



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

**May 18, 2025**

**Christ Is Risen! - Χριστός Ανέστη!**



**Sunday of the Samaritan Woman**

**Congratulations to our new Ladies Philoptochos President,  
Effie Tiches & Executive Board 2025-2027!**

**Executive Board:**

Effie Tiches-President

Kathy Kafarakis-1st Vice President

Terri Karadimas -2nd Vice President

Stasy Ward-Treasurer

Jenny Mihailidis-Assistant Treasurer

Kathy Hallas-Recording Secretary

Chrysse Mayes-Corresponding Secretary

JoAnn Nasios-Advisor to the Board



**Upcoming Church Services:**

**Tuesday, May 20th:** Great Vespers Feast Day of Saints Constantine & Helen: 6:30pm

**Wednesday, May 21st:** Feast Day of Saints Constantine and Helen

Orthros 8:15am & Hierarchical Divine Liturgy: 9:30am

**Sunday, May 25th:** Sunday of the Blind Man-Orthros 8:15am & Divine Liturgy: 9:30am

**Please Note:** The first row of chairs on the right and left side of the church sanctuary are reserved for memorials and for the elderly with disabilities. All church services are recorded & broadcast live.

Donate by scanning  
this QR Code

church center giving

Collection Tray



Donate by texting  
your donation amount  
(e.g., "\$25") to 84321

## Church Announcements

**Saints Constantine & Helen Feast Day Celebration**-Wednesday, May 21st. His Grace Bishop Nektarios of Diokelia, Chancellor of the Greek Orthodox Archdiocese, will celebrate the Hierarchical Divine Liturgy. Please join us for a lite reception following the Hierarchical Divine Liturgy.

**Community Outreach** - We are collecting gently used children's clothing during the month of May. Please see Georgia Ferentinos for more information. Shoes will not be accepted.

**Car or Cash Raffle 2025** - Drawing will be held at Greek Fest on September 7th!


**Sunday School** - There is no Sunday School class on May 18th. Graduating high school seniors and higher education graduates will be honored. Sunday School will be back in session on Sunday, September 14th.

**Father's Day** celebration after the Divine Liturgy on June 15th. Join us for a small reception!

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Purchase Tickets for a Chance to

# WIN




A 2025 GLA or \$30,000 Cash


Drawing at Our Annual Fall Festival: Sunday, September 7, 2025

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

Purchase 10 Tickets, Get One 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 301.520.0316  
JoAnn Nasios 240.483.7145  
Eleni Paspalis 240.413.4600



