

Saints Constantine and Helen Greek Orthodox Church
Temporary Church Address: St. Andrew Ukrainian Orthodox Cathedral
15100 New Hampshire Avenue, Silver Spring, MD 20905
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Rev. Presbyter Jason Houck, Priest E-mail: FatherJason@schgocdc.org

September 15, 2013

Sunday after Holy Cross - Κυριακή μετά την Ύψωσιν

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 GREEK and ENGLISH today

Απολυτίκιον τῶν Ἁγίων Τοῦ Ναοῦ μας - Αγ. Κωνσταντίνου και 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 περίσωζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

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.

Απολυτίκιον Τοῦ φιλοξενούντος Ναοῦ - Αγ. Ανδρέα

Ὡς τῶν Ἀποστόλων Πρωτόκλητος, καὶ τοῦ Κορυφαίου ἀτάδελφος, τὸν Δεσπότην τῶν ὄλων Ἀνδρέα ικέτευε, εἰρήνην τῆ οἰκουμένη δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡ μῶν τὸ μέγα ἔλεος.

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.

The EPISTLE will be read in GREEK and ENGLISH today

Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε.

Στίχ. Πάντα τὰ ἔθνη κροτήσατε χεῖρας.

Πρὸς Γαλάτας Επιστολῆς Παύλου τὸ Ἀνάγνωσμα (2:16-20)

Ἀδελφοί, εἰδότες ὅτι οὐ δικαιοῦται ἄνθρωπος ἐξ ἔργων νόμου, ἐὰν μὴ διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς εἰς Χριστὸν Ἰησοῦν ἐπιστεῦσαμεν, ἵνα δικαιωθῶμεν ἐκ πίστεως Χριστοῦ, καὶ οὐκ ἐξ ἔργων νόμου· διότι οὐ δικαιωθήσεται ἐξ ἔργων νόμου πᾶσα σὰρξ. Εἰ δέ, ζητοῦντες δικαιωθῆναι ἐν Χριστῷ, εὐρέθημεν καὶ αὐτοὶ ἁμαρτωλοί, ἄρα Χριστὸς ἁμαρτίας διάκονος; Μὴ γένοιτο. Εἰ γὰρ ἂ κατέλυσα, ταῦτα πάλιν οἰκοδομῶ, παραβάτην ἑμαυτὸν συνίστημι. Ἐγὼ γὰρ διὰ νόμου νόμῳ ἀπέθανον, ἵνα θεῷ ζήσω. Χριστῷ συνεσταύρωμαι· ζῶ δέ, οὐκέτι ἐγώ, ζῆ δέ ἐν ἐμοὶ Χριστός· ὁ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῆ τοῦ υἱοῦ τοῦ θεοῦ, τοῦ ἀγαπήσαντός με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.

Sing praises to our God, sing praises.

Verse: Clap your hands, all you nations.

St. Paul's Letter to the Galatians (2:16-20)

BRETHREN, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

The GOSPEL will be read in GREEK and ENGLISH today

The Reading is from Mark (8:34-38; 9:1)

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

Κατὰ Μάρκον (8:34-38, 9:1)

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἔλθειν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὃς γὰρ ἂν θέλη τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

CHURCH ANNOUNCEMENTS:

- ♦ **ALTAR BOYS:** Luke Altar Boy Group will be Serving in the Altar today.

Dimitri Lappas – Captain, Zack Ferentinos, Alex Mantzouranis, Christopher Mantzouranis

- ♦ **John Altar Boy Group will be Serving in the Altar on Sunday, September 22nd:**

Pavlo Tsiplanitis – Captain, Panagiotis Psallidas, John Koutras, Demetre Koutras, Theodore Sideris, Michael Sideris

- ♦ **HOPE/JOY:** Friday, September 20th - Family Pot Luck Fellowship at Norwood Property; 6-8PM. Contact Georgia Ferentinos to RSVP meyaliyoriya@yahoo.com

For the entire month of September our Hope/Joy group will be hosting a *Pajama Drive* – collecting gently used and new children's pajamas for the Greentree Shelter, The National Center for Children and Families. Drop box located in St. Andrew's Hall.

Sunday, September 29th - Trip to Butlers Orchard, following Services.

- ♦ **GOYA:** Goya Basketball Practice on Wednesday, September 18, 2013, 6-8pm at Argyle Middle School.

Please support the GOYA basketball players by buying a Papa Johns buy 1 get 1 free pizza card for \$15. It's a great way to feed your family or friends! For every large pizza you buy you get one free! Buy 5, get 5 free and so on! GOYA will receive \$10 for every card that is sold. Thank you!!

