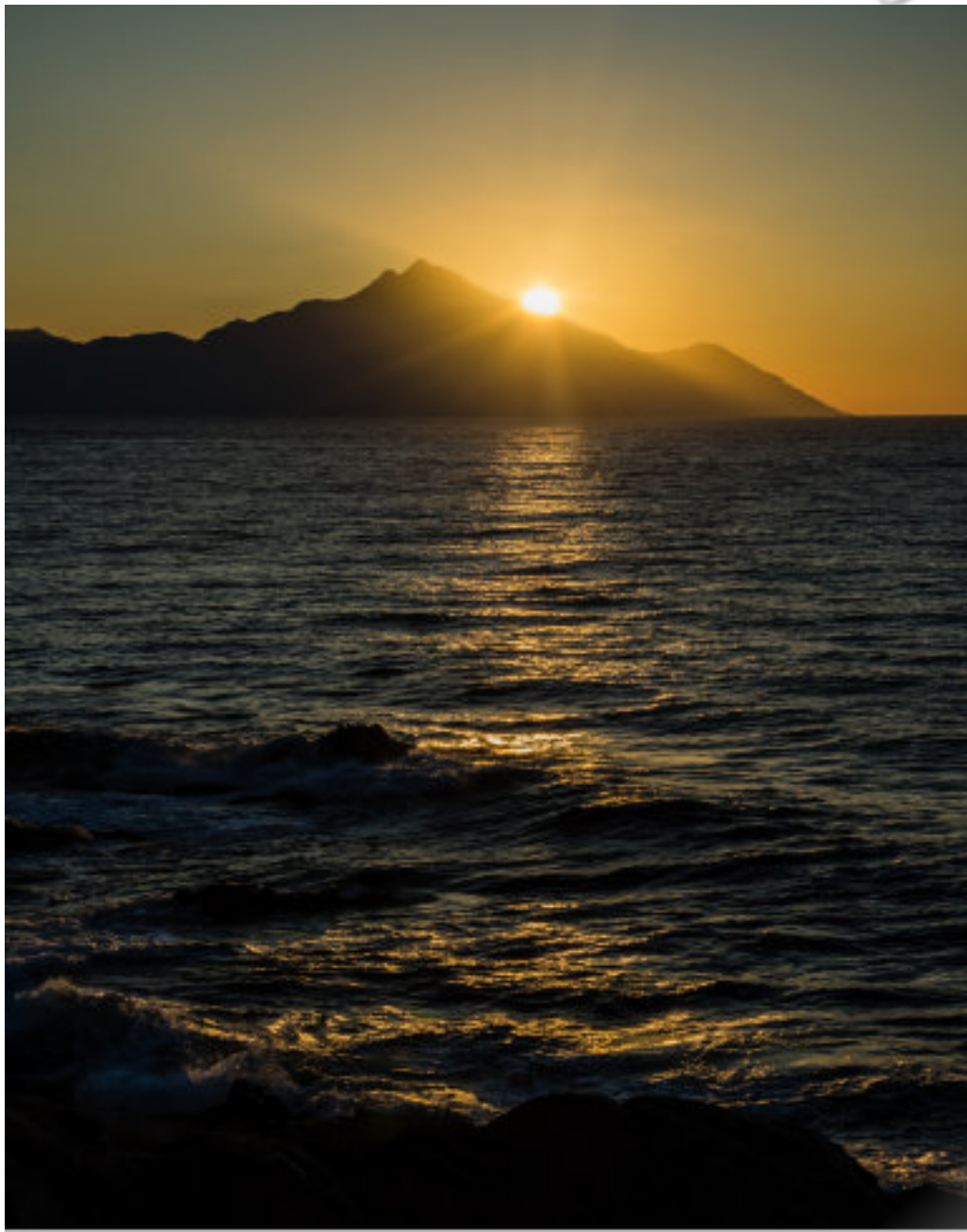


The Cathedral Messenger



SAINT GEORGE ANTIOCHIAN ORTHODOX CATHEDRAL

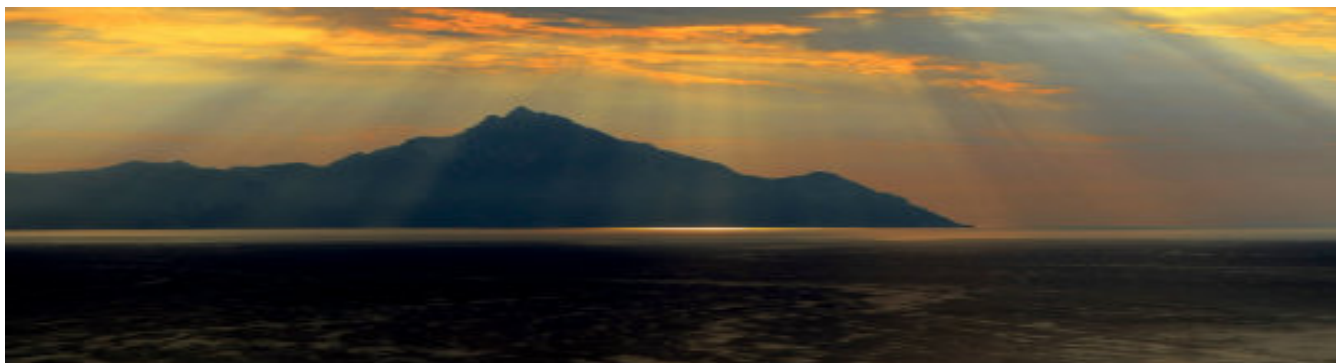
Rev. Fr. Joshua Makoul, Dean

3400 Dawson Street * Pittsburgh, PA 15213

Office: 412. 681.2988 • Fx: 412.681.3254

A Shortcut to Finding Peace and Quieting our Inner World

Fr. Joshua Makoul



The process of simplifying is appealing. Life is complicated. Relationships are complicated. Our inner worlds are also complicated. Surely we would welcome some simplicity in all these areas. Sometimes it helps to be able to reduce what we are seeking to a few words or a concise statement. We can spend so much time searching and looking for what is missing in our lives or for what is causing our angst. The following is to offer a message that might help simplify this process.

All human beings seek and crave two things: love and safety. In the end, we all want to be safe and to be loved (including showing

love). It is hard to find areas of our struggle that are not related to those two needs. Should this be such a surprise? Afterall, God is love. Whether we know it or not, we all yearn for God, and God is love. We cannot separate the two. Also, perfect love does not harm. It is that simple. This is why we struggle with not feeling safe. It is not natural. In the Kingdom of God there will be no fear or anxiety, for there is no danger. There is only God who is perfect love. In perfect love there is no hurt or danger.

Anxiety occurs when safety is threatened, and sadness occurs when love in some form is threatened. Tying in our struggles to these two basic needs can be helpful. Understanding ourselves becomes less overwhelming and confusing. This realization also helps to understand others. Does not all upset with another come from

the perception that an injury occurred? At that moment there is a safety issue (no matter how small) with the other. For that moment, we are unsure of the other person. We felt secure and now we do not. We felt sure, now not so sure. Even if it is just for a moment, this process occurs. Sometimes it is resolved quickly and sometimes it is not. Of course, due to life histories, some of us may be more sensitive to perceived ruptures in these areas. However, all of us experience the above in some way and at some point.

It is precisely that which is unknown that is the most disruptive in our inner world. When what is bothering us is largely unconscious, it is disruptive because we feel it but do not know where it is coming from. This can feel overwhelming and cause us to feel like there is something wrong with us. But there is nothing wrong with us. It is just that something is pushing up from under the surface, trying to push from the unconscious mind to the conscious mind. We know this is completed when we can concisely name and articulate our fear or source of sadness; this shrinks the emotions down to size and makes them manageable.

