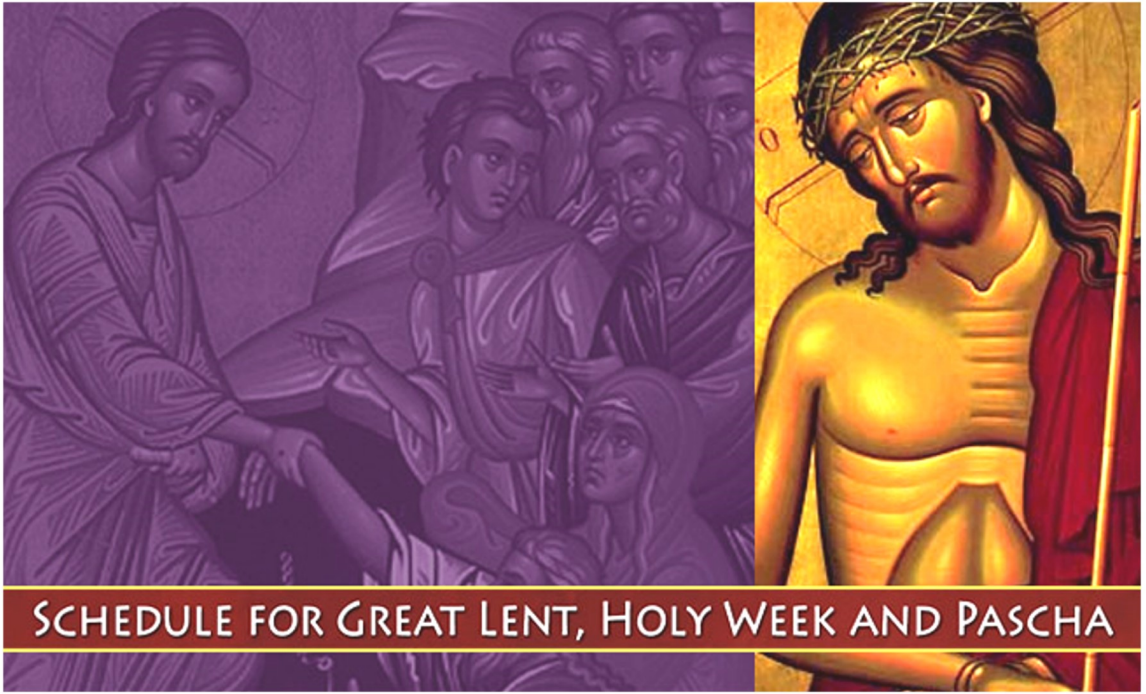




Saints Constantine & Helen
Greek Orthodox Church of Washington, D.C.

Great Lent, Holy Week & Pascha

March 18, 2024-May 5, 2024



Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God. Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends. Most of all, Lent is a time of joy and a new beginning. We cleanse ourselves –mind, body and soul– through the physical and spiritual fast, keeping a Christian attitude in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ. (www.goarch.org)

CAPPELLA ROMANA



QUEEN OF HEAVEN

Byzantine Chant for the Mother of God

Directed by Dr. Alexander Lingas

Saturday, 13 April 2024, 7:30pm

Saints Constantine & Helen
Greek Orthodox Church of Washington, DC
721 Norwood Road, Silver Spring, MD


Tickets at cappellaromana.org/queen

Ladies Philoptochos Society Palm Sunday Luncheon Sunday, April 28th!

*Please reserve your tickets by calling
JoAnn Nasios (240) 483-7145
Tickets will not be sold at the door!*

Join us for a Sacred Music Concert featuring our own Chanter, Stelios Kontakiotis!

Please click on the flyer to order your tickets now!



SAINTS CONSTANTINE AND HELEN
GREEK ORTHODOX CHURCH, WDC

LADIES PHILOPTOCHOS SOCIETY

PALM SUNDAY LUNCHEON

ANTIGONE RECACHINAS GRAND HALL
SUNDAY, APRIL 28, 2024
FOLLOWING THE DIVINE LITURGY

✦

MENU

FRIED COD SERVED WITH SKORDALIA
& OVEN ROASTED POTATOES
OR
SHRIMP CREOLE SERVED WITH RICE & PASOLAKIA
GARDEN SALAD, ROLL AND DESSERT
HALVA, FRUIT WITH CHOCOLATE & RASPBERRY SAUCE
CASH BAR ~ BEER, WINE, SODA

