

#### كنيسة مار نقولا الأنطاكية الأرثوذكسية

#### St. Nicholas Orthodox Church

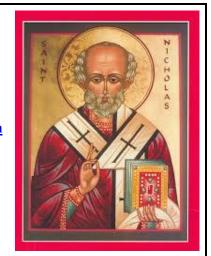
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His Eminence Metropolitan JOSEPH, Archbishop
of New York and Metropolitan of all North America
Pastor, V. Rev. Fr. George Baalbaki

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Pastor Emeritus, V. Rev. Fr. **Gregory Ofiesh** Sub-Dn. **Ilvan Baalbaki** 

Parish Council Chairman: **Azar Azar** Parish Council Vice Chairman: **Salim Qaru** 



#### Sunday, March 14, 2021 Sunday of Forgiveness (Cheese Fare) أحد الغفران (مرفع الجبن)

#### **IMPORTANT NOTICE: CHURCH IS OPEN!**

If you plan to attend, please make sure you wear a mask and use hand sanitizer when you walk inside. Please don't attend if you're feeling sick.

You can still watch the livestream of the services on our social media. Youtube: <a href="https://www.youtube.com/channel/UCrDWWPWreLZpVhzVGZkjDIA">https://www.youtube.com/channel/UCrDWWPWreLZpVhzVGZkjDIA</a>
We pray for the good health, well-being, and safety of everyone. God bless!



MEMORIAL SERVICE: Forty Day Memorial Service for the Handmaiden of God Margarette Assaf Al Shaer offered by her daughter Mona & Maher Al Hashwa.

May her memory be eternal!

HIS EMINENCE METROPOLITAN JOSEPH: His Eminence Metropolitan JOSEPH will preside the first Akathist Service with us on Friday March 19<sup>th</sup> at 7 PM. Please do your best to join us and get the blessing of our Father in Christ.

#### THE EPISTLE: St. Paul's Letter to the Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

الرسالة: رومية 11:13-4:14 يا إخوة إن خلاصنا الآن أقرب مما كان حين آمنًا. قد تناهى الليل واقترب النهار فلندع عنا أعمال الظلمة ونلبس أسلحة النور. لنسلكن سلوكا لائقا كما في النهار لا بالقصوف والسّكر ولا بالمضاجع والعهر ولا بالخصام والحسد. بل البسوا الرب يسوع المسيح ولا تهتمو ا بأجسادكم لقضاء شهواتها. من كان ضعيفا في الإيمان فاتخذوه بغير مباحثة في الآراء. من الناس من يعتقد أن له أن يأكل كل شيء، أما الضعيف فيأكل بقولا. فلا يزدر الذي يأكل من لا يأكل من لا يأكل، ولا يدن الذي لا يأكل من يأكل، فإن الله قد اتخذه. من أنت يا من تدين عبدًا أجنبيًا؟ إنه لمولاه يثبت أو يسقط، لكنّه سيثبت لأن الله قادر أن بثبته.

#### THE GOSPEL: Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

الإنجيل: متى 14:6-21 قال الرب: إن غفرتم للناس زلاتهم يغفر لكم أبوكم السماوي أيضًا، وإن لم تغفروا للناس زلاتهم فأبوكم أيضًا لا يغفر لكم زلاتكم. ومتى صمتم فلا تكونوا معبّسين كالمرائس فإنّهم ينكرون وجوههم ليظهروا للناس صائمين. الحق أقول لكم إنّهم قد استوفوا أجرهم. أما أنت فإذا صُمْت فادهن رأسك واغسل وجهك لئلا تظهر للناس صائما بل لأبيك الذي في الخفية، وأبوك الذي يرى في الخفية يجازيك علانية. لا تكنزوا لكم كنوزًا على الأرض حيث يُفسد السوس والأكلة وينقب السارقون ويسرقون، لكن اكنزوا لكم كنوزًا في السماء حيث لا يُفسد سوس ولا آكلة ولا ينقب السارقون ولا يسرقون، كنوزكم هناك تكون قلوبكم.

#### **ALTAR CANDLE OFFERING:**

- ❖ Offered for the good health of **Laila Louh**. God bless and many years! Also in loving memory of **Elias and Yacoub Louh**. May their memory be eternal!
- ❖ Offered by Suheil, Randa, Peter, Shannon, and Nadeen Shatara for the good health and to congratulate Saba & Adrienne on the birth of their baby girl Raya Nour. Also for the good health of the Najjar & Shatara families. God bless and many years!

#### **CHOIR/CHANTERS NEEDED:**

Arabic Byzantine choir practice for the Great Lent and Holy Week is being resumed. If you are interested or would like to help out, please contact Father George.

