

THE ST. GEORGE Grapevine

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St. George Orthodox Cathedral • Charleston, WV



Pastor's Corner

Life is a Gift from God Part II

By Rev. Fr. Christopher Eid



To furthering our understanding of Life is a Gift from God; we need to look deeper and farther in scripture seeking God's blessings in becoming fully and truthfully followers of the example of Jesus Christ. Love God with all your heart, soul, and mind. Love people unconditionally. Forgive. Forgive. Forgive. See the beauty of God's creation everywhere – through the eyes of scripture - and give thanks for all the blessings in your life. Become the person that God wants you to be, even before you were born.

Accept God's Grace while accepting that your loss will offer you a new understanding. Accept God's leadership and live in the palm of His hand which will protect and nourish you abundantly all your life. Accept His peace and comfort and be an instrument of His will for you and others around you. Philippians 4:7 – "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Remember that forgiveness is the key that opens many closed doors. God forgives you and loves you unconditionally; for He had sent His only begotten Son for the salvation and the life of the world, your salvation and your life.

Yet, with forgiveness, that brings you up; there is guilt that brings you down. There are two kinds of guilt — false and real. If you have done wrong, repent and ask God to forgive you. Be wary of false guilt. We live with imperfect information and make decisions the best we can. Sometimes things don't work out. Accept God's forgiveness with love and humility, forgive others, and free yourself from guilt and from any worldly self-suffocation; for you want to live in God and breathe and keep alive through God. Let the anger go as it only destroys you and serves no purpose but an evil

purpose. 2 Timothy 2:21 – "Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work."

It is that time that we need to apologize and let go. No relationship is perfect, away from God. You have made mistakes. There are things you wanted to do with your loved one(s), or things you wish you didn't say. Thinking about all the things that could have been different can overwhelm you. Apologize from your heart in prayer and let those thoughts go with your prayers to the presence of God. Luke 6:37 – "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven."

Seek meaning and a positive outcome for your loss, sometimes in serving others. At some point you will understand that there is not an answer to the "Why"? Your loss will open your eyes to those experiencing loss, giving you the unique ability to provide support and compassion to others. Allowing yourself to serve other people will open your eyes to other's needs and provide comfort, even while you are living in sorrow. Loving other people will take your mind from your pain and heals your grieving soul more than you realize. Be the rescuer and rise with the Lord, not the victim who would want to stay in the tomb. Acts 3:19 – "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord." 1 Peter 4:10 – "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."

Keep your eyes focused on the cross of salvation and never lose hope. Have hope for a brighter day and let it renew your days to come. As painful as it seems, you will survive and thrive in the Risen Lord.

Always, believe that the rest of your life can be the best of your life. And, our greatest hope is that of an eternal heaven with our Lord Jesus Christ. Isaiah 40:31 – "but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Seek the Lord to raise Lazarus. Seek His Help. Grieving is a normal process, but is also unique to each individual. Seek help if you are "stuck" or not on track, or when you are not yourself. Learn what "on-track" might look like for you. Read books – especially the Bible - and/or seek counseling to see how you are coping. Locate a support group if you need to discuss and vent your feelings to people who understand in a non-judgmental environment. Seek help from the Lord. You can make it through the process of grief and growth. Proverbs 15:22 – "Plans fail for lack of counsel, but with many advisers they succeed."

The best way to live through and survive grief is to connect, don't isolate. Seek help from your church community and compassionate people and friends. Connect with family members and close friends. Don't go through grief alone. Reach out to people that love you. Romans 12:15 – "Rejoice with those who rejoice; mourn with those who mourn."

To be continued... 

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. 



Anger and the Passions

By Subdeacon George M. Damous

Throughout the Bible and writings of the Church Fathers we are warned about anger and its consequences. Anger is a wasted emotion in that it serves little purpose except to create chaos and conflict. There are many reasons that we “choose” to become angry. Some may question this statement about choosing to be angry, but it is true. A man is riding on a bus and there is a father and his two children on the bus. The children are extremely loud and run from seat to seat and the father says nothing. Eventually the man becomes angry and yells at the father about managing his children better. The man’s anger quickly disappears after the father explains that the children’s mother just died in the hospital. The man chose to be angry and then chose not to be angry. Many people may stay calm in the midst of insults and criticism because it is a choice. To say that someone makes you angry is a frightening thing in which we allow someone to control us by “making” us angry. There are many reasons why we become angry. When someone does not follow our advice; or when someone breaks the rules that we choose to follow; or, unfortunately, when we see someone happier or more successful than we are. Sometimes our poor self confidence causes us to become angry. We may become concerned about a situation or action that upsets us, but how we resolve the conflict is important. Some people will go out and spread vicious rumors in a desperate attempt to get their point heard.



