



Volume 26, Number 4
APRIL 2017

The Cathedral Messenger

A Publication of St. George Antiochian Orthodox Christian Cathedral

2017 MEN'S RETREAT

BY JON DE JONG



Father Calinic Berger arrived at the airport on March 10, a typical Kansas spring “grey” day. As we picked up Warren and his book table, grabbed some Chipotle for the road, and headed out to Victoria for the annual Men’s Retreat, Father Calinic relayed that he had a full notebook of material for us but was still nervous he may not have prepared enough. I raised a quizzical eyebrow at him, saying, “But Father, there are just three sessions, and you control how much of the time you want to present and how much of the time you want to give to the men for quiet reflection. Bishop Basil, when he used to present, would talk for about an hour each session and gave us reflection time for the balance. Plus, that hour would get fairly interactive.” He breathed a sigh of relief and then told me, “I saw seven-and-a-half hours of presentation time on the brochure and wanted to make sure you got your money’s worth. Are you really telling me that I’ve only got to have three hours’ worth of material? When I saw seven-and-a-half hours, I thought I was coming out to visit with a pretty intense group of guys.”

Father Calinic was coming out to visit with forty-four guys to be exact—a goodly number (taking into account that the usual attendees from St. George, Kearney were present due to

an unfortunate conflict with another parish event) that nicely blended old faces and new faces—but their intensity wasn’t expecting a scholarly explanation of the life of David; it was focused on what they could learn and put into practice from the life of King David on living their lives as Christians in the world, on being better husbands, fathers, and friends, and on resisting temptation and recovering from spiritual falls.

As he worked us through the Septuagint version of the books of Samuel, beginning with the travail of Hannah, mother of the Holy Prophet Samuel, and ending with the death of King David, Father Calinic urged us to read the text freshly and see what it held for us; I record a couple of his observations below:

- **Hannah:** She doesn’t solve her struggle and pain by complaining or fighting back; instead, she attends worship and leaves matters to God; note that, when we seek our own ends, we close ourselves off from God and can no longer receive from Him the relief he intends to give us from the pressures that build within us. A godly heart is centered on worship of God, but the focus on worship will come when we lay aside our will.

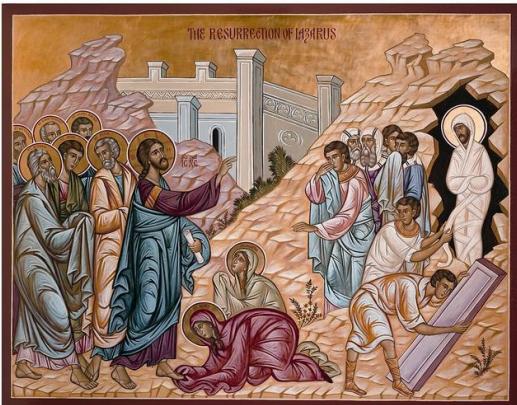
continues page 7

Presanctified Pot Luck Suppers

Please remember to bring a dish to share Wednesday

April 5 - HERE with St. Mary

GREAT FRIDAY VIGIL



All are more than WELCOME to participate in the Holy Friday All Night Vigil! A sign-up board is placed by the Chapel for sign-ups.

Paschal Baskets

You are encouraged to bring a basket of your favorite desserts, meats and wines with you to the Paschal Liturgy. They are to be placed in the baptismal area and will be blessed at the conclusion of the Liturgy.



APRIL FASTING

The Great Lenten Fast continues up till Lazarus Saturday, with allowance for fish and wine on Palm Sunday, April 9. Fasting resumes during Holy Week with abstention from all meats, dairy products, flesh fish, with allowance for wine after the Liturgy on Holy Saturday morning. Bright Week, April 16-22 is fast-free, and an Antiochian tradition allows for fast-free observance during the 40 days of Pascha.

MANY YEARS!

MABROOK! BLESSINGS!

BIRTH

Samuel Victor Salloum, 3/28
son of Sadie and Victor Salloum

BAPTISMS

Christopher and Emma Moussa, 4/1
son & daughter of Joanna and Ronnie Moussa

Holy Saturday & Pascha



Apr 15 • 9:30a Vesperal Divine Liturgy
11:00p Rush Service & Orthros

Apr 16 • 12:00a Divine Liturgy
1:00p Agape Vespers

Women's Faith & Growth

Join us Bright Thursday April 20th, 7:15p
at the home of Joan Farha (1010 N Linden Circle)

for an evening of fellowship & faith.

