



Saint George Antiochian Orthodox Cathedral

كاتدرائية القديس جاورجيوس للروم الأرثوذكس

The Most Reverend Metropolitan JOSEPH, *Primate*
Antiochian Orthodox Christian Archdiocese of North America

The Right Reverend Bishop ANTOUN, *Auxiliary Bishop*

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

النشرة الأسبوعية The Weekly Bulletin

March 27, 2016

الأحد الثاني من الصوم وأحد القديس غريغوريوس بالامس

The Second Sunday of Lent: The Sunday of Saint Gregory Palamas

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

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Very Reverend Father Fouad Saba, *Cathedral Dean*

Reverend Archdeacon David Nimer

Chris Farha, *Cathedral Council Chairman*

Weekly Schedule of Services

Saturday: Great Vespers (as announced in Calendar)

Sunday: 9:15 a.m. Orthros (Matins) - 10:30 a.m. Divine Liturgy

Confessions by Appointment



Saint George Antiochian Orthodox Cathedral, Coral Gables, Florida

The 2016 Cathedral Council

Officers

V. Rev. Fr. Fouad Saba	Dean / Presiding Officer
Chris Farha	Chairman
Sdn. Elie Bardawil	Vice-Chairman
Diana Nimer O'Brien	Secretary
Jamal Habib	Treasurer
Muazzi Hatem	Financial Secretary

Members

Andrea Abu-Akel	Michel Nasr
Larry Cameron	Dr. Don Shalhub
Abdallah Daiha	Nasser Soufia
Douglas Ede	Yamil Zatur
Said Elhaj	Tony Zammar

ex-officio Members

Rev. Adn. David Nimer	Clergy
Carmen Kostik	Sunday School
Lama Elhaj	Antiochian Women
Miray Hayek	Fellowship (FSJD)
Noura Soufia	SOYO
Tony Zammar	Order of Saint Ignatius

Welcome to Saint George Antiochian Orthodox Cathedral!

This Church is one community of many in the One, Holy, Universal (catholic), and Apostolic Church. As Antiochian Orthodox, this Church belongs to two thousand years of history and tradition, which express the continued commitment of its members to the faith in **The Lord and Savior Jesus Christ!**

Visitors, please feel at home in prayer and worship. Please submit your names to the Ushers and introduce yourself to Father Saba at the end of the service so he may welcome you personally. *Welcome! Ahlan wa Sahlan!*

اليوم أحد الغفران (مرفع الجن)

يستمر الصيام التام عن الزفير حتى القيامة 1 ايار،
وخلال هذا الموسم المبارك يجب ان يتراافق الصوم بكل الفضائل
وخاصة على قراءة الانجيل والمواضبة على الصلاة وعمل الصدقة
والاحسان للغير.
وكل عام وانتم بخير.

Great Lent began on Monday, March 14, called “Clean Monday.”

This Holy Season is a renewal for all believers
to intensify their reading of Scripture, almsgiving,
worship, prayer, and fasting.

Fasting begins on “Clean Monday” and continues until
Great and Holy PASCHA on May 1.

Fasting during Great Lent includes abstaining from
meats, fish, dairy, oil, and wine.

The complete *Lenten Schedule of Services*
may be found in this *Weekly Bulletin*.

Changes in the Liturgy

تغييرات في القدس

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 Liturgy.

**Please use the inserts in this *Weekly Bulletin*
for this week's changes in the Liturgy.**

~ ~ ~

Troparion of the Resurrection (Tone Two)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

عندما انحدرت إلى الموت أيها الحياة الذي لا يموت. حينئذ أمتَّ الجحيم ببريق لا هوتك.
وعندما أقمتَ الأمواتَ مِنْ تحت الثرى. صرَّخَ تَحْوَىً جمِيعَ القوَاتِ السَّمَاوِيَّينَ. أيها المسيحُ
إِلَهٌ مَعْطِيُّ الْحَيَاةِ الْمَجْدُ لَكَ.

Entrance Hymn (Tone Two)

O Come, let us worship and fall down before Christ.
Save us, O Son of God, who art risen from the dead, who sing to Thee: Alleluia!
هلُّمْ نسجد ونركع للمسيح ملکنا والهنا، خلصنا يا ابن الله يا من قام من بين الاموات، لنرتل لك هلاويا!

Troparion of the Resurrection (Tone Two)

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Changes in the Liturgy

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إِلَهُ مَعْطِيَ الْحَيَاةِ الْمَجْدُ لَكَ.

Troparion of Saint George the Great Martyr (Tone Four)

As deliverer of captives, and defender of the poor, healer of the infirm, champion of kings: Victorious Great Martyr George, intercede with Christ our God for our souls' salvation.

بما أنك للمسؤلين محررٌ ومُعتقد، وللفقراء والمساكين عاصدٌ وناصرٌ وللمرضى طبيبٌ
وشافي وعن المؤمنين مكافحٌ ومحاربٌ أيها العظيم في الشهداء جاورجيوس اللايس الظفر
تشفع إلى المسيح إله في خلاص نفوسنا.

Kontakion of the Theotokos for the Sundays of Lent (Tone Eight)

To thee the champion leader, I thy city ascribe thank-offerings of victory. For thou hast delivered me from terrors O Theotokos. But as thou hast that power which is invincible, from all dangers set me free that I may cry out unto thee:
Hail, O Bride without Bridegroom!

إني أنا عبدك يا والدة الإله، اكتب لك راياتِ الغلبة يا جنديَة مُحامية. وأقم لك الشكر
كمُنقذة من الشَّدائِد. لكن بما أنَّ لك العزة التي لا تُحارب، اعتقينا من صنوفِ الشدائِد.
حتى أصرُخ إليك: إفرحي يا عروسًا لا عروس لها!

