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

November 1, 2026 - 5th Sunday of Luke



Church Announcements

Ladies Philoptochos Society: A special tray will be passed today for the Patriarchate of Constantinople by Philoptochos. We also celebrate the Mercenaries Cosmas and Damianos, the patron saints of Philoptochos, with an Artoklasia for our Philoptochos's health and wellbeing.

Bible Study & Discussion: Please join Fr. Kallinikos, in person, on November 5th & 19th and December 3rd & 17th, 6:30pm-8:00pm, for Bible Study and Discussion in the Versis Center.

GOYA: Our next Faith and Fellowship Friday will be on November 6th. We look forward to seeing ALL our Goyans!

Parish Assembly Meeting: We will hold an important Parish Assembly Meeting on Sunday November 15th immediately following the Divine Liturgy. Please join us!

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Upcoming Church Services

Sunday, November 8th: 5th 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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Saints Constantine & Helen Greek Orthodox Church
of Washington D.C.

Direct Archdiocesan District

Reverend Father Dimitrios Lee, Presiding Priest
Very Reverend Father Kallinikos Chasapis, Assistant Priest



October 16, 2026

Dear Steward,

OFFICIAL NOTIFICATION OF PARISH ASSEMBLY

In accordance with the Greek Orthodox of America Archdiocesan Uniform Parish Regulations and the Parish By-Laws of Sts. Constantine & Helen Greek Orthodox Church of Washington, D.C., Father Dimitrios Lee, Father Kallinikos Chasapis and your Parish Council are hereby duly notifying you that there will be a Parish Assembly on **Sunday, November 15, 2026**, immediately following the Divine Liturgy.

Please Note: At the directive of our Chancellor at the Archdiocese, we are transitioning to annual elections.

The agenda will be as follows:

I. Opening Prayer – *Father Dimitrios Lee*
II. Confirmation of a Quorum
III. Election of the Chairman of the Parish Assembly Meeting
IV. Minutes of the Previous Parish Assembly Meeting – *John Zevitas*
V. Ministries Report –*Father Dimitrios Lee*
VI. New Business
   A. Proposed By-Law Amendment
   B. 2026 Q3 Financials – *William Sissamis*
   C. 2027 Budget presentation; Vote Required – *William Sissamis*
   D. Nominations for the Parish Council Board – Term: 1/1/2027-12/31/2028 (2 years)
   E. Nominations & Elections of the Board of Elections
   F. Elections will be held on Sunday, December 13, 2026
VII. Closing Prayer – *Father Dimitrios Lee*

Minutes from the previous Parish Assembly Meeting held on May 3, 2026, are included in the packet.

Please note that the Archdiocesan Uniform Parish Regulations and the Parish By-Laws state that:
A Parish Assembly consists of parishioners in good standing of the Parish who have met stewardship obligations to the Parish in accordance with the Parish Bylaws. Every person who is baptized and chrismated according to the rites of the Orthodox Church is a parishioner. **Current stewards must have met their 2025 Stewardship Pledge in full and have submitted their pro-rated share for 2026**. A Steward duly enrolled in the Parish register but delinquent in their Parish Stewardship obligation may participate in the Parish Assembly meeting by fulfilling their obligation before the commencement of the Parish Assembly Meeting. **New Stewards must have been on the Parish rolls and have made and paid their Stewardship pledge by a minimum of ninety (90) days prior to the Parish Assembly Meeting to be able to participate.**

We look forward to seeing you at our Parish Assembly Meeting.

Respectfully,

Reverend Father Dimitrios Lee, Presiding Priest Lou Mavromatis, Parish Council President

ST. CONSTANTINE AND HELEN CHURCH

BIBLE STUDIES & DISCUSSIONS

with Fr. Kallinikos

NOVEMBER 5 & 19
DECEMBER 3 & 17
2026

6:30–8:00 P.M.

All are welcome!



Saints Constantine & Helen

Greek Orthodox Church of Washington, DC

admin@schgocdc.org | 240-389-1366 | schgoc.org

New Family Ambassadors Kickoff & Interest Meeting

Help new families feel at home and get connected to parish life.



Interest Meeting

Sunday, December 6

Directly following the Divine Liturgy

Large Sunday School Classroom

No experience necessary

Join us to help, support, and grow our community by sharing your love for the Orthodox faith.

Scan to sign up

QR PLACEHOLDER

church center

Questions?
Contact Helen Nixon at
hapn526@gmail.com

Come learn more and get involved.

THE EPISTLE - St. Paul's First Letter to the Corinthians 12:27-31; 13:1-8

Brethren, you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers, then workers of miracles, then healers, helpers, administrators, speakers in various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak with tongues? Do all interpret? But earnestly desire the higher gifts. And I will show you a still more excellent way. If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver my body to be burned, but have not love, I gain nothing. Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.

