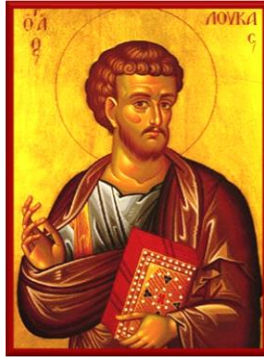




Saints Constantine & Helen
Greek Orthodox Church of Washington, D.C.
October 18, 2026
Saint Luke the Evangelist



Church Announcements

Monte Carlo Gala: Very few tickets are left! Please join us at our Monte Carlo Gala on Saturday October 24th, in the Antigoni Recachinas Grand Hall. Please see Christina Clifton, or call (301) 467-7072, and buy your tickets today!

Men's Joint Fellowship Wine Tasting & Dinner: Thursday October 29th at Urban Winery, 6:30pm-9:00pm. For more information, please contact Chris Malagisi at CNMalagisi @yahoo.com or (716) 440-9004.

Grief Share Ministry: Fall/Winter 2026 Session starting October 5th -7:00pm-8:30pm, every Monday (for 14 weeks) in the Versis Center. For more information, please contact Katy Tzamaras at (240) 938-6549 or ktnom3@gmail.com.

Upcoming Church Services

Thursday, October 22nd: St. Lucian - Divine Liturgy: 9:30am

Sunday, October 25th: 6th Sunday of Luke - 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.

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THE EPISTLE - St. Paul's Letter to the Colossians 4:5-11, 14-18

Brethren, conduct yourselves wisely toward outsiders, making the most of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer everyone. Tychicos will tell you all about my affairs; he is a beloved brother and faithful minister and fellow servant in the Lord. I have sent him to you for this very purpose, that you may know how we are and that he may encourage your hearts, and with him Onesimos, the faithful and beloved brother, who is one of yourselves. They will tell you of everything that has taken place. Aristarchos my fellow prisoner greets you, and Mark the cousin of Barnabas (concerning whom you have received instructions if he comes to you, receive him), and Jesus who is called Justos. These are the only men of the circumcision among my fellow workers for the kingdom of God, and they have been a comfort to me. Luke the beloved physician and Demas greet you. Give my greetings to the brethren at Laodicea, and to Nympha and the church in her house. And when this letter has been read among you, have it read also in the church of the Laodiceans; and see that you read also the letter from Laodicea. And say to Archippos, "See that you fulfill the ministry which you have received in the Lord." I, Paul, write this greeting with my own hand. Remember my fetters. Grace be with you. Amen.

ΑΠΟΣΤΟΛΟΣ - Πρὸς Κολοσσαεῖς 4:5-11, 14-18

Ἀδελφοί, ἐν σοφίᾳ περιπατεῖτε πρὸς τοὺς ἔξω, τὸν καιρὸν ἐξαγοραζόμενοι. Ὁ λόγος ὑμῶν πάντοτε ἐν χάριτι, ἅλατι ἡρυγμένος, εἰδέναι πῶς δεῖ ὑμᾶς ἐνὶ ἐκάστῳ ἀποκρίνεσθαι. Τὰ κατ' ἐμὲ πάντα γνωρίσει ὑμῖν Τυχικός, ὁ ἀγαπητὸς ἀδελφὸς καὶ πιστὸς διάκονος καὶ σύνδουλος ἐν κυρίῳ· ὃν ἔπεμψα πρὸς ὑμᾶς εἰς αὐτὸ τοῦτο, ἵνα γνῶ τὰ περὶ ὑμῶν καὶ παρακαλέσῃ τὰς καρδίας ὑμῶν· σὺν Ὀνησίμῳ τῷ πιστῷ καὶ ἀγαπητῷ ἀδελφῷ, ὅς ἐστιν ἐξ ὑμῶν. Πάντα ὑμῖν γνωριοῦσιν τὰ ὧδε. Ἀσπάζεται ὑμᾶς Ἀρίσταρχος ὁ συναιχμάλωτός μου, καὶ Μάρκος ὁ ἀνεψιὸς Βαρνάβα, περὶ οὗ ἐλάβετε ἐντολὰς - ἐὰν ἔλθῃ πρὸς ὑμᾶς, δέξασθε αὐτόν· καὶ Ἰησοῦς ὁ λεγόμενος Ἰούστος, οἱ ὄντες ἐκ περιτομῆς· οὗτοι μόνοι συνεργοὶ εἰς τὴν βασιλείαν τοῦ θεοῦ, οἵτινες ἐγενήθησάν μοι παρηγορία. Ἀσπάζεται ὑμᾶς Λουκᾶς ὁ ἱατρὸς ὁ ἀγαπητός, καὶ Δημᾶς. Ἀσπάσασθε τοὺς ἐν Λαοδικαίᾳ ἀδελφούς, καὶ Νυμφᾶν, καὶ τὴν κατ' οἶκον αὐτοῦ ἐκκλησίαν. Καὶ ὅταν ἀναγνωσθῇ παρ' ὑμῖν ἡ ἐπιστολή, ποιήσατε ἵνα καὶ ἐν τῇ Λαοδικαίων ἐκκλησίᾳ ἀναγνωσθῇ, καὶ τὴν ἐκ Λαοδικείας ἵνα καὶ ὑμεῖς ἀναγνῶτε. Καὶ εἶπατε Ἀρχίππῳ, Βλέπε τὴν διακονίαν ἣν παρέλαβες ἐν κυρίῳ, ἵνα αὐτὴν πληροῖς. Ὁ ἀσπασμὸς τῇ ἐμῇ χειρὶ Παύλου. Μνημονεύετέ μου τῶν δεσμῶν. Ἡ χάρις μεθ' ὑμῶν. Ἀμήν.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Λουκᾶν 10:16-21