At this point, please turn to page 98 in the Red Service Book.

*Thou, O Lord, shalt keep us and preserve us!
Save me, O Lord, for the godly man has failed!*

The Reading is from Saint Paul's Letter to the Hebrews (1:10-2:3)

"In the beginning, Thou O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end." But to what angel has He ever said, "Sit at My right hand, till I make Thine enemies a stool for Thy feet?" Are they not all ministering spirits set forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

أَنْتَ يَا رَبُّ تَحَفِظُنَا وَتَسْتَرُنَا!

خَلَصْنِي يَا رَبُّ فَإِنَّ الْبَارَ قَدْ فَنِي!

فصلٌ من رسالٍة القديس بولس الرسول إلى العبرانيين (2:3-10)

أَنْتَ يَا رَبُّ فِي الْبَدْءِ أَسْتَأْتَ الْأَرْضَ وَالسَّمَاوَاتِ هِي صُنْعُ يَدِكَ * وَهِي تَزُولُ وَأَنْتَ تَبْقَى وَكُلُّهَا تَبْلَى كَالثُّوْبِ * وَتَطْوِيهَا كَالرِّدَاءِ فَتَتَغَيِّرُ وَأَنْتَ أَنْتَ وَسْتُوكَ لَنْ تَقْنَى * وَلَمِنْ مِنَ الْمَلَائِكَةِ قَالَ قَطُّ اجْلِسْ عَنْ يَمِينِي حَتَّى اجْعَلَ أَعْدَاءَكَ مَوْطِئًا لِقَدْمَيْكَ * أَلْيُسُوا جَمِيعُهُمْ أَرْوَاحًا خَادِمَةً ثُرُّسَلَ لِلْخَدِيمِ مِنْ أَجْلِ الَّذِينَ سَيَرِثُونَ الْخَلاصَ * فَلِذَلِكَ يَحْبُّ عَلَيْنَا أَنْ نُصْغِيَ إِلَى مَا سَمِعْنَاهُ إِصْغَاءً أَشَدَّ لِنَلَّا يَسْرَبَ مِنْ أَذْهَانِنَا * فَإِنَّهَا إِنْ كَانَتِ الْكَلْمَةُ الَّتِي نُطِقَ بِهَا عَلَى أَلْسِنَةِ مَلَائِكَةٍ قَدْ تَبَثَّتْ وَكُلُّ تَعَدٍ وَمَعْصِيَةٍ نَالَ جَزَاءَ عَدْلًا * فَكَيْفَ نُفْلِتُ نَحْنُ إِنْ أَهْمَلْنَا خَلَاصًا عَظِيمًا كَهَذَا قَدْ أَبْتَدَأَ النُّطُقُ بِهِ عَلَى لِسَانِ الرَّبِّ ثُمَّ تَبَثَّتْ لَنَا الَّذِينَ سَمِعُوهُ.

الإنجيل للأحد الثاني من الصوم

Gospel for the Second Sunday of Great Lent

The Reading is 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!”

فصل شريف من بشارة القديس مرقس الإنجيلي البشير، التلميذ الطاهر (12-2:1)

في ذلك الزمان دخل يسوع كفرناحوم وسمع أنَّه في بيتٍ فللوقت اجتمع كثيرون حتى أنَّه لم يُعد مُؤْضِعٌ ولا ما حول الباب يسع وكان يخاطبُهم بالكلمة فلأتوا إليه بمُخلِّع يحمله أربعة وإذ لم يقدِّروا أن يقتربوا إليه لسبِّبِ الجميع كشفوا السقف حيث كان. وبعد ما نَبَوْه دلوا السرير الذي كان المُخلَّع مُضطَّجاً عليه فلما رأى يسوع إيمانَهُم قال للمُخلَّع يا بُنَيَّ مغفورة لك خطاياك وكان قَوْمٌ من الكتبة جالسين هناك يُفكِّرون في قلوبِهم ما بال هدا يتكلَّم هكذا بالتجديف. من يقدِّر أن يغفر الخطايا إلا الله وحده فللوقت علم يسوع بروحِه أنهم يُفكِّرون هكذا في أنفسِهم فقال لهم لماذا تُفكِّرون بهذا في قلوبكم ما الأئِسْرُ أَنْ يُقال مغفورة لك خطاياك أم أن يقال قُم واحمل سريرك وامشي ولكن لكي تعلموا أن ابن البشر له سلطان على الأرض أَنْ يغفر الخطايا (قال للمُخلَّع) لك أقول قُم واحمل سريرك وادْهُب إلى بيتك فقام للوقت وحمل سريره وخرج أمام الجميع حتى ذهش كُلُّهُمْ ومجدُوا الله قائلين ما رأينا مثل هذا قط.

The Lenten *Megalynarion*, below, is chanted after the Consecration of the Gifts.

Lenten Megalynarion (Tone 2)

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and super-sensual paradise, glory of Virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

التعظيمية لوالدة الإله (باللحن الثاني)

إن البرايا بأسِرها تفرُّجْ بِكَ يا ممتلئَةً نعمةً،
محافِل الملائكة وأجناس البشَّر، أيتها الهيكل
المقدُّس والفردوس الناطق، فَخَرَّ البتولية مريم
التي منها تجسَّدَ الإله وصار طفلاً وهو الإله
الذِي قبل الْدُّهُورِ، لأنَّه صنَعَ مُسْتَوْدَعَكَ
عرشاً وجعل بطنَكِ أرْحَبَ من السَّمَاوَاتِ،
لذلك يا ممتلئَةً نعمةً تفرُّجْ بِكَ كُلُّ البرايا

Church Etiquette

During the reading of the Epistle and Gospel, please refrain from moving or walking so you may not be a distraction to others listening and so you may be properly focused and reverent to the Word of God.

