



A  
**DREAM**

written down with a date becomes a  
**GOAL**

A goal broken down into steps becomes a  
**PLAN**

A plan backed by  
**ACTION**  
makes your dreams  
**REALITY**



St. George Orthodox Cathedral Bulletin - October 16, 2019 - Published Weekly  
St. George Orthodox Cathedral, 30 Anna Street, Worcester, MA 01604



## **St. George Antiochian Orthodox Cathedral**

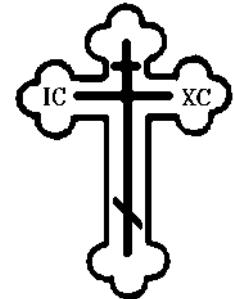
His Eminence Metropolitan JOSEPH, Archbishop of  
New York and Metropolitan of all North America

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](mailto:stgeorgeworc@gmail.com)  
Web page: [www.stgeorgeworcester.org](http://www.stgeorgeworcester.org)

### **Pastor's Contact**

[fr.milad.selim@gmail.com](mailto:fr.milad.selim@gmail.com)

### **Hall Rental Information**

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

TONE: 1

EOTHINON: 7

VESPERS: 5 PM

CHURCH SCHOOL: 9 AM

MATINS: 9 AM

CONFESION: 9:15-9:45 AM

DIVINE LITURGY: 10 AM

**Sunday October 20, 2019**

### **St. Matthew:**

### **Captains: Anthony Abusamra**

Justin Whelan , Zachary Aster, Joseph Houssan, Douglas Rawan, James Sasseine, Joseph Achi, Karl El-Nemr

**Please dress appropriately including dress shoes and tie.**

### **The Reading from the Second Epistle of St. Paul to the Corinthians. (9:6-11)**

Brethren, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, "He scatters abroad, he gives to the poor; his righteousness endures forever." He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness. You will be enriched in every way for great generosity, which through us will produce thanksgiving to God.

### **The Reading from the Holy Gospel according to St. Luke. (8:26-39)**

At that time, Jesus arrived at the country of the Gadarenes, which is opposite Galilee. And as He stepped out on land, there met Him a man from the city who had demons; for a long time he had worn no clothes, and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, "What hast Thou to do with me, Jesus, Son of the Most High God? I beseech Thee, do not torment me." For Jesus had commanded the unclean spirit to come out of the man. [For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.] Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged Jesus not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged Jesus to let them enter these. So He gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the herdsmen saw what had happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked Jesus to depart from them; for they were seized with great fear; so He got into the boat and returned. The man from whom the demons had gone begged that he might be with Jesus; but Jesus sent him away, saying, "Return to your home, and declare all that God has done for you." And he went away, proclaiming throughout the whole city all that Jesus had done for him.

### **RESURRECTIONAL APOLYTIKION IN TONE ONE**

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

### **APOLYTIKION OF ST. ARTEMIUS THE GREAT-MARTYR IN TONE FOUR**

Thy Martyr, O Lord, in his courageous contest for Thee \* received as the prize the crowns of incorruption and life from Thee, our immortal God. \* For since he possessed Thy strength, he cast down the tyrants \* and wholly destroyed the demons' strengthless presumption. \* O Christ God, by his prayers, save our souls, since Thou art merciful.

### **ORDINARY KONTAKION 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-

**Women's Club:** November 5 at 6pm. Join us for a workshop with 'The Soap Pedlar'. Reservations are needed ahead of time. \$23. Sign up on Sundays at coffee hours or contact Pam at 508-769-8338 or [pms@townisp.com](mailto:pms@townisp.com). Friends are welcome.

### **Holy Trinity Nursing & Rehabilitation Center**

Visit our website [www.htnr.net](http://www.htnr.net) to view our October Newsletter, click "Newsletter" on the homepage.

**Holy Trinity Nursing & Rehabilitation Center 25<sup>th</sup> Anniversary Dinner Dance Celebration on Saturday, November 9, 2019. To Reserve for the Dinner Dance Event, Purchase Ad or to purchase Raffle Tickets call or email [kmironidis@htnr.net](mailto:kmironidis@htnr.net) for more information. 508-852-1000**

Holy Trinity provides a comprehensive rehabilitation program of **Physical, Occupational and Speech/Language Therapies**. Call 508-852-1000 for more information.

