



Saint Barbara Greek Orthodox Church
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News & Announcements
February 23, 2025

Judgment Sunday - Meatfare Sunday
Κυριακή της Αποκρεω



GENERAL ASSEMBLY TODAY

Polycarp the Holy Martyr & Bishop of Smyrna 2/23/2025

Proterios, Archbishop of Alexandria 2/23/2025

Gorgonia the Righteous, sister of Gregory the Theologian 2/23/2025

Damian the New Martyr of Mount Athos 2/23/2025

Boswell, Abbot of Melrose Abbey 2/23/2025

Morning Matins 9:00 am

Morning Great Doxology starts at 9:45 am

Morning Divine Liturgy 10:00 a.m.

The Sunday Epistle Reading

**Great is our Lord, and great is his power.
Verse: Praise the Lord, for the Lord is good.**

The reading is from St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

**Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ ἰσχύς αὐτοῦ.
Στίχ. Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθός.**

Πρὸς Κορινθίους α' 8:8-13, 9:1-2 τὸ ἀνάγνωσμα

Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησιν τῷ θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γὰρ τις ἴδῃ σε τὸν ἔχοντα γνῶσιν ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθута ἐσθίειν; Καὶ ἀπολεῖται ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῆ γνώσει, δι' ὃν Χριστὸς ἀπέθανεν; Οὕτως δὲ ἀμαρτάνοντες εἰς τοὺς ἀδελφούς, καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν, εἰς Χριστὸν ἀμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμί ἀπόστολος; Οὐκ εἰμί ἐλεύθερος; Οὐχὶ Ἰησοῦν Χριστὸν τὸν κύριον ἡμῶν ἐώρακα; Οὐ τὸ ἔργον μου ὑμεῖς ἐστε ἐν κυρίῳ; Εἰ ἄλλοις οὐκ εἰμί ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμί· ἡ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν κυρίῳ.

The Sunday Gospel Reading
The Gospel According to Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

Ἐκ τοῦ Κατὰ Ματθαῖον 25:31-46

Εὐαγγελίου τὸ Ἀνάγνωσμα

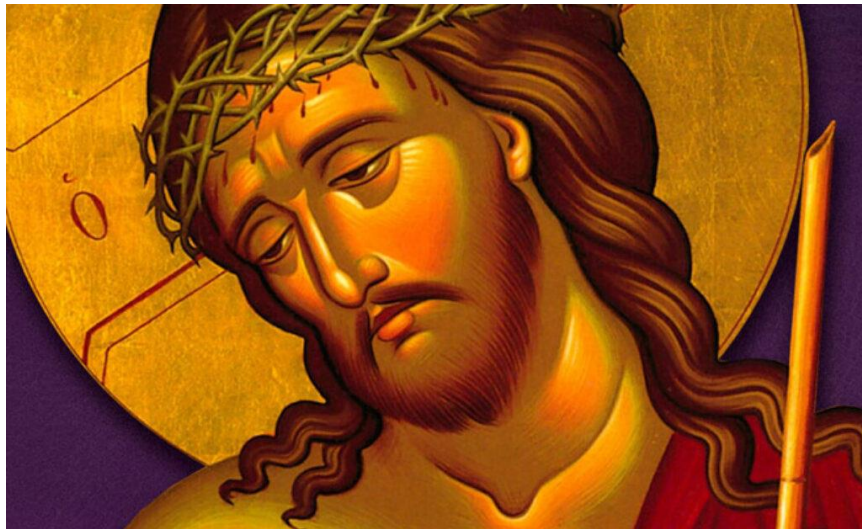
Εἶπεν ὁ Κύριος· Ὅταν δὲ ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ, καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων ὥσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ, τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε οἱ εὐλογημένοι τοῦ πατρός μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου. ἐπέινασα γάρ, καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ ἐποτίσατέ με, ξένος ἦμην, καὶ συνηγάγετέ με, γυμνός, καὶ περιεβάλετέ με, ἡσθένησα, καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἦμην, καὶ ἦλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δέ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δέ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ, καὶ ἦλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. τότε ἐρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ. ἐπέινασα γάρ, καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ οὐκ ἐποτίσατέ με, ξένος ἦμην, καὶ οὐ συνηγάγετέ με, γυμνός, καὶ οὐ περιεβάλετέ με, ἀσθενὴς καὶ ἐν φυλακῇ, καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ, καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

