

Holy Oblation offered by

Father Amin for the health of Fr. Joe and family, Fr. Michael and family, Archimandrite Jermey, the sick, the suffering in the Middle East and around the world, and all members of St. George church and their beloved ones.

### PRAYER LIST

Prayers are offered for our parishioners who are ill, recovering, or in need, especially His servants: Sahar Abdallah, Abeer Abuaita, Soad Abuaita, Philip and Janett Abuaita, Rasha Abuaita, Sami and Shafiq Abuaitah, Fr. Joseph Abud, Georgette Abueita, Youssif Abousamra, Basil Andoni, Naila Banna, Areen Bathish, Kristy Corcoran, Vera Daoud, Said Farah, Elias Gantos, Subdeacon George and Suad Gantous, Phyllis Good, Dania, Subdeacon Salim, Elias, and baby Daniel Hanna, Lee Harris, Daisy Isaac, Danny Mortensen, Karen Mortensen, Kevin Myott, Laura Nassar, George Nassif, Adam Odeh, Betty Ramsdale, Sdn. Dr. Elie Sadik, Kelly Sanderson, Steve Sanderson, Gary Stewart, Elaine Shaheen, Richard Shaheen, Nancy and Michael Silpoch, Elias Qumseya, Anoud Rihani, our Catechumens who are under instruction to become members of our Orthodox Faith: Maria Kirk; our Expectant Parents: Watan and Karim Assaad, Christine and Matthew Krinock, Marianne and Samer Abuaita, Taylor and Jeffery Tipton, Miara and Fadi Odeh, Laila and Steven Ishmair.

Servants of God who have fallen asleep in the Lord: Newly Departed Reader Sami Helal (+2/16) brothers Elias and Anwar Helal, Sharman Mickel (+2/17) cousin of Fr. Micheal, Laila Abud (+2/20), Nusta Ishaq (+2/25), Suhaila Ibrahim (+2/26), and Sally Rashmawi (+2/26).

### **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.

# ST. GEORGE ORTHODOX CHURCH



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[saintgeorgeflint.org](http://saintgeorgeflint.org)

March 16, 2025

SATURDAY: VESPER SERVICE @ 400 P.M.

SUNDAY: ORTHROS @ 8:50 A.M. - DIVINE LITURGY @ 10:00 A.M.

CONFESSION BY APPOINTMENT

V. REV. FR. AMIN HOULI

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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 signify-

Ing 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!

**SECOND SUNDAY OF GREAT LENT  
COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF  
THESSALONICA MARTYR SABINOS OF EGYPT; VENERABLE  
CHRISTODOULOS THE WONDERWORKER OF PATMOS**

**RESURRECTIONAL APOLYTIKION IN TONE FIVE**

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

أبوليتيكيون القيامة باللحن الخامس  
لنُسَبِّحُ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدُ لِلْكَلِمَةِ، الْمَسَاوِي لِأَبِ وَالرُّوحِ فِي الْأَزَلِيَّةِ وَعَدَمِ الْإِبْتِدَاءِ، الْمَوْلُودِ مِنَ الْعَدْرَاءِ لِخَلَاصِنَا، لِأَنَّهُ  
سَرَّ بِالْجَسَدِ أَنْ يَغْلُوقَ عَلَى الصَّلِيبِ، وَيَحْتَمِلَ الْمَوْتَ، وَيُنْهَضَ الْمَوْتَى بِقِيَامَتِهِ الْمَجِيدَةِ.

**APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT**

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls

أبوليتيكيون للقديس غريغوريوس بالاماس باللحن الثامن  
يَا كَوْكَبَ الرَّأْيِ الْقَوِيمِ، وَثَبَاتِ الْكَنِيسَةِ وَمُعَلِّمَهَا، وَجَمَالَ الْمُتَوَجِّدِينَ، وَمُنَاضِلًا عَنِ الْمُتَكَلِّمِينَ بِالْبَلَاغَةِ الَّذِي لَا يُحَارَبُ،  
غَرِغُورِيُوسَ الْفَاعِلِ الْمُعْجَزَاتِ، فَخْرَ تِسَالُونِيكِيَّةِ وَكَارُوزِ النِّعْمَةِ. لَا تَنْفَكْ مُتَشَفِّعًا فِي خَلَاصِ نَفُوسِنَا.

**TROPARIAN OF ST. GEORGE IN TONE FOUR**

As deliverer of captives and defender of the poor, healer of the infirm, champion of kings, Victorious Great Martyr George, intercede with Christ our God for our souls' salvation.

أبوليتيكيون للقديس جاورجيوس على اللحن الرابع  
بِمَا أَنْتَ لِلْمَأْسُورِينَ مُحَرَّرٌ وَمَعْتَقٌ، وَلِلْفُقَرَاءِ وَالْمَسَاكِينِ عَاضِدٌ وَنَاصِرٌ، وَلِلْمَرْضَى طَبِيبٌ وَشَافٍ، وَعَنْ الْمُؤْمِنِينَ مَكَاغٍ  
وَمُحَارِبٍ، أَيُّهَا الْعَظِيمُ فِي الشَّهَادَةِ جَاوْرَجِيُوسَ الْبَلْبَسِ الظُّفْرِ، تَشْفَعُ إِلَى الْمَسِيحِ الْإِلَهِ فِي خَلَاصِ نَفُوسِنَا.

