JUDGMENT SUNDAY

The commemoration for this Sunday, which is on Sunday, February 11, 2018, is taken from the parable of our Lord Jesus Christ concerning his Second Coming and the Last Judgment of all, both the living and the dead. In Matthew 25:31-46, Christ speaks about what will happen at this specific point in time when He will “come in His glory, and all the holy angels with Him.” At His coming, “He will sit on the throne of His glory,” and all of the nations will be gathered before Him. He will separate them “as a shepherd divides his sheep from the goats.” The sheep will be placed on His right hand, and the goats on the left. To the sheep, He will say “Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world.”

This kingdom is offered to the sheep because of their compassion and service to those in need. Jesus says, “… for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.”

The sheep, who are the righteous chosen for the kingdom, will ask how this could be so. They will ask Jesus when was He hungry or thirsty, a stranger, naked, and in prison. He will answer them by saying, “Assuredly, I say to you, inasmuch as you did it to the least of these My brethren, you did it to Me.”

Christ the King, seated on His throne of judgment, will then turn to the goats on His left and say, “Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels.” He will condemn them because they did not feed Him when He was hungry, give Him drink when He was thirsty, take Him in when He was a stranger, clothe Him when He was naked, visit Him when He was sick or in prison.

The goats will ask the Lord, “When did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?” Then He will answer them saying, “Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to me”. Jesus concludes His words on the Last Judgment by stating that those on the left “will go away into everlasting punishment, but the righteous into eternal life.”

On the past two Sundays of this pre-Lenten period, the focus was placed on God’s patience and limitless compassion, of His readiness to accept every sinner who returns to Him. On this third Sunday of the Triodion period, we are powerfully reminded of a complementary truth: no one is so patient and so merciful as God, but even He does not forgive those who do not repent. The God of love is also a God of righteousness, and when Christ comes again in glory, He will come as our Judge. Such is the message of Lent to each of us: turn back while there is still time, repent before the End comes.

This Sunday sets before us the eschatological dimension of Lent: the great Fast is a preparation for the Second Coming of the Savior, for the eternal Passover in the Age to Come, a theme that is also the focus of the first three days of Holy Week. But the judgment is not only in the future. Here and now, each day and each hour, in hardening our hearts toward others and in failing to respond to the opportunities we are given of helping them, we are already passing judgment on ourselves.

Another theme of this Sunday is that of love. When Christ comes to judge us, what will be the criterion of His judgment? The parable of the Last Judgment answers: love—not a mere humanitarian concern for abstract justice and the anonymous “poor,” but concrete and personal love for the human person—the specific persons that we encounter each day in our lives.

Christian love is the “possible impossibility” to see Christ in another person, whoever he or she is, and whom God, in His eternal and mysterious plan, has decided to introduce into my life, be it only for a few moments, not as an occasion for a “good deed” or an exercise in philanthropy, but as the beginning of an eternal companionship in God Himself.

The parable of the Last Judgment is about Christian love. Not all of us are called to work for “humanity,” yet each one of us has received the gift and the grace of Christ’s love. We know that all persons ultimately need this personal love—the recognition in them of their unique soul in which the beauty of the whole creation is reflected in a unique way. We also know that people are in prison and are sick and thirsty and hungry because that personal love has been
denied them. And, finally, we know that however narrow and limited the framework of our personal existence, each one of us has been made responsible for a tiny part of the Kingdom of God, made responsible by that very gift of Christ’s love. Thus, on whether or not we have accepted this responsibility, on whether we have loved or refused to love, shall we be judged.

The Sunday of the Last Judgment is also known as Meatfare Sunday. This is the last day that meat can be eaten before the Lenten fast. Dairy products are allowed on each day of this week, even Wednesday and Friday. The next Sunday is the Sunday of Cheese-fare, it is the last day that dairy products can be eaten prior to the commencement of Great Lent.

On the Saturday before this Sunday, the first of three Saturdays of the Souls are held. This is a special commemoration on this and the next two Saturdays, when the Church offers a Divine Liturgy and Memorial Service for the departed faithful. This is considered a universal commemoration of the dead. It is closely related to the theme of the Sunday of the Last Judgment since the services focus on the Second Coming of Christ and the resurrection of the dead. Through the memorial services, the Church is commending to God all who have departed and who are now awaiting the Last Judgment.

The Gospel lesson on this Sunday is from Matthew 25:31–46 and reads as follows: “When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, “Come, blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.” Then the righteous will answer Him, saying, “Lord, when did we see You hungry and thirsty or a stranger or naked or sick or in prison, and did not minister to You?” Then He will answer them saying, “Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.” And these will go away into everlasting punishment, but the righteous into eternal life.”

