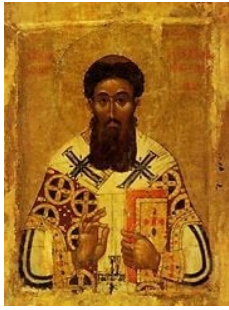


Saints and Feasts

Sunday of St. Gregory Palamas



This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

The Lord's Prayer

Our Father who art in heaven, Hallowed-be thy Name. Thy Kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us, And lead us not into temptation, but deliver us from the evil one.

ABANA'L LATHEE

ABANA'L LATHEE FILL SAMAWAT; LEE YATA KADASS ISMUK

LEE YATEE MALA KUTUK; LEE TAKUN MASHI ATUK

KAMA FILL SAMA KADHA LEEKA ALA'L-ARD

KHUBZANAL JAOHARI ATINA'L YAOM; WATRUK-LANA MA ALAINA

KAMA NATRUKU NAHNU LIMAN; LANA ALAIH

WALA TUD KHILINA FI TAJRIBA; LA KIN-NAJJINA-MINA'L SHIRIR

*I will come into thy house in the multitude of thy mercy:
and in thy fear will I worship toward thy holy temple.” Psalm 5:7*



(St. Gregory of Palamas)

St. George Antiochian Orthodox Christian Cathedral

كاتدرائية القديس جاورجيوس الأنطاكية الأرثوذكسية

3754 Woodley Rd. Toledo, Ohio 43606-1159

Phone: 419-475-7054

cathedraloffice@bex.net cathedraldean@saintgeorgetoledo.com

<https://www.saintgeorgetoledo.com> <https://www.facebook.com/StGeorgeTOL/>

Sunday March 8, 2026

المتقدم بالكهنه الاب مايكل شاهين

V. Rev. Archpriest Michael G. Shaheen

Phone:419-260-1621

cathedraldean@saintgeorgetoledo.com

Father Michael's office hours
by appointment only

Secretary

Mrs. Laura Pedro

St. George Choir Directors

Olivia Yarbro; Joy Hajjar

Chanters

Tony Khoury; Nadeem Khoury;
William Swade; George Tanber; Olivia Yarbro

Sub Deacons

Michael Saba; Christopher Haddad

Altar Captains

Mathew Ade; Anthony Sommer;
Roy Palmer; Andrew Khoury

Social Media Team

Emily Hughes; Aryan Khatiwada;
Daniel Russell

Pan Orthodox Toledo Coordinator

Anita Skaff

The St. George Parish Council

Chair: Nadia Swade

Vice Chair: Ryan Sommer

Treasurer: Anthony Sommer

Secretary: Rhonda Saba

Chancellor: Mitchell Howard

John Ellis; Keith Haddad;

Sub Dn. Michael Saba; Cindy McClure;

Brad McArthur; David Joseph;

Tony Pedro ; David Hairabedian;

Sabah Mitri; Dr. Hassan Semaan.



*His Beatitude JOHN X Patriarch of
Antioch and all the East*

*Metropolitan SABA Archbishop of
The Antiochian Orthodox Archdiocese of
North America*

*Rt. Rev. Archimandrite Jeremy Davis
Archiepiscopal Vicar Diocese of
Toledo and the Midwest*

*Very Rev. Archpriest Michael G. Shaheen
Dean/ St. George Cathedral of Toledo*

Sunday March 8, 2026

**Second Sunday of Great Lent; Commemora-
tion of Gregory Palamas, archbishop of Thessa-
lonica Theophylact the Confessor, bishop of Ni-
comedia; Apostle Hermas of the Seventy
Tone VI Eothinon VI**

Apolytikion of the Resurrection VI

When Mary stood at Thy grave, looking
for Thy sacred body, angelic powers
shone above Thy revered tomb; and the
soldiers who were to keep guard became
as dead men. Thou led Hades captive and
wast not tempted thereby. Thou didst
meet the Virgin and didst give life to the
world, O Thou, Who art risen from the
dead, O Lord, glory to Thee.