St. John of Damascus explained that “anger is the boiling of the heart’s blood produced by exhalation or turbidity. Anger is sometimes lust for vengeance.

For when we are wronged or think that we are wronged, we are distressed, and there arises this mixture of desire and anger.” He teaches there are three forms of anger: rage, which is when anger begins to be roused; wrath implies that the “memory of the wrong abides”, i.e. we do not forget the wrong and it lingers within us evoking rage; and rancor, which implies watching for a suitable moment for revenge.

Now if we turn to the wrath of God, we may become confused. How is it that God becomes angry when it is a wasted emotion. The key word is “emotion” or **passion**. God’s wrath does not suggest that it indicates any “passion” on His part, but that it is something which is assumed in order to discipline by stern means those sinners who have committed many and grievous sins. For that which is called God’s “wrath” and “anger” is a means of discipline. In Holy Scriptures we read in the Psalms, “O LORD, rebuke me not in Thine anger, neither chasten me in Thy hot displeasure;” and also in Jeremiah, “O LORD, correct me, but with judgment: not in Thine anger, lest Thou bring me to nothing.” The Bible tells us not to be angry at all: “Cease from anger, and forsake wrath,” and St. Paul teaches to “put off all these, anger, wrath, malice, blasphemy, filthy communication.” The language used regarding the wrath of God is to be understood figuratively. The “threats” are intimations of the punishments which are to befall the wicked. It is as if one were to call the words of a physician “threats,” when he tells his patient, “I will have to use the knife, if you do not obey my prescriptions, and regulate your diet and mode of life in such a way as I direct you.” It is no human passions, then, which we ascribe to God, nor impious opinions which we entertain of Him; nor do we err when we present the various narratives concerning Him, drawn from the Scriptures themselves, after careful comparison one with another. The story of Jesus and the moneychangers in the Temple is often misunderstood. First, it does not describe Jesus as angry but he overthrew the tables of the moneychangers saying they have made His House a den of thieves. Jesus exposed these men because they were cheating the people. Jesus did not react in a passionate manner as to lose his temper or exert vengeance, but rather to discipline

His people. Remember discipline comes from the Latin word “to learn.” There God teaches us through discipline.

Now we must understand Passion. Passion is the movement which takes place in the soul; while sinful practice is that which is manifested in the body (Nicetas Stethatos). St. Dorotheos teaches “it was the inclining away from the virtues through love of pleasure that the soul prepared the way for passions and gave them a firm place in itself...the passions are a perversion of the powers of the soul.” The parable of the sower and the seed demonstrate how the passions affect us. When the seed fell among the thorns, those things which choked the seeds and prevented them from being fruitful are the passions (Luke 8:11-15). St Gregory Palamas teaches us that a person who loves wrongdoing hates his own soul, he tears apart and disables the image of God, that is, his soul, and “he experiences suffering similar to that of madmen who pitilessly cut their own flesh to pieces without feeling it.” Passion is a darkening and disabling and staining of the image, that is the beauty of God.

How do we “cure” these passions of the flesh? (flesh meaning those things not of the Holy Spirit) We can only replace these dishonorable passions with honorable and spiritual ones with the help of God. It is impossible for us to do it alone. The purification of man, which is healing, takes place by the energy of Christ that is offered through the whole spiritual life within the Church. The Grace of Christ frees man from the world of sin. Paul describes this in Romans 7:4-6.

The first step in ridding ourselves of sinful passions is self-knowledge. Ignorance of our “illness” makes us permanently incurable. “If we say we have no sin, we deceive ourselves, and the truth is not in us” (1Jn: 1:8). “We must be ever on our guard against yielding to the mere thought that we have achieved any sort of good” (St. John Climacus).

