



**Saints Constantine & Helen
Greek Orthodox Church of Washington, D.C.
May 19, 2024
Sunday of the Myrrh-Bearing Women**



ANNOUNCEMENTS

Congratulations to ALL our Graduates!

Sunday School Ministry:

- * Sunday School Showcase - Following the Divine Liturgy, TODAY. Students will display some of the projects they have worked on this year.
- * Sunday, June 2nd - An information session for anyone interested in teaching Sunday School next year immediately following the Divine Liturgy.

Ladies Philotochos Society:

- * General Meeting, Tuesday, May 21st at 7:00pm - Versis Center

Car or Cash Raffle 2024 -Drawing will be held at Greek Fest on September 8th!

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.

Upcoming Church Services:

Monday, May 20th - Great Vespers-Feast Day of Saints Constantine & Helen: 7:00pm

Tuesday, May 21st - Saints Constantine & Helen Equal to the Apostles
Orthros 8:15am & Divine Liturgy: 9:30am

Sunday, May 26th - Sunday of the Paralytic-Orthros 8:15am & Divine Liturgy: 9:30am

**Please be advised that all church services are recorded & broadcast live.*



Who were the Myrrh-Bearing Women?

Mary Magdalene purchased myrrh and spices to anoint the body of the buried Christ, and to accord Him, following Jewish custom as much honor as possible. This role is fitting for her since two of the Evangelists place her among the several women, and third identifies her as performing this noble deed herself.

Mary the Theotokos (Mother of God) is the Mother of the Word and God Jesus Christ. It is assumed by the Church that she was present with the other women bearing myrrh.

Joanna is the wife of Chouza, the steward-administrator of King Herod Antipas and was also one of the women who first witnessed the Resurrection.

Mary was the wife of Cleopas (the brother of Joseph), the making this Mary the aunt of Jesus and sister-in-law to the Theotokos.

Susannah is the wealthy woman of the group who provided material means of support to the ministry of Jesus Christ during his three-year public ministry.

Salome is the generally considered to be the wife of Zebedee, and mother of the Apostles James and John. She who asked the Lord to have her sons sit one on His right, and the other on His left.

Mary of Bethany is the sister of Lazarus. She was a believer even before Jesus raised her brother from the dead and continued to be a faithful servant of God long after the Ascension of Jesus into heaven.

Martha of Bethany is the other sister of Lazarus. She was also a believer in Jesus Christ before He raised her brother Lazarus from the dead. It is generally assumed that both she and her sister were present as the news of the Resurrection of Christ was announced to the world.



Ο ΑΠΟΣΤΟΛΟΣ - Πράξεις Αποστόλων 6:1-7

Ἐν ταῖς ἡμέραις ἐκείναις, πληθυνόντων τῶν μαθητῶν ἐγένετο γογγυσμὸς τῶν Ἑλληνιστῶν πρὸς τοὺς Ἑβραίους, ὅτι παρεθεωροῦντο ἐν τῇ διακονίᾳ τῇ καθημερινῇ αἱ χῆραι αὐτῶν. προσκαλεσάμενοι δὲ οἱ δώδεκα τὸ πλῆθος τῶν μαθητῶν εἶπον· οὐκ ἄρεστόν ἐστιν ἡμᾶς καταλείψαντας τὸν λόγον τοῦ Θεοῦ διακονεῖν τραπέζαις. ἐπισκέψασθε οὖν, ἀδελφοί, ἄνδρας ἐξ ὑμῶν μαρτυρουμένους ἐπτά, πλήρεις Πνεύματος Ἁγίου καὶ σοφίας, οὓς καταστήσομεν ἐπὶ τῆς χρείας ταύτης· ἡμεῖς δὲ τῇ προσευχῇ καὶ τῇ διακονίᾳ τοῦ λόγου προσκαρτερήσομεν. καὶ ἤρρεσεν ὁ λόγος ἐνώπιον παντὸς τοῦ πλήθους· καὶ ἐξελέξαντο Στέφανον, ἄνδρα πλήρη πίστεως καὶ Πνεύματος Ἁγίου, καὶ Φίλιππον καὶ Πρόχορον καὶ Νικάνορα καὶ Τίμωνα καὶ Παρμενᾶν καὶ Νικόλαον προσήλυτον Ἀντιοχέα, οὓς ἔστησαν ἐνώπιον τῶν ἀποστόλων, καὶ προσευξάμενοι ἐπέθηκαν αὐτοῖς τὰς χεῖρας. καὶ ὁ λόγος τοῦ Θεοῦ ἠῤῥξανε, καὶ ἐπληθύνετο ὁ ἀριθμὸς τῶν μαθητῶν ἐν Ἱερουσαλὴμ σφόδρα, πολὺς τε ὄχλος τῶν Ἰουδαίων ὑπήκουον τῇ πίστει.

