



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

March 26, 2023



Sunday of Saint John Climacus



Upcoming Church Services: 03/27/23-04/02/23

Wed., March 29 Vespers Divine Liturgy of the Presanctified Gifts: 6:00pm

Friday, March 31 The Akathyst Hymn: 6:30pm

Sunday, April 2 Sunday of St. Mary of Egypt - Orthros 8:15am & Divine Liturgy: 9:30am

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



Ο ΑΠΟΣΤΟΛΟΣ - Ἑβραίους 6:13-20

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγελάμενος ὁ Θεός, ἐπεὶ κατ' οὐδενὸς εἶχε μείζονος ὁμόσαι, ὥμοσε καθ' ἑαυτοῦ, λέγων· ἢ μὴν εὐλογῶν εὐλογήσω σε καὶ πληθύνων πληθυνῶ σε· καὶ οὕτω μακροθυμήσας ἐπέτυχε τῆς ἐπαγγελίας. Ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσι, καὶ πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὅρκος· ἐν ᾧ περισσότερον βουλόμενος ὁ Θεὸς ἐπιδεῖξαι τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὅρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι Θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος, ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ, Ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

THE EPISTLE - St. Paul's Letter to the Hebrews 6:13-20

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Μᾶρκον 9:17-31

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ γονυπετῶν αὐτῷ καὶ λέγων· Διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σέ, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· Ὡ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτόν πρὸς αὐτόν. καὶ ἰδὼν αὐτόν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· Πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· Παιδιόθεν. καὶ πολλάκις αὐτόν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοὺς εἶπεν αὐτῷ· Τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνάτα τῷ πιστεύοντι. καὶ εὐθέως κράζας ὁ πατὴρ τοῦ παιδίου μετὰ δακρύων ἔλεγε· Πιστεύω, Κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος ἐπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· Τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἐξέλθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράζαν αὐτόν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοὺς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· Τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἠθέλεν ἵνα τις γνῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι Ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

THE GOSPEL - Mark 9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

MEMORIALS

Angeliki Asimakopoulos, beloved wife of Nikolaos Asimakopoulos. Loving mother of Georgia (Eladio) Gomez, Theodora (Marios) Mina. Adored grandmother of Nicholas, Danny, Anthony, Angeliki and Fotis. May her memory be eternal!

Telemachos K. Constantinou, is the beloved husband of Eugenia Constantinou. Loving father of Cleopatra Adee and Damon Constantinou. Adored grandfather of Evyenia and Nicolas Adee. May his memory be eternal!

Anthony C. Pagedas, is the beloved husband of Frances Pagedas. Loving father of Constantine (Sofia Stavroula) Pagedas and Stamatina (Michael) Riteris. Adoring and proud grandfather of Anthony, Joanna, Elvis and Stella. May his memory be eternal!

Thomas C. Pagedas, is the beloved husband of Elaine Pagedas. Loving father of Elizabeth (Greg) Schmalbach, Michael (Olivia) Pagedas and Connie (Chris) Soves. Adoring grandfather of Andrew, Eleni, Ariana, Cassandra and Constantine. May his memory be eternal!

FUTURE MEMORIALS

Eleni (Nitsa) Sourvinos - April 2, 2023

John Maestros and Nicholas Michael Pittas - April 30, 2023

Jeff Steven Jordan, Nicholas Bardosa and Nikephoros & Vasiliki Argeroplos - May 14, 2023

Note: Please call the church office to schedule Memorials and Artoklasia at 240-389-1366.

PRAYER LIST

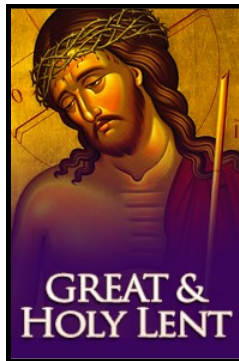
Nikos, Anna, Evangelia, Kathryn, Kathy, Steve, Tina, Gloria, Andreas, Chrisoula, Panagiotis, Anastasia, George, Panagiota, Mark, Maria, Paul, Sofia, Anna, Elli, Eleni, and George.

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.