OR SCAN  
HERE

## **Car or Cash Raffle 2025**

**[CLICK HERE-](#)**  
**[BUY YOUR WINNING TICKET](#)**  
**[NOW!](#)**

**SCAN THE QR CODE BELOW!**





## Ο ΑΠΟΣΤΟΛΟΣ - Πράξεις Αποστόλων 11:19-30

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, διασπαρέντες οἱ Ἀπόστολοι ἀπὸ τῆς θλίψεως τῆς γενομένης ἐπὶ Στεφάνῳ διῆλθον ἕως Φοινίκης καὶ Κύπρου καὶ Ἀντιοχείας, μηδενὶ λαλοῦντες τὸν λόγον εἰ μὴ μόνον Ἰουδαίοις. Ἦσαν δέ τινες ἐξ αὐτῶν ἄνδρες Κύπριοι καὶ Κυρηναῖοι, οἵτινες εἰσελθόντες εἰς Ἀντιόχειαν, ἐλάλουν πρὸς τοὺς Ἑλληνιστάς, εὐαγγελιζόμενοι τὸν κύριον Ἰησοῦν. Καὶ ἦν χεὶρ κυρίου μετ' αὐτῶν· πολὺς τε ἀριθμὸς πιστεύσας ἐπέστρεψεν ἐπὶ τὸν κύριον. Ἠκούσθη δὲ ὁ λόγος εἰς τὰ ὦτα τῆς ἐκκλησίας τῆς ἐν Ἱεροσολύμοις περὶ αὐτῶν· καὶ ἐξαπέστειλαν Βαρνάβαν διελθεῖν ἕως Ἀντιοχείας· ὃς παραγενόμενος καὶ ἰδὼν τὴν χάριν τοῦ θεοῦ ἐχάρη, καὶ παρεκάλει πάντας τῇ προθέσει τῆς καρδίας προσμένειν τῷ κυρίῳ· ὅτι ἦν ἀνὴρ ἀγαθὸς καὶ πλήρης πνεύματος ἁγίου καὶ πίστεως· καὶ προσετέθη ὄχλος ἱκανὸς τῷ κυρίῳ. Ἐξῆλθεν δὲ εἰς Ταρσὸν ὁ Βαρνάβας ἀναζητῆσαι Σαῦλον, καὶ εὗρων ἤγαγεν αὐτὸν εἰς Ἀντιόχειαν. Ἐγένετο δὲ αὐτοὺς ἐνιαυτὸν ὅλον συναθῆναι τῇ ἐκκλησίᾳ καὶ διδάξαι ὄχλον ἱκανόν, χρηματίσαι τε πρῶτον ἐν Ἀντιοχείᾳ τοὺς μαθητὰς Χριστιανούς. Ἐν ταύταις δὲ ταῖς ἡμέραις κατῆλθον ἀπὸ Ἱεροσολύμων προφῆται εἰς Ἀντιόχειαν. Ἀναστὰς δὲ εἷς ἐξ αὐτῶν ὀνόματι Ἄγαθος, ἐσήμανεν διὰ τοῦ πνεύματος λιμὸν μέγαν μέλλειν ἔσσεσθαι ἐφ' ὅλην τὴν οἰκουμένην· ὅστις καὶ ἐγένετο ἐπὶ Κλαυδίου Καίσαρος. Τῶν δὲ μαθητῶν καθὼς εὐπορεῖτό τις, ὥρισαν ἕκαστος αὐτῶν εἰς διακονίαν πέμψαι τοῖς κατοικοῦσιν ἐν τῇ Ἰουδαίᾳ ἀδελφοῖς· ὃ καὶ ἐποίησαν, ἀποστείλαντες πρὸς τοὺς πρεσβυτέρους διὰ χειρὸς Βαρνάβα καὶ Σαύλου.

## THE EPISTLE - Acts of the Apostles 11:19-30

In those days, those apostles who were scattered because of the persecution that arose over Stephen traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to none except Jews. But there were some of them, men of Cyprus and Cyrene, who on coming to Antioch spoke to the Greeks also, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number that believed turned to the Lord. News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose; for he was a good man, full of the Holy Spirit and of faith. And a large company was added to the Lord. So Barnabas went to Tarsus to look for Saul; and when he had found him, he brought him to Antioch. For a whole year they met with the church, and taught a large company of people; and in Antioch the disciples were for the first time called Christians. Now in these days prophets came down from Jerusalem to Antioch. And one of them named Agabos stood up and foretold by the Spirit that there would be a great famine over all the world; and this took place in the days of Claudius. And the disciples determined, every one according to his ability, to send relief to the brethren who lived in Judea, and they did so, sending it to the elders by the hand of Barnabas and Saul.

## ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Ἰωάννην 4:5-42

Τῷ καιρῷ ἐκείνῳ, ἔρχεται ὁ Ἰησοῦς εἰς πόλιν τῆς Σαμαρείας λεγομένην Συχάρ, πλησίον τοῦ χωρίου ὃ ἔδωκεν Ἰακώβ Ἰωσήφ τῷ υἱῷ αὐτοῦ· ἦν δὲ ἐκεῖ πηγὴ τοῦ Ἰακώβ. Ὁ οὖν Ἰησοῦς κεκοπιακῶς ἐκ τῆς ὁδοιπορίας ἐκαθέζετο οὕτως ἐπὶ τῇ πηγῇ· ὥρα ἦν ὥσει ἕκτη. Ἐρχεται γυνή



