



# ST. GEORGE *Chronicle*

Rev. Christopher Morris  
Pastor

MONTHLY NEWSLETTER OF ST. GEORGE ORTHODOX CHRISTIAN CHURCH  
KEARNEY, NEBRASKA

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## SAVE THE DATE

**NOVEMBER 11-13**  
Midwest Women's Retreat

**NOVEMBER 19**  
Bake Sale, 9:00 am

**NOVEMBER 21**  
The Presentation of the Theotokos

**DECEMBER 6**  
Saint Nicholas Feast Day

## Our Beloved Icons by Subdeacon John Wolf

This month's Icon is the primary icon of Pascha. It is commonly known as "Resurrection", but it's more precise name is "Christ's Descent into Hades". As we study this icon, we are immediately introduced to the true meaning of Christ's Resurrection. We are faced with the fact that the feast of Pascha celebrates much more than His bodily rising from the tomb. According to John Vranos Charilaos:

"The Resurrection of Christ is simultaneously also the Resurrection of humanity; the Resurrection is not only the Resurrection of Christ, but a majestic universal event, a "cosmic event." Christ does not come out of the tomb but out

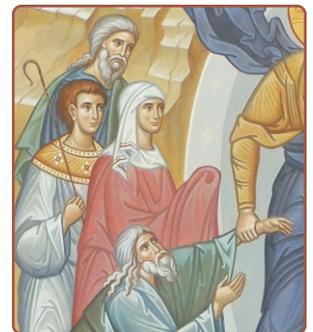
from 'among the dead,' ek nekron. He comes up out of a devastated Hades.



In the icon we see Christ's robe flowing upward, symbolizing his radical descent into Hades to save those who have died in

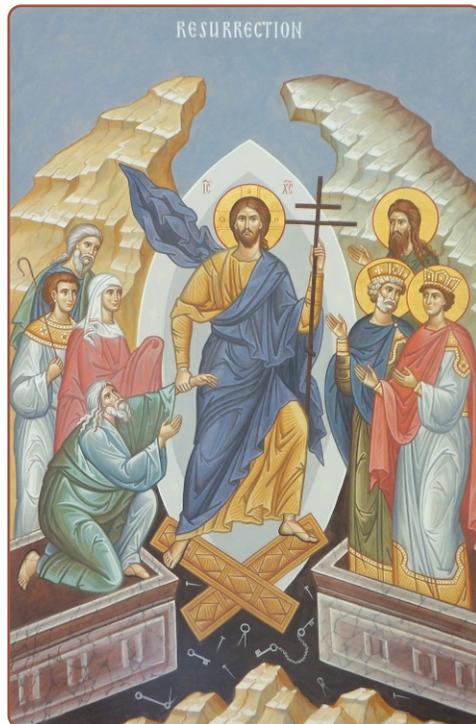
the flesh. The golden bars by his feet are the gates of Hades, which he has broken and torn apart.

There are keys floating in the abyss below, which symbolizes that he has entered and conquered both death and Hades. Christ has grasped Adam firmly by the wrist, and is pulling him out of the abyss, symbolizing that his victory redeems all mankind, even back to the beginning. Eve waits her turn behind him, with her arm raised in anticipation. This act also foreshadows the general resurrection of the body before the Final Judgment.



To the left of Christ, we see three characters: David and Solomon, two of his ancestors according to his fleshly nature. We also see John the Baptist, who was his forerunner in both life and death. On His

*(continued on page 2)*



*Sponsorship of The Resurrection icon at St. George Kearney, was offered by the Buchman family*

(continued from page 1)

right, behind Eve, we see Abel with his shepherd's staff, and Moses.

The blue shape around Christ is called the Mandorla



(which is Italian for almond, which describes its shape). The Mandorla is the uncreated, eternal light of Christ. In the writings of the Eastern Orthodox mystics, God

is often prayerfully experienced as light. This is not simply a pretty bright light. It is the same light which filled the apostles with wonder when they witnessed His Transfiguration. It is the light which Christ Himself described as the power of the the Kingdom of God (Mark 9:1 Matt 16:28 Luke 9:27). It is the light that filled the once perpetual darkness of Hades when Christ descended and brought life into the realm of death. It is also the light that is seen when one purifies their heart and mind (Blessed are the pure in heart, for they shall see God.)



As you can see, the event depicted in "Christ's Descent into Hades" is so much more powerful and instructive than a depiction of Christ simply rising from the tomb could ever hope to be. Truly, **"Christ is risen from the dead, trampling death by death, and upon those in the tombs bestowing life!"**

**H**ow many times have I prayed for what seemed a good thing for me and not leaving it to God to do as He knows best but having obtained what I begged for, I found myself in distress because I had not asked for it to be, rather, according to God's will.

