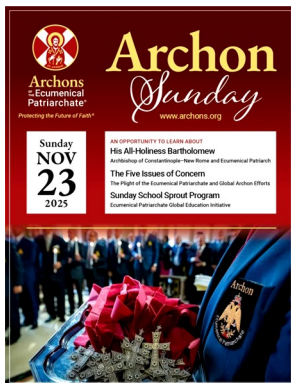




Saints Constantine & Helen
Greek Orthodox Church of Washington, D.C.
November 23, 2025
9th Sunday of Luke



Church Announcements:



Philoptochos Christmas Bake Sale & Toy Drive: Please see Kate-rina Kontakiotis or Sophia Mantzouranis to place your pre-order to-day! Donate **new unwrapped** toys for “A Wider Circle”. Please see Kathy Hallas or Georgia Ferentinos for more information.

Sunday School Christmas Village: Sunday, December 14th discover the charm of our Christmas Village immediately following the Di-vine Liturgy. Please join us for Music, Food, Shopping & Crafts in our Antigone Recachinas Grand Hall.

Christmas Poinsettia Fundraiser: As we celebrate the birth of our Lord, you are invited to help decorate the church for Christmas Litur-gy by sponsoring a poinsettia. Please see Anthoula Karakatsanis to buy your poinsettia today.

GOYA Pecan Fundraiser: Buy your scrumptious Pecans today and support our GOYANS. Join us, along with our GOYANS, to decorate our Church Family Christmas Tree in the So-cial Hall Atrium on **Sunday, November 30th**. All hands on deck as we prepare our church home for the Nativity season!

Upcoming Church Service

Monday, November 24th: Vespers for Katherine the Great Martyr - 7:00pm
Saint Katherine Greek Orthodox Church
3149 Glen Carlyn Road Falls Church, VA 22041

Tuesday, November 25th: Saint Katherine the Great Martyr
Orthros 9:15am | Divine Liturgy 10:30am
Saint Katherine Greek Orthodox Church
3149 Glen Carlyn Road Falls Church, VA 22041

Wednesday, November 26th: Saint Stylianos the Monk of Paphlagonia
Divine Liturgy: 9:30am

Sunday, November 30th: Saint Andrew the First- Called Apostle
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 me-morials and for the elderly with disabilities. All church services are recorded & broadcast live.

Donate by scanning
this QR Code



Collection Tray

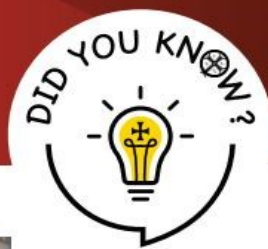


Download the
Church Center
Mobile App



THE NATIVITY FAST (NOVEMBER 15–DECEMBER 24)

November 15



Did you know Christmas in the Orthodox Church is preceded by a 40-day spiritual journey?

In the Orthodox Church, the Nativity Fast (also called the Christmas Fast or Advent) is a sacred season of preparation and reflection, beginning each year on November 15. Just like Great Lent prepares us for Pascha, this fast prepares our hearts for the Birth of Christ.

This 40-day fast invites us into repentance, prayer, and almsgiving, while also practicing fasting — abstaining from meat, dairy, and other foods — depending on local custom and spiritual guidance. But fasting is never just about food. It's about softening the heart, slowing down, and making room for Christ to be born within us.

The Church Fathers teach us that fasting and feasting go hand in hand. The more we empty ourselves in humility, the more fully we can receive the joy of the Feast of the Nativity.

The church services, hymns, and readings during this time help us enter into the mystery of the Incarnation: that God became man, taking on flesh to redeem the world.

As St. John Chrysostom teaches, "Behold a new and wondrous mystery: my ears resound to the Shepherd's song, piping no soft melody, but chanting full forth a heavenly hymn... Today He who Is, is born."

While the world rushes into decorations and noise, the Church calls us to a quiet joy, a time of expectation and hope. The cave of Bethlehem becomes a mirror for the soul: have we made room for Christ to be born in us?

