

# Saint Katherine Greek Orthodox Church



**Sunday, April 3, 2016**  
**3<sup>rd</sup> Sunday of Great Lent**  
**The Veneration of Holy Cross**  
**Γ΄ Κυριακή των Νηστειών**  
**Της Σταυροπροσκυνήσεως**

**St. Nikitas the Confessor**  
**St. Joseph the Hymnographer**



## *Apolytikion of the Day (3<sup>rd</sup> Tone)*

Let the heavens rejoice and earth be glad, for the Lord has shown the power of His reign. He has conquered death by death, and become the first born of the dead. He has delivered us from the depths of Hades; and has granted to the world great mercy.

Ευφραινέσθω τα ουράνια, αγαλλιάσθω 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 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.

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 (4<sup>th</sup> Plagios 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!

Τη Υπερμάχω Στρατηγώ τα νικητήρια, ως λυτρωθείσα των δεινών ευχαριστήρια, αναγράφω σοι η Πόλις σου Θεοτόκε. Αλλ' ως έχουσα το κράτος απροσμάχητον, εκ παντοίων 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 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.”

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**Clothes Drive – They need clothes, they need shoes, give them things that we don’t use!** The Catechetical School’s 5<sup>th</sup>/6<sup>th</sup> grade students are organizing a drive to collect clothes for the Arlington Head Start Centers on Sunday, April 3<sup>rd</sup>. 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](mailto: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 9<sup>th</sup> at about 3:00 p.m. at AMC Theaters Tysons Corner Center. Please RSVP to [Vaitsa.Bousbouras@yahoo.com](mailto:Vaitsa.Bousbouras@yahoo.com).

**Seniors Kentro – A Continental Breakfast** for seniors will be served on Wednesday, April 6 from 9:30 a.m. to 11:00 a.m. We hope to make this a regular event, so please RSVP to the Church office NLT noon, April 4. Come enjoy good food and parea with your friends!

**Easter Lamb Roast – Save the date!** Our 3<sup>rd</sup> Annual event will take place after Agape Services on Easter morning. Enjoy a traditional, care-free meal featuring roast leg of lamb and many other traditional Greek dishes and desserts. Plan on spending your Easter with friends and family at Saint Katherine and enjoy all the benefits of a great meal, live music and a great time without any of the worries associated with preparation and cleanup! Additional details forthcoming. **Help us continue this tradition by contacting the Church office to volunteer your time to help organize this year’s event.**

**The Ladies Philoptochos are having their traditional Easter Bake Sale** following the Divine Liturgy: Sunday, April 17, Saturday of Lazarus, April 23, and Palm Sunday, April 24 following the 2<sup>nd</sup> Liturgy only. No sales will be available during Holy Week. For more information please contact Mary Varlas, (703) 965-4161 or [LPbakesale@yahoo.com](mailto:LPbakesale@yahoo.com).

**The Saint Katherine HEC Greek School** is leading an initiative to include Modern Greek as part of the Fairfax County “credit by exam” program. To do so, we need to collect 200 names of FCPS junior high and high school students who know Greek. If we are successful, our children can obtain high school credit for their knowledge of Greek. If you or your child is currently enrolled in grades 6-12 in a FCPS school and know Greek, please contact [pelekasisgreece@yahoo.com](mailto:pelekasisgreece@yahoo.com) to provide your/your child’s information so we can collect the 200 names.

**On the Occasion of the Greek Independence Day**, The Ambassador of the Hellenic Republic Christos Panagopoulos requests the pleasure of your company at a Reception on Wednesday, April 6, 2016 from 6:30 p.m. to 8:30 p.m. at the Center for Hellenic Studies, 3100 Whitehaven St., NW, Washington, DC 20008. RSVP: [rsvp.was@mfa.gr](mailto:rsvp.was@mfa.gr).

## Announcements

**St. John Chrysostom Oratorical Festival** – Congratulations to Cameron Edgington and Stephanie Vazquez who are the winners of the Senior Division at the Parish Oratorical Festival! They will deliver their speeches in church this morning.

**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 15<sup>th</sup> to the 28<sup>th</sup>, 2016. To learn more or apply, visit [http://www.ocmc.org/about/view\\_team.aspx?TeamId=170](http://www.ocmc.org/about/view_team.aspx?TeamId=170), e-mail [teams@ocmc.org](mailto: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](mailto:demakis9931@gmail.com) or Jim Jatras [heraclius13@gmail.com](mailto:heraclius13@gmail.com), 202-375-1007.

