



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



January 21, 2024

12th Sunday of Luke



## ANNOUNCEMENTS

- **Orthodoxy 101 Boot Camp** - Saturday, January 27th - Topic: The Miraculous History of The Orthodox Church-Part 2. Please see Chris Malagisi for more information!
- **Godparent's Sunday** - Sunday, January 28th. Students will stay in church with their Godparents and families to receive Holy Communion together.
- **GOYA Bake Sale** - Today following the Divine Liturgy!
- **HOPE/JOY and GOYA - Faith Friday** - February 2nd, from 6:30pm to 8:00pm.
- **Journey of Marriage Seminar** - Saturday, February 3rd. Please see John & Stephanie Zevitas for more information.
- **Pan Orthodox Retreat** - Saturday, February 10th & 11th. Please see Chris Tsichlis for more information!

## Upcoming Church Services:

**Sunday, January 28th - 15th Sunday of Luke**

Orthros: 8:15am & Divine Liturgy - 9:30am

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



## Ο ΑΠΟΣΤΟΛΟΣ Πρὸς Κολοσσαεῖς 3:4-11

Ἀδελφοί, ὅταν ὁ Χριστὸς φανερωθῇ, ἡ ζωὴ ὑμῶν, τότε καὶ ὑμεῖς σὺν αὐτῷ φανερωθήσεσθε ἐν δόξῃ. Νεκρώσατε οὖν τὰ μέλη τὰ ἐπὶ τῆς γῆς, πορνείαν, ἀκαθαρσίαν, πάθος, ἐπιθυμίαν κακὴν, καὶ τὴν πλεονεξίαν ἣτις ἐστὶν εἰδωλολατρία, δι' ἧς ἔρχεται ἡ ὀργὴ τοῦ Θεοῦ ἐπὶ τοὺς υἱοὺς τῆς ἀπειθείας· ἐν οἷς καὶ ὑμεῖς περιπατήσατέ ποτε ὅτε ἐζήτε ἐν αὐτοῖς. Νυνὶ δὲ ἀπόθεσθε καὶ ὑμεῖς τὰ πάντα, ὀργὴν, θυμὸν, κακίαν, βλασφημίαν, αἰσχρολογίαν ἐκ τοῦ στόματος ὑμῶν· μὴ ψεύδεσθε εἰς ἀλλήλους, ἀπεκδυσάμενοι τὸν παλαιὸν ἄνθρωπον σὺν ταῖς πράξεσιν αὐτοῦ, καὶ ἐνδυσάμενοι τὸν νέον τὸν ἀνακαινούμενον εἰς ἐπίγνωσιν κατ' εἰκόνα τοῦ κτίσαντος αὐτόν, ὅπου οὐκ ἔνι Ἑλλήν καὶ Ἰουδαῖος, περιτομὴ καὶ ἀκροβυστία, βάρβαρος, Σκύθης, δοῦλος, ἐλεύθερος, ἀλλὰ τὰ πάντα καὶ ἐν πᾶσι Χριστός.

## THE EPISTLE St. Paul's Letter to the Colossians 3:4-11

Brethren, when Christ who is our life appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away; anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

