

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 24, 2019

MARCH IS ANTIOCHIAN WOMEN'S MONTH

2ND SUNDAY OF THE GREAT FAST – GREGORY PALAMAS, ARCHBISHOP OF THESSALONIKA

وأحد القديس غريغوريوس بالامس أسقف تسالونيكى

Tone - 2

10th Matins Gospel {John 21:1-14}

Greeters and Ushers **Amirah Hanna, Kholoud Hayek, Najwa Joubran, and Mary Khoury**

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

Third Antiphon (during the Little Entrance)

Troparion of the Resurrection—Tone 2

When Thou did submit Thyself unto death, O Thou deathless and immortal one, then Thou did destroy hell with Thy Godly power! And when Thou did raise the dead from beneath the earth, all the powers of heaven did cry aloud unto Thee: O Christ Thou giver of Life, Glory to Thee!

Hymns after the Entrance with the Gospel

Troparion of the Resurrection—Tone 2 (*same as above*)

عندما انحدرت إلى الموت أيها الحياة الذي لا يموت. حينئذٍ أمنت الجحيم ببرق لاهوتك. وعندما أقمت الأموات من تحت الترى. صرّخ نَحْوَك جميعُ القواتِ السَّمَاوِيِّينَ. أيُّها المسيحُ الإلهُ معطي الحياةِ المَجْدُ لَكَ.

Troparion of St. Gregory Palamas—Tone 8

O light of Orthodoxy, teacher of the Church, its confirmation; O ideal of monks and invincible champion of theologians; O wonderworking Gregory, glory of Thessalonika and preacher of grace, always intercede

before the Lord that our souls may be saved!

يا كوكب الرأي المستقيم وسند الكنيسة ومعلمها. يا جمال المتوحدين ونصيراً لا يحارب للمتكلمين باللاهوت. غريغوريوس العجائبي فخر تسالونيكية وكاروز النعمة. ابتهل على الدوام في خلاص نفوسنا.

Troparion for Pre-Feast of the Annunciation—Tone 4

Today is the prelude of joy for the universe. Let us anticipate the feast and celebrate with exultation: Gabriel is on his way to announce the glad tidings to the Virgin; he is ready to cry out in fear and wonder: “Rejoice, O Full of Grace, the Lord is with you!”

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. إنني أنا عبدك يا والدة الإله، أكتب لك رايات الغلبة، يا جندية محامية، وأقدم لك الشكر كمنقذة من الشدائد. لكن بما أن لك العزة التي لا تحارب، أعتقني من صنوف الشدائد، حتى أصرخ إليك: إفرحي يا عروساً لا عروس لها

Epistle Reading: Hebrews 1:10-2:3 {2nd Sunday of the Great Fast}

Reader: **Wafaa Elias** (Arabic) and **Miar Abu-Aita** (English)

Gospel Reading: Mark 2:1-12 {2nd Sunday of the Great Fast}

Holy Bread Offerings

- Reader Fouad and Suad and Family for the health of their families and in loving memory of niece **Linda** Abuaita (9 day).
- George and Hiam Ishaq for the health of their family especially **Nusta, George, Hiam, Nida, Samer,** and **Nidal** the occasion of his birthday -- *May God grant him many years!* – and in loving memory of **Linda** (9 day), **Siman, Miriam, Farah, Katrina, Georgette, Nasim, Jamie, Nazik,** and **Nahil**.
- Sam and Jeanette Isaac for the health of their family and in loving memory of parents **John** (1 year) and **Helen** Isaac, **James** Delbridge, and **Suad** Andoni.
- Najwa Joubran and Family for the health of her family and in loving memory of father **Saleem** Hanna (34 years).
- St. George Ladies Auxiliary for the health of their families and in loving memory of their members who have fallen asleep in the Lord:

Sylvia Abdella	Marie Farah	Lucy Ghattas	Hillia Joseph	Lucile Raffoul
Sadie Albert	Yosra Canasi	Ann Hackim	Rose Joseph	Aida Rojas
Lourice Beers	Pauline Farah	Patricia Haddad	Jean Khouri	Mary Romley
Betty Brackett	Shafeeka Farah	Helen Isaac	Amal Koubty	Nora Romley
Kamelia Brackett	Jellilah Faris	Helen Isaac	Maria Monkaba	Norma Rynek
Shyka Brackett	Laura Gantos	Pauline Jehnsen	Martha Newman	Sadie Salem
Elizabeth Farah	Rose Gantos	Delores Joseph	Thelma Nickola	Freida Seikaly
Feroze Farah	Samira Gantous	Esther Joseph	Leere se Nicola	Sadie Salem

A-F	G-J	K-R	S-Z
Salad or Side Dish	Main Dish	Desserts	Relish Dish or Bread

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. On the <i>Annunciation</i> (Monday, March 25 th), <i>fish, wine, and olive oil</i> are allowed after Liturgy.
Monday	Annunciation البشارة combined Pan-Orthodox Vesperal Liturgy at St. George 6pm
Tuesday	North End Soup Kitchen 9am-12:30pm
Wednesday	Lenten Hours at St. Nicholas 10am Presanctified Liturgy القداس السابق تقد يسه & Lenten Potluck 6pm
Friday	Akathist to the Virgin Mary خدمة المديح (Madayeh), <u>with Bishop Attallah</u> 6:30pm
Saturday	Great Vespers and Confessions 5pm

The Great and Holy Lenten Fast

Modern science sees the value of the Church's tradition of fasting.

