

SAINT GEORGE ANTIOCHIAN ORTHODOX CATHEDRAL

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His Eminence Metropolitan SABA, Archbishop of New York and Metropolitan of all North America

His Grace Bishop THOMAS, Auxiliary Bishop of Charleston, Oakland, and the Mid-Atlantic

Father Joshua Makoul, Dean

Deacon Andrew P. Cross, Deacon Noah Papas

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September 13, 2026

Forefeast of and Sunday before Elevation of the Cross

Consecration of Resurrection Church in Jerusalem



RESURRECTIONAL APOLYTIKION IN TONE SIX

Angelic Powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

APOLYTIKION OF FOREFEAST OF THE HOLY CROSS IN TONE TWO

We offer thee in mediation the life-giving Cross which, of Thy goodness, Thou hast given unto us, the unworthy, O Lord. Save Thy hierarchs and Thy flock, and grant Thou peace through the Theotokos, O only Lover of mankind.

APOLYTIKION OF HOLY RESURRECTION CHURCH IN TONE FOUR

Thou hast revealed the earthly majesty of the dwelling place of the holy glory, O Lord, as the brilliance of the firmament on high. Make firm its foundation unto ages of ages and receive our fervent supplications which are offered to thee therein; through the intercessions of the Theotokos, O Life and Resurrection of all.

APOLYTIKION OF ST. GEORGE IN TONE FOUR

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 soul's salvation.

KONTAKION OF HOLY RESURRECTION CHURCH IN TONE FOUR

(On this day Thou hast appeared**)**

The Church is shown to be * a many-lighted heaven * that doth shine a guiding light * upon all them that do believe; * wherein while standing, we cry aloud: * Do Thou Thyself now establish this house, O Lord.

TODAY'S EPISTLE

(For the Sunday before the Elevation of the Holy Cross)

O Lord, save Thy people and bless Thine inheritance.

Unto Thee, O Lord, will I cry, O Lord my God.

The Reading from the Epistle of St. Paul to the Galatians. (6:11-18)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

TODAY'S GOSPEL

(For the Sunday before the Elevation of the Holy Cross)

The Reading from the Holy Gospel according to St. John. (3:13-17)

The Lord said, “No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him.”

الرسالة

(للأحد الذي قبل عيد رفع الصليب المقدس)

خَلِّصْ يَا رَبِّ شَعْبَكَ وَبَارِكْ مِيراثَكَ .

إِلَيْكَ يَا رَبِّ أَصْرُخُ الْهَي .

فصلٌ مِنْ رسالةِ القديسِ بولسِ الرسولِ إلى

أهلِ غلاطية. (١٨-١١:٦)

يَا إِخْوَةُ، أَنْظُرُوا مَا أَعْظَمَ الْكِتَابَاتِ الَّتِي كَتَبْتُهَا
إِلَيْكُمْ بِيَدِي. إِنَّ كُلَّ الَّذِينَ يُرِيدُونَ أَنْ يُرْضُوا
بِحَسَبِ الْجَسَدِ يُلْزَمُونَ أَنْ تَخْتَتِنُوا، وَإِنَّمَا ذَلِكَ لِئَلَّا
يُضْطَهَدُوا مِنْ أَجْلِ صَلِيبِ الْمَسِيحِ. لِأَنَّ الَّذِينَ
يَخْتَتِنُونَ هُمْ أَنْفُسُهُمْ لَا يَحْفَظُونَ النَامُوسَ بَلْ إِنَّمَا
يُرِيدُونَ أَنْ تَخْتَتِنُوا لِيَفْتَخِرُوا بِأَجْسَادِكُمْ. أَمَّا أَنَا،
فَحَاشَى لِي أَنْ أَفْتَخِرَ إِلَّا بِصَلِيبِ رَبَّنَا يَسُوعَ
الْمَسِيحِ، الَّذِي بِهِ صُلِبَ الْعَالَمُ لِي وَأَنَا صُلِبْتُ
لِلْعَالَمِ. لِأَنَّهُ فِي الْمَسِيحِ يَسُوعَ لَيْسَ الْخِتَانُ بِشَيْءٍ
وَلَا الْقَلْفُ بَلِ الْخَلِيقَةُ الْجَدِيدَةُ. وَكُلُّ الَّذِينَ يَسْلُكُونَ
بِحَسَبِ هَذَا الْقَانُونِ، فَعَلَيْهِمْ سَلَامٌ وَرَحْمَةٌ وَعَلَى
إِسْرَائِيلِ اللَّهِ. فَلَا يَجْلِبُ عَلَيَّ أَحَدٌ أَتْعَاباً فِيمَا بَعْدُ،
فَإِنِّي حَامِلٌ فِي جَسَدِي سِمَاتِ الرَّبِّ يَسُوعَ. نِعْمَةٌ
رَبَّنَا يَسُوعَ الْمَسِيحِ مَعَ رُوحِكُمْ أَثِيهَا الْإِخْوَةُ. آمِينَ.

