



**Antiochian Orthodox Christian Archdiocese
of the British Isles and Ireland
St George's Antiochian Orthodox Cathedral**

Sundays 20 - 27 May 2018

**Archbishop: Metropolitan Silouan Oner
Parish Priest: Archpriest Samir Gholam
Parish Deacon: Deacon Michael Touma**

**Newsletter Issue:
09/18**

Regular Services:

Saturdays: Vespers 16:30
Sundays: Matins 10:00
Liturgy 11:00

Orthodox Calendar:

14 May – Martyr Isidore and Serapion the Holy Martyr
15 May – Pachomios the Great
17 May – Holy Ascension
20 May – Fathers of the 1st Council

21 May – Constantine and Helen, Equal to the Apostles
25 May – Third Finding of the Precious Head of St. John the Baptist
26 May – Saturday of Souls
27 May – Holy Pentecost

Subscription to the Antiochian Orthodox Society of Britain

The Antiochian Orthodox Society of Britain is the backbone of the parish of St. George's Cathedral. It is responsible for all its finance, maintenance and administration plus assisting the clergy with all their needs. It is also responsible for the maintenance and refurbishment of the church building which is a Grade 2 listed building and requires continuous attention and large amounts of expenditure.

The society regular income is generated mainly from the membership, the church collection and donations made in the candle box. Unfortunately our expenses, which have increased tremendously after we became an Archdiocese, much exceed our regular income. Accordingly our accounts will be in deficit if we exclude the income generated from the Annual Dinner. We need very much to increase our regular income by increasing mainly the society membership which constitutes the only steady income. We strongly urge everyone to join the society by completing the form which can be downloaded using the following link: <http://www.stgeorgeantioch.org/wp-content/uploads/2016/09/Application-Form.pdf>

The standard annual subscription is £180, paid by monthly £15 standing order. Those with limited income can pay as little as they can afford. Higher donations are always welcomed.

أقوال في "العنصرة" للقدّيس يوحنا الذهبيّ الفم

قبل أيام احتفلنا بالصليب والقيامة. اليوم نلتقي بقمة الصالحات بأمة الأعياد ونصل الى تحقيق وعد الرب . يقول : لأنه إن لم أنطلق لا يأتيكم المعزّي . ولكن إن ذهبت أرسل لكم معزّي آخر ولن أدعكم يتامى (يو 16 : 7) .

مواهب الروح القدس :

أنظروا الى مثل هذه المحبة للبشر . قبل بضعة أيام صعد الى السماء وجلس عن يمين الأب وأعطانا اليوم حضور الروح القدس. هو يحررنا من العبودية الروحية . يدعونا الى الحرية . يقودنا الى البتوة وبصورة عامة يعيد ولادتنا من جديد ويزيل عنا حمل الخطايا الثقيل. بنعمة الروح القدس نرى الكهنة الكثيرين كما نرى مصف المعلمين من هذا المعين تخرج الموهبة النبوية والقوة لشفاء الامراض . وكل ما يتبقى ويزين كنيسة المسيح يخرج من هناك. فيصرخ بولس : هذه كلها يعملها الروح الواحد بعينه قاسما لكل واحد بمفرده كما يشاء (1 كور 12 : 11) يقول كما يشاء لا كما أمر. قاسما لا مقسما . له سلطان لا سيادة عليه. لأن مثل هذه السلطة بالضبط التي لدى الأب ينسبها بولس ايضا الى الروح القدس. عن الأب يقول : " لكن الله واحد الذي يعمل الكل في الكل " (1 كور 12 : 6) وعن الروح القدس يقول أيضا : " هذه المواهب كلها يعملها الروح الواحد بعينه قاسما لكل واحد بمفرده كما يشاء " .

