



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 31, 2024

Sunday of St. Gregory of Palamas

The Holy Hieromartyr Hypatius, Bishop of Gangra
Theophilus the Martyr and those with him
Innocent, Enlightener of Siberia & Alaska
Akakios the Confessor

2nd Mode + Eothinon 10

SUNDAY SERVICE SCHEDULE

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

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

Spring Parish Assembly, following Divine Liturgy

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 Second Mode

When Thou didst descend unto death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity. And when Thou didst also raise the dead out of the nethermost depths, all the powers in the Heavens cried out: O Life-giver, Christ our God, glory be to Thee.

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἡ ἀθάνατος, τότε τὸν ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

Apolytikion for Sunday of St. Gregory Palamas in the Plagal Fourth Mode

Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonderworker, boast of Thessalonica, herald of grace: ever pray that our souls be saved.

Ὁρθοδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματοργε Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

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 Plagal Fourth Mode

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον, ἵνα κράζω σοί, Χαῖρε νύμφη ἀνύμφευτε.

Matins (Orthros) Gospel

John 21:1-14

At that time, Jesus revealed Himself again to the disciples by the Sea of Tiberias; and He revealed Himself in this way. Simon Peter, Thomas, called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of His disciples were together. Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat, but that night they caught nothing. Just as day was breaking, Jesus stood on the beach, yet the disciples did not know that it was Jesus. Jesus said to them, "Children, have you any fish?" They answered him, "No." He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, for the quantity of fish. That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off. When they got out on land, they saw a charcoal fire there with fish lying on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask Him, "Who are you?" They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after He was raised from the dead.

Epistle Reading

St. Paul's Letter to the Hebrews 1:10-14; 2:1-3.

IN THE BEGINNING, Thou, Lord, didst found the earth, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just

retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

τὸ Ἀνάγνωσμα Πρὸς Ἑβραίους 1:10-14, 2:1-3.

Κ ατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῇσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἴρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικά πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρροῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἔνδικον μισθοποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

Gospel Reading

Sunday of St. Gregory Palamas

Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' But that you may know that the Son of man has authority on earth to forgive sins"- he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Sunday of St. Gregory Palamas

Κατὰ Μάθριον 2:1-12

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἡκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

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Sunday of St. Gregory Palamas (March 31)

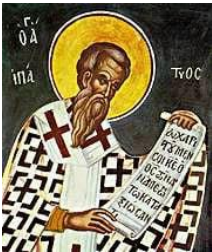


This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which

are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

The Holy Hieromartyr Hypatius, Bishop of Gangra (March 31)



This Saint, who was from Cilicia of Asia Minor, became Bishop of Gangra, the capital of Paphlagonia. He was present at the First Ecumenical Council. Because of his confession of the Orthodox Faith, he was put to death by the Novatians, a sect which denied that sins committed after Baptism could be forgiven.

Parish News and Events

Sunday Church School Classes

Sunday Church School Classes for Youth will be held today as usual.

No Adult Sunday Church School Classes on March 31 to allow the Adult Classes to attend the Spring Parish Assembly.

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

Flowers for Holy Friday Services

There will be special baskets in the Narthex at each of the services during Lent for donations towards the Holy Friday Epitaphio flowers.

FRIDAY LENTEN SUPPERS & FELLOWSHIP – April 5, 12, 19



Friday evenings of Great Lent - all are invited to bring a Lenten dish to share with the congregation for supper and fellowship, in the Small Martel Hall following the conclusion of Friday evening Salutation services. Please drop off your covered Lenten dish/crockpot in the Martel Hall kitchen prior to the end of Friday night services. Please contact Natasha Pappas 832-207-1659 natashajpappas@gmail.com or Nicole Postolos 713-398-9258 nikoletta@me.com for any questions.

WELCOME MINISTRY

Are you interested in helping welcome visitors and new members to our Cathedral? The time commitment can be as much or as little as you can give. If interested, contact Marie Halvatzis at mhalvatzis@gmail.com.



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

DURING HOLY AND GREAT
LENT, WE TAKE A BREAK FROM
SOCIAL EVENTS TO FOCUS ON
OUR PREPARATION FOR
PASCHA

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

MONTHLY GATHERING

MONDAY, APRIL 1ST @ 6:00 PM
GREAT COMPLINE, LENTEN MEAL,
& MAKING PRAYER ROPES
AGOC CATHEDRAL & S.P. MARTEL HALL

LENTEN SERVICES

MONDAYS @ 6:00 PM
GREAT COMPLINE
WITH LENTEN DINNER & DISCUSSION FOLLOWING

WEDNESDAYS @ 6:00 PM
DIVINE LITURGY OF THE PRE-SANCTIFIED GIFTS

FRIDAYS @ 7:00 PM
SALUTATIONS TO THE THEOTOKOS
WITH LENTEN DINNER & FELLOWSHIP FOLLOWING

APRIL SMALL GROUP DISCUSSIONS

GREAT COMPLINE @ 6:00 PM
DINNER AND DISCUSSION FOLLOWING

MON. APRIL 8TH - SR. GOYA
MON. APRIL 15TH - YOUNG PROFESSIONALS

2024 Parish Council

Annunciation Greek Orthodox Cathedral
Houston, Texas

The Parish council of Annunciation Cathedral consists of fifteen members who serve three-year terms. Parish Council members may serve two consecutive terms at a time. Each year, five members go off the Council and five members are elected to the Council. The new and continuing members and officers of the 2024 Annunciation Cathedral Parish Council are listed below.

