



St. George Greek Orthodox Cathedral

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O C T O B E R 2 0 1 5

THE WAY OF THE CROSS

The cross was an ancient device of shame and of a torturous death, however, it has been changed by our Lord and Savior Jesus Christ into the very Tree of Life by which the wounds we receive in this world are healed, our very lives are refreshed and transformed, and we are brought into everlasting life in the eternal kingdom of God.

In the Gospel read on the Sunday after the Elevation of the Holy Cross, our Lord declared, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me". At first, this may not seem like the world's greatest invitation. Today we live in a culture which frantically seeks to avoid even gray hair and wrinkles, why would someone voluntarily take upon themselves something that actually promotes an image and a form of dying as a good thing? Perhaps it is because death is inevitable. We are all dying already as the result of being born into a fallen world. What the cross offers us is a safe passageway through the experience of death into life everlasting in Jesus Christ. This is why our Lord tells us that he who seeks to save his own life now by avoiding the Way of the Cross will lose it. But conversely, he who loses his earthly life through the Way of the Cross, the same shall save it in the end.

Now most of us are probably, at the very least theologically aware of these things, but how practically aware are we of them? What place do we give to the cross in our daily lives, if any at all? The only way we can answer that question well is if we make the time to contemplate the cross in our lives and decide each day to live by it. Most of us are far too busy to do this. We seldom give thought to how the cross can be applied to our lives daily because we are too occupied with simply trying to get through each day, surviving its many cares, concerns, and injuries. But the cross is the very thing which can set our cares and concerns in order, and redeem and give meaning to our injuries. Thus we truly make a serious mistake if we don't take the time to meditate upon the cross and find ways to bring it into our busy lives.

Let us say that you have been offended by someone you know or care about. Such injuries are common in life because we are all fallen people and filled with many sins. In fact, we each contain such a toxic mix of sins and passions within us that it rarely takes very much to set us off on someone else. A careless word, a thoughtless action, a whiff

of condescension in the attitude of another is often all it takes to set fire to our personal mix of sins and fill us with hurt or rage. Thus we are wounded; what will we do?

If we live in the way typical of the world, our choice will be to blame the other guy. It's his fault after all; he offended us. To deal with this awful person, we may try to snub or avoid him. We might speak evil of him to any sympathetic audience that we know won't judge us for our gossip. Or if we actually care about the relationship, then we will likely try to make the other person admit his offense and stop being such a pain to us. And if over the years we find that we cannot change such people, we will slowly find ourselves with fewer and fewer close friends and an ever-growing list of people we simply can't stand. We might think that such grouching comes with time, but it doesn't really. It comes from our own unrepentant and steadily-hardened heart.

By always trying to change others and never changing ourselves, we are in effect trying to selfishly preserve our own sinful life and keep it just the way we like it. By doing this, we will suffer endless wounds from other people, become more and more bitter toward them, and eventually perish in our sins. He who seeks to save his life will lose it. What a sad way to discover that the words of Jesus are always true!

But the Way of the Cross is different. First of all, each of us is issued a cross that is only large enough for one. That should tell us something right there. There is simply no room to crucify the sins of others upon your own cross; there is only room enough for yours. The message of the cross is simple and straightforward: I must change; I must repent. Until I am involved in this activity each day, I will constantly repeat the error of trying to change others and will forever blame them for my suffering.

When I am focused on changing others, all my wounds go unredeemed. They are just a series of endless and pointless injuries, leading me to weariness and death. But when I begin to see that the wounds inflicted upon me by others have actually been greatly amplified by my own pride, my own self-love, and my own perverse thoughts that I somehow deserve better, then I can begin to die to these atrocious sins and find that the misdeeds of others no longer hurt me quite as badly. This is what I mean when I say that the cross can redeem and give meaning to our injuries.

THE WAY OF THE CROSS (CONTINUED)

Through the aid of the cross we can see that the wounds we receive from other fallen people land with precision exactly upon those faults that we need to change in ourselves.

This is why the fathers of the Church teach us that when your brother says something that insults you, he is your best and truest friend. Flee from those who praise you, for they are only adding to your certain condemnation. But the one who has insulted you has, by this simple action, revealed in you what your years of contemplation have failed to uncover, namely your prideful desire to be well-spoken of by men and your utter disregard for the praise of God, which is given only to the humble.

