

March 2025

# THE VINE

# الكَرْمَة

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



1922-2025

انا هو الكرمة و انتم الاتحان

*The Monthly Newsletter of*

**St. George Antiochian Orthodox Church, Canton, Ohio**

*A parish of the Antiochian Orthodox Christian Archdiocese of North America*

By the mercy of God Almighty  
John X the Greek Orthodox Patriarch of Antioch and All the East

Dear spiritual brethren and children,

During Great Lent, each of us invokes the Lord of Salvation, the Master of Life and Death, and cries to Him from the depths of our soul: Lord, have mercy!

During Great and Holy Lent, the soul goes to the Bridegroom, to the heavenly Bridegroom, with whom it rises from the dead and seeks the dawn of resurrection. In Great Lent, the soul accompanies its Bridegroom, Christ our God. It accompanies Him and calls upon Him as it treads the path of repentance, a path crowned with suffering but adorned with the resurrection from an empty tomb.

From the Sundays of preparation, this soul draws inspiration for its journey of repentance. On the threshold of Great Lent, it invokes Christ, worships, and contemplates with Him, starting tomorrow on Meat Fare Sunday, the fate of those who did neither show mercy nor have compassion on their neighbor. It also contemplates the share of those who showed mercy. It converses with the Bridegroom and contemplates with Him on the Sunday of Forgiveness, the paradise lost by humanity with Adam, the first created.

With the start of Lent, the soul contemplates the beauty and splendor of the Orthodoxy on the Sunday of the veneration of icons, that transports us from today's world to eternity whose light we perceive on the faces of the saints. On the second Sunday, this soul proceeds to learning about honoring the saints, who have received their grace and holiness from the Holy One. On the third Sunday, in the middle of the journey, this soul returns to contemplate the Wood of the Cross and the One Who was hanged on it out of love for humankind that has forsaken Him, but which He never forsook. With John Climacus, the soul dwells on the path of virtues and walks along to meet the experience of Mary of Egypt. There, it learns with Mary that repentance is the foundation, first and last of all, in the journey of Great Lent, that is, the journey of repentance.

All this culminates in the soul's encounter with her Christ Bridegroom; she receives Him as He enters the heavenly Jerusalem through her and together with her. It spreads for Him the branches of the soul and enters with Him into His salvific sufferings. It invokes Him in His funeral as Christ the Life Who tramples death, and after that, as the Light and the Lord Who is Risen from the dead, bestowing life to those in the tomb.

This is the journey of the Church and this is her guide for the soul of each one of us to walk in the company of this heavenly Bridegroom. Great Lent is a journey of repentance and a journey of mercy that translates into actions.

We raise our prayers in these blessed days and ask the Lord of Mercy and the God of compassion to send His compassion to the whole world and bless everyone, perpetuating in the hearts His good hope and implanting in the souls the balm of His divine consolation. May He embed the human being with some of His forbearance and radiance. May He calm with the power of His silence the darkness of this world that is raging with wars, kidnapping, boiling anger, and takfirism. We ask Him to embrace our departed souls into His holy bosom, to bestow upon them the light of His mercy, and to reassure souls and households.

For He is the Blessed and Glorified One forever and ever, Amen.

Damascus, February 22, 2025

# ASSESSMENT LUNCHEON, TALENT SHOW AND GODPARENTS SUNDAY

On this Blessed Sunday, February 23, 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!



## 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

Devotion of the Month Delight yourself also in the Lord: and He shall give you the desires of your heart. Commit your way to the Lord; trust also in Him; and He shall bring it to pass. (Psalms 37:4-5)

## RECIPE of the MONTH

### Creamy Vegetable Noodle Soup

#### Ingredients

2 Tbsp. Olive Oil  
1 yellow onion, diced  
3 carrots, peeled and diced  
2 ribs celery, diced  
1 red bell pepper, seeded and diced  
1 Tbsp. dried parsley 1 Tsp. dried basil 1 Tsp. dried thyme ½ Tsp. dried dill 1 Tsp. salt, or to taste  
4 Tbsp. all purpose flour. For gluten free option, use brown rice flour. 2 cups unsweetened and unflavored non-dairy milk, divided. 4 cups low-sodium vegetable broth 2 Tbsp. nutritional yeast, optional 1 cup dry ditalini pasta or similar small pasta (gluten-free or whole wheat, if desired).

