



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 -	Church School, 12:30-2:30 pm
Monday -	Great Compline, 7:00 pm, at the cathedral in Worcester
Wednesday -	Pre-Sanctified Liturgy (and potluck dinner), 6:00 pm
Friday -	Akathist (Medayeh), 7:00 pm
Saturday -	Diocesan Meetings, Pawtucket, RI, 10:00 am Great Vespers, 5:00 pm
Next Sunday -	Veneration of The Cross Matins 9:00 / Divine Liturgy 10:00
Fasting -	<i>The Lenten fast has begun and continues through Pascha. You are to abstain from meat, fish, dairy, eggs, wine & olive oil. There is katalysis for wine and oil on weekends.</i>

28 February
2010



Second
Sunday of
Lent:
Saint Gregory
of Palamas

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



CAMBRIDGE FAMILY CHILDREN'S SERVICE

Programs & Services

Many of CFCS' specialized services are provided in partnership with the Massachusetts Department of Children and Families (DCF) AKA Department of Social Services (DSS) and the Massachusetts Department of Developmental Services (DDS) AKA Department of Mental Retardation (DMR). DCF and DDS depend upon community agencies such as CFCS to provide services for families and children in their care. CFCS' programs and services include:

* **Adoption Services** – recruiting, training and preparing individuals and couples to parent children in DCF foster care waiting for adoption; and assessing, matching and placing children referred by DCF into permanent adoptive homes—children who are likely to be older, children of color or to be waiting to be placed with a sibling.

* **Developmental Disabilities Services** – providing respite and other flexible family support services to families caring for a child or adult with disabilities as well as intensive skill training, behavioral consultation and advocacy for the families of school age children with multiple special needs and who are at risk of being placed in residential care outside the home.

* **Intensive Foster Care** – providing time-limited therapeutic foster care for children coming from hospitalization or residential treatment to support their successful transition to their permanent plan—return to their birth family, guardianship, kinship care, adoption or a less formal but equally committed connection to an adult who will help the foster youth prepare to move into a responsible independent and self-sufficient young adulthood.

* **Residential Services** – offering transitional housing in group homes as well as supervised apartments and educational advocacy and career preparation for older adolescents moving on to independent living after many years in DCF care.

* **Volunteer Mentoring Programs** – recruiting, training and pairing volunteer mentors with recently homeless families, pregnant and parenting teens, foster children and at-risk school-age children and their families for guidance and support.

* **Family Support and Stabilization** – offering a variety of short-term, intensive, in-home services and supports aimed at providing wrap-around planning and support for children returning from, or at risk of referral to DCF' out-of-home placements as well as families of young children with a first-time report to DCF for alleged abuse or neglect.

WELCOME

It is a great pleasure to welcome Presbyteria Maria Mossaides to Saint George. Maria is married to Father Nicholas Apostola, pastor of Saint Nicholas Church of the Romanian Orthodox Church in the Americas, in Shrewsbury. She is secretary of the Board of Directors of International Orthodox Christian Charities (IOCC) and Executive Director of Cambridge Family Children's Service. This past Christmas our parish designated CFCS for our outreach program. Maria will speak at the end of the Liturgy.

GREAT AND HOLY LENT

- Tomorrow at 7:00 pm - Great Compline, Worcester
- Each Wednesday at 6:00 pm - Pre-Sanctified Liturgy (followed by a Lenten potluck dinner)
- Each Friday at 7:00 pm - Akathist (Madayeh)
- Confessions are heard before and after Saturday Vespers or by appointment. A schedule of services is available in the narthex and parish hall.

FFHP

The Archdiocese's *Food For Hungry People* program has begun its 36th year this Lent. Your prayers and help for the hungry in the world make a huge difference. Boxes and cannisters are available for you to take home.
You cannot show a kindness too soon, because you never know how soon it will be too late.

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.

LADIES MEETING

The Ladies of Saint George will meet on Thursday, March 11 at 6:30 pm.

TEEN SOYO RETREAT

It's the time of the year when we starting thinking about the Teen's Lenten Retreat! This year we're very excited to have Archdeacon Seraphim Solof as retreat leader for the weekend of March 19-21 in Contocook, NH. The theme is *Lord I believe - Help my Unbelief: Our Personal Journey to Christ.* It promises to be an amazing weekend. See Father Joseph or Emily Howard for an application or information.

HOLY WEEK BOOKS

If you would like your own copy of the service book for Holy Week pick up a form in the narthex and mail it to the archdiocese today.

