



**Saints Constantine & Helen**  
**Greek Orthodox Church of Washington, D.C.**  
**May 17, 2026**  
**Christ Is Risen - Sunday of the Blind Man**



# *Congratulations Graduates!*

## Church Announcements

**Saint John Chrysostom Oratorical Festival:** Two of our Sunday School students advanced to the Metropolis Level of the Saint John Chrysostom Oratorical Festival. Each student delivered their respective speeches at the Greek Orthodox Archdiocesan Cathedral of the Holy Trinity on May 9, 2026. **Vickie Backus** earned third place in the Senior Division, and **Ava Salicru** earned an Honorable

Mention in the Junior Division. Congratulations to Vickie and Ava on this outstanding accomplishment! We are incredibly proud of your dedication, faith, and beautiful representation of our parish community. May God continue to bless and guide you always!

**Greek School:** Our end of year program will be held on Monday, May 18th at 5:00pm. Please join us in the Antigone Recachinas Grand Hall!

**Ladies Philoptochos Society:** Prison Ministry Drive - May 1st to May 31st - Collecting essentials for our local prisons. Please see Kathy Hallas for more information. The Ladies Philoptochos Society will be baking our festival favorites, Koulourakia on June 1st and Baklava on June 15th. Please join us!

**Community Outreach/Partnering with Small Things Matter:** Thursday, May 21st at 6:00pm in the Versis Center to make sandwiches for vulnerable residents of Montgomery County. RSVP to Georgia Ferentinos at (301) 613-6260.

### Upcoming Church Services:

**Wednesday, May 20th:** Vespers for the Ascension of the Lord and the Feast Day of Saints Constantine and Helen - 6:30pm

**Thursday, May 21st** - The Ascension of the Lord and The Feast Day of Saints Constantine and Helen  
 Orthros 8:15am | Divine Liturgy: 9:30am

**Sunday, May 24th:** Fathers of the 1st Council  
 Orthros 8:15am | Divine Liturgy: 9:30am

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## The Epistle - Acts of the Apostles 16:16-34

IN THOSE DAYS, as we apostles were going to the place of prayer, we were met by a slave girl who had a spirit of divination and brought her owners much gain by soothsaying. She followed Paul and us, crying, "These men are servants of the Most High God, who proclaim to you the way of salvation." And this she did for many days. But Paul was annoyed, and turned and said to the spirit, "I charge you in the name of Jesus Christ to come out of her." And it came out that very hour. But when her owners saw that their hope of gain was gone, they seized Paul and Silas and dragged them into the market place before the rulers; and when they had brought them to the magistrates they said, "These men are Jews and they are disturbing our city. They advocate customs which it is not lawful for us Romans to accept or practice." The crowd joined in attacking them; and the magistrates tore the garments off them and gave orders to beat them with rods. And when they had inflicted many blows upon them, they threw them into prison, charging the jailer to keep them safely. Having received this charge, he put them into the inner prison and fastened their feet in the stocks. But about midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, and suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and every one's fetters were unfastened. When the jailer woke and saw that the prison doors were open, he drew his sword and was about to kill himself, supposing that the prisoners had escaped. But Paul cried with a loud voice, "Do not harm yourself, for we are all here." And he called for lights and rushed in, and trembling with fear he fell down before Paul and Silas, and brought them out and said, "Men, what must I do to be saved?" And they said, "Believe in the Lord Jesus, and you will be saved, you and your household." And they spoke the word of the Lord to him and to all that were in his house. And he took them the same hour of the night, and washed their wounds, and he was baptized at once, with all his family. Then he brought them up into his house, and set food before them; and he rejoiced with all his household that he had believed in God.

