

РАСПЯТИЕ ПАВЛА И САВЛА

СВЯТЫХ

ІСІА ХРІСТА

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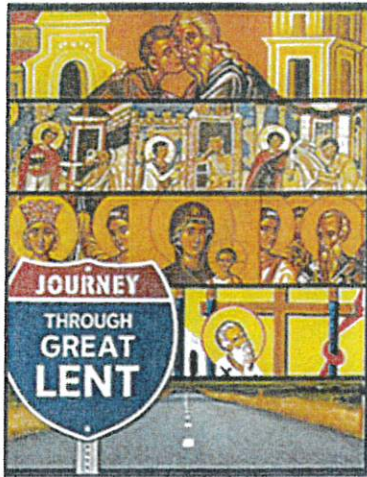
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СВЯТЫХ ПАВЛА И САВЛА

Holy Trinity Greek Orthodox Cathedral New Orleans, Louisiana

March 23, 2025 – Sunday the Holy Cross

Sunday	23	8:15am 9:45am	Orthros – 6th Morning Gospel (Eothinon) Liturgy – 3rd Sunday of Lent – Veneration of the Holy Cross Procession with the Cross Byzantine Youth Choir will sing during Liturgy Sunday Church School following Communion Byzantine Youth Choir meets today
		12:00pm	Daughters Meeting in round room
		3:00-5:00pm	AHEPA Crawfish boil
Monday	24	6:00pm	Great Vespers – Annunciation
Tuesday	25	8:15am 9:45am	Orthros – Festal Morning Gospel (Eothinon) Liturgy – Annunciation Greek Festival Pastry Workshop after Liturgy
		6:00-7:00pm	Greek School - Level 1 (New Beginners)
		7:00-8:00pm	Greek School - Level 3
Wednesday	26	9:30 – 2:30pm	Greek Festival Pastry Workshop
		10:00 -12:00 noon	John Kouloubis Visitation at LAKE LAWN
		12:30 – 1:30pm	John Kouloubis Funeral at the CATHEDRAL Interment at Saint Louis #3 Mausoleum following funeral
		6:00pm	Liturgy of the Presanctified Gifts
		7:30pm	Lenten Pot-Luck Dinner
Thursday	27	9:30am	Tsourekia Workshop
		6:00-7:00pm	Greek School - Teenagers
		7:00-8:00pm	Greek School – Level 2
Friday	28	7:00pm	Salutations to the Theotokos (4) with Father Paul Costopoulos
Saturday	29	9:00-9:45am	Greek School - Ειρήνη (Eiríni) – Peace
		9:45-10:30am	Greek School - Χαρά (Chará) – Joy
		10:00am	Bennett Baptism - Father Paul Costopoulos
		10:00am	Greek Festival Booth Chairperson meeting
		10:30-11:15am	Greek School - Ζωή (Zoë) – Life
		11:15-11:45am	Greek School - Σοφία (Sophía) – Wisdom
		11:45-12:30pm	Greek School - Πίστη (Písti) – Faith
		12:30-1:15pm	Greek School - Ελπίδα (Elpída) – Hope
		1:15-2:00pm	Greek School - Αγάπη (Agápi) – Love
		5:00pm	Great Vespers – Varys Mode - Father Paul Costopoulos
Sunday	30	8:15am 9:45am	Orthros – 7th Morning Gospel (Eothinon) - Father Paul Costopoulos Liturgy – 4th Lent – Saint John Klimakos - Father Paul Costopoulos Byzantine Youth Choir will sing during Liturgy Sunday Church School following Communion Celebration of Greek Independence Day – Greek School Program PTA: Annunciation/Greek Independence Day - Fish Luncheon



Community Family Lenten Services

Have you and/or your family ever
attended a Weekday Lenten Service?

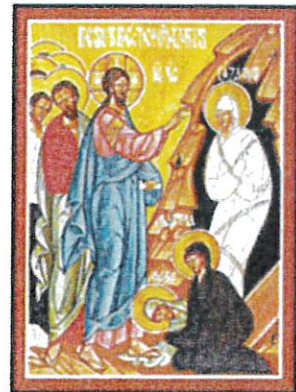
If not, then you are missing out on what makes Lent so beautiful. These services help prepare us for Holy Pascha - The day of Resurrection. Before we can get there, we must travel on this quiet journey of Great Lent.