With the end of Jesus’ earthly ministry quickly approaching, He shares this story about the final judgment. We know that Jesus will return and at His second coming all will be judged. Since we do not know when this will occur, it is important that we as Christians remain prepared so that we can be numbered among the sheep. In this passage, we are told very specifically what we will be judged for: our acts of Christian love toward others. This love challenges us to go beyond society’s notion of charity and calls us to see Christ in everyone, serving each person as we would Christ. This Sunday is also known as Meat fare Sunday. After this day, we begin to fast from meat products.

As a final note of reflection about Judgment Sunday I would like to share an article written by an anonymous author: “One Sunday, as parishioners arrived at church, they were horrified to see a homeless man begging for change on the steps as they entered church. Everyone quickly walked by without saying so much as a word to the man. As they took their seats in church, they waited for the pastor, who appeared to be running late. After most of the parishioners arrived, to their horror the homeless man came into the church and walked to the front. When he reached the pulpit, he removed the glasses and hat he was wearing; the parishioners could see that this was not a homeless man but in fact their pastor. Still in the tattered and dirty clothes, he began his sermon by saying, “Today I want to talk about Christian love.”

May Our Lord and Savior Jesus Christ be with you and your family as you prepare to enter into your Great Lenten Journey! May He bless you with good health and much happiness, may He give you strength and endurance in your journey as you ready yourself to stand at Christ’s Cross on Holy Friday and to see your Risen Lord three days later. With my paternal love in Christ Jesus,

Father Wilson

Very Rev. Archimandrite Agathonikos M. Wilson (Father Mike)
Presiding Priest and Dean of the Cathedral
PRESIDENT’S MESSAGE

Dear Fellow Parishioners,

I want to thank the Board of Directors for again electing me as your President. I am humbled once again by the honor, and fully realize the hard work I have again volunteered to take on. This is my 27th consecutive year on the board and will be my eighth time as community president. All Alice wanted was to come together as a family to the same church but I must say that I do enjoy the work, enjoy the challenges and the achievements we do together. St. George is not just a church it is a special place that we all can call home, it has brought out the best in so many for over 100 years. Years with ups and downs that its many many volunteers meet with the gifts our Lord gave us. We can use some more of those volunteers but as we work together anything is possible and I see a bright future for our community. Please join me in the work ahead and honor all those who preceded us in the meeting of the tasks and challenges that faced them and now face us in this generation. Come on down, we are here waiting for you to join us.

I have to say that things are going well, membership has stabilized and has even grown a small amount and stewardship is playing a bigger role in the support of the community. Even Bingo and associated revenue streams have again become important to our financial health. The festival has a life of its own and again will be great as I cannot even begin to think otherwise. The 52nd year of the Cadillac on the 3rd is a couple weeks away as this is being written and the Apokreatiko dance is early this year on the following Saturday the 10th. So, things are happening for the good, for the better.

Fr. Mike continues to work hard for all of us, avail yourself of his counsel and services but as he reported at last week’s board meeting we had 41 funerals in 2017 and they were clearly not all seniors. Those departed people will be held in blessed memory but the work goes on, always the work still needs to go on, the church keeps the memories alive as you do with your family. The work of the church never ends and is always here for new and old alike to roll up our sleeves and get that work done not for our own reward but for the glory of God that made us all and gave us the talents to do the work required. So, when the call goes out, please respond in a positive way. All are welcome, all always have been and will always be welcome.

Stewardship got off to a big start on Vasilopita Sunday when we blessed the pledges of so many, so keep it rolling or get it stared if you missed it. The year is 2018 and the needs of the church are many, share the burden, and share the reward. Financial contributions can be made in any way you choose, whatever works for you, weekly, monthly, quarterly, one time or many times, cash, check, debit, credit. This generation must pay its own way, your parents and grandparents got it done with much less than we all have now. We can too, we can do it together.

Last month when I related to you my personal story of joining St. George I mentioned Fr. Sarelis. I had not said his name in years, he gave me the Oil of Chrismation when I became Greek Orthodox and joined the Cathedral of St. George. Now we get the sad news of his passing. May his memory be eternal. Remember your church you, will be better for it; our Lord remembers His flock, let Him remember you. God bless you, God bless our city and country. See you at church.

Frank C. Comerford- President

SPREAD THE LOVE

The Sunday School students will be delivering Valentine’s Day cards to residents of local nursing homes in February. The students will be making and decorating cards in class.