What a great lesson! And yet, so few of us learn it. We remain far too concerned with correcting others, and far too negligent of our own correction. We are on constant guard every minute to protect our pride and other sins, when the wounding of them is the very thing that will save us. We have so many rules governing how people may treat us, and God help the person who violates them! In the end, I suppose we expect to be treated better than even our Lord Jesus Christ.

May God help us to humble ourselves and take on the mind of our Lord and Savior Jesus Christ, rather than the complete opposite. Let us not fear or resent the nails that pierce our flesh, for they bring healing to our souls. Such is the transformational power of the cross of our salvation.

Father Wilson

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

GOYA 2015-2016 KICK OFF

Inviting all members
of Grades 6-12 (~ ages 12-18)
Join us for friendship, fun and service!
Sunday, October 25th Noon

Goya Advisors:
Ginny Tsirimokos & Kathy Koutroubas

PRESIDENT'S MESSAGE

FELLOW PARISHIONERS AND GLENDI VOLUNTEERS,

Just a short letter this month, hey I'm tired too, as I write this letter it ended yesterday the Glendi 2015 is in the books. Early indications are it could be historic which is a tribute to you all who love our church. I cannot thank you all enough for once again really rolling up your sleeves and getting the job done. St Gregory tells us the vineyards are many but the workers are few; well we again did what was needed to be done. I will let the numbers speak for themselves in the coming months when the final ones are in and all the bills paid. Your efforts make it all possible and without the strong showing from so many coming together as the Glendi/St. George team the festival could never reach the heights it has achieved once again.

This effort started last spring with the letters and the requests, the permits and the licensing. All thru the summer the cooking, baking, the packaging, the proper storing of the completed food. The ordering of the tents, the band, the air patrol, the vendor pricing to ensure the best deal, the wonderful sponsors contacted one, two three times and then , the media arrangements, the selling of a full 120 page ad book, the coverage for all the booths at all the times. Three pre Glendi meetings attended by many of you to make us feel relieved, the community is all in again. WOW a lot of work by a lot of people to once again have our festival return the maximum amount of return. Even OUR LORD stepped up to give his beloved community of St. George a lovely three days of sun; it was just grand to witness.

Thank you to the Chairman of the Glendi George N. Copadis whose love for his community goes to marrow of his bones and without his hundreds of hours of work our festival, his Glendi would not have been the success it turned out to be. I truly admire his leadership skills, his commitment, his work ethic and his steadfast friendship to me and my family, not to mention his lifelong love of his church passed down from his parents of Blessed Memory. George a job well done, thank you again you're the best. May God bless you and your growing family.

I certainly want to give a big thank you to our Co-Chairman Dick Anagnost whose love of St. George is equally unmatched. He has consistently provided his hard work to the success of the Glendi and has used his own talents and his many contacts thru out our city & state to benefit all of us. His generosity is never in question, never is it stored up in the barns to rust as the parable tells us. He uses his Lord's blessings as they are always rechanneled back to so many worthy causes including many I do not even know about. I do know he has never forgotten his community of St. George. Dick may God continue to bless you and your family and thank you.

PRESIDENT'S MESSAGE (CONTINUED)

The Glendi would not have been the success it was without the hard work and commitment of my fellow President Cathy Moufarge who like George had the commitment to her church given to her and fostered by her parents of blessed memory. Cathy is all in for St. George and can be equally demanding but the love is always close to the surface, she gets the job done with drive, hard work and leadership, thank you my friend. May God bless you and your growing family. These positions are not easy, they invite critique and opinions, but they provide a reward to those who take up the cross and an inner thanks that is very satisfying. I am proud whenever I am in their company as I am with so many of you who labor for St. George.

Thank you to all the chair people who got our people out, some of whom have only a connection to St. George thru its Glendi festival please pass on my sincere thanks on to all of them who gave a few hours or their whole weekend, thank you for your hard work. Our young people who seem to be in plenty of booths as I looked around they were working hard and really putting out the effort it will take now and in the year's ahead thank you to them and their parents for getting them here. Thanks to Joyce in our office who worked so hard, Janet our bookkeeper who helped in our money room and Dan our go to guy for everything as the emergencies appeared.

It was a tough road but we travelled it together and is not that the path we all want to travel with our community, together. In the cause of making St. George strong and vibrant, that is what I pray we all feel. It's for the church what could be better, let's have our Glendi effort not be lost but have it serve as an example of what can be accomplished when we are joined together, power real power that will go back to you and your family multiplied like the loafs and fishes, work together, worship together, have fun together, a community together WOW now that is power.

