

THE ST. GEORGE Grapevine

May/June 2011 • Vol. 15, No. 5

St. George Orthodox Cathedral • Charleston, WV

Pastor's Corner

By Fr. Olof Scott



“Christ is Risen!
Indeed He is Risen!”
Throughout the rest of this month of May we will continue to greet each other with these life-changing words! And if indeed they are life-changing, we need to ask ourselves, “How and to what extent are they life-changing for me?”

The search for the answer to this question begins with our experience of Great Lent. If you recall my sermon on Cheese Fare Sunday, I likened Great Lent (and truly, all lenten periods) to the training of athletes. And like athletic training we are to use the lenten cycle to train and exercise our spiritual life of prayer, fasting and charitable works.

Well, the training period has concluded, and we find ourselves now in the Paschal Season until the Feast of Ascension on June 2. And to answer my original question above, we must consider another, “To what extent am I utilizing the spiritual skills that I worked to strengthen during Great Lent?”

Wait a minute! You mean I’m supposed to continue using whatever skills I developed during Great Lent? I thought those practices were for lenten periods only, and now it is time for feasting and relaxing!

If these are similar to thoughts rushing through your mind at this moment, harken back a moment to the analogy of athletic training. Does the athlete go through stressful training to eventually just stop and take a break? No, they train in order to compete! The intensive pre-season training is finally put to use in competition, while at the same time the athlete continues to maintain conditioning necessary to compete.

Getting back to the words, “Christ is Risen! Indeed or Truly He is Risen!,” they will become “life-changing” for us only if we continue to follow through

with the spiritual strengths we developed through Great Lent. The athlete who enters competition and at the same time ceases to build on his pre-season training and stops conditioning is guaranteed to become a loser.

More important for our understanding of this concept is the fact that being an Orthodox Christian is being involved in a team sport. Our individual spiritual efforts aren’t just for our own selfish benefit. We are not merely runners or swimmers competing as individuals in a race. Rather we are in a team event where our strength, conditioning and skill, or lack thereof, affects our team members.

The strong, well-conditioned and skillful offensive football lineman knows his assignment, and along with like-minded teammates, carries out a complicated blocking pattern which springs the running back for a long gain. Likewise, an offensive lineman who slacks off physically or mentally is likely to cause the same play to result in the running back being sacked behind the line of scrimmage.

The effort, or lack of effort, by any one player can lead to the success or failure of the whole team. It makes no difference if all of the players except one execute the play perfectly. The one player’s failure to execute his assignment will more than likely cause the whole play to fail.

Brothers and sisters, we are a team! The cathedral’s success as a witness for Jesus Christ and a “Light to enlighten the Gentiles” is not dependent solely upon the bishop or the clergy or the laity alone, but on all of us together. “And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ... (that it) may grow up in all things into Him who is the head—Christ—from whom the whole body joined and knit together by what every joint sup-

plies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.” (Ephesians 4:11-16)

As team players, let each one of us strive for a life-changing existence, to build upon our lenten training, staying in condition and fulfilling our role within our cathedral congregation. Each of us has a position to play, from me as Dean, to the Parish Council, officers and members of our parish service and educational organizations, liturgical and choir members, down to the home-bound individual who is only able to pray daily for each of us.

Christ is Risen! Truly He is Risen! ✝

Summer Hours

Sunday, June 5, will be the last day for Junior Choir and Church School as we wrap up another year and take a break over the summer.



Summer hours for our services will begin the following Sunday, June 12. Matins will begin at 9:30 A.M. and Divine Liturgy at 10:30 A.M. ✝

RADIO PROGRAM

“Come Receive the Light”

Our cathedral continues as a “Share the Light Parish” in support of Orthodox Christian Network (OCN). As such we still broadcast the program “Come Receive the Light” on WCHS, 580 AM, on Sundays at 8:00 A.M. Listening takes no more effort than getting up before 8:00 A.M., turning on your radio and tuning to the station. You will be rewarded with new knowledge in the Orthodox Faith. Try it, you’ll like it! ✝



Filling The Black Hole

By Subdeacon George M. Damous

We often hear when we lose someone or sometimes it may be some thing, we grieve. Grief is a result of a loss such as the passing of a loved one; a loved one moves away; loss of a job or career; and loss of health to name a few. Can we even imagine losing our faith in God? Anytime we suffer a loss, a hole is left in our life, a deep dark hole. To overcome a loss this void or hole must be filled. No it will never be filled as it was before but nevertheless it needs filled. If we could imagine a particular loss in our life is in the shape of a square; then that which we find to fill that hole may be in the shape of a triangle leaving still some empty spaces. So this teaches us that nothing can completely fill this dark hole we have in our life, or is there.

