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The Cathedral Messenger

A Publication of St. George Antiochian Orthodox Christian Cathedral

A CHRISTIAN ENDING Preparing for the Final Journey

by Adela Garton



On Saturday, September 19, 101 participants gathered for the seminar "A Christian Ending: Preparing for the Final Journey." The group included 78 parishioners from St. George, along with members of three other parishes from across our diocese as well as attendees from the Wichita community.

Fr. John Reimann of St. Anthony the Great in San Diego served as the featured speaker. He opened the seminar with a theological overview of Orthodox beliefs surrounding burial practices. In his second presentation, Fr. John shared how the burial ministry operates at his home parish. In addition to discussing the practical aspects of organizing and carrying out this ministry, he shared many stories of the ways this important service has brought comfort, care, and blessing to families in their time of loss.



Following Fr. John's presentations, members of the St. Joseph of Arimathea team presented the results of their work toward establishing a burial and bereavement ministry at St. George. Adela Garton spoke about natural burial options available in Wichita and shared what a burial guild at St. George might look like if there is sufficient interest and enough volunteers to support it.

Joan Farha and Carrie Camden concluded the morning sessions with an overview of the bereavement ministry and its goal of caring for and supporting families who have experienced the loss of a loved one.

The afternoon sessions, led by David Hahn and Nicole Sul-tani, focused on practical preparations that can help families navigate the difficult circumstances surrounding death. They discussed important legal documents and arrangements that everyone should consider having in place, as well as various options for the distribution of estate assets.

The seminar concluded with a question-and-answer session featuring Fr. John, Fr. Paul, and Fr. Mark, who responded to questions submitted by participants.

The seminar provided an opportunity for our parish community to consider not only the practical preparations surrounding death, but also the ways we can faithfully care for one another through burial, bereavement, and the final journey of this earthly life.



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>

Bulletin Board



MEMORY ETERNAL

Nina Gavrilovna Guzenkova
(mother of Veronika Arola). Russia, 9/8



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."

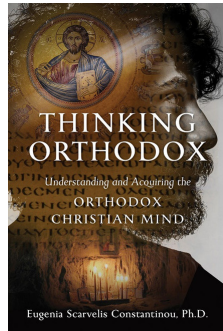


Women's Faith & Growth

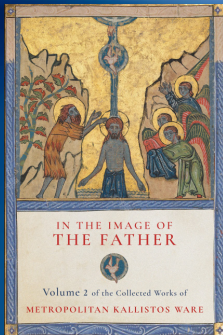
**Join us Thursday
October 22, 7:15p
at the Parish House**
— 1328 N Tallyrand St —

for an evening of
fellowship & faith

Rebekah Sturgill
is leading the discussion
"**Thinking Orthodox**"
by Dr Jeannie Constantinou



A-Men Theology



Luke Moore will be
leading the discussion
on the book:

***In The Image
of The Father***

**October 29, 7:15p
at the Parish House**

Trek4Missions Join the missions support team on November 7th as we walk, jog, or bike on the Redbud Trail to raise support for OCMC missionaries. Breakfast will be provided at the Parish House at 8:30 a.m. before we begin trekking at 9 a.m. The individual & team who treks the furthest will take home a prize! Contact Brandon Buerge at microflight@gmail.com to donate to the team.

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!

Baptisms

Georgia Duncan, Brian Thomas Gnagy
and Lauren Mary Perry 9/12

Chrismations

Heath Dismas and Samantha Katherine Duncan,
Paul and Heba Ferguson, Elizabeth Gnagy,
Jessica Juliana Wagle, Duane Michael Nagel, 9/12

Fall 2026 Adult Education Series

Our Antiochian Heritage

A series exploring the history
and spirituality of the
Church of Antioch

October 7:

Schisms and Muslims – Fr Paul

October 14:

**The Church of Antioch after Islam
– Fr Mark**

October 21:

The School of Antioch – Fr Calinic

October 28:

No presentation—Clergy Retreat



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



St George and St Mary Teen SOYO Service Project
Making Breakfast for homeless people

Reimagining COFFEE HOUR

In our Antiochian Orthodox tradition, hospitality and community are not simply our culture—they are a reflection of the love and fellowship we are called to live out as the Body of Christ. Coffee hour has long been an extension of this calling: a time to break the fast together, share food, and deepen our connections as a St. George family.

