

## BIBLE STUDY

Bible Study is on Thursday at 10:30 a.m. and 7:30 p.m. This year's study will be the Old Testament *Book of Genesis*. Please join us for this important study of one of the seminal books of the Sacred Scripture.

### PARISH RETREAT DAY — SATURDAY, OCTOBER 1, 2011

Metropolitan Panteleimon of Antinoes will lead us in a day of reflection on **THE JESUS PRAYER**. It is the Feast of the Protection of the Most Holy Theotokos (*Hagia Skepi*). Orthros at 8:30 a.m. Divine Liturgy 9:30 a.m., followed by the retreat program ending at approximately 1:30—2:00 p.m. Brunch will be served. A free-will offering is asked to defer the cost of the food and other retreat-related expenses.

## ALTAR BOY MEETING

There will be a meeting of **all altar boys TODAY** from 12 noon until 1:30 p.m. All acolytes are expected to attend this meeting to start the new Church Year in a prayerful manner.

## GREEK SCHOOL FOR PRESCHOOLERS

Greek School for Preschoolers (GSP) has a few openings in each class for the 2011-2012 school year. Please visit the <http://www.stgeorge.org/education/greek-preschool> for applications, forms and more information, or contact [paula.spiliotopoulos@verizon.net](mailto:paula.spiliotopoulos@verizon.net) or [dsamiosferat@gmail.com](mailto:dsamiosferat@gmail.com)

## FEED THE HUNGRY SUNDAY

Today, Feed the Hungry Ministry will be preparing food right after the liturgy to be delivered to four shelters overnight. We prepare and deliver dinner every third Sunday of the month for over 100 persons. Wish to thank everybody who has taken the time to help. We need more volunteers please consider helping us. If you need more information, please contact Margo Tsigotis Oge @ [margotoge@yahoo.com](mailto:margotoge@yahoo.com)

## JOY AND HOPE

JOY and HOPE will be having a general meeting on Friday, September 23 at 6:30 p.m. In the Founder's Hall.

## 50 PLUS CLUB

At our September 28th meeting, F William Hessmer IV will be speaking on **Essential Estate Planning**, an issue important to us all. A trip to the Dupont Winterthur Mansion and Longwood Gardens is planned for October 12th. Space is still available to this beautiful and interesting museum and garden. To reserve a seat please contact Maria Kopsides at 301-493-5789 as soon as possible.

In response to continued inquiries regarding church financials, the Church is publishing year-to-date operating income and expenses in the Sunday Bulletin. God bless you and thank you for your support.

### January 1 through September 13, 2011

**Income \$863,989.17\***

**Expenses \$894,019.94\*\***

\*Includes any income (funds received) from Stewardship, Candles, Trays, Donations, Facility Rentals, Spring Festival, Fall Fund-raiser, Greek School, Pre-School Program, Other Income and Harbor School Rent.

\*\* - Includes expenses incurred (funds disbursed) for Administrative Items, Candles, Facility Rentals, Spring Festival, Fall Fund-raiser, Greek School, Pre-School Program, Bookstore, Archdiocese Stewardship, For Those Who Serve, Furniture,

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

**SEPTEMBER 18, 2011**



If anything, the Cross of Christ is proof positive that **grace costs. Discipleship costs. Being an Orthodox Christian costs.** While we generally live as believers in comfort and without strife, persecution, or pain, the Cross of the Lord Jesus stood for precisely the opposite: it hurt Him, it brought Him to the edge of despair ("My God, my God, why hast Thou abandoned mee?"), it cost Him His very life. Simply put, to be an Orthodox follower of the Lord, we must follow Christ right to the Cross. We cannot avoid or evade it. We must not think that He went through its pain but we don't have to. There is no such thing as **CHEAP GRACE**. Grace, belief, discipleship will **COST** us.

## 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.

## 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.

## THE GREEK ORTHODOX CHURCH OF SAINT GEORGE

7701 Bradley Blvd., Bethesda,  
Maryland 20817  
Office 301-469-7990 +  
Fax 301-469-5945  
[www.stgeorge.org](http://www.stgeorge.org)

Rev. Fr. Dimitrios J. Antokas  
Proistamenos:  
Email: [FrAntokas@stgeorge.org](mailto:FrAntokas@stgeorge.org)

Rev. Fr. George Khitiri  
Email: [FrGeorge@stgeorge.org](mailto:FrGeorge@stgeorge.org)

Rev. Fr. Nicholas Despotides,  
Emeritus

### 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 JEANNE KITSOULIS

### 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."

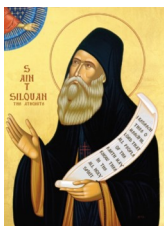
**PRAYER LIST:** Lee Konjas, Alexander Wadas, Constantina Speris, Joseph Papadakis, Nate Cekay, Chris Calender, Alexander Plotas, Robert Shriver, Demitra Aposporos, [Dr. Joseph Paul Smith](#)

**PLEASE SUBMIT NAMES OF NEEDY OR ILL PARISHIONERS AND FAMILY MEMBERS BY CALLING THE CHURCH OFFICE AT 301-469-7990**

### WELCOME TO THE CHURCH!

We welcome into the Church **Crystal Kissal** (in Orthodoxy **Kristalia**) who receives Holy Chrismation into the Orthodox Church. Her sponsor is Angela Aloupis. May God grant her many years!