## Πράξεις Ἀποστόλων 16:16-34

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, ἐγένετο δὲ πορευομένων ἡμῶν εἰς προσευχὴν παιδίσκην τινὰ ἔχουσαν πνεῦμα πύθωνος ἀπαντῆσαι ἡμῖν, ἣτις ἐργασίαν πολλὴν παρεῖχε τοῖς κυρίοις αὐτῆς μαντευομένη. αὕτη κατακολουθήσασα τῷ Παύλῳ καὶ τῷ Σίλῳ ἔκραζε λέγουσα· οὗτοι οἱ ἄνθρωποι δοῦλοι τοῦ Θεοῦ τοῦ ὑψίστου εἰσίν, οἵτινες καταγγέλλουσιν ἡμῖν ὁδὸν σωτηρίας. τοῦτο δὲ ἐποίει ἐπὶ πολλὰς ἡμέρας. διαπονηθεὶς δὲ ὁ Παῦλος καὶ ἐπιστρέψας τῷ πνεύματι εἶπε· παραγγέλλω σοι ἐν τῷ ὀνόματι Ἰησοῦ Χριστοῦ ἐξελθεῖν ἀπ' αὐτῆς. καὶ ἐξῆλθεν αὐτῇ τῇ ὥρᾳ. Ἰδόντες δὲ οἱ κύριοι αὐτῆς ὅτι ἐξῆλθεν ἡ ἐλπίς τῆς ἐργασίας αὐτῶν, ἐπιλαβόμενοι τὸν Παῦλον καὶ τὸν Σίλαν εἵλκυσαν εἰς τὴν ἀγορὰν ἐπὶ τοὺς ἄρχοντας, καὶ προσαγαγόντες αὐτοὺς τοῖς στρατηγοῖς εἶπον· οὗτοι οἱ ἄνθρωποι ἐκταράσσουν ἡμῶν τὴν πόλιν Ἰουδαῖοι ὑπάρχοντες, καὶ καταγγέλλουσιν ἔθνη ἃ οὐκ ἔξεστιν ἡμῖν παραδέχεσθαι οὐδὲ ποιεῖν Ῥωμαῖοι οὔσι. καὶ συνεπέστη ὁ ὄχλος κατ' αὐτῶν. καὶ οἱ στρατηγοὶ περιρρήξαντες αὐτῶν τὰ ἱμάτια ἐκέλευον ῥαβδίζειν, πολλὰς τε ἐπιθέντες αὐτοῖς πληγὰς ἔβαλον εἰς φυλακὴν, παραγγείλαντες τῷ δεσμοφύλακι ἀσφαλῶς τηρεῖν αὐτοὺς· ὃς παραγγελίαν τοιαύτην εἰληφώς ἔβαλεν αὐτοὺς εἰς τὴν ἐσωτέραν φυλακὴν καὶ τοὺς πόδας αὐτῶν ἠσφαλίσατο εἰς τὸ ξύλον. Κατὰ δὲ τὸ μεσονύκτιον Παῦλος καὶ Σίλας προσευχόμενοι ὕμνον τὸν Θεόν· ἐπηκροῶντο δὲ αὐτῶν οἱ



δέσμοι. ἄφνω δὲ σεισμός ἐγένετο μέγας, ὥστε σαλευθῆναι τὰ θεμέλια τοῦ δεσμοτηρίου, ἀνεφύθησάν τε παραχρῆμα αἱ θύραι πᾶσαι καὶ πάντων τὰ δεσμὰ ἀνέθη. ἔξυπνος δὲ γενόμενος ὁ δεσμοφύλαξ καὶ ἰδὼν ἀνεφωγμένας τὰς θύρας τῆς φυλακῆς, σπασάμενος μάχαιραν ἔμελλεν ἑαυτὸν ἀναιρεῖν, νομίζων ἐκπεφευγέναι τοὺς δεσμίους. ἐφώνησε δὲ φωνῇ μεγάλη ὁ Παῦλος λέγων· μηδὲν πράξης σεαυτῷ κακόν· ἅπαντες γὰρ ἐσμεν ἐνθάδε. αἰτήσας δὲ φῶτα εἰσεπήδησε, καὶ ἔντρομος γενόμενος προσέπεσε τῷ Παύλῳ καὶ τῷ Σίλα, καὶ προαγαγὼν αὐτοὺς ἔξω ἔφη· κύριοι, τί με δεῖ ποιεῖν ἵνα σωθῶ; οἱ δὲ εἶπον· πιστευσον ἐπὶ τὸν Κύριον Ἰησοῦν Χριστόν, καὶ σωθήσῃ σὺ καὶ ὁ οἶκός σου. καὶ ἐλάλησαν αὐτῷ τὸν λόγον τοῦ Κυρίου καὶ πᾶσι τοῖς ἐν τῇ οἰκίᾳ αὐτοῦ. καὶ παραλαβὼν αὐτοὺς ἐν ἐκείνῃ τῇ ὥρᾳ τῆς νυκτὸς ἔλουσεν ἀπὸ τῶν πληγῶν, καὶ ἐβαπτίσθη αὐτὸς καὶ οἱ αὐτοῦ πάντες παραχρῆμα, ἀναγαγὼν τε αὐτοὺς εἰς τὸν οἶκον αὐτοῦ παρέθηκε τράπεζαν, καὶ ἠγαλλίασατο πανοικί πεπιστευκῶς τῷ Θεῷ.

### ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Ἰωάννην 9:1-38

Τῷ καιρῷ ἐκείνῳ, παράγων εἶδεν ἄνθρωπον τυφλὸν ἐκ γενετῆς. Καὶ ἠρώτησαν αὐτὸν οἱ μαθηταὶ αὐτοῦ λέγοντες· ῥαββί, τίς ἥμαρτεν, οὗτος ἢ οἱ γονεῖς αὐτοῦ, ἵνα τυφλὸς γεννηθῆ; ἀπεκρίθη Ἰησοῦς· οὔτε οὗτος ἥμαρτεν οὔτε οἱ γονεῖς αὐτοῦ, ἀλλ' ἵνα φανερωθῆ τὰ ἔργα τοῦ Θεοῦ ἐν αὐτῷ. ἐμὲ δεῖ ἐργάζεσθαι τὰ ἔργα τοῦ πέμψαντός με ἕως ἡμέρας ἐστίν· ἔρχεται νῦν ὅτε οὐδεὶς δύναται ἐργάζεσθαι. ὅταν ἐν τῷ κόσμῳ ᾤ, φῶς εἰμι τοῦ κόσμου. ταῦτα εἰπὼν ἔπτυσε χαμαὶ καὶ ἐποίησε πηλὸν ἐκ τοῦ πτύσματος, καὶ ἐπέχρισε τὸν πηλὸν ἐπὶ τοὺς ὀφθαλμοὺς τοῦ τυφλοῦ καὶ εἶπεν αὐτῷ· ὕπαγε νίψαι εἰς τὴν κολυμβήθραν τοῦ Σιλωάμ, ὃ ἐρμηνεύεται ἀπεσταλμένος. ἀπῆλθεν οὖν καὶ ἐνίψατο, καὶ ἤλθε βλέπων. Οἱ οὖν γείτονες καὶ οἱ θεωροῦντες αὐτὸν τὸ πρότερον ὅτι τυφλὸς ἦν, ἔλεγον· οὐχ οὗτός ἐστιν ὁ καθήμενος καὶ προσαιτῶν; ἄλλοι ἔλεγον ὅτι οὗτός ἐστιν· ἄλλοι δὲ ὅτι ὅμοιος αὐτῷ ἐστιν. ἐκεῖνος ἔλεγεν ὅτι ἐγὼ εἰμι. ἔλεγον οὖν αὐτῷ· πῶς ἀνεφύθησάν σου οἱ ὀφθαλμοί; ἀπεκρίθη ἐκεῖνος καὶ εἶπεν· ἄνθρωπος λεγόμενος Ἰησοῦς πηλὸν ἐποίησε καὶ ἐπέχρισέ μου τοὺς ὀφθαλμοὺς καὶ εἶπέ μοι· ὕπαγε εἰς τὴν κολυμβήθραν τοῦ Σιλωάμ καὶ νίψαι· ἀπελθὼν δὲ καὶ νιψάμενος ἀνέβλεψα. εἶπον οὖν αὐτῷ· ποῦ ἐστιν ἐκεῖνος; λέγει· οὐκ οἶδα. Ἄγουσιν αὐτὸν πρὸς τοὺς Φαρισαίους, τὸν ποτε τυφλόν. ἦν δὲ σάββατον ὅτε τὸν πηλὸν ἐποίησεν ὁ Ἰησοῦς καὶ ἀνέωξεν αὐτοῦ τοὺς ὀφθαλμούς. πάλιν οὖν ἠρώτων αὐτὸν καὶ οἱ Φαρισαῖοι πῶς ἀνέβλεψεν. ὁ δὲ εἶπεν αὐτοῖς· πηλὸν ἐπέθηκε μου ἐπὶ τοὺς ὀφθαλμούς, καὶ ἐνιψάμην, καὶ βλέπω. ἔλεγον οὖν ἐκ τῶν Φαρισαίων τινές· οὗτος ὁ ἄνθρωπος οὐκ ἔστι παρὰ τοῦ Θεοῦ, ὅτι τὸ σάββατον οὐ τηρεῖ. ἄλλοι ἔλεγον· πῶς δύναται ἄνθρωπος ἁμαρτωλὸς τοιαῦτα σημεῖα ποιεῖν; καὶ σχίσμα ἦν ἐν αὐτοῖς. λέγουσι τῷ τυφλῷ πάλιν· σὺ τί λέγεις περὶ αὐτοῦ, ὅτι ἠνοιξέ σου τοὺς ὀφθαλμούς; ὁ δὲ εἶπεν ὅτι προφήτης ἐστίν. οὐκ ἐπίστευσαν οὖν οἱ Ἰουδαῖοι περὶ αὐτοῦ ὅτι τυφλὸς ἦν καὶ ἀνέβλεψεν, ἕως ὅτου ἐφώνησαν τοὺς γονεῖς αὐτοῦ τοῦ ἀναβλέψαντος καὶ ἠρώτησαν αὐτοὺς λέγοντες· οὗτός ἐστιν ὁ υἱὸς ὑμῶν, ὃν ὑμεῖς λέγετε ὅτι τυφλὸς ἐγεννήθη; πῶς οὖν ἄρτι βλέπει; ἀπεκρίθησαν δὲ αὐτοῖς οἱ γονεῖς αὐτοῦ καὶ εἶπον· οἶδαμεν ὅτι οὗτός ἐστιν ὁ υἱὸς ἡμῶν καὶ ὅτι τυφλὸς ἐγεννήθη· πῶς δὲ νῦν βλέπει οὐκ οἶδαμεν, ἢ τίς ἠνοιξεν αὐτοῦ τοὺς ὀφθαλμούς ἡμεῖς οὐκ οἶδαμεν· αὐτὸς ἡλικίαν ἔχει, αὐτὸν ἐρωτήσατε, αὐτὸς περὶ ἑαυτοῦ λαλήσει. ταῦτα εἶπον οἱ γονεῖς αὐτοῦ, ὅτι ἐφοβοῦντο τοὺς Ἰουδαίους· ἤδη γὰρ συνετέθειντο οἱ Ἰουδαῖοι ἵνα, ἐάν τις αὐτὸν ὁμολογήσῃ Χριστόν, ἀποσυνάγωγος γένηται. διὰ τοῦτο οἱ γονεῖς αὐτοῦ εἶπον ὅτι ἡλικίαν ἔχει, αὐτὸν ἐρωτήσατε. ἐφώνησαν οὖν ἐκ δευτέρου τὸν ἄνθρωπον ὃς ἦν τυφλός, καὶ εἶπον αὐτῷ· δὸς δόξαν τῷ Θεῷ· ἡμεῖς οἶδαμεν ὅτι ὁ ἄνθρωπος οὗτος ἁμαρτωλός

