

كنيسة مار نقولا الأنطاكية الأرثوذكسية

St. Nicholas Orthodox Church

Antiochian Archdiocese of North America

Diocese of Los Angeles and the West

5200 Diamond Heights Blvd., San Francisco, CA 94131

Tel: (415) 648-5200

Email: info@stnicholas-sf.com--website: stnicholas-sf.com

His Eminence **Metropolitan JOSEPH**, Archbishop
of New York and Metropolitan of all North America

Pastor, V. Rev. Fr. George Baalbaki

(586) 214-4428 revbaalbaki@yahoo.com

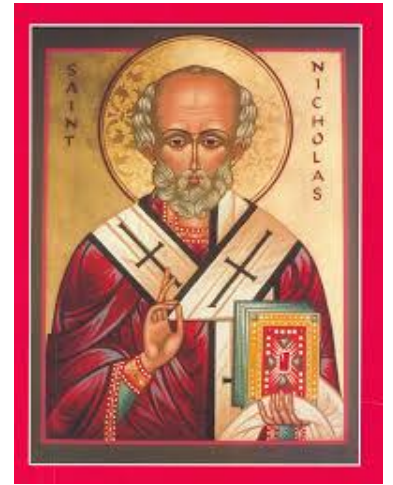
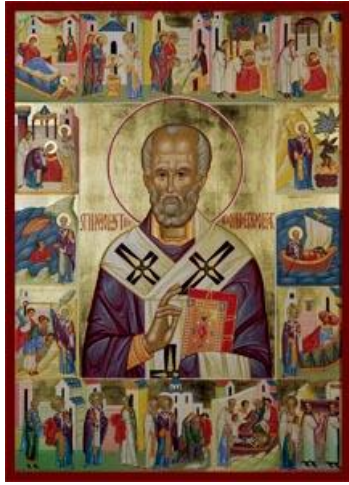
Pastor Emeritus, V. Rev. Fr. **Gregory Ofiesh**

Sub-Dn. **Michel Khoury**

Sub-Dn. **Ilyan Baalbaki**

Parish Council Chairman: **Ramzi Srouji**

Parish Council Vice Chairman: **Salim Qaru**



Sunday, March 15, 2020

Second Sunday of Great Lent

Commemoration of Gregory Palamas, archbishop of Thessalonica

Memorial Service & Condolences:

- ❖ Forty Day Memorial Service for the Servant of God **Majdy Ebeid** offered by his family.
- ❖ Deepest sympathy and condolences to the **Khoury and Kreitem families** for the passing of dearly beloved sister in Christ, **Hilda Khoury**.
- ❖ Deepest sympathy and condolences to the **Qare** family for the passing of dearly beloved brother in Christ, **Jack Salim Qare**.

May their memory be eternal!



THE EPISTLE: St. Paul to the Hebrews. (1:10-2:3)

“In the beginning, Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, until I make Thine enemies a stool for thy feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

الرسالة: عبرانيين ١: ١٠-١٤ و ٢: ٣-١

أنت يا رب في البدء أسست الأرض، والسموات هي صنع يديك، وهي تزول وأنت تبقى، وكلها تبلى كالثوب وتطويها كالرداء فتتغير، وأنت أنت وبنوك لن تفنى. ولمن من الملائكة قال قط: اجلس عن يميني حتى أجعل أعداءك موطئاً لقدميك؟ أليسوا جميعهم أرواحاً خادمة تُرسل للخدمة من أجل الذين سيرثون الخلاص؟ فلذلك يجب علينا أن نصغي إلى ما سمعناه إصغاءً أشدّ لنلا يسرب من أذهاننا. فإنها إن كانت الكلمة التي نطق بها على ألسنة ملائكة قد ثبتت، وكلّ تعدّ ومعصية نال جزاء عدلاً، فكيف نُفلت نحن إن أهملنا خلاصاً عظيماً كهذا قد ابتدأ النطق به على لسان الربّ ثمّ ثبتت لنا الذين سمعوه؟

THE GOSPEL: 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!"

