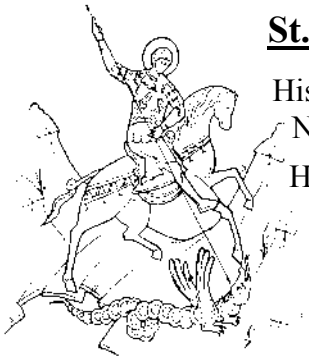


St. George Orthodox Cathedral Bulletin - May 15, 2019 - Published Weekly
St. George Orthodox Cathedral, 30 Anna Street, Worcester, MA 01604

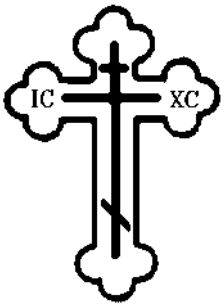


St. George Antiochian Orthodox Cathedral

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:	3
EOTHINON:	5
VESPERS:	5 PM
CHURCH SCHOOL:	9 AM
MATINS:	9 AM
CONFESSION:	9:15-9:45 AM
DIVINE LITURGY:	10 AM

Sunday May 19, 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 Acts of the Saintly and Pure Apostles. (9:32-42)

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

The Reading from the Holy Gospel according to St. John. (5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for 38 years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befalls you." The man went away and told the Jews that it was Jesus Who had healed him.

RESURRECTIONAL APOLYTIKION IN TONE THREE

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

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.

The Syrian Brotherhood Orthodox Society (SBOS): We will be meeting during Coffee Hour on **Sunday, May 19** in the Conference Room. Please join us. The organization's purpose is religious and charitable, to further the aims of the church, while giving assistance to all needy individuals. If you are unable to attend, but would like to be a member, contact Tim Samara.

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.

Our **Annual Friendship Dinner,** originated by OSIA: Order Sons of Italy, AOH/LOAH: Ancient Order of Hibernians, PROBUS CLUB OF WORCESTER, AHEPA OF WORCESTER and HARMONY CLUB OF WORCESTER, will take place on **Wednesday, May 15** at the Fiddler's Green Pub/ Worcester Hibernian Cultural Centre on Temple St. in Worcester. Full dinner ($35) at 6:00PM. For questions: call Dan Abraham at (508) 963-4012

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

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:

May 19th *Forming Authentic Relationships in a Fallen World.*
June 23rd *The Intercession of the Saints.*

FMSC Movie Night: For kids of all ages! Join us **Friday, May 17** from 5:00 PM to 8:00 PM at the Cathedral for a Movie Night. $15 per child – Includes pizza dinner, activity and movie! All proceeds to benefit Feed My Starving Children. **Children 8 years and under must be accompanied by a parent.**

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!

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!

Young Adult Ministry Retreat

By the Grace of God, we had an outstanding retreat last weekend where 125 young adults in their 20s, 30s and 40s came together at our Cathedral to discuss a topic lead by Fr. Milad - Forming Authentic Relationships in a Fallen World. We were blessed to welcome His Eminence, Metropolitan JOSEPH and His Grace, Bishop JOHN. His Eminence appointed Fr. Milad as the National Spiritual Advisor of the Young Adult Ministry.



ARE YOU BUSY ON TUESDAY AFTERNOONS - 1-2 pm? Come to the Conference Room and help put together the weekly bulletin. No experience needed, come every week, or once or twice a month... whatever you can do. A few women have been coming every week, but more hands will make the work go faster.

HELP WANTED AT OUR GIFT SHOP! Have you been in the Shop lately? So many wonderful items for sale. Part-time help is needed, to give Nick and Eileen a time-out occasionally! See them any Sunday - no experience needed - it's a fun place to work, you get to meet many parishioners, and you're doing a good deed for our Women's Club.







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.

Online Giving

Did you know you can make your Stewardship and other types of donations online? It's secure and very easy to do. Simply go to our website, stgeorgeworcester.org and click on 'Give Now' under our 'Online Giving' section. You can also schedule a recurring donation so you don't have to do it again. The process should take no longer than 4 minutes to complete. Go ahead, give it a try!

"Donate to keep our community thriving."

