

ST. GEORGE ORTHODOX CHURCH

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



30 MARCH
2008

VENERATION
OF THE
CROSS:
3RD SUNDAY
IN LENT

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*
Ladies Meeting, after coffee hour.
Monday - *Great Compline, 7:00 pm (here)*
Diocesan Compline service, 7:00 pm in Cambridge
Wednesday - *Pre-Sanctified Liturgy and Potluck Supper, 6:00 pm*
Friday - *Fourth Salutations on the Akathist, 7:00 pm*
Saturday - *Great Vespers, 5:00 pm*
Next Sunday - *Matins & Divine Liturgy, 9:00 / 10:00 am*

The Great Lenten Fast has begun. Meat, fish, dairy, eggs, wine and oil are not to be consumed until Pascha. There is katalysis for wine and oil Saturdays and Sundays and for fish on Palm Sunday.

HOLY BREAD

The gifts today are offered by the Plouffe Family for Sophia on her birthday; and by the Byron Family, in memory of Robert Pucci.

COFFEE HOUR

Please join us for refreshments today, following the Divine Liturgy. Our host is the Plouffe Family.

FLOWERS

The bouquets before the Icon of Christ and the Theotokos are given by the Plouffe Family in thanksgiving for Sophia on her birthday. The flowers decorating the Cross are given by Yvanne Jean-Michel, Lena & Maya, in memory of Nicholas Fotopoulos.

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PREACHING

Seminarian, *Michael Razzouk*, will give the homily today.

HOLY WEEK BOOK

If you would like a copy of the *Archdiocese Holy Week* text (used here for the first time last year,) please complete a form today -- the order goes in tomorrow.

WATER BOTTLES



Those cool water bottles with the *SOYO* logo? They're back, they are being sold by our Teens for just \$10 each. Great for your work out, for soccer & baseball players or sipping H₂O during the day.

LENTEN RETREAT

Archangel Michael Church on Cape Cod is hosting a **Lenten Retreat** April 5th. The leader is Father Ephraim Peters. Information is in the parish hall.

LENTEN DINNER

Circle ~~April 11th~~ on your calendars, that is the next **Parish Lenten Dinner**; it will take place at 5:00 pm, preceding the Akathist Service.

SCHOLARSHIPS

Each year at Saint George, the Boulis Scholarship is awarded to graduating high school students, who have been active in our parish. Other scholarships are also available for faithful Orthodox Christians including one from the Nicholas Beram Veterans and one from the Antiochian Women. See Helen Abril of the Scholarship Committee, if you have any questions.

ALMS BOXES

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

BLOOD DRIVE

The Red Cross Blood Drive will be in Norwood April 14th, from 2:00 to 7:00 at the Civic Center.



PARISH COUNCIL NEWS

At the March meeting of the Parish Council, it was decided to share [in this

bulletin] information about what took place.

Parishioners have always been able to look at approved copies of the minutes, but by printing a synopsis here, everyone will feel like they know what is going on. We thank Linda Thomas for offering to write a review each month. Here is what recently happened at the Council meetings:

- A new burner will be installed soon (free from Keyspan.) We are conserving energy by converting from oil to gas. The only expense will be installation and labor charges (electrician and plumber).
- Clean up of the grounds will include removing the tree between the church and rectory, grinding the stump and pruning the shrubs. Work will take place as weather permits.
- New blinds on the first floor of the rectory will be purchased soon. Father Joseph will install them.
- Painting of the parish hall and plaster around the window wells will soon begin with an expected completion date by Pascha.

THE PARISH COUNCIL

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

PRAYERS OF OBLATION AND DONATIONS

IN MEMORY OF HELEN ABDALLAH

Kay Mike, Josephine Purpura, Bruno & Reggie DiCicco, Kay Moseley, Ernest & Sally Peter, Don & Camille Florio, Emaline Eakle, Sophie Boulis, Charles & Marie Coffin, the Rossetsky Family, Jennie Mike, Mona Carchedi, Joseph & Joyce Tamer, Catherine DeStito, Florence Esper, Alice Kelley, Margaret Domet, Michael & Samera Mike, Kay Howard, Sharon & Jenna Weiskerger, Dolores Elias, Nick & Jackie Saber, Lil Kelley, Sheila Bennett, Sam & Beverly DiFlaminies, Thelma Hamaty, William & Beatrice Gragado, John Howard, Ken & Fran Webster, Sandy & Linda & Bob Thomas, Jeff & Marcia Shapiro, Paul Wanecek, the Abril Family, Abraham & Dorothy Shagoury, Alexander Will, The Norwood Police Association, Fran McDermott, Crystal Cleaning Co., Nick & Doris Copoulos, Brian & Marlene Lupaczyk, Marwan & Ibtisam Samman, Rich & Leeann Plouffe, Don & Christine Byron, Joseph Pruell, Geoffrey & Helen Fanning, Lauri & Peggy Ryding, Henry Kara, Louis & Jeanne Valente, Carl & Pat Palsic, David & Phyllis Spicer, Najlae Solomon, Marion Corcoran, Hellas Assad, Mary Ryan, George & Lovee Thomas and anonymous donors.

