



July 9, 2023

5th Sunday of Matthew

Saint of the Day: Pancratios, Bishop of Sicily; Dionysios the Orator

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

Arthur Tolios (1 year)

Coffee hour is sponsored in memory of Arthur Tolios by the Tolios family.

WEEK IN PREVIEW

<u>Sun, July 9</u>	<u>Mon, July 10</u>	<u>Tues, July 11</u>
<i>Orthros 8:45am</i>	OFFICE CLOSED	OFFICE CLOSED
<i>Divine Liturgy 10:00am</i>	for Administrative	for Administrative
Memorial Service	Purposes	Purposes
Sponsored Coffee Hour	BOD 7pm	Library Memory
		Project Photo ID by
		Zoom 7pm
 <u>Wed, July 12</u>	 <u>Sun, July 16</u>	
Learn to Chant in the	<i>Orthros 8:45am</i>	
Library 7pm	<i>Divine Liturgy</i>	
	<i>10:00am</i>	

Hymns Chanted Following the Small Entrance

Resurrectional Hymn in the Fourth Tone.

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

When the women disciples of the Lord heard the Angel joyously proclaim the resurrection, they cast aside the ancestral verdict, and boasting in glory they said to the Apostles, "Death has been despoiled! Christ God has risen, granting the great mercy to the world!"

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 Second Tone

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἢ προστατεύουσα ἀεί, Θεοτόκε, τῶν τιμώντων σε.

A Protection of Christians unshamable, intercessor to our Holy Maker unwavering; reject not, the prayerful cries of those who are in sin. Instead, come to us for you are good; your loving help bring unto us who are crying in faith to you: Hasten to intercede and speed now to supplicate, as a protection for all time, Theotokos for those who honor you.

SCRIPTURE READINGS

Romans 10:1-10

Brethren, my heart's desire and prayer to God for Israel is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

Ρωμαιοὺς 10:1-10

Ἀδελφοί, ἡ μὲν εὐδοκία τῆς ἐμῆς καρδίας καὶ ἡ δέησις ἡ πρὸς τὸν θεὸν ὑπὲρ τοῦ Ἰσραὴλ ἐστὶν εἰς σωτηρίαν. Μαρτυρῶ γὰρ αὐτοῖς ὅτι ζῆλον θεοῦ ἔχουσιν, ἀλλ' οὐ κατ' ἐπίγνωσιν. Ἀγνοοῦντες γὰρ τὴν τοῦ θεοῦ δικαιοσύνην, καὶ τὴν ἰδίαν δικαιοσύνην ζητοῦντες στήσαι, τῇ δικαιοσύνῃ τοῦ θεοῦ οὐχ ὑπετάγησαν. Τέλος γὰρ νόμου Χριστὸς εἰς δικαιοσύνην παντὶ τῷ πιστεύοντι. Μωϋσῆς γὰρ γράφει τὴν δικαιοσύνην τὴν ἐκ τοῦ νόμου, ὅτι ὁ ποιήσας αὐτὰ ἄνθρωπος ζήσεται ἐν αὐτοῖς. Ἡ δὲ ἐκ πίστεως δικαιοσύνη οὕτως λέγει, Μὴ εἴπῃς ἐν τῇ καρδίᾳ σου, Τίς ἀναβήσεται εἰς τὸν οὐρανόν; - τοῦτ' ἐστὶν Χριστὸν καταγαγεῖν - ἢ, Τίς καταβήσεται εἰς τὴν ἄβυσσον; - τοῦτ' ἐστὶν Χριστὸν ἐκ νεκρῶν ἀναγαγεῖν. Ἀλλὰ τί λέγει; Ἐγγύς σου τὸ ῥῆμά ἐστίν, ἐν τῷ στόματί σου καὶ ἐν τῇ καρδίᾳ σου· τοῦτ' ἐστὶν τὸ ῥῆμα τῆς πίστεως ὃ κηρύσσομεν· ὅτι ἐὰν ὁμολογήσῃς ἐν τῷ στόματί σου κύριον Ἰησοῦν, καὶ πιστεύσῃς ἐν τῇ καρδίᾳ

σου ὅτι ὁ θεὸς αὐτὸν ἤγειρεν ἐκ νεκρῶν, σωθήσῃ· καρδία γὰρ πιστεύεται εἰς δικαιοσύνην, στόματι δὲ ὁμολογεῖται εἰς σωτηρίαν.

