

**ANNIVERSARY OR OUR DEPARTED FOR THIS SUNDAY**

<b><u>DAY</u></b>	<b><u>NAME OF THE DEPARTED</u></b>	<b><u>ANNIVERSARY</u></b>
4	Raja Joseph Dorkhom	6
4	Nassar Zeitouneh	6
4	Marcel Eid	10
5	Alexander Salhany	46
5	Najeeb Salem Abboud	62
7	Charles Nicholas Saba	26
8	Odeh Dabit	27
9	Lila Jean Haddad	45
9	F. Dorothy West	44
9	Fada Salem Qaqish	18
9	Nassif Moubayed	8

**ETERNAL LIGHT**

- Mar 10 in loving memory of Yvonne Younes from her family
- Mar 17 in loving memory of Nada Farah Kakish from her parents
- Mar 24 for the good health of Issa Bisharat and family  
In loving memory of Jiries & Nahil Irbib from their family
- Mar 31 for the good health of John & Carla Bisharat and their daughter.
- Apr 21 for the good health of Issa Bisharat and family  
In loving memory of Yousef & Sumayya Musallam from their family
- Apr 28 for the good health of Issa Bisharat and family
  
- **Sunday, March 10:** Epistle reading (Arabic): Regina Helou (English): Violette Boutros
- **Ushers:** Lina Shnoudeh, Violette Boutros, Majida Haddad, Annette El Henn, Nuha Nims, Colette El-Hajj
- Please, pray for the health of the following parishioners: Attiah, Ellen, Lucy, Robert, Alex, Sam, Elias, Ezabel, Nassar and Adel. If you have any names of people who need prayers, email them to father.
- If you are new to our parish or a visitor, please introduce yourself to one of the ushers and speak to Fr. George. We want to welcome you to our family of St. George. If you want to join our church, please speak to Father after Liturgy.
- **MEMORIALS FOR NEXT SUNDAY, MARCH 17**  
**40 days memorial service for Yacoub Hakourah.**  
**One-year memorial service for Hind Sahely.**
- Day Light Saving time starts.
- Camp T Fundraising: Father would like to thank all the committee of parents who organized and planned the fundraising, and all of you who supported it. Thank you very much for your support. May our Lord bless our community?
- Young Adults Retreat with the topic: "Forming Authentic Relationships in a Fallen World", May 3rd-May 5th. Visit [www.stgeorgeworcester.org](http://www.stgeorgeworcester.org)
- Archdiocese Convention: This year will be at Grand Rapids. <http://www.ac2019gr.org>

- This Sunday: Forgiveness Sunday, we will have Forgiveness Vespers after Liturgy, I hope you can join us as we ask forgiveness from each other.
- March is women month. The ladies will usher and read the epistles.
- The week of March 11 (the first week of Lent) we will have a service every day of the week at 7 PM.
- **Adult Christian Education:** Roshan is preparing some people for baptism every Sunday between 9:30 am to 10:15 am. If you are interested to learn more about our Faith, you can join him downstairs.
- **Annunciation Luncheon will be on March 24<sup>th</sup> after Liturgy.** See one of the officers.
- **Bible Bawl Teams needed:** Teens and adults are needed for our Bible Bawl. Please, see Peter Brubacher.
- Parish Life Conference will be at our church between July 4-7 of this year. We will have a table set up soon to register and buy souvenir journal ads. For more information please see Sana Besharat, Richard Smith, or Samantha Nassar.
- **\$2,500 Francis Maria Scholarship Application 2019:** This Scholarship is available to members of parishes in the Antiochian Orthodox Christian Archdiocese of North America who will be in one of their first four years of undergraduate college studies full time in the fall following their application. Please **complete the attached applications** and send to the address on the front page. **Deadline for all materials: May 15, 2019**
- Holy Land Pilgrimage for our church will be May 8 to May 17 (9 days and 8 nights). Cost \$1250 USD plus flights. For more information and reservation please see or call Ramzi Shnoudeh 647/500-2081, or Maha Khashram 647/966-7749.
- **Block your calendar:** During Lent we will have services in the evening at 7 PM on Mondays, Wednesdays, Fridays, and some Saturdays. Please, plan on joining us. Lent starts March 11<sup>th</sup>.
- **Bishop John Visit:** His Grace Bishop John Abdallah will be leading us in an all-day retreat on Saturday April 13<sup>th</sup>. He will be with us the whole weekend. We will have different activities for him with different organizations. More to come.
- **PRISON MINISTRY:** On Friday, April 19<sup>th</sup>, a small group from St. George will be going to Toronto South Detention Centre to hand out Easter packages to the over 1,300 inmates. This will be our 16<sup>th</sup> annual visit to this maximum-security prison. Those who are interested in participating in this blessed ministry, please contact Diane Younes at 416-464-5908. Financial donations would be greatly appreciated.

