THE COMFORT OF THE MOST HOLY THEOTOKOS IN OUR LIVES

Let us reflect on experiencing the comfort of the most Holy Theotokos. Throughout the ages the role of the mother has played an integral aspect in the formulation of the families and of the nations. We all know firsthand the comfort a distressed child finds in the arms of a nurturing mother. It seems there is a mystical touch where the hurts, the fears and pain diminishes. Unfortunately, we live in a society today where many young children do not experience the mother-child bond. The mother may be absent, be it physically and/or emotionally, leaving a vacuum in the life of the child to experience that intimate relationship.

The Holy Church in her wisdom knows firsthand the importance of the mother-child role and has taught and preserved for us for over two thousand years the reality of the maternal nurturing of the Panagia, the most Holy Theotokos or the Mother of God. She is called Panagia because she is all holy. The name Theotokos, a Greek compound word, refers to her role, as the birth-giver of God.

Moreover, we see even more deeply and personally that the Panagia is our spiritual mother. She is there to nurture us when we fail spiritually. The hymns of the Paraklesis Service, which is chanted during the first fifteen days of August, as well as in times of trials and tribulations, is filled with the pleas of a child crying to a mother to soothe and take away the ills and pains that besiege one. In turn, it is the Panagia who also prays that God will come to the aid of those tormented spiritually and physically.

The many beautiful hymns of the Paraklesis Service cannot help but bring comfort to those offering them to the mother of God, the Theotokos, and to those they are intended. One such hymn is the following troparia sung at the conclusion of the service; “All those do you shelter, O Good One, those who in their faith flee unto you, with your strong hand, you protect; we who sin have no one else, who intercedes for us before God, praying endlessly, in ills and all dangers, for us who are laden with our many sins and mistakes; Mother, of our God in the Highest, therefore, we fall down to you, humbly; from all the misfortunes, keep your servants safe.” We are called to pray for one another. The Panagia is the one who prays to God on our behalf. We are called to imitate her role and pray to Christ on behalf of our brothers and sisters around us who are in need of God’s mercy and help. Holy Tradition teaches us that the Panagia grew up in the temple. We too must live inside the Holy Church, listening attentively to the Word of God, worshipping at the Divine Liturgy, receiving Christ’s body and blood, and passing the love of Christ to one another. Finally, may we be the shelter for those whose tempest is tossed by the storms of life. Let us learn to nurture one another as does the Panagia who prays to Christ on our behalf. Since when we “carry the burdens of one another,” we are true vessels of God.

In just a few weeks, during the first fifteen days of August we will have an opportunity to come together as a worshipping community and chant the Paraklesis Service to the Mother of our God on behalf of ourselves and our brothers and sisters in Christ. The services will be offered both in the morning and in the evening. Beginning in October we will be offering the Paraklesis service two times per month, once in the morning and again once in the evening.

Father Wilson
Very Rev. Father Archimandrite
Agathonikos M. Wilson (Father Mike)

PRESIDENT’S MESSAGE

Dear Fellow Parishioners,

Last month I tried to remind everyone that this is our time and it’s our GLENDI festival that certainly has not changed. I just want to reinforce how important the AD book has become, your Ad book for your GLENDI. Without the AD book the effort of the cooking, the packing, the buying, the time and the sweat on our feet working all those hours is simply not cost effective. It is not as it once was, the ad book equals the entire income of the food line, The Ad book needs to be as full as we can possibly make it. Our entire GLENDI celebration needs it to be a real money maker and the AD book is a major part of that effort. We have some help this year with all the political candidates and your Chairman George
Copadis is reaching out to them all. Some will help, some will turn away kind of like our own community. We need your help NOW. Have you taken out your own ad or sponsorship?. What about that pizza place you go to, your hairdresser, your auto dealer or repair shop, your favorite restaurant. Have you at least made the effort to ask someone. The costs to run this community are always mounting, always going up, the ad book is one of the few things we can all do to offset these increases, It simply has to be full please help me, help George, help your community with some response to this plea we are depending on you. It’s the Glendi it’s our time to shine and it begins in the next couple weeks with the deadline of the GLENDI AD BOOK.

Thank you to all who have come out to get the cooking and baking off to such a strong start, the more hands the better it goes for everyone. Please look into the schedule for the dates of the later tasks as we move further into the summer. We are all in this together.

Thank you to our choir who wrapped up another wonderful season and begin their summer vacation. It make the Liturgy such a moving powerful experience and gives us something to look forward to in the fall after the GLENDI, If you’re interested in this service to your community please contact Cathy Moufarge for more details. We are starting a youth choir too so talk it up with your own young people.