Let this season be one of watchfulness, gentleness, and longing for the Light that has come into the world.

Send us your questions at: religioused@goarch.org

Follow us    @goarchDRE

Subscribe at: religioused.goarch.org



GREEK ORTHODOX ARCHDIOCESE OF AMERICA
DEPARTMENT OF RELIGIOUS EDUCATION



Ο ΑΠΟΣΤΟΛΟΣ - Πρὸς Ἐφεσίους 2:14-22

Ἀδελφοί, Χριστὸς ἐστὶν ἡ εἰρήνη ἡμῶν, ὁ ποιήσας τὰ ἀμφότερα ἓν, καὶ τὸ μεσότοιχον τοῦ φραγμοῦ λύσας, τὴν ἔχθραν ἐν τῇ σαρκὶ αὐτοῦ, τὸν νόμον τῶν ἐντολῶν ἐν δόγμασιν, καταργήσας· ἵνα τοὺς δύο κτίσῃ ἐν ἑαυτῷ εἰς ἓνα καινὸν ἄνθρωπον, ποιῶν εἰρήνην, καὶ ἀποκαταλλάξῃ τοὺς ἀμφοτέρους ἐν ἐνὶ σώματι τῷ θεῷ διὰ τοῦ σταυροῦ, ἀποκτείνας τὴν ἔχθραν ἐν αὐτῷ· καὶ ἐλθὼν εὐηγγελίσατο εἰρήνην ὑμῖν τοῖς μακρὰν καὶ τοῖς ἐγγύς· ὅτι δι' αὐτοῦ ἔχομεν τὴν προσαγωγὴν οἱ ἀμφοτέροι ἐν ἐνὶ πνεύματι πρὸς τὸν πατέρα. Ἄρα οὖν οὐκέτι ἐστὲ ξένοι καὶ πάροικοι, ἀλλὰ συμπολίται τῶν ἁγίων καὶ οἰκεῖοι τοῦ θεοῦ, ἐποικοδομηθέντες ἐπὶ τῷ θεμελίῳ τῶν ἀποστόλων καὶ προφητῶν, ὄντος ἀκρογωνιαίου αὐτοῦ Ἰησοῦ Χριστοῦ, ἐν ᾧ πᾶσα οἰκοδομὴ συναρμολογουμένη αὖξει εἰς ναὸν ἅγιον ἐν κυρίῳ, ἐν ᾧ καὶ ὑμεῖς συνοικοδομεῖσθε εἰς κατοικητήριον τοῦ θεοῦ ἐν πνεύματι.

THE EPISTLE - St. Paul's Second Letter to the Ephesians 2:14-22

Brethren, Christ is our peace, who has made us both one, and has broken down the dividing wall of hostility, by abolishing in his flesh the law of commandments and ordinances, that he might create in himself one new man in place of the two, so making peace, and might reconcile us both to God in one body through the cross, thereby bringing the hostility to an end. And he came and preached peace to you who were far off and peace to those who were near; for through him we both have access in one Spirit to the Father. So then you are no longer strangers and sojourners, but you are fellow citizens with the saints and members of the household of God, built upon the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built into it for a dwelling place of God in the Spirit.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Λουκᾶν 12:16-21

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἀνθρώπου τινὸς πλουσίου εὐφόρησεν ἡ χώρα· καὶ διελογίζετο ἐν ἑαυτῷ λέγων· τί ποιήσω, ὅτι οὐκ ἔχω ποῦ συνάξω τοὺς καρπούς μου; καὶ εἶπε· τοῦτο ποιήσω· καθελῶ μου τὰς ἀποθήκας καὶ μείζονας οἰκοδομήσω, καὶ συνάξω ἐκεῖ πάντα τὰ γενήματά μου καὶ τὰ ἀγαθὰ μου, καὶ ἐρῶ τῇ ψυχῇ μου· ψυχὴ, ἔχεις πολλὰ ἀγαθὰ κείμενα εἰς ἔτη πολλά· ἀναπαύου, φάγε, πίε, εὐφραίνου. εἶπε δὲ αὐτῷ ὁ Θεός· ἄφρον, ταύτῃ τῇ νυκτὶ τὴν ψυχὴν σου ἀπαιτοῦσιν ἀπὸ σοῦ· ἃ δὲ ἡτοίμασας τίνι ἔσται; οὕτως ὁ θησαυρίζων ἑαυτῷ, καὶ μὴ εἰς Θεὸν πλουτῶν.

