

*SUNDAY OF THE HOLY CROSS*  
*THE HOLY RIGHTEOUS MARTYR NICON*  
*& HIS 199 DISCIPLES*



**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 8AM; 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

*Save O Lord, O Lord Your people, and bless Your inheritance. Grant victory to the faithful against the adversaries of the Faith, and protect Your people, through Your Holy Cross, Your Holy Cross.*

*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.*

### **Resurrection Hymn**

*Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.*

*Angelike thinamis epi to mnima su, ke i filassontes apenekrothisan, ke istato Maria en to tafo, zitusa to ah-ranton su soma. Eskilefsas ton Athin, mi pirasthis ip aftu, ipintisas ti Partheno, thorumenos tin zoin, a An-astas ek ton nekron, Kirie thoxa Si.*

*When the angelic powers appeared at your tomb and those who guarded You became as though dead, and standing by Your sepulchre was Mary seeking Your pure and sacred body. For You did vanquish Hades and uncorrupted by its touch You came unto the virgin woman, bestowing the gift of life O You who rose from the dead. Lord we give glory to You.*

### **Hymn for the Transfiguration of Our Lord and Savior Jesus Christ**

*Μετεμορφώθης ἐν τῷ ὄρει Χριστέ ὁ Θεός, δεῖξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδύναντο, Λάμψον καὶ ἡμῖν τοῖς ἀμαρτωλοῖς, τὸ φῶς σου τὸ αἰδιον, 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. By 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. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε*

*O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.*

### **Trisagios Hymn**

*Τὸν Σταυρόν σου προσκυνοῦμεν, Δέσποτα, καὶ τὴν ἀγίαν σου ἀνάστασιν δοξάζομεν.*

*Your Cross do we venerate O Lord. And we glorify Your Holy Resurrection.*

### **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. Barsanuphius of Optina*

## When the Angelic Powers - 'Αγγελικαί Δυνάμεις

Tone 6 - 'Ηχος Πλ. Β'

G. Anastasiou



'Αγ - γε - λι - και Δο νά - μεις έ - πί τό μνή - μα Σου, και οί φο -  
An - ghe - li - ke Thi na - mis e - pi to mni - ma Sou, ke i fi -  
When the an - ge - lic po - wers ap - pea - red at your tomb, and those who



6  
λά σον τες ά πε νε κρώ θη σαν. και ι στα το Μα ρί α έν τώ  
las son tes a pe ne kro thi san. ke i sta to Ma ri a en to  
guard ed You be came as though dead, and stand ing by Your Se pul chre was



11  
τά - φω - ζη - τού - σα τό ά χραν - τον Σου Σώ - μα Έ -  
ta - fo - zi - tou - sa to a hran - ton Sou So - ma - E -  
Ma - ry seek - ing Your pure and sa - cred bo - dy - For



17  
οκύ - λευ - σας τον 'Α - δην μή πει - ρα - σεις - ύπ' άύ - τού. ύ - κήν -  
ski - lef - sas ton A - thin mi pi - ra - sthis - ip af - tou. i - pin -  
You did van - quish Ha - des and un - cor - rup - ted by its touch You came un -



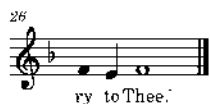
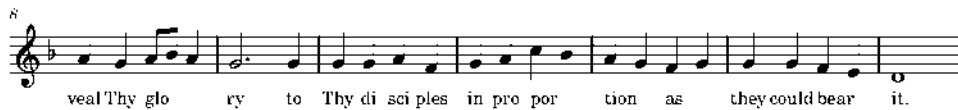
22  
τη - σας τη Παρ - θέ - νο, δω - ρού - με - νος την ζω - ήν. Ο ά - να -  
ti - sas ti Par - the - no, tho - rou - me - nos tin zo - in. Ο a - na -  
to the vir - gin wo - man be - stow - ing the gift of life Ο You who



27  
στας έκ των νε δρών, Κύ ρι ε, δό ξα Σου .  
stas ek ton ne kron Ky ri e tho xa Si .  
rose from the dead Lord we give glo ry to You .

