



St. George Greek Orthodox Cathedral

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O C T O B E R 2 0 1 8

JESUS SHOWS COMPASSION TO THE WIDOW

In Scripture there are over 160 references to love, compassion, and mercy. Our Lord and Savior Jesus Christ is all about love, compassion, and mercy. One of the best examples of this is seen in the Gospel according to Saint Luke 7:11-16 which is read in the church on the Third Sunday of Saint Luke, on October 7 this year.

The text of Luke 7:11-16 reads as follows: *At that time, Jesus went to a city called Nain, and His disciples and a great crowd went with Him. As He drew near to the gate of the city, behold, a man who had died was being carried out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. And when the Lord saw her, He had compassion on her and said to her, "Do not weep." And He came and touched the bier, and the bearers stood still. And He said, "Young man, I say to you, arise." And the dead man sat up, and began to speak. And He gave him to his mother. Fear seized them all; and they glorified God, saying, "A great prophet has arisen among us!" and "God has visited his people!"*

In this beautiful story we find a woman, a widow. Death has taken away her only son, her only hope, her only source of income, strength, and protection. There was absolutely nothing she could do about it but only to weep bitterly. But then something unexpected happened. A stranger she met told her not to weep.

Many times in our own life, events and problems make us feel just like this poor widow must have felt because similar to death our own problems are beyond our control. However, this miracle shows us that nothing, not even death is beyond the control of Jesus.

Large crowds literally followed Jesus from one village to another with the hope of seeing another miracle and they were met by a funeral procession when they entered the town called Nain. Life in the first century was difficult. Men often died at a very young age. Funerals were very common. This funeral was different. Jesus intervened with this funeral procession the moment He learned that the deceased was the only son of a widow.

But Jesus' intervention with this funeral procession was caused by His compassion for the weeping widow. He knew what it was like to be a helpless, lonely widow because his own mother was one. We can see clearly how strong Jesus' compassion was for this widow because He did not hesitate to reach out to her in her need.

We too might be feeling lonely and helpless just like this widow. We might be suffering and in pain. But this miracle shows us that Jesus is full of compassion and that He will do anything to help us. Jesus is all about Compassion. Then why not take your problem to Him?

It might seem uncaring to tell a widow who has lost her only family to "not weep". But it's exactly what Jesus did. He said to the widow "do not weep". But Jesus wasn't attempting to comfort the widow, no He was giving her the assurance that everything will be okay.

Jesus tells us the same thing and He gives us the same assurance that everything will be okay. He tells us not to be afraid because He is with us. He tells us not to feel anxious because He cares for us. And He tells us not to feel sad because hope is right around the corner. Jesus has given us so much assurance. Then why not take your problem to Him?

Jesus' act of raising the widow's son bears close resemblance to Elijah's act of raising the son of a widow. Elisha raised a Shunammite woman's son from the dead. But Elijah and Elisha didn't command the dead to come to life. They didn't have power and authority over the power of death. They prayed to the One who had. Jesus, however, commanded the widow's dead son and he immediately came to life. Jesus had also commanded Jairus', the ruler's dead daughter to rise and she lived. And He commanded Lazarus of Bethany to rise and the dead man returned to life instantly. These miracles are proof of the power and authority Jesus has over the deadly problems of life.

The people at the funeral of Jairus' daughter laughed at Jesus for they thought Jesus is insane. Martha thought that she knew too much and she didn't believe when Jesus assured her that her brother Lazarus will rise again. But all of them realized how wrong they were. Maybe you too are having trouble finding Jesus' assurances in today's world. Then why not take your problem to Him and find out?

Possibly you may be going through a very difficult time in your life and may be actually doubting the presence of God and His love, His compassion, and His mercy. If you do, please don't feel bad. All of us doubt at some point in life. If God seems to be distant in your life now, please remember that He is never too far away, He is always present in our life. Then why not take your problem to Him?

With my paternal love in Christ,

†Very Rev. Archimandrite Agathonikos M. Wilson
(Father Mike)
Presiding Priest and Dean of the Cathedral

UPCOMING FAMILY EVENTS

Pumpkin Carving Family Fun Night	Fri, Oct 12th
November Family Fun Night	Fri, Nov. 2nd
Gingerbread House Family Fun Night	Fri, Dec. 7th

All Family Fun Nights are from
6:00 p.m. – 9:00 p.m. in the Community Center.

