

St. George Orthodox Church

5191 Lennon Road
Flint, MI 48507-1050

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A Church of the Antiochian Orthodox Christian Archdiocese of North America

THE VOICE

of St. George



Published Monthly with Special Editions by St. George Orthodox Church -- Flint, MI

December 2019

Volume 29, Number 4

Christmas Decorations



I would like to donate _____
Poinsettia plants @ \$20.00 each.

Poinsettias = \$ _____

Other decorations = \$ _____

TOTAL = \$ _____

At the Prothesis service where the bread and wine is prepared to offer at the Christmas Liturgy (which becomes the Body and Blood of Christ in Holy Communion), Father will remember the 'Living' and 'Departed' members of our family and friends.

Please print clearly!

For the health of:

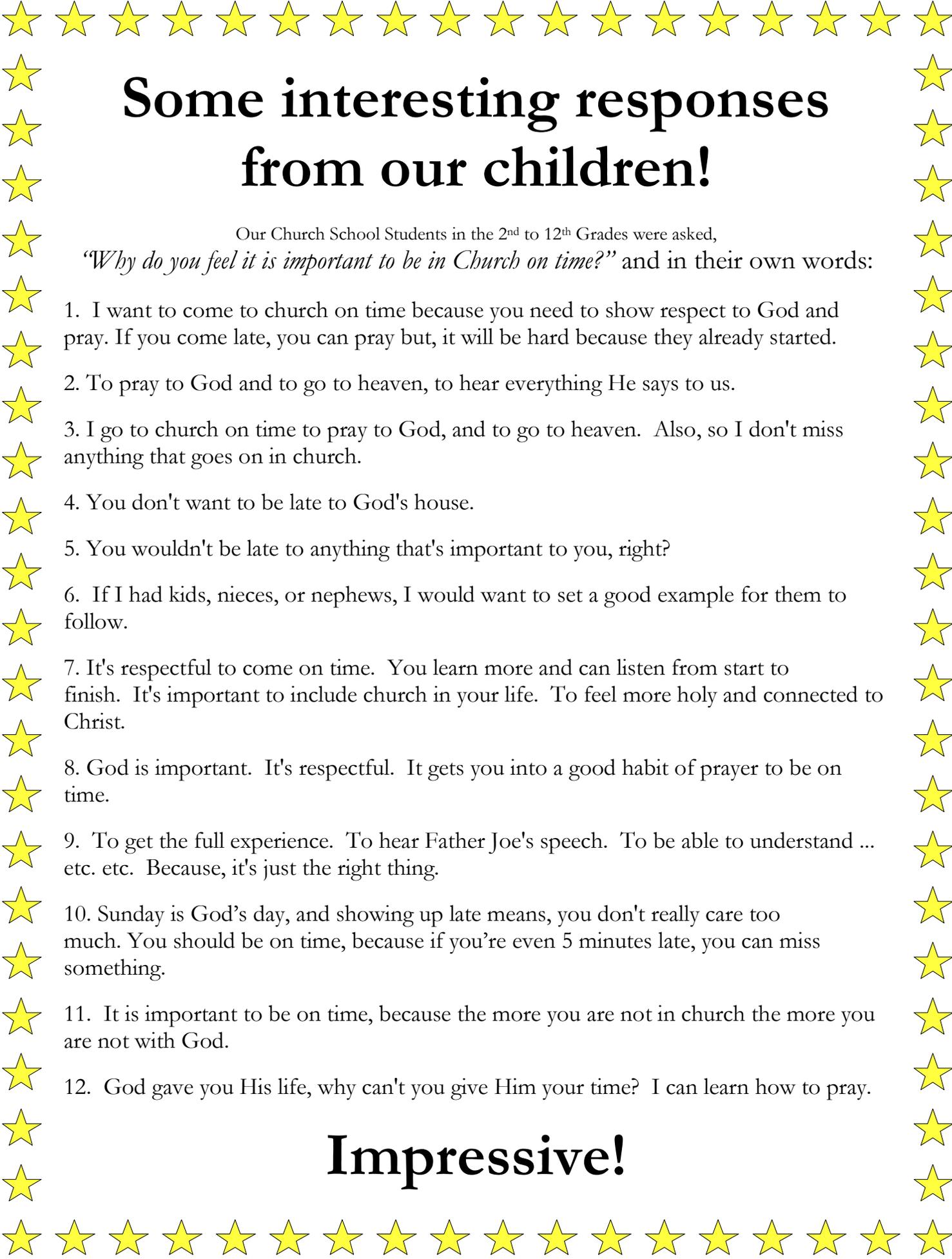
In loving memory of:

From: _____

Deadline: Sunday, December 15th

Make checks payable to: *St. George* with the memo: *Decorations*

Please include this form and your donation in a **Pew Envelope**
and place it in the Sunday Offering Tray – Thank You!



Some interesting responses from our children!

