



**Saints Constantine & Helen**  
**Greek Orthodox Church of Washington, D.C.**  
**February 15, 2026**  
**Judgment (Meatfare) Sunday**



**Church Announcements**

**Lenten Luncheon Retreat: Clean Monday-Καθαρά Δευτέρα-February 23rd-** The Service of the Hours will be celebrated at 9:30am. Following the church service, please join Father Dimitri and Father Kallinikos for a Lenten Luncheon Retreat in the Versis Center. All are invited to bring and share their favorite Lenten dish as we begin the Great Fast together in prayer, fellowship, and reflection. We look forward to welcoming you!

**Ladies Philoptochos:** Membership sign-up today! Please stop by our table to register for this year and join us for coffee, cheese and chocolate.

**Upcoming Church Service**

**Sunday, February 22nd: Forgiveness Sunday**  
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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**Attention:**  
**All Ladies of Saints Constantine & Helen, WDC**

# **Philoptochos Overnight** *Lenten Retreat*

MARCH 28<sup>th</sup> 10 am  
through  
March 29<sup>th</sup> 12 pm

**Bavarian Inn**  
Shepherdstown, West Virginia

**RSVP**

BY FEBRUARY 22<sup>ND</sup>  
to  
Effie Tiches  
etiches@gmail.com

## **Topics**

Role of Philoptochos in Mentoring the Next Generation

Caring for Yourself so You Can Care For Others

## **Special Guest Speaker**

Dr. Georgette Constantinou  
Emeritus, Psychologist, Akron Children's Hospital  
Pediatric Psychologist and IOCC Frontliner



Hosted by Saints Constantine & Helen  
Philoptochos Society of Washington DC



SAINTS CONSTANTINE AND HELEN  
GREEK ORTHODOX CHURCH OF WASHINGTON, D.C.



# CLEAN MONDAY ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ

MONDAY, FEBRUARY 23, 2026

***SERVICE OF THE HOURS ~ 9:30AM***

FOLLOWED BY A

***LENTEN LUNCHEON RETREAT  
WITH FATHER DIMITRI AND  
FATHER KALLINIKOS***

(BRING YOUR FAVORITE LENTEN DISH TO SHARE)

**VERDIS CENTER**



# LENTEN CALENDAR

## *Saints Constantine & Helen, WDC – Church Services*

<b>Monday, February 23</b>	Clean Monday - Service of the Hours: 9:30am
<b>Wednesday, February 25</b>	Divine Liturgy of the Presanctified Gifts: 9:30am
<b>Friday, February 27</b>	Salutations to the Theotokos: 6:30pm
<b>Saturday, February 28</b>	Saturday of Souls: Divine Liturgy: 9:30am
<b>Sunday, March 1</b>	Sunday of Orthodoxy – Orthros 8:15am/Divine Liturgy: 9:30am
<b>Wednesday, March 4</b>	Divine Liturgy of the Presanctified Gifts: 6:30pm
<b>Friday, March 6</b>	Salutations to the Theotokos: 6:30pm
<b>Sunday, March 8</b>	Sunday of St. Gregory Palamas: Orthros 8:15am/Divine Liturgy: 9:30am
<b>Wednesday, March 11</b>	Divine Liturgy of the Presanctified Gifts: 6:30pm
<b>Friday, March 13</b>	Salutations to the Theotokos: 6:30pm
<b>Sunday, March 15</b>	Sunday of the Veneration of the Holy Cross: Orthros 8:15am/Divine Liturgy: 9:30am
<b>Wednesday, March 18</b>	Divine Liturgy of the Presanctified Gifts: 6:30pm
<b>Friday, March 20</b>	Salutations to the Theotokos: 6:30pm
<b>Sunday, March 22</b>	Sunday of St. John Climacus: Orthros 8:15am/Divine Liturgy: 9:30am
<b>Wednesday, March 25</b>	Annunciation of the Theotokos: Orthros 8:15am/Divine Liturgy: 9:30am
<b>Friday, March 27</b>	The Akathist Hymn: 6:00pm
<b>Sunday, March 29</b>	Sunday of St. Mary of Egypt: Orthros 8:15am/Divine Liturgy: 9:30am
<b>Saturday, April 3</b>	Saturday of Lazarus – Orthros 8:15am/Divine Liturgy: 9:30am
<b>Sunday, April 5</b>	Palm Sunday – Orthros 8:15am/Divine Liturgy: 9:30am



