



SAINT GEORGE ORTHODOX CHURCH

A parish of the Self-Ruled Antiochian
Orthodox Christian Church of North America

Most Rev. Metropolitan Philip, Primate
Very Rev. Father Joseph Kimmett, Pastor

*It is our pleasure to welcome visitors and friends to our church.
If you would like to know more about our parish,
or the Orthodox Church, please feel free to ask.*

*Orthodox Christians who have confessed their sins and have prepared
themselves by fasting are invited to receive Communion.
Everyone is welcome to venerate the cross and share Holy Bread.
Following Liturgy, please join us in the parish hall
for coffee and refreshments.*

CALENDAR

Today -	<i>Teen SOYO & IOCC Souper Bowl of Caring Please leave canned food goods or donations in the hall. Foregiveness Vespers, 6:00 pm</i>
Monday -	<i>Great Compline (and reception), 7:00 pm</i>
Wednesday -	<i>Pre-Sanctified Liturgy (and potluck dinner), 6:00 pm</i>
Friday -	<i>Akathist (Medayeh), 7:00 pm</i>
Saturday -	<i>Great Vespers, 5:00 pm</i>
Next Sunday -	<i>Sunday of Orthodoxy Matins 9:00 / Divine Liturgy 10:00</i>
Fasting -	<i>The Lenten fast begins tomorrow. You are to abstain from meat, fish, dairy, eggs, wine & olive oil. (There is katalysis for wine and oil on weekends.)</i>

**14 February
2010**



**Cheesefare /
Forgiveness
Sunday**

Six Atwood Avenue
Norwood, MA 02062
Tel. 781-762-4396
Fax. 781-255-1871
StGeorgeNorwood.org



1-877-463-6784
WWW.OCMC.ORG

**ORTHODOX CHRISTIAN
MISSION CENTER
SUNDAY 2010**

*The harvest is truly plentiful, but the
laborers are few. Therefore pray the
Lord of the harvest to send out
laborers into His harvest.*

Matthew 9:37-38

Support Orthodox Missions

Today, through the prayers and support of the faithful, there are 20 men and women who are serving, or preparing to serve, as long-term missionaries in places like Albania, Romania, and Tanzania. Likewise, young, growing seminaries around the world are receiving support to provide theological training to over 250 local priests, catechists, and ministry leaders in places where the Church is newly emerging. With assistance from OCMC's Support a Mission Priest (SAMP) Program there are 400 priests in 19 countries who are bringing the Faith to those who may never have heard the Gospel's mes-

sage of salvation. And, in 2010, OCMC plans to train and send over 100 Orthodox Christians from across North America to serve on 14 short-term Mission Teams, bringing a living witness to the Orthodox Faith in Africa, Asia, Europe, Central America, and Alaskan North America.

It is our responsibility to ensure that these efforts continue. There is no greater way to invest our abundant blessings than in the salvation and eternal life of others. Let us pray, give, and serve to welcome our brothers and sisters around the world into the open arms of Christ.

In urgent expectation of Christ's awesome Resurrection, let us work boldly to make disciples of all nations. Truly, the harvest is plentiful, but we need the prayers and active support of all the faithful for OCMC, so that laborers will answer the call of the Lord and enter into His abundant and glorious harvest.

START OF LENT

Great and Holy Lent begins tomorrow.

- This evening at 6:00 pm - Forgiveness Vespers
- Tomorrow at 7:00 pm - Great Compline
- Each Wednesday at 6:00 pm - Pre-Sanctified Liturgy (followed by a Lenten potluck dinner)
- Each Friday at 7:00 pm - Akathist (Madayah)
- Confessions are heard before and after Saturday Vespers or by appointment -- don't wait til the last minute!

A schedule of services was mailed earlier this week; extra copies are available in the narthex and parish hall.

FFHP

The Archdiocese's **Food For Hungry People** program begins its 36th year this Lent. Your prayers, awareness and help for the hungry in the world make a huge difference. Contribution boxes and cannisters are available for you to take home.

*He who is kind to the poor lends to the Lord,
and he will reward him for what he has done.
-- Proverbs 19:17*

AV SUMMER CAMP

Forget the snow and cold weather -- its time to think about summer camp at Antiochian Village. On-line registration has begun at www.antiochian.org/camps. There are scholarships available from the Order of Saint Ignatius; please speak to Father Joseph before March 1st.

BLOOD DRIVE

Friends and family of Jamil Samara are sponsoring a blood drive to support Brigham & Womens Hospital and the Dana Farber Cancer Institute. It will take place this Saturday at Saint George Church, West Roxbury, from 9:00 to 3:00 pm. For an appointment, phone the church office at 617-323-0323.

LENTEN RETREAT

The diocesan Fellowship of Saint John the Divine is sponsoring a retreat on Saturday at Saint Mary in Pawtucket. The speaker is Father Michael Nasser and the topic is **Keeping Your Faith in a Chaotic World**. Contact Joe Samra for more information: joesamra@gmail.com

ADULT LENTEN RETREAT

Saint Michael Church in Cotuit is sponsoring a retreat on Saturday, March 13th. Father Kerry Saravelas is the speaker. His topic is **Calling All Cradles and Converts: Our Wonderful Journey to Pascha With A Forgiving Jesus**. Registration forms are in the parish hall. Phone Lorraine Reiley (508-240-2412) for details.

PARISH LIFE CONFERENCE

Save the Date! The 72nd Annual Parish Life Conference is being hosted by Saint George Cathedral Worcester the weekend of June 18-20. Rooms start at only \$98. Call the **Sturbridge Host Hotel** to book your room today. (508-347-7393) or on-line at sturbridgehosthotel.com

IOCC IN HAITI

Aid provided to Haiti by International Orthodox Christian Charities (IOCC) is nearing \$1.7 million and continues to flow into the country nearly one month after the disastrous earthquake struck. The distribution of aid supplies, began arriving to Haiti within one week of the disaster, has served an estimated 75,000 people.

