

**October 29, 2023**

**7<sup>th</sup> Sunday of Luke**

**Saints of the Day: Anastasia of Rome; Avramios & Maria**

**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!!!**

**TRISAGION SERVICE**

Robert Shagoury

**WEEK IN PREVIEW**

**Sun, Oct 29**

*Orthros* 8:30am  
*Divine Liturgy* 9:30am  
Trisagion Service  
Pancake Breakfast

**Tues, Oct 31**

Library Memory  
Project Picture ID  
7pm

**Wed, Nov 1**

Bible Study 11am  
Girl Scouts 6pm

**Fri, Nov 3**

Family Night: College  
Care Packages 4pm

**CHANGE YOUR  
CLOCK!**

Daylight savings time  
ends. Turn your  
clocks back 1 hour at  
2am on Nov 5 or  
before bed on Nov 4!

**Sun, Nov 5**

*Orthros* 8:30am  
*Divine Liturgy* 9:30am  
Memorial Service  
Sponsored Coffee  
Hour

*After church services in the community center, George Trapotsis will present a short talk on the importance of Όχι Day (Ohi) which occurred on October 28, 1940.*



# 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 ἐλευθερωτής, καὶ τῶν πτωχῶν ὑπερασπιστής, ἀσθενούντων 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 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, ἡ 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

## 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 ἐπιστεύσαμεν, 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 ἑμαυτὸν συνίστημι. Ἐγὼ γὰρ διὰ νόμου νόμῳ ἀπέθανον, ἵνα θεῷ ζήσω. Χριστῷ συνεσταύρωμαι· ζῶ δέ, οὐκέτι ἐγώ, ζῇ δὲ ἐν ἐμοὶ Χριστός· ὃ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῇ τοῦ υἱοῦ τοῦ θεοῦ, τοῦ ἀγαπήσαντός με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.

## Luke 8:41-56

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. And a woman who had had a flow of blood for twelve years and had spent all her living upon physicians and could not be healed by anyone, came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched me?" When all denied it, Peter and those who were with him said, "Master, the multitudes surround you and press upon you!" But Jesus said, "Some one touched me; for I perceive that power has gone forth from me." And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he



said to her, "Daughter, your faith has made you well; go in peace." While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, "Child, arise." And her spirit returned, and she got up at once; and he directed that something should be given her to eat. And her parents were amazed; but he charged them to tell no one what had happened.