الإِنْجِيل: مَرْقُس ٢: ١-١٢

في ذلك الزمان دخل يسوع كفرناحوم وسَمِعَ أَنَّهُ فِي بَيْتٍ. فَلَمَّا اجْتَمَعَ كَثِيرُونَ حَتَّى إِنَّهُ مَا عَادَ مَوْضِعٌ وَلَا مَا حَوْلَ الْبَابِ يَسْعُ، وَكَانَ يَخَاطِبُهُم بِالْكَلِمَةِ. فَأَتَوْا إِلَيْهِ بِمَخْلَعٍ يَحْمِلُهُ أَرْبَعَةٌ، وَإِذْ لَمْ يَقْدِرُوا عَلَى أَنْ يَقْتَرِبُوا إِلَيْهِ لِسَبَبِ الْجَمْعِ، كَشَفُوا السَّقْفَ حَيْثُ كَانَ، وَبَعْدَمَا نَقَبُوهُ دَلُّوا السَّرِيرَ الَّذِي كَانَ الْمَخْلَعُ مَضْجَعًا عَلَيْهِ. فَلَمَّا رَأَى يَسُوعُ إِيْمَانَهُمْ، قَالَ لِلْمَخْلَعِ: يَا بَنِيَّ، مَغْفُورَةٌ لَكَ خَطَايَاكَ. وَكَانَ قَوْمٌ مِنَ الْكُتَّةِ جَالِسِينَ هُنَاكَ يُفَكِّرُونَ فِي قُلُوبِهِمْ: مَا بَالُ هَذَا يَتَكَلَّمُ هَكَذَا بِالتَّجْدِيفِ؟ مَنْ يَقْدِرُ عَلَى أَنْ يَغْفِرَ الْخَطَايَا إِلَّا اللَّهُ وَحْدَهُ؟ فَلَمَّا رَأَى يَسُوعُ بَرُوحَهُ أَنَّهُمْ يَفَكِّرُونَ هَكَذَا فِي أَنْفُسِهِمْ فَقَالَ لَهُمْ: لِمَاذَا تَفَكِّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟ مَا الْأَيْسَرُ، أَلَّنْ يُقَالَ مَغْفُورَةٌ لَكَ خَطَايَاكَ، أَمْ أَلَّنْ يُقَالَ قُمْ وَاحْمِلْ سَرِيرَكَ وَامْشِ؟ وَلَكِنْ لِكِي تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا، قَالَ لِلْمَخْلَعِ: لَكَ أَقُولُ قُمْ وَاحْمِلْ سَرِيرَكَ وَاهْزُبْ إِلَى بَيْتِكَ. فَقَامَ لِلْوَقْتِ وَحَمَلَ سَرِيرَهُ وَخَرَجَ أَمَامَ الْجَمِيعِ حَتَّى دَهَشُوا كُلَّهُمْ وَمَجَّدُوا اللَّهَ قَائِلِينَ: مَا رَأَيْنَا مِثْلَ هَذَا قَطُّ.

SAVE THE DATE:

- ❖ **YOUNG ADULT MONASTERY TRIP:** Saturday March 14th, our young adults will be visiting the Holy Assumption Monastery in Calistoga from 9 AM – 2 PM.
- ❖ **MEN'S FELLOWSHIP MEETING:** Tuesday March 17th @ 7 PM. Dinner 7:30pm. All men of the church are welcome to join the meeting! Call Jerries Azar if you're interested in attending: 415 710 0456.
- ❖ **TEEN SOYO SANTA CRUZ RETREAT:** Saturday March 21st, 12PM-7PM. Donation: \$10. Teen Soyo Deanery retreat Ages 13-19 in Santa Cruz. More info & registration @ <https://forms.gle/rvwrUTFYmE6BdLhE6>
- ❖ **ANTIOCHIAN WOMEN 41ST ANNUAL SPRING RETREAT:** April 3rd, 4th, & 5th. Camp St. Nicholas, Frazier Park, CA. More info: www.antiochianladiocese.org/women
- ❖ **PARISH LIFE CONFERENCE 2020:** We are pleased to announce that we will be hosting the PLC this year. July 1-5th at Hyatt Burlingame. We need your help with many different things. More info at: www.lapl.org
- ❖ **ST. NICHOLAS ANNUAL PICNIC:** Sunday July 19th, more info to come.

