

# St. George Orthodox Church

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

V. Rev. Father Joseph M. Abud, Pastor

Dn. Michael Bassett

March 18, 2012

## MARCH IS ANTIOCHIAN WOMEN'S MONTH

3<sup>RD</sup> SUNDAY OF THE GREAT FAST – ADORATION OF THE PRECIOUS AND LIFE-GIVING CROSS

تذكار السجود للصلب الكريم

Tone – 7

7<sup>th</sup> Matins Gospel {John 20:1-10}

Altar Servers: **St. George** team {George David, captain} Next Week – **St. Michael** team

Greeters/Ushers: **Abeer Abuaita, Muna Abuaita, Laura Nassar, and Vicky Nassar**

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!** Every Sunday we remember the Resurrection of our Lord and Savior Jesus Christ. The word “*Liturgy*” means *work of the people* which means everyone participates through singing, praying, hearing the teaching, and opening our hearts to allow God’s grace to enter. For those who have committed themselves to the Orthodox Faith (through Baptism and/or Chrismation) it also means, if prepared, the reception of Holy Communion. Preparation includes the Sacrament of Confession (7 years and older) within the last 2 months, prayer, being on time for church, being at peace with others, attending the Divine Liturgy regularly, and fasting (no food or drink from midnight the night before). If you are new, just visiting, or have any questions, please introduce yourself to Father Joe. Please know that everyone is invited to venerate the Holy Gospel and receive Holy Bread at the end of Liturgy. All are welcome to our Coffee Fellowship in the hall after Liturgy.

In the **Divine Liturgy of St. Basil the Great** (his prayers begin on p.132 in the Red Service Book and the bilingual sheets in the Narthex), we sing these special hymns:

### 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.

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 leddest 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.

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 Elevation of the Holy Cross}: 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.

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### **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.

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

#### **Troparion of 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 أنتَ للمسؤلين مُحررٌ وَمُعْنِقٌ، وللثُّقَارِ وَالْمَسَاكِينِ عَاصِدٌ وَنَاصِرٌ، وللمرْضَى طَبِيبٌ وَشَافٌِ وَعَنِ الْمُؤْمِنِينَ مُكَافِحٌ وَمُحَارِبٌ أَيْهَا الْعَظِيمُ فِي الشُّهَدَاءِ جَاَوِرُ جِيُوسَ الْلَاِبِسُ الظَّفَرُ شَقَعَ إِلَى الْمَسِيحِ إِلَهِ فِي خَلَاصِ نُورِنَا.

#### **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، أكتب لك رايات الغلبة يا جندية محامية، وأقدم لك الشكر كمنقذة من الشدائدين لكن

بما أن لك العزة التي لا تحارب أعتقني من صنوف الشدائدين حتى أصرخ إليك. افرحي يا عروسنا لا عروس لها"

#### **Instead of Holy God..., we sing:**

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

لصلبك يا سيدنا نسجد، ولقيامتك المقدسة يا رب نمجّد

#### **Epistle Reading: Hebrews 4:14-5:-6 {3<sup>rd</sup> Sunday of the Great Fast}**

Reader: Wafaa Elias (Arabic) and Janet Abueita (English)

#### **Gospel Reading: Mark 8:34-9:1 {3<sup>rd</sup> Sunday of the Great Fast}**

#### **Flower Offering 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**

- George, Muna, Suheil, and Abeer Abuaita for the health of their families and in loving memory of **Issa** and **Nahil** (George and Suheil's parents).

- Michael Khal for the health of his family and in loving memory of father **Raja** (10 years).
- Deacon Michael and Pam Bassett for the health of their family and in loving memory of **John Ward** (7 years), aunt **Rose Jordan** (7 years), and uncle **Edward Thabet** (10 years).
- Najwa Joubran for the health of her family especially **George** (nephew of Amira Hanna) and friend **Muna Rahmon** and in loving memory of father **Salim** (26 years).
- The Abud Family for the health of their family especially **Fr. Paul Jannakos**, **Thomas Abud**, and **Gregory Hanna** on the occasion of their birthdays -- *May God grant them many years!*
- This morning we pray for the servants of God who have fallen asleep in the Lord: **Helen Mourad** (+February 7<sup>th</sup>, relative of Sue Shaheen), **Mary Isaac** (+February 10<sup>th</sup>, mother of Stephanie Silpoch), and **Helen Isaac** (+March 13<sup>th</sup>, Arizona).
- Prayers are offered for our parishioners who are ill, recovering, or in need, especially His servants: **Blanka AbuAita**, **Khaled Al-Khoury**, **Jonathan Bassett**, **Evelyn Delbridge**, **Awatef Deligorges**, **Gisele Farah**, **Pauline Farah**, **Samira Gantous**, **Camille Ghantous**, **Phyllis Good**, **Carol Haddad**, **Roland Haddad**, **Betty Khouri**, **Mariam Khoury**, **Norma Lazar**, **Lourice Matta**, **Danny Mortenson**, **Nick Nickola**, **Nawal Odeh**, **Elaine Shaheen**, **Nancy Silpoch**, **Habib** and **Marie Skafi**, **Norma Sophiea Jr.**.
- We also pray for the servants of God who are with child: **Reemy Abuaita**, **Chrissy Abueita**, **Linda Gantos**, **Ghadeer Ibrahim**, **Ivy Khoury**, and **Lisa Thomas** (daughter-in-law of Doug and Sandy).

