

# Saint Katherine Greek Orthodox Church

Sunday, September 11, 2016  
Sunday Before Holy Cross



**Theodora of Alexandria;  
Euphrosynos the Cook; Afterfeast  
of the Nativity of the Theotokos**



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

Let the Heavens rejoice; let earthly things be glad; for the Lord hath wrought might with His arm, He hath trampled upon death by death. The first-born of the dead hath He become. From the belly of Hades hath He delivered us, and hath granted great mercy to the world.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιᾶσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

## *Apolytikion for Afterfeast of the Nativity of the Theotokos (4<sup>th</sup> Tone)*

Thy Nativity, O Theotokos, hath proclaimed joy to the whole world; for from thee hath dawned the Sun of Righteousness, Christ our God, annulling the curse and bestowing the blessing, abolishing death and granting us life everlasting.

## *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.

Τὴν πανεύφημον νύμφην Χριστοῦ υμνήσωμεν, Αἰκατερίναν τὴν θεῖαν καὶ πολιούχον Σινᾶ, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομπσοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῆς δυνάμει. Καὶ νυν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πᾶσι τὸ μέγα ἔλεος.

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

In your holy birth, Immaculate One, Joachim and Anna were rid of the shame of childlessness; Adam and Eve of the corruption of death. And so your people, free of the guilt of their sins, celebrate crying: "The barren one gives birth to the Theotokos, who nourishes our life."

Ἰωακείμ καὶ Ἄννα ὄνειδισμού ἀτεκνίας, καὶ Ἀδὰμ καὶ Εὐά, ἐκ τῆς φθορᾶς τοῦ θανάτου, ἠλευθερώθησαν, Ἄχραντε, ἐν τῇ αγία γεννήσει σου, αὐτὴν εορτάζει καὶ ὁ λαός σου, ἐνοχῆς τῶν πταισμάτων, λυτρωθεὶς ἐν τῷ κράζειν σοι, Ἡ στείρα τίκει τὴν Θεοτόκον, καὶ τροφὸν τῆς ζωῆς ἡμῶν.

## *Orthros Gospel*

Matthew 28:16-20 – At that time, the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. And when they saw him they worshipped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age. Amen."

## *Epistle Reading*

**St. Paul's Letter to the Galatians 6:11-18** – BRETHREN, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

## *Gospel Reading*

**Sunday before Holy Cross, John 3:13-17** – The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

## *Wisdom of the Church Fathers*

Here Christ speaks concisely, because His discourse was directed to Nicodemus, but still in a more significant manner ... He shows the great strength of His love ... He, the immortal, who is without beginning, the Infinite Majesty, they but dust and ashes, full of ten thousand sins, who, ungrateful, have at all times offended Him; and these He "loved."

\* \* \*

For not in heaven only is He, but everywhere, and He fills all things; but yet He speaks according to the infirmity of His hearer, desiring to lead him up little by little ... For after having spoken of the very great benefaction that had come to man by Baptism, He proceeds to mention another benefaction, which was the cause of this, and not inferior to it; namely, that by the Cross ...

**St. John Chrysostom, Homily 27 on John 3**  
4th Century

**AHEPA Christmas Ornaments** – The Peter N. Derzis AHEPA Chapter #438 is proud to announce our 9<sup>th</sup> Annual Community Christmas Ornament. These collectable ornaments have grown in popularity from year to year and we are extremely proud of this year's offering. Our latest limited edition ornament, entitled "*Santa's Sleigh*" is sure to delight young and old. They make excellent gifts and are the ideal stocking stuffer. **Ornaments will be available for sale during the Fall Festival and after Liturgies (starting in Oct.)** during coffee hour while supplies last. Please visit our booth at the Fall Festival or make your purchases by sending requests to [antovi@verizon.net](mailto:antovi@verizon.net) or by calling 703-929-6110.



## Announcements



**Memorial Services** are offered this morning for **Anastasia Sedor**, beloved mother of Steve, George and Christos. **Coffee hour** is also sponsored this morning by the Sedor family in memory of **Anastasia Sedor**.

*May her memory be eternal!*



**Registration for the 2016-2017 HEC school year** is now open for both Paideia Preschool and Greek School. Forms can be downloaded from HEC website ([www.stkhec.org](http://www.stkhec.org)) or picked-up in the school office. Please contact HEC Director, Eleni Alexopoulou, with any questions, [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

**Registration for Greek Adult classes** – Please see our HEC website, [www.stkhec.org](http://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.

