



Volume 34, Number 5  
**MAY 2025**

# The Cathedral Messenger

*A Publication of St. George Antiochian Orthodox Christian Cathedral*

## 2025 Men's Retreat

The 2025 Lenten Men's Retreat, touting record attendance and a mix of over 50% first-timers, started with a series of bangs... quite literally. Jim Spencer's dad, Doug, a regular retreat attendee, died that morning in Oakley. Three of the men traveling from the Tulsa area arrived in Victoria to news that the driver's home was burning to the ground—so they pulled a U-turn and headed back immediately. The driver's wife and newborn were safe, but the house was a total loss. Anyone interested can contribute to the situation here: <https://www.gofundme.com/f/support-jason-mcgintys-family-after-fire-loss>.

Our own Warren Farha suffered a tire blowout near Russell. Amazingly, the men who responded to his AAA call were able to rustle him up a tire that would work

and see him on his way to Victoria. And five men from St John Chrysostom Church in Lakewood, CO were traveling to Victoria together in a van when a sudden dust storm blinded them and placed

them in the center of an accident just outside of Goodland which took the lives of eight people, involved over fifty vehicles, and closed I-70 both directions for about thirty hours. Although the van was totaled, the men



walked away with thankful hearts, newborn mindfulness of death, and only minor injuries, managing to be picked up by other men heading to the retreat behind them. Folks wishing to help the driver can make contributions directly to St John's.

With that eye-opening start to things, the highly educated Father George Parsenios delayed his topical introduction until Saturday morning. Despite Father Calinic's warm endorsement of Father George, I think most of us came to the retreat expecting

a relatively dry, academic discussion. What we found, though, is the reason for the warmth of Father Calinic's endorsement: here was a globally respected Scripture scholar speaking very plain English to men from the Plains on matters that pertained to their experience of everyday life in the Church. Father George unpacked for us in very relatable terms some of the important themes contained in Scripture that aren't apparent to casual readers

in English translations. He spent a fair bit of time expounding the different ways in which Scripture (and especially St Paul) uses contrasting ideas to teach us concepts. For example, the contrast we find in St. Paul's Epistles when he employs the terms "flesh" ("sarx"),

continued pg 5



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.: 155/2025

Great and Holy Pascha - 2025

Beloved in Christ:  
The Most Reverend Hierarchs,  
The Reverend Priests and Deacons,  
And the devout People of God in this blessed Archdiocese,

Christ is risen! I greet you with the most beautiful proclamation on this radiant and divine Pascha. I offer my heartfelt prayers for each of you daily, asking for God's abundant mercy and the joy of victory over death—every kind of death—for all of you.

I will not address the glorious event of the Resurrection from a doctrinal perspective today, but instead, I wish to offer a brief reflection.

In our Church, each feast is a moment where we relive the event itself. At Pascha, as you know, we walk with our Lord Jesus through every step of His salvific journey, culminating in His resurrection from the dead. The Cross precedes the Resurrection; death precedes life. This is why we begin our Paschal celebration on Great and Holy Friday evening. In the middle of the service, immediately after the chanting of the lamentations for the death of the Lord, we begin chanting the Resurrectional verses: "Blessed art thou, O Lord, teach me thy statutes."

There is a beautiful tradition in some churches where this funeral service begins with clergy wearing dark purple vestments, the color of the Lenten season. Then, following the lamentations, they change into white vestments. It is worth noting that white, the color of the Resurrection, becomes predominant in the church coverings and clergy vestments following the service.

All of this is an outward expression affirming that the Cross (death) and the Resurrection are one inseparable event. If we walk with Christ in His Passion, it is to prepare for the joy of His Resurrection.

Thus, it is only the repentant—those who recognize their sins and feel the need to be freed from them—who know how to crucify their sins with Christ, bury them in His tomb, and rise with Him in His Resurrection, striving toward the face of the Risen Lord. Then their eyes become fixed on Christ the Risen One, and through His Resurrection and the indwelling of the Holy Spirit, that their Christian calling is to make earth itself a piece of heaven.

*"The disciples were first called Christians in Antioch" (Acts 11: 26)*

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

## Paschal Letter from Metropolitan SABA

After our Christ defeated death, we now understand—by the grace of the Risen Lord—that we are responsible for transforming the world and restoring it to the Kingdom of God, beginning by purifying it from sin. But we have also begun to understand that this great work does not begin with others – it begins with us and within us.

