

**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 SABA, of the Antiochian Orthodox Christian

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# **The Sunday of the After-feast of the Ascension**

## **Commemoration of the Holy Fathers of the 1<sup>st</sup> Ecumenical Council**

of the Hieromartyr Dorotheos, bishop of Tyre; Martyr Nicander of Egypt;  
and New-martyr Mark of Smyrna

**Sunday, May 28, 2023**

**Tone 6; Eothinon 10**

### **Apolytikion for the Resurrection (Tone 6)**

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 the Ascension (Tone 4)**

Thou hast ascended in glory, O Christ our God, and gladdened Thy Disciples with the promise of the Holy Spirit, having become confident of the blessing. Verily, Thou art the Son of God, and Deliverer of the world.

### **Apolytikion for the Holy Fathers (Tone 8)**

Thou, O Christ, art our God of exceeding praise Who didst establish our holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

### **Apolytikion for our Patron, Michael the Archangel (Tone 2)**

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

### **Kontakion for the Ascension (Tone 6)**

When Thou didst fulfill Thy dispensation for our sakes, uniting the terrestrials with the celestials, Thou didst ascend in glory, O Christ our God, inseparable in space, but constant without separation, and crying unto Thy beloved, I am with you, and no one shall be against you.

## **Daily Readings**

THE EPISTLE (for the Holy Fathers)

### **The Reading from the Acts of the Apostles (20:16-18, 28-26)**

In those days, Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletus he sent to Ephesus and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore, be alert, remembering that for three years I did not cease night or day to admonish everyone with tears. And now I commend you to God and to the word of His grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how He said, "It is more blessed to give than to receive." And when he had spoken thus, he knelt down and prayed with them all.

THE GOSPEL (for the Sunday after the Ascension)

### **The Reading of the Holy Gospel is according to St. John (17:1-13)**

At that time, Jesus lifted up His eyes to heaven and said, "Father, the hour has come; glorify Thy Son that the Son may glorify Thee, since Thou hast given Him power over all flesh, to give eternal life to all whom Thou hast given Him. And this is eternal life, that they know Thee the only true God, and Jesus Christ Whom Thou hast sent. I glorified Thee on earth, having accomplished the work which Thou gavest Me to do; and now, Father, glorify Thou Me in Thy own presence with the glory which I had with Thee before the world was made. I have manifested Thy

Name to the men whom Thou gavest Me out of the world; Thine they were, and Thou gavest them to Me, and they have kept Thy word. Now they know that everything that Thou hast given Me is from Thee; for I have given them the words which Thou gavest Me, and they have received them and know in truth that I came from Thee; and they have believed that Thou didst send Me. I am praying for them; I am not praying for the world but for those whom Thou hast given Me, for they are Thine; all Mine are Thine, and Thine are Mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to Thee. Holy Father, keep them in Thy Name, which Thou hast given Me, that they may be one, even as We are one. While I was with them, I kept them in Thy Name, which Thou have given Me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to Thee; and these things I speak in the world, that they may have My joy fulfilled in themselves.”

## LITURGICAL CALENDAR

*[Wednesdays and Fridays are observed as days of fasting in all Orthodox Churches]*

**The Saturday of Souls Liturgy for the Departed** - June 3<sup>rd</sup>  
Divine Liturgy, 10:30 a.m. at St. Nicholas Memorial Gardens (Valhalla)

### **The Great Feast of Pentecost**

Great Vespers – Saturday, June 3<sup>rd</sup>, 5 p.m.  
Orthros – Sunday, June 4<sup>th</sup>, 8:45 a.m., Divine Liturgy, 10 a.m.  
followed by the Kneeling Prayers

*[Notice: There is no fasting from June 5-9, the week following Pentecost]*

**The Apostles' Fast** - Monday, June 12 to Wednesday, June 28  
**The Feast of Ss. Peter & Paul** - Thursday, June 29

## For Planning Ahead

**The Great Feast of Pentecost** (fifty days after the Feast of the Resurrection) is celebrated this year on Sunday, June 4<sup>th</sup>. There is no fasting during the week

following Pentecost. **The Sunday of All Saints** is celebrated on the Sunday following Pentecost (June 11th). On Monday, June 12, we observe **The Fast of the Holy Apostles**. The period of this fast varies from year to year, depending on the date of Easter. The traditional fasting discipline includes: no meat, poultry, eggs, cheese, milk or other dairy products, fish, wine and olive oil on Monday, with *catalysis* (allowance) for wine and olive oil on Tuesday (some also permit fish on Tuesday). The Fast prepares us for the celebration of the **Feast of the Holy Apostles Peter and Paul**, Patrons of the Patriarchate of Antioch, celebrated on Thursday, June 29th. Having rejoiced for the fifty days following Pascha (Easter), the Apostles began to prepare for their departure from Jerusalem to spread Christ's message. According to Holy Tradition, as part of their preparation, they began to fast with prayer to ask God to strengthen their resolve and to be with them in their missionary undertakings.

