



**Saints Constantine & Helen
Greek Orthodox Church of Washington, D.C.
October 12, 2025**



Sunday of the 7th Ecumenical Council

Church Announcements:

Outreach Ministry: A Fall Vaccination Clinic, sponsored by Giant Pharmacy, will be held on **TODAY**, immediately following the Divine Liturgy. Insurance will be accepted; those without insurance may pay out of pocket.

On October 16th, 6:30pm, 2nd floor of the education building, we will Partner with Small Things Matter to make sandwiches for vulnerable residents of Montgomery County. Please join us!

Sunday School: In-person Sunday School for high school students will begin on Sunday, October 19. Wel-

come to our newest teacher, Mr. Panayiotis Karoutsos.

Holiday Craft Fair - Saturday, October 25th! Get a jump on your holiday shopping and enjoy delicious food from our Greek Grill. Featuring amazing artisans, unique holiday gifts, baked goods, jewelry, ornaments and so much more!

Adult Greek School: Classes will begin on Monday, October 20th. For more information visit our website at www.schgoc.org and click on Greek School.

Hope/Joy: Calling all parents of young children—we need you! If you are interested in organizing events, please reach out to youthministry@schgocdc.org.

Grief Share Ministry: Meets on Mondays, 7:00pm-8:30pm in the Versis Center. For more information please contact Katy Tzamaras at (240) 938-6549 or ktmom3@gmail.com.

Upcoming Church Service

Sunday October 19th: 3rd 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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Ο ΑΠΟΣΤΟΛΟΣ - Πρὸς Τίτον 3:8-15

Τέκνον Τίτε, πιστὸς ὁ λόγος, καὶ περὶ τούτων βούλομαί σε διαβεβαιουῖσθαι, ἵνα φροντίζωσιν καλῶν ἔργων προϊστασθαι οἱ πεπιστευκότες θεῷ. ταῦτά ἐστιν καλὰ καὶ ὠφέλιμα τοῖς ἀνθρώποις · μωρὰς δὲ ζητήσεις καὶ γενεαλογίας καὶ ἔριν καὶ μάχας νομικὰς περιίστασο, εἰσὶν γὰρ ἀνωφελεῖς καὶ μάταιοι. αἰρετικὸν ἄνθρωπον μετὰ μίαν καὶ δευτέραν νουθεσίαν παραιτοῦ, εἰδὼς ὅτι ἐξέστραπται ὁ τοιοῦτος καὶ ἁμαρτάνει, ὢν αὐτοκατάκριτος. Ὅταν πέμψω Ἀρτεμᾶν πρὸς σὲ ἢ Τυχικόν, σπούδασον ἐλθεῖν πρὸς με εἰς Νικόπολιν, ἐκεῖ γὰρ κέκρικα παραχειμάσαι. Ζηνᾶν τὸν νομικὸν καὶ Ἀπολλῶν σπουδαίως πρόπεμψον, ἵνα μηδὲν αὐτοῖς λείπῃ. μανθανέτωσαν δὲ καὶ οἱ ἡμέτεροι καλῶν ἔργων προϊστασθαι εἰς τὰς ἀναγκαίας χρείας, ἵνα μὴ ᾧσιν ἄκαρποι. Ἀσπάζονται σε οἱ μετ' ἐμοῦ πάντες. Ἀσπασαί τοὺς φιλοῦντας ἡμᾶς ἐν πίστει. ἡ χάρις μετὰ πάντων ὑμῶν.

