



# 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

<u>Today</u> -	Teen SOYO Retreat concludes at Saint Methodios Center, NH One-year memorial for Richard Esper 40-day memorial for Edward Arees
<u>Monday</u> -	Wake for Frederick Howard, 4:00-7:00 in the church
<u>Tuesday</u> -	Funeral for Frederick Howard, 10:00 am
<u>Wednesday</u> -	Pre-Sanctified Liturgy followed by Lenten potluck, 6:00 pm
<u>Thursday</u> -	Arabic Class, 10:00 am
<u>Friday</u> -	Akathist / Madayer, 7:00 pm
<u>Saturday</u> -	Confessions / Great Vespers, 5:00 pm
<u>Next Sunday</u> -	Matins & Divine Liturgy, 9:00 / 10:00 am Church School, 12:30 pm

Fasting - ***The Lenten Fast continues this week and includes abstention from meat, poultry, fish, cheese, dairy, olive oil and wine. There is katalysis for wine and oil each weekend.***

27 March  
2011



Third Sunday  
in Great Lent:

Adoration of  
the Holy Cross

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On the Third Sunday of Great and Holy Lent, the Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ. Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week. The commemoration and ceremonies of the Third Sunday of Lent are closely parallel to the feasts of the Veneration of the Cross (September 14) and the Procession of the Cross (August 1). Not only does the Sunday of the Holy Cross prepare us for commemoration of the Crucifixion, but it also reminds us that the whole of Lent is a period when we are crucified with Christ.

As we have “crucified the flesh with its passions and desires” (Galatians 5:24), and will have mortified ourselves during these forty days of the Fast, the precious and life-giving Cross is now placed before us to refresh our souls and encourage us who may be filled with a sense of bitterness, resentment, and depression. The Cross reminds us of the Passion of our Lord, and by presenting to us His example, it encourages us to follow Him in struggle and sacrifice, being refreshed, assured, and comforted. In other words, we must experience what the Lord experienced during His Passion - being humiliated in a shameful manner. The Cross teaches us that through pain and suffering we shall see the fulfillment of our hopes: the heavenly inheritance and eternal glory.

As they who walk on a long and hard way and are bowed down by fatigue find great relief and strengthening under the cool shade of a leafy tree, so do we find comfort, refreshment, and rejuvenation under the Life-giving Cross, which our Fathers “planted” on this Sunday. Thus, we are fortified and enabled to continue our journey with a light step, rested and encouraged.

Or, as before the arrival of the king, his royal standards, trophies, and emblems of victory come in procession and then the king himself appears in a triumphant parade, jubilant and rejoicing in his victory and filling those under him with joy, so does the Feast of the Cross precede the coming of our King, Jesus Christ. It warns us that He is about to proclaim His victory over death and appear to us in the glory of the Resurrection. His Life-Giving Cross is His royal scepter, and by venerating it we are filled with joy, rendering Him glory. Therefore, we become ready to welcome our King, who shall manifestly triumph over the powers of darkness.

The present feast has been placed in the middle of Great Lent for another reason. The Fast can be likened to the spring of Marah whose waters the children of Israel encountered in the wilderness. This water was undrinkable due to its bitterness but became sweet when the Holy Prophet Moses dipped the wood into its depth. Likewise, the wood of the Cross sweetens the days of the Fast, which are bitter and often grievous because of our tears. Yet Christ comforts us during our course through the desert of the Fast, guiding and leading us by His hand to the spiritual Jerusalem on high by the power of His Resurrection.

Moreover, as the Holy Cross is called the Tree of Life, it is placed in the middle of the Fast, as the ancient tree of life was placed in the middle of the garden of Eden. By this, our Holy Fathers wished to remind us of Adam’s gluttony as well as the fact that through this Tree has condemnation been abolished. Therefore, if we bind ourselves to the Holy Cross, we shall never encounter death but shall inherit life eternal.

[http://lent.goarch.org/sunday\\_of\\_the\\_cross/learn/](http://lent.goarch.org/sunday_of_the_cross/learn/)

**IOCC**

*International Orthodox Christian Charities* and its alliance partners are working with the Orthodox Church in Japan to assess the needs of survivors of the earthquake, tsunami and nuclear disaster. One way to support IOCC is by sponsoring our own Emily Howard. She is running the Boston Marathon again this year and IOCC is her charity. Log on to [www.iocc.org/giving/race\\_bostonmarathon\\_emily-howard2011.aspx](http://www.iocc.org/giving/race_bostonmarathon_emily-howard2011.aspx) You can also make a check to IOCC.

**FFHP**

The giving of alms is one of the hallmarks of the Lenten season. In the archdiocese the act of caring for the poor and hungry is facilitated through the *Food For Hungry People* program. Donation boxes are here. Take one home today.

