



Annunciation Greek Orthodox Cathedral

Proto-Cathedral of the Denver Metropolis

3511 Yoakum Boulevard Houston 77006 + 713.526.5377

agoc.org + find us on facebook: Annunciation Greek Orthodox Cathedral



Rev. Protopresbyter Michael J. Lambakis, Dean

Rev. Ekonomos Demetrios Tagaropulos, Associate Priest

Rev. Presbyter Efstratios J. Magoulas, Associate Priest

Dn. Iakovos Varcados - Dn. John Wise

Sunday Bulletin

March 10, 2024

Judgement Sunday (Meatfare Sunday)

Quadratus the Martyr & his Companions
Anastasia of Alexandria
Michael Mauroudes the New-Martyr

Grave Mode + Eothinon 7

SUNDAY SERVICE SCHEDULE

Orthros 7:45 am + Divine Liturgy 9:00 am

Sunday Church School 11:15 am until 12:15 pm

Daylight Savings Time Begins

Welcome to all our visitors worshipping with us today!

We're glad you're here! Please join us at our Fellowship Coffee immediately following the Divine Liturgy. Visit the Welcoming Committee table to meet fellow parishioners and learn more about our community.

Please silence all mobile devices while in the Holy Sanctuary. Thank you.

Special Hymns at Liturgy:

Resurrectional Apolytikion in the Grave Mode

Thou didst abolish death by Thy Cross; Thou didst open Paradise to the thief; Thou didst transform the myrrh-bearers' lamentation, and didst bid Thine Apostles to preach that Thou art risen, O Christ God, granting great mercy to the world.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέφξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion of the Church

On this day when our salvation is crowned for eternity and the revelation of the mystery of the ages. The Son of God becomes on this day the Virgin's Son, with Gabriel proclaiming the tidings of God's Grace. And we also join in the cry unto the Theotokos singing: Hail to You who are filled with grace; the Lord is with You.

Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἀπ' αἰῶνος Μυστηρίου ἡ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν, Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Seasonal Kontakion in the First Mode

O God, when You come upon the earth in glory, the whole world will tremble. A river of fire will bring all before Your Judgment Seat and the books will be opened, and everything in secret will become public. At that time, deliver me from the fire which never dies, and enable me to stand by Your right hand, O Judge most just.

Ὅταν ἔλθῃς ὁ Θεός, ἐπὶ γῆς μετὰ δόξης, καὶ τρέμωσι τὰ σύμπαντα, ποταμὸς δὲ τοῦ πυρὸς πρὸ τοῦ Βήματος ἔλκη, καὶ βίβλοι ἀνοίγωνται, καὶ τὰ κρυπτὰ δημοσιεύωνται, τότε ῥῦσαί με, ἐκ τοῦ πυρὸς τοῦ ἀσβέστου, καὶ ἀξίωσον, ἐκ δεξιῶν σου μὲ στήναι, Κριτὰ δικαιοσύνης.

Matins (Orthros) Gospel

John 20:1-10

On the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid Him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying and the napkin, which had been on His head, not lying with the linen cloths, but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that He must rise from the dead. Then the disciples went back to their homes.

Epistle Reading

St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2.

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

τὸ Ἀνάγνωσμα Πρὸς Κορινθίους α' 8:8-13, 9:1-2.

Αδελφοί, βρῶμα ἡμᾶς οὐ παρίστησιν τῷ θεῷ· οὐτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὐτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γὰρ τις ἴδῃ σε τὸν ἔχοντα γινῶσιν ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνειδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθута ἐσθίειν; Καὶ ἀπολείται ὁ ἀσθενὼν ἀδελφὸς ἐπὶ τῇ σῇ γνώσει, δι' ὃν Χριστὸς ἀπέθανεν; Οὕτως δὲ ἀμαρτάνοντες εἰς τοὺς ἀδελφούς, καὶ τύπτοντες αὐτῶν τὴν συνειδησιν ἀσθενοῦσαν, εἰς Χριστὸν ἀμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμὶ ἀπόστολος; Οὐκ εἰμὶ ἐλεύθερος; Οὐχὶ Ἰησοῦν Χριστὸν τὸν κύριον ἡμῶν ἑώρακα; Οὐ τὸ ἔργον μου ὑμεῖς ἐστε ἐν κυρίῳ; Εἰ ἄλλοις οὐκ εἰμὶ ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμι· ἡ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν Κυρίῳ.

