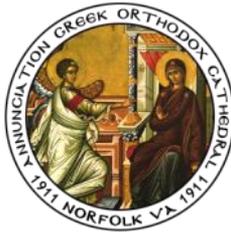
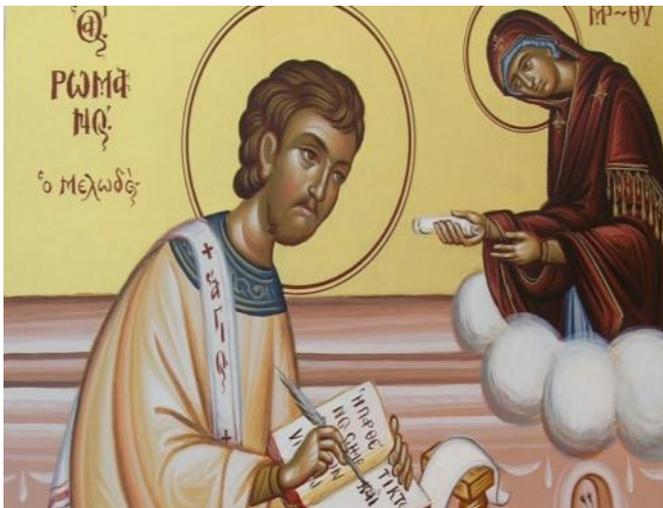


**ANNUNCIATION GREEK ORTHODOX CATHEDRAL
Norfolk, VA**

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



**SUNDAY WORSHIP GUIDE
AND WEEKLY NEWS**



Feast Day of St. Romanos, the Melodist

**Second Sunday of Luke
Sunday, October 1, 2017**

Sunday October 1, 2017

Orthros (Matins)

8:45 AM

Divine Liturgy (of St. John Chrysostom)

10:00 AM

On October 1, we commemorate the holy Apostle Ananias and our devout father Romanos, the Poet of Kontakia. On this day we commemorate the holy martyrs Michael of the Monastery of Zovi and with him thirty-six holy monks who were martyred in the parish of Sevastoupolis, the six holy monastic martyrs who died by the sword and the holy martyr Domninus. On this day we remember the holy Protection of our all-holy Lady Theotokos. Devout St. John Koukouzelis, the sweet voice, who lived an ascetic life in the environs of Great Lavra on Athos, reposed in peace. Devout St. Gregory, the domestikos, who lived an ascetic life at Great Lavra on Athos and received a gold coin from the Theotokos, reposed in peace.

Resurrectional Apolytikion. Mode pl. 4.

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

Apolytikion for the Holy Apostle Ananias. Mode pl. 4.

In you, O Father, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Romanos, your spirit rejoices with the angels.

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.

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 the Corinthians 6:16-18; 7:1

Prokeimenon. Mode Plagal 4.

Psalm 75.11,1

Make your vows to the Lord our God and perform them.

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

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty." Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

Πρὸς Κορινθίους β' 6:16-18, 7:1

Προκείμενον. Ἦχος δ'.

ΨΑΛΜΟΙ 75.11,1

Εὔξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα

Ἀδελφοί, ὑμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ θεός ὅτι Ἐνοικήσω ἐν αὐτοῖς, καὶ ἐμπεριπατήσω· καὶ ἔσομαι αὐτῶν θεός, καὶ αὐτοὶ ἔσονται μοι λαός. Διὸ, Ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει κύριος, καὶ ἀκαθάρτου μὴ ἅπτεσθε· κἀγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἔσεσθέ μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει κύριος παντοκράτωρ. Ταύτας οὖν ἔχοντες τὰς ἐπαγγελίας, ἀγαπητοί, καθαρῶμεν ἑαυτοὺς ἀπὸ παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἀγιωσύνην ἐν φόβῳ θεοῦ.