## Ο ΑΠΟΣΤΟΛΟΣ - Πρὸς Κορινθίους α' 8:8-13, 9:1-2

Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησιν τῷ θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστεροῦμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενούσιν. Ἐὰν γάρ τις ἴδῃ σε τὸν ἔχοντα γινῶσιν ἐν εἰδωλείῳ κατακειμένον, οὐχὶ ἡ συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθῃτα ἐσθίειν; Καὶ ἀπολεῖται ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῇ γνώσει, δι' ὃν Χριστὸς ἀπέθανεν; Οὕτως δὲ ἁμαρτάνοντες εἰς τοὺς ἀδελφούς, καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν, εἰς Χριστὸν ἁμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμὶ ἀπόστολος; Οὐκ εἰμὶ ἐλεύθερος; Οὐχὶ Ἰησοῦν Χριστὸν τὸν κύριον ἡμῶν ἐώρακα; Οὐ τὸ ἔργον μου ὑμεῖς ἐστε ἐν κυρίῳ; Εἰ ἄλλοις οὐκ εἰμὶ ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμὶ· ἡ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν κυρίῳ.

### THE EPISTLE-St. Paul's Letter First Letter to the Corinthians 8:8-13; 9:1-2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

### ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Ἐκ τοῦ Ματθαῖον 25:31-46

Εἶπεν ὁ Κύριος· Ὅταν δὲ ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ, καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων ὥσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ, τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἔρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε οἱ εὐλογημένοι τοῦ πατρὸς μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου. ἐπείνασα γάρ, καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ ἐποτίσατέ με, ξένος ἦμην, καὶ συνηγάγετέ με, γυμνός, καὶ περιεβάλετέ με, ἡσθένησα, καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἦμην, καὶ ἤλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δέ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δέ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ, καὶ ἤλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἔρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐν τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. τότε ἔρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ. ἐπείνασα γάρ, καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ οὐκ ἐποτίσατέ με, ξένος ἦμην, καὶ οὐκ ἐπεσκέψασθέ με, γυμνός, καὶ οὐκ ἐπεσκέψασθέ με, ἀσθενῆς καὶ ἐν φυλακῇ, καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ, καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐν τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.





## THE GOSPEL - According to Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

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### PRAYER LIST

Michael, Demetrios, Maria, Annette, Kathy, Aliki, Ernie, Anastasia, Christos, Vasili, John, Cedric, Margaret Arianna, Cleopatra, Tiffany, Maria, Marvin, Tiffany, Annette, Jodie, Evan, Despina, John, Dimosthenis, Stelios, Alexandra, Dionysia, Hariklia, Konstantinos, Bridget, George, Peter, Matthew, Litsa, Don, George, Helena, Bill, Andriana, Harry, Phil, Mark, Nikos, Anna, Evangelia, Kathy, Tina, Gloria, Demetrios, Andreas, Chrisoula, Panagiotis, Anastasia, George, Panagiota, Maria, Paul, Anna, Eleni and George.

### PRAYER FOR A SICK PERSON

Heavenly Father, physician of our souls and bodies, who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal me Your servant from all physical and spiritual ailments through the grace of Your Christ. Grant me patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I pray that You heal me as Your servant and grant me the gift of complete health. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.



## MEMORIALS

**Nikephoros & Vasiliki Argeroplos**, beloved parents of Soterios (Demetra) Argeroplos and Venetia (Chuck) Branlage. Devoted grandparents of Zack, Caroline, Luke, Nikephoros (Neena) and Vasiliki. May their memory be eternal!

**Nicholas Demetrios Bardosa**, beloved husband of Katina Bardosa. Loving father of Petroula and the late Jeff Jordan and Demetra (Ted) Argeroplos. Adored grandfather of Katerina (Nick) Skizas, Nikephoros (Neena) Argeroplos, Jeff Jordan and Vasiliki Argeroplos. May his memory be eternal!

**Jeff Steven Jordan**, is the beloved husband Petroula Jordan. Loving and devoted father of Katerina (Nick Skizas) Jordan and Jeff Nicholas Jordan. and grandfather to Eleftheria Skizas May his memory be eternal!

**Anastasios “Taso” Karavangelos**, is the beloved husband of Agatha Karavangelos. Loving and adored father of Efthalia (the late Soterios) Koutris and the late Klianthis “Lance” (Ellen) Karavangelos. Adored grandfather of George (Anna Christina) Koutris, Stavroula (Joshua) Andre, Agathonia Karavangelos, Elizabeth Karavangelos, and Anastasios Karavangelos. Cherished and dearly loved great grandfather Maria and Teddy. May his memory be eternal!

