

ANNIVERSARY OR OUR DEPARTED FOR THIS SUNDAY

<u>DAY</u>	<u>NAME OF THE DEPARTED</u>	<u>ANNIVERSARY</u>
16	Jay Gabriel khoury	4
17	Aida Abouchar	8
18	Edgar Sarraf	3
18	Rose Aziz	26
20	George Alexander	27
20	Ramzy Haddad	17
21	Elias Issa	2
21	Issa Qaqish	11

ETERNAL LIGHT

- **June 28:** Eternal light is offered in loving memory of **Mitry & Violette Samaan** from Nabil Samaan
- **June 28:** For the good health of **Konstantin, Ioan-Constantine, Nicky-Constantine and Stoyanka**

- **40 Days Memorial for Georgette Noursi** offered by her children and their families. May her memory be eternal.
- **40 Days Memorial for Saeid Massad** offered by his wife **Fadia Dahi** and her family. May his memory be eternal.

- **Please**, pray for the health of the following parishioners: Ellen, Robert, Alex, Sam, Elias, Isabelle, Nassar, Valentine, Lucy, Nina, Sonia, Samer, George and Elizabeth. If you have any names of people who need prayers, email them to father.

- **Dear Parishioners of St George:**
As promised, we want to keep you updated on everything that we are doing to facilitate your generous donations.
We have good response on the e-transfer and we thank all of you that used the e-transfer, we are happy to advise you that we added an additional method on our St. George website for contribution, we have now PayPal available for those who would like to use that method, please visit St George website.
www.stgeorgeto.org
Go to Donation Button and choose PayPal or e-transfer.
I would like to thank Kevin Boon & Wisam Hakim for their help in setting up PayPal.

John Dahdaly
Treasurer

- A call to all graduate from Universities and high schools : if your son/daughter are graduating this June, please send their names and the name of the degree and the school they are graduating from **to Fr. George directly, to frdahdouh@sbcglobal.net.**
- Check our new website www.stgeorgeto.org

Fatherhood: A Time of Joy and Wonder *Rev Fr. Timothy Pavlatos*

This article is from PRAXIS volume 16, issue 3: "Sacred Childhood" (Spring 2017).

Many things in life come in stages, and fatherhood is one of them. My life as a father began in 1996 with the birth of our first child, Tatiana. The day she came into the world was one of the most glorious days of my life. I experienced a feeling that I never had before, and I gained a perspective that had been absent from my life until that point. I had read about the love of God the Father for His children, but now I was experiencing it firsthand.

Realizing that we are given the gift to co-create with God is extremely humbling. For some, however, and for reasons not always known, fatherhood comes through adoption - the opportunity to offer a child the same care and love as a biological father. The truth is, fatherhood is not simply about having a child; it's about raising a child in a loving relationship.

A Time to Reflect

For some fathers, there comes a time when they begin to assess their own parenting skills, often comparing themselves to their dads. They also begin to compare and contrast themselves to other fathers. They might reflect on their own childhoods. Some fathers reflect on the wonderful qualities of their dads and strive to imitate them. Others remember how tough it was and promise to never be like their fathers.

As I reflect on my relationship with my dad, I realize there are things that I admire and want to emulate. He was a hard worker, committed to providing for his family and dedicated to seeing that his three children received a good education. Conversely, there are other things that I've worked hard to improve upon. Ideally, as dads we are working to do a little bit better than our fathers, and we hope that our sons will do a little bit better than us. With the grace of God, each generation will improve upon the previous one.

A Time of Doubt

My experience over the years as a priest, a marriage and family therapist and a parenting coach is that many fathers doubt their parenting effectiveness from time to time. And one particular father comes to mind.

With tears in his eyes he told me, “I’m not a good father. I don’t feel I’m doing a good job. I’m not home that much. I’m impatient with my kids, and I don’t feel like I connect with them.” Emotionally, this man was broken. He shared with me that his father wasn’t a very good example, and consequently, he wasn’t able to give to his kids what he himself never received as a child.

It was obvious this dad was struggling and dealing with a lot of guilt. I challenged him and asked, “Do you feel you’re doing a little bit better of a job than your dad?”

“For sure!” He replied.

“Do you think you can improve a little more?”

“Yes, but I need help.”

We talked about some simple ways to connect more deeply and communicate more effectively and patiently with his children and how to apply them to improve his relationship with them.