Lenten Church Services

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



Sunday, March 26	Sunday of St. John Climacus- Orthros 8:15am/Divine Liturgy: 9:30am
Wed., March 29	Vespers Divine Liturgy of the Presanctified Gifts: 6:00pm
Friday, March 31	The Akathyst Hymn: 6:30pm
Sunday, April 2	Sunday of St. Mary of Egypt - Orthros 8:15am/Divine Liturgy: 9:30am
Saturday, April 8	Saturday of Lazarus – Orthros 8:15am/Divine Liturgy: 9:30am
Sunday, April 9	Palm Sunday – Orthros 8:15am/Divine Liturgy: 9:30am



Stewards as of 3/24/23

Mr. & Mrs. Harry Adams
 Mr. & Mrs. Nikolaos Aggelis
 Mrs. Nina Alexiou
 Mr. & Mrs. Manoli Anagnostiadis
 Mr. Gregory Anagnostopoulos
 Mr. & Mrs. John Anayannis
 Anonymous
 Mrs. Irene M. Antzoulatos
 Mr. Marinos Apostolopoulos
 Mr. & Mrs. Ted Argeroplos
 Mr. & Mrs. Haralambos Athanasakis
 Mr. & Mrs. Emmanuel Atsalinos
 Mr. & Mrs. Donald Augustin
 Mr. & Mrs. Angelos Backus
 Dr. Katerina Backus
 Mr. & Mrs. Panagiotis Balourdos
 Mr. & Mrs. Dominic Bellissimo
 Mrs. Pauline Bergeris
 Mr. & Mrs. John Binford
 Ms. Victoria Binford
 Mr. & Mrs. Lambros Bisbikis
 Mr. Demetrios Bizbikis
 Mr. & Mrs. Nicholas Blondell
 Mr. & Mrs. George Bourzikos
 Mr. & Mrs. John Bratsakis
 Mr. & Mrs. Tim Britton
 Mr. Steve Callas
 Ms. Katina Calamari
 Mr. Anthony J. Calomeris
 Mr. Thomas J. Calomiris
 Ms. Vasso Caloviras
 Mr. & Mrs. George Caperones
 Mr. John N. Catsouras
 Mr. Nick Cavaris
 Mrs. Georgia Chahalis
 Mr. & Mrs. Nicholas Chahalis
 Mrs. Irene Chapin
 Mr. Charalambos Charalambou
 Ms. Sofia Chatos
 Mr. & Mrs. James Cheakalos
 Mr. & Mrs. John Cheakalos
 Ms. Katherine Chronopoulos
 Mr. & Mrs. David Ciesielski
 Mr. & Mrs. Charles Clifton
 Mr. & Mrs. Pete Dakoulas

Mr. Nicholas Damianos
 Mr. & Mrs. Jim Deligianis
 Mr. & Mrs. Nickolas Demer
 Mrs. Georgia Dialektakos
 Mr. & Mrs. James Dialektakos
 Mr. & Mrs. Demetrios Dimidis
 Mr. Demetri Dimopoulos
 Mr. & Mrs. Ilias Dizelos
 Mr. William Dounis
 Mr. & Mrs. Kevin Eisenacher
 Mr. & Mrs. Steve Fafoutis
 Mrs. Georgia Ferentinos
 Mr. & Mrs. Metaxas Ferentinos
 Mr. & Mrs. Metaxas Ferentinos
 Mrs. Sophia Ferentinos
 Mr. Zack Ferentinos
 Mr. Theodore Floros & Nancy Sheerin
 Mrs. Geneva Foster
 Ms. Christina Frangou
 Mr. & Mrs. Dimitrios Frantzis
 Mr. & Mrs. Ronald Fuchsman
 Mr. & Mrs. Gerasimos Galiatsatos
 Mr. & Mrs. Pete Georgallas
 Mr. & Mrs. George Georgiou
 Mr. & Mrs. Sarantos Georgopoulos
 Mrs. Vasiliki Georgopoulos
 Mr. & Mrs. Chris Gerohristodoulos
 Mrs. Stella T. Gibbs
 Mrs. Xenia Hajicosti
 Mrs. Katherine Hallas & Mr. Michael Hanback
 Mr. Nicholas Hallas
 Mr. & Mrs. Eleftherios Hangemanole
 Mr. George Haris
 Mr. & Mrs. Roger Hays
 Mr. & Mrs. Vishal Hemnani
 Mr. William Herald
 Mrs. Mary Carol Basilikos-Ivie
 Mrs. Petroula Jordan
 Mr. & Mrs. Alexander Kafarakis
 Mrs. Maria Kafarakis
 Mr. Menelaos C. Kafarakis
 Mr. & Mrs. Phillip Kafarakis
 Mrs. Andriana Kalapothakos
 Ms. Efstathia Kalapothakos
 Ms. Anastasia Kaldis
 Mr. & Mrs. Anastasios Kaldis
 Ms. Angeleke Kaldis
 Mr. Spiros A. Kaldis
 Mr. & Mrs. Spiros N. Kaldis

