



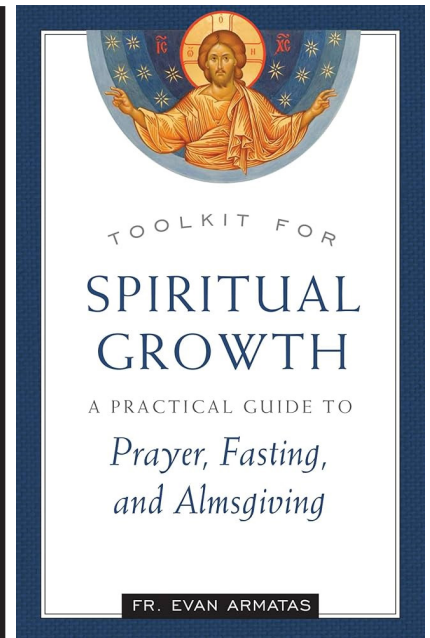
Volume 34, Number 3
MARCH 2026

The Cathedral Messenger

A Publication of St. George Antiochian Orthodox Christian Cathedral

Exploring Orthodoxy 2026

with **Fr. Evan Armatas**



This February 7, we began a new annual parish retreat called Exploring Orthodoxy as an opportunity to deepen and enrich the faith of long-time parishioners, new parishioners, and people just learning about Orthodox Christianity for the first time. Our keynote speaker was Fr. Evan Armatas, a well-known missionary priest who is the Proistamenos (head priest) of St. Spyridon Greek Orthodox Church in Loveland, Colorado.

In about 20 years, Fr. Evan has taken his church from a small number of families to a thriving parish with Sunday attendance reaching close to 500 souls. He is also the author of two books on the spiritual life, "Toolkit for Spiritual Growth", and a book on the life of the parish, "Reclaiming the Great Commission." As if that wasn't enough, he also hosts the weekly call-in radio show "Orthodoxy Alive" on Sunday evenings with Ancient Faith Radio.

Fr. Paul asked Fr. Evan to speak on the topic "Pathways of Piety: Holiness in the Modern World", be-

cause today, more and more people are learning about the Orthodox Faith, but we need to make sure they are also learning how to live the Orthodox Faith. About 100 people attended, from long-time parishioners to people who had never before set foot in the building. Fr. Evan gave two plenary sessions discussing what is and what is not Piety and the different "Pathways" of Piety we have, including repentance, love, humility and obedience, worship and prayer, peace. He drew on examples from the Old and New Testaments as well as from modern-day saints.

In addition to Fr. Evan's keynotes, we heard from Luke Gilstrap on the life and teachings of St. Joseph the Hesychast (+1959), and we watched the new film: Amphilochios, about the modern day Saint Amphilochios of Patmos (+1970). We are grateful to all those who worked hard to make this event happen and to all our attendees. We look forward to next year for Exploring Orthodoxy 2027!

His Eminence
The Most Reverend
Metropolitan SABA



Archbishop of New York
and Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Prot. no.: 073/2026

Great Lent 2026

Beloved in the Antiochian Orthodox Christian Archdiocese of North America,

By the grace of God, we welcome the season of holy Lent—this blessed time which the Church has appointed for us as an opportunity for renewal, repentance, and a sincere return to the depths of the heart, where we encounter our Lord in an atmosphere of stillness and clarity. This helps us to reorder our priorities and to realign our lives with our pursuit of the true life that is in Christ. It is a time to remember:

- That fasting, as we have received it from the living Tradition of the Church, is not an end in itself, nor is it merely abstaining from certain foods. Rather, it is a comprehensive spiritual journey whose aim is the liberation of the inner person and the reordering of our relationship with God, with ourselves, and with others.
- That we fast not to humiliate or punish the body, but so that the body may become obedient to the spirit. We fast because we ourselves are in need of fasting; through it, we grow spiritually and humanly, our inner depths are healed, and our hearts are enlarged to receive the grace of God. God does not need our fasting, but He rejoices in our return to Him with a humble heart.
- That we were created for the heavenly Kingdom, and fasting helps awaken this deep longing within us. It purifies our spiritual vision so that we may view our lives in the light of eternity. For this reason, the Church calls us to live Lent within its communal framework—not as an individual effort or a selective choice, but as an experience lived by the community of believers across the generations, and walked by the saints as a path toward true freedom.

