Sunday, March 18, 2012

Veneration of the Holy Cross
Cyril, Patriarch of Jerusalem
Trophimos & Eukarpion, Monk-martyrs of Nicomedia

Apolytikion of the Day (Grave Tone)

By Your Cross, O Christ our God, You destroyed death. You opened paradise to the thief. You transformed the lament of the Myrrh-bearing women, and You commanded the Apostles to proclaim You are risen, granting the world Your great mercy.

Κατέλυσας τω Σταυρώ σου τον θάνατον, ηνέωξας τω Ληστή τον Παράδεισον, των Μυροφόρων τον θρήνον μετέβαλες, και τοις σοις Αποστόλοις κηρύττειν επέταξας, ότι ανέστης Χριστέ ο Θεός, παρέχον το κόσμο το μέγα έλεος.

Apolytikion for Sunday of the Holy Cross (First 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 τόν λαόν σου καί ευλόγησον τήν κληρονοµίαν σου, νίκας τοις Βασιλεύσι κατά βαρβάρων δωρούµενος καί τό σόν φυλάττων διά τού Σταυρού σου πολίτευµα.

Apolytikion of Saint Katherine the Great Martyr (First 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 καί αντίληψιν, ότι εφίµωσε λαµπρώς, τους κοµψούς των ασεβών, του Πνεύµατος τη δυνάµει.  Και ως µάρτυς του Κυρίου στεφθείσα, αιτείται πάσι, το µέγα έλεος.

Kontakion of the Day (Fourth Plagios 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!"
Epistle Reading

St. Paul's Letter to the 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 - Sunday of the Holy Cross - 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."

Wisdom of the Church Fathers

If you would be victorious, taste the suffering of Christ in your person that you may be chosen to taste His glory. For if we suffer with Him, we shall also be glorified with Him.

Blessed are you if you suffer for righteousness' sake. Behold, for years and generations the way of God has been made smooth through the Cross and by death. The way of God is a daily Cross.

The Cross is the gate of mysteries.


Nothing comes without effort. The help of God is always ready and always near, but is given only to those who seek and work, and only to those seekers who, after putting all their powers to the test, then cry out with their whole heart: "Lord, help us."

St. Theophan the Recluse, 19th Century

The key to knowledge is the humility of Christ. The door of the Kingdom of Heaven is open, not to those who only know in their learned minds the mysteries of faith and the commandments of their Creator, but to those who have progressed far enough to live by them.

St. Bede the Venerable, Unknown

8th century

"I force not, I compel not, but each one I make lord of his own choice; wherefore also I say, 'If any man will.' For to good things do I call you, not to things evil, or burdensome; not to punishment and vengeance that I should have to compel.


4th Century

A Christian's . . . duty is to "take up his cross." The word cross means sufferings, sorrows and adversities. To take up one's cross means to bear without grumblings everything unpleasant, painful, sad, difficult and oppressive that may happen to us in life . . . without expecting any earthly reward in return, but bear it all with love, with joy and with courageous strength.

St. Innocent of Alaska, The Lenten Spring, SVS Press, p. 147

19th Century
**Announcements**

Catechetical (Sunday) School – The Saint John Chrysostom Oratorical Festival of our parish will take place this morning, at 9:30 a.m. in the lecture room of the Meletis/Charouhas Center.

Sacraments – Congratulations to Sarah Camp on her Chrismation, March 18, 10:00 a.m.; and to Maximus Reid Allan Salvette on his Chrismation, March 18, at 12:00 p.m.

GOYA is selling ads for their Tournament (April 21-22) Ad Book through April 6. Please contact Mrs. Campbell at frangoo123@yahoo.com if you want to place an ad or see her after Liturgy most Sundays. The costs are $50.00 for a full-page ad, $30.00 for a half-page ad, and/or $25.00 for a business card-sized ad.

Annual AHEPA Scholarship Awards – The 43rd Annual Washington Metropolitan Area Scholarship Awards program is accepting applications from high school seniors affiliated with the AHEPA family or the Greek Orthodox Church in the greater DC area. Please contact Karen Polizos at (571) 434-7790 or at polik@cof.org.

Greek School – The Ellinomathia Exams will take place May 14, 15, and 16. The levels are: **May 14**: A1 (for children 8-12), A1 (for teenagers and adults), A2 and B1. **May 15**: B2 and C1. **May 16**: C2. Register now thru March 21. Please contact Sophia Tsangali, the principal, at (703) 671-1515 or stsangali@stkchurch.com.

