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The Cathedral Messenger

SAINT GEORGE ANTIOCHIAN ORTHODOX CATHEDRAL

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Insight and Self-Awareness: Ingredients for a Healthy Confession.

By Fr. Joshua Makoul



How productive one's confession is depends on several factors. One of those factors is our level of insight and self-awareness that we have. The ability to look within oneself and see what is really there is a gift. When we look at ourselves, whether physically in the mirror or introspectively within ourselves, what do we see? Hopefully we have the humility and clarity to see ourselves with some reality and accurate perception. However sometimes when we look at ourselves we see not who we really are, but who we want to be or how we crave others to see us. Looking at ourselves is like looking into a stream and trying to see the bottom, some of us can see it clearly, but for some of us the water is murky and cloudy. Yet, for others there are brief moments of clarity only then to

become cloudy again. Our image appears on the surface only to disappear again. The elements that cloud that

stream are often pride, ego, vanity, grandiosity, and our own defense mechanisms.

One of our goals should be to get as close as possible to seeing ourselves as God sees us. This is a crucial part of our spiritual life and growth. We can fool and deceive ourselves, we can even run from who we are, however whether we like it or not God sees us plainly. The ability and willingness to be introspective and look within ourselves is our mirror. The light that makes our reflection able to be seen is the light of Christ combined with our awareness and acceptance of God's teachings and commandments. When we sit and examine our conscience before confession, it can be helpful to ask ourselves, how does God see me? What does He see when He looks into my heart? What would He see that He would be displeased with? If this activity does

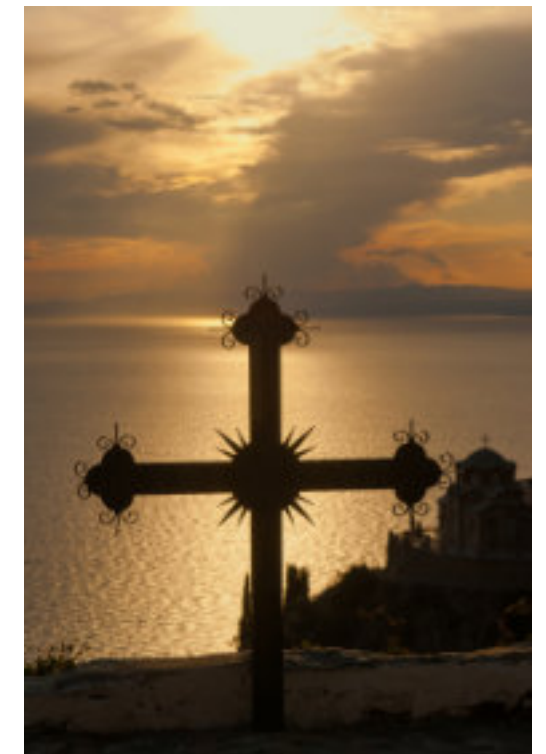
not produce feelings of compunction, then we are in spiritual danger.

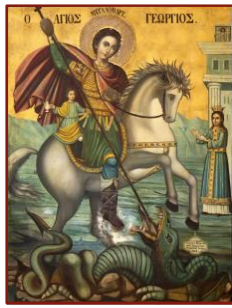
Our ability to answer these questions and to not be afraid to see the ugly aspects of ourselves largely determines how productive our confession will be. When we step into the sacrament of confession God already knows and sees all we have thought, felt, and done. However He wants us to see these things, to be aware of them, and to take ownership for them. How else will we be healed of them and grow spiritually? Christ Himself in the scripture gave the apostles the authority to absolve the sins of men, this power has been passed onto the bishops and priests through apostolic succession and the laying on of hands. "Whoever sins you retain, they are retained; and whoever sins you forgive, they are forgiven" (John 20:23). If we do not confess, how will we receive absolution?

Indeed, to be content with seeing ourselves as we want to see ourselves or as we want others to see us is true delusion. The time will come for all of us when the true reflection of ourselves will be revealed when we depart this world and find ourselves in the presence of God. Our time in this life is short. Is it not prudent to start to make a conscious effort to gain an accurate and true awareness of ourselves now while we can still transform ourselves to how God meant for us to live?

