

# SUNDAY OF ORTHODOXY

40 MARTYRS AT LAKE SEBASTE;  
CAESARIOS THE RIGHTEOUS



**All Parishioners, adults & children are asked to bring their icons to church to join us as we celebrate Sunday of Orthodoxy**

TRANSFIGURATION OF OUR LORD

GREEK ORTHODOX CHURCH

414 ST. STEPHENS SCHOOL ROAD, AUSTIN, TEXAS 78746

CHURCH OFFICE HOURS: 8:30AM - 3:30PM

(512) 329-6363 EMAIL - OFFICE@TRANSFIGURATION.ORG

WEBSITE - WWW.TRANSFIGURATION.ORG

SUNDAY SERVICE SCHEDULE

ORTHROS 8:15AM; DIVINE LITURGY 9:30AM

Fr. Vasileios Flegas  
Protopresbyter  
512-574-1972

Fr. George Bithos  
Economos  
512-507-9897

Deacon Sal Fazio 978-551-2169  
Deacon Stephen Dow 512-228-1381  
Deacon Haralambos Ryburn 210-325-7330

## Hymn for Orthodoxy

*Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ ἠδὲ δόκησας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὓς ἔπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι· Χαράς ἐπλήρωσας τὰ πάντα ὁ Σωτήρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.*

*We venerate Thine immaculate icon, O Good One, asking the forgiveness of our failings, O Christ our God; for of Thine own will Thou wast well-pleased to ascend the Cross in the flesh, that Thou might deliver from slavery to the enemy those whom Thou hadst fashioned. Wherefore, we cry to Thee thankfully: Thou didst fill all things with joy, O our Savior, when Thou camest to save the world.*

## Resurrection Hymn

*Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωροῦμενος τῷ κόσμῳ τὸ μέγα ἔλεος.*

*When the tidings of the resurrection from the glorious angel was proclaimed unto the women disciples and our ancestral sentence also had been abolished to the Apostles with boasting did they proclaim that death is vanquished ever more and Christ our God has risen from the dead and granted to the world His great mercy.*

## Hymn for the 40 Martyrs

*Τὰς ἀλγηδόνας τῶν Ἁγίων, ἃς ὑπὲρ σοῦ ἔπαθον, δυσωπήθητι Κύριε, καὶ πάσας ἡμῶν τὰς ὀδύνας, ἴασαι φιλόανθρωπε δεόμεθα.*

*Be Thou entreated for the sake of the sufferings of Thy Saints which they endured for Thee, O Lord, and do Thou heal all our pains, we pray, O Friend of man*

## Hymn of Transfiguration

*Μετεμορφώθης ἐν τῷ ὄρει Χριστέ ὁ Θεός, δεῖξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδυναντο, Λάμπρον καὶ ἡμῖν τοῖς ἀμαρτωλοῖς, τὸ φῶς σου τὸ αἰδίων, πρεσβείαις τῆς Θεοτόκου, φωτοδότα δόξα σοι.*

*When O Christ our God Thou wast Transfigured on the mountain Thou didst reveal Thy glory to Thy disciples in proportion as they could bear it. Let Thine everlasting light also enlighten us sinners. Through the intercessions of the Theotokos, O Thou Bestower of light, glory to Thee*

## Kontakion

*Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.*

*To You the Champion Commander, I, Your city, inscribe victorious anthems of thanksgiving for deliverance from sufferings, Theotokos. In as much as you have power unassailable, from all manner of dangers set me free. That I may cry out to you, Rejoice Bride unwedded*

## Megalynarion

*Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα, καὶ ἀνθρώπων τὸ γένος, ἡγιασμένε ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις· δόξα σοι.*

*All of creation rejoices in you, O full of grace; the assembly of angels and the human race. You are a sanctified temple and a spiritual paradise, the glory from whom God was incarnate and become a child our God existing before all ages. He made your womb a throne, and your body more spacious than the heavens. All of creation rejoices in you, O full of grace. Glory to you.*

**These HYMNS are sung by the community with the chanters during and after the small entrance during and after the small entrance**

*Music assists the development of the perception of spiritual life. The soul becomes refined. It begins to understand spiritual music as well. -St. Barsamaphius of Optina*

**THE FIRST SUNDAY OF THE FAST:  
THE SUNDAY OF ORTHODOXY**

**Apolytikion**

Intonation: #4

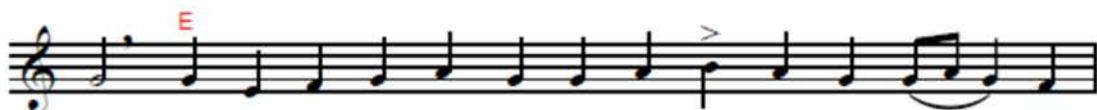
Second Mode

Allegro ♩.150

Τὴν ἄχραντον εἰκόνα σου



We ven -er rate Thine im - mac - u - late i - con, O Good\_\_



One, ask - ing the for - give - ness of our fail - ings, O Christ\_\_ our



God; for of Thine own will Thou wast well-pleased to as - cend the



Cross\_\_ in the flesh. that Thou might - est de - liv - er from



slav - er - y to the en - e - my those whom Thou hadst



fash - - - ioned. Where-fore, we cry to Thee thank - ful -



ly: Thou didst fill all things with joy, O our Sav - iour, when Thou

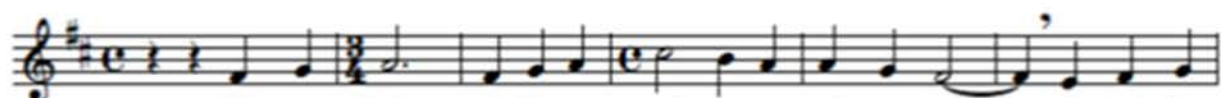


cam - est to save\_\_ the world.

