

"The disciples were first called Christians in Antioch." Acts 11:26

The Weekly Bulletin is an official publication of Saint George Antiochian Orthodox Cathedral, Coral Gables, Florida.

The Orthodox Christian Faith proclaims the Gospel of Jesus Christ, the teachings of the Apostles, and the tradition and life of the living Church worldwide, free from error and distortion through worship, communion, witness, and service. We are one community of many in the One, Holy, Catholic (Universal), and Apostolic Church that has maintained, throughout the ages, a continuity of faith and love with the apostolic community—founded in God the Father, through Jesus Christ, and sustained by the Holy Spirit. Visitor(s), please feel at home in prayer and worship. Only those practicing Orthodox Christians who have prepared themselves may approach the Chalice for Holy Communion. Everyone else is welcome to partake of the Blessed Holy Bread after the Divine Liturgy.

Cathedral Administrative and Organizational Body

His Beatitude John X, Patriarch

Antioch and All East



The Right Reverend Bishop NICHOLAS, Diocesan Bishop Diocese of Miami and the Southeast

Very Reverend Father Paul R. Solberg, Cathedral Dean



Brotherhood of the Noble Joseph:

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Sdn. Charles Khoury

Sdn. Elie Bardawil

Sdn. Sean Hatem

Sdn. Louis Hatem

Sdn. Hanna Soufia

Acolytes (servers)

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Dr. Don Shalhub, Chanter

Yamil Zacur, Lead Usher

All Choir Members and Ushers

Council Stewardship Committee:

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Jamal Habib, Membership

Lama Elhaj, Property Usage

Yamil Zacur, Property Management

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Nasser Soufia, Vision and Development

Orthodox Christian Arabic School

Reem Yazji, Coordinator

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Yola Hayek, *Antiochian Women*

Noura Soufia, Young Adult Fellowship

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Tony Zammar, Antiochian Men

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Hannan Mounayyer, *Lead Advisor* Said Elhaj

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM تغييرات في القدَّاس

CHANGES IN THE DIVINE LITURGY

At the beginning of the Divine Liturgy at 10:30 a.m., please turn to page 92 in the Red Service Book to follow along with the Divine Liturgy. Likewise, please follow along the inserts in this Weekly Bulletin for the changes in today's Divine Liturgy (SEE BELOW).

~ During the Little Entrance ~

Apolytikion of the Resurrection (Tone Six)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

إِنَّ القُـوَّاتِ المَلائكِيَّةِ ظَهَـروا عـلى قَـبْرَكَ الْمُوَقَّر، والحُـرَّاسَ صـاروا كالأمـواتِ، ومَرْيَـمَ وَقَفَـتْ عِنْـدَ القَبْرِ طَالِبَةً جَسَدَكَ الطاهِرَ، فَسَبَيْتَ الجَحيمَ ولَمْ تُجَرَّبْ مِنْها، وصادَفْتَ البتولَ مانِحاً الحياة. فيا مَنْ قامَ منْ بِينِ الأموات، يا ربُّ المَجْـدُ لَـكَ.

The Entrance Hymn for Ordinary Sundays (Tone Two)

O come, let us worship and fall down before Christ, our King and our God. Save us, O Son of God, who art risen from the dead; who sing to Thee. Alleluia.

عِنْدَما انْحَدَرْتَ إلى المَوْت، أَيُّها الحَياةُ الذي لا يموت، حينئذِ أَمَتَّ الجَحيمَ ببَرْق لاهوتك. وعِنْدَما أَقَمْتَ الأُمْواتَ مِنْ تَحْتِ الثَّرِي، صَرَخَ نَحْوَكَ جَمِيعُ القُوَّاتِ السَّماويين: أيُّها المسيحُ الإله، مُعْطى الحَياة المَجْـدُ لك.

تغييرات في القدّاس

~ After the Little Entrance ~ <u>Apolytikion of the Resurrection (Tone Six)</u>

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

إِنَّ القُـوَّاتِ الْمَلائكِيَّةِ ظَهَـروا عـلى قَبْرِكَ الْمُوَقَّـرِ، والحُـرّاسَ صـاروا كالأمـواتِ، ومَرْيَـمَ وَقَفَـتْ عِنْـدَ القَبْرِ طالِبَةً جَسَـدَكَ الطاهِـرَ، فَسَبَيْتَ الجَحيـمَ ولَـمْ تُجَرَّبْ مِنْها، وصادَفْتَ البتـولَ مانِحاً الحيـاة. فيـا مَـنْ قـامَ مِـنْ بـينِ الأمـواتِ، يـا ربُّ المَجْـدُ لَـكَ.

Apolytikion for St. Gregory Palamas (Tone Eight)

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonderworker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

يا كَوْكَبَ الرَّأيِ القَويمِ، وثَباتَ الكَنيسَةِ ومُعَلِّمَها، وجَمالَ المُتُوَحِّدينَ، ومُناضِلاً عَنِ المُتُكَلِّمينَ باللاهـوتِ، الـذي لا يُحارَبُ، غِرِيغورِيوسَ الفاعِلَ المُعْجِزاتِ، فَخْرُ تِسالونيكِيَّةَ وكاروزُ النَّعْمَةِ. لا تَنفَكَّ مُتَشَفِّعاً فِي خَلاصِ نُفوسِنا.

Apolytikion of St. George (Tone Four)

Since thou art a liberator and deliverer of captives, a help and support of the poor and needy, a healing physician of the sick, a contender and fighter for kings, O great among Martyrs, the victory-clad George; intercede with Christ God for the salvation of our souls. هما أنَّكَ للمأسُورينَ مُحَررٌ ومُعتِقٌ، وللفُقَراءِ والمَسَاكينِ عاضِدٌ ونَاصِرٌ وللمَرضَى طبيبٌ وشَافٍ وعن المؤمنينَ مُكافِحٌ ومُحَارِبٌ أيها العظيمُ في الشُهداءِ جاورجيوسُ اللآبِسُ الظَفَر تَشَفَع إلى المسيح الإلهِ في خَلاصِ نُفُوسِنا.

Kontakion for Sundays of Great Lent (Tone Eight)

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

إِنِي أَنَا عَبِدُكِ يِنَا وَالْدَةَ الْإِلَهِ * أَكْتُبُ لِكِ راياتِ الغَلَبَة * يِنَا جُنْدِيَّةً مُحامِيَةً * وأُقَدِّمُ لَكِ الشُّكْرَ كَمُنْقِذَةٍ مِنَ الشَّدائِد * لَكِنْ مِنَا أَنَّ لِكِ العِزَّةَ التي لا تُحَارَب * أَعْتِقِيني مِنْ صُنوفِ الشدائِد * حَتَّى أَصْرُخَ إليكِ: إِفْرَحِي يِنَا عَرُوساً لا عَرُوسَ لَهَا.

THE EPISTLE

FOR THE SECOND SUNDAY OF LENT

الرسالة للأحّدِ الثاني من الصومر

Thou, O Lord, shalt keep us and shalt preserve us. Save me, O Lord, for the godly man is no more!

The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

أَنتَ يا ربُّ تَحْفَظُنا وتَسْتُرُنا. خلِّصْني يا ربُّ فإنَّ البارَّ قَدْ فَنيَ. فَصْلٌ مِنْ رِسالَةِ القِدِّيسِ بولُسَ الرَّسولِ إلى العِبرانِييِّنَ.