To do so, opens the door to humility. God is indeed merciful and loving. However we have to make the effort, to be striving to see ourselves clearly

and desiring to change what needs to be changed, and this starts with striving to see ourselves as God sees us. These are necessary steps in the Orthodox spiritual life. As long as we make the effort and do our best, God will accept this. As we peer into that stream of our soul, let us not fear the reflection that greets us, no matter how inconvenient it is. Let us study it and bring it captive to Christ through prayer and confession.





ST. GEORGE ANTIOCHIAN ORTHODOX CATHEDRAL

3400 Dawson Street † Pittsburgh, PA 15213 † Office: 412.682.2988 † www.sgcoakland.org

August 25, 2022

Greetings Parishioners,

I hope and pray that this letter finds you well.

Many of us long for the world to return to a place of somewhat normalcy. It seems like there is always some new problem or crisis in the world. This trend has contributed to the world feeling a bit more unstable and uncertain. Universally, we all crave and need stability and predictability.

The good and encouraging news is that our Saint George community is a source of stability and predictability. It is a pocket of love and peace in a world that has become a bit darker and colder. It is like a fireplace burning on a cold day. The closer we stay to it, the warmer and more illuminated we will become. So, no matter how lost the world becomes, we have the peace of mind of knowing that our Saint George community will always be there, helping to warm us through love and a sense of family.

When we invest in our community through healthy stewardship, we are investing in a community that lives according to how God wants us to live. This is becoming increasingly difficult to find in today's world. We are investing towards making sure this pocket of God's presence in this troubled world endures and is present for us and the next generation. However, we have to keep the light of our community burning bright. It needs to be fed and supported by the love, faith, and support of all of us. It is a worthy investment.

Please help keep our community healthy and not stressed, so that it can endure in serving as a pocket of God's love and presence in the world. Our community is one of the few, if not only things, that we have in our worldly life that does not change. This is a comforting and encouraging thought, as we all very much need something consistent and predictable to lean on.

Please help us finish the 2022 year with a strong stewardship push, and through investing in our community, that serves as a pocket and presence of God in this troubled world.

With much love in Christ,

Fr. Joshua Makoul

A Retreat for Married Couples

TRANSFIGURING TOGETHER: THE SYNERGY OF THE HUSBAND AND WIFE ON THE JOURNEY TO THE KINGDOM OF GOD.



Saturday, October 1, 2022

12:00 PM to 4:30 PM

St. George Cathedral Hall, 3400 Dawson St., Oakland

Presented by V. Rev. Fr. Joshua Makoul

Beverages & Snacks will be served during the break.

Register at this link

www.sgcoakland.org/retreat-signup-page

ST. GEORGE COMMUNITY NIGHT



Taco Thursday & Chili Contest

Thursday Evening

September 29 - 6-8 pm



Plan on not cooking that evening and have some fellowship and fun with our church family!

Resolving Attachment: Navigating Life Stages More Peacefully

This Retreat will focus on how getting real and meaningful closure on what went amiss in our lives can help us age and transition more peacefully.



SATURDAY, NOVEMBER 5, 2022 - 11:00 AM TO 4:30 PM

ST. GEORGE CATHEDRAL HALL

PRESENTED BY V. REV. FR. JOSHUA MAKOUL

LIGHT LUNCH AND BEVERAGES & SNACKS WILL BE SERVED

REGISTER AT THIS LINK

WWW.SGCOAKLAND.ORG/RETREAT-SIGNUP-PAGE

Everyone has a story....

This is John Norman's Story

By Fr. Joshua

John Norman was born in Pittsburgh at Mercy Hospital. John's parents divorced when he was very young and the man his mother would remarry would become the man he knew as dad for the remainder of his life.

John's mother always was and is a pillar of stability in his life. John spent his early years living in the Hill District but, when he was four years old, his family moved to Verona where he lived until he was 16 years old. John loved living in Verona where he was able to explore the woods and catch crayfish and salamanders, and experience normal childhood activities such as sports and riding his bike around the area.

However, as he and his peers aged, the less carefree aspects of childhood began to emerge. When he and his peers suffered from teasing, John rebelled and consequently, he got into quite a few fights. At age 14 he was beaten up very badly. There were people present at this incident whom John trusted, however none of them intervened. This left an impression on John and changed the trajectory of his life.