RELIGIOUS CALENDAR

March 2025

1 – 2nd Saturday of Souls – 9:00 am

2 – Forgiveness Sunday (Cheese fare Sunday) – 9:00 am



3 – Clean Monday (Lent Begins) – 6:00 pm

5 – 1st Wednesday Pre-Sanctified Liturgy – 6:00 pm

7 – Friday -1st Salutation to the Theotokos – 9:00 am

8 – 3rd Saturday of Souls – 9:00 am

9 – Sunday of Orthodoxy – 9:00 am

12 – 2nd Wednesday Pre-Sanctified Liturgy

14 – Friday – 2nd Salutation to the Theotokos – 6:00 pm

16- Sunday of Gregory Palamas – 9:00 am

19 – 3rd Wednesday Pre-Sanctified Liturgy – 9:00 am

21 – Friday – 3rd Salutation to the Theotokos – 6:00 pm



Today's Scheduled Coffee Hour Hosts 2/23

Parish Council

Today's Scheduled Narthex Greeters for 2/16

George Delas

Theky Pappas

Our Volunteer Chantors

Nicholas Georgiou

Pete Marinos

Our Volunteer Choir Directors

Panos Messis

Costa Constantinou

Our Volunteer Organist

Eleni Christakos



ADULT BIBLE STUDY

THURSDAY FEBRUARY 27TH AT 6:30 PM

TOPICS TAKEN FROM THE SUNDAY LECTIONARY

Saint Barbara Greek Orthodox Church

8306 NC HWY 751

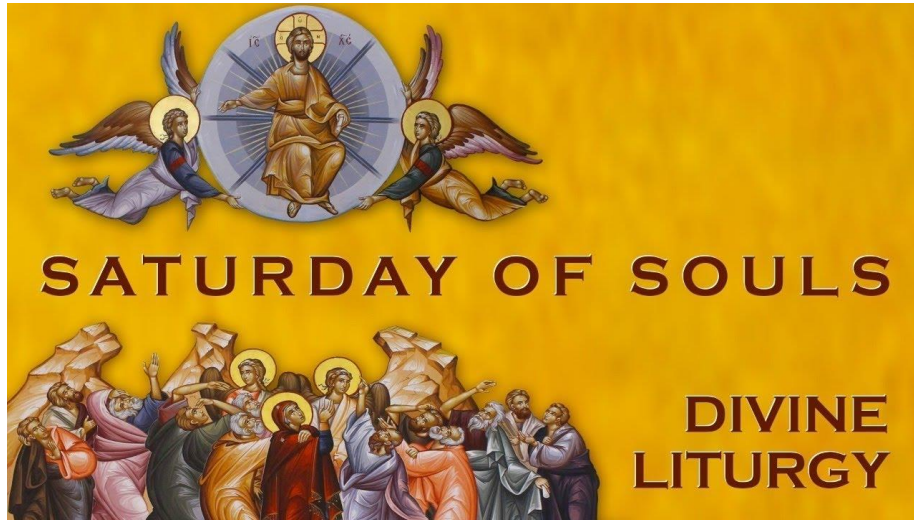
Durham, NC 27713

919-484-1600

For information Contact

Father Stavroforos by Email

fatherstavroforos2012@gmail.com



1st February 22nd at 9:00 am
2nd Saturday March 2nd at 9:00 am
3rd Saturday March 9th at 9:00 am

1ο Ψυχοσαββατο, 22 Φεβρουαριου 9:00 πμ
2ο Ψυχοσαββατο. 2 Μαρτιου 9:00 πμ
3ο Ψυχοσαββατο, 9 Μαρτιου 9:00 πμ

Through the Apostolic Constitutions (Book VIII, ch. 42), the Church of Christ has received the custom to make commemorations for the departed on the third, ninth, and fortieth days after their repose. Since many throughout the ages, because of an untimely death in a faraway place, or other adverse circumstances, have died without being deemed worthy of the appointed memorial services, the divine Fathers, being so moved in their love for man, have decreed that a common memorial be made this day for all pious Orthodox Christians who have reposed from all ages past, so that those who did not have particular memorial services may be included in this common one for all. Also, the Church of Christ teaches us that alms should be given to the poor by the departed one's kinsmen as a memorial for him.