«أنتَ يا ربُّ في البَدْءِ أَسَّسْتَ الأَرْضَ، والسَّماواتُ هي صُنْعُ يَدَيْكَ. هِيَ تَزولُ وأَنتَ تَبْقى وكُلُّها تَبلى كالثَّوْبِ. وَتَطوِيها كَالرِّدَاءِ فَتَتَغَيَّرُ، وَأَنتَ أَنتَ وسِنوكَ لَنْ تَفْنى.» وَلِمَنْ مِنَ المَلائِكَةِ قالَ قَطُّ «إِجْلِسْ عَنْ يَمِيني حَتّى وَتَطوِيها كَالرِّدَاءِ فَتَتَغَيَّرُ، وَأَنتَ أَنتَ وسِنوكَ لَنْ تَفْنى.» وَلِمَنْ مِنَ المَلائِكَةِ قالَ قَطُّ «إِجْلِسْ عَنْ يَمِيني حَتّى أَجْعَلَ أَعْداءَكَ مَوْطِئاً لِقَدَمَيْكَ»؟ أَليسُوا جَميعُهم أَرواحاً خادِمَةً تُرْسَلُ لِلْخِدمَةِ مِنْ أَجْلِ الذينَ سَيَرِثونَ الخَلاصَ؟ فَلذَلكَ يَجْبُ عَلينا أَنْ نُصْغِيَ إلى ما سَمِعناهُ إِصْغاءً أَشَدَّ لِئَلاَّ يَسْرَبَ مِنْ أَذْهانِنا. فإِنَّها إِنْ كانَتِ الكَلِمةُ التِي نُطِقَ بِها على أَلسنَةٍ مَلائِكَةٍ قَدْ ثَبَتَتْ، وكُلُّ تَعَدًّ وَمَعْصِيَةٍ نالَ جَزاءً عَدْلاً. فكيْفَ نُفْلِتُ نحنُ إِنْ الكَلِمةُ التِي نُطِقَ بِها على أَلسنَةٍ مَلائِكَةٍ قَدْ ثَبَتَتْ، وكُلُّ تَعَدًّ وَمَعْصِيَةٍ نالَ جَزاءً عَدْلاً. فكيْفَ نُفْلِتُ نحنُ إِنْ أَهْمَلْنا خَلاصاً عَظيماً كَهَذا؟ قَدِ اَبْتَداً النُّطْقُ بِهِ على لِسانِ الرَّبِّ، ثُمَّ ثَبُّتَهُ لَنا الذينَ سَمِعوهُ.

The Reading from the Holy Gospel according to St. Mark (2:1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of Man has authority on earth to forgive sins" – He said to the paralytic – "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

فَصْلٌ شَريفٌ مِنْ بِشارَةِ القِدّيسِ مَرْقُسَ الإنْجيليِّ البَشير والتَّلْميذِ الطَّاهِر.

في ذلك الزَّمانِ، دَخَلَ يسوعُ كَفْرَناحومَ وَسُمِعَ أَنَّهُ في بَيْتِ. فَلِلُوقْتِ اجْتَمَعَ كثيرونَ، حتَّى أَنَّهُ لَمْ عَدْ مَوْضِعٌ ولا ما حوْلَ البابِ يَسَعُ، وكانَ يُخاطِبُهُمْ بالكلِمَةِ. فَأَتَوا إليهِ بِمُخَلَّعٍ يَحْمِلُهُ أَرْبَعَةٌ. وإذ لَمْ يَقْدِرُوا أَنْ يَقْتَرِبُوا إليْهِ لِسَبَبِ الجمْعِ، كَشَفُوا السَّقْفَ حيثُ كان. وبعدَ ما نَقَبُوهُ، دَلُوا السَّريرَ الذي كانَ الْمُخَلَعُ مُضطَجِعاً عَلَيْهِ. فَلَمَّا رأى يَسوعُ إيمانَهُمْ، قالَ لِلْمُخَلَّعِ: "يا بُنَيَّ، مَغْفورَةٌ لَكَ خَطاياكَ." وكانَ قَوْمٌ مِنَ الكَتَبَةِ جالِسينَ هناكَ يُفَكِّرونَ في قُلوبِهِمْ "ما بالُ هذا يَتَكَلَّمُ هَكَذا بالتَجْديفِ؟ مَنْ يَقُدرُ أَنْ يَغْفِرَ الخَطايا إلاّ اللهُ وحْدَهُ؟" فللْوَقْتِ عَلِمَ يسوعُ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هكذا في أَنْفُسِهِمْ، فقالَ لَهُمْ يُفَكِّرُونَ هكذا في أَنْفُسِهِمْ، فقالَ لَهُمْ يُورِعِهِ أَنَّهُمْ يُفَكِّرُونَ هكذا في أَنْفُسِهِمْ، فقالَ لَهُمْ يُورِعُ لِكَ خَطاياكَ" أَمْ أَنْ يُقالَ "قَمْ واحْمَلْ سَريرَكَ وامْ شِ"؟ ولكِنْ لِكَيْ تَعْلَمُوا أَنَّ الْبُشَرِ لَهُ سُلْطانٌ على الأَرْضِ أَنْ يَعْفِرَ الخَطايا (قالَ واحْمَلْ سَريرَكَ وامْشِ"؟ ولكِنْ لِكَيْ تَعْلَمُوا أَنَّ الْبَشَرِ لَهُ سُلْطانٌ على الأَرْضِ أَنْ يَعْفِرَ الخَطايا (قالَ لِلمُخَلِّعِ) "لَكَ أَقُولُ، قُمُ واحْمَلْ سَريرَكَ واذْهَبْ إلى بيتِكَ." فقامَ لِلْوَقْتِ وحمَلَ سريرَهُ وخَرَجَ أَمامَ للمُخَلِّعِ) "لَكَ أقولُ، قُمُ واحْمِلْ سَريرَكَ واذْهَبْ إلى بيتِكَ." فقامَ لِلْوَقْتِ وحمَلَ سريرَهُ وخَرَجَ أَمامَ الْمُعْلَى مَثَلَ هَذَا قَطُّ".



THE SYNAXARION

On March 12 in the Holy Orthodox Church, we celebrate the **St. Gregory Palamas.**

On the second Sunday of Great Lent, there is a great feast in the blessed city of Thessalonika, Greece. It is the feast of St. Gregory Palamas. On this day, the holy relics of the saint are taken from the Church of St. Gregory in a procession throughout the city, escorted by bishops, priests, sailors, policemen, and thousands of faithful. One wonders why his earthly remains are still held in such great veneration.

How could his bones remain incorruptible more than six hundred years after his death? Indeed, St. Gregory's life clearly explains these wondrous facts. It illustrates the inspired words of the apostles that our bodies are temples of the Holy Spirit (see 1 Corinthians 6:19) and that we are "partakers of the divine nature" (2 Peter 1:4).



EPISTLE READER

English: Carmen Kostik Arabic: Dima Fanous



	Alabic, Dillia Fallous		
	HOLY BREAD OFFERING		
TODAY March 12	Suhel and Najwa Turjman For the good health of their family Zeina Bardawil Farah For the good health of Paula and Rima Bardawil on the occasion of their birthdays and In memory of Daisy & Elias Bardawil, WG and Nellie Bardowell, Emile Farah and Marie Farah Antiochian Woman For the good health of St. George Cathedral Family Saint George Cathedral Family In Memory of His Eminence Metropolitan PHILIP SALIBA		
March 19	Suhel and Najwa Turjman For the good health of their family Dahlia Sabty and famiy One-year Memorial Service for her father Ibrahim Khalil Ganim		
March 26	Salem and Hannan Mounayyer in Memory of +Naife Mounayyer Hakim Suhel and Najwa Turjman For the good health of their family Raymond Mobayed, Jennifer Mobayed, Janine Hensley and their families 40 days memorial Service for their mother Sally (Salwa) Mobayed The Cathedral Council For the good health of Fr. Ayman, Kh. Elaina, Maya, Layla and Stella Kfouf		
April 2	Suhel and Najwa Turjman For the good health of their family		
COFFEE HOUR SPONSOR			
TODAY March 12	Antiochian Woman For the good health of St. George Cathedral Family		
March 19	Dahlia Sabty and famiy One-year Memorial Service for her father Ibrahim Khalil Ganim		
March 26	Raymond Mobayed, Jennifer Mobayed, Janine Hensley and their families In Memory of their mother Sally (Salwa) Mobayed		
April 2	AMEN Luncheon		
The Holy Bread	d and Coffee Hour are ministries of the Antiochian Women. Please see the coordinator of these		

ministries, Mrs. Salma Zacur, to inquire on scheduling and requirements.



ALTARVIGIL CANDLE

The Candle remains lit for an entire month on the Holy Altar. There is no fee required to offer the Altar Vigil Candle. The offering is by donation only. Please see schedule below (in order of submission by month).

