



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



**December 7, 2025
10th Sunday of Luke**

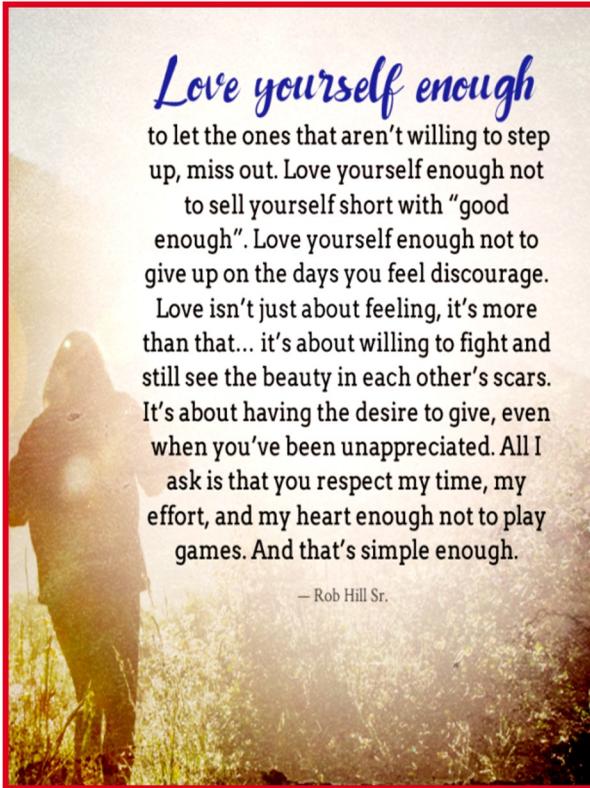
Church Announcements:

Christmas Poinsettia Fundraiser: As we celebrate the birth of our Lord, you are invited to help decorate the church for Christmas Liturgy by sponsoring a poinsettia. Please see Anthoula Karakatsanis to buy your poinsettia today.

Philoptochos Christmas Bake Sale & Toy Drive: Please see Katerina Kontakiotis or Sophia Mantzouranis to place your pre-order today! Donate **new unwrapped** toys for “A Wider Circle”. Please see Kathy Hallas or Georgia Ferentinos for more information.

Sunday School Christmas Village: Sunday, December 14th discover the charm of our Christmas Village immediately following the Divine Liturgy. **Sunday School Classes will not be held on December 21st or 28th.** Classes will resume on January 4th!

Men’s Fellowship Ministry: An Orthodox Father Retreat will be held on January 23-25. Please see Christopher Malagisi for more information. Reserve your spots today. There is limited availability.



Upcoming Church Service

Friday, December 12th: Saint Spyridon the Wonderworker of Trymithous
Divine Liturgy: 9:30am

Sunday, December 14th: 11th Sunday of Luke
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.

Donate by scanning
this QR Code

church center giving

Collection Tray



Download the
Church Center
Mobile App



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

Reverend Father Dimitrios Lee, Presiding Priest
Very Reverend Father Kallinikos Chasapis, Assistant Priest

Dear Parishioner:

Elections for the Parish Council will be held on **December 14, 2025**, following Divine Liturgy and will terminate at 3:00pm. Voting will take place in the Versis Center. Voting will be by secret ballot.

In order to be eligible to vote in the Parish Council election, the Uniform Parish Regulations and Parish By-Laws state that:

A Parish Steward other than a new steward is eligible to vote in the election provided he or she has been enrolled on the parish stewardship register for at least two (2) years and is in good standing by having paid his or her stewardship obligation in full for the years 2024 and 2025 preceding the election.

A new parish steward is eligible to vote in the election provided he or she has been enrolled on the parish stewardship register for at least three (3) months prior to the day of the election and is in good standing by having paid his or her stewardship obligation either in full or a pro-rated share as of the day of the election.

A member duly enrolled in the Parish register but delinquent in his or her Parish stewardship obligations may vote in the election by meeting his or her stewardship obligations at any time prior to balloting.

