

Saint Katherine Greek Orthodox Church



Sunday, March 31, 2019 Third Sunday of Great Lent The Veneration of the Holy Cross

St. Hypatios the Wonderworker St. Innocent, Enlightener of Siberia and Alaska



Apolytikion of the Day (3rd Tone)

Let the heavens rejoice; let the earth be glad, for the Lord has shown the mighty power of His arm. He trampled down death by death and became the firstborn of the dead. From the depths of Hades, He delivered us and granted to the world great mercy.

Ευφραινέσθω τα ουράνια, αγαλλιásthω τα επίγεια, ότι εποίησε κράτος, εν βραχίονι αυτού, ο Κύριος. Επάτησε τω θανάτω τον θάνατον. Πρωτότοκος των νεκρών εγένετο. Εκ κοιλίας Άδου ερρύσατο ημάς, και παρέσχε τω κόσμω το μέγα έλεος.

Apolytikion of the Holy Cross – (1st Tone)

Save, O Lord, your people and bless your inheritance, granting victory to your leaders over the enemy, and by your Cross protecting your commonwealth.

Σώσον Κύριε τον λαόν σου και ευλόγησον την κληρονομίαν σου, νίκας τοίς Βασιλεύσι κατά βαρβάρων δωρούμενος και τό σόν φυλάττων διά του Σταυρού σου πολίτευμα.

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 κομπούς των ασεβών, του Πνεύματος τη δυνάμει. Και νυν ως Μάρτυς στεφθείσα, αιτείται πάσι το μέγα έλεος.

Kontakion of the Day (4th Tone)

To you, defender and commander in a time of war, I your City, offer gratitude for victory, for you rescued me from sufferings, O Theotokos. Since the power you possess is unassailable, from all dangers I entreat you to deliver me, that I may cry to you: Rejoice, O unwedded Bride.

Τη Υπερμάχω Στρατηγώ τα νικητήρια, ως λυτρωθείσα των δεινών ευχαριστήρια, αναγράφω σοι η Πόλις σου Θεοτόκε. Αλλ' ως έχουσα το κράτος απροσμάχητον, εκ παντίων με κινδύνων ελευθέρωσον, ίνα κράζω σοι: Χαίρε Νύμφη ανύμφευτε.

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 St. 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."

OCMC Mission Banquet – The Metropolitan Washington DC Mission and Outreach Committee will again sponsor an Orthodox Christian Mission Center (OCMC) Mission Banquet on Sunday, May 5, 2019, beginning with Vespers at 4:00 pm; appetizers and dinner program begin at 5:00 pm at St. Katherine Greek Orthodox Church 3149 Glen Carlyn Road Falls Church, VA 22041. The banquet speaker this year is the V. Rev. Lou Christopoulos, past Vice President of the OCMC. There is a \$60 donation per person, table of 10 for \$500, student rate of \$30 and children under 12, free. Please reserve your place at the banquet by contacting Dr. John Demakis at demakis9931@gmail.com or Ms. Antonia Chelpon at achelpon@aol.com. Tickets payable to "St. Katherine Greek Orthodox Church" memo: OCMC. Fabulous themed baskets will again be available. Please plan to donate to and support this annual banquet.

GOYA – Upcoming events:

Lenten Bag Distribution project, April 5 & 7; Next GOYA meeting and Breakfast fundraiser, 4/7. Nominations for 2019-2020 GOYA Board, 4/7. For more information, email SaintKatherineGOYA@aol.com.

"Lenten Outreach Project 2019 – Once again the St. Katherine community will prepare and distribute 200 bags filled with new clothing, personal care items and food to our brothers and sisters living on the streets. Our Stewards have always been so generous in their support of this important outreach and we are asking for your support again this year. The distribution will take place April 7. Please contact Daphne Papamichael at cyprusd@aol.com to find out how you can participate. Thank you!!"

The Saint Genevieve Orthodox Book Club has our first meeting today at 1:00 p.m. following the Divine Liturgy. We will be meeting at 1:00 p.m. in the lower level of the Chelpon Hall in the Senior Kentron Hall and will be discussing our first book, "*How the Irish Saved Civilization*". Light Lenten Fare will be served and we hope to see you there!

Daughters of Penelope Monthly Chapter Meeting on Sunday, April 14, 2019 after the Divine Liturgy in the Board room.



Announcements



Coffee Hour is sponsored this morning by our Ladies Philoptochos.

The Ladies Philoptochos will be selling Easter Lambathes (decorated candles) on Sunday April 7th & 14th, and Saturday April 20th, after the Divine Liturgy.

The Ladies Philoptochos are collecting Greek Recipes, in order to publish our first cookbook. Please email us your recipes at greekrecipes@aol.com or bring them to us at our table during the coffee hour.