- St. Nilus of Sinai

Please visit our website for helpful information about St. George and our timeless orthodox faith. Keep up with important dates by using the calendar that is published monthly and updated often. [www.saintgeorgekearney.com](http://www.saintgeorgekearney.com)



# World Food Day 2016

The **Antiochian Orthodox Christian Archdiocese of North America** is one of the sponsoring organizations for the National Committee for World Food Day. We now join 458 voluntary organizations throughout the United States and 163 countries around the world observing **WORLD FOOD DAY!** Last year 110 of our Parishes reported participating in this much needed program, with 40 parishes participating all year long. We distributed 418,324 pounds of food within our communities.



If you die before you die,  
then you won't die  
when you die.



~ inscribed on a wall at  
St. Paul Monastery, Mount Athos

## Canned Food Drive CHALLENGE

The **20/40 Group** has challenged the rest of the parish to see **who can collect the most**



**pounds of food, now until Dec. 25th.** The "winning" group will be treated to an evening of food and fellowship hosted by the "losing" group. Shopping carts are located in the parish hall - **let's fill them up!**

Our canned goods will benefit the **Kearney Jubilee Center**. Please see **page 4** for more information about **their needs** and interesting statistics regarding poverty in our home town **Kearney, Nebraska.**

**Dear St George family,**

Thank you so much for all of your love and support through Zane and I's journey of his baptism and our marriage! We are so very blessed to have each and everyone of you in our lives! Thanks to all of you who helped make our day so special! The chanters, the service, the baklava everything was just amazing and it couldn't have happened without each of you! God's blessings!



Amanda and Zane Williamson



To our St. George parish family,  
**Our heartfelt appreciation** to all of you, who helped make our fall garage sale a big success! This sale was our biggest so far and confirmed that making it a "Free Will offering sale", is very worthy of our time and efforts. Yes, there are those that may take advantage of the free items, but we witnessed the generosity of **so many others who "freely gave"** to benefit St. George. Some gave generously even though they did not buy a thing!



We welcomed the opportunity to share the photo of our proposed new parish hall and talk to those who were interested in learning more. **We were blessed with words of encouragement by many.** Glory to God!

Mark & Joanie Klein

**Thank you to the Denny family** for donating **October's fabulous mystery basket.**

All of the items were very thoughtfully chosen, and have been put to good use. The gift certificates were also very much appreciated!



Love, Theodora Wolf



To the Klein's,  
Once again you have generously volunteered to host a **St. George garage sale.** Thank you so much. Because of your suggestion to have the sale be a free will donation, we earned the largest amount of money yet. You two take time away from your business to help your church in so many ways. St. George is blessed by your great generosity.

Your sister in Christ, *Macrina*



## Birthdays

November 13  
Mike Maloley  
Radu Neamu

November 14  
Sarah Fothergill

November 16  
Millie Rempel

November 17  
Olivia Denny

November 24  
Kristi Korensky

November 28  
Wanda Maloley

GOD GRANT YOU  
MANY YEARS

## HAPPY Anniversary

(None that the Chronicle knows about)

## Donations Gratefully Received

Donation to the **Youth Group Ministry** from anonymous donor

Donations to the **Prayer Ministry for Departed** from Margaret Morris and anonymous donor

Donation to the **Chronicle Newsletter** from anonymous donor

## In Memory of

Donation to **St. George Church** in memory of June Margaret Koeppe, from anonymous donor

Let us hear from you. We welcome your comments, ideas, photos and any info you would like to share with your St. George family.

## In Honor of

Donation to **St. George Building Fund** in honor of Amanda Denny birthday, from anonymous donor

Donation to **St. George Building Fund** in honor of Bessie Shada, from anonymous donor

Donations to **St. George Building Fund** in honor of Fr. Christopher's birthday, from anonymous donors

Donation to **St. George Church** in honor of Sarah & Mathew Bell, from anonymous donor

Donation to **St. George Church/Chanters** in honor of Sarah & Drew Fothergill anniversary, from anonymous donor

*May God bless you all for your generosity!*

# MINISTRY UPDATES



The 20/40 group will be serving a meal at **Crossroads Shelter** on **November 6th**. If you are interested in bringing a side dish, bread, or dessert, please comment on the Facebook thread or talk to Amanda Denny. We hope all members can join us!

We plan on meeting at the center at 5:30 pm and **servng dinner at 6:00 pm**. Thanks for your help and time!

