

EPISTLE Galatians 2:16-20

BRETHREN, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

TODAY'S READER IS MANOLI ANAGNOSTIADES

GOSPEL Mark 8:34-38; 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

ST. THEKLA, PROTOMARTYR AND EQUAL-TO-THE-APOSTLES



The holy Church glorifies the Protomartyr Thekla (September 24) as "the glory of women and guide for the suffering, opening up the way through every torment." From of old many churches were dedicated to her, one of which was built at Constantinople by the holy Equal of the Apostles Constantine (May 21). The Protomartyr Thekla, a prayerful intercessor for ascetics, is also invoked during the tonsure of women into monasticism. She is the first woman martyr in the Holy Church and was of great help to St. Paul during his missionary journeys.

MEMORIAL SERVICE

A Memorial Service will be offered today for **George Kontostergios (1 year)** requested by his wife Angie and his children Kelly and Kathy. May his memory be eternal!

COLLECTION FOR HOLY CROSS

The tray will be passed a second time today to benefit the **Hel-lenic College and Holy Cross Greek Orthodox School of Theology**. This institution continues to provide faithful priests and lay leaders throughout the Archdiocese. Please be as generous as possible.

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**ST. SILOUAN OF
MT. ATHOS**

September 24

"Keep thy mind in hell, and despair not." This is perhaps the most famous saying of St. Silouan. **What does it mean to "keep thy mind in hell"?** Can it be that we are to use the

imagination to conjure up circumstances for ourselves similar to those figures in some primitive painting? In this instance, no. Father Silouan, like certain great Fathers - St. Anthony, St. Sisoie, St. Makarios, St. Pimen - during his lifetime actually descended into the darkness and torments of hell. They did this not once but over and over again until their hearts were so permeated that they were able to repeat the movement at will. They took refuge in it when passion - especially the most subtle of passions, pride - reared its head. The struggle against pride is, in fact, the final stage in the battle against passions. To begin with, the ascetic must wrestle with the greater passions of the flesh, then with irritability, and finally, pride. This last combat is undoubtedly the most painful of all. Taught by long experience that pride leads to loss of grace, the ascetic consciously descends into hell where every passion is 'seared with a hot iron' The Starets observed that most people despair when they approach this state and give in. Blessed Staretz Silouan said that many ascetics when they approached that state - which is vital if one would be cleansed of the passions - would fall into despair and be unable to continue. But the one who knows **'how greatly the Lord loveth us'** escapes the pernicious effect of total despair and knows how to

stand prudently on the verge so that the hellish fire burns away his every passion and does not fall victim to despair. **'And despair not.'** If the Staretz' s account is a simple one - as simple as the shoemaker's at Alexandria - the power and



mystery of the matter will remain incomprehensible for anyone who has not known a similar experience of hellish torment, on the one hand, and the great gifts of grace, on the other. When you fight the passions in your life, when all seems defeated or lost, when you feel powerless over sin,

weakness, illness, or failure, remember the words of St. Silouan. Hold your soul there! Do not give up! Grace will come. Healing will come! As the Psalmist wrote: *"Be strong of heart and wait for the Lord."* O Holy Father Silouan, pray to God for us!

**KNOWING LITURGICAL
TERMS**



The *epiclesis* in the Divine Liturgy is invocation of the Holy Spirit upon the bread and wine whereby they are transformed into the Body and Blood of Christ. Without this invocation, no change would be effected. *"...and we ask, pray, and beg of You, send down Your Holy Spirit upon these Gifts and make this bread the precious body of Your Christ and that which is in this Cup the precious Blood of Your Christ, changing them by Your Holy Spirit."* The three-fold "Amen!" by the people underscores "that the epiclesis is not simply said aloud by the Priest, it is accomplished by the whole body of the Church." (Archimandrite Vaseilios)

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, Joseph Papadakis, the child Joseph Saxon, Francine Bruggeman, Estrella Grandea Ocampo, Stephanie Skanderis, Georgia Haldas, Eric Ricasa, William Coulopoulos, Milton Kayafas, Mary Agis, Maureen Shriver, Tiffany Keiker, Mary O'Hara, and Robert Shriver. **US ARMED FORCES:** (Col.) Fr. Alexander Webster, Rev. Fr. John Kalantzis, Lt. Nicholas Karnaze, Spc. Spiro Nino, John Xanthakos, Colonel James Karas, and Gary Hogman (Iraq) and his wife Cindy, 2nd Lt. Phillip Natsios and PFC Brett Hughes.

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.

BIBLE STUDY

Offered Thursday mornings at 10:30 a.m. and Thursday evenings at 7:30 p.m. The Gospel of St. John the Theologian is being studied. Join us for this important journey into God’s Word.

SUNDAY SCHOOL

TODAY is Picture Day for grades N-5. September 26 is Picture Day for grades 7-12. Sunday, October 3 is Choir Recognition Day. Although there is no Sunday School the Sunday School Choir will be recognized in the Church.