Our Church School Students in the 2nd to 12th Grades were asked,
“Why do you feel it is important to be in Church on time?” and in their own words:

1. I want to come to church on time because you need to show respect to God and pray. If you come late, you can pray but, it will be hard because they already started.
2. To pray to God and to go to heaven, to hear everything He says to us.
3. I go to church on time to pray to God, and to go to heaven. Also, so I don't miss anything that goes on in church.
4. You don't want to be late to God's house.
5. You wouldn't be late to anything that's important to you, right?
6. If I had kids, nieces, or nephews, I would want to set a good example for them to follow.
7. It's respectful to come on time. You learn more and can listen from start to finish. It's important to include church in your life. To feel more holy and connected to Christ.
8. God is important. It's respectful. It gets you into a good habit of prayer to be on time.
9. To get the full experience. To hear Father Joe's speech. To be able to understand ... etc. etc. Because, it's just the right thing.
10. Sunday is God's day, and showing up late means, you don't really care too much. You should be on time, because if you're even 5 minutes late, you can miss something.
11. It is important to be on time, because the more you are not in church the more you are not with God.
12. God gave you His life, why can't you give Him your time? I can learn how to pray.

Impressive!

St. George Orthodox Church

Valentine Gala

Friday, February 7, 2020

at the St. George Banquet Center

Cocktail Hour - 7pm

Dinner catered by Chef Luis Fernandes of Redwood Steakhouse - 8pm

Dancing and Entertainment provided by Bassam Saleh

Reservations - \$100 per person Evening Attire: Cocktail

Funds raised will support the good works of St. George!

Prizes

Diamond Jewelry Piece donated by Diamond Galleria, Michel & Nadia Hamati - Door Prize

Win a \$2,500 Somerset Shopping Spree

AND MANY MORE SURPRISES!

Sponsorship Levels & Benefits:

Diamond -- \$2,500:

10 tickets with Diamond Seating

Company Logo on Step & Repeat Backdrop

Company recognized on Sunday, February 9th during church's Coffee Fellowship

Company recognized from podium at event program

Company Logo on all event's prints & signage*

Platinum -- \$1,500:

8 tickets with Platinum Seating

Company recognized on Sunday, February 9th during church's Coffee Fellowship

Company recognized from podium at event program

Company Logo on all event's prints & signage*

Gold -- \$1,000:

6 tickets with Gold Seating

Company recognized from podium at event program

Company Logo on all event's prints & signage*

Silver -- \$800:

4 tickets with Silver Seating

Company Logo on all event's prints & signage*

Bronze -- \$500:

2 tickets with Bronze Seating

Company Name on all event's prints & signage*

Please note: Your contribution is tax-deductible by the maximum extent allowed by law.

*Sponsors guaranteed to be listed on the event's prints & signage if received by January 22nd.



Valentine Gala Sponsorship Form

Sponsorships Received as of November 19th:

DIAMOND

Sorenson Gross Construction Company

Diamond Galleria (in kind)

The Farah Family in memory of George Farah

BRONZE

Dannie and Lubna Jones

Please print name of Individual or Business, as it should appear on printed materials:

Contact Name:

Address:

City: _____ State: _____ Zip: _____

Telephone: _____

Email: _____

Sponsorship Level: _____

Total amount enclosed \$ _____

Please charge my: *Visa / MasterCard / American Express*

Account #: _____

Expiration date: ____/____

Those companies eligible for logo recognition (see Levels & Benefits), please submit your company/business logo to Office Manager Kelly Dotson.

Logos MUST be received no later than January 22nd to be included in all promotional materials.

Please mail check and send form by fax or email (kellysecstgeorge@gmail.com) to:

St. George Orthodox Church

5191 Lennon Road

Flint, MI 48507

Fax 810-732-0324

Fasting, the Door to Spiritual Treasure

Bishop THOMAS Diocese of Oakland, Charleston, the Mid-Atlantic and Subdeacon David Hyatt

"For the Healing of Soul and Body: Let us Pray to the Lord"

*Fasting possesses great power and it works glorious things.
To fast is to banquet with angels. +St. Athanasius the Great*

Fasting is an important spiritual struggle that carries us into the Kingdom of God. Combined with increased prayer and almsgiving, fasting helps us to say 'no' to the bodily desires in order to say 'yes' to the spiritual riches of the virtues of Christ. St. Seraphim of Sarov writes,

Fasting, prayer, alms, and every other good Christian deed is good in itself, but the purpose of the Christian life consists not only in the fulfillment of one or another of them. The true purpose of our Christian life is the acquisition of the Holy Spirit of God.

There are two basic categories of fasting within the Church: the Ascetical Fast and the Eucharistic Fast. The Ascetical Fast refers to the prescribed days and seasons during the year in which we refrain from consuming all meat, meat products, dairy products, fish, olive oil, and alcoholic beverages. The Eucharistic or Communion Fast refers to the period of time in which we abstain from all food and drink after midnight before receiving Holy Communion the next day. It is very important that all fasting rules be developed and followed under the direction of an Orthodox physician or dietician that is blessed by the parish priest. In certain circumstances, he may relax the traditional fasting guidelines at his discretion due to health concerns, very young children, pregnant women, or nursing mothers. (Please refer to the Antiochian Archdiocese website for the current fasting calendar and guidelines.) In this way, fasting can be a spiritually fruitful practice for everyone for the healing of both soul and body.