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

In Old Testament times, God's people prepared for holy occasions with fasting and prayer; in the New Testament holy tradition continued. The Lord fasted for 40 days before beginning His ministry, demonstrating the importance of fasting before starting any spiritual task. Christ said "When you fast" (Matthew 6:16), rather than *if you fast*. Our Lord told his disciples "when the bridegroom shall be taken from them, and then they shall fast". If we are to overcome evil, the Lord Jesus Christ said we must pray and fast, for the devil and his evil spirits will not depart but by prayer and fasting. Since prayer and fasting are seen as two weapons for us to do battle, how foolish we would be to use only one weapon, for what soldier would enter a battlefield with only one weapon at his disposal.

The scriptures show the importance of fasting for the health of the soul, and the Church has established fasting periods that actually total up to about half of the year, averaging about 180 days. Each section of the Church calendar has particular periods of fasting, with the winter fast before Christmas; the spring fast of Great Lent; the summer Apostles fast; and the Dormition fast in August. Throughout the rest of the year, we Orthodox Christians observe two days of fasting (Wednesdays and Fridays) per week. We even see the Church assigning special fast days that are connected with individual feasts such as the Eve of Theophany (January 5th), the Beheading of Saint John the Forerunner (August 29th), and the Elevation of the Holy Cross (September 14th).

Modern science has come to see that the spiritual discipline of the Church's fasting rules promotes good health, for avoiding meat and dairy products two days per week, help keep animal fats and related cholesterol problems under control. Our contemporary medicine has discovered nothing new, for the Church has known the value of fasting for thousands of years. This fasting, when wholly embraced, helps us empty ourselves while making way for God's grace which is abundant during the fast periods, to bring about the transformation of our souls.

**His Eminence
The Most Reverend
Metropolitan JOSEPH**



**Archbishop of New York and
Metropolitan of
All North America**

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

JANUARY 2019

Beloved Antiochian Women of our God-Protected Archdiocese:

We greet you as we have just left the holy season of our Lord's Nativity and Theophany and prepare to enter the all-holy season of the Triodion. These cyclical movements of the Church year remind us of an important theological and ontological reality. This reality is that while we take-leave of these seasons every year, we are nevertheless always assured that the God-man Jesus Christ, who was with the Father before the ages, is always with us and dwells with us and in us. Therefore, while the liturgical seasons come and go, the theological truths that we celebrate in them remain with us throughout the year. Let us follow the rhythm of these seasons as we pursue the Kingdom of God in our lives and in the lives of those around us.

Every year, the Metropolitan gives the Antiochian Woman a project for a charitable and worthy cause. Over the decades, we have helped those within and those outside the archdiocese, both here and overseas. This year we have a special project that will touch the lives of both adults and children in our archdiocese. That project is the building of a new Cathedral at the Antiochian Village.

This Cathedral will encompass and be part of the continued growth and expansion of the dream that started in the late 1970's under the inspiration of my predecessor of thrice-blessed memory, His Eminence Metropolitan PHILIP. The first phase was a camp for our children. As you know, the camp is the jewel of our archdiocese and has inspired our children to become priests, to marry each other, to remain in the Church and to live their Christian lives in a world that too often encourages them to do otherwise. The next phase was the Heritage and Learning Center. The center boasts 100 sleeping rooms, conference rooms, a library, a museum and meal facilities for pilgrims, retreats, PLC's and the like and allows us to gather and worship in a holy setting at a reasonable price, rather than at a hotel or conference center.

Now we come to today and the dream of a new Cathedral. For many years, we have worshipped with a church for the camp and the chapel for the center, both of which are too small for our campers and our large gatherings like the Clergy Symposium or the Parish Life Conference for our Eastern Dioceses. Likewise, if we truly believe that the Antiochian Village is the "jewel" of our archdiocese as we say, then this "jewel" should have a traditional church large enough to accommodate our needs. Beyond the worship space itself, we intend to build a crypt under the altar for our reposed hierarchs so that our children and their descendants can come, see, and learn about them and their contributions to our archdiocese. We will have in the church itself a special place for the holy body of St. Raphael of Brooklyn so that everyone can venerate the relics of this holy saint who established our presence on these shores. This Cathedral will be built in the traditional

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

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Orthodox style, reflected by the sacred art and proper architecture, so that visitors can truly encounter heaven on earth.

Beyond the Cathedral, we have other phases in mind for the future like a monastery, a senior home and more. The Cathedral is the first step and this is the challenge I have given the Antiochian Women for this year so we can kick-off our fund-raising campaign in a good way. I encourage all of our women's groups throughout the archdiocese to do their best to work hard for this project, as they always do. We are grateful for your efforts and for the efforts of the Village Council and the staff at the Antiochian Village for their continued hard work as we begin our work and cooperative efforts to realize our dreams.

Finally, as we approach Antiochian Women's month in March, be assured you are in my prayers and thoughts.

Wishing you all a blessed Triodion period, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph" with a long horizontal flourish extending to the right.

+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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Join us in welcoming
Jerusalem Bishop Attallah Hanna

Friday, March 29, 2019 at 7:30 pm

St. George Orthodox Church Hall
5191 Lennon Rd. Flint, MI 48507

Sponsored by:
Arab American Heritage Council
Palestine Aid Society of America- Detroit Chapter

Debkeh - Refreshments