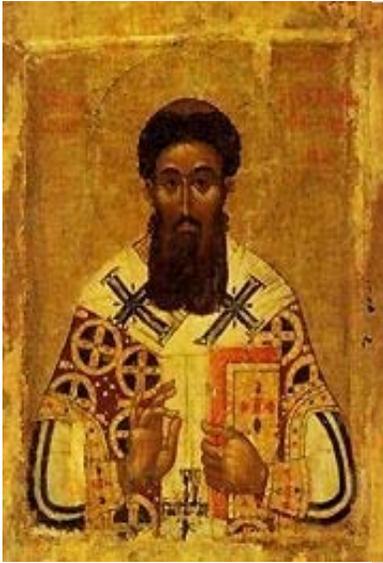
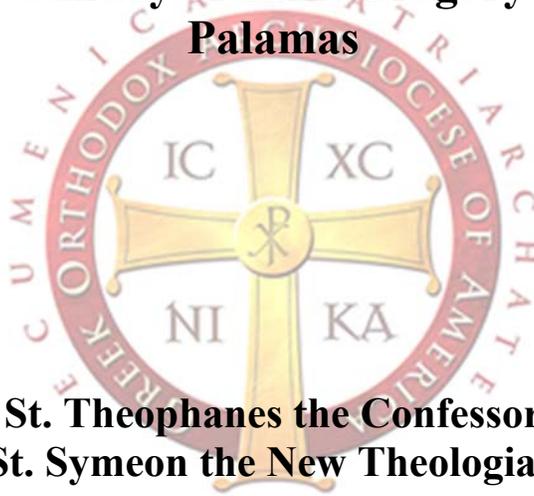


Saint Katherine Greek Orthodox Church

Sunday, March 12, 2017
Sunday of Saint Gregory
Palamas



St. Theophanes the Confessor
St. Symeon the New Theologian



Apolytikon of the Day (1st Plagal Tone)

-Let us worship the Word, O ye faithful, praising Him that with the Father and the Spirit is co-beginningless God, Who was born of a pure Virgin that we all be saved; for He was pleased to mount the Cross in the flesh that He assumed, accepting thus to endure death. And by His glorious rising, He also willed to resurrect the dead.

-Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ἠδύοκησε σαρκί, ἀνελθεῖν ἐν τῷ σταυρῷ, καὶ θάνατον ὑπομῖναι, καὶ ἐγείρει τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Apolytikon of Saint Gregory Palamas (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.

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

Apolytikon 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, Αικατερίναν τὴν θεῖαν καὶ πολιοῦχον Σινά, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομψοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῆς 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

You, O Lord, shall keep us and preserve us.

Save me, O Lord, for the godly man has failed.

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

Hebrews 1:10-14; 2:1-2 – "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!"

St. Katherine's Bookstore – If you have items you would like to donate to the Bookstore, feel free to bring them by the bookstore. Consider purchasing a new icon this Lent. We will be discounting our in-stock icons 15 percent. Our stock includes many beautiful icons of Christ, the Theotokos, major saints, and guardian angels. Credit card payments accepted.

Scholarship Opportunity for Graduating Seniors! The 2017 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 2017. For more information, please contact Karen Polizos, (571) 434-7790.

Philotochos Stewardship Tea – Today, at the Meletis Charuhas Center, after Divine Liturgy, from 12:00 - 3:00 p.m.

Altar Boys – Sunday, March 19 – Brief orientation immediately after Liturgy in the sanctuary or vestry.

GOYA Meeting – There is a GOYA meeting scheduled for Sunday, March 19th following Liturgy.

Young Adults – Defteri Deftera sandwich making for the homeless after Compline on Monday, March 13, 2017. We also will participate in the Lenten Outreach/Project Lazarus Ministry, March 31-April 1.

MISSION AND OUTREACH COMMITTEE MEETING - The next regular meeting of our Mission and Outreach Committee will be Tuesday, March 14 at 7:30 PM in our Community Center. All are welcome and refreshments will be served.

Vacation Bible Camp June 26th – 30th, 2017 – "Going for the Gold!" is the theme of St. Katherine's VBC 2017 and we will be covering the Feasts of the Triumph of Christ and His Church. The camp is for ages 4-14 and will run from 10:30 a.m. – 2:00 p.m. The cost is \$30/child including lunch daily. A registration table will be set up after Liturgy on March 12th and 19th in the community center lobby. Please have your payment ready – registration is not complete until payment is received. Checks should be made out to: St. Katherine's Greek Orthodox Church with "VBC 2017" in the memo line. Forms are also available online on our website. Payment may be given directly to Eleni Porter, placed in the Sunday school mailbox, or mailed to 6811 Bluefield Court, Springfield, VA 22152. Refer questions to Eleni Porter at beporter1@verizon.net or 703-470-9992.