We are beginning a new book,

"The Quotidian Mysteries"

by Kathleen Norris, so if you haven't checked out this group before it is the perfect time to join us! See Kh. Meredith if you'd like to order the book through Eighth Day Books.



ANTIOCHIAN WOMEN GRANTS

are available to the women of our Archdiocese who wish to continue their education in order to improve their circumstances and those of their families.

Please contact the Cathedral office for Grant Application and more information.

All applications must be received by June 1, 2017

Finding Faith and Blessings Through CSA

How do I distill into a few paragraphs all the blessings which have come to us by way of Christ the Savior Academy, the transformative influence it has had not just in the lives of our children, but upon my wife and me as well?

On a spring day in 2012 I was driving past St. George Orthodox Cathedral and noticed a sign planted by the curb announcing a new elementary school. Our oldest daughter was completing kindergarten at the local public school near our home but my wife and I had already decided we didn't want her to return in the fall. When we spoke with administrators and teachers they lacked any coherent vision of what, exactly, education is for. The best they could do when pressed was offer vague statements about giving children the tools necessary "to make the most of their future" or "to set them up to succeed" – which seemed to mean getting into college, so that they could get a well-paying job and thus qualify as having attained a good life.

This sat uneasy with us. Shouldn't it have something to do with cohesively forming and integrating the intellect, imagination, moral compass and spirit – in other words, with forming the whole person?

When we met with representatives from CSA, however, we were presented a vision that excited and intrigued us with its breadth and depth. At CSA they aimed not just at imparting facts for pragmatic ends but at teaching children to recognize and pursue Goodness, Truth, and Beauty.

So our daughter became part of CSA's inaugural year. Four years later we are thrilled with how magnificently this school has shaped our children. So many schools today fix a low ceiling over the mind and heart and soul. For all the trumpeting of diversity that goes on among educators, they give students a horizon that barely reaches our own cultural and political backyard. Our children, meanwhile,



The Mullinex family was Chrismated on December 24, 2016.

have sailed with Jason and Odysseus in ancient Greece, wandered the Colosseum of Rome, traversed the Florentine countryside with Pinocchio, banded with Robin Hood in Sherwood Forest and beheld the wonders of Narnia. More, their souls have not been neglected. They are daily reminded that it is God by whom and for whom we were made. A few months ago we were out to dinner as a family. As we waited for our meals, our children filled the time, not by sinking into a video or phone screen as did all the kids (and the parents for that matter) at the booth across from us, but by taking turns reciting lines from memory of the Megalynarion to the Theotokos, which they had learned in school. They went on for eight verses.

If such effects on our children were the extent of the benefits CSA had imparted we would count ourselves enriched beyond most and the school worthy of no small amount of praise. Yet CSA has gifted to us still more.

