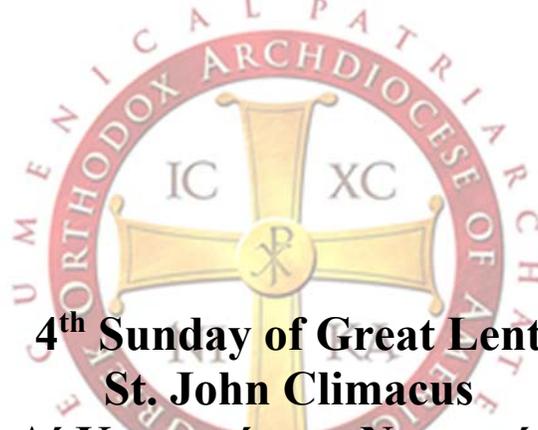


# Saint Katherine Greek Orthodox Church

Sunday, March 30, 2014



**4<sup>th</sup> Sunday of Great Lent  
St. John Climacus**  
**Δ' Κυριακή των Νηστειών  
Αγ. Ιωάννου της Κλίμακος**



## *Apolytikion of the Day (Grave Tone)*

By means of Your Cross, O Lord You abolished death. To the robber You opened Paradise. The lamentation of the Myrrh-bearing women You transformed and You gave Your Apostles order to proclaim to all that You had risen, from the dead, our God, and granted 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, παρέχων τω κόσμω το μέγα έλεος.

## *Apolytikion of Saint Katherine the Great Martyr (1<sup>st</sup> 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 και αντίληψιν, ότι εφίμωσε λαμπρώς, τους κομπούς των ασεβών, του Πνεύματος τη δυνάμει. Και ως μάρτυς του Κυρίου στεφθείσα, αιτείται πάσι, το μέγα έλεος.

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

Your city sings to you a song of victory, and offers thanks to its defender and deliverer, for sparing it from trials, O Theotokos. But because you have the power invincible, from a multitude of dangers liberate me, so that I may cry out to you: Hail Bride who knew no bridegroom.

Τη Υπερμάχω 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 κράζω σοι: Χαίρε Νύμφη ανύμφευτε.

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## *Epistle Reading*

The Lord will give strength to his people.  
Bring to the Lord, O sons of God,  
bring to the Lord honor and glory.  
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 by himself, “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 field 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 Melchizedek.

## *Gospel Reading*

**March 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 terrible, 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.”

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**Girls, ages 6-13, who would like to be a Myrrh-Bearer** during the Lamentations service on Holy Friday evening should contact Christina Vazquez at [czvmail@aol.com](mailto:czvmail@aol.com). Eight girls are needed for the service. Each girl will need to be present for a meeting after the morning service on Holy Friday.

**Diaper Collection April 13<sup>th</sup>, Palm Sunday** – We will again have our semi-annual diaper drive on Palm Sunday, April 13<sup>th</sup>, 2014. Collections will take place in the foyer of our Community Center. Please bring unopened packages for newborn to 6. No pull-ups please. Federal food stamps cannot be used to buy diapers, so this is a great help to mothers with infants.

**Lenten Retreat** – Sts. Constantine and Helen, Annapolis, MD invites you to attend The Fifteen Annual Frank & Lora Marie Pappas Memorial Lenten Retreat. Guest Retreat Master: Fr. Maximos Monachos. Saturday, April 5, 9:00 a.m. to 3:30 p.m. at Sts. Constantine and Helen (2747 Riva Road, Annapolis, MD 21401, 410-573-2072.) \$25.00 fee per person. Reservations required.

**The Greek Independence Day Parade** is taking place in Baltimore today at 2:00 p.m. Everyone is welcomed to attend.

## Announcements

**Memorial Services** are offered this morning for **Nicholas Gianourakos**, husband of Dr. Marcie Gianourakos and father of Stacy; for **Despina Hanley**, mother of Father Panagioti Hanley; for **James Brackman**, husband of Mrs. Stella Brackman, father of Gloria Nussbaum and grandfather of Stephanie and Daniel; for **Helen Scouros**, mother of Mrs. Stella Brackman, Dr. Maria Scouros and Dr. Michael Scouros; and for **Maria Tsiaoushis**, wife of Mr. Andreas Tsiaoushis and mother of Yiola Socratous, Vicky Hadjikyriakou and John Tsiaoushis. May their memory be eternal!

**Coffee Hour** is sponsored this morning by the Gianourakos, the Hanley, the Brackman and the Tsiaoushis families in memory of their loved ones.