**Mission Presentations after the Friday Salutation Services** – As we have done other years, our Mission Committee will offer a special mission presentation following the Salutation Services. Friday April 8, the Porter family will present their experience in Project Mexico. Join us immediately after the services for refreshments and the presentations.

**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.

**Saturday of Lazarus Outreach Project** – Once again the St. Katherine community will distribute bags of basic clothing items, toiletries and food living on the streets of the DC area. You have always supported this project very generously and we are asking for your support so that we can distribute 200 bags to those in need. Please contact Daphne Papamichael at [Cyprusd@aol.com](mailto:Cyprusd@aol.com) for more details. Thank you very much!

**'Healthy heart – Healthy Life Styles' Seminar** – Sunday, April 10<sup>th</sup>, 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.

**Food Pantry** – Today, we will be handing out blue bags after Sunday school and the Divine Liturgy for our collection on April 10. A flyer inside the bag gives a suggested list of food and a reminder to bring your filled bag and/or check to the foyer of the Meletis Charuhas Center on April 10. Let us also fulfill our effort to pray, fast, and help the needy during this time of Lent. Thank you for your generosity.

**Cookie Baking** – This week we will be baking cookies for the Sussex I Prison and on April 10 for the Greenville Correctional Center. For more information please contact Dennis Garbis at [djgarbis@envdes.com](mailto:djgarbis@envdes.com).

**The Parade for Greek Independence Day** will be this afternoon at 2:00 p.m. in Baltimore.

**Save the Date! The Metropolitan DC Orthodox Mission and Outreach Committee** is again sponsoring a Mission Dinner, at SS Peter and Paul Antiochian Orthodox Church, 10620 River Road, Potomac, MD, on Sunday, May 15, beginning with a Pan-Orthodox Vespers at 4:30 p.m., Hors d' Oeuvres and Silent Auction at 5:15 p.m., and the Mission and Missionary presentation at 6:00 p.m. All proceeds benefit the OCMC. The speaker is V. Rev. John Chakos, speaking on "*Guatemala Mission Faces East: The Next Step in Conversion*". For tickets please contact Dr. John Demakis at [demakis9931@gmail.com](mailto:demakis9931@gmail.com) or Betty Slanta at [slanta@verizon.net](mailto:slanta@verizon.net).

**Girls, between the ages of 7-12**, who are interested in serving as a Myrrh Bearer on Holy Friday evening, should contact Christina Vazquez at [czvmail@aol.com](mailto:czvmail@aol.com). There are only 8 positions, so please respond promptly. Additionally, interested girls need to plan on attending a brief meeting in church on Holy Friday morning right after the service. Girls will meet with Father Costas, practice for the evening service, and help decorate the Epitaphio (Kouvouklion).



## Church Services

Monday, April 4	<i>Holy Confession</i> 6:00 p.m., <i>Compline</i> 7:00 p.m.
Wednesday, April 6	<i>Pre-Sanctified Liturgy</i> 7:00 p.m.
Friday, April 8	<i>4<sup>th</sup> Salutations</i> 7:00 p.m., <i>Missions Lecture</i> (Mexico: The Porter Family)
Sunday, April 10	<i>4<sup>th</sup> Sunday of Great Lent – Sunday of St. John Climacus</i> Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.
Monday, April 11	<i>Holy confession</i> 6:00 p.m., <i>Compline</i> 7:00 p.m.
Wednesday, April 13	<i>Pre-Sanctified Liturgy</i> 7:00 pm.
Friday, April 15	<i>The Akathist Hymn</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 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](http://www.saint-katherines.org/about_us/sunday-bulletins)



METROPOLIS OF  
NEW JERSEY

### Church Organizations

Acolyte Captains – Nicholas Vazquez and Chad Veleziz	Philoptochos President – Eleni Kanakos 703-938-8360
Protos-Psalter – James Loizou 703-356-8220	YAL President – Faye Anson 703-437-5747
Choir Director – Nick Kyros (703) 981-2526	GOYA President – Theo Karounos 703-321-3009
Catechetical School – Bill Porter 703-901-2404	JOY – Toula Christou 703-533-0055
Hellenic Education Center – Eleni Alexopoulou 703-671-7715	HOPE – Vaitsa Bousbouras, vsbousbouras@yahoo.com



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

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

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