As we continued to meet week after week, his doubts and concerns over not being “good enough” slowly began to fade. He began developing confidence in his parenting skills, especially upon seeing positive results. As he made sure to be home each night for dinner, read to his children at bedtime and play with them, the children responded by soaking up all that he was able to offer them.

A strong desire to grow as a parent and learn practical parenting and child development skills, and - most of all - asking God to help him love more deeply were the winning ingredients for this father who wanted to change in order to have a better relationship with his kids.

Four Ways To Connect More Deeply With Our Children

- **Spend more time together:** This can mean talking, playing, laughing, dancing, whatever! Just spend more time eye-to-eye and heart-to-heart.
- **Really listen to them:** Often as parents, when we “listen” to our children we aren’t actually listening, but rather we are planning our response. Listening requires us to be fully present with our minds and hearts, trying to understand our children’s world.
- **Discipline rather than punish:** The word “discipline” shares its root with the word “disciple” - one who is a student or pupil. We should look at our children as learners. This doesn’t mean we don’t set clear consequences, but all behavior challenges should be considered opportunities for our children’s growth and our own growth as fathers.
- **Pray for them:** “You don’t need to say a lot to children. Words hammer at the ears, but prayer goes to the heart. Prayer is required, with faith and without anxiety, along with a good example.”
– St. Porphyrios

A Time of Growth

Nobody is born with all the skills needed to win a Father of the Year award. We grow into the role through intentional efforts.

For some men, it may seem more natural to parent effectively because they had great fathers or father figures who gave them wonderful examples.

Others had completely different experiences, growing up in homes where their dads were abusive, home but not actually present or absent altogether. Still, I've met men who were raised in diminished home environments, and yet they have become excellent fathers because they were intent on being good fathers.

When a man is from a home where there was minimal healthy emotional connection, one of the most important elements for healing and growth to occur is to identify the roadblocks that he created to emotionally protect himself and that are now preventing healthy interpersonal relationships from developing. Such roadblocks develop over time during younger years in order to cope with the painful relational experiences.

A man who grows up in a home where the father is disconnected, abusive or physically absent is left wounded, and, to be sure, the wound just doesn't disappear over time. Similarly, when a man becomes a father himself, if he hasn't identified those wounds and worked through the pain of those experiences, he will parent from that wounded state.

It's important to recognize that we don't want to parent or relate to others in life out of our unresolved pain but from a heart that is healed and enlarged by the grace of God.

It's important to recognize that we don't want to parent or relate to others in life out of our unresolved pain but from a heart that is healed and enlarged by the grace of God. One father once told me, "I had no idea that raising children would bring so much stuff up in me, but I'm grateful because I could never heal from a wound I didn't know existed. I never thought having kids would lead to my own healing and help me grow into being a better father."

Healing Old Wounds

Wounds from childhood can impact our parenting and our lives in general. Our instinct might be to pretend they don't exist, but this can cause greater issues internally and in our relationships. It is important to seek help to try and tend to these wounds. Begin with prayer and reach out to a priest for guidance. If more counsel is needed, see if your parish priest can refer you to a counselor in your area to help you navigate the process. "Create in me a clean heart, O God, and renew a right spirit within me" (Psalm 50:12).

A Time of Thanksgiving

It's easy to be thankful when we feel blessed and when we experience good things in life. It's difficult, however, to have the same depth of gratitude when we experience challenges. We're not adept at glorifying God when we're suffering.

Even though God has given us the example of Job, we still find it hard connecting the mercy and love of God with our suffering. We have a difficult time seeing anything positive in suffering. Job, however, never separated the mercy and justice of God from his misfortunes. He gave thanks to God and didn't waver in his faith and was able to give thanks to God through the duration of his suffering. I say this because there are many opportunities for us as fathers to convert what we believe to be difficult or doubtful times into something that God is allowing for the purpose of our own healing and growth. Fatherhood is filled with them. Though we see ourselves as givers, providing for our children, we are more often the recipients of God's grace if we care to notice. I can say without hesitation that I have learned more from my children than what I've taught them over the years.

After twenty-one years of being a father, I still find myself doing all that I've written about. I continue to experience joy and wonder, reflect on my own parenting, reflect on how I was parented by my dad, doubt my effectiveness and grow as God works on me through my children. The stages of fatherhood for me have not been linear as much as they've been cyclical. As I stand back and look at my role as a father, and as you look at yours, I hope that we will all be able to say, "By the grace of God, I'm doing just a little bit better than my father, and with God's help, our children will do a little bit better than us."

