



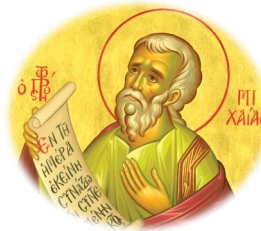
## *Saints Constantine & Helen Greek Orthodox Church of Washington, D.C.*

### **9th Sunday of Matthew August 14, 2022 *Announcements***

- Please join us Monday, August 15th for the Falling Asleep of the Theotokos. Orthros begins at 8:15am followed by Divine Liturgy.
- Community Outreach - This month we are collecting school supplies through August 21st.
- On Tuesday, August 16th from 2:00pm to 4:00pm we will be showing the movie Man of God, the life of Saint Nektarios, in the Versis Center.



**Daily Saints:** [Micah the Prophet](#)



### **Church Service Schedule: 8/15/22 - 8/21/22**

**Monday, August 15th - The Falling Asleep of the Theotokos**  
Orthros 8:15am & Divine Liturgy - 9:30am

**Sunday, August 21st - 10th Sunday of Matthew**  
Orthros 8:15am & Divine Liturgy - 9:30am



## Ο ΑΠΟΣΤΟΛΟΣ

### *Πρὸς Κορινθίους α' 3:9-17*

Ἀδελφοί, Θεοῦ γάρ ἐσμεν συνεργοί· θεοῦ γεώργιον, θεοῦ οἰκοδομή ἐστε. Κατὰ τὴν χάριν τοῦ θεοῦ τὴν δοθεῖσάν μοι, ὡς σοφὸς ἀρχιτέκτων θεμέλιον τέθεικα, ἄλλος δὲ ἐποικοδομεῖ. Ἐκαστος δὲ βλέπετω πῶς ἐποικοδομεῖ. Θεμέλιον γὰρ ἄλλον οὐδεὶς δύναται θεῖναι παρὰ τὸν κείμενον, ὃς ἐστὶν Ἰησοῦς Χριστός. Εἰ δέ τις ἐποικοδομεῖ ἐπὶ τὸν θεμέλιον τοῦτον χρυσόν, ἄργυρον, λίθους τιμίους, ξύλα, χόρτον, καλάμην, ἐκάστου τὸ ἔργον φανερόν γενήσεται· ἡ γὰρ ἡμέρα δηλώσει, ὅτι ἐν πυρὶ ἀποκαλύπτεται· καὶ ἐκάστου τὸ ἔργον ὁποῖόν ἐστιν τὸ πῦρ δοκιμάσει. Εἴ τις τὸ ἔργον μένει ὃ ἐποικοδόμησεν, μισθὸν λήψεται. Εἴ τις τὸ ἔργον κατακαήσεται, ζημιωθήσεται· αὐτὸς δὲ σωθήσεται, οὕτως δὲ ὡς διὰ πυρός. Οὐκ οἶδατε ὅτι ναὸς θεοῦ ἐστε, καὶ τὸ πνεῦμα τοῦ θεοῦ οἰκεῖ ἐν ὑμῖν; Εἴ τις τὸν ναὸν τοῦ θεοῦ φθείρει, φθερεῖ τοῦτον ὁ θεός· ὁ γὰρ ναὸς τοῦ θεοῦ ἅγιός ἐστιν, οἳτινές ἐστε ὑμεῖς.

## THE EPISTLE

### *Saint Paul's First Letter to the Corinthians 3:9-17*

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can any one lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw - each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If any one destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.



