

April 14, 2019

5TH SUNDAY OF THE GREAT FAST:
VENERABLE MOTHER MARY OF EGYPT أحد القديسة مريم المصرية

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 5

Let us believers praise and worship the Word, coeternal with the Father and the Spirit, born of the Virgin for our salvation; for He took pleasure in ascending the cross in the flesh, to suffer death, and to raise the dead by His glorious resurrection.

Hymns after the Entrance with the Gospel

Troparion of the Resurrection—Tone 5 (*same as above*)

لِنُسَبِّحْ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدُ لِلْكَلِمَةِ. الْمَسَاوِي لِلأَبِ وَالرُّوحِ فِي الأَزَلِيَّةِ وَعَدَمِ الأَبْتَدَاءِ. المولود من العذراء لخلّصنا. لأنّه سرٌّ وارْتَضَى بالجسد أن يعلو على الصليب. ويحتمل الموت ويُنهض الموتى بقيامته المجدية.

Troparion for St. Mary of Egypt—Tone 8

The image of God was truly preserved in you, O Mother. For you took up the cross and followed Christ. By so doing, you taught us to disregard the flesh for it passes away, but to care instead for the soul for it is immortal. Therefore your spirit, O Holy Mother Mary, rejoices with the angels!

بك حُفِظَ التَّمَثَالُ باحْتِرَاسٍ وَثَبِقَ أَيْتُهَا الأُمُّ البَارَةُ مريم. لأنك قد حملت الصليب فتبعته المسيح. وعملت وعلمت أن يُنْغَاضَى عن الجسد لأنه يزول. وأن يُهْتَمَّ بأُمُورِ النَّفْسِ غيرِ المائتة. فلذلك أيتها البارة تَبْهَجُ رُوحُكَ مع الملائكة.

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 the Virgin Mary—Tone 2

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant: O despise not the suppliant voices of those who have sinned, but be thou quick, O good one, to come unto our aid, who in faith cry unto thee. Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

يا شفيعة المسيحيين غير الخازية الوسيطة لدى الخالق غير المرذودة لا تعرضي عن اصوات طلباتنا نحن الخطاة، بل تداركينا بالمعونة بما انك صالحة، نحن الصارخين نحوك بايمان، بادري الى الشفاعة واسرعي في الطلبة يا والدة الإله المتشفعة دائماً بمكرميك.

Epistle Reading: *Hebrews 9:11-14* {5th Sunday of the Great Fast}

Gospel Reading: *Mark 10:32-45* {5th Sunday of the Great Fast}

Holy Bread Offerings

- Issa and Vera Daoud, Sami and Nafeh Al-Sahoury, and their Families for the health of the families and in loving memory of **Suad** (40 day, Vera's mother and Sami's sister).
- Janett, Shafiq, and Najeb Abuaita and Family for the health of their family and in loving memory of mother **Mary** Abuaita (40 day).
- Issa and Adam Odeh for the health of their family especially wife and mother **Nawal** on her birthday ~ *may God grant her many years!* ~ and in loving memory of son and brother **Jamie** (17 year).
- Khaled and Sally Abuaita for the health of their family especially daughter **Watan** on the occasion of her birthday ~ *may God grant her many years!*
- We also pray for the servants of God who have fallen asleep in the Lord: **Cesar** Banna (40 day), **Linda** Abuaita (+March 15th, niece of Fouad and Suad Abuaita), **Martha** Abraham (+March 20th, Godmother of Fr. Joe), **Michael** Abdallah (+March 24th, father of Nasri), **Donna** Stewart (+March 25th, mother of Kelly Sanderson), and **Ilham** Abd Elkarim (+April 2nd, cousin of Fares Abdallah).
- 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, 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, **Vera** Daoud, **Alex** and **Panayiotis** Deligorges, **Vera** Farah, **Betty** Froberg, **Mariam** Ghanim (Manal's mother), **Phyllis** Good, **Carol** Haddad, **Roland** and **Ronald** Haddad, **Shawna** Hale, **Daisy** Isaac, **Ida** Isaac, **Nawal** & **Nimer** Iseid, **Sally** Joseph, **Nakhleh** Khoury, **Nicola** Khoury, **Danny** Mortensen, **George** and **Renee** Nassif, **Nawal** Odeh, **Aida** Raffoul, **Elias** Rishmawi, **John** Salomon, **Elaine** Shaheen, **Eva** Saseen (niece of George and Jeanette Nassif), **Michael** and **Nancy** Silpoch, **William** Sophiea Jr., and **Lois** Teunion; **Shadi**, **Natalie** and newborn **Aila** Qumsieh (March 31st); **Michael**, **Ola** and newborn **George** Alqazaha (April 8th).
- We also pray for those who are with child: Dr. **Lindsey** (Dr. Ryan) Brunner, **Katrina** (Gary) Gagne, **Diana** (Ayman) Khair, 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).

