



“Love, Pray, Repent” / Welcome All!
“One, Holy, Catholic & Apostolic Church”

SAINT GEORGE ORTHODOX CHURCH

211 E. Minnesota St., Spring Valley, IL 61362

815-664-4540 www.springvalleyorthodox.com

office@springvalleyorthodox.com

Patriarch JOHN X of Antioch

Antiochian Orthodox Christian Archdiocese of North America

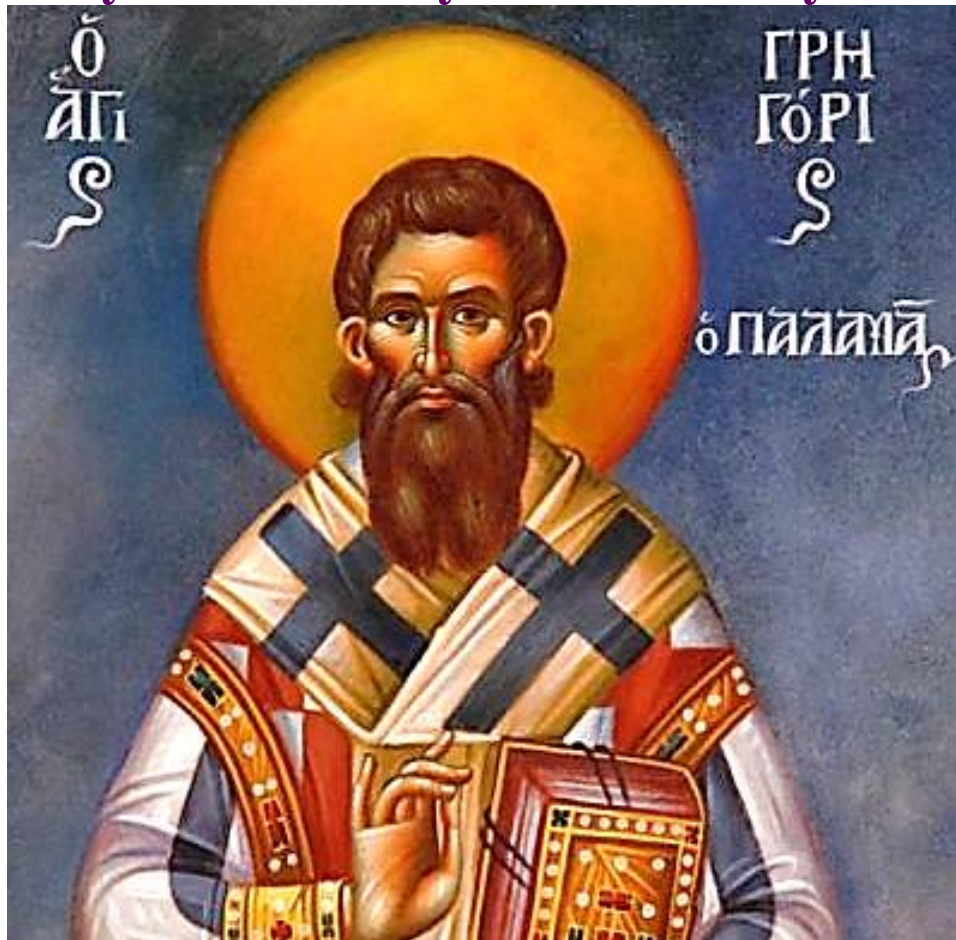
Vicar Metropolitan ANTONIOS, Elect Metropolitan SABA

Diocese of Toledo and the Midwest Bishop ANTHONY

Sunday, 12 March 2023, Tone 6 / Eothinon 6

Sunday of Orthodoxy – First Sunday of Lent

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MATINS/ORTHROS, 8:45 AM • DIVINE LITURGY, 10:00 AM

PASTOR: Father Mark Sahady

PARISH COUNCIL MEMBERS:

Elected / Appointed Members

George Nimee, *Chair & Antiochian Men*

Melanie Thompson, *Treasurer*

Rdr Michael Baum, *Ecclesiarch*

Wayne Sanders, *Vice-Chair*

Nicholas Schaefer, *Secretary*

Sbdn David Anderson, *Sunday School*

Organization Representatives

Genie Sanders, *Chanters/Choir*

Nicholas Medawar, *Order of St Ignatius*

Dee Khoury, *Antiochian Women*

Robert Abraham, *Facilities*

BULLETIN PART ONE – ANNOUNCEMENTS & INFO

WORSHIP On Youtube: https://www.youtube.com/channel/UCVy__6R3xbIrx-UI8H63AUA

STUDIES & MEETINGS (when noted) On Zoom: <https://us02web.zoom.us/j/5822049765>

SCHEDULE OF EVENTS

March 10, Friday, **6:30 pm Akathist/Medayeh/Salutations to the Theotokos**

March 11, Saturday, **9:30 am – 3 pm Retreat: The Holy Land**

10 am Presentation by Fr Nicholas Dahdal, Noon Lunch,

1 pm Concert by the Illinois Orthodox Choir led by Dr Zhanna Lehmann

2 pm Vespers + + + + + **Change Clocks Forward 1 Hour Tonight**

March 12, Lent 2nd Sunday, **8:45am Matins, 10am Divine Liturgy, 11:15am Fellowship**

March 13, Monday, **6:30 pm Grand Compline with Canon**

March 14, Tuesday, **2 pm Senior Share** (Social, Healthy Lives Education, Table Games)

March 15, Wednesday, **5:30pm PreSanctified Liturgy(Communion), 7pm Soup & Show**

March 16, Thursday, **2 pm Spiritual Life Study** at Rectory & [On Zoom](#).

March 17, Friday, **6:30 pm Akathist/Medayeh/Salutations to the Theotokos**

7:30 pm Tribute to Saint Patrick – see Mike Baum for brew tasting info

March 18, 5:30 pm Vespers

March 19, Lent 3rd Sunday, **8:45am Matins, 10am Divine Liturgy, 11:15am Fellowship**

11:45 am Parish Council Meeting

March 20, Monday, **6:30 pm Grand Compline with Canon**

March 22, Wednesday, **5:30pm PreSanctified Liturgy(Communion), 7pm Soup & Show**

March 23, Thursday, **2 pm Spiritual Life Study** at Rectory & [On Zoom](#).

March 24, Friday, **6:30 pm Vespers for the Feast of Annunciation**

March 25, Saturday, **8:30 am Matins, 9:30 am Divine Liturgy for Annunciation**

MARCH BIRTHDAYS

March 1 – Markella Fousekas

March 6 – Dee Khoury

March 13 – Nick Schaefer

March 13 – Sandy McLaughlin

March 21 – Anthony Herrera

March 22 – Matthew Panizzi

March 23 – Anne Abraham

March 24 – George Kaleel

March 25 – Calliope Grace Leonard

March 30 – Christopher Baran, Dina Desai

CHURCH FINANCES

Seminarian Collection

Thank you to those who donated last week for the Seminarists of our Archdiocese. The collection was \$166.

Earthquake Relief Donations

Thank you to those who donated last month for the Earthquake Relief in Syria & Turkey. The collection was \$763.85

Remember: you can donate directly by going to www.springvalleyorthodox.com and clicking the Donate Button at the bottom of the page with PayPal or Credit Card or contact Fr Mark for Bank Information for Direct Deposit by Transfer from your bank.

Your Stewardship Donations into the General Fund make all ministries happen.

Offering Schedule	Holy Bread & Food	Usher	Epistle Reader
Sunday, March 12	Nick & Andrea Schaefer	Ruth Baum	Andrea Schaefer
Sunday, March 19	Sally Favia	Andrea Schaefer	Allyson Scandale
Sunday, March 26	Kh Barbara Sahady	Kh Barbara	Kh Barbara
12 March 2023	2		Sunday Bulletin

BULLETIN PART TWO – WORSHIP

- The “Glory” hymns at the end of Matins:

DOXASTICON FOR SECOND SUNDAY OF GREAT LENT IN TONE SIX

Glory to the Father, and to the Son, and to the Holy Spirit.