Gospel Reading

Judgment Sunday (Meatfare Sunday)

Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me

no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

Judgment Sunday (Meatfare Sunday)

Κατὰ Ματθαῖον 25:31-46

Εἶπεν ὁ Κύριος· Ὅταν δὲ ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ, καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων ὥσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ, τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε οἱ εὐλογημένοι τοῦ πατρὸς μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου. ἐπείνασα γάρ, καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ ἐποτίσατέ με, ξένος ἦμην, καὶ συνηγάγετέ με, γυμνός, καὶ περιεβάλετέ με, ἡσθένησα, καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἦμην, καὶ ἤλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δέ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δέ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ, καὶ ἤλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. τότε ἐρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ. ἐπείνασα γάρ, καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ οὐκ ἐποτίσατέ με, ξένος ἦμην, καὶ οὐ συνηγάγετέ με, γυμνός, καὶ οὐ περιεβάλετέ με, ἀσθενής καὶ ἐν φυλακῇ, καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ, καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

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Judgment Sunday (Meatfare Sunday) – (March 10)



The foregoing two parables -- especially that of the Prodigal Son -- have presented to us God's extreme goodness and love for man. But lest certain persons, putting their confidence in this alone, live carelessly, squandering upon sin the time given them to work out their salvation, and death suddenly snatch them away, the most divine Fathers have appointed this day's feast commemorating Christ's impartial Second Coming, through which we bring to mind that God is not only the Friend of man, but also the most righteous Judge, Who recompenses to each according to his deeds.

It is the aim of the holy Fathers, through bringing to mind that fearful day, to rouse us from the slumber of carelessness unto the work of virtue, and to move us to love and compassion for our brethren. Besides this, even as on the coming Sunday of Cheese-fare we commemorate Adam's exile from the Paradise of delight -- which exile is the beginning of life as we know it now -- it is clear that today's is reckoned the last of all feasts, because on the last day of judgment, truly, everything of this world will come to an end.

All foods, except meat and meat products, are allowed during the week that follows this Sunday.

Parish News and Events

The Orthodox Church. Room 224, Facilitator: Kosta Georgeton
(georgantonis@protonmail.com) Topic: Christianity in the First Century – Part 2.

As we discussed in class last Sunday, during the early 1st century AD, there were many competing Jewish sects in the Holy Land including [Pharisees](#), [Sadducees](#), Scribes, [Essenes](#), and other groups.

This week as we continue with *Christianity in the First Century*. The Emphasis will be on the spreading of the Gospel by the Twelve, the Seventy, and St. Paul and the influence Hellenism had in spreading Christianity.

We will also discuss, *The Didache*, the oldest non-canonical writing, and how it was used for the new Christian converts in the 1st Century.

Please join us in class this Sunday following the Divine Liturgy, as we continue the journey of learning about our Orthodox Christian Faith.

NO ADULT BIBLE STUDIES MARCH 13 & 20

Bible Studies will resume on TUESDAY, March 26, 2024

Parenting Class. Room: 219, Facilitators: Constantina Bodouvas (cboudouvas@gmail.com), Connie Koinis (conniekoinis@gmail.com), Stephanie Sullo (steph@sullolaw.com),

Topic: Name Your Child's Struggle

Please come join us this week as we learn to use our child's struggle as a reflection of our own and see how overcoming our own struggle allows them to settle into and through their own. As St. Seraphim of Sarov said so beautifully:

Acquire the Spirit of Peace and a thousand souls around you will be saved.

After two weeks of listening to the Oratorical festival talks by our children, I am reminded of the simple truths of our faith and how much we still have to learn. Every interaction with our little icons, the ones that bring us joy and the ones that bring us to our knees are opportunities for us to grow toward our own salvation. Thank you God!

Come join us! To share how we grow, stumble, fall, and get back up.
In Christ,

Stephanie, Constantina, and Connie

MAIDS OF ATHENA FLORAL FUNDRAISER



Easter Lilies
6" and 9"



Pink Hydrangeas
8"



Yellow Mum
6"

*SUPPORT THE MAIDS OF ATHENA WITH THEIR SPRING
FLORAL FUNDRAISER!*

FLOWER ORDERS WILL BE PLACED ON THE FOLLOWING
DATES DURING COFFEE HOUR:

2/24

3/3

3/10 - LAST DAY TO ORDER

Total payments due at time of order.

Cash, check, or Zelle payments only.