Fr. Mike and some of the board were able to attend a wonderful affair to honor Past President Dick Anagnost for his commitment to the Moore Center and to our Manchester community. Dick is a major contributor to everything we do here at St. George a true steward who shares his financial blessings with all of us, as well as his time and his talents. He is a strong believer in Family and that includes his St George Family. We Congratulate Dick on a well-deserved honor and wish him continued success in all his many undertakings in our community.

Continue to enjoy a healthy safe summer and stop in to your church to see us. As we prepare for the greatest Glendi ever.....remember it begins with your help to make the AD book a success.

Frank C. Comerford
President

GLENDI

Dear Fellow Parishioners,

With the start of the summer season we are getting closer than ever to GLENDI 2015. GLENDI is now two and a half months away and all our volunteers are gearing up to help through the summer months and the cooking and preparation that will take place until we hit September 18th and the start of another GLENDI Festival.

This year I really did not want to extend the deadline for the GLENDI Ad Book however, the ads and the revenue we have received are somewhat disappointing and not up to our standards so we will be extending the deadline to July 31st. This date is set in stone and we will be somewhat rushed by extending the date to the end of July. So if you haven’t taken an ad and you really want to support the GLENDI Ad Book the absolute deadline is July 31st. We hope you will assist according to your means. Whatever you can do to assist from a patron ad to a full page ad is deeply appreciated. We also wanted to extend our deepest thanks to all those that have already contributed to this year’s ad book. Thank you for your generosity and support of our church.

We also wanted to bring you up to date on our sponsors: Our media sponsors include: WMUR-TV, The Union Leader, HIPPO PRESS, WGIR/ROCK 101, WZID/THE MILL/HOT HITS, and I am currently working with Charlie Sherman regarding the participation of the new television station NH1. Our paid sponsor list includes: AUTOFAIR, Manchester Harley Davidson, Anagnost Companies, Spectrum Marketing, Bedford Ambulatory Center, Bedford Occupational & Acute Care, Cross Insurance, Citizen’s Bank, Eastside Plaza, and Phaneuf Funeral Homes.

Our cooking schedule will start up again in August so please watch the flyers and the monthly bulletin for the schedule. Again our deepest thanks to all the ladies who cook all summer in preparation for the festival. The GLENDI would never be a success without each and everyone of you !!!

So this concludes the GLENDI update. All other issues surrounding the festival are being completed in a timely fashion. The band is booked, the DJ is booked, the tents are rented, the blocking of the streets has been requested along with the signage on Elm St.
With our August message on GLENDI the ad book will be done and we are hopeful we will have better numbers to report as far as ads and revenue. Again thank you so much for your consideration of our request and thanks to all those that have donated to this year’s ad book!

Sincerely yours,

Fr. Michael Wilson
Dean, St. George Greek Orthodox Cathedral

George N. Copadis 
Dick Anagnost
Co-Chairs,
Glendi 2015

MEMORIAL DONATIONS

St. George Greek Orthodox Cathedral
Beautification Fund in memory of:

Pauline Demey $840.00
John Gikas $1647.00
Kostas Kalantzis $435.00

St. George Greek Orthodox Cathedral
Senior Choir Fund, in memory of:

Pauline Demey $25.00
John Gikas $25.00

Julia and Effie Naum generously donated $35.00 to the George Demos Altar Boy Scholarship in memory of George Demos.

Icon of Panagia
Donated by Dr. Nicholas Skaperdas in memory of his beloved wife Mario O. Skaperdas

COMMUNITY CONTRIBUTIONS

Mr. & Mrs. Nicholas Hartofelis generously donated $100.00 to the St. George Greek Orthodox Cathedral Wine Fund.

Mr. George Skaperdas generously donated $100.00 to the George Demos Altar Boy Scholarship Fund.

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

| V. Rev. Fr. Agathonikos M. Wilson |
| Deacon of the Cathedral |
| Frank C. Comerford |
| President, Board of Directors |
| John Stavropoulos |
| 1st Vice President |
| Andrew Papanicolau |
| 2nd Vice President |
| Philip Blatsos |
| Treasurer |
| Timothy Giotas |
| Secretary |
| George Copadis |
| Kelly O’Brien Hebert |
| George Kitsis |
| Philip Liakos |
| Cathy Moufarge |
| Nicoletta Moutsoulis |
| Theodoros Setas |
| George Skaperdas |
| Greg Timbas |
| Thomas Tsirimokos |

Anagennesis Ladies Society Board 2015

| Cathy Moufarge |
| President |
| Kelly O’Brien Hebert |
| Vice President |
| Kathy Dovas Jaskolka |
| Secretary |
| Carol Dionis |
| Treasurer |
| Dorothy Chakas |
| Membership |
| Diane Spiro LaRoche |
| Sunshine |
| Marga Bessette |
| Angela Dion |
| Jenny Dakos |
| Tana Gustafson |
| Cindy Gatzoulis Klinefelter |
| Diane Orr |
| Michelle Papanicolau |
| Veneta Tatakis |
| Tracy Terrio |
COMMUNITY NEWS

Free Blood Pressure Screening
There will be no Blood Pressure Screening in July.

