



**"COME TO ME,
ALL YOU WHO LABOR"**



January 29, 2023

Sunday of the Canaanite

Saints of the Day: Laurence of the Kiev Caves; Removal of the Relics of Ignatius the God-bearer

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!!!**

MEMORIAL SERVICES

Irene V. Benno (40 days), V. Rev. Fr. Peter D. Costarakis (1 year)

WEEK IN PREVIEW

Sun., Jan 29

Orthros 8:45am

Divine Liturgy 10am

Memorial Services

Mon., Jan 30

Basketball

3/4 Coed 6pm

HS Boys 7:30pm

Tues., Jan 31

Library Memory Project

Photo ID by Zoom 7pm

Basketball HS Boys 7pm

Wed., Feb 1

Bible Study in Library 11am

Learn to Chant in Library
7pm

Thurs., Feb 2

*Presentation of our Lord in
the Temple*

Orthros 8:30am

Divine Liturgy 9:30am

Basketball

5/6 Boys 6pm

Combined 7/8 & HS Boys
7:30pm

Sat., Feb 4

Greek Preschool
9am

Sun., Feb 5

Triodion Begins

Orthros 8:45am

Divine Liturgy 10am

St. George Memory

Speaker Series

following Divine

Liturgy

Scout Sunday

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 Saint in the Fourth Tone

Καὶ τρόπων μέτοχος, καὶ θρόνων διάδοχος, τῶν Ἀποστόλων γενόμενος, τὴν πράξιν εὔρες Θεόπνευστε, εἰς θεωρίας ἐπίβασιν· διὰ τοῦτο τὸν λόγον τῆς ἀληθείας ὀρθοτομῶν, καὶ τῇ πίστει ἐνήθλησας μέχρις αἵματος, Ἱερομάρτυς Ἰγνάτιε. πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in struggling for the faith, O Hieromartyr Ignatius. Intercede with Christ our God, beseeching Him to save our souls.

Anthem of St. George in the Fourth Tone

Ὡς τῶν αἰχμαλώτων ἐλευθερωτῆς, καὶ τῶν πτωχῶν ὑπερασπιστῆς, 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 First Tone

Ὁ μήτραν παρθενικὴν ἀγιάσας τῷ τόκῳ σου, καὶ χεῖρας τοῦ Συμεὼν εὐλογήσας ὡς ἔπρεπε, προφθάσας καὶ νῦν ἔσωσας ἡμᾶς Χριστέ ὁ Θεός. Ἀλλ' εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα, καὶ κραταίωσον Βασιλεῖς οὓς ἠγάπησας, ὁ μόνος φιλόανθρωπος

You sanctified the virginal womb by Your birth, O Lord, and blessed the hands of Symeon fittingly, O Christ God; and even now You came and saved us. Now, give peace to our Nation in time of war, and empower our Leaders, so loved by You, the only one who loves humanity.

SCRIPTURE READINGS

2 Corinthians 6:16-18; 7:1

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty." Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

Κορινθίους β'16-18; 7:1

Ἀδελφοί, ὑμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ Θεός ὅτι Ἐνοικήσω ἐν αὐτοῖς, καὶ ἐμπεριπατήσω· καὶ ἔσομαι αὐτῶν Θεός, καὶ αὐτοὶ ἔσονται μοι λαός. Διὸ, Ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει κύριος, καὶ ἀκαθάρτου μὴ ἄπτεσθε· καγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἔσεσθέ μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει κύριος παντοκράτωρ. Ταύτας οὖν ἔχοντες τὰς ἐπαγγελίας, ἀγαπητοί, καθαρίσωμεν ἑαυτοὺς ἀπὸ παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἁγιωσύνην ἐν φόβῳ Θεοῦ.

