



Volume 33, Number 12
December 2024

The Cathedral Messenger

A Publication of St. George Antiochian Orthodox Christian Cathedral

Women's Retreat 2024



On November 8 and 9, 35 women from multiple parishes and four states joined together in Topeka for an amazing retreat. Kh. Ramia Baba came up from Texas to lead the ladies in multiple teaching sessions about prayer and the Jesus Prayer service.

Kh. Ramia had so much to share and every woman in attendance was blessed by her wisdom. It was a time of rest, learning and, of course, prayer. Highlights include time spent journaling and in reflection, the aforementioned

prayer service, and the fellowship over meals. We all enjoyed the Q and A times as well.

Many ladies travel to the retreat year after year, so this was also a great opportunity to catch up with old friends and make new ones. We had several mother/daughter sets this year too! We strongly encourage all women of our parish to attend the next retreat!

By Meaghan Koci



**Teen SOYO
Nativity Card**

If you would like to have your name printed on the Cathedral Nativity Card this year, please visit the Teen SOYO table during coffee hour or call the Cathedral office M-F. Donations received go towards scholarships for Winter Camp and the Ski Retreat.

Our Teens would like to extend a thank you to each and every one of you for your continued support of the Youth ministries and wish you a blessed Nativity season.

2025 stewardship

To date we have received 33 pledges totaling \$139,747.96 compared to last year of 66 pledges totaling \$307,000.

Please make your online pledge via Realm at <https://onrealm.org/StGeorgeCathedral/AddPledge/2025stewardship>

NATIVITY SERVICES



TUESDAY
December, 24
Eve of the Nativity
9:30a Royal Hours
4:00p Vesperal
Divine Liturgy

WEDNESDAY
December, 25
Christ is Born!
8:00a Orthros
9:30a Divine Liturgy

DECEMBER FASTING

The Nativity Fast is observed through December 24th. From Nativity through January 4 there is no fasting.



MANY YEARS!

MABROOK! BLESSINGS!

baptism

Juliana Marie Farha, 11/10
(daughter of Tim and Danielle)

Logan Vern Sadler, 11/16
(son of Christopher and Megan)

Ryker Christopher Jabara, 11/23
(son of Bacheus and Melinda)

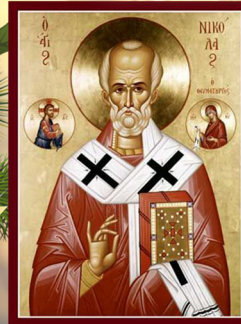
marriage

Jack McGrath and Kaylea Knappenberger, 11/2

birth

Nicolas Daniel Humsi, 11/20
(son of Danny and Grace)

**St. Nicholas Day
Celebration**



**THURSDAY,
DECEMBER 5TH**

**Join us for an
evening of fun
and celebration!**

- 5:30p** Great Vespers
- 6:15p** Lenten Pasta Dinner
- 6:45p** Cookie Decorating
- 7:00p** Christmas Carols w/ St. George Choir
- 7:15p** Visit from St. Nicholas



**THEOPHANY
HOME
BLESSINGS**

If you would like one of our priests to come bless your home during the Theophany season, please email Gina at gina@stgeorgecathedral.net or call the Cathedral Office 636-4676

by Tuesday, December 24th

St Ignatius Sunday



In the month of December, we celebrate the life of St. Ignatius and honor his legacy of service throughout our Archdiocese with the Order of St. Ignatius. An early patriarch of Antioch, St. Ignatius was imprisoned and traveled to Rome over the course of a year to be martyred. Along the journey he wrote seven letters to churches, supporting many aspect of the church from clergy to unity.

In his honor, the Order of St. Ignatius continues his message of support through financial gifts that help generations of the flock of Antioch. The Order supports the youngest through the Treehouse, granting thousands of dollars to support

this ministry here locally in Wichita. The Order supports our youth and young adults through SOYO and OCF College Conference, as well as financial aid for our youth to attend camps. Finally, the Order has established a retired clergy fund to help those who have spent their lifetime ministering to the flock, much like St. Ignatius himself did.

Members of the Order wear their crosses with red ribbons during the month of December, as a reminder of the blood shed in his martyrdom, but also his love for his church and it's people. Through the prayers of St. Ignatius, have mercy on us.

