

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

St. George Antiochian Orthodox Cathedral



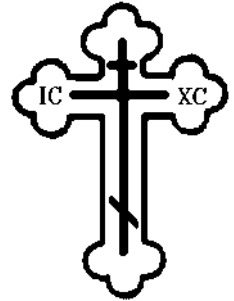
His Eminence Metropolitan JOSEPH, Archbishop of
New York and Metropolitan of all North America

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.

<u>Office</u>	
Open: Mon.—Thurs. 9AM to 2PM	
30 Anna Street	
Worcester, MA 01604	
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Web page: www.stgeorgeworcester.org	
<u>Pastor's Contact</u>	
fr.milad.selim@gmail.com	
<u>Hall Rental Information</u>	
The Hall at St. George: 508-752-9150	
TONE:	1
EOTHINON:	1
VESPER:	5 PM
CHURCH SCHOOL:	9 AM
MATINS:	9 AM
CONFESSION:	9:15-9:45 AM
DIVINE LITURGY:	10 AM

Sunday January 20, 2019

Captain: Anthony Abusamra

Matthew Bechara, Justin Whelan, George Ouweijan, Sean-Patrick Houssan, Zachary Aster, Joseph Houssan, James Sassine, Joseph Achi

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 Second Epistle of St. Paul to the Corinthians. (4:6-15)

Brethren, it is the God Who said, "Let light shine out of darkness," Who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in earthen vessels, to show that the transcendent power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. While we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you. Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believe, and so we speak, knowing that He Who raised the Lord Jesus will raise us also with Jesus and bring us with you into His presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

The reading from the Holy Gospel according to St. Luke. (17:12-19)

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said, "Jesus, Master, have mercy on us." When He saw them He said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving Him thanks. Now he was a Samaritan. Then Jesus said, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to him, "Rise and go your way; your faith has made you well."

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. EUTHYMIOS IN TONE FOUR

Be glad, O barren one that hast not given birth; be of good cheer, thou that hast not travailed; for a man of desires hath multiplied thy children of the Spirit, having planted in them piety and reared them in continence to the perfection of the virtues. By his prayers, O Christ God, make our lives peaceful.

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.

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

Women's Club: Our next Diocese Women's meeting will be at St. George Lawrence on **Saturday, February 2nd**. If you'd like to carpool, see Carol or Pam at coffee hours. At our **February 5 meeting**, we will be preparing health kits for the IOCC! Many hands will be needed, please come and join us! Dinner (\$10) will be at 6:00PM, followed by a short meeting then on to the kits. **Please make your reservations** with Pam, (508) 769-8338 or pms@townisp.com

Help wanted at our gift shop! Part-time help is needed to give Nick and Eileen a time-off occasionally! See them any Sunday - no experience needed - it's a fun place to work!

Are you busy on Tuesday afternoons – 1:00-2:00PM?! Join us in the conference room and help put together the weekly bulletin! No experience needed. A few women have been coming every week, but more hands will make the work go faster.

Men's Club: Our next Men's Club meeting will be held on **Thursday, January 31st** at 6:00PM.

Presentation of our Lord into the Temple: Join us **Saturday, February 2nd**, for the Divine Liturgy at 10:00AM at the Cathedral.

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. **You can send topic suggestions to Fr. Milad!**

Arabic Bible Study: Fr. Milad will lead a bi-weekly (Wednesdays) Bible Study in Arabic from **6:00PM to 7:00PM**. This study will complement our English Bible Study currently taking place on Sunday mornings and led by Deacon Anthony. We also offer Orthodoxy 101 for those interested in embracing the Orthodox faith or those looking to learn more; this class is led by Fr. Seraphim on Sunday mornings.

Stewardship Reflections: Stewardship Reflection #2 will be held **Sunday, January 20th** and Stewardship Reflection #3 will be held **Sunday, January 27th**.

The Syrian Brotherhood Orthodox Society: A meeting will be held of new and former members during coffee hour after Liturgy, **Sunday, February 10th**, in the conference room. Please join us! If you are unable to attend the meeting, but would like to be a member, please contact Tim Samara. The organization's purpose is religious and charitable, to further the aims of the church, while giving assistance to all needy individuals. New and former members are encouraged to join the organization at this time!

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

Great gifts for all occasions: Baptism, Birthday, Name Day, Graduation, Engagement, Christmas and much more at great prices! Please stop by and see us.

Gift Certificates available. Credit/Debit cards accepted.



Holy Trinity: Join the residents for seasonal crafting with the student of Claremont Academy, this Sunday, January 20th at 2:00PM. Families and friends are all invited!

