

# ST. GEORGE ORTHODOX CHURCH

His Eminence Metropolitan PHILIP, Primate  
Very Rev. Father Joseph Kimmett, Pastor  
Very Rev. Father Nifon Abraham, Pastor Emeritus



**WELCOME** TO OUR VISITORS AND FRIENDS.  
IT IS A BLESSING TO HAVE YOU WITH US AT SAINT GEORGE.  
IF YOU WOULD LIKE TO KNOW MORE ABOUT OUR PARISH,  
OR THE ORTHODOX CHURCH, PLEASE SEE THE PRIEST.

ONLY THOSE ORTHODOX CHRISTIANS WHO ARE REPENTANT OF THEIR  
SINS AND HAVE PREPARED THEMSELVES THROUGH FASTING ARE INVITED  
TO RECEIVE HOLY COMMUNION. EVERYONE IS WELCOME TO VENERATE  
THE CROSS AND SHARE HOLY BREAD FOLLOWING THE LITURGY.

## THIS WEEK AT SAINT GEORGE

Today -	Bible Bowl Study Session, during coffee hour Church School, 1:00 pm Pan-Orthodox Vespers, Saint Sava, Cambridge, 5:00 pm
Monday -	Diocesan Great Compline, Weymouth, 7:00 pm Parish Council, 7:00 pm
Wednesday -	Pre-Sanctified Liturgy and Lenten Potluck Supper, 6:00 pm
Friday -	Second Salutations on the Akathist, 7:00 pm Diocesan Teen SOYO Retreat, New Hampshire
Saturday -	No Vespers here, Father Joseph at Teen SOYO Retreat
Next Sunday -	Matins & Divine Liturgy, 9:00 / 10:00 am

**The Great Fast of Lent has begun. Meat, fish, dairy, eggs, wine and oil are not to be consumed until Pascha. There is katalysis for wine and oil each Saturday and Sunday and for fish on the Feast of the Annunciation.**

Please stop downstairs for coffee after the service.

We are looking for people to offer holy bread and sponsor coffee hour. Please check the notebook in the parish hall and sign up today. Offering the gifts for Divine Liturgy is a privilege for Orthodox Christians and their families. It is also a beautiful way to remember your loved ones in prayer. Following our Sunday service, we enjoy fellowship with our friends and visitors, and everyone should have a part in hosting this time together. Coffee hour need not be complicated or fancy -- unless you personally decide to offer a meal (for instance at the time of a memorial,) some drinks and simple eats are perfect (and for the next month, they should be Lenten.) Let us know if you have any questions.

6 Atwood Avenue • Norwood, MA, 02062  
tel:781-762-4396 • fax:781-255-1871 • email: geonorwood@aol.com

16 MARCH  
2008

ORTHODOXY  
SUNDAY:  
FIRST  
SUNDAY IN  
LENT

## LADIES NEWS

March is Antiochian Women's Month throughout our archdiocese. Here in Norwood, the **Coffee Hour Baskets** during March will benefit "The Project".

- Tuesday, March 25th, the Ladies are sponsoring a **Fish Dinner**, which will also benefit "The Project".
- Make reservations today during coffee hour.
- The **next meeting is on the 30th** after coffee hour.

## DIRECTORIES

The 2008 directory of parishioners and friends is here. There is one copy in the parish hall for each household (extras are \$2.00 each.) For the first time, there are large-print and electronic versions available.

## ORDER AN ORTHODOX STUDY BIBLE

Forms for the newly-released Bible, including the Old Testament, are in the hall; the order goes in tomorrow, so make sure you have turned in your request.

## HOLY WEEK BOOK

Last year was the first time the new Archdiocese Holy Week book was used. Many people found this text to be quite good. If you would like your own copy, complete the form in the parish hall; we'll be sending in our order on April 1st.

## WATER BOTTLES

Those cool, almost indestructable water bottles? They're back, they are being sold by the Teen SOYO are available today for \$10 each. Great for your work out, or for sipping H<sub>2</sub>O during the day.