Εἶπεν ὁ Κύριος τοῖς ἑαυτοῦ μαθηταῖς· Ὁ ἀκούων ὑμῶν ἐμοῦ ἀκούει, καὶ ὁ ἀθετῶν ὑμᾶς ἐμὲ ἀθετεῖ· ὁ δὲ ἐμὲ ἀθετῶν ἀθετεῖ τὸν ἀποστείλαντά με. Ὑπέστρεψαν δὲ οἱ ἑβδομήκοντα μετὰ χαρᾶς λέγοντες· Κύριε, καὶ τὰ δαιμόνια ὑποτάσσεται ἡμῖν ἐν τῷ ὀνόματί σου. Εἶπε δὲ αὐτοῖς· ἑθεώρουν τὸν σατανᾶν ὡς ἀστραπὴν ἐκ τοῦ οὐρανοῦ πεσόντα. ἰδοὺ δίδωμι ὑμῖν τὴν ἐξουσίαν τοῦ πατεῖν ἐπάνω ὄφρων καὶ σκορπίων καὶ ἐπὶ πᾶσαν τὴν δύναμιν τοῦ ἐχθροῦ, καὶ οὐδὲν ὑμᾶς οὐ μὴ ἀδικήσῃ. πλὴν ἐν τούτῳ μὴ χαίρετε, ὅτι τὰ πνεύματα ὑμῖν ὑποτάσσεται· χαίρετε δὲ ὅτι τὰ ὀνόματα ὑμῶν ἐγράφη ἐν τοῖς οὐρανοῖς. Ἐν αὐτῇ τῇ ὥρᾳ ἠγαλλιάσατο τῷ πνεύματι ὁ Ἰησοῦς καὶ εἶπεν· ἐξομολογοῦμαί σοι, πάτερ, κύριε τοῦ οὐρανοῦ καὶ τῆς γῆς, ὅτι ἀπέκρυσας ταῦτα ἀπὸ σοφῶν καὶ συνετῶν, καὶ ἀπεκάλυψας αὐτὰ νηπίοις· ναί, ὁ πατήρ, ὅτι οὕτως ἐγένετο εὐδοκία ἔμπροσθέν σου.



THE GOSPEL - According to Luke 10:16-21

The Lord said to his disciples, "He who hears you hears me, and he who rejects you rejects me, and he who rejects me rejects him who sent me." The seventy returned with joy, saying, "Lord, even the demons are subject to us in your name!" And he said to them, "I saw Satan fall like lightning from heaven. Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy; and nothing shall hurt you. Nevertheless, do not rejoice in this, that the spirits are subject to you; but rejoice that your names are written in heaven." In that same hour he rejoiced in the Holy Spirit and said, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to babes; yes, Father, for such was your gracious will."

MEMORIALS

George J. Mantzouranis, is the beloved son of the late John Mantzouranis and Lefki Mantzouranis. Loving husband of Michele Amoia and stepfather of Jennifer, Andrew and Nicole. Adored brother of Athanasia J. Mantzouranis and loving uncle of Demetrios. George was blessed with a loving extended family. May his memory be eternal!

Ekaterini Markatatos, is the beloved wife of the late Ioannis Polivios Markatatos. Loving and devoted mother of Maria (John) Drapas and the late Ioanna (Bedros) Kaskasian. Adored grandmother of Georgia, Katerina, Marianna, Izabella, Jacob and Gabriella. Dearly loved sister of the late Nickolaos, the late Costas and the late Andreas Nathenas, Magdalini (Kostas) Vistakis, George (Penelope) Nathenas and sister-in-law of Georgia Nathenas. May her memory be eternal!

Demetrios P. Tsipianitis, is the beloved husband of Vicky Tsipianitis and the loving and devoted father of Panayioti & Kiara Tsipianitis and Pavlo Tsipianitis. Dearly loved son of the late Peter Chapin and Irene Chapin. Adored brother of Dena & Bobby Nolte and Voula Chapin, and loving uncle of Niko, Zach, and Christopher. He is the cherished and very loved son-in-law of Paul and Dina Stathes, brother-in-law of Maria & Mark Miller and loving uncle of Christina Miller and Dina & Brett Weiss. May his memory be eternal!

