



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



October 11, 2026

Sunday of the 7th Ecumenical Council

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for the unveiling of our Donor Wall!**



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Church Announcements

Monte Carlo Gala: We are 90% Sold! Please join us at our Monte Carlo Gala on Saturday October 24th, in the Antigoni Recachinas Grand Hall. Please see Christina Clifton, or call (301) 467-7072, and buy your tickets today!

Men's Joint Fellowship Wine Tasting & Dinner: Thursday October 29th at Urban Winery, 6:30pm-9:00pm. For more information, please contact Chris Malagisi at CNMalagisi @yahoo.com or (716) 440-9004.

Greek Fest Food for Sale: We are selling uncooked souvlakia, cases of frozen uncooked tiropites and cases of Spanakopites. If interested see Andy Recachinas!

Grief Share Ministry: Fall/Winter 2026 Session starting October 5th -7:00pm-8:30pm, every Monday (for 14 weeks) in the Versis Center. For more information, please contact Katy Tzamaras at (240) 938-6549 or ktmom3@gmail.com.

Upcoming Church Services

Sunday, October 18th: Saint Luke the Evangelist

Orthros 8:15am | Divine Liturgy: 9:30am

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. All church services are recorded & broadcast live.



THE EPISTLE - St. Paul's Letter to Titus 3:8-15

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

ΑΠΟΣΤΟΛΟΣ - Πρὸς Τίτον 3:8-15

Τέκνον Τίτε, πιστὸς ὁ λόγος, καὶ περὶ τούτων βούλομαί σε διαβεβαιουῖσθαι, ἵνα φροντίζωσιν καλῶν ἔργων προϊστασθαι οἱ πεπιστευκότες θεᾷ. ταῦτά ἐστιν καλὰ καὶ ὠφέλιμα τοῖς ἀνθρώποις · μωρὰς δὲ ζητήσεις καὶ γενεαλογίας καὶ ἔριν καὶ μάχας νομικὰς περιύστασο, εἰσὶν γὰρ ἀνωφελεῖς καὶ μάταιοι. αἰρετικὸν ἄνθρωπον μετὰ μίαν καὶ δευτέραν νουθεσίαν παραιτοῦ, εἰδὼς ὅτι ἐξέστραπται ὁ τοιοῦτος καὶ ἀμαρτάνει, ὣν αὐτοκατάκριτος. Ὅταν πέμψω Ἀρτεμᾶν πρὸς σέ ἢ Τυχικόν, σπούδασον ἐλθεῖν πρὸς με εἰς Νικόπολιν, ἐκεῖ γὰρ κέκρικα παραχειμάσαι. Ζηῶν τὸν νομικὸν καὶ Ἀπολλῶν σπουδαίως πρόπεμψον, ἵνα μηδὲν αὐτοῖς λείπῃ. μανθανέτωσαν δὲ καὶ οἱ ἡμέτεροι καλῶν ἔργων προϊστασθαι εἰς τὰς ἀναγκαίας χρείας, ἵνα μὴ ὦσιν ἄκαρποι. Ἀσπάζονται σε οἱ μετ' ἐμοῦ πάντες. Ἀσπασαί τοὺς φιλοῦντας ἡμᾶς ἐν πίστει. ἡ χάρις μετὰ πάντων ὑμῶν.

THE GOSPEL - According to Luke 8:5-15

The Lord said this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As he said these things, he cried out "He who has ears to hear, let him hear."



ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Λουκᾶν 8:5-15

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἐξῆλθεν ὁ σπεῖρων τοῦ σπεῖραι τὸν σπóρον αὐτοῦ. καὶ ἐν τῷ σπεῖρειν αὐτὸν ὁ μὲν ἔπεσε παρὰ τὴν ὁδόν, καὶ κατεπατήθη, καὶ τὰ πετεινὰ τοῦ οὐρανοῦ κατέφαγεν αὐτό· καὶ ἕτερον ἔπεσεν ἐπὶ τὴν πέτραν, καὶ φυὲν ἐξηράνθη διὰ τὸ μὴ ἔχειν ἱκμάδα· καὶ ἕτερον ἔπεσεν ἐν μέσῳ τῶν ἀκανθῶν, καὶ συμφυεῖσαι αἱ ἄκανθαὶ ἀπέπνιζαν αὐτό. καὶ ἕτερον ἔπεσεν εἰς τὴν γῆν τὴν ἀγαθὴν, καὶ φυὲν ἐποίησε καρπὸν κατονταπλασίονα. ταῦτα λέγων ἐφώνει· ὁ ἔχων ὦτα ἀκούειν ἀκουέτω. Ἐπρωτῶν δὲ αὐτὸν οἱ μαθηταὶ αὐτοῦ λέγοντες· τίς εἴη ἡ παραβολὴ αὕτη; ὁ δὲ εἶπεν· ὑμῖν δέδοται γινῶναι τὰ μυστήρια τῆς βασιλείας τοῦ Θεοῦ, τοῖς δὲ λοιποῖς ἐν παραβολαῖς, ἵνα βλέποντες μὴ βλέπωσι καὶ ἀκούοντες μὴ συνιῶσιν. ἔστι δὲ αὕτη ἡ παραβολή· ὁ σπόρος ἐστὶν ὁ λόγος τοῦ Θεοῦ· οἱ δὲ παρὰ τὴν ὁδὸν εἰσιν οἱ ἀκούσαντες, εἴτα ἔρχεται ὁ διάβολος καὶ αἶρει τὸν λόγον ἀπὸ τῆς καρδίας αὐτῶν, ἵνα μὴ πιστεύσαντες σωθῶσιν. οἱ δὲ ἐπὶ τῆς πέτρας οἱ ὅταν ἀκούσωσι, μετὰ χαρᾶς δέχονται τὸν λόγον, καὶ οὗτοι ῥίζαν οὐκ ἔχουσιν, οἱ πρὸς καιρὸν πιστεύουσι καὶ ἐν καιρῷ πειρασμοῦ ἀφίστανται. τὸ δὲ εἰς τὰς ἀκάνθας πεσόν, οὗτοί εἰσιν οἱ ἀκούσαντες, καὶ ὑπὸ μεριμνῶν καὶ πλούτου καὶ ἡδονῶν τοῦ βίου πορευόμενοι συμπνίγονται καὶ οὐ τελεσφοροῦσι. τὸ δὲ ἐν τῇ καλῇ γῇ, οὗτοί εἰσιν οἵτινες ἐν καρδίᾳ καλῇ καὶ ἀγαθῇ ἀκούσαντες τὸν λόγον κατέχουσι καὶ καρποφοροῦσιν ἐν ὑπομονῇ. ταῦτα λέγων ἐφώνει· ὁ ἔχων ὦτα ἀκούειν ἀκουέτω.

