



St. Anthony the Great

struggles with the devil in the desert

January 14, 2024

Leavetaking of the Theophany

Saints of the Day: Fathers Slain at Sinai & Raitho

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, Jan 14

Matins 8:30am

Divine Liturgy

9:30am

Vasiloptyia Cutting

Swearing In the
Board of
Directors and
Anagenesis
Board

Mon, Jan 15

Basketball
Grades 3/4 Coed
5:30pm

Grades 7/8 & HS
Boys 6:45pm

Anagenesis
6:30pm

Tues, Jan 16

Basketball
HS Boys 5:30pm
Library Memory
Project Picture ID
by Zoom 7pm

Wed, Jan 17

Feast of St Anthony

Divine Liturgy

9:30am

Bible Study 11am

Greek Preschool
4pm

Scouts 6pm

Thurs, Jan 18

Basketball
Grades 5/6 & 7/8 Boys
6pm
HS Boys 7:15pm

Fri, Jan 19

***Monthly
Bulletin
Deadline***

Sat, Jan 20

Basketball Clinic
9am

Sun, Jan 21

Matins 8:30am
Divine Liturgy 9:30am

Memorial Service
Sponsored Coffee
Hour

Altar candles on January 7 were given in memory of George Lalopoulos by the
Lalopoulos family.

Hymns Chanted Following the Small Entrance

Resurrectional Hymn in the Grave Tone

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέφξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

Anthem for Holy Theophany in First Tone

Ἐν Ἰορδάνῃ βαπτιζομένου σου Κύριε, ἡ τῆς Τριάδος ἐφανερώθη προσκύνησις· τοῦ γὰρ Γεννήτορος ἡ φωνὴ προσεμαρτύρει σοι, ἀγαπητόν σε Υἱὸν ὀνομάζουσα· καὶ τὸ Πνεῦμα ἐν εἵδει περιστερᾶς, ἐβεβαίον τοῦ λόγου τὸ ἀσφαλές. Ὁ ἐπιφανεὶς Χριστὲ ὁ Θεός, καὶ τὸν κόσμον φωτίσας δόξα σοι.

As You were baptized in the Jordan, O Lord, then the worship of the Trinity became manifest, for the voice of the Father bore witness to You, naming You the Beloved Son; and the Spirit, in the form of a dove, confirmed the certainty of the word. O Christ God, who appeared and illumined the world, glory to You.

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 Fourth Tone

Ἐπεφάνης σήμερον τῇ οἰκουμένῃ, καὶ τὸ φῶς σου Κύριε, ἐσημειώθη ἐφ' ἡμᾶς, ἐν ἐπιγνώσει ὑμνοῦντάς σε. Ἦλθες ἐφάνης τὸ Φῶς τὸ ἀπρόσιτον.

You appeared today to us * on earth, O Master, * and Your light was signed on us * who cry aloud to You and say * with understanding, O Christ our God: You came and shone forth, O Light unapproachable.

SCRIPTURE READINGS

Ephesians 4:7-13

BRETHREN, grace was given to each of us according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he led a host of captives, and he gave gifts to men." (in saying, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is he who also ascended far above all the heavens, that he might fill all things.) And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

Εφεσιους 4:7-13

Ἀδελφοί, ἐνὶ ἐκάστῳ ἡμῶν ἐδόθη ἡ χάρις κατὰ τὸ μέτρον τῆς δωρεᾶς τοῦ Χριστοῦ. Διὸ λέγει, Ἀναβὰς εἰς ὕψος ἠχμαλώτευσεν αἰχμαλωσίαν, καὶ ἔδωκεν δόματα τοῖς ἀνθρώποις. Τὸ δέ, Ἀνέβη, τί ἐστὶν εἰ μὴ ὅτι καὶ κατέβη πρῶτον εἰς τὰ κατώτερα μέρη τῆς γῆς; Ὁ καταβάς, αὐτός ἐστιν καὶ ὁ ἀναβὰς ὑπεράνω πάντων τῶν οὐρανῶν, ἵνα πληρώσῃ τὰ πάντα. Καὶ αὐτὸς ἔδωκεν τοὺς μὲν ἀποστόλους, τοὺς δὲ προφήτας, τοὺς δὲ εὐαγγελιστάς, τοὺς δὲ ποιμένας καὶ διδασκάλους, πρὸς τὸν καταρτισμὸν τῶν ἁγίων, εἰς ἔργον διακονίας, εἰς οἰκοδομὴν τοῦ σώματος τοῦ Χριστοῦ· μέχρι καταστήσωμεν οἱ πάντες εἰς τὴν ἐνότητα τῆς πίστεως καὶ τῆς ἐπιγνώσεως τοῦ υἱοῦ τοῦ θεοῦ, εἰς ἄνδρα τέλειον, εἰς μέτρον ἡλικίας τοῦ πληρώματος τοῦ Χριστοῦ.

