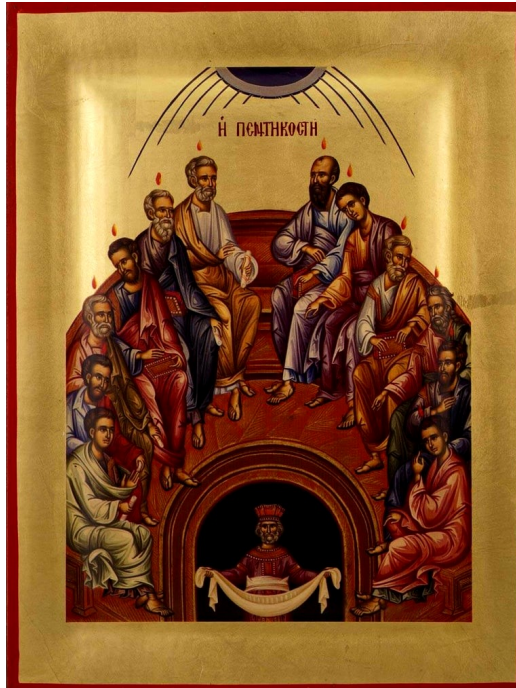




Saints Constantine & Helen
 Greek Orthodox Church of Washington, D.C.
 May 31, 2026
 Holy Pentecost



Church Announcements

Ladies Philoptochos Society: The Ladies Philoptochos Society will be baking Baklava on June 15th, for our festival.

The next Philoptochos General Meeting will be held on Sunday, June 7th. Please join us!

Upcoming Church Services:

Sunday, June 7th: The Sunday of All Saints
 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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The Epistle - Acts of the Apostles 2:1-11

WHEN THE DAY of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. And they were amazed and wondered, saying, "Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians, we hear them telling in our own tongues the mighty works of God."

Πράξεις Ἀποστόλων 2:1-11

Ἐν τῷ συμπληροῦσθαι τὴν ἡμέραν τῆς Πεντηκοστῆς, ἦσαν ἅπαντες ὁμοθυμαδὸν ἐπὶ τὸ αὐτό. Καὶ ἐγένετο ἄφνω ἐκ τοῦ οὐρανοῦ ἦχος ὡσπερ φερομένης βιαίας, καὶ ἐπλήρωσεν ὅλον τὸν οἶκον οὗ ἦσαν καθήμενοι. Καὶ ὤφθησαν αὐτοῖς διαμεριζόμεναι γλῶσσαι ὡσεὶ πυρός, ἐκάθισέν τε ἐφ' ἓνα ἕκαστον αὐτῶν. Καὶ ἐπλήσθησαν ἅπαντες πνεύματος ἁγίου, καὶ ἤρξαντο λαλεῖν ἑτέραις γλώσσαις, καθὼς τὸ πνεῦμα ἐδίδου αὐτοῖς ἀποφθέγγεσθαι. Ἦσαν δὲ ἐν Ἱερουσαλὴμ κατοικοῦντες Ἰουδαῖοι, ἄνδρες εὐλαβεῖς, ἀπὸ παντὸς ἔθνους τῶν ὑπὸ τὸν οὐρανόν. Γενομένης δὲ τῆς φωνῆς ταύτης, συνῆλθεν τὸ πλῆθος καὶ συνεχύθη, ὅτι ἤκουον εἰς ἕκαστος τῆ ἰδίᾳ διαλέκτῳ λαλούντων αὐτῶν. Ἐξίσταντο δὲ πάντες καὶ ἐθαύμαζον, λέγοντες πρὸς ἀλλήλους, Οὐκ ἰδοὺ πάντες οὗτοί εἰσιν οἱ λαλοῦντες Γαλιλαῖοι; Καὶ πῶς ἡμεῖς ἀκούομεν ἕκαστος τῆ ἰδίᾳ διαλέκτῳ ἡμῶν ἐν ἧ ἐγεννήθημεν; Πάρθοι καὶ Μῆδοι καὶ Ἑλαμίται, καὶ οἱ κατοικοῦντες τὴν Μεσοποταμίαν, Ἰουδαίαν τε καὶ Καππαδοκίαν, Πόντον καὶ τὴν Ἀσίαν, Φρυγίαν τε καὶ Παμφυλίαν, Αἴγυπτον καὶ τὰ μέρη τῆς Λιβύης τῆς κατὰ Κυρήνην, καὶ οἱ ἐπιδημοῦντες Ῥωμαῖοι, Ἰουδαῖοί τε καὶ προσήλυτοι, Κρήτες καὶ Ἄραβες, ἀκούομεν λαλούντων αὐτῶν ταῖς ἡμετέραις γλώσσαις τὰ μεγαλεῖα τοῦ θεοῦ.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Ἰωάννην 7:37-52; 8:12

