

St. George Orthodox Church

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

Web Site: saintgeorgeflint.org

V. Rev. Father Joseph M. Abud, Pastor

Protodeacon Michael Bassett

October 25, 2020

MARTYRS MARCIAN AND MARTYRIOS THE NOTARIES OF CONSTANTINOPLE

Live Streaming of Divine Services

St. George is open with a limited number of parishioners each week. Only those who are scheduled may attend. If you are not on the list and would like to be part of the rotation, please contact Fr. Joe (810-732-0720 or njja@aol.com). View our livestream at:

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.

In the **Divine Liturgy** of **St. John Chrysostom** *{the Golden-Mouth}*,
The **Special Hymns** we sing are on the Bilingual sheets from Fr. Joe's Email.

Holy Bread Offerings

- Reema Khoury and Family for the health of their family and in loving memory of husband, father, and grandfather **Hanna** (40 day) and son **George**.

Baptism/Chrismation Days

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

- **Ryan Mitri** – October 28th

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: **Eloisa** Rishmawi (+September 15th, mother of Emil Rishmawi), **Saliba** Totah (+September 24th, brother-in-law of Basil Andoni), **Alyess** Qusta Khoury (+October 16th, sister of Catherine Khoury and aunt of Khalid Al-Khoury), and **Lila** Abud (+October 21st, aunt of Fr. Joe).
- 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, **Sahar** Abdallah, **Asma** Abuaita (sister of Janett), **Sami** and **Shafiqa** Abuaitah, **Anwar** Abueita, **Wadia** Albaba, **Nabil** Andoni (brother of Vera Daoud), **Kendall** Ayoub (brother of Cam Takach), **Naila** Banna, **Emil J.** Bathish, **Levi** Cooper, **Vera** Daoud, **Jimmy** David, **Evelyn** Delbridge, **Vera** Farah, **Averie** Fisher (niece of Sandy Thomas), **Elias** Gantos, **Mariam** Ghanim (Manal's mother), **Phyllis** Good, **Barbara** Gress, **Carol** Haddad, **Shawna** Hale, **Donald** Hawkins, **Nassem** Helal (father of Amani Helal), **Daisy** Isaac, **Nawal** and **Nimer** Iseid, **Michael** Khal, **Nakhleh** Khoury, **Nicola** Khoury, **George** Nassif, **Aida** Raffoul, **Deborah** Salim, **Nicholas** Saseen, **Michael** Silpoch, **William** Sophiea Jr, and **Lois** Teunion; **Philip**, **Katie** [daughter of Bill and Sue Shaheen], and newborn **Sophia** Quackenboss (Sept. 26th).
- We also pray for those who are with child: **Juliana** (Essa) AbuAita, **Nawal** (John) Abud [son of Fr. Joe and Kh. Leslee], Dr. **Lindsey** [Farah] (Dr. Ryan) Brunner, and **Jenny** [Abueita] (Tony) Salsa.

ANNOUNCEMENTS

MIDDLE EASTERN COMMUNITY TAKE-OUT LUNCH Our Ladies Auxiliary is having this NEW event for our community, family, and friends on Thursday, November 12th from 11am-2pm. There are only take-out or delivered meals ~ no food will be served in the Banquet Center. Please note: ALL orders must be placed by November 5th! Please see flier for ordering information. Everyone is asked to help – all profits benefit our church! Drivers are needed for deliveries. To help or more information, please contact Manal Abuaita (810-577-0028) or Anaam Abueita (810-962-1033). **\$\$ Donations are welcomed to offset our costs.** This week's cooking schedule is as follows beginning at 12pm each day: Monday-Kaak; Wednesday-Hoosie; Thursday-Kibbee.

CHURCH SCHOOL HAS BEGUN! We want ALL of our St. George children in our education program. To make this happen, we need email addresses for all children and their parents! Please send them to Director Janet Abueita (cooeita@aol.com) as soon as possible so none of our children are left out and they can enjoy and learn about our life in Christ. Every month, our registered students will receive a packet of fun things in the mail. Then on the last Sunday of each month our teachers will have a CS Zoom Sunday at 12 Noon! Be a part of the FUN and send your email addresses to Janet TODAY!

DAYLIGHT SAVING TIME ENDS at 2am next Sunday, November 1st. Before going to bed on Saturday, October 31st, please remember to set your clocks BACK ("fall back") one hour.



Our annual Parish **General Assembly** was scheduled for Sunday, November 8th. Because of the pandemic, Metropolitan Joseph is only allowing video meetings. Fadi Rishmawi, Parish Council Chairman, and Fr. Joe, have determined the circumstances do not allow us to do what is needed. The assembly will be rescheduled on a date to be determined.

