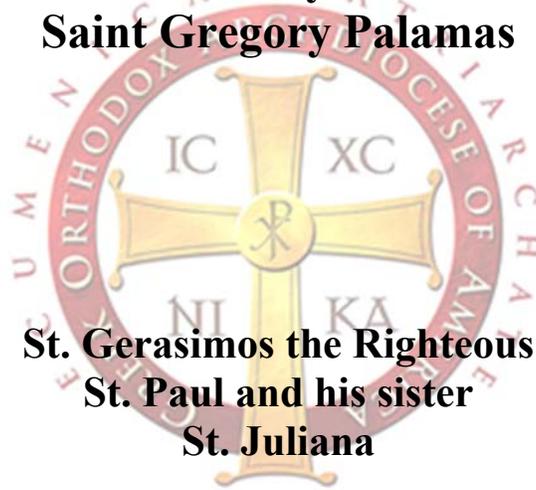
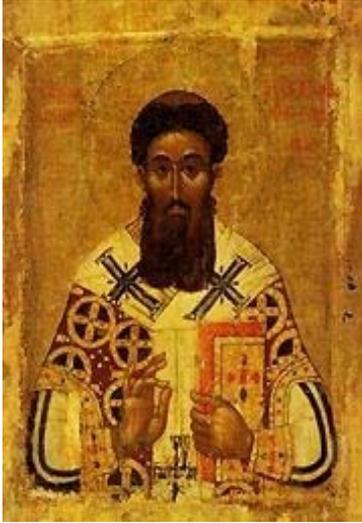


Saint Katherine Greek Orthodox Church

Sunday, March 4, 2018

Sunday of
Saint Gregory Palamas



St. Gerasimos the Righteous
St. Paul and his sister
St. Juliana

Apolytikion of the Day (2nd Plagal Tone)

-Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

-Αγγελικαὶ Δυνάμεις ἐπὶ τὸ μνημά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεῖς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Apolytikion of Sunday of Orthodoxy (4th Plagal Tone)

-O Gregory the Miracle Worker, light of Orthodoxy, support and teacher of the Church, comeliness of Monastics, invincible defender of theologians, the pride of Thessalonica, and preacher of grace, intercede forever that our souls may be saved.

-Ὄρθοδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

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

-The all-blessed bride of Christ let us extoll 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 you.

-Τὴν πανεύφημον νύμφην Χριστοῦ υμνήσωμεν, Αἰκατερίναν τὴν θεῖαν καὶ πολιούχον Σινά, τὴν βοήθειαν ἡμῶν καὶ ἀντίληπνιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομποὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τὴ δύναμει. Καὶ νυν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πάσι τὸ μέγα ἔλεος.

Kontakion of the Day (4th Plagal Tone)

-To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

-Τὴ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον, ἵνα κράζω σοί, Χαῖρε νύμφη ἀνύμφευτε.

Epistle Reading

O Lord, save your people and bless your inheritance. To you, O Lord, I have cried, O my God.

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

Hebrews 1:10-14; 2:1-3 – "IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel Reading

Mark 2:1-12 – At that time, Jesus entered Capernaum and 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 him a paralytic carried by four men. And when they could not get near him 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, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question 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!"

Philoptochos Stewardship Tea will be held on March 11th, from Noon-3:00pm at the Meletis Charuhas Center.

Easter Bake Sale will be on Sunday March 25th, Saturday March 31st and Sunday April 1st, after Liturgy is completely over. Please preorder by calling Mary Varlas at 703-965-4161 or email her at LPbakesale@yahoo.com.

Easter Decorated Lambathes/Candles will be available on the same dates as above. Please preorder by calling or emailing Mary Varlas.

Thriving in the Orthodox Home – Saturday, 3/17 – 9am-3pm - Parent Retreat – Please join us for a Lenten Retreat for living our faith as parents, in our homes, and in our relationships. Presented by author, professor and speaker: Dr. Philip Mamalakis, Ph.D, LMFT. Saturday, March 17th, 9:00 a.m. - 3:00 p.m. Saint Katherine Greek Orthodox Church. Lenten Lunch will be provided. *Free will offering can be made at the event.* Childcare available for \$25/ child. Space is limited. REGISTER: <https://goo.gl/forms/mSukkQDyVLCkRq182>.

