



THE ST. GEORGE Grapevine

Nov/Dec 2009 • Vol. 14, No. 2

St. George Orthodox Cathedral • Charleston, WV

Pastor's Corner

By Fr. Olof Scott



Here we are in the last two months of the year. In our Orthodox calendar three-quarters of this period is dedicated to the Feast of the Nativity of Christ and the Advent season.

Particularly, the Orthodox Advent season calls for a period of fasting and preparation for the celebration of the feast. Included in this is greater efforts in prayer and attendance at church services, abstinence from certain food groups and charitable giving.

Colliding with this sacred time, and it truly is a collision, is our American secular traditions surrounding Christmas. Most notably this collision is with the merchandising of the Christmas holidays, and the modern tendency to party long before the feast even arrives.

The dilemma for the serious Orthodox Christian family is how to reconcile, if possible, these diverse traditions. Or, if reconciliation is impossible, how do we navigate our way through the confusion that they create.

In contemplating this situation I am drawn to a great saint of the Church, Nicholas of Myra in Lycia, the wonderworker. The Feast day of St. Nicholas is December 6, which will fall on a Sunday this year. St. Nicholas and his example can help us find our way in this confusing time.

The lessons from the life of St. Nicholas can best be summed up in his troparion that we sing: "Thy work of justice did show thee to thy congregation a canon of faith, the likeness of humility, a teacher of abstinence, O Father Bishop Nicholas. Wherefore, by humility thou didst achieve exaltation; and by meekness, richness. Intercede, therefore, with Christ to save our souls."

If St. Nicholas exhibited anything in

his life it was justice. He was a champion of the poor and the downtrodden. He constantly distributed his earthly treasure to those in need. By these actions his congregation knew him as a "canon," a true standard, of what faith in Christ should be.

St. Nicholas, like his Lord and Savior Jesus Christ, exhibited a life of true humility. By his example his congregation came to know what true abstinence was, not just refraining from certain food groups or disdaining a life of wealth, but striving to be free from sin. For these reasons the troparion goes on to say that by his humility and his meekness he achieved real exaltation and real richness for living a saintly life.

If we as Orthodox Christians can somehow keep the image of St. Nicholas with us through Advent we could go a long way in avoiding the conflict of which I spoke earlier, the collision of the real meaning of Christmas with the secular counterfeit that has evolved in our modern society.

We could make a conscious effort to emulate the qualities of St. Nicholas in several ways: 1) attending more services during which we seek to become closer to our Lord, 2) avoiding the temptation to "party" before the feast day even arrives, and to follow the fasting requirements as closely as possible, 3) resolving to spend less on gifts for each other and using the majority of our money to benefit the poor and the needy, to name a few.

And for those of us who have children we should consciously, and with specific instruction, include them in these efforts, so that they may come to know the true meaning of the season of the Nativity of our Lord.

Through the prayers of St. Nicholas, may our Lord help us to experience the coming season as it is intended in our Orthodox Faith. ✝

The Nativity Fast

The Nativity and Fast begins on Sunday, November 15, as is divided into two parts. The first period is November 15 through December 19, when the traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed on Monday, Wednesday and Friday, but is modified allowing wine and oil on Tuesday and Thursday (some also permit fish on Tuesday and Thursday during this first period) and allowing fish, wine and oil on Saturday and Sunday.

The second period is December 20 through 24 (the period of the Forefeast) when the traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed Monday through Friday, but is modified allowing wine and oil on Saturday and Sunday. ✝



**Need an
uplifting gift
this holiday
season?**

**Check out the Church
Library and Bookstore.**

RADIO PROGRAM

**"Come Receive
the Light"**

Our parish continues to be a supporting partner of the popular Orthodox radio program, "Come Receive the Light," which airs on WCHS, 580 AM, Sundays at 8:00 A.M. There is no better way to grow in the knowledge of the Orthodox Faith, to be inspired and to prepare for the Divine Services than to tune in every Sunday morning. It costs you nothing and you gain something. ✝



Our Guardian Angel

By Subdeacon George M. Damous

As we prepare for the season of the Nativity of Our Lord Jesus Christ, the presence of Angels is before us in various ways. Through song, pictures and most importantly in the Christmas story itself. We often hear accounts of Angels being the Messengers of God and also members of the Heavenly Host in constant worship of God in Heaven. However, we often minimize or ignore a very important teaching of the Orthodox Christian Church about Angels as our personal guardians, our Guardian Angel.

