

SAINTS CONSTANTINE AND HELEN
GREEK ORTHODOX CATHEDRAL OF VIRGINIA

EARLY CHRISTIAN BELIEFS AND WORSHIP
30 Malvern Avenue, Richmond, Virginia 23221 * Cathedral Website: www.vagocathedral.org
Rev. Protopresbyter Nicholas G. Bacalis

Volume 24

March 15, 2020

Number 11

Sunday of St. Gregory Palamas
Kuriakh; tou Agipu Grhgoripu tou Palama;

Orthros (Morning Worship) 8:30 A.M. **The Doxology** 9:55 A.M.

Divine Liturgy 10:00 A.M. Liturgy Book, Page 1

Resurrection Apolytikion - Angelic powers appeared at Your tomb, and those guarding it became like dead, and at Your grave Mary was standing, seeking Your most pure body. You plundered Hades, not being tempted by it; You encountered the virgin, granting life. O Lord, who rose from the dead, glory to You!

Apolytikion of St. Gregory Palamas - Orthodoxy's great star, support and teacher of the Church, the beauty of the Monks, and invincible protector of the Theologians, O Gregory worker of miracles, the pride of Thessalonica, preacher of grace, for ever do you intercede, that our souls may be saved.

Apolytikion of Saints Constantine and Helen - Having seen in the sky the form of Your Cross and like Paul having received his calling not from men, Your apostle among kings, Lord, placed His reigning city in Your hand; which forever You guard in peace, by the intercessions of the Theotokos, for You alone are the Lover of mankind.

Kondakion - To you, Defender and Commander in a time of war, I your City, offer gratitude for victory, for you rescued me from sufferings, O Theotokos. Since the power you possess is unassailable, from all dangers I entreat you to deliver me, that I may cry to you: Rejoice, O Unwedded Bride.

The Epistle - Hebrews 1:10-14; 2:1-3 (Liturgy book page 138)

The Gospel Reading - Mark 2:1-12 (Liturgy Book page 139)

The Nicene Creed - Liturgy Book page 18 (please recite in unison)

The Lord's Prayer - Liturgy Book page 26 (please recite in unison)

Communion Hymn - Praise the Lord from the heavens, praise Him in the highest. Alleluia.

Communion Prayers - Liturgy Book pages 29, 30 (please recite in unison)

The Sharing of The Holy Eucharist

Offering of Our Stewardship Gifts

Forty Days Memorial for Frank Yannis, husband of Danai Yannis and father of Joanna Kefalas, and Elaine Gergoudis.

Homily: Rev. Fr. Nicholas G. Bacalis

To Assist You Today

*"O Lord, sanctify those who lovingly work
for the beauty of your house"*

Head Usher: Lex Dunn

Narthex Duty: Stephen Julias, Scott Stolte

Ushers: Stephen Halsey, Ken Collins,

Tony Spears, Andy Ziu

Welcoming: Mark Chronis

Youth In His Service

"Let us pray for those who serve."

Acolytes: Daniel Bazianos*, James SeEVERS*,
Anthony Maratos, George Sotos, Christopher
Chavez, John SeEVERS, Nicholas Meyers, Elias
Sotos

Reader: Ero Spears

Monday, March 16

6:00 p.m. Parish Council Meeting

Tuesday, March 17

6:00 p.m. Holy Unction Service

Wednesday, March 18

5:30 p.m. Presanctified Liturgy

Psalms reading by grades 7-12

Oratological Festival

7:00 p.m. Choir Rehearsal

Friday, March 20

7:00 p.m. Salutations to the Theotokos

Saturday, March 21

Daughters of Penelope Koulourakia

Baking Day

Deutera, 16 Martipu

6:00 mm Sunedriash tou Sunboul ipu

Triph, 17 Martipu

6:00 mm Musthriou tou Ierou; Eucel aipu

Tetarh, 18 Martipu

5:30 mm Prohgiasmeh Qeia Leitourgia

Oi maqhtes (Grades 7-12) tou kathchitikou; qa diabaoun

toç yal mouç

Oratorical Festival

7:00 mm Proba thç Corwdiaç

Paraskeuh; 20 Martipu

7:00 mm G' Cairetismo;

Sabbato, 21 Martipu

Oi Qugatereç thç Phnelophç ftiaçnoun koul ourakia

Coffee Hour is being hosted by the family of Frank Yannis in his memory

Philoptochos Meeting - In the Andre Room after services. Deno Tsimpris will make a presentation on his Holy Land and Constantinople pilgrimage.

Coronavirus - Please consult the church website for church recommendations during this time of crisis.

Holy Unction Service - We will celebrate the sacrament on Tuesday evening at 6:00 p.m. to pray for the health and healing of body and soul during this time of crisis.

The Ionian Village and Community Awards Scholarship Applications are now available on line or from the church office. Deadlines must be met for the applicant to be considered.

Red Tent for Homeless Women - The Daughters of Penelope will continue to collect women's personal sanitary items. Your donations will help to ease life on the streets for homeless women and girls in Richmond. Look for our collection box in the hallway outside the gym.

Community Outreach: The Cathedral will be sending a team of volunteers to help Habitat for Humanity rehabilitate a home in the Maymont neighborhood on Saturday, March 21 from 8am to 3pm. For more information or to sign up, please email Katherine at bradley.katherine@gmail.com.

Our family would like to thank all those who so generously contributed to the Katherine Norton Toy Drive during the recent Christmas season. Please know that your thoughtfulness will bring joy to children facing the overwhelming challenge of treatment for cancer. This annual effort means so much to our family as we work to continue the wonderful giving legacy of our beautiful daughter Katherine. Stasia and Stuart Norton and Family