ἐκ τῆς Σαμαρείας ἀντλήσαι ὕδωρ. Λέγει αὐτῇ ὁ Ἰησοῦς· δός μοι πιεῖν. Οἱ γὰρ μαθηταὶ αὐτοῦ ἀπεληλύθεισαν εἰς τὴν πόλιν ἵνα τροφὰς ἀγοράσωσι. Λέγει οὖν αὐτῷ ἡ γυνὴ ἡ Σαμαρεῖτις· Πῶς σὺ Ἰουδαῖος ὢν παρ' ἐμοῦ πιεῖν αἰτεῖς, οὗσης γυναικὸς Σαμαρεῖτιδος; Οὐ γὰρ συγχρῶνται Ἰουδαῖοι Σαμαρεῖταις. Ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῇ· Εἰ ᾔδεις τὴν δωρεὰν τοῦ Θεοῦ, καὶ τίς ἐστὶν ὁ λέγων σοι, δός μοι πιεῖν, σὺ ἂν ᾔτησας αὐτόν, καὶ ἔδωκεν ἅν σοι ὕδωρ ζῶν. Λέγει αὐτῷ ἡ γυνὴ· Κύριε, οὔτε ἄντλημα ἔχεις, καὶ τὸ φρέαρ ἐστὶ βαθύ· πόθεν οὖν ἔχεις τὸ ὕδωρ τὸ ζῶν; Μὴ σὺ μεῖζων εἶ τοῦ πατρὸς ἡμῶν Ἰακώβ, ὃς ἔδωκεν ἡμῖν τὸ φρέαρ, καὶ αὐτὸς ἐξ αὐτοῦ ἔπιε καὶ οἱ υἱοὶ αὐτοῦ καὶ τὰ θρέμματα αὐτοῦ; Ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῇ· Πᾶς ὁ πίνων ἐκ τοῦ ὕδατος τούτου διψήσει πάλιν· ὃς δ' ἂν πίη ἐκ τοῦ ὕδατος οὗ ἐγὼ δώσω αὐτῷ, οὐ μὴ διψήσῃ εἰς τὸν αἰῶνα, ἀλλὰ τὸ ὕδωρ ὃ δώσω αὐτῷ, γενήσεται ἐν αὐτῷ πηγὴ ὕδατος ἀλλομένου εἰς ζωὴν αἰώνιον. Λέγει πρὸς αὐτόν ἡ γυνὴ· Κύριε, δός μοι τοῦτο τὸ ὕδωρ, ἵνα μὴ διψῶ μηδὲ ἔρχωμαι ἐνθάδε ἀντλεῖν. Λέγει αὐτῇ ὁ Ἰησοῦς· Ὑπαγε φώνησον τὸν ἄνδρα σου καὶ ἐλθὲ ἐνθάδε. Ἀπεκρίθη ἡ γυνὴ καὶ εἶπεν· Οὐκ ἔχω ἄνδρα. Λέγει αὐτῇ ὁ Ἰησοῦς· Καλῶς εἶπας ὅτι ἄνδρα οὐκ ἔχω· πέντε γὰρ ἄνδρας ἔσχες, καὶ νῦν ὃν ἔχεις οὐκ ἔστι σου ἀνὴρ· τοῦτο ἀληθὲς εἶρηκας. Λέγει αὐτῷ ἡ γυνὴ· Κύριε, θεωρῶ ὅτι προφήτης εἶ σύ. Οἱ πατέρες ἡμῶν ἐν τῷ ὄρει τούτῳ προσεκύνησαν· καὶ ὑμεῖς λέγετε ὅτι ἐν Ἱεροσολύμοις ἐστὶν ὁ τόπος ὅπου δεῖ προσκυνεῖν. Λέγει αὐτῇ ὁ Ἰησοῦς· Γύναι, πιστεύσόν μοι ὅτι ἔρχεται ὥρα ὅτε οὔτε ἐν τῷ ὄρει τούτῳ οὔτε ἐν Ἱεροσολύμοις προσκυνήσετε τῷ πατρί. Ὑμεῖς προσκυνεῖτε ὃ οὐκ οἴδατε, ἡμεῖς προσκυνοῦμεν ὃ οἴδαμεν· ὅτι ἡ σωτηρία ἐκ τῶν Ἰουδαίων ἐστίν. Ἀλλ' ἔρχεται ὥρα, καὶ νῦν ἐστὶν, ὅτε οἱ ἀληθινοὶ προσκυνηταὶ προσκυνήσουσι τῷ πατρί ἐν πνεύματι καὶ ἀληθείᾳ· καὶ γὰρ ὁ πατὴρ τοιούτους ζητεῖ τοὺς προσκυνοῦντας αὐτόν. Πνεῦμα ὁ Θεός, καὶ τοὺς προσκυνοῦντας αὐτόν ἐν πνεύματι καὶ ἀληθείᾳ δεῖ προσκυνεῖν. Λέγει αὐτῷ ἡ γυνὴ· Οἶδα ὅτι Μεσσίας ἔρχεται ὁ λεγόμενος Χριστός· ὅταν ἔλθῃ ἐκεῖνος, ἀναγγελεῖ ἡμῖν πάντα. λέγει αὐτῇ ὁ Ἰησοῦς· Ἐγὼ εἰμι ὁ λαλῶν σοι. Καὶ ἐπὶ τούτῳ ἦλθον οἱ μαθηταὶ αὐτοῦ, καὶ ἐθαύμασαν ὅτι μετὰ γυναικὸς ἐλάλει· οὐδεὶς μέντοι εἶπε, τί ζητεῖς ἢ τί λαλεῖς μετ' αὐτῆς; Ἀφῆκεν οὖν τὴν ὑδρίαν αὐτῆς ἡ γυνὴ καὶ ἀπῆλθεν εἰς τὴν πόλιν, καὶ λέγει τοῖς ἀνθρώποις· Δεῦτε ἴδετε ἄνθρωπον ὃς εἶπέ μοι πάντα ὅσα ἐποίησα· μήτι οὗτός ἐστιν ὁ Χριστός; Ἐξῆλθον οὖν ἐκ τῆς πόλεως καὶ ἦρχοντο πρὸς αὐτόν. Ἐν δὲ τῷ μεταξύ ἡρώτων αὐτόν οἱ μαθηταὶ λέγοντες· Ραββί, φάγε. Ὁ δὲ εἶπεν αὐτοῖς· Ἐγὼ βρῶσιν ἔχω φαγεῖν, ἣν ὑμεῖς οὐκ οἴδατε. Ἔλεγον οὖν οἱ μαθηταὶ πρὸς ἀλλήλους· Μὴ τις ἠνεγκεν αὐτῷ φαγεῖν; Λέγει αὐτοῖς ὁ Ἰησοῦς· Ἐμὸν βρῶμά ἐστὶν ἵνα ποιῶ τὸ θέλημα τοῦ πέμψαντός με καὶ τελειώσω αὐτοῦ τὸ ἔργον. Οὐχ ὑμεῖς λέγετε ὅτι ἔτι τετράμηνός ἐστι καὶ ὁ θερισμὸς ἔρχεται; Ἴδου λέγω ὑμῖν, ἐπάρατε τοὺς ὀφθαλμοὺς ὑμῶν καὶ θεάσασθε τὰς χώρας, ὅτι λευκαὶ εἰσι πρὸς θερισμὸν ἤδη. Καὶ ὁ θερίζων μισθὸν λαμβάνει καὶ συνάγει καρπὸν εἰς ζωὴν αἰώνιον, ἵνα καὶ ὁ σπείρων ὁμοῦ χαίρῃ καὶ ὁ θερίζων. Ἐν γὰρ τούτῳ ὁ λόγος ἐστὶν ὁ ἀληθινός, ὅτι ἄλλος ἐστὶν ὁ σπείρων καὶ ἄλλος ὁ θερίζων. Ἐγὼ ἀπέστειλα ὑμᾶς θερίζειν ὃ οὐχ ὑμεῖς κεκοπιάκατε· ἄλλοι κεκοπιάκασιν, καὶ ὑμεῖς εἰς τὸν κόπον αὐτῶν εἰσεληλύθατε. Ἐκ δὲ τῆς πόλεως ἐκείνης πολλοὶ ἐπίστευσαν εἰς αὐτόν τῶν Σαμαρειτῶν διὰ τὸν λόγον τῆς γυναικὸς, μαρτυροῦσης ὅτι εἶπέ μοι πάντα ὅσα ἐποίησα. Ὡς οὖν ἦλθον πρὸς αὐτόν οἱ Σαμαρεῖται, ἡρώτων αὐτόν μεῖναι παρ' αὐτοῖς· καὶ ἔμεινεν ἐκεῖ δύο ἡμέρας. Καὶ πολλῷ πλείους ἐπίστευσαν διὰ τὸν λόγον αὐτοῦ, τῇ τε γυναικὶ ἔλεγον ὅτι οὐκέτι διὰ τὴν σὴν λαλιὰν πιστεύομεν· αὐτοὶ γὰρ ἀκηκόαμεν, καὶ οἴδαμεν ὅτι οὗτός ἐστιν ἀληθῶς ὁ σωτὴρ τοῦ κόσμου ὁ Χριστός.