A list of the Parish Council candidates is attached to this letter. There are ten candidates who will serve on the Parish Council. On Election Day, you may vote for ten or fewer candidates. You may only vote for those candidates whose names appear on the official ballot. Write-in votes for persons not listed on the official ballot will render the ballot invalid.

An **absentee ballot** is available for any eligible voter who, because of illness, vacation, or absence from the area, is unable to personally cast his or her vote. Absentee ballots must be requested in advance, and in writing, from the Board of Elections. Send your request to the Board of Elections via email at voulavithoulkas@gmail.com. **Completed absentee ballots must be in the hands of the Board of Elections no later than the commencement of voting on December 14th.**

THE BOARD OF ELECTIONS

Voula Vithoulkas – Kathy Hallas – Georgia Ferentinos – Chrysse Mayes – Dave Ciesielski

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

Reverend Father Dimitrios Lee, Presiding Priest
Very Reverend Father Kallinikos Chasapis, Assistant Priest

**CANDIDATES FOR 2026-2027
PARISH COUNCIL ELECTIONS**

KATHY KAFARAKIS

JERRY KAVADIAS

PAUL LAPPAS

LOU MAVROMATIS

ANDREW J. RECACHINAS

BILL SISSAMIS

JOHN SKARVELIS

MATT TICHES

STASY WARD

JOHN ZEVITAS



Ο ΑΠΟΣΤΟΛΟΣ - Πρὸς Ἐφεσίους 5:8-19

Ἀδελφοί, ὡς τέκνα φωτὸς περιπατεῖτε - ὁ γὰρ καρπὸς τοῦ πνεύματος ἐν πάσῃ ἀγαθωσύνῃ καὶ δικαιοσύνῃ καὶ ἀληθείᾳ - δοκιμάζοντες τί ἐστὶν εὐάρεστον τῷ κυρίῳ· καὶ μὴ συγκοινωνεῖτε τοῖς ἔργοις τοῖς ἀκάρποις τοῦ σκότους, μᾶλλον δὲ καὶ ἐλέγγετε· τὰ γὰρ κρυφῆ γινόμενα ὑπ' αὐτῶν αἰσχρὸν ἐστὶν καὶ λέγειν. Τὰ δὲ πάντα ἐλεγχόμενα ὑπὸ τοῦ φωτὸς φανεροῦνται· πᾶν γὰρ τὸ φανερούμενον φῶς ἐστίν. Διὸ λέγει, Ὑγειρε ὁ καθεύδων καὶ ἀνάστα ἐκ τῶν νεκρῶν, καὶ ἐπιφαύσει σοὶ ὁ Χριστὸς. Βλέπετε οὖν πῶς ἀκριβῶς περιπατεῖτε, μὴ ὡς ἄσοφοι, ἀλλ' ὡς σοφοί, ἐξαγοραζόμενοι τὸν καιρὸν, ὅτι αἱ ἡμέραι πονηραὶ εἰσιν. Διὰ τοῦτο μὴ γίνεσθε ἄφρονες, ἀλλὰ συνιέντες τί τὸ θέλημα τοῦ κυρίου. Καὶ μὴ μεθύσκεσθε οἴνῳ, ἐν ᾧ ἐστὶν ἀσωτία, ἀλλὰ πληροῦσθε ἐν πνεύματι, λαλοῦντες ἑαυτοῖς ψαλμοῖς καὶ ὕμνοις καὶ ᾠδαῖς πνευματικαῖς, ᾄδοντες καὶ ψάλλοντες ἐν τῇ καρδίᾳ ὑμῶν τῷ κυρίῳ.

