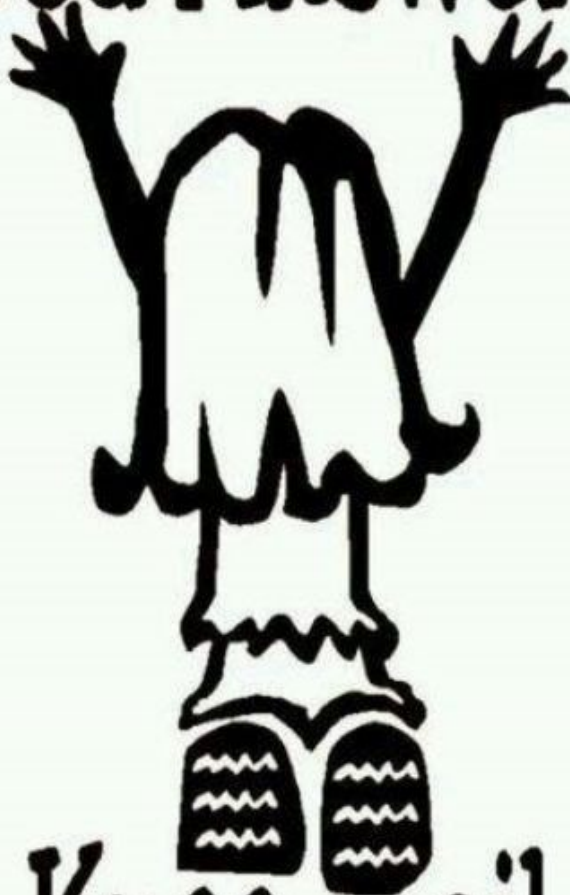




Saints Constantine and Helen  
Greek Orthodox Church  
of Washington, DC  
Sunday of the Samaritan Woman  
May 14, 2017



God Answers



Knee-mail

## ΥΜΝΟΙ ΤΗΣ ΗΜΕΡΑΣ

### *Ἀπολυτίκιον Ἀναστάσιμον./ Ἦχος δ΄.*

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

### *Ἀπολυτίκιον τῆς Ἑορτῆς./ Ἦχος πλ. δ΄.*

Μεσοῦσης τῆς ἑορτῆς, διψῶσάν μου τὴν ψυχὴν, εὐσεβείας πότισοννάματα ὅτι πᾶσι Σωτῆρ ἐβόησας· ὁ διψῶν, ἐρχέσθω πρὸς με καὶ πινέτω· Ἡ πηγὴ τῆς ζωῆς, Χριστὲ ὁ Θεὸς δόξα σοι.

### **Ἀπολυτίκιον Ἀγ. Κωνσταντίνου & Ελένης**

Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλήσιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεύσιν, Ἀπόστολός σου Κύριε, Βασιλεύουσαν πόλιν τῆ χειρὶ σου παρέθετο ἦν περισώζε δια παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

### **Ἀπολυτίκιον Ἀγ. Ανδρέα**

Ὡς τῶν Ἀποστόλων Πρωτόκλητος, καὶ τοῦ Κορυφαίου αὐτάδελφος, τὸν Δεσπότην τῶν ὅλων Ανδρέα ἰκέτευε, εἰρήνην τῆ οἰκουμένη δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡ μῶν τὸ μέγα ἔλεος.

### *Κοντάκιον./ Ἦχος πλ. δ΄.*

Εἰ καὶ ἐν τάφῳ κατῆλθες Ἀθάνατε, ἀλλὰ τοῦ ἄδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητῆς, Χριστὲ ὁ Θεός, γυναιξὶ Μυροφόροις φθελγῶμενος, Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

## HYMNS OF THE DAY

### *Resurrectional Apolytikion./ Mode 4.*

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and had rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

### *Apolytikion of the Feast.*

O Lord, midway through the feast, give drink to my thirsty soul from the waters of true religion. For to all You the Savior cried aloud, Let whoever is thirsty come to Me and drink. As the fountain of life, O Christ our God, glory to You.

### **Apolytikion of Sts. Constantine & Helen**

Having seen the image of Thy Cross in Heaven, and like Paul, having received the call not from men, Thine apostle among kings entrusted the commonwealth to Thy hand, O Lord. Keep us always in peace, by the intercessions of the Theotokos, O only Friend of man.