Matthew 8:28-34; 9:1

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

Ματθαιον 8:28-34

Τῷ καιρῷ ἐκείνῳ, ἐλθόντος τῷ Ἰησοῦ εἰς τὸ πέραν εἰς τὴν χώραν τῶν Γεργεσηνῶν ὑπήντησαν αὐτῷ δύο δαιμονιζόμενοι ἐκ τῶν μνημείων ἐξερχόμενοι, χαλεποὶ λίαν, ὥστε μὴ ἰσχύειν τινὰ παρελθεῖν διὰ τῆς ὁδοῦ ἐκείνης. καὶ ἰδοὺ ἔκραξαν λέγοντες· τί ἡμῖν καὶ σοί, Ἰησοῦ υἱὲ τοῦ Θεοῦ; ἦλθες ὧδε πρὸ καιροῦ βασανίσαι ἡμᾶς; ἦν δὲ μακρὰν ἀπ' αὐτῶν ἀγέλη χοίρων πολλῶν βοσκομένη. οἱ δὲ δαίμονες παρεκάλουν αὐτὸν λέγοντες· εἰ ἐκβάλλεις ἡμᾶς, ἐπίτρεψον ἡμῖν ἀπελθεῖν εἰς τὴν ἀγέλην τῶν χοίρων. καὶ εἶπεν αὐτοῖς· ὑπάγετε. οἱ δὲ ἐξελθόντες ἀπῆλθον εἰς τὴν ἀγέλην τῶν χοίρων· καὶ ἰδοὺ ὥρμησε πᾶσα ἡ ἀγέλη τῶν χοίρων κατὰ τοῦ κρημοῦ εἰς τὴν θάλασσαν καὶ ἀπέθανον ἐν τοῖς ὕδασι. οἱ δὲ βόσκοντες ἔφυγον, καὶ ἀπελθόντες εἰς τὴν πόλιν ἀπήγγειλαν πάντα καὶ τὰ τῶν δαιμονιζομένων. καὶ ἰδοὺ πᾶσα ἡ πόλις ἐξῆλθεν εἰς συνάντησιν τῷ Ἰησοῦ, καὶ ἰδόντες αὐτὸν παρεκάλεσαν ὅπως μεταβῇ ἀπὸ τῶν ὁρίων αὐτῶν. Καὶ ἐμβὰς εἰς πλοῖον διεπέρασε καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν.



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. Peter, Leah, Thomas, Tom, Soultana, Nick, Maura, Ernie, Dean, Vasilios, Rigley, Zachary, Rachel, Daniel, Kathy, Andrew, Jamie, Megan, Stephanie, Katherine, Christos, Maureen, Vasiliki, Maria, Faye, Emily, Nicole, Olivia, Georgia, Mark, James, Vasilios, Maria, Anna, Efthimios, Christopher, Katerina, Debra, Pavlos, Ken, Star

For comfort, spiritual help & strengthening of faith: Pres. Patricia and family, Pres. Diane, Pres. Sophia, Pres. Dianthe, Barbara, Nancy, Amantha and Family, Maddie, Dino, Nick, Connie, Amy, Christopher, Joanna, Paris and Family

For couples, parents and their families: Neal and Elena, Paul - Kristin & Michael Francis, Penelope & Florence, Teddy, Tracy & family, Christina & Casey, Melanie and Michael, Alex

For those engaged to be married: Katerina and Dennis

For conceiving of children:

For childbearing:

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

For those travelling abroad: John, Patrick

For those seeking employment: Lia, Jillian, Gary, Nick

PARISH ANNOUNCEMENTS

LIBRARY OPEN DURING COFFEE HOUR – The St. George Library will be open during coffee hour for anyone who wants to come browse and borrow a book. Come see what fascinating reads are in the library!

OFFICE WILL BE CLOSED –July 7-11 for administrative purposes.

WANTED: RAFFLE ITEMS – The Mega Raffle needs monetary donations to the \$1000 grand prize and items worth \$100+. The Mini Raffle needs items like toys for babies and toddlers; gift cards for gas, restaurants, or shopping; craft or science kits; or other similar items. Or do a themed basket: coloring theme for kids or adults, movie night with candy and popcorn, tasting theme (tea, Italian, wine, etc), spa basket, pet basket, fun-in-the-sun (sidewalk chalk, balls, bubble solution, sunscreen), etc. Use your imagination! Beth has offered to help put the basket together if you provide the items. Thank you in advance for your assistance!

WANTED: ADS FOR THE AD BOOK – *The Ad Book Deadline has been extended to JULY 31!* Who do you know who would like to place a message in the GLENDI Ad Book? Share a form with them! As your dance studio, landscaper, dealership, furniture store, etc. An information page is inside, and printed information to share is available at coffee hour and in the church office. Don't miss out: remember the July 31 deadline!

