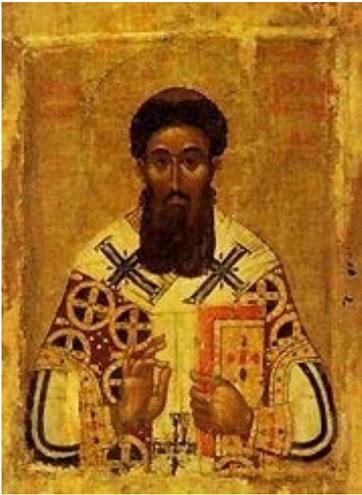


Saint Katherine Greek Orthodox Church



Sunday, March 24, 2019
Second Sunday of Great Lent –
Saint Gregory Palamas

Forefeast of the Annunciation
St. Tikhon, Patriarch of Moscow



Apolytikion of the Day (2nd Tone)

-When You descended into death below, although You are eternal Life, You rendered Hades a mortal blow by the Your divinity's blinding light! You have made those who have been dead to be raised up from Hades' infernal depths. All the powers of heaven then began to cry aloud to You, singing "Glory to You, our God, the Life-giving Christ!"

-Ότε κατήλθες προς τον θάνατον, η ζωή η αθάνατος, τότε τον Άδην ενέκρωσας, τη αστραπή της θεότητας. Ότε δε και τους τεθνεώτας, εκ των καταχθονίων ανέστησας, πάσαι αι δυνάμεις των επουρανίων εκραύγαζον. Ζωοδότα Χριστέ, ο Θεός ημών, δόξα σοι.

Apolytikion of the Forefeast of the Annunciation (4th Tone)

-Today is the prelude of the joy of the universe, and it incites us to sing the forefestal hymns. For behold, Gabriel is coming, and he will say to the Virgin: Rejoice, Maiden full of grace; the Lord is with you.

-Σήμερον της παγκοσμίου χαράς τα προοίμια, μετά χαρμοσύνης προεργάσωμεν. Ιδού γαρ Γαβριήλ παραγίνεται, τη Παρθένω κομίζων τα ευαγγέλια και φόβω άμα και θαύματι: Χαίρε Κεχαριτωμένη, ο Κύριος μετά σου.

Apolytikion of the Saint Gregory Palamas (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.

-Όρθοδοξίας ό φωστήρ, Έκκλησίας τó στήριγμα και διδάσκαλε, τών μοναστών ή καλλονή, τών θεολόγων ύπέρμαχος άπροσμάχητος: Γρηγόριε θαυματουργέ Θεσσαλονίκης τó καύχημα κήρυξ τής χάριτος: ικέτευε δια παντός, σωθῆναι τας ψυχάς ημών.

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

-Let us praise the all lauded and noble bride of Christ, the godly Catherine, 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 νύμφην Χριστού υμνήσωμεν, Αικατερίναν την θείαν και πολιούχον Σινά, την βοήθειαν ημών και αντίληψιν. Ότι εφίμωσε λαμπρώς, τους κομπους των ασεβών, του Πνεύματος τη δυνάμει. Και νυν ως Μάρτυς στεφθείσα, αιτείται πάσι το μέγα έλεος.

Kontakion of the Forefeast of the Annunciation (4th Tone)

-The Archangel spoke to you, O Theotokos, and the Holy Spirit came on you and thus you did conceive the Father's Son, who is one in throne and one in essence. Through you, thus, was Adam recalled.

-Επελεύσει Πνεύματος του Παναγίου, του Πατρός τον σύνθρονον, και ομοούσιον φωνή, του Αρχαγγέλου συνέλαβες, Θεοκυήτορ, Αδάμ η ανάκλησις.

Epistle Reading

The Lord is my strength and my song.

The Lord has chastened me sorely.

The reading is from St. 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!"

OCMC Mission Banquet – The Metropolitan Washington DC Mission and Outreach Committee will again sponsor an Orthodox Christian Mission Center (OCMC) Mission Banquet on Sunday, May 5, 2019, beginning with Vespers at 4:00 pm; appetizers and dinner program begin at 5:00 pm at St. Katherine Greek Orthodox Church 3149 Glen Carlyn Road Falls Church, VA 22041. The banquet speaker this year is the V. Rev. Lou Christopoulos, past Vice President of the OCMC. There is a \$60 donation per person, table of 10 for \$500, student rate of \$30 and children under 12, free. Please reserve your place at the banquet by contacting Dr. John Demakis at demakis9931@gmail.com or Ms. Antonia Chelpon at achelpon@aol.com. Tickets payable to "St. Katherine Greek Orthodox Church" memo: OCMC. Fabulous themed baskets will again be available. Please plan to donate to and support this annual banquet.