When a loved one dies we will grieve intensely. Many people believe we overcome this loss within a few months or a year; otherwise we are not "healing properly." This is not true! Studies of grieving and mourning can last as long as five to seven years. If we are incapacitated where we cannot function, then yes our healing is not healthy. Even after the seven years, we may still experience sudden temporary upsurges of grief which is also normal. Unfortunately, the path to overcoming grief is a painful one.

In this season of great joy and celebration why should we be concerned with grieving a loss? To overcome the loss we experience, to fill that dreaded hole in our

life, our rejoicing is the answer. Christ Who died for us on the Cross and resurrected from the dead. This past week we celebrate the Sunday of the Myrrhbearing women. These women stayed faithful to Jesus in His most horrible time of suffering. Do you realize during the crucifixion, when Jesus said, "My God, My God! Why hast Thou forsaken me?" this is the only time Jesus referred to His Father as God. Throughout the Gospels Jesus refers to God as Father. The only man that stayed was the Apostle and Gospel writer John. The others hid for fear of being killed by the authorities. The role of the woman has always been portrayed throughout history as strength and most of all faith.

They grieved the loss of their Master. Of course Mary, the Theotokos, grieved the loss of her beautiful, sweet Son who harmed no one. He was only guilty (if we dare use such a word) of love. In his Epistle, John uses the phrase, "God is Love." The Disciples' faith becomes stronger as Jesus appears to them yet He appears to the women first, of course. This faith comes to its great completion when Thomas finally says, "My Lord and My God."

Yes, loss is difficult, even Jesus cried at the death of Lazarus and he grieved for Jerusalem; and His greatest moment of grief is at His death when He dies on the Cross of a broken heart, grieving for His creation. Imagine the dark hole in Mary's life and the others. Yet, the hole was filled through Christ's resurrection. This is how we overcome all loss, through Jesus Christ. No matter what shape our loss may take, Jesus is like a soothing ointment that fills all spaces and holes. Our faith makes us strong and we are able to continue.

We must not allow our faith to dwindle. We must keep it strong. This is done by our corporate worship of God in Church, His House. I was asked how do we know to come to Church, is this what Jesus said to do? How soon we forget that Jesus as a boy tells Mary and Joseph when they could not find Him until they looked in the Temple; "where else would I be but in the House of my Father." If one asks where do I find Jesus? Tell them to search His Father's House, the Church. Remember when we enter the Church we are in the presence of God for this is His House. If ever in doubt remember: Christ is Risen from the dead trampling down death by death and upon those in the tombs bestowing life. ✠

Attention, Graduates!

On Sunday, June 5, the cathedral of St. George will once again honor those who are graduating from high school, college, and graduate school. Please contact the church office to ensure that your family's graduate is included in this special occasion.

Congratulations Graduates

Doorways of Graduation

Close the door softly
Behind you this day,
Latch it with love
Before turning away
From these halls, ivy-grown
And the joys you have known
Through these years quickly flown –
Hold them fast, while you may.

Swing the door proudly
Before you this day,
Chart your own course
To the goals you survey –
To a dream caught in flight,
To a world set aright,
To a destiny bright
Seek them well on your way.

Doris Chalma Brock ✠

Called Back by the Shepherd



One bad thing about sheep is that they have a tendency to stray. They put their heads down and start grazing without watching where they are going. They have such poor sense of direction that they will graze right up to and over a cliff. So if a sheep strays, it's generally in danger. The shepherd has to go out and find it and restore it to the flock.

Aren't we often like that? We simply wander off from our Shepherd. But even though we may stray again and again, when we say, "Lord, forgive me," He brings us safely home (Ezek. 34:16).

The Bible says, "All we like sheep have gone astray; we have turned every one to his own way" (Isa. 53:6). But the Word of God also emphasizes that we can be "returned unto the Shepherd" (1 Peter 2:25)— the eternal, loving God who calls us back to fellowship with Him. ✠



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Archdiocese of North America

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<http://www.stgeorgecharleston.org/>

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Parish Life Conference Information

The 2011 Eastern Dioceses Parish Life Conference will be held at the Renaissance Baltimore Harborplace Hotel, June 29 - July 3, hosted by St. Mary Antiochian Orthodox Church of Hunt Valley—Baltimore, MD. Information regarding hotel, schedule, tickets and registration can be obtained from the website, www.huntvalleyorthodox.com.