DIOCESAN DELEGATES DAY

The *Spring Meetings* for Teen SOYO, Antiochian Women and the Fellowship of Saint John will be held this Saturday at Saint Mary Church in Pawtucket. Prayers begin at 10 am in the Parish Center with meetings afterward. Lunch will follow at 12:30

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

HOLY BREAD - The gifts are offered today by the family of George Eysie. A 40-Day Memorial will be served at the end of Liturgy.

COFFEE HOUR - Please join us for coffee following the Liturgy; hosted by the family of George Eysie.

VOTIVE - A seven-day candle burns before the Icon of the Theotokos, given by Marlene Lupaczyk for Cleo Eysie on her birthday.

GIFTS TO SAINT GEORGE -

Barbara Gallo, Roger Eysie and Family; Dianne, Garrett, John jr & Leah Shalbey *in memory of George Eysie*
Tom & Kate Eysie *general donation*

Hellas Assad, Richard Hadayia, Ronald & Elaine Gauthier, Dr Kapasi, Johanna Demas, Michael & Marilyn Robbat *in memory of Albert Nashawaty*

Michael Mike and his family, Martha Cali, Honey Tolia, Lillie Kelley, Sheila Bennett, Josephine Purpura, Nick & Madeline Shaheen, Cleo Eysie & Family, Alex & Mary Deeb, John Howard, Nick & Jackie Saber, Ernest & Sally Peter, Sam & Beverly DiFlamines, Joyce Tarbanovic, Bruno & Reggie DiCicco, The Plouffe Family, Robert & Nancy Deeb, Don & Camille Floiro, The Moseley Family, Robert & Carol Ferris, Peter & Beverly Veglas, Roger & Carlene Ferris, Katheryne Howard, Emaline Eakle; Dianne, Garrett, John jr & Leah Shalbey; Nancy Correia MacDonald, Sophie Boulis, Florence Esper, Alice Kelley; Sandy, Linda & Bob Thomas; Helen Abril & Family, Margaret Domet, Hellas Assad, Lovee Thomas & Family, Dolores Elias, Eleanor Tomm, Nick & Doris Copoulos, Virginia Coppola, the South Norwood Committee, June Deeb Wolff, Carolyn Ferris, Marie Boulis Coffin, Jeanne Boulis Jennings Noonan, Carol and Karen Elias, Phyllis Georgeu, Bowditch & Dewey LLP and Tina Valentine *in memory of Samera Mike*

Income February 21	Pledges	Donations & Memorials	Sunday Tray	Seminarian Collection
\$2307.00	\$1445 .00	\$260.00	\$331.00	\$251.00

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 DiFlamines
- Leeann Plouffe

Chanters - Erik Potter & Rezanne Toumi

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 Toumi &

Subdeacon Stephen Mathewes
Scholarship Committee - Helen Abril

School Superintendent - Rich Plouffe
Teen Advisor - Emily Howard

Teen President - Timothy Markatos
Teen Treasurer - Nicholas Kimmitt

Ushers - Andrew Howard & Marwan Samman
Web-Master - Ekaterina Oleinik



Second Sunday of Lent: Saint Gregory of Palamas

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 5)

Let us believers praise and worship the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation; for he took pleasure in ascending the Cross in the flesh, to suffer death, and to raise the dead by his glorious Resurrection.

TROPARION OF SAINT GREGORY PALAMAS (TONE 8)

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

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 THE ANNUNCIATION (TONE 8)

To thee, the Champion Leader, I thy city ascribe thank-offerings of victory; for thou hast delivered me from terrors, O Theotokos; but as thou hast that power which is invincible, from all dangers set me free, that I may cry out unto thee: "Hail, O Bride without bridegroom!"

MEGALYNARION IN THE LITURGY OF SAINT BASIL THE GREAT (TONE 8)

In thee rejoiceth all creation, O thou who art full of grace, the hierarchy of the angels, and all mankind, O consecrated temple and paradise endowed with speech, glory of virginity, of whom god, who is our god before the ages, was incarnate and became a little child.

EPISTLE AND GOSPEL

Prokeimenon and Verse:

O Lord, Thou wilt preserve us and keep us from this generation. Save me, O Lord, for the godly man ceaseth.

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

(1:10-2:3 - 2nd Sunday in Lent)

In the beginning, thou O Lord, didst found the earth and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet"? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay the closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Alleluia.

The Reading is from the Holy Gospel according to Saint Mark

(2:1-12, 2nd Sunday in Lent)

Jesus returned to Caper'na-um 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 him a paralytic carried by four men. And when they could not get near him 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, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning 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 questioned within themselves, said to them, "Why do you question 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!"

THE LORD'S PRAYER will be read in several languages each Sunday in Lent, beginning with English, then Arabic, Greek, Russian, Romanian, Spanish, Armenian ...