

COMMUNION



*“Take, eat;
this is My body which
is broken for you;
do this in
remembrance of Me.”*

1 Cor. 11:24



St. George Orthodox Cathedral Bulletin - May 22, 2019 - 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

Open: Mon.—Thurs. 9AM to 2PM
30 Anna Street

Worcester, MA 01604

Telephone: (508) 752-9150
Fax: (508) 753-5623

E-mail: stgeorgeworc@gmail.com

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: 4

EOTHINON: 7

VESPERS: 5 PM

CHURCH SCHOOL: 9 AM

MATINS: 9 AM

CONFESION: 9:15-9:45 AM

DIVINE LITURGY: 10 AM

Sunday May 26, 2019

ALL ALTAR BOY TEAMS

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 Acts of the Saintly and Pure Apostles. (11:19-30)

In those days, the Disciples, who were scattered because of the persecution that arose over Stephen, traveled as far as Phoenicia and Cyprus and Antioch, speaking the Word to none except Jews. But there were some of them, men of Cyprus and Cyrene, who, upon coming to Antioch, spoke to the Greeks also, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number that believed turned to the Lord. News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose; for he was a good man, full of the Holy Spirit and of faith. And a large company was added to the Lord. So Barnabas went to Tarsus to look for Saul; and when he had found him, he brought him to Antioch. For a whole year they met with the church, and taught a large company of people; and in Antioch the Disciples were for the first time called Christians. Now in these days prophets came down from Jerusalem to Antioch. And one of them named Agabus stood up and foretold by the Spirit that there would be a great famine over all the world; and this took place in the days of Claudius. And the Disciples determined, every one according to his ability, to send relief to the brethren who lived in Judea; and they did so, sending it to the elders by the hand of Barnabas and Saul.

The Reading from the Holy Gospel according to St. John. (4:5-42)

At that time, Jesus came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as He was with his journey, sat down beside the well. It was about the sixth hour. There came a woman of Samaria to draw water. Jesus said to her, "Give Me a drink." For His Disciples had gone away into the city to buy food. The Samaritan woman said to Him, "How is it that Thou, a Jew, ask a drink of me, a woman of Samaria?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and Who it is that is saying to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water." The woman said to Him, "Sir, Thou hast nothing to draw with, and the well is deep; where do you get that living water? Art Thou greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Everyone who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst forever; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to Him, "Sir, give me this water, that I may not thirst, nor come here to draw." Jesus said to her, "Go, call your husband, and come here." The woman answered Him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly." The woman said to Him, "Sir, I perceive that Thou art a prophet. Our fathers worshiped on this mountain; and Thou sayest that in Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe Me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship Him. God is spirit, and those who worship Him must worship in spirit and truth." The woman said to Him, "I know that Messiah is coming [He Who is called Christ]; when He comes, He will tell us all things." Jesus said to her, "I Who speak to you am He." Just then His Disciples came. They marveled that He was talking with a woman, but none said, "What dost Thou wish?" or, "Why art Thou talking with her?" So the woman left her water jar, and went away into the city, and said to the people, "Come, see a man Who told me all that I ever did. Can this be the Christ?" They went out of the city and were coming to Him. Meanwhile the Disciples besought Him, saying, "Rabbi, eat." But He said to them, "I have food to eat of which you do not know."

Continued to next page...

So the Disciples said to one another, "Has anyone brought Him food?" Jesus said to them, "My food is to do the will of Him Who sent Me, and to accomplish His work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor; others have labored, and you have entered into their labor." Many Samaritans from that city believed in Him because of the woman's testimony, "He said to me all that I ever did." So when the Samaritans came to Him, they asked Him to stay with them; and He stayed there two days. And many more believed because of His words. They said to the woman, "It is no longer because of your words that we believe, for we have heard for ourselves, and we know that this is indeed the Savior of the world."

