



# Saints Constantine & Helen Greek Orthodox Church of Washington, D.C.

March 8, 2026

## Sunday of Saint Gregory Palamas



### Church Announcements



**Salutations to the Holy Theotokos:** As we prepare for the beautiful and reverent **Salutations to the Holy Theotokos**, we invite anyone who would like to donate the flowers for this special service to please contact Penny in the church office at **(301) 683-7073**.

**Ladies Philoptochos Society:** General Meeting today following the Divine Liturgy. Also, we will be baking Koulourakia on Monday, March 9th at 9am. Please join us if you wish to help!

**Greek Independence Day Parade:** Our church ministries will march in the Greek Independence Day Parade in Baltimore, Maryland, on March 29th! Please join us. Reach out to Eleni Athanasakis, Greek School Director, for more information at [sch.greekschool@gmail.com](mailto:sch.greekschool@gmail.com).

**Community Outreach:** March 1st-April 4th. We are partnering with the Greater DC Diaper Bank and collecting all types of children diapers, wipes and diaper cream. Please drop off your donations in the Versis Center on Sundays. For additional information, please see Georgia Ferentinos.

**GOYA Fundraiser:** Dine in or Carry out from the **Big Greek Café in Rockville**, 4007 Norbeck Road, on **March 24th from 5:00pm-9:00pm**, and a portion of the proceeds will be donated to our GOYA Ministry. Thank you for supporting our GOYA!

### Upcoming Church Service

**Friday, March 13th: Salutations to the Theotokos: 6:30pm**

**Sunday, March 15th: Sunday of the Veneration of the Holy Cross**

Orthros 8:15am | Divine Liturgy: 9:30am

Donate by scanning  
this QR Code

church center giving

Collection Tray



Download the  
**Church Center**  
Mobile App



# PASCHA LILY FUNDRAISER

[Click here to order!](#)



*"I am the resurrection and the life. He who believes in Me, though he may die, he shall live." -John 11:25*

## HOLY PASCHA LILY FUNDRAISER

As we prepare to celebrate the Resurrection of our Lord, we invite you to sponsor a potted lily to decorate the Solea for the Anastasi Service. Each sponsorship is \$50.

Following the Anastasi Service, sponsors are kindly asked to take their lilies home to enjoy during the Spring season.

Thank you for your support in making our celebration of Holy Pascha brighter and more beautiful.

Deadline to order: April 3rd

Contact: Anthi Karakatsanis 240-888-6201  
OR Order Online





We extend our heartfelt thanks to the family of  
***Olympia Koskinas***  
for generously donating the beautiful flowers for  
the ***Salutations to the Holy Theotokos***  
on Friday, March 6th.

May the Most Holy Theotokos  
bless you and your family with good health,  
joy, and abundant grace.

### **Church Service Schedule**

**Sunday, March 8**

Lenten Vespers (of Compunction): 6:30pm

**Wednesday, March 11**

Divine Liturgy of the Presanctified Gifts: 6:30pm

**Friday, March 13**

Salutations to the Theotokos: 6:30pm

**Sunday, March 15**

Sunday of the Veneration of the Holy Cross:

Orthros 8:15am/Divine Liturgy: 9:30am

**Wednesday, March 18**

Divine Liturgy of the Presanctified Gifts: 6:30pm

**Friday, March 20**

Salutations to the Theotokos: 6:30pm

**Sunday, March 22**

Sunday of St. John Climacus:

Orthros 8:15am/Divine Liturgy: 9:30am

**Wednesday, March 25**

Annunciation of the Theotokos:

Orthros 8:15am/Divine Liturgy: 9:30am

**Friday, March 27**

The Akathist Hymn: 6:00pm

**Sunday, March 29**

Sunday of St. Mary of Egypt:

