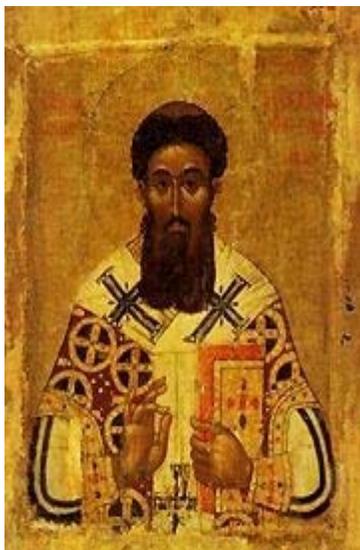
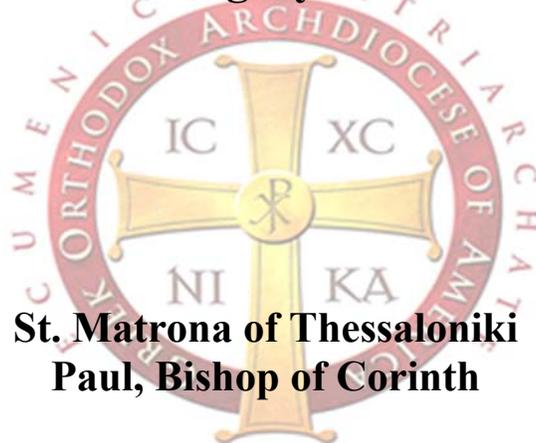


Saint Katherine Greek Orthodox Church



Sunday, March 27, 2016
Saint Gregory Palamas



St. Matrona of Thessaloniki
Paul, Bishop of Corinth



Apolytikion of the Day (2nd Plagios Tone)

When you descended unto death, O life immortal, You destroyed Hades with the splendor of Your divinity. And when You raised the dead from the depths of darkness, all the heavenly powers shouted. O Giver of Life, Christ our God, glory to You.

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

Apolytikion 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.

Την πανεύφημον νύμφην Χριστού υμνήσωμεν, Αικατερίναν την θείαν και πολιούχον Σινά, την βοήθειαν ημών και αντίληψιν. Ότι εφίμωσε λαμπρώς, τους κομψούς των ασεβών, του Πνεύματον τη δυνάμει. Και νυν ως Μάρτυς στεφθείσα, αιτείται πάσι το μέγα έλεος.

Kontakion of the Day (4th 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!

Τη Υπερμάχω Στρατηγώ τα νικητήρια, ως λυτρωθείσα των δεινών ευχαριστήρια, αναγράφω σοι η Πόλις σου Θεοτόκε. Αλλ' ως έχουσα το κράτος απροσμάχητον, εκ παντοίων με κινδύνων ελευθέρωσον, ίνα κράζω σοι, Χαίρε νύμφη ανύμφευτε.

Epistle Reading

The Lord is my strength and my song. The Lord has chastened me sorely.

The reading is from Saint 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!”

Youth Church Duty and GOYA Meeting – The youth of our church have church duty today. Panos Lagos is the Captain and Epistle Reader. Other youth will help with the various duties. GOYA (ages 13-18) has a meeting, following Liturgy, in the Seniors Kentro. Ariana Porter will give a presentation on Project Mexico and Stephanie Vazquez will give a presentation of Camp Good Shepherd, Virginia. All teenagers are most welcome to attend.

Clothes Drive – **They need clothes, they need shoes, give them things that we don't use!** The Catechetical School's 5th/6th grade students are organizing a drive to collect clothes for the Arlington Head Start Centers on Sunday, April 3rd. They will be collecting the following: New/Gently-Used clothes (infant to age 7). New socks (infant-age 5), New Underwear (2T-5T), t-shirts (2T-5T), and shoes (10T-4). Contact Eleni Porter at beporter1@verizon.net on at (703) 913-9629, if you have questions regarding this drive. Thank you!

The HOPE Ministry – Please join us at the movies for an adventure with “The Little Prince” on Saturday, April 9th at about 3:00 p.m. at AMC Theaters Tysons Corner Center. (The exact time will be announced in early April). Please RSVP to Vaitsa.Bousbouras@yahoo.com by April 2nd.

