

St. George Orthodox Church

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

Web Site: saintgeorgeflint.org

February 26, 2023

Father Joseph M. Abud, Pastor

Father Michael Bassett, Assistant

Glory to Jesus Christ!

Glory Forever!

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. 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!

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*)

- Father Michael and Khouriya Pam Bassett for the health of their family and in loving memory of **Diana** Petropoulos (40 day) and **George** Thabit (40 day).
- Issa and Vera Daoud and Family for the health of their family especially **Daniel, Tony, Alaa** and **Amanda, Nancy** and **Muhannad**, and their Families and in loving memory of **Suad** (4 year, mother of Vera), **David, Rabiah, Norma, Yacoub, Ramzi, Maha**, and **Issa**.
- Khaled and Sally Abuaita and family for the health of their family in loving memory of **Rahma** Albedd (17 year, Sally's grandmother).

BAPTISM/CHRISMATION DAYS

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

- **Cezar** Abu-Aita ~ March 3rd

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: **Habib** Skafi (40 day), **Atallah** (+January 23rd, uncle of Hiam Ishaq), **Iskandar** Farah (+February 9th, brother of Salim), and **Farid** Nassar Nassar (+February 15th, Lansing, nephew of Karim Nassar).
- Prayers are offered for our parishioners and their friends who are ill, recovering, or in need, especially His servants: **Fr. Angelo** Artemas (friend of Fr. Joe), **Sahar** Abdallah, **Reader Fouad** Abuaita, **Shafiqa** Abuaitah, **George** and **Georgette** Abueita and **Kristo** (brother, mother, and friend of Anwar), **Laila** Abud, **Jane** Abueita, **Youssif** Abousamra, **Danial** Alghanim (father of Dania Hanna), **William** Alsahouri, **Sanaa** Alqassis (daughter of Zahra Abuaita), **Walid** Andoni (brother of Vera Daoud), **Sharon** Ballreich (sister of Nancy Silpoch and Deborah Salim), **Levi** Cooper, **Vera** Daoud, **Valland** Frangi (sister of Ron Haddad), **Elias** Gantos, **Denise** Ghattas, **Subdeacon George** Gantous, **Phyllis** Good, **Ronald** Haddad, **Nadia** Ibrahim (mother of Ziyad), **Daisy** Isaac, **Loretta** Karpelenia (mother of Denise Ghattas), **Michael** Khal, **Antonia** Molina and **Reuben** Reyes (friends of Areen Bathish), **Laura** Nassar, **Deborah** Salim, **Elaine** Shaheen, **Michael** Silpoch, **Kameel** Srouji (son-in-law of Hiam Bathish), **Christa** Whitehead, and **Samantha** Zerka (cousin of Lauren Zerka/Goddaughter & niece of Victoria Zerka); **Ghassan**, **Jasanta**, and newborn **Luciana** Al-Khouri (February 4th).
- We also pray for our expectant parents: **Rania** and **Raed** AbuAita, **Jessica** and **Mejhdy** Abu Aitah, **Katrina** and **Gary** Gagne, **Narmeen** and **Deeb** Shamshoum, and **Taylor** and **Jeffrey** Tipton.

ANNOUNCEMENTS

COFFEE FELLOWSHIP is hosted by *Michael and Ola Alqazaha*.

COFFEE FELLOWSHIP HOSTS Available dates: March 5th and April 23rd ~ 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 our coordinator Manal Abuaita. Today is *Cheese-fare Sunday*, *no meat products are to be served.* *During the Great Fast (February 27th - April 15th), no meat, poultry, eggs, dairy, fish, or their by-products are served.*

FORGIVENESS VESPERS TODAY after Divine Liturgy and Coffee Fellowship, beginning at 12:30pm, we celebrate this beautiful service helping us to begin the Great Fast on the right foot by asking forgiveness of each other. We cannot love each other without forgiving each other and we are ALL called to love one another as Christ has loved us (John 15:12)! As one of the vesper 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. *Continued ⇨*

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 have done to them.