Rev. Fr. Timothy Pavlatos is Director of the Family Wellness Ministry in the Greek Orthodox Metropolis of San Francisco. He serves the parish of St. John the Baptist Greek Orthodox Church in Beaverton, Oregon. Fr. Timothy is a licensed marriage and family therapist and is married to Presvytera Victoria, with whom he has nine children.

**DIVINE LITURGY VARIABLES ON SUNDAY, JUNE 21, 2020
TONE 1 / EOTHINON 2; SECOND SUNDAY AFTER PENTECOST
& SECOND SUNDAY OF MATTHEW**

MARTYR JULIAN OF TARSUS; MARTYR APHRODISIUS OF CILICIA;
NEW-MARTYR NIKITA OF NISYROS NEAR RHODES

NOTE TO CLERGY: Remember to include this special petition in the Great Litany before the one for the head of state, as directed by the Antiochian Archdiocese.

Deacon: For Metropolitan Paul, Archbishop John, and for their quick release from captivity and safe return, let us pray to the Lord.

الشماس: مِنْ أَجْلِ الْمَثْرُوبُولِيَّتِ بُولْسَ
وَالْمَطْرَانَ يُوْحَنَّا وَفَكَ أَسْرِهِمَا وَعَوْدَتِهِمَا
سَالِمِينَ، إِلَى الرَّبِّ نَطْلُبُ.

- *During the Little Entrance, chant the Resurrectional Apolytikion. The Eisodikon (Entrance Hymn) is "O come, let us worship... save us, O Son of God, Who art risen from the dead..." After the Little Entrance, chant the apolytikia in the following order:*

APOLYTIKION OF THE RESURRECTION IN TONE ONE

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

إِنَّ الْحَجَرَ لَمَّا خُتِمَ مِنَ الْيَهُودِ، وَجَسَدَكَ الطَّاهِرَ
حُفِظَ مِنَ الْجُنْدِ، فُمِتَ فِي الْيَوْمِ الثَّالِثِ أَيُّهَا
الْمُخَلِّصُ، مَانِحاً الْعَالَمَ الْحَيَاةَ. لِذَلِكَ قَوَّاتُ
السَّمَاوَاتِ، هَتَفُوا إِلَيْكَ يَا وَهَبَ الْحَيَاةَ: الْمَجْدُ
لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ، الْمَجْدُ لِمُلْكِكَ، الْمَجْدُ
لِتُدْبِيرِكَ، يَا مُحِبَّ الْبَشَرِ وَحَدَّكَ.

- *Now sing the apolytikion of the patron saint or feast of the temple.*

ORDINARY KONTAKION IN TONE TWO

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

يَا شَفِيعَةَ الْمَسِيحِيِّينَ الْغَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ
لَدَى الْخَالِقِ غَيْرِ الْمَرْذُودَةِ، لَا تُعْرِضِي عَن
أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا
بِالْمَعُونَةِ بِمَا أَتَّكِ صَالِحَةَ، نَحْنُ الصَّارِحِينَ إِلَيْكَ
بِإِيمَانٍ: بَادِرِي إِلَى الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلْبَةِ،
يَا وَالِدَةَ الْإِلَهِ، الْمُتَشَفِّعَةَ دَائِمًا بِمُكْرَمِيكَ.

EPISTLE (For Second Sunday after Pentecost)

*Let Thy mercy, O Lord, be upon us. Rejoice
in the Lord, O ye righteous.*

**The Reading from the Epistle of Saint Paul
to the Romans. (2:10-16)**

Brethren, glory and honor and peace for

لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا
ابْتَهَجُوا أَيُّهَا الصِّدِّيقُونَ بِالرَّبِّ!
*فَصَلُّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسَ الرَّسُولِ إِلَى
أَهْلِ رُومِيَةِ (2:10-16) *

everyone who does good, the Jew first and also the Greek. For God shows no partiality. All who have sinned without the Law will also perish without the Law, and all who have sinned under the Law will be judged by the Law. For it is not the hearers of the Law who are righteous before God, but the doers of the Law who will be justified. When Gentiles who have not the Law do by nature what the Law requires, they are a law to themselves, even though they do not have the Law. They show that what the Law requires is written on their hearts, while their conscience also bears witness and their conflicting thoughts accuse or perhaps excuse them on that day when, according to my gospel, God judges the secrets of men by Christ Jesus.

