



SAINT GEORGE ORTHODOX CHURCH, NORWOOD

A PARISH OF THE ANTIOCHIAN ORTHODOX
ARCHDIOCESE OF NORTH AMERICA

Welcome *Καλώς ορίσατε* *أهلاً وسهلاً*
добро пожаловать *Bine ati venit*

*It is a pleasure to have visitors
and friends with us at Saint George.*

*If you would like to know more about our
parish or Orthodox Christianity . . . just ask.*

Saturday - *NO Vespers this week; road to the church are closed for parade*

Sunday - 8:50 / 10:00 am - Orthros & Divine Liturgy
Sponsored Coffee Hour

Wednesday, July 8 - 6:00 pm - Weekday Vespers

Saturday, July 11 - 5:00 pm - Great Vespers
Women of Saint George evening at Byblos

Sunday, July 12 - 8:50 / 10:00 am - Orthros & Divine Liturgy
Potluck Coffee Hour

There is fasting this week on Wednesday and Friday.

His Eminence Metropolitan SABA (Isper)
Antiochian Archdiocese of North America

Right Rev. Bishop JOHN (Abdalah)
Diocese of Worcester & New England

Archpriest Joseph Kimmett, Pastor

Rev. Christos Hatzopoulos, Deacon

Subdeacons Chadi Saad and Khalil Samara

6 Atwood Ave., Norwood 02062 • 781-762-4396
www.StGeorgeNorwood.org • StGeorgeNorwood@gmail.com

GIFTS TO SAINT GEORGE

- ✦ Holy Bread and the coffee hour today are offered by the O’Riley and Plouffe families for the good health of Jack on his 80th birthday.
- ✦ For the health of Tricia *from* Chet & Anne Smith
- ✦ For the health of Katherine Kalliel *from* Marwan & Ibtisam Samman.
- ✦ A votive candle burns before the Icon of Christ all this month, *given by* William & Mary Lou Catelli for the health of Charlie Josephs; a donation is given for the health of Katherine Kalliel, and for Jack O’Riley on his birthday.

	<u>Bakers</u> Emily Pappas, scheduler	<u>Greeters</u> Ligia Ion, scheduler	<u>Epistle Readers</u>	<u>Coffee Hour</u>	<u>Counter</u> Kamal Hourani scheduler
<u>Today</u>		Bridget Gough	Nadia Kimmett	O’Rileys & Plouffes	Michael Marge
<u>Next Sunday</u>		Donna Ferguson	Marissa Votruba	Potluck	Nancy Jones
<u>In two weeks</u>	Anne Krekis	Marlene Lupaczuk	Jordan Bertier Chadi Saad	Kimmetts	Helen Abril

<u>The Parish Council</u> Helen Abril Robert Aronson Amal El-Koussa Kamal Hourani (Treasurer) Nancy Jones Anne Krekis Ligia Ion (Vice Chair) Michael Marge (Chair) Catherine Ward (Secretary)	Richard Shay (Asst. Treas.) <u>Building Committee</u> Joan Cassidy (Chair) <u>Adult Catechism</u> Robert Aronson <u>Choir Director</u> Leeann Plouffe <u>Food Pantry</u> Philip Howard	<u>Order of Saint Ignatius</u> Kh. Erin Kimmett <u>Seniors Outreach</u> Donna Ferguson <u>Sunday Morning Program</u> Dino & Emily Pappas, Nadia Kimmett, Max Troeger and Chris Sweet <u>Women of Saint George</u> Katherine Kalliel
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Remember in Prayer The suffering Christians of the Middle East; Father Joseph (Abud), Olga (Abdallah), Kh. Selma (Abdelahad), Helen (Abril) and Pierce (relative of the Abril’s), Kathleen (Birtwell), Elaine (Bitar), Kathy (Joan Cassidy’s sister-in-law), William & Mary Lou (Catelli and Charlie Josephs), Nick & Doris (Copoulos), Kenneth (Farha, Kh. Erin’s dad), Frances (Giandomenico), Bridget (Gough and her mother Eris), Doris (Howard), Judith (Howard), Katherine (Kalliel), William (Kelley), Jake (Kouri), Anne (Krekis), Maria (McDonough), Kh. May and Nadia (Ozone, Nadia’s mother and grandmother), Karimi (Saad), Ibtisam (Samman), Madeline (Shaheen), Tricia (Smith), Phyllis (Spicer) and Christopher (Whelan). ***Pray also for the newly departed servant of God, Patrick Marshall.***