Matthew 4:12-17

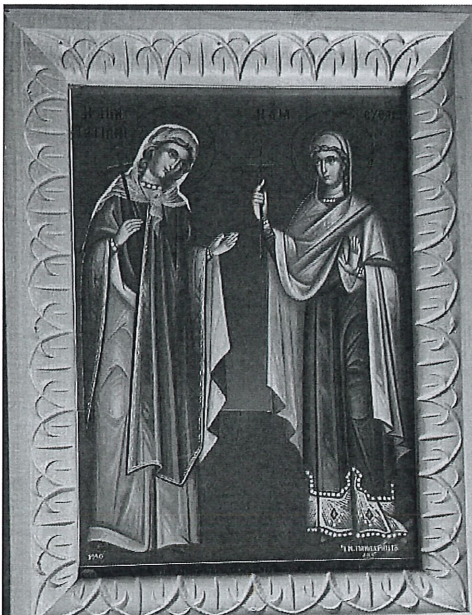
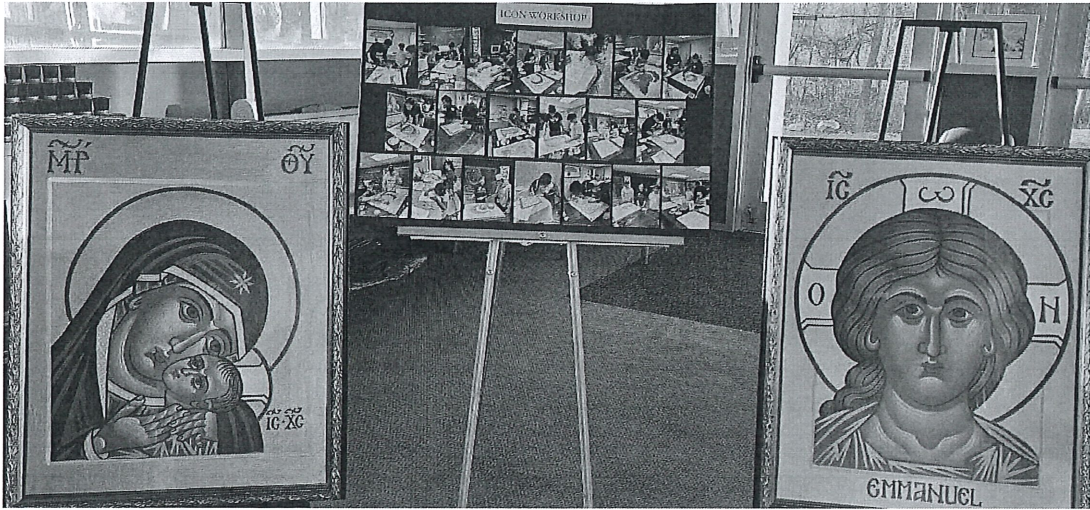
At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulun and Naphtali, that what was spoken by the prophet Isaiah might be fulfilled: "The land of Zebulun and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles, the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

