St. Michael Antiochian Orthodox Church of the San Fernando Valley a Parish of the Antiochian Orthodox Christian Archdiocese of North America 16643 Vanowen Street; Van Nuys, California; 91406 stmichaelvannuys.org

His Eminence, Metropolitan JOSEPH, Archbishop of New York

and Metropolitan of all North America Archpriest Timothy Baclig, Pastor Rev. Fr. Minas Sarchizian, Assisting Priest Rev. Deacon Andrew Monsue Subdeacon Richard Tamoush Subdeacon Magued Wassef Subdeacon Richard Ajalat, Pastoral Assistant Parish Council Chair - Kris Thabit Council Vice-Chair - Connie Abdun-Nur Barilla Council Secretary - John Khouri Council Treasurer - Julie Bitar

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Antiochian Orthodox Christian Women of No. America (AOCWNA) Chapter President - Charmaine Darmour Choir Director - Art Danks Church School Director - Lila Coudsy Youth Director - Cooper Rowe Young Adult Director - Richard Ajalat Young Parents' Ministry - Brittney Ajalat Faithtree Resources Exec. Director - Michelle Moujaes Project Manager - Michael J. Malouf Stewardship Chair - Richard Tamoush Capital Funds Campaign Chair - Ron Zraick Property Management Chair - Eric Nelson Bookstore Manager - Bobbi Monsue Golf Classic Chair - Fred Milkie Webmaster - Dan Raju Coffee Hour Coordinator - Cindy Tamoush Head Usher - Ramez Hage

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The Seventeenth Sunday after Pentecost and the Seventeenth Sunday of Matthew

Venerable Auxentios the priest of Bithynia; Venerable Abraham and Maron of Syria; New-martyrs Nicholas of Corinth and George the tailor of Mitylene; Venerable Cyril, Equal-to-the-Apostles and Enlightener of the Slavs

Sunday, February 14, 2021

Tone 3; Eothinon 3

Apolytikion of the Resurrection (Tone 3)

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

Apolytikion of our Patron the Archangel Michael (Tone 4)

O ye foremost of the heavenly hosts we beseech thee, though we are unworthy, pray that we may be encompassed with a shadow of Thy unearthly glory, preserving us who kneel and cry endlessly: deliver us from oppression since ye are the prince of the Highest Power.

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 Seventeenth Sunday after Pentecost)

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

The Reading from St. Paul's Second Epistle to the Corinthians (6:16 - 7:1)

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

THE GOSPEL (for the Seventeenth Sunday of Matthew)

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

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

The Synaxarion – February 14

On February 14 in the Holy Orthodox Church, we commemorate our righteous Father Auxentios the priest of Bithynia.

Verses

For Auxentios, the mountain was like Carmel; who in all things, save his death, was like Elias. On the fourteenth Auxentios left this life.

Auxentios was a very prominent aristocrat among the noblemen and courtiers of Emperor Theodosius the Younger in Constantinople. Enflamed with love for Christ, Auxentios was tonsured a monk. When men began to praise him, he fled from their praise and settled on a mountain called Skopa near Chalcedon, which later was referred to as Auxentios' Mountain. But people found him and brought the sick to him for healing, which he did. All of this was reason for amazement, but his humbleness was cause for even greater amazement. Whenever Auxentios was implored to heal someone he defended himself with the words: "I, also, am a sinful man!" When Auxentios healed, he either invited all present to pray to God together with him for the sick person; or he first strengthened the faith in the people and then he told them that God will give to them according to their faith; or he prayed over the head of the sick person: "The Lord Jesus Christ heals you!" Thus, the miracles would not be attributed to him but rather to God. Auxentios participated at the Fourth Ecumenical Council and strongly defended Orthodoxy against the Eutychian and Nestorian heresies. In 470, the Lord took his youthful soul in old age.

On this day, we also commemorate Venerable Abraham and Maron of Syria; New-martyrs Nicholas of Corinth and George the tailor of Mitylene; and Venerable Cyril, Equal-to-the-Apostles and enlightener of the Slavs. By their intercessions, O Christ God, have mercy upon us. Amen.

OFFERINGS

Holy Bread and wheat are being offered this morning for the nine-day memorial of the newly-departed servant of God, Ameen ("Babe") Mittry (+1 February, 2021), beloved husband, father and grandfather. Memory eternal. The offering is being prepared and offered by Charlotte Murr in memory of Babe and prayers for his family.

