

**ANNUNCIATION GREEK ORTHODOX CATHEDRAL
Norfolk, VA**

**Rev. Presbyter George Bessinas, Proistamenos
Rev. Protoperbyter Constantine Rogakos, Associate**



**SUNDAY WORSHIP GUIDE
AND WEEKLY NEWS**



St. Thekla, Equal to the Apostles

**First Sunday of Luke
Sunday, September 24, 2017**

Sunday September 24, 2017

Orthros (Matins)

8:45 AM

Divine Liturgy (of St. John Chrysostom)

10:00 AM

On September 24, we commemorate the holy Great Martyr Thecla, Peer of the Apostles. We remember the great miracle of the Mother of God on the island of Kythira, where the icon of the Theotokos was found in a myrtle bush and healed a paralytic.

Resurrectional Apolytikion. Grave Mode.

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrhbearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had risen, O Christ our God, and granted the world Your great mercy.

Apolytikion for St. Thecla. Mode 3.

All aflame with love for your Creator, from the teachings of the sacred preacher, you disregarded as fleeting all things mundane. And being bold in the face of the penalties, you gave yourself as a beautiful gift to God. Thecla, glorious companion of the Apostle Paul, we pray you entreat your Bridegroom, Christ, and ask Him to grant us His great mercy.

Apolytikion of St. Theodore the Commander in 2nd Tone.

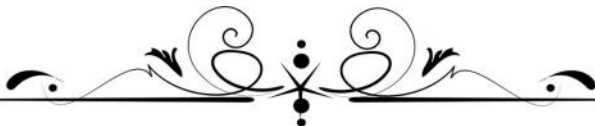
When in God's army you had truly enlisted, O holy Theodore, the bearer of trophies, you were made a splendid general of the heavenly King; using as a weapon faith, you were ready for battle and utterly destroyed the ranks that were amassed by the demons, and as a victorious athlete you were seen, wherefore in True faith, we bless you and honor you. true faith, we bless you and honor you.

Apolytikion of the Annunciation in 4th Tone.

Today is the beginning of our salvation, The revelation of the eternal mystery. The Son of God becomes the Son of the Virgin. As Gabriel announces the coming of Grace. Together with him let us cry to the Theotokos: Rejoice, O Full of Grace, The Lord is with You!

Seasonal Kontakion. Mode 2.

O Protection of Christians unshamable, mediation with the Creator immovable, we sinners beg you, do not despise the voices of our prayers, but anticipate, since you are good, and swiftly come unto our aid as we cry out to you with faith: Hurry to intercession, and hasten to supplication, O Theotokos who defend now and ever those who honor you.



The Epistle Reading: St. Paul's Second Letter to Timothy 3:10-15

Prokeimenon. Grave Mode.

Psalm 28.11,1

The Lord will give strength to his people.

Verse: Bring to the Lord, O sons of God, bring to the Lord honor and glory.

TIMOTHY, my son, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, my sufferings, what befell me at Antioch, at Iconion, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. Indeed all who desire to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go on from bad to worse, deceivers and deceived. But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

Πρὸς Τιμόθεον β' 3:10-15

Προκείμενον. Ἦχος δ'.

ΨΑΛΜΟΙ 28.11,1

Κύριος ἰσχὺν τῷ λαῷ αὐτοῦ δώσει.

Στίχ. Ἐνέγκατε τῷ Κυρίῳ υἱοὶ Θεοῦ, ἐνέγκατε τῷ Κυρίῳ δόξαν καὶ τιμὴν.

