

# ST. MATTHEW THE EVANGELIST ANTIOCHIAN ORTHODOX CHURCH

10383 Albion Rd, North Royalton, OH

**December 1, 2024**

*Twenty-third Sunday After Pentecost*

**His Eminence Metropolitan SABA**

**Archbishop of New York and Antiochian Metropolitan of all North America**

**Rt. Rev. Archimandrite Jeremy Davis**

**Archepiscopal Vicar for the Diocese of Toledo and Midwest**

**V. Rev. Father Fred Shaheen, Pastor**

**V. Rev. Father Andrew Harmon, Retired**

**Rev. Deacon Macarius Tolbert • Rev. Deacon Basil Vazquez**

**Sub-Deacon Fred N. Bourjaily • Sub-Deacon Samuel Harmon**

**Sub-Deacon Mark Katzbach • Sub-Deacon Richard Sahley**

**Sub-Deacon George Simon • Sub-Deacon Samuel Snyder**

**Reader Anthony Harmon**

**Church contacts:**

**Hall rentals: Gail Malaniak [440-552-4586](tel:440-552-4586)**

**Coffee hour: Electra Floasiu [216-671-0743](tel:216-671-0743)**

**Kitchen use: Fred Bourjaily [216-219-4656](tel:216-219-4656)**

**Phone: Fr. Fred (c) [\(319\) 651-6452](tel:319-651-6452)**

**Email: [shaheenf@hotmail.com](mailto:shaheenf@hotmail.com)**

**Website: [smattroyalton.org](http://smattroyalton.org)**

**Mailing Address: P.O. Box 33183, North Royalton, OH 44133-3183**

**Saturday Vespers 5:00 PM; Confessions after Saturday Vespers or by appointment**

**Sunday Matins 8:50 AM; Divine Liturgy 10:00 AM; Sunday School 11:15 AM**

**WELCOME TO** Fr. John Vazquez and his family who are visiting today. Fr. John is the son of Deacon Basil & Joanne Vazquez. He is pastor of St. George Church in Albany, NY.

**WELCOME TO OUR VISITORS!** We are glad to have you praying with us. *The reception of the Sacrament of Holy Communion* is limited to members of the Orthodox Church who are in good sacramental standing & have made proper preparation to receive. All are welcome to receive the blessed antidoron bread at the end of the service.

**THE HOLY BREAD OF OBLATION** is offered by Dan & Camille Patrick in memory of Ruth Meena, Lt. James Meena, Kh. Melvina Meena, & Margaret Patrick; and by Dave & Rudylin Glaser in thanksgiving to God for their 33<sup>rd</sup> wedding anniversary; and by Maria & Dan Simescu for their own health & salvation and in memory of their siblings, Cristian, Maria, & Luminita; and by Florentina Popa for the health & salvation of her granddaughter, Sophie Michelle on her birthday and for her departed relatives; and by the Roach family for the health & salvation of Matt on his birthday; and by Jeb & Irene Brooks for the return to health of Irene, and for the health and salvation of Kalliope and Helen.

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**During today's liturgy we will pray for our catechumens:**

Charles Bossart, Dean Albashani, Zachary Beltz, Nizam Jawhari, Andrew Richards, Maria Sagi

**And for the health & safety of:**

|                    |                   |                            |                      |
|--------------------|-------------------|----------------------------|----------------------|
| Justin Mosier      | Ed Haddad         | Don Ambrose                | Tamara Derosset      |
| Lucy Kinkaid       | Jean Fadil        | Judy Burhen                | Sharon Mack          |
| Marc Balke         | Victoria Thorp    | Father John Henry          | Alfred & Rita Blazek |
| Christopher Samuel | Argie Katsaros    | Metropolitan LONGIN        | Leigh Frank          |
| Peter George       | Theodore Bunevich | Constantine & Maria Kornea | Grant Oberlin        |
| Frank Popovich     | Donald Glaser     | Tony Branson               | Samuel Harmon        |
| Issa Zaboura       | Mary Violanti     | George & Christine Simon   | Jenna Bshara         |
| Corrine George     | Jerry Morrison    | Michael & Marilyn Francu   | Lori Davidson        |
| James Padzerski    | Danielle          | Christian                  | Catherine Morton     |
| Josephine Katzbach | Roy               | Charlotte Shaheen          | Sam Shaheen          |
| Elias Karam        | Dana              | Jared Johnston             | Emmelia Roach        |
| Fr. Don Shadid     | Susan Joseph      | Christina Bossart          | Alexis Borovlak      |
| Judy Yanik         | Ann Ghianni       | Olivia Harmon & baby       | Christine Hudacek    |
| Nancy Yanik        | Julie Dunn        | Tatiana Santiago           |                      |