## LENTEN RETREAT


Archangel Michael Church on Cape Cod is having a retreat on April 5th. The leader is Father Ephraim Peters. Registration forms are in the parish hall.

## ALMS BOXES

Don't forget to take home a **Food For Hungry People** box and contribute to it each day during Lent.

The Diocese of Worcester & New England Fellowship of St. John the divine


## The FOOTLAMPS LECTURE SERIES



*"Your word is a lamp to my feet and a light to my path."*  
Psalm 119:105

### Raising a Balanced Family in an Unbalanced World.

March 20, 2008 at St. George, Norwood, MA with Dr. Philip Mamalakis



Come and spend an evening with Dr. Philip Mamalakis, Assistant Professor of Pastoral Care at Holy Cross Greek Orthodox Seminary, and father of 6 to discuss how to live in the real world of parenting, and paying bills without losing sight of the kingdom of God. It is no easy to live in the world of daily life disconnected from God, and when we do make it to church feel like the world of church has very little to do with our daily lives. Come take an evening to discuss how to connect the world of our Church with the world of daily family life.

Dr. Philip Mamalakis, together with his wife Georgia and six children live in Boston, Massachusetts where he is the Assistant Professor of Pastoral Care at Holy Cross Greek Orthodox School of Theology. Dr. Mamalakis teaches classes on pastoral care, marriage and family. He assists with the Field Education program at Holy Cross, is a member of the Greek Orthodox Archdiocese Roundtable on the Family and has a private practice in Newton, Massachusetts where he works with individuals, couples, and families. Dr. Mamalakis has an MDiv from Holy Cross and a PhD from Purdue University in child development and family studies, specializing in marriage and family therapy. He has written numerous articles and book chapters on various issues related to marriage and family life and Orthodoxy and counseling.

Open to everyone. Vespers service begins at 5pm followed by lecture and light refreshments. Suggested Donation \$5.

MARK YOUR CALENDAR!

April 1<sup>st</sup> 2008 Fr. John Heropoulos at St. George West Roxbury (the fulfillment of the law and the prophets).  
May 17<sup>th</sup> 2008 Fr. Ed Hughes at St. John of Damascus (the Orthodox view about death).

For more information and to RSVP please Contact Ghada Khouri: 781.275.7244 or online: nefellowship@yahoo.com www.antiochian.org/footlamp

HERE IN TWO WEEKS.  
DON'T MISS IT

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**

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238  
Telephone (201) 871-1355 \* Fax (201) 871-7954  
Website: www.antiochian.org \* Email: archdiocese@antiochian.org

March 16, 2008  
Sunday of Orthodoxy

Beloved in the Lord:

Greetings in the Name of our Lord and Saviour, Jesus Christ on this first Sunday of the Great Fast, known as the Sunday of Orthodoxy.

On this glorious day throughout our Antiochian Archdiocese, we remember all of our seminarians, in the various Orthodox Schools of Theology, both in this country and abroad, who are preparing to take up the Cross of our Lord and follow Him. Upon graduation, they will be faced with a world totally different from the one they left behind before entering the seminary. They will be our future pastors, teachers, confessors and administrators in our parishes, working with the children, elderly and all the faithful, leading them to the Kingdom of God. They are the ones who will stand before the holy altar and offer prayers to the All-holy Trinity on behalf of the people. Therefore, it is our obligation to provide them with the best possible education and preparation for this sacred and holy ministry.

We respectfully ask that you remember our faithful seminarians in your prayers today and also consider a monetary gift for their theological education. These qualified men, studying for the priesthood, receive full scholarships from the Archdiocese. Make your check payable to your local parish and the parish council will forward one check to the Archdiocese for the total collection. Your generous contribution will help insure our future. May your Lenten journey be filled with many blessings.

Your father in Christ,

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

**Note: Please make your check payable to the "Antiochian Archdiocese" and earmark it "Sunday of Orthodoxy". St. George Church Norwood, MA - Minimum Contribution is \$400**

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

TOTAL DEPOSITS	PLEDGES	MEMORIALS & DONATIONS	TRAYS	SPECIAL TRAY	COFFEE HOUR OUTREACH
<i>MARCH 2ND</i>					
<b>\$1351.00</b>	\$985.00	\$45.00	\$321.00	N.A.	N.A.



