

St. George Orthodox Church

5191 Lennon Road • Flint, MI 48507 • (810) 732-0720

Web Site: saintgeorgeflint.org

Father Joseph M. Abud, Pastor

Father Michael Bassett, Assistant

July 30, 2023

Christ is in our Midst!

He is and ever shall be!

2nd Offering Tray for Orthodox Christian Prison Ministry (OCPM) see flier!

Welcome to St. George! Thank you for attending today's Divine Services. If you are a first-time visitor, please register your visit by completing the guest book located in the narthex. We would appreciate getting to meet you after liturgy, so feel free to join us during Coffee Fellowship! Every Sunday we remember the Resurrection of our Lord and Savior Jesus Christ. The word "*Liturgy*" means *work of the people* that means everyone participates through singing, praying, hearing the teaching, and opening our hearts to allow God's grace to enter. Anyone interested in learning more about our faith are encouraged to speak with one of our clergy.

Guidelines for Receiving Holy Communion for Orthodox Christians: Orthodox Christians fully participate in the celebration of the Eucharist by receiving Holy Communion in fulfillment of Christ's command *to eat His Body and drink His Blood*. In order to be properly prepared to receive Holy Communion, the faithful should fast (no food or drink from midnight the night before), the Sacrament of Confession (7 years and older) within the last 2 months, being at peace with others, and striving to always love God and their neighbor. Frequent communion and regular confession are recommended for all faithful Orthodox Christians.

For other Christians: We welcome you to this celebration of the Divine Liturgy. Unfortunately, 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 of our community. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist, but for which we must all pray. All, however, are welcome to partake of the blessed bread (*antidoron*) which will be given when coming forward to venerate (kiss) the Holy Cross and receive the final blessing from the priest. Again, welcome!

Live Streaming of Divine Services

St. George is open for all parishioners and visitors. If you cannot attend, please pray with us through our livestream which can be seen on our YouTube Channel:

<https://www.youtube.com/c/SaintGeorgeOrthodoxChurchFlintMI>

If you have a smart TV, you actually have a web browser and YouTube app built in. All you have to do is start the browser app for YouTube and put the link in the address bar.

Holy Bread Offerings (*Oblations*)

- Elizabeth (Scott) Lester, Katherine (Nabih) Kanaan, Emil (Izzi) Joseph III, and the Joseph Family for the health of their families and in loving memory of father and brother **Emil** Joseph (40 day).

BAPTISM/CHRISMATION DAYS

The Church School offers the Holy Bread for their teachers and students who are celebrating the day of their *New Birth* {Baptism and/or Chrismation} into the Church this coming week:

- **Ryan** Helal ~ August 1st

May they be children of the Light and heirs of eternal good things. {Baptismal Service}

- We also pray for the servants of God who have fallen asleep in the Lord: **Elizabeth** (Farah) Shammam (+July 6th, former parishioner) and **Sunita** Nath (+July 13th, mother of Anirudh [Suha Abueita-Nath's husband]) ~ *may their memory be eternal!*
- Prayers are offered for our parishioners who are ill, recovering, or in need, especially His servants: our **Bishop Anthony**, **Sahar** Abdallah, **Reader Fouad** and **Soad** Abuaita, **Philip** and **Janett** Abuaita, **Rasha** Abuaita, **Shafiq**a Abuaitah, **Laila** Abud, **Georgette** Abueita, **Jane** Abueita, **Youssif** Abousamra, **William** Alsahouri, **Naila** Banna, **Vera** Daoud, **Elias** Gantos, **Subdeacon George** and **Suad** Gantous, **Phyllis** Good, **Ronald** Haddad, **Daisy** Isaac, **Karen** Mortensen, **Laura** Nassar, **Adam** Odeh, **Rahmeh** Rashmawi, **Deborah** Salim, **Elaine** Shaheen, **Michael** Silpoch, and **Christa** Whitehead; **Basheer**, **Aziza**, and newborn **Salma** Hawwash (July 10th); the **staff** and **summer campers** at our **Antiochian Village** especially our parishioner **Lana** Abuaita; **Enzo** Hilal who is to be brought into the Orthodox Faith through the Holy Sacraments of Baptism, Chrismation, and First Communion.
- We also pray for our expectant parents: **Rania** and **Raed** AbuAita, **Julia** and **Maroun** Alatrash, **Renea** and **Rakan** Bayouk, **Dania** and **Subdeacon Salim** Hanna, **Natania** and **Rene** Hanna, **Letizia** and **Branden** Jones, **Christine** and **Matthew** Krinock (daughter of Ayman and Wafaa Elias), **Dina** and **Laith** Maymoun, **Amanda** and **Mousa** Rishmawi, & **Jacqueline** (daughter of Anwar and Janet Abueita) and **John** Timm.

