

**Saint George Antiochian Orthodox Christian Church  
1250 Oakdale Avenue  
West Saint Paul, Minnesota 55118**

**Parish Website:** <http://www.saintgeorge-church.org>

Very Reverend Archpriest Thomas Begley, *Pastor*  
Right Reverend Archimandrite Duane Pederson, *attached*  
*Reverend Priest John Chagnon, attached*  
*V. Rev. Archpriest Paul Hodge, Assisting Priest*  
Reverend Archdeacon Russell Hodge, *Assisting Deacon*  
*Reverend Deacon John Mikhail, Assisting Deacon*  
Reader Leonard Soroka, *Director of Music*

---

Church Phone - 651-457-0854

Pastor's Phone - 651-882-7809 cell: 612-723-0681

---

**March 16, 2014**

**THE SECOND SUNDAY OF GREAT LENT  
SUNDAY OF ST. GREGORY PALAMAS**

**TONE: 5**

**EOTHINON: 5**

---

*Commemorations:* Martyr Sabinos of Egypt; Venerable Christodoulos the wonderworker of Patmos.

**DIVINE LITURGY OF ST. BASIL THE GREAT**

**RESURRECTIONAL APOLYTIKION IN TONE FIVE**

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.

**APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT**

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.

• *Now sing the apolytikion of St. George, patron saint of our holy church.*

**KONTAKION FOR THE ANNUNCIATION (AND GREAT LENT) IN TONE EIGHT**

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:*

*You, O Lord, shall keep us and preserve us.*

*Save me, O Lord.*

*For the godly man has failed.*

**EPISTLE: The Reading from the Epistle of St. Paul to the Hebrews (1:10-2:3).**

**I**n the beginning, Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, until I make Thine enemies a stool for thy feet?” Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

### **GOSPEL: The Reading from the Holy Gospel according to St. Mark (2:1-12).**

**A**t 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!”

### **HOLY BREAD**

Holy Bread is offered for the health and welfare of all the Antiochian Women of St. George Church and in loving memory of our dear departed sisters in Christ. May their memory be eternal!

### **COFFEE HOUR**

Coffee hour is provided by the Antiochian Women of St. George. Everyone is invited to this time of fellowship.

### **ANNOUNCEMENTS**

---

**WELCOME** to all our guests and visitors. We are delighted to have you visiting and worshipping with us this morning and hope that you return soon. We invite you to participate in the Divine Liturgy, but, sadly, due to the divisions in Christianity, **only baptized/chrisdated members of the Orthodox Church who have made their Confession before an Orthodox priest and prepared themselves by fasting may receive Holy Communion.** Please come forward after Liturgy to venerate the Cross and partake of the *Antidoron* - Holy Bread. Please

join us in the Parish Hall for Coffee Hour after the Liturgy. Also, please **turn off your cell phones and all electronic devices.**

---

### **PRAY FOR THE SICK**

Please pray for Lorraine DeFlorin, Wally & Maria Golden, Allen Golden, Yasmin Kakish, Jakob Kakish, Carol & Joe Haddad, Betty Ablan, Ted Goll, Ben, Kh. Vergin Khoury, Kyle Krache, Mary Saba, Erma Ziton, John Etoll, Jackson & Hunter Golden, Mavis Aussey, Margaret Boalbey, Gracie Holmes, Dn. Russell & Phyllis Hodge, Sarah Vanlerberghe, Kh. Vera Proctor, Rick, Kh. Amy Hodge, Buryl Toms, Mya Lee, Pat Burbank.

If you are ill and wish to be remembered in the Liturgy and daily prayers of the priest, please contact Fr. Tom.

### **THIS WEEK**

### **MEOCCA LENTEN VESPERS**

Our MEOCCA Lenten Vespers will be today at 4:00 P.M. at St. George Greek Orthodox Church; 1111 Summit Ave., St. Paul, MN. Please join us!

### **FASTING**

Cheese, eggs, dairy, fish, wine and in some traditions olive oil are not consumed until Holy Pascha on April 20th except for the following exceptions when there is limited *katalysis*: Fish, wine and oil are permitted on the feasts of the Annunciation (March 25th) and Palm Sunday (April 13th). Wine and olive oil are permitted on all Saturdays and Sundays except Great and Holy Saturday when only wine is permitted. Wine is permitted on Wednesday of the Fifth Week (because of the chanting of the entire Great Canon that evening) and Friday of that same week (because of the chanting of the entire Akathist Hymn that evening).

