ST. GEORGE ORTHODOX CHURCH

5191 LENNON ROAD, FLINT, MI 48507

(810) 732-0720 / saintgeorgeflint@gmail.com

saintgeorgeflint.org

March 08 2026

SATURDAY: VESPER SERVICE @ 400 P.M.

SUNDAY: ORTHROS @ 8:50 A.M. - DIVINE LITURGY @ 10:00 A.M.

CONFESSION BY APPOINTMENT

V. REV. FR. AMIN HOULI

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REV. FR. MICHAEL BASSETT

CELL: (989) 627-9580

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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 Christian's believe that the Eucharist is an action of the celebrating community signify-

Ing 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!

Commemoration of Gregory Palamas, archbishop of Thessalonica Theophylact the Confessor, bishop of Nicomedia; Apostle Hermas of the Seventy

RESURRECTIONAL APOLYTIKION IN TONE SIX

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

أبوليتيكيون القيامة باللحنِ السادِس

إنَّ القُوّاتِ المَلائكِيَّةَ ظَهَروا على قَبْرِكَ الْمُوَقَّر، والحُرّاسَ صاروا كالأموات، ومَرْيَمَ وَقَفَتْ عِنْدَ القَبْرِ طالِبَةً جَسَدَكَ الطاهِر، فَسَبَيْتَ الجَحيمَ ولَمْ تُجَرَّبْ مِنْها، وصادَفْتَ البتولَ مانِحاً الحياة. فيا مَنْ قامَ مِنْ بينِ الأمواتِ، يا ربُّ المَجْدُ لَك.

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonderworker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

أبوليتيكيون للقدّيسِ غريغوريوس بالاماس باللحنِ الثامن

يا كَوْكَبَ الرَّأيِ القَويمِ، وثَباتَ الكَنيسَةِ ومُعَلِّمَها، وجَمالَ المُتَوَحِّدينَ، ومُناضِلاً عَنِ المُتَكَلِّمينَ باللاهوتِ الذي لا يُحارَبُ، غِرِيغورِيوسَ الفاعِلَ المُعْجِزاتِ، فَخْرَ تِسالونيكِيَّةَ وكاروزَ النِّعْمَةِ. لا تَنفَكَّ مُتَشَفِّعاً في خَلاصِ نُفوسِنا.

TROPARIAN OF ST. GEORGE IN TONE FOUR

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.

طروبارية القديس جاورجيوس على اللحن الرابع

بما أنك للمأسورين محرر ومعتق، وللفقراء والمساكين عاضد وناصر، وللمرضى طبيب وشاف، وعن المؤمنين مكافح ومحارب، أيها العظيم في الشهداء جاورجيوس اللابس الظفر، تشفع إلى المسيح الإله في خلاص نفوسنا.

KONTAKION FOR SUNDAYS IN GREAT LENT IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast 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.

القنداق لآحاد الصومِ الكَبيرِ باللحنِ الثَامنِ

إني أنا عبدُكِ يا والدةَ الإله* أكْتُبُ لكِ راياتِ الغَلَبَة* يا جُنْدِيَّةً مُحامِيَةً* وأُقَدِّمُ لَكِ الشُّكْرَ كَمُنْقِذَةٍ مِنَ الشَّدائِد* لَكِنْ بِما أنَّ لكِ العِزَّةَ التي لا تُحَارَب* أعْتِقِيني مِنْ صُنوفِ الشدائِد* حَتّى أصْرُخَ إليكِ: إفْرَحي يا عَروساً لا عَروسَ لَها.

THE EPISTLE
(For the Second Sunday of Lent)

O Lord, save Thy people, and bless Thine inheritance.

Unto Thee will I cry, O Lord my God.

The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

الرسالة

(للأحَدِ الثاني من الصوم)

خَلِّصْ يا رَبُّ شعْبَكَ وبارِكْ ميراثَك.

إليْكَ يا رَبُّ أصرُخُ إلهي.