Ματθαιον 4:12-17

Τῷ καιρῷ ἐκείνῳ, ἀκούσας δὲ ὁ Ἰησοῦς ὅτι Ἰωάννης παρεδόθη, ἀνεχώρησεν εἰς τὴν Γαλιλαίαν, καὶ καταλιπὼν τὴν Ναζαρέτ ἐλθὼν κατώκησεν εἰς Καπερναοὺμ τὴν παραθαλασσίαν ἐν ὁρίοις Ζαβουλὼν καὶ Νεφθαλείμ, ἵνα πληρωθῇ τὸ ῥηθὲν διὰ Ἡσαΐου τοῦ προφήτου λέγοντος· γῆ Ζαβουλὼν καὶ γῆ Νεφθαλείμ, ὁδὸν θαλάσσης, πέραν τοῦ Ἰορδάνου, Γαλιλαία τῶν ἐθνῶν, ὁ λαὸς ὁ καθήμενος ἐν σκότεινείδῃ φῶς μέγα, καὶ τοῖς καθημένοις ἐν χώρα καὶ σκιᾷ θανάτου φῶς ἀνέτειλεν αὐτοῖς. Ἀπὸ τότε ἤρξατο ὁ Ἰησοῦς κηρύσσειν καὶ λέγειν· μετανοεῖτε· ἤγγικε γὰρ ἡ βασιλεία τῶν οὐρανῶν.

NEW ICONS!!!

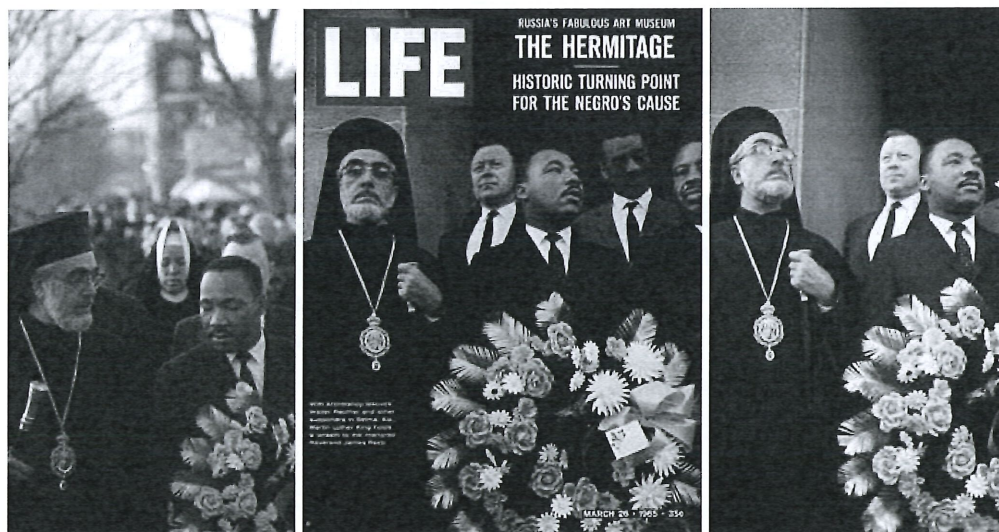
As you can see when you come into the Cathedral there are new Icons for the Faithful to venerate. The large Icons of Christ Emmanuel, and the Mother of God and the Christ Child were made by the youth of our community during an Icon workshop lead by Chris Gosey in October of last year. This event was sponsored by the Library Museum Committee who has covered the cost of having the Icons professionally framed. They will soon be placed in the Nave of the Church.



The other Icons and new casing were donated by some of the faithful who participate in our weekly Bible Study. The Icon set includes Icons for EVERY DAY of the year (365 Icons) as well as Icons from the Triodion Period (Pre-Lent, Great Lent, Holy Week) and for the Pentecostarion (Pascha to All Saints Sunday).

We thank the members of the Library Museum and those individuals who donated the daily Icon set.