Τέκνον Τιμόθεε, παρηκολούθηκάς μου τῇ διδασκαλίᾳ, τῇ ἀγωγῇ, τῇ προθέσει, τῇ πίστει, τῇ μακροθυμίᾳ, τῇ ἀγάπῃ, τῇ ὑπομονῇ, τοῖς διωγμοῖς, τοῖς παθήμασιν, οἷά μοι ἐγένετο ἐν Ἀντιοχείᾳ, ἐν Ἰκονίῳ, ἐν Λύστροις, οἷους διωγμοὺς ὑπήνεγκα· καὶ ἐκ πάντων με ἐρρύσατο ὁ κύριος. Καὶ πάντες δὲ οἱ θέλοντες εὐσεβῶς ζῆν ἐν Χριστῷ Ἰησοῦ διωχθήσονται. Πονηροὶ δὲ ἄνθρωποι καὶ γόητες προκόψουσιν ἐπὶ τὸ χεῖρον, πλανῶντες καὶ πλανώμενοι. Σὺ δὲ μένε ἐν οἷς ἔμαθες καὶ ἐπιστώθης, εἰδὼς παρὰ τίνος ἔμαθες, καὶ ὅτι ἀπὸ βρέφους τὰ ἱερὰ γράμματα οἶδας, τὰ δυνάμενά σε σοφίσαι εἰς σωτηρίαν διὰ πίστεως τῆς ἐν Χριστῷ Ἰησοῦ.



The Gospel according to Luke 5:1-11

At that time, as Jesus was standing by the lake of Gennesaret, he saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, he asked him to put out a little from the land. And he sat down and taught the people from the boat. And when he had ceased speaking, he said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at your word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all who were with him, at the catch of fish which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed him.

Ευαγγελικόν Ανάγνωσμα: Κατὰ Λουκᾶν 5:1-11

Τῷ καιρῷ ἐκείνῳ, ἐστῶς ὁ Ἰησοῦς παρὰ τὴν λίμνην Γεννησαρέτ, καὶ εἶδε δύο πλοῖα ἐστῶτα παρὰ τὴν λίμνην· οἱ δὲ ἀλιεῖς ἀποβάντες ἀπ' αὐτῶν ἀπέπλυναν τὰ δίκτυα. ἐμβὰς δὲ εἰς ἓν τῶν πλοίων, ὃ ἦν τοῦ Σίμωνος, ἠρώτησεν αὐτὸν ἀπὸ τῆς γῆς ἐπαναγαγεῖν ὀλίγον· καὶ καθίσας ἐδίδασκεν ἐκ τοῦ πλοίου τοὺς ὄχλους. ὡς δὲ ἐπαύσατο λαλῶν, εἶπε πρὸς τὸν Σίμονα· ἐπανάγαγε εἰς τὸ βάθος καὶ χαλάσατε τὰ δίκτυα ὑμῶν εἰς ἄγραν. καὶ ἀποκριθεὶς ὁ Σίμων εἶπεν αὐτῷ· ἐπιστάτα, δι' ὅλης τῆς νυκτὸς κοπιάσαντες οὐδὲν ἐλάβομεν· ἐπὶ δὲ τῷ ῥήματί σου χαλάσω τὸ δίκτυον. καὶ τοῦτο ποιήσαντες συνέκλεισαν πλῆθος ἰχθύων πολὺ· διερρήγνυτο δὲ τὸ δίκτυον αὐτῶν. καὶ κατένευσαν τοῖς μετόχοις τοῖς ἐν τῷ ἑτέρῳ πλοίῳ τοῦ ἐλθόντος συλλαβέσθαι αὐτοῖς· καὶ ἦλθον καὶ ἐπλησαν ἀμφοτέρα τὰ πλοῖα, ὥστε βυθίζεσθαι αὐτά. ἰδὼν δὲ Σίμων Πέτρος προσέειπε τοῖς γόνασιν Ἰησοῦ λέγων· ἔξελθε ἀπ' ἐμοῦ, ὅτι ἀνήρ ἁμαρτωλὸς εἰμι, Κύριε· θάμβος γὰρ περιέσχεν αὐτὸν καὶ πάντας τοὺς σὺν αὐτῷ ἐπὶ τῇ ἄγρᾳ τῶν ἰχθύων ἢ συνέλαβον, ὁμοίως δὲ καὶ Ἰάκωβον καὶ Ἰωάννην, υἱοὺς Ζεβεδαίου, οἳ ἦσαν κοινωνοὶ τῷ Σίμωνι. καὶ εἶπε πρὸς τὸν Σίμονα ὁ Ἰησοῦς· μὴ φοβοῦ· ἀπὸ τοῦ νῦν ἀνθρώπους ἔσῃ ζωγρῶν. καὶ καταγαγόντες τὰ πλοῖα ἐπὶ τὴν γῆν, ἀφέντες ἅπαντα ἠκολούθησαν αὐτῷ.

