

St. George Orthodox Church

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

Web Site: saintgeorgeflint.org

Father Joseph M. Abud, Pastor

Father Michael Bassett, Assistant

July 28, 2024

Glory to Jesus Christ!

Glory Forever!

Welcome to St. George! Thank you for attending today's Divine Services. If you are a first-time visitor, 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! 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. Anyone interested in learning more about our faith are encouraged to speak with one of our clergy.

Guidelines for Receiving Holy Communion for Orthodox Christians: Orthodox Christians fully participate in the celebration of the Eucharist by receiving Holy Communion in fulfillment of Christ's command *to eat His Body and drink His Blood*. In order to be properly prepared to receive Holy Communion, the faithful should fast (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 striving to always love God and their neighbor. Frequent communion and regular confession are recommended for all faithful Orthodox Christians.

For other Christians: We welcome you to this celebration of the Divine Liturgy. Unfortunately, we cannot extend to you a general invitation to receive Holy Communion. Orthodox Christians believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and worship of our community. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist, but for which we must all pray. All, however, are welcome to partake of the blessed bread (*antidoron*) which will be given when coming forward to venerate (kiss) the Holy Cross and receive the final blessing from the priest. Again, welcome!

Live Streaming of Divine Services

St. George is open for all parishioners and visitors. If you cannot attend, please pray with us through our livestream which can be seen on our YouTube Channel:

<https://www.youtube.com/c/SaintGeorgeOrthodoxChurchFlintMI>

If you have a smart TV, you actually have a web browser and YouTube app built in. All you have to do is start the browser app for YouTube and put the link in the address bar.

Holy Bread Offerings (*Oblations*)

- St. George parishioners for the health of their families and in loving memory of **Mira Prusac** (40 day, from St. Nicholas).
- Fr. Michael and Kh. Pam Bassett for the health of their family and in loving memory of **Chris Russell** (40 day, friend of Fr. Michael).
- Laila Abud and Family for the health of her family especially her great-grandson **Julian, Father Joseph, Khouriya Leslee, Nicholas, John, Nawal, Tommy,** and **Joanna** Abud and in loving memory of daughter **Vicki** (2 year), husband **Joseph** (18 year), parents **Thomas** and **Julia** Shehab, brother **Roy** and **Beverly** Shehab, **Fortunato** and **Saada** Abud, **Adele** Melkin, **Babe, Helen,** and **Joseph** Krusienski, **Elias, Anna, John, Helen, Charles, Helen, Martha** Abraham, and **Edna** Michael.
- George and Jeanette Nassif for the health of their family and in loving memory of **Nick** Saseen (1 year, brother of Jeanette) and son **Paul** Nassif.
- **Ric** and **Martha** Shahin for the health of the **members of the Shahin, Hawkins, Lecznar,** and **Moore** Families especially **Nicholas** and **Stacy** who will have their wedding crowns removed today and in loving memory of the **departed members of the Shahin, Hawkins, Lecznar,** and **Moore** Families.

BAPTISM/CHRISMATION DAYS

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

- **Samantha** Alyatim and **Ryan** Helal ~ August 1st

May they be children of the Light and heirs of eternal good things. {Baptismal Service}

