authentic life of patient obedience, sincere humility, genuine compassion, and sacrificial love even towards those with whom we differ. This is not an easy task for human beings to accomplish, but by grace and by the power of the Cross, we who are weak are made strong through Christ. With that grace, let us boldly give expression to Christ-like love and Christ-like humility in a world where many are unable to see anything beyond their own opinion. With that power, let us steadfastly remain faithful to the Tradition of the ancient Church in a land of modernity, uncertainty, and confusion. As a guide, let us “lift up our hearts and hands to God in heaven” (Lam. 3:41) and make our own the words of the Psalmist who cries out: “O God, thou art my God; I seek thee, my soul thirsts for thee, my flesh faints for thee, as in a dry and weary land where no water is” (Psalm 63:1).

**St. Michael Antiochian Orthodox Church  
of the San Fernando Valley**

16643 Vanowen Street, Van Nuys, California 91406-4622  
Metropolitan JOSEPH, Archbishop of New York and all North America

Dear Parishioners & Friends of St. Michael,

St. Michael continues to support Loaves & Fishes, a local pantry serving the impoverished areas in Van Nuys and throughout the San Fernando Valley areas. Please phone 818-345-4363 should you be able to participate in our Thanksgiving and/or Christmas food collection. There are a few ways in participating:

1. If you would like me to shop for you, just write a check made out to "St. Michael Church," earmarked "Holiday Food Collection" (a tax incentive).
2. If you are doing your own shopping at Ralph's or Food-4-Less stores, don't forget to use your Ralphs Reward Card to help St. Michael Church to benefit.
3. Loaves and Fishes is also in need of the following: Personal care items including, deodorant, soap, shampoo, toothbrushes, toothpaste, sanitary napkins and disposable razors; baby items such as diapers, 5T Pull-Ups or larger, and baby formula; bottled water, canned food items (preferably with pull-up tabs), i.e., tuna, chicken, baked beans, fruit, vegetables, chili, soups, pasta/ravioli, peanut butter, Ensure, Carnation Instant Breakfast, coffee, tea; also any store gift cards in \$5 and \$10; clothing and household items.

**All food items must be delivered to our Community Center Narthex by Sunday, November 22nd and Sunday December 20th.** A cart marked Food Collection will be placed in the Narthex for your donations.

Thank you for your continued support.

Yours in Christ,

Cindy Tamoush

## **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.

## **Church Attendance**

We are currently limiting attendance at our church services due to the COVID-19 pandemic. Parishioners must sign-up by informing Father Timothy to attend our services. Questions will also be answered by Father Timothy by e-mail at: [frtimothy@stmichaelvannuys.org](mailto:frtimothy@stmichaelvannuys.org) The Sacrament(s) are also available on weekdays by appointment.

## **Zoom Meeting Bible Study**

**Bible Study with Father Timothy** — Tuesday, October 13th at 7 p.m. **Use the link and security password provided in the weekly parish e-mail.**

Note: Father Timothy would also welcome scheduling a Zoom Meeting with you and your family at any time by appointment. Simply e-mail him at [<frtimothy@stmichaelvannuys.org>](mailto:frtimothy@stmichaelvannuys.org).

## **Adult Zoom Meeting: “The Relationship Project”**

Join Father Timothy next Thursday, October 15th at 6:30 p.m. in weekly one-hour Zoom meetings on “The Relationship Project” produced by *Faithtree Resources*. Discover the struggles of young people and how we can best relate to their anxieties and challenges. The three-part program aims to build the primary relationships of a young person: with parents, priest, people of faith and friends. This curriculum was written by a team of Orthodox theologians, pastor-teachers, therapists, and youth workers, blessed by His Eminence, Metropolitan JOSEPH. You can participate by logging on to the weekly Zoom links provided in the weekly parish e-mail.

## **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, October 6th, at 7 p.m. Each study is limited to one hour. **This week's topic is the first of a new series on The Book of Revelation: It's Understanding and Use in the Orthodox Church.** For recorded sessions or study guides, e-mail Father Timothy at: <frtimothy@stmichaelvannuys.org>.