<u>CHURCH HALL REMODEL:</u> We would like to let you know that we've started the remodel of the bar and the bathrooms in our church hall. We are very excited about this project and can't wait to share the updates with you when it's completed.

#### MARCH IS ANTIOCHIAN WOMEN'S MONTH:

- Our Ladies Auxiliary will be working on updating our Altar Robes and the Holy Altar Table Cover. If you'd like to donate, please mail a check to the church earmarked "Altar Robes".
- ❖ Our Ladies will have a Luncheon this Sunday March 14. Menu: Spinach Fatayer, Zaatar Manakish, Cheese Manakish, and Warbat with Ashta. 2\$ each item. Please order by Friday. To order, please call the Church office or Janet Azar at (415) 710 0388. Pick up is this Sunday from 12-1:30 at St. Nicholas.

**TREE OF LIFE:** We have updated our Tree of Life in the back of our Church. If you would like to purchase a Leaf with your name or a loved one's name engraved to hang on the Tree, please contact the Church office.

#### **ANNOUNCEMENTS & EVENTS:**

❖ Saturday March 27<sup>th</sup> – 12PM, Young Adults of St Nicholas will be having a social event at Stow Lake in Golden gate park! Trying to get back to our normal lives, come out and join us with a Pedal Boat with lunch! Boats are \$10 a person and we encourage everyone to bring their own lunch.

#### 2021 Great Lent

Lent Period: March 15th – May 1st

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

Day	Date		Celebration					
Sunday	nday March 21		Sunday of Orthodoxy					
Wednesday	March 25		Annunciation of the Theotokos (Fish Allowed)					
Sunday	lay April 4		Sunday of the Holy Cross					
Sunday	April 25		Palm Sunday (Fish Allowed)					
Friday	April 3	0	Great and Holy Friday					
Sunday	May 2		GREAT AND HOLY PASCHA					
The Services program durin				برنامج الصلوات خلال فترة الصوم الأربعيني المقدس				
the period of Great Lent 2021					لعام ۲۰۲۰			
Wednesdays		Great Compline Service		7 pr	n	مساءاً	خدمة النوم الكبرى " يا رب القوات"	الإربعاء
Fridays (Followed by Potluck)		Akathist Service		7 pn	n	٧ مساءاً	خدمة مديح والدة الاله	الجمعة
Sundays		The Divine Liturgy of Saint Basil the Great		11 aı	m	۱۱ صباحاً	القداس الإلهي للقديس باسيليوس الكبير	الأحد

#### Metropolitan Anthony: SUNDAY OF FORGIVENESS

After these weeks of preparation during which we have examined our soul, our lives, all our relationship before the eyes and the judgement of God, we enter today into the joy of Lent; the joy of Lent. The word 'lent' means the spring; it is a beginning, and a beginning of life, a beginning of newness, a new time. It is a time when we will no longer be reminded of our own sins, no longer be confronted with images in parables of fall and repentance, but faced with the names of Saints who have started their lives as we start them: the frail, weak, vacillating, but who by the grace of God, by the power of God have become what they are: men, women, children whom we can venerate, in whom we can rejoice, who can be set as examples to us, to whom we can turn for their prayers unto salvation.

Tonight we will start on this journey; on the journey that leads us from our sinful condition, recognised, repentant unto a new time, unto the Resurrection of Christ which is the beginning for us of our own eternal life. We will start on this journey to-night as the people of Israel started from the land of Egypt for the Promised Land: still frail, still burdened, still incompletely free. But it is not by looking back at ourselves, but by looking towards the Living God Who is Life and salvation, and to the example of those who have been victorious by the power of God that we will find courage,

inspiration to come to the final victory, to the newness of life which is our calling and God's promise. We will have to journey together, and we must not be in any delusion: we will be difficult for one another as companions on the journey; but we will depend on one another if we want to achieve to come to an end, — in the same way in which the Israelites were in the desert: not always obedient to God, not always loyal to one another, and yet, needing each other in order to reach the promised goal.

So, let us start now; let us think of the feast which we keep next Sunday: Triumph of Orthodoxy. It is not the triumph of the Orthodox over anyone else; it is the triumph of God over people. The triumph of His truth, the triumph of God in the lives of people.

