



Volume 36, Number 9
September 2026

The Cathedral Messenger

A Publication of St. George Antiochian Orthodox Christian Cathedral

St. George Workday Preparations Underway !



St. George Is on a Roll: 20,675 Down, Kibbe and Baklava to Go!

What does it take to turn 1.6 tons of cabbage into 20,675 hand-rolled cabbage rolls? Dozens of volunteers, six long workdays — and a whole lot of cabbage!

Volunteers are already hard at work preparing for the 91st Annual St. George Lebanese Dinner, October 10 and 11. Although the Dinner is still two months away, feeding more than 5,000 people takes months of planning and preparation. Our St. George Sittis began serving this Mediterranean meal nearly 100 years ago. Officially, we've served the Dinner 91 times, taking only a few years off over the decades for pandemics, remodeling projects, and other interruptions.

Cabbage rolls may be the most labor-intensive—and dreaded—part of preparing the meal, mostly because



of the tedious work and sheer volume involved. Last week, 3,200 pounds of cabbage arrived at St. George—roughly the weight of a Honda Civic! Our 25-member Cabbage Coring Crew quickly made light work of that heavy load, hammering the cores from every head of cabbage in a record one hour and ten minutes.

Over the next two days, volunteers stood over pots of boiling water, steaming the cabbage heads, peeling away the tender leaves, and stacking them for the rolling crew.

Then the rolling began.

Over five days, nearly 50 volunteers stuffed each cabbage leaf with a meat-and-rice mixture and rolled it into a perfect little bundle. Next, the cooking crew boiled the rolls with lemon juice and garlic. Finally, the packing crew loaded them into small trays for the

MEMORY ETERNAL



Jim Cohlma, 7/19
of Mesa, AZ

Vivianne Farha, 7/25

Fred Cannon, 8/4

Phyllis Kamas, 8/5

MABROOK! BLESSINGS!

MANY YEARS!

Baptisms

Mary Markella Wangsgaard, 7/18

Calcifer Lawrence Case, 7/18

Alexa Ruth and Zachary Rodriguez, 8/8

Emilia and Lucia Prichard, 8/15

Linda Maria Tesfagabr, 8/16

Sophia Ariadne Schroeder, 8/22

Megan Margaret Sadler, 8/29

Births

James Hubert Arpin was born 7/6
(son of Seth and Conlee)

Luke Lawson Senseman, 7/27
(son of John and Brooke)

Eva Magdelene Robinson, 8/4
(daughter of Paul and Lacey)

Charlotte Frances Cates, 8/23
(daughter of John and Eliza)

Florence Lucia Hahn, 8/27
(daughter of David & Emily)

Fall 2026 Adult Education Series

Our Antiochian Heritage

A series exploring the history
and spirituality of the
Church of Antioch

September 16:
The Ancient City of Antioch

September 23:
The Early Church of Antioch

September 30:
Antiochian Fathers



All presentations will take place on Wednesday
evenings following Vespers at 7:15.



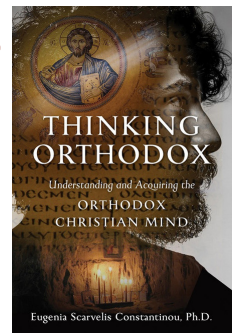
Women's Faith & Growth

Join us Thursday
September 17, 7:15p
at the Parish House

— 1328 N Tallyrand St —

for an evening of
fellowship & faith

Rebekah Sturgill
is leading the discussion
"Thinking Orthodox"
by Dr Jeannie Constantinou



Women's Bible Study

Join us for Women's Bible Study,
Wednesday, September 2, 1:30pm

At the Parish House • 1328 N Tallyrand St

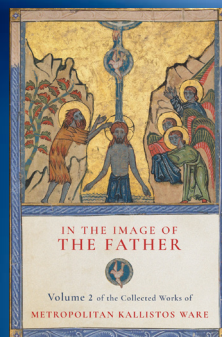
Studying 1 Corinthians

SEPTEMBER FASTING



During this period, the normal fasting traditions are
observed: abstain from meat, poultry and dairy prod-
ucts on Wednesdays and Fridays. and Monday, Sep-
tember 14th is a fast day for the Elevation of the Cross

A-Men Theology



Luke Moore will be
leading the discussion
on the book:

*In The Image
of The Father*

September 24, 7:15p
at the Parish House



PLEASE JOIN US IN A CELEBRATION LUNCHEON IMMEDIATELY
FOLLOWING DIVINE LITURGY, IN THE FELLOWSHIP HALL FOR

HERITAGE Sunday

SEPTEMBER 13

COME CELEBRATE OUR PARISH'S RICH HERITAGE AND OUR VIBRANT
MULTICULTURAL COMMUNITY AT OUR ANNUAL HERITAGE SUNDAY LUNCHEON.
A FREEWILL DONATION GIVES YOU A LEBANESE MEAL AND DESSERTS FROM AROUND THE GLOBE.