Orthros 8:15am/Divine Liturgy: 9:30am

**Saturday, April 3**

Saturday of Lazarus

Orthros 8:15am/Divine Liturgy: 9:30am

**Sunday, April 5**

Palm Sunday

Orthros 8:15am/Divine Liturgy: 9:30am



## THE EPISTLE - St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

## ΑΠΟΣΤΟΛΟΣ - Πρὸς Ἑβραίους 1:10-14; 2:1-3

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσιν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἐνδικὸν μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

## THE GOSPEL - Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins'-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

## ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Μάρκον 2:1-12

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβατον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὕτως οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἰς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα



διαλογίσεσθε ἐν ταῖς καρδίαις ὑμῶν· τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφείωνταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει· ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

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## MEMORIALS



**Demetrius (Demos) Barlas**, is the beloved husband of Anastasia Barlas. Loving father of George Barlas and Yannis Barlas. Adored grandfather of Dimitri and Elias. Cherished uncle of many nieces and nephews, here and in Greece. May his memory be eternal!

**Anna Dakoulas**, is the beloved wife of Panagiotis Dakoulas. Loving mother of Theodora (Spiro) Karadimas, Paraskevi (Charilaos) Psallidas, and Ekaterini (Gregory) Mathis. Cherished and adored grandmother of Vasiliki (George) Stathopoulos, Anna Marina Savvidis, Athanasios (Ekaterini) Karadimas, Georgios Psallidas, Georgia (Adam) Dominguez, AnnaMaria Psallidas, Panagiotis (Thania) Psallidas, Gabriel Psallidas, Sotiria (Dylan) Van Stry, Anna Mathis, and Sophia Mathis. Beloved great grandmother of Spiridon, Amalia, and Theodore Stathopoulos, Andriana and Theodora Savvidis, Maria and Theodora Karadimas. May her memory be eternal!

**Vaso and George Kavadias**, are the beloved parents of Maria (Jim) Damare, Angelike (Theodore) Dizelos, Gabriel Kavadias, and Jerry (Tara) Kavadias. Cherished grandparents of Athena (Chris) Rogers, Evan (Dhayanna) Dizelos, James (Heidi) Damare, George (Jodie) Dizelos, Joanna (Matt) Bartles, Victoria (Michael) Dizelos, Jacqueline (Travis) Lockhart, Jared (Samantha) Damare, Kathlyn Kavadias, Julia Kavadias, and George Kavadias. Loving great-grandparents of Maddison, Andromeda, Koula, Luke, Angeliki, Eleni, Nikos, and Coral. May their memories be eternal!

**Michael and Anna Miltiadou**, are the beloved parents of Domna (Panikos) Georgallas and Dino (Myroulla) Miltiadou. Loving grandparents of Lambros (Katina) Georgallas, Michael Miltiadou, Anna (Panagiotis) Pavlou, Kyriakos Miltiadou and Christos (Danya) Miltiadou. Cherished great grandparents of Panagiotis, Alexandros and Leandros. May their memories be eternal!

**Dionysia Maria Savas**, is the beloved wife of Martin Wilz. Loving mother of Andrea White (Mitchell) and Katina Calamari. Adored grandmother of Eleni and Vivian White. She was the dearly loved stepmother of Ruby Wilz (Tim Lynch) and Rachel Wilz, and step grandmother to Rory Lynch. She was the cherished and beloved sister of Maria Swope (Keith) and Thomas Savas, and aunt to Alex Swope (Melissa), Charles Swope (Elyse), Miah Savas, and Dena Swope, as well as three great-nieces. May her memory be eternal!