Sunday school this week without the young people why are we doing any of this....get the kids into the Sunday school, give them what was given to you a love of God and Community, give them the same chance to grow with God in their lives it's the most important gift we can give.

This got a bit longer then I first was planning, hey I'm a man who has strong feelings but whose own commitment to his church is unwavering, and who will always be in the service of St. George, thank you all again for making the 2015 Glendi festival such a success.

Frank C. Comerford- President

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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Cindy Gatzoulis Klinefelter
Diane Orr
Michelle Papanicolau
Veneta Tatakis
Tracy Terrio

ADULT GREEK LANGUAGE CLASSES

Will start on Monday, October 5th at 6:00 p.m.
in the Community Center Classroom.

ADULT GREEK DANCE

The dance classes will start on Sunday, October 18th from 6:00 p.m. – 8:00 p.m. in the Community Center. There is a flyer with more information enclosed.

2ND GENERAL ASSEMBLY

Will be Sunday, October 18th after Coffee Hour
in the Community Center. Everyone is invited to attend.

MUSICIAN SUNDAY

Will be Sunday, October 4th..
There is a flyer with more information enclosed

TAVERNA NIGHT

Will be Saturday, October 17th
from 7:00 p.m. – 11:00 p.m. in the Community Center.
More information in the enclosed flyer

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.

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.

FIRE PREVENTION TIPS ON HOW TO KEEP HOMES AND FAMILIES SAFE

Fire Prevention Week is October 4 through October 10, 2015 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.

A NEW SMOKE ALARM PROGRAM FOR MANCHESTER RESIDENTS

The City of Manchester Fire Department recognizes working smoke alarms save lives; therefore, it created the Smoke Alarm Program. This program provides smoke alarms and replacement batteries free of charge to residents of single-family dwellings who cannot afford to purchase them or who are unable to safely perform these tasks. Residents living in rental properties or condominiums should contact their landlord or property owner's association for smoke alarms and/or batteries.

If you are in need of a new smoke alarm or replacement batteries, please contact the City of Manchester Fire Department Fire Prevention Bureau at 603-669-2256 during normal business hours (Monday through Friday 8:00 am to 4:00 pm).

PRAYER FOR THE CONQUEST OF CANCER

Let us pray to the Lord. Lord have mercy.

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.

BOY SCOUT TROOP 92

Troop 92 took a break this summer, we met at Hidden Valley Scout Reservation for our first trip to Boy Scout Camp in July! Many of the boys earned several Merit Badges (Swimming, Art, Mammal Study, Fingerprinting). We also participated in the Scout Retreat at Camp Fatima during Glendi Weekend. After a weekend of learning about God and working with others, they returned from Camp and helped with the Glendi cleanup! Thank you all for your support, and we look forward to growing in 2015! Please watch the Monthly and Weekly newsletters for our next joining night. BSA Troop 92 meets on Thursday nights at 7PM in the Community Center! Come and join us!

CUB SCOUT PACK 92

The Cub Scouts just finished up a great summer! We had a BBQ at Lake Massabesic, a trip to Liquid Planet, a Campout at the Fisher Cats stadium, Summer Camp, and a water fight! What a busy summer! We look forward to starting our Scouting year! There was a membership night on Thursday, September 24th, where a few new Scouts joined us. We will be holding another membership night after recovery from setup/cleanup of Glendi! Please stay tuned to the Monthly Newsletters for more details! Thank you all for your support! If you want to check us out, we meet on Wednesday nights, from 6-7 in the Community Center!

SUNDAY SCHOOL

Dear Fellow Parishioners,

I am very excited to be starting my third year as Director of Sunday School! I enjoy working with the entire Sunday School staff and I love interacting with all the students! This year we are tweaking the Sunday School schedule slightly in an effort to allow the students to spend more, uninterrupted time in the class. I am looking forward to introducing some new ideas and projects to our program.

New this year is the Sunday School bulletin board in the community center. The bulletin board is located to the left of the entrance to the restrooms. We will be posting pictures, class work, art work, newsletters and information about our program. Please look for our new Sunday School bulletin board beginning mid-October!

Starting this month and running through the end of December the students will be collecting socks to donate to the Salvation Army. Donations will be collected in the classrooms and in the lobby of the community center.