Seniors Kentro – **A Continental Breakfast** for seniors will be served on Wednesday, April 6 from 9:30 a.m. to 11:00 a.m. We hope to make this a regular event, so please RSVP to the Church office NLT noon, April 4. Come enjoy good food and parea with your friends!

Easter Lamb Roast – **Save the date!** Our 3rd Annual event will take place after Agape Services on Easter morning. Enjoy a traditional, care-free meal featuring roast leg of lamb and many other traditional Greek dishes and desserts. Plan on spending your Easter with friends and family at Saint Katherine and enjoy all the benefits of a great meal, live music and a great time without any of the worries associated with preparation and cleanup! Additional details forthcoming. **Help us continue this tradition by contacting the Church office to volunteer your time to help organize this year's event.**

The Ladies Philoptochos are having their traditional Easter Bake Sale following the Divine Liturgy: Sunday, April 17, Saturday of Lazarus, April 23, and Palm Sunday, April 24 following the 2nd Liturgy only. No sales will be available during Holy Week. For more information please contact Mary Varlas, (703) 965-4161 or LPbakesale@yahoo.com.

The Saint Katherine HEC Greek School is leading an initiative to include Modern Greek as part of the Fairfax County “credit by exam” program. To do so, we need to collect 200 names of FCPS junior high and high school students who know Greek. If we are successful, our children can obtain high school credit for their knowledge of Greek. If you or your child is currently enrolled in grades 6-12 in a FCPS school and know Greek, please contact pelekasisgreece@yahoo.com to provide your/your child's information so we can collect the 200 names.

Greek School March 25th Program – Saturday, April 2, 10am, Founders Hall. **Parade** in Baltimore, Sun., April 3, 2pm.

Announcements

Memorial Service is offered this morning for **Reverend Father Theodore ‘Ted’ H. Chelpon**, husband of Presvytera Theodora Chelpon and father of Deacon Harry, Dean and Antonia. May his memory be eternal!

A Doxology will be offered this morning on the commemoration of the Greek Independence Day March 25th 1821. We welcome the Dignitaries of the Greek Embassy, from the Defense and Military Section. They are: LTC Dimosthenis Giannikos and WO Aspasia Tsiara.

Coffee Hour is sponsored this morning by Presvytera Theodora ‘Dora’ Chelpon and Family in memory of her beloved husband, Revered Father Theodore ‘Ted’ Chelpon.

Philoptochos – To sponsor Coffee Hour after a Memorial Service is \$175.00 donation. It will include set up coffee, 100 koulourakia, 100 paximathia, putting koliva in cups and cleaning up. Donations need to be sent to Saint Katherine’s in advance. Please write checks to: *Saint Katherine Greek Orthodox Church*. Parishioners will call the church first for the date and all their information and then, they can contact Mary Varlas at (703) 965-4161 or Eleni Kanakos at (703) 969-8364.

Teach Youth Basic Orthodoxy in Guatemala This Summer – In Guatemala there are hundreds of children and young adults hungry to learn more about their Orthodox Christian Faith. A short-term OCMC mission team has been invited to offer a summer Church school program for two communities outside Nuevo Conception in Southwest Guatemala to teach basic Orthodoxy. If you have a heart for youth or teaching, please prayerfully consider joining this team which will serve from June 15th to the 28th, 2016. To learn more or apply, visit http://www.ocmc.org/about/view_team.aspx?TeamId=170, e-mail teams@ocmc.org, or call 1-877-463-6784, ext. 141.

Journey to Orthodoxy Class for adults – Meets 9:00 – 10:00 a.m. on Sundays in Seniors’ Kentro of the Founders’ Hall. Do you want to know more about the teachings, practices, history and contemporary life of the Orthodox church? For more information contact John Demakis demakis9931@gmail.com or Jim Jatras heraclius13@gmail.com, 202-375-1007.

Mission Presentations after the Friday Salutation Services – As we have done other years, our Mission Committee will offer a special mission presentation following the Salutation Services. Friday, April 1, Fr. Costa will present our team’s experiences in Cuba; Friday April 8, the Porter family will present their experience in Project Mexico. Join us immediately after the services for refreshments and the presentations.