CHECKS payable to Maids of Athena (memo "Fundraiser")

**Flowers will be available for pickup in the Boozalis Festival Center
Sunday, March 17th, 2024 after Liturgy until 1:00 PM.**

Thank you for supporting the Maids of Athena!



ST JOHN CHRYSOSTOM ORATORICAL FESTIVAL

The **2024 Elementary St. John Chrysostom Oratorical Festival** was held last Sunday, March 3rd, at 11:30 am in the Cathedral. Kudos to ***Poppy Padley***, Chair, for another successful Oratorical Festival year!

The purpose of the elementary division program is to offer children in the fourth, fifth, and sixth grades the opportunity to express their feelings about their Faith and Church, as well as to help them gain confidence and self-esteem. In addition, it provides an incentive for children to participate in the junior and senior divisions in the future.

Students researched the topics in class and home. Their presentations were held in the Cathedral to an attentive audience of clergy, parents, and peers. No judges for the Elementary Oratorical. There were 16 participants.

This program is designed to fit easily into the Sunday Church school program with flexible topics that coincide with the curriculum. All SCS students are encouraged to participate. Teachers Poppy Padley (Grade 4-5), Christina Papazis and Joni Zavitsanos (Grades 6-7-8) assisted their students in choosing a topic, researching, writing, and presenting to clergy, parents, fellow students, and Church family.

Students had five topics to choose from. The topics were: Topic 1: *What was the Good News Jesus preached?* Topic 2: *Why did Jesus use Parables in His teachings?* Topic 3: *Why is the Virgin Mary the most important saint in the Church?* Topic 4: *Tell us the story of Abraham, Joseph, or Moses in the Old Testament; why you think they are cited in the Bible?* Topic 5: *Which is your favorite feast day?*

The presenters were: **Eleni Katsoni** (Gr 4), Topic 4, **Gabriel Papazis** (Gr 4), Topic 2, **Anabelle Smith** (Gr 4), Topic 5, **Nicholas Georgas** (Gr 4) Topic 4, **Mara Kohl** (Gr 5), Topic 3, **Lillian Smith** (Gr 4), Topic 5, **Benedict (Bear) Fasheh** (Gr 4), Topic 2, **Luke Pantelis** (Gr 4), Topic 4, **Sarah Constantina Strickler** (Gr 4), Topic 5, **Vicky Spiliotis** (Gr 5), Topic 3, **John (Ryder) Rolstad** (Gr 5), Topic 2, **George Spiliotis** (Gr 5), Topic 4, **Eleni Katsaounis** (Gr 5), Topic 4, **Athena Thanasoulas** (Gr 6), Topic 2, **Mark Fordtran** (Gr 6), Topic 3, and **Damian Summer** (Gr 6), Topic 3.

Congratulations to all the speakers at the Elementary St. John Chrysostom Oratorical Festival. You did an OUTSTANDING job! We're so proud of YOU!

Thank you to our photographer **Pahno Georgetown**. A special shout out to our supporters: parents, grandparents, Godparents, and others for coming to Church and Sunday Church School with your children; that's how we all learn about our Faith.



THIS MONTH



MONTHLY GATHERINGS

OUR HOPE-SR. GOYA YOUTH MINISTRIES WILL MEET ONCE A MONTH, AT OUR CATHEDRAL, FOR A SHORT PRAYER SERVICE & ACTIVITY

SMALL GROUP

SMALL GROUP DISCUSSIONS AIM TO DISCUSS AND BETTER UNDERSTAND OUR PRECIOUS ORTHODOX CHRISTIAN FAITH.