After the Gospel, please turn to page 104 in the Red Service Book.





Please pick up your Food For Hungry People Coin Box

and *2-page Calendar guide* at the Candle Stand .
Please return filled Coin Boxes during Holy Week.
Blessed Lent!

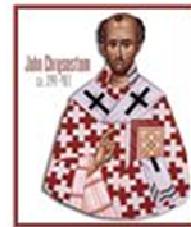
“He who is kind to the poor lends to the Lord,
and he will reward him for what he has done.”

Proverbs 19:17



Saint George Cathedral Sunday School

**Attention: Students
Support the Lenten Humanitarian Drive!**



Students are responsible for donating non-perishable food and toiletries.
Items will be collected every Sunday, March 20th-May 1st, in each Sunday School classroom.

Get involved!

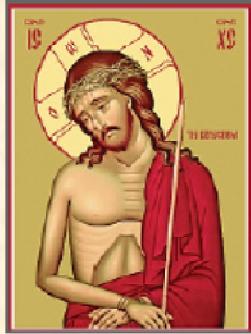
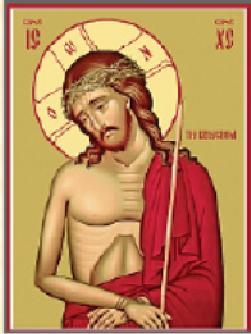
Follow the weekly progress of your class' donations
on the Saint George Cathedral [Facebook](#) page. Photos will be posted.

[A special video announcement by Fr. Saba will be released on the Cathedral Facebook page](#)
[and YouTube channel to reveal which class donated the most items.....](#)



2016

Great Lent and Holy Week Services



خدمات الصيام والاسبوع العظيم

آذار 14	الاثنين: الصلاة اللوم الكبri <i>Clean Monday: Great Compline Service</i>	مساء 7:00pm
آذار 16	الأربعاء: القديس التداس السابق تقديسها <i>Wednesday: Presanctified Liturgy</i>	مساء 6:00pm
آذار 18	الجمعة: خدمة مدح ولادة الإله <i>Friday: Akathist (Madayeh) w/ Potluck Dinner</i>	مساء 7:00pm
آذار 19	السبت: صلاة الغروب <i>Saturday: Great Vespers Service</i>	مساء 5:30pm
آذار 20	الاحد: خدمة السحرية والقدس الإلهي <i>Sunday: Divine Services - Sunday of Orthodoxy</i>	صباحاً 9:15am
آذار 20	Sunday: Pan-Orthodox Vespers at St. Mark Greek Church in Boca Raton الاحد: خدمة صلاة الغروب في كنيسة القديس مارقس الأرثوذكسي	مساء 5:00 pm
آذار 21	الاثنين : الصلاة اللوم الكبri <i>Monday: Great Compline Service</i>	مساء 7:00pm
آذار 23	الأربعاء: القديس التداس السابق تقديسها <i>Wednesday: Presanctified Liturgy</i>	مساء 6:00pm
آذار 25	الجمعة: القديس لعيد البشارة <i>Friday: Liturgy for Feast of Annunciation</i>	مساء 7:00pm
آذار 26	السبت: صلاة الغروب <i>Saturday: Great Vespers Service</i>	مساء 5:30pm
آذار 27	الاحد: خدمة السحرية والقدس الإلهي <i>Sunday: Orthros and Divine Liturgy</i>	صباحاً 9:15am
آذار 28	الاثنين : الصلاة اللوم الكبri <i>Monday: Great Compline Service</i>	مساء 6:30pm
آذار 30	الأربعاء: القديس التداس السابق تقديسها <i>Wednesday: Presanctified Liturgy</i>	مساء 6:00pm
نيسان 1	الجمعة: خدمة مدح ولادة الإله <i>Friday: Akathist (Madayeh) w/ Potluck Dinner</i>	مساء 7:00pm
نيسان 2	السبت: صلاة الغروب <i>Saturday: Great Vespers Service</i>	مساء 5:30pm
نيسان 3	الاحد: خدمة السحرية والقدس الإلهي <i>Sunday: Orthros and Divine Liturgy</i>	صباحاً 9:15am
نيسان 4	الاثنين : الصلاة اللوم الكبri <i>Monday: Great Compline Service</i>	مساء 7:00pm
نيسان 6	الأربعاء: القديس التداس السابق تقديسها <i>Wednesday: Presanctified Liturgy</i>	مساء 6:00pm
نيسان 8	الجمعة: خدمة مدح ولادة الإله <i>Friday: Akathist (Madayeh) w/ Potluck Dinner</i>	مساء 7:00pm
نيسان 9	السبت: صلاة الغروب <i>Saturday: Great Vespers Service</i>	مساء 4:00pm
نيسان 10	الاحد: خدمة السحرية والقدس الإلهي <i>Sunday: Orthros and Divine Liturgy</i>	صباحاً 9:15am

