

March 2024

THE VINE

الكرمة

“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

انا هو الكرمة و انتم الاغصان

Great and Holy Lent

March 18, 2024

Dear Faithful in the Lord,

The Holy Season of Repentance is coming upon us. It might seem daunting to us to look at the fasting calendar and then to look at the liturgical services calendar. We might ask ourselves the question: How can I fit this into my life? Or, I have a busy schedule as it is and I don't have time for this! Or we might even just totally ignore it all together and not even entertain the thought!

To the first question, I would answer that Christ is our life and without Him, there is absolutely nothing! To the second statement, I would answer, tell me, what is more important than your salvation? And to the third stance, I would pray that the Lord wakes them up from their ignorance and hear His voice calling for them to follow Him! Whenever the disciples could not heal the boy with epilepsy, they asked Jesus why they could not cast out the demon. So Jesus said to them, *“because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, move from here to there, and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.”* (Matthew 17:20-21)

What are the obstacles, perhaps the demons, in our lives that prevent us from coming to true healing? Do we truly believe? Jesus rebuked His disciples for their unbelief! He assured them of the power of faith, even if it is the size of a small mustard seed. He also gave them an exact prescription for what they need to do in order to combat such a powerful demon. Two things: Prayer and Fasting!

Whenever we come to a life of prayer and fasting, we accompany our fallen and sinful lives with the Risen Lord who raises us up from our sins and grants us true healing. Whenever we humble our lives through prayer and fasting, we then are able to notice those who are downtrodden, poor and suffering among us and we intercede to help them and offer true alms of love to them. Prayer and fasting are like alarm clocks that will ring and ring, even though we constantly hit the snooze button, to cry out for us to come to Holy Confession! Prayer and fasting are what is called upon us believers so that we may ready ourselves to receive Holy Communion! Prayer and fasting will melt the demons! *“As smoke vanishes, so let them vanish! As wax melteth before the fire!”* (Psalm 68:2)

Through prayer and fasting, we will then come to truly rejoice in the Risen Lord who suffered for us so that we might live! Then we will realize what it takes to truly unite ourselves to Christ who is victorious over the devil and his demons, sin and death. Then we will come to know what it means to believe and have faith! Then we will begin our journey to Jerusalem, Gethsemane, the Praetorium, Golgotha and the Empty Tomb. Then we will come back to Life through Repentance!

May the Lord God grant us all good strength for this Lenten journey!

I ask for your forgiveness and prayers,

In Christ,

Fr. Michael



ASSESSMENT LUNCHEON, TALENT SHOW AND GODPARENTS SUNDAY

On this Blessed Sunday, February 18, we celebrated Godparents Sunday and held our Annual Talent Show during the Assessment Luncheon. A special thank you to Karen Davis for chairing today's Luncheon along with all of our great volunteers. Another special thank you to Sarah Joseph for coordinating the Talent Show and especially to all of the very talented participants! God bless you all!



On Sunday, February 25th, The Ladies of St. George sponsored a special coffee hour to honor and remember our past Ladies club members. Pictures, scrapbooks & other memorabilia were displayed and everyone enjoyed looking thru these items. Thank you to everyone who lent us pictures of their loved ones – may their memory be eternal! We also enjoyed a delicious taco bar lunch prepared by Max Rossett, owner of Bites, his meal prep – plan – catering business. The Ladies also collected funds for their 2024 Antiochian Women’s Project during the lunch, which will establish an endowment fund for widowed clergy wives. We will continue to collect for this project throughout the month of March during coffee hour.



ZOE for Life![®] Thank you all who donated for our Annual Sanctity of Life collection in January. We sent \$2000 through your generous contributions.

On Saturday, February 17, 2024, some of the Ladies of St. George toured “Beyond Camelot – The Life and Legacy of Jacqueline Kennedy Onassis.” It was a step back in history. They then went and enjoyed lunch at the 330 Bar and Grill (inside the Doubletree Hotel)



During the month of March coinciding with the Feast of the Annunciation, the Ladies of St. George, together with Orthodox parishes across the country, are sponsoring a "National Baby Shower" to collect items for Pregnancy and Parenting Centers. These nonprofits provide education, address material needs and offer emotional support to parents who experience unplanned pregnancies.