FUTURE MEMORIALS

October 25th – Michael Hatgicosti, Vasili (Vasilogerasimos) Kavadias, Harry James Perrus and
The Vourvoura Society's Annual Memorial

November 1st - Louis J. Tiches

November 8th - John & Helene Catsouras and James & Constance Cokas

PRAYER LIST

Christina, Anna, John, Harry, Susan, Paul, Konstantinos, Faye, Panagiota, Maria, Sophia, Nicholaos, Panagiota, Michael, Maria, Annette, Kathy, Alik, Ernie, Anastasia, Christos, Vasil, John, Cedric, Margaret Arianna, Cleopatra, Tiffany, Maria, Marvin, Tiffany, Annette, Jodie, Evan, Despina and John.

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 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.

FALL/WINTER 2026 SESSION
STARTING October 5, 2026
Mondays, 7-8:30 PM
Versis Center

Join us for **14 weeks** of comfort, support and healing.

For more information contact
Katy Tzamaras
240-938-6549
ktmom3@gmail.com

To sign up, go to our page on the 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 \$25 and bring it with you to our sessions.

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

**2026 Stewards
as of October 12, 2026**

Adams, Harry & Stavroula
Aggelis, Nikolaos & Anthoula
Alexiou, Nina
Anagnostiadis, Emanuel & Ashley
Anagnostopoulos, Cristos & Georgia
Anayannis, John & Barbara-Anne
Anderson, Janis
Antzoulatos, Irene
Argeroplos, Soterios & Demetra
Assimakopoulos, Eliana
Athanasakis, Haralambos & Eleni
Athanason, Thomas
Atsalinos, Emmanuel & Kimberly
Augustin, Voula & Donald
Backus, Angelo & Ann
Backus, Thomas & Jamie
Baldwin, Eleni & Joseph
Balourdos, Panagiotis & Jennifer
Banks, Daniel & Andrea
Bergeris, Pauline
Binford, John & Joy
Binford, Victoria
Bisbikis, Lambros & Georgia
Bizbikis, Demetrios & Lefkothea
Borsas, Evriklia
Bratsakis, John & Heather
Brotsky, Artyom
Brummitt, Katerina & Andre
Cacho, Jose & Vasiliki
Calomeris, Anthony
Caloviras, Vasso
Campbell, Kathryn
Caperones, George & Mia
Caviris, Nicholas

Chahalais, Georgia
Chahalais, Nicholas & Dina
Chahalais, Peter
Chakalakis, Nicole
Chakalakis, Pete
Chanakas, Helen
Chapin, Irene
Charalambous, Charalambos & Carmen
Chasapis, Father Kallinikos
Cheakalos, James & Betsy
Cheakalos, John
Cheakalos, Barbara J.
Ciesielski, David & Alexandra
Clifton, Charles & Christina
Colevas, Raymond & Anna
Cornias, George
Costa, Bill & Kimberly
Curtis, Linsey & Daniel
Curtis, Sylvia
Crassas, James & Georgia
Dakoulas, Panagiotis
Damare, Maria
Damare, Alexandra
Damianos, Nicholas
Daoud, David & Razan
Delarivas, Andy & Jamie
Demer, Teresa
Dialektakos, James & Maria
Dimidis, Demetrios & Angie
Dimos, Mary
Dionisopoulos, Kosta & Marina
Dizelos, Theodore & Angelike
Dizelos, Evangelos
Dizelos, Victoria
Doulaveris, Dena & Andreas
Dounis, William
Drakakis, Kosta & Desiree
Eisenacher, Joanna & Kevin
Esayas, Nebiy & Rebecca
Fafoutis, Steve & Olympia
Ferentinos, Eleni

Ferentinos, Georgia
Ferentinos, Max & Mary
Ferentinos, Metaxas & Morfini
Ferentinos, Zack
Firippis, Pantelis & Ioanna
Flanders, Ioannis
Fliakas, Nicholas & Davinia
Fliakas, James
Foster, Geneva
Fotos Magnant, Pauline
Fragkos, Theologos & Sophia
Frantzis, Dimitrios & Myrofora
Fuchsman, Ronald & Elizabeth
Garbis, George & Efy
Garrett, Pauline & Robert
Georgakopoulos, Christos & Gianoula
Georgakopoulos, Panagiotis
Georgakopoulos, Marika
Georgallas, Donna & Pete
Georgiou, Joanna & Andreas
Georgiou, George & Eva
Georgopoulos, Jennifer & Sarantos
Georgopoulos, Vasiliki
Gerohristodoulos, Hrisostomos & Eileen
Gibbs, Robert
Glaros, Dean
Glekas, Panagiotis & Garyfallia
Glorioso, Stephanie
Goodier, Chelsea & Costas
Gouskos, Stephanie
Grieco, Chrysanthi M.
Haefeli, Elizabeth & Douglas
Hajicosti, Xenia
Hallas, Nick & Heather
Harrison, Michael & Stella
Hays, Paraskevoula
Herald, William
Hristopoulos, Julie & Bill
Impeduglia, Kathryn
Ioakim, Gus & Vasiliki
Isaacs, Katerina & Brandon