THE EPISTLE - Acts of the Apostles 6:1-7

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolaus, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Μᾶρκον 15:43-47, 16:1-8

Τῷ καιρῷ ἐκείνῳ ἐλθὼν Ἰωσήφ ὁ ἀπὸ Ἀριμαθαίας, εὐσχήμων βουλευτής, ὃς καὶ αὐτὸς ἦν προσδεχόμενος τὴν βασιλείαν τοῦ Θεοῦ, τολμήσας εἰσῆλθε πρὸς Πιλάτον καὶ ἠτήσατο τὸ σῶμα τοῦ Ἰησοῦ. ὁ δὲ Πιλάτος ἐθαύμασεν εἰ ἤδη τέθνηκε, καὶ προσκαλεσάμενος τὸν κεντυρίωνα ἐπηρώτησεν αὐτὸν εἰ πάλαι ἀπέθανε· καὶ γνοὺς ἀπὸ τοῦ κεντυρίωνος ἐδώρησατο τὸ σῶμα τῷ Ἰωσήφ. καὶ ἀγοράσας σινδόνα καὶ καθελῶν αὐτὸν ἐνείλησε τῇ σινδόνι καὶ κατέθηκεν αὐτὸν ἐν μνημείῳ, ὃ ἦν λελατομημένον ἐκ πέτρας, καὶ προσεκύλισε λίθον ἐπὶ τὴν θύραν τοῦ μνημείου. ἡ δὲ Μαρία ἡ Μαγδαληνὴ καὶ Μαρία Ἰωσὴ ἐθεώρουν ποῦ τίθεται. Καὶ διαγενομένου τοῦ σαββάτου Μαρία ἡ Μαγδαληνὴ καὶ Μαρία ἡ τοῦ Ἰακώβου καὶ Σαλώμη ἠγόρασαν ἄρώματα ἵνα ἐλθοῦσαι ἀλείψωσιν αὐτόν. καὶ λίαν πρῶτὴ τῆς μιᾶς σαββάτου



ἔρχονται ἐπὶ τὸ μνημεῖον, ἀνατείλαντος τοῦ ἡλίου. καὶ ἔλεγον πρὸς ἑαυτάς· τίς ἀποκυλίσει ἡμῖν τὸν λίθον ἐκ τῆς θύρας τοῦ μνημείου; καὶ ἀναβλέψασαι θεωροῦσιν ὅτι ἀποκεκύλισται ὁ λίθος· ἦν γὰρ μέγας σφόδρα. καὶ εἰσελθοῦσαι εἰς τὸ μνημεῖον εἶδον νεανίσκον καθήμενον ἐν τοῖς δεξιοῖς, περιβεβλημένον στολὴν λευκὴν, καὶ ἐξεθαμβήθησαν. ὁ δὲ λέγει αὐταῖς· μὴ ἐκθαμβεῖσθε· Ἰησοῦν ζητεῖτε τὸν Ναζαρηνὸν τὸν ἐσταυρωμένον· ἠγέρθη, οὐκ ἔστιν ὧδε· ἴδε ὁ τόπος ὅπου ἔθηκαν αὐτόν. ἀλλ' ὑπάγετε εἴπατε τοῖς μαθηταῖς αὐτοῦ καὶ τῷ Πέτρῳ ὅτι προάγει ὑμᾶς εἰς τὴν Γαλιλαίαν· ἐκεῖ αὐτὸν ὄψεσθε, καθὼς εἶπεν ὑμῖν. καὶ ἐξελθοῦσαι ἔφυγον ἀπὸ τοῦ μνημείου· εἶχε δὲ αὐτὰς τρόμος καὶ ἔκστασις, καὶ οὐδενὶ οὐδὲν εἶπον· ἐφοβοῦντο γάρ.