## The Gospel - John 4:5-42

At that time, Jesus came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour. There came a woman of Samaria to draw water. Jesus said to her, "Give me a drink." For his disciples had gone away into the city to buy food. The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Everyone who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw." Jesus said to her, "Go, call your husband, and come here." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly." The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain; and you say that Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that the Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he." Just then his disciples came. They marveled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" So the woman left her water jar, and went away into the city and said to the people, "Come, see a man who told me all that I ever did. Can this be the Christ?" They went out of the city and were coming to him. Meanwhile the disciples besought him, saying "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has anyone brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor; others have labored, and you have entered into their labor." Many Samaritans from that city believed in him because of the woman's testimony. "He told me all that I ever did." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of your words that we believe, for we have heard ourselves, and we know that this is indeed Christ the Savior of the world."



## **FUTURE MEMORIALS**

**May 25th** - Evangelia Marketon

**June 15th** - Georgia A. Maroulis, James Zibragos and George Zibragos

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**

Katerina, John, Cedric, Margaret Arianna, Cleopatra, Tiffany, Maria, Marvin, Tiffany, Annette, Jodie, Evan, Despina, John, Dimosthenis, 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, Panagiota, Maria, Paul, Anna, 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.

# **SENIOR SUNDAY**



*Please join us  
on May 18 to  
honor our  
High School  
Graduates!*

Following the Divine Liturgy, we will recognize our  
2025 HIGH SCHOOL graduates.

Afterwards, ALL graduates and their immediate  
families are invited to join us outside  
where there will be delicious treats served by  
“Captain Cookie!”

We then welcome our HIGH SCHOOL graduates to  
visit the GOYA room and sign a “brick” on our wall!

We look forward to celebrating you!

## **CLASS OF 2025**

# COMMUNITY OUTREACH



## **SAINTS CONSTANTINE & HELEN GREEK ORTHODOX CHURCH OF WASHINGTON, D. C. IS PARTNERING WITH SMALL THINGS MATTER**

**Collecting Gently Use Children's Clothing  
Birth – 16 years old**

**Shoes will not be accepted**

**Collection begins  
Sunday May 4, 2025 – Saturday May 31, 2025**

**Drop clothes off in the Versis Center**

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



# YOUTH MINISTRY

The Hope/Joy group met for our final gathering of the year on Friday, May 9th. We had a wonderful time together. We spent the evening playing outside at church—football, soccer, sidewalk chalk, and more! After enjoying the fun and sunshine, we came together for dinner and fellowship. Wishing everyone a safe and joyful summer!



