



Volume 31, Number 10  
**October 2022**

# The Cathedral Messenger

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



**by Lydia Daniel**

The YES Trip was a chance for the St. George Teen Soyo to go into the community and learn more about the people of Wichita. We were first talked to by the lovely YES leaders, and they helped us understand the focus of the day; why we choose to serve the community; how to handle interaction; and keeping our inner peace.

After we left the church by bus, we were taken downtown, split into groups, and given the task of buying a good lunch with only four dollars only using the stores and restaurants down Douglas. Like people seem to do, all groups were drawn towards QuikTrip buying simple things like pizza and sandwiches to eat with water to drink. On our way to get our food and back to the bus, we were encouraged to talk to people on the streets, give compliments and have genuine conversations.

After we finished downtown, we headed back on the bus for a "tour" of places of service in Wichita. We stopped by places

like the Foodbank and the United Methodist Church. Our final stop was Dear Neighbor Ministries, where we got off our bus and headed down to the house to talk with the property manager. We also worked in their community garden doing tasks like pulling weeds and cleaning up the area. We enjoyed having fun together while serving the community!

After we went to the church, we discussed our day and emphasized the difference between serving someone and helping someone. This is such an important distinction to make. As most of you know Teen Soyo ranges from ages 12-18 and was one of the first service projects for some of the younger members. Overall, it was a humbling experience that allowed us as teens to be thankful to God and keep the people of Wichita in our prayers.

**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>



## MEMORY ETERNAL

Robert Bayouth, 9/12

Dear Friends,

### Our Church Directory is Online!

View our church directory online or via the FREE mobile app today.

To view the directory online, go to [members.InstantChurchDirectory.com](http://members.InstantChurchDirectory.com) and follow the prompts under "Sign In" to "Create a login now." Please remember, you must confirm your email address before you can sign in.

There is also a free mobile app available for download at the Apple App store in iTunes, Google Play store and the Amazon Fire App Store. Simply search for "Instant Church Directory" to get the download.

You will need to use your email address as listed in our directory to create a log-in the first time you use the directory online and via the mobile app.

### Need help or have questions?

Please contact: Gina @ 636.4676 or email at [gina@stgeorgecathedral.net](mailto:gina@stgeorgecathedral.net)

**Live Streaming**  
will resume October 16th



October is  
Youth Month



During the month of October members of Teen SOYO will be reading the epistle during Liturgy as well as collecting special contributions for **Special Olympics** during the last two Sundays in of the month."



## OCTOBER FASTING



During this period, the normal fasting traditions are observed: abstain from meat, poultry and dairy products on Wednesdays and Fridays.

MANY YEARS!

## MABROOK! BLESSINGS!

Baptism

Antoine Andre Wakim was baptized, 9/18  
(son of Andre and Jennifer)

Birth

Collin Alexander Christian, 9/23  
(son of Spencer and Jennifer)



## Women's Faith & Growth

Join us Thursday  
October 27, 7:15p

in the Youth Center

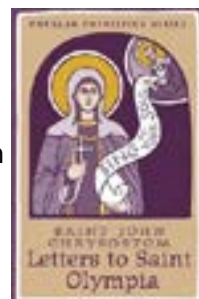
for an evening of fellowship & faith

Rebekah Sturgill

is leading the discussion

Studying "Letters to Saint Olympia"

— John Chrysostom



## Moms' Bible Study

A bible study group for all interested women

Continues Thursday, October 13, 1:30pm  
and continuing every other week.

Currently on the Gospel of Luke -chapter 22

We will meet in the Teen Center at the Cathedral.

Please speak to Fr. Paul if you are interested in joining.

## In the Beginning A series on the book of Genesis

Fall 2022 Adult Educational Program

October 5:

God, Image and Gender

— Fr. Paul

October 12:

The Mystery of Marriage

— Fr. Paul

October 19:

A Tale of Two Trees

— Fr. Paul

October 26:

The Corruption of Creation

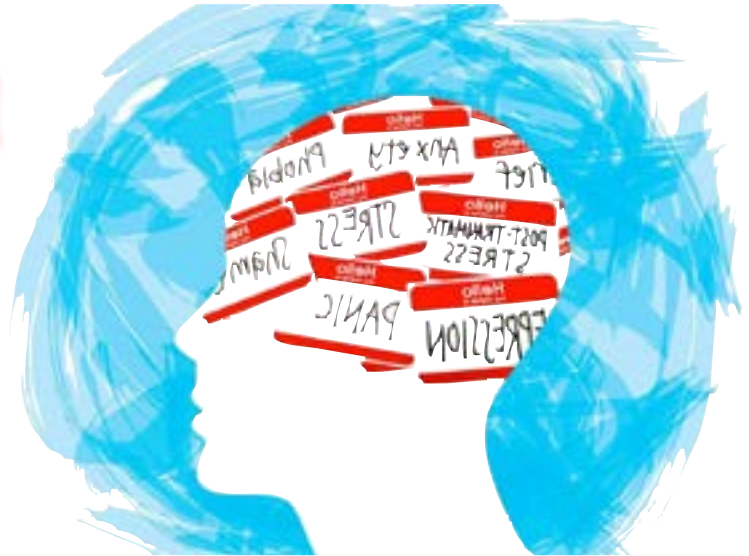
— Jay Mullinix



Classes will be held following Vespers at approximately 7:15p in person & live streamed.

# The Teen Mental Health Crisis

By John Stonestreet and  
Kasey Leander at Break Point



(The observations and statistics in this article document the developments I have perceived over the past 4-5 years in working with teens. There has been an unprecedented increase in depression, anxiety, self-loathing, self-harm, eating disorders, suicidal ideation, sexual acting out and confusion, not to mention alcohol and drug abuse – especially among girls. It is indeed a crisis. – Fr. Paul)

**Teen mental health  
has never been this bad.**

As New York Times journalists Michael Barbaro and Matt Richtel discussed on The Daily podcast, we're facing an unprecedented crisis in teen mental health. Mere decades ago, the major threats to the health and well-being of young people in the West were nearly all external, such as illness, car accidents, risky sexual behavior, alcohol, or smoking.

Today, the greatest threats to the health and well-being of young people are internal. As Richtel reported, in 2019, 13% of all adolescents reported having a major depressive episode, a 60% increase from 2007. Teen suicide rates, which had been stable for nearly a decade prior to 2007, "leapt nearly 60% by 2018." In 2019, the American Academy of Pediatrics announced, "Mental health disorders have surpassed physical conditions as the most common reasons children have impairments and limitations." (And all of these statistics were drawn before the COVID lockdowns – FP)

The factors behind this tsunami of depression, anxiety, and self-harm are many, one of which is the internet. In 2017, Dr. Jean Twenge of San Diego State

University noted that the spike in adolescent mental health problems reached a crescendo in 2012. That year, the percentage of Americans who owned smartphones surpassed 50%. Exposing developing brains to an overwhelming amount of social information, she argued, was contributing to a massive, unprecedented uptick in mental health issues.

On one hand, social media has brought the near-constant experience of social comparison to the developing minds of 8, 9, and 10-year-olds. On the other hand, the sheer amount of panicked, hyperbolized, and truly frightening headlines a student must navigate is unprecedented in human history. We might forgive students who are convinced the world is completely out of control.

Richtel and Barbaro also noted other factors in the podcast. For example, the average age for the onset of puberty has become earlier and earlier since the 1980s, especially for girls. Experts are unsure as to exactly why this is the case, but there are plenty of correlations having to do with early exposure to sexually explicit material, fatherlessness, and family breakdown. Whatever the cause, the impact is real.

In the face of this exploding mental health crisis among young people, the demand for care is outpacing the number of trained counselors and psychologists. Pediatricians and emergency rooms have become first responders. As Richtel observed, "Every night, in emergency rooms across the country, there are at least 1,000 young people spending the night waiting in a room to get to the next level of care where they can be helped."

In every generation, followers of Christ have seen protecting and caring for vulnerable children as

continued on next page

## PRIESTS AS CONFESSORS & MENTORS



(Adapted by Fr. Paul from an article by Anastasia Parkhomchik at the Catalogue of Good Deeds)

Metropolitan Anthony of Sourozh identified three steps in the ladder of advancement to spiritual mentorship. He also cautioned the inexperienced clergy against taking on roles for which they were not prepared spiritually.

He placed newly ordained parish priests on the first step of his ladder. Their ordination qualifies them to perform the sacrament of confession and give absolution of sins. They are not expected to act as spiritual guides or offer advice during confessions.

Priests with some experience of spiritual and parish life and familiarity with their parishioners' spiritual and daily lives are on the second step. They are able to give guidance to their flock from their knowledge and personal experience. When they cannot answer a question, they should acknowledge their ignorance. They should pray that God will reveal to them the right answer and advise the parishioner to do the same.

On the third step of the ladder are the elders. They have become like unto Christ with their lives, and have a calling to lead their flock to the Kingdom of God. They can look into the heart of the person who comes to them and enlighten them on some aspects of God's plan for them. But no one can claim to be an elder arbitrarily. Elders reveal themselves to the world when the Grace of God touches their souls, and they respond to this calling by taking on the feat of mentorship and spiritual guidance.

