

Today **OUTREACH SUNDAY** – The first Sunday of the month is Outreach Sunday. Please give generously to our Outreach volunteers for distribution to the needy in San Mateo County.

Today **CHEER ON OUR BASKETBALL TEAMS** - Both games are at 2:30 PM: Boys Middle plays Saint Gregory 1 at Annunciation, and Boys Elementary plays at and vs Ascension. **Next week's** games are both at Annunciation: Boys Middle vs Saint Gregory 2 at 3:30 PM, and Boys Elementary vs Annunciation at 4:30. Playoffs are on **Saturday, March 16** at Saint Nicholas; Championships are at Ascension the following Sunday.



Tuesday **BIBLE STUDY** continues at 10 AM. Join us in the Contos Library for in-depth discussions on the Holy Scriptures and the Writings of the Holy Fathers.

Wednesday **STUDIES IN THE FAITH** Join us at 7 PM in the Contos Library for in-depth discussions on the Holy Scriptures, the Writings of the Holy Fathers, and the theological teachings of our Church.

Thursday **BYZANTINE MUSIC INTRODUCTION CLASSES** - 6:30 PM in the Contos Library. Chanting is at the heart of all of our worship in the Orthodox Church. This class is for anyone interested in developing a deeper knowledge of the services of our Church and to learn how we chant them. Please contact Ross Ritterman (ross.ritterman@gmail.com) if you are interested in attending!

Saturday **THE PHILOPTOCHOS INVITES YOU** to our *Membership and Women's Health Tea*. All members of Philoptochos and those interested in joining this powerful movement are invited. Join this "movement" to help those in need. At the same time, learn how to be the best **you** possible to support your family and loved ones. / This year we are honored to have Dr. Tanya Spirtos speak on "Sleep." How can we get the sleep we need to keep us healthy? There will be time for questions and a delicious light luncheon served. / Laura Jadelrab will host the tea in her home at 1285 Hillcrest Boulevard in Millbrae from 11-3 PM. RSVP by email, text or phone to 650-678-0336, laura.jadelrab@gmail.com. / Hope to see you there!



Sun Mar 10 (Tue Mar 5) **PARISH ORATORICAL FESTIVAL** - NOW OPEN TO GRADES 3-12! Grades 3-6 comprise the Elementary Division and these participants can deliver a speech on any Orthodox topic with no time minimum or maximum. Grades 7-12 must choose a topic from the link below and follow timing guidelines. Participants should view this helpful info: https://www.goarch.org/documents/32058/4861760/sjcof_2019_participant_packet.pdf/5e46c37f-9b24-48f5-94d8-172760b82ed9 / Athena Koutsonikolas



has offered to serve as a mentor/coach to any participant who would like to work with her. Athena is a marketing, communications and public relations professional and has extensive experience in content curation. Athena can be contacted at athena.koutsonikolas@gmail.com / REGISTRATION INFO: If you are going to participate, please email Allison Virsik (ali_virsik@yahoo.com) by **TUESDAY, MARCH 5** so that she can make sure you are registered! / Detailed festival information can be found at <https://www.goarch.org/-/2019-st-john-chrysostom-oratorical-festival-topics>.

Fri Mar 15 **LENTEN POTLUCKS BEGIN** – Our ever-popular Lenten Potlucks follow Salutations to the Theotokos (which start at 7 PM). Please join us in The Oaks following services and bring your favorite Lenten (no meat or dairy) dish and your Orthodox friends.

Sat Mar 23 **BENEFIT CHORAL CONCERT IN SAN FRANCISCO** – A benefit choral concert of beloved Greek Orthodox hymns and Greek folk songs will be presented at 4:00 PM, in the Chapel at Annunciation Greek Orthodox Cathedral, 245 Valencia St. Proceeds benefit the Building Fund of Annunciation Cathedral. Info/tickets/sponsorships: 415-864-8000 or nick@tarlson.com. Online tickets: <https://annunciationfundraiser.bpt.me>

Apr 5-7

(Fri Mar 22) **BAY AREA GOYA LENTEN RETREAT** - All youth from grades 6-12 are strongly encouraged to participate in the Lenten Retreat at the Marin Headlands. This wonderful retreat is an amazing balance of beautiful landscape, wonderful friendships, all while growing stronger in the Faith. Please visit the Holy Cross website for info and to print out forms! Contact Father Tom at frtom@goholycross.org if you have questions. Registration deadline is **March 22!**



Apr 5-7

SPECIAL EIKONA VISIT – Eikona, the world-renowned 3-sister ensemble who sing Orthodox hymns and Christian songs, will visit Holy Cross and the Bay Area, presenting a musical concert and spiritual retreat with PAOI faculty on **Saturday, April 6**, here at Holy Cross. They will also sing During Liturgy on **Sunday, April 7**, at Holy Cross. PLUS, all young people, including those returning from the Bay Area youth retreat, will have the opportunity to enjoy working with Eikona in a special Sunday youth music workshop and jam session following Liturgy. They will also sing during the Salutations service at Holy Trinity on **Friday, April 5**. Info and register: paoi-eikona.eventbrite.com. Or contact paoi@ses.gtu.edu or 510-649-3450.



