

Saint George Orthodox Church, Norwood

A PARISH OF THE ANTIOCHIAN ORTHODOX ARCHDIOCESE OF NORTH AMERICA



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 the Orthodox Church . . . just ask.

Welcome *Καλώς ορίσατε* *أَهْل وِهَلْ* *добро пожаловать* *Bine ati venit*

Saint George Calendar: March 15-25

March 15 - 4:00 pm - Adult Catechism
5:00 pm - Great Vespers

March 16 - 8:50 / 10:00 - Orthros & Divine Liturgy
11:15 am - Sunday Morning Program

Monday, March 17 - 6:00 pm - Great Compline

Wednesday, March 19 - 6:00 pm - Pre-Sanctified Liturgy & Lenten Potluck

Friday, March 21- 6:00 pm - Akathist & Opening of Diocesan Retreat

Saturday, March 22- 9:00 am - Divine Liturgy at Saint John of Damascus
Continuation of the Diocesan Retreat & Great Vespers in Dedham

Sunday, March 23 - 8:50 / 10:00 am - Orthros, Liturgy & Cross Procession
11:15 am - Sunday Morning Program

After coffee hour - Informational gathering for the Ladies of Saint George

Tuesday, March 25 - 6:00 pm - Evening Liturgy for the Annunciation

*The Lenten Fast continues each day until Pascha.
Confession are heard Saturday before Vespers and by appointment.*

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

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

Very Rev. Father 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

COFFEE HOUR

Sheets for 2025 are on the red clipboard in the narthex. Have you picked a day yet? On Sundays where no one has signed up, we will have a potluck. See the table below. Sign up now for your favorite dates -- birthdays, anniversaries, memorials or just because.

POTLUCK WEDNESDAY

Following the Pre-Sanctified Liturgy on Wednesday we will have a Lenten meal in the hall. Bring along a favorite fasting dish to share. If you aren't a foodie think about bringing a case of water, a loaf of bread or staying to clean up.

Note, all meals and coffee hours during Lent will be fasting foods.

	<u>Bakers</u> Emily Pappas, scheduler	<u>Greeters</u> Ligia Ion, scheduler	<u>Epistle Readers</u>	<u>Coffee Hour</u> Amal & Leeann coordinators	<u>Counter</u> Kamal Hourani scheduler
<u>Today</u>		Richard Shay	Chris Sweet Amer Farah	Potluck	
<u>Next Sunday</u>	Anne Krekis	Bridget Gough	Dino Pappas	Zamfirescu	
<u>In two weeks</u>		Donna Ferguson		Abdelahads	

Our Parish Council

Helen Abril
Amal El-Koussa
Kamal Hourani (Treasurer)
Nancy Jones
Anne Krekis
Ligia Ion
Michael Marge (Fin. Com.)
Catherine Ward
Richard Shay (Asst. Treas.)

Building Committee

Joan Cassidy (Chair)
Adult Cathechism
Robert Aronson
Choir Director
Leeann Plouffe
Food Pantry
Philip Howard
Order of Saint Ignatius
Kh. Erin Kimmett

Parish Life Conference

Marianna Keaveney
Seniors Outreach
Donna Ferguson
Sunday Morning Program
Emily Pappas
Amal El Koussa
Nadia Kimmett
Michael Marge

Remember in Prayer Priest Gregory (brother of Leila Saloum), the suffering Christians of Syria, Lebanon, Palestine and the Middle East; and those in places of danger; Very Rev Joseph (Abud), Olga (Abdallah), Courtney and Helen (Abril) and Pierce (relative of the Abril's), Elaine (Bitar), George (Bolis), Kathy (Joan Cassidy's sister-in-law), William & Mary Lou (Catelli), Nick & Doris (Copoulos), Megan (granddaughter of Rayhme Eysie), Frances (Giandomenico), Eris (Bridget Gough's mother), Doris (Howard), Judith (Howard), Hanna (Karam, Lina's sister), William (Kelley), Kh. May and Nadia (Ozone, Nadia's mother and grandmother), Karimi (Saad), Madeline (Shaheen), Phyllis (Spicer), Christopher (Whelan) Dana (Zidarescu) and Diana (Zogheb).

RETREAT THIS FRIDAY AND SATURDAY

The annual Lenten retreat begins here with the Akathist THIS FRIDAY at 6:00pm and continues all day on Saturday in Dedham. The retreat speaker is Michelle Moujaes, founder of *Faithtree Resources*. Her talk is titled ***Healthy Person - Healthy Family - Healthy Church***. The Friday session is geared to pre-teens, teens and 20/30 Somethings -- in other words, young people. Advance registration is required, follow the link in your email for Friday and click the QR code for Saturday. It should be a remarkable two days and an important part of everyone's Lenten journey.