THE EPISTLE - St. Paul's First Letter to the Ephesians 5:8-19

Brethren, walk as children of light (for the fruit of light is found in all that is good and right and true), and try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light." Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Λουκᾶν 13:10-17

Τῷ καιρῷ ἐκείνῳ, Ἦν δὲ διδάσκων ἐν μιᾷ τῶν συναγωγῶν ἐν τοῖς σάββασι. καὶ ἰδοὺ γυνὴ ἦν πνεῦμα ἔχουσα ἀσθενείας ἔτη δέκα καὶ ὀκτώ, καὶ ἦν συγκύπτουσα καὶ μὴ δυναμένη ἀνακῦψαι εἰς τὸ παντελές. ἰδὼν δὲ αὐτὴν ὁ Ἰησοῦς προσεφώνησε καὶ εἶπεν αὐτῇ· γύναι, ἀπολέλυσαι τῆς ἀσθενείας σου· καὶ ἐπέθηκεν αὐτῇ τὰς χεῖρας· καὶ παραχρῆμα ἀνωρθώθη καὶ ἐδόξαζε τὸν Θεόν. ἀποκριθεὶς δὲ ὁ ἀρχισυνάγωγος, ἀγανακτῶν ὅτι τῷ σαββάτῳ ἐθεράπευσεν ὁ Ἰησοῦς, ἔλεγε τῷ ὄχλῳ· ἕξ ἡμέραι εἰσὶν ἐν αἷς δεῖ ἐργάζεσθαι· ἐν ταύταις οὖν ἐρχόμενοι θεραπεύεσθε, καὶ μὴ τῇ ἡμέρᾳ τοῦ σαββάτου. ἀπεκρίθη οὖν αὐτῷ ὁ Κύριος καὶ εἶπεν· ὑποκριτά, ἕκαστος ὑμῶν τῷ σαββάτῳ οὐ λύει τὸν βουῖν αὐτοῦ ἢ τὸν ὄνον ἀπὸ τῆς φάτνης καὶ ἀπαγαγὼν ποτίζει; ταύτην δέ, θυγατέρα Ἀβραὰμ οὖσαν, ἦν ἔδησεν ὁ σατανᾶς ἰδοὺ δέκα καὶ ὀκτὼ ἔτη, οὐκ ἔδει λυθῆναι ἀπὸ τοῦ δεσμοῦ τούτου τῇ ἡμέρᾳ τοῦ σαββάτου; καὶ ταῦτα λέγοντος αὐτοῦ κατησχύνοντο πάντες οἱ ἀντικείμενοι αὐτῷ, καὶ πᾶς ὁ ὄχλος ἔχαιρεν ἐπὶ πᾶσι τοῖς ἐνδόξοις τοῖς γινόμενοις ὑπ' αὐτοῦ.

THE GOSPEL - Gospel According to Luke 13:10-17

At that time, Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, he called her and said to her, "Woman, you are freed from your infirmity." And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day." Then the Lord answered him, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?" As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

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MEMORIALS



Kyriakos Savvas Tselios, is the beloved husband of Haralambia Tselios. Devoted and loving father of, Tsambika, Anastasia, and Stavros Tselios and the late Savvas Tselios; Cherished brother of Athina Papasavvas. May his memory be eternal.

Panagiotis Pahigiannis, beloved husband of Rosario Pahigiannis. Loving father of Theofanis (Katherine) Pahigiannis and Maria Eleni Pahigiannis; Devoted grandfather of Poti, Veronika and Eleni. Panagiotis was the cherished brother of Aspasia (Patrick) Theros and Nikon (Jean) Pahigiannis and is deeply missed by numerous cousins, nieces, nephews, and friends. May his memory be eternal.

FUTURE MEMORIALS

December 21st - Aspasia Gouzoulis Karagiannis

January 25, 2026 - Anastasios Karavangelos

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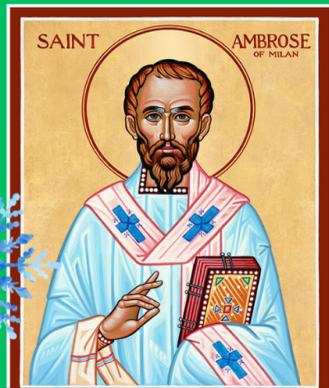
PRAYER LIST

Demetrios, Maria, Annette, Kathy, Aliko, Ernie, Anastasia, Christos, Vasili, John, Cedric, Margaret Arianna, Cleopatra, Tiffany, Maria, Marvin, Tiffany, Annette, Jodie, Evan, Despina, John, Dimosthenis, Stelios, Alexandra, Dionysia, Hariklia, Konstantinos, Bridget, George, Peter, Matthew, 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 and George.