FELLOWSHIP EVENTS

FELLOWSHIP EVENTS FOCUS ON SPENDING TIME WITH OTHER MEMBERS OF THE MINISTRY IN CHRISTIAN FELLOWSHIP

**FOR MORE INFORMATION
CONTACT FR. EFSTRATIOS
FRMAGOULIAS@AGOC.ORG**

MONTHLY GATHERING

TUESDAY, MARCH 5TH @ 6:30 PM
PRAYER SERVICE & BAKING PROSFORA
AGOC CATHEDRAL & S.P. MARTEL HALL

OCF @ TEXAS A&M UNIVERSITY

THURSDAY, FEBRUARY, 29TH @ 6:30 PM
LOCATION: ALEXANDROS PANDAZIS' HOME
IN COLLEGE STATION

YOUNG PROFESSIONALS FELLOWSHIP HOUR

THURSDAY, MARCH 14TH
ZAC BROWN BAND @ HOUSTON RODEO

CLEAN MONDAY RETREAT

MONDAY, MARCH 18TH
GREAT COMPLINE @ 6:00 PM
DINNER AND PRESENTATION

"A CLEAN START TO CLEAN MONDAY:
GETTING SERIOUS ABOUT OUR SPIRITUAL LIFE"
BY PRES. DR. JEANNIE CONSTANTINOU

FAITH MINISTRY

SATURDAY, MARCH 30TH @ 9:30 AM
LOCATION: NURSERY - S.P. MARTEL HALL

Hosted by the AGOC Philoptochos Society

A Clean Start on Clean Monday: Getting Serious about our Spiritual Life

Presented by Pres. Dr. Jeannie Constantinou



PARISH CLEAN MONDAY RETREAT

10:00 AM - 2:30 PM

Opening Prayer, Presentation,
Lunch, Book Signing, and Q&A.

GREAT COMPLINE

6:00 PM

Y2AM CLEAN MONDAY RETREAT

Great Compline at 6:00 pm with Lenten
dinner and presentation following

Annunciation Cathedral's Ladies Philoptochos Society
2024 Spring Bake Sale
Benefiting the Ministries of Philoptochos

Your Original Greek Festival Favorites available for Easter!

Quantities are limited so please order early!

Available for Pick-Up Only (No Delivery) at the Boozalis Festival Center
Friday, April 19th (10 am-5 pm) and Saturday, April 20th (9 am-1 pm)

Pastitsio (frozen)

Macaroni with beef filling and Romano cheese topped with bechamel sauce
11x13 pan, \$40.00

Tiropites (rolled, frozen)

Cheese-filled phyllo pastry
3 dozen for \$40.00

Spanakopites (frozen)

Spinach and cheese-filled phyllo pastry
3 dozen for \$40.00

Koulourakia

All butter twist cookies
1 dozen for \$10.00

Go to www.houstongreekpastry.org or scan below for more info and item descriptions, and
to place your order. Thank you!



No refunds on orders not picked up by 1 pm Saturday- they will be donated!
For more information call Martha Stefanidakis (281) 469-0986

Philoptochos 2024 Spring Bake Sale

PREPARATION SCHEDULE

Please consider helping...many hands make light work!

Spanakopites

Chairs: Elaine Badoian and Stacy Wooden
Wednesday, Thursday, and Friday April 3-5

Pastitsio

Chairs: Maria Kantalis, Judy Johnson, Helena Johnson
Saturday, April 6

Tiropites (Rolled this year, not triangles!)

Chair: Maria Kantalis
Monday, Tuesday and Wednesday, April 8-10

Koulourakia

Chairs: Kathy Pappas and Rena Koinis
Monday and Tuesday, April 15 and 16

Pick up-Boozalis Festival Center

Friday April 19th 10 a.m. to 5 p.m., Saturday, April 20th 9 a.m. to 1 p.m.

Go to www.houstongreekpastry.org or scan below for more info and item descriptions, and to place your order. Thank you!



AGOC RETRO ALTAR BOY SUNDAY
Sunday March 31st



IF YOU SERVED AS AN ALTAR BOY IN THE 1970's, 80's or 90's
PLEASE CONTACT FR. MICHAEL TO SERVE ON Sunday March 31st.

frmichael@agoc.org



[Call for Scholarship Applications](#)

We are excited to announce that we will now start accepting applications for the HPST 47th annual Scholarship program, which celebrates our Hellenic heritage and academic excellence.

According to the HPST Constitution and the by-laws, eligible for scholarship are:

- High School students of Hellenic origin who attend a Texas High Schools, and they have been accepted to a College or University
- Undergraduate students of Hellenic origin enrolled in a 4-year College/University in Texas
- Graduate students of Hellenic origin, enrolled at a graduate program at a University in Texas
- Students who are pursuing academic studies related to Greek Letters or Affairs at a University in Texas

For **more details** on the requirements and the application material, **please review the document in the link [HERE](#)**. Please note that you might have to access the form through a laptop/desktop.

The **deadline for the submission of the applications is Monday April 1, 2024**.

For any questions, please contact the Scholarship Committee Chair, Dr. Maria Koutsona at hpstscholarship@gmail.com.

We are looking forward to honoring the HPST scholarship recipients during our **Scholarship Dinner** that will take place on **Sunday May 12th, 2024**, at the **Junior League of Houston**. More information to follow.

