



Saints Constantine & Helen
Greek Orthodox Church of Washington, D.C.
September 6, 2026
14th Sunday of Matthew



Upcoming
Church Services:

Tuesday, September 8th:
Nativity of the
Holy Theotokos
Divine Liturgy: 9:30am

Sunday, September 13th:
Sunday before the
Holy Cross
Orthros 8:15am |
Divine Liturgy: 9:30am



SAINTS CONSTANTINE AND HELEN

GREEK FEST

SILVER SPRING, MD

SEPTEMBER 11, 12 & 13

FRI 4PM - 9PM
SAT 11AM - 9PM
SUN 11AM - 7PM

721 NORWOOD RD, SILVER SPRING, MD

*Join us for a celebration of
Greek culture & hospitality!*



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DANCE PERFORMANCES



AUTHENTIC CUISINE



VENDORS



**2026 MERCEDES GLA
or \$30,000 CASH**

Tickets \$100, only 1000 to be sold!
Drawing held on September 13th



Admission and parking are free, the event is rain or shine and there's something for everyone to enjoy! We hope to see you there! **OPA!**

A portion of the proceeds will be donated to **Bethesda Cares**, helping prevent and end homelessness in Montgomery County.



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THE BIG GREEK CAFE
GYRO EATING CONTEST
Saturday, September 12th

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SUNDAY KICKOFF
IN THE MAIN TENT

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.

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Church Center
Mobile App





Welcome Back to
Sunday School



Sunday, September 20



THE EPISTLE - Saint Paul's Second Letter to the Corinthians 1:21-24; 2:1-4

Brethren, it is God who establishes us with you in Christ, and has commissioned us; he has put his seal upon us and given us his Spirit in our hearts as a guarantee. But I call God to witness against me - it was to spare you that I refrained from coming to Corinth. Not that we lord it over your faith; we work with you for your joy, for you stand firm in your faith. For I made up my mind not to make you another painful visit. For if I cause you pain, who is there to make me glad but the one whom I have pained? And I wrote as I did, so that when I came I might not suffer pain from those who should have made me rejoice, for I felt sure of all of you, that my joy would be the joy of you all. For I wrote you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.

ΑΠΟΣΤΟΛΟΣ - Πρὸς Κορινθίους β' 1:21-24, 2:1-4

Ἀδελφοί, ὁ βεβαιῶν ἡμᾶς σὺν ὑμῖν εἰς Χριστόν, καὶ χρίσας ἡμᾶς, θεός, ὁ καὶ σφραγισάμενος ἡμᾶς, καὶ δοὺς τὸν ἄρραβῶνα τοῦ πνεύματος ἐν ταῖς καρδίαις ἡμῶν. Ἐγὼ δὲ μάρτυρα τὸν θεὸν ἐπικαλοῦμαι ἐπὶ τὴν ἐμὴν ψυχήν, ὅτι φειδόμενος ὑμῶν οὐκέτι ἦλθον εἰς Κόρινθον. Οὐχ ὅτι κυριεύομεν ὑμῶν τῆς πίστεως, ἀλλὰ συνεργοί ἐσμεν τῆς χαρᾶς ὑμῶν· τῇ γὰρ πίστει ἐστήκατε. Ἐκρίνα δὲ ἐμαυτῷ τοῦτο, τὸ μὴ πάλιν ἐν λύπῃ πρὸς ὑμᾶς ἐλθεῖν. Εἰ γὰρ ἐγὼ λυπῶ ὑμᾶς, καὶ τίς ἐστὶν ὁ εὐφραίνων με, εἰ μὴ ὁ λυπούμενος ἐξ ἐμοῦ; Καὶ ἔγραψα ὑμῖν τοῦτο αὐτό, ἵνα μὴ ἐλθὼν λύπην ἔχω ἀφ' ὧν ἔδει με χαίρειν, πεποισθὼς ἐπὶ πάντας ὑμᾶς, ὅτι ἡ ἐμὴ χαρὰ πάντων ὑμῶν ἐστίν. Ἐκ γὰρ πολλῆς θλίψεως καὶ συνοχῆς καρδίας ἔγραψα ὑμῖν διὰ πολλῶν δακρύων, οὐχ ἵνα λυπηθῆτε, ἀλλὰ τὴν ἀγάπην ἵνα γνῶτε ἣν ἔχω περισσοτέρως εἰς ὑμᾶς.