بالحن السادس

إنَّ القوَّاتِ الملائكيَّةَ ظهروا على قبرك الموقر،
والخُرَّاسَ صاروا كالأموات، ومريمَ وقفَتْ عندَ القبرِ
طالِبَةً جسدَكَ الطاهرَ فسبَّبتِ الجحيمَ ولمْ تُجربْ منه،
وصادفتِ البتولَ مائتًا الحياةَ. فإيا من نهضَ من
الأمواتِ يا ربُّ المجدُّ لك.

**Wishing all of you who were born
in the month of March
A Very Happy Birthday**

Mateo Swidan 1

Stephanie Bardwell 02

Marie Russel 05

Jenna McClure Storts 06

Reem Khoury 08

Salim Khoury 10

Samuel Ansara 11

Michelle Joseph 12

Gretchen McKarus 13

Manal Oweis Gammoh 18

Maya Zogaib 19

Marianna Ghareeb 21

Nicholas McKarus 23

Brittany Bardwell 25

Marie Zogaib 25

Sharon Grzywinski 28

Patrick Hughes 28

Happy

Birthday

Madeline McArthur 31

Rhonda Saba 02

Paul Antypas 03

Adedayo Agboola 05

Anita Skaff 07

Luke Shay 09

Rommie Swade 10

Ruby Russell 12

Lauren Czerniak-Zerka 13

Gabriella Semaan 17

Tammy Sharp 18

George Bardwell Jr. 20

Joel Figmaka 22

Chris Joseph 24

Julie Snyder 25

Emad Swade 26

Rafic Awad 28

Charles Snyder 31

St. George Good Friday Memorial Booklet



Commemorating our loved ones who have gone before us to their rest...

Traditionally in the Orthodox Church we remember our loved ones who have fallen asleep in the Lord. Therefore we will be putting together a **Good Friday Memorial Booklet** to remember our beloved family and friends who have gone to their rest. If you would like to have your loved ones remembered in this **special booklet**, please email **Laura Pedro** at (cathedraloffice@bex.net) with the names of those whom you wish to have remembered.

Deadline is April 3rd

You may make your donation payable to **St. George Cathedral** earmarked "**Good Friday Memorial**"

Please note: All names submitted are prayed for at the Oblation Table by Fr. Michael at the Liturgy of the Last Supper Holy Thursday morning

Troparion of St. Gregory Palamas VIII

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

Troparion for St. George IV

As Deliverer of Captives and Defender of the Poor, Healer of the Infirm, Champion of Kings, Victorious Great Martyr George, intercede with Christ our God, for our salvation.

Kontakion for the Sundays in Lent VIII

To thee the champion leader, I thy servant offer thanks for victory, O Theotokos, thou who hast delivered me from terror. As thou hast power invincible, free me from every danger that I may cry unto thee: Rejoice, O bride without bridegroom.

IN-NEE ANA, AAB-DOUKKE YA WALIDATAL ILAH, AKTOUBOO LAKEE RAYATEEL GHALABA. YA JUN-DEEYATAN MOO-HA-MEE-YA WA OOKAD DEEMOO LAKEEL CHOOKRA KA MOON-KEE-ZATEN MEENAL CHADA-ED LA-A-KEN, BEEMA ANNA LAKEEL EEZATAL LATEE LA TOU-HA-RAB, AA-TE-KEENEE MEEN SOONOOFIL SHADA-ED HATTA-ASROUKHOOD EE-LAIKEE, EFRAHEE YA AROUSA, LA AROOSAN LA HA-HA... !!!

The Epistle

O Lord, Thou wilt preserve us and keep us from this generation.

Save me, O Lord, for the godly man hath disappeared.

The Reading from the Epistle of St. Paul to the Hebrews

1:10-2:3

“In the beginning, Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, until I make Thine enemies a stool for thy feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

The Holy Gospel

The Reading from the Holy Gospel according to St. Mark

2:1-12

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of Man has authority on earth to forgive sins" – He said to the paralytic – "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

إنجيل اليوم: مرقس

(ص 2: ع 1 – 12)

