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The
**CATHEDRAL
MESSENGER**



SAINT GEORGE ANTIOCHIAN ORTHODOX CATHEDRAL

Rev. Fr. Joshua Makoul, Dean

3400 Dawson Street * Pittsburgh, PA 15213

Office: 412. 681.2988 • Fr. Joshua: 412.721.5828 • Fx: 412.681.3254

The Healing Power of Remembrance

By Father Joshua Makoul



Some of us are better at remembering than others. It could be said that some of us remember too little and perhaps some of us remember too much. An excellent memory can be a great blessing but at times it can seem like a burden or a curse depending on how we choose to remember events. The remembrance of people, places, and events plays such a critical role in our lives and it is a process and activity that is constantly taking place in our minds and even in the church.

The significance of our experiences has a lot to do with how well we remember events. You see, we have something called emotional memories. Emotional memories occur when we associate strong emotional experiences with a certain event, place, or time of year. This is very good for us to know because it affects most if not all of us to varying degrees. For example, there is something called the Anniversary Reaction. An Anniversary Reaction is when we re-experience powerful emotions during a certain time of year that in which a significant event had taken place in the past. This is especially common with anniversaries of the death of a loved one or some other painful event. Oftentimes in the days and weeks leading up to the anniversary of the passing of someone close to us we start to feel uptight, tense, and begin to feel all those painful feelings of loss and grief that we did when the event occurred. Then, when the anniversary passes, our emotional state goes back to normal. We get a glimpse into how our mind remembers, it remembers not only the event,

but also the emotions and feelings tied to the event. We not only remember memories but we feel them.

Everyone remembers differently, in varying detail and clarity. Some are more affected by Anniversary Reactions than others, the reason for this is not yet understood. If we are acutely or deeply affected by these events than it might be a sign we have to do more work; more processing, talking, and perhaps more grieving over what had happened. However, there is no need for us to fear remembering, there is no need for us to fear our memories, or these painful anniversaries. Simply being aware of them and prepared for them emotionally helps us navigate through them. They can also be great opportunities for us. If we pay close attention to ourselves we can learn from them. If navigated properly, they can give us opportunities to further heal so that the next anniversary is not so difficult. These anniversaries might also reveal to us aspects of our grief or memories that we did not process enough or grieve enough. There is a healing to our remembering.

Does the church remember? Indeed she does. Throughout the year, indeed every day, the church is in a constant state of remembrance and commemoration. We remember daily the great events that have taken place in the history between God and man, in our salvation history. We remember those who passed on and who are now part of the church triumphant. We remember and commemorate martyrs and events that though tragic in the eyes of the world turned out to be for glory of God and the church. How we choose to remember determines how the anniversary or commemoration

of that event will affect us. Our Lord's crucifixion indeed was tragic however when seen in the light of the Resurrection, that tragedy is engulfed by joy and triumph. The martyrdom and violent deaths of the saints upon first reflection seem terrible and tragic, but when seen in the light of their bearing witness and not renouncing Christ and through the lens of St. Paul's words when he said, "eye has not seen, nor ear heard, nor heart conceived what God has prepared for them that love Him" then suddenly that tragedy takes on a new light and new meaning in our life. It goes from creating great grief, despair, and discouragement in us to something we grow from, gain hope from, and that drives and inspires us.

The church teaches us how to remember. We do not need to fear remembering, the only way to true healing is through remembering. The church teaches us how to turn our losses into gains, how to turn our crosses into new life. The church gives us a new lens through which to understand and see the tragedies and painful events in our own life. However, it must be said and acknowledged that to go through this process is excruciating. It is indeed a crucifixion. When our painful memories and experiences are only looked back upon, viewed, and remembered in the light of this world, we can become stuck and be driven to despair. However, God has made us a promise. This world is not it. There is the Kingdom of Heaven, the New Jerusalem, that should hang like a backdrop in our lives so that when our tragedies, memories, and losses are placed in front of it, they are illuminated and seen in a new light, in a new perspective. Yes we must wait, yes we must hope, and

yes there will be days of discouragement, however those days of discouragement cannot change the reality that in God's time all our sadness, tragedy, pain, and loss will be consumed by the love of God and in a new life. As promised in the Book of Revelation, "And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away".

