

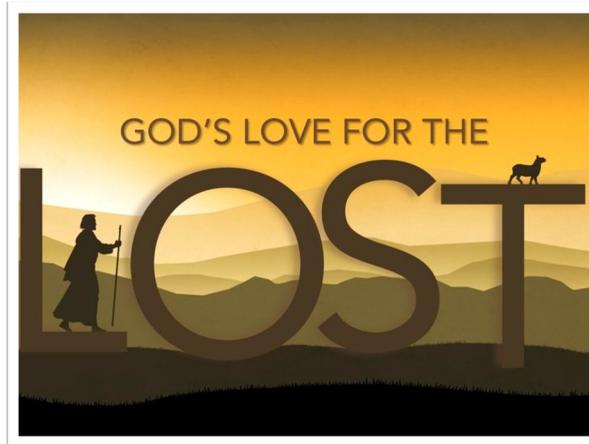


Saints Constantine & Helen Greek Orthodox Church of Washington, D.C.



February 8, 2026

Sunday of the Prodigal Son



Church Announcements

Ladies Philoptochos: Please join us today for our General Meeting, immediately following the Divine Liturgy. **To order your bowl of kolyva for the Saturday of Souls, on February 14th, for \$20.00 per bowl, please call Kathy Kafarakis at 410-812-1119 or email at ladiesphiloto721@gmail.com.**

Lenten Luncheon Retreat: Clean Monday, February 23rd with Father Dimitri and Father Kallinikos, immediately following Church Service of the Hours at 11:30am. **Please bring your favorite Lenten Dish to share in the Versis Center!**

Grief Share Ministry: Winter/Spring Session - February 2nd -7:00pm-8:30pm via zoom. Please go to <https://find.griefshare.org/groups/286403>, to sign up today. For more information please contact Katy Tzamaras at (240) 938-6549 or ktmom3@gmail.com.

Upcoming Church Service

Saturday, February 14th: Saturday of Souls

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

Sunday, February 15th: Judgment (Meatfare) Sunday

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.

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Collection Tray

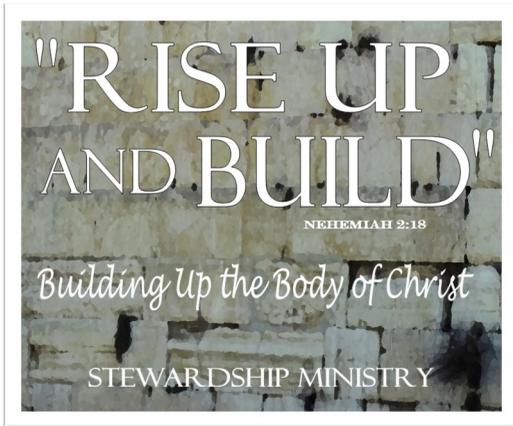


Download the
Church Center
Mobile App



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

**2026 Stewards
as of February 4, 2026**



Mr. & Mrs. Harry Adams
Mrs. Nina Alexiou
Mr. & Mrs. Emanuel Anagnostiadis
Mr. & Mrs. Cristos Anagnostopoulos
Anonymous
Mr. & Mrs. Haralambos Athanasakis
Mr. & Mrs. Thomas Athanason
Mr. & Mrs. Emmanuel Atsalinos
Mr. & Mrs. Donald Augustin
Mr. & Mrs. Angelo T. Backus
Mr. & Mrs. Thomas Backus
Mr. & Mrs. Panagiotis Balourdos
Mr. & Mrs. Lambros Bisbikis
Mr. & Mrs. Demetrios Bizbikis
Mr. & Mrs. John Bratsakis
Mr. & Mrs. Timothy Britton
Mr. Artyom V. Brodsky
Mr. Anthony Calomeris
Mrs. Kathryn Campbell
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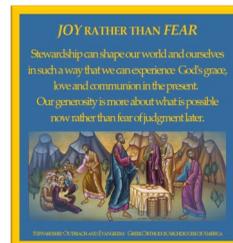
Mr. Panagioti Chahalidis
Ms. Nicole Chakalakis
Mr. Pete Chakalakis
Mrs. Helen Chanakas
Mr. & Mrs. Charalambos Charalambos
Very Rev. Father Kallinikos Chasapis
Mr. & Mrs. James P. Cheakalos
Mr. & Mrs. John T. Cheakalos
Mr. & Mrs. David Ciesielski
Mr. & Mrs. Raymond Colevas
Mr. George Cornias
Mr. Pete Dakoulas
Mrs. Maria Damare
Mr. Nicholas Damianos
Mr. & Mrs. Andy Delarivas
Mrs. Teresa Demer
Mr. & Mrs. James Dialektakos
Ms. Mary Dimos
Mr. & Mrs. Kostas Dionisopoulos
Mr. & Mrs. Theodore Dizelos
Mr. & Mrs. Andreas Doulaveris
Mr. William Dounis
Mr. & Mrs. Nebly Esayas
Mr. & Mrs. Steve Fafoutis
Ms. Georgia Ferentinos
Mr. & Mrs. Metaxas K. Ferentinos
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Ms. Pauline Fotos Magnant
Mr. & Mrs. Dimitrios Frantzis
Dr. & Mrs. George Garbis
Mr. Robert & Dr. Pauline Garrett
Mr. Panagiotis Georgakopoulos
Mr. & Mrs. Andreas Georgiou
Mr. & Mrs. Sarantos Georgopoulos
Mrs. Vasiliki Georgopoulos
Mr. & Mrs. Panagiotis Glekas
Ms. Stephanie Glorioso

Ms. Chrysanthy Maria Grieco
Ms. Xenia Hajicosti
Ms. Katherine Hallas/
Mr. Michael Hanback
Mr. William Herald
Mr. & Mrs. Bill Hristopoulos
Mrs. Helen Jones
Mr. Damani Jones
Mrs. Maria Kafarakis
Mr. Menelaos Christopher Kafarakis
Mr. & Mrs. Phil Kafarakis
Dr. Andriana Kalapothakos
Mrs. Georgia Kalaris
Mr. & Mrs. Anastasios Kaldis
Mr. Spiros A. Kaldis
Mr. & Mrs. Spiros N. Kaldis
Ms. Angeleke Kaldis
Mr. Sotirios Kanaras
Mr. & Mrs. Spiros Karadimas
Mr. Ioannis Karagiannis
Mr. & Mrs. Stavros Karakatsanis
Ms. Efthimia Kariotis
Mr. Constantinos Karoutsos
Mr. & Mrs. Nickolaos Karoutsos
Mr. Panagiotis Karoutsos
Mr. & Mrs. George Katsafanas
Mr. & Mrs. Demetrios Kavadias
Mr. & Mrs. Jerry Kavadias
Ms. Olivia Kavadias
Ms. Theodora Kavadias
Mr. & Mrs. Stelios Kontakiotis
Mr. & Mrs. Aleko Kontos
Ms. Olympia Koskinas
Ms. Angie Kourkounakis
Mrs. Georgia Kostolampros
Mrs. Effie Koutris
Mr. George A. Koutris

