

ANNIVERSARY OR OUR DEPARTED FOR THIS SUNDAY

<u>DAY</u>	<u>NAME OF THE DEPARTED</u>	<u>ANNIVERSARY</u>
18	Azizeh Issa Nasser	20
19	Mireille Mussawar	6
21	Emmeline Langfeld Hanna	24
22	Eleanor Kathryn Salhany	18
24	Ryan Gabriel Willis	42
24	Thuryia Zabanah	35
24	Margaret Najib Mazhar	18
24	Rose Hambly	15

ETERNAL LIGHT

- 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 Issa Bisharat and family
- Apr 21 for the good health of John & Carla Bisharat and their daughter.
In loving memory of Yousef & Sumayya Musallam from their family
- Apr 28 for the good health of Issa Bisharat and family

- **Sunday, March 24** Epistle reading (Arabic): Amal Hawa (English): Samar Shuhaiber
- **Ushers:** The ladies will be preparing for the Annunciation Luncheon
- **Sunday, March 31** Epistle reading (Arabic): Rola Skaf (English): Samar Shuhaiber
- **Ushers:** Majida Haddad, Joelle Cheikh, Samar Shuhaiber, Rola Skaf, Colette El-Hajj
- **Adult Christian Education:** Roshan Carpenter 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.
- **Blessing Homes:** Father George will continue blessing homes after Pascha.
- **Services Next Week:** Monday night Great Compline, Wednesday Pre-Sanctified, Friday Madiah
- Please, pray for the health of the following parishioners: Attiah, Ellen, Robert, Alex, Sam, Elias, Ezabel, Nassar, Adel and Valentine. 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.
- **No Memorials allowed:** we can't have memorials on the following Sundays: Palm Sunday, Pascha (Easter), and Thomas Sunday (1st Sunday after Pascha).
- **Donations for Lilies** and red flowers for Holy Friday and Pascha: Please, see George Ghaniem or William Besharat.
- **Parish Council:** will be next Tuesday at 7 PM. Although the meetings are open to any parishioner to attend, to address the parish council you need to inform **the Chairman** ahead of time and your intention.
- **St. George Center:** Don't forget to book the center for all your events. Call Fouad Kodsi at 416/917-5457.
- **Souls Saturday:** we will have a Liturgy next Saturday March 30th, at 10 AM to pray for all our departed.
- **Tanios Nims memorial:** there will be a memorial for Tanios offered by George Nims and his family on March 31st after Liturgy. May his memory be eternal.
- **Graduates:** all high school and university graduates: please, give your names to Joanie Younes. Father would like to honor all our graduates one Sunday in June.
- **Feast of the Annunciation:** will be celebrated tomorrow morning with Orthros at 9 AM, followed by the Divine Liturgy at 10 AM.
- **Lenten Luncheon:** Our Knights of St. George will be hosting a Lenten Luncheon every Sunday following Divine Liturgy. Please mark your calendar, **March 31 Falafel, April 7 All Makali (Fried Vegetables), April 14 Foul Medemes.**

- **Lenten Prayer of St. Ephrem :**

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But give me rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.

- **Pascha Celebration:** We will have a Pascha dinner offered at the centre on Sunday of Pascha after the Agapy Service. If you like to join us for the meal, please see Fouad Kodsi, or George Boutros.
- **Wine and Holy Bread Donations:** if you like to donate towards the wine or holy bread, please see the office. \$350 for Holy Bread, and \$300 for wine.
- **Orthodox Christian Mission Center:** Have you ever dreamed of doing a missionary work in the Orthodox Church? Visit https://www.ocmc.org/about/open_teams.aspx
- **Mondays:** Father takes Mondays off unless there is an emergency of death or a dying person. Father will return your phone calls, emails, texts the next day. Thank you
- **Young Adults Retreat** with the topic: "Forming Authentic Relationships in a Fallen World", May 3rd-May 5th. Visit www.stgeorgeworcester.org
- **Archdiocese Convention:** This year will be at Grand Rapids. <http://www.ac2019gr.org>
- March is women month. The ladies will usher and read the epistles.
- **Annunciation Luncheon will be on March 24th after Liturgy.**
- **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.
- **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.
- **Bishop John Visit:** His Grace Bishop John Abdallah will be leading us in an all-day retreat on Saturday April 13th. 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 19th, 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 16th 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 25	7:00 pm.	Great Compline
Wednesday, March 27	7:00 pm.	Liturgy of the Presanctified Gifts.
Friday, March 29	6:30 pm.	3 rd Lenten Supper, sponsored by the The Antiochian Women of St. George.
	7:30 pm.	3 rd Akathist Hymn (Madayeh Service).
Saturday, March 30	10:00 am.	Soul Saturday, Divine Liturgy
	5:00 pm.	Vespers Service.

