



SAINT GEORGE

ORTHODOX CHRISTIAN CHURCH

Most Rev. Metropolitan PHILIP, Primate
Antiochian Orthodox Archdiocese of North America

Right Rev. Bishop JOHN
Diocese of Worcester & New England

Very Rev. Father Joseph Kimmett, *Pastor*

Welcome. It is a great pleasure to have visitors and friends with us at Saint George. If you would like to know more about our parish, or the Orthodox Faith, please don't hesitate to ask.

Communion: Orthodox Christians who have confessed their sins, who and have prepared themselves by fasting, and who have been present from the start of the service are invited to approach the chalice. Everyone may partake of the holy bread.

CALENDAR

- Monday - Diocesan Great Compline, 7:00 pm in Dedham
- Tuesday - Parish Council Meeting, 7:00 pm
- Wednesday - Pre-Sanctified Liturgy *and Lenten potluck*, 6:00 pm
- Friday - Salutations on the Akathist / Madayar, 7:00 pm
Coffee and Discussion group follows
- Saturday - Great Vespers, 5:00 pm
- Next Sunday - Matins & Divine Liturgy, 9:00 / 10:00 am

The Great Fast has begun and continues through Pascha.

The faithful abstain from meat, fish, dairy, wine and oil.

There is katalysis (a lightening of the fast) for wine and oil on weekends.

**11 March
2012**

**2nd Sunday
in Lent**

**Saint Gregory
Palamas**

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StGeorgeNorwood.org

"... the disciples were first called Christians in Antioch." - Acts 11:26

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 Lent 2012

Beloved in the Lord:

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

During this time of the Great Fast, we once again turn our attention to the Food for Hungry People Program of the Fellowship of St. John the Divine. For more than 37 years, this campaign has had a tremendous impact throughout the world to help alleviate hunger and the numberless tragedies caused by poverty. With several tragic events that continue plaguing our world including, but not limited to, the economic turmoil many countries, including our own, are facing, we are compelled to follow the example of Christ and the Saints and help those in need.

St. John Chrysostom, perhaps the greatest preacher in the history of the Church, once said: "Although fasting is more difficult than this, nothing is so strong and powerful to extinguish the fire of our sins as almsgiving. It is greater than all other virtues. It places its lovers by the side of the King Himself, and justly. For the effect of fasting is confined to those who fast, and no other is saved thereby. But almsgiving extends to all, embracing the members of Christ, and actions that extend their effects to many are far greater than those which are confined to one." Through your generosity to the Food for Hungry People campaign, you embrace the world with the love of Christ, saving yourself as you literally save others.

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 or refrain from the "greatest of the virtues." 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 as we begin our journey to Pascha, we remain,

Your Father in Christ,

+Metropolitan PHILIP
Archbishop of New York and Metropolitan of all North America

GREAT LENT

- Copies of the Lenten service schedule are available today as are the March-April calendar.
- This year, following the Friday Akathist, there will be a discussion group in the parish hall. Join us for coffee and chat about topics that interest you.
- Now in its 38th year, **Food For Hungry People** is the archdiocese program established to help all of us help those less fortunate. Take home a box to fill with alms.
- Read the Old Testament Scriptures each day of the fast. Have them sent to your computer each morning by registering at <http://www.goarch.org/listserv/>
- On-line Bible Study can also be found in your email each day from Dynamis; sign up for this service at www.orthodoxdynamis-subscribe@yahogroups.com

LADIES MONTH

Throughout out archdiocese this month, we celebrate the ministry of all the women in our churches. You always see them hard at work, this month as they read the epistle and pass trays, be sure and give thanks to God for their dedication. Here in Norwood, the Ladies will meet today right after the Liturgy.

YOUTH NEWS

- The **Teen SOYO Lenten Retreat** is March 23-25 at the Saint Methodios Center in Contoocook, NH. The topic is “Heroes of the Old Testament”, led by Katrina Bitar. Father Joseph will be there, as will His Grace Bishop JOHN. Registration forms are in the parish hall.
- For the Conference, Erik is leading the **Bible Bowl** study on Romans, see him for meeting times.

BISHOPS VISIT

His Grace Bishop JOHN will be with us the weekend of April 21-22 to celebrate Thomas Sunday and the Feast of Saint George. Mark your calendars.