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying, Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION FOR MID-PENTECOST IN TONE EIGHT

In the midst of this Feast, O Savior, give Thou my thirsty soul to drink of the waters of true worship; for Thou didst call out to all, saying: Whosoever is thirsty, let him come to Me and drink. Wherefore, O Christ our God, Fountain of life, glory to Thee.

THE KONTAKION OF PASCHA IN TONE EIGHT

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

- A n n o u n c e m e n t s -

House Blessings: Fr. Milad is blessing homes. It is encouraged that you have as many family members present for the blessing of your home and be sure to have a candle, an icon, a small bowl of water, a Bible and a list of living and departed family members. If you would like to have your home or business blessed, please contact Fr. Milad or the Cathedral Office (508) 752- 9150.

Men's Club: Calling all men! Calling all men! If you are 18 years or older and a member of this Cathedral, I welcome you to join our Men's Club! It is a wonderful way to connect with other faithful and committed men of the parish; and to share in their spiritual growth.

From our Men's Club President: I am pleased to announce that we have a very special guest for our **May 30th** Men's Club Meeting, Worcester District Fire Chief Dan O'Neil. Chief O'Neil is a very dear friend of mine and a key member of our amazing Worcester Fire Department. Chief O'Neil will speak to us about running a fire department, particularly in a city such as ours; and he will take questions after his talk. So please plan on joining us for this meeting.

— Your brother in Christ, John P. Byrnes - President

Middle Eastern Festival: We are pleased to announce the return of Worcester's only Middle Eastern Food Festival as we commemorate the 50th anniversary of the groundbreaking of our Cathedral. The three-day Festival will be held on **Friday, June 7th through Sunday, June 9th**. This Festival will be a major fundraising event to support our Church and its ministries. We are thrilled to offer sponsorship levels for our Festival. Ad/Sponsorship forms along with your payment, your camera-ready or hand-written ad and any other instructions should be emailed to foodfest@stgeorgeworcester.org, or mailed to: **Middle Eastern Food Festival, 30 Anna St., Worcester MA, 01604. The deadline for all ads along with payment is due on or before Wednesday, May 29th, 2019.** Thank you in advance for your support and we hope to see you at the Festival. For more details on Festival, you may contact us via email at foodfest@stgeorgeworcester.org or via phone at (508) 873-9600.

From The Festival Chair: To all parishioners, I am asking you today to be prepared for the first Middle Eastern Food Festival in over 25 years! We need you to be part of this huge event; we don't want anyone to be left out. We don't want to call you by names, we want you to approach us and ask your position in all the work that needs to be done so we can succeed. It's going to be lots of work and each one of you will make a big difference. Let us prove to God that we are good servants and worthy to be part of His house! Let us be like the servant whose master gave him the five talents and he doubled them according to St. Matthew (25:14-30). Mark your calendars: the Festival will be held June 7th, 8th and 9th, 2019. Thank you in advance for all of your help and support. We have included in the bulletin a sponsorship package and if each one of you brings one sponsor or an ad we can pay for the festival in advance. Please help us to achieve this goal. It could be to advertise your business, for the health or in memory of your loved ones. For more information please contact George ElHoussan at (774) 696-4174 or Gina Sassine at (508) 873-9600.

Adult Paint Night: Come join the fun on **Thursday, June 6**, - Absolutely no skill required - FUN GUARENTEED! Adult Paint Night will take place from 7:00PM to 9:00PM at the artReach Studio located at 322 West Boylston St. in Worcester. \$25 per person - pay at the door / BYOB & snacks!!! All proceeds go to Feed My Starving Children. We hope to see you there!

The Spiritual Brew: Elevating our understanding of the Christian Orthodox faith and providing everyone with spiritual uplifting topics. This will be a monthly gathering on Sundays during our Coffee Hour from **12:00PM to 1:00PM**. Parishioners will have the opportunity to ask questions following the presentations. Upcoming dates/topics:

June 23rd The Intercession of the Saints.