We need your help to SPREAD THE LOVE.
There will be a drop box in church for Valentine’s Day cards. The cards can be store-bought or homemade and dropped off by February 11th.
Our goal is to have enough cards for all the residents.
Thank you!
Athena Moutsioulis Bevan
Sunday School Director

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
Dear Saint George Community,

For Orthodox Christians, Saint Valentine’s Day is most fully understood as a celebration of romantic love and of God’s love. Demonstrating our love for God and reaching our fulfillment in Christ through our relationships with our spouses, families, and communities, is a way of life that is at the heart of Orthodoxy. Our Sunday School students are learning that no matter what Jesus loves us! We do not need a specific day on the calendar to show our love for Him. We express our love for Jesus everyday, in many ways.

One way the students are showing their love for Jesus and for others is by making cards for residents of local nursing homes. It has become a tradition for the students to deliver the cards to the residents and visit with them. All parishioners can participate by dropping off cards (homemade or store-bought) in the Valentine’s Day box in church.

Sincerely,
Athena Moutsoulis Bevan

Delivering Valentine’s Day cards to residents of Hanover Hill and Villa Crest Nursing Homes
Pictured left to right: Anna Tatakis, Athena Gallos, Annabelle Awad, Alexa

Sunday School Save the Dates
Mid-February Delivering cards to nursing homes
February 25 Family Sunday, no class

COMMUNITY NEWS

New Members
Helen Whiteside
Arthur Tolios
Welcome to the Family!

Funerals
Antonio Harris
Constance Viscarola
May their memories be eternal!

MEMORIAL DONATIONS

St. George Greek Orthodox Cathedral
Beautification Fund in memory of:
Zaferios Mitsopoulos $300.00
Dorothy Spanos 20.00
Thomas Canotas McCue 50.00
John Lazos 50.00
Irene Carnavos 30.00

The George Demos Altar Boy Scholarship Fund
in memory of:
Dorothy Spanos $100.00
Zaferios Mitsopoulos 50.00

Mr. & Mrs. Rigas Karoutsos generously donated $100.00 to the St. George Greek Orthodox Cathedral Beautification Fund in loving memory of James and Effie Tsarouhas.

ST. GEORGE RUMMAGE SALE

We will be having a parish-wide rummage sale on Saturday, April 28.

Now is the time to be putting aside the items you want to donate.

We will be accepting gently used clothing and household items, toys, books, tools and any other miscellaneous items that we will be able to sell.

If you have any questions regarding the Rummage Sale please see Alice Lylis or Dorothy Chakas.

ANAGENNESIS
LADIES SOCIETY DUES

The dues will be collected during Coffee Hour in the Community Center. The dues this year are $15.00. Please see Dorothy Chakas during coffee hour to pay your dues.
DAUGHTERS OF PENELlope ILIOS #51
VALENTINE’S PANCAKE BREAKFAST
SUNDAY, FEBRUARY 11, 2018

ST. GEORGE GREEK ORTHODOX CATHEDRAL
650 HANOVER STREET • MANCHESTER, NH
IMMEDIATELY FOLLOWING THE DIVINE LITURGY
PANCAKES, SAUSAGE, COFFEE, MILK OR JUICE
Adults: $6.00 / Children: $3.00

Profits will be donated to the philanthropic groups supported by the DOP.

THE ANNA THEODOSOPOULOS SCHOLARSHIP
The Anna Theodosopoulos Scholarship is available to High School seniors and must be submitted by April 1. Applications can be picked up in the cathedral office.

GREATER MANCHESTER HELLENIC SCHOLARSHIP FUND
The Trustees of the Greater Manchester Hellenic Scholarship Fund invite qualified high school seniors, college freshmen, and college sophomores to apply for 2018 scholarships. Applications are available at the Church office. Completed applications with official school transcripts must be returned to the office no later than April 1, 2018.

GREGORY PAPPAS MEMORIAL SCHOLARSHIP
Attention high school seniors. Applications are available in the Cathedral office. The deadline is April 1, 2018.