## FUTURE MEMORIALS

**March 22nd** - Christina Kotsiras, Athanasios (Thomas) C. Pagedas & Anthony C. Pagedas,  
Florence Stefanou and Konstantinos Demetrios Tsonis

## PRAYER LIST

Konstantinos, Sophia, Nicholaos, Panagiota, Michael, Demetrios, Maria, Annette, Kathy, Al-iki, Ernie, Anastasia, Christos, Vasili, John, Cedric, Margaret Arianna, Cleopatra, Tiffany, Ma-ria, Marvin, Tiffany, Annette, Jodie, Evan, Despina, John, Stelios, Alexandra, Dionysia, Hari-klia, Konstantinos, Bridget, George, Peter, Matthew, Litsa, Don, George, Helena, Bill, Andri-ana, Harry, Phil, Mark, Nikos, Anna, Evangelia, Kathy, Tina, Gloria, Demetrios, Andreas, Chrisoula, Panagiotis, Anastasia, George, Panagiota, Maria, Paul, Anna and Eleni.

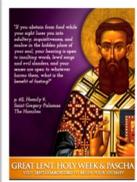
## PRAYER FOR A SICK PERSON

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.

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### **SECOND SUNDAY OF GREAT LENT:**

#### **Sunday of St. Gregory Palamas**



On the Second Sunday of Lent the Orthodox Church commemorates our Holy Fa-ther Gregory Palamas, Archbishop of Thessalonica, the Wonderworker. The feast day of Saint Gregory Palamas is November 14, however, he is commemorated on this Sunday as the condemnation of his enemies and the vindication of his teach-ings by the Church in the 14th century was acclaimed as a second triumph of Or-thodoxy.

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### **Washington Metropolitan Area AHEPA-DOP Scholarship Program**

#### **Attention Graduating High School Seniors!**

The Washington Metropolitan Area AHEPA-DOP Scholarship Program celebrates 56 years of recognizing and celebrating outstanding student achievement in academics, athletics, and community service. **Students must apply online at [ahepadcmetroawards.org](http://ahepadcmetroawards.org) by March 31, 2026.** Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 17, 2026, at DoubleTree by Hilton McLean Tysons. We salute all our patrons whose loving care and generous contributions have kept this program alive for so many decades. We invite the Greek Orthodox community to support our youth and this scholarship program through tax deductible donations made online or by mail (details at [ahepadcmetroawards.org](http://ahepadcmetroawards.org)). For more information about the program, please contact Karen Polizos 571-216-4099, [karenspolizos@gmail.com](mailto:karenspolizos@gmail.com); Ergini Martnishn, 571-215-8695; or Sophia Alpos 571-225-3330.

STS. CONSTANTINE & HELEN  
GREEK ORTHODOX CHURCH OF WASHINGTON DC  
LADIES PHILOPTOCHOS SOCIETY

## **PALM SUNDAY LUNCHEON**

**ANTIGONE RECACHINAS  
GRAND HALL**



**SUNDAY  
APRIL 5<sup>TH</sup> 2026**

**Following the Divine Liturgy**



**\$55  
\$30 (kids 12 & under)**

### **BUFFET MENU**

Fried Cod  
Shrimp Creole  
Roasted Potatoes  
Rice  
Greek Green Beans  
Garden Salad  
Bread & Butter

Fruit  
*With Chocolate & Raspberry Sauce*  
Halva

Soft Drinks  
Red & White Wine

### **FOR RESERVATIONS**

please call:

**Terri Karadimas: 301-520-0136 or Jenny Mihallidis: 240-876-5570**  
or purchase tickets during coffee hour on Sundays

Cash, Check or Credit Card (add 3%) accepted

Reserve by March 29th  
*No tickets sold at door*



SAINTS CONSTANTINE AND HELEN  
GREEK ORTHODOX CHURCH OF WASHINGTON, DC

# LADIES PHILOPTOCHOS SOCIETY

## Easter Bake Sale

### TSOUREKIA

Small ~ \$10    Large ~ \$25

**KOULOURLAKIA ~ \$15/DOZEN**

PRE-ORDERS BY MARCH 29th

PICK-UP ON APRIL 5th

PAYMENT DUE AT TIME OF ORDER

CASH, CHECK OR CREDIT

TO PLACE YOUR ORDER(S) PLEASE CONTACT:

SOPHIA MANTZOURANIS ~ 301.437.6297

KATERINA KONTAKIOTIS ~ 301.300.1817

## Easter CHOCOLATE EGGS

~ FLAVORS ~

MILK CHOCOLATE FILLED WITH:

DOUBLE COCONUT

OR

PEANUT BUTTER

AVAILABLE DURING COFFEE HOUR ON SUNDAYS  
WHILE SUPPLIES LAST

**\$2.50**  
PER EGG



## Easter Basket Sale



OUR HANDMADE EASTER BASKETS  
WILL BE AVAILABLE ON SUNDAYS  
DURING COFFEE HOUR

FOR MORE INFORMATION, PLEASE CONTACT:

NINA ALEXIOU ~ 301.871.7395

HELEN THORNBERG ~ 301.949.1788

OR DURING COFFEE HOUR ON SUNDAYS



# KID'S CORNER

BY FR. DIMITRI

Sunday, March 8th, 2026



## GOSPEL SNAPSHOT



Mark 2:1-12

Jesus was teaching inside a house, and so many people came that no one else could get in. Four friends brought a man who could not walk. But the crowd was too big.

So what did they do?

They climbed up on the roof, made a hole, and lowered their friend down right in front of Jesus!

Seeing their faith, Jesus said to the man: "Your sins are forgiven."

Then Jesus told him:

"Rise, take up your bed, and walk."

And the man stood up and walked out!

Jesus teaches us that faith and friendship can bring people to God.



## WHAT MADE THESE FRIENDS SPECIAL?

- 
- 
- They did not give up.
- They worked together.
- They cared about their friend.
- They believed Jesus could help.
- Sometimes helping someone get closer to Jesus takes effort and courage.



## Did you know?

The Gospel says that Jesus saw their faith. Not just the sick man's faith – but the faith of his friends too! Your faith can help others find Jesus.

## IMPORTANT LESSON

- This week try to:
- Help someone who is struggling.
- Pray for a friend who needs help.
- Invite someone to church.
- Ask yourself: "How can I bring someone closer to Jesus?"

## KEY IDEA

- Faith works together with love.
- Good friends help each other find God.
- Jesus heals both body and soul.
- When we bring others to Christ, miracles can happen





# DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING - *Mark 2:1-12*

## “Isn't this the son of the carpenter?”

Fr. George Parsenios



The Scribes we meet in today's Gospel reading regularly oppose Jesus, but they do not oppose merely *what* he teaches. They oppose *that* he teaches in the first place. Scribes were a learned class of experts in the Law of Moses, and they seem to be the same people whom the Gospel of Luke calls “lawyers” (Luke 11:46). The Wisdom of Ben Sira explains that a scribe must be so devoted to study and learning that he must never engage in the work of a tradesman (*tekton*), because a tradesman (*tekton*) is busy doing all of the practical things that a city needs to thrive (38:24-33). This is the problem the scribes have with Jesus. Jesus is a tradesman. He is called a carpenter (*tekton*) and the son of a carpenter (Mark 6:3). The Scribes cannot accept that God has taken flesh in the form of a humble tradesman, as opposed to a learned expert in the Law of Moses. They

remain fixed in old patterns of thought and belief, while Jesus has inaugurated a new age of revelation of God's grace, and the old is incompatible with the new. When Jesus says that new wine cannot be put into old wineskins (Mark 2:22), he means that our relationship to God must be completely reevaluated with the coming of Christ. The season of Great Lent reminds us that today we, too, must evaluate where we ourselves are caught in ways of thinking or living that are incompatible with our Christian lives. Like the Scribes, we may have false expectations about who God is and how he works in the world, and these expectations might lead us to oppose what is good and holy and true.

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



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## FROM THE ORIGINAL GREEK: *Nostalgia* (Νοστιάγια) What is “Nostalgia?”

