

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

www.antiochian.org

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The Sunday of the Last Judgment (Meat Fare)

The Venerable Prokopios the Confessor of Decapolis; Thalelaeus,
Hermit of Gabala in Syria

Sunday, February 27, 2022

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 for the Prodigal Son (Tone 1)

When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

Daily Readings

THE EPISTLE (for the Sunday of the Last Judgment)

*The Lord is my strength and my praise. The Lord chastising has chastised me,
but He hath not delivered me over to death.*

The Reading from the Epistle of St. Paul to the Corinthians (8:8 – 9:2)

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care, lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you—a man of knowledge—at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And

so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

THE GOSPEL (for the Sunday of the Last Judgment)

The Reading of the Holy Gospel is according to St. Matthew (25:31-46)

The Lord said, "When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.' Then He will say to those at his left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."

The Synaxarion

On February 27 in the Holy Orthodox Church, we commemorate the Venerable Prokopios the Confessor of Decapolis; and Thalelaeus, hermit of Gabala in Syria.

Today, we commemorate the Second and impartial Coming of our Lord Jesus Christ.

Verses

When the Judge of all sitteth to judge the earth,
Come now! Mayest Thou judge me worthy of Thy voice!

It is the Sunday of the Last Judgment—known also as Meat Fare Sunday—the lesson of which occurs in today’s Holy Gospel. Jesus illustrates to us God’s ineffable goodness and His great love for mankind. And so lest some who are lazy should loiter and spend the time appropriate to their salvation in the pursuit of sin, and be suddenly overtaken by death, the divine Fathers decree that on this day the remembrance of the Second Appearance of Christ may be celebrated. The intention is to remind them that, as God is good and loving to mankind, He is also a very righteous Judge Who recompenses each according to his deeds. Our Lord teaches us that when we minister to our brother or sister, we really minister to Him. This brings us righteousness and life eternal.

By Thine ineffable love for mankind, O Christ God, make us worthy of Thy devoted voice, number us among Thy righteous ones and have mercy on us. Amen.

A Note Regarding Holy Communion

Since we understand Communion to mean that we have all things in common, sharing an identical Faith, *only* those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and recent Confession may participate in Holy Communion. (We invite all, however, to partake of the blessed bread which is distributed at the dismissal)

OFFERINGS

Holy Bread is being offered by Constantine & Mandy Nasr in memory of their beloved uncle James Shadid of Oklahoma City, who passed away last Saturday (+19 February, 2022). James is the father of Father James Shadid of Houston. Prayers are offered for the family, Father James & Khouriye Gigi Shadid, Nanette & Nick Hathaway and all of his

grandchildren and family, his sister Neena Haddad and her family; also remembering his beloved wife Jeanette Shadid who passed away three years ago this month. Memory eternal.

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

for the continued good health of Marcia O'Dea

by Michael & Patricia Malouf for their newborn great grandson,
Silas Burkholder (born on February 19, 2022), his parents:

Ashley & Jason, and brother Jonah Burkholder.

May God bless them and grant them many happy and healthy years!

by Michael & Patricia Malouf for their granddaughter, Sophia Malouf
and our dear Subdeacon Richard Ajalat, on the occasion of
their birthday today. May God grant them many blessings!

for Cristina Maria Tortolano, on the occasion of her birthday
(February 28). May she remain in the grace of God's infinite mercy
with His blessings of continued good health and much happiness;
gratefully offered by her mother Mae and the Tortolano family.

ANNOUNCEMENTS

Los Angeles County Department of Public Health Advisory

As of Friday, February 25th, Los Angeles County has modified the requirement of using face coverings in all indoor public settings: allowing for fully vaccinated persons to voluntarily choose to wear a face covering, however recommending that unvaccinated persons do so. Thank you for your understanding and cooperation.

Zoom Meeting Virtual Bible Study - Tuesday, March 1st at 7 p.m.