Ἐν δὲ τῇ ἐσχάτῃ ἡμέρᾳ τῇ μεγάλῃ τῆς ἑορτῆς εἰστήκει ὁ Ἰησοῦς καὶ ἔκραζε λέγων· ἐάν τις διψᾷ, ἐρχέσθω πρὸς με καὶ πινέτω. ὁ πιστεύων εἰς ἐμέ, καθὼς εἶπεν ἡ γραφή, ποταμοὶ ἐκ τῆς κοιλίας αὐτοῦ ρεύσουσιν ὕδατος ζῶντος. τοῦτο δὲ εἶπε περὶ τοῦ Πνεύματος οὗ ἔμελλον λαμβάνειν οἱ πιστεύοντες εἰς αὐτόν· οὐπω γὰρ ἦν Πνεῦμα Ἅγιον, ὅτι Ἰησοῦς οὐδέπω ἐδοξάσθη. Πολλοὶ οὖν ἐκ τοῦ ὄχλου ἀκούσαντες τὸν λόγον ἔλεγον· οὗτός ἐστιν ἀληθῶς ὁ προφήτης· ἄλλοι ἔλεγον· οὗτός ἐστιν ὁ Χριστός· ἄλλοι ἔλεγον· μὴ γὰρ ἐκ τῆς Γαλιλαίας ὁ Χριστὸς ἔρχεται; οὐχὶ ἡ γραφή εἶπεν ὅτι ἐκ τοῦ σπέρματος Δαυὶδ καὶ ἀπὸ Βηθλεὲμ τῆς κώμης, ὅπου ἦν Δαυὶδ, ὁ Χριστὸς ἔρχεται; σχίσμα οὖν ἐν τῷ ὄχλῳ ἐγένετο δι' αὐτόν. τινὲς δὲ ἤθελον ἐξ αὐτῶν πιάσαι αὐτόν, ἀλλ' οὐδεὶς ἐπέβαλεν ἐπ' αὐτόν τὰς χεῖρας. Ἦλθον οὖν οἱ ὑπηρέται πρὸς τοὺς ἀρχιερεῖς καὶ Φαρισαίους, καὶ εἶπον αὐτοῖς ἐκεῖνοι· διατί οὐκ ἠγάγετε



αὐτόν; ἀπεκρίθησαν οἱ ὑπηρέται· οὐδέποτε οὕτως ἐλάλησεν ἄνθρωπος, ὡς οὗτος ὁ ἄνθρωπος. ἀπεκρίθησαν οὖν αὐτοῖς οἱ Φαρισαῖοι· μὴ καὶ ὑμεῖς πεπλάνησθε; μὴ τις ἐκ τῶν ἀρχόντων ἐπίστευσεν εἰς αὐτόν ἢ ἐκ τῶν Φαρισαίων; ἀλλ' ὁ ὄχλος οὗτος ὁ μὴ γινώσκων τὸν νόμον ἐπικατάρτοί εἰσι! λέγει Νικόδημος πρὸς αὐτούς, ὁ ἐλθὼν νυκτὸς πρὸς αὐτόν, εἷς ὢν ἐξ αὐτῶν· μὴ ὁ νόμος ἡμῶν κρίνει τὸν ἄνθρωπον, εἰ μὴ ἀκούσῃ παρ' αὐτοῦ πρότερον καὶ γνῶ τί ποιεῖ; ἀπεκρίθησαν καὶ εἶπον αὐτῷ· μὴ καὶ σὺ ἐκ τῆς Γαλιλαίας εἶ; ἐρεῦνήσον καὶ ἶδε ὅτι προφήτης ἐκ τῆς Γαλιλαίας οὐκ ἐγγήγερται. Πάλιν οὖν αὐτοῖς ὁ Ἰησοῦς ἐλάλησε λέγων· ἐγὼ εἰμι τὸ φῶς τοῦ κόσμου· ὁ ἀκολουθῶν ἐμοὶ οὐ μὴ περιπατήσῃ ἐν τῇ σκοτίᾳ, ἀλλ' ἔξει τὸ φῶς τῆς ζωῆς.