Welcome New Members to the Community
Anup Srivastava & Luminita Enache
Welcome to the family!

Weddings
Congratulations to Gregory & Meagan Chadis
Walter & Nicole Argeriou
and Peter & Tana Gustafson

Funerals
Kostas Kalantzis, Victoria Copadis
May their memories be eternal.

CHANGE OF ADDRESS
Have you moved? Please notify the Cathedral office. The office is open Monday-Friday 8:00am – 4:00pm. The phone number is 603-622-9113.

NEEDED:
Volunteer Nurses or Lay Health Ministers for the CMC Parish Nurse Program at Saint George Cathedral

There is an opportunity to grow the role of the Saint George Cathedral Parish Nurse Program. Expansion of this service could include but is not limited to health advocacy, health education, exercise and additional free BP clinics.

As a volunteer for the CMC Parish Nurse Program RN's can count the hours served as active in practice towards maintaining licensure. Also there are discounts at the CMC gift shop, free turkeys at Thanksgiving, volunteer appreciation events and access to free CEU's.

If you feel called or are gifted to serve our beloved Saint George Cathedral in this capacity please contact Priscilla Hamilton RN, BSN, CMC Parish Nurse Program Coordinator, at 603-663-8002 or speak with Father Mike.

LEARN THE HYMNS OF THE PARAKLESIS SERVICE
Are you interested in learning the hymns and the beautiful melodies of the Paraklesis Service? You will have an opportunity to do so on Tuesday, July 21, 2015 from 6:00 to 7:30 p.m. on Wednesday, July 22, 2015 from 10:00 to 11:30 a.m. or on Tuesday, July 28, 2015 from 6:00 to 7:30 p.m.

URGENT NEED FOR FOOD
The demand for food assistance is at an all time high and food bank supplies are at a record low. Help is needed to fill their shelves and ensure that some of the poorest residents of our community receive food. The greatest needs are: peanut butter, jelly, tuna fish, canned vegetables, canned fruit, cereal, pasta, and sauce. Please drop your items off at the Community Center and we will deliver them to the soup kitchen. New Horizons and the recipients of the food are very grateful for your generous donations.

St. George Greek Orthodox Cathedral

GLENDI
"A GREEK FESTIVAL"
2015
SEPTEMBER 18, 19 & 20
SCHOLARSHIPS RECEIVED FOR 2015

Congratulations to all the students who received scholarships. Good work and good luck in the future. May your dreams come true in whatever endeavor you choose.

Anagennesis Ladies Society
Memorial Service Scholarship Fund:
Marena Koutroubas

NOA Scholarship Fund:
Katina Smith

The Gregory Pappas Memorial Scholarship Fund:
Jenna Berry
Alessandro Ricciardi

Anna Theodosopoulos Scholarship Fund:
Jenna Berry
Katina Smith
Marena Koutroubas
Alessandro Ricciardi

The Greater Manchester Hellenic Scholarship Fund:
Nicolette Griburas
Katina Smith
Abigail Snarski

Marena Koutroubas – Spanos Memorial Scholarship
George Mokas – C succeed-Pappas Scholarship
Alessandro Ricciardi – Kachavos Scholarship
Jenna Berry – Harilaos & Evdokia
Kapranopoulos Scholarship
Jacqueline N. Lee – John Geogigiou Scholarship
Johanna Hebert – Kimon S. Zachos Scholarship

The Greek Independence Day Scholarship Fund:
Jenna Berry
Alessandro Ricciardi

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GLENDI FESTIVAL
is
September 18, 19, 20th, 2015
We need volunteers.
Please fill out the form that is enclosed.

