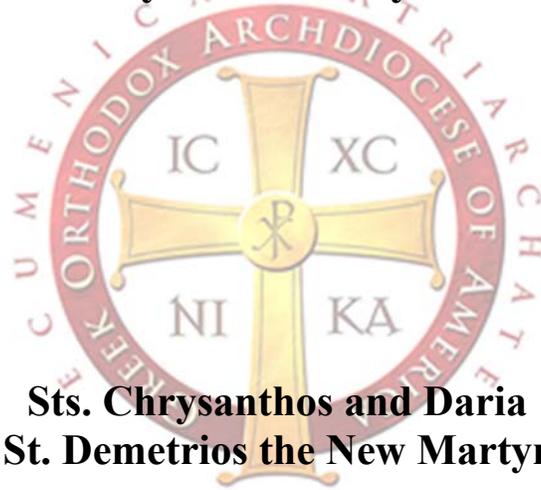


Saint Katherine Greek Orthodox Church

Sunday, March 19, 2017
Sunday of the Holy Cross



**Sts. Chrysanthos and Daria
St. Demetrios the New Martyr**

Apolytikion of the Day (2nd Plagal Tone)

-Angelic powers were above Thy tomb, and they that guarded Thee became as dead. And Mary stood by the grave seeking Thine immaculate Body. Thou hast despoiled Hades and wast not tried thereby. Thou didst meet the Virgin and didst grant us life. O Thou Who didst arise from the dead, Lord, glory be to Thee.

-Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμᾳ σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντὸν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεῖς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωροῦμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Apolytikion of Saint Gregory Palamas (1st Tone)

-Lord, save Your people and bless Your inheritance, granting our rulers to prevail over adversaries, and protecting Your commonwealth by Your Cross.

-Σώσον Κύριε τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς Βασιλεύσι κατὰ βαρβάρων δωροῦμενος καὶ τό σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

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.

-Τὴν πανεύφημον νύμφην Χριστοῦ υμνήσωμεν, Αικατερίναν τὴν θεῖαν καὶ πολιούχον Σινά, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομψοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τὴ δύναμι. Καὶ νυν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πάσι το μέγα ἔλεος.

Kontakion of the Day (4th 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.

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Epistle Reading

O Lord, save your people and bless your inheritance.

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

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

Hebrews 4:14-16; 5:1-6 – BRETHREN, since we have a 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. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. 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 he 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 what can a man give in return for 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."

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 purchasing a new icon this Lent. We will be discounting our in-stock icons 15 percent. Our stock includes many beautiful icons of Christ, the Theotokos, major saints, and guardian angels. Credit card payments accepted.

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.

Altar Boys – This morning, a brief orientation immediately after Liturgy in the sanctuary/vestry.

GOYA Meeting – There is a GOYA meeting scheduled for today, following the Divine Liturgy.

Young Adults – We will participate in the Lenten Outreach/Project Lazarus Ministry, March 31-April 1.

Vacation Bible Camp June 26th – 30th, 2017 – "Going for the Gold!" is the theme of St. Katherine's VBC 2017 and we will be covering the Feasts of the Triumph of Christ and His Church. The camp is for ages 4-14 and will run from 10:30 a.m. – 2:00 p.m. The cost is \$30/child including lunch daily. A registration table will be set up after Liturgy on March 12th and 19th in the community center lobby. Please have your payment ready – registration is not complete until payment is received. Checks should be made out to: St. Katherine's Greek Orthodox Church with "VBC 2017" in the memo line. Forms are also available online on our website. Payment may be given directly to Eleni Porter, placed in the Sunday school mailbox, or mailed to 6811 Bluefield Court, Springfield, VA 22152. Refer questions to Eleni Porter at beporter1@verizon.net or 703-470-9992.

Mission and Outreach Committee – Our next meeting will be on Tuesday, March 21 at 7:30 p.m. in the Board Room of our Meletis Charuhas Center. Everyone is welcome and refreshments will be served.

Mission Lecture after the Salutation Service of Friday, March 24 – We are pleased to announce that our Youth Director, Mr. Nick Junes will present his experiences as a short term Missionary with the OCMC to Ghana, Africa. All are welcome to attend. Lenten refreshments will be served.

Announcements

Coffee Hour is sponsored this morning by our Philoptochos Ladies.

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*.

MANAGE YOUR GIVING ONLINE – We are pleased to announce that you can now manage your giving online! Giving online is easy and allows you to set up automatic recurring contributions and view your complete online giving history from anywhere you have access to the Internet. Simply follow these easy steps:

- 1) Visit the church website at <http://saint-katherines.org>
- 2) Click on the **Online Donation** button,
- 3) Click on the Create Profile button, then
- 4) Follow the onscreen instructions to create an online profile and to schedule your recurring contributions.



To reach the online giving page using your smartphone or tablet, simply scan our QR code to sign up and start giving. Our new **Giving Kiosk** is also available in the Narthex for your convenience.

Women's Book Club – Please join us on Wednesday, March 29, and April 26, 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 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 18th from 5:00-7:00 p.m. Please contact Vaitsa.Bousbouras@yahoo.com to RSVP by March 11th.

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.

Food Pantry – Our committee is humbled and grateful for your generous donations to the Columbia Baptist food pantry last Sunday. The blue-bag brigade of children and adults transferred a record 1,600 pounds in the name of Saint Katherine and our Lord. Thank you!!!

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 on Saturday, April 1st. Please make donations to this very worthy community project. Please contact Daphne Papamichael at Cyprusd@aol.com.

Greek School and Paideia Preschool March 25th Program – Saturday, March 25, 2017, following the Divine Liturgy at 12:00 p.m. in the Meletis Charuhas Center.

Prometheas March 25th Program – Sunday, March 26, 5:30 p.m. at St. George, Bethesda, MD - The Hellenic Organizations of the Washington Metropolitan Area invite you to a celebration of *The 196th Anniversary of the Greek War for Independence*. Keynote Speaker: Mr. Dimitrios Angelosopoulos, Counselor, Embassy of Greece. The program is dedicated to the American Philhellenes and will include recitation of poems and Greek folk dances. Reception will follow.

March 25th Greek Independence Day Parade – Sunday, April 2, 2:00 p.m., in front of St. Nicholas, Baltimore, MD.

Church Services

Monday, March 20	Confession 6:00 p.m., Compline 7:00 p.m.
Wednesday, March 22	Presanctified Liturgy 7:00 p.m.
Friday, March 24	Confession 6:00 p.m., Great Vespers and 4th Salutations 7:00 p.m.
Saturday, March 25	The Annunciation of the Theotokos – Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.
Sunday, March 26	Sunday of St. John Climacus – Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.
Monday, March 27	Confession 6:00 p.m., Compline 7:00 p.m.
Wednesday, March 29	Presanctified Liturgy 7:00 p.m.
Friday, March 31	The Akathist Hymn 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



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
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www.saint-katherines.org

Facebook: Saint Katherine Greek Orthodox Church