



SELF-RULED ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA, Diocese of Los Angeles and the West  
ANTIOCHIAN ORTHODOX CHURCH OF THE  
REDEEMER

380 MAGDALENA AVENUE, LOS ALTOS HILLS, CA 94024

PHONE: (650) 941-1570 FAX: (650) 948-6045

SEPTEMBER 20, 2009

[www.orthodoxredeemer.org](http://www.orthodoxredeemer.org)

V. REV. FR. SAMER YOUSSEF, PASTOR

### Tone 6 / Eothinon 4

#### Sunday after the Exaltation of the Holy Cross

Great-martyr Eustathios and his family; Venerable-martyr Hilariion of St. Anne Skete on Athos; Venerable John of Crete; Martyrs Michael, prince of Chernigov, and his council of Theodore

#### REFRAINS OF THE FIRST ANTIPHON

My God, my God, look upon me; why hast Thou forsaken me? The words of my transgressions are far from my salvation.

**Refrain:** Through the intercessions of the Theotokos, O Savior, save us.

O my God, I cry in the daytime, but Thou hearest not. But Thou, the praise of Israel, dwellest in the sanctuary. (*Refrain*)

Glory... Both now... (*Refrain*)

#### REFRAINS OF THE SECOND ANTIPHON

O God, why hast Thou cast us off forever? Remember Thy congregation, which Thou hast purchased of old.

**Refrain:** Save us, O Son of God, Who wast crucified in the flesh; who sing to Thee. Alleluia.

This is Mount Zion wherein Thou hast dwelt. (*Refrain*)

God is our King before the ages: working salvation in the midst of the earth. (*Refrain*)

Glory... Both now... O, only begotten Son and Word of God...

#### REFRAINS OF THE THIRD ANTIPHON

The Lord reigneth, let the people rage; He sitteth upon the cherubim, let the earth be moved. The Lord is great in Zion; and He is high above all the people. Let them give thanks to Thy great Name, for it is holy. (*Sing the Apolytikion of the Holy Cross below.*)

#### RESURRECTIONAL APOLYTIKION IN TONE SIX

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.

#### طروبارية القيامة على اللحن السادس

إنّ القواتِ الملائكية ظهرت عند قبرك الموقر، فالحراسُ صاروا كالأموات، ومريم وقفت عندلقبرِ طالبةً جسدك الطاهر، فسببتَ الجحيمَ ولم تجرّب منها وصادفتَ البتولَ مانحاً الحياة، فيا من قام من بين الأموات، ياربّ المجدِّ لك.

#### APOLYTIKION OF THE EXALTATION OF THE HOLY CROSS IN TONE ONE

O Lord, save Thy people, and bless Thine inheritance, granting to Thy people victory over all adversaries, and by the power of Thy Cross preserving Thine Estate.

#### طروبارية الصليب على اللحن الأول

خداص يا رب شعبك يوبارِكْ ميراثك، وامنحْ عبيدك المؤمنين الغلبة على الشرير واحفظْ بقوة صليدك جميعَ المختصين بك.

#### APOLYTIKION OF ST. EUSTATHIOS AND HIS FAMILY IN TONE FOUR

Thy Martyrs, O Lord, in their courageous contest for Thee, received as the prize the crowns of incorruption and life from Thee, our immortal God. For since they possessed Thy strength, they cast down the tyrants and wholly

destroyed the demons' strengthless presumption. O Christ God, by their prayers, save our souls, since Thou art merciful.

### TROPARION OF TRANSFIGURATION – TONE 7

**When thou was Transfigured on the mountain top, O Christ our God.  
Thou didst reveal thy glory to thy disciples as they could bear it.  
Enlighten us poor sinners as well with thine ever lasting light through the  
intercessions of the Theotokos, O thou Giver of light, glory to thee.**

طروبارية التجلي على اللحن السابع  
لما تجليت أيها المسيح الإله في الجبل, أظهرت مجدك للتلاميذ بحسبما  
استطاعوا. فأشرق لنا نحن الخطاة نورك الأزلي, بشفاعة والدة الإله, يا مانح  
النور المجد لك.

### KONTAKION OF THE EXALTATION OF THE HOLY CROSS IN TONE FOUR

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

قتداق الصليب على اللحن الرابع  
يا من ارتفعت على الصليب طوعاً, أيها المسيح الإله, امنح رأفتك  
لشعبك الجديد المسمى بك وفرحاً بقدرتك عبيدك المؤمنين مانحاً إياهم  
الغلبة على الشرير ولتكن لهم نصرتك سلاحاً للسلام ووظفراً لا يقهر.

