



December 4, 2022

10<sup>th</sup> Sunday of Luke

Saints of the Day: Barbara the Great Martyr, John the Righteous of Damascus

**WELCOME TO ALL VISITORS!!!**

Thank you for worshipping with us!!! Please join us for fellowship immediately following The Divine Liturgy. For those visiting an Orthodox Church for the first time, please be aware that Holy Communion is a sign of unity of faith which is only offered to Baptized or Chrismated Orthodox Christians. All present are welcome, and encouraged, to receive the antidoron (bread given to those who do not/are not able receive Holy Communion) which is distributed at the end of the service. For those interested in learning more about the Orthodox Christian faith, please feel free to speak with Fr. Demetri after the service.

**WE ENCOURAGE EVERYONE TO FOLLOW ALONG AND PARTICIPATE IN  
THE DIVINE LITURGY WITH THE BOOKS PROVIDED!!!**

**40 DAY BLESSING**

40-day blessing for Kaia Elisavet Frechette, daughter of Jonathan and Soteria Frechette

**WEEK-IN-PREVIEW**

**Mon., Dec 5**

Choir Rehearsal 5 :30pm

***Great Vespers 6pm***

***At St. Nicholas***

Basketball

3/4 Coed 6pm

HS Boys 7:30pm

**Tues., Dec 6**

***Great Doxology and Divine***

***Liturgy 10am***

***At St. Nicholas***

Library Memory Project

Photo ID by Zoom 7pm

Basketball HS Boys 7pm

**Thurs., Dec 8**

Basketball

5/6 Boys 6pm

Combined 7/8 & HS Boys

AHEPA Meeting 7pm

**Sat., Dec 10**

Greek Preschool 9am

**Sun., Dec 11**

***Orthros 8:45am***

***Divine Liturgy 10am***

Christmas Pageant

Sunday School Christmas Party



## Hymns Chanted Following the Small Entrance

### Resurrectional Hymn in the Plagal of the Fourth Tone

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσῃς τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

### Anthem for the Holy Woman in the Plagal of the Fourth Tone

Βαρβάραν τὴν Ἀγίαν τιμήσωμεν· ἐχθροῦ γὰρ τὰς παγίδας συνέτριψε, καὶ ὡς στρουθίον ἐρρύσθη ἐξ αὐτῶν, βοηθεία καὶ ὄπλῳ τοῦ Σταυροῦ ἡ Πάνσεμνος.

Let us honor the all-virtuous Saint Barbara; for she broke the snares of the enemy, and she escaped from them like a bird, with the Cross as her help and shield.

### Anthem for the Devout Man in the Plagal of the Fourth Tone

Ὁρθοδοξίας ὁδηγέ, εὐσεβείας διδάσκαλε καὶ σεμνότητος, τῆς οἰκουμένης ὁ φωστήρ, τῶν μοναστῶν τὸ θεόπνευστον ἐγκαλλώπισμα, Ἰωάννη σοφέ, ταῖς διδαχαῖς σου πάντα ἐφώτισας, λύρα τοῦ Πνεύματος· πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Guide of Orthodoxy and a sacred teacher of piety and dignity, luminary of the world, and God-inspired jewel of monastics, O wise John, the Spirit's instrument: by your teachings you enlightened all. Intercede with Christ our God for the salvation of our souls.

### Anthem of St. George in the Fourth Tone

Ὡς τῶν αἰχμαλώτων ἐλευθερωτής, καὶ τῶν πτωχῶν ὑπερασπιστής, ἀσθενούντων ἱατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Liberator of captives and defender of the poor, physician of the sick and champion of kings, oh Trophy-bearer and Great Martyr George, intercede with Christ our God, that our souls be saved.

### Seasonal/Kontakion Hymn in the Third Tone

Ἡ Παρθένος σήμερον, τὸν προαιώνιον Λόγον, ἐν Σπηλαίῳ ἔρχεται, ἀποτεκεῖν ἀπορρήτως. Χόρευε ἡ οἰκουμένη ἀκουτισθεῖσα, δόξασον μετὰ Ἀγγέλων καὶ τῶν Ποιμένων, βουληθέντα ἐποφθῆναι, Παιδίον νέον, τὸν πρὸ αἰώνων Θεόν.

On this day the Virgin Maid \* goes to the grotto to give birth \* to the pre-eternal Word \* in an ineffable manner. \* Dance for joy, all the inhabited earth, on hearing. \* Glorify along with Angels and with the shepherds \* Him who willed that He appear as \* a newborn Child, \* the pre-eternal God.