THE EPISTLE - St. Paul's Letter to Titus 3:8-15

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Λουκᾶν 8:5-15

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἐξῆλθεν ὁ σπείρων τοῦ σπεῖραι τὸν σπόρον αὐτοῦ. καὶ ἐν τῷ σπεῖρειν αὐτὸν ὃ μὲν ἔπεσε παρὰ τὴν ὁδόν, καὶ κατεπατήθη, καὶ τὰ πετεινὰ τοῦ οὐρανοῦ κατέφαγεν αὐτό· καὶ ἕτερον ἔπεσεν ἐπὶ τὴν πέτραν, καὶ φυὲν ἐξηράνθη διὰ τὸ μὴ ἔχειν ἱκμάδα· καὶ ἕτερον ἔπεσεν ἐν μέσῳ τῶν ἀκανθῶν, καὶ συμφυεῖσαι αἱ ἄκανθαὶ ἀπέπνιξαν αὐτό. καὶ ἕτερον ἔπεσεν εἰς τὴν γῆν τὴν ἀγαθὴν, καὶ φυὲν ἐποίησε καρπὸν κατονταπλασίονα. ταῦτα λέγων ἐφώνει· ὁ ἔχων ὦτα ἀκούειν ἀκουέτω. Ἐπρωτῶν δὲ αὐτὸν οἱ μαθηταὶ αὐτοῦ λέγοντες· τίς εἴη ἡ παραβολὴ αὕτη; ὁ δὲ εἶπεν· ὑμῖν δέδοται γινῶναι τὰ μυστήρια τῆς βασιλείας τοῦ Θεοῦ, τοῖς δὲ λοιποῖς ἐν παραβολαῖς, ἵνα βλέποντες μὴ βλέπωσι καὶ ἀκούοντες μὴ συνιῶσιν. ἔστι δὲ αὕτη ἡ παραβολή· ὁ σπόρος ἐστὶν ὁ λόγος τοῦ Θεοῦ· οἱ δὲ παρὰ τὴν ὁδὸν εἰσιν οἱ ἀκούσαντες, εἴτα ἔρχεται ὁ διάβολος καὶ αἶρει τὸν λόγον ἀπὸ τῆς καρδίας αὐτῶν, ἵνα μὴ πιστεύσαντες σωθῶσιν. οἱ δὲ ἐπὶ τῆς πέτρας οἱ ὅταν ἀκούσωσι, μετὰ χαρᾶς δέχονται τὸν λόγον, καὶ οὗτοι ρίζαν οὐκ ἔχουσιν, οἱ πρὸς καιρὸν πιστεύουσι καὶ ἐν καιρῷ πειρασμοῦ ἀφίστανται. τὸ δὲ εἰς τὰς ἀκάνθας πεσόν, οὗτοί εἰσιν οἱ ἀκούσαντες, καὶ ὑπὸ μεριμνῶν καὶ πλούτου καὶ ἡδονῶν τοῦ βίου πορευόμενοι συμπνίγονται καὶ οὐ τελεσφοροῦσι. τὸ δὲ ἐν τῇ καλῇ γῇ, οὗτοί εἰσιν οἵτινες ἐν καρδίᾳ καλῇ καὶ ἀγαθῇ ἀκούσαντες τὸν λόγον κατέχουσι καὶ καρποφοροῦσιν ἐν ὑπομονῇ. ταῦτα λέγων ἐφώνει· ὁ ἔχων ὦτα ἀκούειν ἀκουέτω.



THE GOSPEL - Gospel According to Luke 8:5-15

The Lord said this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As he said these things, he cried out "He who has ears to hear, let him hear."

MEMORIALS



Harry and Xanthippe Anestos, are the beloved parents of Peter Anestos and Michael Anestos. May their memories be eternal!

Venetia Gouskos, is the beloved wife of the late Gerasimus Gouskos. Loving mother of Anna (Haralambos) Karatzas and Pete (Susie) Gouskos. Adored grandmother of Zoe (Yanni) Triantafyllou, Panayoti (Tasia) Karatzas, Carrie Gouskos, Stephanie Gouskos and Michael (Stella) Harrison. Cherished great-grandmother of Haralambos Karatzas, Dimitri Karatzas, Evie and Zoe Harrison. Dearly loved sister the late Yanni (Katerina) Paganopoulou, Georgia (Gerasimus) Fragoyanni. May her memory be eternal!

FUTURE MEMORIALS

October 26th - Michael Hatgicosti and The Vourvoura Society's Annual Memorial

November 9th - Efrosini "Frosso" Sardelis Malavakis

November 16th - George & Piyi Galiachatos

November 23rd - Katherine Denikos and Michael Masten

PRAYER LIST

Annette, Brenda Kathy, Alik, Ernie, Anastasia, Christos, Vasili, John, Cedric, Margaret Arian-na, Cleopatra, Tiffany, Maria, Marvin, Tiffany, Annette, Jodie, Evan, Despina, John, Dimos-thenis, 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, Panagio-ta, 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.

Healing Together

**GRIEF
SHARE**



Grief Support Group
COMING SOON

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.

STARTING OCTOBER 6, 2025
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
ktnom3@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.



KIDS CORNER

BY FR. DIMITRI

Sunday, October 12, 2025



GOSPEL SNAPSHOT



Luke 8:5–15

Jesus tells the story of a farmer who scatters seeds. Some seeds fall on the path, rocks, or thorns and do not grow well. But the seeds that fall on good soil grow strong and produce much fruit. Jesus explains that the "seed" is God's Word, and the good soil is a heart that listens and lives by it.

KEY IDEA



Our hearts are like soil. When we listen to God's Word with love, patience, and faith, His Word grows in us and bears fruit.



Jesus calls us to prepare our hearts like good soil.

That means:

- Listening carefully to the Gospel.
 - Holding onto it even when life is hard.
 - Living it out with patience, kindness, and love.
- When God's Word grows in us, it produces good fruit – our prayers, good deeds, forgiveness, and love for others.

SAINT OF THE DAY

- Saint Symeon the New Theologian (†1022) – A great teacher of the Church who wrote about the light of Christ shining in our hearts. He reminds us that when God's Word grows in us, it fills us with His light.
- Saint Wilfrid of York (†709) – An English bishop who worked hard to plant the seed of the Gospel in new lands, bringing many people to Christ.



FUN FACT

- Did you know farmers in Jesus' time scattered seeds by hand, tossing them onto the ground? Some fell on rocks or thorns, but others landed in rich soil. Jesus used this picture so everyone – even farmers and children – could understand how God's Word works in our hearts.

COMMUNITY OUTREACH



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

Community Outreach

**Partnering with Small Things Matter
To make sandwiches for vulnerable residents
of Montgomery County**

Join us **Thursday, October 16, 2025**

at 6:00 pm

2nd Floor Education Bldg.

