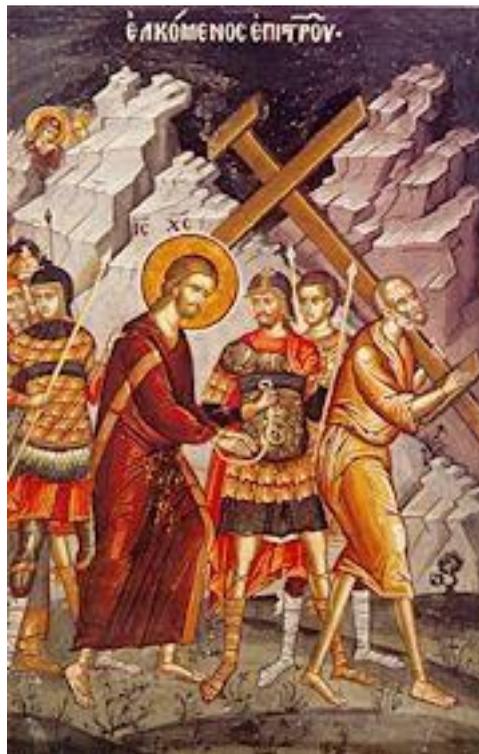


# Greek Orthodox Cathedral of

## Saint Paul

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Hempstead, New York 11550  
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Website: [www.stpaulhempstead.org](http://www.stpaulhempstead.org)  
Father Christopher Constantinides  
Father Constantin Ursache  
Deacon Mathew Kakis



**March 22, 2020  
Sunday of the Holy Cross  
Christ is in our Midst!  
He was, is and always shall be!**

## SUNDAY BULLETIN



|                          |   |                        |                       |
|--------------------------|---|------------------------|-----------------------|
| <b>Today's Schedule:</b> | Orthros<br>Divine Liturgy   | 7:45 a.m.<br>9:00 a.m. | <b>March 22, 2020</b> |
| <b>Memorials:</b>        | Catherine Filos (40 day).   |                        |                       |
| <b>Altar Flowers:</b>    | Donated to the greater glory of God in loving memory of Catherine Filos by her loving family. |                        |                       |
| <b>Services:</b>         | <b>Sunday, March 22</b>   |                        |                       |
|                          | Lenten Vespers  |                        | 6:00 p.m.             |
|                          | <b>Monday, March 23</b>   |                        |                       |
|                          | Great Compline  |                        | 7:00 p.m.             |
|                          | <b>Wednesday, March 25 - Feast of the Annunciation</b>  |                        |                       |
|                          | Orthros   |                        | 8:30 a.m.             |
|                          | Divine Liturgy  |                        | 9:30 a.m.             |
|                          | Pre-sanctified Liturgy  |                        | 6:30 p.m.             |
|                          | <b>Friday, March 27</b>   |                        |                       |
|                          | 4th Salutations   |                        | 7:00 p.m.             |

*Dear Cathedral Family:*

1. In accordance with the directive from our Archdiocese, all services will be closed to the public until further notice. We will be doing the best we can to stream the Divine Services on our Facebook page.
2. All events scheduled for our ministries, schools, meetings and events are also cancelled at this time. We will do our best to return to our normal schedule as soon as we are able to do so safely and in accordance with directives.
3. We ask that you please do not visit the Cathedral or our Cathedral office until further notice. If you need Father Christopher and Father Constantin or have any type of emergency which requires our assistance, please call the Cathedral office. Should we need to close the Cathedral office completely, an emergency number will be provided.

Father Christopher  
Father Constantin

## *Εἰσοδικόν. Ἦχος β΄.*

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱέ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλο- ντάς σοι, Ἀλληλούϊα.

## *Ἀπολυτικίον Ἀναστάσιμον. Ἦχος βαρῦς.*

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέφξας τῷ Ληστῇ τὸν Παράδεισον, τὸν Μυροφόρων τὸν θρηῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστέ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

## *Τῆς Εορτῆς. 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.

## *Κοντάκιον Μνημόσυνον*

Μνήσθητι Κύριε, ὡς ἀγαθὸς τῶν δούλων σου, καὶ ὅσα ἐν βίῳ ἤμαρτον συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ Σὺ ὁ δυνάμενος, καὶ τοῖς μεταστᾶσι δούναι τὴν ἀνάπαυσιν.

