



MAY YOU DARE TO DREAM

February 5, 2023

Sunday of the Publican & Pharisee

FAST FREE WEEK

Saints of the Day: Agatha the Martyr; Polyeuktos, Pat. Constan.

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!!!**

WEEK IN PREVIEW

Sun., Feb 5

Triodion Begins

Orthros 8:45am

Divine Liturgy 10am

St. George Memory
Speaker Series following
Divine Liturgy

Scout Sunday

Mon., Feb 6

Basketball

3/4 Coed 6pm

HS Boys 7:30pm

Tues., Feb 7

Library Memory

Project Photo ID by

Zoom 7pm

Wed., Feb 8

Bible Study in Library

11am

Daughters of Penelope

6:30pm

Learn to Chant in

Library 7pm

Thurs., Feb 9

AHEPA Meeting 7pm

Sat., Feb 11

Greek Preschool

9am

Cadillac Banquet

6pm

Sun., Feb 12

Orthros 8:45am

Divine Liturgy 10am

Hymns Chanted Following the Small Entrance

Resurrectional Hymn in the First Tone

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου σῶμα, ἀνέστης τριήμερος Σωτὴρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν. Διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι Ζωοδότα· Δόξα τῇ ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε Φιλάνθρωπε.

The stone had been secured with a seal by the Judeans, * and a guard of soldiers was watching Your immaculate body. * You rose on the third day, O Lord * and Savior, granting life unto the world. * For this reason were the powers of heaven crying out to You, O Life[1]giver, * "Glory to Your resurrection, O Christ! * Glory to Your kingdom! * Glory to Your dispensation, only One who loves mankind!"

Anthem of the Feast in the First Tone

Χαῖρε κεχαριτωμένη Θεοτόκε Παρθένε· ἐκ σοῦ γὰρ ἀνέτειλεν ὁ Ἥλιος τῆς δικαιοσύνης, Χριστὸς ὁ Θεὸς ἡμῶν, φωτίζων τοὺς ἐν σκότει. Εὐφραίνου καὶ σὺ Πρεσβύτα δίκαιε, δεξάμενος ἐν ἀγκάλαις τὸν ἐλευθερωτὴν τῶν ψυχῶν ἡμῶν, χαριζόμενον ἡμῖν καὶ τὴν Ἀνάστασιν.

Lady full of grace, rejoice, O Virgin Theotokos, for Christ our God, the Sun of righteousness has risen from you and He illumined those in darkness. And you, righteous Elder, be glad in heart, receiving in your embraces the One who liberates our souls and bestows on us the Resurrection.

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 ἀγίασας τῷ τόκῳ σου, καὶ χεῖρας τοῦ Συμεὼν εὐλογήσας ὡς ἔπρεπε, προφθάσας καὶ νῦν ἔσωσας ἡμᾶς Χριστέ ὁ Θεός. Ἄλλ' εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα, καὶ κραταίωσον Βασιλεῖς οὓς ἠγάπησας, ὁ μόνος φιλάνθρωπος

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 Timothy 3:10-15

TIMOTHY, my son, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, my sufferings, what befell me at Antioch, at Iconion, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. Indeed all who desire to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go on from bad to worse, deceivers and deceived. But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

Τιμοθεον β 3:10-15

Τέκνον Τιμόθεε, παρηκολούθηκάς μου τῇ διδασκαλίᾳ, τῇ ἀγωγῇ, τῇ προθέσει, τῇ πίστει, τῇ μακροθυμίᾳ, τῇ ἀγάπῃ, τῇ ὑπομονῇ, τοῖς διωγμοῖς, τοῖς παθήμασιν, οἷά μοι ἐγένετο ἐν Ἀντιοχείᾳ, ἐν Ἰκονίῳ, ἐν Λύστροις, οἷους διωγμοὺς ὑπήνεγκα· καὶ ἐκ πάντων με ἐρρύσατο ὁ κύριος. Καὶ πάντες δὲ οἱ θέλοντες εὐσεβῶς ζῆν ἐν Χριστῷ Ἰησοῦ διωχθήσονται. Πονηροὶ δὲ ἄνθρωποι καὶ γόητες προκόψουσιν ἐπὶ τὸ χεῖρον, πλανῶντες καὶ πλανώμενοι. Σὺ δὲ μένε ἐν οἷς ἔμαθες καὶ ἐπιστώθης, εἰδὼς παρὰ τίνος ἔμαθες, καὶ ὅτι ἀπὸ βρέφους τὰ ἱερὰ γράμματα οἶδας, τὰ δυνάμενά σε σοφίσαι εἰς σωτηρίαν διὰ πίστεως τῆς ἐν Χριστῷ Ἰησοῦ.