TOTAL DEPOSITS	PLEDGES	MEMORIALS & DONATIONS	TRAYS	SPECIAL TRAY	COFFEE HOUR OUTREACH
<i>MARCH 16 & 23</i>					
\$4045.00	\$1295.00	\$1710.00	\$572.00	\$374.00	N.A.



VOTIVE CANDLES Seven day candles burn before the Icon of the Theotokos, given by Sarah Pucci, Christine Byron & Karen Kinonian in memory of Robert Pucci; and by Angela Sepulveda & her family in memory of Adela Rodriguez (9 years)

PRAYERS OF OBLATION AND DONATIONS

Sandy & Linda & Bob Thomas and George & Lovee Thomasin memory of Joseph Whyte
 Cleo Eysie, Sharon Weiskerger, Dianne Shalbey and familyin memory of Edward Mahfood
 Sharon Weiskergerin memory of Violet Farha
 Angela Sepulvedain memory of the departed of her family
 Florence Esper and Alice Kelleyfor Beverly DiFlaminies on her birthday
 Sam & Beverly DiFlaminiesfor the health of Brian Boudreau, Florence Esper, George & Lovee Thomas
 Jackie Saberfor the health of John, Jessica, Timothy, Jacqueline and Joseph; and in memory
of Adele, Mary, Giorgianna, Jacqueline and the departed of the Howard, Peter, Saber and Khoury families

REMEMBER IN PRAYER

Pray for the good health of the servants of God: Archpriest Edward, Priest Robert, Deacon Elias, Khouriyeec Joanne, Mary, Florence, Alice, Hayes, Katrina, Elsa, John, Jeanne, Gregory, Albert, Dimitri, James, Frederick, Anne, Grace, Renee, Robert, Nicole, Mary, Pauline, Ioana, Nicolae, Kathleen, Lillie, Jennifer, Edward, Carrie, Sam, Camille, Michael, Mikayla, Christopher, Nancy, Kenneth, Joy, Claudia, Thomas, Sarah, Nicholas, Charles, Catherine, Joyce, Janice, Barbara, Beverly, John, Katherine, Mary, Beverly, Najlae, Irene, Edmond, Helen, 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 the newly departed servant of God Stanley (Rossetsky.)

CHURCH LEADERS

Ladies of Saint George - Katie Birtwell, President
 Parish Chanter - Paul Eysie
 Teen Advisor - Michele Markatos
 Ushers - Andrew Howard & Marwan Samman
 Bible Bowl Team Leader - Emily Shay
 Web-Master - Ekaterina Oleinik
 Church custodian - Gerry Mullen

Church School - Rich Plouffe, Superintendent
 Choir Director - David Franciosi
 Teen President - Jenna Weiskerger
 Epistle Reader Coordinator - Lovee Thomas
 Seminarian - Michael Razook
 Scholarship Committee Chair - Helen Abril

March is Antiochian Women's Month
 Let us join with pride those women who, in every generation, have been well-pleasing to God

Antiochian Women
a steward serving Christ through serving others

Retired Clergy Fund
 Project: 2007-2008

"...provide financial assistance to our retired clergy and their widows who are most deserving of your support for their many years of faithful and dedicated service to our parishes."

— METROPOLITAN PHILIP

Help us reach our goal of \$500,000

"Care for those who care for us."

BAPTISM • CHRISMATION • CONFIRMATION • THE EUCARIST • HOLY UNCTION • HOLY ORDERS • MARRIAGE

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

The **FOOTLAMPS** 06.07 LECTURE SERIES

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

Christ: The Fulfillment of the Law and the Prophets.

April 12, 2008 at St. George, West Roxbury, MA with Fr. John Heropoulos

As we come closer to the most sacred moments in the Christian year, Holy Week and Easter, we will look into the Old Testament to see the prophetic "types" of the salvific work of Christ. This talk will look into specific historic moments and prophecies of the Old Testament and see how they are fulfilled in the person of Jesus Christ. Together we will prayerfully look through the window of the Old Testament and see that the life and ministry of Christ is the fulfillment of the spiritual preparation as set forth in the old covenant. In Himself, Jesus becomes the climax and center of the recreation of the world through His crucifixion and resurrection, as He was at the first moment of history when we hear the words of God, "Let there be light".

Father John A. Heropoulos is a priest of the Greek Orthodox Archdiocese of America. He is a graduate of Hellenic College/Holy Cross School of Theology in Brookline, MA. Father John was ordained in 1989. He has served the Archdiocese as: Deacon to Archbishop Iakovos, Assistant pastor at the St. Nicholas parish in Flushing, Queens, Pastor of St. Paraskevi parish Long Island, NY, Director of the Office of the Archbishop for Archbishop Spyridon, Dean of the St. George Cathedral in Hartford, CT. Father John served as a Red Cross chaplain at T-Mort at Ground Zero throughout the year following the 9/11 terrorist attacks being involved with the recovery of remains from the Twin Towers. He is also an organ donor and an advocate for the cause of organ donations. Throughout his ministry he has helped establish the Shrine of St. Panteleimon and the Life Center which offers help to mothers in need after giving birth at the St. Paraskevi parish and the Shrine of St. Nektarios in Hartford, CT. Father John is currently on sabbatical and resides in Boston, MA.