THE GOSPEL - According to Matthew 22:2-14

The Lord said this parable, "The kingdom of heaven may be compared to a king who gave a marriage feast for his son, and sent his servants to call those who were invited to the marriage feast; but they would not come. Again he sent other servants, saying, 'Tell those who are invited, Behold, I have made ready my dinner, my oxen and my fat calves are killed, and everything is ready; come to the marriage feast.' But they made light of it and went off, one to his farm, another to his business, while the rest seized his servants, treated them shamefully, and killed them. The king was angry, and he sent his troops and destroyed those murderers and burned their city. Then he said to his servants, 'The wedding is ready, but those invited were not worthy. Go therefore to the thoroughfares, and invite to the marriage feast as many as you find.' And those servants went out into the streets and gathered all whom they found, both bad and good; so the wedding hall was filled with guests. But when the king came in to look at the guests, he saw there a man who had no wedding garment; and he said to him, 'Friend, how did you get in here without a wedding garment?' And he was speechless. Then the king said to the attendants, 'Bind him hand and foot, and cast him into the outer darkness; there men will weep and gnash their teeth.' For many are called, but few are chosen."

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Ματθαῖον Matthew 22:2-14

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ὁμοιώθη ἡ βασιλεία τῶν οὐρανῶν ἀνθρώπῳ βασιλεῖ, ὅστις ἐποίησε γάμους τῷ υἱῷ αὐτοῦ. Καὶ ἀπέστειλε τοὺς δούλους αὐτοῦ καλέσαι τοὺς κεκλημένους εἰς τοὺς γάμους, καὶ οὐκ ἤθελον ἐλθεῖν. Πάλιν ἀπέστειλεν ἄλλους δούλους

λέγων· Εἶπατε τοῖς κεκλημένοις· ἰδοὺ τὸ ἄριστόν μου ἡτοίμασα, οἱ ταῦροί μου καὶ τὰ σιτιστὰ τεθυμένα, καὶ πάντα ἔτοιμα· δεῦτε εἰς τοὺς γάμους. οἱ δὲ ἀμελήσαντες ἀπῆλθον, ὃς μὲν εἰς τὸν ἴδιον ἀγρόν, ὃς δὲ εἰς τὴν ἐμπορίαν αὐτοῦ· οἱ δὲ λοιποὶ κρατήσαντες τοὺς δούλους αὐτοῦ ὕβρισαν καὶ ἀπέκτειναν. Ἀκούσας δὲ ὁ βασιλεὺς ἐκεῖνος ὠργίσθη, καὶ πέμψας τὰ στρατεύματα αὐτοῦ ἀπώλεσε τοὺς φονεῖς ἐκείνους καὶ τὴν πόλιν αὐτῶν ἐνέπρησε. Τότε λέγει τοῖς δούλοις αὐτοῦ· Ὁ μὲν γάμος ἑτοιμὸς ἐστίν, οἱ δὲ κεκλημένοι οὐκ ἦσαν ἄξιοι· πορεύεσθε οὖν ἐπὶ τὰς διεξόδους τῶν ὁδῶν, καὶ ὅσους ἐὰν εὑρητε καλέσατε εἰς τοὺς γάμους. Καὶ ἐξελθόντες οἱ δούλοι ἐκεῖνοι εἰς τὰς ὁδοὺς συνήγαγον πάντας ὅσους εὔρον, πονηροὺς τε καὶ ἀγαθοὺς· καὶ ἐπλήσθη ὁ γάμος ἀνακειμένων. Εἰσελθὼν δὲ ὁ βασιλεὺς θεάσασθαι τοὺς ἀνακειμένους εἶδεν ἐκεῖ ἄνθρωπον οὐκ ἐνδεδυμένον ἐνδυμα γάμου, καὶ λέγει αὐτῷ· Ἐταῖρε, πῶς εἰσῆλθες ὧδε μὴ ἔχων ἐνδυμα γάμου; Ὁ δὲ ἐφίμωθη. Τότε εἶπεν ὁ βασιλεὺς τοῖς διακόνοις· Δήσαντες αὐτοῦ πόδας καὶ χεῖρας ἄρατε αὐτὸν καὶ ἐκβάλετε εἰς τὸ σκότος τὸ ἐξώτερον· ἐκεῖ ἔσται ὁ κλαυθμὸς καὶ ὁ βρυγμὸς τῶν ὀδόντων. Πολλοὶ γάρ εἰσι κλητοὶ, ὀλίγοι δὲ ἐκλεκτοί.

