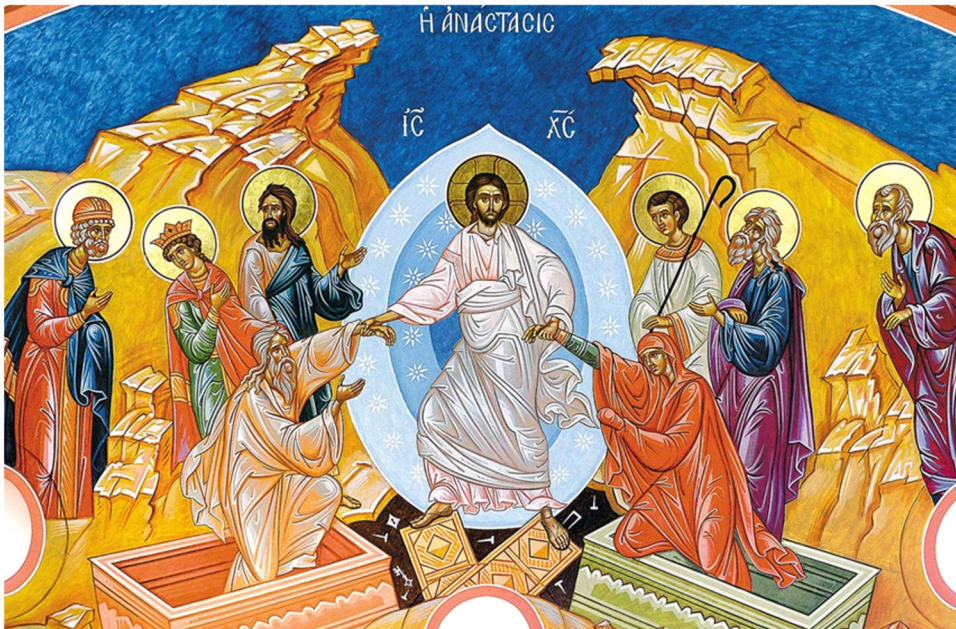




Saints Constantine & Helen  
Greek Orthodox Church of Washington, D.C.  
April 12, 2026  
Great & Holy Pascha



# ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ!



# CHRIST IS RISEN!

## Upcoming Church Services:

Sunday April 12th: Agape Service of Great & Holy Pascha-11:00am

Sunday, April 19th: Thomas Sunday - Orthros 8:15am & Divine Liturgy: 9:30am

**Please Note:** All church services are recorded & broadcast live.

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# CHRIST

# ΧΡΙΣΤΟΣ



# IS RISEN!

# ΑΝΕΣΤΗ!

## HOLY PASCHA LILY SPONSORS

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Father Kallinikos Chasapis  
In Honor of Aliko Marinos Ahmadi  
In Honor of Nina Alexiou and Family  
In Loving Memory of Electa Beckner  
In Honor of Lambros & Georgia Bisbikis  
In Honor of Demetrios & Lefki Bizbikis  
In Honor of Rina Brummitt  
In Loving Memory of Thomas & Lola Coulis  
In Honor of the Dimidis Family  
In Loving Memory of Emmanuel Kontakiotis  
and Rena Drakakis  
In Honor of Georgia Fotopoulos and  
In Loving Memory of Panagiotis Fotopoulos  
In Loving Memory of the Franks Brothers:  
Steve and Tommy  
In Loving Memory of Chrysoula & Panayioti Franks  
In Loving Memory of the Franks Sisters:  
Xan, Mary, Georgia and Diane  
In Honor of the Hajicosti Family  
In Loving Memory of Spyros & Maria Hallas  
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In Honor of Eleni Marinos  
In Loving Memory of Koralia Marmaras  
In Honor of the Marmaras Family  
In Loving Memory of George, Beatrice and Basil  
From: Thalia Marmaras  
In Honor of Efrem, Beth and Emma Maroules  
In Honor of the Maroules Family  
In Honor of the Masten Family  
In Honor of Theodore and Kathy Matrakas  
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Brother James  
In Honor of the Tsakalozou Family  
In Loving Memory of Emtithal, Zahary & Illia Wahba  
In Honor of the Yfantis Family  
In Honor of the Zevitas Family

