

**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)

His Beatitude, Patriarch JOHN X, of the Greek Orthodox Patriarchate of Antioch  
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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 19, 2023**

**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 19 in the Holy Orthodox Church, we commemorate the Apostles Archippos, Philemon and Apphias of the Seventy.

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 Bobbi Monsue in memory of her mother, Carolyn Gearheart (+12 April, 2009) and in memory of Maxie Eisner (+17 February, 2008). Memory eternal.

Holy Bread is also being offered by George, Basima and Milad Sayegh and the Almarji family with prayers for their departed loved ones.

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

for the one-year memorial of James Shadid (+19 February 2022)  
of Oklahoma City. Memory eternal.

by the Srour and Cruz families for the two-year memorial of the servant  
of God, Elaine Srour (+21 February, 2021). Memory eternal.

for the speedy recovery and good health of Alexandra Turley

## 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, February 25<sup>th</sup>, 5 p.m.

Orthros – Sunday, February 26<sup>th</sup>, 8:45 a.m.; Divine Liturgy, 10 a.m.

**The Beginning of Great Lent** – Monday, February 27<sup>th</sup>

### **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 (February 27<sup>th</sup>) through Great and Holy Saturday (April 13<sup>th</sup>). *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<sup>th</sup>) and Palm Sunday (April 9<sup>th</sup>), 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.**

# ANNOUNCEMENTS

## Zoom Meeting Virtual Bible Study on The Book of Genesis

**Our weekly Bible Study** — Our final session on chapters 45-50 of The Book of Genesis is this Tuesday, February 21st, before breaking for Great Lent and Holy Week. Recorded links of our study are available upon request of Father Timothy.

## Upcoming Events

[Note: You may now access our Google Parish Calendar to your personal calendar. Here is the link: <https://calendar.google.com/calendar/u/1?cid=YWRtaW5Ac3RtaWNoYWVsdmFubnV5cy5vcmc>]

**Camp St. Nicholas Winter Camp** — February 17-20, 2023

**Annual Chili Cook-off** — Meat Fare Sunday, February 19, 2023

### Meeting of the Holy Synod of Antioch

Wednesday, February 22, 2023; Balamand, Lebanon

### Day Retreat Especially for Orthodox Moms and Moms to Be!

hosted by St. Luke Church (Garden Grove) February 23, 2023

### 58th St. Nicholas Sweetheart (Debutante) Ball

April 29, 2023; Hilton Universal City

### St. Michael Antiochian Women Annunciation Tea

Saturday, March 25, 2023; Divine Liturgy, 10 a.m.  
followed by a Lenten Lunch

### St. Michael 30th Annual Golf Classic

— Monday, May 22, 2023  
Wood Ranch Golf Club; Simi Valley

**Diocesan Parish Life Conference** hosted by St. Luke Church  
(Garden Grove) June 28 to July 2, 2023; Irvine Marriott; [www.laplc.org](http://www.laplc.org)

### 56th Biennial Antiochian Archdiocese Convention

hosted by St. George Church (Phoenix, Arizona); July 23-30, 2023

Go to: [www.ac2023az.org](http://www.ac2023az.org)

**JOIN US FOR ANOTHER**

**MEATFARE SUNDAY**

**CHILI COOK-OFF**

**SUNDAY - FEBRUARY 19TH**

**IF YOU THINK YOUR CHILI HAS WHAT IT TAKES  
CONTACT ADRIENNE LEVY: [ALEVY202@GMAIL.COM](mailto:ALEVY202@GMAIL.COM)**

**Cook and Compete or Just Come to EAT!**

Adults \$7 Kids under 12 - \$5

Family of 4 or more \$20 (2 adults - unlimited kids)

\*Hot Dogs and Chips will also be provided!

\*Dessert and beverage donations appreciated

**PROCEEDS TO BENEFIT  
ORTHODOX CRISIS  
PREGNANCY CENTERS  
PROVIDING AID TO  
MOTHERS IN NEED**

**A shared Act of Mercy for the  
Antiochian Women of our Archdiocese**



JALAPEÑO

CAYENNE



HABANERO

POBLANO



**HOT!**

**HOT!**

**SPICY  
HOT!**

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

16643 Vanowen Street, Van Nuys, California 91406-4622

His Beatitude, Patriarch JOHN, Greek Orthodox Patriarchate of Antioch and all the East

Dear St. Michael Church Family,

We all have much to still learn as we are now in our new church sanctuary. 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>

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 Benefactors who continue to provide us with a solid foundation for our growth.

In Christ

V. Rev. Timothy Baclig

Pastor

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

## **Holy Bread Offering List**

## **Coffee Hour Hosts Calendar**

Feb 19 - open (Meat Fare Sunday)

Chili Cook-off

Feb 26 - open (Cheese Fare Sunday)

Mar 08 - Liturgy of Presanctified Gifts and Lenten Meal

Mar 05 - open (“Sunday of Orthodoxy”)

Please contact Fr. Timothy (818/219-3761; [frtimothy@stmichaelvannuys.org](mailto:frtimothy@stmichaelvannuys.org)) to sign-up to offer Holy Bread or host the coffee hour.