## *Ἀπολυτικίον τοῦ Ἀποστόλου Παύλου*

Ἐθνῶν σε κήρυκα καὶ φωστῆρα τρισμέγιστον, Ἀθηναίων διδάσκαλον, Οἰκουμένης ἀγλαΐσμα, εὐφροσύνας γεραίρομεν τοὺς ἀγῶνας τιμῶμεν καὶ τὰς βασάνους διὰ Χριστὸν τὸ σεπτὸν σου μαρτύριον. Ἄγιε Παῦλε Ἀπόστολε, πρέσβευε Χριστῷ τῷ Θεῷ σωθῆναι τὰς ψυχὰς ἡμῶν.

## *Κοντάκιον. Ἦχος πλ. δ΄. Αὐτόμελον.*

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

## *Entrance Hymn. Mode 2.*

Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

## *Resurrectional Apolytikion. Grave Mode.*

By means of Your Cross, O Lord, You abolished death. To the robber You opened Paradise. The lamentation of the myrrh-bearing women You transformed, and You gave Your Apostles the order to proclaim to all that You had risen, O Christ our God, and granted the world Your great mercy.

## *For the Feast. Mode 1.*

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

## *Kontakion For the Departed*

Remember, O Lord as You are good, Your Servants and forgive whatever sin they have committed in life, for no one is without sin but You the mighty One; and grant rest to those who have been removed from among us.

## *Apolytikion of the Apostle Paul*

We joyfully praise you, the Herald of the Nations, thrice great illuminary, teacher of the Athenians and ornament of the world. We honor the struggles, tortures for Christ and your august martyrdom. O Holy Apostle Paul, intercede to Christ God to save our souls.

## *Kontakion. Mode pl. 4. Automelon.*

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.

## **Saints for the Week**

**Sunday, March 22** - Sunday of the Holy Cross, Basil the Holy Martyr of Ancyra, Kalliniki & Vasilisa the Martyrs

**Monday, March 23** - The Holy Righteous Martyr Nikon and His 199 Disciples, Anatolios & Protoleon the Martyrs converted by the martyrdom of St. George

**Tuesday, March 24** - Forefeast of the Annunciation of the Theotokos, Artemon the Presbyter

**Wednesday, March 25** - Annunciation of the Theotokos

**Thursday, March 26** - Synaxis in honor of the Archangel Gabriel, 26 Martyrs in Crimea

**Friday, March 27**— The Matrona of Thessalonica, Paul, Bishop of Corinth

**Saturday, March 28** - Hilarion the New, Herodion the Apostle of the 70

## Προκείμενον. Ἦχος πλ. β'. ΨΑΛΜΟΙ 27,1

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

*Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι ὁ Θεός μου.*

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

Ἀδελφοί, 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 παρησίας 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 ἀσθενείαν· 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 Ἀαρὼν. Οὕτως καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασεν γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν, Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε. Καθὼς καὶ ἐν ἑτέρῳ λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

## Ἐκ τοῦ Κατὰ Μάρκον 8:34-38, 9:1 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν 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 ἂν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμούς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτόν 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.

**Prokeimenon. Mode Plagal 2. Psalm 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

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."

**The Gospel According to 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."

## *Save the Date - Details to Follow*

March 29th - Greek Independence Day Parade - Postponed - New date not yet determined  
April 10th - Community making of Lazarakia/Palm Crosses  
April 13th - Mary Brennan Inn - Cancelled  
May 3rd - Godparent/Godchild Sunday  
May 16th - Blessing of the Pets  
May 28th - 31st - Greek Festival  
June 15th - Greek American Night at Eisenhower Park  
Sept. 29th - Blood Drive - 3pm

