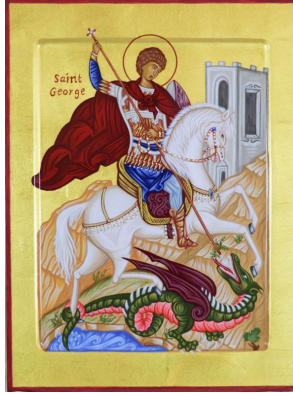


**St. George Antiochian Orthodox  
Christian Church**  
**كنيسة القديس جاورجيوس للروم  
الأرثوذكس الأنطاكيين**



A Parish of the Antiochian Orthodox Christian Archdiocese,  
Diocese of Los Angeles and the West  
2098 Benson Ave  
Upland, CA 91784  
<https://stgeorgeupland.org>  
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Reverend Deacon: Elisha Khoury  
Parish Council: <https://stgeorgeupland.com/the-parish-council/>

**SUNDAY SCHEDULE:**  
Orthros : 9:00 AM  
Divine Liturgy: 10:15 AM  
Facebook Page: [Facebook.com/stgeorgeupland](https://www.facebook.com/stgeorgeupland)

**Sunday, March 24, 2024**  
**Tone 1 / Eothinon 9**  
**First Sunday of Great Lent (Sunday of Orthodoxy)**

## THE FIRST ANTIPHON

The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so that it shall never be moved.

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

Who shall tell of the mighty acts of the Lord? Who shall make all of His praises to be heard? Let the redeemed by the Lord say so, whom He has delivered from the hand of the enemy. (Refrain)

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

## THE SECOND ANTIPHON

Let them acknowledge the Lord for His mercies, and for His wondrous works for the sons of men.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

Let them exalt Him in the church of the faithful, and in the assembly of the presbyters. (Refrain)

The eyes of the Lord are upon those that fear Him, upon those that hope in His mercy; to hear the mourning of those in captivity, and to loose the sons of those

## الأنتيфона الأولى

الرَّبُّ قَدْ مَلَكَ، وَالْجَلَالَ لَيْسَ. لَيْسَ  
الرَّبُّ الْقُوَّةَ وَمَنْطَقَ بِهَا. لَأَنَّهُ ثَبَّتَ  
الْمَسْكُونَةَ فَلَا تَتَزَعَّزَعُ.

اللازمة: بِشَفَاعَاتِ وَالِدَةِ الإِلهِ، يَا  
مُخَلِّصُ خَلَصْنَا.

مَنْ ذَا الَّذِي يُحَدِّثُ عَنْ عَظَائِمِ  
الرَّبِّ؟ مَنْ ذَا الَّذِي يُخَبِّرُ بِجَمِيعِ  
مَدَائِحِهِ؟ لِيَقُلْ هَذَا مَقْدِيو  
الرَّبِّ الَّذِينَ افْتَدَاهُمْ مِنْ  
أَيْدِي الْأَعْدَاءِ. (اللازمة)

المَجْدُ ... الْآنَ وَكُلَّ أَوَانٍ ... (اللازمة)

## الأنتيфона الثانية

فَلْيَقْرَأُوا لِلرَّبِّ بِمَرَامِهِ وَبِعَجَائِبِهِ  
لِبَنِي الْبَشَرِ.

اللازمة: خَلَصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ  
مِنْ بَيْنِ الْأَمْوَاتِ، لِيُرْتَلَّ لَكَ. هَلِّلُويَا.

لِيُعْظَمُوهُ فِي مَجْمَعِ الشُّعُوبِ  
وَلِيُسَبِّحُوهُ فِي مَجْلِسِ الشُّيُوخِ.

(اللازمة)

هَا إِنَّ عَيْنِي الرَّبِّ إِلَى الَّذِينَ يَخَافُونَهُ،  
الَّذِينَ يَتَوَكَّلُونَ عَلَى رَحْمَتِهِ، لِيَسْمَعَ  
أَنِينَ الْمُعْتَقَلِينَ وَيَفْكَ أَبْنَاءَ الْمَائِتِينَ.

appointed to death. (Refrain)

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

### THE THIRD ANTIPHON

Let the heavens and the earth praise Him. This is the day which the Lord hath made; let us rejoice and be glad in it. O Lord my God, I will acknowledge Thee forever.