Nickolas Lorentzatos, Parish Council President
Kosta Papasideris, Parish Council Vice President
George Popps, Parish Council Treasurer
Yianni Georgeton, Parish Council Secretary
John Anaipakos
Reed Bastie
Elise Dale
Dana Kantalis
Richard McGee
Stacie Milanese
Zachary Mucher
Sofia Petrou
George Postolos
Sophia Psillas
Stephanie Sullo

AGOC Adult Bible Studies

*"Called by God as High Priest
'according to the order of Melchizedek'"
(Heb. 5:11; Ps. 110:4)*

This coming **TUESDAY, April 2, 2023** we will meet In-Person in the Council Room at 1:00pm; and in the evening at **7:00pm by ZOOM ONLY**. And because April 7th is Sunday of the Cross, the focus will be on the chapters in Hebrews dealing mostly and specifically on Jesus Christ as *"High priest in the order of Melchizedek."*

In preparation, then please prepare and reflect on the readings below.

Theme: *Christ Our High Priest*

Topics:

1. *Entering God's Rest (Heb. 4:14-16)*
2. *Qualifications of Priesthood: Aaron vs. Melchizedek (Heb. 5:11-6:20)*
3. *The Priesthood—Earthly and Eternal*

Readings: Genesis 14:17-24; Hebrews 5:1-7:1-28; Farley, 57-81; 83-93.

Please spread the word and join us as we help each other in our "journey to *Pascha*."

+Fr. Demetri

Join Zoom Meeting

<https://zoom.us/j/4449593149?pwd=MXg0VjZYSWEzcDNRZHVyaTB0dG1EUT09>

Meeting ID: **444 959 3149**; +13462487799,,4449593149#,,,,,0#,,419920# US (Houston)



ANNUNCIATION GREEK ORTHODOX CATHEDRAL

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WWW.AGOC.ORG

Spring Parish Assembly Meeting Sunday, March 31, 2024 Immediately following 9:00 AM Divine Liturgy

The Spring Parish Assembly will be held on **Sunday, March 31, 2024 immediately following the 9:00 a.m. Divine Liturgy**. Youth Sunday Church School will proceed as normally scheduled that day. Please make every effort to attend and participate.

The Agenda is on the reverse side.

Privileges for this assembly are extended in accordance with the Uniform Parish Regulations of the Archdiocese.

Sincerely in Christ,

Rev. Protopresbyter Michael J. Lambakis
Proistamenos

Niko Lorentzatos
Parish Council President

Yianni Georgetown
Parish Council Secretary

March 19, 2024

**ANNUNCIATION GREEK ORTHODOX CATHEDRAL
Spring Parish Assembly**

**Sunday, March 31, 2024
Immediately following 9:00 AM Divine Liturgy**

A G E N D A

- | | | |
|-----|-----------------------------------------------------------------------------------|-------------------|
| 1. | Call to Order
Invocation
Election of Assembly Chairperson | Father Michael |
| 2. | Pastor's Remarks | Father Michael |
| 3. | Parish Council President's Remarks | Niko Lorentzatos |
| 4. | Approval of 2023 Fall Parish Assembly Minutes | Assembly Chair |
| 5. | Stewardship Update | Stewardship Chair |
| 6. | Treasurer's and Endowment Reports | |
| | a. Treasurer's Report | George Popps |
| | b. Endowment Update | George Postolos |
| 7. | New / Continuing Business | |
| | a. Election of two (2) Delegates to
2024 Clergy-Laity Congress (San Diego, CA) | Assembly Chair |
| | b. Election of Parish Council Elections
Nominating Committee | Assembly Chair |
| 8. | Cash Management | Richard McGee |
| 9. | Expansion Update | Chris Pappas |
| 10. | Adjournment | Assembly Chair |
| 11. | Benediction | Father Michael |

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!





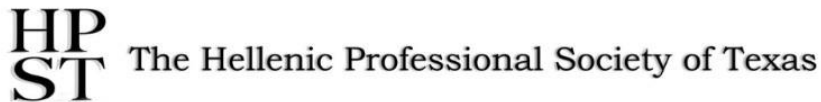
AGOC Open Gym

April 7, 2024
12:30-2:00 P.M.
AGOC Gym

All skill sets welcome.

