

Saint George Antiochian Orthodox Cathedral

Sunday, March 14, 2021

The Weekly Bulletin



كاتدرائية القديس جاورجيوس للروم الأرثوذكس

الأحد ١٤ آذار ٢٠٢١

النشرة الأسبوعية



SUNDAY OF FORGIVENESS (CHEESE FARCE)

أحد الغفران أي مرفع الجبن

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 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.

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

Cathedral Administrative and Organizational Body

The Most Reverend Metropolitan JOSEPH, *Primate*

Antiochian Orthodox Archdiocese of North America

The Right Reverend Bishop NICHOLAS, *Diocesan Bishop*

Diocese of Miami and the Southeast

The Reverend Father Joseph Hector Abouid

Cathedral Dean



Brotherhood of the Noble Joseph:

Rev. Fr. Joseph Hector Abouid, *Dean*

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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Douglas Ede, *Legal*

Jamal Habib, *Membership*

Carmen Kostik, *Ministry Coordination*

Lama Elhaj, *Property Usage*

Yamil Zacur, *Property Management*

Noura Soufia, *Public Relations/Web Master*

Nasser Soufia, *Vision and Development*

Orthodox Christian Arabic School

Reem Yazji, *Coordinator*

Cathedral Office:

Mrs. Elsa Herrmann, *Office Secretary*

"The disciples were first called Christians in Antioch."

Acts 11:26

Cathedral Council:

Rev. Fr. Joseph Hector Abouid, *Presiding Officer*

Andrea Abu-Akel, *Chairlady*

Nasser Soufia, *Vice-Chairman*

Jackie Barakat-Wanna, *Secretary*

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Zena Bardawil Farah, *Member*

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Hannan Mounayyer, *Member*

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Yamil Zacur, *Member*

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Noura Soufia, *Young Adult Fellowship*

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Zena B. Farah, *Order of Saint Ignatius*

Tony Zammar, *Antiochian Men*

SOYO Advisory Team:

Hannan Mounayyer, *Lead Advisor*

Andrea Abu-Akel

Said Elhaj

Muazzi Hatem

Nisreen Jadon

Sabah Khoury

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

CHANGES IN THE DIVINE LITURGY

تغييرات في القداس

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 ~

Resurrectional Apolytikion (Tone Seven)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصَّ الْفِرْدَوْسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطِّيبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ إِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

The Entrance Hymn (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.

هَلِّمُوا لِنَسْجُدَ وَنَرْكَعَ لِلْمَسِيحِ، مَلِكِنَا وَإِلَهِنَا. خَلِّصْنَا يَا ابْنَ اللَّهِ، اللَّهُ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتِّلَ لَكَ. هَلِّلُوبِيا.

~ After the Little Entrance ~

Resurrectional Apolytikion (Tone Seven)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

حَطَمْتَ بِصَلِيْبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصَّ الْفِرْدَوْسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطَّيْبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ إِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

Apolytikion of Saint 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.

بِمَا أَنَّكَ لِلْمَأْسُورِينَ مُحَرِّرٌ وَمُعْتِقٌ، وَلِلْفُقَرَاءِ وَالْمَسَاكِينِ عَاضِدٌ وَنَاصِرٌ وَلِلْمَرْضَى طَبِيبٌ وَشَافٍ وَعَنِ الْمُؤْمِنِينَ مُكَافِحٌ وَمُحَارِبٌ أَيُّهَا الْعَظِيمُ فِي الشُّهَدَاءِ جَاورِجِيوسُ اللَّابِسُ الظَّفَرَ تَشَفَّعْ إِلَى الْمَسِيحِ إِلَهُ فِي خَلَاصِ نَفُوسِنَا.

Kontakion For Forgiveness Sunday (Tone Six)

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

أَيُّهَا الْمُهْدِي إِلَى الْحِكْمَةِ، وَرَازِقَ الْفَهْمِ وَالْفِطْنَةِ، وَمُؤَدِّبَ الْجُهَّالِ، وَعَاضِدَ الْمَسَاكِينِ، شَدِّدْ وَقْهُمْ قَلْبِي أَيُّهَا السَّيِّدُ، وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الْآبِ، لِأَنَّي هَاأَنْدَا لَا أَمْنَعُ شَفَتِي مِنَ الصُّرَاخِ إِلَيْكَ: يَا رَحُومُ، ارْحَمْنِي أَنَا الْوَاقِعُ.

O chant unto our God, chant ye.

Clap your hands, all ye nations!

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا.

