

Saints Constantine and Helen Greek Orthodox Church

Church Address: St. Andrew Ukrainian Orthodox Cathedral

15100 New Hampshire Avenue, Silver Spring, MD 20905

Office Address: 701 Norwood Road, Suite A, Silver Spring, MD 20905

Phone: (240) 389-1366 E-Mail: office@schgocdc.org Website: www.schgoc.org

Father Nick G. Manousakis, Pastor, E-mail: FatherNick@schgocdc.org

Father Jason Houck, Assistant Priest, E-mail: FatherJason@schgocdc.org

April 21, 2013

SUNDAY OF ST. MARY OF EGYPT

We welcome all visitors among us always! We hope you find our worship true and reverent and our people here friendly and cordial. If you are seeking a spiritual home, we would be honored by your presence in our family. We are glad you chose to worship with us today.

The NICENE CREED will be read in GREEK today

The LORD'S PRAYER will be read in ENGLISH today

Απολυτίκιον Τοῦ φιλοξενούντος Ναοῦ - Αγ. Ανδρέα

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

Απολυτίκιον τῶν Ἁγίων Τοῦ Ναοῦ μας - Αγ. Κωνσταντίνου καὶ 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 τῇ χειρὶ σου παρέθετο ἦν περίσωζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

Apolytikion of the host Church - 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.

Apolytikion of our Church Saints- Sts. Constantine and 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.

The EPISTLE will be read in GREEK today

ΑΠΟΣΤΟΛΟΣ: Εὔξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

Πρὸς Ἑβραίους Επιστολῆς Παύλου το Ανάγνωσμα. (9:11-14)

Ἀδελφοί, Χριστὸς δὲ παραγενόμενος ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν, διὰ τῆς μείζονος καὶ τελειότερας σκηνῆς, οὐ χειροποιήτου, τοῦτ' ἔστιν, οὐ ταύτης τῆς κτίσεως, οὐδὲ δι' αἵματος τράγων καὶ μόσχων, διὰ δὲ τοῦ ἰδίου αἵματος εἰσηλθεν ἐφάπαξ εἰς τὰ ἅγια, αἰωνίαν λύτρωσιν εὐράμενος. Εἰ γὰρ τὸ αἷμα ταύρων καὶ τράγων, καὶ σποδὸς δαμάλεως ῥαντίζουσα τοὺς κεκοινωμένους, ἀγιάζει πρὸς τὴν τῆς σαρκὸς καθαρότητα, πόσῳ μᾶλλον τὸ αἷμα τοῦ Χριστοῦ, ὃς διὰ πνεύματος αἰωνίου ἑαυτὸν προσήνεγκεν ἄμωμον τῷ θεῷ, καθαριεῖ τὴν συνείδησιν ὑμῶν ἀπὸ νεκρῶν ἔργων, εἰς τὸ λατρεύειν θεῷ ζῶντι;

EPISTLE: Make your vows to the Lord our God and perform them.

God is known in Judah; his name is great in Israel.

The Reading is from St. Paul's Letter to the Hebrews. (9:11-14)

BRETHREN, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

The GOSPEL will be read in ENGLISH today

GOSPEL: The Reading is from Mark (10:32-45)

At that time, Jesus taking the twelve again, he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am

baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

EΥΑΓΓΕΛΙΟΝ: Κατὰ Μάρκον (10:32-45)