### *Apolytikion of St. Andrew*

As first of the Apostles to be called, O Andrew, brother of him (Peter) who was foremost, beseech the Master of all to grant the world peace and our souls great mercy.

### *Kontakion/ Mode pl. 4.*

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out "Rejoice" to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection.

## Ο ΑΠΟΣΤΟΛΟΣ—Πράξεις Αποστόλων 11:19-30

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, διασπαρέντες οἱ Ἀπόστολοι ἀπὸ τῆς θλίψεως τῆς γενομένης ἐπὶ Στεφάνῳ διῆλθον ἕως Φοινίκης καὶ Κύπρου καὶ Ἀντιοχείας, μηδεὶν λαλοῦντες τὸν λόγον εἰ μὴ μόνον Ἰουδαίους. Ἦσαν δὲ τινες ἐξ αὐτῶν ἄνδρες Κύπριοι καὶ Κυρηναῖοι, οἵτινες εἰσελθόντες εἰς Ἀντιόχειαν, ἐλάλουν πρὸς τοὺς Ἕλληνιστάς, εὐαγγελιζόμενοι τὸν κύριον Ἰησοῦν. Καὶ ἦν χεὶρ κυρίου μετ' αὐτῶν· πολὺς τε ἀριθμὸς πιστεύσας ἐπέστρεψεν ἐπὶ τὸν κύριον. Ἠκούσθη δὲ ὁ λόγος εἰς τὰ ὦτα τῆς ἐκκλησίας τῆς ἐν Ἱεροσολύμοις περὶ αὐτῶν· καὶ ἐξάπέστειλαν Βαρνάβαν διελθεῖν ἕως Ἀντιοχείας· ὃς παραγεγόμενος καὶ ἰδὼν τὴν χάριν τοῦ θεοῦ ἐχάρη, καὶ παρεκάλει πάντας τῇ προθέσει τῆς καρδίας προσμένειν τῷ κυρίῳ· ὅτι ἦν ἀνὴρ ἀγαθὸς καὶ πλήρης πνεύματος ἀγίου καὶ πίστεως· καὶ προσετέθη ὄχλος ἱκανὸς τῷ κυρίῳ. Ἐξῆλθεν δὲ εἰς Ταρσὸν ὁ Βαρνάβας ἀναζητῆσαι Σαῦλον, καὶ εὐρὼν ἤγαγεν αὐτὸν εἰς Ἀντιόχειαν. Ἐγένετο δὲ αὐτοὺς ἐνιαυτὸν ὅλον συναχθῆναι τῇ ἐκκλησίᾳ καὶ διδάξαι ὄχλον ἱκανόν, χρηματίσαι τε πρῶτον ἐν Ἀντιοχείᾳ τοὺς μαθητὰς Χριστιανούς. Ἐν ταύταις δὲ ταῖς ἡμέραις κατήλθον ἀπὸ Ἱεροσολύμων προφῆται εἰς Ἀντιόχειαν. Ἀναστὰς δὲ εἷς ἐξ αὐτῶν ὀνόματι Ἄγαβος, ἐσήμανεν διὰ τοῦ πνεύματος λιμὸν μέγαν μέλλειν ἔσσεσθαι ἐφ' ὅλην τὴν οἰκουμένην· ὅστις καὶ ἐγένετο ἐπὶ Κλαυδίου Καίσαρος. Τῶν δὲ μαθητῶν καθὼς εὐπορεῖτό τις, ὤρισαν ἕκαστος αὐτῶν εἰς διακονίαν πέμψαι τοῖς κατοικοῦσιν ἐν τῇ Ἰουδαίᾳ ἀδελφοῖς· ὃ καὶ ἐποίησαν, ἀποστειλάντες πρὸς τοὺς πρεσβυτέρους διὰ χειρὸς Βαρνάβα καὶ Σαύλου.