### **Parish Council Nominations**

On Sunday, November 15, 2020 we will be holding a brief Virtual 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 Joe Ayoub [ending his first (1st) term; able to be nominated]; Adam Lamar [ending his first (1st) term; able to be nominated]; and Deacon Andrew Monsue [completing his first (1st) term; able to be nominated]. Our one-year appointed members whose terms are expiring are: Julie Bitar [second year appointed], and Michael Mitchell [first year appointed]. The Parish Council election will be held on two (2) consecutive Sundays: November 22 and 29. Council members whose terms are unexpired are: Connie Abdun-Nur Barilla, Regan Hines, John Khouri, Subdeacon Richard Ajalat, Dan Raju, and Kris Thabit. Charmaine Darmour is also completing her tenth (10th) consecutive year as President of the Antiochian Women.

All interested in serving on the Parish Council should contact: Connie Barilla, Nominations Chair at: [cmatthews46@yahoo.com](mailto:cmatthews46@yahoo.com)

## **Building Fund Update**

We are still unable to have a clear date for the completion of our Church Building Project for a very important reason: A certified occupancy will be granted by the City of Los Angeles when the Department of Building and Safety verifies that we have complied with the peripheral requirements of our site plan. This means we cannot and may not be able to complete the project without a line of credit (loan) with a lending institution or a parishioner loan program. Some additional LA City requirements may be expected to be completed as a prerequisite for our occupancy.

At the current time we have invested 2.7 million dollars to reach our goal of having a watertight building. As of August 31st we have 1.2 million dollars within our construction Building Fund Account of which one-half of the amount is already committed under contract with third party contractors currently working on the site. By January of 2021 we will have contractually obligated the remainder one-half of the account funds for additional new construction work. Without additional funding it will greatly impede our ongoing progress as we will be unable to contract for any additional work to be done on the project. As has been expressed in the past we estimate our shortfall will be approximately five-hundred thousand dollars (\$500,000.00) to complete the project.

Your urgent financial help is needed between now and the end of 2020. We ask that you prayerfully consider making a donation between now and the end of the year to take advantage of any Tax Benefits that would be available to you. It is worth noting that under the CARES ACT (for 2020 ONLY), if you itemize your tax return (without taking the standard deduction: \$24,000 for couples and \$12,400 for most single tax filers) your contribution is 100% deductible instead of 60% as has been the case for years. For more information on a pledge commitment or sponsorship, please contact Ron Zriack at [<ronaldzraick@gmail.com>](mailto:ronaldzraick@gmail.com) or Father Timothy at: [<frtimothy@stmichaelvannuys.org>](mailto:frtimothy@stmichaelvannuys.org).

## Upcoming Events

October is “Youth Month” in the Antiochian Archdiocese”

Virtual “Fall Gathering” - Saturday, October 10, 10 a.m.  
hosted by St. Matthew Church, Torrance, California

Patronal Feast of the Holy Archangel Michael - Saturday, November 7

Special Virtual Meeting of the Voting Membership, Sunday, November 15

The 57th “Sweetheart Ball” - Universal Hilton  
(postponed to: **March 6, 2021**)

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

### Holy Bread Offering List

Oct 18 - open  
Oct 25 - open  
Nov 01 - 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.



## ORTHODOX MASKS \$15 EACH

From the Antiochian Women Diocese  
of LA & the West

Sales to benefit our ongoing support of Mission  
Priests, Seminarians, Widowed Khouria, Adopted  
Child- Children's Relief, Sacred Music Institute for  
Youth of our Diocese



to order email:  
[antiochianwomenla@gmail.com](mailto:antiochianwomenla@gmail.com)

Masks are 100% Made in the USA & produced by an Orthodox family  
owned business

## **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)

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### **PASTORAL SERMON**

#### **The Sunday of the Holy Fathers of the Seventh Ecumenical Council**

**By V. Rev. Timothy Baclig**

**October 11, 2020**

This month we are helping our young people to understand what it means to be a good disciple of the Lord. Being a member of God’s Kingdom and “being a disciple” is **living our lives as a plant rooted in the “good soil.” Plants in good soil produce good fruit.** Spiritually, this means that a good disciple is living a life well grounded in the church (the “good soil”) where we are able to grow in faith and love by knowing Christ who is “the Gardener.”