## ΤΟ ΕΥΑΓΓΕΛΙΟΝ

*Κατὰ Ματθαῖον 14:22-34*

Τῷ καιρῷ ἐκείνῳ, ἠνάγκασεν ὁ Ἰησοῦς τοὺς μαθητὰς ἐμβῆναι εἰς τὸ πλοῖον καὶ προάγειν αὐτὸν εἰς τὸ πέραν, ἕως οὗ ἀπολύσῃ τοὺς ὄχλους. Καὶ ἀπολύσας τοὺς ὄχλους ἀνέβη εἰς τὸ ὄρος κατ' ἰδίαν προσεύξασθαι. ὀψίας δὲ γενομένης ὁ μόνος ἦν ἐκεῖ. Τὸ δὲ πλοῖον ἤδη σταδίους πολλοὺς ἀπὸ τῆς γῆς ἀπείχεν, βασανιζόμενον ὑπὸ τῶν κυμάτων, ἦν γὰρ ἐναντίος ὁ ἄνεμος. Τετάρτη δὲ φυλακῆ τῆς νυκτὸς ἦλθεν πρὸς αὐτοὺς περιπατῶν ἐπὶ τὴν θάλασσαν. Οἱ δὲ μαθηταὶ ἰδόντες αὐτὸν ἐπὶ τῆς θαλάσσης περιπατοῦντα ἐταράχθησαν λέγοντες ὅτι Φάντασμα ἔστιν, καὶ ἀπὸ τοῦ φόβου ἔκραζαν. Εὐθὺς δὲ ἐλάλησεν [ὁ Ἰησοῦς] αὐτοῖς λέγων, Θαρσεῖτε, ἐγὼ εἰμι· μὴ φοβεῖσθε. Ἀποκριθεὶς δὲ αὐτῷ ὁ Πέτρος εἶπεν, Κύριε, εἰ σὺ εἶ, κέλευσόν με ἐλθεῖν πρὸς σὲ ἐπὶ τὰ ὕδατα· ὁ δὲ εἶπεν, Ἐλθέ. καὶ καταβάς ἀπὸ τοῦ πλοίου ὁ Πέτρος περιεπάτησεν ἐπὶ τὰ ὕδατα καὶ ἦλθεν πρὸς τὸν Ἰησοῦν. Βλέπων δὲ τὸν ἄνεμον ἐφοβήθη, καὶ ἀρξάμενος καταποντίζεσθαι ἔκραζεν λέγων, Κύριε, σῶσόν με. Εὐθέως δὲ ὁ Ἰησοῦς ἐκτείνας τὴν χεῖρα ἐπελάβετο αὐτοῦ καὶ λέγει αὐτῷ, Ὀλιγόπιστε, εἰς τί ἐδίστασας; καὶ ἀναβάντων αὐτῶν εἰς τὸ πλοῖον ἐκόπασεν ὁ ἄνεμος. Οἱ δὲ ἐν τῷ πλοίῳ προσεκύνησαν αὐτῷ λέγοντες, Ἀληθῶς Θεοῦ υἱὸς εἶ. Καὶ διαπεράσαντες ἦλθον ἐπὶ τὴν γῆν εἰς Γεννησαρέτ.

## THE GOSPEL

*Matthew 14:22-34*

At that time, Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they entered the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.



## **FUTURE MEMORIALS**

Peter Vissas - 8/28/22

Piyi Galiachatos - 9/04/22

Urania Buas - 11/13/22

Note: Please call the church office to schedule Memorials and Artoklasia at 240-389-1366.

## **PRAYER LIST**

Mark, Maria, Barbara, Paul, Sofia, Anna, Elli, Eleni, and George.

## **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.

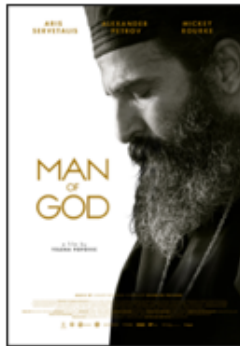
Versis Center Ministry



# Afternoon Movies

**On Tuesday, August 16<sup>th</sup>, 2022**

**2:00pm – 4:00pm**



**We will be showing Man of God,  
the life of Saint Nektarios**



## **Our first day of Sunday School is on September 25th!**

If you would like to register your child for our Sunday School instructional program and/or teach in our Sunday School, please contact Helen Nixon at: [hapn526@gmail.com](mailto:hapn526@gmail.com) or call at 301.675.0578.



**YOUTH MINISTRIES  
CARNIVAL**

**SUNDAY, SEPTEMBER 25,  
FROM 1:00pm to 3:00pm**

Join us for an afternoon of food and fun

We will have:

A food truck, Kona Ice Truck,  
Inflatable Obstacle Course, All Star  
Basketball and a Dunk Tank

**COME DUNK OUR VERY  
OWN FATHER DIMITRI**

# Community Outreach



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

Partnering with Small Things Matter

Collecting School Supplies for Needy Children in  
Montgomery County, MD

## DONATION ITEMS:

- 300 Back Packs
- 12 Pack Pencils
  - Pencil Boxes
- 24 Pack of Crayons
  - Glue Sticks
- Composition Notebooks
  - Black Pens
  - Filler Paper
- Wide Ruled Paper
  - Folders
- 3 Ring Dividers

Volunteers needed to pack materials  
on Sunday August 21<sup>st</sup> in back  
packs which will then be delivered  
to Small Things Matter.

Our Goal is to fill 300 bags for  
300 children.

Drop Off Starting Sunday July 17, 2022 through Sunday August 21, 2022

Packing Donations Sunday August 21, 2022, following Divine Liturgy in the Versis Center

Goal is to collect and fill 300 Back Packs for 300 children.

