



Volume 35, Number 2
FEBRUARY 2026

The Cathedral Messenger

A Publication of St. George Antiochian Orthodox Christian Cathedral



Each time DOWAMA meets for Camp, the experience for everyone involved is a spiritual pilgrimage. For Winter Camp, Parishioners from all corners of DOWAMA embark on long car rides in packed vans to join their friends for a weekend full of services and activities. The yearly sacrifices prove worthy as upon arrival, old friendships are reestablished, and the spirit of camp is revived.

Cade Scott, the Assistant Camp Director at Antiochian Village, was our camp speaker and spoke on the topic "How Camp Orders the Human Person". Three sessions were devoted to detailing how camp models itself after the life of the Church, and how entering into this model encourages our flourishing. Topics of having a balanced lifestyle, spiritual disciplines would give teens a deeper understanding of how Life in the Church correctly orients our lives as human beings.

Times outside of talks were spent in cycles of services, meals, and programs. Each outing at camp guarantees Vespers, Orthros, a Service of Supplication to St. Raphael, and

Liturgy. Camp services have a special flair as many teens join in the chanting and praying. Afternoon program offered the usual angle ball game, complemented with card games and Gaga Ball. Occasional walks to a wooden cross in front of Lake Texoma were embarked upon as campers took the chance to retreat from the activities of camp to catch up with their friends. Evenings were devoted to programs, these taking place in the form of a Gong Show, and a 'Babies and Boomers' themed dance.

Prior to returning to our homes, a grab-and-go breakfast in the dining hall is the event in which goodbyes take place. What is designed to be a 15-minute breakfast turns into an hour-long attempt to bid farewell to all your friends. Goodbyes are always said with the implicit understanding that we would all see each other again, at least in six months, for Summer Camp. Friendships made at camp always find their way of reestablishing themselves, one way or another. WAMP is left with faith rekindled and a deep appreciation of how God can work through faithful friends.

Bulletin Board



MEMORY ETERNAL

Samir Awwad, 1/26, of Amman, Jordan
(father of Ghassan Awaad)

Ibrahim Mattar, 1/20, of Beirut, Lebanon
(father of Bassam Mattar)

St George Orthodox Cathedral 2025 Annual Parish Meeting

to be held Sunday, February 1st, 2026
immediately following Divine Liturgy

To view the report visit: www.stgeorgecathedral.net
and find Annual Report 2025 - top right.
An email has been sent with the password to view

MABROOK! BLESSINGS!

baptism

Olivia Rose Heineman, 1/17

births

Dorothea Yvette Marie, 12/31
(daughter of Austin and Lauren)

MANY YEARS!

Cecilia Jane Suzanne Mosley, 12/26
(daughter of Ben and Moriah)

chrismations

Wyatt Leo, Teagan Mary Magdalene,
Rhett John Maximovitch, Ridge Innocent,
and Rory Raphael Lange 12/24

Young at Heart Bingo

Hey All you 55yrs & Up

Enjoy lunch, prizes, and fellowship.

Tuesday, February 17th

11:30am-1:30pm

in the Cathedral Fellowship Hall

adult education

Practical Orthodoxy:

The Do's and Don'ts of Practicing the Faith

continues in February

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

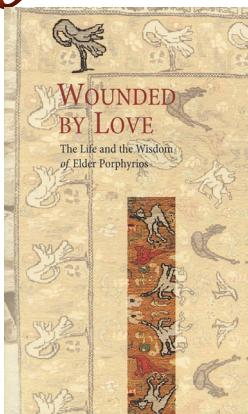
Women's Faith & Growth

Join us Thursday
February 19th, 7:15p
at the Parish House

— 1328 N Tallyrand St —

for an evening of fellowship
& faith

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



FEBRUARY FASTING

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

February 1 — February 7 is fast free.

Meatfare Fast begins February 15, we abstain from all meats, though fish & dairy products are allowed.

Exploring Orthodoxy 2026

Pathways of Piety

Holiness in the Modern World

with **Fr. Evan Armatas**

of Saint Spyridon Greek Orthodox Church
Loveland, Colorado

Saturday, February 7



am schedule

- 9:00 Doors Open
- 9:15 Third Hour Prayers
- 9:30 Refreshments
- 9:45 Introduction
- 10:00 Keynote Session I
- 11:30 *Icon of Holiness 1: St. Joseph the Hesychast*
— Luke Gilstrap



<https://tinyurl.com/5ebxnb8n>

pm schedule

- 12:15 Complimentary Lunch
- 1:30 Keynote Session 2
- 2:45 Break
- 3:00 *Icon of Holiness 2: St. Amphilius Movie*
- 4:00 Break
- 4:15 Panel Discussion and Q & A
- 4:45 Ninth Hour Prayers
- 5:00 Great Vespers

\$15 Registration fee includes lunch,
snacks, and refreshments.