### THE EPISTLE

(For Sunday after the Exaltation of the Holy Cross)

*O Lord, how manifold are Thy works. In wisdom hast Thou made them all.  
Bless the Lord, O my soul.*

**The Reading is from the Epistle of St. Paul to the Galatians. (2:16-20)**

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by

works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

### الرسالة

بأعظم أعمالك يا رب. كلّها بحكمة صنعت. باركي يا نفسي الرب

فصل من رسالة القديس بولس الرسول إلى أهل غلاطية

يا اخوة, نحن نعلم أن الإنسان لا يُعدّ باراً بالعمل بأحكام الشريعة, بل

بالإيمان. بيسوع المسيح. ولذلك آمنّا بيسوع المسيح لئلا نبرأ بالإيمان. بالمسيح, لا

بالعمل بأحكام الشريعة. فالإنسان لا يُعدّ باراً لعمله بأحكام الشريعة فإنّ كذا نلتمس

البرّ بالمسيح ووجدنا أيضاً من الخاطئين, فهل يعني هذا أن المسيح يعمل للخطيئة؟

حاش له! ولكنني إذا عدت إلى بناء ما هدمته, جعلت من نفسي مخالفاً للشريعة,

لأنني بالشريعة تمّت عن الشريعة لأحيا الله. مع المسيح عدت, فما أنا أحياء بعد, بل

المسيح يحياني. وإذا كنت أحياء الآن في الجسد, فحياتي هي في الإيمان بابن الله

الذي أحببني وصدّي بنفسه من أجلي.

### THE GOSPEL

(For Sunday after the Exaltation of the Holy Cross)

**The Reading is from the Holy Gospel according to St. Mark. (8:34-9:1)**

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it.

For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels.” And He said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power.”

## الإنجيل

فصلٌ شريفٌ من بشارَةِ القديسِ مرقس

قال الرب: "من أراد أن يتبعني، فليترك نفسه ويحمل صليبه ويتبعني. لان الذي يريد أن يخلّص حياته يخسرها، أما الذي يخسر حياته في سبيلي وسبيل البشارة فإنه يخلّصها. فماذا ينفع الإنسان لو ربح العالم كله وخسر نفسه؟ وبماذا يفدي الإنسان نفسه؟ لان من يستحي بي وبكلامي في هذا الجيل الفاسق الشرير يستحي به ابن الإنسان متى جاء في مجد أبيه مع الملائكة الأطهار. وقال لهم: "الحق أقول لكم: في جملة الحاضرين هنا من لا يذوقون الموت، حتى يشاهدوا مجيء ملكوت الله في مجد عظيم.

## TRISAGION PRAYER

3-9 days memorial service for Rafiha Muhawi offered by her children John, George, Charly and Sami and her grandchildren and Kasasia and Muhawi families. Memory Eternal

## HOLY BREAD OF OBLATION

**OFFERED BY** The parish of the Church of the Redeemer for the good health of all who worked at the 28<sup>th</sup> Food Festival to make it a success and for the health of the co-chairs Nabil and Basma Batmani. Work will done May our Lord reward all of you in His heavenly Kingdom. Many Years

**OFFERED BY:** Amal Ajlouni in memory of her husband Kamel and son Rustom and for Iskander, Wardeh, George, Nejme, Malvena, Waleed, Remona and samaan. Memory Eternal

**OFFERED BY:** George Muhawi and the Muhawi family in memory of his mother Rafiha. Memory Eternal

## COFFEE HOUR

Amal Ajlouni and family  
SERVICES

MATINS at 9:00 a.m., DIVINE LITURGY at 10:00 A.M.

## Parish Council members of 2009

Chairman: Robert Wells	<b>Council Members:</b>
Vice Chairman: Basma Batmani	David Aboujudom
Secretary: Sheila Veizades	Carmen Batmani
Treasurer: Dania Amireh	Fadi Hanani
Men of the Redeemer: George Barghouth	Simon Hanhan
Ladies of the Redeemer: Norma Alhadad	Joe Landino
	Basheer Salameh
	Jim Stroud
	Jocelyn Awender
Sunday School: Hala Elmasu	

## ICON & FURNISHING DONATIONS

Note that we still have icons available for donation in the dome they are the Prophets. You can donate them for the good health or in memory of a loved one.