CHANGE OF ADDRESS
If your address changes, please give the Cathedral Office a call at 622-9113 and let them know of the change.
Michael & Donna Aboshar
Arthur Adamakos
Anastasia Ambargis
Panagiota Arfanakis
James & Lynne Arvanitis
William & Cheryl Athanas
Christos & Alexandra Babis
Toula Barber
Jaime & Ashley Bardwell Moufarge
George & Joy Bentas
Joan Bentas
Peter & Kate Boisvert
Fanny Canotas
Gregory & Meagan Chadis
William & Maria Chaloge
Daphne Chiavaras
Robert & Mary-Ann Choquette
Marie Clapsaddle
Ronald & Marion Coble
Brian Comerford
Frank & Alice Comerford
Julia Damalas
Maria Damalas
Michael & Demetra Dillon
Harry Dimos
Effie Dovas
Jim & Stephanie Ferro
Nancy Folis
Kristine Gagne
Matthew Gatsas
Michael Gatsas
Pauline Gatsas
Theodore & Cassandra Gatsas
Alexander Georgeou
Stephen & Brenda Gikas
Louise Hart
Nicholas & SeSun Hartofelis
William & Jennifer Hughen
John Ine
Alice Ivos
Eva Karandanis
John & Elaine Katsoupis
Andrea Kokolis
Ernie Kotekas
William Kotekas
Dennis & Anita Kounas
George & Dafnoula Lalopoulos
Philip Liakos
Stephen & Maureen Liakos
William & Claire Macenas
Pamela Manolakis
Anthony & Karen Massahos
Mark McCue & Vasiliki Canotas
Harry & Imelda Mehos
Socrates & Evdoxia Merisotis
Aspa Michalopoulo
Spiro & Maria Millios
Nikolas & Lyndsay Mitsopoulos
Spiros & Sharon Mitsopoulos
Timothy Mitsopoulos
Zachary Mitsopoulos
Marilyn Motowylak
Elias Moutsiosiulis
Kosta & Nikki Moutsiosiulis
William Pananos
Costas & Mary Papachristos
Frank & Athanasia Papanicolaou
Jason & Heather Parent
George Petrikas
Greg & Beth Plentzas
Giorgio & Denise Ricciardi
George Sioras
Skaperdas, Joyce
Kostas & Tina Spanos
Stergios Spanos
Eva Stilkey
Andrea Tartsa
Theodora Thanos
Arthur N. Tolios
Vasiliki Tolios
Alexandra Tsoutsas
Despina Tsoutsas
George Tsoutsas
Despina Tziros
Peter & Ashley Tziros
Vasilios & Christina Vougias
Michael & Ellen Whitney
Fr. Agathanikos Wilson
George & Ourania Zogopoulos
GREAT LENT BEGINS ON MONDAY, FEBRUARY 19, 2018

Great Lent can become a time when we strengthen our bonds with our own family and with our parish family. The Church offers us many opportunities to come together as a family and worship.

On Sunday, February 18, 2018, the evening before the start of our Lenten journey we can attend the Forgiveness Vespers Service. This beautiful service avails us the opportunity to seek forgiveness from God and from others in our family and in our parish. It allows us to reconcile our hearts with God and with others. The Forgiveness Vespers Service will begin at 5:00 p.m.

We are also given the opportunity to focus on the ultimate goal of our lives and to concentrate our minds and our souls on our spiritual growth. Great Lent is a time for more frequent reception of Holy Communion. We cannot survive on a long journey without the strength of physical nourishment and sustenance. In the same way, we cannot survive our journey of Great Lent, with all of its temptations and pitfalls, without our spiritual nourishment, the Body and Blood of our Lord and Savior, Jesus Christ.

The Church provides many beautiful and moving services to help strengthen us on our way and to bring us to the joy of experiencing the Resurrection at Pascha.

On Monday evening throughout Great Lent we will celebrate the Compline Service (Apodeipnon), which is the prayer service celebrated after dinner and before retiring for sleep. It is a very special penitential service in which the Psalms, prayers, and hymns remind us of our need to repent and of our total dependence on God. The Compline Service will begin at 6:00 p.m.

On Wednesday evening during Great Lent we will celebrate the Liturgy of the Pre-Sanctified Gifts. During Great Lent, the Church does not allow the celebration of the full Divine Liturgy during the weekday, with the exception of the Divine Liturgy celebrated on the Feast of the Annunciation. This service is essentially a Vespers Service with Holy Communion. The faithful are given the opportunity to receive strength and grace from participating in the Holy Eucharist, the Body and Blood of our Lord and Savior Jesus Christ. The lamb (amnos) used in this Liturgy has been consecrated on the previous Sunday and kept on the altar for this service. The Liturgy of the Pre-Sanctified Gifts will begin at 5:30 p.m. Following the service we will enjoy a Lenten Pot-Luck Supper in the community center, followed by an inspirational and spiritually edifying Lenten Lecture.

On the first four Friday evenings during Great Lent we celebrate the Salutations to the Virgin Mary, the singing of the four stanzas (one stanza is sung each week) of a beautiful hymn, called the Akathist Hymn, and on the fifth Friday, all four stanzas are sung. The hymn is very ancient and was sung by the residents of Constantinople in thanksgiving for deliverance from the invading armies of the City. This service will begin at 7:00 p.m.

