

St. George Orthodox Cathedral Bulletin - July 18, 2018 - Published Weekly
St. George Orthodox Cathedral, 30 Anna Street, Worcester, MA 01604



St. George Antiochian Orthodox Cathedral

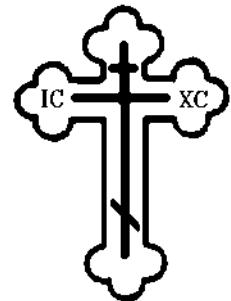
His Eminence Metropolitan JOSEPH, Archbishop of
New York and Metropolitan of all North America

His Grace, Bishop JOHN, Auxiliary Bishop of the
Diocese of Worcester and New England

Rev. Fr. Milad Selim, Dean

Rev. Fr. Seraphim Solof, Assistant Pastor

Rev. Dn. Anthony Payne



We are happy to welcome visitors to the Orthodox Church. We are blessed by your presence. Because the Orthodox Church understands communion to be the union of its membership, only those Orthodox Christians who have prepared properly should approach the chalice for communion. Those who belong to other "communions", but would like to come into the Orthodox Church, should speak to one of our clergy to begin preparation. Thank you for your respect and understanding.

Office

30 Anna Street

Worcester, MA 01604

Telephone: (508) 752-9150

Fax: (508) 753-5623

E-mail: office@stgeorgeworcester.org

Web page: www.stgeorgeworcester.org

Pastor's Contact

fr.milad.selim@gmail.com

Hall Rental Information

The Hall at St. George: 508-752-9150

TONE: 7

EOTHINON: 8

VESPERS: 5 PM

CHURCH SCHOOL: 9 AM

MATINS: 9 AM

CONFESION: 9:15-9:45 AM

DIVINE LITURGY: 10 AM

Sunday July 22, 2018

All boys are eligible to serve during the summer months.

Come to the Altar **NO LATER** than 10:00AM for the start of Liturgy and see Dr. Wood.

Please dress appropriately including dress shoes and tie.

The Reading from the First Epistle of St. Paul to the Corinthians. (1:10-17)

Brethren, I appeal to you, by the Name of our Lord Jesus Christ, that all of you agree and that there be no dissension among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius; lest anyone should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to preach the Gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

The Reading from the Holy Gospel according to St. Matthew. (14:14-22)

At that time, when Jesus went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to Him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to Him, "We have only five loaves here and two fish." And He said, "Bring them here to Me." Then He ordered the crowds to sit down on the grass; and taking the five loaves and the two fish He looked up to Heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then Jesus made the disciples get into the boat and go before Him to the other side, while He dismissed the crowds.

RESURRECTIONAL APOLYTIKION IN TONE SEVEN

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

APOLYTIKION OF ST. MARY MAGDALENE IN TONE ONE

When Christ God had been born for our sakes from the Virgin, * thou faithfully didst follow Him, keeping His statutes * and heeding His sacred laws, O august Mary Magdalene.* Hence, as we today observe thy holy remembrance, * we receive the loosing of our sins and transgressions * through thy holy prayers for us.

KONTAKION FOR ORDINARY SUNDAYS IN TONE TWO

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

Announcements

Family Camp: Diocese of Worcester & New England Camp is open to all families of all ages! Escape the stress of everyday life for a Christ-filled family weekend at St. Methodios Faith & Heritage Center in Contoocook, NH, October 5-7, 2018! Registration deadline is September 28th, for more information, contact Khalil Samara at: FamilyCampNE@gmail.com

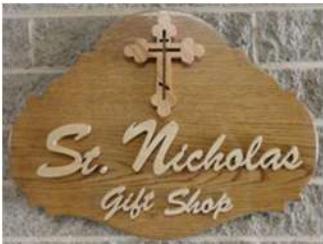
Teen SOYO Fall Camp: Grades 7-12, join your favorite AV Staff for a weekend of faith and fun with your fellow teens from our diocese! Teen Camp will also be at St. Methodios Faith & Heritage Center in Contoocook, NH, October 5-7, 2018! Registration details will be announced soon, visit www.antiochian.org/worcester for more information.

Antiochian Village Camp: It's Summer Camp... Just for adults! Adult Camp is for anyone who wants to come spend a weekend in the beautiful natural setting of the Antiochian Village Camp growing in our Faith. Campers will get to enjoy fellowship with each other, daily services, Christian Education, afternoon programs, arts & crafts and more! Register for our Antiochian Village Camp today! Campers must be 21 or older. Camp will begin Friday, September 14th and will end on the following Monday, September 17th, 2018! For more information or to register, visit avcamp.org

Feed My Starving Children (FMSC) **REGISTRATION IS NOW OPEN**

MobilePack Event: Be sure to mark your calendar for August 4th, for our 4th Feed My Starving Children (FMSC) MobilePack Event! Our goal is to raise \$22,000, register 500 volunteers and pack 100,000 meals. To donate and register, please visit our website stgeorgeworcester.org

FMSC 4TH ANNUAL CALENDAR RAFFLE: Our Calendar Raffle will take place the entire month of July. Tickets are \$5 each or 5 tickets for \$20! Winners will have the opportunity to win again as their names are re-entered. To purchase your tickets, please see a member of our team during coffee hour or contact the Cathedral Office at 508-752-9150. It's not too late to purchase some.