**Holy Trinity Thanksgiving Food Drive for the Orthodox Food Pantry, October 14<sup>th</sup> – November 14<sup>th</sup> All donations are greatly appreciated!**

**Craft & Bake Sale at Holy Trinity Nursing Home, Saturday October 26<sup>th</sup> from 10:00am – 3:30pm. We are in need of bakers or donations of baked goods contact : Dana Spinney, Activities Director, at 508-852-1000 or e-mail: [dspinney@htnr.net](mailto:dspinney@htnr.net)**

**DIVINE LITURGY** is celebrated every Wednesday morning at 9:30am. And please always keep Holy Trinity Nursing Home, its staff, directors, residents, and families in your payers.

**Holy Trinity is a non-profit skilled nursing and rehabilitation center and a project of the Council of Orthodox Churches of Central MA. Please keep Holy Trinity in your prayers and in your charitable plans. Contributions to the Treasured Generations Annual Fund can be made at [www.htnr.net](http://www.htnr.net) and volunteers are welcome to be a part of Holy Trinity by contacting : Dana Spinney, Activities Director, at 508-852-1000 or e-mail: [dspinney@htnr.net](mailto:dspinney@htnr.net)**

## - Bible Verse of the Week -

**"The LORD is gracious and compassionate, slow to anger and rich in love." – Psalm 145:8**

**Family Nights:** Every Wednesday from 6 - 8 PM at our Cathedral. The evening starts with a one-hour Bible Study broken down into adults and children and will be followed by a pasta dinner prepared by our parishioners and playtime for the children. This will be a great opportunity to spend time together, not worry about dinner one day a week and to get to know more people. You don't need to have children to come, it's open to all of our parishioners.

### **2019 FMSC MobilePack Event:**

By the Grace of God, we held a very successful event this year. For the 5th consecutive years, we surpassed our goals! We packed 101,000 meals, welcomed 500 volunteers and raised over \$22,000, enough to feed 277 children one meal a day for an entire year. I thank our planning team, donors and volunteers for their love and support for the children who desperately need the food we packed - Fr. Milad

### **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](mailto:stgeorgeworc@gmail.com) to make your reservation! Any questions will be answered by the Office Manager.

**Coffee Hour:** We are looking for sponsors for the next several weeks. If interested in making an offering in health or in memory of a loved one, please contact our office.

**Option # 1**

**Price: \$140.00**

Donuts  
Bulkies

**Option # 2**

**Price: \$170.00**

Donuts  
Bulkies  
Bagels

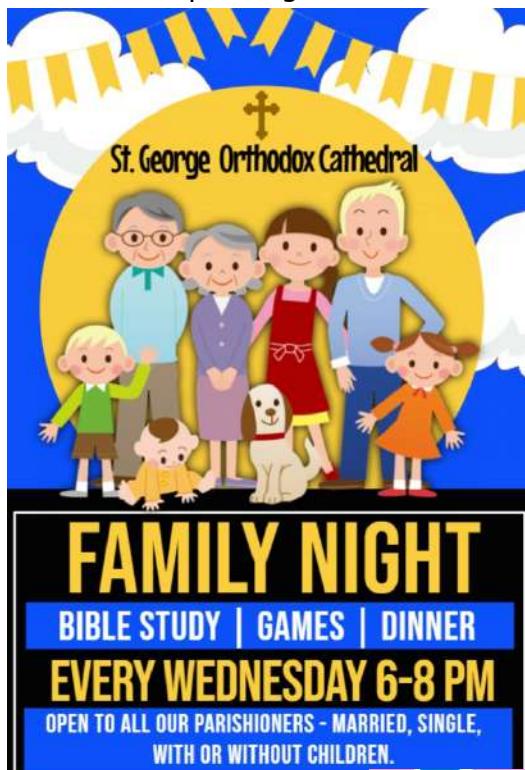
**Option # 3**

**Price: \$190.00**

Donuts  
Bulkies  
Bagels  
Danish



**From Fr. Milad:** I am pleased to announce our newest ministry, Parent Teacher Organization (PTO). This ministry will focus on strengthening our community through faith and social activities. Here are their upcoming events:



**Family Night:** Every Wednesday from 6 - 8 PM at our Cathedral. The evening will start with a one hour Bible Study broken down into adults and children and will be followed by dinner prepared by our parishioners and playtime for the children. All you have to do is show up.



**Costume Party:** Join us on October 30th for a costume party for all ages. Be sure to check out the list of costumes that will not be allowed to enter.