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GLENDI 2015
COOKING/BAKING SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Item</th>
<th>Chairs</th>
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<tbody>
<tr>
<td>Aug. 11 &amp; 12</td>
<td>Kourambiethes</td>
<td>Angela Dion, Chairperson</td>
</tr>
<tr>
<td>Aug. 18</td>
<td>Finikia</td>
<td>Maria Damalas &amp; Georgia Sousa, Chairs</td>
</tr>
<tr>
<td>Sept. 14 &amp; 15</td>
<td>Pita</td>
<td>Angela Dion, Chairperson</td>
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<td>TBA</td>
<td>Galatoboureko</td>
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<td>Aug. 3 &amp; 4</td>
<td>Koulourakia</td>
<td>Cindy Klinefelter, Chairperson</td>
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<td>Sept. 10 &amp; 11</td>
<td>Pastichio</td>
<td>Veneta Tatakis &amp; Athanasia Robinson, Chairs</td>
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GLENDI 2015
PROGRAM AD RATES

Patron (Name) - $25.00
Qtr Page         $75.00 (3.5” w x 4.75” h)
Half Page        $150.00 (4.75” h x 7.5” w OR 3.5” w x 10” h)
Full Page        $300.00 (7.5” w x 10” h)

DEADLINE FOR ADS IS July 31st

Please make checks payable to:
St. George Greek Orthodox Cathedral
650 Hanover Street, Manchester, NH 03104-5306
Chairmen for this year’s Glendi have been selected and are currently seeking enthusiastic volunteers to contribute their talents and skills. This is the major fundraising event of our community and in order to succeed we must have each member of our community contribute. If we all give a few hours of our time over the weekend, it will truly be a community event. Maybe you can have the whole family volunteer and work together at a booth. Complete the form and you’re on your way to doing your part.

Thank you,
George Copadis

Name____________________________________________________ Phone ________________

I am interested in working on:

____ The Century Raffle
____ Beverage Under the Tent
____ Cashier
____ Making Salads
____ Lemonade and Hot Dogs
____ Making/Selling Pastry
____ Advertising
____ Kitchen/Runners
____ Assist Lifting Trays While Cooking
____ Tent Serving Food
____ Loucounades
____ Souvlaki
____ Taverna
____ Mini Raffle

____ Barbecue Pit
____ Children’s Games
____ Handicrafts
____ Clean Up Under the Tent
____ Church Tours
____ Religious Booth
____ Helping to Bake/Cook
____ Phone Tree-Recruit Workers
____ Money Room
____ Holiday Crafts
____ Aegean Market/ (formerly
____ Jewelry/Import Booth
____ Multi –Raffle
____ GYRO Booth

Thank you in advance for your assistance.
George Copadis & Dick Anagnost, Chairs 2015
Frank Comerford, Pres. Board of Directors
Cathy Moularge Pres. of Anagennesis
Glendi Chairs 2015
THE SEVEN "MARY'S" OF THE BIBLE

Mary in Hebrew is "Miriam" and was the name of at least seven women of the Bible:

The Mother of Jesus, Virgin Mary: We call the Mother of Jesus, "Virgin Mary" to distinguish her from the other 6 Mary in the Bible... and besides, she is the only person called "virgin" in the Bible, and 5 times: 3 times in Lk.1:28,34, in Mt.1:23, and in Is.7:14

Mary Magdalene: Called "Magdalene" because she was from a town in Galilee called "Magdala" ("tower"), mentioned only in Matt. 15:39. In the parallel passage in Mark 8:10 this place is called Dalmanutha. It was on the west shore of the Lake of Tiberias, and is now probably the small obscure village called el-Mejdel, about 3 miles northwest of Tiberias. In the Talmud this city is called "the city of color," and a particular district of it was called "the tower of dyers." The indigo plant was much cultivated here.

One sister of Lazarus: Martha and Mary: Mary, the sister of Lazarus is brought to our notice in connection with the visits of our Lord to Bethany. She is contrasted with her sister Martha, who was "cumbered about many things" while Jesus was their guest, while Mary had chosen "the good part." Her character also appears in connection with the death of her brother (John 11:20, 31,33). On the occasion of our Lord's last visit to Bethany, Mary brought "a pound of ointment of spikenard, very costly, and anointed the feet of Jesus" as he reclined at table in the house of one Simon, who had been a leper (Matt. 26:6; Mark 14:3; John 12:2,3). This was an evidence of her overflowing love to the Lord. Nothing is known of her subsequent history. It would appear from this act of Mary's, and from the circumstance that they possessed a family vault (11:38), and that a large number of Jews from Jerusalem came to condole with them on the death of Lazarus (11:19), that this family at Bethany belonged to the wealthier class of the people.