MEAL TRAIN

Can you provide a meal or two for Deacon Ephraim (Walid) & Michelle as they welcome Elena Rose onto their lives? Emily Pappas has all the dates and dietary info.

CAMP SAINT JOSEPH & ANTIOCHIAN VILLAGE SCHOLARSHIPS

The Archdiocese's newest camp, ***Camp Saint Joseph of Damascus*** is taking place from August 11th to 16th, in Lenox, MA. Registration is online at campstjoseph.org. Here in Norwood, we are beginning a fund-raiser to help with the costs for campers and their families: ***All you need to do is sign on to the parish Pascha card. Nick and Nadia Kimmett will speak about it today.***

Summer camp would not be possible without the generosity from the ***Order of Saint Ignatius***, which provides financial assistance to each parish to assist families to send their children to Antiochian Village. Speak to Father Joseph by March 23rd about funds available for Norwood campers.

LADIES OF SAINT GEORGE | PALM SUNDAY BAKE SALE

Palm Sunday is over a month away (April 13th) but it isn't too early to plan (or volunteer to help) at our annual bake sale. This supports the national project of the Antiochian Women.

Locally, the Ladies of Saint George are 106 years old (two years older than the church itself.) Any of our ladies wanting to know more about this organization and potential activities should stay after coffee hour on the 23rd for an informal chat.

PARISH LIFE CONFERENCE

We at Saint George are the hosts for the annual New England PLC. It is a one-day event on Saturday, June 21st. We are closing the street and will be under a tent enjoying the finest foods from around the world. See Marianna Keaveney, chair of our PLC committee, and ask what you can do to make the day a success.

SPECIAL TRAY AND FFHP

There is a tray in the narthex for your donation to the Archdiocese's annual collection for the seminarians.

You can also pick up an alms box for your Lenten contributions to ***Food For Hungry People***. Last year the parishes of the Archdiocese collected, \$193,016.

It is pointless for someone to say that he has faith in God if he does not have the works which go with faith...namely, deeds of love and compassion. -- Saint Gregory Palamas

Hymns and Readings at the Liturgy ✰ 16 March 2025
Saint Gregory Palamas, Archbishop of Thessalonica

FROM THE SYNAXARION

On March 16 in the Holy Orthodox Church, we commemorate the Martyr Sabinos of Egypt; and Venerable Christodoulos the wonderworker of Patmos. On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on March 16, 2025 Abbr. Rubrics 10 Second Sunday of Lent Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a hierarch, a theologian who defeated the heretics of his era, and a miracle-worker who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrios, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus 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.

TROPARION OF THE RESURRECTION, TONE 5

Let us believers praise and worship the Word; coeternal 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 FOR SAINT GREGORY PALAMAS, TONE 8

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

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 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.

Prokeimenon & Verse

Thou, O Lord, shalt keep us and shalt preserve us. Save me, O Lord, for the godly man is no more!

The Epistle: Apostle Paul's Letter to the Hebrews 1:10-2:3

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

The Holy Gospel: Saint Mark 2:1-12

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that

you may know that the Son of Man has authority on earth to forgive sins" – He said to the paralytic – "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

MEGALYNARION OF THE LITURGY OF SAINT BASIL THE GREAT, TONE 8

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

أبوليتيكينون القيامة باللحن الخامس 5

لُسْتُمْ حَنْنُ الْمُؤْمِنِينَ وَسَخَّدَ لِلْكَلِمَةِ، الْمُسَاوِي لِلْأَبِ وَالرُّوحُ فِي الْأَرْلَةِ وَعَدَمِ الْابْتِدَاءِ، الْمَوْلُودُ مِنَ الْعَدْرَاءِ لِخَلَاصِنَا، لَأَنَّهُ سُرُّ بِالْجَسَدِ أَنْ يَعْلُوَ عَلَى الصَّلِيبِ، وَيَخْتَمَ الْمَوْتَ، وَيُنْهَضَ الْمُؤْتَى بِعِيَامَتِهِ الْمَجِيدَةِ.

طروبارية القديس غريغوريوس بالاماس باللحن 8

يَا كُوكِبَ الرَّأْيِ الْقَوِيمِ، وَثَبَّتَ الْكَنِيسَةَ وَمُعْلِمَهَا، وَجَاهَ الْمُتَوَحِّدِينَ، وَمُنَاضِلًا عَنِ الْمُتَكَلِّمِينَ بِاللَّاهُوَتِ، الَّذِي لَا يُحَاذِبُ، غَرِيغُورِيوسُ الْفَاعِلُ الْمُعْجَرَاتِ، فَحُرِّرَ تِسَالُونِيَّةُ وَكَارُورُ التِّعْمَةِ. لَا تَنْكُثُ مُتَشَفِّعًا فِي خَلَاصِنَا.

