



Saints Constantine & Helen
 Greek Orthodox Church of Washington, D.C.
 June 7, 2026
 The Sunday of All Saints



Church Announcements

Ladies Philoptochos Society: The Philoptochos General Meeting will be held today immediately following the Divine Liturgy. Please join us! Also, the Ladies Philoptochos Society will be baking Baklava on June 15th, for our festival.

Upcoming Church Services:

Thursday, June 11th: Saints Bartholomew and Barnabas
 Divine Liturgy: 9:30am

Sunday, June 14th: 2nd Sunday of Matthew
 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 - Saint Paul's Letter to the Hebrews 11:33-40; 12:1-2

Brethren, all the saints through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated - of whom the world was not worthy - wandering over deserts and mountains and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith.

ΑΠΟΣΤΟΛΟΣ - Πρὸς Ἑβραίους 11:33-40, 12:1-2

Ἀδελφοί, οἱ Ἅγιοι πάντες διὰ πίστεως κατηγωνίσαντο βασιλείας, εἰργάσαντο δικαιοσύνην, ἐπέτυχον ἐπαγγελιῶν, ἔφραξαν στόματα λεόντων, ἔσβεσαν δύναμιν πυρός, ἔφυγον στόματα μαχαίρας, ἐνεδυναμώθησαν ἀπὸ ἀσθενείας, ἐγενήθησαν ἰσχυροὶ ἐν πολέμῳ, παρεμβολὰς ἔκλιναν ἀλλοτρίων. Ἔλαβον γυναῖκες ἐξ ἀναστάσεως τοὺς νεκροὺς αὐτῶν· ἄλλοι δὲ ἐτυμpanίσθησαν, οὐ προσδεξάμενοι τὴν ἀπολύτρωσιν, ἵνα κρείττονος ἀναστάσεως τύχωσιν· ἕτεροι δὲ ἐμπαιγμῶν καὶ μαστίγων πείραν ἔλαβον, ἔτι δὲ δεσμῶν καὶ φυλακῆς· ἐλιθάσθησαν, ἐπίσθησαν, ἐπειράσθησαν, ἐν φόνῳ μαχαίρας ἀπέθανον· περιήλθον ἐν μηλωταῖς, ἐν αἰγείοις δέρμασιν, ὑστερούμενοι, θλιβόμενοι, κακουχούμενοι - ὧν οὐκ ἦν ἄξιος ὁ κόσμος - ἐν ἐρημίαις πλανώμενοι καὶ ὄρεσιν καὶ σπηλαίοις καὶ ταῖς ὄπαῖς τῆς γῆς. Καὶ οὗτοι πάντες, μαρτυρηθέντες διὰ τῆς πίστεως, οὐκ ἐκομίσαντο τὴν ἐπαγγελίαν, τοῦ θεοῦ περὶ ἡμῶν κρείττον τι προβλεψαμένου, ἵνα μὴ χωρὶς ἡμῶν τελειωθῶσιν. Τοιγαροῦν καὶ ἡμεῖς, τοσοῦτον ἔχοντες περκεείμενον ἡμῖν νέφος μαρτύρων, ὄγκον ἀποθέμενοι πάντα καὶ τὴν εὐπερίστατον ἁμαρτίαν, δι' ὑπομονῆς τρέχωμεν τὸν προκείμενον ἡμῖν ἀγῶνα, ἀφορῶντες εἰς τὸν τῆς πίστεως ἀρχηγὸν καὶ τελειωτὴν Ἰησοῦν.

The Gospel - According to Matthew 10:32-33; 37-38; 19:27-30

The Lord said to his disciples, "Every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny him before my Father who is in heaven. He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me." Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" Jesus said to them, "Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or children or lands, for my name's sake, will receive a hundredfold, and inherit eternal life. But many that are first will be last, and the last first."



ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Ματθαῖον 10:32-33, 37-38, 19:27-30

Εἶπεν ὁ Κύριος τοῖς ἑαυτοῦ μαθηταῖς· Πᾶς οὖν ὅστις ὁμολογήσει ἐν ἐμοὶ ἔμπροσθεν τῶν ἀνθρώπων, ὁμολογήσω καὶ ἐν αὐτῷ ἔμπροσθεν τοῦ πατρὸς μου τοῦ ἐν οὐρανοῖς. ὅστις δ' ἂν ἀρνήσηταί με ἔμπροσθεν τῶν ἀνθρώπων, ἀρνήσομαι αὐτὸν καὶ ἐν οὐρανοῖς. Ὁ φιλῶν πατέρα ἢ μητέρα ὑπὲρ ἐμὲ οὐκ ἔστι μου ἄξιος· καὶ ὁ φιλῶν υἱὸν ἢ θυγατέρα ὑπὲρ ἐμὲ οὐκ ἔστι μου ἄξιος· καὶ ὃς οὐ λαμβάνει τὸν σταυρὸν αὐτοῦ καὶ ἀκολουθεῖ ὀπίσω μου, οὐκ ἔστι μου ἄξιος. Τότε ἀποκριθεὶς ὁ Πέτρος εἶπεν αὐτῷ· ἰδοὺ ἡμεῖς ἀφήκαμεν πάντα καὶ ἠκολουθήσαμεν σοι· τί ἄρα ἔσται ἡμῖν; ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι ὑμεῖς οἱ ἀκολουθήσαντές μοι, ἐν τῇ παλιγγενεσίᾳ, ὅταν καθίσῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐπὶ θρόνου δόξης αὐτοῦ, καθίσεσθε καὶ ὑμεῖς ἐπὶ δώδεκα θρόνους κρίνοντες τὰς δώδεκα φυλάς τοῦ Ἰσραὴλ. καὶ πᾶς ὃς ἀφήκεν οἰκίας ἢ ἀδελφοὺς ἢ ἀδελφὰς ἢ πατέρα ἢ μητέρα ἢ γυναῖκα ἢ τέκνα ἢ ἀγροὺς ἕνεκεν τοῦ ὀνόματός μου, ἑκατονταπλασίονα λήψεται καὶ ζωὴν αἰώνιον κληρονομήσει. Πολλοὶ δὲ ἔσονται πρῶτοι ἔσχατοι καὶ ἔσχατοι πρῶτοι.

MEMORIALS



George Abdallah, Samia Abdallah and Victoria Sayej, are the beloved family members of Razan and David Daoud. May their memory be eternal!

Theodora Panagoulis, is the beloved wife of Dimitrios Panagoulis. Loving mother of Bill (Haiying) Panagoulis and Helen Andrea (Adam) Nixon. Adored grandmother of Andrew, Donna, and Theodora Nixon; Matthew and Mark Panagoulis. Cherished sister of Kyparisia Tzamaras, Katherine Arvanitis, Athena Miller, Gus Koutsothodoros, and John Koutsothodoros. May her memory be eternal.

FUTURE MEMORIALS

June 14th - George Bourzikos and Sophia Tsiolis

July 12th - Demetris Spanou

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.

PRAYER LIST

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



— COMING SOON —

DONOR WALL TREE



Please complete your information before
June 10th to be included on the wall at
the Unveiling Ceremony!



Haven't recieved information on the Donor Wall?
Call Kathy Kafarakis at 410.812.1119 to find out more!

CHURCH COMMUNITY OUTREACH

Making sandwiches for vulnerable residents of Montgomery County
May 21, 2026

A big Thank You to ALL our volunteers!



From Small Things Matter: “Our deepest thanks to our friends at Sts Constantine & Helen Greek Orthodox Church of Washington DC for their generous donations of freshly made turkey sandwiches for our neighbors in need!”