Give Securely!
easyTithe

TRISAGION PRAYERS AND HOLY KURBAN IN LOVING MEMORY OF:
- Glay Abdow (one year) from Ron & her family
- Saliba Masso - 40 Days, Melia Masso - 9 years from Dr. and Mrs. Christopher Bechara and family

PRAYERS OF OBLATION IN LOVING MEMORY OF:
- Edmund Kouri, 40 days, from Ron Abdow & family
- Our beloved Leo B. Forzley, Sr. and Leo B. Forzley, Jr., May their memory be eternal, love and prayers from Jeanette and family

PRAYERS OF OBLATION FOR THE HEALTH OF:
- Violet Massad, on her 90th birthday, from Helen Hayeck

COFFEE HOUR:

SPONSORED TODAY IN LOVING MEMORY OF GLAY ABDOW (ONE YEAR) BY RON AND HER FAMILY



- Bible Verse of the Week -

"Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart." – Proverbs 3:3

THE LORD'S PRAYER IN ARABIC



Abána ládhi fees samawát liyáta qáddas ismuk.
Liyáti malakoótook.
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.



ICON FOR THE DAY OF MID-PENTECOST

The unusual icon of our bulletin is termed the "Mid-Pentecost" image. Strangely enough, the idea of observing a Mid-Pentecost day is not new in the Church. There are traces of a festival that comes midway between Resurrection & Pentecost as far back as the 5th century.

We have here a rather unique picture of Christ as the GREAT TEACHER of mankind. The Gospel for the day tells of Jesus "going up into the temple" in the midst of the feast, and teaching. And so the icon shows a young Christ teaching a group of obviously mature and learned men, who seem somewhat surprised at the wisdom of their Mentor. The Lord is depicted with one hand in a gesture of making a point, while the other hand clutches a scroll.

Yes, the entire scene makes one think of a twelve-year-old Jesus in Jerusalem, without the Holy Virgin and Joseph. St. Luke tells of the incident: "After three days they found Him in the temple, sitting in the midst of the doctors, both hearing them & answering their questions." What we have then, is a composite setting of Christ, Divine Wisdom, of deed and word, a profound teaching for every generation.

There is a need today for us to gather about the feet of Our Lord, as did Mary, the sister of Lazarus, "choosing the best part," and listening to the instruction of the Master. Let this be our task as we await the outpouring of the Holy Spirit on the feast of Pentecost, coming 50 days after the Lord's Resurrection.

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

Movie Night

Fun for all ages

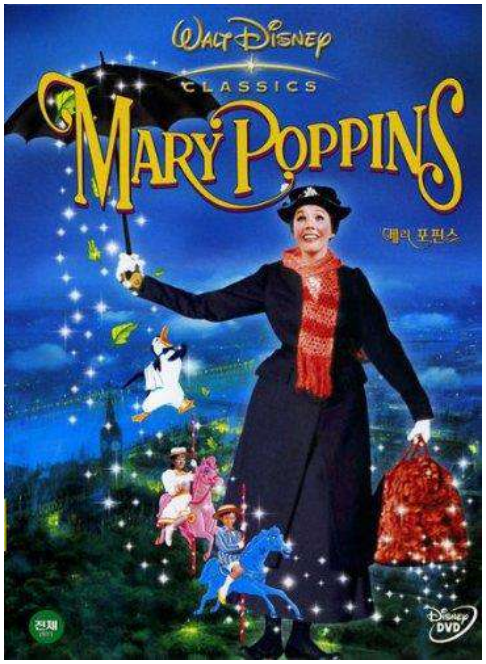
Kids 8 yrs and under must be accompanied by an adult

Friday May 17th 5-8 pm

St. George Orthodox Cathedral

$15 per person
Includes pizza dinner, snack, activity and movie

Sign up at coffee hour or email
stgeorgeworc@gmail.com
with Movie Night in the subject



All proceeds to benefit FEED MY STARVING CHILDREN

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

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



***art*Reach Studio**
322 West Boylston Street
Worcester, MA 01606

BYOB and snacks

All proceeds go to : FEED MY STARVING CHILDREN

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

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

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

Middle Eastern Festival
JUNE 7-9, 2019
St. George Orthodox Cathedral
Worcester

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

Middle Eastern Festival

JUNE 7-9, 2019

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

Middle Eastern Festival
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

Full Page
4.75 x 7.75”

Back Cover – Color
$1,000

Color Page $500

Gold Page $400

Silver Page $300

B&W Page $250

1/2 Page
4.75 x 3.75”

1/4 Page
4.75 x 2”

1/8 Page
2.4 x 1.75”

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!

EXPERIENCE GRAND RAPIDS

ANTIOCHIAN ARCHDIOCESE CONVENTION

JULY 21-28, 2019

I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME, Philippians 4:13

2019

ANTIOCHIAN ORTHODOX ARCHDIOCESE

ANTIOCHIAN VILLAGE: PAST, PRESENT, & FUTURE

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



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)**

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.

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

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.

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