VACATION CHURCH CAMP – Our St. George Family is looking for individuals to help lead this wonderful 4-day event in the life of our community. This has been done for many years and we would like to continue this tradition. Activities include morning prayer, crafts, snacks, music, discussion, play time and lunch. The hours have been from 8:30am until 12:30pm. If you or a loved one would like to help champion this, please contact the Church office office@stgeorgenh.org.

GLENDI COOKING SCHEDULE –August 22: Finikia, August 29: Koulourakia. Start time is 9am. All are welcome to help!

ARE YOU WILLING TO TRAVEL LIGHT?

Vacation provides us with time away to relax. Before we go on a trip, we may make a list of things to put in our suitcase. Most times we pack so much that it feels like we are not really "getting away from it all" but rather taking it all with us!

A lesson from the Gospel of Luke talks about travelling light. Jesus appointed 70 of His disciples to spread the Good News of the Kingdom of God. They were instructed to go forth to preach, teach and heal. Do you know what Christ said to take with them? "Carry neither money bag, knapsack, nor sandals . . ." (Luke 10:4) These missionaries were instructed to trust in God to provide for them and their needs. They were not to encumber themselves with possessions and worries.

Human nature tends to saddle us all down with lots of unnecessary burdens. While focusing on our problems, we may not be able to see the blessings that are in front of us. Look to the horizon to see the light and hope that God provides us. Pack your luggage light and make your possessions few, since our Lord is there to provide all that we need. Leave all the unneeded things behind, but be sure to take along your faith and courage. Shake off the dust of rejection and failure, instead of carrying them around as baggage.

As Christians, our path is all the same; we continue towards the Kingdom of Heaven. Heed the call of Jesus to travel light and be less dependent on material things. Simplify your life, become more carefree and rejoice in the journey.

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.



AD BOOK RATES

***** DEADLINE EXTENDED TO JULY 31! *****

ADS MUST BE RECEIVED BY JULY 31 TO BE PLACED IN THE AD BOOK

For quarter-, half-, and full-page ads, please send ads by email to beth@stgeorgenh.org
in PDF, TIFF, JPG, or Word format.

Option 4: Full-page ad \$300.00

Dimensions are 7.5" wide by 10" high.

Option 3: Half-page ad \$150.00

Dimensions are: 7.5" wide by 4.75" high OR 3.5" wide by 10" high.

Option 2: Quarter-page ad \$75.00

Dimensions are 3.5" wide by 4.75" high.

Option 1: Patron List \$25.00

This option lists your name on the Patrons page. Write as legibly as possible how you would like your name to appear on the page on this line:

Please make checks payable to:

St. George Greek Orthodox Cathedral
650 Hanover Street
Manchester, NH 03104-5306

Contact Name: _____

Phone number: _____

Email: _____

St. George Greek Orthodox Cathedral Tax ID 02-0230366



ST. GEORGE GREEK ORTHODOX CATHEDRAL

Our families. Our faith. Our future.

GLENDI September 15-17, 2023



Gold Sponsor \$5,000

- Honorary Chair status for an official of your Gold Sponsor company.
- Gold Sponsor mention in all paid church event advertising.
- Banner identification on Elm Street in Manchester as well as other banners displayed throughout the city.
- Program cover placement of your company.
- Program full-page ad in prime location identifying you as a Gold Sponsor.
- Gold Sponsor recognition at GLENDI entrance. Your banner will hang over the Food Tent entrance.
- Gold Sponsor receives *16 complementary* dinner tickets.
- Special recognition of your Gold Sponsorship in a letter to all our parishioners.
- Gold Sponsor mention in all press releases.
- Promotional announcements throughout the festival.

Silver Sponsor \$2,500

- Honorary Chair status for an official of your Silver Sponsor company.
- Silver Sponsor mention in all paid church event advertising.
- Banner identification on Elm Street in Manchester as well as other banners displayed throughout the city.
- Program cover placement of your company.
- Program full-page ad in prime location identifying you as a Silver Sponsor.
- Silver Sponsor recognition at GLENDI entrance.
- Silver Sponsor receives 12 complementary dinner tickets.
- Special recognition of your Silver Sponsorship in a letter to all our parishioners.
- Silver Sponsor mention in all press releases.
- Promotional announcements throughout the festival.

