



“Love, Pray, Repent” / Welcome All!
 “One, Holy, Catholic & Apostolic Church”

SAINT GEORGE ORTHODOX CHURCH

211 E. Minnesota St., Spring Valley, IL 61362

815-664-4540 www.springvalleyorthodox.com

office@springvalleyorthodox.com

Antiochian Orthodox Christian Archdiocese of North America

Patriarch John X of Antioch

Diocese of Toledo and the Midwest

Bishop ANTHONY

SUNDAY, 29 JANUARY 2023, Tone 8 / Eothinon 11

Call Fr Mark to Schedule Your Home Blessing



MATINS/ORTHROS, 8:45 AM • DIVINE LITURGY, 10:00 AM

PASTOR: Father Mark Sahady

PARISH COUNCIL MEMBERS:

Elected / Appointed Members

- Melanie Thompson, *Chair*
- Wayne Sanders, *Vice-Chair*
- Ronald Malooley, *Treasurer*
- Nicholas Schaefer, *Secretary*
- George Nimee, *Antiochian Men*
- Rdr Michael Baum, *Ecclesiarch*

Organization Representatives

- Genie Sanders, *Chanters/Choir*
- Dee Khoury, *Antiochian Women*
- Sbdn David Anderson, *Sunday School*
- Robert Abraham, *Facilities*
- Nicholas Medawar, *Order of St Ignatius*
- No Teen Rep Presently, *SOYO*

BULLETIN PART ONE – ANNOUNCEMENTS & INFO

Contact Fr Mark at 815-664-4540. Council Minutes Binder with Financials is in Hall

WORSHIP On Youtube: https://www.youtube.com/channel/UCVy__6R3xbIrx-UI8H63AUA

STUDIES & MEETINGS (when noted) On Zoom: <https://us02web.zoom.us/j/5822049765>

SCHEDULE OF EVENTS

January 28, Saturday, **5:30 pm Vespers** (Caananite Woman Sunday)

January 29, Sunday, **8:45 am Matins, 10 am Divine Liturgy, 11:15 am Fellowship, 11:45 am Annual Parish Assembly**, in Church Hall & On Zoom.

Last Day to get tickets for Spaghetti Dinner on 31st.

January 31, Tuesday, **4-8 pm Spaghetti Dinner Pick-up** at Angelo's Restaurant

February 1, Wednesday, **6:30 – 9 pm Vigil** for Feast of Christ in the Temple

February 2, Thursday, **2 pm Spiritual Life Study** at Rectory & On Zoom.

February 4, Saturday, **5:30 pm Vespers** (Pharisee & the Publican Sunday)

February 5, Sunday, **8:45 am Matins, 10 am Divine Liturgy, 11:15 am Fellowship**

February 7, Tuesday, **9 am – Noon Baking Baklava**

February 8, Wednesday, **9 am – Noon Baking Baklava**

February 9, Thursday, **9 am – Noon Baking Baklava, 2 pm Spiritual Life Study** at Rectory & On Zoom.

February 10, Friday, **9 am – Noon Setup Hall for Baklava Sale**

February 11, Saturday, **9-11 Baklava Sale for Valentine's Day** (Sweets for your Sweet)

February 11, Saturday, **5:30 pm Vespers** (Prodigal Son Sunday)

February 12, Sunday, **8:45 am Matins, 10 am Divine Liturgy, 11:15 am Fellowship,**

February 9, Thursday, **2 pm Spiritual Life Study** at Rectory & On Zoom.

JANUARY-FEBRUARY BIRTHDAYS & ANNIVERSARIES

Jan. 13 – Freda Kapetaneas,
Lukas Schrader

Jan. 14 – Angelo Fousekas

Jan. 16 – Nicholas Leonard

Jan. 22 – Alan Harshman

Jan. 23 – Sally Favia

Jan. 24 – Christopher Leonard

Jan. 31 – Wayne Sanders

Feb. 1 – Kyle Thompson, Cathy Cox

Feb. 3 – Bob Abraham, Elias Kapetaneas,
Dara Desai

Feb. 5 – Wayne and Genie Sanders (anniv)

CHURCH FINANCES

December 2022 Income-Expense

Total December Income: \$6,746.69

Total December Expenses: \$6,042.61

Net December Income: \$704.08

January-December 2022 Totals

Total Year Income: \$ 70,853.99

Total Year Expense: \$85,291.48

Total Year Net Income: \$-14,437.49

2022 Regular Parish Income: \$55,385.97

2022 Fundraisers Income: \$8,728.40

2022 Investment Income: \$2,363.00

2022 Special Appeals Income: \$4,376.62

Ladies Bake Sale Gift of \$7,500

Still leaves a \$-7,000 shortfall for 2022.