If you are interested in volunteering with our Sunday School program, please feel free to drop by the Sunday School office. We are always

Sincerely,

Athena Moutsoulis Bevan

Sunday School Save the Dates!

Date	Event
October 4	Fall philanthropy project begins
November 15	Sunday School pancake breakfast
December 13	Christmas pageant and party

COMMUNITY CONTRIBUTIONS

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

MEMORIAL DONATIONS

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

Michael Saad	\$200.00
Anastasia Tsipopoulos	\$50.00

The Gregory Pappas Memorial Scholarship Fund
in memory of:

Anastasia Tsipopoulos	\$25.00
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The Greater Manchester Hellenic Scholarship Fund
in memory of:

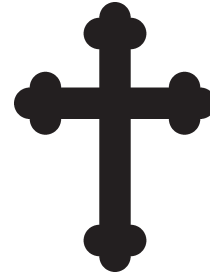
Georgia Manolakos	\$100.00
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The Anna Theodosopoulos Scholarship Fund
in memory of:

James Statires	\$100.00
Anastasia Tsipopoulos	\$100.00

The George Demos Altar Boy Scholarship Fund
in memory of:

Michael Saad	\$150.00
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LORD I HAVE CRIED OUT UNTO THEE!!

My Dear St. George Family,

During my recent illness Fr. Mike asked you to pray for me. In the darkest hours of my recovery all the prayers I have been saying throughout my life disappeared from my memory. Can I tell you I was frightened? If those important elements of my life were gone from my brain what else could be missing?

I knew in my heart that you were praying for me and I changed from my prayers to yours. "Lord, please hear the prayers of those who are praying for my return to good health of body and spirit." My heart (literally) calmed and I went on to concentrate on healing. I was surrounded by your love and prayers. It felt like I was in a cocoon that had been spun of love and faith.

Words cannot begin to express my thanks to all of you for your prayers, cards, and well wishes. They have brightened my days and my spirit! Rereading them makes me smile once more.

I missed all of you at Glendi and had to wait for a nightly report. I did what I could from afar—I prayed for good weather! God willing I will be working beside you next year.

I am now firmly on the slow road to recovery and look forward to returning to church.

May God grant you and your families good health and long lives as we continue to do His work! That is my prayer for all of us.

Love,

Nikki Moutsioulis

EDUCATIONAL FRATERNAL ASSOCIATION

FOURKA

110th Anniversary

Dinner Dance

Saturday, October 3, 2015

Radisson Hotel
Nashua, NH

Live Greek music featuring

The Christos Natsis Greek Orchestra

Yiorgos Bezanis, clarinet

Dinner and Dancing
Adult \$55, Child \$15
Dancing Only
\$25

To make a reservation please contact:

Sakis Moutsioulis 603.669.2019

Tim Giotas 603.315.3283

by September 10th

GLENDI

My Dear Fellow Parishioners,

We can never put into words how deeply appreciative we are of the time commitment, your financial commitment, and your total dedication over the long and exhausting three day weekend known as our GLENDI. All we can say is Thank You, Thank You, Thank You for all of your efforts as we once again hosted the GLENDI with record attendance and put on display our culture, our heritage, and especially our food for all our customers to see.

Recently we indicated you can not compare the GLENDI of 1980 to the GLENDI of 2015. That would be like comparing apples with oranges. The GLENDI of 1980 was a much smaller event with much smaller crowds and total gross revenues of \$30,000.00. The GLENDI of 2015 attracts crowds of 35,000 customers, an ad book that takes in more than double the total gross revenues of 1980 (\$69,725.00) and preliminary total gross revenues of \$287,000.00 which would be about \$40,000.00 more than last year. We still have to wait until all our expenses are paid in order to determine what the bottom line and net proceeds from this GLENDI will be. We promise you will know as soon as we know.

In light of ALL your hard work we will once again be hosting a GLENDI Appreciation Night in honor of each of you and for ALL the hard work you have done over the summer months and right through our wonderful three day weekend. The GLENDI is not a one man or one woman show. The GLENDI is a true team effort put forth by our whole community of volunteers who work diligently year after year on behalf of our church community. The date of the GLENDI Appreciation Dinner will be determined shortly and a notice will go out letting you know when the event is scheduled. The event will once again be catered by our parishioners and one of our many sponsors The Backroom Restaurant. We will have more concrete numbers at that time and we will share those results with you that evening. We may also have some of the sponsors with us so we can recognize them for the generosity they have shown to the St. George Community.

