

Saint Katherine Greek Orthodox Church



**March 12th, 2023
Sunday of St. Gregory Palamas**

Mission Statement

To Engage, Serve, and Enrich the lives of Orthodox Christians, through Word, Worship, and Outreach, and to Welcome all people to live the Orthodox Christian way of life.

Our Clergy:

Fr. Timothy Pavlatos, Proistamenos
Fr. Philip Armstrong, Priest Emeritus
Fr. Demetrios Kavouras, Priest Emeritus

Contact Us:

480-899-3330 • office@st-katherine.org • www.stkatherineaz.org

Church Office Hours:

Tuesday-Thursday 9:30 a.m.-3:30 p.m. Closed 12:00-1:00 p.m. for lunch
Fr. Timothy is off on Thursdays.

Metropolis of San Francisco / Greek Orthodox Archdiocese of America

Hymns at the Small Entrance

Resurrectional Apolytikion - Plagal Tone 2

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Apolytikion for the Hierarch

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Ὁρθοδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Apolytikion of St. Katherine

Let us sing the praise of the Bride of Christ renown, * the Patroness of Sinai, Katherine Divine. * Our assistance and protection, * for she has brilliantly subdued, * the impious refined, by the power of the Spirit. * She was crowned as a martyr of the Lord, * and for all, she entreats His great mercy.

Τὴν πανεύφημον νύμφην Χριστοῦ ὑμνήσωμεν, Αἰκατερίναν τὴν θεῖαν καὶ πολιοῦχον Σινᾶ, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν, ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομποὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῆ μαχαίρα, καὶ νῦν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πᾶσι τὸ μέγα ἔλεος.

Kontakion

O Champion General, I your City now inscribe to you. * Triumphant anthems as the tokens of my gratitude, * Being rescued from the terrors, O Theotokos.* Inasmuch as you have power unassailable, * From all kinds of perils free me, so that unto you. * I may cry aloud: *Rejoice, O unwedded Bride.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαίρε νύμφη ἀνύμφευτε.

Epistle Reading

Hebrews 1:10-14; 2:1-3

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Ἑβραίους 1:10-14, 2:1-3

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσὶν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἰρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἑχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

Gospel Reading

Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins' - he said to the paralytic - "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Μάρκον 2:1-12

Τῷ καιρῷ ἐκείνῳ, εἰσηλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοῦμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν

κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἔξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

Today we Commemorate:

- Theophanes the Confessor
- Symeon the New Theologian
- Gregory Dialogos, Bishop of Rome

Saint Theophanes, who was born in 760, was the son of illustrious parents. Assenting to their demand, he married and became a member of the Emperor's ceremonial bodyguard. Later, with the consent of his wife, he forsook the world. Indeed, both of them embraced the monastic life, struggling in the monastic houses they themselves had established. He died on March 12, 815, on the island of Samothrace, whereto, because of his confession of the Orthodox Faith, he had been exiled by Leo the Armenian, the Iconoclast Emperor.

Upcoming Services—Week of March 12th

Sunday, March 12th: 8:15 a.m. Orthros, 9:30 a.m. Divine Liturgy
Memorial Service: 40-Days James Mitchell, Annual Katherine Karamanis
6:00 p.m. Pan-Orthodox Vesper Service at Sts. Peter & Paul OCA

Monday, March 13th: 6:00 p.m. Great Compline

Wednesday, March 15th: 6:00 p.m. Presanctified Liturgy

Friday, March 17th: 6:00 p.m. 3rd Salutation

Saturday, March 18th: 6:00 p.m. Great Vespers

Spring General Assembly-Date Change



Mark your calendars! The Spring General Assembly is scheduled for **Sunday, March 26**, in the Community Center following dismissal of Liturgy.

Please note: To vote at a General Assembly meeting one must be a current steward. If you have not completed a 2023 pledge card, please do so right away, so that you can participate and vote on issues affecting our parish.

All stewards should make plans to attend and participate.

