



Today the Lenten Triodion begins and we shift our eyes more directly to the Lord's passion, death, and glorious Resurrection. The Holy Church prepares us during these pre-Lenten Sundays for the themes of the season: repentance, prayer, fasting, and the healing of our heart of hearts. Today's passage about the publican and the Pharisee reminds us that the **FIRST** step in the process of repentance (metanoia) is to see our sin and weakness, own it, and acknowledge it courageously before God. The publican did just that. He was honest about himself. He knew and felt his brokenness and threw himself before the great mercy of a loving Father. The Pharisee was living in denial. He did not see his brokenness. He saw only the things that he felt justified him before God. The kind of spiritual healing we seek during Great Lent begins with being honest with God. We fool ourselves if we think that He is not already aware of our brokenness. We need to **SPEAK** it to Him. We need to acknowledge it before Him. Only by being aware of our spiritual illness and bringing it to the Divine Physician will we stand the chance of being healed, re-made, changed, and given genuine happiness. *The prayer of the Publican must be ours: "God have mercy on me a sinner!"*

EPISTLE Timothy 3:10-15

TIMOTHY, my son, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, my sufferings, what befell me at Antioch, at Iconion, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. Indeed all who desire to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go on from bad to worse, deceivers and deceived. But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

TODAY'S READER: MICHAEL KITSOULIS

GOSPEL Luke 18:10-14

The Lord said this parable, "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."

Resurrectional Apolytikion

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

Seasonal Kontakion

Let us flee from the boasting of the Pharisee and learn through our own sighs of sorrow the humility of the Publican. Let us cry out to the Savior, "Have mercy on us, for through You alone are we reconciled."

PRAYER LIST: Antonia "Nitsa" Kempf, Connie Kanaris, Diana Lazar, George Markomanolakis, Argie Palaios, Katherine Panagakos, Priscilla Preuss, George Virvan, Sylvia Basdekas, George Speris, Mariah Smiley, Saxton, Doris Webb, the child Camille Feruzzi who is gravely ill, the child Heather Greene, Irene Pappas, Marty Levine, Lindsey Reijsoo, the child Ashley Lyvers, the child Alexis Ross, Thomas Jenkins, the child Joseph Saxon, Francine Bruggeman, Estrella Grandea Ocampo, Artie Constantinides, Stephanie Skanderis, Michael Giatzis, John Morris, and Robert Shriver. **US ARMED FORCES:** (Col.) Fr. Alexander Webster, Rev. Fr. John Kalantzis, Lt. Nicholas Karnaze, Spc. Spiro Nino, John Xanthakos, Maj. Sydney Pennix, Colonel James Karas, and Gary Hogman (Iraq) and his wife Cindy.



TAKING THE FIRST STEP...

Holy Orthodoxy does not provide a system of moral conduct, but a therapeutic treatment which cures the innermost aspect of man's personality. This position is no innovation, but a central teaching of the Fathers of the Church: man's soul suffers sickness which distorts his relationship with God, his fellow men, and even nature. Because of this spiritual sickness, man lives a distorted life, being caught up in the powers and influences of the world, and steadily being drawn away from the Divine Image dwelling in his heart (*nous*). We know our true identity, but fail to live it. St. Paul describes the internal warfare that goes on in each of us: "the good I know I should do, I do not; the evil I know I should not do—that I do." This internal conflict is a symbol of the fact that our soul suffers from the brokenness of Adam, from his confusion about and distortion of God's will, from the choice he made to pose his own ego over against God's desire for him. We seek happiness in many things, but still feel empty. We go through the motions of religion, but still feel far from God. We draw meaning from reputation, power, control, material things — and still we ask ourselves what our life is all about. This is a sign of spiritual illness in every one of us. The story of the Publican and Pharisee reminds us of this misplaced attempt to draw meaning and happiness from anything but the God of mercy. Even our good works cannot justify us without the prior admission *that we are sick of soul*. The Publican had it right. The Pharisee was deluded. The good news is that there IS healing for us — complete, total, all-embracing. The Church is a hospital which receives all people, and cures their spiritual illness. The cure of the soul is the "end" of the Orthodox way, and it can only be attained through the Orthodox therapeutic method which is asceticism, as it is expressed in the tradition of the Church. The first step is acknowledging our illness before God and seeking to re-focus our lives in accordance with His will. By acknowledging our brokenness before God, it means that we honestly see ourselves as we have become, even if we don't like what we see, even if we are tempted to deny or rationalize our brokenness. This is the first step to *purification* and therefore the first step to *theosis* — becoming by grace what God is by nature. It IS possible. It is not simply the work of monks and nuns. It is the call of every Orthodox believer. Use the coming Great Lent to answer that call.

MEMORIALS

A Memorial Service will be offered today for **Constantina Malavaki (2 Years)** requested by her children and grandchildren; and for **Constantine Marinakos (2 Years)**, requested by his wife Maria and his children. May their memories be eternal!

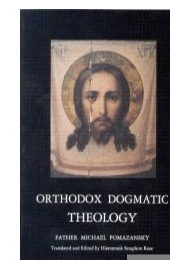


METROPOLITAN KALLISTOS TO SPEAK ON "THE TRINITY: HEART OF OUR LIFE"

His Eminence Metropolitan Kallistos of Diokleia will preside at our first Liturgy of the Presanctified Gifts, after which he will give a special spiritual presentation on The Trinity. It will take place on Wednesday, Feb. 17 with Presanctified Liturgy at 6 p.m., Lenten Supper at 7 p.m. and His Eminence's presentation at 8 p.m. Don't miss this opportunity to hear His Eminence as he visits the Washington, DC area. This will be the first in our series of presentations during Great Lent on Orthodox Dogmatics.