MEMORIALS

George Floros is the beloved husband of Anastasia Floros. Loving father of Angela (the late George) Sideris and Theodoros (Nancy) Floros. Adored grandfather of Yianna (Jose) Vargas, Georgia Sideris, and Theodora Sideris. May his memory be eternal!

Athanasios Panagiotis Mantzouranis, is the beloved husband of Alexandra Mantzouranis. Loving father of Penny (Lefteri) Mylonas, Peter (Vicki) Mantzouranis, and Voula (John) Gheen. Adored Papouli to Christo, Thano, Alexandra, Tori, Jorge, Alex, Thanasi, Athanasia, Alexa, and Angelina. Great-grandfather to 5, and loving cousin and uncle to many nieces and nephews. May his memory be eternal!

Georgios “George” Theodoros Sideris, is the beloved husband of Angela (Kiki) Sideris. Loving father of Yianna (Jose) Vargas, Georgia Sideris, and Theodora Sideris. Adored and most loving “Pappou” of Katerina. George is the devoted son of the late Theodoros Sideris and is survived by his loving mother, Angeliki Sideris. Dearly loved brother of Michael Sideris and Panagiotis (Irene) Sideris. May his memory be eternal!

FUTURE MEMORIALS

October 18th - George J. Mantzouranis, Ekaterini Markatatos and Demetrios P. Tsipianitis

October 25th - Harry James Perrus and The Vourvoura Society's Annual Memorial

November 1st - Louis J. Tiches

November 8th - John & Helene Catsouras and James & Constance Cokas

PRAYER LIST

Christina, Anna, John, Harry, Susan, Paul, Konstantinos, Faye, Panagiota, Maria, Sophia, Nicholaos, Panagiota, Michael, 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.

Healing Together

GRIEF SHARE



Grief Support Group
JOIN ANY TIME
sessions stand alone

A safe, welcoming place where people understand the difficult emotions of grief. You'll receive valuable guidance and tips leading you to relief, comfort and peace of mind.

FALL/WINTER 2026 SESSION
STARTING October 5, 2026
Mondays, 7-8:30 PM
Versis Center

Join us for **14 weeks** of comfort, support and healing.

For more information contact
Katy Tzamaras
240-938-6549
ktmom3@gmail.com

To sign up, go to our page on the griefshare.org site and click on the link to register for our group. Our group is free to attend, but please purchase the participant's guide for \$25 and bring it with you to our sessions.



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**2026 Stewards
as of September 30, 2026**

Adams, Harry & Stavroula
Aggelis, Nikolaos & Anthoula
Alexiou, Nina
Anagnostiadis, Emanuel & Ashley
Anagnostopoulos, Cristos & Georgia
Anayannis, John & Barbara-Anne
Anderson, Janis
Antzoulatos, Irene
Argeroplos, Soterios & Demetra
Assimakopoulos, Eliana
Athanasakis, Haralambos & Eleni
Athanason, Thomas
Atsalinos, Emmanuel & Kimberly
Augustin, Voula & Donald
Backus, Angelo & Ann
Backus, Thomas & Jamie
Baldwin, Eleni & Joseph
Balourdos, Panagiotis & Jennifer
Banks, Daniel & Andrea
Bergeris, Pauline
Binford, John & Joy
Binford, Victoria
Bisbikis, Lambros & Georgia
Bizbikis, Demetrios & Lefkothea
Borsas, Evrikia
Bratsakis, John & Heather
Brotsky, Artyom
Brummitt, Katerina & Andre
Cacho, Jose & Vasiliki
Calomeris, Anthony
Caloviras, Vasso
Campbell, Kathryn
Caperones, George & Mia
Caviris, Nicholas
Chahalais, Georgia
Chahalais, Nicholas & Dina
Chahalais, Peter
Chakalakis, Nicole