Philoptochos Easter Bake Sale will take place on Sunday, April 14 and Saturday April 20. There will be NO Bake Sale on Palm Sunday and Holy Week.



Our Capital Campaign begun in September to address the abundant needs of our community. We solicit your support and encourage your prayerful consideration of this most worthy endeavor in support of “our families, our church, our future.” Please contact us at capcampaign@stkchurch.com with your questions.

JOURNEY TO ORTHODOXY – The “Journey to Orthodoxy” class for adults meets at 9:00 a.m. Sunday (concurrently with the youth Sunday School before 10:00 a.m. Divine Liturgy) in the Seniors’ Kentro room on the ground floor of Founders’ Hall. 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, this class is also recommended for intending or newly married couples, especially where one spouse is not Orthodox. Informal discussion format, text provided. For further information contact the teachers, John Demakis demakis9931@gmail.com or Jim Jatras heraclius13@gmail.com, 202-375-1007.

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 on Tuesdays. Meetings are at 7:15 p.m. in the Board Room. This includes time for discussion and fellowship.

Adult Bible Study – This year’s topic is *Who We are and What We Believe: A Journey through Examination of the Orthodox Faith Guided by the Words of the Nicene Creed*. The objective will be to broaden the understanding of our own Orthodox faith and deepen our spiritual outlooks. We will explore the significance of the Creed for how we live our faith now as individuals and as “one, holy, Catholic, and Apostolic Church.” Classes are held every Sunday at 9:00 a.m. in the board room of the Meletis Churuhas Center. For more information or questions, please contact Bill Polizos at 571-434-7790 or polizos@att.com. Everyone welcome!

Scholarship Opportunity for Graduating Seniors! The 2019 Washington Metropolitan Area AHEPA/DOP Scholarship Program Application is available now in the Church Office (paper copy) and also through a link on the church’s website. Completed applications are due March 30, so don’t delay. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 19, 2019, in Rockville, MD. Donor applications are also available in the church office if you would like to contribute to this worthy program. For more information, please contact Karen Polizos, (571) 434-7790.

March 25th Greek Independence Day Parade – Today Sunday, March 31, 2:00 p.m. in Baltimore, Maryland.

28th Hermes Expo – Commerce, Communications, Culture – Trade, Tourism, Investment Opportunities, Via Gastronomy. This year the Hermes Expo International is organizing three Expo’s, in Washington, DC, (Monday, April 8 at the Capital Hilton, 4:00p.m.-8:30p.m.), in Philadelphia (Wednesday, April 10 at the Arts Ballroom), and the “Tastes of Hellas” in New York City (at the 3 West Club). Everyone is invited to attend, at least the one in D.C. For more information please email at info@hermesexpo.com or visit us at www.hermesexpo.com.

Church Services

Monday, April 1	Compline – 7:00 p.m.; Holy Confession 6:00 p.m.
Wednesday, April 3	Presanctified Liturgy 7:00 p.m.; Holy Confession 6:00 p.m.
Friday, April 5	4th Salutations 7:00 p.m.; Holy Confession 6:00 p.m.; Missions Lecture
Sunday, April 7	Sunday of Saint John Climacus – Orthros 9:00 a.m.; Divine Liturgy 10:00 a.m.
Monday, April 8	Compline – 7:00 p.m.; Holy Confession 6:00 p.m.
Wednesday, April 10	Presanctified Liturgy 7:00 p.m.; Holy Confession 6:00 p.m.
Friday, April 12	The Akathist Hymn 7:00 p.m.; Holy Confession 6:00 p.m.
Sunday, April 14	Sunday of Saint Mary of Egypt – Orthros 9:00 a.m.; Divine Liturgy 10:00 a.m.
Monday, April 15	Compline 7:00 p.m.; Holy Confession 6:00 p.m.
Wednesday, April 17	Presanctified Liturgy 7:00 p.m.; Holy Confession 6:00 p.m.
Saturday, April 20	Saturday of Lazarus – Orthros 9:30 a.m.; Divine Liturgy 10:30 a.m. – Fold Palms into Crosses
Sunday, April 21	Palm Sunday – Orthros 9:30 a.m.; Divine Liturgy 8:00 a.m. and 10:30 a.m. Bridegroom Service 7:00 p.m.
Sunday, April 22	Holy Monday – Bridegroom Service 7:00 p.m.; Holy Confession 6:00 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 Αβελ, 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 – Niko Porter 703-901-2404
Protos-Psalter – James Loizou 703-356-8220
Choir Director – John Slanta 703-307-0142
Catechetical School – Bill & Eleni Porter 703-901-2404
Hellenic Education Center – Eleni Alexopoulou 703-671-7715

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

effie@sarantisproperties.com

JOY – Vaitsa Bousbouras, vsbousbouras@yahoo.com

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Please visit our website at:

www.saint-katherines.org

Facebook: Saint Katherine Greek Orthodox Church