The "former things" that the Apostle John referred to is all of the fallenness, heartache, and struggle that has so consumed us during our time in this world. The announcement that these "former things" will pass away should be a great source of relief and hope for us. This world

that wails and is in tribulation will indeed pass away. These tragedies that befall us in this world and the tragedies that bombard us on a daily basis will end. As the Lord told us at the last supper, just as a woman who has gone through child birth no longer remembers the pain of the birth process due to the joy of the new child, so we will not remember, nor our pain in this world have significance, once we enter into the new life of the Kingdom of Heaven. There will be relief and so all of our remembrance of the pain that we have suffered in this life and all of the remembrance of the losses and tragedies in this life, must be made in the awareness, knowledge, and light of God's promise.

Dates to Remember

Syrian Relief Dinner & Prayer Service March 4th

Antiochian Women Meeting 18th March

St. George Lighthouse Ministry Meeting 25th March

Antiochian Women Retreat 23rd to 25th March

Society of St. George - 1st April Palm Sunday Bake Sale – After Liturgy

Antiochian Women Meeting 15th April

St. George Community Night: Friday, April 20 we will be having our next event...Mark your Calendars!

Antiochian Women Meeting 22nd April

St. George Lighthouse Ministry Meeting 29th April

Last Day of Church School 20th May

Upcoming Feasts

The Annunciation of our Most Holy Lady, the Theotokos and Ever-Virgin Mary Commemorated on Sunday, March 25

The Feast of the Annunciation is one of the earliest Christian feasts, and was already being celebrated in the fourth century. There is a painting of the Annunciation in the catacomb of Priscilla in Rome dating from the second century. The Council of Toledo in 656 mentions the Feast, and the Council in Trullo in 692 says that the Annunciation was celebrated during Great Lent.

There are two main components to the Annunciation: the message itself, and the response of the Virgin. The message fulfills God's promise to send a Redeemer (Genesis 3:15): "I will put enmity between you and the woman, between your seed and her seed; he shall crush your head, and you shall lie in wait for his heel." The Fathers of the Church understand "her seed" to refer to Christ. The prophets hinted at His coming, which they saw dimly, but the Archangel Gabriel now proclaims that the promise is about to be fulfilled.

The Archangel Gabriel was sent by God to Nazareth in Galilee. There he spoke to the undefiled Virgin who was betrothed to Saint Joseph: "Hail, thou who art highly favoured, the Lord is with thee: blessed art thou among women. And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name Jesus. He shall be great, and shall be called the Son of the Most High: and the Lord God shall give unto

him the throne of his father David: And he shall reign over the house of Jacob for ever; and of his kingdom there shall be no end."

In contrast to Eve, who was readily deceived by the serpent, the Virgin did not immediately accept the Angel's message. In her humility, she did not think she was deserving of such words, but was actually troubled by them. The fact that she asked for an explanation reveals her sobriety and prudence. She did not disbelieve the words of the angel, but could not understand how they would be fulfilled, for they spoke of something which was beyond nature. However in the end Mary accepted and said, 'Behold the handmaid of the Lord; be it unto me according to thy word.' And the angel departed from her." (Luke 1: 35-38)

In his Sermon 23 on the day of the Annunciation, Saint Philaret of Moscow boldly stated that "the word of the creature brought the Creator down into the world." He explains that salvation is not merely an act of God's will, but also involves the Virgin's free will. She could have refused, but she accepted God's will and chose to cooperate without complaint or further questions.

The Annunciation falls during Lent, but it is always celebrated with great joy. The Liturgy of Saint Basil or Saint John Chrysostom is served, even on the weekdays of Lent. It is one of the two days of Great Lent on which the fast is relaxed and fish is permitted (Palm Sunday is the other).

Announcements



On Friday, February 2, the St. George Men's Ministry had a Wing Night social event in the church hall. It was a non-fast day. Everyone enjoyed each other's company and future men's retreat ideas were discussed.

On Friday, February 9, the St. George Mom's Ministry attended Orthros and enjoyed Panera Bread together for lunch. It was the first time also that child care was provided for the event. This allowed the moms to get a break and enjoy each other's company. The childcare company that was used was Flexible Care.