His Eminence Archbishop Iakovos & The Civil Rights Movement: Selma, 1965



In response to a nation-wide call by the Reverend Martin Luther King Jr., religious and civic leaders from across the country gathered at Brown Chapel of the African Methodist Episcopal Church in Selma, Alabama on March 15, 1965 to memorialize two recently fallen heroes of the civil rights movement. The first was twenty-six-year-old African American Jimmie Lee Jackson, a deacon at St. James Baptist Church in Marion, Alabama. He was shot twice in the stomach in late February and died shortly thereafter. The second was thirty-eight-year-old James Reeb, a white Unitarian minister, who was severely beaten outside a suspected Ku Klux Klan gathering place in early March. He died two days later from wounds he sustained from that brutal beating. The tragic deaths of these two ministers spurred a national outcry. Distinguished leaders from various faiths and civil rights sympathizers poured into Selma's Brown Chapel for the memorial service awaiting its featured eulogist, the Reverend Martin Luther King Jr. Among the dignitaries who arrived in Selma that day was His Eminence Archbishop Iakovos of the Greek Orthodox Archdiocese of North and South America. Why did Archbishop Iakovos travel to this remote southern city at one of the most volatile moments in our nation's history?

Since becoming the Greek Orthodox Archbishop on April 1, 1959, Archbishop Iakovos became one of the most prominent church leaders in America to speak out for the need of civil and human rights legislation. His advocacy for the passage of the 1964 Civil

Rights Act was one of his many accomplishments. However, as the results of the 1964 election revealed, the Civil Rights Act had not gone far enough to ensure the vote for all citizens: few African Americans voted in the southern states because many white segregationists prevented them from registering. Civil rights organizations labored tirelessly to register African Americans in cities like Selma, Alabama for at least two years with little success. Of the fifteen thousand African Americans residing in Selma's Dallas County, only three hundred had registered. In adjacent Perry County, the number of African American registered voters was about the same. Blacks comprised 80 percent of the population in the area immediately south of Dallas County, yet none had registered to vote. In response, civil rights leaders mobilized and pressured the federal government for a Voting Rights Act at the beginning of 1965. President Lyndon Johnson felt it was too soon after the Civil Rights Act to introduce voting reform legislation, which prompted Martin Luther King Jr. and others into action. Among these were the National Council of Churches' Commission on Religion and Race and one of its leaders, Archbishop Iakovos.

Click this QR Code to read the complete article and to see the Civil Rights Page of the Archdiocese



Save the date!
An Apokreatiko Celebration

Saturday, March 9, 2024
7pm – 11:00pm
In the church hall

Watch for more information!





CYBER SECURITY WATCH

Provided by the Departments of Internet Ministries and Information Technology



EDUCATE yourselves and others about the dangers of emails and phone scams.

YOUR PARISH PRIEST should never reach out via personal email to request immediate financial assistance. Be vigilant if you do receive an email that fits this description! Here are some *do's* and *do not's* to guide you:

DO NOT...

- ❌ reply to the message
- ❌ click on any links
- ❌ download any attachments
- ❌ use the contact information provided in the email
- ❌ share personal or financial data via email or phone

DO...FOLLOW THE 3 V'S

- ✅ **VIGILANCE** requires that you should question every email that comes in
- ✅ **VERIFY** the email by contacting your parish
- ✅ **VERY OFTEN** change your passwords

REPORT CYBERCRIME IMMEDIATELY to the following Federal agencies and to the Archdiocese:

- **Federal Trade Commission:** ftc.gov/complaint
- **FBI:** fbi.gov/tips
- **Archdiocese Technical Support:** techsupport.goarch.org

LEARN MORE by visiting blogs.goarch.org/internet-ministries by contacting the Departments of Internet Ministries and Information Technology with your questions at techsupport.goarch.org.



Bread has been the emblem of God's providence for us, throughout humanity's history. Both physical (bread as food) and spiritual - the *ἐπιούσιον* (epiousion) or "supersubstantial" bread of the Lord's prayer, the bread of Holy Communion.

In the Orthodox Christian church, the pinnacle of our worship is union with Christ, both spiritually but also physically, by consuming the Body and Blood of our Lord Jesus Christ.

Since the Last Supper, before every Divine Liturgy, one or more of the faithful prepare and bring bread to church to be used as the Body of Christ in the Eucharist. The Orthodox church is liturgical. For those of us who bake prosphoro, the liturgy begins as we prepare to bake!

Prosphoro is an offering to God, made from His material gifts to us, and prepared lovingly and prayerfully.

A special website is available to share with the faithful this 'proper' method of preparation of the holy gift according to the Greek Orthodox tradition. Please click the following QR code to visit the site, to learn about this wonderful tradition of our church.