ONLINE GIVING:

We are pleased to tell you that you can now pay your pledge online! Go to our website <https://www.stnicholas-sf.com/>, Click here to Donate Online. Many of us today pay most of our bills online, so now you can pay your church pledge as well. Thank you for your support.

2020 BIBLE BOWL: The upcoming 68th Parish Life Conference will take place on 1st - 5th July 2020 hosted by our Parish. We are seeking members to join the Bible Bowl Team Divisions; Juniors (ages: 13-15), Seniors (ages:16-19) and Adults (20 and older). For those who would like to participate in the upcoming Bible Bowl and be part of the St. Nicholas Bible Bowl teams, please see Father George or Tariq Rantisi. 2020 Bible Bowl Topic: The Gospel of St. John. For more info please visit: <https://antiochianevents.com/la>

MARCH IS LADIES' MONTH

In keeping with the tradition in our Archdiocese, ladies will show their involvement in the life of the church in the most visible way during the month of March.

They will usher, collect trays, read the Epistle and deliver sermonette...

Our Ladies Auxiliary usually prepares a Lenten Luncheon on Sundays. This year they are asking for your help by donating or preparing food.

This Sunday's Readers: Sermonette: Rogette Bazouzi

- ❖ Epistle Reader Arabic: Janet Baqleh
- ❖ Epistle Reader English: Mery Saddekni

ALTAR CANDLE OFFERING:

For the good health and well being of **Taghreed and George Al Samara.**
God bless and many years!

SUNDAY SCHOOL:

❖ **2020 Creative Arts Festival: THEME:** *"For God did not send His Son into the world to condemn the world, but that the world through Him might be saved." John 3:17*

Website <https://www.antiochian.org/dashboard?name=Creative%20Festivals%20>

Due Date for Submission: Sunday, April 5th to the Sunday School teachers.

Attention Sunday School Students and Parents: We will be preparing arts submissions for the Creative Arts Festival for the 2020 Parish Life Conference (<https://antiochianevents.com/la>). It's important that ALL students be present in Sunday School every Sunday in March to participate and complete their projects. Students may take their projects and work on them on their own time as well. The Sunday School Director and Teachers will be submitting the forms and sending off the artwork for each student. For more info email the director at estherbatarse@gmail.com

❖ **Sunday School students and staff participation in the Processions during Lent Season:**

Sunday School students and staff are asked to stay in church after communion to participate in the following procession, classes would resume as normal after the procession.

1. Sunday, March 22nd - Holy Cross Procession

Lenten Luncheon:

Join us this Sunday. Lenten Luncheon offered by:

Muna Dabit, Alia Halteh, and Salwa Shnoudi. Thank you for all the hard work!

PASCHA (EASTER) BREAKFAST ITEMS NEEDED: As our custom, the family of St. Nicholas Parish enjoys breaking the Fast together on the dawn of the Resurrection day. After Divine Liturgy we will have breakfast together in celebration of the feast of the Resurrection of our Lord. Call the church office if you would like to donate items or finances. Thank you for your donations!

