

# Saint Katherine Greek Orthodox Church



**Sunday, May 19, 2019**  
**Sunday of the Paralytic**

**St. Patrikios, Bishop of Proussa**  
**St. Memnon the Wonderworker**



## ***Apolytikion of the Great and Holy PASCHA (1<sup>st</sup> Plagal Tone)***

Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs He has granted life.

Χριστός ανέστη εκ νεκρών, θανάτω θάνατον πατήσας, και τοις εν τοις μνήμασι ζωήν χαρισάμενος.

## ***Apolytikion of the Day (3<sup>rd</sup> 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, αγαλλιάσθω τα επίγεια, ότι εποίησε κράτος, εν βραχίονι αυτού, ο Κύριος. Επάτησε τω θανάτω τον θάνατον. Πρωτότοκος των νεκρών εγένετο. Εκ κοιτίας Άδου ερρύσατο ημάς, και παρέσχε τω κόσμω το μέγα έλεος.

## ***Apolytikion of Saint Katherine the Great Martyr (1<sup>st</sup> 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 κομψούς των ασεβών, του Πνεύματος τη δυνάμει. Και νυν ως Μάρτυς στεφθεΐσα, αιτείται πάσι το μέγα έλεος.

## ***Kontakion of the Day (4<sup>th</sup> Plagal Tone)***

Into the grave you descended, immortal One, and yet the power of Hades have you destroyed! And as victor you did arise, O Christ God, to the women who came bearing myrrh, you proclaimed, "Rejoice!" and unto your apostles you granted the gift of peace, and have bestowed on the fallen resurrection.

Εί και έν τάφω κατήλθες άθάνατε, αλλά του Άδου καθεΐλες την δύναμιν, και άνέστης ως νικητής, Χριστέ ό Θεός, γυναιξι Μυροφόροις φθεγξάμενος, χαιρέτε, και τοις σοις Αποστόλοις ειρήνην δωρούμενος ό τοις πεσοϋσι παρέχων άνάστασιν.

Rev. Fr. Konstantinos A. Pavlakos  
Proistamenos, 703-671-1515(O)  
571-213-1109,  
[fcostas@stkchurch.com](mailto:fcostas@stkchurch.com)

Ray Vazquez  
President,  
Parish Council  
703-728-7091  
[Rayvazquez1@aol.com](mailto:Rayvazquez1@aol.com)

Lori Nelson  
Bookkeeper  
703-671-1515  
[lnelson@stkchurch.com](mailto:lnelson@stkchurch.com)

Sophia Tsangali  
Secretary/Teacher  
703-671-1515  
[stsangali@stkchurch.com](mailto:stsangali@stkchurch.com)

## *Epistle Reading*

*Sing praises to or God, sing praises. Clap your hands, all you nations.*

*The reading is from the Acts of the Apostles.*

**Acts 9:32-42** – In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

## *Gospel Reading*

**John 5:1-15** – At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked.

Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.' "They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

---

**Catechetical (Sunday) School Graduation** – Next Sunday, May 19 at the end of the Divine Liturgy, following with a reception at the Chelpon's Hall for the students with their parents and teachers. Regular classes at 9:00 a.m. Have a Blessed Summer! We will see you again for Sunday School in September. Please remember our Vacation Bible School in August. *See notice on next page.*

**GOYA** - Congratulations to all the GOYA basketball teams for a great season! A big THANY YOU to the basketball coaches, Faye Kranis, John Snyder, Jim Soiles, and Jim Kontzamanis, for their selfness time and talents. TODAY after church, GOYA meeting and elections. For more information, email [SaintKatherineGOYA@aol.com](mailto:SaintKatherineGOYA@aol.com).

**Our Girls A GOYA team** won the championship at Annapolis last weekend.

**Congratulations to our GOYA Girls A basketball team!** They won the championship at the Sts. Constantine and Helen, Annapolis annual basketball tournament last weekend.

