

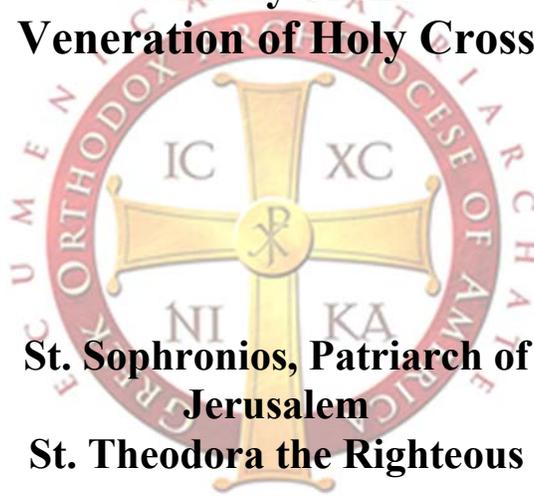
Saint Katherine Greek Orthodox Church

Sunday, March 11, 2018

Sunday of the
Veneration of Holy Cross

St. Sophronios, Patriarch of
Jerusalem

St. Theodora the Righteous



Apolytikion of the Day (Grave Tone)

-Thou didst abolish death by Thy Cross; Thou didst open Paradise to the thief; Thou didst transform the myrrh-bearers' lamentation, and didst bid Thine Apostles to preach that Thou art risen, O Christ God, granting great mercy to the world.

-Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέφξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστέ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion of Sunday of Orthodoxy (1st Tone)

-Lord, save Your people and bless Your inheritance, granting our rulers to prevail over adversaries, and protecting Your commonwealth by Your Cross.

-Σώσον Κύριε τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς Βασιλεύσι κατὰ βαρβάρων δωρούμενος καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

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 ἀντίληψιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομπσοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τὴ δυνάμει. 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.

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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 4:14-16, 5:1-6 – BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest forever, after the order of Melchizedek."

Gospel Reading

Mark 8:34-38; 9:1 – The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

Philoptochos Stewardship Tea will be held today, from Noon to 3:00 p.m. 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>.

Food Pantry – Thank you, St. Katherine's community, for donating 1,525 pounds of food for the food pantry last Sunday. Your generous support will help many families in need.

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

-3/25 – SUN – apprx. 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 – 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!

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

Keynote Speaker: H.E. Haris Lalacos, Ambassador of Greece to the United States. The program will be dedicated to Manto Mavrogenous, Heroine of Greek War of Independence, and include Greek poems, songs and folk dances. A reception will follow.

PROTEST RALLY – Sunday, March 18, 2018, 12:00 noon at the United Nations Plaza in New York City for Macedonia. MACEDONIA IS GREECE! United we protest the use of the name Macedonia in any shape or form and the distortion of history. Information: 718-204-6500, www.hellenicsocieties.org, df221956@gmail.com.

Announcements

Coffee Hour is sponsored this morning by our Saint Katherine's Ladies Philoptochos.

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. Only 4 spots are still available until March 18th! Unfilled spots need to be released after this date. So, if you are considering joining us, you must decide soon! Even though the trip costs approximately \$1500, which covers building supplies/materials, food and lodging, flights, and a rental van, only the deposit of \$620 is due now. 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.

Mission Presentation March 16, 2018 – Immediately following the Salutations to the Blessed Theotokos, there will be a mission presentation in our community center from Thomas and Elizabeth Emmanuel. Thomas and Elizabeth are from Norfolk, Virginia and have recently been chosen to serve as long term missionaries in Guatemala. Thomas and Elizabeth are married and Thomas is a graduate of our Holy Cross Seminary. They have served on a short term mission team to Guatemala, but now plan to go for at least two years. They will be joining, Fr. John Chakos, Jesse Brandow and Jennifer Rice. Come and meet this charismatic couple and hear about their plans for mission work in Guatemala. 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!!"

MEN'S GROUP – I would like to invite any man from our parish to join us for dinner and fellowship on Thursday, March 29, 6:30 pm, at the Parthenon Restaurant, 5510 Connecticut Ave NW, Washington, DC 20015. Saint Sophia's men group would like us to join them for an evening of fellowship among Orthodox men. The clergy will be present and we will have a discussion about Holy Week.

We can only take 25 people from Saint Katherine, so please contact me to make a reservation (email fcostas@stkchurch.com, call 703 671-1515, or text 571-213-1109). The cost is \$35.00 and includes drinks.

Come on, get out, and get to know our neighbor Saint Sophia church men. Fr. Dimitri said they get about 50 people. God bless, Fr. Costas

Church Services

Monday, March 12
Wednesday, March 14
Friday, March 16
Sunday, March 18
Monday, March 19
Wednesday, March 21
Friday, March 23
Sunday, March 25

Monday, March 26
Wednesday, March 28
Saturday, March 31

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.
The Annunciation of the Theotokos – Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.
Greek Independence Day – Parade in Baltimore 2:00 p.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.
Saturday of Lazarus – Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.
Fold Palms into Crosses.

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
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Please visit our website at:

www.saint-katherines.org

Facebook: Saint Katherine Greek Orthodox Church