LENTEN RETREAT

Forgiveness: Transforming Wounds into Wisdom

Saturday April 13th, 2024 10am – 3:30pm

Forgiveness is fundamental to our spiritual practice and effort towards sanctification. We are instructed to forgive 70 times 7. We pray for forgiveness in the Lord's Prayer "as we forgive the trespasses of others."

However, many of us have been hurt and continue to feel burdened by the pain of that offense. Many of us wish to be released from our resentment towards someone who has deeply hurt us. But how? How can we turn this wound and the negative thoughts that arise into compassion? How do we know when we have truly forgiven? More importantly what does forgiving ourselves have to do with forgiving others? Can we forgive ourselves?

Cynthia Kostas and Constantina Boudouvas team up to offer insight in the process of forgiveness of others and self in this full day retreat and workshop. We will explore the meaning of authentic restorative forgiveness and mindsets that masquerade as forgiveness. We will discuss forgiveness as understood by the desert fathers and explore what that looks like in our modern world today.

During breakout sessions, we will work through or continue the process that will help us shift our view of ourselves, the offense, and those who have offended us in a healthful manner. For those who have attended this seminar in the past, we will be offering fresh information and allowing time for you to check in on your personal forgiveness journey. Come join us!

Hosted at the home of Sofia Petrou: 17027 North Ivy Circle Houston, TX 77084
Suggested donation: \$40 - lunch included. RSVP: Call or Text 832-264-8366. Email: Sofiapetrou@aol.com



Sacred Service Schedule
March 17 – May 6, 2024
Great Lent and Holy Week
(All Services in the Cathedral)

Sunday, March 17 – Forgiveness Sunday (Cheesefare Sunday)

Orthros 7:45 am / Divine Liturgy 9:00 am / Sunday Church School (SCS)
5:00 pm – Forgiveness Vespers

Monday, March 18 – Great Lent Begins

10:00am – Parish Clean Monday Retreat, Cathedral/Martel Hall
6:00 pm – Great Compline, Cathedral,
Y2AM Clean Monday Retreat, Martel Hall

Wednesday, March 20

6:00 pm – Presanctified Liturgy

Friday, March 22

7:00 pm – Salutations to the Theotokos

Saturday, March 23 – 3rd Saturday of Souls

Orthros 8:30 am / Divine Liturgy 9:30 am

Sunday, March 24 – Sunday of Orthodoxy

Orthros 7:45 am / Divine Liturgy 9:00 am / SCS
6:00 pm – Great Vespers of Annunciation

