

3rd Sunday of
Lent—
(Veneration of
the Holy Cross)
March 15th,
2026



7th Matins Gospel Reading:
John 20:1-10

Epistle Reading:
Hebrews 4:14-16; 5:1-6

Gospel Reading:
Mark 8:34-38; 9:1

Byzantine Music Tone:
Grave



On March 15th the Orthodox Church Commemorates:

The holy martyr Agapios and those with him: Plesius, Romulus, Timolaos, two named Alexander, and two named Dionysius.

On this day we also commemorate the holy Apostle Aristobulos, Bishop of Britain, brother of Barnabas the Apostle.

On this day we also commemorate the holy martyr Nicander of Egypt.

The holy new martyr Manuel the Cretan, who witnessed in Chios in the year 1792, died by the sword.

ON THIS DAY, THE THIRD SUNDAY OF LENT, WE CELEBRATE THE VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS.

LET ALL THE EARTH ADORE THE CROSS,
THROUGH WHICH IT LEARNED TO ADORE YOU, THE WORD.

By the power of Your Cross, O Christ our God, guard us against the wanton assaults of the evil one, and make us worthy to worship Your divine Passion and life-bringing Resurrection, to finish the course of the forty-day fast with ease, and have mercy on us, as You alone are good and benevolent.

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!

VII MATINS GOSPEL READING:
John 20:1-10

Ζ' Ἑωθινόν Ἐυαγγέλιόν:
Κατὰ Ἰωάννην 20:1-10

On the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid Him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying and the napkin, which had been on His head, not lying with the linen cloths, but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that He must rise from the dead. Then the disciples went back to their homes.

Τῆ μιᾶ τῶν Σαββάτων Μαρία ἡ Μαγδαληνὴ ἔρχεται πρῶτ σκοτίας ἔτι οὔσης, εἰς τὸ μνημεῖον· καὶ βλέπει τὸν λίθον ἠρμένον ἐκ τοῦ μνημείου. Τρέχει οὖν, καὶ ἔρχεται πρὸς Σίμωνα Πέτρον, καὶ πρὸς τὸν ἄλλον μαθητὴν, ὃν ἐφίλει ὁ Ἰησοῦς, καὶ λέγει αὐτοῖς· Ἦραν τὸν Κύριον ἐκ τοῦ μνημείου, καὶ οὐκ οἶδαμεν ποῦ ἔθηκαν αὐτόν. Ἐξῆλθεν οὖν ὁ Πέτρος καὶ ὁ ἄλλος μαθητής, καὶ ἤρχοντο εἰς τὸ μνημεῖον. Ἐτρεχον δὲ οἱ δύο ὁμοῦ· καὶ ὁ ἄλλος μαθητής προέδραμε τάχιον τοῦ Πέτρου, καὶ ἦλθε πρῶτος εἰς τὸ μνημεῖον, καὶ παρακύψας, βλέπει κείμενα τὰ ὀθόνια· οὐ μέντοι εἰσῆλθεν. Ἐρχεται οὖν Σίμων Πέτρος ἀκολουθῶν αὐτῷ, καὶ εἰσῆλθεν εἰς τὸ μνημεῖον, καὶ θεωρεῖ τὰ ὀθόνια κείμενα· καὶ τὸ σουδάριον, ὃ ἦν ἐπὶ τῆς κεφαλῆς αὐτοῦ, οὐ μετὰ τῶν ὀθονίων κείμενον, ἀλλὰ χωρὶς ἐντετυλιγμένον εἰς ἓνα τόπον. Τότε οὖν εἰσῆλθε καὶ ὁ ἄλλος μαθητής ὁ ἐλθὼν πρῶτος εἰς τὸ μνημεῖον, καὶ εἶδε, καὶ ἐπίστευσεν. Οὐδέπω γὰρ ᾔδεισαν τὴν Γραφήν, ὅτι δεῖ αὐτὸν ἐκ νεκρῶν ἀναστῆναι. Ἀπῆλθον οὖν πάλιν πρὸς ἑαυτοὺς οἱ μαθηταί.