Jianos, Evanthia
Jones, Helen
Jones, Damani
Jordan, Petroula
Jurado, Benjamin & Sharon
Kafarakis, Katherine & Phillip
Kafarakis, Menelaos
Kafarakis, Alexander & Charissa
Kafarakis, Maria
Kalamoutsos, Eleni
Kalamoutsos, Vasilios
Kalapothakos, Andriana
Kalaris, Georgia
Kaldis, Anastasios & Vasiliki
Kaldis, Spiros & Constantina
Kaldis, Angeleke
Kaldis Smith, Anastasia & Jack
Kallinikos, John & Kathy
Kalogeropoulos, Aristidis & Lena
Kambanis, Catherine
Kanaras, Sotirios
Karabatis, George & Saydeh
Karadimas, Athanasios & Katherine
Karadimas, Spiros & Terri
Karagiannis, Ioannis & Aspasia
Karakatsanis, Stavros & Anthoula
Karavangelos, Agatha
Kariotis, Efthimia
Karoutsos, Costantinos & Nickolaos
Kasaskeris, Spiros & Lauren
Kasaskeris, Antonios
Katsafanas, George & Rovenia
Kavadias, Theodora
Kavadias, Kyriaki
Kavadias, Demetrios & Erica
Kavadias, Jerry & Tara
Kavadias, Olivia & Jacob Roberts
Kavadias, Gabriel
Kefalas, Chrys
Kisas, Dimitra
Kokonis, Nick J.

Kokonis, Nicholas P.
Kontakiotis, Stelios & Katherine
Kontos, Aleko & Elenna
Koskinas, Olympia
Kostolampros, Georgia
Kotsiras, Anastasia
Kourkounakis, Angie & Basil
Kousiafes, Dimitrios & Antonia
Koutras, Ernest & Irene
Koutras, Bessie
Koutras, Louis & Jennifer
Koutras, Stephanie & John
Koutris, John & Autumn
Koutris, Effie
Koutris, George
Koutsoutis, Socrates & Anne
Kruml, Joseph
Kyriakidis, Yiannos & Ellie
Kyritsopoulos, Niko
Ladany, Kalliopi
Lambis, Barbara
Lappas, Paul & Penny
Lappas, Dimitrios & Dimitra
Lappas, Maria
Larkin, Donald & Marianne
Lee, Father Dimitrios & Sebastian
Lee, Maria & Robert
Levantis, Spiro & Christina
LoCicero, Elijah & Courtney
Lolas, Anastasia
Loukas, Spyros & Elaine
Maestros, Maria
Magoulas, Paula
Maheridis, Pete & Nicole
Malagisi, Christopher & Anna
Malakasis, Virginia & Spiros
Mamakos, Francesca
Mantzouranis, Alexandra & Athanasios
Mantzouranis, Athanasia J.
Mantzouranis, Christopher
Mantzouranis, George & Anastasia

Mantzouranis, George J.
Mantzouranis, George & Sophia
Mantzouranis, James & Maria
Mantzouranis, John & Heidi
Mantzouranis, Lefki
Manuel, Mary
Marafatsos, Christos & Andrea
Marafatsos, Demetrios
Marafatsos, George & Demitra
Marafatsos, Petros & Eugenia
Marafatsos, Petros G. & Nikki
Marinos, George & Maria
Markatatos, Ekaterini
Marketon, Jeanette & John
Markos, John & Katherine
Marlas, Cleon & Pauline
Marmaras, Thalia
Marmaras, Dimitrios & Maria
Marmaras, Peter
Maroules, Emma
Maroules, Efrem & Elizabeth
Masten, Maria
Mathis, Alyssa
Mathis, Ekaterini & Gregory
Matrakas, Theodore & Katherine
Mavridis, Josif
Mavromatis, Elias & Hrisoula
Mavromatis, Louis & Lydia
Mavromatis, Jacob
Mavromatis, Cornelia
Mavrophilippos, Vasilios & Maroula
Mayes, Chrysse & Joseph
Mercado, Stamatia & Richard
Metallinos, Yanni
Michael, Chris & Anne
Michaels, Alexandra
Mihailidis, Eugenia & John
Mihailidis, Constantine
Mina, Angeliki
Mina, Dora & Mario
Mitov, Radoil & Maria Katina