So, when we are feeling sad (this would include depressed,

lonely, isolated, etc) how is the perception of love being threatened in our life? Perhaps there is a perceived absence of love. Or perhaps there is a physical distance between us and the one we love. Perhaps someone who was supposed to love us did not do so very well. Perhaps, it is a result of conflict that we have become separated from someone we love. Once we have established this, we can then engage the perception and/or situation. Concerning the perception, is it accurate? If it is, then we address the situation through bringing it to awareness, talking about it, accepting it, grieving it, and addressing it if possible.

When we are feeling anxious we need to lean into the anxiety and not avoid it. We engage the fear and ask ourselves, "If I am feeling anxious, then it means I am feeling that there is a threat. What is the threat and fear?". When a nameless fear becomes named, it loses much of it's power. We experience a dramatic reduction in anxiety. There is a relief that comes from something being known. Once it is known, we are able to see it for what it is, as either rational or irrational. We often also assign too high a probability that a feared scenario will occur. Our emotions then guide on this inflated probability. Once we challenge the fear, explore the

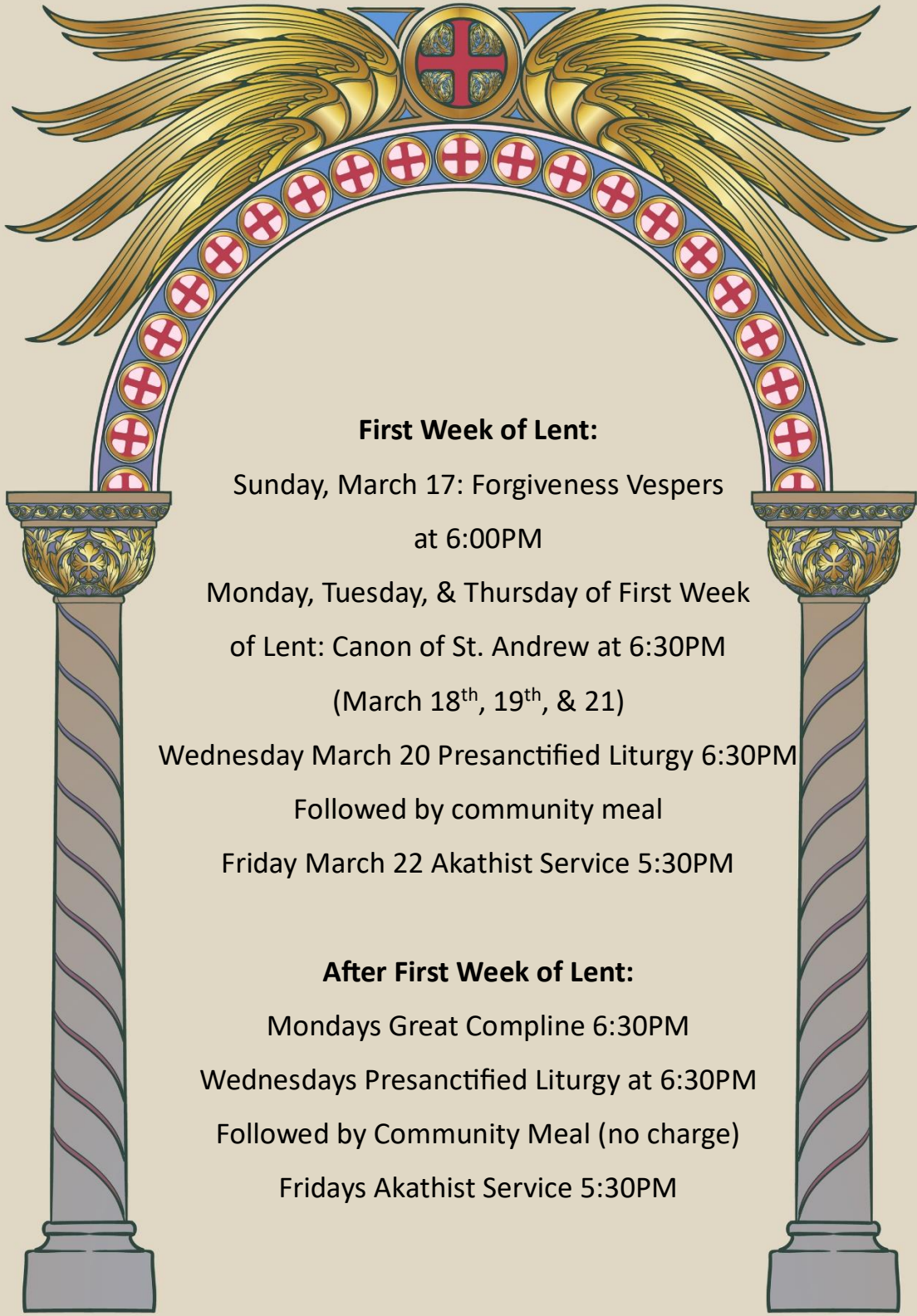


evidence of it really happening, the probability usually drops dramatically. Our emotions then guide on this new perception.

So, as we navigate our lives in this world, remember to know the root causes of our discomfort. The most overwhelming emotions occur when we do not know why we are feeling as we are. There is a profound victory and relief in being able to articulate what exactly we are feeling and why. We