

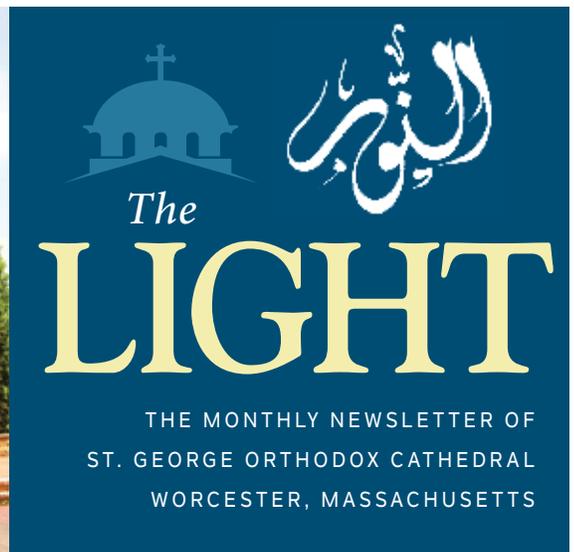
His Eminence
Metropolitan JOSEPH, Primate

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



Caregiving—A cross we bear



Fr. Milad Selim

One of the most basic realities of our existence is that at any given point in our life, we find ourselves providing some level of care for someone. Parents who bring children into this world immediately begin to feel the need and responsibility of caring for their young child. In fact, this feeling is experienced from the moment of conception when the mother begins to carry their child in her womb. As the child grows, parents' level of care changes. Fast forward to the future, and now the child finds him/herself as the caregiver, a reality that can seem so difficult to handle. The other reality that can emerge is the spouse becoming the caregiver. In either case, the burden and fear experienced by caregivers is real.

What about the fear of becoming the one needing to be cared for? Yes, it exists. In my opinion, no one likes to be a burden on someone else, including our children and spouses. We have an innate feeling inside of us that tells us to take care of the needs of others, not the other way around. Having to receive care means I am no longer able to... and you may fill in the blank here: drive, walk, work, speak, think, remember and the list can go on and on. I have yet to meet someone who looked forward to the possibility of experiencing these disabilities. Let's not forget the feeling of losing independence and control.

In either of the circumstances mentioned above, the burden of care brings on physical, emotional, social and financial challenges. As the pastor of hundreds of families, I can comfortably say that I have seen every possible caregiving scenario out there. I have witnessed the distress this reality causes. I have heard the stories of the unbearable physical and emotional fatigue experienced by spouses who have become caregivers and who are advanced in

age themselves. My point is, this reality is extremely complex and must be approached with a high level of support, compassion, and love. While it has its costs, including increased stress, anxiety and depression, it also has the potential of bringing the caregiver and the one being cared for closer together through a spirit of humility, faith and love.

One can spend a lot of time reflecting on the emotional roller-coaster experienced by both sides, emotions like anger, regret, loneliness, pain, fear and confusion. These feelings can emerge at different times and stages. They can also be experienced all at the same time, leading the person into dark places where hope, faith and ultimate relief seem like a certain myth. These feelings do not necessarily go away after the passing of the person being cared for. The caregiver often experiences a sense of guilt and loneliness. "I wish I would have been more patient with him" is what I often hear, or, "I don't know what to do during the day now that she's gone, I see her in every corner of the house", "I am angry because I just realized that I was a caretaker for most of our marriage and we did not experience our marriage like others do." It is okay to have all of these feelings; the important thing is, you need to talk about them. Also remember that while memories remain, healing and recovery are possible with the passing of time and by surrounding ourselves with those who love and support us. We eventually begin to reconcile our feelings and learn new ways of coping and existing.

Let us not forget that Jesus became our ultimate caregiver. He loved us so much, He was willing to experience the feelings mentioned above: fatigue, pain, insult, fear and even loneliness; and yet, He remained on the Cross in order to fulfill what He was sent to do, heal our wounds, uplift our burdens, lighten the load and provide salvation, saying to all: "Come to me all ye who labor and are burdened and I will give you rest" (Matthew 11:28). +

DORMITION OF THE MOST HOLY THEOTOKOS



AUGUST 15TH

O thou most Holy Virgin,
who knew not wedlock, the
heavens rejoice in thy glorious
falling asleep, the hosts
of angels are glad, and the
whole earth crieth out in joy,
singing to thee the funeral
song, O Mother of the Lord
of all, thou who hast delivered
human kind from its
ancestral condemnation.

