

THE ST. GEORGE Grapevine

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St. George Orthodox Cathedral • Charleston, WV



Pastor's Corner

By Fr. Olof Scott

(Reprint Vol. 10, No. 4, Mar/Apr, 2006)



I hate exercise! Well, it's really not exercise itself that I hate. I hate "getting ready" to exercise.

I've tried everything imaginable to exercise and stay physically in shape. I've purchased stationary bikes and a ski-master machine. After using them for a period of time, they've ended up gathering dust in the basement and eventually leaving our premises in yard sales.

A few years back, Kh. Eva said she would pay for a Nautilus membership for me through a payroll deduction. Great! I started getting up early to go to Nautilus in Kanawha City. There, I did twenty minutes on a treadmill, ten minutes on a stationary bike, and thirty minutes on weight machines of various types.

After several months, I was dreading exercise. Walking and riding for a total of thirty minutes, with no scenery change and never gaining any ground, drove me nuts. The weight routine was exactly that, a "routine." Boring! I stopped going and after a few paychecks, Kh. Eva said she was dropping my Nautilus membership. I didn't blame her.

What to do! I knew that exercise is important, especially as one gets older, which I hate to admit. My problem was finding a regimen that was beneficial but not boring. Since I live in the "flats" of Kanawha City, walking seemed the best choice.

So, I purchased a heart monitoring device to provide incentive and started walking three mornings a week. I've mapped out a three-mile circuit and record my times and average heart rates.

The only problem I still have is "getting ready" to exercise—leaving the bed early in the morning, getting dressed to

withstand the winter morning temperatures, etc. Once I get past that, the exercise part is pretty easy. It's not boring, the scenery changes with each block, dogs bark and birds chirp, rabbits and squirrels dart away, cars either avoid me or I avoid them and my cardio-vascular system and my leg muscles are much improved.

Physical exercise for improving and extending one's life is one thing. What about spiritual exercise?


As we enter the month of March we are about to enter into that period of Great Lent. It is a period for "spiritual" exercise. It's a period that has been described as a "bright sadness." Why "bright sadness?"

I believe this term addresses what we experience as we strive to draw near to Christ, the "Light" of the world. The closer we draw near to the "Light" which is "bright," the more clearly we see our imperfections, our sins, as contrasted to His perfection. This creates a "sadness," which causes us to weep for our sins. It further motivates us to seek forgiveness and to undertake spiritual exercise to become more Christ-like.

Great Lent calls us to exercise spiritually by specifically doing three things: praying, fasting and giving alms. Praying involves not only private meditation, but attending the lenten services, reading Scripture and spiritual books. Fasting is the means by which we encourage discipline in our daily routine. If we can't control the most basic physical activity of eating, the intake of food, how can we gain control over our spiritual lives? Alms giving is at the heart of the Gospel—the love of God and of others. He who does not show love to "others" does not love God.


Finally, I believe that the greatest challenge is "getting ready" for spiritual exercise. Arrange your schedule so that

you can attend all of the extra services. Find that particular part of the day that you can devote fifteen or twenty minutes to read scripture, enter into prayer, or read several pages of a spiritual book. Eat less frequently and set aside your lunch money to give to those less fortunate.

Physical exercise may help us to live a bit longer in this life. Spiritual exercise will help us to live eternally with God. Which is more important? 


Basic Class in Orthodox Faith

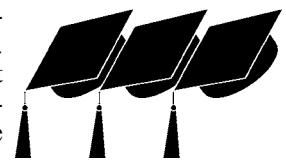
Throughout Great Lent Fr. Stephen DeYoung is presenting the series, The Basics of the Orthodox Faith. Sessions are held on consecutive Tuesdays which began on February 24. Topics include Worship Space, Salvation History, Great Ecumenical Councils, Church Doctrine and the Sacraments.

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

Attention, Graduates!

On Sunday, May 17, 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. 





St. George Events



Welcome to the Rev. Fr. Christopher Eid and his Khouryee Katarina assigned to our cathedral. Please welcome them to Charleston and St. George as they get acquainted to the area and our cathedral. ✝

St. George Cathedral Foundation

Dr. Edward Howard,
President



The Power of Love

Last month we celebrated the month of love...ahh, February filled with all the markings of candy, flowers, and fancy dinners in appreciation and love for those who fill our lives. Those who receive the love embrace it and those who give the love enjoy seeing the happiness in another. In a world filled with so much turmoil and strife, it is comforting to know there is still love to go around. And so it is with our greatest love...the love we receive from Jesus Christ and our Orthodox faith. As recipients, we embrace and take comfort in it as we go about our busy days and especially each Sunday as we feel the love through our Divine Liturgy that is extended to us from the Father, Son, and Holy Spirit. In turn, the lesson of love each of us receives from our faith is extended to others day to day, month to month, and year to year. Yes, that is the Power of Love. And through this Foundation, let's keep it going for many generations to come.