## THE EPISTLE—Acts of the Apostles 11:19-30

IN THOSE DAYS, those apostles who were scattered because of the persecution that arose over Stephen traveled as far as Phoenicia and Cyprus and Antioch, speaking the word to none except Jews. But there were some of them, men of Cyprus and Cyrene, who on coming to Antioch spoke to the Greeks also, preaching the Lord Jesus. And the hand of the Lord was with them, and a great number that believed turned to the Lord. News of this came to the ears of the church in Jerusalem, and they sent Barnabas to Antioch. When he came and saw the grace of God, he was glad; and he exhorted them all to remain faithful to the Lord with steadfast purpose; for he was a good man, full of the Holy Spirit and of faith. And a large company was added to the Lord. So Barnabas went to Tarsus to look for Saul; and when he had found him, he brought him to Antioch. For a whole year they met with the church, and taught a large company of people; and in Antioch the disciples were for the first time called Christians. Now in these days prophets came down from Jerusalem to Antioch. And one of them named Agabos stood up and foretold by the Spirit that there would be a great famine over all the world; and this took place in the days of Claudius. And the disciples determined, every one according to his ability, to send relief to the brethren who lived in Judea, and they did so, sending it to the elders by the hand of Barnabas and Saul.

## ΤΟ ΕΥΑΓΓΕΛΙΟΝ— Κατὰ Ἰωάννην 4:5-42

Τῷ καιρῷ ἐκεῖνῳ, ἔρχεται ὁ Ἰησοῦς εἰς πόλιν τῆς Σαμαρείας λεγομένην Συχάρ, πλησίον τοῦ χωρίου ὃ ἔδωκεν Ἰακώβ Ἰωσήφ τῷ υἱῷ αὐτοῦ· ἦν δὲ ἐκεῖ πηγή τοῦ Ἰακώβ. Οὐκ ἦν Ἰησοῦς κεκοπιακὸς ἐκ τῆς ὁδοπορίας ἐκαθέζετο οὕτως ἐπὶ τῇ πηγῇ· ὥρα ἦν ὥσει ἕκτη. Ἐρχεται γυνὴ ἐκ τῆς Σαμαρείας ἀντλήσαι ὕδωρ. λέγει αὐτῇ ὁ Ἰησοῦς· δός μοι πιεῖν. οἱ γὰρ μαθηταὶ αὐτοῦ ἀπεληλύθεισαν εἰς τὴν πόλιν ἵνα τροφὰς ἀγοράσωσι. λέγει οὖν αὐτῷ ἡ γυνὴ ἡ Σαμαρεῖτις· πὼς σὺ Ἰουδαῖος ὢν παρ' ἐμοῦ πιεῖν αἰτεῖς, οὐσης γυναικὸς Σαμαρεῖτιδος; οὐ γὰρ συγχρῶνται Ἰουδαῖοι Σαμαρεῖταις. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῇ· εἰ ᾔδεις τὴν δωρεάν τοῦ Θεοῦ, καὶ τίς ἐστὶν ὁ λέγων σοι, δός μοι πιεῖν, σὺ ἂν ἤτησας αὐτόν, καὶ ἔδωκεν ἂν σοι ὕδωρ ζῶν. λέγει αὐτῷ ἡ γυνὴ· Κύριε, οὔτε ἀντλήμα ἔχεις, καὶ τὸ φρέαρ ἐστὶ βαθύ· πόθεν οὖν ἔχεις τὸ ὕδωρ τὸ ζῶν; μὴ σὺ μείζων εἶ τοῦ πατρὸς ἡμῶν Ἰακώβ, ὃς ἔδωκεν ἡμῖν τὸ φρέαρ, καὶ αὐτὸς ἐξ αὐτοῦ ἔπιε καὶ οἱ υἱοὶ αὐτοῦ καὶ τὰ θρέμματα αὐτοῦ; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῇ· πᾶς ὁ πίπων ἐκ τοῦ ὕδατος τούτου διψήσει πάντις· ὃς δ' ἂν πιῇ ἐκ τοῦ ὕδατος οὐ ἐγὼ δώσω αὐτῷ, οὐ μὴ διψήσει εἰς τὸν αἰῶνα, ἀλλὰ τὸ ὕδωρ ὃ δώσω αὐτῷ, γενήσεται ἐν αὐτῷ πηγὴ ὕδατος ἀλλομένου εἰς ζωὴν αἰώνιον. λέγει πρὸς αὐτὸν ἡ γυνὴ· Κύριε, δός μοι τοῦτο τὸ ὕδωρ, ἵνα μὴ διψῶ μηδὲ ἔρχωμαι ἐνθάδε ἀντλεῖν. λέγει αὐτῇ ὁ Ἰησοῦς· ὕπαγε φώνησον τὸν ἄνδρα σου καὶ ἐλθέ ἐνθάδε. ἀπεκρίθη ἡ γυνὴ καὶ εἶπεν· οὐκ ἔχω ἄνδρα. λέγει αὐτῇ ὁ Ἰησοῦς· καλῶς εἶπας ὅτι ἄνδρα οὐκ ἔχω· πέντε γὰρ ἄνδρας ἐσχες, καὶ νῦν ὃν ἔχεις οὐκ ἐστὶ σου ἀνήρ· τοῦτο ἀληθὲς εἶρηκας. λέγει αὐτῷ ἡ γυνὴ· Κύριε, θεωρῶ ὅτι προφήτης εἶ σὺ. οἱ πατέρες ἡμῶν ἐν τῷ ὄρει τοῦτο προσεκύνησαν· καὶ ὑμεῖς λέγετε ὅτι ἐν Ἱεροσολύμοις ἐστὶν ὁ τόπος ὅπου δεῖ προσκυνεῖν. λέγει αὐτῇ ὁ Ἰησοῦς· γύναι, πιστευσόν μοι ὅτι ἔρχεται ὥρα ὅτε οὔτε ἐν τῷ ὄρει τοῦτο οὔτε ἐν Ἱεροσολύμοις προσκυνήσετε τῷ πατρί. ὑμεῖς προσκυνεῖτε ὃ οὐκ οἴδατε, ἡμεῖς προσκυνοῦμεν ὃ οἴδαμεν· ὅτι ἡ σωτηρία ἐκ τῶν Ἰουδαίων ἐστίν. ἀλλ' ἔρχεται ὥρα, καὶ νῦν ἐστίν, ὅτε οἱ ἀληθινοὶ προσκυνῆται προσκυνήσουσι τῷ πατρί ἐν