ANNOUNCEMENTS

BANQUET CENTER RENTAL Our Center is rented today. Please be respectful to our renters and their guests by not disturbing their event ~ Thank You!

COFFEE FELLOWSHIP is in our Lounge and not hosted today ☹️.

COFFEE FELLOWSHIP HOSTS Available dates: August 6th, 13th, and 20th ~ sign-up poster and hosting information is in the Lounge. *Hosting includes bringing whatever you wish to serve, setting up, and cleaning up afterwards.* St. George provides coffee, cups, cream, and sugar at a charge to the host of \$30. **For more information**, contact Manal Abuaita. *During the Dormition of the Virgin Mary Fast (August 1st-14th) no meat, poultry, eggs, dairy, fish, or their by-products are to be served.*

FEAST OF OUR LORD'S TRANSFIGURATION Every year on August 6th, the church celebrates the gospel story of Jesus being transfigured on Mount Tabor. This year, we are blessed because it falls next Sunday! As part of our celebration, we bless the 1st fruits of the harvest (grapes and vegetables). Please bring what you would like blessed ~ a table will be setup and they will be blessed at the end of Divine Liturgy.

NEEDY FAMILIES OF ST. GEORGE For years, our Ladies Auxiliary and parishioners have been so generous at Christmas and Pascha donating for needy families in our parish which Fr. Joe distributes to them privately. Between those two feasts, the needy families still struggle to make ends meet and at this time, there are no more funds to help. If you would like to donate, you can send a check to St. George with "needy families" as a memo. If you give cash, please put it in an envelope with your name and "needy families". Thank you and may God always bless your generosity!

ST. GEORGE GOLF CLASSIC

September 23rd at Flushing Valley
Golf Club.



Mark your calendars, more info coming!

OUR STEWARDSHIP, OFFERINGS, & DONATIONS



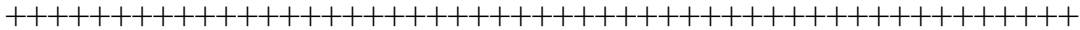
Our stewardship, offerings, and donations are needed. PLEASE help your parish by continuing to offer your gifts! If you cannot come to church, you can simply go to our parish website (<https://saintgeorgeflint.org/>) and donate on-line (or use the QR code to the left) or you can bring or mail your offerings to St. George, 5191 Lennon Road, Flint, MI 48507. As always, THANK YOU for your generosity and love of our St. George!

OUT-OF-TOWN Fr. Joe and Kh. Leslee are attending the *Archdiocesan National Convention in Phoenix, AZ* IN July 24th-31st. **For emergencies** while Fr. Joe is away, please call first *Fr. Michael Bassett* (St. George, 989-627-9580), then *Fr. Peter Bistolarides* (Assumption, 810-771-4611), or *Fr. Matthew Butrie* (St. Nicholas, 810-744-0070). Please pray for Fr. Joe and Kh. Leslee's safe travels.

COMING EVENTS

Fasting Discipline The **Dormition Fast** for the **Dormition** (*Falling Asleep*) of the **Virgin Mary** begins on Tuesday, August 1st and lasts until the feast on August 15th. The traditional fasting discipline during this fourteen-day period is *no meat, poultry, eggs, dairy, fish, wine, olive oil and their by-products, except on Saturdays and Sundays* when *wine and olive oil* are allowed. On the Feast of our **Lord's Transfiguration** (August 6th), *fish, wine, and olive oil* are allowed.

TODAY	Hilal Baptism 1pm
Saturday	Combined, Pan-Orthodox Great Vespers for the Transfiguration of our Lord at <i>St. Mary Magdalene 2439 S Long Lake Road in Fenton</i> 5pm (note time!)