For those who may have missed it, following is a synopsis of the Foundation's financial report:

The St. George Foundation announced that it had issued a check to the St. George Parish Council, in the amount of \$27,327, which is 80% of all the dividends and interests, that was earned from the Foundation's investments during 2014. Since the year of 2002, the Foundation has distributed to the St. George Parish Council, \$241,777, which is 80% of all dividends and interests earned since 2001. The funds distributed from the Foundation are a supplement to programs at St. George Cathedral, as follows: Athletic & Recreation, Choir & Musical Programs, Church School, Lazarus Sunday, Youth Camp, Scholarships, and Youth Ministry. ✝

Altar Boys Trip

Once again 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 Tuesday, June 9, 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 Philadelphia Phillies 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 Wednesday, June 10. Departure from the park at 6:30 P.M. should ensure arrival back in Charleston around 11:30 P.M. ✝



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St. George Orthodox Cathedral
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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.



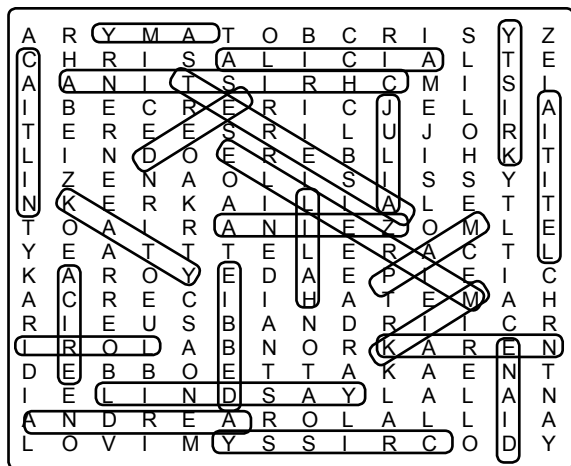
Fasting Guidelines for Great Lent

Many of us ask each year, so the following fasting criteria is presented: Meat (beef, lamb, pork, veal, chicken, etc.)—total abstinence from Monday after Meatfare Sunday until Pascha; Dairy (milk, cheese, butter, eggs, yogurt, cream, etc.)—total abstinence from Monday after Cheesefare Sunday until Pascha; Fish (any fish with a backbone; shellfish and crustaceans not included)—abstinence but allowed on Annunciation and Palm Sunday; Wine (includes all alcoholic beverages)—abstinence but permitted on Saturdays, Sundays, Annunciation and Great Thursday; Olive Oil—abstinence but permitted on all Saturdays (except Great Saturday), Sundays, Annunciation and Great Thursday. ✠

Pan-Orthodox Services for Lent

The southern West Virginia Orthodox parishes are hosting three Vespers services to bring our faithful together during Great Lent. Each service begins at 6:00 P.M. followed by a presentation and a lenten food reception. The schedule is as follows: Sunday, Mar. 1: St. George Orthodox Cathedral, Charleston; Fr. Mark Elliott speaking; Sunday, Mar. 15: Christ the Savior Orthodox Church, Wayne; Fr. Matthew Moore speaking; Sunday, Mar. 29: St. Dormition of the Mother of God Orthodox Church, Bluefield; Fr. Christopher Eid speaking. ✠

Answers to Word Search



Congregation Meeting Results

Our annual congregational meeting was held Jan. 11, after Divine Liturgy. Approximately 200 people were in attendance and enjoyed a delicious lunch offered by the Teen Soyo. Thank you teens!

After all the organizational reports were read and approved, the election for nine parish council members took place. The newly elected Parish Council members serving a two-year term are: Bruce Cassis, Nick Cassis, Brian Chapman, George Damous, Geoff Haddad, Spiro Mitias, Andre Haikal, M.G. Skaff, and Paul Alex Skaff. The remaining members on the Parish Council are: David Cassis, Louie Cassis, Mark Choueiri, Cy Faris, Ganim Howard, Michael Istfan, John Shdeed, Alex W. Skaff, and Doug Skaff, Sr.