**PRAYERS OF OBLATION AND DONATIONS**

Kay Mike ..... for Helen Abdallah  
 Kay Mike, Marwan & Ibtisam Samman ..... for the health of Florence Esper  
 Cleo Eysie ..... in memory of Violet Farha  
 American Arabic Benevolent Assoc., Roy & Maureen Samra . . . . in memory of Freda Franciosi  
 Mr & Mrs Francis Saba ..... in memory of Elizabeth Webster  
 Cleo Eysie, Kay Moseley, Kay Mike, Florence Esper & Alice Kelley. in memory of Edward Mahfood  
 Jeanne Jennings-Noonan and Marie Coffin . . . in memory of Abdallah, Regina, Georgianna, Mary, Adela and Freda

**REMEMBER IN PRAYER**

**Pray** for the good health of the servants of God: Archpriest Edward, Priest Robert, Deacon Elias, Khouriyee Joanne, Alice, Hayes, Katrina, Elsa, John, Jeanne, Gregory, Albert, Dimitri, James, Frederick, Anne, Grace, Renee, Robert, Nicole, Mary, Pauline, Helen, Ioana, Nicolae, Kathleen, Lillie, Jennifer, Edward, Carrie, Sam, Camille, Michael, Angela, Mikayla, Christopher, Nancy, Kenneth, Joy, Claudia, Thomas, Sarah, Nicholas, Charles, Catherine, Joyce, Janice, Barbara, Beverly, John, Katherine, Mary, Beverly, Najlae, Irene, Edmond, Helen, Stanley, George, Frances, Marlene, Felecia, Catherine, Lana, Gail, Margaret, Brian, Nicole, Marion, Donna, Linda, Edmond, Emaline, Carrie, Nicholas, George, Lovee, Elizabeth, Sarah, Charles, Jenine, Josephine, George, Sandy, Edward, Michael, Madeline, Rosemary, John, Margaret, Sarah, Nima, Dean, David, Sterling, William, Mary.  
**Pray** for Erik, our catachumen.  
**Pray** for Joseph (Irwin), soon to be deployed in Afghanistan and all those in the armed forces.

**THE PARISH COUNCIL**

Leeann Plouffe - Chairwoman  
 Barbara Campbell, Paul Eysie, Camille Florio (Secretary), Andrew Howard (Vice Chairman),  
 Marlene Lupaczyk, Marwan Samman (Treasurer), Linda Thomas and Sharon Weiskerger

**CHURCH LEADERS**

Ladies of Saint George - Katie Birtwell, President	Church School - Rich Plouffe, Superintendent
Parish Chanter - Paul Eysie	Choir Director - David Franciosi
Teen Advisor - Michele Markatos	Teen President - Jenna Weiskerger
Ushers - Andrew Howard & Marwan Samman	Epistle Reader Coordinator - Lovee Thomas
Bible Bowl Team Leader - Emily Shay	Seminarian - Michael Razook
Web-Master - Ekaterina Oleinik	Church custodian - Gerry Mullen



**FEAST OF THE ANNUNCIATION**

Monday 24 March: Great Vespers & Artoklasia, 7:00 pm (would someone bake the five loaves?)  
 Tuesday 25 March: Divine Liturgy, 9:00 am / Fish Dinner in the parish hall, 5:00 pm

---

---

**SUNDAY 16 MARCH 2008 • ORTHODOXY SUNDAY**

**TONE 1 • EOTHINON 9 • THE FIRST SUNDAY IN LENT**

---

**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 1)**

*The stone being sealed by the Jews, and thy pure body being guarded by the soldiers, thou didst rise on the third day, O Saviour, granting life to the world. Wherefore, the heavenly powers acclaimed thee, O Giver of life, crying, Glory to the Thy Resurrection, O Christ! Glory to Thy kingdom! Glory to Thy gracious providence, O thou only Lover of mankind.*

**Troparion of the First Sunday in Lent (Tone 2)**

*Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by thine own will thou didst ascend the Cross in thy body, to save thy creatures from bondage of the enemy. Thou hast verily filled all with joy, since thou didst come, O our Saviour, to save the world.*

**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!"*

**EPISTLE & GOSPEL**

**Prokeimenon and Verse:**

Blessed art Thou, O Lord, the God of our Fathers. For Thou art just in all that Thou hast done to us.