Our study of St. Paul's "pastoral epistle" of Titus will be our last meeting before Great Lent; to resume after Pascha. The Zoom meeting link will be provided in an e-mail on Tuesday and is open to all who are interested by requesting the link from Father Timothy at: frtimothy@stmichaelvannuys.org The link for the recorded study is also available by request.

LITURGICAL CALENDAR

[Note: Today ("Meat Fare") is the final day for consuming all meat products, However, eggs, dairy, fish, wine and oil may be consumed on any day of this week.]

The Sunday of the Cheese Fare*

Great Vespers – Saturday, March 5th, 5 p.m.

Orthros – Sunday, March 6th, 8:45 a.m.; Divine Liturgy, 10 a.m.

The Beginning of Great Lent – Monday, March 7th

Lenten Weekday Services

Great Compline – Mondays, 6:30 p.m.

Liturgy of Pre-Sanctified Gifts – Wednesdays, 6:30 p.m.

"Akathist"/"Madeyeh" (Service of Intercessory Prayer) – Fridays, 6:30 p.m.

* the final day for consuming all dairy products, eggs, fish wine and oil. A traditional fasting discipline is observed during the Great Fast, which lasts from Pure Monday (March 7th) through Great and Holy Saturday (April 23rd). *Katalysis* (provision) for wine and oil is made on Saturdays and Sundays [with the exception of Great and Holy Saturday when there is *katalysis* for wine, but not for oil (implying food made more tasty by being cooked in or with oil as opposed to simple *xerophagy* of 'dry eating,' meaning raw fruits, vegetables and grains or those soaked or cooked in water)]. On the Feast of the Annunciation (March 25th) and Palm Sunday (April 17th), fish, wine and oil are permitted.

IMPORTANT NOTE: One should bear in mind that fasting is not an end in itself, but a means to a spiritual goal. One's health should not be jeopardized in fasting. The Church does not recommend those persons such as expectant mothers or those requiring medication to ignore their doctor's instructions. One should also consider how abstaining from social activities and various other pleasures may also be helpful. Should you have questions, please speak with Fr. Timothy.

Notice to All Who Have Used Church Offering Envelopes:

Standardized weekly envelopes are available in the narthex for all who choose to use them, especially for those who make cash offerings. The new envelopes will provide room for filling in your name and address, however, should be enclosed in an envelope when mailing your offering to the church. It is not recommended that cash be sent in the mail. Our new offering envelope will also allow you to specify the earmark or designation of the offering (i.e., "raffle tickets," "lunch," "Spiritual Bouquet," etc.). **Any donation or pledge payment to the Building Fund (including designated "Spiritual Bouquets" as Memorial Gifts) must be**

made by a separate check and cannot be combined with offerings to the Church General / Operating Fund. Thank you for your faithful support of our parish with your regular contributions.

Bookstore Orders Available on Parish Website

You may place an order through our parish website or e-mail Bobbi Monsue (Manager) for special orders at: bobbi_monsue@att.net. Now is the time to place your order for your Holy Week Service Book.

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16643 Vanowen Street, Van Nuys, California 91406-4622

Metropolitan JOSEPH, Archbishop of New York and all North America

V. Rev. Timothy Baclig, Pastor
ftimothy@stmichaelvannuys.org

Church Telephone: 818/994-2313
www.stmichaelvannuys.org

Dear St. Michael Church Family,

We all have much to still learn as we prepare to transition to our new church sanctuary, that we pray, will be achieved this year. There are several resources that you may or may not have known about that is available on our parish website. They are as follows:

a. Homepage slider #6 — “Building a Worshipping Community:” A five part slide presentation on the different parts of an Orthodox Church structure and its practical function liturgically.

b. Homepage slider #2 — Gallery Update: Church Sanctuary “Orthodox Church Architecture, Iconography and Hymnography” (20 Articles that help to understand Orthodox liturgical worship and the relationship between church architecture, iconography and hymnography (music); including a history of Orthodox Church structures in North America.)