St. Irene Philoptochos News



Communi-Tea Sunday, March 12th

The Ladies of St. Irene Philoptochos cordially invite you to our complimentary Communi"Tea" luncheon, with desserts sponsored by Vangela Mitchell in memory of James Mitchell.

Please join us for lunch in the Community Center to learn more about this important ministry of the church and the many philanthropic projects we are involved with. We thank you for your continued support of our Fundraisers.

2023 Membership Drive– It's time to renew your membership!

If you are not yet a member of Philoptochos, we invite you to join us in our philanthropic work! Dues are \$35.00 and Membership applications are available in the Narthex.

All Saints Camp Scholarships Available

St. Irene Philoptochos will be offering scholarships to assist with camp registration. Details coming soon!

Helpful Information:

Sunday Service Times: 8:15 a.m. Orthros, 9:30 a.m. Divine Liturgy

Sunday School: Meeting locations: Pre-K to 5th at the 4th acre , 6th-12th at the 5th acre.

Fellowship Hour: Complimentary luncheon sponsored by St. Irene Philoptochos, and desserts sponsored by Vangela Mitchell in memory of Jim Mitchell .

Dean Pappas Memorial Bookstore: Usually open on Sundays after Liturgy.

Please make every effort to arrive for services a little early. If you happen to arrive late, please observe the following moments in the Divine Liturgy when you should not enter the Nave but wait quietly in the Narthex. You may enter **after** these moments:

- The Priest censing
- The Small Entrance
- The Great Entrance
- Epistle Reading
- Gospel Reading
- The Homily
- Consecration of the Gifts
- The Lord's Prayer

Confession Times:

- Saturdays from 5:30 - 6:00 p.m.
- During Great Vespers immediately following the Great Censing. Please wait in the front pews closest to the Bishop's Throne.
- By appointment (Please contact the church office)

Resources:

*Complete Church Calendar: <https://stkatherineaz.org/parish-calendar>

*Sunday Homilies: <https://stkatherineaz.org/homilies>

*For Orthros (Matins) Text visit: [AGES Digital Chant Stand](https://www.ages.org/digital-chant-stand)

*Saints, Feasts, Epistle & Gospel readings: <https://www.goarch.org/chapel/calendar>

*Livestream on Facebook: <https://www.facebook.com/stkatherinehandler/videos>

*Livestream on YouTube: [https://www.youtube.com/](https://www.youtube.com/@stkatherinegreekorthodoxch8030/streams)

[@stkatherinegreekorthodoxch8030/streams](https://www.youtube.com/@stkatherinegreekorthodoxch8030/streams)



Prayer Requests

(Prayers for the living will be retained on the list for 40 days.)

I Peter 4:7 Be serious and discipline yourselves in prayer. Cast all your anxiety on Him because He cares for you.

Living:

- Andrew for bereavement
- Angie for upcoming surgery
- Mark, for recovery from accident injuries, and his family
- Victims the earthquake in Turkey and Syria.
- Aglaia, health & healing
- Peace in Ukraine, and consolation for the suffering and bereaved
- For Fr. Nicholas, the staff, and boys at St. Innocent Orphanage
- For our Sunday School Teachers and Youth Workers
- For our Catechumens and Inquirers.
- For our parishioners serving in armed services: Scott Fagerberg
- For our Seminarians: Emmanuel (Manoli) Aspiotis & Nikolas Makarios, Andrew Moreno

Departed:

- Jim Mitchell +
- Presvytera Kantiana Efstathiou +
- Priestmonk Dorotheos +
- Noah Matthew +
- Lourie Campbell +



Welcome to Our Visitors

We welcome you with open arms and joy in our Lord and hope your experience at St. Katherine's is a blessing for you.

Only those who are Baptized and/or Chrismated in the Orthodox faith may receive Holy Communion. If you are not Orthodox, you may approach the Chalice for a blessing. To do this, come to the chalice and simply say, "a blessing please." Orthodox Christians desiring to receive the Body of Blood of Christ must ensure proper preparation through confession (minimum 4 times a year), reconciliation in your heart with all, and observation of the fasting guidelines set forth by the Church. If you have any questions please contact Fr. Timothy.