Morton, Joseph & Efthymia
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Motsiopoulos, Christos & Diana
Mulchi, Kalliope & Charles
Murshed, Roni & Irene
Mylonas, Athena
Nasios, JoAnn & Sotirios
Nasios, Vasilios & Evangelia
Nathenas, Georgia
Nathenas, Pelagia
Nichols, Stephanie
Nicholson, Pelagia & Roy
Nixon, Adam & Helen
Noland, Jacqueline
O'Donnell, Michael & Panayiota
Pahigiannis, Maria
Panagiotopoulos, Helen
Panagoulas, Dimitrios & Theodora
Panos, Caterina & Panagiota
Pantazes, Litsa
Pantazopoulos, Sotirios
Pantazopoulos, Pete
Papakostas, George & Valia
Papaloizos, Stavros & Victoria
Papaloizos, Maria
Papoulas, Christos & Margaret
Pappas, Nicholas & Nicolette
Paschalidis, Nikolaos & Maria
Paspalis, Constantinos & Eleni
Passas, Diamando
Pavlidis, Michael & Marie
Perona, Christopher & Kristina-Maria
Perrus, Sofia
Perrus, James & Stacy
Perry, Geoffrey & Christine
Pino, Christina
Pino, Alexandra
Piskapas, Dimitri & Alexandra
Pittas, George & Marjorie
Pittas, Nicholas & Alexandra
Pournaras, Athanasios & Marika

Psallidas, Charilaos & Paraskevi
Rakis, Pauline
Raptis, Athanasios & Athanasia
Raskovic, George & Christine
Recachinas, Anastasios
Recachinas, Andrew & Sophia
Recachinas, Andrew & Eleni
Recachinas, Demetrios
Recachinas, Maria
Recachinas, George & Sandra
Reiter, Charity & Lucas
Resutek, Greg & Penny
Retzos, Christos & Angela
Retzos, Evangelos & Nikki
Rikos, Kostas & Sperry
Rogers, Athena & Christopher
Romas, George & Elaine
Romeos, Olga & Vasilios
Roros, Maria
Roros, Minas
Rothenberger, Christopher & Marilena
Russow, Eleni & Robert
Sakkos, Christos & Pauline
Sakkos, Ted & Fifi
Salicru, Adriano & Eleni
Sideris, George & Angela
Sideris, Irene
Sideris, Panagiotis
Siozios, George
Sissamis, William & Anastasia
Skarvelis, John & Christine
Skarvelis, Gregory & Anastasia
Skenderis, Anastasia
Skipton, Maria
Solomos, Marianthi
Somwaru, Agapi & Rudolph
Soves, Chris & Constance
Spiropoulos, Pete & Joann
Stamidis, Dimitrios & Maria
Stamos, Stamatia & William
Stamos, Maria

Stamos, Jennifer
Stamos, Niko
Stathes, Electra
Stathes, Nick & Vasiliki
Stathes, Paul & Konstandina
Stathopoulos, Patricia
Stratakos, Christina
Strates, Athena
Strats, Panagiota
Straub, Daniel & Fotini
Strickland, Chase & MaryElle
Sutherland, Colleen
Swift, Jennifer
Tatakis, George & Angie
Theologou, Georgia
Thompson, Gregory & Jackie
Thornberg, Bernard & Helen
Tiches, Charles & Anastasia
Tiches, Alexander
Tiches, Matt & Effie
Tiches, Mrs. Louis J. Tiches
Tjoumas, Constantine & Constance
Tompros, Angelo & Katherine
Triantis, Vassiliki
Tsahalis, Nicholas & Demitra
Tsakos, Irene & Steven
Tsamoutalis, Kristin & Al
Tsiamis, Yianni & Anika
Tsiamis, Nikolas
Tsianakas, Evangeline & Gregory
Tsintolas, Stratis & Suzanne
Tsipianitis, Demetrios & Vasiliki
Tsipouras, Vasiliki
Tsonis, Konstantinos
Tsonis, Kitsa & Nikolaos
Tzamaras, Bill & Katy
Vakalopoulos, Avgerinos & Elizabeth
Vakalopoulos, Xenofon
Vallone, Sofia
Vallone, Vito & Jocelyn
Vallone, Helen & Christopher

Van Stry, Dylan & Samantha
Vargas, Yianna & Jose
Vissas, Christine
Vithoulkas, Constantine & Paraskevi
Wahba, Irene & Abraham
Ward, Dennis & Stasy
Wasef, Ioanna
Welsh, Michael & Alexandra
Xanthos, Theodora
Xenohristos, Christos & Vanessa
Xeron, George
Xeron, Efthimios
Yfantis, Chris
Yfantis, Vasso
Yfantis, George & Irene
Zambetis, Tom & Angela
Zambetis, Athan
Zavras, Soula
Zevitas, John & Stephanie
Zibragos, Anastasia
Zuras, Constantine & Eva



Saints Constantine & Helen Greek Orthodox Church Of Washington, D. C
Community Outreach Thanksgiving Food Drive

Partnering With Small Things Matter To Provide 250 Thanksgiving Food Bags
To Underserved Families In Montgomery County.

Collecting Fresh or Frozen Turkeys (14lbs/15lbs)

The Goal Is To Collect 250 Turkeys

Can't go shopping, please consider making a **MONETARY DONATION** to help us reach our goal!