The next step is repentance and confession. The first stage of repentance is knowledge of our sins and the expression of our repentance is to confess our error. By understanding these two things we see why we cannot be forgiven if we have not repented. We will not change our wicked deed unless we realize it is wicked. It is not enough to just acknowledge the wicked deed, but we must confess it to demonstrate our true repentance. “...if your brother sins, rebuke him, and if he repents, forgive him; and if he sins against you seven times in a day, and turns to you seven times and

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St. George Orthodox Cathedral
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A parish of the Antiochian Orthodox Christian Archdiocese of North America

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

The St. George Grapevine is published every three months and is mailed during the first week of the month.



Congregation Meeting Results

While the Denver Broncos prepared to beat the Carolina Panthers in the 50th Super Bowl game, our Teen SOYO prepared a “souper bowl” luncheon for the parishioners of St. George before the annual congregation meeting.

The following parishioners were elected to the Parish Council for 2016: Tom Barrick, Ray Browne, Steve Cassis, Mark Choueiri, Ganim Howard, Loretta Haddy, Michael Jarrouj, Phil Michael II, and Alex W. Skaff. The remaining members on the Parish Council are: Bruce Cassis, Nick Cassis, Brian Chapman, George Damous, Geoffrey Haddad, Andre Haikal, Spiro Mitias, M.G. Skaff, and P. Alex Skaff. Representatives of parish organizations and voting members are: Lilah Michael, Church School; Jackie Birurakis, Ladies Guild; Julia Cassis, FSJD; and Anne Marie Haddy, Choir.

The 2016 elected officers are: Chairman, Ganim Howard; Vice-Chairman, Loretta Haddy; Secretary, Mark Choueiri; and Treasurer, Steve Cassis.

Thank you to the outgoing members and officers of 2015, and congratulations to the new officers and members for 2016. ✝

Antiochian Women’s Guild (Ladies Guild)

Yes, ladies, the Antiochian Women’s Guild is our very own Ladies’ Guild! They are one in the same organization of St. George Cathedral. By now you should have received an invitation to attend our Antiochian Women’s Guild Tea Party on Saturday, March 5, from 2-4 P.M. in the ballroom. All ladies, 18 and over, are invited to attend to learn what our Antiochian Women’s Guild is all about and our plans for 2016 locally and nationally. We will be sending out an Easter greeting to the parish and will be accepting donations after liturgy soon. The donations from this project, and our Christmas greeting card, are collected for the Antiochian Women of North America’s annual project which this year goes to help feed the hungry children at home and abroad. Please be generous.

March is women’s month in the Archdiocese. The ladies of St. George will be passing the tray, reading the Epistle, and ushering the communion lines. On Sunday, March 20, St. George will host the Lenten Vesper service and provide a lenten covered dish supper. Please bring your lenten dish to the ballroom before Vespers.

On Friday, March 4, Church Women United will meet for World Day of Prayer at Christ United Methodist Church. Con-

tact Jewell Haddad for tickets.

St. George’s Day luncheon is Sunday April 17.

Please come to our tea party, and attend our regular meetings the first Monday of each month at 7 P.M. ✝



“A woman is like a teabag- you can’t tell how strong she is until you put her in hot water.”

- Eleanor Roosevelt

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Anger and the Passions

says “I repent,” you must forgive him.” (Luke 17:3-4). The soul can contradict sin but only with God can evil be uprooted and conquered. Confession begins the healing stage of our soul and body. The devil knows the value of confession and attempts to prevent us from confessing; or to confess as if someone else had committed the sin. St. John Climacus teaches “Lay bare your wound to the healer. This is my wound, Father, this is my injury. It happened because of my negligence and not from any other cause. No one is to blame for this, no man, spirit, or body or anything else. It is all through my negligence.” Then the soul may be healed by Divine Grace.