MEMORIAL

 **John Constantine Drakakis**, is the beloved husband of the late Irene “Rena” Drakakis. Loving father of Sophia (George) Mantzouranis, Katerina (Stelios) Kontakiotis and Kosta (Desirée) Drakakis. Adored papou of Alexander and Christopher Mantzouranis, Rena and John Drakakis. Cherished brother of George Drakakis, the late Chrisoula Anogianakis and the late Angela Ahladianakis. May his memory be eternal!

Petros Zervas, beloved husband of Eleni Zervas. Loving father of Christopher Zervas and Vicky (Michael) Smith. Adored grandfather of Alexandros and Gregory Smith. May his memory be eternal.

FUTURE MEMORIALS

September 20th - Ilias and Kalliopi Karakatsanis

September 27th - Michael Joseph O'Donnell

October 11th - George Floros and George Sideris

November 1st - Louis J. Tiches

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

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

PRAYER LIST

John, Harry, Susan, Paul, Konstantinos, Faye, Panagiota, Maria, Sophia, Nicholaos, Panagiota, Michael, Demetrios, Maria, Annette, Kathy, Aliki, Ernie, Anastasia, Christos, Vasili, John, Cedric, Margaret Arianna, Cleopatra, Tiffany, Maria, Marvin, Tiffany, Annette, Jodie, Evan, Despina and John.



Dear Friends and Stewards of Saints Constantine and Helen,

Thank you for volunteering your time and talents to help make our 2026 Greek Festival a success! Your dedication and support are essential, and we sincerely appreciate your commitment to our parish and community. **Please bring your own apron and hat or hairnet.**

IMPORTANT DATES

Greek Festival: September 11–13, 2026

Philoptochos Pastry Cutting & Packaging: September 7–10, 2026.

For additional information, please contact Marie Pavlides at 410-340-9087.

Festival Setup: Thursday, September 10, 2026, from 9 a.m. to 9 p.m.

Final Cleanup: Monday, September 14, 2026, from 9 a.m. to 4 p.m.

VOLUNTEER INFORMATION

Please sign up for your preferred shift using SignUpGenius!

Arrive a few minutes before your scheduled shift to allow time for parking and check-in.

Upon arrival, please check in with Stephanie Stamos at the Loukoumades booth, to receive your name tag and to ensure a smooth transition with the volunteer you are relieving. Volunteer shifts are three to four (3-4) hours in length.

While serving, volunteers **MAY NOT** eat, consume alcoholic beverages, or provide complimentary food or beverages to family members or friends.

BEVERAGE BOOTH

To comply with Montgomery County Alcohol Beverage Services (ABS) regulations:

Volunteers serving alcoholic beverages must be at least 21 years of age.

Identification must be checked for every guest purchasing alcoholic beverages, regardless of apparent age. Volunteers **MAY NOT** eat or consume alcoholic beverages while working their shift.

FOOD SERVICE AREAS

To comply with Montgomery County Health Department regulations:

Food service volunteers must be at least 18 years of age.

Closed-toe shoes are required for safety. Sandals, flip-flops, and other open-toe footwear are not permitted.

Volunteers preparing or serving food must wear an apron, hat or hairnet, and gloves. Hats/hairnets and aprons **will NOT** be provided. Please bring your own apron and hat or hairnet.

Volunteers **MAY NOT** eat, consume alcoholic beverages, or provide complimentary food or beverages to family members or friends while on duty.

PARKING

All volunteers and vendors are asked to park on the grass behind the hall on the south side of the church. This helps

keep parking spaces near the festival available for our guests.

THANK YOU!

On behalf of Father Dimitri, Father Kallinikos, the Parish Council and the Festival Committee, thank you for your generosity, enthusiasm, and willingness to serve. Your time, talents, and cooperation help create a welcoming experience for our guests and contribute to the continued success of our Greek Festival. We look forward to working with you and making this year's festival another memorable celebration.

STS. CONSTANTINE & HELEN CHURCH

GOYA

Let's Kick Off an Amazing Year!



**FIRST DAY OF
SUNDAY SCHOOL**



**GOYA KICKOFF
MEETING**



**GOYA BOARD
NOMINATIONS**

Your Faith. Your Friends. Your Community.