- During the Little Entrance, after the verses of the Third Antiphon, chant the Apolytikion of the First Sunday of Great Lent. The Eisodikon (Entrance Hymn) is “O come, let us worship... save us, O Son of God, Who art risen from the dead...” as on ordinary Sundays. After the Little Entrance, chant these hymns in the following order:

### RESURRECTIONAL APOLYTIKION IN TONE ONE

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

(اللازمة)

المَجْدُ ... الآنَ وَكُلَّ أَوَانٍ ... (اللازمة)

الأنتيфона الثالثة

لِتُسَبِّحْهُ السَّمَاوَاتُ وَالْأَرْضُ. هَذَا هُوَ الْيَوْمُ الَّذِي صَنَعَهُ الرَّبُّ فَلْنَفْرَحْ وَلْنَتَهَلَّلْ بِهِ. أَيُّهَا الرَّبُّ إِلَهِي إِيَّاكَ أَحْمَدُ إِلَى الْأَبَدِ.

أبوليتيكيون القيامة باللحن الأول  
إِنَّ الْحَجَرَ لَمَّا خْتِمَ مِنَ الْيَهُودِ،  
وَجَسَدَكَ الطَّاهِرَ حَفِظَ مِنَ الْجُنْدِ،  
قُمْتَ فِي الْيَوْمِ الثَّالِثِ أَيُّهَا الْمُخْلَصُ،  
مَانِحًا الْعَالَمَ الْحَيَاةَ. لِذَلِكَ قُوَّاتُ  
السَّمَاوَاتِ، هَتَفُوا إِلَيْكَ يَا وَاهِبَ  
الْحَيَاةِ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ،  
الْمَجْدُ لِمُلْكِكَ، الْمَجْدُ لِتَدْبِيرِكَ، يَا مُحِبَّ  
الْبَشَرِ وَحَدَكَ.

APOLYTIKION OF THE  
FIRST SUNDAY OF GREAT  
LENT IN TONE TWO

Thy pure image do we venerate, O  
good One, asking forgiveness of  
our sins, O Christ our God; for by  
Thine own will Thou didst ascend  
the Cross in Thy body, to save Thy  
creatures from the bondage of the  
enemy. Wherefore, with thank-  
fulness we cry aloud to thee: Thou  
hast verily filled all with joy, since  
Thou didst come, O our Savior, to  
save the world.

APOLYTIKION OF THE  
PATRON SAINT

Since thou art a liberator and  
deliverer of captives, a help  
and defender of the poor and  
needy, a healing physician  
of the sick, a contender and  
fighter for kings, O great  
among Martyrs, the victorious  
George; intercede with Christ  
God for the salvation of our  
souls.

KONTAKION FOR SUNDAYS  
IN GREAT LENT (AND  
AKATHIST SATURDAY)  
IN TONE EIGHT

To thee, the Champion Leader,  
do I offer thanks of victory, O  
Theotokos, thou who hast deliver-  
ed me from terror; but as thou  
that hast that power invincible, O

أبوليتيكيون للأحد الأول من الصوم  
باللحن الثاني  
لِصُورَتِكَ الطَاهِرَةِ نَسْجُدُ أَيُّهَا الصَّالِحُ،  
طَالِبِينَ غُفْرَانَ الْخَطَايَا، أَيُّهَا الْمَسِيحُ  
إِلَهُنَا، لِأَنَّكَ قَبِلْتَ أَنْ تَرْتَفِعَ بِالْجَسَدِ  
عَلَى الصَّلِيبِ طَوْعًا، لِتُنَجِّيَ الَّذِينَ  
خَلَقْتَ مِنْ عُبُودِيَّةِ الْعَدُوِّ. لِذَلِكَ  
نَهْتَفُ إِلَيْكَ بِشُكْرِ: لَقَدْ مَلَأْتَ الْكُلَّ  
فَرَحًا يَا مُخَلِّصَنَا، إِذْ أَتَيْتَ لِتُخَلِّصَ  
العالم.

بِمَا أَنَّكَ لِلْمَاسُورِينَ مُحَرَّرٌ وَمَعْتَقٌ،  
وَلِلْفُقَرَاءِ وَالْمَسَاكِينِ عَاضِدٌ وَنَاصِرٌ،  
وَلِلْمَرْضَى طَبِيبٌ وَشَافٍ، وَعَنْ الْمُلُوكِ  
مُكَافِحٌ وَمُحَارِبٌ، أَيُّهَا الْعَظِيمُ فِي  
الشَّهَدَاءِ جَاوِرِجْيُوسُ الْإِلَاسُ الظُّفَرِ،  
تَشْفَعُ إِلَى الْمَسِيحِ الْإِلَهِ فِي خِلَاصِ  
نَفُوسِنَا.

القنذاق لآحاد الصوم الكبير (وسبت  
المديح) باللحن الثامن  
إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةُ الْإِلَهِ \* أَكْتُبُ  
لَكَ رَايَاتِ الْعَلْبَةِ \* يَا جُنْدِيَّةَ مُحَامِيَةٍ \*  
وَأُقَدِّمُ لَكَ الشُّكْرَ كَمُنْقَذَةٍ مِنْ  
الشَّدَائِدِ \* لَكِنْ بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي

Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

## THE EPISTLE

Blessed art Thou, O Lord, the God of our fathers.