## **SCRIPTURE READINGS**

### **Galatians 3:23-29; 4:1-5**

Brethren, before faith came, we were confined under the law, kept under restraint until faith should be revealed. So that the law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth his Son, born of a woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

### **Γαλάτας 3:23-29, 4:1-5**

Ἀδελφοί, πρὸ τοῦ δὲ ἐλθεῖν τὴν πίστιν, ὑπὸ νόμον ἐφρουρούμεθα, συγκεκλεισμένοι εἰς τὴν μέλλουσαν πίστιν ἀποκαλυφθῆναι. Ὡστε ὁ νόμος παιδαγωγὸς ἡμῶν γέγονεν εἰς Χριστόν, ἵνα ἐκ πίστεως δικαιωθῶμεν. Ἐλθούσης δὲ τῆς πίστεως, οὐκέτι ὑπὸ παιδαγωγόν ἐσμεν. Πάντες γὰρ υἱοὶ θεοῦ ἐστε διὰ τῆς πίστεως ἐν Χριστῷ Ἰησοῦ. Ὅσοι γὰρ εἰς Χριστὸν ἐβαπτίσθητε, Χριστὸν ἐνεδύσασθε. Οὐκ ἔνι Ἰουδαῖος οὐδὲ Ἕλλην, οὐκ ἔνι δοῦλος οὐδὲ ἐλεύθερος, οὐκ ἔνι ἄρσεν καὶ θῆλυ· πάντες γὰρ ὑμεῖς εἷς ἐστε ἐν Χριστῷ Ἰησοῦ. Εἰ δὲ ὑμεῖς Χριστοῦ, ἄρα τοῦ Ἀβραὰμ σπέρμα ἐστέ, καὶ κατ' ἐπαγγελίαν κληρονόμοι. Λέγω δέ, ἐφ' ὅσον χρόνον ὁ κληρονόμος νήπιός ἐστιν, οὐδὲν διαφέρει δούλου, κύριος πάντων ὢν· ἀλλὰ ὑπὸ ἐπιτρόπους ἐστὶν καὶ οἰκονόμους, ἄχρι τῆς προθεσμίας τοῦ πατρὸς. Οὕτως καὶ ἡμεῖς, ὅτε ἦμεν νήπιοι, ὑπὸ τὰ στοιχεῖα τοῦ κόσμου ἦμεν δεδουλωμένοι· ὅτε δὲ ἦλθεν τὸ πλήρωμα τοῦ χρόνου, ἐξαπέστειλεν ὁ θεὸς τὸν υἱὸν αὐτοῦ, γενόμενον ἐκ γυναικός, γενόμενον ὑπὸ νόμον, ἵνα τοὺς ὑπὸ νόμον ἐξαγοράσῃ, ἵνα τὴν υἰοθεσίαν ἀπολάβωμεν.



### Luke 13:10-27

At that time, Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, he called her and said to her, "Woman, you are freed from your infirmity." And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day." Then the Lord answered him, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?" As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

### Λουκᾶν 13:10-17

Τῷ καιρῷ ἐκείνῳ, Ἦν δὲ διδάσκων ἐν μιᾷ τῶν συναγωγῶν ἐν τοῖς σάββασι. καὶ ἰδοὺ γυνὴ ἣν πνεῦμα ἔχουσα ἀσθενείας ἔτη δέκα καὶ ὀκτώ, καὶ ἦν συγκύπτουσα καὶ μὴ δυναμένη ἀνακῦσαι εἰς τὸ παντελές. ἰδὼν δὲ αὐτὴν ὁ Ἰησοῦς προσεφώνησε καὶ εἶπεν αὐτῇ· γύναι, ἀπολέλυσαι τῆς ἀσθενείας σου· καὶ ἐπέθηκεν αὐτῇ τὰς χεῖρας· καὶ παραχρῆμα ἀνωρθώθη καὶ ἐδόξαζε τὸν Θεόν. ἀποκριθεὶς δὲ ὁ ἀρχισυνάγωγος, ἀγανακτῶν ὅτι τῷ σαββάτῳ ἐθεράπευσεν ὁ Ἰησοῦς, ἔλεγε τῷ ὄχλῳ· ἕξ ἡμέραι εἰσὶν ἐν αἷς δεῖ ἐργάζεσθαι· ἐν ταύταις οὖν ἐρχόμενοι θεραπεύεσθε, καὶ μὴ τῇ ἡμέρᾳ τοῦ σαββάτου. ἀπεκρίθη οὖν αὐτῷ ὁ Κύριος καὶ εἶπεν· ὑποκριτά, ἕκαστος ὑμῶν τῷ σαββάτῳ οὐ λύει τὸν βοῦν αὐτοῦ ἢ τὸν ὄνον ἀπὸ τῆς φάτνης καὶ ἀπαγαγὼν ποτίζει; ταύτην δέ, θυγατέρα Ἀβραὰμ οὖσαν, ἣν ἔδησεν ὁ σατανᾶς ἰδοὺ δέκα καὶ ὀκτὼ ἔτη, οὐκ ἔδει λυθῆναι ἀπὸ τοῦ δεσμοῦ τούτου τῇ ἡμέρᾳ τοῦ σαββάτου; καὶ ταῦτα λέγοντος αὐτοῦ κατησχύνοντο πάντες οἱ ἀντικείμενοι αὐτῷ, καὶ πᾶς ὁ ὄχλος ἔχαιρεν ἐπὶ πᾶσι τοῖς ἐνδόξοις τοῖς γινομένοις ὑπ' αὐτοῦ.

