

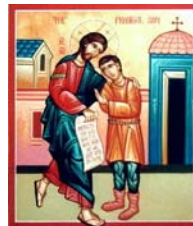
EPISTLE Hebrews 13:7-16

Brethren, remember your leaders, those who spoke to you the word of God; consider the outcome of their lives, and imitate their faith. Jesus Christ is the same yesterday and today and for ever. Do not be led away by diverse and strange teachings; for it is well that the heart be strengthened by grace, not by foods, which have not benefited their adherents. We have an altar from which those who serve the tent have no right to eat. For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp. So Jesus also suffered outside the gate in order to sanctify the people through his own blood. Therefore let us go forth to him outside the camp and bear the abuse he endured. For here we have no lasting city, but we seek the city which is to come. Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

TODAY'S READER: MICHAEL KITSOULIS

GOSPEL John 4:5-42

At that time, Jesus came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour. There came a woman of Samaria to draw water. Jesus said to her, "Give me a drink." For his disciples had gone away into the city to buy food. The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Everyone who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw." Jesus said to her, "Go, call your husband, and come here." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly." The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain; and you say that Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that the Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he." Just then his disciples came. They marveled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" So the woman left her water jar, and went away into the city and said to the people, "Come, see a man who told me all that I ever did. Can this be the Christ?" They went out of the city and were coming to him. Meanwhile the disciples besought him, saying "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has anyone brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor; others have labored, and you have entered into their labor." Many Samaritans from that city believed in him because of the woman's testimony. "He told me all that I ever did." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of your words that we believe, for we have heard ourselves, and we know that this is indeed Christ the Savior of the world."



THERE IS ONE WHO IS GREATER THAN SHAME...

Shame is a powerful psychological and spiritual force. On the more healthy side, it can relate to appropriate guilt for having done something wrong—a sign of a *healthy conscience*. On the other hand, shame can be a paralyzing terror in our lives, forcing us into isolation, despair, and a constant sense of *genuine sadness*. This sense of shame spirals ever downward and can lead to psychological depression. The Samaritan Woman knew this all too well. She hid from Jesus the fact that she had had five different husbands and the man she was with now, was not her husband. Deep down in her heart of hearts she was ashamed. Thinking of her life, she must have wondered if she could ever commit in love to one person forever. As she came for water, she was troubled within by the shame she felt. It threatened to paralyze her emotionally and spiritually. She came *thirsty* — for water perhaps, but more, one thinks, for *relief from that haunting shame*. Jesus would provide it. He promised life-giving water that would quench her thirst. But more, by asking probing questions, he got her to reveal her inner shame, to expose her darkness, to, at last, allow him in to heal and relieve her. So it is with us. There is in all our lives, a shame that cannot speak its name. Great or small, it is ever present to remind us of the darkness in our own lives and hearts, and the *reality of our own brokenness*. The Risen Lord tells us today, as he did at that ancient well: there is one who can relieve you, there is one who can shine a burning light on your shame and excise it from your heart. There is one greater than shame.

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, 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, the child Joseph Saxon, Francine Bruggeman, Estrella Grandea Ocampo, Stephanie Skanderis, Michael Giatzis, Catherine Duple, Georgia Haldas, Eric Ricasa, Theodosia Karmiris, 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, and 2nd Lt. Phillip Natsios

There is a Messiah-God who can take your shame, your anxiety, your paralysis from you. He tells us: *“I who speak to you, am He!”* Whatever your shame, go to Him. Do not be fearful or afraid. Struggle with your honesty to Him and the pain it causes. But know that the Living Son of God, the Risen Christ of History, will deliver from you all your shame and will fill you with that Living Water that will at once refresh and console you. *Believe this — and go to Him TODAY!*



THOUGHTS ON STILLNESS by Elder Paisios of Mt. Athos

The elder wrote concerning stillness. Outer stillness, with discerning asceticism, very quickly brings also interior stillness (the peace of the soul), which an essential preparation for delicate spiritual activity. For as much as one distances oneself from the world so much more is the world distanced from within you and worldly thoughts leave and the mind of a person is purified and he become a man of God. The elder said: Stillness (far from the world) very quickly brings also interior stillness in the soul with asceticism and continual prayer. Then the person is not disturbed by exterior disquiet, because in essence only the body is found on earth but the mind is found in Heaven.