THE GOSPEL - Gospel According to Luke 12:16-21

The Lord said this parable: "The land of a rich man brought forth plentifully; and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' And he said, 'I will do this: I will pull down my barns, and build larger ones; and there I will store all my grain and my goods. And I will say to my soul, 'Soul, you have ample goods laid up for many years; take your ease, eat, drink, be merry.' But God said to him, 'Fool! This night your soul is required of you; and the things you have prepared, whose will they be?' So is he who lays up treasure for himself, and is not rich toward God." As he said these things, he cried out: "He who has ears to hear, let him hear."



MEMORIAS

Katherine Denikos, is the beloved wife of the late Mitchell (Mike) Denikos and the late Charles Papuchis. Loving mother of James Michael (son), Maria (daughter), the late Michael (son-in-law), the late Emmanuel Michael (Noli), Sophia (daughter), and Jake (son-in-law). Adored grandmother of Mike Masten, Jacob Perry and Bethany Hudson. Cherished great-grandmother of many great-grandchildren. May her memory be truly eternal!

Michael Masten, is the beloved husband of Maria Masten. Loving father of Michael James (Sarah) Masten. Devoted and adored grandfather of Nicholas, Zachary and Madeleine. May his memory be eternal!

FUTURE MEMORIALS

November 30th - Sophia Ferentinos & Vasili (Vasilogerasimos) Kavadias

December 21st - Aspasia Gouzoulis Karagiannis

+++++

PRAYER LIST

Demetrios, Maria, Annette, Kathy, Alik, Ernie, Anastasia, Christos, Vasili, 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.

+++++



Does your child need tutoring help in biology and/or chemistry?

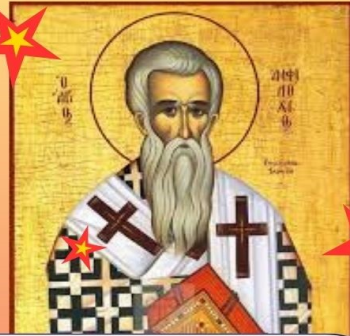
Please email Helen Nixon at Hapn526@gmail.com Helen's daughter, Donna, will tutor your child in-person or on Zoom free of charge, as she needs to demonstrate community service for her college class.



KIDS CORNER

BY FR. DIMITRI

Sunday, November 23rd, 2025



GOSPEL SNAPSHOT

Luke 12:16-21

Jesus tells a story about a rich man whose land produced a huge amount of food. Instead of thanking God or thinking about others, the man only thought about himself. He said, "I'll build bigger barns to store everything! Then I can relax for the rest of my life."

But God told him, "Fool! Tonight your life will end – and all these things you stored up, whose will they be?"

Jesus teaches us that life is not about collecting things – but about loving God, helping others, and preparing our hearts for Heaven.



IMPORTANT LESSON

- Being greedy makes our hearts small
- We grow closer to God when we are generous
- We can share in many ways: toys, time, kindness, attention
- Jesus reminds us:
- "Be rich toward God."
- This means filling our hearts with love, prayer, and goodness – not just with things.



SAINT OF THE DAY

- St. Amphilochios of Iconium (Commemorated November 23)
- A wise bishop who defended the true faith
- A close friend of St. Basil the Great
- Known for his gentleness and strong trust in God
- Taught others to put God first in everything



KEY IDEA

Jesus wants us to think about what truly matters.

