

Cathedral Newsletter

St. Nicholas Antiochian Orthodox Cathedral

355 STATE STREET BROOKLYN, NY 11217 (718) 855-6225
stnickcathedral@icloud.com www.stnicholascathedral.org

THE VERY REV. FR. THOMAS ZAIN, DEAN
THE VERY REV. FR. ADRIAN BUDICA, ATTACHED
DEACON ANDRE EL HAJJ, ATTACHED

Great Fast 2024

Parish News:

- Construction Update: As of March 1, we have all of the preliminary work done and paid for. We are awaiting the last approval from the DOB to start the final phase of the project -the elevator itself and the church school rooms. There is a hold up because of a new requirement that came into effect after our plans were done and we are trying to get a waiver for that issue because it will be an additional cost if we have to go back and account for the new code. After this step is done, we will determine a cost to finish the project and start the last phase of fund-raising to complete the project. We estimate we will need about 1 to 1.5 million to finish everything. With God's help, we will do it!
- Thanks be to God, on Great and Holy Saturday, we will receive 11 or 12 new catechumens into the Church. If you do not usually attend this service, please come and witness this beautiful occasion in the life of our Cathedral!
- Save the Date of Friday, March 10th for our Mother's Day Spring Hafli. This will be our first hafli since before the pandemic. See the attached flier for details.
- On Sunday, March 17, we will have a 10-year Trisagion for His Eminence Metropolitan Philip of thrice-blessed memory. He reposed on March 19, 2014.

**The Great Fast begins on
Monday, March 18, 2024
(actually sunset on March 17)
PASCHA is May 5, 2024
The Holy Week/Pascha Schedule
will be published in mid-April.**

Forgiveness Sunday Vespers

Following the divine liturgy March 17, Cheesefare or Forgiveness Sunday, we will remain for the Vespers of Forgiveness which marks the beginning of the Great Fast. Please plan to stay for this 40-minute service concluding with the "rite of forgiveness" as we ask each other's forgiveness upon entering the Fast. It is also the first time we recite the beautiful prayer of St. Ephraim the Syrian and make our first Lenten prostrations. Let us all plan to attend this moving service and begin our journey to Pascha together as a parish family. We will begin the service about 1:30pm after coffee hour.

Church Cleaning

Following the Vesper Liturgy of Great and Holy Saturday morning, (May 4 people are asked to remain for a little while to help clean and make everything look beautiful for Pascha. The more that help out, the less time it will take, so please make an effort to come.

Agape Vespers

On Pascha at noon, we will have the Agape Vesper service in which the Gospel is read in many languages so that all may hear the good news of the risen Christ. There will also be a procession. If anyone is able to read the Gospel in a foreign language, please see Father Thomas.

Confession

With Pascha (Easter) right around the corner, everyone should make an effort to come to confession prior to this greatest of feasts. Please do not wait until the last minute. Confessions will be heard before and after all Lenten services and Holy Week services. Try to come as early in Holy Week as possible. No confessions will be heard prior to the Resurrection services on Saturday night.

2024 Parish Life Conference

This year's parish life conference will take place at the Antiochian Village from June 26-June 30. For those who have children attending session 2 of camp, please consider attending the PLC over the weekend and representing the Cathedral prior to leaving your children off for camp that Sunday.

"Fasting appears gloomy until one steps into its arena. But begin and you will see what light it brings after darkness, what freedom from bonds, what release after a burdensome life."

- - - *St. Theophan the Recluse*

**Do you give on a regular basis
on to the Cathedral?**

Do you base your giving on your income?

Did you know that it is Biblical to do just that?

**Have you increased your pledge as your income
has increased over time?**

**Please consider using this chart as a basis for
giving in relation to your income and making sure
you give on a regular basis and not just when you
come. The Cathedral's mission is great and
maintenance is costly and we need everyone's
REGULAR AND SUSTAINED support.**

PLEASE DO YOUR PART!!!!

