Feasts and Saints
Paramon & his 370 Companion Martyrs in Bithynia



Saint Paramonus contested for piety's sake during the reign of Decius, in the year 250. A ruler named Aquilinus, seeking relief from a bodily malady, visited a certain therapeutic hot spring. He brought with him captive Christians from Nicomedia, and commanded them to offer sacrifice in the temple of Isis. When they refused, he had them all slaughtered, to the number of 370. Saint Paramonus, beholding their murder, boldly cried out against such an act of ungodliness. When Aquilinus heard this, he sent men to take the Saint. Some smote him with spears, others pierced his tongue and body with sharp reeds, until he died.

Saint Philumenus' contest in martyrdom took place during the reign of Aurelian, in the year 270. Coming from Lycaonia, he was conveying a load of wheat into Galatia when he was denounced as a Christian to Felix, Governor of Ancyra. Nails were driven into his hands, feet, and head, and he was commanded to run. While running in the road, he fell and gave up his holy soul into the hands of God.

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



The Nativity of Our Lord
St. George Antiochian Orthodox Christian Cathedral
كاتدرائية القديس جاورجيوس الأنطاكيَّة الأرثوذكسيَّة

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Mrs. Laura Pedro

St. George Choir Directors
Olivia Yarbro; Joy Hajjar

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

Sub Deacons
Michael Saba; Christopher Haddad

Altar Captains
Mathew Ade; Roy Palmer; Andrew Khoury

Social Media
Emily Hughes

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; Anthony 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 November 29, 2026
Twenty-sixth Sunday after Pentecost & Thirteenth Sunday of Luke Martyr Paramonos and the 370 Martyrs in Bithynia; Martyr Philoumenos of Ancyra; Venerable Akakios of Sina.
Tone I *Eothinon IV*

Apolytikion for the Resurrection I
When the stone had been sealed by the Jews, and the soldiers were guarding Thine immaculate body, Thou didst arise on the third day, O Saviour, granting the life unto the world. Wherefore, the powers of the heavens cried out to Thee, O Life-giver: Glory to Thy Resurrection, O Christ. Glory to Thy Kingdom, Glory to Thy dispensation, O only Friend of man.

اللحن الأول
إن الحجر لما خُتِمَ من اليهود، وجسدك الطاهر حُفِظَ من الجند، قمتَ في اليوم الثالثِ أيها المخلِّص، مانحاً العالمَ الحياة، لأجل ذلك قوات السماوات، هتفوا إليك يا واهب الحياة: المجد لقيامتك أيها المسيح, المجد لملكك، المجد لتدبيرك يا محب البشر وحدك.

Wishing all of you who were born in the month of November A Very Happy Birthday!

Sophia Mckarus 01
Aaron Garmin 02
Gabby McKarus 04
Munther Gammoh 04
Robin Ann Snyder 06
Cherie Joseph 09
Elizabeth Aoaud 11
Lorin Swade 12
Keith Haddad 14
Jayda Rose Williams 14
Gayle Ghareeb 15
Samira Hajjar 20
Ibrahim Haddad 22
Nadia Swade 22
Michael Alexander 25
Lisa Hajjar 27

Laurice Khoury Tanber 01
Roman Mckarus 04
Brantley Ghareeb 04
Henry Rutkowski 05
Amal Haddad 08
Karyn Hajjar 10
Cherryl Nicholas 11
Dr. Hassan Semaan 13
Autumn Sommer 14
Issam Ghareeb 15
Harry Gallagher 18
Randy Swade 20
Jennifer Gallagher 22
Madeline Carmony 22
David Swade 27
Louie Sommer 27

Happy Birthday

Meredith Hughes 28



Apolytikion 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 of The Preparation of Christ's Nativity III

On this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the gladsome tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is God.

TODAY'S INSPIRATION

When you believe deeply, with all your soul, you feel the Presence of God, so strongly, as a Reality. And then nothing else will exist, you will put your hand in His and you will go wherever He leads you! People might consider you insane. They might think you are a scatterbrained eccentric.

Many will judge you. … But it is better to be judged by men now than by God some day.

Mother Gavrilia, The Ascetic of Love p. 254

The Epistle

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

The reading from the Epistle of St. Paul to the Ephesians
5:8-19

Brethren, walk as children of light (for the fruit of light is found in all that is good and right and true), and try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore, it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light." Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart.

