

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

March 17, 2019

MARCH IS ANTIOCHIAN WOMEN'S MONTH

1ST SUNDAY OF THE GREAT FAST: Sunday of Orthodoxy أحد الأيقونات

Tone - 1 9th Matins Gospel {John 20:19-31}

Greeters and Ushers **Abeer, Amal, & Rania Abuaita, Rula Alkazaha, and Carri & Theresa Farah**

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.

Epistle Reading: *Hebrews 11:24-26, 32-40* {1st Sunday of the Great Fast}

Reader: **Hiam Bathish** (Arabic) and **Lubna Jones** (English)

Gospel Reading: *John 1:43-51* {1st Sunday of the Great Fast}

Holy Bread Offerings

- Naila Banna for the health of her family and in loving memory of husband **Cesar** (9 day).
- Janett, Shafiq, and Najeb Abuaita and Family for the health of their family and in loving memory of mother **Mary** Abuaita (9 day).
- Emil and Hiam Bathish for the health of their family especially Naila Banna (Hiam's sister) and in loving memory of brother-in-law **Cesar** Banna (9 day).
- We also pray for the servants of God who have fallen asleep in the Lord: **Samira** Abufarha (+February 8th, sister-in-law of Ibrahim and Eman Abufarha), **Joachim** Al-Khoury (+February 28th, uncle of Khaled Al-Khoury), and **Suad** Andoni (+March 4th, mother of Vera Daoud).
- 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), **Laila** and **Sahar Abdallah**, **Androlla Abu Aita**, **Salwa Abu-Aitah**, **Asma Abuaita** (sister of Janett Abuaita), **Georgette Abueita**, **Khaled** and **Mariam Al-Khoury**, **Naila Banna**, **Emil Bathish**, **Alex** and **Panayiotis Deligorges**, **Vera Farah**, **Betty Froberg**, **Mariam Ghanim** (Manal's mother), **Phyllis Good**, **Carol Haddad**, **Roland Haddad**, **Patti Harris**, **Daisy Isaac**, **Ida Isaac**, **Nawal & Nemer Iseid**, **Sally Joseph**, **Nakhleh Khoury**, **Nicola Khoury**, **Danny Mortensen**, **George** and **Renee Nassif**, **Aida Raffoul**, **John Salomon**, **Elaine Shaheen**, **Eva Saseen** (niece of George and Jeanette Nassif), **Michael** and **Nancy Silpoch**, **William Sophia Jr.**, and **Lois Teunion**; **Rami**, **Walaa** and newborn **Iyan Khoury** who will be brought back into the life of our parish through the Prayers of Churching.

- We also pray for those who are with child: **Ola** (Michael) Alqazaha, Dr. **Lindsey** (Dr. Ryan) Brunner, **Katrina** (Gary) Gagne, **Diana** (Ayman) Khair, **Natalie** (Shadi) Qumsieh, and **Sandy** (Raad) Qumsieh {daughter of Issa and Esperanza}.

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). If you are physically able, please remain standing during Holy Communion.

ANNOUNCEMENTS

COFFEE FELLOWSHIP is hosted by *Janett, Shafiqah, and Najeb Abuaita and Family*.

COFFEE FELLOWSHIP HOSTS Available dates: April 7th and 14th ~ 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. *During the Great Fast (March 11th – April 27th), no meat, poultry, eggs, dairy, fish, or their by-products are served.*

HOLY SACRAMENT OF REPENTANCE (CONFESSION) If you are 8 years or older, have been away from the Church, or have not had Confession in the last 2 months and desire to come back and receive the Body and Blood of Christ, please remember you must offer a confession of your sins first. During this time of preparation during the Great Fast is a perfect opportunity. Father Joe is not the only Orthodox priest in the area and if you would prefer to go for confession to one of the other local priests, feel free to do so (*please just let Fr. Joe know*): Fr. Gabriel Bilas from St. Mary Magdalene (810-750-1401) or Fr. Matthew Butrie from St. Nicholas Church (810-744-0070). The important thing is not who hears your confession, but that you participate in this Holy Sacrament on a regular basis. **Blessed are those who wash their (baptismal) robes, that they may have the right to the Tree of Life (Christ in Holy Communion).** (*Revelation 22:14*)