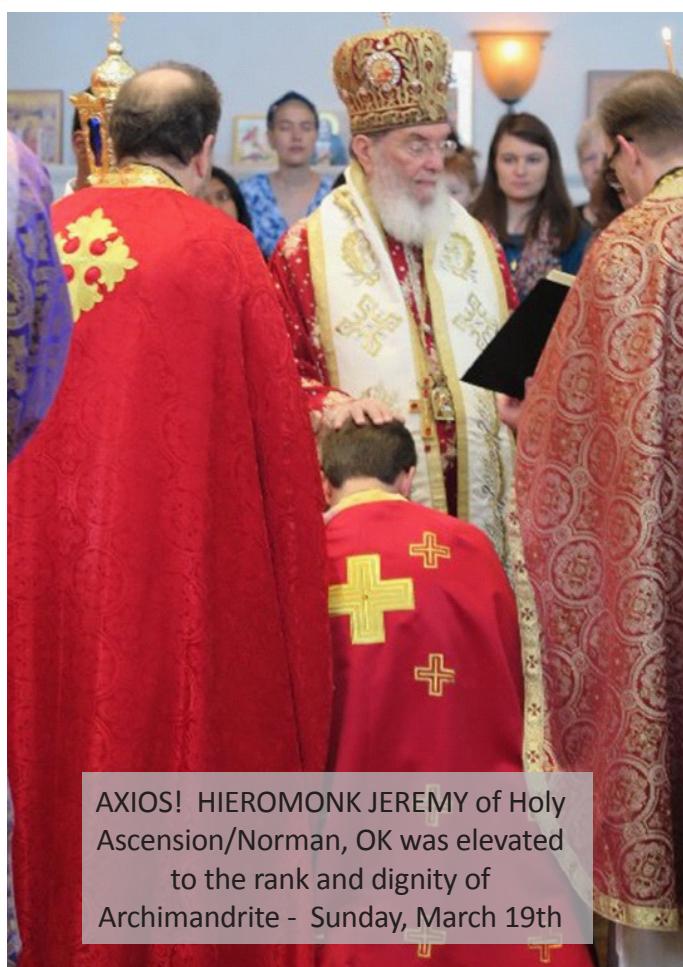
On Christmas Eve 2016 our whole family was received by chrismation into the Holy Orthodox Church. Parents of CSA children served as sponsors for both my wife and me. As Orthodox we pray every day to God "who art in all places and fillest all things." He is in all places and fills all things – even a small school that began with just a handful of children and a few teachers and parents.

ST. GEORGE ANTOCHIAN WOMEN'S
1ST
CINCO DE MAYO
Fiesta Dinner
 SAVE THE DATE
 THUR May 4, 6:00pm - 9:00pm
 in the St. George Fellowship Hall

FEATURING
LOS REYES MARIACHI BAND

Adults \$12.00 • Children \$6.00 (10yrs and under)
 Pre-sales begin April 2nd
 Contact Cindy Abdallah 648-9576 or Kelly Reinert 259-6235
 Tickets will be sold at Coffee Hour April 23rd and April 30th

PROCEEDS TO BENEFIT: CHRIST THE SAVIOR SCHOLARSHIPS



His Grace Bishop **BASIL**
 Invites the children, teens and their families to
Lazarus Saturday
April 8 **Outing at the Chancery** **12:30p to 3:00p**

Should there be inclement weather, all activities will take place at the Cathedral from 12:30-2:30p.
 There will be NO PARKING at the Chancery.
 Please park your car at the Cathedral and take the Trolley to the Chancery.

2017 VACATION BIBLE SCHOOL

HERO CENTRAL
 Discover Your Strength in God!

TUESDAY, MAY 30 - FRIDAY, JUNE 2
 1:00 - 4:00P AT ST. GEORGE CATHEDRAL

VBS IS OPEN TO CHILDREN AGE 4 AS OF SEPT. 1, 2016 THROUGH 5TH GRADE

"DO GOOD: SEEK PEACE AND GO AFTER IT!"
 PSALM 34:14

ST MARY ORTHODOX CHRISTIAN CHURCH
MEDITERRANEAN FESTIVAL
 AUTHENTIC ETHNIC FOOD, SHOPPING, ENTERTAINMENT, & MORE

MAY 5 - MAY 6 **FRI 6 PM-10PM**
SAT 11 AM-7PM

Save the date!

Exciting new additions this year, including a Friday night event (hafla) you won't want to miss! Follow us on Facebook for more details, along with some other exciting news about our food, activities, shopping, charity, pre-order, and more!

YES Trip - WICHITA

by Caleb Doom

The Wichita YES (Youth Equipped to Serve) Trip was an unforgettable experience. There are no other words to describe it. On Friday night all of the teens and the leaders traveled around our city and made stops at little landmarks. At each landmark everyone got out of the car in the freezing cold weather and we prayed. We prayed for all of the terrible things that we learned happen near that area. Homelessness, hunger, poverty, sex-trafficking, and many other things that happen daily in Wichita, that many of us have never been exposed to.

Early Saturday morning we went to Inter-Faith Ministries and learned about one of their missions: to get homeless men off of the streets and into a warm bed at night. They believe that anyone who needs help should receive it regardless of their religious beliefs. We then got to see the facility they open at night for men needing a place to sleep. It is an old church building that they removed all of the pews and laid cheap mattresses down on the floor with a blanket. There are probably 60-80 mattresses laid out in a room about as big as the back of our church. We helped at Inter-Faith ministries by preparing sandwiches for their lunch crowd.

