**Apolytikion of the Day (1st Plagios Tone)**

Τον συνάναρχον Λόγον Πατρί και Πνεύματι, τον εκ Παρθένου τεχθέντα εἰς σωτηρίαν ημῶν, ανυμνήσωμεν πιστοί και προσκυνήσωμεν. Ὅτι ημόδοκησε σαρκί, ανελθείν εν τῷ σταυρῷ, καὶ θάνατον υπομείναι, καὶ εγείραι τοὺς τεθνεότας, ἐν τῇ ενδόξῳ Αναστάσει αὐτοῦ

Let us worship the Word who is unoriginate with the Father and the Spirit, and from a Virgin was born for our salvation, O believers, and let us sing His praise. For in His goodness He was pleased to ascend the Cross in the flesh, and to undergo death, and to raise up those who had died, by His glorious Resurrection.

**Apolytikion of Saint Katherine the Great Martyr (1st Plagios Tone)**

Την πανεύφημον νύμφην Χριστοῦ υμνήσωμεν, Αικατερίναν την θείαν και πολιούχον Σινά, την βοήθειαν ημῶν καὶ αντίληψιν, ὥστε εφίμωσε λαμπρώς, τους κομψούς των ασεβών, του Πνεύματος τη δυνάμει. Και ως μάρτυς του Κυρίου στεφθείσα, αιτείται πάσι, το μέγα ἔλεος.

The all-blessed bride of Christ let us extol in song, Katherine the divine and protectress of Sinai, the assistance and helper of all of us; for she muzzled brilliantly, the ungodly clever men, by the power of the Spirit. And now crowned as Martyr, she pleads great mercy for all of us.

**Kontakion of the Day (4th Plagios Tone)**

Τη υπερμάχω στρατηγώ τα νικητήρια, ως λυτρωθείσα των δεινών ευχαριστία, αναγράφω σοι η Πόλις σου Θεοτόκε. Ἀλλ’ ὡς ἔχουσα το κράτος απροσμάχητον, εκ παντίων με κινδύνων ελευθέρωσον, ἵνα κράζω σοι: Χαίρε Νύμφη ανύμφευτε.

Your city sings to you a song of victory, and offers thanks to its defender and deliverer, for sparing it from trials, O Theotokos. But because you have the power invincible, from a multitude of dangers liberate me, so that I may cry out to you: Hail Bride who knew no bridegroom.
Epistle Reading

Blessed are you, O Lord, God of our Fathers. For you are righteous in all things you have done for us.

The reading is from Saint Paul’s First Letter to the Hebrews.

Hebrews 11:24-26, 32-40, 12:1-2 – Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh’s daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets-who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sown in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated-of whom the world was not worthy-wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfector of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Gospel Reading

John 1:43-52 – At that time, Jesus decided to go to Galilee. And he found Philip and said to him, “Follow me.”

Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, “We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph.” Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” Jesus saw Nathanael coming to him, and said of him, “Behold, an Israelite indeed, in whom is no guile!” Nathanael answered him, “Rabbi, you are the Son of God! You are the King of Israel!” Jesus answered him, “Because I said to you, I saw you under the fig tree, I saw you.” Nathanael answered him, “Rabbi, you are the Son of God! You are the King of Israel!” Jesus answered him, “Truly, truly, I say to you, you will see greater things than these.” And he said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

Teenage Lenten Retreat – Saint Katherine will host a TEENAGE LENTEN RETREAT on Saturday, March 17. Andrew Pavlakos and Theodore Cherpas, students at Holy Cross Greek Orthodox School of Theology, will be the retreat leaders. Please mark this date on your calendar. Details will be posted on our church’s website, in the DOXA, in the Sunday bulletin, and on flyers posted around the church and handed out during Sunday School. All teenagers of our community are encouraged to attend.

The Daughters of Penelope will hold their fourth annual tea on Sunday, April 29 at the Meletis Charuhas Center. The event will start at 2:00 p.m. If you are interested in attending or hosting a table, please contact Elvira Garnett (703) 425-3675, Cathy Cavallo (703) 978-1539 or Jane Moore (540) 371-8108. The cost of the tea is $35.00 payable to DOP Helle Chapter #283. No tickets will be sold at the door.

We are pleased to announce that for the next three Fridays, immediately after the Salutations services, there will be a special missions’ lecture in our Community Center: March 9, Guatemala I Mission by Nicole Leontsinis and team; March 16, Hellenic College/Holy Cross Seminary by Andrew Pavlakos and Theodore Cherpas; and March 23, Guatemala Mission II by Daphne Vaccarello and team.
**Announcements**

**Catechetical (Sunday) School** – This morning, the students of our Sunday School will follow the procession holding their own icons to honor the Holy Icons and the Sunday of Orthodoxy.

**A Warm Welcome** to the Sunday School students of the Nativity of the Theotokos Greek Orthodox Church, Fredericksburg, Virginia, who will be attending our Sunday School and the second Liturgy this morning.

**Sacraments – Congratulations** to Guillermo and Nickie Donas Fuentes on the baptism of their son George Maximus, March 3, 2012, at 1:00 p.m.; and to Ann Elizabeth Beranis on her Chrismation, March 4, 2012, at 10:00 a.m.