KIDS CORNER

BY FR. DIMITRI

Sunday, December 7th, 2025



GOSPEL SNAPSHOT

Luke 13:10-17



One day, Jesus was teaching in a synagogue when He saw a woman who had been bent over and unable to stand up straight for 18 years! Jesus called her over, laid His hands on her, and said, "Woman, you are set free from your sickness." Immediately, she stood up tall and praised God!

Some leaders complained because Jesus healed her on the Sabbath day, but Jesus reminded them that helping someone in need is always the right thing to do. The whole crowd rejoiced at the wonderful things He was doing!

IMPORTANT LESSON



The woman in the Gospel wasn't invisible to Jesus.

- He noticed her pain and called her forward with compassion.
- Jesus wants us to love like that too:
- When someone is sad, we can comfort them.
- When someone is hurting, we can offer help.
- When someone feels forgotten, we can show them they matter!
- Kindness is never "against the rules."

Whenever we help others, we are doing God's work—just like Jesus did!



SAINT OF THE DAY

- Saint Ambrose of Milan (†397) – A wise bishop who defended the Christian faith and helped lead many people—including Saint Augustine—to Christ.
- Known for his powerful preaching and beautiful hymns, Saint Ambrose taught that true greatness is found in humility and love.



KEY IDEA

- Jesus sees our suffering—and He cares. His love brings healing, joy, and freedom.



FUN FACT

- Did you know that the word synagogue means "place of gathering" in Greek? Before churches existed, Jewish people gathered in synagogues to pray, read Scripture, and learn about God—just like we gather in church today to worship and be close to Christ!



COMMUNITY OUTREACH

A heartfelt thank you to all who supported our Thanksgiving Food Drive. With your support we provided Thanksgiving meals to 250 Montgomery County families.



CHRISTMAS POINSETTIA FUNDRAISER

Donate



God so loved the world that he sent His
Only begotten Son so that all who
believe in him will not be lost but will
have eternal life

JOHN 3:16

CHRISTMAS POINSETTIA FUNDRAISER

As we come together to celebrate the birth of our Lord, you are invited to help decorate our church for Christmas Liturgy by sponsoring a poinsettia. Each sponsorship is \$75.

After the Christmas Liturgy, sponsors are welcome to take their poinsettias home to enjoy during the rest of the Christmas season.

Thank you for your support in making our celebration of the Nativity brighter and more beautiful.

Deadline to order: December 17th

Contact: Anthi Karakatsanis 240-888-6201
OR Order Online



Schedule a Zoom Call with Jolly St. Nick! ... It's FREE!



An Orthodox Christian Ministry
... for ALL children!

Scan QR Code
for a Video!



Scan QR Code
for details!



Visit us at:

www.StNicholas-Tele-Santa.com

SUNDAY SCHOOL

DECEMBER 14, 2025

Christmas Village

*Discover the charm
of our Christmas Village*

DIRECTLY FOLLOWING THE
DIVINE LITURGY

Music / Food / Shopping / Crafts



ANTIGONE RECACHINAS GRAND HALL

For gift ideas click on this link: [Amazon Toy Wishlist](#).

SAINTS CONSTANTINE AND HELEN GREEK ORTHODOX CHURCH
OF WASHINGTON, DC

LADIES PHILOPTOCHOS SOCIETY

Christmas Toy Drive

OUR GOAL IS TO COLLECT AND DONATE NEW, UNWRAPPED TOYS FOR 'A WIDER CIRCLE', TO HELP MAKE THE HOLIDAYS SPECIAL FOR CHILDREN IN NEED ON CHRISTMAS MORNING!

