



Volume 30, Number 2
FEBRUARY 2021

The Cathedral Messenger

A Publication of St. George Antiochian Orthodox Christian Cathedral

Welcome Home



I am retired after 33 years of working as a registered nurse with about half of those years spent working in Oncology. My second career is creating watercolor and oil paintings, plus teaching art classes. Gardening, reading, traveling and caring for our beagles keep me occupied. My husband, James, led me to the Orthodox church. My knowledge of Christian history and theology has grown enormously due to catechesis classes and worship. Prayer is now an important part of my daily routine. Joining the Orthodox Church has created a renewal in my spiritual faith.

Janet Joanna Butler

I have come to the Orthodox faith from a Protestant background. I am the wife to Mark Heimerman, and mom to 6 vibrant teenagers (Isaac, Hope, Joy, Grace, Joshua, Joseph), I also work as a Physician Assistant in an Emergency Room. From the very first time I encountered Orthodoxy in 2014, I felt a deep calling, a warmth of the faith, and I recognized the power of Liturgy. My sponsor, Nyleen Lenk, has been pivotal in helping me learn and grow in the faith. I am grateful for the rich history and tradition Orthodoxy holds, as it is bedrock to my faith. In the Church I have found the faith of my life, Liturgy truly is the most beautiful part of my week. I am so grateful for my journey through Catechesis through Chrismation. Thank you St George's for welcoming me home!



Amy Elizabeth Glover

I was born and raised in Hays Kansas where I attended FHSU and met my wife, Nicole. We currently reside in Andover with our two children, Michael (13yrs) and Alea (10yrs).

In my early thirties, through apologetics I came to believe that Christ is the eternal Son of the Father. Ten years later my pursuit of Truth ultimately led me to Orthodoxy.

In January of 2020 I started attending services at St George. Although intimidated and lost at first, I found my spiritual home at St George. I was Chrismated a year later through the gracious guidance of many, including Fr Paul and my sponsor Andrew.

The power of the sacraments, the beauty of the environment, and the worship of our Lord through the Orthodox Church is humbling. It is not about the individual but partaking in the Divine Nature as one body. I find refreshing, the reverence given to our Lord during the Divine Liturgy, not trying to fill the seats with entertainment. Orthodox worship feels like angelic worship "Holy, Holy, Holy" depicted in the book of Revelation, giving the sense of heaven on earth and a glimpse into eternal worship!



Clinton Peter Parmer

I look forward to meeting everyone!

Dean, V. Rev. Paul O'Callaghan • St. George Orthodox Christian Cathedral

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MEMORY ETERNAL

Judy Hull, 1/20
John Blair, 1/26, Phoenix, AZ

congratulations
New Board Members



St George PARISH COUNCIL

Christopher FARHA	New Member
Kim FARHA	New Member
Brock JABARA	New Member
Jay MULLINIX	New Member

St George Cathedral ENDOWMENT FOUNDATION

Dn David SEBITS	New Member
Ryan AYESH	New Member

MANY YEARS! **MABROOK! BLESSINGS!**

baptism
Alexandra Kiguradze, 1/23
daughter of Otar and Ekaterina

For seekers and all those interested:

“An Introduction to Eastern Christianity”

The Uniqueness of the Orthodox Christian Tradition

- February 3: The Bible in Orthodox Christianity
How Orthodox Christianity Views the Bible
- February 10: Worship in Orthodox Christianity
An Introduction to the Wealth of Orthodox Worship



FOUR WINDOWS INTO CHRIST

The Uniqueness of the Gospels

February 17 – Mark March 3 – Luke
February 24 – Matthew March 10 – John

All presentations will follow Wednesday Vespers at 7:30pm, in-person and live stream at <https://us02web.zoom.us/j/82361961493?pwd=a1dhdENzVS80YmxhVitUYTNEFdGIMZz09>

Meeting ID: 823 6196 1493 Passcode: 67206
This will be broadcast on our usual Facebook and YouTube links as well