### **PRESANCTIFIED LITURGY**

We will serve the Liturgy of the Presanctified Gifts, Wednesday, March 19 at 6:30 P.M.

### **AKATHIST**

The Akathist service will be served Friday, March 21 at 7:00 P.M.

### **VESPERS**

Vespers will be served at 5:00 P.M. on Saturday, March 22.

### **SPECIAL ANNOUNCEMENTS**

#### **CONGRATULATIONS**

Our congratulations to Samir and Yasmin Kakish who recently celebrated their 50<sup>th</sup> wedding anniversary. May God richly bless them and grant them many years!

**MARCH IS ANTIOCHIAN WOMEN MONTH** in our Archdiocese. The Antiochian Women of North America include 7 Diocese that raise money the Month of March for worthwhile projects. The project this year is: “**Help the Orphans of War in Syria**”. The **COFFEE MUG** Collection starts in March and Nancy Toenniges is the coordinator. We need to have the money collected by April 27, 2014. This is different from the IOCC Health Kit Project that our parishioners put together. Please note this project money goes to Metropolitan Philip to send to Syria, not to the IOCC. The same cause, but different committees.

**All Creative Arts Projects are Due Sunday, March 16<sup>th</sup>. Parents please check with your children on the status of their projects.**

By now all of the classes have been introduced to the Creative Arts Festival theme for this year. Please check with your children whether they have turned in a project yet. All projects are due by Sunday, March 16<sup>th</sup> and we are asking for 100 percent participation. Many teachers have allowed class time to work on the projects but often time the kids say they are working on them at home or are not there on those "work" days. To date very few have been turned in.

**WANTED DANCERS!**

We are in great need of young men or ladies ages 12 and older to step up and fill the open spots of our famous Senior Dabke Dance Group! No experience is necessary to join. The dance group is a great way to make new friends, express the Arab culture, help make our Festival a success, and most importantly...it's so much fun! We will have an informational meeting this Sunday, March 8th during coffee hour for any interested new members and current returning members. Parents are welcome to attend this meeting. Please contact Kayla Abrass with any questions at [kayla.abrass@gmail.com](mailto:kayla.abrass@gmail.com). Thank you!

**MEOCCA CHOIR**

Come and join the MEOCCA Choir for Sunday Lenten Vespers! You do not need to have experience and we welcome new members every year! It's a great opportunity to learn some new music and meet fellow Orthodox Christians from around the Twin Cities. We will rehearse one hour prior to each service (3:00 pm Sharp!) at the church. Please bring a friend who is new this year so we can welcome them into our group! If you have questions or concerns, please contact Sara Ann Pogorely at 612-802-0727 or [saraann.pogorely@gmail.com](mailto:saraann.pogorely@gmail.com). We look forward to worship and fellowship this coming Lent with you.

**APPLICATIONS FOR 2014 ARCHDIOCESAN SCHOLARSHIPS**

Scholarships are available online at [www.teensoyo.org/Pages/Scholarships.aspx](http://www.teensoyo.org/Pages/Scholarships.aspx) Several "Francis Maria Memorial Scholarships" in the amount of \$2,500.00 each will be awarded to 2014 graduating high school seniors who are members of a parish/mission of our Archdiocese.

**WHY DONATE TO NEIGHBORS IN MARCH:**

The March MN FoodShare campaign has been in existence for more than three decades now. March is the food/cash matching month. This annual effort that involves families, companies, faith communities, schools and civic groups, helps to raise **more than half** the food distributed each year by the 300 food shelves in the state. Please place these items on the **RIGHT** side table. Thank you! Michelle Apman

Your participation in the March campaign will exemplify or theme: **Be the Hero. Fight Hunger.** Last year, the Minnesota FoodShare March Campaign raised more than \$8.3 million and almost 4 million pounds of food. That is the equivalent of a year's worth of meals for more than 7,700 families of four. With your support we can partner God's call to help those in need. Cash donations are greatly appreciated. Please give your donations to George Droubie or Michelle Apman.

**PASTA AND PASTA SAUCE COLLECTION FOR FOCUS MN**

In addition to our Food Drive for Neighbors, in which we help out persons in the West St. Paul community, we are again this year helping stock the shelves at FOCUS MN. Please donate pasta or sauce (any type of tomato base will do; sauce, paste, or actual pasta sauce are all welcome). **Please place these items on the left side table** outside the church hall and if possible label the bag "FOCUS."