At the same time, we recognize that hosting coffee hour can feel uncertain. The wide variety of offerings from week to week, along with unclear expectations around cost and quantity, can make signing up feel overwhelming—especially for newer members or families considering hosting with people they don't yet know.

To make participation more approachable and consistent, we are reimagining coffee hour by introducing a simple, standard template: bagels with cream cheese or donuts. This provides a clear and predictable structure, helping hosts better anticipate both cost and preparation. While families are welcome to opt out of the standard template or add to it, if desired, our hope is that we all remain mindful of its purpose – to provide a small snack to break the fast.

Our hope is that hosting coffee hour with this mindset will encourage more members of our community to sign up—individually or alongside others—and to do so with greater confidence. By simplifying the process, we aim to strengthen the spirit of shared hospitality that defines our Antiochian identity and continue fostering a welcoming, connected parish.

FAQ

- **How do I sign up?** There is a book in the fellowship hall between the double doors to the kitchen and where the coffee is poured, where families can sign up.

- **I don't have a large family like many at St. George – who should I sign up with?** Parishioners should feel empowered to sign up with anyone, though it certainly is helpful to sign up with friends. A great way to ease into hosting coffee hour is to do so with your Godparents.

- **How much food should I order?** How much should I anticipate hosting coffee hour to cost? How do I set up/clean up? Parishioners should expect an email ~10 days before the Sunday they are signed up to host that contains this information as well as the email addresses of the other hosts to coordinate details of hosting coffee hour, ordering, etc.

Sample Ordering Templates

Bagels & Cream Cheese (example: Mikey's Bagels and Panera, Lenten options available)

- **Mikey's Bagels** — 10 dozen bagels with 15lbs cream cheese: \$30/dozen bagels & \$10/lb cream cheese = \$450
- **Panera** — 10 dozen bagels with 15lbs cream cheese: \$13/dozen bagels & \$10/lb cream cheese = \$280
- 3 gallons orange juice: ~\$10/gallon = \$30
- 20 loaves of Holy Bread: \$5/loaf = \$100
- Total: \$410-\$580 (\$103-\$145/family with 4 families)

Donuts (example: Krispy Kreme and Dillon's)

- **Krispy Kreme** — 24 dozen donuts: \$130/6 dozen = \$520
- **Dillon's** — 20 dozen donuts cut in half: \$7/dozen = \$140
- 3 gallons orange juice: \$10/gallon = \$30
- 20 loaves of Holy Bread: \$5/loaf = \$100
- Total: \$270-\$650 (\$68-\$163/family with 4 families)



Come and Join Us!

St. George Orthodox Christian Cathedral

The 91st Annual 2026 Lebanese Dinner & Food Sale

Saturday, October 10th:

- Dine-In: 4-7 pm
- Carry-Out: 4-8 pm

Sunday, October 11th:

- Dine-In: 12-7 pm
- Carry-Out: 12-7 pm

\$23 per Ticket

- Dine-In or Drive Thru
- Country Kitchen Ethnic Specialties & Homemade Goods
- Cathedral Tours throughout the day
- Advanced Food Orders Available - online (quantities are limited)

Pre-Order Pickup • Sat, OCT 3rd, 9-1pm • Sun, OCT 4th, 12-3pm

Tickets & Information 316-636-4676

7515 East 13th St • www.stgeorgecathedral.net



Ladies Luncheon

There will be a ladies luncheon on
Saturday, October 24th from 11am-1pm
at the home of Sadie Salloum, 1142 N Linden Cir
Food and fellowship provided! RSVP to Ashley Mullinix
(316) 619-6195 or Joan Farha (316) 806-9640

St. George Cathedral's

Fall Festival & Costume Party

Sunday, November 1
5:00-7:00p
in the Fellowship Hall

\$5.00 Admission includes:
Chili Dog Dinner - Games & Prizes

Save the Date

2026 Women's Retreat

Date: November 13-14

Location: St George Cathedral

Speaker: Heidi White



2026 ST. GEORGE

WOMEN'S RETREAT

NOVEMBER 13 - 14

Returning Key Note Speaker:

HEIDI WHITE

THE MYSTICAL REALITY OF

WOMANHOOD:

Spirituality, Femininity, and Salvation

A spiritual vision of the feminine and the
salvation of the world through the
Theotokos and the lives of the saints.