YouTube: <https://www.youtube.com/channel/UCnO-r97AzdC5YM3NDDt-xEXA>

Facebook: stgeorgewichita/

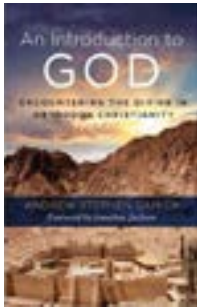
Women's Faith & Growth

Join us Thursday February 18, 7:15p

on ZOOM

Studying book by Fr Andrew Stephen Damick
“An Introduction to God”

Contact Carol Farrow for more info



FEBRUARY FASTING

The traditional fasting (from meat, poultry, fish, eggs and dairy products) is observed on Wednesdays and Fridays. February 21-27 is fast free. Meatfare Fast begins March 8, we abstain from all meats, though fish and dairy products are allowed.



Demonic Possession & the Nation

The Example of the Russian Revolution

(Adapted from “How Individuals and Nations Become Demonically Possessed” by Metropolitan Tikhon of Pskov at <https://orthochristian.com/135448.html>)

Sometimes whole nations become subservient to spiritual beings, the demons. Demons move into people’s souls, which then unite in spirit with evil and madness, and then destroy themselves, their minds, and their country. They do things in a state of ecstasy, intoxication, and infernal joy. From time to time we can see how dangerously a man proceeds when he’s in a state of “heated blood”, as St. Ignatius (Branchaninov) wrote, and as if possessed, lurches after a certain goal. He wants it very much, pays attention to nothing else, hears nothing else, and is in a state of total ecstasy and intoxication. We can see that something peculiar and abnormal is happening to that person. He has joy—but it’s demonic joy.

We recall, “Serve ye the Lord with fear and rejoice in Him with trembling.” But there is no trembling here! Only terrible intoxication. Such people are stubborn; they do not obey the Church and reason.

Examples of such terrible madness and demonic possession* were our Russian revolutions. It was not without reason that our Russian saints warned that demonic possession awaited the Russian people. At the end of the 1820s, St. Seraphim of Sarov warned about the terrible events to come. In 1823–1824, when a man who would later participate in the Decembrist uprising of 1825 came to St. Seraphim, who was standing near the holy spring that had welled up by his prayers, the saint refused to bless that sincerely religious revolutionary who came to him for a blessing. He sent him away with the words: “Everything you are scheming is a terrible demonic obsession. You will lead Russia and the Russian people to catastrophe.” St. Seraphim’s disciple asked him why he refused to bless the believing man. And St. Seraphim pointed to his usually pure, translucent spring, now completely murky, and said, “They will stir up and darken Russia, just like this spring.”

St. John of Kronstadt also warned of the events that would take place in February, 1917, saying that Russia would soon go mad. He died in 1908, hav-



ing warned everyone about this in advance. St. Theophan the Recluse, St. Ignatius (Brianchaninov), and our contemporaries saw with horror how demons entered people, and they told us about it. Bishop Theophan said, “Demons have possessed people’s souls, and the Russian people have become demoniacs.”

Such events unfortunately repeat themselves. Very few people understand

what’s happening during these times of demonic possession. The larger part, to our profound regret, perceive their own demonic possession as something admirable, “beating themselves against the rocks... throwing themselves into fire and water”, killing themselves and others.

To be sure, external forces also participated in the revolution. But we happily accepted this demon of revolution and destroyed a great country. Later, when people came to their senses, they reproached themselves. But it was too late! Just imagine the demonic insanity! Glory be to God, the strength of the Russian people who were raised in the Orthodox faith kept the country from disintegrating altogether.

And what demonic madness remained! The entire Church structure was practically destroyed; millions of people repressed; an astronomical number of deaths; the culture demolished, and a great heritage destroyed or taken out of the country. In our province [Pskov] there are a multitude of ruined churches and old estates. In their demonic madness the people destroyed all the best the country possessed. It came to the point where our religious and non-religious heritage was denied and rejected.