## UPCOMING EVENTS

### **March 24th, 2014 is the Feast of the Annunciation of the Theotokos Church Service.**

The Antiochian Women will serve a delicious Fish dinner after Church. We ask a donation for the dinner which will go to the Orphans of War in Syria. Please come and support this worthy cause to help those in need. **The Ladies' Circles for the delicious Fish dinner are as follows:** Cook-Vicky & Joannie, Set Up- Katrina Roseland, Serve- Sue and Sandy, Clean Up- Patty and the parishioners. We need everyone's help to clean.

### **HOLY BREAD LIST**

March 23, Brigitte Khoury

March 24, Katrina Khoury 6:30 P.M.

### **COFFEE HOUR LIST**

Falafel Dinner

Fish Dinner

To schedule holy bread and/or memorial, please contact Joannie Alevizos. It is completely proper to have more than one memorial or Holy Bread on a Sunday. *When signing up for Holy Bread, please indicate "yes" or "no" if you will also be providing coffee hour.* If you would like to host a coffee hour please contact Sanaa Jubran. It is important to *e-mail or call Fr. Tom or Brigitte Khoury [bgkstgeorge@gmail.com](mailto:bgkstgeorge@gmail.com) by Wednesday with your information in order to print the bulletin in a timely manner.*

**Presanctified Liturgy Wednesdays.** Join your St. George Family for this beautiful Lenten service at 6:30 P.M. and for a simple meal after the service. If you are interested in hosting one of the remaining meals, please contact Cindy Karos at 952.929.6371. Thanks to all our hosts.

March 19 Sue Perry

March 26 Sanaa Jubran

**THE ST GEORGE ANNUAL FR JOHN KHOURY FALAFEL DINNER** will be held Sunday, March 23, Noon to 2:30 P.M. Adults: \$10.00 and Children under twelve: \$5:00. Sponsored and prepared by the Beirut Restaurant. (Corrected prices, different from the newsletter).

### **PARISH COUNCIL**

The Parish Council will meet Tuesday, March 25, at 6:30 P.M.

### **ANTIOCHIAN WOMEN'S MEETING, APRIL 3rd, 2014**

The meeting is at Angelo's Restaurant at 6:00 P.M. The cost of the Lenten meal is \$5.00 per person. Meeting starts promptly at 6:30 P.M. Please come for this wonderful fellowship. Thanks to Michelle Apman and Patty Burbank for their wonderful hospitality.

### **Announcing the 7th Annual St. George Middle Eastern Festival**

#### **ATTENTION PARISHIONERS AND FRIENDS OF ST. GEORGE:**

This year we will hold our 7th Annual Middle Eastern Festival on **July 18th, 19th and 20th**. Please plan on being with us that week to help with preparations and to work a few shifts at the festival. More details will be forthcoming about opportunities to donate, work schedules and sign-up sheets. Visit us online at [www.mideastfest.com](http://www.mideastfest.com)

**SEE YOU AT THE FESTIVAL!**

### **Book Signings After April 6th MEOCCA Vespers at St. George Antiochian**

Deb will have her book available as well as Pres. Anegla Alatzakis.

Pres. Angela has developed The Orthodox Children's Press, a publishing company with a desire to provide Orthodox Christian children with books and goods that strengthen their faith and love of the Church.

She has recently published the book, **Every Time I Do My Cross**. It has received a 5 star rating from GoodReads.

What it's about: How we make the sign of the cross, and some of the reasons why we do. The book follows a boy (named James) through his Sunday; waking up, going to church, liturgy, church school, a soccer game, riding his bike, eating with his family, and going to bed. During these events in his day, he tells us why he does his cross.

*With a review by Jane G. Meyer, author of children's books available at Ancient Faith, "A beautifully designed, hardbound beauty of a book. With very engaging, simple illustrations and simple text. It's not just a story of the mechanics of how to make the sign of the cross, but takes little ones from one event to the next, giving real life*

### **ICON CLASSES**

**Iconography depicts with paint the unrepresentable beauty of God's world, where gold is the symbol of the divine energies not made by human hands. Gold is the symbol of Divine Light .**  
(The emphasis of study for icon class sessions 2 and 3)

***The schedule of 2014 icon classes is as follows: please register by sending a deposit of \$75.00 to Icon Art Studios, 13921 127th Street North, Stillwater, MN, 55082. All inquiries can be sent via e-mail at [akorluka@aol.com](mailto:akorluka@aol.com) or my cell at 612-889-5868.***