Saint John Cassian (+435), a monastic saint known for his writings on the monastic life, described the difference between eating to provide for the needs of life and self-indulgence. While his writings were specifically for monks, they are also helpful for the faithful in all walks of life. He writes,

A clear rule for self-control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied.

When the Apostle said, 'Make no provision to fulfill the desires of the flesh' (Rom. 13:14), he was not forbidding us to provide for the needs of life; he was warning us against self-indulgence. Moreover, by itself abstinence from food does not contribute to perfect purity of soul unless the other virtues are active as well. Humility, for example, practiced through obedience in our work and through bodily hardship, is a great help. If we avoid avarice not only by having no money, but also by not wanting to have any, this leads us towards purity of soul. Freedom from anger, from dejection, self-esteem and pride also contributes to purity of soul in general, while self-control and fasting are especially important for bringing about that specific purity of soul which comes through restraint and moderation.

No one whose stomach is full can fight mentally against the demon of unchastity. Our initial struggle therefore must be to gain control of our stomach and to bring our body into subjection not only through fasting but also through vigils, labors and spiritual reading, and through concentrating our heart on fear of Gehenna and on longing for the kingdom of heaven.

Saint John offers us a vision of a rightly ordered relationship to food.

- Consume enough food to sustain a healthy life.
- Practice self-control so as not to overeat and become physically and spiritually lethargic.
- Combine fasting with prayer, almsgiving, spiritual reading, remembrance of death and the coming judgment, and a desire for the kingdom of heaven!

As the Holy Orthodox Church recognizes our human person as an integrated being of soul and body, made in the image and for the likeness of our Creator, it should come as no surprise that fasting is not only a spiritually profitable exercise but also a physically fruitful one. Conversely, neglecting ascetical practices prescribed by the Church cannot only take a spiritual toll, but a physical one as well. Choosing healthy ingredients for our meals that

serve to sustain life, and limiting our food intake, so as not to put us at further risk for obesity, heart disease and even cancer, are all important ways that we maintain a healthy body to serve the Lord.

In 2003, a study of one hundred and twenty Eastern Orthodox adults was conducted for one year. Sixty regularly fasted (Fasters) according to the guidelines of the Orthodox Church, and the other sixty did not fast (Controls) at all throughout the year.

Results

Statistically significant end-fasting total and LDL cholesterol differences were found in fasters. Fasters compared to controls presented 12.5% lower end-total cholesterol ($p < 0.001$), 15.9% lower end-LDL cholesterol ($p < 0.001$) and 1.5% lower end-BMI ($p < 0.001$). The end- LDL/HDL ratio was lower in fasters (6.5%, $p < 0.05$) while the change in end- HDL cholesterol in fasters (4.6% decline) was not significant. Similar results were found when the pre- and end-fasting values of fasters were compared. No change was found in control subjects.

Conclusions

Adherence to Eastern Orthodox fasting periods contributes to a reduction in the blood lipid profile including a non-significant reduction in HDL cholesterol and possible impact on obesity.

Further recognizing the natural integration of all spheres of the human person, we should be aware that a neglected body, often manifest as high-caloric or ill-advised product consumption, may not only contribute to physical ailments, but that related health issues have been associated with psychological distress and depression. Though these relationships are not well understood, they do seem to exist. While the complex interaction of human conditions arising at the fall seem elusive to man, we must remember that the Church remains the hospital in which eternal cure can be found. This said, improper understanding and application of Her ascetical practices can also be damaging.

One temptation that frequently arises during fasting seasons is to eat highly processed foods which, while adhering to the fasting guidelines, are full of unhealthy ingredients. It is important to remember that when we fast, we do so by eating less and more simply in ingredients. When we spend so much time inventing substitute meals that are so tasty that our stomachs do not realize we are fasting, we are sabotaging our fast and robbing ourselves of the spiritual fruit of our labors.

Rita Madden, an Orthodox Christian and Registered Dietician and Nutritionist (RDN) and author of *Food, Faith and Fasting*, writes:

Many highly processed foods contain artificial ingredients such as: food dyes, sweeteners, and additives/preservatives. These artificial foods can be harmful to one's health. It can be an easy out to choose many of these food-like substances when we are not fasting, but even more so when we are fasting. We need to stick to the real, basic foods that the church outlines as our fasting food options because as Saint Paisios cautions, "Today people make illicit and deceitful businesses. However, they should not falsify food substances, because they become the cause of harming people's health."

Modern-day science demonstrates that many of these artificially created food-like items are taking a toll on our health. St. Seraphim of Sarov taught that: "Every day one should partake of just enough food to permit the body, being fortified, to be a friend and helper to the soul in performing the virtues. Otherwise, with the body exhausted the soul may also weaken." A key word in this teaching—and especially when it comes to our fasting days—is fortified. When we fast, we should choose real quality foods that provide us the nourishment we need and that fall into the guidelines of our Holy Orthodox Tradition. The prescribed foods have nutrients our body needs but are free of the harmful synthetic ingredients. To illustrate: butter is out when we fast, so we choose margarine instead, and half-n-half is not consumed so we choose Coffee Mate. But both margarine and Coffee Mate are harmful to our health; whereas when butter and half-n-half are consumed as a part of a balanced diet they can be food choices that provide the body some of the nutrition it needs. In addition, we do not want to miss the purpose of the fast because we always have a replacement. This downplays the essence of the fast as what happens is during the fasting period, we just choose other satisfying options versus allowing ourselves to feel a physical hunger. This physical hunger is pertinent in reminding us that our true food is Christ and our real hunger is for Him. When we choose to say no to certain foods and let go of the "replacement game" we choose to renounce our own will and utilize the discipline of fasting to put God's will first in our life.

The Church has always provided dispensations from fasting when it comes to: specific illnesses, the very young and old, pregnant women and nursing mothers. Yes, children are growing but

can do some level of fasting. Where your family is at in the fasting discipline is what needs to be determined with your parish priest (or spiritual father). We live in a land of plenty and when the right food choices are made, both children and adults can attain the nutrients they need while letting go of the non-fasting foods for a period of time.

Children are able to fast as a regular part of the life of the Church with their family, under the guidance of an Orthodox physician or dietician that is blessed by the parish priest. In many parishes, children begin to observe the Eucharistic or Communion Fast between the ages of 6 and 8 years old. With the loving instruction and nurture of their parents, children can both understand why we fast and learn to embrace fasting with their family and parish community. It is most important that the parents are good role models for their children in joyfully fasting out of love for God and a desire to grow into His likeness. Reading examples from the Holy Scriptures and the lives of the Saints are also important ways to help children understand and embrace the fast.

Saint Porphyrios, in *Wounded by Love*, describes the important role of parents in the formation of their children's love for God and the formation of ascetical practices. He writes,

What saves and makes for good children is the life of the parents in the home. The parents need to devote themselves to the love of God. They need to become saints in their relation to their children through their mildness, prayer and love. They need to make a new start every day, with a fresh outlook, renewed enthusiasm and love for their children. And the joy that will come to them, the

holiness that will visit them, will shower grace on their children.

In this way, children come to understand the full life of the Church and their participation in it, motivated by a loving desire to become saints. St. Basil writes,

Fasting protects children, chastens the young, makes seniors venerable.... If all were to take fasting as the counselor for their actions, nothing would prevent a profound peace from spreading throughout the entire world.

Whether we be a child or an adult, we should not neglect, under the guidance of our priest or spiritual father, the fasting practices of the Church. As St. Anthony the Great reminds us,

Do not neglect the Fast; it constitutes an imitation of Christ's way of life.

This life in Christ is indeed the path back to union with God that was tragically lost at the fall. In this regard, we should not approach our fasting with a frown. As we recall what was lost at the fall, the very wholeness of man, we can both look back upon it and forward to the restored fullness of life that awaits those who seek it. Fasting is thus not only a taste of what once was, but a foretaste of what is again to come. This practice reminds us that while all things are possible, only One is necessary. It is in this context that we heed the following words of St. Theophan the Recluse, wherein he instructs,

Fasting appears gloomy until one steps into its arena. But begin and you will see what light it brings after darkness, what freedom from bonds, what release after a burdensome life.

This article was written in cooperation with and approved by Dr. James Rossetti and Rita Madden.

Rita Madden (MPH, RDN), a Registered Dietician and Nutritionist, MPH, RDN conducts workshops that utilize the Holy Eastern Orthodox tradition as the foundation to guide us in caring for health. In these workshops she also explores fasting healthfully, for both body and soul alike, for the entire family. It is also quite humbling to see how the outline of eating that the church provides us is also a healthy approach to prevent and manage many chronic diseases as well as a way to care for the environment.

James (Subdeacon Seraphim) Rossetti, DO – Hematological Malignancy and Cellular Therapy, UPMC Hillman Cancer Center. Dr. Rossetti is the Chair of the Eastern Dioceses Ministry Council of the Antiochian Orthodox Christian Archdiocese of North America.

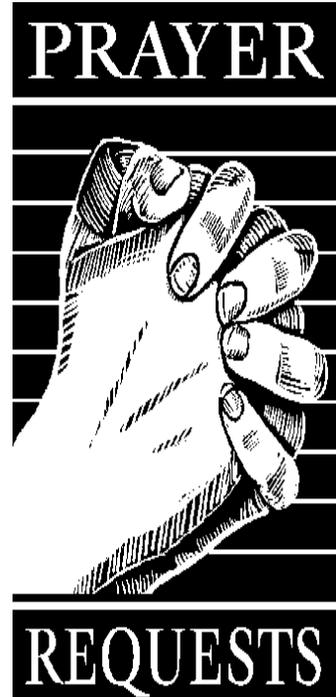
Daily Prayer Life

- ◆ Remember our parishioners and those 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), **Sahar Abdallah**, **Housam Abousamra**, **Georgette Abueita**, **Naila Banna**, **Emil Bathish**, **Levi Cooper**, **Vera Daoud**, **Alex** and **Panayiotis Deligorges**, **Vera Farah**, **Phyllis Good**, **Shawna Hale**, **Daisy Isaac**, **Nawal** and **Nimer Iseid**, **Sally Joseph**, **Nakhleh Khoury**, **Nicola Khoury**, **George Nassif**, **Adam Odeh**, **Aida Raffoul**, **Reem Ramirez**, **Nicholas Saseen**, **Elaine Shaheen**, **Michael Silpoch**, **William Sophia Jr.**, and **Lois Teunion**; *all first-responders, those suffering in the Middle East and City of Flint; the supporters and benefactors of St. George, the members of our Parish Council, Ladies Auxiliary, Teen SOYO, Altar Servers, Altar Society, Chanters, Choir, Church School, OCF (Orthodox Christian Fellowship), Preschool Ministry, and Ushers.*

- ◆ Remember the servants of God who are with child: **Renea** (Rakan) Bayouk and **Dina** (Laith) Maymoun.