GOYA – Thank you all who participated in our GOYA fundraiser at the Souvlaki Bar! Upcoming events: St. George Bee Treat Lenten Retreat, 3/30 (<https://www.y2am.org/beetreats> to register); Lenten Bag Distribution project, April 5 & 7; Next GOYA meeting and Breakfast fundraiser, 4/7. For more information, email SaintKatherineGOYA@aol.com.

"Lenten Outreach Project 2019 – Once again the St. Katherine community will prepare and distribute 200 bags filled with new clothing, personal care items and food to our brothers and sisters living on the streets. Our Stewards have always been so generous in their support of this important outreach and we are asking for your support again this year. The distribution will take place April 7. Please contact Daphne Papamichael at cyprusd@aol.com to find out how you can participate. Thank you!!"

The Saint Genevieve Orthodox Book club is a ministry of our Saint Katherine Greek Orthodox Church. We meet monthly, the last Sunday of every month, for two hours at Church. We read books to help us form bonds within the group and grow spiritually. We will be reading and discussing books concerning the Orthodox Faith, Christian classics, apologetics, and other books of interest to the group with a special emphasis on Orthodox Spirituality. The club is for all ages, from high school age on up and is opened to anyone who is interested, regardless whether you belong to our parish or not. Everyone is invited to the St. Genevieve Orthodox Book Club, whether you have read the book or not. The first book we will read is "How the Irish Saved Civilization: The Untold Story of Ireland's Heroic Role from the Fall of Rome to the Rise of Medieval Europe (The Hinges of History)" by Thomas Cahill. The book is available at Saint Katherine's Bookstore and also at Amazon in print version. If you have any questions regarding our book club please feel free to contact Father Costa Pavlakos fcostas@stkchurch.com and Victoria Cherpes victoriacherpes@gmail.com. We hope to see you on Sunday, March 31 at 1:00 p.m.



Announcements



Memorial Services are offered this morning for **Georgia Pelali**, mother of Mrs. Niki Panteleos; for **Demetrios Demetriou**, husband of Mrs. Andrea Demetriou, and father of Elpida, Petros and Lambros; for **Eleni Kavarligos**, wife of Mr. George Kavarligos, and mother of Sophia and Tina; and for **Jane Frances Kolas**, wife of Mr. Kyriacos Kolas, and mother of Stephen, Paula Ann and Athina. May their memory be eternal!

Coffee Hour is sponsored this morning by Mr. & Mrs. George Panteleos in memory of her beloved mother, Georgia Pelali.

The Ladies Philotochos will be selling Easter Lambathes (decorated candles) on Sunday April 7th & 14th, and Saturday April 20th, after the Divine Liturgy.

The Ladies Philotochos are collecting Greek Recipes, in order to publish our first cookbook. Please email us your recipes at greekrecipes@aol.com or bring them to us at our table during the coffee hour.

Philotochos Easter Bake Sale will take place on Sunday, April 14 and Saturday April 20. There will be NO Bake Sale on Palm Sunday and Holy Week.



Our Capital Campaign begun in September to address the abundant needs of our community. We solicit your support and encourage your prayerful consideration of this most worthy endeavor in support of “our families, our church, our future.” Please contact us at capcampaign@stkchurch.com with your questions.

JOURNEY TO ORTHODOXY – The “Journey to Orthodoxy” class for adults meets at 9:00 a.m. Sunday (concurrently with the youth Sunday School before 10:00 a.m. Divine Liturgy) in the Seniors’ Kentro room on the ground floor of Founders’ Hall. 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, this class is also recommended for intending or newly married couples, especially where one spouse is not Orthodox. Informal discussion format, text provided. For further information contact the teachers, John Demakis demakis9931@gmail.com or Jim Jatras heraclius13@gmail.com, 202-375-1007.

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 on Tuesdays. Meetings are at 7:15 p.m. in the Board Room. This includes time for discussion and fellowship.