Registration
will soon be
available

Welcome Home

Our individual paths to Orthodoxy cannot be separated. I can wholeheartedly say that I was drawn to the fullness of the Faith because of Heba, and she was drawn back to it because of me.

Raised in rural Kansas in a devout Protestant family, I had zero exposure to Orthodoxy until I met Heba. Throughout the years of our marriage, her defense of Orthodoxy opened my eyes to the beauty of the Church. Heba had been raised in the Coptic Orthodox Church in Cairo, Egypt, until the age of ten, when her family immigrated to the U.S.A. Settling initially in small Midwestern towns in Iowa and Missouri, her family eventually drifted into Protestantism. Together, we went on to spend over thirty years in a local non-denominational church here in Wichita.

However, during a trip to Egypt in 2001, my understanding of what it means to be a Christian changed forever. Spending time with Heba's family in Cairo, witnessing their deep love for Christ and their faithful lives under incredibly difficult circumstances, humbled me greatly. I had never been in an environment where being a Christian came at such a high cost. From that moment on, I developed a profound admiration for Orthodox Christians around the world.

Yet, having admiration and feeling compelled to actually become Orthodox are two different things. For many years, we marked the St. George Lebanese Dinner on our calendar mostly because the food is out of this world, but also for the church tours. I can't even count how many tours we took, simply because I wanted an excuse to spend time inside the beauty of the Cathedral.

Then came 2020. I was forced to work from home for about a year. While it was a challenging isola-



tion, it also gave me the time to listen to the radio and podcasts while I worked. That was when I first heard about Hank Hane-graaff's conversion to Orthodoxy. Hearing him describe the writings of St. Ignatius, St. Justin Martyr, and St. Irenaeus was life-changing. I knew I had to find out more about the original Church that Jesus established.

After five years of praying and working through the differences between Orthodoxy and Protestantism, I finally asked Heba if she would attend a Divine Liturgy with me. At the time, the only people

we knew at St. George were Jim and Tracy Spencer. Amazingly, on our very first visit, the first person we met on the front steps of the Cathedral was Jim Spencer himself. He greeted us graciously and helped us get settled.

Once inside the Nave, we sat directly under the icon of El-Matareya, the holy tree that gave refuge to the Virgin Mary and the infant Jesus in Egypt. Looking up, Heba and I realized we had actually visited that very tree during our travels. It felt like a gift from God, a providential sign that we were exactly where we were supposed to be.

As we approach the one-year anniversary of our first visit to St. George, we are beginning to understand the wisdom of what Father Paul shared with us when we first met: that Orthodox Christianity is not merely a set of beliefs we adopt, but a whole way of life. We are incredibly grateful for the immense kindness and warmth the St. George community has shown us since that first Sunday. The catechism classes have been a blessing, and Father Paul and Father Mark have made us feel so deeply welcome. Thank you all, glory to God for bringing us to this community, we are so incredibly thankful for you!

— Paul & Heba Ferguson



HERITAGE Sunday

AN ARRAY OF INTERNATIONAL
DELICIOUS DESSERTS SERVED
FOR OUR CELEBRATION LUNCHEON



Celebrating Our Heritage at St. George Orthodox Cathedral



On this special day, we honor the rich heritage of our St. George community—a legacy rooted in faith, tradition, and unity. Founded by Middle Eastern immigrants in 1895, St. George Orthodox Cathedral has grown into a vibrant parish of faithful from diverse backgrounds, united in service to God and one another.

Our celebration is a reflection on the past and a commitment to the future. Heritage means embracing our Orthodox Christian roots, honoring the sacrifices of those who came before us, fostering unity across generations, and passing on our faith to future generations.

To help preserve this legacy, the St. George Endowment Fund was established. This fund provides long-term financial support for the church's ministries, educational programs, and special projects. Contributions can be made through planned giving—such as wills, trusts, and life insurance policies—ensuring our faith and community continue to thrive.

We invite all parishioners to:

1. Inquire about the St. George Endowment Foundation—learn more, ask questions, and speak with a member of the Board of Trustees.
2. Consider planned giving as part of your estate planning.

Every gift strengthens our mission and helps weave the next chapter in the beautiful tapestry of St. George's heritage.

Thank you for being part of this journey.
Bryan Distefano — Chair,
St. George Endowment Board of Trustees



A Special Thanks to our
Antiochian Women for a
delicious meal!