ΑΠΟΣΤΟΛΟΣ - Κορινθίους α' 12:27-31, 13:1-8

Ἀδελφοί, ὑμεῖς δέ ἐστε σῶμα Χριστοῦ, καὶ μέλη ἐκ μέρους. Καὶ οὓς μὲν ἔθετο ὁ θεὸς ἐν τῇ ἐκκλησίᾳ πρῶτον ἀποστόλους, δεύτερον προφήτας, τρίτον διδασκάλους, ἔπειτα δυνάμεις, εἶτα χαρίσματα ἰαμάτων, ἀντιλήψεις, κυβερνήσεις, γένη γλωσσῶν. Μὴ πάντες ἀπόστολοι; Μὴ πάντες προφῆται; Μὴ πάντες διδάσκαλοι; Μὴ πάντες δυνάμεις; Μὴ πάντες χαρίσματα ἔχουσιν ἰαμάτων; Μὴ πάντες γλώσσαις λαλοῦσιν; Μὴ πάντες διερμηνεύουσιν; Ζηλοῦτε δὲ τὰ χαρίσματα τὰ κρείττονα. Καὶ ἔτι καθ᾽ ὑπερβολὴν ὁδὸν ὑμῖν δείκνυμι. Ἐὰν ταῖς γλώσσαις τῶν ἀνθρώπων λαλῶ καὶ τῶν ἀγγέλων, ἀγάπην δὲ μὴ ἔχω, γέγονα χαλκὸς ἠχῶν ἢ κύμβαλον ἀλαλάζον. Καὶ ἐὰν ἔχω προφητείαν, καὶ εἰδῶ τὰ μυστήρια πάντα καὶ πᾶσαν τὴν γνῶσιν, καὶ ἐὰν ἔχω πᾶσαν τὴν πίστιν, ὥστε ὄρη μεθιστάνειν, ἀγάπην δὲ μὴ ἔχω, οὐθέν εἰμι. Καὶ ἐὰν ψωμίσω πάντα τὰ ὑπάρχοντά μου, καὶ ἐὰν παραδῶ τὸ σῶμά μου ἵνα καυθήσωμαι, ἀγάπην δὲ μὴ ἔχω, οὐδὲν ὠφελοῦμαι. Ἡ ἀγάπη μακροθυμεῖ, χρηστεύεται· ἡ ἀγάπη οὐ ζηλοῖ· ἡ ἀγάπη οὐ περπερεύεται, οὐ φυσιοῦται, οὐκ ἀσχημονεῖ, οὐ ζητεῖ τὰ ἑαυτῆς, οὐ παροξύνεται, οὐ λογίζεται τὸ κακόν, οὐ χαίρει ἐπὶ τῇ ἀδικίᾳ, συγχαίρει δὲ τῇ ἀληθείᾳ, πάντα στέγει, πάντα πιστεύει, πάντα ἐλπίζει, πάντα ὑπομένει. 8 Ἡ ἀγάπη οὐδέποτε ἐκπίπτει· εἴτε δὲ προφητεῖαι, καταργηθήσονται· εἴτε γλῶσσαι, παύσονται· εἴτε γνῶσις, καταργηθήσεται.



ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Λουκᾶν 16:19-31

Εἶπεν ὁ Κύριος· Ἄνθρωπος δέ τις ἦν πλούσιος, καὶ ἐνεδιδύσκετο πορφύραν καὶ βύσσον εὐφραινόμενος καθ᾽ ἡμέραν λαμπρῶς. πτωχὸς δέ τις ἦν ὀνόματι Λάζαρος, ὃς ἐβέβλητο πρὸς τὸν πυλῶνα αὐτοῦ ἡλκωμένος καὶ ἐπιθυμῶν χορτασθῆναι ἀπὸ τῶν ψιχίων τῶν πιπτόντων ἀπὸ τῆς τραπέζης τοῦ πλουσίου· ἀλλὰ καὶ οἱ κύνες ἐρχόμενοι ἀπέλειχον τὰ ἕλκη αὐτοῦ. ἐγένετο δὲ ἀποθανεῖν τὸν πτωχὸν καὶ ἀπενεχθῆναι αὐτὸν ὑπὸ τῶν ἀγγέλων εἰς τὸν κόλπον Ἀβραάμ· ἀπέθανε δὲ καὶ ὁ πλούσιος καὶ ἐτάφη. καὶ ἐν τῷ ᾅδῃ ἐπάρας τοὺς ὀφθαλμοὺς αὐτοῦ, ὑπάρχων ἐν βασάνοις, ὁρᾷ τὸν Ἀβραὰμ ἀπὸ μακρόθεν καὶ Λάζαρον ἐν τοῖς κόλποις αὐτοῦ. καὶ αὐτὸς φωνήσας εἶπε· πάτερ Ἀβραάμ, ἐλέησόν με καὶ πέμψον Λάζαρον ἵνα βάψῃ τὸ ἄκρον τοῦ δακτύλου αὐτοῦ ὕδατος καὶ καταψύξῃ τὴν γλῶσσάν μου, ὅτι ὀδυνῶμαι ἐν τῇ φλογὶ ταύτῃ. εἶπε δὲ Ἀβραάμ· τέκνον, μνήσθητι ὅτι ἀπέλαβες σὺ τὰ ἀγαθά σου ἐν τῇ ζωῇ σου, καὶ Λάζαρος ὁμοίως τὰ κακά· νῦν δὲ ὧδε παρακαλεῖται, σὺ δὲ ὀδυνᾶσαι· καὶ ἐπὶ πᾶσι τούτοις μεταξὺ ἡμῶν καὶ ὑμῶν χάσμα μέγα ἐστήρικται, ὅπως οἱ θέλοντες διαβῆναι ἔνθεν πρὸς ὑμᾶς μὴ δύνωνται, μηδὲ οἱ ἐκεῖθεν πρὸς ἡμᾶς διαπερῶσιν. εἶπε δέ· ἐρωτῶ οὖν σε, πάτερ, ἵνα πέμψῃς αὐτὸν εἰς τὸν οἶκον τοῦ πατρός μου· ἔχω γὰρ πέντε ἀδελφούς· ὅπως διαμαρτύρηται αὐτοῖς, ἵνα μὴ καὶ αὐτοὶ ἔλθωσιν εἰς τὸν τόπον τοῦτον τῆς βασάνου. λέγει αὐτῷ Ἀβραάμ· ἔχουσι Μωϋσέα καὶ τοὺς προφήτας· ἀκουσάτωσαν αὐτῶν. ὁ δὲ εἶπεν· οὐχί, πάτερ Ἀβραάμ, ἀλλ᾽ ἐάν τις ἀπὸ νεκρῶν πορευθῇ πρὸς αὐτούς, μετανοήσουσιν. εἶπε δὲ αὐτῷ· εἰ Μωϋσέως καὶ τῶν προφητῶν οὐκ ἀκούουσιν, οὐδὲ ἐάν τις ἐκ νεκρῶν ἀναστῇ πεισθήσονται.

THE GOSPEL - According to Luke 16:19-31

The Lord said, "There was a rich man, who was clothed in purple and fine linen and who feasted sumptuously every day. And at his gate lay a poor man named Lazaros, full of sores, who desired to be fed with what fell from the rich man's table; more over the dogs came and licked his sores. The poor man died and was carried by the angels to Abraham's bosom. The rich man also died and was buried; and in Hades, being in torment, he lifted up his eyes, and saw Abraham far off and Lazaros in his bosom. And he called out, 'Father Abraham, have mercy upon me, and send Lazaros to dip the end of his finger in water and cool my tongue; for I am in anguish in this flame.' But Abraham said, 'Son, remember that you in your lifetime received your good things, and Lazaros in like manner evil things; but now he is comforted here, and you are in anguish. And besides all this, between us and you a great chasm has been fixed, in order that those who would pass from here to you may not be able, and none may cross from there to us.' And he said, 'Then I beg you, father, to send him to my father's house, for I have five brothers, so that he may warn them, lest they also come into this place of torment.' But Abraham said, 'They have Moses, and the prophets; let them hear them.' And he said, 'No, father Abraham; but if some one goes to them from the dead, they will repent.' He said to them, 'If they do not hear Moses and the prophets, neither will they be convinced if some one should rise from the dead.'"

MEMORIALS

Koralia Marmaras, is the beloved wife of Vassileos Marmaras. Loving mother of Simos Marmaras, and Nikos (Marina) Marmaras. Adored grandmother of Vassili, Stelios, Constantinos and Koralia. May her memory be eternal!

Helen Retzos, is the beloved wife of the late Christos Retzos. Loving mother of Angleo (Nicki) Retzos. Adored grandmother of Chris (Angela) Retzos, Demetrios (Irene) Retzos, and Eleni Retzos; and great-grandmother of Yianni, Alex, Angelo, William, and Nikolas Retzos. May her memory be eternal!

Louis James Tiches, beloved husband of Kathryn F. Tiches. Loving father of Stamatios (Effie) Tiches, Chrysse (Joseph, III) Mayes, Lydia (Louis) Mavromatis, Charles (Tess) Tiches and Alexander Tiches. Adored grandfather of Kathryn (Julissa Carias) Tiches, Maria (Demi) Klonaris, Louis J. Tiches II, Joseph Mayes IV, Stamatia (Dane) Carlisle, Eleni (Robert) Russow, Cornelia Mavromatis, Elias (Hrisoula) Mavromatis, Jacob Mavromatis, Cassiane Mavromatis, Christiana Tiches, Nicholas Tiches and Alexia Tiches. Cherished great-grandfather of John Diamond, Panayioti, Alexander and Nicholas Klonaris, and Marianna Mavromatis. May his memory be eternal!