Mrs. Coula Kaleyias
 Mr. Frank Kaleyias
 Mr. & Mrs. Aris Kalogeropoulos
 Mr. & Mrs. Alex Kambanis
 Ms. Catherine Kambanis
 Mr. Sotirios Kanaras
 Mr. & Mrs. George Karabatis
 Mr. & Mrs. Spiros Karadimas
 Mr. & Mrs. John Karagiannis
 Mr. & Mrs. Stavros Karakatsanis
 Mr. & Mrs. Tom K. Karavangelos
 Mr. & Mrs. Costantinos Karoutsos
 Mr. & Mrs. Demetrios Kavadias
 Mr. & Mrs. Jerry Kavadias
 Mrs. Kiriakoula Kavadias
 Ms. Theodora Kavadias
 Ms. Dimitra Kissas
 Mrs. Jeanne Kitsoulis
 Ms. Kristen Klinger
 Mr. Nick P. Kokonis
 Ms. Olympia Koskinas
 Mrs. Georgia Kostolampros
 Ms. Anastasia Kotsiras
 Mr. & Mrs. Alex Kotsopoulos
 Mrs. Bessie Koutras
 Mr. & Mrs. Demetre A. Koutras, Jr.
 Mr. & Mrs. Demetre Koutras
 Mr. & Mrs. Ernie Koutras
 Mr. John A. Koutras
 Ms. Victoria D. Koutras
 Mr. & Mrs. George Koutris
 Mr. & Mrs. Socrates Koutsoutis
 Mr. & Mrs. George Ladany
 Ms. Barbara Lambis
 Mr. Dimitrios Lappas
 Ms. Maria Lappas
 Mr. & Mrs. Paul Lappas
 Mr. & Mrs. Don Larkin
 Rev. Father Dimitrios Lee
 Mr. & Mrs. Robert Lee
 Ms. Joanna Levantis
 Mr. & Mrs. Spiro Levantis
 Mr. & Mrs. Spyros Loukas
 Mrs. Mary Louloutes
 Ms. Paula Magoulas
 Mr. & Mrs. Chris Malagisi
 Mr. & Mrs. Spiros Malakasis
 Ms. Athanasia Mantzouranis
 Mr. & Mrs. Athanasios Mantzouranis
 Mr. & Mrs. George A. Mantzouranis

Mr. & Mrs. George C.
Mantzouranis
Mr. George J. Mantzouranis
Mr. & Mrs. James M. Mantzouranis
Mr. & Mrs. John A. Mantzouranis
Mr. & Mrs. John G. Mantzouranis
Mrs. Theano Mantzouranis
Mr. Georgios Marinos
Mr. Justin Markas
Dr. & Mrs. Michael Markas
Mrs. Ekaterini Markatatos
Mr. & Mrs. Constantine Markos
Mr. & Mrs. John Markos
Mr. & Mrs. Cleon Marlas
Ms. Thalia Marmaras
Mr. & Mrs. Efreem Maroules
Mr. & Mrs. Stefano Marzullo
Mr. & Mrs. Greg Mathis
Mr. & Mrs. Ted Matrakas
Ms. Cassiane Mavromatis
Ms. Cornelia Mavromatis
Mr. Elias Mavromatis
Mr. Jacob Mavromatis
Mr. & Mrs. Lou Mavromatis
Dr. Vasilios and Mrs.
Mavrophilipos
Mr. & Mrs. Joe Mayes
Ms. Stamatia Mayes
Mr. & Mrs. Richard Mercado
Mrs. Sylvia Michael
Ms. Alexandra Michaels
Mr. & Mrs. John Mihailidis
Mr. & Mrs. Mario Mina
Mr. & Mrs. Joseph Morton
Mr. & Mrs. Mike Moshogianis
Mr. & Mrs. Christos Motsiopoulos
Mr. & Mrs. Charles Mulchi
Mr. & Mrs. Roni Murshed
Mr. & Mrs. Sotirios Nasios
Mr. & Mrs. Vasilios Nasios
Ms. Zoe Nasios & Mr. David Ware
Mrs. Georgia Nathenas
Ms. Stephanie Nichols
Mr. & Mrs. Adam Nixon
Mr. & Mrs. Michael O'Donnell
Mr. & Mrs. Pete Panagiotopoulos
Ms. Caterina Panos
Mrs. Panagiota Panos
Mrs. Litsa Pantazes
Mr. Elias Pantazopoulos
Mr. Ioannis Papadimitris
Mr. & Mrs. Vasilios Papaioannou

