



THE CHAMPION

WANT TO BE INCLUDED IN NEXT MONTH'S NEWSLETTER?

Please share with us your milestones from newborns to 25th-50th year wedding anniversaries.

email us: championnewsletter@gmail.com by April 20, 2021

THE PASTOR'S MESSAGE:

From the desk of Fr. George Dahdouh, Pastor

Lent is one of the most beautiful periods in the life of the Orthodox Christian. It is a time indeed that reveals the priority of the Orthodox Christian, to follow Jesus. Our Lord's "narrow gate" speaks about the Orthodox Christian's calling, and it is lived during this holy period. Our Lord compared it to a gate, a very narrow door to enter the Kingdom of Heaven. Sometimes we also compare the Christian life to a narrow path. Lent is the way the Church gives us to train our souls to get through the narrow gate. Struggling with Lent is the way of the daily Christian life in struggling with the devil.

I love this hymn that is chanted during Orthros every Sunday:

"Glory to the Father, and to the Son, and to the Holy Spirit. Open to me the doors of repentance, O Lifegiver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.

Both now and ever, and unto ages of ages. Amen. Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.

Have mercy upon me, O God, according to Thy loving-kindness: according unto the multitude of Thy tender mercies blot out my transgressions. If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee like David, Have mercy upon me, O God, according to Thy Great Mercy."

During March, we also celebrate the Feast of the Annunciation. The Troparia of the Feast tells us what the Feast is all about: "Today is the beginning of our salvation, and the manifestation of the mystery from the ages; for the Son of God becometh the Son of the Virgin, and Gabriel proclaimeth grace. Wherefore, do we shout with him to the Theotokos: Rejoice, O full of grace! The Lord is with thee." What we will be celebrating at Pascha/Easter, our salvation, already began with the Annunciation, which was "the mystery from the ages."

May this Holy time of Lent be for us a time of refocusing our eyes on Paradise that we lost through our sins. May the love for the Father's House be our inner desire to go back to our Heavenly Father's home through repentance, asceticism, and spiritual struggle.

Let us struggle this lent to enter through the "narrow gate" because this path will lead us to Paradise.

In Christ, Fr. George



THE YOUNG ADULT MINISTRY:

Thank you to all those who joined our March Q&A session with Father George and guest speaker Father Paul Tadros, where we dove into a deep and enlightening discussion regarding helping and finding Christ in others.

Join them every **second Tuesday** of the month at **7:00 pm** for their Q&A with Father George, featuring a different guest speaker every month!

The next event will take place on **Tuesday, April 13, 2021**, featuring Father Christopher Rigden-Briscall. Register through our Eventbrite.

Join their Facebook and WhatsApp groups for all the latest information.



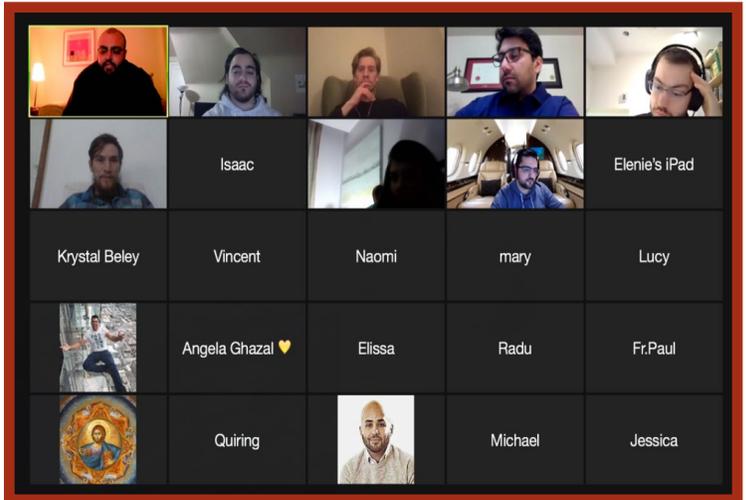
Eventbrite
"Q&A With Father"
7:00-8:30pm
Tuesday April 13





Featuring Guest Speaker
Fr. Christopher Rigden- Briscall
Christ the Saviour Antiochian Orthodox Church, Waterloo ON

- [Repentance](#)
- [St. Mary of Egypt](#)



eventbrite



THE SOCIETY OF ORTHODOX YOUTH ORGANIZATIONS (SOYO) TEENS 13-19:

St. George, Toronto Chapter

We are a dynamic group of Orthodox Christians that allow teens to grow spiritually with other Teen SOYO members. We will focus on Spiritual, Fundraising, and Fun Activities! Through all of our events, the teens will create a bond that will be unbreakable!

