

320 Palermo Ave • Coral Gables • FL 33134 • www.stgmiami.org • office@stgmiami.org • Office: (305) 444-6541

V. Rev. Archpriest Ayman Kfouf, Pastor • Dean@stgmiami.org

TWENTY-SECOND SUNDAY AFTER PENTECOST

TONE 5

DEAN'S MESSAGE

EOTHINON 11

DEALING WITH STRESS AND ANXIETY



Living in this modern age with its fast pace, we often find ourselves dealing with stress and anxiety. To cope with our stress, we try healthy diets, physical exercises, yoga, and

prescription medication. Today I would like to suggest an additional remedy that can help us handle our stress and anxiety and overcome their consequences. Today I am inviting you to consider adding the spiritual remedy to the regimen.

The Holy Fathers of Orthodoxy acknowledged the effects of anxiety and stress on the believer. They drew their thinking from St. Paul's Epistle to the Philippians: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and

minds through Christ Jesus." (Philippians 4:6-7) To conquer stress from within, we are called to strive to do three things: strengthen our faith, place prayer at the center of our life, and learn to thank and praise God for whatever we have and need. Worry, by default, is lack of faith, reflecting an inability to actually trust in God and His word.

Remember when our Lord rebuked His disciples: "Why are you fearful, O you of little faith?" (Matthew 8:26) Learning to trust God is the first step to dealing with anxiety. Daily reading of the Scriptures can help a great deal. Read and trust that God speaks truth for our lives. Secondly, we must live a life of prayer, not just quickly "saying prayers." We need to make time, choose a quiet place, and persistently and continually speak to God from our heart. Think of Jesus in the garden of Gethsemane pouring out His soul to His Father, to the point of tears. If

(Continued on Page 4)



RESURRECTIONAL APOLYTIKION (TONE 5)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

TROPARION OF ST GEORGE (TONE 4)

As the deliverer of captives and the protector of the poor, as the physician of the feeble and combatant of kings, holy champion and great martyr George, intercede with Christ our God to save our souls.

ORDINARY KONTAKION

(TONE 2)

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

THE EPISTLE

Galatians. (6:11-18)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

THE GOSPEL

Luke. (16:19-31)



The Lord said, "There was a rich man, who was clothed in purple and fine linen and who feasted sumptuously every day. And at his gate lay a poor man named Lazarus, full of sores, who desired to be fed with

what fell from the rich man's table; moreover the dogs came and licked his sores. The poor man died and was carried by the angels to Abraham's bosom. The rich man also died and was buried; and in Hades, being in torment, he lifted up his eyes, and saw Abraham far off and Lazarus in his bosom. And he called out, 'Father Abraham, have mercy upon me, and send Lazarus to dip the end of his finger in water and cool my tongue; for I am in anguish in this flame.' But Abraham said, 'Son, remember that you in your lifetime received your good things, and Lazarus in like manner evil things; but now he is comforted here, and you are in anguish. And besides all this, between us and you a great chasm has been fixed, in order that those who would pass from here to you may not be able, and none may cross from there to us.' And he said, 'Then I beg you, father, to send him to my father's house, for I have five brothers, so that he may warn them, lest they also come into this place of torment.' But Abraham said, 'They have Moses and the prophets; let them hear them.' And he said, 'No, father Abraham; but if someone goes to them from the dead, they will repent.' He said to him, 'If they do not hear Moses and the prophets, neither will they be convinced if someone should rise from the dead."



في القداس الإلمي

أبوليتيكيون القيامة باللحن الخامس

لِنُسبِّحْ نَحْنُ المُؤْمِنينَ ونَسْجُدْ لِلْكَلِمَةِ، المُساوِي لِلْآبِ والروحِ في الأزليَّةِ وعَدَمِ الابْتِداء، المَوْلودِ مِنَ العَدْراءِ لِخَلاصِنا، لأنه سُرَّ بالجَسَدِ أَنْ يَعْلوَ على الصليبِ، ويَحْتَمِلَ الموتَ، ويُنْهِضَ المَوْتى بِقِيامَتِهِ المَجيدة.

