



**First Saturday of Lent: The Commemoration of the Miracle of Kollyva wrought by Saint Theodore the Tyro**

Feast day: March 23<sup>rd</sup>


Julian the Apostate, knowing that the Christians purify themselves by fasting most of all during the first week of the Fast -- which is why we call it Clean Week -- planned to defile them especially at that time. Therefore he secretly commanded that during those days the markets be filled with foods that had been defiled with the blood of animals offered in sacrifice to idols. But by divine command the Martyr Theodore (see Feb. 17) appeared during sleep to Eudoxius, then Archbishop of Constantinople.

The Saint revealed to him the tyrant's plan, then told him to call the faithful together immediately on Monday morning and prevent them from purchasing those foods, but rather to make kollyva to supply their needs. The bishop asked what kollyva might be, and the Saint answered, "Kollyva is what we call boiled wheat in Euchaïta." Thus, the purpose of the Apostate was brought to nought, and the pious people who were preserved undefiled for the

whole of Clean Week, rendered thanks to the Martyr on this Saturday, and celebrated his commemoration with kollyva. These things took place in 362. Wherefore, the Church keeps this commemoration each year to the glory of God and the honour of the Martyr.

Apolytikion of 1st Sat. of Lent  
*Second Tone*  
Great are the achievements of faith! In the fountain of flame, as by the water of rest, the holy Martyr Theodore rejoiced; for having been made a whole-burnt offering in the fire, he was offered as sweet bread unto the Trinity. By his prayers, O Christ God, save our souls.

Kontakion of 1st Sat. of Lent  
*Fourth Tone*  
Having received the Faith of Christ in thy heart as a breastplate, thou didst trample upon the enemy hosts, O much-suffering champion; and thou hast been crowned eternally with a heavenly crown, since thou art invincible.



Transfiguration Greek Orthodox Church  
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Let us love as much as we can to sit with Mary at the feet of Christ our Lord and listen to what He has to say to our soul. We must beware lest our enemies (the greatest of whom is ourselves) frustrate this holy standing in silence before the Lord.

Fr. Jack Sparks

*Victory in the Unseen Warfare | by Fr. Jack Sparks p.105*



## TRANSFIGURATION GREEK ORTHODOX CHURCH

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*"WATCH OVER YOUR LIFE – DO NOT LET YOUR LAMPS  
BE EXTINGUISHED, NOR YOUR WAIST BE UNGIRDLED.  
BUT BE READY, FOR YOU DO NOT KNOW  
WHEN OUR LORD IS COMING."*

*THE DIDACHE*

March 2023

My Brothers and Sisters in Christ,

The month of March brings us to the Great Fast, and the above words from the teachings of the Apostles are offered for your consideration. Every day of our life and especially during the Great Fast, we must be cognizant of our spiritual condition. We are offered this opportunity by the Church yet there can be no benefit unless we are willing to make the necessary adjustments.

The vigilance necessary during this time of the liturgical calendar requires us to be ever ready to see that we remain steadfast in our faith. The Apostles refer to this as "watching over our life, not letting our lamps be extinguished nor our waist ungirded." These are the times when we are most susceptible to the torments of the enemy and must remain all the more vigilant.

As we begin the Great Fast let us all strive to make the above words relevant in our life. When faced with the struggles of the Fast, let our lamp burn strong. Only then can this time be rewarding and beneficial for each of us.

May our Lord strengthen and guide us as we begin our journey to Pascha.

In His Service,

Fr. Mario

## Parish Organizations



### Parish Council

President: Kent Nabers

Vice President: Lambros Bolos Treasurer: Drew Wilson

Members: Bob Adams, Chris Burton, Troy Cutrube, Abdulla Dawood



### Philoptochos

President: Susie Zecca Vice President: Pam Tsakalos

Recording Secretary: Annie Wilson Treasurer: Helen Papageorge

Assistant Treasurer: Pena Klomp

We meet the first Sunday of every month, after the Divine Liturgy in the conference room.



### Ahepa

President: Mike Kolendrianos Vice President: Gary Pilgrim

Secretary: Travis Soderquist Treasurer: Nick Thiros

Education Chairman: Dr. Bob Adams Chaplain: Fr. Mario Giannopoulos

We meet the second Wednesday of every month at 7:00pm. Come join us!



### Daughters Of Penelope

President: Chris Thiros Vice President: Sophia Jones

Secretary: Helen Papageorge Treasurer: Debbie Papageorge

Priestess: Maria Soter

Warden: Aphrodite Koloveas



### Choir

If you would like to join the choir, please contact Helen Papageorge.