Chakalakis, Pete
Chanakas, Helen
Chapin, Irene
Charalambous, Charalambos & Carmen
Chasapis, Father Kallinikos
Cheakalos, James & Betsy
Cheakalos, John
Cheakalos, Barbara J.
Ciesielski, David & Alexandra
Clifton, Charles & Christina
Colevas, Raymond & Anna
Cornias, George
Costa, Bill & Kimberly
Courtis, Linsey & Daniel
Courtis, Sylvia
Crassas, James & Georgia
Dakoulas, Panagiotis
Damare, Maria
Damare, Alexandra
Damianos, Nicholas
Daoud, David & Razan
Delarivas, Andy & Jamie
Demer, Teresa
Dialektakos, James & Maria
Dimidis, Demetrios & Angie
Dimos, Mary
Dionisopoulos, Kosta & Marina
Dizelos, Theodore & Angelike
Dizelos, Evangelos
Dizelos, Victoria
Doulaveris, Dena & Andreas
Dounis, William
Drakakis, Kosta & Desiree
Eisenacher, Joanna & Kevin
Esayas, Nebiy & Rebecca
Fafoutis, Steve & Olympia
Ferentinos, Metaxas & Morfini
Ferentinos, Georgia
Ferentinos, Max & Mary
Ferentinos, Zack
Ferentinos, Eleni
Firippis, Pantelis & Ioanna
Flanders, Ioannis
Fliakas, Nicholas & Davinia
Fliakas, James
Foster, Geneva
Fotos Magnant, Pauline
Fragkos, Theologos & Sophia

Frantzis, Dimitrios & Myrofora
Fuchsman, Ronald & Elizabeth
Garbis, George & Efy
Garrett, Pauline & Robert
Georgakopoulos, Panagiotis
Georgakopoulos, Marika
Georgallas, Donna & Pete
Georgiou, Joanna & Andreas
Georgiou, George & Eva
Georgopoulos, Jennifer & Sarantos
Georgopoulos, Vasiliki
Gerohristodoulos, Hrisostomos & Eileen
Gibbs, Robert
Glaros, Dean
Glekas, Panagiotis & Garyfallia
Glorioso, Stephanie
Goodier, Chelsea & Costas
Gouskos, Stephanie
Grieco, Chrysanthi M.
Haefeli, Elizabeth & Douglas
Hajicosti, Xenia
Hallas, Nick & Heather
Harrison, Michael & Stella
Hays, Paraskevoula
Herald, William
Hristopoulos, Julie
Ioakim, Gus & Vasiliki
Isaacs, Katerina & Brandon
Jianos, Evanthia
Jones, Helen
Jones, Damani
Jordan, Petroula
Jurado, Benjamin & Sharon
Kafarakis, Katherine & Phillip
Kafarakis, Menelaos
Kafarakis, Alexander & Charissa
Kafarakis, Maria
Kalamoutsos, Eleni
Kalamoutsos, Vasilios
Kalapothakos, Andriana
Kalaris, Georgia
Kaldis, Anastasios & Vasiliki
Kaldis, Spiros & Constantina
Kaldis, Angeleke
Kaldis Smith, Anastasia & Jack
Kallinikos, John & Kathy
Kalogeropoulos, Aristidis & Lena
Kambanis, Catherine

Kanaras, Sotirios
Karabatis, George & Saydeh
Karadimas, Athanasios & Katherine
Karadimas, Spiros & Terri
Karagiannis, Ioannis & Aspasia
Karakatsanis, Stavros & Anthoula
Karavangelos, Agatha
Kariotis, Efthimia
Karoutsos, Costantinos & Nickolaos
Kasaskeris, Spiros & Lauren
Kasaskeris, Antonios
Katsafanas, George & Rovenia
Kavadias, Theodora
Kavadias, Kyriaki
Kavadias, Demetrios & Erica
Kavadias, Jerry & Tara
Kavadias, Olivia & Jacob Roberts
Kavadias, Gabriel
Kefalas, Chrys
Kisas, Dimitra
Kokonis, Nick J.
Kokonis, Nicholas P.
Kontakiotis, Stelios & Katherine
Kontos, Aleko & Elenia
Koskinas, Olympia
Kostolampros, Georgia
Kotsiras, Anastasia
Kourkounakis, Angie & Basil
Kousiafes, Dimitrios & Antonia
Koutras, Ernest & Irene
Koutras, Bessie
Koutras, Louis & Jennifer
Koutras, Stephanie & John
Koutris, John & Autumn
Koutris, Effie
Koutris, George
Koutsoutis, Socrates & Anne
Kruml, Joseph
Kyritsopoulos, Niko
Ladany, Kalliopi
Lambis, Barbara
Lappas, Paul & Penny
Lappas, Dimitrios & Dimitra
Lappas, Maria
Larkin, Donald & Marianne
Lee, Father Dimitrios
Lee, Maria & Robert
Levantis, Spiro & Christina