طروبارية القديس جاورجيوس باللحن الرابع

بما أنك للمأسورين محرر ومعتق وللفقراء والمساكين عاضد وناصر وللمرضى طبيب وشاف وعن المؤمنين مكافح ومحارب أيها العظيم في الشهداء جاورجيوس اللابس تشفع إلى المسيح الإله في خلاص نفوسنا.

قنداق باللحن الثاني

يا شَفيعَةَ المَسيحيينَ غَيْرَ الخازِيَة، الوَسيطَةَ لَدَى الخالِقِ غَيْرَ المَارِدُودة، لا تُعْرِضِي عَنْ أَصُواتِ طَلِبَاتِنا نحْنُ الخَطَأَة، بَلْ تَدارَكينا بالمَعونَةِ بِما أَنَّكِ صالِحَة، نحْنُ الصارِخِينَ إليْكِ بإيمانٍ: بادِرِي إلَى الشَفاعَةِ وأَسْرِعِي في الطِلْبَةِ، يا والدَةَ الإلَه، المُتَشَفِّعَةَ دائِمًا بِمُكَرِّمِيكِ.

الإيصودون باللحن الثاني

هلموا لنسجد ونركع للمسيح ملكنا وإلهنا. خلّصنا يا ابن الله يا من قام من بين الأموات ، نحن المرتلين لك هلليلويا

الرسىالة غَلاطِيَة (6:11-8)

يا إِخْوَةُ، انْظُرُوا ما أَعْظَمَ الكِتاباتِ التي كَتَبْتُها إِلَيْكُمْ بِيَدي. إِنَّ كُلُّ الذينَ يُريدونَ أَنْ يُرضُوا بَحَسَبِ الجَسَدِ يُلْزِمُونَكُمْ أَنْ تَخْتَتِنُوا، وإِنَّما ذلِكَ لِئَلاَ يُضْطَهَدوا مِنْ أَجْلِ صَليبِ المَسيحِ. لأَنَّ الذينَ يَخْتَتِنُونَ هُمْ أَنْفُسُهُم لا يَحفَظُونَ الناموسَ بَلْ إِنَّما لاين يَخْتَتِنُونَ هُمْ أَنْفُسُهُم لا يَحفَظُونَ الناموسَ بَلْ إِنَّما يُريدونَ أَنْ تَخْتَتِنُوا لِيَفْتَخِروا بِأَجْسادِكُمْ. أَمَّا أَنا، فَحاشى لي أَنْ أَفْتُخِرَ إِلَّا بِصَليبِ رَبِنًا يَسوعَ المَسيحِ، الذي بِهِ صُلِبَ العالَمُ لي وَأَنا صُلِبْتُ لِلْعالَمِ. لأَنَّهُ في المَسيحِ يَسوعَ لَيْسَ الخِتانُ بِشَيْءٍ وَلا القَلْفُ بَلِ الخَليقَةُ الجَديدَةُ. وكلُّ الذينَ يَسلُكُونَ بِحَسَبِ هذا ولا القَلْفُ بَلِ الخَليقَةُ الجَديدَةُ. وكلُّ الذينَ يَسلُكُونَ بِحَسَبِ هذا القانونِ، فَعَلَيْهِمْ سَلامٌ ورَحْمَةٌ وعلى إسْرائيلِ الله. فَلا يَجْلِبْ عَلَى أَحَدٌ أَتْعاباً فيما بَعْدُ، فَإِنِي حامِلٌ في جَسَدي سِماتِ الرَّبِ يَسوع. نَعْمَةُ رَبِنا يَسوعَ المسيح مَعَ روحِكُمْ أَيُها الإِخْوَةُ. آمين. يَسوع. نَعْمَةُ رَبِنا يَسوعَ المسيح مَعَ روحِكُمْ أَيُها الإِخْوَةُ. آمين.