- That our commitment to the Church’s fasting guidelines is not merely formal, but a call to move from disciplining the table to refining the heart, and from external abstinence to inner purification. True fasting leads us into the depths of ourselves, where we confront our weakness, confess our sins, and open our hearts to the work of grace.
- That fasting is inseparably linked to prayer and works of mercy. There is no fasting without prayer, and no fasting without love. Through prayer we lift our hearts to God, and through mercy we translate our fasting into a living act of love, especially toward the poor and the needy. Therefore, the Church calls us to share with others what we save through fasting, transforming abstinence into giving, hunger into communion, and deprivation into love.
- That our contemporary world, with its excessive consumption and false sense of fullness, is in urgent need today of the spirit of fasting as a path to freedom, balance, and the restoration of human mastery over oneself. We are not of this world, even though we live in it, and fasting teaches us to use the goods of the world without becoming enslaved to them.

Fasting, my beloved, is the provision for the journey toward the glorious Pascha, where the mystery of redemption becomes a living reality within us, and the Resurrection of Christ is transformed into an inner resurrection that renews our lives. Let us live this holy season not as a negative act of deprivation, but as a positive journey toward God—filled with His presence, renewed in spirit, and growing in love.

I ask the Lord, on your behalf, to grant us all an acceptable fast, sincere repentance, and a humble heart, so that we may together attain the joy of the Resurrection.

Wishing you a blessed fast and a holy season, I remain,

Your Father in Christ,



+SABA

Archbishop of New York and Metropolitan of all North America

“The disciples were first called Christians in Antioch” (Acts 11: 26)

358 Mountain Road, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

Bulletin Board



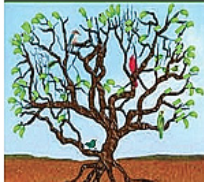
MEMORY ETERNAL

Larry Abraham, 2/26

Carolyn Smith, 2/16, of OKC
sister of Beverly Kouri

March is Antiochian Women's Month

Nurturing the Seeds of Orthodoxy Across North America

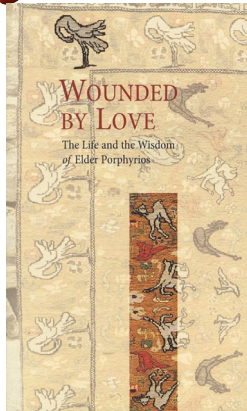


Women's Faith & Growth

Join us Thursday
March 12th, 7:15p
at the Parish House

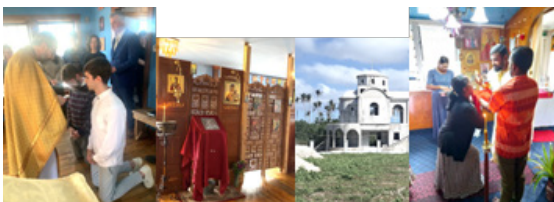
for an evening of fellowship
& faith

Rebekah Sturgill
is leading the discussion
Studying "Wounded by Love
The Life and Wisdom
of Elder Porphyrios"



SAVE THE DATE

The Treehouse will be hosting the Antiochian Women Saturday, March 28th from 1-3pm
MORE DETAILS TO COME



MISSIONS AWARENESS SUNDAY Sunday, March 22nd after Divine Liturgy

The theme this year is "Passport to Missions." Grab a passport from an MST member and get it stamped at each of the themed tables as you learn about the different missions we support and snack on tasty treats from around the world. Hope to see you there!

MANY YEARS!

MABROOK! BLESSINGS!

Baptisms

Sloane Elizabeth Barnes, 2/15
daughter of Joey and Madison

Cecilia Jane Suzanne Mosley, 2/14
daughter of Ben and Moriah

Luca Luke Hook, Bodhi Gabriel Hook, Oscar George Hook, Westley Seraphim Hook and Juniper Junia Hook were baptized, 2/8

Food for the Hungry



"When you see a poor person, remember the words of our Lord Jesus Christ by which He declared that it is He, Himself who is fed. For though that which appears be not Christ, yet in that person's form, it is Christ Himself who receives and begs."

--St. John Chrysostom, "Homilies on Mathew" #78.

We urge you, during this season of prayer, self-discipline and fasting, to be very generous in your contribution to this campaign. As we practice the virtues which cleanse our souls, let us not forget or refrain from the "greatest of the virtues." As important as prayer and fasting are, they are of no avail to us if we fail to give to those in need.