FMSC Raffle Calendar: Tickets are being sold on Sundays, **up until Sunday, June 30**. Winners will be picked each day in the month of July!

From the Men's Club: A special thanks to all of our sponsors and all who made the Mother's Day event a great success.

Holy Trinity: Divine Liturgy is celebrated every Wednesday at 9:30AM. Please always keep Holy Trinity Nursing Home, its staff, directors, residents and families in your prayers!

The following items are needed for our Festival. If you are interested in paying the cost of these items, please contact Christine El Houssan at (774) 696-3365.

items	Quantity	size	price	total
flour	3	50 lb bag	15	45
Tomatoes	12	box	20	240
onions	2	50 lb	20	40
parsley	7	cases	30	210
Precut lettuce	25	box	30	750
cucumbers	2	box	30	60
peppers	2	box	25	50
Burgul	1	50 lb bag	50	50
wild cucumber	3	pail	30	90
Pickled turnip	2	pail	20	40
tahini	3	40 lb pail	85	255
misco fides	15	15 pieces	1.25	18.8
rice (Uncle Bens)	4	50lb box	22	88
boiling onions	2	25 lb bag	25	50
all spice	5	pound	5	25
		cases		
lemon	2	frozen	50	100
falafel spice	5	5 lb	5	25
whole chick peas	2	50 lb bag	43	86
hot dogs	40	dozen	4	160
chicken	700	pound	1.8	1260
beef	700	pound	5	3500
french fries	6	cases	30	180
buns	40	dozen	2	80
zaatar	10	pound	6	60
feta	10	pound	3	30
mozorella	10	pound	3	30
akawi cheese	10	pound	6	60
veg oil	4	5 gallon	24	96
olive oil	2	gallon	24	48
garlic	2	jars	30	60

dessert	quantity	size	price	total
Phylo dough	30	pieces	3	90
nuts	15	pound	5	75
sugar	50	pound	0.5	25
dates	24	pound	3	72
farina	30	pound	0.7	21
butter	36	pound	3	108
		cans		
greibe/crisco	3	(4 lb)	8	24
powder				
sugar	3	pound	4	12



WorcesterMiddleEasternFest.com

"Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine."

-Proverbs 3:9-10

equipment rental		size	price	total
portable Potty handicapped	1	Handi.	165	165
portable Potty	3	Reg.	110	330
tent	1	40 x 80	1800	1800
tent	2	20 x 80	950	1900

PRAYERS OF OBLATION IN LOVING MEMORY OF:

- Minerva Houssan from George & Christine ElHoussan
- Gladys Abdow from Ellen Abdow
- Shahine Kassis from his beloved wife, children and grandchildren

PRAYERS OF OBLATION FOR THE HEALTH OF:

- Fouad & Mona El Nemr, Souad & Dr. Patricia Maalouli from George & Christine ElHoussan
- Maureen & Roy Samra from Shirley Salamy
- Violet Massad on her 90th birthday, from Lorraine & Joseph Lian
- Catherine Abdelmaseh Delnore, on her special birthday, Love your nieces, nephews, great nieces & great nephews
- Matushka Alexandra Safchuk from Daniel & Maria Sak

Coffee Hour: Sponsored today by The Syrian Brotherhood.



Blessing of the Graves on Monday May 27, 2019

9:30 am Paxton

10:45 am Brotherhood Section

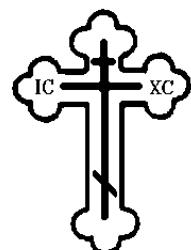
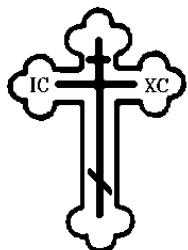
12:00 pm Altar at Hope

THE LORD'S PRAYER IN ARABIC

Abána ládhi fees samawát liyáta qáddas ismuk.

Liyáti malakoótook.