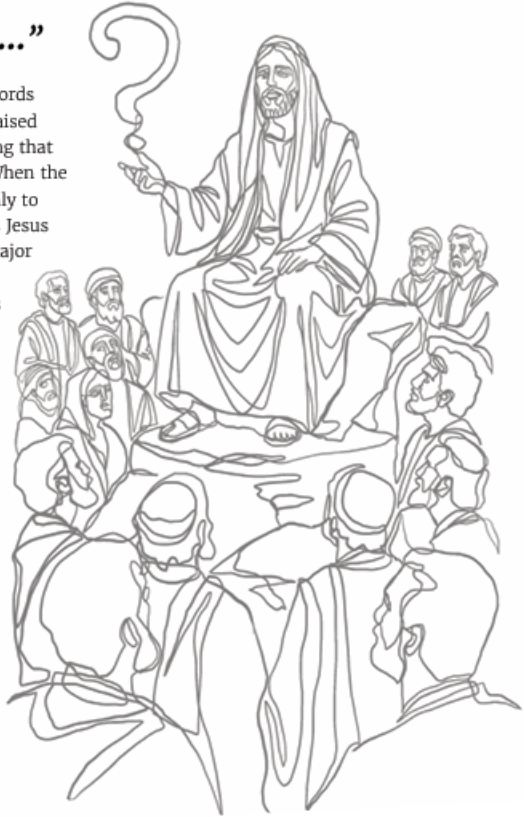
DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING | Fr. George Parsenios

"Hate your father and mother..."

Today's Gospel reading hits our ears strangely. The words of Jesus contain a very hard saying. Most of us are raised in Christian families, and Jesus puzzles us by teaching that our commitment to him requires us to deny our families. When the Gospel of Luke shares this same material, Jesus says not only to deny our families, but to hate them (Luke 14:26). Why does Jesus say this? To answer this question, we must understand a major difference between the ancient world and the modern one. Religion was not a private choice in antiquity, and religious diversity did not mean then what it means now. To be born in a city meant to worship the gods of that city. To be born into a family meant to worship the gods of that family. The gods were understood to protect a city that was loyal to them. To abandon pagan gods for Christ, therefore, was to endanger the city. This was a serious crime. Socrates was killed for not properly honoring the gods of Athens, and early Christians were persecuted for not honoring the gods of Rome. Some early martyrs were killed by their own families to avoid the disgrace of harboring a traitor. St. Paul recognized that some Christians would lose their spouses by being baptized into Christ (1 Cor 7:12-14). This highly-charged setting is the proper context for understanding Jesus' hard words. Everything must be surrendered, even family harmony if necessary, to follow Christ. Modern converts to Orthodoxy might experience similar pressures. Those who are already in Orthodox families, however, have a different task. We must ensure that our families are places where our children experience Christ, not ones where family dynamics require a denial of Christ's teachings. Let us therefore build families of faith, hope and love.



Matthew 10:32-33; 37-38; 19:27-30

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



Diakonia is made possible by a generous grant from Leadership 100

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DIAKONIA

FROM THE ORIGINAL GREEK: Eschatology (Ἑσχατολογία)

What is “Eschatology” ?

Fr. George Parsenios



Ἑσχατολογία/Eschatology is an essential term in Christian doctrine, but it may not be widely known. The Greek word *ἔσχατον/ eschaton* means “final, last,” and so *eschatology* is the study of what occurs at the final stages of God’s plan for creation, “the last days, the end times.” *Eschatology* has two different senses. First, *eschatology* is the study of God’s ancient promise to send a savior to his people. Biblical authors

announce that Jesus is this expected savior by saying that he appeared “in these last days” (*eschaton*; Heb 1:2). Jesus, in other words, fulfilled the eschatological hope of ancient Israel. Second, *eschatology* refers to the promises that Jesus himself made in the New Testament, where he says that he will return in glory to create “a new heaven and a new earth” (Rev 21:1). Because “we know neither the day nor the hour” of his return (Matt 25:13), the Orthodox Church views as foolhardy any attempt to calculate the precise moment of Christ’s arrival. But when our Creed says that we “expect the resurrection of the dead and the life of the age to come,” we express our eschatological hope.



THIS WEEK’S LOOK AT CHURCH HISTORY

The Saints of North America

Ben Malian, MTS

Following the Sunday of All Saints, the second Sunday after Pentecost is traditionally reserved in the Orthodox Church for recognizing the saints of certain locales, nations, and regions. In North America, the many saints who have “shone forth” in the New World are commemorated on this day, ranging from Juvenal the Proto-Martyr (+1797) to Olga of Alaska (+1979).