## ΤΟ ΕΥΑΓΓΕΛΙΟΝ Κατὰ Λουκᾶν 17:12-19

Τῷ καιρῷ ἐκεῖνῳ, εἰσερχομένου τοῦ Ἰησοῦ εἰς τινα κώμην ἀπήντησαν αὐτῷ δέκα λεπροὶ ἄνδρες, οἱ ἑστησαν πόρρωθεν, καὶ αὐτοὶ ἤραν φωνὴν λέγοντες· Ἰησοῦ ἐπιστάτα, ἐλέησον ἡμᾶς. καὶ ἰδὼν εἶπεν αὐτοῖς· Πορευθέντες ἐπιδείξατε ἑαυτοὺς τοῖς ἱερεῦσι. καὶ ἐγένετο ἐν τῷ ὑπάγειν αὐτοὺς ἐκαθαρίσθησαν. εἷς δὲ ἐξ αὐτῶν, ἰδὼν ὅτι ἰάθη, ὑπέστρεψε μετὰ φωνῆς μεγάλης δοξάζων τὸν Θεόν, καὶ ἔπεσεν ἐπὶ πρόσωπον παρὰ τοὺς πόδας αὐτοῦ εὐχαριστῶν αὐτῷ· καὶ αὐτὸς ἦν Σαμαρεῖτης. ἀποκριθεὶς δὲ ὁ Ἰησοῦς εἶπεν· Οὐχὶ οἱ δέκα ἐκαθαρίσθησαν; οἱ δὲ ἐννέα ποῦ; οὐχ ἐυρέθησαν ὑποστρέψαντες δοῦναι δόξαν τῷ Θεῷ εἰ μὴ ὁ ἀλλογενὴς οὗτος; καὶ εἶπεν αὐτῷ· Ἀναστὰς πορεύου· ἡ πίστις σου σέσωκέν σε.

## The Gospel Luke 17:12-19

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said: "Jesus, Master, have mercy on us." When He saw them He said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus's feet, giving Him thanks. Now he was a Samaritan. Then said Jesus: "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to him: "Rise and go your way; your faith has made you well."



## MEMORIALS

***Olga Kathas Matthews***, is the beloved wife of Nicholas J. Matthews. Loving mother of Joanna (Janet), John (Kay), Jim (Karen), and Angela Hagan (Glenn). Adored grandmother of Nick Matthews, Olga Soukas (Pete), and Emily (Nick) Tzoumas; Daniela and Laura Hagan; and Soc and Lexi Matthews. Cherished and dearly loved great grandmother of Spiro, Kir-iaki, John and Andreas. May her memory be eternal!

***Vasilios Trakas***, is the beloved husband of Theodosia Trakas. Loving father of Aristotelis, Paraskevi Stakou, Lefkothea Hatzigiakoumidou, Theoklitos, Andreas and Gregory. Adored grandfather of Jason and Nicholas Trakas. Cherished great-grandfather of Harper, Scarlett and Theoklitos. May his memory be eternal!

## FUTURE MEMORIALS

**Demetrios Hronakis, George Anest Koutras, Peter & Maria Mitrakas,  
Anastasia “Stacy” Panos and Dr. Theodore Papaloizos- February 4, 2024**

**George & Maria Tsioros and Zoumboulia Vrentzos-February 11, 2024**

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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. If an Artoklasia is brought to church without being scheduled, it will not be celebrated with the congregation during the Divine Liturgy. If possible, it will be celebrated after the dismissal of the Divine Liturgy.

## PRAYER LIST

Litsa, Don, George, Diane, Helena, Bill, Jim, Andriana, Harry, Phil, Mark, Nikos, Anna, Evangelia, Kathy, Tina, Gloria, Andreas, Chrisoula, Panagiotis, Anastasia, George, Panagiota, Mark, 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.

# YOUTH MINISTRY



## FAITH FRIDAY

Sts. Constantine and Helen Youth & Young Adults  
are cordially invited to  
Faith Friday!

These will continue on the 1st Friday of each month!

Who: HOPE, JOY & GOYA Youth Ministries

What: Faith, Fellowship, Food & Fun

Where: Church (Meet in Sanctuary)

When: Friday, February 2 (6:30pm-8:00pm)

RSVP: <https://bit.ly/FaithFridayRSVP>

or email [youthministry@schgocdc.org](mailto:youthministry@schgocdc.org)

by with name(s)/grade(s) of youth attending

Parents should drop their youth off inside the  
sanctuary at 6:30pm and pick up in the Atrium at  
8:00pm. Please be on time for drop off and pick up.

We will be providing dinner.

Donations toward dinner are kindly accepted.