All our children: Sunday Church School, Greek School, PTA (HOPE & JOY) and GOYA are encouraged to attend. We want to make it easier for our families to experience these services. We know the children have school the next day. Also, so parents don't have to think of dinner plans on these nights, a Lenten meal will be provided. These services will be mostly English and a brief discussion explaining the service that you've attended will take place. The final service in this program will be on April 7. The Compline Service begins at 5:30 pm and ends at 6:30 pm and will be followed by a Lenten Dinner and Discussion from 6:30 pm to 7:00 pm.

JOY Lenten Retreat

LAZARUS

COME FORTH



Saturday, April 5, 2025 - 2pm - 8pm

For: Elementary School Age children (1st - 5th grades)

Afternoon filled with activities and learning

Vespers, Lenten Dinner & Movie to end the day.

Bring a sleeping bag

RSVP: 859-312-2795 or dedousis@juno.com



CHEERS TO 50 YEARS OF GREEK FESTIVAL MAGIC!

This year marks the 50th anniversary of Greek Festival New Orleans, which has brought joy, tradition, and cherished memories. To celebrate this golden anniversary milestone, the Festival Committee invites the Holy Trinity Cathedral family to share photos from past festivals for a special display. Let's honor the moments that made the festival unforgettable! To contribute, please contact Vickie Catsulis.

ATTENTION ALL HERB GARDNERS!

The Greek Grocery Booth is asking all herb gardeners to include extra plantings of thyme, basil, rosemary, and oregano, which can be sold at the Festival. These herbs and other homegrown plants are most welcome annual additions to the Greek Grocery.

GREEK FESTIVAL SPONSORSHIP OPPORTUNITIES

The Greek Festival Committee seeks your support, which can help elevate this year's event to new heights. By becoming a sponsor, you will not only contribute to the success of this major church fundraiser but also gain valuable exposure to its extensive audience that garners substantial media attention each year through television, digital presence, and social media. To partner for the 2025 Greek Festival New Orleans, visit gfno.com and click on "Be a Sponsor." There, you will find various sponsorship options. **The deadline for commitment is extended to April 11, 2025.** Or, to discuss sponsorship opportunities in greater detail, contact the Festival Committee at 504-564-4308 or via email at greekfestivalnola@gmail.com.

PASTITSIO WORKSHOP

A Pastitsio Workshop will be held in the gymnasium on **Friday, April 4,** and **Saturday, April 5.** Everyone is asked to help make pastitsio for the Dinners Booth. If you have any questions, please contact Loukia Christakis, and in advance, thank you for your consideration.

PASTRY WORKSHOPS – *Great fun! Good friends! Great food!*

Please join the Greek Festival Pastry Committee for weekly workshops. The customary Tuesday and Wednesday schedule continues, except during HOLY WEEK. Workshops take place from 9:30 am to 2:30 pm with lunch provided. Everyone is invited to come!

PRE-GREEK FESTIVAL PASTRY ORDERS FOR PASCHA

This Pascha, treat your family and friends to a variety of homemade Greek pastries, including tsourekia, koulourakia, almond rolls, galaktoboureko rolls, and tiropites. The latter four items will be sold by the dozen, and all preorders will be available for pick up during the Palm Sunday weekend. Order forms are available, so contact a Pastry Committee chairperson to stock up for the upcoming holidays. Almond rolls, galaktoboureko rolls, and tiropites are frozen and ready for baking.

SEEKING GREEK FESTIVAL VOLUNTEERS

Extra hands are always welcome and much needed during the Greek Festival to complete this massive endeavor. If you have not already committed to working at a particular booth, contact Connie Kringas at 504-564-4308. A 3 to 4 hour shift earns a free entrance ticket! And don't forget to ask your family, friends, and neighbors to volunteer as well.

HELLENIC DANCERS – If you are interested in dancing in the Greek Festival with the Hellenic Dancers, please contact Eleni Korominas through email at elenikorominas@gmail.com or text to 504-214-2850. Dancers are accepted that are in 8th grade and up. The Deadline to sign up to be a Dancer for the 2025 Greek Festival is March 31st. Dance practice will take place today, Sunday, March 23rd at 12:30pm in the Hellenic Cultural Center Gym.

PHILOPTOCHOS – Seniors Luncheon will be Thursday, April 3, 2025, at the Center sponsored by Beth Andrews. Philoptochos Board meeting will be on Sunday, April 6th from 12:30 to 1:00pm after the Divine Liturgy to hold Officer Elections. Board members will receive oath of office on Sunday, April 13th in the Cathedral.