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نيسان April 11	الاثنين : الصلاة التوم الكبرى Monday: Great Compline Service	مساء 7:00pm
نيسان April 13	الأربعاء: القداس اللذات السابق تقديسها Wednesday: Presanctified Liturgy	مساء 6:00pm
نيسان April 15	الجمعة: خدمة مدح والدة الله Friday: Akathist (Madayeh) w/ Potluck Dinner	مساء 7:00pm
نيسان April 16	السبت: صلاة الغروب Saturday: Great Vespers Service	مساء 5:30pm
نيسان April 17	الاحد: خدمة السحرية والقداس الإلهي Sunday: Orthros and Divine Liturgy	صباحاً 9:15am
نيسان April 18	الاثنين : الصلاة التوم الكبرى Monday: Great Compline Service	مساء 7:00pm
نيسان April 20	الأربعاء: القداس اللذات السابق تقديسها Wednesday: Presanctified Liturgy	مساء 6:00pm
نيسان April 22	الجمعة: القداس اللذات السابق تقديسها Friday: Presanctified Liturgy	مساء 7:00pm
نيسان April 23	السبت: القداس لميت العازر Saturday: Divine Liturgy for Lazarus Saturday	صباحاً 10:00am
نيسان April 23	السبت: صلاة الغروب Saturday: Great Vespers Service	مساء 5:30pm
نيسان April 24	الاحد: خدمة السحرية والقداس بعد الشعانين Sunday: Divine Services for Palm Sunday	صباحاً 9:15am
نيسان April 24	الاحد: خدمة الختن الأولى Sunday: 1st Bridegroom Service	مساء 7:00pm
نيسان April 25	الاثنين: خدمة الختن الثانية Great Monday: 2nd Bridegroom Service	مساء 7:00pm
نيسان April 26	الثلاثاء: خدمة الختن الثالثة Great Tuesday: 3rd Bridegroom Service	مساء 7:00pm
نيسان April 27	الأربعاء: صلاة الزيت المقدس Great Wednesday: Holy Unction Service	مساء 7:00pm
نيسان April 28	الخميس: قداس باسيليوس العظيم Great Thursday: Divine Liturgy of Saint Basil	صباحاً 10:00am
	الخميس: خدمة 12 انجيل والصلب Great Thursday: 12 Passion Gospels	مساء 7:00pm
نيسان April 29	الجمعة: خدمة الماعات Great and Holy Friday: Royal Hours	صباحاً 10:00am
	الجمعة: خدمة ازالة المصلوب Great Friday: Taking Down of Body From the Cross	مساء 3:00pm
	الجمعة: جنائز المسيح Great and Holy Friday: Lamentations (GREAT FRIDAY All-Night VIGIL to follow) سهرانة العيد	مساء 7:00pm
نيسان April 30	السبت: قداس سبت النور Great and Holy Saturday: Vesperal Liturgy of Saint Basil	صباحاً 9:00am
	السبت: رقصة العيد، الهمجة وقداس الفصح Great and Holy Saturday: Rush Procession & Matins followed by PASCHAL Liturgy السبت: سحرية العيد، الهمجة وقداس الفصح	مساء 10:00pm
مايو May 1	عيد الفصح المجيد GREAT AND HOLY PASCHA الاحد: صلاة الباقعوث Sunday: Agape Vespers Service Do you read in a foreign language? Would you like to read the Gospel in a foreign language? You will be able to at Agape Vespers , which will be celebrated on PASCHA Sunday, May 1, at 1:00p.m., followed by the Annual Egg hunt. Please contact the Cathedral Office to sign-up.	ظهراً 1:00pm

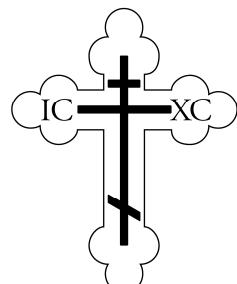
Prayer List

The following names were submitted this week and remembered TODAY in the Holy Altar! If you desire to have your loved one(s) remembered on Sunday, please contact the Church Office and submit the name(s).

Please indicate the **reason** for the prayer (illness, name's day, birthday, anniversary, in memory, etc.) and the **duration** for inclusion on the list (one week, two weeks, etc.).

Names of the living and departed should be submitted by Wednesday morning for inclusion in the following Sunday's *Weekly Bulletin*.

Living	Departed
<p>The abducted Metropolitan PAUL The abducted Archbishop YOUNHANNA All our brothers and sisters afflicted by war, hunger, poverty, oppression, persecution, and occupation in the Middle East and Worldwide. Salem, Hannan, Naife, Sammy, and Christian Mounayyer Mouna and Laura Dahlan and family Michel and Shirley Husson and family Victor Howard Asad Jardack Ruth Atick Theodora Samour George, Mary, and Linda Bikhazi George Bchara and family Mazen and Hala Assi Bianca Maderal</p> <p style="text-align: center;">***</p> <p>The names above are names given for TODAY's Holy Bread Offering, Coffee Hour Offering, Altar Vigil Candle, or <u>for a special reason for today</u>.</p> <p><i>All other names (weekly) are on the permanent list in the Altar.</i></p>	<p>+All our brothers and sisters departed by war, hunger, poverty, oppression, persecution, and occupation in the Middle East and Worldwide. +Ignatius Al-Rahil +Fouad Mounayyer +Aida Saba +Sami Hakim +Naife Mounayyer +Michael Dahlan +Adnan Tannous +Osama Khoury +Ibrahim Khoury +Elias Jagheb, Jr. +Georgia Holdman</p>

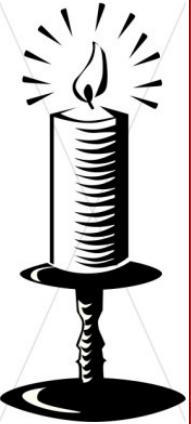


Altar Vigil Candle

To sign-up for the Altar Vigil Candle, please contact the Church Office to submit the names of your loved ones to be remembered for the duration of the month you choose.

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. If you choose to make a donation, please make your donation payable to ‘Saint George Cathedral.’ Please see schedule below (in order of submission by month).



MARCH	Salem and Hannan Mounayyer and Family Mouna Dahlan and Family Michel and Shirley Husson and Family
APRIL	Archdeacon David and Pat Nimer Mouna Dahlan and Family Michel and Shirley Husson and Family
MAY	Drs. Michael Mauder and Sawsan Khuri & Family Mouna Dahlan and Family Michel and Shirley Husson and Family
JUNE	Suhel and Najwa Turjman and Family Emile and Zena Farah Paula Bardawil and Family Mouna Dahlan and Family
JULY	Dr. George, Mary, and Linda Bikhazi
AUGUST	OPEN

Cathedral News

The Holy Bread and Coffee Hour are ministries of the Antiochian Women. Please see the Co-ordinator of these ministries, Mrs. Salma Zacur, to inquire on scheduling and requirements.

