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The Cathedral Messenger

A Publication of St. George Antiochian Orthodox Christian Cathedral



The Great Canon of St. Andrew of Crete

Served on the 5th Wednesday of Great Lent

Adapted from an article
by Archpriest Victor Potapov, @orthochristian.org

The Great Canon is more astonishing than any other liturgical text encountered during Great Lent. It is a marvel of liturgical hymnography, with texts of amazing power and poetic beauty. The Church decided to call it the Great Canon not so much for its length (250 troparia, or verses), as for the quality and power of its content. St. Andrew, Archbishop of Crete, who composed the Canon in the 7th Century, also composed many other canons used by the Church over the course of the liturgical year.

The Great Canon consists of a conversation between the penitent and his own soul. The conversation begins:

“Where shall I begin to weep for the actions of my wretched life? What first-fruit shall I offer O Christ in this my lamentation? But in Thy compassion grant me forgiveness of sins.”—with what shall I begin to repent, for it is so difficult.

A marvelous troparion follows:

“Come wretched soul, with thy flesh to the Creator of all. Make confession to Him, and abstain henceforth from thy past brutishness; and offer to God tears of repentance.

The apogee of this conversation with the soul, its constant unremitting call to repentance, comes in the kontakion sung following the 6th canticle of the Canon:

“My soul, O my soul, rise up! Why art thou sleeping? The end draws near and soon thou shalt be troubled. Watch, then, that Christ thy God may spare thee, for He is everywhere present and fillest all things.”

The great luminary of the Church addresses these words to himself, to the one who could be described with the words he used to describe St. Mary of Egypt, who truly was an “angel in the flesh.” And yet, he so addressed himself, reproaching himself for his soul being in slumber. If he could see himself as such a one, how should we see ourselves? We have to ask ourselves: What must I do?

A basic distinguishing feature of the Great Canon is its extremely broad use of images and subjects taken from Sacred Scripture, from both the Old and New Testaments. Unfortunately, we do not know the Holy Bible as well as we ought, and because we do not, for many of us the names mentioned in the Great Canon mean nothing.

continued on pg. 3

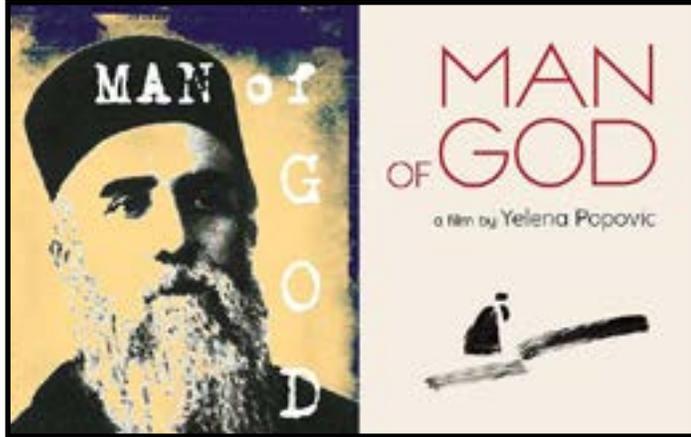
Dean, V. Rev. Paul O’Callaghan • St. George Orthodox Christian Cathedral

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MEMORY ETERNAL

Carol Kamas Rooney, of Oklahoma City, 3/10
(niece of Jean Cohlmlia)



Man of God, Yelena Popovic's award-winning film about St. Nektarios the Wonderworker, had an impressive first showing in the U.S. on Monday March 21.

The long-awaited film was shown for two nights, with the second showing being held Monday, March 28.

According to Box Office data, more than 42,000 people went to see the film in theaters across the country, making it the 4th most popular film in the nation on Monday, reports the Orthodoxy News Agency. The film brought in more than \$510,000 on its first showing.

The movie is also coming to Australia and New Zealand in April-May.

Man of God made its international debut at the 43rd Moscow International Film Festival in April, where it won the coveted Audience Award. It also took home the Audience Award at the Los Angeles Greek Film Festival in May, and it topped Greek and Cypriot box offices when it was released there in August.

In the fall, it took home the Best International Film Award from the Siena International Film Festival and the Grand Prize in the Spirit of Faith at the Religion Today International Film Festival in Trento, Italy.

<https://orthochristian.com/145332.html>

MANY YEARS!