The following voting members of the Parish Council are representatives of

the parish organizations: Lilah Michael, Church School; Diana Shdeed, Ladies Guild; Julia Cassis, Fellowship of St. John the Divine; and Anne Marie Haddy, Choir.

The new officers are: Chairman, Ganim Howard; Vice-Chairman, Louie Cassis; Secretary, Mark Choueiri; and Treasurer, Doug Skaff, Sr.

Also, the congregation voted to fill two vacancies on the St. George Foundation Board. Geoff Haddad and Ronald Murad were elected to serve with the remaining members on the Board: David Cassis, M.G. Skaff, Edward Howard, Muhib Tarakji, Alex W. Skaff, and Andrew Teeter.

Thank you to our outgoing officers and council members for a job well done. Congratulations to the newly elected parish council members and officers and foundation members. May God guide you in your endeavors for the coming year. ✠

Summer Hours



Sunday, May 17, will be the last day for Junior Choir and Church School as we wrap up another year and take a break over the summer. Church School awards will be presented and graduates honored following Divine Liturgy that day.

Our last Sunday for regular service hours will be May 31, Feast of Pentecost. Summer hours will begin the following Sunday, June 7. Matins will begin at 9:30 A.M. and Divine Liturgy at 10:30 A.M. ✠

"Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him! If you see a friend enjoying honor, do not envy him! For let not the mouth only fast, but also the eye, and the ear, and the feet, and all the members of our body."

-Saint John Chrysostom

Parish Life Conference & Archdiocese Convention

The 2014 Eastern Dioceses Parish Life Conference will be held on July 1-5, at the Upsky Long Island Hotel, Happaage, NY, and hosted by St. John Orthodox Church in Levittown, NY.

Information regarding registration, schedule, hotel, etc., for the PLC can be found at <http://www.stjohnorthodox-church.com/plc/>

The 52nd Antiochian Archdiocese Convention will be held on July 20-26, at the Sheraton Boston Hotel, Boston, MA, and hosted by St. Mary Orthodox Church, Cambridge, MA. Information regarding registration, schedule, hotel, etc., for the convention can be found at <http://www.acboston2015.com/> ✠

SAVE THE DATE
June 12-14, 2015

Very Reverend Father Olof H. Scott
"Tribute Weekend"

Go to stgeorgecharleston.org for more details



Mothers at St. George Word Search

Find the words in this grid. Words can go horizontal, vertical and diagonal.



- | | | |
|-----------|---------|--------|
| TERESA | AMY | ALICIA |
| CHRISTINA | DEBBIE | ZEINA |
| KRISTY | KIM | DIANE |
| JULIA | DEE | ANDREA |
| LILAH | CAITLIN | LORI |
| LETITIA | KATY | PAM |
| KAREN | MIRELLE | CRISSY |
| LINDSAY | ERICA | |

Why We Exchange Easter Eggs

From the earliest centuries, the Church has taught that on Easter morning Mary Magdalene was the first to bear witness to Christ's resurrection. After the Ascension, Mary Magdalene journeyed to Rome where she was admitted to the court of Tiberius Caesar.

Mary Magdalene told Caesar that Jesus had risen from the dead. To help explain His resurrection, she picked up an egg from the dinner table. Caesar responded that a human being could no more rise from the dead than the egg in her hand turn red. The egg turned red immediately, which is why red eggs have been exchanged at Easter for centuries in the Byzantine East. Mary Magdalene is often depicted with a red egg in her hand.



Happy Mother's Day on May 10th!

Advice from Mom:

- Don't run with that thing in your mouth.
- Don't spend all your money in one place.
- Don't put your lips on the water fountain.
- Don't talk to strangers.
- Don't do as I do, do as I say.
- You better put on clean underwear; you never know when you'll be in an accident.

Just wait until your father gets home!

Children should be seen and not heard-do you understand? Answer me! Look but don't touch.

It's not what you wear, it's who you are.

Be nice.

"Her children arise up and call her blessed." -Proverbs31:28



Deadline for the next Grapevine issue Jun., Jul., Aug. 2015 is May. 15, 2015.

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

Kid's Corner - Q & A

Q: What is Pascha (or Easter)?