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

فَصْلٌ مِنْ رِسَالَةِ الْقَدِّيسِ بُولُسَ الرِّسُولِ إِلَى أَهْلِ رُومِيَّةِ

يَا إِخْوَةُ، إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا. قَدْ تَنَاهَى اللَّيْلُ وَاقْتَرَبَ النَّهَارُ، فَلْنَدَعْ عَنَّا أَعْمَالَ الظُّلْمَةِ وَنَلْبَسْ أَسْلِحَةَ النُّورِ. لِنَسْلُكَنَّ سُلُوكًا لَائِقًا كَمَا فِي النَّهَارِ، لَا بِالْقُصُوفِ وَالسُّكْرِ، وَلَا بِالْمُضَاجَعِ وَالْعَهَرِ، وَلَا بِالْخِصَامِ وَالْحَسَدِ. بَلِ ابْتَسُوا الرَّبَّ يَسُوعَ الْمَسِيحَ وَلَا تَهْتَمُّوا بِأَجْسَادِكُمْ لِقَضَاءِ شَهَوَاتِهَا. مَنْ كَانَ ضَعِيفًا فِي الْإِيمَانِ فَاتَّخِذُوهُ بِغَيْرِ مُبَاحَثَةٍ فِي الْآرَاءِ. مِنَ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ، أَمَّا الضَّعِيفُ فَيَأْكُلُ بَقُولًا. فَلَا يَزْدِرِ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدِنُ الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ، فَإِنَّ اللَّهَ قَدْ اتَّخَذَهُ. مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أجنبيًّا؟ إِنَّهُ لِمَوْلَاهُ يَثْبُتُ أَوْ يَسْقُطُ. لَكِنَّهُ سَيَثْبُتُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يُثَبِّتَهُ.

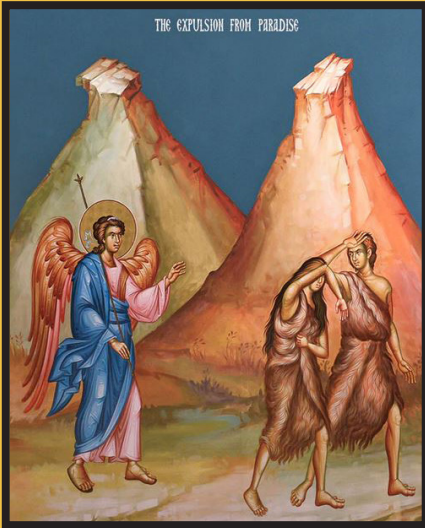
The reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقِدِّيسِ مَتَّى الْإِنْجِيلِيِّ الْبَشِيرِ، التِّلْمِيزِ الطَّاهِرِ

قَالَ الرَّبُّ: إِنَّ غَفَرْتُمْ لِلنَّاسِ زَلَّاتِهِمْ، يَغْفِرْ لَكُمْ أَبُوكُمُ السَّمَاوِيُّ أَيْضاً. وَإِنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ، فَأَبُوكُمُ أَيْضاً لَا يَغْفِرْ لَكُمْ زَلَّاتِكُمْ. وَمَتَى صُمْتُمْ، فَلَا تَكُونُوا مُعَبِّسِينَ كَالْمُرَائِينَ. فَإِنَّهُمْ يَنْكُرُونَ وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ. أَمَّا أَنْتَ فَإِذَا صُمْتَ، فَادْهَنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لِيَلَّا تَظْهَرَ لِلنَّاسِ صَائِماً، بَلْ لِأَبِيكَ الَّذِي فِي الْخَفِيَّةِ، وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عِلَانِيَةً. لَا تَكْنِزُوا لَكُمْ كُنُوزاً عَلَى الْأَرْضِ، حَيْثُ يُفْسَدُ السُّوسُ وَالْآكِلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ. لَكِنْ اكْنِزُوا لَكُمْ كُنُوزاً فِي السَّمَاءِ حَيْثُ لَا يُفْسَدُ سَوْسٌ وَلَا آكِلَةٌ وَلَا يَنْقُبُ السَّارِقُونَ وَلَا يَسْرِقُونَ. لِأَنَّهُ حَيْثُ تَكُونُ كُنُوزُكُمْ، هُنَاكَ تَكُونُ قُلُوبُكُمْ.

THE SYNAXARION



On March 14, in the Holy Orthodox Church, we commemorate our **Venerable Father Benedict of Nursia**; and **Euschemenos, bishop of Lampsakos**.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.



TODAY

March 14, 2021

EPISTLE READER

English: Zena Bardawil Farah

Arabic: Zakieh Samaan



HOLY BREAD OFFERING

TODAY March 14	<ul style="list-style-type: none">- George and Widaa Khoury For the good health of their family and in memory of all their beloved departed ones- Majed and Miry Barjoud For the good health of the Barjoud and Besalis families
March 21	<ul style="list-style-type: none">- Yamil and Salma Zacur For the good health of Zacur and Zedan families- Majed and Miry Barjoud For the good health of the Barjoud and Besalis families
March 28	<ul style="list-style-type: none">- Zena Bardawil Farah In loving memory of Elias and Daisy Bardawil, and William George and Nelly Bardowell- Majed and Miry Barjoud For the good health of the Barjoud and Besalis families
April 04	- OPEN
April 11	- OPEN
April 18	<ul style="list-style-type: none">- Nasser and Tania Soufia & family For the good health of their family especially Noura, on occasion of her birthday

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.