Thou didst shine forth, O Christ, a Light to those who dwell in the darkness of sin, in the season of abstinence. Show us, therefore, the glorious day of Thy passion, that we may cry to Thee aloud: Arise, O God, and have mercy upon us.

Both now and ever, and unto ages of ages. Amen.

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

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THE GREAT DOXOLOGY AND TROPARION “Having Risen from the Dead”

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- The Hymns of the Day during the Divine Liturgy of Saint Basil the Great:

THE GREAT LITANY & THE FIRST ANTIPHON:

Through the intercessions of the Theotokos, O Savior, save us. (*thrice*)

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THE LITTLE LITANY & THE SECOND ANTIPHON:

Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia. (*thrice*)

Verse: Glory to the Father... Both now and ever... O, only begotten Son and Word...

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THE LITTLE LITANY & THIRD ANTIPHON:

RESURRECTIONAL APOLYTIKION IN TONE SIX:

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

THE EISODIKON (ENTRANCE HYMN) OF ORDINARY SUNDAY:

Priest: 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.

All: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia

- *After the Little Entrance (Eisodos), sing these Apolytikia in the following order.*

RESURRECTIONAL APOLYTIKION IN TONE SIX:

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION FOR SAINT 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.

APOLYTIKION OF SAINT GEORGE IN TONE FOUR:

Since thou art a liberator and deliverer of the captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for the kings, O great among martyrs, thou victory-clad George: Intercede with Christ God for the salvation of our souls.

KONTAKION FOR SUNDAYS IN GREAT LENT IN TONE EIGHT:

To thee, the Champion Leader, I thy city ascribe thank offerings of victory, for thou hast delivered me from terrors, O Theotokos; but as thou hast that power which is invincible, from all dangers set me free that I may cry out unto thee: Hail, O Bride without Bridegroom

THE LITANY & THE TRISAGION HYMN

- **The Scripture of the day, following the Trisagion Hymn:**

THE EPISTLE (For Sunday of Gregory Palamas):

Clergy: Let us attend!

Reader: Thou, O Lord, shalt keep us and shalt preserve us.

Save me, O Lord, for the godly man is no more!

Clergy: Wisdom!

Reader: The Reading from the Epistle of Saint Paul to the Hebrews. (1:10-2:3)

Clergy: Let us attend!

Reader: Brethren, 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?

Clergy: Peace be to thee, who readest.

Reader: And to thy spirit.

Choir: The mouth of the righteous shall meditate wisdom,
and his tongue shall speak of judgment.

All: Alleluia! Alleluia! Alleluia!

THE GOSPEL (For Sunday of Gregory Palamas):

The Reading from the Holy Gospel according to 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!”

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• **Instead of “It is truly meet” sing the Saint Basil Liturgy Megalynarion:**

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic 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 He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

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• **After “One is Holy, One is Lord...” & “I Believe O Lord and I Confess...”
Sing the following Hymns in Tone 8:**

I have committed against Thee countless sins, and expect unnumbered punishments—the gnashing of teeth, inconsolable weeping, the fire of hell, the darkness and Tartarus. Wherefore, O righteous Judge, grant me tears wherewith I may find forgiveness of sins and delivery from mine iniquities, that fasting, I may cry to Thee, Have compassion on me, O Christ Lord, for Thy rich and Great Mercy.

Seek me, O Word, who am lost in the hills of evil iniquities, who call to Thee, and who for the multitude of my evil traits have been put far away from Thee. Restore me from death to life, and purify me with fasting and constant weeping and crying to Thee, Have compassion on me, O Christ Lord, for Thy rich and Great Mercy.

Having begun, O believers, the third week of the Fast, let us praise the venerable Trinity, passing the rest with gladness and joy, emaciating the passions of the flesh. Let us cull from our souls divine flowers, plaiting therewith crowns for the day that is lord of days, that, all being crowned, we may praise Christ as triumphant.