COMING EVENTS

This Week	The Great Fast began on March 11 th and continues until our celebration of PASCHA: our Lord's Resurrection on April 28 th . The traditional fasting discipline (<i>no meat, poultry, dairy, eggs, fish, wine, olive oil, and their by-products</i>) is observed on all weekdays. On Saturdays and Sundays, <i>wine and olive oil</i> are allowed.
Monday	Great Compline صلاة النوم الكبرى 6:30pm
Wednesday	Lenten Hours at St. Nicholas 10am Presanctified Liturgy القداس السابق تقد يسه & Lenten Potluck 6pm
Thursday	Parish Council Dinner Meeting 6:15pm Any parishioner is welcome to come, observe, and make comments at the appropriate time on the Agenda.
Friday	Little Compline and Akathist to the Virgin Mary خدمة المديح (Madayeh) 6:30pm
Saturday	Great Vespers and Confessions 5pm

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 (see below).

➤ **OFFICE HOURS** Our office manager, Kelly Dotson, works on Mondays, Thursdays, and Fridays (10am-4pm); Tuesdays and Wednesdays (1pm-4pm).

WATER CRISIS SURVEY We are seeking people to participate in a survey on coping mechanisms in the aftermath of the poisoned water crisis in Flint. You must live or work in the impacted area. The survey takes approximately 20 minutes and audio recordings of open-ended questions may be made with your consent. All information is confidential and only aggregate data will be used in academic presentations and publications. This research will also help train undergraduate students at Saginaw Valley State University on how to conduct and present research, as well as raise their understanding of the water crisis. We hope that this research will also provide information that can help others cope with similar situations. Free bottled water will be provided. For more information and to sign up for the survey, please contact Dr. Rosina Hassoun at rhassoun@svsu.edu 989-964-2711.

- 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.
- If you would like to host Coffee Fellowship in memory of a loved one, the occasion of a birthday, a wedding anniversary, or in thanksgiving to God, sign up on the poster in the Lounge or speak with Manal Abuaita.
- If you would like to offer Holy Bread (*Holy Oblation*) in memory of a loved one, for the health or safety of a loved one, or to commemorate a special occasion, you may phone the church office (810-732-0720) by 12 Noon of the Wednesday before.
 - If in memory of a loved one, please state if you would like to have a **Memorial Service**, which takes place near the end of Divine Liturgy. It is always appropriate to have a Memorial Service on the 3rd, 9th, and 40th day after one's falling asleep along with the yearly anniversary. It may also be done on the 6th month anniversary. If you would like to make the Holy Bread, please see or contact Aida Nassar 810-433-1515.

The True Spirit of Fasting

Fasting is more than abstaining from certain foods

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

We began the Great Fast on March 11th and as we travel on our Lenten Journey and besides fasting, I am sharing this approach to fasting, which will greatly enrich our penitential* preparation for the Feast of the Holy Resurrection on Holy Pascha:

- FAST from self-concern and FEAST on compassion for others.
- FAST from discouragement and FEAST on hope.
- FAST from lethargy and FEAST on enthusiasm.
- FAST from suspicion and FEAST on truth.
- FAST from thoughts that weaken and FEAST on promises that inspire.
- FAST from shadows of sorrow and FEAST on the sunlight of serenity.
- FAST from idle gossip and FEAST on purposeful silence.
- FAST from problems that overwhelm you and FEAST on prayer that sustains you.
- FAST from criticism and FEAST on praise.
- FAST from self-pity and FEAST on joy.
- FAST from ill-temper and FEAST on peace.
- FAST from resentment and FEAST on contentment.
- FAST from jealousy and FEAST on love.
- FAST from pride and FEAST on humility.
- FAST from selfishness and FEAST on service.

* *Penitential* means to change our way; to repent.