طروبارية القديس جاورجيوس باللحن 4

بِمَا أَنَّكَ لِلْمَأْسُورِينَ مُحَرِّرٌ وَمُعْقِقٌ، وَلِلْفَقَرَاءِ وَالْمَسَاكِينِ عَاضِدٌ وَنَاصِرٌ، وَلِلْمَرْضِيِّ طَبِيبٌ وَشَافِ، وَعَنِ الْمُؤْمِنِينَ مَكَافِحٌ وَمُحَارِبٌ. أَيُّهَا النَّظِيمُ فِي الشَّهَدَاءِ، جَاؤْرُجِيُّوسُ الْلَّاهِيُّ الظَّفَرُ، شَفَعَ إِلَى الْمَسِيحِ إِلَيْهِ، فِي خَلَاصِنَا.

قداق آحاد الصوم باللحن 8

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةُ إِلَهَيْهِ أَكْتُبُ لِكِ رِيَاتِ الْعَلَيَّةِ * يَا جُنْدِيَّةَ مُحَامِيَّهِ * وَأَقْتِمُ لِكِ الشُّكْرَ كَمَنَدَةً مِنَ الشَّدَادِ * لَكِنْ بِمَا أَنَّ لِكَ الْعِرَّةَ الَّتِي لَا تُخَارِبَ * أَعْقِنِي مِنْ صُنُوفِ الشَّدَادِ * حَتَّى أَصْرُخُ إِلَيْكِ: إِفْرَحْيَ يَا عَرْوَسَا لَا عَرْوَسَنَا لَهَا.

الرسالة

أَنْتَ يَا رَبُّ تَحْفَظُنَا وَتَسْتَرُنَا. خَلِصْنِي يَا رَبُّ فَإِنَّ الْبَارَ قَدْ فَنَّيَ .
فَصُلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسَ الرَّسُولِ إِلَى الْعِبْرَانِيَّينَ .

أَنْتَ يَا رَبُّ فِي الْبَدْءِ أَسْسَيْتَ الْأَرْضَ، وَالسَّمَاوَاتِ هِيَ صُنْعُ يَدِيكَ. هِيَ تَزُولُ وَأَنْتَ تَبْقِي وَكُلُّهَا تَبْلَى كَالْثَوْبِ. وَتَسْطُوْهَا كَالْبَذَاءِ فَتَتَغَيِّرُ، وَأَنْتَ أَنْتَ وَسِنُوكَ لَنْ تُنْفَيَ . وَلِمَنْ مِنَ الْمَلَائِكَةِ قَالَ قَطُّ "إِجْلِسْ عَنْ يَمِينِي حَتَّى أَجْعَلَ أَغَادِكَ مَوْطِنًا لِقَدْمَيْكَ؟" أَلِسْوَا جَمِيعَهُمْ أَرْوَاحًا تُرْسَلُ لِلْخَدْمَةِ مِنْ أَجْلِ الَّذِينَ سَيِّرُوْنَ الْخَلَاصِ؟ فَلَذِكَ يَجْبُ عَلَيْنَا أَنْ نُصْغِي إِلَى مَا سَمِعْنَا إِصْغَاءً أَشَدَّ لِئَلَّا يَسْرَبَ مِنْ أَدْهَانِنَا. فَإِنَّا إِنْ كَانَتِ الْكَلِمَةُ الَّتِي

نُطِقَ بِهَا عَلَى السَّنَةِ مَلَائِكَةً قَدْ بَيَّنَتْ، وَكُلُّ شَعْدَرٍ وَمَفْصِلَةٍ نَالَ جَزَاءَ عَذَابًا. فَكَيْفَ تُلْكِثُ نَحْنُ إِنَّ أَهْمَنَا خَلَاصًا عَظِيمًا كَهُذَا؟ قَدْ بَيَّنَتِ الْأُطْقُبُ بِهِ عَلَى لِسَانِ الرَّبِّ، ثُمَّ تَبَيَّنَتْ لَنَا الَّذِينَ سَمِعُوا.

الإنجيل

فَصَلَّى شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسَ الْأَنْجِيلِيِّ الْبَشِيرِ، التَّلَمِيذِ الطَّاهِرِ.

