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His Eminence
Metropolitan JOSEPH, PrimateHis Grace, Bishop JOHN,
Auxiliary Bishop for Worcester
and New England

Rev. Fr. Milad Selim, Dean

Rev. Arch Dn. Seraphim Solof

Rev. Dn. Anthony Payne



October Reflection

Our Cathedral - A House of Worship and Hospitality

by Fr. Milad Selim

As we begin a new Church School year, it is important to share some thoughts on Church etiquette in order to maintain a prayerful Liturgical experience. Parishioners often ask me about ways to address distractions, such as noise and tardiness with other parishioners. My advice is always the same, we do not need to police people, we need to teach them with love, patience and humility. One of the most difficult temptations to control while sitting in a church pew is judging everyone around us, how late people arrive, whether or not they confess their sins before Communion, how loud their children are, how many times they walk in and out of the church during the service, how often they come, what they wear and how they pray. The simple truth is, my beloved, all of these observations are nothing other than temptations. The evil one wants us to compare ourselves to others so that we may feel great about ourselves (remember the Parable of the Publican and Pharisee - Luke 18:9-14). Therefore, I encourage all of us to practice mindfulness, focusing on the rich and uplifting prayers of the services and controlling the movement of our eyes and ears. With that being said, here are a few things we all should keep in mind the next time we come to a church service:

Entering the Church

The Liturgy begins at 10:00 am on Sunday mornings when the priest says, "Blessed is the Kingdom of the Father and of the Son and of the Holy Spirit." Make every effort to be in the pews prior to this time. If for an unforeseen reason you are late, be sure to find a seat quietly without causing any distractions. However, if the Little or Great Entrance is taking place, the priest is censuring the people, the Epistle or the Gospel are being read, or the priest is giving the homily, be sure to wait in the back of the Cathedral (narthex) until it is appropriate to come in. You can always consult with

the ushers if you are unsure. To avoid any confusion, come on time.

Standing in Church

Since we have pews in our Cathedral, we need to know when to sit and when to stand. If you follow the red service book in the back of each pew, you will find suggested times of when to sit and when to stand; following the book is much safer than following the people in the first couple of rows (Liturgy begins on pg. 92). You should always stand at these times: Beginning of Liturgy, Little or Great Entrance, at the reading of the Gospel, when the priest is censuring, at the consecration of the Gifts, during Communion and at the dismissal. If you are unable to stand for health reasons, you may stay seated at all times. If you prefer standing the whole Liturgy while others are sitting, please sit near the back or sides so that you do not draw attention to yourself or obstruct the view of those seated behind you. If a Bishop is present and is presiding from the throne, always follow his example and stand and sit when he does.



Lighting Candles

We light candles as a symbol of Christ's light illuminating our path as we offer our personal prayers. You may light a candle upon entering the Cathedral; however,

there are certain times when it is not appropriate to light a candle – generally the same times when you should not enter the Cathedral. It is customary to make a donation for each candle.

Venerating Icons

As Orthodox Christians, we do not worship icons, we venerate them. Upon entering the Cathedral, venerate the icons in the narthex by kissing either the hands or feet of the saint depicted in the icon. You should not wear lipstick when kissing the icons as other people will have to follow you, and for the simple reason that lipstick ruins icons.

Continued next page

PROTECTION OF
THE THEOTOKOS
+ OCTOBER 1

*Most holy Mother of God, today
we Orthodox joyfully celebrate
thy coming among us. As we gaze
at thy icon we cry with com-
punction: Shelter us under thy
protection, deliver us from evil,
and pray thy Son Christ our God
to save our souls.*

+ Troparion of the Feast, Tone 4





Archdeacon Seraphim's

Fun Fact

I'm told we're going to have, God-willing, the ordination of a priest this month. As we don't get to see – and participate in – this sort of thing very often, I thought it might be helpful to share some tips on what to watch for during the surprisingly brief ceremony.

