

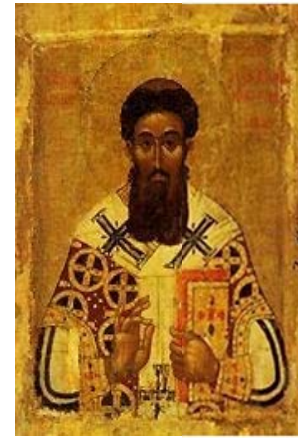
Church Services

Sunday, March 15 **2nd Sunday of Great Lent – St. Gregory Palamas** – 1st Divine Liturgy 8:00am; Orthros 9:30am; 2nd Divine Liturgy 10:30am
 Monday, March 16 **Compline** 7:00pm; Holy **Confession** 6:00pm
 Wednesday, March 18 **Presanctified Liturgy** 7:00pm; Holy **Confession** 6:00pm
 Friday, March 20 **3rd Salutations** 7:00pm; Holy **Confession** 6:00pm; Pack Bags for Lenten Outreach 8:00pm
 Sunday, March 22 **3rd Sunday of Great Lent – The Veneration of the Holy Cross** – 1st Divine Liturgy 8:00am; Orthros 9:30am; 2nd Divine Liturgy 10:30am
 Monday, March 23 **Compline** 7:00pm; Holy **Confession** 6:00pm
 Tuesday, March 24 **Great Vespers of the Annunciation** 7:00pm
 Wednesday, March 25 **The Annunciation of the Theotokos** – Orthros 9:30am; Divine Liturgy 10:30am.

Sunday Services: Orthros 9:30am., Divine Liturgy 8:00am & 10:30am -- *Week Day Services:* Orthros 9:30am, Divine Liturgy 10:30am

Saint Katherine Greek Orthodox Church

Sunday, March 15, 2020
2nd Sunday of Great Lent
Saint Gregory Palamas



St. Agapios and his Companions
St. Manuel from Crete



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

Church Organizations

Acolytes – Michael Parrish and Leon Porter, 571-213-1109
 Protos-Psalter – Nicholas Mpras 703-560-7714
 Choir Director – John Slanta 703-307-0142
 Catechetical School – Christina Vazquez 703-728-2657
 Hellenic Education Center – 703-671-1515



Philoptochos President – Mary Varlas 703-965-4161
 YAL President – Faye Anson fanson38@yahoo.com
 GOYA President – Iliana Tzafolias,
SaintKatherineGOYA@aol.com
 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



Apolytikion of the Day (2nd Plagal Tone)

-Angelic powers appeared at Your tomb, and those guarding it became like dead, and at Your grave Mary was standing, seeking Your most pure body. You plundered Hades, not being tempted by it; You encountered the virgin, granting life. O Lord, who rose from the dead, glory to You!

-Αγγελικαί Δυνάμεις επί το μνήμα σου, και οι φυλάσσοντες απενεκρόθησαν. Και ίστατο Μαρία εν τω τάφω ζητούσα το άχραντόν σου σώμα. Εσκύλευσας τον Άδην, μη πειρασθείς υπ' αυτού, υπήντησας τη παρθένα, δωρούμενος την ζωήν. Ο αναστάς εκ των νεκρών, Κύριε δόξα σοι.

Sunday of Orthodoxy (4th Plagal Tone)

-The illuminating light of the Orthodox, the support and the teacher of the Church, you are the beauty of ascetics and the invincible defender of those who speak in theology. Gregory, the pride of Thessalonica, worker of miracles, who preaches grace, grant your supplications evermore for the salvation of our souls.

-Ορθοδοξίας ο φωστήρ, Εκκλησίας το στήριγμα και διδάσκαλε, των μοναστών η καλλονή, των Θεολόγων υπέρμαχος απροσμάχητος. Γρηγόριε θαυματουργέ, Θεσσαλονίκης το καύχημα, κήρυξ της χάριτος, κέτευε διά παντός, σωθήναι τας ψυχάς ημών.

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

-Let us praise the all lauded and noble bride of Christ, the godly Katherine, 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 goddess; and being crowned as a Martyr, she now does ask great mercy for us all.

-Την πανεύφημον νόμφην Χριστού υμνήσωμεν, Αικατερίναν την θεϊαν και πολιούχον Σινά, την βοήθειαν ημών και αντίληψιν. Οτι εφίμωσε λαμπρώς, τους κομπούς των ασεβών, του Πνεύματος τη δύναμει. Και νυν ως Μάρτυς στεφθείσα, αιτείται πάσι το μέγα έλεος.