For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accept-

لا تُحَارِبْ \* اَعْتَقِينِي مِنْ صُنُوفِ  
الشَّدَائِدِ \* حَتَّى اَصْرُخَ اِلَيْكَ: اِفْرَحِي  
يَا عَرُوساً لَا عَرُوسَ لَهَا.

الرسالة (لِلأَحَدِ الأوَّلِ مِنَ الصَّوْمِ)

مُبَارَكُ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا.

لَأَنَّكَ عَادِلٌ فِي كُلِّ مَا صَنَعْتَ بِنَا.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ

الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ.

يَا إِخْوَتِي، بِالْإِيمَانِ مُوسَى لَمَّا كَبُرَ أَبِي

أَنْ يُدْعَى ابْنًا لِابْنَتِهِ فِرْعَوْنَ. مُخْتَارًا

الشَّقَاءَ مَعَ شَعْبِ اللَّهِ عَلَى التَّمَتُّعِ

الْوَقْتِيِّ بِالْخَطِيئَةِ. وَمُعْتَبِرًا عَارَ الْمَسِيحِ

غَنَى أَعْظَمَ مِنْ كُنُوزِ مِصْرَ، لِأَنَّهُ

نَظَرَ إِلَى الثَّوَابِ. وَمَاذَا أَقُولُ أَيْضًا؟

إِنَّهُ يَضِيقُ بِي الْوَقْتُ إِنْ أَخْبَرْتُ عَنْ

جِدْعُونَ وَبَارَاقَ وَشَمْشُونَ وَيَفْتَحَاحَ

وِدَاوَدَ وَصَمُوئِيلَ وَالْأَنْبِيَاءِ. الَّذِينَ

بِالْإِيمَانِ قَهَرُوا الْمَمَالِكَ، وَعَمِلُوا الْبِرَّ،

وَنَالُوا الْمَوَاعِدَ، وَسَدُّوا أَفْوَاهَ الْأُسُودِ.

وَأَطْفَأُوا حِدَّةَ النَّارِ، وَنَجَّوْا مِنْ حَدِّ

السَّيْفِ، وَتَقَوَّوْا مِنْ ضَعْفٍ، وَصَارُوا

أَشِدَّاءَ فِي الْحَرْبِ، وَكَسَرُوا مُعَسَّكَرَاتِ

الْأَجَانِبِ. وَأَخَذَتْ نِسَاءٌ أَمْوَاتَهُنَّ

بِالْقِيَامَةِ. وَعَذَّبَ آخَرُونَ بِتَوْتِيرِ

الْأَعْضَاءِ وَالضَّرْبِ، وَلَمْ يَقْبَلُوا بِالنَّجَاةِ،

ing their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

## THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and

لِيَحْصُلُوا عَلَى قِيَامَةٍ أَفْضَلَ. وَآخَرُونَ ذَاقُوا الْهَزْءَ وَالْجَلْدَ وَالْقَيْدَ أَيْضاً وَالسَّجْنَ. وَرُجِمُوا، وَنُشِرُوا، وَامْتَحِنُوا، وَمَاتُوا بِحَدِّ السَّيْفِ، وَسَاحُوا فِي جُلُودِ غَنَمٍ وَمِعْزٍ، وَهُمْ مُعَوَّزُونَ مُضَايِقُونَ مَجْهُودُونَ، (وَلَمْ يَكُنِ الْعَالَمُ مُسْتَحِقّاً لَهُمْ) وَكَانُوا تَائِهِينَ فِي الْبَرَارِيِّ وَالْجِبَالِ، وَالْمَغَاوِرِ وَكُهُوفِ الْأَرْضِ. فَهَؤُلَاءِ كُلُّهُمْ مَشْهُودٌ لَهُمْ بِالْإِيمَانِ، لَمْ يَنَالُوا الْمَوْعِدَ. لِأَنَّ اللَّهَ سَبَقَ فَتَنَظَّرَ لَنَا شَيْئاً أَفْضَلَ، أَنْ لَا يَكْمُلُوا بَدُونَنَا.

الإنجيل (لِلْأَحَدِ الْأَوَّلِ مِنَ الصَّوْمِ)  
فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ  
يُوحَنَّا الْإِنْجِيلِيِّ الْبَشِيرِ، وَالتَّلْمِيزِ  
الطَّاهِرِ.