### Sunday School

Sunday School meets every Sunday directly after Holy Communion.

If you would like more information, please contact Stacey Henderson or Travis Soderquist.



### Goya

GOYA is our middle-school and high school ministry.

If you would like more information, please contact Lindsay Toulatos.



### Hope & Joy

Hope & Joy is our pre-k through elementary school ministry. If you would like more information, please contact Stacey Henderson.



### Book Club

We meet every Sunday after coffee hour. Anyone can join at any time!

If you would like more information, please contact Kent Nabers.



### Youth Greek Dancing

If you would like to join, please contact Vasiliki Chaus or Stacey Henderson.



Stewardship

MULTIPLY YOUR GIFTS

Where we invest our treasures on Earth speaks volumes about where our hearts are.

DEPARTMENT OF RELIGIOUS EDUCATION (DRE)

THROUGH STEWARDSHIP

AHEPA & Daughters of Penelope

The lamb dinner is scheduled for May 18 Saturday. The golf tournament is scheduled for June 21.

Graduating high school students, seniors and kids attending college. Look for scholarship information to be out soon in the bulletin.



March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Sunday of the Prodigal Son Orthros 9:00am Liturgy 10:00am Sunday School	4	5	6	7	8	9 Saturday of Souls Orthros 9:00am Liturgy 10:00am
10 Judgement Sunday (Meatfare) Orthros 9:00am Liturgy 10:00am Sunday School	11	12	13	14	15	16 Saturday of Souls Orthros 9:00am Liturgy 10:00am
17 Forgiveness Sunday Orthros 9:00am Liturgy 10:00am Sunday School	18	19	20 Presanctified Liturgy 6:00pm	21	22 Salutations 6:00pm	23 Saturday of Souls Orthros 9:00am Liturgy 10:00am
24 Sunday of Orthodoxy Orthros 9:00am Liturgy 10:00am	25 Annunciation Orthros 9:00am Liturgy 10:00am	26	27 Presanctified Liturgy 6:00pm	28	29 Salutations 6:00pm	30
31 Sunday Of Gregory Palamas Orthros 9:00am Liturgy 10:00am Sunday School						

- Fast Days:**
- Wine: Wine and oil are allowed. Refrain from meat, fish, dairy, and eggs.
  - Strict: Refrain from meat, fish, oil, wine, dairy, and eggs.
  - Fish: Fish, oil and wine are allowed. Refrain from meat, dairy and eggs.
  - Dairy: Dairy, eggs, fish, oil and wine are allowed. Refrain from meat.
  - Memorial (Mnimosino)



**Memorials:**

Mar 3<sup>rd</sup>: Krisoula (Kris) Takas - 40 Days

Mar 10<sup>th</sup>: Thelma Daskalos - 40 Days



# Parish Council

Dear Parishioners,

As we anticipate the 60th anniversary of our parish, we are excited to invite you to be part of the planning committee for this special occasion. Your creativity, dedication, and enthusiasm will be invaluable in making this milestone celebration truly memorable.

The anniversary dinner will coincide with our church's name day and will be held in our community center. It's an opportunity for us to come together, reflect on our journey, and rejoice in the blessings that have enriched our parish over the past six decades.

If you feel called to contribute your time and talents to help plan this significant event, we encourage you to reach out to any member of the parish council or contact Angie Bolos. Your involvement will help ensure that our

# Philoptochos

We will be having a meeting March 3rd

# Coffee and snacks after services



I If you're interested in hosting coffee and snacks, please coordinate with Larissa Dea to schedule a convenient day. Your contribution will not only refresh but also enhance the welcoming atmosphere within our church. All are welcome to join this meaningful endeavor, enriching our sense of community.



anniversary celebration reflects the spirit and gratitude of our parish family.

Together, let's make this 60th anniversary a joyous and unforgettable occasion for all. We look forward to working with you as we embark on this journey of celebration and gratitude.

With warm regards,

The Parish Council

# Sunday School

Sunday School will resume for the year on Sunday, October 8th after liturgy.

We have 2 classes:

Age 4 through Third Grade - Travis Soderquist

Fourth Grade through Middle School - Stacey Henderson

We hope to see all Sunday School aged students in class - the more the merrier



# Zoom Discussion

St Athanasios on the Incarnation

We are reading St Athanasios' treatise on the Incarnation. Emails will be sent to all who have participated in our past discussions. If you have not previously participated and would like to be included, please email Fr Mario at frmtg@yahoo.com

Thanks,

FM