Upcoming events:

Outdoor Adventures: Man Hunt on **April 3, 2021** at **6:00pm-9:00pm**

Spiritual Talk with Abouna George on **April 17, 2021** at **1:00pm-5:00pm**

Games Night: Online through ZOOM **April 23, 2021** at **7:00pm-9:00pm**

Join our Whatsapp group for direct communication for all our events.

Contact your Youth Advisors!

Angela Ghazal: 416.720.0308 Or Fady Freiga: 647.892.6136

Email: toronto.soyo@gmail.com



THE SUNDAY SCHOOL ANNOUNCEMENT:

A letter from our St. George Sunday School, Orthodox Christian Education

Lent is here in the Orthodox Church. Now is the perfect opportunity to talk to our children about the importance of fasting and praying with our whole body.

But how can we pray with our whole body? There are many ways, including standing to pray, making prostrations, making the sign of the cross, etc. But we can also pray with our body by fasting. Fasting shapes our obedience and trains our spiritual muscles. Just like we work out to make our body strong, fasting helps make our spiritual muscles strong. We need to fast, not just because it is good for us but also because it is a necessary part of our spiritual lives.

March 21st was Orthodoxy Sunday. Some of our students participated in the Procession and held their icons with pride. Thank you to all the families that were able to make it. As always, we want to thank our parent community for registering your children for Sunday School and guiding them in their faith.

A few reminders for the Easter season:

Week of April 11, 2021— March Break NO Classes

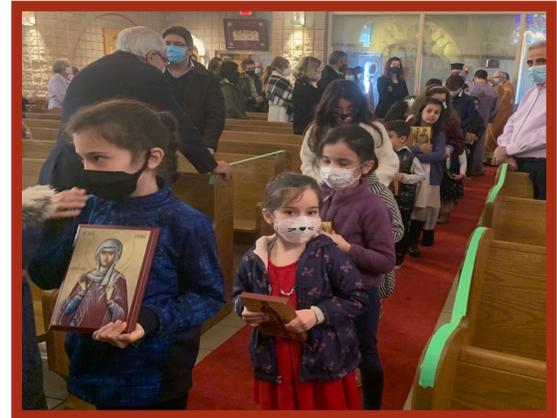
Week of April 25th & Week of May 1st— Palm Sunday/Easter/Holy Week NO Classes

Our Sunday School is always accepting new students. Classes are held once a week, online, via Google Meet or Zoom. Please feel free to register at any time.

Kindly fill out the google form to register: [here](#).

If you have any questions, please feel free to contact me by email: orthodoxchristianeducation@gmail.com.

Amanda Qaqish
Sunday School Administrative Team
Orthodox Christian Education



SAINT EMMELIA MINISTRIES

Orthodox Christian Homeschooling

ONLINE CONFERENCE

April 8-10, 2021

"Holding Fast the Word of Life"

~ Keynote Speaker ~

ROD DREHER

"Homeschooling: Preserving Cultural Memory in a Time of Forced Forgetting"

"St. Benedict vs. Soft Totalitarianism: The Benedict Option in 2021"



~ Workshops for Adults, Teens & Children ~



Shell Keim



Joshua Gibbs



Larissa Doobovskoy



Fr. Nikolai Meyers



His Grace Bp JOHN



Andrew Kern



Elizabeth Cristina Johnson



Monique Neal



Elina Pelikan



Nick Pappas

THE HOME SCHOOL MINISTRY:

The Orthodox Church proclaims the Gospel of Jesus Christ. Christ is exalted as our Light and our Life. In His Person, there is a unity of humanity and divinity, which each of us is called to share. In His way of life. There is the model of authentic human life which we are invited to follow.