**Megalynarion (Instead of "It is truly meet...") for St. Basil's Liturgy (Tone 2)**

All of creation rejoices in you, O Full of Grace: the assembly of angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a Child: our God before the ages. He made your body into a throne, and your womb He made more spacious than the heavens. All of creation rejoices in you, O Full of Grace, glory to you!

**التعظيمية لوالدة الإله (بالحنن الثاني)**

إن البرايا بأسرها تفرح بك يا ممتنة نعمة، محافل الملائكة وأجناس البشر، أيتها الهيكل المقدس والفردوس الناطق، فخر البتولية مريم التي منها تجسد الإله وصار طفلاً وهو الإله الذي قبل الدهور، لأنك صنع مُسْتَوْدِعًا عرشاً وجعل بطنك أرحب من السموات، لذلك يا ممتنة نعمة تفرح بك كل البرايا وتُمجّدك.

**Communion Hymn (for the Holy Cross)**

(Refrain) The light of Thy countenance hath been impressed on us, O Lord.

(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.

**Reception of Holy Communion**

- Please remember ONLY ORTHODOX CHRISTIANS who have PREPARED THEMSELVES may partake of Holy Communion.
- If you are physically able, please remain standing during Holy Communion. If you have a special need, please let one of the ushers know so we may assist you.

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

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

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!*”

لصلبك يا سيدنا نسجد، ولقيامتك المقدسة يا رب نمجد

## ANNOUNCEMENTS

**COFFEE FELLOWSHIP** is hosted by *Teen SOYO Relay-for-Life Lenten Bake Sale*.

**COFFEE FELLOWSHIP HOSTS** Available dates: April 1<sup>st</sup> and 22<sup>nd</sup> -- sign-up poster is in the Hall. Hosting information is in the Hall and 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. *During the Great Fast (February 27<sup>th</sup> – April 14<sup>th</sup>), no meat or dairy products are to be served.*

➤ **PLEASE** turn off or put on vibrate all cell phones while in church, thank you!

**RELAY FOR LIFE** Please support the Teen SOYO team in fighting cancer by attending their Bake Sale TODAY at Coffee Fellowship! Also, for a \$10 donation, you may bring names that will be remembered on a luminary.

» **WEEKLY OFFERINGS:** Our average weekly offerings need to be \$4,610 to meet our 2012 Budget. Last Sunday, our offerings were \$2,970 so we were short \$1,640. If you haven't already, please fill out your 2012 Offering Form as soon as possible.

**WHAT ARE YOU EATING?** We have been blessed to have Tamara Rishmawi share with us good eating habits! Today, March 18<sup>th</sup>, she will have another presentation. This is for adults and children to learn how to eat right! Plan on attending!

➤ **St. George's NEW Web Site** [saintgeorgeflint.org](http://saintgeorgeflint.org) Thank you to Deacon Michael for all the work he has done in getting this up and running! If you would like to help keep the site updated, please contact Dn. Mike at [frdnmike@gmail.com](mailto:frdnmike@gmail.com).

## COMING EVENTS

This Week	The <i>Great Fast</i> continues until our celebration of our Lord's Resurrection-PASCHA on April 15 <sup>th</sup> . The traditional fasting discipline ( <i>no meat or 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	<i>Great Compline</i> 6:30pm
Wednesday	قداس السابق تقدیس 6:30pm <i>Combined Presanctified Liturgy</i> and <i>Lenten Potluck</i> at St. Nicholas in Burton 6pm
Friday	<i>Supplication to the Virgin Mary</i> خدمة المديح (Madayeh) 6:30pm
Saturday	<i>Great Vespers and Confessions</i> 5pm