



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

Sundays 24 February- 03 March 2019

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

**Newsletter Issue:
03/19**

Regular Services:

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

Orthodox Calendar:

18 February – Agapetus the Confessor
20 February – Hieromartyr Sadok and Companions
21 February – John Patriarchate of Constantinople
24 February – Sunday of the Prodigal Son

26 February – Photine the Samaritan Woman
28 February – Basil the Confessor
01 March – Andonina the New Martyr
03 March – Judgment Sunday (Meatfare Sunday)

The visit of the Catholic Patriarch Youssef Absi, to the Lebanese Embassy, February 8th.



Funeral

Christ is Risen. The **funeral** of the late **Samira Kassir**, mother of our board member Mr Gaby Kassir, was on Monday, February 11th, at The Greek Orthodox Church, Manchester.

Indeed, is risen.



ملكوت الله

لما ابتداء يسوع يبشر أعلن عن حضور ملكوت الله. قبله كان يوحنا المعمدان يصرخ: "توبوا فقد اقترب ملكوت الله" (متى 3: 2). على كل مسيحي أن يسعى للوصول إليه منذ الآن "طالما الوقت نهار". ليس ملكوت الله مكانا جغرافيا في زمن معين، هو في العالم لكنه ليس من العالم. "ملكوت الله مثل حبة الخردل، هي اصغر البذور ولكن متى نمت فهي اكبر البقول" (متى 13: 32). قال أيضاً: "أن ملكوت الله هو الزرع ينبت وينمو ويعطي ثمارا كثيرة" يسوع بشرنا بالملكوت. من وجد يسوع وجد الملكوت. يسوع هو الملكوت.

لكن كيف اعرف أنني وجدته؟ هل شعرت يوما في لحظات مميزة من حياتك انك تفيض سلاما وفرحا، انك تعيش سعادة حقيقية؟ "اطلب أولاً ملكوت الله وبزّه وكل شيء يزداد لك" (إنجيل متى 6: 33). لا تظن أن كل شيء يعطى لك هكذا، ان جعلت السيد نصب عينيك يسهل السعي، تذكر مثل الزارع في إنجيل متى (13: 23-3). لا ينبت الزرع إلا في الأرض الخصبة. لذلك يجب إعداد الأرض: نزع الشوك والأعشاب. أرضك طيبة لكن الخطايا واهتمامات الدنيا تمنع الزرع من النمو. عليك نزع كل ما يعيق نمو كلمة الله فيك. لكن أين ارضي لأعدها؟ أرضك في قلبك لأن "ملكوت الله في داخلكم" (إنجيل لوقا 17: 21). هناك ابحت عن حديقتك وكن مستعدا. آمين

ON REPENTANCE (by Saint John Kronstadt)

"If you fall, rise and you shall be saved." You are a sinner, you continually fall, learn also how to rise; be careful to acquire this wisdom. This is what the wisdom consists in: learn by hearing the psalm, "Have mercy upon me, O God, after Thy great goodness," inspired by the Holy Spirit to the king and prophet David, and say it with sincere faith and trust, with a contrite and humble heart. After your sincere repentance, expressed in the words of King David, the forgiveness of your sins shall immediately shine upon you from the Lord, and your spiritual powers will be at peace. The most important thing in life is to be zealous for mutual love, and not to judge anyone. Everybody shall answer for himself to God, and you must look to yourself. Beware of malice.

To repent means to feel in our hearts the falsehood, the madness, the guilt of our sins, it means to acknowledge that we have offended, by them, our Creator, our Lord, our Father and Benefactor, Who is infinitely holy, and infinitely abhors sin, it means, to desire, with the whole soul, to amend and to expiate our sins.

Why does not the sinful soul obtain remission of its sins before it feels all their foolishness, all their destructiveness, and all their falsity from the whole heart? Because the heart is our soul; as it committed the sins, finding them at the time pleasant and plausible, therefore it must now repent of them and recognize them as leading to destruction and entirely wrong. This repentance is accomplished painfully in the heart, as the desire to sin is also usually in the heart. Concerning penitence. Penitence should be sincere, perfectly free, and not in any way forced by any particular time and habit, or by the person before whom the sinner confesses. Otherwise it would not be true penitence.

Consciousness, memory, imagination, feeling, and will are aids to penitence. As we sin with all the powers of our soul, so penitence must be from our whole soul. Penitence in words only, without the intention of amendment and without the feeling of contrition, may be called hypocritical. "Elder Thaddeus of Vitovnica says, "We need repentance. You see, repentance is not only going to a priest and confessing. We must free ourselves from the obsession of thoughts. We fall many times during our life, and it is absolutely necessary to reveal everything [in Confession] before a priest who is a witness to our repentance. Repentance is the renewal of life. This means we must free ourselves of all our negative traits and turn toward absolute good. No sin is unforgivable except the sin of **unrepentance**.

