

St. George Orthodox Church

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

Web Site: saintgeorgeflint.org

V. Rev. Father Joseph M. Abud, Pastor

Protodeacon Michael Bassett

March 22, 2020

3RD SUNDAY OF THE GREAT FAST – ADORATION OF THE PRECIOUS AND LIFE-GIVING CROSS

أحد السجود للصليب الكريم المحيي (الأحد الثالث من الصوم)

Tone - 7

7th Matins Gospel {John 20:1-10}

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 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, 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. Basil the Great** (*Bilingual sheets on the Narthex table*), we sing the following Special Hymns for today:

First Antiphon

Verse 1. The light of Thy countenance, O Lord, hath been signed upon us.

Refrain: Through the prayers of the Theotokos, O Savior, save us.

بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا.

Verse 2. Thou hast given a sign unto them that fear Thee, that they may flee from before the face of the bow. *Refrain*

Verse 3. Thou hast ascended on high, Thou led captivity captive. *Refrain*

Verse 4. Thou hast given an inheritance to them that fear Thy name. *Refrain*

Glory to the Father ... , now and ever Amen. *Refrain*

Second Antiphon

Verse 1. All the ends of the earth have seen the salvation of our God.

Refrain: O Son of God who arose from the dead, save us who sing to Thee, Alleluia.

خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلْلُوِيَا.

Verse 2. Let us worship at the place where His feet have stood. *Refrain*

Verse 3. God is our King before the ages, He hath wrought salvation in the midst of the earth. *Refrain*

Verse 4. High above all the nations is the Lord. Thou art Lord Most High over all the earth. *Refrain*

Glory to the Father... now and ever ... Amen. *Only begotten Son...*

Third Antiphon

Verse 1. Exalt ye the Lord our God, and worship the footstool of His feet.

Verse 2. Save Thy people and bless Thine inheritance.

Verse 3. Shepherd them and bear them up unto eternity.

Refrain {Troparion of the Holy Cross, Tone 1}: O Lord, save Thy people and bless Thy inheritance. Grant victories to the Orthodox Christians over their adversaries; and by the virtue of Thy Cross, preserve Thy habitation.

خَاصُّ يَا رَبُّ شَعْبِكَ، وَبَارِكْ مِيرَاثَكَ، وَامْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشِّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.

Hymns after the Entrance with the Gospel

Troparion of the Resurrection—Tone 7

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصِّفِّ الْفِرْدَوْسَ، وَحَوَّلْتَ نُوْحَ حَامِلَاتِ الطَّيِّبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

Troparion of the Holy Cross—Tone 1 (as above)

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 Annunciation & Sundays of the Great Fast—Tone 8

To Thee the Champion Leader do I offer thanks of victory. O Theotokos, Thou who has delivered me from terror; but as Thou that has that power invincible, O Theotokos, Thou alone can set me free from all forms of danger; free me and deliver me. That I may cry unto Thee: Hail, O Bride without Bridegroom.

إني أنا عبدك يا والدة الإله، أكتبُ لكِ راياتِ العَلْبَةِ، يا جُنْدِيَّةَ مُحَامِيَّةٍ، وَأَقْدِمُ لَكَ الشُّكْرَ كَمُنْقَذَةٍ مِنَ الشَّدَائِدِ. لَكِنْ بَمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ، أَعْتَقِنِي مِنْ صُنُوفِ الشَّدَائِدِ، حَتَّى أَصْرَحَ إِلَيْكَ: إِفْرَحِي يَا عَرُوساً لَا عَرُوسَ لَهَا

Instead of Holy God..., we sing:

Before Thy Cross, we bow down in worship, O Master, and Thy Holy Resurrection we glorify!

(prostration) لصليبك يا سيدنا نسجد، ولقيامتك المقدسة يا رب نمجد (سجدة)

Epistle Reading: *Hebrews 4:14-5:6* {3rd Sunday of the Great Fast}

Gospel Reading: *Mark 8:34-9:1* {3rd Sunday of the Great Fast}

Flower Offerings for the Adoration of the Holy Cross

- The Shaheen Family for the health of their family and in loving memory of parents **George** and **Beatrice** and brother **Kenneth**.

Holy Bread Offerings

- Ayman and Wafaa Elias, Elias and Amira Hanna, Najwa Joubran, and their Families for the health of their families and in loving memory of father **Salim** Hanna (35 year).
- We also pray for the servants of God who have fallen asleep in the Lord: **Romero** Cena (+February 25th, father of Mary Farah), **Amal** Farah (+February 27th, sister-in-law to Hiam and Inam Bathish, Naila Banna, and Peter Farah), **Husam** Rishmawi (+March 1st, cousin of Fadi Rishmawi and nephew of Salim Rashmawi), **James** Crawford (+March 2nd, friend of Dn. Mike), and **Dorothy** Salhaney (+March 16th, aunt of Dr. Michael and Dr. Ron Shaheen and Pam McCann).
- 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), **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), **Salwa** Haddad, **Elias** Gantos, **Phyllis** Good, **Shawna** Hale, **Donald** and **JoAnn** Hawkins, **Daisy** Isaac, **Imad** Isaac (friend of St. George), **Nawal** and **Nimer** Iseid, **Nicola** Khoury, **George** Nassif, **Aida** Raffoul, **Deborah** Salim, **Eva** Saseen (daughter of Nicholas), **Nicholas** Saseen, **Elaine** Shaheen, **Michael** Silpoch, **Habib** Skafi, **William** Sophiea Jr, **Lois** Teunion, and **Vicki** Toma (Fr. Joe's sister).
- We also pray for those who are with child: **Renea** (Rakan) Bayouk, **Kim** (Elias) Fanous, **Andrea** Jones (daughter of Nasri and Carol), **Jennifer** (Martin) Khoshaba (daughter of Najwa Joubran), and **Dina** (Laith) Maymoun.