الإنجيل لوقا (11:6-18)

قَالَ الرَّبُّ: كَانَ إِنْسَانٌ غَنِيٌّ يَلْبَسُ الأُرْجُوانَ والبَزَّ، وبَتَنَعَّمُ كُلَّ يوْم تَنَعُمّاً فاخِراً. وكانَ مِسْكينُ اسْمُهُ لَعازَرُ مَطْروحاً عندَ بابهِ مُصاباً بالقُروح. وكانَ يَشْتَهِى أَنْ يَشْبَعَ مِنَ الفُتاتِ الذي يَسْقُطُ مِنْ مائِدَةِ الغَنِيِّ. بَلْ كانَتِ الكِلابُ تَأْتَى وتِلْحَسُ قُرُوحَهُ. ثُمَّ ماتَ المِسْكينُ، فَنَقَلْتُهُ المَلائِكَةُ إلى حِضْن إبْراهيمَ. وماتَ الغَنِيُّ أيضاً، فدُفِنَ فَرَفَعَ عَيْنَيْهِ في الجَحيم وهُوَ في العَذاب، فَرَأَى إِبْراهيمَ مِنْ بَعيدٍ ولَعازَرَ في حِضْنِهِ. فَنادى قائِلاً: "يا أَبَتِ إِبْراهِيمُ ارْحَمْنِي وأَرْسِلْ لَعازَرَ لِيُغَمِّسَ طَرَفَ إصبَعِهِ في الماء ويُبرّد لسانِي، لأنِّي مُعَذَّبٌ في هذا اللهيب." فقالَ إبراهيمُ: "تَذَكّرْ يا ابْنِي أَنَّكَ نِلْتَ خَيْراتِكَ في حَياتِكَ، ولَعازَرُ كَذلِكَ بَلاياهُ. والآنَ فَهُوَ يَتَعَرِّى وأنْتَ تَتَعَذَّب. وعَلاوةً على هَذا كُلِّهِ، فَبَيْنَنا وبيْنَكُمْ هُوَّةٌ عَظيمَةٌ قَدْ أُثْبِتَتْ، حَتَّى إِنَّ الذينَ يُربدونَ أَنْ يَجْتازوا مِنْ هُنَا إِليكُمْ لا يَسْتَطيعونَ، ولا الذينَ هُنَاكَ أَنْ يعبُرُوا إلينا." فقالَ: "أَسْأَلُكَ إِذَنْ يا أَبَتِ أَنْ تُرْسِلَهُ إلى بَيْتِ أبى. فإنَّ لِي خَمْسَةَ إِخْوَةِ، حَتَّى يَشْهَدَ لَهُمْ لِكَى لا يأتُوا هُمْ أيضاً إلى موضِع العَذابِ هذا." فقالَ لَهُ إبراهيمُ: "إنَّ عِنْدَهُمْ موسى والأنبياء، فَلْيَسْمَعُوا مِنْهُم." قال: "لا يا أبتِ إبراهيمُ، بَلْ إذا مَضَى إليهمْ واحِدٌ مِنَ الأمواتِ يَتوبون." فقالَ لَهُ: "إنْ لَمْ يَسْمَعُوا مِنْ موسى والأَنْبِياءِ، فإنَّهُمْ، ولا إنْ قامَ واحِدٌ مِنَ الأَمْواتِ، يُصَدِّقُوبَهُ."

HOLY BREAD OF OBLATION SUNDAY 11/5/2023



➤ For the health and spiritual welfare of Atalla Abu-Akel and Charles Khoury on the occasion of their birthdays, offered by An-

drea, Michael, Andrew and Natalie Abu-Akel.