### A PRAYER IN TIME OF NEED

Almighty God, the Father of mercies and God of all comfort, come to my help and deliver me from this difficulty that besets me. I believe, Lord, that all trials of life are under Your care and that all things work for the good of those who love You.

Take away from me fear, anxiety and distress.

Help me to face and endure my difficulty with faith, courage, and wisdom. Grant that this trial may bring me closer to You, for You are my rock and refuge, my comfort and hope, my delight and joy.

I trust in Your love and compassion. Blessed is Your name, Father Son and Holy Spirit, now and forever and to the ages of ages. Amen.

### A PRAYER FOR THOSE GOING THROUGH DEPRESSION

Lord Jesus Christ our God, who brought great joy into the world with Your Divine Birth, and salvation through Your glorious Resurrection; who shed Your precious blood to wash away the sins of humankind and to revive our spirit;


Approaching Your goodness, I ask that you hear my prayer and the voice of my petition and look with compassion upon (*person's name*) and restore hope and well-being to *his/her* life.

Banish from *him/her* the spirit of depression and melancholia by Your Grace. And if it was brought by the stain of sin, wash it away with your precious blood; if by unrighteousness, remove it with Your justice; if by guilt, lead *him/her* to confession and forgiveness; if by fear, drive it away with Your reassurance; if by anger and hostility, replace them with calmness and love.

Let not *his/her* faith waver; permit not *his/her* hope to flee; let not *his/her* trust in you fade away.

Illumine the darkness of *his/her* soul; disperse the cloud of despair that has encompassed *him/her*; reassure *his/her* mind; lift up *his/her* spirit; restore *his/her* confidence, and open the doors of *his/her* heart to permit the Holy Spirit to enter and abide there, and bring renewal and healing to *his/her* body and soul.





SUNDAY SCHOOL

# CHRISTMAS PAGEANT & PARTY

DECEMBER 11



*St. George Cathedral Presents*



## *New Year's Eve Dance*

*Saturday December 31, 2022*

*Doors open 8 p.m.*

*Tickets \$60 per person (children 12 and under free)*

*Tickets available through Tuesday December 27*

*Music by the Kosta Taslis Band*

*Champagne, Dinner, and Dancing*

*Cash Bar—Wine and Beer*

St. George Greek Orthodox Cathedral  
650 Hanover Street, Manchester, NH 603-622-6113 [office@stgeorgenh.org](mailto:office@stgeorgenh.org)





## Community Christmas Card

We enjoy wishing everyone a very blessed and happy season as we joyously celebrate the birth of our Lord and Savior Jesus Christ.

You are invited to add your name on the St. George Community Christmas card.

The donation this year is \$20,  
but any greater amount you wish to contribute will be most welcome.

Do not hesitate to share this wonderful opportunity with as many relatives and friends as possible. Your participation is greatly appreciated.

*Please print legibly and fill out the form completely. Thank you.*

Name as you would like it to appear on the card:

Make checks payable to St. George Cathedral.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_ Amount donated \$ \_\_\_\_\_

\*\*\* **THE DEADLINE TO PARTICIPATE IS MONDAY DECEMBER 12.** \*\*\*

No names will be taken after this date in order to ensure delivery.