2020 Great Lent

Lent Period: March 2nd – April 19th

Strict Fast: NO Dairy, Meat, Cheese, Eggs, and Fish

Day	Date	Celebration
Sunday	March 22	Sunday of the Holy Cross
Wednesday	March 25	Annunciation of the Theotokos (Fish Allowed)
Sunday	April 12	Palm Sunday (Fish Allowed)
Friday	April 17	Great and Holy Friday
Sunday	April 19	GREAT AND HOLY PASCHA

**The Services program during
the period of Great Lent 2020**

برنامج الصلوات خلال فترة الصوم الأربعيني المقدس
لعام ٢٠٢٠

Wednesdays	Great Compline Service	7 pm	مساءً	خدمة النوم الكبرى " يا رب القوات "	الإربعاء
Fridays (Followed by Potluck)	Akathist Service	7 pm	٧ مساءً	خدمة مديح والدة الاله	الجمعة
Sundays	The Divine Liturgy of Saint Basil the Great	11 am	١١ صباحاً	القديس باسيليوس الكبير للقداس الإلهي	الأحد

Good Friday Flowers \$50 (Minimum Donation) per Bouquet

الزهور لتزيين نعش المسيح يوم الجمعة العظيمة

Name: _____ الأسم

Phone Number _____ رقم التلفون

Donation(\$): _____ المبلغ

Message: _____

Good Friday flowers: Dear Parishioners: To avoid misspelling the names, please do not call the church office. Mail or email the names along with the donation or put it in the tray on Sunday in an envelope with your name & write a memo that this donation is for the "Bier of Christ". Thank you for your cooperation.

One by one the weeks of Lent pass, and having started this journey with enthusiasm, feeling in ourselves the strength to complete it, when we approach the end, and often long before the end, we begin to feel that we have achieved nothing of what we hoped to achieve. We hoped to fast strictly and honestly, we hoped to pray, we hoped to tear ourselves away from those things that have enslaved all our lives - our interests, our concerns - and then a moment comes when the end of the journey is in sight, and suddenly we realise that nothing, or practically nothing, has been achieved of what we had hoped.

This is the moment when we may be attacked by the destructive spirit of despondency which undermines our last ounce of strength: how can I enter the days of the Passion? How can I encounter the glory and triumph of Christ's Resurrection? This is where we must evince both Christian wisdom and our trust in God. It is not by the fact that we strive and achieve some sort of result that we are saved; we are saved by our soul's longing which draws us towards the living God, by the love which draws us to Christ. And even when we fail (as, incidentally, in human relationships) we must not forget that just as the apostle Peter, after thrice denying Christ was able to answer Christ's threefold question, we can say "Lord, you know everything, you know my weakness, my lapses, my uncertainty, my inconstancy, but you also know that I love you, that that is the final deepest thing in me."

Then we can go farther, as Peter followed Christ, knowing that God believes in this love, that God believes us and believes in us. And we can go on with faltering steps, with uncertain tread, with ups and downs, if only our hearts do not break away from God; if only we carry on, so that one day, in a week or two, we may find ourselves face to face with the Lord's passion, with the manifestation of the love with which He loves us. To endure what He endured for our sakes can be done only through inexhaustible, bottomless love. And so if we cannot unite ourselves to Christ in a more mysterious way by communing to the way of the Cross through prayer, contemplation and ascetic effort, let us at least stand at the roadside, beside this way of the Cross and with the awe and tenderness of a shaken soul - or perhaps one incapable of awe and tenderness - look upon what it means to love as God is capable of loving us. And let us say to Him, if we cannot say anything else, "Thank you, Lord, that you love me, dead, stony, devoid of feeling, lifeless - love me so much that the day will come when for me also will sound the words spoken to Lazarus, then four days dead, "Lazarus, come forth from the grave."