FUTURE MEMORIALS

November 8th - John & Helene Catsouras and James & Constance Cokas
November 29th – John G. Mantzouranis & George J. Mantzouranis

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PRAYER LIST

Christina, Anna, John, Harry, Susan, Paul, Konstantinos, Faye, Panagiota, Maria, Sophia, Nicholaos, Panagiota, Michael, Maria, Annette, Kathy, Aliki, Ernie, Anastasia, Christos, Vasili, 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.

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

2026 Stewards as of October 27, 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, Katerina
Backus, Thomas & Jamie
Baldwin, Eleni & Joseph
Balourdos, Panagiotis & Jennifer
Banks, Daniel & Andrea
Bergeris, Nicholas & Susan
Bergeris, Pauline
Binford, John & Joy
Binford, Victoria
Bisbikis, Lambros & Georgia
Bizbikis, Demetrios & Lefkothea
Borsas, Evriklia
Bratsakis, John & Heather
Brodsky, Artyom
Brummitt, Katerina & Andre
Cacho, Jose & Vasiliki
Calomeris, Anthony
Calomeris, Georgette
Caloviras, Vasso
Campbell, Kathryn
Caperones, George & Mia
Caviris, Nicholas
Chahalis, Georgia
Chahalis, Nicholas & Dina
Chahalis, Peter
Chakalakis, Nicole
Chakalakis, Pete
Chanakas, Helen
Chapin, Irene
Charalambous, Charalambos & Carmen
Chasapis, Father Kallinikos
Cheakalos, Evangelia & Dimitrios
Cheakalos, James & Betsy
Cheakalos, John T. & Georgia
Cheakalos, Barbara J.
Ciesielski, David & Alexandra
Clifton, Charles & Christina
Colevas, Raymond & Anna
Cornias, George
Costa, Bill & Kimberly
Courtis, Linsey & Daniel
Courtis, 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
Giakoumatos, Zoe
Gibbs, Robert
Glaros, Dean
Glekas, Panagiotis & Garyfallia
Glorioso, Stephanie
Goodier, Chelsea & Costas
Gouskos, Stephanie
Grieco, Chrysanthy M.
Haefeli, Elizabeth & Douglas
Hajicosti, Xenia
Hallas, Katherine/Michael Hanback
Hallas, Nick & Heather
Harrison, Michael & Stella
Hays, Paraskevoula
Herald, William
Hristopoulos, Julie & Bill
Impeduglia, Kathryn
Isaacs, Katerina & Brandon
Ioakim, Gus & Vasiliki
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 & Rovena
Kavadias, Theodora
Kavadias, Kyriaki
Kavadias, Demetrios & Erica
Kavadias, Jerry & Tara
Kavadias, Olivia & Jacob Roberts
Kavadias, Gabriel Kefalas, Chrys
Kisas, Dimitra
Kokonis, Nicholas J.
Kokonis, Nicholas P.

Kontakiotis, Stelios & Katherine
Kontos, Aleko & Elenna
Kontos, Anastasia
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
Koutris, George S. & Anna Christina
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
Makrodimitris, Kosta
Malagisi, Christopher & Anna
Malakasis, Virginia & Spiros
Mamakos, Francesca
Mantzouranis, Alexandra &
Athanasios
Mantzouranis, Athanasia J.
Mantzouranis, George A. & Anastasia
Mantzouranis, George C. & Sophia
Mantzouranis, George J.
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
Markogiannakis, Alex and Despina
Markos, John & Katherine
Marlas, Cleon & Pauline
Marmaras, Dimitrios & Maria
Marmaras, Nick and Marina
Marmaras, Peter
Marmaras, Simos
Marmaras, Thalia
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
Mavrophilipos, Vasilios & Maroula
Mayes, Chrysse & Joseph
McCully, Joseph & Jess
Mercado, Stamatia & Richard
Metallinos, Yanni
Michael, Chris & Anne
Michaels, Alexandra

Mihailidis, Eugenia & John
Mihailidis, Constantine
Mina, Angeliki
Mina, Dora & Mario
Mitov, Radoil & Katina Lampadarios
Morton, Joseph & Efthymia
Moshogianis, Myroulla & Manuel
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
Panagoulias, Dimitrios & Theodora
Panos, Caterina & Panagiota
Pantazes, Litsa
Pantazopoulos, Sotirios
Pantazopoulos, Pete
Papakostas, George & Valia
Papaloizos, Stavros & Victoria
Papaloizos, Maria
Papoulias, Christos & Margaret
Pappas, Nicholas & Nicolette
Paschalidis, Nikolaos & Maria
Paspalis, Constantinos & Eleni
Passas, Diamando
Pavlides, 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
Polizos, John & Kaliopi
Pournaras, Athanasia & Marika
Prokopic, Stella
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
Retzos, Helen
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
Sardelis, Anna
Sardelis, Phillip & Niclole
Savvidis, Anna
Sideris, George & Angela
Sideris, Panagiotis &
Irene
Siozios, George
Sissamis, William & Anastasia