# Thank You



## Ο ΑΠΟΣΤΟΛΟΣ - Πράξεις Ἀποστόλων 1:1-8

Τὸν μὲν πρῶτον λόγον ἐποίησάμην περὶ πάντων, ᾧ Θεόφιλε, ὧν ἤρξατο ὁ Ἰησοῦς ποιεῖν τε καὶ διδάσκειν ἄχρι ἧς ἡμέρας ἐντειλάμενος τοῖς ἀποστόλοις διὰ Πνεύματος Ἁγίου οὗς ἐξελέξατο ἀνελήφθη· οἷς καὶ παρέστησεν ἑαυτὸν ζῶντα μετὰ τὸ παθεῖν αὐτὸν ἐν πολλοῖς τεκμηρίοις, δι' ἡμερῶν τεσσαράκοντα ὀπιτανόμενος αὐτοῖς καὶ λέγων τὰ περὶ τῆς βασιλείας τοῦ Θεοῦ. καὶ συναλιζόμενος παρήγγειλεν αὐτοῖς ἀπὸ Ἱεροσολύμων μὴ χωρίζεσθαι, ἀλλὰ περιμένειν τὴν ἐπαγγελίαν τοῦ πατρὸς ἣν ἠκούσατέ μου· ὅτι Ἰωάννης μὲν ἐβάπτισεν ὕδατι, ὑμεῖς δὲ βαπτισθήσεσθε ἐν Πνεύματι Ἁγίῳ οὐ μετὰ πολλὰς ταύτας ἡμέρας. οἱ μὲν οὖν συνελθόντες ἐπηρώτων αὐτὸν λέγοντες· Κύριε, εἰ ἐν τῷ χρόνῳ τούτῳ ἀποκαθιστάνεις τὴν βασιλείαν τῷ Ἰσραὴλ; εἶπε δὲ πρὸς αὐτούς· οὐχ ὑμῶν ἐστὶ γινῶναι χρόνους ἢ καιροὺς οὗς ὁ πατὴρ ἔθετο ἐν τῇ ἰδίᾳ ἐξουσίᾳ, ἀλλὰ λήψεσθε δύναμιν ἐπελθόντος τοῦ Ἁγίου Πνεύματος ἐφ' ὑμᾶς, καὶ ἔσεσθέ μοι μάρτυρες ἐν τε Ἱερουσαλὴμ καὶ ἐν πάσῃ τῇ Ἰουδαίᾳ καὶ Σαμαρείᾳ καὶ ἕως ἐσχάτου τῆς γῆς.

### THE EPISTLE - Acts of the Apostles 1:1-8

In the first book, O Theophilus, I have dealt with all that Jesus began to do and teach, until the day when he was taken up, after he had given commandment through the Holy Spirit to the apostles whom he had chosen. To them he presented himself alive after his passion by many proofs, appearing to them during forty days, and speaking of the kingdom of God. And while staying with them he charged them not to depart from Jerusalem, but to wait for the promise of the Father, which, he said, "you heard from me, for John baptized with water, but before many days you shall be baptized with the Holy Spirit."

So when they had come together, they asked him, "Lord, will you at this time restore the kingdom of Israel?" He said to them, "it is not for you to know times or seasons which the Father has fixed by his own authority. But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth."

### ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Ἰωάννην 1:1-17

Ἐν ἀρχῇ ἦν ὁ Λόγος, καὶ ὁ Λόγος ἦν πρὸς τὸν Θεόν, καὶ Θεὸς ἦν ὁ Λόγος. Οὗτος ἦν ἐν ἀρχῇ πρὸς τὸν Θεόν. Πάντα δι' αὐτοῦ ἐγένετο, καὶ χωρὶς αὐτοῦ ἐγένετο οὐδὲ ἓν ὃ γέγονεν. Ἐν αὐτῷ ζωὴ ἦν, καὶ ἡ ζωὴ ἦν τὸ φῶς τῶν ἀνθρώπων. Καὶ τὸ φῶς ἐν τῇ σκοτίᾳ φαίνει, καὶ ἡ σκοτία αὐτὸ οὐ κατέλαβεν.

Ἐγένετο ἄνθρωπος ἀπεσταλμένος παρὰ Θεοῦ, ὄνομα αὐτῷ Ἰωάννης· οὗτος ἦλθεν εἰς μαρτυρίαν, ἵνα μαρτυρήσῃ περὶ τοῦ φωτός, ἵνα πάντες πιστεύσωσι δι' αὐτοῦ. Οὐκ ἦν ἐκεῖνος τὸ φῶς, ἀλλ' ἵνα μαρτυρήσῃ περὶ τοῦ φωτός. Ἦν τὸ φῶς τὸ ἀληθινόν, ὃ φωτίζει πάντα ἄνθρωπον ἐρχόμενον εἰς τὸν κόσμον. Ἐν τῷ κόσμῳ ἦν, καὶ ὁ κόσμος δι' αὐτοῦ ἐγένετο, καὶ ὁ κόσμος αὐτὸν οὐκ ἔγνω. Εἰς τὰ ἴδια ἦλθε, καὶ οἱ ἴδιοι αὐτὸν οὐ παρέλαβον. Ὅσοι δὲ ἔλαβον



αὐτόν, ἔδωκεν αὐτοῖς ἐξουσίαν τέκνα Θεοῦ γενέσθαι, τοῖς πιστεύουσιν εἰς τὸ ὄνομα αὐτοῦ, οἱ οὐκ ἐξ αἱμάτων, οὐδὲ ἐκ θελήματος σαρκός, οὐδὲ ἐκ θελήματος ἀνδρός, ἀλλ' ἐκ Θεοῦ ἐγεννήθησαν. Καὶ ὁ Λόγος σὰρξ ἐγένετο καὶ ἐσκήνωσεν ἐν ἡμῖν, καὶ ἐθεασάμεθα τὴν δόξαν αὐτοῦ, δόξαν ὡς μονογενοῦς παρὰ πατρός, πλήρης χάριτος καὶ ἀληθείας. Ἰωάννης μαρτυρεῖ περὶ αὐτοῦ καὶ κέκραγε λέγων· Οὗτος ἦν ὃν εἶπον, ὁ ὀπίσω μου ἐρχόμενος ἔμπροσθέν μου γέγονεν, ὅτι πρῶτός μου ἦν. Καὶ ἐκ τοῦ πληρώματος αὐτοῦ ἡμεῖς πάντες ἐλάβομεν, καὶ χάριν ἀντὶ χάριτος· ὅτι ὁ νόμος διὰ Μωϋσέως ἐδόθη, ἡ χάρις καὶ ἡ ἀλήθεια διὰ Ἰησοῦ Χριστοῦ ἐγένετο.

### **The Gospel - John 1:1-17**

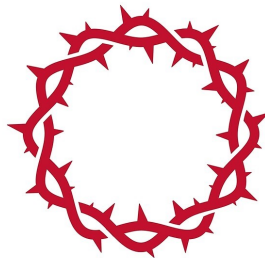
In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

There was a man sent from God, whose name was John. He came for testimony, to bear witness to the light, that all might believe through him. He was not the light, but came to bear witness to the light.

The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father. (John bore witness to him, and cried, "This was he of whom I said, 'He who comes after me ranks before me, for he was before me.'")

And from his fullness have we all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ.



