

# *Saint Katherine Greek Orthodox Church*



**Sunday, April 10, 2016**

**4<sup>th</sup> Sunday of Great Lent**

**St. John Climacus**

**Δ΄ Κυριακή των Νηστειών**

**Αγ. Ιωάννου της Κλίμακος**

**St. Terence and his Companions**

**St. Gregory V, Patriarch of  
Constantinople**



## ***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 spoke to the Apostles exultantly. Death is despoiled and Christ God is risen, granting great mercy to the world.

Το φαιδρόν της Αναστάσεως κήρυγμα, εκ του Αγγέλου μαθούσαι αι του Κυρίου Μαθήτριάι, και την προγονικήν απόφασιν απορρίψασαι, τοις Αποστόλοις καυχόμεναι έλεγον. Εσκύλευται ο θάνατος ηγέρθη Χριστός ο Θεός, δωρούμενος 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, how manifold are your works. You have made all things in wisdom. Bless the Lord, O my soul.*

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

**Hebrews 6:13-20** – Brethren, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, “Surely I will bless you and multiply you.” And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

## ***Gospel Reading***

**Mark 9:17-31** – At that time, a man came to Jesus kneeling and saying: “Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able.” And he answered them, “O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me.” And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, “How long has he had this?” And he said, “From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, Have pity on us and help us.” And Jesus said to him, “If you can! All things are possible to him who believes.” Immediately the father of the child cried out and said, “I believe; help my unbelief!” And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, “Why could we not cast it out?” And he said to them, “This kind cannot be driven out by anything but prayer and fasting.” They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise.”

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**Youth Church Duty Sunday** – The youth of our church have Church Duty this Sunday. Peter Buddendeck is the Captain and Epistle Reader. Other teenagers will help with the various duties.

**GOYA** is selling ads for their 2016 Basketball Tournament (May 7-8) ad book. Please stop by the GOYA table at coffee hour for more information about the tournament, to place your ad, or pick up a flyer. You can also submit your ad electronically to [pedakia@aol.com](mailto:pedakia@aol.com). Order and payment must be received by Monday, May 2. Thank you in advance for your support

**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.

**Paideia Bilingual Kindergarten Informational Meeting** – Come learn the advantages of our unique Kindergarten program: Greek language immersion, Curriculum based in scientific inquiry, Low teacher – student ratio with highly qualified staff, On-site before and after care, Jr. K/Bridging options. Monday, April 25, 6:30-7:30pm, Hellenic Education Center, 3149 Glen Caryn Rd., Falls Church, VA 22041. [www.stkhec.org](http://www.stkhec.org), 703-671-7715, [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

## Announcements

**St. John Chrysostom Oratorical Festival – Congratulations to Eleni Rouvelas** who was a winner of the Junior Division at the Parish Oratorical Festival! Eleni will deliver her speech in church this morning.

**Memorial Services** are offered this morning for **Louis ‘Elias’ Bouras**, husband of Mrs. Norma Bouras; for **John Delta**, husband of Mrs. Areti Delta and father of George and John; for **Omorfia Spathopoulos**, mother of Vivian Chelpon and Stella Spathopoulos; and for **Vasiliki Karousos**, mother of John Karousos. May their memory be eternal!

**Coffee Hour** is sponsored this morning by the Karousos, Spathopoulos and Chelpon 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 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.

**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** – Today, 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.

**Cookie Baking** – We will be baking cookies for the Greensville Correctional Center this morning, following the Divine Liturgy. For more information please contact Dennis Garbis at [djgarbis@envdes.com](mailto:djgarbis@envdes.com).

**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).

**There are three more spots** for any girl between the ages of 7-12 who is interested in serving as a Myrrh Bearer on Holy Friday evening. Please contact Christina Vazquez at [czvmail@aol.com](mailto:czvmail@aol.com). Additionally, there will be a mandatory meeting on Holy Friday morning for all Myrrh-Bearers.

**Easter Lamb Roast** – We regret to inform parishioners that due to circumstances beyond our control, the Easter Lamb Roast has been cancelled. With God’s help, we hope to renew this event next year.

## Church Services

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| 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 p.m.  |
| Friday, April 15  | <i>The Akathist Hymn</i> 7:00 p.m.   |
| Sunday, April 17  | <i>5<sup>th</sup> Sunday of Great Lent – St. Mary of Egypt</i><br>Orthros 9:00 a.m., Divine Liturgy 10:00 a.m. |
| Monday, April 18  | <i>Holy confession</i> 6:00 p.m., <i>Compline</i> 7:00 p.m.  |
| Wednesday, April 20   | <i>Pre-Sanctified Liturgy</i> 7:00 pm.   |
| Saturday, April 23  | <i>Saturday of St. Lazarus</i> , Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.                                  |
| <b><u>Sunday Services:</u></b> Orthros 9:00 a.m., Divine Liturgy 10:00 a.m. <b><u>Week Day Services:</u></b> 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    |



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