

HOLY  
APOSTLE  
TIMOTHY



Faithful  
Disciple  
of  
St. Paul





**January 21, 2024**

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

**Saints of the Day: Maximus the Confessor, Martyr Neophytos**

**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**

Demetrios Dellas (1 year), James Dellas (6 years), Theodore Karametros (2 years)  
Coffee hour is sponsored in memory of Demetrios Dellas, James Dellas, and  
Theodore Karametros by the Karametros family.

**WEEK IN PREVIEW**

**Sun, Jan 21**

***Matins 8:30am***

***Divine Liturgy*  
9:30am**

Memorial Service

Sponsored Coffee  
Hour

**Mon, Jan 22**

Basketball  
Grades 3/4 Coed  
5:30pm  
Grades 7/8 & HS  
Boys 6:45pm

**Tues, Jan 23**

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

**Wed, Jan 24**

Bible Study 11am  
Greek Preschool  
4pm  
Scouts 6pm

**Thurs, Jan 25**

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

**Sun, Jan 28**

***Matins 8:30am*  
*Divine Liturgy 9:30am***



# Hymns Chanted Following the Small Entrance

## Resurrectional Hymn in the Plagal of the Fourth Tone

Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσῃς τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

You descended from on high, O compassionate One, and consented to a three[1]day burial, to free us from the passions. O Lord, our life and resurrection, glory to You!

## Anthem for the Saint in the Plagal of the Fourth Tone

Ὁρθοδοξίας ὁδηγέ, εὐσεβείας διδάσκαλε καὶ σεμνότητος, τῆς οἰκουμένης ὁ φωστήρ, τῶν μοναστῶν τὸ θεόπνευστον ἐγκαλλώπισμα, Μάξιμε σοφέ, ταῖς διδαχαῖς σου πάντα ἐφώτισας, λύρα τοῦ Πνεύματος· πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Guide of Orthodoxy and a sacred teacher of piety and dignity, luminary of the world, and God-inspired jewel of monastics, O wise Maximus, the Spirit's instrument: by your teachings you enlightened all. Intercede with Christ our God for the salvation of our souls.

## 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 First Tone

Ὁ μήτραν παρθενικὴν ἀγίασας τῷ τόκῳ σου, καὶ χεῖρας τοῦ Συμεὼν εὐλογήσας ὡς ἔπρεπε, προφθάσας καὶ νῦν ἔσωσας ἡμᾶς Χριστέ ὁ Θεός. Ἄλλ' εἰρήνευσον ἐν πολέμοις τὸ πολίτευμα, καὶ κραταίωσον Βασιλεῖς οὓς ἠγάπησας, ὁ μόνος φιλόανθρωπος.

You sanctified the virginal womb by Your birth, O Lord, and blessed the hands of Symeon fittingly, O Christ God; and even now You came and saved us. Now, give peace to our Nation in time of war, and empower our Leaders, so loved by You, the only one who loves humanity.



## SCRIPTURE READINGS

### Colossians 3:4-11

Brethren, when Christ who is our life appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away: anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

