



Greek Orthodox
Metropolis of Atlanta
Saint George
Knoxville Tennessee
Weekly Bulletin

**First Sunday of Lent
(of Orthodoxy)
March 9th, 2025**

IV Matins Gospel Reading: **Luke 24:1-12**

Epistle Reading: **Hebrews 12:1-10**

Gospel Reading: **John 1:43-51**

Byzantine Music Tone: **4th Tone**



On March 9th the Orthodox Church Commemorates:

The holy and great Forty Martyrs, who witnessed in the city of Sebastia.

On this day we commemorate the holy Martyr Urpasian.

On this day we also commemorate Saint Kesarios, brother of Saint Gregory the Theologian.

On this day the holy Martyrs, a Grandfather, Grandmother, Father, Mother, and two Children, died by the sword.

On this day, the first Sunday of Lent, we commemorate the restoration of the holy and venerable icons enacted by the ever-memorable Emperors of Constantinople, Michael and his mother Theodora, during the patriarchate of Saint Methodius the Confessor.

Verses:

I rejoice as I see now venerated correctly

The icons that once had been banned incorrectly.

O unaltered Image of the Father, by the intercessions of your holy Confessors, have mercy on us. Amen.

A MESSAGE FOR OUR VISITORS:

Welcome to Saint George!

Thank you for visiting us! We invite you to join us for Coffee Hour at the Hall next door, following the Divine Liturgy. If you are a newcomer, please introduce yourself to one of the priests or the Parish Council Members (Located at the Candle Stand) so that we can greet and welcome you properly.

We are glad to have you with us today!

TV MATINS GOSPEL READING: Luke 24:1-12

On the first day of the week at early dawn, the women went to the tomb, taking spices, which they had prepared. And they found the stone rolled away from the tomb, but when they went in they did not find the body of the Lord Jesus. While they were perplexed about this, behold, two men stood by them in dazzling apparel; and as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? He is not here, but has risen. Remember how He told you, while He was still in Galilee, that the Son of Man must be delivered into the hands of sinful men, and be crucified, and on the third day rise." And they remembered His words and returning from the tomb they told all this to the eleven and to all the rest. Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told this to the Apostles; but these words seemed to them an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home wondering at what had happened.

DISMISSAL HYMNS-KONTAKIA OF THE DAY

Resurrectional Apolytikion 4th Tone

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 Apostles with boasting did they proclaim that death is vanquished over more and Christ Our God has risen from the dead and granted to the world His great mercy.

Apolytikion for the Sunday of Orthodoxy 2nd Tone

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offenses, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

Dismissal Hymn of the Most Holy Lady, Prousiotissa 1st Tone

By your icon of Prousa you stand forth as a protectress of Greece, and a worker of dread wonders, O Immaculate Mariam, you who restore the sight of the blind and make firm the paralytics. You cast out demons, O good one, you saved those who fell off high cliffs, and heal all who flee to you crying out: Glory unto your childbirth without seed, Glory to Him that has made you wondrous. Glory to Him that works such manner of marvels through you.

Δ' ΕΩΘΙΝΟΝ ΕΥΑΓΓΕΛΙΟΝ: Κατὰ Λουκᾶν 24:1-12

Τῇ μιᾷ τῶν Σαββάτων, ὄρθρου βαθέος ἦλθον ἐπὶ τὸ μνήμα, φέρουσαι ἃ ἠτοίμασαν ἀρώματα, καὶ τινες σὺν αὐταῖς. Εὗρον δὲ τὸν λίθον ἀποκεκλισμένον ἀπὸ τοῦ μνημείου, καὶ εἰσελθούσαι οὐκ εὗρον τὸ σῶμα τοῦ Κυρίου Ἰησοῦ. Καὶ ἐγένετο ἐν τῷ διαπορεῖσθαι αὐτὰς περὶ τούτου, καὶ Ἰδοῦ, δύο ἄνδρες ἐπέστησαν αὐταῖς ἐν ἐσθήσεσιν ἀστραπτούσαις· ἐμφόβων δὲ γενομένων αὐτῶν καὶ κλινουσῶν τὰ πρόσωπον εἰς τὴν γῆν, εἶπον πρὸς αὐτάς· Τί ζητεῖτε τὸν ζῶντα μετὰ τῶν νεκρῶν; οὐκ ἔστιν ὧδε, ἀλλ' ἠγέρθη. Μνήσθητε ὡς ἐλάλησεν ὑμῖν, ἔτι ὢν ἐν τῇ Γαλιλαίᾳ, λέγων, ὅτι δεῖ τὸν υἱὸν τοῦ ἀνθρώπου παραδοθῆναι εἰς χεῖρας ἀνθρώπων ἀμαρτωλῶν, καὶ σταυρωθῆναι, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστῆναι. Καὶ ἐμνήσθησαν τῶν ῥημάτων αὐτοῦ, καὶ ὑποστρέψασαι ἀπὸ τοῦ μνημείου, ἀπήγγειλαν ταῦτα πάντα τοῖς ἑνδεκα καὶ πᾶσι τοῖς λοιποῖς. Ἦσαν δὲ ἡ Μαγδαληνὴ Μαρία καὶ Ἰωάννα καὶ Μαρία Ἰακώβου, καὶ αἱ λοιπαὶ σὺν αὐταῖς, αἱ ἔλεγον πρὸς τοὺς ἀποστόλους ταῦτα. Καὶ ἐφάνησαν ἐνώπιον αὐτῶν ὡσεὶ λῆρος τὰ ῥήματα αὐτῶν, καὶ ἠπίστουν αὐταῖς, ὁ δὲ Πέτρος ἀναστὰς ἔδραμεν ἐπὶ τὸ μνημεῖον, καὶ παρακύψας βλέπει τὰ ὀθῆνια κείμενα μόνα, καὶ ἀπήλθε, πρὸς ἑαυτὸν θαυμάζων τὸ γεγονός.

