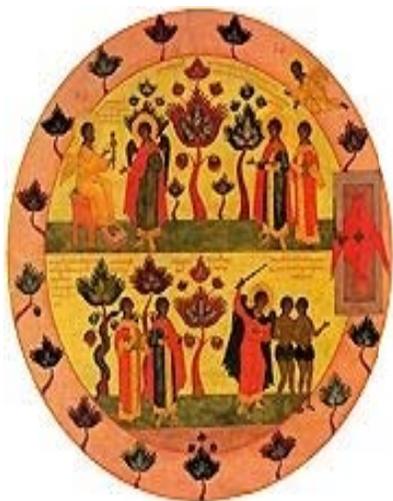


Saint Katherine Greek Orthodox Church



Sunday, March 10, 2019
Forgiveness Sunday -
Cheesefare

Kodratos & his Companions
Anastasia of Alexandria



Apolytikion of the Day (4th Plagal Tone)

From on high You descended, Most Merciful; for us You condescended to a three-day burial to set us free from the passions. O Lord, our Resurrection and our life, glory to You!

Ἐξ ὕψους κατήλθες ο εὐσπλαχνος, ταφὴν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

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

Let us praise the all lauded and noble bride of Christ, the godly Catherine, 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.

Τὴν πανεύφημον νύμφην Χριστοῦ υμνήσωμεν, Αἰκατερίναν τὴν θεῖαν καὶ πολιούχον Σινά, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομψοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῆς δυνάμει. Καὶ νῦν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πᾶσι τὸ μέγα ἔλεος.

Kontakion of the Day (2nd 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.

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριζον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλή μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

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 – 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."

OCMC Mission Banquet – The Metropolitan Washington DC Mission and Outreach Committee will again sponsor an Orthodox Christian Mission Center (OCMC) Mission Banquet on Sunday, May 5, 2019, beginning with Vespers at 4:00 pm; appetizers and dinner program begin at 5:00 pm at St. Katherine Greek Orthodox Church 3149 Glen Carlyn Road Falls Church, VA 22041. The banquet speaker this year is the V. Rev. Lou Christopoulos, past Vice President of the OCMC. There is a \$60 donation per person, table of 10 for \$500, student rate of \$30 and children under 12, free. Please reserve your place at the banquet by contacting Dr. John Demakis at demakis9931@gmail.com or Ms. Antonia Chelpon at achelpon@aol.com. Tickets payable to "St. Katherine Greek Orthodox Church" memo: OCMC. Fabulous themed baskets will again be available. Please plan to donate to and support this annual banquet.

GOYA – Next Youth Sunday/GOYA/Parent meeting is on March 17. Upcoming events: GOYA Fundraiser at Souvlaki Bar on 3/17. All are welcome and 15% of proceeds go to GOYA (www.souvlakibar.com); St. George Bee Treat Lenten Retreat, 3/30 (<https://www.y2am.org/beetreats> to register). For more information, email SaintKatherineGOYA@aol.com.

"Lenten Outreach Project 2019 – Once again the St. Katherine community will prepare and distribute 200 bags filled with new clothing, personal care items and food to our brothers and sisters living on the streets. Our Stewards have always been so generous in their support of this important outreach and we are asking for your support again this year. The distribution will take place April 7. Please contact Daphne Papamichael at cyprusd@aol.com to find out how you can participate. Thank you!!"

The Saint Genevieve Orthodox Book club is a ministry of our Saint Katherine Greek Orthodox Church. We meet monthly, the last Sunday of every month, for two hours at Church. We read books to help us form bonds within the group and grow spiritually. We will be reading and discussing books concerning the Orthodox Faith, Christian classics, apologetics, and other books of interest to the group with a special emphasis on Orthodox Spirituality. The club is for all ages, from high school age on up and is opened to anyone who is interested, regardless whether you belong to our parish or not. Everyone is invited to the St. Genevieve Orthodox Book Club, whether you have read the book or not. The first book we will read is "How the Irish Saved Civilization: The Untold Story of Ireland's Heroic Role from the Fall of Rome to the Rise of Medieval Europe (The Hinges of History)" by Thomas Cahill. The book is available at Saint Katherine's Bookstore and also at Amazon in print version. If you have any questions regarding our book club please feel free to contact Father Costa Pavlakos fcostas@stkchurch.com and Victoria Cherpes victoriacherpes@gmail.com. We hope to see you on Sunday, March 31 at 1:00 p.m.



Announcements



Memorial Services are offered this morning for **Maria Linardakis**, wife of Mr. Panagiotis Linardakis, and mother of Georgia, Leonidas, Angie and Angelo; and for **Dionysios Metaxas**, nephew of Mrs. Theresa Foukara. May their memory be eternal!

Coffee Hour is sponsored this morning by Mr. Panagiotis Linardakis and family in memory of his beloved wife, Maria Linardakis.