Checks payable to Sts. Constantine and Helen, Community Outreach

Approximate Cost Per Bag - \$50.00

Collecting Turkey Donations

October 18 through Sunday November 22

Sunday November 22 - Join us after Divine Liturgy to Pack Bags with Food

Monday November 23 from 6:00 - 8:30pm - Hand out Thanksgiving Bags

For more information or to coordinate another drop-off time please contact Georgia Ferentinos - 301-613-6260

GOYA



BONFIRE

Our GOYAns gathered around the bonfire with Father Dimitri for a fun evening of hay rides, hot dogs, s'mores and conversation growing together in faith.



Butler's Orchard | October 2026

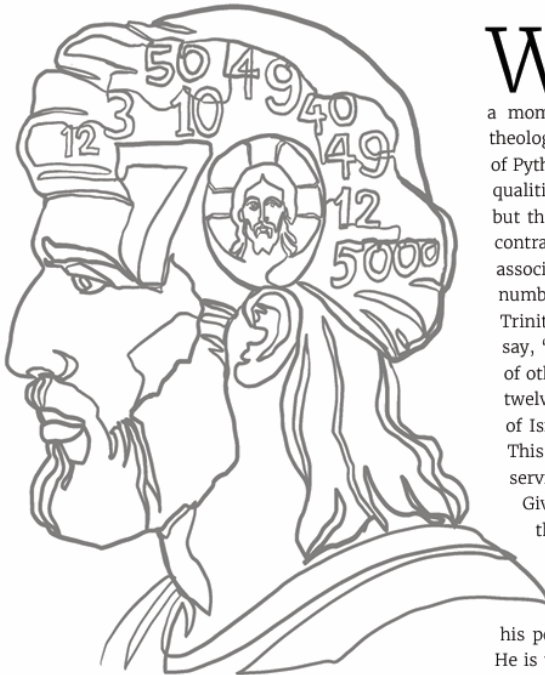


DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING | **Luke 10:16-21**

Fr. George Parsenios (HCHC '96)



**“What’s in
a number?”**

Why are there seventy apostles mentioned in today's Gospel reading? The number 70 is not random, and we do well to reflect on its significance for a moment. Numbers, after all, are important in Christian theology and liturgy, but not like they are in the philosophy of Pythagoras. Pythagoras believed that numbers had mystical qualities, and that numbers were not just abstract concepts but the physical building blocks of reality. For Christians, by contrast, certain numbers are important because they are associated with principal moments of divine revelation. The number three, for example, can signify our belief in the Holy Trinity. For this reason, in our liturgical life we very often say, “Lord, have mercy” three times, and we perform a host of other ceremonial actions three times as well. The number twelve is equally important, because there were twelve tribes of Israel, and there were twelve original disciples of Christ. This is why we say, “Lord, have mercy” twelve times in services like Orthros, Great Compline, and many others. Given the importance of these other numbers, what is the significance of the number 70? Two key issues are foremost. First, Moses had a council of seventy elders around him when he led the people of Israel (Numbers 11:16-17). God promised that he would raise up for his people a prophet like Moses, and Jesus is that prophet. He is the “New Moses.” If Moses had seventy advisors, Jesus has seventy as well. With a different emphasis, Genesis 10 lists seventy descendants of Noah which means that the world is divided into seventy different nations of people. When Jesus sent out seventy apostles, he symbolized that he was sending his emissaries to every nation of the earth. The seventy of today's Gospel, therefore, is a very important and noteworthy number.

Fr. George Parsenios is Professor of New Testament at Holy Cross Greek Orthodox School of Theology. www.hchc.edu

Leo

Diakonia is made possible by a generous grant from Leadership 100

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FROM THE ORIGINAL GREEK: *Apologia* (Απολογία)

What does “Apology” mean?

Fr. George Parsenios (HCHC '96)



The Greek term *apologia* means something very different from what we imply today by the word “apology.” When we apologize for something in English, we express regret for having done it. The Greek sense of “apology” is not an expression of regret, but the opposite. An apology is a defense, an affirmation. Plato and Xenophon gave the title “Apology” to the speech that Socrates delivered to the Athenian jury that convicted him of impiety and sentenced him to

death. In keeping with this ancient sense of the word, Christians have long referred to the defense of their faith as “apologetics.” *Apologia* appears in this usage in the New Testament, as in 1 Peter 3:15: “Always be prepared to make a defense (apologia) to anyone who calls you to account for the hope that is in you.” St. Paul also speaks before the governor in Acts 24:10 by saying, “I make my apology,” when he responds to accusations about his faith. St. Justin Martyr (150 AD) is recognized as the first dedicated Christian apologist. He wrote two extensive works (*First and Second Apologies*) to defend Christianity against its pagan detractors, as well as his *Dialogue with Trypho* to counter Jewish criticism.



St. John of Kronstadt, c. 1890. Public Domain.