Holy Bread Offering



TODAY	Salem and Hannan Mounayyer and Fam
APRIL 3	Sami and Enas Farah and Family
APRIL 10	Tony and Vivian Zammar and Family
APRIL 17	OPEN
APRIL 24	Said and Lama Elhaj and Family
APRIL 28 HOLY THURSDAY	OPEN
APRIL 30 HOLY SATURDAY	Atalla and Andrea Abu-Akel and Family

Coffee Hour Sponsor

TODAY	Salem and Hannan Mounayyer and Family
APRIL 3	Sami and Enas Farah and Family
APRIL 10	Order of Saint Ignatius
APRIL 17	OPEN
APRIL 24	Said and Lama Elhaj and Family



Congratulations to Basil Jackson King on receiving the Sacrament of Chrismation. Welcome to the Holy Orthodox Church! *Mabrouk!*



Cathedral Calendar

TODAY	Orthros (Matins) Service	9:15 a.m.
TODAY	Divine Liturgy	10:30 a.m.
TODAY	Sunday School Classes	After Communion
TODAY	March is “Antiochian Women Month”	Entire Month
Monday, Mar 28	Great Compline Service	6:30 p.m.
Monday, Mar 28	General Meeting for Order of Saint Ignatius	7:30 p.m.
Wednesday, Mar 30	Presanctified Liturgy	6:00 p.m.
Wednesday, Mar 30	ABI Spring Course—”Gospel of John”	7:00 p.m.
Friday, Apr 1	Akathist (Madayeh) Service followed by Potluck	7:00 p.m.
Saturday, Apr 2	Annual “Witness Walk”	Please see INSERTS
Saturday, Apr 2	The Great Vespers Service	5:30 p.m.
Sunday, Apr 3	Orthros (Matins) Service	9:15 a.m.
Sunday, Apr 3	Divine Liturgy	10:30 a.m.
Sunday, Apr 3	Sunday School Classes	After Communion
Sunday, Apr 3	Monthly Antiochian Women Meeting	1:00 p.m.

Save the Date!

Annual “Witness Walk” hosted by the Antiochian Women	Apr 2, 2016
Great and Holy PASCHA (Easter)	May 1, 2016
Annual Saint George Celebration (Feast & Graduates)	May 21-22, 2016
Southeast Diocese Parish Life Conference in Pensacola, FL	Jun 15-18, 2016
“Annual Love Ball” - “50 Years in the Gables” Celebration	Oct 1, 2016
53rd Biennial Archdiocese Convention hosted in Miami	Jul 23-30, 2017

Food for Hungry People 2016

42ND Anniversary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MARCH 14 How many clocks do you have in your home? Deposit .15 for each in your Food for Hungry People Box because "time" is running out for those who are starving.	15 "Put a little love in your heart," get FFHP off to a good start. Put in a dime for all the "loves" in your life.	16 Count the number of Bibles in your home and deposit .35 for each, because Jesus said, "I was hungry and you gave me food."	17 Count the number of soda cans or water bottles in your home. Put in .10 each, because Jesus said, "I was thirsty and you gave me drink."	18 How many tablets do you own? Deposit .20 each. Tablets can be a means of communication. Let's communicate our love for the hungry.	19 Count the number of steps (inside and outside) of your home. Pay .05 for each step. Help the hungry "step" into a new future.
20 How many mirrors are in your home? Pay .15 for each. Let your "mirror" reflect the image of one who cares.	21 Count the locks in your home. Pay .20 for each lock. Let's "unlock" the door that gives hope to the hungry.	22 How many rings do you have? Deposit .15 per ring. This will help us b"ring" food to the hungry!	23 How many eggs are in your refrigerator? Pay .10 for each. Hungry people have to "scramble" for their food.	24 How many doors does your home have? Pay .10 for each. Help open a "door" to a better future for the world's hungry.	25 Have everyone in the family deposit all the pennies they have in their pockets or purses. It makes "cents" to help the hungry	26 How many electrical outlets are in your kitchen and living room? Pay .10 each. You'll get a "charge" out of feeding the hungry.
27 "Button up your overcoat" - so simple to do. They are not only hungry but very cold too. Deposit .20 for each coat in your home.	28 For every cellphone in your home, pay .25. It is "long distance" to hungry areas in most parts of the world. Let's make it a toll free number.	29 How many extension cords do you have in your home? Pay .20 for each. Let's "extend" a helping hand to those who need it.	30 For each pie or cake in your home, deposit .30. We should never "desert" the hungry.	31 How many Ipod's do you own? For every one deposit .25. Let's never "tune out" the hungry.	APRIL 1 For every salt and pepper shaker, pay .20. Let's all "sprinkle" their lives with a little seasoning.	2 For every TV show that was watched today pay .25. TV helps us see around the world; this money will help us feed the hungry around the world.
3 How many computers do you own? Pay .25 for each. Let's take a "byte" out of hunger!	4 How many pictures do you have on your walls? Just "picture" yourself without food & deposit .10 for each picture.	5 Pay .25 for each pair of contacts or eyeglasses you have. This will help us "see" clearly the need of caring for the hungry.	6 Do you have musical instruments in your home? Pay .75 for each. This is a "key" to sharing and caring.	7 How many cleaning wipes can you find in your home? Pay .05 for each. Let's "erase" hunger from the world.	8 Count your tea or coffee cups and deposit .05 each. Our "cup" runneth over, so let's fill theirs.	9 "I've got my love to keep me warm," that's true, but the hungry have only you. Pay .10 for each blanket in your home.
10 How many cars are in your family? You can't "Dodge" the hungry, but you can afford to pay .50 for each car.	11 "Day by day," from dawn till night, Hunger knows no hour - nor if it's day or night. Pay .20 for each lamp in your home.	12 How many cameras do you have? Pay .25 for each. This will help us make all "negatives" positives.	13 Pick up all the loose change laying around the house. Put it in your FFHP Box. This will help make a "change" in the world!	14 Count the scissors you have in your home and pay .25 for each pair. Let's "cut-out" the hunger in hungry-yl	15 How many members are in your family? Pay .10 for each. The hungry have families to feed also; let's make this a real "family affair!"	16 How many towels are in your home? If you pay .05 for each towel, this may help us "wipe out" hunger for all people.