### Κολοσσαείς 3:4-11

Ἀδελφοί, ὅταν ὁ Χριστὸς φανερωθῇ, ἡ ζωὴ ἡμῶν, τότε καὶ ὑμεῖς σὺν αὐτῷ φανερωθήσεσθε ἐν δόξῃ. Νεκρώσατε οὖν τὰ μέλη ὑμῶν τὰ ἐπὶ τῆς γῆς, πορνείαν, ἀκαθαρσίαν, πάθος, ἐπιθυμίαν κακὴν, καὶ τὴν πλεονεξίαν, ἥτις ἐστὶν εἰδωλολατρεία, δι' ἧς ἔρχεται ἡ ὀργὴ τοῦ Θεοῦ ἐπὶ τοὺς υἱοὺς τῆς ἀπειθείας· Ἐν οἷς καὶ ὑμεῖς περιεπατήσατέ ποτε, ὅτε ἐζήτε ἐν αὐτοῖς. Νυνὶ δὲ ἀπόθεσθε καὶ ὑμεῖς τὰ πάντα, ὀργὴν, θυμὸν, κακίαν, βλασφημίαν, αἰσχρολογίαν ἐκ τοῦ στόματος ὑμῶν· μὴ ψεύδεσθε εἰς ἀλλήλους, ἀπεκδυσάμενοι τὸν παλαιὸν ἄνθρωπον σὺν ταῖς πράξεσιν αὐτοῦ, καὶ ἐνδυσάμενοι τὸν νέον, τὸν ἀνακαινούμενον εἰς ἐπίγνωσιν κατ' εἰκόνα τοῦ κτίσαντος αὐτόν· ὅπου οὐκ ἔστι Ἕλλην καὶ Ἰουδαῖος, περιτομὴ καὶ ἀκροβυστία, βάρβαρος, Σκύθης, δοῦλος, ἐλεύθερος· ἀλλὰ τὰ πάντα καὶ ἐν πᾶσιν Χριστός.

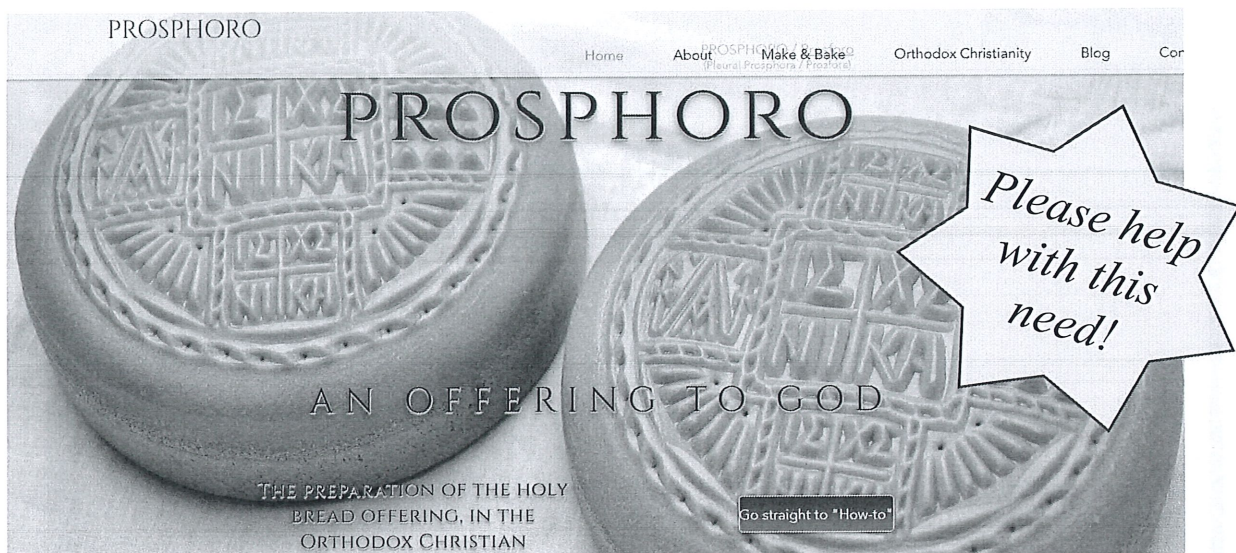
### Luke 17:12-19

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."