EARTHQUAKE APPEAL Per the directive of Metropolitan Antonios, all of our archdiocesan parishes are taking special collections ~ this is the last Sunday. There is so much devastation, suffering, and loss of life. Please be generous ~ thank you!



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!

COMING EVENTS

Fasting Discipline Today is **Cheese-Fare Sunday**, the last day we eat *eggs, dairy, and their by-products* until Pascha (April 16th). The **Great Fast** begins tomorrow, February 27th and continues until our celebration of **Pascha: our Lord's Resurrection** on April 16th. The traditional fasting discipline (*no meat, poultry, dairy, eggs, fish, wine, olive oil, and their by-products*) is observed on all weekdays; on Saturdays and Sundays, *wine and olive oil* are allowed.

Monday	Great Compline صلاة النوم الكبرى and 1 st part of the Canon of St. Andrew	6pm
Tuesday	Great Compline صلاة النوم الكبرى and 2 nd part of the Canon of St. Andrew	6pm
Wednesday	Lenten Hours at St. Nicholas 10:30am Presanctified Liturgy القداس السابق تقد بيسه	6pm
Thursday	Great Compline صلاة النوم الكبرى and 4 th part of the Canon of St. Andrew	6pm
Friday	Little Compline and Akathist to the Virgin Mary خدمة المديح (Madayeh)	6pm
Saturday	Great Vespers and Confessions	4pm

The Demon of Depression ~ Moving Beyond the Swamp of Despondency

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

Depression is one of the plagues of the modern age, overtaking many with its deceptive poison, and devastating many a life. The pain and suffering that comes with deep depression can infect those who surround the sufferer, for the depression of one person can spread like mold on stale bread. Psychiatrists are kept busy writing prescriptions, and drug companies rake in the money manufacturing the "cure". Families are destroyed, marriages come apart, and young people drop out of school, all because of depression.

Although there are certainly cases where depression can be caused by imbalances in the chemical makeup of the body, it is far more common for depression to be the result of the sickness
continued ⇒

of the soul. The cure, in this case, is to be found in the life of the Church. Giving oneself over to the pursuit of God, and increasing the time we spend in prayer and worship, can gradually transform depression and turn it into joy.

Saint John Cassian wrote: *"But first we must struggle with the demon of dejection who casts the soul into despair. We must drive him from our heart. It was this demon that did not allow Cain to repent after he had killed his brother, or Judas after he had betrayed his Master"*.

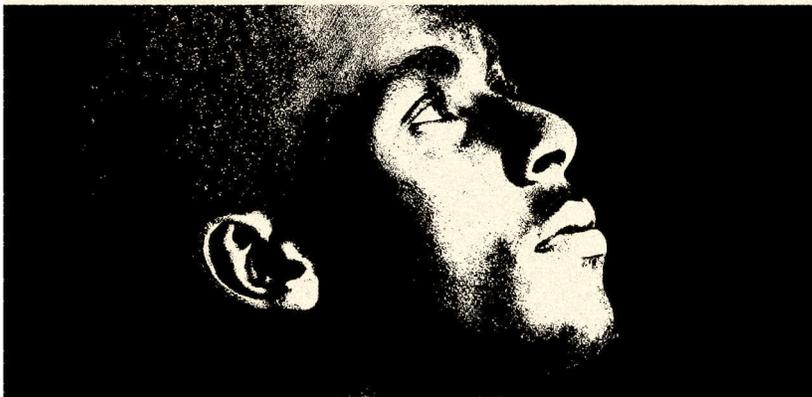
The upcoming Great Lenten Fast is the perfect time to confront the spirit of depression, for the increased attendance in the Church's divine services, and the time spent in private prayer, contribute to the healing of the soul. Taking our minds off our problems, and turning our hearts towards the things of God, quicken the healing so desired by those struggling with depression. Our spiritual reading, frequent confession, and the reception of the Holy Mysteries, all come together to bring about the healing our soul longs for.