Annual Income	Weekly Income	Beyond a Tithe		Tithe	Weekly offering on a percentage basis								
		15%	12%	10%	9%	8%	7%	6%	5%	4%	3%	2%	1%
\$22,000	\$423	\$63	\$51	\$42	\$38	\$34	\$30	\$25	\$21	\$17	\$13	\$8	\$4
\$25,000	\$481	\$72	\$58	\$48	\$43	\$38	\$34	\$29	\$24	\$19	\$14	\$10	\$5
\$30,000	\$577	\$87	\$69	\$58	\$52	\$46	\$40	\$35	\$29	\$23	\$17	\$12	\$6
\$40,000	\$769	\$115	\$92	\$77	\$69	\$62	\$54	\$46	\$38	\$31	\$23	\$15	\$8
\$50,000	\$962	\$144	\$115	\$96	\$87	\$77	\$67	\$58	\$48	\$38	\$29	\$19	\$10
\$60,000	\$1,154	\$173	\$138	\$115	\$104	\$92	\$81	\$69	\$58	\$46	\$35	\$23	\$12
\$70,000	\$1,346	\$202	\$162	\$135	\$121	\$108	\$94	\$81	\$67	\$54	\$40	\$27	\$13
\$80,000	\$1,538	\$231	\$185	\$154	\$138	\$123	\$108	\$92	\$77	\$62	\$46	\$31	\$15
\$90,000	\$1,731	\$260	\$208	\$173	\$156	\$139	\$121	\$104	\$87	\$69	\$52	\$35	\$17
\$100,000	\$1,923	\$288	\$231	\$192	\$173	\$154	\$135	\$115	\$96	\$77	\$58	\$38	\$19
\$110,000	\$2,115	\$317	\$254	\$212	\$190	\$169	\$148	\$127	\$106	\$85	\$63	\$42	\$21
\$120,000	\$2,308	\$346	\$277	\$231	\$208	\$185	\$162	\$138	\$115	\$92	\$69	\$46	\$23
\$140,000	\$2,692	\$404	\$323	\$269	\$242	\$215	\$188	\$162	\$135	\$108	\$81	\$54	\$27

Services for the Great Feast of the Annunciation

Sunday, March 24, 2024

Great Vespers at 1:30pm at the Cathedral
(after the coffee hour)

Monday, March 25, 2024

Vesperal Divine Liturgy at 6:00pm at St. Mary Church in Bay Ridge

Apolytikion of the Feast (Tone 4)

Today is the beginning of our salvation, and the manifestation of the mystery for the ages, for the Son of God becometh the Son of the Virgin, and Gabriel proclaimers grace. Wherefore, do we shout with him to the Theotokos, Rejoice, O full of grace, the Lord is with thee.

PLEASE NOTE: Trisagion Prayers [Memorial Services] are not held on Palm Sunday [April 28th], PASCHA [May 5th] or St. Thomas/New Sunday [May 12th]. *Commemorations for Palm Sunday and Pascha, will be remembered on Palm Sunday. Commemorations for St. Thomas/New Sunday, will be remembered on St. Thomas Sunday. THERE JUST WILL BE NO TRISAGIONS ON ANY OF THESE SUNDAYS.* Please use this as a guide in planning your loved ones' memorials.

Great Lent is Coming!

On the next page, you will find the Church's regulations on fasting during Great Lent. Use this to help you and your families decide how to keep the Great Fast in your home. Remember that to a certain extent, Lenten food should be somewhat boring; after all, we are attempting to refrain from the passions - not feed them. There are two extremes to beware of - not doing enough and doing too much. Not doing enough should be obvious. The truth is that almost all of us can keep the fast fairly strictly. At the very least we can abstain from meat for the duration of Lent (and that can include children as well.) It is important that we do not too easily excuse ourselves from keeping the fast. On the other hand, we must be careful not to be too strict, falling into legalism or into despair if we fail to keep it. It is better to take on a smaller portion of the fast and keep it, than to take on the whole and utterly fail in the attempt. Decide how you will keep the fast, and then do what you decide. Some suggestions that you may want to consider would be to follow the regulations on fasting for the first, middle and last (Holy Week) weeks of the Fast while relaxing a bit on the other weeks. Perhaps you should be stricter on the weekdays, especially Wednesdays and Fridays, and more lenient on the weekends. Decide within your family how you can participate in the Lenten Fast, and then do it. If you have any questions about how you should keep the Fast in your home, feel free to speak with Father Thomas.