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).

March	Mouna Dahlan & Family
April	Mouna Dahlan & Family
May	Mouna Dahlan & Family Zena Bardawil Farah in memory of +Emile Farah
June	Mouna Dahlan & Family

PRAYER LIST

Prayer List of the Living	Prayer List of the +Departed
Majed, Miry, Wisam, and Tony Barjoud; Bishoy and Christine Hanna; Aimy Besalis; Tabte Habib; Tony Nahas; Majed Barjoud; Duha Kalleel; The Entire Sayfie Family; Mouna and Laura Dahlan, Wadih Mabardi, Susan Panayotti Elias, Aregash Gabriel, George and Charme Elias , Virginia Elias, Gwynn Elias, Dr. Richard Elias, Dr. Lewis and Deanna Elias, Julian Kazal, Jean Joseph, Elias Dababneh, Martha Alfonso, Tala Ayyad, Kiwan Khoury; Mary Bikhazi, Najat Zacur, Marwan Farah, Reemah Khouryieh, Yolanda Warwar-Feanny , Salam Al-Issa, Rita Zaidan, Sharon Lynne Ostrowski, Daniel Martel , & Elsa La Hoz de Merino.	+Anton Shamma +Antoinette Shamma +Terez Shamma +Samira Ghawi +Archdeacon David Nimer +Samira Abou Rjaily +Dr. Maurice Bardawil +Ibrahim Khoury +Michel Husson +Michael Dahlan +Dr. Eugene Sayfie +Jorge Diab Zacur +Kareem Zakharia



Cathedral Calendar



Today: Orthros (Matins) 9:15 a.m.

Divine Liturgy 10:30 a.m.

Forgiveness Sunday's Mutual Forgiveness Ceremony After Liturgy

Sunday School (Pre-K to 1st) via ZOOM 1:30 p.m.

Sunday School (2nd to 6th) via ZOOM 1:30 p.m.

Sunday School (7th to 12th) via ZOOM 1:30 p.m.

Mon., Mar. 15 Beginning of Great Lent (Clean Monday)

Great Compline Service صلاة النّوم الكبّرى 6:30 p.m.

Tues., Mar. 16 Arabic Classes - Adults (New Students) 7:00 p.m.

Wed., Mar. 17 Presanctified Liturgy القُدّسات السّابق تَقْدِيسُهَا 6:30 p.m.

Fri., Mar. 19 Arabic Classes - Teens (Returning Students) 5:00 p.m.

1st Akathist Service صلاة المديح 6:30 p.m.

YAF Spiritual Discussion 7:30 p.m.

Sat., Mar. 20 Arabic Classes - Adults (Returning Students) 9:00 a.m.

Arabic Classes - Children (Returning Students) 10:30 a.m.

Arabic Classes - Teens (New Students) 4:00 p.m.

Great Vespers 5:00 p.m.

Save the Date!

Antiochian Women Virtual Retreat W/ Fr. Kamal Al-Rahil March 24th, 2021

Teen SOYO Spiritual Discussion and Gathering March 26th, 2021

Lenten Humanitarian Drive March 15th- May 2nd, 2021

GREAT LENT 2021 SCHEDULE OF SERVICES

Monday March 15	Great Compline Service	(صَلَاةُ النَّوْمِ الْكُبْرَى)	6:30 p.m.
Wednesday March 17	Presanctified Liturgy	(الْقُدْسَاتُ السَّابِقُ تَقْدِيسُهَا)	6:30 p.m.
Friday March 19	1st Akathist	(صَلَاةُ الْمَدِيحِ)	6:30 p.m.
Saturday March 20	Great Vespers	(صَلَاةُ الْغُرُوبِ)	5:00 p.m.

SUNDAY OF ORTHODOXY

Monday March 22	Great Compline Service	(صَلَاةُ النَّوْمِ الْكُبْرَى)	6:30 p.m.
Wednesday March 24	Great Vespers for Annunciation	(صَلَاةُ الْغُرُوبِ)	6:00 p.m.
Thursday March 25	Feast of the Annunciation	(عِيدُ الْبَشَارَةِ)	6:30 p.m.
Friday March 26	2nd Akathist	(صَلَاةُ الْمَدِيحِ)	6:30 p.m.
Saturday March 27	Great Vespers	(صَلَاةُ الْغُرُوبِ)	5:00 p.m.