For more information or to volunteer with packing contact Georgia Ferentinos - 301-613-6260





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

Reverend Father Dimitrios J. Lee, Presiding Priest

### Saints Constantine and Helen Greek Orthodox Church of DC Annual Fall Greek Fest

Friday, September 9 <sup>th</sup> , 2022	4 PM – 9 PM
Saturday, September 10 <sup>th</sup> , 2022	11 AM – 9 PM
Sunday, September 11 <sup>th</sup> , 2022	11 AM – 7 PM

#### GREEK FEST SPONSORSHIP FORM

Please consider sponsoring our Fall Greek Fest which will greatly assist the parish in reducing our operational expenditures and increasing our net revenues.

You may pick up your sponsor coupon for food purchases from the Welcome Table at the Social Hall entrance.

- Diamond Sponsor \$500  
You will receive a \$100 food coupon valid any day of Greek Fest.
- Platinum Sponsor \$250  
You will receive a \$50 food coupon valid any day of Greek Fest.
- Gold Sponsor \$100  
You will receive a \$20 food coupon valid any day of Greek Fest.
- Silver Sponsor \$50  
You will receive a \$10 food coupon valid any day of Greek Fest.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Please send checks payable to the church and annotate on memo line towards which level of sponsorship you are donating.

Saints Constantine and Helen of DC  
721 Norwood RD, Silver Spring, MD 20905

Kindly return completed form and donation to church office  
no later than August 31<sup>st</sup>, 2022

**Thank you for your consideration and support of our beloved parish.**

Sts. Constantine & Helen of Washington DC

# GREEK FEST



September 9, 10 & 11

721 NORWOOD RD  
SILVER SPRING, MD



**AUTHENTIC FOOD | LIVE GREEK MUSIC | DANCING**  
**ONLINE ORDERING AVAILABLE**  
**FREE PARKING, FREE ADMISSION**

To view the menu visit  
[www.schgodc.square.site](http://www.schgodc.square.site)  
or scan



Friday: 4pm-9pm  
Saturday: 11am-9pm  
Sunday: 11am-7pm

*all major credit cards  
accepted*

  follow us  
@SCHGOC

Portion of proceeds go to  
Montgomery County  
Coalition for Homeless



**Enter to win a car  
or \$40,000 cash**

# *Auto OR Cash Raffle 2022*

***CLICK HERE BUY YOUR WINNING TICKET NOW!***

Purchase Tickets for a Chance to

# WIN



A 2022 GLB or \$40,000 Cash

Drawing at Our Annual Fall Festival: Sunday, September 11, 2022

Tickets: \$100 (Only 1,000 Tickets to be Sold!)

Purchase 10 Tickets, Get One FREE • Purchase 15 Tickets, Get Two FREE



*All Proceeds Benefit the  
Sts. Constantine and Helen  
Greek Orthodox Church*



Vehicle provided by

**Mercedes-Benz  
of Silver Spring**

MercedesBenzSilverSpring.net

TO PURCHASE TICKETS CALL:

Terri Karadimas 301.520.0136

JoAnn Nasios 240.483.7145

Eleni Paspalis 240.413.4600

OR SCAN:



# *Loving Our Greek Heritage Luncheon*

*Saturday, November 5, 2022*

*Antigone Recachinas Grand Hall*

*Saints Constantine and Helen Greek Orthodox Church of Washington, D.C.*

*721 Norwood Road, Silver Spring, MD*



*Come celebrate the Beauty, Culture, Food and Dances  
of these part of Greece*

*Vourvoura and Sparta ~ Peloponnese  
Pella and Thessaloniki ~ Macedonia  
Chania and Heraklion ~ Crete  
Kerkyra and Lefkada ~ Ionian Islands  
Kos and Rhodes ~ Dodecanese Islands*



*11:30 -12:30 Cocktails ~ 12:30 Luncheon  
\$50 per person*

*Table reservations and tickets:*

*Christina Recachinas Clifton ~ 301.467.7072*

*Nikki Pappas ~ 301.633.6076*





# *Saint Kosmas Aitolos Bookstore*

721 Norwood Road, Silver Spring, MD 20905

*Hours: Sundays after church, and by special appointment only.*

Contact Dora 301-742-8179 or Elaine 301-529-5920

The Feast of the Dormition of the Theotokos is approaching. Come and visit our bookstore to see our variety of books for all ages about Panagia, various icons, unique bookmarks, and prayer bracelets.