In 2023 Parishioner Giving must increase
& Fundraising must increase to balance

We have 30 Member Giving Units to support our Parish expenses. That means each giving unit would need to give \$40 a week or more, in addition to our Fundraising & Investment Income, in order to break even each year. Consider your part and pledge it.

Remember: you can donate directly by going to www.springvalleyorthodox.com and clicking the Donate Button at the bottom of the page with PayPal or Credit Card or contact Fr Mark for Bank Information for Direct Deposit by Transfer from your bank.
Your Stewardship Donations into the General Fund make all ministries happen.

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Offering Schedule	Holy Bread & Food Fellowship	Epistle Reader
Sunday, January 29	Potluck for General Assembly	Rdr Michael Baum
Sunday, February 5	Dee Khoury	?
Sunday, February 12	?	?
Sunday, February 19	?	?
Sunday, February 26	? No Meat	?

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BULLETIN PART TWO – WORSHIP

- The “Glory” hymns at the end of Matins:

THE ELEVENTH EOTHINON DOXASTICON IN TONE EIGHT

Glory to the Father, and to the Son, and to the Holy Spirit.

When Thou didst show Thyself to the Disciples after Thy Resurrection, O Savior, Thou didst appoint Simon to shepherd the sheep, for the renewal of love, asking him to tend the flock. And Thou didst say to him: If thou lovest Me, O Peter, feed My lambs, feed My sheep. But he at once inquired concerning the other Disciple, showing his exceeding love. Wherefore, by the intercession of both, O Christ, keep Thy flock from corrupting wolves.

Both now and ever, and unto ages of ages. Amen.

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

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THE GREAT DOXOLOGY AND TROPARION “Having risen from the tomb”

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- The Hymns of the Day during the Divine Liturgy of Saint John Chrysostom:

THE GREAT LITANY & THE FIRST ANTIPHON

Refrain: Through the intercessions of the Theotokos, O Savior, save us. (*thrice*)

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THE LITTLE LITANY AND THE SECOND ANTIPHON:

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee.

Alleluia. (*thrice*)

Verse: Glory... Both now... O, only begotten Son and Word of God...

THE LITTLE LITANY AND THE THIRD ANTIPHON:

RESURRECTIONAL APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

THE EISODIKON (ENTRANCE HYMN) OF ORDINARY SUNDAY:

Priest: Come, let us worship and fall down before Christ. Save us, O Son of God,

Who art risen from the dead, who sing to Thee: Alleluia.

All: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia

- *After the Little Entrance (Eisodos), sing these Apolytikia in the following order.*

RESURRECTIONAL APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF ST. IGNATIUS OF ANTIOCH IN TONE FOUR

By choosing the Apostles' way of life, thou hast succeeded to their throne. Inspired by God, thou didst find the way to divine contemplation through the practice of virtue. After teaching the Word of Truth without error, thou didst defend the Faith to the very shedding of thy blood, O Holy Martyr among bishops Ignatius. Entreat the Lord our God to save our souls.

APOLYTIKION OF SAINT GEORGE IN TONE FOUR:

Since thou art a liberator and deliverer of the captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for the kings, O great among martyrs, thou victory-clad George: Intercede with Christ God for the salvation of our souls.

KONTAKION OF THE PRESENTATION OF CHRIST IN TONE ONE

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

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THE LITANY AND THE TRISAGION HYMN

- **The Scripture of the day, following the Trisagion Hymn:**

THE EPISTLE (For the Seventeenth Sunday after Pentecost):

Clergy: Let us attend!

Reader: Make your vows to the Lord your God, and perform them.

In Judah God is known; His Name is great in Israel.

Clergy: Wisdom!

Reader: Reading from the Second Epistle of St. Paul to the Corinthians. (6:16-7:1)

Clergy: Let us attend!