TO ALL HIGH SCHOOL JUNIORS AND SENIORS, COLLEGE FRESHMEN AND SOPHOMORES: HELLENIC COLLEGE/HOLY CROSS OPEN HOUSE

Join us on Saturday, October 13, 2018, from 8:30 a.m. to 2:00 p.m. for our Fall Open House! Get an exclusive look at our Orthodox Christian college and graduate school of theology, located just minutes from downtown Boston. Tour the campus, attend a mini-class, meet with faculty and staff, and have lunch with members of the Hellenic College/ Holy Cross community.

At HC/HC, we are educating for a higher purpose. We look forward to welcoming you to our campus! For more information or to inquire about travel reimbursement, please call 617-850-1345 or email admissions@hchc.edu.

FIRE PREVENTION TIPS ON HOW TO KEEP HOMES AND FAMILIES SAFE

National Fire Prevention Week is October 7 through October 13, 2018 and many local fire agencies across the country want to remind people about what they can do to keep their homes and their families safe.

A big emphasis for this year's **Fire Prevention Week** is having properly working smoke alarms. Many fire departments are using the week to remind people that now is a good time to check smoke alarms and electrical cords, remember to keep matches and lighters away from children, and go over a family fire safety plan. The fire departments recommend checking your smoke alarm at least once a month to ensure that the batteries are working.

Smoke Alarm Tips

- Test smoke alarms at least once a month using the test button, and make sure everyone in your home knows their sound.

- If an alarm "chirps," warning the battery is low, replace the battery right away.

- Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, if they do not respond properly when tested.

- Never remove or disable a smoke alarm.

Winter Month Reminders

- Space heaters should be kept at least three feet away from anything that can burn.

- Chimneys and home heating systems should be cleaned or inspected once a year.

- Carbon monoxide alarms are also recommended for homes in addition to smoke detectors.

2ND GENERAL ASSEMBLY

Will be Sunday, October 21st after the Daughters of Penelope Breakfast in the Community Center. All stewards are invited to attend.

PRESIDENT'S MESSAGE

Dear Fellow Parishioners,

It is over, once again so many of us came together to work for the community we love. The 2018 Glendi festival is history and we all need to feel a sense of pride and satisfaction on a job well done. As this letter is written it is two days after the completion of our event. The tents are still up, the truck is parked in the back by the BBQ. It is far too early to know the numbers. The important thing is to remember the work we did together for our beloved church, the return of so many of our sons and daughters returning to their church to help in any way their talents allow. The smiles on the people of New Hampshire who attended once again. No matter what job you did, or how long you were able to help I thank you from the bottom of my heart, this is our time and our church and your efforts will help us pass on a healthy community to the children who helped me with the wrap up raffles. We did our part once again for St. George and we cannot ask more of ourselves, it is my honor to work with you all once again. Special thanks to Governor Chris Sununu for his 5 hours plus of serving.

We want to extend to our many generous corporate sponsors our deepest thanks for their overwhelming generosity. Our entire community is grateful for their invaluable assistance in the promotion and celebration of our culture. Where they have provided this critical support we hope in turn you will join us in giving them our support in the years ahead. Our corporate sponsors include: **AUTOFAIR, CROSS INSURANCE, DUNKIN DONUTS DECK GROUP, ANAGNOST COMPANIES, MANCHESTER HARLEY DAVIDSON, BEDFORD AMBULATORY SURGICAL CENTER, SPECTRUM MARKETING COMPANY, PHANEUF FUNERAL HOME, APPLE THERAPY, CITIZENS BANK, PRIMARY BANK, EASTSIDE PLAZA, SPECIAL EVENTS OF N.E., AND PURITAN BACKROOM.** The corporate sponsorships have become a key component of our overall success and we cannot thank them enough as they are joined with our media partnerships including: **WMUR, UNION LEADER, WGIR, ROCK 101, THE MORNING BUZZ, NEWS RADIO 96.7, WZID, THE MILL, WFEA, HOT HITS 94.1, OUTLAW 103.1, AND HIPPO PRESS.** Their assistance in the promotion of our festival has been wonderful, see who is here working for our community's success and then take the action to give back to them, we thank you.