THEN THE ORDINARY KOINONIKON (COMMUNION HYMN):

Praise the Lord from the Heavens. Praise Him in the Highest. Alleluia.

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COMMEMORATION: Our father among the saints Gregory Palamas, archbishop of Thessalonica; of the Venerable Theophanes the Confessor of Sigriane; and Gregory the Dialogist, Pope of Rome.

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BULLETIN PART THREE – MORE ANNOUNCEMENTS & INFO

**Donations Welcome Now to get 6 Green Altar Boy Robes used June-July, \$255 each
Matching funds offered so that every dollar given is worth twice the amount.**

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Save yellow onion skins in a plastic bag in the refrigerator and then bring them to Church by Holy Wednesday night to dye Easter-Pascha Eggs red on Holy Friday.

Senior Share - the 2nd & 4th Tuesday, 2 - 4 pm (Next one is 14 March)

Enjoy the Social and Learning Activities, as well as table games in the church hall for all. This Program works in conjunction with the Bureau County Senior Center in Princeton.

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We have entered into our Great Lenten Season Commemorating the 49th Anniversary of **Food for Hungry People & Charitable Outreach Campaign 2023**. We are still experiencing many challenges within our families and our parishes. One thing that never changes however, is the power of Great Lent to strengthen us through prayer, fasting, and almsgiving. Let us again embrace our Lenten struggles and demonstrate how strong we are in our faith. **Get Your Food For Hungry People Collection Boxes!**

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Holy Week Schedule

April 7, Friday, Lazarus 6:30 pm Vespers with Canon

April 8, Saturday, Lazarus 9 am Matins & 10 am Divine Liturgy

11 am Confession Time while Crosses are weaved from Palms
5:30 pm Vespers

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April 9, Orthodox Palm Sunday 8:45 am Matins & 10 am Divine Liturgy

Patriarchate Collection

11:15 am Fish Fry Picnic

7 pm Bridegroom Matins

April 10, Holy Monday, 7 pm Bridegroom Matins

April 11, Holy Tuesday, 7 pm Bridegroom Matins with Kassiani Hymn

April 12, Holy Wednesday, 7 pm Holy Unction

April 13, Holy Thursday, 9 am Mystical Supper

7 pm Passion Gospel Matins

April 14, Holy Friday, 10 am - Noon Royal Hours

Noon Tomb Decoration & Egg Dying

3 pm Vespers

4-7 pm Vigil at the Tomb

7 pm Lamentation Matins

April 15, Holy Saturday, 9 am Vesperal Liturgy

10 pm Nocturnes

10:20 pm The Light with Procession

10:30 pm Matins

11:30 pm Divine Liturgy

April 16, Pascha Sunday, 00:30 am Bless Paschal Baskets

2 pm Agape Vespers

3 pm Easter Egg Hunt with Parish Picnic

The 49th Food for Hungry People & Charitable Outreach Campaign 2023. Let us embrace Lenten struggles responding to the needs of those around us & renew our faith!

Get Your Food For Hungry People Collection Boxes for Lent or make your own!

Fill your Collection Boxes by following the instructions below for March & April!