At this time, our local agency is in immediate need of:

SPECIAL FORMULAS: Enfamil Premium Infant; Gentle-ease; AR Similac Alimentum; 360 Total Care Nutramigen Hypoallergenic

BOTTLES: Dr Brown plastic bottles and slow-flow, anti-colic nipples for these bottles (all sizes)

BREAST-FEEDING SUPPLIES: Nipple cream, Breast pads, Milk Storage Bags

BATHING SUPPLIES: Baby wash, shampoo, and lotion (lavender scent)

CHILDREN'S CLOTHING of all kinds - new or gently-used - sizes 18-24 months (They do not need diapers at this time)

We will be collecting items in the lobby of the social hall through the month of March. Monetary donations are also welcome! Thank you for opening your hearts to this very worthy cause!

Dear Father Michael
and fellow parishioners,

Thank you for your calls, visits, gifts
and prayers – your support means so
much to our whole family.

Not being able to come to church
and be with all of you was one of the
most difficult parts of this recuperation.
It is so good to be back!

God is Good!

With gratitude and love,
Mike and Carol

Thank you to all those who offered prayers,
condolences and donations in memory of
my uncle, Protodeacon George Moubayed.
May God bless you all!
Love, Fr. Michael, Kh. Mira and Family

Our condolences to
Roger and Marlene Kyriacou and Family
on the recent passing away of
Roger's father Antoine Kyriacou in Cyprus.
Memory Eternal!

Our condolences to
Rafael and Jennifer Aguirre and Family
on the recent passing away of
Rafael's father
Guadalupe Aguirre Salazar in Mexico,
Jenny (their sister-in-law) and her sister Erika.
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*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center">Home Blessings (Last day to schedule is March 16.)</p> <p>Contact Fr. Michael or the office to schedule your home blessing. (Schedule a time when all family members can be present. Place an icon, candle and small bowl of water on dining room table). Online Form: https://forms.gle/Sp7hLWrccejDj2eV9</p> 					1	2
<p>3 SUNDAY OF THE PRODIGAL SON</p> <p>Matins 9 am Liturgy 10 am</p>	4	5	6	7	8	9
			<p>Bible Study in the Library 11 am</p>		<p>Vespers for Saturday of the Souls 6:30 pm</p>	<p>Saturday of the Souls Matins 9 am Liturgy 10 am</p> <p>Great Vespers 5 pm</p>
<p>10 MEATFARE SUNDAY (Last day for meat)</p> <p>Matins 9 am Liturgy 10 am</p>	11	12	13	14	15	16
	<p>Catechism Class, 6 pm-7:30 pm in the Library</p>	<p>Parish Council Meeting 6 pm</p>	<p>Bible Study in the Library 11 am</p>		<p>Paraklesis 6:30 pm</p>	<p>16 Kids Party at N Canton Skate Center 10 am-12 pm</p> <p>Great Vespers 5 pm</p>
<p>17 FORGIVENESS SUNDAY CHEESEFARE (last day to eat dairy products)</p> <p>Matins 9 am Liturgy 10 am Forgiveness Vespers 6:30 pm</p>	18	19	20	21	22	23
	<p>Great Lent Begins Confession 10 am - 12 pm</p> <p>Great Compline 6:30 pm Canon of St. Andrew</p>	<p>Confession 10 am - 12 pm</p> <p>Great Compline 6:30 pm Canon of St. Andrew</p>	<p>Confessions 10 - 11 am Bible Study 11 am</p> <p>Presanctified Liturgy 6:30 pm St. George Massillon</p>	<p>Food Ministry 9 am</p> <p>Great Compline 6:30 pm Canon of St. Andrew</p>	<p>Little Compline and Akathist Hymn (Madayeh) 6:30 pm</p>	<p>Miracle of Kollyva/ St. Theodore Matins 9 am Liturgy 10 am</p> <p>Great Vespers 5 pm</p>
<p>24 SUNDAY OF ORTHODOXY</p> <p>Matins 9 am Liturgy 10 am Sunday of Orthodoxy Vespers at St. George Serbian 5:30 pm</p>	25	26	27	28	29	30
	<p>Annunciation of the Theotokos Matins 9 am Liturgy 10 am Catechism Class, 5:30 - 6:30 pm Great Compline 6:30 pm</p>	<p>Great Compline 6:30 pm</p>	<p>Presanctified Liturgy 6:30 pm St. Haralambos</p>	<p>Great Compline 6:30 pm</p>	<p>Little Compline and Akathist Hymn (Madayeh) 6:30 pm</p>	<p>Great Vespers 5 pm</p>
<p>31 SUNDAY OF ST. GREGORY PALAMAS</p> <p>Matins 9 am Liturgy 10 am Lenten Vespers 6:30 pm</p>	<p align="center">Confession</p> <p>It is also expected that Orthodox Christians prepare themselves in this period by coming to the Sacrament of Confession at least once before Great and Holy Pascha, the Resurrection of our Lord. We confess of our sins in order to proclaim our promise to God that we will give all of our effort to turn back from our sins and wrongful ways and acknowledge that our Forgiving God always grants mercy to those who repent with a pure heart. You may come to confession after any of the Lenten services or by appointment during the day.</p>					