# Apolytikion of the Transfiguration

English



# Apolytikion of the Transfiguration



# The Elevation of the Holy Cross

Σώσον κύριε τόν λαόν σου



Σω-σον Κύ - ρι - ε τόν - λα - ον\_ Σου καί εὐ-λό - γη-σον τήν κλη-ρο-νο-μί-αν  
So-son Ky - ri - e ton - la - on\_ Sou ke ev-lo - yi - son tin kli - ro - no - mi - an  
Save o Lord\_ o Lord your peo - ple and\_ bless\_ Your\_ in - her - i -



7  
Σου, νί κας τοις βα-σι-λευ - σι κα - τά βαρ - βά - ρων δω - ρού - με - νος,  
Sou, ni kas tis va - si - lef - si ka - ta var - va - ron dho - rou - me - nos,  
tance, Grant vic - t'ry to the faith - ful a - gainst the ad - ver - sa - ries of the faith,



13  
καί τό Σόν φυ - λά - των δι - ά του Σταυ-ρου Σου πο - λί - τευ -  
ke to Son fi - la - ton dhi - a tou Stav - rou Sou po - li - tev -  
and pro - tect your peo - ple through Your Hol - ly Cross\_ Your Ho - ly -



18  
μα.  
ma.  
Cross.

# O Champion General. Mode pl. 4. Ni=C.

Diatonic C g C

8 O Cham-pion Gen - eral, I your Cit - y now in - scribe

g C

8 to you tri - um-phant an - thems, as the to - kens of my grat-

D C

8 i - tude, be-ing res-cued from the ter - rors, O The-o - to-

g C

8 kos. In-as - much as you have pow-er un-as-sail - a - ble,

D C G

8 from all kinds of per - ils free me, so that un - to you I may

D C

8 cry a - loud: "Re - joice O un - wed - ded Bride!"

## Final Ending

C D g C

8 "Re - joice O un - wed - ded Bride!"

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

Prokeimenon. Mode Plagal 2

Psalms 27.9,1

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

The reading is from St. Paul's Letter to the Hebrews 4:14-16; 5:1-6

**B**RETHREN, 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, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

Προκείμενον. Ἦχος πλ. β'

ΨΑΛΜΟΙ 27.9,1

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

Στίχ. Πρὸς σέ, Κύριε, κεκράζομαι ὁ Θεός μου.

Πρὸς Ἑβραίους 4:14-16, 5:1-6 τὸ ἀνάγνωσμα

**Α**δελφοί, ἔχοντες οὖν ἀρχιερέα μέγαν, διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθεῖσαι ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δὲ κατὰ πάντα καθ' ὁμοιότητα, χωρὶς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον, καὶ χάριν εὖρωμεν 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 ἀγνοοῦσιν καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικεῖται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτως καὶ περὶ ἑαυτοῦ, προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ θεοῦ, καθάπερ καὶ Ἀαρών. Οὕτως καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασεν γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν, Υἱὸς μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε. Καθὼς καὶ ἐν ἑτέρῳ λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

# Gospel According to Mark 8:34-38; 9:1

**T**he 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."

**Ε**ἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἔλθειν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλη τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἀμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτὸν 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.

## 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 Potluck Meal (please bring a dish to share with everyone) 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)



## 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, MaryBeth, Miriam, Carina, Riot, Nikolaos, Katie

### 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

**WE WILL BE PASSING A SECOND TRAY TODAY WITH ALL FUNDS GOING DIRECTLY TO OUR METROPOLIS OF DENVER SEMINARIANS AT HCHC**



# 25th of March, 1821

March 25th is a holiday that has a double meaning for the Greeks. It is both a religious and a national holiday. It is religious, because we celebrate the Annunciation of the Virgin Mary, and national, because this day marks the beginning of the Greek revolution against the Ottoman rule, in 1821.

With the word Evangelism, we refer to the joyful news of the birth of Jesus Christ, given by the Archangel Gabriel to Maryam herself. Also, with the same term we refer to the ecclesiastical Mother of God feast, held on March 25th to commemorate this event. Evangelism means announcing glad tidings; and etymologically speaking, Angelos (Messenger) bringing good(ευ/ev), news.

On March 25th, we also celebrate the Greek Revolution against the Ottoman empire, who held Greece captive for 400 years. Virgin Mary, Panagia, had historically helped the city of Constantinople during attacks from enemies, so the 25th of March, 1821 was decided as the date of the Greek revolution, because the Greek nation wanted Panagia's help, in this overwhelming endeavor. There is a church hymn dedicated to her, calling Her, a general protecting Constantinople (city of St. Constantine, or Polis= City):

*Τῇ 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*

*To the protectress general, feasts of victory, and gratitude, for You delivered me from suffering, I dedicate to You, Your City, Mother of God. But as You have the invincible might, from every danger set me free, so I exclaim to You: Rejoice, Bride unwedded.*

<https://lyricstranslate.com/en/Gaitanos-Petros-Ti-ypermaxo-lyrics.html>

(to listen to the hymn and read the lyrics in Greek and/or English)

The revolution started from the southern parts of the Greek space, because there were many experienced war men and a rich naval force to achieve a powerful blow by land and sea.

