

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



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March 2020
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The Orthodox Churches of Greater Flint

Assumption (Greek) 2245 Baldwin Road ❖ Grand Blanc, MI 48439 ❖ 810-771-4611
St. George (Antiochian) 5191 Lennon Road ❖ Flint, MI 48507 ❖ 810-732-0720
St. Mary Magdalene (OCA) 2439 S. Long Lake Road ❖ Fenton, MI 48430 ❖ 810-750-1401
St. Nicholas (OCA) 2143 South Center Road ❖ Burton, MI 48519 ❖ 810-744-0070



~ 2020 Great Fast ~ Pan-Orthodox Divine Services and Potluck Dinners

Great Compline (*Mondays, 6:30pm*) We will be celebrating the Great Compline service together every Monday night at St. George. This beautiful service allows us to experience the Great Fast more deeply. Confessions will be available from 6pm–6:30pm and after the service.

Lenten Hours (*Wednesdays, 10am*) St. Nicholas will celebrate the Lenten Hours every Wednesday.

Presanctified Divine Liturgy (*Wednesdays, 6pm*) We will celebrate the Presanctified Liturgy and the Great Feast of the Annunciation together according to the schedule below. Holy Communion is given at both. To partake of Holy Communion, please be prepared with prayer and fasting (not eating or drinking anything after 12 Noon). Confessions will only be available prior to the Liturgy from 5:30pm–6pm.

Potluck Dinners: A Lenten Dinner follows each Wednesday liturgy. Please bring a covered **Lenten Dish** (*no meat, poultry, eggs, dairy, fish, wine, olive oil or their by-products*) to the hall prior to the beginning of liturgy. If you have questions, call the church office where the combined service will be celebrated.

March 11th **Presanctified Liturgy Combined at St. Nicholas**, 6pm

March 21st **Lenten Retreat** led by Fr. Bogdan G. Bucur (*see separate flier*)

March 25th **Annunciation Divine Liturgy at Assumption**, 9:30am OR
Annunciation Evening Liturgy Combined at St. George, 6pm

April 8th **Presanctified Liturgy Combined at St. Mary Magdalene**, 6pm

April 11th **Preparation of Gifts, Raising of Lazarus Divine Liturgy, and Lenten Breakfast Combined at Assumption** 9:30am

Assumption is located 1 ½ miles west of Holly Road on Baldwin Road.
St. George is located between Linden and Dye Roads on Lennon Road.
St. Mary Magdalene is located ¼ mile east of Torrey Road on South Long Lake.
St. Nicholas is located ½ mile south of Lippincott on Center Road.

*Member Churches of the Assembly of Canonical Orthodox Bishops in North America
A Vision of Orthodox Unity*

OUR JOURNEY TO PASCHA! 2020

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 9th	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 16th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 23rd FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 1st FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 8th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 15th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 22nd	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 29th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 5th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 12th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 17th	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 19th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Making Lent GREAT for your Family

By Philip Mamalakis, PhD

Our neighbors returned from a weekend away at a resort with their two teenagers. They described to us the wonderful food buffet at the resort. The brunch buffet, they reported, had everything, the meats, the scrambled egg bar, tremendous fruit spreads, all the pancakes and toppings you could think of, ten different types of dishes, salmon, croissants, you name it, they had it. They couldn't hold back their dismay as they told us how their two boys came back from the buffet with a bowl of Captain Crunch cereal! "They can have that at home any time," they exclaimed. They could have anything they wanted, a feast fit for a king, and they passed it all up for a bowl of cold cereal.

For some, this is what Great Lent is like. We have this incredible banquet feast for our souls to learn, indulge, and devour. We have a tremendous spread of services, traditions, rituals, prayers, hymns, and guidelines for preparing for Christ's resurrection, but many of us walk through and chose a bowl of cold cereal. Naturally, we will feel pretty unfulfilled if that is all we take away. How can we make Lent great for our kids and our families? Well, it is as simple, and as challenging, as learning to indulge ourselves in the Lenten buffet that God offers to nourish our souls.

