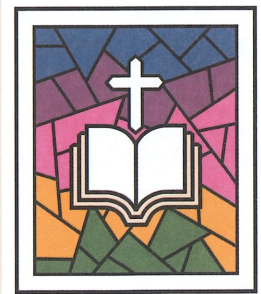
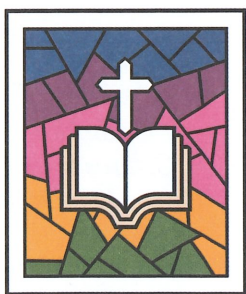


PRAISE GOD

*FOR THE GRACE
AND LOVE
HE HAS BESTOWED
UPON US.*



February 26, 2023

Forgiveness Sunday

Saints of the Day: Porphyrios, Bishop of Gaza; Photini The Samaritan & sisters

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 SERVICE

Henry Gancarz (1 year)

FELLOWSHIP COFFEE HOUR

Today's coffee hour is sponsored by GOYA.

WEEK IN PREVIEW

<u>Sun, Feb 26</u> <i>Orthros 8:45am</i> <i>Divine Liturgy 10am</i> Memorial Sponsored Coffee Hour <i>Forgiveness Vespers</i>	<u>Mon, Feb 27</u> <i>Clean Monday</i> <i>Great Lent Begins</i> <i>Great Compline 6pm</i> Basketball 3 rd Grade 4:30p 3/4 Coed 6pm HS Boys 7:30p Learn to Chant in Library 7pm	<u>Tues, Feb 28</u> Library Memory Project Photo ID by Zoom 7pm Basketball HS Boys 7pm	<u>Wed, Mar 1</u> Bible Study in Library 11am <i>Pre-Sanctified Liturgy</i> <i>6pm</i> DOP 6:30pm
<u>Thurs, Mar 2</u> Basketball 5/6 Boys 6pm 7/8 & HS Boys 7:30pm	<u>Fri, Mar 3</u> <i>Salutation Service to</i> <i>the Mother of God</i> <i>6pm</i>	<u>Sat, Mar 4</u> <i>Saturday of Souls</i> <i>Orthros 8:30am</i> <i>Divine Liturgy with</i> <i>Memorials 9:30am</i> Greek Preschool 9am CYO Basketball 8am	<u>Sun, Mar 5</u> <i>Sunday of</i> <i>Orthodoxy</i> <i>Orthros 8:45am</i> <i>Divine Liturgy 10am</i> Memorial Sponsored Coffee Hour

Hymns Chanted Following the Small Entrance

Resurrectional Hymn in the Fourth Tone

Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

Anthem of St. George in the Fourth Tone

Ὡς τῶν αἰχμαλώτων ἐλευθερωτῆς, καὶ τῶν πτωχῶν ὑπερασπιστῆς, ἀσθενούντων ἰατρός, 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 Plagal of the Second Tone

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλη μου, οὐ μὴ κωλύσω ἐν τῷ κρᾶζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

SCRIPTURE READINGS

Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Ρωμαιοὺς 13:11-14; 14:1-4

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἢ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἀλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιεῖσθε, εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὃς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γὰρ ἐστὶν ὁ θεὸς στήσαι αὐτόν.

Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

Ματθαιον 6:14-21

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ ὑποκριταὶ σκυθρωποί· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῇς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σὴς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σὴς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστὶν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.

CATECHETICAL HOMILY
At the Opening of Holy and Great Lent

+ **BARTHOLOMEW**

By God's mercy Archbishop of Constantinople-New Rome
and Ecumenical Patriarch
To the Plenitude of the Church
May the Grace and Peace of our Lord and Savior Jesus Christ,
Together with our Prayer, Blessing and Forgiveness Be with All

Most honorable brother Hierarchs and blessed children in the Lord,

By the goodwill and grace of the all-merciful and all-benevolent God, already living in the blessed and reverent period of the Triodion, tomorrow we enter Holy and Great Lent, the arena of fasting and "venerable abstinence" that eliminate the passions, during which the depth and wealth of our Orthodox Tradition and the vigilant care of the Church for the spiritual progress of its children are revealed. As we are reminded by the Holy and Great Council of Crete (June, 2016), "the Orthodox Church, in strict conformity with the apostolic precepts, the synodal canons, and the patristic tradition as a whole, has always proclaimed the great significance of fasting for our spiritual life and salvation" (*The Importance of Fasting and its Observance Today*, para. 1).

In the life of the Church, all matters have a solid theological foundation and soteriological reference. Orthodox Christians share the "common struggle" of ascesis and fasting "giving thanks in everything" (Thess. 5.18). The Church invites its children to run the race of ascetic exercises as a journey toward Holy Pascha. It is a central experience of the life in Christ that genuine asceticism is never despondent, since it is imbued with the expectation of resurrectional delight. Our hymnology speaks of the "spring of fasting."

In this sense, far from the trappings of Neoplatonist dualism and the alienating efforts to "mortify the body," genuine asceticism cannot conceivably aim at the eradication of an "evil body" for the sake of the spirit or the liberation of the soul from the torment of its shackles. As emphasized, "in its authentic expression, ascesis is not directed against the body but against the passions, whose root is spiritual because the intellect is the first to fall to passion. Thus, the body is hardly the great opponent of the ascetic."