**Alexander Kotsopoulos**, loving husband of Anne Kotsopoulos. Loving father of Dena (Andreas) Doulaveris. Cherished grandfather of Vasilios, Constantine and Anastasia Doulaveris. May his memory be eternal!

**Anastasia “Stacy” Helen Panos**, is the beloved daughter of the late George Panos and the late Lucille Vasiliki Demos Panos. Adored godmother of Efsthia Kalapothakos. She is survived by her extended Demos family, the Kalapothakos family and the Kafarakis family. May her memory be eternal!

**Maria Siozios**, is the beloved wife of the late Nikolaos Siozios. Loving mother of Ioulia Siozios, Georgia (Lambros) Bizbikis, Olga (Konstantinos) Daroudis and Konstantinos (Ladia) Siozios. Adored grandmother of Effie, Anthoula, George, Panagiota, Demetre, the late Maria and Niko. Cherished great-grandmother Cosmo, Ilias, George, Ilias, Georgia Savvina, Olga and Doukisa. May her memory be eternal!

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## FUTURE MEMORIALS

**February 22nd** - James Zibragos

**March 8th** - Anna Dakoulas, Vaso & George Kavadias, Christina Kotsiras,  
and Michael & Anna Miltiadou

**March 22nd** - Athanasios (Thomas) C. Pagedas & Anthony C. Pagedas

# Grief Share Ministry

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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.

### WINTER/SPRING SESSION

STARTING FEBRUARY 2, 2026

Mondays, 7-8:30 PM

Virtual via Zoom

Join us for **14 weeks** of  
comfort, support and healing.

For more information contact

Katy Tzamaras

240-938-6549

ktmom3@gmail.com

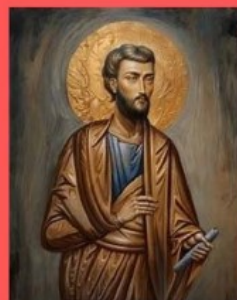
To sign up, go to our page on the [griefshare.org](http://griefshare.org) site and click on the link to register for our group. Our group is free to attend, but please purchase the participant's guide for \$20 and bring it with you to our sessions.



# KIDS CORNER

BY FR. DIMITRI

( Sunday, February 15th, 2026



## GOSPEL SNAPSHOT

Matthew 25:31-46



Jesus tells us that one day He will come in glory.

He says He will separate people like a shepherd separates sheep from goats.

To some He will say:

"I was hungry and you gave Me food.

I was thirsty and you gave Me drink.

I was a stranger and you welcomed Me."

The people will be surprised and ask,

"When did we see You hungry or thirsty?"

Jesus answers:

"Whatever you did for one of the least of these brothers and sisters of Mine, you did for Me."

Jesus teaches us that when we care for others, we are caring for Him.



## IMPORTANT LESSON

- Feed someone who is hungry.
- • Share when someone has less.
- • Invite someone who feels left out.
- • Be kind to someone who is lonely.
- Love is how we prepare for heaven.



## SAINT OF THE DAY

Saint Onesimus was once a slave who ran away.

- He met Saint Paul and became a Christian.
- He changed his life and returned with courage and humility.
- Later, he became a bishop and served the Church faithfully.
- He reminds us that no one is too far from God to begin again..



Did you know?

In this Gospel, Jesus doesn't ask:

- "Did you become famous?"
- "Did you win everything?"
- "Were you the best?"

He asks:

Did you love?

Did you serve?

Did you care for others?

He sees every small act of kindness.



## KEY IDEA

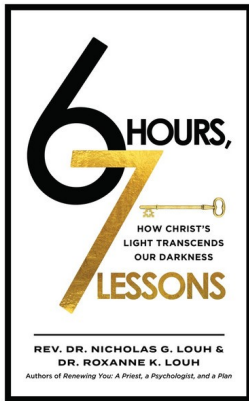
- Loving others is loving Jesus.
- • Small acts of kindness matter.
- • We serve Christ when we serve people.
- • God cares about how we treat others.