- Prayers are offered for our parishioners who are ill, recovering, or in need, especially His servants: **Archbishop Nathaniel** (Romanian Diocese of the Orthodox Church in America), our **Bishop Anthony, Fr. Joe** Abud, **Fr. Amin** and **Kh. Rena, Teodora,** and **Nicholas** Houli, **Sahar** Abdallah, **Abeer** Abuaita, **Reader Fouad & Soad** Abuaita, **Philip & Janett** Abuaita, **Rasha** Abuaita, **Sami & Shafiq** Abuaitah, **Laila** Abud, **George** Abueita, **Georgette** Abueita, **Jane** Abueita, **Youssif** Abousamra, **Khaled** Al-Khouri, **William** Alsahouri, **Naila** Banna, **Douglas** Coone, **Vera** Daoud, **Said** Farah, **Joseph** Gagne, **Elias** Gantos, **Subdeacon George** Gantous, **Phyllis** Good, **Daisy** Isaac, **Mila** Mitri, **Danny** Mortensen, **Karen** Mortensen, **Laura** Nassar, **Jeanette** Nassif, **Adam** Odeh, **Nimer** Rishmawi, **Elaine** Shaheen, **Michael** and **Nancy** Silpoch; your servants **Jaden** Turner, **Evan** Sandford, and **Maria** Kirk who are in catechism (under instruction) to become members of our Orthodox Faith; **Sameh** and **Yara** (Abuaita) Shoukry who were united in the *Sacrament of Holy Matrimony*.
- We also pray for the servants of God who have fallen asleep in the Lord: **Charles Michael** Billeter (+July 3rd, brother-in-law of Steve Sanderson), **Randall** Klomp (+July 4th, friend of catechumen Evan Sandford), and **Ronald** Haddad (+July 6th) ~ *may their memory be eternal!*
- We also pray for our *Expectant Parents*: **Liana** and **Hanna** Abuaita, **Stephanie** and **Nadim** Burbar, and **Natania** and **Rene** Hanna.
- Remember in your prayers all of our **Campers** who returned home from the Antiochian Village Summer Camp this weekend, along with **Lana Abuaita** and the **Staff** at the Antiochian Village.

ANNOUNCEMENTS

COFFEE FELLOWSHIP is hosted by *Ric and Martha Shahin and JoAnn Hawkins* in honor of *Nicholas and Stacy Shahin's Removal of Crowns*.

COFFEE FELLOWSHIP HOSTS Available dates: August 25th, September 1st, 15th, 22nd, and 29th ~ sign-up poster and hosting information are in the Lounge. Hosting includes bringing whatever you wish to serve, setting up, and cleaning up afterwards. St. George provides coffee, cups, cream, and sugar at a charge to the host of \$30. **For more information**, contact coordinator Manal Abuaita 810-577-0028.

UOFM-FLINT, KETTERING, AND MOTT COMMUNITY COLLEGE STUDENTS We are re-starting an **Orthodox Christian Fellowship** (OCF) local chapter. Students (or parents), please let Fr. Michael (989-627-9580 or frdnmike@gmail.com) know if you are at any of these schools ~ thanks!

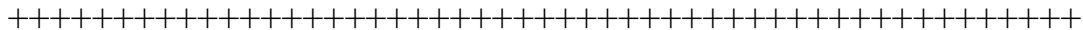
CATECHISM (INSTRUCTION) CLASSES: Mondays, 3:30–5pm. These classes are for those who are under instruction to become Orthodox ~ basically an introduction to the Orthodox Faith. All are invited to participate to learn or refresh your knowledge of our faith. The book which is being used is [The Orthodox Faith, Worship and Life by Hieromonk Gregorios of Mt. Athos](#). For more information or to sign up, please contact Fr. Michael (989-627-9580 or frdnmike@gmail.com)

WEEKLY OFFERINGS Our average weekly parishioner offerings (not including other income) needs to be \$7,588 to meet our 2024 Budget. On Sunday, July 14th our offerings were \$1,565; we were short \$6,023! 😞 **Please keep up with your offerings during the summer months!** If you have not already, fill out your *2024 Offering Form*, put it in Sunday's Offering Tray or send it to the church (5191 Lennon Road, Flint, MI 48507). May God bless you for supporting His parish of St. George and offering as He wants for our salvation!

COMING EVENTS

Fasting Discipline The traditional fasting discipline (*no meat, poultry, eggs, dairy, fish, wine, olive oil, and their by-products*) is observed on Wednesday. The **Dormition Fast** for the **Dormition (Falling Asleep) of the Virgin Mary** begins on Thursday, August 1st and lasts until the feast on August 15th. The traditional fasting discipline during this fourteen-day period is *no meat, poultry, eggs, dairy, fish, wine, olive oil and their by-products*, except on Saturdays and Sundays when *wine and olive oil* are allowed.