OUR STEWARDSHIP, OFFERINGS, & DONATIONS Though everyone cannot attend church due to limited capacity or other reasons, **our stewardship, offerings, and donations are still very badly needed.** PLEASE help our/your parish by continuing to bring or send your offerings to St. George. You can simply go to our parish website (<https://saintgeorgeflint.org/>) and donate on-line or you can bring or mail your offerings to St. George, 5191 Lennon Road, Flint, MI 48507. As always, THANK YOU for your generosity and love of our St. George!

PLEASE FOLLOW OUR PROCEDURES Because of serious health concerns, **we all must wear masks at all times.** Please remember we can venerate icons by bowing (*not kissing or touching at this time*) and the same for the priest's hand and the chalice at Holy Communion. Further, **only our clergy and chanters may sing.** When you come to church, the front is roped off so the singing of the clergy and chanters can keep everyone safe (*singing, like sneezing and coughing, can propel air droplets 20 feet!*) ~ if you want to sing, please do it **very softly and with your mask on.**

COMING EVENTS

This Week	The traditional fasting discipline (<i>no meat, poultry, eggs, dairy, fish, wine, olive oil, and their by-products</i>) is also observed on Wednesday and Friday.
Wednesday	The Relationship Project 7:30pm
Saturday	No Great Vespers

PARKING LOT PLEDGES: WE NEED YOU!

Our goal is \$80,000 (we have raised almost \$43,000) and we are so thankful for those who have donated and pledged. If you have not already, please pick up a form, fill it out, and send it to the church. Remember our donations to the Parking Lot are separate (above and beyond) our weekly offerings. Again, thank you to our donors!

Fr. Joe and Leslee Abud
Rose Ayoub
Dn. Mike & Pam Bassett
St. George Preschool
Jamal and Manal Abuaita
Khader and Lucy Abuaita
Anwar and Janet Abueita
Laila Abud
Anonymous

Ladies Auxiliary
Tony Daoud
Ayman and Wafaa Elias
John and Theresa Farah
Betty Froberg
Dr. David & May Gantos
Subdeacon George and
Suad Gantous

Ronald Haddad
Elias and Amirah Hanna
George & Jeanette Nassif
Fadi & Evette Rishmawi
Bill and Sue Shaheen
Richard Shaheen
Bob and Lois Teunion

Medicine for the Heart ~ *We must receive the spiritual medicine for the heart on a daily basis*

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

One medicine for the heart, is the use of a "Prayer Rule." This "Rule" is of the utmost importance, for the prayer rule helps develop the discipline we all need to progress, spiritually. It is one of the great tools the Orthodox Way has to offer, and has been handed down, from the earliest of times through the Fathers of the Church. The "art of prayer," comes from the experience of the Early Church.

Along with keeping the fasting rules of the Church, including the Wednesday and Friday fasts, the Prayer Rule, given to you by your Spiritual Father, Spiritual Mother, or, your Confessor, is the medicine that will help you progress, spiritually, on your journey to God.

If you do not already own a Prayer Book (there are many and we have some in our St. George Bookstore!), I would strongly suggest you purchase one.

The Morning and Evening Prayers should be said as though one's life depended on it, for, in a profound way, our spiritual life DOES depend on it. The Pre-Communion Prayers, as well as the Post-Communion Prayers, together with abstinence from all food and drink from midnight on, prior to receiving the Holy Mysteries (Holy Communion), is also a discipline that, not only is commanded by Jesus Christ and His

Church, but properly prepares us for the reception of our Lord's Body and Blood. It is in the reception of His very Body and Blood, where we receive healing of both body and soul.

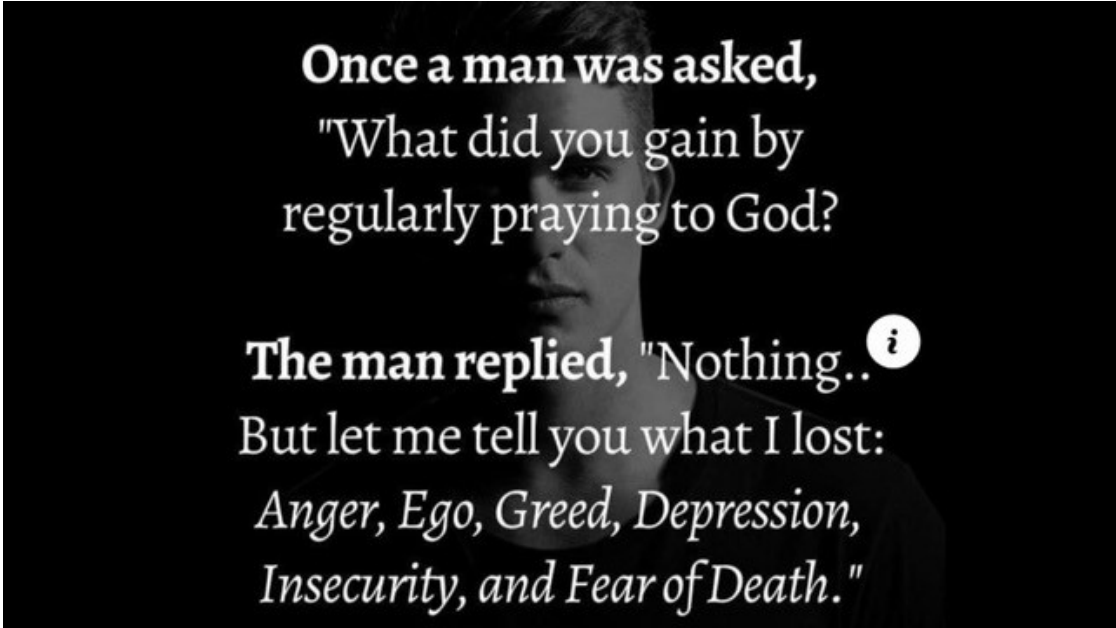
The use of the Jesus Prayer, "*O Lord Jesus Christ, Son of God, have mercy on me a sinner,*" throughout the day, aids us in a most powerful way, to live out our life focused on Christ. There is power in the Holy Name of Jesus, and this prayer fulfills Saint Paul's injunction that we "should pray always." The Jesus Prayer, also known as the Prayer of the Heart, gives us the strength to walk with Jesus, throughout the day, even when driving through heavy traffic, weeding in the garden, waiting for the bus, or sitting in a long board meeting.