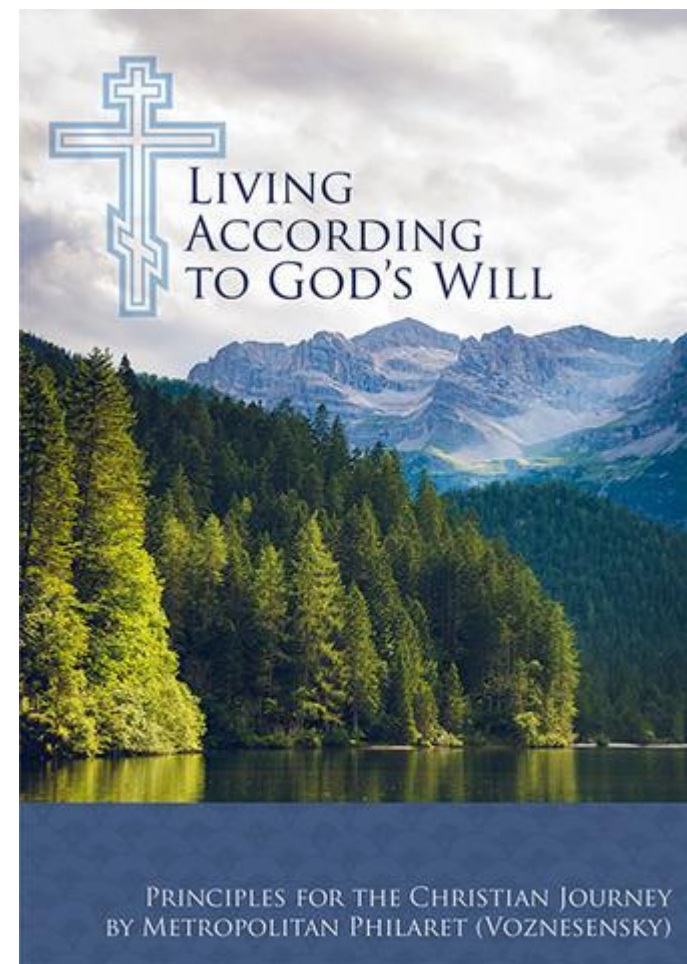
John began to do much introspection and to become more contemplative. Soon after, John's family moved to Franklin Park in the North Hills

where the school district had a bible study club. There John met a group of friends who dabbled in Christianity and Rap music. John had been part of a rap group and he remembers recording a

number of songs in the studio of the famous rapper P.O.J from Wilkinsburg. For college, John attended the famous Tuskegee University in Tuskegee, Alabama. John majored in Electrical Engineering. However, he was always more interested in history and theology.

It was at college that John first learned about the Orthodox Christian faith. After many debates with peers

who were Seventh Day Adventists and Pentecostals, John began to read the writings of the church fathers. The more John learned about the Orthodox faith the more he realized he could not go back to his Baptist upbringing and he was Chrismated into the Orthodox Church on April 7th, 2007. John would eventually move back to Pittsburgh and find his way to our community at St. George where he became a Sub-Deacon on Christmas Eve, 2013. John married his wife Hiwot in May of 2017. Hiwot is from Ethiopia. John is presently working towards completing his Saint Stephen's program.



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 2022-23

The Sunday morning Adult Christian Education group will 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 11th

No preparation required - Materials will be provided



ADULT CHRISTIAN EDUCATION AT ST. GEORGE

St. George provides two opportunities for
Adult Christian Education.

On **Sunday morning** there is Adult Education in the St.
George Cathedral Hall from 9:50 AM to 10:30 AM (See the
adjacent info).

On **Wednesday Evenings**, right after Vespers at 7:30 PM with
rotating topics each week.