RSVP to Georgia Ferentinos, 301-613-6260

HOLIDAY CRAFT FAIR



Save the Date!

Holiday Craft Fair

Saturday October 25, 2025
9:30 a.m. - 4:30 p.m.

Sts. Constantine & Helen Greek Orthodox Church
721 Norwood Road, Silver Spring, MD

Get a jump on your holiday shopping
And enjoy delicious food from our "Greek" Grill!

Featuring Amazing Artisans, Unique Holiday gifts,
Baked Goods, Jewelry, Ornaments,
Raffle & so much more!

FREE ADMISSION

FREE PARKING



YOUTH MINISTRY

To send us an email click here!

Calling All Parents of Young Children



We need YOU to help bring fun and memorable events to life for our kids!

Some ideas include:

- Pumpkin Patch 🎃
- Apple Picking 🍏
- Trunk or Treat 🎃

These activities only happen with the help of parent volunteers—let's make it a special year together!

✉️ If you're interested in organizing events, please reach out to:

youthministry@schgocdc.org

Let's create joyful memories for our children! 💛



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:

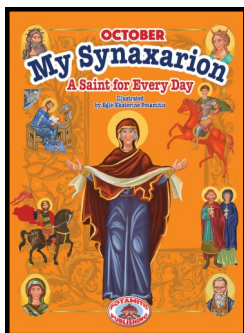
John Goranitis: 571-238-3015

Toula Christou 703-346-0265

George Marafatsos: 301-526-7448

Georgia Crassas: 301-377-6749

Saint Kosmas Aitolos Bookstore!



My Synaxarion – A Saint for Every Day [October]

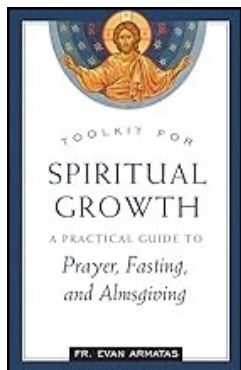
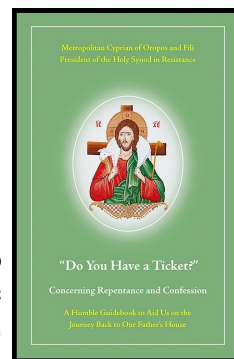
My Synaxarion, “A Saint for Every Day,” is a brand new series of books, with each book covering the Saints’ lives commemorated each month. The Saints of the Church are the living seeds of Christ’s teachings that sprout across the ages and grow into mighty, spiritual trees, under which we find shelter from the blizzards and storms of this world. By reading the Life of a Saint or the Synaxarion, we are inspired to serve the Lord and live according to His Will.

“Do You Have a Ticket?”: Concerning Repentance and Confession; A Humble Guidebook to Aid Us on the Journey Back to Our Father’s House

By Metropolitan Cyprian of Oropos and Fili

Translated by Hieromonk Patapios

“When one is about to go on a journey, my beloved brother in Christ, to any part of the world whatever, by one of the usual means of public transport, he cannot do this unless he has first booked the requisite ticket. [...] Can you travel without a ticket? No! So if we cannot travel in this transitory world without having the appropriate ticket, all the more are we unable to make the great journey from earth to Heaven, to Paradise, to the eternal Kingdom of our Savior Christ, without one. If you happen to board a means of public transport in order to reach your destination and do not have a ticket, you will be put off at once. In the same way, when a man’s miserable soul sets out after death on its journey to Heaven after its separation from the body, unless it has a ticket, unless it has been suitably prepared, it is not led to Paradise, but ends up in fearful Hades, in eternal misery.”



Toolkit for Spiritual Growth: A Practical Guide to Prayer, Fasting, and Almsgiving

By Father Evan Armatas

Are you a new Orthodox Christian, confused about what you need to do to grow in your Faith? Or perhaps you've been Orthodox for some time but could use a refresher course in basic spirituality. Popular podcaster Fr. Evan Armatas explains the fundamentals of the three-legged stool of Orthodox practice: prayer, almsgiving, and fasting in terms that everyone can understand and implement. Let Fr. Evan help you establish your life in Christ on a firm footing.

Antigone Recachinas Grand Hall



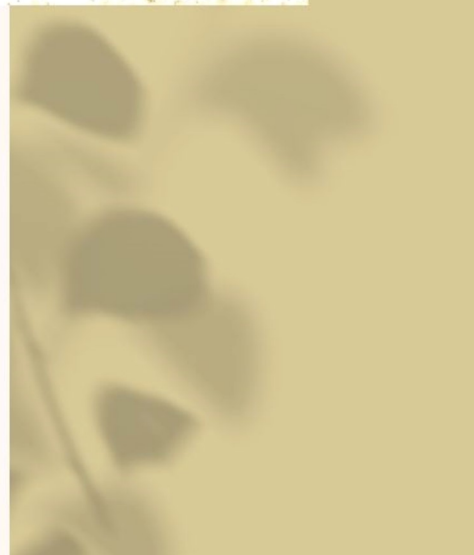
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Directory of Ministries

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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	STEWARSHIP Sotirios Nasios ***** 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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