



March 12, 2023

# Sunday of St. Gregory Palamas

Saints of the Day: Chrysanthos & Daria, Demetrios the New Martyr

## 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, Mar 12

*Sunday of St.  
Gregory Palamas  
Orthros 8:45am  
Divine Liturgy 10am*

Mon, Mar 13

Basketball  
3<sup>rd</sup> Grade 4:30p  
3/4 Coed 6pm  
HS Boys 7:30p  
*Great Compline 6pm*  
Learn to Chant in  
Library 7pm  
BOD 7pm

Tues, Mar 14

Choir Rehearsal 6pm  
Library Memory  
Project Photo ID by  
Zoom 7pm  
Basketball  
HS Boys 7pm

Wed, Mar 15

*Pre-Sanctified Liturgy  
9:30am*  
Bible Study in Library  
11am

Thurs, Mar 16

Choir Rehearsal  
3:30pm  
Basketball  
5/6 Boys 6pm  
7/8 & HS Boys  
7:30pm

Fri, Mar 17

*Salutation Service to  
the Mother of God  
6pm*

Sat, Mar 18

Greek Preschool 9am

Sun, Mar 19

*Sunday of St. the  
Holy Cross  
Orthros 8:45am  
Divine Liturgy 10am  
Memorial Service  
Procession  
Sponsored Coffee  
Hour  
Anagennesis  
General Assembly  
after Liturgy*



# Hymns Chanted Following the Small Entrance

## Resurrectional Hymn in the Plagal of the Second Tone

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμᾳ σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἵστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You

## Anthem for the Hierarch in the Plagal of the Fourth Tone

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat 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 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 Fourth Tone

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὥς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε

O Champion General, I your City now inscribe to you \* Triumphant anthems as the tokens of my gratitude, \* Being rescued from the terrors, O Theotokos. \* Inasmuch as you have power unassailable, \* From all kinds of perils free me, so that unto you \* I may cry aloud: Rejoice, O unwedded Bride.

## SCRIPTURE READINGS

### Hebrews 1:10-14; 2:1-3

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

### Εβραιους 1:10-14; 2:1-3

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτοὺς, καὶ ἀλλαγῇσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἵρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

### Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even



about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins'-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

### Μαρκον 2:1-12

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῇτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.



**Are you willing to spend a little time to confidentially tell us what our Parish can do to better serve you and your family's needs?**

**47%**

of cradle Orthodox  
have left the church

**64%**

of young people  
fall away from  
the church

**21%**

of Greek Orthodox  
Christians regularly  
attend Church

**99%**

of Parishes are  
dependent on festivals  
& fundraisers to fund  
their operations

## **WE NEED YOUR HELP NOW!**

### **THE CHALLENGE**

The statistics prove our Orthodox parishes are at a critical turning point. We can and must address these disturbing trends now.

### **EFFECTIVE PARISH ASSESSMENT**

Orthodox Ministry Services (OMS) worked with over 500 Orthodox parishes and on strategic plans covering 26% of U.S. Orthodox Christians to develop a powerful Effective Parish Assessment (EPA) survey.

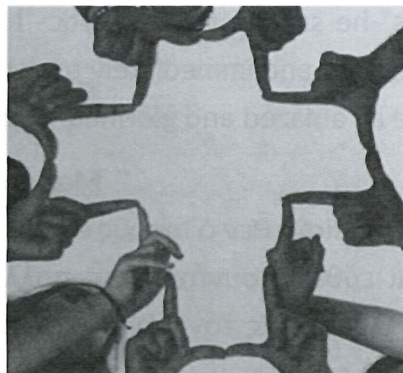
This EPA survey will help us determine which of the 6 Pillars and 30 Building Blocks of operational excellence require our immediate attention. It will also provide us a roadmap to address our biggest challenges.

### **OUR PARISH OPPORTUNITY**

OMS is providing this invaluable Effective Parish Assessment Program to our parish for FREE.