The Gospel - According to John 7:37-52; 8:12

On the last day of the feast, the great day, Jesus stood up and proclaimed, "If any one thirst, let him come to me and drink. He who believes in me, as the scripture has said, 'Out of his heart shall flow rivers of living water.'" Now this he said about the Spirit, which those who believed in him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified. When they heard these words, some of the people said, "This is really the prophet." Others said, "This is the Christ." But some said, "Is the Christ to come from Galilee? Has not the scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?" So there was a division among the people over him. Some of them wanted to arrest him, but no one laid hands on him. The officers then went back to the chief priests and Pharisees, who said to them, "Why did you not bring him?" The officers answered, "No man ever spoke like this man!" The Pharisees answered them, "Are you led astray, you also? Have any of the authorities or of the Pharisees believed in him? But this crowd, who do not know the law, are accursed." Nikodemos, who had gone to him before, and who was one of them, said to them, "Does our law judge a man without first giving him a hearing and learning what he does?" They replied, "Are you from Galilee too? Search and you will see that no prophet is to rise from Galilee." Again Jesus spoke to them, saying, "I am the light of the world; he who follows me will not walk in darkness, but will have the light of life."

FUTURE MEMORIALS



June 7th - George & Samia Abdallah, Theodora Panagoulas and Victoria Sayej
July 12th - Demetris Spanou

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, Michael, Kathleen, 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.

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DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

John 7:37-52; 8:12



“...Out of his heart shall flow rivers of living water”

REFLECTIONS FROM TODAY'S READING | Fr. George Parsenios

Today's Gospel reading refers to the gift of the Spirit, which had not yet been given during Jesus' ministry because Jesus had not yet risen from the dead. That gift was bestowed upon believers on the day of Pentecost, the great feast that we celebrate today. And the gift of the Spirit changes the disciples. Only after Pentecost did the disciples fully understand the mission of Jesus and become fully empowered to share the Gospel throughout the world. Every Christian is given this same gift of the Spirit in our baptism. Like the disciples at Pentecost, we must ourselves come to understand more fully the mission of Jesus and we must share his Gospel in our own lives. And this requires effort. We are given the Spirit at baptism, but we must receive it through our own decisions and actions. Church history is littered

with Christians who did not make this effort. When St. Paul writes First Corinthians, he tells the Christians in Corinth that he cannot address them as people who have received this Spirit (1 Cor 3:1) but as infants in Christ and as people who do not understand their Christian identity. How do we avoid their immature fate? We can do three things. First, we must guard our words carefully. If we watch what we say, we ensure that we say things that draw ourselves and others closer to God. Second, we must continue to live ascetical lives. By fasting and praying and giving generously to others, we arrest our own selfish wills and ensure that we subject our will to the will of God. Finally, we must study our faith so that we understand not only who God is, but what his purpose is for our lives.

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



Diakonia is made possible by a generous grant from Leadership 100

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FROM THE ORIGINAL GREEK: Pentecost (Πεντηκοστή)

What does “Pentecost” mean?

Fr. George Parsenios



The word Πεντηκοστή/*Pentecost* means “fiftieth” in Greek, and the feast of Pentecost falls on the 50th day after Pascha, when the Holy Spirit descended on the disciples in Jerusalem. Before Pentecost became a Christian festival, however,

it was celebrated by Jews as the 50th day after Passover. The Hebrew name

for the feast was *Shavuot*, which means “weeks,” because the feast was celebrated after 7 weeks (49 days) had elapsed from Passover. *Shavuot/Pentecost* commemorated the gift of the Law that God gave

to Moses on Mt. Sinai, and it was one of the three great pilgrimage festivals, when pious Jews traveled from around the world to be in Jerusalem. When the Holy Spirit descended on the apostles at Pentecost, it inspired them to speak miraculously in foreign languages. These languages were understood by the pilgrims who had traveled from distant lands to observe the Jewish feast (Acts 2:8). But if the original feast of Pentecost celebrated the Mosaic Law as God’s gift to the Jewish people, the Christian feast celebrates the even greater gift of the Holy Spirit, indicating that we are no longer guided by the letter of the Law, but by the Holy Spirit of God who writes God’s will in our hearts (Ezekiel 11:19, Jeremiah 31:33).