SUMMER SERVICES & EVENTS

Kh. Erin Kimmett and Leeann Plouffe will be attending the Archdiocese ***Sacred Music Institute*** at the Village from July 8th to 12th.

This Saturday, July 11th, the Women of Saint George are getting together for dinner at ***Byblos***. Reservations have been made; hopefully you are on the list.

Father Joseph will be at the biennial ***Clergy Symposium*** at the Antiochian Village Conference Center which begins July 20th.

The North American Board of the ***Antiochian Women*** will have their Mid-Summer Meeting at The Village, July 24–26. Any women who would like to participate via Zoom should email Rima Audy at rimadaudy@gmail.com.

The ***Dormition Fast*** begins August 1st. ***Parkakleis*** is August 3rd at 6:00 pm.

In the midst of the Fast we celebrate the ***Feast of the Transfiguration of Christ*** (the fast is lightened and fish is permitted.) Orthros & Divine Liturgy at 5:00/6:00 pm on Wednesday, August 5th at Saint John of Damascus in Dedham.

The second year of ***Camp Saint Joseph of Damascus*** -- the New England camp -- is in Lenox, is August 10th - 16th; Father Joseph will be one of the session priests.

The ***Feast of the Dormition*** will be celebrated with Orthros & Divine Liturgy on August 14th at 5:00/6:00 pm. We will welcome Father Gregory Abdalah and parishioners from Dedham to Norwood.

On Sunday, the 16th, there will be a festive, ***Middle Eastern Potluck*** luncheon after Liturgy. Amal El Koussa is coordinating this meal. Please let her know what you plan to bring.

THE WORD MAGAZINE ON SUBSTACK

The Archdiocese has launched ***The Word Magazine*** on the online publication platform ***Substack***. Founded in 1905 by St. Raphael of Brooklyn as *Al-Kalimat* (Arabic for "The Word"), this magazine has served for generations as a voice of the Archdiocese, sharing the life, thought, history, and witness across North America. To read, go to: <https://thewordmag.substack.com>

Under the editorial leadership of our Bishop JOHN, ***The Word*** continues to offer articles, reflections, parish stories, Archdiocesan news, and glimpses into the life of the Church. The print edition remains central to this ministry and currently serves 20,000 of our faithful.

Launched on Substack, this digital extension is not meant to replace the print edition. Rather, it is intended to support its continued growth by carrying the ministry of ***The Word*** beyond the printed page, making its work more accessible, shareable, and present in the daily life of the faithful.

HYMNS AND READINGS AT THE LITURGY
5TH SUNDAY AFTER PENTECOST ✠ ATHANASIUS OF ATHOS

FROM THE SYNAXARION

On July 5 in the Holy Orthodox Church, we commemorate our Venerable and God-bearing Father Athanasius of Athos, and his six disciples who died with him.

Born in Trebizond of God-fearing parents, he was early left destitute, but, by the providence of God, a high-ranking army officer took him to Constantinople and educated him there. Finishing his schooling, Athanasius eventually moved to the Holy Mountain to live in silence and strict asceticism. Many, desirous of the ascetic life, began to gather round him and he was constrained to build the famous Lavra. The Byzantine Emperors gave him generous help in this. Manifold temptations came upon Athanasius, from demons and from men, but he, as a valiant soldier of Christ, resisted and overcame them all by his immense humility and unceasing prayer to the living God. Filled with the grace of God, he was found worthy to behold the most holy Mother of God, who miraculously brought forth water from a rock. Death came to him suddenly in 1003. He, together with six of his monks, had climbed up onto a newly-constructed part of the church to inspect a wall that was in building when the wall fell in and buried them all. Athanasius appeared a number of times to his brethren after his death, to console or rebuke them. On this day, we also commemorate Venerable Lampados of Irenoupolis; and Venerable hieromartyr Cyprian of Mount Athos.

