



July 16, 2023

Sunday of the Holy Fathers

Saint of the Day: Athenogenes of Heracleopolis, Julia of Carthage

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, July 16

Orthros 8:45am

Divine Liturgy 10:00am

Mon, July 17

Anagnnesis 6:30pm

Tues, July 18

Library Memory
Project Photo ID by
Zoom 7pm

Fri, July 21

OFFICE CLOSED

For Administrative
Purposes

Sun, July 23

Orthros 8:45am

*Divine Liturgy
10:00am*

*Altar candles are provided in loving memory of Steve Liakos by the
Liakos family.*

Hymns Chanted Following the Small Entrance

Resurrectional Hymn in the Plagal of the First Tone.

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν· ὅτι ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγείραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ ἀναστάσει αὐτοῦ.

As the Father and Spirit are unoriginate, * so the Word, who was born from the Virgin for us.
* Let us praise Him, O believers, and let us worship Him. * For our salvation He was pleased
* to be crucified in the flesh, * and to undergo death, * and to resurrect the dead, by His
glorious resurrection

Anthem of the Fathers in the Plagal of the Fourth Tone

Ὑπερδεδοξασμένος εἶ, Χριστέ ὁ Θεὸς ἡμῶν, ὁ φωστῆρας ἐπὶ γῆς τοὺς Πατέρας ἡμῶν
θεμελιώσας, καὶ δι' αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν, πάντας ἡμᾶς ὁδηγήσας·
πολυεύσπλαγγνε, δόξα σοι.

Supremely blessed are You, O Christ our God. You established the holy Fathers upon the
earth as beacons, and through them You have guided us all to the true Faith, O greatly
merciful One, glory be to You

Anthem of St. George in the Fourth Tone

Ὡς τῶν αἰχμαλώτων ἐλευθερωτῆς, καὶ τῶν πτωχῶν ὑπερασπιστῆς, ἀσθενούντων
ιατρός, 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, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν,
τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἥ
προστατεύουσα ἀεὶ, 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

Titus 3:8-15

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen

Τιτον 3:8-15

Τέκνον Τίτε, πιστὸς ὁ λόγος, καὶ περὶ τούτων βούλομαί σε διαβεβαιουῖσθαι, ἵνα φροντίζωσιν καλῶν ἔργων προΐστασθαι οἱ πεπιστευκότες θεῷ. ταῦτά ἐστιν καλὰ καὶ ὠφέλιμα τοῖς ἀνθρώποις · μωρὰς δὲ ζητήσεις καὶ γενεαλογίας καὶ ἔριν καὶ μάχας νομικὰς περιῖστασο, εἰσὶν γὰρ ἀνωφελεῖς καὶ μάταιοι. αἰρετικὸν ἄνθρωπον μετὰ μίαν καὶ δευτέραν νουθεσίαν παραιτοῦ, εἰδὼς ὅτι ἐξέστραπται ὁ τοιοῦτος καὶ ἀμαρτάνει, ὣν αὐτοκατάκριτος. Ὅταν πέμψω Ἀρτεμᾶν πρὸς σὲ ἢ Τυχικόν, σπούδασον ἐλθεῖν πρὸς με εἰς Νικόπολιν, ἐκεῖ γὰρ κέκρικα παραχειμάσαι. Ζηνᾶν τὸν νομικὸν καὶ Ἀπολλῶν σπουδαίως πρόπεμψον, ἵνα μηδὲν αὐτοῖς λείπη. μανθανέτωσαν δὲ καὶ οἱ ἡμέτεροι καλῶν ἔργων προΐστασθαι εἰς τὰς ἀναγκαίας χρείας, ἵνα μὴ ᾖσιν ἄκαρποι. Ἀσπάζονται σε οἱ μετ' ἐμοῦ πάντες. Ἀσπασαι τοὺς φιλοῦντας ἡμᾶς ἐν πίστει. ἡ χάρις μετὰ πάντων ὑμῶν.

Matthew 5:14-19

The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

Ματθαιον 5:14-29

Εἶπεν ὁ Κύριος τοῖς ἑαυτοῦ μαθηταῖς· Ὑμεῖς ἐστε τὸ φῶς τοῦ κόσμου. οὐ δύναται πόλις κρυβῆναι ἐπάνω ὄρους κειμένη· οὐδὲ καίουσι λύχνον καὶ τιθέασι αὐτὸν ὑπὸ τὸν μόδιον, ἀλλ' ἐπὶ τὴν λυχνίαν, καὶ λάμπει πᾶσι τοῖς ἐν τῇ οἰκίᾳ. οὕτω λαμψάτω τὸ φῶς ὑμῶν ἔμπροσθεν τῶν ἀνθρώπων, ὅπως ἴδωσιν ὑμῶν τὰ καλὰ ἔργα καὶ δοξάσωσι τὸν πατέρα ὑμῶν τὸν ἐν τοῖς οὐρανοῖς. Μὴ νομίσητε ὅτι ἦλθον καταλῦσαι τὸν νόμον ἢ τοὺς προφῆτας· οὐκ ἦλθον καταλῦσαι, ἀλλὰ πληρῶσαι. ἀμὴν γὰρ λέγω ὑμῖν, ἕως ἂν παρέλθῃ ὁ οὐρανὸς καὶ ἡ γῆ, ἰῶτα ἐν ἡ μία κεραία οὐ μὴ παρέλθῃ ἀπὸ τοῦ νόμου ἕως ἂν πάντα γένηται. ὅς ἐάν οὖν λύσῃ μίαν τῶν ἐντολῶν τούτων τῶν ἐλαχίστων καὶ διδάξῃ οὕτω τοὺς ἀνθρώπους, ἐλάχιστος κληθήσεται ἐν τῇ βασιλείᾳ τῶν οὐρανῶν· ὅς δ' ἂν ποιῇ καὶ διδάξῃ, οὗτος μέγας κληθήσεται ἐν τῇ βασιλείᾳ τῶν οὐρανῶν.