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## OFFERINGS

Holy Bread and wheat is being offered by Dr. Samir & Amira Boutari for the forty-day memorial of the newly-departed servant of God, Subdeacon Magued Wassef (+16 April, 2023). Memory eternal.

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

for the healing and speedy recovery of Kathy & Ron Zraick

for the continued health of Diana Nasser

for the speedy recovery and continued health of Dr. Samir Boutari

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## ANNOUNCEMENTS



### Honoring our High School and College Graduates

Sunday, June 11th we will be honoring high school and college graduates. Plan to be with us at Liturgy and join us for a free-will offering pizza lunch following the service to benefit our Church School.

## **“Saturday of Souls” - June 3, 2023**

Each Saturday is the day of the week dedicated to the departed souls. There are also specific Saturdays of which a special Memorial Liturgy is prescribed for the departed. One of these Saturdays is the day before the Great Feast of Pentecost (“Trinity Saturday”), this year, on June 3.

**A Divine Liturgy is planned to take place at the altar of the St. Nicholas Memorial Garden at Valhalla Cemetery in No. Hollywood, and will begin at 10 a.m.**

All are encouraged to provide the clergy with the list of names of your departed family members for the service. Other Saturdays when a memorial Liturgy is specifically prescribed includes the Saturday of Meat Fare (before Lent), the second, third and fourth Saturdays of Great Lent, and the Saturday prior to the Feast of St. Demetrios (October 26). For a complete explanation and historical outline of the commemoration of the departed souls and the commemoration of the departed souls on Saturday, see an article by Hieromonk Job (Gumerov); go to: <https://orthochristian.com/52107.html>

The following is an excerpt of the article: “God blessed the seventh day and sanctified it, because in it he ceased from all His works which God began to do (Gen. 2:3). Saturday (Sabbath) for the Jews was a day of festive rest. Christ’s resurrection placed the beginning of the new Israel: a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light (1 Pet. 2:9). The resurrection day of the Savior of the World became the seventh, festive day that completes the week. Sunday [in Russian, *voskresenie*, meaning “resurrection”) is a day of prayer in church at Divine Liturgy and pious rest. From a day of earthly rest, Saturday became a symbol of joyous rest in the Kingdom of Heaven: There remains therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his (Hebrews 4:9–10). This is where the custom, fixed by the Church Typicon, came from of having special services on Saturday for the commemoration of the dead. The establishment of the universal ancestral Meat Fare Saturday dates back to the first century of Christianity. In the Synaxarion for this day (*The Lenten Triodion*) it says that the holy fathers established, *having received it from the holy Apostles*, that on this day should be commemorated *all people*

*from the ages who have reposed in faith and piety.* This day was chosen because Meat Fare week reminds us of the future Last Judgment. On the eve of this day, Saturday, as if preceding the Last Judgment, the Church prays especially for all of its reposed children, begging the Lord to have mercy on them and make them partakers of blessed eternal life.

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### **Weekly Bible Study - Tuesday Evenings at 7 p.m.**

Join us this Tuesday evening, May 30th, at 7 p.m. for our weekly Bible Study. We will continue our study of the Book of Exodus, beginning with chapter 11. Last weeks question for reflection was: "What might we say mattered to Pharaoh's rule of Egypt? What did he desire most? What was his purpose in resisting repentance and lying? A link to the Zoom meeting will be sent out on Tuesday. Sessions are recorded for those unable to attend who may also request the link to the study.

### **Raies-Murr Educational Trust Scholarship**

Only members, in good standing of St. Michael Antiochian Orthodox Church (Van Nuys) or St. Nicholas Antiochian Orthodox Cathedral (Los Angeles) and who have been accepted to or are currently enrolled in a **publicly supported** (not private) institution of higher learning, including eligible **publicly supported** vocational, technical and trade schools, are eligible to apply for a Raies-Murr Scholarship. Applications can be obtained by e-mailing Mallory Murr at: <RaiesMurrScholarship@gmail.com>. The applications must be returned by July 24, 2023.

### **Our 2023 Pledge Form Provided with this Bulletin**

As a committed member of St. Michael Church, please complete a new 2023 form. An annual "Fair Share Contribution" is paid by St. Michael Church to the Archdiocese (\$50/adult; \$35/17 years of age or under). 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. Hardcopies will be mailed to you by request. Information on the options for making your offering payment is available on the Pledge Form.

