



Volume 34, Number 11
November 2025

The Cathedral Messenger

A Publication of St. George Antiochian Orthodox Christian Cathedral

The St. George 90th Annual Lebanese Dinner & Food Sale by Alexis Phillips & Kristi Taylor



This year, we were blessed to serve 5,008 meals, a tremendous accomplishment made possible by our incredible volunteers. We're so proud of how everyone came together once again to make this cherished tradition so memorable.

Guests lined up to tour the cathedral, shop in the Country Kitchen, and enjoy our delicious food. This beloved Wichita tradition has truly become a highlight of the fall season, drawing friends and families from across the Wichita community.

The rave reviews we received for both our food and hospitality are a testament to the warmth, generosity, and dedication of our volunteers.

In the months leading up to the dinner, parishioners of all ages contributed to preparing every dish. Longtime members, many of whom have supported this event for decades, generously shared their knowledge and guided new leaders, ensuring the tradition continues with the same care and excellence.

We extend heartfelt thanks to our talented and devoted committee chairs. Your leadership and organization are key to our continued success. If you chaired a committee, please submit a final report to Alexis Phillips and Kristi Taylor as soon as possible. Reports should include a task list and timeline, a list of supplies, recipes (if applicable) and notes on what worked well and what could be improved.

To finalize proceeds, we ask that all tickets be paid for or returned if unused. Payments can be made by check at the Cathedral office or through the Realm app. Final numbers will be shared during coffee hour in the coming weeks.

With the momentum from this year's success, we're already looking forward to the 91st Annual Lebanese Big Dinner next year. We can't wait to make it an even more memorable celebration of our community, culture, and faith.

With gratitude,

Alexis Phillips and Kristi Taylor
Big Dinner Co-Chairs

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

7515 East Thirteenth Street • Wichita, KS 67206-1223 • (316) 636-4676 • <http://www.stgeorgecathedral.net>

2026 STEWARDSHIP

Please plan to make your 2026 Stewardship Commitment **by Sunday, November 30**, either online through Realm or by returning a signed pledge card to the Cathedral by that date.



adult education

Saints of the Western Church

A Series Introducing Orthodox Saints of the West to Eastern Orthodox Faithful



November 5: **Pope Gregory the Great**
— Jeff Moore

November 12: **Venerable Bede**
— Jay Mullinix

November 19: **St. Lucia**
— Vanessa Farha

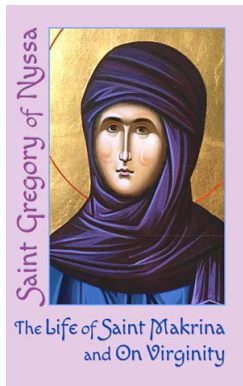
All presentations will take place on Wednesday evenings following Vespers at 7:15.

Women's Faith & Growth

Join us Thursday
November 20, 7:15p
at the Parish House
— 1328 N Tallyrand St —

for an evening
of fellowship & faith

Rebekah Sturgill
is leading the discussion
The Life of St. Macrina
by St. Gregory of Nyssa



MABROOK! BLESSINGS!

Baptisms

Alireza Thomas Tabrizi, 10/18
Robert Rodriguez, 10/25

Births

Mae Katherine McGrath, 10/8
(daughter of Jack and Kaylea (Knappenberger)
Sloane Elizabeth Barnes, 10/18
(daughter of Joey and Madison)

Chrismations

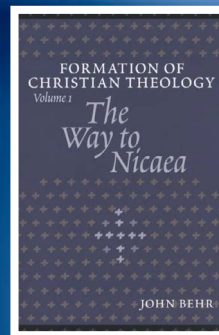
Kylee Lydia Tabrizi, 10/18
Mary Michael Gomez, 10/25

Marriages

Alex Wakim and Mollina So, 10/3
Geoffrey B Amend Jr and Brook Coltrane, 10/18

MANY YEARS!

A-Men Theology



Luke Moore will be
leading the discussion
on the book:

The Way to Nicaea

December 4, 7:15p
at the Parish House

NOVEMBER FASTING

On Wednesdays and Fridays prior to November 15, the normal fasting traditions are observed: abstinence from meat, poultry, and dairy products. The Nativity Fast begins Saturday, November 15th. The usual fasting regime is kept everyday during the Fast in November, except we are dispensed from fasting on Thanksgiving Day, and wine and in some traditions, fish, are permitted on Tuesdays, Thursdays, and weekends.