➤ *Please update Fr. Joe if the following should remain on our prayer list!*

- ◆ Remember the family and friends of St. George parishioners: **Kinan Turjman** (nephew of Sahar Abdallah), **Mother Nektaria**, **Nancy Maes**, **Bryan Stewart**, **Gerry Alcorn**, **Alyssa Coon**, and **Aaron Avery** (family/friends of Dn. Mike and Pam Bassett), **Michel Abuaita** (father of Mary Khoury), **Mariam Ghanim** (mother of Manal Abuaita), **Youssef** and **Georgette Damouni** (parents of Lina Burbar/May Gantos), **Asma Abuaita** (sister of Janett Abuaita), **Abdulnour Hanna** (brother of the Hanna, Elias, Joubran families), **Maha Qassis** and **Nadia Ibrahim** (sister/mother of Ziyad), **Karen Howder** (mother of Claire Saadah), **Shafeka Qurpan** and **George Ishak** (mother/nephew of Amira Hanna), **Joann** (Haddad) Merrelli (former parishioner), **Philip Jones** (brother of Dannie Jones), **James Gorr** (father of Dr. Melissa Bathish), **Elias Ibrahim** and **Taghrid** (uncle/friend of Rula Alkazaha), **Hanna Abu-Nimer** (relative of Karam and Aida Nassar), **Sandra Fromather** (cousin of Diana Rishmawi), **Scott Lints** (friend of Mary Jo Ghattas), **Tom Ellenburg** (friend of Sally Joseph), **Alan Laberge** and **William Seymour, Sr.** (friends of Elaine Shaheen), **Saliba Musleh** (father of Julianna Abuaita), **Ibtisam Odeh** (cousin of Elham Ishak), **Megan Meade** and **Casey Webb** (relatives of Bob and Lois Teunion), **Dennis Perez** (from St. Mary Magdalene), **Sanaa Alqassis** (former parishioner), **Eva Saseen** (daughter of Nicholas), and **Fran Khoury** (relative of Evelyn Delbridge).



Congratulations and God bless:

- ❖ **Michael, Jennifer** {daughter of James and Maggie David}, and newborn **Mela Marie Habbo** (November 12th).
- ❖ **Noti, Kari** {daughter of John and Theresa Farah}, and newborn **Matthew Mikroudīs** (November 16th).



The newly elected officers of *St. George Teen SOYO*:

George and Hanna Abuaita, co-Presidents
Mariana Yacoub, Vice-President
Lana Abu-Aita and Reem Hayek, co-Secretaries

Announcements

FASTING DISCIPLINE FOR DECEMBER On Friday, November 15th, we began the traditional forty-day **CHRISTMAS (Advent) FAST** in preparation for the feast of the Nativity of Christ on December 25th. The Fast is divided into two periods. The first period is November 15th through December 19th when the traditional fasting discipline (*no meat, poultry, eggs, dairy, fish, wine, oil and their by-products*) is observed on all days, except Tuesdays and Thursdays when *wine and oil* are permitted and Saturdays and Sundays when *fish, wine, and oil* are permitted. The second period is December 20th through 24th when the traditional fasting discipline (*no meat, poultry, eggs, dairy, fish, wine and oil*) is observed every day, with *wine and oil* permitted on Saturday and Sunday. From Christmas through January 4th, there is no fasting as we celebrate the Twelve Days of our Lord's Nativity (Birth)!

VISITING MINISTRY We've started a new ministry! Our ministry will be doing weekly and biweekly visits to the sick (parishioners from the Sunday Bulletin) and shut-ins. We want our brothers and sisters who are sick and/or always at home to know we care about them and they will never be forgotten. We invite anyone interested to join us. Please contact our coordinators Manal Abuaita (810-577-0028) or Jeanette Nassif (810-845-0481) for any questions or more information.

ST. NICHOLAS THE WONDERWORKER ("Santa Claus") OF **MYRA IN LYCIA**, is the Paternal Feast Day of our sister parish St. Nicholas. On Thursday, December 5th, we will celebrate with our brothers and sisters an **Evening Divine Liturgy** at 6pm. All are invited!

St. Nicholas 2143 South Center Road in Burton (½ mile south of Lippincott)

Pre-Christmas Family Night ~ Saturday Evening, December 14th

- ▶▶ Great Vespers at 5pm
- ▶▶ A Special Visitor!
- ▶▶ Christmas Family Night (Lenten Dinner, karaoke, trivia, etc.)!
- ▶▶ Lenten Potluck Dinner (*sign up to bring a dish with Amal Abu-Aita or Evette Rishmawi*)

ALL PARISHIONERS ARE INVITED!

