

St. George Orthodox Church

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

V. Rev. Father Joseph M. Abud, Pastor

Protodeacon Michael Bassett

Web Site: saintgeorgeflint.org

February 21, 2021

1ST PRE-LENTEN SUNDAY: PHARISEE AND PUBLICAN الإنجيل لأحد الفريسي والعشار

Live Streaming of Divine Services

St. George is open for all parishioners or 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. 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 is invited to receive the final blessing of the priest and Holy Bread at the end of Liturgy.

In the **Divine Liturgy** of **St. John Chrysostom** {*the Golden-Mouth*},
The **Special Hymns** we sing are on the **Bilingual** sheets from the links in Fr. Joe's email.

Holy Bread Offerings

- Karam and Aida Nassar for the health of their sons **Fred, Salam**, and especially **Omar** and **Sarah** on the occasion of their 1st anniversary of being united in the Sacrament of Holy Matrimony.
- Khaled and Sally Abuaita for the health of their family especially children **Watan, Ayham**, and **Majd** and in loving memory of **Rahma** Albedd (15 year, Sally's grandmother).
- Protodeacon Michael and Pam Bassett for the health of their family and in loving memory of **Subdeacon Nicholas** Abdella (22 year), **Louise** Veale (17 year, Pam's mother), and **Rasmia** Thabet (23 year, Dn. Mike's grandmother).

Baptism/Chrismation Days

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

- **Benjamin, Alexander, and Olivia** Benson – February 23rd

May our children 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: **Issa** Odeh (+January 27th, uncle of Elham Ishak) and **Victoria** Haddad (+January 26th, aunt of Kh. Leslee).
- 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, **Asma** Abuaita (sister of Janett), **Shafiqa** Abuaitah, **Anwar** Abueita, **Wadia** Albaba, **Nabil** Andoni (brother of Vera Daoud), **Levi** Cooper, **Vera** Daoud, **Jimmy** David, **Evelyn** Delbridge, **Vera** Farah, **Averie** Fisher (niece of Sandy Thomas), **Mariam** Ghanim (mother of Manal Abuaita), **Phyllis** Good, **Carol** Haddad, **Gracyn** Haskins (granddaughter of Mike and Nancy Silpoch), **JoAnn** Hawkins, **Nassem** Helal (father of Amani Helal), **Daisy** Isaac, **David** Jordan (cousin of Dn. Mike), **Sally** Joseph, **Nakhleh** Khoury, **Nicola** Khoury, **George** and **Jeanette** Nassif, **Aida** Raffoul, **Deborah** Salim, **Ellis** Salim, **Nicholas** Saseen, **Michael** Silpoch, and **William** Sophiea Jr.
- We also pray for those who are with child: **Nawal** (John) Abud [son of Fr. Joe and Kh. Leslee], Dr. **Lindsey** [Farah] (Dr. Ryan) Brunner, **Jenny** [Abueita] (Tony) Salsa, and **Sarah** (Matthew) Thomas [son of Doug and Sandy].

ANNOUNCEMENTS

CHURCH SCHOOL HAS BEGUN! We want ALL of our St. George children in our education program. To make this happen, we need email addresses for our children and their parents! Please send them to Director Janet Abueita (cooeita@aol.com) as soon as you can so none of our children are left out and they can enjoy and learn about our life in Christ. Every month, our Kindergarten - 6th Grade registered students receive a packet of fun things in the mail (an email is sent to everyone on Fr. Joe's parishioner email list). Then on the last Sunday of each month (**THIS MONTH**, NEXT SUNDAY, February 28th) our teachers have our CS Zoom Sunday at 12 Noon! Be a part of the FUN and send your email addresses to Janet TODAY!

OUR STEWARDSHIP, OFFERINGS, & DONATIONS Though everyone cannot attend church due to limited capacity or other reasons, **our stewardship, offerings, and donations are still very badly needed.** PLEASE help your parish by continuing to offer! If you cannot come to church, you can simply go to our parish website (<https://saintgeorgeflint.org/>) and donate on-line 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!

PAN-ORTHODOX PRE-LENTEN ZOOM RETREAT is Saturday, March 6th at St. George. The retreat begins at 2pm, ends with Great Vespers at 5pm, and is completely free (free-will donations will be accepted for our Pan-Orthodox activities by sending a check made out to St. George with "Holy Cross" in the memo or online at: <https://app.easytithethe.com/app/giving/saintgeorgeflint> under "choose a fund", click "Holy Cross"). Our speaker is *Archimandrite Maximos Conostas*. See flier on Narthex Table for details. Make reservations by emailing saintgeorgeflint@gmail.com.

PLEASE FOLLOW OUR PROCEDURES Because of serious health concerns, **we all must wear masks at all times over our mouths and nose.** If this is difficult for you at this time, please watch our live-stream from home instead. Remember we are venerating icons by bowing (*not kissing or touching*) and the same for the priest's hand and the chalice at Holy Communion. Further, **our clergy and chanters are the only ones who should be singing at this time.** If you feel the need to sing, please do so **softly and with your mask on.**

COMING EVENTS

This Week	Today is the Sunday of the Pharisee and Publican: there is no fasting this week.
TODAY	Ladies Auxiliary Meeting after Divine Liturgy in the Banquet Center
Monday	Bible Study: Gospel of St. John the Evangelist and Theologian 6-8pm
Wednesday	Arabic-English Bible Study Gospel of St. John 12:30-2:30pm (note time change!)
Saturday	Salomon/Lipton Wedding at the Basilica of St. Mary-Livonia, MI No Great Vespers

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The Gym ~ *The similarities between the trainer and the confessor*

by Abbot Tryphon, head of All-Merciful Savior Monastery on Vashon Island, Washington

Just after my graduation from college I moved to Portland, Oregon, where I worked at various jobs, including waiting tables in an upscale restaurant (to this day, I'm a good tipper), bartender in a small Irish pub (I'm mostly Scottish), and working as an orderly in a trauma center. All these jobs contributed in important ways to my ultimate vocation as a priest and a monk. (I'll leave it to my readers to figure this one out.)