- God cares more about our hearts than our stuff
- Sharing brings joy
- Everything we have is a gift from God
- Real treasure is found in loving God and others



FUN FACT

- Jesus talks about "treasure" many times in the Gospel.
- He teaches that the best treasure is not gold or toys –
- but the love we show, the prayers we offer,
- and the good we do for others!



SUNDAY SCHOOL

Important Sunday School updates

- * **November 23** Students will participate in Sunday School lessons honoring His All-Holiness, Ecumenical Patriarch Bartholemew.
- * **November 30** No Sunday School---**Thanksgiving Break**
- * **December 14** Sunday School Fundraiser: Christmas Village. All money raised will be donated to our church on Stewardship Sunday.
- * **December 21** No Sunday School---**Christmas Break**
- * **December 28** No Sunday School---**Christmas Break**
- * **January 4** Sunday School classes will resume



CHRISTMAS POINSETTIA FUNDRAISER

[Donate](#)



SUNDAY SCHOOL

DECEMBER 14, 2025

Christmas Village

*Discover the charm
of our Christmas Village*

DIRECTLY FOLLOWING THE
DIVINE LITURGY

Music / Food / Shopping / Crafts



ANTIGONE RECACHINAS GRAND HALL



FROM OUR ARCHIVES

THE EPISTLE- VOL. X, NO. 2, OCTOBER 1, 1957

15



ROSE'S RAMBLINGS

Though the Asian flu has attacked us, things are still going strong? ! ?

Things are looking up as far as engagements go. Esther Lambrose, who has been gallivanting to and from Greece, announced her engagement to Evangellos Heras of Athens. George Karamis didn't waste any time on his recent trip to Greece since also he became engaged to Irene Eleftheriou of Theva. Among the local engagements is that of our one and only Willie Calomeris to Helen Dennis of D.C. -- Congratulations to all of you.

The lucky day for Adonea Hrones and Teddy Psarakis was October 27 when the two became Mr. and Mrs. Kala Stefana.

Joining the League of Ladies in Waiting are Tula Zevgolis, Mary Koutras, Kitty Jenkins, Kathy Maravas, and Alex Liakos.

There are no births to report this month but there were plenty of baptisms. Gregory Basiliko had a unique baptism -- a triple-header with daughters Alicia, Vanessa and son, Gregory being the principals.

That triple header makes Mike and Rose Pappas' baptism of their daughter, Marie, seem somewhat mild although the festivities weren't. Chris and Katherine Sakadallas baptized their son, Thomas, while Paul and Helen Sapourn baptized their daughter on October 19 with Dr. Peter Cummings as godfather. Na sas zisoun! Speaking of baptisms, Betty (Mantzouranis) Dakes is to christen the daughter of Louis and Jan Kaplonis.

Father Jim celebrated his nameday with a host of the church congregation dropping in to wish him Hronia Polla.

There is a vile rumor going around that the reason Johnny Vassil has his mother down a couple of times a year is so that she can clean his apartment. The only thing is Johnny admits it's true !!!

One comes home and another leaves. Ensign Andy Gianoullis is leaving for Guam for two long years.

There is a young man in our community who is trying to break into show business. He is Louis Cokas, so let's do everything we can to help this singing Greek get to the top.

Before I close, I'd like to welcome George Julien of Connonsburg, Pa., who is also studying at G.W. and Frank Mitchell of Harrisburg, Pa., who is assistant manager of the South Capitol Hot Shoppes. (Plug)

See you at X.O.N's Thanksgiving Dance.

-- RK

Compliments of

Mr. and Mrs.

James Callas

COMPLIMENTS OF

LOUIS G. CHIPOURAS

WM. CALOMIRIS INVESTMENT CORP.

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IN
MEMORY OF
THEODORE , CONSTANCE
and ANGELO PAPPAS

For gift ideas click on this link: [Amazon Toy Wishlist](#).