**Children's Fashion Show:** Our kids will walk the runway on November 3rd. Each child can model one outfit in each of the three categories. Join us for lunch on that day to raise money for camp. We will be selling shawarma, pizza, pies, and more. We are also looking for donations of items to sell that day. Ideas would include jewelry, Christmas decorations, mugs, etc.

**TRISAGION PRAYERS AND HOLY KURBAN IN LOVING MEMORY OF:**

- Pauline Debs (4 years) from her daughter, Elizabeth Debs
- Sylvia Husson (5 years) from her children, grandchildren and great grandchildren

**PRAYERS OF OBLATION IN LOVING MEMORY OF:**

- Peter Kalil from Pam and George Samara

**PRAYERS OF OBLATION FOR THE HEALTH OF:**

- Bruce Miller, God bless and make you well from Ginnie and Ray Samra
- Tracy and James Casey on their anniversary from Michael, Ellen and Alex Samra

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." – Philippians 4:6-7

**Coffee Hour:** Sponsored today in loving memory of Pauline Debs by Elizabeth Debs

**3rd Quarter Stewardship Statements:** Will be going out shortly. Please continue to fulfil your pledge and encourage people you know to do so as well. We are all called to offer our gifts to the Lord in thanksgiving for all His blessings!

**SATURDAY 10/19 - The Orthodox Christian Witness Program:** Spiritual Pilgrimage, of the Antiochian Orthodox Christian Diocese of Worcester and New England, will hold the second retreat at St. Mary's Orthodox Church (8 Inman St, Cambridge MA) from 9:00am-4:00pm, entitled Social Group Dynamics: Hierarchical Systems and the Church. This retreat is an opportunity to reflect on your personal journey with God within relationships, expand your inner awareness, and deepen your faith. The retreat will use small presentations, personal reflections, and small and large group discussions. Although a donation of \$35 per retreat is suggested (or any other amount), the donation is not a requirement for participation. Coffee, tea and a light breakfast will be provided (lunch is not provided). Anyone can register. To register or for questions, please email IP.AlongTheJourney@gmail.com or call 617-274-8336.

### THE LORD'S PRAYER IN ARABIC

Abána ládhi fees samawát liyáta qáddas ismuk.

Liyáti malakoótook.

Lítakoon mashee'atook,

kamá fis samá'y kadhálik 'álal 'ard.

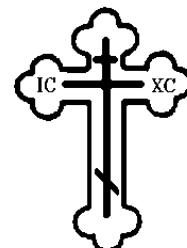
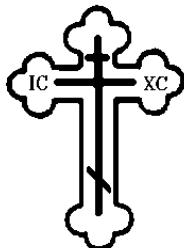
Khúbzanal jówhary á'teenal yowm;

wátrook lána mā aláina,

kamá nátrooku náhnu leéman lána 'aláih.

Walá tudkhílna fy tájriba,

lákin nájjeena meénash shareér.



## A DREAM BECOMES A REALITY

**I**n his ill-fated campaign for the Presidency in 1968, the late senator Robert F. Kennedy would frequently paraphrase the words of playwright George Bernard Shaw at the conclusion of his speeches: "Some men see things the way they are and say 'Why?' I dream things that never were and say 'Why not?'" The implication was clear: Kennedy wanted to portray himself as a man who would not be afraid to boldly venture in areas that others would timidly avoid. The same can be said about the monastery featured on today's bulletin and its founder.

The RILA MONASTERY was started in the first half of the 10th century. It was through the tireless resolve of ST. JOHN OF RILA and his companions that it would become one of the main monastic centers of Bulgaria. It flourished greatly in the 13th and 14th centuries, was burnt down in 1833 and rebuilt from the ground up. For generations, it has served as a beacon of Christianity. But it took the pious devotion, inspired vision and endless drive of a poor monk for his DREAM to become a REALITY.

In Proverbs 16:3, we are instructed "Commit to the Lord whatever you do, and He will establish your plans." Be sure not to merely be a "dreamer" but a "doer." With sweat, determination and hard work, may we honor our Lord, as He watches over our every action.

