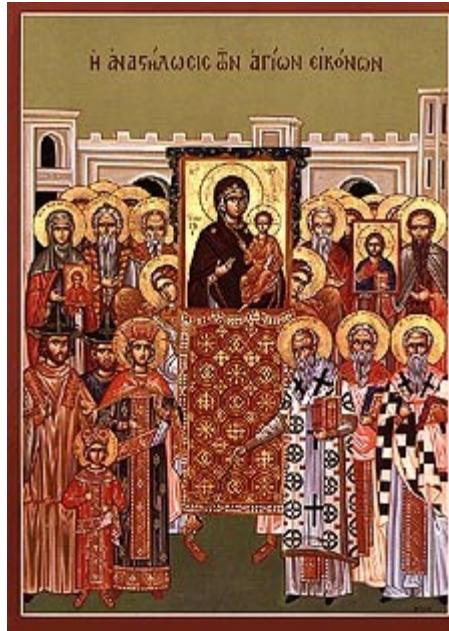


*St. George Antiochian Orthodox Church*  
*Lowell, Massachusetts*



**FIRST SUNDAY OF GREAT LENT  
(SUNDAY OF ORTHODOXY)**

*March 8, 2020*

# ST. GEORGE ANTIOCHIAN ORTHODOX CHURCH

The Most Reverend Metropolitan JOSEPH

Archbishop of New York and Metropolitan of All North America

The Right Reverend Bishop JOHN, Diocese of Worcester and New England

Rt. Rev. Archimandrite Leonard Faris

Pastor of St. George Antiochian Orthodox Church

Email: [fatherfaris@comcast.net](mailto:fatherfaris@comcast.net)

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Facebook: [www.facebook.com/saintgeorgelowell](http://www.facebook.com/saintgeorgelowell)

## WORSHIP SERVICE

Sunday: Matins (Orthros) Service 9:00 a.m. Sunday School: Every other Sunday, 9:30 a.m. to 10:15 a.m.  
Divine Liturgy 10:00 a.m. **Church Office Hours:** Tuesday through Friday, 9:00 am to 1:00 pm

Divine Liturgy begins at 10:00 a.m. and we should not arrive late. When we do arrive late and the Epistle or Gospel is being read or the priest is preaching the sermon or the Great Entrance is taking place, please **REMAIN** in the Vestibule until it is finished before entering the Church. At the end of the Divine Liturgy please keep your conversation until the "Coffee Hour". **We should leave the Church in silence.**

