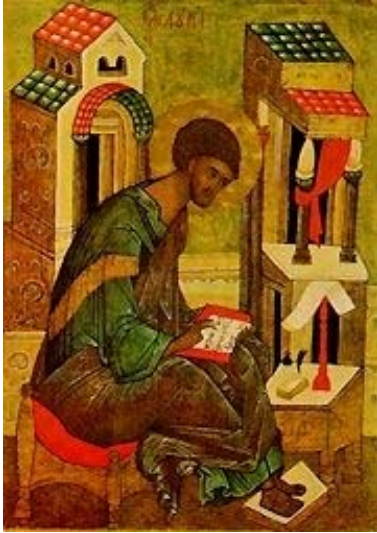


Saint Katherine Greek Orthodox Church

Sunday, October 16, 2016
The 7th Ecumenical Council



Longinos the Centurion



Apolytikion of the Day (4th Plagal Tone)

From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightiest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

Εξ ὕψους κατήλθες ο εὐσπλαγχνος, ταφήν καταδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, 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 θείαν καὶ πολιούχον Σινᾶ, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν. Ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομψοὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τὴ δυνάμει. Καὶ νυν 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 ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι. Τάχυνον εἰς πρεσβείαν, καὶ σπεύσον εἰς ἱκεσίαν, ἡ προστατεύουσα αἰεί, Θεοτόκε, τῶν τιμώντων σε.

Epistle Reading

*Blessed are you, O Lord, the God of our fathers.
For you are just in all you have done.*

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

Luke 8:5-15 – The Lord said this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As he said these things, he cried out "He who has ears to hear, let him hear."



AHEPA Christmas Ornaments – The Peter N. Derzis AHEPA Chapter #438 is proud to announce our 9th 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 or by calling 703-929-6110.

Philoptochos Fundraiser Project – During Coffee Hour the Philoptochos is raising funds to assist the victims of the Louisiana floods. Come to the Church Hall, make a donation and choose a hand-made one of a kind child's hat or scarf.

Philoptochos Bake Sale – We will start baking in October. For Thanksgiving the date is Sunday, November 20, following the Liturgy during coffee hour and for Christmas on Sundays, December 12 and 18, following the Liturgy.

Philoptochos Agape Foundation Tea – Sunday, November 6, 2:00-4:00p.m. at St. Theodore, 7101 Cipriano Rd., Lanham, MD 20706. For information and reservations please contact Maria Kapsalis, 240-304-6433 or Nora Presti, 410-952-8922. Admission is free. Donations welcome. Door prizes.

Women's Book Club – Please join us on Wednesday, October 19, 10:30am-12:00pm. It is not too late to join the club. We meet in the Meletis Charuhas Center in the room two doors from the church office. Our first book this year will be "*On the Providence of God*" by St. John Chrysostom (author), St. Herman of Alaska Brotherhood (editor). The book is available to purchase on Amazon and the Church Bookstore. For further information contact Despina Raizes at 2draizes@gmail.com or (703) 216-8176.

Food Pantry – The food pantry collection will take place today. Thank you for bringing your donations to the entry of the Meletis Charuhas Center in the blue cloth bags (food list inside) that will be handed out this morning. On October 16 our family volunteers will transport the donations to the food pantry. Last year, for each collection, we provided over 1000 lbs. of food to the pantry plus some cash donations that was really needed. Thank you everyone for your generosity! Let's continue to help those in need of food and Christian love.

Philoptochos Meeting this morning after church in the board room of the Meletis Charuhas Center.

Announcements

Memorial Services are offered this morning for **Panagiotis Panayotidis, Eleni Panayotidis, Apostolos and Maria Kangelaris** and for **Antonios Psaltis**, husband, parents and relatives of Mrs. Eleni Panayotidis; for **Martin Klaiber**, brother of Mrs. Victoria Cherpes; for **Vasilios and Mary Ampazis**, parents of Mr. James Ampazis; and for **Maria Victoria**, mother of Mrs. Melissa Solomos. May their memory be eternal!

Coffee Hour is sponsored this morning by Mrs. Victoria Cherpes and family in memory of her beloved brother, Martin Klaiber.

Save the Date for Saint Katherine Annual Dinner Gala – Join us as we honor this year's Community Service honorees: *John Agnos* and *Pierre Tavoularis* on Sunday, November 6, 2016 at the McLean Hilton, Tysons Corner. For reservations and tickets please see Maria Wills after church during coffee hour or contact her at (703) 409-3041.



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) 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.

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.

HOPE is organizing an outing at Roer's Zoofari, located in Vienna, VA, for Saturday, October 29, at 1:00 p.m. The children can enjoy a wagon ride; visit the petting barn and reptile house; and go on a budgery (i.e. birds) adventure. Ticket prices are \$15 for adults and \$10 for kids ages 2 to 12. This price includes one free wagon ride. If families want to feed the animals, that will cost extra and can be purchased in the gift shop at the zoofari on the event day. Please RSVP to Mary Charuhas at (703) 519-5607 or msiatis@hotmail.com by Sun., Oct. 2. Zoofari's website is www.roerszoofari.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.

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. Monetary donations payable to DOP-Helle 283 and mail to Karen Polizos, 903 Holly Creek Drive, Great Falls, VA 22066.

OCF Fall Retreat – Saturday, October 29, 2016, Sacred Monastery of St. Nektarios (8704 Hampton Valley Rd., Emmitsburg, MD 21727) – Theme: *“The world has changed, the WORLD has Not.”* Speaker: Fr. Constantine Moralis, presiding priest, Greek Orthodox Cathedral of the Annunciation, Baltimore, MD. Please register by Monday, October 24, 2016, using the link: <https://goo.gl/forms/vCBbeBomEDWW7hww2>. For more information, please contact: ocf.umd@gmail.com. Schedule of events: 9:00am Orthros; Registration begins; 10:00am Divine Liturgy; 11:30am Brunch; 12:15pm First session; 1:15pm Lunch and fellowship; 2:00pm Second session; 3:15pm Outdoor fellowship; 4:00pm Great Vespers and Confession.

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, drop-in's \$12, payable to *Saint Katherine*. Thursday evenings at 7:0 p.m., in the Meletis Charuhas Center (foyer area) beginning October 20, 2016. Bring an exercise mat, cushion and blanket. All interested please contact Tina Ligelis at (703) 845-0520 or LigelisCPA@aol.com.

Church Services

Tuesday, October 18

Sunday, October 23

Wednesday, October 26

Sunday, October 30

St. Luke the Evangelist – Orthros 9:30 a.m., Divine Liturgy 10:30 a.m.

6th Sunday of Luke – Orthros 9:00 a.m., Divine Liturgy 10:00 a.m.

St. Demetrios the Myrrh-Streamer – Orthros 9:30 a.m., Div. Liturgy 10:30 a.m.

5th Sunday of Luke – Orthros 9:30 a.m., Divine Liturgy 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 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 – 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 – Panos Lagos 703-241-1176

JOY – Vaitsa Bousbouras, vsbousbouras@yahoo.com

HOPE – Doris Mentis, doris@alumni.virginia.edu



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Please visit our website at:

www.saint-katherines.org

Facebook: Saint Katherine Greek Orthodox Church