Mary of Cleopas or Mary the mother of James: She is known as "Mary of Cleopas" because Cleopas was her husband. Mentioned in (John 19:25) as standing at the cross in company with Mary of Magdala and Mary the mother of Jesus. By comparing Matt. 27:56 and Mark 15:40, we find that this Mary and "Mary the mother of James the little" are one and the same person, and that she was the sister of our Lord's mother. She was that "other Mary" who was present with Mary of Magdala at the burial of our Lord (Matt. 27:61; Mark 15:47); and she was one of those who went early in the morning of the first day of the week to anoint the body, and thus became one of the first witnesses of the resurrection (Matt. 28:1; Mark 16:1; Luke 24:1). See: Joses, Joseph, and James (the less).

Mary, the Mother of Mark: Mary, the mother of John Mark the Evangelist was one of the earliest of our Lord's disciples. She was the sister of Barnabas (Col.4:10), and joined with him in disposing of their land and giving the proceeds of the sale into the treasury of the Church (Acts 4:37; 12:12). Her house in Jerusalem was the common meeting-place for the disciples there.

Mary of Rome: A Christian at Rome who treated Paul with special kindness (Rom. 16:6)

Miriam of the OT: The sister of Moses and Aaron (Ex. 2:4-10; 1 Chr. 6:3). Her name is prominent in the history of the Exodus. She is called "the prophetess" (Ex. 15:20). She took the lead in the song of triumph after the passage of the Red Sea. She died at Kadesh during the second encampment at that place, toward the close of the wanderings in the wilderness, and was buried there (Num. 20:1).

CONGRATULATIONS TO MARIA DONGAS

The Parishioners of St. George Greek Orthodox Cathedral are very proud of the award you were presented at the 29th Annual Metropolis of Boston Ministry Awards on June 14th.
STEWARDSHIP 2015

Michael & Donna Aboshar
Arthur Adamakos
Joanne Adamakos
Anastasia Ambargis
Dick & Demetria Anagnost
Anastasios & Helen Argiras
William & Cheryl Athanas
Christos & Alexandra Babis
Christine Ballas
Toula Barber
Erika Jaskolka Barnes
Barbara Barbour
Helen Benson
William & Susan Berry
Philip & Anita Blatsos
Diane Bobotas
Richard & Georgiann Boisvert
Joanne & Tom Bonito
Keir & Joanne Bordner
Arthur & Sandra Boujoukos
Christopher & Angeliki Bourassa
Todd & Kassandra Brady
Rosemary Buder
Fanny Canotas
Daniel & Amanda Casey
Gregory & Meagan Chadis
Dorothy Chakas
Steve Chakas
William & Maria Chaloge
Dean & Evangeline Christon
Robert Christy
Sherry Christy
Marie Clapsaddle
Ronald & Marion Coble
Pamela Colantuono
Brian Comerford
Frank & Alice Comerford
George Copadis
Nicholas Copadis
Alice Crusade
Wassim & Ghada Daaboul
Jenny Dakos
Maria Dakos
Julia Damalas
Maria Damalas
Sturgis Damalas
John & Vasoulla Demos
Vivi Desjardins
George & Linda Dimakis
Harry Dimos
Rob & Angela Dion
Nicholas & Artemis Donis
Effie Dovas
Gavan & Stefanie Fletcher
Nancy Folis
Fr. Agathonikos Wilson
Florence George
Alexander & Rita Georgeou
Gigi & Jeff Georges
John Gikas+
Stephen & Brenda Gikas
Aphrodite Giotas
Ifigenia Giotas
Tim & Evangeline Giotas
Evangelos & Grace Griburas
Sophia Grimanis
Peter & Tana Gustafson
Pamela Hagen
Maria Hand
Nick & Louise Hart
Nicholas & SeSun Hartofelis
Chrsy & Dawn Houpis
William & Jennifer Hughen
William & Joan Hughen
Alice Ivov
Kathryn Jaskolka
Nicholas Jaskolka
Jason & Alexis Jones
Betty Kacavas
Nola Kalantzis
Mr. & Mrs. Kanellos Demetrios
Christos & Haido Karageorgos
Emil & Teddy Karagiannis
John & Barbara Karanasiou
Eva Karandasis
Rigas & Maria Karoutzos
Jennie Kiestinger
Peter & Elaine Kirakoutsos
George J. & Betty Kitsis
Charles & Martha Kokkinos
Andrea Kolakis
Ernest Kotekas
William Kotekas
Mary Koukos
Dennis & Anita Kounas
Michael & Effie Koustas
Kathy Koutroubas
George Kriton
Georgia Lados
Paul Lados
Thomas Lados
John & Eudoxia Lazos
Philip Liakos
Menelaos & Mary Lianos
Jeannie Lucas
Maria Lusenberg
John & Marie Macarthur
William & Claire Macenas
Kathryn M. MacPhee
Stamatia Malatras
Effie Mandelos
Pamela Manolakis
Linda Martin
Anthony & Karen Massahos
Socrates & Eudoxia Merisotis
Olga Mikolaities
Katherine Mitchell
Spriros & Sharon Mitsopoulos
Soultana Mokas
Lynn Motowylak
Marilyn Motowylak
Ashley Moufarge-Bardwell
Bess Moussa
Elias Moutsouliis
Konstantine & Nicolette Moutsouliis
Louis & Georgia Nacos
Effie M. Naum
Julia D. Naum
Kaiylin Newford
Charles & Iris Newford
Paul & Joanna O'Brien
Androniky O'Neil
Demetrios & Maria Palangas
Eric Palangas
William Pananos
Andrew Papanicolau
Frank & Athanasia Papanicolau
Arthur & Dawn Pappas
Paul Pappas
Christopher Pappas
Evangelos & Brenda Pervanas
Mark & Paula Pierce
George Petkas
Sophia Pentzas
Evangelos & Pauline Poulos
Eleni Randos
Chrisoula Ricard
Denise Ricciardi
Christos Samaras
Dimitrios & Christina Samaras
George Samaras
Joanna Samaras
Nicholas Savvas & Family
Maria Sinclair
George Sioras
Christopher & Marina Skaperdas
Joya Skaperdas
Leonard & Georgia Sousa
Kostas & Tina Spanos
Katherine Springer
Michael Spryridakis
Anup & Luminita Srivastava
James & Noelle Statieres
Nicholas Statieres
John & Elizabeth Stavropoulos
James & Nita Stewart
Eva Stilkey
Visarion & Sotiria Sverkos
Olga Sysyn
Aphrodite Tagalakis
Lisa Tagalakis
Marc Tagalakis
Vasilios & Nancy Tatsis
Tracy Terrio
Theodora Thanos
Efthymia Thoma
Anne Timbas
IIias Tingas
Vasilike Tolios
Mary Tosi
George & Joyce Trapotsis
Angelos & Vasso Tsingos
Thomas & Ginny Tsirimokos
Vasilios & Christos Tsourvakas
Alexandra Toussas
Despina Toussas
George Toussas
Anastasia Vailas
Vasilios & Penny Vasilopoulos
Christos Veziris
Theofilos & Christina Vougias
Vasilios & Christina Vougias
Edward & Cynthia Wade
Matthew Wade
Michael & Ellen Whitney
Helen Wilcox
Philip & Nicole Wu
Arthur Zetes
John Zioze
+Deceased
Joyful Giving – Stewardship 2015 Pledge Form