Matthew 15:21-28

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

Ματθαιον 15:21-28

Τῷ καιρῷ ἐκείνῳ, ἐξελθὼν ἐκεῖθεν ὁ Ἰησοῦς ἀνεχώρησεν εἰς τὰ μέρη Τύρου καὶ Σιδῶνος. καὶ ἰδοὺ γυνὴ Χαναναία ἀπὸ τῶν ὀρίων ἐκείνων ἐξελθοῦσα ἐκραύγαζεν αὐτῷ λέγουσα· ἐλέησόν με, Κύριε, υἱὲ Δαυὶδ· ἡ θυγάτηρ μου κακῶς δαιμονίζεται. ὁ δὲ οὐκ ἀπεκρίθη αὐτῇ λόγον. καὶ προσελθόντες οἱ μαθηταὶ αὐτοῦ ἡρώτων αὐτὸν λέγοντες· ἀπόλυσον αὐτήν, ὅτι κράζει ὀπισθεν ἡμῶν. ὁ δὲ ἀποκριθεὶς εἶπεν· οὐκ ἀπεστάλην εἰ μὴ εἰς τὰ πρόβατα τὰ ἀπολωλότα οἴκου Ἰσραὴλ. ἡ δὲ ἐλθοῦσα προσεκύνησεν αὐτῷ λέγουσα· Κύριε, βοήθει μοι. ὁ δὲ ἀποκριθεὶς εἶπεν· οὐκ ἔστι καλὸν λαβεῖν τὸν ἄρτον τῶν τέκνων καὶ βαλεῖν τοῖς κυναρίοις. ἡ δὲ εἶπε· ναί, Κύριε· καὶ γὰρ τὰ κυνάρια ἐσθίει ἀπὸ τῶν ψυχίων τῶν πιπτόντων ἀπὸ τῆς τραπέζης τῶν κυρίων αὐτῶν. τότε ἀποκριθεὶς ὁ Ἰησοῦς εἶπεν αὐτῇ· ὦ γύναι, μεγάλη σου ἡ πίστις! γεννηθήτω σοι ὡς θέλεις. καὶ ἰάθη ἡ θυγάτηρ αὐτῆς ἀπὸ τῆς ὥρας ἐκείνης

St. George Library – Speaker Series

A Presentation by George Trapotsis

Whether you come to enjoy the interesting stories shared by the immigrants, the documented history of that time period, or both, don't miss this opportunity to connect with our ancestors as told in **"The Greeks of Manchester, History of the Greek Colony 1890 – 1928,"** a book recently translated into the English language by George Trapotsis and George Kitsis. It will be a journey through the early years starting in the 1890's.

Sunday, February 5 in the Library after church services.

Don't miss it!

Admission is free!

St.George Library – Speaker Series

The First Greeks of Manchester, NH:

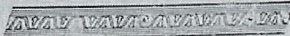
A Presentation by George Trapotsis



ΑΓΙΟΣ ΓΕΩΡΓΙΟΣ

Ο Άγιος Γεώργιος είναι ο πρώτος κοινοτικός Νεώς ιδρυθείς το 1907 ζωστήρας περί τις 15 χιλιάδες δολλλιαρίων.

Come and enjoy stories from the 1928 book, "The Greeks of Manchester, History of the Greek Colony 1890 – 1928."



ΟΙ ΠΡΩΤΟΙ ΕΛΛΗΝΕΣ

Ὁ πρώτος Έλληνας άποστολος εις την Πολιτειαν. Νισι Χριστος
μαζι με τους αρετους εις Εφοριαν. Ητο εις τους Εξαποστολους εν
DOVER, N. H. και ονομαζοντο GREEK AMAZON.

Ὁ δεύτερος Έλληνας άποστολος εις την πολλαν Μαντιν-
στρο. Ητο ο Παναγιωτης Εφραίμ η Ηπειρομάχος.

Ὁ πρώτος ἔδωκεν ὅστις ἐπάτησε πόδι εἰς τὴν πόλιν Μόντο-
στο ἦτο ὁ Παναγιώτης Κούμης ἡ Υἱοτομέσης.

Ἡ ἀνάστη Εὐφροσύνη ἐν τῇ πόλει ἦτο ἡ Μαρίνα Α. Κασίρη.

Ἡ πρώτη Ἐκκλησία τοῦ Ἰσ. ἦν ἡ Αἰ. Φωτεινὴ Σύνοδος ἀδελφῶν τοῦ

κ. Εὐθιπύου Στρατηγὸν τὴν νεολαίᾳ Π. Παράδοξον ἐκ Κωνσταντ.
Ὁ ἀριστὸς ἀνδραγαθὺς ἔστιν ὅτε ὁ Τρωανὲς ἐκ Αὐγείωνος

Μεταξὺ τῶν πρώτων λογιστῶν ἐν τῇ βασιλευμένῳ. Ἰτα καὶ ὁ

Ἀθανάσιος Κωνσταντινῆς,

Ὁ πόσιος ἀντακτονήριος ἦτο ὁ Ι. Σιατράβλης ἐκ Μακεδονίας
ἀγαθὸς ἐκ Μακεδονίας.