SUNDAY OF ST. GREGORY OF PALAMAS

Monday March 29	Great Compline Service	(صَلَاةُ النَّوْمِ الْكُبْرَى)	6:30 p.m.
Wednesday March 31	Presanctified Liturgy	(الْقُدْسَاتُ السَّابِقُ تَقْدِيسُهَا)	6:30 p.m.
Friday April 02	3rd Akathist	(صَلَاةُ الْمَدِيحِ)	6:30 p.m.
Saturday April 03	Great Vespers	(صَلَاةُ الْغُرُوبِ)	5:00 p.m.

SUNDAY OF THE HOLY CROSS

Monday April 05	Great Compline Service	(صَلَاةُ النَّوْمِ الْكُبْرَى)	6:30 p.m.
Wednesday April 07	Presanctified Liturgy	(الْقُدْسَاتُ السَّابِقُ تَقْدِيسُهَا)	6:30 p.m.
Friday April 09	4th Akathist	(صَلَاةُ الْمَدِيحِ)	6:30 p.m.
Saturday April 10	Great Vespers	(صَلَاةُ الْغُرُوبِ)	5:00 p.m.

SUNDAY OF ST. JOHN CLIMACUS




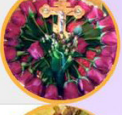





Monday April 12	Great Compline Service	(صَلَاةُ النَّوْمِ الْكُبْرَى)	6:30 p.m.
Wednesday April 14	Presanctified Liturgy	(الْقُدْسَاتُ السَّابِقُ تَقْدِيسُهَا)	6:30 p.m.
Friday April 16	Great Akathist	(صَلَاةُ الْمَدِيحِ الْكَبِيرِ)	6:30 p.m.
Saturday April 17	Great Vespers	(صَلَاةُ الْغُرُوبِ)	5:00 p.m.

SUNDAY OF ST. MARY OF EGYPT

Monday April 19	Great Compline Service	(صَلَاةُ النَّوْمِ الْكُبْرَى)	6:30 p.m.
Wednesday April 21	Presanctified Liturgy	(الْقُدْسَاتُ السَّابِقُ تَقْدِيسُهَا)	6:30 p.m.
Friday April 23	Canon of St. Lazarus	(قَانُونُ الْعَازِرِ)	6:30 p.m.
Saturday April 24	Lazarus Saturday	(سَبْتُ الْعَازِرِ)	10:00 a.m.
	Great Vespers	(صَلَاةُ الْغُرُوبِ)	5:00 p.m.

OUR JOURNEY TO PASCHA! 2021

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Cheesefare MARCH 14th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 21st	 GREAT LENT BEGINS WITH FORGIVENESS VESPERS SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 28th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 4th	 VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 11th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 18th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 25th GREAT WEEK BEGINS	 GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 30th	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 2nd NO FASTING!	 BRIGHT WEEK HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

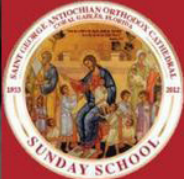
Beginning of Great Lent

During the Great Fast, we abstain from meat, poultry, eggs, dairy, fish, wine, and -in some monastic traditions- olive oil Monday through Friday, with katalysis (or slight relaxation of the fasting regimen) for wine and olive oil on Saturday and Sunday.

COVID VACCINATION UPDATES

In an effort to assist our Saint George Community, the Cathedral Council COVID-19 Committee will track and update all Covid Vaccine sites and availability of vaccines as information becomes available. The updates will be posted to our Cathedral Facebook page (www.Facebook.com/StGMiami). While it is everyone's personal choice as to whether or not one wishes to be vaccinated, it is our hope that all those eligible and who wish to be vaccinated will benefit by these updates. We are thankful to Mrs. Diana O'Brien for her commitment to research and update this information alongside with our Public Relations Committee for working with Diana to keep this information current on Facebook. May God bless and keep all of our Community safe during this pandemic.





Saint George Cathedral



**THE SUNDAY SCHOOL AND ANTIOCHIAN WOMEN
ARE PARTNERING FOR THE ANNUAL**

LENTEN HUMANITARIAN DRIVE

Please donate nonperishable food items to
help multiple charities like Feeding South
Florida and Pack the Pantry.

**DROP OFF FOOD ITEMS AT
SAINT GEORGE CATHEDRAL UNTIL
GOOD FRIDAY, APRIL 30, 2021.**

320 Palermo Ave Coral Gables, FL | 305.444.6541 |
SundaySchool@StGMiami.org



**SAINT GEORGE CATHEDRAL
YOUNG ADULT FELLOWSHIP**

*Spiritual
Discussion and
Fellowship*

FRIDAY, MARCH 19, 2021

COLLEGE & UP

LOCATION: SAINT GEORGE CATHEDRAL

TIME: AFTER MADAYEH SERVICES

305-444-6541 | YAF@STGMIAMI.ORG

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 30), 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 Thursday, April 22, 2021.

Your departed loved ones, whose names you include below, will be remembered at the Holy Saturday morning Liturgy on Holy Saturday, May 1, 2021, at 9:00 a.m.