Job Openings: Holy Trinity has an opening for the Director of Human Resources. If you are interested or know of someone who is, please contact Jerry Shaffer, the Administrator of Holy Trinity, at (508) 852-1000.

Remember to respond to the Treasure Generations Appeal. You may donate directly by phone or through our website: www.htnr.net/donate Help make Holy Trinity the kind of place that we know every home should be!

Planning ahead helps! If a friend or loved one is seriously ill and expected to die in a matter of days or weeks, consider making funeral arrangements in advance. Preparing ahead of time puts you in control. It will make your meeting with a funeral director more productive and is likely to save you money. Funerals are expensive and unfortunately, people don't always set aside resources to pay for them. How much public and private assistance is available will depend on where you live and your financial circumstances.

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

Teen Winter Camp at Antiochian Village: A weekend retreat for those in grades 7 - 12, held over Presidents Day weekend-- February 15 - 18, 2019. Winter Camp includes: Christian Ed with multiple speakers, afternoon and evening programs and much more! Our campers will stay in our recently constructed heated log cabins. All meals, services and activities are held at the Camp. Cost is \$150. For more details, visit avcamp.org.

Summer Camp at Antiochian Village: The Antiochian Village Summer Camp Program serves young people ages 9-17 who come to attend one of four two-week sessions. One of the main goals of the Village Camp program is to present to young people a living experience of the Holy Orthodox Faith in their relationship with God and other campers in an uncluttered, natural environment. The Village provides an experience, which has been very instrumental in the spiritual maturation of many young people. For more details, visit: avcamp.org/summer-camp ***Our children attend session #2.***

Family Camp at Antiochian Village: Not your typical vacation, Family Camp offers a mini-vacation without maps, lines for popcorn, or decisions over where to eat. Our flexible schedule gives you the choice of "doing it all" from canoeing to volleyball, or just taking it easy and savoring a good view from a picnic bench. Family Camp will take place over Memorial Day Weekend - May 24 - May 27, 2019. Space is limited due to construction of new cabins in Unit 3 that won't be completed in time for Family Camp; so register today! Visit avcamp.org for more details.


Antiochian Archdiocese Convention 2019: AC2019 is the Unconventional Convention. It's affordable, accessible, all-inclusive in a 'Cool City' called Grand Rapids, MI! The convention will be July 21st to July 28th, 2019. That's where you'll find Metropolitan Joseph, Bishop Anthony, Fr. Michael Nasser, and so many of your Orthodox clergy, family, and friends. Check out ac2019gr.org for more information and to register online today!



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.



Stewardship

We are grateful for the generosity of our many faithful stewards of our Cathedral community. Your stewardship allows us to provide ministries that enrich the spiritual life of our parishioners and also maintain the quality and beauty of our building. A recent review of our 2018 stewardship income showed that we are projected to come under budget for this year's stewardship. Please assist us by sending in your 2018 stewardship donations. Stewardship is 50% of our operating budget; our goal is to get to 100%. This is possible if we all did our part in taking care of the Cathedral we all love. Remember, the Church is always there for us in times of need, from the time a baby is born until a person falls asleep in the Lord, and even beyond. You can submit your donation on our website: stgeorgeworcester.org, it will only take a few minutes. You can also setup recurring donations.

The following is a chart reflecting the range of contributions for the year 2018. Our budget was \$225,000

<i>Contribution Range</i>	<i># of Contributors</i>	<i>Total Given</i>	<i>Average per Contributor</i>
0 - 0	228	0.00	0.00
0.01 - 100	27	1,680.00	62.22
100.01 - 200	31	5,326.00	171.81
200.01 - 300	21	5,795.00	275.95
300.01 - 400	19	7,096.50	373.50
400.01 - 500	15	7,170.00	478.00
500.01 - 750	28	16,844.00	601.57
750.01 - 1,000	26	24,232.01	932.00
1,000.01 - 1,500	34	42,604.00	1,253.06
1,500.01 - 2,500	15	29,600.00	1,973.33
2,500.01 - 5,000	9	33,280.00	3,697.78
5,000.01 - 7,000	1	6,000.00	6,000.00
7,000.01 - 10,000	1	10,000.00	10,000.00
10,000.01 - 100,000	0	0.00	0.00
100,000.01 - 999,999,999	0	0.00	0.00
Total	455	\$189,627.51	\$416.76

TRISAGION PRAYERS AND HOLY KURBAN IN LOVING MEMORY OF:

- Our beloved Mary (Hanash) Nasrah (10 years), and Albert and Mary (Touma) Abdelmaseh from Melissa, Andre, Naser and Camille Nasrah and families
- Our beloved Saadallah, Watfa, Jodat, Julia, Kamel, Amira Nasrah, Mousallam Alhelou and Dakhil Bekhaitan from Naser and Camille Nasrah and families
- Our beloved Nadia, Oudet, Janet and George Attar, Victoria Haddad, Assaad and Michael and Issa Achi from Manal and Camille Nasrah