can begin the investigation of our inner world by looking under those two basic needs of love and safety. This process can also be a source of humility. It takes humility to admit that we want safety and need love. This is not weakness, it is simply how God created us. Accepting it now, and looking in the right places, can short cut finding peace. It also brings a needed simplicity to our lives.



2024 Lenten Schedule



First Week of Lent:

Sunday, March 17: Forgiveness Vespers
at 6:00PM
Monday, Tuesday, & Thursday of First Week
of Lent: Canon of St. Andrew at 6:30PM
(March 18th, 19th, & 21)
Wednesday March 20 Presanctified Liturgy 6:30PM
Followed by community meal
Friday March 22 Akathist Service 5:30PM

After First Week of Lent:

Mondays Great Compline 6:30PM
Wednesdays Presanctified Liturgy at 6:30PM
Followed by Community Meal (no charge)
Fridays Akathist Service 5:30PM



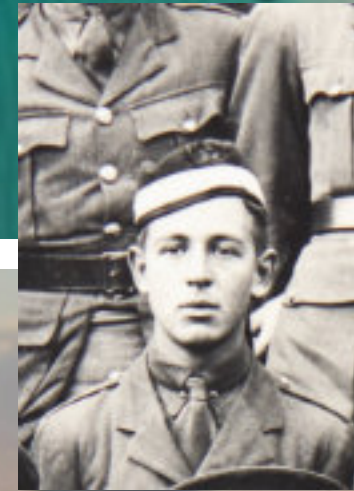
St. George Scout Awareness Sunday Service and the Awarding of Badges Sunday February 11



C.S. Lewis Quotes

Miracles are a retelling in small letters of the very same story which is written across the whole world in letters too large for some of us to see.

C. S. Lewis



Think of yourself just as a seed patiently wintering in the earth; waiting to come up a flower in the Gardener's good time, up into the real world, the real waking.

C. S. Lewis

I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else.

C. S. Lewis



Do not waste time bothering whether you love your neighbor; act as if you did... When you are behaving as if you loved someone, you will presently come to love him.

C. S. Lewis



Saint George Cathedral

Outreach Ministry

a project of the Homeless Ministry

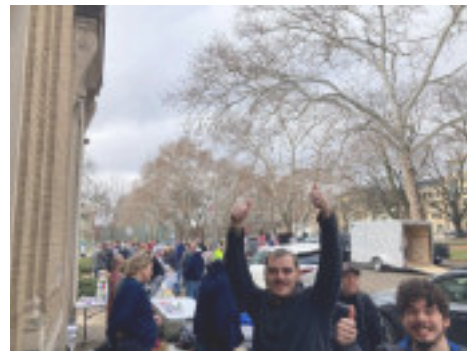
For I was hungry and you gave me food ...



