



Volume 34, Number 2  
**FEBRUARY 2025**

# The Cathedral Messenger

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



Whenever that Friday before WAMP starts, all I can think about is what I'm going to say to my friends when I arrive or who my counselor is going to be. The van ride there is always a good time, laughing with friends and talking about whatever we do outside of camp. But once our phones are discarded and we're disconnected from the outside world, the real, unique environment of WAMP starts to sink in. When you're Orthodox in a community, you aren't going to meet too many people who share your faith, but when you're at a camp full of people who not only share your faith but your life experiences as well, it brings people together in a way that makes every attendee want to return. From Orthros in the morning to Evening Program at night, everyone feels the unity that is formed by God.

Our very own Fr. Mark Sultani was the speaker for this year, and had 3 separate sessions over the course of the weekend. He spoke mainly about the attachment of our generation to technology and the media of the new age, such as smartphones and video games. He also talked about some hard topics as well, but those were only to strengthen the validity of his teachings. He spoke about how God guides us through the struggle these different things cause us to have and gave all the youth a 15-rule guide to not letting your phone get in the way of your faith. He really did speak with the intent of guiding the youth in the right direction, especially with the

topic of cell phones, while also incorporating how our faith can uphold our hearts.

During afternoon program, there's always something for everyone to do, like angleball or soccer in the field, taking a walk to the Cross Point, or just sitting in the dining hall playing games and talking with friends. Whatever you choose to do, you know your going to have a good time with friends. During the evening program, the entire camp gathers and does a fun activity, and on Saturday, we went on with the annual "Gong Show", a talent show for campers to display any of their amazing or funny talents. We met for Orthros every morning, and Vespers every night, and the feeling of being in service together with all of your faithful peers is like no other.

I feel WAMP is a unique experience due to the connections you build there, and the memories that you share. Friends that you meet there could be linked to you for the rest of your life, and through your faith, you will always be connected. Other DOWAMA events provide opportunities to rekindle your bond with these people and connect with you faith. I will forever hold WAMP closely to my heart for everything it's given me.

**Dean, V. Rev. Paul O'Callaghan • St. George Orthodox Christian Cathedral**

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# Bulletin Board



## MEMORY ETERNAL

- Lili Dekanoidze, 12/26  
(mother of Mzia Gibson)
- Judie Castrisos, 1/3
- Mitch Shanbour, 1/4
- Mid Ayesh, 1/5
- Daniel Jayden Jr., 1/10  
(father of Ashley Mullinix)
- James Pappas (1/13)

## St George Orthodox Cathedral 2024 Annual Parish Meeting

to be held Sunday, February 2nd, 2024  
immediately following Divine Liturgy



To view the report visit: [stgeorgecathedral.net](http://stgeorgecathedral.net)  
and find Annual Report 2024 - top right.  
An email has been sent with the password to view

# Creative Arts Festival

## Saturday, February 8

### 11:00am - 1:00pm @ St. George

**Calling all ages & grade levels!**  
Pre-K - 12th Grade

### Submission Categories

Art, Poetry, Creative Writing, Photography, Film



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

**Pizza Lunch Provided!**

## FEBRUARY FASTING

... additional fasting (from meat, poultry, fish, eggs and dairy products) is observed on Wednesdays and Fridays.

February 9 — February 15 is fast free.

Meatfare Fast begins February 23, we abstain from all meats, though fish & dairy products are allowed.

## MABROOK! BLESSINGS!

### baptisms

- Nicolas Humsi, 12/28 (son of Danny & Grace)
- Raphael Farha, 12/29 (son of Nathan & Vanessa)

Heidi Hilda Wangsgaard, 1/11  
(daughter of Ty and Mikaela)

Juliet Elizabeth and Lewis George Nisly, 1/25  
(children of Brandon and Holli)

### marriage

Haines Todd and Kaytrex Aligarbes, 1/25

### chrismations

- Peter Ramondetta, 1/18
- Victor Shepherd, 1/18

MANY YEARS!