Lítakoon mashee'atook,
kamá fis samá'y kadhálík 'álal 'ard.
Khúbzanal jówhary á'teenal yowm;
wátrook lána ma aláina,
kamá nátrooku náhnu leéman lána 'aláih.
Walá tudkhílna fy tájriba,
lákin nájjeena meénash shareér.



"DO THIS IN REMEMBRANCE OF ME"

As faithful Christians, we come to church every Lord's Day to worship God during the Divine Liturgy. It is an important religious service because the Eucharist is consecrated during it. In a sense, the Liturgy is the Lord's own service. At the Mystical Supper on the night before He died, Jesus took bread and wine, prayed over them, blessed them, pronounced them His body and blood, and then gave them to His apostles to eat. Then He instructed His followers: "DO THIS IN REMEMBRANCE OF ME."

Early Christians did as the Lord had commanded. They met every first day of the week to worship, to pray, to hear God's Word, to offer the bread and wine, have these consecrated by invoking the Holy Spirit, and then partaking of Communion. In this way they both remembered and received Christ.

As parents, we guide our children to confess their sins to Christ in the presence of a Priest, who pronounces God's absolution. We teach them to partake in the sacrament of Holy Communion. The word Communion means a common union of the most intimate kind, enjoyed by Christians with God and with others in the Church. The Priest stands at the Lord's Table, chalice of wine and plate of bread before him, and after prayer and consecration we receive these as the body and blood of Christ.

But Communion does not end in church. We feel Christ's presence in us, we sense His power in our wills, His peace in our lives. And others, too, seeing the joy of our souls, know we have been in the presence of God.

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

middle eastern festival

JUNE 7-9, 2019

St. GEORGE ORTHODOX CATHEDRAL

30 Anna Street • Worcester, MA 01604

WorcesterMiddleEasternFest.com

Featured Musical Guests



Andre Keedy
Friday, June 7



Chadi Nadaff
Saturday, June 8



Mitchell Kaltsunas
Sunday, June 9

Also Featuring... DJ Dre



Mahrajan
2019



Taste Delicious
Middle Eastern Food
Hallal Chicken
Mouth Watering Pastries
All Hand Prepared
◆
Authentic Live
Middle Eastern Music
Dabke Group
Great Activities for Children
Fantastic Raffle
Hookah
Many Vendors

Festival Hours

Friday, June 7
3PM-11PM

Saturday, June 8
12PM-11PM

Sunday June 9
12PM-6PM

ST. GEORGE ORTHODOX CATHEDRAL



MIDDLE EASTERN
FESTIVAL

JUNE 7-9

30 ANNA ST., WORCESTER

WorcesterMiddleEasternFest.com

Rev. Fr. Milad Selim, Dean
Rev. Fr. Seraphim Solof, Asst. Pastor
Rev. Dn. Anthony Payne



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

WorcesterMiddleEasternFest.com

January 08, 2019

Dear Sir/Madam

We are pleased to announce the return of Worcester's only Middle Eastern Food Festival after a 25-year absence, as we commemorate the 50th anniversary of the groundbreaking of our Cathedral building in Worcester. The three-day Festival will be held on Friday June 7th through Sunday, June 9th.

This Festival will be a major fundraising event to support our Church and its ministries, and Some of the charities we fund include the "Christmas Food Basket" which are delivered to One Hundred needy families in the Worcester Area as well as "Feeding My Starving Children" an event where hundreds of meals are packed for starving children around the world.

We are looking forward to welcoming visitors from the Worcester area and all around New England to be part of our Middle Eastern Culture celebration and experience our delicious traditional Middle Eastern foods, sweets, live music, traditional dancing, and souvenirs.

We are thrilled to offer sponsorship levels for our Festival. Enclosed you will find the official Sponsor & Advertising Form with all of our exciting marketing packages that will give your business great exposure. Please note the ad size requirements and sponsor levels are on the back of the form.