... I was thirsty and you gave me drink



... I was a stranger and you welcomed me



In an effort to better serve the complex and diverse needs of our brothers and sisters, the Homeless Ministry has been reformed as the St. George Outreach Ministry. While over 1,000 individuals in the city experience homelessness on any given night, over **20%** of people in Pittsburgh suffer the threat of a housing crisis, with an income below the poverty line. Our brethren living on the edge face an uncertain future, and our Ministry feels called to adapt and meet their needs.

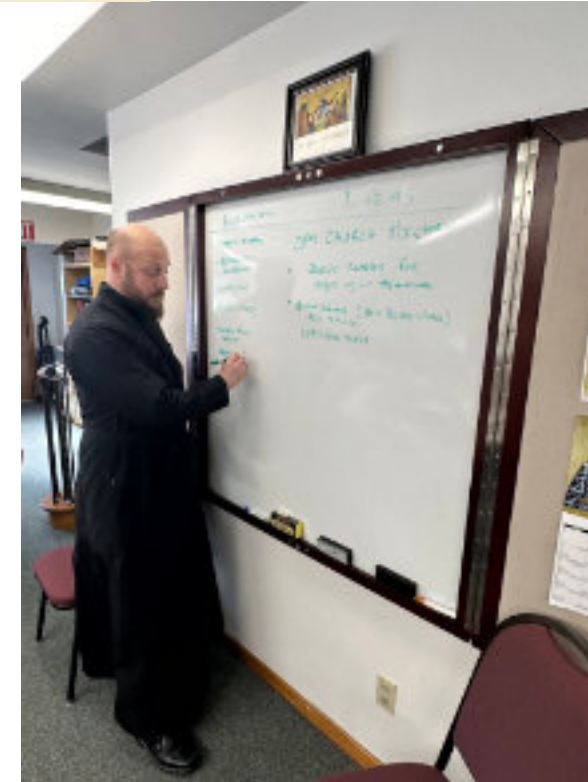
The Outreach Ministry will continue to partner with local organizations to prepare and deliver freshly cooked meals and supply kits to individuals suffering from homelessness and poverty in Pittsburgh. We are continually searching for more ways to serve. Please reach out if you feel called to offer time, skills, donations, or connections with the Ministry!



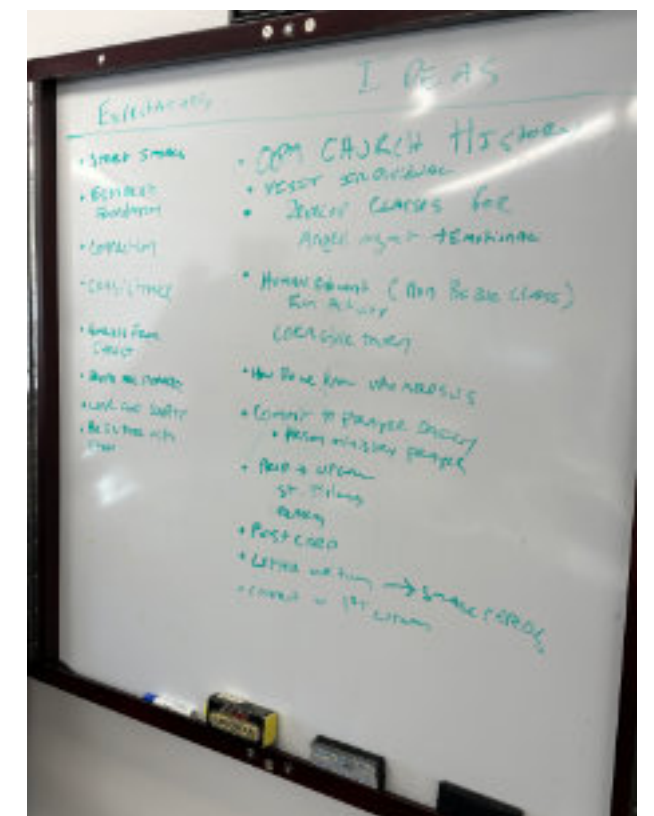
Contact: Robin Khorey
412.953.3627
homelessministry@sgcoakland.org