# The Tidings - Τό Φαιδρόν

Ηχος Δ'

G Anastasiou




Τό φαι - δρόν τῆς Ἀ-να - στά - σε - ως κή - ρυγ - μα - ek τού ἀγ -  
To - fe - dron tis A - na - sta - se - os ki - riy - ma ek tou an -  
When the tid - ings of the re - sur - rec - tion from the -

7




γέ - λου μα - δού - σαι αἰ τοῦ Κυ - ρί - ου μα - δῆ - τρι - οἰ καί  
ge - lou ma - thou - se e tou Ky - ri - ou ma - thi - tri - e ke  
glo - rious an - gel was pro - claimed un - to the wo - men dis - ci - ples and

12



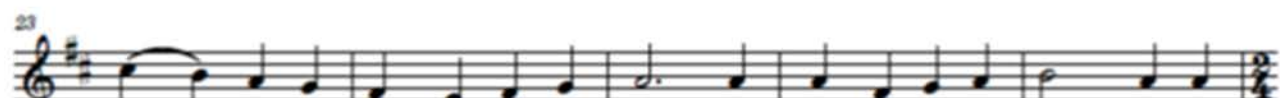
τὴν προ - γο - νι - κὴν ἀ - πο - φα - σιν ἀ - πορ - ρι - ψα - σαι τοῖς Ἀ - πο - στό - λοις  
tin pro - go - ni - kin a - po - fa - sin a - por - ri - psa - se tis A - po - sto - lis -  
our an - ces - tral sen - tence al - so had been a - bo - lished to the A - pos - tles,

18



- καυ - χώ - με - ναι ε - λε - γον. Ἐ - σκύ - λευ - ται ο ἰ δά - να - τος ἡ -  
- kaf - ho - me - ne e - le - yon. E - ski - lef - te o tha - na - tos i -  
with boas - ting did they pro - claim that death is van - quished ev - er - more and

23



γέρ - δη Χρι - στός - ο θε - ός, δω - ρού - με - νος τώ κό - σμω τό  
yer - thi Hri - stos - o - the - os, tho rou - me - nos to ko - smo to  
Christ Our God has ri - sen from the dead and grant - ed to the world - His

28



μέ - γα έ - λε - ος.  
me - ga e - le - os.  
great - mer - cy.



# THE HOLY FORTY MARTYRS OF SEBASTIA

March 9

Apolytikion

Intonation: #1

First Mode

*Allegro* ♩.150

Τὰς ἀλγηδόνας



Be Thou en - treat - ed for the sake of the suf - fer - ings



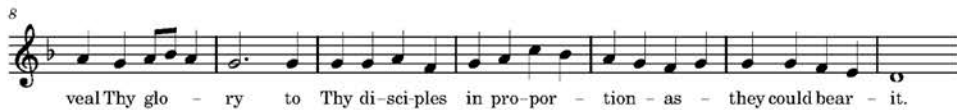
of Thy Saints which they en - dured for Thee, O Lord, and



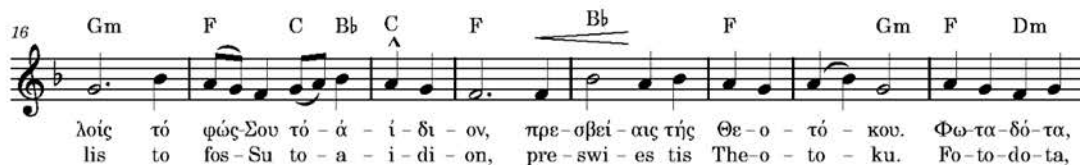
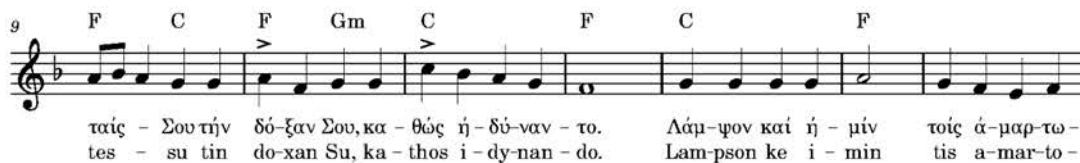
do Thou heal all our pains, we pray, O Friend of \_\_\_\_\_ man.

# Apolytikion of the Transfiguration

English



# Apolytikion of the Transfiguration



# Lenten Hymn

Τη Υπερμόχω

Moderato



Τη ύ - περ - μά χω στρα-τη γω τά νι-κη-τή - ρι - α  
Ti i - per - ma ho stra-ti-gho ta ni-ki-ti - ri - a  
To You, the Cham-pi-on Com - mander, I, Your Ci - ty

5



ὡς λυ-τρω-θεί σα των δει-νων εὐ-χα - ρι - στή - ρι - α!  
os li - tro - thi - sa ton dhi-non ef - ha - ri - sti - ri - a!  
— In-scribe vic - tor - i - ous an - thems of Thanks-giv - ving,

10




'Α - να - γρά-φω Σοι ἡ πό - λις Σου Θε - ο - τό - κε. 'Αλλ' ὡς  
A - na - gra - fo Si i po - lis Sou The - o - to - ke. All' os  
For de - li - ver - ance from suf - frings, O The - o - to - kos, In as

15




έ - χου - σα τό κρά τος ἀ-προ-σμά χη τον. Ἐκ παν-  
e - hou - sa to kra-tos a-pro-sma - hi - ton. Ek pan-  
much as you have - pow-er un - a - sail - a - ble, From all

20



τοί - ων με κιν - δύ - νων ε - λευ - θέ - ρω - σον Ἴ - να κρά - ζω -  
ti - on me kin - dhi - non e - lef - the - ro - son I - na kra - zo -  
man - ner of dan - gers, O set me free; That I may cry out to

25



Σοι Χαί - ρε, Νύμ - φη ἀ - νύμ - φευ - τε.  
Si He - re, Nim - fi a - nim - fev - te.  
you, Re - joice O Bride un - wed - ded.