Lent is a time that we are invited to change our lifestyle in preparation for Easter. Like anything else in life, the more we understand what is happening, the more we indulge in the banquet, the more we will experience God's healing presence in our lives. I won't be able to highlight all of the delicacies that are laid out before us during this Lenten season, so I will highlight three of the dishes that families can partake in as a way of connecting to the banquet ourselves and teaching our children to partake. Notice the first connection, though. The most effective way to teach our children the joy of the liturgical life of the Church is to embrace it in our own lives.

Make a commitment on how you will fast during Lent

As Orthodox we fast from food to be able to fast from sin. And it is our sin that keeps us from experiencing God fully. This connection between how we eat and how we sin is what the Fathers of the Church are clear on. This connection is also something that is lost in contemporary society. In America today we don't hear a lot about how fasting

can help a marriage stay together or how a family can learn to love God through fasting. As a therapist I see marriages fail because people cannot control how they act towards each other. Essentially the more we indulge ourselves in whatever we want, the more we become enslaved to our desires, rather than free to love. Fasting is not magic, but when we feast at the banquet for our souls through fasting we see God transforming our worldly desires towards His Kingdom. Opening up our marriages and families to fasting, opens up our hearts to be filled with the Grace of God and be truly free.

Fasting rules for families are a personal thing. Each family will do it differently. In consultation with your Priest or Spiritual Father, consider following the fasting guidelines of the Church. Consider what you did last year, and take a step further this year. For some, this might mean fasting from meat and dairy during the first and last weeks of Lent. For others, it is time to fast from dairy products during every week of Lent, or on Wednesdays and Fridays. Learning to partake of fasting from the buffet of the Church during Lent means letting go of control of our diet and giving this to God. Fasting is not just about food, but also about healing our souls. It is a challenge for us today, but like any sacrifices we make in faith, God's blessings that come from it are uncountable.

Make a commitment to a Church Schedule during Lent

During Lent, the Church offers more opportunities for us to come together in prayer. When we make any efforts to re-orient our lives towards God, we will be challenged. The Church knows this and provides opportunities for us to strengthen ourselves for this effort through prayer. The church services are for us to be encouraged and strengthened.

Before Lent starts, decide as a family what your church service schedule will be. Families do this all the time at the beginning of the soccer, football, or basketball season. Families look ahead to commit their evenings and weekends to the sport schedule. The coach demands it and families do this. We do this for earthly rewards: a championship team or to help our kids develop their sports skills. Planning in advance that you will go to every Wednesday night

continued after 2020 Offering Form

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Come, Join Us for this Lenten Retreat by Fr. Bogdan Bucur!



Our Covenant with God: Lessons from the Patriarchs, Prophets, Scribes, and Pharisees

Fr. Bogdan will discuss some Biblical texts including the persons of Abraham, Jacob, Esau, Moses, and the woman caught in adultery.

**Saturday,
March 21, 2020**

St. Nicholas Orthodox Church • 2143 S Center Rd • Burton, MI

**Please RSVP by March 15 to (810) 744-0070 or
stnicholasburtonmi@gmail.com**

9:30 am – 10 am
10 am – 11:30 am
11:30 am – 12:30 pm
12:30 pm – 2 pm
2 pm – 2:30 pm
2:30 pm – 4 pm
4:30 pm

Registration and Refreshments
Presentation #1 with question & answer
Lunch (free will offering)
Presentation #2 with question and answer
Break/Snacks
Presentation #3 with question and answer
Vespers and Confessions

Guest Speaker: Fr. Bogdan Bucur

Fr. Bogdan Bucur is a priest of the Antiochian Archdiocese who received his M.Th in Orthodox Theology at the University of Bucharest in his native Romania and then came to the United States to study under then-Archimandrite Alexander (Golitzin) at Marquette University where he received his M.A. in Theology and Ph.D. in Religious Studies. He serves as the priest of St. Anthony Antiochian Orthodox Church, Butler, PA and is Associate Professor of Theology at Duquesne University. He is a scholar of early Christianity, with a special interest in the link between reception history of the Bible and doctrinal developments in early Christianity and the Byzantine tradition

