

## Church Services

Sunday, March 1 **Forgiveness/Cheesefare Sunday** – 1<sup>st</sup> Divine Liturgy 8:00am; Orthros 9:30am; 2<sup>nd</sup> Divine Liturgy 10:30am  
Monday, March 2 **Clean (Kathara) Monday – GREAT LENT BEGINS** – Compline 7:00pm; Holy Confession 6:00pm  
Wednesday, March 4 **Presanctified Liturgy** 7:00pm; Holy Confession 6:00pm  
Friday, March 6 **1<sup>st</sup> Salutations** 7:00pm, Holy Confession 6:00pm; Missions Lecture 8:00pm  
Saturday, March 7 **3<sup>rd</sup> Saturday of Souls** – Orthros 9:30am; Divine Liturgy 10:30a.m.  
Sunday, March 8 **Sunday of Orthodoxy** – 1<sup>st</sup> Divine Liturgy 8:00am; Orthros 9:30am; 2<sup>nd</sup> Divine Liturgy 10:30am  
**Pan-Orthodox Vespers** 5:30pm at St. Sophia Cathedral, Washington, DC  
Monday, March 9 **Compline** 7:00pm; Holy Confession 6:00pm  
Wednesday, March 11 **Presanctified Liturgy** 7:00pm; Holy Confession 6:00pm  
Friday, March 13 **2<sup>nd</sup> Salutations** 7:00pm; Holy Confession 6:00pm; Missions Lecture 8:00pm  
Sunday, March 15 **St. Gregory Palamas** – 1<sup>st</sup> Divine Liturgy 8:00am; Orthros 9:30am; 2<sup>nd</sup> Divine Liturgy 10:30am  
Monday, March 16 **Compline** 7:00pm; Holy Confession 6:00pm  
Wednesday, March 18 **Presanctified Liturgy** 7:00pm; Holy Confession 6:00pm  
Friday, March 20 **3<sup>rd</sup> Salutations** 7:00pm; Holy Confession 6:00pm; Pack Bags for Lenten Outreach 8:00pm

*Sunday Services:* Orthros 9:30am., Divine Liturgy 8:00am & 10:30am -- *Week Day Services:* Orthros 9:30am, Divine Liturgy 10:30am

**Offertory Prayer.** O God, as you welcomed the gifts of Abel, the sacrifices of Noah and Abraham, the incense of Aaron and Zachariah, do welcome also, from the hands of us sinners, these offerings, so that in clear conscience we may always offer to you gifts and the resources of our labor, for your glorification, for the alleviation of sufferings and hunger, for the ministry to your people, by the grace, mercy and philanthropy of your only begotten Son with whom You are blessed from ages to ages. Amen.

**Προσευχή Προσφοράς.** Ω Θεέ, όπως δέχθηκες τα δώρα του Άβελ, τις θυσίες του Νώε και του Αβραάμ, το θυμίαμα του Ααρών και του Ζαχαρία, ας δεχθείς από τα αμαρτωλά μας χέρια και τις προσφορές αυτές έτσι, ώστε πάντοτε να μπορούμε να Σου προσφέρουμε δώρα και τους κόπους της εργασίας μας για την δόξα Σου, προς ελάφρυνση των δοκιμασιών και της πείνας, προς διακονία του λαού Σου, προς συγχώρηση των αμαρτιών και εξιλασμό του λαού Σου, με την χάρη, το έλεος και φιλανθρωπία του μονογενούς Σου Υιού. Ευλογημένο να είναι το όνομά Σου εις τον αιώνα. Αμήν.

The Sunday bulletin is available online at [http://www.saint-katherines.org/about\\_us/sunday-bulletins](http://www.saint-katherines.org/about_us/sunday-bulletins).

## Church Organizations

Acolytes – Michael Parrish and Leon Porter, 571-213-1109  
Protos-Psalter – Nicholas Mpras 703-560-7714  
Choir Director – John Slanta 703-307-0142  
Catechetical School – Christina Vazquez 703-728-2657  
Hellenic Education Center – 703-671-7715



Philoptochos President – Mary Varlas 703-965-4161  
YAL President – Faye Anson [fanon38@yahoo.com](mailto:fanon38@yahoo.com)  
GOYA President – Iliana Tzafolias,  
[SaintKatherineGOYA@aol.com](mailto:SaintKatherineGOYA@aol.com)  
JOY – Vaitsa Bousbouras, [vsbousbouras@yahoo.com](mailto:vsbousbouras@yahoo.com)  
HOPE – Doris Mentis, [doris@alumni.virginia.edu](mailto:doris@alumni.virginia.edu)