# Great Prokeimenon - Who Is So Great a God.

Grave Mode. *Ga=F.*

Enharmonic F C G

8 Who is so great a God

8 as our God? You a - lone are the

8 God who does won - ders.

Final Ending C F

8 won - ders.

Detailed description: This block contains the musical notation for the first part of the Prokeimenon. It consists of four staves of music in a single system. The first staff begins with the word 'Who' and includes a 'Final Ending' section. The second staff continues with 'as our God? You a - lone are the'. The third staff continues with 'God who does won - ders.'. The fourth staff is a continuation of the 'Final Ending' section. Chord symbols (F, C, G, D) are placed above the notes. A 'C' chord symbol is also placed above the first staff. The number '8' is written below the first note of each staff. The key signature has one flat (B-flat).

**Verse:** You made known Your power among the peoples.

**Verse:** I said, "Now I am beginning to see; this change is by the right hand of the Most High."

**Verse:** I remembered the Lord's works, for I will remember Your wonders of old. *SAAS*

Enharmonic F C G F

8 Τις Θεος ως με γας ως

8 ο Θεος η μων; Συ ει

8 ο Θεος, ο ποιων θαυμασι α

8 μο νος.

Detailed description: This block contains the musical notation for the second part of the Prokeimenon. It consists of four staves of music in a single system. The first staff begins with the Greek text 'Τις Θεος ως με γας ως'. The second staff continues with 'ο Θεος η μων; Συ ει'. The third staff continues with 'ο Θεος, ο ποιων θαυμασι α'. The fourth staff continues with 'μο νος.'. Chord symbols (F, C, G, D) are placed above the notes. The number '8' is written below the first note of each staff. The key signature has one flat (B-flat).



# St. Paul's Letter to the Hebrews 12:1-10

Prokeimenon. Mode Plagal 1  
Psalm 11.7,1

You, O Lord, shall keep us and preserve us.  
Verse: Save me, O Lord, for the godly man has failed.

The reading is from St. Paul's Letter to the Hebrews 12:1-10

**B**RETHREN, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him. For the Lord disciplines him whom he loves, and chastises every son whom he receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father.

Προκείμενον. Ἦχος πλ. α'  
ΨΑΛΜΟΙ 11.7,1

Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσῃς ἡμᾶς.  
Στίχ. Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὄσιος.

Πρὸς Ἑβραίους 12:1-10 τὸ ἀνάγνωσμα

**Α**δελφοί, τοσοῦτον ἔχοντες περικείμενον ἡμῖν νέφος μαρτύρων, ὄγκον ἀποθέμενοι πάντα καὶ τὴν εὐπερίστατον ἁμαρτίαν, δι' ὑπομονῆς τρέχωμεν τὸν προκείμενον ἡμῖν ἀγῶνα, ἀφορῶντες εἰς τὸν τῆς πίστεως ἀρχηγὸν καὶ τελειωτὴν Ἰησοῦν, ὃς, ἀντὶ τῆς προκειμένης αὐτῷ χαρᾶς, ὑπέμεινεν σταυρόν, αἰσχύνῃς καταφρονήσας, ἐν δεξιᾷ τε τοῦ θρόνου τοῦ θεοῦ κεκάθικεν. Ἀναλογίσασθε γὰρ τὸν τοιαύτην ὑπομεμενηκότα ὑπὸ τῶν ἁμαρτωλῶν εἰς αὐτὸν ἀντιλογία, ἵνα μὴ κάμητε ταῖς ψυχαῖς ὑμῶν ἐκλυόμενοι. Οὕτω μέχρι αἵματος ἀντικατέστητε πρὸς τὴν ἁμαρτίαν ἀνταγωνιζόμενοι· καὶ ἐκλέλησθε τῆς παρακλήσεως, ἣτις ὑμῖν ὡς υἱοῖς διαλέγεται, Υἱέ μου, μὴ ὀλιγῶρει παιδείας κυρίου, μηδὲ ἐκλύου ὑπ' αὐτοῦ ἐλεγχόμενος· ὃν γὰρ ἀγαπᾷ κύριος παιδεύει· μαστιγοῖ δὲ πάντα υἱὸν ὃν παραδέχεται. Εἰς παιδείαν ὑπομένετε, ὡς υἱοῖς ὑμῖν προσφέρεται ὁ θεός· τίς γὰρ ἐστὶν υἱὸς ὃν οὐ παιδεύει πατήρ; Εἰ δὲ χωρὶς ἐστε παιδείας, ἧς μέτοχοι γεγόνασιν πάντες, ἄρα νόθοι ἐστε καὶ οὐχ υἱοί. Εἶτα τοὺς μὲν τῆς σαρκὸς ἡμῶν πατέρας εἶχομεν παιδευτάς, καὶ ἐνεντρεπόμεθα· οὐ πολλῷ μᾶλλον ὑποταγησόμεθα τῷ πατρὶ τῶν πνευμάτων, καὶ ζήσομεν; Οἱ μὲν γὰρ πρὸς ὀλίγας ἡμέρας κατὰ τὸ δοκοῦν αὐτοῖς ἐπαιδεύον· ὁ δὲ ἐπὶ τὸ συμφέρον, εἰς τὸ μεταλαβεῖν τῆς ἀγιότητος αὐτοῦ.