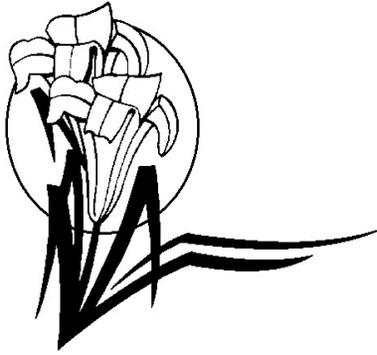
March

March is Antiochian Women's Month

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Great Fast Begins! Great Compline and Canon of St. Andrew 6:30pm	3 Great Compline and Canon of St. Andrew 6:30pm	4 Lenten Hours at *St. Nicholas 9am Presanctified Liturgy and Lenten Potluck 6pm	5 Great Compline and Canon of St. Andrew 6:30pm	6 Akathist to the Theotokos (خدمة المديح) 6:30pm	7 Great Vespers and Confessions 5pm
8 1 st Sunday of the Fast <i>Orthodoxy Sunday</i> Procession of the Holy Icons	9 Great Compline 6:30pm	10	11 Lenten Hours at *St. Nicholas 9am Presanctified Liturgy and Lenten Potluck *St. Nicholas 6pm	12	13 Akathist to the Theotokos (خدمة المديح) 6:30pm	14 Great Vespers and Confessions 5pm
15 2 nd Sunday of the Fast <i>St. Gregory Palamas</i>	16 Great Compline 6:30pm	17	18 Lenten Hours at *St. Nicholas 9am Presanctified Liturgy and Lenten Potluck 6pm	19 Parish Council 6:15pm	20 Akathist to the Theotokos (خدمة المديح) 6:30pm	21 Pan-Orthodox Lenten Retreat (see flier)
22 3 rd Sunday of the Fast <i>Procession and Adoration of the Life-Giving Cross</i>	23 Great Compline 6:30pm	24	25 Annunciation Liturgy at **Assumption 9:30am Annunciation Vespersal Liturgy and Potluck 6pm	26	27 Akathist to the Theotokos (خدمة المديح) 6:30pm	28 Great Vespers and Confessions 5pm
29 4 th Sunday of the Fast <i>St. John of the Ladder</i> Parish Falafel Lunch	30 Great Compline 6:30pm	31	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>* St. Nicholas Church 2143 South Center Road (1/2 mile south of Lippincott) Burton 810-744-0070</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>**Assumption 2245 Baldwin Road (between Holly & Fenton Roads) Grand Blanc 810-771-4611</p> </div> </div>			

During the Great Fast, we try our best at St. George to not schedule Bible Studies, Meetings, Events, etc. in order to focus on attending the Lenten Divine Services. Please plan ahead and make this Lenten season as fruitful and blessed as possible!

2020



Decorations for the Great Fast, Holy Week, and Pascha

As of February 14, 2020

5 Icon Flowers for the Madayeh/Akathist

\$30 each

- March 6th
- March 13th
- March 20th
- March 27th
- April 3rd

2 Icon Flowers (Lazarus Saturday/Palm Sunday) \$30 each

- One Icon
- One Icon

4 Icon Flowers for Holy Week \$30 each

- One Icon
- One Icon
- One Icon
- One Icon

2 pounds of Incense \$60 each

- One Pound
- One Pound

Flowers and Decorations for the Tomb (Taken)

Rose Water / Bay Leaves for Holy Saturday (Taken)

Carnations for the Holy Cross (Taken)

- \$245

Palms

- \$225

Donations toward Pascha Flowers (Lilies)

- \$25 each
- \$25 each
- \$25 each
- \$25 each

Fern Arrangements - Palm Sunday/Holy Week

(8 needed at \$40 each)

- One Arrangement

2 Icon Flowers for the Resurrection \$30 each

- One Icon
- One Icon

3 Paschal Candles \$95 each

- One Candle
- One Candle
- One Candle

Please print clearly

Your name: _____

For the health of:

In loving memory of:

The Living and Departed will be remembered at the service for which the item will be used the first time.

Please fill out this form, put it in the Flower an envelope (with check made out to "St. George/Decorations"), and drop it in the Sunday Offering Tray or send it to the church office.