πνεύματι καὶ ἀληθείᾳ· καὶ γὰρ ὁ πατήρ τοιοῦτους ζητεῖ τοὺς προσκυνοῦντας αὐτόν. πνεῦμα ὁ Θεός, καὶ τοὺς προσκυνοῦντας αὐτόν ἐν πνεύματι καὶ ἀληθείᾳ δεῖ προσκυνεῖν. λέγει αὐτῷ ἡ γυνή· οἶδα ὅτι Μεσσίας ἔρχεται ὁ λεγόμενος Χριστός· ὅταν ἔλθῃ ἐκεῖνος, ἀναγγελεῖ ἡμῖν πάντα. λέγει αὐτῇ ὁ Ἰησοῦς· ἐγώ εἰμι ὁ λαλῶν σοι. καὶ ἐπὶ τούτῳ ἦλθον οἱ μαθηταὶ αὐτοῦ, καὶ ἐθαύμασαν ὅτι μετὰ γυναικὸς ἐλάλει· οὐδεὶς μὲντοι εἶπε, τί ζητεῖς ἢ τί λαλεῖς μετ' αὐτῆς; Ἀφῆκεν οὖν τὴν ὕδριαν αὐτῆς ἡ γυνή καὶ ἀπῆλθεν εἰς τὴν πόλιν, καὶ λέγει τοῖς ἀνθρώποις· δεῦτε ἴδετε ἄνθρωπον ὃς εἶπέ μοι πάντα ὅσα ἐποίησα· μή τι οὗτός ἐστιν ὁ Χριστός; ἐξῆλθον οὖν ἐκ τῆς πόλεως καὶ ἤρχοντο πρὸς αὐτόν. Ἐν δὲ τῷ μεταξὺ ἡρώτων αὐτόν οἱ μαθηταὶ λέγοντες· ράββι, φάγε. ὁ δὲ εἶπεν αὐτοῖς· ἐγὼ βρώσιν ἔχω φαγεῖν, ἣν ὑμεῖς οὐκ οἴδατε. ἔλεγον οὖν οἱ μαθηταὶ πρὸς ἀλλήλους· μή τις ἤνεγκεν αὐτῷ φαγεῖν; λέγει αὐτοῖς ὁ Ἰησοῦς· ἐμὸν βρώμᾳ ἐστὶν ἵνα ποιῶ τὸ θέλημα τοῦ πέμψαντός με καὶ τελειώσω αὐτοῦ τὸ ἔργον. οὐχ ὑμεῖς λέγετε ὅτι ἐπὶ τετραμήνῳ ἐστὶ καὶ ὁ θερισμὸς ἔρχεται; ἰδοὺ ἔγω ὑμῖν, ἐπάρατε τοὺς ὀφθαλμοὺς ὑμῶν καὶ θεάσασθε τὰς χώρας, ὅτι λευκαὶ εἰσι πρὸς θερισμὸν ἤδη. καὶ ὁ θερίζων μισθὸν λαμβάνει καὶ συνάγει καρπὸν εἰς ζωὴν αἰώνιον, ἵνα καὶ ὁ σπείρων ὁμοῦ χαίρῃ καὶ ὁ θερίζων. ἐν γὰρ τούτῳ ὁ λόγος ἐστὶν ὁ ἀληθινός, ὅτι ἄλλος ἐστὶν ὁ σπείρων καὶ ἄλλος ὁ θερίζων. ἐγὼ ἀπέστειλα ὑμᾶς θερίζειν ὃ οὐχ ὑμεῖς κεκοπιάκατε· ἄλλοι κεκοπιάκασιν, καὶ ὑμεῖς εἰς τὸν κόπον αὐτῶν εἰσεληλύθατε. Ἐκ δὲ τῆς πόλεως ἐκείνης πολλοὶ ἐπίστευσαν εἰς αὐτόν τῶν Σαμαρειτῶν διὰ τὸν λόγον τῆς γυναικὸς, μαρτυρουσῆς ὅτι εἶπε μοι πάντα ὅσα ἐποίησα. ὥς οὖν ἦλθον πρὸς αὐτόν οἱ Σαμαρεῖται, ἡρώτων αὐτόν μείναι παρ' αὐτοῖς· καὶ ἔμεινεν ἐκεῖ δύο ἡμέρας. καὶ πολλῷ πλείους ἐπίστευσαν διὰ τὸν λόγον αὐτοῦ, τῇ τε γυναικὶ ἔλεγον ὅτι οὐκέτι διὰ τὴν σὴν λαλίαν πιστεύομεν· αὐτοὶ γὰρ ἀκρόαμεν, καὶ οἶδαμεν ὅτι οὗτός ἐστιν ἀληθῶς ὁ σωτὴρ τοῦ κόσμου ὁ Χριστός.