What remains is for us to live a new life: a life free of sin, a life the world does not know, for it is according to God's will, not our own. I invite you to reflect with me on words written by Metropolitan Georges Khodr on Pascha 2014, when he had reached the age of ninety-one:

"I am a crossing, O Lord, until I meet You. Do not allow me to distract myself: 'Shine Your face upon Your servant,' that I may become of Your light. Take me to You, that I may know You. Do not leave me in the wilderness of this world. Do not leave me prey to the beasts. Come, for in Your coming I am formed. If You come to me, I will complete my journey toward Your face, O Lord. If I see You, Your face becomes my world. Nothing benefits me but Your face. That is Pascha. Let no other face distract me from You. Fix my eyes upon it. Each day, I desire Your face, O Master. Let it suffice for me as my life. Train me to see You as my all in this age and the one to come, so that I may understand You are existence itself. Discipline me to forsake all things to see You. If I attain You, You will take care of me. I will become Paschal in You. And if I reach You, my journey ends." (From "Who Am I at Pascha," Pascha 2014)

May the joy of our Risen Lord flood your hearts at all times.

Yours in the Risen Christ,



+SABA

Archbishop of New York and Metropolitan of all North America

*"The disciples were first called Christians in Antioch" (Acts 11: 26)*

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## Food for the Hungry



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"**

"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."

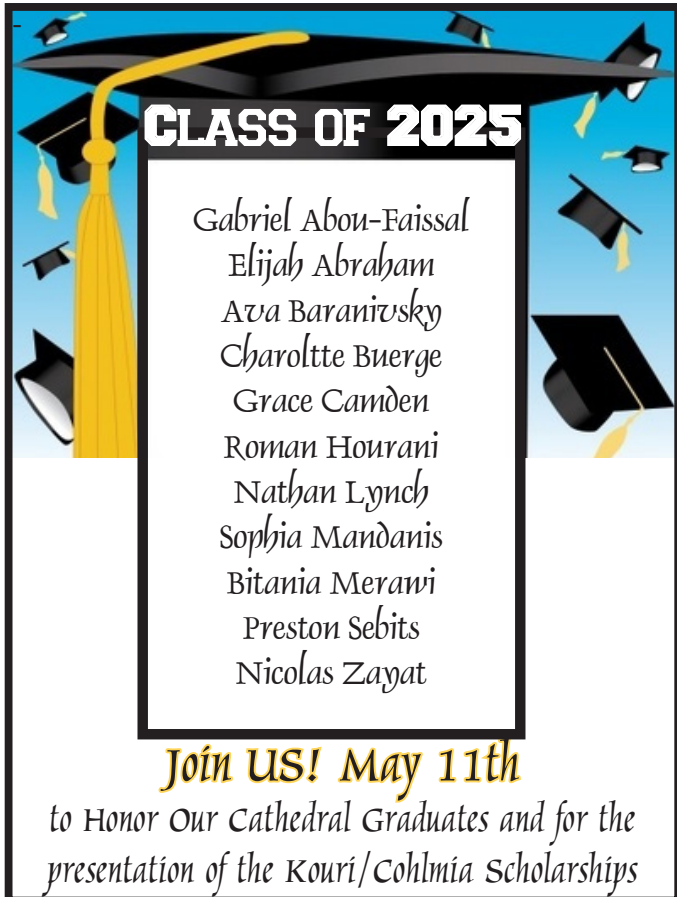
--St. John Chrysostom,  
"Homilies on Mathew" #78.





## MEMORY ETERNAL

Sid Bayouth, 4/12  
(brother of Vivianne Farha and Lindy Bayouth)



### CLASS OF 2025

Gabriel Abou-Faissal  
Elijah Abraham  
Ava Baranivsky  
Charlotte Buerge  
Grace Camden  
Roman Hourani  
Nathan Lynch  
Sophia Mandanis  
Bitania Merawi  
Preston Sebits  
Nicolas Zayat

**Join US! May 11th**  
to Honor Our Cathedral Graduates and for the  
presentation of the Kouri/Cohlma Scholarships

## MABROOK! BLESSINGS!

### CHRISMATIONS 4/19/25

Nicholas James Evans  
Nicholas Edward Herndon  
Gabriel John Hutter  
Paul Steven Robinson  
Stephen Mark Taylor  
Lacey Cecilia Thies

### BAPTISMS 4/19/25

Holly Xenia Adams  
John Wilder Emery  
Janelle Mary Evans  
Mary Rose Ludora Anne Herndon  
Noah Abraham Edward Herndon  
Ryan Elias Ortman  
Joyce Marina Ortman  
Miles Lynn Tadder

**MANY YEARS!**

## Antiochian Archdiocese Scholarships

are available

Antiochian Orthodox Christian Archdiocese  
of North America

Applications available at:

<https://www.antiochian.org>



The traditional fasting (from meat, poultry,  
fish, eggs and dairy products) is observed  
on Wednesdays and Fridays.





## MAY 2025

### Funds for Formula



For the entire Month of May, we are collecting funds for The Treehouse to use for Formula!  
Drop your donation in the Formula Cans in the Church.

JOIN US FOR  
OUR  
MONTHLY  
MEETING  
Tuesday,  
May 6th  
7:15 pm  
Parish House



Thank you all for participating in the Baby Shower for The Treehouse! It was a great success with almost over \$1500 of donations collected! We are already planning for next year's Shower!



continued ...