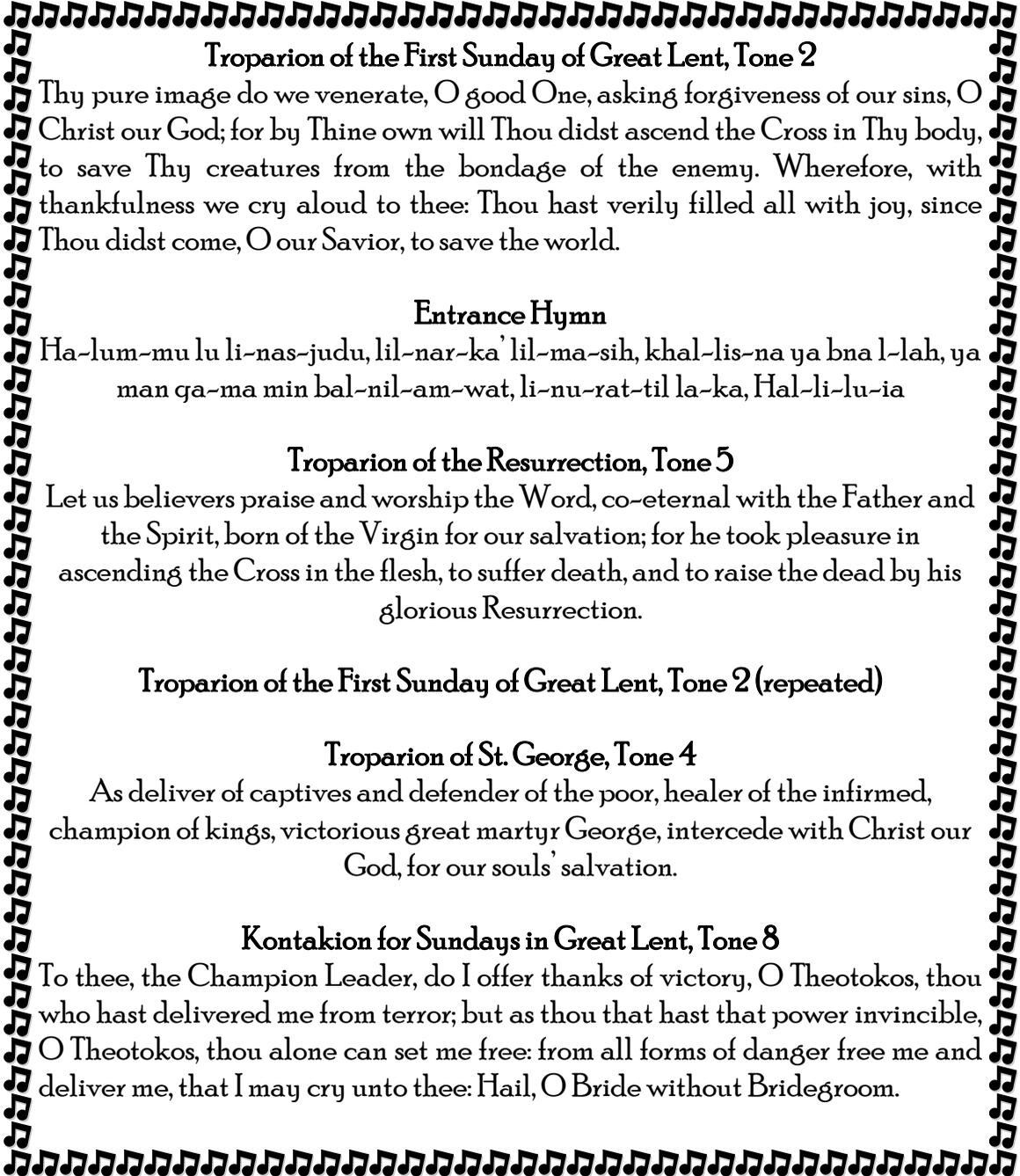
**Important Notice:** The reception of Holy Communion is limited to Orthodox Christians who have prepared themselves by prayer, fasting and recent Confession. Confessions are heard on Sunday mornings during the Matins Service or by special appointment. The Eucharistic Fast begins at midnight on Saturday and ends up with the receiving of Holy Communion. If you are on medication or a young child, you can have a light breakfast before coming to church. If you have any questions, please call Fr. Leonard.

*Thank you,  
Father Leonard*

**Prayer Requests and Bulletin News:** All prayer requests and articles for the weekly bulletin must be submitted each week by **Noon, Tuesday:** emailed to Fr. Leonard at [fatherfaris@comcast.net](mailto:fatherfaris@comcast.net) or call 978-452-4816, otherwise, the requests and articles will be published the following week.

## IMPORTANT ANNOUNCEMENT

If anyone is in the hospital it is the duty of the family to inform the priest so that he can visit the patient. Also, if anyone is homebound and would like to receive Holy Communion, he/she or a family member should contact Fr. Leonard to make arrangements to bring the Sacrament to the shut-in. Fr. Leonard is always happy to bring the Sacraments to those in Hospitals, Nursing Homes or at home. Thank you and God bless!



**Troparion of the First Sunday of Great 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 the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

**Entrance Hymn**

Ha-lum-mu lu li-nas-judu, lil-nar-ka' lil-ma-sih, khal-lis-na ya bna l-lah, ya man qa-ma min bal-nil-am-wat, li-nu-rat-til la-ka, Hal-li-lu-ia

**Troparion of the Resurrection, Tone 5**

Let us believers praise and worship the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation; for he took pleasure in ascending the Cross in the flesh, to suffer death, and to raise the dead by his glorious Resurrection.

**Troparion of the First Sunday of Great Lent, Tone 2 (repeated)**

**Troparion of St. George, Tone 4**

As deliver of captives and defender of the poor, healer of the infirmed, champion of kings, victorious great martyr George, intercede with Christ our God, for our souls' salvation.