Again our special thanks to each and everyone of you. This event doesn't happen without all of you contributing to make this a smashing success. Remember there is no I in team! Also we would like to thank Joyce, Janet, and Dan for all their efforts during GLENDI 2015. We promise not to call every day until next year regarding how much money we have collected in the ad book to date for 2012, 2013, 2014, and 2015 in comparison to whatever the numbers are on that particular day in 2016.

Thank You ! Thank You ! Thank You !

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

GLENDI UPDATE

First and foremost thank you so much for your time, your energy, and your financial support of GLENDI 2015. This event would never be successful without the many contributions of both boards and all of our many volunteers working in a true team effort in order to showcase our community's heritage, our culture, and our food to all who attend over the exhausting three day weekend.

I know you have all been waiting patiently (just kidding) for what the total gross revenues were over the weekend. I want to assure you that I was about as patient as all of you ! Wink Wink.

We received a call from J & J Joyce and Janet this am and the total gross revenues at this point are \$289,903.00 which would set a new alltime record. The previous record for gross revenues was \$262,750.00 in 2012. With a few other items we are waiting on we believe this year's total gross revenues will exceed \$290,000.00!

This is truly amazing and is due in large part to all your hard work and a beautiful three day weekend.

Once again thank you for ALL your support !

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

BARNES AND NOBLE

Manchester, NH

October 17, 2015 at 10:00 am to 3:00pm

Barnes and Noble announces the latest highly anticipated education book from Bedford, NH, author Dr. Niki Karavasilis.



“Teachers are special people who have the dynamics to mold the students’ lives in a way that they can make a difference in the world.”

ST. GEORGE SUNDAY SCHOOL 2015 FALL PHILANTHROPY



The Sunday School will be collecting new socks to benefit the Salvation Army in Manchester, NH



There will be a drop off box in the lobby of the community center. Items will also be collected during Sunday School.

**2015 Fall Philanthropy to benefit the
Salvation Army, Manchester, NH**

Greek Dance Class for Adults

2015-2016 Dates

6:00-8:00 PM

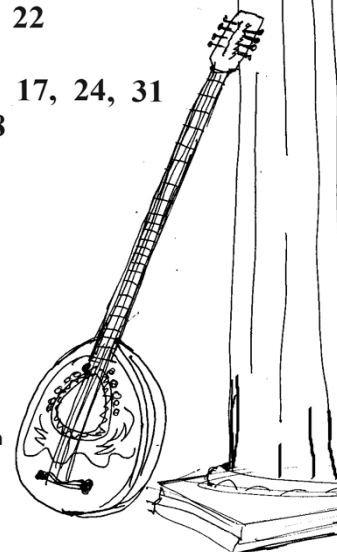
October 18
November 1, 15, 22
December 6, 13
January 3, 10, 17, 24, 31
February 21, 28

St. George Cathedral
650 Hanover St.
Manchester NH 03104

All levels welcome
\$5 per session
Our 10th Season!

Instructors
Irene Savas
Director Boston Lykeion
Ellinidon Dance Troupe

Angela Bourassa
St. George Cathedral



WOULD YOU LIKE TO TAKE YOGA CLASSES?



TRY SOMETHING NEW
AND REAP THE BENEFITS
OF THE MIND, BODY,
SPIRIT CONNECTION
THAT YOGA OFFERS.

ELAINE ADAM, A REGISTERED
YOGA TEACHER WITH THE
YOGA ALLIANCE IS OFFERING
A GENTLE YOGA CLASS
FOR SIX WEEKS FROM
10/7/15 - 11/11/15
AT ST. GEORGE.

YOU MAY CONTACT JOYCE
IN THE CHURCH OFFICE
TO REGISTER AT 622-9113.

THIS CLASS IS SUITABLE FOR BOTH BEGINNERS AGE 18 AND UP AS WELL AS EXPERIENCED YOGIS THAT DO NOT HAVE PHYSICAL HANDICAPS.
CLASS SIZE IS A MINIMUM OF 8 AND MAXIMUM OF 12 STUDENTS.
MEN AND WOMAN ARE ENCOURAGED TO PARTICIPATE REGARDLESS OF RELIGIOUS AFFILIATION. THE CLASS WILL MEET WEDNESDAY EVENINGS FROM 6:30-7:45PM IN THE NURSERY ROOM UNDER THE CHURCH.