Saturday **Great Vespers and Confessions** 4pm



The Importance of Fasting ~ Why We Orthodox Christians Keep Periods of Fasting

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

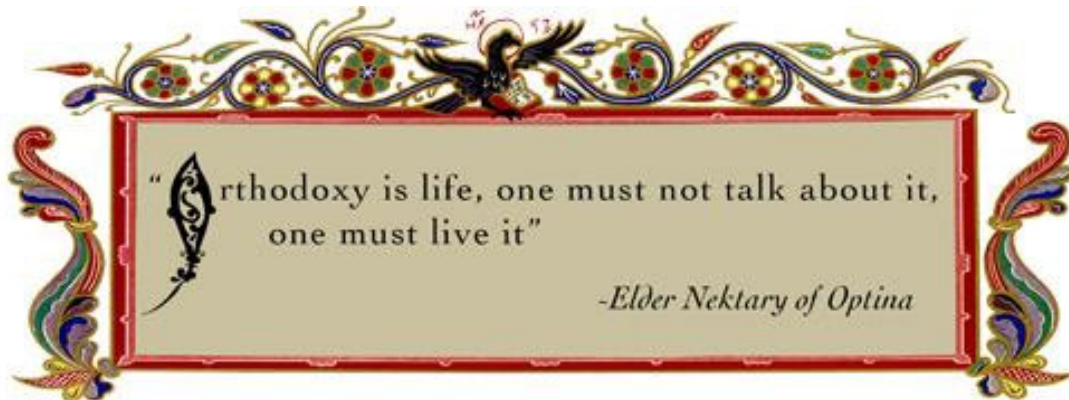
From Old Testament times the people of God prepared for holy occasions with fasting and prayer, and the New Testament continued with this holy tradition. The Lord Himself fasted for forty days before beginning His earthly ministry, demonstrating the importance of fasting before starting any spiritual task. Christ even went so far as saying "When you fast" (Matt. 6:16), rather than If you fast. Our Lord told his disciples that "when the bridegroom shall be

continued ⇨

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 foul spirits depart only 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.

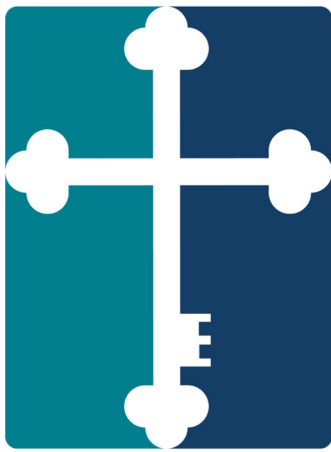
The scriptures document, throughout, the importance of fasting for the health of the soul, and the Church has established fasting periods that actually total up to about half of the year, averaging about 180 days, when added all together. Each section of the Church calendar has particular periods of fasting, with the Nativity fast before Christmas; the spring fast of Great Lent; the beginning of the summer Apostles' fast; and the end of the summer Dormition fast. Throughout the rest of the year, we Orthodox Christians observe two days of fasting per week, with Wednesdays and Fridays given over as fast days. We even see the Church assigning special fast days that are connected with individual feasts such as the Eve of Theophany, the Beheading of Saint John the Forerunner, and the Elevation of the Holy Cross.

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, and helps 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. And this fasting, when wholly embraced, helps us empty ourselves while making way for the grace that is abundant during the fast periods, to bring about transformation of the soul.



Once a man was asked,
"What did you gain by
regularly praying to God?"

The man replied, "Nothing..
But let me tell you what I lost:
Anger, Ego, Greed, Depression,
Insecurity, and Fear of Death."



Orthodox Christian
PRISON MINISTRY

**WHO
WE
ARE**

Orthodox Christian Prison Ministry is the national prison ministry of the Orthodox Church in the US and an agency of the Assembly of Canonical Orthodox Bishops.



OUR MISSION

Orthodox Christian Prison Ministry serves those who are incarcerated and their families, and provides resources, training, and support to our ministry partners so that lives are transformed and God is glorified.

WHAT WE DO

RELATIONSHIP MANAGEMENT - Through our Correspondence Ministry, OCPM case managers maintain relationships with Orthodox and non-Orthodox prisoners over years and decades at a time.