The St. Joseph of Arimathea Ministry of St. George Orthodox Cathedral Presents:

A CHRISTIAN ENDING

Preparing for the Final Journey

A Free Seminar on the Orthodox Approach to the End of Life

Saturday, September 19, 2026



FEATURING

V. Rev. John Reimann, Pastor
St. Anthony Orthodox Church
San Diego CA

Schedule

- 8:30 Doors Open & Refreshments
- 9:00 Seminar Overview — Fr. Mark
Welcome and Speaker Introduction
— Fr. Paul
- 9:15 An Orthodox Approach to the End of Life
— Fr. John
- 10:00 Break
- 10:15 Burial Ministry at St. Anthony Church
— Fr. John
- 10:45 The St. Joseph of Arimathea Ministry
of St. George Cathedral
— Adela Garton, Joan Farha
and Carrie Camden
- 11:30 Lunch Provided
- 12:15 Legacy Planning: Estate Plan Basics for
All Ages
— Nicole Sultani and David Hahn
- 1:00 Legacy Giving: Endowments,
Ministries and Charities
— Nicole Sultani and David Hahn
- 1:45 Break
- 2:00 Q & A with Fr John and others
- 2:30 Close



Registration: <https://tinyurl.com/2mrx8w5d>

Join the St. Joseph of Arimathea Ministry of St. George Orthodox Cathedral for a free educational seminar on the Orthodox Christian approach to the end of life.

Featuring V. Rev. John Reimann (St. Anthony Orthodox Church, San Diego, CA), the program includes presentations on Orthodox burial practices, funerary preparation, estate planning, (wills, trusts, guardianships), as well as legacy planning and charitable giving.

Free admission (offerings accepted) • Open to all adults • No childcare available

Representatives from some local funerary establishments will be available with information and displays.





Train up a child in the way he should go; and when he is old, he will not depart from it. - Proverbs 22:6

Church School 2026-2027

This year's Church School Curriculum

One Body, One Spirit" I and II Corinthians

registration

SUNDAY:
September 6th

opening assembly

SUNDAY:
September 13th

classes begin

SUNDAY:
September 20th

church school registration

Church School Registration is available through **Realm**. Find "Church School 2026-2027" under the "Events" tab or visit the registration table during coffee hour on Sunday September 6th. A Church school assembly will be held on Sunday September 13th. We ask that all registered students proceed to the back of the church for communion, where they will be lined up by grade. Following communion, they will proceed to the gym for the assembly.

Church School:

Church School Registration is available through **Realm**. Find "Church School 2026-2027" under the "Events" tab or visit the registration table during coffee hour on Sunday September 6th. A Church school assembly will be held on Sunday September 13th. We ask that all registered students proceed to the back of the church for communion, where they will be lined up by grade. Following communion, they will proceed to the gym for the assembly. This year's Church School Curriculum - **One Body, One Spirit** - is based on I and II Corinthians.



Teen SOYO, YABOY, OCF:

Teen SOYO has resumed weekly gatherings on Wednesday evenings. All those in grades 7-12 are encouraged to join us for Vespers beginning at 6:45p followed by dinner and a discussion in the Youth Center. Our evenings will conclude by 8:45p.

YABOY will begin on Sunday, September 6th with an outing at the Cathedral from 2:00-4:00p. YABOY will hold two meetings per month and all those in grades 4-6 are invited.



OCF will begin on Thursday, September 4th at 7:30p following Vespers. Orthodox Christian Fellowship is open to all those ages 18-23.

St George Cathedral SOYO 2026 DOWAMA Most Active Chapter





Submitted by Mikell Awaad

Past Volunteer Events

The Lord's Diner On Sunday, August 16th, from 5:00-7:30 p.m., St. George and St. Mary parishioners served hot meals to people in need in our community.

Upcoming Volunteer Opportunities

Emberhope Workday On Saturday, September 9/12/26 from 9:00-noon, join us to help organize the indoor supply room and or yard/maintenance. Meet at the Emberhope campus in Newton. Make a difference in the lives of foster children!!! For questions, please contact Meaghan Koci at 818-450-7660.

Atischwin Institute Atischwin Institute is a sober living house that offers adults communal living, support, spiritual healing and has an Orthodox chapel in the basement. Atischwin was founded by the late Bill Vinyard and is currently managed by his wife, Jane Vinyard. The home is in dire need of used furniture. They would appreciate any of the following used furniture: dressers or small chest of drawers, nightstands or beside tables, portable hanging closets or garment racks, mirrors, pictures, artwork, wall décor, small shelves, baskets, or other bedroom organizational items, and kitchen items of any kind. Please let Traci Spencer (316-371-5599) know if you have items that you would like to pass onto Atishwin Institute and she will arrange with Jane for pick up.

The Lord's Diner Sunday, September 20th, 5:00-7:30 p.m. St. George and St. Mary parishioners will serve hot meals to people in need in our community. To volunteer, please contact Pat Milburn at patmilburn74@gmail.com.