**St. Michael Antiochian Orthodox Church**  
**16643 Vanowen Street, Van Nuys, CA 91406 Phone: 818-994-2313**  
**Website: [www.stmichaelvannuys.org](http://www.stmichaelvannuys.org)**

**2023 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



**REGISTER  
NOW!**

**10-14  
JULY**



**SUPER SAINTS**  
LITTLE LIGHT OF CHRIST



# **VACATION BIBLE SCHOOL**



**9am-12pm**  
PRE-K  
THROUGH 5TH



**ST. MICHAEL ANTIOCHIAN  
ORTHODOX CHURCH**

16643 Vanowen Street, Van Nuys, CA 91406



**FAITHTREE  
RESOURCES**

**COST**  
**\$50**  
**Per Child**

**\$40 per child**  
**if registered**  
**before June 10**

## **Thank you!**

We thank our Co-Chairs, Planning Committee, donors, sponsors, golfers, and attendees for their support of our 30th Golf Classic that took place on Monday, May 22nd at the Wood Ranch Golf Club. Father Timothy Baclic presented Don Meena with a Certificate of Meritorious Service, recently signed by Metropolitan SABA, Archbishop of the Antiochian Archdiocese of North America, who extended his blessing and congratulations.



Donald Meena, who recently celebrated his 85th birthday, is among our Founders of St. Michael Church with his wife, the late, Lillian Meena (+6 December, 2017). Don has faithfully served St. Michael Church in many capacities that has included his volunteer help with our Golf Classic for the past 30 years; recently Co-Chairing the annual fundraiser. Don's volunteer church service in our parish began upon its founding in 1969, and was preceded by his service at St. Nicholas Cathedral in Los Angeles.

His lay leadership has spanned Chairing our Parish Council, serving other Executive positions, Co-Chairing Conferences, as well as our 2009 Archdiocese Convention in Palm Desert; also teaching in our Church school for forty years. This list of Don's involvement does not include numerous other aspects of parish life that Don Meena has faithfully served our St. Michael community. He and Lillian worked together through the years to plan, organize and support all of our annual fundraising activities while remaining very faithful in their church attendance. Their exemplary service is a true model of lay leadership and Christian stewardship of our Church.

In addition to acknowledging the hard work of our Golf Classic Co-Chair, the several committee members and participants of our tournament over the past 30 years, St. Michael celebrates its 54th year of existence in the San Fernando Valley from its Founding date in January of 1969. We are very thankful for the faithful commitment of our Founding Members, some of who, no longer with us, have provided a legacy in the recent fulfillment of our new church sanctuary with the added support of our generous donors and benefactors.

Our inheritance causes us recognize persons like Don who have faithfully served and continue to serve St. Michael Church. This presentation is the first of others that will follow in the coming months as we anticipate our Feast Day celebration and the official opening of our new church sanctuary in the fall. A future consecration will follow the completion of several Phase II sponsorships of iconographic images that continue being completed by the prayerful hands of our iconographers."

The evening dinner included several raffles that included a Mexican Cruise Grand Prize that was won by Cecelia & Ted Coudsy!

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

**Holy Bread Offering List**

Jun 04 - (Pentecost) open

Jun 11 - open

Jun 18 - open (Father's Day)

**Coffee Hour Hosts Calendar**

Graduation Lunch

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.

## 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=YWRtaW5Ac3RtaWN0YWVsdmFubnV5cy5vcmc>]

### **Memorial Day Services** - Monday, May 29

St. Nicholas Memorial Park (Valhalla); 9:30 a.m.

'Ain Arab - Forest Lawn; Glendale; 11 a.m.

Douma Section - Forest Lawn; Hollywood Hills; 12:30 p.m.

Eternal Valley Memorial Park - Santa Clarita; 12:30 p.m.

### **Honoring our High School Graduates** — Sunday, June 11

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

### **St. Michael Vacation Bible School (VBS)**

Monday-Friday, July 10-14, 2023; Ages Kindergarten to 5th Grade

**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)

## Sponsorships of Sanctuary Items

Sponsorships or dedications of items and iconography of our new church sanctuary are available. Please contact Father Timothy for more information and questions at: [frtimothy@stmichaelvannuys.org](mailto:frtimothy@stmichaelvannuys.org)

**EOTHINON 10**

الايوثينا 10

**TONE 6**

الحن 6

### **SUNDAY OF THE AFTER-FEAST OF THE ASCENSION**

**COMMEMORATION OF THE HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL**

**HIEROMARTYR EUTYCHIOS, BISHOP OF MELITENE; MARTYR HELICONIS OF THESSALONICA**

طروبارية القيامة على الحن السادس

إنَّ القوَّاتِ الملائكية ظهرت عند قبرك الموقر، فالحرَّاسُ صاروا كالأموات، ومريم وقفت عند القبر طالبةً جسدَكَ الطاهر، فسببتَ الجحيمَ ولم تُجربَ منها، وصادفتَ البتولَ مانحاً الحياة، فيا من قام من بين الأموات، يا ربَّ المجدِّ لك