في ذلك الزمان دخل يسوع كفرناحوم وسمع أنه في بيت* فلوقت اجتمع كثيرون حتى أنه لم يعد موضع ولا ما حول الباب يسع. وكان يخاطبهم بالكلمة* فأتوا إليه بمخلع يحمله أربعة* وإذا لم يقدرُوا أن يقتربوا إليه لسبب الجمع، كشفوا السقف حيث كان. وبعدما نقبوه دلوا السرير الذي كان المخلع مضطجعا عليه* فلما رأى يسوع إيمانهم قال للمخلع: يا بني مغفورة لك خطاياك* وكان قوم من الكتبة جالسين هناك يفكرون في قلوبهم* ما بال هذا يتكلم هكذا بالتجديف. من يقدر أن يغفر الخطايا إلا الله وحده؟! فلوقت، علم يسوع بروحه أنهم يفكرون هكذا في أنفسهم فقال لهم: لماذا تفكرون بهذا في قلوبكم* ما الأيسر أن يُقال مغفورة لك خطاياك أم يُقال قم واحمل سريرك وامش*؟ ولكن لكي تعلموا أن ابن البشر له سلطان على الأرض أن يغفر الخطايا (قال للمخلع)* لك أقول قم واحمل سريرك واذهب إلى بيتك* فقام للوقت وحمل سيريره وخرج أمام الجميع حتى دهش كلهم ومجدوا الله قائلين: ما رأينا مثل هذا قط.

TODAY'S MEDITATION

Real Duty

It is our duty, therefore, to be faithful to God, pure in heart, merciful and kind, just and holy; for these things imprint in us the outlines of the divine likeness, and perfect us as heirs of eternal life.

St. Cyril of Alexandria

Friday April 10

Great and Holy Friday Morning

9:00am

Great and Holy Friday afternoon Vespers

3:00 pm

Holy Friday Evening Lamentations

7:00 pm

Saturday April 11

Holy Saturday Morning Vesper Liturgy

10:00 am

GREAT AND HOLY PASCHA OF OUR LORD JESUS CHRIST

Hierarchical Divine Liturgy of the Resurrection

10:00 pm

Following the Divine Liturgy, ALL are welcome to join in the St. George Fellowship Hall for Pascha Breakfast

Pascha Sunday April 12

AGAPE VESPERS 12:00 NOON

Save the Date!
St. George Middle Eastern
Summer Festival
July 17;18;19

With your help,
this year will be our best year to date!

Schedule of Services for Holy Week

Saturday April 4

Saturday of Lazarus the Righteous
Morning Divine Liturgy 10:00 am
Breakfast to follow with Church decorating

Sunday April 5

Palm Sunday Jesus' Glorious Entrance into Jerusalem
Orthros 9:00 Divine Liturgy 10:00 am

Palm Sunday Evening Orthros of the Bridegroom
6:00 pm

Monday April 6

Holy Monday Evening Orthros of the Bridegroom
6:00 pm

Tuesday April 7

Holy Tuesday Evening Orthros of the Bridegroom
6:00 pm

Wednesday April 8

Holy Wednesday Evening (Holy Anointing)
6:00 pm

Thursday April 9

Holy Thursday Morning Liturgy Last Supper
Cathedral 10:00 am

Holy Thursday Evening 12 Passion Gospels
7:00 pm

The St. George Cathedral LBS presents..

