

## CONFESSION: THE FORGOTTEN MEDICINE



On Wednesdays at 5:30 p.m. and Fridays at 6:00 p.m. during the Great Fast, the Priests will be available in the Church for Holy Confession. Make a decision to “come right” with God.

Holy Confession has been called “the forgotten medicine.” When Confession is sincere, deep and involves an honest look at oneself and a desire to start a new life, the room of the heart is thoroughly cleansed from all the impurities of sin. As St. Seraphim of Sarov writes: ‘He who would be saved should ever have his heart disposed to repentance and broken, according to the Psalmist: *Sacrifice to God is a broken spirit: a broken and humbled heart God will not despise*’ (Ps. 50:17). In such brokenness of spirit a man can easily pass securely through the artful snares of the proud devil, whose whole care consists in agitating the human spirit. Confession is medicine. It is healing. It is an opportunity to make things right with God and with those whom we have offended. Take the opportunity during the Great Fast — and throughout the year — to take the medicine that the Church provides.

### PARISH ACTIVITIES

#### QUILT-A-THON VOLUNTEERS NEEDED

We need volunteers for our 2nd Annual Quilt-A-Thon, (APRIL 9TH, 8:30 A.M.) to make homemade quilts for at-risk babies and small children in our area hospitals. You do not need to know how to sew! We need help to cut, pin, measure and tie square knots. Fabric and supplies will be provided by The Ladies Philoptochos Society of Saint George. Please bring your own lunch. If you are interested in participating please contact Adrienne Barris 703/827-5757 or Stephanie Wilde 301/983-0879.

#### VOLUNTEERS NEEDED FOR FESTIVAL PREPARATION

Our Spring Festival is May 6-8. We need volunteers to help prepare food for the event. PLEASE sign up to help on the sheets that have been placed on the community bulletin board in the main corridor. **WE NEED HELP!** The festival is a success insofar as everyone pitches in. PLEASE SIGN UP ON THE SHEETS!!

#### 50 PLUS CLUB

On March 23rd a trip to the Smithsonian to view the Cyprus Exhibit—the bus leaves at 10 am and returns at 3:00pm to the Church. Cost is \$25 per person and luncheon is on our own in the East Wing of the Art Museum. Please respond by March 20th to Sally Peavy 301-229-5283 or Maria Kopsidas 301-493-5789. There is a table to register for the trip in the Founders Hall after church service. No meeting on the 23rd due to trip.

#### GREEK INDEPENDENCE DAY CELEBRATION

On Sunday, March 20, at 5:30 p.m. in the Grand Hall the 190th Anniversary of Greek Independence will be celebrated. The speaker is Dr. Apostolos Athanassakis, Professor at the University of California at Santa Barbara. He will speak on “The Role of the Demotic Song in the Greek Independence.” Join us for the celebration.

#### 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 christinastayeasyahoo.com or Vasilia Contos contosgeorgehot-mail.com. Classes fill up quickly so don't delay!

#### LITERARY LUNCHEON

Raffle Tickets will be on sale after church for the Literary Luncheon featuring Ted Leonsis, Robert Krantz, Nick Tsiotos, and Eva Kalivas. Saturday, April 2, 2011 at 11:30am. Stop by coffee hour for more information and to buy your raffle tickets. You need not be present to win. Great prizes. Please support this important fundraiser for our church.

MARCH 13, 2011

## THE SUNDAY OF ORTHODOXY THE REMOVAL OF THE RELICS OF ST. NICEPHORUS



As the Prophets saw, as the Apostles taught, as the Church has received, as the Teachers express in dogma, as the inhabited world understands together with them, as grace illumines, as the truth makes clear, as error has been banished, as wisdom makes bold to declare, as Christ has assured, so we think, so we speak, so we preach, honouring Christ our true God, and his Saints, in words, in writings, in thoughts, in sacrifices, in churches, in icons, worshipping and revering the One as God and Lord, and honouring them because of their common Lord as those who are close to him and serve him, and making to them relative veneration.

**This is the faith of the Apostles; this is the faith of the Fathers; this is the faith of the Orthodox; this is the faith that establishes the inhabited world.**

(FROM THE SYNODIKON OF HOLY ORTHODOXY)

#### Resurrectional Apolytikion

The stone had been secured with a seal by the Judeans, \* and a guard of soldiers was watching Your immaculate body. \* You rose on the third day, O Lord \* and Savior, granting life unto the world. \* For this reason were the powers of heaven crying out to You, O Life-giver: \* Glory to Your resurrection, O Christ; \* glory to Your eternal rule; \* glory to Your dispensation, only One who loves mankind.