During Great Lent, let us transform these passions into love for God as well as for our fellow man. Let us focus on serving our Cathedral. The House of God. And most importantly let us come together as the Body of Christ. To divide the body is heresy. Do not point the finger at others for if you do there are three fingers pointing back at you. We must examine ourselves. “If we do not confess as we should, we shall be seized with an ill-defined fear at the hour of our death” (St. Diadochos). ✝

Word Search: Helping Others: Who, How & Why

- | | |
|------------|------------|
| ABSTAIN | FORGIVE |
| ALL | GIVE |
| BEAR | GOOD |
| BLESS | KIND |
| BOWELS | LABOR |
| CHILDREN | LEND |
| CHRISTIANS | LOVE |
| CLOTHE | MERCY |
| COMFORT | NEIGHBOR |
| COMPASSION | PRAY |
| EDIFY | PROPHECY |
| ENEMIES | REAP |
| ESTEEM | REWARD |
| EVIL | SINNERS |
| FELLOWSHIP | SONS |
| FORBEAR | UNTHANKFUL |
| | WEAK |

J C N U C N N O D R A W E R Y
 E M L C L H O E A B S T A I N
 W V Y O H L R I I L D E V O L
 E L I C T I U I S G A N D V O
 R D I G R H L F S S H B E I R
 F E I V R E E D K T A B O L A
 O Q A F E O M Y R N I P O R E
 R B P P Y J F A S E A A M R B
 B L S R E N N I S E N H N O N
 E E H T R O F M O C H G T S C
 A S X G O O D A Y A R P U N K
 R S F E L L O W S H I P O I U
 Q N S E I M E N E A L J N R O
 W O E B O W E L S A L D G C P
 Y S K E S T E E M M K L U Q F



Teen SOYO

By Scott Ridsen, Teen SOYO Advisor

As we roll into spring, Teen SOYO is keeping busy with both social and charitable events. The annual Lock-In was held March 4-5, bringing teens from St. George together with Orthodox teens throughout the area. Attendees played basketball and other games, created art projects, enjoyed a talk from a guest-speaker and much more.

Quickly approaching is the annual Teens vs. Adults Basketball Challenge, which will raise money to support local children's charities. Part of that money raised will be used to create Easter baskets for children at Sojourner's Shelter. Once again this year, we will be selling Chocolate Crosses. Orders will be taken at coffee hour throughout March and April. Crosses will be available in milk chocolate, white chocolate and sugar-free chocolate.

In April, we will depart from Charleston for Potomac, Maryland, to attend the Eastern Diocese Spring Delegates Meeting. This will be an excellent opportunity to meet other SOYO members and bring back ideas for the future. Continuing into spring, we look to gather a Bible Bowl team and Oratorical competitor for the Parish Life Conference.

As always, we thank you for your continued support. ✝

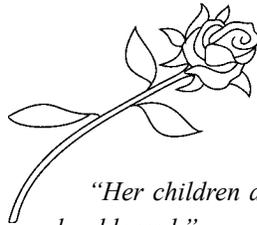


Senior Fellowship



Old man winter has overstayed his welcome and will soon bid us farewell. Then we can resume our get-togethers with dinner and a program.

Please watch the bulletin for details of our next gathering in March or April, and stay warm. ✝



Mother's Day is May 8.

"Her children arise up and call her blessed."

-Proverbs 31:28

St. George's Day Luncheon
Sun. April 17, 2016
 (immediately following the Divine Liturgy)
 St. George Conference Center Ballroom



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.



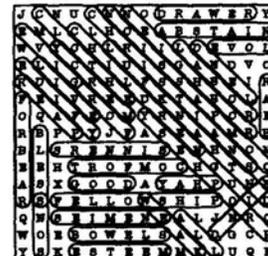
Swing the door proudly
 Before you this day,
 Chart your own course
 To the goals you survey –
 To a dream caught in flight,
 To a world set aright,
 To a destiny bright
 Seek them well on your way.

Doris Cizalma Broth

Congratulations Graduates!

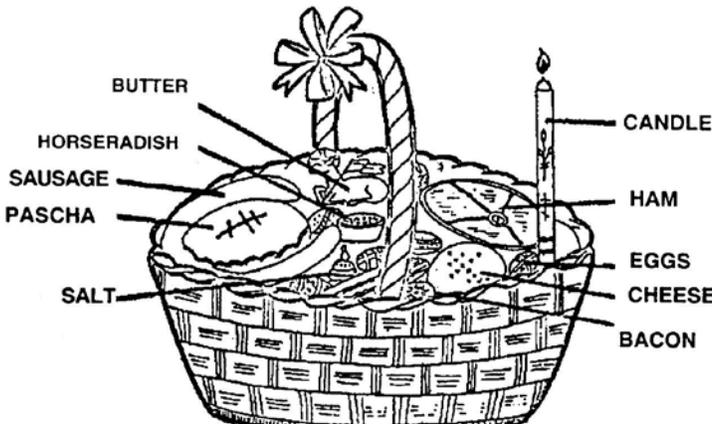
Do not go where the path may lead.
 Go instead where there is no path and leave a trail.