March

Mouna Dahlan & Family, Mabardi Family Shamasseh Pat Nimer In memory of +Archdeacon David Nimer Zeina Bardawil & Family

PRAYER LIST

Prayer List of the Living

Suhel and Najwa Turjman and family; Zeina Bardawil Farah, Paula and Rima Bardawil; Mouna and Laura Dahlan; Wadia, Maha, Nicholas, Nicole Mabardi; Shammaseh Pat Nimer and the Nimer & Ameen Families; Matilda Rubeiz; Carol Bardawil: Hala Massini; Dr. Elias Shaheen; Fr. Ayman, Kh. Elaina, Maya, Layla and Stella Kfouf; Munir Genineh; Naya Sesin; Cathy and Logan Ruff; Tabte, Jamal, and Mona Habib; Souad Nahas; Laila Soufia; Jeanette Haddad-Stern; Elsa Merino; Roger Nimer, The Entire Sayfie Family; Aregash Gebriel, Susan Panayotti Elias, George and Charme Elias, Virginia Elias, Gwynn Elias, Dr. Richard Elias, Dr. Lewis and Deanna Elias, Jean Joseph, Martha Alfonso, Kiwan Khoury; Najat Zacur, Yolanda Warwar-Feanny, Salam Al-Issa, Rita Zaidan; Amal Jumean; Basna Family

Prayer List of the +Departed

- +Metropolitan PHILIP Saliba of Thrice Blessed Memory
- +Archdeacon David Nimer
- +Diasy and Elias Bardawil
- + WG and Nellie Bardowell
- +Emile Farah
- +Marie Farah
- +Sally (Salwa) Mobayed
- +Donna Nimer
- +Alice Soudah
- +Ibrahim Khoury
- +Salma Newman
- +Dr. Eugene Sayfie
- +Dr. Maurice Bardawil
- +Kareem Zakharia
- +William Bardawil
- +Sean Nicholas O'Brien
- +Michel Husson
- +Michael Dahlan
- +Samira Abou Rjaily
- +George Chukrallah Habib
- +Jorge Diab Zacur
- +Ghassan Basna



Cathedral Calendar



<u>Today</u>	Orthros (Matins)	9:15 a.m.
	Divine Liturgy	10:30 a.m.
Today	Sunday School Classes	following Divine Liturgy

Save the Date!

AMEN Luncheon for All	April 2
Palm Sunday	April 9
Great and Holy PASCHA (Easter)	April 16
Patronal Feast of Saint George	April 23
OSIA Annual Golf Tournament	April 29
Diocese of Miami Parish Life Conference, Miami, FL	June 14-17
Saint George Cathedral's 70th Anniversary Celebration	June 17
2023 Archdiocese Convention Phoenix A7	July 23-30

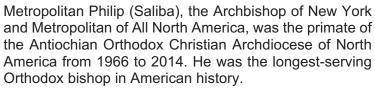


Registration is NOW OPEN for the 2023 Parish Life Conference (PLC)
June 14-17, 2023

Register at www.miamiplc.org
Please see Hannan Mounayyer or Jackie Barakat-Wanna for
sponsorship opportunities.

MEMORY ETERNAL

+Metropolitan PHILIP (Saliba) 1931-2014



For more than 40 years, Metropolitan Philip led the Antiochian Orthodox Christian Archdiocese of North America. During those years, the archdiocese more than tripled in size, from about 65 parishes to about 250 parishes and missions.

Today, March 12, there will be a 9-year memorial service for the Servant of God, His Eminence Metropolitan PHILIP. May his memory be ever eternal



THE ROLE OF THE CHUCH

For the next four Sundays, anyone who is interested in learning more about our Orthodox faith is invited to remain in the nave after the Divine Liturgy. Father Paul will be giving four presentations as follows:

- Characteristics of the True Church!
- Being Saved!
- Living as Orthodox Christians!
- The Lord's Return!

These sessions are open to everyone. Join us if you are able.

+Father Paul



DIOCESE OF MIAMI AND THE SOUTHEAST LENTEN RETREATS

AMEN – March 18 (Zoom)
Topic: Ask for the Ancient Paths

Questions: Contact Tony Zammar

Antiochian Women - April 1 (Zoom)
Questions: Contact Yolla Hayek



ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

Prot. no.: PV037/2023

Great Lent, 2023

To be read from the pulpit and printed in the bulletin.

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver" (2 Corinthians 9:7)

Beloved Brother Hierarchs, Reverend Clergy, and Christ-Loving Faithful of this God-Protected Archdiocese,

Blessings to you and your families in the Name of our Lord, God, and Savior Jesus Christ!

Our Lord said, "Amen, I say to you: insofar as you did it for one of the least of these my brothers, you did it for me" (Matt. 25:40). Clothing the naked, feeding the hungry, welcoming the stranger, visiting those sick or in prison—all these acts of kindness toward others are received by Christ as an expression of love toward Him, when they are undertaken cheerfully. These words of the gospel are read in church on the Sunday of the Last Judgment in order to focus our attention on such acts of charity during this holy season. They call us to rededicate ourselves now to this Christian lifestyle of giving, which should characterize our lives throughout the year.

What a privilege it is to serve Christ Himself in the needy! In fact, every one of us is in need of the mercy of God. Christ identified Himself with the weak, the poor, and the miserable and with those who could not provide themselves with the necessities of life, so it is Him we serve in every human being, and it is Him who, in us, serves those who need to be served. This is how we live our "Royal Priesthood," delivering our lives to Him so that we may experience the mystery of His sacrifice, for Christ Himself is "He that offereth and is offered, that accepteth and is distributed" (The Prayer of the Cherubic Hymn).

The mystery of giving and sacrifice lies in our acceptance to God's Love, which we express by complying with the commandment, "My son, give me your heart" (Prov. 23:26). Giving God our hearts means giving Him everything—all our being. When we give Him our hearts, He gives us Himself through His Holy Spirit and dwells in our hearts with His unoriginated Father, "so that God may be all in all" (1 Cor. 15:28). Then we will experience how "in everyone it is the same God at work" (1 Cor. 12:6) and will acknowledge that in Christ we become what we give; in other words, we should be the food given—in Christ, to and through Him—to console the hearts of those who seek it.

As we have throughout the past 49 years, we now encourage you to provide help for the needy through the Food for Hungry People program during Lent. We appeal to your generosity and your love of

"The disciples were first called Christians in Antioch" (Acts 11: 26)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238 (201) 871-1355 T na.patvicar@gmail.com (201) 871-7954 F

God, asking you to offer Christ this token of your gratitude for His kindness to us. We know that He will receive it as a precious gift and cherish it.

With prayers that God will strengthen us all in this holy struggle of Lent and that we will be found worthy to celebrate joyously the Resurrection of our Lord Jesus Christ, I remain,

Yours in Christ,

★Metropolitan ANTONIOS

Metropolitan of Zahle, Baalbek, and Dependencies

Patriarchal Vicar of New York and All North America



Saint George Antiochian Orthodox Cathedral

Antiochian Orthodox Christian Archdiocese of North America
Diocese of Miami and the Southeast
V. Rev. Fr. Paul R. Solberg, Dean

March 2023

Beloved in Christ,

The following are fasting suggestions from "Morning Offering".

- FAST from self-concern and FEAST on compassion for others.
- FAST from discouragement and FEAST on hope.
- FAST from lethargy and FEAST on enthusiasm.
- FAST from suspicion and FEAST on truth.
- FAST from thoughts that weaken and FEAST on promises that inspire.
- FAST from shadows of sorrow and FEAST on the sunlight of serenity.
- FAST from idle gossip and FEAST on purposeful silence.
- FAST from problems that overwhelm you and FEAST on prayer that sustains.
- FAST from criticism and FEAST on praise.
- FAST from self-pity and FEAST on joy.
- FAST from ill-temper and FEAST on peace.
- FAST from resentment and FEAST on contentment.
- FAST from iealousy and FEAST on love.
- FAST from pride and FEAST on humility.
- FAST from selfishness and FEAST on service.

Chapter 3 of The Book of Proverbs is one of the passages assigned for today in our Cathedral Calendar. You will be blessed to read and take to heart this beautiful passage entitled: "Wisdom Bestows Well-Being".

- **3** My son, do not forget my teaching, but keep my commands in your heart, ² for they will prolong your life many years and bring you peace and prosperity.
- ³ Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. ⁴ Then you will win favor and a good name in the sight of God and man.
- ⁵ Trust in the Lord with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight.^[a]
- ⁷ Do not be wise in your own eyes; fear the Lord and shun evil. ⁸ This will bring health to your body and nourishment to your bones.
- ⁹ Honor the Lord with your wealth, with the first fruits of all your crops; ¹⁰ then your barns will be filled to overflowing, and your vats will brim over with new wine.
- ¹¹My son, do not despise the Lord's discipline, and do not resent his rebuke, ¹² because the Lord disciplines those he loves, as a father the son he delights in.^[b]
- ¹³ Blessed are those who find wisdom, those who gain understanding, ¹⁴ for she is more profitable than silver and yields better returns than gold. ¹⁵ She is more precious than rubies; nothing you desire can compare with her. ¹⁶ Long life is in her right hand; in her left hand are riches and honor. ¹⁷ Her ways are pleasant ways, and all her paths are peace. ¹⁸ She is a tree of life to those who take hold of her those who hold her fast will be blessed.

