



# SAINT GEORGE ORTHODOX CHURCH

A parish of the 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.*

**1 March  
2009**



**Sunday of  
Cheesefare:  
Forgiveness  
Sunday**

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StGeorgeNorwood.org

## CALENDAR

<u>Today</u> -	Installation of Parish Council at the conclusion of Liturgy Teen SOYO Meeting during coffee hour Ladies of Saint George Meeting after coffee hour Church School, 1:00-3:00 pm Forgiveness Vespers, 6:00 pm
<u>Monday</u> -	Great Compline (and reception), 7:00 pm
<u>Wednesday</u> -	Pre-Sanctified Liturgy (and Lenten potluck supper), 6:00 pm
<u>Thursday</u> -	Holy Bread Bakers Meeting, 9:00 am
<u>Friday</u> -	First Salutations on the Akathist, 7:00 pm
<u>Saturday</u> -	Liturgy for Saint Theodore / Saturday of Souls, 9:00 am followed by Diocesan Lenten Retreat (lunch included) Great Vespers, 5:00 pm
<u>Next Sunday</u> -	Sunday of Orthodoxy (bring icons for the procession) Matins 9:00 & Divine Liturgy 10:00 <u>Daylight Savings Time</u> <i>There will be a second tray passed for archdiocese seminarians</i>
<u>Fasting</u> -	Today is Cheesefare, the last day for fish and dairy until Pascha; Strict Lenten fasting begins tomorrow -- Pure Monday

THE MOST REVEREND  
METROPOLITAN PHILIP

ARCHBISHOP OF NEW YORK AND  
METROPOLITAN OF ALL  
NORTH AMERICA



## The Self-Ruled Antiochian Orthodox Christian Archdiocese OF NORTH AMERICA

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Great Fast, 2009

To be printed in the bulletin and read from the pulpit

Beloved in the Lord:

Greetings and blessings to you as we enter this most holy season of prayer, fasting and almsgiving.

It is with the greatest joy that I write to you today to inaugurate the 2009 Food for Hungry People campaign. This year marks the Thirty-fifth anniversary of this charitable drive. During the past thirty-five years, we have helped countless charitable organizations and individuals with this fund. Through the efforts of our dedicated and long-standing chairlady, Miss Robin Nicholas, and with your generosity on the parish level, this drive has grown into a strong witness of our Holy Orthodox faith on this continent and throughout the world. It is a witness to our living the Gospel to help those who are suffering in North America and all over the world.

We urge you, during this season of prayer, self-discipline and fasting, to be very generous in your contribution to this campaign. As we practice the virtues which cleanse our souls, let us not forget what St. John Chrysostom calls the "greatest of the virtues" - giving to the poor. As important as prayer and fasting are, they are of no avail to us if we fail to give to those in need.

Asking the Almighty God to bless you throughout our journey to Pascha, we remain

Your Father in Christ,

Metropolitan PHILIP  
Primate  
The Self-Ruled Antiochian Orthodox Christian Archdiocese  
of North America.

MP:km

**DIVINE SERVICES DURING PURE WEEK**

*Great Lent begins Monday.* The season of the Fast is ushered in with Forgiveness Vespers, tonight at 6:00. Tomorrow, the Deanery’s Compline service will be here at 7:00 pm. Wednesday is Pre-Sanctified Liturgy and a Lenten Potluck. Friday is the first of the Akathist services at 7:00 pm. Saturday is the retreat, which begins with Liturgy at 9:00 am.

Don’t wait til the last minute to make your Lenten plans -- the full schedule of services is enclosed with this bulletin. Updates are always available on our web-site: [www.StGeorgeNorwood.org](http://www.StGeorgeNorwood.org)

**MEETINGS TODAY**

The *Teen SOYO* will gather on the rectory porch during coffee hour today. A Lenten retreat in New Hampshire and Bible Bowl at the Parish Life Conference are on their agenda.

The *Ladies of Saint George* will meet after coffee hour today. Among their many projects is a fish dinner on the Feast of the Annunciation (March 25th.)

This afternoon at 1:00 our *Church School* will have their regular session. Next Sunday we will see our young people helping in the procession of Icons at Liturgy. Two weeks from today, there will be a parents meeting at 6:00 pm.

**FOOD FOR HUNGRY PEOPLE**

The letter printed from Metropolitan PHILIP encourages everyone to participate in *Food For Hungry People*. Boxes for your home or collection canisters for your place of business are available in the narthex and hall.

**LENTEN READING GROUP**

If you are among those reading *The Gurus, the Young Man and Elder Paisios* this Lent, see Father Joseph today as he will be scheduling a time for everyone to get together and discuss this intriguing book.

