

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 3, 2019

MARCH IS ANTIOCHIAN WOMEN'S MONTH

3RD PRE-LENTEN SUNDAY: SUNDAY OF THE LAST JUDGMENT (MEATFARE SUNDAY)

صلاة السحر لأحد مرافع اللحم

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

Altar Servers: **EVERYONE**

Greeters and Ushers **Eman, Erini, and Lucy Abuaita, Areen Bathish, Mary Ibrahim, and Evette Rishmawi**

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:

Preserve, O Lord, our master and chief priest = *Ton dhespotin kai archierea imon* (in Greek)
Many years, master = *Eis polla eti, dhespota* (in Greek)

Third Antiphon (during the Little Entrance)

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.

Hymns after the Entrance with the Gospel

Troparion of the Resurrection—Tone 7 (*same as above*)

حَطَمْتَ بِصَلَابِيكَ الْمَوْتَ، وَقَتَحْتَ لِلصَّنِّ الْفِرْدَوْسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطَّيِّبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرَزُوا، بِأَنَّكَ
قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

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 بمجد، فترتعد منك البرايا بأسرها، ونهر النار يجري أمام المنبر، والصحف تفتح والخفايا تُشهر، فنجنّ من النار التي لا تُطفأ وأهلني للوقوف عن يمينك، أيها الديان العادل.

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

Reader: **Manal Abuaita** (Arabic) and **Janet Abueita** (English)

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

Holy Bread Offerings

- John and Raji Salomon and Family for the health of their family and in loving memory of **John** Isaac (1 year), **Fouzi**, **Nasri**, **Miladeh**, and **Carlos**.
- Amjad Ishak, Evette Rishmawi, Mary Ibrahim and their Families for the health of their families and in loving memory of father **Nassim** Ishak (16 year).

Baptism/Chrismation Days

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

Cezar and **Lana** Abu-Aita – March 3rd

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: **Samira** Abufarha (+February 8th, sister-in-law of Ibrahim and Eman Abufarha) and **Joachim** Al-Khoury (+February 28th, uncle of Khaled Al-Khoury).
- 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, **Asma** Abuaita (sister of Janett Abuaita), **Cesar** and **Naila** Banna, **Emil** Bathish, **Alex** and **Panayiotis** Deligorges, **Vera** Farah, **Betty** Froberg, **Mariam** Ghanim (Manal's mother), **Phyllis** Good, **Carol** Haddad, **Roland** and **Ronald** Haddad, **Patti** Harris, **Daisy** Isaac, **Nawal** and **Nemer** Iseid, **Sally** Joseph, **Nakhleh** Khoury, **Nicola** Khoury, **Danny** Mortensen, **George** and **Renee** Nassif, **Aida** Raffoul, **Elaine** Shaheen, **Eva** Saseen (niece of George and Jeanette Nassif), **Michael** and **Nancy** Silpoch, **William** Sophiea Jr., and **Lois** Teunion; **Hanna**, **Jenny** and newborn **Rosalina** Abuaita (February 1st); **Rami**, **Walaa** and newborn **Iyan** Khoury (February 1st).
- 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 *Amjad Ishak, Evette Rishmawi, Mary Ibrahim and their Families.*

COFFEE FELLOWSHIP HOSTS Available dates: March 10th and 17th ~ 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 10th, no meat products are to be served. During the Great Fast (March 11th – April 27th), 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 to 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.

FR. JOE—OUT-OF-TOWN Fr. Joe will be on vacation Monday-Friday. For emergencies while Fr. Joe is away, please call Protodeacon Michael Bassett (St. George, 989-627-9580), Fr. Gabriel Bilas (St. Mary Magdalene, 810-750-1401) or Fr. Matthew Butrie (St. Nicholas, 810-744-0070). Please pray for Fr. Joe's safe travels.

TURATH: ARAB-AMERICAN STORY IN SONG (see flier in Lounge) March 16th at the Flint Institute of Music MacArthur Recital Hall at 7:30pm. The performance is free of charge, but you must make a reservation. For more information, call the Arab-American Heritage Council at 810-235-2722.

COMING EVENTS

This Week	Today is Meat-Fare Sunday , the last day we eat <i>meat, poultry, and their by-products</i> until Pascha (April 28 th). <i>Eggs, dairy, fish, wine, olive oil and their by-products</i> are allowed on all days this week.
Saturday	<i>Great Vespers and Confessions</i> 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).

The Jesus Prayer

The prayer that can change your life!

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

We all need a good dose of silent prayer each and every day. Finding that perfect place in your home that can become your cave, or prayer closet, will afford you that sacred space wherein you can go deep into the heart and connect with God. That place wherein you can close off your family, your worries, your job, your distractions, and go deep into your heart wherein you will find the peace that comes from Christ.

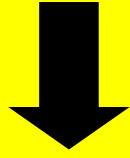
The Jesus Prayer is the perfect prayer, for it is a prayer of adoration and praise, and a prayer that proclaims that Jesus is Lord and, as God, can grant mercy upon you. The simple prayer which invokes the Holy Name of Jesus can transform your life, and take you into the very Heart of God. This prayer is known as the Prayer of the Heart for the very reason that it is of the heart.

“Lord Jesus Christ, Son of God, have mercy on me a sinner.” Said with the aid of a Prayer Rope (thus bringing your body into the action of the prayer), this prayer accomplishes Saint Paul’s admonition that we should “pray always”. It is a prayer that takes you out of yourself and into communion with Christ. It is a prayer that can change your life because through this prayer you can taste the presence of Christ beside you.

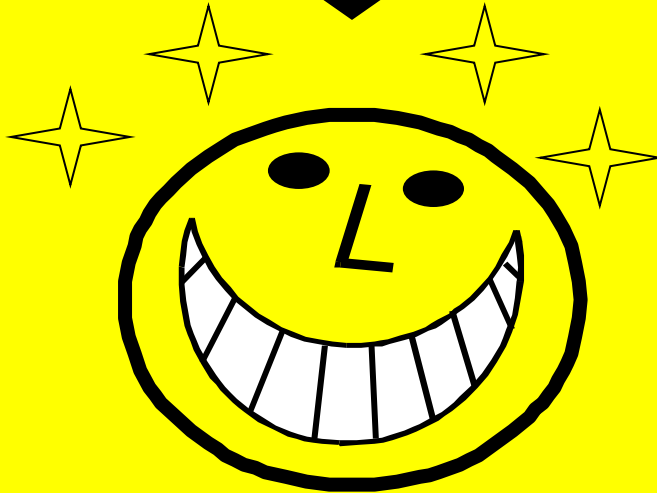
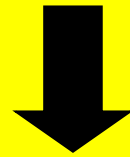
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- If you know of a parishioner who has given birth, fallen ill, or admitted to the hospital, please call the church office or let Father Joe know.
- If you would like to host Coffee Fellowship in memory of a loved one, the occasion of a birthday, a wedding anniversary, or in thanksgiving to God, sign up on the poster in the Lounge or speak with Manal Abuaita.

**Didn't Go to Forgiveness
Vespers**



I Did GO!



**Next Sunday
Forgiveness Vespers
at 12:30PM**