# Saint Kosmas Aitolos Bookstore!

## 6 Hours, 7 Lessons:

### How Christ's Light Transcends Our Darkness

by Fr. Nicholas G Louh, Dr. Roxanne Louh

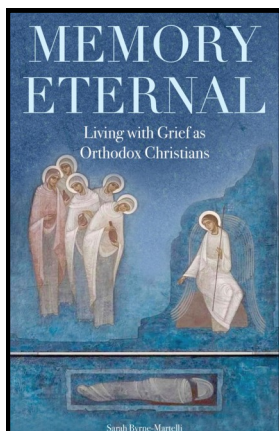
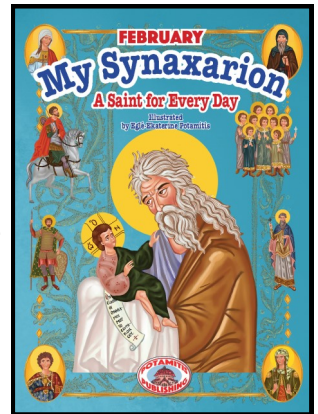


During His darkest moments, Jesus uttered seven statements on the Cross that offer us tremendous wisdom in our own dark seasons—when we feel alone, forgotten, and unable to surrender, forgive, or let go of our mistakes. In 6 Hours, 7 Lessons, Orthodox Christian priest Father Nicholas Louh and licensed clinical psychologist Dr. Roxanne Louh show us that there is no darkness so dark that our Lord hasn't already experienced it. Christ's final words direct us toward the light of His love and protection while giving us the guidance we need to find hope and healing.

## My Synaxarion –

### A Saint for Every Day – FEBRUARY

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.



## Memory Eternal: Living with Grief as Orthodox Christians

by Sarah Byrne-Martelli

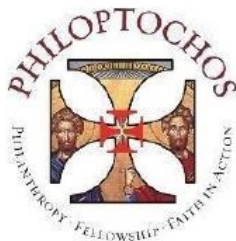
Losing someone we love is never easy, but the Orthodox Church provides a wealth of resources that help us to bear it. Chaplain and bereavement coordinator Sarah Byrne-Martelli draws on these theological, scriptural, and liturgical resources, as well as the collected experience of a variety of people 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.



# Saints Constantine & Helen of Washington, D.C. Ladies Philoptochos Society







# Philoptochos Membership Sign Up



**SUNDAY  
FEBRUARY 15**

Come Join Us For

Coffee,  
Cheese  
&  
Chocolate



# HOPE/JOY

## FAITH FRIDAY - 2/6/26

Hope and Joy talked about Valentine's Day and how it reminds us of love, just like Jesus loves each of us. We connected this to our activity by creating Valentine's Day lanterns to share light and love with others.

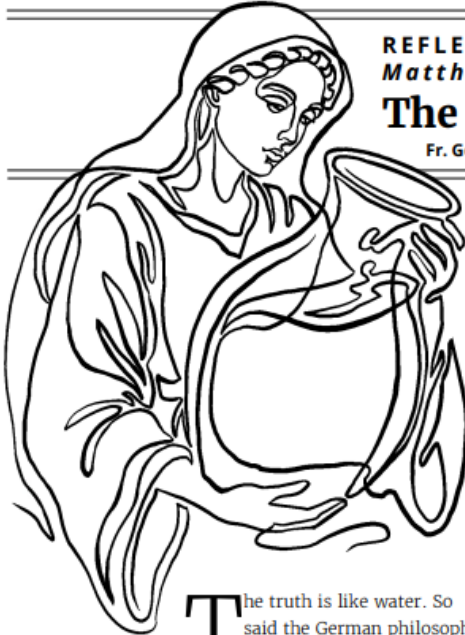






# DIAKONIA

*A National Ministry of the Greek Orthodox Archdiocese of America*



REFLECTIONS FROM TODAY'S READING  
*Matthew 25:31-46*

## The Truth is Like Water

Fr. George Parsenios

The truth is like water. So said the German philosopher Schopenhauer. The truth is like water because it needs a vessel to hold it. For water to collect and accumulate and not just disperse and dissipate, it must be gathered and contained. The truth is the same. We have to carry it within our bodies. If our deepest truths are just words and thoughts, but not actions and behaviors that we actually live, then the truth will slip away carelessly like water through our fingers. It will have no effect on the world around us. We have arrived at Meatfare Sunday, where we begin the first stage of Lenten fasting by bidding farewell to meat. By engaging in the Lenten disciplines of the Church, we have taken the first step—but only the first step—in showing that our faith is not merely words

we say, but actions that we do. As we pray more during the longer services of Lent and as we abstain from earthly luxuries, we show that we are citizens of heaven, and not just citizens of the earthly cities we inhabit (Philippians 3:20-21). But this is only the first step in becoming vessels of the Christian truth. Today's Gospel reading pushes us to take the next and greater step. Notice in this Gospel passage that those who are invited into the kingdom by the Son of Man are not the people who fasted and went to Church, but the people who served the hungry and the poor. This does not mean, of course, that fasting and the other disciplines of Lent are irrelevant. Indeed, they are essential, for they train us to be detached from luxury and comfort. Once we detach ourselves from wealth and indulgence, however, we have further work to do. We must share our wealth with others who have nothing. We worship a crucified God who sacrificed himself for us. If we wish to worship him correctly and truly, then we must sacrifice for others—and not just those near and dear to us. Even unbelievers do good things for their friends and family. But our God sacrificed himself for us even though we offered him nothing in return. We must find opportunities to do the same, to share our extra goods and money with those who cannot return the favor and those whose names we do not know. When we do this, we imitate the One True God, and we become living vessels of his truth.