A: The celebration of Pascha, or Easter, the Feast of Feasts, is marked by the most joyful and elaborate of the Church's services with its candles, procession and joyful hymns. "Christ is risen! Truly He is risen" is proclaimed through the Resurrection Service and Divine Liturgy. The vestments and altar cloths have now changed from Lenten purple to Resurrection white. (At the Divine Liturgy Saturday Morning, which celebrates Christ's descent into Hades and conquering death, bay leaves are scattered throughout the church.)

On the afternoon of Easter Sunday, the Agape Vespers is celebrated. At this service, the Gospel of St. John 20:19-25 is read in many languages signifying the proclamation of the Good News to all the world. A procession of the icon of the Resurrection also takes place. Bring your child's attention to the open doors on the iconostasis which signify the empty tomb. These will remain open for the rest of the week, which is called Bright Week, which continues the festal celebration.






Church School News

By Layla Michael

I hope everyone is thawing out from our frigid winter!! I wanted to let everyone know that our Church School students are very busy preparing for several events. We strongly encourage our parents to please support their children by bringing them to Church School regularly. The students are learning a tremendous amount for each of these events and we don't want them to miss out on something. Just a reminder, we are planning an exciting trip for our Church School students this year, although the date has not been set yet, we are excited to let you know the following...The trip will be to the Columbus area for a fun day at the Zoo and Water Park, we thought this would allow for students to have fun and to make life long memories with our Church Family. This trip is FREE to our children who have enough points and attend Church School regularly. The trip will allow us to do something together, so please try to do your best to come to Church School, any questions please contact me directly.

One ongoing project is learning particular Bible Verses or Orthodox prayers in order to receive an award for a job well done at the end of the year. Make sure to ask your child and/or teacher, what they are learning so that you can work with them at home. The second project is learning about Saint Raphael for this year's Creative Arts Festival. We would like to thank Father Christopher Eid for speaking with us at our first Creative Arts Workshop which was held on February 8th. The turnout was wonderful and we learned a great deal about Saint Raphael. Fr. Chris' knowledge got our minds ready to work and to be creative for this year's festival. There are five different entries to choose from for our students to participate this year. The theme this year is "Good Shepherd of the lost sheep in America, 100th anniversary of the falling asleep of Saint Raphael." We are holding a second workshop for our children and parents on March 15th, 2015. We

Senior Fellowship

Seniors, we will resume our get-togethers after Holy Pascha. Old man winter will soon depart from our doors, so we will wait for his final farewell to have our next dinner and program. Watch the bulletin for details in May. 

will again have lunch served directly after Divine Liturgy and will try to have another speaker to help us understand this year's Festival topic. You can get more information about this year's Creative Arts Festival by visiting the web site at www.antiochian.org/festivals/cf

Lastly, an exciting time for our students during the Lenten season is celebrating Lazarus Saturday, April 4, 2015. All of our children will be participating in the Divine Liturgy by singing responses to the petitions, or by serving in the Altar. Breakfast will be provided following Liturgy, and there will also be fun activities in the gym to end the morning. We will have arts & crafts, and candle making and we will again have Palms so the children can make Crosses for Palm Sunday. We hope to see everyone in attendance! The end of the year party will again be held at our annual picnic on June 14th, 2015 at Coonskin Park, we will again have a water slide sooooo make sure you bring a bathing suit and towel!!! If any would be interested in helping with our church school, please don't hesitate to contact me. lmichael1978@yahoo.com...

Dates To Remember:

- March 15, 2015 - Creative Arts Workshop
- March 22, 2015 - Deadline For Creative Arts Entries
- April 4, 2015 - Lazarus Saturday
- April 5, 2015 - Palm Sunday
- April 12, 2015 - Holy Pascha
- May 17, 2015 - Last Day Of Church School
- June 14, 2015 - End Of Year Party/Church Picnic
- Tba - End Of Year Trip To Columbus

Antiochian Women - (Ladies Guild)

Old man winter has been knocking on our doors but hasn't kept the Ladies Guild from meeting the first Monday of each month at 7 P.M. Our new officers took over, and we wish them a productive year. Our 2015 officers are: President, Diana Shdeed; Vice-President, Natalie Tappe; Recording Secretary, Julie Mobayed; Treasurer, Jackie Biruakis; Corresponding Secretary, Laura Ede; Chaplain, Khouryee Eva Scott; and Parliamentarian, Maryann Skaff. Many thanks to our out-going officers for a job well done.

At our February meeting, our priest, Fr. Christopher Eid, introduced himself and spoke to the ladies about "Labor of Love". Our sub-deacon, George Damous, will resume his religious talks in March.