Mr. & Mrs. Socrates Koutsoutis
Mr. Joseph Kruml
Mr. Dimitrios Lappas/
Dr. Dimitra Mammos
Ms. Maria Lappas
Mr. & Mrs. Paul Lappas
Rev. Father Dimitrios J. Lee
& Sebastian Lee
Mr. & Mrs. Robert Lee
Mr. & Mrs. Spiro Levantis
Ms. Paula Magoulas
Mr. & Mrs. Christopher Malagisi
Mrs. Alexandra Mantzouranis
Ms. Athanasia J. Mantzouranis
Mr. & Mrs. George A. Mantzouranis
Mr. & Mrs. John A. Mantzouranis
Mrs. Lefki Mantzouranis
Mr. George J. Mantzouranis
Mr. & Mrs. John Marketon
Mr. & Mrs. John Markos
Ms. Thalia Marmaras
Mr. & Mrs. Efrem Maroules
Ms. Emma Maroules
Ms. Alyssa Mathis
Mr. & Mrs. Gregory Mathis
Mr. & Mrs. Theodore Matrakas
Mr. Jacob Mavromatis
Mr. & Mrs. Louis Mavromatis
Ms. Cornelia Mavromatis
Dr. & Mrs. Vasilios Mavrophilipos
Mr. & Mrs. Joseph Mayes, III
Mr. & Mrs. Chris Michael
Mrs. Sylvia Michael
Ms. Alexandra Michaels
Mr. Constantine Mihailidis
Mr. & Mrs. Mario Mina
Mr. Radoil Mitov/

Ms. Maria Lampadarios
Mr. & Mrs. Abraham Morjana
Mr. & Mrs. Christos Motsiopoulos
Mr. & Mrs. Charles L. Mulchi
Mr. & Mrs. Roni Murshed
Ms. Athena Mylonas
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Mr. Anastasios Recachinas
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Mr. & Mrs. Ted Sakkos
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Ms. Maria A. Skipton
Mr. Jack Smith &
Mrs. Anastasia Kaldis-Smith
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Mr. & Mrs. Charles Tiches
Mrs. Louis J. Tiches
Mr. & Mrs. Matt Tiches
Mr. & Mrs. Constantine Tjoumas
Mr. & Mrs. Nick Tsahalis
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Mr. Konstantinos D. Tsonis
Mr. & Mrs. Bill Tzamaras
Mr. & Mrs. Avgerinos Vakalopoulos
Mr. Xenofon A. Vakalopoulos
Ms. Sofia Vallone
Mr. & Mrs. Vito Vallone
Mr. & Mrs. Dylan Van Stray
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Mr. & Mrs. Dennis Ward
Mr. & Mrs. Michael Welsh
Mrs. Theodora Xanthos
Mr. & Mrs. Christos Xenohristos
Mr. George Xeron
Mr. Chris Yfantis
Mr. & Mrs. George Yfantis
Ms. Vasso Yfantis
Mr. & Mrs. John Zevitas
Mr. & Mrs. Constantine Zuras





Ο ΑΠΟΣΤΟΛΟΣ - Πρὸς Κορινθίους α' 6:12-20

Ἀδελφοί, πάντα μοι ἔξεστιν, ἀλλ' οὐ πάντα συμφέρει· πάντα μοι ἔξεστιν, ἀλλ' οὐκ ἐγὼ ἐξουσιασθήσομαι ὑπό τινος. Τὰ βρώματα τῇ κοιλίᾳ, καὶ ἡ κοιλία τοῖς βρώμασιν· ὁ δὲ θεὸς καὶ ταύτην καὶ ταῦτα καταργήσει. Τὸ δὲ σῶμα οὐ τῇ πορνείᾳ, ἀλλὰ τῷ κυρίῳ, καὶ ὁ κύριος τῷ σώματι· ὁ δὲ θεὸς καὶ τὸν κύριον ἠγειρεν καὶ ἡμᾶς ἐξεγερεῖ διὰ τῆς δυνάμεως αὐτοῦ. Οὐκ οἶδατε ὅτι τὰ σώματα ὑμῶν μέλη Χριστοῦ ἐστίν; Ἄρα οὖν τὰ μέλη τοῦ Χριστοῦ ποιήσω πόρνης μέλη; Μὴ γένοιτο. Οὐκ οἶδατε ὅτι ὁ κολλώμενος τῇ πόρνη ἐν σῶμά ἐστιν; Ἔσονται γάρ, φησίν, οἱ δύο εἰς σάρκα μίαν. Ὁ δὲ κολλώμενος τῷ κυρίῳ ἐν πνευμά ἐστιν. Φεύγετε τὴν πορνείαν. Πᾶν ἁμάρτημα ὃ ἐὰν ποιήσῃ ἄνθρωπος ἐκτὸς τοῦ σώματός ἐστιν· ὁ δὲ πορνεύων εἰς τὸ ἴδιον σῶμα ἁμαρτάνει. Ἡ οὐκ οἶδατε ὅτι τὸ σῶμα ὑμῶν ναὸς τοῦ ἐν ὑμῖν ἁγίου πνεύματος ἐστίν, οὗ ἔχετε ἀπὸ θεοῦ; Καὶ οὐκ ἐστὲ ἑαυτῶν, ἠγοράσθητε γὰρ τιμῆς· δοξάσατε δὴ τὸν θεὸν ἐν τῷ σώματι ὑμῶν, καὶ ἐν τῷ πνεύματι ὑμῶν, ἅτινά ἐστιν τοῦ θεοῦ.

THE EPISTLE - St. Paul's Letter First Letter to the Corinthians 6:12-20

Brethren, "all things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be enslaved by anything. "Food is meant for the stomach and the stomach for food" -- and God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by his power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body and in your spirit which belong to God.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Ἐκ τοῦ Κατὰ Λουκᾶν 15:11-32

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρωπός τις εἶχε δύο υἱούς. καὶ εἶπεν ὁ νεώτερος αὐτῶν τῷ πατρί· πάτερ, δός μοι τὸ ἐπιβάλλον μέρος τῆς οὐσίας. καὶ διεῖλεν αὐτοῖς τὸν βίον. καὶ μετ' οὐ πολλὰς ἡμέρας συναγαγὼν ἅπαντα ὁ νεώτερος υἱὸς ἀπεδήμησεν εἰς χώραν μακράν, καὶ ἐκεῖ διεσκόρπισε τὴν οὐσίαν αὐτοῦ ζῶν ἀσώτως. δαπανήσαντος δὲ αὐτοῦ πάντα ἐγένετο λιμὸς ἰσχυρὸς κατὰ τὴν χώραν ἐκείνην, καὶ αὐτὸς ἠρξάτο ὑστερεῖσθαι. καὶ πορευθεὶς ἐκολλήθη ἐνὶ τῶν πολιτῶν τῆς χώρας ἐκείνης, καὶ ἔπεμψεν αὐτὸν εἰς τοὺς ἀγροὺς αὐτοῦ βόσκειν χοίρους. καὶ ἐπεθύμει γεμίσει τὴν κοιλίαν αὐτοῦ ἀπὸ τῶν κερατίων ὧν ἤσθιον οἱ χοῖροι, καὶ οὐδεὶς ἐδίδου αὐτῷ. εἰς ἑαυτὸν δὲ ἐλθὼν εἶπε· πόσοι μίσθιοι τοῦ πατρός μου περισσεύουσιν ἄρτων, ἐγὼ δὲ λιμῶ ἀπόλλυμαι! ἀναστὰς πορεύσομαι πρὸς τὸν πατέρα μου καὶ