- ♣ For the health and spiritual welfare of Suhel and Najwa Turjman & family.
- ♣ For the health and spiritual welfare of all members of the Antiochian Women of St. George Cathedral, and the Dahlan family, offered by Mouna Dahlan.
- ♣ For the health and spiritual welfare & speedy recovery of Haifa Khoury, offered by Michael, Andrew and Natalie Abu-Akel.
- ▲ In loving memory of George Habib, offered by Tabte Habib, Mona, Jamal, Cathy Habib and logan Ruff.



ELIAS KARAM—11/05 Anna Doval—11/6

JEANETTE HADDAD-STERN—11/08

JOHN FARAH—11/10

PAUL FARAH— 11/10

JORGINA JAHJAH— 11/10

JUSTIN SAYFIE— 11/10

(Continued from Page one)

we cannot dedicate the needed time for deep prayer, our search for peace will yield precious little. Thirdly, giving thanks to God for granting us our requests is as important as praying for the request itself. Our Lord confirms the importance of thanksgiving: "Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you." (I Thessalonians 5:16-18)

That is about all we need in our spiritual life; when we have a request, we should pray for it. When God answers our prayers, we should rejoice. Prayer leads to answers; answers lead to joy, and joy leads to thanksgiving, which in turn is offered in prayer. Giving praise and thanksgiving turns our prayer from self-directed to Goddirected. God may not immediately answer our prayers. He is under no obligation to grant us all our requests. His gift of peace is not contingent upon anything we ask. God's ways are not our ways. But if we truly desire that "peace of God which surpasses all understanding" we will persist, every day, faithfully and with inner resolve. Slowly but surely, we will feel God take our hearts and minds to His keeping – in peace, stillness, and trust.

SPECIAL COFFEE HOUR



The coffee hour for this Sunday is sponsored by Mouna Dahlan, for the health and

spiritual welfare of all members of the Antiochian Women of St. George Cathedral, and the Dahlan family.

IMPORTANT

The scriptures command us: "Pray one for another, that ye may be healed." (James 5:16). Accordingly, we share this prayer list with our Cathedral community to pray for one another. To add names to the prayer list for any specific needs, please submit the names directly to Father Ayman. Names are typically listed for two weeks but may be resubmitted as often as needed. Please keep us informed of any changes in the circumstances of those for whom we pray, so we may offer thanks to God and update the list accordingly.

ALTAR VIGIL 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).

November:

- * Mouna Dahlan & Family,
- * Mabardi Family
- Shamasseh Pat Nimer In Memory of +Archdeacon David Nimer



St. George Prayer List For Health

REMEMBER IN YOUR PRAYERS

"Among the first be mindful, O Lord, of our father and Metropolitan SABA and our Bishop NICHO-LAS who do thou grant unto thy holy churches in peace, safety, honor, health and length of days, and rightly dividing the word of thy truth."

Suhel and Najwa Turjman; Nasser, Tania, Noura, Hanna, and Gianna Soufia; Tabte, Mona, Jamal; Cathy Habib and Logan Ruff; Salah and Soraya, Andrew, and Matthew Wassef; Mouna and Laura Dahlan; Wadi, Maha, Nicholas, Nicole Mabardi; George and Widaa Khoury; Shammaseh Pat Nimer and the Nimer & Ameen Families; Charles & Diana O'Brien; Roger & Stephen Nimer; Tabte, Jamal, and Mona Habib; Matilda Rubeiz; Carol Bardawil: Hala Massini; Dr. Elias Shaheen; Naya Sesin; Souad Nahas; Laila Soufia; Jeanette Haddad-Stern; Elsa Merino; 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; Dr. George Bikhazi; Tony & Anwar Khoury; Lillian Asha; Matilda Afour, Najat

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FOR THE DEPARTED

IN THE HOPE OF RESSURECTION

"For Thou are the Resurrection, the Life, and the Repose of Thy servants who have fallen asleep, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever unto ages of ages. Amen."