Come on in and shop at the St. Nicholas Gift Shop

Great Gifts for all occasions, Baptism, Birthday, Name Day, Graduation, Engagement and much more at great prices!!! Please stop by and see us. Credit/Debit cards accepted. Gift Certificates available.

Holy Trinity:

HOLY TRINITY RECEIVES: Mass HIway Award. In 2012, the Commonwealth launched a statewide health information exchange initiative called Mass HIway. The goal is to integrate physicians' offices, hospitals, laboratories, pharmacies, skilled nursing facilities and other healthcare organizations into a system that allows vital medical data to be transmitted electronically. Thanks to Holy Trinity's tech specialist, Yanni Mironidis, Holy Trinity is one of three nursing facilities to receive this Award for IT excellence. The Award comes with a \$6,000 grant directed toward this effort.

REHAB AT HOLY TRINITY: A story of Courage and Persistence. Read how **Nijazi Sadiku** endured the loss of both of his feet, and with the help of the Holy Trinity Rehab team learned to walk again. Go to: <https://www.htnr.net/a-profile-in-courage-and-persistence> to view a TV3 news report, and read the whole story.

DIVINE LITURGY: Celebrated every Wednesday morning at 9:30am. Everyone is welcome. Come and spend some time with the residents; they would really appreciate it!

REMEMBER: Holy Trinity Nursing and Rehabilitation Center is an Orthodox Charity and relies on your donations to continue its mission of providing the best care possible.



Host a Variety of Events at St. George Cathedral

Corporate Meetings - Weddings - Seminars - Group Testing - Trade Shows - Auctions - Classes

Whether you are holding an informal gathering for 25 or a corporate meeting for 600, St. George Cathedral has the multi-purpose function room you need at a price you can afford. With more than 6,000 square feet of floor space in our auditorium and 1,440 square feet in our Ghannam Hall, in addition to 6 breakout classrooms and a 12-seat conference room, we can accommodate your next event. Ample free parking and light catering are also available to facilitate a smooth and successful event. St. George Cathedral offers a quiet, convenient space without the distractions and expenses of a convention center or busy hotel.

St. George's Office Hours:

Our office hours have changed. If you would like to reach us, please be sure to call or stop by between the hours of 9:00 AM and 2:00 PM Monday - Thursday. **We are closed on Fridays.** Be sure to meet our new Office Administrator, Hailey. All Stewardship related questions will be forwarded to our bookkeeper, Jaime.

Orthodox Christian Witness Program: Spiritual Pilgrimage

Fall 2018-Spring 2019

Antiochian Orthodox Christian Diocese of Worcester and New England



Participants

Clergy, chaplains, laity, counselors, therapists, physicians, parents, and Christian educators.

Program Requirements

Two years (4 semesters, 8 units total) with one Round Table Unit and one Practicum Unit each semester.

Certificate of Completion

Granted to participants completing the entire program.

Registration Fee

Suggested **\$100 per each unit** (includes materials and refreshments; lunch/dinner are not included).

Purpose

This program and journey is an opportunity for anyone interested to learn, to reflect, and to be transformed through the Orthodox Christian Faith in preparation for various ministries.

Goals

This spiritual pilgrimage is an interdisciplinary approach to create a cadre of leaders in the church. It is aimed to empower and equip Orthodox Christians to nourish and share the faith in 21st century by:

- *Offering frameworks and models of encountering God.*
- *Offering frameworks and tools in order to enhance and facilitate inner spiritual growth.*
- *Using Orthodox Christian theology and contemporary perspectives to encounter God.*
- *Gaining insights and methods to witness and to share the faith.*
- *Enhancing leadership skills in order to contribute effectively in parish ministry and to the world at large.*

UNITS

1. The Sacraments and the Liturgy
2. Growing in Christ - Healthy Attachments and Detachments
3. Parables and the Scripture
4. Christian Hospitality - True Self and the Inner Kingdom
5. Relationships within the Body of Christ
6. Walking the Walk - Mentorship
7. The Life of the Spirit - What is God doing in our Lives
8. Free Will and Christian Choice

Program Interdisciplinary Leadership Team

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Archpriest Antony Hughes, M.Div., Pastor St. Mary Orthodox Church Cambridge MA, prison Chaplain, post graduate studies in Counseling and Pastoral Care, Internal Family System (IFS) Level 1.