March is women's month in the Orthodox Church so the women of St. George will read the Epistle, pass the collection trays, and usher the communion lines.

Now that Great Lent has begun, Holy Week will soon be upon us. Volunteers are needed for Holy Thursday breakfast. Donations of lenten breakfast foods will be greatly appreciated.

Contact Khouryee Eva Scott. Also, we will be hosting the Orthodox Churches for Great Vespers/Lecture on Sunday, March 1st at 6P.M. A covered dish lenten supper will follow in the ballroom and lenten food donations will be greatly appreciated.

We will celebrate St. George's Day on April 26, with a luncheon after Liturgy. We welcome all ladies of St. George to attend our meetings and bring new ideas to the Ladies Guild. We, the ladies of St. George are all Antiochian women and are members of the Ladies Guild. We look forward to seeing you March 2 at 7 P.M.

"He who loves father or mother more than Me is not worthy of Me. And he who loves son or daughter more than Me is not worthy of Me."

-Matthew 10:37

"He" who? "Me" who? What's a woman to do?

Women's Spring Retreat

Guest Speaker: Fr. John Nosal

In the context of the challenging words spoken in and around verse 37 of St. Matthew's Gospel, we will spend our time together hearing about, discussing and considering what to do about 1) who we are, 2) who Christ is, and 3) what to do about who we are in Christ.

March 27th-29th 2015

Antiochian Village, 201 St. Ignatius Trl., Bolivar, Pa. 15923
Antiochian Orthodox Christian Women, Eastern Region



CALENDAR



March:
1: First Sunday of Lent, Pan-Orthodox Vespers, 6:00 PM (see article)

- 2: Great Compline, 6:30 PM (every Mon. through Mar. 30)
- 3: Basic Class, 7:30 PM (every Tues. through Mar. 31)
- 4: Presanctified Liturgy/Covered Dish, 6:30 PM (every Wed. through Apr. 1); Parish Council, 7:30 PM
- 6: Akathist Hymn, 6:30 PM (every Fri. through Mar. 27)
- 8: Second Sunday of Lent, Vespers, 6:00 PM; Bible Study, 6:45 PM
- 9: Ladies Guild, 8:00 PM; Pastoral Comm., 8:00 PM
- 14: All Souls Liturgy, 10:00 AM; St. Ignatius Dinner/Meeting, 6:30 PM
- 15: Third Sunday of Lent, Pan-Orthodox Vespers, 6:00 PM (see article)
- 17: Foundation Board, 6:00 PM
- 19: Communion for Shut-ins
- 21: Manna Meal Preparation, 9:30 AM
- 22: Fourth Sunday of Lent, Vespers, 6:00 PM; Bible Study, 6:45 PM

March 2015

Su	Mo	Tu	We	Th	Fr	Sa
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15	16	17	18	19	20	21
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29	30	31				

April 2015

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May 2015

Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 24: Vespers—Annunciation, 6:30 PM
- 25: Evening Liturgy—Annunciation/Covered Dish, 6:30 PM
- 28: Baptism, 1:00 PM
- 29: Fifth Sunday of Lent, Pan-Orthodox Vespers, 6:00 PM (see article)



- April:
- 1: Parish Council, 7:30 PM
 - 3: Little Compline/Canon for St. Lazarus, 6:30 PM
 - 4: Lazarus Saturday Liturgy, 10:00 AM; Church School Activity
 - 5: Palm Sunday (see mailed schedule)
 - 6/11: Holy Week (see mailed schedule)
 - 12: Easter Sunday
 - 13: Ladies Guild, 7:00 PM
 - 21: Foundation Board, 6:00 PM

- 22: Evening Liturgy—St. George, 6:30 PM
- 25: Manna Meal Preparation, 9:30 AM
- 26: St. George Day Luncheon, 12:30 PM



- May:
- 2: Baptism
 - 3: Baptism, 1:00 PM
 - 4: Ladies Guild, 7:00 PM
 - 6: Parish Council, 7:30 PM
 - 10: Mother's Day
 - 16: Wedding, 4:30 PM
 - 17: Last Sunday for Church School/Jr. Choir and regular hours; Graduate/Church School Awards
 - 19: Foundation Board, 6:00 PM
 - 20: Evening Liturgy—Ascension, 6:30 PM
 - 21: Communion for Shut-ins
 - 30: Manna Meal Preparation, 9:30 AM
 - 31: Feast of Pentecost

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