PIC•COLLAGE

# GREEK SCHOOL

Ελληνικό Σχολείο των  
Αγίων Κωνσταντίνου και Ελένη

Με μεγάλη χαρά σας προσκαλούμε στη γιορτή

λήξης της σχολικής χρονιάς, η οποία θα

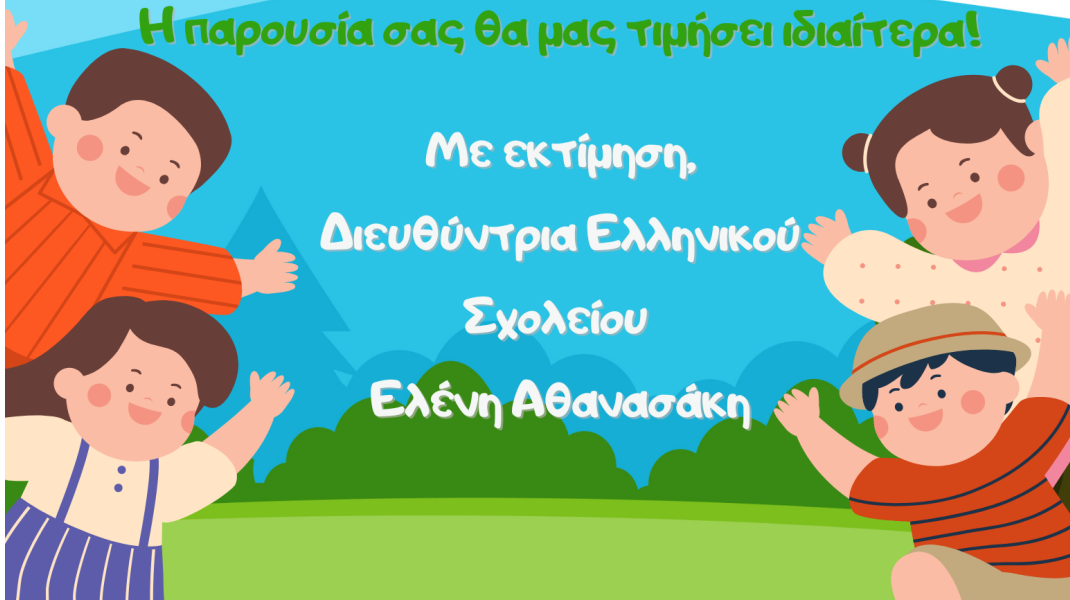
πραγματοποιηθεί την:

Δευτέρα 19 Μαΐου, και ώρα 4:45 μμ  
στην αίθουσα εκδηλώσεων των  
Αγίων Κωνσταντίνου και Ελένης.

Μετά την λήξη της γιορτής σας περιμένουμε όλους  
για να συνεχίσουμε με σουβλάκια, ορεκτικά και ποτά.

Η παρουσία σας θα μας τιμήσει ιδιαίτερα!

Με εκτίμηση,  
Διευθύντρια Ελληνικού  
Σχολείου  
Ελένη Αθανασάκη



# JOURNEY OF MARRIAGE



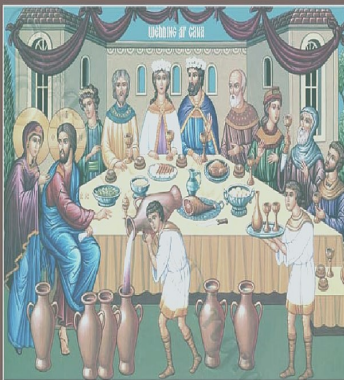
DC Journey of Marriage Ministry &  
The Direct Archdiocesan District

PRESENT:

## JOURNEY OF MARRIAGE

A Pre-Marriage Seminar

*\*Open to all married couples as well*



Saturday, June 7th

9 a m - 3 p m

..... ❖ .....

Saint Sophia Greek Orthodox Cathedral

3rd Floor, Frosene Center

Please RSVP to: [JourneyofMarriageWashDC@gmail.com](mailto:JourneyofMarriageWashDC@gmail.com)





# Happy Father's Day

**Please join us for a Father's Day  
celebration on Sunday, June 15<sup>th</sup>  
directly following the Divine  
Liturgy.**