AHEPA - AHEPA will be hosting its annual crawfish boil today, Sunday, March 23, 2025, at 3:00pm on the Cathedral grounds overlooking the beautiful Bayou Saint John. We will have plenty of hot boiled crawfish, corn and potatoes along with cold drinks. All Ahepans, Daughters of Penelope and those interested in joining either organization are invited to attend.

AHEPA Family Palm Sunday Luncheon - AHEPA Andrew Jackson Ch. 133 and Daughters of Penelope Nestor Ch. 55 would like to invite everyone to join them for the annual Palm Sunday Luncheon following the Divine Liturgy on April 13, 2025. Featured on this year's menu will be a delicious meal consisting of baked fish, lemon potatoes and green beans along with salad and bread. Bottled water and soft drinks will also be available. This year's luncheon will be on a free will offering basis (with a suggested donation of \$10 for those who can afford to do so). They invite you to join them to break bread together as we all prepare to enter Holy Week. Καλή Ανάσταση!

DAUGHTERS OF PENELOPE - Membership meeting is today, Sunday, March 23, 2025, following the Divine Liturgy, with election of new officers and visitation by our District Governor Paulette Paster and District Treasurer Cathy Paraschos both from Houston. Stay for the meeting to greet these special visitors. Hostesses for the meeting will be Sandy Bouzon and Helen Malachias. They will have the drawing for complimentary 2026 dues. The Daughters are invited to attend the AHEPA Crawfish Boil that will be at 3:00pm after the meeting on March 23rd. District #16 scholarship raffle tickets are also available.

GREEK INDEPENDENCE DAY CELEBRATION – Please join Holy Trinity Cathedral's PTA, and the Holy Trinity Greek School Children, as we celebrate Greek Independence Day with a Lenten Lunch on Sunday, March 30th following Liturgy Services. Tickets will be sold on the day of the event in the Round Room for \$12.00 per person.

 **SUFFERING BRINGS GLORY** 



t this midpoint of Lent, which the Orthodox Church designates as **CROSS VENERATION SUNDAY**, the symbol of the Cross is put before us. Let these words by Matthew the Poor serve to strengthen and refresh us:

“For Christ, the mystery of the Cross is the mystery of His glory. The overwhelming suffering the Lord underwent, His psychological torment at the injustice and crookedness of His trial, the desertion of His disciples, the treachery of Judas, and the knowledge that the high priests had agreed with one of His disciples to put a value of just thirty pieces of silver on His life — all this was a path for Him to leave the world of passing trivialities and enter into the glory of the Father. We in every time and place must tread the same path. The Cross with its enormous suffering cannot be compared with the glory it brought forth. The Cross did not come by chance into the life of the Lord; He was born for it. “For this purpose I have come to this hour” (Jn. 12:27). Man is born for suffering, and suffering was born for man. But at the same time the Cross was not an irrevocable imposition on the Lord. We feel this from His words and are sure of it in view of His holiness and divinity. He made it irrevocable for Himself — “Shall I not drink the cup which the Father has given Me?” (Jn. 18:11) — in order to share with us the inevitability of the suffering.”

Icon by Nataliya Zharsky



The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

Deadline for submissions for the Sunday Bulletin is Wednesday of each week by 3:00pm.
Send all notices to secretary@holytrinitycathedral.org

Holy Trinity Cathedral
Greek Orthodox Community of New Orleans

1200 ALLEN TOUSSAINT BOULEVARD ♦ NEW ORLEANS, LOUISIANA 70122

✚ Very Reverend Father George Wilson, Dean
priest@holytrinitycathedral.org

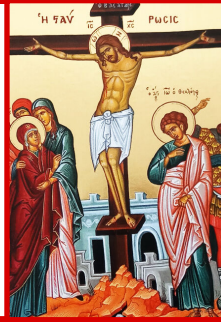
PHONE: (504) 282-0259



ΚΓ' ΜΑΡΤΙΟΥ 2025

**Κυριακή Γ' τῶν Νηστειῶν·
τῆς Σταυροπροσκυνήσεως**
Ἐν ᾗ τὴν Προσκύνησιν ἐορτάζομεν
τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ.

Ἦχος Πλάγιος τοῦ Δευτέρου. Ἐωθινὸν Ζ'.