THIS WEEK’S LOOK AT CHURCH HISTORY

St. John of Kronstadt

Ben Malian, MTS–Holy Cross 2026

Archpriest John Ilyich Sergiyev, better known as St. John of Kronstadt (d. 10/31/1908), was a leading light of the Orthodox Church in the early 20th Century. A powerful preacher, service-minded pastor, and celebrated wonderworker, he was a married priest serving St. Andrew’s Cathedral in Kronstadt, the gritty naval community off St. Petersburg’s coast.

There, Fr. John initiated a spiritual revival rooted in the frequent practice of confession and communion. He also opened the “House of Industry,” a multi-faceted social relief organization which routinely aided thousands of poor and vulnerable Russians. His spiritual memoir composed during these years, *My Life in Christ*, is still considered a classic of its genre.

Fr. John’s idiosyncrasies lent him an undeniable charisma. He earned the reputation of a holy man throughout Russia, the Orthodox East, and, eventually, the wider world. In 1894, he was summoned to the deathbed of Tsar Alexander III, cementing thereafter his close personal relationship with the Royal Family. Even young St. Silouan, before embarking for Mt. Athos, ventured to Kronstadt to receive this holy man’s blessing.

THE EUCHARIST:

Holy Communion

Father Steven Tsichlis, MDiv–Holy Cross 1978



In the Liturgy of the Eucharist, the Lord Jesus gives us everything, giving Himself completely to us. The Word of God not only became flesh for us centuries ago in a far-away country; the Word of God becomes food and drink for us now at every celebration of the Liturgy. The word that best expresses this mystery of God's total offering of Himself to us in love is **communion**. This is the word that best contains the truth that, in and through Jesus, God wants not only to teach us, instruct us and inspire us, but He wants to become one with us. God desires to be fully and completely united with us so that we will be bound together with Him in a love that will stretch into eternity. This is what St. Paul means when he speaks of life "in Christ" (Galatians 1:22 and 2:20; 1 Corinthians 15:22; Romans 8:1).

Living a Eucharistic Life is living with gratitude as the basic stance to the life we have been given. Ultimately, the Liturgy summarizes the life we are called to live in communion with God and is, among other things, a school for Christian living. Within the Liturgy we come to know God, the world, and ourselves through Christ in the Holy Spirit, because the Liturgy communicates the meaning and purpose of life and helps us to understand and internalize both the tragedy of the human condition as well as the limitless expanse and potential of the new life in Christ offered freely to everyone.

Living in a Eucharistic way has everything to do with seeing life as a gift, a gift for which we are forever grateful. It is, after all, not happy people who are grateful, but grateful people who are happy. There should never be a Liturgy that we attend in which we do not come away with this insight for living. There should never be a time that we attend Liturgy when there is not a movement of our heart: from a hardened heart to a grateful heart, from a heart of stone to a heart of flesh, from a heart often filled with resentment or anger or self-righteousness to a heart filled with gratitude, compassion, faith, hope, and love.



FAITH IN ACTION

As you receive Christ in Holy Communion, let your heart move from gratitude to action, bringing His love, compassion, and hope into someone's life this week.

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

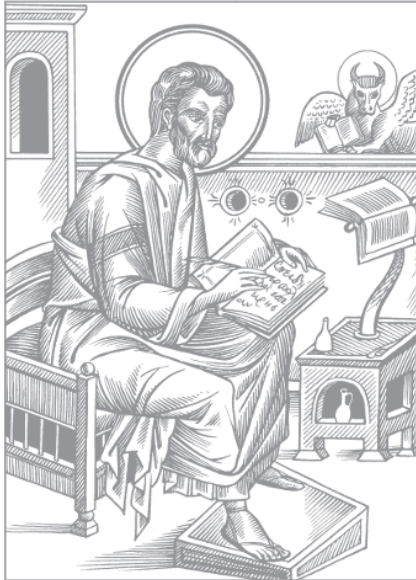


CRACK THE CODE

St. Luke the Evangelist

Today, we celebrate St. Luke the Evangelist who was a faithful follower of Christ. Can you crack the secret code and uncover a special fact about this beloved saint? Put your detective skills to work and see how much you can discover about St. Luke! Use the code key to match each symbol with the correct letter of the alphabet. Write the letters in the spaces provided to reveal the hidden fact about St Luke!

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



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CODE KEY:

a	b	c	d	e	f	g	h	i	j	k	l	m
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SECRET MESSAGE: St. Luke wrote two books of the bible: The Gospel of Luke and The Acts of The Apostles!

Diakonia is made possible by a generous grant from Leadership 100

L100



SPONSOR A *Coffee Hour*

- ♥ Celebrate a birthday, anniversary, or Nameday
- ♥ Honor the memory of a loved one
- ♥ Bring our parish together in fellowship

HOW TO SPONSOR

Provide sweet and savory treats for **100–150** people OR make a \$100 donation toward refreshments.

On your Sunday, set up, serve after Divine Liturgy, and clean up.

Coffee, plates, napkins, and guidance are provided by Philoptochos.



