



## Holy Apostles Greek Orthodox Church

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**February 10, 2019: Sunday of the Canaanite**

### **Killing the Passions**

Christians who are striving aren't feather-brained dupes, nor are they naïve, simplistic, superficial, shallow, gloomy, weird or abstracted. If they are, they're not real Christians. Striving Christians are hopeful, joyful, sincere, honourable, whole and humble. The starting-point for self-improvement isn't at all self-centred. The sense of my sinfulness makes me contrite, not afraid or upset. The belief that I can change, that I'm a great sinner, shouldn't be wishful thinking or false modesty, but sure, precise and unflinching words and action. May the discovery of the good God's infinite love, and of my own rebellion, apostasy and estrangement from Him give me hot tears of genuine repentance. May God's love for us move me, bring me to contrition, stir me and restore me. The starting-point, then, is acceptance of my sin. This honest acceptance will bring from God repentance which will make my soul hate what it loved and love any good it had forgotten. An Athonite Elder was once asked: 'What is the Holy Mountain?' He answered: 'We have a lot of people here who are repenting. Or rather, we're all repenting'. Another Elder said: 'A monk is clothed in repentance. He's consumed entirely by the love of God and lives in repentance'. These last words are very important. Repentance isn't a passive attitude where we bemoan our fate and curse our fortune. Rather, according to Abba Isaac the Syrian, it's the heart burning with love for ... **(Continued on the back)**



### **EPISTLE READING:**

#### **St. Paul's Second Letter to Timothy 2:1-10**

Timothy, my son, be strong in the grace that is in Christ Jesus, and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hardworking farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything. Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

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### **GOSPEL READING:**

#### **The Gospel According to Matthew 15:21-28**

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

# UPCOMING EVENTS



**Ministry Leaders' Meeting,**  
**TODAY after church**

**Ellinmoatheia Certification Ceremony, TODAY**

**2pm, Greek Embassy in Washington, D.C.**

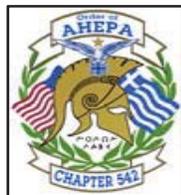
All are invited to the ceremony in which our students that passed the Ellinomatheia exams will receive their official certificate of attainment in the Greek language. This certificate is sent directly from the department for the Greek language at the University of Thessaloniki.



**Greek Dance Practice, Feb. 11<sup>th</sup>**

**6:30-7:30pm at church**

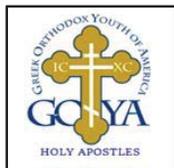
Contact Maria Plevrakis  
(maroudi@hotmail.)



**AHEPA Chapter 542 Meeting, Feb. 21<sup>st</sup>**

**7:30-9pm at church**

Visit [ahepa542.org](http://ahepa542.org) for more information.



**GOYA 80's Theme Party, Feb. 23<sup>rd</sup>**

**7pm at the Burke's home**

Contact Lia if your GOYAn did not get the Evite. ([liaecon@comcast.net](mailto:liaecon@comcast.net))



**GOYA Consignment Sale**

**Fundraiser, Bring in items by**

**February 24<sup>th</sup>**

GOYA needs gently used children's clothes, toys, and other children's items. We also need hangers. Look for the basket in the church hall.



**GOYA Ice Skating, March 1<sup>st</sup>**

**7:00-9:00pm, Reston Town Center**

Contact Lia Economou with questions  
([liaecon@comast.net](mailto:liaecon@comast.net))



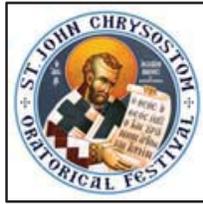
**Parish Pre-Lent Celebration!**

**Saturday, March 2**

**Home of Julie and Chad Burke**

Details to come.

# UPCOMING EVENTS & ANNOUNCEMENTS



## St. John Chrysostom Oratorical Festival, March 3<sup>rd</sup> after Liturgy

Support our Sunday School students and listen to our children speak about their Orthodox faith on a variety of topics.