Peter Derzis AHEPA Chapter 438 started selling 2016 restaurant raffle tickets after the Liturgy during coffee hour. The cost of the tickets is \$20.00 (6 for \$100.00) with the drawing for the 3 prizes of \$500.00 in gift certificates to be held on AHEPA Sunday, May 15, 2016.

Saturday of Lazarus Outreach Project – Once again the St. Katherine community will distribute bags of basic clothing items, toiletries and food living on the streets of the DC area. You have always supported this project very generously and we are asking for your support so that we can distribute 200 bags to those in need. Please contact Daphne Papatmichael at Cyprusd@aol.com for more details. Thank you very much!

‘Healthy heart – Healthy Life Styles’ Seminar – Sunday, April 10th, in Founder’s Hall. Daughters of Penelope Helle Chapter 283 and AHEPA Peter N. Derzis chapter 438 are sponsoring a health seminar for the Saint Katherine community presented by Dr. Rachel Berger of Virginia Heart of Arlington, VA. This seminar will focus on the latest preventive measures to maintain a healthy heart and healthy life style, and will provide a greater understanding of heart disease that affects women and men. There will be a Lenten breakfast at noon followed by the presentation from 12:30-1:30 p.m.

Choir – We would like to welcome Nick Kyros back as St. Katherine’s choir director. The choir continues to rehearse on Thursdays at 7:30 p.m. and is now preparing music for Great Lent and Pascha. If you are musically inclined, over 13 yrs. old and are willing to dedicate some time each week, please consider joining the choir. **Many thanks** to previous choir director, John Doulis and his hard work who will continue his role as the music director for the Sunday school. We eventually aim to have a packed choir loft of children and adults. For more information please contact Nick at nbkyrus@comcast.net.

Food Pantry – Today, we will be handing out blue bags after Sunday school and the Divine Liturgy for our collection on April 10. A flyer inside the bag gives a suggested list of food and a reminder to bring your filled bag and/or check to the foyer of the Meletis Charuhas Center on April 10. Let us also fulfill our effort to pray, fast, and help the needy during this time of Lent. Thank you for your generosity.

Cookies Baking – This week we will be baking cookies for the Sussex I Prison and on April 10 for the Greenville Correctional Center. For more information please contact Dennis Garbis at djgarbis@envdes.com.

Church Services

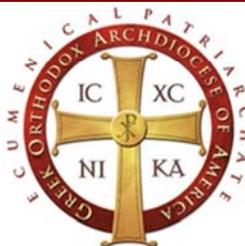
Monday, March 28	<i>Holy Confession</i> 6:00 p.m., <i>Compline</i> 7:00 p.m.
Wednesday, March 30	<i>Pre-Sanctified Liturgy</i> 7:00 p.m.
Friday, April 1	<i>3rd Salutations</i> 7:00 p.m., <i>Missions Lecture</i> (Cuba: Fr. Costa)
Sunday, April 3	<i>3rd Sunday of Great Lent – Sunday of the Veneration of Holy Cross</i> Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.
Monday, April 4	<i>Holy confession</i> 6:00 p.m., <i>Compline</i> 7:00 p.m.
Wednesday, April 6	<i>Pre-Sanctified Liturgy</i> 7:00 pm.
Friday, April 8	<i>4th Salutations</i> 7:00 p.m., <i>Missions Lecture</i> (Mexico: The Porter Family)
<u>Sunday Services:</u> Orthros 9:00 a.m., Divine Liturgy 10:00 a.m. <u>Week Day Services:</u> 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 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 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 Veleziz	Philoptochos President – Eleni Kanakos 703-938-8360
Protos-Psalter – James Loizou 703-356-8220	YAL President – Faye Anson 703-437-5747
Choir Director – Nick Kyros (703) 981-2526	GOYA President – Theo Karounos 703-321-3009
Catechetical School – Bill Porter 703-901-2404	JOY – Toula Christou 703-533-0055
Hellenic Education Center – Eleni Alexopoulou 703-671-7715	HOPE – Vaitsa Bousbouras, vsbousbouras@yahoo.com



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