Enclosed Ad/Sponsorship form along with your payment, your camera-ready or hand-written ad and any other instructions should be:

E-mailed to *foodfest@stgeorgeworcester.org*, or
Mailed to: Middle Eastern Food Festival
30 Anna St, Worcester MA 01604

The deadline for all ads along with payment is due on or before Wednesday, May 29th.

Thank you in advance for your support and we hope to see you at the Festival. For more details on Festival, you may contact us via email at *foodfest@stgeorgeworcester.org* or via phone at 508-873-9600.

Cordially,
Father Milad Selim, Dean
Christine Elhoussan, Festival Chair

Antiochian Orthodox Christian Archdiocese of North America

Thirty Anna Street, Worcester, MA 01604-1130 | (508) 752-9150 | Fax: (508) 753-5623

stgeorgeworc@gmail.com | *www.stgeorgeworcester.org*



ST. GEORGE ORTHODOX CATHEDRAL
foodfest@stgeorgeworcester.org | (508) 752-9150
WorcesterMiddleEasternFest.com
30 Anna Street, Worcester, MA 01604

SPONSORSHIP LEVELS *(Additional information on reverse side.)*

“FESTIVAL” SPONSOR - \$20,000

- Exclusive sponsorship, at this level, for your specific business (based on availability)
- Two full page Color Ads
- Pre-printed T-shirts with your company logo for all the festival volunteers to wear
- Personal tent for up to 6 people with the company logo hanging on the tent
- Sponsorship Recognition in Ad Book & on Festival Site (entrance of the church)
- Banner in Prime Location Prior & During Festival
- Recognition at Podium throughout Weekend
(opportunity for a 10 minute presentation about the business)
- Logo w/ link on Festival webpage, printed flyers, & recognition on social media (Facebook, Twitter)
- Food Vouchers (\$400 value)

“MEZZA” FOOD SPONSOR - \$10,000

- One Full-Page Color Ad
- Sponsorship Recognition in Ad Book & on Festival Site
- Banner in Prime Location behind Band, in the food tent, and at Souk tent
- Recognition at Podium throughout Weekend
- Logo w/ link on Festival webpage, printed flyers, & recognition social media (Facebook, Twitter)
- Food Vouchers (\$300 value)

“DABKE” ENTERTAINMENT SPONSOR - \$5,000

- One Full-Page Color Ad
- Sponsorship Recognition in Ad Book & on Festival Site
- Banner in Prime Location in Food Tent and inside Souk tent
- Logo w/ Link on Festival webpage & recognition on social media (Facebook, Twitter)
- Food Vouchers (\$200 value)

“SOUK” MARKETPLACE SPONSOR - \$2,500

- One Full-Page Color Ad
- Sponsorship Recognition in Ad Book & on Festival Site
- Banner in Prime Location inside Souk
- Logo w/ Link on Festival webpage & recognition on social media (Facebook, Twitter, and Google Ads)
- Food Vouchers (\$100 value)

BUSINESS & TRIBUTE ADVERTISING

(Ad sizes on back; Silver level & above will get logo w/ web link on Ad Book Page of Festival website.)

- Back Full Page Cover – Color (\$1,000)
- Full Page (Circle one) – Color (\$500) Gold (\$400) Silver (\$300) B&W (\$250)
- Half Page (\$175)
- Quarter Page (\$100)
- Eighth Page (\$75)

Make checks payable to: St. George Orthodox Cathedral For more info, call: (508) 873-9600

Mail to: Middle Eastern Food Festival, 30 Anna St. Worcester, MA 01604



JUNE 7-9, 2019

ST. GEORGE ORTHODOX CATHEDRAL
foodfest@stgeorgeworcester.org | (508) 752-9150
WorcesterMiddleEasternFest.com
30 Anna Street, Worcester, MA 01604

SPONSOR/AD INFORMATION (Ad Book Deadline: Wednesday, May 29, 2019)

Contact Information

Name _____

Contact Name (if different) _____

Company _____

Address _____

City State Zip _____

Phone# _____

E-mail _____

Sponsorship Information

Listing (All levels of sponsorship)

Please print the way your company or name should be listed in event materials.