Monday, March 25 – Annunciation of The Theotokos

Orthros 8:30 am / Hierarchical Divine Liturgy 9:30 am
6:00 pm – Great Compline

Wednesday, March 27

6:00 pm – Pre-sanctified Liturgy

Friday, March 29

7:00 pm – Salutations to the Theotokos

Sunday, March 31 – Sunday of St. Gregory Palamas

Orthros 7:45 am / Divine Liturgy 9:00 am / SCS

Monday, April 1

6:00 pm – Great Compline

Wednesday, April 3

6:00 pm – Presanctified Liturgy

Friday, April 5

7:00 pm – Salutations to the Theotokos

Sunday, April 7 – Sunday of the Holy Cross

Orthros 7:45 am / Divine Liturgy 9:00 am / SCS

Monday, April 8

6:00 pm – Great Compline

Wednesday, April 10

6:00 pm – Presanctified Liturgy

Friday, April 12

7:00 pm – Salutations to the Theotokos

Sunday, April 14 – Sunday of St. John Climacus

Orthros 7:45 am / Divine Liturgy 9:00 am / SCS

Monday, April 15

6:00 pm – Great Compline

Wednesday, April 17

6:00 pm – Presanctified Liturgy

Friday, April 19

7:00 pm – Akathist Hymn

Sunday, April 21 – Sunday of St. Mary of Egypt

Orthros 7:45 am / Divine Liturgy 9:00 am / SCS

Monday, April 22

6:00 pm – Great Compline

Wednesday, April 24

6:00 pm – Presanctified Liturgy

Friday, April 26

6:30 pm – Palm Cross Folding, Small Martel Hall

Saturday, April 27 – Saturday of Lazarus

Orthros 8:30 am / Divine Liturgy 9:30 am

Sunday, April 28 – Palm Sunday

Orthros 8:15 am / Hierarchical Divine Liturgy 9:30 am

7:00 pm – Service of the Bridegroom

Holy Monday, April 29

7:00 pm – Service of the Bridegroom

Holy Tuesday, April 30

7:00 pm – Service of the Bridegroom

Holy Wednesday, May 1

9:30 am – Presanctified Liturgy

3:00 pm – Sacrament of Holy Unction

7:00 pm – Sacrament of Holy Unction

Holy Thursday, May 2

9:30 am – Vesperal Divine Liturgy of St. Basil

7:00 pm – Service of the Passion of Our Lord /

Reading of the Twelve Gospels

Holy Friday, May 3

9:00 am – Royal Hours

3:00 pm – Apokathilosis / Descent from the Cross

7:00 pm – Epitaphios Thrinos / The Lamentations

Holy Saturday, May 4

9:00 am – Vesperal Divine Liturgy of St. Basil

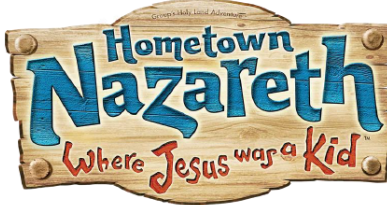
Holy Pascha, May 5

11:00 am – Agape Vespers

Bright Monday, May 6 – St. George

Orthros 8:30 am / Divine Liturgy 9:30 am

AGOC & CAMP AOS VACATION BIBLE SCHOOL
Annunciation Greek Orthodox Cathedral



JUNE 10 – 14, 9 AM – 12 PM
Ages 4 through Grade 5

HIGH SCHOOLERS, YOUNG ADULTS, ADULTS
JOIN THE HOMETOWN TEAM OF VOLUNTEERS!

JOB DESCRIPTIONS

Tribe Leaders lead a small group (named after one of the 12 Tribes of Israel) in fun activities that help them make the connection between what they learn in Nazareth and their everyday life.

Tax Collector hangs out in the Marketplace and asks if people have paid their taxes!

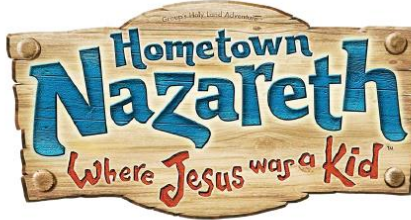
Fun & Games Leader leads Tribes in high-fun, low tech games of four sessions of Fun & Games each day.

Carpentry Shop where each day as Tribes enter the Marketplace, you'll welcome a different group of kids to the shop to make a fun wooden sheep toy and share what it was like to be a carpenter or builder in ancient Nazareth.

Special Staff Training Meeting, Saturday, June 8th, 10 am to 12 pm.

Irene Cassis (irenecassis@agoc.org) Christina Papazis (cpapazis@gmail.com)

**AGOC & CAMP AOS INVITE CHILDREN TO THE ANNUAL
VACATION BIBLE SCHOOL**



**JUNE 10 – 14, 9 AM – 12 PM
Ages 4 through Grade 5
Annunciation Greek Orthodox Cathedral**

Step back in time at Hometown Nazareth, exploring what it was like to live in the town where Jesus grew up. Kids, together with high school and adult volunteers, participate in a memorable Bible-times marketplace, sing catchy songs, play teamwork-building games, dig into Bible-times snacks, visit Jesus' mom, Mary, and collect Bible Memory Makers to remind them of God's Word. Each day opens and concludes at Celebration—a time of upbeat worship that gets everyone involved.

Registration: www.aoshouston.org/camp-aos (Registration Button)

Questions? Contact:

Irene Cassis (irenecassis@agoc.org)
Christina Papazis (cpapazis@gmail.com)
Emily Benton (ebenton@aoshouston.org)

WANTED: high school students and adult volunteers!
(irenecassis@agoc.org).

Today at the Cathedral

Memorial service is offered for **Diane Arapolis (3 years)**.

Please join us for the fellowship coffee in the Martel Hall following the Divine Liturgy. The coffee today is sponsored by the **Family of Diane Arapolis.**

This week at the Cathedral

Tuesday,
March 12

6:30 pm – Greek Language Classes, Adults, In-Person
Beginners I & II, Intermediate I & IV, Advanced I

Wednesday,
March 13

NO BIBLE STUDIES MARCH 13

Thursday,
March 14

11:00 am – Greek Language Class, Adv. Conversation, *Online*

Saturday,
March 16

2nd Saturday of Souls
Orthros 8:30 am / Divine Liturgy 9:30 am