**And for the newly departed servants of God:** Mother Apolinaria, Metropolitan Timotej, Angeliki Vasilatos, Christian Melik, Pauline Hanna, Steven Milner, Rumzi Rafeedie, Rose Zrake, Wayne Gribble (Wally Gribble's father), Tony Susi (Joanne Vazquez's cousin), Stephanie

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**EPISTLE LESSON:** Ephesians 2: 4-10

**EPISTLE READER:** Reader Anthony Harmon

**GOSPEL LESSON:** Luke 18:35-43

**HOMILY:** Father Fred: "Jericho"

**USHERS:** Theresa Popovich & Gloria Zabala

**ALTAR BOY TEAM 2**—Samir Amer, captain; Sebastian Blazek, Miles Hunter, Isaac Kash

***SUNDAY SCHOOL NATIVITY PLAY REHEARSAL TODAY AFTER COMMUNION***

**PLEASE STAY FOR COFFEETIME TODAY AFTER LITURGY!**

**CATECHISM**—today at 1pm Scripture track in the board room at Church.

**TEEN SOYO CLUB**- today after liturgy

**CHESS CLUB**- today after liturgy

**DIVINE LITURGY VARIABLES ON SUNDAY, DECEMBER 1, 2024**  
**TONE 6 / EOTHINON 1; TWENTY-THIRD SUNDAY AFTER PENTECOST &**  
**FOURTEENTH SUNDAY OF LUKE**

The Holy Prophet Nahum; Venerable Philaret the Almsgiver of Amnia;  
Martyr Ananias the Persian

RESURRECTIONAL APOLYTIKION IN TONE SIX (p. 14)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION OF ST. MATTHEW THE EVANGELIST IN TONE THREE (p. 16)

With zeal you followed Christ the Master, Who in His goodness appeared to men on earth. He called you from the custom house, revealing you to be a chosen apostle, a trumpet proclaiming the Gospel to the whole world! Therefore, divinely eloquent Matthew, we honor your precious memory. Entreat the merciful God, that He may grant us remission of our sins.

KONTAKION OF THE FOREFEAST OF THE NATIVITY IN TONE THREE (p. 79)

Today the Virgin cometh, cometh unto the cave, to give birth to the Word Who was born before all ages, begotten in a manner that defies description. Rejoice, therefore, O universe, if thou shouldst hear; and glorify with the Angels and the shepherds, glorify Him Who by His will shall become a newborn Babe, and Who is our God before all ages.

THE EPISTLE

(For the Twenty-third Sunday after Pentecost)

*O Lord, save Thy people and bless Thine inheritance.*

*To Thee, O Lord, have I cried, O my God.*

**The Reading from the Epistle of St. Paul to the Ephesians. (2:4-10)**

Brethren, God, Who is rich in mercy, out of the great love with which He loved us, even when we were dead through our trespasses, made us alive together with Christ (by grace you have been saved), and raised us up with Him, and made us sit with Him in the heavenly places in Christ Jesus, that in the coming ages He might show the immeasurable riches of His grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith; and this is not your own doing, it is the gift of God—not because of works, lest any man should boast. For, we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

THE GOSPEL (For the Fourteenth Sunday of Luke)

**The Reading from the Holy Gospel according to St. Luke. (18:35-43)**

At that time, when Jesus drew near to Jericho, a blind man was sitting by the roadside begging; and hearing a multitude going by, he inquired what this meant. They told him, "Jesus of Nazareth is passing by." And he cried, "Jesus, Son of David, have mercy on me!" And those who were in front rebuked him, telling him to be silent; but he cried out all the more, "Son of David, have mercy on me!" And Jesus stopped, and commanded him to be brought to him; and when he came near, Jesus asked him, "What do you want me to do for you?" He said, "Lord, let me receive my sight." And Jesus said to him, "Receive your sight; your faith has made you well." And immediately he received his sight and followed Jesus, glorifying God; and all the people, when they saw it, gave praise to God.