Ὁ ἀρχιεὶς ἐκτελεῖ τῆς κοινότητος ἡτο ὁ Ἀν. Παπαδόπουλος.

Ἡ πρώτη λειτουργία ἐγένετο πρὸ τοῦ 579 ἔτους στ. νῦν κατεστῆ

Ὁ πρῶτος Ἑλληνας ἀθλητής ὅτε ὁ ε' Ἀγὼν τοῦ 1905

Το πρώτον Έλληνα που κέρδισε ήταν το 1903, Άνδρεας Κουτσίρας.

Ὁ πρῶτος μιὰ Γαλλίδα: γένος ἦτο τοῦ Ἀθ. Γεωργεοπούλου

Ὁ πρῶτος ἔδωκε λατρεῖν ἑαυτῷ καὶ τῷ πατρὶ.

Τὸ πρῶτον Ἐλὶ, ἑξακοσσίον ἦτα καὶ Β, Ροῦδῃ.

Ἡ πρώτη ἀποδόσεως δευτεῖας ἦτο ἡ μετὰ Πάσχα.

Η πρώτη αγορά πιάτα οβάλ ή τετράγωνα 15x15 Μότλ. Στ. νιν Μαν
μπουλόχο.

Τὸ πρῶτον ἔβλ. αὐτοσάνκτον ἦτο πρὸς Ἀθ. Κωνσταντινουπόλιν.

Ὁ πρῶτος Ἕλληγὴν συμβολαιογράφος ἦτο ὁ Π. Ἀντωνόπουλος.
Τὰ ἑξῆς ἀνὰ ἀσκήματα ἔπαιον οἱ ἀδελφοὶ Ἰ. Ἐ. Ἄνδρου.

Οι ποιητές Ελζαβιτινούς προσέβησαν εν 'Αγγλία καὶ πάλιν

On August 12, 1993, the following were received:

Sunday, February 5th, 2023

In the Library, following Church Services.

Admission is free.

St. George Greek Orthodox Cathedral

650 Hanover St.

Manchester, NH 03104

603-622-9113

Library@StGeorgeNH.org



St. George Greek Orthodox Cathedral

650 Hanover Street
Manchester, New Hampshire

Invites you to



An Apokreatiko Celebration

Saturday, February 18, 2023

7pm – 11:00pm

In the church hall



DJ: The Salonica Boys
Greek and American Dancing

Variety of Hors D'oeuvres

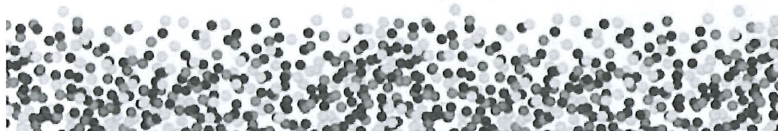
Cash Bar

Donation: \$20.00 per person
Children 12 and under Free!



For further Information:

Toula Barber at (603) 668-6839 or
the Cathedral office at (603) 622-9113



We wanted to take this opportunity in our weekly bulletin to invite members of our Parish Family to consider joining us for our weekly **Bible Study which meets weekly on Wednesdays at 11am in the Library/ Museum.** We are discussing St. Paul's 1st Letter to the Thessalonians.

There are many wonderful Small Groups available dealing with various issues and topics we face in today's world. This Bible Study will give members of our Parish Family the opportunity to learn Scripture, seek the guidance of the Fathers of the Church and finally how we can grow in our everyday life.

We do respect one's time and therefore the Bible Study will be less than one hour.

We hope you will join us!!!

LEARN TO CHANT



Are you interested in learning about the music of our church? Come join our small group to learn how to chant! Whether you want to learn the hymns or how to read the music: all are welcome! We will be meeting weekly on **Wednesdays at 7pm** in the newly renovated library with Deacon Andrew.