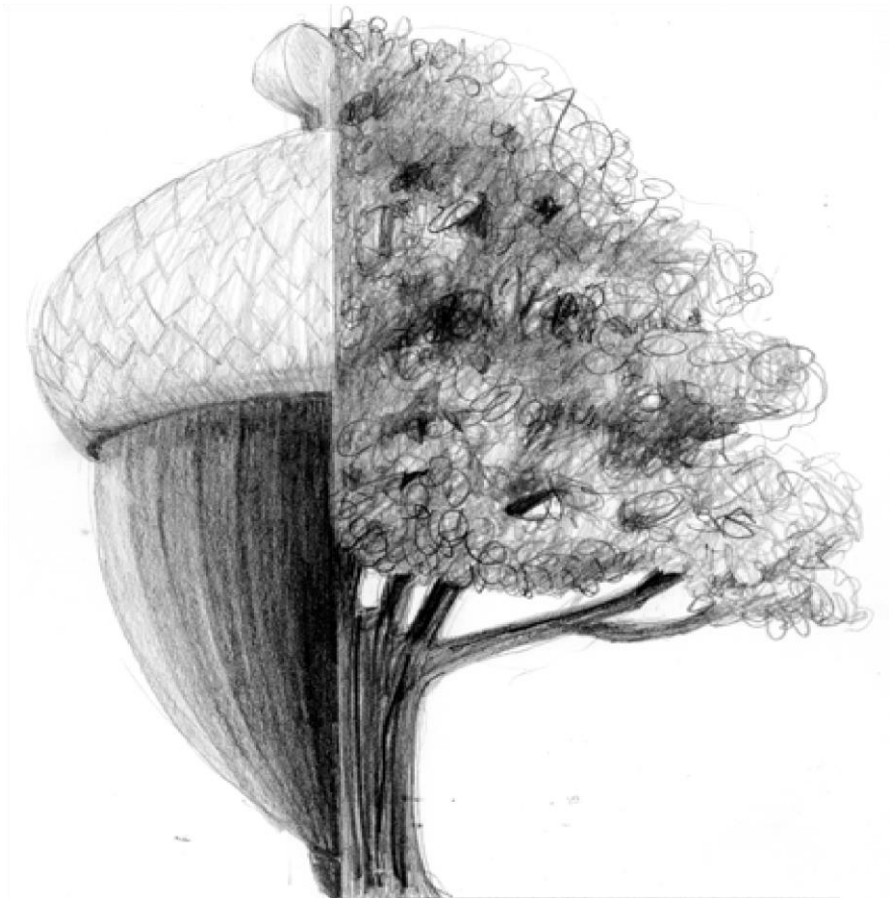
The Planning of the St. George Prison Ministry



St. George Prison ministry kick-off meeting Feb. 18, 2024:		
Item:	Who	Approx. Duration
Opening Prayer and Remarks:	Fr. Joshua	5 min
Recap: Why of Prison Ministry	Dr. Noah	5 min
Recap: What of Prison Ministry (Lay of the land in west PA, various commitment levels)	George Langan	10 min
Brainstorm	All (facilitated by Dr. Noah)	10 min
Action items w/ individuals responsible	All	10 min
Closing Prayer and Adjourn	Fr. Joshua	3 min



Saint George Stewardship 2024



**YOUR CONTRIBUTION HELPS US CONTINUE
TO GROW IN THE IMAGE OF GOD’S
GREATNESS AND LOVE.**

The Church encourages faith offerings (pledges) for the same reason we encourage confession, communion, prayer, fasting, and almsgiving; it is good for our soul. Faith offerings are indeed a spiritual act. Born from the Old Testament practice of tithing, it involves the act of acknowledging what God has given us and that it came from Him. This shows gratitude, humility, trust, and faith. We then offer back to God a portion of what He has given us. It is a beautiful act. It is a pact and synergy between us and God. It is a necessary part of our spiritual life. Like fasting, it helps us practice detachment from this world.