The Church has provided us with many opportunities to grow spiritually, to focus on our journey through Great Lent in order that we may be prepared for Pascha and its promise of sharing in the divine life. During Great Lent, Orthodox Christians are called to fast. Fasting is a means of making the body participate in the demands of the spiritual life and struggle. Fasting is a way to cleanse both the body and the soul by imposing self-discipline and encouraging meditation and self-reflection.

The traditional fast recalls the days in Paradise, when human beings ate only what grew out of the earth. In the traditional fast, the following foods are not eaten: meat, fish, dairy products (eggs, milk, butter, cheese), olive oil, and wine. The only exceptions being that on Saturday and Sunday oil and wine are permitted and fish is permitted on the Feast of the Annunciation (March 25) and on Palm Sunday (this year on April 1).

Fasting cannot be mechanical or legalistic. It must be part of one’s whole life-style. True fasting involves both physical and spiritual fasting. We must fast from sinful thoughts, words, and deeds, and from various types of food and drink. If we continue to sin, to hate, to gossip, to lust, to be greedy or ambitious, it does not do us any good to examine package labels to see if a product contains milk or oil.

In Matthew 6:16-18, Jesus Christ offered instructions on how we are to fast, “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”
The Story of Saint Valentine - February 14

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of Saint Valentine. But who is this mysterious saint and why do couples celebrate this holiday? The history of Valentine’s Day – and its patron saint – is shrouded in mystery. But we do know that February has long been a month of romance. Saint Valentine’s Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite?

It is important to note that the Orthodox Church and the Churches in the East do not celebrate this mostly Western Saint.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men – his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine’s actions were discovered, Claudius ordered that he be put to death.

While he was in prison awaiting death, Valentine actually sent the first “valentine” greeting himself. While in prison, it is believed that Valentine fell in love with a young girl – who may have been his jailor’s daughter – who visited him every day during his confinement. Before his death, it is alleged that he wrote a letter to the girl, which he signed “From your Valentine,” an expression that is still in use today. Although the truth behind the legend of Saint Valentine is murky, the story certainly emphasizes his appeal as a sympathetic, heroic, and most importantly, as a romantic figure.
FATHER CHARLES SARELIS FALLS ASLEEP IN THE LORD

The Rev. Father Charles Sarelis fell asleep in the Lord on December 21, 2017. Father Charles served here at Saint George from 1985 to 1990 and was a big part in the lives of our many families in our beloved cathedral community. Father Charles shared in the joys of our parish, baptizing and marrying many of our young people. He equally shared in the sorrows, burying many of our siblings, parents and grandparents.

On Sunday January 28, 2018 the Saint George community offered 40 day memorial prayers for the repose of the soul of Father Charles. May his memory be eternal.

The obituary of Father Charles Sarelis, as printed on the website of the L. J. Griffin Funeral Home, is printed below.

The Rev. Fr. Charles P. Sarelis, a resident of Plymouth, Michigan passed from this life on December 21, 2017 at the age of 83. Father Charles was born on July 3, 1934 in Boston, MA to Peter Emmanuel Sarelis and Mary Chiotis, both of Lesvos, Greece.

He attended the Boston Latin School; graduated from the Holy Cross Greek Orthodox School of Theology in Brookline, MA in 1958, the Boston University School of Theology in 1959, the Athens University School of Theology in 1961, and the Boston Institute of Mental Health and Boston Memorial Hospital with areas of study in Pastoral Psychology, Mental Health, and Substance and Alcohol Abuse.

In 1958 he married Angela Barlas of Boston, MA. They were blessed with three children, Mary, Peter and Philip, and four grandchildren, Alexandra, Angela, Naomi and Mariah. Presbytera Angela fell asleep in the Lord on January 19, 2013.

In 1961 he was ordained a deacon by Archbishop Iakovos and in 1962 he was ordained to the Holy Priesthood by Bishop Gerasimos of Abydos. Throughout his sterling ministry Father Charles served the following communities:

- Saint Spyridon Church, Washington Heights, NY
- Saint Paraskevi Church, Greenlawn, NY
- Holy Cross Church, Bay Ridge, Brooklyn, NY
- Saint Nicholas Church, Wyckoff, NY
- Holy Cross Church, Pittsburgh, PA
- Saint Nicholas Church, Detroit, MI
- Saint George Cathedral, Manchester, NH
- and the Annunciation Church, Kansas City, MO.

In 1969 Father Charles was elevated to Sakellarios. In 1973 he was elevated to Economos. And in 1983 he was elevated to Protopresbyter of the Ecumenical Throne of Constantinople.

His hobby was to translate Liturgical texts from Greek to English.