23rd Annual Men's Lenten Retreat-2026

This year's Men's Lenten Retreat,
to be held **March 6-8**
welcoming this
year's presenter,
Fr. Chad Hatfield

Topic:

Mary, Mysteries and Mission



Use this link to register: <https://tinyurl.com/ym6s6dpf>
or visit stgeorgecathedral.net Event Registration button

WISDOM OF THE SAINTS

“Never despise fallen man . . . never refuse to do good to those who have need of you . . .

Give help. Help others to live. Give food, clothing, medicine, apply remedies to the afflicted, bind up their wounds, ask about their misfortunes, speak with them of patience and forbearance, come close to them . . .”

—St. John Chrysostom

Preparing for the Lord's Day: Rethinking Our Saturday Nights

By Dn. David Sebits

In the rhythm of the Church's life, nothing stands alone. We are given seasons for everything—for fasting and for feasting, for repentance and for rejoicing, for quiet preparation and for celebration. Every feast is preceded by a fast, every fulfillment by a time of longing. In this carefully balanced way, the Church teaches us to grow in sanctity: our joy is deepened by watchfulness, and our celebrations are shaped by anticipation.

Consider how the Church arranges time: the liturgical day begins at sunset, not at midnight. From the creation of the world, time has been sanctified by holy evenings—"And there was evening and there was morning..." (Genesis). Thus, when the light fades on Saturday, the Church is already stepping into the dawn of Sunday—the Lord's Day, a Pascha in miniature. For this reason, we gather at Great Vespers, where hymns of creation and resurrection mingle, drawing us from the noise and labor of the week into the stillness of the Kingdom. The Church calls us not merely to attend the Divine Liturgy on Sunday morning, but to enter the Lord's Day already prepared and attentive, keeping the quiet of Saturday night as the fast that precedes the feast. In this way, we fulfill the words of the Cherubic Hymn "*Let us now lay aside all earthly care, that we may receive the King of all, who comes invisibly escorted by the Angelic Hosts.*"

Our culture often claims Saturday night as a time for pleasure, parties, and rest after work. Orthodoxy does not forbid celebration—it transfigures it. True joy, as the Church teaches, is never careless; it is a fruit of sobriety, or *nepsis*—that wakeful attentiveness that keeps the heart open to God. "The Eucharist demands from us sobriety, attention, and a certain asceticism," writes Fr. Alexander Schmemann, "not because joy is forbidden, but because joy must be real."

By teaching us to prefer spending Saturday evening in quiet simplicity—rest, repentance, and prayer—the Church is not restraining us so much as inviting us to deepen the joy of Sunday's feast of the Resurrection, where we receive the very Body and Blood of our Lord. It is in the Church's wise rhythm, where fasting gives depth to feasting and silence makes joy

more radiant. When we choose a quiet family meal, shared conversation, or time for the Jesus Prayer instead of late-night drinking, partying, dancing, we are not rejecting joy—we are readying the soul to receive joy in its fullness.

The Church's invitation is gentle yet profound. If the Liturgy is the feast, then Saturday night is the fast that precedes it. Our customary fasting from midnight, our turning from the ordinary to the sacred, becomes a way of life that opens the heart to the grace of Communion. This is not a matter of legal duty but of inner orientation—the shaping of the person who longs to meet Christ in wholeness and calm.

Life, of course, brings occasions of celebration or necessities of life that come our way; for example, weddings are often held on Saturday evenings. In such cases, if one chooses to dance the evening away at the reception, the Church counsels us still to go worship in the Sunday services but refrain from receiving Communion.

The Church recognizes that there are such occasions and, as always, does not bind us with legalism. Yet she also teaches us to change our inquiry from "What am I allowed to do?" to "What kind of person is my chosen activity forming me to be?" Noisy and late nights can dull the nous and scatter the heart, while quiet preparation gathers it again in peace. Our choices shape how we stand the next day in Liturgy.

The Church reminds us—not as a rule to police us, but as a gift to restore us—that holiness begins in the small rhythms of time: how we eat, rest, pray, and prepare. When we keep Saturday night with reverence, we are not refusing joy; we are learning to anticipate it rightly.