Tents, hygiene kits, shelter materials, fuel, food, blankets, jerry cans for water, water purifiers and mattresses have been shipped and distributed throughout Haiti.

IOCC is also working to support the efforts of Orthodox partners in Haiti, where there are an estimated 3,000 Orthodox Christians.

COFFEE HOUR - Please join us for coffee following the Liturgy; hosted by a group of fellow parishioners..

GIFTS TO SAINT GEORGE -

Florence Esper & Alice Kelley *for the health of Dick Esper*
 *and in memory of Frances Esper*
 James Dunn and anonymous donors *in memory of John D Kelley*
 Donna Ivey *in memory of Claire Rempelakis*
 James & Arlene Kimmett *general donation*
 Nancy Rafferty, Father & Mrs Robert Bethoney, Matin & Arlene Faber
 *in memory of George Eysie*
 Doris Copoulos *for the health of Emaline Eakle*

Cliff and Anne Firth, the Silva Family, Sheila Bennett, Lillie Kelley, John Howard, Bill & MaryLou Catelli, The Ippolito Family, Ernest & Sally Peter, Sandy Thomas & Family, Dolores Elias, Sam & Beverly DiFlaminies, Lovee Thomas & Family, Robert & Elaine Malouf, Mr & Mrs Edward Cortes, George Jabour, Carol Brobst, Robet, Janet, Philip & Cara Laffey, Florence Esper, Alice Kelley, James & Christine Sommers .
 *in memory of Albert Nashawaty*

REMEMBER IN PRAYER -

Pray for the servants of God: Archpriest Nicholas (Manikas), Archpriest Robert & Khouriyee Elizabeth (Bethoney), Archpriest Michael (Lewis) Archpriest Alexander (Atty), Deacon Elias (Hamaty), Ronald (Mike, traveling in Haiti) Emaline (Eakle), Charles (Kouyoumjian), Jamil (Samara), Atallah (Amirhom), David (Elliott, serving in Iraq), Michael (Eysie), Janis, Timothy (Wright), Kathryne (Howard), Edward (Arees), Nicholas, Richard (Esper), Claudia (Eysie), Najlae (Solomon), Frances (Giandomenico), Samera (Mike), Frederick (Howard), Lillie (Kelley), Lovee (Thomas), Sandy (Thomas), Loretta (Thomas), George (Fares), Charles, (Howard), Chris, Elizabeth, Eliana, James, Richard, Michael, Anne, Grace, Mary, Pauline, Ioana, Nicolae, Carrie, Sam, Nancy, Thomas, Nicholas, Joyce, Barbara, John, Helen, Frances, Felecia, Catherine, Margaret, Brian, Nicole, Marion, Linda, Carrie, Nicholas, Sarah, Josephine, Rosemary, Sarah, Dean, David, Sterling, Mary.

Income February 7	Pledges	Donations & Memorials	Sunday Tray	Special Collection
\$3245.00	\$2445 .00	\$435.00	\$225.00	N.A.

Council & Parish Leaders

- Christine Byron
- Joseph Eysie
- Barbara Campbell (Secretary)
- Subdeacon Gheorghe Doros
- Andrew Howard (Chairman)
- Richard Plouffe
- Marwan Samman (Treasurer)
- John Shalbey jr.
- Linda Thomas (Vice Chair)

Assistant Treasurers:

- Beverly DiFlaminies
- Leeann Plouffe

Chanters - Erik Potter
& Rezanne Touni

Choir Director - David Franciosi
Christmas Card - Doris Copoulos
Church Custodian - Gerry Mullen

Epistle Readers - Lovee Thomas
Food Pantry Rep. - Kay Moseley
Holy Bread - Catherine Keches
IOCC Rep. - Emily Howard

Ladies President - Katie Birtwell
Sacristan - Subdn. Gheorghe Doros
Seminarians - Rabee Touni &

Subdeacon Stephen Mathewes
Scholarship Committee - Helen Abril
School Superintendent - Rich Plouffe
Teen Advisor - Emily Howard

Teen President - Timothy Markatos
Teen Treasurer - Nicholas Kimmett
Ushers - Andrew Howard
& Marwan Samman

Web-Master - Ekaterina Oleinik



Cheesefare Sunday**Forgiveness Sunday**

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

EISODIKON

Come, let us worship and bow down before Christ, O Son of God, who art risen from the dead, save us who sing unto thee, Alleluia. Alleluia. Alleluia.

TROPARION OF THE RESURRECTION (TONE 3)

Let the heavens rejoice and the earth be glad; for the Lord hath done a mighty act with his own arm. He hath trampled down death and become the First-born from the dead. He hath delivered us from the depths of hades, granting the world the Great Mercy.

TROPARION OF SAINT GEORGE, PATRON OF OUR COMMUNITY (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.

KONTAKION OF CHEESEFARE (TONE 6)

O Thou who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to thee, O merciful One, have mercy upon me who am fallen.

EPISTLE AND GOSPEL

Prokeimenon and Verse:

Make your vows and pay them unto the Lord our God. In Judah is God known, His name is great in Israel.

The Reading is from the Apostle Paul's Letter to the Romans

(13:11-14:4, Cheesefare / Forgiveness Sunday)

Brethren, besides this you know what hour it is, how it is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

Alleluia

The Reading is from the Holy Gospel according to Saint Matthew

(6:14-21, Cheesefare / Forgiveness Sunday)

Jesus said, if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.