Psalm 39/40: *"I waited patiently for the Lord, and He heeded me; And He heard my supplication. And brought me up out of a miserable pit, And from north clay; And He established my feet on a rock, And kept straight my steps. He put a new song in my mouth, a hymn to our God; many will see and be afraid, And shall hope in the Lord. Blessed is the man whose hope is in the name of the Lord, and did not look into vanities and false frenzies. Many, Lord my God, are the wonders you performed, and in your thoughts there is no one who shall be likened to you..."*

I WAITED PATIENTLY
FOR THE LORD;
HE TURNED TO ME
AND HEARD MY CRY.

PSALMS

40:1





**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Prot. no.: PV037/2023

Great Lent, 2023

“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)

Beloved Brother Hierarchs, Reverend Clergy, and Christ-Loving Faithful of this God-Protected Archdiocese,

Blessings to you and your families in the Name of our Lord, God, and Savior Jesus Christ!

Our Lord said, “Amen, I say to you: insofar as you did it for one of the least of these my brothers, you did it for me” (Matt. 25:40). Clothing the naked, feeding the hungry, welcoming the stranger, visiting those sick or in prison—all these acts of kindness toward others are received by Christ as an expression of love toward Him, when they are undertaken cheerfully. These words of the gospel are read in church on the Sunday of the Last Judgment in order to focus our attention on such acts of charity during this holy season. They call us to rededicate ourselves now to this Christian lifestyle of giving, which should characterize our lives throughout the year.

What a privilege it is to serve Christ Himself in the needy! In fact, every one of us is in need of the mercy of God. Christ identified Himself with the weak, the poor, and the miserable and with those who could not provide themselves with the necessities of life, so it is Him we serve in every human being, and it is Him who, in us, serves those who need to be served. This is how we live our “Royal Priesthood,” delivering our lives to Him so that we may experience the mystery of His sacrifice, for Christ Himself is “He that offereth and is offered, that accepteth and is distributed” (The Prayer of the Cherubic Hymn).

The mystery of giving and sacrifice lies in our acceptance to God’s Love, which we express by complying with the commandment, “My son, give me your heart” (Prov. 23:26). Giving God our hearts means giving Him everything—all our being. When we give Him our hearts, He gives us Himself through His Holy Spirit and dwells in our hearts with His unoriginated Father, “so that God may be all in all” (1 Cor. 15:28). Then we will experience how “in everyone it is the same God at work” (1 Cor. 12:6) and will acknowledge that in Christ we become what we give; in other words, we should be the food given—in Christ, to and through Him—to console the hearts of those who seek it.

“The disciples were first called Christians in Antioch” (Acts 11: 26)

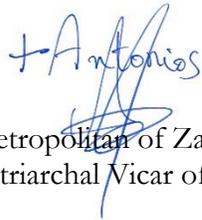
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As we have throughout the past 49 years, we now encourage you to provide help for the needy through the Food for Hungry People program during Lent. We appeal to your generosity and your love of God, asking you to offer Christ this token of your gratitude for His kindness to us. We know that He will receive it as a precious gift and cherish it.

With prayers that God will strengthen us all in this holy struggle of Lent and that we will be found worthy to celebrate joyously the Resurrection of our Lord Jesus Christ, I remain,

Yours in Christ,

✠Metropolitan ANTONIOS

A handwritten signature in blue ink that reads "Antonios". The signature is stylized and includes a cross symbol at the beginning.

