Apolytikion of the Day (Grave Tone)

-By Your cross You destroyed death, and to the thief You opened paradise. You transformed the sorrow of the Myrrh-bearers and commanded the Apostles to proclaim that You have risen from the dead, Christ our God, granting to the world great mercy.

-Katatulasa to Staurw sou ton thanaatou, haewa to Lesthi ton Paradeison. Tov Muroforon ton thiron metebales kai tois sou Apostolous kyrupitein epetaxas, oti anesthis Christe o Theos, parixon to kosmo to mega eleos.

Apolytikion of Saint Katherine the Great Martyr (1st 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.


Kontakion of the Day (2nd Plagal Tone)

-O Master, Prudence, Guide of Wisdom, Instruction to the foolish and Defender of the poor, strengthen my heart and grant it discernment. Give me words, Word of the Father, for behold, I shall not keep my lips from crying out to You, "O Merciful One, have mercy on me who has fallen."

-Tis sofia othi, foroniseos chorige, ton aforonon paideutai, kai ton ptochon uperastipita, stehion, synetison thn kardian mou Desposta. Sy didou moi ton logon, o ton Patros Logos. Idoi gar ta cheili mou, ou me koldos en to krazein sou: Elethein, elheison mou ton parapeosonta.
Epistle Reading

Make your vows to the Lord our God and perform them.
God is known in Judah; his name is great in Israel.
The reading is from St. Paul's Letter to the Romans.

Romans 13:11-14; 14:1-4 – Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Gospel Reading

Matthew 6:14-21 – The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

Forgiveness (Cheese-fare) Sunday

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the in-satiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.
Memorial Services are offered this morning for Despina Tombras (40-days), mother of John Tombras and sister of Mrs. Ourania Passakos; for Aziz Nanaw (40-days), husband of Mrs. Yvette Nanaw and father of Sam, Gus, Elie and Amal (Souheil); and for Panagiotis Michos (6-months), husband of Mrs. Athanasia Michos and father of John and Leo.  May their memory be eternal!

Journey to Orthodoxy – Beginning Monday, February 1, the “Journey to Orthodoxy” class for adults resumes ONLINE Via Zoom, on Monday evenings from 7:00 to 8:00pm Eastern Time.  Designed for 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, this class is also recommended for intending or newly married couples, especially where one spouse is not Orthodox.  The class follows an informal discussion format.  For further information, and to receive links class materials and to be placed on the Zoom invitation list, please contact the teachers, John Demakis demakis9931@gmail.com, Jim Jatras heraclius13@gmail.com, 202-375-1007, or the Zoom technical coordinator James Class, classj@gmail.com.

Adult Bible Studies class – In this time of social distancing, let us continue our weekly Adult Bible Studies online.  Join us each Thursday evening at 7:00pm.  We will take up a new topic each week on Thursdays, with:  “What is the Meaning of Resurrection?”

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 online at 7:15 p.m.  This includes time for discussion and fellowship.

Greek School – Please check our Church’s website, www.saint-katherines.org or our HEC website, www.stkhec.org for an application.  For more information on our Saint Katherine’s Greek School please contact Sophia Tsangali at 703-671-1515 or stsangali@stkchurch.com.

The AHEPA Chapter 438, Peter N. Derzis is hosting a fundraising virtual 5km/1mile race/walk for the week of March 22-26, any day, any time.  Proceeds from the event will help train service dogs for wounded warriors suffering from PTSD.  For registration and more information please go to www.ahepa438.org.

Paideia Preschool – We are excited to announce that the Paideia Preschool is now open and accepting enrollments.  We currently offer part-time (3 day/week) and full-time (5 days/week) options for children between the ages 2 to 5.  Should you have any questions, or wish to enroll in our program, please feel free to reach our to us at hec-administraton@stkchurch.com or 703-671-7715.

March 25th Greek Independence Day – The students of our Saint Katherine’s Greek School will have a short program for March 25th Greek Independence on Sunday, March 28, 2021 immediately following the Divine Liturgy in church.

“Greece ‘21” – The Prometheas Organization will also have a program for March 25th Greek Independence Day on Sunday, March 28, 2021 at 4:00pm online.  The virtual celebration will be under the auspices of the Committee “Greece ‘21” and it will include messages from its President, His Eminence Archbishop Elpidophoros of America, H.E. Giana Angelopoulos-Daskalaki, and H.E. the Ambassador of Greece to U.S., Alexandra Papadopoulou.  The keynote speaker will be the historian and broadcaster, Prof. Michael Wood.  For information please call, 301-229-9389.
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 γιά την δόξα Σου, προς ελάφρυνση των δοκιμασιών και της πείνας, προς διακονία του λαού Σου, με την χάρη, το έλεος και φιλανθρωπία του μονογενούς Σου Υιού. Ευλογημένο να είναι το όνομά Σου εις τον αἰώνα. Αμήν.

The Sunday bulletin is available online at http://www.saint-katherines.org/about_us/sunday-bulletins.