The wake for Father Charles was held on Tuesday, December 26, 2017 and the funeral service was held on Wednesday, December 27, 2017 at the Nativity of the Virgin Mary Greek Orthodox Church in Plymouth, Michigan.

A REFLECTION ON FORGIVENESS

There once lived a very holy and devout archbishop who was sought out by pilgrims because of his great spiritual insight. As his popularity and the demands on his time grew, he wished to retreat into a life of noetic prayer—ceaseless prayer of the mind and the heart. He was granted permission to move back to his native island where he lived more fully a monastic life. One day, a man desperately knocked at the monastery door; he had committed a murder and was trying to flee from the villagers seeking revenge. The man confessed his sins to the holy archbishop, who was now the abbot of the monastery. As he listened, the abbot realized that the person who the man had murdered was the abbot’s own brother. God helped the abbot see into the heart of this man and see how sorry he was. He forgave the man who murdered his brother and read the confessional prayer of absolution. The abbot then helped the man to escape the authorities so that he could live the rest of his life in prayer and repentance at a monastery. This holy abbot is Saint Dionysios of Zakynthos. He exemplifies true forgiveness.
St. George Greek Orthodox Cathedral
650 Hanover Street
Manchester, New Hampshire

Invites you to

An Apokreatiko Celebration

Saturday, February 10, 2018
7pm – 11:00pm
In the church hall

DJ The Salonica Boys
Greek and American Dancing

Variety of Hors D’oeuvres
Cash Bar

$15.00 per person
Children under 12 are free

Toula Barber at 668-6839
or the Cathedral office at (603)622-9113
THE TRIODION PERIOD BEGINS ON JANUARY 28

Even though our Great Lenten journey does not begin until February 29 this year, we do however begin to prepare for this journey four weeks earlier. There are four Sundays of Preparation for our Great Lenten journey.

Sunday, January 28, 2018, the first Sunday of Preparation (three weeks before the start of Great Lent) is the **Sunday of the Publican and the Pharisee**, in which we are exhorted to true repentance and are encouraged to follow the self-abasement of the Publican rather than the spiritual pride of the Pharisee. At the Matins service we sing for the first time the beautiful Lenten hymn, “Open to me the gates of repentance...” reminding us of the open gateway through which all must enter on the way to Pascha.

Sunday, February 4, the next Sunday of Preparation (two weeks before Great Lent) is the **Sunday of the Prodigal Son**, which reminds us that not only must we repent and undergo a change of heart, but that we must also exercise an act of will, in that we must get up and actually set off on our journey. In our lives we can see a parallel; for how often do we repeat the cycle of the Prodigal Son’s willful departure from God’s house, a life of wantonness, misery at our fallen state, repentance, return to God the Father and divine forgiveness? On this Sunday at the Matins we also sing the beautiful hymn of remembrance, “By the waters of Babylon...” which reminds us of the heavenly Zion from which we have been exiled.

Sunday, February 11, the next Sunday of Preparation, **Meat Fare Sunday or Sunday of the Last Judgment**, is the last day on which meat is permitted to be consumed until Holy Pascha. This is to remind us of the upcoming rigors of the Great Fast. The theme of this Sunday is the Last Judgment and the lot of those who turn from God, and those who return to Him.

And Sunday, February 18, the last Sunday before the Great Lent, **Cheese Fare Sunday or Forgiveness Sunday**, is also the last day of preparation. It is called Cheese Fare because on the next day we begin a total fast from all animal products, as well as from fish, wine and oil, continuing until Holy Pascha. An important theme of this day is the Expulsion of Adam from Paradise, which reminds us of that from which we have fallen. Another theme is forgiveness, since we cannot begin our spiritual journey without granting forgiveness to those who have offended us and asking forgiveness of those whom we have offended. A special feature of this day is the very moving **Forgiveness Vespers**, at which we all ask and grant mutual forgiveness.

Great Lent is a journey and we never begin a journey without planning and preparing for this journey. Think of Great Lent also as a race, again, we do not just run the race without first preparing for it. We must first prepare for the race by exercising our body to be able to run the race. Maybe we run part of the race a little at a time. This period of preparation in the Church is known as the Triodion Period. This time is symbolic of our life and spiritual struggles on the earth.

The four Sundays of Preparation are just that. They prepare us physically, mentally, and spiritually for our Great Lenten Journey, our journey to Pascha, our great race that we are now getting ready for. We prepare physically for our journey by gradually beginning our fast, we start eliminating certain foods from our diets little by little, not all at once. We also prepare mentally and spiritually for our journey. Now our prayers, the beautiful hymns of the church, and the lessons from the Gospel readings are more reflective, more penitential in nature. They start us thinking more about our relationship with God and about our responsibility towards God and with others around us.