ἐστιν. ἀπεκρίθη οὖν ἐκεῖνος καὶ εἶπεν· εἰ ἁμαρτωλὸς ἐστιν οὐκ οἶδα· ἐν οἶδα, ὅτι τυφλὸς ὢν ἄρτι βλέπω. εἶπον δὲ αὐτῷ πάλιν· τί ἐποίησέ σοι; πῶς ἤνοιξέ σου τοὺς ὀφθαλμούς; ἀπεκρίθη αὐτοῖς· εἶπον ὑμῖν ἤδη, καὶ οὐκ ἠκούσατε· τί πάλιν θέλετε ἀκούειν; μὴ καὶ ὑμεῖς θέλετε αὐτοῦ μαθηταὶ γενέσθαι; ἐλοιδόρησαν αὐτὸν καὶ εἶπον· σὺ εἶ μαθητῆς ἐκείνου· ἡμεῖς δὲ τοῦ Μωϋσέως ἐσμὲν μαθηταί. ἡμεῖς οἶδαμεν ὅτι Μωϋσεὶ λελάληκεν ὁ Θεός· τούτον δὲ οὐκ οἶδαμεν πόθεν ἐστίν. ἀπεκρίθη ὁ ἄνθρωπος καὶ εἶπεν αὐτοῖς· ἐν γὰρ τούτῳ θαυμαστόν ἐστιν, ὅτι ὑμεῖς οὐκ οἴδατε πόθεν ἐστί, καὶ ἀνέφξέ μου τοὺς ὀφθαλμούς. οἶδαμεν δὲ ὅτι ἁμαρτωλῶν ὁ Θεὸς οὐκ ἀκούει, ἀλλ' ἐάν τις θεοσεβῆς ἢ καὶ τὸ θέλημα αὐτοῦ ποιῇ, τούτου ἀκούει. ἐκ τοῦ αἰῶνος οὐκ ἠκούσθη ὅτι ἤνοιξέ τις ὀφθαλμούς τυφλοῦ γεγεννημένου. εἰ μὴ ἦν οὗτος παρὰ Θεοῦ, οὐκ ἠδύνατο ποιεῖν οὐδέν. ἀπεκρίθησαν καὶ εἶπον αὐτῷ· ἐν ἁμαρτίαις σὺ ἐγεννήθης ὄλος, καὶ σὺ διδάσκεις ἡμᾶς; καὶ ἐξέβαλον αὐτὸν ἔξω.

Ἦκουσεν ὁ Ἰησοῦς ὅτι ἐξέβαλον αὐτὸν ἔξω, καὶ εὐρῶν αὐτὸν εἶπεν αὐτῷ· σὺ πιστεύεις εἰς τὸν υἱὸν τοῦ Θεοῦ; ἀπεκρίθη ἐκεῖνος καὶ εἶπε· καὶ τίς ἐστι, Κύριε, ἵνα πιστεύσω εἰς αὐτόν; εἶπε δὲ αὐτῷ ὁ Ἰησοῦς· καὶ ἐώρακας αὐτόν καὶ ὁ λαλῶν μετὰ σοῦ ἐκεῖνός ἐστιν. ὁ δὲ ἔφη· πιστεύω, Κύριε· καὶ προσεκύνησεν αὐτῷ.