The Holy Gospel

The Reading from the Holy Gospel according to St. Luke

18:18-27

At that time, a man came testing Jesus and asking, “Good Teacher, what shall I do to inherit eternal life?” And Jesus said to him, “Why do you call Me good? No one is good but God alone. You know the commandments: ‘Do not commit adultery. Do not kill. Do not steal. Do not bear false witness. Honor your father and mother.’” And the man said, “All these I have observed from my youth.” And when Jesus heard it, he said to him, “One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me.” But when the man heard this he became sad, for he was very rich. Jesus, seeing him sad, said, “How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” Those who heard it said, “Then who can be saved?” Jesus said, “What is impossible with men is possible with God.”

الأحد الثالث عشر من لوقا

إنجيل اليوم: لوقا (ص 18: ع 18 -27)

في ذلك الزمان دنا على يسوع إنسان مجربا له وقائلاً: أيُّها المعلِّم الصالح ماذا أعمل لأرث الحياة الأبديَّة؟ فقال له يسوع: لماذا تدعوني صالحًا وما صلح إلاَّ واحد وهو الله. إنَّك تعرف الوصايا. لا تزن. لا تقتل. لا تسرق. لا تشهد بالزور. أكرم أباك وأمَّك* فقال: كل هذا وقد حفظته منذ صباي. فلمَّا سمع يسوع ذلك قال له: واحدة تعوزك بعد. بع كل شئ لك ووزعه على المساكين فيكون لك كنز في السماء، وتعال اتبعني. فلمَّا سمع ذلك حزن لأنَّه كان غنيًّا جدًّا. فلمَّا رآه يسوع قد حزن قال: ما أعسر على ذوي الأموال أن يدخلوا ملكوت الله. إنَّه لأسهل أن يدخل الجمل في ثقب الإبرة من أن يدخل غني ملكوت الله. فقال السامعون: فمن يستطيع إذن أن يخلص؟ فقال: مالا يستطاع عن الناس مستطاع عند الله.

If man doesn't start to work on himself, then the devil will find another job for him - to seek for flaws in others.

St. Paisios of Mount Athos

Calling all bakers!

Please help us make this annual tradition a success! We ask our church family to participate by ***baking homemade Christmas cookies to offer for this sale!***

We ask that everyone contribute 8-10 dozen or more!

Drop off cookies anytime between
10am - 2pm
Thurs Dec 3rd or
Friday Dec 4th

We will be baking Lebanese pastries together for the event.
The baking dates are:
Weds Dec 2nd 10am
Thurs Dec 3rd 10am

PLEASE JOIN US! We need you!
Please reach out to Joy Hajjar (419-340-1600) or Jen Gallagher (419-261-3145) if you are able to help us at the event on Dec 5th.

St. George Cathedral Orthodox Boutique

The boutique is set with **new merchandise such as icons, theology and liturgical books** and other great gift ideas. Merchandise is available for purchase during coffee hour. There are great gift ideas for you and your loved ones.

Stop by and check it out, we’re sure you'll find something to bring home with you.

Managed by: **Karyn Hajjar 419-351-3441**

Graduations!

Baptisms!

Birthdays!

Crismations!

St.George Orthodox Cathedral
Presents our Annual

Christmas COOKIE WALK

December 5, 2026

9am-12 noon

Homemade

Middle Eastern Pastries
(priced seperately)
Traditional Cookies ($12/lb)
Cathedral Bookstore Open
Cash or Check Only

3754 Woodley Road
419-475-7054
ADA Accessible



St. George Reverse Advent Calendar

1. A pair of gloves
2. A winter hat
3. Box of Oatmeal
4. Bottle of lotion
5. A Jar of Peanut Butter
6. A Jar of Jelly
7. Toothpaste
8. Toothbrush
9. Macaroni and Cheese
10. Laundry soap
11. Shampoo
12. Body Wash
13. Deodorant
14. A bag of Rice
15. Socks
16. A roll of toilet paper
17. A roll of paper towels
18. Can of Soup
19. Wet wipes
20. Pasta
21. Spaghetti Sauce
22. A box of Band-aids
23. A box of tissues
24. Box of Cereal
25. Item of your Choice

Fill your box through the advent season with some of the most needed items to support those in need. Boxes are due back to church by Jan 4,2027
Contact Kathy or Emily with Questions

Help us Celebrate Re-Cember!

This year's Re-Cember is dedicated to the memory of David Joseph Sr.