**UPCOMING SERVICES**

**Mon Dec 2 and Tues Dec 3 FUNERAL SERVICE-** Parishioner, Pauline Hanna, fell asleep at the age of 107. Mon, Dec 2, 3-7pm Viewing at Mallchok Funeral Home, 5660 Ridge Rd, Parma. Trisagion at 6:30pm. Tues, Dec 3, Visitation at St. Matthew's 9-10am, Funeral at St. Matthew's at 10am.

**Thurs, Dec 5 6:30pm Vespers**

**Fri, Dec 6 St. Nicholas Day 9am Orthros, 10am Divine Liturgy**

**Sat, Dec 7 5pm Great Vespers**

**Sun, Dec 8 8:50am Orthros, 10am Divine Liturgy;** The Holy Bread of Oblation will be offered by the Amer family for the health & salvation of Tara Reidy & Katie Bunch on their birthdays; and by the Blazek family for the health & salvation of Sebastian Blazek on his 14<sup>th</sup> birthday; and by Jeb and Irene Brooks for the return to health of Irene, and for the health and salvation of Kalliope and Helen; and by the Gribble family in memory of Wally's father, Wayne. Also, the 40-day memorial service will be held for Wayne Gribble. **THE ANNUAL PARISH MEETING WILL BE AFTER LITURGY.**

**Nativity of Christ (Christmas) services:**

Tuesday, December 24

9am Royal Hours and Typica

4:30pm Vespertal Liturgy of St. Basil the Great

Wednesday, December 25

8:45am Festal Orthros

10am Festal Divine Liturgy of St. John Chrysostom

**Tues, Dec 31 Circumcision and Feast of St. Basil the Great 5:00 pm Vespertal Liturgy**

**Fri, Jan 3 9:00 am - Royal Hours of Theophany**

**Sat, Jan 4 5pm Great Vespers**

**Sun, Jan 5 8:50am Orthros, 10am Divine Liturgy**

5:00 pm - Great Vespers for Theophany with Lityia

**Mon, Jan 6 Theophany 8:50 am - Festal Orthros followed by Festal Divine Liturgy of St. Basil the Great** and indoor service for the Great Blessing of the Waters.

## **Sunday School Nativity program rehearsal schedule**

TODAY: No Class. Choir followed by play rehearsal.

Sunday December 8-No Class. Play rehearsal without music

Saturday December 14, 3:45- Full rehearsal with music

Sunday December 15- No Class. Full rehearsal with music

Saturday December 21, 3:45- Dress rehearsal

Sunday December 22- No Class- Final rehearsal

Sunday December 22- 4:30- Arrive at church. Program at 5:00.

## **MEETINGS**

**YOUNG ADULT GROUP**—Dec date to be announced. 6pm. Meets monthly to study the Gospel of St. Mark. Bible, fellowship, food.....For more info, contact: Subdeacon Samuel Harmon, 216-598-9230, [samuelharmon15@gmail.com](mailto:samuelharmon15@gmail.com) or Colton Bose, 440-567-6101

**SOUTH BIBLE STUDY**--- Tuesday, Dec 3, 6:30pm at Craig & Cindy George's, house---4414 Brookhaven Drive, North Royalton. Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month. Studying the Servant Songs in book of Isaiah---all are welcome!

**WEST BIBLE STUDY**---Dec 14, 6pm. They meet monthly at the church after Sat Vespers. They are studying the Book of Revelation. All are welcome!

**WOMEN'S PRAYER GROUP**—Dec 17, 10:30am. They meet monthly at Tara Reidy's house (274 Elmwood Dr., Berea, OH 44017) For info, call Sandy Tolbert, [440-773-9162](tel:440-773-9162).