The ordination takes place right after the Great Entrance, or rather, right before the anaphora, the offering-up of the Holy Gifts. This is so the new priest can participate as a concelebrant with the bishop and the other priests. It begins when the candidate is led out the north door of the sanctuary and onto the solea. He is helped by the deacon(s) to make three prostrations, as they cry out: "Command!"; "Command!"; "Command, Holy Master, him who is presented to thee!" The first call is directed to the people; the second, to the clergy; and the third, to the ordaining bishop: "What is your command?" There is no formal, liturgical response – but the idea is that the ordination does not take place but by the consent of the people, the clergy, and the bishop.

The candidate enters the sanctuary through the Royal Doors and receives the bishop's blessing, and then is led by his sponsors around the Holy Table three times, just as in a wedding. The very same hymns are sung: "Ye holy martyrs", "Glory to Thee, O Christ our God", and "O Isaiah, dance thy joy" – just in a different order. And then, as the candidate kneels before the altar table, the bishop lays his hands on his head and prays: "The Grace Divine, which always heals that which is infirm, and completes that which is wanting, elevates, through the laying-on of hands, (NAME), the most devout Deacon, to be a Priest. Wherefore, let us pray for him, that the Grace of the All-Holy Spirit may come upon him."

October Reflection continued from previous page

Our Cathedral - A House of Worship and Hospitality

Icons remind us of the presence of the saints; do not pass by them as though you are passing a piece of art or furniture. They are windows into heaven; venerate them with a prostration and a kiss.

Children in Liturgy

Christ said, "Let the little children come to me, and do not forbid them; for such is the kingdom of heaven" (Matthew 19:14). Children belong inside of the Cathedral during the Divine Liturgy and other services, they learn more than you think and can imagine. In fact, and often to their parents' pleasant surprise, many of them

go home following those services, singing the hymns they heard that day. If children become extremely distracting and out of control, their parents should take them out immediately until they are calm. It is never appropriate to allow children to run down the aisles or jump on the pews. Talk to your children about church behavior and what it means to be in church.



Fr. Milad



Special Consideration During Liturgy

Refrain from socializing in the Narthex, pews, or hall during Liturgy.

Turn off your phone – phone calls and texting are never appropriate.

Always welcome guests and make them feel at home.

Remove your lipstick before taking Holy Communion, and when kissing the cross, icons, priest's or bishop's hand.

Our goal is to remain attentive during Liturgy, you should not cross your legs.

It is not appropriate to keep walking in and out of the Cathedral during the Divine Liturgy or other services.

During the distribution of Holy Communion, refrain from talking and read the prayer of thanksgiving in the red service book (pp. 128-131).

Use the red service book in front of you so that you can fully participate in the services.

Iveron Myrrh Streaming Icon - Oct. 18

On October 18th, the Iveron Hawaiian Icon of the Theotokos will visit our Cathedral starting at 7 AM and staying all day until after the Paraklesis service (7 PM). This Myrrh streaming icon has performed many miracles. Be sure to share this blessing with everyone and join us on the 18th.

Benefit HAFLI Sat. October 21 • 800PM at the Cathedral

feat. Montreal Superstar

Chadi Naddaf

Proceeds to benefit Church of the
Prophet Elijah Al-Samiriyah
(Lebanon)

Our 2017 Stewardship Theme

"As the Father Has Sent Me, So I Send You."

(John 20:210)

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St. George Orthodox Cathedral Mission Statement:

The mission of St. George Orthodox Cathedral is to preserve and proclaim the Gospel of our Lord, God, and Saviour Jesus Christ, and grow in our Christian faith by joyfully serving and uniting all people through love, charity, education, and worship.

Continued from previous page

As the people sing "Kyrie eleison" three times, very slowly, in response to the bishop's invitation, a deacon in the altar quietly reads a litany specific to the ordination. While all this is happening, the bishop reads two longer prayers of ordination, the first of which begins: "O God, who hast no beginning and no ending, who art older than every created thing..." This is a play on words, as the Greek word for priest is "presbyter," which literally means "elder."

