



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

<u>Today</u> -	One-year memorial for Helen Abdallah
<u>Monday</u> -	Great Compline, 7:00 pm at All Saints, Weymouth
<u>Tuesday</u> -	Great Vespers for the Annunciation, 7:00 pm
<u>Wednesday</u> -	Divine Liturgy for the Feast, 9:00 am Fish Dinner, 5:00 pm
<u>Friday</u> -	Fourth Salutations on the Akathist, 7:00 pm Teen SOYO Lenten Retreat, Contoocook, NH
<u>Saturday</u> -	<i>No Vespers this week</i>
<u>Next Sunday</u> -	Saint John of the Ladder Matins 9:00 & Divine Liturgy 10:00
<u>Fasting</u> -	Strict fasting for Lent each day. Katalysis for olive oil and wine on Saturday, Sunday and [for fish] on the Annunciation.

22 March
2009



3rd Sunday
in Lent:
Adoration of
the Holy and
Life-giving
Cross.

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

Help Make A Difference This Lent!



Does your home keep you warm and dry?

For thousands of Mexican families, "home" is a crude dwelling that leaves them susceptible to the elements. Babies and elderly DIE when it rains. Also, countless children roam the streets – orphaned, abandoned or abused. With your help, we can make a difference. Since 1988, over **7,000 Orthodox youth** have helped Project Mexico build **more than 180 homes** for poor families. **Award-winning** St. Innocent Orthodox Orphanage provides a **loving and caring home** for orphan teenage boys. There's still so much to do! Your support this Lent can help. Learn more at www.projectmexico.org.

"Give something however small to the one in need; for it is not small to one who has nothing; neither is it small to God, if we have given what we could."

–St. Gregory of Nazianzus

Operating under the blessing of SCOBA (The Standing Conference of Canonical Orthodox Bishops in the Americas). All gifts are tax deductible. Donate at www.projectmexico.org or send a check payable to Project Mexico.

Name _____

Address _____

City _____ State _____ Zip _____

Phone __ () _____

Email Address _____

\$25 \$50 \$100 \$250 Other \$ _____

My employer will match my gift. I have enclosed the matching form.



Project Mexico
& St. Innocent Orphanage

Building Hope for Boys Without Families and Families Without Homes

P.O. Box 120028 Chula Vista, CA 91912-3128 619.426.4610 www.projectmexico.org

LADIES MONTH

Each year during March, ladies in parishes around the archdiocese are recognized for their commitment and ministry. *Ladies president, Katie Birtwell will speak today at Liturgy.*

This Wednesday, March 25th, the Feast of the Annunciation, the Ladies of Saint George will be sponsoring a **FISH DINNER**. Please sign up at coffee hour today and reserve your spot.

BRICK WALKWAY

The Parish Council is looking to move forward with plans for the walkway and landscaping project. *Your support of this project is key to its success.* Forms for purchasing a brick are in the parish hall. Purchases made by the 31st will have a spot in the initial phase of the walk.

CHAIRS

There is *new seating in the parish hall*. Chairs to match the tables have been purchased by the Ladies of Saint George and through a special donation to the church.

SCHOLARSHIP

Information and applications for the *Bob & Anne Boulis Memorial Scholarship* for graduating high school seniors in the parish can be downloaded from our website. You may also pick up copies from Helen Abril, chair of the scholarship committee, who will answer your questions.

SAINT JUDE

Saint Jude Children's Research Hospital is planning their *3rd Annual Family Event* on Sunday, March 29th, 2009 from 2-6 PM at Lantana's. The afternoon will include: food/dancing/entertainment/and activities. Tickets are \$20.00. You may mail your check to St. Jude Children's Research Hospital (One Bridge St. Suite 102 Newton, MA 02458) For info, see Hellas Assad.

FOOD FOR HUNGRY PEOPLE

In the spiritual tradition of the Church, it is the teaching that what one saves through fasting and abstinence, for example during the Lenten season, should not be kept for other times, but should be given away to those less fortunate.

“Your gift to Food for Hungry People is a gift to the giver, a gift to the receiver and a gift to God.”