The Gospel - Mark 15:43-47, 16:1-8

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Jesus saw where he was laid. And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, “Who will roll away the stone for us from the door of the tomb?” And looking up, they saw that the stone was rolled back; for it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, “Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you.” And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.



FUTURE MEMORIALS

May 26th - Reverend Father Vasilios Papanastasiou, Costas & Haritini Adams, Stelio Callas, Demetra S. Chakalos, Constantinos & Adamandia Frantzis and John G. Mantzouranis.

June 2nd - George L. Bezantakos, Louis & Vasiliki Bezantakos, George E. Bourzikos, Panayiotis Giokaris and Yiannis & Konstadina Papoulias.

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. If an Artoklasia is brought to church without being scheduled, it will not be celebrated with the congregation during the Divine Liturgy. If possible, it will be celebrated after the dismissal of the Divine Liturgy.

PRAYER LIST

Paraskeve, Bridget, George, George, Peter, Mathew, Garifalia (Litsa), Clarence, Paul, Carolyn, Katherine, Vasilis "Bill", 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, 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.

Sunday School Showcase 2024



On Sunday, May 19, 2024, we will be showcasing Sunday School projects that highlight some of the content our students have studied this year in class.

After the Divine Liturgy, please take a moment to read the displays that will be set up in the hallway.

We appreciate your support!

Sunday School Showcase Program Summaries

Grade Level	Summary Notes
Pre-K to First Grade	<p style="text-align: center;">“I Know Many Things About My Faith”</p> <p>Our pre-school through 1st grade students have been introduced to the Orthodox faith and have learned the basic principles of our faith. Each Sunday, at the end of class, the students were asked a question related to the lesson of the day to help them better remember what we learned.</p> <p>The video on display showcases some of those moments from class where they proved they understood the topics we covered in Sunday School.</p>
Second and Third Grades	<p style="text-align: center;">“Going Green with our Ecumenical <u>Patriarch</u>”</p> <p>Our 2nd and 3rd graders have spent time learning about the "Going Green" efforts of our Ecumenical Patriarch Bartholemew. Students have learned that our Bible speaks specifically to the love and respect of the world that God created. Our students know they can help to protect God's creation. Their display demonstrates the ways we can work together to protect God's perfect world and to support the initiatives of our Patriarch Bartholemew.</p>
Fourth and Fifth Grades	<p style="text-align: center;">“The Miracles of our Lord, Jesus Christ”</p> <p>The 4th and 5th graders have been exploring “The Miracles of Christ”, and in this display the group shares their creativity and personal interpretation of some of Christ's well-known Miracles. During our exploration, the group not only read about Christ's Miracles in the Gospel, but studied his miracles depicted in Orthodox iconography. Each child was asked to provide in their own words the details of the miracle they chose, as well as illustrate the miracle. Some of the children used icons for inspiration for their drawings. The project was designed to expand the children's understanding of Christ's healing power and compassionate love for His people.</p>

<p>Middle School</p>	<p>“The Forced Closure of the Seminary at Halki”</p> <p>In the early 70s the seminary at Halki was forcibly shut down by the Turkish government. The impact of this event has been tremendous. Our students learned about the history of Halki Seminary and about the events that led to its closure. More importantly, our students learned about the efforts to reopen the seminary and have discovered that there are things they can do to support the efforts of our Ecumenical Patriarch in sustaining the Orthodox faith all over the world.</p>
<p>High School</p>	<p>“Orthodoxy Around the World”</p> <p>Orthodoxy is the second largest form of Christianity in the world. With roots in Asia, Africa, and Europe stretching back 2,000 years, it is only natural that Orthodox communities have emerged with unique traditions and a variegated customs.</p> <p>Grades 9-12, in addition to learning about the Ecumenical Patriarch and Greek Orthodox Church in America, spent time learning about some of these other Orthodox communities, including communities in the Middle East, India, Ethiopia, Japan and Alaska. In this project, students will be asked to research one of the many Orthodox churches found throughout the world.</p>

Oratorical Festival

On Saturday, May 11, **Donna Nixon** participated in the Metropolis Level of the Oratorical Festival at St. Spyridon Greek Orthodox Church in New York. Donna was representing our parish and our district. Donna placed 3rd overall in the competition. She was very proud to represent Saints Constantine and Helen of Washington, DC! Congratulations Donna! We are proud of you. Thank you also, **Cassiane Mavromatis**, for organizing our Oratorical Festival every year!