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

Your Word have I hid in my heart, that I might not sin against You. (Psalms 119:11)



Lenten Snack Idea

Mixed nuts, Lay's classic potato chips, Chocolate Chip Teddy Grahams

This Month's Lenten Recipe



Ingredients:

For the sauce:

1/3 cup low sodium soy sauce
 1/3 cup water
 3 cloves garlic, minced
 2 TBSP. coconut or brown sugar (or sub 1 TBSP. maple syrup)
 1 TBSP sesame oil
 1 TBSP rice vinegar
 1 TBSP fresh grated ginger
 1 TBSP sesame seeds (or sub 1 TBSP tahini)
 1/2 tsp. red pepper flakes
 1/2 TBSP. arrowroot starch (or sub cornstarch)

For the veggies & chickpeas

1 TBSP. toasted sesame oil
 1/2 white onion, cut into large chunks
 2 large carrots, thinly sliced
 1 red bell pepper, chopped
 1 large head of broccoli, chopped into florets
 1 (15 oz.) can chickpeas, rinsed and drained

For the noodles:

10 ounces stir fry rice noodles (or sub ramen noodles or soba noodles)

For serving:

1/2 cup basil leaves, ribboned, julienned
 1/2 cup roasted cashews, chopped
 Scallions (green parts only)
 Extra sesame seeds

Directions:

Make the stir fry sauce: in a medium bowl, whisk together the soy sauce, water, garlic, sugar, sesame oil, rice vinegar, fresh ginger, sesame seeds, red pepper flakes and arrowroot starch (or corn starch). Set aside.

Add 1 TBSP. sesame oil to a large pot, then add in chopped onion and sliced carrots and cook 2-4 minutes until onion begin to soften. Next, add in the broccoli and bell pepper and cook, stirring frequently, for an additional 6-8 minutes or until broccoli is slightly tender, but still has a bite.

While the veggies are cooking, make your stir fry rice noodles according to the directions on the package. Then drain and set aside.

Add the drained chickpeas to the pot with the cooked veggies. Immediately turn the heat to low and add in the sauce. Cook for an additional 2 minutes over low heat until the sauce begins to thicken a bit. Stir in the rice noodles, fresh basil, and cashews; toss again to combine. Garnish with scallions and sesame seeds.

Serves 4

(ambitiouskitchen.com)

Explaining the Lenten Services.....

Great Compline صلاة النوم الكبرى

(Mondays, Tuesdays and Thursdays during the Great Fast)

Great Compline is an evening service that is normally held after the dinner meal and consists of readings from the psalms and a collection of special hymns that reflect thanksgiving and repentance, as well as prayers before we sleep. Some of these hymns are well known by the faithful, such as 'O Lord of Hosts' ايبارب القوات and 'God is with us' معنا هو الله. During this service, the Lenten prayer of St. Ephraim the Syrian is included along with prostrations.