### Λουκαν 8:41-56

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ ὃ ὄνομα Ἰάειρος, καὶ αὐτὸς ἄρχων τῆς συναγωγῆς ὑπῆρχε· καὶ πεσὼν παρὰ τοὺς πόδας τοῦ Ἰησοῦ παρεκάλει αὐτὸν εἰσελθεῖν εἰς τὸν οἶκον αὐτοῦ, ὅτι θυγάτηρ μονογενῆς ἦν αὐτῷ ὡς ἐτῶν δώδεκα, καὶ αὕτη ἀπέθνησκει. Ἐν δὲ τῷ ὑπάγειν αὐτὸν οἱ ὄχλοι συνέπνιγον αὐτόν. καὶ γυνὴ οὓσα ἐν ῥύσει αἵματος ἀπὸ ἐτῶν δώδεκα, ἣτις ἰατροῖς προσαναλώσασα ὅλον τὸν βίον οὐκ ἴσχυσεν ὑπ' οὐδενὸς θεραπευθῆναι, προσελθοῦσα ὀπισθεν ἤψατο τοῦ κρασπέδου τοῦ ἱματίου αὐτοῦ, καὶ παραχρῆμα ἔστη ἡ ῥύσις τοῦ αἵματος αὐτῆς. καὶ εἶπεν ὁ Ἰησοῦς· τίς ὁ ἀψάμενός μου; ἀρνούμενων δὲ πάντων εἶπεν ὁ Πέτρος καὶ οἱ σὺν αὐτῷ· ἐπιστάτα, οἱ ὄχλοι συνέχουσί σε καὶ ἀποθλίβουσι, καὶ λέγεις τίς ὁ ἀψάμενός μου; ὁ δὲ Ἰησοῦς εἶπεν· ἤψατό μου τις· ἐγὼ γὰρ ἔγνων δύναμιν ἐξελθοῦσαν ἀπ' ἐμοῦ. ἰδοῦσα δὲ ἡ γυνὴ ὅτι οὐκ ἔλαθε, τρέμουσα ἦλθε καὶ προσπεσοῦσα αὐτῷ δι' ἣν αἰτίαν ἤψατο αὐτοῦ ἀπήγγειλεν αὐτῷ ἐνώπιον παντὸς τοῦ λαοῦ, καὶ ὡς ἰάθη παραχρῆμα. ὁ δὲ εἶπεν αὐτῇ· θάρσει, θύγατερ, ἡ πίστις σου σέσωκέ σε· πορεύου εἰς εἰρήνην. Ἐτι αὐτοῦ λαλοῦντος ἔρχεται τις παρὰ τοῦ ἀρχισυναγώγου λέγων αὐτῷ ὅτι τέθνηκεν ἡ θυγάτηρ σου· μὴ σκύλλε τὸν διδάσκαλον. ὁ δὲ Ἰησοῦς ἀκούσας ἀπεκρίθη αὐτῷ λέγων· μὴ φοβοῦ· μόνον πίστευε, καὶ σωθήσεται. ἐλθὼν δὲ εἰς τὴν οἰκίαν οὐκ ἀφῆκεν εἰσελθεῖν οὐδένα εἰ μὴ Πέτρον καὶ Ἰωάννην καὶ Ἰάκωβον καὶ τὸν πατέρα τῆς παιδὸς καὶ τὴν μητέρα. ἔκλειον δὲ πάντες καὶ ἐκόπτοντο αὐτήν. ὁ δὲ εἶπε· μὴ κλαίετε· οὐκ ἀπέθανεν, ἀλλὰ καθεύδει. καὶ κατεγέλων αὐτοῦ, εἰδότες ὅτι ἀπέθανεν. αὐτὸς δὲ ἐκβαλὼν ἔξω πάντας καὶ κρατήσας τῆς χειρὸς αὐτῆς ἐφώνησε λέγων· ἡ παῖς, ἐγείρου. καὶ ἐπέστρεψε τὸ πνεῦμα αὐτῆς, καὶ ἀνέστη παραχρῆμα, καὶ διέταξεν αὐτῇ δοθῆναι φαγεῖν. καὶ ἐξέστησαν οἱ γονεῖς αὐτοῖς. ὁ δὲ παρήγγειλεν αὐτοῖς μηδενὶ εἰπεῖν τὸ γεγονός.

# ΑΞΙΟΣ! WORTHY!



**It is with great joy that our St. George Parish Family shares that our own Christos “Chris” Chrisafides became an Archon of the Ecumenical Patriarchate on October 22 and received the Title and Rank of Depotatos -Δηποτατος.**

An Archon is an honoree by His All Holiness Ecumenical Patriarch Bartholomew for his outstanding service to the Church, and a well-known distinguished, and well-respected leader of the Orthodox Christian community.

It is by the grace of God that the Archon has been able to offer his good works and deeds of faith. Further, it is the sworn oath of the Archon to defend and promote the Orthodox Christian faith and tradition. His special concern and interest is to serve as a bulwark to protect and promote the Sacred See of St. Andrew the Apostle and its mission. He is also concerned with the human race's inalienable rights wherever and whenever they are violated - and the well-being and general welfare of the Christian Church.

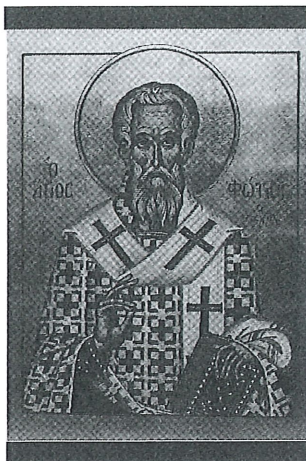
This honor extended by the Ecumenical Patriarchate carries with it grave responsibilities, deep commitments, and sincere dedication. Consequently, it is of utmost importance that this honor of obligation be bestowed upon individuals of proven Orthodox Christian character, who conform faithfully to the teachings of Christ and the doctrines, canons, worship, discipline, and encyclicals of the Church.