Mr. Demetrios Papathanasiou
Mr. & Mrs. Nicholas Pappas
Mrs. Katherine Denikos-Papuchis
Mr. & Mrs. Nikos Paschalidis
Mr. & Mrs. Constantinos Paspalis
Mrs. Diamanto Passas
Mr. & Mrs. Alexander Patico
Mr. & Mrs. Michael Pavlides
Mr. & Mrs. Christopher Perona
Mr. & Mrs. Harry Perrus
Mr. & Mrs. Geoff Perry
Mrs. Catherine Peters
Mr. & Mrs. Vincent Peterson
Ms. Alexandra Pino
Mr. & Mrs. Nicholas Pittas
Mr. & Mrs. Charilaos Psallidas
Mr. Vangel Quesari
Mr. & Mrs. Nick Rakis
Mr. & Mrs. Athanasios Raptis
Mr. Anastasios Recachinas
Mr. & Mrs. Andrew A. Recachinas
Mr. & Mrs. Andrew J. Recachinas
Mr. & Mrs. George J. Recachinas
Mr. & Mrs. Greg Resutek
Mr. & Mrs. Chris Retzos
Mr. & Mrs. Evangelos Retzos
Mrs. Helen Retzos
Mr. Michael Rigas
Mr. & Mrs. George Romas
Mr. Robert & Dr. Eleni Russow
Mrs. Olga Romeos &
Mr. Vasilios Siozios
Mr. & Mrs. Randy V. Sabett
Mr. & Mrs. Christos Sakkos
Mr. & Mrs. Ted Sakkos
Mrs. Sophia Severino
Mr. & Mrs. Panagiotis Siarkas
Mr. & Mrs. George Sideris
Mr. Georgios Siozios
Ms. Kyparissia Sirinakis &
Mr. Mark Wilburn
Mr. & Mrs. John Skarvelis
Ms. Anna Skenderis
Mr. & Mrs. Greg Skenderis
Mrs. Maria A. Skipton
Mr. & Mrs. Kyriakos Solomakos
Mrs. Marianthi F. Solomos
Mr. & Mrs. Rudolph Somwaru
Mr. & Mrs. Chris Soves
Mr. & Mrs. Pete Spiropoulos
Mr. & Mrs. Nick Stamatakos
Mr. & Mrs. Bill Stamos

Ms. Maria Stamos
Mrs. Yvonne Stamos
Mrs. Electra Stathes
Mrs. Irene Stephanos
Mrs. Panagiota G. Strats
Mr. & Mrs. Daniel Straub
Mr. & Mrs. John Straub
Ms. Kristina Straub &
Christian Melean
Mr. & Mrs. George Tatakis
Mrs. Georgia Theologou
Mr. & Mrs. Bernie Thornberg
Mr. Alexander Tiches
Mr. & Mrs. Charles Tiches
Mrs. Louis J. Tiches
Mr. Louis J. Tiches, II
Mr. & Mrs. Stamatis Tiches
Mr. & Mrs. Gus Tjoumas
Mr. & Mrs. Angelo Tompros
Mrs. Vasiliki Triantis
Mr. & Mrs. Nick Tsahalidis
Mr. & Mrs. Steven Tsakos
Mr. & Mrs. Christopher Tsiichlis
Ms. Maria Tsigas
Mr. Stratis Tsintolas
Mr. & Mrs. Demetrios P. Tsipianitis
Mr. Konstantinos D. Tsonis
Mr. & Mrs. Constantinos Tsoukatos
Mr. & Mrs. Bill Tzamaras
Mr. & Mrs. Avgerinos
Vakalopoulos
Mr. Xenofon Vakalopoulos
Mr. & Mrs. Theoharis Vantelas
Mr. & Mrs. Kosta Vithoulkas
Mrs. Constandina Walsh
Mr. & Mrs. Mark Walter
Mr. Andrew Ward
Mr. & Mrs. Dennis Ward
Ms. Ioanna Wasef
Mr. George Xeron
Mr. Chris Yfantis
Mr. & Mrs. George Yfantis
Mrs. Vasso G. Yfantis
Mr. & Mrs. John Zevitas
Mrs. Anastasia Zibragos

COMMUNITY OUTREACH



**SAINTS CONSTANTINE & HELEN GREEK ORTHODOX
CHURCH OF WASHINGTON, D. C. &
LADIES PHILOPTOCHOS SOCIETY IS PARTNERING WITH
THE TREE HOUSE CHILD ADVOCACY CENTER OF
MONTGOMERY COUNTY, MD**

Collecting Monetary Donations – ONLY!

**To Purchase Items for Emergency Therapy Toolkits for Children who are
Victims of Sexual and Physical Abuse and Neglect.**

Tool Kits Will Contain – Bubbles, Journals, Painting & Drawing Supplies, Stress Balls.

Collecting Monetary Donations–ONLY!