By the intercessions of Thy Saints, O Christ our God, have mercy upon us. Amen.

EISODIKON (ENTRANCE HYMN)

Come, let us worship and fall down before Christ. Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

APOLYTIKION OF THE RESURRECTION, TONE 4

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF ATHANASIUS OF ATHOS, TONE 3

The Angels' ranks were awed by thy life in the flesh, how, though corporeal, and clad with earthly clay, thou didst set forth with courage to invisible wars and wrestlings and didst boldly smite the hordes of the demons with mortal wounds. Wherefore, Christ rewarded thee with abundant gifts in return. Entreat Him that our souls find salvation, O most renowned Father Athanasius.

TROPARION OF THE GREAT MARTYR GEORGE, 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, TONE 2

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

Prokeimenon, Verse and Epistle (for the saint)

The saints shall boast in glory, and they shall rejoice upon their beds. Sing unto the Lord a new song; His praise is in the church of the saints.

The Reading from Saint Paul's Letter to the Galatians (5:22-6:2)

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

The Holy Gospel: Saint Matthew (8:28-9:1)

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If Thou castest us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.

أبوليتيكيون القيامة باللحن الرابع 4

إِنَّ تَلْمِذَاتِ الرَّبِّ تَعْلَمْنَ مِنَ الْمَلَائِكَةِ الْكَرَّزَ بِالْقِيَامَةِ النَّهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِّيَّ، وَخَاطَبْنَ الرَّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ:
سُبِّحِي الْمَوْتُ وَقَامَ الْمَسِيحُ إِلَهُهُ، وَمَنْحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

أبوليتيكيون القديس أنثاسيوس باللحن الثالث 3

لَقَدْ دَهَشَتْ طَغَمَاتُ الْمَلَائِكَةِ مِنْ سِرِّكَ بِالْجَسَدِ أَيُّهَا الدَّائِمُ الذِّكْرُ، كَيْفَ أَنْتَ، وَأَنْتَ بِالْجَسَدِ، سَعَيْتِ نَحْوَ الْمَصَافِي غَيْرِ
الْمَنْطُورَةِ، وَجَرَحْتَ مَوَاكِبَ الْإِبَالِمَةِ. فِلَذَلِكَ، قَدْ كَافَأَكَ الْمَسِيحُ بِمَوَاهِبِ غَنِيَّةٍ. فَيَا أَيُّهَا الْأَبُ أَنْثَاسِيُوسُ، تَسْعُغْ إِلَيْهِ أَنْ
يُخْلَصَ نَفْسُنَا.

قنداق باللحن الثاني 2

يَا شَفِيعَةُ الْمَسِيحِيِّينَ غَيْرِ الْخَازِنَةِ، الْوَسِيطَةُ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ، لَا تُغْرِضِي عَنْ أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةُ،
بَلْ تَدَارِكُنَا بِالْمَعُونَةِ بِمَا أَنْتَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بِإِدْرِي إِلَى الشِّفَاعَةِ وَأَسْرِعِي فِي الطَّلِبَةِ، يَا وَالِدَةُ
إِلَهُهُ، الْمُتَشَفِّعَةُ دَائِمًا بِمُكْرَمِيكَ.