Genuine elders are very rare. There are many more who claim to be elders inappropriately.

Therefore, Orthodox people would be well advised not to limit their search for a spiritual mentor exclusively among elders. It is possible to find an appropriate guide among the clergy whom Anthony of Sourozh assigned to the second step of his famous ladder. The challenge is to find a mentor that suits our individual needs and circumstances and build a productive spiritual relationship that leads us to salvation.

All spiritual mentors should have Christ and His apostles as their models. Only then can they build their relationship with their disciples on love, compassion, and forgiveness of their sins, just as Christ redeemed the sins of all humanity on the Cross.

In the words of Saint Ignatius (Bryanchaninov), "we are only instruments of the Divine Providence. We are nothing by ourselves; without God's help, we cannot give guidance to anyone, not even to ourselves. So every spiritual mentor must lead people to Christ, not to himself." Unless the relationship between the mentor and disciple is grounded in Christ, it will bring ruin to both souls.

### The Teen Mental Health Crisis... continued

a crucial part of their calling. Today, children are vulnerable to radically changing social conditions, harmful ideas about their minds and bodies, the loss of institutions crucial to their health and well-being, and a barrage of bad news.

The first step in fulfilling our calling is, in the words of Dr. Matthew Sleeth, to Hope Always. Children need the truth about life and the world, about themselves and God, and we can give it to them. Of course, parents must limit and help guide children in their digital interactions, as nearly all experts recognize. But this is not merely a crisis of media: It's a crisis of meaninglessness. That's one reason a Harvard psychologist writing in *Scientific American* argued that "Psychiatry needs to get right with God."

Christians have an obligation to care. When we see the brokenness of the world around us, we are to imitate the work of Christ. In His name, we can be a force for good in our lifetimes, and, God willing, reverse the tide.

Join Us!

# Ministry Sunday

Get Involved!

Sunday, October 23

Highlighting the ministries of our St. George Cathedral Community

On Ministry Sunday, we will highlight and display the work of our organizations, ministry teams and study groups. Many of our teams need new members and fresh enthusiasm! Join us in the parish hall and get involved!

#### **Cathedral Choir – Chris Farha, Director**

The ministry of the Choir is to offer fitting and edifying praise to God by means of music. We seek to lift the congregation to join with the unceasing heavenly worship offered by the angels and saints.

#### **Church School – Jenny Farha, Superintendent**

The ministry of the Church School is to form children in the Orthodox Faith, from pre-school through high school.

#### **Antiochian Women – Leader TBA**

The Antiochian Women sponsor the various parish luncheons and dinners throughout the year. They also host special events such as the Spring Fiesta. They sponsor the Women's Faith and Growth group, the annual Women's Retreat, and host occasional fellowship events for the women of the parish.

#### **Community Support Team – Jenny Wall, Chair**

The Community Support Ministry provides support, whether financial, spiritual, or emotional, to those in need, both inside and outside our parish family. The main focus of the Community Support Ministry has been on partnering with community agencies with which we share common goals in addressing community needs. We do this by providing opportunities for volunteer involvement and financial support.

#### **Missions Support Team – Sally Buxton, Chair**

The Mission Team provides support for Orthodox missions locally (Kansas), regionally (Wichita Diocese), nationally (Antiochian Archdiocese) and internationally (world-wide Orthodox missions). It has provided for the building of a church in Ghana and sent a mission team to Kenya.

#### **Adult Education Team – Verla McCullough, Chair**

The Adult Education team sponsors the Wednesday evening "Continuing Catechesis" education programs, group, retreats and special seminars, and produces various materials for use within the parish.

#### **Outreach Team – Andrew Ledell & Kent Murray, Coordinators**

The Outreach Team's mission is to spread the gospel of Orthodox Christianity in the wider community. The team originated "Orthodoxy Alive" and various other public events. They also coordinated greeters and pew assistants. A priority for this revitalized team is "in-reach" to members who are not deeply involved in parish life.

#### **Youth Advisor Team – Ben Mosley, Youth Director**

The Youth Advisor Team works with the Youth Director in coordinating activities for SOYO and YABOY (pre-teen activities).

#### **Little Lambs in God's House – Tawny Vaughan, Coordinator**

Little Lambs is open to children ages 8 and under and meets bi-monthly on Wednesdays at 6:15p prior to Vespers. Children will explore the lives of the Saints, learn church hymns and songs, and spend time with one another during these 30-minute gatherings.

**Men's Theology Group – Warren Farha, Leader**

This group of men meets once a month on a Thursday evening to study Orthodox theological works.

