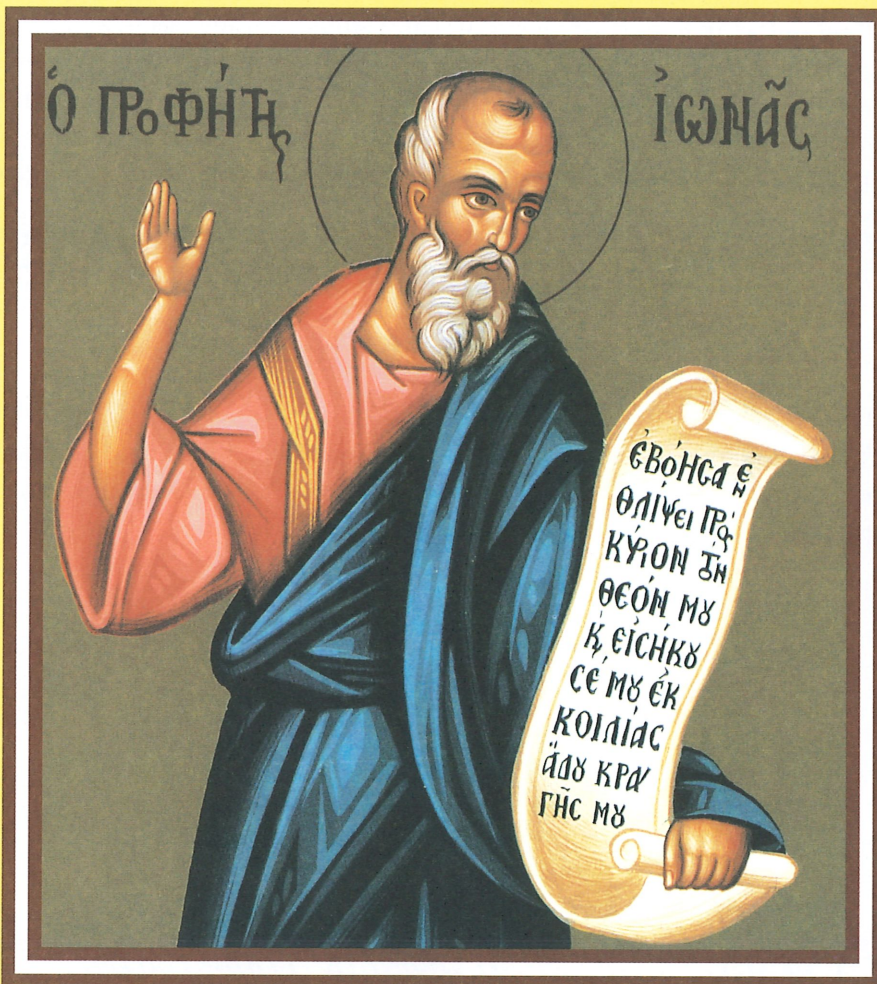




THE RELUCTANT PROPHET



PROPHET JONAH lived some 800 years before the birth of Christ. The Book of Jonah begins with God instructing him to go to the city of Nineveh in Assyria to warn the people that if they did not change their sinful ways, they would be destroyed. But Jonah does not obey God - he gets onto a ship and heads in the opposite direction!



September 17, 2023

Sunday Before Holy Cross

Saint of the Day: Sophia, Faith, Hope, Love Herakleides & Myron

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, Sept 17

Orthros 8:30am
Divine Liturgy 9:30am
GLENDI 11am-3pm

Tues, Sept 19

Library Memory Project
Zoom Picture ID 7pm

Wed, Sept 20

Bible Study 11am
DOP 6:30pm

Thurs, Sept 21

Monthly Newsletter
Deadline

Sun, Sept 24

Orthros 8:30am
Divine Liturgy 9:30am
First Day of Sunday
School

*Altar candles are provided in loving memory of
Christos Kalaitzidis (6 years) by Toulia Barber.*

Hymns Chanted Following the Small Entrance

Resurrectional Hymn in the Plagal of Second Tone

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα 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.