يَا إِخْوَةَ، الْمَجْدُ وَالْكَرَامَةُ وَالسَّلَامُ لِكُلِّ مَنْ يَفْعَلُ
الْخَيْرَ مِنَ الْيَهُودِ أَوْلًا ثُمَّ مِنَ الْيُونَانِيِّينَ. * لِأَنَّ
لَيْسَ عِنْدَ اللَّهِ مُحَابَاةٌ وَجُوهٌ. * فَكُلُّ الَّذِينَ أَخْطَأُوا
بِدُونِ النَّامُوسِ فَبِدُونِ النَّامُوسِ يَهْلِكُونَ، وَكُلُّ
الَّذِينَ أَخْطَأُوا فِي النَّامُوسِ فَبِالنَّامُوسِ يُدَانُونَ. *
لِأَنَّهُ لَيْسَ السَّامِعُونَ بِالنَّامُوسِ هُمْ أَبْرَارًا عِنْدَ اللَّهِ
بَلِ الْعَامِلُونَ بِالنَّامُوسِ هُمْ يُبْرَرُونَ. * فَإِنَّ الْأُمَّمَ
الَّذِينَ لَيْسَ عِنْدَهُمُ النَّامُوسُ، إِذَا عَمَلُوا بِالطَّبِيعَةِ
بِمَا هُوَ فِي النَّامُوسِ، فَهَؤُلَاءِ، وَإِنْ لَمْ يَكُنْ عِنْدَهُمُ
النَّامُوسُ، فَهُمْ نَامُوسٌ لَأَنْفُسِهِمْ. * الَّذِينَ
يُظْهِرُونَ عَمَلَ النَّامُوسِ مَكْتُوبًا فِي قُلُوبِهِمْ
وَضَمِيرُهُمْ شَاهِدٌ وَأَفْكَارُهُمْ تَشْكُو أَوْ تَحْتَجُّ فِيهَا
بَيْنَهَا، * يَوْمَ يَدِينُ اللَّهُ سَرَائِرَ النَّاسِ بِحَسَبِ
إِنْجِيلِي بِيَسُوعَ الْمَسِيحِ.

GOSPEL (For Second Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (4:18-23)

At that time, as Jesus was walking by the Sea of Galilee, He saw two brothers, Simon who is called Peter and Andrew his brother, casting a net into the sea; for they were fishermen. And He said to them, "Follow Me, and I will make you fishers of men." Immediately they left their nets and followed Him. And going on from there He saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and He called them. Immediately they left the boat and their father, and followed Him. And He went about all Galilee, teaching in their synagogues and preaching the gospel of the Kingdom and healing every disease and every infirmity among the people.

*فصلٌ من بشارَةِ القديسِ متىّ الإنجيليّ

البشيرِ والتلميذِ الطاهرِ (4:18-23) *

فِي ذَلِكَ الزَّمَانِ، فِيمَا كَانَ يَسُوعُ مَاشِيًا عَلَى
شَاطِئِ بَحْرِ الْجَلِيلِ، رَأَى أَحْوَيْنَ وَهُمَا سَمْعَانُ
الْمَدْعُوُّ بَطْرُسَ وَأَنْدْرَاوُسَ أَخُوهُ، يُلْقِيَانِ شَبَكَةَ فِي
الْبَحْرِ (لِأَنَّهُمَا كَانَا صَيَّادَيْنِ)، * فَقَالَ لَهُمَا هَلُمَّ
وَرَائِي فَأَجْعَلَكُمَا صَيَّادِي النَّاسِ. * فَلِلْوَقْتِ تَرَكََا
كُلَّ شَيْءٍ وَتَبِعَاهُ. * وَجَازَ مِنْ هُنَاكَ، فَرَأَى
أَحْوَيْنِ آخَرَيْنِ وَهُمَا يَعْقُوبُ بْنُ زَبْدَى وَيُوحَنَّا
أَخُوهُ، فِي سَفِينَةٍ مَعَ أَبِيهِمَا زَبْدَى يُصْلِحَانِ
شِبَاكَهُمَا فَدَعَاهُمَا، * وَلِلْوَقْتِ تَرَكََا السَّفِينَةَ
وَأَبَاهُمَا وَتَبِعَاهُ. * وَكَانَ يَسُوعُ يَطُوفُ الْجَلِيلَ
كُلَّهُ يُعَلِّمُ فِي مَجَامِعِهِمْ وَيَكْرِزُ بِبِشَارَةِ الْمَلَكُوتِ
وَيَشْفِي كُلَّ مَرَضٍ وَكُلَّ ضَعْفٍ فِي الشَّعْبِ.