The ministry of the Department of Homeschooling of the Antiochian Orthodox Christian Archdiocese of North America began hosting an annual conference in 2009. It has grown out of more than a decade of success at the Antiochian Village and has expanded by offering regional conferences in California, Texas, Pennsylvania and Ontario. Homeschooling families come together for worship, fellowship, and education. Many of the lectures from past conferences are available on the Saint Emmelia website.

For 2021 the conference will be online on April 8th-10th. The keynote speaker is Orthodox Christian, best-selling author Rod Dreher speaking on "Holding Fast the Word of Life".

To register or for more information, www.saintemmeliaministry.com.

Click the image to view the full event



THE LADIES:

The Antiochian Orthodox Christian Women of North America was founded in 1973 through the vision of His Eminence Metropolitan Philip Saliba as an organization of the Antiochian Orthodox Christian Archdiocese of North America. Its purpose is to develop a spirit of Christian leadership, awareness, and commitment; to foster a genuine expression of love and service through works of charity, and to instill a sense of fellowship and a deeper understanding of the heritage and traditions of the Orthodox Church.

Join them on **March 28, 2021, at 7:00 pm** for an educational session with Nadine Ghaw, MScPT, Registered Orthopedic and Pelvic Health Physiotherapist. (ladies only)

Click the image to view the full event

Zoom Information:

Topic: Ladies meeting

Time: Mar 28, 2021, 07:00 PM Eastern Time (US & Canada)

Join Zoom Meeting:

<https://us02web.zoom.us/j/85612043064?pwd=a0g1VS9mVDRSNmRR0StaRTdmUno5Zz09>

Meeting ID: 856 1204 3064

Passcode: 545794

One tap mobile



Maamoul and Kaak Sale:

The tradition is on this year with the Maamoul and Kaak sale in anticipation of the Great Holy Easter.

A few ladies of our beloved St George community are committed to delivering with strict adherence to the current government health and safety guidelines.

100% of the Maamoul proceeds will go to support our church.

Please send a direct message to **Violette Boutros**, President of the St. George ladies committee, to reserve your orders.

Dozen Dates \$14.00

Dozen Walnuts \$16.00

Dozen Pistachios \$18.00

Thank you for your support, and may you enjoy in good health
God bless

WOMEN'S PELVIC HEALTH PHYSIOTHERAPY WEBINAR

Sponsored by the Ladies Committee of St. George Orthodox Church –

Richmond Hill

Date: March 28, 2021

Time: 7:00pm EST

Presented by: Nadine Ghawi, MScPT, Registered Orthopedic and Pelvic Health Physiotherapist

Join us March 28th at 7:00pm EST for this exciting opportunity to learn about Pelvic Health from Pelvic Health Physiotherapist, Nadine Ghawi, MScPT.
***Please note that this session is open to the ladies only.**

During this 60-minute webinar, Nadine will discuss the following topics:

- ✓ What is the Pelvic Floor and what is Pelvic Health Physiotherapy?
- ✓ Common conditions seen in pelvic physiotherapy including:
- ✓ Different types of Urinary Incontinence
- ✓ Pelvic Organ Prolapse
- ✓ Low Back Pain related to the pelvic floor
- ✓ The Importance of pelvic physiotherapy during PREGNANCY and/or POST-PARTUM (Preparation for labour and delivery, exercises and post-partum care)
- ✓ How MENOPAUSE can cause changes to your pelvic health
- ✓ What to expect in a physiotherapy assessment and treatment
- ✓ Common Misconceptions
- ✓ Live Q&A to answer all of your questions

Nadine Ghawi, MScPT

Registered Physiotherapist – Orthopedic and Pelvic Health Physiotherapist



Nadine received her Masters of Science in Physical Therapy at the University of Toronto in 2015. Prior to completing her Masters, she received an Honours Bachelor of Science degree from York University.

Currently, she works with patients of all ages and treats a variety of conditions, including those with pelvic health dysfunction, musculoskeletal injuries, vestibular dysfunctions, concussion management, and pre and post-surgical candidates.

Nadine currently works in a private clinic in Nobleton and has also started her own mobile physiotherapy company Bloom Pelvic Health, to offer access to pelvic health treatment for post-partum moms, who have difficulty making into the clinic.



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