SAINTS CONSTANTINE AND HELEN GREEK ORTHODOX CHURCH
OF WASHINGTON, DC

LADIES PHILOPTOCHOS SOCIETY

Christmas Toy Drive

OUR GOAL IS TO COLLECT AND DONATE NEW, UNWRAPPED TOYS FOR 'A WIDER CIRCLE', TO HELP MAKE THE HOLIDAYS SPECIAL FOR CHILDREN IN NEED ON CHRISTMAS MORNING!

DONATIONS WILL BE DELIVERED TO THE "NORTH POLE"
('A WIDER CIRCLE') BY OUR PHILOPTOCHOS OUTREACH ELVES!

PLEASE

- ◆ DROP OFF AFTER CHURCH ON SUNDAYS
BY DECEMBER 14TH
- ◆ BRING NEW, UNWRAPPED TOYS
OR
◆ \$25 GIFT CARDS FROM TARGET OR WALMART
- ◆ GIVE TO KATHY HALLAS OR GEORGIA FERENTINOS

*'A WIDER CIRCLE' IS A 501(C)(3) CHARITABLE NONPROFIT ORGANIZATION.
THEIR MISSION IS TO ADVANCE EQUITY AND TO ADDRESS THE ROOT
CAUSES OF POVERTY IN THE GREATER WASHINGTON AREA.
THEIR VISION IS A WORLD WITHOUT POVERTY.*



SAINTS CONSTANTINE AND HELEN GREEK
ORTHODOX CHURCH OF WASHINGTON, DC

LADIES PHILOPTOCHOS SOCIETY

Christmas Bake Sale

✦ ASSORTED PASTRIES

*Baklava, Kataifi, Karithopita, Kourambietes,
Koulourakia, Melomakarona and a small Tsoureki*

LARGE BOX ~ \$60

SMALL BOX ~ \$40 (without small Tsoureki)

✦ **KOULOURAKIA ~ \$15** (per dozen)

✦ **LARGE TSOUREKI ~ \$25**

PRE-ORDER(S) & PAYMENT: DUE BY SUNDAY, DECEMBER 7th

PICK-UP ORDER(S): SUNDAY, DECEMBER 21st AFTER CHURCH

CASH, CREDIT OR CHECK

(Checks made out to PHILOPTOCHOS SOCIETY)

TO PLACE YOUR ORDERS, PLEASE CONTACT:

Katerina Kontakiotis ~ 301.300.1817

Sophia Mantzouranis ~ 301.437.6297



Grief Share Ministry

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.



OCT 6, 2025 – JAN 5, 2026

Mondays, 7–8:30 PM in the
Versis Center

Join us for **14 weeks** of
support and healing together.

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 \$20 and bring it with you to our sessions.

A BYZANTINE CHRISTMAS

Saturday--December 13th at the Saint Sophia Cathedral

AHEPA CHAPTER 31



proudly presents

a Byzantine CHRISTMAS

hosted by

Saint Sophia "The Holy Wisdom of God" Cathedral

**DECEMBER 13
2025**

7:00PM - 9:00PM

Doors open at 6:00PM

2815 36th St NW

Washington, DC 20007

under the auspices and the support of:



GREEK ORTHODOX
ARCHDIOCESE OF AMERICA
SCHOOL OF BYZANTINE MUSIC



TICKETS NOW ON SALE AT
DCGreeks.com

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THE LACONIAN SOCIETY OF WASHINGTON D.C. 89TH ANNUAL DANCE

SATURDAY NOVEMBER 29, 2025



8:00 P.M. till 1:00 A.M.