ἐρῶ αὐτῷ· πάτερ, ἡμαρτον εἰς τὸν οὐρανὸν καὶ ἐνώπιόν σου. οὐκέτι εἰμι ἄξιος κληθῆναι υἱός σου· ποιήσόν με ὡς ἓνα τῶν μισθίων σου. καὶ ἀναστὰς ἦλθε πρὸς τὸν πατέρα αὐτοῦ. ἔτι δὲ αὐτοῦ μακρὰν ἀπέχοντος εἶδεν αὐτὸν ὁ πατὴρ αὐτοῦ καὶ ἐσπλαγχνίσθη, καὶ δραμῶν ἐπέπεσεν ἐπὶ τὸν τράχηλον αὐτοῦ καὶ κατεφίλησεν αὐτόν. εἶπε δὲ αὐτῷ ὁ υἱός· πάτερ, ἡμαρτον εἰς τὸν οὐρανὸν καὶ ἐνώπιόν σου, καὶ οὐκέτι εἰμι ἄξιος κληθῆναι υἱός σου. εἶπε δὲ ὁ πατὴρ πρὸς τοὺς δούλους αὐτοῦ· ἐξενέγκατε τὴν στολὴν τὴν πρώτην καὶ ἐνδύσατε αὐτόν, καὶ δότε δακτύλιον εἰς τὴν χεῖρα αὐτοῦ καὶ ὑποδήματα εἰς τοὺς πόδας, καὶ ἐνέγκαντες τὸν μόσχον τὸν σιτευτὸν θύσατε, καὶ φαγόντες εὐφρανθῶμεν, ὅτι οὗτος ὁ υἱός μου νεκρὸς ἦν καὶ ἀνέζησε, καὶ ἀπολωλὼς ἦν καὶ εὐρέθη. καὶ ἤρξαντο εὐφραίνεσθαι. Ἦν δὲ ὁ υἱὸς αὐτοῦ ὁ πρεσβύτερος ἐν ἀγρῷ· καὶ ὡς ἐρχόμενος ἤγγισε τῇ οἰκίᾳ, ἤκουσε συμφωνίας καὶ χορῶν, καὶ προσκαλεσάμενος ἓνα τῶν παιδῶν ἐπυνθάνετο τί εἴη ταῦτα. ὁ δὲ εἶπεν αὐτῷ ὅτι ὁ ἀδελφός σου ἤκει καὶ ἔθυσεν ὁ πατὴρ σου τὸν μόσχον τὸν σιτευτόν, ὅτι ὑγιαίνοντα αὐτὸν ἀπέλαβεν. ὠργίσθη δὲ καὶ οὐκ ἤθελεν εἰσελθεῖν. ὁ οὖν πατὴρ αὐτοῦ ἐξεληθὼν παρεκάλει αὐτόν. ὁ δὲ ἀποκριθεὶς εἶπε τῷ πατρί· ἰδοὺ τοσαῦτα ἔτη δουλεύω σοι καὶ οὐδέποτε ἐντολήν σου παρήλθον, καὶ ἐμοὶ οὐδέποτε ἔδωκας ἔριφον ἵνα μετὰ τῶν φίλων μου εὐφρανθῶ· ὅτε δὲ ὁ υἱός σου οὗτος, ὁ καταφαγὼν σου τὸν βίον μετὰ πορνῶν, ἦλθεν, ἔθυσας αὐτῷ τὸν μόσχον τὸν σιτευτόν. ὁ δὲ εἶπεν αὐτῷ· τέκνον, σὺ πάντοτε μετ' ἐμοῦ εἶ, καὶ πάντα τὰ ἐμὰ σὰ ἐστίν· εὐφρανθῆναι δὲ καὶ χαρῆναι ἔδει, ὅτι ὁ ἀδελφός σου οὗτος νεκρὸς ἦν καὶ ἀνέζησε, καὶ ἀπολωλὼς ἦν καὶ εὐρέθη.

THE GOSPEL - According to Luke 15:11-32

The Lord said this parable: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of the property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have filled his belly with the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.' And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he

heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"

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MEMORIALS



John T. Haikalis, is the beloved husband of Akrivi Haikalis. Loving father of Basilio Haikalis and Theodosios Haikalis. May his memory be eternal!

Elias P. Pantazopoulos, beloved and adored father of Penny (Paul) Lappas, Philia Swam and Georgia (Jeff) Myers. Loving grandfather of Maria Lappas, Dimitri (Dimitra) Lappas, Alexandra Swam and Noah Myers. Dearly loved brother of Sotirios Pantazopoulos and Georgia (the late Kostas) Nathenas. May his memory be eternal!

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

Nicolas, Stavroula and Matina Zuras, are the beloved family members of Kereakos Zuras (Tonya) and Constantine Zuras (Eva); cherished grandparents and aunt of Nicholas, Demetra and Chloe Zuras. May their memories be eternal!

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FUTURE MEMORIALS

February 15th - Nikephoros & Vasiliki Argeroplos, Nicholas Demetrios Bardosa, Jeff Steven Jordan, Anastasios Karavangelos, Alexander Kotsopoulos, Anastasia "Stacy" Panos and Maria Siozios

March 8th - Anna Dakoulas, Vaso & George Kavadias and Michael & Anna Miltiadou

PRAYER LIST

Steve, Despina, Georgia, 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.

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Saturday of Souls

February 14, 2026

Through the Ladies of Philoptochos

you can order a bowl of Kolyva

\$20.00 each in cash or check made out
to Philoptochos.

To order please email:

ladiesphilo721@gmail.com

or call Kathy at: 410-812-1119





Philoptochos Membership Sign Up



**SUNDAY
FEBRUARY 15**

Come Join Us For

Coffee,
Cheese
&
Chocolate



SAINTS CONSTANTINE AND HELEN
GREEK ORTHODOX CHURCH OF WASHINGTON, D.C.