MARCH 23rd, 2025

**Third Sunday of Lent:
Veneration of the Cross**
On which we celebrate the veneration of the
precious and life-giving Cross.

Plagal Second Mode. Sixth Eothinón.

Εἰς τοὺς Αἶνους· Δόξα. Τοῦ Τριωδίου. Ἦχος πλ. Δ'.

Τὴν ὑψηλόφρονα γνώμην τῶν κακίστων Φαρισαίων ὁ πάντων Κύριος παραβολικῶς ἐκφεύγειν ταύτην ἐδίδαξε καὶ μὴ ὑψηλοφρονεῖν, παρ' ὃ δεῖ φρονεῖν, πάντας ἐπαίδευσεν ὑπογραμμὸς καὶ τύπος ὁ αὐτὸς γενόμενος, μέχρι Σταυροῦ καὶ θανάτου, ἑαυτὸν ἐκένωσεν. Εὐχαριστοῦντες οὖν σὺν τῷ Τελῶνῃ εἴπωμεν, ὁ παθῶν ὑπὲρ ἡμῶν καὶ ἀπαθῆς διαμείνας Θεὸς τῶν παθῶν ἡμᾶς ῥύσαι, καὶ σῶσον τὰς ψυχὰς ἡμῶν.

Ἀντίφωνον Γ' / Ἀπολυτίκιον τοῦ Σταυροῦ. Ἦχος α'.

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος πλ. β'.

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· ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Ἀπολυτίκιον Τοῦ Ναοῦ. Ἦχος πλ. δ'.

Εὐλογητὸς εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, Φιλάνθρωπε, δόξα σοι.

Κοντάκιον τῆς Θεοτόκου. Ἦχος πλ. δ'.

Τῆ 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, ἵνα κράζω σοι· Χαῖρε, Νύμφη ἀνύμφευτε.

Ἀντὶ τοῦ Τρισαγίου. Ἦχος β'.

Τὸν Σταυρόν σου προσκυνοῦμεν, Δέσποτα, καὶ τὴν ἁγίαν σου ἀνάστασιν δοξάζομεν.

At the Praises: Glory. From Triodion. Pl. 4th Mode.

The Lord of all has taught us in a parable to shun the boastful thoughts of the evil Pharisees; and he has instructed all of us not to think more highly than we should. He himself became our pattern and example, for he emptied himself even unto death upon the Cross. Let us therefore render thanks with the Tax Collector and say: O God who suffered for us and yet remained impassible, deliver us from the passions and save our souls.

3rd Antiphon/Apolytikion of the Cross. 1st Mode.

Lord, save your people, and bless your inheritance, granting to faithful Christians victories over their enemies, and protecting your commonwealth by your Cross.

Resurrection Apolytikion. Mode pl. 2.

Angelic powers were at your grave, and those who guarded it became as dead, and Mary stood by the tomb, seeking your most pure Body; you despoiled Hell, and emerged unscathed; you met the Virgin and granted life. Lord, risen from the dead, glory to you!

Apolytikion of the Church (Pentecost). Mode pl. 4.

Blessed are You, Christ our God. Who revealed the fishermen to be to be most wise by sending down to them the Holy Spirit. And so through them catching the whole world in a net, lover of mankind glory to you.

Kontakion of the Theotokos. Pl. 4th Mode.

To you, my Champion and commander, I your City, saved from disasters, dedicate, O Mother of God, hymns of victory and thanksgiving; but as you have unassailable might, from every kind of danger now deliver me, that I may cry to you, "Hail, Bride without bridegroom!"

Instead of the Trisagion. 2nd Mode.

Your Cross we worship, O Master, and we glorify your holy Resurrection.

Ὁ Ἀπόστολος

Προκείμενον. Ἦχος Πλ. Β'. Ψαλμὸς κζ' (27).

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.

Στίχος Πρὸς σέ, Κύριε, κεκράξομαι, ὁ Θεός μου, μὴ παρασιωπήσης ἀπ' ἐμοῦ.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα.