Our homes and the community of the Church are like a garden. Our homes and our life in the church (“our family of families”) is the most important context for our children to know God, to experience a relationship with Him and people of faith, in order to grow and thrive spiritually. This does not happen without parents sharing in the responsibility and the faith experience with their children.

The month of October in our Archdiocese is dedicated to the youth in our church for a reason. Our young people grow up with many trials and challenges in an environment of many challenges that have much to do with finding and being accepted; being liked and noticed; having trusting friends. Whether our children are in public or private school, their experiences are the same even though their context may be different. It is a very good thing to shelter a child from needless distractions, however, life is not lived in a bubble.

It does not take long for a young person to discover that the world is a very large place and consists of all kinds of people; some who do not necessarily think, talk or even behave like you and I. One's youth is also a time of adventurous exploration, testing, and discovery. And for this reason, building the relationships with trusted persons within one's family and the community of the church is very important to the spiritual health of our children. In every generation it has never been enough to say that something is wrong. Learning the importance of making good choices over bad ones can be made by a parent, however, the choices eventually become our children's.

A priest who was once assigned to a parish decided to gather his parishioners at the start of his pastorate to ask: "What do you think my job is?" One man stood up and said, "Father, I think your job is to help us know what all of this means" (as he pointed to the icons and the altar of the church). Then a lady at the rear of the church raised her hand and said, "Father, more than teaching us 'what all of this means,' I think that you need to show us that all of this has meaning."

This task is not only the "job" of the priest. It is the call of every parent of the church: Helping our children to believe that "all of this," in fact, all that we do, does have meaning; a very personal meaning.

As parents we want safeguards for our children; protecting them from bad influences; harmful things and needless anxiety. How do we do this? Are there ways to ensure or guarantee their future, who they form relationships with, trust or confide in?

Our church is committed to providing an environment that not only teaches our children facts but demonstrates the Christian life. This means that all of us have a part to play in educating our children. This also means: whether we even care to be involved in the lives of our children or not—we all have an influence in the lives of our young people for better or worse as members of the church. They also are very keenly aware of knowing if you care.

**Demonstrating the Christian life is a shared experience. It is practiced.** A practice that we all participate in. Whether it be coming to church, sharing our offerings and talents, doing things for others, also caring for our church property; it involves a lot of repetition and personal sacrifice. In fact, life is filled with doing things over and over again; sometimes because we do not get it right the first time. However, getting things right can become easier when you know you have someone there beside you; not only to help you in knowing how to do something, but being there for encouragement and support, especially when you don't feel like you can do it again or get up and try doing

things over. It helps to also know that you will not be harshly judged or looked down upon for not being perfect.

**However a healthy trusting relationship is a relationship where one is able to not only tell you what you want to hear, but what you need to hear; perhaps what you don't want to hear.** This is precisely what is meant by Christian discipleship. It is mentoring. Discipleship, however, is not a cloning process or joining a cult. Discipleship does not stifle creativity, dialogue or discussion. However, discipleship is governed by norms, rules, boundaries. Discipleship is also recognizing that we are all disciples of the One who is the Lord *our* God!

While we might place a great deal of importance in acquiring knowledge, the Christian life is not solely based upon knowing things. While knowing and remembering facts have their purpose, being a Christian and living the Christian life is strengthened by the inspiration of good models, strong leadership, positive images and living examples. Each of us can have a part in the lives of our children as parents, godparents, grandparents, uncles, aunts, and friends if we take seriously what God expects of us and consistently do our best to live up to our calling as Christian parents, godparents, uncles, aunts and friends. We all have a responsibility as members of God's vineyard; His garden. More attention is rightly given and afforded to those of us who have been doing it for a long time. However, even with the contribution of elders, there must be room for open-mindedness and a sense of shared learning. No one ever arrives in being Orthodox or living the Orthodox Christian life, just as no one masters being able to love, or to forgive, or to be patient, or even to repent. These are lifetime practices experiences in different stages. Being a good mentor or helper to a brother or sister is done with great humility and honest reflection; being willing to share of what was learned through one's successes and failures.