My Pledge to St. George Greek Orthodox Cathedral in 2015 (Please respond as soon as you can!)

NAME: ______________________________ SPOUSE (if Married) ______________________________

STREET: ______________________________ CITY: ______________________________ STATE: _______ ZIP: _______

HOME PHONE: __________________________ MOBILE PHONE: __________________________

EMAIL ADDRESS: __________________________ EMAIL ADDRESS of Spouse (If Married): __________________________

DEPENDENT CHILDREN’S names and birthdays:

________________________________________________________________________________________________________________________________________

May we include your contact information in the parish directory? ☐ YES ☐ NO

May we add you to our parish email list? ☐ YES ☐ NO

Indicate any information you would like excluded from parish directory:

________________________________________________________________________________________________________________________________________

TREASURE

In gratitude for God’s blessings, I/we commit to Christ and His Church the following amount for 2015: $__________

I WILL FULFILL MY PLEDGE IN THIS MANNER: ☑ MONTHLY ☐ QUARTERLY ☐ YEARLY ☐ OTHER

I WOULD LIKE TO HAVE MY PLEDGE BILLED TO MY DEBIT / CREDIT CARD. (This is preferred in order to save fees)

Card #: __________________________________________ Exp. Date: __________ CCV#: __________

PLEASE BILL MY CARD: ☑ YEARLY ☐ QUARTERLY ☐ MONTHLY

TIME & TALENT

NAME: ______________________________

INDIVIDUAL STEWARDS should indicate areas of interest with a check mark. FAMILIES should mark “H” for HUSBAND, “W” for WIFE, or “C” for CHILDREN.