## ST GEORGE GREEK ORTHODOX CATHEDRAL CHRISTMAS UPDATE

*"For unto us a Child is born,  
unto us a Son is given.."*

*There's so much to love about this time of the year and there are many events here at St. George during this Christmas Season.*

*Yet we must remember to pray and prepare ourselves for the Birth of our Lord in the flesh.*

*Christmas is one of the best times of the year to invite a loved one or a friend to be with you and to meet your parish family!*

*Pray to our Lord to help you think of a few people right now to invite to church so they can hear the message of Christ at Christmas.*

*Thank you for being a member of our St George Family, and for helping us celebrate and to share this wonderful Feast!*

### UPCOMING EVENTS

#### December 2

Parish Family Night  
6pm  
Gingerbread House Decorating

#### December 11

Sunday School Pageant  
Following Divine Services  
\*Snow Date, Dec. 18

#### December 24

Christmas Eve  
430pm  
Elements of Great Vespers  
Divine Liturgy

#### December 25

Christmas Day  
Orthros 730am  
Divine Liturgy 830am

Wishing You a Very Merry Christmas!



## **PARISH ANNOUNCEMENTS**

**FEAST DAY OF ST. NICHOLAS** - Our St. George Family will celebrate the Feast Day of St. Nicholas with the faithful of St. Nicholas (1160 Bridge Street). On December 5 Great Vespers will be at 6pm and on December 6 Great Doxology with Divine Liturgy will be at 10am.

**CHRISTMAS PAGEANT REHEARSAL TODAY** - All participants and cast members are asked to stay for practice today in the Church! Thank you!!!

**CHRISTMAS PAGEANT NEXT SUNDAY** - The young people of our parish family will offer the Christmas Pageant following The Divine Liturgy next Sunday, December 11. We ask that all faithful be in attendance to enjoy this wonderful presentation!

**SPECIAL GUEST NEXT SUNDAY** - Following the Christmas Pageant and dismissal next Sunday there will be a special guest in a Red Suit who will hand out goodies to children of all ages. There will be opportunities to take pictures during this time as well.

**CADILLAC 50/50 RAFFLE TICKETS** - Stop by the office to pick up your 50/50 Cadillac Raffle ticket, \$10 each. You do not need to attend the event for a chance to win. If you are interested in attending the Cadillac Ball, please call the office for more information.

**PROSFORA, PLEASE** - You are invited to make Prosfora to be used during the Sunday Services. Thank you for helping with this special need.

**SUNDAY SCHOOL PHILANTHROPY PROJECT** - The St. George Sunday School group is collecting toothbrushes and toothpaste to be donated to the Families in Transition Food Pantry & Emergency Shelter. A collection box is located in the Community Center entry.

**NEW YEAR'S EVE DANCE** - Come celebrate the start of the New Year at the New Year's Eve dance. See flyer for more info.

**PHOTOGRAPHERS WANTED** - Photographers wanted to take pictures at future events for the St. George Memory Project. Please contact the office for more info.

**SAVE THE DATE** - The Apokreatiko Dance will be held on February 18.

## ROYAL DOORS: A COMMUNION BETWEEN GOD AND MAN

**C**ertainly the iconostas is one of the most outstanding architectural features of a house of worship. It stands between the sanctuary and the body of the church, between heaven and earth so-to-speak, and serves not so much to divide them but to unite them through the life and work of our Lord Jesus Christ, Son of God.

In the center of this wall of icons are the **ROYAL DOORS**. They are called this because the King of Glory, Jesus Christ, passes through them in the Holy Eucharist, feeding His family with the Bread of Life. The icons that adorn the Royal Doors vary, but normally bear the image of the Annunciation – the Archangel Gabriel announcing the coming birth of the Saviour to the Holy Virgin. Then, below, are depicted the Four Evangelists – John, Matthew, Luke and Mark, since they proclaimed the Kingdom of God first announced to the Mother of God.

Above the Doors is usually depicted the Last Supper, Jesus offering the Eucharist – first the Bread, His Body, then the Cup, His Blood, to the Apostles. Some churches also depict the Holy Fathers, or Liturgists, in this area. (The doors at the sides, often termed the Deacon's Doors, usually carry icons of Messengers of God, the Angels; or Deacons of the Church, who during their ministry had charge of articles in the sanctuary area and assisted at rites.)

This grand panorama of images began as a vital tool in teaching the Christian faith to people. Today it serves as a graphic reminder that this is the entrance to the "Holy of Holies."

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### St. George Greek Orthodox Cathedral

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Fr. Demetrios Costarakis, Cathedral Dean

Father's E-mail: [frdcostarakis@stgeorgenh.org](mailto:frdcostarakis@stgeorgenh.org)

#### Lord's Day (Sunday) Services:

Orthros/Matins: 8:45 a.m.      Divine Liturgy: 10:00 a.m.

