

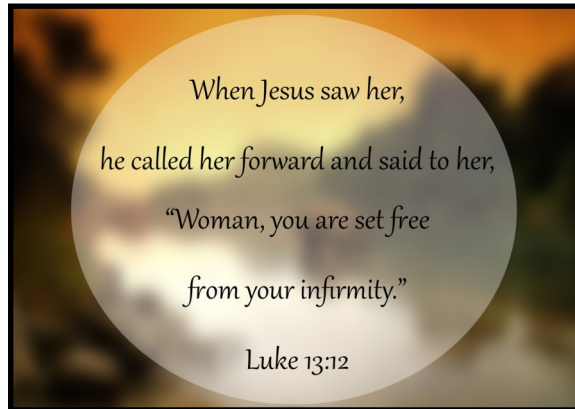


**Saints Constantine & Helen  
Greek Orthodox Church of Washington, D.C.**



**December 4, 2022**

## **10th Sunday of Luke**



### **Announcements:**

- **Men's Symposium** - Event update.
- **GOYA - Christmas Retreat** - Joint Retreat with St. Sophia update.
- **Youth Ministry** - Santa's Workshop, Saturday December 10th.
- **YAL Christmas Caroling** - Saturday, December 10th from 2:30pm to 7:00pm. See Maria Lappas for more information.
- **Stewardship Sunday 2023** - December 11th.
- **Sunday School Christmas Program** - Sunday, December 18th immediately following the Divine Liturgy.
- **Ladies Philoptochos Society Christmas Bake Sale** – Sunday, December 18th.
- **Greek School Program** - Monday, December 19th at 5:00pm.

### **Church Service Schedule: 12/05/22-12/11/22**

**Tuesday, December 6th** - *Saint Nicholas the Wonderworker* - Divine Liturgy - 9:30am

**Sunday, December 11th** - *11th Sunday of Luke*

*Orthros* - 8:15am & Divine Liturgy - 9:30am

\*Please be advised that all church services are recorded & broadcast live.



## **Ο ΑΠΟΣΤΟΛΟΣ**

### **Πρὸς Γαλάτας 3:23-29, 4:1-5**

Ἀδελφοί, πρὸ τοῦ δὲ ἐλθεῖν τὴν πίστιν, ὑπὸ νόμον ἐφρουρούμεθα, συγκεκλεισμένοι εἰς τὴν μέλλουσαν πίστιν ἀποκαλυφθῆναι. Ὡστε ὁ νόμος παιδαγωγὸς ἡμῶν γέγονεν εἰς Χριστόν, ἵνα ἐκ πίστεως δικαιωθῶμεν. Ἐλθούσης δὲ τῆς πίστεως, οὐκέτι ὑπὸ παιδαγωγόν ἐσμεν. Πάντες γὰρ υἱοὶ θεοῦ ἐστε διὰ τῆς πίστεως ἐν Χριστῷ Ἰησοῦ. Ὅσοι γὰρ εἰς Χριστόν ἐβαπτίσθητε, Χριστόν ἐνεδύσασθε. Οὐκ ἐν Ἰουδαίῳ οὐδὲ Ἕλληνι, οὐκ ἐν δούλῳ οὐδὲ ἐλεύθερῳ, οὐκ ἐν ἄρσενι καὶ θήλῃ· πάντες γὰρ ὑμεῖς εἰς ἐστε ἐν Χριστῷ Ἰησοῦ. Εἰ δὲ ὑμεῖς Χριστοῦ, ἄρα τοῦ Ἀβραάμ σπέρμα ἐστέ, καὶ κατ' ἐπαγγελίαν κληρονόμοι. Λέγω δέ, ἐφ' ὅσον χρόνον ὁ κληρονόμος νηπιὸς ἐστίν, οὐδὲν διαφέρει δούλου, κύριος πάντων ὢν· ἀλλὰ ὑπὸ ἐπιτρόπου ἐστὶν καὶ οἰκονόμου, ἄχρι τῆς προθεσμίας τοῦ πατρὸς. Οὕτως καὶ ἡμεῖς, ὅτε ἦμεν νήπιοι, ὑπὸ τὰ στοιχεῖα τοῦ κόσμου ἦμεν δεδουλωμένοι· ὅτε δὲ ἦλθεν τὸ πλήρωμα τοῦ χρόνου, ἐξαπέστειλεν ὁ θεὸς τὸν υἱὸν αὐτοῦ, γενόμενον ἐκ γυναικὸς, γενόμενον ὑπὸ νόμον, ἵνα τοὺς ὑπὸ νόμον ἐξαγοράσῃ, ἵνα τὴν υἰοθεσίαν ἀπολάβωμεν.