METROPOLIS OF  
NEW JERSEY

3149 Glen Carlyn Road Falls Church, Virginia 22041 Phone 703-671-1515 Fax 703-671-1385

Please visit our website at:

[www.saint-katherines.org](http://www.saint-katherines.org)

Facebook: Saint Katherine Greek Orthodox Church

# Saint Katherine Greek Orthodox Church

Sunday, March 1, 2020  
Forgiveness Sunday–Cheesefare



St. Evdokia of Heliopolis  
St. Antonina the Martyr



### Apolytikion of the Day (4<sup>th</sup> Tone)

-The women disciples of the Lord, having learned from the Angel the joyous news of the Resurrection and having rejected the ancestral decision, then told the apostles elatedly: Death has been stripped of its power; Christ God has risen, granting to the world His great mercy.

-Το φαίδρον της Αναστάσεως κήρυγμα, εκ του Αγγέλου Μαθούσαι αι του Κυρίου μαθήτριαι, και την προγονικην απόφασιν απορρίψασθαι, τοις Αποστόλοις καυχόμεναι έλεγον. Εσκύλευται ο θάνατος, ηγέρθη Χριστός ο Θεός, δωρούμενος τω κόσμω το μέγα έλεος.

### Apolytikion of Saint Katherine the Great Martyr (1<sup>st</sup> Plagal Tone)

-Let us praise the all lauded and noble bride of Christ, the godly Katherine, the guardian of Sinai and its defense, who is also our support, assistance and our help; for with the Holy Spirit's sword she hath silenced brilliantly the clever among the godless; and being crowned as a Martyr, she now does ask great mercy for us all.

-Την πανεύφημον νόμφην Χριστού μνήσωμεν, Αικατερίναν την θεϊαν και πολιούχον Σινά, την βοήθειαν ημών και αντίληψιν. Οτι εφίμωσε λαμπράς, τους κομψούς των ασεβών, του Πνεύματος τη δυνάμει. Και νυν ως Μάρτυς στεφθείσα, αιτείται πάσι το μέγα έλεος.

### Kontakion of the Day (2<sup>nd</sup> Plagal Tone)

-You have guided the way to wisdom and granted prudent counsel; you are the Teacher of the foolish and Defender of the poor. Strengthen and enlighten my heart, O Master; give me words to speak, you who are the Word of the Father. For behold! I will not keep my lips from crying out to you: O merciful Lord, have mercy on me for I have fallen.

-Της σοφίας οδηγέ, φρονήσεως χορηγέ, των αφρόνων παιδευτά, και των πτωχών υπερασπιστά, στήριζον συνέτισον την καρδιάν μου Δέσποτα. Σὺ δίδου μοι τον λόγον, ο του Πατρός Λόγος. Ιδού γαρ τα χείλη μου, ου μη καλύσω εν τω κράζειν σοι: Ελεήμον, ελέησόν με τον παραπεσόντα.

Rev. Fr. Konstantinos A. Pavlakos  
Proistamenos, 703-671-1515(O)  
571-213-1109,  
[fcostas@stkchurch.com](mailto:fcostas@stkchurch.com)

Rev. Fr. Nikolas S. Delaveris,  
Asst. Priest  
614-278-8242,  
[frnikolas@stkchurch.com](mailto:frnikolas@stkchurch.com)

Ray Vazquez  
President, Parish Council  
703-728-7091  
[rvazquez@stkchurch.com](mailto:rvazquez@stkchurch.com)

Lori Nelson  
Bookkeeper  
703-671-1515  
[lnelson@stkchurch.com](mailto:lnelson@stkchurch.com)

Sophia Tsangali  
Secretary/Teacher  
703-671-1515  
[stsangali@stkchurch.com](mailto:stsangali@stkchurch.com)



## Epistle Reading

Make your vows to the Lord our God and perform them.

God is known in Judah; his name is great in Israel.

The reading is from St. Paul's Letter to the Romans.

**Romans 13:11-14; 14:1-4** – Romans Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

## Gospel Reading

**Matthew 6:14-21** – The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

**Adult Bible Class** – Classes are held every Sunday at 9:30am in the board room of the Meletis Charuhus Center. Join us each Sunday to learn more about our faith. "A Journey through the Orthodox Faith Guided by the Words of the Bible". This year's topic: *The Gospel of Luke*. For more information or questions, please contact Bill Polizos at 571-434-7790 or [polizos@att.com](mailto:polizos@att.com). Everyone is welcome!