**GOYA** is selling ads for their Tournament Ad Book through April 6. Please contact Mrs. Campbell at frangoo123@yahoo.com if you want to place an ad or have any questions. She will be available after Liturgy most Sundays. The costs are $50.00 for a full-page ad, $30.00 for a half-page ad, and/or $25.00 for a business card-sized ad. (Our GOYA’s Basketball Tournament will be held April 21-22. Please mark the dates on your calendar and join us.)

**Annual AHEPA Scholarship Awards** – The 43rd Annual Washington Metropolitan Area Scholarship Awards program is accepting applications from high school seniors affiliated with the AHEPA family or the Greek Orthodox Church in the greater DC area. Students must have a minimum cumulative GPA of 3.0, have participated in extracurricular activities and/or sports, and be graduating from a DC-area high school. Applications are due on Friday, April 6 and the scholarship awards program will be held on Sunday, May 20 in Rockville, MD. For more information about how to apply, please contact Karen Polizos at (571) 434-7790 or at polik@cof.org. If you would like to make a donation to defray the costs of the program, or to award an individual scholarship, please contact Karen Polizos. You may also obtain a student scholarship application at the Church office and through St. Katherine’s website.

**Greek School – The Ellinomathia Exams** will take place again this year in our school on May 14, 15, and 16, 2012. The levels are: May 14: A1 (for children 8-12), A1 (for teenagers and adults), A2 and B1. May 15: B2 and C1. May 16: C2. Registration is taking place now till March 21. For information and applications please contact Sophia Tsangali, the principal, at (703) 671-1515 or stsangali@stkchurch.com.

**Our Church needs prosphoro** for every Divine Liturgy. If you can make prosphoro, please call Mrs. Niki Papasavva at (703) 764-9746.

**Parish Retreat** – Saturday, March 10, 9:30 a.m. to 4:00 p.m. – St. Katherine will host a parish retreat at the Annunciation Cathedral in Baltimore. The theme is “If you’re not close to God, who moved?” Please RSVP by March 5th to Fr. Costa at frcostas@stkchurch.com or Sophia Tsangali at (703) 671-1515.

**JOY Retreat** – Saturday, March 10, for children ages 8-12, 10:00 a.m. to 4:00 p.m. Lunch will be provided. There is no fee. To register your child, please contact Tina Papamichael at athena02@verizon.net or (703) 536-4711.

**The St. Katherine 2012 Vacation Bible Camp** will take place this year from June 25-June 29. Registration begins today Sunday, February 19. If you have any questions please contact Daphne Papamichael at cyprusd@aol.com or Christina Vazquez at czvmail@aol.com. Applications will be available next week in the Narthex and they can be emailed to you electronically.

**Saturday AM Bible Study: Suffering among the Saints – The Book of Job** – “Have you considered my servant Job? There is no one like him on the earth, a blameless and upright man who fears God and turns away from evil,” so God says to Satan in the opening chapter of this Old Testament book. Yet Job is tried and suffers mightily through the loss of his family, his health, and the goodwill of others. Sound familiar? Why do bad things happen to good people? Our study group will dig into the book’s powerful poetry as we discuss Job’s questions in light of the Church’s teaching and healing missions. When: Eight Saturday morning sessions began February 4, 2012, 9:30 a.m. to 10:30 a.m. Drop-ins are always welcome! Where: The boardroom on lower level of the Meletis Charuhas hall (education building). For more information, contact Gregory McKinney at (571) 338-6929.

**“Return to Origins” Greek Folk Dance Troupe** – One of Maryland’s most talked folk dance troupes performing a variety of celebrated Greek dances as well as rare dances from the far reaches of the Hellenic world. Under the direction of Rena and Elena Papapostolou, this troupe of young performers fills the stage with energy and spirit. Tickets: $20.00. For tickets/information please contact Mrs. Irene Konstantopoulos at (301) 983-0055 or (202) 965-0800 or gtkmtk@aol.com. Saturday, March 10, 7:00 p.m. at the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Manakee Street, Rockville, MD 20850, (301) 279-5301.
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 – Ο Θεός, όπως δέχθηκας τα δώρα του Άβελ, τις θυσίες του Νώε και του Αβραάμ, το θυμίαμα του Ααρών και του Ζαχαρία, ας δέχθηκε από τα αμαρτωλά μας χέρια και τις προσφορές αυτές έτσι, ώστε πάντοτε να μπορούμε να σου προσφέρουμε δόρα και τους κόπους της εργασίας μας για την δόξα Σου, προς ελάφρυνση των δοκιμασιών και της πείνας, προς διακονία του λαού Σου, προς συγχώρεση 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.

Church Services

Sunday, March 4  Pan-Orthodox Vespers – Πανορθόδοξος Εσπερινός
at St. Sophia Cathedral, Washington, DC, 5:30 p.m.

Monday, March 5
Holy Confession – Ιερά Εξομολόγησις 6:00 p.m.
Compline – Απόδειπνον 7:00 p.m.

Wednesday, March 7  Pre-Sanctified Liturgy – Προηγιασμένη Λειτουργία 7:00 p.m.
Lenten Pot Luck Dinner 8:30 p.m.

Friday, March 9  2nd Salutations – 2’ Χαιρετισμοί 7:00 p.m.
followed by a Lenten Lecture

Sunday, March 11  2nd Sunday of Great Lent – 2’ Κυριακή των Νηστειών
St. Gregory Palamas – Αγ. Γρηγορίου του Παλαμά
1st Divine Liturgy 8:00 a.m.
Orthros/Youth and Adult Catechism 9:30 a.m.
2nd Divine Liturgy 10:30 a.m.