Holy Bread is being offered this morning by the Terry and Murr families for the one-year memorial of Janet Saliba (+15 February, 2020). Memory eternal.

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

for the recovery and continued health of Elaine Srour.

for the continued health of Eric Nelson.

by for the two-year memorial of the servant of God, Frank Boyer (+14 February, 2019) and the continued health of his beloved wife, Margo. Memory eternal.

by Sharon Katerelos for the speedy recovery of her neighbor, Tony Avila and in memory of the newly-departed, Connie Alvarado (+6 February, 2021). Memory eternal.

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.

ANNOUNCEMENTS

Church Attendance and Guidance for COVID-19 Testing

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. If you have been in contact with someone who is diagnosed with the COVID virus you should be tested and self-quarantine at home for seven (7) to ten (10) days, especially if you have no symptoms. Should your results show that you are "negative" but develop symptoms during your quarantine, you should be retested. Questions will be answered by Father Timothy by e-mail at: <free firmothy@stmichaelvannuys.org>.

LITURGICAL CALENDAR

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

The Sunday of the Pharisee and the Publican

Saturday, February $4^{th} - Great Vespers$, 5 p.m.

Sunday, February 5th – <u>Orthros</u>, 8:45 a.m., <u>Divine Liturgy</u>, 10 a.m.

[There is no fasting during week of February 6 - 10]

Zoom Meeting Virtual Bible Study

Bible Study with Father Timothy — will meet this Tuesday, February 16th at 7 p.m. A Zoom link and security password provided in a weekly parish email. Each study is limited to one hour. We will continue our study of chapter 5-6 of the Book of Romans. 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.

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 <<u>frtimothy@stmichaelvannuys.org</u>>.

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

Holy Bread Offering List

Coffee Hour Hosts Calendar

Feb 14 - Phyllis Grates Feb 28 - open Mar 07 - (Meat Fare) Mar 14 - open (Cheese Fare) Note: There are no Coffee Hours scheduled

Please contact Fr. Timothy (818/219-3761; pastor@stmichaelvannuys.org) to sign-up to offer Holy Bread.

2021 Parish Calendars Are Being Distributed

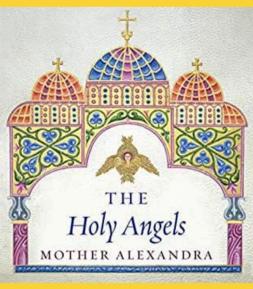
A copy of our 2021 church calendar will be mailed to all pledging and regular contributing members of our parish.

Antiochian Women's Book Club - February 10 at 6:30 p.m.

The book selected selected for AW across our Archdiocese is "The Holy Angels" by Mother Alexandra. The book study will again meet this Wednesday and subsequent Wednesdays at 6:30 p.m. for fellowship, and study at 6:45 p.m. for an hour. All interested should contact Charmaine Darmour by e-mail at: <u>cdarmour@sbcglobal.net</u>

Antiochian Women's Book Club Selection 2020-21





First published in 1981 and long out of print, The Holy Angels has yet to be surpassed as a comprehensive and comprehensible account of the nature of the angels and their role in our layperson's terms, salvation. In Mother Alexandra presents the essence of everything the Church has to teach us about the angels, beginning with the Old Testament, continuing through the New Testament, and concluding with the Tradition of the Church as expressed in her theology, hymnography & iconography. For those who long to become better acquainted with these holy servants of God and to understand their role in our lives, this book is a great place to start.

Available from St Vladimir's Seminary & Amazon

Our 2021 Pledge Forms Provided with this Bulletin

As a committed member of St. Michael Church, please complete a new 2021 form. Everyone's financial situation is subject to changes from year to year. In the same way, our parish depends upon the financial pledge commitments of its members in order to meet its monthly expenses. Hard copies will be mailed to you by request. May God bless us all in practicing good Christian stewardship.

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

V. Rev. Timothy Baclig, Pastor frtimothy@stmichaelvannuys.org Church Telephone: 818/994-2313 www.stmichaelvannuys.com

And God is able to make all grace abound to you, so that in all things, at all times, having all that you nee, you will about in every good work. (II Corinthians 9:8)

Dear Members of St. Michael,

Our 2021 Annual Budget was approved at our Annual Meeting on January 31, 2021. A parish cannot solely rely upon the income of Sacramental offerings because we would not be able to meet our month-to-month expenses based upon anticipating baptisms, weddings, or funerals that takes place each year. Nor can we adequately pay for our ongoing property maintenance without the shared responsibility and the help of volunteers of our membership. Our parish is able to provide its clergy and facilities, the prayer services of the church and its Sacraments because of our faithful parishioners who help to financially support the salaries and the operational costs of our church property.