Acknowledgment (Levels of Sponsorship) – Please provide for use in event materials.

Company logo: submit high resolution vector file (eps, pdf, tiff, 300dpi with fonts embedded)

Company web address or URL Facebook address Twitter address

Tribute Ad – I wish to place a tribute ad (use separate sheet of paper if necessary)

Please use this wording :

Ad Format/Specifications

Electronic Ad –

Submit as hi resolution pdf.

See ad dimensions.

Email to:

foodfest@stgeorgeworcester.org

<p>Full Page 4.75 x 7.75"</p> <p>Back Cover – Color \$1,000</p> <p>Color Page \$500 Gold Page \$400 Silver Page \$300 B&W Page \$250</p>	<p>1/2 Page 4.75 x 3.75"</p>	<p>1/4 Page 4.75 x 2"</p>	<p>1/8 Page 2.4 x 1.75"</p>
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Paint Night

Come Join the Fun!

We are painting plates!

Absolutely NO skill required. Fun guaranteed!

Thursday June 6, 2019

7-9 pm

\$25 per person – Pay at the door



artReach Studio

322 West Boylston Street
Worcester, MA 01606

BYOB and snacks

All proceeds go to : FEED MY STARVING CHILDREN



MOBILEPACK ~
St. George
Orthodox Cathedral
October 5, 2019

To Donate

Make checks payable to FMSC

Memo line MobilePack #1910-139MI

Or Donate online @

stgeorgeworcester.org

Mail Checks to St. George Orthodox Cathedral
30 Anna Street Worcester, MA 01604

Many, many thanks to our sponsor

art
Reach

Every Antiochian Orthodox Church has a story...

***The history of Who You Are, Where You Came From,
What You're Doing, Where You're Going***



***We invite you to share your story as we celebrate together in Grand Rapids July 21–28.
Remember those who came before you and think of those who will follow you.***

***Go to AC2019GR.ORG/FORMS and RESERVE YOUR PLACE IN THE
CONVENTION SOUVENIR JOURNAL TODAY!***



Don't forget to register for the convention, buy your event tickets, and book your hotel rooms!

Save The Date



HOLY TRINITY NURSING & REHABILITATION CENTER

25th Anniversary
Dinner Dance Celebration

SATURDAY, AUGUST 24, 2019

ST. GEORGE CATHEDRAL 30 ANNA STREET WORCESTER, MA

Cocktails 6pm Dinner 7pm

Tables of 10 \$75 per person

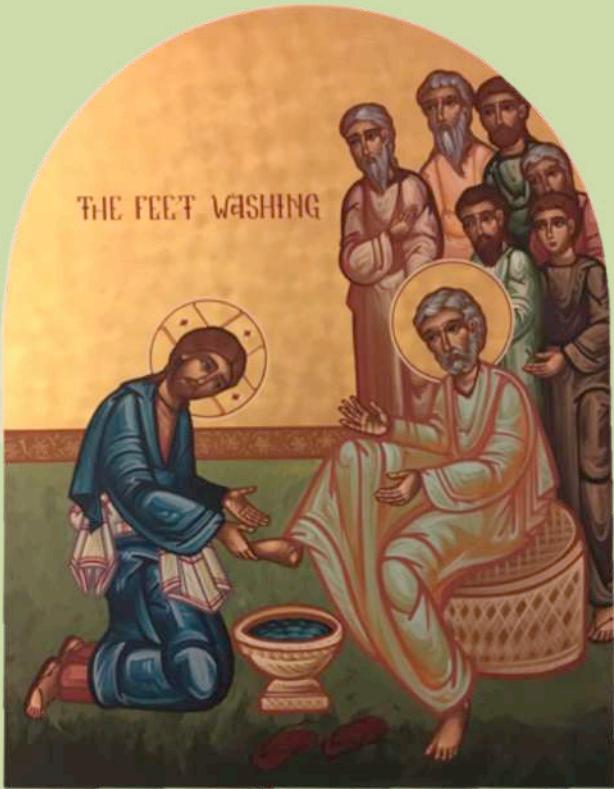
Formal Invitation to Follow

Orthodox Christian Witness Program:

Spiritual Pilgrimage

Fall 2018-Spring 2020

Antiochian Orthodox Christian Diocese of Worcester and New England



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

Program Components: Participants can choose to complete only one unit, a few units, or the entire program.