Philoptochos Easter Bake Sale – Saturday of Lazarus and Palm Sunday, April 7 and 8 – Order forms for tsoureki (Easter Bread) are available in the Narthex or in the Church office. Orders must be pre-paid and received by March 19. Please send check payable to St. Katherine Philoptochos to: Irene Burton, 6206 Everglades Drive, Alexandria, VA 22312. Please come and help with the baking of tsoureka. We will bake on Mon., March 19 8:30-2:00p.m., Wed., March 21 9:00-4:00p.m., Fri.,March 23 8:00-2:00p.m., Mon.,March 26 9:00-12:00 p.m., and Wed., March 28 9:00-4:00p.m.

**Prosphoro** – If you can make prosphoro for Divine Liturgy, please call Mrs. Niki Papasavva at (703) 764-9746.

The St. Katherine 2012 Vacation Bible Camp will take place this year from June 25-June 29. Registration begins Sunday, February 19. Please contact Daphne Papamichael at cyprusd@aol.com or Christina Vazquez at czvmail@aol.com. Applications are available in the Narthex and they can be emailed to you electronically.

St. Katherine Summer Camp for 3-5 year-olds – July 9-August 17, Monday-Friday, 9:00 a.m. to 3:30 p.m. for wild adventure, fun activities, lively music and dance. **Space is Limited**, register by April 30. Contact M. Papathanassiou at director@gopaideia.org or (703) 671-7715.

Greek School and Paideia Preschool Greek Independence Day Program – Saturday, March 24 at 10:30 a.m. Please come and celebrate with us the Greek Independence Day with poems and songs our students will recite and sing. A reception will be held following the program hosted by the parents of the schools.

Greek Independence Day Parade in Baltimore, Maryland – Sunday, March 25 at 2:00 p.m. The Greek School and the Paideia Preschool will participate and every one of our community can participate dressed with the Greek colors blue and white or with Greek costumes if you have. Please arrive in Baltimore at 1:30 p.m. and ask for the sign “St. Katherine”.

The Daughters of Penelope will hold their fourth annual tea on Sunday, April 29 at 2:00 p.m. at the Meletis Charouhas Center. If you are interested in attending or hosting a table, please contact Elvira Garnett (703) 425-3675, Cathy Cavallo (703) 978-1539 or Jane Moore (540) 371-8108. $35.00 payable to DOP Helle Chapter #283. No tickets sold at the door. Deadline for reservations is April 16.

There will be a special missions’ lecture - Guatemala Mission II by Daphne Vaccarello and team - in our Community Center on Friday, March 23, immediately after the Salutations service.

**OCMC Benefit Banquet** on Saturday, April 28 in Founder’s Hall; Fr. Martin Ritsi, OCMC Executive Director is the featured speaker. Tickets before April 10, $50 each, $60 the reafter; under 18: $30 and under 6 free. Contact Gregory McKinney at dintym@hotmail.com or Skip Mersereau at (301) 229-0878 jwmster@gmail.com for additional information.

Prometheus Greek Independence Day Celebration – The Hellenic Organizations of the Washington Metropolitan Area invite you to a celebration of the 191th Anniversary of the Greek Independence Sunday, March 25, at 5:30 p.m., at St. Katherine’s Meletis Charouhas Center. Keynote Speaker – Dr. Christos P. Ioannides at Queens College, City University of New York. He will speak in English on “The Greek Revolution and the Dream of Megali Idea.”

**2nd Annual Bishop Basil Rodzianko Memorial Retreat** sponsored by the Holy Archangels Foundation, Washington, DC – “Raise me up above this world’s confusion” by His Beatitude, Metropolitan Jonah, Saturday, Mar 31, Liturgy 10:00 a.m., Lunch 11:30 a.m., Retreat talks 12:30-3:30 pm at the Russian Orthodox Cathedral of St. John the Baptist (4001 17th Street, NW, Washington, DC). Contact holyarchangelsfdn@gmail.com or (202) 288-0392 or (202)362-5524.

**On the occasion of the National Day of Greece** H.E. the Ambassador of Greece, Mr. Vassilis Kaskarelis, invites the Greek American Community to an Open House Reception on **Thursday, March 22, 6:30 – 8:30 p.m.** at the Embassy of Greece.
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 – Ο Θεός, οπως δέχθηκες τα δώρα του Άβελ, τις θυσίες του Νόη και του Αβέραμ, 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.