**Kids 'n' Cancer
Camp Agape**



A Ministry of the
Greek Orthodox Metropolis of San Francisco
Ladies Philoptochos Society

Give Your Heart to a Child & Their Family

Arizona Philoptochos Chapters

2023 Camp Agape Auction & Fundraiser

Our 2023 Auction is live and will run through March 17th.
Additional items will be added weekly, so check back often.

Ways You Can Donate

Donate Money: Click on the link below to donate. 100% of the proceeds from the Agape Ball support Kids 'n' Cancer Camp Agape Family Cancer Camp program. Your generous donations and business will be acknowledged on our auction site.

Donate Gift Items: We are collecting additional donations of gift items, gift cards, etc. for the online auction.

Start Bidding on items in our Online auction. Additional items will be added weekly, so check back often.

Click on link to go to our online auction
[To DONATE Click Here](#)

If you would like to donate an item you can
reply to this email or contact

*Kathy Connell –
Camp Agape SFO Metropolis Co-Chair
602-524-1959
madgreekkathy@aol.com*



AHEPA CHAPTER 454
INVITES ALL OUR ST. KATHERINE
FAMILY & FRIENDS TO JOIN US FOR
OUR GREEK INDEPENDENCE
DAY CELEBRATION

SATURDAY, MARCH 25TH
AT ST. KATHERINE COMMUNITY CENTER
FISH DINNER, MUSIC & DANCING
COCKTAILS – 6 PM
DINNER & DANCING – 7 PM

TICKETS: ADULTS – \$35/\$40 AT THE DOOR
KIDS (12 AND UNDER) – \$15/\$20 AT THE DOOR
PROCEEDS WILL GO TO AHEPA 454 CHARITIES & ST. KATHERINE GOC

CONTACT NICK BAFALOUKOS FOR MORE INFORMATION:
480-980-1729 OR AZAHEPA454@OUTLOOK.COM



2716 N DOBSON RD • CHANDLER, AZ 85224

Women's Ministry Luncheon



Date/Time: Saturday, March 18, 12pm

Place: St. Katherine 4th Acre House

Speaker: Carol Bafaloukos, DNP, FNP-C, WHNP-BC

This will be a "picnic-style" luncheon so bring your own food/drink. Please RSVP to Athena Vasilatos 480-242-6658 by March 15th.

Altar Boy Retreat

Fr. Timothy will be conducting an Altar Boy retreat at St. Katherine's (inside the church) for all current Altar Boys (ages 8-18) and any prospective Altar Boys. The boys will learn the responsibilities and proper etiquette for serving in the Holy Altar. This training is important for all who will serve.



St. Katherine Greek Orthodox Church
Saturday, April 1st, 2023

10:00 a.m. - 12:00 p.m.

Lunch in the Community Center from
12:00-12:30

Parents: Please drop your boys off at the church by 10:00 a.m. and please pick them up at the Community Center at 12:30 p.m.

To register: <https://stkatherineaz.org/altar-server-retreat-registration>

Arizona Hellenic Foundation

The Arizona Hellenic Foundation has several scholarships available for students of Hellenic descent. For further details and scholarship application please visit the Foundation's website "Azhellenic.org".

Thank you,

Telis Evripidou
President

Arizona Hellenic Foundation



Hrisi Parea Seniors

Please join us on March 16th from 11:30-2:30pm for fellowship, a Lenten luncheon, and a movie!

Cost \$5.00

See Tuesday's Weekly Update for more details.