**Kontakion for Sundays in Great Lent, Tone 8**

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

## THE EPISTLE

*Blessed art Thou, O Lord, the God of our fathers.  
For Thou art just in all that Thou hast done for us.*

### **The Reading from the Epistle of St. Paul 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. 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, and 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.

## THE GOSPEL

### **The Reading from the Holy Gospel according to St. John. (1:43-51)**

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, 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." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art 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 Jesus 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."

*Prayers are being offered for the  
Health and Safety of:*

Nora Abdelahad  
Connie Abodeely  
Phyllis & Nel Arsenault  
Siham Bahou  
June Behrakis  
Ed Betor  
David and Cindy Boragine  
Ida Boragine  
April Bouras  
Paula Brooks  
George Ellis  
Michael Faris  
Athanasia Grivas  
Veronique, Annabelle & Chloe Groff  
Duayne Habib  
Rosalind Hajjar & Family  
Sam Halperin & Family  
Lloyd Jennings  
Joe Kadir  
Charles Kourkalakos  
Fr. Stephen and Family  
Rose Lowe  
Joseph Mansour  
Lynn, Thomas Marcotte & Family  
Clemence Maria  
John Maria  
Karine Nabbout & Family  
Gwen Noonan  
Nicholas Panagopoulos  
Helen Poulos  
Amad Tayebi  
Jack Trottier  
Dr. Vartan & Lisa Yeghiazarians &  
Family  
Genia Yeghiazarians

*Prayers are being offered in Memory of:*

Charles Abdelahad  
George Abodeely  
Miriam Abodeely  
Andrew Ansara  
Elias Ansara  
John Ansara  
Maurice Ansara  
Michael Ansara  
Gladys Assaly  
Linda Assaly  
Yaacoub Awad  
Juliette Bahou  
Laurice Bahou  
Widad Batten  
James "Jimmy" Beaudry  
Lillian Betor  
Dorothy Boragine  
Sal Boragine  
Cleopatra Bouras  
Robert Coviello  
Austin Dufault  
Ella Jean Elias  
Frances Ellis  
Frank Ellis  
George & Elsie Faris  
Mary T. Faris  
Mary V. Faris  
Elizabeth & Joseph Ghareeb  
Elias Grivas  
George P. Habib  
Philip Hajjar  
Charles & Annie Hamwey  
Dorothea Husson  
Eleanor Husson  
N. Mary Husson  
Terry Husson Kadir  
George Lowe  
Amanda Louh  
Efthymios & Paraskevi Manolis  
Robert Maria  
George Matook  
Denise McCrady  
Nafie Moses  
Elias Nabbout  
Fred Noonan  
Frederick & Matilda Noonan  
Paul Panagopoulos, Sr.  
Fr. Peter Rizos  
Anisse Saad  
Hanna Saad  
Mary Saati  
George W. & Mary Saba  
Badawi Sabbouh  
Eleanor Shalhoup  
Fred Simon  
Chakeep Skaff  
Judy Skaff  
Mildred & Arthur Skaff  
Minnie Skaff  
Nellie Husson Skaff  
Ricky Skaff  
Stephen Skaff  
T. Michael Skaff  
Edmond Solomon  
Robert Sweet  
J. B. Taleb  
Elaine Vieira  
Leon Yeghiazarians  
Mary Ann & Charles Zaharias  
Hilda Zananiri  
Nahil Zananiri  
John Zaralides

## ALTAR BREAD

Today's Altar Bread is being offered in loving memory of Robert Sweet. May his memory be eternal.

## MEMORIAL ~ Today, March 8th

A 40-Day Memorial is being offered for the repose of the soul of the Servant of God, Leonardo Carlo Lodigiani, requested by his daughter, Nina Pare. May Leonardo's memory be eternal.

## NEXT SUNDAY ~ March 15th

A 40-Day Memorial will be offered for the repose of the soul of the Servant of God, Dr. Elias Nabbout, requested by his wife Karine and his children. May Elias' memory be eternal.



## COFFEE HOUR

Today's Coffee Hour is being sponsored by the Arabic Ladies Choir for the health and safety of all their families and the parishioners of St. George. May God bless them all with good health, happiness and long life.