St. Olga (Michael)—glorified by the Orthodox Church of America in 2025—was a native Yup’ik woman from the village of Kwethluk in southwestern Alaska. Born in 1916, Olga married and raised thirteen children with her husband, Nikolai, who was later ordained a priest. As a matushka, Olga was the “quiet heart” of their parish community, serving generously as a midwife, healer, and teacher. Following her repose, several miraculous events and intercessions confirmed the sanctity already evident in her earthly life.

As we prepare to commemorate the saints of North America, consider the opening verses of the troparion to St. Olga: “God has chosen a humble mother from Alaska / to be an example for all the servants of God.”



Icon of Saint Olga with permission Monastery of All Saints of North America, Ottawa, Canadian

DIAKONIA

THE SUNDAY OF **All Saints**



The first Sunday after Holy Pentecost is the Sunday of All Saints. On this day, the Church honors all the holy men and women who have pleased God—known and unknown—from the beginning of the world until today. These include prophets, apostles, martyrs, teachers, monks, and faithful people just like us who loved Jesus Christ with their whole lives.

King David says, “How precious are Your friends, O Lord.” The Saints are God’s friends. They listened to Him, obeyed His commandments, and trusted Him in hard times. The Apostle Paul tells us that we are surrounded by a great “cloud of witnesses.” This means the Saints are with us, cheering us on as we run the race of faith. They show us that a holy life is possible.

This feast began as a day to remember the martyrs—those who gave their lives for Christ. Later, the Church added all the Saints, because many people witness to Christ in

different ways. Some suffer, some teach, some pray quietly, and some serve others with love. All of them show us what it means to follow Jesus.

This feast is like a harvest after Pentecost. The Holy Spirit came down, and the Church grew strong. Saints are the fruit of the Holy Spirit’s work. They are proof that the Gospel is true.

THE ICON OF THE FEAST

In the icon of All Saints, Christ sits in glory on His heavenly throne. Around Him are many rows of Saints. We see the Theotokos and Saint John the Baptist close to Him. There are angels, apostles, bishops, martyrs, and monks. Adam and Eve bow before Jesus, showing that He saves all humanity. We see Abraham holding a righteous soul, the Good Thief who entered Paradise, and Jacob.



A CALL TO ACTION

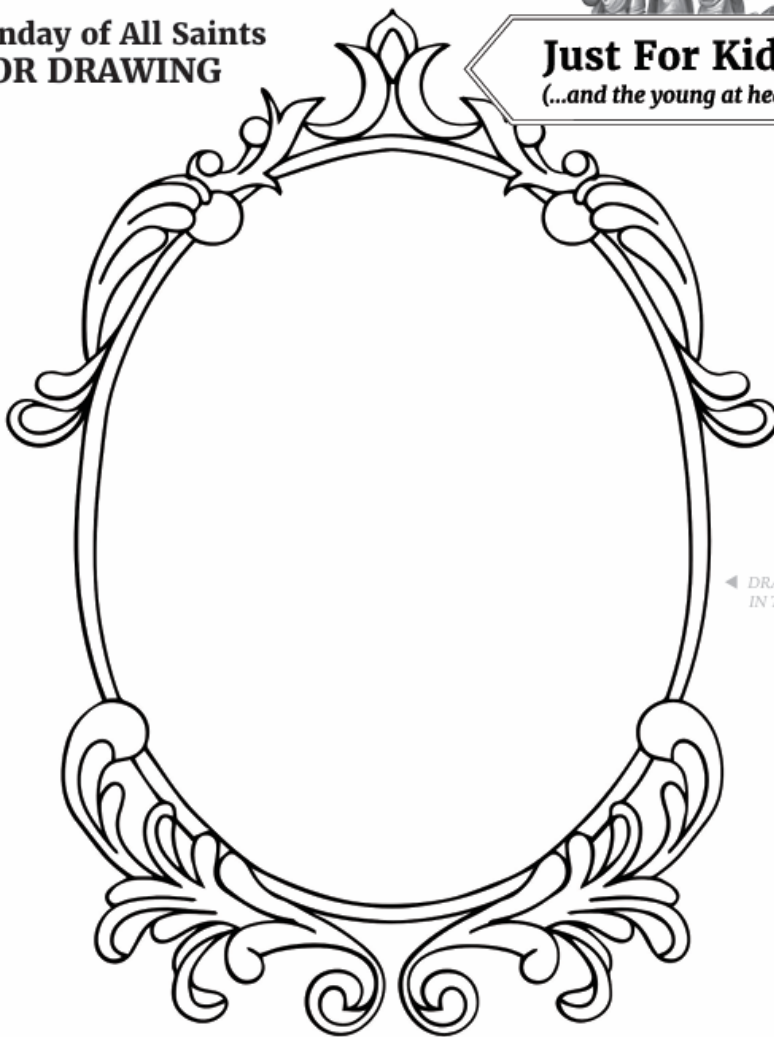
This feast is not only about the Saints—it is about you. God calls each of us to become holy. You do not need to be perfect. Start small. Pray each day. Come to Church. Forgive others. Help someone in need. Turn away from sin and follow Jesus with courage. Ask the Saints to pray for you. They are alive in Christ and ready to help. Remember: holiness is possible. The same Holy Spirit who guided them is given to you. Say with faith: “Holy Saints of God, pray for us!”