THIS WEEK’S LOOK AT CHURCH HISTORY

The Greek War Relief Efforts of World War II



*An unidentified schoolboy in Patras, Greece waits with his tin dish under his arm for his school lunch. Ca 1945
Harry S. Truman Library and Museum public domain*

During World War II and the years that followed, the Greek Orthodox Community in America organized to provide critical aid to people in Greece and all of Europe. Our communities did all they could to support both the War Bond initiative and the Greek War Relief Association. Fundraisers were held by Archbishop Athenagoras with the assistance of the Catholic Archbishop of Boston who encouraged his congregation to support the effort. Spyros Skouras, a prominent film executive, organized events and premieres featuring well-known actors to raise funds for the cause.

As a result of the Greek War Relief Association’s efforts, hundreds of thousands of packages containing food, clothing, medicine, blankets, and medical equipment were shipped to Greece. Between the early 1940’s and the mid-1950’s, more than \$300 million (adjusted for inflation) were raised by Greek Orthodox in America from within and from outside the Greek Orthodox community.

THE SUNDAY OF **Holy Pentecost**



The Feast of Holy Pentecost, celebrated fifty days after Pascha and ten days after the Ascension, is a great feast of our Church. It is not merely the commemoration of a past event, but the living manifestation of God's presence among us. We celebrate the descent of the Holy Spirit upon the Apostles, the revelation of the Holy Trinity, and the Church as the living Body of Christ.

As we hear in the Book of Acts, the Apostles were gathered as Jesus had directed them. Suddenly, a sound like a rushing wind filled the house, and tongues of fire rested upon each of them. Filled with the Holy Spirit, they began to speak in different languages. This was the transformative presence of God, sanctifying the Apostles and empowering them to proclaim the Gospel to all nations.

This took place during the Jewish Feast of Pentecost (50 days after Passover), when many people from across the known world had gathered in Jerusalem. Hearing the Apostles speak in their own languages, the people were astonished. Some were confused, others doubtful. Yet through the preaching of the Apostle Peter who boldly proclaimed Christ Crucified and Risen, the hearts of many were moved. When they asked, "What shall we do?" Peter called them to repentance, baptism, and the reception of the Holy Spirit. On that day, thousands entered the life of the Church.

Church lives today as a communion rooted in the Apostles' teaching, fellowship, the breaking of the bread, and prayer. This life continues today in the Divine Liturgy, the sacraments, and the unity of the faithful. Pentecost reminds us that the Church is sustained by the presence and action of the Holy Spirit, who guides us in truth and unites us in love.

The icon of Pentecost proclaims this reality. The Holy Spirit descends upon the Apostles, while below the world awaits the light of Christ. This mission of the Church continues, and we are called to participate. We are not spectators of Pentecost. We have received the Holy Spirit in our baptism and chrismation. We are called to grow in repentance and prayer, bearing witness to Jesus in our daily lives.



PERSONAL ACTION ITEM

This week, commit to living your Orthodox faith intentionally. Let us set aside 10 minutes each day for prayer and reflection, asking the Holy Spirit to guide you from passive belief into active, living faith.



Holy Pentecost

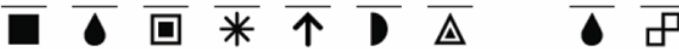
Pentecost is a special day that celebrates when the Holy Spirit came down from heaven, 50 days after Easter. The Holy Spirit came like a strong, rushing wind and looked like flames of fire resting on the disciples and the Virgin Mary. They were filled with the Holy Spirit and began to speak in different languages. People from many countries were there in Jerusalem and heard about Jesus in their own language. About 3,000 people believed and were baptized that day

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



A	B	C	D	E	F	G	H	I	J	K	L	M

N	O	P	Q	R	S	T	U	V	W	X	Y	Z



ANSWER KEY: A term found in ACTS 2:3 "TONGUES OF FIRE"

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**SAINTS CONSTANTINE & HELEN
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SEPTEMBER 11-13, 2026



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June 21, 2026

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7 PM -
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CAMP SAINT PAUL 2026

Enroll Today!