On October 9th our group met at Mike and Ronda's house for a **pumpkin-themed evening** at Johnson Lake. We would like to thank Mike and Ronda for their generous hospitality! What a fun night! We gathered for small Compline prayers and then families shared yummy pumpkin recipes and we enjoyed boat rides and perfect weather. **Thanks again!**



## IMPORTANT ANNOUNCEMENT

We are working closely with the Building & Grounds Ministry as we prepare for the necessary steps to build a new parish hall. As mentioned in past parish presentations, Phase II involves the parish house. We have an opportunity to begin this Phase, sooner than what we had originally estimated and we need your help.

**We will be offering presentations after church, on Nov. 6, 13, 20, and 27.** This presentation will bring you up to date on what events have taken place, regarding the parish house, and how we would like to proceed. **A parish vote will be held on pot luck Sunday, Dec. 4.** Please plan now to attend at least one of these presentations and to cast your vote on Dec 4th. **Thank you!**



**Did you receive your survey, via email, at the end of September?** Please be sure to fill out this survey about our Ladies Group. Your comments will offer helpful insight on those areas that you find important to support. Please contact Ashley if you did not receive the survey. **Thank you for your time by offering your ideas**, to help us plan for future meetings and events.

A reminder that our Fall Bake Sale will be **November 19th**. Thank you for all that you do to help make this fund raiser a success for St. George. *Containers, St. George Price Tags and Labels are provided.* Please contact Joanie Klein if you would like a **custom label or tag** printed for your bake goods: [mjklein24@charter.net](mailto:mjklein24@charter.net)

## DID YOU KNOW?

- In **no** U.S. state can someone, working full-time, at the federal minimum wage afford a one-bedroom apartment at fair market rent?
- Nebraska's current unemployment rate **ranks #3 in the nation** at 3.1%? **Kearney is even lower** at around 2.8% - among the lowest in the nation.
- The City of Kearney has a poverty rate of 16.5% - **four percentage points higher than the state average** and 11% higher than the national average.

\*\*\*

*"for I was hungry and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me"*

Matthew 25: 35-36

Looking for ways to help your community?



Consider a donation to our local **Kearney Jubilee Center**, especially during the holiday season. Here are some helpful ideas to keep in mind when shopping for your own family.



1. **Canned Meat** - Chicken, Tuna
2. **Canned Veggies** - Green Beans, Peas, Mixed
3. **Canned Fruit** - Peaches, Pears, Pineapple, Fruit Cocktail, Mandarin Oranges, Apricots, Applesauce
4. **Cold Breakfast Cereals**
5. **Other Foods** - Peanut Butter, Jelly, Honey, Macaroni & Cheese, Hamburger/Chicken/Tuna Helper, Pasta in box
6. **Snack Foods** - Popcorn, Pretzels, Granola Bars, Cookies
7. **Crackers** - Ritz, Saltines, Graham, Triscuit, Cheez-its, Wheat Thins, Clubhouse, Animal crackers for kids
8. **Milk** - shelf stable in cartons



# ST. GEORGE BULLETIN BOARD

ST. GEORGE ORTHODOX CHURCH

## Bake Sale

*Baked Fresh Just for You!* Variety of Home Baked Goodies!  
Cinnamon Rolls, Pies, Cookies, Brownies, Sweet Breads, Cupcakes, and your Ethnic favorites like our Flat Bread, Kibbe, Stuffed Grape Leaves, Baklava, Lebanese Green Beans and Rice

Saturday, Nov. 19th

9:00 am



1505 Ave G  
Kearney, NE



## FALL GARAGE SALE 2016

We received a variety of donations and goods from many of our parishioners. **Thank you!** We raised over \$2,000 through our "free will offering sale".

Many thanks to the generous benefactor that **matched these funds** so that we could double this amount to the **Building Campaign for our new Parish Hall!**

## Our Wedding Congratulations

To **Tim & Tracey Shada, Beverly Shada** and families, on the marriage of their daughter and grand-daughter **Amanda**, to Zane Williamson, on October 15, 2016.



O Lord our God, Crown them with Glory and Honor!

\*\*\* Send us a note \*\*\*

We want to hear from you!  
[stgeorgechronicle@yahoo.com](mailto:stgeorgechronicle@yahoo.com)

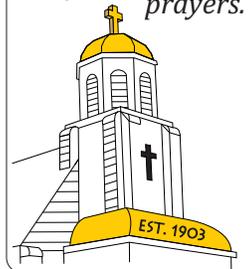
## Our Anniversary Congratulations

To **Nick & Kay Abood** on their **70th** Wedding Anniversary on October 21, 2016.