الرسالة

لِيَنْتَهِجِ الْأَتَقِيَاءُ بِمَجْدٍ، لِيُزَيِّنُوا عَلَى مُضَاجِعِهِمْ. غَنَّا لِلرَّبِّ تَرْنِيمَةً جَدِيدَةً، تَسْبِيحُتُهُ فِي جَمَاعَةِ الْأَتَقِيَاءِ.
فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسِ الرُّسُولِ إِلَى أَهْلِ غَلَاطِيَّةِ. (22:5-6:2)

يَا إِخْوَتِي، أَمَّا ثَمَرُ الرُّوحِ فَهُوَ الْمَحَبَّةُ وَالْفَرَحُ وَالسَّلَامُ وَطُولُ الْأَنَاءِ وَاللُّطْفُ وَالصَّلَاحُ وَالْإِيمَانُ وَالْوَدَاعَةُ وَالْغَفَافُ، وَهَذِهِ لَيْسَ
نَامُوسٌ ضِدَّهَا. وَالَّذِينَ هُمْ لِلْمَسِيحِ، صَالَبُوا أَجْسَادَهُمْ بِكُلِّ مَا فِيهَا مِنْ أَهْوَاءٍ وَشَهَوَاتٍ. فَإِنَّ كُنَّا نَعِيشُ بِالرُّوحِ، فَلْنَسْلُكْ
بِالرُّوحِ أَيْضًا، وَلَا نَكُنْ دَوِيَّ عَجَبٍ وَلَا نَغَاضِبِ، وَلَا نَحْسُدُ بَعْضُنَا بَعْضًا. أَيُّهَا الْإِخْوَتِي، إِذَا أَخَذَ أَحَدٌ فِي زَلَّةٍ فَأُصْلِحُوهُ أَنْتُمْ
الرُّوحِيِّينَ بِرُوحِ الْوَدَاعَةِ، وَتَبَصَّرْ أَنْتَ لِنَفْسِكَ لئَلَّا تُجْرَبَ أَنْتَ أَيْضًا. إِحْمِلُوا بَعْضُكُمْ أَنْقَالَ بَعْضٍ وَهَكَذَا أَتَمُّوا نَامُوسَ
الْمَسِيحِ.

الإنجيل

فصل شريف من بشارَةِ القديس متى الإنجيلي البشير والتلميذ الطاهر. (1:9-28:8)

فِي ذَلِكَ الزَّمَانِ، لَمَّا أَتَى يَسُوعُ إِلَى كُورَةِ الْجَرْجَسِيِّينَ اسْتَقْبَلَهُ مَجْنُونَانِ خَارِجَانِ مِنَ الْقُبُورِ، شَرِسَانِ جَدًّا، حَتَّى إِنَّهُ لَمْ يَكُنْ
أَحَدٌ يَقْدِرُ أَنْ يَخْتَارَ مِنْ تِلْكَ الطَّرِيقِ. فَصَاحَا قَائِلَيْنِ: "مَا لَنَا وَلَكَ يَا يَسُوعُ ابْنُ اللَّهِ؟ أَجِئْتَ إِلَى هَهُنَا قَبْلَ الزَّمَانِ لِنُغْدِثَنَا؟"
وَكَانَ بَعِيدًا مِنْهُمْ قَطِيعُ خَنَازِيرَ كَثِيرَةٍ تَرْعَى. فَأَخَذَ الشَّيَاطِينُ يُطْلِبُونَ إِلَيْهِ قَائِلِينَ: "إِنْ كُنْتَ تُخْرِجُنَا، فَأُذِّنْ لَنَا أَنْ نَذْهَبَ
إِلَى قَطِيعِ الْخَنَازِيرِ." فَقَالَ لَهُمْ: "أَذْهَبُوا." فَخَرَجُوا وَذَهَبُوا إِلَى قَطِيعِ الْخَنَازِيرِ. فَإِذَا بِالْقَطِيعِ كُلِّهِ قَدْ وَثَبَ عَنِ الْجُرُفِ إِلَى
الْبَحْرِ وَمَاتَ فِي الْمِيَاهِ. أَمَّا الرُّعَاةُ فَهَرَبُوا وَمَضَوْا إِلَى الْمَدِينَةِ، وَأَخْبَرُوا بِكُلِّ شَيْءٍ وَبِأَمْرِ الْمَجْنُونَيْنِ. فَخَرَجَتِ الْمَدِينَةُ كُلُّهَا
لِلِقَاءِ يَسُوعَ. وَلَمَّا رَأَوْهُ، طَلَبُوا إِلَيْهِ أَنْ يَتَحَوَّلَ عَنْ تَحُومِهِمْ. فَدَخَلَ السَّفِينَةَ وَاجْتَارَ وَأَتَى إِلَى مَدِينَتِهِ.