#### Directions

Heat the olive oil in a soup pot over medium heat. Add the onion and saute for 5 to 6 minutes until soft and translucent. Add the carrots, celery, and bell pepper and saute 4 to 5 minutes until starting to soften.

Add the parsley, basil, thyme, dill, salt, and flour and stir to combine, scraping up any bits of flour on the bottom of the pot. Slowly pour in ½ cup of milk while whisking continuously, again scraping up any bits of flour on the bottom. Whisk until the flour is completely incorporated.

Add the remainder of the milk, vegetable broth, and nutritional yeast, if using. Whisk to combine. Increase the heat to high and bring to a boil. Once boiling, add the pasta, and then reduce the heat to medium-low and simmer for 10 to 15 minutes until the pasta is cooked through, stirring often to prevent the pasta from sticking.

Taste and adjust the seasoning, if necessary.

(myquietkitchen.com)



### Lenten Snack Idea

Terranean Za'atar Pita Chips  
(available in the St. George Bookstore)  
Fruit & Pistachios

Sunday of Orthodoxy, March 9

Everyone, please bring your icons to church! Children will bring up their icons for the Children's Sermon. There will be a special procession with our holy icons at the end of the Divine Liturgy. You can also bring your icons to the Sunday of Orthodoxy Vespers at St. George Serbian Orthodox Church at 5 pm followed by a Lenten Dinner.

**Memory Eternal!**

Prayers and condolences to  
to the Massouh Family on the recent passing of  
Fr. Michael Massouh.

Prayers and condolences to Dr. Selwa Saliba and all  
the Saliba and Moujaes families  
on the recent passing of Emily Saliba.

The Great Fast

March 3: First day of the 40 day Fast (we refrain from meat and dairy products) March 25:  
Annunciation to the Theotokos and April 13: Palm Sunday—Fish is allowed  
Holy week (April 14 - April 19) 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.)

The Archbishop Michael Shaheen Educational and Charitable Fund is once again offering scholarships to 2025 high school graduates who are furthering their education through college, university or technical training. Since 1994, 87 scholarships have been distributed. These scholarships are awarded as a recognition of the student's good standing with the Antiochian Orthodox Church and as an incentive to continue to grow. Scholarship applications may be obtained by contacting Stevie Abraham beginning March 1<sup>st</sup>. They are to be returned to Milia Durkin by June 30, 2025 for review. (Late/incomplete applications cannot be considered.) This scholarship honors both student accomplishment and also, the memory of the late Archbishop Michael.