Fr. George Parsenios is Professor of New Testament at Holy Cross Greek Orthodox School of Theology. [www.hcsc.edu](http://www.hcsc.edu)



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

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## FROM THE ORIGINAL GREEK: *Evangelion* (Εὐαγγέλιον) What is “Gospel?”

Fr. George Parsenios



The term “gospel” holds a central place in Christian vocabulary. It translates the Greek word *evangelion*, which means “good news.” The modern English word “Gospel” is derived from Old English *gōdspel*, composed of the roots *gōd* meaning “good” and *spell* meaning “story.” So, the English word “Gospel” is a word—for—word translation of *evangelion*—“good news.” The Greek term is not exclusively Christian. The word was used throughout the ancient world to denote the good news of a king’s victory. In the Old Testament, when God defeats his enemies, the prophets “proclaim the good news” (*evangelizomenos*) of his triumph (Isaiah 40:9–10). When the Roman Emperor Augustus

conquered his foes, stone inscriptions broadcast the “good news” (*evangelion*) of his imperial might. St. Paul is the first writer to use this term for the Christian message, as he announces the “good news” that Jesus rose from the dead (1 Cor 15). Like a mighty King, Jesus stands victorious over his enemies: sin and death. The New Testament Gospels are called “Gospels” precisely because they describe this victory. Each Gospel ends with Christ’s resurrection from the dead. Notice, however, that in Church we do not call these books the Gospel *of* Matthew, *of* Mark, *of* Luke or *of* John, as though each is a different Gospel. We refer, rather, to the Gospel *according to* Matthew, Mark, Luke and John. There is only one *evangelion*. While we hear this message *according to* four different witnesses, there is only one Gospel message, that Christ is a mighty King, and he has “trampled down death by death.”

### THIS WEEK’S LOOK AT CHURCH HISTORY

## The Ministry of the Greek Orthodox Church in the Korean War

The outbreak of the Korean War in 1950 placed the small Orthodox Christian presence on the Korean Peninsula in grave danger. At the time, the Orthodox Church in Korea was served by only one priest, who was captured and taken to North Korea during the early stages of the conflict. With its sole clergyman imprisoned and the country engulfed in war, the survival of the Church was uncertain.

According to Park Yo-han, deacon of the Orthodox Metropolis of Korea, the arrival of Greek forces marked a turning point. “When the Greek forces came, the Orthodox priests accompanied them,” he recalled in an interview with the *Korea JoongAng Daily*. Learning of the Church’s hardships, Greek clergy and soldiers helped sustain liturgical life, ensured the continuation of services, and shared their rations and resources with the local faithful. Through this sacrificial ministry, the Orthodox Church in Korea endured the war years.



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## THE SUNDAY OF THE LAST JUDGMENT

# Preparing for Great Lent through Love and Responsibility

The Sunday of the Last Judgment, also known as Meatfare Sunday, is the third Sunday of the Triodion, the 3-week period leading our journey toward Great Lent. Each Sunday adds another dimension to our spiritual preparation. This Sunday introduces the theme of accountability before God.



### The Biblical Story

The Gospel reading from Matthew 25:31–46 presents the parable told by Jesus of His Second Coming. When the Son of Man returns in His glory, He will gather all people before Him and separate them “as a shepherd divides the sheep from the goats.” The “sheep” are welcomed into the kingdom because they showed compassion to others—feeding the hungry, welcoming the stranger, clothing the naked, visiting the sick and imprisoned. He tells them, “As you did it to the least of these my brethren, you did it to me.” He then turns to those who failed to love in this way with the dreaded words, “Depart from Me.”

### The Icon of the Sunday

The icon of the Sunday of the Last Judgment incorporates all the elements of the parable. Jesus sits on the throne and before him the Last

Judgment takes place. He extends his hands in blessing upon the Theotokos on his right, and John the Baptist on his left.

This Sunday we are reminded that Salvation is not a passive gift; it is a relationship lived out in love. Just as the Father’s mercy invites every sinner home, so His righteousness calls us to examine how we treat those around us. Lent is not only a season of fasting, but a season of compassion, humility, and personal accountability.