The Gospel according to Luke 6:31-36

The Lord said, "As you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

Ευαγγελικόν Ανάγνωσμα: Κατὰ Λουκᾶν 6:31-36

Εἶπεν ὁ Κύριος· καθὼς θέλετε ἵνα ποιῶσιν ὑμῖν οἱ ἄνθρωποι, ποιεῖτε αὐτοῖς ὁμοίως. καὶ εἰ ἀγαπᾶτε τοὺς ἀγαπῶντας ὑμᾶς, ποία ὑμῖν χάρις ἐστὶ; καὶ γὰρ οἱ ἁμαρτωλοὶ τοὺς ἀγαπῶντας αὐτοὺς ἀγαπῶσι. καὶ ἐὰν ἀγαθοποιῆτε τοὺς ἀγαθοποιῶντας ὑμᾶς, ποία ὑμῖν χάρις ἐστὶ; καὶ γὰρ οἱ ἁμαρτωλοὶ τὸ αὐτὸ ποιοῦσι. καὶ ἐὰν δανείζητε παρ' ὧν ἐλπίζετε ἀπολαβεῖν, ποία ὑμῖν χάρις ἐστὶ; καὶ γὰρ ἁμαρτωλοὶ ἁμαρτωλοῖς δανείζουσιν ἵνα ἀπολάβωσι τὰ ἴσα. πλὴν ἀγαπάτε τοὺς ἐχθροὺς ὑμῶν καὶ ἀγαθοποιεῖτε καὶ δανεῖζετε μηδὲν ἀπελπίζοντες, καὶ ἔσται ὁ μισθὸς ὑμῶν πολὺς, καὶ ἔσεσθε υἱοὶ ὑψίστου, ὅτι αὐτὸς χρηστός ἐστιν ἐπὶ τοὺς ἀχαρίστους καὶ πονηροὺς. Γίνεσθε οὖν οἰκτίρμονες, καθὼς καὶ ὁ πατὴρ ὑμῶν οἰκτίρμων ἐστὶ.

Altar Boys

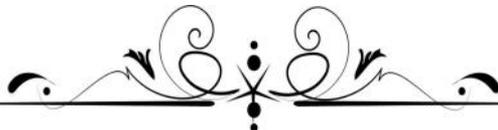
Tommy Dixon, Costas Delidakis, Antonios Psaras, Matthew Dixon,
Michael Rea, James Manning, Evan Meares, Gabriel Kinnison,
Matthew Jenkins, Elias Nassar

Epistle Reader

John Mangus

Memorial Service

George Dandalides one year



Today

National Church Music Sunday,
Honoring all church musicians-choir directors, choir members,
organists, chanters and music
Coffee Fellowship Hour in the Hellenic Center

EVENTS AND ANNOUNCEMENTS

GOYA basketball will not meet this week. Mark your calendar: **Monday, October 9th** for Triple Play GOYA meeting (eat, play, pray).

St. Lydia Women's Study Group will meet **Tuesday, October 3**, at **10:00am** in the Pantokrator room.

Golden Years **Tuesday, October 3**, at **10:30am**. Lunch will be provided. The SS. Constantine and Helen Philoptochos of Newport News has invited the Golden Years members 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 meet **Tuesday, October 3** at **6:30pm** in the Pantokrator room (see enclosed flyer).

The St. Maria of Paris Outreach Ministry Committee thanks team captain Thomas Manuel and the GOYA team for serving the September 21 community dinner: Angelo Neskis, Mariam Aboud, Antonia Aboud, Mia Mathas, Katerina Narlis, Sophia Narlis, Stacy Narlis, Kristen Bernier, Marilena Tryphonas, Jason Paphites, Demetri Cain, Ami Tryphonas, Fotine Cain and Presvytera Athena Constantinou.

Philoptochos meeting on **Sunday, October 15** following the Divine Liturgy in the Hellenic Center. A new shipment has arrived in our AGORA. We now have koulourakia, sardines, anchovies, frozen vegetables and taramosalata.

AGAPE, Hope/Joy Ministry Mark your Calendar: **Sunday, October 22** following Sunday School, we will be going on a field trip to the Hunt Club Farm for an afternoon of fun and fellowship.

Father Sav Mission Walk Thank you for your generosity and support, we are closing in on our fund-raising goal of \$10,000 to support our Orthodox seminarians, missionaries and local, national and international charities. We are still accepting donations --- it's not too late to donate! Please make checks payable to: "Father Sav Mission Walk Fund" and send to our Cathedral office. Thank you for making a difference.

Hellenic Women's Club Mark your calendar: baking on **Wednesday, October 4 at 9:00am.** We love having new hands in the kitchen.