CLEAN MONDAY ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ

MONDAY, FEBRUARY 23, 2026

SERVICE OF THE HOURS ~ 9:30AM

FOLLOWED BY A

LENTEN LUNCHEON RETREAT

WITH FATHER DIMITRI AND

FATHER KALLINIKOS

(BRING YOUR FAVORITE LENTEN DISH TO SHARE)

VERSIS CENTER



LENTEN CALENDAR

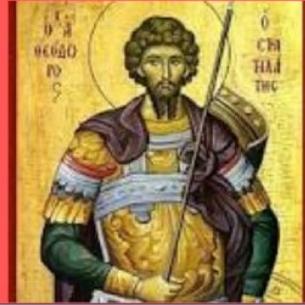
Saints Constantine & Helen, WDC – Church Services

Monday, February 23	Clean Monday - Service of the Hours: 9:30am
Wednesday, February 25	Divine Liturgy of the Presanctified Gifts: 9:30am
Friday, February 27	Salutations to the Theotokos: 6:30pm
Saturday, February 28	Saturday of Souls: Divine Liturgy: 9:30am
Sunday, March 1	Sunday of Orthodoxy – Orthros 8:15am/Divine Liturgy: 9:30am
Wednesday, March 4	Divine Liturgy of the Presanctified Gifts: 6:30pm
Friday, March 6	Salutations to the Theotokos: 6:30pm
Sunday, March 8	Sunday of St. Gregory Palamas: Orthros 8:15am/Divine Liturgy: 9:30am
Wednesday, March 11	Divine Liturgy of the Presanctified Gifts: 6:30pm
Friday, March 13	Salutations to the Theotokos: 6:30pm
Sunday, March 15	Sunday of the Veneration of the Holy Cross: Orthros 8:15am/Divine Liturgy: 9:30am
Wednesday, March 18	Divine Liturgy of the Presanctified Gifts: 6:30pm
Friday, March 20	Salutations to the Theotokos: 6:30pm
Sunday, March 22	Sunday of St. John Climacus: Orthros 8:15am/Divine Liturgy: 9:30am
Wednesday, March 25	Annunciation of the Theotokos: Orthros 8:15am/Divine Liturgy: 9:30am
Friday, March 27	The Akathist Hymn: 6:00pm
Sunday, March 29	Sunday of St. Mary of Egypt: Orthros 8:15am/Divine Liturgy: 9:30am
Saturday, April 3	Saturday of Lazarus – Orthros 8:15am/Divine Liturgy: 9:30am
Sunday, April 5	Palm Sunday – Orthros 8:15am/Divine Liturgy: 9:30am

KIDS CORNER

BY FR. DIMITRI

Sunday, February 8th, 2026



GOSPEL SNAPSHOT

Luke 15:11-32



Jesus told a story about a father and his two sons.

The younger son asked for his money early and left home.

He spent everything and made many bad choices.

Soon, he had nothing left. He was hungry and alone.

He realized he had made a mistake and said, "I will go back to my father and say I am sorry."

While he was still far away, his father saw him.

The father ran to him, hugged him, and kissed him.

The father was not angry.

He was happy his son came home.

Jesus tells us this story to show how much God loves us.

No matter what we do, God is always ready to forgive us when we come back to Him.



KEY IDEA

- God never stops loving us.
- Saying "I'm sorry" brings us back to God.
- We can always return to God, no matter what.
- God is happy when we come back to Him.



SAINT OF THE DAY

- Saint Theodore the Commander
- Saint Theodore was a brave soldier who loved Christ.
- He would not deny his faith, even when threatened.
- He trusted God more than anything else.
- He teaches us to be faithful and courageous.



Did you know?

The father in the story is like God.

God is always watching for us to come back to Him.

He is not waiting to punish us -

He is waiting to welcome us home and

would run to us if He saw us coming back to Him.



IMPORTANT LESSON

- We all make mistakes.
- We should never be afraid to say sorry.
- God forgives quickly when we are honest.
- God's love is bigger than our mistakes.
- Jesus teaches us that forgiveness is joyful.



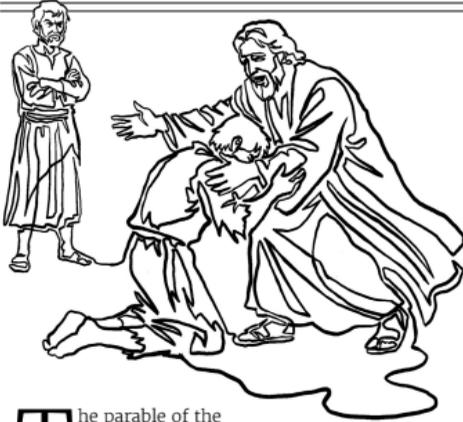
DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING - Luke 15:11-32

The Parable of the Two Sons

Fr. George Parsenios



The parable of the Prodigal Son frames our thoughts as we approach Great Lent. We are called to imitate the Prodigal who turns from his sinful habits and returns to his proper home; we are also encouraged to expect the love of the Father who embraces his penitent children when we turn from our sinful habits and return to God. The loving embrace of the Father reminds us that we will not be punished for straying from God, but rather that we will be welcomed with great joy for returning to him. We must repent. We must reform our lives. But our repentance will be met not with wrath, but with joy and love. The Prodigal Son, however, is not the only son who disappoints his father. The jealous son is also disappointing because he refuses to welcome his penitent brother. The Prodigal Son abandoned his father and fell into sinful ways, thereby committing a great

offense against his family. But the jealous son refused to forgive his brother...and so he also committed a great offense against his family. The behavior of the two brothers correlates well with the two halves of the Ten Commandments. The first set of commandments focuses on our obligations to God, who expects us to be faithful and loyal to him alone. These are the commandments that the Prodigal Son transgressed as he rejected his father and wasted his wealth. The remaining commandments teach us our obligations to our neighbors. The jealous son failed to observe these because he would not love his brother. Most people are like one son or the other. Some of us strive to be faithful to God and to live pure lives, but we judge the less pious people around us and have scorn for them. Others of us can be kind and generous to our neighbors, but we do not strive to live pure and holy lives, nor do we treasure the commandments of God. Our mission during the coming days of Lent is to be faithful both to God as well as our neighbors. We must live pure and holy lives, focused on fasting and prayer, in order to draw closer to God, but always in a way that makes us more loving and forgiving to the members of our families, our fellow parishioners, coworkers, neighbors, friends, and strangers. The Father loves us all, and the only way to show our love for him is to show our love for one another.

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



Diakonia is made possible by a generous grant from Leadership 100

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bit.ly/parishtexts



FROM THE ORIGINAL GREEK: Parable (Παραβολή)
What is “parable?”

Fr. George Parsenios



The parables of Jesus explain the profound ways of God in the simple language of everyday life. The Greek word “parable” is drawn from the words *para*, which means “next to,” and *ballo*, which means “to put.” A parable “puts” an example from everyday life “next to” the work of God in order to clarify how the kingdom of God transforms everyday life. Jesus compares the kingdom, for instance, to a man who owns a vineyard, or to someone who invites guests to a dinner party, and to many other mundane things. Jesus teaches in

these ways so that we learn that our spiritual lives are not separate from our everyday lives; rather, God’s Kingdom comes to us in the people we meet and in the things we do every day. Thus, God transforms these everyday things. After all, when laborers are paid the same wage whether they work all day or only for an hour, then the normal rules of compensation have been transcended. Paying people for work is a normal thing. Paying them all the same for very different levels of work is not at all a normal thing. The rules of everyday life have been transcended by the coming of the Kingdom. The parables urge us to seek God’s transforming power in every circumstance we face and every person we meet.

