

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

March 1, 2020

4TH PRE-LENTEN SUNDAY: SUNDAY OF FORGIVENESS / أحد مرفع الجبن /

EXPULSION OF ADAM AND EVE FROM PARADISE

CHEESEFARE SUNDAY (FAREWELL TO DAIRY UNTIL PASCHA)

Tone - 4 4th Matins Gospel {Luke 24:1-12}

Greeters and Ushers Eman and Rania Abuaita / Rula Alkazaha and Evette Rishmawi

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 after liturgy, 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. John Chrysostom** {*the Golden-Mouth*},
we sing the following Special Hymns for today:

Third Antiphon (during the Little Entrance)

Troparion of the Resurrection—Tone 4

Having learned the joyful message of the resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation, and proudly broke the news to the disciples, saying: Death hath been spoiled. Christ God is risen granting the world great mercy.

Hymns after the Entrance with the Gospel

Troparion of the Resurrection—Tone 4 (*same as above*)

إن تلميذات الرب تعلمن! من الملاك بشرى القيامة البهجة، و طرحن الفضية الجدية و خاطبن الرسل
مفتخراتٍ و قائلاتٍ قد سبي الموت و قام المسيح الإله مانحاً العالم الرحمة العظمى.

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 وشفاف، وعن
المؤمنين مكافح ومحارب، أيها العظيم في الشهداء جاورجيوس اللابس الظفر، تشفع إلى المسيح الإله في
خلاص نفوسنا.

Kontakion for Forgiveness Sunday—Tone 6

O Master, teacher of wisdom, bestower of virtue, who teaches the thoughtless and protects the poor; strengthen and enlighten my heart. O Word of the Father, let me not restrain my mouth from crying to Thee: *'Have mercy on me, a transgressor, O merciful Lord.'*

أَيُّهَا الْمُهْدِي إِلَى الْحِكْمَةِ، وَرَازِقَ الْفَهْمِ وَالْفِطْنَةَ، وَمُؤَدِّبَ الْجَهَالِ، وَعَاضِدَ الْمَسَاكِينِ، شَدِّدْ وَقْفَهُمْ قَلْبِي أَيُّهَا السَّيِّدُ، وَأَعْظِمْنِي كَلِمَةً يَا كَلِمَةَ الْأَبِ، لِأَنَّي هَاأَنْدَا لَا أَمْنَعُ شَقَّتِي مِّنَ الصُّرَاخِ إِلَيْكَ: يَا رَحُومَ، ارْحَمْنِي أَنَا الْوَارِعَ.

Epistle Reading: *Romans 13:11-14:4* {4th Pre-Lenten Sunday: Forgiveness}

Reader: **Aida Nassar** (Arabic) and **Janet Abueita** (English)

Gospel Reading: *Matthew 6:14-21* {4th Pre-Lenten Sunday: Forgiveness}

Holy Bread Offerings

- Amjad Ishak, Evette Rishmawi, Mary Ibrahim and their Families for the health of their families and in loving memory of father **Nassim** Ishak (17 year).
- Khaled and Sally Abuaita for the health of their family and in loving memory of **Rahma** Albedd (14 year, Sally's grandmother).

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 past week:

● **Lana and Cezar** Abu-Aita – March 3rd

● **Marcela** Alyatim – March 6th

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: **Hanna** Rishmawi (January 26th, Emil's brother-in-law and Jamil's uncle), **Adibah** Elias (+January 29th, Syria, aunt of Elias Hanna, Wafaa Elias, and Najwa Joubran), Dr. **Linn** Campbell (+February 3rd, brother-in-law of Sally Joseph), **Wadie** Abuaita (+February 9th, brother of Fouad), **Meha** Alkhouri (+February 9th, sister of Sandy Mitri), and **Haifa** Zaid (+February 11th, Goddaughter of Aida Nassar and/aunt to Haneen Burbar), and **Amal** Farah (+February 25th, sister-in-law to Hiam and Inam Bathish and Naila Banna).
- 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 and Eastern Canada, and Upstate New York), **Priest Robert** Royer, **Sahar** Abdallah, **Asma** Abuaita (sister of Janett), **Wadia** Albaba, **Naila** Banna, **Emil** Bathish, **Levi** Cooper, **Vera** Daoud, **Alex** and **Panayiotis** Deligorges, **Vera** Farah, **Averie** Fisher (niece of Sandy Thomas), **Mariam** Ghanim (Manal's mother), **Elias** Gantos, **Phyllis** Good, **Shawna** Hale, **Don** and **JoAnn** Hawkins, **Daisy** Isaac, **Imad** Isaac (friend of St. George), **Nawal** and **Nimer** Iseid, **Nicola** Khoury, **George** Nassif, **Aida** Raffoul, **Husam** Rishmawi (cousin of Fadi Rishmawi), **Deborah** Salim, **Eva** Saseen (daughter of Nicholas), **Nicholas** Saseen, **Elaine** Shaheen, **Michael** Silpoch, **Habib** Skafi, **William** Sophia Jr., and **Lois** Teunion.
- We also pray for those who are with child: **Renea** (Rakan) Bayouk, **Andrea** Jones (daughter of Nasri and Carol), and **Dina** (Laith) Maymoun.