May your journey to celebrate Holy Pascha be filled with the Lord's peace and presence.

+Father Paul Cathedral Dean



Saint George Antiochian Orthodox Cathedral

Antiochian Orthodox Christian Archdiocese of North America
Diocese of Miami and the Southeast
V. Rev. Fr. Paul R. Solberg

GREAT LENT AND HOLY WEEK 2023 (February 27 – April 15)

The Lenten fasting discipline commences after Forgiveness Vespers on March 6 and concludes with the breaking of the fast at Pascha on April 16. In general, the fasting rules during Great Lent and Holy Week are as follows:

WEEKDAYS (Monday – Friday) are observed as *Strict Fast Days*. On these days we abstain from meat, dairy, fish with backbones, fowl, wine and oil.

WEEKENDS (Saturday and Sunday) are observed as *Wine and Oil Days*. On these days the fast is relaxed to permit wine and olive oil.

In addition, two special feast days that fall during this period – *Annunciation* (March 25) and *Palm Sunday* (April 9, this year) – are kept as *Fish*, *Wine*, and *Oil Days*. On these days the fast is relaxed to permit fish with backbones, in addition to wine and olive oil.

There are certain days of the Holy Week cycle that have special fasting rules.

- Great and Holy Thursday (April 13, this year) is observed as a Wine and Oil Day due to the commemoration of the institution of the Eucharist.
- Great and Holy Saturday (April 15, this year) is observed as a Strict Fast Day the only Saturday of the year kept as a strict fast; however, wine (but not oil) is permitted.

Additional Notes:

- 1. Meals portions should be smaller than usual.
- 2. Fasting on the weekdays of the first week of Great Lent is especially severe. The strictest observance would be to take only 2 meals during this week 1 on Wednesday evening and 1 on Friday evening after the services scheduled for those nights keeping Clean Monday, Tuesday, and Thursday as absolute fasts (i.e., no food whatsoever). For many this is impracticable. A good starting place to work towards the strict observance is to keep the first day of Great Lent, Clean Monday, as an absolute fast and to limit meals on the other days.
- 3. It is a pious practice to observe Great and Holy Friday as an absolute fast. If one does not have the strength to do this, it is good to abstain from food until after venerating the epitaphios (winding sheet) during Vespers on this day.
- 4. If you have a medical condition that requires you to relax the fasting guidelines, then do so.
- 5. Generally speaking, beginners plus children and elderly people are allowed to relax the fast under the guidance of their spiritual father.

Please consult me before you attempt to strictly follow the fasting guidelines. Fasting is an ideal for which we should strive, but it is not end in itself. Becoming like Jesus is our ultimate goal.



2023 Great Lent and Holy Week Services ۲۰۲۳ الصيام العظيم

وخدمات الأسبوع المقدس

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Feb. 19	١٩ شباط	Sunday: Orthros and Divine Liturgy - Meat Fare. الخدمة السحرية والقداس الإلهي - مرفع اللحم	9:15am	صباحا
Feb. 25	٢٥ شباط	Saturday: Orthros and Divine Liturgy – Saturday of Souls and Blessing of the Graves	9:15am	صباحا
		Great Vespers Service صلاة الغروب	5:00pm	مساء
Feb. 26	٢٦ شباط	Sunday: Orthros and Divine Liturgy - Cheese-Fare Forgiveness Sunday	9:15am	صباحا
		الاحد: مرفع الجبن و أحد الغفران		
Feb. 27	۲۷ شباط	بدء الصوم المقدس: صلاة النوم الكبرى Clean Monday: Great Compline Service	7:00pm	مساء
Feb. 28	۲۸ شباط	Tuesday: Great Compline Service صلاة النوم الكبرى	7:00pm	مساء
March 1	۱ اذار	Wednesday: Presanctified Liturgy الاربعاء: قداس القديسات السابق تقديسها.	7:00pm	مساء
March 2	۲ اذار	Thursday: Great Compline Service الخميس: صلأة النوم الكبرى.	7:00pm	مساء
March 3	۳ آذار	Friday: 1st Akathist (Madayeh) w/Potluck Dinner خدمه مديح والدة الأله الأولى	7:00pm	مساء
March 4	٤ اذار	Saturday: Orthros and Divine Liturgy – Saturday of Souls and Blessing of the Graves	9:15am	صباحا
		Great Vespers Service صلاة الغروب	5:00pm	مساء
March 5	ه اذار	Sunday: Orthros and Divine Liturgy – Sunday of Orthodoxy and Procession of the Icons	9:15am	صباحا
March 6	٦ اذار	Monday: Great Compline Service الاثنين: صلأة النوم الكبرى.	7:00pm	مساء
March 8	۸ اذار	Wednesday: Presanctified Liturgy الأربعاء: خدمه القداس السابق تقديسه	7:00pm	مساء
March 10	۱۰ اذار	Friday: 2nd Akathist (Madayeh) w/Potluck Dinner الجمعة: خدمه مديح والدة الإله الثانية	7:00pm	مساء
March 11	۱۱ اذار	Saturday: Divine Liturgy of St. John Chrysostom قداس القديس يوحنا ذهبي الفم. Great Vespers Service.	9:15am 5:00pm	صباحا مساء
March 12	۱۲ اذار	Sunday: Orthros and Divine Liturgy الأحد: الخدمة السحرية و القداس الإلهي.	9:15am	صياحا
March 13	۱۳ اذار	Monday: Great Compline Service. الاثنين: صلأة النوم الكبر	7:00pm	مساء
March 15	۱۰ اذار	Wednesday: Presanctified Liturgy الأربعاء: خدمه القداس السابق تقديس	7:00pm	مساء
March 17	۱۷ اذار	Friday: 3rd Akathist (Madayeh) w/Potluck Dinner. الجمعة: خدمه مديح والدة الآله الثالثة	7:00pm	مساء
March 18	۱۸ اذار	Saturday: Orthros and Divine Liturgy of St. John Chrysostom	9:15am	صياحا
Iviaren 10	J/2/ 1/1	الخدمة السحرية والقداس الإلهي للقديس يوحنا ذهبي الفم	5:00pm	مساء
		Great Vespers Service صلأة الغروب		
March 19	۱۹ اذار	Sunday: Orthros and Divine Liturgy الاحد: الخدمة السحرية و القداس الإلهي	9:15am	صباحا
March 20	۲۰ اذار	Monday: Great Compline Service الاثنين: صلأة النوم الكبرى	7:00pm	مساء
March 22	۲۲ اذار	الأربعاء: خدمه القداس السابق تقديسه Wednesday: Presanctified Liturgy	7:00pm	مساء

