



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

Sundays 15 – 22 September 2019

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

**Newsletter Issue:
13/19**

Regular Services:

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

Orthodox Calendar:

09 September – Fathers of the Third Ecumenical Council
11 September – Righteous Euphrosynus
12 September – Apodosis of the Nativity of the Theotokos
14 September – The Elevation of the Venerable Cross
15 September – Sunday after the Holy Cross

16 September – Euphemia the Great Martyr
17 September – Sophia and her three daughters
20 September – Eustathius the Great Martyr
21 September – Apodosis of the Holy Cross
22 September – 1st Sunday of Luke



Visiting the new Abbot

Metropolitan Silouan, visited the New abbot Archimandrite Peter, of the Patriarchal Stavropegic Monastery of St John the Baptist in Essex, who was enthroned by His Eminence Archbishop Nikitas of Thyateira and Great Britain.

INDEED HE IS WORTHY



On the Holy Cross (St. John Chrysostom)

Let us consider of what great blessings for us Christ's Cross has become the cause. For though the Lord's Cross sounds sad and bitter, it is in reality full of joy and radiance. For the Cross is the salvation of the Church; the Cross is the boast of those who hope in it; the Cross is reconciliation of enemies to God and conversion of sinners to Christ. For through the Cross we have been delivered from enmity, and through the Cross we have been joined in friendship to God. Through the Cross we have been freed from the tyranny of the devil, and through the Cross we have been delivered from death and destruction. 'When the Cross was not proclaimed, we were held fast by death; now the Cross is proclaimed, and we have come to despise death, as though it did not exist, while we have come to long for everlasting life. 'When the Cross was not proclaimed, we were strangers to paradise; but when the Cross appeared, at once a thief was found worthy of paradise. From such darkness the human race has crossed over to infinite light; from death it has been called to everlasting life, from corruption it has been renewed for in corruption. For the eyes of the heart are no longer covered by the darkness that comes through ignorance, but through the Cross they are flooded with the light of knowledge. The ears of the deaf are no longer shut by unbelief, for the deaf have heard the word of the Lord, and the blind have recovered their sight to see the glory of God. These are the gifts we are given through the Cross. What blessing has not been achieved for us through the Cross?

The Cross is proclaimed, and faith in God is confessed and truth prevails in the whole inhabited world. The Cross is proclaimed, and martyrs are revealed and confession of Christ prevails. The Cross is proclaimed, and the resurrection is revealed, life is made manifest, the kingdom of heaven is assured. The Cross has become the cause of all these things, and through the Cross we have been taught to sing. What then is more precious than the Cross? What more profitable for our souls? So let us not be ashamed to name the Cross, but let us confess it with total confidence.

Story and Lessons:

The Own Mind

A magician named Harry Houdini claimed that he could break out of any jail cell in the world. All he wants to do is walking into this cell with the street clothes on. He said "I will be out of there in one hour, with no problem". There was a very old jail heard about Houdini and they accept the challenge.

On that day, many people gathered outside. Very confident Houdini went inside the cell and they shut the metal door behind him. The first thing he did he took his coat off then very strangely he took off his belt. Secretly hidden in his belt a ten-inch piece of metal very tough and very flexible and he started working, and after 30 minutes, that confident expression that Houdini had when he walked in disappeared. In one hour he was bade and sweat and at the end of two hours he in defeat, collapsed against the door which then opened. It opened because that door had never been locked, but that not entirely true. That door was firmly locked in Houdini's mind which mean it was locked as it was the best locksmith in the entire world.

The mind is powerful, how many doors in your life do you think it is locked off, but aren't. How many times have you been stuck in the mental prison of overthinking? There was an ancient African proverb say "when there is no enemy within, the enemy outside, can do us no harm". Your mind is the most powerful force you will ever face. He will tell you lies, he will tell you: you can't do this, you are not good enough, you can't go on anymore, you don't have the energy. You have to carry on, because like Houdini showed us: the only locked doors that exist are in our own mind. The doors in reality are open, and all you have to do is walk through.