### 2025 Men's Retreat

"soul" ("psyche"), and "spirit" ("pneumos")—all words we throw around in English and to which we bring our own preconceptions but which have distinctive meanings both in Paul's language and how the Early Church culturally and historically understood that language.

As he opened up the Gospels, he pointed out a number of relationships many of us had never noticed, in particular (i) the parallel between Christ laying aside his garments and then taking them up again after washing the feet of the Apostles and the parable of the Good Shepherd—laying down His life and having the power to take it again; and (ii) Christ's laying down His garments/life in the Crucifixion to cleanse us as the reason that Peter's refusal to have his feet

## The Appeal of Orthodoxy

Why Modern Americans are increasingly turning to the Orthodox Church

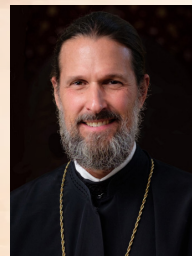


Featuring :  
Noted Author and Speaker

**Fr. Josiah Trenham**

Pastor

St. Andrew Orthodox Church,  
Riverside CA



**Sunday, May 4, 5:00 pm**

St. George Orthodox Christian  
Cathedral Fellowship Hall  
7515 E. 13th St. — Wichita, KS

Schedule :

5:00 – Doors Open 5:15 – Presentation 6:00 – Q & A  
Free Admission Open to the Public

washed/to be cleansed by Christ was Peter's refusal, at the time, to participate in the Crucifixion—a participation that he eventually accepted and one to which each of us is also called as an Orthodox Christian.

So, starting from a variety of very real sufferings, progressing to a call for acceptance of suffering in our lives, and ending in an interactive session focused on applying some of the themes of the retreat to our lives, the 22nd Men's Lenten Retreat came to a close with gratefulness to the Cathedral community for its support over the years and looking forward already to next year's retreat to be held March 6-8.



# LAZARUS SATURDAY



Thank you to all those who volunteered to make this year's Lazarus Saturday always special for our children.

And our most sincere gratitude to everyone who helped with the brunch.

We are so appreciative for each of you.





**Team Leader: Carrie Camden**

Community Support Team Leader

[camden9492@gmail.com](mailto:camden9492@gmail.com)

**Content Submitted by Mikell Awaad**

**Next Meeting - May 13 - 12:00 noon  
at the Parish House**

**We would love to have you join us!!**



St George parish members will be supporting the families who are in the Family Promise program. Volunteer positions currently available include:

- Driving families from the host church (Reformation Lutheran) to the day house in the mornings (van provided)
- Hosting in the evening for a few hours or overnight at the host church (need 2 adults or a family)
- Preparing rooms beforehand and/or packing up rooms at the end of the week

To Volunteer:

- 1) Fill out Volunteer application at <https://familypromisewichita.org/volunteer/>
- 2) Watch two 1-hour training videos on Family Promise website <https://familypromisewichita.org/volunteer/>
- 3) When steps 1 and 2 are completed, email Jenny Wall at [walljenny4@gmail.com](mailto:walljenny4@gmail.com) to receive the Google Doc calendar sign up for specific areas to volunteer. Sign up for date and volunteer area on the calendar.
- 4) Fulfill your role when the time comes!!

You can visit with members of the Community Support Team table during Coffee hour or email Jenny wall at [walljenny4@gmail.com](mailto:walljenny4@gmail.com) with any other questions.

### **The Lord's Diner - May 18, 5:00-7:30p**

Join St George and St Mary volunteers to help serve meals to those in need. Serving at the Lord's Diner is a great volunteer opportunity for individuals, couples, and families. Youth ages 12-17 are welcome to volunteer if accompanied by a parent or guardian. St George volunteers typically serve on the third Sunday of the month from 5:00 to 7:30 p.m. For more information or to sign up, contact Pat Milburn at [patmilburn74@gmail.com](mailto:patmilburn74@gmail.com).

### **Young at Heart Bingo - May 20, 11:30-1:00p**

In the St George Fellowship Hall. Parishioners 55 years of age and older, please join us for a delicious lunch and a chance to win fantastic prizes! If you or someone you know would like to attend but need help arranging transportation, please contact Mikell Awwad at [mikell\\_awwad@hotmail.com](mailto:mikell_awwad@hotmail.com).



**Community Rewards**

### **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>

**The Feasts of Christ!**  
Monday, June 2 - Thursday, June 5

**VBS**  
**VACATION BIBLE SCHOOL**

To register, please visit [tinyurl.com/StGeorgeVBS2025](https://tinyurl.com/StGeorgeVBS2025) or scan the QR code

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**St. George Orthodox Christian Cathedral**

7515 East 13th Street North

Wichita, KS 67206-1223

[www.stgeorgecathedral.net](http://www.stgeorgecathedral.net)

*Return Service Requested*