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



**The Sunday of All Saints
MIRROR DRAWING**

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



◀ DRAW YOURSELF
IN THE MIRROR

Happy Name Day! Today is the Sunday of All Saints where we celebrate all the saints. A saint is a friend of God who loves Him and tries to live the way He taught us. Saints pray, help others, forgive, and do their best each and every day to follow Christ, even when it's hard. Guess what? With God's help, you're growing to be a saint too! So, take some time to draw yourself in the mirror. With crayons, smiles, and a little creativity, you'll always remember that everyone can grow to be a saint!

Diakonia is made possible by a generous grant from Leadership 100

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

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**SAINTS CONSTANTINE & HELEN
OF WASHINGTON, DC**

**GREEK FEST
2026**

SAVE THE DATE

SEPTEMBER 11-13, 2026



Happy
Father's
Day

June 21, 2026

We will have a small gift bag for all our
wonderful dads

MONTE CARLO GALA

Join us at the Monte Carlo Gala

10.24.26

7 PM -
Midnight

Saints Constantine & Helen
Greek Orthodox Church of DC
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

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Now accepting reservations!

Contact: Christina Recachinas Clifton 301-467-7072

CAMP SAINT PAUL 2026

Enroll Today!

Camp Saint Paul 2026

Camp Saint Paul Summer Camp will be returning soon! Registration day will be Saturday, February 28th @ 12pm!

Summer Camp

- S1: June 21st - June 27th
- S2: June 28th - July 04th
- S3: July 05th - July 11th
- S4: July 12th - July 18th
- S5: July 19th - July 25th



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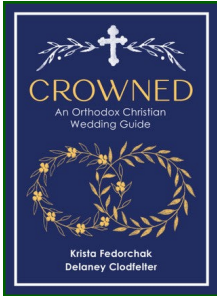
 **Register Now!**
clergyiaity.org/yalconference

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Questions? Email us at yal@goarch.org.

Saint Kosmas Aitolos Bookstore!

Crowned: An Orthodox Christian Wedding Guide

by Krista Fedorchak & Delaney Clodfelter

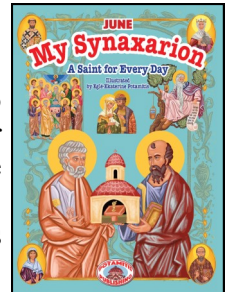


Planning your wedding and reception can seem overwhelming, with countless details hijacking your time and energy. In this wedding guide for engaged couples, authors Krista Fedorchak and Delaney Clodfelter help you identify your Big Three priorities to guide your decisions while keeping the emphasis on marriage as an Orthodox Christian sacrament. Use this resource to help you simplify the process and keep Christ at the center of your wedding day. Features a special lay-flat binding and heavier paper stock for easy writing.

My Synaxarion – A Saint for Every Day – June

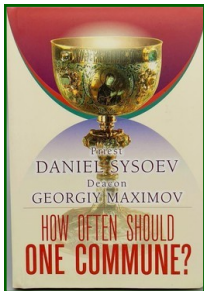
by Potamitis Publishing - Orthodox Children's Books

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.