DON'T FORGET TO REGISTER FOR GOYA!



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visit the link below to register today!



schgoc.churchcenter.com/groups/youth-ministries/goya

Get Involved. Make a Difference. Grow in Faith.

WE CAN'T DO IT WITHOUT YOU!

GREEK SCHOOL REGISTRATION

2026-2027--Children & Adults

[Click here to sign up today!](#)



ΕΛΛΗΝΙΚΟ ΣΧΟΛΕΙΟ ΑΓΙΩΝ ΚΩΝΣΤΑΝΤΙΝΟΥ & ΕΛΕΝΗΣ

SAINT CONSTANTINE & HELEN

GREEK SCHOOL

OPEN FOR REGISTRATION!

★ **PRE K – 6TH ELLINOMATHEIA CLASSES**

★ **CLASSES BEGIN ON SEPTEMBER 21ST**



ADULT CLASSES
YOUNG ADULT & ADULT CLASSES
BEGIN **OCTOBER 12TH**

ADVANCED ADULT CLASSES
ONLINE
ALL OTHER ADULT CLASSES
IN PERSON



SCAN THE QR CODE
TO REGISTER ONLINE!

FOR ANY QUESTIONS, CONTACT
ELENI ATHANASAKIS AT
SCH.GREEKSCHOOL@GMAIL.COM

[HTTPS://SCHGOC.CHURCHCENTER.COM/REGISTRATIONS/EVENTS/3748966](https://SCHGOC.CHURCHCENTER.COM/REGISTRATIONS/EVENTS/3748966)



Dear Friends and Stewards of Saints Constantine and Helen,

Festival preparations are now well underway. The festival is being held on September 11, 12, and 13.

Supporting the Festival and Our Parish

As you know, the festival plays an important role in supporting the financial needs of our church. To help make this year's festival as successful as possible, we respectfully ask our friends and stewards to consider making a monetary contribution to help underwrite festival expenses.

How to Sponsor an Item

A partial list of festival-related expenses is provided below. Please consider becoming a festival sponsor; your support will greatly benefit our beloved parish.

ITEMS	COSTS
Tents, Tables, and Chairs, etc.	\$17,000
Produce / Baking Ingredients	\$20,000
Spectrum (Food Distributor)	\$12,000
Advertising / Social Media / Banners	\$10,000
Paper Goods	\$6,000
Cleaning	\$6,000
Beverages	\$5,000
Band	\$4,500
Security	\$4,000
Lamb Chops	\$1,000

ITEMS	COSTS
3 Cases Saganaki	\$900
100 lbs. Lamb Shanks	\$500
80 5lb bags Gold Medal Flour	\$400
10 Containers Canola Oil	\$400
5 Cases Spanakopita & Tiro-pites	\$350
2 Cases Honey	\$350
2 Cases Greek Olive Oil	\$250
10 Cases Cokes	\$225
20 Cases Gatorade	\$225
2 Cases Tomato Sauce	\$150



If you would like to contribute toward a specific item, please note that item with your sponsorship. Monetary sponsorship contributions with this form may be sent to the church office at 721 Norwood Rd., Silver Spring MD 20905. **[Notate festival in memo line OR Click here to make your donation now!](#)**

How Your Contribution Will Be Used:

Your generous monetary contribution will be used solely to help offset festival expenses.

- Please do not purchase items to drop off at the church. The listed food items will be delivered directly so we can maintain accurate inventory.
- If you would like your contribution to support a specific item, please note that item in the donation column.
- If no item is specified, your contribution funds will be applied where it is most needed to underwrite festival expenses.
- Every monetary contribution, in any amount, is greatly appreciated.

Thank you for your support of our beloved parish.

Respectfully,
Festival Co-Chairs

Scan the QR Code to make your donation now!



GREEK DANCE MINISTRY

[Click here to register!](#)

Learn Traditional Greek dances JOIN THE PHILOTIMO DANCE TROUPE

[CLICK HERE TO SIGN UP!](#)



WHAT'S NEW IN THE WORLD OF DANCE



Mark your calendars!

Our ***Dinami Dancers*** are back in action starting Thursday, August 20. Practices will be held every Thursday and Sunday until the festival. Afterward, we will practice mainly on Sundays (plus a few Thursdays)—be sure to check the church calendar for updates!

