March 19, 2023

Sunday of The Holy Cross
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!!!

MEMORIAL SERVICE
Maria (40 days) & James (Demetrios, 1 year) Palangas; Louis Sverkos (7 years)
Coffee hour is sponsored in memory of Maria & James Palangas by the Palangas and Gekas families.

WEEK IN PREVIEW

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Hymns Chanted Following the Small Entrance

Resurrectional Hymn in the Grave Tone
Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἡνέφξας τῷ Λῃστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σῶις Ἀποστόλοις κηρύττειν ἐπέταξας· ὁτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrh-bearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had risen, O Christ our God, and granted the world Your great mercy.

Anthem for The Holy Cross in the First Tone
Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεύσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σῶν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

Lord, save Thy people and bless Your inheritance, grant victory to the faithful against the adversaries of the faith, and protect Your people by the power of Your Cross.

Anthem of St. George in the Fourth Tone
Ὡς τῶν αἰχμαλώτων ἐλευθερωτής, καὶ τῶν πτωχῶν ὑπερασπιστής, ἄσθενοντων 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 Fourth Tone
Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλεις σου Θεοτόκε. Αλλ' ὅς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἠκ παντοίων με κινδύνων ἐλευθέρωσον, Ἰνα κράζω σοι· Χαῖρε νύμφη ἀνόμφευτε

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 4:14-16; 5:1-6

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

Εβραίους 4:14-16; 5:1-6

'Αδελφοί, ἔχοντες οὖν ἁρχιερεῖα μέγαν, διεληλυθότα τοὺς οὐρανούς, Ἱησοῦν τὸν υἱὸν τοῦ θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχωμεν ἁρχιερεῖα μὴ δυνάμενον συμπαθήσαι ταῖς ἁσθενείαις ἡμῶν, πεπεραμένον δὲ κατὰ πάντα καθ' ὁμοιότητα, χωρίς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἑλέουν, καὶ χάριν εὐρώμεν εἰς εὐκαιρον βοήθειαν. Πάς γὰρ ἁρχιερεύς, ἐξ ἁνθρώπων λαμβανόμενος, ὑπὲρ ἁνθρώπων καθίσταται τὰ πρὸς τὸν θεόν, ἵνα προσφέρῃ δῶρα τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν· μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσιν καὶ πλανωμένοις, ἐπεὶ καὶ αὐτός περίκειται ἁσθενείαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτως καὶ περὶ ἑαυτοῦ, προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἐαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ θεοῦ, καθάπερ καὶ Ἀραὼν. Οὕτως καὶ ὁ Χριστὸς οὐχ ἐαυτὸν ἐδόξασεν γεννηθήναι ἁρχιερεῖα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν, Υἱὸς μου εἰ σύ, ἐγὼ σήμερον γεγέννηκα σε. Καθὼς καὶ ἐν ἐτέρῳ λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.
Mark 8:34-38; 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

Μαρκόν 8:34-38; 9:1

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὑπίσω μου ἔλθείν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὡς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σώσαι, ἀπολέσει αὐτὴν· ὡς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἑνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὕτως σώσει αὐτὴν. τί γὰρ ὡφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιώθῃ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὡς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾶ ταύτῃ τῇ μοιχαλίδι καὶ ἀμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἄνθρωπου ἐπαισχυνθῆσηται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰς τίνες τῶν ὧδε ἐστηκότων, οὕτως οὐ μὴ γεύσωνται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθοῦσαν ἐν δυνάμει.
Dear Parents,

This letter is to inform you that the St. John Chrysostom Oratorical Festival will once again be held in our Church (finalizing the date for either late April or Early May) for Junior Divisions Grades 7th, 8th, 9th, and Senior Division Grades 10th, 11th & 12th.

The St. John Chrysostom Oratorical Festival is a Nationwide program of the Department of Religious Education of our Archdiocese, where Orthodox youth present speeches discussing their Faith and Church.

Our Youth get to explore and deepen their faith and hone their speech writing and public speaking skills. Finalists can earn sizable awards and scholarships at the National Finals. And finalists can also earn scholarships at each of the three levels.

The festival begins on the local Parish level and from their two finalists (one from each division) advance to the Metropolis level.

Each participant must select a topic, fill out the registration form and submit it online and prepare a 3-5 minute speech/presentation on that topic.

We feel that the Oratorical Festival is an important component of the religious education of each Orthodox Christian student. In the words of St. Theophan the Recluse, “Of all holy works, the education of children is the most holy.” There is “no finer way to embark on such a worthwhile ministry,” than to have our youth participate in the St. John Chrysostom Oratorical Festival.

Everything participants need to know about eligibility, speech requirements and guidelines can be found in the Oratorical Festival Manual under the Participant Information section. To help we have added a QR code to take you directly to the site.