### Λουκαν 17:12-19

Τῷ καιρῷ ἐκείνῳ, εἰσερχομένου αὐτοῦ εἰς τινα κώμην ἀπήντησαν αὐτῷ δέκα λεπροὶ ἄνδρες, οἱ ἔστησαν πόρρωθεν, καὶ αὐτοὶ ἦσαν φωνὴν λέγοντες· Ἰησοῦ ἐπιστάτα, ἐλέησον ἡμᾶς. καὶ ἰδὼν εἶπεν αὐτοῖς· πορευθέντες ἐπιδείξατε ἑαυτοὺς τοῖς ἱερεῦσι. καὶ ἐγένετο ἐν τῷ ὑπάγειν αὐτοὺς ἐκαθαρίσθησαν. εἷς δὲ ἐξ αὐτῶν, ἰδὼν ὅτι ἰάθη, ὑπέστρεψε μετὰ φωνῆς μεγάλης δοξάζων τὸν Θεόν, καὶ ἔπεσεν ἐπὶ πρόσωπον παρὰ τοὺς πόδας αὐτοῦ εὐχαριστῶν αὐτῷ· καὶ αὐτὸς ἦν Σαμαρεῖτης. ἀποκριθεὶς δὲ ὁ Ἰησοῦς εἶπεν· οὐχὶ οἱ δέκα ἐκαθαρίσθησαν; οἱ δὲ ἐννέα ποῦ; οὐχὲν εὐρέθησαν ὑποστρέψαντες δοῦναι δόξαν τῷ Θεῷ εἰ μὴ ὁ ἄλλογενὴς οὗτος; καὶ εἶπεν αὐτῷ· ἀναστὰς πορεύου· ἡ πίστις σου σέσωκέ σε.





Bread has been the emblem of God's providence for us, throughout humanity's history. Both physical (bread as food) and spiritual - the *επιούσιον* (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!

Prosporo 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.





# THRIVING CONGREGATIONS INITIATIVE

Greek Orthodox Metropolis of Boston

## STRIVING FOR THRIVING: CULTIVATING SPIRITUAL PRACTICES

A Monthly Learning Opportunity for Parishes  
of the Greek Orthodox Metropolis of Boston

Join a monthly Zoom call led by parish leaders across the nation to take a deep dive with your parish leadership and ministry team into strategies and techniques that your parish can use to enhance its vitality.

**1/30 | 2/20 | 3/26 | 4/23 | 7:30-9PM**

Register by clicking [here](https://tciboston.org/events) or at [tciboston.org/events](https://tciboston.org/events)

## EVANGELIZATION FR. BARNABAS POWELL



Faith Encourage Ministries &  
Sts. Nicholas, Rafael, and Irene  
Cumming, Georgia