*Christos Anesti!*

# Christ is Risen! Truly He is Risen!



*The great and holy myrris-bearer Mary Magdalene, equal of the apostles, was a disciple of Jesus named Mary from Magdala, a town in Galilee. She was present at the crucifixion and burial of Christ, and was first to see Him risen from the dead. (Matthew 27:55-61, Mark 16:1-10)*

## Miracle of the Red Egg

According to a pious tradition of the Church, Saint Mary Magdalene, following the death and resurrection of Jesus, attended a banquet given by Emperor Tiberius. There she met the Emperor, and while holding a plain egg in her hand, she exclaimed "*Christ is risen!*" Caesar laughed, and said that Christ rising from the dead was as likely as the egg in her hand turning red while she held it. Before he finished speaking, the egg in her hand turned a bright red, and she continued proclaiming the Gospel to the entire imperial house.





## FUTURE MEMORIALS

**April 26th** - Louis Kotsiras, Athanasios Panagiotis Mantzouranis and Nick Rakis  
**May 24th** - Sofia Chatos

Please call the church office to schedule Memorials and Artoklasies at 240-389-1366. Artoklasies MUST be scheduled one week prior with the church office in order to be celebrated during the Divine Liturgy.

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## PRAYER LIST

Susan, Paul, Konstantinos, Faye, Panagiota, Maria, Sophia, Nicholaos, Panagiota, Michael, Demetrios, Maria, Annette, Kathy, Alikl, Ernie, Anastasia, Christos, Vasili, John, Cedric, Margaret Arianna, Cleopatra, Tiffany, Maria, Marvin, Tiffany, Annette, Jodie, Evan, Despina, John, Stelios, Alexandra, Dionysia, Hariklia, Konstantinos, Bridget, George, Peter, Matthew, Litsa, Don, George, Helena, Bill, Andriana, Harry, Phil, Mark, Nikos, Anna, Evangelia, Kathy, Tina, Gloria, Demetrios, Andreas, Chrisoula, Panagiotis, Anastasia, George, Panagiot, Maria, Paul, Anna and Eleni.

## PRAYER FOR A SICK PERSON

Heavenly Father, physician of our souls and bodies, who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal me Your servant from all physical and spiritual ailments through the grace of Your Christ. Grant me patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I pray that You heal me as Your servant and grant me the gift of complete health. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.

+++++

Healing Together

Grief Support Group  
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sessions stand alone

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ktmon3@gmail.com

To sign up, go to our page on the [griefshare.org](http://griefshare.org) site and click on the link to register for our group. Our group is free to attend, but please purchase the participant's guide for \$20 and bring it with you to our sessions.

## Grief Share Ministry

[CLICK HERE TO SIGN UP](#)



April 12, 2026

EASTER EGG HUNT 2026

# Easter Sunday

Bring your own baskets and meet on the patio  
directly following the Agape Service

for more information email Helen Nixon  
[Happ526@gmail.com](mailto:Happ526@gmail.com)



# YOUTH MINISTRY

Our church community gathered tonight to make crosses from palm branches as we prepare for Palm Sunday, a beautiful tradition in our Greek Orthodox faith.

Our youth also met with Father D and Father K, where they discussed the importance of confession—especially during Lent—and growing closer to God. We ended the evening with a movie, enjoying fellowship and time together as a church family.



# HIGH SCHOOL GRADUATES

Deadline to submit: May 7, 2026

*Sts. Constantine and Helen Church*



*Celebrate the Class of*  
**2026**

**Sunday, May 17**

*High School*  
**Senior Sunday**

If you have a senior and want to  
participate please reach out to  
**Maria Mantzouranis @ 301-775-3515**



# DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING - *John 1:1-17*

## “The Word Became Flesh...”

Fr. George Parsenios



As we celebrate Christ's Resurrection, today's Gospel reading reminds us of his birth when it says, "The Word became flesh" (John 1:14). Easter and Christmas are the two great poles of the liturgical year. Most of the Autumn season leads to Christmas, and the entire Spring leads up to Easter. And, just like the separate poles of the globe, Christmas and Easter seem like opposites in many ways. One focuses on birth, the other on rising from the dead. One is celebrated in the icy cold of Winter, the other in the warm sunlight of early Spring. The two feasts seem so very different, but they are actually closely connected. We observe, for instance, a 40-day fast before both Christmas and Easter. In both feasts, we see God renewing and remaking his creation. Saint Paul says that those who are in Christ are a new creation (2 Corinthians 5:17), and the birth and resurrection of Christ are the beginning and the end of this new creation as the curse of Adam is reversed. Adam was created directly by God with no earthly Father, and the world is recreated in the birth of Christ who also has no earthly Father. Adam's curse of death is finally removed in the Resurrection. The world begins to be made anew in Christmas, and this work of renewal is brought to completion at Pascha. What remains for us now is to live like people made anew. When insulted, we must forgive. When tempted, we must resist. When filled with all good things, we must share with those in need. In these ways, we proclaim the message of our Lord to a world waiting for Christ's renewal, and we announce together with all creation: **Χριστός Ανέστη!**  
**Christ is Risen!**

Fr. George Parsenios is Professor of New Testament at Holy Cross Greek Orthodox School of Theology. [www.hhc.edu](http://www.hhc.edu)



Diakonia is made possible by a generous grant from Leadership 100

Scan for today's service text

[bit.ly/parishtexts](http://bit.ly/parishtexts)



FROM THE ORIGINAL GREEK: monogenes (μονογενής)

## What is “Only-begotten?”

Fr. George Parsenios



The term *μονογενής/monogenes* is made up of two Greek words. **Mono** means “only” and **genes** means “begotten” or “born,” stemming from the Greek verb *gennao*, which means “I give birth.” The term is applied to Christ throughout

the Christian tradition—in the New Testament, in the Nicene Creed and in the Divine Liturgy—and its purpose is to emphasize that Christ is truly God. In the Creed we say that Christ

was “begotten, not created,” and this phrase points to the importance of saying that Christ is “begotten.” We beget things that are like us, and we create things that are different from us. A bird creates a nest but begets another bird. A human being creates a car but begets a human baby. God created the world, which is different from God. But the Son of God is not a creature. The Son of God is begotten of the Father. To say that Christ is begotten of the Father, therefore, is to say that Christ is God. This term is applied to Christ several times in the New Testament, and defines his relationship to the Father, a relationship which he alone shares, rendering him “only-begotten.”



### THIS WEEK'S LOOK AT CHURCH HISTORY

## Finding the Cross of Jesus Christ

St. Helen discovered the True Cross of Christ under a fragrant herb we now call “basil.” Basil is derived from the Greek word (*βασιλεύς*) “basileus,” a title used for emperors, monarchs, and kings.

After Emperor Constantine the Great legalized Christianity, his mother, St. Helen, made a pilgrimage to the Holy Land to restore holy sites from Christ’s life and find the True Cross. She founded many churches with the help of St. Macarius, Patriarch of Jerusalem.

A Jewish man named Jude knew the Cross was buried beneath the temple of Venus. St. Helen ordered the temple to be destroyed and the site excavated. They discovered Golgotha and the Lord’s Sepulchre. On May 3, 326 A.D., within the temple rubble and beneath the mound of basil, St. Helen found three crosses, four nails, and a wooden plaque with the Hebrew, Greek, and Latin inscription: “Jesus of Nazareth, the King of the Jews.” The Church celebrates the Finding of the Precious Cross on March 6.

VISIT: [www.goarch.org/departments/religions/didyouknow](http://www.goarch.org/departments/religions/didyouknow)

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THE SERVICES OF HOLY WEEK

## From Sweet Sadness to Great Joy.

In Holy Week we are eyewitnesses of the Passion of Jesus Christ. In Scripture, hymns, processions, and liturgy, we see the fulfillment of Messianic prophecies. *Charmolypti* (Χαρμολύπη) is the Greek word for the sweet sadness we feel during Holy Week in the suffering of Jesus and the anticipation of His Resurrection.