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 for The Holy Cross in the First Tone

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

Lord, save Your 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 Sophia and her children in the Plagal of the First Tone

Ὡς ἐλαία κατάκαρπος ἀνεβλάστησας, ἐν ταῖς αὐλαῖς τοῦ Κυρίου Σοφία Μάρτυς σεμνή, καὶ προσήγαγες Χριστῷ καρπὸν ἡδύτατον, τοὺς τῆς νηδύος σου βλαστούς, δι' ἀγώνων ἱερῶν, Ἀγάπην τε καὶ Ἐλπίδα, καὶ τὴν θεόφρονα Πίστιν· μεθ' ὧν δυσώπει ὑπὲρ πάντων ἡμῶν.

As the Psalm says, you grew as a fruitful olive tree * in the courts of the Lord, O Sophia, righteous Saint; * and you offered unto Christ, by contests of martyrdom, * the blessed offspring of your womb, as if sweet and pleasing fruit, * Faith, Hope and Love, your three daughters. * Now we entreat you to pray Him, * on behalf of us who honor you.

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 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 Fourth Tone

Ὁ ὑψωθείς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ τοὺς οἰκτιρμούς σου δώρησαι, Χριστέ ὁ Θεός· εὐφρανον ἐν τῇ δυνάμει σου τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ τῶν πολεμίων· τὴν συμμαχίαν ἔχοιεν τὴν σὴν, ὅπλον εἰρήνης, ἀήτητον τρόπαιον.

You who were lifted on the cross voluntarily, * O Christ our God, bestow Your tender compassions * upon Your new community to which You gave Your name. * Cause our faithful emperors to be glad in Your power, * granting them the victories against their adversaries. * And for an ally, Lord, may they have You, * peace as their armor, the trophy invincible

SCRIPTURE READINGS

Galatians 2:16-20

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Γαλατας 2:16-20

Ἀδελφοί, εἰδότες ὅτι οὐ δικαιοῦται ἄνθρωπος ἐξ ἔργων νόμου, ἐὰν μὴ διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς εἰς Χριστὸν Ἰησοῦν ἐπιστεῦσαμεν, ἵνα δικαιωθῶμεν ἐκ πίστεως Χριστοῦ, καὶ οὐκ ἐξ ἔργων νόμου· διότι οὐ δικαιωθήσεται ἐξ ἔργων νόμου πᾶσα σὰρξ. Εἰ δέ, ζητοῦντες δικαιωθῆναι ἐν Χριστῷ, εὐρέθημεν καὶ αὐτοὶ ἁμαρτωλοί, ἄρα Χριστὸς ἁμαρτίας διάκονος; Μὴ γένοιτο. Εἰ γὰρ ἃ κατέλυσα, ταῦτα πάλιν οἰκοδομῶ, παραβάτην ἐμαυτὸν συνίστημι. Ἐγὼ γὰρ διὰ νόμου νόμῳ ἀπέθανον, ἵνα θεῷ ζήσω. Χριστῷ συνεσταύρωμαι· ζῶ δέ, οὐκέτι ἐγώ, ζῇ δὲ ἐν ἐμοὶ Χριστός· ὁ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῇ τοῦ υἱοῦ τοῦ θεοῦ, τοῦ ἀγαπήσαντός με καὶ παραδόντος ἐαυτὸν ὑπὲρ ἐμοῦ.

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."

Μαρκον 8:34-38; 9:1

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἐλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνηθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνηθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐσθηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.



Holy Trinity
Greek Orthodox Cathedral



ST. GEORGE
GREEK ORTHODOX
CATHEDRAL

Invites you to come learn the basics about the
orthodox CHRISTIAN faith.

