

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

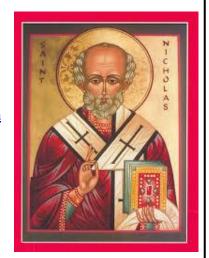
Email: info@stnicholas-sf.com His Eminence Metropolitan JOSEPH, Archbishop of New York and Metropolitan of all North America

Pastor, V. Rev. Fr. George Baalbaki

(586) 214-4428 <u>revbaalbaki@yahoo.com</u>

Sub-Dn. **Ilyan Baalbaki** Sub-Dn. **Tariq Rantisi**

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



Sunday, March 6, 2022 Sunday of Forgiveness (Cheese Fare) أحد الغفران (مرفع الجبن)

CHURCH IS OPEN!

Mask is optional when entering, for the fully vaccinated. Please don't attend if you're feeling sick.

We pray for the good health, well-being, and safety of everyone. God Bless!



MEMORIAL SERVICES:

- Forty-Day Memorial Service for the Handmaiden of God, Leila Ghandour Khoury offered by her family.
- Six-Month Memorial Service for the Handmaiden of God,

 Basima Jaghab Atwan offered by the Atwan and Jaghab Families.

 May Their Memories be Eternal!

THE EPISTLE: Paul (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

الرسالة: رومية ١٣: ١١- ١٤: ٤

يا إخوة إنّ خلاصنا الآن أقرب ممّا كان حين آمنًا. قد تناهى الليل واقترب النهار فلندعْ عنّا أعمال الظلمة ونلبس أسلحة النور. لنسلكنّ سلوكًا لائقًا كما في النهار، لا بالقصوف والسِّكر ولا بالمضاجع والعهر ولا بالخصام والحسد، بل البسوا الربّ يسوع المسيح ولا تهتمّوا بأجسادكم لقضاء شهواتها. من كان ضعيفًا في الإيمان فاتّخذوه بغير مباحثة في الآراء. من الناس من يعتقد أنّ له أن يأكل كلّ شيء، أمّا الضعيف فيأكل بقولًا. فلا يزدر الذي يأكل من لا يأكل، ولا يدن الذي لا يأكل من يأكل، فإنّ الله قد اتّخذه. من أنت يا من تدين عبدًا أجنبيًا؟ إنّه لمولاه يثبت أو يسقط، لكنّه سيثبّت لأنّ الله قادر على أن يثبّته.

THE GOSPEL: Matthew (6:14-21)

The Lord said to His Disciples: 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: متّى ٦: ١٤-٢١

قال الربّ: إن غفرتم للناس زلّاتهم يغفر لكم أبوكم السماوي أيضًا، وإن لم تغفروا للناس زلّاتهم فأبوكم أيضًا لا يغفر لكم زلّاتكم. ومتى صمتم فلا تكونوا معبّسين كالمرائين فإنّهم يُنكّرون وجوههم ليظهروا للناس صائمين. الحقّ أقول لكم إنّهم قد استوفوا أجرهم. أمّا أنت فإذا صُمْتَ فادهن رأسك واغسل وجهك لئلّا تظهر للناس صائمًا بل لأبيك الذي في الخفية، وأبوك الذي يرى في الخفية يُجازيك علانية. لا تكنزوا لكم كنوزًا على الأرض حيث يُفسد السوس والآكلة وينقب السارقون ويسرقون، لكن اكنزوا لكم كنوزًا في السماء حيث لا يُفسد سوس ولا آكلة ولا ينقب السارقون ولا يسرقون، لأنّه حيث تكون كنوزكم هناك تكون قلوبكم.

ALTAR CANDLES قناديل الهيكل

Offered by the Atwan and Jaghab Families in Loving Memory of Naimeh Jaghab, Basem Jaghab, Issam Jaghab, Christopher Issa Ghanem and Basima Jaghab Atwan.

May Their Memories Be Eternal!

Offered by Michael & Nadia Rantisi and Nahed & Grace Husary for the good health of their children Tariq & Marya Rantisi on the occasion of their Holy Matrimony and the removal of the crowns. Many Years!!!

Offered by Claudette and Ralph Shaheen for the good health and well-being of Charlotte Shuhaibar and Lody Bassil. God Bless and Many Years!

Holy Bread of Oblation is offered by:

→ David Hanhan and his family, in loving memory of His Son,

Joseph David Hanhan. May His Memory Be Eternal!

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.

We would like to say a special thank you to **Basma Tannous**, **Janet Baqleh and Ibtsam Hanhan** for hosting the Meat fare Luncheon last Sunday. *Many thanks and God Bless you all!*

This Sunday's Readers:

➤ <u>Sermonette (Bishop's Letter):</u> **Inam Shami**

Epistle Reader Arabic: Salwa Shnoudi

Epistle Reader English: Leila Qutami

CONGRATULATIONS

Congratulations to **Tariq & Marya Rantisi** on the occasion of their matrimony. *We wish them happiness and many years!*

ST NICHOLAS FAMILY NIGHT (Sponsored by the Tannous Family)

This Saturday, March 5th at 6 PM.

Please join us <u>this Saturday</u> as the Tannous Family are sponsoring an incredible night to raise funds to help the needy families in Syria, Jordan, Palestine, and Lebanon.

We need your support! All you can eat buffet and live entertainment by the Superstar Nader Zaki, featuring Maestro Radwan and band. \$50 per adult and \$25 per child.

We look forward to seeing you all!