Finally, it is important to remember that the Church, as defined by the Early Church Fathers, is not a religious institution, but, rather, a living organism that is the Hospital for the Soul. Her priests, who first sought therapy, became the therapists. Therefore, the frequent use of the "tools" given to us by Christ, through His Church, are of the utmost importance to our spiritual progress. Confession and weekly reception of the Holy Eucharist, give us spiritual strength, and enable us to live "in the world," without being "of the world."


Since many of us have been kept apart from the weekly church services because of the Covid-19 pandemic shutdown, it is all the more important that we nourish our souls with daily prayers and spiritual reading. This is because Orthodoxy is "holistic," in nature, thus making it absolutely essential that we nurture the soul with the medicine provided by the Church.

If we were a pianist, and made our living playing with an orchestra, we wouldn't think of going through a week without daily practice, for we'd not be welcomed members of the orchestra without being prepared. As well, a marriage that is not worked at on a daily basis, is doomed to ultimate failure, for a relationship between two people, requires work.

If we expect to have a relationship with God, and have Him dwell in our hearts, and commune with Him, we have to treat our spiritual life as something important, something we are committed to. We dare not excuse ourselves from worship before the Throne of God just because our access to the communal worship of the Church has been cut off.



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."



MIDDLE EASTERN

TAKE-OUT LUNCHEON

Thursday, November 12, 2020
11am-2pm

[All orders must be place by November 5th!]

St. George Orthodox Church

5191 Lennon Road • Flint, MI

(Behind Kohl's) Between Linden and Dye Roads

Meal includes:

**Cooked Kibbee, Green Bean Stew (Yahnee), Rice,
Hummus, Salad, Pita Bread, Dessert, and a Bottled Water**

Vegetarian Plate available

Cost: \$12

**Separately sold ONLY by the dozen at \$15 each:
Kibbee Balls, Meat or Spinach Pies, and Date (Kaak) Cookies**

Free Delivery with eight (8) or more lunches!

**To place your order, more information, & free deliveries call:
St. George at 810-732-0720**

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

October, 2020

Beloved Clergy and Faithful of our Archdiocese:

Greetings in the Name of our Lord and Savior, Jesus Christ. We pray that you all enjoyed a peaceful and relaxing summer and are working hard as we begin a new, but very different ecclesiastical year. 2020 marks the 125th anniversary of the arrival of St. Raphael of Brooklyn and the establishment of our Antiochian presence on this continent. The seeds he planted have grown, thanks in large part to the educated clergy that serve our God-protected archdiocese.

With that in mind, we bring to your attention that October in the Antiochian Archdiocese is “Youth Month and Seminary Month”. This year we have 19 seminarians, and most, if not all, will serve this Archdiocese as priests. They will baptize the catechumens, raise up the youth in the Faith, educate the faithful, comfort the sorrowful, visit the sick, restore the penitent, and heal the broken-hearted. Supporting our future clergy and the institutions that are providing their education and formation is vital to the spiritual health of the parishes and ministries of our Church.

During this time of the pandemic and the related issues that surround it, it is vital that we continue to support our seminaries and theological institutions. Many of them have been burdened financially due to the constraints they are now under. While many of our own families are also under such difficulties, we hope that each one of you can spare just a little to support the institutions that prepare our future clergymen and lay leaders.

May the Lord continue to bless all your efforts and keep you safe during these trying times.

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style with a long horizontal stroke at the end.

+JOSEPH

Archbishop of New York and Metropolitan of all North America

“The disciples were first called Christians in Antioch” (Acts 11: 26)

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