The cathedral is providing bus transportation to and from the conference. We've also secured extra rooms as they are filling quickly. Stay tuned for detailed information on signing up for these rooms and bus reservations. ✝

Archdiocese Convention Information

The 50th Biennial Convention of the Self-Ruled Antiochian Orthodox Christian Archdiocese of North America will be held at the Marriott Chicago Downtown Magnificent Mile Hotel, July 25-31, hosted by St. George Antiochian Orthodox Church, Cicero, IL. Information regarding hotel, schedule, tickets and registration can be obtained from the website, www.archdioceseconvention2011.org ✝



Altar Boys Trip

In accordance with tradition (small "t") we have scheduled the annual Altar Boys Trip to the Cincinnati area as a reward for their service to our parish during the course of the year.



Departure will be from the church parking lot at noon on Friday, June 17, with their chaperones. After checking into the hotel, the group has a chance to swim (weather permitting) before we proceed to the Great American Ball Park for dinner and baseball. The Cincinnati Reds will be hosting the Toronto Blue Jays at a 7:10 P.M. start.

After a short night's rest, the boys and their already-tired chaperones will invade Kings Island on Saturday, June 18. Departure from the park at 6:30 P.M. should ensure arrival back in Charleston around 11:00 P.M. ✝

Parish Picnic

The annual picnic will be held at Shawnee Park, shelter #4, in Dunbar on Sunday afternoon, June 12. Once again we will partake of great food and good fellowship for the whole family! Mark your calendars and plan to attend now!



Do not go where the path may lead. Go instead where there is no path and leave a trail.

Ralph Waldo Emerson

Kid's Corner - Q & A

Q: WHY DID PEOPLE GO TO WELLS INSTEAD OF USING THE WATER AT HOME?

A: In Bible times, people went to rivers, streams, wells, and cisterns for their water because they didn't have indoor plumbing. (They also used candles and lanterns at night because they didn't have electricity.) A well was a hole dug deep into the ground to an underground spring. A cistern was a huge hole in the ground that collected rain water. Many people today use wells. Water from wells and cisterns is very clean. Although the people didn't have pipes and faucets, or chlorine and fluoride in their water like we have, they had plenty of good, clean water. And God gave them rules to follow that protected their health.

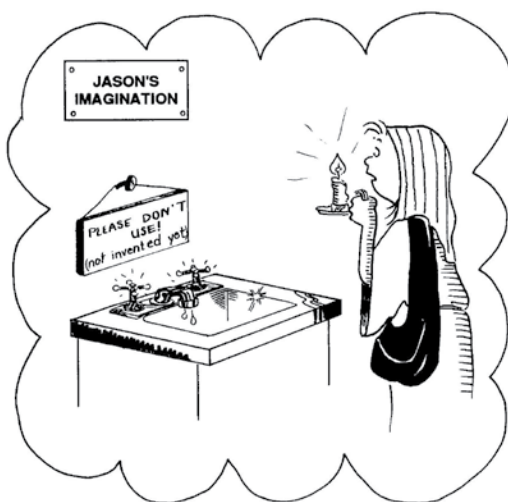
KEY VERSES: "But you don't have a bucket," she said. "And this is a very deep well! Where would you get this living water?" (John 4:11)

RELATED VERSES: Genesis 24:45; 26:32; 37:24; Exodus 7:24; 1 Samuel 7:6; 2 Samuel 23:15-16

RELATED QUESTIONS: How did they light up their houses? Did the Bible people have electricity? Did Bible people have matches? How did people in the Bible make their candles? Did they have bathtubs like ours in Bible days?

NOTE TO PARENTS: Don't give the impression that this was crushing poverty. Due to the Old Testament laws, things were clean and sanitary.

From 102 Questions Children Ask about the Bible. ✝





Pentecost —50 Days After Pascha

Pentecost commemorates the descent of the Holy Spirit upon the Apostles and is recorded in the second chapter of the Acts of the Apostles. This feast is often referred to as the birthday of the church for it is through the words of the Apostles, inspired by the Holy Spirit, that three thousand people were baptized. The celebration of Pentecost is marked by what is called the “Prayers of Kneeling”. Kneeling is not permitted during the festal season from Pascha to Pentecost. The faithful kneel as the priests reads the long prayers that ask God to forgive us our sins and give us the Holy Spirit. In some churches, people decorate the church with greenery to thank God for giving us the Holy Spirit. The greenery also stands for a symbol of life which comes from the Holy Spirit living in the church. Learn the following prayer:

O Heavenly King, Comforter, the Spirit of truth, who art everywhere present and fillest all things, the Treasury of good things and Giver of life: Come, and abide in us, and cleanse us from every stain, and save our souls, O good One. ✠

Pentecost The Acts, Chapters 1 and 2

For forty days after His Resurrection from the dead Jesus remained among the Apostles, teaching them about the things to come. Particularly did He ask them to remain in Jerusalem until the time when the Promise of the Father should be fulfilled.