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).

- Since Church School is in session, please allow our Staff and then our Children to receive Holy Communion first! As always, please follow our Ushers’ directions ~ thank you!
 - If you are physically able, please remain standing during Holy Communion.
-

ANNOUNCEMENTS

COFFEE FELLOWSHIP is hosted by *Amjad Ishak, Evette Rishmawi, Mary Ibrahim and Families.*

COFFEE FELLOWSHIP HOSTS Available dates: March 29th ~ 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. *During the Great Fast (March 2nd – April 19th), no meat, poultry, eggs, dairy, fish, or their by-products are served.*

LENTEN POTLUCK DINNERS Our Ladies Auxiliary will be hosting Lenten Potluck Dinners after our Wednesday evening celebrations of the Liturgy of the Presanctified Gifts and the Great Feast of the Annunciation on March 25th. 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 THIS WEDNESDAY, MARCH 4TH

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

NORTH END SOUP KITCHEN Take the time! Come and help feed the hungry during our once-a-month commitment at the Soup Kitchen this Saturday, March 7th from 9am-12:30pm. If you have questions or want to sign-up, please contact Goni Ishak (810-449-6599).

FORGIVENESS VESPERS TODAY at 12:30pm, we celebrate this beautiful service helping us begin the Great Fast on the right foot by asking forgiveness of each other. We cannot love each other without forgiving each other! As one of the hymns says: *Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our bodies; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit, may we persevere with love, and so be counted worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold His Holy Pascha.* Plan on attending! **ALTAR SOCIETY MEMBERS:** During this service we change the candles and cloths to Lenten purple – please plan on attending.

WHAT IS FORGIVENESS? To stop feeling anger toward someone who has done something wrong; to stop blaming others; to stop feeling anger about something; to forgive someone for what they have done to us or ask someone to forgive us for what we did to them.

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.

- **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.

WEEKLY OFFERINGS Our average weekly parishioner offerings (not including other income) need to be \$5,005 to meet our 2020 Budget. On February 23rd, our offerings were \$2,105 so we were short \$2,900 😞 ! God bless our Church School students who offered \$103 in January! If you have not already, please fill out your **2020 Offering Form** (on Narthex Table) and support the good works of St. George!

COMING EVENTS

This Week	Today is Cheesefare Sunday and the last day we eat <i>eggs, cheese, dairy and their by-products</i> until Pascha (April 19 th). The Great Fast begins tomorrow, March 2 nd and continues until our celebration of PASCHA: our Lord's Resurrection on April 19 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.	
TODAY	Forgiveness Vespers	12:30pm
Monday	Great Compline صلاة النوم الكبرى and Canon of St. Andrew	6:30pm
Tuesday	Great Compline صلاة النوم الكبرى and Canon of St. Andrew	6:30pm
Wednesday	Lenten Hours at St. Nicholas	10am
	Presanctified Liturgy القداس السابق تقد يسه & Lenten Potluck	6pm
Thursday	Great Compline صلاة النوم الكبرى and Canon of St. Andrew	6:30pm
Friday	Akathist to the Virgin Mary خدمة المديح (Madayeh)	6:30pm
Saturday	North End Soup Kitchen	9am-12:30pm
	Great Vespers and Confessions	5pm

My Sins ~ I must accuse myself, blame myself, judge myself

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

I see people's sins, but I do not know whether they have made peace with God. I do not know if the person who has sinned regrets it, but I am not called to judge them, but only to forgive them. As I become aware of my own sins and begin to realize how much forgiveness and mercy I need, I am less likely to see the sins of others.