**Antiochian Women DLAW Present  
A DAY RETREAT FOR ORTHODOX MOMS**

**St Luke - Garden Grove, CA  
Saturday – February 25, 2023**

**RETREAT FOCUS WILL BE SPECIFIC TO MOMS**

**RAISING CHILDREN IN THE CHURCH**

**SPEAKERS – V. REV. FR. DAVID & KH CARYN KRUSE**

**DAY RETREAT – MINIMUM DONATION OF \$30**

**WILL BEGIN WITH MORNING PRAYER AT 9AM & CONCLUDE WITH VESPERS AT 4PM**

**LITE BREAKFAST, LUNCH & SNACKS ARE INCLUDED**

You may register by using this google doc link: <https://forms.gle/MTy36AfP6zosFimj8>

Or by emailing this registration form to: [antiochianwomenla@gmail.com](mailto:antiochianwomenla@gmail.com)

and paying **online** using Venmo at: @ladiesofstluke-stluke (image of the Theotokos)

Ladies of St. Luke St. Luke

@LadiesofStLuke-StLuke



**venmo**

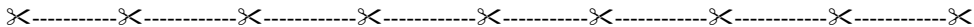
Or

Mail in this registration form and your check payable to:  
Antiochian Women Diocese of LA & the West or AWDLAW to:  
**AW DLAW 8161 E. Kaiser Blvd #27905 Anaheim, CA 92809**

**\*\*Moms with babies under 2 are  
welcome to bring them with you\*\***

**All Participants Must be 18 and Older**

For more information or questions please contact Charmaine Darmour [antiochianwomenla@gmail.com](mailto:antiochianwomenla@gmail.com)



Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name and Phone \_\_\_\_\_

Parish \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_



# St Michael Annunciation Tea



**Saturday, March 25th**

**Divine Liturgy 9:30am Followed by Tea Time**

**Please bring a Lenten food item to share  
your choice of savory or sweet**

**Minimum \$8 donation**

**\*\*\*RSVP by Sunday, March 19th to:**

**[cdarmour@sbcglobal.net](mailto:cdarmour@sbcglobal.net)**

**As is our tradition, proceeds are donated to  
St. Barbara Monastery**

## **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](mailto:bobbi_monsue@att.net). Now is the time to place your order for your Holy Week Service Book.

## 2022 Year-end Contribution Statements Now Available

Please note: There is no requirement at all to provide donor contribution receipts. However, the donors to non-profit organizations and churches need them if they are eligible to claim them on their taxes. Therefore, there is no date requirement. It is customary to try to get those out by the end of January, but certainly early enough for those who can itemize to provide to their tax preparer. [Keith Clark Hoyos, CTC] Your annual contribution may be provided to you electronically or by hard copy.

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### PASTORAL SERMON The Sunday of Meat Fare By V. Rev. Timothy Baclig February 19, 2023

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 His 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

**TONE 3**

اللحن 3

**THE SUNDAY OF THE LAST JUDGMENT (MEAT FARE)**

**APOSTLES ARCHIPPOS, PHILEMON AND APPHIAS OF THE SEVENTY**

طروبارية القيامة على اللحن الثالث  
لتفرح السماويات وتبتهج الارضيات, لانّ الربّ صنعَ عزراً بساعده, ووطئ الموت  
بالموت, وصارَ بكرَ الاموات, وأنقذنا من جوفِ الجحيم, ومنح العالمَ الرحمةَ العظمى

طروبارية رؤساء الملائكة باللحن الرابع  
أيها المتقدّمون على الأجناد السماويين, نتوسّلُ إليكم نحن غيرَ المستحقّين, حتّى أنكم  
بطلباتكم تكتنوفوننا بظلّ أجنحةٍ مجدكم غير الهولي, حافظين إيانا نحن الجاثين  
والصارخين بغير فتور, أنقذونا من الشدائد, بما أنكم رؤساءً مراتبِ القوّاتِ العلوية.

قنفاق لأحدِ الدينونة, باللحن

الأوّل

إذا أتيتَ يا اللهُ على الأرضِ بمجدٍ, ترتعدُ منك البرايا بأسرها, ونهزُ النارِ يجري  
أمامَ عرشِك, والصُحفُ تفتَحُ, والخفايا تُشهرُ, فنجنّي حينئذٍ من النارِ التي لا  
تطفأ, وأهلني للوقوفِ عن يمينك, أيها الديانُ العادل.

الرسالة

قوتي وتسيبحتي الرب, أدباً أدبني الرب

فصلٌ من رسالةِ القديس بولس الرسولِ الأولى إلى أهل كورنثس

يا اخوة, إن الطعامَ لا يقربنا إلى الله, فإن أكلنا لا نكسب شيئاً, وإن لم نأكل لا نخسر  
شيئاً. ولكن انظروا أن لا تكون حريتكم 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 آكل 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 الربّ: متى جاء ابنُ البشر في مجده، ومعه جميعُ الملائكة القديسين يستوي على عرشِ مجده. وتُحشد أمامه جميعُ 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، لأنّي جعت فأطعمتموني، وعطشت فسقتموني، وكنت غريباً فأويتموني، وعريانا فكسوتموني، ومريضا فزرتموني، وسجينا فجنّتم إليّ. فيجيبه الصديقون: يا رب، متى رأيناك جائعاً فأطعمناك؟ أو عطشانا فسقيناك؟ ومتى رأيناك غريباً فأويتناك؟ أو عريانا فكسوناك؟ ومتى رأيناك مريضاً أو سجينا فجنّنا إليك؟ 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: لأنّي جعت فلم تطعموني، وعطشت فلم تسقوني، وكنت غريباً فلم تؤووني، وعريانا فلم تكسوني، ومريضا وسجينا فلم تزوروني. فيجيبه هؤلاء: يا رب متى رأيناك جائعاً أو عطشانا، غريباً أو عريانا، مريضاً أو سجينا ولم نخدمك؟ فيجيبهم الملك: الحق أقول لكم: بما أنكم لم تفعلوا هذا لواحد من اخوتي الصغار، فلي لم تفعلوه! فيذهب هؤلاء إلى العذاب الأبدي، والصديقون إلى الحياة الأبدية.

### 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 قريية (وعلى كل حال، فإننا ندعو الجميع للمشاركة فى الخبز المقدس الذى يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضواً فى الكنيسة الارثوذكسية