Categories of Food

Category I Meat and Meat Products	includes: beef, pork, chicken, etc., as well as items which have beef gelatin such as some commercial brands of gelatin, lard, some commercial breads and crackers.
Category II Dairy Products	includes: butter, eggs, milk, cheese, etc., as well as items containing dairy whey, milk extracts, etc.
Category III Fish	includes: sardines, tuna, trout, bass, shark, pike, etc., but not shellfish.
Category IV Olive Oil and Wine	This should extend to all oil. [Category IV is usually only practiced in monasteries]

Food Permitted Throughout Lent

Shellfish	includes: lobster, crab, shrimp, oysters, scallops, clams, mussels, etc.
Vegetables and Vegetable Products	includes: grains, rice, wheat, flour, pasta (non-egg pasta), etc. and vegetable gelatins, etc.
Fruit	includes all types of fruit.

Regulations on Fasting during Great Lent

Weekdays during Lent	Abstinance of Categories I, II, III and IV. No abstinence of shellfish, fruit, vegetables and vegetable products. During this period, we should regulate both the amount of food we consume as well as the frequency of eating. No food should be eaten between meals and at meal times, smaller quantities than normal should be eaten.
Saturdays and Sundays during Lent	Abstinance of categories I, II and III. No abstinence of category IV or of shellfish, fruit, vegetables and vegetable products. On Saturdays (except Great Saturday on which a strict fast is kept) and Sundays during the Great Fast, the quantity and frequency of meals are not restricted.
Feast of the Annunciation (March 25) and Palm Sunday	Abstinance of categories I and II. No abstinence of categories III and IV or of shellfish, fruit, vegetables and vegetable products. On these Great Feasts of the Church, the quantity and frequency of the meals are not restricted.

“Do you fast? Give me proof of it by your works. If you see a friend being honored, do not envy him. Do not let your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies. Let the hands fast, by being free of avarice. Let the feet fast by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers and sisters? May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.”

— —*St. John Chrysostom*

2024 Schedule of Regular Lenten Services

(please refer to the calendar for special services and times)

Every Monday at 7:00 PM:

Great Compline: This is a prayer service in which many psalms are chanted together with evening prayers usually said with the Small Compline. It includes the well-known hymns “God is with Us” and “O Lord of Hosts”. Great Compline during the first week includes the Canon of St. Andrew of Crete to help “break us in” to the time of fasting and we will do during the first week on Monday, Tuesday and Thursday evenings. We will join St. Mary at their parish for Great Compline on April 22nd. **Note: On Monday, March 25th, we will celebrate the Feast of the Annunciation at 6:00pm with a Vespers-Divine Liturgy at St. Mary Church.**

Every Wednesday at 7:00 PM:

Liturgy of the Pre-Sanctified Gifts: This special liturgy is allowed only during the Great Fast. The Divine Liturgy may not be celebrated on weekdays during Great Lent. However, the need still exists, especially during this time of year when we are struggling with our spiritual lives against evil and our own weaknesses, to receive the Body and Blood of Christ more often. Therefore, the priest consecrates an extra host on the previous Sunday which is then used during this liturgy, thus the name Pre-Sanctified Liturgy. This is one of the most beautiful services of the Church. Fasting is required from at least the noon meal in order to receive Holy Communion.

Every Friday at 7:30 PM:

The Akathist (Maydeyeh) Service to the Theotokos: This, one of the most popular services of the Lenten period, is actually connected with the feast of the Annunciation on March 25th. The service is a combination of Small Compline (prayers prior to sleeping) and the Canon and salutations to the Theotokos. It is celebrated on the first five Fridays of the Great Fast. Following these services we will have a guest speaker. Please refer to the flyer for the topics.