These are the items we need donations for.

The name of the Icon	The Location	Donation
12 Prophets: Jeremiah, Joel, Abbakum, and Jonas	Between Dome Windows	\$1875.00 each

Description of the item	Donation
St. John the Baptist Medallion	\$1,500.00 donated as of Aug 2 <sup>nd</sup> 09
Standing Candle Holder on table	\$2,500.00
Two Chandeliers	\$5,000.00 each
Two Candle Stands	\$1,600.00 each



## Sunday School Corner

Welcome back to Sunday school! The staff hopes you have had a wonderful summer. We look forward to welcoming you back as a returning or new student for the 2009-10 year! Our Sunday school offers opportunities for learning which supplement the learning-taking place in Divine Liturgy. Let us commit ourselves to learn more about God and our Orthodox Faith. It is our hope that together we can make this a successful year!

### Sunday School Registration:

Parents and guardians are encouraged to register students before the first day of school so that we have a better estimate of enrollment. Please stop by the Sunday School registration table at the hall during coffee hour immediately after Divine Liturgy starting August 16, 2009.

### School Schedule:

Sunday school starts 9/27/09 ends 5/23/10. Sunday school graduation ceremony will be on 6/06/10.

Sunday school classes begin after communion and end at 11:45 p.m.

Pre-Kindergarten through First Grade children must be picked up from their classrooms.

**Snacks** - We suggest that each parent provide juice and **healthy snack** to share **twice** during the school year.

Please bring them to your classroom teachers as soon as possible i.e. Apple Juice, Cranberry Juice, Grape Juice

Fresh fruit: Apples, Oranges, Bananas, Carrots, Celery.

Cheese sticks, Graham crackers, raisins, Gold-fish, Cheez-it, popcorn.

**Please do not bring any peanut butter products because of Allergy problems.**

**Attendance – Students need to be here on a regular basis and on time for Divine Liturgy.** There are a total of 28 lessons. A special certificate and gift will be given at the end of Sunday school for those students who attend 50% or more. A participation certificate will be given to all students who attend at least 25%.

Please join us for our **Twelveth Annual Sunday school picnic** on October 4 immediately after Divine Liturgy. We will join the Parish picnic at our Church grounds. We will have barbecue and organized games. Come and join the fun!!!

## CLASS PICTURE

We will have our class picture taken immediately after Holy Communion On September 27, 2009.

Please meet with your class in the Sunday school courtyard.

Don't miss out! Be Present on Picture Day!

## Let There be Music!

**Liturgical Hymn,** We will meet in the courtyard every Sunday before class for 5 – 10 minutes. The children will be learning various Hymns: More Honorable than the Cherubim, Nativity Hymn, , Holy God Holy Mighty, Christ is Risen, and Transfiguration Troparion during the Sunday school year. It is important for all grade levels to learn to sing and be ready to let music fill the air. We encourage all students to participate.

We look forward to another excellent year!

It is with great joy that we welcome Sunday school staff especially three new teachers Diana Halteh, Rana Kassis, and Jim Stroud...

Welcome to all the Sunday school Staff:

Pre-K & Kdg

1<sup>st</sup> – 2<sup>nd</sup>

3<sup>rd</sup> – 5<sup>th</sup>

6<sup>th</sup> – 8<sup>th</sup>

Teen

Substitute Teacher

Christmas Pageant Director

Assistant

**Important Dates:**

**August 16**

**September 27**

October 4

October 11

Widad Tarazi

Diana Halteh & Rana Kassis

George Barghouth, Amanda Salameh,

Sheila Veizades & Rima Gannage

Jim Stroud

George Keshek

Nancy Godfrey

June Strickland

**Registration for Sunday school begins**

**Beginning of Sunday School & Class Picture**

Sunday school picnic, barbecue and games

Casting for Christmas Play

Hala Elmasu - Superintendent

**Dear Fellow Parishioners,**

**What a blessed experience the last few days have been!! It's been an honor and a pleasure working with each and every one of you!! The numerous hours spent working together in preparation for the food festival only drew us closer together, as a community. How much \$\$ we make from the festival should not be our only measure of success, rather fellowship and bonding amongst us. Working together as a team toward a common goal that unites us as one big family is the most valuable outcome of this event.**

**A heartfelt Thank You to all of you for your love, support and hard work!!**

**Love in Christ,  
Nabil & Basma Batmani  
Festival Co-Chairs**