Our Guardian Angel is assigned to protect and guide us. Many references are made about these Angels in the Old and New Testaments of the Bible. In Psalms 34:7 it is written: "The angel of the Lord encamps all around those who fear Him, and delivers them." In the Book of Job 33: 23-26: "If there be for him an angel, a mediator, one of the thousand, to declare to man what is right for him...." In the Book of Daniel, it is indicated there are "patrons" or Guardian Angels of countries. Michael is described as the patron of the Jews; however the patron of Persia was a fallen angel (demon).

In the Gospel of Matthew, when Jesus warns of causing "one of these little ones" to stumble in Chapter 18:5, he explains further in verse 10, "See that you do not despise one of these little ones; for I tell you that in heaven their angels always behold the face of My Father Who is in Heaven." In Acts 12:12, a maid named



Rhoda answered the door of the gateway and recognized the man's voice as Peter's. [...in her joy she did not open the gate but ran in and told that Peter was standing at the gate. They said to her, "You are mad." But she insisted that it was so. They said, "It is his angel.] (Acts 12:14-15)

The Church fathers also speak of Guardian Angels. Clement of Alexandria explains, "regiments of angels are distributed over the nations and the cities. And perhaps some are assigned to individuals." Methodius writes (c. 290), "we have learned from inspired writings that all who are born-even if it is through adultery-are committed to Guardian Angels."

So we see from various eras of Church History and even from Jesus Christ Himself the existence of Guardian Angels is indisputable. Even in the Psalm 90 of our funeral service we are reminded that "... He will give His Angels charge over thee and guide thee in all thy ways..." As we pray to God to deliver us and to protect us; his messengers, our Guardian Angel, delivers, only through the authority and instruction of God.

A typical Orthodox prayer to our Guardian Angel: O Angel of Christ, my holy Guardian and Protector of my soul and body, forgive me all my sins of today. Deliver me from all the wiles of the enemy, that I may not anger my God by any sin. Pray for me, sinful and unworthy servant, that thou may present me worthy of the kindness and mercy of the All-holy Trinity and the Mother of my Lord Jesus Christ, and of all the Saints. Amen.

Another prayer for children or family: Angel, Guardian, keep and preserve all of us from every evil, sickness, and grief. Help us, O Lord, to be good, obedient, and kind. I thank thee, O Lord, for all good things Thou hast sent to me during the past day. Let me spend this night in peace, and protect me from all harm. Amen.

Remember God does everything to guide us and protect us. We must reach out for these benefits. Remember, the Angels look out for us especially our Guardian Angel by the command of God.

REMEMBER! The Adult Class meets on Sunday Mornings at 10:00 AM in the lower level Chapel. We are studying the teachings presented in the Matin services and other prayer services along with the saints of the day. We will soon be learning about the hymns and teachings of the Nativity. 

Youth Programs Update

By Fr. Stephen

Here's an update on what's been happening recently with St. George's youth programs. This fall, we've started our Family Night program on Sunday afternoons, once a month. This program has thus far been a great success, averaging more than 60 people in attendance. We've been enjoying family crafts and projects, as well as lessons aimed at different age groups. And we've learned how to make Holy Bread. This program is going to be continuing in the spring, and we hope that people will continue to enjoy it, and those who haven't gotten a chance to participate yet will in the new year.