We also owe a great debt of gratitude to the many business and community leaders as well as the parishioners of our community who have kindly and generously purchased ads in our program book. Now in its 21st year, the program book gives us a unique opportunity to raise much needed funds

for our church programs while also reminding our parishioners and guests of the many outstanding and supportive businesses in the area.

So the 39th Glendi festival is over and the commitment of all of you was simply terrific. I cannot thank all the ladies and gentlemen who labored all summer in preparation for the festival enough, both boards were all invested in the community effort, the Seniors, the youth, the Pit, the Kitchen staff sweating and getting burned, Gyro, Taverna, Salads, Loukaniko, Souvlaki, the Food tent line crew, our cashiers, the busy Beverage booth, the tray and clean-up effort, the terrific Pastry booth, the Mini & Multi Raffle tables, the Aegean Market, Coffee Shop, the Loukoumades team in that busy hot corner, the Handicrafts, Greek Coffee, Ice Cream and Cotton Candy, our Bank and our Purchasing Team, my co-chairs Cathy and Dick, George for everything you did, John you're the best, Joyce in the office many thanks and Dan our go to guy. Quite the group of VOLUNTEERS all who simply say it's for the church, which pretty much covers it all. Thank you to our patron St. George who once again held his shield high to protect us all and his beloved Cathedral Community, giving us a window of good weather.

Once again we did our best, it was my honor to again chair our Glendi and to be your President.

Frank C. Comerford
President, Board of Directors



WRAP UP MEETING

Now that Glendi 2018 is over and while it's still fresh in our minds, we need to debrief on what was good and what we need to change.

Any ideas going forward for Glendi 2019 are welcome. We are having a Wrap-up Glendi Meeting on Thursday, October 4th at 7:00 PM in the Community Center.

COMMUNITY NEWS

New Members

Mr. & Mrs. Peter Viscarola
Mr. & Mrs. Michael Mikedis
Welcome to the Family!

Funerals

Sophie Konides
Nicholas Statires
May their memories be eternal!



If you haven't joined us yet....please do!!
It's not too late to join us in Sunday School!
Children in preschool (age 3) through 10th grade
are welcome to participate in our
Sunday School program.

We need you!

Sunday School is looking for volunteers.
If you are interested or need more information
please see Athena Moutsoulis Bevan,
Sunday School Supervisor.

Greek Dance Class for Adults

2018 -2019 Sunday Dates

6pm - 8pm

Oct. 14, 21, 28

Nov. 4, 18

Dec. 2, 9

Jan. 6, 13, 20, 27

St. George Cathedral

650 Hanover St.
Manchester, NH 03103

All levels welcome

\$5 per session

Instructors

Irene Savas, Director
Boston Lykeion Ellinidon

Angela Bourassa
Performer of BLE Dance Troupe
Manchester Greek Dance Instructor



NATIONAL CHURCH MUSIC SUNDAY SUNDAY, OCTOBER 7, 2018

Each year, on the first Sunday in October (on or after the Feast of St. Romanos the Melodist, the patron saint of church musicians), parishes across the Archdiocese of America celebrate **NATIONAL CHURCH MUSIC SUNDAY**. This commemoration was inaugurated by His Eminence, Archbishop Iakovos of North and South America in 1982, and has been re-affirmed by His Eminence, Archbishop Demetrios of America.

NATIONAL CHURCH MUSIC SUNDAY is a day we set aside particularly to honor the contributions of local choir members, psaltai, and music educators who serve their churches through the hymnology of our Orthodox Church. In addition, it is a day when we recognize the work of the diocesan choir federations as well as the National Forum of Greek Orthodox Church Musicians, who through their music ministry, strive to enhance the development of church choirs, church musicians, and liturgical music at diocesan and archdiocesan levels.

We take this opportunity to publicly thank our chanters and our choir director, organist and choir members for their love of Christ and for their dedicated service to the music ministry of our beloved Saint George Cathedral. On Sunday, October 7, 2018 we will honor our choir members and chanters with the presentation of a rose at the end of the Divine Liturgy and the coffee fellowship will be hosted in their honor.