## THIS WEEK

Sun	3/8	6:00 pm	Lenten Vespers at Transfiguration Church
Tue	3/10	6:30 pm	Parish Council Meeting
Wed	3/11	7:00 pm	Great Compline Service in Arabic and English
Fri	3/13	6:00 pm	Lenten Dinner sponsored by the Teen SOYO
		7:00 pm	Madayeh Service in Arabic and English
Sun	3/15	6:00 pm	Lenten Vespers at Holy Trinity Hellenic Orthodox Church

## FLOWERS

The Flowers adorning the Icons of the Blessed Virgin Mary were given by Fr. Leonard for the Health and Safety of his family and in memory of his parents, George and Elsie Faris. May God bless the all with good health and happiness and may George and Elsie's memory be eternal.

The Flowers adorning the Icons of the Blessed Virgin Mary on Friday, March 13th, will be given by Elias and Ines Saad and Family for the Health and Safety of their Family and for the grace of God. May God bless them all with good health and happiness.

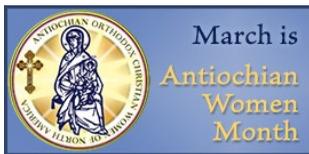
**CONFESSIONS DURING GREAT LENT WILL BE HEARD  
BEFORE AND AFTER ALL LENTEN SERVICES AND ON  
SUNDAYS 8:30-9:45 AM**

### **VERY SPECIAL ANNOUNCEMENT**

**If anyone is suffering from a cold or flu please cover your mouth when you cough and refrain from receiving Holy Communion until you are over your illness.**

# St. George Antiochian Women's Project

## "BUILDING A NEW CATHEDRAL"



This month, "Ladies Month" as we commonly refer to it in the Archdiocese, coincides with the beginning and first part of the Great Fast and always includes the Great Feast of the Annunciation. This year, we have as our project theme, "Fulfilling the Vision". This "vision" includes the next phases of the Antiochian Village. When our beloved Metropolitan PHILIP of thrice-blessed memory purchased and founded the Antiochian Village in the late 1970s, he had many visions for this beautiful piece of land, some of which he realized in his lifetime like the Camp and the Heritage and Learning Center, and others that have yet to be fulfilled. After assessing the needs of our Archdiocese over the past five years, in addition to his "visions", I have added some of my own and, now, in 2020, it is part of that continued overall vision to begin the next phase of growth on this sacred piece of land. The "vision" includes a new cathedral with a crypt for our past and future hierarchs, a shrine for St. Raphael of Brooklyn for the proper veneration of his holy relics, offices and a conference room, a residence for our hierarchs when they retire, and a monastery on a secluded part of the property. We know with faith and help of our Antiochian Women, this dream this vision, will become a reality. Recently, many of us heard of the repose of the Elder Ephraim of Arizona. This humble monk came to this country and, with the faith and support of his followers, established 17 fully functioning and majestic monasteries for men and women all over the United States and Canada in just the past 30 years. If he was able to do this, I have faith that we in our Archdiocese can also plant a thriving monastic community in this beautiful piece of land that has been entrusted to us from God. As such, I am grateful in advance for your charitable and fund-raising efforts in helping with this grand project. Finally, as we begin our Lenten journey, I pray that each one of you will be spiritually strengthened to accomplish the course of the Fast with humility and love for one another.

Wishing you all a blessed season of fasting, I remain,

Your Father in Christ,

+JOSEPH

Archbishop of New York and Metropolitan of all North America

During the month the Ladies will read the Epistle, Collect and Usher for Communion.

### March 8th

Epistle-Arabic

Tylda Bahou

Epistle-English

Alexa Tayebi

Trays/Ushers

Henrietta Zananiri/Nadia Hassey

Subject: ASKING GOD

I asked God to take away my pride. And God said “No”.  
He said it was not for Him to take away, but for me to give it up.

I asked God to make my handicapped child whole. And God said “No”.  
He said “her spirit was whole, her body was only temporary”.

I asked God to grant me patience. And God said “No”.  
He said “patience is a by-product of tribulations. It isn't granted, it is earned”.

I asked God to give me happiness. And God said “No”.  
He said He gives me blessings, happiness is up to me.

I asked God to spare me pain. And God said “No”.  
He said “suffering draws you apart from worldly cares and brings you closer to Me”.

