



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

J U L Y 2 0 1 5

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	Frank C. Comerford
Dick Anagnost	President, Board of Directors
Co-Chairs,	Cathy Moufarge
Glendi 2015	President, Anagennesis
	Ladies Society

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 Panaghia
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
Dean of the Cathedral

Frank C. Comerford
President

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.

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.



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.

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 – Coucouvitis-Pappas Scholarship
Alessandro Ricciardi – Kachavos Scholarship
Jenna Berry– Harilaos & Evdokia
Kapranopoulos Scholarship
Jacqueline N. Lee – John Georgiou Scholarship
Johanna Hebert- Kimon S. Zachos Scholarship

The Greek Independence Day Scholarship Fund:
Jenna Berry
Alessandro Ricciardi

GLENDI FESTIVAL

is

September 18,19,20th, 2015

We need volunteers.

Please fill out the form
that is enclosed.

GLENDI 2015

COOKING/BAKING SCHEDULE

Date	Item	Chairs
Aug. 11 & 12	Kourambiethes	Angela Dion, Chairperson
Aug. 18	Finikia	Maria Damalas & Georgia Sousa, Chairs
Sept. 14 & 15	Pita	Angela Dion, Chairperson
TBA	Galatoboureko	
Aug. 3 & 4	Koulourakia	Cindy Klinefelter, Chairperson
Sept. 10 & 11	Pastichio	Veneta Tatakis & Athanasia Robinson, Chairs

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

GLENDI

September 18, 19, 20, 2015

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:

- | | |
|---|---|
| <input type="checkbox"/> The Century Raffle | <input type="checkbox"/> Barbecue Pit |
| <input type="checkbox"/> Beverage Under the Tent | <input type="checkbox"/> Children's Games |
| <input type="checkbox"/> Cashier | <input type="checkbox"/> Handicrafts |
| <input type="checkbox"/> Making Salads | <input type="checkbox"/> Clean Up Under the Tent |
| <input type="checkbox"/> Lemonade and Hot Dogs | <input type="checkbox"/> Church Tours |
| <input type="checkbox"/> Making/Selling Pastry | <input type="checkbox"/> Religious Booth |
| <input type="checkbox"/> Advertising | <input type="checkbox"/> Helping to Bake/Cook |
| <input type="checkbox"/> Kitchen/Runners | <input type="checkbox"/> Phone Tree-Recruit Workers |
| <input type="checkbox"/> Assist Lifting Trays While Cooking | <input type="checkbox"/> Money Room |
| <input type="checkbox"/> Tent Serving Food | <input type="checkbox"/> Holiday Crafts |
| <input type="checkbox"/> Loucoumades | <input type="checkbox"/> Aegean Market/ (formerly |
| <input type="checkbox"/> Souvlaki | <input type="checkbox"/> Jewelry/Import Booth |
| <input type="checkbox"/> Taverna | <input type="checkbox"/> Multi -Raffle |
| <input type="checkbox"/> Mini Raffle | <input type="checkbox"/> GYRO Booth |

Thank you in advance for your assistance.
George Copadis & Dick Anagnost, Chairs 2015
Frank Comerford, Pres. Board of Directors
Cathy Moufarge 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: Josés, 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
 Stratos Argiras
 William & Cheryl Athanas
 Christos & Alexandra Babis
 Christine Ballas
 Toulia 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 Chalogue
 Dean & Evangeline Christon
 Robert Christy
 William 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 Gribouras
 Sophia Grimanis
 Peter & Tana Gustafson

Pamela Hagen
 Maria Hand
 Nick & Louise Hart
 Nicholas & SeSun Hartofelis
 Chrsity & Dawn Houpis
 William & Jennifer Hughen
 William & Joan Hughen
 Alice Ivos
 Kathryn Jaskolka
 Nicholas Jaskolka
 Jason & Alexis Jones
 Betty Kacavas
 Nola Kalantzis
 Mr. & Mrs. Kanellos Demetrios
 Christos & Haido Karageorgos
 Emil & Teddy Karagiannis
 John & Barbara Karanasios
 Eva Karandanis
 Rigas & Maria Karoutsos
 Jennie Kiestlinger
 Peter & Elaine Kiriakoutsos
 George J. & Betty Kitsis
 Charles & Martha Kokkinos
 Andrea Kokolis
 Ernest Kotekas
 William Kotekas
 Mary Koukos
 Dennis & Anita Kounas
 Michael & Effie Koustas
 Kathy Koutroubas
 George Kriton
 Georgia Lalos
 Paul Lalos
 Thomas Lalos
 John & Eudoxia Lazos
 Philip Liakos
 Menelaos & Mary Lianos
 Jeannie Lucas
 Maria Lustenberger
 John & Marie Macarthur
 William & Claire Macenas
 Kathryn M. MacPhee
 Stamatia Malatras
 Effie Mandelos
 Pamela Manolakis
 Linda Martin
 Anthony & Karen Massahos
 Socrates & Evdoxia Merisotis
 Olga Mikolaitis
 Katherine Mitchell
 Spiros & Sharon Mitsopoulos
 Soultana Mokas
 Lynn Motowylak
 Marilyn Motowylak
 Ashley Moufarge-Bardwell
 Bess Mousseas
 Elias Moutsoulis
 Konstantine & Nicoletta Moutsoulis
 Louis & Georgia Nacos
 Effie M. Naum
 Julia D. Naum
 Kaitlyn Newdurf
 Charles & Iris Newdurf
 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 Petrikas
 Sophia Plentzas
 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
 Joyce Skaperdas
 Leonard & Georgia Sousa
 Kostas & Tina Spanos
 Katherina Springer
 Michael Spyridakis
 Anup & Luminita Srivastava
 James & Noelle Statires
 Nicholas Statires
 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
 Efthimia Thoma
 Anne Timbas
 Ilias Tingas
 Vasilike Tolios
 Mary Tosi
 George & Joyce Trapotsis
 Angelos & Vasso Tsingos
 Thomas & Ginny Tsirimokos
 Vasilios & Christos Tsourvakas
 Alexandra Tsoutsas
 Despina Tsoutsas
 George Tsoutsas
 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 birthdates: _____