**ΖΗΤΩ Η ΕΛΛΑΣ!!!**  
**Long live Greece!**



# *Proclamation*

*Be it known that*

*Whereas,*

*The Founding Fathers of America drew direct inspiration from the ideals and practices of Ancient Greece when forming the world's first modern democracy and framing the Constitution that provides the guidance by which we live; and*

*Whereas,*

*Austin has a thriving Greek community many of whom are parishioners of Transfiguration Greek Orthodox Church. They contribute to our vibrant tech industry and enrich our city with their wonderful traditions, culture, music, and food; and*

*Whereas,*

*Today, Greeks around the world gather on Greek Independence Day to reflect with pride and passion on the liberation of their home nation and the resolute action of their forebears.*

*Now, Therefore,*

*I, Kirk Watson, Mayor of the City of Austin, Texas,  
do hereby proclaim*

*March 25<sup>th</sup>, 2025*

*as*

*Greek Independence Day*

*in Austin.*

*In witness whereof, I have hereunto  
set my hand and caused the seal of the City  
of Austin to be affixed this 25<sup>th</sup> Day of  
March in the Year Two Thousand Twenty Five*

*Kirk Watson*

*Kirk Watson, Mayor, City of Austin*





**AUSTIN GREEK FESTIVAL**  
**Memorial Day weekend 2025**  
**MAY 23, 24, & 25**  
*Livin' the Greek Life!*



**AUSTIN GREEK FESTIVAL**  
**MEMORIAL DAY WEEKEND**

TYKES / HOPE & JOY

ALL AGES ARE WELCOME

# Journey to PASCHA

MARCH **29** TIME CHANGE!  
SATURDAY 2025 11:30AM-12:30PM

BEGINNING IN THE OLD MT. TABOR HALL WE WILL TRAVEL THROUGH STATIONS REPRESENTING THE EVENTS OF HOLY WEEK. THERE WILL BE INTERACTIVE EXPERIENCES, HANDICRAFTS AND GAMES



No ticket necessary for JOURNEY TO PASCHA  
RSVP Appreciated

The fun & games will continue into the afternoon at the Philoptochos Crawfish Boil!

You can purchase your tickets through  
REALM - Philoptochos- memo Crawfish Boil or  
VENMO -@transfiguration-philoptochos (#9616)



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

## Spring into life.

Give blood.



### Blood Drive Transfiguration Greek Orthodox Church - Philoptochos Chapter

Mount Tabor Community Center  
414 St. Stephens School Road  
Austin, TX 78746

Saturday, April 26, 2025  
10:00 a.m. to 3:00 p.m.

Please visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: tgoc to schedule an appointment or scan the QR code below.



Come give 4/14 to 4/30 for a Red Cross shirt, ltd. qty + chance to win a \$5K prize! [rcblood.org/hope](http://rcblood.org/hope)



1-800-RED CROSS | 1-800-733-2767 | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App

©2019 The American National Red Cross

## CRAWFISH/SHRIMP BOIL

March 29, noon

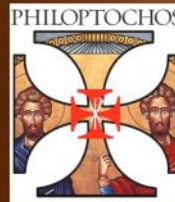
Ca C'est bon!



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

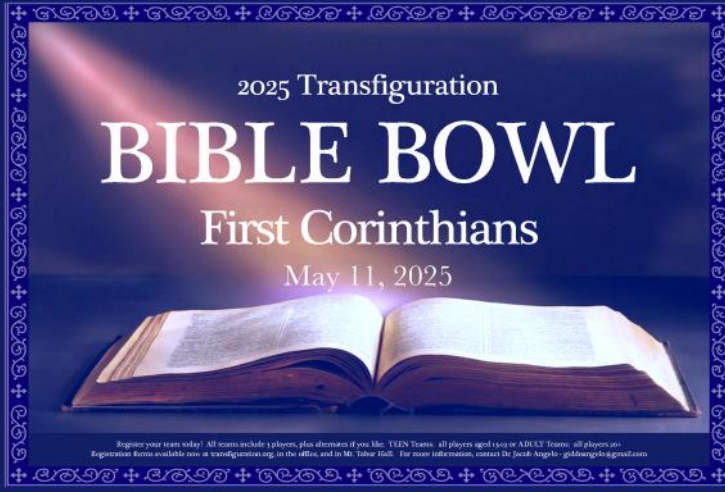
40 days Challenge  
40 items

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.