ADULT GREEK SCHOOL

Anyone interested in learning Greek. Here is a class to take. The class will start Monday, October 1st at 6:00 p.m. in the Community Center. Anyone interested, please call George Kitsis at 669-9041.

WE HAVE A TWITTER AND INSTAGRAM ACCOUNT

Here are the tags

Twitter - @SaintGeorgeNH

Instagram - saintgeorgegreekchurchnh

STEWARDSHIP 2018

Michael & Donna Aboshar
Mark & Elaine Adam
Arthur Adamakos
William Aivalikles
Anastasia Ambargis
Alex Anagnost & Amy Cloutier
Diakaios & Demetria Anagnost
Stavros Anagnost
Alexander Apostol
Panagiota Arfanakis
Sally Argeriou
Dana & Ashley Arsenaault
James & Lynne Arvanitis
William & Cheryl Athanas
Bradley & Katerina Atkinson
Christos & Alexandra Babis
Christine Ballas
Toula Barber
Jaime & Ashley Moufarge Bardwell
Curtis & Erika Barnes
Helen Benson
George & Joy Bentas
Joan Bentas
William & Susan Berry
Lawrence & Zoya Berube
Diane Bobotas
Peter & Kate Boisvert
Richard & Georgiann Boisvert
Thomas & Joanne Bonito
Thomas & Paula Borbotsina
Keir & Joanne Bordner
Arthur Boujoukos
Christopher & Angeliki Bourassa
William & Nancy Brennan
Rosemary Buder
Fanny Canotas
Brian, Cathy & Alexis Carr
Daniel & Amanda Casey
Gregory & Meagan Chadis
Dorothy Chakas
Steve Chakas
William & Maria+ Chaloge
Daphne Chiavaras
Fran Chiavaras
Stephanie Chiavaras
Robert & Mary-Ann Choquette
Christos & Barbara Chrisafides
Dean & Evangeline Christon
William C. Christy
Marie Clapsaddle
Ronald & Marion Coble
Pamela Colantuono
Brian Comerford
Frank & Alice Comerford
George Copadis
Nick Copadis
Jason & Sia Cote
Lynn Cross
Alice Crusade
Jenny Dakos
Maria Dakos
Julia Damalas
Maria Damalas
Sturgis Damalas
Nancy Daskal
Athanasios & Christine Dellas
Louis & Alexandra Demos
Alexander & Michelle Deris
John & Eileen Deris
Vivi Desjardins
Michael & Demetra Dillon
George & Linda Dimakis
Harry Dimos
Michael & Christina Dimos
Zoes & Athena Dimos

Robert & Angela Dion
Tom & Carol Dionis
Kyriakos & Theologia Dongas
Nicholas & Artemis Donis
Effie Dovas
John & Marie Dovas
Susan Duffy
Michael & Elizabeth Ferrari
Jim & Stephanie Ferro
Robyn & Alexys Ficek
Franceen Ballas Flynn
Nancy Folis
Kristine Gagne
Matthew Gatsas
Michael Gatsas
Pauline Gatsas
Theodore & Cassandra Gatsas
Kostas & Visaria Gekas
Demetrios & Stephanie Georgaklis
Barbara George
Alexander Georgeou
Stephen & Brenda Gikas
Aphrodite Giotas
Ifigenia Giotas
John Giotas
Nick Giotas
Timothy & Evangelia Giotas
Martin & Caroline Glennon
Christopher Gregorios+
Evangelos & Grace Griburas
Peter & Tana Gustafson
Maria Macaronas Hand
George & Georgia Karafotias Harb
Louise Hart
Nicholas & SeSun Hartofelis
Stephanie Spanos Honan
William & Jennifer Hughen
William & Joan Hughen
John Ine
Alice Ivos
Alexander & Jessica Jasiukowicz
John & Kathryn Jaskolka
Nicholas Jaskolka
Jason & Alexis Jones
Betty Kacavas
Thomas & Irene Kalampalikis
Angeliki Kanellos
William & Orania Kanteres
Christos & Haido Karageorgos
Emilianos & Theodora Karagiannis
Theodore & Panagiota Karametros
John & Barbara Karanasios
Eva Karandanis
Rigas & Maria Karoutsos
John & Elaine Katsoupis
Chris & Helen Kehas
Anna Kennefick
Peter & Elaine Kiriakoutsos
George & Elizabeth Kitsis
Martha Kokkinos
Andrea Kokolis
Ernie Kotekas
William Kotekas
Mary Koukos
Dennis & Anita Kounas
Michael & Afthalia Koustas
Sophia Koustas
Katherine Koutroubas & Family
Johny & Katelyn Kuttub
George & Dafnoulalalopoulos
Michael & Erica Lawton
Eudoxia Lazos
Philip Liakos
Stephen & Maureen Liakos
Mary Lianos