THIS WEEK’S LOOK AT CHURCH HISTORY

Archbishop Athenagoras



In August 1930, the Holy and Sacred Synod of the Ecumenical Patriarchate elected Metropolitan Athenagoras of Kerkyra and Paxos as Archbishop of America. Archbishop Athenagoras was enthroned in Saint Eleftherios Church in New York City in February 1931. As Archbishop, he worked tirelessly to unify and strengthen the Archdiocese.

Archbishop Athenagoras’ legacy was immense: He established the Philoptochos Society, Holy Cross Greek Orthodox School of Theology, St. Basil Academy, and the Clergy Pension Fund. He organized the Greek Orthodox Youth movement, relocated the Archdiocesan headquarters from Astoria to its current location in Manhattan, and supervised the reconstruction of the Holy Trinity Cathedral of New York.

Archbishop Athenagoras deepened inter-Christian and inter-Orthodox collaboration, strengthening fraternal ties with the other Christian Churches, while promoting inter-Orthodox cooperation. He founded the Federation of Orthodox Christian Churches of America in 1943 which formed the basis for the Standing Committee of the Canonical Orthodox Bishops in the Americas (SCOBA), the successor of which is the Assembly of Canonical Orthodox Bishops.

In November 1948, Archbishop Athenagoras of America was elected Ecumenical Patriarch, and was taken to Constantinople by military airplane sent by President Harry Truman. His fruitful tenure elevated the profile of the Greek Orthodox Church in America, initiated many programs still in existence, and led the Orthodox Church worldwide with charismatic courage and vision until his repose in 1972.

PHOTO SOURCE: goarch.org

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

THE SUNDAY OF THE PRODIGAL SON

Preparing Our Heart for Great Lent

The second Sunday of the three-week Triodion period before Great Lent invites us to reflect on the meaning of repentance. At the center of this Sunday stands the beloved parable from the Gospel of Luke (15:11–32). Jesus tells of a son who demands his inheritance, leaves his father’s house, and squanders everything through wasteful living. When the money runs out and a famine strikes, the son finds himself feeding swine, starving, and utterly alone. It is in this moment of complete emptiness that he “comes to himself.” Recognizing the depth of his fall, he resolves, “I will arise and go to my father,” seeking only the lowliest place in his father’s household.

The father’s response reveals the heart of the Gospel. When he sees his son approaching, he does not stand and wait—he runs to him, embraces him, clothes him with honor, and restores him to life. His joy reveals the boundless compassion of God, who waits patiently for our return, no matter how far we have wandered or how broken we feel. The elder son’s struggle, meanwhile, teaches us to guard against resentment, pride, and the temptation to measure our worth before God by judging others.

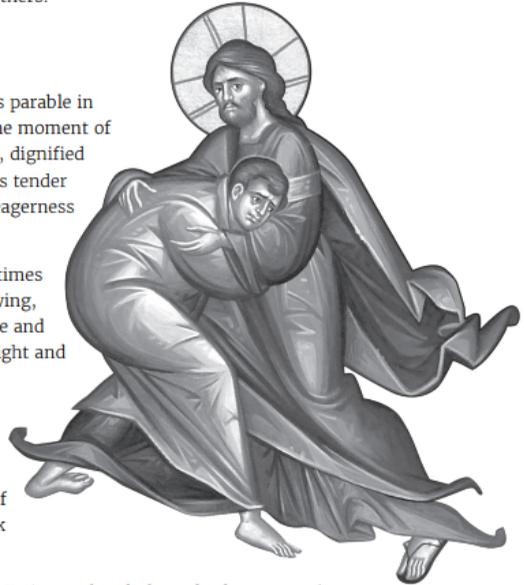
Icon of the Parable

The icon of the Prodigal Son beautifully visualizes Christ’s parable in Luke 15:11–32. At the center of most traditional icons is the moment of the son’s return. The father—often depicted as an elderly, dignified figure—leans forward, running or embracing his son. This tender embrace communicates God’s limitless love, mercy, and eagerness to welcome us back when we repent.

The son is usually shown in torn, ragged clothing—sometimes even barefoot—and humbled. His posture—kneeling, bowing, or collapsing into his father’s arms—expresses repentance and recognition of his brokenness. The father’s robe, often bright and regal, symbolizes divine glory and compassion.

Many icons also include servants bringing the robe, ring, and sandals, echoing the Gospel’s signs of full restoration into the father’s household. The fatted calf, sometimes shown in the background, represents the joy of reconciliation, reminding us that repentance leads us back into communion with God.

Some iconographic variations depict Christ in place of the Father and include multiple scenes of the parable arranged as a single image—such as the son leaving home, feeding the swine, and returning to the father’s embrace. These variations not only encapsulate the Scriptural story arc but remind us that Jesus Christ is always there to welcome us back and embrace us.



A Personal Challenge for the Week

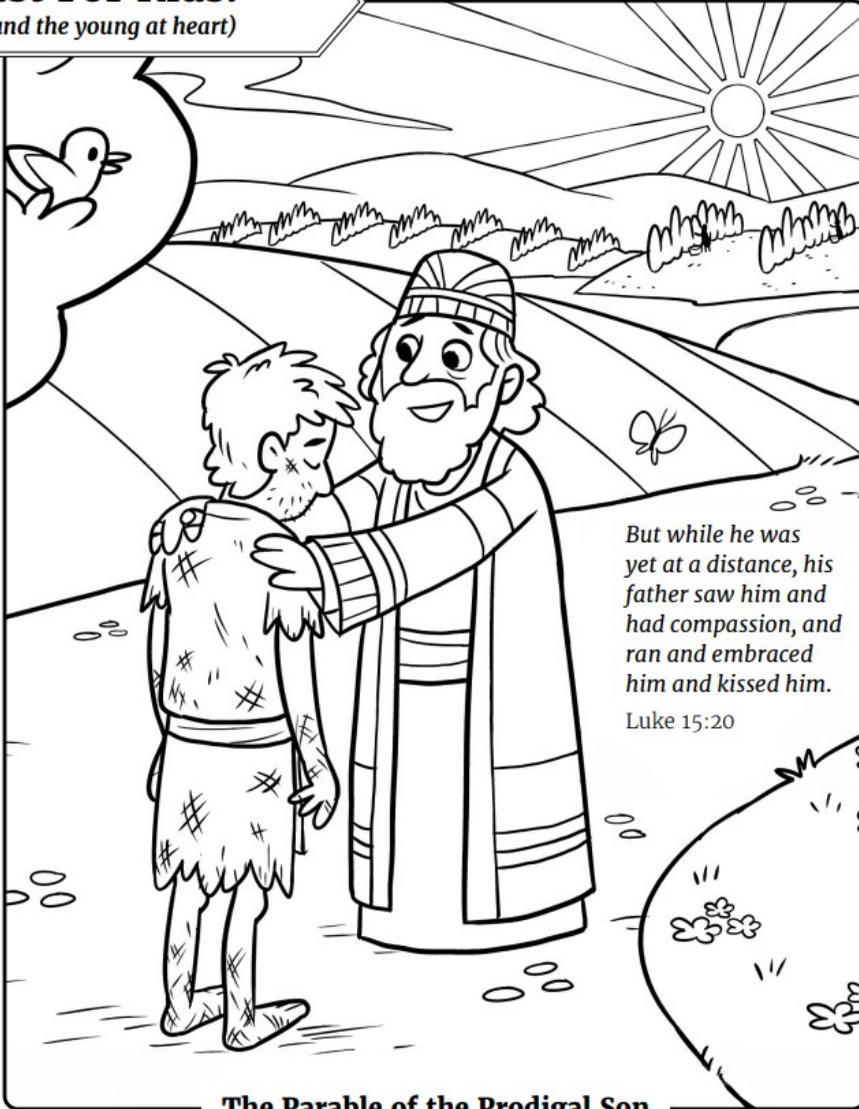
ASK YOURSELF: *What are the habits, distractions, or attitudes that distance you from God?*