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**PLEASE ARRANGE FOR YOUR HOUSE BLESSING**

It is the tradition of the Orthodox Church that the Faithful have their home and place of business blessed each year following the Feast of Theophany. This should not be a once-in-a-lifetime event, but a chance to welcome God’s special presence and love into your homes and your families each year. Please contact Father directly to make an appointment for this beautiful blessing.

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**SATURDAY OF THE SOULS**

The Divine Liturgy and Memorial Services for the Saturday of the Souls will be celebrated on Saturday, February 10; Saturday, February 17; and on Saturday, February 24 beginning at 10:00 a.m. A form is enclosed in this monthly newsletter for you to return your names, which will be read at all three memorial services.
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<th>Sun</th>
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<tr>
<td>1. No Basketball</td>
<td>2. Presentation of the Lord Div. Lit. 10 am.</td>
<td>3. Cadillac Banquet 6 pm</td>
<td>4. Orthros 9 am Div. Lit. 10 am. Sun. Sch. 10 am. 1-yr Mem. for Nick Hart &amp; Coffee Hr.</td>
<td>5. Pre-Sch. 4:30-5:30 pm in CC. Adult Greek Class 6 – 7:30 pm in CC. 3rd/4th Coed BB 6-7 pm HS BB 7-8:30 pm</td>
<td>6. 5th/6th Boys BB 6-7:30 pm</td>
<td>7. Bible Study 11 am and 6:15 pm at Annex. Cub Scout Mtg. 6 pm in CC.</td>
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<td>11. Orthros 9 a.m. Div. Lit 10 am. Sun. Sch. 10 am. Daughters of Penelope Breakfast in CC.</td>
<td>12. Pre-Sch. 4:30-5:30 pm in CC. Adult Greek Class 6 – 7:30 pm in CC. BOD Mtg. 7 pm at Annex. 3rd/4th Coed BB 6-7 pm HS BB 7-8:30 pm</td>
<td>13. 5th/6th Boys BB 6-7:30 pm</td>
<td>14. Bible Study 11 am &amp; 6:15 pm at Annex. Cub Scout Mtg. 6 pm in CC. DOP Mtg. 6:30 pm at Annex.</td>
<td>15. HS BB 7:30-9 pm</td>
<td>16. 5th/6th Boys BB 6-7:30 pm</td>
<td>17. 2nd Sat. of Souls Div. Lit &amp; Memorial Service 10 am. Basketball Clinic 9-10:30 am</td>
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<td>Cathedral Office Closed, Joyce on Vacation</td>
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<td>18. Orthros 9 am. Div. Lit. 10 am. Sun. Sch. 10 am. Forgiveness Vespers 5 pm.</td>
<td>19. Great Lent Begins Compline Service 6 pm Pre-Sch. 4:30-5:30 pm in CC. Adult Greek Class 6 – 7:30 pm in CC. 3rd/4th Coed BB 6-7 pm HS BB 7-8:30 pm</td>
<td>20. 5th/6th Boys BB 6-7:30 pm</td>
<td>21. Bible Study 11 am at Annex. Pre-Sanctified Lit 5:30 pm followed by Lenten Potluck Supper/Lecture in CC. Cub</td>
<td>22. HS BB 7:30—9 pm</td>
<td>23. 1st Salutations Service 7 pm. 5th/6th Boys BB 6-7:30 pm</td>
<td>24. 3rd Sat. of Souls Div. Lit &amp; Memorial Service 10 am. Basketball Clinic 9-10:30 am</td>
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<td>25. First Sunday of Lent Procession with the Icons Orthros 9 a.m. Div. Lit. 10 am. 5-yr Mem. for George Demos</td>
<td>26. Compline Service 6 pm. No Pre–Sch. No Adult Greek Sch. 3rd/4th Coed BB 6-7 pm</td>
<td>27. 5th/6th Boys BB 6-7:30 pm</td>
<td>28. Bible Study 11 am at Annex. Pre-Sanctified Lit 5:30 pm followed by Lenten Potluck Supper/Lecture in</td>
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<td>2. No Greek School at Assumption. HS BB 7:30-9 pm</td>
<td>2. 2nd Salutations Service 7 p.m. 5th/6th Boys BB 6-7:30 pm</td>
<td>3. Basketball Clinic 9-10:30 am</td>
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<td>4. 2nd Sunday of Lent Orthros 9 am Div. Lit. 10 am. Sun. Sch. 10 am.</td>
<td>5. Compline Service 6 pm. Pre-Sch. 4:30-5:30 pm in CC. Adult Greek Class 6-7:30 pm in CC. 3rd/4th Coed BB 6-7 pm. HS BB 7-8:30 pm.</td>
<td>6. 5th/6th Boys BB 6-7:30 pm.</td>