Daughters of Penelope (DOP) – The next meeting of the Daughter of Penelope is on Sunday, March 11, after Liturgy in the Boardroom.

Food Pantry—Thank you for contributing to the Food Pantry today! Please take your blue bag(s) filled with donations to the lobby of the Meletis Center after the Liturgy, and we will transfer them to Columbia Baptist Church at 3245 Glen Carlyn Road, two blocks away. You are welcome to join our team today in transferring, weighing, and shelving food. Look for us in the parking lot. If you prefer to donate money, make your check payable to "Columbia Baptist Church" with "Food Pantry/St. K" in the corner and give to one of the food pantry volunteers. Thank you!

GOYA – This weekend Sights and Sounds at St. George – good strength to all GOYAnS!

-3/9-3/11 – FRI-SUN – GOYA Lenten Retreat at Camp Silver Beach – To Register: email manolastj@gmail.com - \$60 per GOYAn.

-3/23 – FRI – 5:30pm – assemble bags for homeless outreach.

-3/25 – SUN – aprx. 8am – distribute bags to homeless before Liturgy. For more details on any youth or young adult activities contact Nick Junes – njunes@stkchurch.com.

YAL/OCF – Lenten Brunch today after Liturgy in Chelpon Hall (small hall).

-Stay tuned for upcoming Spring and Summer events with D/M/V YAL.

-Young Adults are also encouraged to attend GOYA events – especially if previously a camp counselor

Parent Retreat – 3/17 – SAT – 9am-3pm - Thriving in the Orthodox Home – Led by Dr. Philip Mamalakis, LMFT – <https://goo.gl/forms/mSukkQDyVLCkRq182>.

Oratorical Festival – 3/18 – SUN – After Liturgy – Grades 7-12 – Contact Nick Junes or Eleni Porter for more details!

Food Collection – Immediately after Liturgy, if any youths have a free moment please help collect food and bags for our food pantry.

Prometheas Greek Independence Day Program – Sunday, March 18, 2018, 5:30 p.m. at Saint Katherine's.

Announcements

Memorial Services are offered this morning for **Margarita Karageorge**, mother of Eleni Zissios, Penny Parasidis and Paul Karageorge; for **Bessie Meletis Charuhas**, mother of Kitty Xidon and George Charuhas; for **Bessie Caros Bilidas**, mother of Steven Bilidas; for **Jim George Paras**, husband of Mrs. Penelope Paras and father of George, Katherine and Christopher; for **Kyriacos and Andromachi Timotheou**, parents of Andrea Stylianos and Harry Timotheou; for **Themis Loucopoulou**, mother of Laura Maratou Koliass; and for **Katerina Loi and Sotirios Loi**, mother and brother of Eleni Kavarligos. May their memory be eternal!

Coffee Hour is sponsored this morning by the Zissios, Charuhas, Bilidas, Paras and Stylianos families in memory of their loved ones.

Journey to Orthodoxy – This is a reminder that the “Journey to Orthodoxy” class for adults meets 9-10 a.m. 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 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 or Jim Jatras heraclius13@gmail.com, 202-375-1007.

INTERESTED IN PROJECT MEXICO? – For the 5th time, our Church will sponsor a team from July 17-25, 2018, to build a simple home for a family, while staying at the St. Innocent Orphanage with about 120 Orthodox Christians. 6 spots are still available only until March 15th! Unfilled spots need to be released after this date. So, if you are considering joining us, you must decide soon! The trip costs approximately \$1500, which covers building supplies/materials, food and lodging, flights, and a rental van. Interested? Contact Bill Porter at beporter1@verizon.net ASAP!

Scholarship Opportunity for Graduating Seniors! – The 2018 Washington Metropolitan Area AHEPA/DOP Scholarship Application is available now in the Church Office. Completed Applications are due March 31st. Donor applications are also available. Awards will be presented at the Annual Banquet in May 2018. For more information, please contact Karen Polizos, (571) 434-7790.