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
- _____ Greeter / Usher

MINISTRIES & PROGRAMS

- _____ Campus Ministry
- _____ Welcome Team
- _____ New Member Events

- _____ Outreach
- _____ Stewardship
- _____ Sunday Fellowship / Coffee
- _____ Visitation – Hospital
- _____ Visitation – Shut-ins
- _____ Feed the Hungry
- _____ Prison 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

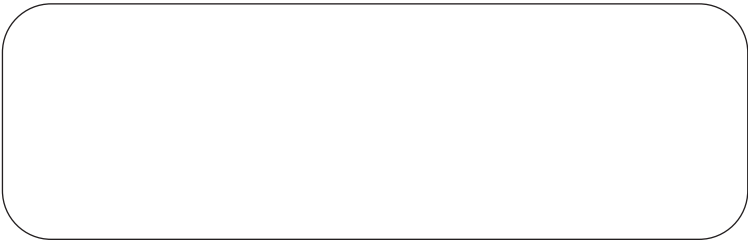
COMMUNICATIONS

- _____ Website & E-mail
- _____ Bulletin & Newsletter
- _____ Public Relations

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

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CMC Parish Nurse Program



St. George Greek Orthodox Cathedral 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.

III 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
Office at the Parish of Transfiguration
107 Alsace St
Manchester NH 03102
Phone: 603-663-8004
Fax: 603-637-0247

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

With Appreciation

St. George Greek Orthodox Cathedral
CMC Parish Nurse Survey

Please check all the topics you would
participate in or be interested in

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

As We Age

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

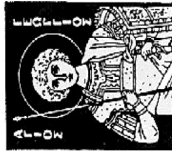
Κοιμησις της Θεοτοκου

Please write the **baptismal names** of those people you wish remembered and return this list to the Church office or give it to Father.



NAMES FOR HEALTH
ΥΠΕΡ ΥΓΕΙΑΣ

[illegible]

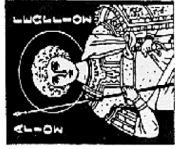


ST. GEORGE GREEK ORTHODOX CATHEDRAL

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

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Cub Scout Mtg. 6 p.m. in CC.	2	4th of July Holiday (Office Closed)	4 Happy 4th of July
5 Orthros 9 a.m. Div. Lit 10 a.m.	6	7	8 Cub Scout Mtg. 6 p.m. in CC.	9	10	11. Baptism of Theodore Vasilios, son of George & Sofia Kampoures 11:30 a.m.
12 Orthros 9 a.m. Div. Lit 10 a.m. 40-Day Memorial for Kostas Kalantzis	13 Board of Director Mtg. 7 p.m. at Annex.	14	15 Cub Scout Mtg. 6 p.m. in CC.	16	17 Wedding Rehearsal Lynn Motowylak & David Cross 3 p.m.	18 Wedding of Lynn Motowylak & David Cross 3 p.m.
19 Orthros 9 a.m. Div. Lit 10 a.m.	20	21	22 Cub Scout Mtg. 6 p.m. in CC.	23	24. Wedding Rehearsal Jasmine Kapos & Timothy Trudel 5 p.m.	25
26. Orthros 9 a.m. Div. Lit. 10 a.m. Wedding of Jasmine Kapos & Timothy Trudel 3 p.m.	27 Vacation Church Camp 9 a.m. Noon in CC	28 Vacation Church Camp 9 a.m. Noon in CC	29 Vacation Church Camp 9 a.m. Noon in CC.	30 Vacation Church Camp 9 a.m. Noon in CC.	31 Vacation Church Camp 9 a.m. Noon in CC.	



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August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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						1.
2. Orthros 9 a.m. Div. Lit 10 a.m. Paraklesis service 6 p.m.	3. Paraklesis service 6 p.m. Making Koulourakia 6 p.m. in CC.	4. Paraklesis services 10 a.m. Making Koulourakia 6 p.m. in CC.	5. Paraklesis service 10 a.m. Cub Scout Mtg. 6 p.m. at Annex.	6. Paraklesis service 6 p.m.	7. Paraklesis service 10 a.m.	8.
9. Orthros 9 a.m. Div. Lit 10 a.m. Paraklesis service 6 p.m.	10. Paraklesis service 6 p.m. Board of Director Mtg. 7 p.m. at Annex.	11. Paraklesis service 10 a.m. Making Kourambiethes 6 p.m. in CC.	12. Paraklesis service 10 a.m. Making Kourambiethes 9 a.m. in CC. <i>Cub Scout Mtg. 6 p.m. in CC</i>	13. Paraklesis service 6 p.m.	14.	15.
16. <i>Orthros 9 a.m. Div. Lit 10 a.m.</i>	17.	18.	19. Cub Scout Mtg. 6 p.m. at Annex.	20.	21.	22. Wedding of Elizabeth Bazos & Stephen Tibbets 2 p.m.
23. Orthros 9am Div. Lit. 10 am. Coffee Hr. sponsored by Tsirimokos Family in CC. Eagle Scout Court of Honor 3 p.m. in CC 30. Orthros 9 a.m. Div. Lit 10 a.m. Deaboul Baptism 1 p.m.	24. 31.	25.	26.	27.	28.	29.