**ANTIOCHIAN WOMEN'S SISTERHOOD**—December 15<sup>th</sup> in the board room after liturgy.

**TODDLER TIME AND HOMESCHOOL ENRICHMENT GROUP**--- Is on a break for the holidays. Will resume in Jan. Contact Olivia Harmon for more information: [oharmon15@gmail.com](mailto:oharmon15@gmail.com)

**PATHWAYS TO PEACE**- Dec 23 at 7pm in the church conference room. The meetings will be held on the fourth Monday of each month. "A gathering place of Orthodox Christians who seek to live in the fullness of life as promised by Jesus Christ." Contact Deacon Basil for more information: 440-665-3591

**CHESS CLUB**- Dec date to be announced. If you don't know how to play, they will teach you!

**CATECHISM**—today at 1pm Scripture track in the board room at Church. These sessions are open to anyone, not just catechumens! The class will meet every Sunday at 1pm, alternating The Orthodox Faith and Scripture Track.

**TEEN SOYO CLUB**- today after liturgy; elections for 2025 officers 1/5 after liturgy.

## **MINISTRY NEWS**

**USHERING MINISTRY**--- Ushers rotate once every other month and are vital to the welcoming ministry of our Church. If you would like to be added to the rotation or have any questions about this, please let Cindy George know. [cindygeorge127@gmail.com](mailto:cindygeorge127@gmail.com)

**STREET DELIVERY TO THE HOMELESS**----- Dec 15. One Sunday a month parishioners deliver food, clothing, etc. to homeless in downtown Cleveland. The alms box to help fund the lunches is near main hall doors. **WHITE SOCKS NEEDED**—box is by main hall entry doors. Call Josie Katzbach, [440-668-9831](tel:440-668-9831), for information.

**NON-PERISHABLE FOOD ITEMS**- are being collected in the big wooden box under the coat rack. They will go to St. Mary of Egypt Food Pantry this month.

**MEAL SERVING AT ST. HERMAN ORTHODOX HOMELESS SHELTER** Dec 15 is our next monthly date to provide, cook, & serve a meal to the poor at St. Herman Orthodox Homeless Shelter in Cleveland. If you can help in any way, please talk with Dcn Basil, 440-665-3591 or sign up in the hall

**MARTHA MINISTRIES**--- We are a group of parishioners who cook or deliver some freezer meals to families in time of need (new babies, recovering from illness/surgery, grieving a loss...). Can you help by cooking or delivering? Please see/email/call Erin Musarra: [440-799-0838](tel:440-799-0838) [Erin.musarra@gmail.com](mailto:Erin.musarra@gmail.com).

**ST. MATTHEW'S PRISON MINISTRY**--- It is possible to help with prison ministry even without ever going inside a prison. For more info, contact our local leader, Vincent Defilippo, 330-352-6678 [vdefilippo@neo.rr.com](mailto:vdefilippo@neo.rr.com)

**IOCC REP NEEDED**—St. Matthew's needs a representative to the Cleveland chapter of the International Orthodox Christian Charities (IOCC). The group meets about four times a year to plan their two fundraising events. This is a wonderful opportunity to do something to help suffering people in Greece, Ukraine, Lebanon, Palestine, Uganda, Ethiopia, and elsewhere. For more information, please see Camille Patrick.

## **OTHER ANNOUNCEMENTS**

**HOLY BREAD OBLATION SIGN-UP**—*If you would like to add an oblation for next Sunday, please contact Olivia Harmon ([oharmon15@gmail.com](mailto:oharmon15@gmail.com) 440-220-2624).* For all other Sundays, please use the chart in the hall (chart is on the right wall by the counter) to sign up for which Sundays you wish to offer the oblation for the liturgy. *If you are not sure how oblations work, just check with Father Fred.*

**HOSTING COFFEETIME AFTER SUNDAY LITURGY**- If you can bring food please sign up on the chart to the left of the counter in the hall! Questions? Contact Electra Floasiu 216-671-0743.

**VACUUMING VOLUNTEERS**-Sign-up sheet is in the narthex to vacuum the nave after liturgy!

**FLOWER DONATIONS:** If you would like to donate to the flower fund (or provide flowers) to decorate our church for one of our many feast days, contact Lisa Amer 216-415-9126 [lisa.amer@att.net](mailto:lisa.amer@att.net)

**A REMINDER:** *Do not leave any items at the church to give away without permission from a Hall Committee Member:* **Electra Floasiu** [216-671-0743](tel:216-671-0743) **Gail Malaniak** [440-552-4586](tel:440-552-4586)

**PARISH FACEBOOK PAGE-** Do you have pictures or announcements you'd like to share on our public Facebook page? Contact Steve Morgan at (330) 524-0214, [stevemorgx@pm.me](mailto:stevemorgx@pm.me) or message the account directly.