Food for Hungry People 2016

42ND Anniversary

17 "Hey Big Spender" drop a coin in the slot - give unto others what they haven't got! Put in a coin or bill of your choice.	18 How many heads of lettuce are in your refrigerator? Pay .25 for each. "Lettuce" show the hungry that we care.	19 Count the cans in your cupboard. Pay .03 for each. Don't let their cupboards be like "Old Mother Hubbard's!"	20 How many postage stamps do you normally use in a week? Pay .05 for each. This is a sure way to "stamp out" hunger!	21 How many sweaters do you have? Pay .05 for each. Sweaters keep you warm. This is one time they won't mind if we "pull the wool over their eyes."	22 How many chairs are in your home? Pay .10 per chair. We can't just "sit" around when so many people are hungry.	23 How many cookbooks do you own? Pay .20 for each. We will be able to "cook up" a better recipe for the hungry to live by.
24 How many eggs are you going to color for Pascha? Pay .05 for each. Let's help "color" their world with love!	25 "Brother can you spare a dime?" or maybe two? The FFHP program really depends on you. Put your dimes in the box.	26 Count your C.D.'s . Pay .03 for each. Let's make this a "record-breaking" year for FFHP!!!	27 How many songs have you listened to today? Pay .05 for each. Let's stay "in tune" with the hungry.	28 How many crosses do you have? Pay .15 each. Crosses remind us of Christ's suffering, let's not make the hungry suffer anymore.	29 "A dream is a wish your heart makes," and our dream is for hunger to stop. For the wish that we are wishing, is for FFHP program to go over the top!	30 We pray you have been generous in your almsgiving. "For inasmuch as you have done it unto the least of these my brethren, you have done it unto ME!"
MAY 1 PASCHA Christ Is Risen!						

**Please pick up your
Food For Hungry People
Coin Box**

at the Candle Stand along with
this *2-page Calendar guide*.

Please return filled Coin Boxes during Holy Week.



Saint George Antiochian Orthodox Cathedral

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

2016 Membership and Stewardship Commitment Form

"For the Son of Man came not to be served but to serve..." (Mark 10:45)

1. Membership Information:

Family Last Name: _____

Membership Number: _____

Name (First name, Last name) <i>Please PRINT legibly.</i>	Relationship (husband, wife, children, self, etc.)	Date of Birth (M/D/YY)	Cell Phone (Area + Number)	Email Address <i>Please PRINT legibly.</i>
Mailing Address:				
Street (include Apt#)		City/State		Zip
Home Phone number: () _____				
If married, Marriage Date: _____				
Please include me in the Parish E-mail Distribution: <input type="checkbox"/> YES <input type="checkbox"/> NO				
Please include me in the Phone Announcement System: <input type="checkbox"/> YES <input type="checkbox"/> NO				

2. By signing this form, I commit myself / family as a Steward of Saint George Cathedral

Signature: _____ Date: _____

3. Stewardship Commitment Information:

Please consider prayerfully and sincerely your Stewardship Commitment.

In gratitude for God's blessings, I/we offer the following 2016 'WEEKLY' Stewardship Commitment (please select):

15/Week \$30/Week \$50/Week \$100/Week Other\$_____/Week
(\$780 Annually) (\$1,560 Annually) (\$2,600 Annually) (\$5,200 Annually) (\$_____ Annually)

Payment Options: (please select option A, B, or C)

A- Credit Card (please complete the following credit card information)

VISA Mastercard Discover

Name on Credit Card (Please Print): _____

Credit card number: _____ Expiration Date: ____ / ____

CSC code (back of card): _____ Zip Code of billing address: _____

Authorization: By completing and signing this Credit Card Authorization form, I authorize ST. GEORGE CATHEDRAL to charge my Credit Card the amount stated below for my 2016 Stewardship Pledge unless I provide a written cancellation.

Please select:

\$_____ monthly (on the 20th of each month, or next business day)

\$_____ one-time amount

Credit Card Authorization Signature: _____ Date: _____

B- Check/Cash (check is safer and better for your records and the Church records)

C- One-time check enclosed

Please note: For the General Assembly voting privilege in 2017, this form must be completed and 2016 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: _____



Saint George Antiochian Orthodox Cathedral, Coral Gables, FL

"2016 Membership and Stewardship Campaign"