[4: 14 – 16, 5: 1 – 6]

Ἀδελφοί, ἔχοντες ἀρχιερέα μέγαν διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ Θεοῦ, κρατῶμεν τῆς ὁμολογίας. οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθεῖν ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δὲ κατὰ πάντα καθ' ὁμοιότητα χωρὶς ἁμαρτίας. προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον καὶ χάριν εὐρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ ἀρχιερεὺς ἐξ ἀνθρώπων λαμβανόμενος ὑπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν Θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν, μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσι καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικείται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ περὶ ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν. καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ, καθάπερ καὶ Ἀαρών. οὕτω καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασε γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν· υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε· καθὼς καὶ ἐν ἑτέρῳ λέγει· σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

Τὸ ἱερόν Εὐαγγέλιον

Ἀλληλούϊα. Ἦχος πλ. β'. Ψαλμὸς ογ' (73).

Ἀλληλούϊα, Ἀλληλούϊα, Ἀλληλούϊα,

Στίχος α' Μνήσθητι τῆς συναγωγῆς σου, ἧς ἐκτήσω ἀπ' ἀρχῆς.

Στίχος β' Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ αἰώνων, εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς.

Ἐκ τοῦ κατὰ Μάρκον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.

[8: 34 – 9: 1]

Εἶπεν ὁ Κύριος· Ὅστις θέλει ὀπίσω μου ἀκολουθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. Ὅς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὅς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. Τί γὰρ ὠφελήσῃ ἀνθρωπὸν ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἀνθρωπὸς ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; Ὅς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμούς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτόν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

The Epistle

Prokeimenon. Pl. 2nd Mode. Psalm 27.

Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I will cry, O my God, do not be silent for me.

The Reading from 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, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest for ever, after the order of Melchizedek."

The Holy Gospel

Alleluia. pl. 2nd Mode. Psalm 73.

Alleluia. Alleluia. Alleluia.

Verse 1: Remember Your congregation You acquired from the beginning.

Verse 2: God is our King before the ages; He worked salvation in the midst of the earth.

The reading from the holy Gospel according to Mark.

[8: 34 – 9: 1]

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."

The Children's Word

"Let the little children come to me, and do not forbid them, for to such is the Kingdom of Heaven." Mark 10:14

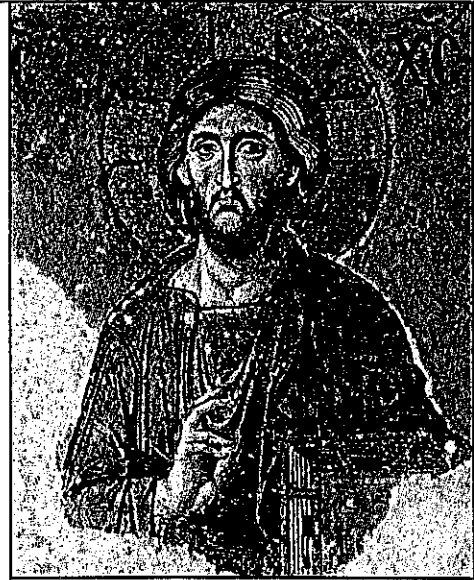
Sunday, March 23, 2025

Volume 13, Issue 12

Christ understands!

Do you know a friend who has had your same teacher or coach or even camp counselor? When you talk about things or about a problem, you know your friend really understands, because he went through it too.

Did you know that our Lord, Jesus Christ really understands us? In today's epistle reading, we hear how He understands us and our problems, because He has been through them too! The epistle says, Jesus "has been tempted as we are, yet without sin." That means He knows how hard it is to do the right thing sometimes.



Today is the Sunday of the Holy Cross. We remember how our Lord was beaten and made fun of and then killed on a Cross. But we also know that Jesus was God then, and He is God today! We know that God is strong and powerful. So how could He have trouble carrying the Cross? How could He be beaten up, and even killed?

Today's epistle reading tells us why. God wanted to be like us. He wanted to show how He understands us. He lived as a man so He could show us how much He loves us. Christ understands us and all our problems, because He has been there too!

WORD SEARCH

Can you find these words in the jumble?

- Angel
- Annunciation
- Cross
- Feastday
- Gabriel
- Good News
- Messenger
- Sin
- Sunday
- Tempted
- Understand

Y	S	T	L	C	H	D	L	O	X	Z	Z	R	S	O
I	J	W	E	E	Z	J	J	D	K	W	Z	P	I	K
M	Y	Q	E	M	W	O	C	G	K	X	Q	R	N	G
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Y	X	X	K	G	R	E	O	D	V	U	R	M	G	I
A	W	I	B	C	N	A	R	G	I	W	V	C	P	E
D	G	I	Q	F	U	N	M	S	G	G	N	W	Z	L
T	V	S	B	J	A	V	E	S	T	T	Q	R	H	A
S	X	J	A	N	N	U	N	C	I	A	T	I	O	N
A	K	P	G	S	U	N	D	A	Y	Y	N	F	Q	A
E	O	E	W	Z	N	Z	E	N	R	C	P	D	S	G
F	L	R	E	G	N	E	S	S	E	M	L	Z	X	M
N	J	K	K	K	J	J	W	J	C	U	O	G	A	I

WHAT'S IN THE ICON?