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: _____




2021 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 11, 2021

**PICK-UP DATE: Saturday Night, May 1, 2021 (After Paschal Service Blessing of Baskets)
Sunday Afternoon, May 2, 2021 (After Agape Vespers Service)**

Let the Antiochian Women of Saint George Cathedral prepare your Easter Desserts

Items	1 Dozen	Quantity	Total
 Paschal Basket	\$50		
 <u>Mammoul Dates</u> Delectable date stuffed buttery cookie.	\$22		
 <u>Mammoul Nuts</u> Elegant buttery cookie stuffed with sweet walnuts and sprinkled with powdered sugar	\$22		
Total:			

Ordering Deadline: will be Sunday, April 11, 2021

ALL PASTRIES ITEMS FREEZE WELL!

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

Name: _____

Phone: (_____) Email Address: _____

PASCHAL BASKET ITEM DESCRIPTION

On paschal night we bring a wicker basket full of food we abstained from during Great Lent. After the midnight Paschal Liturgy, we all gather together to bless the Paschal baskets and enjoy breaking the fast. We light the candles 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 we've been fasting during Great Lent. Several foods are traditionally included in the basket: yeast bread, wine, cheese, Sausage, Mamoul Nuts and Dates, Kaak Bihalib and a red eggs. Each item in the basket has symbolic meaning.



Paschal – The Easter 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 - Remind us of the Promised Land, re-opened to us by Christ's Resurrection and which “land” we find in the Church, “a land of milk and honey.” Exodus 3:17



Sausage – a spicy, garlic sausage of pork products indicates God's favor and generosity. Smoked and fresh kielbasa are customarily in the basket.



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 Easter, 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 usually embroidered with the Resurrection of Christ or with symbols or words, «Christ Is Risen!» is placed over the food basket as a protective and decorative cover when it is brought to be blessed.

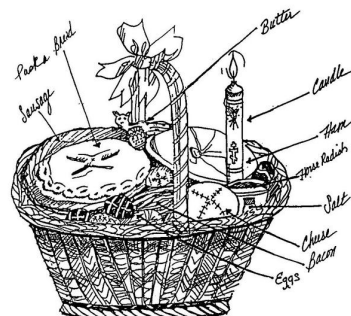


Mamoul Dates- It symbolized the crown of thorn they put on top of Christ's head.

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



Wine- Represents the blood of Christ.



Basic Church-life Needs

A very natural and loving manner in which Orthodox Christians can participate in the life of the Church is by simply providing even the most basic items. If we provide our own home with the necessities, how much more should we take care that the House of God is properly supplied? This is not to replace monetary stewardship but rather a beautiful opportunity to keep The House of God, in all aspects of our life, the top priority. Please consider, the next time you are buying for yourself, to also buy for God's house:

ITEMS	APPROXIMATE DONATION VALUE	STATUS
Candles for Lenten Season	\$ 250	OPEN
Sacramental Wine	\$ 350	OPEN
Flowers Week 1 Akathist Icon Theotokos	\$ 65	DONATED
Flowers Week 2 Akathist Icon Theotokos	\$ 65	OPEN
Flowers Week 3 Akathist Icon Theotokos	\$ 65	OPEN
Flowers Week 4 Akathist Icon Theotokos	\$ 65	OPEN
Flowers Week 5 Akathist Icon Theotokos	\$ 65	DONATED
Sunday of the Veneration of The Holy Cross	\$ 70	OPEN
Palm Sunday Palms	\$ 220	DONATED
Olive Oil - Holy Wednesday	\$ 20	OPEN
Wreath Flowers Holy Thursday	Any amount is welcomed	OPEN
Ribbons: Holy Friday/Pascha	\$ 50	OPEN
Bay Leaves Holy Saturday Morning	\$ 95	DONATED
Paschal Lillies	\$ 100	OPEN

To donate towards one or more of these items, please contact Mrs. Yolla Hayek or Fr. Joseph.



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



2021 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 1: Family Name: _____

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

Step 3: Know your Membership Number: _____

Step 4: Be a Steward! – Share your Time and Talent by volunteering for a ministry! (Visit Website)

Step 5: Be a Steward! – Share your Treasure by making your Stewardship Commitment TODAY!

Please consider "prayerfully and sincerely" about your 2021 Stewardship Commitment.

In gratitude for God's blessings, I/we offer the following 2021 'WEEKLY' Stewardship Commitment (Please Select):

☐ \$20/Week ☐ \$30/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)

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

☐ VISA ☐ MasterCard ☐ Discover ☐ Amex

Name on Credit Card (Please Print): _____

Credit card number: _____ **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 2021 Stewardship Pledge unless I provide a written cancellation.