On Saturday, February 10, there was a retreat at the church for the St. George Children's Ministry. The topic for the children was "What is Lent and What does it mean for Children?"



On Sunday, February 11, the St. George Homeless Ministry had their first homeless dinner. Parishioners who participated prepared a meal at the church and went to the Salvation Army Family Shelter and served those at the shelter. After serving those were



homeless, our parishioners sat, ate, and visited with those at the shelter. If you would like to be involved in this ministry please see Fr. Joshua.



His Eminence Metropolitan Joseph was with us and presided over The Akathist Service at St. George on Friday, March 2.

The Teen Soyo had a successful Super Bowl Hoagie Sale on Sunday, February 4. Thank you to all who supported them! The Teen Soyo also par-



ticipated in the IOCC Soup Sampling Event and helped make Hygiene Kits for the IOCC on Saturday, February 3.

The February General Parish Meeting took place



Sunday of Forgiveness

on Sunday, February 18.

We are presently addressing a leak in the roof of the church. There is some peeling of plaster on the Cathedral ceiling. We are actively addressing it. Thank you for your patience!

Please continue to support our Cathedral. We humbly ask all parishioners to be mindful of their faith offerings. We have renovations/ upgrades we would like to make to our building and ministries to fund. We can only do it through your love and support!



Let's Get to Know Each Other

BETHANY KATHLEEN TRAYNOR



Q: Do you have a patron saint?

A: My patron saint is Saint Katherine of Alexandria.

Q: When do you feel most at peace?

A: When I am in the forest.

Q: Who are your parents? Any siblings?

A: My mother is Debbie, and my father is Larry. I have several siblings – Faith, Joy, and Isaac.

Q: Where are you from?

A: I was born in Columbus, Ohio, but lived in several towns while growing up because we moved. We lived the longest in Mt. Pleasant, PA, as tenants on a cow farm.

Q: Where did you go to school?

A: Growing up, I was homeschooled. I have a B.A. in Dance from California University of Pennsylvania.

Q: What activities did you do growing up?

A: Because we grew up in a rural area, our family was very involved in 4-H. I was President of a 4-H dog training club and competed in many dog shows. I also took ballet. My biggest accomplishment was arranging with a local dance school to work for them in exchange for ballet classes. I was proud of the fact that I took it upon myself to figure out a way to do something I really wanted to do, all on my own.

Q: Tell us a little about your significant other.

A: My husband is Brandon Traynor. We met in college and married in 2009. We have one daughter, Rowan Theodora, who is three years old.

Q: How did you start to attend St. George in Pittsburgh?

A: Through my husband. Everyone at St. George has been so welcoming. I love the sacredness of Orthodoxy. Orthodoxy is very different from all of the churches I attended before. It has been a big step for me, but none of them felt like home. Orthodoxy feels like home to me.

Q: What do you like to do in your spare time?

A: I like to embroider, read, cook, camp, hike, fish, work with medicinal herbs, brew kombucha, play with my daughter, and nap. Brandon and I are very into a simple life.

Q: In my future I hope to...

A: ...have several more children, a herd of goats, and a house in the woods. I also hope to homeschool my children and travel the USA in a camper van, visiting all of the national parks. First, I need to get Brandon on board with traveling the USA in a camper van!

Q: What are some of your favorite things?

A: My favorite book is Jane Eyre, by Charlotte Bronte. My favorite color is green. My favorite food is guacamole, but I'm more of a dessert person. I especially like cookies.

Thank you for letting us get to know you better, Bethany!

Please Join Us For...

St. George Parish Community Night

Friday, April 27 at 6:00PM

*Continue our Paschal celebration with
Hamburgers, hot dogs, and Smoked chicken
And beef, salad, and desserts.*

Dinner will be served from 6:15 to 7:15PM

*There will be activities for the kids after dinner and
A discussion upstairs for the adults. Adults are free to just
Hang out in the hall after dinner and socialize if they choose.*

*Topic for Discussion in the church after dinner: Assessing
our Spiritual Growth: Am I growing or stuck?*

Deported Anniversary List

FEBRUARY

February 4, 2018: Elizabeth Kelly-1972, Rachel Mitchell-1979, Simon Thomas-1959, Daniel Solomon-1992, Kattour Saad-1998, Ann V. Salem-2006, Ralph Koury-1989, and Michael R. Aber-1998.