الإنجيل

(لأحد الذي قبل عيد رفع الصليب المقدس)
فصلٌ شريفٌ من بشارَةِ القديسِ يوحنا الإنجيليِّ
البشيرِ والتلميذِ الطاهرِ. (٣: ١٣-١٧)

قالَ الرَّبُّ: لَمْ يَصْعَدْ أَحَدٌ إِلَى السَّمَاءِ إِلَّا الَّذِي نَزَلَ
مِنَ السَّمَاءِ، ابْنُ الْبَشَرِ الَّذِي هُوَ فِي السَّمَاءِ. وكما
رَفَعَ موسى الحَيَّةَ فِي الْبَرِّيَّةِ، هَكَذَا يَنْبَغِي أَنْ يُرْفَعَ
ابْنُ الْبَشَرِ، لِكَيْ لَا يَهْلِكَ كُلُّ مَنْ يُؤْمِنُ بِهِ، بَلْ
تَكُونُ لَهُ الْحَيَاةُ الْأَبَدِيَّةُ. لِأَنَّهُ هَكَذَا أَحَبَّ اللَّهُ الْعَالَمَ
حَتَّى بَذَلَ ابْنَهُ الْوَحِيدَ لِكَيْ لَا يَهْلِكَ كُلُّ مَنْ يُؤْمِنُ
بِهِ بَلْ تَكُونُ لَهُ الْحَيَاةُ الْأَبَدِيَّةُ. فَإِنَّهُ لَمْ يُرْسِلِ اللَّهُ
ابْنَهُ الْوَحِيدَ إِلَى الْعَالَمِ لِيَدِينَ الْعَالَمَ، بَلْ لِيُخَلِّصَ بِهِ
الْعَالَمَ.

PRAYERS OF THE GREAT ENTRANCE

PRAYERS OF HOLY OBLATION ARE OFFERED FOR THE HEALTH AND SAFETY

OF:

Harry Khalil, Jr.
Pat Khalil, Tom
Patricia, Rosie, Phyllis, Mary, Helen
Linda Mucy, Helene Thomas & Family

OFFERED BY:

His Mother & Sisters
Phyllis Khalil
Deborah & Tony Amato
Alberta Mucy

PRAYERS OF HOLY OBLATION ARE OFFERED IN LOVING MEMORY

OF:

Dan Sr., Daniel Jr., Agnes & Michael Khalil
Dan Sr. and Daniel Jr.; Harry Sr., & Montana
Harry Khalil, Sr.
Samira Makhoul, Katreen Makhoul
Suad Khoury
Albert & Mary Mucy, Margaret Mucy

OFFERED BY:

Phyllis Khalil
Pat Khailil and Family
Phyllis Khalil
Huda & Phillip Khoury
Huda & Phillip Khoury
Alberta Mucy

PRAYERS OF HOLY OBLATION ARE OFFERED IN LOVING MEMORY OF DEPARTED PARISH MEMBERS WHOSE ANNIVERSARY OF THEIR DEATH FALLS CLOSEST TO THIS DAY:

Mary Hazo- 1965, Esper Bazy- 1982, Helen Farah- 1979, Donna Lehiy- 2007, Dolores Farah- 2018, Ronald E. Degenkolb- 2005, Abraham Albert- 1956, George N. Abraham- 1997, Joseph E. Lesoon- 1976, Wallace Solomon- 1996, Charles G. Thomas- 2001, Margaret J. Giangarlo- 2018.



PRAYERS OF THE PROSKOMEDIA

The following names will be prayed for in the Church's dyptichs (list of living and departed) in which a particle of bread is taken out in their name and placed on the diskos.

PRAYERS OF HOLY OBLATION ARE OFFERED FOR THE HEALTH AND SAFETY

OF:

Darlene Esper
Diana Portillo
Kari Mikroudis, Elias Mikroudis
Lilly Anastropulos
Marian Boulous, Andonia Cakouros
Alyssa Shaughnessy

OFFERED BY:

Family
Kayla, Kathi, & Family
Nathan, Kristen, Theodore, & Lucia Catanese
Nathan, Kristen, Theodore, & Lucia Catanese
Nathan, Kristen, Theodore, & Lucia Catanese
Nathan, Kristen, Theodore, & Lucia Catanese

PRAYERS OF HOLY OBLATION ARE OFFERED IN LOVING MEMORY

OF:

Daniel Khalil, Sr. & Daniel Khalil, Jr.
Harry Khalil, Martha Albert, Montana Amato
Afeefy Hazeem, Zekia Obeid, Hanna Obeid,
Nadeem Bolous, Radia Hakeen, Samira Obeid
David Catanese, George Samra
Fr. John Charest

OFFERED BY:

Phyllis Khalil
Phyllis Khalil
The Obeid Family
The Obeid Family
Nathan, Kristen, Theodore, & Lucia Catanese
Nathan, Kristen, Theodore, & Lucia Catanese

CANDLES ARE OFFERED (*) FOR HEALTH & SAFETY OR (†) IN LOVING MEMORY

OF:

*Aunt Rose, Grace, Janet, Karen, and Families
†Aunt Alice Jacob

OFFERED BY :

The Cloherty Family
Safarian, Jacobs, & Cloherty Families

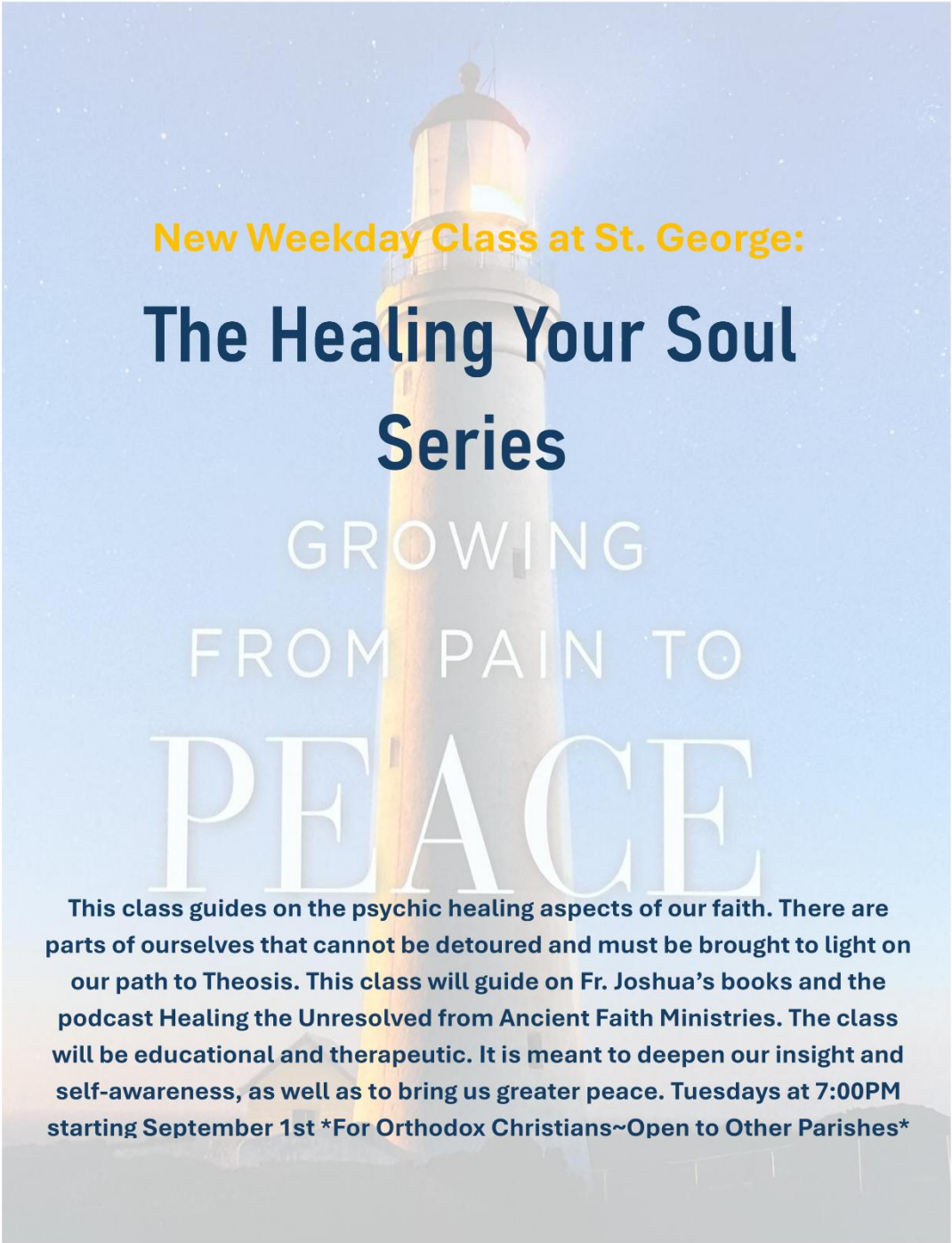


**Enjoy the service, feeling grateful,
or want to offer a gift?**

**Feel free to scan the QR code below to
offer a donation.**



**For Members: You will be prompted to sign in to
your Realm account to make sure your donation is
credited to your Contribution Statement.**