Nick (who is from Kearney) is **Jenny Bergt's** brother. The celebration was at the Culver Hotel in Culver City, Ca. which was built 100 years ago by Harry Culver who hailed from Nebraska.

Please Remember your parish family in your daily prayers.



## "TELL YOUR STORY"

- Archbishop Michael



# Living in the Real World

by Fr. Stephen Freeman

Nothing exists in general. If something is beautiful or good, it is manifest in a particular way at a particular time such that we can know it. And this is our true life. A life lived in a “generalized” manner is no life at all, but only a fantasy. However, this fantasy is increasingly the character of what most people think of or describe as the “real world.”

A monk lives in a monastery. He rises early in the morning and prays. He concentrates his mind in his heart and dwells in the presence of God. He will offer prayers for those who have requested it. He will eat and tend to the work assigned for him to do. And so he lives his day. He works. He prays.

And someone will say, “But what does he know about the real world?” But what can they possibly mean? He walks on the earth. He breathes the same air as we do. He eats as we do and sleeps as we do. How is his world any less real than that of anyone else on the planet?

A man lives in a city. He wakes in the morning, turns on the TV as he gets ready for the day. He dashes out the door (he’s running late). He gets to his car, listens to the news on the radio, takes a couple of calls on his cell phone. He gets to work and for every minute he does something that he thinks of as “work,” he spends at least another checking his email, looking quickly at Facebook, and maybe checking the news. He gets into an argument at lunch about what should be done somewhere else in the world and who should do it. Angry and distracted, he is frustrated with himself because he swore he was not going to have that same argument today. He goes back to work with the same routine. After work he drops by a bar, has a couple of drinks and decides to stay and watch some of the game. He gets home late and heads to bed.

Who is living in the real world? The man-in-the-city’s life is “real,” it actually happens. But he is distracted all day from

everything at hand. He never notices himself breathing unless he’s out of breath. He swallows his food as quickly as possible. Even the beers he has at the bar are as much for the buzz as for the taste.

If the man refrained from these things his friends might taunt him, “What are you? Some kind of monk?”

What is the “real” that we should live in?

Increasingly, the modern world lives in distraction. But on account of the dominance of shared media experience, that “distraction” is treated as somehow “real.” The daily, sometimes non-stop, attention to this distracted “reality,” creates a habit of the heart. It is a common experience for someone “cut off” from this shared media experience to feel isolated and alone. Of course, three days of no media changes nothing. My attention to the distraction is not at all the same thing as attention to the world itself. For whatever reality might be, it is decidedly not the distorted snapshots presented in our newsfeed.

The experience of “reality” that is media-generated has the character of “things in general.” The habits that form within us as we give attention to this abstraction are themselves vague and ill-defined. We “care” about something, but we have nothing in particular that we can do about it. We are angry over extended periods about things that are greatly removed from our lives. Our attention itself becomes a passive response rather than a directed movement of the soul. Our lives largely become an experience of manipulation –

only it is we ourselves who are being manipulated. Against this is the life of Christian virtue. It is little wonder that frustration accompanies our efforts towards acquiring the virtues. The soul whose habits are formed in the distracted world of modernity cannot suddenly flip a switch and practice prayer of the heart. We sit still and attempt to pray and our attention wanders. It is little wonder that our attention wanders. It has been trained to be passive and follow a media stream. In the stillness of the soul, there is no media stream and our attention feels lost and empty.

This is the reason for the life of the monk. He lives as he does in order to be attentive to reality – to see and hear, taste and touch what is true and at hand. It is not so different than most human lives 200 years ago, before the rise of mass culture. And it is real. Deeply real. It is also the basis of the sacramental life. God gives us Himself, His life-creating grace, in very concrete and particular ways. The reason is simple – we were created to live in a concrete and particular way. The life of abstraction is alien to the life of grace. There is no sacrament of the abstract, vague or general. The only Presence is a real presence.

If we want to pray, then we will have to live as though we are praying. We cannot live in the abstract and suddenly attend to the real. We cannot “care” and then turn to love.

“To live” is an active verb. The passions of mass experience are something else.

**Live. Love. Eat. Breathe. Pray.**

*Fr. Stephen is an Orthodox Priest and serves as the Rector of [St. Anne Orthodox Church](#) in Oak Ridge, Tennessee. He is the author of numerous published articles and the book, [Everywhere Present: Christianity in a One-Storey Universe](#). He is also the author of the popular podcast, [Glory to God](#), on [Ancient Faith Radio](#).*



A brother asked Abba Poemen, "If I see my brother sin, is it right to say nothing about it?" The old man replied, "whenever we cover our brother's sin, God will cover ours; whenever we tell people about our brother's guilt, God will do the same about ours."

