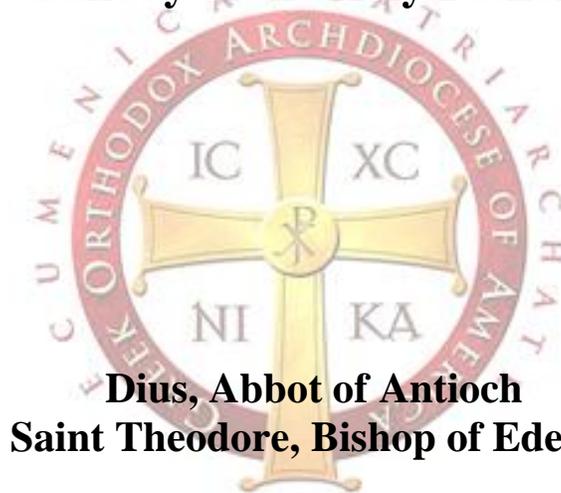


Saint Katherine Greek Orthodox Church

Sunday, July 19, 2015
Sunday of the Holy Fathers



Dius, Abbot of Antioch
Saint Theodore, Bishop of Edessa

Apolytikion of the Day (2nd Plagios 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 πειρασθεὶς ὑπ' αὐτοῦ, ὑπήνησας τῇ Παρθένῳ, δωροῦμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

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, Αἰκατερίναν τὴν θεῖαν καὶ πολιοῦχον Σινά, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομπσοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῆς δυνάμει. Καὶ νῦν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πάσι τὸ μέγα ἔλεος.

Kontakion of the Day (2nd Tone)

O Protection of Christians that cannot be put to shame, mediation unto the creator most constant: O despise not the voices of those who have sinned; but be quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, O thou who dost ever protect, O Theotokos, them that honor thee.

Προστασία τῶν χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε. Μὴ παρίδης ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι. Τάχυνον εἰς πρεσβεΐαν, καὶ σπεύσον εἰς ἱκεσίαν, ἡ προστατεύουσα αἰεὶ, Θεοτόκε, τῶν τιμώντων σε.

Rev. Fr. Constantinos A. Pavlakos
Proistamenos

(O) 703-671-1515 (C) 571-213-1109
frcostas@stkchurch.com

Rev. Fr. Panagioti Hanley
(O) 703-671-1515 (C) 571-421-6595
frphanley@stkchurch.com

Jim Stoucker
President,
Parish Council
Home: 703-690-1050
jstoucker@aol.com

Lori Nelson
Bookkeeper
703-671-1515
lnelson@stkchurch.com

Sophia Tsangali
Secretary/Teacher
703-671-1515
stsangali@stkchurch.com

Epistle Reading

St. Paul's Letter to Titus 3:8-15 - TITUS, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

Gospel Reading

Matthew 5:14-19 - The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

Wisdom of the Church Fathers

The Lord says to His disciples, 'Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven' (Matt. 5:16). He does not say this to urge them to show off, but to urge them to organize their lives as is pleasing to God. Just as light effortlessly attracts people's gaze, so a way of life pleasing to God draws their minds along with their eyes. We do not praise the air which shares in the brilliance of the sunlight, but the sun which is the source of this brilliance and bestows it on us. Even if we do praise the air for its brightness, we praise the sun much more. So it is when someone makes the brilliance of the Sun of righteousness (Mal. 4:2) visible through his virtuous deeds. As soon as anyone looks at him, they are immediately led towards the glory of the Father in heaven of Christ, the Sun of righteousness.

St. Gregory Palamas, Homilies Vol. 1, Homily Ten para. 14; Saint Tikhon's Seminary Press pgs. 110-111, 14th century

Every work which does not have love as its beginning and root is nothing.

St. John Chrysostom, Unknown, 4th century



The **Peter N. Derzis AHEPA chapter 438** is proud to announce the opening of the new community Seniors Κέντρο (Kentro) located on the ground floor of Founders Hall. **The official dedication of the Seniors Kentro will occur today after Liturgy** and will be followed by an Open House for purposes of introducing the facility to the community.

The purpose of the facility is to give our seniors a place to gather with friends, enjoy a cup of coffee while watching the news from Greece, spending some quiet time reading the paper, or enjoying each other's company/parea. Lectures, Bible Studies and presentations of health and wellness are also benefits that will be introduced as part of

Seniors Κέντρο

our Church's new Seniors Ministry.

The Seniors Kentro is carpeted and fully furnished, featuring a 60-inch flat screen television with satellite access to Greek network programming, and has a coffee bar. The Kentro will be available to seniors in our community Monday through Friday from 10:00am to 3:00pm and is also available to other groups by appointment through the Church Office.

Announcements



Memorial Services are offered this morning for **Panagiotis Silis**, husband of Calliope and father of Thomas, George and Manny; for **Elpida Lambrou**, mother of Despina, Andreas, Demetrios, Androula, Eftihia, Kyriakos, Christos, Marina, Marianna, Andreas, Kyriakos and Maria; for **Stephen McMahon**, husband of Marianthi; and for **George and Lynda Debbas**, parents of Dr. Elias G. Debbas; and for the **Cypriots who perished in the 1974 Turkish invasion**. May their memory be eternal!