Please select:

☐ \$_____ weekly (on the day you enroll to Tithely)
☐ \$_____ monthly (on the day you enroll to Tithely)
☐ \$_____ 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

Step 7: Please sign below

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

Signature: _____ **Print Name:** _____ **Date:** _____



Saint George Antiochian Orthodox Cathedral, Coral Gables, FL 60 Stewardship Commitments received as of March 10, 2021

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

Fr. Joseph and Khourieh Carol Aboud	Mr. & Mrs. George and Tabte Habib	Mr. & Mrs. Antoine and Hiam Nahas
Mr. Alex Abu-Akel	Ms. Jamal Habib	Mr. Roger Nimer
Mr. & Mrs. Atalla and Andrea Abu-Akel	Mr. & Mrs. John and Lisa Haddy	Mr. & Mrs. Charles & Diana O'Brien
Mr. & Mrs. Emil and Lillian Asha	Mrs. Amal Hakim	Mr. & Mrs. Richard and Karen Razook
Mr. & Mrs. Elie and Mela Attie	Mr. & Mrs. Muazzi and Michelle Hatem	Ms. Jannet Salman
Mr. & Mrs. Marcos Aguiar and Jennifer Bandi	Mr. & Mrs. Mikhael and Yolla Hayek	Mrs. Judith Sayfie
Mrs. Jacqueline Barakat-Wanna and Family	Dr. & Mrs. Donald and Marti Howard	Mr. Justin Sayfie
Sdn. & Mrs. Elie and Theresa Bardawil	Mrs. Shirley Husson	Mr. & Mrs. Wayne and Tara Elias Schuchts
Ms. Rima Bardawil	Mr. Bassem Jadon	Mr. & Mrs. Oscar and Carol Seikaly
Mr. & Mrs. Russell and Helene Bassett	Mr. Farid Jahjah	Mrs. Marie Shaleesh
Dr. & Mrs. George and Mary Bizhazi	Mr. & Mrs. Osama and Nadia Jahjah	Mr. & Mrs. Souheil and Jacqueline Skaf
Mrs. Mouna Dahlan	Drs. Hani and Ferial Jumean	Mr. Michael Snavely
Mr. Abdallah Daiha	Mr. & Mrs. George & Widaa Khoury	Ms. Gianna Marie Soufia
Mr. Douglas Ede	Mr. George Mayez Khoury	Mr. & Mrs. Nasser and Tania Soufia
Mr. and Mrs. Elias and Ernestine Ede	Mr. & Mrs. Vladinir and Carmen Kostik	Ms. Noura Soufia
Dr. & Mrs. Richard and Susan Elias	Mr. & Mrs. Michael and Tatiana Malouf	Mrs. Amleset Tekle
Mr. & Mrs. Said and Lama El-Haj	Mr. Afram Mirza	Mr. & Mrs. Youssef and Reem Yazji
Mrs. Salim Exeni	Mr. & Mrs. Salem and Hannan Mounayer	Mr. & Mrs. Yamil and Salma Zacur
Mr. Wajdy Fahel	Mr. Sammy Mounayer	Mr. & Mrs. Antoine and Vivian Zamar
Mrs. Zena Bardawil-Farah	Mr. & Mrs. Michel and Mary Nasr	Mr. & Mrs. Michael and Edilia Zamar

If you have not already done so, please complete and submit a 2021 Stewardship Form- keeping our records accurate is important to us.
Any errors above, please contact the Church Office.