**We hear the Holy Apostle James saying in verse 16 of chapter 5: "...confess your sins to one another and pray for one another that you may be healed."** This verse is at the end of the section of the first Epistle reading for the Sacrament of Holy Unction (Anointing of the Sick) and follows the Apostles instruction for the sick to: "call for the elders of the church" for prayer. We should take note that while the Sacrament of Penance (Confession) is a very private matter, we are nonetheless called to also "confess to each other."

**To the Galatians (6:2), St. Paul says, "Bear one another's burdens and fulfill the law of Christ."** These two verses illustrate that the ministry of healing extends

beyond the clergy and involves the participation of the laity. Those who are strong in the faith are expected to help with those who are weak; however the Apostle also cautions that the strong must be careful and wise, in order that they too will not fall into being tempted (Galatians 6:1).

Finally, **God's Kingdom does not only consist of like-minded adults, or people of the same background. God's garden is a very big garden; a garden that consists of very many plants; all kinds of plants created by God's own design.** In today's Gospel lesson God is the Gardener who sows seeds generously and without hesitation. This illustrates to us that His words have been distributed freely to all who have "ears to hear." However, as the lesson describes, the circumstances and environment of the seeds determine their survival. The survival of our families has a lot to do with our life in the church and the bonds and ties that we have with one other as members of the Body of Christ.

You and I must choose the Lord as our Gardener. With that choice must come our willingness to be cared for in ways that we don't always understand, in a world that presents us with many trials and challenges. Good and healthy plants cannot grow without proper pruning and occasional treatment. This means that you and I cannot be completely in-charge of determining everything about what we want or would like to see happen in the lives of our loved ones. The Lord is our Gardener. He said: "I am the Vine, you are the branches" [John 15:5] (...and without Him we can do nothing!)

Our role as parents, teachers, Godparents and clergy is to clearly understand our call in nurturing our children and living in a healthy, responsible and loving environment; an environment that teaches not only by words but by actions; deeds, good works; by example; with humility and kind generosity.

### **Prayer**

O Christ our God, we thank you for your love and acceptance of us as we are. Help us as we commit ourselves to doing your will. Strengthen us in our time of weakness and keep us safe from all evil, for blessed is Thy Name and glorified is Thy Kingdom, of the Father and of the Son and of the Holy Spirit; now and ever, and unto ages of ages. A-men.

**SUNDAY OF HOLY FATHERS  
OF SEVENTH ECUMENICAL COUNCIL  
AND THE FOURTH SUNDAY OF LUKE**

APOSTLE PHILIP ONE OF THE SEVEN DEACONS; VENERABLE THEOPHANES THE BRANDED;  
NEKTARIOS, ARSAKIOS, SISINIOS AND PHILOTHEOS KOKKINOS, PATRIARCHS OF  
CONSTANTINOPLE; VENERABLE JONAH OF CYPRUS

**طروبارية القيامة على اللحن الأول**

إنَّ الحجرَ لَمَّا خُتِمَ من اليهودِ، وجسدك الطاهرَ حُفِظَ من الجندِ، قُتِمَ في اليومِ الثالثِ أيُّها المخلصُ،  
مانحاً العالمَ الحياةَ. فذلِكَ قِوَاتُ السَّمَاوَاتِ هَتَفُوا إِلَيْكَ يَا وَاهِبَ الْحَيَاةِ: المَجْدُ  
لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ. المَجْدُ لِمَلِكِكَ، المَجْدُ لِتُدْبِيرِكَ يَا مُحِبَّ الْبَشَرِ وَحَدَّكَ

**طروبارية الاباء على اللحن الثامن**

أنت أَيُّهَا الْمَسِيحُ إلهنا فائقُ التَّسْبِيحِ، لأنك أَقَمْتَ آبَاءَنَا كَوَاكِبَ عَلَى الْأَرْضِ، وَبِهِمْ هَدَيْتَنَا جَمِيعًا إِلَى  
الإِيمَانِ الْحَقِيقِيِّ. فَيَا جَزِيلَ التَّحَنُّنِ المَجْدُ لَكَ

**طروبارية رؤساء الملائكة باللحن الرابع**

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمُسْتَحَقِّينَ، حَتَّى أَنْتُمْ بِطَلْبَاتِكُمْ  
تَكْتَنُفُونَنَا بِظُلْمِ أَجْنَحَةِ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَّانَا نَحْنُ الْجَائِثِينَ وَالصَّارِخِينَ بِغَيْرِ فَتُورٍ،  
أَنْقَذُونَا مِنْ الشَّدَائِدِ، بِمَا أَنْتُمْ رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ الْعُلُويَّةِ.

