

April 2024

THE VINE



“I AM THE VINE AND YOU ARE
THE BRANCHES” (JOHN 15:5)



1922-2024

The Monthly Newsletter of

St. George Antiochian Orthodox Church, Canton, Ohio

A parish of the Antiochian Orthodox Christian Archdiocese of North America

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55 Maxims of the Christian Life

Fr. Thomas Hopko

(Below is a series of short phrases, or maxims, that are very practical and helpful. We can often times think that the spiritual life is very complicated and hard to live. Fr. Thomas was asked to come up with a simple and concise list of the essence of our Life in Christ as we struggle on the path towards salvation. He came up with these 55 maxims.)

1. Be always with Christ and trust God in everything.
2. Pray as you can, not as you think you must.
3. Have a keepable rule of prayer done by discipline.
4. Say the Lord's Prayer several times each day.
5. Repeat a short prayer when your mind is not occupied.
6. Make some prostrations when you pray.
7. Eat good foods in moderation and fast on fasting days.
8. Practice silence, inner and outer.
9. Sit in silence 20 to 30 minutes each day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly.
12. Go to confession and holy communion regularly.
13. Do not engage intrusive thoughts and feelings.
14. Reveal all your thoughts and feelings to a trusted person regularly.
15. Read the scriptures regularly.
16. Read good books, a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person, one of the human race.
19. Be polite with everyone, first of all family members.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, even a part of a day, at a time.
24. Be totally honest, first of all with yourself.
25. Be faithful in little things.
26. Do your work, then forget it.
27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and attentive, fully present where you are.
35. Think and talk about things no more than necessary.
36. Speak simply, clearly, firmly, directly.
37. Flee imagination, fantasy, analysis, figuring things out.
38. Flee carnal, sexual things at their first appearance.
39. Don't complain, grumble, murmur or whine.
40. Don't seek or expect pity or praise.
41. Don't compare yourself with anyone.
42. Don't judge anyone for anything.
43. Don't try to convince anyone of anything.
44. Don't defend or justify yourself.
45. Be defined and bound by God, not people.
46. Accept criticism gracefully and test it carefully.
47. Give advice only when asked or when it is your duty.
48. Do nothing for people that they can and should do for themselves.
49. Have a daily schedule of activities, avoiding whim and caprice.
50. Be merciful with yourself and others.
51. Have no expectations except to be fiercely tempted to your last breath.
52. Focus exclusively on God and light, and never on darkness, temptation and sin.
53. Endure the trial of yourself and your faults serenely, under God's mercy.
54. When you fall, get up immediately and start over.
55. Get help when you need it, without fear or shame.

Sunday of Orthodoxy!



Children's Sermon



Saturday, March 2, 2024
 four of our teens
 (Elia and Antony Corbin, Marios
 Macris and Arlen Rossett)
 represented our church at the
 Pre-Lenten Teen Soyo
 Ohio Deanery Retreat
 held in Akron.
 The day started off with
 introductions and icebreakers,
 followed by small group
 discussions on the theme of the
 Retreat: Living in the secular world
 as Orthodox Christians.
 After Lunch, the teens participated
 in a service project for
 St. Herman House in Cleveland.
 The rest of the Retreat included an
 'Ask Abouna' session, afternoon
 prayers and some free time to
 socialize.
 Thank you to all the organizers,
 speakers and attendees.
 God bless you all!



We were blessed to receive Judah McCune as a catechumen on Forgiveness Sunday and Deborah Liebig as a new catechumen on Sunday of Orthodoxy. Welcome Home!



Meatfare Sunday of the Last Judgement, March 10, we offered our Congratulations for the following occasions:

- *58th Wedding Anniversary of Frank and Rita Cassidy.
- *Baptism of Jonathan Daniel Starkey, son of Steven and Beth Starkey. (Godparents are Subdeacon John (Dr. Iyad Bechara) and Jazla Hilaneh).
- *Churching of Lena Mariam Shaheen, daughter of Subdeacon Dr. KJ and Randa Shaheen. May God bless you all!



Hello friends, I hope this Lenten season is finding you all well.

Our Food Ministry has a few items to update all of you. First of all, in March we fed 23 people, and purchased baby formula for the National Orthodox Baby Shower, so we branched out to a new demographic!