All of us sin constantly. We slip and fall. In reality, we fall into traps set by the demons. The Holy Fathers and the Saints always tell us, "It is important to get up immediately after a fall and to keep on walking toward God." Even if we fall a hundred times a day, it does not matter; we must get up and go on walking toward God without looking back. What has happened-it is in the past. Just keep on going, all the while asking for help from God.

Story and Lessons:

The Pregnant Deer

There was once a pregnant Deer, and she knew the time was coming to give birth and found a secured spot near a flowing river. And just then when she gives her birth, dark clouds gathered and cracked with thunder, a strong bolt of lightning caused a widespread fire in the forest.

She looked to her left and found there was a hunter ready to shoot her with arrow, and she looked to her right and was surprised to find a hungry lion waiting to pounce on her. As for the deer, either the lion eats her, or the hunter hits her with the arrow, or she burns in the forest, or gets drowned by the river, the risk in all directions, and she had nowhere to go! There is no way out! What she has to do? Runs a weak? Surrenders at the end? The deer decided to focus on one thing she could focus on. She focused on giving birth. The following things happened.... There was a sharp bolt of lightning left the hunter disoriented, and as he released the arrow, it zipped passed the deer and hits the hungry lion and killed him, and a strong shower of rain put the fire out, and the deer gave her birth safely.

There are moments in your life you get surrounded on all sides, pessimistic thoughts, your sons wore you out, spiritual wars, sins control your desires, complicated matters out of your hands, troubles, give your attention to what's in front of you and leave the rest of the one who controls the lives of all mankind, glorified and exalted is he. **God is more merciful to his servant more than a mother to her child.** Do not lose your hope and your faith, he has the solution to all your problems.

Remember, Don't say: "Lord I have great problems", but tell your problems: "**I have a great God**".

Fathers quotes:

“And not many days after”, It says, “the younger son gather all together, and took his journey into a far country” (Luke15:13). Why did (The Prodigal Son) not set off at once instead of a few days after? The evil prompter, the devil, does not simultaneously suggest to us that we should do what we like and that we should sin. Instead he cunningly beguiles us little by little, whispering, “Even if you live independently without going to God’s Church or listening to the Church teacher, you will still be able to see for yourself what your duty is and not depart from what is good”. When he separates someone from the divine services and obedience to the holy teachers, he also distances him from God’s vigilance and surrenders him to evil deeds. God is everywhere present. Only one thing is far away from His goodness: evil. Being in the power of evil through sin we set off on a journey far away from God. As David says to God, “The evil shall not stand in thy sight” (Ps.5:5)

St Gregory Palamas

“To Judge sins is the business of one who is sinless, but who is sinless except God? Whoever thinks about the multitude of his own sins in his heart never wants to make the sins of others a topic of conversation. To judge a man who has gone astray is a sign of pride, and God resists the proud. On the other hand, one who every hour prepares himself to give answer for his own sins will not quickly lift up his head to examine the mistakes of others”

St Gennadius of Constantinople

Announcements:

ببركة صاحب السيادة الميتروبوليت سلوان أونر ومجلس جمعية كنيسة القديس جارجيوس افتتح الفصل الثاني من مدرسة تعليم اللغة العربية لأولادنا الأحباء من عمر أربع سنوات حتى عمر اثنتي عشرة سنة، للراغبين الانضمام مراجعة السيدة ماكي مخول مديرة المدرسة (07949187944).

Sayedna Silouan Diary: 24th February: St Constantine the Great, York.

برعاية الميتروبوليت سلوان أونر تدعوكم مطرانية الجزر البريطانية وَايرلندا الانطاكية للروم الأرثوذكس الى **مؤتمر العام 2019** بعنوان : **العمل في كرم الرب، رعاية الأطفال وتربيتهم على الإيمان**، وذلك من نهار الاثنين 27 لغاية 29 أيار 2019، الدعوة عامة، للاستفسار الرجاء مراجعة الأب ميخائيل.

Romania pilgrimage: With the blessings of Metropolitan Silouan and request of some members of Hamelat el Teeb; we have organised a Pilgrimage trip to Romania from 21 to 27 June 2019, which co-insides with the celebrations of St John, there will be visits to several Monasteries, touristic places, museums and shopping in Bucharest. The Price is £ 575.00 includes 6 nights’ accommodations + transport +guide +half board (6 breakfast and 5 dinners). If you are interested, please contact Fr Michel Touma 07955716299 before the end of March.