DONATIONS WILL BE DELIVERED TO THE "NORTH POLE"
('A WIDER CIRCLE') BY OUR PHILOPTOCHOS OUTREACH ELVES!

PLEASE

- ◆ DROP OFF AFTER CHURCH ON SUNDAYS
BY DECEMBER 14TH
- ◆ BRING NEW, UNWRAPPED TOYS
OR
- ❄️ \$25 GIFT CARDS FROM TARGET OR WALMART
- ◆ GIVE TO KATHY HALLAS OR GEORGIA FERENTINOS

❄️
*'A WIDER CIRCLE' IS A 501(C)(3) CHARITABLE NONPROFIT ORGANIZATION.
THEIR MISSION IS TO ADVANCE EQUITY AND TO ADDRESS THE ROOT
CAUSES OF POVERTY IN THE GREATER WASHINGTON AREA.
THEIR VISION IS A WORLD WITHOUT POVERTY.*



SAINTS CONSTANTINE AND HELEN GREEK
ORTHODOX CHURCH OF WASHINGTON, DC

LADIES PHILOPTOCHOS SOCIETY

Christmas Bake Sale

✦ **ASSORTED PASTRIES**

*Baklava, Kataifi, Karithopita, Kourambiethes,
Koulourakia, Melomakarona and a small Tsoureki*

LARGE BOX ~ \$60

SMALL BOX ~ \$40 (without small Tsoureki)

✦ **KOULOURLAKIA ~ \$15** (per dozen)

✦ **LARGE TSOUREKI ~ \$25**

PRE-ORDER(S) & PAYMENT: DUE BY SUNDAY, DECEMBER 7th

PICK-UP ORDER(S): SUNDAY, DECEMBER 21st AFTER CHURCH

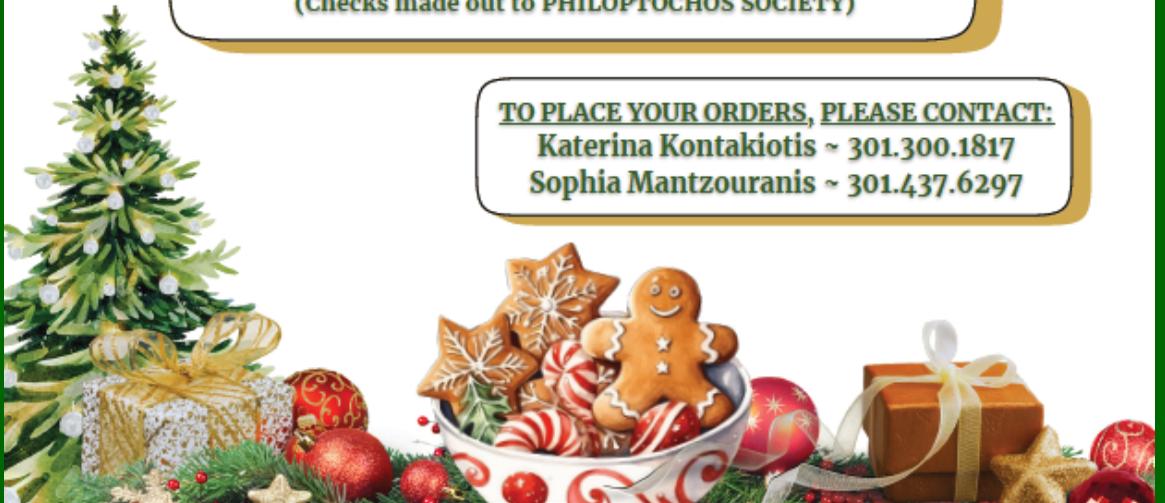
CASH, CREDIT OR CHECK

(Checks made out to PHILOPTOCHOS SOCIETY)

TO PLACE YOUR ORDERS, PLEASE CONTACT:

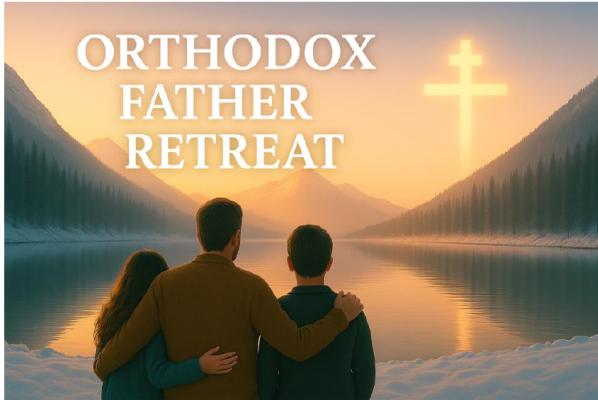
Katerina Kontakiotis ~ 301.300.1817

Sophia Mantzouranis ~ 301.437.6297



MEN'S FELLOWSHIP MINISTRY

[Click here to make your reservations now!](#)



JAN 23–25, 2026 THEME: THE SPIRITUAL VOCATION OF FATHERHOOD

OVERVIEW

The SCH Men's Fellowship Ministry invites all fathers (with children age 16 or younger) or soon-to-be fathers to join us for a special weekend *Father Retreat* with **Fr. Dimitri!** The retreat will also include a special virtual presentation and Q&A session with Hellenic College Holy Cross theologian, **Dr. Philip Mamalakis** – author of [Parenting Toward the Kingdom: Orthodox Christian Principles of Child-Rearing](#) and [The Journey of Marriage: In the Orthodox Church](#).

* The retreat will occur from Fri, Jan 23rd at 4pm through Sun, Jan 25th at 11am.

GOALS & PURPOSE

The goals of the Father Retreat are to help participants become better fathers, better husbands, and to foster strong fellowship of Orthodox fathers in our church. The purpose is to better understand how we become more Christ-like and intentional in our duties as fathers, husbands, and in our community, and to work through the cultural challenges we face today. By the end of the retreat, you will leave with immediate tangible takeaways and long-term inspiration.

Organized by: Saints Constantine & Helen Greek Orthodox Church of Washington, DC (Silver Spring, MD) – Men's Fellowship Ministry (Chairman: Christopher Malagisi)

SPONSORED BY:

Saints Constantine & Helen Greek Orthodox Church of DC: Men's Fellowship Ministry

VENUE: Hallowood Retreat Center (only 40 min. drive from church!)

ALL-INCLUSIVE COST: \$345 (includes single room and all meals!)

SPEAKERS:

*Rev. Dimitrios Lee
*Dr. Philip Mamalakis (Virtual, w/ Q&A!)
*Christopher Tsichlis
*Christopher Malagisi

TO REGISTER AND FOR MORE DETAILS:





FROM OUR ARCHIVES

THE EPISTLE- VOL. XXXIX, NO. 6, NOVEMBER/DECEMBER 1987

6

the epistle

THE CHILDREN OF TODAY

Who are they? What are their needs? Are they any different from those of earlier generations? What is their relationship to the Church?

As we begin another year with our young people here at Sts. Constantine and Helen, these questions, and how we answer them, are very important in our formulation of programs for this, our most important treasure.

The children are no different than those who came before them. They need to have an identity, and, further, they need to identify with their peers, their parents, with all adults with whom they come into contact, and with their Church.

First and foremost, is the child's relationship with his parents, for without the influence of mom and dad a very important element in the child's life will be missing. Second, his relationship with his priest tends to play a very important part in a child's willingness to explore further his heritage and his Faith. Third, how he relates to his Sunday School teacher, to the parish council, to all those who together comprise the "ecclesia" is essential in the young child's search for his identity.

All of us, who have reached adulthood, must open our eyes and draw upon our own childhood experiences in order to help our young people find their identity which they so eagerly are seeking.