If you give your parish less than 30 minutes to complete a simple, online survey, we will have the information we need to create a much stronger, healthier, and loving Christ-centered community.

You can help improve our parish with this small investment of your time.



To begin our EPA survey, visit  
[www.effectiveparish.org/survey](http://www.effectiveparish.org/survey)  
or scan the QR code.



SUPPORTED BY:

*Leadership 100*



**Please complete our Effective Parish Assessment now.**

Our jurisdiction is "Greek Orthodox Archdiocese of America"



# Greek Independence Day Celebration

March 22, 2023 at 4:30pm  
Executive Council Chambers 2nd Floor  
New Hampshire Statehouse, Concord, NH

*All are invited to attend to witness the signing  
of the Proclamation for Greek Independence  
Day by Governor Sununu.*





## Family Connections

2nd Sunday of Lent: St. Gregory of Palamas

Hebrews 1:10-14, 2:1-3 & Mark 2:1-12

*If from one burning lamp someone lights another, then another from that one, and so on in succession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit is handed down through all generations and enlightens all who obey their shepherds and teachers.*

—St. Gregory Palamas (14th century)

### EXPLORE TOGETHER:

Heal the Sick—This Gospel message teaches us that we must come to Christ to be healed of our sicknesses—both physical and spiritual. Discuss how spiritual sickness can lead to physical sickness and then how physical sickness can lead to spiritual health.

What are tools offered through the Church that can help us in healing both body and soul? How does today's Gospel illustrate our need for others to help heal our illnesses? How can we help others who are sick? Visit [www.lent.goarch.org](http://www.lent.goarch.org) for more resources on this Sunday and to guide your Lenten journey.

St. Gregory of Palamas—On this Sunday of Lent we remember St. Gregory Palamas. St. Gregory was born into a noble family in Constantinople. He left all his wealth and prestige to pursue a life of prayer on Mt. Athos where he acquired great holiness beholding the uncreated light of God. Later, he became Archbishop of Thessalonica. St. Gregory defended the doctrine of the church that divine grace is uncreated. He also explained that we experience only this divine energy of God but not His essence, which is beyond understanding. For more information about St. Gregory Palamas visit [www.goarch.org](http://www.goarch.org).

**Before church next week, read the scripture passages for the  
3rd Sunday of Lent: Veneration of the Holy Cross  
Hebrews 4:14-16, 5:1-6 & Mark 8:34-38, 9:1**

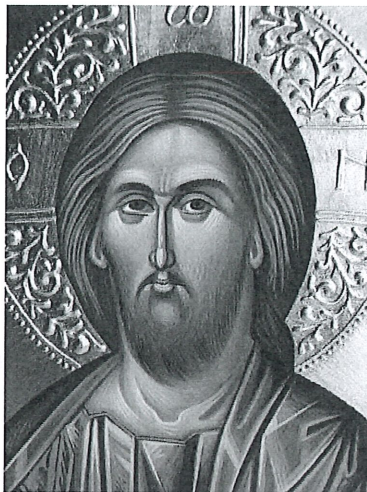
**FOR MORE INFORMATION FOR COUPLES AND FAMILIES, VISIT:**



Center for Family Care of the Greek Orthodox Archdiocese of America  
[www.family.goarch.org](http://www.family.goarch.org)



# Our Journey Through Great Lent



March 12	Sunday of St. Gregory Palamas	Matins 8:45am D.L.10:00am
March 13	Great Compline	6:00pm
March 15	Pre-Sanctified Liturgy	9:30am
March 17	3 <sup>rd</sup> Salutation to the Mother of God	6:00pm
March 19	Sunday of the Holy Cross	Matins 8:45am D.L.10:00am
	Procession of the Holy Cross (inside Church)	
March 20	Great Compline	6:00pm
March 22	Pre-Sanctified Liturgy	6:00pm
March 24	Great Vespers w/ 4 <sup>th</sup> Salutation	6:00pm
March 25	FEAST OF ANNUNCIATION	Matins 8:30am D.L. 10:00am
March 26	Sunday of St. John Climacus	Matins 8:45am D.L.10:00am
March 27	Great Compline	6:00pm
March 29	Pre-Sanctified Liturgy	9:30am
March 31	The Akathist Hymn	6:00pm
April 2	Sunday of St. Mary of Egypt	Matins 8:45am D.L. 10:00am