# YOUTH MINISTRY



**THANK YOU FOR  
MAKING OUR  
TOURNAMENT A  
HUGE SUCCESS!**



## Tournament Sponsors:

Title Sponsor - **PRO-AIR, INC. & The Sakkos Family**

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Concession Stand - **AutoServ**

BOYS A - **Delta Produce**

GIRLS A - **Maria Mantzouranis, REMAX Realty Centre**

BOYS B - **The Karakatsanis Family**

GIRLS B - **Auto Centro, Inc.**

## General Donations:

Garbis Dental

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**We thank you for your support!**



# YOUTH MINISTRY

JOIN US FOR OUR

## ***GOYA Bake Sale***

Fundraiser

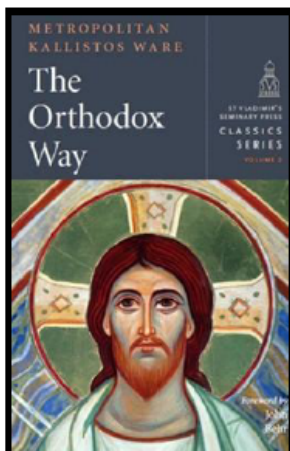
***Sunday,  
January 21***

Following the Divine Liturgy

There will be a variety  
of Classic Desserts  
for you to purchase!

All proceeds benefit  
our Youth Ministry.





# BOOK CLUB

Jan 5, 2024 - [The Screw-Tape Letters](#) by C.S. Lewis ([Audio](#) Narrated by John Cleese)

Host: Christopher Tsihchlis | [Reading Guide](#)

Feb 2, 2024 - [Our Thoughts Determine Our Lives](#) by the Abbot Thaddeus of Vitovnica

Host: Christopher & Christina Perona | Reading Guide

Mar 1, 2024 - [The Gurus, the Young Man, and Elder Paisios.](#)

Host: Lee Morgan | Reading Guide

Apr 5, 2024 - [How \(Not\) to Read the Bible: Making Sense of the Anti-Women, Anti-Science, Pro-Violence, Pro-Slavery and Other Crazy Sounding Parts of Scripture](#) by Dan Kimball ([Audio Version](#))

Host: Christopher Tsihchlis | Reading Guide

**Day:** First Friday of the Month, Faith Friday's

**Time:** 6:30 - 7:30

**Location:** St. Constantine and Helen, Versis Center (or Library)

**Who:** Anyone older than 18.

## Structure

- 5:30 to 6:30pm – Catch up on Reading! (Optional)
- 6:30 – Book Discussion (45 minutes)
- Wrap-up and plan for next meet (5 min)



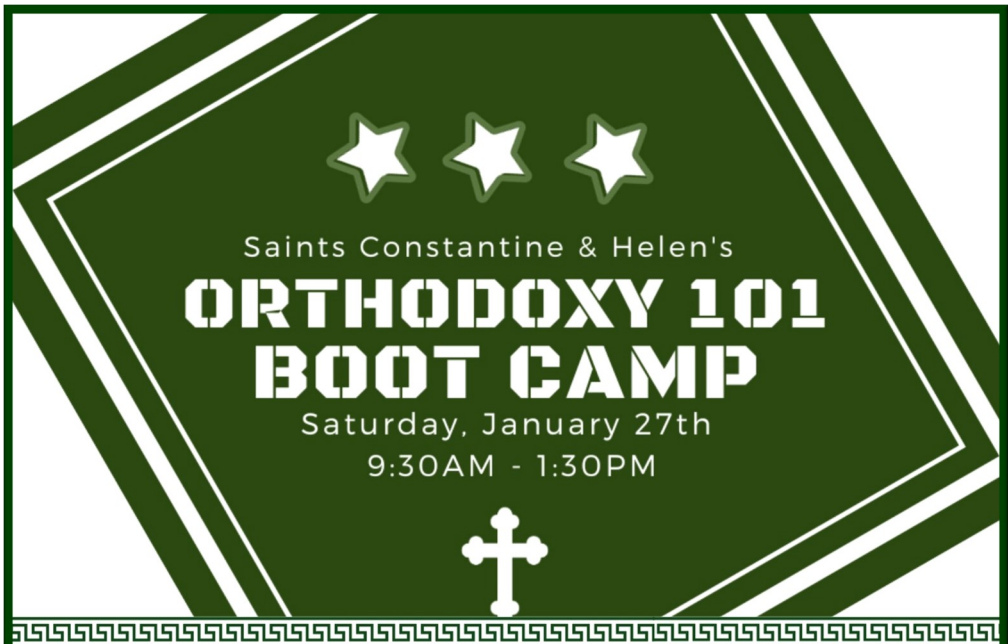
Scan Me  
for Links

*Never Been to a Book Club Before?* No Worries...it's just for some fun and relaxation. Didn't read everything, show up a little early.