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Who becomes demonically possessed? Mostly believers—the devil attacks them. The devil is not so interested in unbelievers—they’re outside God as it is. We have to remember this. And how many priests and bishops also greeted the events of February 1917 with elation! Many of them became new martyrs after they had come to their senses. To be sure, it’s easy for us to talk about this in hindsight. And of course, we are not judging anyone. But this demonic possession had stolen into the very heart of our religious nation!

Brothers and sisters! None of us have any guarantees. It is very arrogant and prideful to think that this happens somewhere with someone else, but not to us. Signs of this illness exist. It doesn’t necessarily mean that the effected person is going to climb the wall and throw things around. The holy fathers tell us what happens to the human soul, to a person’s morality, when he is possessed by a demonic spirit. It’s pride, trusting only in oneself, inner rebellion against the Church with its rules and life, high-mindedness, judging, not admitting your own mistakes, stubbornness in your sins—



first of all not sins of the flesh, but mental, emotional sins. If you feel this then go and talk to a priest; come to confession and talk about this first of all, because this illness is precarious and has very serious consequences for the soul and its salvation.

We rarely talk about this subject. And thank God! It’s too scary! But from time to time we are obligated to remind our flock and our own selves about it, no matter how people relate to it (even if it’s with displeasure and misunderstanding), in order to protect ourselves and our close ones from the possibility of getting this serious illness—which is only cured by humility, love, peace, hope in God, and prayer to the Lord. May the Lord preserve you!

*By “demonic possession” Metropolitan Tikhon does not mean the type of possession that is usually understood, when a demon completely takes over a person’s body and speaks and act through it. Rather, he is speaking of when individuals, groups, and even entire nations become subservient to demonic influences — FP



“Tentative plans are moving forward to fulfill our commitment to serve our Orthodox family in Kenya. Due to their fragile economy being hit hard with COVID restrictions, our help is needed now more than ever. Please email Father Paul and Sandy Sipp at smsipp@gmail.com if you’re considering joining the team. Interested parishioners have come on board and the team is growing! *OCMC is carefully monitoring the situation across the globe and plans would be postponed once more if needed.*”

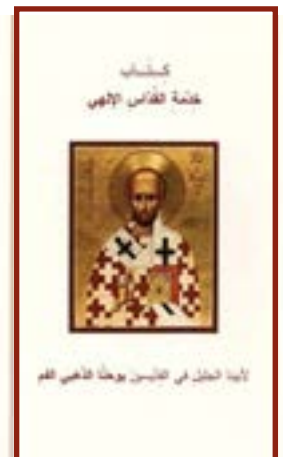


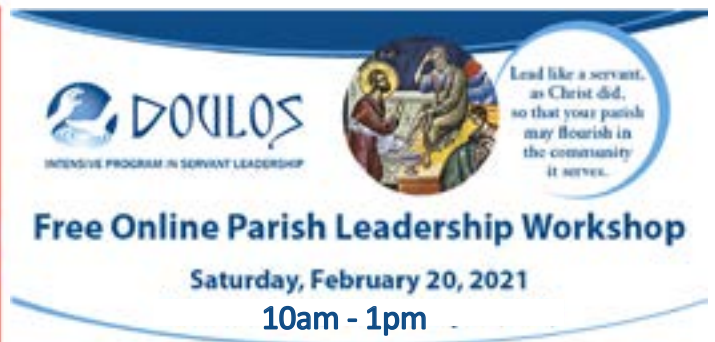
Attention: All Antiochian Men!

If you are interested in online fellowship with other Orthodox men, look into “AMEN” (Antiochian Men), at <http://antiochianmen.org/>. You also may be in touch with MICHAEL BACLIG (michaelbaclig54@yahoo.com) of St Nicholas/Springdale, AR who is AMEN president in the Diocese of Miami and the Southeast, and a friend of our St. George Cathedral community.