### THE GOSPEL—The Gospel according to John 4:5-42

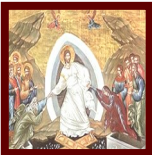
At that time, Jesus came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour. There came a woman of Samaria to draw water. Jesus said to her, "Give me a drink." For his disciples had gone away into the city to buy food. The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Everyone who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw." Jesus said to her, "Go, call your husband, and come here." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly." The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain; and you say that Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that the Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he." Just then his disciples came. They marveled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" So the woman left her water jar, and went away into the city and said to the people, "Come, see a man who told me all that I ever did. Can this be the Christ?" They went out of the city and were coming to him. Meanwhile the disciples besought him, saying "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has anyone brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor; others have labored, and you have entered into their labor." Many Samaritans from that city believed in him because of the woman's testimony. "He told me all that I ever did." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of your words that we believe, for we have heard ourselves, and we know that this is indeed Christ the Savior of the world."

## 40-DAYS BABY BLESSING



For your convenience we are letting you know that you can make an appointment to church your baby on the 40th day after its birth, no matter what day that might be. There is no reason that you have to inconvenience the mom and the baby, waiting in the back of the Narthex until the priest is available on a Sunday ONLY. Make an appointment to come to church when it is convenient for you at a time that will not disrupt the baby's routine. ANY day you would like. 9am through 6pm by appointment. Bring the entire family or come just with your husband and the baby. Whatever you want. No waiting no inconvenience. More private time with the priest to talk about the future baptism if you wish. Call, 301-502-2850 24/7

## MEMORIALS



**Loukas & Eleni Frangou**, beloved parents of the late Maria Chrysanthou, Sylvia Michael, the late George Frangou (Barbara), Eva (George) Georgiou, Pauline (Niko) Alexandrou and Christina Frangou.