LoCicero, Elijah & Courtney
Lolas, Anastasia
Loukas, Spyros & Elaine
Maestros, Maria
Magoulas, Paula
Maheridis, Pete & Nicole
Malagisi, Christopher & Anna
Malakasis, Virginia & Spiros
Mamakos, Francesca
Mantzouranis, Christopher
Mantzouranis, George & Anastasia
Mantzouranis, Athanasia
Mantzouranis, James & Maria
Mantzouranis, John & Heidi
Mantzouranis, Lefki
Mantzouranis, George
Mantzouranis, George & Sophia
Mantzouranis, Alexandra & Athanasios
Manuel, Mary
Marinos, George & Maria
Markatatos, Ekaterini
Marketon, Jeanette & John
Markos, John & Katherine
Marlas, Cleon & Pauline
Marmaras, Thalia
Marmaras, Dimitrios & Maria
Marmaras, Peter
Maroules, Emma
Maroules, Efrem & Elizabeth
Masten, Maria
Mathis, Alyssa
Mathis, Ekaterini & Gregory
Matrakas, Theodore & Katherine
Mavridis, Josif
Mavromatis, Elias & Hrisoula
Mavromatis, Louis & Lydia
Mavromatis, Jacob
Mavromatis, Cornelia
Mavrophilipos, Vasilios & Maroula
Mayes, Chrysse & Joseph
Mercado, Stamatia & Richard
Metallinos, Yanni
Michael, Chris & Anne
Michaels, Alexandra
Mihailidis, Eugenia & John
Mihailidis, Constantine
Mina, Angeliki
Mina, Dora & Mario

Mitov, Radoil & Maria Katina
Morton, Joseph & Efthymia
Moshogianis, Myroulla & Manuel
Motsiopoulos, Christos & Diana
Mulchi, Kalliope & Charles
Murshed, Roni & Irene
Mylonas, Athena
Nasios, JoAnn & Sotirios
Nasios, Vasilios & Evangelia
Nathenas, Georgia
Nathenas, Pelagia
Nichols, Stephanie
Nicholson, Pelagia & Roy
Nixon, Adam & Helen
Noland, Jacqueline
O'Donnell, Michael & Panayiota
Pahigiannis, Maria
Panagiotopoulos, Helen
Panagoulas, Dimitrios & Theodora
Panos, Caterina & Panagiota
Pantazes, Litsa
Pantazopoulos, Sotirios
Pantazopoulos, Pete
Papakostas, George & Valia
Papaloizos, Stavros & Victoria
Papaloizos, Maria
Papoulias, Christos & Margaret
Pappas, Nicholas & Nicolette
Paschalidis, Nikolaos & Maria
Passas, Diamando
Pavlides, Michael & Marie
Perona, Christopher & Kristina-Maria
Perrus, Sofia
Perrus, James & Stacy
Perry, Geoffrey & Christine
Pino, Christina
Pino, Alexandra
Piskapas, Dimitri & Alexandra
Pittas, George & Marjorie
Pittas, Nicholas & Alexandra
Pournaras, Athanasios & Marika
Psallidas, Charilaos & Paraskevi
Rakis, Pauline
Raptis, Athanasios & Athanasia
Raskovic, George & Christine
Recachinas, Anastasios
Recachinas, Andrew & Sophia
Recachinas, Andrew & Eleni

Recachinas, Demetrios
Recachinas, Maria
Recachinas, George & Sandra
Reiter, Charity & Lucas
Resutek, Greg & Penny
Retzos, Christos & Angela
Retzos, Evangelos & Nikki
Rikos, Kostas & Sperry
Rogers, Athena & Christopher
Romas, George & Elaine
Romeos, Olga & Vasilios
Roros, Maria
Roros, Minas
Rothenberger, Christopher & Marilena
Russow, Eleni & Robert
Sakkos, Christos & Pauline
Sakkos, Ted & Fifi
Salicru, Adriano & Eleni
Sideris, George & Angela
Sideris, Irene
Sideris, Panagiotis
Siozios, George
Sissamis, William & Anastasia
Skarvelis, John & Christine
Skarvelis, Gregory & Anastasia
Skenderis, Anastasia
Skipton, Maria
Solomos, Marianthi
Somwaru, Agapi & Rudolph
Soves, Chris & Constance
Spiropoulos, Pete & Joann
Stamidis, Dimitrios & Maria
Stamos, Stamatia & William
Stamos, Maria
Stamos, Jennifer
Stamos, Niko
Stathes, Electra
Stathes, Nick & Vasiliki
Stathes, Paul & Konstandina
Stathopoulos, Patricia
Stratakis, Christina
Strates, Athena
Strats, Panagiota
Straub, Daniel & Fotini
Strickland, Chase & MaryElle
Sutherland, Colleen
Swift, Jennifer
Tatakis, George & Angie