September 7

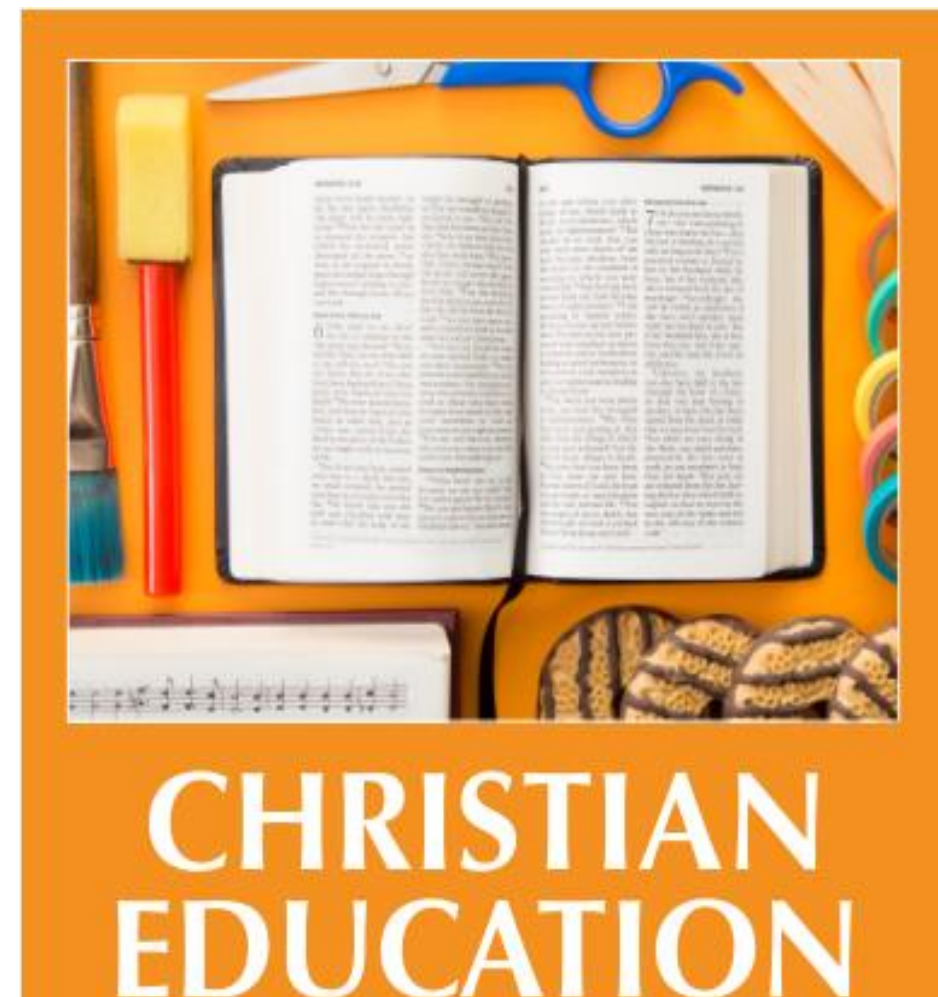
John Norman
will teach:
"Why we
venerate the
Virgin Mary and
the Saints."

September 14

*Subdeacon
Michael Janakis*
will teach:
"Anger and
Meakness."

September 21

Fr. Joshua Makoul
will teach:
"The Emergence of
Monasticism in the
early Church: The
early Christian fear
of becoming
spiritually soft when
the persecutions
ended."



CHURCH SCHOOL BEGINS SUNDAY, SEPTEMBER 11 AT 9:30 AM

We have a highly qualified and professional church
school staff who are waiting to help provide
Christian Education to our children, grandchildren,
nieces, nephews, and Godchildren.

Sign Them Up on September 11!

St. George Homeless Ministry



The St. George Homeless Ministry has continued to provide those in need with food during the pandemic. Here's our Fall/Winter schedule for 2022.

Special dates in addition to these will be announced soon.

If you would like to be added to our email-flocknote list for the schedule of events, please email:

Homelessministry@sgcoakland.org

**COME AND JOIN US, WE
WOULD LOVE TO HAVE YOU!**

Our **SCHEDULE OF NOURISHMENT** is as follows:

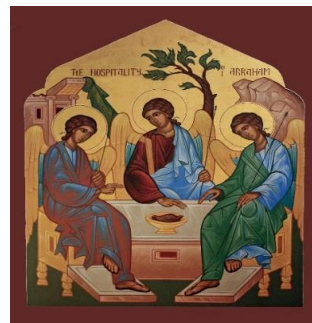
September: 9-25-2022 -
Nourishment Meal

October: 10-30-2022 -
Nourishment meal and delivery of blessing backpacks to those who reside on the streets of Pittsburgh

November: 11-20-2022 -
Nourishment meal

December: 12-18-2021- Prepare and deliver Christmas Backpacks filled with necessities to the shelters and street residence.