Skarvelis, John & Christine
Skarvelis, Gregory
& Anastasia
Skenderis, Anastasia
Skipton, Maria
Solomos, Marianthi
Somwaru, Agapi & Rudolph
Sourvinos, George & Eleni
Soves, Chris & Constance
Spiropoulos, Pete & Joann
Stamidis, Dimitrios & Maria
Stamos, Maria
Stamos, Stamatia & William
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.
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 & Abrahim
Ward, Andrew
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

JOIN US FOR THE

HOPE AND JOY NOVEMBER EVENT

SUNDAY, NOVEMBER 15TH AFTER CHURCH
DURING THE PARISH ASSEMBLY MEETING



Drop off in the Versis Center after church.
Open to children ages 4 and up.
Lunch, a brief lesson, craft and movie will be provided!
Please visit Church Center for more information and to RSVP!

GOYA Winter Growth

Our GOYAns have gathered at winter growth to help support their community by doing lots of fun activities like baking and decorating cookies!



STS. CONSTANTINE & HELEN OF DC
LADIES PHILOPTOCHOS SOCIETY

Christmas LUNCHEON

SATURDAY | DEC 5TH | 11:30 AM

ANTIGONE RECACHINAS GRAND HALL
721 Norwood Road, Silver Spring, Maryland

$70 per person

Payment by cash, credit card, check and Venmo
Venmo: @philo-schgoc



MENU

Mixed Green Salad
strawberries, feta, walnuts,
balsamic vinaigrette

Grilled Lemon Chicken
roasted potatoes & asparagus

-or-

Roasted Salmon
lime dijon dressing, basmati rice & asparagus

-or-

Pasta Primavera
with garlic oil and drizzled with pesto sauce

Dessert | Coffee | Tea | Cash Bar

MAGNIFICENT RAFFLE ITEMS

FOR TICKETS PLEASE CALL
Terri Karadimas at 301-520-0136 or
Jenny Mihailidis at 240-876-5570



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)

LADIESPHILO721@GMAIL.COM

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.

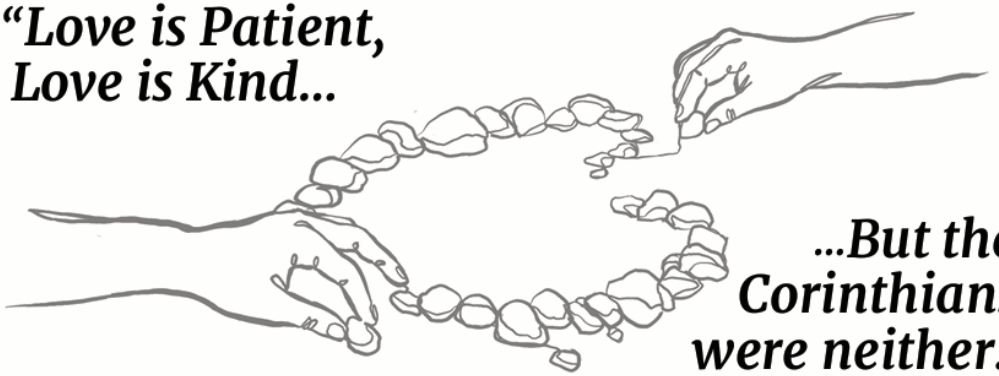
DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING | ***I Corinthians 12:27-31; 13:1-8***

Fr. George Parsenios (HCHC '96)

"Love is Patient, Love is Kind...



...But the Corinthians were neither."

"Love is Patient; love is kind." So says St. Paul in today's epistle reading, taken from First Corinthians 13. These well-known verses are famously printed on posters and plaques—even refrigerator magnets—and they are often read at Protestant and Catholic weddings all over America. Everyone knows the verses and everyone loves them. But few understand them. Far from being a sentimental meditation on romantic love, these famous lines are a rhetorically powerful rebuke to a divided church. Love may be patient and kind, but the Corinthians were neither. They battled against one another over who had more wealth, who had more knowledge of God, or who had deeper spiritual experiences. Paul told the Corinthians that "love is not jealous or boastful" because he had to correct them a few chapters earlier for jealous striving (3:3), and for boasting about spiritual gifts (4:7). He told them that love is slow to judge (13:5) because he commanded them previously to stop dragging each other before pagan judges in public courts (6:1-11). And he said that love hopes all things (13:7), because the Corinthians had a shaky hope in the Resurrection of the dead (15:13). When he wrote that "love is patient and kind," St. Paul was not poetically reflecting on love with pretty words. He was admonishing a strife-ridden community and confronting their arrogance. We are correct, therefore, to associate these verses with weddings and family concord, not because of how they make us feel, but because of how they make us act. Not sentimental emotions, but real self-sacrifice is the cornerstone of a strong marriage, a firm friendship and any lasting relationship. Husbands and wives, brothers and sisters, clergy and laity show their love for one another not by what they say, but by what they do.