**Saint Genevieve Orthodox Bookclub** is currently reading Wounded By Love: The Life and Wisdom of Saint Porphyrios. We hope you can join us for fellowship on June 2nd for our next meeting. If you would like to be included on our mailing list or for more information, contact [victoriacherpes@gmail.com](mailto:victoriacherpes@gmail.com)



# Announcements



*Χριστός Ανέστη! Αληθώς Ανέστη! -- Christ is Risen! Truly He is Risen!*

**Memorial Services** are offered this morning for **Angela Floros**, husband of Mr. Dennis Floros and mother of Nick, George and Peter; for **Georgia Goranitis**, mother of Antonia Kudurogianis and Panagiota Sempes; for **Vasilios Athanasiadis**, brother of Mrs. Panagiota Smirniotopoulos; for **George Bursenos**, son of Mr. & Mrs. Chris and Maria Bursenos; and for the **Deceased Brothers of AHEPA**.

**Coffee hour** is sponsored this morning by the Floros, Koudurogianis, Smirniotopoulos families in memory of their loved ones; and by the Ahepans in memory of their beloved Brothers of AHEPA.

**Today is AHEPA Sunday!** And we honor our Ahepans, who have given so much throughout the years to benefit our communities here in United States, but also internationally. *May God bless you all!*

**Saturday June 1st is our annual Ladies Philoptochos Luncheon** at Nostos restaurant in Vienna, VA. Prepaid reservations are accepted by Mary Varlas 703-965-4161. No payment at the door.

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

**Ladies Philoptochos General Meeting** will take place next Sunday, May 19, in the board room after Divine Liturgy. Elections will be held the same day.

**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 every Tuesday 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](mailto:polizos@att.com). Everyone welcome!

**Vacation Bible Camp 2019 registration is now open!!!** Camp is in session August 5th-9th from 10:00am-2:00pm daily. Our theme this year is Traveling the Ark of Salvation. Each day in camp offers a morning prayer service, arts & crafts, playtime and a lesson themed around the life of the Theotokos and Orthodox Christianity. The cost of the camp is \$30.00 per camper and includes lunch. Please stop by our sign-up table during coffee hour today. Also we are in need of teachers and volunteers to make this a success and a fun time for all. If you are available, please contact [victoriacherpes@gmail.com](mailto:victoriacherpes@gmail.com).

**Attention Parishioners!** When attending church services and events at our church, kindly please park your car properly within the designated parking space lines in the parking lot. This will prevent loss of a space for someone else to park their car. *Thank you!*

**The Saint Genevieve Orthodox Book Club** – We are discussing Part I of Wounded by Love: The Life and Teachings of Saint Porphyrios. All are welcome! Please contact Victoria Cherpes, [victoriacherpes@gmail.com](mailto:victoriacherpes@gmail.com) for more information.

**“Paideia preschool is looking to hire an assistant** for the summer program (Paideia Preschool) July 1- August 23. For more information, please contact the director at [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).”

**Saint Katherine Spring Festival** – June 7, 8 and 9, 2019 – Traditional foods, drinks and deserts, arts and crafts, live music and dancing. The link to volunteer is: <https://signup.com/go/KfnpVFz>. For more information, please contact Andrea Ballard at 703-250-5419 or [andreaballard@verizon.net](mailto:andreaballard@verizon.net).

## Church Services

- Monday, May 20 *Saints Constantine and Helen, Equal-to-the Apostles* – Great Vespers at Saints Constantine and Helen, Annapolis, Maryland (2747 Riva Road, Annapolis, MD 21401)
- Tuesday, May 21 *Saints Constantine and Helen, Equal-to-the Apostles* – Orthros 9:30 a.m.; Divine Liturgy 10:30 a.m.
- Sunday, May 26 *Sunday of the Samaritan Woman* – Orthros 9:00 a.m.; Divine Liturgy 10:00 a.m.
- Monday, May 27 *Memorial Day – Trisagion Prayers* at the National Memorial Park Cemetery 10:00 a.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 at [http://www.saint-katherines.org/about\\_us/sunday-bulletins](http://www.saint-katherines.org/about_us/sunday-bulletins).



METROPOLIS OF  
NEW JERSEY

### Church Organizations

Acolytes – Niko Porter 703-901-2404  
Protos-Psalter – Nicholas Mpras 703-560-7714  
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](mailto:effie@sarantisproperties.com)

JOY – Vaitsa Bousbouras, [vsbousbouras@yahoo.com](mailto:vsbousbouras@yahoo.com)

HOPE – Doris Mentis, [doris@alumni.virginia.edu](mailto:doris@alumni.virginia.edu)



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

Please visit our website at:

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

Facebook: Saint Katherine Greek Orthodox Church