



SAINT SOPHIA GREEK ORTHODOX CATHEDRAL



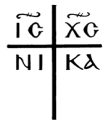
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Sunday Worship: Orthros 9:00 AM, Divine Liturgy 10:00 AM.



Clergy

Rev. Dr. John T. Tavlarides

Dean

Rev. Dr. Steven P. Zorzos

Associate

Parish Council

President:

John G. Polis

Vice-President:

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Organist

Elaine George

Sexton

Johnny Rios

Maintenance

Angel Claure

Office Administrator

Despina Tsamoudakis



Sunday, March 7, 2010

Sunday of the Holy Cross

The Tone for this day is Pagial Two - The Morning Gospel of the Orthros is the Sixth (Luke 24:36-53)

Epistle Reading: St. Paul's Letter to the Hebrews 4:14-16; 5:1-6

Gospel Reading: Mark 8:34-38; 9:1



Today's Coffee Hour is sponsored by
the Sunday School Staff.



SUNDAY OF THE HOLY CROSS



With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labour set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.

ANNUAL AHEPA SCHOLARSHIP AWARDS

The 41st Annual Washington Metropolitan Area Scholarship Awards program is accepting applications from high school seniors affiliated with the AHEPA family or the Greek Orthodox Church in the greater DC area. Students must have a minimum cumulative GPA of 3.0 and have participated in extracurricular activities and/or sports. Applications are due on Friday, April 2 and the scholarship awards program will be held on Sunday, May 16 in Rockville, MD. For more information, please contact Georgeanne E. Patmios at 301-654-1866 or patmiosg@verizon.net.

SUNDAY SCHOOL GOYA BOWLING PARTY

The Saint Sophia Sunday School Goyans are having a Bowling party next Saturday, March 13th between the hours of 7-9PM at the Naval Medical Center Bowling Alley located in Bethesda, MD across from NIH. ***Because of security regulations we have to provide a list of names of the participants for the event. Please RSVP Eleni Planzos at esplanzos@verizon.net or Vivian Kambanis at agkambanis@msn.com by March 9th.

ANNOUNCEMENTS

UPCOMING WORSHIP SCHEDULE

Monday, March 8 — Great Compline at 6:00 PM.

Friday, March 12 — Fourth Salutation (Heretismoi) service to the Theotokos at 7:00 PM.

NIH BONE MARROW DONOR PROGRAM

A plea has come to us by a gentleman, George Alexandrou, who was diagnosed for acute leukemia in October. At this point, the experimental treatment at Johns Hopkins has not been successful. His only hope is a bone marrow transplant. He has no children or relatives to provide a match. He has reached out to other organizations and us in hopes that a match will be found.

The Philoptochos of Saint Sophia has agreed to partner with the NIH Bone Marrow Program to sponsor a drive. We hope we can find a match for Mr. Alexandrou, but if not, hopefully someone else may be helped. We never know if some day one of our loved ones may be in need of a bone marrow transplant.

To register only entails completing a consent form and having a mouth swab. There is no charge involved. **We have planned the drive with NIH representatives for Sunday, March 7 (Sunday of the Holy Cross) from 11:45 - 2 pm in the Atrium.** Key points for consideration in registering: 1. You must be between the ages of 18-60 and in general good health. 2. You must be a U.S. citizen. 3. You must be willing to donate to anyone in need. Some of us who registered years ago no longer qualify so we need to add others.

If you are not already on the registry, please consider registering and encourage others.

During the reading of the Gospel and during the consecration of the Holy gifts (Se ymnounen), movement within the Church should cease, even of the lighting of candles. These are especially holy moments and we should assume a more prayerful attitude.

FOOD DRIVE - FOOD & FRIENDS

First Sunday of the Month, March 7: Please remember to bring your food donations this Sunday, March 7. The bad weather has affected our usually generous food donations to Food & Friends. Let's break the record of donations this Sunday by exceeding the 300 items donated in February 2009."

GOOD COMPANY – KALI PAREA

Join us on the third Tuesday of the month at 12:30 PM for lunch and a special program! Last October, we launched a monthly program for the members of our Cathedral. Come together and enjoy each other's company on Tuesday March 16th.

LENTEN RETREAT 2010

Father John Tavlarides and Father Steve Zorzos will be sharing their infinite wisdom during our open-to-all-Orthodox-Christians Winter Retreat, on Sunday, March 21st. This afternoon retreat will begin at 12:30 p.m. and will take place in the Atrium. All are welcome to attend for all or part of the retreat, depending upon one's personal schedule. Lenten-friendly pizza and other refreshments will be served during the retreat; to help defray the cost of the food, a \$5 donation will be requested at the retreat. All are encouraged to come with questions, which may be submitted anonymously during the retreat. For more information, please contact Ileana Ciobanu at imciobanu@yahoo.com.

A WIDER CIRCLE

A Wider Circle, a small nonprofit Washington organization, dedicated to helping individuals and families lift themselves out of poverty, is urgently seeking basic household furniture to furnish the homes of families in need, and those transitioning out of homeless shelters. Won't you please help by donating no longer needed beds, mattresses, cribs, strollers, chairs and tables in your home? Please call the organization at 301 608-3504 or 301 654-1081 to arrange prompt pick-up of your donation. For additional information, contact Dennis Menos at 301 299-2699 or 301 654-1081 for prompt pick-up of your donation. For more information contact Dennis Menos at 301 299-2699.

Sunday School

Director

Rev. Dr. John T. Tavlarides

Administrators

Ann Backus & Vivian Kambani

Sunday School Little Angels

Advisors

Dina Margas

Kathy Harrison

Maria Spanos

Sunday School JOY

Advisors

Deborah Charles

Wendy Myseros

Angela Zambetis

Sunday School GOYA

Co-Presidents

Paul Balland

Despina Costalas

Sunday School GOYA Activities

Eleni Planzos, Coordinator

Sunday School Basketball

Boys Coaches

George C. Wallace

George Kambanis

Girls Coaches

Peter Wallace

Condylia Heliotis

GOYAL

President

Melissa Simones

Philoptochos Society

President

Patricia Gogos

Greek School - Children

Director

George Goudouvas

Greek School - Adults

Director

Alexandros Alexandrou

Bookstore

Anastasia Boudouvas

Arthur Lalos

Festival Committee

Chairman

James G. Charles

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