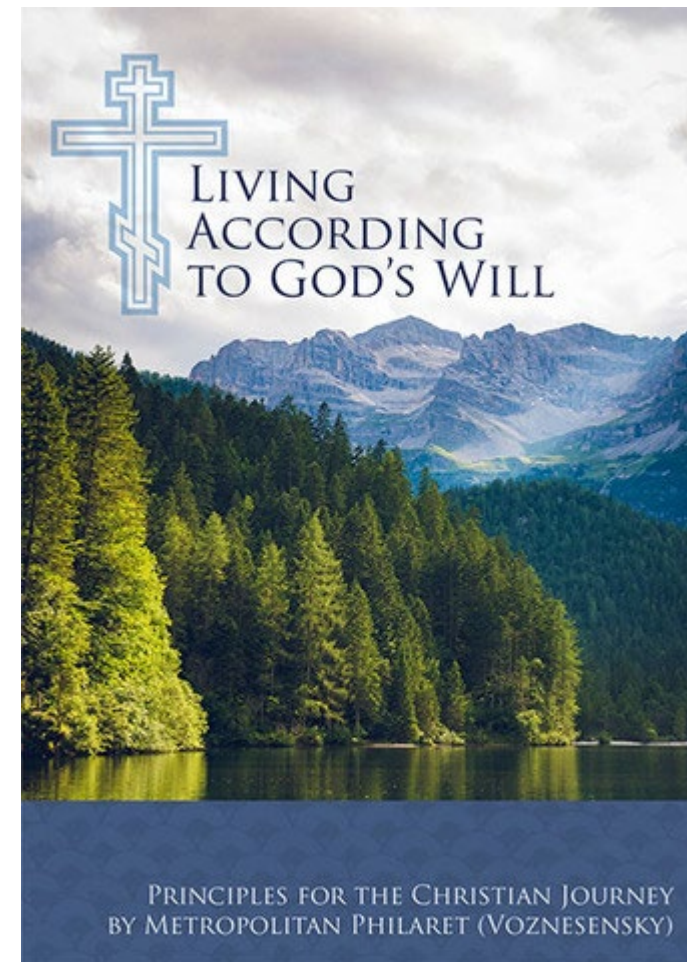
Our Goal for 2024 is \$385,000



For Inquirers and Catechism

Those exploring or seeking to become an
Orthodox Christian

Please contact Fr. Joshua at
Fr.Joshua@sgcoakland.org



The task of man's earthly life is preparing himself for eternal salvation and blessedness. To attain this, a man must live in a holy and pure manner - that is, according to God's will.

It is too often the case that we are ignorant of theology or an Orthodox understanding of how we should live in a way that is pleasing to God: Such an understanding as is offered in this brief work will open a way to our own purpose and fulfillment in life being found and more fully realized.

- Holy Cross Monastery

ADULT CHRISTIAN EDUCATION 2023-24

The Sunday morning Adult Christian Education group will continue to read and discuss the book *Living According to God's Will: Principles for the Christian Journey* by Metropolitan Philaret (Voznesensky).

Sundays at 9:50 a.m. in the Church Hall

Begins on September 10th

No preparation required - Materials will be provided

St. George Community Night

Fellowship * Spiritual Family * Food * Relationships

Thursday, February 29

A Chance to Feast Together Before the Great Fast

Also a Leap Year Meal...very rarely do we experience a meal on the 29th of February

Dinner served 6:00PM-7:30PM in the Church Hall.