<https://www.stmichaelvannuys.org/wp-content/uploads/2022/01/Articles-on-Orthodox-Architecture.pdf>

c. Homepage slider #3 — “Coming Out of Chaos:” A recent podcast produced by The Antiochian Men (AMEN) of the Antiochian Diocese of the Southeast; an interview reflecting upon the 39 years of the Holy Priesthood and comments on the distinct ministry of men as servants of God in the Church.

It is my sincere hope that you will explore these references as we thank God for all that He has accomplished in the many ministries of our parish and the hard work of our Founders, predecessors, and current parishioners who continue to provide us with a solid foundation for our growth.

In Christ

V. Rev. Timothy Baclig
Pastor

Upcoming Events

Youth Event: Meat Fare Sunday, Feb. 27, 2022, following Liturgy

The Sunday of Orthodoxy Great Vespers - March 13
St. Nicholas Antiochian Cathedral (Los Angeles)

Diocesan Women Lenten Retreat: April 8-10, 2022
at Camp St. Nicholas; speaker: Fr. John Valadez of St. Timothy Church,
Lompoc, California; contact: jeanbaba68@gmail.com

St. Michael 30th Golf Classic: Monday, May 23, 2022 at
Wood Ranch Golf Club (Simi Valley) <www.woodranchgc.com>

Diocesan Parish Life Conference hosted by The Church of the
Redeemer (Santa Clara Marriott) — July 29 - July 3, 2022

Archdiocesan Clergy Institute — July 18-22, 2022

Note to Coffee Hour hosts: Please contact Father Timothy for Instructions.

Holy Bread Offering List

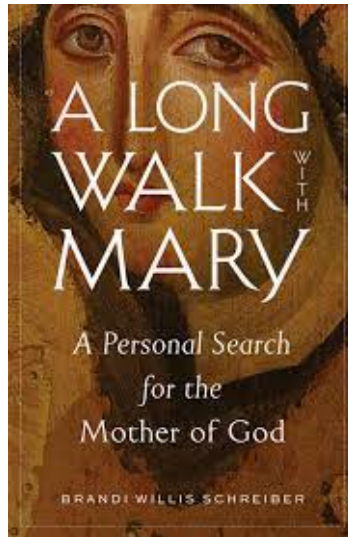
Coffee Hour Hosts Calendar

Mar 06 - open (Cheese Fare)
Mar 13 - Jeanette Skaff Omeisah
Mar 20 - open
Mar 27 - open

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

Attention Ladies:

Our combined Book Study with the ladies at St Luke Church has chosen the next book we will be reading... It's been recommended by other Antiochian Women's chapters who have read Mary - As the Early Christians Knew Her -- they said this book is an excellent next step in developing knowledge of, and a relationship with our Most Holy Theotokos. The book chosen is: **A Long Walk With Mary** by Brandi Willis Schreiber. It is available through Amazon or Ancient Faith Publishing.



Also, go to: the Archdiocese website at:

[https://antiochianprodsa.blob.core.windows.net/websiteattachments/AW-NAB%20--%20E-Bulletin%20--%20February 2022.pdf](https://antiochianprodsa.blob.core.windows.net/websiteattachments/AW-NAB%20--%20E-Bulletin%20--%20February%202022.pdf) There are study questions in the back of the book to spur our discussions. Our new **Book Study** will begin in March. Our study will be via Zoom, although some are looking into a way to have some women meet in person and some be on Zoom at the same time. If nothing else, a few could gather around a screen at one house if they want the more in person experience. Most likely we will continue to meet on two Thursday evenings per month at 6:30 p.m. (taking into consideration feedback that we have received). Details with dates will be shared as the time gets closer. Please let me know if you'll be interested and able to participate. (Charmaine)

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 must first fulfill 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 total annual amount of: _____ (see **Treasure self-assessment chart**)