The ascetic endeavor pursues the transcendence of egocentrism, for the sake of love that "does not seek its own" and without which we remain enslaved within ourselves, in the

“insatiable ego” and its unquenchable desires. Being self-centered, we shrink and lose our creativity, as has been

said: “Whatever we give is multiplied; and whatever we retain for ourselves is lost.” For this reason, the wisdom of the Fathers and the experience of the Church associate the period of fasting with the “showering of mercy,” with good deeds and philanthropy, which are the evidence of surpassing self-love and acquiring existential fullness.

Such wholeness is at all times the characteristic of life in the Church. The liturgical life, asceticism and spirituality, pastoral care and good witness in the world, are expressions of the truth of our faith, interconnected and mutually complementary elements of our Christian identity, which share the eschatological Kingdom as a point of reference and orientation, as well as the completeness and fulfilment of the divine Economy. While church life in all its expressions reflects and depicts the coming Kingdom of the Father, Son and Holy Spirit, it is the mystery of the Divine Eucharist that above all, as underlined by the late Metropolitan John of Pergamon, recently of blessed memory, “expresses the Church in its fullness” (*The Image of the Heavenly Kingdom*, Megara 2013, p. 59). “Pure communion,” the rendering of our existence into that of the church, as participation in the Holy Eucharist, is the “end” of fasting, the “crown” and “prize” of ascetical struggles (see John Chrysostom, *Homilies on Isaiah VI: On the Seraphim*, PG 56.139).

Today, in an age of desacralization of life, when humankind “attributes great importance to entirely insignificant things,” our Christian mission is the practical elevation of the existential depth of our Orthodox “triptych of spirituality,” as the inseparable unity of liturgical life, ascetic ethos and solidarity, the essence of the revolution of values in the fields of ethos and civilization constituted by faith in Christ and the divinely-granted freedom of the children of God. We consider it of paramount importance that we should live Holy and Great Lent as a revelation and experience of the true meaning of freedom “for which Christ has set us free” (Gal. 5.1). With these thoughts and sentiments of love and honor, we wish you, our most honorable brothers in Christ and spiritual children of our Mother Church throughout the world, a smooth course in the arena of fasting, invoking on all of you the grace and mercy of Christ our God, who always delights in the ascetic struggles of His people. To Him belongs the blessed and glorified power of the Kingdom, now and always, and to the ages of ages. Amen.

Holy and Great Lent 2023

✙ **BARTHOLOMEW of Constantinople**

Your fervent supplicant for all before God

To be read in churches on Cheesefare Sunday, February 26, 2023, immediately after the Holy Gospel.



PRAYER LIST

Pondering on the words of St. Paul, "Let no one seek his own, but each one the other's wellbeing. (I Cor. 10:24).

Give rest to the weary, visit the sick, support the poor, for this is also worship. Aphahat

For any prayer concern (salvation, health, employment, stress and anxieties, etc.) please send baptismal names only to:
office@stgeorgenh.org

We may not be able to help others materially or medically, but God does hear our prayers and always asks us to pray for each other and so build up the Body of Christ (Eph. 4:11-16).

For health, recovery from illness and surgery: Fr. Nicholas, Leah, Thomas, Tom, Soultana, Nick, Maura, Ernie, Dean, Vasilios, Rigley, Electra,

For comfort, spiritual help & strengthening of faith: Pres. Diane, Pres. Sophia, Pres. Dianthe, Barbara, Nancy, Amantha and Family

For couples, parents, and their families: Neal and Elena, Paul and Kristin

For those engaged to be married: Karleigh and Stavros

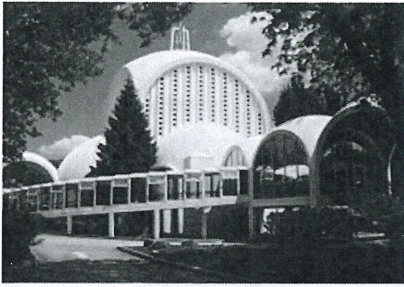
For conceiving of children:

For childbearing:

For those in the Armed Forces: Benjamin, Michael, Gabriel, Felipe

For those travelling abroad:

For those seeking employment: Lia



JOIN US ON SUNDAY, MARCH 5
AS WE CELEBRATE THE...

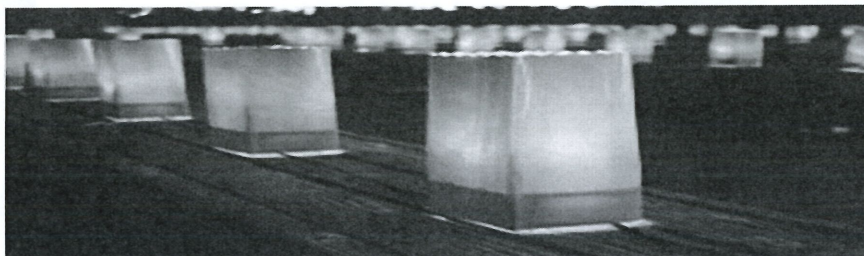
SUNDAY OF ORTHODOXY



About the Procession...