# Gospel According to John 1:43-51

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν· καὶ εὕρισκει Φίλιππον καὶ λέγει αὐτῷ· ἀκολούθει μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαϊδά, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὕρισκει Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ· ὃν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφῆται, εὗρήκαμεν, Ἰησοῦν τὸν υἱὸν τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν αὐτῷ Ναθαναὴλ· ἐκ Ναζαρέτ δύναται τι ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· ἔρχου καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναὴλ ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ· ἴδε ἀληθῶς Ἰσραηλίτης, ἐν ᾧ δόλος οὐκ ἔστι. λέγει αὐτῷ Ναθαναὴλ· πόθεν με γινώσκεις; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ τὴν συκῆν εἰδόν σε. ἀπεκρίθη Ναθαναὴλ καὶ λέγει αὐτῷ· ραββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ, σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραὴλ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· ὅτι εἶπόν σοι, εἰδόν σε ὑποκάτω τῆς συκῆς, πιστεύεις; μείζω τούτων ὄψει. καὶ λέγει αὐτῷ· ἀμὴν ἀμὴν λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν ἀνεωγῶτα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.

## Saint John Chrysostom Oratorical Festival - Topic Brainstorming Session

Transfiguration's Oratorical Festival is scheduled for Sunday, May 4.

**Speeches must be completed and given to Julie Wynn  
by Sunday, April 27.**

To help teens review the topics and prepare to write a speech, Father Vasileios will hold a topic brainstorming session, **Sunday, March 9**, for all teens grades 7 – 12 following the procession of icons – beginning approximately at

12pm. During this session, Father Vasileios will answer questions and

help evaluate the topics. This is an excellent opportunity to explore the topics and will give participants the confidence that they can write a speech and deliver it. Throughout the oratorical speech writing process there will be people available to answer questions, and to review speeches giving advice on grammatical correctness. There will also be opportunities leading up to the festival date to practice speeches, perfecting speaking skills.

**Please click the link or use the QR code to sign up to attend the brainstorming session: <https://tinyurl.com/2025OratoricalBrainstorming>**



## THE SACRAMENT OF HOLY CONFESSION

THE SACRAMENT OF HOLY CONFESSION IS OFFERED BY APPOINTMENT ONLY TO ALLOW YOU THE NECESSARY TIME FOR THE COMPLETE CONFESSION. TO SCHEDULE AN APPOINTMENT PLEASE CALL FR. VASILEIOS AT 512-574-1972 OR FR. GEORGE AT 512-507-9897

*“HE IS ALWAYS WRESTLING IN PRAYER FOR YOU...” (COLOSSIANS 4:12)*

### *PRAYERS FOR THOSE IN OUR ARMED FORCES*

*Chaplain Ahmad Athanasios Williams , SSGT Jennifer D. Atkinson, COL Dave Romine, CPT James Alfaro, MAJ Timothy Ullman, Col. Chris Chase, SPC Mindy Keys, SPC Andrew Bentzel, MAJ Scot Thornhill, CPT Christopher Gilbert, Major Alexander Stathos, 1st LT Angela Bahlatzis, MIDN 1/C Joseph Barone, LCDR Thomas Uhl, Lt. Lance Shannon, CPT Raphael Regalado, SSG George Graman , SSG Rebeca Najib, TSGT Trevor Soto*

*“THE PRAYER OF A RIGHTEOUS PERSON IS POWERFUL AND EFFECTIVE” (JAMES 5:16)*

### *PRAYERS FOR HEALTH*

Fr. Ted, Prsb. Aspazia, Prsb. Vasiliki, Sophia, Michael, Ioanna, John Garwood, Luke Garwood, Andrew Garwood, Kara Hardy, Cara, George, Panagiota, Demetra Anna Georgantonis-Keah, Gayla Easley, Jacob, Patricia, Jack, Michelle, Marc, Evan Wilson, Hank Wilson, Vasiliki, Sophia, Rob, Beth, Anirban, Stephen, Jill Gentry, Alexander, Jacob, Carl (Gregory) Forsberg, Becca, Chris, Glory, Bryce, Savanna, Addison, Dina, Manny, Oakley Grace, Giuseppe, Romano, Costa, Joyce, Daymon, Maria, Ann, George, Bill, Steve, Mamdouha Atiyah, Judi, Eleni, Amanda, Khouria Mary, Jaxson Cash, Terry, Kathie, Sunny, Scott, Michael, Paulette, Kathryn, John, Jamie, Greg, Connie, Julie, Matthew, George, Stella, Haralambos, Anna, George, Judith, Phyllis, Adam, Kassiani, Lee, Koula, Rod, MaryBeth,

### PRAYER FOR CATECHUMEN

*O Lord our God, who dwellest on high and regardest the humble, who has sent forth as the salvation of the race of men Thine only-begotten Son and God, our Lord Jesus Christ: Look down upon Thy servants the Catechumens, who have bowed their necks before Thee; make them worthy in due season of the laver of regeneration, the forgiveness of sins and the robe of incorruption. Unite them to Thy holy, catholic and apostolic Church, and number them with Thine elect flock: That with us they may glorify Thine all-honorable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.*