Prayer of St. Ephraim the Syrian

O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk; but give rather the spirit of chastity, humility, patience and love to thy servant; yea, O Lord and King, grant me to see my own sins and not to judge my brother, for blessed art thou unto ages of ages. Amen.

Presanctified Liturgy القدسات السابق تقديسها

(Wednesdays and Fridays during the Great Fast and first three days of Holy week)

The Liturgy of the Presanctified Gifts are celebrated on Wednesday evenings and provides an opportunity for the faithful to receive Holy Communion in order to give them strength to continue their fast. Since no Liturgy is allowed to be celebrated during the weekdays of the Great Fast, a second lamb is consecrated on Sunday to be used during the week. Since the lamb is already consecrated and sanctified as the Body and Blood of Christ, the service is called 'Pre-sanctified.' The service entails a combination of vespers and prayers before receiving Holy Communion.

Little Compline with the Akathist Hymn to the Theotokos صلاة النوم الصغرى و صلاة المديح للسيدة

(The first five Fridays of the Great Fast)

Little Compline is the shorter version of Great Compline that includes evening prayers before one goes to sleep. During the Great Fast, it is the custom of Antiochian and Greek churches to hold Little Compline combined with special salutations/hymns that are sung in adoration of the Theotokos, the Mother of God. These salutations are called in Arabic 'Al-Mediyah - المدائح'. During these services, we ask for the intercessions of the Virgin Mary to pray for us before the Lord our God and that is why we repeat the refrain, 'Most Holy Theotokos, Save Us! ايته الفائق قدسها, والدة الاله خلصينا !

The Great Fast

March 18: First day of the 40 day Fast (we refrain from meat and dairy products) **March 25:** Annunciation to the Theotokos and **April 28:** Palm Sunday—Fish is allowed **Holy week (April 29 - May 4)** is kept as a strict fast week

(True fasting involves not only fasting from certain foods but also fasting from our sins! We should discipline ourselves in this period to come to the realization that we no longer need to rely on anything but God and His Word. Fasting is always used as a spiritual discipline alongside with prayer. The young, those who are pregnant or nursing, and the elderly who are unable to fast are not expected to follow all of the guidelines.)

Creative Festivals 2024

Submissions are due:

SUNDAY, MARCH 17, 2024

The theme is: "All things work together for good to those who love God, to those who are the called according to his purpose." Romans 8:28

Attn Parents...

If you need materials or outlines you can see your child's Sunday School teacher. Information and materials have been sent home the last couple weeks.

<https://www.flickr.com/photos/antiochianarchdiocese/53255471074/>

Phoenician Club Kids' Party!



Saturday, March 16th (10am-12pm)

North Canton Skate and Entertainment Center

5475 Whipple Ave, North Canton

Roller Skating, Laser Tag, Rock Wall, Bumper Cars, Jump Shot Basketball, Laser Maze, Arcade Games

No Charge for Phoenician Kids, Sunday School, and Friends. We've rented the whole facility (not open to general public)

ST. GEORGE AKRON TEEN SOYO PRESENTS BLACK & WHITE WITH A POP OF COLOR DANCE

When: March 16th 2024

7pm-10pm

Where: St. George Fellowship Center - 3204 Ridgewood Road, Fairlawn Ohio 44333

Who: Teens

Cost: \$15 per ticket

Attire: Semi-Formal



Interested in participating in the Oratorical contact Fr. Michael.
(Junior Division ages 13-15)
(Senior Division ages 16-19)

Bible Bowl - The Book of Romans

Thurs, June 27 at the Parish Life Conference (Oakbrook, IL.)

Interested in participating in the Bible Bowl contact Steven or

Beth Starkey Team Divisions:

Pre-Teen 10-12 years old

Teen 13-19 years old, Adult 20 and older

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



Sunday, February 11,
Teen Soyo bake sale to raise money for the Camp Fund.

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 25th	 Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week MARCH 3rd	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 10th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 24th	 SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 31st	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 7th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 14th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 21st	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 28th GREAT WEEK BEGINS	 ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY MAY 3rd	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 5th NO FASTING!	 HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

UPCOMING EVENTS

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

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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