## 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.

## 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 Devine 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\*

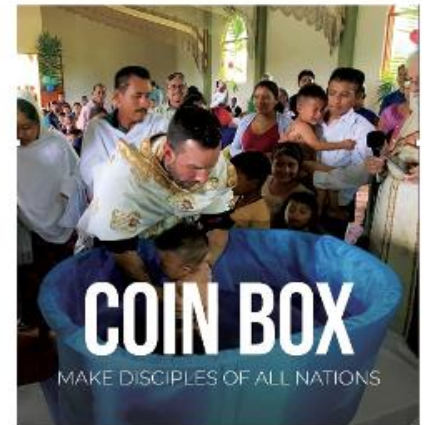
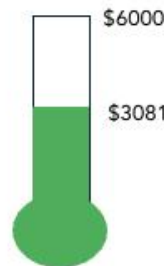


**ORTHODOX CHRISTIAN MISSION CENTER**

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

**Fundraising goal: \$6000**

Parents, please return coin boxes on April 6.



# 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

Questions? Email:  
ministries@denver.goarch.org



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



**Save The Date!**

**Camp St. Nicholas**

9AM-12PM  
**June 2-5, 2025**

at Transfiguration  
June 6 - tentative family trip to the Monastery



**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!



**parent and GOYA volunteers needed!**

**Theme: The Life of Christ**



# 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)

# GREEK DANCE

ALL GOYANS WELCOME

**SUNDAYS 12-2PM**



**6-12TH GRADE**

**FEB. 23- MAY 26**

**DANCE AT THE GREEK FESTIVAL!**

*Iconic MS*



# Thank you to all our 2024 Stewards

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Elizabeth Cocavessis Nicolas Cocavessis	Laura Hitt Brian & Susan Holland		Nino Sedlock Shane & Chrysta Sewell	
Steve & Anita Cokins				

*Thank You*

# OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

## SUNDAYS

## THEMES / GOSPEL READING

## HOW TO PARTICIPATE:

Fast - Free Week  
**FEBRUARY 9th**



### TRIODION WEEKS

**Publican and the Pharisee**

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  
**FEBRUARY 16th**



**The Prodigal Son Returns!**

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  
**FEBRUARY 23rd**



**The Last Judgement**

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  
**MARCH 2nd**  
FAREWELL TO CHEESE TODAY



**Adam and Eve are cast from Paradise!**

**FORGIVENESS SUNDAY**  
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  
**MARCH 9th**



**SUNDAY of ORTHODOXY**

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  
**MARCH 16th**



**ST GREGORY PALAMAS**

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  
**MARCH 23rd**



**VENERATION OF THE HOLY CROSS**

**HALF WAY TO PASCHA!**  
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  
**MARCH 30th**



**ST JOHN of the LADDER**

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  
**APRIL 6th**



**ST MARY of EGYPT**

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!  
**APRIL 13th**  
GREAT WEEK BEGINS



**ENTRY OF OUR LORD INTO JERUSALEM**

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  
**APRIL 18th**



**GREAT AND HOLY FRIDAY**

**JESUS DIES ON THE CROSS**  
CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE

Refrain from TV, Internet & Phones to honor Christ's Death.

FEAST OF FEASTS!  
**APRIL 20th**  
NO FASTING!



**BRIGHT WEEK**  
**HOLY PASCHA! (CHRIST IS RISEN!)**

Epistle: Acts 1:1-8 Gospel: John 1:1-17

Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



## MONDAYS *Great Compline 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.

## WEDNESDAYS *Presanctified 5:30pm*

Did you know the Liturgy of the Presanctified Gifts is offered for more frequent reception of Holy Communion during Great Lent?