December: 12-30-2022 - Delivery of gift cards from the Christmas Blessing Tree.



Icon by the Hand of Nick Papas



ST GEORGE FOOD PANTRY

St. George has partnered with the Greater Pittsburgh Food Bank to provide 20 lb boxes of nonperishable items to our Oakland and surrounding neighborhoods. You can volunteer for the Drive-up Distribution from **10am-12:30pm** on these dates:

Saturday, September 17

Saturday, October 15

Sign up in Flocknote. Go to Signups on the left. and scroll to Food Pantry Signup for distribution days

Or you can contact Denise Potter 412-906-5078 • denise.potter@comcast.net.

We encourage all parishioners to consider volunteering as we come together as a parish to serve the food deprived of our community.

WE'RE LOOKING FOR VOLUNTEERS FOR THIS FALL. PLEASE JOIN US!

ANTIOCHIAN WOMEN MEETINGS ARE STARTING!

SEPTEMBER 18th Following Liturgy



Bring your coffee and sweets to the Church Office

And Join us as we plan the upcoming year.

Then Mark your calendars for Third Sunday of the Month.

If you're an active member, past member or someone who's not been a part of Antiochian Women, come to this meeting and give it a try!

Congregation *Station*



Stop in the church hall and visit the Congregation Station.

It is the place to get updated on church projects, stewardship, information about our Ministries and upcoming activities.

If you haven't signed up for Flocknote or our Church Directory, easy instructions are available. Most of all, we'll continue to have displays and updates on the building expansion project.

If you're new to St. George, you can also pick up Welcome Packets and Membership Information here as well. Keep an eye on and stop by often to Congregation Station.

Couples Night Out

September 17, 2022 – 6 pm until 9 pm

Sponsored by
The St. George Family Ministry

Families may drop their kids off at the St. George Cathedral Hall on Saturday evening. Babysitters will be available while couples go out for the evening and have some quality time.

RSVP will be required. More details next week.

Our St. George Community wants to support families and them a well-deserved break!

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES



Ukrainian Relief Dinner & Prayer Service

Sunday, September 25, 2022 | Service 4:00 PM • Dinner 5:00 PM

ST. NICHOLAS GREEK ORTHODOX CATHEDRAL
419 South Dithridge St. • Pittsburgh (Oakland) 15213

LED BY OUR BELOVED HIERARCHS

Metropolitan SAVAS, Greek Orthodox Archdiocese of America
Metropolitan GREGORY of Nyssa, Carpatho-Russian Orthodox Church of the USA
Archbishop MELCHISEDEK, Orthodox Church in America
Archbishop DANIEL, Ukrainian Orthodox Church of the USA
Bishop THOMAS, Antiochian Orthodox Christian Archdiocese of North America
Bishop IRINEJ, Serbian Orthodox Church in North & South America

.....
Tickets \$50 • RSVP By September 20, 2022 • Net proceeds will benefit IOCC's Ukraine Crisis Response

SPONSORSHIPS AVAILABLE

Grand Benefactor \$10,000 • Benefactor \$5,000 • Humanitarian \$2,500 • Patron \$500 • Friend \$250

Register online at ioccc.org/pittsburgh

Or contact Zelfa 412-417-4706/zkhalil1@live.com,
Vera 412-833-0839, or Mary Ann 724-263-5605.

Make checks payable to IOCC with "Ukraine Relief" in memo.
Mail to IOCC c/o Nick Terezis, 306 Marberry Drive, Pittsburgh, PA 15215.

Tickets held at door, not mailed. Tables for groups of 8 only.
For info or to volunteer call Zelfa 412-417-4706.



Departed Anniversary List

AUGUST, 2022

August 7, 2022: Hesna Davis-1980, Paul Douglas Labash-1975, Elias Moses-1980, Abraham Dahma-1984, Emily Esper-1994, Violet Khorey-2009, Mildred (Mickey) Kosanovich-2010, Nahiba Joseph-1956, Martha Davis-1973, and Paul Hazo-1960.