Altar Boys

Alexander Wise, Seth Douklias, Nicholas Araboglu, Michael Wise,
Luke Jacovides, Michael Marcou, Michael Waters, Alexander
Marcou, Dominius Yordanova, Callius Yordannova

Epistle Reader

Mariam About

Today

Coffee Fellowship Hour in the Hellenic Center

EVENTS AND ANNOUNCEMENTS

GOYA Basketball practice **Monday, September 25**, Girls 5:30pm, Boys 6:45pm.

St. Lydia Women's Study Group will meet **Tuesday, September 26** at **10:00am** in the Pantokrator room.

Golden Years **Tuesday, Sept. 26** at **10:30am**. Lunch will be provided.

The SS. Constantine and Helen Philoptochos of Newport News has invited the Golden Years on Tuesday, October 10 at 12pm for lunch. Please RSVP by October 3 if you plan on attending to Lona Liosatos 497-1686 or Virginia Elliott 587-0857.

Bible Study will resume on **Tuesday, September 26th** at **6:30pm** in the Pantokrator room (see enclosed flyer).

Annunciation Choir practice every **Wednesday at 7:00pm**. New members are always welcomed.

The St. Maria of Paris Outreach Ministry Committee thanks team captain Yiannis Papelis and his team for cooking and serving the September 14 community dinner: Mike Zarpas, Diana Roybal, Angelo Neskis, Marie Zarpas, Takrim Labib, Helen Manuel, Anna Nagorniuk and Presvytera Athena Constantinou.

The Cathedral library will be open every Wednesday from 10am to 1pm for all members of our community. Sundays will be available for the upper Sunday school classes at the discretion of the Sunday School director. We wish everyone a blessed year.

Philoptochos A new shipment has arrived in our AGORA. We now have koulourakia, sardines, anchovies, frozen vegetables and taramosalata.

Hellenic Women's Club Mark your calendar: baking on **Wednesday, September 27 at 9:00am**. We love having new hands in the kitchen.

Save the Date Hellenic Woman's Club Luncheon Fashion Show, Friday, November 3. More details to follow.

Cultural Committee: Richmond trip on Saturday, Sept. 30 has been canceled.

Cultural Committee invites you to Movie Night: Please join us for a wine and cheese night **Saturday September 30th at 6:00 pm**. Back by popular demand we will show "The Variety Show # 1" (see enclosed flyer).

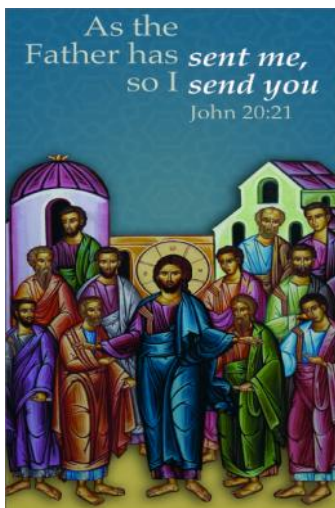
Festival Feedback Meeting **Thursday, October 5, 7:00pm**, Social Hall.

Orthodox Christian Fellowship (OCF) Campus Ministry If you are a graduating high school senior or an incoming college undergraduate or graduate student, please contact Thomas Manuel to find out if your college or university has an active OCF chapter. For more information, www.ocf.net

Food Pantry is in need of canned goods, etc. Please contribute any non perishable items so we can help our local food banks.