Our **Hellenic Education Center** is seeking a **Greek School teacher** and an **Assistant Preschool teacher** for 2016-2017. Please submit an updated CV to the HEC office at [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

**Coffee Hour Procedures** – Coffee Hour sponsorship after a Memorial Service requires a donation of \$175. Your sponsorship includes coffee set up, 100 koulourakia, 100 paximathia, putting koliva in cups and clean up after the event. Checks should be made out to: *Saint Katherine Greek Orthodox Church* (please make payment in advance). Parishioners can contact Mary Varlas at (703) 965-4161 or Eleni Kanakos at (703) 969-8364. Please also remember to schedule the actual memorial service with the Church office.



**JOURNEY TO ORTHODOXY CLASS** – begins on Sunday, Sept. 18 and is designed for adult 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. It is also recommended for intending or newly married couples, especially where one spouse is not Orthodox. The class is held in an informal discussion format. Text is provided. We meet at 9-10 AM Sunday in the Seniors Kentro on the ground floor of Founders' Hall. Contact John Demakis [demakis9931@gmail.com](mailto:demakis9931@gmail.com) or Jim Jatras [heraclius13@gmail.com](mailto:heraclius13@gmail.com), 202 375-1007.



**4<sup>th</sup> Annual Monumental Mission Walk 2016** – Saturday, Oct 15th 9:00 a.m.-12:00 p.m.! Help us raise funds for OCMC and local VA charities, while walking past the Capital and other monuments and having fellowship with other Orthodox Christians. Register at <http://www.DCGreeks.com/MonumentalMissionsWalk>. Ask family and friends to sponsor you for the walk. Donations by check made out to *St. Katherine GOC* with “Monumental Missions Walk 2016” in the memo line. Contact Eleni Porter at [beporter1@verizon.net](mailto:beporter1@verizon.net) or (703) 470-9992.



**Catechetical School Registration** – Registration for Sunday school takes place today in the lobby of the Meletis-Charuhas Hall. We will have an Open House September 11th, between 9-10 am to meet your teachers and see your classroom. Classes begin on September 18th. Contact Bill or Eleni Porter at [beporter1@verizon.net](mailto:beporter1@verizon.net). Thank you!

**Daughters of Penelope and Philoptochos Annual Jacket Drive** – We are collecting jackets, hoodies, and sweatshirts for children, teens and adults through October 25. Donated items should be new (preferred) or in perfect and clean condition. Drop your hoodies and jackets in the box in the hall foyer or directly to the church office. Sign up to donate at: [http://bit.ly/DOP\\_Philoptochos\\_KeepWarm](http://bit.ly/DOP_Philoptochos_KeepWarm). Monetary donations payable to DOP-Helle 283 and mail to Karen Polizos, 903 Holly Creek Drive, Great Falls, VA 22066.



# Save the Date

## Saint Katherine Annual Dinner Gala



Join us as we honor this year's  
Community Service honorees:

**John Agnos and Pierre Tavoularis**

**Sunday, November 6, 2016**

**Hilton McLean Tysons Corner**

**Hellenic Genocide Observance** – Our community’s annual observance of this tragedy will take place on **Sunday, September 18**. After memorial services, we are honored to host our guest speaker **Prof. George Topalidis** from the University of Florida, who will make a presentation in Founders Hall on **The Ottoman Greeks of the United States 1904-1924**. This multifaceted research endeavor will, among other things, produce an oral archive of information collected from children of immigrants from Asia Minor. Professor Topalidis will conduct interviews with interested parishioners the week of September 19. The archive of stories will eventually be shared through social media to act as an educational tool and to raise awareness about the experiences of immigrants from the former Ottoman Empire. For additional information or to schedule an interview, please call the Church office, 703-671-1515.



The traditional observance of the Hellenic Genocide coincides with date of the burning of Smyrna. The tranquil beauty of that once glorious city was transformed into a nightmarish conflagration in September, 1922 – tens of thousands were killed. Throughout Asia Minor, millions of Greeks and other Christians were persecuted, abused and murdered. These observances remain vital because Christians are still being persecuted to this day! For this reason, **we choose to remember** and make others aware...it is our obligation to our ancestry, to mankind and to Christianity!