**KONTAKION FOR SUNDAYS IN GREAT LENT IN TONE EIGHT**

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou

**TEEN SOYO WANTS YOU!!!**

All teens of St. George are encouraged to participate in our teen group – Teen SOYO (Society of Orthodox Youth Organizations). Our group has dedicated leadership who will not be happy until all teens of St. George are participating! Whoever is reading this please pass it along to a teen in your house or to Godchildren, grandchildren, nieces, nephews, sons, & daughters. We are gathering on Friday March 21st at 6:00 p.m. If you would like to know more, come to our get-togethers, scan the QR code to signup, or contact President Cezar Abuaita (810-986-1434 or [cezarabuaita@icloud.com](mailto:cezarabuaita@icloud.com)).



**OUR STEWARDSHIP, OFFERINGS, & DONATIONS**

**BELOVED MEMBERS OF THE FAMILY OF ST. GEORGE**

***EACH OF YOU SHOULD GIVE WHAT YOU HAVE DECIDED IN YOUR HEART TO GIVE, NOT RELUCTANTLY OR UNDER COMPULSION, FOR GOD LOVES A CHEERFUL GIVER. (2 CORINTHIANS 9:7)***

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 below) 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! Online Donations will accept Credit / Debit Cards or ACH (transfers from a banking account) and can be set for automatic donations. Call the Church Office (810-732-0720) if you need help with this.

Automatic Giving. Did you know most banks and credit unions offer automatic bill payment services? You can set it up so they send a check from your account to St. George for the amount you designate. This can be a onetime event or done automatically weekly/monthly. Just call or go online with your banking institution to get the form you need.



**FOR BLESSING HOMES CALL**

**FR. AMIN @ (248) 709-1186/ OFFICE (810) 732-0720**

**FR. MICHAEL @ (989) 627-9580/ OFFICE (810)732-0720**

**LADIES MONTH**

**EPISTLE: ENGLISH - ELENA JARAYSA**

**ARABIC - AIDA NASSAR**

**USHERS AND GREETERS:**

**EVETTE RISHMAWI, MARY IBRAHIM**

**MARY KHOURY, RULA ALKAZAHA**

**SUNDAY SCHOOL NEWS**

**OUR CHURCH SCHOOL ANNUAL PALM SUNDAY BAKE SALE AND EGG HUNT ARE RIGHT AROUND THE CORNER. PLEASE DROP OFF YOUR DONATIONS TO THE CHURCH SCHOOL OFFICE BY SUNDAY, APRIL 6, PLASTIC EGGS, CANDY AND FILLED BASKETS ARE NEEDED. THANK YOU AND GOD BLESS. CONTACT ME WITH ANY QUESTIONS @810-691-0956.**

**THANK YOU**

**CHURCH SCHOOL DIRECTOR**

**MRS. JANET**

**DIVINE SERVICES/CHRISTIAN EDUCATION/ ACTIVITIES**

- **MONDAY, TUESDAY AND THURSDAY GREAT COMPLINE AT 6:00 P.M.**
- **WEDNESDAY AT 6:00 P.M. PRE-SANCTIFIED LITURGY WITH POTLUCK AT ST. GEORGE**
- **FRIDAY, AKATHIST AT 6:00 P.M.**
- **SATURDAY, VESPERS AT 4:00 P.M.**
- **MARCH 21-22 LENTEN RETREAT AT ST. GEORGE- PLEASE REGISTER ONLINE THROUGH ST. GEORGE WEBSITE**

**LENTEN POTLUCK DINNERS**

**PLEASE BRING WHAT IS LISTED BELOW ACCORDING TO THE FIRST LETTER IN YOUR LAST NAME.**

**A-J :MAIN DISH    K-P: SIDE DISH OR BREAD    S-Z: DRINK OR DESSERTS**

alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

القنطاق لأحاد الصوم الكبير بللحن الثامن

إني أنا عبدك يا والدة الإله \* أكتب لك رايات الغلبة \* يا جندية محامية \* وأقدم لك الشكر كمنقذة من الشدايد \* لكن بما أن لك العزة التي لا تحارب \* أعتقيني من صنوف الشدايد \* حتى أصرخ إليك: أفرحي يا عروساً لا عروس لها.

**THE EPISTLE**

**Thou, O Lord, shalt preserve us and keep us from this generation.**

**Save me, O Lord, for the godly man hath disappeared.**

**The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)**

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

الرسالة

(لأحد الثاني من الصوم)

أنت يا رب تحفظنا وتسنننا من هذا الجيل.

خلصني، يا رب، فإن البار قد فني.