**FATHER ANDREW WILL BE TEACHING A 2-QUARTER SERIES ON “THE HISTORY OF CHRISTIANITY”** IN THE UPCOMING WINTER AND SPRING QUARTERS IN THE ILR PROGRAM, THE ADULT ED. PROGRAM AT BALDWIN-WALLACE UNIVERSITY. If you are interested, you sign up now for the first winter quarter classes. You need to both sign up to be a member of ILR and sign up for the course. To do so---go to <https://www.ilrbw.org/> ; go to “Membership” to become a member; then (from December 1 to December 15) go to “Classes” and then to “Register Online” to sign up for a course. THE WINTER COURSE WILL MEET AT PLEASANT HILLS METHODIST CHURCH IN MIDDLEBURG HEIGHTS FROM 2:40-4 P.M. ON SIX MONDAYS IN A ROW BEGINNING ON JANUARY 6.

**COURSE DESCRIPTION---**The 2 courses will cover the entire history of Christianity from the time of the Apostles into the 21<sup>st</sup> century. All time periods and all the varieties and denominations (at least the major ones!) will be covered. Both the glorious and not so glorious aspects of Christian history will be covered. The first course (winter quarter) will cover, among other topics----The early centuries of Roman persecution, doctrinal struggles and doctrinal development, the monastic movement, the medieval Church both East and West, the disagreements leading to the Great Schism in 1054 A.D. which resulted in separate Roman Catholic and Orthodox Churches, and the later part of the Middle Ages up until about 1500.

**JOB OPPORTUNITY-** St. Herman's House is hiring a case manager. Applicant should be a licensed social worker. Apply at [orthodoxjobs.com](http://orthodoxjobs.com)

# Fill a Christmas Box!

Thank you so much to all who donated a box, a turkey or a gift card to our Thanksgiving Box Ministry!! It was greatly appreciated! We were able to help many needy people/families.

We also do the same for Christmas. Would you like to help with this valuable ministry and provide a box?

If you can, thank you! It is a great help! Please bring your box to the church by December 22.

## **The following foods are examples of what you can put in your box:**

Scalloped potatoes in a packet or instant mashed potatoes

Pasta & sauce or macaroni and cheese

Small jars of applesauce

Mustard

Canned veggies, chili, stew or ravioli

Canned soups

Cake or brownie mix

Detergent (sensitive skin)

Toilet paper, 4 pack

Kleenex

Christmas candy or treats!

Peanut butter and jelly

Please put all items into 2 reusable grocery bags (easier for delivery) or one box. Feel free to add additional items (if scented, please place in plastic bag).

## **We also need hams and gift cards (grocery store and big box stores (Walmart, etc.).**

Please call or text Lisa Bowden 440-667-2767 or Louise Bouhasin 216-544-2319, to let them know you are filling a box by December 15.

If you have any questions, don't hesitate to reach out. Thank you SO much for your kindness!



Please support  
our  
Antiochian Women's Sisterhood  
**CHRISTMAS BAKE SALE**

**Sunday, December 22, 2024**  
**Right After Liturgy!!**

We are asking everyone in our Parish Family  
to please donate to our Bake Sale!!!

You can bring anything you like!!!  
It can be any of your favorite and/or signature  
Christmas specialties.....sweet or savory!!!

*Anyone* can donate and if you prefer, you can also price your bakery.

*We do ask that your donation is wrapped, labeled and ready  
to be placed on the table!!*

And remember.... Many items can be frozen for later!!