I must accuse myself, blame myself, judge myself, and get my focus off the other person. The only way I can overcome the sin of judging others, is to see only the sins of myself. True repentance comes only when I work on my own fallen nature.

- +++++
- 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.

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

March, 2020

Beloved Antiochian Woman of our God-Protected Archdiocese:

This month, “Ladies Month” as we commonly refer to it in the Archdiocese, coincides with the beginning and first part of the Great Fast and always includes the Great Feast of the Annunciation. What a beautiful time of the Church year to rededicate our lives and everything we do “unto Christ our God” as we recite in the litanies of the Church.

As we concentrate on our spiritual lives through increased prayer, fasting and giving alms to the poor and needy, we delve deeper into the reality of what it means to be a Christian in the often mixed up world we live in today. At the same time, as members of the Antiochian Women of our mighty Archdiocese, you put these ascetical and salvation building foundations I just mentioned into concrete actions and realities through your good and mighty works in obedience to the will of God and the direction of your Metropolitan.

This year, we have as our project theme, “Fulfilling the Vision”. This “vision” includes the next phases of the Antiochian Village. When our beloved Metropolitan PHILIP of thrice-blessed memory purchased and founded the Antiochian Village in the late 1970’s, he had many visions for this beautiful piece of land, some of which he realized in his lifetime like the Camp and the Heritage and Learning Center, and others that have yet to be fulfilled. After assessing the needs of our Archdiocese over the past five years, in addition to his “visions”, I have added some of my own and, now, in 2020, it is part of that continued overall vision to begin the next phase of growth on this sacred piece of land.

This “vision” includes a new cathedral with a crypt for our past and future hierarchs, a shrine for St. Raphael of Brooklyn for the proper veneration of his holy relics, offices and a conference room, a residence for our hierarchs when they retire, and a monastery on a secluded part of the property.

We know with faith and help of our Antiochian Women, this dream, this vision, will become a reality. Recently, many of us heard of the repose of the Elder Ephraim of

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

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

Arizona. This humble monk came to this country and, with the faith and support of his followers, established 17 fully functioning and majestic monasteries for men and women all over the United States and Canada in just the past 30 years. If he was able to do this, I have faith that we in our Archdiocese can also plant a thriving monastic community in this beautiful piece of land that has been entrusted to us from God. As such, I am grateful in advance for your charitable and fund-raising efforts in helping with this grand project.

Finally, as we begin our Lenten journey, I pray that each one of you will be spiritually strengthened to accomplish the course of the Fast with humility and love for one another.

Wishing you all a blessed season of fasting, I remain,

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)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

Great Lent 2020

Beloved Faithful in Christ,

Greetings and blessings to you and your families in the Name of our Great God Savior, Jesus Christ!

Last week, the Church called upon us during the chanting of the Praises to enter the “arena of virtues” to struggle in the “noble contest of the Fast.” We were entreated to arm ourselves for the contest:

Let us have as our invincible rampart the Faith, prayer as our breastplate, and as our helmet almsgiving; and as our sword let us use fasting that cuts away all evil from our heart. If we do this, we shall receive the true crown from Christ the King of all at the Day of Judgment.

Too often, we remember during Great Lent to take some time to learn more about the Faith, keep the dietary rules of the fast, and make an effort to increase our prayer life but forget about the call to give alms. While being strong in the Faith is our rampart, prayer is our breastplate, and fasting is our sword, we should notice that without almsgiving our armor is lacking a helmet! No warrior enters an arena without a helmet, and we should not think that we can win in our Lenten struggle and attain a crown from Christ without generosity to the poor and needy.

With this in mind, our Archdiocese has offered the faithful an opportunity to generously give alms throughout the Lenten season for the past forty-six years – *Food for Hungry People*. Over the last several weeks, the Church has warned us that the mere observance of the rules of Faith condemned the Pharisee and the ignoring of the poor, naked, sick, imprisoned, hungry, and thirsty placed a multitude on the left hand of the Savior at the day of judgment. I ask not just for the parishes as institutions to give generously to *Food for Hungry People* but each and every family! Do not neglect the helmet of almsgiving as you continue in the noble contest of the Fast!

With prayers for all of us to be granted the strength to struggle courageously in the arena of virtues and be found worthy to celebrate joyously the victory of our Crucified and Risen Lord, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive, flowing 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)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F