Saturday afternoon we went to the Treehouse and hosted a big event for all of the nearby families and Treehouse moms. We had a picnic and played games



with the kids for hours. It was an amazing experience. We didn't know the kids, we didn't know their parents, but we had the best time. We played soccer, basketball, Frisbee, colored with sidewalk chalk and many other fun activities for the kids.



After we were worn out from a couple hours of sports and other activities we kept going. We went to the local park downtown which seems to be the home of a few people, which we gave balloons, sandwiches, chips, fruit, and a friendly ear too. We called it our "World Party". We made signs and posters and danced on the corner of the street yelling "HONK IF YOU'RE HAPPY". We got many responses which were both positive and negative. We talked to people in the park and got to know them. They all had incredible stories to tell us. These stories helped us realize that not every homeless person got there because of drugs or alcohol, but other ways that we would never imagine. They showed us that the kindest people are the people who have nothing to give, but still try to give anyways. We could have stayed and talked for hours. We were so tired from the long day, but still had energy to do more, and it was only 4:00 at this point.

At the end of our day, we had a debrief discussion. This discussion was one of the most fulfilling and eye opening discussions that any of us teens had been a part of. We heard all of the different perspectives and different experiences we shared from the day. Everyone had different stories to share that I didn't even see happen. Everyone had a story that made you want to cry, both sad and happy tears. All of these stories gave you this sense of happiness and thankfulness. It showed us how fortunate we are for having all of the ridiculous things we own. It made us want to give everything we have and then some more. The YES Trip is something that I know I will never forget.

- Missions Dinner - Ethiopian Style



The missions team was delighted to host a multicultural luncheon with the help of a gift from our beautiful Ethiopian community. These ladies prepared a traditional Lenten Ethiopian meal that drew in a large crowd eager to partake of their lush culture! Betty Tadesse, Tiruwork Getahun, and Lia Afework along with Daniel, Mesfin, Zebi and Tibe, worked hard and with love with the help of their families at home on each intricate and delicious dish they brought. What a delight it was to taste a bit of Ethiopia and experience the appreciation these ladies have for their church community. Guests enjoyed the meal complete with traditional Ethiopian coffee, while listening to Floyd and Ancuta Frantz talk about their vital ministry in Romania. What a blessing to hear about how Floyd and Ancuta give of their time and energy to share love with hurting families and individuals wracked with addiction, those dealing with unplanned pregnancies, and help with children whose parents cannot take care of them due to extreme poverty. Many were touched by all they heard and were happy to hear of how funds from St George were being used in Romania! The luncheon was then completed with an exciting announcement; St. George will be doing a short term mission trip to Kenya in the summer of 2018!!! Bishop Neophitos is finalizing his proposal for our trip now and working out the details. We thank the many who are already excited to join us as we bring the love of Christ to our Orthodox Kenyan family in Nyeri Kenya!!! Thank you again to all who came and participated in this missions luncheon. We appreciate your prayers for the communities around the world that your funds touch! Freewill donations in support of the Romanian Ministries exceeded \$1,900.



Tea Report with Ancuta Frantz



Thirty-five ladies from St. George gathered for a wonderful afternoon at Joan and David Farha's lovely home on a recent Thursday afternoon, where they met Ancuta Franz, our missionary to the Protection of the Theotokos Family Center in Cluj, Romania. The ladies were greeted by charming daughters of the Cathedral who accepted a hallway full of gifts for the children and staff of the Family Center, and who shared poems with us, later in the afternoon. Joan and her co-hostess of the Mission Support Team and ladies of St. George set a beautifully appointed and welcoming table!

After our tea and scones and cucumber sandwiches, Ancuta shared the story of her life in Romania, from the starkness of Communism, through many difficulties in life, to her work as the director of a clothing factory that inspired Craig and Victoria Goodwin to ask her to take over their work as the director of the Family Center when they left Romania. The ladies sat in rapt attention and engaged her with questions, fully realizing the importance of this work in abandonment-prevention that is unique in Romania. They shared a prayer, "For Those We Love," that they can pray for their own families as well as for the poor mothers who work through the PTFC program to gain skills as mothers and supporters of their children. And, they learned what a grace-filled model of the Theotokos Ancuta is for those young, unloved families.