February 11, 2018: John Zacker-1994, Anna Anthony-2011, Michael Abraham-1974, Lorraine S. Shogry-2000, Maria Michael-1959, Mary Essad-1999, Sue David-2005, Samuel S. Nakles-1989, Azzizee Albert-1992, Robert Abe David-2000, Alice M. Benko-2000, Florence Wall-2009, Harry M. Hadad-1969, Joseph Khalil-1999, Anna Barakat-1957, Anna M. Jacobs-1975, and Emily A. Heider-2002.

February 18, 2018: Anthony George-1991, Joyce George Beachy-1981, Shaheen J. Shaheen-1978, Leo Namen-1982, George Neumah-2014, Richard Bazy-1982, Josephine Nassar-1971, Dolores Gilchrist-2015, Ora Ann George-1991, and John J. Hakim-1991.

February 25, 2018: George Jacobs-2000, George Neumah-2014, Charles N. Khoury-1959, Michael S. Bazari-1990, Catherine George-1989, Naif Salem-1968, Adib Simaan-1988, Bernard Abraham-1988, Halem M. Joseph-1999, Marian Joseph-1995, Nick Henessay-1967, Hafeza Abraham-1973, Dolores David-2014, Samuel Solomon-2016, and John Albert-2000.

MARCH

March 4, 2018: Max Abraham-1958, George J. Albert-1961, Charles Khalil-1982, Afeefy Khorey-2002, Sally M. Potter-1955, Philip E. Nassar-1974, George Joseph-1996, Eugene Albert-2000, Nathaniel Albert-1944, Alex Eassa Deeb-1955, Bessima Hallow-1967, Jane N. David-1999, Mary C. Brown-1967, Artina Kelly-1967 and Richard T. Esper, Sr.-2014.

March 11, 2018: Khoureyee Takla Koury-1974. George M. Abraham-1985, Mary A. (Hallie) Labash-2006, Suzanne Hazeem-2016, Mary Marguerite Esper-2016, Katherine Moosa-1965, Adele Elias-1982, Helen Mitchell-1989, Sude Ferris Abraham-1990, Frank A. McIntyre-2004, Salmay Sabah-1971, Anne Aber-1996, Jennie Thomas Unikel-2011, and Alice Salem Ayooob-1977.

March 18, 2018: Anna Lesoon-1953, Philip Abraham-1994, Nathaniel (Ninie) Zacour-2008, Donald Kelly-2015, S.Z.

Shehab-1958, Roger Esper-1983, Linda Mansour-1999, Julia Simonetti-1961, and Joseph Kronstein-2000.

March 25, 2018: Mary Hennessey Solomon-1957, Edward Albert-1957, Marian Dagarian-1999, Richard J. Albert-2009, Ferrill Farah-2012, Robert N. Shogry-1971, Tillie Moses-1976, Konjo Joseph-1957, Fadel Joseph-1972, William Michael Albert-1971, Monsour Davis-1965, Samuel Albert-1959, Mary David-1973, Betty Jane Charles-1979, Helani Khalil-1997, Richard Albert-2008, and Gilbert (Gil) Davis-2013.

APRIL

April 1, 2018: Anna (Agnes) Hanna-1965, Edward M. Hadad-1987, Louis Salem, Sr.-1962, Joseph G. Farah-1966, Hanna George-1982, Clyde Robinson-1970, Susan Myers-1996, Baby, Mason Joseph Lyons-2006, Flora Deep-2016, Jennie Davis-1966, Nicholas A. Simon-1990, Samuel G. Eddy-1979, Ann Joseph-2000, and Rahme Joseph-1962.

April 8, 2018: Nizha Abraham-1987, Mary B. Williams-2001, Very Reverend Meletios Koury-1966, William David-1974, Marie Esper-1987, Theresa Belenis-2008, Jacob Esper-1955, Susie Khalil-1955, Mary Ann George-1993, Samuel Esper-1966, Mike Esper-1969, Samuel Deep-1999, and Rose Sims-2008.

