

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

Archpriest Timothy Baclig, Pastor

frtimothy@stmichaelvannuys.org

Rev. Fr. Minas Sarchizian, Assisting Priest

fatherminas@gmail.com

Rev. Deacon Andrew Monsue

armcopper@gmail.com

Subdeacon Richard Tamoush

Tamoush.Richard@gmail.com

Subdeacon Magued Wassef

wassefm@msn.com

Subdeacon Richard Ajalat, Pastoral Assistant

rajalat@stmichaelvannuys.com

Parish Council Chair - Connie Abdun-Nur Barilla

cmatthews46@yahoo.com

Council Vice-Chair - Kris Thabit

kthabit66@hotmail.com

Council Secretary - John Khouri

johngkhouri@gmail.com

Council Treasurer - Britton McLinn

britton@ikon-x.com

Antiochian Orthodox Christian Women of No. America (AOCWNA)

Chapter President - Charmaine Darmour

cdarmour@sbcglobal.net

Choir Director - Art Danks

artdanks1@yahoo.com

Church School Director - Lila Coudsy

lcoudsy@aol.com

Youth Director - Cooper Rowe

crowe31@gmail.com

Young Adult Director - Richard Ajalat

rajalat@stmichaelvannuys.org

Young Parents' Ministry - Brittney Ajalat

brittneylee704@gmail.com

Faithtree Resources Exec. Director - Michelle Moujaes

michelle@faithtree.org

Project Manager - Michael J. Malouf

michael@jacksonia.com

Stewardship Chair - Richard Tamoush

Tamoush.Richard@gmail.com

Capital Funds Campaign Chair - Ron Zraick

ronaldzraick@gmail.com

Property Management Chair - Eric Nelson

ericnelson2520@sbcglobal.net

Bookstore Manager - Bobbi Monsue

bobbi_monsue@att.net

Golf Classic Chair - Fred Milkief

milkief@aol.com

Webmaster - Dan Raju

dan.raju16@hotmail.com

Charity Coordinator - Cindy Tamoush

cindy.tamoush@gmail.com

Head Usher - Ramez Hage

jeddo.ramez@gmail.com

The Second Sunday of Great Lent

The Commemoration of St. Gregory Palamas, Archbishop of Thessalonica

The Holy Fathers slain at the Monastery of Mar Sabbas; New-martyr Myron of Crete

Sunday, March 20, 2022

Tone 6; Eothinon 6

Apolytikion of the Resurrection (Tone 4)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

Apolytikion of St. Gregory Palamas (Tone 8)

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

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 Sundays of Lent and Akathist Saturday (Tone 8)

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

Daily Readings

THE EPISTLE

*Thou, O Lord, shalt keep us and shalt preserve us.
Save me, O Lord, for the godly man is no more!*

The Reading from the Epistle of St. Paul to the Hebrews (1:10 - 2:3)

Thou, “O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.” But to which of the angels did He say at any time, “Sit on My right hand, until I make thine enemies a footstool for thy feet?” Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

THE GOSPEL

The Reading of the Holy Gospel is according to St. Mark (2:1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’?”

But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

The Synaxarion – March 20

On March 20 in the Holy Orthodox Church, we commemorate the Holy Fathers slain at the Monastery of Mar Sabbas; and New-martyr Myron of Crete.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

Verses

The Spring of Light now leadeth to light unwaning
The Light’s own truly great and resplendent herald.

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.

OFFERINGS

Holy Bread is being offered this morning by Adeeb & Nuha Abughazaleh, celebrating their birthdays (March 19th and 21st, respectively). May God grant them many years!

Holy Bread is also being offered by Nicholas & Monica Juganu and family in loving memory of Monica's parents: Nun Filofteia (+17 March, 2016) & Ioan (+18 April, 2008). Memory eternal.

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

for the repose of the newly-departed servant of God Ilham Moujaes (+14 March, 2022), aunt of Waleed Moujaes. Memory eternal.

for the repose of the newly-departed servant of God, Mary Balian (+8 March, 2022), grandmother of Mary Minassian. Memory eternal.