**The Reading is from Apostle Paul's Letter to the Hebrews (11:24-26; 32-40 )**

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets-- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women

---

---

received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated-- of whom the world was not worthy--wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

**Alleluia**

**The Reading is from the Holy Gospel according to Saint John (1:43-51)**

**Glory to Thee O Lord, Glory to Thee**

The next day Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Beth-sa'ida, the city of Andrew and Peter. Philip found Nathan'a-el, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathan'a-el said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathan'a-el coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathan'a-el said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathan'a-el answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

**Glory to Thee O Lord, Glory to Thee**

**THE LORD'S PRAYER will be read in several languages each Sunday in Lent. Texts are on the pew cards.**

**THE SYNODIKON: As the prophets beheld, as the Apostles have taught,...as the Church has received... as the teachers have dogmatized,...as the Universe has agreed,... as Grace has shown forth,...as Truth has revealed,...as falsehood has been dissolved,...as Wisdom has presented,...as Christ Awarded,...thus we declare,...thus we assert,...thus we preach Christ our true God, and honor as Saints in words, in writings, in thoughts, in sacrifices, in churches, in Holy Icons; on the one hand worshipping and reverencing Christ as God and Lord; and on the other hand honoring as true servants of the same Lord of all and accordingly offering them veneration.**

**(Louder) This is the Faith of the Apostles, this is the Faith of the Fathers, this is the Faith of the Orthodox, this is the Faith which has established the Universe.**

---

---

## Readings for Lent from Saint George Church

### Sunday of Orthodoxy

Rejoicing today in the triumph of Orthodoxy on this first Sunday of Lent, we joyfully commemorate three events: one event belonging to the past; one event to the present; and one event which still belongs to the future.

Whenever we have any feast or joy in the Church, we Orthodox first of all look back — for in our present life we depend on what happened in the past. We depend first of all, of course, on the first and the ultimate triumph -- that of Christ Himself. Our faith is rooted in that strange defeat which became the most glorious victory — the defeat of a man nailed to the cross, who rose again from the dead, who is the Lord and the Master of the world. This is the first triumph of Orthodoxy. This is the content of all our commemorations and of all our joy. This man selected and chose twelve men, gave them power to preach about that defeat and that victory, and sent them to the whole world saying preach and baptize, build up the Church, announce the Kingdom of God. And you know, my brothers and sisters, how those twelve men — very simple men indeed, simple fishermen — went out and preached. The world hated them, the Roman Empire persecuted them, and they were covered with blood. But that blood was another victory. The Church grew, the Church covered the universe with the true faith. After 300 years of the most unequal conflict between the powerful Roman Empire and the powerless Christian Church, the Roman Empire accepted Christ as Lord and Master. That was the second triumph of Orthodoxy. The Roman Empire recognized the one whom it crucified and those whom it persecuted as the bearers of truth, and their teaching as the teaching of life eternal. The Church triumphed. But then the second period of troubles began.

The following centuries saw many attempts to distort the faith, to adjust it to human

needs, to fill it with human content. In each generation there were those who could not accept that message of the cross and resurrection and life eternal. They tried to change it, and those changes we call heresies. Again there were persecutions. Again, Orthodox bishops, monks and laymen defended their faith and were condemned and went into exile and were covered with blood. And after five centuries of those conflicts and persecutions and discussions, the day came which we commemorate today, the day of the final victory of Orthodoxy as the true faith over all the heresies. It happened on the first Sunday of Lent in the year 843 in Constantinople. After almost 100 years of persecution directed against the worship of the holy icons, the Church finally proclaimed that the truth had been defined, that the truth was fully in the possession of the Church. And since then all Orthodox people, wherever they live, have gathered on this Sunday to proclaim before the world their faith in that truth, their belief that their Church is truly apostolic, truly Orthodox, truly universal. This is the event of the past that we commemorate today.