Order of AHEPA The Annunciation community is invited to join the brothers of AHEPA for their 2nd Annual Greek Oyster Roast. The event will be held on the grounds of the AHEPA Lodge on **Sat. Oct.14th from 1pm-5pm**. Tickets are \$50 per person and includes oysters, souvlaki, clam chowder soup and beer. See any brother AHEPAN or email ahepanorfolk122@gmail.com for tickets. All proceeds will be donated to help the victims of hurricane Harvey and Irma.

Kefalos Society meeting on **Sunday, October 8** following the Divine Liturgy in the Hellenic Center.



Stewardship 2017

**“You are the Voice of Christ
in a Changing World”**

**We have 203 stewards
thus far who have pledged
\$226,543**

**Pledged Amount
Received:
\$164,530**

**Have you turned in your
stewardship card ?**

Help Someone Stay Warm !!!

The **St. Maria of Paris Outreach Ministry** will be conducting a winter coat, gloves and hat drive during the month of October



New or gently used coats of any size, men's or women's, are welcomed.

Collection boxes will be located in the Social Hall during the month of October.

**Annunciation Greek Orthodox Cathedral
Norfolk, Virginia**

New Bible Study Series: The Book of Exodus



Moses Receives the Ten Commandments

Join us for Bible Study Fellowship

**Tuesday Evenings at 6:30 PM Beginning September 26th
In the Pantocrator Room**

No prior knowledge of the Holy Scriptures is Required!
Bring your Bible and your Friends.

Movie Night

with The Cultural Committee

6 pm Saturday, September 30, 2017

In the Hellenic Center



If you missed it in 2008, or even if you saw it, you will want to catch this DVD presentation of

Variety Show I

“A Big Fat Greek Island Celebration”

Written and produced by
George and JoAnn Pantas

Come relive the fun of the Cultural Committee's inaugural Variety Show

Complimentary Wine and Cheese
You are welcome to bring a snack to share

The show will keep you smiling, and you will marvel at our community member's talents!

Do not miss it!



Sponsored by the Cultural Committee This event is free of charge!!

Annunciation Cathedral • 7220 Granby, Norfolk, VA 23505 • Tel.: (757) 440-0500

NATIONAL
CHURCH MUSIC SUNDAY
OCTOBER 1, 2017



*Christ, our God,
You were crucified and conquered death by death.
Being one with the Holy Trinity,
glorified with the Father and the Holy Spirit: Save us.*



HONORING CHURCH MUSICIANS
ACROSS THE
ARCHDIOCESE OF AMERICA



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Virginia Regional

Fall GOYA
Lock-In

Saturday/Sunday
October 14-15

Saints Constantine and Helen
Cathedral Richmond

3:00pm Saturday till after
Liturgy Sunday

\$10 per GOYAn

**Dinner, fun, and
activities all night!**

RSVP To: Dean Tiggas by Monday October 9th
tiggasd@vagocathedral (804)355-3687

Hampton Roads Young Adults Service Retreat

October 27th-29th

This Fall's Orthodox young Adult Retreat will be a service retreat! Come to Virginia Beach to help with the ongoing recovery from Hurricane Matthew, pray with other Orthodox Christian young adults, and share in fellowship with new and old friends!

**Housing: ST. LUKE'S UNITED METHODIST
CHURCH (3396 STONESHORE RD
VIRGINIA BEACH, VA 23452)**

Cost: only \$20 for the weekend!

**Register/Questions:
Contact Sam Williams @
w.sam.williams@gmail.com**



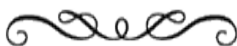
WELCOME



Annunciation Greek Orthodox Cathedral Chapel of St. Theodore the Commander



We extend to you a warm and heartfelt Orthodox Christian welcome. Our Cathedral is dedicated to imitating the love and faithfulness of Jesus Christ by sharing the Gospel with our words and living it with our lives. It exists to lead the faithful to the worship of the Holy Trinity according to the Faith and Tradition of the One, Holy, Catholic and Apostolic Church. We live and witness our faith by the grace of God through our participation in the sacramental life of the Church, Her holy tradition and stewardship, fellowship, service and Christian education.



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Visit our website for updated news and information