## Hope & Joy Meeting, March 4<sup>th</sup> 6:30-7:30pm at church

Contact Ashley Joiner  
(ashleydjoiner@gmail.com)

## **SPRING PARISH GENERAL ASSEMBLY March 10<sup>th</sup> after Liturgy**

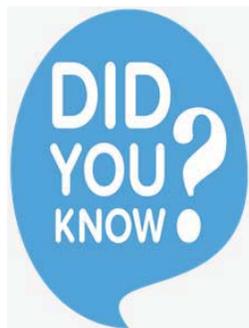
Don't miss the important vote about our parish's future.

### Attention High School Seniors!

You can now apply for the Washington Metropolitan Area 49<sup>th</sup> AHEPA Scholarship program. Applications must be postmarked **no later than March 30<sup>th</sup>**. The awards will be presented during the May 19<sup>th</sup> AWARD DINNER. Donor applications are also available to contribute to this worthy program. Contact Steve Martnishn for the application and details: smartnishn@aol.com, 571-204-7048.

### AHEPA SCHOLARSHIP PROGRAMS

To get details on the **Chapter, District, and National Scholarship programs**, email [info@ahempa542.org](mailto:info@ahempa542.org). Since these programs usually support our Holy Apostles Youth, consider helping to raise money by buying or selling a **50/50 raffle ticket** from an AHEPAn Brother, or even driving for Uber. For details, go to [ahempa542.org](http://ahempa542.org).



Our church has to outsource our parish picnic **every year** because we lack adequate facilities! **DONATE to our Capital Campaign TODAY** so you can have YOUR PICNIC at YOUR CHURCH.

**TASTE OF GREECE**  
**PRESIDENT'S DAY WEEKEND**

**February 15-17**  
**Ashburn Firehouse**



**Volunteer!**

Sign up on the board in the hall or online on our website.



**Can't volunteer? Donate!**

Help us cover our costs. All donations welcome!



**Tell everyone about it!**

Share on social media! Hand out flyers!

**Weekly Feature: Why Volunteer? How Giving to Others Makes You Happier and Healthier**

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community.

- \*Volunteering connects you to others and your community*
- \*Volunteering is good for your mind and body*
- \*Volunteering can expand your networks*
- \*Volunteering brings fun and fulfillment to your life*

Volunteering allows you to connect and strengthen ties to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people and your organization. And volunteering is a two-way street: It can benefit you and your family as much as your organization. Dedicating your time as a volunteer helps you make new friends, strengthen existing relationships, expand your network and broaden your support network, exposing you to people with common interests, and fulfilling activities. And children watch everything you do. By giving back to the community, you'll show them firsthand how volunteering makes a difference and how good it feels to help other people and your organization.

**Sign up to volunteer at our Taste of Greece!**

**(Cover Message cont.)** God, other people and the whole of creation. Those who repent have the flame of love burning in their heart and try to make up for the time they wasted in sinning They lament their offences. They don't worry or become anxious about themselves, about how such a wonderful person managed to make a mess of things, because that implies a great deal of self-pride. You can't have love for God if you don't love other people. This love makes me tolerant, forgiving, sympathetic, kindly, amusing and charming with other people; not hard, judgmental, critical, severe, scowling and dogmatic. (Elder Moses the Athonite Pemptousia).

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**IT'S COMING...**

Your 2018 contribution statement is in the mail! Contact Lia if do not receive yours this week. (liaecon@comcast.net)

**Greek School Programs for all ages and levels!** *Ellinomatheia, Elementary School, Learning Greek with Theater, Greek Language Workshops/Express Greek*  
Contact Ergini (ergini@aol.com) or Athanasia (sdacey@comcast.net)



**Turn in your 2019 Stewardship Pledge Card today! Cards are available in the church hall and on our website.**



**Today's coffee hour is sponsored by the Sunday School and Greek School.**  
*Thank you!*

**GUIDELINES FOR RECEIVING HOLY COMMUNION:**

Holy Communion is offered in the Orthodox Church only to those individuals baptized and Chrismated (Confirmed) in the Orthodox Faith. One must be in good standing with the Church spiritually (for example, married people must have had their marriage blessed in the Church; and, all must be without grave sin on their hearts). For all Orthodox Christians, the proper preparation for Holy Communion must be observed: that is, examination of conscience, confession, reading the prayers for Holy Communion, and the proper fasting and abstinence prior to Holy Communion. For questions, please speak with our Parish Priest. Women should remove all lipstick when approaching for Holy Communion.