Our ***Rizes and Elpida*** dancers will start their practices on Sunday, August 30.

Step into the vibrant world of Greek folk culture! Our Ministry is more than just learning exciting Greek dances; you'll also explore the traditional music, songs, and folk instruments that make this culture unique. In our warm, welcoming Orthodox Christian environment, you'll have fun at special events, workshops, and performances, all while gaining a strong sense of belonging, building your self-esteem, and helping us preserve and promote the beautiful heritage of Greece. Come join the fun and let's dance!



ECUMENICAL PATRIARCH POSTER CONTEST

Ages 5-18

AUGUST 1
Contest Opens

OCTOBER 1
Contest Ends

OCTOBER 17
Winners Announced

35 Years
of MINISTRY

In commemoration of the 35th Anniversary of His All-Holiness Ecumenical Patriarch Bartholomew, the Archon Ecumenical Patriarchate Global Educational Initiative is happy to offer its first Ecumenical Patriarch Poster Contest. This is a chance for students ages 5-18 to honor His All-Holiness' lifelong commitment to protecting God's creation and to share their own vision of a world filled with beauty, peace, and environmental stewardship.

Submit your artwork and let your creativity shine as we celebrate faith, leadership, and the gift of creation!


1966-2026



Archons
of the Ecumenical
Patriarchate*
*Protecting the Future of Faith**

For more information, or to
submit your artwork, visit:
archons.org/sprouts





DIAKONIA

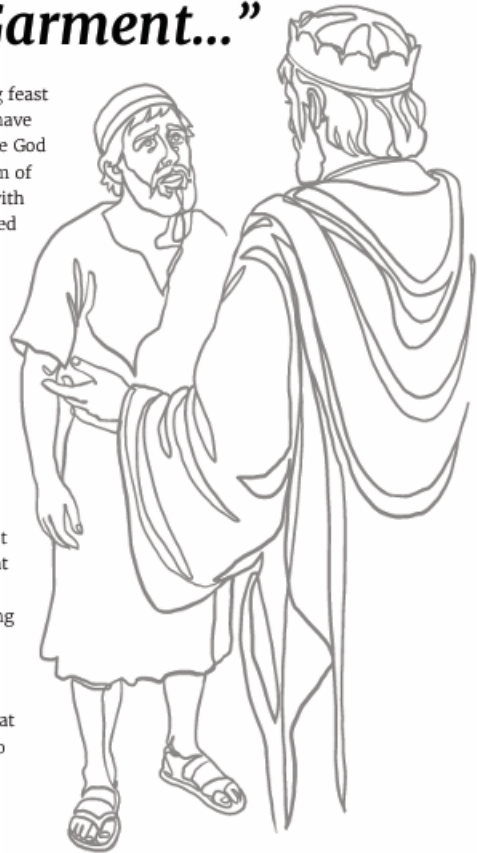
A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING | *Matthew 22:2-14*

Fr. George Parsenios (HCHC '96)

"I Have No Wedding Garment..."

Should we pity the man who was expelled from the wedding feast in today's Gospel reading? To our eyes, he might seem to have been rejected unfairly. But the man is expelled, not because God rejected him, but because he rejected God. How so? The Kingdom of Heaven is often compared to a joyous meal. When Jesus dined with the poor and downtrodden during his earthly ministry, he showed that the Kingdom of Heaven is at hand. These earthly meals symbolized the joyous meal that believers will share in heaven. To follow Jesus is to dine with him, on earth as well as in heaven. The King in today's parable is God the Father, who has invited people to dine with his Son. Whoever accepts the invitation has become a follower of Jesus. But being a disciple of Jesus and dining with him carries a further obligation. Judas, after all, was one of the 12 disciples who ate with Jesus even at the Last Supper. He seemed to be following Jesus, even as he plotted to betray him. The underdressed man in today's parable is not a pitiful soul who was mistreated and wronged, but a traitor like Judas, growing like a weed within the healthy harvest of the Church. For the Church Fathers, the wedding garment that he lacked is the white robe that people would put on right after being baptized. Without this garment of righteousness, the young man has rejected his Christian identity. The hymns from the first three nights of Holy Week focus on this wedding garment, especially in the notable hymn that says, "I see your bridal chamber adorned, my Savior, but I have no wedding garment that I may enter therein." Today's parable admonishes us not only to be called Christians, but actually to be Christians.