—Abba Poemen

## Hey Kids, You can color this Icon!



### Presentation of the Theotokos - November 21

The Virgin Mary was taken by her parents to the Temple in Jerusalem as a young girl. She was led to the Holy Place. One day she would become the living sanctuary and temple of the Divine Child.

### THE LINK BETWEEN REPENTANCE AND HUMILITY

by *Abbot Tryphon*

In an age when self-focus is the rule of the day, and where the ego seems to reign, it is hard for people to see the value of humility. Many people, from politicians to rock stars, seem to climb the ladder of success by being anything but humble. In our darkened state, with sin dominating our lives and our bad habits seeming to be insurmountable, holiness seems to be only for saints, unattainable for ourselves. Stuck in our habitual patterns of behavior, we seem to have surrendered all hope for real change.

The antidote to this inertia can be found in one simple act: repenting. We fall down before our God, confessing our failure at keeping the commandments and asking for God's help in turning our lives around. We commit ourselves to crushing down the ego and to acquiring a humble heart. We take every opportunity to accept correction or criticism, without becoming defensive, for we know the truth in these words of St. John Climacus: "As with the appearance of light, darkness retreats; so, at the fragrance of humility, all anger and bitterness vanishes."

*The Very Rev. Fr. Tryphon is a priest-monk of the Russian Orthodox Church (ROCOR) and abbot of the [All-Merciful Saviour Monastery](#) on Vashon Island, Washington. He is the author of the book, ["The Morning Offering"](#), [Daily Thoughts for Orthodox Christians](#), and available through [Ancient Faith Publishing](#).*

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Monthly Publication of  
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Church, Kearney, Nebraska

A parish of the Antiochian  
Orthodox Christian Archdiocese  
of North America, Diocese of  
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## The Nativity Fast

(November 15 through December 24)

Tuesday, November 15, 2016, is the beginning of this year's Nativity Fast. The Nativity Fast is one of the **four Canonical Fasting Seasons** in the Church year. This is a joyous fast in anticipation of the Nativity of Christ. That is the reason it is less strict than other fasting periods. The fast is divided into two periods. The 1st period is **November 15th through December 19th** when the traditional fasting discipline (no meat, dairy, fish, wine, and oil) is observed. **There is dispensation given for wine and oil on Tuesdays and Thursdays.** Similarly, fish, wine, and oil are permitted on Saturdays and Sundays.

The 2nd period is **December 20th through 24th** when the traditional fasting discipline (no meat, dairy, fish, wine, and oil) is observed. There is dispensation given for wine and oil **only** on Saturday and Sunday during this period. Abstinence includes refraining from the food and drink mentioned above, as well as from smoking.

The Eucharistic Fast means abstaining from at least the previous midnight for communing at a morning Liturgy.

source: oca.org

## OUR FASTING DISCIPLINE DURING NOVEMBER

The Traditional fasting rules of the Orthodox Church are observed: abstain from meat, fish, poultry, dairy, wine, and oil on Wednesdays and Fridays until the **Nativity Fast** begins November 15 (through December 24.)



As Orthodox Christians, we don't view our spirituality as something that does not concern our bodies, but as something that is made possible through and within the body. Therefore, the purpose of our fasting is spiritual, and our fasting is a means of restoring the balance between soul and body, a means of bringing the flesh under the control and will of the mind and spirit. **Fasting is a means of putting our Faith into practice.**



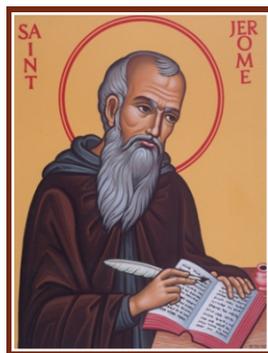
## Year-to-date for 2016 St. George Church

### \$ FINANCIAL REPORT

As of **OCTOBER 30** ... We have received \$65,515 of the \$91,000 we have budgeted for pledges.

As of **OCTOBER 30** ... We have received \$17,250 of the \$19,000 we have budgeted for trays and candles.

*Thank you!*



"We do not worship the relics of the martyrs, but HONOR them in our WORSHIP of HIM whose MARTYRS they are.

We honor the servants in order that the respect paid to them may be REFLECTED BACK TO THE LORD."

--St. Jerome (342-420 AD)



"Always remember that at the Last Judgement we are judged for loving Him, or failing to love Him, in the least person."

*-Archbishop Anastasios of Albania*