Our Teen SOYO program also has a busy schedule this fall. We've already had a bake sale, and will be having a pancake/waffle breakfast before the end of the year. A group from Teen SOYO will be attending the Fall Gathering of the Diocese to represent St. George on the weekend of November 13th through the 15th. Also, the night of the 20th, we'll be having a lock-in at the church. This spring, we're looking forward to more activities and service projects, and an all around active year. 

Xmas Carol Story

"It Came Upon the Midnight Clear,"

"Hark! The Herald Angels Sing,"

"What Child Is This",

"Away In a Manger"

in "O Little Town of Bethlehem"

"Angels We Have Heard On High"

Announce "The First Noel"

While "We Three Kings" of Orient Are Seeking His "Joy To The World"

On this "Silent Night, Holy Night!"





THE ST. GEORGE Grapevine
 St. George Orthodox Cathedral
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 Charleston, WV 25327
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Produced by The Fellowship of St. John the Divine, to promote activities and events about and for parishoners of St. George Orthodox Cathedral. We only list events as they are reported to us by organization reporters. We reserve the right to edit copy for space. Contact your church organization reporter for news or send your comments to The Grapevine, c/o St. George Orthodox Cathedral, Attn. Editor or email ritakee@aol.com.
<http://www.stgeorgecharleston.org/>
 The St. George Grapevine is published every two months and is mailed during the first week of the month.

Deadline for next issue:

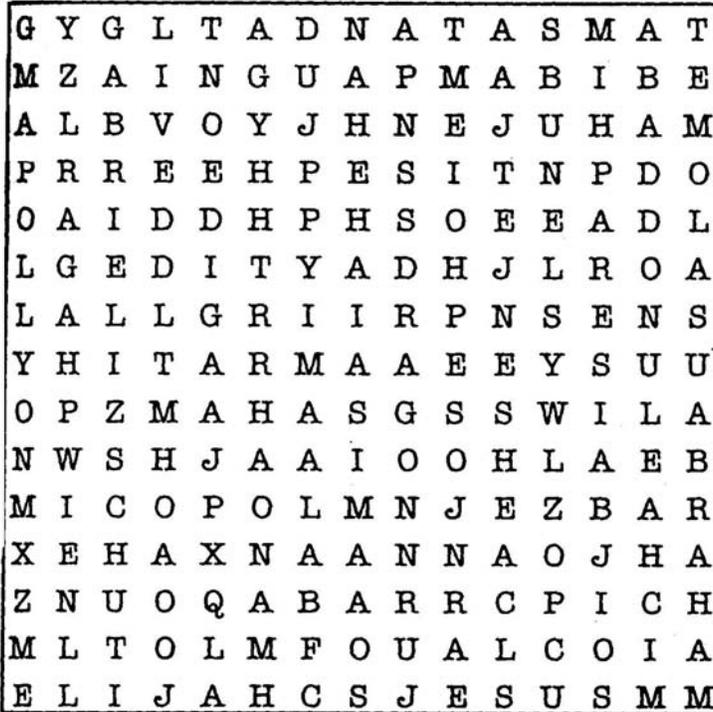
December 15, 2009.

Place articles in box outside
 Church office or
 email ritakee@aol.com



Search-A-Word

Angels: Names, Kinds, & Seen By



- | | |
|-----------|-----------|
| ABADDON | JOSEPH |
| ABRAHAM | JOSHUA |
| APOLLYON | LAZARUS |
| BALAAM | LOT |
| CORNELIUS | MANOAH |
| DANIEL | MARY |
| DEVIL | MICHAEL |
| DRAGON | MOSES |
| ELIJAH | PAUL |
| GABRIEL | PETER |
| GIDEON | PHILIP |
| HAGAR | SALOME |
| ISAIAH | SATAN |
| JACOB | SERAPH |
| JESUS | SERAPHIM |
| JOANNA | ZECHARIAS |
| JOHN | |

Do You Know this Parishioner?