Bronze Sponsor \$1,000

- Honorary Chair status for an official of your Bronze Sponsor company.
- Bronze Sponsor mention in all paid church event advertising.
- Banner identification on Elm Street in Manchester as well as other banners displayed throughout the city.
- Program cover placement of your company.
- Program full-page ad in prime location identifying you as a Bronze Sponsor.
- Bronze Sponsor recognition at GLENDI entrance.
- Bronze Sponsor receives 6 complementary dinner tickets.
- Special recognition of your Bronze Sponsorship in a letter to all our parishioners.
- Bronze Sponsor mention in all press releases.
- Promotional announcements throughout the festival.

Please send ads by email to beth@stgeorgenh.org in PDF, TIFF, JPG, or Word format.

***** AD DEADLINE EXTENDED *****
TO JULY 31!

Please make checks payable to:
St. George Greek Orthodox Cathedral

Your sponsorship and ads are tax deductible as allowed by tax law. Our Tax ID is 02-0230366.

Your company can join us in this annual community celebration to demonstrate community commitment while targeting thousands of potential new customers. Please select the level of participation that meets your corporate goals. Your participation is greatly appreciated!

St. George Greek Orthodox Cathedral

650 Hanover Street, Manchester, NH 03104 603-622-9113 office@stgeorgenh.org

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, July 9, 2023

Volume 11, Issue 28

A Ministry of the
Orthodox Christian Network



Praying for unbelievers

Do you have a friend who is not a Christian? Probably! Some of our best saints (like Saint Basil the Great) had friends who were not Christian. Did you know that in the United States and Canada, there are 1,584 religious groups? Chances are, you have friends who are not Orthodox Christians, or maybe not even Christians at all.

Today, in the epistle reading, Saint Paul tells us his own thoughts about people who don't believe in Christ! He writes, "My heart's desire and prayer to God for them is that they may be saved." Saint Paul spent years and years preaching to people about Jesus Christ! We know that he put up with a lot to spread the message about the Lord. He was stoned and beaten and put in prison and much more! But still, Saint Paul shows his love and concern for the people who still wouldn't believe in our Lord, Jesus Christ.

We can follow Saint Paul's example too. When we know someone who isn't a Christian, we can pray for him or her. We always want God to save that person and keep him or her close. Sometimes we might want to win an argument with an unbeliever or show that we know a lot, but let's follow Saint Paul and his "heart's desire and prayer to God"!



Saint Paul preaching to unbelievers in Athens, Greece

WORD SEARCH

Can you find these words in the jumble?

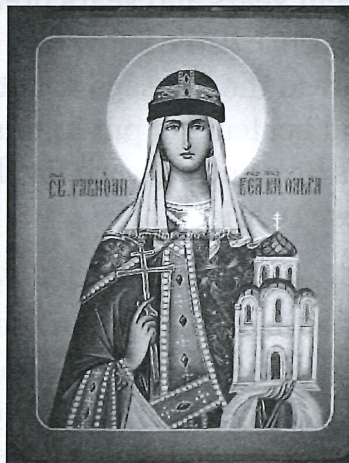
Believe
Epistle
Good News
Gratitude
Kiev
Mission
Olga
Patience
Princess
Salvation

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

WHAT'S IN THE ICON?

Do you remember what Saints Peter and Paul were holding together in their icon?

Here is Saint Olga. Do you see what she is holding in this icon? She is holding a church too! Can you guess why?



SAINT OLGA

A PRINCESS WITH A MISSION

If you were a princess or prince, what would *you* do? Maybe the first thing you might think about are the fancy clothes, the fancy dinners, the fancy trips. But this week we remember a saint who saw past these things.



Saint Olga was the princess of Kiev more than 1,100 years ago. She ruled over what is now Russia, Ukraine, and more. Now, the people there are almost all Orthodox Christians. But then, things were different. Most people were pagan—they did not worship our one, true God.

Once, Saint Olga visited the great city of Constantinople. She learned about the Christian Church and wanted to be baptized. Then, she went back to Kiev (where she lived), and took care of her grandsons. Many years later, one of her grandsons, Vladimir, became emperor. He remembered the faith of his grandmother, and then Vladimir was baptized, too! Thousands of people were baptized with him.

We know that Saint Olga had a great mission in life—to teach others about the true faith she knew. But what would have happened if she had had a different mission, a mission to have fancier clothes and jewelry, fancier dinners, and more?

Over the years, millions and millions of people have worshipped God as Orthodox Christians, thanks to this princess with a mission—St. Olga!

We celebrate the nameday of Saint Olga on Tuesday, July 11th (OC: July 24th).

Saint Olga, pray for us!



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.