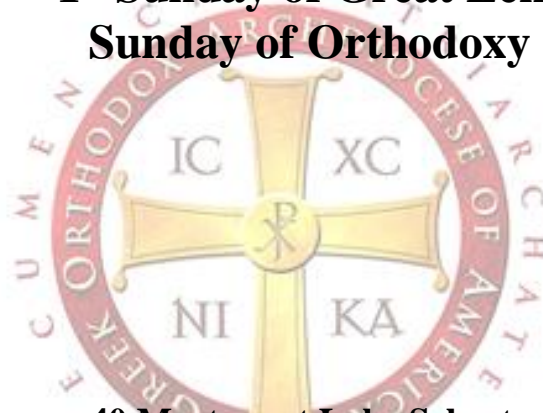


Saint Katherine Greek Orthodox Church



Sunday, March 9, 2014
1st Sunday of Great Lent
Sunday of Orthodoxy



40 Martyrs at Lake Sebaste
Caesarios the Righteous



Apolitikion of the Day (4th Tone)

Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

Το φαιδρόν της Αναστάσεως κήρυγμα, εκ του Αγγέλου μαθούσαι αι του Κυρίου μαθήτριάι, και την προγονικήν απόφασιν απορρίψασθαι, τοις Αποστόλοις καυχώμεναι έλεγον. Εσκύλευται ο θάνατος, ηγέρθη Χριστός ο Θεός, δωρούμενος τω κόσμω το μέγα έλεος.

Apolitikion for Sunday of Orthodoxy (2nd Tone)

We worship Thine immaculate icon, O Good One, asking the forgiveness of our failings, O Christ our God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou mightest deliver from slavery to the enemy those whom Thou hadst fashioned. Wherefore, we cry to Thee thankfully: Thou didst fill all things with joy, O our Saviour, when Thou camest to save the world.

Την άχραντον Εικόνα σου προσκυνούμεν Αγαθέ, αιτούμενοι συγχώρησιν τών πταισμάτων ήμών, Χριστέ ο Θεός: βουλήσει γάρ ηδόκησας σαρκί άνελθειν έν τῷ Σταυρῷ, ίνα ρύση ούς έπλασας εκ τής δουλείας του έχθρου· ὅθεν ευχαρίστως βοῶμέν σοι: Χαράς έπλήρωσας τὰ πάντα, ο Σωτήρ ήμών, παραγενόμενος εις τὸ σῶσαι τὸν Κόσμον.

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

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.

Την πανεύφημον νύμφην Χριστού υμνήσωμεν, Αικατερίναν την θείαν και πολιούχον Σινά, την βοήθειαν ημών και αντίληψιν, ότι εφίμωσε λαμπρώς, τους κομπούς των ασεβών, του Πνεύματος τη δυνάμει. Και ως μάρτυς του Κυρίου στεφθείσα, αιτείται πάσι, το μέγα έλεος.

Kontakion of the Day (4th Plagios Tone)

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.

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Epistle Reading

St. Paul's Letter to the Hebrews 12:1-10 – BRETHREN, 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 perfecter 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. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him. For the Lord disciplines him whom he loves, and chastises every son whom he receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father.

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, and Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall 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."

Wisdom of the Church Fathers

For in a contest there is much labor needed--and after the contest victory falls to some, to others disgrace. Is the palm ever given or the crown granted before the course is finished? Therefore no one can receive a reward, unless he has striven lawfully; nor is the victory a glorious one, unless the contest also has been toilsome.

St. Ambrose of Milan, Chapter 15, *Three Books on the Duties of the Clergy*
4th century

Moses... was himself saved by means of wood and water before the Law was given, when he was exposed to the Nile's currents, hidden away in an Ark (Exod. 2:3-10). And by means of wood and water he saved the people of Israel, revealing the Cross by the wood, Holy Baptism by water (Exod. 14:15-31). Paul, who had looked upon the mysteries, says openly, 'They were all baptized unto Moses in the cloud' (I Cor. 10:2). He also bears witness that, even before the events concerning the sea and his staff, Moses willingly endured Christ's Cross, 'Esteeming', he says, 'the reproach of Christ greater riches than the treasures of Egypt' (Heb. 11:26). For the Cross is the reproach of Christ from the standpoint of foolish men. As Paul himself says of Christ, 'He endured the cross, despising the shame' (Heb. 12:2).

St. Gregory Palamas, *Homilies Vol. 1, Homily Eleven para. 14*; St. Tikhon's Seminary Press p123,
14th century

Fight constantly with your thoughts and call them back when they wander away. God does not demand of those under obedience that their thoughts be totally undistracted when they pray. And do not lose heart when your thoughts are stolen away. Just remain calm, and constantly call your mind back.

St. John Climacus, *The Ladder of Divine Ascent*, 4.101, p. 112, 6th century

It is better for us to die in our struggle than to live in our fall.

St. Isaac of Syria, *Homilies 73, in Ascetical Homilies*, p. 359, 7th century

Announcements



Saint Katherine's First Annual Traditional Greek Easter Picnic/Celebration – Reservations are now being accepted for Saint Katherine's First Annual Traditional Greek Easter Picnic/Celebration. Please bring your family and join all your friends on Easter Sunday, April 20th for your Easter meal, music, and lots of fun! Tickets are \$30.00 for adults and \$25.00 for children under twelve. Your ticket includes appetizers, roast lamb on the spit meal with sides, dessert, and beverages. Make your reservations now and don't miss out. Please call

Mallamo Mavromatakis at (703) 830-0224 or the church office at 703-671-1515 to join the fun!