We are again asking everyone to prayerfully consider making a reasonable annual financial pledge to our parish for the New Year. We look forward, by God's grace, for continued growth in the future. We are also very grateful for the commitments of those who have provided us with contributions to complete the construction of our new church sanctuary. We encourage others who have not done so to prayerfully consider doing the same. One of our goals is to remain debt free. We are anticipating the completion of the church in the New Year. Additional information will be provided at our Annual Parish Meeting at the end of January.

May you and your family enjoy God's continued blessings!

In Christ,

Subdeacon Richard Tamoush, Stewardship Chair

Frequently Asked Questions When Completing a Pledge Form

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

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

What is an annual "Fair Share Commitment?"

Each parish of the Antiochian Archdiocese pays 10% of its parish income to assist with the expenses of our bishops, Archdiocesan and Diocesan departments and programs. Over one-fourth of the Archdiocese budget is dedicated to youth programs. You can see two charts that provide the financial highlights of Archdiocese receipts and expenditures provided in our Annual Report booklet. The annual payment to the Archdiocese from St. Michael Church is currently: \$25,890 or 10% or our parish income (excluding contributions received for the Building Fund, charity collections, special Archdiocese collections, and memorial gifts). This money is collected from our parishioners from their first contribution to the church: \$50 for each adult and \$35 for each child (17 years of age or under) in a household. All additional funds pledged by our parishioners assist with the month-to-month expenses of the parish.

Our 2021 Pledge Form is available on our parish website at: https// www.stmichaelvannuys.org/donate/ and is also provided with this bulletin. Hard copies will be mailed to you by request.

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

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

2021 CHRISTIAN STEWARDSHIP COMMITMENT FORM

1. All enrolled members <u>must first fulfill</u> a fair share contribution that is paid 100% by St. Michael Church to the Archdiocese annually (this does not include your family pledge obligation BELOW).

Total number of baptized Orthodox persons (age 18 & above) in your household	_\$50 each
Total number of baptized Orthodox persons (age 17 & under) in your household	\$35 each

(Please print all names with information in the section below)

2. In gratitude of God's blessings, I / we pledge to contribute St. Michael Church expenses.

	A	A total annual amount of:			(see Trea	(see Treasure self-assessment chart)				
\$	_weekly	\$	monthly	\$	quarterly	\$	semi-annually	\$	annually	
Name					Spous	se Nam	e			
Phone n	umber				E-mail A	Address	i			
Address					City		State		Zip	

- **3.** How do you wish to pay? We accept personal checks or credit card payments. (See below)
 - a. You may write a check to "St. Michael Church" and mail it to the Church Office. (see address above)
 - b. You may process an "automatic bill pay" with your bank that will mail a recurring monthly hardcopy earmarked check to St. Michael Church.
 - c. You may pay by credit card using our website donation page (a 3% processing fee will apply) at: <u>https://www.stmichaelvannuys.org/donate/</u> and we will be immediately notified.
 - d. You may arrange for a recurring monthly automatic withdrawal from your bank account using our church bank routing number and bank account.

Note: Each donation to St. Michael Church should be earmarked, i.e., "Building Fund," "Pledge," etc.

Print names of baptized Orthodox persons in your household.

Name	Age
Name	Age

Have You Completed a 2021 Pledge Form?

As a committed member of St. Michael Church, please complete a new 2021 form (provided with this bulletin). All parishioners who are at least 18 years old and self-supporting are asked to <u>complete a new form for each new year</u>. All information will remain strictly confidential. Your pledge or tithe supports the church's day-to-day operating expenses, which, like our personal expenses, are expected to increase in 2021. Thank you in advance, for your commitment. May God grant you and your family enjoy a healthy and prosperous New Year.

A Christian steward offers gifts to God as a child of faith rather than a Hired servant. Children of God make offerings to God as an expression of authentic love, whereas, hired servants simply fulfill legalistic duties. Christian stewardship is the manifestation of our love for God through the offering of time, talent, and treasure to Him, through Christ's Holy Church. By this offering of love a Christian steward extends the healing experience of Christ's Church through her ministry.

