**Apolytikion of the Day (2nd Tone)**

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 οι δύναμεις των επουρανίων εκραύγαζον. Ζωοδότα Χριστέ, ο Θεός ημών, δόξα σοι.

When You descended unto death O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the nether world all the Powers of the heavens were crying out. O Give of life, Christ our God, glory be to You.

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

Την πανεύφημον νύμφην Χριστού υμνήσωμεν, Αικατερίναν την θείαν και πολιούχον Σινά, την βούθειαν ημών και αντιλήπτην, ότι εφίμωσε λαμπρώς, τους κομψούς των ασεβών του Πνεύματος τη δυνάμει. Και ως μάρτυς του Κυρίου στεφθείσα, αιτείται πάσι, το μέγα έλεος.

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 the 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.

**Kontakion of the Day (4th Plagios Tone)**

Τη υπερμάχω στρατηγώ τα νικητήρια, ως λυτρωθείσα των δεινών ευχαριστήρια, αναγράφω σοι η Πόλις σου Θεοτόκε. Αλλ’ ως έχουσα το κράτος απροσμάχητον, εκ παντίνων με κινδύνων ελευθέρωσον, ινα κράζωσι σοι. Χαίρε Νύμφη ανύμφευτε.

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.
**Epistle Reading**

*You, O Lord, shall keep us and preserve us.*  
*Save me, O Lord, for the godly man has failed.*  
(The reading is from Saint's Paul's Letter to the Hebrews.)

**Hebrews 1:10-14, 2:1-3** – “Thou, Lord, didst find 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 the 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?

**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? 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 forgive’ 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!”
**Announcements**

**Memorial Services** are offered this morning for Christine Natsios, daughter of Mrs. Mitzi Natsios and sister of Alexandra Natsios; for Pavlos Hantzopoulos, father of Leonidas Hantzopoulos, Demetra Rajendra and Despina Malloy; and for Nicholas Karanikas, husband of Mrs. Maynee Karanikas and father of John, George and Constantino. May their memory be eternal!

**Coffee Hour** is sponsored this morning by the Natsios, Hantzopoulos, Rajendra, Malloy, and Karanikas families in memory of their loved ones.

**Special presentation on Friday night, April 5th, 2013** immediately after the “Heretismoi” (Salutations Service). Dr. Frank Papatheofanis from San Diego will describe for us the new St. Katherine College in San Diego. This is the only Orthodox Liberal Arts College in USA not associated with a Seminary. Dr. Papatheofanis is the founder and president of the College. Teenagers and parents of teenagers will not want to miss this program. Go to their website for more information or come and hear directly from the president [www.stkath.org](http://www.stkath.org). Refreshments will be served.

**Catechetical (Sunday) School – St. John Chrysostom Oratorical Festival** – Next Sunday, April 7th, the parish St. John Chrysostom Oratorical Festival will occur at 9:30 a.m. in the Lecture Hall downstairs in the Meletis/Charuhas Center. Come, see and hear our bear witness to our Holy Orthodox faith.

**Orthodoxy 101** – Six sessions covering the basic of the Orthodox Church. Suitable for interfaith couples, a serious seeker, or someone considering joining the Church, these classes provide a friendly and open forum to explore your interest and address your questions. Sundays, March 10 – April 14, 9:30 a.m. in the upper level stage area of the Meletis Charuhas Center. Questions? Contact Fr. Costas – frcostas@stkchurch.com.

**Wednesdays, March 20 through April 24 – Soup’er Study: What’s Your First Love?** Soup and Bible Study! Come after Wednesday night Pre-sanctified Services for a bowl of hot homemade soup, bread, and beverage, along with prayerful discussion of what we can learn about ourselves from reading St. Paul’s letter and Christ’s injunction to the Ephesians (Rev. 2:1-7). All Adults and older teens are welcome. No one is required to speak up during the discussion; listeners are always a blessing to the group! Study sessions will last around 1 ¼ hours, in the lower level of the parish education building. Questions? Call Gregory McKinney at (703) 338-6929.