*Want to listen as an audiobook?* You may find some books on Youtube. Also, by using a Library card and an app called [Libby](#), you can download the audio book right to your phone, tablet, or computer.

*Not Orthodox? Perfectly Fine. Only want to attend some sessions? That's fine too.*

**CLICK HERE TO REGISTER!**



## **TOPIC: THE MIRACULOUS HISTORY OF THE ORTHODOX CHURCH – PART 2**

*Learn how the Church formed - from Constantinian  
Unification to Modern Day, with Fr. Dimitri presenting*

*(You do not need to have attended Part 1 to attend Part 2!)*

**You're Invited! A free, adult education seminar open to all  
interested, new, and current church members**

- Learn about the Orthodox Christian faith and its story
- Learn more about the Sts. Constantine & Helen community
- Meet new members & make new friends
- Includes free breakfast & lunch



RSVP Today: <https://tinyurl.com/bootcamp2024>

721 Norwood Road, Grand Ballroom, Silver Spring, MD 20905



*Godparent's Sunday*  
*Sunday, January 28, 2024*



Please join our Sunday School in celebrating Godparent's Sunday. There will be no formal Sunday School, but we encourage our students to attend the Divine Liturgy with their Godparents to receive Holy Communion. Join us after the Divine Liturgy for celebratory cupcakes and refreshments and a photo booth!

# COMMUNITY OUTREACH

## STS. CONSTANTINE & HELEN PHILOPTOCHOS OUTREACH

### MANNA FOOD COLLECTION



**Let's Work Together To  
Solve Hunger!**

**What: Food Donations\***  
**When: Sunday, January 28**  
**Where: Church Parking Lot**

#### **\*Most Needed Food Items:**

**Canned Vegetables & Fruit**  
**Canned Chicken & Tuna**  
**Milk (Shelf Stable-Canned/Dried)**  
**Dried Peas, Beans, Lentils**  
**Pasta, Quinoa, Rice**  
**Cereal, Oats, Grits**  
**Nuts & Nut Butters**

**QUESTIONS?**  
**CONTACT GEORGIA FERENTINOS**  
**SCH.OUTREACH721@ GMAIL.COM**

# IONIAN VILLAGE SCHOLARSHIP

SAINTS CONSTANTINE & HELEN OF  
WASHINGTON D.C.

## IONIAN VILLAGE SCHOLARSHIP

Enjoy a Summer On The Ionian Sea  
Make Life Long Greek Orthodox Friends  
Rediscover Your Faith & Culture

**\$6,000 Scholarship to attend  
June 25 - July 14, 2024**

### SPONSORED BY

The Louis J. Tiches Memorial Ionian  
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### REQUIREMENTS

Grades 9th - 12th

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

Monday, January 15, 2024 to  
[etiches@gmail.com](mailto:etiches@gmail.com) and [frd@schgocdc.org](mailto:frd@schgocdc.org)



**VISIT [WWW.IONIANVILLAGE.ORG](http://WWW.IONIANVILLAGE.ORG) TO SEE THE FUN!**





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WEDNESDAY **24** 6:00 P.M. EST  
JANUARY 2024

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SCAN ME

# PAN-ORTHODOX RETREAT

## SAVE THE DATE

**NEW DATES: February 10-11, 2024 @ SCHGOCDC**

**[Click here to learn more and register!](#)**



## 3ETREAT

A Pan-Orthodox Retreat **ENCOUNTER. EMBODY. ENGAGE.**

### JOIN US FOR OUR WASHINGTON DC 3ETREAT!

Join us for a Pan-Orthodox retreat and learn what it means to: come home to the self, come home to the household of God and be ambassadors of Christ's love in the world.