## February Adult Educational Program

- February 5:** St. Julien Celebration
- February 12:** Practical Aspects of Baptism: Sponsors, Godparents, and Parents – Fr. Mark
- February 19:** Movie "The Drop Box"
- February 26:** TBA

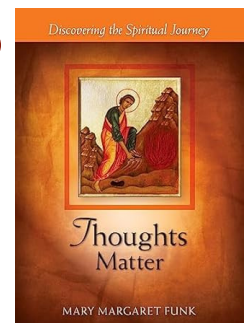
Wednesday evenings, following Daily Vespers at 7:15pm in the Chapel

## Women's Faith & Growth

**Join us Thursday**  
**February 20th, 7:15p**  
**at the Parish House**

— 1328 N Tallyrand St —  
for an evening of fellowship & faith

**Ashley Mullinix**  
is leading the discussion  
**Studying "Thoughts Matter"**  
by Mary Margaret Funk







## Get ready to embark on a life-changing pilgrimage to Romania!



Real Break Romania is your opportunity to immerse yourself in the rich history, breathtaking beauty, and deep faith of one of the Orthodox world's treasures.

**When:** May 23 – June 2, 2025

**Where:** Romania, a land of sacred monasteries, stunning churches, and vibrant Orthodox culture

This isn't just a trip—it's a pilgrimage that will deepen your faith and connect you with fellow Orthodox Christians.

Together, we'll visit sacred sites, experience the Church out in the world firsthand, and strengthen our relationship with Christ and one another.

# real break romania 2025

## St. George Family!

We are so excited to share an opportunity that will greatly impact our personal and spiritual growth: The Orthodox Christian Fellowship is taking students to Romania this year!

This is a pilgrimage trip offering travel, reflection, and meaningful connection. Along with visiting holy sites, it's about deepening our faith, engaging in thoughtful discussions, and building lasting relationships with fellow participants and spiritual leaders.

Throughout the trip, we will explore pilgrimage locations, engage in daily reflection with peers, and experience local church services—all under the guidance of OCF staff and trained leaders. This immersive experience is designed to help enrich our faith while learning from Orthodox Christians who live out their calling in their communities.

The trip will be made possible through the support of our beautiful church, and any help is appreciated. Whether through donation or prayer, your contribution to this trip means the world to us.



**Thank you — Colton Cassell and Gabriel Hamel**

**If you'd like to donate to Colton and Gabriel's Real Break Trip, please make out your check to St George Cathedral - earmarked "Real Break"**

## St Julian Celebration

# ST JULIAN (ELIAN) OF HOMS, SYRIA MARTYR & UNMERCENARY



**St. Julian (Elian) Celebration**  
Wednesday, February, 5  
6:45p Vespers  
7:15p Antiochian Health Professional Fellowship Meeting and Presentation

A new community project of our local Health Professional Fellowship will be unveiled at the meeting - All parishioners are welcome!

St. Julian of Homs, Syria (sometimes his name is given as Elian) grew up in a family that was not Christian. More importantly, his father strongly opposed Christianity. Thus when Julian discovered the Christian faith, he set himself at odds with his powerful father and the rest of his family. This was heartbreaking for the young man, but he felt he had no choice but to follow the truth he had found.

During his years in school, Julian had found that he had a gift for healing. When he became a Christian, it seemed natural that he should offer his medical services without charging for them. Those patients often found that their souls as well as their bodies benefited from the ministrations of this doctor who healed in the name of Jesus Christ. Yet there were other non-Christian doctors who resented his success.

When a violent persecution of Christians broke out in the city of Homs, they seized their chance. They went to his father and convinced him that he must persuade Julian to give up his practice of healing in the name of Jesus Christ. To do otherwise, they said, would be dangerous for the young man while the persecutions were going on.

This put Julian in a serious dilemma. He didn't wish to embarrass his father by refusing to obey him. But he knew that God had given him a wonderful gift of healing, for which he was responsible to God. This responsibility, he knew, was greater than any human one.

When they saw that Julian was continuing his practice, his enemies encouraged the governor to imprison him along with other Christians. But when Julian found himself in prison with believers willing to suffer for their faith, he felt not sorrow, but only joy.

After many terrible beatings and much torture, the day came for Julian to be executed. He heard a voice saying, "Do not be grieved, O Julian, a crown has been prepared for you. You will conquer your enemies and the devil's tricks. Do not fear torture, for I am with you!"