Ioana Popa MD, Psychiatrist, Certified Internal Family System IFS Therapist, Level 1,2,3, Life and Organizational Leadership Coach, Counselor Hellenic College Holy Cross, Brookline MA, pursuing a Master in Theological Studies.

Richard J. Robbat Ph.D. Curriculum & Instruction, Superintendent of Schools, Teacher, Antiochian Archdiocese Departments of Lay Ministry and Stewardship.

Sebastien Falardeau, PhD candidate in Theology, Chaplain Franciscan Children's Hospital, Master in Theology, Master in Practical Theology (Spiritual Care), Internal Family System (IFS) Level 1.

Upcoming Dates - Semester I, Fall 2018

Round Table Unit 1: Thursdays 7pm-9pm – Sept. 13, 20, 27; Oct 4, 11, 18, 25; Nov. 1, 15, 29.

Practicum Unit 2: Saturdays 9:30am-5:30pm – Oct. 20, Nov. 17, Dec 1.

For questions please email at popalifecoach@gmail.com or call at 617-455-7192

See Pamphlet for more details and for Registration Form

TRISAGION PRAYERS AND HOLY KURBAN IN LOVING MEMORY OF:

- Nicholas and Mary Kourey, their daughter Gladys Mahassel and her husband Raymond, from Victor and Mary Ann Kourey
- Aida Rizk (1 year) from Najib Rizk

PRAYERS OF OBLATION IN LOVING MEMORY OF:

- Herbert Haddad from Beatrice Haddad & family
- Violet Salem, from Patricia Milhem, God rest her soul
- Madeline A. Wood from Ron and Aileen Abraham
- Our brother, Albert Gammal Jr., May he be received into heaven as a good and faithful servant of the Lord, from the Master, Wardens, and members of Boylston Lodge A.F. & A.M.
- My very dear friend, Madeline Wood, from Shirley Dowd

PRAYERS OF OBLATION FOR THE HEALTH OF:

- Patricia Ravenelle from Helen Hayeck and family
- My brother, Kenneth, from Patricia Milhem
- Walton Ryan from Patricia Milhem
- Birthday Elias (7-22) Abraham (7-25) May God grant you many, many years.
Love Mom, Dad and David Ayoub
- Ray & Ginnie Samra and Shirley George from Yvonne Eid
- In honor of Shirley George from Ron and Aileen Abraham

Sponsor Coffee Hour

If you would like to sponsor coffee hour, we have some Sundays available! To sponsor our coffee hour, please contact the Cathedral Office at (508)-752-9150 or email us, stgeorgeworc@gmail.com to make your reservation! Any questions will be answered by the Office Manager.



TURN DOWN THE VOLUME

With today's modern technology, news is reported 24 hours a day - 7 days a week. Young adults don't remember a time when you couldn't turn on the TV, hit a button on the phone or turn on the computer to find out what is going on at any given time of the day, in any part of the world. There are so many channels to watch on TV. With so many devices that entertain, inform and distract us, maybe sometime we simply need to "unplug."



That kind of solitude and time for reflection is beneficial for each of us. We need to turn it all off and rest our minds for a little while. Jesus often drew aside for a time - especially when He wanted to take time to pray. He even encouraged the disciples to step away for a brief time (Mark 6:31). Making time for silence and closing out all the outside "noise" allows us to draw near to God. It allows us to clear our mind and listen to what is genuinely important.

A wonderful place to clear our mind is Church. Going to services helps us to take time to quiet the outside world and "hear" the word of God. It allows us to turn off all that distracts us and to listen carefully when God speaks to us.

Follow the example and wisdom of Christ. Get away by yourself and "rest a while." Your body, mind and spirit will thank you for it!

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.



St. George Orthodox Cathedral MobilePack Event

We are raising \$22,000 to pack 100,000 meals for starving children in 70 countries and we encourage you and your family to join us in this life-altering event. Children as young as 5 years of age are welcomed to volunteer.



**500
VOLUNTEERS**

**100,000
MEALS**

*Your participation will help
change the world,
one meal at a time!*

**The only location to host
this event in the entire
Commonwealth of Massachusetts**

**1
VERY SPECIAL DAY**

Donate and register to volunteer at stgeorgeworcester.org
or mail a check to Feed My Starving Children Attn: MobilePack #1808-163MI
401 93rd Avenue NW, Coon Rapids, MN 55433.

Checks should be payable to FMSC, memo line MobilePack #1808-163MI.