**George M. Haramis**, is the beloved husband of Irene Haramis. Loving father of Anthony (Debra) and the late Michael Haramis. Cherished grandfather of Michael, Steven and Irene.

**Michael G. Haramis**, is the beloved son of the late George M. Haramis and of Irene Haramis. Adored brother of Anthony (Debra) Haramis. Loving uncle of Michael, Steven and Irene.

**Olga Metallinos**, is the beloved wife of John Metallinos. Loving mother of Kostas Metallinos. Adored grandmother of Yanni, George and Christina Metallinos.

**Eleni Michael**, beloved daughter of Sylvia Michael and John Michael. Adored sister of Maria (James) Mantzouranis and Stella (Michael) Harrison.

**Today's coffee hour is offered in memory of George M. Haramis, Michael G. Haramis, Olga Metallinos and Eleni Michael with love from their families. May their memory be eternal!**

## PRAYER LIST



*If you would like us to remember you or your loved one in our prayers, please contact the church office.* Aliyah, Kostas, Irene, Michael, Panagiota, Jennifer, Panayiotis, Vicky, Andrianna, Louis, Maria, Aspasia, Irene, Panagiota, Elias, Eleftheria, Ames, Demetra, Anastasia, Paraskevi, Constantinos, George, Stelios, Agapi and Charlotte.

## PRAYER FOR A SICK PERSON

Heavenly Father, physician of our souls and bodies, who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal me Your servant from all physical and spiritual ailments through the grace of Your Christ. Grant me patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I pray that You heal me as Your servant and grant me the gift of complete health. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.

# ***SAINTS AND FEASTS***



## **Theodore the Sanctified**

This Saint, who was born in the Upper Thebaid of Christian parents, joined the community of Saint Pachomios at about the age of fourteen years, and became the greatest of his disciples. Because of Theodore's utter humility and unquestioning obedience, Pachomios called him more and more to his aid in governing the monasteries he had established. Although some found fault with this, because Theodore was younger than they, Pachomios continued to put his confidence in him, to such a degree that once he told the brotherhood, "Theodore and I fulfil the same service for God; and he also has the authority to give commands as father." Pachomios was succeeded as governor of the monks by Saint Orsiesius in 346, and Orsiesius later took Theodore as his fellow abbot. At Theodore's death in the year 368, the monks mourned him so bitterly that the sound of their crying was heard on the other side of the river.

## **Holy Martyrs: Peter, Dionysius, Andrew, Paul, Christina, Heraclius, Paulinus and Benedimus**

These Saints all contested in martyrdom during the reign of Decius (249-251)- Peter was from Lampascus in the Hellespont. For refusing to offer sacrifice to the idol of Aphrodite, his whole body was crushed and broken with chains and pieces of wood on a torture-wheel; having endured this torment courageously, he gave up his soul. Paul and Andrew were soldiers from Mesopotamia brought to Athens with their governor, there they were put in charge of two captive Christians, Dionysios and Christina. The soldiers, seeing the beauty of the virgin Christina, attempted to move her to commit sin with them, but she refused and, by her admonitions, brought them to faith in Christ. They and Dionysios were stoned to death, and Christina was beheaded. Heraclius, Paulinus, and Benedimus were Athenians, and preachers of the Gospel who turned many of the heathen from their error to the light of Christ. Brought before the governor, they confessed their Faith, and after many torments were beheaded.