You can see Mary, the Theotokos and Archangel Gabriel in the one icon. Can you see them in the other one? It is a very, very old picture—from just 200 years after Christ lived!



ARCHANGEL GABRIEL BRINGING THE GOOD NEWS!

This week, we celebrate the wonderful feastday of the Annunciation. That's the day, you remember, when an angel visited Mary and told her that she would be the Theotokos, the Mother of God! Nine months later is Christmas, the birthday of our Lord.



Archangel Gabriel

That angel was the Archangel Gabriel, and we celebrate his feastday this week, too. Many people have called Gabriel a leader of the angels, because he had such an important job to do—to announce the good news to young Mary.

But what else did Gabriel do? Well, Gabriel is the angel who explains mysteries. He tells about things that are hard to understand. (Remember, it was hard for Mary to understand how she could have a baby.) Gabriel also told Zachariah that his wife, Elizabeth, was going to have a child... baby St. John the Baptist. Some theologians say that it was Gabriel who told Mary's parents that they were going to have a baby too—the baby Mary. Some say that Gabriel announced the good news of our Lord's birth to the shepherds too. You can also find Archangel Gabriel in the Bible, a long time before Jesus was born.

So you see—The archangel Gabriel is full of good news! Let's remember him this week!

We celebrate the Archangel Gabriel on Wednesday, March 26th (OC: April 8th).

The Good News



MARCH 2025 CALENDAR

Saturday	1	8:15am 9:45am	Orthros Liturgy – Memorial - All Ascetic Saints– Sat. of the Souls No Greek School due to Mardi Gras
Sunday	2	5:00pm 8:15am 9:45am	Great Vespers – Third Mode Orthros – 3rd Morning Gospel (Eothinon) Liturgy – Forgiveness Sunday (Cheesefare) Congregational Singing Liturgy No Sunday Church School Classes due to Mardi Gras
Monday	3	5:00pm 6:00pm	Great Vespers of Forgiveness Great Lent Begins – Clean Monday Great Compline with the Canon of Saint Andrew of Crete Lundi Gras - Cathedral Office Closed
Tuesday	4	6:00pm	Mardi Gras – Cathedral Office Closed Great Compline with the Canon of Saint Andrew of Crete
Wednesday	5	6:00pm 7:30pm	Liturgy of the Presanctified Gifts Lenten Pot-Luck Dinner
Thursday	6	6:00-7:00pm 7:00-8:00pm	Greek School - Teenagers Greek School – Level 2
Friday	7	6:00pm 7:00pm	Great Compline with the Canon of Saint Andrew of Crete Salutations to the Theotokos (1)
Saturday	8	8:15am 9:45am	Orthros Liturgy – Memorial Saint Theodore Miracle of Kollyva – Sat. of the Souls See Greek School Schedule Below
Sunday	9	11:30am 5:00pm 8:15am 9:45am	Philoptochos Membership Meeting Great Vespers – Fourth Mode Orthros – 4th Morning Gospel (Eothinon) Liturgy – Orthodoxy Sunday Byzantine Youth Choir will sing during Liturgy Group Sunday Church School following Communion Byzantine Youth Choir meets today Mezedes Tiropites Workshop after Divine Liturgy
Monday	10	9:30 – 11:00am 11:00am 12:00 noon 6:00pm 7:30pm	Nancy Athas public viewing/visitation Nancy Athas Funeral Makaria in the Round Room Great Compline CMS Board Meeting via Zoom
Tuesday	11	9:30 – 2:30pm 6:00-7:00pm 7:00-8:00pm	Greek Festival Pastry Workshop Greek School - Level 1 (New Beginners) Greek School - Level 3
Wednesday	12	5:00pm 7:00pm 7:30pm	Liturgy of the Presanctified Gifts – Youth Service (earlier time) Regular Parish Council Meeting Lenten Pot-Luck Dinner
Thursday	13	6:00-7:00pm 7:00-8:00pm	Greek School - Teenagers Greek School – Level 2
Friday	14	7:00pm	Salutations to the Theotokos with Archbishop Elpidophoros Light Lenten Reception after Salutations
Saturday	15	11:00am 12:00pm	Doxology Service - with Archbishop Elpidophoros Luncheon after Doxology Service Greek School canceled today (Archbishop Elpidophoros visit) No Great Vespers Today
Sunday	16	7:00-10:00pm 8:15am 9:45am 12:30pm	Montessioiree Gala and Silent Auction (The Ridgeway) Orthros - 5th Morning Gospel - with Archbishop Elpidophoros Liturgy - 2nd Lent - Saint Gregory Palamas - with Archbishop Elpidophoros Byzantine Youth Choir will sing during Liturgy Sunday Church School following Communion Luncheon after Liturgy