TOTAL COST FOR THE CLASSES IS \$30.00* DUE AT REGISTRATION AND IS NON-REFUNDABLE.
PLEASE CONTACT JOYCE IN THE CHURCH OFFICE AT 622-9113 TO REGISTER.

*PLEASE NOTE THAT THE REGISTRATION FEE WILL BE DONATED TO THE CHURCH AND ANOTHER LOCAL CHARITY.

I AM LOOKING FORWARD TO SHARING MY YOGA PRACTICE WITH YOU. THANK YOU AND NAMASTE!

Family Taverna Night St. George Cathedral



October 17, 2015
7 p.m. - 11p.m.

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

Greek and American Music

The Salonica Bous
from Boston

Cash Bar

**NATIONAL
CHURCH MUSIC SUNDAY**

OCTOBER 4, 2015



Psalm 103
Psalm of David

*Bless the Lord,
you His angels,
Who excel in strength,
who do His word,
Hearing the voice of
His word.*

*Bless the Lord,
all you His hosts,
You ministers of His,
who do His pleasure.*

*Bless the Lord,
all His works,
In all places
of His dominion.*



HONORING
CHURCH MUSICIANS
ACROSS THE
ARCHDIOCESE OF AMERICA



NATIONAL FORUM OF GREEK ORTHODOX CHURCH MUSICIANS
WWW.CHURCHMUSICSEARCH.ORG

STEWARDSHIP 2015

Michael & Donna Aboshar
 Arthur Adamakos
 Joanne Adamakos
 Arthur & Michelle Alexandris
 Anastasia Ambargis
 Dick & Demetria Anagnost
 Anastasios & Helen Argiras
 Stratos Argiras
 William & Cheryl Athanas
 Fay Arvanitis
 James Arvanitis
 Salim & Soury Awad
 Christos & Alexandra Babis
 Christine Ballas
 Toulia Barber
 Erika Jaskolka Barnes
 Barbara Barbour
 Helen Benson
 George & Joy Bentas
 William & Susan Berry
 Aphrodite Blatsos
 Philip & Anita Blatsos
 Diane Bobotas
 Richard & Georgiann Boisvert
 Joanne & Tom Bonito
 Keir & Joanne Bordner
 Arthur & Sandra Boujoukos
 Christopher & Angeliki Bourassa
 Todd & Kassandra Brady
 Nancy Brennan
 Rosemary Buder
 Fanny Canotas
 Daniel & Amanda Casey
 Gregory & Meagan Chadis
 Dorothy Chakas
 Steve Chakas
 William & Maria Chalogue
 Fran Chiavaras
 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
 Michael & Christina Dimos
 Rob & Angela Dion
 Nicholas & Artemis Donis
 Effie Dovas
 John & Marie Dovas
 Michael & Elizabeth Ferrari
 Robyn & Alexys Ficek
 Gavan & Stefanie Fletcher
 Nancy Folis
 Fr. Agathonikos Wilson
 Tim & Kristine Gagnon
 Pauline Gatsas
 George & Olga Gatzoulis
 Florence George
 Alexander & Rita Georgeou
 Gigi & Jeff Georges
 John Gikas+
 Stephen & Brenda Gikas
 Aphrodite Giotas
 Ifigenia Giotas
 Tim & Evangeline Giotas
 Christopher Gregorios
 Evangelos & Grace Griburas
 Sophia Grimanis