One day each one of us will hear this, not at the end of time, not at the general resurrection, as Martha thought, but now, at some unexpected moment when the voice of God shall sound, and at once we shall come alive again, alive both in time and in eternity. And we can even approach Easter conscious that we have done nothing worthy of this meeting with the triumph of the Resurrection, have achieved nothing that would give us a right to this joy. As St. John Chrysostom says in his Easter sermon: "Those who have fasted and those who have not, those who have worked and those who have been lazy, all of you come, for the Lord receives everyone equally; to some He repays a debt, to others He makes a gift of His love." It is not likely that He will be repaying a debt to us, because we have not worked, but the gift of love is offered to each of us. Therefore whatever mood we are in, however lazy we are, however little we have striven, let us go step by step during these last weeks towards that light, as a butterfly is drawn to it: yet not to be burned by it - but rather for ourselves to burn with the glow of the Resurrection, to shine with its light, to become like the Burning Bush which burned and was not consumed in the flame of God's being.

تعاضد الجماعة: إيمان وإقدام وثبات

أربعة حملوا المفلوج وقدموه للمسيح. لقد قدموا أيديهم وطاقتهم وإرادتهم وتحسّسهم القلبيّ لواقع المفلوج. تحلّوا بعزيمة وإيمان ساعداهم على تجاوز العقبات المحتملة وتذليلها الواحدة تلو الأخرى: نفسية المريض، التعب الجسديّ، زحمة الناس، استحالة الدخول، لقد فسح لهم إقدامهم وجرأتهم بأن يكونوا مبتكرين في البحث عن حلول بديلة، واختيار أصعبها، عبر خطة ثقب السقف وتذلية المفلوج منه.

هؤلاء الأربعة لم يألوا جهداً فكرياً ولا جسدياً أو نفسياً إلا وتعاونوا على وضعه في تصرّف هذا المفلوج. كانت الجماعة حاضرة لمساعدة من كان بينهم محتاجاً، وتساعدوا بين بعضهم البعض ليكون لتعاوضهم النتيجة المرجوة، لا بل غير المتوقعة. تفرح بأن ترى فيهم نفوساً مملوءة شهامة ونبلًا وعزماً. لا يحسبون للتعب حساباً! هذا كان خيارهم الأصعب، والذي بدا سهلاً عليهم، لا بل طبيعياً بالنسبة إليهم. هذه هي طبيعة الإيمان المعيش، لا أكثر ولا أقلّ.

ما هي الخيارات التي كانت أمام المسيح؟ واحدة لا غير. إنّها تلك التي يرويها الإنجيليّ: لقد أعطى كلّ ما لديه كما أعطى القادمون إليه كلّ ما لديهم. لا بل قدّم يسوع أفضل ما لديه، مقابل الأفضل الذي قدّمه الرجال الأربعة مع وداعة المفلوج الذي قبل خوض هذه المغامرة. فماذا قدّم المسيح؟ أولاً، غفران الخطايا، أي ترميم الإنسان من الداخل عبر دفق حياة جديدة، شافية ومحبية؛ عبر فتح البصر إلى مجال رؤية الله حقيقة وتسيّحه؛ عبر تقوية مفاصل النفس وإرادتها وقواها؛ عبر تنقية دوافعها ونيتها. ثم، بعد ذلك، أتى شفاء الجسد تحصيلاً لما سبقه: «لَكَ أَقُولْ قُمْ واحمل سريرك واذهب إلى بيتك» (مرقس ٢: ١١). لقد قدّم يسوع شفاء كاملاً للمفلوج، وعبره وصلت رسالته إلى كلّ المحيطين به، بدءاً من بيته ومن المحيطين به حيث بُهت الجميع ومجدّوا الله قائلين: «ما رأينا مثل هذا قط» (مرقس ٢: ١٢).

