



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

Rev. Deacon Stephen Mathewes, Seminarian
Rev. Deacon Luke Toumi
Subdeacon Gheorge Doros
Subdeacon Joseph Kouyoumjian

*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 - Memorials for Samera (1 year) and Michael (6 months) Mike.
Church School, 12:30 pm
Forgiveness Vespers, 6:00 pm

Monday - [Diocesan] Great Compline and Reception, here at 7:00 pm

Wednesday - Pre-Sanctified Liturgy followed by Lenten potluck, 6:00 pm

Friday - Akathist / Medayah Service followed by refreshments, 7:00 pm

Saturday - Great Vespers, 5:00 pm (Confessions heard before & afterward)

Next Sunday - Sunday of Orthodoxy - **BRING ICONS FOR PROCESSION**
Matins & Divine Liturgy, 9:00 / 10:00 am
Great Compline and reception, 7:00 pm

Fasting - **Today is the last day for cheese products until Pascha.
The Fast begins tomorrow and includes abstention from
meat, poultry, fish, cheese, dairy, olive oil and wine.
There is katalysis for wine and oil each weekend.**

6 March
2011
◆

Cheesefare /
Forgiveness
Sunday

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



ASSEMBLY OF CANONICAL
ORTHODOX BISHOPS
OF NORTH AND CENTRAL AMERICA

Pure Monday, March 7th
Great and Holy Lent

To the Reverend Priests, the Deacons in Christ, the monastics, and all the pious and Christ-loving
Orthodox faithful in our beloved nation:

“Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat.
Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from
every passion. Rejoicing in the virtues of the Spirit may we persevere with love, and so be counted
worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold
His holy Passover.”

Vespers of the Sunday of Forgiveness

Beloved Faithful, Dear to Christ:

The holy days of Lent constitute a spiritual title of the year. Our investment in the forty days of
the Great Fast sanctifies the entire year, and provides sufficient grace to serve as a foundation for spiritual
progress day in and day out. These are days of grace, of divine energy made accessible to support our own
repentance and transformation. This sacred season of the Fast is honored by our authentic engagement in
the spiritual disciplines of fasting, praying, and almsgiving through which, with the powerful assistance of
the Man-Loving God, we are enabled to push through clouds of discouragement which obscure our vision
of the Lord Jesus Christ, and to trod down every obstacle and sin that hinders our progress towards God's
heavenly Kingdom. By the embrace of self-denial and mortification in Lent, we are enabled to become
partakers of the Resurrection of our Lord Jesus Christ at Holy Pascha.

We call all the Orthodox Christian faithful to lay aside earthly cares, and to seek the Lord while
He may be found. Jealous for your spiritual advancement, and desiring the joy of hearing of our children
walking in the truth (3 John 4), we lift our arms and bless your engagement of the Holy Fast with the sign
of the Precious and Life-Giving Cross.
With paternal love in Christ,

The Officers and Members of the Assembly of Bishops:

Archbishop Demetrios, Chairman
Metropolitan Philip, Vice Chairman
Archbishop Justinian, Vice Chairman
Bishop Basil, Secretary
Archbishop Antony, Treasurer
Metropolitan Iakovos
Metropolitan Maximos
Metropolitan Methodios
Metropolitan Isaiah
Metropolitan Alexios
Metropolitan Nicholas
Metropolitan Gerasimos
Metropolitan Evangelos
Bishop Savas
Bishop Andonios
Bishop Demetrios

Metropolitan Athenagoras
Metropolitan Nikitas
Metropolitan Nicholas
Metropolitan Constantine
Bishop Daniel
Bishop Ilia
Bishop Antoun
Bishop Joseph
Bishop Thomas
Bishop Alexander
Metropolitan Hilarion
Archbishop Alypy
Archbishop Kyrill
Bishop Peter
Bishop Theodosy
Bishop George

Bishop Ieronim
Bishop Mitrophan
Bishop Maxim
Bishop Longin
Archbishop Nicolae
Metropolitan Joseph
Metropolitan Dimitri
Metropolitan Jonah
Archbishop Nathaniel
Bishop Nikon
Bishop Tikhon
Bishop Benjamin
Bishop Melchisedek
Bishop Michael
Bishop Irineu
Bishop Mark

GREAT LENT BEGINS

The season of the Fast is upon us. A schedule of services for Great Lent, Holy Week and Pascha is available.

First Week of Great Lent

This evening - Forgiveness Sunday

Forgiveness Vespers, 6:00 pm

March 7 - Pure Monday

Great Compline, 7:00 pm here in Norwood

followed by a light reception

March 9 - Pre-Sanctified Liturgy, 6:00 pm

followed by a Lenten potluck supper

March 11 - Akathist / Madayah Service, 7:00 pm

followed by coffee and refreshments

March 12 - Confessions, 4:30 pm

Great Vespers, 5:00 pm

March 13 - Sunday of Orthodoxy

Matins / Divine Liturgy, 9:00 / 10:00 am

(A second tray will be passed next Sunday, as requested by the Archdiocese.)

Note to those planning confession:

The beginning of Lent is a great time to make your Confession. Father Joseph is available before and after Saturday Vespers, or by appointment.

LADIES MONTH

Each March, throughout the Archdiocese, we give thanks for the ministry of the women in our church. Here at Saint George, there are so many ladies over the years who have diligently served God and the Church and we are so grateful. You will see our Ladies reading the epistle and passing the trays, but know they are doing lots of other good things. Nationally, Ladies groups will be collecting funds to support Saint Thekla Monastery at Antiochian Village. Proceeds from the *Annunciation Fish Dinner on March 25th*, will go toward this project.