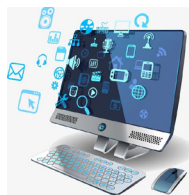
by Famil Malone

December Adult Education

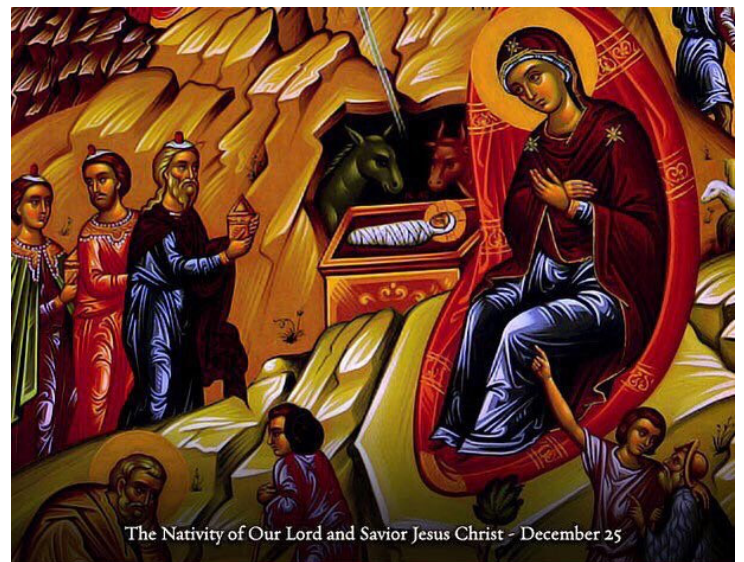


December 4:
Sbn. Euthymios presents on
St. Alexander Hotovitsky

December 11:
Fr Mark Sultani presents on
**Technology and the
Spiritual Life**



Classes will be held following Vespers at approximately 7:15p in person



The Nativity of Our Lord and Savior Jesus Christ - December 25

CHRIST IS BORN!
Glorify Him!

Bits and Pieces

THE MEN GROUP

On November 21, the Feast of the Entrance of the Theotokos, the Antiochian Men gathered for fellowship and a fish fry. The men enjoyed time with one another over good food and discussed ideas for what the group might accomplish in 2025. Many thanks to the organizers and cooks! All men age 18+ are welcome to join us for future events.



Christ the Savior Admissions

Christ the Savior Academy's 2025-2026 Admissions Season is open! We are already receiving applications from the greater Wichita community, and we want to make sure all of our St. George families get priority consideration. For more information, or to start a new student application, visit CSAWichita.org today!



CHRIST THE SAVIOR CHRISTMAS CONCERT

The students of Christ the Savior Academy will be presenting their Christmas concert on Thursday, December 12th in the Fellowship Hall. A wine pull benefiting the school starts at 6:00 P.M. and the concert will begin at 6:30 P.M. All are welcome.



Cathedral Iconography

CATHEDRAL ICONOGRAPHY – THE NEXT PHASE

At its meeting of November 14, the Cathedral Parish Council approved a new phase of iconography, progressing toward the completion the the plan originally laid out prior to the construction of the Cathedral.

The major icons will be on the spaces above the colonnades to the right and left of the altar. The theme on the south side will be Moses at the Burning Bush. To the north, the Transfiguration will be placed.



Moving behind the iconostasis, the icon of the Annunciation to the Theotokos will be split between the north and south back wall.



The remaining icons will be of the following hierarchs:

Saint Gregory the Theologian
Saint James the Brother of the Lord
Saint Gregory the Great
Saint Athanasios the Great
Saint Cyril of Alexandria

Saint Nicholas of Myra
Saint Photios the Great
Saint Mark of Ephesus
Saint Innocent of Alaska
Saint Tikhon the Confessor

Saint Nektarios of Pentapolis
Saint Nicolai Velimirovitch
Saint John Maximovitch
Saint Gregory Palamas

For those who may wish to donate an icon, the major scenes (Burning Bush, Transfiguration, Annunciation) are priced at \$20k each. The hierarchs are \$3k each.

[Please contact Fr. Paul if you would like to contribute to the ongoing beautification of our Cathedral with holy icons.](#)

ON FREQUENT HOLY COMMUNION

~ Part Two ~

By Metropolitan Saba (edited by Fr. Paul O'Callaghan)

Today there is widespread misconception among believers between “being worthy” and “being ready” to receive Holy Communion. Whoever refrains from partaking of the chalice of Holy Communion due to unworthiness is confusing this with unreadiness. No human being is worthy of God dwelling in Him and uniting with Him. Who among us acquires perfect purity and

who is among us is without sin? No human being is worthy of this great blessing. God dwells among us and in us because of His overwhelming mercy, His utmost love, and His condescension that is incomprehensible to the human mind. Therefore, there will never come a time when we will be worthy of the Eucharist. Rather, when we think that we have become worthy, we have fallen into the greatest sin, that is, into pride, the root of all evil.