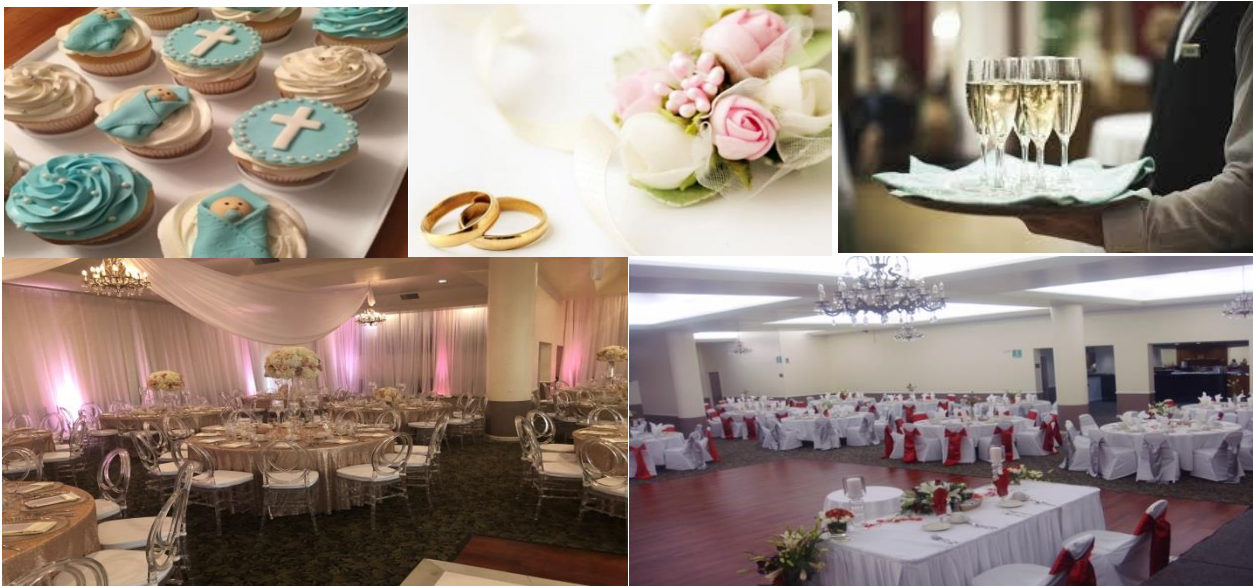
لقد دفع يسوع بإقدام الرجال الأربعة وشهامتهم وتعاضدهم إلى حدّه الأقصى أي إلى كماله. لربّما هذا هو الشرط الأساس لكي تتدفّق فينا حياة الله، وأن نصير حياتنا طبيعياً بحسب ما تكشفه لنا هذه الحادثة الإنجيليّة. فهل ننجح نحن بدورنا في حمل أثقال بعضنا البعض بحيث تكون محبّتنا منطلقاً ويصير تعاضدنا مفتاحاً لتغيير طبيعة هذه الأثقال من اعتلال إلى صحّة، من اضطراب إلى سلام، ومن انفعال إلى انضباط، ومن لامبالاة إلى اهتمام وعناية؟ أم سنكون بالمرصاد لكلّ محاولة إيجابيّة ولكلّ جهد بحيث ندخل عليه اعتباراتنا الشخصية أو غيرها لنتساءل عن جدواها، أو أحقيّتها، أو مشروعيتها، أو موافقتها لمعايير عندنا واعتبارات نجلّها؟

لا شكّ في أنّ طريقة التعاطي الصحيحة مع واقع المفلوج في كفرناحوم شكّلت مدمكاً أساسياً في بناء الجماعة المتحابّة والمتعاضدة والمتفاعلة. هذا باركه الربّ وفعل النيات الحاضرة والجهود القائمة في خطّ رسالته الكبرى: «يا بنيّ، مغفورة لك خطاياك» (مرقس ٢: ٥). هوذا واقفنا الراهن يتحدّانا بالطريقة عينها التي تحدّى بها واقع المفلوج الرجال الأربعة. فهل نقبل التحديّ ونأخذه على عاتقنا حتّى النهاية؟ وما النهاية سوى أن نسعى لنبلغ المسيح معاً بواقفنا ونطرحه أمامه بعرق جبيننا وهمة سواعدنا، على مثال الرجال الأربعة. هلّا تجذبنا نعمة المسيح فنجتمع حوله «حتّى ما عاد يسع ولا ما حول الباب» (مرقس ٢: ٢)؟ هلّا نجتهد في الصلاة والصوم والخدمة فننقب السطح عندما لا نقدر على أن «نقترب إليه من أجل الجمع» (مرقس ٢: ٤)، بحيث نطرح أمامه جهودنا في تبنّي واقفنا فيعطينا أن نصير كما يشاؤها، جميلة، صحيحة، بالغة، مباركة؟