New Weekday Class at St. George:

The Healing Your Soul Series

GROWING
FROM PAIN TO
PEACE

This class guides on the psychic healing aspects of our faith. There are parts of ourselves that cannot be detoured and must be brought to light on our path to Theosis. This class will guide on Fr. Joshua's books and the podcast Healing the Unresolved from Ancient Faith Ministries. The class will be educational and therapeutic. It is meant to deepen our insight and self-awareness, as well as to bring us greater peace. Tuesdays at 7:00PM starting September 1st *For Orthodox Christians~Open to Other Parishes*

Some Requests to Help Keep Our Parish Running Smoothly...

- 1) **Please check to make sure we have not left anything behind before leaving church.** There are often phones, jewelry, coats, glasses, sunglasses, etc. that are left behind each Sunday. The Church Staff does not have the time to search the facility each week to find what we left behind. Any found items will be placed on the desk in the church office. Please check there on Sundays or call 412-681-2988 to arrange a pick up.
- 2) If Sacraments need to be **scheduled**, or anything else planned, please understand this cannot be done in the dismissal line. Just trying to be mindful of everyone waiting in line. Please wait till the dismissal line is over for scheduling.
- 3) **Children are most welcome in our church!** In fact, the sounds of children and babies are a sign of a healthy community. However, we always want to find that balance. If our child is having a fussy morning and we sense the noise is affecting other parishioners (particularly during the Epistle, Gospel, or Sermon), please use the private room in the narthex until things have settled. Remember, all are welcome, we just want to have a healthy awareness of those around us.
- 4) **If anyone wishes to host a meal or provide food during coffee hour,** please email the church office at sgcathedral@aol.com
- 6) **Concerning Commemorations for the Living & Departed:** Names are left in the bulletin for **one week**. If a family or individual wishes to go beyond one month, please call and communicate this to the Church Office, and renew an offering in their name. *This is just for practical reasons:* if every name were to be permanently included, there would not be room in the bulletin.
- 7) All **holy bread** is appreciated. If we are dropping off holy bread, please place it on the front pew with the names of the living and departed to be prayed for, and an altar server will bring it into the altar. Thank you in advance!

If we would like to light a candle in front of the iconostasis in church, please do so before the service starts or at the end of the service.

We do not want to distract attention away from God and towards ourselves in the middle of a service.

Thank you!



CHILDREN'S CHURCH SCHOOL

2026-2027

Information

WHO: Kids age 3 thru 6th grade

WHEN: starting **Sept. 13, 2026**

TIME: 9:30AM

WHERE: Church School Bldg.

Schedule

9:30AM – Sunday's Gospel for Children

9:45AM – Classroom Instruction

10:25AM – Dismiss for Liturgy

CURRICULUM: 1 & 2 Corinthians - “One Body, One Spirit”



Check out the Antiochian Archdiocese Curriculum here:



For more information or to register your child, please contact Alexis Cross at 412-780-2790.

St. George **Community Night**

Fellowship * Spiritual Family * Food * Relationships

Thursday, September 17

Dinner served 6:00PM-7:30PM in the Church Hall.

There is no charge for the dinner.

Please take a break from cooking. Dress down, don't cook, have fellowship, and see what we do at St. George!

This Community Night is sponsored by the ministries of St. George. There will be plenty of food! Baked chicken, rigatoni with meat sauce, pulled pork, and more!

DATES TO REMEMBER – 2026

Orthros: Sundays @ 9:20 AM

Divine Liturgy: Sundays @ 10:30 AM

Vespers: Saturdays @ 5:00 PM

September 2026

Sunday	13	SUNDAY BEFORE HOLY CROSS • Orthros @ 9:20 AM & Divine Liturgy @10:30AM
Monday	14	Feast of the Elevation of the Holy Cross
Wednesday	16	Akathist Service @ 9:45 AM
Thursday	17	St. George Family Night @ 6:00 PM
Saturday	19	Great Vespers @ 5:00 PM
Sunday	20	SUNDAY AFTER HOLY CROSS • Orthros @ 9:20 AM & Divine Liturgy @10:30AM
Wednesday	23	Vigil for St. Silouan the Athonite • Vespers @ 5:00 PM • Orthros & Divine Liturgy to follow

For Non-Members: Want to become a member and join the Church? Please send your email address to office@sgcoakland.org to receive an invite to set up your St. George Realm account.