Τῷ καιρῷ ἐκείνῳ, παραλαβάνει ὁ Ἰησοῦς τοὺς δώδεκα μαθητάς αὐτοῦ καὶ ἤρξατο αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι ἰδοὺ ἀναβαίνομεν εἰς Ἱεροσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ γραμματεῦσι, καὶ κατακρινούσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς ἔθνεσι, καὶ ἐμπαίζουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπτύσουσιν αὐτῷ καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· διδάσκαλε, θέλομεν ἵνα ὁ ἐὰν αἰτήσωμεν ποιήσης ἡμῖν. ὁ δὲ εἶπεν αὐτοῖς· τί θέλετε ποιῆσαι με ὑμῖν; οἱ δὲ εἶπον αὐτῷ· δὸς ἡμῖν ἵνα εἷς ἐκ δεξιῶν σου καὶ εἷς ἐξ ἐωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· οὐκ οἶδατε τί αἰτεῖσθε. δύνασθε πιεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθῆναι; οἱ δὲ εἶπον αὐτῷ· δυνάμεθα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· τὸ μὲν ποτήριον ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθήσεσθε· τὸ δὲ καθίσει ἐκ δεξιῶν μου καὶ ἐξ ἐωνύμων οὐκ ἔστιν ἐμὸν δοῦναι, ἀλλ' οἷς ἠτοίμασται. Καὶ ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δὲ Ἰησοῦς προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς· οἶδατε ὅτι οἱ δοκοῦντες ἄρχειν τῶν ἐθνῶν κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι αὐτῶν κατεξουσιάζουσιν αὐτῶν· οὐχ οὕτω δὲ ἔσται ἐν ὑμῖν, ἀλλ' ὅς ἐὰν θέλῃ γενέσθαι μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος, καὶ ὅς ἐὰν θέλῃ ὑμῶν γενέσθαι πρῶτος, ἔσται πάντων δούλος· καὶ γὰρ ὁ υἱὸς τοῦ ἀνθρώπου οὐκ ἦλθε διακονηθῆναι, ἀλλὰ διακονῆσαι, καὶ δοῦναι τὴν ψυχὴν αὐτοῦ λύτρον ἀντὶ πολλῶν.

CHURCH ANNOUNCEMENTS:

- ♦ **ALTAR BOYS:** Matthew Altar Boy Group will be Serving in the Altar today: Peter Koutras – Captain, Matthew Green, Steven Green, Nicholas Grakis, Theodore Sideris, Michael Sideris
- ♦ **Mark Altar Boy Group will be Serving on Sunday, April 28th:** Mike Pittas – Captain, Gabriel Psallidas, Andrew Ward, Andrew Nixon
- ♦ **HOPE/JOY:** Saturday, April 27th – Saturday of Lazarus: Lenten Retreat, following the Divine Liturgy at our Church Office (701-A Norwood Rd). Thursday, April 25th from 6:00 p.m. - 8:30 p.m. making Palm Crosses at St. Andrew's hall.
- ♦ **ADULT RELIGIOUS EDUCATION:** Today 10:45 - 11:30 AM in the room to the left of the stage in the church hall. We will be studying the Gospel of Luke.

- ◆ **GREEK SCHOOL:** Monday, April 22nd and Wednesday April 24th, 4:30pm.
- ◆ **GOYA:** Goya making food for the Wilkins Avenue Women's Assessment Shelter at the church hall right after the Divine Liturgy today.

Goya Basketball Practice on Wednesday, April 24th, 2013, 6-8pm.

GOYA - Invites the parish to join them in making Palms at St. Andrew's Church Hall on Thursday, April 25th from 6:00 p.m. - 8:30 p.m. Please bring a Lenten dish to share.

- ◆ **PHILOPTOCHOS:** Today, April 21, 2013, the Ladies Philoptochos are having their Annual Easter Bake Sale after the Divine Liturgy in St. Andrew's Church Hall until 1:00P.M. Please participate and purchase our delicious and traditional Easter sweets and breads.

Thursday, April 25, 2013 the Ladies Philoptochos will be putting tulle and ribbon and tags around the Easter eggs which will be used for Anastasi and the Agape service on Easter Sunday beginning at 6:00 PM. at St. Andrew's Church Hall. Much help is needed. Please join us for parea and fellowship.

Sunday, April 28, 2013 - Annual Palm Sunday Luncheon - Greek Village Restaurant - 11:30AM. 13476 New Hampshire Avenue, Silver Spring, MD-\$25.00-Adults and Children-Wine is included with the meal-cash bar- Reservations for the Palm Sunday Luncheon will be taken today following the Divine Liturgy in St. Andrew's Hall. Please see Olympia Koskinas or Nikki Pappas.

Friday, May 3, 2013 - Decoration for the Epitaphion will take place at Ashton United Methodist Church, 17314 New Hampshire Avenue, Ashton, MD 20861 beginning at 7:30AM. MANY VOLUNTEERS ARE NEEDED. Please join us for parea and fellowship.

- ◆ **TRIP TO ST. SOPHIA:** Sts. Faith, Hope & Agape Greek Orthodox Church, Jeffersonville, PA (Valley Forge). June 1st-2nd, 2013 via carpool/or bus. Come enjoy the beautiful church architecture also designed by our Nea Zoe architect, Christ Kamages; church festival; Liturgy by Father Peter Thornberg, and more... Nearby sites: King of Prussia Mall, Valley Forge Hotel: Homewood Suites by Hilton, 681 Shannondell Blvd., Audubon, PA 19403.