Everyone loved the time together so much, some called it a first "Antiochian Women's Tea Society" gathering, and plans are rumored for a second tea with another ministry focus, closer to home!

~ Thank You note ~

Thank you, ladies of St. George! You overwhelmed us with the gifts you brought to the tea-bags and piles of vitamins, diaper cream, warm and lovely children's clothing, and scrubs for the staff. The Frantzes packed two suitcases full to take on the airplane, and the Mission Support Team will pay their baggage fees so all can arrive safely!

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 Me" — Matthew 25: 35-36

COMPLETED Projects

THE LORD'S DINER

On Sunday, March 19th, St. George volunteers helped serve hot meals to the homeless in our community at their Broadway location.

What's Coming Up ?

WICHITA CHILDREN'S HOME - OPPORTUNITY ZONE

On Saturday, April 22nd, St. George volunteers will do a Gardening project for the Wichita Children's Home's Homeless Teen program, entitled OZ. They will provide the flowers, plants, and tools and we will plant, weed, clean out flowerbeds, pick up broken branches, and mend a fence. So let Traci Spencer know if you can help with this worthwhile project at 371-5599. Also, we gave a \$1,000 to the OZ program to purchase quality shoes for the homeless teens who may walk up to ten miles a day.

YOUNG AT HEART

On Sunday, April 25th, from 11:30-1:00 in the St. George Fellowship Hall. St. Mary and St. Michael parishes will be invited. Come enjoy good food, fellowship, and BINGO!

**Next Meeting Tuesday, April 4th
12:00 noon in the basement Youth Room.
We would love to have you join us!!**

2017 MEN'S RETREAT - CONTINUED

- **Saul:** Note the parallels between Saul's ordination and that of our own chrismation; it turns him "into another man," but, even then, God continues to give the man a choice whether to act in accordance with God's will.
- **Israel:** Being different (by not having a king) was the glory of Israel—something that set them apart—just as Christians ought to be set apart and be different from the world that surrounds us today; let us be careful not to follow in the footsteps of Israel by demanding of God to let us conform to society—Should He grant us our demands, the outcome will assuredly not be good.
- **David & Goliath:** In monastic literature, Goliath represents a passion. David is able to slay him with a single blow because he places himself and his situation wholly in the hands; once he does that, the battle is God's and not his own. (As an aside, we learned why David chose five stones instead of just one—Goliath had four sons, and David was ready for each of them.)
- **David in Exile:**
 - o Worship gives rise to guidance—although we need to be ready for guidance we don't want to hear. Obedience is the training ground—the precursor—for the next steps of the spiritual life, whether we're kings, monastics, or everyday lay people. Let us learn to sanctify ourselves in worship, for in the Liturgy, all of our life outside the Liturgy is sanctified by the prayers that occur right after the Anaphora.
 - o When David refrains from killing Saul as he sleeps and only cuts off the hem of Saul's robe, David models for us the way in which we ought to deal with our superiors, even if they are deaf to good advice and mute in speaking truth—we are to give them respect nonetheless; to this, there is always a blessing attached.
 - o When David, under Abigail's influence, refrains from retaliating and heads off to worship God instead, he teaches us how to deal with subordinates.
 - o Finally, David's public scorn of his equal ultimately prevents him from unifying the entire kingdom and creates great problems for David and his heirs. This teaches us to treat our equals with respect and care and to refrain from mocking them.

Father Calinic had much more to say on the life of David—exploring David's fall, his restoration, and the damage his sin did to his family and kingdom. Father Paul was right, when he announced Father Calinic as a world-class speaker and theologian; more than that, Father Calinic was approachable, practical, and full of the love and light of Christ for all.

The retreat culminated with Divine Liturgy in the chapel in Victoria to the voice of our own chanters, Tim Farha and Nick Oldziey, and a parting breakfast. Those of you who have not attended a Men's Retreat yet—mark your calendars for March 2-4 next year; same goes for you that have. It never disappoints.

Return Service Requested

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”