August 14, 2022: Isaac Ward-1972, Sara Joseph-1984, Freda (“Fritzie”) George-2003,

Renee Jabbour- 2002, David Diab Moosa-1964, Sarah Deep-1996, Mary Fayad-1963, Alex Nassar-1979, Adib Khouri-1972, Elaine Reuss-1997, Mildred Abraham-2009, Audrey Myers Trbovich-1963, Sadie Brown-2002, Michael C. Jacobs-2005, Freda Thomas-1970, and Sam Hazo-1973.

August 21, 2022: Anna Eazor Johns-1972, Sylvia Roy-2003, Kathy Mitchell-2014, Abraham Davis-1957, Mary Barterome-1978, Edward Albert-1998, Suad Khoury-2009, Eva Jane Fekete-2006, Jennie Solomon-1967, Hilweh D. Saba-1981, Anthony Joseph-1989, Helen Elias-1993, Helen Elias-1961, Dewey David-1983, Thomas Gallaher-1973, and Helen Haddad-1975.

August 28, 2022: George Riston-1973, George N. Elias-1988, John E. Khalil-1997, Theresa M. Johnson-2003, Albert Anthony, Sr.-2000, Sabha Abdallah Lesoon-2017, Jabour Khalil-1965, Michael Essad-1971, Velma Thomas-1998, Taofik Abboud-2017, Leona Jacob-2018. Yasmine Bazari-2015, Susan Davis-1959, and James Thomas-1993.

SEPTEMBER, 2022

September 4, 2022: Zachary E. Hallow-1977, Minerva Namen-1987, John Abraham-1988, Michael Abraham-1961, Ayna Maryam Zahir-1993, Craig R. Stephens-1988, Phillip Nassar-2008, Mary Hazo-1965, Esper Bazy-1982, Helen Farah-1979, Donna Lehiy-2007, and Dolores Farah-2018.

September 11, 2022: Ronald E. Degenkolb-2005, Abraham Albert-1956, George N. Abraham-1997, Joseph E. Lesoon-1976, Wallace Solomon-1996, Charles G. Thomas-2001, Maryann Esper-1993, John Bazari-1998, Margaret Giangarło-2018, Elias J. Hakim-1964, Agnes (“Aggie”) Khalil-2003, Lottie Haddad-1956, Ayupe Hanna (Bitar)-1977, James Hanna-2000, Mariam Mashraky-2017, and Judith Griffin-2019.

September 18, 2022: Katherine Joseph-1978, John David Skelton, Jr.-1998, Craig Stephens-1988, Julia Esper-1999, Thomas A. Hakim, Sr.-2007, Mary Ayoub-2006, James Mahfood-1978, Michael M. Serafy-2013, Mikhail Khalil-2018, Dan Robbins-2014, Selma Detmer-1964, Wasif Saba-2016, Albert Khalil Nahas-1976, Yassemine Khalil-2014, Mary Hanna-1993, Souheil Azzam-2019, Wasif D. Saba-2016, and Olga Marie Solomon-1996.

September 25, 2022: Martha Hanna-1978, Charles Charley-1980, Margaret Khorey-2017, Daniel Fraed-1972, Elias Hakim Jr.-2009, Susan Salem-1973, Sari A. Brooks-2004, Samuel Abraham-1966, Edward W. Liebert-2003, Abraham Esper-1989, Elizabeth S. Cory-1994, Elias Khalil-2007, and George Jacob-2018.

OCTOBER, 2022

October 2, 2022: Namy Farah-1965, Sadie Abraham-1977, William Salem-2014, Mary Ruth Zahir-2014, Sylvia Gilbert-1997, Rose Roy-2000, and Sadie Abraham-1953.

October 9, 2022: Madeline Baraket-1978, James W. Davis-1989, Philip Nemy-2019, Nazara Jacobs Shaheen-1980, Anna Abraham-1981, Katherine Ward-1965, Nadia Rizk-1974, John Albert-1969, Lucia (Lucy) Ayoub-2003, Nabe B. Jacob, Sr.-1979, Julia Fedwa Fraed-1993, Edward M. Albert-2008, and Joan (Thomas) Edmonds-2011.

