Saint Katherine Greek Orthodox Church

Sunday, April 7, 2013

3rd Sunday of Great Lent
Γ΄ Κυριακή των Νηστειών
The Veneration of the Holy Cross
Της Σταυροπροσκυνήσεως
Saints Kalliopios and Akyolina the Martyrs
Saint Savvas the New in Calymnos

Apolytikion of the Day (3rd Tone)

Ευφραινέσθω τα ουράνια, αγαλλιάσθω τα επίγεια, ότι εποίησε κράτος, εν βραχίονι αυτού, ο Κύριος. Επάτησε το θανάτω τον θάνατον. Πρωτότοκος των νεκρών εγένετο. Εκ κοιλίας Άδου ερρύσατο ημᾶς, και παρέσχε τω κόσμω το μέγα έλεος.

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His Great mercy.

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

Την πανεύφημον νύμφην Χριστού υμνήσωμεν, Αικατερίναν την θείαν και πολιούχον Σινά, την βούηθειαν ημῶν και αντίληψιν, 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 παντίων με κινδύνων ελευθέρωσον, ινά 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

O Lord, save your people and bless your inheritance.

To you, O Lord, have I cried, O my God.

The reading is from Saint’s Paul’s Letter to the Hebrews.

Hebrews 4:14-16, 5:1-6 – Brethren, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but is called by God, just as Aaron was.

So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him,

“Thou art my Son, today I have begotten Thee”;

as he says also in another place,

“Thou art a priest forever,
after the order of Melchizedek.”

Gospel Reading

Mark 8:34-38, 9:1 – The Lord said: “If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.”

And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

Και προσκαλεσάμενος τον ὄχλον συν τοις μαθηταῖς αυτοῦ εἶπεν αυτοῖς. Ὡστὶς θέλει οπίσω μου ακολουθεῖν, απαρνησάσθω εαυτὸν καὶ αράτω τὸν σταυῦν αὐτοῦ, καὶ ακολουθεῖτο μοι. Ὅσο γὰρ ὁ θέλῃ τὴν ψυχήν αὐτοῦ σώσαι, απολέσει αὐτήν. Τί γὰρ ωφελήσει ἄνθρωπον εὰν κερδήσῃ τὸν κόσμον όλον, καὶ ἤμισυθεὶ τὴν ψυχὴν αὐτοῦ; Τί δὲ ὁ θέλει ἄνθρωπος αντάλλαγμα τῆς ψυχῆς αὐτοῦ; Ὅσο γὰρ εὰν επαίσχυνθη μὲ καὶ τοὺς εμοὺς λόγους εν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ αμαρτωλῷ, καὶ τοῦ αὐτοῦ ἀνθρώπου επαίσχυνθησθεὶταυτὸν ὅταν ἔλθῃ εν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν αγγέλων τῶν αγίων.

Καὶ ἔλεγεν αὐτοῖς. Ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινὲς τῶν ὧδε εστηκότων, οίτινες οὐ μὴ γεύσωνται θανάτου ἐως ἀν ἱδοσί τὴν βασιλείαν τοῦ Θεοῦ εληλυθείαν εν δυνάμει.
Announcements

Catechetical (Sunday) School – St. John Chrysostom Oratorical Festival – This morning, 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.

“Once again our parish will be distributing food to the homeless in the DC area on the Saturday of Lazarus. Each bag will contain lunch as well as a gift card for an additional meal. This Sunday the proceeds of the second trays will go towards this important Mission of our church. Thank you for your generosity in helping those in need!”

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 will be held April 27 and 28. Please preorder your “tsoureki”. Order forms are available in the narthex and in the church office.

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

Festival News – We will be making “spanakopites” Thursday, April 9th at 10:00 a.m. and “tyropites” Tuesday, April 16th at 10:00 a.m. Many hands are needed. All are welcome. For more information please call Elvira Garnett, (703) 425-3675 or email villa45@hotmail.com.

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!

Special Mission Presentation – On Friday, April 12, 2013 immediately after the “Heretismoi” Service (Salutations to the Virgin Mary) our own Mrs. Alexandra Thornton, will share with us memories of her father, Fr. Spartas, widely considered the founder of the Uganda Orthodox Church of Africa. Come and hear about this saintly man. Learn about his struggles and triumphs to establish the Orthodox Church in East Africa. Refreshments will be served.

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, dvac.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”, this afternoon, April 7, 2013, St. Katherine’s Founders Hall. Please see Sophia Tsangali for tickets, $10.00 adults, $5.00 children (12 and under).

Now on sale at the bookstore: “Peter Clashes with Anger” and “Eleni Looks at Jealousy.” These new books for eight-to ten-year-olds were written by Jeanette Aydlette and Marilyn Rouvelas, and published by Holy Cross Orthodox Press. Jeanette and Marilyn will be signing books at the bookstore after both Divine Liturgies on Sunday, April 21. There books make great Pascha gifts. https://sites.google.com/site/silentwayseries/.

Diaper collection for area food pantries – We will be collecting diapers again on Palm Sunday, April 28, 2013. Federal food stamps can not be used to buy diapers, so this is a great help to mothers with infants. Collections will take place in the foyer of our Meletis Charuhas Center. Please bring unopened packages of newborn to 6. No pull ups, please. God bless you.
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, ὥσπερ 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 8  Compline – Απόδειξην 7:00 p.m.
Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.

Wednesday, April 10  Pre-Sanctified Liturgy – Λειτουργία των Προηγιασμένων Δόρων 7:00 p.m.
Holy Confession – Ιερά Εξομολόγησις 6:00 p.m.
Soup’er Study 8:30 p.m.

Friday, April 12  4th Salutations – Δ’ Χαιρετισμοί 7:00 p.m.

Sunday, April 14  4th Sunday of Great Lent – Δ’ Κοριακή των Νηστειών
St. John Climacus – Αγίου Ιωάννου της Κλίμακος
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 15  Compline – Απόδειξην 7:00 p.m.
Holy Confession – Ιερά Εξομολόγησις 6:00 p.m.