ANNOUNCEMENTS

March is "Women's Month" in the Antiochian Archdiocese

Reading the epistle this morning is: Maria Safady.

Today's ushers are:

Mary Ann Mitchell, Elizabeth Waters and Frieda Kabbash

Zoom Meeting Virtual Bible Studies Will Resume in May

Our Weekly Bible Study will resume after Pascha. The link for the last recorded link and Study Guide of the Pastoral Epistle to Titus is also available by request. Contact: frtimothy@stmichaelvannuys.org

Wednesday Evening Lenten Meal

If you would like to be a host for the after-Liturgy Lenten meal for any Wednesday evening, please let us know. We have a host for Wednesday, April 13. The sole purpose for the meal, following the Pre-sanctified Liturgy, is to provide a simple and uncomplicated meal and not a full dinner. The purpose of the meal is for renewed strength after fasting for the evening Liturgy. The meal should be modest and not require accumulating leftovers. This will also reduce the need for time consuming clean-up. **The Wednesday evening Liturgies now begin at 6 p.m. and not 6:30.** This will avoid eating late, and allow enough time for travel home, especially when children get up early for school in the morning. Contact Subdeacon Richard Ajalat [rajalat@stmichaelvannuys.org] should you be interested.

Note: The Pre-sanctified Liturgy is the Liturgy for all of the forty-day weekdays of Great Lent. The festal Liturgy of St. John Chrysostom is celebrated on the Saturday (for the departed) and St. Basil the Great on Sunday (for the Resurrection), when wine and oil are permitted. In vigilant Church communities, the Pre-sanctified Liturgy is the sole sustenance for the faithful during Great Lent. It is important to keep in mind that our Lenten discipline is the practice of fasting, prayer and good works—all three.

LITURGICAL CALENDAR

[All Services are Live-streamed]

Weekday Lenten Services

Monday, March 21st – Great Compline, 6:30 p.m.

Wednesday, March 23rd – Liturgy of Pre-sanctified Gifts, 6 p.m.

Feast of the Annunciation - March 25th

Divine Liturgy of St. John Chrysostom, 10 a.m.

The Akathist Hymn, 3rd stasis (“Madeyeh”), 6:30 p.m.

The 3rd Sunday of Great Lent (“Veneration of the Holy Cross”)

Great Vespers - Saturday, March 26th, 5 p.m.

Sunday, March 27th – Orthros, 8:45 a.m., Procession, Divine Liturgy, 10 a.m.

* A traditional fasting discipline is observed during the Great Fast, which lasts from Pure Monday (March 7) through Great and Holy Saturday (April 23). *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 25) and Palm Sunday (April 17), 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 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 any questions, please contact Father Timothy.

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

March 9, 2022

Beloved hierarchs, clergy, and faithful of our God-protected archdiocese,

Greetings and blessings to you in the name of our great God and Savior, Jesus Christ! As we have now begun our journey to Pascha, I pray that in this season of repentance your souls will be purified and set aflame with the love of God.

It is my joy to inform you that we have ended all face-mask requirements at the Antiochian Village, both at the retreat center and at the camp. This giant step back to normalcy was made possible by the improved Covid situation and follows the C.D.C.'s updated guidance regarding the use of face coverings. I encourage all of you to spread the word and fill up this year's camp sessions and scheduled conferences and retreats. Also, please consider the Village retreat center when planning your next church-group or family gathering.

I thank you for your patience and ready obedience throughout the dark days of the Covid pandemic, when we followed the guidance of our medical experts and public health officials in order to protect those most vulnerable to the virus. This was an expression of your love for the Lord, who said, "Whatever you did for one of the least of these My brethren, you did it for Me" (Matt. 25:40). May the Lord bless all of you for your faithfulness.

With love for you and all your families, I remain,

Yours in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style and is preceded by a large, stylized cross symbol.