**\*\* Please note time change on March 15 and March 29 \*\***



## 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](mailto: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, Fr. Peter, Leah, Thomas, Tom, Soultana, Nick, Maura, Ernie, Dean, Vasilios, Rigley, Zachary, Luke, Rachel, Vasiliki, Maria, Daniel

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

**For couples, parents and their families:** Neal and Elena, Paul – Kristin & Michael Francis, Penelope & Florence, Teddy, Alyssa and George, Tracy & family, Christina & Casey

**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, Jillian



# PARISH ANNOUNCEMENTS

**GREAT LENT REFLECTION TABLE** - Check out the Great Lent Reflection table to the left of the entrance to the community center. There are various articles and reflections for you to take for yourself or to share with a loved one.

**WEEKLY BIBLE STUDY** - You are invited to join us for our weekly Bible Study which meets on Wednesdays at 11am in the Library. We are discussing St. Paul's 2<sup>nd</sup> Letter to the Thessalonians. We do respect one's time and therefore the Bible Study will be one hour. We hope you will join us!

**EASTER FLOWER DONATIONS** - The Anagennesis Ladies Society will be decorating the Cathedral to celebrate Easter. Easter Flower Offering Forms are available in the Narthex and Community Center. Thank you for your generosity!

**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. Please see the forms for more information.

**UPCOMING MEMORIALS** - March 19, Maria Palangas (40 days) and James (Demetrios) Palangas (1 year); March 26, George Mallios (40 days)

**SPONSORED COFFEE HOUR** - Coffee Hour will be sponsored on Sunday March 19 in memory of Maria and James Palangas by the Palangas and Gekas families.

**SERVICES DURING GREAT LENT** - We ask that all members of our Cathedral Family do their best to come to as many services as possible during this beautiful season of Great Lent. ***Note the time change: Pre-Sanctified Liturgy on March 15 and March 29 is at 9:30am.***

**PALM SUNDAY FISH DINNER** - Save the date of April 9 for the Anagennesis Palm Sunday Fish Dinner! Tickets will be available next week.

**GYRO DRIVE-THRU** - Join us on Saturday April 22 between 11am and 5pm for the Gyro Drive-Thru. Receive a gyro, a bag of chips, and a drink for \$10 (cash only).

## **“BEHOLD, THE BRIDEGROOM COMES AT MIDNIGHT!”**

**I**n the Gospel of St. Matthew, we find the chilling PARABLE OF THE 10 VIRGINS. According to wedding customs at the time of our Lord, a groom was expected to go for his bride at her father's house. Young maidens were assigned to meet the groom with burning lamps and escort him to the one he was to marry. Christ relates how 5 of these maidens took extra oil with them when they went to carry out this task, while the other 5 did not. The bridegroom was delayed and the virgins fell asleep, with their lamps burning.

Finally at midnight, the bridegroom arrived, and the 5 foolish virgins who were caught unprepared had to go out and purchase more oil. By the time they returned, they were shut out of the marriage feast, forced to hear the stinging words of the bridegroom: "Truly I say, I do not know you."

This message is particularly appropriate for our consideration during Great Lent, THE SEASON OF REPENTANCE. A certain urgency is attached to the penitential process now, as we are warned that our lives can come to an end "in the twinkling of an eye." Returning to God through CONFESSION and CONTRITION, therefore, may be viewed as a perfect example of the wise saying: "Don't put off until tomorrow what you can do today." Indeed, tomorrow may never come!