Glasul 4

Propovăduirea Învierii cea luminată înțelegând-o de la înger ucenițele Domnului și lepădând osândirea cea strămoșească, Apostolilor lăudându-se au zis: Jefuitu-s-a moartea, sculatu-S-a Hristos Dumnezeu, dăruind lumii mare milă.

Glasul 4 Troparul Sfântului Mare Mucenic Gheorghe

Ca un izbăvitor al celor robiți și celor să-raci ocrotitor, celor bolnavi doctor, con---ducătorilor ajutător, purtătorule de biruință, Mare Mucenice Gheorghe, roagă pe Hris-tos Dum-nezeu să mântuiască sufletele noastre.

Condac

Ceea ce esti pazitoarea crestinilor nebiruita, si rugatoare neincetata catre Facatorul, nu trece glasurile cele de rugaciune ale pacatosilor; ci sarguieste ca o buna spre ajutorul nostru, care cu credinta ne rugam tie: grabeste spre rugaciune si te nevoieste spre imblanzire, aparand pururea pe cei ce te cinstesc pe tine, Nascatoare de Dumnezeu

Ἀπολυτίκιον Ἀναστάσιμον 4

Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Εσκύλευται ὁ θάνατος, ἡγέρθη Χριστὸς ὁ Θεός, δωροῦμενος τῷ κόσμῳ τὸ μέγα ἔλεος

Ἁγίου Μεγαλομάρτυρος Γεωργίου Ἦχος δ΄

Ὡς τῶν αἰχμαλώτων ἐλευθερωτής, καὶ τῶν πτωχῶν ὑπερασπιστής, ἀσθενούντων ἰατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Κοντάκιον. Ἦχος β΄.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα ἀεί, Θεοτόκε, τῶν τιμώντων σε.

Exploring the Book of Psalms

Discover the Poetry, Tradition, and Spiritual Depth of Scripture's Great Prayer Book



Saint Vladimir Seminary is offering a four-session online class on the Psalms. As we did with their virtual class on Iconography, we have arranged to view this class here, as a parish, beginning in September.

The book of Psalms is one of Scripture's most beloved treasures. For millennia, Jews and Christians have prayed, memorized, and meditated on the Psalms — turning to them in seasons of joy, lament, and longing. They are woven throughout Orthodox worship, from Vespers and Matins to the quiet of personal prayer, and the Church Fathers held the Psalter among the most formative texts of Christian life.

Yet what makes the Psalms so enduring? In this course, Dr. Michael Legaspi (*Associate Professor of Old Testament, St. Vladimir's Orthodox Seminary*) explores how these ancient compositions were shaped by tradition and received by the Church — becoming a book of prayer, a treasury of wisdom, and a guide to the life of Christ. Open to all Christians, this course invites you into a fresh encounter with one of Scripture's greatest gifts.

- *Discover how the Psalms developed over centuries and why the form they took matters for how we read and pray them today.*
- *See David in a new light, and understand why his connection to the Psalms has been so central to how the Church has received them.*
- *Develop tools for reading individual Psalms closely — noticing their structure, variety, and spiritual depth.*
- *Explore how the Psalms animate Orthodox worship, from the Hours to Vespers and Matins, and deepen your own life of prayer.*