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

# September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  Women's Club 6 PM	2  Family Night 6 - 8 PM	3	4  Feed My Starving Children Hall Setup  SOYO Teen Fall Camp & Diocese	5 Feed My Starving Children Meal Packing/No Vespers  SOYO Teen Fall Camp & Diocese
6  Church School: 9 am Orthros: 9 am Liturgy: 10	7	8	9  Family Night 6 - 8 PM	10	11	12  Vespers 5pm
13  Church School: 9 am Orthros: 9 am Liturgy: 10	14  Parish Council Meeting 7pm	15	16  Family Night 6 - 8 PM	17	18	19  Vespers 5 pm
20  Church School: 9 am Orthros: 9 am Liturgy: 10 am	21	22	23  Family Night 6 - 8 PM	24  Men's Club 6 PM	25	26  Vespers 5 pm
27  Church School: 9 am Orthros: 9 am Liturgy: 10 am	28	29  Endowment Fund Committee Meeting 6 PM	30  Family Night 6 - 8 PM	31	1	2  Vespers 5 pm
3 Church School: 9 am Orthros: 9 am Liturgy: 10 am  Kids' Fashion Show	4	5  Women's Club 6pm	6  Family Night 6 - 8 PM	7	8	9  Vespers 5 pm



St. George Orthodox Cathedral



# FAMILY NIGHT

BIBLE STUDY | GAMES | DINNER

EVERY WEDNESDAY 6-8 PM

OPEN TO ALL OUR PARISHIONERS - MARRIED, SINGLE,  
WITH OR WITHOUT CHILDREN.



# Costume Party

**Prize for the best costume**

WEDNESDAY, OCTOBER 30TH AT 6:00 PM

WHERE: CATHEDRAL HALL

WHO: PARISHIONERS OF ALL AGES

## Costumes Not Allowed

Ghosts

Witches

Demons

Vampires

Skeletons

Inappropriate costumes

stgeorgechurchschoolpto@gmail.com



# St. George Orthodox Cathedral PTO presents

## CHILDREN'S FASHION SHOW

Sunday, November 3rd  
after Divine Liturgy

To Benefit the Antiochian  
Village Camp  
Scholarship Fund



Formalwear  
Casualwear  
Pajamas

Shawarma,  
pizza, pies, and more

To register your child, send an email to  
[stgeorgechurchschoolpto@gmail.com](mailto:stgeorgechurchschoolpto@gmail.com)



## HOLY TRINITY NURSING AND REHABILITATION CENTER

### *25<sup>th</sup> Anniversary*

### *Dinner Dance Celebration*

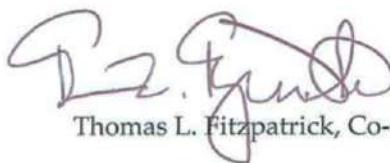
Holy Trinity Nursing and Rehabilitation Center (HTNRC) is blessed to be celebrating its **25<sup>th</sup> Anniversary** as a skilled nursing facility. In celebration of this great milestone, HTNRC will be hosting a Dinner Dance on Saturday, November 9, 2019.

Over the past 25 years HTNRC has received many awards and high marks by the Centers for Medicare and Medicaid Services and US News. Most recently HTNRC was recognized by the Department of Public Health as a **Deficiency Free Nursing Home**. As a nonprofit institution, HTNRC relies greatly on the generosity of donors like you to support our efforts to provide the best possible care and services to our residents.

We ask you to join us as we celebrate 25 years of providing compassionate, qualitative skilled nursing care and rehabilitation services to those in need in Central MA. Consider placing an Ad in our Program Book. We would be honored to feature you and/or your business. Your participation will go a long way in helping us continue to provide the programs and services that are so important to our residents.

The Program Book will be distributed to all attendees that evening along with being available on our website and social media. Your support will be greatly appreciated!

Sincerely,



Thomas L. Fitzpatrick, Co-Chair



Georgia Parafestas  
Georgia Parafestas, Co-Chair



Kristina Niedbala  
Kristina Niedbala, Co-Chair

*Contributions are tax deductible. Holy Trinity is a 501 (c) 3 non-profit Charitable organization*

300 Barber Ave, Worcester, MA 01606

Email: [Kmironidis@htnr.net](mailto:Kmironidis@htnr.net)

TEL: 508.852.1000

[www.htnr.net](http://www.htnr.net)



Holy Trinity Nursing & Rehabilitation Center

*25th Anniversary*  
*Dinner Dance Celebration*

**Saturday, November 9, 2019**



St. George Orthodox Cathedral  
30 Anna Street, Worcester, MA

6pm Cocktails      7pm Dinner



Tickets- \$75

Live Music, Paddle Auction, 50/50 Raffle

*Semi Formal Attire*

Any questions call Malka or Kristina at 508-852-1000 or visit [www.htnr.net](http://www.htnr.net)



Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

No. of Tickets \_\_\_\_\_ @ 75.00/pp    Dinner: \_\_\_\_\_ Lemon Herbed Chicken Breast    \_\_\_\_\_ Baked Haddock

\* Tables of 8 or 10 may be reserved. Please list names on back of form.