فَصْلٌ مِنْ رِسالَةِ القِدّيسِ بولُسَ الرَّسولِ إلى العِبرانِيِّنَ. (1:10-3:2)

" أنتَ يا ربُّ في البَدْءِ أَسَّسْتَ الأَرْضَ، والسَّماواتُ هي صُنْعُ يَدَيْكَ. هِيَ تَزولُ وأَنتَ تَبْقى وكُلُّها تَبلى كالثَّوْب، وَتَطويها كَالرِّدَاءِ فَتَتَغَيَّرُ، وَأَنتَ أَنتَ وسِنوكَ لَنْ تَفْنى." وَلِمَنْ مِنَ المَلائِكَةِ قالَ قَطُّ "إِجْلِسْ عَنْ يَميني حَتّى أَجْعَلَ أَعْداءَكَ مَوْطِئاً لِقَدَمَيْكَ"؟ أَليسُوا جَميعُهم أَرواحاً خادِمَةً تُرْسَلُ لِلْخِدمَةِ مِنْ أَجْلِ الذينَ سَيَرِثونَ الخَلاصَ؟ فَلِذَلِكَ يَجْبُ عَلينا أَنْ نُصْغِيَ إِلى ما سَمِعناهُ إِصْغاءً أَشَدَّ لِئَلاَّ يَسْرَبَ مِنْ أَذْهانِنا. فإِنَّها إِنْ كانَتِ الكَلِمةُ التي نُطِقَ بِها على أَلسنَةِ مَلائِكَةٍ قَدْ ثَبَتَتْ، وكُلُّ تَعَدٍّ وَمَعْصِيَةٍ نالَ جَزاءً عَدْلاً. فكيْفَ نُفْلِتُ نحنُ إِنْ أَهْمَلْنا خَلاصاً عَظيماً كَهَذا؟ قَدِ ابْتَدأَ النُّطْقُ بِهِ على لِسانِ الرَّبِّ، ثُمَّ ثَبَّتَهُ لَنا الذينَ سَمِعوه.

THE GOSPEL

(For the Second Sunday of Lent)

The Reading from the Holy Gospel according to St. Mark. (2:1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of Man has authority on earth to forgive sins" – He said to the paralytic – "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

الإنجيل

(للأحَدِ الثاني من الصوم)

فَصْلٌ شَريفٌ مِنْ بِشارَةِ القِدّيسِ مَرْقُسَ الإِنْجيليِّ البَشيرِ والتِّلْميذِ الطّاهِر. (2:1-12)

في ذلِكَ الزَّمانِ، دَخَلَ يسوعُ كَفَرْناحومَ وَسُمِعَ أَنَّهُ في بَيْتٍ. فَلِلْوَقْتِ اجْتَمَعَ كثيرونَ، حتَّى أَنَّهُ لَمْ يَعُدْ مَوْضِعٌ ولا ما حوْلَ البابِ يَسَعُ، وكانَ يُخاطِبُهُمْ بالكلِمَةِ. فأَتَوا إليهِ بِمُخَلَّعٍ يَحْمِلُهُ أَرْبَعَةٌ. وإِذْ لَمْ يَقْدِرُوا أَنْ يَقْتَرِبُوا إِلَيْهِ لِسَبَبِ الجَمْعِ، كَشَفُوا السَّقْفَ حيثُ كان. وبعدَ ما نَقَبُوهُ، دَلَّوا السَّرِيرَ الذي كانَ الْمُخَلَّعُ مُضطَجِعاً عَلَيْهِ. فَلَمَّا رأى يَسوعُ إيمانَهُمْ، قالَ لِلْمُخَلَّعِ: "يا بُنَيَّ، مَغْفورَةٌ لَكَ خَطاياكَ." وكانَ قَوْمٌ مِنَ الكتَبَةِ جالِسينَ هناكَ يُفَكِّرونَ في قُلوبِهِمْ "ما بالُ هذا يَتَكَلَّمُ هَكَذا بالتَجْديفِ؟ مَنْ يَقْدِرُ أَنْ يَغْفِرَ الخَطايا إلاّ اللهُ وحْدَهُ؟" فَلِلْوَقْتِ عَلِمَ يسوعُ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هكَذا في أَنْفُسِهِمْ، فَقالَ لَهُمْ: "لِمَاذا تُفَكِّرونَ بِهذا في قُلوبِكُمْ؟ ما الأَيْسَرُ أَنْ يُقالَ "مَغْفورَةٌ لَكَ خَطاياكَ" أَمْ أَنْ يُقالَ "قُمْ واحْمِلْ سَريرَكَ وامْشِ"؟ ولكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ البَشَرِ لَهُ سُلْطانٌ على الأَرْضِ أَنْ يَغْفِرَ الخَطايا. فَقالَ لِلْمُخَلَّعِ "لكَ أَقولُ، قُمْ واحْمِلْ سَريرَكَ واذْهَبْ إلى بيتِكَ." فقامَ لِلْوَقْتِ وحمَلَ سريرَهُ وخَرَجَ أَمامَ الجميعِ، حَتَّى دَهِشَ كُلُّهُمْ ومَجَّدُوا اللهَ قائلينَ "ما رأَيْنا مِثْلَ هَذا قَطُّ".