October 16, 2022: Michael Cory-1971, Sameera Thomas-1997, George A. George-2003, Sam S. Bazari-1962, Elma H. Khalil-2001, George Deep Thomas-1959, George D. George-2004, Badr Domat-2014, Michael Albert Haddad-1956, Mildred Hadad-1995, and Amelia Kronstein-2001.
October 23, 2022: Abraham Thomas-1954, Albert George-1972, Sophie Aber-2009, Virginia Sadie Hadad-1998, Minnie Abraham-1987, Charles Davis-1990, Andrew Albert-1963, Rahme Roy-1968, Anthony Joseph-1982, James E. Khalil-1996, Mitchell Abraham-1981, Anna Salem-1984, and Virginia Roy Harris-1969.

October 30, 2022: William J. Albert-1970, Les T. Dayoub (Davis)-1978, Mike Deep-1968, and Minerva Thomas-2000, Shafeka Ristom-1955, Leslie Joseph-1989, George Hanna-2000, Catherine Ann George-2003, David C. Thomas, Sr-2004, Abraham Shaheen-1965, Joan E. Filby-1966, Minnie Abraham-1969, Louis Jabbour-1975, Miro Michael Serafy-1995, and Robert E. Abraham-1989.

NOVEMBER, 2022

November 06, 2022: George Esper-1979, Leo Solomon-2004, Richard Tony-2008, Z. Anthony (a.k.a.: Michael George)-1964, Mitchell Haddad-1979, and Brian Caputo-2014.

November 13, 2022: Henry Haddad-2002, Louise K. Lesoon-1986, Sophie Salem-1996, Isa Esper-2007, David Ayoub-1985, Robert Portillo, 2019, Amanda Esper-1974, Rose Joseph Khoury-1968, and Mary Zanich-1986.

November 20, 2022: John Esper Joseph-1972, Samuel T. Roy-1976, Dush Kosanovich-1990, Melvin T. Marshall-1996, Esper Yousef-1968, Nellie A. Abraham-1988, Samuel J. Tomassi-2005, Harriet Marion Shogry-1960, Harry Koury-1983, Daniel Khalil Jr.-2012, Charles Dayieb-1990, William Khalil-1972, and Mary Simon-1973.

November 27, 2022: Richard Eassa-1971, Jacob David-1977, Edward Lesoon, Sr.-1986, Samuel Ames-1989, Helen Davis-1977, Leslie George, Sr.-1998, Joseph Davis-1968, Mary C. Solomon-2003, Peter Cardone-1969, Albert R. Sunner-1971, and Monty J. Betris-1976.

DECEMBER, 2022

December 04, 2022: Roberto Tamer-1976, David Lloyd Davis-1996, Latifah Thomas-1959, Bahia Shaheen-1965, Hamlette Josephine Piso-2003, Bessie Simon-1956, Hafez Kelly-1973, Robert George-1991, Donald Hardy-2003, George H. Farah-2007, George S. Koury-1987, Samuel S. Esper-1991, and Sophie Victoria Barakat-1996.

December 11, 2022: Elizabeth Dumont-2000, Abraham Haddad-1970, Anna Loizides-1996, Olga J. Salloum-2012, Khourevey Melvina Meena-1968, Carl Orsini-1981, Bertha J. Shaheen-1958, George Dahma-1980, George Simon-1985, George Milhem Williams-1996, and Nohad Esper-2019.

December 18, 2022: Abraham Toney-1981, Robert George-1986. Alex Sullivan-1977, and Wadie Corey-1966.

December 25, 2022: Robert B. Abraham, Montana Amato-2018, Michael Myers-1956, Anna Orsini-1977, Essa Khalil-2020, William Sunner-1980, Anne Sarkisian Jacobs-1989, Bess Hanna-1999, Ann Haddad-1991, Charles George, Sr.-2005, Matilda Albert-1993, Freda Bazy-1986, Joseph J. Hadad-1962, George Elias Saba-1970, and Edith J. Khalil-1995.

**ST. GEORGE ANTIOCHIAN
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Dates To Remember

September 11: Church School Starts

September 17: Couples night out. Childcare in the church hall

September 18: Antiochian Women Meetings Start

September 25: Ukrainian Prayer Service & Dinner - St. Nicholas Greek Orthodox Church

September 29: St. George Community Night~Taco Thursday" and chili Competition.

October 1: Church Retreat: Transfiguring Together

November 5: Church Retreat: Resolving Attachment: Navigating life stages more peacefully

Please visit our website calendar or download our events bulletin, The Cathedral for more details.