# MARCH

| Sun   | Mon  | Tue  | Wed  | Thu   | Fri  | Sat  |
|---|--|--|--|---|--|--|
| <p><b>Confession....</b> 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. <b>You may come to confession after any of the Lenten services or by appointment during the day.</b></p> |  |  |  |   |  | 1  |
| <p>Sunday School Confessions Schedule - These classes will stay after church on the following days for confession.      March 16: Grades 3-5      March 30: Grades 6-12</p>   |  |  |  |   |  | Great Vespers 5 pm   |
| <p><b>2 FORGIVENESS SUNDAY CHEESEFARE</b><br/>(last day to eat dairy products)<br/>Matins 9 am<br/>Liturgy 10 am<br/>Forgiveness Vespers 6:30 pm</p>  | <p><b>3 Great Lent Begins</b><br/>Confession 11 am - 1 pm<br/>Great Compline 6:30 pm<br/>Canon of St. Andrew</p> | <p><b>4</b><br/>Confession 9:30 am-11 am<br/>Great Compline 6:30 pm<br/>Canon of St. Andrew</p>            | <p><b>5 Confessions</b><br/>12 pm - 1:30 pm<br/>Bible Study 11 am<br/>Presanctified Liturgy 6:30 pm<br/>St. George Massillon</p> | <p><b>6</b><br/>Confession 10 am - 1 pm<br/>Great Compline 6:30 pm<br/>Canon of St. Andrew</p>                | <p><b>7</b><br/>Little Compline and Akathist Hymn (Madayeh) 6:30 pm</p>                              | <p><b>8</b> Funeral Fr. Michael Massouh Visitation 9 am<br/>Funeral 10 am<br/>Great Vespers 5 pm</p> |
| <p><b>9 SUNDAY OF ORTHODOXY</b><br/>Matins 9 am<br/>Liturgy 10 am<br/>Sunday of Orthodoxy Vespers at St. George Serbian 5 pm</p>  | <p><b>10</b><br/>Great Compline 6:30 pm</p>  | <p><b>11</b> Parish Council Meeting 5:30 pm<br/>Great Compline 6:30 pm</p>                                 | <p><b>12</b> Bible Study in the Library 11 am<br/>Presanctified Liturgy 6:30 pm<br/>St. Haralambos</p>                           | <p><b>13</b> Catechism Class, 5:30 pm in the Church Lower Level<br/>Great Compline 6:30 pm</p>                | <p><b>14</b><br/>Little Compline and Akathist Hymn (Madayeh) 6:30 pm</p>                             | <p><b>15</b> Kids Skate Party 10-12 North Canton Skate Center<br/>Great Vespers 5 pm</p>             |
| <p><b>16 SUNDAY OF ST. GREGORY PALAMAS</b><br/>Matins 9 am<br/>Liturgy 10 am<br/>Lenten Vespers 6:30 pm</p>   | <p><b>17</b><br/>Great Compline 6:30 pm</p>  | <p><b>18</b><br/>Great Compline 6:30 pm</p>  | <p><b>19</b> Bible Study in the Library 11 am<br/>Presanctified Liturgy 6:30 pm<br/>Holy Trinity</p>                             | <p><b>20</b><br/>Great Compline 6:30 pm</p>   | <p><b>21</b><br/>Little Compline and Akathist Hymn (Madayeh) 6:30 pm</p>                             | <p><b>22</b><br/>Great Vespers 5 pm</p>  |
| <p><b>23 SUNDAY OF THE HOLY CROSS</b><br/>Matins 9 am<br/>Liturgy 10 am<br/>Lenten Vespers 6:30 pm</p>  | <p><b>24</b><br/>Great Vespers and Artoklasia for Annunciation 6:30 pm</p>                                       | <p><b>25</b> Annunciation of the Theotokos<br/>Matins 9 am<br/>Liturgy 10 am<br/>Great Vespers 6:30 pm</p> | <p><b>26 No Bible Study</b><br/>Presanctified Liturgy 6:30 pm<br/>St. George Antiochian</p>                                      | <p><b>27</b><br/>Great Compline 6:30 pm</p>   | <p><b>28</b><br/>Little Compline and Akathist Hymn (Madayeh) 6:30 pm</p>                             | <p><b>29</b><br/>Great Vespers 5 pm</p>  |
| <p><b>30 SUNDAY OF ST. JOHN CLIMACUS</b><br/>Matins 9 am<br/>Liturgy 10 am<br/>Lenten Vespers 6:30 pm</p>   | <p><b>31</b><br/>Great Compline 6:30 pm</p>  | <p><b>April 1</b><br/>Great Compline 6:30 pm</p>   | <p><b>April 2</b> Bible Study in the Library 11 am<br/>Presanctified Liturgy 6:30 pm<br/>Holy Assumption</p>                     | <p><b>April 3</b> Little Compline with the Life of St Mary of Egypt and Great Canon of St. Andrew 6:30 pm</p> | <p><b>April 4</b> Little Compline and Akathist Hymn to the Theotokos (Al-Maidh Al-Kabir) 6:30 pm</p> | <p><b>April 5</b><br/>Great Vespers 5 pm</p>   |