Choose **one concrete action** this week that moves you closer to Jesus: a renewed prayer, an act of kindness, attending a service, or letting go of a resentment.



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

COLOR ME!



But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him.

Luke 15:20

The Parable of the Prodigal Son

Diakonia is made possible by a generous grant from Leadership 100



SCHGOCDC SUMMER CAMP SCHOLARSHIP



STS. CONSTANTINE & HELEN OF WASHINGTON D.C.

Summer Camp Scholarship

SPONSORED BY: The Louis J. Tiches
Memorial Ionian Village Scholarship Fund & Philoptochos

\$6,000 scholarship for
IONIAN VILLAGE
(grades 9 -12) attend either
session 1 : June 16 - July 5
session 2: July 15 - August 3

OR

\$1,000 scholarship for
CAMP ST PAUL
(ages 8-18)
attend either June or July

REQUIREMENTS

- Family Stewardship in Good Standing
- Youth Active Participation in Community
- 2-3 Paragraph Essay on "In what ways have you been able to live your Faith and support your church community?"

Submit Essays by: February 15 to etiches@gmail.com and frd@schgocdc.org

Washington Metropolitan Area AHEPA-DOP Scholarship Program

Attention Graduating High School Seniors!

The Washington Metropolitan Area AHEPA-DOP Scholarship Program celebrates 56 years of recognizing and celebrating outstanding student achievement in academics, athletics, and community service. Students must apply online at ahepadcmetroawards.org by March 31, 2026. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 17, 2026, at DoubleTree by Hilton McLean Tysons. We salute all our patrons whose loving care and generous contributions have kept this program alive for so many decades. We invite the Greek Orthodox community to support our youth and this scholarship program through tax deductible donations made online or by mail (details at ahepadcmetroawards.org). For more information about the program, please contact Karen Polizos 571-216-4099, karenspolizos@gmail.com; Ergini Martnishn, 571-215-8695; or Sophia Alpos 571-225-3330.

National Hellenic Society Sponsored Heritage Greece Program

The National Hellenic Society opened their applications for all Summer 2026 Heritage Greece® Programs, offering Greek-American/Canadian college students a two-week, immersive journey into Hellenic history, culture, and identity. Students can apply to any/all of the 3 program options (but only attend one) in June or July in Athens (ACG or CYA) or Thessaloniki (ACT), each blending language lessons, cultural workshops, historic site visits, and meaningful connections with Greek peers. The National Hellenic Society covers tuition, housing, meals, transportation in Greece, and all program costs leaving students to only cover airfare and personal expenses. Eligible students ages 18–26 can learn more and apply at nationalhellenicsociety.org/heritage-greece.

**YOUR JOURNEY TO DISCOVERING
YOUR HERITAGE STARTS HERE.**

**HERITAGE
GREECE®**

APPLICATIONS ARE OPEN FOR ALL SUMMER 2026 PROGRAMS

The Heritage Greece Program® (HG) is a two-week cultural and educational immersion odyssey for accomplished Greek American & Canadian college students who share their experiences with a peer group of exceptional students from three institutions:

<p>AMERICAN COLLEGE OF GREEC ATHENS, GREECE</p>  <p>Program Dates: Session A: June 6 - 21, 2026 Session B: July 4-19, 2026 Early Bird Application Deadline: February 2, 2026 Early Bird Application Deadline: March 30, 2026</p>	<p>Students explore Athens through major sites like the Acropolis, Acropolis Museum, Ancient Agora, and key cultural institutions, while also engaging in neighborhood walks, markets, and experiential Greek language classes. Beyond the city, the program includes visits to Cape Sounion, the Hellenic Parliament, the Salamis naval base, and a multi-day immersion on the island of Tinos, which is home to the Panagia Evangelistria, marble-craft traditions, and local art and cuisine. A final cruise to Aegina, Poros, and Hydra rounds out a program that blends archaeology, culture, and modern Greek life into a concise but vivid experience of Greece.</p>
<p>AMERICAN COLLEGE OF THESSALONIKI THESSALONIKI, GREECE</p>  <p>Program Dates: July 6 - 20, 2026 Application Deadline: April 4, 2026</p>	<p>Students experience Thessaloniki through its signature landmarks and museums, including the White Tower, the Byzantine Museum, and the Jewish Museum, while learning about Greek life, language, and culture through hands-on classes and local market visits. The program expands beyond the city with day trips to Verolia and Vergina's royal tombs, the archaeological site of Dion and the foothills of Mt. Olympus, Edessa's waterfalls, and the Pozar hot springs. Evening harbor sailings, a beach day, and a farewell dinner round out a program that blends ancient Macedonian history, religious heritage, modern urban life, and immersive cultural experiences into a vivid portrait of Northern Greece.</p>
<p>COLLEGE YEAR IN ATHENS ATHENS, GREECE</p>  <p>Program Dates: June 15-26, 2026 Application Deadline: April 1, 2026</p> <p><small>(Offer a year-long program)</small></p>	<p>Students move from Athens to Delphi, Hydra, and Cape Sounion through a program that blends site-based lectures with cultural immersion. They study democracy and identity at the Pnyx, Acropolis, Agora, and the Hellenic Parliament; explore Greece's artistic and political heritage at the Benaki and Philhellenism museums; and engage with modern innovation at places like the Ellinikon Experience Center and Kokotas Winery. Excursions to Delphi's sacred landscape and Hydra's seafaring traditions round out an itinerary that connects ancient texts, contemporary debates, and lived cultural experiences—offering a concise yet meaningful journey through Greece's past and present.</p>

Visit the Heritage Greece® website to apply or learn more.



www.nationalhellenicsociety.org/heritage-greece

Program Cost

The best part? Students only need to cover their plane ticket to Greece and personal expenses. Tuition, accommodations, meals, transportation within Greece, and program related costs are all generously covered by the National Hellenic Society.