I asked God to make my spirit grow. And God said “No”.  
He said I must grow on my own, but that He would prune me to make me fruitful.

I asked God for all things that I might enjoy life. And God said “No”.  
He said “I will give you life, that you may enjoy all things”.

I asked God to help me Love others, as much as He loves me.  
And God said, “Ah, finally, you have the idea”.

## Great Lent: A Time For Change!

A number of Churches conduct retreats for their people. These groups recognize that retreats are essential for the spiritual renewal of Christian believers, they recognize that people cannot know what it means to live the Christian way unless they come together for the special help that retreats give.

What is a retreat? How does it operate? In a retreat, a group of people get together in a place removed from their everyday business, working, and family life. They get away from the distractions of the world and try to concentrate on the life of the Spirit. It is a detachment from the constant hum-drum of the things that fill our lives. But it is a detachment with a purpose: to give people a chance for personal communion with themselves, with others, and with God.

What goes on in a retreat? That depends on how it is planned and what the people involved try to do. But usually a retreat means silence, worship, prayer, rest, study, discussion, reading, Confession and Holy Communion.

The Orthodox Church has a retreat for its faithful every year. It is a pilgrimage to Christ. It is the Great Fast, the Great Lent, which precedes the Feast of Feasts, "Pascha."

The Church prepares its children for this retreat. For four Sundays the Church gets people ready for this spiritual experience that continues for the six weeks of Lent. It is not easy to experience spiritual renewal. There are several keys needed to open the doors of spiritual regeneration which is the aim of Lent. During the Sundays of preparation we are given those keys in the hymns and Scriptural Lessons of the Church. We hear humility. The Church tries to arouse in us a sense of sinfulness and need for repentance. The Church sets the scene of judgment before us. And finally, just before Lent, the Gospel gives some practical advice about the keeping of this Sacred Fast.

The first thing the Gospel tells us is that we must forgive others their sins. God will not forgive us our sins unless we forgive those who have wronged us in anyway. It is no wonder that in many parishes this Sunday is designated as "Forgiveness Sunday," with special emphasis on the forgiveness of one another. The rule for forgiveness is very clear: we are forgiven in measure to the forgiveness we grant to others.

The second thing mentioned in the Gospel has to do with fasting and abstaining. Fasting seems to be the last thing Americans want to do in our time. Yet it is a spiritual discipline and is vital in any spiritual renewal. We are to adopt a fasting discipline and fast in

secret as much as it is possible. We are not to brag about our Lenten discipline. This must be carried out in true humility.

Lastly, Jesus tells us to store up for ourselves treasure in heaven and not on earth. Here treasures perish or are stolen or lost. But the treasures hereafter remain secure for eternity.

Treasure comes through prayer, fasting and almsgiving. Prayer has been truly called the “breath of the soul.” What breathing is to our bodily life (we perish without it), so prayer is to our spiritual life. And so the church makes provision for prayer. Special services are conducted during Great Lent, the Great Compline on Mondays, the Presanctified Liturgy on Wednesdays and the Akathist Hymn on Fridays, giving us ample opportunity to pray.

Almsgiving means charity, the help we give to our Church, to the needy, the poor, hungry, destitute and sick.

As for fasting, the ancient Fathers often warn of the need to fast not only from certain foods, but from sins. To say it in another way, why should the stomach only fast? Why not the tongue, the eyes, the ears, the mind? They can be led away from what is harmful and sinful to what is holy beneficial.

“Let us begin, O people, the spotless fast, for it is the salvation of our souls. Let us make our devotion to the Lord in fear, anointing our heads with the oil of good works and washing our faces with pure water. Not many-worded in prayer, but saying as we have been taught to say: Our Father Who art in Heaven! Forgive us our trespasses, for Thou art the Lover of mankind.”

(From the Matins of the First Week)

Beloved brothers and sisters in Christ, Lent is a time of joy! An opportunity for a “new beginning,” a cleansing of body and soul in preparation and anticipation of the “Feast of Feasts,” Pascha, the glorious Resurrection of Our Lord and Saviour Jesus Christ!

May this be a new beginning for all of us, a turning away from the old and the putting on of the new.

Happy and Blessed Great Lent to you all!

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