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March 24	۲۶ اذار	Friday: Great Vespers with Forth Stasis of Akathist Hymn w/Potluck Dinner and Lenten Retreat صلاة الغروب مع مديح الركود الرابع – اعتزال روحي.	7:00pm	مساء
March 25	۲۰ اذار	Saturday: Festal Orthros and Festival Divine Liturgy. القداس الإلهي لعيد البشارة (Annunciation to the Most Holy Theotokos) followed by Lenten Retreat	9:15 am	صباحا
		Great Vespers Service followed by Lenten Retreat. صلاة الغروب – اعتزال روحي	5:00pm	مساء
March 26	۲۲ اذار	Sunday: Orthros and Divine Liturgy الاحد: الخدمة السحرية و القداس الإلهي	9:15am	صباحا
March 27	۲۷ اذار	Monday: Great Compline Service الاثنين: صلأة النوم الكبرى	7:00pm	مساء
March 29	۲۹ اذار	Wednesday: Little Compline with Full Great Canon of Repentance by St. Andrew of Crete and the Life of St. Mary of Egypt صلاة النوم الصغرى مع القديس اندر اوس الكريتي والقديسة مريم المصرية.	7:00pm	مساء
March 31	۳۱ اذار	صلاة المديح الخامسة. Friday: 5th Akathist (Madayeh) w/Potluck Dinner	7:00pm	مساء
April 1	۱ نیسان	Saturday: Great Vespers Service صلأة الغروب	5:00pm	مساء
April 2	۲ نیسان	Sunday: Orthros and Divine Liturgy الاحد: الخدمة السحرية و القداس الإلهي	9:15am	صباحا
April 3	۳ نیسان	Monday: Great Compline Service الاثنين: صلأة النوم الكبرى	7:00pm	مساء
April 5	٥ نيسان	Wednesday: Presanctified Liturgy خدمه القداس السابق تقديس	7:00pm	مساء
April 7	۷ نیسان	Friday: Little Compline with Canon of the Raising of Lazarus صلاة النوم وكانون اليعازر.	7:00pm	مساء
April 8	۸ نیسان	Saturday: Divine Liturgy for Lazarus سبت البعازر.	9:15am	صباحا
		صلأة الغروب صطلأة الغروب	5:00pm	مساء
April 9	۹ نیسان	احد الشعانين. Sunday: Divine Services for Palm Sunday	9:15am	صباحا
April 9	۹ نیسان	صلاة الخنن الأولى. Sunday: 1st Bridegroom Service	7:00pm	مساء
April 10	۱۰ نیسان	Great Monday: 2nd Bridegroom Service صلاة الختن الثانية	7:00pm	مساء
April 11	۱۱ نیسان	Great Tuesday: 3rd Bridegroom Service صلاة الختن الثالثة	7:00pm	مساء
April 12	۱۲ نیسان	Great Wednesday: Holy Unction Service صلاة الزيت المقدس	7:00pm	مساء
April 13	۱۳ نیسان	Great Thursday: Divine Liturgy of St. Basil the Great followed by the Rite of the	10:00am	صباحا
		Washing of the Feet فداس القديس باسيليوس العظيم ويتبع طقوس غسل الارجل Great Thursday: 12 Passion Gospels	7:00pm	مساء
April 14	۱ <i>٤</i> نیسان	Great and Holy Friday: Royal Hours الجمعة العظيمة: خدمه الساعات الملكية الكبرى	10:00am	•
	0	Great Friday: Taking Down of Body from the Cross	3:00pm	مساء
		Great and Holy Friday: Lamentations. جناز السيد المسيح – سهرانيه الجمعة العظيم (GREAT FRIDAY SOYO/YAF All-Night Vigil to Follow)	7:00pm	مساء
April 15	۱۰ نیسان	Great and Holy Saturday: Vesperal Liturgy of Saint Basil قداس باسيليوس العظيم	9:00am	صباحا
		Great and Holy Saturday: Rush Procession and Orthros followed. By Paschal Liturgy	10:00p m	مساء
April 16	۱٦ نيسان	GREAT AND HOLY PASCHA عيد الفصح المجيد	1:00pm	ظهرا
		Sunday: Agape Vespers Service صلاة الباعوث (followed by Annual Egg Hunt)		

OUR JOURNEY TO PASCHA! 2023

SUNDAYS

THEMES / GOSPEL READING

HOW TO PARTICIPATE:

Fast - Free Week **FEBRUARY 5th**



TRIODION WEEKS

Publican and the Pharisee Reading: 2 Timothy 3: 10-15

Gospel: Luke 18: 10-14

Trust in God, not yourself! Ask for His help before every task this week!

Normal Fast Week **FEBRUARY 12th**



The Prodigal Son Returns!

Reading: 1 Corinthians 6: 12-20

Gospel: Luke 15: 11-32

Schedule a Confession. Use up/freeze meats this week.

The Last Judgment **FEBRUARY 19th**



The Last Judgment (Meatfare)

Readina: 1 Corinthians 8: 8-9: 2 Matthew 25: 31-46 Gospel:

Pray facing East this week. Christ is returning from the East and we

wait for Him! Use up/freeze dairy this week.

Ask each other for forgiveness each

evening this week before bed.

Forgiveness Sunday **FEBRUARY 26th**

1st Sunday of Lent

MARCH 5th



Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY (Cheesefare)

Reading: Romans 13: 11-14:4 Gospel: Matthew 6: 14-21

GREAT FAST BEGINS with FORGIVENESS VESPERS

SUNDAY of ORTHODOXY

Hebrews 11: 24-26, 32-12:2 Readina:

Gospel: John 1: 43-51 Bring an icon to church for a procession.

2nd Sunday of Lent MARCH 12th



SAINT GREGORY PALAMAS

Reading: Hebrews 1:10-2:3 Mark 2: 1-12 Gospel:

Bring a prayer rope to be blessed today!

Use it and pray the Jesus Prayer each day this week.

3rd Sunday of Lent MARCH 19th



VENERATION OF THE HOLY CROSS HALFWAY TO PASCHAL

Reading: Hebrews 4: 14-5: 6 Mark 8:34-9: 1 Gospel:

Kneel in front of the cross every day, and remember that there is no resurrection without a cross!

4th Sunday of Lent MARCH 26th



SAINT JOHN of the LADDER Hebrews: 6:13-20 Readina:

Gospel: Mark 9: 17-31 Every time you climb stairs this week ask Saint John to help you reach Paradise with the sign of the cross!

5th Sunday of Lent

PALM SUNDAY!

APRIL 9th

GREAT WEEK BEGINS



SAINT MARY of EGYPT

Hebrews 9: 11-14 Reading: Gospel: Mark 10: 32-45

APRIL 2nd



GREAT and HOLY WEEK

ENTRY OF OUR LORD INTO JERUSALEM

Reading: Philippians 4: 4-9 Gospel: John 12: 1-18 GREAT and HOLY FRIDAY

GREAT AND HOLY FRIDAY **APRIL 14th**



JESUS DIES ON THE CROSS

CHECK WITH YOUR PARISH FOR ROYAL HOURS AND

VESPERS SCHEDULE BRIGHT WEEK

Feast of Feasts! APRIL 16th NO FASTING!



HOLY PASCHA! (CHRIST IS RISEN!)

Epistle: Acts 1: 1-8 Gospel: John 1: 1-17 Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

Place your palm branches and pussywillows behind an icon at home and in your car!

Refrain from TV, Internet, and Phones to honor Christ's Death.

Greet everyone with "CHRIST IS RISEN!" and say it before good morning and goodnight!

طريقنا إلى الفصح! 2023

كيفية المشاركة

ثقوا بالله، لا بأنفسكم!

أصرخوا مع العَشار طالبين مِن الله الرحمة.

اذهبوا إلى الأعتراف.

إسْتَنفِذو االلحم من بيتكم خلال هذا الأسبوع

صلى مواجهة الشرق هذا الأسبوع.

المسيح يعود من المشارق وسوف ننتظره! إسْتَنفِذو االبياض من بيتكم خلال هذا الأسبوع.

أطلوا المَغفرة من بَعضكم البعض هذا الأحد قبل الخلود إلى النوم.

اجلبوا أيقونة إلى الكنيسة للمُشاركة في زياح الأيقونات.

اجليوا مسيحة صلاة أرثو ذكسية لتبريكها في الكنيسةً!

إستعملوها وصلوا صلاة يسوع يومياً في هذا الأسبوع.

أسجدوا للصليب كل يوم متذكرين أن لا قيامة من دون صليب!

فيما تَتَسَلَقون سئلَم الفضائل، أطلبوا من القديس يوحنا المساعدة لبلوغ ُ الْفُردوس، وَأَنتُم تَرسمون إِشَارَةُ الْفُردوس، وأَنتُم تَرسمون إِشَارَةُ

أطلبوا من العذراء والدة الإله أن تَمنَحَكم وتَمنَح العالم أفكاراً طاهرة.

زَينوا الأيقونات بسُعف النخل في بيتكم وسيّاراتكم!

إمتنعوا عن التلفزيون والإنترنت وعن استخدام هواتفكم.

> القوا التحية قائلين ''المسيخ قام'' عوضا عن صباح الخير او مساء الخير!

الموضوع / الإنجيل أسابيع التريودي الفريسي والعثبار

2 تَيْم 3:10-15 الرسالة: ` الإنجيل: لوقا 18:10-14

أحد الابن الشاطر!

1 کور 20-12:6 لوقا 11:15-32 الإنجيل:

يوم الدينونة (مرفع اللحم) 1 كور 8:8-2:9

متى 31:25-46 الإنجيل:

طرد آدم وحواء من الفردوس يوم الغفران (مرفع الجبن)

رومية 11:13-14، 11:14-4 الإنجيل: الأحد الأول من الصوم صلاة الغروب الغفران المحد الأرثودكسية

عب 2:12-32 ،26-24:11 الإنجيل: بو حنا 1:43-51

القديس غريغوريوس بالاماس

الرسالة: عب 1:10-2:3 الإنجيل: مرقس 1:2-12 السجود للصليب المُقدَّس نصف الطريق الى الفصح!