Shortly after my move to Portland, I decided that I wanted to work out at a local weight lifting gym (what young man doesn't want to be buff?). After asking around, I discovered Laprinzi's Gym, a Portland institution to this day. Laprinzi's has always been known for having some of the best trainers, and I knew that success at weightlifting would require professional help and direction.

Being a skinny college grad, I felt somewhat intimidated as I walked into a gym filled with Olympic style weightlifters, but I was soon made to feel at ease after one of the trainers approached me, offering to help me get started. Grateful for the direction, I began what was to be a mainstay of my physical exercise for years to come. I didn't stop weight lifting until I'd become a monk, and have regretted the decision to stop until this very day. Long distance running was my other passion, leading ultimately to hip replacement surgery some fourteen years ago, according to my surgeon.

The very day I walked into Laprinzi's Gym, another young man walked in for his first try at weightlifting. But, unlike myself, he was too prideful to accept direction from anyone. He stupidly turned down the offer of a trainer, and proceeded to weight lift without professional guidance. Some six months later, my trainer quietly pointed to the other young man, saying, "David, do you notice the difference between your body and his? Since he has been his own trainer, he sees only his front side, so his muscle development is concentrated in his upper arms and chest. His back muscles and legs are underdeveloped, so he looks like a skinny ape".

I share this story because of the saying in Orthodoxy, "The man who is his own spiritual director, becomes the disciple of a fool." When we embark on the spiritual path, we need the direction and foresight of someone who is experienced, for there are all sorts of traps ahead, including pride. In choosing a spiritual father or mother as our guide, we are directed on the path to Christ by someone who knows us, and is able to point out those traps that would snare us. This guide, like the trainer described above, sees us from a perspective

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that is otherwise hidden from us, and like the weightlifter who desires to look buff, the man on a quest for spiritual transformation, needs a spiritual father who can point to those sins and omissions that need our attention.

“A priest is a spiritual physician. Show your wounds to him without shame, sincerely, openly, trusting and confiding in him as his son; for the confessor is your spiritual father, who should love you more than your own father and mother; for Christ’s love is higher than any natural love. He must give an answer to God for you.” (Saint John of Kronstadt, ‘My Life in Christ’).

*Get out your Bibles, look up St. Paul’s 1st Letter to the Corinthians chapter 4,
read at least this chapter, and then more! Love, FJ*

**For though ye have ten thousand instructors
in Christ, yet have ye not many fathers: for in
Christ Jesus I have begotten you through the
gospel.**

— 1 Corinthians 4:15 (KJV)

OUR JOURNEY TO PASCHA! 2021

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 21st	 <i>TRIDION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 28th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 7th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 14th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 21st	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 28th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 4th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 11th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 18th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 25th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 30th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 2nd NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

The Orthodox Churches of Greater Flint

Assumption (Greek) 2245 Baldwin Road ❖ Grand Blanc, MI 48439 ❖ 810-771-4611
St. George (Antiochian) 5191 Lennon Road ❖ Flint, MI 48507 ❖ 810-732-0720
St. Mary Magdalene (OCA) 2439 South Long Lake Road ❖ Fenton, MI 48430 ❖ 810-750-1701
St. Nicholas (OCA) 2143 South Center Road ❖ Burton, MI 48519 ❖ 810-744-0070

2021 Pre-Lenten Retreat • Saturday, March 6

“I Waited Patiently for the Lord” (Psalm 40:1) An Orthodox Approach to Sickness & Suffering

Presented by

Archimandrite Maximos Conostas

Fr Maximos is interim dean of Holy Cross, Greek Orthodox School of Theology, where he is also Professor of Patristics and Orthodox Spirituality. A *summa cum laude* graduate of both Hellenic College (1984) and Holy Cross Greek Orthodox School of Theology (1987), Fr Maximos completed his PhD in Patristics and Historical Theology at the Catholic University of America in Washington, D.C. (1994). He has taught Patristics and Systematic Theology at Christ the Savior Seminary (1991-1992), and Early Christian and Byzantine Studies at Hellenic College and Holy Cross (1993-1998). He was subsequently invited to join the faculty of Harvard Divinity School, where for many years he served as Associate Professor of Theology (1998-2003). Responding to a life-long call to enter monastic life, Fr Maximos resigned from his position at Harvard and was tonsured a great-schema monk at the Holy Monastery of Simonopetra, Mt Athos, where he lived from 2003-2011. In 2015, Fr Maximos was ordained as a priest to serve in the Greek Orthodox Archdiocese of America.



Sign-up to receive the Zoom link by emailing
saintgeorgeflint@gmail.com

You may join from your device at home
or

at Saint George Church • 5191 Lennon Road • Flint, MI 48507

First come – first seated in the fellowship hall to view the retreat

***50 to 60 person capacity in the hall with physical distancing
50 person capacity in the church with physical distancing***

SATURDAY, MARCH 6

2 pm first talk
3 pm break
3:15 pm second talk
4:15 pm break and questions & answers
5 pm Vespers at Saint George Church

*Member Churches of the Assembly of Canonical Orthodox Bishops in North America
A Vision of Orthodox Unity*