Peter & Tana Gustafson
 Pamela Hagen
 Maria Hand
 Nick & Louise Hart
 Nicholas & SeSun Hartofelis
 Olga Haveles
 Chrsity & Dawn Houpis
 William & Jennifer Hughen
 William & Joan Hughen
 Alice Ivos
 Kathryn Jaskolka
 Nicholas Jaskolka
 Jason & Alexis Jones
 Betty Kacavas
 Thomas & Irene Kalampalikis
 Nola Kalantzis
 Nicholas & June Kalipolities
 Demetrios & Andeliki Kanellos
 Christos & Haido Karageorgos
 Emil & Teddy Karagiannis
 John & Barbara Karanasios
 Eva Karandanis
 Rigas & Maria Karoutsos
 John & Elaine Katsoupis
 Anna Kennefick
 Jennie Kiestlinger
 Peter & Elaine Kiriakoutsos
 George J. & Betty Kitsis
 George & Zoisita Kitsis
 Charles & Martha Kokkinos
 Andrea Kokolis
 Ernest Kotekas
 William Kotekas
 Mary Koukos
 Dennis & Anita Kounas
 Michael & Effie Koustas
 Kathy Koutroubas
 George Kriton
 Mark & Jessica Laflamme
 Georgia Lalos
 Paul Lalos
 Thomas Lalos
 Diane LaRoche
 John & Eudoxia Lazos
 Philip Liakos
 Menelaos & Mary Lianos
 Alice Love
 Jeannie Lucas
 Maria Lustenberger
 John & Marie Macarthur
 William & Claire Macenas
 Kathryn M. MacPhee
 Emanuel & Kathleen Malatras
 Stamatia Malatras
 Effie Mandelos
 Pamela Manolakis
 Joyce Mantia
 Linda Martin
 Margaret Mathios
 Anthony & Karen Massahos
 Socrates & Evdoxia Merisotis
 Olga Mikolaities
 Katherine Mitchell
 Spiros & Sharon Mitsopoulos
 Soultana Mokas
 Lynn Motowylak
 Marilyn Motowylak
 Ashley Moufarge-Bardwell
 Bess Mousseau
 Elias Moutsoulis
 Konstantine & Nicoletta Moutsoulis
 Louis & Georgia Nacos
 Effie M. Naum
 Julia D. Naum
 Kaitlyn Newdurf
 Charles & Iris Newdurf
 Paul & Joanna O'Brien
 Michael & Elaine Oleniak
 Androniky O'Neil
 Demetrios & Maria Palangas
 Eric Palangas +
 William Pananos
 Andrew Papanicolaou

Frank & Athanasia Papanicolaou
 Arthur & Dawn Pappas
 Paul Pappas
 Christopher Pappas
 William & Toni Pappas
 Evangelos & Brenda Pervanas
 Mark & Paula Pierce
 George Petrikas
 Philip & Sofia Plentzas
 Sophia Plentzas
 Evangelos & Pauline Poulos
 Gregory Poulos
 Eleni Randos
 Chrisoula Ricard
 Denise Ricciardi
 Georgia Saitas
 Christos Samaras
 Dimitrios & Christina Samaras
 George Samaras
 Joanna Samaras
 Nicholas Savvas & Family
 Amanda Iadevaia-Schmucker
 Maria Sinclair
 George Sioras
 Christopher & Marina Skaperdas
 Joyce Skaperdas
 Leonard & Georgia Sousa
 Kostas & Tina Spanos
 Stergios Spanos
 Katherina Springer
 Michael Spyridakis
 Anup & Luminita Srivastava
 James & Noelle Statires
 Nicholas Statires
 Vangie Statires
 John & Elizabeth Stavropoulos
 Kathy Stavropoulos
 James & Nita Stewart
 Eva Stilkey
 Visarion & Sotiria Sverkos
 Olga Sysyn
 Aphrodite Tagalakis
 Lisa Tagalakis
 Marc Tagalakis
 Dee Taris
 Vasilios & Nancy Tatsis
 Andrea Tartsa
 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
 George Tsoutsas
 Despina Tsoutsas
 Anastasia Vailas
 Tom & Cathy Valiton
 Vasilios & Penny Vasilopoulos
 Christos Veziris
 Vasilios Vlahos
 Fotios & Joanne Vougias
 Theofilos & Angela Vougias
 Vasilios & Christina Vougias
 Edward & Cynthia Wade
 Matthew Wade
 Zachary Weilbrenner
 Michael & Ellen Whitney
 Helen Wilcox
 Philip & Nicole Wu
 Arthur Zetes
 George & Phyllis Zioze
 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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OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

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.

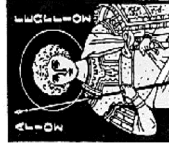
Reducing cigarette intake – according to research statistics, nearly 50% of women are sensitive to the carcinogens in tobacco, which implies more risks of developing breast cancer.

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.