Theologou, Georgia
Thompson, Gregory & Jackie
Thornberg, Bernard & Helen
Tiches, Charles & Anastasia
Tiches, Alexander
Tiches, Matt & Effie
Tiches, Mrs. Louis J. Tiches
Tjoumas, Constantine & Constance
Tompros, Angelo & Katherine
Triantis, Vasiliki
Tsahalidis, Nicholas & Demitra
Tsakos, Irene & Steven
Tsamoutalis, Kristin & Al
Tsiamis, Yianni & Anika
Tsiamis, Nikolas
Tsianakas, Evangeline & Gregory
Tsintolas, Stratis & Suzanne
Tsiplianitis, Demetrios & Vasiliki
Tsiouras, Vasiliki
Tsonis, Konstantinos
Tsonis, Kitsa & Nikolaos
Tzamaras, Bill & Katy
Vakalopoulos, Avgerinos & Elizabeth
Vakalopoulos, Xenofon
Vallone, Sofia
Vallone, Vito & Jocelyn
Vallone, Helen & Christopher
Van Stry, Dylan & Samantha
Vargas, Yianna & Jose
Vissas, Christine
Vithoulkas, Constantine & Paraskevi
Wahba, Irene & Abraham
Ward, Dennis & Stasy
Wasef, Ioanna
Welsh, Michael & Alexandra
Xanthos, Theodora
Xenohristos, Christos & Vanessa
Xeron, George
Xeron, Efthimios
Yfantis, Chris
Yfantis, Vasso
Yfantis, George & Irene
Zambetis, Tom & Angela
Zambetis, Athan
Zavras, Soula
Zevitas, John & Stephanie
Zibragos, Anastasia
Zuras, Constantine & Eva



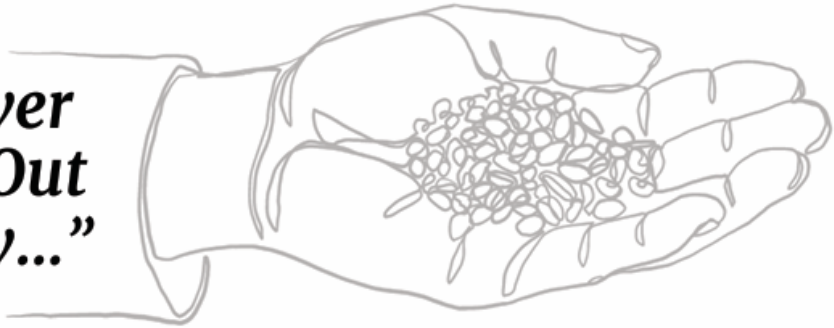
DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING | *Luke 8:5-15*

Fr. George Parsenios (HCHC '96)

"A Sower Went Out to Sow..."



Seeing they do not see, and hearing they do not understand." Jesus applies this phrase to his opponents in today's Gospel reading in order to explain why they heard all that he said and saw all that he did, but then they turned away from him in rejection instead of turning to him in faith. Pontius Pilate, for example, stared into the face of the living God and asked, "What is truth?" He saw. He heard. But he did not believe because his heart was closed to the truth. Seeing, he does not see. Hearing, he does not hear. Such hardness of heart does not apply only to Jesus' opponents. Our own hearts can be hardened in a similar way: we might appear to be engaging with God and with the people around us, but our actions are empty. Think of how many times you sat in a divine service and were overcome with boredom or

indifference. We say the prayers and we hear their words, but the words mean nothing to us. Praying, we do not pray. Or, think of how many times we deal with members of our families and we say that we love them, but our actions show something else. Loving, we do not love. The same delusion might accompany our service to the Church and to others. We may appear to be performing selfless acts of service for the good of the Church, but all the while our real concern is to be thanked and honored profusely. Serving, we do not serve. To avoid these pitfalls, let us examine our hearts before we act, knowing that we will never be perfectly humble, but striving ever more to be authentic in our Christian faith.

Fr. George Parsenios is Professor of New Testament at Holy Cross Greek Orthodox School of Theology. www.hchc.edu



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FROM THE ORIGINAL GREEK: *Daimonion* (Δαιμόνιον)

What does “Demon” mean?

Fr. George Parsenios (HCHC '96)



The English word “demon” refers specifically to evil spirits or forces, but it has no such negative connotation in pagan religion. Ancient Greeks believed in a sky full of deities, and they gave the name *daimonion*—or the related term *daimôn*—to the less powerful gods.

Socrates even claimed that a special *daimôn* guided him in moral decisions. Even earlier, Hesiod wrote that “demons” served as personal overseers who brought benefit or harm to the people they supervised.

A fortunate person was said to possess *eudaimonia* which literally meant that he was guided by a “good demon.” When Jews and Christians spoke in the Bible about the gods of the Greeks, however, the term took on an utterly negative sense. For Christians and Jews, the Greek gods were evil forces that seduced people away from honoring the one true God. St. Paul famously reprimanded the Church in Corinth for participating in pagan sacrifices and cultic meals by saying, “You cannot partake of the table of the Lord and the table of demons” (using *daimonia*, the plural of *daimonion*). Christians, therefore, believe that when pagans worship a *daimonion* and not the one true God, they honor an evil spirit.



17th Century Russian icon of the Seventh Ecumenical Council. Public Domain.

THIS WEEK'S LOOK AT CHURCH HISTORY

The Seventh Ecumenical Council

Ben Malian, MTS–Holy Cross 2026

Today the Orthodox Church commemorates the Seventh Ecumenical Council, known also as the Second Council of Nicaea, which convened over several sessions from September 24th to October 13th, 787.