THE ENCOUNTER

You Want to Stay Rooted in Prayer—You Just Need the Rhythm.

When you don't know what or when to pray, start here.

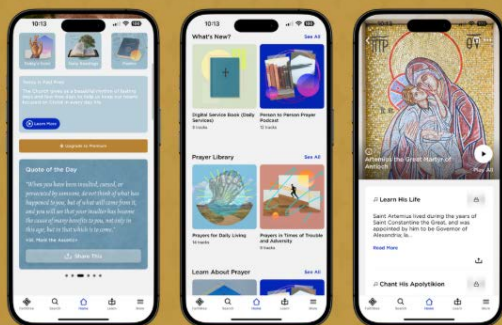
<https://www.faithtree.org/the-encounter>

Many of us long for a deeper prayer life, but we're not sure how to begin. We wait for the perfect moment, the perfect words, or the perfect level of discipline. And so we don't begin at all.

Prayer doesn't have to be complicated. It can be simple and flow from a place of gratitude, repentance, and the offering of our hearts to God.

The Encounter app gently guides you into a steady rhythm of Orthodox prayer, right in the middle of your real, everyday life. With morning, noon, and evening prayers—and reminders that meet you where you are—it becomes easier to turn to Christ again and again throughout the day.

Your Companion for a Consistent Prayer Life



IPHONE APP

ANDROID APP

<https://www.faithtree.org/the-encounter>

Dear Fr. Paul, Fr. Mark, Dn David and the Parish Council of St. George,

We are so grateful for your gift to our family as we embarked on our journey to St. Vladimir Seminary. This is the most difficult thing we have ever done, yet simultaneously the most beautiful.

We have been cared for each step of the way with our friends, family and most especially this community working as God's hands and comforting words.

Aaron's journey to this point started with planted seeds many years ago. The church in Wichita is the richest soil for growing in spiritual formation and for truly living the faith. His path isn't the most common one to the priesthood, but what a beautiful thing it has been to spend our first 20 years of marriage surrounded by such love.

Our children have been given such a nourishing start in life that they will carry with them wherever we are planted next. We miss and love you all. We look forward to seeing you at Christmas! Until then, please keep us in your prayers.

— Aaron, Jenny, Georgia, Olivia and James



CHRIST THE SAVIOR ACADEMY

**Admissions Open for 2026-2027
at Christ the Savior Academy!**

We are delighted to announce that the Admissions Season for the 2026-2027 school year is now open!

You've dedicated yourself to your child's education and formation. For many families, finding an education that fundamentally aligns with and actively supports their Orthodox Christian worldview and parenting can be a significant challenge.

Let CSA be the partner that supports your journey! We provide the structure, rigor, and specialized instruction—including math, science, Latin, Greek, composition, and more—all while observing the liturgical cycle of our Faith.

Our PreK-8th grade program offers an academically excellent and thoroughly Christ-centered environment right here in your parish community. Visit our website at csawichita.org, or call the admissions office at (316)-201-4810 to learn more or start an application.



Annual Dinner

Fall Fest Fun!



A-Men Grill



STANDING & SITTING IN CHURCH

— General Guidelines —

People are often confused about when to stand and when to sit during services. Although it's not possible to give an exhaustive description covering all situations, here is a general principle to keep in mind:

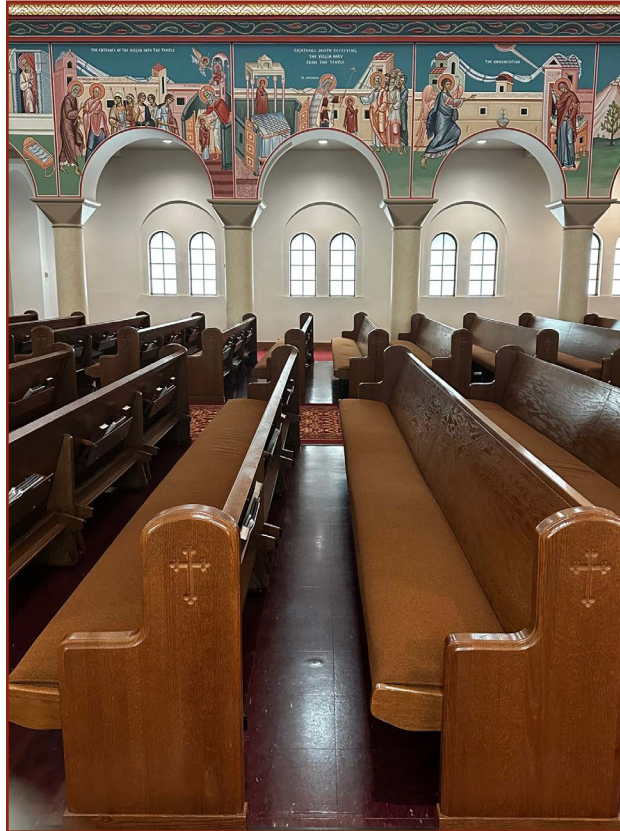
STAND
when
PRAYING

SIT
when
HEARING

Praying means when the priest is offering prayer, or when he or a deacon is making petitions bidding us to prayer. We are to be in prayer at such times, and the normal posture for prayer is standing. Thus, we always stand when the Trisagion Prayers are being recited.

Another general rule is to stand when the priest is standing before the altar chanting or praying. One may then sit when the doors are closed and the chanters are leading the service from the chanters' stand.

Hearing means listening the reading of Scripture, including the recitation of psalms, and troparia in-



serted between the verses of psalms (i.e., the Stichera and Aposticha at Vespers). The same would be true of the Praises, the Kathismata, and other sections of Orthros.

Exceptions: We **ALWAYS** stand for the reading of the Gospel, out of respect for Christ.

We **STAND** for the Sunset Psalm (102/3) at Vespers and the Six Psalms at Orthros, as the priest is praying the evening or morning prayers at those respective times.

Most of the Divine Liturgy is **PRAYER**; thus the only true times for sitting are during

the epistle and the sermon. Sitting is tolerated at other times only out of consideration for people's weakness; in our parish it is customary to sit after the Little and Great Entrances, at for the Megaly-narion after the consecration of the gifts.

We always **STAND** when the priest or deacon is censing. When he is finished, in most cases, we can sit – for example, during the chanting of psalms and troparia following “Lord, I have cried” at Vespers.

Again, it is impossible to cover all the exceptions and various situations, but these are general guidelines concerning posture during divine services.

If you wish to stand through the entire service, please stand in the outer aisles close to the walls.

Women's SMALL GROUPS *by Ashley Mullinix*

Three and a half years ago a desire was placed on my heart to start a ministry that would connect and grow the bonds between the women in the St. George community. Thus began the Ladies of the Parish dinners and luncheons. The purpose was to regularly bring the women in our parish together to meet and get to know each other better with the hope that in strengthening bonds with each other when needs arose in the parish we would be equipped to help meet them.

From the initial large gatherings came a desire for smaller meetings held in a more intimate setting where women could have meaningful conversations and connect on a deeper level. To this end our women's small groups were launched in December 2023. In these groups there was no set agenda or format. Ladies could sit down with each other at a park, over coffee, over a meal, or wherever they liked to talk, meet new people, and let the conversation go where it may. We found six small group leaders who were responsible to coordinate dates, times, and location and get the conversations started.

This summer, in the wake of the tremendous growth St. George is experiencing, we decided to open our small groups again to allow for the formation of more groups and the opportunity for more women to join. We added two groups specifically aimed at moms with young children to allow them to meet with others in the same phase of life. Again, the objective was to create closer as well as new relationships so that we would be able to support each other.

This October our ladies' community was called upon. A new St. George family with three young children that had recently moved to Wichita from Oklahoma had a crisis. The mom, Alexandra, was hospitalized for a severe infection. Father Mark alerted two other women and me of the situation and we created a meal train sign up and sent it to her small group leaders so that they could get it to the other ladies in the group. From there the sign up spread to other small groups and other women in the parish. Even the Sewing Sisters were alerted and they got right to work on a blanket! Not only were meals provided to this family but also offers of childcare so that Alexandra's husband Jacob could visit her in the hospital. The care and love from her small group and from others in the St. George community was made visible and tangible to this young family.