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, Maria, John

For comfort, spiritual help & strengthening of faith: Pres. Patricia and family, Pres. Diane, Pres. Sophia, Pres. Dianne, Barbara, Nancy, Amanda 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 21 for administrative purposes.

WANTED: RAFFLE ITEMS - The Mega Raffle 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 a firm deadline of JULY 31!* Who do you know who would like to place a message in the GLENDI Ad Book? Share a form with them and tell them to send in their ad ASAP! 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.

LEARN TO CHANT ON SUMMER BREAK - Learn to Chant is taking a break for the summer.

GLENDI BAKING SCHEDULE -August 14: Kourambiethes, August 22: Finikia, August 29: Koulourakia. Start time is 9am. All are welcome to help!

PRIDE IS A DEADLY ENEMY

In Proverbs 16:18, we hear these powerful words: **“PRIDE GOES BEFORE DESTRUCTION, A HAUGHTY SPIRIT BEFORE A FALL.”**

Countless times, pride has proven to be a person's downfall. Because of his prideful desire to be like God, Satan, once an angel, was driven from heaven -- banished for all eternity. Adam and Even, pridefully believing that they could possess the knowledge and wisdom of their Creator, ate the fruit from the one tree they were forbidden to touch, causing them to be cast out of Paradise. Yes, the consequences can be of epic proportions.

Sadly, pride continues to claim its victims. We are driven by a multitude of goals and aspirations. When we achieve success in our endeavors, we are often reluctant to give credit where credit is due. We quickly forget that without God's help, we can accomplish nothing. To be proud of our own works is nothing more than a failure on our part to recognize our place on the “Ladder of Creation.” The Lord is our Master; we are His servants. In the words of the Blessed Augustine: “God created us for Himself, and our soul is lonely without Him.”

We must remember the words spoken by Moses to the Israelites after receiving the Ten Commandments. While reassuring them that God will lead them into a land of plenty, he issues this warning to them as well: “Beware that you do not forget the Lord your God, that when you have eaten and are full, and have built goodly houses, you do not say in your heart: MY power and the might of MY hands have gotten me this.” Indeed, may we, as well, never forget what God does for His faithful children.

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St. George Greek Orthodox Cathedral

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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.



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!



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

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 16, 2023

Volume 11, Issue 29

A Ministry of the
Orthodox Christian Network



A light to the world!



The Gospel says, "Let your light shine!"

Have you ever seen a light-house? Did you know that in the United States there are over a thousand of them? Some people spend their vacations just visiting these lighthouses—on the ocean coasts and on big lakes.

Lighthouses *are* beautiful, but they have a purpose, too! They shine out their

bright lights at night so ships won't wreck on the rocks or on the coast. Lighthouses have saved the lives of many, many sailors.

Today's Gospel tells about bright lights, too. Jesus told His disciples, "You are the light of the world...Men do not light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven."

When we act like good, strong Christians, we are like bright lights, shining out. Sometimes we might be afraid to show our faith to other people. Sometimes we might be afraid to speak out. Sometimes we might be afraid to show that we follow our Lord, Jesus Christ. But today we hear in the Gospel that God wants you to "Let your light shine," so others can learn to love God, too!

WORD SEARCH

Can you find these words in the jumble?

Courage
Example
Faith
Gospel
Lighthouse
Listen
Marina
Martyr
Saints
Shine

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

WHAT'S IN THE ICON?

Sometimes it's hard to see the difference between saints in their icons!



Saint Marina



Saint Eugenia



Saint Aspasia

SAINT MARINA

A SAINT WHO STILL LISTENS

Do you have a friend who is a good listener? It's easy to notice somebody who really listens to you when you tell him or her something.

You know, saints are good listeners too! How do we know that? Because many, many people pray to them, asking them for help. They listen, and then they help!



Saint Marina lived many years ago—only two hundred years after our Lord did! Her father was a pagan priest who worshipped idols, but he had a Christian nanny for her, who taught her the faith. Saint Marina grew to have a strong Christian faith too. Later on, she suffered and even died because of her love for our one, true God.

But that's not the end of the story, of course! Saint Marina is still alive with our Lord in heaven. Many people love her very much, and they pray to her for help. On the island of Andros, in Greece, a family prayed to Saint Marina to heal their sick boy. She helped the boy, and was even with the doctors in the operating room!

In Albania, up high on a mountain, there is a monastery named after Saint Marina. Christians, and even Muslims too, visit this holy place. The people of Bulgaria also love Saint Marina very much. Her feastday there is a big deal!

Always remember that the saints listen to us. When we learn about their lives, we will want to talk and pray to them even more!

We celebrate Saint Marina on Monday, July 17th (OC: July 30th).

Saint Marina, 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. Find it each week at myocn.net.