Fr. George Parsenios



The noun “nostalgia” is not originally a Greek word, but it is a modern compound of two very important ancient Greek words common in Homeric poetry. The word *νόστος/nostos* means “return” or “journey home,” and it is especially prominent in the *Odyssey* of Homer, where it describes the perpetual attempts of Odysseus to return home to the island of Ithaca. Later Greek authors refer to the many efforts, often ill-fated, of

Greek heroes to return home from Troy as “*nostoi*.” The term *ἄλγος* is also common in Greek literature from Homer onwards, and it means “pain” or “suffering.” In modern pharmaceutical language, for example, an analgesic is a painkiller, since it leaves one *an-algos*, or “without *algos*, unpaired.” These two words, *nostos* and *algos*, were combined in the early modern era by a Swiss doctor to describe the pain that he saw in young soldiers who traveled too long and too far from their homeland. These soldiers suffered from a desire to return home (*nostos*) that they experienced as psychic pain (*algos*), which he called “nostalgia.”

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### THIS WEEK’S LOOK AT CHURCH HISTORY

## The Annunciation Greek Orthodox Cathedral of Atlanta



Greek Orthodox Church of Atlanta, Garnett Street and Central Avenue from 1906 - 1928  
With permission from Annunciation Cathedral.

Greek immigrants began arriving in Atlanta in the late 1800s, bringing a deep devotion to their Orthodox faith and heritage. Desiring a place to worship and preserve their traditions, they organized the “Evangelismos” Society, officially founding the Annunciation community on September 5, 1905.

The first services were held in a rented hall at 113½ Whitehall Street, soon replaced in 1906 by a former Presbyterian church at Garnett Street and Central Avenue, which also housed a Greek school and served as a center of community life. As the parish grew, it became a hub for new cultural and philanthropic societies, strengthening Greek Orthodox identity in Atlanta.

In 1928, the community purchased and renovated a former Jewish synagogue at Pryor and Richardson Streets, transforming it into a Byzantine-style church that served the faithful for nearly four decades. Continued growth led to a bold new vision, culminating in the construction of the present Cathedral and Educational Center on Clairmont Road, dedicated in 1970—a spiritual home that reflects the enduring faith and heritage of Atlanta’s Greek Orthodox community.

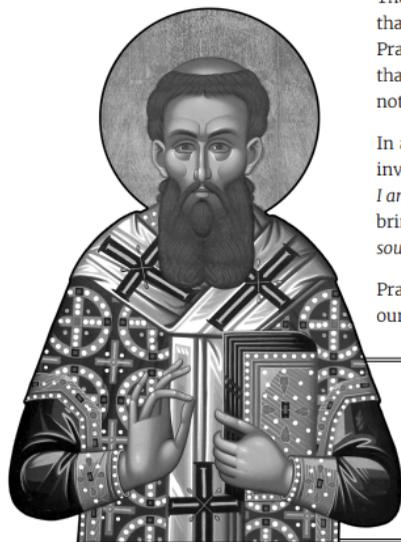
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*Diakonia is made possible by a generous grant from Leadership 100 | L100.org*

SUNDAY OF SAINT GREGORY PALAMAS

## The Power of Prayer

Eva Konstantakos



The second Sunday of Great Lent honors **St. Gregory Palamas**, who taught that through prayer and God’s grace, we can truly experience His presence. Prayer is not just words—it is communion with God, a living relationship that transforms the soul. St. Gregory reminds us that the light of Christ is not distant; it shines in the hearts of those who seek Him sincerely.

In a noisy, fast-paced world, silence and prayer are revolutionary acts. Lent invites us to slow down and listen. As Scripture says, *“Be still, and know that I am God”* (Psalm 46:10, RSV). Even short prayers, offered with humility, can bring peace and clarity. St. John Chrysostom wrote, *“Prayer is the light of the soul, giving us true knowledge of God.”*

Prayer is not about perfection—it’s about presence. When we pray, we open our hearts to God’s grace, allowing His light to heal and guide us.