## *Let Us Pray To The Lord:*

Master and Lord of hosts, our God, the Father of our Lord Jesus Chrĭst, who is seated on the Cherubim, and praised in hymns by the Seraphim; who dwell on high and survey the lowly; who make the sun rise on the evil and the righteous, and make the rain fall on the just and the unjust; who with ineffable power and wisdom uphold and govern all creation and all that has breath; who chastise and then heal again: Accept us as we approach your goodness and do not despise us sinners; but hear the voice of our petition, and send help from your holy dwelling place. Oh Lord, you who listen to the prayers of all, show compassion for the creation of your hands, and grant healing to your suffering servants from the illness which afflicts them. Merciful Master we ask that you bring an end to this virus which affects all of us in your world. Bless and guide our devoted health professionals to whom you have given the talent to effect the cure of our ailing, and to bring an end to this virus. For you are the fountain of healing, and to you we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever, and to the ages of ages. Amen.

## *St. Anna's Philoptochos*

Since we are all trying to do our very best in this stressful period, we have to make some difficult decisions. In a short time, we will enter our Holy Easter week, and with that thought in mind, we have decided NOT to have an Easter Cake sale this year, for obvious reasons. It is with a heavy heart that Agatha and I made this decision, but based on the reality of our lives, this is the best choice. Please tell your friends that we have made this difficult decision. May we all pray that this nightmare lifts from our lives as soon as possible. Thank you all, for your past support. Kathy Boulukos and Agatha Lizardos

## *Young At Heart (Seniors)*

Attention all adults over 60, please sign up for the Young At Heart Club. Our next meeting and luncheon is scheduled for April 27th 11:30am in the Reverend Nicholas J. Magoulias Cathedral Center. We will keep you updated in the event we need to cancel this meeting. We will be taking a group photograph for the 75th Anniversary Commemorative Album. Please RSVP your attendance to Athena Kallinikos at 516-536-8954 or call the Cathedral office at 516-483-5700.

## *Cathedral of St. Paul 75th Anniversary Book*

As a member of the family of the Cathedral of St. Paul, we hope that you will be part of the forthcoming hardcover book celebrating our 75<sup>th</sup> anniversary. Please send a picture or two from your photo collection (which we will return to you) and a few words about yourself and being a member of this wonderful community. Your contribution is \$200 for the page. Of course, you will get a copy of the book which you can pass along to your family in the future. Contact Kathy at [kathybou@aol.com](mailto:kathybou@aol.com), or [stpaulhempstead75@gmail.com](mailto:stpaulhempstead75@gmail.com) for application and payment. We are hoping you will be part of this special book! The deadline for page submission and payment is April 26<sup>th</sup>.

## *Nursery School Registration*

Nursery School Registration is now open for the 2020-2021 school year for our 2, 3 and 4 year old classes. We are planning a move to a new facility!

## *Substitute Teachers*

The Cathedral of St. Paul Nursery School is seeking substitute assistants for our classes. Please let us know if you are interested. Contact the office at 516-483-5700 or [office@stpaulhempstead.org](mailto:office@stpaulhempstead.org).

## *Stewardship 2020 - Remember to give of your time*

**The Gift of Time:** "The greatest gift I ever received," said a young attorney, "was a gift I got one Christmas from my dad. He gave me a small box with a note inside that said, 'Son, this year I will give you 365 hours, one hour every day after dinner. We'll talk about what you want to talk about, go where you want to go, play what you want to play.'" **Spending Time with God:** As Christians it is also important to value the time we spend at church in worship, service and activities. Of the 168 hours in every week with which we have been blessed, we offer back the short time we spend in church on Sunday morning and other services. As of February 29<sup>th</sup>, 364 families have pledged \$304,525 towards our goal of 100 percent stewardship. **Remember to pledge and become a 2020 Steward.**

## *AHEPA and the Daughters of Penelope Scholarships*

AHEPA and the Daughters of Penelope Pasithea No.141 are pleased to announce the Constantine and Carol Cassis Scholarship Awards Program. Scholarship applications are available in the Cathedral Office and on the chapter website [ahepa170.org](http://ahepa170.org). All High School Seniors and College Students are encouraged to apply. The deadline for these applications is Thursday, April 2, 2020. Please adhere to the requirements and deadlines. For additional information, please contact George T. Hadjoglou at [ghadjog@optonline.net](mailto:ghadjog@optonline.net).