قال في ذلك الزمان، دخل يسوع كفرناحوم وسمع آلة في بيت. فلرقت الجمّع كثيرون، حتى آلة لم يعدُ موضع ولا ما حول الباب يسمع، وكان يخاطبهم بالكلمة. فأتوا إليه مُخلع يحمله أربعة. وإن لم يقدروا أن يغنووا إليه لسيب الجمع، كشفوا السّقف حيث كان. وبعد ما تقدّم، دلوا السرير الذي كان المخلع مُسطّحًا عليه. فلما رأى يسوع إيمانهم، قال للمخلع: يا بني، مغفورة لك خططياك. وكان قوم من الكتبة جالسين هناك يفكرون في قلوبهم ما بال هذا يتكلّم هكذا بالتجديف؟ من يغفر أن يغفر الخطايا إلا الله وحده؟ فلرقت عالم يسوع بروحه آئم يفكرون هكذا في أنفسهم، فقال لهم: "ماذا تفكرون بهذا في قلوبكم؟ ما الأيسر أن يقال "مغفورة لك خططياك" أم أن يقال "أنم وأحمل سريرك وأمش"؟ ولكن لكي تعلموا أن ابن البشر له سلطان على الأرض أن يغفر الخطايا (قال للمخلع) "لك أقول، أنم وأحمل سريرك وأذهب إلى بيتك". فقام لرقت وحمل سريره وخرج أمام الجميع، حتى دهش كلهم ومحدوا الله قائلين "ما رأينا مثل هذا قط".

Glasul 2

Când Te-ai pogorât la moarte, Cela ce ești Viața cea fără-de-moarte, atunci iadul l-a omorât cu strălucirea Dumnezei; și când ai înviat pe cei morți din cele de desupt, toate Puterile cerești au strigat: Dătătorule de viață, Hristoase, Dumnezeul nostru, slavă Tie!

Glasul 8

Luminător al dreptei credințe, sprijinul Bisericii și învățătorule, podoaba monahilor, apărătorule cel nebiruit al teologilor; făcătorule de minuni, Grigorie, lauda Tesalonicului, propovăduitorule al harului, roagă-te pururea să se mantuiască sufletele noastre.

Άπολυτίκιον Άναστάσιμον 2

Άγγελικαὶ δυνάμεις ἐπὶ τὸ μνῆμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἵστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Εσκύλευσας τὸν Αἴδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπάντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωήν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

(8) Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ως λυτρωθεῖσα τῶν δεινῶνεύχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Αλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Εκ παντοίων με κινδύνων ἐλευθέρωσον, Ινα κράζω σοι. Χαῖρε νύμφῃ ἀνύμφευτε.



Antiochian Orthodox
Diocese of New England

**LENTEN RETREAT
& FAMILY DAY**

- Healthy Person
- Healthy Family
- Healthy Church

Friday, March 23rd
Saint George, Norwood
6:00 - Akathist & Talk for Teens / Young Adults

Saturday, March 24th
Saint John of Damascus, Dedham
9:00 am - Divine Liturgy
Breakfast & First Session
Family Day activities
Lunch, Second Session, & A Great Vespers

Advance Registration Required

Friday Night - Free
Saturday Adults - \$30 / Children - Free
Questions, Contact Kim from Karmel

Retreat Speaker
Michelle Moujaes
Founder and Executive
Director of Faithtree
Resources

Supported by the
Diocesan Council
of Young Adults

**Friday March 21st, right here at
Saint George:**

***You Were Created on
Purpose, for a Purpose***

Join us for an inspiring event on where Michelle Moujaes of Faithtree Resources will share a powerful message about identity, purpose, and God's unique plan for every young person. In a world filled with so many mixed messages and such uncertainty, this gathering will remind students that they are not here by accident. It will reveal that God created each of us intentionally, with a purpose that only we can fulfill.

***Teens and Young Adults: Don't miss this opportunity to be
encouraged, empowered, and equipped to walk boldly
in who God designed you to be!***



Saturday March 22nd, at Saint John of Damascus in Dedham:

Healthy Person. Healthy Family. Healthy Church.

Are you ready to experience true transformation in your life, your family, and your parish? It all starts with following the perfect plan God invites us into! Join us for an amazing event with Michelle as she unpacks how following God's design for our lives and relationships is the foundation for strong families, vibrant communities and thriving churches. Discover hands-on, practical wisdom rooted in biblical principles and the teachings of the Church Fathers that will nurture your spiritual, emotional, and relational health, and give you a road map to live into God's design for every aspect of your life.

Don't miss this chance to be encouraged, equipped, and inspired!

Use the QR code on the flyer to register (or follow the link in the parish email.) You have the option to pay in-person with cash or check at the retreat but you must still register in advance.