

# S Saint Katherine Greek Orthodox Church



Sunday, March 5, 2017  
Sunday of Orthodoxy



Saint Konon the Gardner  
Saint Mark the Ascetic



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

-Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

-Τὸ φαίδρὸν τῆς Αναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχόμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

## *Apolytikion of Sunday of Orthodoxy (2<sup>nd</sup> Tone)*

-O Christ our God, begging forgiveness of our sins, we venerate Your Pure Image, O Good One. Of your own will you condescended to ascend upon the Cross in the flesh and deliver those You created from the bondage of the enemy. Wherefore, thankfully, we cry out, "When You came to save the world, Your filled all things with joy, O Our Savior."

-Τὴν ἄχραντον Εἰκόνα σου προσκυνοῦμεν Ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν παισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ ἠυδόκησας σαρκὶ ἀνελεθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὖς ἐπλασας ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι· Χαρᾶς ἐπλήρωσας τὰ πάντα, ὁ Σωτὴρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν Κόσμον.

## *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.

-Τὴν πανεύφημον νύμφην Χριστοῦ υμνήσωμεν, Αἰκατερίναν τὴν θεῖαν καὶ πολιοῦχον Σινά, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομψοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῆς δυνάμει. Καὶ νυν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πάσι τὸ μέγα ἔλεος.

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

-To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

-Τὴ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον, ἵνα κράζω σοί, Χαῖρε νύμφη ἀνύμφευτε.

## *Epistle Reading*

*Blessed are you, O Lord, the God of our fathers.*

*For you are just in all you have done.*

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

**Hebrews 11:24-26, 32-40** – Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect..

## *Gospel Reading*

**John 1:43-51** – At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

---

**St. Katherine's Bookstore** – If you have items you would like to donate to the Bookstore, feel free to bring them by the bookstore. Consider also this Lent purchasing a new icon. We will be discounting our in-stock icons 15 percent today. Our stock includes many beautiful icons of Christ, the Theotokos, major saints, and guardian angels. Remember we now can take credit card payments.

**Scholarship Opportunity for Graduating Seniors!** The 2017 Washington Metropolitan Area AHEPA/DOP Scholarship Application is available now in the Church Office. Completed Applications are due March 31st. Donor applications are also available. Awards will be presented at the Annual Banquet in May 2017. For more information, please contact Karen Polizos, (571) 434-7790.

**Philoptochos Stewardship Tea** – Sunday, March 12, at the Meletis Charuhas Center, following the Divine Liturgy. Please see enclosed flyer.

**GOYA Lenten Retreat 3/10-312** – Weekend retreat at Camp Piankatank for all GOYAns hosted by Holy Cross Seminary Amabassadors! Leave Friday, March 10<sup>th</sup> and return Sunday, March 12<sup>th</sup>. This is an amazing opportunity for fellowship and faith. The cost is \$50.00 per attendee. RSVP Nick Junes at [njunes@stkchurch.com](mailto:njunes@stkchurch.com).

**GOYA Meeting 3/19** – There is a GOYA meeting scheduled for Sunday, March 19<sup>th</sup> following Liturgy. Location TBD.

**YAL Brunch** – YAL will be hosting brunch for fellowship and conversation after Liturgy this morning. All young adults (18-35 or thereabout) are welcome! Please RSVP Nick Junes at [njunes@stkchurch.com](mailto:njunes@stkchurch.com).

**Sights and Sounds Arts Festival (3/10-3/12)** – First Annual Sights and Sounds Art Festival hosted by St. George in Bethesda, MD. To register, please visit: [https://stgeorge.ccbchurch.com/form\\_response.php?id=111](https://stgeorge.ccbchurch.com/form_response.php?id=111). \*For more information, please contact Nicole Averinos at [stgsightsandsounds@gmail.com](mailto:stgsightsandsounds@gmail.com).

**Project Lazarus, Friday, March 31 – Saturday, April 1** – All youths will assemble and distribute bags with food and clothing, much like what we do for our *Feeding the Homeless in DC* on Christmas Day project. Assemble bags at Church 6:00 p.m. Friday night, then meet 7:30 a.m. Saturday morning for distribution.

# Announcements

**Sunday (Catechetical) School** – Today is Sunday of Orthodoxy and our Sunday School Students, holding their icons, will follow the procession which will take place inside the Church.

**Coffee Hour** is sponsored this morning by our Philoptochos.

**Memorial Coffee Hour Procedure** – If you would like to sponsor the coffee hour in memory of your loved one, a donation of \$175.00 is required. This includes coffee set-up, 100 koulourakia, 100 paximathia, putting koliva in cups, and clean-up after the event. Please remember to schedule the memorial service with the Church Office and mail your check at that time. Checks should be made payable to *Saint Katherine Greek Orthodox Church*.

**Project Mexico Home-Building 2017** – There are only 2 spaces left for this year's home-building trip. The trip is from August 16-23. If you are interested in going, please contact Bill or Eleni Porter at [beporter1@verizon.net](mailto:beporter1@verizon.net).

**Journey to Orthodoxy** – This is a reminder that the “Journey to Orthodoxy” class for adults meets 9:00-10:00 a.m. Sunday (before Liturgy, concurrently with the Sunday School). The class is designed for non-Orthodox inquirers into Orthodoxy as well as for Orthodox Christians who want to know more about the teachings, practices, history, and contemporary life of our Orthodox Church. It is also recommended for intending or newly married couples, especially where one spouse is not Orthodox. The class is held in an informal discussion format. Text is provided. We meet at the Seniors' Kentro room on the ground floor of Founders' Hall. For further information contact the teachers, John Demakis [demakis9931@gmail.com](mailto:demakis9931@gmail.com) or Jim Jatras [heraclius13@gmail.com](mailto:heraclius13@gmail.com), (202) 375-1007.