When all this is complete, the newly-ordained priest is vested in his new garments, and as the bishop holds up each piece, he cries out "Axios!", repeating it in English ("He is worthy!") and in Arabic ("Mus-tahiq!"). Each time, the clergy and the people reply with the same acclamation. The Divine Liturgy then continues, with the newly-ordained priest concelebrating with the bishop and his fellow priests.

One more very special moment: right after the Holy Gifts are consecrated, the bishop takes "the Lamb" – the Body of Christ – and, placing it on a small plate, gives it to the newly-ordained priest to hold prior to its placement in the chalice. As he gives it to him, he charges him: "Receive thou this pledge, and preserve it whole and unharmed until thy last breath – because thou shalt be held to an accounting therefore in the Second and Awesome Coming of our Great Lord, God, and Savior, Jesus Christ."

Just think about that for a bit. Trust me, the new priest will be!

ADDICTION: WHERE CAN I TURN?

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**EVERY WEDNESDAY
IN OCTOBER AT 7PM.**

Reach out for more information:
SaintGeorgeYAM@gmail.com

Paraklesis Services: A prayer of supplication to the Virgin Mary for all those touched by Addiction

Saint George Orthodox Cathedral
30 Anna Street, Worcester

Every Wednesday in October
Starting at 7 p.m.

Women's Club

Health Kits for Hurricane Victims

Our Women's Club meeting will be on Tuesday October 3, 2017 at 6:00 PM at our Cathedral Hall. Our Women's Club has been assembling health kits that will be distributed by the IOCC to help the victims from the recent Hurricanes. Our thoughts and prayers are with everyone that has been affected and also to all the people and organizations that are working to help out those in need. May God help us, guide us and protect us.



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Something to think about...

A Christian receives divine wisdom in three ways: by the commandments, teachings, and faith. The commandments free the mind from passions. Teachings lead it to true knowledge of nature. Faith leads to the contemplation of the Holy Trinity.

(St. Maximus the Confessor, Chapters on Love, 4.47)

The Light

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SAVE THE DATE...

Contact the Cathedral Office or organization members for more details or refer to the weekly online bulletin for updates and more information.

Reservations may be required for some events!

Women's Club • Oct. 3

Iveron Myrhh Streaming Icon - Oct. 18

On October 18th, the Iveron Hawaiian Icon of the Theotokos will visit our Cathedral starting at 7 AM and staying all day until after the Paraklesis service (7 PM).

Holy Trinity food and Wine Fest • Oct. 19

Benefit HAFLI - Oct. 21 • 800PM

Proceeds to benefit
Church of the Prophet Elijah Al-Samiriyah
(Lebanon)

Ordination of Archdeacon Seraphim • Oct. 22

Men's Club Meeting • Oct. 26

Elder Appreciation Sunday • Nov. 12

Teen SOYO Apple Pie Baking • Nov. 18



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October 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Church School: 9 am Orthros: 9 am Liturgy: 10 am	2	3 Women's Club 6pm	4 Young Adult Ministry Paraklesis 7 PM (Addiction)	5	6	7 Vespers 5 pm
8 Church School: 9 am Orthros: 9 am Liturgy: 10 am	9 Columbus Day Parish Council 7 pm	10	11 Young Adult Ministry Paraklesis 7 PM (Addiction)	12 Faithtree gathering for Church leaders at the Chancery 7 PM	13 Fmily Camp	14 Family Camp Vespers 5 pm
15 Family Camp Church School: 9 am Orthros: 9 am Liturgy: 10 am	16	17	18 Myrrh Stream- ing Icon 7 AM - Rest of the Day Young Adult Ministry Paraklesis 7 PM (Addiction)	19 Holy Trinity Food and Wine Fest at St. George 5:30pm	20	21 Fundraising Haffli to help build St. Elias Church in Lebanon Vespers 6:30S
22 Archdeacon Sera- phim's Ordination to the Priesthood Church School: 9 am Orthros: 9 am Liturgy: 10 am	23	24	25 Young Adult Ministry Paraklesis 7 PM (Addiction)	26 Men's Club 6pm	27	28 No Vespers
29 Church School: 9 am Orthros: 9 am Liturgy: 10 am	30	31 	1	2	3	4 Vespers 5 pm