### **The Gospel - According to John 9:1-38**

At that time, as Jesus passed by, he saw a man blind from his birth. And his disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "It was not that this man sinned, or his parents, but that the works of God might be made manifest in him. We must work the works of him who sent me, while it is day; night comes, when no one can work. As long as I am in the world, I am the light of the world." As he said this, he spat on the ground and made clay of the spittle and anointed the man's eyes with the clay, saying to him, "Go, wash in the pool of Siloam" (which means Sent). So he went and washed and came back seeing. The neighbors and those who had seen him before as a beggar, said, "Is not this the man who used to sit and beg?" Some said, "It is he"; others said, "No, but he is like him." He said, "I am the man." They said to him, "Then how were your eyes opened?" He answered, "The man called Jesus made clay and anointed my eyes and said to me, 'Go to Siloam and wash'; so I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know."

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the clay and opened his eyes. The Pharisees again asked him how he had received his sight. And he said to them, "He put clay on my eyes and I washed, and I see." Some of the Pharisees said, "This man is not from God, for he does not keep the sabbath." But others said, "How can a man who is a sinner do such signs?" There was a division among them. So they again said to the blind man, "What do you say about him, since he has opened your eyes?" He said, "He is a prophet."

The Jews did not believe that he had been blind and had received his sight, until they called the parents of the man who had received his sight, and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son, and that he was born blind; but how he now sees we do not know, nor do we know who opened his eyes. Ask him; he is of age, he will speak for himself." His parents said this because they feared the Jews, for the Jews had already agreed that if anyone should confess

him to be Christ he was to be put out of the synagogue. Therefore his parents said, "He is of age, ask him."

So for the second time they called the man who had been blind, and said to him, "Give God the praise; we know that this man is a sinner." He answered, "Whether he is a sinner, I do not know; one thing I know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already and you would not listen. Why do you want to hear it again? Do you too want to become his disciples?" And they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Why, this is a marvel! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but if anyone is a worshiper of God and does his will, God listens to him. Never since the world began has it been heard that anyone opened the eyes of a man born blind. If this man were not from God, he could do nothing." They answered him, "You were born in utter sin, and would you teach us?" And they cast him out.

Jesus heard that they had cast him out, and having found him he said, "Do you believe in the Son of man?" He answered, "And who is he, sir, that I may believe in him?" Jesus said to him, "You have seen him, and it is he who speaks to you." He said, "Lord, I believe"; and he worshiped him.

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### FUTURE MEMORIALS



**May 24th** - Philimon Cavasilios, Sofia Chatos and Andreas Galiatsatos

**June 7th** - Theodora Panagoulis

**July 12th** - Demetris Spanou

Please call the church office to schedule Memorials and Artoklasies at 240-389-1366. Artoklasies MUST be scheduled one week prior with the church office in order to be celebrated during the Divine Liturgy.

### PRAYER LIST

Michael, Kathleen, Susan, Paul, Konstantinos, Faye, Panagiota, Maria, Sophia, Nicholaos, Panagiota, Michael, Demetrios, Maria, Annette, Kathy, Alik, Ernie, Anastasia, Christos, Vasil, 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.

# KID'S CORNER

BY FR. DIMITRI

Sunday, May 17th, 2026



## GOSPEL SNAPSHOT

John 9:1-38

(Jesus Heals the Blind Man)

As Jesus is walking with His disciples,  
He sees a man who has been blind since birth.

Jesus does something surprising.

He makes mud, gently places it on the man's eyes,  
and tells him:

"Go, wash in the Pool of Siloam."

The man obeys Jesus... and when he washes—  
He can see!

For the very first time in his life, he sees light, colors,  
faces, and the world around him.

Jesus shows us that He doesn't just heal eyes...

He opens hearts too.

## MAY CONNECTION



May is a special month in the Church  
because we honor mothers, families, and the  
gift of life.

Just as moms help us learn to walk...

Jesus helps us learn to see.

Mothers often help us see:

- What is right
- What is loving
- What is true
- What brings us closer to God

Moms help open our hearts...

just like Jesus opened the blind man's eyes.



## DID YOU KNOW?

Sometimes people can see with their eyes...  
but still miss what God is doing.

And sometimes people may struggle to see  
physically...

but can have great faith in their hearts.

Real sight is not just about our eyes...

it's about seeing with faith.



## IMPORTANT LESSON

The blind man teaches us:

- To trust Jesus
- To obey, even when we don't fully understand
- To be brave when others question our faith
- To tell others what Jesus has done for us

The blind man could have said:

"Why mud? Why wash?"

But instead...

He trusted Jesus.

And everything changed.