What Re-Cember is

A December to Re-member. A Season to Re-Cember.

Re-Cember is a community movement rooted in the power of the prefix "Re-." To re- is to act with renewal: to rebuild, reconnect, restore, and re-imagine. It reminds us that true sustainability begins with people, when we return to what matters, give intentionally, and strengthen the bonds that hold our communities together.

From local businesses to faith groups and families, Re-Cember unites Toledo in a shared effort to transform the season of giving into a season of renewal. Each act of generosity becomes a spark of restoration, proof that when we come together, we don't just give again; we give better.

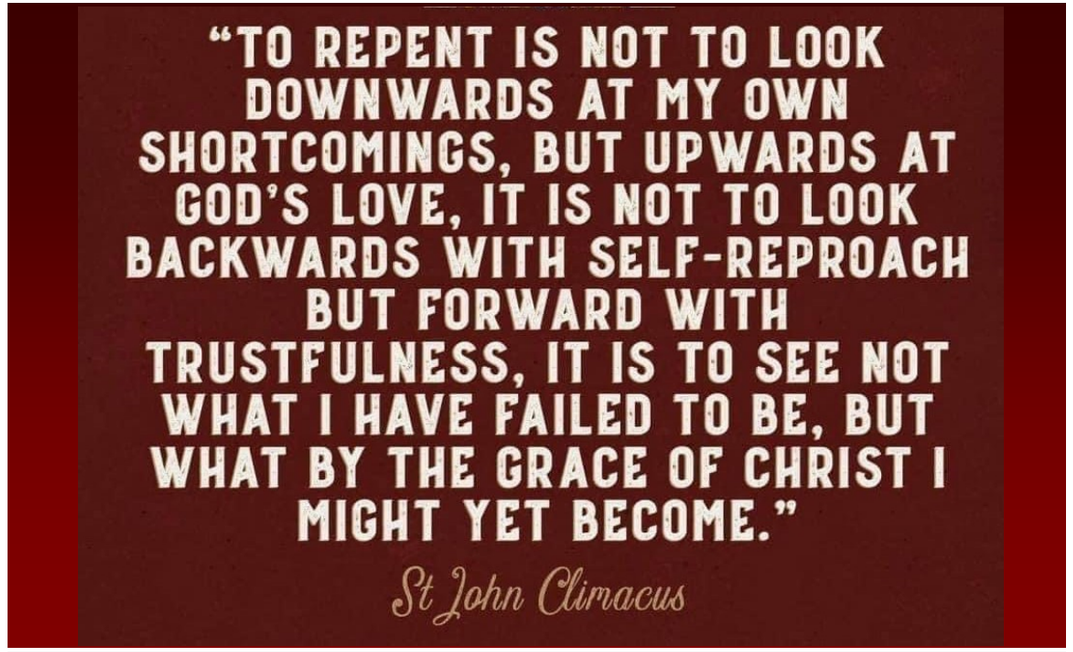
Each December, collection boxes go up at local businesses and churches. Donations come in from companies, congregations, and neighbors. Everything is gathered, sorted, and handed directly to families in time for Christmas. It is not complicated. It works because people say yes.

Who it serves: children and families in our own community. Neighbors. The people we pass every day and rarely see.

This year

This year's Re-Cember is dedicated to the memory of David Joseph Sr. of Joseph's Beverage Center. Behind the scenes, he was always part of things like this, and last year he was really inspired by Re-Cember but didn't get to take part as much as we knew he wanted to.

- The big day is **Saturday, December 5** at **God's Instruments** (817 E. Broadway, East Toledo). Santa Claus hands out gifts from **12:00 to 3:00 PM**, with Christmas music, then a Christmas movie with popcorn, cookies, juice and water, and many more things to come.



As we prepare for The celebration of the Nativity of our Lord...
Have you had CONFESSION?

As our Divine liturgy is our entry into the Kingdom of God from the moment of the Great Proclamation:

"Blessed is the Kingdom of the Father, the Son and the Holy Spirit. Amen"

It is very proper to cease hearing confession from this moment. Hence, Father Michael is offering you, beloved faithful, 2 ways for you to confess.

1. A private appointment can be made
2. Sunday during Orthros at 9:30 AM

This is a very important part of our Orthodox Christian faith and MUST be practiced regularly

Feel uncomfortable with confession?
The following video may help ease the discomfort.

https://youtu.be/IOvAH3Sp9Ik