STEWARDSHIP 2018

Elias & Martha Loukas
Alice Love
Daniel & Maria Lustenberger
John+ & Marie MacArthur
William & Claire Macenas
Kathryn MacPhee
Emanuel & Kathleen Malatras
Stamatia Malatras
Helena Malik
Effie Mandelos
Pamela Manolakis
Joyce Mantia
Soterios & Pamela Margaritis
Linda Martin
Anthony & Karen Massahos
Margaret Mathios
Mark McCue & Vasiliki Canotas
Michael & Kaleope McKnight
Harry & Imelda Mehos
Socrates & Evdoxia Merisotis
Aspa Michalopoulos
Michael & Patricia Mikedis
Kerri Mikolaities
Olga Mikolaities
Bill & Valerie Millios
Spiro & Maria Millios
David & Helen Minkle
Demetrios Mitsopoulos
Nikolas & Lyndsay Mitsopoulos
Roula Mitsopoulos
Spiros & Sharon Mitsopoulos
Timothy Mitsopoulos
Zachary Mitsopoulos
Soultana Mokas
Marilyn Motowylak
Cathy Moufarge
Bess Mousseau
Elias Moutsoulis
Kosta & Nikki Moutsoulis
John Nacos
Leonidas & Georgia Nacos
Alkiviadis Nakos
Andromahi Nakos
Mark Nakos
Theodora Nakos
Charles, Iris & Nick Newdorf
Michael & Elaine Oleniak
Michael & JoAnn O'Shaughnessy
Demetrios & Maria Palangas
Nicholas Palangas
William Pananos
Andrew & Donnalee Panos
Costas & Mary Papachristos
Andrew Papanicolau
Connie Papanicolau
Demetri Papanicolau
Frank & Athanasia Papanicolau
Aphrodite Papazoglou
Arthur & Dawn Pappas
Christopher Pappas
William & Toni Pappas
Jason & Heather Parent
Evangelos & Brenda Pervanas
George Petrikas
Marie Pierce
Mark & Paula Pierce
Eugenia Pleat
Greg & Beth Plentzas
Philip & Sofia Plentzas
James & Haley Politis
Evangelos & Pauline Poulos
Gregory Poulos
Eleni Randos

Chrisoula Ricard
Giorgio & Denise Ricciardi
Georgia Saitas
Christos & Jackie Samaras
George Samaras
James & Christine Samaras
Joanna Samaras
Maria Samaras
Diana Seitz
John & Maria Sinclair
George Sioras
Joyce Skaperdas
Georgia Sousa
Kostas & Tina Spanos
Stergios Spanos
Evangeline Statires
John & Elizabeth Stavropoulos
James & Nita Stewart
Eva Stilkey
Angelo Suci
Visarion & Sotiria Sverkos
Olga Sysyn
Thomas Sysyn
James & Dorothy Tagalakis
Lisa Tagalakis
Andrea Tartsa
Vasilios & Nancy Tatsis
Tracy Terrio
Theodora Thanos
William Theodosopoulos & Charlene Matthews
Greg Timbas
Arthur N. Tolios
Vasiliki Tolios
Mary Tosi
George & Joyce Trapotsis
Vasso Tsingos
Dorothea Tsipopoulos
Thomas & Ginny Tsirimokos
Hercules & Constance Tsirovakas
Vasilios+ & Christos Tsirovakas
Alexandra Tsoutsas
Despina Tsoutsas
George Tsoutsas
Despina Tziros
Peter & Ashley Tziros
Kalliope Urban
Cathy Valiton
Christos Veziris
Peter & Karen Viscarola
Stergios & Christine Vizakis
Vasilios Vlahos
James & Constance Vlangas
Matthew & Darcie Vlangas
Fotios & Joanna Vougias
Theofilos & Angela Vougias
Vasilios & Christina Vougias
Edward & Cynthia Wade
Matthew & Mary Wade
Jeremy & Argy Walker
Timothy & Kristen Wheeler
Gretchen Whitney
Michael & Ellen Whitney
Helen Wilcox
Fr. Agathanikos Wilson
Philip & Nicole Wu
Arthur Zetes
Aristotle & Joanne Zevos
Eric Zink
George & Phyllis Zioze
John Zioze
George & Ourania Zogopoulos