Julian's own father put him to death, but he did not die immediately and managed to crawl to a cave and die there. Years later, a church was built at the cave where he died, and his body was put in a marble coffin. The site became a place of pilgrimage and healings, which the saint had anticipated when he prayed before his death, "O Lord, give peace to any who remember me on the day of my martyrdom, forgiving their sins and protecting them from the enemy's snares. Defend Your lambs against the wolves."

## 22nd Annual Men's Lenten Retreat-2025

This year's Men's Lenten Retreat, to be held March 14-16 welcoming this year's presenter, **Fr. George Parsenios**

Topic:  
**Wisdom Leads a Soul to God:  
The Interpretation of The Letters  
of St Paul in the Church Fathers**



Use this link to register: <https://tinyurl.com/3spxvzk8>  
or visit [stgeorgecathedral.net](https://stgeorgecathedral.net) Event Registration button



Did you know? We recently changed to four families offering Holy Bread and Coffee Hour instead of three to accommodate our growing parish!

This is a great opportunity to serve our parish with your God-family. Partnering with other families who have done this before is a wonderful way to ease into this important work.





## THE NATIVITY AND ALMSGIVING, Part Two

by His Eminence Metropolitan Saba (Isper)

This simple reflection on Christmas leads us to the Christian concept of giving. The first attitude required of Christians is to be open to the gift of God, because when they accept the divine gift and appreciate its importance and role in their life, they become worthy to practice giving in turn. "By this we know love, that He laid down his life for us; and we ought to lay down our lives for the brethren" (1 John 3:16).

The Bible urges us to give and places great importance on giving. In the Old Testament (Deuteronomy 26), giving tithes was an expression of man's gratitude to God for the gifts He has given us. In the New Testament, this concept extends beyond tithes to giving everything. The Lord says, "Give to anyone who asks of you" (Matthew 5:42), meaning that Christ asks His disciples to keep their hearts and hands open. Ears unwilling to hear are a sign of hardness of heart, unbecoming of a disciple of Christ.

Christian giving does not have a certain limit; it is open to perfection. Humans give according to their ability. But this ability is determined by their love for the Lord, and their appreciation for what He has done and is doing for them. It is also determined by the degree of their freedom from the love of possession, and their awareness of the importance of almsgiving to the extent where almsgiving will become their joy.

Many people give in order to fulfill the divine commandment, while others give to gain God's blessings and to please God. Both types of giving are acceptable, but incomplete. Giving is linked to the spiritual level that the giver has reached. There are those who have reached the point of imitating Christ literally by giving everything, even offering their entire lives. The love of almsgiving grows in us exponentially as we grow in the love of God.

Some refrain from giving for many reasons. These people have not experienced the joy of giving and its effect on them. People often think that giving gladdens the hearts of those who receive it. This is undoubtedly true, but does it not gladden the heart of the giver more? The Bible says: "A generous soul will be enriched, and he who waters will himself be watered" (Prov. 11:25). It has been said: "The Lord loves a cheerful giver" (2 Cor. 9:7). The joy of the gift's recipient is a double joy for the givers, because God blesses them.

Giving does not stop at material things. It is a state that believers experience constantly, until it becomes permanent. Do not deprive yourself of giving, and do not make any excuses, lest you remain closed to yourself. Your sincere smile may provide refreshment for a sad soul. Your look of tenderness and compassion may revive a suffering person who lacks love and care. The warm touch of your hand may restore the spirit of someone feeling neglected and lonely.

No one is exempt from the virtue of giving. Let us remember the widow's mite. The lesson lies in your willingness to give before the quality and quantity of gifts. Imitate your incarnate Lord for your sake and for your salvation. Respond to His amazing giving by imitating it as much as you are able, and you will see how many blessings you will reap for yourself. Giving frees you from selfishness, isolation, self-love and fear, which can kill. Christ did not come to keep you captive; He came to liberate you and give you the fullness of life. Throw yourself before Him and pile the dust of your selfishness at the feet of the Divine Child. Open your hands to be filled with His gifts, so that you can happily pass them on to your brethren, and the celebration of the feast will truly begin.

# Orthodox Christians for Life

## Theotokos Icon

“Schema-Archimandrite Jonah (Ignatenko) - the famous elder from Odessa - blessed people to organize a religious procession and go throughout Ukraine in order to stop abortions. The priest said that the cup of God’s patience was overflowing and if that terrible and wholesale extermination of children was not stopped, the Lord would punish the people. According to the words of the elder, if religious processions were to take place and people would repent of the sin of abortion, the Lord will extend the time for repentance.