A Mid Lent Luncheon

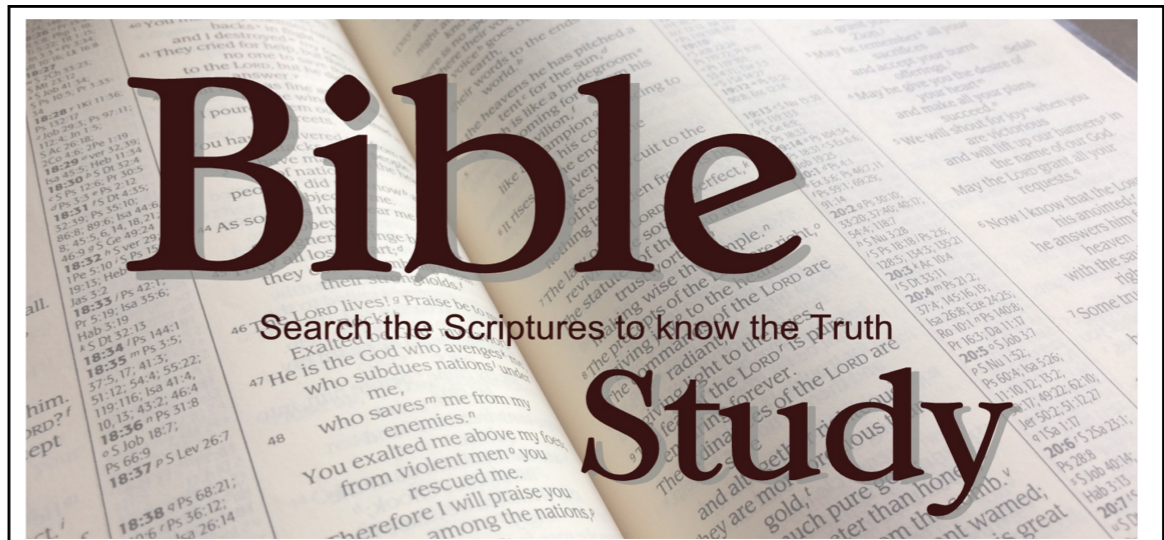
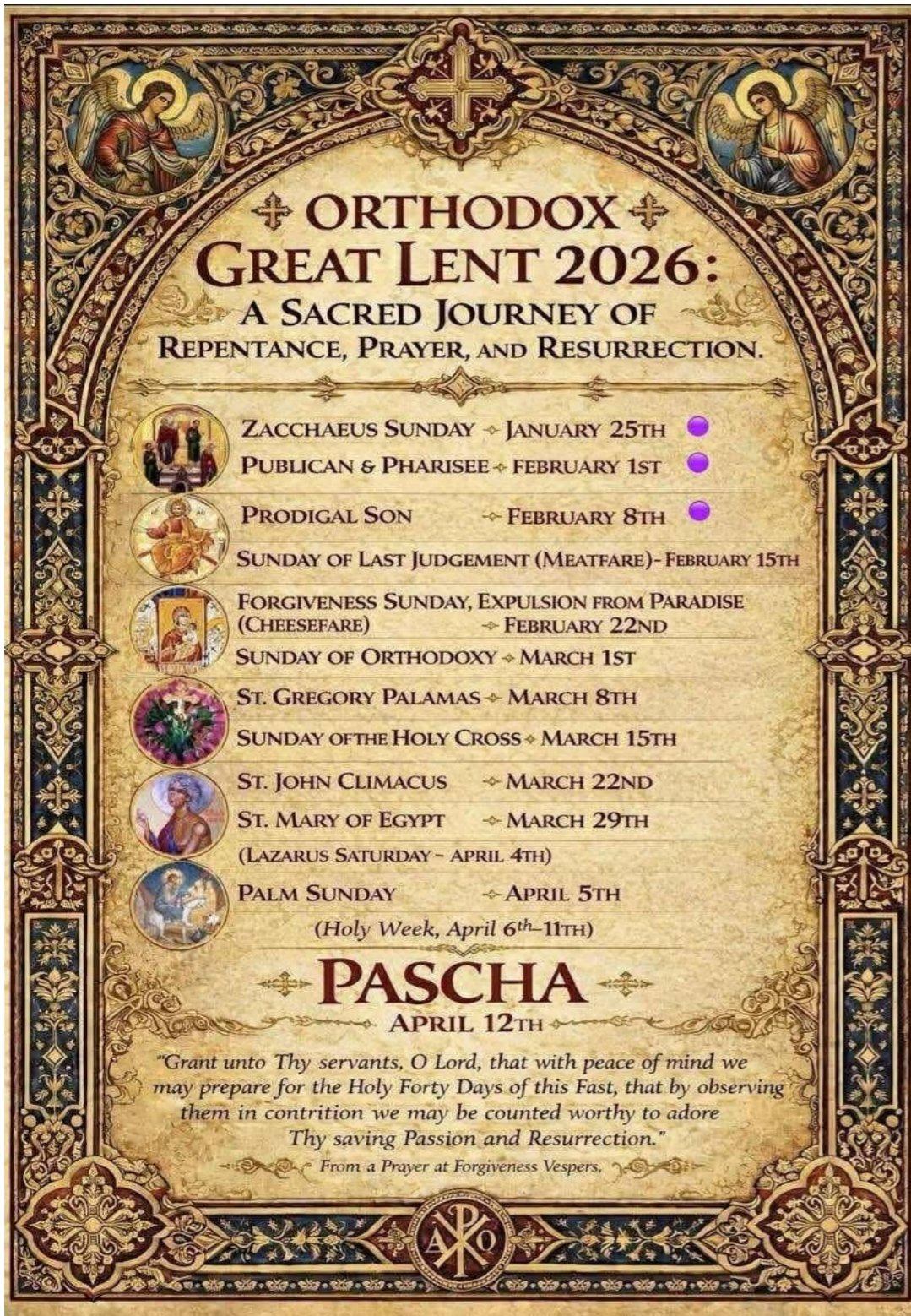
**Sunday March 15, 2026
Sunday of The Holy Cross**