It must be noted that in our Church, a special service – The Bridegroom Matins – is celebrated the first 3 evenings of Holy Week, stressing this important message: "Behold, the Bridegroom comes at midnight, blessed is the servant that He shall find watching. And unworthy is the servant whom He shall find heedless."

*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](http://www.stgeorgenh.org)

Office Telephone: (603) 622-9113 E-mail: [office@stgeorgenh.org](mailto:office@stgeorgenh.org)

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, March 12, 2023

Volume 11, Issue 1.1

A Ministry of the  
Orthodox Christian Network



## A true friend

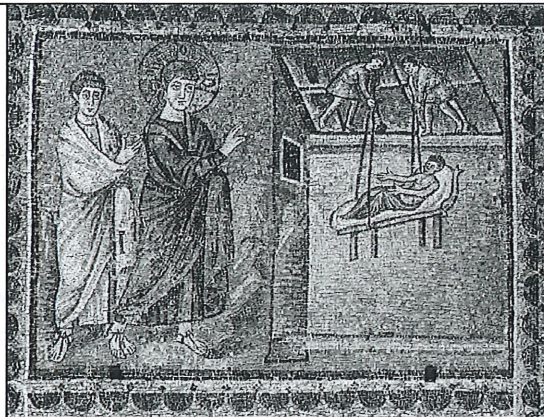
**What's the best thing you ever did for a friend?**

Today, we hear a Gospel reading about four men who did the best thing *any* of us could do—they helped their friend come closer to Jesus Christ.

In the story, a man who was paralyzed wanted to see Christ, so he could be healed. The problem was that he couldn't see Christ because there were so many people surrounding Him. Everybody knew that Jesus had the power to heal! So this man's friends made a hole in the roof, and they lowered their friend through it.

When Christ saw the faith of the four friends, He forgave the paralyzed man of his sins, and later He healed him. The man could walk again!

Even though we probably won't ever be in *that* situation, we can still do what the friends did for their sick friend. They helped him see Jesus Christ. We can help our own friends see Christ too. But how? We can try to act like Him. By being kind to others. By being helpful. By not fighting. By being humble. By not gossiping. By showing love to everybody around us. Then, when our friends see us, they will be seeing Christ in us, too!



The sick man wanted to be healed!

# WORD SEARCH

Can you find these words in the jumble?

Friend

Gregory Palamas

Healing

Jesus

Lent

Miracle

Nina

Paralytic

Roof

Susanna

Zebulon

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

## WHAT'S IN THE ICON?

Here we can see Saint Nina as a little girl.

What is her father, Saint Zebulon, carrying? It's a spear, because he was a brave soldier, just like his cousin, Saint George!





# SAINTLY PARENTS

## SAINTS ZEBULON AND SUSANNA

**Sometimes, we hear** about an athlete or a singer or somebody else with a great talent. We might wonder, “What made him so good at that?” Then, we might find out that his parents were great athletes too, or great singers, or something else! Our parents can help shape us into something great.



Saint Nina (in the middle) with her mother and father

Back in January, we celebrated the feastday of Saint Nina. She was a saint who lived in the country of Georgia. She told many people about Christ, and thousands of people became Christian because of her words and her prayers! She is even called, “Equal-to-the-Apostles” because she did so much for our Christian Church.

But what about her parents? Well, they are saints too! Zebulon was an important and rich military officer. Once, he visited Jerusalem, and on the way, he gave away all his possessions. He met Susanna there, and they were married. Later, Saints Zebulon and Susanna together taught their daughter Nina about Christ. They also showed her a great example of helping the poor. They lived a simple life so that they could focus their lives on God. Do you see how these saintly parents helped guide their daughter to be a saint too?

**We celebrate Sts. Zebulon and Susanna on Wed., March 15th (OC: March 28th).**

# Saints Zebulon and Susanna, pray for us!



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