METROPOLIS OF BOSTON CAMP

SUMMER CAMP 2023

METROPOLISOFBOSTONCAMP.ORG

SUNDAY 1/29 **ST. GEORGE | MANCHESTER, NH**

JOIN US FOR LITURGY AND MEET A TEAM OF STAFF TO LEARN MORE ABOUT A SUMMER UNLIKE ANY OTHER AT MBC!



SESSION 1: JUNE 26 - JULY 2
SESSION 2: JULY 3 - JULY 9
SESSION 3: JULY 10 - JULY 16
SESSION 4: JULY 17 - JULY 23
SESSION 5: JULY 24 - JULY 30

REGISTRATION OPENS ON
WEDNESDAY, MARCH 1ST | 7PM
AGES 8 - GRADE 12
METROPOLISOFBOSTONCAMP.ORG
SPACE IS LIMITED

FAITH | HERITAGE | FELLOWSHIP | SPORTS | ARTS | NATURE | MORE!

AHEPA and Daughters of Penelope Present

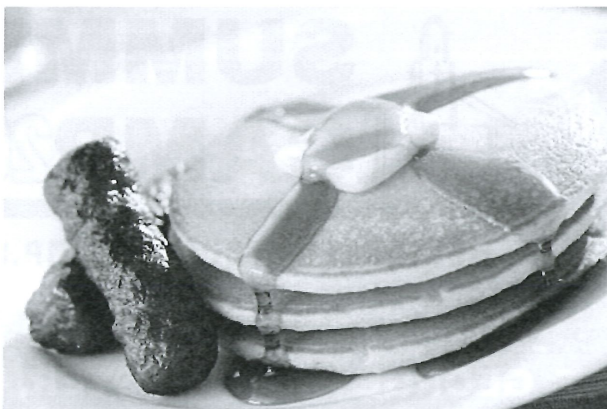
A Pancake Breakfast

At St. George Greek Orthodox Cathedral

650 Hanover Street, Manchester, NH

February 19, 2023

Immediately following Divine Liturgy approximately 11:30am



\$10 per person

Kids under 12 free

Includes:

Pancakes Sausage Beverage

Call 603-622-9113 or email beth@stgeorgenh.org for more information

PARISH ANNOUNCEMENTS

METROPOLIS CAMP OPPORTUNITIES – Summer camp is a wonderful experience for our youth. Today you can meet a team of staff to learn more about an MBC summer. See the enclosed flyer for more information.

ST. GEORGE MEMORY SPEAKER SERIES – Sunday, February 5, is the first of the St. George Memory Speaker Series “History of the Early Greeks in Manchester”. See the enclosed flyer for more information.

SCOUT SUNDAY – The first Sunday in February has been designated as Scouts Sunday from the Assembly of Canonical Orthodox Bishops of the USA. We ask that those who are in the scouting program come in their uniforms on this day. On this day as well, our own Thomas X. Tsirimokos will receive the Prophet Elias Award prior to dismissal.

AN APOKREATIKO CELEBRATION – Saturday, February 18, we gather for some fun before we start Great Lent. See the enclosed flyer for details.

PANCAKE BREAKFAST – AHEPA & Daughters of Penelope present an opportunity to enjoy some fluffy pancakes and sizzling sausage on Sunday, February 19 following Divine Liturgy! See the enclosed flyer for details.

STEWARDSHIP SUNDAY - Our 2023 Stewardship Commitment Sunday will take place on Sunday, March 5. We ask that all Cathedral Family Members be with us on this special day, and we also ask that if you haven't sent in your 2023 Commitment Form that you bring it with you on this day. A special prayer will be offered to our Lord over our written commitments to Him and to His Cathedral of Saint George! We hope to see you on this day!!!

PROSFORA NEEDED -Please help us with this special need. Thank you! Flyers posted on the grounds have all information needed.

NEED A CALENDAR? Calendars are available in the information rack outside the church office. If you have not received your calendar or you would like another one, please help yourself.

CADILLAC 50/50 RAFFLE TICKETS – Would you like to be a part of the Cadillac 50/50 Raffle? Then contact the office to participate! Tickets are \$10 each and you do not need to be present to win.

UPCOMING MEMORIALS – February 26, Henry Gancarz (1 year)

LABORING FOR THE LORD

We have all heard of a good deed or kind action described as a “labor of love.” If we would carefully study that alliterative phrase, we might be tempted to question the grouping of the words “labor” and “love” together. When we labor, we often struggle greatly. Love, on the other hand, is a virtue that is supposed to flow freely and easily.