MEMORIAL

A Memorial Service will be offered today for **Michalitsa Matsangakis (9 Months)**, requested by her sister Maria Comninos and family. May her memory be eternal!

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.

PARISH ACTIVITIES

GREEK SCHOOL FOR PRE-SCHOOLERS The Greek School for Preschoolers open registration will be held again on Sunday May 9th at 12 noon in the Grand Hall. Registration in-person only. First come, first serve. Please come with your registration form and deposit.

SUNDAY SCHOOL Sunday School registration for 2010-2011 is in progress: Please register today after the Divine Liturgy. Sunday School **DATES TO REMEMBER:** Sunday, May 9: Mothers Day; Sunday, May 16: Last day of Sunday School Awards Ceremony/Picnic: June 6 Sunday School Teacher Appreciation

GRADUATION PROGRAM INFORMATION

Is needed for the 2010 Graduation Program. High School graduates please send your name, school from which you are graduating, school you will attend and your major. Post Graduate students send your name, school graduating from, degree, and future plans. EMAIL THIS MATERIAL ASAP TO ATHENA KRANIAS: akranias@hotmail.com

FIFTY PLUS May 12 meeting at 11:30am will be the clubs' annual spring pot luck lunch. Once again, Achileas Papaefthmiou will entertain us. Join us for lots of fun! Call Maria Kopsidas (301493-5789) to let her know the days you will be able to help at Yiayia's Attic and also if you plan to attend the May 12 meeting.

If you have not yet pledged for 2010, please do so. Stewards are required to send a new pledge card in each year. If you have not sent in your pledge card for 2010, we ask that you do so. Many thanks!

THE HOLY MARTYR PHOTINA — THE SAMARITAN WOMAN



The holy martyr Photina was that Samaritan woman who had the rare fortune to speak with the Lord Christ Himself at Jacob's Well in Sychar (John. 4). Coming to faith in the Lord, she then came to belief in His Gospel, together with her two sons, Victor and Josiah, and five sisters who were called Anatolia, Phota, Photida, Paraskeva and Kyriake. They went to Carthage in Africa. But they were arrested and taken to Rome in the time of the Emperor Nero, and thrown into prison. By the providence of God, Domnina, Nero's daughter, came into contact with St. Photina and was brought by her to the Christian faith. After imprisonment, they all suffered for Christ. Photina, who first encountered the light of truth by a well, was thrown into a well, where she died and entered into the immortal Kingdom of Christ." (Bishop Nikolaj Velimirovic, The Prolog from Ochrid / Ohridski Prolog)

By the well of Jacob, O holy one, / thou didst find the Water / of eternal and blessed life; / and having partaken / thereof, O wise Photina, / thou wentest forth proclaiming Christ, the Anointed One. (Megalyrnarion for St. Photina, according to the Byzantine usage.)

ST. GEORGE BULLETIN

SUNDAY OF THE SAMARITAN WOMAN

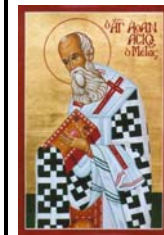
MAY 2, 2010



The Sunday of the Samaritan Woman reminds us that we can never hide from Jesus — even though we may fool ourselves into thinking we have. By confronting the woman at the well with the truth of her life, Jesus pierces through shame, fear, and isolation.. He shines the light of truth on her and she experiences a freedom that she has not known for some time. Jesus promises her life-giving water and gives here the ultimate revelation when she asks about the Messiah: "I who speak to you, am He." For her painful honesty Jesus rewards her. So it is with us. Neither can we hide from Jesus. He sees and knows all. Coming to Him in painful honesty will bring US freedom and the revelation that the Risen Lord can heal all the shame, fear and isolation in us.

KONTAKION OF THE SAMARITAN WOMAN

The Samaritan Woman, having come to the well in faith, beheld You, the Water of Wisdom from which she drank plentifully and inherited the Heavenly Kingdom as one who is blessed forever.



Today we also commemorate the **Translation of the Relics of St. Athanasius the Great**, called the "pillar of Orthodoxy" for his staunch defense against the early heresy of Arianism. O Holy Father Athanasius, pray to God that our souls may be saved!

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