DISMISSAL HYMNS-KONTAKIA OF THE DAY

Resurrectional Apolytikion, Grave Tone

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

Apolytikion For the Feast, 1st Tone.

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

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

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.

Kontakion for the Deceased Pl. 4th Tone

Remember, O Lord, as You are good, Your servant, forgive every sin she has committed in her life. For no one is sinless except You, who have the power to grant rest to she who has fallen asleep.

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, Plagal 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.

Απολύτικια-Κόντακιόν της Ημέρας

Απολύτικιον Αναστάσιμον, Ἦχος βαρύς

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέωξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Αποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστῆ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Απολύτικιον Τῆς Ἑορτῆς, Ἦχος α΄.

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.

Απολύτικιον Παναγίας Προυσιωτίσσης, Ἦχος α΄

Τῆς Ἑλλάδος ἀπάσης Σύ προΐστασαι πρόμαχος καὶ τερατουργός ἐξαισίῳ τῇ ἐκ Προύσσης εἰκόνι Σου, Πανάχραντε Παρθένε Μαριάμ καὶ γὰρ φωτίζεις ἐν τάχει τοὺς τυφλοὺς δεινούς τε ἀπελαύνεις δαίμονας· καὶ παραλύτους δέ συσφίγγεις, Ἀγαθή, κρημνῶν τε σῶζεις καὶ πάσης βλάβης τοὺς Σοὶ προσφεύγοντας. Δόξα τῷ Σῷ ἀσπέρῳ τοκετῷ, δόξα τῷ Σέ θαυμαστώσαντι, δόξα τῷ ἐνεργοῦντι διὰ Σοῦ τοιαῦτα θαύματα.

Κοντάκιον τῶν Κεκοιμημένων, Ἦχος Πλ. δ΄

Μνήσθητι, Κύριε ὡς ἀγαθός τῶν δούλων σου καὶ ὅσα ἐν βίῳ ἡμάρτον συγχώρησον· Οὐδεὶς γὰρ ἀναμάρτητος εἶ μὴ σὺ ὁ δυνάμενος. Καὶ τοῖς μεταστᾶσι δοῦναι τὴν ἀνάπαυσιν.

Απολύτικιον Αγίου Μεγαλομάρτυρος Γεωργίου Ἦχος δ΄

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

Κοντάκιον, 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.

Epistle: Hebrews 4:14-16; 5:1-6

Prokeimenon: O Lord, save your people and bless your inheritance.

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

BRETHREN, 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."

Gospel: Mark 8:34-38; 9:1

The 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."

Απόστολόσ: Πρὸς Ἑβραίους 4:14-16; 5:1-6

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

Στιχός: Πρὸς σέ, Κύριε, κεκράξομαι ὁ Θεὸς μου.

Ἄδελφοί, 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' ὁμοίότητα, χωρὶς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον, καὶ χάριν εὐρωμεν 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 περικείται 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 γενεθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν, Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε. Καθὼς καὶ ἐν ἐτέρῳ λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

Ἐὐαγγέλιόν: Κατὰ Μάρκον 8:34-38, 9:1

Ἐἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἔλθειν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλῃ 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 εἰάν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ εἰάν ἐπαισχυνθῇ με καὶ τοὺς ἐμούς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, 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 γεύσωνται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.





St. George Parish
Oratorical Festival

March 22nd, 2026

Deadline to Register

March 15th, 2026

Contact: Catherine Burrage catburrage@gmail.com



Daughters of Penelope Scholarship

The Daughters of Penelope will present a merit-based scholarship of \$2000 to a student in this year's high school graduating class who will be attending an accredited college or university during the upcoming academic year. To be eligible, the applicant and/or applicant's family must be in good standing at St. George Greek Orthodox Church, Knoxville. Application packets will be available in the church office or may be obtained from Tootie McCook. All completed applications must be submitted no later than Sunday, April 19, 2026.