+JOSEPH

Archbishop of New York and Metropolitan of all North America

"The disciples were first called Christians in Antioch" (Acts 11: 26)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

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Metropolitan JOSEPH, Archbishop of New York and all North America

V. Rev. Timothy Baclig, Pastor
frtimothy@stmichaelvanuys.org

Church Telephone: 818/994-2313
www.stmichaelvanuys.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.stmichaelvanuys.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

Teen Dinner and a Movie: “Man of God,” Monday, March 21, 2022
at the AMC Burbank; 5:30 to 9:15 p.m.

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) — June 29 - July 3, 2022

Archdiocesan Clergy Institute — July 18-22, 2022

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.

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

Holy Bread Offering List

Mar 27 - open
Apr 03 - open
Apr 10 - open

Coffee Hour Hosts Calendar

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

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.

**SAINT MICHAEL ORTHODOX CHURCH
2022 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, credit card payments in-person, automatic bill pay, automatic payments from your bank (See back). Church address: 16643 Vanowen Street; Van Nuys, California; 91406-4622; Website: www.stmichaelvannuys.org

Ways to pay your pledge or donation:

- 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

ANTIOCHIAN WOMEN

2 CHARITABLE SERVICE PROJECTS TO SUPPORT FOR GREAT LENT

FOCUS Southern California

Fellowship of Orthodox Christians United to Serve

We are collecting clean, gently worn children's clothing. Put clothing in bags & mark them "FOCUS CHILDREN'S CLOTHES" and leave them in the kitchen. New children's clothes also happily accepted.

SUPPORTING DOMESTIC VIOLENCE VICTIMS

March as Women's Month is an opportunity to support women in need - specifically, domestic violence victims who are at shelters in our Valley.

Items being collected for personal hygiene kits:

Toothbrushes, Toothpaste, Lip balm/chapstick, Hairbrush, comb, deodorant, nail file - non metal

Other items being collected:

Shampoo, soap - bar or liquid body wash, face wipes, feminine hygiene products (pads & tampons)

If you are not able to shop - a donation can be made with a check to the church & memo that states domestic violence shelter and someone will shop for you

Bring items for both appeals by Sunday - March 26th

Questions? Contact Charmaine at: cdarmour@sbcglobal.net

Understanding Domestic Violence

View the Netflix movie on domestic violence: "The Maid." Go to: <https://www.netflix.com/title/81166770> To view a trailer go to: https://www.imdb.com/title/tt11337908/?ref=ttfc_fc_tt



**VIRGIN MARY LIFE-GIVING SPRING
ANTIOCHIAN ORTHODOX CHURCH**

The Archpriest / Econsoms
The Very. Rev. Father Paul Marji

Please Come Join Us

With the blessing of His Eminence Metropolitan JOSEPH, let us gather together after Pascha in Los Angeles to support the newest mission in the Diocese of LA and the West

**Virgin Mary Life Giving-Spring
Bakersfield, CA
www.virginmarybakersfield.org**

When: Saturday, May 7, 2022
6pm Great Vespers
7pm Dinner, 8pm Entertainment

\$100
Donation

Where: St. Nicholas Cathedral
2300 W. 3rd Street
Los Angeles, CA 90057

EVENING PROGRAM

WELCOME – OSAMA DAWOOD
Treasurer, Virgin Mary Life-Giving Spring Church

NATIONAL ANTHEM

INVOCATION – V. REV. FR. PAUL MARJI
Pastor, Virgin Mary Life-Giving Spring Church

DINNER

MASTER OF CEREMONIES – DANIEL ANDREWS
President, Virgin Mary Life-Giving Spring Church

REMARKS – V. REV. FR. JOHN FINLEY
Chairman, Dept. of Missions and Evangelism, Antiochian Archdiocese

VIDEO PRESENTATION

REMARKS – NABIL RABADI & RAMI FAHIL
Founding Members, Virgin Mary Life-Giving Spring Church

REMARKS – V. REV. FR. PAUL MARJI
Pastor, Virgin Mary Life-Giving Spring Church

BENEDICTION – V. REV. FR. NABIL HANNA
Dean, St. Nicholas Cathedral

ENTERTAINMENT

For tickets contact Danny Andrews (661) 331-0723 or George Hanoun (818) 923-0951 RSVP by April 24, 2022