Please try to make these services a part of your Lenten commitment to Christ and to yourselves. Remember, this time of year is to be especially dedicated to God and to the development of our spiritual lives. Do not let your Lenten experience be nothing more than a few rules and regulations about what you can and cannot eat and do, make it a true time for spiritual development, which includes fasting, increased almsgiving and increased prayer!!!!!!!!!!!!!!

Let us begin the season of fasting with rejoicing, giving ourselves to spiritual strife, purifying soul and body, fasting from passions, as we fast from foods, faring on the virtues of the Spirit, which, if we continue to long for, we shall all be worthy to behold the most solemn Passion of Christ, and the Holy Pascha, rejoicing with spiritual joy.

—Hymn from Vesper of Cheesefare Sunday evening

ST. NICHOLAS ANTIOCHIAN ORTHODOX CATHEDRAL
OF BROOKLYN

CORDIALLY INVITES YOU TO OUR

Mother's Day Gala

HONORING

The Very Rev. Fr. Thomas Zain
Vicar General

30 Years of Priesthood and Service

FRIDAY

10

MAY

DYKER BEACH GOLF COURSE
1020 86TH STREET
BROOKLYN NY 11228

8:00PM COCKTAIL HOUR- OPEN BAR - 9:00PM DINNER

ENTERTAINMENT BY: YOUSEF SHAMOUN

Raffles - 50/50

TO RESERVE PLEASE CONTACT : SIHAM HAZIM 347-232-7542 / CHRISTINE KABA 646-388-3679

TICKETS : \$150 ADULT

CHILDREN UNDER 11 ARE HALF PRICE AND UNDER 3 YEARS OLD- FREE

RSVP BY: APRIL 30TH

Proceeds in Support of: Building Improvement Project

Georgette S. Maione “St. John Chrysostom” Scholarship

The Parish Council would like to announce that applications are being taken for the Georgette S. Maione “St. John Chrysostom” Scholarship for those students graduating high school this year and will be entering into a 2 or 4-year college this Fall. The original funds for the scholarship were donated by Georgette who was a faithful member of the St. Nicholas Cathedral who devoted her life to giving back to her family and community and has been described as “a perfect example of what a Christian should be”. She was a member of the Hamelet El-Teeb and corresponding secretary for 25 years, never failing to send a card of good wishes for a speedy recovery to those that took ill, birthday wishes and notes of condolences. She also donated many of the Cathedral’s appointments such as icons, the baptismal font and other items over the years.

We are now accepting applications for students who finished high school and will enter into a 2 or 4-year college in the fall of 2023 who attend services at the Cathedral on a regular basis (pre-pandemic), who exemplify stewardship, maintained good grades, who complete the application, including the essay, and whose parents are pledging members in good standing of St. Nicholas Cathedral.

The deadline for receiving applications for the 2024 Georgette S. Maione “St. John Chrysostom” Scholarship will be **June 1**. The award will be announced by the end of June. The amount of the scholarship will vary depending on the number of qualified applicants and the growth of funds in the scholarship account, however, most scholarships will be in the \$1000.00 range.

The Scholarship Rules for Governance and Application can be obtained from Father Thomas Zain (abounathomas@me.com) or the Chair of the Scholarship Committee, Dianne Henderson (di5hnd@gmail.com).

“When giving, give magnanimously with a look of kindness on your face, and
give more than what is asked of you.”