#### LOCATION

Saints Constantine & Helen  
Greek Orthodox Church  
721 Norwood Rd,  
Silver Spring, MD 20905



#### DATES

Feb. 10-11, 2024



#### WHO'S INVITED

**Adults:** Parents, youth workers,  
clergy, young adults  
**Youth:** Grades 6-12

TO REGISTER VISIT [WWW.THEOYM.ORG/EVENTS](http://WWW.THEOYM.ORG/EVENTS) OR SCAN HERE





# PAN-ORTHODOX RETREAT

## SAVE THE DATE

February 10-11, 2024 @ SCHGOCDC

[Click here to learn more and register!](#)



A Pan-Orthodox Retreat **ENCOUNTER. EMBODY. ENGAGE.**

### WHAT ARE 3ETREATS?

3ETreats are a free Pan-Orthodox weekend retreat for youth, young adults, parents, priests, youth workers, and anyone who cares about young people (in other words, everyone!) to connect with each other and grow closer to Christ as we reflect on Christ's call and answer together how we can become a Church where young people want to stay.

Come and:

- Learn to see Christ in the face of our neighbor
- Reflect on the need for deep connection with others
- See how God fills our deepest longings
- Learn how we can all be ambassadors of God's love to a hurting world

### WHY ARE WE DOING THIS?

OYM's vision is to pass on a faith where every young person can encounter Christ, embody His Church, and engage the world in His Name. To make this vision possible, we are coming to you! We want to offer a space where pan-Orthodox communities can connect and explore what it means to encounter, embody, and engage!

### WHO IS WELCOME?

Everyone is welcome! The 3ETreat includes: 1) an adult track for young adults (anyone post high school age), parents, and all other adults, and 2) and a youth track for grades 6-12. All Orthodox jurisdictions are welcome!

### HOW MUCH DOES IT COST?

OYM's 3ETreats are free! We want you to be in fellowship with other Orthodox Christians and grow closer to Christ together. So we are making this opportunity available to all without charge. But space is limited, so sign up today and invite a friend!

### SESSION TOPICS

#### Youth Track:

- Seeking to Encounter Christ
- Embodying Christ's Church as the Family of God
- Engaging the World as Ambassadors of Christ's Love

#### Adult Track:

- Coming home to the self
- Coming home to the household of God
- Wel(come)ing others to the household of God



Saints Constantine and Helen  
Greek Orthodox Church of Washington, DC



## SPANAKOPITES & TIROPITES



TRAY OF 48 PIECES  
\$30.00



## MOUSSAKA



\$55.00 PAN

To place your order ~ please contact  
JoAnn Nasios | 240.483.7145

Payment will be made at pick up:

**Cash or Check:** Payable to Sts. Constantine & Helen

**Credit Cards:** All orders will incur an additional \$5.00 fee per order.

*All proceeds to benefit  
Saints Constantine and Helen Greek Orthodox Church, WDC*

# Antigone Recachinas Grand Hall



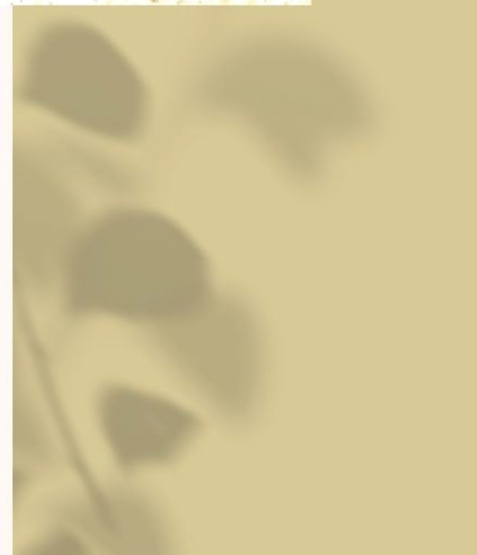
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# ***Saint Kosmas Aitolos Bookstore***