Those selected to serve as Archons have demonstrated a commitment greater than average toward the stewardship of time, talent and treasure for the betterment of the Church, Parish, Diocese/Metropolis, Archdiocese and the community as a whole. An Archon must truly be deserving of the proclamation: AXIOS, AXIOS, AXIOS!

To learn more scan the QR code.







### 2023 Essay Contest

Open to all persons 13-19 years of age

## The St. Photios National Shrine 2023 Essay Contest

is accepting submissions through January 5, 2024. The 2023 Essay Theme is: *It is often difficult to maintain our ethnic, cultural, and religious heritage in this multicultural environment, which is America. How important is this to you and your family? How do you now, and in the future, manage to keep your religion and culture as alive and well?*

Winners will be chosen from each category and will receive an award of \$1,000: 13-15 year old participants and 16-19 year old participants. For more information, please scan this QR code.



# 2023/2024 SCHOLARSHIP APPLICATION

**Now Available - Apply Online!**

Applications from eligible college students accepted from **October 1, 2023** through **January 31, 2024**. The application and qualification criteria, requirements, and guidelines are available at [www.panhellenicsf.org](http://www.panhellenicsf.org).

To be eligible to apply for a scholarship, applicants must fulfill the following requirements:

- Be a US Citizen or US permanent resident
  - Be of Hellenic descent
- Be a full time undergraduate attending a 4-year accredited university *this Fall, 2023*
  - Have a minimum 3.5 cumulative GPA

— To apply, visit [panhellenicsf.org/apply](http://panhellenicsf.org/apply) —



scan to apply

For more information regarding our scholarship program, contact our Director of Scholarships, Elizabeth Danielides at [edanielides@panhellenicsf.org](mailto:edanielides@panhellenicsf.org)

## THRIVING CONGREGATIONS INITIATIVE (TCI) SURVEY REQUEST

Your church has been involved in a program to help you thrive, and this program is part of an initiative from Lilly Endowment called Thriving Congregations. Through this survey, we hope to get your feedback so that the Lilly Endowment can learn how the program has been helpful for your church and how it might be more helpful in the future. We invite adults (18 years old or older) who are not a pastor, priest, or minister at your church or on your church's staff to participate in this survey. Thank you for helping us help your congregation! Please take the survey before November 19.

This survey typically takes 10-15 minutes. Please plan to complete it in one setting. Your responses will be anonymous. Completing this questionnaire is voluntary and submitting it demonstrates your consent to participate in Lilly Endowment's study of Thriving congregations. You can learn more about Lilly Endowment at <https://lillyendowment.org> and more about Thriving Congregations at <https://thrivingcongregations.org>.

Scan QR code or use survey link:

[https://samford.qualtrics.com/jfe/form/SV\\_8i7AIP39t81mELQ](https://samford.qualtrics.com/jfe/form/SV_8i7AIP39t81mELQ)



AHEPA and Daughters of Penelope Present

## *A Pancake Breakfast*

At St. George Greek Orthodox Cathedral

650 Hanover Street, Manchester, NH

October 29, 2023

Immediately following Divine Liturgy approximately 11:30am



TODAY!

\$10 per person

Kids under 12 free

Includes:

Pancakes Sausage Beverage

Call 603-622-9113 or email [beth@stgeorgenh.org](mailto:beth@stgeorgenh.org) for more information

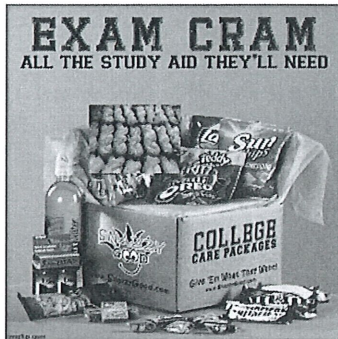


## ATTENTION FAMILIES OF COLLEGE STUDENTS

At our next Family Night, November 3, we will be making care packages to be sent to our college students.

*THIS IS WHERE WE NEED YOUR HELP...*

Please send us the Names and Addresses so we can have a head count of how many packages we will be assembling on this night.



On Friday, November 3 we will be making/assembling these packages.