We are currently looking for a Oratorical Festival Chairperson. So please either see Fr. Demetri if the Spirit moves you to help us this year!!!
2023 St. John Chrysostom Oratorical Festival Topics

Junior Division (Grades 7–9)

1. Orthodox tradition teaches that the Saints remain spiritually active beyond their earthly life. Discuss how we ask the Saints to intercede and pray for us and why.
2. Orthodox tradition teaches that the Saints remain spiritually active beyond their earthly life. Discuss how we ask the Saints to intercede and pray for us and why.
3. The sacraments are the mysteries of the Church through which God gives us His grace through actions, words, and material objects (for example, oil, wine, and bread). Pick one sacrament and explain its meaning.
4. Jesus models and teaches humility throughout His life and ministry. Discuss the challenges of living according to Jesus’ teachings in a society that does not necessarily emphasize humility.
5. Consider and discuss why and how icons are central to our faith and Orthodox practice.

Senior Division (Grades 10–12)

1. The Ecumenical Patriarchate in Constantinople is the highest seat and the Mother Church of Orthodox Christians. The Ecumenical Patriarch is the spiritual leader of 300 million Orthodox Christians worldwide. Discuss how the Patriarchate has been a symbol of unity, a source of missionary growth, an advocate of dialogue among Christians, and a defender of the historical Orthodox Faith.
2. During times of crisis, our faith is tested. How are Orthodox Christians taught to understand and manage pain and suffering?
3. The Christian message in C.S. Lewis’s The Lion, the Witch and the Wardrobe has influenced many believers of Christ. How has another work of fiction inspired people to seek Jesus Christ?
4. We have lived through a pandemic and emerged with deep societal divides. How can our faith in Christ heal us and take us forward together?
5. The Resurrection of Jesus Christ both transforms the relationship between God and humanity and alters the course of history. How would you explain its significance to someone who has not heard about it or is unsure if God exists?

***Scan the QR CODE to be taken to visit these topics, tips and resources.***
What is perfection in love? Love your enemies in such a way that you would desire to make them your brothers... For so did He love. Who hanging on the Cross, said “Father, forgive them, for they know not what they do” (Luke 23:34). —St. Augustine of Hippo (5th century)

EXPLORE TOGETHER:

Decorated Cross—On this Sunday, the priest places a cross standing upright on a tray surrounded by flowers. Do the same in your home so that it can be a source of strength to all as you complete the fast. If you don’t have a large cross, make one out of playdough, cardboard, or whatever you like and decorate it. You can also decorate the tray with flowers from church and your yard or make your own flowers with tissue paper. Place it in a prominent place in your home. As a family, learn to chant the hymn to the Holy Cross. Visit www.lent.goarch.org for more resources on this Sunday and to guide your Lenten journey.

Cross Word Find—Take a Bible with a concordance and look up the word “cross.” Have each family member find a passage about the cross. If your children are very young, pair them up with an older child or adult. After they find a passage, have them write it on a piece of paper and draw a picture to represent it. Display these in your home during the rest of the fast.

Lenten Review—Take some time to review your Lenten progress as a family. Look to the remaining weeks and decide if there are other things that you need to do to prepare for the Resurrection of our Lord. Your parish priest can help your family continue on this journey, so do not hesitate to consult with him.

Before church next week, read the scripture passages for the
4th Sunday of Lent: St. John Climacus
Hebrews 6:13-20 & Mark 9:17-31

FOR MORE INFORMATION FOR COUPLES AND FAMILIES, VISIT:

Center for Family Care of the Greek Orthodox Archdiocese of America
www.family.goarch.org
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 Illos Chapter 51 Manchester NH
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, Fr. Nicholas, Fr. Peter, Leah, Thomas, Tom, Soultana, Nick, Maura, Ernie, Dean, Vasilios, Rigley, Zachary, Luke, Rachel, Vasiliki, Maria, Daniel, Andrew, Faye

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

**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

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 29 is at 9:30am.**

PART-TIME CHANTERS/READERS NEEDED - We have services during Great Lent on Mondays, Wednesdays and Fridays and Great and Holy Week is just a few weeks away. We welcome those who would like to assist and help with the readings. If you would like to volunteer to help with reading various Scripture passages or to chant, please come to the chanter stand before the service to offer your participation.

GREAT & HOLY FRIDAY RETREAT - We are happy to inform you that we are planning to have this retreat for the young people of our Parish Family. The retreat welcomes children from grades K - 12. Those families that are interested we ask that you email the church office so we can begin to know who is interested in this Retreat!

VESPER OF LOVE SERVICE ON PASCHA - As we have in previous years, we are looking for those who can read foreign languages to proclaim the Gospel in as many languages as possible (which is the tradition of the Church at this service).

CHAIRPERSON NEEDED - We are looking to hold the Parish level of the St. John Chrysostom Oratorical Festival, yet we NEED a chairperson. There is a handout in this bulletin with more information about the Festival. Junior Division (grades 7-9) and Senior Division (10-12). Please contact Fr. Demetri if you would like to be the Chairperson.