**Philoptochos Easter Bake Sale** – Please come and help us prepare for the Philoptochos Easter Bake Sale and the St. Katherine Spring Festival. We will be baking “tsoureki” Tuesday, April 2, 2013, beginning at 10:00 a.m. Come and bring a friend. For further information please call Elvira Garnett, (703) 425-3675 or email villa45@hotmail.com or Andrea Ballard, (703) 250-5419 or email andreaballard1@verizon.net. Order forms are available in the narthex to order “tsoureki”. Please preorder to make sure “tsoureki” are available. The Easter Bake Sale will be held April 27 and 28.

**Philoptochos Yard Sale** – Friday and Saturday, April 19 and 20 in the Founders’ hall.

**Daughters of Penelope** – The next meeting of the Daughters of Penelope, Helle Chapter #283, will be held on Monday, April 8th, immediately following the Small Compline Service, in the Board Room. Father Costa will be our special guest speaker!

**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. Eight girls are needed for the service. Each girl will need to be present for a meeting after the morning service on Holy Friday.

**GOYA is selling Ads for their Tournament Book** after both Liturgies during “Coffee Hour”. The St. Katherine GOYA Basketball Tournament will be held May 11th and May 12th. This is a perfect way to advertise your Business and give your support to GOYA at the same time. As always, our GOYA thanks you in advance for your love and support!

**Best advertising rates around!** Please consider advertising your business and/or profession on the new online Saint Katherine Business and Professional Directory. So many of us would prefer to do business with someone we know. Let the rest of the community know what you do for a living! The directory is already up and running. Check it out on the church website. The application form is included in this bulletin and online. Contact Daphne Vaccarello, dyac_memories@verizon.net with any questions.

**The Washington Area Greek Education Committee** presents The Hippo Theatre (from Thessaloniki, Greece) for an Educational Theatrical Play for children of all ages, “NIARA”, Sunday, April 7, 2013, St. Katherine’s Meletis Charuhas Center. Please see Sophia Tsangali for tickets, $10.00 adults, $5.00 children (12 and under).
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 αμαρτώλα 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 την φιλανθρωπία του μονογενούς Σου Υιού. Ευλογημένο να είναι το όνομά Σου εις τον αιώνα. Αμήν.

Church Services

Monday, April 1  Compline – Απόδειξην 7:00 p.m.  
Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.

Wednesday, April 3 Pre-Sanctified Liturgy – Αιτιολογήματα των Προηγημένων Δόρων 7:00 p.m.  
Holy Confession – Ιερά Εξομολόγησης 6:00 p.m.  
Soup’er Study 8:30 p.m.

Friday, April 5 3rd Salutations – Γ’ Χαιρετισμοί 7:00 p.m.

Sunday, April 7 3rd Sunday of Great Lent – Γ’ Κοριακή των Νηστειών  
The Veneration of the Holy Cross – Της Σταυροπροσκυνήσεως  
1st Divine Liturgy 8:00 a.m.  
Orthros/Youth and Adult Catechism 9:30 a.m.  
2nd Divine Liturgy 10:30 a.m.

Monday, April 8  Compline – Απόδειξην 7:00 p.m.  
Holy Confession – Ιερά Εξομολόγησης 6:00 p.m.

Church Organizations

Acolyte Captains – A. Galatis, N. Issa and D. McKinney  
Protos-Psalter – James Loizou (703) 356-8220  
Choir Director – John Doulis (703) 670-4386  
Catechetical School – Christian Demeter (703) 534-5669  
Greek School – Sophia Tsangali (703) 671-5820  
Paideia Preschool – Pantelis Psoras (301) 762-1478  
Philoptochos – Eleni Kanakos (703) 938-8360  
YAL President – TBD  
GOYA President – Tiffani Wills (703) 948-7950  
JOY – Tina Papamichael (703) 536-4711  
HOPE – Toula Christou (703) 533-0055

Please visit our website at:  
www.saint-katherines.org

Facebook: Saint Katherine Greek Orthodox Church