قوة الروح القدس :

أنظر الى مثل هذه السلطة الكاملة. لأن للذين لديهم جوهراً واحداً لديهم سلطان واحد . وللذين عندهم مرتبة واحدة ، عندهم قوة واحدة وسلطان واحد. بالروح القدس نحصل على التحرر من الخطايا وتنطهر من كل دنس . بنعمته نحن البشر نصبح ملائكة. كل من لامس نعمته، دون أن تتغير طبيعته بل يبقى في طبيعته البشرية لكنه مع ذلك يظهر مسلماً ملائكة. هكذا هي قوة الروح القدس. كما ان النار هذه التي نشاهدها عندما تقترب من اللين اللين تجعل منه قرميدا قاسياً كذلك يحصل مع الروح القدس عندما يتخذ نفساً متعقلاً حتى ولو كانت لينة مثل اللين يجعلها شديدة كالحديد. كما أن ذاك الذي كان ملطخاً بالخطايا يجعله للحال ألمع من الشمس. هذا ما يعلمنا إياه بولس المغبوط عندما يقول : " أم لستم تعلمون ان الظالمين لا يرثون ملكوت الله . لا تضلوا ، لا زناة ولا عبيدة اوثان ولا فاسقون ولا مفسدون ولا مضاجعو ذكور ولا سارقون ولا طماعون ولا سكيرون ولا شتامون ولا خاطفون يرثون ملكوت الله " (1 كور 6 : 9 – 10) . بعد أن عدّد أصناف الشرّ وأكّد على أن مرتكبيها لا يرثون ملكوت الله للحال يضيف : " وهكذا كان اناس منكم . لكن اغتسلتم بل تقدّستم بل تبرّرتم باسم الرب يسوع وبنعمة روح إلهنا " (1 كور 6 : 11) .

أرأيت أيها الحبيب قوة الروح القدس؟ أرأيت كيف انه يحوي الشرّ كله. أولئك الذين كانوا قبلاً عبيداً لخطاياهم يرفعهم للحال الى الكرامة العلوية.



Holy Pentecost:

The feast of Holy Pentecost is celebrated always on a Sunday, on the fiftieth day after the Great Pascha and ten days after the feast of the Ascension of Christ. The feast commemorates the descent of the Holy Spirit upon the Apostles on the day of Pentecost, in chapter 2 of the book of Acts the Apostles of our Lord were gathered together in one place. Suddenly, a sound came from heaven like a rushing wind, filling the entire house where they were sitting.

Then, tongues of fire appeared, and one sat upon each one of Apostles. They were all filled with the Holy Spirit and began to speak in other languages as directed by the Spirit (Act 2:1-4).

When the people in Jerusalem heard the sound, they came together and heard their own languages being spoken by the apostles. They wondered what this meant, and some even thought the apostles were drunk (Act 2:5-13).

St Peter preached to the people regarding the Old Testament prophecies about the coming of the Holy Spirit. He spoke about Jesus Christ and his death and glorious Resurrection, and ask the people to repent and baptised in the name of Jesus Christ for the remission of sins (Act 2: 38-39).

On that day about three thousands were baptised and continued daily to hear the teaching of the Apostles, as the early Christians met together for fellowship, the breaking of bread, and for prayer. Many wonderful signs and miracles were done through the apostles.

Heavenly king, Comforter the Spirit of Truth, everywhere present and filling all things, Treasury of blessings and Giver of life: come and abide in us, cleanse us from every impurity and save our souls, O Good One.

Story and Lessons:

Take Care Of Your Soul

Once upon a time there was a king with 4 wives, one day the king got sick and was on his deathbed afraid of being in the afterlife alone, he asked his 4th wife which he loved the most and bought her diamonds, gold and elegant clothing, he asked her “would you die with me? And go with me to the afterlife?” The fourth wife replied “I’m sorry I can’t do that” and walked away. He also loved his third wife he was very proud and would show her off to neighbouring kingdoms, so he called on his third wife and asked: “would you accompany me to the afterlife?” the third wife replied: “I love my life too much.... I’m sorry I cannot go with you and when you die I’m going to remarry”. His second wife has always been there for him in his times of need so he asked.... “would you accompany me to the afterlife?” The second wife then replied: “I’m sorry that I can’t help you out this time but what I can do is to arrange your funeral and I will be there for your funeral” a voice called out and said “I’ll leave with you.... and follow you whenever you go even if it is to the afterlife”. The king looked and it was his first wife but this was the wife that he took care of the least. He felt embarrassed and said... “I’m SORRY I should’ve taken better care of you and given you more attention when I was alive”.