For decades at that time, imperial policy in the East had been “iconoclastic”: the veneration of icons was blanketly prohibited, and many were simply painted over or destroyed. More than 300 bishops gathered at the Council of Hieria in 754 to endorse imperial iconoclasm and affirm the sophisticated theological arguments of Emperor Constantine V.

Yet by 784, the shrewd Empress Irene and her handpicked Patriarch of Constantinople, St. Tarasios, began spearheading a council whose task would be to defend both the production and veneration of icons. Citing “the divinely inspired tradition of the catholic Church” and underscoring the vital significance of the doctrine of the Incarnation—namely, that icons “provide confirmation that the becoming man of the Word of God was real and not just imaginary”—the Definition promulgated at the Second Council of Nicaea in 787 remains today a remarkable summation of the Orthodox faith.



OCTOBER IS DISABILITY AWARENESS MONTH:

A Simple “Hi” Can Change Everything

**By Presvytera Melanie DiStefano,
MDiv-Holy Cross**

As Orthodox Christians, we are called not only to believe the Gospel, but to live it. Christ reached out to those who felt overlooked, isolated, or marginalized, reminding us that every person is created in the image and likeness of God. During Disability Awareness Month, we reflect on how we can put our faith into action by creating a more welcoming and inclusive parish community.

The Greek Orthodox Archdiocese's “Just Say...” campaign begins with a simple but powerful message: **“Just Say Hi.”** While it may seem small, a warm greeting can make a tremendous difference. A smile, eye contact, and a kind “hello” communicate something every person longs to hear: *You belong here.*

Hospitality means respecting one another's dignity and personal space. Mobility devices, such as wheelchairs, walkers, or canes, are extensions of a person's independence and should never be leaned on, moved, or handled without permission. Likewise, it is important to avoid touching or hugging someone without consent. Simple acts of respect create an environment where everyone feels valued and safe.

Thoughtful communication is another way we can show Christ's love. When speaking with a person who is blind or has low vision, adding verbal context can be helpful. For example, rather than silently extending a hand, say, “I am extending my

hand to shake yours.” Clear communication allows everyone to participate more fully in fellowship and parish life.

For individuals who are deaf or hard of hearing, visual forms of communication can make meaningful connections possible. Facing the person when speaking, ensuring visibility for lip-reading, offering a friendly wave, or using a smartphone or notepad to exchange written messages are simple ways to foster connections.

This year's campaign also encourages us to be comfortable using the word **“disability.”** The term is respectful and widely accepted. Most importantly, we should listen to and honor the preferences of each person. If someone uses a particular term to describe their diagnosis or disability try to respect that choice. When uncertain, it is perfectly acceptable to ask. A sincere question demonstrates a desire to understand.

Putting our faith into action does not require grand gestures. Often, it begins with a greeting, a respectful conversation, and a willingness to learn. By embracing every member of our community with Christ-like love, we ensure that our parish is a place where all are welcomed, valued, and able to fully participate in the life of the Church.



For information on disability initiatives and support resources to help improve accessibility at your parish, visit:
www.goarch.org/fully-human and
www.goarch.org/OBOA

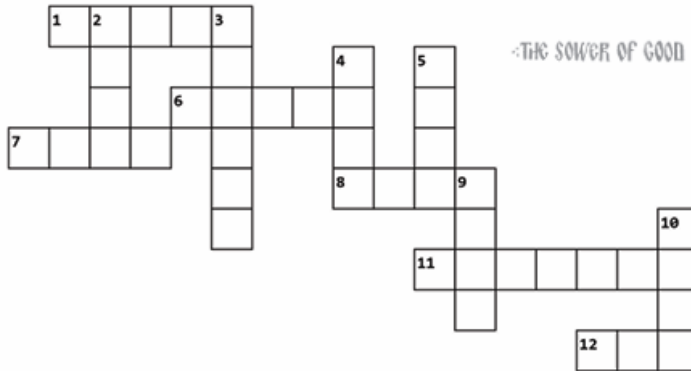


CROSSWORD

Parable of the Sower

Today's Gospel reading is found in the Book of Luke. In it, Jesus taught the Parable of the Sower to explain how people receive God's word in different ways. As you complete this crossword puzzle, think about the seeds, the different types of soil, and how we can prepare our hearts to grow in faith and bear good fruit for Christ! Read each clue carefully and fill in the crossword puzzle with the correct word. All the answers relate to the Parable of the Sower and can be found in Luke 8:5-15.

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



THE SOWER OF GOOD SEEDS:



Across

1. A person who understands the Word bears _____
6. The farmer who scattered the seeds
7. The Gospel writer of today is _____
8. The place where some seeds were eaten by birds
11. Jesus taught this lesson as a _____
12. The seed represents the word of _____

Down

2. The seeds withered here with no moisture
3. What choked the growing plants?
4. What the good soil produced
5. The part of the plant that grows down into the earth
9. People should have ears to _____
10. What the sower planted



ANSWER KEY:

Diakonia is made possible by a generous grant from Leadership 100

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GREEK SCHOOL

[Click here to Register TODAY!](#)



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OUR GREEK SCHOOL YEAR IS OFF TO A GREAT START!

It's not too late to join! Scan the QR Code to sign up today!



