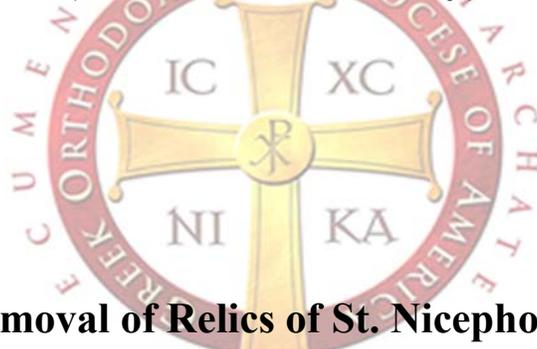


Saint Katherine Greek Orthodox Church

Sunday, March 13, 2016

**Judgment Sunday
(Cheesefare Sunday)**



**Removal of Relics of St. Nicephoros
St. Pouplios, Bishop of Athens**

Apolytikion of the Day (4th Plagios Tone)

From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightiest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

Εξ ὕψους κατήλθες ο εὐσπλαγχνος, ταφήν καταδέξω τριήμερον, ἵνα ἡμᾶς ελευθερώσης των παθῶν. Ἡ ζωή και η Ανάστασις ἡμῶν, Κύριε δόξα σοι.

Apolytikion of Saint Katherine the Great Martyr (1st 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 Χριστοῦ υμνήσωμεν, Αικατερίναν την θείαν και πολιούχον Σινά, την βοήθειαν ἡμῶν και αντίληψιν. Ὅτι ἐφίμωσε λαμπρώς, τους κομψούς των ασεβῶν, του Πνεύματος τη δυνάμει. Και νυν ως Μάρτυς στεφθεῖσα, αἰτεῖται πάσι το μέγα ἔλεος.

Kontakion of the Day (2nd Tone)

O Master, Prudence, Guide of Wisdom, Instruction to the foolish and Defender of the poor, strengthen my heart and grant it discernment. Give me words, Word of the Father, for behold, I shall not keep my lips from crying out to You, "O Merciful One, have mercy on me who has fallen."

Της σοφίας οδηγέ, φρονήσεως χορηγέ, των αφρόνων παιδευτά, και πτωχῶν υπερασπιστά, στήριζον, συνέτισον την καρδίαν μου Δέσποτα. Συ δίδου μοι λόγον, ο του Πατρός Λόγος. Ἰδού γαρ τα χεῖλη μου, ου μή κωλύσω εν τω κράζειν σοι. Ελεήμον, ελέησόν με τον παραπεσόντα.

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 Saint Paul's First Letter to the Romans.

Romans 13:11-14, 14:1-4 – Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Gospel Reading

Matthew 6:14-21 – The Lord said, “If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”

“And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.”

“Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.”

Lenten Retreat – Saturday, March 19th, 2016, with Bishop Neofitos of Kenya. His Grace NEOFITOS, Bishop of the Diocese of Nyeri & Mount Kenya Region (Kenya), will speak on the topic: “Experiencing Christ in Fasting and Prayer: A Missiological Approach”, on Saturday, March 19, 2016, beginning with the Divine Liturgy at 10:00 a.m.; Lunch at 12:00 noon, and the retreat from 1:00 p.m. – 4:00 p.m., at St. Katherine Greek Orthodox Church, 3149 Glen Carlyn Rd., Falls Church, VA 22041. Please confirm attendance with your name & email to either Dr. John Demakis at Demakis9931@gmail.com or Betty Slanta at slanta@verizon.net. A free-will offering will be taken for the retreat and lunch. Bishop Neofitos bio: born in 1970, His Grace graduated from Holy Cross School of Theology in 2005; he was appointed Deputy Dean of Makarios III Seminary, Nairobi, Kenya, and the Director of the Archdiocese affairs in August 2008. Bishop Neofitos was elected Bishop of the Diocese of Nyeri and Mount Kenya Region on November 24, 2015.

Clothes Drive – They need clothes, they need shoes, give them things that we don't use! The Catechetical School's 5th/6th grade students are organizing a drive to collect clothes for the Arlington Head Start Centers on Sunday, April 3rd. They will be collecting the following: New/Gently-Used clothes (infant to age 7). New socks (infant-age 5), New Underwear (2T-5T), t-shirts (2T-5T), and shoes (10T-4). Contact Eleni Porter at beporter1@verizon.net on at (703) 913-9629, if you have questions regarding this drive. Thank you!

The HOPE Ministry – Please join us at the movies for an adventure with “The Little Prince” on Saturday, April 9th at about 3:00 p.m. at AMC Theaters Tysons Corner Center. (The exact time will be announced in early April). Please RSVP to Vaitsa.Bousbouras@yahoo.com by April 2nd.

Announcements

Memorial Services are offered this morning for **Aliki 'Alice' Lagos**, mother of Nicholas and Alexander Lagos; for **Yvonne Stathis**, mother of Steven, Cathy, and Elena, and sister of Nick Grivas and Maria Vasilakos; for **Andromachi Timotheou**, mother of Andrea Stylianos and Harry Timotheou; for **Aspasia Makrigiorgos**, mother of Nia, Stamata, Billy and Nick; and for **Christos Pieri**, husband of Mrs. Pezounou Pieri and father of Petros and Marios Pieri. May their memory be eternal!