\$45ADULTS ~ \$25KIDS 12 & UNDER

✦

FOR RESERVATIONS, PLEASE CALL
JOANN NASIOS -240-483-7145
AND DURING COFFEE HOUR ON SUNDAYS
NO LATER THAN APRIL 21, 2024
++ TICKETS WILL NOT BE SOLD AT THE DOOR++

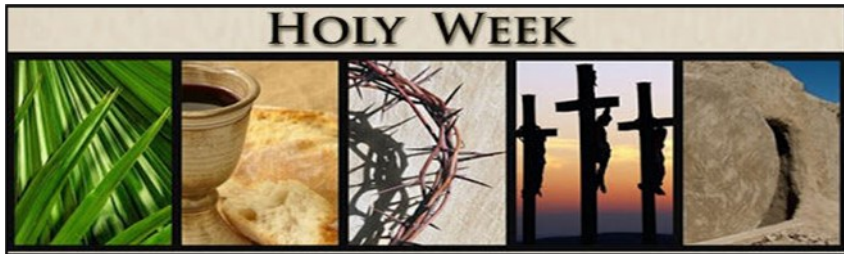
Saints Constantine and Helen Greek Orthodox Church of Washington, D.C.



LENTEN CALENDAR

- Monday, March 18** Clean Monday - Service of the Hours: 9:30am
- Wednesday, March 20** Vespers Divine Liturgy of the Presanctified Gifts: 6:30pm
- Friday, March 22** Salutations to the Theotokos: 6:30pm
- Saturday, March 23** Third Saturday of Souls - Divine Liturgy: 9:30am
- Sunday, March 24** Sunday of Orthodoxy – Orthros 8:15am/Divine Liturgy: 9:30am
- Monday, March 25** Annunciation of the Theotokos—Orthros 8:15am/Divine Liturgy: 9:30am
- Friday, March 29** Salutations to the Theotokos: 6:30pm
- Sunday, March 31** Sunday of St. Gregory Palamas-Orthros 8:15am/
Hierarchical Divine Liturgy with His Grace Bishop Athenagoras: 9:30am
- Monday, April 1** Great Compline: 6:30pm
- Friday, April 5** Salutations to the Theotokos: 6:30pm
- Sunday, April 7** Sunday of the Veneration of the Holy Cross -
Orthros 8:15am/Divine Liturgy: 9:30am
- Wednesday, April 10** Vespers Divine Liturgy of the Presanctified Gifts: 6:30pm
- Friday, April 12** Salutations to the Theotokos: 6:30pm
- Sunday, April 14** Sunday of St. John Climacus - Orthros 8:15am/Divine Liturgy: 9:30am
- Monday April 15** Great Compline: 6:30pm
- Friday, April 19** The Akathist Hymn: 6:00pm
- Sunday, April 21** Sunday of St. Mary of Egypt - Orthros 8:15am/Divine Liturgy: 9:30am
- Wednesday, April 24** Vespers Divine Liturgy of the Presanctified Gifts: 6:30pm
- Saturday, April 27** Saturday of Lazarus – Orthros 8:15am/Divine Liturgy: 9:30am
- Sunday, April 28** Palm Sunday – Orthros 8:15am/Divine Liturgy: 9:30am

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



Sunday, April 28 -Palm Sunday

Orthros 8:15am/Divine Liturgy: 9:30am
First Bridegroom Service-Nymphios-6:30pm

Monday, April 29 - Holy and Great Monday
Second Bridegroom Service-(Nymphios)-6:30pm

Tuesday, April 30 - Holy and Great Tuesday
Hymn of Kassiane-6:30pm

Wednesday, May 1- Holy and Great Wednesday
Family Unction Service-3:30pm
Holy Unction Service-6:30pm

Thursday, May 2 - Holy and Great Thursday
Vespers & Divine Liturgy of St. Basil-(The Mystical Supper)-8:30am
The Holy Passion of the Lord-(Twelve Gospel Readings)-6:00pm

Friday, May 3- Holy and Great Friday
Reading of the Royal Hours-9:00am
Vespers of the Descent from the Cross-3:00pm
Service of the Lamentations-6:30pm

Saturday, May 4 - Holy and Great Saturday
Vesperal Divine Liturgy of Saint Basil the Great-9:00am
Pre-Resurrection Service-10:45pm
Resurrection Liturgy-12:00am

Sunday, May 5 - Great & Holy Pascha
Agapi Service-11:00am