There is no charge for the dinner.

Please take a break from cooking

Our Community Nights are to bring the St. George family together and to give the church an opportunity to show hospitality.

Departed Anniversary List

January

January 7: Samuel Albert, Jr.- 1971, Edward Roy- 1984, Isaac Saba- 1969, Stella Del Greco- 2004, Rose Jane Nassar- 2021, Mary Alberts- 1959, Michael Shogry- 1969, Evelyn Brown- 2021, Daniel J. Solomon- 2005.

January 14: George N. Farah- 2015, George Ward- 1966, Nevin Shogry- 1976, Martha Bruno- 1987, Mary K. Monsour- 1976, Sadie Aber- 1980, Sbdn. Thomas Aber- 1988, Virginia Haddad- 2013, Wodia K. Lewis- 1984, Susan Hanna- 1969.

January 21: Katie M. Lowen- 1976, Joseph Khalil- 2001, Joseph U. Esper- 2003, Genevieve F. Dawahare- 1976, Cherie Ann Nemy McIlree- 2000, George Neumah- 2014, Mary Kelly- 1957, Nicholas H. Mellick- 1975, Tillie A. Rafalaski- 1987, Albert Thomas- 1960, Jack David- 1961, William E. Essay- 1993, David Corey- 1954, Charles Karas Solomon- 1953, John Elias Salloum- 2009, Isaac Ristom- 1963, Shahood (Shuf) Tony (George)- 2018.

January 28: Michael Albert- 1966, Mary Sabeh- 1974, Saadeh Nassif- 1984, Ernest George Nassar- 1969, Albert Thomas- 1960, Norma Tony- 2000, George Khalil- 2012, Philip Thomas- 2000, Zariff M. Salim- 2002, Samuel DeMaio- 1960, Azizi Kojak- 1961, Sadie Thomas- 2007, Mary Deeb Thomas- 1961, Suffae S. Saloom- 1966, James Abraham- 2002, Catherine Roy- 1994, Julia Jacob- 2010, Beatrice Monsour Davis- 2014, Charles J. Thomas- 1983, Jebra Murray- 1986.

February

February 4: Sam Fayad- 1960, Katherine Albert- 1960, Joseph Farah- 1966, Fannie Hazeem- 1986, Elizabeth Kelly- 1972, Rachel Mitchell- 1979, Simon Thomas- 1959, Daniel Solomon- 1992, Kattour Saad- 1998, Ann V. Salem- 2006, Ralph Koury- 1989, Michael R. Aber- 1998, John Zacker- 1994, Anna Anthony- 2011, Michael Abraham- 1974.

February 11: Lorraine S. Shogry- 2000, Maria Michael- 1959, Mary Essad- 1999, Sue David- 2005, Samuel S. Nakles- 1989, Azizzee Albert- 1992, Robert Abe Davis- 2000, Alice M. Benko- 2000, Florence Wall- 2009, Harry M. Hadad- 1969, Joseph Khalil- 1999.

February 18: Anna Barakat- 1957, Anna M. Jacobs- 1975, Emily A. Heider- 2002, Anthony George- 1991, Joyce George Beachy- 1981, Jean Liebert- 2017, Mary Robinson- 2020, Shaheen J. Shaheen- 1978, Leo Namen- 1982, Richard Bazzy- 1982, Josephine Nassar- 1971, Dolores Gilchrist- 2015.

February 25: Ora Ann George- 1991, John J. Hakim- 1991, George Jacobos- 2000, George Neumah- 2014, Charles N. Khoury- 1959, Michael S. Bazari- 1990, Catherine George- 1989, Naif Salem- 1968, Adib Simaan- 1988, Bernard Abraham- 1988, Halem M. Joseph- 1999, Samuel Solomon- 2016, Marian Joseph- 1995, Nick Henessay- 1967, Hafeza Abraham- 1973, Dolores David- 2014.

**ST. GEORGE ANTIOCHIAN
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February/March 2024