### **Bridegroom Services: Palm Sunday evening, Holy Monday and Holy Tuesday**

In these evening services we witness the beginning of Jesus' suffering. The theme is vigilance as depicted in the parable of the Ten Virgins in the Gospel of Matthew. We are called to true repentance as seen in the woman who anointed Jesus with myrrh and washed His feet. On Tuesday evening we hear this in the hymn by St. Kassiani.



### **Holy Wednesday: The Sacrament of Holy Unction**

On Wednesday, the Sacrament of Holy Unction is offered for the healing of soul and body and for the forgiveness of sins. At the conclusion, faithful come forward to be anointed.



### **Holy Thursday Morning: The Last Supper**

On Holy Thursday morning, we are with Jesus and the twelve disciples in the upper room. We witness the Last Supper as Jesus establishes the Sacrament of Holy Communion.



### **Holy Thursday Evening: The Betrayal, Trial, and Crucifixion of Jesus**

This service commemorates the suffering of Jesus. The twelve Gospel readings recount His betrayal, arrest, trial, crucifixion, and death. We process with the cross, chanting "Today is hung upon the Tree, He Who hung the land in the midst of the waters..."



### **Holy Friday Afternoon: The Descent from the Cross**

We witness Joseph of Arimathea as he removes Christ's body from the cross, wraps it in clean linen, and carries it to his own unused tomb.



### **Holy Friday Evening: Lamentations and Procession**

We recall the descent of Jesus into Hades to minister to those who died before Him. The lamentations before the tomb recall his suffering and death. The epitaphios is carried in procession.



### **Holy Saturday Morning**

The myrrh bearing women come in devotion, becoming the first witnesses of the Resurrection. This joy is marked by the scattering of bay leaves and rose petals.



### **Holy Saturday Evening: Vigil and Midnight Resurrection**

The church is dark. A single light emerges from the altar representing Christ's victory over death. As the light is passed from person to person, the Resurrection is proclaimed in word and song.

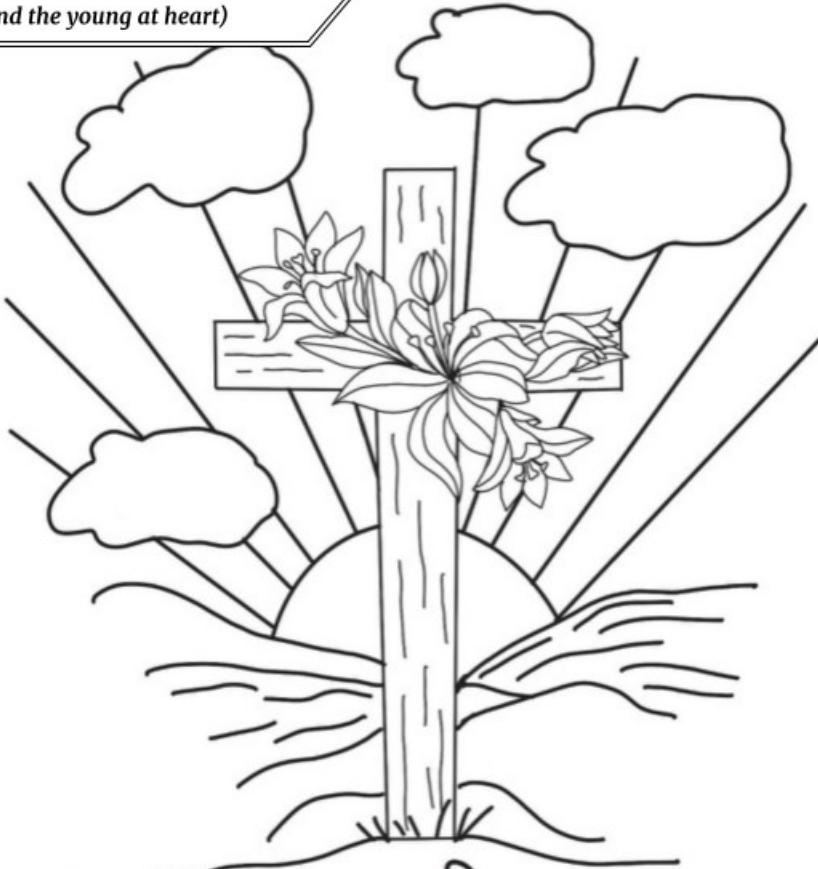


### **Easter Sunday Morning: Agape Vespers**

The Gospel of the Resurrection is read in many languages as the Good News has reached all nations.