Jesus said, “For John truly baptized with water: but ye shall be baptized with the Holy Spirit not many days hence.”

Then while He talked to them, Jesus was received by a cloud into Heaven. While the Apostles still gazed upward, two men in white robes appeared beside them. They said, “Ye men of Galilee, why stand ye gazing up into Heaven? Jesus, this same Jesus, which is taken up from you into Heaven, shall so come in like manner as ye have seen Him go into Heaven.”

The Apostles thereupon returned to Jerusalem to await the Day of Pentecost, which Jesus had promised. When the day came, they were gathered in one place. And the Holy Spirit descended upon the Apostles with a sound like the rushing of a mighty wind.

“And there appeared unto them cloven tongues of fire, and it sat upon each of them.”

As each of them was filled with the Holy Spirit, he was able to speak in many other languages. When the news of the marvelous happening was noised abroad, Jews of all nations who were then at Jerusalem came to hear the Apostles for themselves. They were all amazed, and marvelled because each heard them speak in his own language. Some of them could not believe that it was really God’s sign to them.

But Peter stood up with the other Eleven and explained that this miracle had happened in accordance with Prophecy, and was a proof that Jesus was Lord and Christ.

For He “being by the right hand of God exalted, and having received of the Father the Promise of the Holy Spirit, hath shed forth this, which ye now see and hear.”

The people were impressed by Peter’s words and said, “What shall we do?”

Peter told them, “Repent, and be baptized, every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Spirit. For the promise is unto you, and to your children, and to all that are afar off, even as many as the Lord our God shall call.”

Many people believed and were baptized. The Apostles continued in their work, performing many wondrous deeds. ✠

Word Search - Food and Spices

- | | |
|----------|--------------|
| ALMONDS | LENTILS |
| APPLE | LOCUSTS |
| BARLEY | MANNA |
| BREAD | MEAT |
| CAKES | MILK |
| CINNAMON | OIL |
| CORN | OLIVES |
| CURDS | ONIONS |
| EGG | POMEGRANATES |
| FIGS | POTTAGE |
| FISH | PULSE |
| GARLIC | QUAIL |
| GOAT | RAISINS |
| GRAPES | SAFFRON |
| HONEY | SALT |
| LAMB | VENISON |
| LEEKES | VINEGAR |

C	G	G	E	C	F	M	G	S	K	E	E	L	N	T
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S	U	Q	P	O	M	E	G	R	A	N	A	T	E	S



Church School News



By Lilah Michael

Christ Has Risen, Indeed He Has Risen!

Can you believe that the end of the Church School year is almost here? Time really does fly!! First, I would like to thank all the parents and children that turned in an entry for the Creative Arts Festival. All together we had about 63 entries representing our Cathedral! That was better than last year's total and God willing the number will increase each year. We are the Cathedral of our Diocese, and we ALWAYS want to make a good showing.

Second, our Church School has brand new windows that look great! We would love for you to make a visit upstairs to see how great they look, it was a much needed fix. We would like to thank the Parish Council for having this much needed job done for us.

Third, the end of the year is fast approaching and the children should be prepared for their end of the year goal. Our teachers have been working on their specific goal that should be accomplished by each child. The last day of Church School

will be on June 5, 2011. Please continue to come every Sunday. We will be giving out end of the year prizes on this day for the children accomplishing their specific goal. June 12, 2011 is the annual Church Picnic at Shawnee park. The Church School will hold our end of year party in conjunction with the picnic. There will be a Jupiter Jump, Slide, and an Obstacle Course. I hope to see you all there, it should be a lot of fun! I hope everyone has a safe and wonderful summer.

Finally, I want to thank you ALL again for your participation, whether you teach, or you bring your child to our school, or just give new ideas, we appreciate any and all things that can further our Church School at St. George.



Senior Fellowship

April Showers, more like monsoon rains, have brought May flowers to bloom and the Senior Fellowship to meet again!