Food Pantry – In keeping with our Lenten tradition of helping others in need, we are handing out empty blue bags after the liturgy for donations to the St. Katherine Food Pantry located at Columbia Baptist Church, and asking that you return them on Collection Sunday, March 4, to the large community center. If you are unable to fill a bag, write a check to “Columbia Baptist Church” with “Food Pantry/St. K” in the corner and give to one of the food pantry volunteers. In addition to helping those in need, you will be supporting a service ministry of our St. Katherine youth. Take a look at the new flyer in the bag and see photos of them in action!!

Mission Presentation March 9, 2018 – Immediately following the Salutations to the Blessed Theotokos, there will be a mission presentation in our community center from members of our Project Mexico team. Bill and Eleni Porter will present their experiences on the trip to Project Mexico last summer and their plans for a return mission trip to Mexico this summer. All are welcome to attend. Lenten refreshments will be served.

Please plan to join us in a Pan-Orthodox Celebration of Orthodox Christian Missions on Sunday, April 22, 2018, following Vespers at 4:30 p.m. Come enjoy a wine reception and dinner, along with music, raffles and guest speakers, including our very own Antonia Chelpon. Your support will help the Orthodox Christian Missions Center spread our Orthodox faith throughout the world! Tickets are \$60.00. Student rate is \$30.00 and a table for ten is \$500.00. For tickets to the benefit and the raffle contact: Nia Vroustouris at evroustouris@gmail.com, Linda Jouvanis at ljouvanis@gmail.com, or stop by the Missions and Outreach table during Coffee Hour.

You are invited to join the Gardeners of St. Phocas – Together we can continue to enhance the gardens of our church. All interested parishioners are asked to contact Linda Jouvanis at ljouvanis@gmail.com. You do not need a green thumb. A joyful spirit will do!

"Lenten Outreach Project – Once again the St. Katherine community will be helping those less fortunate by distributing 200 bags filled with new clothes, personal care items and food. The distribution will take place on Sunday March 25 - the Feast Day of the Annunciation. Our Stewards have been so very generous in the past and we once again ask for your support. Please contact Daphne Papamichael at cyprusd@aol.com to find out how you can be part of this important Ministry of our church. Thank you!!"

Paideia Daycare and Greek School Greek Independence Day Program – Saturday, March 10, 2018.

Church Services

Monday, March 5
Wednesday, March 7
Friday, March 9
Sunday, March 11

Compline 7:00 p.m.; *Holy Confession* 6:00 p.m.
Pre-Sanctified Liturgy 7:00 p.m.; *Holy Confession* 6:00 p.m.
3rd Salutations to the Theotokos 7:00 p.m.
3rd Sunday of Great Lent – The Veneration of the Holy Cross – Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.
Compline 7:00 p.m.; *Holy Confession* 6:00 p.m.
Pre-Sanctified Liturgy 7:00 p.m.; *Holy Confession* 6:00 p.m.
4th Salutations to the Theotokos 7:00 p.m.
4th Sunday of Great Lent – Saint John Climacus – Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.
Compline 7:00 p.m.; *Holy Confession* 6:00 p.m.
Pre-Sanctified Liturgy 7:00 p.m.; *Holy Confession* 6:00 p.m.
The Akathist Hymn 7:00 p.m.

Sunday Services: Orthros 9:00 a.m., Divine Liturgy 10:00 a.m. Week Day Services: Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.

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 Αβελ, 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.



METROPOLIS OF
NEW JERSEY

Church Organizations

Acolyte Captain – Joseph Pashiardis
Protos-Psalter – James Loizou 703-356-8220
Choir Director – Nick Kyros (703) 981-2526
Catechetical School – Bill Porter 703-901-2404
Hellenic Education Center – Eleni Alexopoulou 703-671-7715

Philoptochos President – Mary Varlas 703-965-4161
YAL President – Faye Anson 703-437-5747
GOYA President – Maria Wuerker 703- 980-7693
JOY – Vaitsa Bousbouras, vsbousbouras@yahoo.com
HOPE – Doris Mentis, doris@alumni.virginia.edu



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Please visit our website at:

www.saint-katherines.org

Facebook: Saint Katherine Greek Orthodox Church