Reader: Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore, come out from them, and be separate from them," says the Lord, "and touch nothing unclean; then I will welcome you, and I will be a Father to you, and you shall be My sons and daughters," says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

Clergy: Peace be to thee, who readest.

Reader: And to thy spirit.

Chanter: Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise!

All: Alleluia! Alleluia! Alleluia!

THE GOSPEL (For Seventeenth Sunday of Matthew —“Canaanite Woman”):

The Reading from the Holy Gospel according to Saint Matthew. (15:21-28)

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, “Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon.” But He did not answer her a word. And His disciples came and begged him, saying, “Send her away, for she is crying after us.” He answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before Him, saying, “Lord, help me.” And He answered, “It is not fair to take the children’s bread and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their master’s table.” Then Jesus answered her, “O woman, great is your faith! Be it done for you as you desire.” And her daughter was healed instantly.

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• After “One is Holy, One is Lord...” & “I Believe O Lord and I Confess...” Sing:

THE ORDINARY KOINONIKON (COMMUNION HYMN):

Praise the Lord from the Heavens. Praise Him in the Highest. Alleluia.

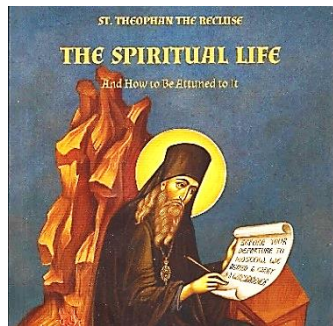
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COMMEMORATION: The Hieromartyr Ignatius, the God-bearer of Antioch; and the New-martyr Demetrios of Chios.

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BULLETIN PART THREE – MORE ANNOUNCEMENTS & INFO

Book Study Thursdays at 2 pm:



The Spiritual Life and How to Be Attuned to It,

by Saint Theophan The Recluse,

Translated by Alexandra Dockham, 4th Edition,

Published by The Holy Monastery of Saint Paisius in Safford, AR.

www.stpaisiusmonastery.org

Study Weekly together at the Parish Rectory or [On Zoom](#).

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Order Online Your Saint George Sportswear - Jacket, SweatShirt, Hoodie, Full-Zip Hoodie SweatShirt, all sporting the St George logo! Order online at: <https://kaleels.com/product-category/st-george-orthodox-church/> shipped directly to you.

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Sweets for Your Sweet – Baklava Sale – February 11



Just in time for your Valentine

9 am – Noon

Saint George Orthodox Church

211 E Minnesota Street

Spring Valley, IL

**Angelo's Restaurant Fundraiser for
Saint George Orthodox Church
Spaghetti Dinner, Tuesday, January 31, 2023
Pickup 4 – 8 pm At Angelos Restaurant**

400 E Dakota Street

Spaghetti, Garlic Bread & Side Salad

Call the Church at 815-664-4540

to get tickets for \$12 by 29 January 2023



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2023 Council Members Information for Election

Council Member	Elected 3 Year Term	Year Started	Year Leaves (After 3 Years)	Consecutive Term
George Nimee	Elected	2021	2024	1st
Melanie Thompson	Elected	2022	2025	2nd
?	Elected	2023	2026	?

Council Member	Appointed 3 Year Term	Year Started	Year Leaves (After 3 Years)	Consecutive Term
Michael Baum	Appointed	2021	2024	Finishing Fousekas Term
Wayne Sanders	Appointed	2022	2025	1st
?	Appointed	2023	2026	?

Council Member	Organization	2023 Council Office Positions (1 Year Term voted by Council members)		
Robert Abraham	Facilities			
Genie Sanders	Choir	?		Chair
Dee Khoury	Antiochian Women	?		Vice-Chair
David Anderson	Sunday School	?		Treasurer
Nick Medawar	St Ignatius Order	?		Secretary
George Nimee	A-Men			

The two nominees are Nicholas Schaefer and David Anderson.