Daily Prayer Life

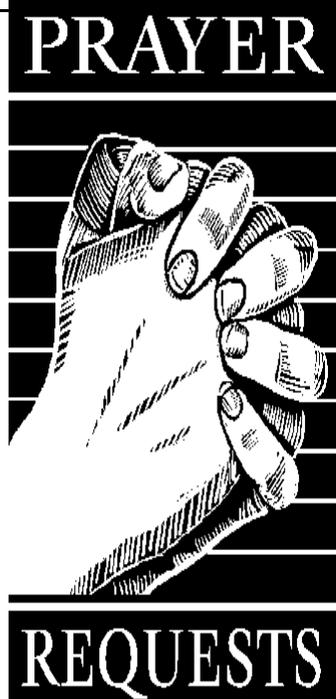
- ◆ We pray for the servants of God who have fallen asleep in the Lord: **Hanna** Rishmawi (January 26th, Emil's brother-in-law and Jamil's uncle), **Adibah** Elias (+January 29th, Syria, aunt of Elias Hanna, Wafaa Elias, and Najwa Joubran), Dr. **Linn** Campbell (+February 3rd, brother-in-law of Sally 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)

May their memory be eternal!

- ◆ 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), **Priest Robert** Royer, **Sahar** Abdallah, **Wadia** Albaba, **Naila** Banna, **Emil** Bathish, **Levi** Cooper, **Vera** Daoud, **Alex** and **Panayiotis** Deligorges, **Vera** Farah, **Elias** Gantos, **Phyllis** Good, **Shawna** Hale, **Don** and **JoAnn** Hawkins, **Daisy** Isaac, **Nawal** and **Nimer** Iseid, **Sally** Joseph, **Nakhleh** Khoury, **Nicola** Khoury, **George** Nassif, **Aida** Raffoul, **Deborah** Salim, **Nicholas** Saseen, **Elaine** Shaheen, **William** Shaheen Jr., **Michael** Silpoch, **Habib** Skafi, **William** Sophiea 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, **Aaron** Avery, **Cindy**, **Bryan** and **Heather** Campbell, and **Kristi** Kraxner (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 Saadeh), **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), **Husam** Rishmawi (cousin of Fadi Rishmawi), **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, **Jane** Zdenek, 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), **Sanaa** Alqassis (former parishioner), **Eva** Saseen (daughter of Nicholas), **Fran** Khoury (relative of Evelyn Delbridge), **Averie** Fisher (niece of Sandy Thomas), and **Imad** Isaac (friend of St. George).



Congratulations and God bless:

- ❖ **Alexandra Nassar** and **Alexander Mierzwa** who were recently engaged to be united in the Sacrament of Holy Matrimony.



❖ **Jarrett and Elise** (Ghattas) **Lane** who were united in the Sacrament of Holy Matrimony on February 15th.

❖ **George Gagne** who was brought into the Orthodox Faith through the Holy Sacraments of Baptism, Chrismation, and the reception of his First Communion on February 16th. Godparents: **Kristina** and **Lukas Cooper**. Parents: **Gary** and **Katrina**.



Announcements

FASTING DISCIPLINE FOR MARCH The **GREAT FAST** begins on Monday, March 2nd and continues until **Pascha** on April 19th. This 1st week of the Great Fast is known as “Pure Week,” and the first three days are traditionally observed with what is popularly referred to as a “black fast.” This means that beginning with the first day of the Great Fast — known as Pure Monday (March 2nd) — no food or drink is consumed until after the Liturgy of the Presanctified Gifts on Pure Wednesday (March 4th). After the first three days of Pure Week, the traditional fasting discipline (*no meat, poultry, cheese, eggs, dairy, fish, wine, olive oil, or their by-products*) is observed on all days with the exception of *wine and olive oil* being allowed on Saturdays and Sundays along with *fish, wine, and olive oil* being allowed on the **Great Feast of the Annunciation** (March 25th).

The Great Fast begins...

Our preparation for the Feast of Feasts (**Pascha**), begins on Monday, March 2nd and lasts until our midnight celebration of **Pascha** on April 18th/19th. This preparation is based on our increased participation in the three disciplines of Prayer, Fasting, and Almsgiving (Matthew 6:1-18):

1. Prayer: By attending the Lenten services as well as an increased daily prayer life at home, we spend more time with God.
2. Fasting: By restricting the types and frequency of meals, we experience physical weakness and learn to depend more on God than on ourselves.
3. Almsgiving: By giving to those less fortunate than ourselves, we cease to consider ourselves as the most important of all people (Food for Hungry People and other programs).