In reality, love and its corresponding fruits require a great deal of effort on our part. Raising a family in a world where Christian family values are scorned and ridiculed is a “labor of love.” Being faithful to a spouse in a society that condones, and even encourages, infidelity is a “labor of love.” Remaining loyal to our Faith when others around us have few spiritual ties is a “labor of love.”

As is the case with manual labor, “labors of love” can cause us to feel tired and worn out. We may even wonder if our efforts really matter. It is at times like this that we must remind ourselves of the greatest “labor of love” that the world has ever seen: Christ’s Incarnation and subsequent Crucifixion and Resurrection. Bringing us the gift of salvation was no easy task for our Lord. His labors on our behalf were matched by His love for us.

Psalm 104 tells us that “. . . man goes out to work and to labor until evening.” God expects all of us to live productive lives. Let us never forget, however that He also desires that we live “loving” lives as well.

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

St. George Greek Orthodox Cathedral

650 Hanover Street, Manchester, NH 03104

Please visit our website: www.stgeorgenh.org

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Fr. Demetrios Costarakis, Cathedral Dean

Father's E-mail: 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, January 29, 2023

Volume 11, Issue 5

A Ministry of the
Orthodox Christian Network



Great is your faith!

Have you ever wanted something so much that you asked your parents for it again and again? Maybe it was a toy for Christmas or for your birthday. Maybe it was just a special meal or a treat. When we *really* want something, it's hard to give up when somebody tells us "no."

In today's Gospel reading, we hear the story of the woman who was asking Jesus to heal her sick daughter. This woman was from Canaan, so she probably was a pagan (she believed in false gods). Also the Canaanite people had been enemies of the Jews for a long, long time. So when she came to Jesus asking Him for help, His disciples told her to go away. Jesus even told her "no" at first.

But this woman *really* wanted something. She wanted her daughter to be well! So it was hard for her to give up. Even though she didn't worship the God of the Jewish people, she knew Jesus could heal her daughter. Jesus told her, "O woman, great is your faith! Let it be done for you as you want." Our Lord healed the daughter right away. He knew she believed. He knew she had strong faith. And He knew she was an example for us all!

Let's remember the Canaanite woman's strong faith when we pray to God too.



WORD SEARCH

Can you find these words in the jumble?

Basil
Canaanite
Chrysostom
Faith
Gregory
Hierarchs
Persistent
Prayer
Truth

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

WHAT'S IN THE ICON?

Here is another icon of our helpers and friends, the Three Hierarchs.

This icon comes from a very old monastery in Serbia, but you can still tell who is who. Can you compare it to the icon on page 3?



3 CHEERS FOR THE 3 HIERARCHS

ST. BASIL, ST. JOHN, AND ST. GREGORY

Do you ever compete against your friends? If you are on a sports team together, you probably do. But sometimes we might get jealous, even of our friends! Sometimes you might want to get a better grade than a friend got, or maybe sometimes you might wish YOU had scored the goal, instead of your friend.



St. Gregory, St. John, and St. Basil

Tomorrow we remember three saints—St. Basil, St. John Chrysostom, and St. Gregory the Theologian. These three saints are now friends together in heaven, but long ago some people fought about which one was the best saint. Each one of these saints did GREAT things for the Church, but people still fought. Some said St. Basil was the best. Some said St. John was the best. And some said St. Gregory was the best. That's why, about a thousand years ago, another St. John wrote a beautiful service to remember all three saints. Tomorrow is a special day when we remember all three saints together, and we celebrate all the amazing things they did for the Orthodox Church.

By the way, did you know these are the saints you can pray to if you want help with school or with learning? All three men were brilliant teachers who taught us with the things they wrote...so they can teach in a different way now!

We celebrate these three saints tomorrow, Jan. 30th (OC: Feb. 12th).

Christ enters the temple!



The Children's Word is a weekly bulletin for Orthodox Christian young people. Copyright 2023 Alexandra Houck.
Email is [orthodoxchildrensword \(at\) gmail.com](mailto:orthodoxchildrensword@gmail.com). Find it each week at myocn.net.