**This complementary lunch includes baked fish with
salad, coffee & dessert**

**Please bring the whole family, but we ask that you reserve
your place so we can know how people to expect.**

**Deadline to reserve with Rhonda Saba March 9th
419-345-3588**



Wednesday
 Presanctified Liturgy 6:00 pm
 St. Juliana Chapel

followed by
St. George Cathedral Bible Discussion
 We will be doing the following

- ◆ Read and hold a discussion on different Books of the Bible
- ◆ Learn a deeper meaning and understanding of the bible and what it teaches us
- ◆ Enjoy friendship and fellowship with one another at each session

PROPER ETIQUETTE WHILE IN CHURCH

- ✘ Turn off cell phones before entering church.
- ✘ We **DO NOT** cross our legs in church.
- ✘ There should be no talking or chewing gum while in church.
- ✘ No water or any other beverage should be consumed while in church.
- ✘ The only persons permitted behind the Holy Altar are the Clergy and Altar servers.
- ✘ No walking up or down the aisle if the Epistle or Gospel or Homily is being said.
- ✘ The only persons that should be standing in the back are the ushers to keep order.
- ✘ If you are planning to partake of Holy Communion, please prepare yourself properly.
- ✘ During Holy Communion, all parishioners are to remain standing until the last person receives.

THE PROPER WAY TO RECEIVE HOLY COMMUNION

- ✘ Approach the chalice with reverence with arms crossed over your chest & state your name for the priest
- ✘ Tilt your head **STRAIGHT BACK** (not left or right) and open your mouth to avoid touching the spoon with your mouth.
- ✘ Following these three simple steps will ensure us that we are receiving Holy Communion (**NOT** taking) in the correct order prescribed by the Orthodox Church and at the same time gives consideration to our fellow parishioners.

We are forming an **ALL NEW St. George Men's Group**
AND you're invited to join!

St George Men's Group



Join on GroupMe

Father Michael wants to gather the men of this Cathedral, ages 21+ together to form a new Men's Group that would allow the men of this parish to gather regularly for friendship and fellowship with their priest. Please use the QR code on this page to join.

LENTEN REST & RELAXATION



Take a break, meet other college students, small discussion and compline

MARCH
26TH

6PM

Holy Trinity Greek Orthodox Church, Toledo

Join us for a relaxing night!

More Information

DM us to join groupme



Great Lent Schedule 2026

**Every Monday Evening
(Great Compline)**

St. Juliana Chapel 6:00 pm
February 23rd through March 30th, 2026

**Every Wednesday Evening
(Presanctified Liturgy)**

St. Juliana Chapel 6:00 pm
March 4th through April 1st, 2026

**Every Friday Evening
(Madayeh)**

St. Juliana Chapel 6:00 pm
February 27th through March 27th, 2026

**Every Sunday Evening
(Pan Orthodox Vespers)**

See Schedule
6:00 pm followed by a Lenten meal

PanOrthodox Toledo Lenten Services

25

February
6:00pm

Presanctified Divine Liturgy
& Potluck at St. Elizabeth

1

Sunday of Orthodoxy
March
6:00pm

Sunday Lenten Vespers
& Potluck at St. George

8

March
6:00pm

Sunday Lenten Vespers
& Potluck at Holy Trinity

15

March
6:00pm

Sunday Lenten Vespers
& Potluck at St. Elizabeth

22

March
6:00pm

Sunday Lenten Vespers
& Potluck at St. Elias

PanOrthodoxToledo@gmail.com



www.facebook.com/PanOrthodoxToledo