سلوان متروبوليت جبل لبنان

SAINT NICHOLAS ORTHODOX CHURCH BANQUET HALL

The Saint Nicholas Orthodox Church Banquet Hall, is the perfect venue for your next wedding reception, baptism, graduation, birthday, or conference. We offer a range of professional banquet and catering services for making any event a very personal experience for our community. Our vast and eclectic menu showcases a variety of banquet menu options and premium beverages. Our friendly and professionally trained staff will work with you to identify your needs, budget and develop the perfect event for you. For more information contact our Church office at (415) 648-5200 or info@stnicholas-sf.com



Banquet Hall Amenities

- Over 6000 square feet
- Seating for up to 350 guests
- 200 square foot elevated stage
- 25ft x 25ft dance floor
- Lighting & Sound
- Bar available
- Fully equipped industrial kitchen
- On-site catering available with staff
- External caterers are welcome
- Tables, chairs, linens, flatware, silverware available
- Event set up, tear down and cleaning services available
- Complimentary parking lot
- Wheelchair accessible

THE MICHAEL LAW FIRM

(415) 447-2833
issa@michaellawsf.com
1648 Union St., Suite 201
San Francisco, CA 94123

ISSA J. MICHAEL, Esq.

Trial Attorney since 1996

REPRESENTING VICTIMS OF SERIOUS PERSONAL INJURY/WRONGFUL DEATH

- › Auto Accidents
 - › Pedestrians
 - › Bicycles
 - › Motorcycles
 - › Taxi
 - › Buses
 - › Trucking
 - › Airplane & Train Crashes
 - › Construction Site Accidents
 - › Explosions, Fires & Burns
 - › Product Defects
 - › Defective Medical Devices & Drugs
 - › Medical Malpractice
 - › Elderly Abuse
 - › Falls (Slip & Trip)
 - › Dog Attacks
 - › Assault/Battery & Homicides
- Millions of dollars recovered for clients.
 - No fees unless recovery.
 - San Francisco Bay Area, the State & Across the Nation.
 - Members of the State Bar of California, Consumer Attorneys of California, & San Francisco Trial Lawyers Association.



***PASSION, SENSITIVITY &
ZEALOUS ADVOCACY***

www.MichaelLawSF.com

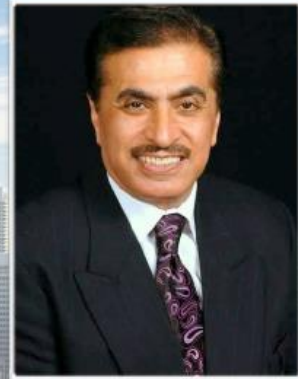


TRIAL LAWYERS | PERSONAL INJURY | WRONGFUL DEATH



REXSI
REAL ESTATE

**ONE MARKET STREET, 36TH FLOOR | San Francisco CA
433 Airport Blvd, Suite 126 | Burlingame CA
2901 West Coast Highway | Newport Beach CA**



Looking to...

- **Purchase a home?**
- **Sell your business?**
- **Purchase a new business?**
- **Purchase commercial property?**
- **Lease a location for your business?**

**We are here to help you!
CALL ON US**

JERIES TANNOUS
Commercial and Residential Real Estate
BRE # 00550532
Cell: (650)740-9263

Specializing in:
Business Brokerage
Commercial Real Estate
Sales & Leasing
Residential Real Estate