Luke 18:10-14













The Lord said this parable, "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."

Λουκαν 18:10-14

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρωποι δύο ἀνέβησαν εἰς τὸ ἱερὸν προσεύξασθαι, ὁ εἷς Φαρισαῖος καὶ ὁ ἕτερος τελώνης. ὁ Φαρισαῖος σταθεὶς πρὸς ἑαυτὸν ταῦτα προσηύχετο· Ὁ Θεός, εὐχαριστῶ σοι ὅτι οὐκ εἰμὶ ὥσπερ οἱ λοιποὶ τῶν ἀνθρώπων, ἄρπαγες, ἄδικοι, μοιχοί, ἢ καὶ ὡς οὗτος ὁ τελώνης· νηστεύω δις τοῦ σαββάτου, ἀποδεκατῶ πάντα ὅσα κτῶμαι. καὶ ὁ τελώνης μακρόθεν ἑστὼς οὐκ ἠθέλην οὐδὲ τοὺς ὀφθαλμοὺς εἰς τὸν οὐρανὸν ἐπᾶραι, ἀλλ' ἔτυπτεν εἰς τὸ στήθος αὐτοῦ λέγων· Ὁ Θεός, ἰλάσθητί μοι τῷ ἁμαρτωλῷ. λέγω ὑμῖν, κατέβη οὗτος δεδικαιωμένος εἰς τὸν οἶκον αὐτοῦ ἢ γὰρ ἐκεῖνος· ὅτι πᾶς ὁ ὑψῶν ἑαυτὸν ταπεινωθήσεται, ὁ δὲ ταπεινῶν ἑαυτὸν ὑψωθήσεται.

OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 5th		TRIDION WEEKS Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 12th		The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 19th FAREWELL TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 26th FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 5th		GREAT LENT BEGINS WITH FORGIVENESS VESPERS SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 12th		ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 19th		VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bowl
4th Sunday of Lent MARCH 26th		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 2nd		ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 9th GREAT WEEK BEGINS		GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 14th		GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 16th NO FASTING!		BRIGHT WEEK HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



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

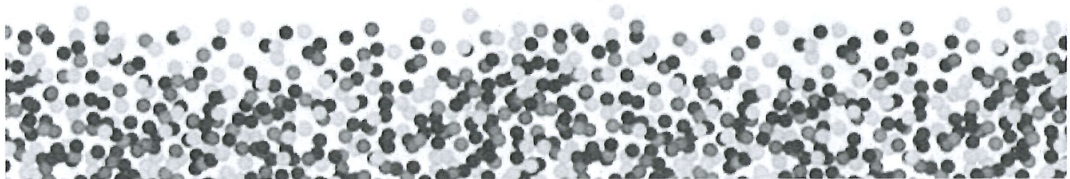
Cash Bar

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



SATURDAYS OF SOULS: Feb 18, 25 & Mar 4

When these days appear, we know that we are approaching Great Lent in preparation for Great and Holy Week. The first two Memorial Saturdays are celebrated the 1st and 2nd Saturdays preceding Great Lent; the 3rd and last one is celebrated on the 1st Saturday of Great Lent. On these Memorial Saturdays, commemoration is made on behalf of all those who have fallen asleep. Our faith teaches that not until the Second Coming of our Lord and His Final Judgment, will final retribution be made to every man according to his works, and that meanwhile the souls of the faithful departed are benefited by the prayers of the living, especially when offered in conjunction with the Divine Liturgy.

Below you will find a commemoration slip on which to write the first name (Christian name NO Nicknames) of your deceased loved ones so that they may be remembered at the special Memorial Services to be held on the three Memorial Saturdays (**please print names clearly**).



For the repose of the souls of the servants of God.