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***

Scan for today's service text

bit.ly/parishtexts

FROM THE ORIGINAL GREEK: Kyriaki (Κυριακή)

What does "The Lord's Day" mean?

Fr. George Parsenios (HCHC '96)

The Greek word ***Κυριακή/ Kyriaki*** is an adjective that can be translated as "belonging to the Lord," or just "Lord's," and it holds a prominent place in Christian life. The adjective is derived from the Greek word ***Κύριος/Kyrios***, which means "Lord," and which translates the Hebrew term for Lord, ***Adonai***. Because ***Kyrios/Lord*** is a title that serves as a name for God in the Old Testament, the New Testament applies this name to Jesus in order to identify Jesus as God. If Jesus is "the Lord," then He is God. Thus, when Jesus teaches His disciples to pray by saying, "Our Father, who art in heaven…" this famous prayer is called the "Lord's Prayer" (***Kyriaki Prosefchi***). In the same vein, the first day of the week (which we call in English "Sunday," i.e., the day of the Sun) is called "the Lord's Day" (***Kyriaki Hemera***) in the Greek of the New Testament (Rev. 1:10). Christians would gather to celebrate the Eucharist on this day, because it was the day on which the Lord Jesus Christ had risen from the dead (John 20:1). The Greek word for the first day of the week continues to be ***Kyriaki***, the Lord's Day.


THE PATRIARCHATE

THOUSANDS PACK the St. George Patriarchal Cathedral for the Enthronement ceremonies of Patriarch Bartholomew. (Dimitri Panages photo)

The Enthronement of Patriarch Bartholomew. Orthodox Observer, December 1991.

THIS WEEK'S LOOK AT CHURCH HISTORY

The Enthronement of Patriarch Bartholomew

On November 2nd, 1991, fifty-one-year-old Metropolitan Bartholomew of Chalcedon was enthroned as the 270th Archbishop of Constantinople in the Patriarchal Cathedral of St. George at the Phanar. His thirty-five-year tenure as Ecumenical Patriarch remains by far the longest—and will perhaps prove to be among the most consequential—in Orthodox Church history.

Born Dimitrios Archontonis on the island of Imbros in 1940, Bartholomew studied at the Theological School of Halki before receiving his doctorate in canon law from the Pontifical Gregorian University in Rome, where he was present as a student during Vatican II. He later served for years as the principal advisor to Ecumenical Patriarch Demetrios, whom he succeeded.

Well-educated and well-traveled, Ecumenical Patriarch Bartholomew is one of the most widely revered religious leaders alive today. A longtime proponent of the ecumenical movement, he has spoken candidly also on the urgent need to reconcile religious faith and scientific study. Above all, Ecumenical Patriarch Bartholomew is considered a pioneer in promoting faith-based ecological stewardship, rooted in an underlying message of peace, thanksgiving, and repentance.

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



THE TEN COMMANDMENTS:

A Document of Divine Guidance

The Ten Commandments, also known as the ***Decalogue*** (from the Greek ***deca***, meaning ten, and ***logos***, meaning word), form a foundational ethical code that guides humanity in worshiping the true God and in building a society that reflects God's will on earth. Preserved through the centuries as a treasure of Christian civilization, the Commandments have been embraced by the Christian Church as a basic moral standard governing people's responsibilities toward both God and one another. Few documents have exerted a greater influence on religion and morality.

Moses stands as one of the most significant figures of the Old Testament, renowned for his leadership and as a religious forerunner of Judaism. God called him to lead the people of Israel out of Egyptian bondage into the wilderness north of Mount Sinai, between Egypt and Palestine, where they would begin a new chapter of their history. Moses was familiar with this region, having spent forty years there in exile under the guidance of his father-in-law Jethro.

Three months after the Exodus, Moses sought God's guidance so that the Israelites might live faithfully and peacefully under divine protection. In response, God summoned Moses to Mount Sinai to receive His covenant and convey it to the people. The Israelites accepted God's word, declaring, "All that the Lord has spoken, we will do" (Exodus 19:8).