•



## KEY IDEA

Jesus sees me

- Jesus knows what I need
- Jesus can bring light into dark places
- Faith helps me see clearly
- With Jesus, I am never walking in darkness

"Lord, help me see You." 🙏



# Saint John Oratorical Festival

## *Metropolis Level - May 9, 2026*



**Vickie Backus** earned third place in the Senior Division, and **Ava Salicru** earned an Honorable Mention in the Junior Division.

Two of our Sunday School students advanced to the Metropolis Level of the Saint John Chrysostom Oratorical Festival. Each student delivered their respective speeches at the Greek Orthodox Archdiocesan Cathedral of the Holy Trinity on May 9, 2026.

Presiding over the festival was the Very Reverend Archimandrite of the Ecumenical Throne, Chrysostomos Gilbert. His Grace Bishop Athenagoras of Nazianzos was also in attendance.

Congratulations to Vickie and Ava on this outstanding accomplishment! We are incredibly proud of your dedication, faith, and beautiful representation of our parish community. May God continue to bless and guide you always!

**SAINTS CONSTANTINE & HELEN  
OF WASHINGTON, DC**

**GREEK FEST  
2026**

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**SAVE THE DATE**

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**SEPTEMBER 11-13, 2026**

**Saints Constantine and Helen  
Greek Orthodox Church, Washington, DC  
Community Outreach**

**Partnering with Small Things Matter  
To make sandwiches for vulnerable residents  
of Montgomery County**

**Join us Thursday, May 21, 2026**

**at 6:00 pm**

**Versis Center**

**RSVP to Georgia Ferentinos, 301-613-6260**



**STS. CONSTANTINE &  
HELEN PHILOPTOCHOS  
PRISON MINISTRY**

# UNDERGARMENT DRIVE

**PLEASE DONATE:**

## **NEW UNDERGARMENTS**

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**Questions? Contact Kathy Hallas  
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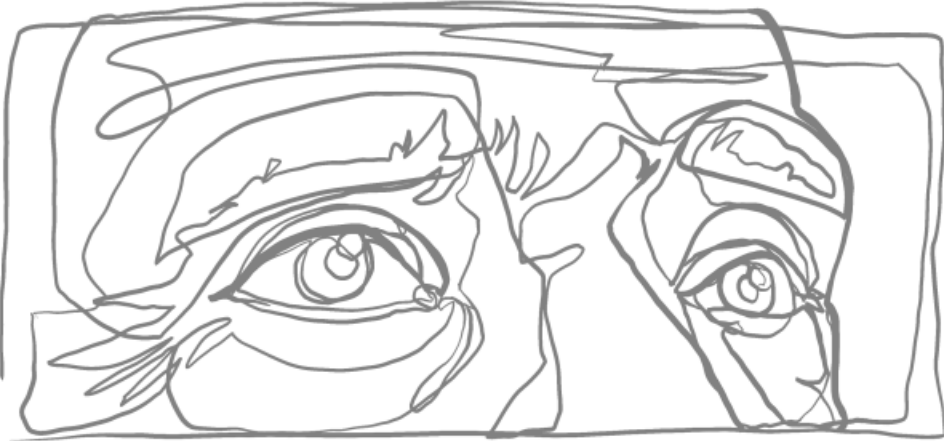
**Now accepting reservations!**

**Contact: Christina Recachinas Clifton 301-467-7072**



# DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America



## REFLECTIONS FROM TODAY'S READING - *John 9:1-38* | Fr. George Parsenios

**T**o know or not to know? That is the question in today's Gospel reading. Several people in today's passage claim to know things but are actually ignorant. The Pharisees are the loudest about what they know. They know that Jesus is a sinner, they know the blind man is a sinner, and they know that God spoke to Moses. But as for Jesus, they know nothing about him. The parents of the blind man know things, too. They know the blind man is their son, and they know that he was born blind. But as for how he was healed, they know nothing about it. The opponents of Jesus know so many things...but only the wrong things. They are infected with a spiritual blindness, which is not like physical blindness. In physical blindness, nothing enters the eye. In spiritual blindness, everything enters our vision, but

too many things and only the wrong things. When we allow ourselves to consume too much of what is false or tempting or dark, we become like the Pharisees. We cannot recognize God standing right in front of us. We become like the parents of the blind man, who are alienated and disconnected from their child. We lose our close connection with our family. Let us strive, therefore, to close our eyes to dark influences that distract and confuse us and open them to that which uplifts and connects us to God, especially our Orthodox faith. And let us remember to be careful in our relationships, not only with our families, but with our friends and neighbors, and particularly with our fellow church parishioners. Let us forgive and be patient and be kind, so that we might all proclaim together: *Χριστός Ανέστη! Christ is Risen!*

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



Diakonia is made possible by a generous grant from Leadership 100

Scan for today's service text

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FROM THE ORIGINAL GREEK: Apostle (Ἀπόστολος)

## What is an “Apostle?”

Fr. George Parsenios



When the followers of Jesus go out as missionaries, they are called his 12 Apostles. The Greek word *ἀπόστολος/ apostolos* is derived from *apo* which means “from” and from *stello* which means “to send.” An apostle is someone sent on a very

specific mission. Prior to the word’s

Christian usage, it could refer to things sent on a mission as well as people. A naval fleet, for example, would sometimes be called an “*apostle*.”