**Women's Faith & Growth – Rebekah Sturgill, Moderator**

This group meets once a month on a Thursday evening during the school year for fellowship and to foster spiritual growth. They discuss texts related to Orthodox Spirituality.

**Mom's Bible Study – Reina Nabbout, Coordinator**

This group meets bi-weekly on Thursday afternoons to study Holy Scripture. Its purpose is to provide a bible study opportunity for women who are unable to attend evening events and classes.

**New Breed – Justin Elkouri & Amy Fernandez, Coordinators**

Promoting parish involvement for the 25-45 age group through social fellowship, spiritual conversation and service.

**OCF – Ben Mosley, Youth Director**

The Orthodox College Fellowship meets once a week on Tuesday evenings during the school year. It provides fellowship opportunities for college students and discussions of the issues that confront them from an Orthodox perspective.

**SOYO – Zyada Mekonnen, President**

SOYO (Society of Orthodox Youth Organization) provides fellowship, education, and spiritual growth opportunities for 7th-12th grade students.

**Church School Newsletter**

<https://bit.ly/CSOctober22>



*Come and Join Us!*

St. George Orthodox Christian Cathedral

**The 87th Annual 2022  
Lebanese Dinner & Food Sale**

Saturday, October 8th, 4-8 pm • Sunday, October 9th, 12-7 pm

**Adults - \$20**

**Children - \$15**  
(age 10 & under)

- Completely Revovated Dining Room
- New Cathedral Icons
- Baklawa Sundaes
- Dine-In or Drive Thru
- Cathedral Tours throughout the day
- Country Kitchen Ethnic Specialties & Homemade Goods
- Advanced Food Orders Available - online (quantities are limited)

**Tickets & Information 316-636-4676**

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**AS SUN AND I ARISE**

As sun and I arise, my Lord, I greet You  
To share this bright new day in prayer before You  
Shine light on sin, that I might seek grace from You  
To ready my soul so that I might serve You

Prepare me, then, to be Your humble servant  
Pray banish from my heart all selfish thoughts  
Replace within a heart-fire ever fervent  
That brings me to my knees before the Cross

And if it be Your will that I should lead,  
Pray keep my gaze fixed firm upon Your face  
That in Your Church Your work through me succeed  
Well sheltered in Your love-imbued embrace

Take all of mine, my Savior, make it Thine—  
Small contributions to Your grand design



Submitted by Jenny Wall,  
Community Support Team Leader

## September Activity

### Ronald McDonald House

On September 17 several St. George women organized and cooked a brunch for 30-40 individuals currently finding refuge at the Ronald McDonald House. A donation of \$500.00 was also presented to a Ronald McDonald House representative.



## Volunteer Opportunities

### The Lord's Diner

Serve dinner every 3rd Sunday evening with other St. George parish volunteers. More volunteers will be needed as the Lord's Diner begins serving in person meals again. Contact Pat Milburn for more information at [pmilburn@josephhollander.com](mailto:pmilburn@josephhollander.com) or cell # 316-680-0209.

### DUI Red Ribbon Project - November 7

Meet at 1 pm at DUI Office: 313 N. Seneca. This has been a long-time annual event for the St. George parish where we will be writing the names of DUI victims on red ribbons that will be placed on police cars in their memory during the holiday season where there is the highest rate of drunk driving.

## Join the Team!

We would love to have more St. George parishioners join our Community Support Team! We are currently meeting on the 2nd Tuesday of the month at noon by Zoom. Email Jenny Wall at [walljenny4@gmail.com](mailto:walljenny4@gmail.com) if interested.

## Next Meeting Tuesday, October 11

We would love to have you join our meeting by Zoom!

Please contact Jenny Wall at 990-4096 [walljenny4@gmail.com](mailto:walljenny4@gmail.com) for more information



## Input Please!

Parish Family, it has been our privilege to serve 17 agencies and more than 75 families in our community during 2022 with donations and volunteer hours. It is that time of year when WE ask YOU to reach out to your Community Support Team and let us know what agencies you would like us to support in 2023 with funds and volunteer opportunities. We are here to help you serve! Please contact Jenny Wall at [walljenny4@gmail.com](mailto:walljenny4@gmail.com), or any team member with your ideas before November 5. Thank you so much!

### Dillons Community Rewards Program

We are excited to report that \$336.76 was donated this past quarter to Community Support Budget through the Dillons Community Rewards Program! We have not raised over \$300 per quarter for the past few years. THANK YOU for your support!!

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 donation. 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.

*The Cathedral  
Messenger*

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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)

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