The message of this Sunday’s Gospel reading teaches that the criterion of the Last Judgment is personal love lived out in daily encounters. Every person placed in our path becomes an opportunity to meet Jesus. Every act of mercy becomes an offering to Him; every refusal to love becomes a judgment upon ourselves. Our hearts are revealed in how we respond to the needs before us.

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## Your Personal Challenge for the Week: “See Christ. Serve Christ.”

Turn the parable’s commands into a deliberate act of love.

*“Inasmuch as you did it to one of the least of these...you did it to Me.” (Mt 25:40)*

**Choose One Concrete Work of Mercy:** Pick one action you will complete within 72 hours

- **Feed / Give drink:** Bring a meal, groceries, coffee, or a grocery card.
- **Welcome the stranger:** Invite someone to sit with you at coffee hour; make a phone call or visit.
- **Clothe the naked:** Donate clean, needed clothing or winter gear locally



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

**Building Up the Body of Christ**

In the Old Testament we read about Nehemiah (2:19). When he saw the crumbling walls of Jerusalem, he told the people to "Rise up and build." The people said, "Let us rise and build." Like Nehemiah, we can help take care of our church. We can also build up our own faith, through prayer, sacraments, participating in the Divine Liturgy and more.



**COLOR ME!**

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

*L100*





# HELLENIC CENTER

6506 Bells Mill Road, Bethesda, Maryland 20817

[www.helleniccenter.org](http://www.helleniccenter.org)

## Understanding Greece's New Inheritance Law (Law 5221/2025)

**11:00AM: Saturday, February 21, 2026 Zoom Only**

**[Zoom Link](#)**



**Featured Speaker: Stamatis Stamatekos from  
STAMATEKOS AND ASSOCIATES  
LAW OFFICE**

**Expert in Greek inheritance and property law**

Program Overview: Greece's new Inheritance Law 5221/2025 represents the most significant reform of succession law in decades. This informative session will explain what has changed, what remains the same, and what families should be doing now.

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AHEPA CHAPTER 383 | PANCRETAN ASSOCIATION OF AMERICA | ROUMELIOTES OF METROPOLITA WASHINGTON D.C.  
THE CRETAN ASSOCIATION OF GREATER WASHINGTON D.C.  
THE EPIROTIK SOCIETY OF WASHINGTON D.C. | THE HELLENIC SOCIETY PROMETHEAS  
THE LACONIAN SOCIETY OF WASHINGTON D.C. | THE VOIRVOURA SOCIETY



# SCHGOCDC SUMMER CAMP SCHOLARSHIP

**ST. CONSTANTINE & HELEN OF WASHINGTON D.C.**

## Summer Camp Scholarship

SPONSORED BY: The Louis J. Tiches  
Memorial Ionian Village Scholarship Fund & Philoptochos

**\$6,000 scholarship for  
IONIAN VILLAGE**  
(grades 9 -12) attend either  
session 1 : June 16 - July 5  
session 2: July 15 - August 3

**OR**

**\$1,000 scholarship for  
CAMP ST PAUL**  
(ages 8-18)  
attend either June or July

**REQUIREMENTS**  
Family Stewardship in Good Standing  
Youth Active Participation in Community  
2-3 Paragraph Essay on "In what ways have you been able to live your  
Faith and support your church community?"

**Submit Essays by:** February 15 to etiches@gmail.com and frd@schgocdc.org

## Washington Metropolitan Area AHEPA-DOP Scholarship Program

### Attention Graduating High School Seniors!

The Washington Metropolitan Area AHEPA-DOP Scholarship Program celebrates 56 years of recognizing and celebrating outstanding student achievement in academics, athletics, and community service. Students must apply online at [ahepadcmetroawards.org](http://ahepadcmetroawards.org) by March 31, 2026. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 17, 2026, at DoubleTree by Hilton McLean Tysons. We salute all our patrons whose loving care and generous contributions have kept this program alive for so many decades. We invite the Greek Orthodox community to support our youth and this scholarship program through tax deductible donations made online or by mail (details at [ahepadcmetroawards.org](http://ahepadcmetroawards.org)). For more information about the program, please contact Karen Polizos 571-216-4099, [karenspolizos@gmail.com](mailto:karenspolizos@gmail.com); Ergini Martnishn, 571-215-8695; or Sophia Alpos 571-225-3330.