—*Orthros of the Feast, Tone 4*





FR. SERAPHIM'S
fun facts

How do you stay true to your faith when you disagree with certain teachings of the church?

This is a fabulous question, suggested to me by a parishioner. (Your suggestions are always welcome!)

Well, first of all, you wouldn't be the first one to face a situation like this. Jesus's disciples and apostles, themselves, had issues with some of the things He said to them. Remember when He told them, "Unless you eat the flesh of the Son of Man and drink His blood, you have no life in you...?" "Many of His disciples, when they heard this, said, "This is a hard saying; who can understand it?" (St. John 6:53-60) And, that time St. Peter told Him there was *no way* He was going to go to Jerusalem to suffer and be killed? Jesus turned and said to him, "Get behind Me, Satan! You are an offense to Me, for you are not mindful of the things of God, but the things of men." (St. Matthew 16:21-23) Ouch!!

Some of the disciples and apostles, when they disagreed with Him, abandoned Him: *From that time many of His disciples went back and walked with Him no more. Then Jesus said to the twelve, "Do you also want to go away?" But Simon Peter answered Him, "Lord, to whom shall we go? You have the words of eternal life. And we have come to believe*

and know that You are the Christ, the Son of the living God."

(St. John 6:66-69)

I'm with St. Peter. Where else would we go? Jesus is the Christ, the Son of the Living God! And His words are eternal life for us. So leaving is a *terrible* option.

In that case, how do we stay true to our faith when we have trouble understanding or agreeing with some of the church's teachings? Here's what I'd advise.

First, talk to your priest. Make sure you understand what the church *actually* says. Most times, if what you've heard sounds crazy, something's been misunderstood or misrepresented. Even well-meaning people can inadvertently distort church teachings based on their own presuppositions, or perhaps they simply don't understand, themselves.

Second, be humble. If the church has believed and taught something all over the world for the past 2,000 years, don't be too quick to write it off as *passé* or ignorant or bigoted. Remember that God loves us

and wants the best for us and wants to protect us from harm. He knows more than we do, just as a parent knows more than his or her children. Sometimes the

kids don't like their parents' rules—but down the road (when they're parents themselves!), they understand and are grateful for the loving care they received.

And finally, be honest. If, after study

and reflection, you *still* can't get your head around something, admit that it's something you're struggling with, but don't attack the church, pick fights, try to persuade others that you are right and the church is wrong, etc. Stay respectful, acknowledge the difficulty or disagreement, talk to your priest about it in confession, but—for heaven's sake!—don't let it tear you away from the church. Stay true to your faith even if you have to struggle, even if you have to take things on faith.

We can all pray with the father of the demon-possessed child that Jesus healed: "Lord, I believe; help my unbelief!" (St. Mark 9:24) +

Lord, to whom shall we go? You have the words of eternal life. (St. John 60:68)



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 reasonable prices!!! Please stop by and see us.

All credit / debit cards accepted. Gift Certificates available.

Pastoral visits:

If you or a family member are in the hospital and would like a pastoral visit, please don't hesitate to contact Fr. Milad or our Cathedral Office at 508-752-9150.




Landscaping & Retaining Wall Construction

Asphalt Paving • Sealcoating
Snow Plowing & Sanding

Suburban Blacktop
Asphalt Paving & Excavation Contractor

Free Estimates
Ron McDonald, Owner
508-795-3832 | suburbanblacktop.com



Mercadante
FUNERAL HOME
& CHAPEL
Est. 1961

370 Plantation Street, Worcester
508.754.0486
Toll Free 800.854.0486
Fax: 508.798.0394
www.mercadantefuneral.com



El Basha
RESTAURANT & BAR

elbasharestaurant.com

423 Boston Post Rd. Sudbury 978.579.4970	424 Belmont St. Worcester 508.797.0884
2 Connector Rd. Westborough 508.366.2455	256 Park Ave. Worcester 508.795.0222

Now Open 880 Walnut St., Newton | 617.916.9076

**ST. GEORGE
ORTHODOX**



WOMEN

At the Parish Life Conference that took place on Saturday June 23, 2018 at St. John of Damascus Church in Dedham, MA some of the ladies from our church attended the meeting of the Antiochian Women. The meeting was very informative and it was well attended by ladies of several churches.