Payment Information

Check     Credit Card (circle one)    MASTER CARD    VISA    AMEX

Credit Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_

Check Payable to and mail to: Holy Trinity Nursing & Rehabilitation Center  
300 Barber Avenue, Worcester, MA 01606



# HOLY TRINITY NURSING AND REHABILITATION CENTER

## 25<sup>th</sup> Anniversary

### Dinner Dance Celebration

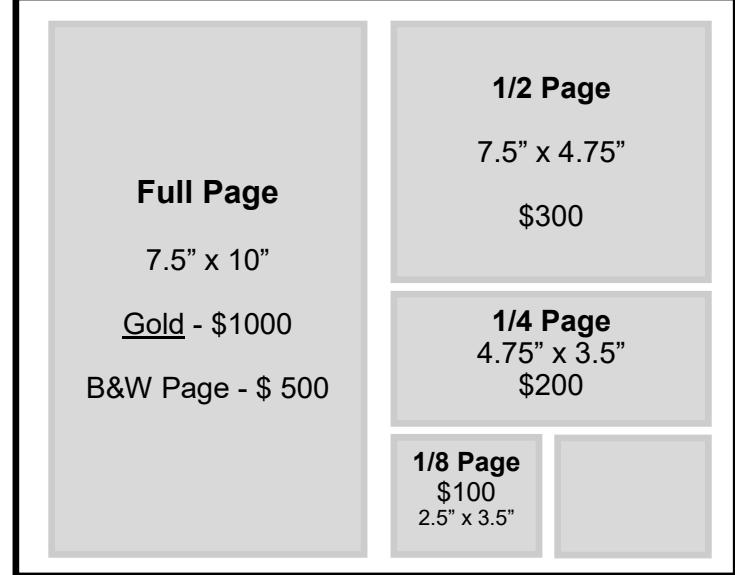
Below are the sponsorship levels. You can place an ad “ in honor of,” “in memory of,” or advertise your business. Your business will be featured on our website and our social media platforms.

- EVENT SPONSOR (7.5" W x 10" H) .....** \$ 2,500
  - Listed as Event Sponsor on cover of our Program Book
  - Full color page ad (inside front cover, inside back cover or outside back cover).
  - Banner with your name and logo prominently displayed at the event
- Full Page GOLD (7.5" W x 10" H) .....** \$ 1,000
- Full Page (B&W)- (7.5" W x 10" H) .....** \$ 500
- Half Page (B&W)- (7.5" W x 4.75" H).....** \$ 300
- Quarter Page (B&W) - (4.75" W x 3.5" H ) .....** \$ 200
- Eighth Page (B&W)- (2.5" W x 3.5" H) .....** \$ 100

#### ARTWORK/AD REQUIREMENTS

- Email High Resolution Artwork (jpeg, pdf, png.)
- Need Ad Created? Contact [kmironidis@htnr.net](mailto:kmironidis@htnr.net)
- Artwork Attached. High quality, hard copy is attached (will be scanned).
- Message Attached

**Deadline October 21, 2019**



#### PAYMENT INFORMATION

**AMOUNT: \$ \_\_\_\_\_**

Check     Credit Card (circle one)    MASTER CARD    VISA    AMEX

Credit Card NUMBER \_\_\_\_\_ EXP DATE \_\_\_\_\_

Business Name \_\_\_\_\_ Contact \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Check payable to and Mail to:** Holy Trinity Nursing & Rehabilitation Center  
300 Barber Avenue, Worcester, MA 01606 [www.htnr.net](http://www.htnr.net)



# Shrewsbury Montessori School

*Growing Bright Minds from Age Three through Grade Six*

## Worcester Campus

at St. George Orthodox Cathedral

Preschool - Kindergarten



[www.shrewsburymontessori.org](http://www.shrewsburymontessori.org)

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**SCHEDULE A TOUR  
(508) 842-2116**

We welcome you in person to experience for yourself the joy of learning that happens at the Worcester Campus.