Ὑπὲρ ἀναπαύσεως τῶν ψυχῶν τῶν δούλων τοῦ Θεοῦ.

1. What is the main purpose of the study?
 2. What are the research objectives?
 3. What is the research methodology?
 4. What are the findings of the study?
 5. What are the conclusions and recommendations?

AHEPA and Daughters of Penelope Present

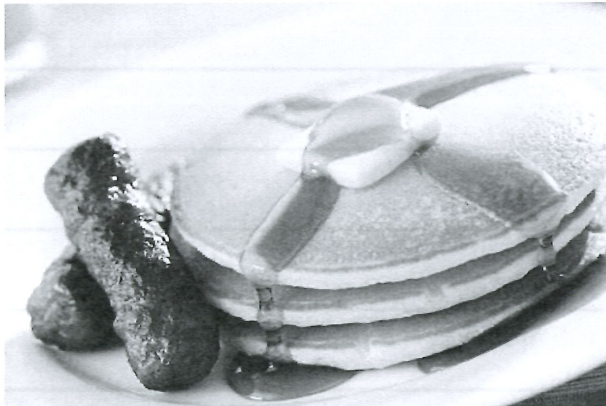
A Pancake Breakfast

At St. George Greek Orthodox Cathedral

650 Hanover Street, Manchester, NH

February 19, 2023

Immediately following Divine Liturgy approximately 11:30am



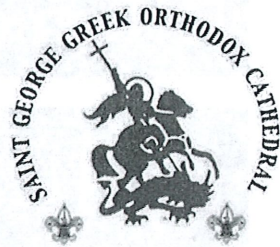
\$10 per person

Kids under 12 free

Includes:

Pancakes Sausage Beverage

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



February 8, 2023 marks the 113th Anniversary of the founding of the Boy Scouts of America.

Scouting has many objectives that are common with those of our Holy, Orthodox Church. As a program devised especially for the formative years of our Orthodox youth, Scouting encourages a better Christian life; it aids in building character and developing wholesome habits and effective citizenship activities. The Scout motto "Be Prepared" implies not only physical and mental but also spiritual, moral preparedness. Scouting offers the opportunity to extend the church ministry to the community.

The Scouting program at Saint George Cathedral is more than just an activity for our youth to learn about the outdoors. Scouting provides fun, fellowship, and training to our youth as well as youth in our community. It emphasizes honesty, self-reliance, and respect. Through a year-round program, it affects character, citizenship, and personal fitness. But the success of the Scouting program depends on volunteers, who serve in a variety of leadership roles, so that our young people may benefit from our Scouting ministry. As the Boy Scouts of America celebrates its anniversary, we salute the splendid volunteers who serve as Scoutmasters, Committee Members, and in other positions of leadership. Our Scout unit invites you and your family to be a part of their program. For further information, you may contact our Unit Leader:

Scout BSA Troop 91G Amy Wheeler, Scoutmaster

Telephone: 603-294-8230 Email:
communication4kids@gmail.com



Hellenic College Holy Cross



The direction to "be attentive" is repeated throughout the Divine Liturgy. With it, we are called to direct our attention to God speaking to us through the sacred scriptures or offering Himself to us in the mystery of the Eucharist.

We invite men of any Orthodox Christian jurisdiction who may be considering ordained ministry to come and **Be Attentive** to God's voice speaking in their life, to help discern their vocation.

Over the course of the event, participants will engage in directed discussions with each other and eminent clergy to deeply investigate what the Church believes about Holy Orders, what her clergy are truly called to do, and the results of faithful servant ministry in the parishes, the Church at large, and the whole world.

In the interest of keeping these discussions as fruitful as possible, space is limited. Please scan the qr code below the official site with all information

Retreat Information

- Attendees will receive a grant to cover 50% of their travel expenses.
- Room and board are provided for the duration of the retreat.
- Application deadline is March 1, 2023.

Application Requirements

- Resume or CV
- Letter of Recommendation from your Parish Priest
- 500-word essay answering the question: Why would you like to attend this retreat?



PARISH ANNOUNCEMENTS

ST. GEORGE MEMORY SPEAKER SERIES – Today is the first of the St. George Memory Speaker Series “History of the Early Greeks in Manchester”. Please join us in the Library after Divine Liturgy.