## **THE EPISTLE**

### **Saint Paul's Letter to the Galatians 3:23-29; 4:1-5**

Brethren, Brethren, before faith came, we were confined under the law, kept under restraint until faith should be revealed. So that the law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth his Son, born of a woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.



## ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Λουκᾶν 13:10-17

Τῷ καιρῷ ἐκείνῳ, Ἦν δὲ διδάσκων ἐν μιᾷ τῶν συναγωγῶν ἐν τοῖς σάββασι. καὶ ἰδοὺ γυνὴ ἦν πνεῦμα ἔχουσα ἀσθενείας ἔτη δέκα καὶ ὀκτώ, καὶ ἦν συγκύπτουσα καὶ μὴ δυναμένη ἀνακῦψαι εἰς τὸ παντελές. ἰδὼν δὲ αὐτὴν ὁ Ἰησοῦς προσεφώνησε καὶ εἶπεν αὐτῇ· γύναι, ἀπολέλυσαι τῆς ἀσθενείας σου· καὶ ἐπέθηκεν αὐτῇ τὰς χεῖρας· καὶ παραχρῆμα ἀνωρθώθη καὶ ἐδόξαζε τὸν Θεόν. ἀποκριθεὶς δὲ ὁ ἀρχισυνάγωγος, ἀγανακτῶν ὅτι τῷ σαββάτῳ ἐθεράπευσεν ὁ Ἰησοῦς, ἔλεγε τῷ ὄχλῳ· ἔξ ἡμέραι εἰσὶν ἐν αἷς δεῖ ἐργάζεσθαι· ἐν ταύταις οὖν ἐρχόμενοι θεραπεύεσθε, καὶ μὴ τῇ ἡμέρᾳ τοῦ σαββάτου. ἀπεκρίθη οὖν αὐτῷ ὁ Κύριος καὶ εἶπεν· ὑποκριτά, ἕκαστος ὑμῶν τῷ σαββάτῳ οὐ λύει τὸν βοῦν αὐτοῦ ἢ τὸν ὄνον ἀπὸ τῆς φάτνης καὶ ἀπαγαγὼν ποτίζει; ταύτην δέ, θυγατέρα Ἀβραάμ οὐσαν, ἣν ἔδησεν ὁ σατανᾶς ἰδοὺ δέκα καὶ ὀκτὼ ἔτη, οὐκ ἔδει λυθῆναι ἀπὸ τοῦ δεσμοῦ τούτου τῇ ἡμέρᾳ τοῦ σαββάτου; καὶ ταῦτα λέγοντος αὐτοῦ κατησχύνοντο πάντες οἱ ἀντικείμενοι αὐτῷ, καὶ πᾶς ὁ ὄχλος ἔχαιρεν ἐπὶ πᾶσι τοῖς ἐνδόξοις τοῖς γινομένοις ὑπ' αὐτοῦ.

## THE GOSPEL Luke 13:10-17

At that time, Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, he called her and said to her, "Woman, you are freed from your infirmity." And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day." Then the Lord answered him, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?" As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

## **MEMORIALS**

**Anna Bouboulis**, is the wife of the late George Bouboulis. Adored aunt of many nieces, nephews, cousins and wonderful friends in America and Greece. May her memory be eternal!

**Mary and John Cheakalos**, are the beloved parents of William J. (Janine) Cheakalos, Irene (Ernie) Koutras and James P. (Betsy) Cheakalos. Devoted and cherished grandparents of Louis Koutras, John Alexander Koutras, Samantha Cheakalos, Johnny Cheakalos, Peter Koutras and Stephanie Cheakalos. May their memory be eternal.

**Soterios Koutris**, is the beloved husband of Efthalia Koutris. Loving and adored father of George (Anna Christina) Koutris and Stavroula Koutris and cherished grandfather of Maria Efthalia Koutris. Dearest brother of Fay (Daniel) Straub and Aristotle (Ina) Koutris. May his memory be eternal.