Also, I'd like to take a moment to thank our volunteers. We have a dedicated kitchen crew, but we also have home bakers who donate desserts from time to time (we're looking at you Sarah Joseph and Zella Kanam!), and delivery people, who are so appreciated- this group is Dan Albaugh, Joe Joseph, Walid Bardawil, and Chuck Leonhardt. We are so grateful for ALL our volunteers!

Then there's the cash side of things. March's dinner was courtesy of an anonymous donor, so many thanks to them. If you'd like to donate or sponsor, please know that 100% of your donation goes for the food and containers for packaging. And if you have donated to our ministry, thank you, thank you, thank you!

Again, thank you for your support, and please let Father Michael, Sherry Albaugh, or me, know if you'd like to be added to the list, or know of someone who does. No questions asked.

Yours in Christ,
Pam

Thank you to all who donated baby items for the National Orthodox Baby Shower.



We wish Katherine Shaheen a happy 100th birthday! (April 18) May God bless you!



The Lord Bless You And Keep You Numbers 6: 24

Our condolences to Fr. Michael Massouh and family on the recent passing away of Kh. Virginia. Memory Eternal!



ATTENTION ALL HIGH SCHOOL SENIORS

The Archbishop Michael Shaheen Educational and Charitable Fund announces the launch of its 2024 scholarship season.

To receive application forms, please contact Stevie Abraham at sabraham1@neo.rr.com or 330-546 3795

Donations needed Holy Week: Good Friday Flowers (these are free-will offerings so that everyone can donate) Saturday of Light - Laurel Leaves Sunday Easter Egg Hunt Candy & Chocolate



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Great Compline 6:30 pm	2 Great Compline 6:30 pm	3 Presanctified Liturgy 6:30 pm Holy Trinity	4 Great Compline 6:30 pm	5 Little Compline and Akathist Hymn (Madayeh) 6:30 pm	6 Great Vespers 5 pm
7 Sunday of the Holy Cross Matins 9 am Liturgy 10 am Lenten Vespers 6:30 pm	8 Catechism Class, 5:30 - 6:30 pm Great Compline 6:30 pm	9 Parish Council Meeting 5:30 - 6:30 pm Great Compline 6:30 pm	10 Bible Study in the Library 11 am Presanctified Liturgy 6:30 pm St. George Antiochian	11 Great Compline 6:30 pm	12 Little Compline and Akathist Hymn (Madayeh) 6:30 pm	13 Lenten Retreat with Bishop Anthony 10 am - 2 pm. Church Lower Level Vespers 5 pm Followed by youth discussion
14 Sunday of St. John Climacus Matins 9 am Liturgy 10 am Lenten Vespers 6:30 pm	15 Ohio Deanery Meeting 10:30 am-1 pm Great Compline 6:30 pm	16 Great Compline 6:30 pm	17 Bible Study in the Library 11 am Presanctified Liturgy 6:30 pm Holy Assumption	18 Little Compline with the Life of St Mary of Egypt and Great Canon of St. Andrew 6:30 pm	19 Little Compline and Akathist Hymn (Madayeh) 6:30 pm	20 Great Vespers 5 pm
21 Sunday of St. Mary of Egypt Matins 9 am Liturgy 10 am Lenten Vespers 6:30 pm	22 Catechism Class, 5:30 - 6:30 pm Great Compline 6:30 pm	23 Great Compline 6:30 pm	24 Bible Study in the Library 11 am Presanctified Liturgy 6:30 pm St. George Romanian	25 Food Ministry 9 am Great Compline 6:30 pm	26 Little Compline Canon of Lazarus 6:30 pm	27 Lazarus Sat. Matins 9 am See Fr prepare Gifts 10am Liturgy 10:15 am followed by children decorating their Palm Sunday candles & breakfast. Vespers 5 pm
28 Palm Sunday Matins 9 am Liturgy 10 am SOYO Fish Luncheon Bridegroom Matins 6:30 pm	29 Holy Monday Presanctified Liturgy 10 am Bridegroom Matins 6:30 pm	30 Holy Tuesday Presanctified Liturgy 10 am Bridegroom Matins 6:30 pm	May 1 Holy Wednesday Presanctified Liturgy 10 am Holy Unction Service 6:30 pm	May 2 Holy Thursday Vesperal Divine Liturgy 10 am 12 Passion Gospels 6:30 pm	May 3 Holy Friday Royal Hours 10 am Vespers 12 pm Lamentations 6:30 pm	May 4 Holy Saturday Saturday of Light Vesperal Liturgy 10 am Rush Service 10 pm followed by Paschal Matins & Liturgy Paschal Feast (May 5 Agape Vespers 12pm)



