

# Saint Katherine Greek Orthodox Church

Sunday, June 21, 2015



**3<sup>rd</sup> Sunday of Matthew**  
**Julian the Martyr of Tarsus**  
**Terentios, Bishop of Iconium**

## *Apolytikion of the Day (2<sup>nd</sup> Tone)*

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 Giver of life, Christ our God, glory be 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 (1<sup>st</sup> 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 επίμωσε λαμπρώς, τους κομψούς των ασεβών, του Πνεύματος τη δυνάμει. Και νυν ως Μάρτυς στεφθείσα, αιτείται πάσι το μέγα έλεος.

## *Kontakion of the Day (2<sup>nd</sup> Tone)*

O Protection of Christians that cannot be put to shame, mediation unto the creator most constant: O despise not the voices of those who have sinned; but be quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, O thou who dost ever protect, O Theotokos, them that honor thee.

Προστασία των χριστιανών ακαταίσχυντε, μεσιτεία προς τον Ποιητήν αμετάθετε. Μή παρίδης αμαρτωλών δεήσεων φωνάς, αλλά πρόφθασον, ως αγαθή, εις την βοήθειαν ημών, των πιστώς κραυγαζόντων σοι. Τάχυνον εις πρεσβείαν, και σπεύσον εις ικεσίαν, η προστατεύουσα αι, Θεοτόκε, των τιμώντων σε.

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## *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 Romans.*

### **Romans 5:1-11**

Brethren, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us.

While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man – through perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

## *Gospel Reading*

### **Matthew 6:22-33**

The Lord said: "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!"

No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon.

Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well."

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**Monumental Mission Walk 2015** – On September 19, 2015, Orthodox Christians from around the Washington, D.C. Metropolitan area will converge on the National Mall for the 3<sup>rd</sup> Annual Monumental Missions Walk. At each monument along the route participants will learn the spiritual significance of the landmark and will be provided insight into the role that religion has played in the history of this great country. Please go to our Eventbrite Site and Register Today: <https://www.eventbrite.com/e/2015-monumental-missions-walk-registration-17020607094>.

## Announcements

**Memorial Services** are offered this morning for **Eleni Johnnides**, mother of Euripides, Christiana and Mariana; and for **Panagiota Tsentas**, mother of Vasiliki Kozakos. May their memory be eternal!

**Coffee Hour** is offered this morning by the Johnnides and Kozakos families in memory of their loved ones.

**The Ladies Philoptochos** would like to invite You to Continental Breakfast to celebrate Our Father's Day.

**The Ladies Philoptochos of Saint Katherine** would like to let you know that they have *koulourakia* and *paximathia* available all year long. The Ladies Philoptochos thank you very much for your help and support. Please contact Mary Varlas at (703) 965-4161 or Eleni Kanakos at (703) 969-8364 for information or to place your order.

**Parents are reminded** that *children are not allowed to play on the stage* in the Meletis Charuhas Center during Coffee Hour or other social gatherings. We ask your assistance to prevent injury to the children and damage to curtains and other equipment. Thank you.

**New Candle Prices** – The Parish Council has approved the following changes to candles available at the pangaria: Red votive candles - \$10; large white candles - \$5; small candles -\$1 (no change). Prices were effective in April.

**Saint Katherine Vacation Bible Camp** – For information/questions, please contact Vicki Mowery at (703) 913-3178 or [mowerycrew@gmail.com](mailto:mowerycrew@gmail.com), or Eleni Porter at (703) 913-9629 or [beporter1@verizon.net](mailto:beporter1@verizon.net). Camp will take place this week, June 22-26, 2015, 10:30 a.m. – 2:00 p.m., ages 4-14. Registration for camp is now closed. Please help us make this a memorable week for our youth. (Sponsored by AHEPA Chapter #438).

**Gentle Exercise Class** – If participation is 10 or more, Tina Ligelis is offering a second 6-week series of gentle classes starting Wednesday, June 24<sup>th</sup>! Reduce stress, lower blood pressure, gain flexibility, balance and circulation. Class includes deep breathing, stretching, balance, meditation and deep relaxation. Open to men and women of all ages and all fitness levels. 6 weeks for \$60.00, drop-in's \$12.00, payable to *Saint Katherine*. Wednesday evenings at 7:00 p.m. (no class Wednesday, July 1), held at Saint Katherine. If you would like to participate or learn more about the class, please contact Tina Ligelis at (703)845-0520 or [LigelisCPA@aol.com](mailto:LigelisCPA@aol.com).

**Camp Good Shepherd – June 28<sup>th</sup>** (2:00 p.m. check in) – **July 3<sup>rd</sup>** (2:30 p.m. pick up) for grades 6<sup>th</sup>-12<sup>th</sup>. Location: Camp Piankatank (1586 Stampers Bay Road, Hartfield, VA 23071). Cost: \$495.00 by June 1<sup>st</sup>, \$545 after June 1<sup>st</sup>. Theme: *Living the Good Life – The Beatitudes*. Scholarships are available by contacting the Metropolis Youth Office at (908) 301-0500 or by email [dnphilotheos@nj.goarch.org](mailto:dnphilotheos@nj.goarch.org). Registration: <http://h3981838.ath.cx:8111/CGSOnline/login.html?jsessionid=EADCE6B54FD4DEA9CFE6CC48A7170195>. Additional information: <http://nj.goarch.org/youthyal/goodshepherd.htm>.

**Registration for the 2015-2016 school year** is now open for both Paideia Preschool, Greek School. Forms can be downloaded from HEC website ([www.stkhec.org](http://www.stkhec.org)) or picked-up in the school office. Please contact HEC Director, Eleni Alexopoulou, with any questions, [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

**Registration for Greek Adult classes** – Please see our HEC website, [www.stkhec.org](http://www.stkhec.org) for a registration form or pick up one from the school or the church office. Classes begin in September, Beginners Greek I and II on Tuesday evenings, and Intermediate and Advanced Greek on Thursday evenings.

**Paideia Preschool** is looking to hire a pre-K English teacher. If you are interested, please submit an updated CV to the HEC office at [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

**Fall Philanthropy Project** – Please join the Daughters of Penelope Helle Chapter and the Philoptochos in our annual support of the Fairfax County Collect for Kids Back to School Program in conjunction with Our Daily Bread in collecting backpacks and scientific calculators or cash donations between July 12 and August 5. Cash donation should be made payable to DOP Helle Chapter 283 and mailed to Karen Polizos, 903 Holly Creek Dr., Great Falls, VA 22066. A collection box will be available starting July 12 or items may be dropped off at the church office. Please help us in supporting this worthy program. Thank you!

**Happy Father's Day!**

## Church Services

Wednesday, June 24

*The Nativity of Saint John the Baptist – Το Γενέθλιον του Αγ.Ιωάννου Προδρόμου*  
Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.

Sunday, June 28

*4<sup>th</sup> Sunday of Matthew – Δ΄ Κυριακή Ματθαίου*  
Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.

Sunday, July 5

*5<sup>th</sup> Sunday of Matthew – Ε΄ Κυριακή Ματθαίου*  
Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.

**Please note that during the summer the Services are as follows:**

Sunday Services: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m., and

Week Day Services: 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 θυμιάμα 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 – Anastasios Galatis & Daniel 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 President – Eleni Kanakos 703-938-8360  
YAL President – Faye Anson 703-437-5747  
GOYA President – Demetrios Karounos 703-321-3009  
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Please visit our website at:

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

Facebook: Saint Katherine Greek Orthodox Church