Save the Date Hellenic Woman's Club Luncheon Fashion Show, **Friday, November 3.** Tickets are on sale for \$30.00 and may be purchased following the Divine Liturgy in the Hellenic Center. The deadline for purchasing tickets is October 21st.

Festival Feedback Meeting **Thursday, October 5, 7:00pm,** Social Hall. All parishioners are welcomed to attend.

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. Please check the expiration dates before you donate them to our food pantry.

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. A portion of the 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.

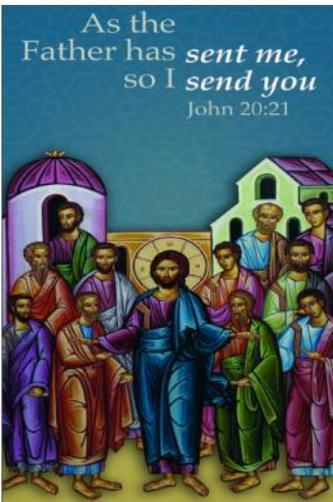
Stewardship 2017

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

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

**Pledged Amount
Received:
\$165,715**

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



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



WWW.CHURCHMUSIC.GOARCH.ORG

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

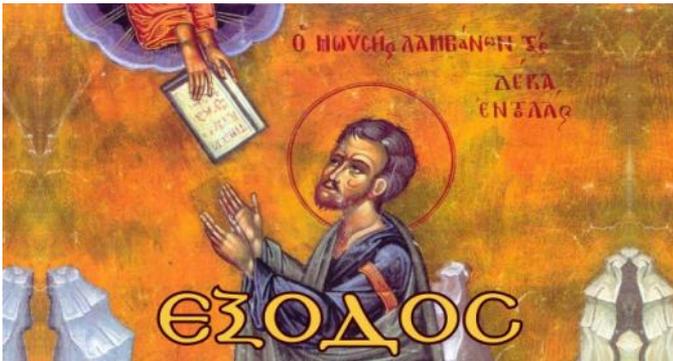


New or gently used coats of any size, men's or women's, are welcomed.

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, October 3 at 6:30 PM

In the Pantocrator Room

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

Be involved. Transplant hope.

Join the Be The Match Registry®.

Patients need you! For thousands with blood cancers like leukemia or other diseases like sickle cell anemia, a marrow transplant is their only hope for life. If you have diverse ancestry, patients especially need you because they are most likely to match someone who shares their heritage.



A HERO IS NEEDED!

ORGANIZED IN SUPPORT OF SPYROS MARKOS, HUSBAND AND FATHER, DURING HIS BATTLE WITH NON HODGKINS LYMPHOMA.

SPYRO WILL NEED A BONE MARROW TRANSPLANT AND NEEDS A DONOR MATCH. THERE IS A HIGHER PROBABILITY WITHIN THOSE OF GREEK DESCENT BUT ALL ARE NEEDED AND WELCOME.

ABOUT BEING TESTED:

TESTING IS FREE AND PAINLESS, JUST A SIMPLE CHEEK SWAB.

80% OF ALL STEM CELL DONATIONS ARE GIVEN THROUGH A BLOOD COLLECTION.

FOR THOSE AGES 18-44 WHO ARE NOT ABLE TO ATTEND THE LIVE DRIVE PLEASE GO TO <https://join.bethematch.org/swab4spyros2017>

TO HAVE A CHEEK SWAB KIT SENT TO YOUR HOME.

FOR PEOPLE AGES 45-55 PLEASE GO TO <https://getinvolved.dkms.org/swab4Spyro>

TO HAVE A CHEEK SWAB KIT SENT TO YOUR HOME.

PLEASE COME AND SUPPORT SPYRO.

Marrow Donor Registry Drive, Ages 18 to 44

Date: October 7th, 2017

Time: 11:00am – 3:00pm

Location:

Holy Cross Greek Orthodox Church

11-05 150th Street

Whitestone, N.Y. 11357

IN SCHOOL GYM

Contact Info:

Patty Markos @ (917) 699-2728

Your dollars save lives.
Contribute now at:

Please also consider making a financial gift to the Be The Match Foundation®. The total cost to add a new member to the registry is about \$100. Your generous contribution in any amount is tax-deductible and helps make it possible for others to join.

BE  **THE MATCH®**
BeTheMatch.org



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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