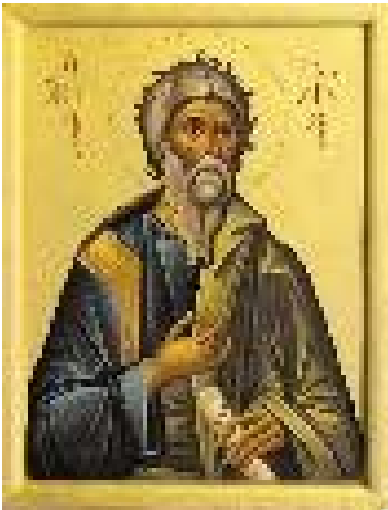


Saint Katherine Greek Orthodox Church



Sunday, November 29, 2020
13th Sunday of Luke

Saint Paramonus & 370 Martyrs
Saint Nicholas,
Archbishop of Thessalonica



Apolytikion of the Day (4th Plagal Tone)

From on high You descended, most merciful, for us You condescended to a three-day burial to set us free from the passions, O Lord, our resurrection and our life, glory to You.

Εξ ύψους κατήλθες ο εύπλαγχνος, ταφήν κατεδέξω τριήμερον, ίνα ημάς ελευθερώσης των παθών. Η ζωή και η ανάστασις ημών, Κύριε δόξα σοι.

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

Let us praise the all lauded and noble bride of Christ, the godly Katherine, the guardian of Sinai and its defense, who is also our support, assistance and our help; for with the Holy Spirit's sword she hath silenced brilliantly the clever among the godless; and being crowned as a Martyr, she now does ask great mercy for us all.

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

Kontakion of the Day (4th Tone)

Today the Virgin comes, unto a Cave, to give birth ineffably to the Word pre-eternal. Hearing this, be of good cheer, all earth and its people; glorify Him, with the Angels and the Shepherds, whose will was to be made, manifest as young child, the pre-eternal God.

Η Παρθένος σήμερα, τον προαιώνιον Λόγον, εν Σπηλαίω έρχεται, αποτεκείν απορρήτως. Χόρευε, η οικουμένη ακουτισθείσα, δόξασον, μετά Αγγέλων και των Ποιμένων, βουληθέντα εποφθίγναι, παιδίον νέον, τον προ αιώνων Θεόν.

Epistle Reading

Make your vows to the Lord our God and perform them.

God is known in Judah; his name is great in Israel.

The reading is from St. Paul's Letter to the Ephesians.

Ephesians 4:1-7 – Brethren, I, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, who is above all and through all and in all. But grace was given to each of us according to the measure of Christ's gift.

Gospel Reading

Luke 18:18-27 – At that time, a ruler came to Jesus and asked him, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honor your father and mother.' " And he said, "All these I have observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute it to the poor, and you will have treasure in heaven; and come, follow me." But when he heard this he became sad, for he was very rich. Jesus looking at him said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" But he said, "What is impossible with men is possible with God."

Saint Katherine Annual Community Christmas Card

You are invited to participate in the Annual Christmas Card of our parish. Our Community Christmas Card brings us together as a family, expressing prayers and love to all of our brothers and sisters. This special Community Christmas Card will be mailed by the Church Office and your donation is only \$25,00. Please make checks payable to **Saint Katherine Greek Orthodox Church** and note **Christmas Card** on the memo line. Thank you!

Please complete the form below and give it to a Church usher or mail it to the Church Office by Monday, December 7, 2020. List your name(s), in English or Greek, as you want it (them) printed in the card.

Name: _____
Address: _____
Phone: _____

AHEPA Christmas Ornament – This year will be at \$20.00 each and it can be picked-up from the Church office during working hours. Ornaments will be in the office next week. Thank you!



Announcements



Adult Bible Studies class – In this time of social distancing, let us continue our weekly Adult Bible Studies online. Join us each Thursday evening at 7:00pm. We will take up a new topic each week on Thursdays, with: “*What is the Meaning of Resurrection?*”

Catechetical Lectures of Saint Cyril of Jerusalem – A Greek Bible Study led by Professor Ioannis Gkigkitzis. The Adult Catechism and Sacraments class “Catechetical Lecture of Saint Cyril” is taking place every Tuesday online at 7:15 p.m. This includes time for discussion and fellowship.