When the Antiochian Women's group started the Ladies of the Parish dinners and small groups our prayer was that our women would come together and grow into a stronger community that would care for and support each other in times of need. Alexandra's story is an example of how that is happening.

We currently have seven active small groups in our parish. If you are interested in being a small group leader or are not yet part of a small group but want to be please contact our small group committee chair Meagan Hopp (316-804-8590) or co-chair Ashley Mullinix (316-619-6195) and we will be happy to get you started and connected.

2025 Nativity Lent Psalter Group

Nativity Lent is almost here and it is time to sign up for the Nativity Lent Psalter Reading group. The deadline for sign-up is Friday, November 14th. Please contact Vas Oldziey via email, 20kathismas@gmail.com, to sign-up. Please be sure to send your **full name** and your **baptismal name** in the email. The reading assignment list will be sent out via email Friday evening, November 14th, so everyone can begin reading Saturday, November 15th.

In the Orthodox Church, the Book of Psalms, which has 150 Psalms, is divided into 20 sections each called a "Kathisma" (literally, a "sitting", since the Psalms may be read sitting down). A "Psalter Group" is therefore comprised of a minimum of 20 people who commit to reading one Kathisma of the Psalter each day. Each person is assigned a starting Kathisma for November 15th and then moves on to the next kathisma the next day until all 20 Kathismas have been read through

twice during the 40 days of the lenten season and the whole Psalter is read each day by the group.



Please note: We do not come together as a group to do the readings. We read anywhere and at any time of the day that is convenient for us. If you miss a day, you simply move on to the next Kathisma.

The order of the reading is as follows:

- Begin with the Trisagion Prayers.
- Next, read your Kathisma for the day.
- At the end, say a *Lord have mercy* for each person in your group, and one for the entire parish community. In this way, the reading of the Psalter by our group, becomes a blessing for our entire St George community.

If you have any questions, please contact Vas Oldziey.

Community Corner

St. George

community

support

Submitted by Mikell Awaad

Volunteer Opportunities

The Lord's Diner November 16th, 5:00-7:30p The Lord's Diner provides a hot meal to anyone who has a need. We typically serve meals on the third Sunday evening of the month. Youth ages 12-17 are welcome to volunteer if accompanied by a parent or guardian. For more information about volunteering with our St George/St Mary Team contact Pat Milburn at patmilburn74@gmail.com.

DUI Red Ribbon Event November 5th, 1:00p We will meet at the church to sign ribbons and magnets in remembrance of DUI victims. If you can help, contact Jane Evans at sittie49@gmail.com.

Cook-up-Storm St. George Community Service was blessed to provide brunch for The Treehouse's "Getting Ahead" program. This 16-week workshop helps women strengthen their financial stability

Next Meeting
Tuesday, November 11th
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



Volunteers Leyanne Oller and Mikell Awaad participated in Reality U at Allison Middle School. Reality U is a personal finance simulation experience that allows students to gain a better understanding of how decisions they make determine their financial success as adults. To learn more about Reality U and how you can help, go to <https://thepandoinitiative.org/reality-u/>

and build a better future. We'll be providing two more brunches in the coming months; if you'd like to help, please contact Carrie Camden.

Orthodox Christian Mission Center's Annual Trek4Missions



At the end of September, 25 parishioners from St. George and St. Mary joined together to participate in the Orthodox Christian Mission Center's annual Trek4Missions, a nationwide event that is held annually to raise money for the recruitment and training of OCMC missionaries around the world. Individual parishes could choose whether they wanted to walk, run, bike, swim, sing, or even fish for missions, and participants were encouraged to find sponsors for their trek.

On the morning of September 20th, we set off on the Redbud Trail to walk as far as we were able. Some participants walked nearly 10 miles! Our goal was to raise \$5,000, and the Missions Support Team is happy to announce that we were able to raise \$5,208, making us the top contributor nationally out of 23 teams. Thank you to everyone who participated in or supported our trek - we couldn't have done it without you. Let's make this an annual event!

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7515 East 13th Street North

Wichita, KS 67206-1223

www.stgeorgecathedral.net

Return Service Requested