

**Weekly Offering Envelopes** are available in the auditorium after services. If you are interested in using weekly envelopes, please contact the office (773) 334-4515

**Adult Bible Study - Monday, February 11th @ 7:00 pm.** Come join us and learn about the richness of our faith through scripture. Bring your bibles, we will be using the Orthodox Study Bible. For more information call the office at (773) 334-4515 and speak to Father John.

**Spiritual Book Club**

We'll be meeting right after Holy Communion for 20-30 minutes in Fr. Athanasios' office. Newcomers are welcome! If you have questions, email Pres. Nicole (nicole.hillas3@gmail.com)

**St. Andrew's has Graves for Sale @ Elmwood Cemetery, Section 3B.** Please call the church for additional information if you are interested (773) 334-4515

**Back by popular demand, Nick the Greek will be returning to the Greenhouse Theater, 2257 North Lincoln Avenue. April, 5, 6 and 7.** This moving and spirited one-woman play, performed in English, is the story of immigration and has performed to sold-out audiences and to standing ovations in LA, NY and Chicago. The actress, Angeliki Giannakopoulos, seamlessly performs seven characters and as The National Herald said, "It is...Bold...Brash...Brilliant."

Please visit [www.greenhousetheater.org/nickthegreek](http://www.greenhousetheater.org/nickthegreek) for more information and to purchase your ticket(s) or call the Box Office at (773) 404-7336, Tues-Sat. 12pm – 6pm; Sun. 12pm- 4pm. The producers are generously donating 15% of the total St. Andrew sales back to our church, but you must complete the short questionnaire when purchasing your ticket(s) online and when it asks, "Where did you hear about Nick the Greek, type in STANDREW." Easiest thing to do is to call the box office and mention that you are from St. Andrew. This offer is going out to other select churches and will be advertised to the public. Seats are limited.



**Thursday, February 21st - Philoptochos Meeting - Potluck and a Game 6pm**

General Meeting 7pm, in the President's Room

We try to meet as a group about once a month. It's a time for us to connect with one another, reflect on what we are doing, and plan ways in which we can be impactful. Hope you can join us for February's Thursday evening meeting.

**Saturday, March 2, 2019 6pm-11pm - Glendi**

Mark your calendars and make your plans to attend this year's 80's Prom Glendi! Family fun for all! It's where you'll want to be! Look for posted flyers. Starting January 20, you will be able to make your reservations. More details coming.

Alex White and Antigone Polite are planning a super fun, family-friendly, dancing and eating extravaganza! But we are looking for some additional volunteers to help with the planning & "hands on" involvement for the following: decorations, appetizers, raffle items, and dessert. First time volunteers are welcome! Contact Alex at [alex@whitemysteryband.com](mailto:alex@whitemysteryband.com).

**FOR NON-ORTHODOX CHRISTIANS:** We welcome those Christians not fully united with us. It is a consequence of the sad divisions of Christianity that we cannot extend to you a general invitation to receive Holy Communion. Orthodox Christians believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and worship. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist and for which we must all pray. We do however invite you to receive the blessed bread that is given out to all at the end of service. Thank you for coming and worshipping with us.

*Welcome to Saint Andrew's Greek Orthodox Church*  
*"Proclaiming Orthodoxy Since 1926"*



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Fr. John N. Kalomas – Proistamenos  
Fr. Athanasios Minetos - Associate Priest  
Fr. John Kutulas – In Loving Memory

**SUNDAY, FEBRUARY 10, 2019 ( Sunday of the Canaanite Woman )**

*STEWARDSHIP QUOTE – Interesting When Our Politian's Use The Word Crumbs, It Is A Meaningless Amount. Yet When We Look At The Word Crumbs From The Canaanite Woman's perspective It Is Priceless. Our Lord Makes Himself The Size Of A Crumb For Us To Take Him Inside Of Us. Let Us Give Back To Him Therefore More Than Just A Crumb Of Our Stewardship Obligation.*

**MEMORIAL**

Angeliki Varnavas - 1 year

**TRISAGION**

Helen Rigas Anagnost, John C. Anagnost, Theodore Anagnost, Vasili Anagnost,  
George Anagnost, Maria Anagnost Toutounas, Anastasios Toutounas, Athanasios Christos, Ioanna  
Christos Anagnost, Christos Anagnost, Kalliope Bourdoros Rigas, George Rigas,  
Anastasios Bourdoros

**May Their Memory Be Eternal!!!**

**Coffee Hour** is being sponsored by Christine (Anagnost), David and John Hirsch.

# Resilience And The Canaanite Woman

In the Orthodox Church the Lenten Triodion is a preparation for the period of Lent. The last Sunday before the start of the Triodion, the Orthodox Church reads the gospel of the Canaanite Woman (Matthew 15:21-28). The encounter of the Canaanite woman with our Lord helps us to psychologically and spiritually prepare for the coming of Lent.