Kontakion of the Day (4th Plagal Tone)

-To you, defender and commander in a time of war, I your City, offer gratitude for victory, for you rescued me from sufferings, O Theotokos. Since the power you possess is unassailable, from all dangers I entreat you to deliver me, that I may cry to you: Rejoice, O unwedded Bride.

-Τη Υπερμάχου Στρατηγώ τα νικητήρια, ως λυτρωθείσα των δεινών ευχαριστήρια, αναγράφω σοι η Πόλις σου Θεοτόκε. Αλλ' ως έχουσα το κράτος απροσμάχητον, εκ παντίων με κινδύνων ελευθέρωσον, ίνα κράζωσι σοι: Χαίρε Νύμφη ανύμφευτε.

Rev. Fr. Konstantinos A. Pavlakos Proistamenos, 703-671-1515(O) 571-213-1109 fcostas@stkchurch.com	Rev. Fr. Nikolas S. Delaveris, Assistant Priest 614-278-8242 frnikolas@stkchurch.com	Ray Vazquez President, Parish Council 703-728-7091 rvazquez@stkchurch.com	Lori Nelson Bookkeeper 703-671-1515 lnelson@stkchurch.com	Sophia Tsangali Secretary/Teacher 703-671-1515 stsangali@stkchurch.com
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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 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!"

Adult Bible Class – Classes are held every Sunday at 9:30am in the board room of the Meletis Charuhas Center. Join us each Sunday to learn more about our faith. "A Journey through the Orthodox Faith Guided by the Words of the Bible". This year's topic: *The Gospel of Luke*. For more information or questions, please contact Bill Polizos at 571-434-7790 or polizos@att.com. Everyone is welcome!
Cancelled.

JOURNEY TO ORTHODOXY – The "Journey to Orthodoxy" class for adults meets 9:30-10:30am 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, especially 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, Bill Porter WEPorter1@fcps.edu, or Jim Jatras heraclius13@gmail.com 202-375-1007. **Cancelled.**

Our local St. John Chrysostom Oratorical Festival which was going to be held at St. Katherine's this morning has been cancelled. **Sunday School classes** have been cancelled also.

The Order of AHEPA will celebrate its 45th Biennial Congressional Banquet on May 14, 2020 in the Trump International Hotel in Washington DC. In this once in a lifetime event AHEPA will be hosting dinner honoring His All Holiness Ecumenical Patriarch Bartholomew. Members of US Congress will also be in attendance & the Patriarch will be honored with the Inaugural "Patriarch Bartholomew AHEPA Environmental Award". The price for this event is \$200.00 per person assuming you will make the reservation(s) through the Ahepa Chapter 438. Please remit payment to "AHEPA Chapter 438". For reservations & additional information/clarifications please contact one of the following: George Vassilopoulos 703-323-0731 (gvassna@gmail.com); Angelo Toutsis 703-281-0843 (antovi@verizon.net); Chris Masouros 703-820-3188 (christosmasouros@gmail.com).

SAVE THE DATE! OCMC ANNUAL BENEFIT DINNER MAY 3, 2020: Our annual OCMC Benefit Dinner will be on May 3, 2020 at St. Katherine Greek Orthodox Church Falls Church, VA. We are pleased to have Rev. Demetrios Andrews, Executive Director, Project Mexico and the St. Innocent Orphanage, as our main speaker. His topic is "The Mission of Serving Christ in the Other: St. Silouan and St. Sophrony's Theology of Service". Vespers at 4:30 pm; Hors d'oeuvres & Dinner begin at 5:00 pm. A \$45.00 donation is requested; a table of 10, \$400.00 donation; the student rate: \$20.00 donation; children under 12 and Clergy are FREE. Reserve your place with Antonia Chelpon, achelpon@aol.com, Sara Buchanan, buchanansara@hotmail.com or Paula Massouh, pmassouh@gmail.com. Tickets payable to "St. Katherine Orthodox Church", memo: OCMC



Announcements



Memorial Services are offered this morning for **Sophia Longovitou**, mother of Nicholas Paraskevas and Stamatina Felix; for **Angeliki Floros**, wife of Mr. Dionysios Floros, and mother of Nick, George and Peter; for **Katerina Loi** and **Sotiris Loi**, grandmother and uncle of Kostas and Jacob Andreou, Andri Orphanides, Sophia Orphanides, Tina Kavarlighos, and Kostas Loi. **Sotiris Loi** is father of Kostas Loi. May their memory be eternal!