EDUCATION

☐ Bible Study ☐ Adult Religious Education ☐ Intro to Orthodoxy

☐ Publications ☐ Speakers ☐ Library

YOUTH

☐ Sunday School Teacher ☐ GOYA ☐ Little Lambs

☐ Hope/Joy ☐ Scouts ☐ Basketball

☐ Youth Choir

BUILDING & GROUNDS

☐ Garden & Landscape ☐ Clean-up ☐ Interior Repairs

☐ Exterior Repairs ☐ Hall Rentals

ADMINISTRATION

☐ Review / Audit ☐ By-Laws ☐ Office Help

☐ Computer / Technical ☐ Data Entry ☐ Board of Directors

☐ Anagenesis

DEVELOPMENT / FUNDRAISING

☐ Glendi

LITURGICAL

☐ Sanctuary & Altar Care ☐ Altar boys / Acolytes ☐ Baking Prosfora

☐ Choir ☐ Reader ☐ Greater / Usher

MINISTRIES & PROGRAMS

☐ Campus Ministry ☐ Welcome Team ☐ New Member Events

OUTREACH

☐ Stewardship ☐ Sunday Fellowship / Coffee ☐ Visitation – Hospital

☐ Visitation – Shrt-irns ☐ Feed the Hungry ☐ Women’s Ministry

☐ Grief Bereavement Group ☐ Disaster Relief Projects ☐ Blood Drives

☐ Project Mexico ☐ Int’l Orth Christian Charities ☐ OCMC Mission Center

☐ Seniors Ministry ☐ Couples Ministry ☐ Singles Ministry

☐ Military Ministry

COMMUNICATIONS

☐ Website & E-mail ☐ Bulletin & Newsletter ☐ Public Relations
What is the Role of the Parish Nurse?

The Parish Nurse provides a number of key healthcare and support roles to clients including:

- Health Counseling
- Education on health and wellness issues
- Advocacy on behalf of the client
- Liaison of community resources to clients
- Teacher and trainer of clients and volunteers
- Healer of the mind, body and spirit

Ill John 2: Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your

CMC Parish Nurse Program

CMC Parish Nurse Survey

In order for the CMC Parish Nurse Program and the Greek Orthodox Cathedral to effectively plan, your assistance is needed to identify your health, health education and spiritual well-being needs. Please answer the following questions and return the anonymous survey after completion.

Thank You.

CMC Parish Nurse Program
Office at the Parish of Transfiguration
107 Alsace St
Manchester NH 03102
Phone: 603-663-8004
Fax: 603-637-0247
### Children’s Health
- Infant/Child Safety Issues
- Poison Control
- Growth & Development
- Bike & Helmet Safety
- Other

### Teen Health
- Substance Abuse
- Abstinence
- Eating Disorder
- Obesity
- Exercise and Fitness
- Other
- Advanced Directives

### As We Age
- Alzheimer's
- End of Life Discussion
- Grief and Loss
- Hospice
- Long Term Care Issues
- Medication Concerns
- Mobility and Balance
- Other

### Women’s Health
- Breast Cancer
- Breast Feeding
- Diabetes
- General Wellness
- Hypertension
- Menopause
- Parenting Classes
- Pregnancy
- Osteoporosis
- Smoke Cessation
- Other

### Men’s Health
- Balance Career & Home
- Cancer Prevention
- Cooking
- General Wellness
- Heart Disease
- Parenting Classes
- Other

### Men’s Health
- Alzheimer's
- End of Life Discussion
- Grief and Loss
- Hospice
- Long Term Care Issues
- Medication Concerns
- Mobility and Balance
- Other

### Gender: ___ Male ____Female

### Age: ________

### Marital Status: ________

### Exercise how many times/week_________

### Day of week best to attend_____________

### Rate your Health:___________________

### Interested in Learning More About
- Adolescent Health Concerns
- Aging Issues
- Arthritis
- Blood Drive
- Bone Marrow Drive
- Cholesterol Screening
- CPR
- Exercise and Health Program
- Grief & Loss
- Health Fair
- Heart Disease
- Menopause
- Mental Health Concerns
- Services of prayer and healing
- Sleep disorder
- Stroke prevention
- Weight Control

### Comments
Dormition of the Virgin Mary

Κοιμήσεις της Θεοτόκου

On the Fifteenth of August we commemorate the Koimisis, the Dormition, or the Falling Asleep of the Virgin Mary. Much of the Church’s Holy Tradition is given in the book called the Horologion. In this book we read about the falling asleep of the Virgin Mary, the Theotokos.

As time drew near for the Lord to call His earthly Mother, He sent an angel to announce this to her three days beforehand. The Virgin Mary then went to the Mount of Olives to pray. This was a prayer of rejoicing, the joy of return to the Savior. Ever since the Resurrection, death had a new meaning and attitude. Death no longer meant the end and despair; now it was a new beginning, a hope, a new life. Death was now, in Christian terms sleep, which Christ would wake us up from and live forever with Him in heaven.