Here at St. Constantine we have two teen-age groups -- the first, the Junior G.O.Y.A., comprised of 13-18 year olds, and, reinstated this year, the JOY comprised of 9-12 year olds. Both groups will participate in similar activities but geared to their respective levels. Activities planned are religious retreats, church participation, various church projects, basketball, bowling, socials with our sister churches, bake sales, pizza Sundays, candy drives and so on.

Fortunately, we are blessed with some very dedicated volunteers whose commitment to our youth is unquestioned.

DEMETRI KOUTRAS has been coaching our girls for nearly ten years and MAX FERENTINOS is now in his second year as coach.

Our boys have been blessed with the coaching talents of the KOUTRIS brothers, TELLY and SOTERIOS, who are retiring this



JUNIOR G.O.Y.A.

year. Our thanks go to them for the marvelous job they did with our boys last year. Returning to the coaching staff this year is STEVE CHURCH and we look forward to working with him again. Assisting Steve will be BILL STAMOS. Welcome back, Bill!

Lending assistance to our program this year will be PATTI JENKINS, who has been teaching in our Sunday School for a number of years, and one of our college students, ANGIE PAPOULIAS.

It is interesting to note that all of the people mentioned above - present and past advisors - have all graduated from our Junior G.O.Y.A. group. Wouldn't it be wonderful if many more of our former Junior GOYANS would "give back to the Church" as these fine people do.

One final word to the parents of our children. You must use your influence to encourage their becoming active in the Church. Sunday School, acolyte service, Jr. G.O.Y.A., Senior G.O.Y.A., choir are all fine places to start.

If you would like to be placed on our mailing list or if you need information of any kind concerning our activities, please contact any of our volunteers. You can be put in touch with them by calling the church office.

Remember, we at Sts. Constantine and Helen CARE about our youth.

CHRIS WALLACE



Χαρούμενες Γιορτές

τῶν Χριστουγέννων

καὶ τὸ Νέον Ἔτος

νὰ περάσετε

μὲ ὑγεία, χαρὰ κι' εὐτυχία

Grief Share Ministry

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.



OCT 6, 2025 – JAN 5, 2026

Mondays, 7–8:30 PM in the
Versis Center

Join us for **14 weeks** of
support and healing together.

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 \$20 and bring it with you to our sessions.

A BYZANTINE CHRISTMAS

Saturday--December 13th at the Saint Sophia Cathedral

AHEPA CHAPTER 31



proudly presents

a Byzantine CHRISTMAS

hosted by

Saint Sophia "The Holy Wisdom of God" Cathedral



**DECEMBER 13
2025**

7:00PM - 9:00PM
Doors open at 6:00PM
2815 36th St NW
Washington, DC 20007

under the auspices and the support of:



GREEK ORTHODOX
ARCHDIOCESE OF AMERICA
SCHOOL OF BYZANTINE MUSIC



TICKETS NOW ON SALE AT
DCGreeks.com

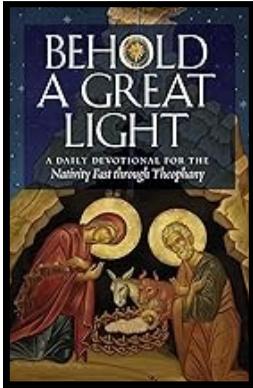
<https://DCGreeks.com/SBMConcerts>

Saint Kosmas Aitolos Bookstore!

Let's keep the Christ in Christmas and give Christian gifts from the church bookstore! Life changing books for adults and children, icons, ornaments, and a variety of small gifts. Come in and take a look!