## 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' *يارب 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!' *ايتها الفائق قدسها*, *والدة الاله خلصينا!*

## Pomegranate molasses is available in the bookstore!

Just like lemon juice, pomegranate molasses is wonderful for enhancing roasted vegetables, salad dressings, and marinades. Here is a salad recipe "fattoush" just in time for lent:

- 1 large head romaine lettuce *chopped*
- 1 large vine-ripe tomato *diced*
- 2-3 Persian cucumbers *quartered*
- ½ large green pepper *chopped*
- 5 radishes *diced*
- 2 green onions *sliced*
- ¼ cup Chopped parsley - optional

### Dressing

- 3 tablespoon olive oil
- 2 tablespoon lemon juice
- 2 garlic cloves - optional *pressed or grated*
- 1 teaspoon sumac
- 1 teaspoon pomegranate molasses
- ½ teaspoon dried mint
- ½ teaspoon salt & black pepper to taste

### Fried Pita Bread or (Toast Under broiler)

- 1 large double ply pita bread *cut into triangles*,
- 3 tablespoons olive oil, Salt/pepper to taste

## INSTRUCTIONS

**Make the Dressing:** Whisk together the lemon juice, garlic, sumac, pomegranate molasses, dried mint, salt and pepper. Slowly stream in olive oil, whisking continuously until emulsified. Set aside.

**Fry the Pita Bread or (Toast under broiler)** In a large skillet, heat olive oil on medium heat. Add the pita bread and season with salt and pepper. Cook stirring frequently until the pita bread becomes crispy and golden in color, about 5-7 minutes. Set aside.

Place the lettuce, tomatoes, cucumbers, green peppers, radishes, green onions & parsley in a large serving bowl. Pour the dressing on top and toss to combine.

Add the fried/toasted pita bread to the salad immediately before serving.



Sunday School Families and Friends are invited to the  
**Phoenician Club Kids' Party!**  
**Saturday, March 15<sup>th</sup> (10am-12pm)**

**North Canton Skate and Entertainment Center, 5475 Whipple Ave, North Canton**  
 Roller Skating, Lazer Tag, Rock Wall, Bumper Cars, Jump Shot Basketball, Lazer Maze, Arcade games  
 No Charge for Phoenician Kids, Sunday School, and Friends

**OUR JOURNEY TO PASCHA! 2025**

Created by Fr. Jonathan Bannon (ACROD)