فصل من رسالة القديس بولس الرسول إلى العبرانيين. (3:2-10:1)

"أنت يا رب في البدء أسست الأرض، والسماوات هي صنع يديك. هي تزول وأنت تبقى وكلها تبلى كالثوب، وتطويها كالرداء فتتغير، وأنت أنت وكنوك لن تفنى." ولمن من الملائكة قال قط "اجلس عن يميني حتى أجعل أعداءك موطناً لقدميك"؟ أليسوا جميعهم أرواحاً خادمة ترسل للخدمة من أجل الذين سيرثون الخلاص؟ فلذلك يجب علينا أن نصغي إلى ما سمعناه إصغاءً أشد لئلا يسرب من أذهاننا. فإنها إن كانت الكلمة التي نطق بها علي السنة ملائكة قد ثبتت، وكل تعدي ومعصية نال جزاء عدلاً. فكيف نفلت نحن إن أهملنا خلاصاً عظيماً كهذا؟ قد ابتدأ النطق به على لسان الرب، ثم ثبتت لنا الذين سمعوه.

## THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (2:1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of Man has authority on earth to forgive sins" – He said to the paralytic – "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

الإنجيل (للأحد الثاني من الصوم)

فَصَلَّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ الْبَشِيرِ وَالتَّمْئِيدِ الطَّاهِرِ. (2:1-12) فِي ذَلِكَ الزَّمَانِ، دَخَلَ يَسُوعُ كَفَرْنَاحُومَ وَسَمِعَ أَنَّهُ فِي بَيْتٍ. فَلَلَوَقْتُ اجْتَمَعَ كَثِيرُونَ، حَتَّى أَنَّهُ لَمْ يَعْذُ مَوْضِعٌ وَلَا مَا حَوْلَ الْبَابِ يَسْعُ، وَكَانَ يُخَاطِبُهُمْ بِالْكَلِمَةِ. فَاتُوا إِلَيْهِ بِمُخْلَعٍ يَحْمِلُهُ أَرْبَعَةٌ. وَإِذْ لَمْ يَقْدِرُوا أَنْ يَقْتَرِبُوا إِلَيْهِ لِسَبَبِ الْجَمْعِ، كَشَفُوا السَّقْفَ حَيْثُ كَانَ. وَبَعْدَ مَا نَقَبُوهُ، دَلُّوا السَّرِيرَ الَّذِي كَانَ الْمُخْلَعُ مُضْطَجِعاً عَلَيْهِ. فَلَمَّا رَأَى يَسُوعُ إِيمَانَهُمْ، قَالَ لِلْمُخْلَعِ: "يَا بَنِي، مَغْفُورَةٌ لَكَ خَطَايَاكَ." وَكَانَ قَوْمٌ مِنْ الْكُتَّابَةِ جَالِسِينَ هُنَاكَ يُفَكِّرُونَ فِي قُلُوبِهِمْ "مَا بَالُ هَذَا يَتَكَلَّمُ هَكَذَا بِالتَّجْدِيفِ؟ مَنْ يَقْدِرُ أَنْ يَغْفِرَ الْخَطَايَا إِلَّا اللَّهُ وَحْدَهُ؟" فَلَلَوَقْتُ عَلَّمَ يَسُوعُ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هَكَذَا فِي أَنْفُسِهِمْ، فَقَالَ لَهُمْ: "لِمَاذَا تُفَكِّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟ مَا الْأَيْسَرُ أَنْ يُقَالَ "مَغْفُورَةٌ لَكَ خَطَايَاكَ" أَمْ أَنْ يُقَالَ "قُمْ وَاحْمِلْ سَرِيرَكَ وَامْشِ"؟ وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا. فَقَالَ لِلْمُخْلَعِ "لَكَ أَقُولُ، قُمْ وَاحْمِلْ سَرِيرَكَ وَادْهَبْ إِلَى بَيْتِكَ." فَقَامَ لِلَوَقْتُ وَحَمَلَ سَرِيرَهُ وَخَرَجَ أَمَامَ الْجَمِيعِ، حَتَّى دَهَشَ كُلُّهُمْ وَمَجَّدُوا اللَّهَ قَائِلِينَ "مَا رَأَيْنَا مِثْلَ هَذَا قَطُّ."

## ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

تَعْظِيمَةَ لِقَدَّاسِ الْقَدِيسِ بَاسِيلْيُوسِ

إِنَّ الْبَرَايَا بِأَسْرَهَا، تَفْرَحُ بِكَ يَا مُمْتَلِنَةً نِعْمَةً: مَحَافِلَ الْمَلَائِكَةِ، وَأَجْنَاسَ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدَّسِ، وَالْفَرْدَوْسُ النَّاطِقُ، فَخْرُ الْبَتُولِيَّةِ مَرْيَمَ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلاً، وَهُوَ إِلَهُنَا الَّذِي قَبْلَ الدَّهْرِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرِشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِنَةً نِعْمَةً، تَفْرَحُ بِكَ كُلُّ الْبَرَايَا وَتَمَجِّدُكَ.

Our Father among The Saints, Gregory Palamas, Archbishop of Thessalonica.

On March 16 in the Holy Orthodox Church, we commemorate the Martyr Sabinos of Egypt; and Venerable Christodoulos the wonderworker of Patmos. On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

Verses

The Spring of Light now leadeth to light unwaning T  
he Light's own truly great and resplendent herald.

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a hierarch, a theologian who defeated the heretics of his era, and a miracle-worker who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

