

# St. George Orthodox Church

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

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

V. Rev. Father Joseph M. Abud, Pastor

Protodeacon Michael Bassett

February 23, 2020

## 3<sup>RD</sup> PRE-LENTEN SUNDAY: SUNDAY OF THE LAST JUDGMENT (MEATFARE SUNDAY)

### صلاة السّحر لأحد مرافع اللحم

Tone - 3

3<sup>rd</sup> Matins Gospel {Mark 16:9-20}

Confessions

8:30-9:30am

Matins p.44

8:50am

Divine Liturgy p.91

10:00am

Memorial Service

Trisagion p.183

**Welcome to St. George!** Thank you for attending today's Divine Liturgy. Please register your visit by completing the guest book located in the narthex. We would appreciate getting to meet you, 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, being at peace with others, and attending the Divine Liturgy regularly. Please know everyone is invited to venerate the Holy Cross and receive Holy Bread at the end of Liturgy.

In the **Divine Liturgy of St. John Chrysostom** {*the Golden-Mouth*},  
we sing the following Special Hymns for today:

### Third Antiphon (during the Little Entrance)

#### **Troparion of the Resurrection—Tone 3**

Let the heavens rejoice and the earth be glad, for the Lord has done a mighty act with His own arm. He has trampled down death by death and become the first-born from the dead. He hath delivered us from the depths of Hades granting the world the great mercy.

### Hymns after the Entrance with the Gospel

#### **Troparion of the Resurrection—Tone 3** (*same as above*)

لتفرح السماويات وتبتهج الأرضيات. لأن الرب صنع عزا" بساعده، ووطئ الموت بالموت، وصار بكرا" للاموات. وأنقذنا من جوف الجحيم، ومنح العالم الرحمة العظمى.

#### **Troparion for St. George—Tone 4**

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.

بما أنك للمأسورين محرر ومعتق، وللفقراء والمساكين عاضد وناصر، وللمرضى طبيب وشاف، وعن المؤمنين مكافح ومحارب، أيها العظيم في الشهداء جاورجيوس اللابس الظفر، تشفع إلى المسيح الإله في خلاص نفوسنا.

## Kontakion for Sunday of the Last Judgment—Tone 1

When Thou comest, O God, to earth with glory and all creatures tremble before Thee, and the river of fire flows before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O Righteous Judge.

إذا أتيت يا الله على الأرض بمجدٍ , فترتعدُ منك البرايا بأسرها, ونهزُ النار يجري أمام المنبر, والصحف تُفتح والخفايا تُشهر, فنجنِّي حينئذٍ من النار التي لا تُطفأ وأهلني للوقوفِ عن يمينك, أيها الديانُ العادل.

**Epistle Reading:** *1 Corinthians 8:8-9:2* {3<sup>rd</sup> Pre-Lenten Sunday: Last Judgment}

**Gospel Reading:** *Matthew 25:31-46* {3<sup>rd</sup> Pre-Lenten Sunday: Last Judgment}

## Holy Bread Offerings

### Baptism/Chrismation Days

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

- **Alexander, Benjamin, Olivia, and Victoria** Benson – February 23<sup>rd</sup>

*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: **Harry** Aydinian (+January 19<sup>th</sup>), **Hanna** Rishmawi (January 26<sup>th</sup>, Emil's brother-in-law and Jamil's uncle), **Adibah** Elias (+January 29<sup>th</sup>, Syria, aunt of Elias Hanna, Wafaa Elias, and Najwa Joubran), Dr. **Linn** Campbell (+February 3<sup>rd</sup>, brother-in-law of Sally Joseph), **Wadie** Abuaita (+February 9<sup>th</sup>, brother of Fouad), **Meha** Alkhouri (+February 9<sup>th</sup>, sister of Sandy Mitri), and **Haifa** Zaid (+February 11<sup>th</sup>, Goddaughter of Aida Nassar and aunt to Haneen Burbar).
- 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, **Bishop Alexander** (Ottawa and Eastern Canada, and Upstate New York), **Priest Robert** Royer, **Sahar** Abdallah, **Asma** Abuaita (sister of Janett), **Wadia** Albaba, **Naila** Banna, **Emil** Bathish, **Levi** Cooper, **Vera** Daoud, **Alex** and **Panayiotis** Deligorges, **Vera** Farah, **Averie** Fisher (niece of Sandy Thomas), **Mariam** Ghanim (Manal's mother), **Elias** Gantos, **Phyllis** Good, **Shawna** Hale, **Don** and **JoAnn** Hawkins, **Daisy** Isaac, **Imad** Isaac (friend of St. George), **Nawal** and **Nimer** Iseid, **Nicola** Khoury, **George** Nassif, **Aida** Raffoul, **Husam** Rishmawi (cousin of Fadi Rishmawi), **Deborah** Salim, **Eva** Saseen (daughter of Nicholas), **Nicholas** Saseen, **Elaine** Shaheen, **Michael** Silpoch, **Habib** Skafi, **William** Sophia Jr., and **Lois** Teunion; **George** Gagne who was brought into the Orthodox Faith through the Holy Sacraments of Baptism and Chrismation, along with reception of his First Communion today.
- We also pray for those who are with child: **Renea** (Rakan) Bayouk, **Andrea** Jones (daughter of Nasri and Carol), and **Dina** (Laith) Maymoun.

