

# St. George Orthodox Church

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

February 20, 2022

Father Joseph M. Abud, Pastor

Father Michael Bassett, Assistant

## Glory to Jesus Christ! *Glory Forever!*

### 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.

**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 in our Banquet Center! 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. We believe Holy Communion to be a sign that in Christ we have all things in common, share an identical faith, and are united fully to the Orthodox Church. Anyone interested in learning more about our faith are encouraged to speak with one of our clergy. Holy Communion can be given to Orthodox Christians who have prepared themselves through prayer, fasting (no food or drink from midnight the night before), the Sacrament of Confession (7 years and older) within the last 2 months, and being at peace with others. Everyone else, including visitors, are invited to receive the final blessing of the priest and Holy Bread at the end of Liturgy. Again, welcome!

### Holy Bread Offerings (*Oblations*)

- Ayman and Wafaa Elias for the health of their family and in loving memory of son **Elias** (20 year).
- Karam and Aida Nassar for the health of their family sons **Fred, Salam**, and especially **Omar** and **Sarah** ~ on their 2<sup>nd</sup> anniversary of being united in the Sacrament of Holy Matrimony ~ *May God grant them many years!*
- We pray for the servants of God who have fallen asleep in the Lord: **Nael** Bannura (+January 13<sup>th</sup>, father of Amani Jarayseh), **Sub-deacon Brian** Thabit (+January 14<sup>th</sup>, relative of Fr. Michael), **Salwa** Haddad

(+January 27<sup>th</sup>), **Asma** Abuaita (+January 29<sup>th</sup>, sister of Janett Abuaita), **Ellis** Salim (+February 2<sup>nd</sup>), Captain **Collin** Birnie (+February 4<sup>th</sup>, friend of Areen Bathish), **Khalil** Ibrahim (+February 8<sup>th</sup>), and **Jamil** Hijazin, (+February 11<sup>th</sup>, father of Joseph Hijazin).

- Prayers are offered for our parishioners who are ill, recovering, or in need, especially His servants: **Metropolitan Paul** and **Archbishop John** who are in captivity, **Sahar** Abdallah, **Shafiq**a Abuaitah, **Suheil** and **Abeer** Abuaita, **Laila** Abud, **Anwar** and **Georgette** Abueita, **Chelsy** Abufarha, **William** Alsaouri, **Rose** Ayoub (mother of Cam Takach), **Sharon** Ballreich (sister of Nancy Silpoch and Deborah Salim), **Emil** Bathish, **Cynthia** Brooks (sister of Fr. Michael), **Levi** Cooper, **Vera** Daoud, **Jimmy** David, **Ranna** Esho (friend of Batoul Burbar), **Averie** Fisher (niece of Doug and Sandy Thomas), **Elias** Gantos, **Mariam** Ghanim (mother of Manal Abuaita), **Phyllis** Good, **Ronald** Haddad, **Nadia** Ibrahim (mother of Ziyad), **Daisy** Isaac, **Salwa** Isaac, **Loretta** Karpelenia (mother Denise Ghattas), **Nicola** Khoury, **Lan** Kiley (niece of Raji and Sue Salomon), **Rafat** Nasri, **Laura** Nassar, **Aida** Raffoul, **Roger** Saadeh, **Deborah** Salim, **Elaine** Salim, **Nicholas** Saseen, **Elaine** Shaheen, **Michael** Silpoch, **Bob** Teunion, and **Georgette** Yusuf; **Ghassan**, **Jasanta**, and newborn **Sophia** Al-Khouri (January 12<sup>th</sup>); **Mudaffer**, **Yara**, and newborn **Carla** Rishmawi (January 20<sup>th</sup>).
- We also pray for our expectant parents: **Staci** and **Daniel** Bator, **Casandra** and **Daniel** Burbar and **Jacqueline** (daughter of Anwar and Janet) and **John** Timm.

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*When we speak of the wife obeying the husband, we normally think of obedience in military or political terms: the husband giving orders, and the wife obeying them. But while this type of obedience may be appropriate in the army, it is ridiculous in the intimate relationship of marriage. The obedient wife does not wait for orders. Rather, she tries to discern her husband's needs and feelings, and responds in love. When she sees her husband is weary, she encourages him to rest; when she sees him agitated, she soothes him; when he is ill, she nurses and comforts him; when he is happy and elated, she shares his joy. **Yet such obedience should not be confined to the wife; the husband should be obedient in the same way.** When she is weary, he should relieve her of her work; when she is sad, he should cherish her, holding her gently in his arms; when she is filled with good cheer, he should also share her good cheer. Thus a good marriage is not a matter of one partner obeying the other, but of both partners obeying each other.*

St John Chrysostom (means "the golden-mouth"), Archbishop of Constantinople in the 4<sup>th</sup> century who passed in 407 AD.

## ANNOUNCEMENTS

COFFEE FELLOWSHIP is hosted by *Ayman and Wafaa Elias and Family*.