| SUNDAYS   | THEMES / GOSPEL READING  | HOW TO PARTICIPATE:  |
|---|--|--|
| Fast - Free Week<br><b>FEBRUARY 9th</b>                         | <br><b>Publican and the Pharisee</b><br>Epistle: 2 Timothy 3:10-15<br>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<br><b>FEBRUARY 16th</b>                        | <br><b>The Prodigal Son Returns!</b><br>Epistle: 1 Corinthians 6:12-20<br>Gospel: Luke 15:11-32                                | Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.                       |
| Meatfare<br><b>FEBRUARY 23rd</b><br>FAREWELL TO MEAT TODAY      | <br><b>The Last Judgement</b><br>Epistle: 1 Corinthians 8:8-9:2<br>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<br><b>MARCH 2nd</b><br>FAREWELL TO CHEESE TODAY      | <br><b>Adam and Eve are cast from Paradise!</b><br>FORGIVENESS SUNDAY<br>Epistle: Romans 13:11-14:4<br>Gospel: Matthew 6:14-21 | Ask each other for forgiveness each evening this week before bed.  |
| 1st Sunday of Lent<br><b>MARCH 9th</b>                          | <br><b>SUNDAY of ORTHODOXY</b><br>Epistle: Hebrews 11:24-26, 32-12:2<br>Gospel: John 1:43-51                                   | Bring an icon to church for a procession.  |
| 2nd Sunday of Lent<br><b>MARCH 16th</b>                         | <br><b>ST GREGORY PALAMAS</b><br>Epistle: Hebrews 1:10-2:3<br>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<br><b>MARCH 23rd</b>                         | <br><b>VENERATION OF THE HOLY CROSS</b><br>HALF WAY TO PASCHA!<br>Epistle: Hebrews 4:14-5:6<br>Gospel: Mark 8:34-9:1           | Wear your cross to church and kiss the cross each morning with a bow!  |
| 4th Sunday of Lent<br><b>MARCH 30th</b>                         | <br><b>ST JOHN of the LADDER</b><br>Epistle: Hebrews 6:13-20<br>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<br><b>APRIL 6th</b>                          | <br><b>ST MARY of EGYPT</b><br>Epistle: Hebrews 9:11-14<br>Gospel: Mark 10:32-45   | Ask the Theotokos to offer you and the world pure thoughts and ideas this week.  |
| FLOWERY (PALM) SUNDAY<br><b>APRIL 13th</b><br>GREAT WEEK BEGINS | <br><b>ENTRY OF OUR LORD INTO JERUSALEM</b><br>Epistle: Philippians 4:4-9<br>Gospel: John 12:1-18                              | Place your palm branches and pussywillows behind an icon at home and in your car!  |
| GREAT AND HOLY FRIDAY<br><b>APRIL 18th</b>                      | <br><b>GREAT AND HOLY FRIDAY</b><br>JESUS DIES ON THE CROSS<br>CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE     | Refrain from TV, Internet & Phones to honor Christ's Death.  |
| FEAST OF FEASTS!<br><b>APRIL 20th</b><br>NO FASTING!            | <br><b>HOLY PASCHA! (CHRIST IS RISEN!)</b><br>Epistle: Acts 1:1-8 Gospel: John 1:1-17  | Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!                                       |



Ladies of St George are participating in the 5<sup>th</sup> Annual National Orthodox Baby Shower.

This year we will be collecting diapers of all sizes (larger sizes are the greatest need) for the Crisis Pregnancy and Parenting Center in Canton. Diapers can be dropped off in the vestibule of the social hall throughout the Lenten period. Thank you in advance for your caring and support!

**CREATIVE ARTS 2025**

Mark your calendars-submissions are due:  
**SUN., MARCH 16, 2025**



The theme for 2025 is: **"Behold the maidservant of the Lord! Let it be to me according to your word."**  
**+Luke 1:38**

If you have any questions, please see Liz.



**Bible Bowl - Gospel of St. Luke**

**Midwest Parish Life Conference: June 18-21, Louisville KY**

**Oratorical - "Behold the maidservant of the Lord! Let it be to me according to your word."**  
**+Luke 1:38**

**Archdiocese Convention: www.ac2025chicago.org**  
 July 21-26, Chicago IL

**St. George Pascha Card**

If you would like your name printed in the Pascha Card that is sent out, please fill out and send the form located below along with a \$10 donation to: St. George Church, 1118 Cherry Ave NE, Canton, 44704 or use the special offering envelope provided in your weekly contribution box and place in the Sunday collection tray. **Deadline: April 9.** Make checks payable to: St. George Church.

**ST. GEORGE PASCHA CARD**

Clearly print name exactly as you want it to appear on the card.

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

**Midwest Parish Life Conference:**  
June 18-21, Louisville KY

**Archdiocese Convention:** [www.ac2025chicago.org](http://www.ac2025chicago.org)  
July 21-26, Chicago 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](http://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**

*A parish of the Antiochian Orthodox Christian Archdiocese of North America*  
1118-1122 Cherry Ave. N.E. Canton, Ohio 44704 - 1036

**Office hours are 9:00 am - 1:00 pm**

Phone: 330 455 8482

Email: [stgeorgecanton@sbcglobal.net](mailto:stgeorgecanton@sbcglobal.net)

**Website: [www.stgeorgecanton.com](http://www.stgeorgecanton.com)**

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