### طروبارية الصعود على اللحن الرابع

لقد صعدت بمجد أيها المسيح إلها، وفرَّحت تلاميذك بموعد الروح القدس، فأيقنوا بالبركة أنك أنت ابن الله المنفذ العالم

### طروبارية الآباء على اللحن الثامن

أنت أيها المسيح إلها فائق التسبيح، لأنك أقمت آباءنا كواكب على الأرض، وبهم هديتنا جميعاً إلى الإيمان الحقيقي. فيا جزيل التحنن المجد لك

### طروبارية رؤساء الملائكة بالحن الرابع

أيها المتقدِّمون على الأجناد السماويين، نتوسَّلُ إليكم نحن غيرَ المستحقِّين، حتَّى أنكم بطلباتكم تكتنوفوننا بظلِّ أجنحةٍ مجدِّكم غيرِ الهيولي، حافظينَ إيانا نحنُ الجاثين والصارخينَ بغيرِ فتور، أنقذونا من الشدائد، بما أنكم رؤساءُ مراتبِ القوَّاتِ العلوية.

### قنداق الصعود على اللحن السادس

لما أكملت التدبير الذي من أجلنا، ووحدت الأرضيات بالسماويات، صعدت بمجدٍ أيها المسيح إلها، دون أن تبرح مكاناً، بل لبثت غير منفصل عنا، وهتفت بمحببك: أنا معكم وليس أحد عليكم

## الرسالة

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

فصل من أعمال الرسل القديسين الأطهار

في تلك الأيام، صمَّم بولس أن يتجاوز أفسس في البحر لئلا يتأخر في آسية، لأنه كان يريد السرعة لعلَّه يصل إلى أورشليم يوم الخميس. وأرسل من ميليتس يستدعي شيوخ كنيسة أفسس. فلما جاؤوا إليه، قال لهم: اسهروا على

أنفسكم وعلى القطيع الذي أقامكم فيه الروح القدس أساقفة، لترعوا كنيسة الله التي اكتسبها بدمه. وإني لعالم بأنه بعد رحيلي ستدخل بينكم الذئاب الخاطفة، ولا تشفق على القطيع. ويقوم من بينكم أناس ينطقون بالباطل ليحملوا التلاميذ على اتباعهم. فتنبهوا وتذكروا أني بالدموع نصحت كل واحد منكم، ليلا ونهارا، مدة ثلاث سنوات. والآن استودعكم الله وكلمة نعمته، فهو القادر على أن يشيد البنين ويؤتيكم الميراث مع جميع القديسين. إني لم اشتة يوما فضة أحد أو ذهبه أو ثيابه، وأنتم تعرفون أن يدي هاتين سدتا حاجتي وحاجة رفاقي. وأريتم في كل شيء كيف يجب علينا بمثل هذا الجهد أن نسعف الضعفاء، متذكرين كلام الرب يسوع: "تبارك العطاء أكثر من الأخذ." قال هذا ثم جثا فصلى معهم جميعا

## الإنجيل

### فصل شريف من بشارة القديس يوحنا

في ذلك الزمان، رفع يسوع عينيه إلى السماء وقال: "يا أبتاه، لقد جاءت الساعة: مجد ابنك ليمجدك ابنك بما أوليته من سلطان على جميع البشر ليهب الحياة الأبدية لمن وهبتهم له. والحياة الأبدية هي أن يعرفوك أنت الإله الحق وحدك ويعرفوا الذي أرسلته يسوع المسيح. أنا مجدتك في الأرض فأتملت العمل الذي أعطيتني لأعمله. فمجدني الآن عندك يا أبت بالمجد الذي كان لي عندك قبل أن يكون العالم. أظهرت اسمك لمن وهبتهم لي من العالم. كانوا لك، فوهبتهم لي وعملوا بكلامك. والآن هم يعرفون أن كل ما أعطيتني هو منك. أعطيتهم الكلام الذي أعطيتني لي فقبلوه، وعلوموا يقينا أني من لدنك خرجت وآمنوا أنك أنت أرسلتني، أنا أصلي لأجلهم، ولا أصلي لأجل العالم، بل لأجل من وهبتهم لي لأنهم لك. كل ما هو لي فهو لك، وكل ما هو لك فهو لي، وأنا قد مُجدت فيهم. لست بعد اليوم في العالم، وأما هم فإنهم في العالم، وأنا ذاهب إليك. أيها الأب القدوس، احفظهم باسمك الذي أعطيتني، حتى يكونوا واحدا مثلما

نحن واحد. عندما كنت أنا معهم حفظتهم باسمك الذي أعطيتني. حفظتهم, فلم  
أخسر منهم أحدا إلا ابن الهلاك ليتم ما جاء في الكتاب. والآن أنا ذاهب إليك.  
أقول هذا الكلام وأنا في العالم, ليكون فيهم فرحي التام

#### 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