**CLASSES
HELD
MONDAYS**

- **SEPTEMBER 21ST - JUNE 14TH**
- **PRE-K THROUGH ELLINOMATHEIA LEVELS**
- **ADULT CLASSES**



SPONSOR A *Coffee Hour*

- ♥ Celebrate a birthday, anniversary, or Nameday
- ♥ Honor the memory of a loved one
- ♥ Bring our parish together in fellowship

HOW TO SPONSOR

Provide sweet and savory treats for **100–150** people OR make a \$100 donation toward refreshments.

On your Sunday, set up, serve after Divine Liturgy, and clean up.

Coffee, plates, napkins, and guidance are provided by Philoptochos.



RESERVE YOUR DATE

AVAILABLE SUNDAYS

October 4 – December 27
(dates subject to change)



CONTACT

HELEN THORNBERG

301-949-1788
(please leave a message)



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MONTE CARLO GALA

Hurry, don't be left out, tickets are going fast!

90% have already been sold!

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10.24.26

**7 PM -
Midnight**

**Saints Constantine & Helen
Greek Orthodox Church of DC**
Antigone Recachinas Grand Hall

Presents a lively night filled with

- Aegean Culinary Delights
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- Silent Auction and Raffle
- Games of Chance & Prizes

\$75 per person • Only 250 seats

Now accepting reservations!

Contact: Christina Recachinas Clifton 301-467-7072

MEN'S FELLOWSHIP

[Click Here to Register!](#)



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WASHINGTON, D.C.

JOINT

MEN'S FELLOWSHIP

Fall Wine Tasting & Dinner!

FOSTERING ORTHODOX BROTHERHOOD

With remarks from both Rev. Dimitrios Lee and Rev. Peter Thornberg



Thursday,
October 29, 2026



6:30 – 9:00 PM



The Urban Winery
Silver Spring, MD



\$45 PER ATTENDEE
*Includes dinner and
wine tastings.*

To register and for
more details, use QR code.





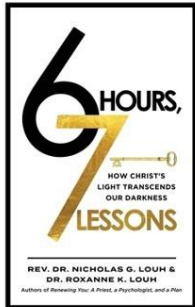
SPONSORSHIPS AVAILABLE

SAVE-THE-DATE
2nd Annual D.C. Area Orthodox Father Retreat
March 12-13, 2027
Hallowood Retreat Center, Dickerson, MD



Iron Sharpens Iron • Ecclesiastes 4:9-10

Saint Kosmas Aitolos Bookstore!



6 Hours, 7 Lessons: How Christ's Light Transcends Our Darkness

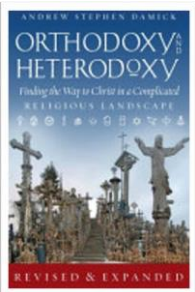
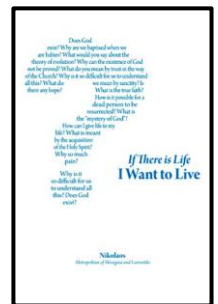
By Roxanne Louh and Nicholas G. Louh

During His darkest moments, Jesus uttered seven statements on the Cross that offer us tremendous wisdom in our own dark seasons-when we feel alone, forgotten, and unable to surrender, forgive, or let go of our mistakes. In 6 Hours, 7 Lessons, Orthodox Christian priest Father Nicholas Louh and licensed clinical psychologist Dr. Roxanne Louh show us that there is no darkness so dark that our Lord hasn't already experienced it.

If There Is Life I Want to Live

By Metropolitan Nikolaos of Mesogaia

100 questions and answers on matters of faith. Written by Metropolitan Nikolaos of Mesogaia when he was on Mount, Athos, during a period of complete solitude, while staying at the kathisma or monastic dwelling of St. John the Theologian, near the small harbor of Simonopetra Monastery.



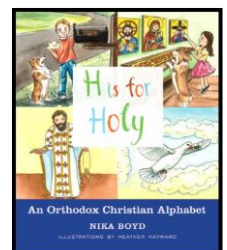
Orthodoxy and Heterodoxy: Finding the Way to Christ in a Complicated Religious Landscape

By Andrew Stephen Damick

Are you an Orthodox Christian who wonders how to explain to your Baptist grandmother, your Buddhist neighbor, or the Jehovah's Witness at your door how your faith differs from theirs? Or are you a member of another faith who is curious what Orthodoxy is all about? Look no further. In Orthodoxy & Heterodoxy, Fr. Andrew Stephen Damick covers the gamut of ancient heresies, modern Christian denominations, fringe groups, and major world religions, highlighting the main points of each faith. This book is an invaluable reference for anyone who wants to understand the faiths of those they come in contact with as well as their own.

H is for Holy: An Orthodox Christian Alphabet

By Nika Mary Boyd and Heather Hayward





Project Sam

Special Abilities Ministry

Identifying and reconnecting individuals with special abilities to the Orthodox Faith.

If you would like more information, or if you have family or friends who could benefit from this initiative, please reach out below.