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.

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!

UPCOMING MEMORIALS - March 26, George Mallios (40 days); April 2, Electra Voulgaris Joaquin (40 days); April 30, Ifigenia (3 years) & Agathoklis (12 years) Giotas

SPONSORED COFFEE HOUR - Coffee Hour will be sponsored on Sunday March 26 in memory of Maria and James Palangas by the Palangas and Gekas families.

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 2nd 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!

PALM SUNDAY FISH DINNER - Save the date of April 9 for the Anagennesis Palm Sunday Fish Dinner! Tickets are available at coffee hour and in the church office. See the flyers for details.

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).
"YOU ARE OUR PROTECTION, O PRECIOUS CROSS"

By the grace of God, we have arrived at the Third Sunday of Lent, which is often looked upon as the middle of the Great Fast. We have already endured three weeks of adhering to the severe disciplines our Holy Orthodox Church places upon us during this time. In all honesty, many of us may be experiencing feelings of spiritual fatigue and discouragement as we struggle to keep Lent in a proper and fruitful fashion. Indeed, "the spirit is willing, but the flesh is weak."

It is significant, then, that the Church places the precious and life-giving Cross before us today. Lest we become overcome by the burdens of Lent, the Church reveals to us on this day the Cross of Christ as a source of inspiration. We are urged to take hope, and to allow the recollection of the suffering and death of our Lord upon the Cross to strengthen us for the remainder of these 40 days of penitence. It has been written that "The cross is planted in the midst of Lent like the tree of life in the midst of paradise, like the rod of Moses in the midst of the camp of the Israelites, in order that anyone looking upon it may find health, strength and courage to pursue his course."

On CROSS-VENERATION SUNDAY, Orthodox Christians are reminded that we have this all-powerful weapon in our constant battle against the forces of darkness. Today, the Cross is raised before us as a symbol of VICTORY and SALVATION. Yes, beyond the suffering that it represents, we are able to see the glory of the Resurrection and the joy of everlasting life when we gaze upon the Cross!

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
Office Telephone: (603) 622-9113 E-mail: office@stgeorgenh.org
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 Lord on the Cross

In a couple weeks, you might hear people talking about April Fools’ Day. That’s the day people play jokes on other people. They try to make the other person feel silly or like a “fool.”

Today is the third Sunday of Lent, when we remember and honor the Holy Cross. In the Gospel, we hear about how we might have to give up something if we really want to follow Jesus Christ. Today, we look at the Cross, and we see the power of God!

But in another part of the Bible, we read how some people might make fun of us Christians because we worship Christ, Who really died on a Cross! That part says, “For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.” So some people might think we are fools—like we are silly or stupid—for worshiping Christ!

Did you know people have made fun of Christians for hundreds and hundreds of years? Archaeologists found a picture from 1,800 years ago. The picture is of a donkey on a Cross. The person who drew it was making fun of our Lord, and also making fun of a Christian who believed in Him! Always remember: Being a Christian might be hard sometimes. People might even make fun of you for believing what you do! But the Cross shows us the power of God, and the love God has for us!
**WORD SEARCH**

Can you find these words in the jumble?

- Cross
- Drosis
- Emperor
- Fools
- Life-giving
- Martyr
- Power
- Precious
- Saint
- Venerable

**What’s in the icon?**

Saint Drosis was the daughter of an emperor. Saint Alexandra (here) was the wife of an emperor! Do you see their crowns?

Both of those emperors hated Christians and they were so angry when these women learned to love Jesus Christ!
THE EMPEROR’S DAUGHTER
SAINT DROSIS THE MARTYR

Have you ever asked somebody to tell you the best restaurant or maybe even the best playground? Your parents may have asked their friends to recommend a good doctor or a good teacher. If you ask somebody who knows, it means more, doesn’t it?

On Wednesday, we celebrate the memory of a saint who got a very good review...from another saint! Saint John Chrysostom lived 300 years after Saint Drosis, but he knew about this brave Christian saint. He looked up to her as a great example for him and for us!

Saint Drosis was the daughter of the Emperor Trajan. He was an emperor who was extra cruel to Christians. He made all sorts of laws to try to keep people from believing in our Lord Jesus Christ. Lots of times, Christians were killed because they said they believed in Christ. Then, the emperor wouldn’t even let these Christians be buried!

Well, there were some young Christian women who would secretly bury these Christian martyrs. When Saint Drosis heard about the girls, she wanted to join in too. She learned about the Lord, and she became a Christian too. Sadly, the emperor was so terrible that he let his own daughter, Drosis, be killed because of her love for God. He wanted her to be an example for everybody to see.

Saint John Chrysostom tells us that yes, Saint Drosis was an example...but not the way the emperor wanted! She is an example for all of us. She shows how our life with God is what matters most!

We celebrate St. Drosis on Wed., March 22nd (OC: April 7th).
Take up your Cross!