Self Examination Before Confession

First Commandment

Have I believed in God the Father, the Son, and the Holy Spirit? Have I failed to trust in God and his mercy? Have I complained against God in adversity? Have I been thankful for God's blessings? Have I doubted the Christian faith and the teachings of the Church? Have I tried to serve God and keep His Commandments? Have I given way to superstition? Have I frequented the religious meetings of heretics and schismatics? Have I neglected my duties to God through fear of ridicule or persecution? Have I failed to pray to God faithfully? Have I put myself before God?

Second Commandment

Have I made an idol of any person or thing? Have I given to anyone or anything the worship that is due to God alone? Have I set before myself the holy life of Jesus and tried to imitate Him? Have I read the Holy Scriptures regularly? Have I been irreverent during Church Services, let my attention wander, or been insincere? Have I neglected to receive Holy Communion regularly or without due preparation?

Third Commandment

Have I profaned the holy name of God in any way? Have I cursed anyone or anything, or sworn a false oath? Have I failed to give proper reverence to holy persons and things? Have I had due respect for the clergy of the Church, or hindered them in performing God's work? Have I broken any solemn vow or promise? Have I entered into any unlawful contract or made an unlawful promise?

Fourth Commandment

Have I stayed away from Church on Sundays or prevented others from going? Have I done unnecessary work on Sundays? Have I spent the day in unwholesome fashion or profaned it by improper conduct? If I could not go to Church because of illness or other grave cause, have I prayed at home? Have I caused anyone else to profane the Lord's Day? Have I kept the Fasts and Festivals prescribed by the Church?

Fifth Commandment

Have I respected my parents and been obedient to them? Have I been guilty of deception, or caused them pain by my words or actions? Have I neglected them or failed to help them? Have I done my duty towards my family? Have I been wanting in love or kindness towards my husband (or wife), or harmed him (or her) in any way? Have I set my children a good example and tried to bring them up properly? Have I corrected their faults with patience and not with anger? Have I over-indulged or spoiled them? Have I neglected my god-children and failed in my obligations towards them? Have I worked for my employers honestly and diligently? Have I treated fairly all those who have worked for me? Have I honored God as my Heavenly Father by treating others as my brothers, and have I honored the Church as my spiritual Mother by honoring and practicing my religion in accordance with her teachings?

Sixth Commandment

Have I caused the injury or death of any one, or wished that I were dead? Have I done anything to shorten my own life or that of someone else by injuring health, or through evil and intemperate living? Have I given way to anger, or harmed others with words or actions?

Have I defamed others who needed help, or failed to stand up for those unjustly treated? Have I been cruel to anyone? Have I mistreated animals or destroyed any life unnecessarily? Have I failed to forgive anyone or harbored evil thoughts against them?

Seventh Commandment

Have I given way to impure thoughts, words, or deeds? Have I committed any unworthy actions alone or with others? Have I degraded myself in any way, or forgotten human dignity? Have I read immoral books or magazines, or delighted in obscenity of any kind? Have I associated with bad companions or frequented unsavory places? Have I eaten or drunk or smoked too much? Have I been lazy, idle, or wasted my time? Have I led others to commit sinful acts? Have I been unfaithful to any trust confided in me?

Eighth Commandment

Have I stolen anything or wished to do so? Have I kept anything that did not belong to me? Have I tried honestly to find owners of lost articles I have found? Have I paid my debts? Have I lived within my income, and not wastefully and extravagantly? Have I given to charitable causes in proportion to my means? Have I been honest and upright?

Ninth Commandment

Have I told lies, or added to or subtracted from the truth? Have I made careless statements or spoken evil of anyone? Have I told any secrets entrusted to me, or betrayed anyone? Have I gossiped about anyone or harmed their reputation? Have I concealed the truth, assisted in carrying out a lie, or pretended to commit a sin of which I was not guilty? Have I tried to see the good in others rather than their shortcomings?

Tenth Commandment

Have I envied anything good that has come to others? Have I been jealous of another's good fortune? Have I wished for anything that was another's? Have I damaged or destroyed the property of others? Have I wished for things God has not given me, or been discontented with my lot? Have I been stingy? Have I held back anything due another? Have I hoped for the downfall of anyone so that I might gain by it? Have I failed to be gracious and generous to anyone? Have I expected God to give me that which I would refuse one of my fellow men?

Prayer after Confession:

1. O almighty and merciful God, I truly thank thee for the forgiveness of my sins; bless me, O Lord, and help me always, that I may ever do that which is pleasing to thee, and sin no more. Amen.

2. O Lord God of my salvation, the Saviour and Benefactor of my soul, I am truly sorry for my every transgression and I firmly resolve never again to offend thee by my sins, and sincerely promise to amend my way of life. Implant in me the fear of thy blessed commandments, that I may trample down all carnal appetite and may lead a godly life, both thinking and doing always such things as are pleasing unto Thee. I pray thee, grant unto me the Grace of thy Holy Spirit, that thus strengthened, I may shun all evil deeds and works, and words and thoughts, and may avoid all snares of the Evil One. Shine in my heart with the true Sun of thy Righteousness; enlighten my mind and guard all my senses, that walking uprightly in the way of thy statutes, I may attain unto life eternal. Amen.