**Eleni Mourtoupalas**, is the beloved wife of the late Panayiotis Mourtoupalas. Loving mother of Garifallia Mourtoupalas and Maria Braswell. Adored grandmother of Christopher, Patrick, and Peter Braswell; and great-grandmother of Isabella Monroe Freeman Braswell and Christopher James (CJ) Braswell. May her memory be eternal!

## **FUTURE MEMORIALS**

Michael G. & Georgia K. Mantzouranis - 12/11/22

Maria & Dimitrios Koskinas and Georgios Koutromanos - 1/8/23

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

\*\*\*\*\*

## **PRAYER LIST**

Andreas, Chrisoula, Panagiotis, Anastasia, George, Evangelia, Andreas, Stavroula, Nicoletta, Panagiota, 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.

# IOCC

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES



## BEACON OF HOPE: IOCC's Humanitarian Work

*Sunday December 4th, 2022*

*Saints Constantine and Helen Greek  
Orthodox Church*

721 Norwood Road Silver Spring, MD 20905

**Louis Zagami, IOCC Development Officer,**  
will lead a discussion on IOCC's worldwide  
humanitarian programs and answer questions about  
how you support people in need around the world.

---

*IOCC, in the spirit of Christ's love, offers emergency relief and development programs to those in need,  
without discrimination, and strengthens the capacity of the Orthodox Church to so respond.*

---



# IOCC®

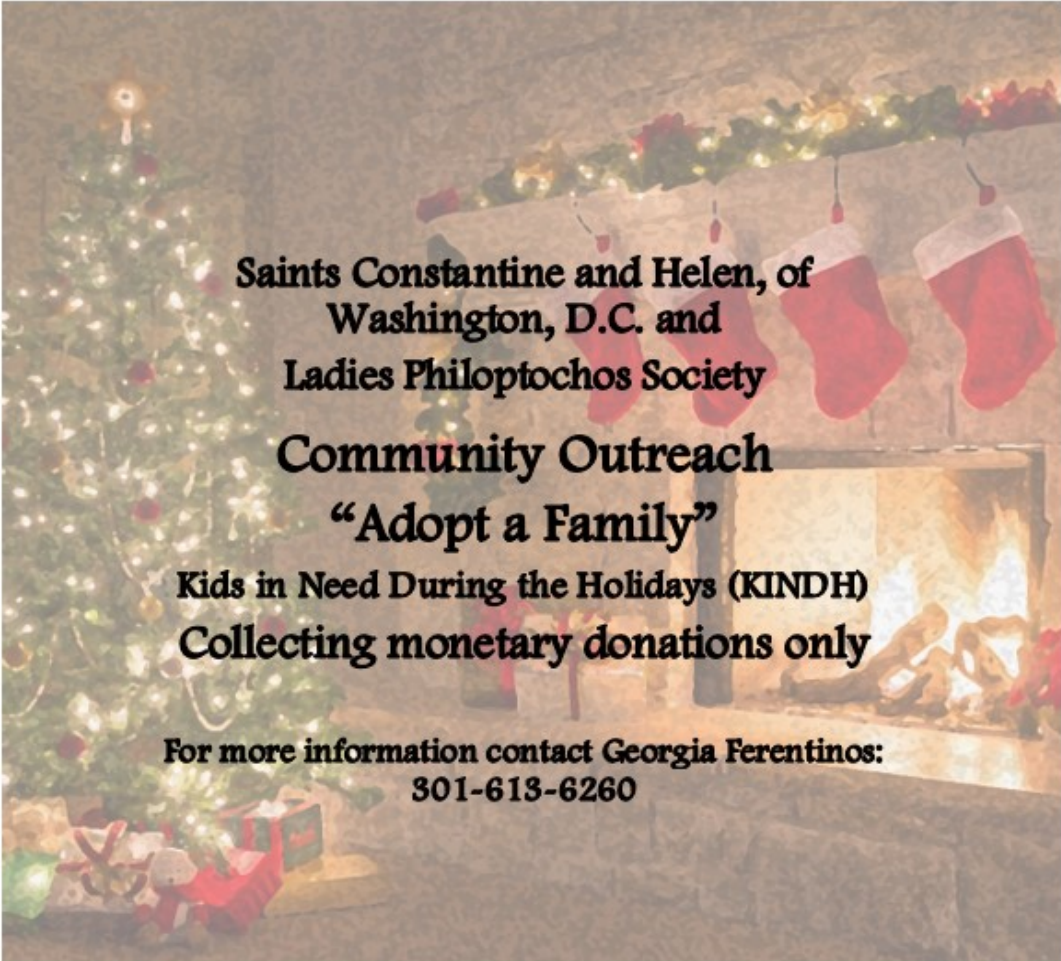
PO Box 17398 • Baltimore, MD 21297-0429

877.803.IOCC • [relief@iocc.org](mailto:relief@iocc.org)