The Ladies Philoptochos Annual Stewardship Tea – This morning, following the Divine Liturgy. For more information please contact Mrs. Mary Varlas at 703-965-4161 or email Mary.varlas@yahoo.com.

Ladies Philoptochos Meeting will take place on Sunday March 17th, in the boardroom.

The Ladies Philoptochos will be selling Easter Lambathes (decorated candles) on Sunday April 7th & 14th, and Saturday April 20th, after the Divine Liturgy.

The Ladies Philoptochos are collecting Greek Recipes, in order to publish our first cookbook. Please email us your recipes at greekrecipes@aol.com or bring them to us at our table during coffee hour.

Philoptochos Easter Bake Sale will take place on Sunday, April 14 and Saturday April 20. There will be **NO Bake Sale on Palm Sunday and Holy Week.**



Our Capital Campaign begun in September to address the abundant needs of our community. We solicit your support and encourage your prayerful consideration of this most worthy endeavor in support of “our families, our church, our future.” Please contact us at capcampaign@stkechurch.com with your questions.

JOURNEY TO ORTHODOXY – The “Journey to Orthodoxy” class for adults meets at 9 AM Sunday (concurrently with the youth Sunday School before 10 AM Divine Liturgy) in the Seniors’ Kentro room on the ground floor of Founders’ Hall. 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, this class is also recommended for intending or newly married couples, especially where one spouse is not Orthodox. Informal discussion format, text provided. For further information contact the teachers, John Demakis demakis9931@gmail.com or Jim Jatras heraclius13@gmail.com, 202-375-1007.

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 on Tuesdays. Meetings are at 7:15 p.m. in the Board Room. This includes time for discussion and fellowship.

Adult Bible Study – This year’s topic is *Who We are and What We Believe: A Journey through Examination of the Orthodox Faith Guided by the Words of the Nicene Creed*. The objective will be to broaden the understanding of our own Orthodox faith and deepen our spiritual outlooks. We will explore the significance of the Creed for how we live our faith now as individuals and as “one, holy, Catholic, and Apostolic Church.” Classes are held every Sunday at 9:00 a.m. in the board room of the Meletis Churuhas Center. For more information or questions, please contact Bill Polizos at 571-434-7790 or polizos@att.com. Everyone welcome!

Scholarship Opportunity for Graduating Seniors! The 2019 Washington Metropolitan Area AHEPA/DOP Scholarship Program Application is available now in the Church Office (paper copy) and also through a link on the church’s website. Completed applications are due March 30, so don’t delay. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 19, 2019, 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.

Saint John Chrysostom Oratorical Festival will be held on Sunday, March 17. Students in grades 7-9 may participate in the junior division and grades 10-12 are in the senior division. Grades 1-6 will participate in informal presentations. Information and registration forms are available on the Sunday School Bulletin Board, or please contact Tina Papamichael for more information, athena02@verizon.net.

Mission and Outreach Committee Meeting – This Tuesday, March 12 at 7:30 p.m. Come and join us and see the exciting things we are doing. Like to travel? We will be sending teams to Kenya, Guatemala and Mexico this year. Went to do humanitarian work? We serve food at the homeless shelter once a month. We take cloths to the shelter once a month. We volunteer at the local free medical clinic. Come to our meeting and see what we are doing. *God bless you!*

Church Services

Monday, March 11 **Great Lent Begins – Αρχεται η Μεγάλη Τεσσαρακοστή**
Compline 7:00 p.m.; Holy Confession 6:00 p.m.

Wednesday, March 13 **Presanctified Liturgy** 7:00 p.m.; Holy Confession 6:00 p.m.

Friday, March 15 **1st Salutations** 7:00 p.m.; Holy Confession 6:00 p.m.; Lecture on Local Missions

Saturday, March 16 **3rd Saturday of Souls** – Orthros 9:30 a.m.; Divine Liturgy 10:30 a.m.

Sunday, March 17 **Sunday of Orthodoxy** – Orthros 9:00 a.m.; Divine Liturgy 10:00 a.m.
Pan-Orthodox Vespers 5:00 p.m. at Saints Peter & Paul, Potomac, MD

Monday, March 18 **Compline** 7:00 p.m.; Holy Confession 6:00 p.m.

Wednesday, March 20 **Presanctified Liturgy** 7:00 p.m.; Holy Confession 6:00 p.m.

Friday, March 22 **2nd Salutations** 7:00 p.m.; Holy Confession 6:00 p.m.; Lecture on Medical Clinic in Guatemala.

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

Acolytes – Niko Porter 703-901-2404

Protos-Psalter – James Loizou 703-356-8220

Choir Director – John Slanta 703-307-0142

Catechetical School – Bill & Eleni 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 Sarantis,

effie@sarantisproperties.com

JOY – Vaitsa Bousbouras, vsbousbouras@yahoo.com

HOPE – Doris Mentis, doris@alumni.virginia.edu



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

Facebook: Saint Katherine Greek Orthodox Church