CATECHISM & EDUCATION - We provide personalized spiritual care, Bibles, books, icons, and catechism study courses in the Orthodox faith. OCPM publishes our own books and icons, which have been designed for use in prison and are printed to meet the stringent rules of prison mailing rooms.

COACHING & COUNSELING - OCPM trains Orthodox priests and laypersons to visit and counsel those in prison, and we counsel families with loved ones in prison. We advocate for correctional facilities around the country to recognize the Orthodox faith so that priests can enter prisons and administer the Sacraments and services.

RE-ENTRY SUPPORT - OCPM counsels those recently released from prison and trains local churches in how to fully welcome and support someone through his or her re-entry.

YOUR 2023 IMPACT

1,199 people in prison who corresponded with OCPM

200 new case files of people in prison opened

51,530 spiritual books, study courses, Bible studies, daily readings, and spiritual reflections sent

162 Orthodox churches offered coaching, training, and consultation for parish-based prison ministry

481 prison facilities served by OCPM

CONTACT US

276 5th Avenue, Ste. 704-3183
New York, NY 10001

(347) 868-6957

LEARN MORE

WWW.THEOCPM.ORG



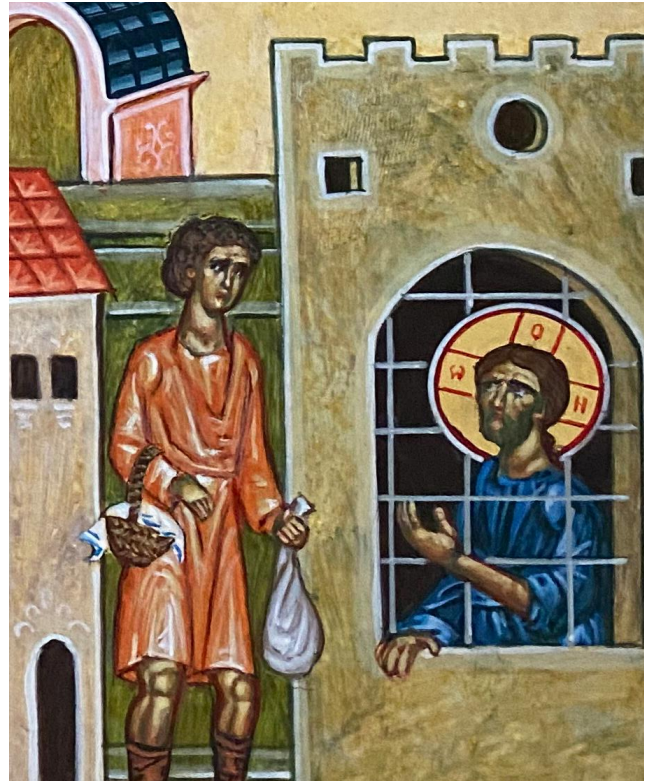


Orthodox Christian
PRISON MINISTRY

PRISON MINISTRY AWARENESS SUNDAY

Did you know that there are Orthodox Christians practicing their faith in prison? Or that there are prisoners who are ready to repent of their crimes and embrace the Orthodox Church? **Who will minister to them?**

As the national prison ministry of the Orthodox Church, Orthodox Christian Prison Ministry (OCPM) supports prisoners' unique spiritual needs through longterm case management and provides resources and training to parishes and clergy, enabling them to offer local solutions and fulfill Christ's command to visit Him in prison. As a result, families are reunited, marriages are healed, and thousands of incarcerated men and women have a new sense of peace and restored order in their lives.



4,667

TOTAL PRISONERS MINISTERED TO

51,530

BIBLE STUDIES, DAILY READINGS, AND
SPIRITUAL REFLECTIONS SENT IN 2023

*"I was in prison,
and you visited Me."*

Matthew 25:36

LEARN MORE AT theocpm.org

PHONE: +1.347.868.6957



ASSEMBLY OF CANONICAL
ORTHODOX BISHOPS
OF THE UNITED STATES OF AMERICA

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