Rachael Adamson, Winston Cooke, Kelby, Jamison, Geoffrey, May Marshall, Hugo Teran, Astraya, Heather Marshall, Jacob Spevak, Richard Runde, Dominic Johnson, Dylan Reuter, Whitney Reuter, Kyle Kirshbom, Nick Engel, Leo Laessig, Isabella Lynch, Sam Lynch, Antonio Tello, Rebecca Underwood, Cameron Wiley, Jeremy Mola, Jason Ballard, Trey McEntire, Johnnie McEntire, Corey Skahill, Louann Shahill

**If you are catechumen and do not see your name on our list, please contact [Office@Transfiguration.org](mailto:Office@Transfiguration.org) with your name.**

**Please allow the children and the teachers of our Sunday School to take communion first so they can go to their classes.**



## GREEK ORTHODOX METROPOLIS OF DENVER

March 23, 2025

*Today the precious Cross of Christ is to be set before us. Seeing it let us faithfully venerate it with gladness, thereby with longing saluting the Lord who by His own will was thereon crucified for us, and let us pray Him that He account us all worthy of revering His Cross most precious, and of arriving uncondemned at the bright Resurrection.*

Exaposteilarion of the Feast of the Veneration of the Holy Cross

Beloved Faithful of the Metropolis of Denver,

We have reached the third Sunday of Great and Holy Lent – the Veneration of the Life-Giving Cross. Our Metropolis of Denver, on a semiannual basis, will offer a collection solely for the benefit of our own students. The financial contributions that you offer enable our students to exit the school with much lower debt and student loans.

We are blessed at our Theological School that the number of our own students from the Metropolis of Denver has increased. As of January 1, 2025, three graduates have been ordained in Denver and in Dallas, who have been and will be installed as priests to serve our parishes. There are three more potential candidates for priesthood that, God-willing, will occur by the end of the year. This is major, especially for our Metropolis to retain our students.

As of now, there is a large majority of students from our Metropolis, with six in Holy Cross (graduate school) and four in Hellenic College (undergraduate school) that are on the priesthood track of studies. There is potential for additional students that will begin in the fall of 2025.

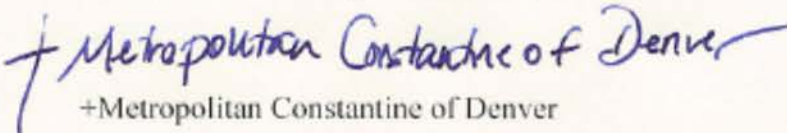
Like many institutions of higher education, and a school the size of HCHC, costs continue to rise, needs are increasing, and the debt for our students will increase. Your support goes a long way to defray some of their debt.

I am asking you TODAY to offer your support to our students. And, of course, you are asked to always keep our students, along with the entire school, in prayer.

Parishes from across our vast Metropolis are offering their support to our students. You as individuals and families are being asked to kindly send your offering to your parish by Monday, April 6, 2025. Kindly make your collection payable to the "Metropolis of Denver, Attention HCHC Fund." As in the past, we have sent all proceeds to each student from our Metropolis.

Conveying to you my sincere thanks and appreciation for your generous support for our students, I remain

With paternal blessings in our Lord,

  
+Metropolitan Constantine of Denver

# CRAWFISH/SHRIMP BOIL

March 29, noon

*Ca C'est bon!*

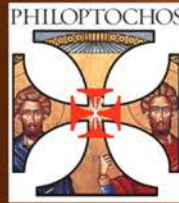


BUY YOUR TICKETS ON REALM  
OR

VENMO- @TRANSFIGURATION-PHILOPTOCHOS (#9616)  
BY MARCH 23  
NO TICKETS AT THE DOOR!!!!

Adults \$30 (3 lbs of crawfish or 1lb of shrimp)  
Students \$15 (1 1/2 lbs crawfish or 1/2 lb shrimp)

**Fun for the whole family**



# 40 DAYS 40 ITEMS CHALLENGE

*40 days Challenge  
40 items*

Transfiguration Philoptochos is kindly asking all our parishioners to join in support of Safe Alliance (Safe Place) which serves the survivors of child abuse, sexual assault, exploitation, and domestic violence.

Safe Alliance needs clothing for women and children of all ages and anything someone would need when setting up a new home.

Every day, during Great Lent, please find one item in your home that you don't need and put it in a bag, (you can pick one up from the Philoptochos table). As you do this, take a few minutes to reflect and count your blessings.

Please place your bag of gently used items in the designated 40/40 box next to the Philoptochos table any time before April 25.

PHILOPTOCHOS



# PHILOPTOCHOS



To all our March birthdays:

Fr. George, Presvytera Stella Flegas,  
Andrea Grane, Ioana Cosara,  
Laura Hitt, Yvonne Johnson,  
Maria Nikas



TYKES / HOPE & JOY

# Journey to PASCHA

MARCH  
SATURDAY | **29** | AT 12:00PM  
2025

In the New Mt. Tabor Hall, upstairs in the Sunday School rooms.

CHILDREN WILL TRAVEL THROUGH STATIONS REPRESENTING THE EVENTS OF HOLY WEEK. THERE WILL BE INTERACTIVE EXPERIENCES, HANDICRAFTS AND GAMES. PLEASE JOIN US AS WE PREPARE OUR HEARTS AND MINDS FOR PASCHA!