PRE-CHRISTMAS LENTEN POTLUCK Please bring what is listed below according to the first letter in your last name. If you have any questions, please see Amal Abu-Aita or Evette Rishmawi.

<u>A-J</u>	<u>K-P</u>	<u>S-Z</u>
Main Dish	Side Dish or Bread	Drink or Desserts

Divine Services for the Christmas Fast and Christmas Eve

- ▶▶ Wednesdays (4th, 11th and 18th) in December **Nativity Fast Evening Service** – 6pm
- ▶▶ Sunday before Christmas, December 22nd:
Matins – 8:50am **Divine Liturgy** – 10am
- ▶▶ Monday, December 23rd – **Royal Hours of Christmas** – 6pm
- ▶▶ Christmas Services, Tuesday night, December 24th:
Christmas Festal Matins – 4:50pm **Christmas Divine Liturgy** – 6pm
- ▶▶ Christmas Day, December 25th begins the **Twelve Days of Christmas** until January 5th!

NORTH END SOUP KITCHEN Please mark your calendars and come help feed the hungry during our once-a-month commitment at the Soup Kitchen on Tuesday, December 24th from 9am-12:30pm. If you have questions or want to sign-up, please contact Goni Ishak (810-449-6599).

☞ If you know of a parishioner who has given birth, fallen ill, or admitted to the hospital, please call the church office or let Fr. Joe know.

CHRISTMAS SERVICES Since there are a huge diversity of family commitments, customs, and social obligations, if you cannot attend our celebration of the Nativity of our Lord on Christmas Eve, Assumption, St. Mary Magdalene, and St. Nicholas will be celebrating Divine Liturgy on Christmas Day, December 25th:

Assumption (9:30am) 2245 East Baldwin Road, Grand Blanc, MI 48439

St. Mary Magdalene (10am) 2439 South Long Lake Road, Fenton, MI 48430

St. Nicholas (10am) 2143 Center Rd, Burton, MI 48519

ST. GEORGE BOOKSTORE Do some Christmas shopping in our Bookstore! We have many items that make excellent gifts: The Orthodox Study Bible, children's books, Icons, CD's, jewelry, gift certificates, etc.!

HELP TO BRIGHTEN A CHILD'S CHRISTMAS! For Christmas, our parish is participating in the **North End Soup Kitchen Angel Tree** this year. 30 children are looking for "angels" to brighten their Christmas. Gift range is between \$20 and \$30. Attach the provided gift tag which has the child's name, the code number to the gift, and place in gift bags. Please return the gifts by December 8th. The Angel Tree with tags can be picked up during Coffee Fellowship. If you have any questions, please speak with our coordinator May Gantos (586-531-8120), Gabby, or Lauren. Thank you and may God bless your generosity!

The **CHRISTMAS (Nativity) FAST** began on November 15th. Preparation for celebrating the Birth (*Nativity*) and Baptism (*Theophany*) of our Lord and Savior Jesus Christ continues until after the Christmas Divine Liturgy on Tuesday evening, December 24th at 6pm. Around the world, Orthodox Christians are preparing for the Feast of the Nativity of Christ. This is a very special time of year! We are preparing ourselves even though the rest of the world will be celebrating, eating, and drinking, before the Feast of Christmas. Our time for celebrating takes place with the Twelve Days of Christmas December 25th-January 5th. Everyone is encouraged to KEEP THE FAITH and THE FAST, stand firm, and look to your reward in the Kingdom of Heaven. The Church teaches us to *fast* from certain foods as a *spiritual discipline or exercise*. If you can't do it every day, do it as often as possible and enjoy a blessed Holy Season!

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 back page).

➤ **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. If you need assistance, please contact the church office.

Coming Events in January

6 th	Great Feast of Theophany (God revealing Himself at our Lord's Baptism)
23 rd	Genesee County Pan-Orthodox Dormition Dinner

MONTHLY OFFERINGS

Our average monthly parishioner offerings (not including other income) need to be \$22,832 to meet our 2019 Budget. Our offerings in September were \$13,950 which means we were **short \$8,882!** Please support the work of God through St. George.

☞ If you know of a parishioner who has given birth, fallen ill, or admitted to the hospital, please call the church office or let Fr. Joe know.

Namedays, Birthdays and Anniversaries

December 1 to December 31, 2019

Birthdays

December

- 1** Samir S. Meshraky
- 2** Jackleen Q. David
- 4** Carol A. Haddad
- 5** Majeda Abuaita
Manal Abuaita
Philip Abuaita
- 6** Joshua B. Andoni
- 7** Elias Alqazaha
- 9** Ellis "Al" P. Salim
Nicholas A. Shahin
- 10** Atallah "Arthur" Y. Abueita
- 11** Issa Abufarha
Daniel "Danny" A. Isaac
Essa G. Yacoub
- 12** Christina M. Alqazaha
Laura C. Farah
Andrea Sahouri
- 15** Olivia E. Benson
Gizelle Khouri
- 16** Evelyn Delbridge
Shane M. Gantos
Tanas Khoury
Adam J. Odeh
Fadi G. Odeh
Adnan "Eddie" Yacoub
- 17** Thomas "Tom" F. David
Mariann Hayek
- 18** Elias G. Mitri
- 19** Eman Abufarha
Karen Hargreaves
Angela D. Qazaha
- 20** Amer "Amo" E. Bathish
Reem W. Hayek
Lubna Jones
Natalie M. Khoury
Christine Kokaly
- 22** Benjamin G. Benson
- 23** Leyla D. Andoni
George E. Mitri
- 24** Matthew K. Abuaita