# National Hellenic Society Sponsored Heritage Greece Program

The National Hellenic Society opened their applications for all Summer 2026 Heritage Greece® Programs, offering Greek-American/Canadian college students a two-week, immersive journey into Hellenic history, culture, and identity. Students can apply to any/all of the 3 program options (but only attend one) in June or July in Athens (ACG or CYA) or Thessaloniki (ACT), each blending language lessons, cultural workshops, historic site visits, and meaningful connections with Greek peers. The National Hellenic Society covers tuition, housing, meals, transportation in Greece, and all program costs leaving students to only cover airfare and personal expenses. Eligible students ages 18–26 can learn more and apply at [nationalhellenicsociety.org/heritage-greece](https://nationalhellenicsociety.org/heritage-greece).

## YOUR JOURNEY TO DISCOVERING YOUR HERITAGE STARTS *HERE*.

### HERITAGE GREECE®

**APPLICATIONS ARE OPEN FOR ALL SUMMER 2026 PROGRAMS**

The Heritage Greece Program® (HG) is a two-week cultural and educational immersion odyssey for accomplished Greek American & Canadian college students who share their experiences with a peer group of exceptional students from three institutions:

**AMERICAN COLLEGE OF GREECE  
ATHENS, GREECE**



**Program Dates:**  
Session A: June 6 - 21, 2026  
Session B: July 4-19, 2026  
**Early Bird Application Deadline:**  
February 2, 2026  
**Early Bird Application Deadline:**  
March 30, 2026

Students explore Athens through major sites like the Acropolis, Acropolis Museum, Ancient Agora, and key cultural institutions, while also engaging in neighborhood walks, markets, and experiential Greek language classes. Beyond the city, the program includes visits to Cape Sounion, the Hellenic Parliament, the Salamis naval base, and a multi-day immersion on the island of Tinos, which is home to the Panagia Evangelistria, marble-craft traditions, and local art and cuisine. A final cruise to Aegina, Poros, and Hydra rounds out a program that blends archaeology, culture, and modern Greek life into a concise but vivid experience of Greece.

**AMERICAN COLLEGE OF THESSALONIKI  
THESSALONIKI, GREECE**



**Program Dates:**  
July 6 - 20, 2026  
**Application Deadline:**  
April 4, 2026

Students experience Thessaloniki through its signature landmarks and museums, including the White Tower, the Byzantine Museum, and the Jewish Museum, while learning about Greek life, language, and culture through hands-on classes and local market visits. The program expands beyond the city with day trips to Veroia and Vergina's royal tombs, the archaeological site of Dion and the foothills of Mt. Olympus, Edessa's waterfalls, and the Pozar hot springs. Evening harbor sailings, a beach day, and a farewell dinner round out a program that blends ancient Macedonian history, religious heritage, modern urban life, and immersive cultural experiences into a vivid portrait of Northern Greece.

**COLLEGE YEAR IN ATHENS  
ATHENS, GREECE**



**Program Dates:**  
June 15-26, 2026  
**Application Deadline:**  
April 1, 2026

(Offer a year-long program)

Students move from Athens to Delphi, Hydra, and Cape Sounion through a program that blends site-based lectures with cultural immersion. They study democracy and identity at the Pnyx, Acropolis, Agora, and the Hellenic Parliament; explore Greece's artistic and political heritage at the Benaki and Philhellenism museums; and engage with modern innovation at places like the Ellinikon Experience Center and Kokotas Winery. Excursions to Delphi's sacred landscape and Hydra's seafaring traditions round out an itinerary that connects ancient texts, contemporary debates, and lived cultural experiences—offering a concise yet meaningful journey through Greece's past and present.

**Visit the Heritage Greece®  
website to apply or learn more.**



[www.nationalhellenicsociety.org/heritage-greece](https://www.nationalhellenicsociety.org/heritage-greece)

**Program Cost**

The best part? Students only need to cover their plane ticket to Greece and personal expenses. Tuition, accommodations, meals, transportation within Greece, and program related costs are all generously covered by the National Hellenic Society.



**PAREA WITH PURPOSE™**



THE PHILOPTOCHOS SOCIETY OF SAINT SOPHIA GREEK ORTHODOX CATHEDRAL  
*is pleased to announce*

## ∞ The Helen Apostolos Scholarship ∞

An annual award of \$1000.00 to help Greek Orthodox women  
pursue studies that will lead to, enhance, or extend careers in business.

**Background and Purpose:** Helen Apostolos, a remarkable woman who overcame the cultural and gender biases of her era, followed her passion and created and managed successful businesses well into her ninth decade. A devout member of the Greek Orthodox Church, she was an equally committed member of the Ladies Philoptochos Society for more than 50 years. Her goddaughter created this scholarship to celebrate Helen's life by helping women who share not only her career goals, but also her commitment to faith and community service.