Phone:(610)-539-7300.Website: www.homewoodsuitesvalleyforge.com. Studio suite \$109, One bedroom \$129, Two bedrooms \$169. Hotel rooms need to be reserved by May 11, 2013 under "St. Sophia Festival" (make on your own). After hotel reservations are made, please call Nikki Pappas (301)-949-0035.

MEMORIAL SERVICE:

The memorial service is offered for the repose of the souls of **Eleni Frangou (7 Years) and Loukas Frangou (10 Years)**. Beloved Parents of Sylvia, George and Eva. May their memory be eternal! Today's coffee hour is offered by the family.

SERVICE SCHEDULE:

Wednesday, April 24, 2013: Presanctified Liturgy (Προηγιασμένη), 6:00 PM
Vespers followed by Divine Liturgy
Saturday, April 27, 2013: Lazarus Saturday (Σάββατο του Λαζάρου),..... 9:00 AM
Orthros followed by Divine Liturgy

Dear friends and Parishioners of Saint Constantine and Helen of Washington, D.C.:

This Sunday, April 21st is the fifth Sunday of Great Lent, which means that Holy Week will begin the following Sunday. I pray you and yours have profited as you journeyed through this wonderful period of spiritual reflection and introspection. Attached is my final Paschal message to you.

May this Pascha be the start of your personal rebirth in Christ as well as a glorious new beginning for your church family.

“Christ has risen from the dead, by death trampling upon Death, and has bestowed life to those in the tombs.”

Easter 2013

Dear Faithful and supporters of Saints Constantine and Helen of Washington, D.C.:

“Christ is in our midst!”

The ultimate victory of our Lord over sin, corruption and death is the very center of our faith as Orthodox Christians. Through His death we find comfort in the hope of eternal salvation.

We are privileged, once again, with the blessings of our Lord to approach the solemn days of Holy Week with a contrite heart, self-examination and meditation, in anticipation of the Feast of feasts, **PASCHA – EASTER**.

Our resurrected Lord has granted us new life through His death. As recipients of this special blessing we have the great responsibility of experiencing Orthodoxy as a living faith so that the Easter light may shine for all mankind to see.

Let us all actively participate as a family in the Lord’s Passion this Holy Week. If we reflect on the pain, the suffering and the humility of the Crucified One, we may worthily share in His love, His victory and His triumphant resurrection and proclaim ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ! ΑΛΗΘΩΣ ΑΝΕΣΤΗ! CHRIST IS RISEN! TRULY HE IS RISEN!

“Come ye and receive from the unwaning Light, and glorify Christ, Who arose from the dead.” His light is ever before us. May it always illumine your church family, and may it illumine every step of our life and grant you and yours a holy and happy Pascha.

Yours in the Resurrected Lord,
Father Nick G. and Presvytera Kostoula Manousakis

Dear Parishioners:

While we await the construction of our NEW CHURCH CAMPUS, special and unique provisions need to be made in accommodating our HOLY WEEK SCHEDULE OF SERVICES. These accommodations have been made and are detailed in the accompanying table, "Holy Week Guidelines".

In brief, all services for Palm Sunday through Holy Thursday morning will be done at Saint Andrew Ukrainian Orthodox Church. Services Holy Thursday evening through Saturday evening (WITH THE EXCEPTION OF HOLY SATURDAY MORNING) will be done at Ashton United Methodist Church.