- Stacy L. Tijerina
- 25** Midhat Abu Aita
Chrissy L. Abueita
- 26** Mary J. Farah
Rodny E. Helal
- 28** Joseph "Joe" Ghattas
Mairna Ishaq
- 29** Cameron D. Smith
- 30** Romanos AbuAita
Matthew W. Hayek
Mary A. Meshraky
- 31** Zahra Abuaita
Angela E. Rishmawi

- Daniel Elliis Tijerina
- 22** Stacy (Anastasia) Lynn Tijerina
- 25** Issa Abuaita
Issa Abufarha
Jehad Issa Abufarha
Issa Alqazaha
Issa Abdallah Burbar
Issa Y. Daoud
Issa Ibrahim
Issa Ishaq
Issa Giries Odeh
Issa Saman Odeh
Issa Yacoub
- 27** Steven Walid Hayek
Stephanie Nicole Silpoch
- 29** Joseph Assaf
Joseph Jae Brack
Ryan David Brack
Joseph "Joe" Thomas David
Waleed Youssef El-Chaer
Youssef El-Chaer
Joseph "Joe" Farah
David John Gantos
Alexander "Alex" Joseph Ghattas
Joseph "Joe" Ghattas
Joseph "Joe" Nasri Haddad
Evan (Joseph) Walid Hayek
- 31** Cameron David Smith

Namedays

December

- 6** Laila Nicole Abdallah
Nicholas Fares Abdallah
Nicholas "Nick" Paul Abud
Lindsey Nicole Brunner
Nicholas Thomas David
Rana (Nicole) May Fanous
Landon Nicola Gantos
Vivian Nicole Isaac
Nicola "Nick" Khoury
Mila Nicole Mitri
Taylor Nicole Salomon
Nicholas "Nick" M. Shadeed
- 13** Lucy AbuAita
- 17** Daniel "Danny" James Andoni
Julius Daniel Andoni
Leyla Danielle Andoni
Zayna Danielle Andoni
Daniel Daoud
Daniel "Danny" Gantos
Daniel "Danny" Allen Isaac
Dannie E. Jones
Danial Elias Mitri
Danny Mortensen
Daniel Rodriguez

Wedding Anniversaries

December

- 4** Mr. and Mrs. Jubrael Rishmawi
- 5** Mr. and Mrs. Wael Hayek
- 23** Mr. and Mrs. Maher Qazaha
Mr. and Mrs. Ric Shahin
- 27** Mr. and Mrs. William Shaheen Jr.
- 28** Mr. and Dr. Osama Rabadi
- 29** Mr. and Mrs. Troy S. Farah

God Grant You All Many Years!

TO TITHE IS TO LOVE!

The Bible says a “tithe” is giving 10% of our income to God through His Holy Church. In the Old Testament, the tithe was the maximum.

For Christians (yes, US!),
the tithe is the minimum!

Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9:7

ALL of our **240 families** are asked to make an Offering. Why? Because it is such a blessing to give back to God a little of what He has given us!

- Our proposed 2020 Budget is \$241,800.
- To meet our budget, our weekly offerings need to average: \$4,650
- Number of Families who need to offer: ALL THOSE WHO BELONG TO OUR ST. GEORGE FAMILY!
- Offering Range: according to how God has blessed you!

Your commitment is **NEEDED!!!**

Please fill out your 2020 Offering Form -- as soon as possible.

2020 Offering Form

St. George Orthodox Church ~ Flint, Michigan

I Want To Be Counted!

Frequency	Amount	% of Income
Weekly	\$	
OR Twice Monthly	\$	
OR Monthly	\$	
OR Quarterly	\$	
OR Annually	\$	

~ All Offerings Are Treated Confidentially ~

Please fill out completely.

Name(s)	
Address	
City	
ZIP	
Telephone	

Please CHECK this box if it applies to you.

- I have a concern and wish to be contacted or visited by the priest.
 I have a concern and wish to be contacted or visited by a Parish Council Member.

Signature: _____ Date: _____

"Bring all the tithes into the storehouse" (Malachi 3:10)

Seeing the rich bringing their gifts and then a widow bringing a few pennies, Jesus said, "Truly I say to you that this widow has put in more than all." (Luke 21:3)

2020 بطاقة التبرعات لعام

كنيسة القديس جورج للروم الاورثودوكس فلنت، متسغن

أريد أن أكون معدودا !

% من قيمة الدخل	المبلغ	الدفعات
	\$	اسبوعيا
	\$	مرتين بالشهر
	\$	شهريا
	\$	كل ثلاثة شهور
	\$	سنويا

كل التبرعات يتم التعامل معها بسرية تامة

الرجاء تعبئة كل البطاقة.