Our Mission and Outreach Committee will be sponsoring presentations after the first four "Heretismoi" (Salutation Services) on Friday evenings: **March 14:** Nick Petrogeorge, on the national staff of FOCUS North America will tell us about the many projects FOCUS is doing and their plans for the future – and how we can participate. We have already taken part in two FOCUS projects: FOCUS Appalachia and the shoe distribution. **March 21:** Fr. Costa and his team will have just returned from the mission journey to Havana, Cuba. Come and hear how Orthodoxy is spreading in Cuba. **March 28:** Christiana Roulakis will tell us about one of the Orthodox Church's newest ministries, the Orthodox Prison Ministry. Refreshments will be served each evening. Come and join us and learn about the ministries of our Orthodox church: locally, nationally and globally.

Easter Bake Sale - St. Katherine's Philoptochos Ladies will take orders in the hall every Sunday after both Liturgies for the whole month of March. The dates for taking orders in church are: 3/9, 3/16, 3/23 and 3/30.



Saint Katherine Paideia Preschool – Open House Invitation – Every Wednesday, 9:30am-11am, and 2:30pm - 3:30pm., and every Tuesday, 5:00pm - 6:00pm. Join us and explore the Paideia setting, become acquainted with our teachers and director, talk to current preschool parents, and ask questions regarding our program. Paideia is accepting students, ages 2 - 5yrs old, for Spring 2014 and/or the 2014-2015 school year. Enrollment applications for 2014-2015 school year are due April 11, 2014. For information please visit www.stkhec.org or contact Eleni Alexopoulou, Director, at 703=627-1556 or ealexopoulou@stkchurch.com.

GOYA – GOYA will have a tournament planning meeting following the second Liturgy in the board room.

The Peter N. Derzis AHEPA Chapter 438 invites **everyone** in the community to join us for a special evening of camaraderie and networking at an informal "open" meeting on Tuesday, March 11 at 8:00 p.m. Our guest speaker is from FAA and will make a presentation on Airline safety. Immediately thereafter, we invite you to enjoy **New Orleans red beans and rice** (Lenten fare) being served after the meeting.

Attention High School Seniors – Student applications are now available for the Washington Metropolitan Area 44th AHEPA Scholarship program. Students eligible for an award will be honored at this year's Awards Program on May 18, 2014 held at the Hilton Washington, DC/Rockville Hotel in Rockville, MD. This program has honored 1,508 students and awarded \$804,975 in scholarships. Applications are available in the church office and website. Completed applications and materials must be submitted by April 4, 2014. For more information, contact Karen Polizos at kpelizos@naifa.org or on 571-434-7790.

Oratorical Festival Registration is now open. If your son or daughter is interested in participating in the Junior (7th - 9th grade) or Senior (10th - 12th grade) completion, please contact Ray Vazquez at rayvazquez1@aol.com. Topics will be distributed in class and can be found on www.goarch.org.

The Byzantio Greek Dance & Cultural Arts Program is offering six adult recreational dance classes. Cost: \$100 for all sessions paid at first session or \$20 a session, drop-in. Location: Founder's Hall. Time: 4:00 p.m. -5:30 p.m. Dates: March 9, 16, 23 and 30. Contact Aris and Anna Yourtzidis at greekdancedc@gmail.com.

Lost Bracelet – A simple bracelet with multiple flat reddish-brown rectangle-shaped glass beads with a silver clasp, lost in church or parking lot last Sunday. If you find it, please give it to the church office. Thank you.

The Greek Independence Day Parade in Baltimore will take place on Sunday, March 30, 2014 at 2:00 p.m.

Church Services

Sunday, March 9

Pan-Orthodox Vespers at St. Katherine 5:30 p.m.

A reception hosted by our Philoptochos will take place at the Meletis Charuhas Center following Pan-Orthodox Vespers.

Monday, March 10

Great Compline 7:00 p.m.

Wednesday, March 12

Pre-Sanctified Liturgy – Προηγιασμένη Λειτουργία 7:00 p.m.

Friday, March 14

2nd Salutations – Β΄ Χαιρετισμοί 7:00 p.m.

Sunday, March 16

2nd Sunday of Great Lent – Β΄ Κυριακή των Νηστειών

Divine Liturgy 8:00 a.m. and 10:30 a.m.; Orthros and Catechetical School 9:30 a.m.

Monday, March 17

Holy Confession 6:00 p.m.; **Great Compline** 7:00 p.m.

Wednesday, March 19

Pre-Sanctified Liturgy – Προηγιασμένη Λειτουργία 7:00 p.m.

Friday, March 21

2nd Salutations – Β΄ Χαιρετισμοί 7:00 p.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 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 εξίλασμό 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 in two formats--a PDF copy of the bulletin handed out in church and an online version with much more information. Please take a moment to check them out by visiting:

http://www.saint-katherines.org/about_us/sunday-bulletins



METROPOLIS OF
NEW JERSEY

Church Organizations

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Choir Director – John Doulis 703-670-4386

Catechetical School – George Charuhas 703-999-2109

Hellenic Education Center – Eleni Alexopoulou 703-674-7715

Philoptochos – Eleni Kanakos 703-938-8360

YAL President – Olivia Carr 401-633-2072

GOYA President – Christina Kosmakos 571-271-6411

JOY – Tina Papamichael 703-536-4711

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Please visit our website at:

www.saint-katherines.org

Facebook: Saint Katherine Greek Orthodox Church