CALLED TO BE SAINTS . . .

SERGIUS & BACCHUS THE GREAT MARTYRS OF SYRIA - OCTOBER 7



These holy Martyrs were Romans of high rank in the service of the Emperor Maximian, to whom it was reported that they did not take part in the festivals of the idols. When he called them into his presence, they confessed their Faith in the one God. He had them arrayed in women's clothes and paraded through the streets in mockery. They were afterwards scourged, from which Saint Bacchus died. This was about the year 296. Saint Sergius was then taken to Resapha in Syria, where he was tortured and beheaded. His tomb in Resapha became a very famous shrine, to which pilgrims came from as far away as Western Europe; Resapha was later renamed Sergiopolis in his honor.

CHANGE OF ADDRESS

If your address changes, please give the Cathedral Office a call at 622-9113 and let them know of the change.

FATHER'S OFFICE HOURS

Father's Office Hours

Monday – Wednesday – Friday

10:00 a.m. to 4:00 p.m.

Thursday 11:00 a.m. to 7:00 p.m.

Tuesday and Saturday By Appointment

FATHER'S CONTACT INFORMATION

Cell Phone: (603) 856-6749

E-mail: revframwilson@yahoo.com

St. George Board of Directors

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Tracy Terrio

ADULT EDUCATION: BIBLE STUDY CLASSES

Beginning on Wednesday, October 3, 2018 we will have two Bible Study Classes meeting on Wednesday at 11:00 a.m. and again at 7:00 p.m. The morning Bible Study Class will be studying the Epistle of Saint Paul to the Romans this coming year. The evening Bible Study Class will be studying the First Epistle of Saint Paul to the Corinthians. Both classes will be held in the Annex Building located on Amherst Street behind the Church

ADULT EDUCATION: ORTHODOX LIFE CLASS

Our Orthodox Life Class will be held on Thursday evening at 7:00 p.m., beginning on Thursday, October 4, 2018. This year our class will be an Introduction to the Orthodox Church and will use a text book and study guide prepared by Father Anthony Coniaris. This class provides vital information to the adult learner as you will learn everything about the Orthodox Church that you probably did not learn in Sunday School. This class is really about, “everything I want to know about the Orthodox Church but did not know what to ask”. This class will meet in the Annex Building located on Amherst Street behind the Church.

PRAYER FOR THE CONQUEST OF CANCER

Glory to You, O God and our hope, Glory to You. O Lord, in whose hands are the issues of life and death, we thank You that You are a God of Love. From the gift of our lives to the moment we return to You, we are in Your loving care. We turn to You in times of joy and pain. We are concerned with those in pain, those who suffer from cancer, and those who care for them. Bless, we pray, those who minister to the victims of this dread disease. Give them the skill and knowledge that cures may be wrought. Heal, we pray, those who suffer that their pain may be replaced by joy. Give, we pray, a discovery of the cure for cancer and the knowledge of how to prevent it. Increase, we pray, Your ministry of healing through all who labor and research and the health professions. That one day we may rejoice in a world free from the scourge of cancer in which all may live out their span of life in useful service to You. We pray this in Your Holy Name, Father, Son, and Holy Spirit, now and forever, and unto the ages of ages. Amen.

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

HOW TO DEFEND YOURSELF AGAINST BREAST CANCER

Early detection is so far the best defense against breast cancer. The reason is not far-fetched as early detection enhances timely treatment of infection. This can be done through regular breast examination. These days, much information is found in a variety of publications on breast self examination. Women are advised to make use of information from their health care professionals. This notwithstanding, the following guidelines are in agreement with the American Cancer Society’s recommendations.