RSVP encouraged  
but not required



**Lenten Almsgiving: Providing Clean and Safe Sanitation for Students in Ghana**

During Lent, we are called to deepen our faith through prayer, fasting, and almsgiving. Join us in supporting a meaningful project that will directly improve the lives of students in Ghana.

Our parish is seeking funding for a Mission Center grant to build an eco-friendly restroom building at an Orthodox school in Larneh, Ghana. This facility will enhance sanitation, hygiene, and student well-being.

**Fundraising goal: \$6000**



Sunday School coin boxes will be collected on the 5<sup>th</sup> Sunday of Lent (April 6)



- Make an impact today! Scan the QR code to access Realm.
- Select 'OCMC Missions' in Realm.



**Greek Independence Day Luncheon**



**Come Join Us for a Special Greek Independence Day Luncheon!**

**Sunday March 23<sup>rd</sup>, 2025 Mount Tabor Hall**  
**Following Divine Liturgy**

Adults: \$25  
 Students: \$10  
 Kids Under 6 Free



To purchase please scan this QR code:

*\*All proceeds go to support our church and our scholarship program\**

**GREEK DANCE**  
 ALL GOYANS WELCOME

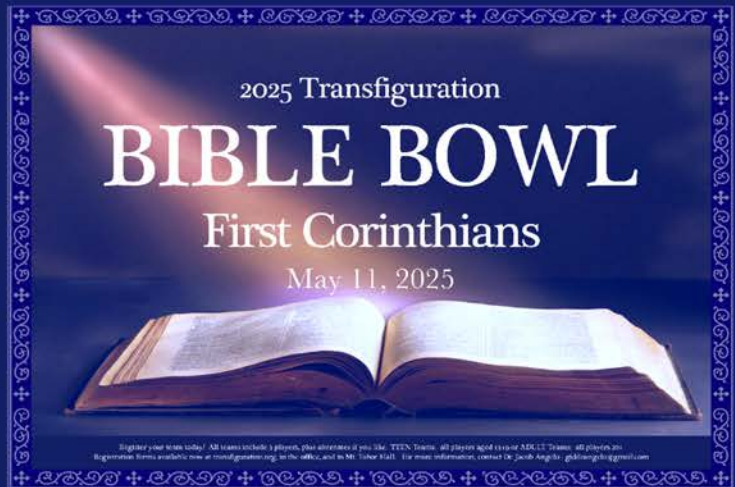
**SUNDAYS 12-2PM**



**6-12TH GRADE**

**FEB. 23- MAY 26**

**DANCE AT THE GREEK FESTIVAL!**



**2025 Transfiguration Bible Bowl**

**Date: Sunday, May 11**

**Topic: 1st Corinthians**

Our annual Bible Bowl will soon be here, so get your team together, get your bibles out and start studying 1st Corinthians.

# VISIT TEXAS A&M

with one of the nation's largest Orthodox Christian Fellowships

**Friday, March 28th**

- Connect with Orthodox Christian faculty & staff
- Hear from current students
- Meet local priests & church leaders
- Attend seminars for students AND parents
- Tour campus

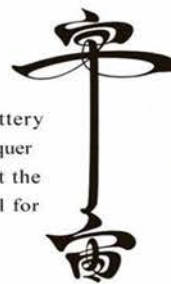
FREE Registration • Lunch included  
All prospective students & their families are welcome



SCAN TO REGISTER

## kintsukuroi

(Japanese term)  
“to repair with gold”–  
the art of repairing pottery  
with gold or silver lacquer  
and understanding that the  
piece is more beautiful for  
having been broken



**Transfiguration Greek Orthodox Church** is offering a restoration and recovery ministry for those who have, or consider themselves to have, a life-debilitating issue. These issues may be interfering with your life and may result in, or be the result of, a habitual sin which needs healing in order for you to live your life in Christ. They can range from anxiety or panic disorders, eating disorders, checking internet or social media to the point of shutting out your family, or to drug or alcohol addiction.

Open to individuals and couples, meetings will be bimonthly, and the first meeting is scheduled for Thursday, **March 13, at 6:30pm**. We will be discussing the book *Becoming a Healing Presence* by Albert S. Rossi. Our goal is to provide a loving Orthodox Christian atmosphere for support, accountability, study, and discussion, with the ultimate goal of restoring our souls and bodies to the image and likeness of God.

If you have questions, please contact **Brian Holland at 512-786-7851**  
**Susan Holland at 512-659-3425** or **Fr. Vasileios at 512-574-1972**

## SAVE THE DATE

### CAMP EMMANUEL 2025

GET READY  
FOR THE BEST  
SUMMER OF  
YOUR LIFE!

July 14-19th  
at CAMP COMO  
Denver, CO

Follow us:  
[@metyouthdenver](https://www.instagram.com/metyouthdenver)

Questions? Email:  
[ministries@denver.goarch.org](mailto:ministries@denver.goarch.org)



# THE GREATEST SERVANT

## GOYA LENTEN RETREATS 2025

FRONT RANGE 4-6 APRIL 2025

PONDEROSA RETREAT CENTER  
15235 S Furrow Rd, Larkspur, CO 80118

SOUTHERN REGION 4-6 APRIL 2025

CAROLINA CREEK RETREAT CENTER  
84 Wimberly Ln, Huntsville, TX 77320

Join us for a weekend of fun, spiritual growth, and the opportunity to form lifelong friendships with other Orthodox Christians your age.

Registration is open!