DONATE

Follow us on Facebook at [St. George Orthodox Cathedral MobilePack](#)



HOST	St. George Orthodox Cathedral
WHEN	August 4, 2018
WHERE	30 Anna St., Worcester, MA 01604
TO REGISTER & FIND OUT MORE FMSC.ORG/MOBILEPACK	



ORTHODOX YOUNG PROFESSIONALS CONFERENCE

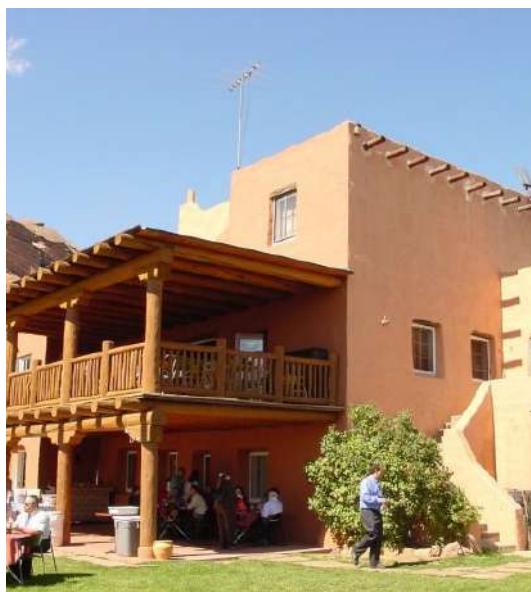
Hosted by: Young Adult Ministry of the Antiochian Orthodox Christian Archdiocese of North America

AUGUST 16-19, 2018 ~ DENVER, CO

4 day, 3 night conference for Orthodox Christian Young Adults, by Orthodox Christian Young Adults. Speakers include Fr. Milad Selim, Katrina Bitar and Protodeacon Peter Danilchick. Evening events include: Thursday Night Mixer at the Viewhouse, Friday Night Dinner & DJ at the Trading Post Backyard at Red Rock Amphitheater and Saturday Night Dinner and Dancing at the Curtis Hotel.



www.oypc.org



ANTIOCHIAN VILLAGE

ADULT CAMP



REGISTRATION
OPENS
MAY 1

CAMPERS 21+

SEPT. 14-17

IT'S SUMMER CAMP...
JUST FOR ADULTS!

Orthodox Christian Witness Program:

Spiritual Pilgrimage

Fall 2018-Spring 2019

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For questions please email at popalifecoach@gmail.com or call at 617-455-7192

See Pamphlet for more details and for Registration Form



Monday October 1, 2018

Charles M. Dowd
Memorial Golf Tournament
Parish Dinner
after Golf

EVERYONE is welcomed!



Antiochian Orthodox Christian Archdiocese
Diocese of Worcester & New England

Family Camp

at St. Methodios Faith & Heritage Center in Contoocook, NH

October 5-7, 2018

Escape the stress of everyday life for a Christ-filled family weekend
on the shore of beautiful Clement Pond in New Hampshire!

- Daily Services
- Sports
- Antiochian Village Staff
- Arts & Crafts
- Canoeing
- Christian Ed
- Campfire
- Family Time



With Keynote Speaker
Katrina Bitar

YES Program Director of
FOCUS North America

Open to families of all ages

Registration Deadline: September 28



For more info contact Khalil Samara at:
FamilyCampNE@gmail.com
www1.antiochian.org/worcester





SOYO FALL CAMP

with Guest Speaker Katrina Bitar

YES Director, FOCUS North America

OCTOBER 5-7, 2018

AT ST. METHODIOS CAMP, CONTOOCOOK, NH

GRADES 7-12

Join your favorite AV Staff for a weekend of faith and fun
with your fellow Teens from our Diocese!

REGISTRATION DETAILS WILL BE ANNOUNCED SOON
WW1.ANTIOCHIAN.ORG/WORCESTER

July 2018

Feed My Starving Children MobilePack Event

August 4th

Sign up to volunteer and donate on our website: stgeorgeworcester.org

100,000 meals \$22,000 500 volunteers 1 very special day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Orthros: 9 am Divine Liturgy: 10 am	2	3	4  Independence Day	5	6	7 Vespers 5 pm
8 Orthros: 9 am Divine Liturgy: 10 am	9 Parish Council Meeting 7 pm	10	11	12 Paint Nite 7 pm at the Cathedral \$35 per person	13	14 Vespers 5 pm
15 Orthros: 9 am Divine Liturgy: 10 am	16	17	18	19	20	21 Vespers 5 pm
22 Orthros: 9 am Divine Liturgy: 10 am	23	24	25	26 Men's Club 6 pm	27	28 Vespers 5 pm
29 Orthros: 9 am Divine Liturgy: 10 am	30	31	1 Dormition Fast begins August 1st - 14th	2 FMSC Food Truck Arrives at the Cathedral	3 FMSC Hall Setup	4 FMSC Packing Day 1st Shift 8:00 - 10:00 2nd Shift 10:30 - 12:30 3rd Shift 1:30 - 3:30