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, Kleoniki, Michael, Nicholas, Paul, George, Angelina, Lajuana, John and Family, Alexandra, David, Connie, Marty

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, Fr. Elias and family

For couples, parents, and their families: Neal and Elena, Penelope & Florence, Teddy, Christina & Casey, Melanie and Michael, Alex, Fr. George and Pres. Harriet

For those engaged to be married:

For conceiving of children:

For childbearing: Despina, Karleigh

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

For those travelling abroad:

For those seeking employment: Lia, Jillian, Nick

PARISH ANNOUNCEMENTS

VASILOPITA BREADS – There are Vasilopita breads available for \$10 while supplies last! Please see Cathy Moufarge or Veneta Tatakis for more information.

WEEKLY BIBLE STUDY – You are invited to join us for our weekly Bible Study which resumes on Wednesday January 17 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.

>>UNFILLED NEED: SUNDAY SCHOOL TEACHERS – Please sign up to be a teacher and share the teachings of our faith with the future of the church – the children! For more information on how you can help, contact Athena Bevan.

PROSPHORA NEEDED – You are invited to make Prospora to be used during the Divine Liturgy. Sunday Divine Liturgies use five loaves on average. We appreciate your help with this special need.

2024 CALENDARS ARE AVAILABLE – Pick up your calendar in the Narthex, foyer of the community center, or the church office. The Archdiocese discontinued printing the pocket calendars since they have found most people get this information online.

UPCOMING MEMORIALS –January 21: Theodore Karametros (2 years), Demetrios Dellas (1 year), James Dellas (6 years)

AN APOKREATIKO CELEBRATION – Save the date of Saturday, March 9 as we gather for some fun before we start Great Lent.

CADILLAC BALL 50/50 RAFFLE TICKETS – Would you like to be a part of the Cadillac Ball 50/50 Raffle? Then contact the office to participate! Tickets are \$10 each and you do not need to be present to win. Would you like to attend the Cadillac? Contact the church office to let us know. We may have tickets available.

SCHOLARSHIP PACKETS NOW AVAILABLE – Please contact the church office if you would like a scholarship packet.

PAN HELLENIC SCHOLARSHIPS – Apply online through January 31, 2024 for this scholarship. For application, qualification criteria, requirements, and guidelines, scan this QR code. For more information regarding the scholarship program, contact Elizabeth Danielides at edanielides@panhellenicsf.org.



ST. NICHOLAS BAKED LAMB DINNER – The Baked Lamb Dinner originally scheduled for December 10 has now been rescheduled for Sunday, January 21 following Divine Liturgy. Please pre order your meal by close of business on January 19 with Barbara George either by text (925) 330-9966 or email (st.nicksgochurch@gmail.com) using “Lamb Dinner Order” in the subject line.

THE PATRIARCH OF MONKS

Here is a question one may ask: WHICH IS MORE PLEASING TO GOD? SELF-DENIAL AND ISOLATION IN THE DESERT OR GOOD WORKS OF MERCY AMONG THE CROWDS? One can see value in each.

A man of prayer in the desert may think that without the solitude, one cannot do what is right. It would be too difficult to keep his heart pure and his mind fixed on God.

Conversely, someone who was doing good works among his fellow man, may feel that the desert-dweller is too occupied with his OWN salvation. This may come at the EXPENSE of his fellow man. We will never fully know, but our Church believes that BOTH are equally pleasing in the eyes of God. Both servants are perfect before our Maker.

One such pious example of SELF-DENIAL and ISOLATION is ST. ANTHONY THE GREAT, pictured on the bulletin today. Born in Egypt in the year 251 A.D., he lived to the advanced age of 105. His long lifespan was filled with service to the Lord as the "PATRIARCH OF MONASTIC LIFE." His good advice and wise counsel was sought by many. The Church Fathers wrote this about St. Anthony the Great: *"O Father Anthony, you imitated the zealous Elijah in your manner of living. You followed the straight path of John the Baptist and became a desert dweller. By prayer, you confirmed the Universe. Wherefore, intercede with Christ our God to save our souls."* Amen.

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.