Arabic Divine Liturgy

Saturday,
February 6th,
10:00a





Where: Online! Login information and a guest packet will be provided via email to all registrants on Wednesday, February 10. Only one registration is needed per couple/household.

When: Saturday, February 13, 2021 10:30 am - 3:15 pm ET (GMT-5)

Register before February 10. No cancellation requests will be processed after Sunday, January 31, 2021.

Sessions

Uncommon Love: Understand how faith and psychology contribute to your journey toward lasting love. Learn practical steps you can take to rediscover and nurture the foundation of your marriage.

Uncommon Conflict: Discover the root causes of conflict in marriage, both with your spouse and within yourself. Learn proven techniques you can use to handle anger and disagreement, turning conflict into a source of strength.

Q&A: ask your questions and get answers!

store.ancientfaith.com/renewing-your-marriage-retreat/

Or call 1-800-967-7377, and select option 1.

Serve your parish with renewed energy in 2021! With the blessing of His Eminence Metropolitan JOSEPH, we offer you this FREE introductory workshop for clergy, council members, and parish leaders you will gain new insights and discover opportunities to serve and lead.

Participants will explore the Doulos and Peer Learning programs. Offered through the Orthodox Christian Leadership Initiative, designed to support parish leaders as individuals and as teams in their leadership roles and responsibilities.

Space is limited to 50 Antiochian parishes! Reserve Your Parish's Spot Today.

INSIDER PEEK Interactive virtual breakout rooms will cover these topics:

- Servant Leadership - a Doulos model - Explore how servant leaders led by Christ exercise authority and humility and deal with burnout.
- Building Effective Parish Leadership Teams - Reflect and discuss ways for practicing healthy team relationships.
- Inspiring Generosity and Stewards - Consider your own motivations for financial giving and how parish leaders can help shape and encourage Christ-like generosity.
- Investing in Emerging Leaders - Prepare for succession by mentoring young people to assume responsibilities in leading the ministries of your parish.
- Engaging Projects and Programs - Capture the stories that reflect the heart of your parish.
- Parish Health Assessment - Review your results and explore which modules of Doulos best address your parish leadership needs.
- Peer Learning - Explore opportunities to develop in your leadership role by supporting one another in small cohorts across dioceses and jurisdictions.

Floyd Frantz Wichta Missionary to Romania, Moldova, Africa, and Alaska

Your Missions Dollars at Work

In the spring of 1998, former missionary to Romania, Craig Goodwin inspired Floyd to visit his family in Romania. Floyd saw the conditions that he had heard about from Craig, and decided to try to help the people there affected by alcoholism and addiction, as he was a certified addictions counselor. He returned in 2000 to start a counseling center in Cluj. **But, you may ask of Floyd.....**

Q. Are addictions counseling and social programs really missionary work?

A: Well, for one thing it is the Christian thing to do....Our Lord Jesus was concerned about the body and the soul. The word "salvation" means something like "healing." The Church fathers stated that before a passion can be healed there needs to be an admission of powerlessness...and an acceptance of the need for God's help to be restored. In confession, the "errors" are discussed with a priest that understands the person's situation and desire to make a serious life change. When this "surgery" is complete, the healing can begin. It is a process of "repentance," backed up by education about the disease model of addictions, strengthened by group therapy and community support... helping our clients to reintegrate back into the life of the Church. Romania is 80-90 % Orthodox, so [most] clients are Orthodox...and some have joined Orthodoxy...

Q: Why are you working in Romania where there is already an Orthodox Church?

A: During the time that Romania was under the Communist system the Church was not allowed to carry out any social programs or activities in the community. This allowed a culture to develop that encouraged high consumption of alcohol, and then stigmatized the alcoholics by calling them social misfits. What we hope to do is to help the Roma-



nian Church to build up her social programs and to help her to be a more effective witness for Christ in a very rapidly changing society...As of 2021, the situation is better, and most people can attend church. The effort to build more churches has meant less funding for social programs, although that is also now beginning to change.