فِي ذَلِكَ الزَّمَانِ، أَرَادَ يَسُوعُ الْخُرُوجَ إِلَى الْجَلِيلِ فَوَجَدَ فِيلِبُّسَ فَقَالَ لَهُ: اتَّبَعْنِي. وَكَانَ فِيلِبُّسُ مِنْ بَيْتِ صَيْدَا مِنْ مَدِينَةِ أَنْدَرَاوَسَ وَبَطْرُسَ. فَوَجَدَ فِيلِبُّسُ نَثْنَائِيلَ، فَقَالَ لَهُ: إِنَّ الَّذِي كَتَبَ عَنْهُ مُوسَى فِي النَّامُوسِ وَالْأَنْبِيَاءِ قَدْ وَجَدْنَاهُ، وَهُوَ يَسُوعُ بْنُ يَوْسُفَ الَّذِي مِنَ النَّاصِرَةِ. فَقَالَ لَهُ نَثْنَائِيلُ: أَمِنْ النَّاصِرَةِ يُمَكِّنُ أَنْ يَكُونَ

said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

#### ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

شَيْءٌ صَالِحٌ؟ فَقَالَ لَهُ فِيلِبُّسُ: تَعَالَى  
وَأَنْظُرْ. فَرَأَى يَسُوعُ ثَنَائِيلَ مُقْبِلًا  
إِلَيْهِ، فَقَالَ عَنْهُ: هُوَذَا إِسْرَائِيلِيُّ حَقًّا  
لَا غِشٍّ فِيهِ. فَقَالَ لَهُ ثَنَائِيلُ: مِنْ  
أَيْنَ تَعْرِفُنِي؟ أَجَابَ يَسُوعُ، وَقَالَ لَهُ:  
قَبْلَ أَنْ يَدْعُوكَ فِيلِبُّسُ وَأَنْتَ تَحْتَ  
التِّينَةِ رَأَيْتُكَ. أَجَابَ ثَنَائِيلُ وَقَالَ  
لَهُ: يَا مُعَلِّمُ، أَنْتَ ابْنُ اللَّهِ، أَنْتَ  
مَلِكُ إِسْرَائِيلَ. أَجَابَ يَسُوعُ وَقَالَ لَهُ:  
لَأَنِّي قُلْتُ لَكَ إِنِّي رَأَيْتُكَ تَحْتَ التِّينَةِ  
آمَنْتَ؟ إِنَّكَ سَتُعَايِنُ أَعْظَمَ مِنْ هَذَا.  
وَقَالَ لَهُ: الْحَقُّ الْحَقُّ أَقُولُ لَكُمْ،  
إِنَّكُمْ مِنَ الْآنَ تَرَوْنَ السَّمَاءَ مَفْتُوحَةً،  
وَمَلَائِكَةُ اللَّهِ يَصْعَدُونَ وَيَنْزِلُونَ عَلَى  
ابْنِ الْبَشَرِ.

تَعْظِيمَةُ لِقْدَاسِ الْقَدِيسِ بَاسِيلْيُوسِ  
إِنَّ الْبَرَايَا بِأَسْرِهَا، تَفْرَحُ بِكَ يَا مُمْتَلِئَةً  
نِعْمَةً: مُحَافِلُ الْمَلَائِكَةِ، وَأَجْنَسَ الْبَشَرِ.  
أَيُّهَا الْهَيْكَلُ الْمُتَقَدِّسُ، وَالْفِرْدَوْسُ  
النَّاطِقُ، فَخَرُ الْبَتُولِيَّةِ مَرِيَمَ، الَّتِي  
مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلًا، وَهُوَ  
إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ  
مُسْتَوْدَعَكِ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ  
مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِئَةً نِعْمَةً،  
تَفْرَحُ بِكَ كُلُّ الْبَرَايَا وَمُجِّدُكَ.



## Announcements

### إعلانات

Welcome to St. George Church Upland

We are proud to belong to this blessed community and we look forward to welcome you as a new member among us.

#### **For commemorations and Trisagions:**

For Bread: Contact Mrs. Amalie Berni 818-489-9358

Set of (5 breads + Prospora) \$40, pay directly to Amalie

For the names of Living and Dead contact Fr. Mansour

Kindly use church donations envelope to donate to Church and to Priest

**St. George needs your cotinuous support of at least \$15 each week.**

**The easiest way is to start using PayPal or QuickClick**

**Using this link:**

<https://stgeorgeupland.com/donate/>

For all questions regarding dues and receipts for charitable contributions, kindly contact our Treasurer

Mr. Saleem Alkatime

لجميع الأسئلة المتعلقة بالإشتراكات ووصولات التبرعات والمساهمات يرجى الإتصال

بالسيد سليم القطيم

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