PAREA WITH PURPOSE™



THE PHILOPTOCHOS SOCIETY OF SAINT SOPHIA GREEK ORTHODOX CATHEDRAL
is pleased to announce

∞ The Helen Apostolos Scholarship ∞

An annual award of \$1000.00 to help Greek Orthodox women
pursue studies that will lead to, enhance, or extend careers in business.

Background and Purpose: Helen Apostolos, a remarkable woman who overcame the cultural and gender biases of her era, followed her passion and created and managed successful businesses well into her ninth decade. A devout member of the Greek Orthodox Church, she was an equally committed member of the Ladies Philoptochos Society for more than 50 years. Her goddaughter created this scholarship to celebrate Helen's life by helping women who share not only her career goals, but also her commitment to faith and community service.

Eligible Applicants must be:

- Female
- Baptized in the Greek Orthodox Church*
- Accepted by, or enrolled in, an accredited educational institution/program of study; and
- In, or about to initiate, a course of study directly related to a career in business.

* *Note that preference will be given to congregants of Saint Sophia Greek Orthodox Cathedral.*

How to Apply:

Download the Application Form from the Philoptochos page of the Saint Sophia Cathedral website or click on www.saintsophiadc.org/ministries/philoptochos/. Send your completed application as a PDF attachment in an email with the subject line reading "Apostolos Scholarship Application" to PhiloptochosDC@gmail.com no later than midnight on **the 31st of March**.

Application Requirements:

- A signed and completed copy of the application form;
- Proof of baptism or chrismation as a Greek Orthodox Christian;
- Proof of acceptance to, or enrollment in, an accredited educational institution or program directly related to a career in business;
- Personal statement of intent; and
- At least one letter of recommendation.

Selection and Award: All applications will be examined by an Evaluation Panel of educators and business people (appointed by the President of the Philoptochos Society of Saint Sophia), who will rank them on the basis of the extent to which each reflects the purpose of the Scholarship and select that year's awardee. The Panel will provide the results to the President of the Philoptochos Society of Saint Sophia, who will announce the awardee no later than **Graduate Sunday in May**. The Panel has the discretion to not award a scholarship if it determines no applicant satisfies the purpose of the scholarship. Scholarship funds will be provided directly to the awardee's educational institution in accordance with their administrative procedures. An applicant may receive more than one scholarship award, but not in successive years.

Grief Share Ministry

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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.



WINTER/SPRING SESSION

STARTING FEBRUARY 2, 2026

Mondays, 7–8:30 PM

Virtual via Zoom

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



FROM OUR ARCHIVES

September - October, 1979

The EPISTLE

THIS 'N THAT . . .

As the hurricanes blow and the night air sharpens, we realize it's time to return to the routines which fall always brings. Once again, it's off to schools, old and new. It's a season for starting careers and renewing others. Sunday School begins and choir returns. This is a perfect time to settle back and think of past accomplishments, future endeavors and just general happenings.

Did you know that TASO STAVRAKIS played Sledge Hammer in the recent movie, Dawn of the Dead? Taso graduated in May from Carnegie Mellon University, formerly Carnegie Tech, in Pittsburgh, Pennsylvania. He is currently involved in a movie entitled "Friday the 13th." It's nice to see that Taso has substituted his leg cast for this new cast.

FAY KOUTRIS, one of our Sunday School teachers, completed a six-week summer program at the School of Physical Therapy in Baltimore. This is a part of a two-year period (awarded to a few special students) which Fay was accepted in this past spring. Congratulations and good luck, Fay, especially on all those poor unknowing cadavers.

This is a good time to congratulate ARISTOTLE KOUTRIS (Fay's brother) on his spring graduation from Good Council. Telly will attend J. Sargeant Reynolds Community College in Richmond. He will attend whenever they decide summer has ended.

Good luck wishes to STEPHANIE BERGERIS. She just completed Dental Hygienist School and is now working as one! Anyone need any dental work? I'm sure Steph won't mind the practice.

Steph's brother GEORGE BERGERIS (gosh, it seems like there are a lot of brother-sister accomplishments!) has landed an interesting job as a computer programmer. Although we will miss George as he travels from New York to Chicago to the west coast we still hope every city turns out better than the previous one.

There were many graduates this spring from both high school and college. GEORGE MICHAEL MANTZOURANIS (Mike and Georgia's son) graduated from Magruder and now goes to Maryland University. His cousin GEORGE (Constantine and Catherine's son) MANTZOURANIS also graduated this summer and

attends Maryland U. One other high school graduate, LOUIS PAPUCHIS, an Ahepa scholarship winner, also goes to Maryland University. Louis was lucky and with help from brother Johnny he now dorms at Ellicott Hall! CHRISTINA TOMPROS was a recipient of an Ahepa scholarship, too. She graduated from Oxon Hill High School.

Maryland University has recruited one more student as well. PHILIP KAFARAKIS recently ended a two-year career at Hagerstown Junior College and has gone on to Maryland U. for his B.A. Phil did succeed in making the Dean's List during his spring semester at H.J.C.

SPIRO KAFARAKIS (Phil's brother) graduated from Good Counsel last spring. This summer he attended a four-week training school in Florida for certification as a travel agent and plans to go to flight attendant school this winter.

We would like to express our condolences to Phil and Spiro on the loss of their grandmother and uncle. We would also like to extend our sympathy to the NICOPPOULOS FAMILY on the death of their grandmother.

Have you been wondering about some of our "older" generation? JAMES GIKAS is now working on his doctorate and sister KATHY GIKAS is in Albuquerque, New Mexico working as a practical nurse. Another nurse in the making is STARR PAPUCHIS. Starr is a senior in the Montgomery College nursing program. CHARLES CALOMIRIS is now attending Stanford University's graduate school. Charles graduated in May from Vale and turned down Oxford in order to go to California. MIKE ANESTOS (an "old" Goyan) graduated last December from James Madison University. And, finally, CONSTANTIA SCHINAS graduated from George Washington University with a degree in Art. Oops! More congratulations are in order for Constantia. She and ANDREAS GEROCHRISTODOULOS were engaged this past spring. Good luck to you both.

Wedding congratulations also go to EMMANUEL MANTZOURIS. Remember our once ever-present altar boy? He now goes to the Seminary, studying to be a priest. Best of luck to Emmanuel and Mary Ann.

Welcome back and hello to ARTHUR SCHMIDT, another old Goyan. Arthur has returned from Detroit and is back to stay - we hope.

Speaking of returnings, did you see who was in church on September 3? It was



FROM OUR ARCHIVES

September - October, 1979

the EPISTLE

KOSMAS and KATHY KARAVELLAS, old members of our church who moved to New York. They were here with the "Athletes in Christ" team, promoting the Cooley's Anemia drive.



They traveled from city to city, coast to coast, gathering support for Cooley's Anemia Bike-a-thons.