• The Divine Liturgy of St. John Chrysostom continues as usual.

THE DISMISSAL

Priest: May He Who rose from the dead, Christ our true God, through the intercessions of His all-immaculate and all-blameless holy Mother; by the might of the Precious and Life-giving Cross; by the protection of the honorable Bodiless Powers of Heaven; at the supplication of the honorable, glorious Prophet, Forerunner and Baptist John; of the holy, glorious and all-laudable apostles; of the holy, glorious and right-victorious Martyrs; of our venerable and God-bearing Fathers; of *Saint N., the patron and protector of this holy community*; of the holy and righteous ancestors of God, Joachim and Anna; of the **Martyr Julian of Tarsus; Martyr Aphrodisius of Cilicia; and New-martyr Nikita of Nisyros near Rhodes**, whose memory we celebrate today, and of all the saints: have mercy on us and save us, forasmuch as He is good and loveth mankind.

الكاهن: أَيُّهَا الْمَسِيحُ الْهُنَا الْحَقِيقِي، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، بِشَفَاعَاتِ أُمِّكَ الْكَلِيَّةِ الطَّهَارَةِ وَالْبَرِيَّةِ مِنْ كُلِّ عَيْبٍ؛ وَبِقُدْرَةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي؛ وَبِطَلْبَاتِ الْقُوَّاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانِ؛ وَالْقَدِيسِينَ الْمُشْرَفِينَ الرَّسُلِ الْجَدِيرِينَ بِكُلِّ مَدِيحٍ؛ وَأَبِينَا الْجَلِيلِ فِي الْقَدِيسِينَ يُوْحَنَّا الذَّهَبِيِّ الْقَمِّ رَئِيسِ أَسَاقِفَةِ الْقُسْطَنْطِينِيَّةِ، كَاتِبِ هَذِهِ الْخِدْمَةِ الشَّرِيفَةِ، وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْمُتَأَلِّقِينَ بِالظَّفَرِ؛ وَأَبَائِنَا الْأَبْرَارِ الْمُتَوَشِّحِينَ بِاللَّهِ؛ ؛ وَالْقَدِيسِ (ة) (فُلَانِ، فُلَانَةَ) شَفِيعِ(ة) وَحَامِي(ة) هَذِهِ الرَّعِيَّةِ الْمُقَدَّسَةِ؛ وَالْقَدِيسِينَ الصِّدِّيقِينَ جَدِّي الْمَسِيحِ الْإِلَهِ، يُوَاكِمِ وَحَنَّةً؛ وَالْقَدِيسِ الشَّهِيدِ يُولِيَانُوسِ الطَّرْسُوسِيِّ الْكِيْلِيكِيِّ، وَالْقَدِيسِ الْجَدِيدِ فِي الشُّهَدَاءِ نِيْقِيْطَا الَّذِي مِنْ نَيْسُرُوسِ قُرْبِ رُودُوسِ، الَّذِينَ نُقِيمُ تَذَكَارَهُمُ الْيَوْمَ، وَجَمِيعِ قَدِيسِيكَ، إِرْحَمْنَا وَخَلِّصْنَا بِمَا أَنْكَ صَالِحٌ وَمُحِبٌّ لِلْبَشَرِ.

Priest: Through the prayers of our holy fathers, Lord Jesus Christ our God, have mercy upon us and save us.

الكاهن: بِصَلَوَاتِ آبَائِنَا الْقَدِيسِينَ، أَيُّهَا الرَّبُّ يَسُوعُ الْمَسِيحُ الْهُنَا، اِرْحَمْنَا وَخَلِّصْنَا.

Choir: Amen.

الجوقة: آمين.

These texts have been prepared by the Department of Liturgics of the Antiochian Archdiocese. Portions of the Archdiocesan Service Texts include texts from The Menaion, The Great Horologion, The Pentecostarion, The Octoechos, and The Psalter of the Seventy, which are Copyright © Holy Transfiguration Monastery, Brookline, Massachusetts, and are used with permission. All rights reserved. These works may not be further reproduced, beyond printing out a single copy for personal non-commercial use, without the prior written authorization of Holy Transfiguration Monastery.