Our real experience of Christ's Resurrection on Pascha depends on how deeply we enter into these three disciplines. The additional weekday services gives all of us a wonderful opportunity to increase our Prayer life and be strengthened in Fasting and Almsgiving as well. We should strive to come to as many Lenten Services as possible whether or not we regularly attend Saturday Vespers and Sunday Services. Questions? Speak with Fr. Joe for guidance during this special and holy time of the year!

Great Compline صلاة النوم الكبرى – Mondays at 6:30pm at *St. George* (check Calendar for church location!)

Lenten Hours – Wednesdays at 10am at *St. Nicholas* (see Calendar)

Presanctified Liturgy قداس السابق تقديس & **Potluck** – Wednesdays at 6pm (check calendar for location!)

Supplication to the Virgin Mary / Madayeh خدمة المديح – Fridays at 6:30pm at *St. George*

▶ (The whole service, which has been divided in the first 4 weeks, is sung on April 12th)

Great Vespers and Confessions – Saturdays at 5pm at *St. George*

Lenten Prayer of St. Ephraim the Syrian

During the Great Fast, **THE** "prayer of the fast" is that of St. Ephraim the Syrian. Everyone should add this prayer to their daily prayers and to say this special Lenten prayer as often as you can:

O Lord and Master of my Life, take from me the spirit of sloth, despair, lust of power, and idle talk. (*prostration*)

But give rather the spirit of chastity, humility, patience and love to Thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother, for Thou are blessed, unto ages of ages. Amen. (*prostration*)

أيتها الربُّ وسيدُّ حياتي، أعتقني من روح البطالة والفُضُولِ وخبِّ الرناسة والكلامِ البَطالِ. (مطانية)
 وأنعم عليَّ أنا عبدك، بروح العفةِ وانضاع الفكرِ والصبرِ والمحبة، (مطانية)
 نعم يا ملكي وإلهي هب لي أن أعرف ذنوبي وعبوبي، وأن لا أدين إخوتي، فإنك مباركٌ الى دهر الداهرين
 أمين. (مطانية)

LENTEN POTLUCK DINNERS Our Ladies Auxiliary will be hosting Lenten Potluck Dinners after our celebration of the Liturgy of the Presanctified Gifts and Annunciation. 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 WEDNESDAY, MARCH 4TH

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

FOR WEDNESDAY, MARCH 18TH

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

FOR OUR COMBINED CELEBRATION OF ANNUNCIATION (FISH ALLOWED) ON WEDS., MARCH 25TH

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

THE HOLY SACRAMENT OF REPENTANCE (CONFESSION)

“He who conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.” (Proverbs 28:13)

The Great Fast is THE TIME for all parishioners to receive the Holy Sacrament of Repentance (Confession) -- especially if you plan on receiving Holy Communion on Palm Sunday (April 12th) or Pascha (April 19th). Fr. Joe hears Confessions by appointment before or after most Divine Services, Sundays between 8:30am-9:30am, by appointment during the week, and on Saturday evenings after Great Vespers; which is the perfect time when no one is rushed. Please do not wait until the last minute! For your convenience, Fr. Joe will also hear confessions after Coffee Fellowship on Sunday, April 5th. Because of many extra responsibilities, Fr. Joe will not be able to hear Confessions on Palm Sunday, April 12th or after Holy Tuesday, April 14th at 6pm. In addition, Holy Unction (on Holy Wednesday evening, April 15th) is a Sacrament of the Church and we must be prepared with Confession in order to be anointed. If you would like to go to one of the other Orthodox priests during our combined Pan-Orthodox Services, Fr. Matthew, Fr. Gabriel, and Fr. Jarrod are available 30 minutes before each service begins. Confessing of our sins opens the door to our personal celebration of our Lord's Glorious Resurrection -- PLAN NOW and BE PREPARED!!!

TRIUMPH OF ORTHODOXY On the 1st Sunday of the Great Fast, March 8th, we have a special procession celebrating the restoring of the Holy Icons into the Orthodox Church. Please be sure our children bring a Holy Icon from home to carry in the procession! If you do not have an icon in your home, we have many beautiful ones in our Bookstore for purchase.