If your family is from this region and you have stories to share regarding their journey to freedom, please consider attending Professor Topalidis’ presentation and scheduling an interview so that awareness of this tragedy is raised. Additionally, we will have a **Memory Table** in the hall during coffee hour; everyone is encouraged to bring photos of loved ones from Mikrasia, books or other memorabilia to display in observance of this occasion and in honor of our brave ancestors and this great and substantive community.



# Adult Bible Studies Begin September 18

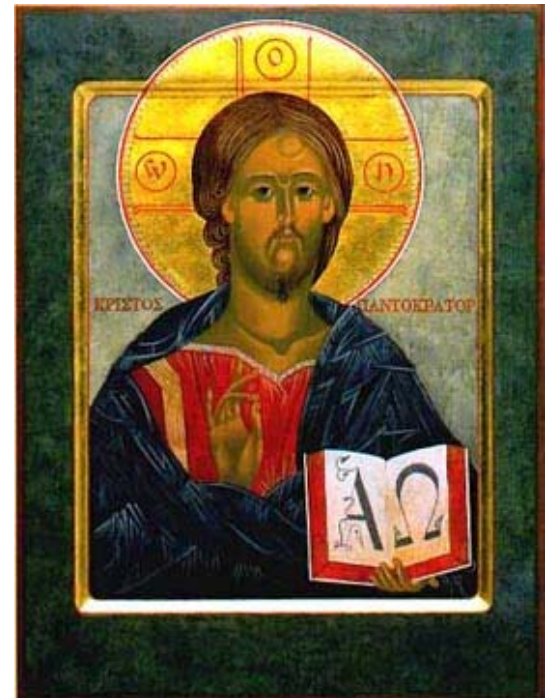
*Who We Are and What We Believe: A Journey Through the Orthodox Faith Guided by the Words of the Bible*

*This Year's Topic:*

## *The Book of Revelation*

**Using colorful PowerPoint slide presentations we will discuss how Scripture informs our Orthodox faith and Tradition.**

The Book of Revelation is the final book of the Bible and one of the most mysterious and misunderstood documents ever written. Through the centuries its symbols and visions have given rise to anxiety and fear, but also to a strengthening of faith and hope. Taking a no-nonsense approach to this topic we will explore the Orthodox understanding of this great work. We will review the seeds of apocalyptic literature found in the Old Testament, examine statements made by Christ and the writers of the New Testament regarding life after death and the “end times,” and also discuss the views of the Church saints and theologians on these topics. Following this we will review the book itself chapter-by-chapter. We will explore the enigmatic symbols, perennial questions and timeless truths the book reveals with the hope that it will help us deepen our Orthodox faith.



Classes are held every **Sunday from 9:00-10:00 AM, beginning September 18th** in the lower level of the new hall. For questions please call Bill Polizos (571) 216-4077; or e-mail [polizos@att.com](mailto:polizos@att.com)

*All are welcome!!!*





**I want YOU**

**Volunteer to help your Church at  
our Festival October 7, 8, 9**

**Shifts: 10am-2pm; 2-6pm; 6-9pm**

**Contact 703-250-5419 or [andreaballard1@verizon.net](mailto:andreaballard1@verizon.net)**

## Church Services

Wednesday, September 14 *Elevation of the Holy Cross* – Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.  
Sunday, September 18 *Sunday after Holy Cross* – Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.  
Sunday, September 25 *1<sup>st</sup> Sunday of Luke* – Orthros 9:00 a.m., Divine Liturgy 10:00 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 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  
Protos-Psalter – James Loizou 703-356-8220  
Choir Director – Nick Kyros (703) 981-2526  
Catechetical School – Bill Porter 703-901-2404  
Hellenic Education Center – Eleni Alexopoulou 703-674-7715

Philoptochos President – Eleni Kanakos 703-938-8360  
YAL President – Faye Anson 703-437-5747  
GOYA President – Theo Karounos 703-321-3009  
JOY – Vaitsa Bousbouras, [vsbousbouras@yahoo.com](mailto:vsbousbouras@yahoo.com)  
HOPE – Doris Mentis, [doris@alumni.virginia.edu](mailto:doris@alumni.virginia.edu)



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Please visit our website at:

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

Facebook: Saint Katherine Greek Orthodox Church