The event of the Dormition is very important in our Church life and it is preceded by a two week fast period. During this time we conduct the service of the Paraklesis, the Supplication to the Theotokos. During this service we ask the Virgin Mary to pray for us to her Son, to help us, to overcome our illnesses, and to assist us in times of trouble or need. We do this because the Church feels that since she is so close to God that she will assist us in our prayers to Him.

2015 Paraklesis Service Schedule

Sunday, August 2 ..........................6:00 p.m.
Monday, August 3 .......................6:00 p.m.
Tuesday, August 4 .......................10:00 a.m.
Wednesday, August 5 .................10:00 a.m.
Thursday, August 6 ....................6:00 p.m.
Friday, August 7 .......................10:00 a.m.
Sunday, August 9 .......................6:00 p.m.
Monday, August 10 .....................6:00 p.m.
Tuesday, August 11 ....................10:00 a.m.
Wednesday, August 12 ...............10:00 a.m.
Thursday, August 13 ...................6:00 p.m.

Please write the baptismal names of those people you wish remembered and return this list to the Church office or give it to Father.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 Cub Scout Mtg. 6 p.m. in CC.</td>
<td>2</td>
<td>4th of July Holiday (Office Closed)</td>
<td>4 Happy 4th of July</td>
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<td>.5 Orthros 9 a.m. Div. Lit 10 a.m.</td>
<td>6</td>
<td>7</td>
<td>8 Cub Scout Mtg. 6 p.m. in CC.</td>
<td>9</td>
<td>10</td>
<td>11. Baptism of Theodore Vasilios, son of George &amp; Sofia Kampoures 11:30 a.m.</td>
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<tr>
<td>12 Orthros 9 a.m. Div. Lit 10 a.m. 40-Day Memorial for Kostas Kalantzis</td>
<td>13 Board of Director Mtg. 7 p.m. at Annex.</td>
<td>14</td>
<td>15 Cub Scout Mtg. 6 p.m. in CC.</td>
<td>16</td>
<td>17 Wedding Rehearsal Lynn Motowylak &amp; David Cross 3 p.m.</td>
<td>18 Wedding of Lynn Motowylak &amp; David Cross 3 p.m.</td>
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<tr>
<td>19 Orthros 9 a.m. Div. Lit 10 a.m.</td>
<td>20</td>
<td>21</td>
<td>22 Cub Scout Mtg. 6 p.m. in CC.</td>
<td>23</td>
<td>24. Wedding Rehearsal Jasmine Kapos &amp; Timothy Trudel 5 p.m.</td>
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<td>26 Orthros 9 a.m. Div. Lit 10 a.m. Wedding of Jasmine Kapos &amp; Timothy Trudel 3 p.m.</td>
<td>27 Vacation Church Camp 9 a.m. Noon in CC</td>
<td>28 Vacation Church Camp 9 a.m. Noon in CC</td>
<td>29 Vacation Church Camp 9 a.m. Noon in CC</td>
<td>30 Vacation Church Camp 9 a.m. Noon in CC</td>
<td>31 Vacation Church Camp 9 a.m. Noon in CC</td>
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<td>2.</td>
<td>Orthros 9 a.m. Div. Lit 10 a.m. Paraklesis service 6 p.m.</td>
<td>3. Paraklesis service 6 p.m. Making Koulourakia 6 p.m. in CC.</td>
<td>4. Paraklesis services 10 a.m. Making Koulourakia 6 p.m. in CC.</td>
<td>5. Paraklesis service 10 a.m. Cub Scout Mtg. 6 p.m. at Annex.</td>
<td>6. Paraklesis service 6 p.m.</td>
<td>7. Paraklesis service 10 a.m.</td>
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<td>Orthros 9 a.m. Div. Lit 10 a.m. Paraklesis service 6 p.m.</td>
<td>10. Paraklesis service 6 p.m. Board of Director Mtg. 7 p.m. at Annex.</td>
<td>11. Paraklesis service 10 a.m. Making Kourambiethes 6 p.m. in CC.</td>
<td>12. Paraklesis service 10 a.m. Making Kourambiethes 9 a.m. in CC. Cub Scout Mtg. 6 p.m. in CC</td>
<td>13. Paraklesis service 6 p.m.</td>
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<td>30.</td>
<td>Orthros 9 a.m. Div. Lit 10 a.m. Daseboul Baptism 1 p.m.</td>
<td>24.</td>
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