Yet, we must prepare ourselves to receive the Lord. Just as a person prepares to welcome an important guest into his home by cleaning and arranging it, and then he dresses in clean and appropriate clothes, so the believer prepares to receive the Lord in the “house” of his or her soul. So, on the one hand, only a spirit of contrition and the conviction that I am a sinner and not worthy at all, relying on God’s vast mercy, can enable me to approach the chalice. In short, we must realize that we are always unworthy, and yet must strive to partake worthily, through the necessary preparation.

Based on the teachings of the Gospel, the Church has established several means to help us prepare for Communion: the sacrament of Confession, the pre-Communion prayers, reconciliation with others, and correcting our bad habits, in addition to abstaining from food and drink from midnight before the Divine Liturgy and arriving on time to participate in the Divine Liturgy. Adherence to these instructions is essential and im-



portant in order to partake of the Holy Body and Blood of the Lord in a worthy manner, that is, with proper preparation. The Apostle Paul says: “Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord” (1 Cor 11:27). So, what should we do about this? The Apostle answers: “Let a man examine himself, and so eat of the

bread and drink of the cup” (1 Cor 11:28).

We should not understand the relationship between the sacraments of Confession and the Eucharist in a mechanical or legalistic manner, but rather as something vitally and essentially connected. It is nonetheless unacceptable to receive Holy Communion constantly and not confess at all. The best practice is to both confess and receive Holy Communion according to the guidance of one’s spiritual father.

Let us not forget to examine our conscience thoroughly on the eve of the Divine Liturgy. This puts us on the right track, protects us from falling into a routine of approaching the chalice unprepared, and keeps the flame of longing for Christ burning within us. It is also a good practice to read the pre-Communion Canon and Prayers the night before the Divine Liturgy.

Proper preparation allows us to approach the divine mystery with contrition of heart and a conviction of our unworthiness, because we are sinners, and we must rely entirely on the mercy of the Lord. The fear of God keeps us in constant and fervent communion with Him. We should call to mind the pre-Communion admonition: “If thou desirest, O man, to eat the Body of the Master, approach in fear, lest thou be scorched, for it is fire. And, before drinking the divine Blood unto communion, first reconcile thyself to them that have wronged thee. Then dare to eat the mystical food.”

Community Corner
St. George
Community
support

Submitted by Mikell Awaad

Coming Up:

Food For Friends Christmas Baskets

This is our 40th year of giving Christmas food baskets to those less fortunate in the Wichita area. We will once again be adopting 100 families who are in need and WE NEED YOUR HELP!!! Please donate to this project. Over \$14,000.00 will be spent to purchase the groceries (13,000 pounds of food) that are given to the families. Donations, made payable to "St. George" and earmarked "food baskets", can be sent to the Cathedral office or donations can be sent through Realm. Volunteers will pack and deliver groceries beginning at 10:00 a.m. on Saturday, December 14th in the gym. This project is for everyone so plan to bring the entire family to participate in this fun and worthwhile event.

Gifts For Children

Along with groceries given to the 100 families, we will also be delivering gifts for the children. If you would like to adopt a family by purchasing 1 gift per child in that family, you may sign up during coffee hour. Gifts will need to be brought to the church by Sunday, December 8th.

For more information, contact Debbi Elkouri (316) 204-6688.

The Lord's Diner

Join us on the third Sunday of the month as we serve meals to those in need. Adults and youth ages 12-17 (if accompanied by a parent or guardian) are welcome! Upcoming volunteer dates are December 15th and January 19th at 5:00-7:30. To join this volunteer group, contact Pat Milburn at pmilburn@josephhollander.com.

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

Next Meeting:
Tuesday, December 10
 at The Parish House
 Join us!

For more information contact Carrie Camden at camden9492@gmail.com

November Events:



Carrie Camden from St George Cathedral delivering a check to Meredith Beal of Humankind. Humankind strives to improve conditions for those struggling with poverty and housing insecurity.



Christ the Savior Academy students joined St George Cathedral parishioners in collecting hundreds of much-needed food and personal care items for the Pando Pantry at North High School. Thank you to all the students and parishioners who helped to meet the needs of these students!



St George volunteers met to write names of DUI victims on magnets and ribbons. These will be placed on patrol cars across the state of Kansas during the holidays in remembrance of the many lives affected by DUI. To learn more about the DUI Victims Center of Kansas and their Holiday.

*The Cathedral
Messenger*

St. George Orthodox Christian Cathedral

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