عب 6:5-14:4 الرسالة: مر قس 8:34:9-1:9 الإنجيل:

القديس يوحنا السلمى الرسالة:

عب 3:6-20 الأنجيل: مرقس 17:9-31

القديسة مريم المصرية

الرسالة: عب 11-14 الإنجيل: مرقس 32:10-45

بدء الأسبوع العظيم المُقدَّس ى وراسليم مرسالة: فليبي 4:4-9 الإنجيل: يوحنا 1:12-18 الجمعة العظيمة ذخول السيد الى اوراشليم

موت المسيح على الصليب تحقق من اوقات الصلوات في هذه الأيام

الفصح المُقدَّس! (المسيح قام!) اعمال 1.1-8 الر سالة:

يوحنا 1:1-17 الانجيل:



لا صيام هذا الأسبوع 5 شياط

الأحد

صيام عادي هذا الأسبوع 🖠 12 شباط



يوم الدينونة 19 شياط



الأحد الأول مِن الصوم **5** أذار



الأحد الثاني مِن الصوم 12 أذار

يوم الغفران

26 شياط



19 أذار



الأحد الرابع مِن الصوم 26 أذار



الأحد الخامس مِن الصوم 2 نیسان





عيد الأعياد! 16 نیسان نهاية الصوم الكبير!



Step 1: Family Name:

Saint George Antiochian Orthodox Cathedral

320 Palermo Avenue, Coral Gables, FL 33134 Phone: (305) 444-6541 Fax: (305) 445-6530 Email: Office@StGMiami.org Website: www.StGMiami.org



2023 Stewardship Commitment Form

"So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver." (II Corinthians 9:7)

Step	2: If any changes, please use Membership Information Form to update all personal information. Membership Information Form located at the church front entrance / or ask for a Stewardship Committee member						
	3: Know your Membership Number: 4: Be a Steward! – Share your Time and Talent by volunteering for a ministry! (Visit Website)						
	5: Be a Steward! – Share your Transure by making your Stewardship Commitment TODAY!						
	Please consider "prayerfully and sincerely" about your 2023 Stewardship Commitment.						
	In gratitude for God's blessings, I/we offer the following 2023 'WEEKLY' Stewardship Commitment (Please Select):						
	□ \$20/Week □ \$50/Week □ \$100/Week □ Other \$/Week (\$1,040 Annually) (\$1,560 Annually) (\$2,600 Annually) (\$5,200 Annually) (\$Annually)						
Step	6: Please complete Payment Information below						
	Payment Options: (please select option A, B, or C)						
	⊗- □ Credit Card (please complete the following credit card information)						
	☐ VISA ☐ MasterCard ☐ Discover						
	Name on Credit Card (Please Print): Expiration Date:/						
	CSC code (back of card): Zip Code of billing address:						
	Email address of credit card holder (used to send credit card receipt):						
	Authorization: By completing and signing this Credit Card Authorization form, I authorize Saint George Cathedral to charge my Credit Card the amount stated below for my 2023 Stewardship Pledge unless I provide a written cancellation.						
	Please select:						
	☐ \$ monthly (recurring donation) ☐ \$ one-time donation						
	Credit Card Authorization Signature:Date:						
	⊕ - □ Check/Cash (check is safer and better for your records and the Church records)						
	© - □ One-time check enclosed						
Cton	7. Please size heles.						
Step	7: Please sign below						
	By signing this form, I commit myself / family as a Steward of Saint George Cathedral.						
	Signature: Print Name: Date:						
	Please note: For the General Assembly voting privilege in 2024, this form must be completed and 2023 pledge fulfilled. CONFIDENTIAL: May not be distributed or reproduced / For Authorized Parish Personnel only Please return your completed form to the Cathedral Office promptly.						
	For office use only Received by: Date entered:						
	21						



Saint George Antiochian Orthodox Cathedral, Coral Gables, FL 81 Stewardship Commitments received as of March 8, 2023

Thank you for your generous support and growing the Saint George Cathedral Family!!!

V. Rev. Father Paul and Khourieh Jane Solberg	Mr. & Mrs. Judeh and Muna Ghawali	Prof. & Mrs. Antoin and Hiam Nahas
Mr. Alex Abu-Akel	Ms. Jamal Habib	Mr. & Mrs. Mike and Mary Nasr
Mr. & Mrs. Atalla and Andrea Abu-Akel	Mrs. Tabte Habib	Shamasseh Pat Nimer
Mrs. Ghada Al-Rahib	Mr. & Mrs. John and Lisa Nasr Haddy	Mr. Roger Nimer
Mrs. Veronica Assaf	Mrs. Amal Hakim	Mr. & Mrs. Charles & Diana O'Brien
Mr. & Mrs. Elie and Mela Attie	Mr. & Mrs. Muazzi and Michelle Hatem	Mr. & Mrs. Richard and Karen Razook
Mr. & Mrs. Marcos Aguiar and Jennifer Bandi	Mr. & Mrs. Mikhael and Yolla Hayek	Mr. & Mrs. Geoge and Zakieh Samaan
Mr. George Barakat	Mr. & Mrs. Fadi and Belgica Hernandez Mourad	Mrs. Judy Sayfie
Mrs. Jacqueline Barakat-Wanna	Mr. Bassem Jadon	Mr. Justin Sayfie
Sdn. & Mrs. Elie and Theresa Bardawil	Mr. Farid Jahjah	Dr. Don Shalhub
Mr. & Mrs. Majed and Mary Barjoud	Mr. & Mrs. Osama and Nadia Jahjah	Dr. & Mrs. Waleed and Marie Sneij
Mr. Christopher Barker	Mr. Marwan Michael Jarrouge	Mr. & Mrs. Nasser and Tania Soufia
Mr. Christopher Buzzetta	Drs. Hani and Ferial Jumean	Ms. Noura Soufia
Mr. James Calder	Mr. & Mrs. George and Myrna Khouri	Mrs. Amleset Tekle
Ms. Danielle Marie Cassis	Mr. & Mrs. George & Widaa Khoury	Mr. & Mrs. Suhel and Najwa Turjman
Dr. Daniel L. Cassis	Mr. George Mayez Khoury	Ms. Amani Wanna
Mr. Daniel Lee II Cassis	Mr. Waseem Khoury	Mr. & Mrs. Salah and Soraya Wassef
Mrs. Mouna Dahlan	Mr. & Mrs. Vladimir and Carmen Kostik	Mrs. & Mrs. Youssef and Reem Yazji
Mr. Abdallah Daiha	Mr. & Mrs. Eddie and Maha Mabardi	Mr. & Mrs. Basel and Hiba Zacur
Ms. Denise Ede-Aloise	Dr. Nicholas Mabardi	Mrs. Najat Zacur
Dr. Diane Ede-Nichols	Mr. & Mrs. Michael and Tatiana Malouf	Mr. & Mrs. Yamil and Salma Zacur
Mr. Douglas Ede	Mr. & Mrs. Samir and Theresa Mekhail	Mr. Castan Georges Zaineh
Mr. and Mrs. Elias and Ernestine Ede	Mrs. Sally (Salwa) Mobayed	Mr. & Mrs. Bassam and Xiomara Zammar
Mr. & Mrs. Said and Lama El-Haj	Mr. Sabastian Moreno	Mr. & Mrs. Antoine and Vivian Zammar
Mr. & Mrs. David and Dannie Esper	Mr. Christian Mounayyer	Mr. & Mrs. George and Naife Zammar
Mr. Wajdy Fahel	Mr. & Mrs. Salem and Hannan Mounayyer	Ms. Lilian Zammar
Mrs. Zeina Farah	Mr. Sammy Mounayyer	Mr. & Mrs. Michael and Edilia Zammar

Mr. & Mrs. Michael and Edilia Zammar If you have not already done so, please complete and submit a 2023 Stewardship Form- keeping our records accurate is important to us. Any errors above, please contact the Church Office. Mr. Sammy Mounayyer



Saint <mark>Geo</mark>rge Cathedral

Lenten Retrent



Special Guest Speaker V. Rev. Fr. Ayman Kfouf

Soon-to-be pastor at Saint George Cathedral

THEME: THE HEALING OF SOUL, MIND & HEART OF A HUMAN PERSON

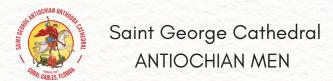
Friday, March 24th, 2023 Akathist Service @ 7:00PM Teen SOYO Retreat to Follow