*An electronic copy of this bulletin is available on the website.*



# The Children's Word

"Let the little children come to me, and do not forbid them, for to such is the Kingdom of Heaven." Mark 10:14

Sunday, December 4, 2022

Volume 10, Issue 49

A Ministry of the  
Orthodox Christian Network



## Open for business!

**Have you ever wanted to go** somewhere, but when you got there, you found it was closed? What a disappointment!



In today's Gospel reading, we hear the story of a woman who had been crippled for 18 years. She couldn't straighten up her back for 18 whole years! Well, the Bible tells us about the many, many people whom our Lord, Jesus Christ healed. Usually, the sick people cry out for Jesus. "Have mercy on me!" they might say. But in this story, we read that our Lord called out to *her* instead. He wanted to heal her, to make her better, so He did!

Lots of people were angry at Jesus then. He had broken a rule—He had done work on the Sabbath day, and you were supposed to keep that day holy. You were supposed to rest on that day. They told the people to stay away if they wanted to be healed. They said, "There are six days on which work should be done. Come on those days and be healed, and not on the Sabbath day." Really, they wanted to put up a "CLOSED" sign. They wanted to keep the people away.

Our Lord is always ready to call out to us, to help us. He never puts up a "CLOSED" sign. We can pray to God anytime—in the middle of the night, in the day, at school, at a party, when we're alone or with a bunch of people. When we want the Lord to listen to us, pray to Him, and He will be open for business!

## WORD SEARCH

Can you find these words in the jumble?

Bishop  
Compassion  
Council  
Healing  
Myra  
Nicholas  
Prayer  
Straighten  
Thanks  
Wonderworker

R	C	V	V	T	C	D	S	N	A	K	X	X	B	H
E	O	H	D	C	G	J	B	A	I	N	R	O	S	E
K	M	V	K	P	O	N	C	L	L	D	I	T	O	A
R	P	C	T	G	B	U	E	J	M	I	R	N	P	L
O	A	C	M	M	R	N	N	K	Q	A	S	U	E	I
W	S	W	S	A	L	O	H	C	I	N	V	F	G	N
R	S	W	T	W	P	U	G	G	I	O	E	S	P	G
E	I	B	M	D	Y	H	H	R	K	L	B	R	S	Y
D	O	I	A	X	O	T	L	A	S	Q	A	U	X	R
N	N	P	Z	M	E	F	H	M	M	Y	Z	B	K	O
O	X	B	A	N	J	N	C	J	E	M	Z	U	W	S
W	W	R	P	T	Y	G	B	R	B	I	S	H	O	P
A	Y	J	O	C	K	P	B	S	K	N	A	H	T	B
M	G	J	V	J	W	C	C	J	W	T	B	S	T	W
Q	A	T	H	R	G	M	K	S	V	I	K	P	X	V

## WHAT'S IN THE ICON?

Many people pray to Saint Nicholas for help and protection when they travel.

In this icon, you can see Saint Nicholas saving a man flailing in the water.

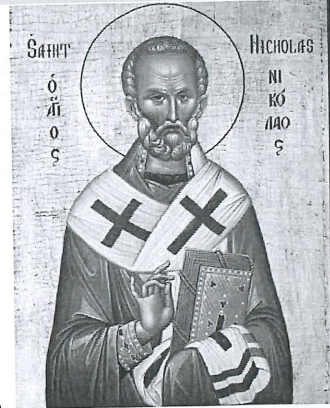




## THE POPULAR SAINT SAINT NICHOLAS THE WONDERWORKER

### Who doesn't love Saint Nicholas?

This wonderful saint is the patron saint for many countries (including Greece and Russia), for cities, for travelers, and for fishermen and sailors. So many children are named after him, especially in Orthodox countries. How did he get to be so popular? Why do people love him so much?



The funny thing about Saint Nicholas is that we don't know too much about his life. He was a bishop, and he went to the first great meeting (the first Ecumenical Council) of the Christian Church. But still, we don't have anything today he might have written or said.

Most of us *do* know the story of the three poor young girls. Saint Nicholas helped them by giving them money so they could get married and have happy, safe lives. Saint Nicholas had compassion on these children, and he asked God to help them. Even today, Saint Nicholas is a special saint for children. Your parents might pray to him for *you*, and you can pray to him too!

One prayer to Saint Nicholas says, "You were shown to be a feeder of the hungry, a great pilot for those on the seas, and a healer of the sick. You have proved to be a helper of all that cry to God, Alleluia."

Saint Nicholas listens to all of us who pray to him!

We celebrate St. Nicholas on Tuesday, Dec. 6th (OC: Dec. 19th).

Saint Nicholas, pray for us!



The Children's Word is a weekly bulletin for Orthodox Christian young people. Copyright 2022 Alexandra Houck. Email is orthodoxchildrensward (at) gmail.com. Find it each week at myocn.net.