Ministry Sunday Sunday, August 30th, during coffee hour in the Fellowship Hall Please visit the Community Support table and check out all of the opportunities that you can use your time and talents through service work in our community and church. We look forward to meeting you.

Next Meeting
Tuesday, September 8th
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. Contact: Carrie Camden at camden9492@gmail.com for more information

Workday Preparations — continued



Country Kitchen and large trays to heat and serve at the Dinner in October.

The final count: 20,675 cabbage rolls!

If you missed the cabbage action this past week, there's still plenty of time to join the fun. In September, we'll tackle kibba and baklava.

But the Lebanese Dinner is about much more than preparing food and organizing volunteers. It gives us an opportunity to share the story of our parish, celebrate the rich Lebanese heritage our community has faithfully preserved for nearly 100 years, and invite others into that legacy. Every recipe we prepare, every conversation we share, and every act of service connects new parishioners and members of our community with the history, faith, and traditions that have shaped St. George for generations.

Most importantly, we hope everyone who walks through our doors experiences the hospitality and love of Christ through us. Invite your children, family, and friends to join us. Together, we can create lasting memories, pass these traditions to another generation, and ensure this beautiful St. George tradition continues for many years to come.



Come and Join Us!

St. George Orthodox Christian Cathedral

The 91st Annual 2026 Lebanese Dinner & Food Sale

Saturday, October 10th:

- ◆ Dine-In: 4-7 pm
- ◆ Carry-Out: 4-8 pm

Sunday, October 11th:

- ◆ Dine-In: 12-7 pm
- ◆ Carry-Out: 12-7 pm

\$23 per Ticket

-
- Dine-In or Drive Thru
 - Country Kitchen Ethnic Specialties & Homemade Goods
 - Cathedral Tours throughout the day
 - Advanced Food Orders Available - online
- (quantities are limited)

Pre-Order Pickup ◆ Sat, OCT 3rd, 9-1pm ◆ Sun, OCT 4th, 12-3pm

Tickets & Information 316-636-4676

7515 East 13th St • www.stgeorgecathedral.net

St. George Cathedral's **91st** Annual Lebanese Dinner

PRE-ORDERS may be placed online at:

www.stgeorgedinner.com

Begins Wednesday, September 9th



St. George Cathedral

7515 E. 13th Street

Wichita, KS 67206

Phone: 636-4676

Pick up orders at the Cathedral on:

Saturday, October 3rd

9 am – 1 pm

Sunday, October 4th

12 pm – 3 pm

(Orders NOT PICKED UP will be cancelled and money REFUNDED)

Specialties

Cabbage Rolls

(20 pieces)

Limit 3 per order

\$23.00

Meat Pies

(package of 8)

Limit 2 per order

\$18.00

Kibba Pan

(12 pieces)

Limit 5 per order

\$23.00

Splnach Pies

(package of 8)

\$16.00

Baklawas Pan

(20 pieces)

\$23.00

Questions: Holly (620) 931-0462 or Cindy (316) 516-1949

The Cathedral Messenger

St. George Orthodox Christian Cathedral

7515 East 13th Street North

Wichita, KS 67206-1223

www.stgeorgecathedral.net

YOU'RE INVITED TO



THE FOURTH ANNUAL

Christ The Savior Academy Golf Classic

THIS YEAR AT A NEW LOCATION

Terradyne Country Club
Thursday, September 24, 2026

12pm Registration & Lunch • 1pm Shotgun Start

\$175 per Golfer • \$600 per Foursome

Includes Lunch, Green Fee, Cart, Range Balls, Awards & Dinner

Not a Golfer? Meet us at Terradyne for Dinner!

5:30pm Cocktail Hour • 6:30pm Dinner

\$75 per person

Silent Auction, Raffle, Dancing & Cigar Lounge



www.zeffy.com/en-US/ticketing/4th-annual-csa-golf-classic

SPONSORSHIP OPPORTUNITIES AVAILABLE

YOU'RE INVITED TO



THE FOURTH ANNUAL

Christ The Savior Academy Golf Classic

Plans are underway for our 4th Annual CSA Golf Classic on Thursday, September 24, 2026, at Terradyne Country Club, and we warmly invite our entire parish family to join us in supporting the mission of Christ the Savior Academy! Our school works daily to build strong minds and faithful hearts through a rigorous Orthodox Christian classical education. This event is a wonderful opportunity for us to lock arms as a faithful community, where every family can play a part in supporting our children:

- **Form a Foursome (\$600):**

A full day of golf for four, including lunch, 18 holes, cart, range balls, awards, and dinner.

- **Single Golfer (\$175):**

Includes lunch, 18 holes, cart, range balls, awards, and dinner.

- **Dinner Package (\$75):**

Join us for Christian fellowship featuring dinner, a silent auction, raffle, dancing, and our evening cigar lounge.

Come play, dine, and nurture the future of our youth! For more information and to purchase tickets, visit <https://www.zeffy.com/en-US/ticketing/4th-annual-csa-golf-classic>