63 Membership and Stewardship Commitments received as of March 26, 2016

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

Very Rev. Father Fouad and Khourieh Diana Saba

Rev. Father Gustavo and Khourieh Margarita Alfonso

Rev. Archdeacon David and Pat Nimer

Mr. Alex Abu-Akel

Mr. & Mrs. Moawad and Evelyn El Rai

Mr. & Mrs. Salem and Hannan Mounayyer

Mr. & Mrs. Atalla and Andrea Abu-Akel

Ms. Salam Exeni

Mr. & Mrs. Michel and Mary Nasr

Ms. Cecilia Alfonso

Mr. Wajdy Fahel

Mr. Roger Nimer

Mr. David Alfonso

Mr. & Mrs. Christopher and Anna-Sarah Farha

Mr. & Mrs. Charles and Diana O'Brien

Mr. & Mrs. Munif and Ruba Asfour

Mrs. Yolanda Warwar-Feanny

Mr. & Mrs. Richard and Karen Razook

Mr. & Mrs. Emil and Lillian Asha

Mr. & Mrs. Adnan and Amal Ferzli

Mr. Justin Sayfie

Mr. Mr. & Mrs. Elie and Mela Attie

Ms. Jamal Habib

Mr. & Mrs. Wayne and Tara Elias Schuchts

Mrs. Jackie Barakat-Wanna

Mrs. Jeanette Haddad-Stern

Mr. & Mrs. Oscar and Carole Seikaly

Sdn. & Mrs. Elie and Theresa Bardawil

Mr. Sam Hanna

Mr. & Mrs. James and Hilda Shaleeh

Mr. & Mrs. Russell and Helene Bassett

Ms. Miray Hayek

Dr. Don Shalhub

Mr. & Mrs. Asmerom Beyene &

Mr. & Mrs. Victor and Elaine Howard

Mr. & Mrs. Souheil and Jackie Skaf

Amleset Tekle

Mr. & Mrs. Larry Cameron and Marina de Moura Torres

Mr. & Mrs. Michel and Shirley Husson

Mr. Michael Snavely

Mrs. Mouna Dahlan

Mr. & Mrs. Osama and Nadia Jahjah

Mr. and Mrs. Nasser and Tania Soufia

Mr. & Mrs. Abdallah Daiba and Amal Hakim

Drs. Hani and Ferial Jumeau

Mr. & Mrs. Salah and Soraya Wassef

Ms. Martha Eannace

Mr. & Mrs. George & Widaa Khoury

Ms. Sarah Yakubik

Mr. Douglas Ede

Mrs. Haifa Khoury

Mr. & Mrs. Jorge and Najat Zacur

Mr. & Mrs. Louie and Ernestine Ede

Drs. Mike Moulder and Sawsan Khuri

Mr. & Mrs. Yamil and Salma Zacur

Mr. & Mrs. Said and Lama El-Hajj

Mr. & Mrs. Vladimir and Carmen Kostik

Dr. & Mrs. Alex and Andrea Zakharia

Mr. & Mrs. George and Charme Elias

Mr. Bashir Malouf

Mr. & Mrs. Antoine and Vivian Zammar

Dr. & Mrs. Richard and Susan Elias

Mr. & Mrs. George and Maysoon Mobassaleh

Mrs. Latife Zayne

If you have not already done so, please complete and submit a 2016 Membership and Stewardship Form. Keeping our records accurate is important to us. Any errors above, please contact the Stewardship Committee Chairperson, Salma Zacur, or the Church Office.

The Order of St. Ignatius of Antioch

General Meeting

Monday, March 28, 2016

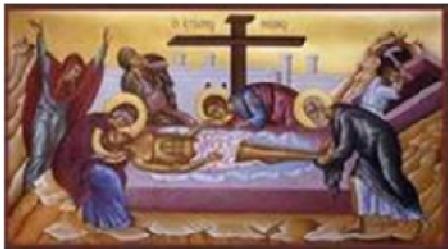


Great Compline Service 6:30 p.m.

General Meeting 7:30 p.m.

All Members of the Order are invited to attend
this important meeting in the Church Library.

All interested in joining the Order
are more than welcome to attend.



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 29), 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 with your donation no later than Sunday, April 24.

******Your departed loved ones, whose names you include below, will be remembered at the Holy Saturday morning Liturgy on Holy Saturday, April 30, 2016, at 9:00 a.m.******

All proceeds of this Bulletin will benefit the **Electrical Repair Fund**, established by the Antiochian Women.

Enclosed is my donation in the amount of \$_____.

Family Name: _____

Please print the names of your departed loved ones below as you wish them to appear in the ***Great Friday Remembrance Bulletin***:

Mailing Address: _____

Telephone Number: _____ **Email Address:** _____

2016 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 10, 2016

PICK-UP DATE: Saturday night, April 30, 2016 (after Paschal Service)

Let the Antiochian Women of Saint George Cathedral prepare your Paschal Desserts!

Items	½ Dozen	Quantity	1 Dozen/ or each	Quantity	Total
 Paschal Basket (See separate sheet)			\$50		
 Ma'moul Dates Delectable date stuffed buttery cookie.	\$11		\$22		
 Ma'moul Nuts Elegant buttery cookie stuffed with sweet walnuts and sprinkled with powdered sugar	\$11		\$22		
 Ka'ak Bihalib Traditional Shortbread cookie flavored with a hint of Anise	\$8		\$15		
GRAND TOTAL					\$

Ordering Deadline: Sunday, April 10, 2016

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 30, 2016 (after Paschal Service)

Paschal Basket Items Descriptions

On Paschal Night, people bring a wicker basket full of food they abstained from during Great Lent. After the midnight Paschal Liturgy, all gather together 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, Ma'moul Nuts and Dates, Ka'ak Bihalib and red colored eggs. Each item in the basket has a symbolic meaning.



Paschal Bread – 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.

Continued on next page →

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Hard Boiled Eggs – As the chick emerges from the confinement of the shell, so Christ resurfaces 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.



Ma'moul Dates - it symbolizes the crown of thorns, which was placed upon the pure head of Christ.



Ma'moul 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.