Our Father among The Saints, Gregory Palamas, Archbishop of Thessalonica.

On March 8 in the Holy Orthodox Church, we commemorate Theophylact the Confessor, bishop of Nicomedia; and Apostle Hermas of the Seventy. On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

Verses

The Spring of Light now leadeth to light unwaning

The Light's own truly great and resplendent herald.

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a hierarch, a theologian who defeated the heretics of his era, and a miracle-worker who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

MEN SOCIETY

March 10th 2026- Men's fellowship .

Topic is: Can the Bible be forged? @ 7 pm at the church

CHURCH SCHOOL

Everything is going well so far this year. Parents thank you for getting your children to church on time; there has been much improvement! Please remember to sit with your child in the church, we don't want the children in the lounge or in the hall during Divine Liturgy. We all want to teach them that in order to get the full experience of the Liturgy, it is important for them to be in the church.

Thank you .
Mrs. Janet

LADIES MONTH

Sunday, March 8th– Epistle Readers-

Arabic-Marian Alyatim

English-Natania Hanna

Ushers and Greeters– Sahar Abdallah, Rasha Abuaita, Vera Daoud,

and Mary Khoury.

LENT SERVICES

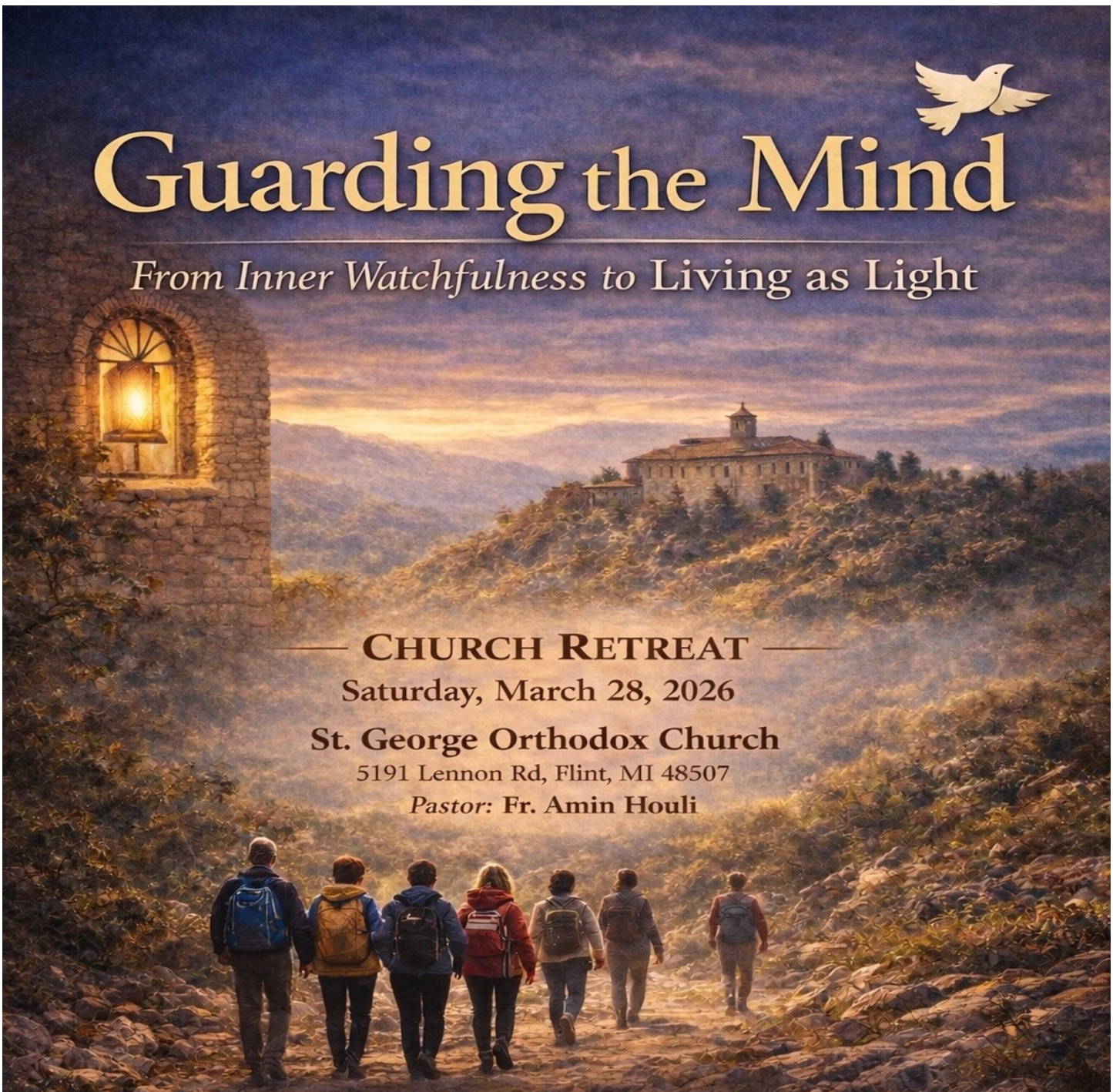
9 Mar Monday- Great Compline 6pm/ 10 Mar Tuesday- Great Compline 6pm