Coffee Hour is sponsored this morning by the families of Paraskevas, Felix, and Floros in memory of their loved ones; and by our Ladies Philoptochos. **Cancelled**

Philoptochos – Easter Bake Sale will take place on Sunday, April 5th and Saturday, April 11th. No bake sale on Palm Sunday and Holy Week. Please preorder with Mrs. Mary Varlas at Lpbakese@yahoo.com or call at 703-965-4161. **Philoptochos** needs your assistance identifying elderly parishioners who would like to be visited by us. Please email the following information to Mary Varlas at mary.varlas@yahoo.com: Name, address and phone number of the parishioner who wishes to be visited. Thank you. **The Philoptochos** breakfast for this morning has been cancelled. **The Philoptochos Cookbooks** are still on sale for \$25.00. They make great bridal shower presents. Pick them up at coffee hour, after the second Liturgy.

SAVE THE DATES!!! This year's VBC will be held the week of June 22-26. This year's theme will be "Fruits of the Holy Spirit" and an exciting week of activities is being planned! Please consider volunteering as a teacher, assistant, lunch preparation, or donating to this ministry. Sign up sheets will be posted as the time nears. Thank you!!!

GOYA – Bible Study this Tuesday, 3/17 has been cancelled. Upcoming events: Lenten Bags project 3/20 & 3/22; St. George Tournament 3/21-22; Youth Sunday/Meeting, 3/29; Spaghetti lunch Service project 3/29. For additional information, email SaintKatherineGOYA@stkchurch.com.

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 every Tuesday at 7:00 p.m. in the Board Room has been cancelled.

Saint Genevieve Book Club – Join us the last Sunday of each month as we discuss our new selection, *Acquiring the Mind of Christ* by Archimandrite Sergius! If you would like to be included on our mailing list, please email victoriacherpes@gmail.com.

Attention Parishioners! When attending church services and events at our church, kindly please park your car properly within the designated parking space lines in the parking lot. This will prevent loss of a space for someone else to park their car. Thank you!

Stewardship Table – Please stop by the stewardship table and update your email on record. We are transitioning to e-mailing statements to save \$2,000 in mailing costs. *Thank you!*

"It's time for our Lenten Outreach! Over the past few years our Parish has distributed hundreds of bags filled with new clothes, personal care items and food to our less fortunate brothers and sisters living on the streets. We will prepare 200 bags on March 20 following Salutations Service. We will distribute the bags in the morning on Sunday March 22. Our St. Katherine Stewards have been so generous with their donations and support in the past. To find out how you can participate in this important Ministry of our Church, please contact Daphne Papamichael at cyprusd@aol.com. Thank you!!!"

Scholarship Opportunity for graduating Seniors! The 2020 Washington Metropolitan Area AHEPA/DOP Scholarship Program Application is available in paper form in the Church office and is posted on the Church website. Completed applications are due March 28, so don't delay. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 17, 2020, 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 or Polizos@aol.com.

The Embassy of Greece in Washington, DC is seeking to hire a driver. The candidate should be at least 21 years old at the time of employment, be fluent in English, be willing to work beyond normal hours and abide by confidentiality. The salary paid will be in accordance with Greek legislation. The applicants must submit an application letter along with their curriculum vitae by mail (Embassy of Greece, 2217 Massachusetts Avenue, NW, Washington, DC 20008).

Please join us for a Lenten Retreat led by Archimandrite Sergius (Bowyer), Abbot of St. Tikhons' Monastery, Sat. April 4, 2020, 9:30am-3:30pm., "Acquiring the mind of Christ – Embracing the Vision of the Orthodox Church" at St. Katherine. Paraklesis following the Retreat. Fr. Sergius will be accompanied by the Wonderworking Icon of Saint Anna, the Mother of the Theotokos. RSVP at stk.reatreat@gmail.com or at the Church office, 703-671-1515.

Greek School/Paideia Preschool – March 25th program scheduled on March 21st has been cancelled. **Prometheas March 25th Program**, on March 22, 5:30pm at St. Katherine has been cancelled; and the **Parade in Baltimore** scheduled on Sunday, March 29th at 2:00pm has been cancelled.