Pan-Orthodox/Holy Cross Council of Greater Flint

Assumption (Greek) 2245 E 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 S Long Lake Road • Fenton, MI 48430 • 810-750-1401
St. Nicholas (OCA) 2143 South Center Rd • Burton, MI 48519 • 810-744-0070



The Orthodox Churches of Greater Flint
Presents

“Acquiring the Mind of Christ”

A Lenten Retreat Presented by Fr.
Archimandrite Sergius, Abbot of St.
Tikhon’s Monastery

With a visitation from

The Miraculous Icon of St. Anna

Hosted by

St. Mary Magdalene Orthodox Church
2439 S. Long Lake Rd.
Fenton, MI 48430

Saturday, March 23rd, 2019

“Let this mind be in you which was also in Christ Jesus...” (Phil 2:5)

The task of repentance, which is what we are especially seeking during the Great and Holy period of Lent, is a literal “change of mind”. During this holy time of preparation, our goal is to acquire the Mind of Christ which St. Paul so elegantly speaks about in his letters. Fr. Archimandrite Sergius, Abbot of the Oldest Orthodox Monastery in North America, will share with us where and how to discover the “Mind of Christ”, and how doing so will impact our spiritual lives, and the way we view the world, in a very radical way.

Retreat Schedule

09:00-10:30 AM	Divine Liturgy with the Icon of St. Anna, Sung by St. Tikhon’s Seminary Choir
10:30-11:15 AM	Registration and Breakfast
11:15-12:45 PM	Session 1 with Fr. Sergius
12:45-01:45 PM	Lunch (Free Will Offering)
01:45-03:15 PM	Session 2 with Fr. Sergius
03:30-4:30 PM	Question and Answer Session with Fr. Sergius
5:00 PM	Great Vespers and Molebin to St. Anna, Sung by St. Tikhon’s Seminary Choir

RSVP To This Event by Calling (810) 750-1401, or by emailing Fr. Gabriel at frgabrielismm@gmail.com by

Wednesday, March 20th

St. George Ladies Auxiliary

Falafel Luncheon

Sunday, March 24th

at

St. George Orthodox Church

5191 Lennon Road

Flint, MI

Menu

Falafel, Hummus, Tahini, Salad, Pickles, Pita Bread,

Dessert, Coffee, and Juice

\$7 - Eight years and older

\$5 - Seven years and younger

All proceeds go to the Antiochian Women's 2019 Project,

"Building a new Cathedral

for our Archdiocese at the Antiochian Village"

➤ *Additional donations are welcome!*

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

March 17, 2019

Reverend Fathers, Esteemed Members of the Parish Council, and Beloved Faithful:

Greetings and blessings to you in the Name of Our Lord, God, and Savior, Jesus Christ!

I pray that all of you have begun the long journey to Pascha with a rigorous and spiritually fruitful first week of the fast.

Today is a day both to celebrate and reflect. We reflect on a time in our history when the holy icons were removed due to false teaching, and we celebrate their restoral through the triumph of true theology. This historical triumph reminds us that the education of our future clergy is of the utmost importance, for they will be tasked in the coming years with teaching true theology and rejecting false teachings. Therefore, each year on this day, it is meet and right that we ask the faithful to contribute towards the education and formation of our young men studying for the holy priesthood.

As these young men prepare for service in the Church, they leave family, friends, and careers behind for a life that will by no means make them materially wealthy. They come burdened with student debt due to the ever-increasing price of undergraduate degrees. They come with wives and children, with little ability to work to support them due to the rigors of seminary life. The long-standing tradition of our archdiocese is come together and share the burdens placed on our seminarians and their families by providing them with much-needed scholarships and housing aid.

Therefore, I ask all the Christ-loving faithful of our parishes to generously donate towards the support of the seminarians and their families. This is a sacred responsibility for all of us to share as they will be sharing themselves with each and every one of us – hearing our confessions, baptizing and marrying our children, burying our loved-ones, ministering to us in our times of sorrow, and leading us on the path to salvation.

Wishing you all a holy and spirit-building Fast, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style with a long horizontal stroke at the end.

+JOSEPH

Archbishop of New York and Metropolitan of all North America

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

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