**Eligible Applicants must be:**

- Female
- Baptized in the Greek Orthodox Church\*
- Accepted by, or enrolled in, an accredited educational institution/program of study; and
- In, or about to initiate, a course of study directly related to a career in business.

*\* Note that preference will be given to congregants of Saint Sophia Greek Orthodox Cathedral.*

**How to Apply:**

Download the Application Form from the Philoptochos page of the Saint Sophia Cathedral website or click on [www.saintsophiadc.org/ministries/philoptochos/](http://www.saintsophiadc.org/ministries/philoptochos/). Send your completed application as a PDF attachment in an email with the subject line reading "Apostolos Scholarship Application" to [PhiloptochosDC@gmail.com](mailto:PhiloptochosDC@gmail.com) no later than midnight on **the 31st of March**.

**Application Requirements:**

- A signed and completed copy of the application form;
- Proof of baptism or chrismation as a Greek Orthodox Christian;
- Proof of acceptance to, or enrollment in, an accredited educational institution or program directly related to a career in business;
- Personal statement of intent; and
- At least one letter of recommendation.

**Selection and Award:** All applications will be examined by an Evaluation Panel of educators and business people (appointed by the President of the Philoptochos Society of Saint Sophia), who will rank them on the basis of the extent to which each reflects the purpose of the Scholarship and select that year's awardee. The Panel will provide the results to the President of the Philoptochos Society of Saint Sophia, who will announce the awardee no later than **Graduate Sunday in May**. The Panel has the discretion to not award a scholarship if it determines no applicant satisfies the purpose of the scholarship. Scholarship funds will be provided directly to the awardee's educational institution in accordance with their administrative procedures. An applicant may receive more than one scholarship award, but not in successive years.



30th  
Annual

# NICHOLAS TSAKALOS MEMORIAL RETREAT

MARCH

14

SATURDAY

**Christianity in Action:**  
**The Teachings of Jesus Illuminated Through The Life of**  
**Archbishop Anastasios Yannoulatos of Albania**

Presented by the spiritual son of His Beatitude

## FR. LUKE VERONIS

PROTOPRESBYTER OF SAINTS CONSTANTINE AND HELEN  
GREEK ORTHODOX CHURCH, WEBSTER, MASS.

Divine Liturgy 8:00 a.m.

Continental Breakfast and Registration 9:30 - 10:00am

Retreat Begins 10:15 a.m.

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**Special Youth Gathering with Fr. Luke**  
***"Genuine Mentors in a Young Person's Life"***  
**Friday, March 13 @ 7:30 - 9:00pm**  
**with Light Lenten Meal**

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Information: [www.goannun.org](http://www.goannun.org), click on "2026 Retreat"

Further Questions: Jeanne Tsakalos

(443) 865-5389 - [Jeannetsakalos@hotmail.com](mailto:Jeannetsakalos@hotmail.com)

**\$30 - INCLUDES LENTEN LUNCHEON AND CONTINENTAL BREAKFAST**

**\$35 IF REGISTERED AFTER MARCH 4**

**FREE PARKING**

**GREEK ORTHODOX CATHEDRAL OF THE ANNUNCIATION**

**24 W. PRESTON STREET, BALTIMORE, MD 21201**

**SIGN UP HERE:**



# St. Demetrios 2026 Lenten Retreat

## "The Facets of Forgiveness: Beauty, Cost, Practice"

*The meaning & practice of forgiveness in daily life will be explored on the basis of the biblical witness, tradition, & contemporary research*

**WITH GUEST SPEAKERS:**

**REV. FATHER HARRY PAPPAS &  
PRESVYTERA KERRY PAPPAS**



**SATURDAY, MARCH 28, 2026**

**8:30 AM-3:00 PM**

**ST. DEMETRIOS GREEK ORTHODOX CHURCH  
HERMES RAFAILIDES CENTER**

**2504 CUB HILL ROAD, BALTIMORE, MD 21234**

**8:30-9:00 am REGISTRATION & CONTINENTAL BREAKFAST**

**9:00-9:15 am WORSHIP SERVICE**

**9:30-12:00 pm SESSION 1**

**12:00-1:00 pm LUNCH**

**1:00-3:00 pm SESSION 2**

Registration:  
\$35  
per person



Please register by March 14, 2026 by scanning the QR code or contacting Stephanie Gavrilis and Sophia Vasilios for the registration link at [stdemetriosretreat@gmail.com](mailto:stdemetriosretreat@gmail.com) or (410) 350-6195. After March 14, 2026, the price will increase to \$40 per person.



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