Ralph Waldo Emerson



Answers to Word Search

How to Put Together a Traditional Easter Basket



May You Have A Happy And Blessed Easter

Traditional Easter Greetings

Christ Is Risen -
 Truly He Is Risen

Al Maseh Qam - Ha'An Qam (Arabic)

Kristos Anesti - Alithos Anesti (Greek)

Christos Voskrese - Vo Istinu Voskrese (Slavonic)

By Mail or Online

If you prefer to view the Grapevine on the website instead of receiving a mailed copy, please contact the church office to be removed from the Grapevine mailing list. The Grapevine is available on the cathedral web site <http://stgeorgecharleston.org/grapevine.html> ✝



Church School News

By Layla Michael



I hope that everyone had a wonderful New Year! With God's Grace 2016 will be a great year for us all. Our journey towards PASCHA starts soon so let us ALL remember the sacrifices that Christ made for all of us. This year is the first year that Metropolitan JOSEPH chose the theme for our Creative Arts Festival. We hope that all of our church school children get involved and put in an entry for our Cathedral. Parents please help guide our children and get involved with the theme which is "As for me and my house we will serve the Lord". Participation in the Creative Arts Workshop will help give our children ideas and to understand the theme this year better. So plan to join us March 6, 2016 for our workshop and

lunch. Lazarus Saturday we will have an Easter Egg hunt and a big scavenger hunt for the older children, join us for this fun day on April 23rd, 2016. We will also learn how to make crosses with Palms and make candles for our children to process with during Pascha. Please plan on participating with ALL of these activities so we can make this year our best ever at our Cathedral. ✝

Deadline for the next Grapevine issue

June, July, August 2016, is May 15, 2016. Place articles in box outside Church office or email ritakee@aol.com ✝

CALENDAR

March 2016						
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		

April 2016						
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

May 2016						
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				

Weekly Schedule

Check the weekly bulletin for updates, changes or cancellations.

Mon. - Fri.: 12:30 P.M. Sixth Hour

Mon.: Great Compline 6:30 PM

Wed.: 6:30 p.m. Daily Vespers /Family Night except during Lent; during Lent Presanctified Liturgy/Cover Dish, 6:30 PM (Mar. 16. through Apr. 20); & Choir Rehearsal 7:30 PM

Thurs.: 7:30 p.m. Choir Rehearsal: (Except during Great Lent)

Fri.: Akathist Hymn, 6:30 PM (every Fri. during Lent through Apr. 15)

Sat.: 5:00 p.m. Vespers/confession

Sun.: 9:15 a.m. Matins; 10:30 a.m. Divine Liturgy; After Communion - Church School; 6:30 p.m. Bible Study

Special Events



March:

1: Parish Council Meeting, 7:30 PM; Baptism, 11:00 AM; Baptism/Chrismations, 3:00 PM.

5: Ladies Guild Social

6: Creative Arts Festival Prep, 1:00 PM;

7: Ladies Guild, 7:00 PM

13: Forgiveness Vespers, 6:30 PM; Bible Study, 6:45 PM (every Sunday unless postponed)

14: Great Lent begins; Great Compline, 6:30 PM

15: Foundation Board Mtg., 6:30 PM

16: Presanctified Liturgy/Cover Dish, 6:30 PM; Choir Rehearsal, 7:30 PM

18: Akathist Hymn, 6:30 PM

20: First Sunday of Lent, Sunday of Orthodox Vespers, 6:30 PM

21: Great Compline, 6:30 PM

22: FSJD Meeting, 8:00 PM

23: Presanctified Liturgy/Cover Dish, 6:30 PM; Choir Rehearsal, 7:30 PM

24: Evening Liturgy 6:30 PM

25: Annunciation. Akathist 6:30 PM

26: Divine Liturgy – All Souls 10:00 AM; Lenten Retreat 11:00 AM

28: Great Compline 6:30 PM

30: Presanctified Liturgy/Cover Dish, 6:30 PM; Choir Rehearsal, 7:30 PM



April:

1: Akathist 6:30 PM

4: Great Compline 6:30 PM;

Ladies Guild Meeting 7:30 PM

5: Parish Council, 7:30 PM

6: Presanctified Liturgy/Cover Dish, 6:30 PM; Choir Rehearsal, 7:30 PM

Junior Choir returns



The Junior Choir is back. They will have practice on Sunday mornings before Divine Liturgy.