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 Saturday, March 7th from 9am-12:30pm. If you have questions or want to sign-up, please contact Goni Ishak (810-449-6599).

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 \$260,292
- To meet our budget, our weekly offerings need to average: \$5,005
- Total Offered by 31 Families/Individuals: \$41,108
- 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.

TO TITHE IS TO LOVE!

2020 OFFERING UPDATE

As of February 19, 2020

We thank the following families for turning in their 2020 Offering Form in support of God's work at St. George. If your name is not listed, please fill out your 2020 Offering Form and mail it to the Church or put it in the Sunday Offering Tray.

Thank You and God Bless You!

New this year in Underlined (did not fill out a form last year)
Increase in Offering is **BOLD**

ADD YOUR NAME TO THE LIST!!!

- | | |
|---|---|
| 1. Mr. and Mrs. Najeb Abuaita | 17. Mr. Elias Gantos |
| 2. Mr. and Mrs. Jiries Abu-Aitah | 18. Mr. and Mrs. George Gantous |
| 3. Fr. and Mrs. Joseph Abud | 19. Mr. and Mrs. Salim Haddad |
| 4. Mrs. Laila Abud | 20. Mr. and Mrs. Elias Hanna |
| 5. Mr. and Mrs. Anwar Abueita | 21. Mr. and Mrs. Donald Hawkins |
| 6. Mr. and Mrs. Atallah Abueita | 22. Ms. Daisy Isaac |
| 7. Mr. and Mrs. Issa Abu-Eita | 23. Mrs. Najwa Joubran |
| 8. Mr. and Mrs. Michael Alqazaha | 24. Miss Alexandra Nassar |
| 9. Mr. and Mrs. Adeeb Bathish | 25. Mr. and Mrs. George Nassif |
| 10. Mr. and Mrs. Emil Bathish | 26. Miss Deborah Salim |
| 11. Mr. and Mrs. Issa Daoud | 27. Miss Elaine Shaheen |
| 12. Mr. James David | 28. Mr. and Mrs. William Shaheen |
| 13. Mrs. Iman David | 29. Mr. and Mrs. Ric Shahin |
| 14. Mr. and Mrs. Ayman Elias | 30. Mr. and Mrs. William Sophiea |
| 15. Mrs. Vera Farah | 31. Mr. and Mrs. Robert Teunion |
| 16. Mrs. Betty Froberg | |

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، متشغن

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)

Pre-Sanctified service, or Friday night Salutations service, or maybe Saturday night Vespers is a commitment towards heavenly rewards of peace and healing. Planning ahead what services you will commit to is a way of setting our family's Lenten journey within the life of the parish; right where it belongs.

Now what should we do if our kids don't want to go? Or maybe we have mixed feelings about going. Attending the services requires a commitment of our time that will pay off in transforming our hearts and lives towards receiving God's Grace. God's Grace heals the ills of our souls. But services don't have to be boring. Spend time as a family to make it meaningful. Learn about the service. Ask your Priest to teach what is happening and why. Participate in the services by learning the hymns and prayers. Suggest coordinating a potluck or discussion group at Church after service for families. This could mean coordinating activities for kids and discussion for adults. Do a family activity following the service that everyone will enjoy, like a family night at home. Like many good things in life, until we learn to love the medicine of worship in our lives, a teaspoon of sugar helps it go down. There are few things as boring as an Orthodox Church service that you are not connected with and there is nothing more transforming than living a life of worship.

Make a commitment to family prayer at home during Lent

Kids are more likely to feel at home at church if their home feels more like a church. While I am not suggesting that we walk slowly and use quiet voices at home, Lent is a great time to build your family icon corner, or come together before your icon corner in prayer. Mom and dad must be taking things seriously if they are lighting a candle before the icons and bowing their heads in prayer. If we are singing Church hymns at home, our kids will feel a familiarity when the hymns are sung at Church. Lent is a time to consider coming together as a family before the icons instead of before the television. If you don't think you know how to do this, talk to your Priest about how to start to pray or find people to teach you about this.

Consider specifically incorporating the Lenten Prayer of Saint Ephraim as a family. Each evening, following dinner, or before bedtime when everyone is together, gather at the family icon corner and say the prayer all together.