More commonly, *apostolos* referred to a political leader

dispatched as an emissary. The term carries precisely this sense when Jesus sends out (*apostello*) his apostles in Mark 6. The apostles are commissioned to share the Gospel message. This is their singular and special mission: to spread the Good News. Although the 12 are the core group of those sent to share the teaching of Christ, Jesus dispatches a further group of 70 apostles in Luke 10. St. Paul was also given the title Apostle following the ministry of Jesus, and the Church has recognized many other saints as being “equal to the Apostles,” such as Saints Constantine and Helen. All of these apostles, both during and after the ministry of Jesus, shared the same special commission.



### THIS WEEK’S LOOK AT CHURCH HISTORY

## Byzantium Becomes Constantinople

*Menios Papademetriou, PhD Director of Archives*

Herodotus spoke of Byzantium as a prosperous, well-fortified and strategic center of trade connecting the Black and Aegean Seas, but the Emperor Constantine saw it as a strategic center for power situated at the crossroads of the world. After six years of construction, a great city arose on the foundations of Byzantium and it was declared the New Rome and imperial co-capital and dedicated to the Virgin Mary on May 11, 330 in the Church of the Holy Peace. Within a century it came to be known as Constantine’s city—Constantinople. Renowned as the Queen City, it was protected by the Queen of heaven and its famous defense systems: A massive chain across the mouth of the harbor to prevent enemy ships from entering and its impenetrable walls. These defenses repelled dozens of sieges for over a thousand years and failed only twice—first during the Fourth Crusade in 1204 and finally to the world-shaking power of Ottoman cannons after 53 days of siege on May 29, 1453.

*Graphic: Mosaic icon of the Theotokos hold Jesus Christ, with Emperors Constantine and Justinian in the Church of Hagia Sophia*

### THURSDAY, MAY 21 THE FEAST OF THE ASCENSION: **A Call to Look Up and Go Forth**

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Each year, forty days after the Resurrection, we celebrate the Feast of the Ascension. On this day, we remember the day the Risen Lord led His disciples to the Mount of Olives, blessed them, promised the coming of the Holy Spirit, and then ascended into heaven. The Ascension is a feast of hope, purpose, and mission.

The Scriptures tell us that on the day of His Ascension, Jesus entrusted His disciples with a mission, known as the Great Commission, to be His witnesses, to, "...make disciples of all nations..." He instructed them to proclaim repentance, forgiveness, and new life in Jerusalem, Judea, Samaria, and to the ends of the earth. He promised that although He would no longer be visibly present among them, He would remain with them always, empowering them through the Holy Spirit.



The icon of the Ascension helps us to visualize this mystery. Jesus ascends in glory, blessing the world, while holding the scroll of divine teaching. He is not distant or detached. He reigns as the living Head of the Church, guiding and sustaining her. Below Him stands His mother, the Theotokos, calm and prayerful, surrounded by the apostles. Together, they represent the Church. They remain on earth, sometimes confused or uncertain, yet rooted in prayer and filled with expectation. Saint Paul is also present in the icon of the Ascension, though he was not there historically. His inclusion reminds us that the Church is always growing, always being enriched by new witnesses called by Jesus Christ.



### **A CALL TO ACTION**

The Ascension invites us to live as witnesses where God has placed us. Choose one simple, intentional act as you move through each day.

**At home:** Commit to a moment of prayer each day—alone or with your family. Light a candle and ask the Holy Spirit to guide your words and actions. Practice forgiveness or patience where it has been difficult.

**At school or work:** Be Christ's witness through integrity and kindness. Speak truthfully, work honestly, and look for one person who may be discouraged. A listening ear, a word of encouragement, or an act of quiet service can bear great fruit.

**In your parish or community:** Reach out. Call someone you haven't spoken to in a while, invite a friend back to church, or offer your time to serve.



