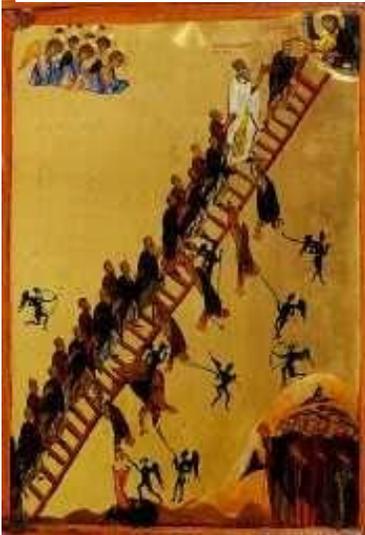


# Saint Katherine Greek Orthodox Church



Sunday, March 18, 2018

Sunday of  
St. John Climacus

St. Cyril, Patriarch of  
Jerusalem  
Sts. Trophimos and Eukarpion



## *Apolytikion of the Day (4<sup>th</sup> Plagal Tone)*

-From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

-Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν καταδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

## *Apolytikion of Saint John Climacus (4<sup>th</sup> Plagal Tone)*

-With the rivers of your tears, you have made the barren desert fertile. Through sighs of sorrow from deep within you, your labors have borne fruit a hundred-fold. By your miracles you have become a light, shining upon the world. O John, our Holy Father, pray to Christ our God, to save our souls.

-Ταῖς τῶν δακρῶν σου ροαῖς, τῆς ἐρήμου τό ἀγονον εγεώργησας, καί τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατόν τοὺς πόνους ἐκαρποφόρησας, καὶ γέγονας φωστήρ, τῆ οἰκουμένη λάμπων τοῖς θαύμασι, Ἰωάννη Πατὴρ ἡμῶν, Ὅσιε, Πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

## *Apolytikion of Saint Katherine the Great Martyr (1<sup>st</sup> 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 θείαν καὶ πολιούχον Σινά, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομψοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τὴ δυνάμει. Καὶ νυν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πάσι τὸ μέγα ἔλεος.

## *Kontakion of the Day (4<sup>th</sup> 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*

*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 Hebrews.*

**Hebrews 6:13-20** – BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

## *Gospel Reading*

**Mark 9:17-31** – At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

**Kandilia (Luminaries) – An Easter Tradition at Saint Katherine** – Let us light the processional pathway for the Epitaphio on Holy Friday evening. Please purchase Kandilia in memory of, in honor of, or for the health of your loved ones - \$10.00 each. One individual or one family name per bag. Forms are available in the narthex at the pangari, where the candles are.

**Easter Bake Sale** will be on Sunday March 25<sup>th</sup>, Saturday March 31<sup>st</sup> and Sunday April 1<sup>st</sup>, after Liturgy is completely over. Please preorder by calling Mary Varlas at 703-965-4161 or email her at [LPbakesale@yahoo.com](mailto:LPbakesale@yahoo.com).

**Easter Decorated Lambathes/Candles** will be available on the same dates as above. Please preorder by calling or emailing Mary Varlas.

**GOYA** – 3/23 – FRI – 5:30-10:30pm – GOYA Night – assemble bags, Akathist Hymn, March Madness Fellowship!

-3/25 – SUN –7:30 pm – distribute bags to homeless before Liturgy.

-4/6 – GOOD FRIDAY – Youth Retreat at Saint Katherine

For more details on any youth or young adult activities, please contact Nick Junes – [njunes@stkchurch.com](mailto:njunes@stkchurch.com).

**YAL/OCF** – 4/1 – Palm Sunday Potluck with Saint Sophia – 5:30-8pm – 28 K St. NE, Wash DC, 20003

**Oratorical Festival** – This morning – After Liturgy – Grades 7-12 – Contact Nick Junes or Eleni Porter for more details!

**“Prometheas” Greek Independence Day Program** – This evening, 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 will include Greek poems, songs and folk dances. A reception will follow.

**Food Pantry** – Last week another wonderful food drive: 1,525 pounds of food donated to Columbia’s Spend Yourself Food Pantry. As always, the food was delivered, weighed, sorted and shelved by an outstanding group of volunteers from St. Katherine. What a great example of churches working together to help our neighbors. Your generosity is such a blessing to our ministry. We distributed 383,089 pounds of food last year, to people from 55 different countries. The need in our community is increasing, and we are thankful for your help in meeting it.

## Announcements

**Memorial Services** are offered this morning for **Dionysios and Aspasia Makrigiorgos**, parents of Stamata Karfakis, Nia Manoleras, Vasilios and Nicholas Makrigiorgos; for **Demetrios Demetriou**, husband of Mrs. Andria Demetriou and father of Elpida, Petros and Lambros; and for **Jane Kolas**, wife of Mr. Kyriacos Kolas and mother of Athena, Paula and Steven. May their memory be eternal!

**Coffee Hour** is sponsored this morning by the Manoleras, Karfakis, Makrigiorgos, Demetriou and Kolas families in memory of their loved ones.

**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](mailto:demakis9931@gmail.com) or Jim Jatras [heraclius13@gmail.com](mailto: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](mailto: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](mailto:evroustouris@gmail.com), Linda Jouvanis at [ljouvanis@gmail.com](mailto: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](mailto: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](mailto: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 [frcostas@stkchurch.com](mailto:frcostas@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 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.  
*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](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](mailto:vsbousbouras@yahoo.com)  
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Please visit our website at:

[www.saint-katherines.org](http://www.saint-katherines.org)

Facebook: Saint Katherine Greek Orthodox Church