Personal Tours of Our New Church Sanctuary

Personal tours or Zoom meetings 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: <u>frtimothy@stmichaelvannuys.org</u>

> PASTORAL SERMON The Seventeenth Sunday of Matthew (The Canaanite Woman) By V. Rev. Timothy Baclig February 14, 2021

Reaching a point of desperation such as we hear in the account of the Canaanite woman can do one of two things: It can cause one to have faith or it can lead one to despair.

Faith is triggered by hope. It reaches out. For the Christian, faith is based in one's relationship with Christ and trust in God. However, as we see in today's lesson, faith, hope and reaching out is a very human experience and is not exclusive to Christians, just as it was not exclusive to being Jewish in Jesus' day.

The Canaanite woman had hope. She not only had hope she was motivated by love – a mother's love. She also demonstrated faith: "You are a woman of great faith!" Jesus said (Matthew 15:28). We are told that her daughter was suffering greatly from demonic possession.

She was not considered to be religious. She had not been brought up by pious Jewish parents to practice the customs of the Jews and to believe in the living God of Abraham, Isaac and Jacob. She was a Gentile of Canaanite heritage. The Canaanites were old enemies of the Jews. Yet, in desperation she was not afraid to approach Jesus. Last week we heard of Zacchaeus who being a tax collector was labeled a "crook," because tax collectors had a bad reputation as masters of distortion. Last week's lesson demonstrated how that even with such a disadvantage, Zacchaeus was not prevented from seeking the truth and did not avoid facing the truth within himself. It led to his confession and the transformation of his life.

And so with these two lessons we have been shown two ironies: first a man whose dishonest profession led him facing the truth and second a mother who was not considered religious recognized for her great faith.

Today's lesson pertains to the circumstances of a mother who had no control of her daughter's condition. She strongly believed that He could help her. The Canaanite woman thus became one of the first of countless Gentiles (non-Jews) who believed the Gospel and joined the Christian community. Her witness in this lesson is an excellent example that demonstrates the fact that faith in Christ transcends all barriers. Moreover, her determination shows us that faith is also a matter of human resolve that each person can exercise.

Faith builds up a person, a home, a relationship, a ministry, a parish, a society. Faith also unlocks the treasures of God's wisdom and releases His power into our lives with often astonishing results. From a purely human perspective faith is a decision of one's free will, a conscious choice, a deliberate commitment to all things that are "true, noble, right, pure, lovely and honorable" (Phil. 4:8), as St. Paul describes it.

Faith can be a choice but faith is also a gift of the Spirit. There are also degrees of faith. From God's perspective faith also empowers. God sees our hearts hears and knows which way our free will inclines. As we exercise the gift of faith, however feeble our resolve may be, God honors our sincere decision, He lifts up our faith, strengthens, sanctifies and perfects it. The warmth, joy and love of God become clearer and clearer, stronger and stronger in us.

The example of the Canaanite woman also teaches us about persistence faith. Very often a person makes a commitment of faith but when facing difficulties or challenging circumstances faith diminishes.

Discerning her sincerity, Jesus decided to test the Canaanite woman. St. John Chrysostom puts it this way: *Christ's words to the woman were not an insult or abuse, but for the purpose of calling forth her virtue and revealing the treasure in her.*

Finally, Jesus' meeting with the Canaanite woman provides for us another powerful lesson. For the Jews Gentiles were ritually unclean. But Jesus taught that only the things which come out of the heart can make a person unclean (Matthew 15:17-20). By crossing over into Gentile territory and speaking with the Canaanite woman Jesus gave us an example of breaking down religious barriers – just as he did in choosing to visit Zacchaeus in his home. The gift of faith illumined by the Holy Spirit is a powerful instrument in breaking down all kinds of barriers.

Today we still struggle in overcoming many barriers, sadly enough, even within the church. It will take the kind of faith of the Canaanite woman who was prompted by love to overcome these barriers. Today's lesson is among the pre-Lenten reminders of what we are to begin practicing. May God help us to have open hearts with eyes to see and ears to hear a message so clear and simple. May He help us to manifest faith like the Canaanite woman.