**We will have refreshments and  
fun Father's Day items!!!**



**SEASON 2 HAS BEGUN !!**  
**[Click here to listen to Seasons 1 & 2!](#)**

SAINTS CONSTANTINE AND HELEN  
GREEK ORTHODOX CHURCH OF WASHINGTON, DC

TUNE IN TO OUR NEW  
**PODCAST**

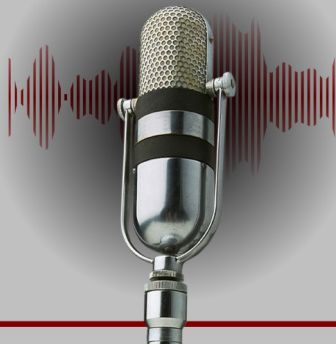


**A Christian Podcast combining varying  
perspective and witty debate on the impact of  
the Orthodox WORD on everyday life**



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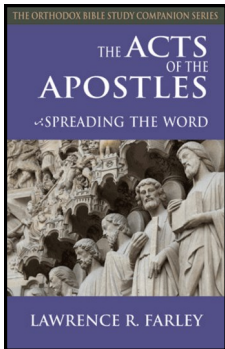


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JioSaavn  
Podcast Addict  
Podchaser  
Spotify  
and others...



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## **Acts of the Apostles: Spreading the Word**

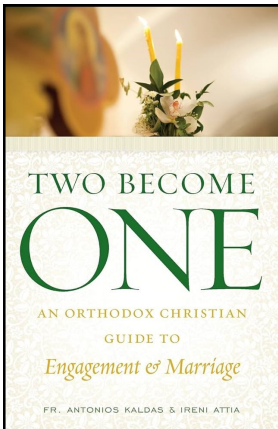
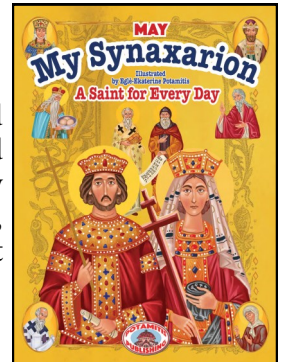
by Fr. Lawrence R. Farley

This commentary series was written for the average layperson. Working from a literal translation of the original Greek, the commentary examines the text section by section, explaining its meaning in everyday language. Written from an Orthodox and patristic perspective, it maintains a balance between the devotional and the exegetical, feeding both the heart and the mind.

## **My Synaxarion – A Saint for Every Day – MAY**

by Potamitis Publishing - Orthodox Children's Books

There is a saint for every day of the month, and two pages are dedicated to each one of the saints. You have the icon, the life of the saint (adapted for children), the Apolytikion or Kontakion of the saint, the summary with the key facts, a map, a timeline, and some fascinating biographical, historical, and geographic facts. There are no long, gory details about the martyrdoms of the saints.



## **Two Become One: An Orthodox Christian Guide to Engagement and Marriage**

by Fr. Antonios Kaldas

Whether you are a young person embarking on the grand adventure of finding a life partner, or a member of a courting or engaged couple, Two Become One will help you be sure your partner is right for you and help the two of you together lay a firm foundation for the lifelong adventure of marriage. Married couples will also find much of benefit for strengthening their relationship. Weaving ancient wisdom and modern psychology into a single approach, the authors address difficult contemporary issues related to sexuality and marriage and help couples reach a sound and profound understanding of what marriage is all about.

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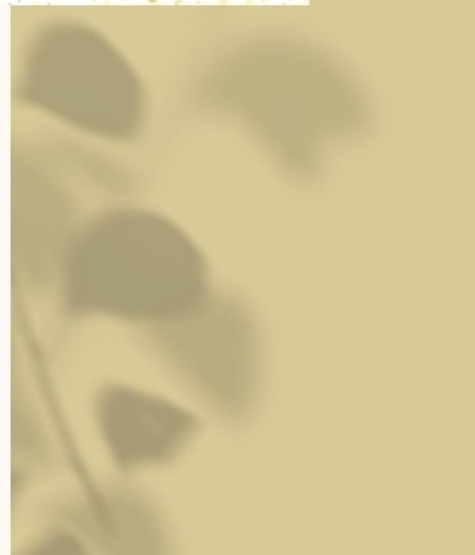
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Email: frd@schgocdc.org

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

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