**Visit us online at [iocc.org](http://iocc.org)**



# Community Outreach



**Saints Constantine and Helen, of  
Washington, D.C. and  
Ladies Philoptochos Society**

## **Community Outreach “Adopt a Family”**

**Kids in Need During the Holidays (KINDH)  
Collecting monetary donations only**

**For more information contact Georgia Ferentinos:  
301-613-6260**

**We are “adopting” 3 families in need as identified through Montgomery  
County Public Schools and purchasing Christmas gifts for them.**

**The Committee will shop, wrap, and deliver items on the  
family’s Christmas list.**

**Collecting monetary donations only**

**(Cash or checks; checks made payable to Ladies Philoptochos Society)**

**Collecting monetary donations December 1, 2022 – Sunday December 18, 2022**

# YAL MINISTRY

Our YAL organized an adult retreat in Lake Anna, Virginia on November 18th to November 20th. Members of the YAL came together with Father Dimitri for a weekend of spiritual and enlightening talks, laughs, fun games, and food. The attendees had a wonderful time self-reflecting, practicing gratitude, and bonding with friends. Overall, the retreat was a great success! Thank you Father D!





# YAL MINISTRY





# YAL CHRISTMAS CAROLING

The YAL would love to stop by your home and spread some Christmas cheer to your families and neighbors!



Please call Maria Lappas at 240-472-2328 to sign up for a caroling time slot between 2:30pm to 7:00pm on December 10th.

# YOUTH MINISTRY

STS. CONSTANTINE & HELEN  
YOUTH MINISTRY  
INVITES ALL YOUTH TO ATTEND

## SANTA'S WORKSHOP

Bring your cousins and friends  
and join us on  
Saturday, December 10th  
11am-1pm  
Antigone Recachinas Grand Hall

SNACKS ~ HOT COCOA ~ ARTS & CRAFTS  
&  
SANTA!

\$25 PER YOUTH (AT DOOR)

Please RSVP by 12/3 by emailing:  
[youthministry@schgocdc.org](mailto:youthministry@schgocdc.org)

All proceeds will benefit the Sts. Constantine & Helen  
Youth Ministry Fund

# Ladies Philoptochos Society

STS. CONSTANTINE & HELEN  
721 NORWOOD RD | SILVER SPRING, MD

LADIES PHILOPTOCHOS  
SOCIETY

## CHRISTMAS BAKE SALE

SUNDAY, DECEMBER 18  
11:00 AM - 1:00 PM

---

LARGE & SMALL VARIETY BOXES

BAKLAVA - GALAKTOBOUREKO

KOULOURAKIA - KARITHOPITA

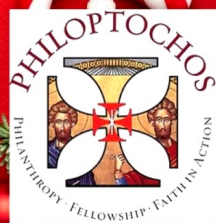
KOURABIEDES - MELOMAKARONA

PASTA FLORA - TSOUREKI

ELAINE LOUKAS

301.529.5920

CASH OR CHECK ONLY







SAINTS CONSTANTINE & HELEN OF WASHINGTON D.C.

# IONIAN VILLAGE SCHOLARSHIP

Enjoy a Summer On The Ionian Sea  
Make Life Long Greek Orthodox Friends From All Over the World  
Rediscover the Beauty of Your Faith & Culture

**\$6,250 Scholarship to attend June 19th - July 9th**

SPONSORED BY

The Louis J. Tiches Memorial Ionian Village Scholarship Fund,  
Ladies of Philotochos and GOYA/Youth Ministry

## REQUIREMENTS

Grades 9th - 12th | Family Stewardship in Good Standing | Youth Active Participation in Community | 2-3 Paragraph Essay on "In what ways have you been able to live your Faith and support your church community?"