If you would like to give, please make your check payable to **St. George Cathedral - earmark "FFHP"**



2026 PARISH COUNCIL NEW OFFICERS

Chair: Gayle Malone
Vice-Chair: Jeremy Koci
Secretary: Alicia McLain
Treasurer: Christopher Farha



MARCH FASTING

A strict fast from is observed throughout March, with allowance for fish and wine for the Feast of the Annunciation on March 25th



2026 Winter Sacred Music Institute

February 5-8, 2026 Hosted by St. George Church, Phoenix, AZ



For forty years, this Parish has been represented at Sacred Music Institutes sponsored by the Antiochian Archdiocese Department of Sacred Music. In the olden days, we called it a Choir Director's Workshop. Over time, it has evolved into an Institute with a specific theme, incorporating Byzantine Chant and 4-Part Choral Music. As is the case at St. George Cathedral, the two musical traditions with deep roots can exist in unity and live side by side, extracting the best of both traditions. This past month, 6 choir members participated in the Winter Sacred Music Institute, hosted by St. George, Phoenix, AZ. Each have either been to an SMI before or have taken an online music class, launched in the fall of 2024, offering 9 chant and 9 choral courses.

There was also an opportunity to be part of an auditioned Concert Choir, both Byzantine, under the direction of Fr. John El Massih and 4-part Choral, directed by Mareena Boosamra Ball, Chairwoman of the Department of Sacred Music and great friend of our community here in Wichita! Everyone in the photograph has either taken classes online, sang in the Concert Choir or both! This year, Ryan Baker and Thomas Papadatos enjoyed the concert from the congregation, but I feel their auditions will be forthcoming. The first half of the concert is the Byzantine Choir and the second, the 4-part Choir, with Adam Anthony, Gabriel Hamel, Jim Spencer (featured in an octet) and I singing. You can access the concert, "Thee Do We Magnify" at: https://www.youtube.com/watch?v=7hTnRO8_-iQ&list=RD7hTnRO8_-iQ&start_radio=1&t=2030s

The theme of the Winter SMI in Phoenix was "**Lazarus Saturday and Palm Sunday: Blessed is He that Cometh in the Name of the Lord**". We had a record number of registrants, just under 120. We can all agree that the Keynote Addresses delivered by Bishop ANTHONY were truly the highlight, along with his Homily on Sunday. As Adam Anthony recounts, "Bishop ANTHONY's talks were powerful. He gives such deep and thoughtful homilies. His fondness for quips anchors his points. I'll remember his comment on confession as a mercy, a judgement before the Judgement and the softer, 'all songs are a lost prayer'. Except for ours, of course!"

This was Thomas' first SMI and he loved being in warm Phoenix in the winter with other musicians from all across North America who share the depth of the faith and the expression of music to its fullest. He very much appreciated the combination of Western & Byzantine styles, which reflect the various traditions and practices throughout our Archdiocese, as well as the teachers who dedicated countless hour to their crafts and who are excited to share their experiences and knowledge.

For each of us, the culmination of the SMI was the outstanding performance of the Archdiocese Concert Choir, capped off with beautiful words of affirmation by His Grace, Bishop ANTHONY! Then, Sunday Hierarchical Divine Liturgy, 90-100 participants packed the choir loft to sing God's praises.

Glory to God for all things!
Chris Farha

LENTEN RETREAT

The Passion Narratives in the Synoptic Gospels

MARCH 6 & 7, 2026

at St. Mary Orthodox Christian Church

FREE to
the PUBLIC

Retreat Master, Very Rev. Fr. Fred Shaheen

The Very Rev. Fr. Fred Shaheen was born in Toledo, Ohio. He received his BA (1995) and MA (1997) in English Literature from the University of Toledo, and his MDiv from St. Vladimir Orthodox Theological Seminary in 2002. He was ordained a priest in 2004 and has served parishes in Charleston, West Virginia and Cedar Rapids, Iowa. He is currently the pastor of St. Matthew the Evangelist Antiochian Orthodox Church in North Royalton, Ohio. Fr. Fred hosts a bi-weekly podcast, *A Light to the Nations*, on the Ephesus School Network and a homonymous YouTube channel which publishes his weekly sermons.



Session I

St. John Chrysostom - Scripture as a Second Chance;
Scripture as Instruction, not History or Philosophy.