Adult Bible Study – This year’s topic is *Who We are and What We Believe: A Journey through Examination of the Orthodox Faith Guided by the Words of the Nicene Creed*. The objective will be to broaden the understanding of our own Orthodox faith and deepen our spiritual outlooks. We will explore the significance of the Creed for how we live our faith now as individuals and as “one, holy, Catholic, and Apostolic Church.” Classes are held every Sunday at 9:00 a.m. in the board room of the Meletis Churuhas Center. For more information or questions, please contact Bill Polizos at 571-434-7790 or polizos@att.com. Everyone welcome!

Scholarship Opportunity for Graduating Seniors! The 2019 Washington Metropolitan Area AHEPA/DOP Scholarship Program Application is available now in the Church Office (paper copy) and also through a link on the church’s website. Completed applications are due March 30, so don’t delay. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 19, 2019, 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.

“Speaking with Mary: St. Romanos, A Voice, and The Virgin” – A lecture by Thomas Arentzen, Postdoctoral Research Fellow at the University of Oslo, a Reader in Church History from Lund University, and currently a Fellow in Byzantine Studies at Dumbarton Oaks. Tuesday, March 26, 2019, 5:00 p.m., Catholic University, Pryzbyla Center Room 323.

Prometheas March 25th Greek Independence Day Program – Today, 5:30 p.m., at Saint George, Bethesda, Maryland.

Hellenic House Greek Independence Day Program – Monday, March 25, 6:30 p.m., Hellenic House, Bethesda, Maryland.

March 25th Greek Independence Day Parade – Next Sunday, March 31, 2:00 p.m. in Baltimore, Maryland.

28th Hermes Expo – Commerce, Communications, Culture – Trade, Tourism, Investment Opportunities, Via Gastronomy. This year the Hermes Expo International is organizing three Expo’s, in Washington, DC, (Monday, April 8 at the Capital Hilton, 4:00p.m.-8:30p.m.), in Philadelphia (Wednesday, April 10 at the Arts Ballroom), and the “Tastes of Hellas” in New York City (at the 3 West Club). Everyone is invited to attend, at least the one in D.C. For more information please email at info@hermesexpo.com or visit us at www.hermesexpo.com.

Church Services

Sunday, March 24	Great Vespers at the Annunciation, Baltimore, Maryland 5:00 p.m.
Monday, March 25	Annunciation of the Theotokos – Orthros 9:30 a.m.; Divine Liturgy 10:30 a.m.; Greek Independence Day Compline – 7:00 p.m.; Holy Confession 6:00 p.m.
Wednesday, March 27	Presanctified Liturgy 7:00 p.m.; Holy Confession 6:00 p.m.
Friday, March 29	3rd Salutations 7:00 p.m.; Holy Confession 6:00 p.m.; Missions Lecture
Sunday, March 31	Sunday of the Holy Cross – Orthros 9:00 a.m.; Divine Liturgy 10:00 a.m.
Monday, April 1	Compline – 7:00 p.m.; Holy Confession 6:00 p.m.
Wednesday, April 3	Presanctified Liturgy 7:00 p.m.; Holy Confession 6:00 p.m.
Friday, April 5	4th Salutations 7:00 p.m.; Holy Confession 6:00 p.m.; Missions Lecture
Sunday, April 7	Sunday of Saint John Climacus – Orthros 9:00 a.m.; Divine Liturgy 10:00 a.m.
Monday, April 8	Compline – 7:00 p.m.; Holy Confession 6:00 p.m.
Wednesday, April 10	Presanctified Liturgy 7:00 p.m.; Holy Confession 6:00 p.m.
Friday, April 12	The Akathist Hymn 7:00 p.m.; Holy Confession 6:00 p.m.
Sunday, April 14	Sunday of Saint Mary of Egypt – Orthros 9:00 a.m.; Divine Liturgy 10:00 a.m.
<i>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.</i>	

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

Acolytes – Niko Porter 703-901-2404

Protos-Psalter – James Loizou 703-356-8220

Choir Director – John Slanta 703-307-0142

Catechetical School – Bill & Eleni Porter 703-901-2404

Hellenic Education Center – Eleni Alexopoulou 703-671-7715

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YAL President – Faye Anson 703-437-5747

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Please visit our website at:

www.saint-katherines.org

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