**قنداق السيدة على اللحن الثاني**

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْمَخْدُولَةِ، الْمُتَوَسِّطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تَعْرِضِي عَن أَصْوَاتِ  
طَلْبَاتِنَا نَحْنُ الْخَطَاةِ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنْتِ صَالِحَةٌ نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بَادِرِي إِلَى  
الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلْبَةِ، يَا وَالِدَةَ الْإِلَهِ الْمُتَشَفِّعَةَ دَائِمًا فِي مَكْرَمِيكَ

## الرسالة

مبارك أنت يا رب اله آبائنا، فانك عدل في كل ما صنعت بنا.

فصلٌ من رسالة القديس بولس الرسول إلى تيطس

يا ولدي تيطس، هذا قولٌ صادقٌ، وأريد أن تكونَ حازماً في هذا الأمرِ حتى ينصرفَ  
المؤمنون بالله إلى القيامِ بالعملِ الصالحِ. فهذا حسنٌ ومفيدٌ للناسِ. أما المجادلةُ السخيفةُ

وذكرُ الأنسابَ والخصامَ والمماحكةَ في الشريعةِ فتجنَّبها، لأنها لا تُفيدُ ولا تُنفعُ. وأمَّا رجلُ البدعةِ فأعرضَ عنه بعد أن تُنذِرَه مرةً أو مرتينِ، فأنتَ تعرفُ أن من كان مثله ضلَّ وكان خاطئاً وحكمَ على نفسه. ومتى أرسلتُ إليك أرتماس أو تيخيكوس فأسرِع واتبعني إلى نيكوبوليس، لأنني عزمْتُ أن أشتو هناك. واجتهدُ في إعدادِ سفرِ زيناس معلِّمِ الشريعةِ، وأبلس، لئلا ينقصهما شيء. وليتعلمَ ذوونا القيامَ بالعملِ الصالحِ ليسدوا الحاجاتِ الضروريةَ، فلا يكونوا عقماء. يسلمُ عليك جميعُ الذين معي. سلِّم على أحبائنا في الإيمان. عليكم النعمةُ أجمعين، آمين.

## الإنجيل

### فصلٌ شريفٌ من بشارَةِ القديسِ لوقا

قال الربُّ هذا المثل: خرج الزارع ليزرع، وبينما هو يزرع وقع بعض الحب على جانب الطريق، فداسته الأقدام وأكلته طيور السماء. ووقع بعضه على الصخر، فلما نبت يبس، لأنه لم تكن له رطوبة. ووقع بعضه بين الشوك، فنبت الشوك معه فخنقه. ومنه ما وقع على أرض طيبة، فنبت وأثمر مائة ضعف. فسأله تلاميذه عن مغزى هذا المثل، فأجاب: "أنتم أعطيتم أن تعرفوا أسرار ملكوت الله. وأما سائر الناس فنكلمهم عليها بالأمثال: حتى إذا نظروا لا يبصرون، وإذا سمعوا لا يفهمون. وهذا هو مغزى هذا المثل: "الزرع هو كلمة الله: ما وقع منه على جانب الطريق هم الذين يسمعون الكلمة، فيجيء إبليس وينتزعها من قلوبهم لئلا يؤمنوا فيخلصوا. وما وقع منه على الصخر هم الذين يسمعون الكلمة ويقبلونها فرحين، ولكن لا جذور لهم، فيؤمنون إلى حين، وفي وقت التجربة يرتدون. وما وقع منه بين الشوك هم الذين يسمعون الكلمة، ثم يذهبون ويختنقون بهموم هذه الحياة وغناها وملذاتها فلا ينضج لهم ثمر. وأما الذي وقع في الأرض الطيبة فهم الذين يسمعون الكلمة ويحفظونها بقلب طيب صالح ويثمرون بثمارهم. قال هذا وصرخ: "من كان له أذنان تسمعان فليسمع".

### 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 الأرثوذكسية 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 الأرثوذكسية