Help Feed Hungry Children At Home and Aboard



WITNESS WALK REGISTRATION FORM

Saturday, April 2, 2016

9:00 AM – REGISTRATION (CATHEDRAL HALL)

9:30 AM – BREAKFAST

10:00 AM - WALK



**SAINT GEORGE CATHEDRAL,
2016 ANTIOCHIAN WOMEN'S
PROJECT**

**SAINT GEORGE CATHEDRAL, 320 PALERMO AVENUE, CORAL GABLES, FLORIDA 33134
(305) 444-6541**

GENERAL INFORMATION

First Name _____ MI: _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Date of Birth _____ Age _____ Gender Male Female

Phone Number _____ (Home) _____ (Cell) _____

Email Address _____

REGISTRATION FEE

Please submit your non-refundable, non-transferable \$20 registration fee with this registration form.

Method of payment:

Cash

Check (made payable to: St. George Cathedral)

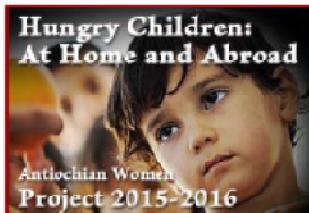
WAIVER

I know that walking in a Walk-A-Thon could be a potentially hazardous activity. I should not enter and walk unless I am medically able and properly trained. I agree to abide by decisions relative to my ability to safely complete the walk. I assume all risk associated with walking this event, including but not limited to falls, contacts with other participants, the effect of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and considerations of your accepting my application, I, for myself and anyone entitled to act in my behalf, waive and release Saint George Cathedral, the Event organizers, the city and town in which this event is held, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence on the part of the persons named in the waiver. I grant permission of all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Printed Name _____ Date: _____

Signature _____
Participant (Parent/Guardian MUST sign if participant is under 18 years of age)

Help Feed Hungry Children At Home and Aboard



WITNESS WALK

Sponsor FORM

Saturday, April 2, 2016



**SAINT GEORGE CATHEDRAL
2016 ANTIOCHIAN WOMEN'S
PROJECT**

SAINT GEORGE CATHEDRAL, 320 PALERMO AVENUE, CORAL GABLES, FLORIDA 33134

To Benefit the 2016 Antiochian Women's Project:

APRIL 2, 2016

9:00 AM – REGISTRATION (CATHEDRAL HALL)

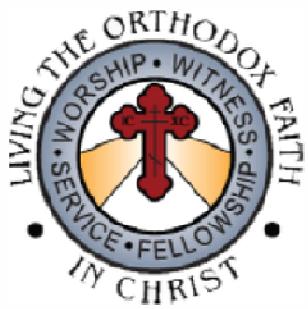
9:30 AM – BREAKFAST

10:00 AM - WALK

WALKER'S NAME _____

WALK SPONSORS

	Name	Address	Phone	Donation Amount	Paid
1.				\$	
2.				\$	
3.				\$	
4.				\$	
5.				\$	
6.				\$	
7.				\$	
8.				\$	
9.				\$	
10.				\$	
	TOTAL COLLECTED			\$	



V. Rev. Fr. Fouad Saba – Spiritual Advisor
Hannan Mounayyer – Advisor
Said Elhaj - Advisor
Noura Soufia – President
Louis Hatem – Vice President
Amani Wanna – Secretary
Sammy Mounayyer – Treasurer
Hanna Soufia – Public Relations

Come join SOYO at the *2nd annual*

Lenten Overnight Retreat

Keynote Speaker:
Archdeacon Saed Rihani



Where: Saint George Cathedral (Church & Hall)

When: Friday, April 8th (6:30 p.m.) –

Saturday, April 9th, 2016 (5:00 p.m.) *LOCK-IN*

Why: To gather the members of SOYO and establish a strong foundation in the Orthodox Christian faith and friendships

Who: Members of SOYO (ages 12-18)

Cost: \$20/person for members and \$40/person for non members – includes meals and snacks

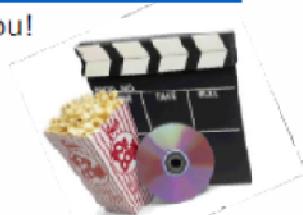


Please bring appropriate clothes to sleep in, blankets and pillows, and a change of clothes for service on the following day
NO tank tops, shorts, or any revealing apparel will be permitted.

Please complete the child supervision form and return it to one of the SOYO officers prior to the retreat.

For more info, please contact Noura Soufia at (305)-323-5761 or SOYO@StGMiami.org.

Thank you!





Saint George Antiochian Orthodox Cathedral

Antiochian Orthodox Christian Archdiocese of North America
Diocese of Miami and the Southeast
V. Rev. Fr. Fouad Saba, Dean

ANTIOCHIAN WOMEN

~ A SISTERHOOD SERVING CHRIST THROUGH SERVING OTHERS ~



LENTEN RETREAT

“THE PURSUIT OF HOLINESS”

SATURDAY, APRIL 9, 2016
3:45 P.M. – 9:00 P.M.



Keynote Speakers:

Father Fouad Saba
and
Archdeacon Saed Rihani



All ladies over 18 welcome!
Registration (dinner included): \$20 per lady
Complimentary Child Care available

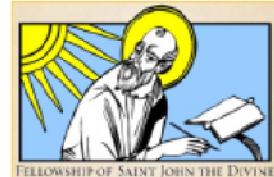
Christians throughout the ages have retreated just as Jesus frequently retreated.
(Matthew 4:1-11; 14:13; 23; 17:1-9, 26:36-46; Mark 6:31; Luke 5:16; 6:12)

For more information, please contact “The Antiochian Women at AW@stgmiami.org or 305-444-6541.



Saint George Antiochian Orthodox Cathedral, Coral Gables, FL

The Fellowship of
St. John the Divine



Calls all Young Adults (18+) to mark their calendar for

A Lenten Gathering



Thursday, April 7, 2016 – 7:30 p.m. - 9:00 p.m.

Guest Speaker
Archdeacon Saed Rihani



Join in for an evening of discussion, fun, and Fellowship!

For more info, please contact the Fellowship at
Office@StGMiami.org