The Liturgy of the Presanctified Gifts (also called the “Presanctified Liturgy”) is a seasonal church service celebrated for praise to God and the distribution of Holy Communion (“Holy Gifts”) on the weekdays of Great Lent. The Presanctified Liturgy takes the place of the Divine Liturgy because the festive, paschal nature of the Divine Liturgy is not in harmony with the more subdued, repentant spirit of Great Lent. It is a Eucharistic “synaxis” (church assembly) where the Body and Blood of Christ are consecrated the Sunday before.



The Presanctified Liturgy is typically celebrated on Wednesdays and Fridays as well as Thursday of the Fifth Week (when the Great Canon of Saint Andrew is read) and can be offered from Monday through Wednesday during Holy Week. It takes place either in the evening or in the morning. When in the evening, some fast completely from midnight while others from noon of that day — be sure to consult your parish priest or spiritual father. During Great Lent, the Divine Liturgy is only celebrated on Saturdays and Sundays, unless the feast of the Annunciation (March 25) falls on a weekday.

This Liturgy consists of Vespers, prayers, prostrations, and Holy Communion. The Communion bread has already been consecrated (“presanctified”) and “intincted” (dipped in) the consecrated wine and reserved at the previous Sunday’s Divine Liturgy. Unconsecrated wine and hot water (zeon) are then added to the chalice.

The Presanctified Liturgy is offered to provide us the opportunity to receive Holy Communion more frequently during this most sacred time of repentance and spiritual transformation.

## FRIDAY *Akathist to the Most Holy Theotokos 6pm*



Did you know the Service of the Salutations to the Theotokos is celebrated in honor of her role as intercessor?

The Service of the Salutations to the Theotokos is celebrated to give us strength and joy during this time of prayer, fasting, repentance, and spiritual transformation. The Mother of our God and Savior Jesus Christ is our mother too. And there is no better person to lead us to Christ than the one who gave us Christ — the one who birthed, nurtured, and raised Him, and who stood by Him when He was crucified. In fact, it

was from the Cross that Christ said to the Apostle John (representing the Church): “Behold your mother,” (John 19:27) and to the Theotokos: “Behold your son” (John 19:26) — representing the Church, which is the Body of Christ.

The Service is celebrated in honor of the Theotokos’s role as “mediatress” — the mother who mediates on behalf of her Son to us and on our behalf to her Son. She is the greatest intercessor among the Saints in Heaven — the “great cloud of witnesses” (Hebrews 12:1) — praying to God to save those in great danger and need. We say “Rejoice!” because this is how the Archangel Gabriel greeted the Theotokos (Luke 1:28) to announce the Incarnation, which is the beginning of our salvation. This is called the “Angelic Salutation”.

This Service is celebrated during the first five Friday evenings of Great Lent. The Akathist Hymn comprises 24 stanzas and is divided into four parts. One part is sung on each of the first four Fridays, and on the fifth Friday the entire set is sung.

**Services & Activities for next Week**

**Monday, March 24**

**Great Compline 6pm**

**Tuesday, March 25**

**Annunciation of the Theotokos Orthros 9am D. Liturgy 10am**

**Wednesday, March 26**

**Presanctified 5:30pm Potluck (bring a dish to share) Orthodoxy 101 7pm**

**Friday, March 28**

**Presanctified 10am - Akathist to the Theotokos 6pm**

**Saturday, March 29**

**TYKES/HOPE/JOY Journey to Pascha 11:30am**

**PHILOPTOCHOS CRAWFISH/ SHRIMP BOIL 12pm**

**Vespers 3pm**

**Greek Independence Day Luncheon**



SHRIMP SCAMPI WITH PASTA  
SALAD  
ASSORTMENT OF DESSERTS &  
DRINKS

*Thank You*

AHEPA  
FOR OFFERING THIS  
GREAT LUNCH  
TO CELEBRATE  
GREEK  
INDEPENDENCE  
DAY

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**



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

*Downen (Captain), Sobchak, Southwick, Spiropoulos G., Spiropoulos C., Stamatopoulos*

**Thank you to our LUNCHEON Sponsors:**

**AHEPA**

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

*Snyder (Captain), Streetman, Taylor, Trinter, Tidd, Tracadas*

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

*Melissa Constantinides (PCM)  
Michael Glaros (PCM)  
Angeliki Cavazos, Mike Dindio,  
Mike Kinslow*

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

*Anthony Rosario (PCM)  
Victor Daniello (PCM)  
Dan Appling, Gigi Appling*

**Next week's ushers are:**

*Rachell Hareng (PCM)  
Margaret Chase (PCM)  
Michael Hareng, Bill Robertson*