Coffee Hour is sponsor this morning by the Lagos, Stylianos and Makrigiorgos families in memory of their loved ones.

Philoptochos – To sponsor Coffee Hour after a Memorial Service is \$175.00 donation. It will include set up coffee, 100 koulourakia, 100 paximathia, putting koliva in cups and cleaning up. Donations need to be sent to Saint Katherine's in advance. Please write checks to: *Saint Katherine Greek Orthodox Church*. Parishioners will call the church first for the date and all their information and then, they can contact Mary Varlas at (703) 965-4161 or Eleni Kanakos at (703) 969-8364.

Teach Youth Basic Orthodoxy in Guatemala This Summer – In Guatemala there are hundreds of children and young adults hungry to learn more about their Orthodox Christian Faith. A short-term OCMC mission team has been invited to offer a summer Church school program for two communities outside Nuevo Conception in Southwest Guatemala to teach basic Orthodoxy. If you have a heart for youth or teaching, please prayerfully consider joining this team which will serve from June 15th to the 28th, 2016. To learn more or apply, visit http://www.ocmc.org/about/view_team.aspx?TeamId=170, e-mail teams@ocmc.org, or call 1-877-463-6784, ext. 141.

Journey to Orthodoxy Class for adults – Meets 9:00 – 10:00 a.m. on Sundays in Seniors' Kentro of the Founders' Hall. Do you want to know more about the teachings, practices, history and contemporary life of the Orthodox church? For more information contact John Demakis demakis9931@gmail.com or Jim Jatras heraclius13@gmail.com, 202-375-1007.

Archimedes Scholarship – Applications are now being accepted for the Next Generation Initiative's Archimedes Award Scholarship, offered to outstanding high school seniors of Hellenic heritage, intending to pursue studies in science, technology, engineering, or math (STEM) related fields at a university in the United States. To be considered for a 2016-17 scholarship, please **apply by March 25, 2016**. For more information, and to apply online, please go to www.hellenext.org.

Scholarship Opportunity for Graduating Seniors! The 2016 Washington Metropolitan Area AHEPA/DOP Scholarship Application is available now in the Church office. Completed Applications are due the First week of April. Donor applications are also available. Awards will be presented at the Annual Banquet in May 2016. For more information, please contact Karen Polizos, (571) 434-7790.

Peter Derzis AHEPA Chapter 438 started selling 2016 restaurant raffle tickets after the Liturgy during coffee hour. The cost of the tickets is \$20.00 (6 for \$100.00) with the drawing for the 3 prizes of \$500.00 in gift certificates to be held on AHEPA Sunday, May 15, 2016.

Monumental Mission Walk 2016 – Save the Date! Our 4th Annual Monuments Mission Walk will take place on **Saturday, October 15th**, from 9:00 a.m.-12:00 p.m. Eleni Porter and her energetic committee are organizing this year's event, which will start on the National Mall between 3rd and 4th streets and take us around the Mall to learn about the monuments in that area. Proceeds from our mission walk are shared with the OCMC and our area ministries. Come and join us to walk for missions!

'Healthy heart – Healthy Life Styles' Seminar – Sunday, April 10th, in Founder's Hall. Daughters of Penelope Helle Chapter 283 and AHEPA Peter N. Derzis chapter 438 are sponsoring a health seminar for the Saint Katherine community presented by Dr. Rachel Berger of Virginia Heart of Arlington, VA. This seminar will focus on the latest preventive measures to maintain a healthy heart and healthy life style, and will provide a greater understanding of heart disease that affects women and men. There will be a Lenten breakfast at noon followed by the presentation from 12:30-1:30 p.m.

Church Services

Monday, March 14

Great Lent Begins – Αρχίζει η Μεγάλη Τεσσαρακοστή

Holy Confession 6:00 p.m., Compline 7:00 p.m.

Wednesday, March 16

Pre-Sanctified Liturgy – Προηγιασμένη Λειτουργία 7:00 p.m.

Friday, March 18

1st Salutations – Α΄ Χαιρετισμοί 7:00 p.m.

Saturday, March 19

3rd Saturday of Souls – Γ΄ Ψυχοσάββατο

Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.

Sunday, March 20

Sunday of Orthodoxy – Κυριακή της Ορθοδοξίας

St. Gregory Palamas – Αγ. Γρηγορίου Παλαμά

Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.

Pan-Orthodox Vespers at St. Sophia, Washington, DC, 5:30 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 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



METROPOLIS OF
NEW JERSEY

Church Organizations

Acolyte Captains – Nicholas Vazquez and Chad Veleziz

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 – Theo Karounos 703-321-3009

JOY – Toula Christou 703-533-0055

HOPE – Vaitsa Bousbouras, vsbousbouras@yahoo.com



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