Ladies (AOCWNA) Lenten Corner

During this season of Great Lent, The Ladies of St. George (AOCWNA) offer you this spiritual and dietary resource to help guide you on your journey to Great Pascha.

Devotion of the Week

Our help is in the name of the Lord, Who made heaven and earth. (Psalms 124:8)



Lenten Snack Idea

Pretzels, Hershey's Chocolate Syrup with Plant Based Milk, Pistachios

This Month's Lenten Recipe



Ingredients:

8 oz. pasta of choice
 1 cup russet potato, peeled and diced into 1" cubes
 ½ cup carrots, chopped into ½" pieces
 3 TBSP. nutritional yeast
 ½ cup unsweetened plant-based milk
 2 TBSP. tahini
 1 tsp. apple cider vinegar
 ½ tsp. garlic powder
 ¾ tsp. salt, plus more to taste

Crumb Topping:

1/3 cup sunflower seeds
 1 TBSP. nutritional yeast
 Pinch of salt

Directions:

Bring a medium pot of water to a boil while you peel and chop your potatoes and carrots. Place the chopped vegetables into the boiling water and cook for 8-10 minutes, or until the carrots are easily pierced with a fork.

In the meantime, prepare the crumb topping.

Combine all of the ingredients in a food processor and pulse until well-combined, then set aside in a small bowl.

Drain the potatoes and carrots, then set aside.

Briefly rinse out the pot, then re-fill with water and bring to a boil again.

Once boiling, add the pasta and cook according to the package instructions for al dente.

Preheat your oven to 375 degrees, then prepare the sauce. Combine all the potatoes and carrots with the rest of the remaining ingredients in a food processor or high-speed blender and blend for 1-2 minutes, until the sauce is thick and velvety. Add extra salt to taste, if desired.

Drain your pasta, but do not rinse it.

Return it to the pot and pour the cheese sauce over it, stirring until well-combined.

Spread the pasta mixture evenly into an oven-ready safe 8" x 8" pan, then cover with a generous sprinkle of the crumb mixture.

Bake for 8-10 minutes, then broil on high for 2-5 minutes, until the top is golden brown and crispy. Be sure to watch carefully so it doesn't burn.

Carefully remove from the oven and serve immediately, topping with more crumb topping as desired. (frommybowl.com)

March 28, 2024

St. George Volunteer Day with our neighbors at the Akron-Canton Regional Foodbank!



***Kids' Party! March 16, 2024
Thank you to the Phoenicians for inviting our Sunday school families to the Kids' Party!***

The St. George Antiochian Orthodox
Church of Canton, Ohio
1118 Cherry Avenue NE

UPCOMING EVENT

June 26-29, 2024
Parish Life Conference - Oakbrook IL.

Hotel Reservations (by May 28) and Registration Schedule
at www.antiochianevents.com/toledo

SAVE THE DATE
VACATION
CHURCH SCHOOL
July 8-12

Live Streaming of Services on our Facebook page.

(You don't need a Facebook account to access the page and view the videos)

St. George Antiochian Orthodox Church of Canton, Ohio

<https://www.facebook.com/st.georgeantiochiancanton/>

Online Word magazine:

www.antiochian.org/theword

Subscription to Word Magazine:

<https://forms.gle/ZcYq1HD1tPp7SXHT9>

Online Giving Option

St. George Church has an online

giving/stewardship option on our website.

God bless you for your support and we sincerely thank you
for your contribution.



Online Stewardship Option:

<http://www.stgeorgecanton.com/stewardship.html>

You can also set up a bill pay through your bank and
an automated check will come to the church (a free service).

St. George Antiochian Orthodox Church

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