As Fr. John Meyendorff beautifully wrote, "The Eucharist presupposes a way of life; it cannot be isolated from the total orientation of the person toward God." To shape our Saturday nights according to that life is to begin tasting, already in this world, the peace and joy of the world to come.

INTRODUCING: DANA BATES

by Beth Buerge

"The most perfect rule of Christianity, its exact definition, its highest summit, is this: to seek what is for the benefit of all." - St. John Chrysostom

This quote illustrates what has become the life mission of Dana Bates (who our parish is now pleased to support): losing oneself in order to seek that which will benefit all. Dana began his life as a missionary when he visited his parents in Romania, where they had moved to start an orphanage. He immediately saw the need for direction and leadership among the youth there and had a vision to begin an adventure education camp to further this purpose. In 1999, he and a group of volunteers built Romania's first ropes course and adventure camp. Over the next year, he travelled coast to coast in the U.S. garnering sponsorship for this program, and in the summer of 2000, led over 500 youth through a transformative week of Christ-centered adventure education and experiential learning in the Carpathian Mountains of Romania. Since then, he and his team have guided and instructed close to 20,000 young people through these camps.

The camps eventually led Dana to develop a program known as IMPACT, a service-learning youth model based on experiential education methods, combining spiritual formation with community development outcomes. The youth themselves identify community burdens, deciding on and implementing a service project. Through this, they learn a wide range of life skills, such as project management, budgeting, socioemotional intelligence, compassion, and leadership. Most programs are oriented towards fighting corruption, a major contributor to poverty and social issues worldwide. IMPACT has gone on to become a global best practice that is used in over 50 countries through organizations like World Vision.



Dana converted to Orthodoxy in 2003 and soon after received a PhD at Oxford in Orthodox Theology in dialogue with developmental studies. He now uses his IMPACT model to introduce youth to Orthodoxy by living what he calls the "liturgy after the Liturgy," helping them to become agents of change in their communities. Dana worked closely with the Romanian Orthodox Church throughout this process, and is now working in conjunction with OCMC to bring his program to East Africa, where there are already 39 youth programs established in Kenya and Uganda. The program has been especially meaningful for the Pokomo tribe in southern Kenya, where local service teams were able to rebuild homes and a bridge after devastating floods. Over 1,000 people became faithful new believers through these efforts!

Dana has two children, Briana Jelsa and Gabriel Matei, who like their father, love spending time outdoors. Join us in prayer as we walk alongside Dana and his family and their incredible ministries!

Potpourri



A Sanctuary for

Learning:

Only a Few Seats
Remain

PRESANCTIFIED POT LUCK SUPPERS

Please remember to bring a dish to
share on Wednesdays

February 25

In a world filled with distractions, Christ the Savior Academy offers a Christ-centered sanctuary for our children. Like an umbilical cord, our school ties students directly to the life of the Church. Just as the Theotokos was raised in the Temple, we believe that educating our children within the walls of the Cathedral is a sacred blessing that guards them against "earthly cares" and allows them to grow alongside the angels.

Our community is growing quickly, and we are nearing capacity in certain grade levels for the upcoming year:

- Pre-K: Only 2 spots remaining.
- Kindergarten: Just 4 spots left before we begin a wait pool.

The Blessing of an Orthodox Education:

- Liturgy as Life: Students live in the rhythm of the Church, moving from the classroom to the chalice.
- Classical Excellence: We cultivate a love for the Good, the True, and the Beautiful through our curriculum.
- A Sacred Foundation: 10 years spent in the shadow of the altar provides a spiritual anchor for a lifetime. Give your child an education that nourishes both the mind and the soul.

Take the Next Step: Visit csawichita.org to apply, or call 316-201-4810 to schedule a private tour today.

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.

Community Corner



We Need YOU!

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.

Young at Heart Bingo:

February 17th 11:30-1:00 in the St George Fellowship Hall. Parishioners 55 years of age and older, 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

Submitted by Carrie Camden

Community Support Team Leader

Next Meeting - February 10 - 12:00 noon
at the Parish House

The Lord's Diner:

February 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

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>

Kansas Food Bank:

St. George Volunteers braved the snow to pack 512 bags for the Food 4 Kids program at the Kansas Food Bank. Our usual faithful crew (led by Jane Evans) was joined by several enthusiastic younger volunteers that spent their time off from school helping out. Thank you to all who volunteered! To learn more about the Food 4 Kids program go to <https://kansasfoodbank.org/programs/food-4-kids/>



The Cathedral **Messenger**

St. George Orthodox Christian Cathedral

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Return Service Requested