Moses remained with the Lord for forty days. At the end of that time, God gave him two stone tablets containing the divine commandments, written by the finger of God (Exodus 31:18). When Moses descended the mountain and witnessed the people's idolatry, he broke the tablets (Exodus 32:19). God later replaced them. (Exodus 34:1).

The text of the Ten Commandments is preserved in two Old Testament accounts: Exodus 20:1–17 and Deuteronomy 5:6–18. Aside from the prohibition concerning images and the command to observe the Sabbath, the Commandments contain moral principles shared by all humanity. Their meaning was further deepened by the teachings of Jesus Christ, especially in the Sermon on the Mount. Christ summarized the entire law in two commandments: to love God with all one's heart, soul, and strength, and to love one's neighbor as oneself (Mark 12:29–31; cf. Deuteronomy 6:4–5; Leviticus 19:18). In these two commandments, Jesus reveals the enduring purpose and fulfillment of the Ten Commandments.

FAITH IN ACTION

Choose one of the Ten Commandments and intentionally live it with greater purpose each day this week. Begin and end each day with prayer, asking God to help you grow in love for Him and for your neighbor.

Based on a longer article, The Ten Commandments: A Document of Divine Guidance, by Rev. George Mastrantonis, found on goarch.org (https://bit.ly/4ikvFtI)

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



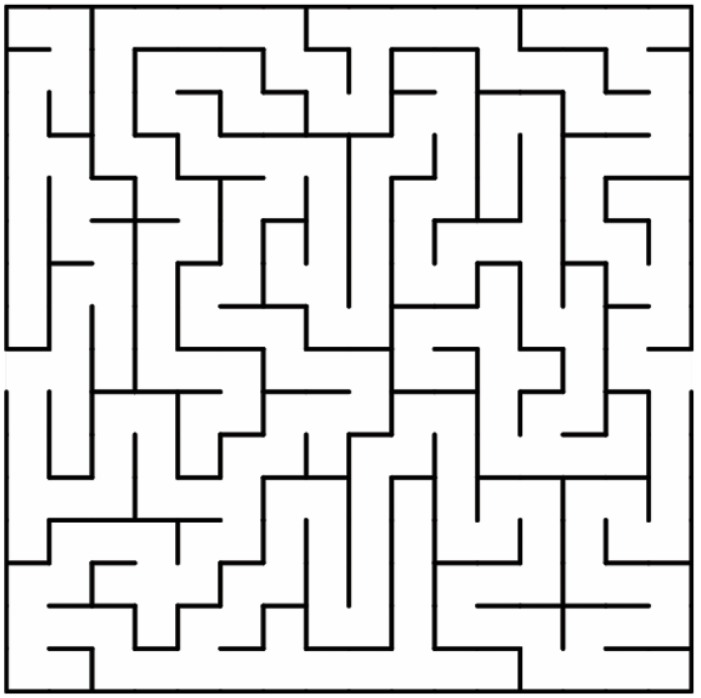
MAZE

Sts. Cosmas and Damian

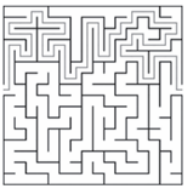
Just For Kids!
(...and the young at heart)

On November 1, the Orthodox Church celebrates Sts. Cosmas and Damian, the holy brothers who were physicians (doctors) and wonderworkers. They loved Jesus Christ and used their knowledge of medicine to help people who were sick. They healed many illnesses through God's Grace and never accepted any money for their work! Because they served others freely, they are called Unmercenaries. Through their kindness, faith, and healing, many people learned about God's love and came closer to Christ! **Use this maze to help Sts. Cosmas and Damian find their way to heal the sick man. When you reach the end, say a silent prayer to them for someone you know is sick.**









ANSWER KEY:

Diakonia *is made possible by a generous grant from* ***Leadership 100***

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.

Thráki-Evros Dance Seminar



Click here to register and purchase your tickets!



About The Teacher

Angelos Nikolaidis was born in 1974 in Orestiada, Evros. In 1981, his family moved to Thessaloniki, where he lived until 2015. Today, he is back living in his hometown of Orestiada.

In 1999, he completed his studies in Economics and Business Administration at a post-secondary school and went on to work in sales, primarily in the clothing industry. In 2016, he graduated from the Hellenic Open University, School of Humanities, with a degree in Greek Culture. In 2025, he graduated from ASPAITE, obtaining his certificate in pedagogical competence.

At just nine years old, he started dancing with the dance group of Triandria. He later performed with the dance groups of the Municipalities of Thessaloniki, Pilea, and Ampelokipi, as well as the Thracian Society and the Center for the Study of Traditional Dance "O Kyklos." From 1999 until 2017, he worked with the dance group association "To Krassochori" and also began teaching various dance groups in the city and surrounding areas.