Please help us make this Bake Sale a great success!!

~~~ **THANK YOU!!!** ~~~



Who will win this year's Golden Ladle???

**⚡ SAVE THE DATE! ⚡**  
4th annual

# CHILI COOK-OFF FOR CAMPERS!

SATURDAY, FEBRUARY 8, 2025

6:00-8:00 PM

**Bake Sale  
& Raffle!**

**FREE-WILL  
admission!  
Vote with  
Cash!**

**Invite  
Friends &  
Family!**



**All proceeds  
benefit our  
15  
Antiochian  
Village  
Campers!**

Chili Chef and Bake Sale Sign-Ups coming soon...  
Contact Kendra Hunter or Lisa Amer with Questions



# EASTERN ORTHODOX WOMEN'S GUILD OF GREATER CLEVELAND

**UNITY THROUGH PARTICIPATION**

*Theotokos of Vladimir*

**Saturday, December 14, 2024  
@ 10:00 A.M.**

**Archangel Michael Russian Orthodox Church  
5025 Mill Road  
Broadview Hts., OH 44147**

Matthew 25:35-36, 40

For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you welcomed me; I was naked and you clothed me; I was sick and you visited me; I was in prison and you came to me... as you did it to one of the least of these my brethren, you did it to me.



- Fellowship and Advent Brunch
- **Presentation by Diane Hastings**
- **IOCC – Cleveland Chapter and domestic missions**

*Enjoy time with other EOWG members as Diane presents a power point showing the missions that the IOCC is providing here in the States.*

# Hall Use Calendar: (The hall and kitchen will be unavailable on the shaded days)

IF YOU ARE GOING TO USE THE HALL OR KITCHEN for any purpose...

you must first contact a Hall Committee member to make sure it is still available.

**Electra Floasiu** [216-671-0743](tel:216-671-0743) **Gail Malaniak** [440-552-4586](tel:440-552-4586)

|           |    | December 2024                     |                                   |                                       |
|-----------|----|-----------------------------------|-----------------------------------|---------------------------------------|
|           |    | Morning                           | Afternoon                         | Evening                               |
| Sunday    | 1  |                                   |                                   |                                       |
| Monday    | 2  |                                   |                                   |                                       |
| Tuesday   | 3  |                                   |                                   |                                       |
| Wednesday | 4  |                                   |                                   |                                       |
| Thursday  | 5  |                                   |                                   |                                       |
| Friday    | 6  |                                   |                                   | Set up for St. Nicholas Workshop 12-4 |
| Saturday  | 7  | St. Nicholas Workshop 9-1         | St. Nicholas Workshop 9-1         |                                       |
| Sunday    | 8  |                                   |                                   |                                       |
| Monday    | 9  |                                   |                                   |                                       |
| Tuesday   | 10 |                                   |                                   |                                       |
| Wednesday | 11 |                                   |                                   |                                       |
| Thursday  | 12 |                                   |                                   |                                       |
| Friday    | 13 |                                   |                                   |                                       |
| Saturday  | 14 | St. John Mission kitchen use 9-12 | Program rehearsal 3:45            |                                       |
| Sunday    | 15 |                                   | St. John mission kitchen use 12-3 |                                       |
| Monday    | 16 |                                   |                                   |                                       |
| Tuesday   | 17 |                                   |                                   |                                       |
| Wednesday | 18 |                                   |                                   |                                       |
| Thursday  | 19 |                                   |                                   |                                       |
| Friday    | 20 |                                   |                                   |                                       |
| Saturday  | 21 |                                   | Program rehearsal 3:45            |                                       |
| Sunday    | 22 |                                   |                                   | Christmas program 5-7                 |
| Monday    | 23 |                                   |                                   |                                       |
| Tuesday   | 24 |                                   |                                   |                                       |
| Wednesday | 25 |                                   |                                   |                                       |
| Thursday  | 26 |                                   |                                   |                                       |
| Friday    | 27 |                                   |                                   |                                       |
| Saturday  | 28 |                                   |                                   |                                       |
| Sunday    | 29 |                                   |                                   |                                       |
| Monday    | 30 |                                   |                                   |                                       |
| Tuesday   | 31 |                                   |                                   |                                       |

## St Matthew Church can now accept donations online:

<https://giving.servantkeeper.com/stmatthewchurch>

or use the QR code to the right



## Saint Matthew now has a YouTube channel! Please subscribe to stay on top of our videos

<https://m.youtube.com/@saintmattheworthodoxchurch>

Additionally, you can subscribe to Fr. Fred's own YouTube channel, *A Light to the Nations* <https://tinyurl.com/ALight2> and his podcast is available to listen to on multiple platforms <https://tinyurl.com/ALightpodcast>