### APOLYTIKION TO ST. SILOUAN OF MT. ATHOS (SEPTEMBER 24)



O all-blessed Father Silouan, Flaming zealot of the seraphim's love for the Lord And fervent imitator of Jeremiah who wept for the people, Hearing the call of the Mother of the Lord of Hosts, With wise courage you spewed out the sinful serpent And withdrew from the snares of the world to the mountain of Athos,

Where in labors and prayer, joined with tears, In abundance you acquired the grace of the holy Spirit with which our hearts are enflamed. Being strengthened by you, we cry out with compunction: My Lord, my Life and the Joy of your saint, Save the world and us from all cruel things!

### 2011 FALL FUND-RAISER AND RAFFLE

Please join us for an evening of great food, excellent music, and dancing at our Greek Night Gala ("So, You Think You Can Greek Dance?") being held on **Saturday, November 12, 2011**. Gala tickets and raffle tickets are available for purchase after the Divine Liturgy on Sundays during Coffee Hour. Also, for those who have already mailed in your payment, your Gala tickets can be picked up during the Coffee Hour. **WE NEED THE SUPPORT OF THE ENTIRE COMMUNITY for a successful and wonderful event!**



### TODAY'S GOSPEL IS A WAKE-UP CALL

Today's Gospel passage is a wake-up call for Orthodox believers—indeed, for any who are disciples of Christ. We are told by Christ that if we want to be His followers, we must deny ourselves (our ego, desires, willfulness). He also tells us that we must take up our cross (pain, sacrifice, discomfort). He says we must lose our life for Him and the sake of His Gospel. One of the most striking sayings of Christ in this passage is that if we are "ashamed" of Him and His words, and become a part of this "adulterous and sinful generation", the Son of Man will be ashamed of us when He stands before His Father. No minced words, yet how much we write them off as hyperbole or poetry. How seldom, if at all, we take them literally. How we lump these words with the other "religious sayings" that edify us, but certainly are not meant to be lived literally. Guess again! Christ quite literally means that discipleship will cost us. We will pay a price for following the Crucified One. He did not escape it—neither will we. Concretely, what might "losing our life" or "denying ourselves" mean? What cost are we to pay? *It means that we believers must change our way of thinking, our way of speaking, our lifestyles and attitudes, and our values to come in line with the will of the Crucified God — not figuratively, but LITERALLY.* Our lives must reflect a daily and ongoing prayer rule and Scripture reading. We must avoid those people who draw us away from our Orthodox Christian values and morality and associate, instead, with "members of the household of the faith." We must clean up our language. We must stop our incessant gossiping about others. We are called to reach out in specific and concrete ways to those in need, the poor, the homeless, the down-trodden. (Feed the Hungry!) We must be more

faithful to attending Divine Services (the Eucharistic Liturgy, Holy Unction, Paraklesis). We must read and educate ourselves in the faith instead of mindlessly watching television. We must bridle our egos, realize that the world does not revolve around us and our ideas. We are called upon to FAST faithfully, every Wednesday and Friday, as well as the other fast days and seasons. We must learn that by tempering our bodies we are nurturing our souls. We must make our Christian faith figure into how we use and spend our resources. Above all, we cannot be ashamed of being, speaking, and thinking differently than this "adulterous and sinful generation." That is the hardest part but could, in fact, determine our very salvation before the Throne of Grace. The Cross and its victim calls to us: deny yourself, give up your self-absorption, surrender to Him who gave His life that we might live. Christ will never force our fidelity. It is a choice each of us must make. We cannot escape the choice. Either we literally change our lives and renew them in Christ or we neglect to do so. Either we live from the inside out, or give over to living from the outside in—like our society. Either we take Christ at His word—or rationalize them out of our lives. *How seriously will you take the Crucified God whose hands reach out to you?*

### MEMORIALS

A Memorial Service will be offered for **Peter Fouraris (5 Years)** requested by the Kranias family; and for **Helen Kerasote Manakas (10 Years)** requested by her loving family. May their memory be eternal!

### 40-DAY BLESSINGS

A 40-Day blessing will be given to the child of God, **Aidan**, son of Andrew and Chrisanthi Linberg. May God grant him many years!