11 Mar Wednesday- Presanctified Liturgy 6pm (St. George)

12 Mar Thursday Great Compline 6pm / 13 Mar Friday Akathist 6pm.

Guarding the Mind

From Inner Watchfulness to Living as Light



Church Retreat

Saturday, March 28, 2026

St. George Orthodox Church

5191 Lennon Rd, Flint, MI 48507

Pastor: **Fr. Amin Houli**

Speaker: **Fr Paul Matar**

Session I

Shining as Light Bearers in Today's Society

9:00 AM – 12:30 PM

Lunch 12:30 PM – 1:30 PM

Session II

Guarding the Mind: The Battle of Thoughts

1:30 PM – 3:30 PM

4:00 PM

A day of reflection and teaching on shining as light bearers while guarding our minds through watchfulness, discernment, and grace.

Holy Oblation Offering

- **For the health of Issa, Esperansa, Nougoud, Robber, Issam, Gloria, Sandy, Josalein, and their families, and in loving memory of Raul, George, Nejma, Georgette, Micheal, Nejma, Kattas, Jamella, Wadeha, Mary, Sultana, Tamam, and Elias.**
- **For the health of Fr. Joe Abud and his family.**
- **For the health of Fr. Gabriel Bilas and his family.**
- **All members of St. George church.**
- **All Christians in the Middle East and Ukraine.**

PRAYER LIST

Prayers are offered for our parishioners who are ill, recovering, or in need, especially His servants: Sahar Abdallah, Abeer Abuaita, Issa and Jane Abueita, Soad Abuaita, Philip and Janett Abuaita, Rasha Abuaita, Sami and Shafiqa Abuaitah, Georgette Abueita, Youssif Abousamra, Fr. Joseph Abud, Munther Al-Kahush, Elia and Nadia Awwad, Naila Banna, Tareq Ziad Bannoura, Fr. Gabriel Bilas, Kristy Corcoran, Vera Daoud, James (Jimmy) David, Archimandrite Jeremy Davis, Subdeacon George and Suad Gantous, Phyllis Good, Patty Harris, Daisy Isaac, Linda Jamra, Letizia, Branden, and newborn Archie Jones, Joyce Mansour, Danny Mortensen, Karen Mortensen, Adam Odeh, Betty and Richard Ramsdale, Sdn. Dr. Elie and Samia Sadik, Edward Michael Salim, Kelly and Steve Sanderson, Cathy Sisco, Gary Stewart, Elaine Shaheen, Richard Shaheen, Nancy and Michael Silpoch, our Catechumens who are under instruction to become members of our Orthodox Faith: Tanner and Heavenly Roland, Alex Benoit, and Katelyn Wells, Zachary Richmond, and Keanan Springer. Our Expectant Parents: Nicole and Jeffrey Farah, Amira and Abdulla Farah, Anoud and Elias Qumseya, Natania and Rene Hanna, Heavenly and Tanner Roland, and Kari and Panagiotis Mikroudis.

Departed this life in the hope of the resurrection and life eternal Newly departed:

Lillian David (2/11), Lurice Atallah Tadros (2/14), and Fr. George Ursache (2/21).

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.