HEIGHT: 5' 1"
 COLOR OF EYES: Dark Brown
 HOBBIES/INTERESTS: Sighseeing, Making Jewelry, Travel
 FAVORITE COLOR: Burgandy, Jeweltones
 FAVORITE FOOD: Any Seafoof/Grape Leaf Rolls
 FAVORITE SHOW: Gray's Anatomy/Dancing with the Stars
 OCCUPATION: Fashion Consultant

Kid's Corner - Q & A

Q: What Does Inspired Mean?

A: *Inspired* describes the way God used the Bible writers to write down what he wanted them to write. (It doesn't mean "perspired.") It doesn't mean dictated; that is, God didn't say the words out loud while the writers copied them down. Inspired means that God guided the writers, helping them to write everything he wanted them to write, so that all the words in the Bible would tell us what we need to know. He gave the writers the ideas and the desire to write; then he guided them so that every word they wrote was what he wanted.

KEY VERSE: *The whole Bible was given to us by inspiration from God. It is useful to teach us what is true. It helps us to know what is wrong in our lives. It straightens us out and helps us do what is right. (2 Timothy 3:16)*

RELATED VERSES: 2 Peter 1:16-21

RELATED QUESTIONS: *Who wrote the Bible—God or his followers? Why do we say the Bible is God's Word? How do we know that God wrote the Bible?*



From 102 Questions Children Ask about the Bible.





What are the choirs of Angels?

1. Seraphim - closet to God. The word means "fire" in Hebrew and symbolizes the heat of their love of God.

2. Cherubim - "abundance of wisdom". This rank symbolizes perfection in the knowledge of God.

3. Thrones - the angels on whom God rests.

4. Dominions

5. Hosts

6. Powers

7. Principalities

8. Archangels - above all others, associated with mysteries in the life of Jesus and head of all angels.

Michael: administers judgement and led armies of angels to battle Satan.

Gabriel: messenger of mercy and promise. Told Mary she would bear the Son of God and told Zachariah and Elizabeth they would have a son, John.

Raphael: presides over miracles and healings. A comforter and protector.

9. Angels

- Word Magazine 2001, 2003



Basic Class on the Orthodox Faith

Commencing with the start of Christmas Lent (Advent), Fr. Olof will again be lecturing on the Basics of the Orthodox Faith. Sessions will be held on Tuesday evening each week from 7:30 to 9:00 PM. The topics and the dates are as follows:

11/17: Worship Space (in the sanctuary)

11/24: Salvation History (conf. center)

12/1: Great Ecumenical Councils-1 (conf. center)

12/8: Great Ecumenical Councils-2 (conf. center)

12/15: Church Doctrine (conf. center)

12/22: Sacraments (conf. center)

The class is open to all parishioners and anyone interested in becoming a member of the Orthodox Church.



Angels

From Dictionary of Orthodox Theology

Angels are spiritual beings created by God, superior in nature and intelligence to man. It is not known when they were created although it is known that they were made before the creation of the physical world. The angels are completely spiritual and have no body, though they are able to assume bodies, as we see in the Holy Scriptures. The number of angels is not known, though we know their number seems innumerable in the Bible. The angels are divided into nine choirs or orders. What the differences are among the orders is not known. The work of the angels is to eternally serve, glorify, and praise God. We read in Isaiah that he saw the throne of God surrounded by myriads of angels who continuously sang, "Holy, Holy, Holy, Lord of Sabaoth, the heavens and earth are full of Thy Glory." According to some, the various natural powers and lands have angels protecting them. It is an Orthodox belief that each human being has a guardian angel. Angels appeared and helped man many times in the Bible. Angels are spoken of from Genesis to the Revelation of John where they play an important role in the Second Coming of Christ. As angels were sent many times as messengers by God to various men and women the word angel means "messenger." Three names of angels are known: Gabriel, Michael, and Raphael. The study of angels is called Angelology. There are also other angels who through pride fell under the leadership of the Devil who is called Satan. These angels are evil spirits and seek the destruction and corruption of man.