And than, let us look at one saint after the other, and listen to what he has got to say to us: Gregory Palamas, John of the Ladder, Mary of Egypt and all those who have followed in the footsteps of Christ. And we will then reach the point at which we must forget everyone and everything, and remember nothing, no one but the Lord Jesus Christ: what He is, what He has done for us, what He is doing for us. Let us learn to forget ourselves in the course of those weeks, joyfully, gratefully, that we can now turn away from ourselves and look only Godwards. And when the time of Passion week comes, again, in a new way, with a new determination, with a new renunciation to ourselves, turn and look at God Who has become man that we may be saved, and be grateful, forget ourselves, remember only Him and He will remember us unto salvation.

#### أين كنوزكم؟

قال لنا بولس الرسول في رسالة اليوم: "قد تناهى الليل واقترب النهار". ها نحن نضع أعمال الظلمة ونُقبل على النور، على هذا النور الذي سيجيئنا في الفصح المقدس. ولكن قبل ذلك سيأتينا هذا الضوء الإلهي بهذه الاجتهادات التي سنقوم بها برحمة من ربنا و فضل منه.

لقد حدّثنا الإنجيلي الطاهر عن صوم نقوم به من أجل الله، نقوم به في الخفاء بحيث لا نتظاهر ولا ندّعي ولكننا نعرفه رحمة من ربنا ونحن نكافح حتى تحصل لنا نعمة الرضى وحتى نتدرّب على أدب الرب ومخافته.

القضية ليسن قضية إمساك عن طعام أو شراب، وليست فقط امتناعًا عن اللحم. هذه رياضات، هذه تمارين نتمرّن بها على شيء أسمى. طبعًا لا بد لنا من أن نخضع هذا الجسد بالصوم لكي نروّضه على ان هناك شيئًا أفضل من الجسد ولكي نجعله يتحسس بوجود الفقراء. قام الصوم بالدرجة الأولى في أوائل المسيحية على هذه الفكرة: ان الإنسان يمسك عن طعام ليوزّع ثمنه على المساكين. كان المسيحيون يصومون كلما عرفوا ان واحدا منهم في حاجة، وكانوا يصومون متى شاؤوا حتى يوفروا طعاما ويعطوه للفقراء. لهذا كانت الرحمة بعدًا من أبعاد الصوم. غاية الصوم أن نتدرب به في مدرسة الرحمة.

لذا قال الرب في إنجيل اليوم: "لا تكنزوا لكم كنوزًا على الأرض حيث يُفسد السوس ويسرق السارقون" اي لا تجعلوا متّكلكم على المال ولكن اعرفوا أن هناك فقراء يحتاجون الى هذا المال وأن لهم عليه حقّا. المال الذي بين أيديكم ليس لكم نهائيا ولكنه للمحتاجين اليه. العطاء ليس اختياريا. عليكم ان تُعطوا. هذا ليس بتصدّق، هذا واجب لأن الأرض للناس كلهم وأموال الأرض للناس أجمعين.

"لا تكنزوا لكم كنوزًا على الأرض لأنه حيث تكون كنوزكم فهناك تكون قلوبكم أيضًا"، اي إذا اعتبرتم ان المال كنزكم كانت قلوبكم مفعمة بحبه، واذا اعتبرتم ان ملكوت الله كنزكم أصبحت قلوبكم مليئة بالله. الحياة يجب ألا تكون حيرى بين الله والدنيا بحيث نرانا نبقى مترددين بين المسيح وما هو ليس بالمسيح. لذا فإننا ندخل في جهاد هذا الصوم مقرّين بأن المسيح هو كل الحياة، وبالتالي سوف ندخل في رصانة المسيح حتى نبني له كنيسة مجيدة لا تقوم بالحجر فقط ولكنها تقوم بقلوب متآلفة منسجمة.

هذا جهاد لنا يقوم به كل على قدر استطاعته وكما تسمح له عافيته، هذا في ما يختص بالطعام والشراب. ولكننا نقوم به جميعا في ما يختص بالناحية الروحية، أي اننا جميعا مدعوون الى المحبة والى الغفران والى ان نضم الناس جميعا الى قلوبنا حتى يضمنا الله الى قلبه. فإذا أحببنا الناس كنّا أحباء الله، وإن أبغضنا الناس كنا مبعدين عن الله. الكنيسة المسيحية ليس فيها سوى ان نحبّ بعضنا بعضا وان نجاهد حتى نبقى على هذه المحبة طيلة العمر.

مهما قال الناس فينا، مهما فعلوا، الناس جميعا أحباء الله وأبناء الله، ولذلك نحبّهم ونساندهم ونصوم عن النميمة حتى يكون لنا جميعا نصيب في محبة الرب.

المطران جاورجيوس

## 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



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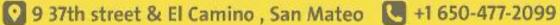






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# REPRESENTING VICTIMS OF SERIOUS PERSONAL INJURY & WRONGFUL DEATH



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