Q: With the need so great in Romania, why go into Moldova?

For God loving people under Communism, the Republic of Moldova was even worse than in Romania....Most of the Churches were destroyed, and nearly all of the priests were either killed or fled Moldova into Romania. Even now in 2021 there is a Russian army camped in eastern Moldova. Today, Moldova remains the poorest country in Europe...Father Ion (John) from Moldova tells us that because there are so few resources many young mothers are leaving the country to find work, leaving the children in the hands of a father that is often times alcoholic. Moldova has one of the highest alcohol use rates in Europe. Every-one has a vineyard. I cannot tell you in words about how important wine is to the culture here. It is everywhere. They serve it instead of water at dinners, and everyone drinks it. And they say that it is of good quality. I do not drink myself, but those who do swear by it. Some of them swear after drinking it, too...with alcoholism, poverty and lack of opportunity it is a very bleak picture for the young people. As an update, in 2021 we maintain our relationships with the Church in Moldova, and

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of course are inviting them to our training courses in Romania.

Q: With so many layers of problems, how do you begin to address them and their spiritual need?

A: The first recovery group meeting at the Deaconia social center in Leova, Moldova, started out with, "The spiritual life is not a theory. We have to live it." (taken from page 83, of the AA Big Book) The group topic soon turned to...God. All three of the people...were agnostics. They did not know what to believe about God...I was surprised by their openness and sharing about this. Under the Communist system, usually there was not much sharing of things personal in nature, especially about things like, "God." God was not very well encouraged by the Communist government, in Moldova. Floyd reported, "Well, I really cannot describe the feelings in that room. It was like being somewhere that was "bound" by something... Then there was...a "loosening" of some kind. What kept amazing me was how open they were to talking about things spiritual."

In Moldova we hoped to provide the same services as we were doing in Cluj, Romania: addictions counseling services and educational programs through a social, medical, philanthropically association ...At the "Casa Alba Day Center" in Cluj... we have group time and discuss recovery-related reading on spirituality. It helps people orient their day towards recovery, and their relationship with God. [We] conduct regular weekly sessions on relapse prevention,...scheduled groups on studying the 12 Steps, and how they relate to Orthodox spirituality...[and] helped to initiate four new 12 Step groups [for] Gamblers, Narcotics, Sex Addicts, and Adult Children of Alcoholics.

Because addiction is a "family disease," individual and group counseling...is offered to family members Periodically we arrange "Family Days" and invite people from the community to our family seminars. ...We know also that when everyone in the family gets help, the treatment process is more likely to have a successful outcome. In 2021, among others, we now have a licensed Family

Community Support

by Traci Spencer

we'd love to have you join us!

"for I was hungry and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to

What's Coming Up?

We have the following agencies recommended to support in 2021:

KS Food Bank
Wichita Children's Home
Victory in the Valley
Family Crisis Center
Cash for Classrooms
Starkey (in honor of Judy Hull- Memory Eternal!)
Real men real heroes
Hope Net (Christiane Doom is new executive Director)
Treehouse
Lords Diner
DUI red ribbon
Robin's House (new recovery home for women run by Bill Vinyard)

Counselor, an Orthodox priest, and three masters level counselors on our staff in Cluj.

Q: What is your Vision or Mission Statement, going forward?

A: To help Orthodox Christians, and others, that are affected directly or indirectly by alcohol/drugs, and use methods based on medicine, psychology, social science, spiritually, and our own Orthodox faith. We have prevention campaigns at schools and monasteries and prisons, lead intervention groups, therapeutic camps, occupational therapy, programs for children of alcohol dependent persons. As of 2021, we are doing online education for clergy, psychologist, police, doctors and social workers in Romania, and outreach to the Orthodox community in Europe, Africa and in the United States.

*The Cathedral
Messenger*

St. George Orthodox Christian Cathedral

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Wichita, KS 67206-1223
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