At the conclusion of The Divine Liturgy, a service is celebrated in commemoration of the affirmation of the 7th Ecumenical Council in 787 and the restoration of the use of icons in 843. Orthodox Faithful carry icons in a procession which clergy offer petitions for people, civil authorities and for those fallen asleep.

We ask that all members of our St. George Parish Family bring an Icon from home in order to participate fully on this beautiful day!!!



LIGHT UP THE CATHEDRAL

The Daughters of Penelope, invite you to purchase luminaries in memory of your loved ones, which will be lit around the Cathedral on Good Friday Evening.

The purchase price of each luminary is a donation of \$5.00 for each name or family name.

Kindly fill out the form and return it with your donation no later than APRIL 3, 2023. Checks should be made out to Daughters of Penelope #51 and sent to Maria Dongas, PDG, 846 Union Street Manchester, NH 03104.

Your Name _____

Name(s) to Appear on the Luminaries (please print)

1. _____
2. _____
3. _____
4. _____

Total Amount Enclosed: \$ _____

Thank you for your Support of this fundraiser sponsored by the Daughters of Penelope Ijig Chapter 51 Manchester NH

PARISH ANNOUNCEMENTS

FORGIVENESS VESPERS TODAY - A brief service (45 minutes) will follow The Divine Liturgy and conclude with the exchange of mutual forgiveness. The faithful will come up one by one and venerate the Icon of Christ after which we will all ask each other (one by one) saying those beautiful words "Forgive me". When all have asked for forgiveness, the service is then completed. We ask that you stay and participate in the beautiful service which prepares us for Great Lent WHICH BEGINS TOMORROW!!!

NEXT SUNDAY: SUNDAY OF ORTHODOXY – Please see flyer in this bulletin for more info and make sure you and EVERY MEMBER of your household brings an icon with them to Church!

AXIOS FR ANDREW OTTO – Last Sunday, October 19 at the St. George Chapel on the grounds of the St. Methodios Faith and Heritage Center in Contoocook NH, Fr. Andrew Otto was Ordained a Presbyter. We have been blessed to have him, Presbytera Jen and their children John and Benjamin in the life of our community! During dismissal all will have the opportunity to congratulate Fr. Andrew, and we ask that you continue to keep him and his family in your prayers! AXIOS!!!

SPONSORED COFFEE HOUR TODAY – Thank you to the GOYA for sponsoring today's coffee hour.

SATURDAYS OF THE SOULS – Commemoration slips are available in the narthex for the names of your deceased loved ones so they may be remembered at the services held on the Saturdays of the Souls.

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!!!

UPCOMING MEMORIALS – March 5, Demetrious Dellas (40 days)

SAYING THANKS THROUGH PRAYER

Saint Paul writes in his first letter to the Thessalonians 5:16-18 "Rejoice always. Pray without ceasing. In everything give thanks; for this is the will of God in Christ Jesus for you."

The idea of giving thanks is woven throughout the fabric of our Church. There are many moving accounts of God's people thanking Him in the Old Testament. Many times it involved building altars as an OUTWARD sign of their INWARD gratitude. Plenty of the Psalms are beautiful songs of thanksgiving to God. As noted in the Gospels, Christ Himself thanks His Heavenly Father. The essence of the Divine Liturgy each Sunday is the Eucharist. Communion is celebrated each Sunday we gather in the House of God. We petition, thank and praise our Lord through this common partaking of His Body and Blood.

Yet another way of expressing thanks is through prayer. Our prayers can be classified into 3 unique types: asking, thanking and praising. All 3 are necessary for a full relationship with God. The beginning of our Christian experience is the asking for God's forgiveness. When this is sincerely done, we are guaranteed His forgiveness. The natural response is to thank God for all that He has given us. Food, clothing, shelter, health and wealth are simply the beginning of what God has bestowed upon us. A growing relationship with our Lord Almighty eventually leads to praising Him for His goodness, truth and love.

As Christians, we use prayer to thank God for each blessing He has given us. Go forth and SHOW everyone what it means to be thankful.

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

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:

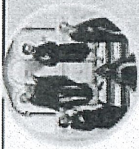

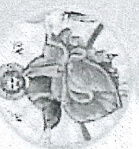
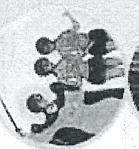

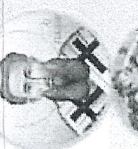
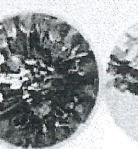


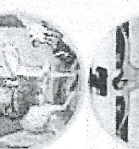
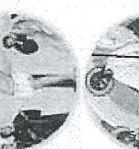

Orthros/Matins: 8:45 a.m. Divine Liturgy: 10:00 a.m.

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

OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS THEMES / GOSPEL READING HOW TO PARTICIPATE:

Fast - Free Week FEBRUARY 5th		Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	TRIDION WEEKS	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 bow!
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!