ANNOUNCEMENTS

Men’s Ministry:
* Men’s Symposium - Thursday, May 16th. This EPIC gathering will be a once in a lifetime opportunity to honor the dedication and spiritual leadership of our renowned area clergy. These remarkable individuals have collectively served our communities for over 115 years, offering guidance, wisdom, and unwavering faith through their ministries.

Sunday School Ministry:
* Sunday School Showcase - Following the Divine Liturgy, Sunday, May 19th. Students will display some of the projects they have worked on this year.
* Sunday, June 2nd - An information session for anyone interested in teaching Sunday School next year immediately following the Divine Liturgy.

YAL Ministry:
* Undergraduates/Graduates - On Sunday, May 19th we will celebrate the higher education graduates of our Parish. Please see Helen Nixon for more information.

Car or Cash Raffle 2024 - Drawing will be held at Greek Fest on September 8th!

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.

Upcoming Church Services:

Sunday, May 19th - Sunday of the Myrrh-Bearing Women
Orthros 8:15am & Divine Liturgy: 9:30am

*Please be advised that all church services are recorded & broadcast live.
MEN’S SYMPOSIUM
Please click on the flyer to purchase your tickets now!

MEN’S SYMPOSIUM
Clergy Appreciation Night
For Fr. Steve Zorzos, Fr. Costas Pavlakos, Fr. Dimitri Antokas
MAY 16, 2024
6:30-8:30 PM
Reflecting on over 115 years of combined Ministry

$45 • Delicious Dinner
• Cash Bar
• Cigar Patio

Saints Constantine and Helen
721 Norwood Rd, Silver Spring, MD 20905
CLICK HERE FOR TICKETS
ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Ιωάννην 20:19-31

Οὔσης ὄψιας τῇ ἡμέρᾳ ἐκείνῃ τῇ μιᾷ τῶν σαββάτων, καὶ τῶν θυρῶν κεκλεισμένων ὅπου ἦσαν οἱ μαθηταὶ συνηγμένοι διὰ τὸν φόβον τῶν Ἰουδαίων, ἦλθεν ὁ Ἰησοῦς καὶ ἔστη εἰς τὸ μέσον, καὶ λέγει αὐτοῖς· Εἰρήνη ὑμῖν. Καὶ τοῦτο εἰπὼν ἔδειξεν αὐτοῖς τὰς χεῖρας καὶ τὴν πλευρὰν αὐτοῦ· ἐχάρησαν οὖν οἱ μαθηταὶ ἰδόντες τὸν Κύριον. Εἶπεν οὖν αὐτοῖς πάλιν· Εἰρήνη ὑμῖν, καθὼς ἀπέσταλκέ με ὁ πατήρ, καὶ ᾿Αγὼ πέμπω ὑμᾶς. Καὶ τοῦτο εἰπὼν ἐνεφύσησε καὶ λέγει αὐτοῖς· Λάβετε Πνεῦμα Ἅγιον. Ἄν τινων ἀφῆτε τὰς ἁμαρτίας, ἀφιένται αὐτοῖς, ἄν τινων κρατήτε, κεκράτηνται. Θωμᾶς δὲ, εἷς ἐκ τῶν δώδεκα, ὁ λεγόμενος Δίδυμος, οὐκ ἦν μετ’ αὐτῶν ὅτε ἦλθεν Ἰησοῦς· ἔλεγον οὖν αὐτῷ· Ἔχαντες τὰς χεῖρας αὐτοῦ, καὶ ἐξαγαγόν τοὺς ἀσθενεῖς ταῦτα τὰ ῥήματα τῆς ζωῆς ταύτης.


In those days, many signs and wonders were done among the people by the hands of the apostles. And they were all together in Solomon's Portico. None of the rest dared join them, but the people held them in high honor. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the towns around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the high priest rose up and all who were with him, that is, the party of the Sadducees, and filled with jealousy they arrested the apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said, "Go and stand in the temple and speak to the people all the words of this Life."