12 "Button up your overcoat" - so simple to do. They are not only hungry but very cold too. Deposit .50 for each coat in your home.	13 For every cellphone in your home, pay .30. It is "long distance" to hungry areas in most parts of the world. Let's make it a toll free number.	14 How many extension cords do you have in your home? Pay .25 for each. Let's "extend" a helping hand to those who need it.	15 For each pie or cake in your home, deposit .40. We should never "dessert" the hungry.	16 How many Apple products do you own? For every one deposit .35. Let's never "tune out" the hungry.	17 For every salt and pepper shaker, pay .25. Let's all "sprinkle" their lives with a little seasoning.	18 For every TV show that was watched today pay .35. TV helps us see around the world, this money will help us feed the hungry around the world.
19 How many computers do you own? Pay .30 for each. Let's take a "byte" out of hunger!	20 How many pictures do you have on your walls? Just "picture" yourself without food & deposit .15 for each picture.	21 Pay .30 for each pair of contacts or eyeglasses you have. This will help us "see" clearly the need of caring for the hungry.	22 Do you have musical instruments in your home? Pay .75 for each. This is a "key" to sharing and caring.	23 How many phone chargers can you find in your home? Pay .25 for each. You'll get a "charge" out of helping the hungry.	24 Count your tea or coffee cups and deposit .10 each. Our "cup" runneth over, so let's fill theirs.	25 "I've got my love to keep me warm," that's true, but the hungry have only you. Pay .15 for each blanket in your home.
26 How many cars are in your family? You can't "Dodge" the hungry, but you can a "Ford" to pay .50 for each car.	27 "Day by day," from dawn till night, Hunger knows no hour - nor if it's day or night. Pay .20 for each lamp in your home.	28 How many cameras do you have? Pay .30 for each. This will help us make all "negatives" positives.	29 Pick up all the loose change laying around the house. Put it in your FFHP Box. This will help make a "change" in the world!	30 Count the scissors you have in your home and pay .25 for each pair. Let's "cut-out" the hunger in hunger-y!	31 How many members are in your family? Pay .20 for each. The hungry have families to feed also; let's make this a real "family affair!"	APRIL 1 How many towels are in your home? If you pay .05 for each towel, this may help us "wipe out" hunger for all people.
2 "Hey Big Spender" drop a coin in the slot - give unto others what they haven't got! Put in a coin or bill of your choice.	3 How many heads of lettuce are in your refrigerator? Pay .30 for each. "Lettuce" show the hungry that we care.	4 Count the cans in your cupboard. Pay .05 for each. Don't let their cupboards be like "Old Mother Hubbard's!"	5 How many friends do you have on Facebook? Pay .05 for each friend. Let's be-"friend" those in need.	6 How many sweaters do you have? Pay .10 for each. Sweaters keep you warm. This is one time they won't mind if we "pull the wool over their eyes."	7 How many chairs are in your home? Pay .15 per chair. We can't just "sit" around when so many people are hungry.	8 How many cookbooks do you own? Pay .20 for each. We will be able to "cook up" a better recipe for the hungry to live by.
9 How many eggs are you going to color for Pascha? Pay .05 for each. Let's help "color" their world with love!	10 "Brother can you spare a dime?" or maybe two? The FFHP program really depends on you. Put your dimes in the box.	11 How many songs are on your playlist? Pay .05 for each song. Let's make this a "record- breaking" year for FFHP!!!	12 How many songs have you listened to today? Pay .15 for each. Let's stay "in tune" with the hungry.	13 How many crosses do you have? Pay .15 each. Crosses remind us of Christ's suffering, let's not make the hungry suffer anymore.	14 "A dream is a wish your heart makes," and our dream is for hunger to stop. For the wish that we are wishing, is for FFHP program to go over the top!	15 We pray you have been generous in your almsgiving. "For inasmuch as you have done it unto the least of these my brethren, you have done it unto ME!"

Bring Donation by Pascha "The amount we give is not judged by the largeness of our gifts, but by the largeness of our hearts." ~ *Saint John Chrysostom*

Lenten Retreat at Saint George Church

A Spiritual Pilgrimage to the Holy Land



plus a Lenten Concert

Saturday, March 11

9:30 am - 3:00 pm

9:30 am - Welcome Reception

10 am - Archpriest Nicholas Dahdal, native of Palestine, will present pictures and reflections on the land where Jesus walked.

(also On Zoom: <https://us02web.zoom.us/j/5822049765>)



Noon - Lenten lunch will be served.

1 pm – Concert by the Illinois Orthodox Choir.

(also On Youtube:

https://www.youtube.com/channel/UCVy__6R3xbIrx-UI8H63AUA)

2 pm - Vespers. (also On Youtube)

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