

His Eminence
Metropolitan JOSEPH, Primate

His Grace, Bishop JOHN
Auxiliary Bishop for Worcester
and New England

Rev. Fr. Milad Selim, *Dean*

Rev. Fr. Seraphim Solof
Assistant Pastor

Rev. Dn. Anthony Payne



Reflection

Our Cathedral—A House of Worship and Hospitality



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.



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.



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.

Venerating Icons

As Orthodox Christians, we do not worship icons, we venerate them. Upon entering the Cathedral,

continues inside

NATIVITY OF THE THEOTOKOS



September 8

Troparion of the Mother of God, Tone 4

Thy Nativity, O Mother of God, has brought joy to all the world; for from thee arose the Sun of Righteousness, Christ our God, Who, having dissolved the curse, has given His blessing, and having abolished death, has granted us life eternal.





FR. SERAPHIM'S
fun facts

See how I slipped that in there? Yes, you have to go to confession. Yes, you!! Me too. We all need to go to confession from time to time. As St. John writes in his First General Epistle:

This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.
(1 John 1:5-10)

How often do I have to go to confession?

It's pretty clear: if we want to have a relationship with God, and relationships with each other in the church, we have to be honest with ourselves, with God and with each other, by acknowledging, repenting and (sacramentally)

confessing our sins. But how often do we need to do this?

As I noted in February's column, sin functions much more like a medical than a legal issue. We should think about going to confession, then, like we think about going to the doctor. So how often do we go the doctor?

The answer, as you might expect: it depends!

- If we are generally healthy (from a spiritual point of view), a periodic checkup should suffice. That might mean 3-4 times per year, either on a quarterly basis or perhaps during each of the fasting seasons (Great Lent, the Apostles Fast, the Dormition Fast, and the Nativity Fast).
- If we are dealing with a chronic condition (from a spiritual point

of view), perhaps a monthly visit would make more sense, focusing on the problem at hand, and from time to time having that general checkup conversation.

The bottom line is this: it's no smarter, safer or cooler to avoid going to confession than it is to avoid going to see your doctor.

- If we are dealing with something acute, however, something that is breaking or threatens to break our communion with God and with the church—some grave sin or temptation to sin—the answer is clear. *Go Now.* And go back

as often as you need until the situation is under control.

The bottom line is this: it's no smarter, safer or cooler to avoid going to confession than it is to avoid going to see your doctor. You may think you can "get away with it," but again (from February), if you neglect your regular checkups, sooner or later you may start to feel lousy—and small, easy-to-fix things can turn into bigger ailments, much harder to cure. Nip it in the bud. *Go to confession! +*

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WOMEN

Our Women's Club meeting will be on Tuesday, September 11, 2018 in Fr. Ghannam Hall at 6:30 PM. NO DINNER. Coffee and pastries. Guest Speaker: Jamil Samara, he will be taking about Technology that Unites, Divides, and Binds Us: How We Are More Disconnected and Addicted than Ever in This Connected World.

At our Women's Club meeting on Tuesday, December 4, 2018 in Fr. Ghannam Hall at 6:00 PM., we will have ELECTIONS for the Women's Club from January 1st 2019 to December 31, 2020.

Please give your name to Lorice Swydan at lorices@yahoo.com if you are interested in running for office for the Women's Club: President, Vice-President, Treasurer, Recording Secretary, Financial Secretary and Corresponding Secretary.

CHURCH SCHOOL Starts September 9

Sunday School will be kicking the year off on September 9th and immediately following The Divine Liturgy we will be hosting an amazing back to Sunday School breakfast. Great news, this year we have updated our website for you to fill out your registrations and media consent forms online. It will only take a few minutes to register your children right from our Church website. If you are having trouble, I will be available on Sunday during coffee hour to help you out. Please feel free to contact me at anytime through email or phone. God bless you all and hope to see you and your families very soon. – Robert Wehbe

A House of Worship and Hospitality

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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.

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. +

The Spiritual Brew is back!

We will meet at Fr. Milad's House every Wednesday in September at 7 pm to discuss current issues and how they relate to us. We are open to any suggestions, too. This will be a potluck event so feel free to bring something. Additionally, if you have any events in mind, email SaintGeorgeYAM@gmail.com.

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UPCOMING EVENTS

Contact the Cathedral office or organization members for more details.

SEP 14-17	Antiochian Village Adult Camp	SEP 28-30	Men's Retreat St. Methodios Retreat Center in Contoocook, NH
SEP 15	Diocesan SOYO meeting: Saint Michael on the Cape	OCT 28	Metropolitan Josephs' luncheon at the Cathedral



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Charles M. Dowd Memorial Golf Tournament



October 1, 2018

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at our Middle East Buffet

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followed by appetizers
and dinner at 6:30 p.m.

For more details contact Michael Dowd: 508-752-9150

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