COFFEE FELLOWSHIP HOSTS Available dates: March 13<sup>th</sup> and April 3<sup>rd</sup> ~ sign-up poster and hosting information is in the Lounge and includes bringing whatever you wish to serve and cleaning up afterwards. St. George provides coffee, cups, cream, and sugar at a charge to the host of \$25. **For more information, contact Manal Abuaita** (810-577-0028). *During the Great Fast (March 7<sup>th</sup> - April 15<sup>th</sup>), no meat, poultry, eggs, dairy, fish, or their by-products are served.*

**E-MEMO'S** If you would like to be added to our Parishioner Email List and receive our weekly *St. George E-Memo*, please send your e-mail address to [saintgeorgeflint@gmail.com](mailto:saintgeorgeflint@gmail.com).

**PROCEDURES** While in our church building, everyone must properly wear masks. Please remember we can venerate icons at this time by bowing (*not kissing or touching*) and the same for the priest's hand and the chalice at Holy Communion. We all want the safest place for all of our parishioners to worship. We know that combining masks, vaccines, and boosters will protect ourselves and our community against this fast-changing virus. **PLEASE FOLLOW:**

1. Everyone must properly wear a mask inside our church building.
2. Pews in the back of the church are for **those who are not vaccinated** and **those who would like to be social distanced**.

**HOLY WATER BOTTLES** We celebrated the Theophany (Baptism) of our Lord on January 6<sup>th</sup>. As part of this celebration, water was blessed for all parishioners to take home. If you haven't picked yours up, they are in the Narthex.

## **CHURCH SCHOOL NEWS!**

Thank you to our Men's Fellowship Ministry Team who helped prepare and serve our meal on Godparent Sunday, Shorthorn Meats, Honi Halloun, and Ayman Elias for donating the meat for the subs, Nick Ishaq for the Valentine's backdrop, and to our parent coordinators and anyone who stepped up to setup and clean up. God bless our Church School program and our parish.

### **COMING EVENTS**

This Week	The traditional fasting discipline ( <i>no meat, poultry, eggs, dairy, fish, wine, olive oil, and their by-products</i> ) is observed on Wednesday and Friday.
TODAY	<b>Ladies Auxiliary Meeting</b> after Church School in the Lounge
Monday	<b>Bible Study: Gospel of St. Matthew the Apostle and Evangelist</b> 3-5pm <b>SOYO Monday</b> 6-8pm
Wednesday	<b>Arabic-English Bible Study Gospel of St. Matthew</b> 12-2pm
Thursday	<b>Parish Council Dinner Meeting</b> 6:15pm
Saturday	<b>Saturday of the Souls Divine Liturgy</b> 10am <b>Great Vespers and Confessions</b> 5pm

## **Prayer of the Heart ~ *The Jesus Prayer, and Acquisition of Inner Peace*** *by Abbot Tryphon, head of All-Merciful Savior Monastery on Vashon Island, Washington*

The Jesus Prayer, also known as the Prayer of the Heart, is the central prayer for monastics. One of the early desert fathers, Saint Macarius the Great, said of the phrase from the Psalms, "*The meditation of my heart is in your sight*" Psalm 19:14. *There is no other perfect meditation than the saving and blessed Name of Our Lord Jesus Christ dwelling without interruption in you, as it is written 'I will cry out like the swallow and I will meditate like the turtledove!' This is what is done by the devout (person) who perseveres in invoking the saving Name of Our Lord Jesus Christ.*"

The profound simplicity of the Jesus Prayer, "*Lord Jesus Christ, Son of God, have mercy on me a sinner*" makes it the perfect prayer, allowing us to follow the injunction *Continued* ⇒

of the Apostle Paul, that we “should pray always”. The prayer can also be said in various shortened versions, such as “*Lord Jesus Christ, have mercy on me.*”, or simply, “*Lord Jesus Christ.*”

Over the years, I’ve heard so many people tell me that they have difficulty concentrating on their daily prayers. They’ve shared that they struggle with thoughts coming into their minds that distract them from prayer. Others have said the same thing happens during the services in the church. The Prayer of the Heart can help, for it is a way to dispel outside thoughts and bring our attention back to the Holy Name of Jesus.

This Prayer enriches our lives in every way as it can be used throughout the day, and in every situation. We can pray the Jesus Prayer while working, driving to the store in heavy traffic (it is a splendid way to refrain from road rage), and even while sitting in boring meetings at the office. I use this prayer when hearing confessions, or when counseling, since it is a way of seeking guidance from the Holy Spirit when giving spiritual direction.

I promise you if you take up this Prayer for yourself, it will contribute to peace of heart, stillness of the mind, and keep you centered in things of God. It will also allow you to participate in a spiritual practice that is as old as the Church herself.

In this Prayer, we are not only asking for God’s mercy, but declaring a confession of Faith. The Lord Jesus Christ is God and able to grant mercy and forgiveness of our sins. He is Lord of our lives and the imparting of his mercy gives us life.

**“O Lord Jesus Christ, Son of God, have mercy on me the sinner.”**

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*A prayer rope or bracelet can be used to pray the Jesus Prayer.  
Some are available in our St. George Bookstore.*