Food for Hungry People 2021

47th Anniversary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>MARCH 15</p> <p>How many clocks do you have in your home? Deposit .25 for each in your Food for Hungry People Box because "time" is running out for those who are starving.</p>	<p>16</p> <p>"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.</p>	<p>17</p> <p>Count the number of Bibles in your home and deposit .50 for each, because Jesus said, "I was hungry and you gave me food."</p>	<p>18</p> <p>Count the number of soda cans or water bottles in your home. Put in .15 each, because Jesus said, "I was thirsty and you gave me drink."</p>	<p>19</p> <p>How many tablets do you own? Deposit .25 each. Tablets can be a means of communication. Let's communicate our love for the hungry.</p>	<p>20</p> <p>Count the number of steps (inside and outside) of your home. Pay .10 for each step. Help the hungry "step" into a new future.</p>
<p>21</p> <p>How many mirrors are in your home? Pay .15 for each. Let your "mirror" reflect the image of one who cares.</p>	<p>22</p> <p>Count the locks in your home. Pay .20 for each lock. Let's "unlock" the door that gives hope to the hungry.</p>	<p>23</p> <p>How many rings do you have? Deposit .15 per ring. This will help us b"ring" food to the hungry!</p>	<p>24</p> <p>How many eggs are in your refrigerator? Pay .15 for each. Hungry people have to "scramble" for their food.</p>	<p>25</p> <p>How many doors does your home have? Pay .20 for each. Help open a "door" to a better future for the world's hungry.</p>	<p>26</p> <p>Have everyone in the family deposit all the loose change they have in their pockets or purses. It makes "cents" to help the hungry</p>	<p>27</p> <p>How many electrical outlets are in your kitchen and living room? Pay .15 each. You'll get a "charge" out of feeding the hungry.</p>
<p>28</p> <p>"Button up your overcoat" - so simple to do. They are not only hungry but very cold too. Deposit .50 for each coat in your home.</p>	<p>29</p> <p>For every cellphone in your home, pay .30. It is "long distance" to hungry areas in most parts of the world. Let's make it a toll free number.</p>	<p>30</p> <p>How many extension cords do you have in your home? Pay .25 for each. Let's "extend" a helping hand to those who need it.</p>	<p>31</p> <p>For each pie or cake in your home, deposit .40. We should never "dessert" the hungry.</p>	<p>April 1</p> <p>How many Apple products do you own? For every one deposit .35. Let's never "tune out" the hungry.</p>	<p>2</p> <p>For every salt and pepper shaker, pay .25. Let's all "sprinkle" their lives with a little seasoning.</p>	<p>3</p> <p>For every TV show that was watched today pay .35. TV helps us see around the world, this money will help us feed the hungry around the world.</p>
<p>4</p> <p>How many computers do you own? Pay .30 for each. Let's take a "byte" out of hunger!</p>	<p>5</p> <p>How many pictures do you have on your walls? Just "picture" yourself without food & deposit .15 for each picture.</p>	<p>6</p> <p>Pay .30 for each pair of contacts or eyeglasses you have. This will help us "see" clearly the need of caring for the hungry.</p>	<p>7</p> <p>Do you have musical instruments in your home? Pay .75 for each. This is a "key" to sharing and caring.</p>	<p>8</p> <p>How many phone chargers can you find in your home? Pay .25 for each. You'll get a "charge" out of helping the hungry.</p>	<p>9</p> <p>Count your tea or coffee cups and deposit .10 each. Our "cup" runneth over, so let's fill theirs.</p>	<p>10</p> <p>"I've got my love to keep me warm," that's true, but the hungry have only you. Pay .15 for each blanket in your home.</p>

11 How many cars are in your family? You can't "Dodge" the hungry, but you can af"Ford" to pay .50 for each car.	12 "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.	13 How many cameras do you have? Pay .30 for each. This will help us make all "negatives" positives.	14 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!	15 Count the scissors you have in your home and pay .25 for each pair. Let's "cut-out" the hunger in hunger-y!	16 How many members are in your family? Pay .20 for each. The hungry have families to feed also; let's make this a real "family affair!"	17 How many towels are in your home? If you pay .05 for each towel, this may help us "wipe out" hunger for all people.
18 "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.	19 How many heads of lettuce are in your refrigerator? Pay .30 for each. "Lettuce" show the hungry that we care.	20 Count the cans in your cupboard. Pay .05 for each. Don't let their cupboards be like "Old Mother Hubbard's!"	21 How many friends do you have on Facebook? Pay .05 for each friend. Let's be-"friend" those in need.	22 How many sweaters do you have? Pay .10 for each. Sweaters keep you warm. This is one time they won't mind if we "pull the wool over their eyes."	23 How many chairs are in your home? Pay .15 per chair. We can't just "sit" around when so many people are hungry.	24 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.
25 How many eggs are you going to color for Pascha? Pay .05 for each. Let's help "color" their world with love!	26 "Brother can you spare a dime?" or maybe two? The FFHP program really depends on you. Put your dimes in the box.	27 How many songs are on your playlist? Pay .05 for each song. Let's make this a "record- breaking" year for FFHP!!!	28 How many songs have you listened to today? Pay .15 for each. Let's stay "in tune" with the hungry.	29 How many crosses do you have? Pay .15 each. Crosses remind us of Christ's suffering, let's not make the hungry suffer anymore.	30 "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!	May 1 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!"

2

PASCHA

Christ Is Risen!



Don't forget to pick up your *Food For Hungry People Coin Box!* Please remember to return the Coin Boxes filled during Holy Week.

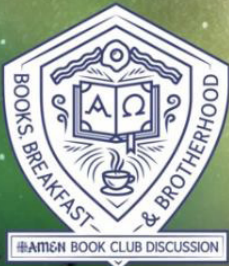
"He who is kind to the poor lends to the Lord, and he will reward him for what he has done." Proverbs 19:17

SATURDAY

2ND ANNUAL LENTEN
AMEN
THE ANTIOCHIAN MEN
DIOCESE OF MIAMI & THE SOUTHEAST
VIRTUAL RETREAT

3/20/21

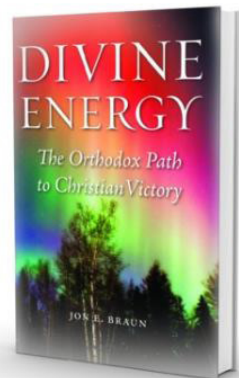
The Orthodox Path to Christian Victory



Event #1 @ 10 am EST
**Books, Breakfast,
& Brotherhood Part III**
Discussion led by
Chris Farha



Event #2 @ 12 pm EST
Guest Speaker:
Fr. Jon Braun



Antiochian Men - March 20, 2021 Registration:

<http://tiny.cc/AMENLenten2021>

JOIN US FOR OUR ANNUAL CYBER SPRING RETREAT

Saturday
April 10, 2021
2:30 et / 1:30 ct pm

"Delight in The Lord; and He will give you the
requests of your heart."