——St. Isaac the Syrian

Schedule of Services for the Great Fast 2024

Sunday, March 17, 2024	Forgiveness Vespers at 1:30pm
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MONDAY, March 18, 2024

THE BEGINNING OF THE GREAT FAST

Monday, March 18	7:00pm Great Compline with Canon of St. Andrew
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Tuesday, March 19	7:00pm Great Compline with Canon of St. Andrew (mostly in Arabic)
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Wednesday, March 20	7:00pm Pre-Sanctified Liturgy
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Thursday, March 21	7:00pm Great Compline with Canon of St. Andrew
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Friday, March 22	7:30pm Akathist (Madeyeh) Service
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Sunday, March 24	1:30pm Great Vespers for the Feast of the Annunciation (after coffee hour)
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Monday, March 25

FEAST OF THE ANNUNCIATION

6:00pm Vespers Divine Liturgy at St. Mary Church (Fish allowed on this day after the liturgy)

Wednesday, March 27	7:00pm Pre-Sanctified Liturgy
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Friday, March 29	7:30pm Akathist (Madeyeh) Service
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Monday, April 1	7:00pm Great Compline
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Wednesday, April 3	7:00pm Pre-Sanctified Liturgy
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Friday, April 5	7:30pm Akathist (Madeyeh) Service
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Monday, April 8	7:00pm Great Compline
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Wednesday, April 10	7:00pm Pre-Sanctified Liturgy
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Friday, April 12	7:30pm Akathist (Madeyeh) Service
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Monday, April 15	7:00pm Great Compline
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Wednesday, April 17	7:00pm Pre-Sanctified Liturgy
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Friday, April 19	7:30pm Final Akathist (Madeyeh) Service
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Monday, April 22	7:00pm Great Compline at St. Mary Church
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Wednesday, April 24	7:00pm Pre-Sanctified Liturgy
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FRIDAY, April 26, 2024

THE END OF THE GREAT FAST

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- For those keeping the fast, all types of fish are allowed on the feast of the Annunciation on March 25, and on Palm Sunday, April 28.
 - Fasting for the Pre-Sanctified Liturgies must begin from *at least* lunchtime in order to receive Holy Communion that evening.
 - Note that we will pray Great Compline at St. Mary Church in Bay Ridge on April 22 and celebrate the Feast of the Annunciation on March 25th at 6:00pm at St. Mary.

SNEAK PREVIEW PLC 2024


June 26 - 30, 2024

PREPARE YOURSELF FOR AN
UNFORGETTABLE EXPERIENCE!

LOOK FORWARD TO
CAPTIVATING DISCUSSIONS,
INTERACTIVE SESSIONS,
AND EXCITING ACTIVITIES
THAT WILL EXCEED YOUR
EXPECTATIONS!

TOPICS FOR EACH AGE GROUP:

SOCIAL MEDIA AND ANXIETY,
GENDER IDENTITY, ETHICS,
SPIRITUALITY AND
PROFESSIONAL LIFE,
& MORE

 Antiochian Village
140 Church Camp Trail
Bolivar, PA 15923

REGISTRATION IS OPEN
[HTTPS://ANTIOCHIANEVENTS.COM/NY](https://antiochianevents.com/ny)



HOSTED BY
ST MARY ANTIOCHIAN
ORTHODOX CHURCH
HUNT VALLEY, MD

ASK
ABOUT



CELEBRATING THE
FEAST DAY OF SS.
PETER AND PAUL THE
PATRONS OF OUR
PATRIARCHATE

ANTIOCH
GOT
TALENT



SWIMMING
WATER PARKS
SIGHTSEEING

BONFIRE
EVENING

PLC
SCHEDULE
ON REVERSE
SIDE



Holy Cross Brooklyn Outreach Center

A Pan-Orthodox Christian Charity

Our Mission

To provide holistic care that addresses the physical, emotional, and spiritual needs of the less fortunate in NYC.

Our Story

Since March of 2008, Orthodox Christians across various communities in Brooklyn have been conducting monthly Midnight Runs to bring food, clothing and essentials to homeless New Yorkers. These community efforts inspired a group of Orthodox philanthropists to work towards a more comprehensive commitment to those in need. Thus in 2013, HCBOC was established as a charitable organization open to all communities in order to promote philanthropy throughout the New York area.