**The Ascension**

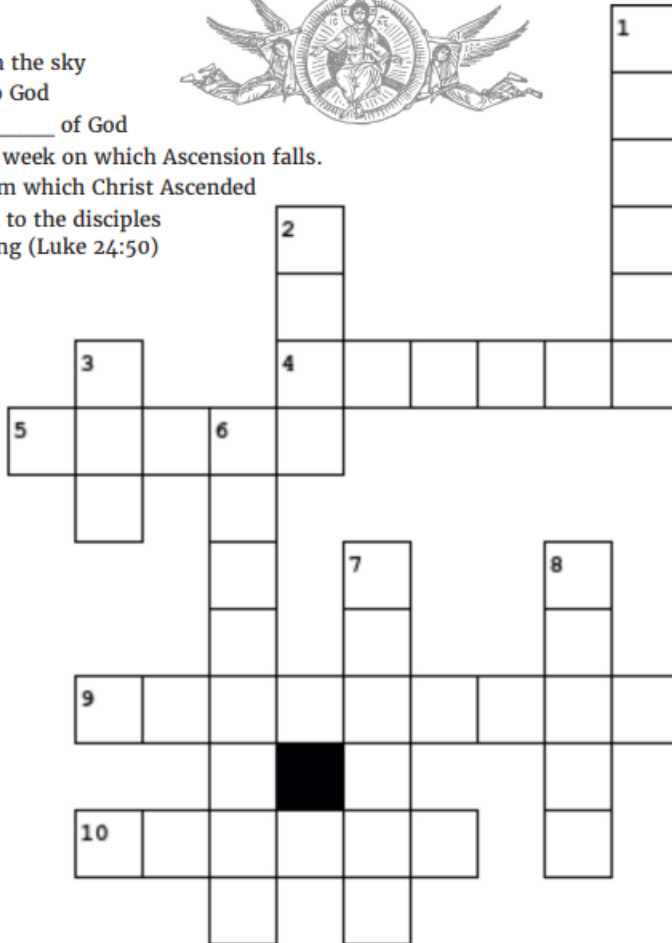
**Just For Kids!**  
*(...and the young at heart)*

**ACROSS**

4. Who spoke to the disciples after Jesus ascended
5. How many days after the Resurrection did Jesus ascend?
9. The followers of Jesus who watched Him ascend.
10. Where is God's throne?

**DOWN**

1. Fluffy things in the sky
2. How we talk to God
3. Jesus is the \_\_\_\_\_ of God
6. The day of the week on which Ascension falls.
7. The Mount from which Christ Ascended
8. What Jesus did to the disciples before ascending (Luke 24:50)



1. clouds 2. pray 3. son 4. angels 5. forty 6. Thursday 7. Olivet 8. bless 9. disciples 10. heaven

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



# CAMP SAINT PAUL 2026

## Enroll Today!

### Camp Saint Paul 2026

Camp Saint Paul Summer Camp will be returning soon! Registration day will be Saturday, February 28th @ 12pm!

#### Summer Camp

- S1: June 21st - June 27th
- S2: June 28th - July 04th
- S3: July 05th - July 11th
- S4: July 12th - July 18th
- S5: July 19th - July 25th



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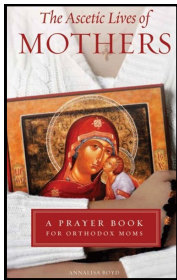
Engaging speakers - Interactive service project  
Themed evening events - Free time in Cleveland



 **Register Now!**  
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IG/FB @yalnationalconference  
Questions? Email us at [yal@goarch.org](mailto:yal@goarch.org).

# Saint Kosmas Aitolos Bookstore!



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

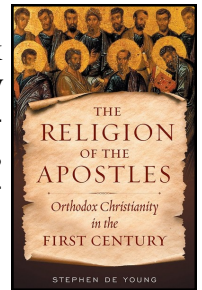
by Annalisa Boyd

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

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

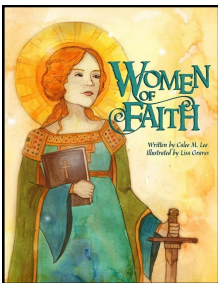
by Stephen De Young

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



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

by Calee M. Lee

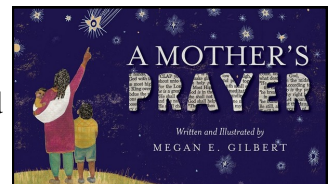


Women of Faith is an essential resource for parents, grandparents and god-parents wanting to give children a taste of the historical, living Church. This book is a collection of stories of the women saints and martyrs of the early Christian Church. Featuring saints venerated in both Orthodox and Catholic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

## **A Mother's Prayer**

By Megan E Gilbert

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



# *Directory of Ministries*

**Saints Constantine and Helen Greek Orthodox Church of Washington, DC**

721 Norwood Road, Silver Spring, MD 20905

Phone: (240) 389-1366, ext. 2 | Email: [admin@schgocdc.org](mailto:admin@schgocdc.org) | Website: [www.schgoc.org](http://www.schgoc.org)

**Reverend Father Dimitrios Lee, Presiding Priest**

Email: [frd@schgocdc.org](mailto:frd@schgocdc.org)

**Very Reverend Father Kallinikos Chasapis, Assistant Priest**

Email: [fk@schgocdc.org](mailto:fk@schgocdc.org)

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