- ❖ **USHERS NEEDED** Parishioners are encouraged to volunteer to serve as an usher for church services. Please contact Bob Nemchik bobsubstd@aol.com if you are interested.
- ❖ **SPONSOR A COFFEE HOUR ON SUNDAYS** - We have the wonderful opportunity to visit with our friends after Liturgy -- please join us. Remember, all donations collected help support the many charities of Philoptochos. We would like to invite you, (man or woman) to come help us. If interested or you have suggestions on improving the coffee hour, call Irene Pappas 650-591-6976 or email sunlover488-m@yahoo.com.
- ❖ **COFFEE HOUR NEWS** - Someone wanted to know if she could donate to the Coffee Hour expenses but pointed out that many people do not carry cash any more. You can now donate online! – go to <http://www.goholycross.org>, click the “Stewardship 2019” button at the top, and donate to the “Coffee Hour” fund. It's so easy. Keep the great ideas coming!
- ❖ **HOLY CROSS APP** – is available for download. Stay current with the Church of the Holy Cross with our mobile app. Look for “GO Holy Cross” in your iPad / iPhone App store or in your Android Google Play Store.
- ❖ **PHILOTOCHOS CHURCH AND COMMUNITY SERVICE AWARDS** – High school seniors are encouraged to apply for these service awards offered by the Philoptochos. Applications for 2019 awards are available **NOW** *by emailing the church office*. A typed application is required -- No handwritten applications will be accepted. If you are college-bound or are planning to enter a training program, if you have participated in Church and Community service, and if your family is a member of our parish, then you may qualify. Deadline is **Monday, April 29, 2019**.

HOLY CROSS THREE HIERARCHS BOOKSTORE

Browse with us and find a bounty of Orthodox items for your personal use and for gift-giving. One of our newest books, “Words of the Heart,” reflects the life of Gerondissa Marina, “a rare flower in the garden of modern women’s monasticism.” / “Food Faith and Fasting, a Scared Journey to Better Health” is another book on our recommendation list. Gerochristo crosses are now available as are many books, icons, CD’s and other gift items.

WELCOME TO THE CHURCH OF THE HOLY CROSS

If you are visiting us for the first time, we invite you to sign a guest card in the Narthex. **Only those who have been baptized and/or confirmed in the Greek Orthodox Church are in good standing in the Eastern Orthodox faith** and have recently been to confession may participate in the Holy Sacraments of the Church, including the Holy Eucharist. May God bless and keep you well.



GREEK ORTHODOX CHURCH OF THE HOLY CROSS

Judgment Sunday
March 3, 2019

The Reverend Peter G. Salmas
- e-mail: frpeter@goholycross.org
The Reverend Athanasios Felactu
- e-mail: frtom@goholycross.org

900 Alameda / Belmont, CA 94002-1604 / office 650-591-4447

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SERVICES

- Sunday, March 3** – Meat Fare / Judgment Sunday - 8:45 AM, Orthros, 10:00 AM, Divine Liturgy
- Saturday, March 9 – Saturday of Souls – 8 AM, Orthros; 9 AM, Divine Liturgy
- Saturday, March 9 – Great Vespers, 5:30 PM
- Sunday, March 10** – Sunday of Forgiveness - 8:45 AM, Orthros, 10:00 AM, Divine Liturgy
- Monday, March 11 – Lent Begins – Great Compline, 7 PM
- Tuesday, March 12 – Great Compline, 7 PM
- Wednesday, March 13 – Ninth Hour / Presanctified Liturgy, 5:30 PM
- Thursday, March 14 – Great Compline, 7 PM
- Friday, March 15 – Ninth Hour / Presanctified Liturgy, 8:30 AM
- Friday, March 15 – First Salutations to the Theotokos, 7 PM
- Saturday, March 16 – Saturday of Souls – 8 AM, Orthros; 9 AM, Divine Liturgy
- Saturday, March 16 – Great Vespers, 5:30 PM
- Sunday, March 17** – Sunday of Orthodoxy - 8:45 AM, Orthros, 10:00 AM, Divine Liturgy