EOTHINON 3	TONE 3			
الايوثين3	اللح3			
SEVENTEENTH SUNDAY AFTER PENTECOST				
SEVENTEENTH SUNDAY OF MAT	=			
VENERABLE AUXENTIOS THE PRIEST OF BITHYNIA; VENERABLI SYRIA; NEW-MARTYRS NICHOLAS OF CORINTH AND GEORGE VENERABLE CYRIL, EQUAL-TO-THE-APOSTLES AND ENLIG	THE TAILOR OF MITYLENE;			
طروبارية القيامة على اللحن الثالث				
سيات, لانّ الربّ صنعَ عزاً بساعدِه, ووطئ الموتَ بالموت, وصارَ	لتفرح السماويات وتبتهج الارخ			
الجديم, ومنح العالم الرحمة العظمى	بكرَ ألاموات, وأنقذنا منَّ جوفِ			
بارية رؤساء الملائكة باللحن الرابع	طروب			
اد السماويين، نتوستلُ إليكم نحن غُيرَ المستحقّين، حتّى	أيّها المتقدّمونَ على الأجن			
ظلِّ أجنحةِ مجدِكم غير الهيولي، حافظينَ إيّانا نحنُ				
فتور، أنقذونا مَنَ الشَدائد، بما أنَّكم رؤساءُ مراتب	الحاثين أه الصارخين بغير			
	القوّات العلوية.			
	القواف العنوية.			
قنداق السيدة على اللحن الثاني				

يا شفيعة المسيحيين غير المخذولة المتوسطة لدى الخالق غير المردودة لا تعرضي عن أصوات طلباتنا نحن الخطأة بل تداركينا بالمعونة بما أنك صالحة نحن الصارخين إليك بإيمان: بادري إلى الشفاعة وأسرعي في الطلبة يا والدة الإله المتشفعة دائماً في مكر ميك

الرسالة

صلوا وأوفوا الرب الهنا الله معروف في أرض يهوذا فصلٌ من رسالة القديس بولسَ الرسولِ الثانية إلى أهل كورنش. يا اخوةُ أنتم هيكلُ اللهِ الحي هكذا قال الله: "سأسكنُ فيهم وأسيرُ فيما بينهم وأكون إلهَهُم ويكونون شعبي لذلك اخرجوا من بينهم واتركوهم يقول الرب لا تمسوا نجساً وأنا أقبلُكم وأكون لكم أباً وتكونون لي بنين وبنات يقول الربّ القدير " فعلينا أيها الأحباء وقد نلنا هذه الوعود أن نطهّرَ أنفسَنا من كلّ ما يُدنّسُ الجسدَ والروحَ ونُتِمّ تقدّسَنا في مخافةِ الله.

الإنجيل

فصلٌ شريفٌ من بشارةِ القديسِ متى

في ذلك الزمان, خرج يسوعُ إلى نواحي صور وصيدا. فأقبلت إليه امر أةٌ كنعانيةٌ خرجت من تلك البلاد وصاحت: "رحماك, يا ربّ, يا ابنَ داود! ابنتي فيها شيطانٌ, ويعذّبُها كثيراً." فلم يجبْها يسوعُ بكلمة. فدنا تلاميذُه وسألوه قائلين: "اصر فْها عنا, لأنّها تُتْعِبُنا بصياحِها!" فأجابهم يسوع: "لم أرسلْ إلا إلى الخر اف الضالة من بني إسر ائيل." فجاءت وسجدت له قائلة: "أغثني, يا سيد!" فأجابها يسوع: " لا يحسنُ أن يؤخذ خبزُ البنين ويُلقى إلى الكلاب." فقالت لَه المرأة: "نعم, يا سيدي! فإجاب الكلابَ أيضا تأكلُ من الفتاتِ الذي يتساقطُ من موائدِ أصحابِها." فأجاب

يسوع: "ما أعظمَ إيمانَك, يا امر أة! فليكنْ لكِ ما تريدين." فشُفيت ابنتُها من يتلك الساعة

ملاحظة بخصوص تناول القربان المقدس

إن مفهومنا لتناول القربان يعنى عمومية المشاركة فيه لذوى العقيدة الواحدة، الا إن المشاركة في سر القربان المقدس هنا مقتصر فقط على أعضاء الكنائس الارثوذكسية والذين يحضرون أنفسهم بالصلاة والصوم والاعتراف منذ فترة قريبة (وعلى كل حال، فإننا ندعو الجميع للمشاركة فى الخبز المقدس الذى يوزع عند إنتهاء مراسيم القداس.) رجاء مراجعة الكاهن إذا رغبت أن تصبح عضوا فى الكنيسة الارثوذكسية