Merry Christmas

&

A Happy New Year

عيد ميلاد سعيد
و عام سعيد

С РОЖДЕСТВОМ
ХРИСТОВЫМ

и

С НОВЫМ ГОДОМ

Golden Parishioners Honored

The parishioners of St. George honored their Golden Parishioners, 80 and over, at a tribute luncheon on Sunday, Nov. 1.

You, the Senior members of our parish, are the Guardian Angels of St. George providing guidance, comfort, understanding and wisdom through the Orthodox faith in our journey of life.

May your Guardian Angel continue to watch over you, our Golden Parishioners, and may God grant you many, many, years!

"For He shall give His Angels charge over thee, to keep thee in all they ways." Psalm 91: 11



What to Do This Christmas

Mend a quarrel.
Seek out a forgotten friend.
Share some treasure.
Give a soft answer.
Encourage youth.
Keep a promise.
Find the time.
Listen.
Apologize if you were wrong.
Be gentle.
Laugh a little.
Laugh a little more.
Express your gratitude.
Welcome a stranger.
Gladden the heart of a child.
Take pleasure in the beauty and wonder of the earth.
Speak your love.
Speak it again.





Teen SOYO

Congratulations to the newly elected officers of Teen SOYO.

President: LEEANNE MOBAYED
 Vice-president: JOSH ZEGER
 Treasurer: WILL TAPPE
 Secretary: PAULINE MINAS
 Sergeant At-Arms: ASHLEY BSHARAH
 Chaplain: BRIAN EID
 Historian: PAULINA SKAFF
 May God grant them many years! ✝



A Time For Thanksgiving

Thank you, Lord

Just this once, Lord, I want to come to you with no problems, but simply to say, Thank You:

For your forgiveness when I fail
 For the sheer joy of sleep when I'm terribly tired

For the silent strength of humility when pride overtakes me

For the justice of your laws when men are cruel

For the remedies for sickness when I am ill

For the simplicity of orderliness when I face confusion

For the assurance that you have made a place especially for me when I feel inadequate among my peers

For the joy of helping others when I see people in need

For the earthly evidences of your will when I'm trying to find out what life is all about

For the reality of your world, when I stray too far into fantasy

For the rightness of reasonableness when I panic too quickly

For the renewal in moments of silence when I'm dizzy being busy in hectic world

Thank you, Lord, for all these things. But most of all, thank for your abiding presence that makes every day I live a day of thanks. ✝

Senior Fellowship

For those Seniors who didn't go to the village for the "Bucket List Retreat," you should consider your own "bucket list" (things you want to do before you kick the bucket) and don't forget your spiritual preparation in the Orthodox faith!

Happy Holidays, Seniors! ✝



Christmas Joy

Somehow, not only for Christmas,
 But all the long year through,
 The joy that you give to others
 Is the joy that comes back to you;

And the more you spend in blessing
 The poor and lonely and sad,
 The more of your heart's possessing
 Returns to make you glad.

—John Greenleaf Whittier



Do You Know this Parishioner?

HEIGHT: 5'6"
 COLOR OF EYES: Blue
 HOBBIES/INTERESTS: Tennis,
 Golf
 FAVORITE COLOR: Blue
 FAVORITE FOOD: Grape Leaves
 FAVORITE SHOW: American Idol
 OCCUPATION: Counselor



Antiochian Women (Ladies Guild)

The Ladies Guild would like to thank Mary Dooley and her committee, the teen SOYO, and all parishioners who volunteered to make our annual dinner a success!

We served close to 2,000 people between the dining room and the carry-out. Even the grocery store did record sales that day! Although it may seem a thankless job, we have heard so many compliments on the annual dinner that the parishioners of St. George should be proud on how they served the community that day!