But let us ask ourselves one question: Do all the triumphs of Orthodoxy, all the victories, belong to the past? Looking at the present today, we sometimes feel that our only consolation is to remember the past. Then Orthodoxy was glorious, then the Orthodox Church was powerful, then it dominated. But what about the present? My dear friends, if the triumph of Orthodoxy belongs to the past only, if there is nothing else for us to do but commemorate, to repeat to ourselves how glorious was the past, then Orthodoxy is dead. But we are here tonight to witness to the fact that Orthodoxy not only is not dead but also that it is once more and forever celebrating its own triumph — the triumph of Orthodoxy. We don't have to fight heresies among ourselves, but we have other things that once more challenge our Orthodox faith.

Today, gathered here together, Orthodox of various national backgrounds, we proclaim and we glorify first of all our unity in Orthodoxy. This is the triumph of Orthodoxy in the present. This is a most wonderful event: that all of us, with all our differences, with all our limitations, with all our weaknesses, can come together and say we belong to that Orthodox faith, that we are one in Christ and in Orthodoxy. We are living very far from the traditional centers of Orthodoxy. We call ourselves Eastern Orthodox, and yet we are here in the West, so far from those glorious cities which were centers of the Orthodox faith for centuries — Constantinople, Alexandria, Antioch, Jerusalem, Moscow. How far are those cities. And yet, don't we have the feeling that something of a miracle has happened, that God has sent us here, far into the West, not just in order to settle here, to increase our income, to build up a community. He also has sent us as apostles of Orthodoxy, so that this faith, which historically was limited to the East, now is becoming a faith which is truly and completely universal.

If today we can only proclaim, if we can only pray for that coming triumph of Orthodoxy in this country and in the world, our Orthodox faith forces us to believe that it is not by accident but by divine providence that the Orthodox faith today has reached all countries, all cities, all continents of the universe. After that historic weakness of our religion, after the persecutions by the Roman Empire, by the Turks, by the godless atheists, after all the troubles that we had to go through, today a new day begins. Something new is going to happen. And it is this future of Orthodoxy that we have to rejoice about today.

We can already have a vision of that future when, in the West, a strong American Orthodox Church comes into existence. We can see how this faith, which for such a long time was an alien faith here, will become truly

and completely universal in the sense that we will answer the questions of all men, and also all their questions. For if we believe in that word: "Orthodoxy," "the true faith"; if for one moment we try to understand what it means: the true, the full Christianity, as it has been proclaimed by Christ and His disciples; if our Church has preserved for all ages the message of the apostles and of the fathers and of the saints in its purest form, then, my dear friends, here is the answer to the questions and to the problems and to the sufferings of our world.

Today this responsibility belongs to us. We feel that we are weak. We feel that we are limited, we are divided, we are still separated in so many groups, we have so many obstacles to overcome. But today, on the Sunday of Orthodoxy, we close our eyes for a second and we rejoice in that unity which is already here: priests of various national churches praying together, people of all backgrounds uniting in prayer for the triumph of Orthodoxy. We are already in a triumph, and may God help us keep that triumph in our hearts, so that we never give up hope in that future event in the history of orthodoxy when Orthodoxy will become the victory which eternally overcomes all the obstacles, because that victory is the victory of Christ Himself.

Today is the triumph of Orthodoxy, and a hymn sung today states solemnly and simply: "This is the Apostolic faith, this is the Orthodox faith, this is the faith of the Fathers, this is the faith that is the foundation of the world." My dear brothers and sisters, this is also our own faith. We are chosen. We are elected. We are the happy few that can say of our faith, "apostolic," "universal," "the faith of our fathers," "Orthodoxy," "the truth." Having this wonderful treasure, let us preserve it, let us keep it, and let us also use it in such a way that this treasure becomes the victory of Christ in us and in His Church. Amen.

*Protopresbyter Alexander Schmemman, 1985*