KATHY HERAS, a member of our choir, was another member of the team (Athletes in Christ) who bicycled (yup! They pedaled the "ole" bike) clear across the United States to San Francisco. As they went they stopped in cities to promote fund-raising for the drive against Cooley's Anemia. Kathy is now heading off the D.C., Maryland and Virginia campaign for our own Cooley's Anemia Bike-a-thon to be held on October 20. Come on, all ye bikers, let's get out and do our stuff! Let's help find a cure and save the many children who might otherwise die from this dreaded disease. (Keep an eye out for further details. There will be more to come.)

This must have been the summer for great vacations. PETER and GEORGE DAMON traveled to Cyprus (their father's birth-place). Peter stayed three weeks but George remained for the entire summer to write a political science honors paper on the government of Cyprus. The writing had to wait until Peter left, however. They were having too good a time for work.

CHARLES and ALEKO TICHES also traveled to Greece. They spent July at Ionian Village where they not only met lots of friends and visited lots of interesting places but also came home with awards - Charles was elected "Mr. Ionian Village" (best camper) and Aleko was awarded the title "Friendliest Camper." (As we all know this title sure fits him.) Before

we forget . . . congratulations, Charles on receiving four out of five awards for classes taken during your sophomore year at St. James School. Good luck for the coming year!

Another exciting summer happening for our church occurred in July when we sponsored our first summer camp for our kids. It was a smashing success and everyone had a grand time. Plans for next year are already in the works.

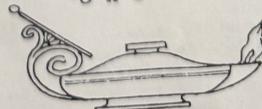
In concluding, we would like to say "good luck" to the Redskins and CHRIS WALLACE and his crew. Why Chris and his crew? Because every Sunday the Redskins play, Chris and his recruits (TELLY KOUTRIS, MIKE HARAMIS, MANNY POLLLOS, FAY KOUTRIS, MARIA STAMOS and others, for sure) get together and sell beer and coke to all those thirsty fans. Boy what a great way to see the games for free! So look for them at the next game.

If anyone has any news please send it to the church in care of The Epistle. We would appreciate any news concerning the young people of our parish. Thanks.

--Chryssse Tiches

Ο Κ Τ Ω Β Ρ Ι Ο Σ

- 6 Σαβ.- Μέγας Ἑσπερινός (7:30 μ.μ.)
- 7 Κυρ.- 3η Κυριακή Δουκᾶ
- 13 Σαβ.- Μέγας Ἑσπερινός (7:30 μ.μ.)
- 14 Κυρ.- Τῶν Ἁγίων Πατέρων
- 20 Σαβ.- Ὁσίου Γερασίμου (Δειτ/γία)
Μέγας Ἑσπερινός (7:30 μ.μ.)
- 21 Κυρ.- 6η Κυριακή Δουκᾶ
- 26 Παρ.- Δημητρίου Μεγαλομάρτυρος
(Δειτουργία)
- 27 Σαβ.- Μέγας Ἑσπερινός (7:30 μ.μ.)
- 28 Κυρ.- τῆς Ἁγίας Σκέπης
7η Κυριακή Δουκᾶ
Ἐπέτειος τοῦ ἱστορικοῦ
"Ο Χ Ι"

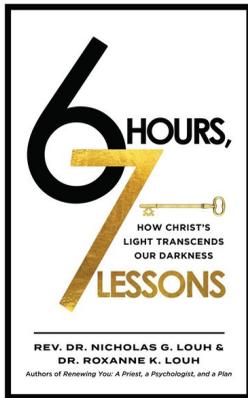


Saint Kosmas Aitolos Bookstore!

6 Hours, 7 Lessons:

How Christ's Light Transcends Our Darkness

by Fr. Nicholas G Louh, Dr. Roxanne Louh

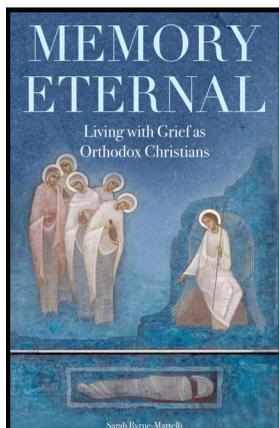
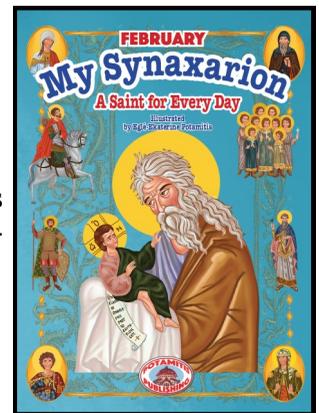


During His darkest moments, Jesus uttered seven statements on the Cross that offer us tremendous wisdom in our own dark seasons—when we feel alone, forgotten, and unable to surrender, forgive, or let go of our mistakes. In *6 Hours, 7 Lessons*, Orthodox Christian priest Father Nicholas Louh and licensed clinical psychologist Dr. Roxanne Louh show us that there is no darkness so dark that our Lord hasn't already experienced it. Christ's final words direct us toward the light of His love and protection while giving us the guidance we need to find hope and healing.

My Synaxarion –

A Saint for Every Day – FEBRUARY

The Saints of the Church are the living seeds of Christ's teachings that sprout across the ages and grow into mighty, spiritual trees, under which we find shelter from the blizzards and storms of this world.



Memory Eternal: Living with Grief as Orthodox Christians

by Sarah Byrne-Martelli

Losing someone we love is never easy, but the Orthodox Church provides a wealth of resources that help us to bear it. Chaplain and bereavement coordinator Sarah Byrne-Martelli draws on these theological, scriptural, and liturgical resources, as well as the collected experience of a variety of people undergoing grief and loss, to provide a kind of roadmap to the grieving process. Included in the book is a guide to an eight-week bereavement curriculum that can be used in a group or on one's own. As Orthodox Christians, we do not seek to “get over” grief but to carry the memory of our loved ones eternally in our hearts.

30th
Annual

NICHOLAS TSAKALOS MEMORIAL RETREAT

MARCH
14
SATURDAY

Christianity in Action:
The Teachings of Jesus Illuminated Through The Life of
Archbishop Anastasios Yannoulatos of Albania

Presented by the spiritual son of His Beatitude

FR. LUKE VERONIS

PROTOPRESBYTER OF SAINTS CONSTANTINE AND HELEN
GREEK ORTHODOX CHURCH, WEBSTER, MASS.

Divine Liturgy 8:00 a.m.

Continental Breakfast and Registration 9:30 - 10:00am

Retreat Begins 10:15 a.m.

Special Youth Gathering with Fr. Luke
"Genuine Mentors in a Young Person's Life"
Friday, March 13 @ 7:30 - 9:00pm
with Light Lenten Meal

Information: www.goannun.org, click on "2026 Retreat"

Further Questions: Jeanne Tsakalos

(443) 865-5389 - Jeannetsakalos@hotmail.com

\$30 - INCLUDES LENTEN LUNCHEON AND CONTINENTAL BREAKFAST
\$35 IF REGISTERED AFTER MARCH 4

FREE PARKING

GREEK ORTHODOX CATHEDRAL OF THE ANNUNCIATION
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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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