Plan to come to Lazarus Saturday on April 23rd, and hear the angelic voices sing the responses for the Divine Liturgy. They will also sing for Metropolitan Joseph's visit to St. George Cathedral the weekend of May 13-15. Contact our choir director, Lexie Damous, for more information so our children can sing praises to God.



8: Akathist Hymn, 6:30 PM

11: Great Compline 6:30 PM

13: Presanctified Liturgy/Cover Dish, 6:30 PM; Choir Rehearsal, 7:30 PM

15: Akathist Hymn, 6:30 PM

17: St. George Day Luncheon after Liturgy

18: Great Compline 6:30 PM;

19: Foundation Board Meeting 6:30 PM

20: Presanctified Liturgy/Cover Dish, 6:30 PM; Choir Rehearsal, 7:30 PM

22: Great Canon of St. Andrew of Crete, 6:30 PM

23: St. George Day; Lazarus Saturday Liturgy, 10:00 AM

24: Palm Sunday (see mailed schedule)

24-30: Holy Week (see mailed schedule)

May:

1: Easter Sunday Agape Vespers 12 PM; Open House Fr. Christopher 1:30 PM

9: Ladies Guild, 7:00 PM

10: Parish Council, 7:30 PM

17: Foundation Board Mtg. 6:30 PM

22: Last Sunday Church School/Jr. Choir; Graduate/Church School Awards

24: FSJD Meeting, 8:00 PM

28: Manna Meal Preparation, 9:30 AM





Kids Corner Q & A

Q: What Is The Great Lent?

A: Of the four Lenten periods during the Orthodox Church year the most important is the GREAT LENT, a seven weeks period prior to Easter. Actually, this Great Lent is divided into two parts. The first forty days commemorate the forty days and forty nights that Christ fasted in the Jordan desert before beginning His ministry. The week before Easter, called Holy Week or Passion Week, commemorates the suffering and death of Christ.

Lent is a period of self-denial and self-examination. The word Lent itself means spare, plain, or meager, and means abstinence from food. The purpose of fasting is to instill in the Orthodox believer a greater refinement of purpose, an increased sensitivity to God and a more chaste outlook on life. Spiritual as well as bodily fasting is necessary.

Lent re-emphasizes to all true Orthodox believers the true depth of faith. It is a time set aside for taking inventory of personal life with changes for the better replacing recognized shortcomings. Denial of pleasures should be made and sincere sacrifices experienced. Tribulations should be borne patiently and there should be a watchfulness over spoken words, thoughts and deeds.

Lent is a period for accentuated works of mercy and charity. Visiting the sick, doing helpful deeds for others and assistance to the unfortunate should all be given special consideration during this time. The believer should adhere to a stricter way of living with reflection on Christ's self-discipline when He spent His last forty days on earth before his trial, and crucifixion in fasting and prayer in the desert. ✝



What to Give Up for Lent

Give up watching television one evening a week. Visit some lonely or sick person instead.

Give up looking at other people's worst points. Concentrate on their strong points and positive attributes.

Give up speaking unkindly. Let your speech be generous and understanding.

Give up your worries. Trust God with your problems and frustration.

Give up hatred or dislike of anyone. Learn to love instead.

Give up the fear which prevents Christian witness. Seek courage to speak about your faith to others.

Give up spending so much time with newspapers and magazines. Use some of that time to study your Bible.

Give up grumbling. Learn to give thanks in everything.

Give up ten to fifteen minutes each day. Use that time in prayer.

Give up buying anything but essentials for yourself. Give that money to God's work or someone in need.

Give up judging by appearance and by the standards of the world. Learn to give up yourself to God. ✝

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