Saint Katherine Greek Orthodox Church

Sunday, March 28, 2021

Sunday of Saint Gregory Palamas

Saint Hilarion the New
Saint Herodion of the 70

Apolytikion of Saint Gregory Palamas (4th Tone)

O Gregory the Miracle Worker, light of Orthodoxy, support and teacher of the Church, comeliness of Monastics, invincible defender of theologians, the pride of Thessalonica, and preacher of grace, intercede forever that our souls may be saved.

Ἀρθηδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἱκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

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.

Την πανεύφημον νύμφην Χριστού υμνήσωμεν, Αικατερίναν την θείαν και πολιούχον Σινά, την βοήθειαν ημών και αντίληψιν. Ὅτι εφίμωσε λαμπρῶς, τους κομψούς των ασεβών, του Πνεύματος τη δυνάμει. Και νυν ως Μάρτυς στεφθείσα, αιτείται πάσι το μέγα έλεος.

Kontakion of Saint Gregory Palamas (4th Plagal Tone)

Holy and Divine instrument of wisdom, bright and harmonious trumpet of theology, with one voice, we praise you, O Gregory, preacher of God. Since your mind now stands before the First Mind, guide our minds to Him, O Father, that we may cry to You, "Hail Herald of Grace."

Τὸ τῆς σοφίας ἱερὸν καὶ θεῖον ὄργανον, θεολογίας τὴν λαμπρὰν συμφώνως σάλπιγγα ἀνυμνοῦμεν σε Γρηγόριε θεορρήμον. Ἀλλ' ὡς νοῦς Νοῒ τῷ πρώτῳ παριστάμενος, πρὸς αὐτὸν τὸν νοῦν ἡμῶν Πάτερ ὁδήγησον, ἵνα κράζωμεν· Χαῖρε Κήρυξ τῆς χάριτος.
Epistle Reading

Let your mercy, O Lord, be upon us.
Rejoice in the Lord, O ye righteous.

The reading is from St. Paul's Letter to the Hebrews.

Hebrews 1:10-14; 2:1-3 – "IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel Reading

Mark 2:1-12 – At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Sunday of Saint Gregory Palamas

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359. His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.
Memorial Services are offered this morning for Constantinos “Gus” Svolis, husband of Mrs. Voula Svolis; for Ioannis Christou, brother of Dr. Aris Christou; for Christos Anastos, father of Mrs. Georgia McKinney; for Athena Hartwell; for Mary, Ourania, and Ioannis Gellios, wife and parents of Mr. Dimitrios Gellios; and for Costas Pappas, Michael, Despina, Antonios, Kyriaki, Paraskevi, George, Michael and Fotios, son, husband, parents and relatives of Mrs. Sevvie Gellios. May their Memory be eternal!

Kandilia (Luminaries) – A Holy Week Tradition at Saint Katherine – Let us light the processional pathway for the Epitaphio on Holy Friday evening. Purchase Kandilia for your loved ones, $12.00 each. One individual or family name per bag. Please look for a form on our Church’s website or pick one at the narthex or from Sophia at the Church’s office, 703-671-1515, stsangali@stkchurch.com.

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 heracliuss13@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-administrataton@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 this morning, immediately following the Divine Liturgy in church.

“Greece ‘21” – The Prometheas Organization will also have a program for March 25th Greek Independence Day this afternoon 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 συγχώρηση των αμαρτιών και εξιλασμό του λαού Σου, με την χάρη, το έλεος και φιλανθρωπία του μονογενούς Υιού. Ευλογημένο να είναι το όνομά Σου εις τον αιώνα. Αμήν.

**Church Services**

Sunday, March 28 – **Sunday of St. Gregory Palamas (2nd Sunday of Great Lent)** – Orthros 9:00am; Divine Liturgy 10:00am
Monday, March 29 – **Compline – Holy Confession 6:00pm; Compline 7:00pm**
Wednesday, March 31 – **Presanctified Liturgy – Holy Confession 6:00pm; Presanctified Liturgy 7:00pm**
Friday, April 2 – **3rd Salutations to the Theotokos 7:00pm**
Sunday, April 4 – **Sunday of the Veneration of Holy Cross (3rd Sunday of Great Lent)** – Orthros 9:00am; Divine Liturgy 10:00am
Monday, April 5 – **Compline – Holy Confession 6:00pm; Compline 7:00pm**
Wednesday, April 7 – **Presanctified Liturgy – Holy Confession 6:00pm; Compline 7:00pm**
Friday, April 9 – **4th Salutations to the Theotokos 7:00pm**
Sunday, April 11 – **Sunday of Saint John Climacus (4th Sunday of Great Lent)** – Orthros 9:00am; Divine Liturgy 10:00am
Monday, April 12 – **Compline – Holy Confession 6:00pm; Compline 7:00pm**
Wednesday, April 14 – **Presanctified Liturgy – Holy Confession 6:00pm; Presanctified Liturgy 10:00am**
Friday, April 16 – **The Akathist Hymn 7:00pm**
Sunday, April 18 – **Sunday of Saint Mary of Egypt (5th Sunday of Great Lent)** – Orthros 9:00am; Divine Liturgy 10:00am
Monday, April 19 – **Compline – Holy Confession 6:00pm; Compline 7:00pm**
Wednesday, April 21 – **Presanctified Liturgy – Holy Confession 6:00pm; Presanctified Liturgy 7:00pm**
Saturday, April 24 – **Saturday of Lazarus – Orthros 9:00am; Divine Liturgy 10:00am**
Sunday, April 25 – **Palm Sunday – Orthros 9:00am; Divine Liturgy 10:00am**
Bridegroom Service 7:00pm

**Sunday Services and Weekday Services:**

Orthros 9:00am and Divine Liturgy 10:00am

**Church Organizations**

Acolytes – Dimitri and Lucas Solomos, 571-213-1109
Protos-Psalter – Nicholas Mpras, 703-560-7714
Choir Director – John Slanta, 703-307-0142
Catechetical School – Christina Vazquez, 703-728-2657
Hellenic Education Center – Greek School, Sophia Tsangali, 703-671-1515 or stsangali@stkchurch.com
Paideia Preschool – Cornelia Vasicleou, 703-671-7715
Philoptochos President – Mary Varlas, 703-965-4161
YAL President – Faye Anson, 703-437-5747
GOYA President – Anna Moratis, SaintKatherineGOYA@aol.com
JOY – Vaitsa Bousbouras, vsbousbouras@yahoo.com
HOPE – Doris Mentis, doris@alumni.virginia.edu

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).