SCOUT SUNDAY – Today has been designated as Scouts Sunday from the Assembly of Canonical Orthodox Bishops of the USA. 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)

WE ALL HAVE DREAMS

Many thoughts and emotions rush over us as we walk through a cemetery. People are buried there that have come before us, all with unique life experiences. Some even leave behind testimonials to remember them by. Recently seen on a monument for a young person was this lovely phrase: **"PLEASE WATCH WHERE YOU STEP -- A DREAM LIES BURIED HERE."**

What a beautiful sentiment! Did you ever think of yourself as someone's dream? You are, you know. Before this world ever saw you, your parents dreamed of you. When you were a child, they had visions of your happiness and laughter; then as you grew, they dreamed of your future. They saw a vision of the life they hoped you would live.

Dreams are gifts from God. The Holy Bible mentions them countless times. St. Joseph saw an angel in his dream and Christ was born! St. Stephen saw a vision of Christ just before his death. Even the Church has dreams for you! She has a vision of you and your soul devoted to God. She places all Her trust and future in you. Our Lord expressed this in His prayer in Gethsemane that we would all love each other and that we would all be one.

So, when you are flush with anger . . . hold your tongue and don't speak harsh words. Remember, you may be stepping on someone's dream. Be loving and gentle with your OWN dreams while allowing the OTHER person the privilege of their dreams. The world would be a bleak place if men and women had not dared to dream. Imagine what would have been lost if we were not able to invent, discover, conquer and cure. After all, they all started as dreams! May we strive to exceed the dreams our Lord and our loved ones have envisioned for us.

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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

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

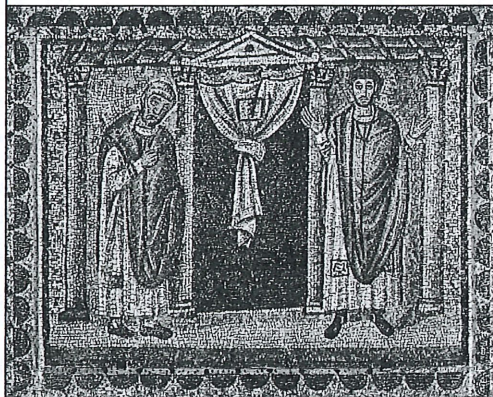
Sunday, February 5, 2023

Volume 11, Issue 6

A Ministry of the
Orthodox Christian Network



Take your "medicine"!



The proud man and the humble man

Did you hear the Gospel today? It's the story of the two men who went into the temple to pray. One bragged to God about all that he did. The other looked down at the ground. He asked God to forgive him. He asked God to have mercy on him.

We have a great saint in our church who died only about 35 years ago. His name is Saint Justin, and he tells us something important about being proud and about being humble.

Saint Justin tells us that everything we do wrong comes from being too proud. Even good things we do can turn bad when we are proud about them! We can be proud of giving to the poor. We can be proud of being nice to people. We can even be proud of being humble! We show off and think we're great because we are nice or generous or humble. Pride causes all these good things to turn into wrong things.

But what should we do? Saint Justin says that being humble is the answer. It's the only medicine for our pride. So take your medicine! Be humble. We can ask God to forgive us. We can ask God to have mercy on us. We can ask God to keep loving us even though we make mistakes.

WORD SEARCH

Can you find these words in the jumble?

- Faith
- Gafencu
- Humility
- Imitate
- Medicine
- Pharisee
- Pride
- Publican
- Triodion
- Valeriu

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

WHAT'S IN THE ICON?

Here is a very new icon of Saint Valeriu.

When we read about this saint's life, we know how cruel and awful the Communist rulers were to him.

But in the icon, doesn't he look peaceful?
We remember he is now at peace in heaven, with the best Ruler of all!



THE SAINT OF THE PRISONS

ST. VALERIU GAFENCU OF ROMANIA

Have you ever tried to copy somebody? Maybe you've tried to be like an older brother or sister. Or maybe you try to imitate somebody on TV, like a sports star or an actress. When we see something we like about somebody, we might try to be like him or her!

God wants us to copy somebody too. You know who, don't you? His Son, our Lord Jesus Christ! We read about how Jesus acted, and we want to try to copy Him, to be like Him!