Besides this, since we make commemoration tomorrow of the Second Coming of Christ, and since the reposed have neither been judged, nor have received their complete recompense (Acts 17:31; II Peter 2:9; Heb. 11:39-40), the Church rightly commemorates the souls today, and trusting in the boundless mercy of God, she prays Him to have mercy on sinners. Furthermore, since the commemoration is for all the reposed together, it reminds each of us of his own death, and arouses us to repentance.

How to Make Koliva Memorial Wheat



If you've never shared [Koliva](#) in memory of a loved one, this is a special treat with symbolic meaning. (Seems like most traditional Church foods have symbolic meanings!) Wheat kernels must fall to the ground and die in order to create new life ([Gospel of St. John 12:24](#)), just as our souls and bodies must come to an end of our earthly sojourn in order to pass into new life in eternity.

2 cups of wheat berries (the "soft" ones cook faster; can usually find these from health food store)

1/2 c. chopped walnuts

1 c. white raisins (or whatever dried fruits you prefer)

1/4 cup sugar

1/2 cup slivered almonds

1 tsp cinnamon

1/2 tsp cumin (optional)

1 cup finely ground zweiback toasts or graham crackers (optional)

1 cup powdered sugar

dragees or more nuts/ raisins for decoration

Day 1. Cover and soak berries overnight.

Day 2. Drain & rinse. Cover with water in large pot and bring to boil. Reduce heat and simmer uncovered 1-3 hours, until puffy and tender (keep covered with water and stir occasionally). A rice cooker or instant pot works great too.

Drain in a colander; rinse and drain again. Spread the wheat out on a smooth dish towel to dry overnight. (Don't spread them on a terry cloth bath towel. Please. Trust me.) You can just dry them for a couple of hours if you don't have an extra day :)

Day 3. Light a candle and pray. Mix all ingredients. You may decide to bring the mix to church to assemble. One time, when I arrived, another dear sister in Christ added a Lebanese spice and I wish I could tell you what it was - maybe star anise?

In any case, put combined mixture on a tray that has been covered with wax paper.

Heap in a mound toward center and press to make smooth.

To top it: First sprinkle with 1 cup of finely ground zweiback toast or graham cracker crumbs, and then sift on the powdered sugar. (the crumbs keep the sugar from absorbing and disappearing into the wheat).

Make a cross in the center with koufeta, dragees, nuts, raisins, etc.



(This is Carol's Koliva)

May Their Memory Be Eternal!

Triodion Sundays in Preparation for Great Lent

During the three-week pre-Lenten season, the church prepares us for repentance. She urges us to prepare ourselves through gradual diet modification and instructing us with themes of humility, judgment, repentance and forgiveness. The period is bounded by four Sundays.

The Links provided take you to the very comprehensive Archdiocese sites where you will find the Scripture lessons, hymns, articles and other information regarding these very special Sundays.

1. February 9 : [Publican and the Pharisee](#) (Luke 18:10-14)

This Sunday emphasizes humility as a key attitude for repentance. The Greek word for repentance is *metanoia*, which means a change of mind. To repent we must not boast of our spiritual feats, but humble ourselves like the Publican who longs for a change of mind. We are called to learn this secret of the inward poverty of the Publican rather than the self-righteousness of the Pharisee who is convinced of his perfectness and not open to change because of his pride. There is no prescribed fasting for this week.