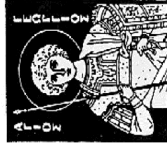


ST. GEORGE GREEK ORTHODOX CATHEDRAL

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 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4. National Musician Sunday Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 a.m. 1-yr Mem. for Eric Lalos & Coffee Hr. & Sr. Choir is sponsoring the Coffee Hr. Agoritas Baptism 2 p.m.	5. Adult Greek Class 6-7:30 p.m. in CC.	6.	7. Small Paraklesis Service 6 p.m. <i>Orthodox Life Class 7 p.m. at Annex</i> Cub Scout Mtg. 6 p.m. in CC. Yoga with Elaine Adam 6:30—7:45 p.m. in Nursery Rm. under Cathedral Bible Study 11am Annex	1. Girl Scout Mtg. 5-8 p.m. at Annex. 8. Girl Scout Mtg. 5-8 p.m. at Annex.	2. Fashion Show all day in CC.	3. Manchester Clergy Laity in Weston, MA Annual Road Rally Fund-raiser 3—11 p.m. in CC
11. Orthros 9 a.m. Div. Lit 10 a.m. 40-Day Mem. For Eric Palangas & Coffee Hour.	12. Board of Director Mtg. 7 p.m. at Annex. Adult Greek Class 6—7:30 pm in CC.	13.	14. Bible Study 11 am at Annex. Cub Scout Mtg. 6 p.m. in CC. Yoga with Elaine Adam 6:30—7:45 p.m. in Nursery Rm under Cathedral. Orthodox Life Class 7pm at Annex.	15. Kali Pareia Sr. Group 11 am at Annex.	16.	17. Taverna Night 7—11 p.m. in CC.
18. Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 a.m. Lalos Baptism 2 p.m. 2nd General Assembly after Coffee Hour in CC. Harry Mehos Wedding 4 p.m. Adult Greek Dance 6-8 pm in CC.	19. Adult Greek Class 6-7:30 p.m. in CC.	20.	Office Closed All Week	22. Divine Liturgy of St. Lakovos 6 pm.	23.	24.
25. Orthros 9 a.m. Div. Lit. 10 a.m. Sun. Sch. 10 a.m.	26. Div. Lit. Feast of St. Demetrios 10 am. Adult Greek Class 6-7:30 p.m. in CC.	27.	28. Bible Study 11 am at Annex. Cub Scout Mtg. 6 p.m. in CC. Yoga with Elaine Adam 6:30—7:45 p.m. in Nursery Rm. under Cathedral. Orthodox Life Class 7 pm at Annex.	29.	30.	31.



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saintgeorge@comcast.net www.stgeorge.nh.goarch.org

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Orthros 9 a.m. Div. Lit. 10 a.m. Div. Lit. 10 a.m. Adult Greek Dance 6-8 p.m. in CC.	2.	3.	4. Bible Study 11 am. at Annex. Small Paraklesis ser. 6 p.m. Orthodox Life Class 7 pm at Annex.	5.	6. Girl Scout 6- 7:30 pm at An- nex.	7.
8. Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 a.m.	9. Div. Lit. Feast of Nektarios 10 am. Adult Greek Class 6-7:30 p.m. in CC. BOD Meet- ing 7 p.m. at Annex.	10.	11. No Bible Study Cub Scout Mtg. 6 p.m. in CC. Yoga with Elaine Adam 6:30— 7:45 p.m. in Nursery	12.	13. Girl Scout 6- 7:30 pm at An- nex.	14.
15. Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 a.m. Adult Greek Dance 6-8 p.m. in CC.	16. Adult Greek Class 6-7:30 p.m. in CC.	17.	18. Bible Study 11 am at Annex. Small Paraklesis Ser. 6 p.m. Cub Scout Mtg. 6 p.m. in CC. Or- thodox Life Class 7 pm at Annex.	19. Kali Parea Senior Group 11 am at Annex.	20. Girl Scout 6- 7:30 pm at An- nex.	21. Div. Lit. Feast of the Entrance of the Theotokis in the Temple 10 a.m.
22. Orthros 9 a.m. Div. Lit 10 a.m. Sun. Sch. 10 a.m. Adult Greek Dance 6 -8 p.m. in CC.	23. Adult Greek Class 6-7:30 p.m. in CC.	24.	25. Div. Lit. feast of St. Katherine 10 am. No Bible Study. Cub Scout Mtg. 6 p.m. in CC.	26. Happy Thanksgiving (Office Closed)	27. Thanksgiv- ing Holiday (Office Closed)	28.
29. Orthros 9 a.m. Div. Lit. 10 a.m. No Sun. Sch.	30. Div. Lit. Feast of St. Andrew 10 am. Adult Greek Class 6- 7:30 p.m. in CC.					