Today, he teaches at the "Spartakos" organization in Alexandroupoli, "St. Karatheodoris" of Nea Vrasa, and "Organic," the Pontian society of Orestiada. He also participates in the teaching team at "Kyklos" in Thessaloniki. Since 2017, he has served as the president of the "Association of Greek Popular Culture (Stegi)" of Nea Orestiada. For the past two years, he has also had the honor of serving as a member of the judging panel for the Hellenic Dance Festival (HDF).

Since 2003, he has taught at various seminars in Greece, Europe (Germany, Belgium, France, the Netherlands, etc.), Canada, and the United States, focusing mainly on the dances of the Oxgoveza (Okegkevezides), which he has researched, documented, and recorded. Being a Oxgoveza himself gives him a distinct advantage, helping him deeply understand the specific dialect used in their songs.

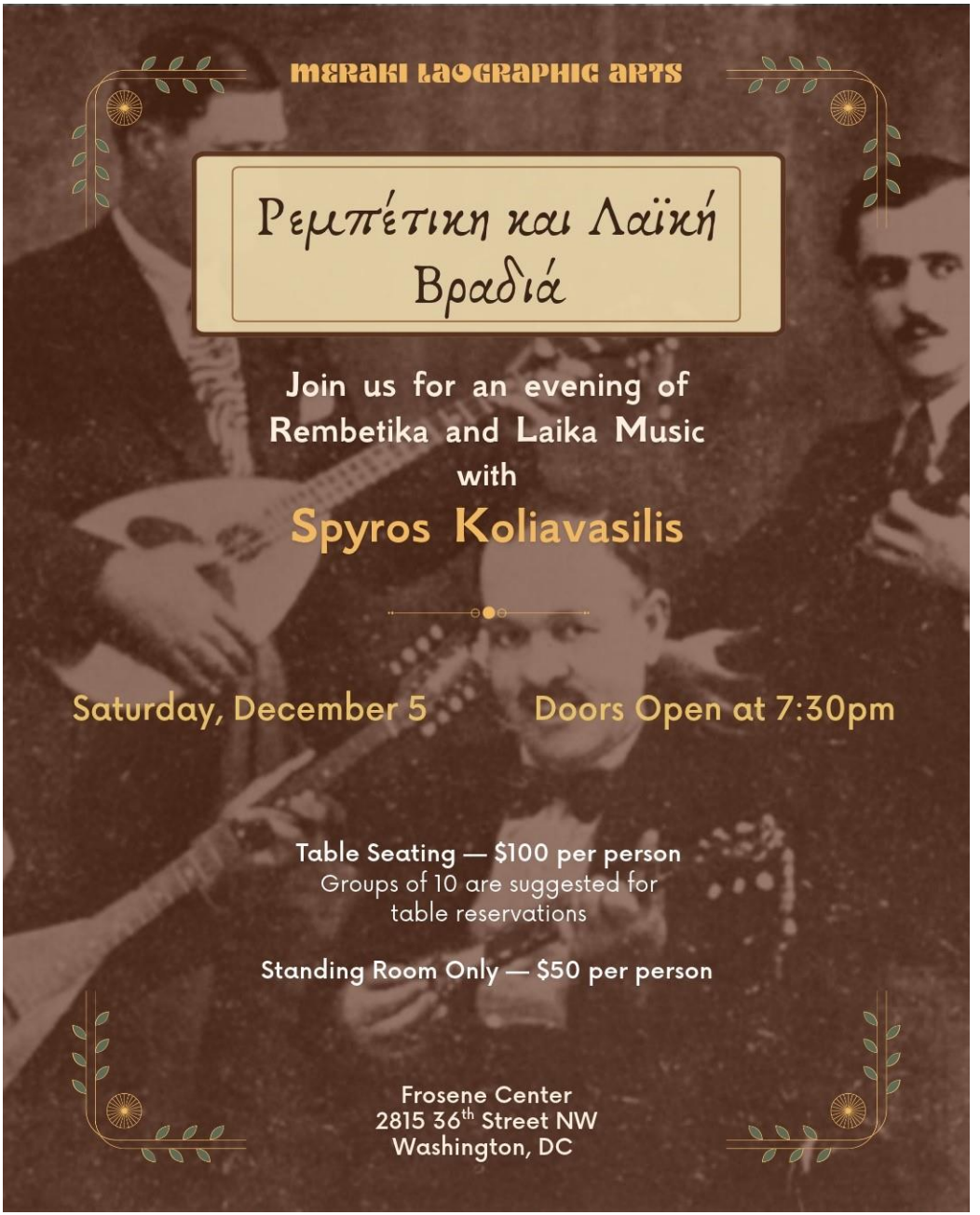
Beyond this, he has conducted significant research, documenting dances and recordings in other parts of the region, including many villages throughout Northern Evros.



Rembetika Fundraiser Night

[Click here to purchase your tickets]

Age 21 & over!



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

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