\$ _____ weekly \$ _____ monthly \$ _____ quarterly \$ _____ semi-annually \$ _____ annually

Name _____ Spouse Name _____

Phone number _____ E-mail Address _____

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 hard-copy 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: <https://www.stmichaelvannuys.org/donate/> 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

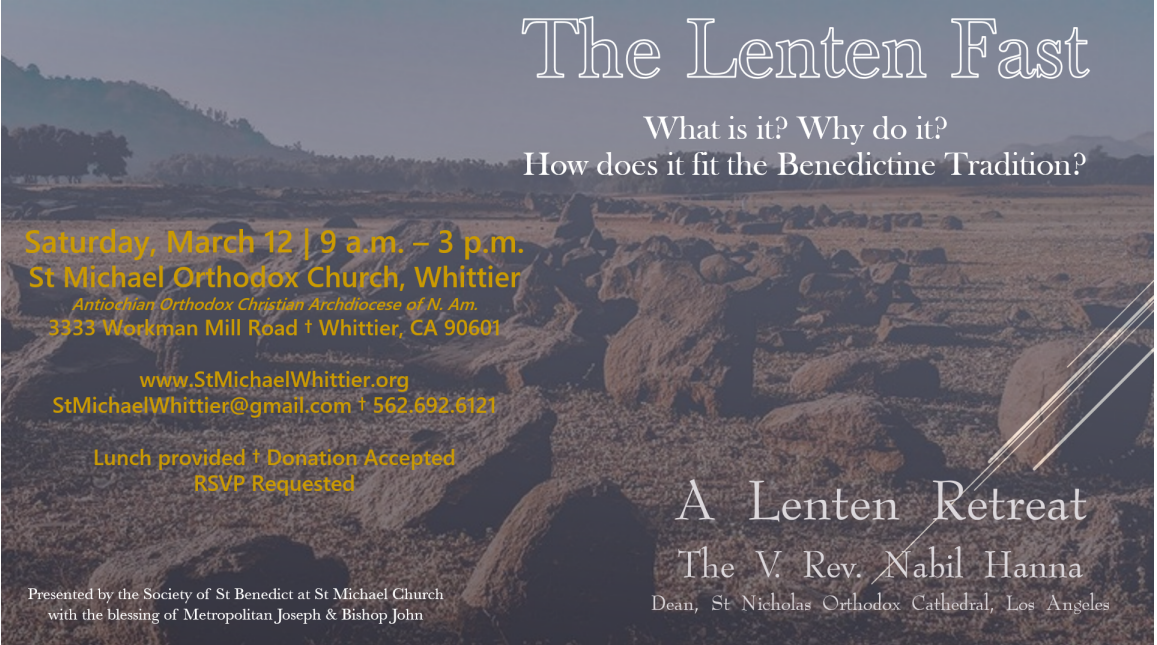
Name Age

Name Age

Name Age

Our 2022 Pledge Forms Provided with this Bulletin

As a committed member of St. Michael Church, please complete a new 2022 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. Each year a budget is prepared for membership approval at our Annual Meeting. May God bless us all in practicing good Christian stewardship.



The Lenten Fast

What is it? Why do it?
How does it fit the Benedictine Tradition?

Saturday, March 12 | 9 a.m. – 3 p.m.
St Michael Orthodox Church, Whittier
Antiochian Orthodox Christian Archdiocese of N. Am.
3333 Workman Mill Road † Whittier, CA 90601

www.StMichaelWhittier.org
StMichaelWhittier@gmail.com † 562.692.6121

Lunch provided † Donation Accepted
RSVP Requested

A Lenten Retreat

The V. Rev. Nabil Hanna
Dean, St Nicholas Orthodox Cathedral, Los Angeles

Presented by the Society of St Benedict at St Michael Church
with the blessing of Metropolitan Joseph & Bishop John

PASTORAL SERMON **The Sunday of Meat Fare** **By V. Rev. Timothy Baclig** **February 27, 2022**