How Often Should One Commune?

by Priest Daniel Sysoev

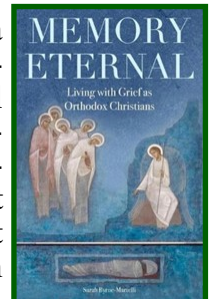


What canons and rules exist to determine the frequency with which the faithful take part in the sacrament of Holy Communion? This booklet explains the necessity of frequent communion, presenting the reader with detailed supporting arguments from the works of the Holy Fathers and the church canons.

Memory Eternal: Living with Grief as Orthodox Christians

by Sarah Byrne-Martelli

Losing someone we love is never easy, but the Orthodox Church provides a wealth of resources that help us to bear it. Chaplain and bereavement counselor Sarah Byrne-Martelli draws on these theological, scriptural, and liturgical resources, as well as the collected experience of a variety of people undergoing grief and loss, to provide a kind of roadmap to the grieving process. Included in the book is a guide to an eight-week bereavement curriculum that can be used in a group or on one's own. As Orthodox Christians, we do not seek to "get over" grief but to carry the memory of our loved ones eternally in our hearts.



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

<p>BYZANTINE MUSIC</p> <p style="text-align: center;">Stelios Kontakiotis <i>Protopsaltis</i></p> <p style="text-align: center;">chanter @schgocdc.org</p> <p>*****</p> <p>ALTAR BOYS</p> <p style="text-align: center;">sch.altarboys@gmail.com</p>	<p style="text-align: center;">YOUTH MINISTRIES</p> <p style="text-align: center;">GOYA</p> <p style="text-align: center;">Joanna Georgiou Stella Harrison Maria Mantzouranis John Skarvelis</p> <p style="text-align: center;">youthministry@schgocdc.org</p> <p>*****</p> <p style="text-align: center;">HOPE/JOY</p> <p style="text-align: center;">Stella Harrison Irene Murshed</p> <p style="text-align: center;">youthministry@schgocdc.org</p>	<p style="text-align: center;">SUNDAY SCHOOL</p> <p style="text-align: center;">Helen Nixon</p> <p style="text-align: center;">sch.sundayschool@gmail.com</p> <p>*****</p> <p style="text-align: center;">OUTREACH</p> <p style="text-align: center;">Georgia Ferentinos</p> <p style="text-align: center;">sch.outreach721@gmail.com</p>	<p style="text-align: center;">MEN'S FELLOWSHIP</p> <p style="text-align: center;">Christopher Malagisi CNMalagisi@yahoo.com</p> <p>*****</p> <p style="text-align: center;">GRIEF SHARE MINISTRY</p> <p style="text-align: center;">Katy Tzamaras</p> <p style="text-align: center;">ktmom3@gmail.com</p>	<p style="text-align: center;">ST. KOSMAS AITOLOS BOOKSTORE</p> <p style="text-align: center;">Dora Kavadias & Elaine Loukas</p> <p style="text-align: center;">sch.bookstore721@gmail.com</p>
<p style="text-align: center;">GREEK SCHOOL</p> <p style="text-align: center;">Eleni Athanasakis Director</p> <p style="text-align: center;">sch.greekschool@gmail.com</p> <p style="text-align: center;">John Skarvelis</p>	<p style="text-align: center;">GREEK DANCE</p> <p style="text-align: center;">Eleni Triantis Anastasia Sissamis Christine Skarvelis Diana Motsiopoulos Maria Stamidis</p> <p style="text-align: center;">Elaine Romas sch.greekdance@gmail.com</p>	<p style="text-align: center;">LADIES PHILOPTOCHOS</p> <p style="text-align: center;">Effie Tiches President</p> <p style="text-align: center;">ladiesphilo721@gmail.com</p>	<p style="text-align: center;">VERSIS CENTER</p> <p style="text-align: center;">Kathy Kafarakis sch.versis@gmail.com</p> <p>*****</p> <p style="text-align: center;">YOUNG AT HEART</p> <p style="text-align: center;">Helen Thornberg & Christina Clifton</p> <p style="text-align: center;">sch.youngatheart@gmail.com</p>	<p style="text-align: center;">YAL</p> <p style="text-align: center;">Email: stconniesyal@gmail.com</p>