Metropolitan of Zahle, Baalbek, and Dependencies
Patriarchal Vicar of New York and All North America

"The disciples were first called Christians in Antioch" (Acts 11: 26)

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Statement Issued by the Holy Antiochian Synod

Balamand, February 23, 2023

The Holy Antiochian Synod, presided by His Beatitude Patriarch John X (Yazigi), held its fifteenth extraordinary session, on February 22 and 23, 2023, in Balamand, in the presence of Their Eminences, the Most Reverend Metropolitans:

Elias (Archdiocese of Beirut and Dependencies); Elias (Archdiocese of Tyre, Sidon and Dependencies); Saba (Archdiocese of Bosra Houran and Jabal Al-Arab); George (Archdiocese of Homs and Dependencies); Silouan (Archdiocese of Jbeil and Batroun and Dependencies); Baslios (Archdiocese of Akkar and Dependencies); Ephrem (Archdiocese of Tripoli, Koura and Dependencies); Ignatius (Archdiocese of France, Western and Southern Europe); Isaac (Archdiocese of Germany and Central Europe); Ghattas (Archdiocese of Baghdad, Kuwait and Dependencies); Silouan (Archdiocese of the British Isles and Ireland); Antonios (Archdiocese of Zahleh, Baalbek and Dependencies); Nicolas (Archdiocese of Hama and Dependencies); Baslios (Archdiocese of Australia, New Zealand and the Philippines); Ignatius (Archdiocese of Mexico, Venezuela, Central America and the Caribbean Islands); Athanasius (Archdiocese of Lattakia and Dependencies); Jacques (Archdiocese of Buenos Aires and All Argentina); Ephrem (Archdiocese of Aleppo, Alexandretta, and Dependencies); and Nifon Saikali Metropolitan of Philippopolis and Representative of the Patriarch of Antioch to the Patriarch of Moscow. Also in attendance was His Grace Bishop Gregorios Khoury, Secretary of the Holy Synod.

Their Eminences Metropolitans: Sergio (Archdiocese of Santiago and Chile) and Damaskinos (Archdiocese of São Paulo and All Brazil), apologized for not being able to attend. His Eminence Metropolitan Boulos Yazigi was also present in the prayers and invocations of the Synod Fathers, despite his physical absence caused by abduction.

After invoking the Holy Spirit, and begging for divine mercy, His Beatitude discussed with the Synod Fathers the terrible earthquake that hit the region. The Fathers begged for divine mercies upon the victims who reposed in the Lord, comfort for the wounded and afflicted, and consolation for all those who are grieving for the loss of their loved ones after this disaster. They reviewed the situation of the Archdioceses afflicted by the earthquake, especially, the region of Alexandretta and the Archdioceses of Aleppo, Lattakia, and Hama. They affirmed that the Church, in cooperation with many, is making utmost efforts to stand by everyone in this calamity. The Fathers reviewed the work of the relief efforts in all the afflicted Archdioceses and appreciated the quick

response of their faithful and all people of goodwill to the Earthquake Appeal made by His Beatitude, by sending financial and in-kind help.

The Synod Fathers reviewed the situation of the Archdiocese of New York and All North America and listened to a report presented by the Archdiocese's Patriarchal Vicar, His Eminence Antonios (Al Souri), Metropolitan of Zahleh, Baalbek, and Dependencies, who was appointed upon the vacancy of the Metropolitan See.

The Fathers elected from among the list of nominees sent by the Archdiocese after her Special Convention held on January 13, 2023, His Eminence Saba (Ispier) Metropolitan of Bosra Houran and Jabal Al-Arab, as Metropolitan of the Archdiocese of New York and All North America, and decided to transfer Metropolitan Saba (Ispier) from his Archdiocese to the Archdiocese of New York and All North America.

Lastly, the Synod Fathers send their blessings upon their faithful of the Antiochian Church at home and abroad, and especially upon their faithful in the Archdiocese of New York and All North America, praying for prosperity, peace and stability to the whole world.

