

Saints Constantine and Helen Greek Orthodox Church  
Temporary Church Address: St. Andrew Ukrainian Orthodox Cathedral  
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Rev. Jason Houck, Presbyter E-mail: FatherJason@schgocdc.org

**September 29, 2013**

**2nd Sunday of Luke - Β' Κυριακή Λουκά**

*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.*

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**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 τῇ 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 τῇ 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**

**Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσεις ἡμᾶς.  
Στίχ. Σῶσον με, Κύριε, ὅτι ἐκέλειπεν ὄσιος.**

### **Πρὸς Κορινθίους Β' Ἐπιστολῆς Παύλου τὸ Ἀνάγνωσμα (1:21-24; 2:1-4)**

Ἀδελφοί, ὁ βεβαιῶν ἡμᾶς σὺν ὑμῖν εἰς Χριστόν, καὶ χρίσας ἡμᾶς, θεός, ὁ καὶ σφραγισάμενος ἡμᾶς, καὶ δοὺς τὸν ἄρραβῶνα τοῦ πνεύματος ἐν ταῖς καρδίαις ἡμῶν. Ἐγὼ δὲ μάρτυρα τὸν θεὸν ἐπικαλοῦμαι ἐπὶ τὴν ἐμὴν ψυχήν, ὅτι φειδόμενος ὑμῶν οὐκέτι ἦλθον εἰς Κόρινθον. Οὐχ ὅτι κυριεύομεν ὑμῶν τῆς πίστεως, ἀλλὰ συνεργοί ἐσμεν τῆς χαρᾶς ὑμῶν· τῇ γὰρ πίστει ἐστήκατε. Ἐκρίνα δὲ ἑμαυτῷ τοῦτο, τὸ μὴ πάλιν ἐν λύπῃ πρὸς ὑμᾶς ἐλθεῖν. Εἰ γὰρ ἐγὼ λυπῶ ὑμᾶς, καὶ τίς ἐστὶν ὁ εὐφραίνων με, εἰ μὴ ὁ λυπούμενος ἐξ ἐμοῦ; Καὶ ἔγραψα ὑμῖν τοῦτο αὐτό, ἵνα μὴ ἐλθὼν λύπην ἔχω ἀφ' ὧν ἔδει με χαίρειν, πεπορθῶς ἐπὶ πάντα ὑμᾶς, ὅτι ἡ ἐμὴ χαρὰ πάντων ὑμῶν ἐστίν. Ἐκ γὰρ πολλῆς θλίψεως καὶ συνοχῆς καρδίας ἔγραψα ὑμῖν διὰ πολλῶν δακρύων, οὐχ ἵνα λυπηθῆτε, ἀλλὰ τὴν ἀγάπην ἵνα γνῶτε ἦν ἔχω περισσοτέρως εἰς ὑμᾶς.

**You, O Lord, shall keep us and preserve us.**

**Verse: Save me, O Lord, for the godly man has failed.**

### **St. Paul's Second Letter to the Corinthians (1:21-24; 2:1-4)**

BRETHREN, it is God who establishes us with you in Christ, and has commissioned us; he has put his seal upon us and given us his Spirit in our hearts as a guarantee. But I call God to witness against me - it was to spare you that I refrained from coming to Corinth. Not that we lord it over your faith; we work with you for your joy, for you stand firm in your faith. For I made up my mind not to make you another painful visit. For if I cause you pain, who is there to make me glad but the one whom I have pained? And I wrote as I did, so that when I came I might not suffer pain from those who should have made me rejoice, for I felt sure of all of you, that my joy would be the joy of you all. For I wrote you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.

## **The GOSPEL will be read in GREEK and ENGLISH today**

### **The Reading is from Luke (6:31-36)**

The Lord said, "And as you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of