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



Diakonia is made possible by a generous grant from Leadership 100

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bit.ly/parishtexts



FROM THE ORIGINAL GREEK: *Synagôgê* (Συναγωγή)

What does “Synagogue” mean?

Fr. George Parsenos (HCHC '96)



Although the synagogue as an institution is entirely Jewish, the word itself is entirely Greek. *Synagogue* (συναγωγή/*synagôgê*) is derived from two Greek terms: *syn*, which means “with,” and *agô*, which means “gather” or “lead.” In its most basic sense, therefore, a synagogue is not a building but is literally a “gathering.” The Greek translators of the Old Testament used this word to translate the Hebrew words for “assembly” and “congregation,” and over time the term synagogue went from denoting a gathering of people to denoting the

building in which they gathered. By the first century AD, the synagogue was a fixture in Jewish life. Synagogues were used for teaching and prayer, as well as a refuge that offered hospitality and lodging to travelers and pilgrims. Synagogues were also the place where Jesus and the apostles worshipped, taught, and faced stiff opposition. The Temple in Jerusalem, with its various rites and public sacrifices, was the center of Jewish worship. When the Temple was destroyed by the Romans in 70 AD, Jewish religious observance focused instead on the study of the Bible and good works. Synagogues became the location for these activities, just as they continue to be today.



St. Symeon the Stylite. Public Domain.

THIS WEEK'S LOOK AT CHURCH HISTORY

Saint Symeon the Stylite

Ben Mallian, MTS–Holy Cross 2026

September 1st is the feast day of St. Symeon the Stylite, a fifth-century Syrian monk who famously lived more than three decades atop a pillar (Greek: *stylos*). Having entered monastic life as a mere teenager, Symeon was eventually asked to withdraw from the community due to his rigorous asceticism.

Yet wherever Symeon humbly retreated to perform his spiritual labors, crowds of people sought him out. He resolved at first to mount a short pillar amidst some deserted ruins, placing himself at a distance from the curious crowds. After ascending a series of pillars, he finally settled on one pillar, roughly fifty feet high, capped only by a small, open-air platform. Symeon struggled here until his death on September 2nd, 459.

Remarkably, although Symeon was a hermit, he graciously received and counseled visitors while atop his pillar—even maintaining written correspondence with the outside world. He is said to have communicated with his contemporary, St. Genevieve of Paris, and a letter of his in support of the Council of Chalcedon (451) seems to have influenced imperial policy.

SEPTEMBER 1:

The Ecclesiastical Year

*Dr. Lewis J. Patsavos, Ph.D.
Professor of Canon Law Emeritus at
Holy Cross Greek Orthodox School of Theology*

The ecclesiastical year, which begins on the first of September, is divided between movable and fixed holy days. The movable holy days are determined by the date of Easter, the most important of all feast days. The determination of the date of Easter was definitively regulated by the decision of the First Ecumenical Council, held in Nicaea (325). Next in importance to Easter are the twelve great feasts, of which three are movable. The twelve great feasts, as they occur in chronological order after September 1, are:



1. The Nativity of the Virgin Mary (September 8)
2. The Elevation of the Life-giving Cross (September 14)
3. The Presentation of the Virgin Mary in the Temple (November 21)
4. Christmas (December 25)
5. Epiphany (January 6)
6. The Presentation of Christ in the Temple (February 2)
7. The Annunciation (March 25)
8. Palm Sunday (the Sunday before Easter)
9. The Ascension (40 days after Easter)
10. Pentecost (50 days after Easter)
11. The Transfiguration (August 6)
12. The Repose of the Virgin Mary (August 15)

Fast Days and Fast Periods

Four main fast periods are included in the ecclesiastical year. They are:

1. The Great Fast (Lent) begins on a Monday, seven weeks before Easter.
2. Fast of the Apostles varies in length from 1 to 6 weeks; it begins on Monday, 8 days after Pentecost, and ends on June 28—the eve of the feast of Saints Peter and Paul.
3. Fast of the Repose of the Virgin Mary—August 1 to 14.
4. Christmas Fast, lasting 40 days, from November 15 to December 24.