بيان صادر عن المجمع الأنطاكي المقدس

البلمند، 23 شباط 2023

انعقد المجمع الأنطاكي المقدس برئاسة غبطة البطريرك يوحنا العاشر (يازجي) في دورته الاستثنائية الخامسة عشرة في 22 و 23 شباط 2023 في البلمند وذلك بحضور كل من أصحاب السيادة المطارنة:

الياس (أبرشيّة بيروت وتوابعها)، الياس (أبرشيّة صور وصيدا وتوابعها)، سابا (أبرشيّة بصرى حوران وجبل العرب)، جورج (أبرشيّة حمص وتوابعها)، سلوان (أبرشيّة جبيل والبترون وما يليهما)، باسيلوس (أبرشيّة عكار وتوابعها)، أفرام (أبرشيّة طرابلس والكورة وتوابعها)، إغناطيوس (أبرشيّة فرنسا وأوروبا الغربية والجنوبية)، إسحق (أبرشيّة ألمانيا وأوروبا الوسطى)، غطاس (أبرشيّة بغداد والكويت وتوابعها)، سلوان (أبرشيّة الجزر البريطانية وإيرلندا)، أنطونيوس (أبرشيّة زحلة وبعلبك وتوابعها)، نقولا (أبرشيّة حماه وتوابعها)، باسيلوس (أبرشيّة أستراليا ونيوزيلاندا والفيليبين)، إغناطيوس (أبرشيّة المكسيك وفنزويلا وأمريكا الوسطى وجزر الكاريبي)، أنثاسيوس (أبرشيّة اللاذقية وتوابعها)، يعقوب (أبرشيّة بوينس آيرس وسائر الأرجنتين)، أفرام (أبرشيّة حلب والإسكندرون وتوابعها) ونيفن صيقلّي متروبوليت شهبأ وممثل بطريرك أنطاكية لدى بطريرك موسكو. وحضر الأسقف غريغوريوس خوري أمين سر المجمع المقدس.

واعتذر عن الحضور المطران سرجيوس (أبرشيّة سانتياغو وتشيلي) والمطران دمسينوس (أبرشيّة ساو باولو وسائر البرازيل). وقد حضر المطران بولس يازجي المغيب بفعل الأسر في صلوات آباء المجمع وأدعيتهم.

وبعد الصلاة واستدعاء الروح القدس واستمطار الرحمة الإلهية، عرض غبطته وآباء المجمع الزلزال الرهيب الذي تعرضت له المنطقة. سأل الآباء الرحمة الإلهية للراقدين والافتقاد الإلهي للجرحي والمصابين والتعزية لجميع من فقدوا عزيزاً في هذه الكارثة. وعرض الآباء واقع الأبرشيات المنكوبة بفعل الزلزال منها منطقة لواء الإسكندرون وأبرشيّة حلب وأبرشيّة اللاذقية وأبرشيّة حماه. وأكدوا أن الكنيسة تبذل ومع غيرها أقصى ما تستطيع من جهود للوقوف إلى جانب الجميع في هذه المحنة. استعرض الآباء واقع العمل الإغاثي في سائر الأبرشيات المنكوبة وثنوا استجابة أبناءهم واستجابة ذوي النيات الخيرة لنداء الاستغاثة الذي أطلقه غبطته إثر الزلزال وذلك بإرسال المساعدات المادية والعينية.

استعرض الآباء واقع أبرشية نيويورك وسائر أمريكا الشمالية واستمعوا إلى تقرير المعتمد البطريركي المعين عليها المطران أنطونيوس الصوري متروبوليت زحلة وبعلمك وتوابعها إثر شغورها. وانتخب الآباء من ضمن اللائحة المنتخبّة من الأبرشية في مؤتمرها الأبرشي الترشحي المنعقد في 13 كانون الثاني 2023 المطران سابا اسبر متروبوليت بصرى حوران وجبل العرب متروبوليتاً على أبرشية نيويورك وسائر أمريكا الشمالية وبالتالي قرر الآباء نقل المطران سابا اسبر من أبرشيته إلى أبرشية نيويورك وسائر أمريكا الشمالية.

في الختام يرسل الآباء بركتهم إلى أبنائهم في الكنيسة الأنطاكية في الوطن وفي بلاد الانتشار وإلى أبنائهم في أبرشية نيويورك وسائر أمريكا الشمالية خصوصاً. ويدعون بالخير والسلام والاستقرار في العالم أجمع.