### Communion Hymn (for the Lord's Day)

(Refrain) Praise the Lord from the heavens. Praise Him in the highest.

(Verse) Praise Him, all His angels; praise Him, all His hosts! (Refrain)

(Verse) Praise Him, sun and moon; praise Him, all you shining stars! (Refrain)

(Verse) Praise Him, you highest heavens, and you waters above the heavens! (Refrain)

Alleluia, Alleluia, Alleluia.

### Reception of Holy Communion

Please remember only ORTHODOX CHRISTIANS who have PREPARED themselves may

partake of Holy Communion. *“But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body.”* (1 Corinthians 11:28-29).

- Since Church School is in session, please allow our Staff and then our Children to receive Holy Communion first! As always, please follow our Ushers’ directions ~ thank you!
- If you are physically able, please remain standing during Holy Communion.

## **ANNOUNCEMENTS**

**COFFEE FELLOWSHIP HOSTS** Available dates: March 1<sup>st</sup> and 29<sup>th</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, see Manal Abuaita. *Cheesefare Sunday is March 1<sup>st</sup>, no meat products are to be served. During the Great Fast (March 2<sup>nd</sup> – April 19<sup>th</sup>), no meat, poultry, eggs, dairy, fish, or their by-products are served.*

**FORGIVENESS VESPERS** Next Sunday at 12:30pm, we celebrate this beautiful service helping us begin the Great Fast on the right foot by asking forgiveness of each other. *We cannot love each other without forgiving each other!* As one of the hymns says: *Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our bodies; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit, may we persevere with love, and so be counted worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold His Holy Pascha.* Plan on attending! **ALTAR SOCIETY MEMBERS:** During this service we change the candles and cloths to Lenten purple – please plan on attending.

**WHAT IS FORGIVENESS?** To stop feeling anger toward someone who has done something wrong; to stop blaming others; to stop feeling anger about something; to forgive someone for what they have done to us or ask someone to forgive us for what we did to them.

**CREDIT AND DEBIT CARDS** We can make donations and purchases by Credit or Debit Card. This can be done by coming to the office or calling 810-732-0720 during Office Hours.

➤ **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 weekly/monthly. Just call or go online with your banking institution to get the form you need.

**WEEKLY OFFERINGS** Our average weekly parishioner offerings (not including other income) need to be \$5,005 to meet our 2020 Budget. On February 16<sup>th</sup>, our offerings were \$2,824 so we were short \$2,181 😞! If you have not already, please fill out your **2020 Offering Form** (on Narthex Table) and support the good works of St. George!

### **COMING EVENTS**

This Week	Today is <b>Meat-Fare Sunday</b> , the last day we eat <i>meat, poultry, and their by-products</i> until Pascha (April 19 <sup>th</sup> ). <i>Eggs, dairy, fish, wine, olive oil and their by-products</i> are allowed on all days this week.
Wednesday	<b>SOYO Wednesday</b> 6:30-8:30pm
Saturday	<b>Great Vespers and Confessions</b> 5pm

- If you know of a parishioner who has given birth, fallen ill, or admitted to the hospital, please call the church office or let Father Joe know.

## **The Gym ~ The similarities between the trainer and the spiritual father**

*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), a 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 will 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 does not want to look fit?). 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 did not stop weight lifting until I would 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 seven 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. However, 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 that is otherwise hidden from us, and like the weightlifter who desires to look muscular, 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 he 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, from **My Life in Christ**).