ΑΠΟΛΥΤΙΚΙΑ-ΚΟΝΤΑΚΙΟΝ ΤΗΣ ΗΜΕΡΑΣ

Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος δ'

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

Κυριακὴ τῆς Ὁρθοδοξίας Ἀπολυτίκιον Ἦχος β'

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

Ἀπολυτίκιον Παναγίας Προυσιωτίσσης, Ἦχος α'

Τῆς Ἑλλάδος ἀπάσης Σύ προῖστασαι πρόμαχος καὶ τερατουργὸς ἐξαισίῳ τῇ ἐκ Προύσσης εἰκόνι Σου, Πανάχραντε Παρθένε Μαριάμ· καὶ γὰρ φωτίζεις ἐν τάχει τοὺς τυφλοὺς δεινοὺς τε ἀπελαύνεις δαίμονας· καὶ παραλύτους δὲ συσφίγγεις, Ἀγαθὴ, κρημνῶν τε σφίζεις καὶ πάσης βλάβης τοὺς Σοὶ προσφεύγοντας. Δόξα τῷ Σῷ ἀσπόρῳ τοκετῷ, δόξα τῷ Σέ θαυμαστώσαντι, δόξα τῷ ἐνεργοῦντι διὰ Σοῦ τοιαῦτα θαύματα.

Dismissal Hymn of St. George the Great Martyr 4th Tone

Liberator of captives, defender of the poor, physician of the sick, and champion of kings, O Trophy-Bearer, Great Martyr George; intercede with Christ our God to save our souls.

Kontakion Pl. 4th Tone

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.

ΕΠΙΣΤΟΛΗ: ΗΒΡΑΙΟΥΣ 12:1-10

ΠΡΟΚΕΙΜΕΝΟΝ: You, O Lord, shall keep us and preserve us.

VERSE: Save me, O Lord, for the godly man has failed.

Brethren, 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.

Απολυτίκιον Αγίου Μεγαλομάρτυρος Γεωργίου Ἦχος δ'

Ὡς τῶν αἰχμαλώτων ἐλευθερωτῆς, καὶ τῶν πτωχῶν ὑπερασπιστῆς, ἀσθενούντων ἰατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Kontakion Ἦχος πλ. δ'

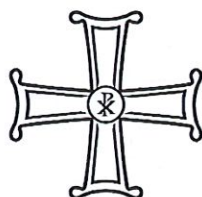
Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

ΑΠΟΣΤΟΛΟΣ: ΠΡΟΣ ΕΒΡΑΙΟΥΣ 12:1-10

ΠΡΟΚΕΙΜΕΝΟΝ: Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.

Στίχος: Σῶσον με, Κύριε, ὅτι ἐκλείπειν ὀσιος.

Αδελφοί, τοσοῦτον ἔχοντες περιεκείμενον ἡμῖν νέφος μαρτύρων, ὄγκον ἀποθέμενοι πάντα καὶ τὴν εὐπερίστατον ἀμαρτίαν, δι' ὑπομονῆς τρέχωμεν τὸν προκειμένον ἡμῖν ἀγῶνα, ἀφορῶντες εἰς τὸν τῆς πίστεως ἀρχηγὸν καὶ τελειωτὴν Ἰησοῦν, ὃς, ἀντὶ τῆς προκειμένης αὐτῷ χαρᾶς, ὑπέμεινεν σταυρόν, αἰσχύνης καταφρονήσας, ἐν δεξιᾷ τε τοῦ θρόνου τοῦ θεοῦ κεκάθικεν. Ἀναλογίσασθε γὰρ τὸν τοιαύτην ὑπομεμενηκότα ὑπὸ τῶν ἀμαρτωλῶν εἰς αὐτὸν ἀντιλογίαν, ἵνα μὴ κάμητε ταῖς ψυχαῖς ὑμῶν ἐκλύομενοι. Οὐπω μέχρι αἵματος ἀντικατέστητε πρὸς τὴν ἀμαρτίαν 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. Εἴτα τοὺς μὲν τῆς σαρκὸς ἡμῶν πατέρας εἶχομεν παιδευτάς, καὶ ἐνετρεπόμεθα· οὐ πολλῶ 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: 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."

ΕΥΑΓΓΕΛΙΟΝ: ΚΑΤΑ ΙΩΑΝΝΗΝ 1:44-52

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν· καὶ εὐρίσκει Φίλιππον καὶ λέγει αὐτῷ· ἀκολούθει μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαϊδά, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὐρίσκει Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ· ὃν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφῆται, εὐρήκαμεν, 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 Ἰσραηλῆτης, 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 ἀνεωγῆτα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.