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. (prostration)

But grant rather, the spirit of chastity, humility, patience, and love to Thy servant. (prostration)

Yes, O Lord and King, grant me to see my own transgressions and not to judge my brother. For Thou are blessed unto the ages of ages. Amen (prostration)

After each verse, do a full prostration, or bow, in front of the icon of Christ. This is the same prostration the Priest does at the beginning of services. Nothing shifts a family prayer time like doing prostrations together. Christ is present as we gather, and through the icons. Bowing down to Him makes it real and requires a step in faith. Paradoxically, it strengthens our faith, which is what we need as we try to turn our lives towards Him.

So the Lenten buffet is laid out before us to nourish our souls and prepare us to receive Christ at Easter. We can partake of fasting, church services, and prayer in the home. I have not mentioned many of the other 'dishes' available like confession, forgiveness, almsgiving, reading the scriptures, pilgrimages, reading the lives of the Saints, or memorizing scripture or prayers. The banquet is set for us to partake as much as we desire.

The goal or purpose of Lent is not to fast or pray. The goal of Lent is to experience God directly. Helping our kids 'get more out of Church' means helping them experience God directly. Lent is a time for families to reorient ourselves towards God, but it takes a commitment to open our families to the life in Christ and open our homes to God's saving Grace. The feast is there for us to partake of, but we can also walk right by, grabbing a bowl of cold cereal. Remember, though, that after a bowl of cereal you will be hungry again in an hour. But God promises those who partake, that "Blessed are those who hunger and thirst after righteousness, for they shall be filled."

Dr. Philip Mamalakis, his wife Georgia, and their seven children live in Boston, Massachusetts where he is the Assistant Professor of Pastoral Care at Holy Cross Greek Orthodox School of Theology. Dr. Mamalakis directs the Field Education program and teaches classes on pastoral care and topics related to pastoral counseling. He has recently completed a marriage preparation program with Fr. Charles Joanides for the Greek Orthodox Archdiocese and is working on an Orthodox parenting book.

Namedays, Birthdays and Anniversaries

March 1 to March 31, 2020

Birthdays

March

- 1** Sean M. McCann
Emil Rishmawi
- 2** Nisreen AbuFarha
Ariana O. Khouri
- 3** Andrew M. Alkazaha
Pam K. Bassett
Lindsey N. Brunner
- 4** Jeremy A. Meshraky
- 5** O'Myah Vaughn
Dionte T. Wilson Jr.
- 6** Khaled Abuaita
Janet Abueita
Samir "Sam" H. Khoury
Amanda Rishmawi
Martha Shahin
- 9** Sami B. Abuaita
- 10** Lina Masaad
- 11** Kali R. Goff
- 12** Alyssa Coon
Maggie David
Zeid Helal
John E. Joseph
- 13** Sami Abufarha
- 14** Tony Fakhoury
- 15** Jiries Awad
- 16** Jon Bassett
Branden B. Jones
Devin B. Jones
- 17** Preston Haddad
- 20** Wadia Albaba
- 21** Amal I. Abu-Aita
Nidal Ishaq
- 22** Aziz M. Rishmawi
Raji "Roger" J. Salomon
- 23** Sandra "Sandy" H. Mitri
- 24** Issa Alqazaha
Raghda Ishaq
- 25** Maher Abufarha
Sami Alsahouri
Najwa Joubran

- 26** Ghada J. Abdallah
Amjad N. Abusaada
- 27** Julian J. Masaad
- 28** Nicholas F. Abdallah
Miar Abu-Aita
Vivian N. Isaac
Mira Rishmawi
- 30** Anthony R. Abueita
Laura "Laurie" E. Harrison
- 31** Aila Qumsieh

Namedays

March

- 4** Julianna Isabella Helal
- 25** Miar Abu-Aita

Wedding Anniversaries

March

- 1** Mr. and Mrs. Adnan Yacoub
- 6** Mr. and Mrs. Adrian Khouri
- 13** Mr. and Mrs. Karam Nassar

God Grant You All Many Years!

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 • Fadi Rishmawi, Chairman 810-625-5790 or fadi19@msn.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