FRONT RANGE



SOUTHERN



[WWW.DENVER.GOARCH.ORG/-/2025-GOYA-LENTEN-RETREAT](http://WWW.DENVER.GOARCH.ORG/-/2025-GOYA-LENTEN-RETREAT)

# MONDAYS

Great Compline - Monday, March 10, 6pm



Compline is the final church service of the day in the daily liturgical cycle, prior to going to sleep. There are two versions of compline great and small compline. Great compline during Great Lent is a beautiful penitential service with beloved hymns such as "God is with us", "Lord of the Powers." and the prayer of St. Ephraim. Within the first Great Compline service on Clean Monday, we also incorporate a portion of the Great Canon of St. Andrew of Crete.

# WEDNESDAYS

**Wednesday, March 12**

**Presanctified Liturgy 5:30pm**

**Potluck dinner 7pm**

**Sponsored by Philoptochos**

**Orthodoxy 101, Road to Pascha: Journeying  
Week by Week to the Resurrection, 7:30pm**



Please join Father Vasileios on Wednesdays for Presanctified liturgy at 5:30pm followed by a Lenten potluck dinner at 7pm and then take part in **Orthodoxy 101, Road to Pascha: Journeying Week by Week to the Resurrection**, at 7:30pm.

# FRIDAYS

**Friday, March 14 Presanctified Liturgy 10am**

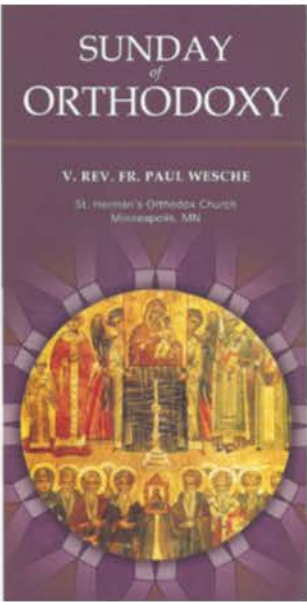


**Salutations to the Most Holy Theotokos  
Friday, March 14, 6pm**

The role of the Panagia in the life of each human being is great. She mediates on our behalf to God for the salvation of our souls. For this reason our Church has chosen to integrate the Service of the Salutations with the Great Lent of Pascha.

The Akathist Hymn, which has been established since 626A.D., to show our deep gratitude to the Panagia, is divided into four stasis' of the six letters of the Greek alphabet, the so-called Service of the Salutations, which is chanted every Friday evening of Great Lent, except on the fifth Friday the entire Akathist Hymn is chanted. The poet of the Salutations is considered to be Saint Romanos the Melodist, while the Canon of Praise of the Salutations which is chanted before each stasis was written by Saint Joseph the Hymnographer.





**"Orthodoxy is what Christ  
taught, the apostles preached,  
and the Fathers kept."**

— St. Athanasius the Great

The Triumph of Orthodoxy commemorates the restoration of icons as essential to Orthodox Christian biblical worship. They proclaim Christ as God incarnate in whom and by whom all

things were made, who is Himself the Icon of the invisible God (Colossians 1:15f.). He is the Icon in whom Man was made as male and female (Genesis 1:26-27). Because our "primary substance" is our having been made "in the Icon" that is Christ [Origen of Alexandria], our primary substance is "personal communion" that lives and has its being in the Holy Trinity.

The Triumph of Orthodoxy, then, proclaims the restoration of personal communion with God in the triumph of the Icon, Jesus Christ, over the devil and death. Eden has been opened again and we may enter to become gardeners of immortal plants, communicants of the divine nature (2 Peter 1:4).

But Eden is the "icon" of our heart, as St. Kallistos Angelikoudes reminds us. The Triumph of Orthodoxy therefore proclaims the destination of our Lenten journey: "Christ in you, the Hope of Glory." In the Light of Christ who illumines all, we take up the cross of the Fast to follow Christ from the Jordan into the wilderness of our own soul, and into the tomb of Lazarus, our own heart. Like Lazarus, we are called by Christ to "come forth" and to follow Him into His New Tomb and into the Garden of His Resurrection, the Pasture of eternal life in the Personal Communion of the Holy Trinity.

**Save The Date!**

**Camp St. Nicholas**

**Ages 3 to rising 5th graders**  
Parents must stay with 3-year-olds

**Free for all ages**

**ACTIVITIES**  
Lessons with Father  
Music  
Crafts  
Snack Shack  
Water Day  
... and so much more!

**Theme: The Life of Christ**

9AM-12PM  
**June 2-5, 2025**  
at Transfiguration  
June 6 - tentative family trip to the Monastery

**Parent and GOYA volunteers needed!**

Donations towards the decoration of our beautiful church for Palm Sunday, Holy week and Easter can be placed in the marked basket in the Narthex or through REALM and/or VENMO

**Easter Flowers**



# OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 9th</b>	 <i>TRIODION WEEKS</i> <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 16th</b>	 <b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 23rd</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>MARCH 2nd</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 9th</b>	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 16th</b>	 <b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 23rd</b>	 <b>VENERATION OF THE HOLY CROSS</b> <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 30th</b>	 <b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>APRIL 6th</b>	 <b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 13th</b> GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 18th</b>	 <b>GREAT AND HOLY FRIDAY</b> <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 20th</b> NO FASTING!	 <i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