Coffee Hour is sponsored this morning by the Silis, Lambrou and McMahon families in memory of their loved ones and by the Pan Cyprians of Metropolitan Washington in memory of those who perished during the invasion.



The Ladies Philoptochos of Saint Katherine would like to let you know that they have *koulourakia* and *paximathia* available all year long. The Ladies Philoptochos thank you very much for your help and support. Please contact Mary Varlas at (703) 965-4161 or Eleni Kanakos at (703) 969-8364 for information or to place your order.



Registration for the 2015-2016 school year is now open for both Paideia Preschool, Greek School. Forms can be downloaded from HEC website (www.stkhec.org) or picked-up in the school office. Please contact HEC Director, Eleni Alexopoulou, with any questions, ealexopoulou@stkchurch.com.

Registration for Greek Adult classes – Please see our HEC website, www.stkhec.org for a registration form or pick up one from the school or the church office. Classes begin in September, Beginners Greek I and II on Tuesday evenings, and Intermediate and Advanced

Greek on Thursday evenings.

Paideia Preschool is looking to hire a pre-K English teacher. If you are interested, please submit an updated CV to the HEC office at ealexopoulou@stkchurch.com.

Monumental Mission Walk 2015 – On September 19, 2015, Orthodox Christians from around the Washington, D.C. Metropolitan area will converge on the National Mall for the 3rd Annual Monumental Missions Walk. At each monument along the route participants will learn the spiritual significance of the landmark and will be provided insight into the role that religion has played in the history of this great country. Please go to our Eventbrite Site and Register Today: <https://www.eventbrite.com/e/2015-monumental-missions-walk-registration-17020607094>.



Fall Philanthropy Project – Please join the **Daughters of Penelope Helle Chapter and the Philoptochos** in our annual support of the Fairfax County Collect for Kids Back to School Program in conjunction with Our Daily Bread in collecting backpacks and scientific calculators or cash donations between July 12 and August 5. Cash donation should be made payable to DOP Helle Chapter 283 and mailed to Karen Polizos, 903 Holly Creek Dr., Great Falls, VA 22066. A collection box will be available starting July 12 or items may be dropped off at the church office. Please help us in supporting this worthy program. Thank you!

Gentle Exercise Class – Reduce stress, lower blood pressure, gain flexibility, balance and circulation. Class includes deep breathing, stretching, balance, meditation and deep relaxation. Open to men and women of all ages and all fitness levels. 6 weeks for \$60.00, drop-in's \$12.00, payable to *Saint Katherine*. Wednesday evenings at 7:00 p.m. in the large hall. Bring a yoga mat, cushion and blanket. For further information contact Tina Ligelis at (703)845-0520 or LigelisCPA@aol.com.

Parents are reminded that *children are not allowed to play on the stage* in the Meletis Charuhas Center during Coffee Hour or other social gatherings. We ask your assistance to prevent injury to the children and damage to curtains and other equipment. Thank you.

Church Services

Monday, July 20	<i>Prophet Elias – Προφήτου Ηλιού του Θεσβίτου</i> – Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.
Sunday, July 26	<i>8th Sunday of Matthew – Η' Κυριακή Ματθαίου</i> – Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.
Saturday, August 1	<i>Dormition Fast Begins – Αρχεται η Νηστεία του Δεκαπενταγούστου</i>
Sunday, August 2	<i>9th Sunday of Matthew – Θ' Κυριακή Ματθαίου</i> – Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.
Wednesday, August 5	<i>Paraklesis – Παράκλησις</i> 7:00 p.m.
Thursday, August 6	<i>Holy Transfiguration – Της Μεταμορφώσεως</i> – Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.
Friday, August 7	<i>Paraklesis – Παράκλησις</i> 7:00 p.m.
Sunday, August 9	<i>10th Sunday of Matthew – Ι' Κυριακή Ματθαίου</i> – Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.
Wednesday, August 12	<i>Paraklesis – Παράκλησις</i> 7:00 p.m.
Friday, August 14	<i>Great Vespers for the Theotokos – Μέγας Εσπερινός της Θεοτόκου</i> 7:00 p.m.
Saturday, August 15	<i>Dormition of the Theotokos – Η Κοίμησις της Θεοτόκου</i> – Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.
Sunday, August 16	<i>12th Sunday of Matthew – ΙΒ' Κυριακή Ματθαίου</i> – Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.

Sunday Services: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m., and **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



METROPOLIS OF
NEW JERSEY

Church Organizations

Acolyte Captains – Anastasios Galatis & Daniel McKinney
Protos-Psalter – James Loizou 703-356-8220
Choir Director – John Doulis 703-670-4386
Catechetical School – George Charuhas 703-999-2109
Hellenic Education Center – Eleni Alexopoulou 703-674-7715

Philoptochos President – Eleni Kanakos 703-938-8360
YAL President – Faye Anson 703-437-5747
GOYA President – Demetrios Karounos 703-321-3009
JOY – Toula Christou 703-533-0055
HOPE – Vaitsa Bousbouras vsbousbouras@yahoo.com



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

Facebook: Saint Katherine Greek Orthodox Church