**JOURNEY TO ORTHODOXY** – The "Journey to Orthodoxy" class for adults meets 9:30-10:30am Sunday (before Liturgy, concurrently with the Sunday School). The class is designed for non-Orthodox inquirers into Orthodoxy as well as for Orthodox Christians who want to know more about the teachings, practices, history, and contemporary life of our Orthodox Church. It is also recommended for intending or newly married couples, especially where one spouse is not Orthodox. The class is held in an informal discussion format. Text is provided. We meet in the Seniors' Kentro room on the ground floor of Founders' Hall. For further information contact the teachers, John Demakis [demakis9931@gmail.com](mailto:demakis9931@gmail.com), Bill Porter [WEPor1@fcps.edu](mailto:WEPor1@fcps.edu), or Jim Jatrass [heraclius13@gmail.com](mailto:heraclius13@gmail.com) 202-375-1007.

**Our local St. John Chrysostom Oratorical Festival** will be held at St. Katherine's on March 15, 2020. The festival provides our youth the opportunity to write and talk about their faith. There are 3 divisions: the elementary division (local festival only) for grades 4–6; junior division for grades 7–9; and senior division for grades 10–12. Top speakers in the Junior and Senior Divisions will be awarded \$150 and \$250 scholarships, respectively. Please encourage your children to participate in the festival and be sure to attend this event to show support for our youth. Contact your Sunday School teachers or Dean (703-981-4958) & Vivian (571-730-7540) Chelpon at [vivandean@aol.com](mailto:vivandean@aol.com). Information on the festival can be found on [www.goarch.org/oratorical](http://www.goarch.org/oratorical).

**The Order of AHEPA** will celebrate its 45th Biennial Congressional Banquet on May 14, 2020 in the Trump International Hotel in Washington DC. In this once in a lifetime event AHEPA will be hosting dinner honoring His All Holiness Ecumenical Patriarch Bartholomew. Members of US Congress will also be in attendance & the Patriarch will be honored with the Inaugural "Patriarch Bartholomew AHEPA Environmental Award". The price for this event is \$200.00 per person assuming you will make the reservation(s) through the Ahepa Chapter 438. Please remit payment to "AHEPA Chapter 438". For reservations & additional information/clarifications please contact one of the following: George Vassilopoulos 703-323-0731 ([gvassna@gmail.com](mailto:gvassna@gmail.com)); Angelo Toutsis 703-281-0843 ([antovi@verizon.net](mailto:antovi@verizon.net)); Chris Masouros 703-820-3188 ([christosmasouros@gmail.com](mailto:christosmasouros@gmail.com)).

**SAVE THE DATE! OCMC ANNUAL BENEFIT DINNER MAY 3, 2020:** Our annual OCMC Benefit Dinner will be on May 3, 2020 at St. Katherine Greek Orthodox Church Falls Church, VA. We are pleased to have Rev. Demetrios Andrews, Executive Director, Project Mexico and the St. Innocent Orphanage, as our main speaker. His topic is "The Mission of Serving Christ in the Other: St. Silouan and St. Sophrony's Theology of Service". Vespers at 4:30 pm; Hors d'oeuvres & Dinner begin at 5:00 pm. A \$45.00 donation is requested; a table of 10, \$400.00 donation; the student rate: \$20.00 donation; children under 12 and Clergy are FREE. Reserve your place with Antonia Chelpon, [achelpon@aol.com](mailto:achelpon@aol.com), Sara Buchanan, [buchanansara@hotmail.com](mailto:buchanansara@hotmail.com) or Paula Massouh, [pmassouh@gmail.com](mailto:pmassouh@gmail.com). Tickets payable to "St. Katherine Orthodox Church", memo: OCMC



# Announcements



**Coffee Hour** is sponsored this morning by Mrs. Sophia Rantis and family in memory of her beloved husband, Dr. Demosthenes T. Rantis; and by our Ladies Philoptochos.

**The Ladies Philoptochos** will pass the second tray on Sunday of Orthodoxy, March 8th. **Philoptochos** needs your assistance identifying elderly parishioners who would like to be visited by us. Please email the following information to Mary Varlas at [mary.varlas@yahoo.com](mailto:mary.varlas@yahoo.com): Name, address and phone number of the parishioner who wishes to be visited. Thank you. **The Ladies Philoptochos** will host a complimentary full breakfast on Sunday, March 15, after the second Liturgy, for our parishioners. Please make your reservations and pick up your admission ticket during coffee hour, at the Philoptochos table. Admission tickets are needed in order to get your breakfast. **General Philoptochos meeting** on Sunday, March 8th, after second liturgy. **The Ladies Philoptochos Cookbooks** are still on sale for \$25.00. They make great bridal shower presents. Pick them up at coffee hour, after the second Liturgy.