Our LED lighting project is underway.

	Incandescent	LED
Incandescent vs. LED...why the switch?		
Lifespan	1,200 hrs	25,000 hrs
Watts used	60W	10W
Bulbs needed for 25,000 hours	21	1
Total cost of electricity used	\$180 <small>(25,000 hrs at \$0.12 per kWh)</small>	\$30
Total operational cost over 23 years	\$201	\$38



Camp reflection



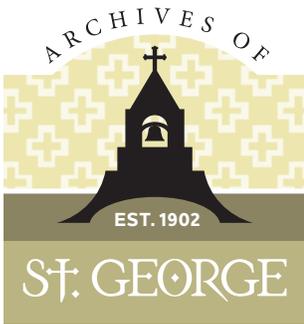
Many thanks to those who supported our campers fund this year. We were able to provide financial assistance to some of our campers who requested support and traveling cost subsidy to all of our campers and chaperones.

Gain optimal health with
inBalance
Chiropractic & Wellness

Dr. George Debs Dr. Jaclyn Debs
Dr. Saman Pezeshki Dr. Ryan Chin

352 Boston Tpk. 440 Arsenal St.
Shrewsbury Watertown
508-425-3304 617-926-0202

www.inbalancecw.com



The Syrian-American Drum Corps was organized in 1938. Many of our male parishioners were members. Edward Haddad donated his uniform, including this hat and flute, to the archives many years ago. Come into the archives and see the photograph of the entire group of talented men. +



Worcester
28 Lake Avenue
508.756.6916
Fax: 508.754.1883

Westboro
3A Colonial Drive
508.366.8958
Fax: 508.836.4757

Home of
the Famous
Regatta
Club

www.regattadeli.com

The best parties begin at



ED HYDER'S
Mediterranean Marketplace

408 Pleasant Street, Worcester
508.755.0258 | edhyders.com

navin, haffty & associates

Partnering with healthcare organizations to maximize the value of the MEDITECH EHR.

888.837.1300
www.navinhaffty.com
1900 West Park Drive, Suite 180
Westborough



Susan Kalil Collins
Owner / Realtor
508-523-7237



Sales • Vacation Rentals

Collins & Demac
Real Estate

520 Main Street • Shrewsbury

UPCOMINGEVENTS

Contact the Cathedral office or organization members for more details.

AUG 16-19 Orthodox Young Professionals Conference Denver, Colorado

SEP 14-17 Antiochian Village Adult Camp

Want to come spend a weekend in the beautiful natural setting of the Antiochian Village Camp, growing in your Faith? Visit avcamp.org for more information or to register.

OCT 5-7 Family Camp: Diocese of Worcester & New England.

Open to all families of all ages! To be held at St. Methodios Faith & Heritage Center in Contoocook, NH. **Registration deadline is September 28th**, for more information, contact Khalil Samara at: FamilyCampNE@gmail.com

OCT 5-7 Teen SOYO 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. Registration details will be announced soon, visit ww1.antiochian.org/worcester for more information.



ST. GEORGE
ORTHODOX CATHEDRAL

30 Anna Street, Worcester, MA 01604
508-752-9150 | stgeorgeworc@gmail.com
www.stgeorgeworcester.org

To advertise for \$65/month contact the Cathedral Office.

The Light is made possible by the generous support of our advertisers. Please mention you saw their ad here. Thank you.



Save the Date

October 1, 2018

Charles M. Dowd Memorial Golf Tournament

Celebrating our 28th anniversary

Parish Dinner after Golf
Everyone welcome



Recent Holy Sacraments Celebrated at St. George Cathedral



BAPTISMS

Neyla Salwa Belmaachi
06/30/2018
Father: Hicham Belmaachi
Mother: Rana Marie Abodeely

Nassim Sami Belmaachi
06/30/2018
Father: Hicham Belmaachi
Mother: Rana Marie Abodeely

William B. Randolph III
07/01/2018
Father: William Bryan Randolph, II
Mother: Joanna Marie Dixon



Non-Profit Org.
U.S. Postage
PAID
Worcester, MA
Permit No. 46

30 Anna Street
Worcester, MA 01604

ST. GEORGE
ORTHODOX CATHEDRAL



Diocese of Worcester and New England
of the Antiochian Christian Archdiocese
of North America



RETURN SERVICE REQUESTED