Ο ΑΠΟΣΤΟΛΟΣ - Πράξεις Ἀποστόλων 5:12-20

Ἐν ταῖς ἡμεραῖς ἐκείναις, διὰ δὲ τῶν χειρῶν τῶν ἀποστόλων ἐγίνετο σημεῖα καὶ τέρατα ἐν τῷ λαῷ πολλά· καὶ ἦσαν ὁμοθυμαδὸν ἅπαντες ἐν τῇ στοᾷ Σολομῶντος. Τῶν δὲ λοιπῶν οὐδεὶς ἐπλήσθησαν αὐτοῖς, ἀλλ᾽ ἐμεγάλυνεν αὐτοὺς ὁ λαὸς· μᾶλλον δὲ προσετίθεντο πιστεύοντες τῷ κυρίῳ, πλῆθος ἰστόρων τε καὶ γυναικῶν· οὕτε κατὰ τὰς πλατείας ἐκφέρειν τοὺς ἀσθενεῖς, καὶ τιθέναι ἐπὶ κλινῶν καὶ κραββάτων, ἵνα ἐρχομένου Πέτρου κἀ̂ν ἡ σκιά ἐπισκιάσῃ τινὶ αὐτῶν. Συνήρχετο δὲ καὶ τὸ πλῆθος τῶν πέριξ πόλεως εἰς Ἰερουσαλήμ, φέροντες ἀσθενεῖς καὶ ὀχλουμένους ὑπὸ πνευμάτων ἀκαθάρτων, οἵτινες ἐθεραπεύοντο ἅπαντες. Αναστὰς δὲ ὁ ἀρχιερεὺς καὶ πάντες οἱ σὺν αὐτῷ - ἡ οὖσα αἵρεσις τῶν Σαδδουκαίων - ἐπλήσθησαν ζήλου, καὶ ἐπέβαλον τὰς χεῖρας αὐτῶν, καὶ ἐθέντο αὐτοὺς ἐν τηρήσει δημοσίᾳ. Άγγελος δὲ κυρίου διὰ τῆς νυκτὸς ἤνοιξεν τὰς θύρας τῆς φυλακῆς, ἐξαγαγών τε αὐτοὺς εἶπεν, Πορεύεσθε, καὶ σταθέντες λαλεῖτε ἐν τῷ ἱερῷ τῷ λαῷ πάντα τὰ ῥήματα τῆς ζωῆς ταύτης.
On the evening of that day, the first day of the week, the doors being shut where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent Me, even so I send you." And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them and said, "Peace be with you." Then He said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and My God!" Jesus said to him, "Have you believed because you have seen Me? Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing, you may have life in His name.
FUTURE MEMORIALS

May 26th - Stelio Callas, Demetra S. Chakalos and John G. Mantzouranis.
June 2nd - George L. Bezantakos, Louis & Vasiliki Bezantakos, George E. Bourzikos, Panayiotis Giokaris and Yiannis & Konstadina Papoulias.

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
Paraskeve, Bridget, George, George, Peter, Mathew, Garifalia (Litsa), Clarence, Paul, Carolyn, Katherine, Vasilis "Bill", 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, 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.
Pascha Sunday - Eggcellent Day!
Purchase Tickets for a Chance to

WIN

A 2024 GLB or $30,000 Cash

Drawing at Our Annual Fall Festival: Sunday, September 8, 2024

Tickets: $100 (Only 1,000 Tickets to be Sold!)
Purchase 10 Tickets, Get One FREE

All Proceeds Benefit the Sts. Constantine and Helen Greek Orthodox Church

Vehicle provided by Mercedes-Benz of Silver Spring
MercedesBenzSilverSpring.net

TO PURCHASE TICKETS CALL:
Terri Karadimas 301.520.0316
JoAnn Nasios 240.483.7145
Eleni Paspalis 240.413.4600

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TUNE IN TO OUR NEW PODCAST

A Christian Podcast combining varying perspective and witty debate on the impact of the Orthodox WORD on everyday life

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YOU'RE INVITED TO AN OCMC MISSIONS AWARENESS DINNER

CHRIST’S LAST COMMANDMENT
DISCOVER THE GREAT COMMISSION

THURSDAY, JUNE 6, 2024
DINNER & PROGRAM FROM 6:00 P.M. - 8:00 P.M.

KEYNOTE SPEAKER:
CHRYSANTHE LOIZOS
OCMC PROJECTS & GRANTS MANAGER
A SPECIAL KEYNOTE ADDRESS ON THE IMPACT GRANTS AND YOUR GIFTS ARE HAVING AROUND THE WORLD.

STS CONSTANTINE & HELEN
GREEK ORTHODOX CHURCH OF WASHINGTON, D.C.
721 NORWOOD RD. | SILVER SPRING, MD. 20905

COST: $50 PER PERSON
To register or donate, scan the QR code or go to: www.ocmc.org/Silver-Spring

FOR QUESTIONS, PLEASE CONTACT:
OCMC Event Coordinator Elaine Drikakis
at elainsd@ocmc.org

Come and explore how Jesus Christ’s last commandment lives in our world today. Chrysantthe will be joined by Fr. Christopher Rowe, OCMC Assistant Director of Development, who will share highlights of OCMC’s missionary efforts and a look to the future. Discover how you can answer Christ’s call to “go and make disciples of all nations.”

Donations benefit OCMC ministries around the world.

REGISTER BY MAY 29!

FOR MORE INFORMATION, SCAN THE QR CODE OR VISIT THE EVENT WEBSITE.
CAMP SAINT PAUL
Registration Opens: Saturday, March 9th!

CLICK HERE to View the Promotional Video
JOURNEY OF MARRIAGE
A Pre-Marriage Seminar!

Saint Sophia Cathedral &
The Direct Archdiocesan District
PRESENT:

JOURNEY OF MARRIAGE
A Pre-Marriage Seminar
*Open to all married couples as well

Saturday, June 15th
9 am - 3 pm

Saint Sophia Greek Orthodox Cathedral
3rd Floor, Frosene Center
Please RSVP to: JourneyofMarriageWashDC@gmail.com
Antigone Recachinas Grand Hall
Happy Mother’s Day!

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 godparents 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  
Email: admin@schgocdc.org  
Website: www.schgoc.org

**Reverend Father Dimitrios Lee, Presiding Priest**  
Email: frd@schgocdc.org

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**YAL**  
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