Saturday, March 25th, 2023
Orthros & Divine Liturgy Starting @ 9:15AM
Potluck Brunch + Antiochian Women & Men Retreat to Follow

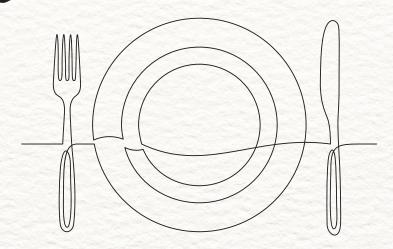
Vespers @ 5PM
Young Adult Fellowship (YAF) Retreat to Follow

Sunday, March 26th, 2023 Orthros & Divine Liturgy Starting @ 9:15AM

320 Palermo Avenue, Coral Gables, FL 33134 - 305.444.6541 - Office@StGMiami.org



AMEN LUNCHEON



Sunday, April 2, 2023 Falafel Lunch After Liturgy to Support the Antiochian Men

320 Palermo Ave, Coral Gables, FL 33134 305-444-6541



Enclosed is my donation in the amount of \$

GREAT FRIDAY REMEMBRANCE BULLETIN



On Great and Holy Friday, as the Church commemorates the suffering, crucifixion, and burial of the Lord Jesus Christ, the Church anticipates the Resurrection of the Lord and those whom God will raise up – all your loved ones departed this life.

On this Great and Holy Friday (celebrated on April 14), the Antiochian Women of the Cathedral will publish the *Great Friday Remembrance Bulletin* commemorating the names of all your loved ones departed this life and who have fallen asleep in the Lord.

To have the names of your departed loved ones who have fallen asleep in the Lord included in the *Great Friday Remembrance Bulletin*, please complete the information below and return it to the Cathedral Office or Lama El Haj with your donation **no later than Thursday, April 5, 2023**.

Your departed loved ones, whose names you include below, will be remembered at the Holy Saturday <u>morning</u> Liturgy on Holy Saturday, April 15, 2023, at 9:00 a.m.

our departed loved orance Bulletin:	ones below EXACTLY as you wish them	to app
,	our departed loved orance Bulletin:	



2023 Saint George Cathedral Paschal (Easter) Bake Sale Sponsored by Saint George Cathedral Antiochian Women, Coral Gables, Florida Delicious Middle Eastern Pastries

ADVANCE ORDER FORM ORDERING DEADLINE: Sunday, April 2, 2023

PICK-UP DATE: Saturday night, April 15, 2023 (after Paschal Service) Let the Antiochian Women of Saint George Cathedral prepare your Easter Desserts

Items	1 Dozen	Quantity	Total
Paschal Basket	\$60		
Mammoul Dates Delectable date stuffed buttery cookie.	\$25		
Mammoul Nuts Elegant buttery cookie stuffed with sweet walnuts and sprinkled with powdered sugar	\$25		
Ka'ak Bihaleeb Traditional Shortbread cookie flavored with a hint of Anise	\$20		
			\$

Ordering Deadline: will be Sunday, April 2, 2023 ALL PASTRIES ITEMS FREEZE WELL!

TO ORDER: Please mail check payable to "Saint George Cathedral" with order form to: Saint George Cathedral, 320 Palermo Avenue, Coral Gables, FL 33134

Name:		
Phone: () Email Address:	

PICK- Up Date: Saturday Night April 15, 2023(after Paschal Service)

For more information, please contact Amal Hakim | 320 Palermo Ave, coral Gable, Fl. 33134 | 305 – 444 - 6541.

Paschal Basket

On paschal night we bring a wicker basket full of food they abstained from during Great Lent. After the midnight Paschal Liturgy, all gather around the priest to bless the Paschal baskets and enjoy breaking the fast. Candles are lit and the Priest offers the special Paschal Blessing to celebrate the Resurrection of Christ!

These baskets have been prepared with many of the foods from which people abstain from during Great Lent. Several foods are traditionally included in the basket: yeast bread, wine, cheese, Sausage, Mamoul Nuts and Dates, Ka'ak Bihalib and a red colored egg. Each item in the basket has symbolic meaning.



Paschal – a sweet, yeast bread, rich in eggs and butter. Symbolic of Christ Himself, who is "the Bread of Life." (John 6:35). This bread is usually a round loaf baked with a golden crust and decorated with a cross.



Cheese – a reminder of the Promised Land, re-opened to us by Christ's Resurrection and the "land" we find in the Church, "a land of milk and honey." (Exodus 3:17).



Sausage – a spicy, smoked, garlic sausage of beef products indicates God's favor and generosity.



Hard Boiled Eggs – As the chick emerges from the confinement of the shell, so Christ resurrects from the tomb. St. Mary Magdalene appeared to Tiberius Caesar and greeted him with a red egg and the words, "Christ is Risen!"

As we crack our hard-boiled eggs on Pascha, it is traditional for two people to crack them together. The first says, "Christ is Risen!" and the second replies, "Indeed, He is Risen!"



Cover- These articles are placed in a sizable wicker basket and a light colored or pastel ribbon Is tied to the handle. A decorated candle is included in the basket along with the foods and is lighted at the time of the blessing and during the Resurrection meal. A linen covering is placed over the food basket as a protective and decorative cover when it is brought to be blessed.



Mamoul Dates - It symbolizes the crown of thorn, which was placed upon the pure head of Christ.



Mamoul Nuts - It symbolizes the tomb where Christ was buried and resurrected from.



Ka'ak Bihalib - containing milk, a sign of new life, this cookie symbolizes the resurrection of Christ.



Wine- represents a new beginning, which is the salvation through the blood of Christ. Wine is used to celebrate this new beginning.



SAINT GEORGE CATHEDRAL

THE SUNDAY SCHOOL AND THE ANTIOCHIAN WOMEN

Lenten Humanitarian Drive

Tolletries Kit	Women's Hygiene Kit		
☐ Deodorant☐ Soap☐ Shampoo & Conditioner☐ Razor (Men's/Women's)☐ Nail clippers	☐ Sanitary napkins ☐ Tampons ☐ Moist towelettes		
☐ Foot powder ☐ Lotion ☐ Toothbru ☐ Toothpas ☐ Dental fl	PILLOWS and BLANKETS		

All items must be travel size

Deadline to donate will be April 9, 2023

320 Palermo Ave, Coral Gables 305 444 6541 sundayschool@stgmiami.org



Saint George Antiochian Orthodox Cathedral



2023 Creative Arts Festival

Theme: "Let us make man in our image, according to Our likeness." Genesis 1:26

Our Sunday School Students will express themselves artistically

Through these 5 categories each student can submit in:

Arts
Photography
Digital Art
Writing
Poetry

Deadline to submit is April 1st, 2023

for any questions please contact: Lama Elhaj (305)7725904 or email at sundayschool@stgmiami.org

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ALL QUESTIONS WILL COME FROM THE BOOK OF GENESIS AS FOUND IN THE ORTHODOX STUDY BIBLE.

The WHOLE book? No!

WE WILL ONLY ASK QUESTIONS FROM CHAPTERS: 1-4, 6-9, 12-18, 21-22:19, 24, 27-29, 32, 37, 42-45, 48-50

- PRACTICE QUESTIONS WILL BE AVAILABLE IN EARLY 2023
- RULES CAN BE FOUND AT WWW.TEENSOYO.ORG/BIBLE-BOWL



2023 ORATORICAL FESTIVAL THEME

"Then God said, "Let Us make man in Our image, according to Our likeness" - Genesis 1:26a

THIS YEAR'S THEME FROM THE BOOK OF GENESIS CALLS OUR ATTENTION TO MANY THEOLOGICAL TRUTHS. IN WRITING YOUR ORATION, YOU DO NOT NEED TO REFERENCE ALL OF THESE POINTS, BUT SOME ARE PRESENTED BELOW SO THAT YOU HAVE AN IDEA OF THE IMPORTANCE OF THIS ONE. SEEMINGLY SIMPLE VERSE.

FIRST, THERE IS SOMETHING SPECIAL ABOUT WHAT IT MEANS TO BE HUMAN. OF EVERYTHING THAT GOD CREATED, IT IS ONLY HUMAN BEINGS
THAT ARE SAID TO BE CREATED IN THE IMAGE AND LIKENESS OF GOD. WHAT DOES THIS MEAN? WHY OR HOW ARE WE UNIQUE?