Sunday March 5, 2023 – Sunday April 16, 2023

During Coffee Hour

Cash or Checks ONLY

(checks must be made out to Philoptochos Society)

**The Tree House Child Advocacy Center Offers Programs On Child Abuse Prevention,
Evaluation Of Children Who May Have Experienced Abuse, Therapy and Treatment**

**For more information or to volunteer with packing the therapy kits please contact Georgia Ferentinos
sch.outreach721@gmail.com**

MEN'S SYMPOSIUM

Wednesday, May 3rd

[CLICK HERE TO MAKE YOUR RESERVATIONS NOW!](#)

A black and white poster for the Men's Symposium. The title "MEN'S SYMPOSIUM" is at the top in a bold, sans-serif font. Below it, in smaller text, are the locations: "GREATER WASHINGTON DC AREA", "SAINTS CONSTANTINE AND HELEN, SAINT GEORGE, SAINT KATHERINE, SAINT SOPHIA CATHEDRAL, AND SAINT THEODORE GREEK ORTHODOX CHURCHES". The date "WEDNESDAY, MAY 3RD, 2023" is prominently displayed. To the left, a list of activities is preceded by yellow double arrowheads: "6:30-9:00 PM", "NETWORKING", "INSPIRATION", "DINNER", "CIGAR PATIO", and "BEER/WINE CASH BAR". A yellow arrow points from the text "TAKE A PIC" to a QR code on the right. The QR code has a small circle with the letter 'b' in the center. At the bottom left, a yellow-bordered box contains the address: "SAINTS CONSTANTINE AND HELEN CHURCH", "721 NORWOOD RD", "SILVER SPRING, MD 20905", the URL "https://bit.ly/3TuuHhk", and the email "EMAIL FRD@SCHGOCDC.ORG FOR MORE INFORMATION". To the right of this box, it says "RSVP by April 26th". At the bottom right, it says "\$50 COVER".

MEN'S SYMPOSIUM

GREATER WASHINGTON DC AREA
SAINTS CONSTANTINE AND HELEN, SAINT GEORGE,
SAINT KATHERINE, SAINT SOPHIA CATHEDRAL, AND
SAINT THEODORE GREEK ORTHODOX CHURCHES

WEDNESDAY, MAY 3RD, 2023

» **6:30-9:00 PM**

»

» • NETWORKING

» • INSPIRATION

» • DINNER

» • CIGAR PATIO

» •

» • BEER/WINE CASH
BAR

TAKE A PIC

SAINTS CONSTANTINE AND HELEN CHURCH
721 NORWOOD RD
SILVER SPRING, MD 20905

RSVP by April 26th

<https://bit.ly/3TuuHhk>
EMAIL FRD@SCHGOCDC.ORG FOR MORE INFORMATION

\$50 COVER

The Men's Symposium has evolved into an exceptional social and fellowship opportunity under the banner of a shared faith, following the horrific experiences of Covid and the growing isolation that so many of us experience.

Last time, we also had a cigar smoking tent and fire pit outdoors as well as an exceptional dinner menu that included beer, wine, and distilled spirits. We also plan again on a very short pre-dinner men's "pep talk." Every attendee also received an email and cell phone list. We must stick together and help each other!

Lastly, we are rolling out an Official Symposium Sponsorship. For \$500 you can become an official sponsor of this event and be showcased at our big night. Each sponsorship will also include two FREE tickets. Email Fr. Dimitri Lee at frd@schgocdc.org if you're interested. We will include the information on our Eventbrite sign up.

All agree that this event was one of the highlights of the year and a perfect opportunity for men—younger and older- to build, renew, and start- Orthodox and social fellowship ties that will last for generations with **COURAGE, FAITH, and FELLOWSHIP**.



SAINTS CONSTANTINE AND HELEN
GREEK ORTHODOX CHURCH, WDC

THE LADIES PHILOPTOCHOS

PALM SUNDAY LUNCHEON

ANTIGONE RECACHINAS GRAND HALL
SUNDAY, APRIL 9, 2023
FOLLOWING THE DIVINE LITURGY

MENU

FRIED COD SERVED WITH SKORDALIA
& OVEN ROASTED POTATOES

OR

SHRIMP CREOLE SERVED WITH RICE & FASOLAKIA

GARDEN SALAD, ROLL AND DESSERT
HALVA, FRUIT WITH CHOCOLATE & RASPBERRY SAUCE

CASH BAR ~ BEER, WINE, SODA

\$45.00 PER PERSON

FOR RESERVATIONS, PLEASE CALL
JOANN NASIOS ~ 240-483-7145 | LIZETTE VAKALOPOULOS ~ 301-943-4754

AND DURING COFFEE HOUR ON SUNDAYS

NO LATER THAN APRIL 3, 2023

** TICKETS WILL NOT BE SOLD AT THE DOOR **

THE LADIES PHILOPTOCHOS SOCIETY AND
YOUNG ADULT LEAGUE (YAL)
OF SAINTS CONSTANTINE & HELEN GREEK ORTHODOX CHURCH
OF WASHINGTON D.C.