# Directory of Ministries

Saints Constantine and Helen Greek Orthodox Church of Washington, DC

721 Norwood Road, Silver Spring, MD 20905

Phone: (240) 389-1366 Email: [admin@schgocdc.org](mailto:admin@schgocdc.org) Website: [www.schgoc.org](http://www.schgoc.org)

**Reverend Father Dimitrios Lee, Presiding Priest**

Email: [frd@schgocdc.org](mailto:frd@schgocdc.org)

<p style="text-align: center;"><b>SUNDAY SCHOOL</b></p> <p style="text-align: center;"><b>Georgia Ferentinos</b> <a href="mailto:meyaliyioryia@yahoo.com">meyaliyioryia@yahoo.com</a></p> <p style="text-align: center;"><b>Helen Nixon</b> <a href="mailto:Hapn526@gmail.com">Hapn526@gmail.com</a></p>	<p style="text-align: center;"><b>YOUTH MINISTRIES</b></p> <p style="text-align: center;"><b>GOYA</b> <b>Jenny Tsalhis</b> <a href="mailto:youthministry@schgocdc.org">youthministry@schgocdc.org</a></p> <p style="text-align: center;"><b>HOPE/JOY</b> <b>Irene Murshed</b> <a href="mailto:murshed@msn.com">murshed@msn.com</a></p> <p style="text-align: center;"><b>YAL</b> <b>Maria Lappas &amp; Jacob Mavromatis</b> <a href="mailto:stconniesyal@gmail.com">stconniesyal@gmail.com</a></p>	<p style="text-align: center;"><b>OUTREACH &amp; EVANGELISM</b></p> <p style="text-align: center;"><b>Georgia Ferentinos</b> <a href="mailto:meyaliyioryia@yahoo.com">meyaliyioryia@yahoo.com</a></p> <p style="text-align: center;">*****</p> <p style="text-align: center;"><b>VERSIS CENTER</b></p> <p style="text-align: center;"><b>Kathy Kafarakis</b> <a href="mailto:kkafarakis@gmail.com">kkafarakis@gmail.com</a></p>	<p style="text-align: center;"><b>STEWARSHIP</b></p> <p style="text-align: center;"><b>Sotirios Nasios</b> <a href="mailto:Snasios@yahoo.com">Snasios@yahoo.com</a></p>	<p style="text-align: center;"><b>ST. KOSMAS AITOLOS BOOKSTORE</b></p> <p style="text-align: center;"><b>Dora Kavadias</b> <a href="mailto:theodorakavadias@gmail.com">theodorakavadias@gmail.com</a></p> <p style="text-align: center;"><b>Elaine Loukas</b> <a href="mailto:Elaine.loukas@gmail.com">Elaine.loukas@gmail.com</a></p>
<p style="text-align: center;"><b>GREEK SCHOOL</b></p> <p style="text-align: center;"><b>Ifigenia Kambanis Director</b> <a href="mailto:Agkambanis@msn.com">Agkambanis@msn.com</a> 240-478-8240</p> <p style="text-align: center;"><b>Anthoula Bizbikis</b> <a href="mailto:anthi81@yahoo.com">anthi81@yahoo.com</a></p> <p style="text-align: center;"><b>George Sideris</b> <a href="mailto:Fodakas5@aol.com">Fodakas5@aol.com</a></p>	<p style="text-align: center;"><b>GREEK DANCE</b></p> <p style="text-align: center;"><b>Kristina-Maria Perona</b> <a href="mailto:kmcperona@gmail.com">kmcperona@gmail.com</a></p> <p style="text-align: center;">*****</p> <p style="text-align: center;"><b>ALTAR BOYS</b></p> <p style="text-align: center;"><b>Spyros Loukas</b> <a href="mailto:loukasspy@yahoo.com">loukasspy@yahoo.com</a></p>	<p style="text-align: center;"><b>PHILOPTOCHOS</b></p> <p style="text-align: center;"><b>JoAnn Nasios President</b> <a href="mailto:jonasios@yahoo.com">jonasios@yahoo.com</a></p>	<p style="text-align: center;"><b>YOUNG AT HEART</b></p> <p style="text-align: center;"><b>Helen Thornberg</b> <a href="mailto:bwt602r@aol.com">bwt602r@aol.com</a></p> <p style="text-align: center;"><b>Christina Clifton</b> <a href="mailto:Christina.Clifton@verizon.net">Christina.Clifton@verizon.net</a></p>	<p style="text-align: center;"><b>SPECIAL EVENTS</b></p> <p style="text-align: center;"><b>Terri Karadimas</b> <a href="mailto:tdklps@gmail.com">tdklps@gmail.com</a></p>