



St. George Orthodox Cathedral Bulletin - 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: 7

EOTHINON: 10

VESPERS: 5 PM

CHURCH SCHOOL: 9 AM

MATINS: 9 AM

CONFESION: 9:15-9:45 AM

DIVINE LITURGY: 10 AM

Sunday January 26, 2020

St. John:

Captains: George Ouweijan

Ben Degon (11), Alex Houssan, Michael Houssan, Nathaniel Schmidt, Anthony Kassis, George Bekhitan, Mark El-Nemr

Please dress appropriately including dress shoes and tie.

The Reading from the First Epistle of St. Paul to St. Timothy. (4:9-15)

Timothy, my son, the saying is sure and worthy of full acceptance. For to this end we toil and strive, because we have our hope set on the living God, Who is the Savior of all men, especially of those who believe. Command and teach these things. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Until I come, attend to the public reading of scripture, to preaching, to teaching. Do not neglect the gift you have, which was given you by prophetic utterance when the council of elders laid their hands upon you. Practice these duties; devote yourself to them, so that all may see your progress.

The reading from the Holy Gospel according to St. Luke. (19:1-10)

At that time, Jesus entered Jericho and was passing through. And there was a man named Zacchaeus; he was a chief tax collector, and rich. And he sought to see Who Jesus was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see Jesus, for He was to pass that way. And when Jesus came to the place, He looked up and said to him, "Zacchaeus, make haste and come down; for I must stay at your house today." So he made haste and came down, and received Him joyfully. And when they saw it they all murmured, "He has gone in to be the guest of a man who is a sinner." And Zacchaeus stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor; and if I have defrauded anyone of anything, I restore it fourfold." And Jesus said to him, "Today salvation has come to this house, since he also is a son of Abraham; for the Son of man came to seek and to save the lost."

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.

KONTAKION OF THE PRESENTATION OF CHRIST IN TONE ONE

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

- Bible Verse of the Week -

"In the day when I cried out, you answered me, and made me bold with strength in my soul." – Psalm 138:3

THE COUNCIL OF EASTERN ORTHODOX CHURCHES OF CENTRAL MASSACHUSETTS
invites you to



Triumph of Orthodoxy **VESPERS**

**Saint George Antiochian
Orthodox Cathedral
30 Anna St, Worcester, MA**

**SATURDAY
MARCH 7, 2020
6:00PM**

**Metropolitan METHODIOS of Boston
Preaching**

Don't miss this Lenten event!

The Feast of Orthodoxy (also known as the the Triumph of Orthodoxy) is celebrated on the first Sunday of Great Lent (six Sundays before Pascha) in the liturgical calendar of the Eastern Orthodox Church and of the Byzantine Rite Eastern Catholic Churches. The Feast is kept in memory of the final defeat of iconoclasm and the restoration of the icons to the churches.

All Assembly Bishops and Clergy are invited to serve

Family Nights: Every Wednesday from 6 - 8 PM at our Cathedral. The evening starts with a one-hour Bible Study broken down into adults (Arabic and English groups) and children and will be followed by a pasta dinner prepared by our parishioners and playtime for the children. This is 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.

2020 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.

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



Men's Club

The next meeting of the Men's Club will be on Thursday, January 30, 2020, at which time an election of Officers will take place.

If you want to run for office for Men's Club, please contact Bob Laham.

Women's Club:

We want to thank all who contributed to our annual Christmas Card. We also would like to thank Christian Coury for his design. More about our next meeting in the coming weeks.

St Nicholas Gift Shop

We have 2020 Church calendars, with iconography by Kh Erin Kimmett. Open every Sunday after Liturgy.

Family Night

Attention adults and children of St George cathedral: If you have a talent - singing , acting or playing music please contact Mouna Abusamra. We are planning a fun night...

Available High School Scholarships

- Diocese of Worcester and New England Scholarship
- Syrian – Lebanese Women's Club of Greater Boston Scholarship

For more information, please contact our Cathedral office.

Holy Trinity

Visit our website www.htnr.net to view our Newsletter.

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

There will be a COFFEE SOCIAL on Thursday, January 23rd at 2:00 pm, sponsored by St. Spyridon's Greek Orthodox Church. As always, families and friends are invited!

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

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 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



Winter Weather:

In the event of a service or Cathedral event delay / cancellation,

please check TV Channels 4, 5, 7 and 56 for notification.

We will make every effort to have cancellations posted

by 7:30am on Sunday.



TRISAGION PRAYERS AND HOLY KURBAN IN LOVING MEMORY OF:

- Gail Gicas (one year) from Dean, Kristin and Gregory

PRAYERS OF OBLATION IN LOVING MEMORY OF:

- My beloved and very missed father and mother, Abraham and Marjorie Milhem, from Patricia Milhem
- Whitney Morgan from Nick Amphay
- Roland and George Rizkalla and Sally Ruffin from Beatrice Haddad
- Ethan Pepper from James, Tracy, Maggie, Jack and Lily Casey

PRAYERS OF OBLATION FOR THE HEALTH OF:

- Strength and peace for Ethan's family and friends and for the healing of Brendan and strength for his family and friends from James, Tracy, Maggie, Jack and Lily Casey
- For the continued healing of Lily from James and Tracy Casey
- Aunt Rachel Abdelmaseh Mahassel from her nephew, Dan Abraham
- Christian and Deborah Coury from the Women's Club