MABROOK! BLESSINGS!

birth

Antoine Andre Wakim, 3/20, Seattle, WA
son of Andre and Jennifer Wakim

CLASS OF 2022

Gwyneth Ash
Eleni Chapas
Brady Claassen
Naomi Daniel
Zoey Ellis
Marion Gibson
Johnny Jabara
Johanna Ledell
Layla Mason
Reagan Mayo
Anthony Nabbout
Jacob Orr
Ella Sipp
Quinn Van Stipdonk

Join US! May 15th
to Honor Our Cathedral Graduates and for the presentation of the Kouri/Cohlmlia Scholarships

THANK YOU

Dear Fr. Paul & Members of St. George Cathedral,

Your blessings! Thank you for your VERY generous gift to IOCC for the Ukraine Crisis! Much needed! As we enter into the holy period of Great Lent, let remember the foundations given to us by the Church: Prayer, fasting and almsgiving. These three are interrelated. Through your prayers, fasting and generosity, you enable us to serve His children in need.

**A Blessed Lent — Nick Kasmotes,
Director of Development**

APRIL FASTING

There is an allowance for fish and wine on Palm Sunday, April 17. 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 24-30 is fast-free, and an Antiochian tradition allows for fast-free observance during the 40 days of Pascha.

And yet, the Bible is not merely a history of the people of Israel. It is also a great chronicle of the soul of mankind. If we were to examine the lives of those mentioned in the Bible, we would see that each of them is presented not so much as a historical figure, an individual that did such and such, but as an individual standing before the Living God. The person's historical or other accomplishments are accorded second place.

And so, through the individuals and events recounted in the Great Canon, the history of the Old Testament and the New Testament passes before us. Its author points out to us our forefathers' falling into sin, and the corruption of the original world. He points to Noah's virtues and the bitterness and lack of repentance shown by the people of Sodom and Gomorrah.

He resurrects for us the memory of the righteous patriarchs and valiant men: Moses, Joshua son of Nun, Gideon and Jephthah; he allows us to look at the King David's piety, his fall and touching repentance; he points out to us Ahab's and Jezebel's impiety, and also the great paradigms of repentance—the Ninevites, Manasseh, the harlot, and the wise thief. He accords special attention to Mary of Egypt, and more than once stops the reader at the Cross and at the Holy Sepulcher of our Lord. Everywhere, he teaches repentance, humility, prayer, and self-denial. It is in these examples that the exhortation to the soul constantly takes place—[O my soul] remember this righteous one; thus did he please God; remember that righteous one as well; thus did he please God; you have done nothing comparable.

In the concluding ode chanted on the first day of Great Lent, after all of the historical recollections, there follow troparia of amazing power:

“The Law is powerless, the Gospel of no effect, and the whole of Scripture is ignored by thee: the prophets and all the words of the righteous are useless. Thy wounds, my soul have been multiplied, and there is no physician to heal thee.” It is useless to remind you of the Old Testament; everything is useless. I will give you examples from the New Testament, and perhaps you will then repent.

“I bring thee, O my soul, examples from the New Testament to lead thee to compunction. Follow the example of the righteous, turn away

from the sinful, and through prayers and fasting, through chastity and reverence, win back Christ's mercy.”

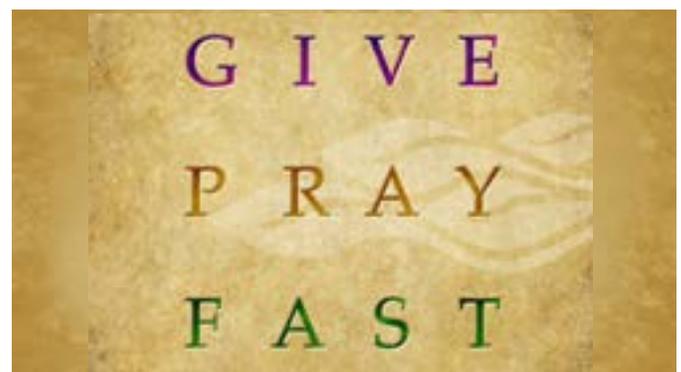
Farther on, the Canon underscores the fact that the worst of sinners repented, and will enter the Heavenly Kingdom before we do:

“Christ became man, calling to repentance thieves and harlots. Repent, my soul: the door of the Kingdom is already open, and Pharisees and publicans and adulterers pass through it before thee, changing their life.”

In its concluding troparia, the Great Canon, using every possible means to move us to repentance, as it were reveals to us its “method” [of instruction]: How I have talked with thee, O soul! I have reminded thee of the Old Testament righteous ones and have given thee examples from the New Testament [to lead thee to compunction], and yet it is has all been for naught, for “thou, my soul hast not followed their lives and actions. Woe to thee when thou art judged!”—woe unto thee, when thou shalt stand before the Judgment!

