



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 II 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: MANOLI ANAGNOSTIADIS**

**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."

**SATURDAY, FEBRUARY 19  
CHALLENGE LITURGY AND FELLOWSHIP  
9:30 A.M.**

**JOIN US TO WORSHIP WITH OUR BROTHERS AND SISTERS!**



**PRAYER LIST:** Christopher Bacas, Artie Constantinides, Stephen Alfieris, Antonia "Nitsa" Kempf, Connie Kanaris, Diana Lazar, George Markomanolakis, Argie Palaos, Katherine Panagakos, George Virvan, 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, Stephanie Skanderis, Georgia Haldas, Eric Ricasa, Milton Kayafas, Mary Agis, Maureen Shriver, Tiffany Keiker, Mary O'Hara, William Coulopoulos, Matina Mantis, and Robert Shriver. **US ARMED FORCES:** 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, Private Louis Tiches, EG Robert Stock, and PFC Brett Hughes.



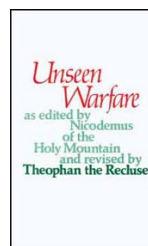
**TAKING THE FIRST STEP...**

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.

**MEMORIAL SERVICE**

A Memorial Service will be offered today for **Emanuel Anagnostiadis (40 Days)**, requested by his wife Sophia and his children and grandchildren; for **Peter Makris (1 Year)** requested by his wife Fay, son Nick (Lynn), and Samantha and Richard his grandchildren; for **Helen Roumel (1 Year)** requested by Ted (Maria) Roumel and Angie Roumel, her grandchildren Eleni Roumel and Jonathan (Lindsay) Roumel, and great grandchild Alexis Roumel; for **Christos Krasias (3 Years)** requested by his wife Elpida, daughter Eleni Anagnostopoulos, and son George Krasias; and for **George Romeos (10 Years)**, requested by his wife Stavroula, daughter Olga, sister Angela, and grandchildren Diana and George. May their memories be eternal!

**SUGGESTED  
LENTEN READING**



This spiritual classic was written by the Priest Lorenzo Scupoli. It reached St. Nicodemus of Mt. Athos who first recognized its immense spiritual worth, and later, in the nineteenth century, St. Theophan the Recluse,

both of whom edited and translated the work. Rich in its references to the teachings of the saints and Fathers, *Unseen Warfare* combines the insights of West and East on that spiritual combat which is the road to perfection and the stripping away of all that militates against it. Staretz Theophan wrote in his foreword: "*The arena, the field of battle, the site where the fight actually takes place is our own heart and all our inner man. The time of battle is our whole life.*" *Unseen Warfare* is a perfect complement to the *Philokalia*. The book may be ordered from [Archangelsbooks.com](http://Archangelsbooks.com) at a cost of \$20.

*Snow can never emit flame. Water can never issue fire. A thorn bush can never produce a fig. Just so your heart can never be free from oppressive thoughts, words, and actions, until it has purified itself internally. Be eager to walk this path. Watch your heart always. Constantly say the prayer: 'Lord Jesus Christ have mercy on me.'*

**Be humble. Set your soul in quietness.**

(St. Hesychios. "On Watchfulness" from the *Philokalia*)

### 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.

**Many thanks to the Roumel family for providing food for today's coffee hour after Divine Liturgy.**

### PHILOPTOCHOS SOCIETY

Thank you everyone, men, women, and children, for your show of support to heart health by wearing red last Sunday. Today we will have the Philoptochos table set up for membership, circle group information, and more. Stop by to see us and **join** now. Remember to bring in an interview appropriate outfit for our Dress for Success collection. The box is in the Founder's hall. Thank you for participating and helping those in need. We have a small collection box out during fellowship hour for the Children's AGAPE Foundation; donate as you wish, to this worthy cause. Any questions please contact; Maria Kitromilis, [keachri@aol.com](mailto:keachri@aol.com).

### GOYA

TODAY, the St. George GOYA will be holding a Pizza Sale in the Grand Hall following the Divine Liturgy. Please come and support the youth of St. George. All proceeds from this sale will benefit the Parathosi Dance Troupe.

### 50 PLUS

We wish to thank everyone for coming to our annual Valentine day Party on February 9th at Mykonos Restaurant. Over 38 members were there and we had a wonderful time. Please remember that on February 23rd at Noon, Dennis Menos will speak on "The Parthanon Sculptures: The Struggle to Bring Them Home".

### GREEK SCHOOL FOR PRE-SCHOOLERS

The Greek School for Pre-schoolers is now accepting applications for the 2011-2012 school year! Open registration is held from 1/19-2/22/2011. Please fill out the registration form (available on the church website) and follow the directions on the form. If you have any questions, contact Christina Stayeas @ [christinastayeas@yahoo.com](mailto:christinastayeas@yahoo.com) or Vasilias Contos @ [contosgeorge@hotmail.com](mailto:contosgeorge@hotmail.com). Classes fill up quickly so don't delay!

### "SOCRATES" SCHOLARSHIP AWARD

High School Seniors: We are now accepting applications for the "Socrates" Scholarship of the Greek School of St. George for Academic Excellence, Greek Language and Community Service. We are giving two awards, one for the Friday Greek School and one for the Saturday. The deadline for sending the application is April 16, 2011. You will find all the forms at [www.stgeorge.org](http://www.stgeorge.org). If you need more information, please contact Katerina Papaioannou at (301) 229-4286 or [michaelkaterinap@gmail.com](mailto:michaelkaterinap@gmail.com)

### APOKRIATIKO GLENDI (March 4)

The St George Greek School in association with other youth organizations of the Parish invites you to the Annual Apokriatiko Gleni to be held in the Grand Hall on Friday, March 4, 7 to 11pm. Ticket will be sold after services through February 27. Ticket prices are \$12 and \$8 for ages 6 and under. For information please contact Philios Angelides at 703-450-7963. Buy your tickets today! Tickets will not be sold at the door.

### LITERARY LUNCHEON IN APRIL

Mark your calendars for the Second Annual Literary Luncheon - featuring Ted Leonsis, Robert Krantz, Nick Tsiotos, and Eva Kalivas. Saturday, April 2, 2011 at 11:30am. At the Bethesda Country Club. For more information, go to [www.philologians.com](http://www.philologians.com) or call (301) 469-7990. Tickets \$65.

## **SUNDAY OF THE PUBLICAN AND THE PHARISEE**

### **LENTEN TRIODION BEGINS**

FEBRUARY 13, 2011



**"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." (Apolytikion from the Trio-**

### **Resurrectional Apolytikion**

Let us worship the Word who is unoriginate \* with the Father and the Spirit, and from a Virgin was born \* for our salvation, O believers, and let us sing His praise. \* For in His goodness He was pleased \* to ascend the Cross in the flesh, and to undergo death, \* and to raise up those who had died, \* by His glorious Resurrection.

### **Resurrectional Kontakion**

You descended to Hades, my Savior, and shattered its gates, as the Almighty. As Creator, You raised the dead with yourself, and smashed the sting of death, O Christ. You freed Adam from the curse, O Lover of humanity. Therefore we all cry out to You, Save us, O Lord.

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