**Saint Katherine's First Annual Traditional Greek Easter Picnic/Celebration** – Reservations are now being accepted for Saint Katherine's First Annual Traditional Greek Easter Picnic/Celebration. Please bring your family and join all your friends on Easter Sunday, April 20<sup>th</sup> for your Easter meal, music, and lots of fun! Tickets are \$30.00 for adults and \$25.00 for children under twelve. Your ticket includes appetizers (starting 12:30 p.m.),

roast lamb on the spit meal (starting 2:00 p.m.) with sides, dessert, and beverages. Make your reservations now and don't miss out. Please call Mallamo Mavromatakis at (703) 830-0224 or the church office at 703-671-1515 to join the fun!

**Easter Bake Sale** – Today, and on Sunday, April 13, 9:30 a.m. and 12:00 p.m. and on Wednesday, April 16 at 4:30 p.m. Saint Katherine's Philoptochos Ladies will take orders in the hall after both Liturgies.



**HEC Matching Grant** – All donations to the HEC up to a total of \$1,000 will be matched by a matching grant program established by the Garnett family. Please make checks payable to *St. Katherine Greek School* with a notation "*HEC Matching Grant.*" Call the Church office, (703) 671-1515 for additional information. We gratefully acknowledge the Garnett family's generosity and encourage everyone's participation.



**Saint Katherine Paideia Preschool** – Open House Invitation – Every Wednesday, 9:30am-11am, and 2:30pm - 3:30pm., and every Tuesday, 5:00pm - 6:00pm. Join us and explore the Paideia setting, become acquainted with our teachers and director, talk to current preschool parents, and ask questions regarding our program. Paideia is accepting students, ages 2 - 5yrs old, for Spring 2014 and/or the 2014-2015 school year. Enrollment applications for 2014-2015 school year are due April 11, 2014. For information please visit [www.stkhec.org](http://www.stkhec.org) or contact Eleni Alexopoulou, Director, at 703=627-1556 or [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

**GOYA Basketball Tournament Book** – GOYA will be selling Ads after Liturgies today during Coffee Hours for their Basketball Tournament Book. The Tournament is April 26 – April 27, 2014. This is GOYA's main Fundraiser. Business Ads are welcomed! GOYA thanks the Parish in advance for their support.

**Attention High School Seniors** – Student applications are now available for the Washington Metropolitan Area 44<sup>th</sup> AHEPA Scholarship program. Students eligible for an award will be honored at this year's Awards Program on May 18, 2014 held at the Hilton Washington, DC/Rockville Hotel in Rockville, MD. This program has honored 1,508 students and awarded \$804,975 in scholarships. Applications are available in the church office and website. Completed applications and materials must be submitted by April 4, 2014. For more information, contact Karen Polizos at [kpelizos@naifa.org](mailto:kpelizos@naifa.org) or on 571-434-7790.

## Church Services

Monday, March 30

*Holy Confession – Ιερά Εξομολόγησις* 6:00 p.m.

*Great Compline – Μέγα Απόδειπνον* 7:00 p.m.

Wednesday, April 2

*Pre-Sanctified Liturgy – Προηγιασμένη Λειτουργία* 7:00 p.m.

Friday, April 4

*The Akathist Hymn – Ο Ακάθιστος Ύμνος* 7:00 p.m.

Sunday, April 6

*5<sup>th</sup> Sunday of Great Lent – Ε΄ Κυριακή των Νηστειών*

*St. Mary of Egypt – Αγ. Μαρίας Αιγυπτίας*

1st Divine Liturgy 8:00 a.m.

Orthros/Youth and Adult Catechism 9:30 a.m.

2<sup>nd</sup> 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](http://www.saint-katherines.org/about_us/sunday-bulletins)



METROPOLIS OF  
NEW JERSEY

### Church Organizations

Acolyte Captains – A. Galatis, N. Issa, and G. McKinney

Protos-Psalter – James Loizou 703-356-8220

Choir Director – John Doulis 703-670-4386

Catechetical School – George Charuhas 703-999-2109

Hellenic Education Center – Eleni Alexopoulou 703-674-7715

Philoptochos – Eleni Kanakos 703-938-8360

YAL President – Olivia Carr 401-633-2072

GOYA President – Christina Kosmakos 571-271-6411

JOY – Tina Papamichael 703-536-4711

HOPE – Toula Christou 703-533-0055



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Please visit our website at:

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

Facebook: Saint Katherine Greek Orthodox Church