Bethesda Marriott
5151 Pooks Hill Rd.
Bethesda, MD 20814

Greek & American
Music by Palko

RAFFLE

Cash Bar

Complimentary
Hors d'oeuvres,
Coffee & Dessert

Adults - \$70

Students (12+) - \$40

Under 12 - free

Please visit www.dcgreeks.com to purchase your tickets

For more information, please contact:

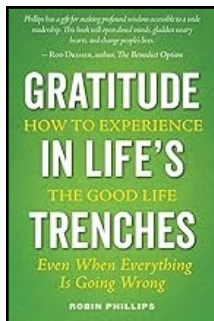
John Goranitis: 571-238-3015

Toula Christou 703-346-0265

George Marafatsos: 301-526-7448

Georgia Crassas: 301-377-6749

Saint Kosmas Aitolos Bookstore!



Gratitude in Life's Trenches: How to Experience the Good Life Even When Everything Is Going Wrong

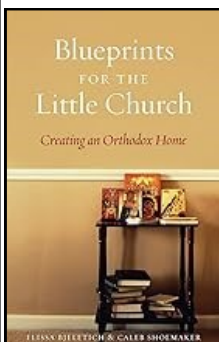
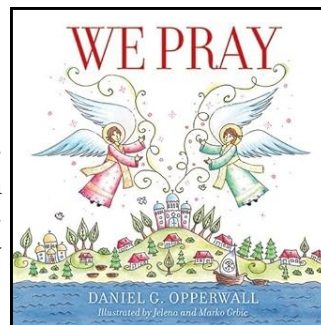
by Robin Phillips

Robin Phillips shows that God meets us where we are, in the pain and heartache of the present moment. Instead of looking for a way to escape from hardship, we can cultivate an attitude of gratitude, peace, and self-acceptance that will transform our experience of suffering. Drawing on his own experiences and his work as a consultant in the behavioral health industry as well as stories of saints and sufferers, teachings of the Fathers, and recent discoveries in neuroscience, Phillips shows us that the journey to personal well-being is one we can all travel, regardless of the hardships we may face.

We Pray

by Daniel G. Opperwall

Written in expressive verse, *We Pray* invites children and their parents to explore some of the unique aspects of Orthodox Christian prayer life. Through reflections on topics like icons, the Jesus Prayer, and the liturgy, children are invited to see the beauty in our way of praying and understand better the purpose of Orthodox prayer.



Blueprints for the Little Church: Creating an Orthodox Home

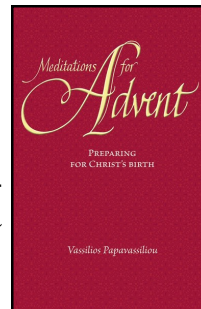
by Caleb Shoemaker and Elissa Bjeletich

How do we as Orthodox parents keep our children in the Church throughout their lives? It all begins with involving them in the life of the Church from birth onward in the parish and also at home. *Blueprints for the Little Church* provides practical ideas and encouragement without judgment for incorporating the primary practices of Orthodox spirituality into your family life at every stage of its growth and throughout the church year.

Meditations for Advent: Preparing for Christ's Birth

by Vassilios Papavassiliou

The author takes us through the hymnography, scripture readings, and iconography for the forty days leading up to the Nativity of Christ, showing how a full understanding of the Incarnation can enrich our spiritual lives.



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

BYZANTINE MUSIC Stelios Kontakiotis <i>Protopsaltis</i> chanter @schgocdc.org ***** ALTAR BOYS sch.altarboys@gmail.com	YOUTH MINISTRIES GOYA Joanna Georgiou Stella Harrison Maria Mantzouranis John Skarvelis youthministry@schgocdc.org ***** HOPE/JOY Stella Harrison Irene Murshed youthministry@schgocdc.org	SUNDAY SCHOOL Helen Nixon sch.sundayschool@gmail.com ***** OUTREACH Georgia Ferentinos sch.outreach721@gmail.com	MEN'S FELLOWSHIP Christopher Malagisi CNMalagisi@yahoo.com ***** GRIEF SHARE MINISTRY Katy Tzamaras ktmom3@gmail.com	ST. KOSMAS AITOLOS BOOKSTORE Dora Kavadias & Elaine Loukas sch.bookstore721@gmail.com
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