This is a 6 class session BEGINNING Tuesday
September 26th at 6pm

ORTHODOXY 101

Scan the QR Code to Register



Classes are taught by Father Larry Legakis and
Father Demetri Costarakis



Synaxarion of Saint Sophia and her Three Daughters Faith, Hope and Love

These Holy Martyrs lived during the reign of Emperor Hadrian (117-138), and were from a notable and illustrious family of Italy. They were pious just as their ancestors, and they conducted themselves as ones who love God with faith and hope and love and wisdom, just as the names they bore.

One day as they went to Rome, because they were famous and well known through their illustrious family, they were denounced to Emperor Hadrian for their Christian piety. They were immediately brought before him through the palace guard, and when the emperor saw them he marveled. He therefore separated the mother Sophia from her daughters, and discoursed with her about the faith. Seeing that she was fearless, he brought before himself her three daughters, and he began to flatter them in various ways. Recognizing that they were above all flatteries, he decided to put each one on trial separately.

Among them Faith was the first to stand before the tyrant, being twelve years old. And because she nobly rebuked the maliciousness and wiles of the tyrant, for this reason they beat her and had her hands tied behind her back. She was then cruelly beaten with rods. After this they cut off her

breasts, and instead of blood there flowed forth milk. They then laid her over a grill which was set on fire, but having remained unharmed by divine help, they put her in a lit cauldron filled with pitch and asphalt. Having been kept unharmed from this torment, she was condemned to die by the sword. As she was going to the place of her execution, her mother Sophia encouraged her to accept death with joy on behalf of Christ. And so the blessed one was beheaded, and received the crown of the contest.

Then Hope stood before the tyrant, the second sister who was ten years old. And having shown herself to be firm and unalterable in the faith, for this she was beaten with rods like the first. Then she was placed in a lit furnace, which swiftly became inefficacious by divine power. Then she was hung up on a wooden stake and scraped with iron claws. After this she was placed in a lit cauldron full of pitch and resin. From this also she was kept unharmed, while many unbelievers were killed when suddenly the pitch and resin spilled out of the cauldron. Finally she also was beheaded, and received the crown of martyrdom.

Then the third sister stood before the tyrant, Love, who was nine years of age. And because with great prudence she confessed piety, the tyrant was astonished by this and was enraged. For this she was hung on a wooden stake and was beaten with straps so much, that she became disjointed in her body. By divine grace however she was restored to health, and placed in a furnace that was burning from various materials. By the care of a divine Angel, the Saint was kept unharmed from the furnace, while those who stood by including the tyrant, were half burnt by the flame which poured out. The senseless Hadrian, despite being half burnt, did not cease his inhumanity, but he ordered that the body of the Martyr be pierced with a spear. Then she was beheaded, like her two sisters.

Their mother Sophia, was greatly gladdened that she gave birth to such blessed children, and she thanked the Lord for them, and had the honorable relics of her daughters buried with splendor. After three days she spread herself over and embraced the tomb of her daughters, and begged God that she also may die. In this way the blessed one delivered her soul into the hands of God. Therefore the soul of the mother is together with her daughters, as well as their bodies, for the renowned one was buried near her daughters.

The poster is decorated with stylized grey leaves and black swirls. There are oak leaves in the top-left and bottom-right corners, and more pointed leaves in the top-right and bottom-left. A large, thin black swirl starts on the left and curves around the top and right. Another smaller swirl is on the right side.

SAVE THE

DATE

GOYA

DANCE

(Grades 6-12)

SATURDAY
10/14/2023

St George Cathedral
650 Hanover Street Manchester NH

**MORE INFO TO
COME SOON**

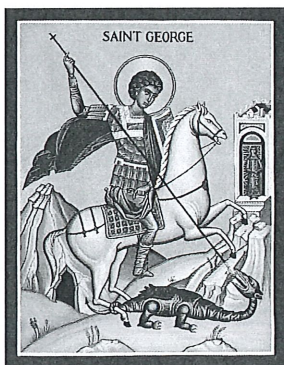
SUNDAY SCHOOL

Register for the New School Year!