Statement of Operations	2022	Budgeted 2023
Stewardship Offerings	\$ 55,385.97	\$ 55,000.00
Fundraiser Income	\$ 8,728.40	\$ 13,000.00
Investment Income	\$ 2,363.00	\$ 2,300.00
Memorial Income	\$ -	\$ -
Miscellaneous Income	\$ 4,376.62	\$ -
Total Income	\$ 70,853.99	\$ 70,300.00
Advertising	\$ 830.00	\$ -
Archdiocese Fees	\$ 7,204.66	\$ 7,080.00
Supplies	\$ 575.85	\$ 1,000.00
Conventions/Conferences	\$ 1,089.66	\$ 2,200.00
Food for Hungry People	\$ 290.19	\$ -
Insurance	\$ 6,002.00	\$ 6,000.00
Miscellaneous Expenses	\$ 2,713.05	\$ 2,500.00
Outside Services	\$ 4,932.75	\$ 5,000.00
Priest/Deacon/Bishop	\$ 38,628.00	\$ 38,628.00
Repair & Maintenance	\$ 3,455.09	\$ 2,000.00
Major Repairs	\$ 5,600.00	\$ 2,000.00
Utilities	\$ 13,970.23	\$ 14,000.00
Total Expenses	\$ 85,291.48	\$ 80,408.00
Net Income	\$ (14,437.49)	\$ (10,108.00)

Cash Balances	12/31/2021	12/31/2022
Cash in Bank, Checking	\$ 25,242.61	\$ 10,765.12
Ameritrade	\$ 98,348.77	\$ 85,454.31
Total Funds	\$ 123,591.38	\$ 96,219.43

Critical Things to Know About Emotions for Mental Health and Healing

The most important thing to know about emotions is that “emotions just are.” They can't be stopped or prevented. The good news is that we have control over how we respond to our emotions, and can do so in ways that strengthen our mental and emotional health.

How Core Emotions Work

The core emotions we all experience include anger, sadness, fear, disgust, joy, excitement. While emotions are triggered in the brain's limbic system, core emotions' purpose is to activate the body. Each core emotion contains a specific program for action that causes certain sensations and impulses (hard-wired for survival). For example, fear makes the body want to run. Anger makes the body want to fight. These impulses, especially when we aren't aware or in control of them, can drive unwanted behaviors, like yelling at a loved one for mistakenly hurting our feelings. Whether we are consciously aware of emotional impulses or not, they always exert a force for action. For example, when we are insulted, we may feel the impulse to cut-off the person who angered us, even if we are not aware that we are experiencing the core emotions of anger and sadness. Learning to sense core emotions in the body is important for health, symptom relief, healing and transformation.

The Impact Of Inhibitory Emotions

Inhibitory emotions — like anxiety, guilt and shame — are category of emotions that bury, squash and block core emotions. For example, we learn to push down our sadness or fear if we feel we will be judged for expressing those emotions. As a result, we might feel only anxiety without knowing we are experiencing other core emotions. Use anxiety as a signal — not as a diagnosis. Anxiety is a signal that core emotions lie beneath, waiting to be understood. Many of us learned to use guilt and shame to bury anger. As a result, we are no longer even aware that we are angry and end up feeling depressed. There are many costs from being cut-off from our core emotions: greater anxiety, depression and loneliness; low self-confidence and difficulty communicating our wants and needs; as well as physical symptoms including muscular tension, bowel problems, headaches and more.

Defenses Only Avoid Emotional Discomfort

We are wired to deeply react to each other's tones of voice, body postures and facial expressions. For example, no matter what words my mother says, if she looks angry, and has a harsh or judgmental tone of voice, I will have an emotional reaction. We use defenses to avoid emotions, and those defenses are meant to protect us from emotional discomfort. It is important to understand that habitually using defenses costs us our vitality and authenticity. It's in our benefit to use defenses sparingly. For example, I may push down my sadness or anger at work so I don't yell at my boss. But later, I should make time to tend to my sadness and anger, so I don't bury these emotions in my body.

The Benefits Of Fully Understanding Emotions

Deciding what to do about the core emotions were experiencing instead of burying them or blocking them with defenses and inhibitory emotions is how not to stay stuck in our body. Ideally, we spend our emotional energy on engagement with the outside world, like meaningful work, activities and connection with other people, not on maintaining defenses that hold our emotions down. Noticing our emotions connects the brain, mind and body, leading to greater calm, confidence, mental flexibility and better health. We can learn to heal and prevent symptoms like anxiety and depression. Healing the mind can start with understanding our emotions. -By Hilary Jacobs Hendel