Fathers quotes:

"As you contemplate the sticks that Isaac was laid upon, reflect on the cross. As you look on the fire, meditate on the love. Look too on the sheep hanged by its two horns on the plant that is called 'Sabek'. Look too on Christ, the Lamb of God, hanged by his two hands upon a Cross. The plant called Sabek means 'forgiveness', for it saved from slaughter the old man's child. It foreshadows the cross that forgives the world its sins and grants it life. The ram hanging on the Sabek plant mystically redeemed Isaac alone. While the Lamb of God hanging on the cross delivered the world from Death and Hell".

St Ephraim the Syrian

"But we are able to see Christ's inexpressible love for man not only from the cross itself but also from the words which He spoke while upon the cross. At the very time when He was nailed and they were mocking Him, deriding Him and spitting upon Him, He said: "Father, forgive them for they do not know what they do" (Luke 23:34)... At the same time that they were saying, "If You are the Son of God save Yourself," He was accomplishing everything necessary to save these same ones who were reproaching Him. ...He did forgive them, if they wished to repent, because if He had not forgiven them this sin, Paul would not have become an apostle; if He had not forgiven them this sin, the three thousand and the five thousand, and the many other thousands, would not have immediately believed."

St John Chrysostom

Announcements:

**مدرسة تعليم اللغة العربية: على الراغبين تسجيل أسماء أولادهم من عمر أربع سنوات حتى عمر اثنتي عشرة سنة
"مع بعض الاستثناءات" للفصول المقبلة، الاتصال بالسيدة ماغي مخول مديرة المدرسة (07949187944)**

جدول القدايس في كاتدرائية القديس جاورجيوس لندن

أيلول – تشرين 2019

الأحد 01 أيلول	بدء السنة الطقسية	10:00 صباحاً
الأحد 08 أيلول	عيد ميلاد والدة الإله	10:00 صباحاً
السبت 14 أيلول	عيد رفع الصليب	يُنقل إلى الأحد 15 أيلول
الأحد 15 أيلول	أحد ما بعد رفع الصليب	10:00 صباحاً
الأحد 22 أيلول	الأحد الأول من لوقا	10:00 صباحاً
الثلاثاء 24 أيلول	القديسة تقلا والقديس سلوان الآثوسي	ينقل الى الأحد 22 أيلول
الأحد 29 أيلول	الأحد الثاني من لوقا	10:00 صباحاً
الأحد 06 تشرين الأول	الأحد الثالث من لوقا	10:00 صباحاً
الأحد 13 تشرين الأول	أحد المجمع المسكوني السابع	10:00 صباحاً
الأحد 20 تشرين الأول	الأحد السادس من لوقا	10:00 صباحاً
السبت 26 تشرين الأول	عيد القديس ديمتريوس المفيض الطيب	ينقل الى الأحد 27 أيلول
الأحد 27 تشرين الأول	الأحد السابع من لوقا	10:00 صباحاً

St Georges Cathedral- London feasts time table

September- October 2019

Sunday 01 September	Ecclesiastical New Year	10:00 am
Sunday 08 September	Nativity of the theotokos	10:00 am
Saturday 14 September	The Elevation of the venerable Cross	Moved to Sunday 15
Sunday 15 September	Sunday after the elevation	10:00 am
Sunday 22 September	First Sunday of Luke	10:00 am
Tuesday 24 September	St Thekla and St Silouan	Moved to Sunday 22
Sunday 29 September	Second Sunday of Luke	10:00 am
Sunday 06 October	Third Sunday of Luke	10:00 am
Sunday 13 October	Sunday of the 7 th Ecumenical Council	10:00 am
Sunday 20 October	Sixth Sunday of Luke	10:00 am
Saturday 26 October	St Dimitrios the Myrrh- Streamer	Moved to Sunday 27
Sunday 27 October	Seventh Sunday of Luke	10:00 am