Coffee Hour: Sponsored today in loving memory of Gail Gicas by her family

House Blessings:

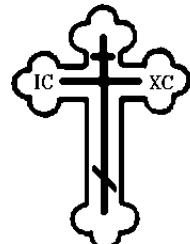
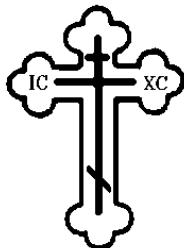
Fr. Milad is blessing homes and businesses following the Feast of Epiphany. It is encouraged that you have as many family members present for the blessing of your home and be sure to have a candle, an icon, a small bowl of water, a Bible and a list of living and departed family members. If you would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

From Fr. Milad:

Kh. Nichole, Natalie, Noah, Julian and I would like to thank everyone for their beautiful cards and generous gifts. May the Lord continue to bless you and our entire community as we celebrate His Nativity and the new year.

THE LORD'S PRAYER IN ARABIC

Abána ládhi fees samawát liyáta qáddas ismuk.
Liyáti malakootook.
Lítakoon masheé'atook,
kamá fis samá'y kadhálik '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.



THE WORD "CHURCH" HAS PROFOUND MEANINGS

In old Testament times, Almighty God commanded that a special place be set aside and dedicated for worship and prayer. God gave specific instructions for the construction and decoration of that temple. The Bible records that people gladly responded by giving for this purpose.



A church is the **HOUSE OF GOD**. Large or small, ornate or simple, it is the dwelling place of the Almighty. Our Lord once said: *"Where two or three are gathered together in My name, there am I amongst them."* So, we try to make the church a lovely place, inside and out. We decorate with icons and furnishings. In truth, we try to make the temple building *"a heaven on earth."*

It is necessary to comment that the word "church" means much more besides a building. People make up a parish, people who believe that *"Jesus is the Christ, the Son of the Living God."* The Church is a worldwide community of faithful which carries on the work of Christ, fulfilling His command: *"Go and teach all nations . . . baptizing them in the Name of the Father, and the Son, and the Holy Spirit."*

Let us, then, love the church, our birthplace into the Christian life. May we embrace the spirit of one of the Psalms: *"I was glad when they said to me, let us go into the house of the Lord."*

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



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.

THE COUNCIL OF EASTERN ORTHODOX CHURCHES OF CENTRAL MASSACHUSETTS

invites you to



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CROSSROAD SUMMER INSTITUTE

What is CrossRoad?

CrossRoad is a ten-day academic summer institute that invites high school juniors and seniors to connect with the Orthodox Christian theological and spiritual tradition and explore their vocation in a deep and meaningful way.

Who can apply?

Orthodox Christian high-school juniors and seniors ages 16-18.

How can I apply?

Please visit our website!

www.crossroadinstitute.org/apply

Applications
Due Feb. 1!

2020 Summer Dates

June 13 - 23

Boston

June 30 - July 10

Boston

July 20 - 30

Chicago



CROSS:ROAD
HELLENIC COLLEGE HOLY CROSS

Follow us!
crossroadovm

WHAT IS MY Purpose



2020 Sessions

June 13 - 23

Boston

June 30 - July 10

Boston

July 20 - 30

Chicago

CROSSROAD HIGH SCHOOL SUMMER INSTITUTE

Where Orthodox Christian high school juniors and seniors explore life's biggest questions — Who am I? Who is God? Who is my neighbor?

APPLY TODAY!

crossroadinstitute.org • Deadline: February 1, 2020

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 any donation.

Additional Program Available: An Interdisciplinary Consultation group is available for qualified and interested clergy, chaplains and counseling professionals.

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)
- Courage to Live – The Fruits of the Spirits (Sem. 4)

II. Retreat Units (3 Saturdays/Semester):

Offering frameworks and tools in order to enhance and facilitate 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, BCC, Psychiatrist, Certified Internal Family System (IFS) Practitioner Level 1,2,3, Board Certified 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, MA, 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 2020 SEMESTER**

ROUND TABLE: "Courage to Live - Fruits of the Holy Spirit"

- 10 Thursday evening discussions – anyone can register
- **Dates and Time:** Thursdays 7:00pm-9:00pm
 - o **Jan: 23, 30**
 - o **Feb: 6, 20, 27**
 - o **March: 12, 19, 26**
 - o **April: 2, 9, 23 (snow day alternative)**
- **Location:** Antiochian Orthodox Christian Diocese of Worcester and New England Chancellery:
*2 Lydia's Path
Westborough MA, 01581*

RETREATS: "Free Will and Christian Choice"

- 2 Saturday day-long retreats – anyone can register for one retreat or both
- **Dates and Time:** Saturdays 9:00am-4:00pm
 - o **Feb 22**
 - o **March 21**
- **Location:** *Emmaus House
New Ipswich MA, 02139*

For questions or to register please email at
IP.AlongtheJourney@gmail.com or call at 617-274-8336



Shrewsbury Montessori School

Growing Bright Minds from Age Three through Grade Six

Worcester Campus

at St. George Orthodox Cathedral

Preschool - Kindergarten



www.shrewsburymontessori.org

**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.