# Thank you to all our 2024 Stewards

Fr. Vasileios & Stella Flegas	William & Betty Colovas Minas & Melissa Constantinides	Gretchen Holtsinger James Holverson	Samir & Mary Mikhail Chyrisse & Keith Miller	Alexander Shah Sheri & Doug Shanep
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Michael & Victoria Bassila Kenneth Bauersfeld	Jack & Pat Gatlin Josh & Dominique Gault	Zoi D Kondis Christopher Konstans	Donna Payne Nicholas & Lisa Peppas	Mandy Taylor Simon & Irene Tidd
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Jt Burgess And Family Eloise & Christopher Buris	Abraham Ghebremicael George & Crissi	Anna Lejuez Angelo Lembesis	Nicole Price Peter & Cynthia Price	Judd & Carol Willmann Evan Wilson
Sally Cain Nicholas Callas	Gianakopoulos Demetri Giannopoulos	Steve Levendakes Rob & Susan Lindsey	Bruce & Anastasia Read Daniel & Terri Reeder	Rachel Woodruff Robert & Debra Woodruff
Tula & Pete Callas Constantine Caloudas	Christina Glarakis Michael & Nyda Glaros	Fiona Lotti Angela Loullis	Thomas Rigney Micah Rivers	Allen & Julie Wynn Ruby Wynn
Sophia Carabiniro Fanny C. Caranikas	Cody & Calliopi Gomez Tom & Allison Gouris	Fotini Margos Eleptheria Markou	Mikayla Rivers Mitchell & Cari Rivers	Jakleen Yaqoob Pam Yediares
Joshua Caruso Carlos & Angeliki Cavazos	Marybeth Gradziel Eleanor Haglund	Anthony Martillotti Mirjana Martinovic	John Rizopoulos Bill & Linda Robertson	Stuart & Kori Yoder Alysanna Zavitsanos
Chris J & Margaret Chase Caryn Chilas	Roula Hahalisis Cathy Haines	Benjamin & Marina Werner David Maziasz	Frank & Anastasia Robinson David Romine	
Dimitrios Christie Christakis Christou	Tula Haldes Michael & Rachelle Hareng	Robert & Maryann Maziasz Corbin Mccolloch	Anthony Rosario Stella Rossnagel	
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Eric Clary Marianne Clay	Gayle Hearne Octavian Herescu	Juan & Chelsea Mendoza Evandro Menezes	Nicholas Russon Mark & Gail Saenz	
Elizabeth Cocavessis Nicolas Cocavessis	Alexandra Herman Vickie Hicks	Vitor & Sophia Menezes Maria & Alexander Michalakos	Scott Schroeder Nino Sedlock	
Steve & Anita Cokins	Laura Hitt Brian & Susan Holland		Shane & Chrysta Sewell	

*Thank You*

**Services & Activities for next Week**

**Monday, March 10**  
**Wednesday, March 12**  
**Thursday, March 13**  
**Friday, March 14**  
**Saturday, March 15**

**Great Compline 6pm**  
**Presanctified 5:30pm Potluck (sponsored by Philoptochos) Discussion 7pm**  
**Men's Fellowship 6pm - 9pm Bringing Your Brokenness 6:30pm**  
**Presanctified 10am - Salutations to the Theotokos 6pm**  
**Agape Choir Practice - 9am - 12pm**  
**Vespers 3pm**

**Orthodoxy 101**  
**Weds. of Great Lent - 2025**



**Road to Pascha**  
**Journeying Week by Week to the Resurrection**

The evening begins with Pre-Sanctified Liturgy at 5:30pm  
 Class in Mount Tabor Community Center after A Lenten Meal which will be offered by Philoptochos immediately after Services

- **All are Welcome: Inquirers, Catechumens and Parishioners who wish spiritual enrichment**
- **Class will be in person and streaming via Zoom**
- **For more information Email Fr. George: [icons3@me.com](mailto:icons3@me.com)**

**Men's Fellowship**

**IOCC®**  
 a presentation by  
**John Sobchak**

**Inspired by Faith. Driven by Purpose.**  
 As the humanitarian aid and development agency of the Assembly of Canonical Orthodox Bishops of the United States of America, IOCC works in cooperation with the Orthodox Church and other partners to serve people in need, in the spirit of Christ's love. By God's grace, IOCC strives to equip those we serve to continue to improve their own lives and communities.

**Our Mission**  
 IOCC, in the spirit of Christ's love, offers emergency relief and development programs to those in need worldwide, without discrimination, and strengthens the capacity of the Orthodox Church to so respond.

**Since 1992: Orthodox Christian Philanthropy and Service**  
 IOCC has provided more than \$830 million in humanitarian relief and sustainable development programs to people facing hardship. Current programs focus on five sectors: emergency preparedness and response; water, sanitation, and hygiene (WASH); sustainable livelihoods; food security and agriculture; and health.

**Thursday, March 13**  
**Potluck Dinner 6pm**  
**Discussion right after**

**Thank you to last week's Coffee Hour Sponsors:**

Rosario (Captain), Rigney, Sarinaki, Sasaridis, Sgarbi, Schurtz, Schwartz, Sewell, Shea

**Thank you to last week's ushers:**

Mike Kinslow (PCM)  
 Panos Kanelos (PCM)  
 Jackie Edwardson, Angeliki Cavazos

**Thank you to our Coffee Hour Sponsors:**

Siow (Captain), Shannep, Shebay, Shroeder, Skevofilax C., Sevofilax G, Skevofilax C, Sikes

**Thank you to today's ushers:**

Mike Glaros (PCM)  
 Mike Schwartz (PCM)  
 Mark & Gail Saenz, Rob Lindsey  
 Jack Gatlin

**Thank you to our Coffee Hour Sponsors:**

Slockett, Sobchak, Southwick, Spyropoulos, Spiropoulos G, Spiropoulos C., Stamatopoulos

**Next week's ushers are:**

Melissa Constantinides (PCM)  
 Michael Glaros (PCM)  
 Katie Kish