PARISH LIFE CONFERENCE

The Diocese *PLC is June 25-28, 2009* at the Wyndham in Andover. The host parish is Saint George Church in Lawrence. Conference information is also on-line at www.StGeorgeLawrence.org/Conf2009

\$37 SHORT

Pledges for the church in 2009 hit a record; just \$37 short of \$70,000. While this is good news, it still leaves us short of the annual budget, but it seems we're on the right road. Average gift from our 127 donors is \$550.89

NEW SEARCH ENGINE

Check out www.orthodox-search.com It is a new search engine for looking up articles on the Orthodox Church, monasteries, prayers, acquaintances, classifieds, icon painting and more. Available for English and other languages.

FEAST OF FEASTS ON-LINE

The *Orthodox Church in America* and the *Antiochian Orthodox Christian Archdiocese of North America* are teaming up to launch a web site offering articles, photo galleries, and audio files celebrating Holy Pascha, the Resurrection of Jesus Christ, the "Feast of Feasts." "OCA Communications is very excited to be working with the Antiochian Archdiocese said OCA Director of Ministries and Communications, Archpriest Andrew Jarmus. "Every common initiative brings us one step closer to the unity that is critical to the future of Orthodoxy in North America."

HOLY BREAD - The gifts today are offered by the family of Helen Abdallah in her memory. A memorial will follow the Liturgy.

COFFEE HOUR - Please stay for refreshments following the Liturgy today, hosted by the Adballah and Donahue family.

FLOWERS - The flowers decorating the Cross for the Procession are given in memory of Helen Abdallah.

VOTIVE - A seven-day candle burns for John & Zaferoula Duros

GIFTS TO SAINT GEORGE -

Kay Mike*in memory of Georgette Amouri*
 The Fotopoulos Family*in memory of Nicholas Fotopoulos*
 Chris Byron*in memory of Andrew Teebagy*
 Jackie Saber*for the health of Diana, Frances, John, Peter, Jessica, Timothy, Jacqueline, Joseph, Nick and Carolyn and their families and in memory of Adele, Mary, Jacqueline and Georgianna*

REMEMBER IN PRAYER

Pray for the good health of the servants of God: Priest Robert, Khouriyee Elizabeth, Khouriyee Joanne, Deacon Elias, Loretta, Eliana, James, Ricky, Michael, Frances, Samera, Stephanie, Mary, 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, Catherine, Joyce, Janice, Barbara, Beverly, John, Katherine, Mary, 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.

March 15 Income	Pledges	Donations & Memorials	Tray	Seminarian Collection
\$1910.00	\$965.00	\$655.00	\$323.00	\$343.00

Council & Parish Leaders

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

Barbara Campbell
 Marlene Lupaczyk
 John Shalbey
NorwoodCouncil@gmail.com

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

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

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



Third Sunday in Lent: Adoration of the Life-Giving Cross**Hieromartyr Basil of Ancyra and Martyr Kallinika of Rome****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 7)

Thou didst shatter death by thy Cross; thou didst open paradise to the thief; thou didst turn the mourning of the ointment-bearing women into joy, and didst bid thine Apostles proclaim warning that thou hast risen, O Christ, 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.

TROPARION OF THE HOLY CROSS (TONE 1)

O Lord, save thy people and bless thine inheritance, granting to thy people victory over all adversaries, and by thy Cross protect thy Community.

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!"

AT THE TIME OF THE TRISAGION

Before Thy Cross, we bow down and worship, sovereign Lord, and thy Holy Resurrection we praise and glorify.

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:*

Save, O Lord, Thy people, and bless Thine inheritance. Unto Thee will I cry, O Lord, O my God

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

(4:14-5:6 - 3rd Sunday in Lent)

Brethren, since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchiz'edek."

The Reading is from the Holy Gospel according to Saint Mark

(8:34-9:1, 2nd Sunday in Lent)

Jesus called to him the multitude with his disciples, and said to them, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."

THE LORD'S PRAYER will be read in several languages each Sunday in Lent, beginning with English, then Arabic, Greek, Russian, Romanian, Spanish ... Texts are on cards in the pews.