Behold a Great Light: A Daily Devotional for the Nativity Fast through Theophany

by Stephen De Young

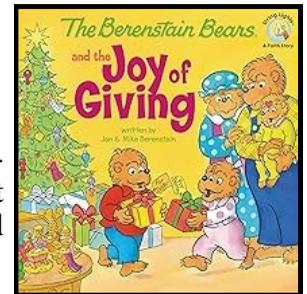


The forty days of fasting before Christmas are meant to prepare us for the Feast of the Nativity, but the busyness of the secular celebration can interfere with our best efforts to center our hearts on Christ. Behold a Great Light is a daily devotional designed to help readers contemplate the mysteries of the Incarnation from the beginning of the Nativity fast on November 15 through Christmas and Theophany, ending with the Synaxis of St. John the Baptist on January 7. Popular Ancient Faith authors, bloggers, and podcasters bring their own unique perspectives to these meditations, which are paired with selections from the Scriptures and the hymns of the Church.

The Berenstain Bears and the Joy of Giving: The True Meaning of Christmas

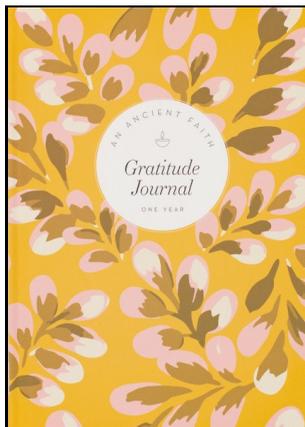
by Jan Berenstain and Mike Berenstain

Join Brother and Sister Bear at the Christmas Eve pageant as they witness the very first Christmas, and make an important discovery about giving and receiving, a valuable lesson during the holiday season and year around.



An Ancient Faith Gratitude Journal: One Year (Floral)

by Ancient Faith



As Orthodox Christians we are called to be grateful, for God has given us all we need to thrive, to find joy, and to endure hardships. In this journal, you'll find space to log what you're grateful for every day across an entire year. The format is open, allowing you to start any time—with several additional pages throughout so that you can stop to reflect, draw, make lists, prepare for confession, or plan. Everything good comes from God, so let's strive to live in a spirit of gratitude. This is the day the Lord has made, let us rejoice and be glad in it!

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 | Website: www.schgoc.org

Reverend Father Dimitrios Lee, Presiding Priest

Email: frd@schgocdc.org

Very Reverend Father Kallinikos Chasapis, Assistant Priest

Email: fk@schgocdc.org

<p>BYZANTINE MUSIC</p> <p style="text-align: center;">Stelios Kontakiotis <i>Protopsaltis</i></p> <p style="text-align: center;">chanter @schgocdc.org</p> <p>*****</p> <p>ALTAR BOYS</p> <p style="text-align: center;">sch.altarboys@gmail.com</p>	<p style="text-align: center;">YOUTH MINISTRIES</p> <p style="text-align: center;">GOYA</p> <p style="text-align: center;">Joanna Georgiou Stella Harrison Maria Mantzouranis John Skarvelis</p> <p style="text-align: center;">youthministry @schgocdc.org</p> <p>*****</p> <p style="text-align: center;">HOPE/JOY</p> <p style="text-align: center;">Stella Harrison Irene Murshed</p> <p style="text-align: center;">youthministry @schgocdc.org</p>	<p style="text-align: center;">SUNDAY SCHOOL</p> <p style="text-align: center;">Helen Nixon</p> <p style="text-align: center;">sch.sundayschool@gmail.com</p> <p>*****</p> <p style="text-align: center;">OUTREACH</p> <p style="text-align: center;">Georgia Ferentinos</p> <p style="text-align: center;">sch.outreach721@gmail.com</p>	<p style="text-align: center;">MEN'S FELLOWSHIP</p> <p style="text-align: center;">Christopher Malagisi CNMalagisi @yahoo.com</p> <p>*****</p> <p style="text-align: center;">GRIEF SHARE MINISTRY</p> <p style="text-align: center;">Katy Tzamaras</p> <p style="text-align: center;">ktmom3@gmail.com</p>	<p style="text-align: center;">ST. KOSMAS AITOLOS BOOKSTORE</p> <p style="text-align: center;">Dora Kavadias & Elaine Loukas</p> <p style="text-align: center;">sch.bookstore721@gmail.com</p>
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