- ♦ **GREEK SCHOOL:** Greek School on Monday, September 16, 2013, 4:30-6:30pm and Wednesday, September 18, 2013, 4:30-6:00pm, at Rosa Parks Middle School.

- ♦ **YAL:** The YAL is starting a new Greek Dance Troupe for those 16 years old to YAL age. Please contact Maria Romas for more information at mromas3@gmail.com

Young Adult Conference - the 2nd annual, is being graciously hosted by The Greek Orthodox Cathedral of St. Paul in Hempstead, NY, October 18-20. Please visit the Facebook event page (<https://www.facebook.com/events/628777140495240/>) for more info. The conference is geared towards young adults, ages 18-35.

- ♦ **PHILOPTOCHOS:** Today the Ladies Philoptochos are passing a special tray for the Hellenic College Holy Cross Scholarship Fund.

Sunday, September 29, 2013 - Celebration and reception for our Philoptochos Ladies who have given 50 or More Years of Service! The reception will be held in the Church Hall of St. Andrew's Ukrainian Orthodox Cathedral following the Divine Liturgy. Thank you very much for your 50 or More Years of Service from the entire Church Community!

- ♦ **GALA FUNDRAISER 2013:** A grand affair to celebrate our "ground breaking year!" to benefit our Nea Zoe efforts. Saturday, November 2, 2013, at The Bolger Center, Potomac, Maryland. Invitations have been mailed out to all of our parishioners and friends. Please check your mailbox!
- ♦ **GREEK FESTIVAL 2013:** Our Greek Festival of Sts. Constantine and Helen Greek Orthodox Church of Washington, D.C. will be held on Saturday and Sunday, October 12 & 13, 2013, at St. Andrews Ukrainian Orthodox Cathedral, Silver Spring, Maryland.
- ♦ **SPECIAL EVENTS COMMITTEE:** Ladies, please do not forget to mail in your response card and check to the church office for Presvytera Alexandra's Baby Shower.
- ♦ **MONUMENTAL MISSIONS WALK:** Sponsored by the Metropolitan DC Orthodox Christian Mission/Outreach Committee will be held on October 19, 2013 from 9:00a.m.-12:30p.m. on The Mall, Washington, D.C. To sign up and for more info go to: <https://monumentalmiissionswalk.eventbrite.com>
- ♦ **COFFEE HOUR:** Dear Parishioners due to the Ukrainian festival there will be no coffee hour today. Let us all attend & support our sister parish of St. Andrews!

MEMORIAL SERVICE :

The memorial service is chanted for the repose of the soul of Helen Strats (3 Years). Mrs. Helen Strats, beloved wife of the late Gus Strats. Devoted mother of Penny and Harry Strats. May her memory be eternal!

SERVICE SCHEDULE:

Monday, September 16, 2013: Orthros & Divine Liturgy for St. Euphemia.....8:30AM
(Ορθος και Θ.Λειτουργία της Αγ. Ευφημίας)

LET'S PLAY BINGO !

**Sponsored by
Young at Heart,
Sts. Constantine and Helen-DC**

**To benefit
Centers for Handicapped Individuals**

**Tuesday, September 24, 2013
Kitchen opens 5:30 p.m.
Bingo starts 7 p.m.**

**Centers for Handicapped Individuals (CHI)
10501 New Hampshire Avenue, Silver Spring,
MD 20903 301-445-3350 www.chicenters.org**

**Admission - \$5.00 (card prices
vary, specials, early birds, \$3 meal
ticket)**

**Helen & Bernie Thornberg work in the
kitchen. Special will be pork barbecue plus
lots more. Come join in the fun! Everyone is
welcome to attend!**

**Please RSVP to
Kathy L. Matrakas, 301-439-6958 by Sept. 18
(follow MC Public Schools for inclement
weather- if they are closed, bingo will not be
held.)**

*Please join us as we honor and celebrate our
Philoptochos Ladies
who have given*

50 or More Years of Service!



Sunday, September 29, 2013

at

St. Andrew's Ukrainian Orthodox Cathedral



*Coffee and refreshments
immediately following the
Divine Liturgy*



Name of Business _____

Contact Person _____

Phone Number _____

Please make checks payable to Sts. Constantine & Helen Church
Mail to:

Sts. Constantine & Helen Church
701-A Norwood Rd., Silver Spring, MD 20905

Please submit business card along with check

DEADLINE SEPTEMBER 29th