### Personal Challenge:

Commit to five minutes (or adding five minutes) of stillness and quiet prayer each day this week. Turn off distractions, breathe deeply, and simply say, “Lord, have mercy.” Let this simple act become a doorway to peace and communion with God.



### Fasting To Love

Rev. Dr. Athanasios “Fr. Al” Demos

During Lent we hear so many references to the subject of fasting. Too often we focus only on food to the point where one might become somewhat Pharisaic. In our focus on food, we often forget that the true fast is from sin—from words, thoughts and deeds that are not conducive to a Christ-centered life. Certainly, fasting aids in our spiritual growth, as well as our health. And even more, fasting from sin enhances our spiritual growth. We find we have a lighter, clearer mind. We are more alert and aware, and have a lighter, freer feeling in knowing that we are growing in our struggle to follow in the way of our Lord. We also become more aware of our unworthiness before God and wonder at God’s magnanimous love that He pours out upon us. We begin to understand how infinitely magnificent is this wondrous God Whom we worship, love and adore. Our fasting is an expression of our love for Him and a challenge to ourselves to enhance that love every day of our life.



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

**In the Gospel of Mark (2:1-12)**

In today's Gospel story, we hear about four friends. They heard that Jesus was inside a house, teaching and helping people. They had a friend who could not walk, so they put him on a stretcher and carried him to Jesus so He could make him well. When they reached the house, it was completely full of people. They couldn't even get through the door! But they didn't give up. Instead, they climbed up to the roof, made an opening, and gently lowered their friend and laid him at the feet of Jesus. These friends teach us something important. We should bring ourselves to Jesus, and we should help bring other people to Him too. The greatest gift we can give anyone is helping them to know Jesus.

COLORING PAGE



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Diakonia is made possible by a generous grant from Leadership 100



**Sts. Constantine & Helen of WDC**  
**SHOW YOUR SUPPORT AND ADD SOME**

**FLAVOR**

**TO YOUR NIGHT ON**  
**March 24<sup>th</sup> from 5-9pm at**

**THE BIG**  
**GREEK CAFE**

Dine in or Carry out from  
**Big Greek in Rockville**  
4007 Norbeck Road and a portion  
of the proceeds will be donated to our  
Sts. Constantine & Helen, WDC GOYA.





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)



# Saints Peter and Paul Greek Orthodox Church Greek Festival May 7th-10th



STS. PETER & PAUL GREEK ORTHODOX  
CHURCH PRESENTS

## THE FREDERICK greek FESTIVAL

MAY 7-10<sup>TH</sup>

THURSDAY - SATURDAY 11-8  
SUNDAY 11-6

GYRO & PASTRY DAYS · MAY 11-17

**GREEK FOOD & PASTRIES**

GYRO & SOUVLAKI STAND

**LIVE MUSIC & DANCING**

ADULT & CHILDREN'S  
PERFORMANCES

**AGORA MARKET**

CHURCH TOURS

**AND SO MUCH MORE!**



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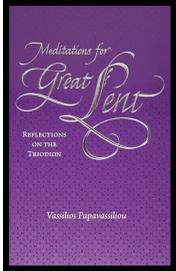


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# Saint Kosmas Aitolos Bookstore!

## Meditations For Great Lent: Reflections on the Triodion

by Vassilios Papavassiliou

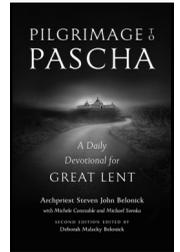


The Lenten Triodion exhorts us, "Let us observe a fast acceptable and pleasing to the Lord." Using hymns from the Triodion and the Scripture readings appointed for the season, *Meditations for Great Lent* shows us how to make our fast acceptable: to fast not only from food but from sin; to fast with love and humility, as a means to an end and not an end in itself. Keep this gem of a book with you to inspire you for the Fast and to dip into for encouragement as you pursue your Lenten journey.