#### Resurrectional Kontakion

You arose from the sepulcher in glory as God, and with yourself resurrected the world. And mortal nature extolled You as God, and death was obliterated, and Adam is dancing, O Master; and Eve, now redeemed from the bonds, rejoices crying out: O Christ, You are He who grants resurrection to all.

### THE GREEK ORTHODOX CHURCH OF SAINT GEORGE

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Rev. Nicholas Despotides,  
Emeritus



For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.

**TODAY'S READER: ROBYN ANDRIS**

**EPISTLE Hebrews 11:24-26, 32-40**

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

**GOSPEL John 1:43-51**

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

**PRAYER LIST:** Ralph Vallone, Christopher Bacas, Antonia "Nitsa" Kempf, Connie Kanaris, Diana Lazar, George Markomanolakis, Argie Palaios, 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.



**THE HOLY ICONS:  
WINDOWS ON ETERNITY**

Icons have been used for prayer from the first centuries of Christianity. Sacred Tradition tells us, for example, of the existence of an Icon of the Savior during His lifetime (the "Icon-Made-Without-Hands") and of

Icons of the Most Holy Theotokos immediately after Him. Sacred Tradition witnesses that the Orthodox Church had a clear understanding of the importance of Icons right from the beginning; and this understanding never changed, for it is derived from the teachings concerning the Incarnation of the Second Person of the Holy Trinity -- Our Lord and Savior Jesus Christ. The use of Icons is grounded in the very essence of Christianity, since Christianity is the revelation by God-Man not only of the Word of God, but also of the Image of God; for, as St. John the Evangelist tells us, "the Word became flesh and dwelt among us" (*John 1:14*). No one has ever seen God; only the Son, Who is in the bosom of the Father, He has made Him known" (*John 1:18*), the Evangelist proclaims. That is, He has revealed the Image or Icon of God. The truth expressed above, which is revealed in Christianity, thus forms the foundations of Christian pictorial art. The Image (or Icon) not only does not contradict the essence of Christianity, but is unfailingly connected with it; and this is the foundation of the tradition that from the very beginning the Good News was brought to the world by the Church both in word and image. St. John of Damascus, an eighth century Father of the Church, who wrote at the height of the iconoclastic (anti-icon) controversies in the Church, explains, that because the Word of God became flesh (*John 1:14*), we are no longer in our infancy; we have grown up, we have been given by God the power of discrimination and we know what can be depicted and what is indescribable. Since the Second Person of the Holy Trinity appeared to us in the flesh, we can portray Him and reproduce for contemplation Him Who has condescended to be seen. We can confidently represent God the Invisible -- not as an invisible being, but as one Who has made Himself visible for our sake by sharing in our flesh and blood. This is why we reverence the icons. They are windows on eternity!



**LENTEN RETREAT AT ST. KATHERINE GREEK ORTHODOX CHURCH**

Dr. Kyriacos C. Markides, author of *Gifts of the Desert* and *Mountain of Silence*, will give a Lenten Retreat entitled : **The Magnificent but Forgotten Path of Christian Spirituality** on Saturday, March 19 from 9:30 a.m. to 3:00 p.m. at St. Katherine's, 3149 Glen Carlyn Rd, Falls Church, VA. To register, please call 703-671-1515.

**DIVINE SERVICES THIS WEEK**



**Sunday, March 13 (TODAY):** Pan-Orthodox Vesper Service, Sts. Peter and Paul Antiochian Orthodox Church on River Road, 5:00 p.m. Guest speaker: Dr. Lewis Patsavos, Professor of Canon Law, Holy Cross Greek Orthodox School of Theology.

**Wednesday, March 16:** Presanctified Liturgy, 6:30 p.m. followed by a Lenten Supper and the presentation *Transforming Our Families: Fidelity to the Home Church* given by Father George.

**Friday, March 18:** Salutations to the Most Holy Theotokos 7:00 p.m.

**Saturday, March 19:** The Challenge Liturgy and Fellowship, 9:30 a.m.



"Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly, the angel who guards you will honour your patience." (*St. John of Sinai (called Climacus) from the Ladder of Divine Ascent*)

**WELCOME INTO THE HOUSEHOLD OF THE FAITH!**

By the Grace of God, we welcome **Daniel Jimeno** into the household of the Faith! He will be received today into Holy Orthodoxy by the Sacrament of Chrismation. His sponsor is Catherine Sarlis, his mother-in-law and staff member here at St. George. May the Lord God save, defend and protect the servant of God, Daniel, and may God grant him many years! Please remember him in your prayers.