The Canaanite woman came to Jesus crying, "Have pity upon me Son of David!" It is the only occasion on which Jesus was ever outside of Jewish territory: the land of Tyre and Sidon north of Galilee where the hated Phoenicians, the enemies of the Jews, lived. What is implied here? Did it foreshadow the spread of the gospel to the whole world? Was it the beginning of the end of the geographical barrier to His message? Could it be that even enemies should have the gospel of Christ proclaimed to them?

The Apostles reacted to the woman with irritation. She was a nuisance. They wanted to be rid of her -- the sooner the better. Even the response of Jesus seems inexplicable at first. After she pled for help in curing her daughter's possession by a demon, Jesus replied, "It is not right to take the children's bread, and to throw it to the pet dogs," -- hardly a comforting response given that calling a person a "dog" was an insult with the most contemptuous intent. Historians write that in those days dogs were the unclean scavengers of the street -- lean, savage, and diseased.

The Canaanite woman had to have been aware that Jesus was telling her that Jews considered her to be contemptible. But this did not stop her. She acknowledged Him as "Son of David." She was persistent and did not let obstacles: the insults of others stop her. She was cheerful. To the question asked by Jesus: "It is not fair to take the children's bread and throw it to the dogs?" she answered "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Linguistic historians comment that her reply was a clever play on words, of someone with a cheerful quick wit.

St. John Chrysostom asked, "Was she silent and did she desist? By no means, she was even more insistent." Chrysostom pointed out Jesus knew she would say this. Jesus wanted to "exhibit her high self-command." She went even

a step further, demonstrating her profound humility by not calling the Jews children, as Jesus had done, but "master" (Homily LII, on St. Matthew XV). To follow the Canaanite woman's lead we too must be committed to Christ with all our heart. We have to be persistent, tenacious, stubborn, un-discourage and joyful. This is similar to the psychological toughness that Zacchaeus (Luke 19:1-10) had in the Gospel reading on the Sunday that precedes this one.

Both Zacchaeus and the Canaanite woman share something in common: they are tough and resilient, and take responsibility to overcome barriers. Resilience is a psychological process of adaptation in the face of obstacles, trauma, tragedy and stress that is related to good emotional and physical health (Reivich & Shatte, 2003; Seligman, 1990, 1995). One characteristic of resilience and hardiness is to take decisive action, surely a fitting description of the Canaanite woman. Interestingly, religious people are more involved, hopeful and optimistic than non-religious individuals (Sethi and Seligman, 1993).

"These things I have spoken to you, that my joy may be in you, and that your joy may be full," (John 15:11). Grace is a gift of God but we must cooperate with that grace. Like the Canaanite Woman we have to start by making a choice even against all odds. We have to be committed against all who mock us and loving in the face of those who reject our love or even hate us.

As the crumbs of bread from the Masters table was the food that sustained the Canaanite Woman, may the food received by Orthodox Christians from the table of the altar during Divine Liturgy sustain us to become tough and resilient in overcoming the barriers of life in Christ. Glory to Christ in all things!

By Fr. George Morelli Orthodox priest and a licensed Clinical Psychologist, Marriage and Family Therapist

## EPISTLE READING II Timothy 2:1-10

Timothy, my son, be strong in the grace that is in Christ Jesus, and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hardworking farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything.

Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

## GOSPEL READING: 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.

## UPCOMING SERVICES

### Sunday, February 17th

#### TRIODION BEGINS

Sunday of the Publican and Pharisee  
Orthros 8:00 a.m. Liturgy 9:30 a.m.

### Sunday, February 24th

#### Sunday of the Prodigal Son

Orthros 8:00 a.m. Liturgy 9:30 a.m.

### Saturday, March 2nd

#### 1st Saturday of the Souls

Liturgy 10:00 a.m.