**Saints Constantine & Helen
Greek Orthodox Church
Washington, DC**

**Rev. Father Dimitrios Lee
- Presiding Priest**

**Very Rev. Father
Kallinikos Chasapis
- Assistant Priest**

Phone: (240) 389-1366



Project Sam is created in loving memory of Samantha Eliades (1989-2023) and her deep love for the Greek Orthodox Church.

Our priority is to support and embrace this exceptional community.

32nd Annual Tea

to benefit the



CHILDREN'S AGAPE FOUNDATION

of the Greater Washington Area Philoptochos Societies



Saturday, October 17, 2026

2:00 pm – 4:00 pm

**St. Theodore
Greek Orthodox Church
7101 Cipriano Road
Lanham MD 20706**

SPECIAL GUEST SPEAKER: Dr. Evgenia (Jenny) Gourgari

Pediatric Endocrinologist, MedStar Health Washington, D.C.

«Φάε, παιδί μου!» – Rethinking Food, Family & Healthy Weight

Admission is **FREE** · Donations Welcome · Door Prizes

About AGAPE:

The Children's AGAPE Foundation, a 501c3 organization, is a joint collaboration of the DC area Philoptochos societies that provides confidential financial assistance for medical & medical-related expenses to families of Orthodox children up to age 22
www.agapefoundationdc.org



For information or directions, please contact:
Maria Kapsalis (240) 304-6433 or Nora Presti (410) 952-8922

Pan-Orthodox Young Adults & Professionals Gala

A NIGHT IN *Byzantium*

Join us for a Byzantine-themed night filled with live music, a DJ, a photo booth, and a full buffet dinner!

DRESS CODE: Byzantine Inspired / Semi-Formal

OCTOBER **17** 6-10 PM

SAINTS PETER AND PAUL
ANTIOCHIAN ORTHODOX CHURCH

RSVP HERE:

Early Bird Tickets \$65 until
September 25th - After Tickets
will be \$75 until October 11th

*10% of ticket sales will be donated
to FOCUS North America*



Please email OYAPGala@gmail.com for any questions or concerns.

PROGRAM

9:15-9:30 AM **WELCOME ADDRESS**
Mother Agapia

9:30-10:30 AM **PANEL 1**
What the Tour Bus Won't Show You: Voices from the Ground

10:30-11:30 AM **PANEL 2**
The Status of the Holy Land: The Places, the Pious, and the Pilgrims

11:30 AM-12:30 PM **PANEL 3**
Whose Voice Is Speaking for Christians? Christian Zionism and the Orthodox Response

12:30-2:00 PM **LUNCH/KEYNOTE**
John Kiriakou

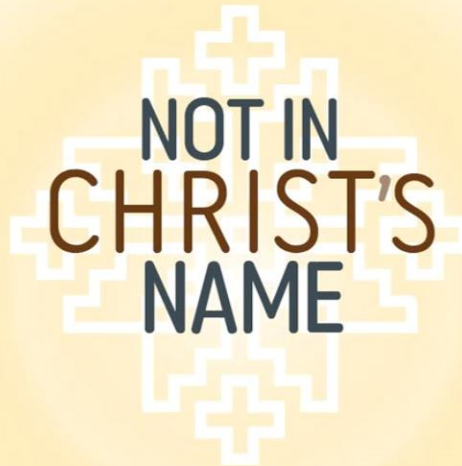
2:00-3:00 PM **PANEL 4**
The Nuts and Bolts of Advocating on the Hill

3:00-4:00 PM **PANEL 5**
Mobilizing the Next Generation

4:00-5:00 PM **PANEL 6**
Organizing & Activating Your Communities and Parishes

5:00-5:30 PM **CLOSING REMARKS**

5:30 PM **VESPERS & CHANTERS**



Join us!

SATURDAY, NOVEMBER 14, 2026

AN ORTHODOX CHRISTIAN SUMMIT **FOR PALESTINE**
KEYNOTE SPEAKER: **JOHN KIRIAKOU**

IN PERSON: 9:00 AM – 5:30 PM, EST

Ss. Peter & Paul Orthodox Church, 10620 River Rd, Potomac, MD
Join us for vespers following the summit

Orthodox Christians from every jurisdiction, along with those who share concern for justice and peace, are invited to gather for a one-day summit on Palestine.

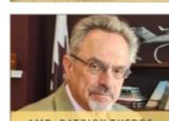
As the suffering, ongoing persecution, and displacement of our brothers and sisters in the Holy Land persists, we believe our Orthodox community and all people of conscience are called to respond. This summit brings our communities together to learn how we can put our faith into action.

Inaction is not an option.

At the Summit, we will:

- ❖ Learn about the realities facing Palestinians and the intensifying persecution of the indigenous population
- ❖ Hear from people with direct knowledge and experience of the situation
- ❖ Connect with Orthodox Christians and friends from other faith traditions who are committed to justice and peace
- ❖ Equip ourselves to advocate on Capitol Hill and in our parishes, communities, and wider networks
- ❖ Leave with practical ways to act in support of our brothers and sisters in Palestine

www.OrthodoxChristiansForPalestine.info



REGISTER CLICK OR SCAN QR CODE BELOW



ALL ARE WELCOME
including those new to the Orthodox faith and part of other faith traditions.

[@OCPalestine](https://linktr.ee/OrthodoxChristiansPalestine)
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Directory of Ministries

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