PARISH LIFE CONFERENCE

102 DAYS -- that’s how long we have to prepare for the PLC, which we are hosting this year. Your part includes making a reservation at the beautiful Cliff House Resort in Ogunquit, Maine. Go to: www.CliffHouseMaine.com/attendees
The user name is PARISH and the password: pa986B

Then, see our web-site for all the up-to-date information. Many of the forms are also available today in the parish hall. Finally, help us out by volunteering to help -- both now and at the Conference. See David or Leeann today.

BRICK SALES

It has been two years since we offered the chance to have an engraved brick placed in the patio. Now is your chance, pick up a form in the parish hall today. We will collect the orders in April, have them engraved and placed outside later in the spring.

AABA NEWS

The Arab American Benevolent Association Benefit Hufli will be May 12th at Saint John of Damascus Church in Dedham. If you would like to support the event, please contact George Matook at georgematook@mac.com or Jenna Weiskerger at jweisker@student.umass.edu. Jenna will be here next Sunday to sell tickets during the coffee hour.

LECTURE IN CAMBRIDGE

The Annual Father John VonHolzhausen Lecture for 2012 at Saint Mary Church in Cambridge is Saturday, March 24th. Bishop Seraphim Sigrist will be joining us to talk about his new book, *A Life Together: Wisdom of Community from the Christian East*.

SPRING CLEANING

There will be a Yard Sale here on Saturday, May 19th. Look around and see what you have to contribute -- but don’t bring anything yet, we have NO storage space.

HOLY BREAD - The gifts today are offered by the Doros Family.

GIFTS TO SAINT GEORGE

Sandy Thomas & Familyin memory of Michael DiVito,
.....Anne McDonough and Diana Beattie
Florence Esper and Alice Kelleyin memory of Diana Beattie
.....and James Brennan

REMEMBER IN PRAYER -

Pray for the servants of God: Archpriest Michael and the Abdelahad Family; Archpriest Alexander (Atty), Archpriest Elias and Kh. Joanne (Bitar), Sheila (Bennett), Debbie (Braun), Pedro (Angie’s brother), Margaret (Domet), Effie (Kalliel), Anne (Krekis), Marion (Redonnet,) Sarah (Kelley), Nicolae (Daniela’s father), Jack (Lucine’s father,) Karen, Charles, Mahasen Yacoub (Ibt’s mother), David (Rediker), Beverly (DiFlaminies), Pamela (Manikas), Deacon Elias (Hamaty), Fred (Tomm), John (Howard), Darcey, David (Knipe and family), Alan (Andrew), Lana (Joseph), Christina (Adams), Emaline (Eakle), Cleo (Eysie), Timothy (Wright), Kathrynne (Howard), Nicholas, Claudia (Eysie), Najlae (Solomon), Lovee (Thomas), Sandy (Thomas), Charles (Howard), Mary, Catherine, Josephine.

Pray for the handmaids of God Sh. Rezanne, Daniela and Kh. Nicole (Selim) who are with child.

Pray for Deacon Luke Toumi’s family in Homs, Syria and for Shamassy Rezanne’s father Khalil, who is very sick. *A note to Deacon & Rezanne would be appreciated: 1501 Asbury Place #1, Pittsburgh, PA 15217.*

Feb 26 / Mar 4 Income	Pledges	Donations & Memorials	Tray	Seminarian Tray
\$6246.00	\$4949.00	\$.00	\$520.00	\$310.00

Council & Parish Leaders

- Christine Byron
- Joan Cassidy (Chair)
- Joseph Eysie (Vice Chair)
- Gheorghe Doros (Treasurer)
- Anthony Grasso
- Katia Oleinik (Secretary)
- Richard Plouffe
- Ibtisam Samman
- Linda Thomas

Assistant Treasurers:
Beverly DiFlaminies
Leeann Plouffe

- Building Committee - Andrew Howard
- Chanter - Erik Potter
- 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
- Hospitality -
- IOCC Rep. - Emily Pappas
- Ladies President - Katie Birtwell
- Order of St Ignatius Liason - Erin K.
- Sacristan - Subdn. Gheorghe Doros
- Scholarship Committee - Helen Abril
- School Superintendent - Rich Plouffe
- Seminarian - Jason Falcone
- Teen Advisor -
- Teen President - Alex Oleinik
- Nat'l Teen Secretary - Tim Markatos
- Usher - Andrew Howard
- Web-Master - Ekaterina Oleinik



**Second Sunday in Lent
Commemoration of Saint Gregory 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 6)

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 that art risen from the dead! O Lord, glory to thee.

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. I will sing of your mercies, O Lord, forever. *Alleluia.* For you have said: "Mercy shall be built up forever." *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 and Romanian.