2. February 16 : [Prodigal Son](#) (Luke 15:11-32)

This Sunday teaches us about our need to return from exile. This parable shows us the mercy of the Father who with open arms receives his son, whose behavior he does not return, but is joyous of his return home. We are encouraged to examine ourselves in the period of Lent to purge ourselves of sin and "come home." The week that follows is called Meat Week (*Kreatini*) as it is the last week we are to eat meat. In the villages of Greece this was the traditional week to slaughter the family pig and the leftovers were smoked to be eaten after Pascha. The normal rule of fasting are applied to this week, fast on Wednesday and Friday. Saturday of this week is the first Saturday of Souls where those who have fallen asleep in the hope of resurrection and eternal life are remembered at a special service "Saturday of the Souls." Parishioners bring small dishes of *kollyva* to the church and submit a list of first names of deceased ones to the priest. We commend to God all those who have departed before us, who are now awaiting the Last Judgment. This is an expression of the Churches love. We remember them because we love them.

3. February 23 : [Judgment \(Meat-fare\) Sunday](#) (Matt 25:31-46)

This Sunday emphasizes the Last Judgment. We are reminded of our individual responsibility for love. We are encouraged not to eat meat this week, but we can eat eggs, cheese and other dairy products.

4. March 2 : [Forgiveness \(Cheese-Fare\) Sunday](#) (Matt 6:14-21)

This Sunday emphasizes forgiveness and how we must forgive others if God is to forgive us so we can break the chains of sinful tendency which we inherit from the Adam and Eve. This is the last day of preparation as the traditional Lenten fast begins on the following day where no meat, dairy or eggs are to be eaten according to the church tradition.

5. March 3: [Great Lent Begins](#)

Great Lent is the period that the Church has in her wisdom set aside for us to intensify our own spiritual growth through fasting, prayer and worship. If you follow the Church guidelines on fasting, make time to attend the services and intensify your own prayer life, you will be rewarded with a greater closeness to God.



SAVE THE DATE - Spanakopita Assembly Saturday March 8 @ 11am

We will be assembling large pans of spanakopita on Saturday, March 8th in the church hall starting at approximately 11am, or following the end of the Saturday of Souls service scheduled that morning. I know everyone's schedules are busy, and your time is precious, but even if you can only spare an hour or two, please come by.

If you do come, we ask that you bring your own apron, a small bowl or saucepan to hold melted butter, and a pastry brush. This helps ensure we have enough equipment for all the workers.

Finally, if you can please let either Evelyn Panos (mamapan@aol.com), Theky Pappas (tedthekey@aol.com), or me (cindy.paliouras@gmail.com) know if you're able to come, so we'll have some idea of how many helpers to expect, that would be much appreciated. But even if you won't know until the last minute, please drop in... we're flexible, and we'll definitely put you to work!

Hope to see you on Saturday, March 8th!

Many thanks,
Cindy Paliouras cindy.paliouras@gmail.com
Theky Pappas tedthekey@aol.com
Evelyn Panos mamapan@aol.com

Cindy

Cindy Paliouras



GREEK DANCE PROGRAM & REHEARSALS

Saturdays at 3 pm for the Older Children

And at 4 pm for the Younger Children

For the Saint Barbara Greek Festival

Dance Instructor and Coach:

Hrisavgi Mangum

For Information Email:

hdkondilis.mangum@gmail.com

GREEK SCHOOL PROGRAM



Also note, Greek School will be during this time on Saturdays, which will allow for the different age groups to attend both youth programs.

The Young Greek Group will be at 3 pm, and the Older Greek Group will be at 4 pm.

If you have questions regarding which group your child will be attending, feel free to text or Email Hrisavgi. Hdkondilis.mangum@gmail.com

Saint Barbara General Meeting Schedule

Philoptochos General Meetings

4th Sunday of Month after Church in the Conference Room

Philoptochos Board Meetings

Sunday prior to the Last Sunday of the Month after Church
at a TBA offsite location

Parish Council General Meetings

Second Monday of the Month by Zoom
or in the Conference Room 6:30 pm

UNC-OCF

Monday Nights

7:00 pm – Panera Bread in Chapel Hill

Adult Bible Study

Thursday Nights in the Conference Room 6:30 pm

AHEPA Chapter # 277

General Meetings Third Sunday of the Month after Church
in the Conference Room

Greek School & Greek Dance

Saturdays – Classrooms at Church