The themes of love and judgment are often mentioned together in the Bible and in Christian prayers and hymns. For example in St. John's epistle we read: *God*

*is love, and whoever lives in love lives in union with Him. Love is made perfect in us in order that we may have courage on the **Judgment Day** (I John 4:16-17).*

In the Gospel of St. John we hear: *For God so loved the world that He gave us only Son . . . God did not send His Son into the world to be its **judge**, but to be its Savior. Whoever believes in the Son is not **judged**; but whoever does not believe has already been **judged** (John 3:16-18).*

In a petition heard in our Liturgy we hear the words: *For a Christian ending to our life, painless, blameless, and peaceful, and a good defense **before the fearful judgment seat of Christ**, let us ask of the Lord...* Jesus Christ is our “good defense.” He is our advocate and has provided the atonement for our sins by His voluntary sacrifice. Our petition is a plea for His love and mercy.

But you may ask what about all of the fearful descriptions of hell, fire and brimstone in the Bible? These are warnings in a pictorial representation, just as they are found in icons. However, these images are not interpreted as geographic or physical places created by God for the punishment of human beings. They are admonitions with a clear and serious message: Life outside of the love of God results in evil, falsehood, hatred, guilt, alienation, and pain. Life apart from God leads to agony of darkness in which people torment themselves and each other. It is a spiritual hell created not by God but by the willful refusal to turn to God, Who is love, in order to be forgiven, cleansed, renewed and liberated.

How can the Lord of love and goodness be also the Lord of judgment? Is there an inconsistency in the images of God as a loving Father and God as a righteous Judge? The Church Fathers answered this perplexing difficulty by affirming that God is always a loving Father for everyone—both righteous and sinners. In this life, and in the life to come, everyone who is desirous of knowing God, experience the radiance of God’s love. However those who have separated themselves from God experience the same radiance of God’s love as fire of judgment—a “scourge of love,” as described by St. Isaac the Syrian.

God does not **cause** judgment at any time. He is not vengeful to evildoers nor does He prepare a place of punishment (Hell). This does not mean that Hell does not exist. It does. However, God is love and by His very nature He cannot do what is evil, hateful, or destructive to anyone. Judgment and hell are spiritual conditions of sin and darkness. Judgment **results** when someone is separated from God who is the

source of light and life. Judgment also results when we willfully shut ourselves off from God's redeeming love.

Through the Parable of the Last Judgment, Christ teaches us that heaven and hell pertain to the fulfillment of physical and spiritual needs. That fulfillment is determined by choices. Each day we make choices on a path to holiness or unrighteousness. These choices are directly related to our physical and spiritual well being. Christ taught us by His example and teaching that the main virtues of Christians are faithful obedience and loving service to God and to each other. Great Lent is a time for sorting out our real needs from the distortion of false needs. I call it "the Church's forty-day rehabilitation of the soul." By bringing sharper focus upon what is necessary from what is not, we can in fact be able to do more in helping others. This is precisely the point of today's Gospel lesson.

EOTHINON 3

الايوثينا 3

TOPE 3

اللقن 3

THE SUNDAY OF THE LAST JUDGMENT (MEAT FARE)

VENERABLE PROKOPIOS THE CONFESSOR OF DECAPOLIS; THALELAEUS, HERMIT OF GABALA IN SYRIA

طروبارية القيامة على اللحن الثالث

لتفرح السماويات وتبتهج الارضيات, لان الرب صنع عزاً بساعده, ووطئ الموت
بالموت, وصار بكر الاموات, وانقذنا من جوف الجحيم, ومنح العالم الرحمة العظمى

طروبارية رؤساء الملائكة بالحن الرابع

ايها المتقدمون على الاجناد السماويين, نتوسل اليكم نحن غير المستحقين, حتى اترك
بطلباتكم تكتنوفوننا بظل اجنحة مجدكم غير الهيولي, حافظين ايانا نحن الجاثين
والصارخين بغير فتور, انقذونا من الشدائد, بما اترك رؤساء مراتب القوات العلوية.