Attending the words of the Great Canon, having scrutinized the history of people who ran from God only to be overtaken by Him, people who were in chasms, but whom God led out, let us contemplate the fact that God brings each of us out of the chasm of sin and despair, so that we might offer Him the fruits of repentance.

As it says in the Great Canon “whosoever God wishes, the order of nature is overcome.” That is to say, where God so wishes, supernatural events occur: Saul becomes Paul, Jonah is brought out of the belly of the whale, Moses crosses the sea on dry land, the dead Lazarus is resurrected, Mary of Egypt is turned from a harlot into a great righteous one. For, according to the Savior “with men this is impossible, but with God all things are possible.” (Matt. 19: 26).





After canceling the annual Men's Retreat in both 2020 and 2021, men from throughout our Archdiocese gathered in Victoria, Kansas for a discussion with Father Joseph Huneycutt regarding how their lives—and especially their spiritual growth—has been impacted by relatively recent events, ultimately concluding that what we've faced over the past few years has really been just a different iteration of the same old enemy who is to be faced with our resurrected Lord and Savior Jesus Christ.

Pledge Trends at St George Cathedral	
Year	Pledge Cards Returned
Please	2014 236
make it a	2015 233
priority to	2016 212
return your	2017 203
pledge	2018 204
card this	2019 194
year.	2020 178
	2021 171
	2022 167

Pan-Orthodox Pot-luck Supper

Hosting St Mary Church

Wednesday, April 13

following the Presanctified Liturgy

An abundance of Lenten foods are needed for this Supper:

- Rice & Bean dishes
- Hummus
- Baba Ghanouj
- Tabouleh
- Salads
- Potato dishes
- Pastas
- Chili
- Rolled Grape Leaves
- Lenten Desserts

Soup-like dishes should be kept to a minimum.

Food for the Hungry



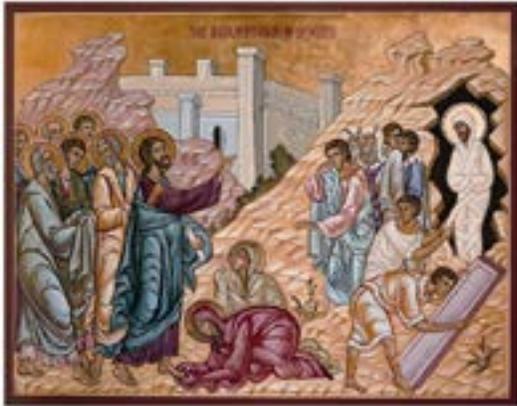
We urge you, during this season of prayer, self-discipline and fasting, to be very generous in your contribution to this campaign. As we practice the virtues which cleanse our souls, let us not forget or refrain from the “greatest of the virtues.” As important as prayer and fasting are, they are of no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

GREAT FRIDAY VIGIL



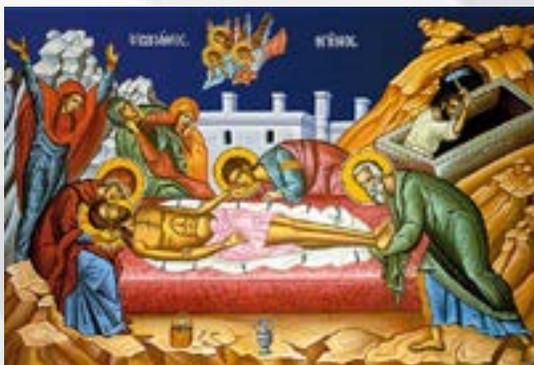
All are more than **WELCOME**
to participate in the Holy Friday All Night Vigil!
A sign-up board will be placed by the Chapel

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.

Holy Saturday & Pascha



Apr 23 • 9:30a *Vespertal Divine Liturgy*
11:00p Paschal Service
followed by Paschal feast
Apr 24 • 1:00p Agape Vespers



Does it **REALLY** matter?

In April 2019 the Kansas Supreme Court ruled on a law that outlawed dismemberment abortion in Kansas and declared the law to be "unconstitutional". The court declared that there was a right to abortion in the Kansas Constitution that was written in 1859.

As a result, since that ruling, all laws putting constraints on abortion are presumed to be unconstitutional. Kansas is now as liberal as New York and California when it comes to abortion. Kansas is now a destination state for abortion and some pro-abortion groups hope to eventually see over 100,000 abortions in Kansas each year.

It really matters to return to Kansans the right to have a voice about abortion through our elected officials. The Value Them Both Constitutional Amendment was passed through our Kansas legislative bodies in January 2021. It will be on the ballot on August 2nd this year. It requires a simple majority of those who vote to become part of the Kansas Constitution.

If we do not pass the Value Them Both Constitutional Amendment abortions can be done in Kansas right up to just before a baby is born.