For a long time nothing could be organized and there was no icon. Then, one day the Mother of God revealed an icon on a flat stone by the seashore to a resident of Kyiv, Tatiana, who was an iconographer and parishioner of the Makarievsky parish. She saw a drawing in the stone that gave her the idea for an icon.

Tatiana began to sketch her idea on a piece of paper showing the grieving Theotokos holding the Infant Christ and the Lord stretching out His hands to the murdered infant held by an angel with red blood flowing



from the baby. As she continued to sketch, it grew dark however she noticed that only the piece of paper, the place around it, the pen and the stone were glowing with light so that she could finish the drawing!

Later, the Metropolitan of Kiev and All Ukraine, Volodymyr, blessed her to paint a large icon and make a religious procession with it. The icon of the Mother of God was called “Our Lady the Theotokos Grieving for Infants Killed in the Womb”.

On August 14, 2012, the first All-Ukrainian penitential religious procession “For the

salvation of unborn children and the preservation of family values” was started. For more than a year people went through the territory of Ukraine from east to west and from north to south, about 4.5 thousand kilometers long. The icon of the Mother of God turned out to be miraculous. The icon which shed tears during the procession began to open the hearts of many women, leading them to repentance.”



Submitted by Carrie Camden

Community Support Team Leader

Next Meeting - February 11 - 12:00 noon  
at the Parish House

### Community Support 2025 Agencies

It's been decided! The Community Support Team met in January and chose the following community agencies to support either financially or through volunteerism. Have ideas on how St George can help? Want to get involved with planning or decision-making? Join us at our next meeting February 11th, noon, at the Parish House. Contact Carrie Camden at [camden9492@gmail.com](mailto:camden9492@gmail.com) for more information.

- Atishwin Institute ([atishwin.com](http://atishwin.com))
- USD 259 (Cash for Classrooms)
- DUI Victims Center  
([www.duivictimscenterofkansas.com](http://www.duivictimscenterofkansas.com))
- Emberhope ([www.emberhope.org](http://www.emberhope.org))
- Family Promise ([familypromisewichita.org](http://familypromisewichita.org))
- Focus Backpack Project ([yesnorthamerica.org](http://yesnorthamerica.org))
- Fresh Hope ([www.ccc.org/fresh\\_hope](http://www.ccc.org/fresh_hope))
- Kansas Food Bank ([kansasfoodbank.org](http://kansasfoodbank.org))
- Lord's Diner ([thelordsdiner.org](http://thelordsdiner.org))
- Pando Initiative ([thepandoinitiative.org](http://thepandoinitiative.org))
- Treehouse ([www.wichitatreehouse.org](http://www.wichitatreehouse.org))

### Volunteers in Action:

#### Kansas Food Bank Food-4-Kids

Thank you to Jane Evans and the St George Volunteers for filling 424 bags for the Kansas Food Bank's Food-4-Kids program. These bags will be distributed to kids through the school district on Fridays to help fill the weekend hunger gap experienced by families struggling with food insecurity. To learn more about this worthy effort go to [kansasfoodbank.org/programs/food-4-kids/](http://kansasfoodbank.org/programs/food-4-kids/).



### Upcoming Events:

#### 2025 Community Support Awareness Fair

— February 16th during coffee hour in the Fellowship Hall. Come learn more about the agencies and ministries that St George is supporting this year.

#### Young at Heart Bingo

— February 18th 11:30-1:30 in the St George Fellowship Hall. Parishioners 55 years of age and older, join us for a delicious lunch and a chance to win fantastic prizes! If you or someone you know would like to attend but need help arranging transportation, please contact Mikell Awwad at [mikell\\_awwad@hotmail.com](mailto:mikell_awwad@hotmail.com).

#### The Lord's Diner

— February 16th, 5:00-7:30. Help serve meals to those in need. To sign up, contact Pat Milburn at [pmilburn@josephhollander.com](mailto:pmilburn@josephhollander.com)

#### Dillons Community Rewards

To earn money for St George Cathedral every time you shop at Dillons, designate St George Cathedral as your Community Rewards recipient. For more information go to <https://tinyurl.com/2p9zrezy>

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