Camp Saint Paul 2026

Camp Saint Paul Summer Camp will be returning soon! Registration day will be Saturday, February 28th @ 12pm!

Summer Camp

- S1: June 21st - June 27th
- S2: June 28th - July 04th
- S3: July 05th - July 11th
- S4: July 12th - July 18th
- S5: July 19th - July 25th



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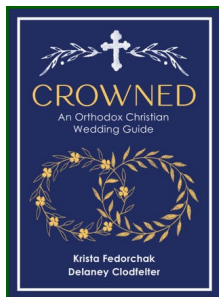
 **Register Now!**
clergyiaity.org/yalconference

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Questions? Email us at yal@goarch.org.

Saint Kosmas Aitolos Bookstore!

Crowned: An Orthodox Christian Wedding Guide

by Krista Fedorchak & Delaney Clodfelter

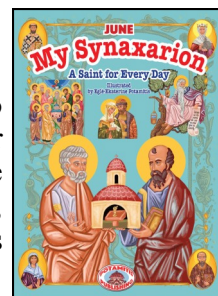


Planning your wedding and reception can seem overwhelming, with countless details hijacking your time and energy. In this wedding guide for engaged couples, authors Krista Fedorchak and Delaney Clodfelter help you identify your Big Three priorities to guide your decisions while keeping the emphasis on marriage as an Orthodox Christian sacrament. Use this resource to help you simplify the process and keep Christ at the center of your wedding day. Features a special lay-flat binding and heavier paper stock for easy writing.

My Synaxarion – A Saint for Every Day – June

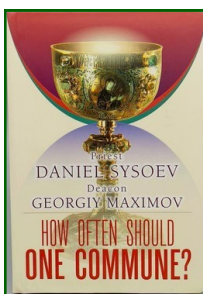
by Potamitis Publishing - Orthodox Children's Books

There is a saint for every day of the month, and two pages are dedicated to each one of the saints. You have the icon, the life of the saint (adapted for children), the Apolytikion or Kontakion of the saint, the summary with the key facts, a map, a timeline, and some fascinating biographical, historical, and geographic facts. There are no long, gory details about the martyrdoms of the saints.



How Often Should One Commune?

by Priest Daniel Sysoev

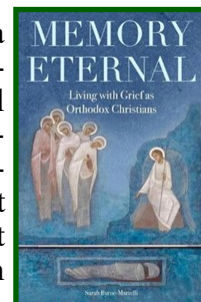


What canons and rules exist to determine the frequency with which the faithful take part in the sacrament of Holy Communion? This booklet explains the necessity of frequent communion, presenting the reader with detailed supporting arguments from the works of the Holy Fathers and the church canons.

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 counselor 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.



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>
<p style="text-align: center;">GREEK SCHOOL</p> <p style="text-align: center;">Eleni Athanasakis Director</p> <p style="text-align: center;">sch.greekschool@gmail.com</p> <p style="text-align: center;">John Skarvelis</p>	<p style="text-align: center;">GREEK DANCE</p> <p style="text-align: center;">Eleni Triantis Anastasia Sissamis Christine Skarvelis Diana Motsiopoulos Maria Stamidis</p> <p style="text-align: center;">Elaine Romas sch.greekdance@gmail.com</p>	<p style="text-align: center;">LADIES PHILOPTOCHOS</p> <p style="text-align: center;">Effie Tiches President</p> <p style="text-align: center;">ladiesphilo721@gmail.com</p>	<p style="text-align: center;">VERSIS CENTER</p> <p style="text-align: center;">Kathy Kafarakis sch.versis@gmail.com</p> <p>*****</p> <p style="text-align: center;">YOUNG AT HEART</p> <p style="text-align: center;">Helen Thornberg & Christina Clifton</p> <p style="text-align: center;">sch.youngatheart@gmail.com</p>	<p style="text-align: center;">YAL</p> <p style="text-align: center;">Email: stconniesyal@gmail.com</p>