Announcements

We welcome His Grace Neofitos, Bishop of the Diocese of Nyeri and Kenya. *Εις πολλά έτη Δέσποτα!*

Youth Church Duty – Eleni Rouvelas is the Youth Church Duty Captain and Zoe Gould is the Epistle Reader today. Other youth will help with various duties.

Memorial Services are offered this morning for **Costas “Gus” Pikrallidas**, husband of Mrs. Rena Pikrallidas, and father of Demetrios Pikrallidas and Anna Demetriou; for **George and Martha Caparell**, uncle and aunt of Mrs. Rena Pikrallidas and Trish Kapsidelis; for **Andromachi Timotheou**, mother of Andrea Stylianos; for **Kaneli Papagiannopoulos**, mother of Stacy Boosalis and Nicholas Papagiannopoulos; for **Konstantinos Giannoukos**, husband of Mrs. Loukia Giannoukos, and father of Christina; for **Elias Louis Bouras**, husband of Mrs. Norma Bouras; and for **Aikaterini Loi**, mother of Eleni Kavarligos and Despo; and **Sotiris Loi**, father of Kosta Loi, Katerina and Rita, and brother of Despo and Eleni. May their memory be eternal!

Coffee Hour is sponsored this morning by the Timotheou, Boosalis, Papagiannopoulos, Giannoukos, and Bouras families in memory of their loved ones.

Memorial Coffee Hour Procedure – If you would like to sponsor the coffee hour in memory of your loved one, a donation of \$175.00 is required. This includes coffee set-up, 100 koulourakia, 100 paximathia, putting koliva in cups, and clean-up after the event. Please remember to schedule the memorial service with the Church Office and mail your check at that time. Checks should be made payable to *Saint Katherine Greek Orthodox Church*.

MANAGE YOUR GIVING ONLINE – We are pleased to announce that you can now manage your giving online! Giving online is easy and allows you to set up automatic recurring contributions and view your complete online giving history from anywhere you have access to the Internet. Simply follow these easy steps:

- 1) Visit the church website at <http://saint-katherines.org>
- 2) Click on the **Online Donation** button,
- 3) Click on the Create Profile button, then
- 4) Follow the onscreen instructions to create an online profile and to schedule your recurring contributions.



To reach the online giving page using your smartphone or tablet, simply scan our QR code to sign up and start giving. Our new **Giving Kiosk** is also available in the Narthex for your convenience.

Women’s Book Club – Please join us on Wednesday, March 15, and 29, 2017 at 10:30 a.m. to noon at the Meletis Charuhas Center in the room two doors from the church office. We are reading “The Prayer of St. Ephrem the Syrian”. This book is not available a reasonable price because it is out of print but the author sent us a PDF copy to print for the club. If you are interested in reading this book then please contact Despina Raizes to get a copy. It’s not too late to join the club. For further information contact Despina Raizes at 2draizes@gmail.com or (703) 216-8176.

JOY (Junior Orthodox Youth, ages 8-12) – Have fun with friends at Bowl America Fairfax (9699 Fairfax Boulevard) on Saturday, March 18th from 5:00-7:00 p.m. Please contact Vaitsa.Bousbouras@yahoo.com to RSVP by March 11th.

Ellinomathia (Greek Exams) – Registration is now till March 19. The Exams will take place on May 16-18, 2017. For information and applications, please contact Sophia Tsangali, 703-671-1515 or stsangali@stkchurch.com.

Food Pantry – Prayer, Fasting and charity are among the key components in observing Great Lent. Please bring the bag back to the foyer of the community center this morning. Please contact marilynrouvelas@gmail.com to help. This assistance also qualifies for service credit in public schools.

Project Lazarus – Once again the Saint Katherine community will distribute 200 bags filled with basic clothing, personal care items and food to our brothers and sisters who are living on the streets of the DC area on Saturday, April 1st. Please make donations to this very worthy community project. Please contact Daphne Papamichael at Cyprusd@aol.com.

Church Services

Monday, March 13

Confession 6:00 p.m., *Compline* 7:00 p.m.

Wednesday, March 15

Presanctified Liturgy 7:00 p.m.

Friday, March 17

Confession 6:00 p.m., *3rd Salutations* 7:00 p.m.

Sunday, March 19

The Veneration of the Holy Cross – Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.

Monday, March 20

Confession 6:00 p.m., *Compline* 7:00 p.m.

Wednesday, March 22

Presanctified Liturgy 7:00 p.m.

Friday, March 24

Confession 6:00 p.m., *Great Vespers* and *4th Salutations* 7:00 p.m.

Saturday, March 25

The Annunciation of the Theotokos – Orthros 9:30 a.m., Divine Liturgy 10:30 a.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 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 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 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

Acolyte Captains – Nicholas Vazquez and Chad Velezis

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 – Eleni Kanakos 703-938-8360

YAL President – Faye Anson 703-437-5747

GOYA President – Panos Lagos 703-241-1176

JOY – Vaitsa Bousbouras, vsbousbouras@yahoo.com

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



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www.saint-katherines.org

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