“We make a living by what we get;  
we make a life by what we give.”

-- Sir Winston Churchill

**LADIES MONTH**

Each March, throughout the Archdiocese, we give thanks for the ministry of the women in our church. At Saint George, there are so many ladies over the years who have diligently served God and the Church. You will see our Ladies reading the epistle and passing the trays, but know they are doing lots of other good things. Today a second tray will be passed to support their national project, the monastery at Antiochian Village.

**LENTEN RETREAT AT SAINT MICHAEL**

Saint Michael on Cape Cod is hosting a Lenten retreat on Saturday, April 2nd. *Father Alkiviadis Calivas*, Professor Emeritus from Holy Cross Seminary will be the speaker. Retreat flyers are in the parish hall.

**CONFERENCE AND CONVENTION**

Saint John of Damascus Church is hosting the diocesan *Parish Life Conference* June 17-19th, in Hyannis. They have a web-site with lots of information:

[www.stjohnd.org/conference2011/index.htm](http://www.stjohnd.org/conference2011/index.htm)

The *Archdiocese Convention* is July 24-31 in Chicago. Details at [www.archdioceseconvention2011.org/](http://www.archdioceseconvention2011.org/)

**STEWARDSHIP**

A recap of the 2011 program has been printed for each of our members. Included is confirmation of the amount you pledged to the church this year. Please pick up your envelope in the parish hall today.

**PASCHA OFFERING**

Envelopes are included with this bulletin for your gift to Saint George at Easter. A list of donors will be included in the bulletin on Pascha.

**SOMEBODY MISSING**

Is there a friend or family member missing from our pews each week? Pick up a post card and mail them a note, letting them know that they are missed.

**SHOP ON LINE**

Do you ever make purchases on-line from *Lego*, *Apple* or *1-800-Contacts*? Before you surf to their site, start at our site, [www.StGeorgeNorwood.org](http://www.StGeorgeNorwood.org). Click on the marketplace logo, type in your favorite merchant and shop as usual. After you buy, we get a percentage of the purchase. Simple, easy and it supports the church.



**HOLY BREAD** - The gifts are offered today by the family of Richard Esper; by Jane Arees and her family and by Lovee Thomas, in memory of George Tiger Thomas. Memorials will be served following the Liturgy for Dick Esper and Edward Arees.

**COFFEE HOUR** - Please stay for coffee following the Liturgy today, hosted by Lovee Thomas, the family of Richard Esper & by Jane Arees.

**FLOWERS** - The bouquets before the Icons and the flowers decorating the Cross are given by Jane Arees, by the family of Richard Esper and by the Plouffe family in thanksgiving for Sophia on her 8th birthday.

**VOTIVE** - Seven-day candles burn before the icons for the health of David Rediker, given by Josephine Purpura; in memory of Robert Pucci, given by Sarah Pucci, the Kinosian and Byron families.

**GIFTS TO SAINT GEORGE -**

Florence Esper, Alice Kelley and Kay Moseley .....  
.....to the Esper Fund in memory of Richard Esper  
Jane Arees .....in memory of Edward Arees  
Anonymous donor .....in memory of John White

**REMEMBER IN PRAYER -**

**Pray** for the servants of God: Archpriest Michael and the Abdelahad Family; Kh. Joanne (Bitar), David (Rediker), David (Elliott - serving in Iraq), Michael (Pepin), 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), Kathryn (Howard), Nicholas, Claudia (Eysie), Najlae (Solomon), Lillie (Kelley), Lovee (Thomas), Sandy (Thomas), Loretta (Thomas), George (Fares), Charles (Howard), Mary, Ioana, Nicolae, Sam, Catherine, Margaret, Brian, Marion, Sarah, Josephine, Sterling.

Income March20	Pledges	Donations & Memorials	Sunday Tray	Special Collection
\$820.00	\$317.00	\$215.00	\$410.00	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



### Third Sunday in Lent

#### Adoration of the Holy Cross

#### Martyr matrona of Thessalonika; Venerable Euthychios

##### 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 3)

Let the heavens rejoice and the earth be glad; for the Lord hath done a mighty act with his own arm. He hath trampled down death and become the First-born from the dead. He hath delivered us from the depths of hades, granting the world the Great Mercy.

##### 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.

##### 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!"

##### 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."

*Alleluia.* Remember Thy congregation which Thou has purchased from the beginning. *Alleluia.* God is our King before the ages, He hath wrought salvation in the midst of the earth. *Alleluia.*

##### The Reading is from the Holy Gospel according to Saint Mark

(8:34-9:1, 3rd 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 ...***