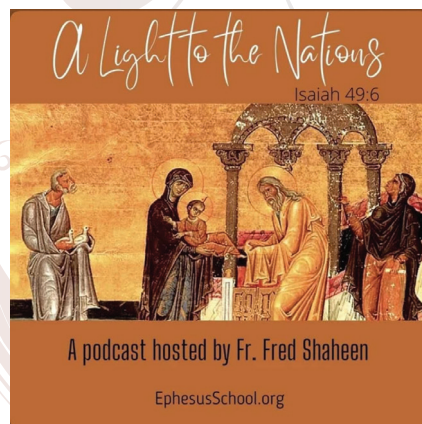
The Gospel of Mark - the Blueprint

Key Texts: 8:27-9:1; 9:2-13; 9:30-32; 10:32-34;

Chapter 13 - The Quiz Before the Final

Chapter 14 - Anointing, table fellowship and Jesus' final; Jesus before the council

Chapter 15 - Jesus before Pilate, Barabbas, Simon of Cyrene, Jesus derided, the Centurion.



Session II

Mark Chapter 16 - The "Non-Narrative" of Jesus' Resurrection.

Luke Develops the Story.

Matthew Reverts Fully to Mark and Canonizes it as THE Gospel.

The Shift in John: from the Shame of the Cross to the cost of discipleship.

FRIDAY, MARCH 6

5:00 PM

Little Compline w/Akathist Hymn

5:45 PM

Lenten Meal

6:30 PM

Session 1

SATURDAY, MARCH 7

9:00 AM

Third Hour Prayers

9:30 AM

Continental Breakfast

10:00 AM

Sessions 2

St. Mary Orthodox Christian Church

344 South Martinson | 316.264.1576 | stmarywichita.org | email: stmarywichita@cox.net

Community Corner
St. George
Community
Support

Submitted by Mikell Awwad

Next Meeting
Tuesday, March 10th
 12:00 noon at The Parish House
We would love to have you join us!!
 Please consider sharing your gifts and talents with our community. Please contact Team Leader [Carrie Camden](mailto:carrie.camden@gmail.com), at camden9492@gmail.com if you would like to be involved.

We Need You!

Come help us plan this year's projects. All are welcome! For more information about what Community Support does, check us out at the Fair on March 1st, or contact our team lead Carrie Camden at camden9492@gmail.com.

Upcoming Events:

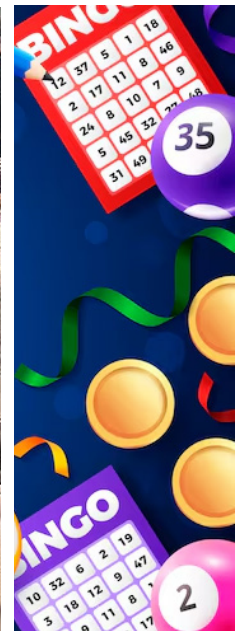
2026 Community Support Awareness Fair – March 1st during coffee hour in the Fellowship Hall. Come learn more about the agencies and ministries that St George is supporting this year. Lord's Diner – March 15th, 5:00-7:30. The Lord's Diner provides a hot meal to anyone who has a need. To volunteer with our St George/St Mary Team contact Pat Milburn at patmilburn74@gmail.com.

Young at Heart Bingo!

Over two dozen parishioners 55 years of age and older joined us for a delicious lunch and an enthusiastic game of Bingo. Thank you to our entertaining Bingo caller Jacob Corbin, and to Mikey and Martha Klotz who provided the delicious Middle Eastern meal.

Dillons Community Rewards

To earn money for St George Cathedral every time you shop at Dillons, designate St George Cathedral as your Community Rewards recipient. For more information go to <https://tinyurl.com/2p9zrezy>



Bingo Prizes!

The Cathedral Messenger

St. George Orthodox Christian Cathedral
7515 East 13th Street North
Wichita, KS 67206-1223
www.stgeorgecathedral.net

Return Service Requested

Fr Paul O'Callaghan Invites the children, teens and their families to

Lazarus Saturday

At St. George Cathedral
April 4th from 12:00p-2:30p

The first egg hunt will begin at 12:30!

Admissions to the outing is a gift to the Treehouse. Please see the back for a list of suggested donation items.



Treehouse Needs:

Similac Formula (Blue or Orange) 12.4 oz cans
Baby Wipes
Size 6 Diapers

I would like to

make a one time donation of:

\$

OR

make a recurring monthly donation of:

\$

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

METHOD OF PAYMENT

Check (enclosed) Please charge my credit card

MasterCard Visa Discover Amex

Credit Card # _____

Name on Card _____

Zip Code _____

CV 3 digit Code _____ Expiration Date _____

E-mail _____

Signature _____