Attention Parishioners! When attending Church services and events at our church, kindly please park your car properly within the designated parking space lines in the parking lot. This will prevent loss of a space for someone else to park their car. *Thank you!*

HEC - Greek School – Please check our Church’s website, www.saint-katherines.org or our HEC website, www.stkhec.org for an application. For more information on our Saint Katherine’s Greek School please contact Sophia Tsangali at 703-671-1515 or stsangali@stkchurch.com. Classes have begun in September.

Flavor of Greece – Sunday, December 6 – Pre-Order, Curbside Pickup 12:00pm-6:00pm. Order cutoff: Friday, December 4, 9:00pm (No Walk Ups!) – Saint Katherine Greek Orthodox Church welcomes you to our first ever Pre-Order Curbside Pickup Fundraiser! Due to COVID-19 restrictions and in order to maintain a safe environment, we have designed an event that will allow our members to safely support our Church while enjoying some great Greek food! Menu items: spanakopita, tyropita, chicken souvlaki, gyro, pastitsio, roasted half chicken, roasted leg of lamb, grilled octopus.

The Nativity Fast

The Nativity Fast is one of four main fast periods throughout the ecclesiastical year. Beginning on November 15 and concluding on December 24, the Nativity Fast gives individuals the opportunity to prepare for the Feast of the Nativity of Our Lord and Savior in the Flesh on December 25. By abstaining from certain food and drink, particularly from meat, fish, dairy products, olive oil, and wine, as well as focusing more deeply on prayer and almsgiving, we can find that the primary aim of fasting is to make us conscious of our dependence upon God.

Saints Paramonus, Philumenus, and their 370 Companion Martyrs in Bithynia

Saint Paramonus contested for piety's sake during the reign of Decius, in the year 250. A ruler named Aquilinus, seeking relief from a bodily malady, visited a certain therapeutic hot spring. He brought with him captive Christians from Nicomedia and commanded them to offer sacrifice in the temple of Isis. When they refused, he had them all slaughtered, to the number of 370. Saint Paramonus, beholding their murder, boldly cried out against such an act of ungodliness. When Aquilinus heard this, he sent men to take the Saint. Some smote him with spears, others pierced his tongue and body with sharp reeds, until he died.

Saint Philumenus' contest in martyrdom took place during the reign of Aurelian, in the year 270. Coming from Lycaonia, he was conveying a load of wheat into Galatia when he was denounced as a Christian to Felix, Governor of Ancyra. Nails were driven into his hands, feet, and head, and he was commanded to run. While running in the road, he fell and gave up his holy soul into the hands of God.

Church Services

Sunday, November 29
Monday, November 30

13th Sunday of Luke – Orthros 9:00am; Divine Liturgy 10:00am
St. Andrew the First-Called Apostle – Orthros 9:00am; Divine Liturgy 10:00am

Sunday Services and Weekday Services: Orthros 9:00am and Divine Liturgy 10:00am

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 εξιλασμό 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 at http://www.saint-katherines.org/about_us/sunday-bulletins.



METROPOLIS OF
NEW JERSEY

Church Organizations

Acolytes – Michael Parrish and Leon Porter, 571-213-1109
Protos-Psalter – Nicholas Mpras, 703-560-7714
Choir Director – John Slanta, 703-307-0142
Catechetical School – Christina Vazquez, 703-728-2657
Hellenic Education Center – Greek School, Sophia Tsangali,
703-671-1515 or stsangali@stkchurch.com

Philoptochos President – Mary Varlas, 703-965-4161
YAL President – Faye Anson, 703-437-5747
GOYA President – Iliana Tzafolias,

SaintKatherineGOYA@aol.com

JOY – Vaitsa Bousbouras, vsbousbouras@yahoo.com
HOPE – Doris Mentis, doris@alumni.virginia.edu



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Please visit our website at:

www.saint-katherines.org

Facebook: Saint Katherine Greek Orthodox Church