**LENTEN RETREAT**

The Diocesan Ladies host a retreat each year, right here in Norwood this Saturday, March 7th. The speaker this year is Dr. Elizabeth Prodromou, Asst. Professor of International Relations at Boston University and a member of Saint Athanasios Church, Arlington. Her topic is *Orthodox Christian Unity: What, Why, Why Not Yet?* Registration forms are in the parish hall.

Archangel Michael Church on Cape Cod is hosting a retreat on Saturday, April 4th with Kyriaki Fitzgerald: “Reflections on Psalm 50”. Registration forms are in the parish hall.

**LADIES MONTH**

Each year during March, ladies in parishes around the archdiocese are recognized for their commitment and ministry. We see them hard at work in all our parish activities. This month they will be reading the epistle at Liturgy and passing the trays, but we know they do so much more and we thank God for their dedication.

**BREAD BAKERS**

The *holy bread* for every Divine Liturgy is lovingly baked by a member of our parish baking team. A number of them have decided to get together this Thursday, March 5th, at 9:00 am and share tips. Everyone is invited to join them and learn the process for making the bread.

**BRICK WALKWAY**

Last Sunday, and again in a parish email during the week, the proposed *brick walkway and patio* was presented to you. The bricks would be engraved with names of loved ones who have passed away as well as names of those who labor today for our church. John Shalbey Jr. is the Council’s point man on this project and he will speak today at the end of Liturgy. Council members will be at coffee hour to answer any questions.

**HOLY BREAD -**

The gifts today are offered by Carol and Karen Elias in memory of Louis “Lallo” Elias. A forty-day memorial will follow the Liturgy.

**COFFEE HOUR -**

Please stay for refreshments following the Liturgy today, hosted by Carol and Karen Elias in memory of their father.

**GIFTS TO SAINT GEORGE -**

Emaline Eakle ..... *in memory of Manuel Alves*  
 Bob & Nancy Deeb ..... *in memory of May Angelo*

**REMEMBER IN PRAYER**

**Pray** for the good health of the servants of God: Priest Robert, Khouriye Elizabeth, Deacon Elias, James, Ricky, Michael, Frances, Samera, Stephanie, Mary, Katrina, Elsa, John, Jeanne, Gregory, Albert, Dimitri, James, Frederick, Anne, Grace, Renee, Robert, Nicole, Mary, Pauline, Ioana, Nicolae, Kathleen, Lillie, Jennifer, Carrie, Sam, Michael, Nancy, Kenneth, Joy, Claudia, Thomas, Sarah, Nicholas, Charles, Beverly, Najlae, Irene, Edmond, Helen, George, Frances, Felecia, Catherine, Gail, Margaret, Brian, Nicole, Marion, Donna, Linda, Edmond, Emaline, Carrie, Nicholas, George, Lovee, Sarah, Charles, Jenine, Josephine, George, Sandy, Edward, Michael, Madeline, Rosemary, John, Margaret, Sarah, Nima, Dean, David, Sterling, William, Mary.

February 22 Income	Pledges	Donations & Memorials	Tray	Special Collection
\$1149.00	\$910.00	\$90.00	\$179.00	N.A.

**Council & Parish Leaders**

Andrew Howard (Chairman)  
 Linda Thomas (Vice Chair)  
 Sharon Weiskerger (Secretary)  
 Leeann Plouffe (Treasurer)

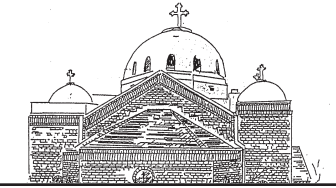
Barbara Campbell  
 Marlene Lupaczyk  
 Angela Sepulveda  
 John Shalbey

*Assistant Treasurers:*  
 Beverly DiFlaminies  
 Marwan Samman

Chanters - Paul Eysie & Erik Potter  
 Choir Director - David Franciosi  
 Christmas Card - Doris Copoulos  
 Church Custodian - Gerry Mullen  
 Constitution Review - Judith Howard & Linda Thomas  
 Epistle Readers - Lovee Thomas  
 Food Pantry Rep. - Kay Moseley  
 Holy Bread Schedule - Reggie DiCicco  
 IOCC Rep. - Emily Howard  
 Ladies President - Katie Birtwell  
[NorwoodLadies@gmail.com](mailto:NorwoodLadies@gmail.com)

Sacristan - Gheorghe Doros  
 Seminararians - Michael Razook & Rabee Toumi  
 Scholarship Committee - Helen Abril  
 School Superintendent - Rich Plouffe  
 Teen Advisor - Michele Markatos  
 Teen President - Jenna Weiskerger  
[NorwoodTeens@gmail.com](mailto:NorwoodTeens@gmail.com)

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





**Sunday of Cheesefare: Forgiveness Sunday  
The Expulsion of Adam from Paradise**

**Martyr Eudokia of Heliopolis and Venerable David of Wales**

*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 4)**

Having learned the joyful message of the Resurrection from the angel, the women Disciples 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.

**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.