ANNOUNCEMENTS

COFFEE FELLOWSHIP is hosted by *Issa and Nawal Odeh*.

COFFEE FELLOWSHIP HOSTS Available dates: May 26th, June 2nd, 16th, and 30th ~ 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.

LENTEN POTLUCK MEALS Our Ladies Auxiliary are hosting Lenten Potluck Meals after our combined Pan-Orthodox celebration of the Raising of Lazarus. Please bring what is listed below according to the first letter of your last name. If you have any questions, please see or call our coordinators Anaam Abueita 810-962-1033 or Wafaa Elias 810-875-3398.

FOR OUR COMBINED CELEBRATION OF THE RAISING OF LAZARUS ON SATURDAY, APRIL 20TH

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

Happiness: Gratefulness makes us happy

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

We all know that money cannot buy happiness, yet many are not aware that practicing simple gratitude does bring about happiness. Being grateful for the people, we have in our lives, and for the things that we have, brings about a happiness that cannot come about by endlessly trying to acquire things. Researchers testing gratefulness in laboratories have discovered that gratitude actually changes the brain, and makes us happier because it allows us to be happier. Gratitude changes more than brain chemistry, for it makes us better, happier, and kinder to others.

If we practice being thankful for the compliments we receive from our friends, and for those dinners they treat us to, the gifts they give us, the flowers they bring to our home, or for just being there when we need them, we will find that our gratitude brings about more friendships, for others will be drawn to us.

Gratitude is an affirmation of goodness, for in our being grateful we affirm there are good things in the world and good people are part of our lives. Our being grateful does not mean that everything in life is perfect, but it does mean that we look at life as a whole, and receive with gratitude all the goodness that is in our life. In turn, our gratitude becomes the foundation for building up those around us, for in being happy ourselves, we are more likely to bring about happiness in others.

Being happy nurtures those random acts of kindness that everyone loves to experience, and promotes goodness and kindness among even strangers. People love it when other people are good to random people. This happiness becomes like a magnet, even strangers are drawn to us, and our list of friends proliferates. There is nothing that brings about satisfaction like being grateful for our life, for the lives of those around us, for the things in our lives, and for the love God has for us. Remember, it is not happiness that makes us grateful, but gratefulness that makes us happy.

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).

- **AUTOMATIC GIVING** Did you know most banks and credit unions offer automatic bill payment services? You can set it up so they send a check from your account to St. George for the amount you designate. This can be a onetime event or weekly/monthly. Just call or go online with your banking institution to get the form you need.
- **OFFICE HOURS** Our office manager, Kelly Dotson, works on Mondays, Thursdays, and Fridays (10am-4pm); Tuesdays and Wednesdays (1pm-4pm). Kelly can be reached during office hours at 810-732-0720 or kellysecstgeorge@gmail.com.

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 Combined Pan-Orthodox Presanctified Liturgy القداس السابق تقد يسه & Lenten Potluck at St. Nicholas (2143 South Center Road, ½ mile south of Lippincott Burton) 6pm
Friday	Little Compline صلاة النوم الصغرى and Canon of St. Lazarus 6:30pm
Saturday	Combined Raising of Lazarus Preparation of Gifts/Divine Liturgy 9:30am Lenten Potluck Meal follows Cleaning and Decorating for Palm Sunday <i>after our meal</i> Great Vespers and Confessions 5pm

+++++

- 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 our 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.



St. George
Church School
invites YOU to their
**Palm Sunday
Bake Sale**

Sunday, April 21st

Arabic Sweets, Lenten Desserts, Cakes, Pies, and Breads of all kinds!

**This is the Church School's ONLY Fundraiser...
Please Support Us!!!**

CALLING ALL BAKERS!!! We NEED YOU!!! Everything raised pays for books, supplies, incentives, and all expenses during the entire year! PLEASE bake something for the bake sale....PLEASE buy something at the bake sale....PLEASE be generous with your donation!! OUR CHILDREN ARE DEPENDING ON US!!!

Please drop off your baked goods in the Banquet Center
on Saturday, April 20th between 1-5pm.

Pick up containers for your Baked Goods during Coffee Fellowship on April 14th!



What: **Agape Vespers**

followed by: Pascha Egg Hunt

Who: Everyone especially children

When: Sunday, April 28th at 1pm

**Bring a basket to collect
your goodies!**

We are in need of wrapped candy for our Pascha Egg Hunt. All money donations and candy can be dropped off in the Church School Office by Sunday, April 21st.

Any and all donations will be appreciated!