PLEASE JOIN US FOR
**PALM CROSS MAKING
& POTLUCK LENTEN
DINNER**

APRIL 7TH AT 6:00 P.M.

*We will make Palm Crosses for Palm Sunday
as we enjoy a fellowship Potluck Lenten Dinner.*

All are invited

NO EXPERIENCE NECESSARY!

***Please Bring Your
Favorite Lenten Dish To Share***

Saints Constantine & Helen Greek Orthodox Church of Washington, DC

THE LADIES PHILOPTOCHOS

Easter Bake Sale

PRE-ORDER DESSERT PLATTERS WITH
ASSORTED TRADITIONAL GREEK PASTRIES

LARGE PLATTER ~ \$50

MEDIUM PLATTER ~ \$35

SMALL CONTAINER ~ \$25

PRE-ORDER KOULOURAKIA
\$11 per dozen

PRE-ORDER TSOUREKI
WITH OR WITHOUT EGG
\$25

PRE-ORDER SPECIALITY
PAXIMADIA
\$6 for 6 piece

**PRE-ORDERS TO BE PICKED UP ON
SUNDAY, APRIL 9TH**

VARIETY OF EASTER BASKETS WILL BE SOLD ON
SUNDAYS STARTING MARCH 5TH

TO PLACE YOUR ORDER, CONTACT:

ROBIN WALTER

ladiesphilo721@gmail.com ~ 301-437-1687

ELAINE LOUKAS

ladiesphilo721@gmail.com ~ 301-529-5920

ORDERS MUST BE PLACED BY MARCH 25TH



**Save time this year preparing food by supporting
your church and just in time for Easter!**

**HOMEMADE PASTITSIO
FOR SALE**



Meat and Meatless

Only \$50 PER HALF PAN

*(Pan is frozen and will yield approximately 12 pieces)
CASH, CHECK OR CREDIT CARD ACCEPTED*

Limited quantities will be sold, so order quickly!

Order Deadline for Western Easter – March 26

Pick Up Date – Sunday April 2 & April 9

Order Deadline for Orthodox Easter - April 2

Pick Up Date – Sunday April 9

***All orders must be picked up from church
between 10:00 a.m. and 12:00 p.m. on pick up dates***

***To reserve your order please call
Terri Karadimas at 301-520-0136 or email tdklps@gmail.com***

***All proceeds benefit Sts. Constantine & Helen Greek Orthodox Church, Washington DC
Your support is greatly appreciated!***

YOUTH MINISTRY



Saints Constantine and Helen
GOYA

PASCHA LAMBADES FUNDRAISER

Our GOYAns will be selling
uniquely hand-made lambades after church on
Sundays March 26, April 2 & 9

**These make beautiful gifts for your
Children, Godchildren,
Grandchildren or family!**

\$20 Each or 2 for \$30
All proceeds benefit our Youth Ministry Fund

GREEK DANCE MINISTRY

Costume Drive

Please contact Kristina-Maria
sch.greekdance@gmail.com

GOYA

Pascha Lambades Fundraiser

Sundays: March 26th, April 2nd
& April 9th!

SCH DANCE MINISTRY

Costume Drive

Dance Ministry is currently accepting
donations for new or used traditional Greek
Dance costumes of all sizes and varieties.

Please contact Kristina-Maria if you are
interested in donating costumes or
components.

sch.greekdance@gmail.com

YOUTH MINISTRY

Dear Stewards, please submit a 8x10 picture (.jpg file) of your high school seniors to youthministry@schgocdc.org, and we will add it to our Graduation Table!

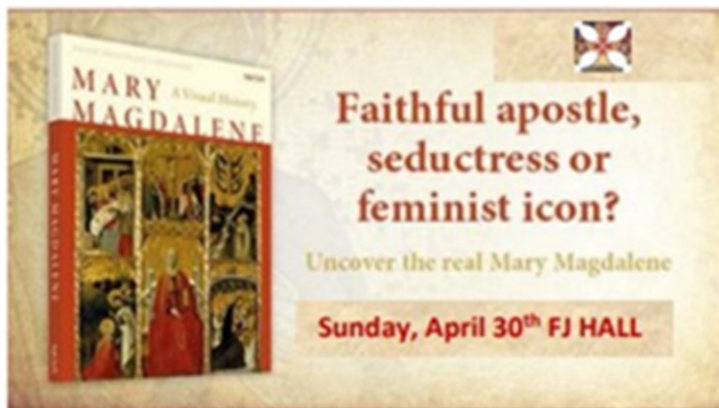




The Ladies Philoptochos Society and Parish Council of Saint Sophia Cathedral Invite You to a Lecture Discussion and Book Signing

Please join us for a lecture discussion and book signing about the newly published, and critically acclaimed, **Mary Magdalene, A Visual History**, authored by Saint Sophia parishioner and world renowned scholar **Diane Apostolos-Cappadona**, *Professor Emerita of Religious Art and Cultural History and Haub Director in the Catholic Studies Program, Georgetown University*. Click on the following link for more information on Diane's extensive academic biography.