RECLAIM TO EXCLAIM

RECLAIMING OUR HUMANITY TO EXCLAIM HIS GOOD NEWS

GRADES 1-12

SATURDAY, MARCH 18 FROM 9AM-3PM

HOLY TRINITY CATHEDRAL

LUNCH WILL BE OFFERED

REGISTER AT: [TINYURL.COM/VALLEYLENT23](https://tinyurl.com/valleylent23)

GOYA/Philoptochos Project

Our GOYANs are teaming up with St. Irene Philoptochos to collect food items for St Innocent Orphanage. Please bring the items to our community center on Sundays or contact Athena Gonzales or Josephine Avaneas to make other drop-off arrangements. To read more about Project Mexico, please visit: <https://www.projectmexico.org/>

Items needed: • Cereal (low sugar) • Oatmeal • Granola • Pancake Mix • Honey • Canned Corn • Pinto beans • Black Beans • Canned fruit • Canned vegetables • Spices (Garlic, Pepper, Sugar & Salt) • Chicken Bouillon (Knorr, Chicken broth) • Flour • Wheat Flour • Spaghetti • Spaghetti sauce • Tomato puree • Dry fruit (Banana, Pineapple, Almonds, Cranberries) • Olive Oil • Canola Oil • Cooking Spray • Mayonnaise • Ketchup • Clamato • Canned Soups (Mushroom, clam, corn) • Cooking spray • Jam • Yeast • Gatorade • Nestea/Minute Maid • Nesquik (Chocolate Milk Mix) • Canned Tuna, Salmon, Mushrooms, Chicken & Albacore • Popsicles (Otter Pops) • Granola bars • Hot Chocolate • Granulated Coffee • Juice & Juice boxes • Brown Sugar • Bottled Water • Ramen Soup • Parmesan Cheese • Cookies • Saltine Crackers • Dressings (Ranch, Blue Cheese) • Sweetened Condensed Milk • PROTEIN Powder

Sunday School and Joy/Hope Project

Our younger students, Pre-K to 5th (all classes in the 4th acre house), will be putting together Easter baskets to donate to Helen's Hope Chest during Sunday School the week of March 26th.



To donate: <https://www.signupgenius.com/go/10c0c4eaca92aa2fd0-helens#/>

Welcome Ministry



If you are interested in being a part of this ministry, please contact Yiota for more information:

yiotasoublis@hotmail.com

Our Parish Family

If you are new to our parish, would like to become a member and begin receiving News & Updates, please contact our Church office: office@st-atherineaz.org or call 480-899-3330.

If you are visiting and/or inquiring about the Orthodox faith and are interested in learning more, please contact Fr. Timothy: frtimskchurch@gmail.com

2023 Stewardship Cards Available Now!



**107 Steward Families have pledged
\$257,084.**

Please be sure to pick up your 2023 Stewardship Commitment Card at the candle stand and prayerfully consider your pledge for the

New Convenient Ways to Give!

Hover your phone camera over the QR code, which will take you to our website. From the menu, click on the Stewardship tab.

Digital payment platforms allow the church to accept stewardship, general or specific donations for any ministry. To ensure your donation is properly allocated, please make a note in the memo indicating your wishes.



RECOMMENDED LEVELS OF GIVING

PERCENT OF INCOME	5%		8%		10%	
	Annual Giving	Weekly	Annual Giving	Weekly	Annual Giving	Weekly
\$20,000	\$1,000	\$19.23	\$1,600	\$30.77	\$2,000	\$38.46
\$40,000	\$2,000	\$38.46	\$3,200	\$61.54	\$4,000	\$76.92
\$60,000	\$3,000	\$57.69	\$4,800	\$92.31	\$6,000	\$115.38
\$80,000	\$4,000	\$76.92	\$6,400	\$123.08	\$8,000	\$153.85
\$100,000	\$5,000	\$96.15	\$8,000	\$153.85	\$10,000	\$192.31
\$125,000	\$6,250	\$120.19	\$10,000	\$192.31	\$12,500	\$240.38
\$150,000	\$7,500	\$144.23	\$12,000	\$230.77	\$15,000	\$288.46
\$200,000	\$10,000	\$192.31	\$16,000	\$307.69	\$20,000	\$384.62



"For where your treasure is, there your heart will be also."

Matthew 6:21

Thank you for your commitment.