**Women's Book Club** – Please join us on Wednesday, March 15, and 29, 2017 at 10:30 a.m. to noon at the Meletis Charuhas Center in the room two doors from the church office. We are reading “The Prayer of St. Ephrem the Syrian”. This book is not available a reasonable price because it is out of print but the author sent us a PDF copy to print for the club. If you are interested in reading this book then please contact Despina Raizes to get a copy. It's not too late to join the club. For further information contact Despina Raizes at [2draizes@gmail.com](mailto:2draizes@gmail.com) or (703) 216-8176.

**JOY (Junior Orthodox Youth, ages 8-12)** – Have fun with friends at Bowl America Fairfax (9699 Fairfax Boulevard) on Saturday, March 18<sup>th</sup> from 5:00-7:00 p.m. Please contact [Vaitsa.Bousbouras@yahoo.com](mailto:Vaitsa.Bousbouras@yahoo.com) to RSVP by March 11<sup>th</sup>.

**Padeia Bilingual Preschool** – Hellenic Education Center (3149 Glen Carlyn Road, Falls Church, VA 22041). Job opening for Nursery Assistant. For more information: [www.stkherc.org](http://www.stkherc.org), 703-671-7715 or [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

**The HOPE Ministry** for children (ages 7 and under) is meeting at “Paint Your Own Pottery” in Fairfax on Saturday, March 4<sup>th</sup>, at 4:00 p.m., for a pottery painting party! Choose between a lion or a lamb. Reservations are necessary. Please email Doris Mentis at [doris@alumni.virginia.edu](mailto:doris@alumni.virginia.edu) for details and to register.

**Ellinomathia (Greek Exams)** – Registration is now till March 19. The Exams will take place on May 16-18, 2017. For information and applications, please contact Sophia Tsangali, 703-671-1515 or [stsangali@stkchurch.com](mailto:stsangali@stkchurch.com).

**Food Pantry** – Prayer, Fasting and charity are among the key components in observing Great Lent. The Saint Katherine's Food Pantry committee will be handing out blue bags today for you to fill with suggested donations on the flyer inside. Please bring the bag back to the foyer of the community center on Sunday, March 12. If you would like to help transport and shelve the food at the pantry at Columbia Baptist, please contact [marilynrouvelas@gmail.com](mailto:marilynrouvelas@gmail.com). This assistance also qualifies for service credit in public schools.

**LENTEN RETREAT** – We are pleased to announce that His Grace Neofitos, Bishop of the Diocese of Nyeri & Kenya, will again be visiting St. Katherine from March 10-12. He will bless us with a Lenten Retreat entitled “Experience God through the Services of Holy Week” on Saturday, March 11, 2017. 9:30am Registration & Coffee; 10:00am Holy Monday, Tuesday & Wednesday; 12:00pm Lunch; 1:00pm Holy Thursday & Good Friday; 2:00pm Holy Pascha; 3:00pm Depart with Joy. Please confirm your attendance with your name & email to: Dr. John Demakis, email: [Demakis9931@gmail.com](mailto:Demakis9931@gmail.com) or Betty Slanta, email: [slanta@verizon.net](mailto:slanta@verizon.net); \$20.00 Donation.

**“Lenten Outreach/Project Lazarus** – Once again the Saint Katherine community will distribute 200 bags filled with basic clothing, personal care items and food to our brothers and sisters who are living on the streets of the DC area. This distribution will take place on April 1 and today's tray will benefit this important project. The compassion and generosity of the Stewards of Saint Katherine have a very big impact on those most in need! Thank you so much!”

## Church Services

Sunday, March 5	<i>Pan-Orthodox Vespers</i> 5:00 p.m., at SS. Peter and Paul, Potomac, MD
Monday, March 6	<i>Confession</i> 6:00 p.m., <i>Great Compline</i> 7:00 p.m.
Wednesday, March 8	<i>Presanctified Liturgy</i> 7:00 p.m.
Friday, March 10	<i>Confession</i> 6:00 p.m., 2 <sup>nd</sup> <i>Salutations</i> 7:00 p.m.
Sunday, March 12	<i>Saint Gregory Palamas</i> – Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.
Monday, March 13	<i>Confession</i> 6:00 p.m., <i>Compline</i> 7:00 p.m.
Wednesday, March 15	<i>Presanctified Liturgy</i> 7:00 p.m.
Friday, March 17	<i>Confession</i> 6:00 p.m., 3 <sup>rd</sup> <i>Salutations</i> 7:00 p.m.

Sunday Services: Orthros 9:00 a.m., Divine Liturgy 10:00 a.m. 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 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 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 – Nicholas Vazquez and Chad Velezis  
Protos-Psalter – James Loizou 703-356-8220  
Choir Director – Nick Kyros (703) 981-2526  
Catechetical School – Bill Porter 703-901-2404  
Hellenic Education Center – Eleni Alexopoulou 703-671-7715

Philoptochos President – Eleni Kanakos 703-938-8360  
YAL President – Faye Anson 703-437-5747  
GOYA President – Panos Lagos 703-241-1176  
JOY – Vaitsa Bousbouras, [vsbousbouras@yahoo.com](mailto:vsbousbouras@yahoo.com)  
HOPE – Doris Mentis, [doris@alumni.virginia.edu](mailto:doris@alumni.virginia.edu)



3149 Glen Carlyn Road Falls Church, Virginia 22041 Phone 703-671-1515 Fax 703-671-1385

Please visit our website at:

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

Facebook: Saint Katherine Greek Orthodox Church