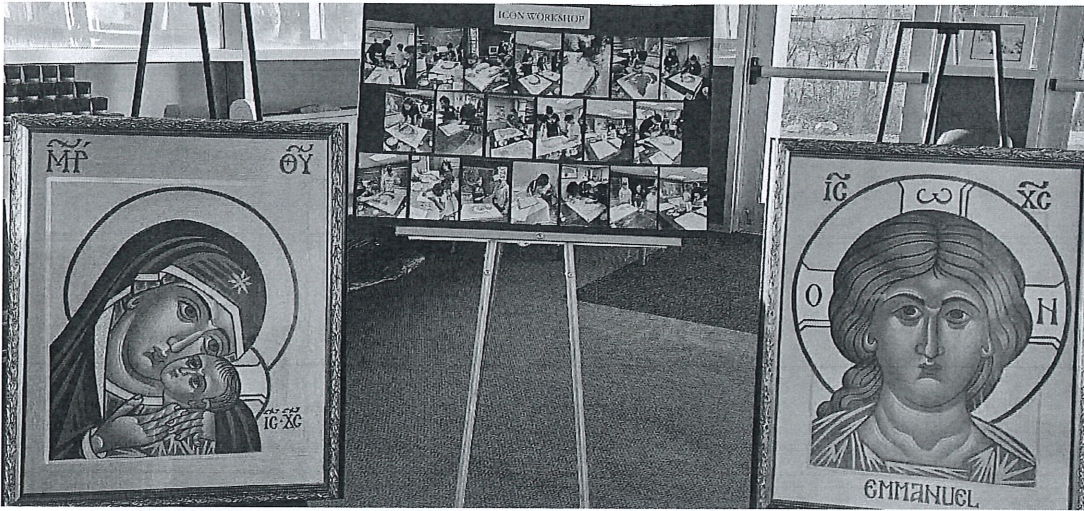
**Tuesday, January 30 | 7:30-9pm**

*Scan the QR code for more information and to register!*



## NEW ICONS!!!

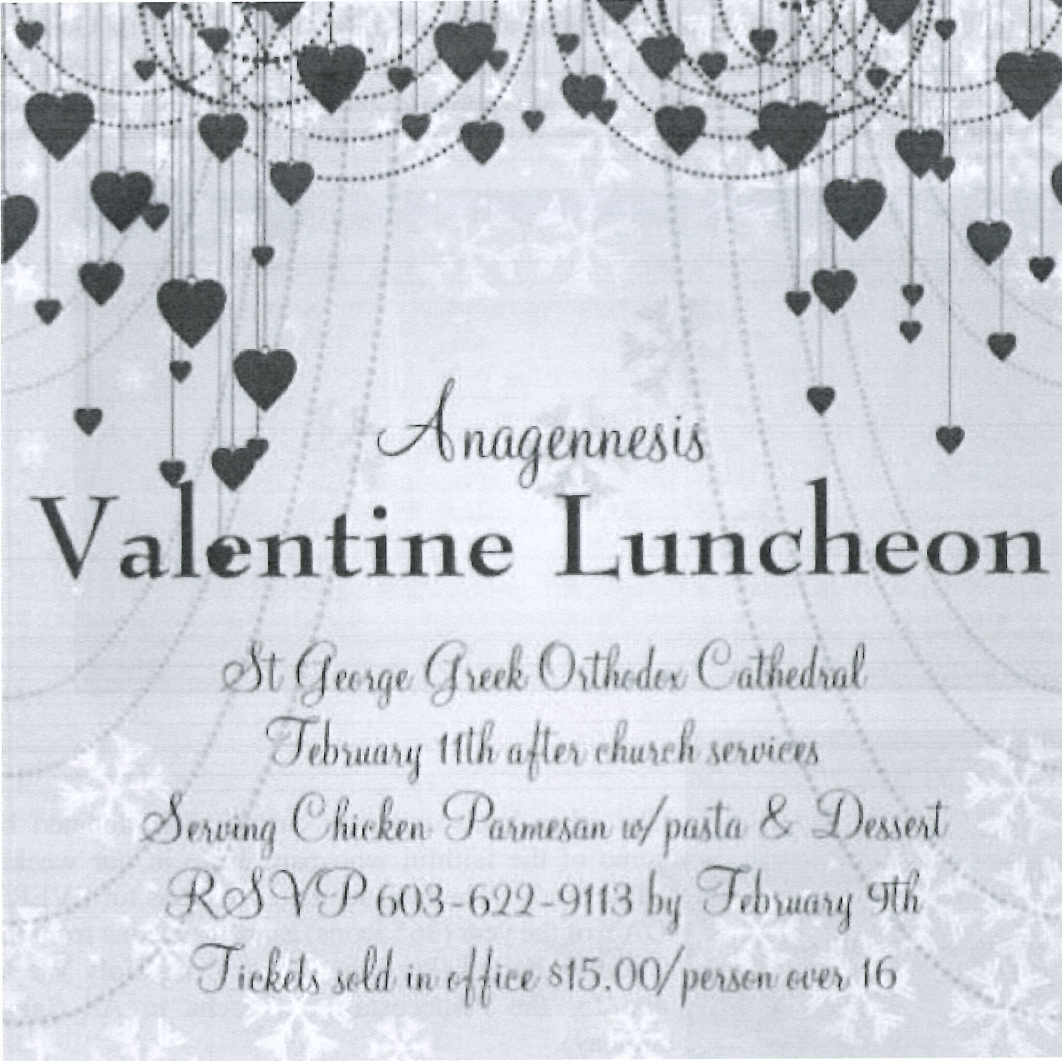
As you can see when you come into the Cathedral there are new Icons for the Faithful to venerate. The large Icons of Christ Emmanuel, and the Mother of God and the Christ Child were made by the youth of our community during an Icon workshop lead by Chris Gosey in October of last year. This event was 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.