	الاسم / الأسماء
	العنوان
	المدينة
	الرقم
	رقم الهاتف

الرجاء اختيار المربع الملائم

- لدي الإهتمام والرغبة في أن يتم الإتصال بي أو الزيارة من قبل الكاهن.
 لدي الإهتمام والرغبة في أن يتم الإتصال بي أو الزيارة من قبل أعضاء مجلس الكنيسة.

الامضاء _____ التاريخ _____

هاتوا العشور جميعها الى بيت الجزية (ملاخي 10:3)

عندما رأى الأغنياء يتقدمون بتبرعاتهم والأرملة الفقيرة تقدم القليل قال يسوع: "الحق أقول لكم أن هذه الأرملة الفقيرة قد ألفت أكثر منهم جميعا" (لوقا 3:21)

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Prophet Nahum Al-Khouri Wedding at St. George-Troy, MI 6pm	2 Bible Study 6-8pm	3 Ladies Auxiliary 6pm	4 Arabic Bible Study 12-2pm Altar Society Decorating 2pm Advent Service 6pm SOYO Wednesday 6:30-8:30pm	5 Evening Divine Liturgy at *St. Nicholas 6pm	6 Nicholas of Myra in Lycia, the Wonder- worker OCF @ St. George 7pm	7 Great Vespers and Confessions 5pm
8 Venerable Patapios of Thebes;	9 Conception of the Virgin Mary by Righteous Anna Bible Study 6-8pm	10	11 Arabic Bible Study 12-2pm Advent Service 6pm SOYO Wednesday 6:30-8:30pm	12 Parish Council 6:15pm	13 Virgin Martyr Lucia of Syracuse	14 Great Vespers and Confessions 5pm Parish Xmas Program
15 Holy Forefathers of Christ Ladies Holiday Bake Sale Baptism 1pm	16 Bible Study 6-8pm	17 Prophet Daniel	18 Arabic Bible Study 12-2pm Advent Service 6pm SOYO Wednesday 6:30-8:30pm	19	20	21 Great Vespers and Confessions 5pm
22 Holy Fathers of Christ Great Martyr Anastasia	23 Royal Hours for Christmas 6pm	24 North End Soup Kitchen 9am-12:30pm Xmas Matins 4:50pm Xmas Liturgy 6pm	25 Christ is Born! Glorify Him! المسيح وُلِد! فمجدوه!	26	27 Protomartyr Stephen the Archdeacon Baptism 6pm	28 Ghattas Wedding at the Basilica of St. Mary- Livonia, MI No Great Vespers
29 Joseph the Betrothed, King David the Prophet, & James the Brother of our Lord	30	31 New Year's Eve Party			<div style="border: 1px solid black; padding: 5px; text-align: center;"> * St. Nicholas Church 2143 South Center Road (1/2 mile south of Lippincott) Burton 810-744-0070 </div>	

2019

St. George Orthodox Church

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

Web Site: saintgeorgeflint.org

V. Rev. Fr. Joseph M. Abud, Pastor

Protodeacon Michael Bassett

Divine Services for the Lord's Day

- Saturday
Great Vespers and Sacrament of Repentance {Confession*} **5:00 PM**
- Sunday
Sacrament of Repentance {Confession*} **8:30 AM—9:30 AM**
Matins {Arabic & English} **8:50 AM**
Divine Liturgy **10:00 AM**
Church School follows Holy Communion from September to May

* Confessions may also take place by appointment with Father Joe during the week.

Major Feast Days (see Calendar)

**2019-20 Theme for
Church School,
Creative Festivals,
and our
Parish Life Conference**



Parish Council, Departments, & Organizations

PARISH COUNCIL • Anwar Abueita, Chairman 810-771-7152 or andydollar007@aol.com
Parishioners may attend meetings and speak during "Parishioner Comments".

ALTAR SERVERS • Subdeacon George Gantous, Head Sacristan 810-714-7332 or gantousgeorge@yahoo.com

ALTAR SOCIETY • Theresa Farah, Coordinator 810-412-6041 or theyungwon@aol.com

CHOIR • Elias Abueita, Director 810-620-4897 or eliasabuaita.124@gmail.com

CHURCH SCHOOL • Janet Abueita, Director 810-771-7152 or coocita@aol.com

LADIES AUXILIARY • Manal Abuaita, President 810-659-5351

TEEN SOYO • Co-Presidents George Abuaita, (gabuaitasoyo@gmail.com or 810-449-8834)
Hanna Abuaita (hanna.abuaita84@gmail.com)

USHERS • Jimmy David 810-835-9737 and Anwar Abueita 810-771-7152 or andydollar007@aol.com Coordinators

ORTHODOX CHRISTIAN FELLOWSHIP • Subdeacon Salim Hanna, Parish Coordinator 810-875-3127 or salimh91@gmail.com

Office Hours

OFFICE MANAGER: Kelly Dotson kellysecstgeorge@gmail.com

Monday 10am-4pm, Tuesday 12:30-4pm, Wednesday 12:30-4pm, Thursday 10am-4pm, and Friday 10am-4pm
