

# SUNDAY OF THE HOLY CROSS

SOPHRONIOS, PAT. OF JERUSALEM  
THEODORA THE RIGHTEOUS

## EPISTLE

### St. Paul's Letter to the Hebrews

4:14-16; 5:1-6

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

## GOSPEL

### Saint Mark

Chapters 8:34-9:1-12

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."

## KONTAKION

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

## MEMORIAL SERVICE

*May their memories be eternal*

40 Day Memorial for **Alexandra Apostolou**, beloved mother of Valia, mother-in-law of Tasios Vassilas, grandmother of Liana and Alexandra.

40 Day Memorial for **Ioannis Balanos**, beloved father of Nicolaos and Georgia, grandfather of Evangelia, Athena, and Ioannis.

## ALTAR FLOWERS

In Loving Memory of Spyros & Marina Manos  
by Bess Zourdos

In Loving Memory of Ioannis Balanos  
by Nicolaos Balanos

## COFFEE FELLOWSHIP

In Loving Memory of Alexandra Apostolou  
by Valia & Tasos Vassilas

## SOPHRONIOS, PATRIARCH OF JERUSALEM

This Saint was born in Damascus. As a young man he became a monk at the Monastery of Saint Theodosius the Cenobiarch in Palestine, where he met John Moschus and became his close friend. Having a common desire to search out ascetics from whom they could receive further spiritual instruction, they journeyed together through Palestine, Syria, Asia Minor, and Egypt, where they met the Patriarch of Alexandria, Saint John the Almsgiver, with whom they remained until 614, when Persians captured Jerusalem (see also Saint Anastasius the Persian, Jan. 22). Saint Sophronius and John Moschus departed Alexandria for Rome, where they remained until 619, the year of John Moschus' death. Saint Sophronius returned to the Monastery of Saint Theodosius the Cenobiarch, and there buried the body of his friend. He laboured much in defence of the Holy Fourth Council of Chalcedon, and traveled to Constantinople to remonstrate with

Patriarch Sergius and the Emperor Heraclius for changing the Orthodox Faith with their Monothelite teachings. After the death of Patriarch Modestus in December of 634, Sophronius was elected Patriarch of Jerusalem. Although no longer in the hands of the Persians, the Holy Land was now besieged by the armies of the newly-appeared religion of Mohammed, which had already take Bethlehem; in the Saint's sermon for the Nativity of our Lord in 634, he laments that he could not celebrate the feast in Bethlehem. In 637, for the sins of the people, to the uttermost grief of Saint Sophronius, the Caliph Omar captured Jerusalem. Having tended the flock of his Master for three years and three months, Saint Sophronius departed in peace unto Him Whom he loved on March 11, 638.

Saint Sophronius has left to the Church many writings, including the life of Saint Mary of Egypt. The hymn "O Joyous Light," which is wrongly ascribe to him, is more ancient than Saint Basil the Great, as the Saint himself confirms in his work "On the Holy Spirit" (ch. 29). However, it seems that this hymn, which was chanted at the lighting of the lamps and was formerly called "The Triadic Hymn," was later supplemented somewhat by Saint Sophronius, bringing it into the form in which we now have it. Hence, some have ascribed it to him.

## WISDOM OF THE CHURCH FATHERS

"... For although it be in my power, as Son of God, to hinder thee from having any trial at all of those hardships; yet such is not my will, for thy sake, that thou mayest thyself too contribute something, and be more approved." *St. John Chrysostom*

## PRAYER LIST

As one body united in Christ, it is a wonderful expression of love to offer prayers for the health and well being of others. With that in mind, I ask that you place on your personal prayer list the names of the following and offer prayers on their behalf.

**FOR RECOVERY:** Marie Argyropoulos, Theodora Athanas, Goldie Hallas, Harriett Hopper, Connie Kanaris, Paros Katrovanos, Delores Laios, George Markomanolakis, Shirley Maxton, Tom Pantazopoulos, Priscilla Preuss, Constance Speris, George Virvan, Allie Watkins.

**US ARMED FORCES:** 2nd Lt. Aloysius M. Boyle, 1st Lt. Daniel Boyle, Airman Peter Kaloroumakis, Lt. Nicholas Karnaze, Pvt. Spiro Nino, SSGT. Scott Stone, LCDR Belinda Wycoff

## LITURGICAL SCHEDULE

### Monday, March 12th

6:30pm Great Compline

### Wednesday, March 14th

6:30pm Presanctified Liturgy

Followed by a Lenten Discussion (Chapel)

### Friday, March 16th

6:30pm Fourth Salutations

### Sunday, March 18th

**Sunday of John Climacus**

8:45am Orthros & 10:00am Divine Liturgy

### Monday, March 19th

6:30pm Great Compline

### Wednesday, March 21st

6:30pm Presanctified Liturgy

Followed by a Lenten Discussion (Chapel)

### Friday, March 23rd

6:30pm AKATHIST HYMN

### Sunday, March 25th

**Annunciation**

8:45am Orthros & 10:00am Divine Liturgy

### Monday, March 26th

6:30pm Great Compline

## LENTEN DISCUSSION GROUP

**Every Wednesday during Lent**

Presanctified Liturgy 6:30pm

Followed by the Discussion Group 7:30pm

Dates: March 14th, 21st, 28th Share in discussions guided by the renowned book:

**"GREAT LENT the Journey to Pascha"** by the late Fr. Alexander Schmemmann {This book is available for purchase at our Bookstore and during the week in the Church Office}

## GOYA -- S.A.L.T.

### (SUNDAY AFTERNOON LENTEN TALKS)

Every Sunday during Lent. 12:00p-2:30p

This year we will be visiting sister Orthodox Churches of different jurisdictions to share and understand different traditions and customs that exist in the Metropolitan Orthodox Community. Please join Father George in the Chapel immediately after Church services for Lunch. Around 12:30p everyone will leave for a visit and lecture at a local Church.

## FIFTY PLUS

**Wednesday March 14th**, the film, "Return of the Holy Relics of Saints Gregory the Theologian and John Chrysostom", will be shown at 12:00pm in the Founders Hall. Everyone is invited

## YAL LENTEN RETREAT

**Saturday, March 17th**, 9:30a-3:30p. Speaker: Fr. Mark Leondis. ALL ARE WELCOME! (\$15 per person includes Continental Breakfast & Lunch) **Connecting with God: Finding Time for Him in our busy Lives** followed by a Workshop: Our Faith Journey: Receiving, Owning, and Living our Faith.

## SPAGHETTI LUNCHEON

The GOYA will be hosting a fundraiser on **Sunday, March 18th** after Church. Proceeds are for the restoration of Saint Nicholas in New York. Please come and enjoy a delicious spaghetti luncheon with salad, garlic bread, drinks and dessert! \$10/person (\$5 ages 11 & under). Oratorical Presentations will be delivered by our youth in the main Sanctuary following the luncheon.

## LADIES PHILOPTOCHOS

The Ladies Philoptochos will be accepting donations after the Divine Liturgy from anyone wishing to help defray the cost of the Lenten Flowers and other items needed for our Services during Great Lent, Holy Week and Pascha

The Ladies Philoptochos will be collecting donations in support of the **Leukemia and Lymphoma Society: Pennies for Patients Program**. Monies collected will help children in their fight with blood cancers. Let's help find a cure. Checks can be made out to: The Leukemia and Lymphoma Society

## CELEBRATING GREEK INDEPENDENCE

Sunday, March 25th!

★Greek Independence Day **PARADE**. Lets all march together for this wonderful event. The event starts at 2:00pm in Baltimore.

★**Open House Reception** hosted by Ambassador Mallias at the Greek Embassy on March 25th, 1:30pm-3:30pm.

★Greek Independence Day **LECTURE** – Speaker: Prof. George Babiniotis. "The Language as National Identity – Reflections on the Occasion of the 25<sup>th</sup> of March, 1821" (lecture in Greek with summary in English) Program will include brief literary readings, patriotic songs and folk dances. Reception to follow. **Sun, March 25th, 5:30pm** – St. George – Grand Hall

## AHEPA SCHOLARSHIPS

Applications for the 38th Annual AHEPA Scholarship Awards program are **due on April 2nd**. This program has been ongoing since 1970 and last year we honored 32 area students and distributed \$40,500 in scholarships. In order to apply, you must (1) be affiliated with either the AHEPA family or the Greek Orthodox church within the DC metro area, (2) be a graduating high school senior, (3) have a cumulative GPA of 3.0 or better, and (4) have participated in extra curricular activities and/or lettered or received awards in varsity interscholastic sports. For more information or to receive an application package, contact Georgeanne E. Patmios at 301-654-1866 or [patmiosg@verizon.net](mailto:patmiosg@verizon.net)

## M.W.O.S.H.

**Luncheon Buffet Extravaganza** on Saturday, April 14th, 11:30am. Ladies, come with your **"Hats On"** Bring your husbands and they will be the judges for the Fancy, Fun, & Frivolous Hat Prizes at Normandie Farm 10710 Falls Road, Potomac, Maryland. RSVP a Must by April 8th Adults \$55.00 \* Children 12 and under \$20.00. For Further Information, Please call 301-718-9578

## VISITATONS

Please inform the Church Office 301-469-7990 (ext 303) of any loved ones who are hospitalized or "shut-ins," so they may be visited and receive the grace of the Blessed Sacrament.

## NEWCOMERS & VISITORS

Please fill out the following and give to a Parish Council member or Usher. This will allow us to introduce you and your family to our parish family today before the distribution of the blessed bread.

New Steward of St. George  Visiting St. George  
Name(s) \_\_\_\_\_  
Phone \_\_\_\_\_  
Address \_\_\_\_\_

# Sunday Bulletin

March 11th, 2007

*Christ is in our midst. He is and always will be.*



## The Greek Orthodox Church of Saint George

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Rev. Fr. Nicholas Despotides, Emeritus

View this bulletin on the web at [www.stgeorge.org](http://www.stgeorge.org)



We, at Saint George, ask that you keep in your prayers members of our armed forces, civilian defense and their families.