April 15, 2018: Jane Bryan-1989, Max Baraket-1953, Donna Jean Bobin-1976, Edward G. Nassar-1974, Michael A. Hanna-1983, Josephine Jacobs-1973, Henrietta Esper-2007, Harry Mershed Joseph-1967, and Camille Grant-2017.

April 22, 2018: Lamia Haddad-1962, Anna Agnes Hanna-1965, George Abraham-1960, Easa S. Khalil-1967, Martha E. Joseph-1975, Philip E. Roy, Jr.-1995, Fred G. Simon-2002, Abraham M. Jacobs-2010, Mary B. Eassa-1983, Dolores Jacobs – 2009, Regina Sieg-1971, Doctor Shakir T. Ilyas-1976, and Kamel Sabeah-1975.

April 29, 2018: Fred J. Albert-1985, Albert Hazeem, Jr.-2010, Nadia Esper Khalil-1968, Julio J. Giangarlo-2009, Mikhaber Khalil-1978, Albert Ellis-1991, Charles Kelly-1965, Elias Nassar-1971, Tamer Esper-1956, Charles Salem-1959, and Archpriest Samuel David-1999.

Holy Week



LAZARUS SATURDAY, March 30- Matins 8:30 AM
Liturgy 9:30 AM

PALM SUNDAY, April 1 - Matins - 9:15 AM
Liturgy - 10:30 AM
Bridegroom Service - 6:30 PM

HOLY MONDAY, April 2 Bridegroom Service - 6:30 PM

HOLY TUESDAY, April 3 Bridegroom Service - 6:30 PM

HOLY WEDNESDAY, April 4 Presanctified Liturgy - 9:30 AM
Holy Unction Service - 6:30 PM

HOLY THURSDAY, April 5 Vespereal Liturgy of St. Basil the Great - 9:00 AM
Washing of the Feet - 6:00 PM
12 Passion Gospels Service - 6:30 PM

HOLY FRIDAY, April 6 Royal Hours - 9:00 AM
Service of the Un-Nailing - 3:00 PM
Lamentations Service - 6:30 PM

HOLY SATURDAY, April 7 Vespereal Liturgy of St. Basil the Great - (Baptismal
Liturgy of Pascha) - 9:00 AM
RUSH SERVICE - 10:30 PM
Orthros 11:00PM
PASCHAL LITURGY - 12 AM

AGAPE VESPERS, Sunday, April 8 - 11 AM

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3400 DAWSON STREET
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LENTEN & GREAT AND HOLY WEEK SERVICES

Lenten Schedule of Services:

Mondays: Great Compline 6:30

Wednesdays: Presanctified Liturgy 6:30

Fridays: Akathist Service 6:30PM

Lazarus Saturday, 31st March: Matins @ 8:30 AM,
Liturgy @ 9:30 AM

HOLY WEEK SERVICES

Sunday 01 PALM SUNDAY, Matins @ 9:15 AM, Liturgy @ 10:30 AM
Bridegroom Service @ 6:30 PM

Monday 2 HOLY MONDAY, Bridegroom Service @ 6:30 PM

Tuesday 3 HOLY TUESDAY Bridegroom Service @ 6:30 PM

Wednesday 4 HOLY WEDNESDAY, Presanctified Liturgy @ 9:30 AM, Holy Unction Service @ 6:30 PM

Thursday 5 HOLY THURSDAY, Vespereal Liturgy of St. Basil the Great @ 9:00 AM, Washing of the Feet @ 6:00 PM, 12 Passion Gospels Service @ 6:30 PM
Friday 6 HOLY FRIDAY, Royal Hours @ 9:00 AM, Service of the Un-Nailing @ 3:00 PM, Lamentations Service @ 6:30 PM

Saturday 7 HOLY SATURDAY, Vespereal Liturgy of St. Basil the Great – (Baptismal Liturgy of Pascha) @ 9:00 AM, RUSH SERVICE @ 10:30 PM, Orthros @ 11:00 PM, PASCHAL LITURGY @ 12:00 AM

Sunday 8 AGAPE VESPERS @ 11:00 AM

Monday 9 BRIGHT MONDAY, Matins @ 9:30 AM, Liturgy @ 10:30 AM

For more information, please visit our website at www.sgcoakland.org