Our Programs

- **Homeless Midnight Run** – We pack our bags and head into the city once a month to deliver food packages, toiletries, clothing, & blankets to the homeless of NYC. We are currently serving 450+ meals a trip.
- **Outreach on the Go** – Once a month we deliver home cooked meals, groceries & a smile to the elderly & shut-ins in our surrounding neighborhood.
- **Operation Lace Up** – We have partnered with the FOCUS organization to distribute 400 pairs of new sneakers to the needy in NYC.
- **Outreach Center** – In 2021, we opened our doors to our Outreach Center located at 6022 4th Ave, Brooklyn, NY. There we are open six days a week offering a food pantry, clothing pantry and services to assist those in need, Monday through Thursday 11am to 2pm and Fridays 2pm to 5pm.

How You Can Help

HCBOC relies on your generosity to continue running and expanding its programs.

- **Donate** – If you would like to make a donation please visit HCBOC.org for more information or contact us using our information below. We accept both monetary and item donations. HCBOC is a 501(c)(3) organization, and your donations are tax deductible.
- **Volunteer** – Come lend us a hand and bring your friends too! We encourage everyone who is interested in participating in our programs to contact us in order to learn more about what we do and when the next gathering is. We are a 100% volunteer organization.
- **Sponsor** – Become a sponsor for a community feeding event at our center or start a drive in your community to support us with food or clothing for our pantry.

Holy Cross Brooklyn Outreach Center
PO Box 090468 Fort Hamilton Station
Brooklyn, NY 11209

HCBOCbodmaria@gmail.com - www.HCBOC.org – (718)683-4383



YOU ARE CORDIALLY INVITED TO

THE ORDER OF ST. IGNATIUS
TOWN HALL MEETING



MONDAY, MARCH 25, 2024
ST. MARY CHURCH, BROOKLYN, NEW YORK
6:00-7:00P.M. VESPERAL LITURGY
7:15-9:00P.M. TOWN HALL MEETING

The Order Treasurer, Ed Assile, will give opening remarks, discussing the critical issues facing The Order, as well as the key priorities for success over the near and long term. But, more importantly, it is necessary to hear from you – your perspectives, questions, comments, and feedback – allowing The Order to have a conversation about its future.

HOSTED BY:

Ed Assile, Treasurer of The Order of St. Ignatius, and Past Chair

6:00-7:00 p.m. Feast of the Annunciation Vesperal Liturgy

7:15-9:00 p.m. Town Hall

St Mary's Church Hall

192 81st Street, Brooklyn, NY 11209

A LIGHT DINNER WILL BE SERVED PROMPTLY AT 7:15 P.M.

Please RSVP by March 11th

By phone: 724-238-3677 x410

By email: theorder@antiochian.org

WE HOPE YOU CAN JOIN US!

Donations Needed by the Cathedral for Holy Week

(Mark your choice with an X) Deadline is **April 21, 2024**. Commemorations will be made at the Holy Saturday Liturgy at 10:00 AM on May 4, 2024.

<i>Lazarus Saturday Liturgy</i> <i>Altar Bread</i>	<input type="checkbox"/>
<i>Palm Sunday Liturgy</i> <i>Palms and Altar Bread</i>	<input type="checkbox"/>
<i>Thursday Morning Liturgy</i> <i>Altar Bread</i>	<input type="checkbox"/>
<i>Good Friday Services</i> <i>Flowers to decorate the Tomb of Christ</i>	<input type="checkbox"/>
<i>Great Saturday Liturgy</i> <i>Altar Bread</i>	<input type="checkbox"/>
<i>Pascha Liturgy</i> <i>Altar Wine, Easter Egg, Altar Bread,</i> <i>Incense and Charcoal, Altar Candles</i>	<input type="checkbox"/>
<i>Easter Flowers for Iconostasis</i>	<input type="checkbox"/>

Please print names:

Given for the health of _____

OR

Given in memory of _____

From _____

Address _____

Phone Number _____ *Donation* _____

Please mail to:

*St. Nicholas Cathedral, 8225 5th Avenue,
PMB 247, Brooklyn, NY 11209,
or drop it off in the collection basket.*

All donations must be received before April 21st, 2024

PLEASE PRINT ALL NAMES CLEARLY