We are planning our get-together on Tuesday, May 24 with dinner at 5:45 p.m. and our guest speaker Dr. Bruce Cassis discussing his trip to Lebanon. We may plan something for June, but will post it in the bulletin. So watch the bulletin for details and we will see you soon!



Happy Mother's Day - May 8 Happy Father's Day - June 19

*Honor thy father and thy mother:
That thy days may be long
Upon the land which the
Lord thy God giveth thee.*

Exodus 20:12

*"Her children arise up and
call her blessed."*

Prov. 31:28

*A Father is neither an anchor to hold us back
Nor a sail to take us there.
But always a Guiding Light
Whose love shows us the way.*

"The Lord shall guide thee continually..."

Isa. 58:11

Return Call

Phone shrilled in the middle of the night, and I groggily picked up the receiver. It was a long-distance call. My heart hammering, I heard, "Is that you, Son?"

"Mom! What's wrong?"

"Nothing's wrong." I could hear Mother chuckle. "It's your birthday."

"Holy smokes! You didn't drag me out of bed at 3 a.m. just to say Happy Birthday, did you?"

"Well, you made me get out of bed at 3 a.m. 30 years ago tonight and I felt it was high time I paid you back!"

St. George Cathedral Foundation News

by Dr. Edward Howard, President

Christ is Risen, Truly He is Risen! In this season of renewal and rebirth, the message of joy, peace and hope are abundant. As we go about our daily lives, our spirits are transformed by the gift of our Risen Lord and the gift of hope that is given to others which we receive from our Orthodox faith and ministry. We are blessed to have the community of our church to extend our gifts in teaching our youth, serving our elderly, outreaching to other parishes here and abroad, and joining in spirit and prayer to all in need. At St. George, we hold the capacity to do much through our actions and our words. Continuing St George Orthodox Cathedral's commitment of action and words must be strong now and into the future. Remembering our Church through your financial gift to the Foundation provides the opportunity that our gifts, whatever they may be, will continue to flourish for our own parish and for others that we serve. It transforms all of us and is the message and the reality of the risen Christ.



Antiochian Women - (Ladies Guild)

We had our last meeting before our summer break and have begun making plans for our annual dinner on Sunday, Oct. 16, 2011. Volunteers are needed in all respects of the dinner, so please contact Chair Mary Dooley or President Anne Marie Haddy.

We want to thank Dorothy and Loretta Haddy and their committee for our annual St. George's Day Luncheon. The kafta luncheon was a mouth watering treat and the favor, a bud vase with St. George imprinted on it, was a nice gift for donations. Good job, Gladys Howard, on choosing the favors every year!

Ladies, have fun in the sun and we will meet again in August!





CALENDAR

MAY 2011

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUN 2011

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

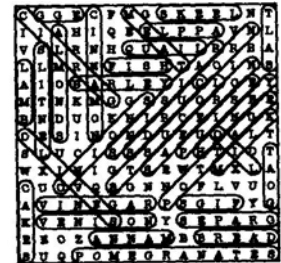


- 1: St. George Day Luncheon
- 2: Ladies Guild, 7:00 PM
- 2/3: Fr. Olof-CCT Meeting, Chicago
- 4: Parish Council, 7:30 PM
- 5: Daymark Dinner, 6:00 PM
- 9-14: Fr. Olof/Kh. Eva-Vacation
- 14: Hafli, 8:00 PM
- 19: Communion for Shut-ins
- 21: Basketball Clinic, 10:00 AM
- 22: Family Cookout - Coonskin, 1:00 PM
- 24: Sr. Fellowship, 5:45 PM
- 28: Manna Meal Prep., 9:30 AM; Wedding, 5:30 PM

- 1: Evening Liturgy-Ascension, 6:30 PM; Parish Council, 7:30 PM
- 5: Last Day Church School/Jr. Choir; Awards Sunday; Symphony Sunday Food Booth
- 7: Appalachian Power Park Day
- 11: Baptism, 10:30 AM
- 12: Summer Hours--Matins, 9:30 AM, Liturgy, 10:30 AM; Parish Picnic-Shawnee Park
- 16: Communion for Shut-ins
- 17/18: Altar Boy Trip
- 19: Historic Church Tour, afternoon
- 23: Evening Liturgy-Nativity of Forerunner, 6:30 PM
- 25: Manna Meal Prep., 9:30 AM
- 28: Evening Liturgy-Sts. Peter & Paul, 6:30 PM
- 29: Parish Life Conference begins-Baltimore, MD

Need a good book to read this year? Check out the Church Library and Bookstore.

Answers to Puzzle



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