Donations for our Cathedral's Christmas card to parishioners will begin the first of Dec. This annual project of the Guild is donated to the Archdiocese's Antiochian Women project. This year all donations go to the Convent of St. Thekla that will be built at the Antiochian Village. Mother Alexandra will lead the convent and has already worked with campers this summer learning about nuns of the Orthodox Faith. Any females interested in becoming a nun should contact Mother Alexandra at the Village.

Our next meetings will be Nov. 2 and Dec. 14. On Dec. 14, we will have a Christmas get-together for members only at the church. Members will be contacted with details soon! Have a blessed holiday season and remember to count your blessings during the holidays. ✝

The Troparion Of The Nativity Of Our Lord (Tone 4)

Thy Nativity, O Christ our God, hath given rise to the light of knowledge in the world; for they that worshipped the stars did learn therefrom to worship Thee, O Sun of justice, and to know that from the east of the Highest Thou didst come, O Lord, glory to Thee.

The Kontakion Of The Nativity (Tone 3)

Today the Virgin giveth birth to the Transcendent in essence; the earth offereth the cave to the unapproachable One; the angels with the shepherds glorify Him; and the Magi with the star travel on their way; for a new child hath been born for our sakes, God before the ages. ✝



CALENDAR

November:

- 1: Golden Parishioners Day; Lecture #3, 6:30 PM
- 2: Ladies Guild, 7:30 PM
- 6: Akathist to St. Raphael, 6:30 PM
- 7: Feast of St. Raphael: Matins, 9:00 AM; Liturgy, 10:00 AM; Fr. Olof Vacation
- 8: Feast of Archangels; Choir Festival, St. Timothy Church; Fr. Olof Vacation
- 9: Pastoral Committee, 7:30 PM
- 10: CCRA Coaches Meeting, First Presby
- 11: Parish Council, 7:30 PM
- 12: Evening Liturgy, 6:30 PM
- 13-15: Dioceses Fall Mtg, Antiochian Village
- 14: Manna Meal Preparation, 9:30 AM; Baptism, 11:00 AM;
- 15: Advent Begins; Godparents Sunday Lecture #4, 6:30 PM
- 17: Basic Class #1, 7:30 PM
- 18: FSJD, 7:30 PM
- 19: Communion for Shut-ins
- 20: Teen SOYO Lock-in

NOV 2009

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					

DEC 2009

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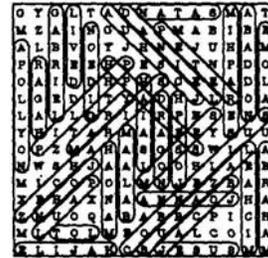
- 21: Liturgy-Entry of Theotokos, 10:00 AM; Baptism, 3:30 PM; Young Adult Social, 7:30 PM
- 22: Family Activities, 3:00-5:00 PM
- 24: Baptism, afternoon; Evening Liturgy-St. Catherine, 6:30 PM; Basic Class #2, 7:30 PM
- 28: Baptism, 4:00 PM
- 30: Evening Liturgy-St. Andrew, 6:30 PM

December

- 1: Hosting CARLA Mtg., 9:00 AM; Basic Class #3, 7:30 PM
- 5: St. Ignatius Social, 6:30 PM
- 6: St. Nicholas Feast Day; Choir Cantata, evening
- 8: Hosting FCA Auction; Basic Class #4, 7:30 PM

- 9: Parish Council, 7:30 PM
- 12: Baptism, afternoon; Young Adult Social, evening
- 14: Ladies Guild Get-Together
- 15: Basic Class #5, 7:30 PM
- 19: Church School Christmas Program Rehearsal/Luncheon
- 20: St. Ignatius Sunday; Church School Christmas Program
- 22; Basic Class #6, 7:30 PM
- 22-24: Communion for Shut-ins
- 24: Christmas Services: Matins, 6:00 PM, Liturgy, 7:00 PM
- 26: Baptism, afternoon
- 29: St. Ignatius Social, 6:30 PM
- 31: Evening Liturgy-St. Basil, 6:30 PM

Answer to search a word



Answer
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page 3.

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