2022 Great Lent									
{ Lent Period: March 7th – April 23 rd }									
Day	Date		Celebration						
Sunday	March 6 th		Forgiveness Sunday (Cheesefare Sunday)						
Monday	March 7 th		FIRST MONDAY of GREAT LENT						
Sunday	March 13 th		Sunday of Orthodoxy						
Friday	March 25 th		Annunciation of the Theotokos (Fish Allowed)						
Sunday	March 27 st		Sunday of the Holy Cross						
Sunday	April 10 th		Catholic Palm Sunday						
Sunday	April 17 th		Orthodox Palm Sunday (Fish Allowed) /						
			Catholic Easter						
Friday	Aŗ	oril 22 nd	Great and Holy Friday						
Sunday	April 24 th		GREAT AND HOLY PASCHA						
Sunday	Ju	ine 12 th	Pentecost						
The Services program during					برنامج الصلوات خلال فترة الصوم الأربعيني المقدس				
the pe	nt 2022			لعام 2022					
Wednesdays		Great Compline Service		7 p	m	مساءاً	خدمة النوم الكبرى " يا رب القوات"	الإربعاء	
Fridays (Followed by Potluck)		Akathist Service		7 pı	m	۷ مساءاً	خدمة مديح والدة الاله	الجمعة	
Sundays		The Divine Liturgy		11 a	ım	۱۱ صباحاً	القداس الإلهي	الأحد	

*ST NICHOLAS YOUNG ADULTS & TEEN SOYO: MOVIE THEATER TAKE OVER!

Monday, March 21st at 6 PM. Please join us as we reserved a whole theater for St. Nicholas Young Adults and Teen Soyo to watch "Man of God," which follows the events of St. Nektarios, one of the most renowned saints of the Orthodox Church. This movie is being played only one day throughout the whole country.

To secure the spot, we are asking for payment upfront. (\$11 per ticket, Venmo or Paypal) Please RSVP with Ilyan Baalbaki or Shadi Azar.

EVENTS:

*CAMP THY (Three Holy Youths) 2022: June 20th – June 25th. Camp is back at St. Sava Mission in Jackson, CA! Registration is open with limited space. To register or for more information, please visit: https://campthy.com/camper-registration/

*70th ANNUAL PARISH LIFE CONFERENCE 2022: June 29th – July 3^{rd.} PLC is taking place in Santa Clara Marriott Hotel, hosted by Orthodox Church of the Redeemer. To register or for more information, please visit: https://antiochianevents.com/la

2022 ST. NICHOLAS UPCOMING EVENTS Save the Dates						
May	May 22 nd St. Nicholas Spring Hat Show					
July 24 th		St. Nicholas Annual Day Picnic				
October 1 st	-2^{nd}	St. Nicholas Annual Festival				
November	19 th	St. Nicholas Annual Thanksgiving Family Night				
December	11 th	Parish Council Elections				
December	17 th	St. Nicholas Christmas Party				



Metropolitan Anthony of Sourozh 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 condronted 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.

الصوم غدًا

تأمّل للمطران جورج (خضر)

هدف جهادنا في أيّام الصوم الأربعينيّ أن نتشبّه بجهاد الربّ يسوع وأن نتّخذه شرعة لنا. إنّه متأصّل في أقدم وصيّة شه «لا تأكلا» أعطيت في الفردوس قبل السقوط. فالأكلة الأولى المحرّمة صارت سبب الموت للجنس البشريّ، وبدلًا من موهبة الحياة التي رفضها الإنسان ورث الموت والغربة عن النعمة. لقد عصى الإنسان الأوّل فمات، وأطاع الإنسان الثاني، أي الربّ يسوع، تكميلًا لطاعته للآب. صام السيّد لينقذنا من العصيان الذي دشّنته أكلة. في كلّ ذلك محورنا المسيح. إنّه هو المنبسط في وسط صيامنا، وإليه نذهب كلّ يوم فيه.

فالطعام بحد ذاته لا يزيدنا برًا ولا يَنقُص به برّنا، ولكنّه يعني أنّه كما كان الطعام رمز الحياة، وكما كان حرمان الطعام رمز الموت، هكذا إذا صُمنا عن أشياء هذا العالم نموت عند أهل العالم، ولكنّا بعد ذلك نذوق الطعام الإلهيّ أي الحياة في الله. هذا الإمساك كلّه لا يُجدي ما لم يقترن بالتوبة والصلاة والتنكّر للشهوات. «الصوم قهر لر غبات الجسد، ابتعاد عن الأفكار الشرّيرة، تحرّر من التخيّلات المذنبة، طهارة للصلاة، نور للنفس، يقظة للعقل» (سُلّم الفضائل، القدّيس يوحنّا السُلّميّ). الاقتران بين الإمساك الجسديّ والإمساك الروحيّ اختبرته الأجيال البارّة والصالحون اليوم. فالصلاة العميقة غير ممكنة بلا إعراض عن الشراهة، بلا تعفّف. الحرّية من وطأة الطعام بداءة الحرّية الروحيّة.

في هذا تواضُع لأنّنا نُقرّ في صيامنا أنّنا بحاجة إلى ضبط النفس وقمع الهوى. يدّعي الكثيرون أنّهم ليسوا بحاجة إلّا إلى صوم اللسان. هذا شأنهم لأنّهم لم يذوقوا المواهب الإلهيّة التي تنزل على الصائمين، ولا يعرفون فرح الممسكين وتصاعُدهم على معارج النسك. منعنا آباؤنا من أن ندين من لا يصومون، وسيقبلهم الله في فرح القيامة، ولكن ليس عليهم أن يتبجّحوا أو أن يُسيئوا إلى فكرة الجهاد الروحيّ الذي نلجه منذ يوم غد.



Saint Nicholas Orthodox Church

Banquet Hall





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