## **ΟΙ ΑΓΙΟΙ ΠΕΤΡΟΣ, ΔΙΟΝΥΣΙΟΣ, ΑΝΔΡΕΑΣ, ΠΑΥΛΟΣ, ΧΡΙΣΤΙΝΑ, ΗΡΑΚΛΕΙΟΣ, ΠΑΥΛΙΝΟΣ και ΒΕΝΕΔΗΜΟΣ**

Όλοι αυτοί οι Άγιοι μαρτύρησαν στα χρόνια του αυτοκράτορα Δεκίου, τον 3ο μ.Χ. αιώνα. ο Πέτρος ήταν από τη Λάμψακο, και όταν τον έφεραν μπροστά στον άρχοντα να θυσιάσει στην Αφροδίτη, αυτός ομολόγησε με παρρησία το Χριστό. Τότε, συνέτριψαν όλο το σώμα του με αλυσίδες και ξύλα, και έτσι παρέδωσε το πνεύμα του στο Θεό. ο Παύλος και ο Ανδρέας ήταν από τη Μεσοποταμία, στρατιώτες του Δεκίου. Όταν πήγαν στην Αθήνα, έγιναν στρατιώτες Χριστού, και μαζί με το Διονύσιο και τη Χριστίνα, όλοι μαζί λιθοβολήθηκαν. ΟΙ δε Ηράκλειος, Παυλίνος και Βενέδημος, ήταν από την Αθήνα. Εκεί, έδιναν σκληρό αγώνα κατά της πλάνης των ειδώλων και των φιλοσόφων που πολεμούσαν τη χριστιανική θρησκεία. Αφού, λοιπόν, τους έπιασαν και τους βασάνισαν, τελικά τους αποκεφάλισαν. Έτσι και ο Κύριος, όταν έλθει ή κατάλληλη ώρα θα δώσει γι' αυτούς τη δική Του μαρτυρία. Ποια θα είναι; Την απάντηση δίνει ο Άγιος Ιωάννης ο Θεολόγος: "Αυτή εστίν ή μαρτυρία, ότι ζώνη αιώνιον έδωκεν ημίν ο θεός"1. Δηλαδή, αυτή είναι ή μαρτυρία του Θεού, ότι έδωσε ο Θεός σε μας τους πιστούς ζωή αιώνια. 1. Α' επιστολή Ιωάννου, ε' 11.



**Sts. Constantine and Helen Greek Orthodox Church  
of Washington, DC**



**Feastday Celebration  
Sunday—May 21, 2017**

**at our new  
“Spiritual Home”  
701 Norwood Road  
Silver Spring, Maryland**

**Orthros: 8:30am  
Divine Liturgy: 9:45am**

**Please Join Us!!**

**for a Celebration of  
Food, Drink & Fellowship**

*Lunch will follow immediately after church service.*

# Directory of Ministries

Saints Constantine and Helen Greek Orthodox Church of Washington, DC

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**Reverend Father Michael J. Eaccarino, Presiding Priest**

Cell Phone: (301) 502-2850 & Email: [fathermichael@schgocdc.org](mailto:fathermichael@schgocdc.org)

<p><b>ALTAR BOY MINISTRY</b> <i>Liaisons</i> <b>Spyros &amp; Eleni Loukas</b> <a href="mailto:loukasspy@yahoo.com">loukasspy @yahoo.com</a> (240) 205-2882</p>	<p><b>CHOIR MINISTRY</b>  <b>Dr. Theodore Papaloizos</b> (Choir Director)  Ted <a href="mailto:@greek123.com">@greek123.com</a> (301) 681-5648</p>	<p><b>CATECHETICAL MINISTRY</b> <i>Liaisons</i> <b>Voula Vithoulkas</b> <a href="mailto:voulavithoulkas@gmail.com">voulavithoulkas @gmail.com</a> (240) 432-3146 &amp; <b>Tara Kavadias</b> <a href="mailto:tarakavadias@yahoo.com">tarakavadias @yahoo.com</a> (240) 476-6715</p>	<p><b>STEWARSHIP MINISTRY</b> <i>Liaison</i> <b>Sotirios Nasios</b>  <a href="mailto:Snasios@yahoo.com">Snasios @yahoo.com</a> (240) 483-7022</p>	<p><b>YOUTH MINISTRY</b>  <b>Sr. High School GOYA Liaison</b>  <b>Alexandra Stathes</b> <a href="mailto:youthministry@schgocdc.org">youthministry @schgocdc.org</a> (301) 873-5252 ***** <b>Jr. High School GOYA Liaison</b>  <b>Georgia Ferentinos</b> <a href="mailto:meyaliyioryia@yahoo.com">meyaliyioryia @yahoo.com</a> (301) 613-6260 ***** <b>HOPE/JOY Liaison</b>  <b>Irene Murshed</b> <a href="mailto:murshed@msn.com">murshed@msn.com</a> (240) 425-3068 &amp; <b>Georgia Nasios</b> <a href="mailto:georgianasios@gmail.com">georgianasios @gmail.com</a> (301) 646-7897</p>
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