- Psalm 36:4

FEATURING
ONLINE GAMES
AND SPIRITUAL TALKS!



GUEST SPEAKER
TED WERTHMULLER



BISHOP NICHOLAS
PRESIDING

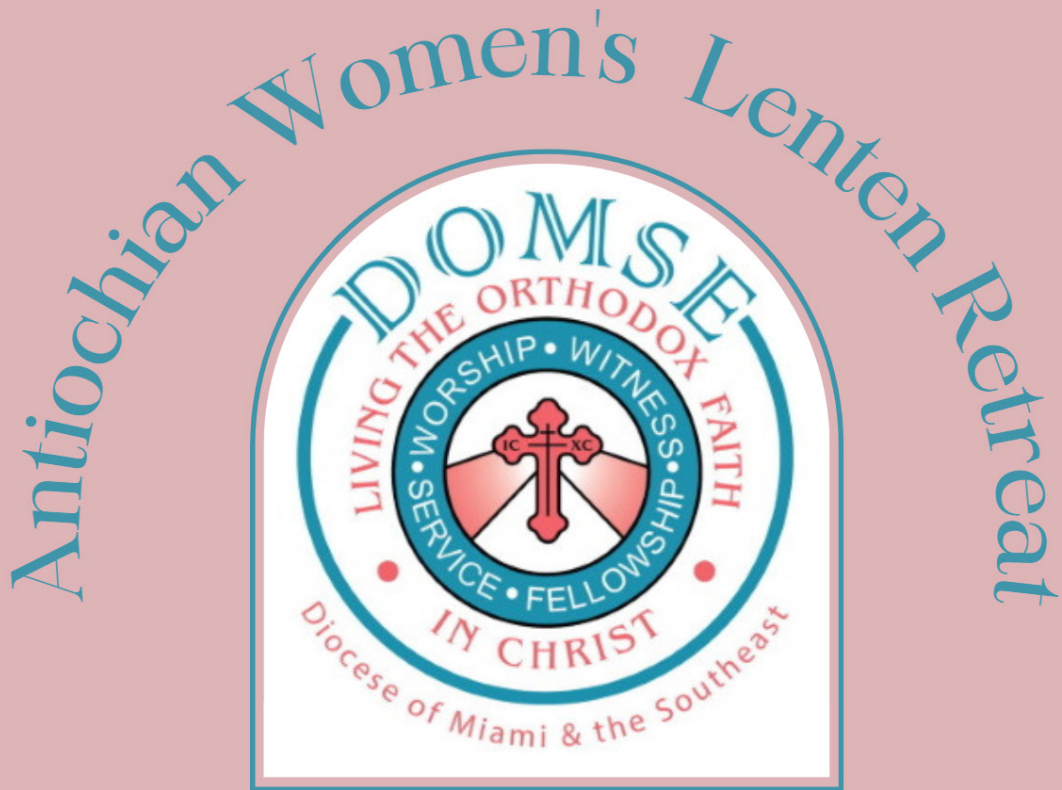


**We will be joining the Cyber Spring Retreat Live from
the Cathedral Hall!**

Physical Distancing and Face Masks Required!

WE WANT YOU





Standing still in a fast paced world ~Psalm 46:10

SH. GAIL HYATT

ZOOM SPEAKER

Saturday April 17, 2021

9 - 11 a.m. EST

REGISTER @ <http://tiny.cc/AWLenten2021>

Antiochian Women - April 17, 2021 Registration:

<http://tiny.cc/AWLenten2021>

LIVESTREAM



**With
His Grace,
Bishop
NICHOLAS!**

Every Sunday
3pm ET/2pm CT



Join the DOMSE Band Channel:

<https://band.us/@domse>



Contact Information



Office Hours: Monday 11:00 a.m. - 3:00 p.m.
Tuesday - Friday 9:00 a.m. - 3:00 p.m.

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

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

Office Email: Office@stgmiami.org

Dean's Email: Frjoseph@stgmiami.org

Webmaster: Webmaster@stgmiami.org

Website: www.Stgmiami.org

For Pastoral Emergencies, please call or text:

Fr. Joseph Hector Abouid at (708)415-7050

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Follow us on Instagram: [@StGMiami](https://www.instagram.com/StGMiami)

Subscribe to our YouTube Channel!