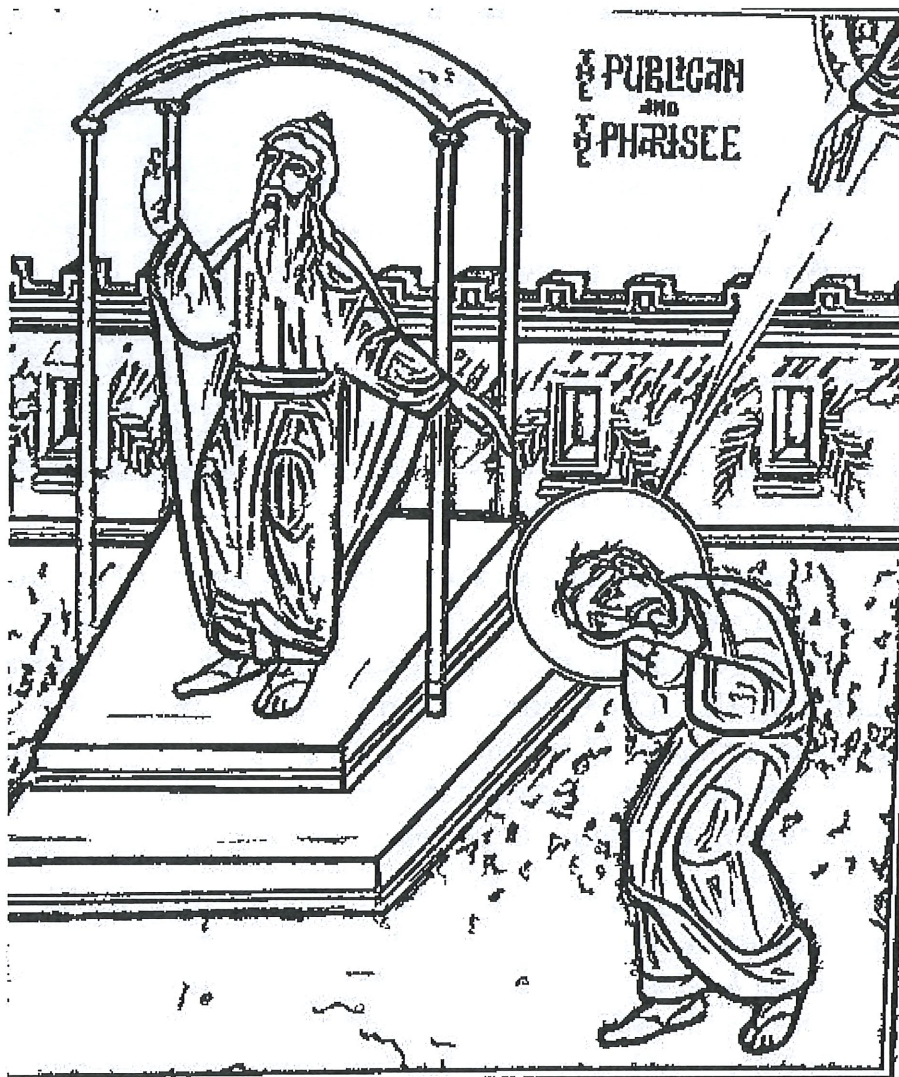


Today we remember a saint who really tried to copy our Lord, to be like Him. Saint Valeriu was born less than 100 years ago, in Romania. At that time, the country of Romania was being taken over by leaders who hated the Christian Church. When Valeriu was a teenager, he was part of a group for Christian young people. That might sound okay to us, but to the cruel people in power, it wasn't okay. In fact, Valeriu was sent to prison—for 25 years!

So that's where this young man went...to spend the rest of his life in prison. But even in prison, Valeriu tried to imitate our Lord, Jesus Christ. He was kind to other prisoners. He prayed with them and told them about God's love for them. Once, Valeriu gave up his medicine so that another man would live. Saint Valeriu is such a great example for us because when he copied Christ, other people wanted to copy him too!

We celebrate the nameday of St. Valeriu today, Feb. 5th (OC: Feb. 18th).

God, be merciful to me, a sinner!



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.