COMMUNITY NEWS

Shelving in our new containers! Thank you Sotiri and Thanassi for giving up your Saturday to come and install these shelves and all your hard work.



CLICK HERE TO BUY YOUR WINNING TICKET!

Purchase Tickets for a Chance to
WIN
A 2024 GLB or \$30,000 Cash



Drawing at Our Annual Fall Festival: Sunday, September 8, 2024

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

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All Proceeds Benefit the
Sts. Constantine and Helen
Greek Orthodox Church



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TO PURCHASE TICKETS CALL:

Terri Karadimas 301.520.0316

JoAnn Nasios 240.483.7145

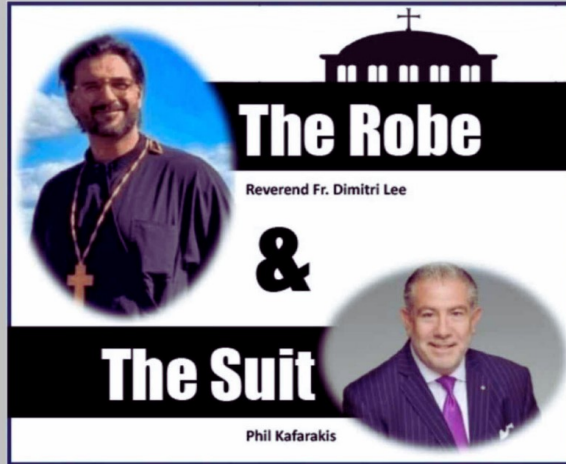
Eleni Paspalis 240.413.4600

OR SCAN:



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GREEK ORTHODOX CHURCH OF WASHINGTON, DC

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Come and explore how Jesus Christ's last commandment lives in our world today. Chrysanthe will be joined by **Fr. Christopher Rowe, OCMC Assistant Director of Development**, who will share highlights of OCMC's missionary efforts and a look to the future. Discover how you can answer Christ's call to **"go and make disciples of all nations."** Donations benefit OCMC ministries around the world.

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CAMP SAINT PAUL

Registration Opens: Saturday, March 9th!



The graphic features a large group photo of campers in red and white shirts at the top. Below it are three smaller photos: a group on a boat, a night scene with a bonfire, and a group of campers. The text 'CSP' is in a white box with a green border. The main title 'SUMMER CAMP' is in large yellow letters. To the right, a list of sessions is provided. Below the title are three icons: a cross, a flag, and a group of people, each with a corresponding description. A 'REGISTER ON' button with a right arrow is on the left, and a calendar icon with the date 'Saturday 9th March 2024' is on the right. At the bottom, contact information is listed.

camp saint paul

CSP

SUMMER CAMP

Sessions

- S1: 06/23 - 06/29
- S2: 06/30 - 07/06
- S3: 07/07 - 07/13
- S4: 07/14 - 07/20
- S5: 07/21 - 07/27

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Saturday
9th March 2024

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[CLICK HERE to View the Promotional Video](#)



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A Pre-Marriage Seminar!



Saint Sophia Cathedral &
The Direct Archdiocesan District

PRESENT:

JOURNEY OF MARRIAGE

A Pre-Marriage Seminar

**Open to all married couples as well*



Saturday, June 15th

9am - 3pm

..... ❖

Saint Sophia Greek Orthodox Cathedral

3rd Floor, Frosene Center

Please RSVP to: JourneyofMarriageWashDC@gmail.com

Antigone Recachinas Grand Hall



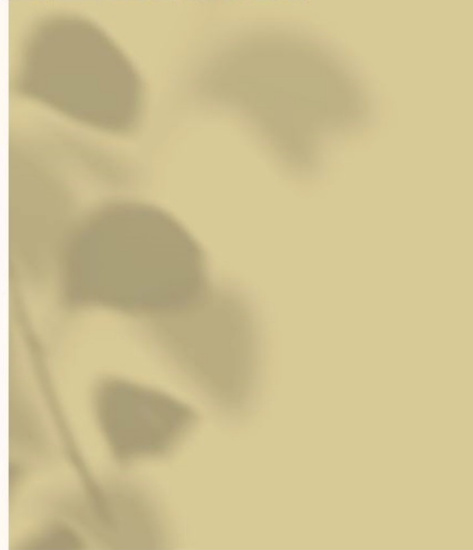
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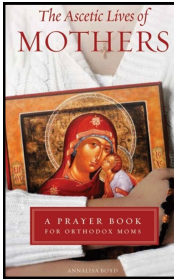
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Saint Kosmas Aitolos Bookstore

721 Norwood Road, Silver Spring, MD 20905, *Hours: Sundays after church.*



The Ascetic Lives of Mothers: A Prayer Book for Orthodox Moms

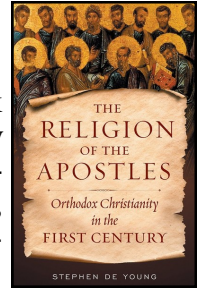
By Annalisa Boyd

Annalisa Boyd knows motherhood its challenges, its joys, and its potential for spiritual growth. In this prayer book she offers a wide selection of prayers mothers can use to intercede for their families as well as to grow in virtue themselves.

The Religion of the Apostles: Orthodox Christianity in the First Century

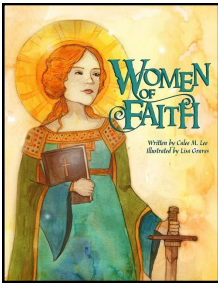
by Stephen De Young

Father Dr. Stephen De Young traces the lineage of Orthodox Christianity back to the faith and witness of the apostles, which was rooted in a first-century Jewish worldview. The Religion of the Apostles presents the Orthodox Christian Church of today as a continuation of the religious life of the apostles, which in turn was a continuation of the life of the people of God since the beginning of creation.



Women of Faith: Saints and Martyrs of the Christian Faith (Women in History)

by Calee M. Lee

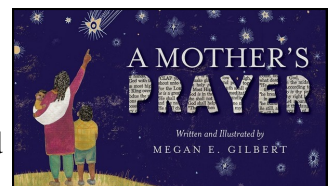


Women of Faith is an essential resource for parents, grandparents and god-parents wanting to give children a taste of the historical, living Church. This book is a collection of stories of the women saints and martyrs of the early Christian Church. Featuring saints venerated in both Orthodox and Catholic traditions, this book will introduce children to amazing role models of the faith. Showcasing women who were light in a dark time, these stories are filled with courage, beauty and ultimately, a faith in God that transformed the world.

A Mother's Prayer

By Megan E Gilbert

A touching and beautiful book for the mama's heart. The warm and heartfelt illustrations showcase beautiful prayers for daily living.



Directory of Ministries

Saints Constantine and Helen Greek Orthodox Church of Washington, DC

721 Norwood Road, Silver Spring, MD 20905

Phone: (240) 389-1366 Email: admin@schgocdc.org Website: www.schgoc.org

Reverend Father Dimitrios Lee, Presiding Priest

Email: frd@schgocdc.org

<p>BYZANTINE MUSIC</p> <p style="text-align: center;">Stelios Kontakiotis</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;">Irene Murshed Maria Mantzouranis Nitsa Ferentinos youthministry@schgocdc.org</p> <p>*****</p> <p style="text-align: center;">HOPE/JOY</p> <p style="text-align: center;">Irene Murshed Stella Harrison youthministry@schgocdc.org</p>	<p style="text-align: center;">SUNDAY SCHOOL</p> <p style="text-align: center;">Georgia Ferentinos & 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;">STEWARSHIP</p> <p style="text-align: center;">Sotirios Nasios</p> <p>*****</p> <p style="text-align: center;">ADULT EDUCATION</p> <p style="text-align: center;">Christopher Malagisi sch.adultedu@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>
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