Yes . . . this **REALLY** matters



Antiochian Archdiocese Scholarships
are available

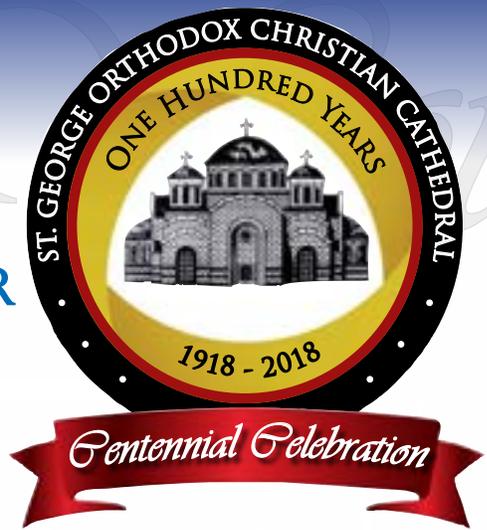
Antiochian Orthodox Christian Archdiocese
of North America

Visit the link below for more information

Applications available at:

<https://antiochian.org/regulararticle/386>

THANK YOU TO ALL WHO HAVE PARTICIPATED IN OUR CENTENNIAL CAPITAL CAMPAIGN 2018-2022



Cindy Abdallah
Craig & Stacey Ablah
Faissal & Carol Abou-Faissal
Dr. Alex & Pamela Ammar
Stan & Gretchen Andeel
Ghassan & Mikell Awwad
Jeff & Patti Ayesch
Ryan & Sara Ayesch
Sherri Ayesch
Andrew & Macrina Bayless
Bob Bayouth
Lindy Bayouth
Sally Bayouth
John & Marcia Bever
Jeff & Susan Bloomer
Gary & Roslyn Brittain
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Martha Sturgill
Floyd Walpole
Marvin Wolf
Dr. George & Jihane Zakharia
Dr. Estephan & Janane Zayat

* 2022 is the final year of our Centennial Capital Campaign. There are 60 donors who have given, but not yet completed their pledge commitment. If you have not yet done so, please fulfill your pledge this year.

* If you have not yet made a gift to the Capital Campaign, remember the Paschal counsel of our Father among the saints John Chrysostom: "If anyone has tarried even until the eleventh hour, let him not be fearful on account of his lateness; for the Master ... receives the last as even the first."



Submitted by Jenny Wall,
Community Support Team Leader

St. George Lenten Drive to Benefit Harbor House

Thank you for your donations for children staying at the Harbor House is a shelter in Wichita. We will continue to collect your donations during the Lenten season.



Bring Lenten Donations here... ..or here!

The Community Support Team is blessed and thankful to be able to accomplish the following these past few months:

- Donated \$1,000 to Co-Immunity Foundation to continue to develop this new agency which provides support for young people with chronic invisible diseases.
- Donated \$1,000 to Real Men Real Heroes for junior high after school programs.
- Donated \$1,000 to The Treehouse to purchase baby formula.
- St. George Sewing Sisters have completed 9 out of 60 aprons for the Lord's Diner. They continue to make fleece blankets and baby quilts for our parish family. More sewers are welcome! Contact Nancy Claassen if you wish to join in on the fun on Thursday mornings from 10 am – 1 pm!

Next Meeting
Tuesday, April 12

12:00 noon in the Library.

We would love to have you join us!! We usually meet the 2nd Tuesday of every month at noon. Please consider sharing your gifts and talents with our community. Please contact Jenny Wall at 990-4096 if you would like to be involved.



Volunteers at Kansas Food Bank



Community Support Donation presented to The Treehouse Director



Dillons Community Rewards Program

To participate in the Dillons Community Reward Program set up a Dillons account online at this link <https://www.dillons.com/i/community/community-rewards> and designate St. George Orthodox Cathedral to receive your Community Rewards. When you shop at Dillons, a percentage of the sale will be forwarded to the St. George account. There is no extra charge to you.

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St. George Orthodox Christian Cathedral

7515 East 13th Street North

Wichita, KS 67206-1223

www.stgeorgecathedral.net

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Save the date!

Join us as St. Mary celebrates 90 years! This year's Mediterranean Festival will be **Saturday, May 14.**

We've combined our most popular dishes into two unique plated meal options, plus a dessert sampler plate. Meals can be purchased using our convenient and efficient drive-thru or carry-out located at the church. Our Marketplace and bookstore will also be open inside the church. Follow us on Facebook for the most up-to-date details about this year's festival, including our pre-order event and our charity partner, Wichita's Littlest Heroes!