**Just For Kids!**  
(...and the young at heart)



He is Risen

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*Diakonia is made possible by a generous grant from Leadership 100*

*L100*

# HIGHER EDUCATION GRADUATES

[Click here to complete your form now!](#)



We are honoring our **higher education graduates** on **Sunday May 17th**. If you know any students who will have completed a Bachelor's, Master's, or Doctorate, please encourage them to complete the form. Follow link below

<https://forms.gle/XSKcTMDY3uYTEkJX8>

# MONTE CARLO GALA

# Save the Date October 24<sup>th</sup> 2026



Saints Constantine & Helen  
Greek Orthodox Church of DC Presents

## Monte Carlo Gala

- Live Music & Entertainment
- Games and Prizes
- Aegean Culinary Delights
- Silent Auction



*Chairperson~Christina Recachinas Clifton 301-467-7072*

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**Saints Constantine and Helen Greek Orthodox Church of Washington, DC**

721 Norwood Road, Silver Spring, MD 20905

Phone: (240) 389-1366, ext. 2 |Email: admin@schgocdc.org |Website: www.schgoc.org

**Reverend Father Dimitrios Lee, Presiding Priest**

Email: frd@schgocdc.org

**Very Reverend Father Kallinikos Chasapis, Assistant Priest**

Email: fk@schgocdc.org

<p><b>BYZANTINE MUSIC</b></p> <p style="text-align: center;">Stelios Kontakiotis <i>Protopsaltis</i></p> <p style="text-align: center;">chanter @schgocdc.org</p> <p>*****</p> <p><b>ALTAR BOYS</b></p> <p style="text-align: center;">sch.altarboys@gmail.com</p>	<p style="text-align: center;"><b>YOUTH MINISTRIES</b></p> <p style="text-align: center;"><b>GOYA</b></p> <p style="text-align: center;">Joanna Georgiou Stella Harrison Maria Mantzouranis John Skarvelis</p> <p style="text-align: center;">youthministry@schgocdc.org</p> <p>*****</p> <p style="text-align: center;"><b>HOPE/JOY</b></p> <p style="text-align: center;">Stella Harrison Irene Murshed</p> <p style="text-align: center;">youthministry@schgocdc.org</p>	<p style="text-align: center;"><b>SUNDAY SCHOOL</b></p> <p style="text-align: center;">Helen Nixon</p> <p style="text-align: center;">sch.sundayschool@gmail.com</p> <p>*****</p> <p style="text-align: center;"><b>OUTREACH</b></p> <p style="text-align: center;">Georgia Ferentinos</p> <p style="text-align: center;">sch.outreach721@gmail.com</p>	<p style="text-align: center;"><b>MEN'S FELLOWSHIP</b></p> <p style="text-align: center;">Christopher Malagisi CNMalagisi@yahoo.com</p> <p>*****</p> <p style="text-align: center;"><b>GRIEF SHARE MINISTRY</b></p> <p style="text-align: center;">Katy Tzamaras</p> <p style="text-align: center;"><a href="mailto:ktmom3@gmail.com">ktmom3@gmail.com</a></p>	<p style="text-align: center;"><b>ST. KOSMAS AITOLOS BOOKSTORE</b></p> <p style="text-align: center;">Dora Kavadias &amp; Elaine Loukas</p> <p style="text-align: center;">sch.bookstore721@gmail.com</p>
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