The background of the poster is a light blue-grey color with a subtle pattern of white stars and swirling dotted lines. Numerous black hearts of various sizes are scattered across the top and sides, some hanging from the top as if by strings. The text is centered and uses a mix of serif and script fonts.

# *Anagennesis* **Valentine Luncheon**

*St George Greek Orthodox Cathedral*

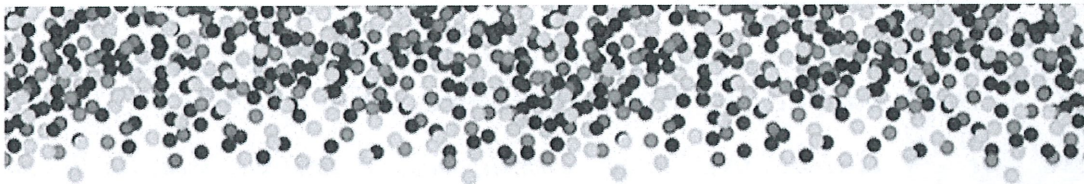
*February 11th after church services*

*Serving Chicken Parmesan w/ pasta & Dessert*

*RSVP 603-622-9113 by February 9th*

*Tickets sold in office \$15.00/person over 16*





***St. George Greek Orthodox Cathedral***

650 Hanover Street  
Manchester, New Hampshire

*Invites you to*

**An Apokreatiko Celebration**

**Saturday, March 9, 2024**

**7pm – 11pm**

*In the church hall*



**DJ: The Salonica Boys**  
**Greek and American Dancing**



**Variety of Hors D'oeuvres**

**Cash Bar**

**Donation: \$25.00 per person**  
***Children 12 and under Free!***

**For further Information:**

**Toula Barber at (603) 668-6839 or**  
**the Cathedral office at (603) 622-9113**







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

**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

**WEEKLY BIBLE STUDY** – You are invited to join us for our weekly Bible Study which is held 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.

**>>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** – February 11: Marilyn Motowylak (40 days)

**VALENTINE'S LUNCHEON** – Come and enjoy a luncheon on Sunday February 11 following Divine Liturgy. Please see the enclosed flier.

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

**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](mailto:edanielides@panhellenicsf.org).





## **"TIMOTHY, MY SON . . ."**

**I**n the New Testament, two of the Apostle Paul's letters are directed to Timothy, who he refers to as being a ". . . true son in the faith." (1 Tim. 1:2) Who was Timothy? Timothy was one of the 70 apostles appointed by our Lord to take His message to the world. He was born in Lystra - - son of a Greek father and a Jewish mother. His grandmother was a Christian, and it is said that she influenced him and nurtured his desire to be a follower of Christ.

It was in Lystra that Timothy met St. Paul. Impressed by the young man's deep devotion and heartfelt desire to serve the Church, Paul asked Timothy to accompany him on his missionary journeys. Their travels took them to Achaia, Macedonia, Italy and Spain. Timothy's eloquence, along with his gentle temperament, enabled

him to be a great asset in winning souls for Christ. Eventually, Timothy followed his own missionary trail to Corinth, Philippi and Thessalonica, keeping in constant touch with his mentor through the scriptural letters that now bear his name.

The Apostle Timothy finally settled in Ephesus, where he became a bishop of that thriving community. Despite his noble efforts, Timothy was met with great opposition there from the followers of the pagan god Artemis. One evening while attempting to disperse an unruly crowd of pagan worshippers, who had gathered outside his home, Timothy suffered martyrdom at their hands. His relics were later taken to the Church of the Holy Apostles in Constantinople, where they were buried alongside the graves of the Evangelist Luke and the Apostle Andrew.

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

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

Fr. Demetrios Costarakis, Cathedral Dean

Father's E-mail: [frdcostarakis@stgeorgenh.org](mailto: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 and was emailed this morning.*