+Archdeacon David Nimer, +Milad Wanna, +Alexandra Bahlawan, +Elias Ede, +Yolanda Feanny, +Ernesto Carralero, +Amal George Jumean, +Mary Bikhazi, +Donna Nimer, +Zaid Habib, +Dr. Maurice Bardawil, +Emile Farah, +George Chukrallah Habib, +Ibrahim Khoury, +Dr. Eugene Sayfie, +Kareem Zakharia, +William Bardawil, +Sean Nicholas O>Brien, +Michel Husson, +Michael Dahlan, +Samira Abou Rjaily, +Jorge Diab Zacur



GIVE THANKS BY GIVING BACK!



Saint George Cathedral ANNUAL THANKSGIVING

Your donation benefits the **MIAMI RESCUE MISION** and ensures a family has a warm meal this Thanksgiving holiday.

TURKEY DRIVE

You are also invited to donate canned goods and non-perishable items.

Please drop them off in the designated box labeled "Non-Perishable Food Donations" situated in the Cathedral Hall.

Monetary donations also appreciated! Online or Mail In contributions are welcome.

Please make checks payable to Saint George Cathedral. For all payments in memo/note please specify AW Thanksgiving Food Drive. For further information please contact Yolla Hayek or Salma Zacur.



Turkeys, and all other donated goods, will be delivered to the Miami Rescue Mission the week before Thanksgiving.

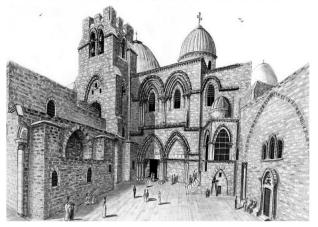
LOVE THY NEIGHBOR, AS THYSELF" MATTHEW 22:39

320 Palermo Avenue, Coral Gables, Florida | 305.444.6541 | Office@StGmiami.org



Saint George Antiochian Orthodox Cathedral Coral Gables, Florida

Orthodox Christian Arabic School



Starting on Sunday, October 22, 2023 from 1:00pm -1:45pm

> In person Ages from 4 - 8

Ages 9 and above

Tuition fee is \$25 per person

For registration, please visit fill out the form and submit it to Salma Zacur www.stgmiami.org or call the Cathedral Office at the number below

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



SAINT GEORGE ANTIOCHIAN ORTHODOX CATHEDRAL CORAL GABLES, FL

ORTHODOX CHRISTIAN ARABIC SCHOOL

V. Reverend Fr. Ayman Kfouf, DEAN

2023 - 2024

Registration Form

Please complete form and submit with payment to Church Office. Please Print Legibly

Applicant Personal Information

Last	First	email address			
Address:					
	Street	City	State	Zip	
Phone:					
Ноте		Cell			
Date of Birth (MM/DI	D/YYYY):	Gender:			
Emergency Contact:					
	Name	Relation		Phone	
Home Parish:					
Please indicate:					

Ages (4-8) Ages (9+)

Please see flyer for more information.

This course will explore the orthodox teaching and the traditions and customs of our culture and our Orthodox Faith in Arabic and teaching the Arabic language for children and adults.

Faculty: V. Rev. Fr. Ayman Kfouf/ Orthodox Christian Arabic School team.

Tuition is \$25 for children (4 - 8) and \$25 (9+) for adults per arabic course

[please mail in your check or submit your payment on the cathedral website at stgmiami.org].

Required course book and other materials included. Please make checks payable to "Saint George Cathedral."

For Office Use Only Total Tuition Fee: Total Tuition Paid: Total number of Registered Courses Received by:

Holy Bread and Coffee Hour Offerings

Month of November

The Holy Bread 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.