All JR Boys/Girls and SR Boy/Girls are welcome.
5th grade – 12th grade

Questions? Email goyabasketball@gmail.com



A friendly reminder that the **deadline of April 1 2024** is approaching for submitting applications for the **HPST 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 School, 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 application and 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**.

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



ANNUNCIATION GREEK LANGUAGE & CULTURE SCHOOL

Tsourekia Sale (Easter Bread)

\$ 30.00 each



Bake Days: *Wednesday April 24 and Thursday April 25,
(Festival Center, 9.00am – 5.00pm)*

Volunteers Needed: *Help us bake our delicious Tsourekia.
Volunteers can buy their Tsourekia the same day.*

Come and buy your Tsourekia the following days:

Friday, April 26, 4:30 pm – 7:30 pm at the Festival Center

Palm Sunday, April 28, at the Cathedral after the Divine Liturgy

To volunteer please contact: *Elise Dale: 713-253-8435, elise@elisedale.com
Katerina Kontogeorgaki: 281-250-8178, katerinakonto@agoc.org*

All proceeds benefit the Annunciation Greek School

Sacred Service Schedule
April 7 – May 6, 2024
(All Services in the Cathedral)

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 / 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 – Vespereal 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 – Vespereal Divine Liturgy of St. Basil

11:00 pm – Resurrection Orthros / Divine Liturgy

HOLY PASCHA, May 5

11:00 am – Agape Vespers

BRIGHT MONDAY, May 6 – St. George

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

Camp AOS & AGOC Vacation Bible School



JUNE 10th – 14th

9 AM – 12 PM

We Invite kids ages 4 thru Grade 5 to come to Hometown Nazareth to explore life where Jesus grew up. Participate in a Bible-times marketplace, sing catchy songs, play games, visit Jesus' mom, Mary, and collect Bible Memory Makers to remind them of God's Word. Each day opens and ends at Celebration Station!

Day 4 we learn that Jesus went to church...we do too. Following Opening Celebration, we will attend worship services to celebrate the special Feast of Ascension. Afterwards we will gather for a yummy pancake breakfast, and a balloon release!

ON-LINE REGISTRATION ONLY

Register NOW

www.aoshouston.org/camp-aos



NO WALK-INS. Only preregistered participants will be accepted by
May 1st (Deadline Registration)

Want to Volunteer? Email us Today! Come Join the Hometown Team!

Irene Cassis (irenecassis@agoc.org)

Christina Papazis (cpapazis@gmail.com)

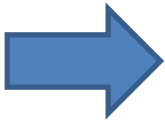
CAMP AOS & AGOC VACATION BIBLE SCHOOL
Annunciation Greek Orthodox Cathedral



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

HIGH SCHOOLERS & ADULTS

JOIN THE HOMETOWN TEAM OF VOLUNTEERS!



Earn Up to 25 volunteer service hours

JOBS NEEDED:

**Tribe Leaders, Tax Collector, Fun & Games Leaders,
Carpentry Shop Keeper**

Must Attend Staff Training Meeting
Saturday, June 8th, 10 am to 12 pm

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

Today at the Cathedral

Memorial service is offered **William (Bill) Krukiel (40 days) and John Papajohn (1 year).**

Please join us for the fellowship coffee in the Small Martel Hall following the Divine Liturgy. The coffee today is sponsored by the **Krukiel and Papajohn Families.**

11:15 am – 12:15 pm – Youth Sunday Church School.
SPRING PARISH ASSEMBLY, following Divine Liturgy, Martel Hall.

This week at the Cathedral

Monday, April 1	6:00 pm – Great Compline Youth Ministries Gathering, Cathedral/Martel Hall
Tuesday, April 2	9:30 am – FAITH Ministry Outing, <i>offsite</i> , Houston Arboretum 10:15 am – Senior Citizens Meeting & Lunch, Martel Hall 1:00 pm – Bible Study In-Person, Room 219 6:30 pm – Greek Language Classes, Adults, In-Person Beginners I & II, Intermediate I & IV, Advanced I 7:00 pm – Bible Study ZOOM ONLY, <i>6:50pm sign-in</i>
Wednesday, April 3	9:00 am – Philoptochos Preparation - Spanakopites 6:00 PM – Presanctified Liturgy
Thursday, April 4	9:00 am – Philoptochos Preparation - Spanakopites 11:00 am – Greek Language Class, Adv. Conversation, <i>Online</i>
Friday, April 5	9:00 am – Philoptochos Preparation - Spanakopites 5:00 pm – Greek School – Children 7:00 pm – Salutations to the Theotokos Lenten Supper (Potluck), following Salutations Service, Small Martel Hall
Saturday, April 6	9:00 am – Philoptochos Preparation - Pastitsio