TEEN SOYO RETREAT

Oooooooooo Eeeeeeeeeeee. What's Up With Lent

Dates: March 25-27

Arrive: Friday, 7:30 pm

Depart: Sunday, 11 am

Speakers: "Uncle Paul" and "Aunt Deborah" Finley

Uncle Paul serves as Executive Director of the Antiochian Village Conference Center.

Cost: \$95 per teen/\$50 per advisor

Where: Saint Methodios Faith & Heritage Center Contoocook, NH

Who: All teens in grades 7-12

Applications are in the parish hall. See Father Joseph for more information.

SCHOLARSHIPS

- The Boulis Scholarships for high school seniors in the parish will be awarded this spring. Applications will be available soon.
- Applications for the Nicholas Berman Veterans Scholastic Achievement Award and
- The Syiran-Lebanese Women's Club Scholarship are both in the parish hall.
- The Malta Scholarship. A pdf of the application is at <http://www.goarch.org/news/scholarships-2010>
- A list of other scholarships and awards is online at: <http://www.antiochian.org/scholarships>

LENTEN RETREAT AT SAINT MICHAEL

Saint Michael the Archangel on Cape Cod is hosting a Lenten retreat on Saturday, April 2nd.

Father Alkiviadis Calivas, Professor Emeritus of Liturgical Theology from Holy Cross Seminary will be the speaker. He will speak on *"The Making of a Christian"*- *"The Feeding of a Christian"*. Flyers for the retreat are in the parish hall.

HOLY BREAD - The gifts are offered today by the family of Michael and Samera Mike in their memory. Memorials for Mike (6-months) and Samera (one-year) will be served following the Liturgy.

COFFEE HOUR - Please stay for refreshments following the Liturgy today, sponsored by Ronald Mike on behalf of his family.

GIFTS TO SAINT GEORGE -

The Mike Family has donated an AED (automated external defibrillator) to the church. Thanks to modern technology, this life-saving instrument is readily available in many places. Hopefully we will never need it, but just in case, we need to train as many people as possible on its use.

Russell and Ronald Mike*in memory of Michael & Samera Mike*
 Family of George Eysie *in memory of George & Helen Eysie*
*and Michael & Samera Mike*
 Cleo Eysie and Family *in memory of Grace Tolland*
 Carolyn Ferris & her family and John Howard *for the health of*
*Timothy, Jacqueline & Joseph Wright*
*and for Hayden Hill who was baptised last week.*

REMEMBER IN PRAYER -

Pray for the servants of God: Archpriest Michael and the Abdelahad Family; Kh. Joanne (Bitar), Beverly (DiFlaminies), Pamela (Manikas), Deacon Elias (Hamaty), Janet, Noah, William, Kate (Melchert), Fred (Tomm), John (Howard), Nicole (Tourigney), Darcey, David (Knipe and family), Tripp (Head), Alan (Andrew), Lana (Joseph), Christina (Adams), Emaline (Eakle), Cleo (Eysie), Janis, Timothy (Wright), Kathyne (Howard), Nicholas, Claudia (Eysie), Najlae (Solomon), Frederick (Howard), Lillie (Kelley), Lovee (Thomas), Sandy (Thomas), Loretta (Thomas), George (Fares), Charles (Howard), Mary, Ioana, Nicolae, Sam, Catherine, Margaret, Brian, Marion, Sarah, Josephine, Sterling.

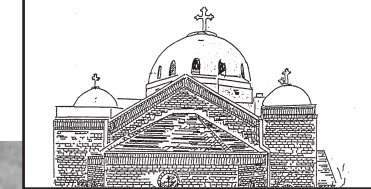
Income February 27	Pledges	Donations & Memorials	Sunday Tray	Special Collection
\$984.00	\$802.00	\$150.00	\$182.00	N.A.

Council & Parish Leaders

- Christine Byron (Secretary)
- Joseph Eysie (Vice Chairman)
- Barbara Campbell (Chair)
- Gheorghe Doros (Treasurer)
- Anthony Grasso
- Richard Plouffe
- Ibtisam Samman
- John Shalbey jr.
- Linda Thomas

Assistant Treasurers:
 Beverly DiFlaminies
 Leeann Plouffe

- Building Committee - Andrew Howard
- 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
- Hospitality - Angie Sepulveda
- IOCC Rep. - Emily Howard
- Ladies President - Katie Birtwell
- Order of St Ignatius Liason - Erin K.
- Sacristan - Subdn. Gheorghe Doros
- Scholarship Committee - Helen Abril
- School Superintendent - Rich Plouffe
- Teen Advisor - Emily Howard
- Teen President - Timothy Markatos
- Teen Treasurer - Nicholas Kimmitt
- Usher - Andrew Howard
- Web-Master - Ekaterina Oleinik



Cheesefare Sunday
Forgiveness Sunday
The Expulsion of Adam from Paradise

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 8)

O Compassionate One, thou didst descend from the heights; thou didst submit to the three-day burial, that thou mightest deliver us from passion. Thou art our Life and our Resurrection, O Lord, glory to thee.

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. It is a good thing to give thanks unto the Lord, and to sing praises unto Thy name, O Most High. *Alleluia.* To tell of Thy mercy in the morning, and of Thy faithfulness every night. *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.