the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

### **Κατὰ Λουκᾶν (6:31-36)**

Εἶπεν ὁ Κύριος· καθὼς θέλετε ἵνα ποιῶσιν ὑμῖν οἱ ἄνθρωποι, ποιεῖτε αὐτοῖς ὁμοίως, καὶ εἰ ἀγαπᾶτε τοὺς ἀγαπῶντας ὑμᾶς, ποία ὑμῖν χάρις ἐστὶ; καὶ γὰρ οἱ ἁμαρτωλοὶ τοὺς ἀγαπῶντας αὐτοὺς ἀγαπῶσι. καὶ ἐὰν ἀγαθοποιῆτε τοὺς ἀγαθοποιῶντας ὑμᾶς, ποία ὑμῖν χάρις ἐστὶ; καὶ γὰρ οἱ ἁμαρτωλοὶ τὸ αὐτὸ ποιοῦσι. καὶ ἐὰν δανείζητε παρ' ὧν ἐλπίζετε ἀπολαβεῖν, ποία ὑμῖν χάρις ἐστὶ; καὶ γὰρ ἁμαρτωλοὶ ἁμαρτωλοῖς δανείζουσιν ἵνα ἀπολάβωσι τὰ ἴσα. πλὴν ἀγαπᾶτε τοὺς ἐχθροὺς ὑμῶν καὶ ἀγαθοποιεῖτε καὶ δανείζετε μηδὲν ἀπελπίζοντες, καὶ ἔσται ὁ μισθὸς ὑμῶν πολὺς, καὶ ἔσεσθε υἱοὶ ὑψίστου, ὅτι αὐτὸς χρηστός ἐστὶν ἐπὶ τοὺς ἀχαρίστους καὶ πονηροὺς. Γίνεσθε οὖν οἰκτίρμονες, καθὼς καὶ ὁ πατὴρ ὑμῶν οἰκτίρμων ἐστὶ.

### **CHURCH ANNOUNCEMENTS:**

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

Captain: Nicholas Gerakis, Matthew Green, Steven Green, Alex Tzamaras

**Mark Altar Boy Group will be Serving in the Altar on Sunday, October 6th:**

Captain: Mike Pittas, Gabriel Psallidas, Andrew Ward, Andrew Nixon

♦ **HOPE/JOY:** Today, Sunday, September 29th - Trip to Butlers Orchard, following Services.

♦ **GOYA:** Goya Basketball Practice on Wednesday, October 2, 2013, 6-8pm at Argyle Middle School.

GOYA Basketball Tournament, Saturday, October 5 – Sunday, October 6, 2013. The tournament will be held at the Maryland Juniors Volleyball Club in Jessup, Maryland. The hotel for the out-of-town guests will be the Courtyard by Marriot off of Cherry Hill Road and Prosperity Drive. Please contact Sophia Manztouranis for more information.

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 30, 2013, 4:30-6:30pm and Wednesday, October 2, 2013, 4:30-6:00pm, at Rosa Parks Middle School.

♦ **YAL:** 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 there will be a celebration and reception for our Philoptochos Ladies who have given 50 or More years of Service in the Church Hall of St Andrew's Ukrainian Orthodox Cathedral following the Divine Liturgy. Thank you very much for your 50 or More Year 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. If you did not receive an invitation, please call the church office.
- ◆ **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.
- ◆ **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://monumentalmissionswalk.eventbrite.com>
- ◆ **YOUNG AT HEART:** Thursday, October 31, 2013 - Lunch at The Big Greek Café 11:30 a.m., limited seating, please make reservations to Helen Thornberg or Kathy Matrakas.

### **MEMORIAL SERVICE:**

The memorial service is chanted for the repose of the souls of **Panagiotis Kisas, Zisimos Doulaveris and Yiannoula Doulaveris.**

Mr. Pangiotis Kisas, beloved husband of Dimitra Kisas. Devoted father of Vasilios Kisas & Pelagia Nicholson. May his memory be eternal!

Zisimos & Yiannoula Doulaveris, beloved parents of the Doulaveris, Kisas & Stathes Families. May their memory be eternal!

Today's coffee hour is offered by the family.

### **FUTURE MEMORIALS:**

**October 13, 2013**

**Michael Marmaras**

**1 Year**

**October 20, 2013**

**Vourvoura Society Memorial**

**Annual**

# Recipes & Remembrances To Benefit Nea Zoe

A New Cookbook is in the Works!!!  
Sts. Constantine & Helen Cookbook Committee  
wants YOUR recipes!



Please Submit your Recipes via email to  
etiches@gmail.com OR stephbs40@yahoo.com  
OR simply hand to Effie Tiches or Stephanie Stamos

Format should be emailed or typed on an 8<sup>1/2</sup>" by 11" paper  
Submit with name and phone number

## Share your Favorites!

### Recipe Categories Are:

Appetizers

Soups & Salads

Vegetables & Side Dishes

Main Dishes - Meat, Poultry, Seafood

Breads

Desserts

Religious Offerings/Lenten Meals

Youth Favorites

For more information call Effie at [301-667-3700](tel:301-667-3700) or Stephanie at [301-873-3081](tel:301-873-3081)



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**

