

Priest	<b>ST. SPYRIDON GREEK ORTHODOX CHURCH</b> <b>3655 Park Blvd.</b> <b>San Diego, CA 92103</b> <b>Office (619) 297-4165 - Fax (619) 297-4181</b> <b>www.stspyridon.org</b>	Fr. Andrew Scordalakis
Parish Council President		Mr. Spero Tzathas
Chantor		Mr. John Kanterakis
Choir Master		Mrs. Kathy Meck
Library and Bookstore		Mrs. Mary Gikas
YAL		Miss Lauren Jury
Philoptochos President		Mrs. Christine Tradas
Greek Language School Director		Mrs. Helen Gevas
GOYA Director		Mr. Anthony Kyriakidis
Sunday School Directors		Mrs. Paulette Gallanis & Mrs. Diana Fowler
Hope & Joy Directors	Mrs. Sophia Thiros & Mrs. Mary Ann Angeles	
Toddler Playgroup	Mrs. Margaux Merziotis & Mrs. Zoi Trakas	
Seniors	Mrs. Sophia Mellos	
Women of the Word (WOW)	Mrs. Kay Harkins	
Secretary	Mrs. Vicky Ragousis	
Secretary	Mrs. Tina Kallas	

**SUNDAY, MARCH 7**

**Sunday of the Holy Cross**  
**Orthros: 8:45am - Divine Liturgy 10:00am**  
**Epistle Reading: Heb. 4:14-16; 5:1-6 Liturgy book page 140**  
**Gospel Reading: Mark 8:34-38; 9:1 Liturgy book page 141**

**ALTAR SERVERS:**

**St. John: Co-cap. Gregory Kouris, Co-cap. Stavros Markakis, Christopher Kouris, , Niko Markakis, Nicko Savala, David Savala, James Smirniotis and Andoni Sooklaris.**

**PARISH COUNCIL:**

**St. Athanasios: Art Balourdas, Team Leader, Vlasi Kouris, Christina Frangos, Jim Leventis Francesca Captain.**

**A WELCOME TO OUR VISITORS:**

The Parish Council would like to welcome all those who are visiting with us today. To avoid any misunderstanding or embarrassment please be reminded that only Baptized and/or Chrismated Orthodox Christians may receive the Sacraments of the Church, which includes Holy Communion. Thank you for your understanding.

**COMMUNION PRAYERS:**

The **Pre-Communion Prayers** offered **before** receiving Holy Communion can be found beginning on page 29 of the small red Divine Liturgy book.  
 The **Thanksgiving Prayers** offered **after** receiving Holy Communion can be found beginning on page 40 of the small red Divine Liturgy book.

**THE ORDER OF PROCESSION WHEN RECEIVING HOLY COMMUNION:**

When Sunday School is in session please observe the following when coming forward to receive Holy Communion: Please allow our Sunday School children and their teachers to be the first to receive so they can depart for their lessons. Then, allow the choir to approach from the right side. Then, row by row, at the direction of the Parish Council members. Those remaining in the pews are asked to move into the center aisle, receive Holy Communion and return to their pew using the side aisles.

**FELLOWSHIP:**

Today's fellowship and coffee hour is graciously offered by the Thiros family and the Kallas families in loving memory of their beloved mother and grandmother Pauline Kallas. May her memory be eternal.

**Monthly Newsletter Deadline - Tomorrow, Monday, March 8th.**

**WEEKLY SERVICES:** **Monday, March 8th** - Great Compline 7:00 pm  
**Wednesday, March 10th** - Pre-Sanctified Gifts 6:00 pm.  
**Friday, March 12th** - 4th Salutations to the Theotokos 7:00 pm.

**MEMORIALS:** **Pauline Kallas** - 8 years  
**Anna Xenakis** - 12 years  
**Despina Kanderakis** - 2 years  
**Eleni Kanterakis** - 22 years

**Special Tray Collection TODAY** - In celebration of the Veneration of the Holy Cross, the Ladies of Philoptochos will pass an offering tray today to benefit Hellenic College/Holy Cross Seminary. If you would like to write a check, please make it payable to "St. Spyridon Philoptochos". Your donations are greatly appreciated, and will be sent directly to our beloved Seminary.

**CHURCH NEWS AND ANNOUNCEMENTS**

**Congratulations** - to **Bill and Georgene Kromydas** on the birth of their son **Sakee Harry** who was born on February 12th, weighing 6 lbs., 12 oz. and 19 1/2 in. long. The proud grandparents are Helen Kromydas, and Sakee and Irene Poulakidas.

**Pan-Orthodox Vespers** - Third Sunday of Great and Holy Lent, March 7th at St. George Antiochian Orthodox Church, 4175 Popular St., San Diego at 6:00 pm.

**Sunday School** - Our missionaries truly "Let their light shine" so, in their support and in honor of our Lenten season, our Sunday School students are selling candles. 100% of our profit will be sent to OCMC (Orthodox Christian Mission Center). Don't hide your light under a bushel! Show your support by either buying a candle from a student or placing money in the mission boxes your child brought home from class. Please return filled boxes on Palm Sunday. Thank you.

**Themes From the Ladder of St. John** - Gerondissa Markella & The Life Giving Spring Monastery invite you, your friends and your family to a spiritual retreat featuring Constantine Zalalas, "Themes From the Ladder of St. John". Friday, March 12th through Sunday, March 14th. For lodging and lecture prices call St. Nicholas Ranch at **559-338-2103**, or email at **info@stnicholasranch.org**.

**Stewardship** - This is a kind reminder to encourage you to come and join those who have made their stewardship pledge for **2010**. If you have not already joined those who have made their **2010** stewardship pledge, please make serious consideration to do so. Please take the time and make the effort to do your part. Remember, stewardship is for everyone. **2010** Stewardship pledge cards are available in the Narthex.

**Senior Citizens** - Senior Citizens Meeting & Potluck Tuesday, March 9 at 10:30 am.

**Parish Council** - Parish Council Meeting Tuesday, March 9 at 6:30 pm.

**Toddler Group** - Toddler Group Meeting, Wednesday, March 10 at 9:30 am.

**W.O.W.** - Women of the Word Meeting Wednesday, March 10 at 10:30 am.

**Choir** - Choir Rehearsal Thursday, March 11 at 7:00 pm.

**Fellowship Coffee Hour** - Philoptochos welcomes you to participate in offering Fellowship for a name day, birthday, memorial, or simply to make the offering. Please contact Marian Dougenis at 619-280-7711 or **mkdougenis@prodigy.net** to check for available dates. Your kindness, generosity and positive response in much appreciated.