PRAYERS OF OBLATION IN LOVING MEMORY OF:

- Eli & Eleanor Aramony from their family
- Raymond Yanni from Ron & Aileen Abraham
- My father, Abraham Milhem, from Patricia Milhem, God rest his beautiful soul
- Joseph Ross from Margaret Gammal
- Kathy Welge and Ted Sundburg from Darlene Sundburg
- Edward "Ted" Sundburg from Janice & Barry Jeannotte & family
- My Godfather, Subdeacon Vladimir "Chick" Swydan on his birthday; and the departed members of the Swydan family: Shokri, Hafeeza, Herbert, Irene, Anne, Helen, Albert, Andrew, Gloria, Louise, Henry and Peggy from Loric Swydan

PRAYERS OF OBLATION FOR THE HEALTH OF:

- Jean Debs, with love Patricia Milhem, God bless you
- The newborn, Graham Micah Steffen, and parents, Andrew & Natalie from Daniel & Maria Sak

Coffee Hour: Sponsored today in loving memory of Mary (Hanash) Nasrah (10 years), and Albert and Mary (Touma) Abdelmaseh by Naser and Camille Nasrah and families

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.

House Blessings: Fr. Milad will be blessing homes once again this year 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.

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.



THE CHAINS OF ST. PETER

The Acts of the Apostles tell the amazing story of the growth of the Church in its earliest years. The Christian Faith spread from country to country, and from people to people. But in those years, there was persecution, suffering and death, too. The rulers of the Roman Empire, along with the enemies of Christ, made life difficult for those involved in the spread of the Gospel.

Wicked King Herod had the Apostle James, brother of St. John, killed by the sword. And then he had St. Peter arrested and put into prison. However, the Christian faithful did not abandon those who were persecuted. They gathered, even at night, at the home of Mary, mother of John Mark, to pray to the Lord for aid. As for Peter, he was guarded by four squads of Roman Soldiers, in fact he slept at night between two of them, bound with chains, and with sentries at the doors.

It was then that a brilliant light pierced the prison cell, and an Angel of the Lord appeared, woke Peter up and the chains fell off his hands. They hurried out past the guards, out of the prison and into freedom. At first Peter thought it was all a dream, but soon came to realize that the miraculous event was real. He went to the home where Christians met for prayer, and there amazed them with his presence. It is this event that is commemorated by the "Chains of Peter" in the Church Calendar.

The icon vividly depicts the scene as the Angel of God takes St. Peter by the hand and leads him out of the prison, even as the chains fall to the ground and the guards slumber on. Of course, Peter went on spreading the Gospel and the Faith until his death for Christ.



Antiochian Village

Family Camp

MAY 24-27, 2019

Visit avcamp.org for more information



Speaker: FR. NICHOLAS LOUH



Fostering a
Healthy Family

REGISTRATION OPENS JANUARY 14, 2019



**ANTIOCHIAN
VILLAGE**

WINTER CAMP

**FEBRUARY
15-18**

**GRADES
7-12**

REGISTRATION NOW OPEN

VISIT AVCAMP.ORG TODAY!

WHAT IS *faith* ?

**EXAMINING HOW FAITH, HOPE, LOVE, AND
WISDOM PLAY AN IMPORTANT
ROLE IN THE ORTHODOX CHRISTIAN FAITH**

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.

Antiochian Orthodox Christian Diocese of Worcester and New England

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**

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Diocesan Feast of the Theophany Service and Luncheon Orthros 9am Hierarchical Liturgy 10 am
6 Theophany of our Lord - Spiritual Brew Church School: 9 am Orthros: 9 am Liturgy: 10 am	7	8	9	10	11	12 Vespers 5pm
13 Church School: 9 am Orthros: 9 am Liturgy: 10 am Stewardship Reflection #1	14 Parish Council Meeting 7pm	15	16 Arabic Bible Study 6:30 PM (Bi-weekly)	17	18	19 Vespers 5pm
20 Church School: 9 am Orthros: 9 am Liturgy: 10 am Stewardship Reflection #2	21 Martin Luther King Jr. Day	22	23	24	25	26 Vespers 5pm
27 Church School: 9 am Orthros: 9 am Liturgy: 10 am Stewardship Reflection #3	28	29 Endowment Fund Committee Meeting 7 PM	30 Arabic Bible Study 6:30 PM (Bi-weekly)	31 Men's Club 6pm	1	2 Presentation of our Lord into the Temple Liturgy 10 AM Vespers 5pm