April 28 th	PALM SUNDAY MORNING <i>At St. Andrew's with Orthros.....</i>	7:30AM and Liturgy... 8:30 AM
April 28 th – April 30 th	PALM SUNDAY EVENING, HOLY MONDAY EVENING, AND HOLY TUESDAY EVENING <i>At St. Andrew's Ukrainian Cathedral</i>	
Bridegroom services.....		7:00 PM
May 1 st	HOLY WEDNESDAY EVENING Holy Unction Service.....	<i>At St. Andrew's Ukrainian Cathedral</i> 7:00 PM
May 2 nd	HOLY THURSDAY MORNING Liturgy of St. Basil	<i>At St. Andrew's Ukrainian, held jointly with St. Andrew's Ukrainian parish</i> 7:00 AM
May 2 nd	HOLY THURSDAY EVENING The Holy Passion service.....	<i>At Ashton United Methodist 17314 New Hampshire Ave</i> 7:00 PM
May 3 rd	HOLY FRIDAY Reading of the Royal Hours..... Vespers of the Decent from the Cross.....	<i>At Ashton United Methodist 17314 New Hampshire Ave</i> 8:00 AM 3:00 PM
May 3 rd –	HOLY FRIDAY EVENING The Service of the Lamentations.....	<i>At Ashton United Methodist 17314 New Hampshire Ave</i> 7:00 PM
May 4 th	HOLY SATURDAY MORNING Vespers Divine Liturgy.....	<i>At St. Andrew's Ukrainian, held jointly with St. Andrew's Ukrainian parish</i> 10:00 AM
May 4 th	HOLY SATURDAY EVENING Resurrection Service.....	<i>At Ashton United Methodist 17314 New Hampshire Ave</i> 11:00 PM
May 5 th	EASTER SUNDAY AGAPE SERVICE	<i>At St. Andrew's Ukrainian Cathedral</i> 1:00 PM

If you are able to read a foreign language, please submit your name to Father Nick. You will be invited to read the Easter Gospel in the language you are familiar with.

Please have a blessed Holy Week,

Father Nick G. Manousakis
Proistamenos



Ashton United Methodist Church
17314 New Hampshire Avenue, Ashton, MD 20861

PALM SUNDAY Luncheon

Our Saints Constantine and Helen

Philoptochos Society

invites YOU to join them in fellowship at their
NINTH Annual

PALM SUNDAY LUNCHEON

Sunday, April 28, 2013

At the Greek Village Restaurant -13476 New Hampshire Avenue - Silver Spring, MD

**Traditional PLAKI Dinner with all
the trimmings!**

By Reservation only:

Nicolette Pappas
301 949-0035 (Home)
or 301 633-6076 (Cell)

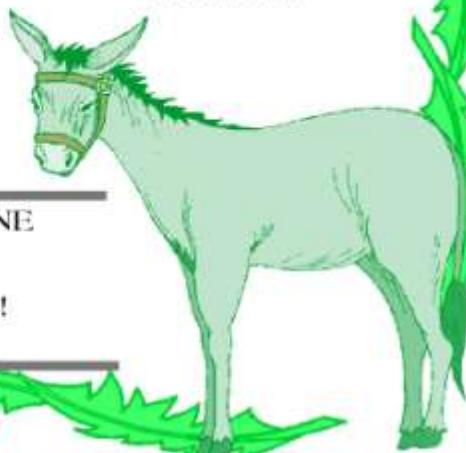
\$25.00 Adults
CASH BAR

Olympia Koskinas
240 731-1489 (cell)
301 438 - 2511 (Home)

RESERVATION DEADLINE

APRIL 21st

No tickets at the DOOR!



Kalo Paschali



Philoptochos Bake Sale

Sunday, April 21st
FOLLOWING CHURCH SERVICES

Καλό Πάσχα!



*We thank you for supporting the work of our
Ladies Philoptochos society of
Saints Constantine and Helen of Washington, DC through
your patronage of our Easter Bake Sale.*

CHRIST IS RISEN



Sts. Constantine & Helen of Washington DC
Nameday Celebration to Benefit Nea Zoe

Dinner Dance



Saturday, May 18th
6:00-11:00 p.m.

St. Andrew's Ukrainian
Orthodox Cathedral Hall

15100 New Hampshire Ave.
Silver Spring, Maryland

Adults: \$90
Under 21: \$45

Ticket Price Includes:
Appetizers, Dinner, Dessert, Beer,
Wine, Soft Drinks & Coffee!

Dance the night away or sit back and enjoy the music! Ladies look your
loveliest and gents make your ladies proud!

For Reservations Please call Terri Karadimas: 301-520-0136 or Stephanie Stamos: 301-873-3081 or
Alexandra Pittas: 301-704-0687 or Anastasia Kyritsopoulos: 301-467-8873 or the Church Office: 240-389-1366

2013 Myrofores Sign Up

Girls 3rd-5th Grade



Daughter's Name: _____ Age: _____ Grade: _____

Parent's Name: _____ Phone Number: _____

Email: _____

Girls are required to wear all white (including gloves) during the Good Friday evening service. Please return form to Tara Kavadias or your daughter's Sunday School teacher. Questions? Call Tara at 240-476-6715.



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