*What can you bring on this night???*

You can bring your leftover candy from last week (that way you don't have to eat it all) and share it with students who will enjoy them!

We will also need some financial assistance to help cover the cost of shipping the boxes. If you would like to help in this way, please contact the Church Office or see a member of the Board of Directors



*We have 7 names for care packages; please send college student names to [beth@stgeorgenh.org](mailto:beth@stgeorgenh.org) so all parish college students receive a package!*



**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

The Pan Macedonian Association - Thessaloniki Chapter



# Dinner Dance

**SATURDAY, NOVEMBER 25, 2023**  
7 PM

**DoubleTree by Hilton Manchester Downtown**  
700 ELM STREET, MANCHESTER, NH 03101

LIVE PERFORMANCE BY:  
**GEORGIOS KARATZAS**  
& Athenian Entertainment

TICKETS : \$75

**FREE PARKING | CASH BAR**

Proceeds will benefit the Pan Macedonian Scholarship Fund  
FOR TICKET INFORMATION CALL

TOULA: (603) 785-4540 | TASOS: (603) 203-3799

NO TICKETS AVAILABLE AT THE DOOR



## **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, 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 TEACHERS NEEDED** – You do not need to have all the answers to be a teacher – you just need a willingness to lead our youth in this important Catechetical Ministry of the Church. Please reach out to Athena Bevan for more information on how you can help.

**TIC TOC: DAYLIGHT SAVINGS TIME ENDS** – Remember to turn your clocks back on Sunday November 5 at 2am or before you go to bed on Saturday November 4. We “fall back” and have more light in the morning!

**COLLEGE STUDENT ADDRESSES** – We will be making care packages to be sent to our college students on November 3. Please email college student names and addresses to [beth@stgeorgenh.org](mailto:beth@stgeorgenh.org). We currently have 7 addresses – please help us make sure we don’t leave any of our college students out!

**ST. PHOTIOS NATIONAL SHRINE 2023 ESSAY CONTEST** – St. Photios National Shrine is a living memorial to the first Greek settlers on the American continent and to all immigrants whose love of freedom and desire for a better life brought them to the New World. For more information, please scan the QR code inside.

**ORTHODOXY 101** – This online group has begun and is welcoming others to join us. These sessions are for members of our Parish Family and for those who would like to learn more about the Orthodox Christian Faith. Please see the flyer in this bulletin for more information and scan the QR Code to register for the Sessions!

**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. If you are unable to join the morning session, please consider attending Bible Study at Assumption Church on Thursdays at 7pm.

**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.

**UPCOMING MEMORIALS** – November 5: Beverly Ann Mavrofrides (40 days), December 24: Mark Adam (3 years)

**SPONSORED COFFEE HOUR** – November 5: In memory of Beverly Ann Mavrofrides

## OVERCOME THE DAILY PRESSURES OF LIFE

**F**rom time to time, the daily pressures of Life can make us feel that we are powerless. By focusing only on our problems, it can even weaken our faith. But we are reminded by St. Paul in his Epistle to the Philippians "Be anxious for nothing." (Phil 4:6) But how can we achieve this important goal?

We must learn to **TRUST** instead of **TREMBLE**. Be aware that anxiety prevents achievement. Focused thinking is what we need, so we may accomplish God's plan for us. It has been said that faith and fear are opposites. While faith brings peace and salvation, fear harbors sadness and discouragement. With faith, fear is driven away, placing anything within our reach.

We must learn to **FORGIVE** instead of **FUME**. After all, anger is a roadblock to accomplishment; forgiveness is the antidote to anger. We have been instructed by our Lord to give up resentment and be kind to one another.

We must learn to **RELEASE** instead of **RETAIN**. We faithful have proof of God's caring love for us. Christ died on the cross, so we may live in peace. We have been instructed to cast our cares and worries to Jesus so we may be free of them.

By trusting, forgiving and releasing, we turn on the power of God. Allow it to flow through you and you will find the secret to contentment. A carefree mind will be the positive result.

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

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

Fr. Demetrios Costarakis, Cathedral Dean

Father's E-mail: [frdcostarakis@stgeorghen.org](mailto:frdcostarakis@stgeorghen.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.*