Certificate of Completion is granted to participants completing the entire program.

Suggested Donation: Although there is a suggested **\$100 per each unit** (including materials and refreshments, except lunch/dinner), anyone can participate independent of the donation amount.

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.*

8 UNITS OVER 4 SEMESTERS (2 Units per Semester)

I. Round Table Units (10 Thursday evening discussions/Semester)

Offering frameworks and models of encountering God using four lenses:

- **The Sacraments and the Liturgy (Sem. 1)**
- **Parables and the Scripture (Sem. 2)**
- **Relationships within the Body of Christ (Sem. 3)**
- **The Life of the Spirit - What is God doing in our Lives (Sem. 4)**

II. Retreat Units (3 Saturdays/Semester):

Offering frameworks and tools in order to enhance and facilitate inner spiritual growth in the following areas:

- **Growing in Christ - Healthy Attachments and Detachments (Sem. 1)**
- **Christian Hospitality - True Self and the Inner Kingdom (Sem. 2)**
- **Walking the Walk - Mentorship (Sem. 3)**
- **Free Will and Christian Choice (Sem. 4)**

Program Interdisciplinary Leadership Team

Bishop John of Worcester and New England, D. Min. in Pastoral Care, Antiochian House of Study Instructor of Priestly Formation and Pastoral Care.

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.

Orthodox Christian Witness Program: Spiritual Pilgrimage

SPRING 2019 UNITS

ROUND TABLE UNIT: *Parables And Scriptures*

- 10 Thursday evening discussions/Semester (with 1 snow date)
- Dates: Thursdays 7pm-9pm:
 - Jan 17, 24, 31
 - Feb 7, 21, 28
 - March 7, 21, 28
 - April 4, 11
- Location: Antiochian Orthodox Christian Diocese of Worcester and New England Chancellery
 - 2 *Lydias Path*
 - Westborough MA 01581

RETREAT UNIT: *Christian Hospitality: True Self And The Inner Kingdom*

- 3 Saturday day-long retreats/Semester
- Dates: Saturdays 9:30am-3:30pm:
 - Jan 26
 - Feb 16
 - March 23
- Location: St. Mary's Orthodox Church
 - 8 *Inman St.*
 - Cambridge MA 02139

**For questions or to register for
one or both units
please email at popalifecoach@gmail.com, or
call at 617-274-8336**



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May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Holy Pascha	29 Bright Monday	30 Bright Tuesday	1 Bright Wednesday	2 Bright Thursday	3 Young Adult Retreat Bright Friday	4 Young Adult Retreat Vespers 5pm
5 Young Adult Retreat Church School 9am Orthros 9am Liturgy 10am	6	7 Women's Club 6pm	8	9	10	11 Setup for Mother's Day Dinner Vespers 5pm
12 Mother's Day Dinner Church School 9am Orthros 9am Liturgy 10am	13 Parish Council Meeting 7pm	14	15 Men's Club Annual Friendship Dinner	16	17 Movie Night- FMSC	18 Vespers 5pm
19 Church School 9am Orthros 9am Liturgy 10am Spiritual Brew 12pm	20	21 Feast of Sts. Constantine and Hellen	22	23	24	25 Vespers 5pm
26 Memorial Sunday Church School 9am Orthros 9am Liturgy 10am	27 Memorial Day 9:30 am Paxton 10:45 am Brotherhood 12:00 pm Orthodox Section	28	29	30 Men's Club 6 pm	31	1 Vespers 5pm