***Session 2-at St. Mary's Greek Orthodox Church, Thursdays from 6:00 to 9:00 on February 20, 27, March 13, 20 and April 3 and 10. Tuition cost is \$195.00 plus materials. Session 2 will study and write an icon of Christ in Majesty.***

***Session 3-at The Basilica of Saint Mary, Hennepin at Sixteenth Street, Mpls., 55403 from 9:00 am to 1:00 pm on Saturdays during Great Lent; March 8 and 15 and April 5 and 12. Tuition including materials \$295.00. Session 3 will contemplate the sacrament of Baptism and will study and write an icon of St. John the Baptist. "Today he has John baptize him for the purification of sins, so that the Holy Spirit may come down from on high and raise humanity to heaven." St. Gregory of Nyssa.***

**2014 Festival Silent Auction "Wish List"!** As you begin your spring cleaning, please keep in mind that we need your gently used baskets for our silent auction and consider donating them. (Minimum bottom base 10 - 12 inches and No Easter Baskets Please) *Please contact Brigitte Khoury at 651-552-7883 for more information or to make arrangements to drop them off. Thank you!* Donations from last year's auction were primarily from businesses in the Twin Cities and across the country. **This year, we are hoping to see more donations from parishioners. If you prefer to give a cash donation, we can always make a basket in your name.** Remember, this is one of the areas of the festival that has a 100% pure profit! Do you know someone who owns a local business? Do you yourself offer a product/service someone may enjoy? Please consider donating and asking friends to donate. If you have anyone in particular you think we should contact for a donation, please see Brigitte Khoury and she will give you one of our "official" silent auction donation letters so you can help us solicit donations. Please note that we cannot accept "slightly used" or "almost new" items. Our 2014 silent auction "Wish List" can be found

in the church hall. These are simply examples to get you thinking of something you may be interested in donating this year. Thank you in advance for helping us meet our goal! ***\*If you have questions, please contact Brigitte Khoury at (651) 552-7883 or [bjkstgeorge@gmail.com](mailto:bjkstgeorge@gmail.com)***

- **Cash:** Even small amounts of cash will help as there are many little things we would like to purchase to round out some of our baskets such as wine glasses for our wine baskets or coffee mugs for our coffee/tea baskets, gardening tools, chocolate and much more.
- **Baskets:** As you begin your spring-cleaning, please keep in mind that we need your gently used baskets and consider donating or think about purchasing a new one for our cause.
- **Restaurant gift cards/certificates:** (Think of your favorite place to eat and consider donating a gift certificate for that location)
- **Children's toys:** (What is your child's favorite toy/ thing to play with? Make it a day out with your child/children and pick out some toys for our silent auction) Toy manufactures generally will not donate to churches.
- **American Girl Doll Store:** (Anything and everything!) Since American Girl donated a doll to us last year, they will not donate to us for another 3 years - so we would LOVE to have your help with this!
- **Nickelodeon Universe passes:** (They do not donate passes to churches, so we would LOVE your help!)
- **Slumber party in a basket:** Movies, nail polish, facial kit, certificate for pizza, microwave popcorn, ear plugs for Mom and Dad, etc.
- **Fun and games basket:** An assortment of board games, card games, etc.
- **Baby shower basket:** Bottles, baby wipes, diaper service, or anything else of interest to an expectant mother
- **Bedtime story basket:** A collection of bedtime stories for little ones
- **Pet-Themed Baskets**
- **Rainy day basket for kids:** Full of things to keep kids busy on a rainy summer day! Washable finger paints, play-dough, activity books, games, etc.
- **Fiesta Basket:** Tequila, margarita mix, salt, pitcher, glasses, chips, salsa, mariachi music, etc.
- **Manicure/pedicure gift cards:** (Talk to your salon, they will generally donate to their customers!)
- **Hair salon gift cards or hair styling products:** (Talk to your salon, they will generally donate to their customers)
- **Massage/Spa gift certificates:** (Spas will donate to their loyal customers, please talk to them about a donation!)
- **Tickets to sporting events:** (Twins, Wild, T-Wolves, Vikings, Saints.) If you have season tickets, please donate one of your games!
- **Sports memorabilia:** (This is a HUGE draw!)
- Icons/Orthodox life items
- **Middle Eastern items:** (dresses, instruments and hand-made items from the Middle East, etc.)