Submit essays by Sunday, January 14, 2023 to  
[etiches@gmail.com](mailto:etiches@gmail.com) and [frd@schgocdc.org](mailto:frd@schgocdc.org)

**VISIT [WWW.IONIANVILLAGE.ORG](http://WWW.IONIANVILLAGE.ORG) TO SEE THE FUN!**

For additional information please contact Effie Tiches @ 301.667.3700

PLEASE JOIN US FOR OUR



# Winter Festival

**Greek Pastries, Greek Food,  
Fresh Christmas Trees, & More!**

**SUNDAY, DECEMBER 4, 2022**

**12 NOON - 5 PM**



**ST THEODORE GREEK  
ORTHODOX CHURCH  
7101 CIPRIANO ROAD,  
LANHAM, MD  
[WWW.STTHEODORES.ORG](http://WWW.STTHEODORES.ORG)**

**FREE ENTRY**



# ***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

***Christmas shopping at the bookstore,  
gifts for loved ones of all ages!***





# 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)

<b>SUNDAY SCHOOL</b>  <b>Georgia Ferentinos</b> <a href="mailto:meyaliyioryia@yahoo.com">meyaliyioryia@yahoo.com</a>  <b>Helen Nixon</b> <a href="mailto:Hapn526@gmail.com">Hapn526@gmail.com</a>  ***** <b>ALTAR BOYS</b>  <b>Spyros Loukas</b> <a href="mailto:loukasspy@yahoo.com">loukasspy@yahoo.com</a>	<b>YOUTH MINISTRIES</b>  <b>GOYA</b> <b>Irene Murshed</b> <b>Maria Mantzouranis</b> <b>Nitsa Ferentinos</b> <a href="mailto:youthministry@schgocdc.org">youthministry@schgocdc.org</a>  ***** <b>HOPE/JOY</b> <b>Irene Murshed</b> <a href="mailto:youthministry@schgocdc.org">youthministry@schgocdc.org</a>	<b>OUTREACH &amp; EVANGELISM</b>  <b>Georgia Ferentinos</b> <a href="mailto:meyaliyioryia@yahoo.com">meyaliyioryia@yahoo.com</a>  ***** <b>VERSIS CENTER</b>  <b>Kathy Kafarakis</b> <a href="mailto:kkafarakis@gmail.com">kkafarakis@gmail.com</a>	<b>STEWARSHIP</b>  <b>Sotirios Nasios</b>  <a href="mailto:Snasios@yahoo.com">Snasios@yahoo.com</a>        	<b>ST. KOSMAS AITOLOS BOOKSTORE</b>  <b>Dora Kavadias</b> <a href="mailto:theodorakavadias@gmail.com">theodorakavadias@gmail.com</a>  <b>Elaine Loukas</b> <a href="mailto:Elaine.loukas@gmail.com">Elaine.loukas@gmail.com</a>
<b>GREEK SCHOOL</b>  <b>Ifigenia Kambanis</b> <b>Director</b> <a href="mailto:Agkambanis@msn.com">Agkambanis@msn.com</a> 240-478-8240  <b>Anthoula Bizbikis</b> <a href="mailto:anthi81@yahoo.com">anthi81@yahoo.com</a>  <b>George Sideris</b> <a href="mailto:Fodakas5@aol.com">Fodakas5@aol.com</a>	<b>GREEK DANCE</b>  <b>Kristina-Maria Perona</b>  <a href="mailto:kmcperona@gmail.com">kmcperona@gmail.com</a>  *****	<b>LADIES PHILOPTOCHOS</b>  <b>JoAnn Nasios</b> <b>President</b> <a href="mailto:jonasios@yahoo.com">jonasios@yahoo.com</a> or <a href="mailto:ladiesphilo721@gmail.com">ladiesphilo721@gmail.com</a>  *****	<b>YOUNG AT HEART</b>  <b>Helen Thornberg</b> <a href="mailto:bwt602r@aol.com">bwt602r@aol.com</a>  <b>Christina Clifton</b> <a href="mailto:Christina.Clifton@verizon.net">Christina.Clifton@verizon.net</a>	<b>YAL</b>  <b>Maria Lappas &amp; Jacob Mavromatis</b> <a href="mailto:stconniesyal@gmail.com">stconniesyal@gmail.com</a>