<https://oafaculty360.georgetown.edu/s/contact/00336000014RfkVvAAK/diane-apostoloscappadona>



Speaker: Diane Apostolos-Cappadona

Date: April 30, 2023, Sunday of the Myrrh-Bearing Women

Time: Immediately following Divine Liturgy

Location: Father John Hall

Light refreshments will be served



WASHINGTON METROPOLITAN AREA 53rd SCHOLARSHIP AWARDS 2023 PROGRAM



[Please click here to apply!](#)



WASHINGTON METROPOLITAN AREA
53rd Annual AHEPA Awards Program
903 Holly Creek Drive
Great Falls, VA 22066



December 2, 2022

Dear Student,

For over 50 years, the Washington Metropolitan Area Chapters of the Order of AHEPA (American Hellenic Educational Progressive Association) and the Daughters of Penelope (DOP) have honored high school seniors affiliated with the AHEPA family or the Greek Orthodox Church who have achieved excellence in academic, athletic, civic, and cultural endeavors. Thanks to the generosity of our donors throughout the Greek Community, this program has honored 1,745 orthodox students and awarded \$1,180,925 in scholarships since its inception! We invite you to participate in the 2023 program.

In order to be considered for an award, you must: (1) be currently affiliated with either the AHEPA family or the Greek Orthodox Church within the jurisdiction of the Greater Washington, D.C. Metropolitan Area; (2) be a graduating high school senior within the jurisdiction of the Greater Washington, D.C. Metropolitan Area; (3) have a cumulative grade point average of 3.0 (a "B" average or better); and (4) have participated in extracurricular activities and/or lettered or received awards in varsity interscholastic sports. These scholarship awards are determined by an outside, independent panel of judges based on competitive evaluation of the credentials presented. **Please read the application guidelines and checklist of requirements carefully to assist you in completing the application package.**

Students who meet the above requirements will be honored at this year's Awards Program on Sunday, May 21, 2023, at 2:00 p.m. at the **DoubleTree by Hilton McLean Tysons, 1960 Chain Bridge Road, McLean, VA 22102**. It is with great pride that this program honors your accomplishments, recognizes the generosity of our donors, and shares the celebration with the families and guests of the students.

I encourage you to apply for this award. Your application packet must be postmarked by **Tuesday, March 28, 2023 deadline** and must include three (3) copies each of your completed application, official high school transcripts (if transcript is sealed or sent directly from the school, one copy is acceptable), official ACT/SAT results; and a concise personal statement of approximately 100 words describing what you consider to be the most significant accomplishment(s) of your high school career. Your personal statement will also be used as the basis for your introduction at the Awards Program. Your application must also contain the required signatures which demonstrate your eligibility for an award. **Please consult the checklist and guidelines on the reverse side of this letter to ensure that you have properly completed the application and provided all of the documentation required.**

You will be notified of your eligibility by mail approximately three weeks after the deadline. Should you have any questions, please do not hesitate to call me at 571-216-4099 or email me at polizos@aol.com. You may also call or e-mail any of the Awards Committee members listed at the end of the application. On behalf of the Awards Committee, I wish you the very best in all your future endeavors.

Sincerely,

Karen Polizos
Karen Polizos
Chair

Project Mexico



Imagine if you didn't have a home, or home was a makeshift shelter constructed from discarded pallets, tin, cardboard or tarps. Unfortunately, this is the reality for countless families around the world – including families in Mexico.

By God's grace, volunteers with Project Mexico have been making a difference. Since 1988, Project Mexico has been building safe, secure and weather-tight homes for some of the most impoverished families in Northern Mexico. Every home is constructed over the course of four days and built entirely with volunteer labor.

Once again, Project Mexico is committed to fielding a group of volunteers to help build a house between June 30th and July 6th and we need help! If you would like to learn more, please email the group leader at johnpogas@gmail.com or call him at 215-896-1963.

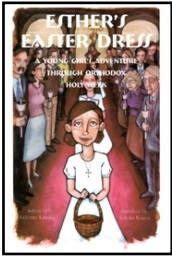


Saint Kosmas Aitolos Bookstore

721 Norwood Road, Silver Spring, MD 20905

Hours: Sundays after church.