Communion Hymn (for the Holy Cross)

(Refrain) The light of Thy countenance, O Lord, hath been signed upon us. اَرْفَعُ عَلَيْنَا نُورَ وَجْهِكَ يَا رَبَّ
(verse) Thou hast given gladness to my heart.
(verse) From the fruit of their wheat, wine, and oil are they multiplied.
(verse) In peace, in the same place, I shall lay me down and sleep.
Alleluia, Alleluia, Alleluia.

Instead of We have seen the True Light..., we sing:

Troparion of the Holy Cross—Tone 1

O Lord, save Thy people and bless Thy inheritance. Grant victories to the Orthodox Christians over their adversaries; and by the virtue of Thy Cross, preserve Thy habitation.

خَلِّصْ يَا رَبُّ شَعْبَكَ، وبارك ميراثك، وامنح عبيدك المؤمنين الغلبة على الشرير، واحفظ بقوة صليبك جميع
المختصين بك.

The **Procession of the Holy Cross** will take place at the end of the Divine Liturgy. Please **prostrate** or **kneel** each time we sing, “*Before Thy Cross, we bow down in worship O Master, and Thy Holy Resurrection, we glorify!*” لصليبك يا سيدنا نسجد، ولقيامتك المقدسة يا رب نمجد

ANNOUNCEMENTS

OUR CHURCH SCHOOL PROGRAM AND COFFEE FELLOWSHIP are suspended at this time.

COFFEE FELLOWSHIP HOSTS Available dates: April 26th, May 10th, 24th, and 31st ~ 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.

OUR STEWARDSHIP, OFFERINGS, AND DONATIONS This is a very difficult time for the world as we deal with CoVid-19. Though parishioners are not able to attend church, PLEASE help our parish by continuing to send offerings to St. George.

WEEKLY OFFERINGS Our average weekly parishioner offerings (not including other income) need to be \$5,005 to meet our 2020 Budget. On March 15th, our offerings were \$1,650 so we were short \$3,355 😞 If you have not already, please fill out your **2020 Offering Form** and send it to the church (address on 1st page). Thank you for supporting the good works of St. George!

PARKING LOT PLEDGES Our goal is \$80,000 (we have raised over \$40,000 so far including half of the Valentine Gala profits) and we are so thankful for those who have donated and pledged. If you have not already, please pick up a form, fill it out, and send it to the church. Remember our donations to the Parking Lot are separate (above and beyond) our weekly offerings. Again, thank you to our donors!

Fr. Joe and Leslee Abud
Dn. Mike and Pam Bassett
Khader and Lucy Abuaita
Anwar and Janet Abueita
Laila Abud

Anonymous
Ladies Auxiliary
Tony Daoud
Ayman and Wafaa Elias
John and Theresa Farah

Betty Froberg
Dr. David and May Gantos
Bill and Sue Shaheen
Richard Shaheen
Bob and Lois Teunion

COMING EVENTS

This Week The **Great Fast** continues until our celebration of **PASCHA: our Lord's Resurrection** on April 19th. The traditional fasting discipline (*no meat, poultry, dairy, eggs, fish, wine, olive oil, and their by-products*) is observed on all weekdays except on the Great Feast of the Annunciation (Wednesday, March 25th) when *fish, wine, and olive oil are permitted*. On Saturdays and Sundays, *wine and olive oil* are allowed.
Lenten Divine Services Even though we are not celebrating as a community, please visit the Archdiocesan website to pray at home with your family at antiochian.org/liturgicday.

Forgiveness and Love ~ The capacity to forgive and capacity to love

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

The capacity to forgive is directly related to the capacity to love, and it is in our act of forgiving others, that we find forgiveness. For it is in the turning away from our own self-concern, and our own self-will, that we begin to see that our salvation is directly linked to the salvation of our neighbor. To refuse to forgive our neighbor, is to cease having the capacity to love, *“for he who does not love his brother whom he has seen, how can he love God whom he has not seen?”* (1 John 4:20)

The ability to forgive others requires work on our part, for we must cooperate with the grace that comes as a gift of the Holy Spirit. Since we have been forgiven much, we, in turn, must forgive much. The Lord Himself told us that we must forgive our brother seventy times seventy, no easy feat, to be sure. Yet, it is this same Lord Who gives us the power, and the will, to be quick to forgive those who have hurt or offended us. It is this very Christ Who demonstrated the importance of forgiving others, when He forgave those who were crucifying Him. *“Lord, forgive them, for they know not what they do.”* (Luke 23:34)

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