*****ATTENTION PARENTS*** Scan this
QR Code to complete registration for the
2023-24 year**



First Day of Sunday School
Sunday, September 24, 2023



Icon Workshop Weekend
Saturday, October 21, 2023
Sunday, October 22, 2023



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, 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, Chris, Anthony, Laurie, Emily

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, Helen & Jim and family, Mary

For couples, parents, and their families: Neal and Elena, 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, Matt

For those travelling abroad:

For those seeking employment: Lia, Jillian, Nick

PARISH ANNOUNCEMENTS

SUNDAY SCHOOL STARTS NEXT WEEK

BLESSING OF THE WATERS AT ASSUMPTION CHURCH - On Sunday, September 24th directly following Divine Liturgy, we will offer a Blessing of the Waters (Αγιασμός) for the Greek School program. Please join us at the Assumption Church after the conclusion of the Divine Liturgy at Saint George Cathedral.

SUNDAY SCHOOL NEED - Sunday School begins on September 24 and the Sunday School program needs at least four teachers for grades 2-5 and a co-teacher for the primary class (PK-K). Help our youth learn about their faith and be involved in the church! Please reach out to Athena Moutsoulis Bevan at sundayschool@stgeorgenh.org.

WEEKLY BIBLE STUDY - You are invited to join us for our weekly Bible Study which meets on Wednesdays at 11am in the Library. We do respect one's time and therefore the Bible Study will be one hour. We hope you will join us!

LEARN TO CHANT - Fr. Andrew is continuing the Learn To Chant classes at Assumption Parish on Wednesdays at 7pm. Join them weekly to find out what chanting is all about.

SUNDAY START TIME - The Board of Directors wants to know your opinion of the earlier start time for Sunday services. Please give your opinion to a member of the Board of Directors or email office@stgeorgenh.org.

UPCOMING MEMORIALS - October 1: Andreas Giotas (40 day)

SPONSORED COFFEE HOUR - October 1: In memory of Andreas Giotas

Enjoy the last day of
GLENDI!

While at sea, a terrible storm blows in, threatening to overturn the boat. Jonah knows that this is a direct result of God being angry with him for his disobedience. He asks the sailors to throw him in the water, and he is swallowed by a great fish. Immediately, the storm subsides.

Jonah spends 3 days and 3 nights inside the whale. He prays fervently to God, expressing his sorrow for not following the Lord's command. He vows that if he were delivered from the belly of the whale, he would now obey. God is merciful to Jonah. He causes the whale to spit him out and He commands Jonah to go to Nineveh and warn them of their impending doom. This time, Jonah obeys, declaring to the people that within 40 days they would all be destroyed by God because of their sinfulness.

When the King hears Jonah's words, he immediately takes off his royal robes and puts on a sackcloth garment. He orders his subjects to do the same, calling upon them to pray and fast.

Amazingly, Jonah is now upset because God doesn't destroy the people of Nineveh! In his mind, they don't deserve God's mercy. Jonah goes to the outskirts of town, builds a small shelter and waits for God to change His mind. The climate in Nineveh is brutally hot, so God causes a plant with large leaves to grow on the top of this shelter to shield Jonah from the sun. The next day, He causes the plant to wither and die, and the scorching sun is once again beating down on Jonah. God then says to him: "You are angry because I caused a single plant to die. And yet, you didn't want me to feel sorry for an entire city of 120,000 who needed to be taught the difference between right and wrong?"

The behavior of Jonah is typical of ours. He expects God to be merciful to him, but he becomes judgmental of God's response to others in need of forgiveness. The lesson is clear: if we expect forgiveness, we must be willing to show it.

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: 8:30 a.m. Divine Liturgy: 9:30 a.m.

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