اذا اتيت يا الله على الارض بمجد, فترتعد منك البرايا بأسرها, ونهر النار يجري
أمام عرشك, والصحف تفتح, والحفايا تشره, فنجني حينئذ من النار التي لا
تطفأ, وأهلني للوقوف عن يمينك, أيها الديان العادل.

الرسالة

قوتي وتسبيحتي الرب, أدباً أدبني الرب.

فصل من رسالة القديس بولس الرسول الأولى إلى أهل كورنثس

يا اخوة, إن الطعام لا يقربنا إلى الله, فإن أكلنا لا نكسب شيئاً, وإن لم نأكل لا نخسر شيئاً. ولكن انظروا أن لا تكون حريرتكم هذه حجر عثار للضعفاء. فإن رآك أحد, يا صاحب المعرفة, تأكل في بيت الأوثان ألا يتشجع إذا كان ضعيف الضمير, فيأكل من ذبائح الأوثان؟ فيهلك بسبب معرفتك الأخ الضعيف الذي مات المسيح من أجله. وهكذا تخطئون إلى المسيح حين تخطئون إلى الاخوة وتجرحون ضمائرهم الضعيفة. فإذا كان الطعام يشكك أخي فلن أكل لحماً إلى الأبد, لئلا أشكك أخي. أما أنا رسول؟ أما أنا حر؟ أما رأيت ربنا يسوع المسيح؟ أما أنتم عملي في الرب؟ وإن لم أكن رسولا عند غيركم, فإني رسول عندكم, لأنكم أنتم خاتم رسالتي في الرب.

الإنجيل

فصل شريف من بشارة القديس متى

قال الرب: متى جاء ابن البشر في مجده, ومعه جميع الملائكة القديسين يستوي على عرش مجده. وتُحشد أمامه جميع الشعوب, فيميز بعضهم من بعض, مثلما يميز الراعي الخراف عن الجداء, فيقيم الخراف عن يمينه, والجداء عن يساره. ويقول للذين عن يمينه: تعالوا, يا من باركهم أبي, رثوا الملك المهياً لكم منذ إنشاء العالم, لأنني جعت فأطعمتموني, وعطشت فسقتموني, وكنت غريباً فأويتموني, وعريانا فكسوتموني, ومريضا فزرتموني, وسجيناً فجنتم إلي. فيجيبه الصديقون: يا رب, متى رأيناك جائعاً فأطعمناك؟ أو عطشانا فسقيناك؟ ومتى رأيناك غريباً فأويناك؟ أو عريانا فكسوناك؟ ومتى رأيناك مريضاً أو سجيناً فجننا اليك؟ فيجيبهم الملك: الحق أقول لكم: بما أنكم فعلتم هذا لواحد من اخوتي الصغار, فلي فعلتموه! ثم يقول للذين عن يساره: ابتعدوا عني, يا ملاعين, إلى النار الأبدية المهياة لإبليس وملائكته: لأنني جعت فلم تطعموني, وعطشت فلم تسقوني, وكنت غريباً فلم تؤووني, وعريانا فلم تكسوني,

ومريضا وسجيناً فلم تزوروني. فيجيبه هؤلاء: يا رب متى رأيناك جائعاً أو عطشاناً،
غريباً أو عرياناً، مريضاً أو سجيناً ولم نخدمك؟ فيجيبهم الملك: الحق أقول لكم: بما
أنكم لم تفعلوا هذا لواحد من اخوتي الصغار، فلي لم تفعلوه! فيذهب هؤلاء إلى العذاب
الأبدي، والصدّيقون إلى الحياة الأبدية.

ملاحظة بخصوص تناول القربان المقدس

إن مفهومنا لتناول القربان يعنى 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