SAVE THE DATE

22

MARCH Hope & Joy

Lenten Service Project
Meal Kits

12:30pm @ Church Kitchen
Donations Please Contact
Victoria LaRock

Dear Parish Family,

As we prepare for Lent, we invite you to make a donation toward Lenten flowers to help support our parish. This is a lovely way to contribute during this special season of prayer and reflection. To sign up, scan the QR code OR visit the Philoptochos table.

Flower Donations

@knoxvillephiloptochos



venmo

We appreciate your support and look forward to a meaningful and blessed Lent together!

-St. George Philoptochos

ST. GEORGE PHILOPTOCHOS'
4TH ANNUAL

FRIEND OF THE POOR 5K

A FAMILY-FRIENDLY 5K RUN/WALK
AND 1-MILE FUN WALK

SATURDAY, MARCH 21
WEST HIGH SCHOOL
8:00AM

Whether you're a runner or simply there for fun, join us to get active, support a great cause, and connect with the community

scan for
more info!



Register now at

runsignup.com/friendofthepoor5k



Greek Easter Bread

(Tsoureki)



A traditional Greek braided sweet bread served during Easter.

March 29th Order Deadline

\$10.00 per loaf. Limited batches.

Available for pick up Sunday, April 5th

Baked by Daughters of Penelope



SAINT GEORGE
GREEK ORTHODOX CHURCH

Easter Celebration
Sunday, April 12 at Noon



Traditional Lamb Luncheon
Face Painting and Crafts for Kids

\$20 Adult, \$10 Students, \$5 Kids under 10
Seating is limited; please purchase tickets by April 5th.

To RSVP and arrange payment contact:
Amy Midis (agmidis@comcast.net) or 865.384.1558

Check, Cash, or Venmo payments accepted

Please scan for Venmo payment:

Please indicate in the comments or by email/text
the quantity and type of ticket purchased.

@StGeorgeGreekOrthodoxChurch



Registration in Hall



HOPE, JOY, GOYA

Holy Friday Retreat

April 10th, 2026

STARTS after morning services

ENDS 2:45PM

Lenten Lunch Provided



YAL & GOYA

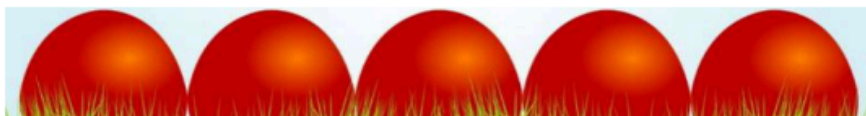
You're Invited to the
Folding of the Palms



Saturday of Lazarus

April 4th after the Divine Liturgy

Breakfast will be provided by Sunday School



Calendar for the Week

Sunday, March 15, 2026

3rd Sunday of Lent (Sunday of the Holy Cross)

8:45 am Orthros & Divine Liturgy

1:00 pm Catechetical Class

Monday, March 16, 2026

7:00 pm Great Compline

Wednesday, March 18, 2026

5:30-6:30pm Greek School

7:00pm Pre-Sanctified Liturgy

Friday, March 20, 2026

8:45 am Pre-Sanctified Liturgy

7:00 pm Salutations to Theotokos

Sunday, March 22, 2026

3rd Sunday of Lent (St John Climacus)

8:45 am Orthros & Divine Liturgy

1:00 pm Catechetical Class



Saint George Greek Orthodox Church, Knoxville, Tennessee

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Presiding Priest: V. Rev. Archimandrite Fr. Dionysis Lampropoulos Email: fr.dionysis@gmail.com

Emeritus: Rev. Protopresbyter Fr. Anthony Stratis Email: franthonystratis@gmail.com

Deacon: Rev. Dn. Mark Smith Choir Director: Dr. George Changas Chanters: Anthony Martin, Samir Harb, Alex Skoulis