RESERVE YOUR DATE

AVAILABLE SUNDAYS

October 4 – December 27
(dates subject to change)



CONTACT

HELEN THORNBERG

301-949-1788
(please leave a message)



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MONTE CARLO GALA

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90% have already been sold!

Make your reservations today!

Join us at the Monte Carlo Gala

10.24.26

**7 PM -
Midnight**

**Saints Constantine & Helen
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Antigone Recachinas Grand Hall

Presents a lively night filled with

- Aegean Culinary Delights
- Live Greek Band & DJ
- Silent Auction and Raffle
- Games of Chance & Prizes

\$75 per person • Only 250 seats

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MEN'S FELLOWSHIP

[Click Here to Register!](#)



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GREEK ORTHODOX CATHEDRAL
WASHINGTON, D.C.

JOINT

MEN'S FELLOWSHIP

Fall Wine Tasting & Dinner!

FOSTERING ORTHODOX BROTHERHOOD

With remarks from both Rev. Dimitrios Lee and Rev. Peter Thornberg



Thursday,
October 29, 2026



6:30 – 9:00 PM



The Urban Winery
Silver Spring, MD



\$45 PER ATTENDEE
*Includes dinner and
wine tastings.*

To register and for
more details, use QR code.







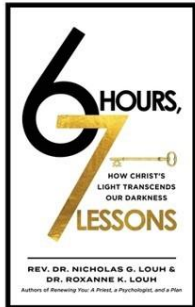
SPONSORSHIPS AVAILABLE

SAVE-THE-DATE
2nd Annual D.C. Area Orthodox Father Retreat
March 12-13, 2027
Hallowood Retreat Center, Dickerson, MD



Iron Sharpens Iron • Ecclesiastes 4:9-10

Saint Kosmas Aitolos Bookstore!



6 Hours, 7 Lessons: How Christ's Light Transcends Our Darkness

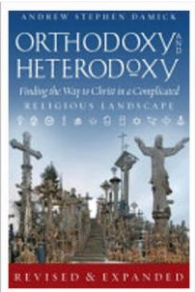
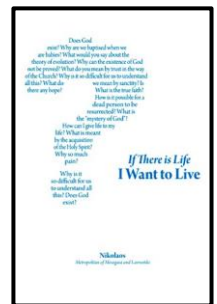
By Roxanne Louh and Nicholas G. Louh

During His darkest moments, Jesus uttered seven statements on the Cross that offer us tremendous wisdom in our own dark seasons-when we feel alone, forgotten, and unable to surrender, forgive, or let go of our mistakes. In 6 Hours, 7 Lessons, Orthodox Christian priest Father Nicholas Louh and licensed clinical psychologist Dr. Roxanne Louh show us that there is no darkness so dark that our Lord hasn't already experienced it.

If There Is Life I Want to Live

By Metropolitan Nikolaos of Mesogaia

100 questions and answers on matters of faith. Written by Metropolitan Nikolaos of Mesogaia when he was on Mount, Athos, during a period of complete solitude, while staying at the kathisma or monastic dwelling of St. John the Theologian, near the small harbor of Simonopetra Monastery.



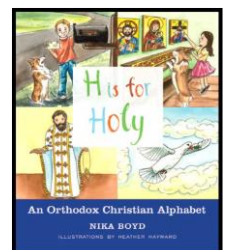
Orthodoxy and Heterodoxy: Finding the Way to Christ in a Complicated Religious Landscape

By Andrew Stephen Damick

Are you an Orthodox Christian who wonders how to explain to your Baptist grandmother, your Buddhist neighbor, or the Jehovah's Witness at your door how your faith differs from theirs? Or are you a member of another faith who is curious what Orthodoxy is all about? Look no further. In Orthodoxy & Heterodoxy, Fr. Andrew Stephen Damick covers the gamut of ancient heresies, modern Christian denominations, fringe groups, and major world religions, highlighting the main points of each faith. This book is an invaluable reference for anyone who wants to understand the faiths of those they come in contact with as well as their own.

H is for Holy: An Orthodox Christian Alphabet

By Nika Mary Boyd and Heather Hayward





Project Sam

Special Abilities Ministry

Identifying and reconnecting individuals with special abilities to the Orthodox Faith.

If you would like more information, or if you have family or friends who could benefit from this initiative, please reach out below.

**Saints Constantine & Helen
Greek Orthodox Church
Washington, DC**

**Rev. Father Dimitrios Lee
- Presiding Priest**

**Very Rev. Father
Kallinikos Chasapis
- Assistant Priest**

Phone: (240) 389-1366



Project Sam is created in loving memory of Samantha Eliades (1989-2023) and her deep love for the Greek Orthodox Church.

Our priority is to support and embrace this exceptional community.

Directory of Ministries

Saints Constantine and Helen Greek Orthodox Church of Washington, DC

721 Norwood Road, Silver Spring, MD 20905

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Reverend Father Dimitrios Lee, Presiding Priest - Email: frd@schgocdc.org

Very Reverend Father Kallinikos Chasapis, Assistant Priest - Email: fk@schgocdc.org

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