FEED THE HUNGRY

TODAY IS Feed the Hungry Sunday. We need cooks after the Divine Liturgy in the kitchen. Also, volunteers for future delivery to the shelters are needed. This is a critical ministry of the Church. Please help!

50 PLUS

St. George Fifty Plus Club will have its next meeting on Wednesday September 22nd at 11:30am in the Founders Hall. Dr. Achilleas Adamantiadis will discuss *Religious Freedom and the Rights of the Patriarch of Constantinople*.

THE GREEK SCHOOL

The Greek School’s classes started on Friday, Sept. 10 and Saturday, Sept. 11, 2010. If you have a child that is interested, you can still register. Also a new **ADULT Greek language class will be offered during the regular Friday Greek School class (4:30 to 6:00 p.m.) starting on the first Friday of October.** An advanced Greek language class for adults will be held every Thursday, 6:30-7:45pm. Another class will be added, as needed. For more information, please contact Lena Petropoulos at (301) 774-4558 or skpetrop@comcast.net or Katerina Papaioannou at (301) 229-4286 or michaelkaterinap@gmail.com.

HOPE (ages 4-6) and JOY (ages 7-11):

JOY and HOPE is a wonderful opportunity for our families with young children to get to know each other and form lasting friendships while learning about our faith. Please join us for our kickoff meeting this Friday evening (September 24, 2010) at 7:00 p.m. in the Founder’s Hall to find out what fun activities we have planned this year.

GREEK IT UP!

Our Fall Festival, “Greek it Up!”, will be held on Saturday, October 2 and Sunday, October 3 here at St. George. There will be a wine tasting, and a Greek Ouzeri. Come have dinner on Saturday night, October 2, at the Ouzeri then join us for a night of music and dancing (Glendi—casual attire), and a raffle where the winner receives a luxury cruise vacation for two to the Greek Isles or the cash alternative of \$10,000. Join us for this special community-building and fund-raising event. Mark your calendars!

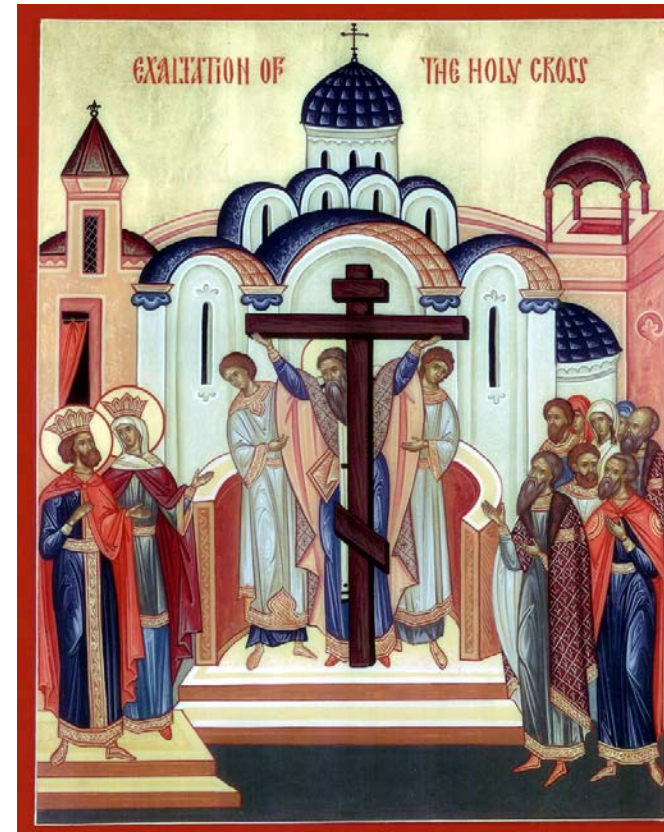
A REMINDER

The current Stewardship year is swiftly drawing to a close. If you have pledged and are current with your giving, thank you! If you have pledged and have not yet given anything or are behind in your giving, please make good on your commitment as soon as possible. We need everyone’s help to keep the ministries, sacraments, charitable works, and other capital expenditures going. Complete your 2010 pledge by the end of the year (December 2010) and make sure you indicate on your check 2010 Stewardship Pledge. The new Stewardship year begins in January 2011 and ends in December 2011. There is still time to complete your 2010 pledge commitment. Don’t hesitate!

ST. GEORGE BULLETIN

SUNDAY AFTER THE EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS

SEPTEMBER 19, 2010



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

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries. May Your alliance be for them a weapon for peace, an invincible standard.

“Thrice-blessed and all-worshipful Cross of Christ, we the faithful venerate and magnify you being joyous at your divine Exaltation. But since you are the trophy and unconquered weapon, by your grace protect, cover, and shelter those who cry to you: Rejoice, O Wood most blessed.” (*Akathist to the Holy Cross, Kontakion I*)