The moral of this story is that we all have four wives. Our fourth wife is our body, we like to decorate it with nice jewellery, nice clothing, but in the end it can’t follow us to the afterlife. The third wife represents our possessions we spend so much time trying to gather possessions but in the end they cannot follow us to the afterlife, it will be given to other people and divided just like the 3rd wife said she’s going to remarry. The second wife is our friends and family, we trust them they’re there for us in times of need but the furthest they can go with us is to our funeral and send us off. **Our 1st wife represents our soul; we usually neglect taking care of our soul that is what will follow us to the afterlife.**

Care for your body, keep it healthy, enjoy your possessions and the comfort they provide, cherish your friends and family for the love that they provide but don’t forget to take care of your soul.



Constantine and Helen Equal-to-the Apostles:

Constantine was born in 272 in Dardania, a city in the north western Turkey. In 306 when his father died, he was proclaimed successor to his throne. In 312 on learning that Maxentius and Maximinus had joined forces against him, he marched into Italy, where, while at the head of his troops, he saw in the sky after midday, beneath the sun, a radiant pillar in the form of a cross with the words: "By this shalt thou conquer". The following night, our Lord Jesus Christ appeared to him in a dream and declared to him the power of the Cross and its significance.

When he arose in the morning, he immediately ordered that a labarum be made in the form of a cross, and he inscribed on it the Name of Jesus Christ. In 324, in the ancient city of Byzantium, he laid the foundations of the new capital of his realm, and solemnly inaugurated it on May 11, 330 naming it after himself, Constantinople. Falling ill near Nicomedia, he requested to receive divine Baptism according to Eusebius and also according to Socrates and Sozomen; and when he had been deemed worthy of the Holy Mysteries, he reposed in 337 on May 21, the day of Pentecost, having lived sixty five years. His remains were transferred to the church of the Holy Apostles.

As for his holy mother Helen, after her son had made the Faith of Christ triumphant throughout the Roman Empire, she undertook a journey to Jerusalem and found the Holy Cross on which our Lord was crucified. After this, Saint Helen, in her zeal to glorify Christ, erected churches in Jerusalem at the sites of the Crucifixion and Resurrection, in Bethlehem at the cave where our Saviour was born, another on the Mount of Olives whence He ascended into Heaven, and many others throughout the Holy Land, Cyprus and elsewhere. Having been thus glorified for her piety, she departed to the Lord being about eighty years of age around 330.

Fathers quotes:

"Through the Holy Spirit comes our restoration to paradise, our ascension into the kingdom of heaven, our return to the adoption of sons, our liberty to call God our Father, our being made partakers of the grace of Christ, our being called children of light, our sharing in eternal glory, and, in a word, our being brought into a state of all "fullness of blessing", both in this world to come, of all the good gifts that are in store for us, by promise hereof, through faith, beholding the reflection of their grace as though they were already present, we await the full enjoyment"

St Basil the Great

"The aim of all those who live in God is to please our Lord Jesus Christ and become reconciled with God the Father through receiving the Holy Spirit, thus securing their salvation, for in this consist the salvation of every soul. If this aim and this activity is lacking, all other labour is useless and all other striving is in vain. Every path of life which does not lead to this is without profit"

St Simeon the New Theologian

"Everything that breathes, breathes by air and cannot live without air; similarly all reasonable free creatures live by the Holy Spirit, as though by air, and cannot live without Him. Every soul is quickened by the Holy Spirit. Recognise that the Holy Spirit stands in the same relation to your soul as air stands in relation to your body"

St John of Kronstadt

Announcements:

جانب الأهالي الكرام: نحيطكم علماً أنه ببركة صاحب السيادة الميتروبوليت سلوان أونر ومجلس ادارة الجمعية الأرثوذكسية الأنطاكية، سيتم افتتاح مدرسة لتعليم اللغة العربية لأولادنا الأحياء من عمر أربع سنوات حتى عمر اثنتي عشرة سنة "مع بعض الاستثناءات" وذلك في أيلول القادم إن شاء الله، فعلى الراغبين تسجيل أسماء أولادهم لدى السيدة ماغي مخول مديرة المدرسة (07949187944)، ليبنى على الشيء مقتضاه.

A Holy liturgy will be served for **The Holy Ascension**, on Wednesday the 16th of May, 7:00pm.