By getting a mammogram done annually if you are over 40 years of age.

Through proper annual clinical breast examination (CBE) by a health care professional if you are over 40 years of age – preferably around the time that you receive your mammogram.

By having a CBE done once every three years if you are 20 to 39 years of age.

Conducting monthly breast self-exam if you are over 20 years of age.

Reducing cigarette intake – according to research statistics, nearly 50% of women are sensitive to the carcinogens in tobacco, which implies more risks of developing breast cancer.

Increasing the amount of fresh fruits and vegetables intake. This is because they contain antioxidant vitamins and other nutrients that can help in cancer prevention.

Eating foods high in phytoestrogen, a chemical found in soy products, flaxseed, and whole grains.

Reducing alcohol intake. High alcohol intake has been statistically linked to an increase in the risk of breast cancer.

By exercising regularly and maintaining normal body weight. These two factors help in breast cancer prevention.

NATIONAL CHURCH MUSIC SUNDAY OCTOBER 7, 2018



You received divine grace from Heaven, and by your own lips taught all to worship the One God in Trinity. All-blessed, venerable John Chrysostom, deservedly, we praise you for you are a teacher clearly revealing things divine.

Kontakion of St. John Chrysostom



HONORING
CHURCH MUSICIANS
ACROSS THE
ARCHDIOCESE OF AMERICA



NATIONAL FORUM OF GREEK ORTHODOX CHURCH MUSICIANS
WWW.CHURCHMUSIC.COARCH.ORG

Taverna Night

**St. George Cathedral
650 Hanover Street
Manchester NH**



October 13, 2018

7 p.m. – 11 p.m.

**\$20.00 admission
Children under 16 Free
includes Greek appetizers**

**Greek and American Music
The Salonica Boys
Beer and Wine Bar**

**Tickets available at Church Office, and after Liturgy on
Sundays during Coffee Hour.**

GREEK ORTHODOX ARCHDIOCESE OF AMERICA

8-10 East 79th St. New York, NY 10075-0106 * Tel: (212) 570-3530 Fax: (212) 774-0237
www.goarch.org - Email: communications@goarch.org

September 24, 2018

ARCHDIOCESE ASKS FOR PRAYERS FOR HURRICANE FLORENCE VICTIMS, DONATIONS TO BE DIRECTED TO THE NATIONAL PHILOPTOCHOS

NEW YORK – Hurricane Florence and its aftermath in the last week, has tragically caused the loss of human life, the destruction of property, power outages and the disruption of the lives of many people in our country, including thousands of our faithful across the eastern seaboard.

The Greek Orthodox Archdiocese of America is praying for those who lost their lives in this storm and urges our parishes and faithful to continue their fervent prayers to Almighty God for solace, strength and quick relief to those impacted by the storm and who are facing adversity and uncertainty.

His Eminence Archbishop Demetrios has asked that all contributions from parishes or individuals be directed to the ***Hurricane Relief Fund*** of the **National Ladies Philoptochos Society** to be used for this philanthropic purpose. Collections and contributions should be sent directly to the National Philoptochos Society, 126 East 37 Street, New York, NY 10016.

NOTE: SAINT GEORGE CATHEDRAL WILL PASS A SPECIAL TRAY ON SUNDAY, OCTOBER 7, 2018 FOR THE BENEFIT OF THE HURRICANE RELIEF FUND OF THE NATIONAL LADIES PHILOPTOCHOS SOCIETY. PLEASE MAKE YOUR CHECK PAYABLE TO SAINT GEORGE AND THE CHURCH WILL SEND ONE CHECK FROM THE COMMUNITY. THANK YOU IN ADVANCE FOR YOUR GENEROSITY!