Submitted by Traci Spencer

...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

Past Volunteer Events:

The Lord's Diner On Sunday, September 20th, from 5:00-7:30 p.m., St. George and St. Mary parishioners served hot meals to people in need in our community.

Atischwin Institute Used Furniture is still needed!! One family donated a sofa and loveseat. They would STILL appreciate any used furniture or décor!!! Please let Traci Spencer (316-371-5599) know if you have items that you would like to pass onto Atishwin Institute and she will arrange with Jane Vinyard for pick up.

Emberhope Workday On Saturday, September 12th, from 9:00-noon, one volunteer helped organize the indoor supply room and yard/maintenance

Upcoming Volunteer Opportunities

Family Promise October 4-10th. St. Mary's Orthodox Church is providing housing, meals, etc. for homeless families in the Family Promise program. Please help St. George partner with them by using the following link at fpgw.vomo.org. to see where volunteers are needed. Please help make a difference in the lives of homeless families!!

The Lord's Diner Sunday, October 18th, 5:00-7:30 p.m. St. George and St. Mary parishioners will serve hot meals to people in need in our community. To volunteer, please contact Pat Milburn at patmilburn74@gmail.com.

HopeNet On October 19th, volunteers will prepare a meal for one of HopeNet's Getting Ahead program. The Getting Ahead Program is a free 16- week course designed to help under resourced individuals or families investigate the

Next Meeting

Tuesday, October 13th

12:00 noon 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

barriers of poverty and build long term stability. There are enough volunteers at this time.

Young at Heart Bingo On October 20th, from 11:30-1:00 p.m. St. George will provide a meal, BINGO prizes, and wonderful fellowship!! All seniors come and be blessed by this wonderful ministry! St. Mary and St. Michael parishioners are also invited so let your friends know! If you can volunteer to help set up or clean up, please contact Traci Spencer at 316-371-5599.

Pando The Pando Initiative needs volunteers to help with Reality U (help teens practice adult financial responsibility). Dates needed are as follows: Sign up for 1 to 1.5 hour shifts
Mead Middle School- October 1st (8:00 a.m. -2:15 p.m.);
Coleman Middle School- October 20th (8:35 a.m.-2:05 p.m.);
and **North High School- October 29th** (8:00 a.m.-2:22 p.m.) and **October 30th** (8:00 a.m.-2:22 p.m.). For questions or help signing up, please contact mikell_awwad@hotmail.com or Learn more about Reality U at <https://thepandoinitiative.org/reality-u/>

Join Us! New and Legacy Member Mixer

Please join us for a St. George community dinner designed to foster connection and camaraderie among our members. This gathering will offer an opportunity for those who are new to St. George to become better acquainted with long-standing members in a relaxed and welcoming setting.

Whether you are new to the community or a long-time member come and get to know each other over a delicious Italian dinner! We hope the evening will encourage meaningful conversations and help strengthen the bonds within our community.

Date: Sunday, November 8th
at 5:00 pm in the Fellowship Hall

Adults only

Gluten-free dinner available upon request.
Please look for an email invitation with more information and RSVP instructions in your inbox soon!

We hope to see you there!

The Cathedral Messenger

St. George Orthodox Christian Cathedral

7515 East 13th Street North

Wichita, KS 67206-1223

www.stgeorgecathedral.net

Return Service Requested

Revealing the Mystery of the Orthodox Christian Icon

Master Iconographer, Erin Kimmett, will be giving a presentation on the canonical tradition of iconography in the Eastern Orthodox tradition on **Saturday, October 31 at 10am**. The location is **All Saints Orthodox Church, 2818 Scanlan Avenue, Salina** and is open to the public.

A separate hands-on session will be held from 1pm until 2 pm and she will be demonstrating the process of gilding. Space is limited for this portion of the event so check the website for availability.

The cost is \$15 and each participant will have an icon to take home.



**ALL SAINTS
Orthodox
CHRISTIAN
CHURCH**

A Nativity Concert: God is With us in Image and Song

This free concert is a combination of Eastern Orthodox music and iconography. **The St. George Cathedral Choir under the direction of Chris Farha**, will perform at **All Saints Orthodox Church, 2818 Scanlan Avenue, Salina**, on **Sunday, November 1, at 4pm**. A reception follows with a discussion on the music and the iconography featured during the concert. All are welcome.