Lenten Reading



Esther's Easter dress: A young girl's adventure through Orthodox Holy Week

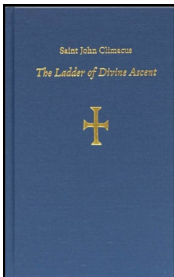
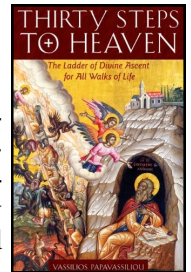
by Katherine Kafarakis

Esther's Easter Dress is a story of a young girl and her journey through Greek Orthodox Holy Week. Esther learns about each day of Holy Week from her mother and Sunday School teacher. Throughout the week, however, she is concerned about not having a white dress to wear for the Holy Friday service where she will participate with other young girls as a maiden guarding Jesus's tomb.

Thirty Steps to Heaven

by Vassilios Papavassiliou

Many laypeople have attempted to read the great spiritual classic, The Ladder of Divine Ascent, but have been frustrated in attempting to apply the lessons of this monastic text to their everyday lives in the world. Archimandrite Vassilios interprets the Ladder for the ordinary Christian without sacrificing any of its beauty and power. Now you too can accept the challenge offered by St. John Climacus to ascend closer to God with each passing day.



John Climacus: The Ladder of Divine Ascent

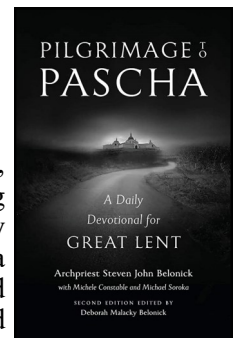
by John Climacus

As reflected in the title, the ascetical life is portrayed as a ladder which each aspirant must ascend, each step being a virtue to be acquired, or a vice to be surrendered. Its thirty steps reflect the hidden life of Christ himself. This work had a fundamental influence in the particularly the Hesychastic, Jesus Prayer, or Prayer of the Heart movement.

Pilgrimage to Pascha: A Daily Devotional for Great Lent

by Archpriest Steven John Belonick, Michele Constable & Michael Soroka

This unpretentious little book of meditations based on Scripture, ancient hymns, and writings from Church Fathers will nourish the souls of reflective seekers during the forty-day period of Great Lent. Authors of each meditation have delved deeply into the sins and shortcomings of their own hearts, enabling readers to share in a collective human experience—from darkness to light, from despair to hope, and from isolation to commonality in the body of Christ—as they move steadily toward



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>SUNDAY SCHOOL</p> <p>Georgia Ferentinos & Helen Nixon</p> <p>sch.sundayschool@gmail.com</p> <p>*****</p> <p>ALTAR BOYS</p> <p>Spyros Loukas</p> <p>sch.altarboys@gmail.com</p>	<p>YOUTH MINISTRIES</p> <p>GOYA</p> <p>Irene Murshed Maria Mantzouranis Nitsa Ferentinos</p> <p>youthministry@schgocdc.org</p> <p>*****</p> <p>HOPE/JOY</p> <p>Irene Murshed</p> <p>youthministry@schgocdc.org</p>	<p>OUTREACH</p> <p>Georgia Ferentinos</p> <p>sch.outreach721@gmail.com</p> <p>*****</p> <p>YOUNG AT HEART</p> <p>Helen Thornberg & Christina Clifton</p> <p>sch.youngatheart@gmail.com</p>	<p>STEWARSHIP</p> <p>Sotirios Nasios</p> <p>*****</p> <p>ADULT EDUCATION</p> <p>Christopher Malagisi</p> <p>sch.adultedu@gmail.com</p>	<p>ST. KOSMAS AITOLOS BOOKSTORE</p> <p>Dora Kavadias & Elaine Loukas</p> <p>sch.bookstore721@gmail.com</p>
<p>GREEK SCHOOL</p> <p>Ifigenia Kambanis <i>Director</i></p> <p>sch.greekschool@gmail.com</p> <p>Anthoula Bizbikis</p> <p>George Sideris</p>	<p>GREEK DANCE</p> <p>Kristina-Maria Perona</p> <p>sch.greekdance@gmail.com</p>	<p>LADIES PHILOPTOCHOS</p> <p>JoAnn Nasios <i>President</i></p> <p>ladiesphilo721@gmail.com</p>	<p>VERDIS CENTER</p> <p>Kathy Kafarakis</p> <p>sch.verdis@gmail.com</p>	<p>YAL</p> <p>Maria Lappas & Jacob Mavromatis</p> <p>stconniesyal@gmail.com</p>