**GOYA – Youth Sunday/GOYA meeting today** after church. NEW! Bible study, 3/3, and an additional Oratorical Festival Workshop on 3/8. Upcoming events: Oratorical Festival for grades 7-12, 3/15; Lenten Bags project 3/20 & 3/22; St. George Tournament 3/21-22. For additional information, email [SaintKatherineGOYA@stkchurch.com](mailto:SaintKatherineGOYA@stkchurch.com).

**Catechetical Lectures of Saint Cyril of Jerusalem** – A Greek Bible Study led by Professor Ioannis Gkigkitzis. The Adult Catechism and Sacraments class "Catechetical Lecture of Saint Cyril" is taking place every Tuesday at 7:00 p.m. in the Board Room. This includes time for discussion and fellowship.

**Saint Genevieve Book Club** – Join us the last Sunday of each month as we discuss our new selection, *Acquiring the Mind of Christ* by Archimandrite Sergius! If you would like to be included on our mailing list, please email [victoriacherpes@gmail.com](mailto:victoriacherpes@gmail.com).

**Security Announcement** – Please be aware that scammers and cybercriminals may be sending you emails and text messages acting like Father Costa or a member of the Parish Council asking you for money or assistance. Neither Father or a Parish Council Member will send you a direct email requesting money or assistance. These messages are frauds. Do not click or respond to these messages. If you have any questions, please contact Sophia Tsangali at 703-671-1515.

**Church Playroom** – Parents please accompany your children in the playroom downstairs. Regardless of age, all children in the playroom must be supervised by a Parent at all times.

**Attention Parishioners!** When attending church services and events at our church, kindly please park your car properly within the designated parking space lines in the parking lot. This will prevent loss of a space for someone else to park their car. Thank you!

**Stewardship Table** – Please stop by the stewardship table and update your email on record. We are transitioning to e-mailing statements to save \$2,000 in mailing costs. *Thank you!*

**Part-time work opportunity available** to help us manage our hall rentals. If you have experience and interest in helping us manage our rentals (sales & bookings), please reach out to Ray Vazquez at [r.vazquez@stkchurch.com](mailto:r.vazquez@stkchurch.com).

**"It's time for our Lenten Outreach!** Over the past few years our Parish has distributed hundreds of bags filled with new clothes, personal care items and food to our less fortunate brothers and sisters living on the streets. We will prepare 200 bags on March 20 following Salutations Service. We will distribute the bags in the morning on Sunday March 22. Our St. Katherine Stewards have been so generous with their donations and support in the past. To find out how you can participate in this important Ministry of our Church, please contact Daphne Papamichael at [cyprusd@aol.com](mailto:cyprusd@aol.com). Thank you!!"

**Scholarship Opportunity for graduating Seniors!** The 2020 Washington Metropolitan Area AHEPA/DOP Scholarship Program Application is available in paper form in the Church office and is posted on the Church website. Completed applications are due March 28, so don't delay. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 17, 2020, in Rockville, MD. Donor applications are also available in the Church office, if you would like to contribute to this worthy program. For more information, please contact Karen Polizos, (571) 434-7790 or [Polizos@aol.com](mailto:Polizos@aol.com).

**The Embassy of Greece in Washington, DC** is seeking to hire a driver. The candidate should be at least 21 years old at the time of employment, be fluent in English, be willing to work beyond normal hours and abide by confidentiality. The salary paid will be in accordance with Greek legislation. The applicants must submit an application letter along with their curriculum vitae by mail (Embassy of Greece, 2217 Massachusetts Avenue, NW, Washington, DC 20008).

**Please join us for a Lenten Retreat** led by Archimandrite Sergius (Bowyer), Abbot of St. Tikhons' Monastery, Sat. April 4, 2020, 9:30am-3:30pm., "Acquiring the mind of Christ – Embracing the Vision of the Orthodox Church" at St. Katherine. Paraklesis following the Retreat. Fr. Sergius will be accompanied by the Wonderworking Icon of Saint Anna, the Mother of the Theotokos. RSVP at [stk.reatreat@gmail.com](mailto:stk.reatreat@gmail.com) or at the Church office, 703-671-1515.