40-DAY BLESSINGS

40-Day Blessings will be given today to **Evangelina**, daughter of Eleni and Jerry Graciano; and to **Vasilisa Christina**, daughter of Christina and Timothy Stayeras. May God grant them many years!



BOOK STUDY TO DEAL WITH ESSENTIAL TRUTHS OF THE FAITH

Beginning in Great Lent, our Book Discussion on Wednesdays will study the book *Orthodox Dogmatic Theology* by Protopresbyter Michael Pomazansky. It is a clearly written book on the essential truths of our Orthodox faith. It will provide common ground for what we believe and correct any misconceptions regarding the faith that we may have. The book has been ordered and will be for sale when it arrives. Make plans now to join us for this very important series.

Next Feed the Hungry Sunday is Feb. 21. Please consider volunteering to cook or deliver meals.

PASTORAL VISITATIONS

Please inform the Church Office 301-469-7990 (ext 300) of any loved ones who are hospitalized or “shut-ins,” so they may be visited and receive the grace of Holy Communion.

BLOOD SCREENING - There is a gentleman who is in dire need of a bone marrow transplant. **TODAY** screening for various diseases of the blood (Cooley's anemia, leukemia, etc.) will take place following the Divine Liturgy in the grand hall. The procedure involves a swab of the mouth. If you are under 61 years of age and in good health please be screened. You could save the life of this man or someone else, even a loved one, if you are a match.

FIFTY PLUS January 27th: Meeting, 11:30 AM, St. George Founders Hall, Speaker S. Gina Stephens presenting “The Image of women in two Greek-American Newspapers, 1900-1949”; February 10th at 11:30 am meeting: A Valentine’s lunch at Normandy Farms Restaurant in Potomac Md. Cost per person is \$25.00. Please make checks payable to St. George Fifty Plus Club and mail to St George Church. For any questions or more information, please call Maria Kopsidas (301-493-5789).

STEWARDSHIP LUNCHEON Sunday, January 31— A luncheon honoring the Stewards of the Year for 2009 will be held on Sunday, January 31, after Divine Liturgy. This years honorees include Harriet Aposporos, Nomy Koumas, and Chris and Debbie Zourdos. Please join us for this important event to honor this years Stewards of the Year.

GOYA February 10, Goya will have a fundraising restaurant night at The Parthenon at 5510 Connecticut Avenue NW Washington, DC. From 5 p.m. to 11 p.m. Twenty percent of dinner sales from the day will be donated to the ministry of St. George Goya for its outreach programs. Save the date! If you have any questions, please contact Demetri Tzamaras at dtzamaras@comcast.net.

FAMILY LUNCHEON Sunday, February 7 The 8th Annual Family Luncheon honoring all Godparents and benefitting Badiani Orphanage will be held Sunday, Feb. 7, after Divine Liturgy in the Grand hall. Reservations are required by Sunday, January 31. The Herald has reservation forms, or you may contact Eva Borsas at 301-515-2765 or at ilias.borsas@msn.com Adults are \$12 and children under 12 are \$6. Children under three, no charge. Make your reservations today after Divine Liturgy or email akranias@hotmail.com

APOKRIATIKO GLENDI February 12, 4 p.m. — The St. George Greek School, in association with other youth organizations of the Parish, invites you to the Annual Apokriatiko Glendi to be held in the Grand Hall on February 12, 7pm to 11pm. Ticket sales will be every Sunday after services starting Sunday Jan 17. Ticket prices are \$12 (ages 7 and over) and \$8 (ages 6 and under). For information please contact Philios Angelides (703-450-7963). Tickets will not be sold at the door. Deadline for ticket sales is Feb. 7

LITERARY LUNCHEON Feb. 20, 2010, Tickets for the Literary Luncheon are quickly selling out. We urge you to send in your reservation ASAP. Sponsorships and raffle tickets are still available. Prizes for the raffle tickets include and elegant ladies’ Evening Watch; dinner for two each month for a year; a sporting events tickets and memorabilia package; an HP Mini Laptop, and a 6” Kindle reading device. Tickets will be sold after Liturgy during Fellowship Hour. **Volunteers are also needed.** If you are planning to attend the luncheon and would be willing to donate an hour or so of your time prior to it, please call Catherine Sarlis at 301-469-7990.

LADIES PHILOPTOCHOS The Ladies Philoptochos Society wants you to become a member if you have not already joined us! Volunteer Circles are now forming to support the following ministries: Outreach, Spiritual Enrichment, Liturgical, Hospitality, & Special Projects. We could use your time and talents in the area of your choosing. Please contact Lia Kent for more information, kent_amalia@yahoo.com or 301-762-8976.

QUILT-A-THON On **Saturday, February 27,** from 9:30 a.m. to 3:30 p.m., St. George will have a Quilt-A-Thon—a Lenten project that creates quilts for at-risk babies and small children in Washington, DC metropolitan area hospitals. You don’t need to know how to sew!! Fabric and supplies will be provided by the Ladies Philoptochos Society. For more information contact Adrienne Barris at 703-827-5757 or Stephanie Wilde at 301-983-0879. **JOIN US, PLEASE!**

PLEASE REMEMBER TO NOTE ON YOUR STEWARDSHIP CHECKS “STEWARDSHIP 2010”. If you have not submitted a 2010 pledge card, please do so as soon as possible. You need not give a check when submitting a pledge card.

SUNDAY OF THE PUBLICAN AND THE PHARISEE LENTEN TRIODION BEGINS

JANUARY 24, 2010



ICON OF THE PUBLICAN AND PHARISEE

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