SECOND, THIS VERSE OPENS US UP TO REFLECTING ON THE DOGMA OF THE HOLY TRINITY. IT IS VERY SUBTLE, BUT THE USE OF THE WORDS
'US' AND 'OUR' IS CONSIDERED TO BE A FORESHADOWING OF THE FULL REVELATION OF THE HOLY TRINITY IN THE NEW TESTAMENT. UPON
REFLECTING ON THE DOGMA OF THE HOLY TRINITY, WHAT ARE WAYS WE CAN MORE FULLY UNDERSTAND WHAT IT MEANS TO BE TRULY HUMAN
IN RELATIONSHIP WITH GOD AND OTHERS?

THIRD, ALL OF THIS TOGETHER CAN HELP US TO KNOW THAT EACH PERSON IS CHALLENGED TO CARRY THE IMAGE OF GOD AND RESTORE HIS/HER OWN HUMANITY TO THE TRUE LIKENESS OF GOD. WHILE WE ALL SHARE THIS HIGH CALLING, WE WERE CREATED AS UNIQUE PERSONS WITH VARYING GIFTS AND TALENTS AND LIFE CIRCUMSTANCES, MEANING OUR WAY OF WORKING OUT THIS CALLING IN OUR LIVES WILL BE UNIQUE. IT IS FOR THIS REASON THE ARCHDIOCESE CHOSE THE THEME OF "VOCATIONS" FOR THE ECCLESIASTICAL YEAR. WHILE REFLECTING ON THE TRINITY AND OUR CREATION, YOU MAY CHOOSE TO TOUCH ON WHAT IT MEANS TO CONSIDER VOCATIONAL CALLINGS AS A YOUNG PERSON IN THE CHURCH.

Reep in Mind:

- -You can/should consider using direct quotes from the Church Fathers and other Orthodox theologians in your oration. Many Church Fathers reference the creation account and this verse. Research what they share and teach and offer applications to the lives of young people journeying toward unity with God.
- -A few verses later in Genesis we read about the Fall of mankind. Many of the fathers differentiate that the Fall does not remove the image of God in us but our participation in the corruption of the fallen world tarnishes the likeness of God in us. In this light, explore how the Incarnation of the Son and Word of God perfectly reveals to us what it means to be in the image of God and restores to us the means of attaining once again to His likeness.
- -The icon chosen to represent this theme is "All Saints." Consider examples of saints and other holy people who shine forth with the brightness of God's image and whose lives demonstrate the path to attaining His likeness.





for more information & registration WWW.TEENSOYO.ORG/ORATORICAL

Saint George Antiochian Orthodox Cathedral Order of St. Ignatius of Antioch 3rd Annual Golf Outing



April 29, 2023

Registration and lunch at 12 pm, Shotgun start at 1 pm
Dinner and Award Ceremony to follow



Miccosukee Golf & Country Club

6401 Kendale Lakes Dr, Miami, FL 33183

All proceeds benefit the Dr. Ernest Sayfie Camp Scholarship Fund, the Dr. Eugene Sayfie Educational Scholarship Fund, and the Saint Ignatius Educational Scholarship Fund Your contribution is Tax Deductible Under Section 170 (c) (2)

Cost

\$175 per golfer or \$600 per foursome -Includes golf cart, practice tee, swag bag, refreshments, boxed lunch, and dinner Dinner ticket only- \$50

Sponsorships available

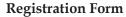


Register Here



3rd Annual Golf Outing











Saturday, April 29th, 2023

Registration and Lunch at 12 pm, Shotgun start at 1 pm Dinner and Award Ceremony to Follow

Cost

\$175 per golfer or \$600 per foursome -Includes golf cart, practice tee, swag bag, refreshments, boxed lunch, and dinner

Miccosukee Golf and Country Club

6401 Kendale Lakes Dr Miami, FL 33183

Dinner ticket only-\$50

Golfer's Name	Phone Number	Email Address

Register Online:



All Proceeds will benefit the Dr. Ernest Sayfie Camp Scholarship Fund & Dr. Eugene Sayfie Educational Scholarship Fund, and the Order of St. Ignatius Scholarship Fund

Your contribution is Tax Deductible Under Section 170 (c) (2)

If you have a group you want to play with, please submit all the names on one form, not exceeding four

Singles: fill out the first line and we will add you to a group.

You may email your entry form and credit card payment to TheOrder@StGMiami.org Or fax to (305) 445-6530

For Information, please contact The Order Cathedral Office at (305)444-6541

or

TheOrder@StGMiami.org



Saint George Antiochian Orthodox Cathedral | The Order of Saint Ignatius of Antioch

3rd Annual Golf Outing



Sponsorship Information

Saturday, April 29th, 2023

Registration and Lunch at 12 pm Shotgun start at 1 pm

Miccosukee Golf and Country Club 6401 Kendale Lakes Dr Miami, FL 33183



All Proceeds will benefit the Dr. Ernest Sayfie Camp Scholarship Fund, Dr. Eugene Sayfie Educational Scholarship Fund, and the Order of St. Ignatius Scholarship Fund

Your contribution is Tax Deductible

Sponsorship Levels

DIAMOND SPONSOR - \$2,500

- Includes free registration for 4 golfers
- EXCLUSIVE advertising at a single hole of your choice
- "Longest Drive" hole prize sponsorship
- Corporate specialty plaque
- Listing as a major sponsor in literature
- Acknowledgments will be given throughout the day

PLATINUM SPONSOR - \$1,000

- "Closest to the Pin" prize sponsorship
- Platinum Specialty Plaque
- Hole (Tee) Sponsor Signs on 6 holes
- Acknowledgments will be given throughout the event

GOLD SPONSOR-\$500

- Gold Specialty Plaque
- Hole (Tee) Sponsor Signs on 3 holes

SILVER SPONSOR - \$300

- Silver Specialty Plaque
- Hole (Tee) Sponsor Sign
- Includes Cathedral Bulletin

DRINK CART SPONSOR - \$500

- Hole (Tee) Sponsor Sign
- Includes Cathedral Bulletin name insert
- Appreciation Plaque
- Hole (Tee) Sponsor Sign

BOXED LUNCH SPONSOR - \$500

- Hole (Tee) Sponsor Signs on 3 holes
- Includes Cathedral Bulletin name insert
- Appreciation Plaque

SWAG BAG SPONSOR (100 items) - \$250

- Includes Cathedral Bulletin name insert
- Appreciation Plaque

TEE BOX SIGN SPONSOR- \$100 each

• One (1) tee sign with the company logo displayed

50/50 RAFFLE TICKETS 1 for \$5 OR 5 for \$20

All Sponsorship Levels have the option of adding a foursome for \$500



St. George Antiochian Orthodox Cathedral | Order of St. Ignatius of Antioch

3rd Annual Golf Outing



Sponsorship Form

Sponsor Information	Payment
Company	 Check Make check payable to St. George Cathedral Visa Mastercard
Name	− □ American Express
Address	Cardholder's Name
City, State, Zip Code	Card Number
Phone	Exp. Date Security Code Zip Code
Email Address	Cardholder's Signature
Sponsorship Selections Choose all that apply Sponsorships Diamond Platinum Gold Silver Drink Cart Boxed Lunch Swag Bag Tee Box Add Golf Players Single Player(s): Foursome(s): Raffle tickets:	 Diamond Sponsor- \$2,500 Platinum Sponsor - \$1,000 Gold Sponsor - \$500 Silver Sponsor - \$300 Drink Cart Sponsor - \$500 Boxed lunch sponsor - \$500 Swag Bag Sponsor (100 items) - \$250 Tee Box Sign Sponsor - \$100 each 50/50 Raffle Tickets - 1 for \$5 or 5 for \$20 Single Golfer \$175 All sponsorship levels have the option of adding a foursome for \$500 please see attached flyer for details
Total:	Your contribution is Tax Deductible Under Section 170 (c) (2)





Contact Information



Office Hours: Monday - Friday 10:30 a.m. - 4:00 p.m.

Address: 320 Palermo Ave., Coral Gables, FL 33134

Phone: (305)444-6541 Fax: (305)445-6530

Office Email: Office@stgmiami.org

Webmaster: Webmaster@stgmiami.org

Website: www.stgmiami.org

Concerns, care, input, please call:

V. Rev. Fr. Paul Solberg (716) 983-1145

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Follow us on Instagram: @StGMiami

Subscribe to our YouTube Channel!