## *Gala Sweepstakes Tickets Now Available*

Our Gala Sweepstakes 2020 tickets are now available. They are \$100 per ticket for an opportunity to win cars, cruises, and many other wonderful prizes! Please see any Parish Council member to purchase a ticket. We will once again have the raffle on the last evening of the Festival and we will have the Early Bird Drawings on May 17<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup>. This is one of our Cathedral's biggest fundraisers and we need everyone's support. Please see Jim Ginis for further information.

## PARISH COUNCIL EXECUTIVE COMMITTEE

|   |                     |
|---|---------------------|
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| GEORGE P. MARINOS _____                   | President           |
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| AHEPA                           | Anastasios Stampolis    | 516 468-5472 |
| ARTS & CRAFTS CLASS             | Eleni Pitzel            | 516 728-2764 |
| BOY SCOUTS                      | Dr. Dean Cherpelis      | 516 326-9626 |
| BLOOD BANK                      | Erika Palmer            | 917 968-8314 |
| CHOIR                           | Adrienne Borbely        | 516 481-9333 |
| JR. CHOIR                       | Virginia Theodoropoulos | 516 328-1637 |
| CUB SCOUTS                      | Dora Ciar               | 917 579-0726 |
|                                 | Anna Papangelopoulos    | 516 851-4868 |
| DAUGHTERS OF PENELOPE           | Katerina Englezos       | 516 234-9678 |
| GRIEF & BEREAVEMENT             | Anna Dounelis           | 516 752-0875 |
| GIRL SCOUTS                     | Tina Vasilakis          | 516 746-2540 |
| GREEK SCHOOL PRINCIPAL          | Mary Vlogianitis        | 516 902-8194 |
| GREEK SCHOOL PTA                | Denise Ioannou          | 516 551-4729 |
| GREEK DANCE PROGRAM             | Dora Themelis           | 516 354-8960 |
| HOMEBOUND                       | Joan Prieston           | 516 825-3420 |
| LACONIAN ASSOC.                 | Theodore Lakis          | 516 483-8261 |
| LIACA                           | Soteroulla Constantinou | 516 783-9036 |
| MAIDS OF ATHENA                 | Theodora Stamoulis      | 516 574-1870 |
| NURSERY SCHOOL                  | James Rigano            | 631 921-2988 |
| OUTREACH                        | James Versocki          | 917 833-7739 |
| RECIPE CLUB                     | Kathy Boulukos          | 516 868-4092 |
| ST. ANNA'S PHILOPTOCHOS         | Kelly Haass             | 516 410-8402 |
| SONS OF PERICLES                | Panagiotis Petrochilos  | 516 524-7664 |
| SUNDAY SCHOOL                   | Andrea Potaris          | 516 312-3936 |
| TUESDAY LADIES                  | Irene Pierides          | 516 593-2016 |
| YOUNG AT HEART                  | Athena Kallinikos       | 516 353-1170 |
| YOUTH PROGRAMS & ATHLETICS      | Aris Papangelopoulos    | 516 456-7711 |
| Little Angels (40 days-4 years) | Lisa Demas              | 516 655-3911 |
|                                 | Jeannie Anderson        | 516 382-4655 |
| HOPE (Ages 4-6)                 | Diana Lagonikos         | 516 451-1335 |
|                                 | Fay Lagonikos           | 516 451-6868 |
| JOY (Ages 7-12)                 | Cally Dunnigan          | 516 481-4764 |
|                                 | Angelica Makrinos       | 917 488-3089 |
|                                 | Erika Palmer            | 917 968-8314 |
|                                 | Maria Vorkas            | 516 524-0246 |
| Junior GOYA (Ages 11-13)        | Haroula Kitsos          | 516 316-4955 |
| GOYA (Ages 13-18)               | Kay Georgopalis         | 516 921-0440 |
|                                 | Tina Vasilakis          | 516 746-2540 |
|                                 | Maria Papachristos      | 917 628-8513 |
| YOUNG ADULT MINISTRIES          | Danielle Xanthos        | 631 882-1829 |