## Pilgrimage to Pascha: A Daily Devotional for Great Lent

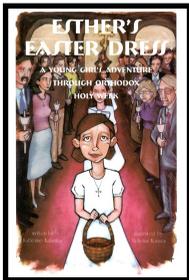
by Archpriest Steven John Belonick, Michele Constable & Michael Soroka

This unpretentious little book of meditations based on Scripture, ancient hymns, and writings from Church Fathers will nourish the souls of reflective seekers during the forty-day period of Great Lent.



## Esther's Easter dress: A young girl's adventure through Orthodox Holy Week

by Kathy Kafarakis

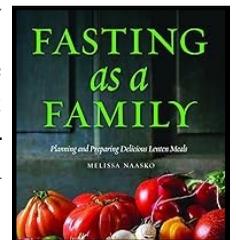


*Esther's Easter Dress* is a story of a young girl and her journey through Greek Orthodox Holy Week. Esther learns about each day of Holy Week from her mother and Sunday School teacher. Throughout the week, however, she is concerned about not having a white dress to wear for the Holy Friday service where she will participate with other young girls as a maiden guarding Jesus's tomb. This chapter book is written for anyone who wants to know what each service is about and the meaning of the scriptures for each service from the Saturday of Lazarus through Easter.

## Fasting as a Family: Planning and Preparing Delicious Lenten Meals

by Melissa Naasko

Does every fasting day or season find you scanning your pantry shelves in a panic, wondering what in the world to cook for dinner? Help is on the way! Melissa Naasko, food blogger and mother of 11, will walk you through the process of stocking your Lenten pantry, planning meals, providing for tight budgets and dietary restrictions, and cooking easy, delicious, and varied fast-appropriate meals that both kids and adults will love. With worry about food a thing of the past, you'll be able to focus on the spiritual aspect of the fasts as never before. (Includes an extensive recipe section.)



# Grief Share Ministry

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Healing Together

# GRIEF SHARE

Grief Support Group

JOIN ANY TIME  
sessions stand alone

A safe, welcoming place where people understand the difficult emotions of grief. You'll receive valuable guidance and tips leading you to relief, comfort and peace of mind.



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STARTING FEBRUARY 2, 2026

Mondays, 7–8:30 PM

Virtual via Zoom

Join us for **14 weeks** of  
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For more information contact

Katy Tzamaras

240-938-6549

ktmom3@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.

# *Directory of Ministries*

**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>
<p style="text-align: center;"><b>GREEK SCHOOL</b></p> <p style="text-align: center;">Eleni Athanasakis Director</p> <p style="text-align: center;">sch.greekschool@gmail.com</p> <p style="text-align: center;">John Skarvelis</p>	<p style="text-align: center;"><b>GREEK DANCE</b></p> <p style="text-align: center;">Eleni Triantis Anastasia Sissamis Christine Skarvelis Diana Motsiopoulos Maria Stamidis</p> <p style="text-align: center;">Elaine Romas sch.greekdance@gmail.com</p>	<p style="text-align: center;"><b>LADIES PHILOPTOCHOS</b></p> <p style="text-align: center;">Effie Tiches President</p> <p style="text-align: center;">ladiesphilo721@gmail.com</p>	<p style="text-align: center;"><b>VERDIS CENTER</b></p> <p style="text-align: center;">Kathy Kafarakis sch.versis@gmail.com</p> <p>*****</p> <p style="text-align: center;"><b>YOUNG AT HEART</b></p> <p style="text-align: center;">Helen Thornberg &amp; Christina Clifton</p> <p style="text-align: center;">sch.youngatheart@gmail.com</p>	<p style="text-align: center;"><b>YAL</b></p> <p style="text-align: center;">Email: stconniesyal@gmail.com</p>