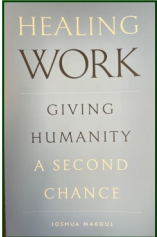
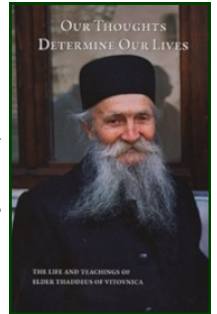
721 Norwood Road, Silver Spring, MD 20905, *Hours: Sundays after church.*



## **Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica**

by Ana Smiljanic (Author), Elder Thaddeus of Vitovnica (Contributor)

Born in 1914, Elder Thaddeus lived through all the suffering endured by Serbia in the twentieth century. Over the course of two World Wars, during the Communist takeover, and through the NATO bombings of 1999, he co-suffered with his people. He taught, counseled, and prayed for all who came to him in pain and sorrow. His words of love and hope provided spiritual balm for people from all classes of society.



## **Healing Work: Giving Humanity a Second Chance**

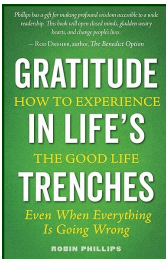
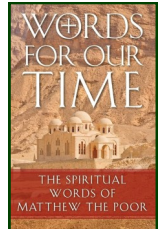
by Joshua Makoul

No matter how deep our wounds may be, we can choose to acquire the skills of healing so that we can finally let go of the pain and fear that hold us captive.

## **Words For Our Time:**

### **The Spiritual Words of Matthew the Poor**

Abba Matta, known as Matthew the Poor, had a marvelous ability to communicate the deepest spiritual truths in the simplest and most practical language, making them accessible to laypeople as well as monastics.



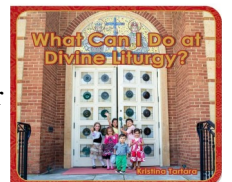
## **Gratitude in Life's Trenches: How to Experience the Good Life Even When Everything Is Going Wrong**

by Robin Phillips

Robin Phillips shows that God meets us where we are, in the pain and heartache of the present moment. Instead of looking for a way to escape from hardship, we can cultivate an attitude of gratitude, peace, and self-acceptance that will transform our experience of suffering.

## **What Can I Do at Divine Liturgy? (board book)**

The text and images encourage the child to participate in the Divine Liturgy and/or practice the things we do at church while at home.



# 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><b>SUNDAY SCHOOL</b></p> <p>Georgia Ferentinos &amp; Helen Nixon</p> <p>sch.sundayschool@gmail.com</p> <p>*****</p> <p><b>ALTAR BOYS</b></p> <p>sch.altarboys@gmail.com</p>	<p><b>YOUTH MINISTRIES</b></p> <p>GOYA</p> <p>Irene Murshed Maria Mantzouranis Nitsa Ferentinos</p> <p>youthministry@schgocdc.org</p> <p>*****</p> <p><b>HOPE/JOY</b></p> <p>Irene Murshed Stella Harrison</p> <p>youthministry@schgocdc.org</p>	<p><b>OUTREACH</b></p> <p>Georgia Ferentinos</p> <p>sch.outreach721@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>STEWARSHIP</b></p> <p>Sotirios Nasios</p> <p>*****</p> <p><b>ADULT EDUCATION</b></p> <p>Christopher Malagisi</p> <p>sch.adultedu@gmail.com</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>Ifigenia Kambanis Director</p> <p>sch.greekschool@gmail.com</p> <p>Anthoula Bizbikis</p> <p>George Sideris</p>	<p><b>GREEK DANCE</b></p> <p>Kristina-Maria Perona</p> <p>sch.greekdance@gmail.com</p>	<p><b>LADIES PHILOPTOCHOS</b></p> <p>JoAnn Nasios President</p> <p>ladiesphilo721@gmail.com</p>	<p><b>VER SIS CENTER</b></p> <p>Kathy Kafarakis</p> <p>sch.versis@gmail.com</p>	<p><b>YAL</b></p> <p>Maria Lappas &amp; Jacob Mavromatis</p> <p>stconniesyal@gmail.com</p>