SAINT GEORGE GREEK ORTHODOX CATHEDRAL
650 HANOVER STREET
MANCHESTER, NEW HAMPSHIRE 03104-5306

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ST. GEORGE GREEK ORTHODOX CATHEDRAL

650 Hanover Street Manchester, New Hampshire 03104-5306
 Tel. 603.622.9113 Fax. 603.622.2266
 saintgeorge@comcast.net www.stgeorge.nh.goarch.org

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. Greek Pre-School 4:30-5:30 pm in CC. Adult Greek Class 6-7:30 p.m. in CC.	2.	3. Bible Study 11 am & 7 pm. at Annex. Cub Scout Mtg. 6 pm	4. Orthodox Life Class 7 pm at Annex. Glendi Wrap-up Mtg. 7 pm in CC.	5.	6.
7. Orthros 9 a.m. Div. Lit 10 a.m. No Sunday School	8. Greek Pre-School 4:30-5:30 pm in CC. Adult Greek Class 6-7:30 p.m. BOD Mtg. 7 pm at Annex.	9.	10. Bible Study 11 am & 7 pm at Annex. Cub Scout Mtg. 6 pm in CC. DOP Mtg. 6:30 p.m. in	11. Orthodox Life Class 7 pm at Annex.	12. Pumpkin Carving Family Night 6-9 pm in CC.	13. Taverna Night 7-11 pm in CC.
14. Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 am. Greek Dance 6-8 pm in CC.	15. Greek Pre-School 4:30-5:30 pm in CC. Adult Greek Class 6-7:30 p.m.	16.	17. Bible Study 11 am & 7 pm at Annex. Cub Scout Mtg. 6 pm in CC.	18. Orthodox Life Class 7 pm at Annex.	19.	20.
21. Orthros 9 a.m. Div. Lit 10 a.m. Sun. School 10 am. DOP Breakfast in CC after Divine Liturgy. 2nd General Assembly in CC. Greek Dance 6-8 pm in CC.	22. Greek Pre-School 4:30-5:30 pm in CC. Adult Greek Class 6-7:30 pm in CC.	23.	24. Bible Study 11 am & 7 pm at Annex. Cub Scout Mtg. 6 p.m. in CC.	25. Orthodox Life Class 7 pm at Annex.	26.	27.
28. Orthros 9 a.m. Div. Lit. 10 a.m. Sun. School 10 am. Greek Dance 6-8 pm in CC.	29. Greek Pre-School 4:30-5:30 pm in CC. Adult Greek Class 6-7:30 pm in CC.	30.	31. Bible Study 11 am & 7 pm at Annex. Cub Scout Mtg. 6 pm in CC.			



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November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4. Orthros 9 a.m. Div. Lit 10 a.m. Sun. School 10 a.m. 1-yr Mem. for Zaferios Mitsopoulos & Coffee Hr. Greek Dance 6-8 pm in	5. Pre-School 4:30-5:30 pm. Adult Greek Class 6-7:30 pm.	6.	7. Bible Study 11 am & 7 pm at Annex. Cub Scout Mtg. 6 pm in CC.	8. Job Fair Set-up in CC. Orthodox Life Class 7 pm at Annex	9. NH Job Fair 10 am—2 pm in CC.	10.
11. Orthros 9 a.m. Div. Lit 10 a.m. No Sun. School	12. BOD Mtg. 7 pm at Annex.	13.	14. Bible Study 11 am & 7 pm at Annex. Cub Scout Mtg. 6 pm at Annex.	15. Orthodox Life Class 7 pm at Annex	16.	17.
18. Orthros 9 a.m. Div. Lit 10 a.m. Sun. School 10 am. Sun Sch. Pancake Break-fast in CC.	19. Pre-School 4:30-5:30 pm. Adult Greek Class 6-7:30 pm. in CC. 3rd/4th Coed BB 6-7 pm in CC. HS BB 7-8:30 pm in CC	20.	21. Feast of the Presentation of the Theotokos Div. Lit. 10 am No Bible Study No Cub Scouts	22. Happy Thanksgiving (Office Closed)	23. Holiday (Office Closed)	24.
25. Orthros 9 a.m. Div. Lit. 10 a.m. No Sun. School	26. Pre-School 4:30-5:30 pm. Adult Greek Class 6-7:30 pm.	27.	28. Bible Study 11 am & 7 pm at Annex. Cub Scout Mtg. 6 pm at Annex.	29. Orthodox Life Class 7 pm at Annex	30.	
			Joyce Vacation- Office Closed			