The Importance of Fasting ~

Why We Orthodox Christians Keep Periods of Fasting

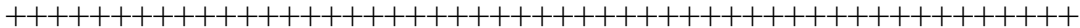
by Abbot Tryphon, head of All-Merciful Savior Monastery

on Vashon Island, Washington

From Old Testament times, the people of God prepared for holy occasions with fasting and prayer, and the New Testament continued with this holy tradition. The Lord Himself fasted for forty days before beginning His earthly ministry, demonstrating the importance of fasting before starting any spiritual task. Christ even went so far as saying “*When you fast*” (Matthew 6:16), rather than if you fast. Our Lord told his disciples that “*when the bridegroom shall be taken from them, and then they shall fast*”. If we are to overcome evil, the Lord Jesus Christ said we must pray and fast, for the devil and his foul spirits depart only by prayer and fasting. Since prayer and fasting are seen as two weapons for us to do battle, how foolish we would be to use only one weapon, for what soldier would enter a battlefield with only one weapon at his disposal.

Throughout the Bible, it shows the importance of fasting for the health of the soul, and the Church has established fasting periods that actually total up to about half of the year, averaging around 180 days, when added all together. Each section of the Church calendar has particular periods of fasting, with the winter fast before Christmas; the spring fast of Great Lent; the beginning of the summer Apostles’ fast; and the end of the summer Dormition fast. Throughout the rest of the year, we Orthodox Christians observe two days of fasting per week, with Wednesdays and Fridays given over as fast days. We even see the Church assigning special fast days that are connected with individual feasts such as the Eve of Theophany (January 5th), the Beheading of Saint John the Forerunner (August 29th), and the Elevation of the Holy Cross (September 14th).

Modern science has come to see that the spiritual discipline of the Church’s fasting rules promotes good health, for avoiding meat and dairy products two days per week, and helps keep animal fats and related cholesterol problems under control. Our contemporary medicine has discovered nothing new, for the Church has known the value of fasting for thousands of years. And this fasting, when wholly embraced, helps us empty ourselves while making way for the grace that is abundant during the fast periods, to bring about transformation (transfiguration) of the soul.





Orthodox Christian
PRISON MINISTRY

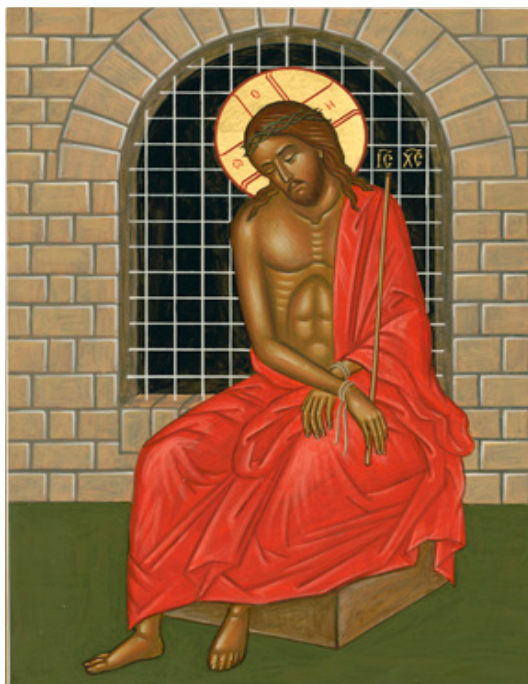
PRISON MINISTRY AWARENESS SUNDAY

JULY 30, 2023

Did you know that there are Orthodox Christians practicing their faith in prison? Or that there are prisoners who are ready to repent of their crimes and embrace the Orthodox Church?

Who will minister to them?

Orthodox Christian Prison Ministry (OCPM) is the national prison ministry of the Orthodox Church. We correspond with thousands of prisoners across the country and provide them with spiritual books, Bibles, icons, and catechism courses. We also train Orthodox priests and laypeople to enter prisons and minister to prisoners.



3,881

TOTAL PRISONERS MINISTERED TO

51,188

BIBLE STUDIES, DAILY READINGS, AND
SPIRITUAL REFLECTIONS SENT IN 2022

*"I was in prison,
and you visited Me."
Matthew 25:36*

Orthodox Christian Prison Ministry
276 5th Avenue, Ste. 704-3183
New York, NY 10001

347-868-6957
info@theocpm.org.

THEOCPM.ORG



ASSEMBLY OF CANONICAL
ORTHODOX BISHOPS
OF THE UNITED STATES OF AMERICA