	Holy Bread Offered by:	Coffee Hour Sponsored by:	
	- Andrea, Michael, Andrew and Natalie Abu-Akel for the good health Atalla Abu- Akel and Charles Khoury on the occasion of their birthdays	Mouna Dahlan for the good health of her family and the good health of the Antiochian Women of St. George Ca- thedral	
November 5, 2023	- Suhel and Najwa Turjman for the good health of their family		
	- Mouna Dahlan for the good health of her family and the good health of the Antiochian Women of St. George Cathe- dral		
	- Suhel and Najwa Turjman for the good health of their family	Maryam Dahi Alem and her daughters Reem Yazji and Hiba Zacur and their	
November 12, 2023	- Antiochian Women of St. George Ca- thedral – 40th day Memorial Service in Memory of Yolanda Feanny	families – 6 months Memorial Service for Rami Alem and in memory of Ab- delrazak Alem	
	- Maryam Dahi Alem and her daughters Reem Yazji and Hiba Zacur and their families – 6 months Memorial Service for Rami Alem and in memory of Abdelrazak Alem		
	- Suhel and Najwa Turjman for the good health of their family	The Order of St. Ignatius	
November 19, 2023	- The Order of St. Ignatius for the good health of the St. George Cathedral family and the Order Members and their fami- lies		
	- Judeh and Muna Ghawali for the good health of their family	Ernestine Ede and her children, grand- children and great grandchildren – 40 Day Memorial Service in memory of Elias "Louie" Ede	
November 26, 2023	- Veronica Assaf for the good health of her daughter Alexia on the occasion of her 21 st Birthday		
	- Ernestine Ede and her children, grand- children and great grandchildren – 40 Day Memorial Service in memory of Elias "Louie" Ede		

St. George Antiochian Orthodox Cathedral

The Most Reverend Metropolitan SABA

Primate of the Antiochian Orthodox Archdiocese of North America

The Right Reverend Bishop NICHOLAS

Auxiliary Bishop of Miami and the Southeast

V. Rev. Archpriest Ayman Kfouf

Cathedral Dean

CATHEDRAL COUNCIL:

V. Rev. Archpriest Ayman Kfouf, Presiding Officer Andrea M. Abu-Akel, *Chairlady* Lama El Haj, Vice-Chairlady Jackie Barakat-Wanna, Secretary George M. Khoury, *Treasurer* Muazzi Hatem, Financial Secretary Sdn. Elie Bardawil, Member Zeina Bardawil Farah, Member Douglas Ede, Member

Jamal Habib, Member Hannan Mounayyer, Member Diana O'Brien, Member Noura Soufia, Member

Basel Zacur. Member Yamil Zacur, Member

Tony Zammar, Member

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Muazzi Hatem, Finance Douglas Ede, Legal Jamal Habib, Membership Lama Elhaj, Property Usage Yamil Zacur, Property Management Noura Soufia, Public Relations/Web Master Nasser Soufia, Vision and Development

BROTHERHOOD OF THE NOBLE JOSEPH:

V. Rev. Archpriest Ayman Kfouf, Dean

Sdn. Charles Khoury Sdn. Elie Bardawil Sdn. Sean Hatem Sdn. Louis Hatem Sdn. Hanna Soufia Acolytes (servers)

Jackson King, Choir Director/Lead Chanter

Dr. Don Shalhub. Chanter Yamil Zacur, Lead Usher All Choir Members and Ushers

ORTHODOX CHRISTIAN ARABIC SCHOOL

Reem Yazji, Coordinator

COUNCIL EX OFFICIO MEMBERS:

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Cathedral Office:

Mrs. Elsa Herrmann, Office Secretary Mr. Frank Marco, Custodian

SOYO Advisory Team:

Hannan Mounayyer, Lead Advisor Said Elhaj, Advisor

CONTACTS

Office Hours

Monday - Friday: 10:30 AM - 4:00 PM

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Worship Services

Saturday: Great Vespers: 5:00 PM Confession: 4:30 PM - 5:00 PM (or by appointment)

Sunday: Orthros: 9:15 AM

Divine Liturgy: 10:30 AM

Telephone: (248) 565-5353 Email: dean@stgmiami.org

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V. Rev. Archpriest Ayman Kfouf

Cathedral website: www.stgmiami.org