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<td>7. Bible Study 11 am at Annex. Cub Scout Mtg. 6 pm in Annex. Pre-Sanctified Lit. 5:30 pm followed by Lenten Potluck Supper &amp; Lecture in CC.</td>
<td>8. HS BB 7:30-9 pm</td>
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<td>9. 3rd Salutations Service 7 pm. 5th/6th Boys BB 6-7:30 pm.</td>
<td>10. Cub Scout Pinewood Derby all Day in CC. No Basketball Clinic</td>
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<td>11. 3rd Sunday of Lent Orthros 9 a.m. Div. Lit 10 am. Sun. Sch. 10 am.</td>
<td>12. Compline Service 6 pm. Pre-Sch. 4:30-5:30 pm in CC. Adult Greek Class 6-7:30 pm in CC. BOD Mtg. 7 pm at Annex. 3rd/4th Coed BB 6-7 pm. HS BB 7-8:30 pm.</td>
<td>13. Active Shooting Training 6:30 pm in CC. No Basketball</td>
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<td>14. Bible Study 11 am at Annex. Pre-Sanctified Lit. 5:30 pm followed by Lenten Potluck Supper &amp; Lecture in CC. DOP Mtg. 6:30 pm at</td>
<td>15. HS BB 7:30-9 pm</td>
<td>16. 4th Salutations Service 7 pm. 5th/6th Boys BB 6-7:30 pm.</td>
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<td>17. Basketball Clinic 9-10:30 am.</td>
<td>18. 4th Sunday of Lent Orthros 9 am. Div. Lit. 10 am. Sun. Sch. 10 am. 1-yr Mem. for Paul Pappas &amp; Coffee hour.</td>
<td>19. Compline Service 6 pm Pre-Sch. 4:30-5:30 pm in CC. Adult Greek Class 6-7:30 pm in CC. 3rd/4th Coed BB 6-7 pm.</td>
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<td>20. 5th/6th Boys BB 6-7:30 pm.</td>
<td>21. Pre-Sanctified Lit. 5:30 pm followed by Lenten Potluck Supper &amp; Lecture in CC. Cub Scout Mtg. 6 pm at</td>
<td>22. HS BB 7:30-9 pm</td>
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<td>23. The Akathist Hymn 7 pm. No Basketball. Cub Scout set-up in CC.</td>
<td>24. District Pinewood Derby 7 am-5 pm in CC.</td>
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<td>25. Fifth Sunday of Lent Feast of the Annunciation Orthros 9 am. Div. Lit. 10 am. 5-yr Mem. for George Demos</td>
<td>26. Compline Service 6 pm. No Pre-Sch. No Adult Greek Sch. 3rd/4th Coed BB 6-7 pm. HS BB 7-8:30 pm.</td>
<td>27. 5th/6th Boys BB 6-7:30 pm.</td>
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<td>28. Pre-Sanctified Lit. 5:30 pm followed by Lenten Potluck Supper &amp; Lecture in CC. Cub Scout Mtg. 6 pm at Annex.</td>
<td>29. HS BB 7:30-9 pm</td>
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<td>31. Saturday of Lazarus Div. Lit. 10 am followed by Community Breakfast &amp; folding of Palm Crosses.</td>
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Active Shooter Training will be Tuesday, March 13th at 6:30 pm in Community Center. Please Come and Learn.

Avoid

Avoid starts with your state of mind.
• Pay attention to your surroundings.
• Have an exit plan.
• Move away from the source of the threat as quickly as possible.
• The more distance and barriers between you and the threat, the better.

Deny

Deny when getting away is difficult or maybe even impossible.
• Keep distance between you and the source.
• Create barriers to prevent or slow down a threat from getting to you.
• Turn the lights off.
• Remain out of sight and quiet by hiding behind large objects and silencing your phone.

Defend

Defend because you have the right to protect yourself.
• If you cannot Avoid or Deny, be prepared to defend yourself.
• Be aggressive and committed to your actions.
• Do not fight fairly. THIS IS ABOUT SURVIVAL.

CALL 911 when you are in a safe area. Inform the 911 operator that this is an active shooter situation.

When Law Enforcement arrives,
SHOW YOUR HANDS AND FOLLOW COMMANDS.

For more information: www.AvoidDenyDefend.org
Or get the free app: AvoidDenyDefend

Texas State University
Be Safe Stay Safe