Monday	17	6:00pm	Great Compline
Tuesday	18	9:30 – 2:30pm 6:00-7:00pm 7:00-8:00pm	Greek Festival Pastry Workshop Greek School - Level 1 (New Beginners) Greek School - Level 3
Wednesday	19	9:30 – 2:30pm 6:00pm 7:30pm	Greek Festival Pastry Workshop Liturgy of the Presanctified Gifts Lenten Pot-Luck Dinner
Thursday	20	6:00-7:00pm 7:00-8:00pm	Greek School - Teenagers Greek School – Level 2
Friday	21	7:00pm	Salutations to the Theotokos (3) – Youth Service
Saturday	22	10:00am 5:00pm	Cathedral Walking Club Great Vespers – Plagal Second Mode
Sunday	23	8:15am 9:45am 12:00pm 3:00-5:00pm	Orthros – 6th Morning Gospel (Eothinon) Liturgy – 3rd Sunday of Lent – Veneration of the Holy Cross Procession with the Cross Byzantine Youth Choir will sing during Liturgy Sunday Church School following Communion Byzantine Youth Choir meets today Daughters Meeting in round room AHEPA Crawfish boil
Monday	24	6:00pm	Great Vespers – Annunciation
Tuesday	25	8:15am 9:45am 6:00-7:00pm 7:00-8:00pm	Orthros – Festal Morning Gospel (Eothinon) Liturgy – Annunciation Greek Festival Pastry Workshop after Liturgy Greek School - Level 1 (New Beginners) Greek School - Level 3
Wednesday	26	9:30 – 2:30pm 10:00 -12:00noon 12:30 – 1:30pm 6:00pm 7:30pm	Greek Festival Pastry Workshop John Kouloubis Visitation at LAKE LAWN John Kouloubis Funeral at the CATHEDRAL Interment at Saint Louis #3 Mausoleum following funeral Liturgy of the Presanctified Gifts Lenten Pot-Luck Dinner
Thursday	27	9:00am 6:00-7:00pm 7:00-8:00pm	Tsourekia Workshop Greek School - Teenagers Greek School – Level 2
Friday	28	7:00pm 10:00am 10:00am	Salutations to the Theotokos (4) with Father Paul Costopoulos Bennett Baptism - Father Paul Costopoulos Greek Festival Booth Chairperson meeting
Sunday	30	5:00pm 8:15am 9:45am	Great Vespers – Varys Mode - Father Paul Costopoulos Orthros – 7th Morning Gospel (Eothinon) - Father Paul Costopoulos Liturgy – 4th Lent – Saint John Klimakos - Father Paul Costopoulos Byzantine Youth Choir will sing during Liturgy Sunday Church School following Communion Celebration of Greek Independence Day – Greek School Program PTA: Annunciation/Greek Independence Day - Fish Luncheon
Monday	31	6:00pm	Great Compline (Reader’s Service)

GREEK SCHOOL SATURDAY SCHEDULE

9:00-9:45am	Greek School - Ειρήνη (Eiríni) – Peace
9:45-10:30am	Greek School - Χαρά (Chará) – Joy
10:30-11:15am	Greek School - Ζωή (Zoë) – Life
11:15-11:45am	Greek School - Σοφία (Sophía) – Wisdom
11:45-12:30pm	Greek School - Πίστη (Písti) – Faith
12:30-1:15pm	Greek School - Ελπίδα (Elpída) – Hope
1:15-2:00pm	Greek School - Αγάπη (Agápi) – Love