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

SUNDAY 30 MARCH 2008 • VENERATION OF THE CROSS

TONE 3 • EOTHINON 11 • THE THIRD 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 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 preserving thine Estate.*

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.*

EPISTLE & 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 **Apostle Paul's Letter to the Hebrews** (14:4--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

The Reading is from the **Holy Gospel according to Saint Mark** (8:34--9:1 - 3rd Sunday)

Glory to Thee O Lord, Glory to Thee

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."

Glory to Thee O Lord, Glory to Thee

Lord's Prayer

As is our custom during Lent at Saint George, the prayer taught to us by our Lord himself will be prayed in the languages of those present, beginning with English, then Arabic, Greek, Russian and Romanian.

At the Procession of the Cross

"Holy God ..." "Save O Lord, thy people ..." and "Before Thy Cross ..."

Readings for Lent from Saint George Church

The Veneration of the Cross

The Third Sunday of Lent is called "The Veneration of the Cross."

At the Vigil on that day, after the Great Doxology, the Cross is brought in a solemn procession to the center of the church and remains there for the entire week – with a special rite of veneration following each service. It is noteworthy that the theme of the Cross which dominates the hymnology of that Sunday is developed in terms not of suffering but of victory and joy.

More than that, the theme – songs (hirmoi) of the Sunday Canon are taken from the Paschal Service – "The Day of the Resurrection" – and the Canon is a paraphrase of the Easter Canon. The meaning of all this is clear. We are in Mid – Lent.

On the one hand, the physical and spiritual effort, if it serious and consistent, begins to be felt, its burden becomes more burdensome, our fatigue more evident. We need help and encouragement. On the other hand, having endured this fatigue, having climbed the mountain up to this point, we begin to see the end of

our pilgrimage, and the rays of Easter grow in their intensity.

Lent is our self – crucifixion, our experience, limited as it is, of Christ's commandment heard in the Gospel lesson of that Sunday: "If any man would come after me, let him deny himself and take up his cross and follow me" (Mark 8:34).

But we can not take up our cross and follow Christ unless we have His Cross which He took up in order to save us. It is His Cross, not ours, that saves us. It is His Cross that gives not only meaning but also power to others.

This is explained to us in the synaxarion of the Sunday of the Cross: – On this Sunday, the third Sunday of Lent, we celebrate the veneration of the honorable – and Life – Giving Cross, and for this reason: inasmuch as in the forty days of fasting we – in a way crucify ourselves...and become bitter and despondent and failing, the – Life – Giving Cross is presented to us for refreshment and assurance, for remembrance of – our Lord's Passion, and for comfort...

We are like those following a long and cruel path – who become tired, see a beautiful tree and

many leaves, sit in its shadow and rest for – a while and then, as if rejuvenated, continue their journey; likewise today, in the – time of fasting and difficult journey and effort, the Life – Giving Cross was planted in – our midst by the holy fathers to give us rest and refreshment, to make us light and – courageous for the remaining task...

Or, to give another example: when a king is coming, – at first his banner and symbols appear, then he himself comes glad and rejoicing about – his victory and filling with joy those under him; likewise, our Lord Jesus Christ, who – is about to show us His victory over death, and appear to us in the glory of the – Resurrection Day, is sending to us in advance His scepter, the royal symbol – the – Life – Giving Cross – and it fills us with joy and makes us ready to meet, inasmuch as it – is possible for us, the King himself, and to render glory to His victory...

All this in – the midst of Lent which is like a bitter source because of its tears, because also of – its efforts and despondency...but Christ comforts us who are as it were in a desert – until He shall lead us up to the spiritual Jerusalem by His Resurrection...for the – Cross is called the Tree of Life, it is the tree

that was planted in Paradise, and for – this reason our fathers have planted it in the midst of Holy Lent, remembering both – Adam's bliss and how he was deprived of it, remembering also that partaking of this – Tree we no longer die but are kept alive...

From, "Great Lent" by Protopresbyter Alexander Schmemmann, 1974.

Icon Of The Commemoration

The most common icon associated with the Veneration of the Cross is the same icon used on the Feast of the Veneration of the Cross on September 14. In the icon, Patriarch Macarius is standing in the pulpit elevating the Cross for all to see and venerate. On each side of the Patriarch are deacons holding candles. The elevated Cross is surrounded and venerated by many clergy and lay people, including Saint Helen, the mother of Emperor Constantine.

In the background of the icon is a domed structure that represents the Church of the Resurrection in Jerusalem. This church was one of the churches constructed and dedicated by Emperor Constantine on the holy sites of Jerusalem.