• **NEXT WEEK SERVICES**

Monday, March 11	7:00 pm.	Great Compline & Canon Service.
Tuesday, March 12	7:00 pm.	Great Compline & Canon Service.
Wednesday, March 13	7:00 pm.	Liturgy of the Presanctified Gifts.
Thursday, March 14	7:00 pm.	Great Compline & Canon Service.
Friday, March 15	6:30 pm.	1 <sup>st</sup> Lenten Supper, sponsored by the Choir members and Teen SOYO.
	7:30 pm.	1 <sup>st</sup> Akathist Hymn (Madayeh Service).
Saturday, March 16	5:00 pm.	Vespers Service.

### **Sunday, March 10**

Epistle reading (Arabic): Regina Helou

Epistle reading (English): Violette Boutros

Ushers: Lina Shnoudeh, Violette Boutros, Majida Haddad, Annette El Henn, Nuha Nims, Colette El-Hajj

### **Sunday, March 17**

Epistle reading (Arabic): Rola Skaf

Epistle reading (English): Colette El-Hajj

Ushers: Joelle Cheikh, Nuha Nims, Samar Shuhaiber, Majida Haddad, Rola Skaf, Nancy Tannous

### **Sunday, March 24**

Epistle reading (Arabic): Amal Hawa

Epistle reading (English): Samar Shuhaiber

Ushers: The ladies will be preparing for the Annunciation Luncheon

### **Sunday, March 31**

Epistle reading (Arabic): Rola Skaf

Epistle reading (English): Samar Shuhaiber

Ushers: Majida Haddad, Joelle Cheikh, Samar Shuhaiber, Rola Skaf, Colette El-Hajj

## **How to Forgive: We must put aside all resentment. By Abbot Tryphon**

“Don’t repay evil for evil. Don’t retaliate when people say unkind things about you. Instead, pay them back with a blessing. That is what God wants you to do, and he will bless you for it.” (1 Peter 3:9)

The decision to forgive another person a wrong done to us begins when we decide to let go of resentment and thoughts of revenge. To forgive someone does not mean that we forget what they did to us, for this may be impossible. The memory of the hurt might always remain with you, but when you decide to forgive the person who wronged you, the grip of resentment is put aside. When we forgive someone it is even possible the find yourself filled with compassion and empathy for the person, for the act of forgiveness opens the heart to God’s grace.

When we forgive someone, we are not denying their responsibility for hurting or offending us, nor are we justifying their act. We can forgive them without approving or excusing their transgression against us. The act of forgiving another opens our heart to the peace that brings closure to hurt and pain, and opens us up to the love and peace that comes from living a life without resentment.

If we find ourselves struggling to forgive, it is a good reminder to recall those hurtful things we've done to others, and remember when we've been forgiven. It is especially good to recall how God has forgiven us, and call upon Him to give us the grace needed to put aside our resentment, and truly forgive the other person. Being quick to forgive, and putting aside all thoughts of revenge will open our heart to a joyful and peaceful life.

Finally, if we pray for those who've offended us, we open the door to all kinds of possibilities. When we ask God to help the person whose been unkind and hurtful, our own hearts receive healing, for when we've forgiven others, grace abounds.

Love in Christ,  
Abbot Tryphon

#### 4- الغفران (مرفع الجبن): (متى 6:14-21)

- أحد الغفران - ذكرى طرد آدم من الفردوس

في هذا الأحد قبل بدء الصوم الكبير، تتلو الكنيسة إنجيل من العظة على الجبل، وتشدد على أهميّة الرحمة والمصالحة مع الناس قبل تقرب ذبيحة الصوم.

المغزى من هذا الأحد إدراك أهميّة الغفران. فنحن نطلب من الله أن يغفر لنا خطايانا بعد أن قمنا بمسامحة الآخرين، وهذا شرط أساسي لا مفرّ منه. لا يمكننا أن نصوم ونحقد!

ولا يقبل الله صلاة الحقود!

إنّ الصوم هو رحلة المصالحة مع الله. ولكنّ الربّ يساويها بنفسه: لا بل يساوي قريبتنا بنفسه، ويقول: إن لم تصالح قريبك لا تستطيع أن تصالحي، والعكس صحيح.

من يخال نفسه أنّه بلا خطيئة يضل نفسه ويكون متكبراً (ابو 1:8). نحن في احتياج دائم ومستمرّ أن نصرخ لله مع العشار " اللهم ارحمني أنا الخاطئ (لو 13:18). فلنذكر دائماً أننا خطاة ونطلب الرحمة والغفران.

لم يعلّق الربّ يسوع على أيّ طلبية في الصلاة الربانية سوى طلبية الغفران: " فإنه إن غفرتكم للناس زلاتهم يغفر لكم أيضاً أبوكم السماوي. وإن لم تغفروا للناس زلاتهم لا يغفر لكم أبوكم أيضاً زلاتكم. (متى 6:14-15) .

إبتداءً من هذا الأحد يبدأ الصوم الكامل بالنقطاع عن الزفرين