Individual fast days include the feast of the Elevation of the Holy Cross (September 14), the Beheading of St. John the Baptist (August 29), and the eve of Epiphany (January 5), as well as all Wednesdays and Fridays. There is no fasting, however, between Christmas and Epiphany, during the tenth week before Easter, the week after Easter and the week after Pentecost. Fasting as practiced in the Orthodox Church means abstinence from meat, fish, dairy products, olive oil, and wine. Total abstinence is reserved for the fast of several hours prior to receiving Holy Communion.

Excerpted from a longer article found here: www.goarch.org/-/the-calendar-of-the-orthodox-church



FAITH IN ACTION

Review the upcoming Church calendar and commit to observing one feast day and one fasting period more intentionally through prayer, worship, or an act of charity.

Diakonia is made possible by a generous grant from Leadership 100 | L100.org



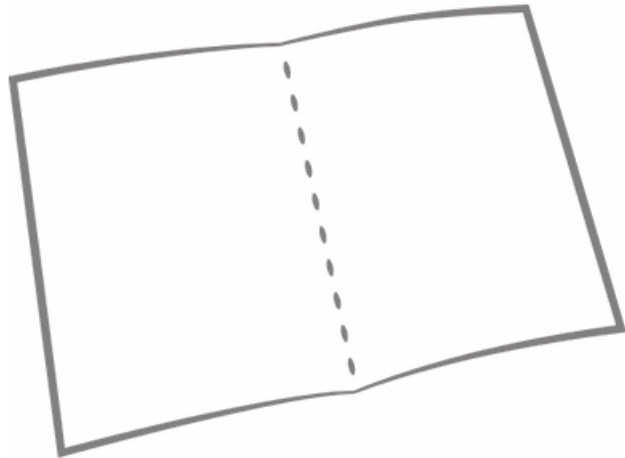
SEPTEMBER 8:

Nativity of the Theotokos

Happy birthday, Panagia! The Nativity of the Theotokos, celebrated on September 8, is the feast day that celebrates the birth of the Virgin Mary. On this day, we remember how her parents Saints Joachim and Anna prayed faithfully to God for a child. God heard their prayers and blessed them with a daughter, Mary. From the very beginning of her life, Mary was chosen by God for a special purpose: to become the Mother of our Lord and Savior, Jesus Christ. This feast is a joyful celebration because Mary's birth was the beginning of God's plan for the salvation of the world. Through her humble obedience and love for God, she became the living temple who carried Christ within her.

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

To honor her, take some time to write Mary a birthday card!



Then, inside the empty present, draw or write a gift you would like to give her to celebrate her special day.



Diakonia is made possible by a generous grant from Leadership 100

L100

Car or Cash Raffle 2026

Click here to buy your winning ticket now!

Purchase Tickets for a Chance to
WIN



A 2026 GLA or \$30,000 Cash

Drawing at Our Annual Fall Festival: Sunday, September 13, 2026

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



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TO PURCHASE TICKETS CALL:

Eleni Paspalis 240.413.4600

Kosta Paspalis 240.413.4700

John Skarvelis 410.774.6040

OR SCAN:





Saints Constantine and Helen
Greek Orthodox Church of Washington, DC
721 Norwood Rd, Silver Spring, MD



CHANTING CLASSES

AN INTRODUCTION TO THE PSALTIC ART

✦ INSTRUCTOR: ✦

Mr. Stelios Kontakiotis, Protopsaltis

✦ EVERY WEDNESDAY STARTING ON ✦

OCTOBER 7, 2026 ~ MARCH 10, 2027

❖ BEGINNERS 6:00PM ~ 7:15PM

❖ INTERMEDIATE I 7:15PM ~ 8:30PM

STEWARDS ~ \$550

NON-STEWARDS ~ \$700

REGISTRATION/INFORMATION:
chanter@schgocdc.org

Is anyone among you suffering? Let him pray.
Is anyone cheerful? Let him sing praise."

JAMES 5:13

MONTE CARLO GALA

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

50% have already been sold!

Make your reservations today!

Join us at the Monte Carlo Gala

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
- Live Greek Band & DJ
- Silent Auction and Raffle
- Games of Chance & Prizes

\$75 per person • Only 250 seats

Now accepting reservations!

Contact: Christina Recachinas Clifton 301-467-7072



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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Saint Kosmas Aitolos Bookstore!

Visit the Bookstore Booth at our Festival,
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Directory of Ministries

Saints Constantine and Helen Greek Orthodox Church of Washington, DC

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