

Saints Constantine and Helen Greek Orthodox Church  
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**October 6, 2013**

**3rd Sunday of Luke - Γ' Κυριακή Λουκά  
National Church Music Sunday**

*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 ENGLISH 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**

**Σῶσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.  
Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι ὁ Θεός μου.**

**Πρὸς Κορινθίους Β' Επιστολὴς Παύλου τὸ Ἀνάγνωσμα (4:6-15)**

Ἀδελφοί, ὁ θεὸς ὁ εἰπὼν ἐκ σκότους φῶς λάμψαι, ὃς ἔλαμψεν ἐν ταῖς καρδίαις ἡμῶν πρὸς φωτισμὸν τῆς γνώσεως τῆς δόξης τοῦ θεοῦ ἐν προσώπῳ Ἰησοῦ Χριστοῦ. Ἔχομεν δὲ τὸν θησαυρὸν τοῦτον ἐν ὀστρακίνοις σκεύεσιν, ἵνα ἡ ὑπερβολὴ τῆς δυνάμεως ἧ τοῦ θεοῦ, καὶ μὴ ἐξ ἡμῶν· ἐν παντὶ θλιβόμενοι, ἀλλ' οὐ στενοχωρούμενοι· ἀπορούμενοι, ἀλλ' οὐκ ἐξαπορούμενοι· διωκόμενοι, ἀλλ' οὐκ ἐγκαταλειπόμενοι· καταβαλλόμενοι, ἀλλ' οὐκ ἀπολλύμενοι· πάντοτε τὴν νέκρωσιν τοῦ κυρίου Ἰησοῦ ἐν τῷ σώματι περιφέροντες, ἵνα καὶ ἡ ζωὴ τοῦ Ἰησοῦ ἐν τῷ σώματι ἡμῶν φανερωθῇ. Αἰεὶ γὰρ ἡμεῖς οἱ ζῶντες εἰς θάνατον παραδιδόμεθα διὰ Ἰησοῦν, ἵνα καὶ ἡ ζωὴ τοῦ Ἰησοῦ φανερωθῇ ἐν τῇ θνητῇ σαρκὶ ἡμῶν. Ὡστε ὁ μὲν θάνατος ἐν ἡμῖν ἐνεργεῖται, ἡ δὲ ζωὴ ἐν ὑμῖν. Ἔχοντες δὲ τὸ αὐτὸ πνεῦμα τῆς πίστεως, κατὰ τὸ γεγραμμένον, Ἐπίστευσα, διὸ ἐλάλησα, καὶ ἡμεῖς πιστεύομεν, διὸ καὶ λαλοῦμεν· εἰδότες ὅτι ὁ ἐγείρας τὸν κύριον Ἰησοῦν καὶ ἡμᾶς διὰ Ἰησοῦ ἐγερεῖ, καὶ παραστήσει σὺν ὑμῖν. Τὰ γὰρ πάντα δι' ὑμᾶς, ἵνα ἡ χάρις πλεονάσασα διὰ τῶν πλειόνων τὴν εὐχαριστίαν περισσεύσῃ εἰς τὴν δόξαν τοῦ θεοῦ.

**O Lord, save your people and bless your inheritance.**

**Verse: To you, O Lord, I have cried, O my God.**

**St. Paul's Second Letter to the Corinthians (4:6-15)**

Brethren, it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in earthen vessels, to show that the transcendent power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For while we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you. Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believed, and so we speak, knowing that He who raised the Lord Jesus will raise us also with Jesus and bring us with you into His presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

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

**The Reading is from Luke (7:11-16)**

At that time, Jesus went to a city called Nain, and his disciples and a great crowd went with him. As he drew near to the gate of the city, behold, a man who had died was being carried

out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. And when the Lord saw her, he had compassion on her and said to her, "Do not weep." And he came and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, arise." And the dead man sat up, and began to speak. And he gave him to his mother. Fear seized them all; and they glorified God, saying, "A great prophet has arisen among us!" and "God has visited his people!"

### **Κατὰ Λουκᾶν (7:11-16)**

Τῷ καιρῷ ἐκεῖνῳ, ἐπορεύετο εἰς πόλιν καλουμένην Ναΐν· καὶ συνεπορεύοντο αὐτῷ οἱ μαθηταὶ αὐτοῦ ἱκανοὶ καὶ ὄχλος πολὺς. ὡς δὲ ἤγγισε τῇ πύλῃ τῆς πόλεως, καὶ ἰδοὺ ἐξεκομίζετο τεθνηκῶς υἱὸς μονογενῆς τῇ μητρὶ αὐτοῦ, καὶ αὕτη ἦν χήρα, καὶ ὄχλος τῆς πόλεως ἱκανὸς ἦν σὺν αὐτῇ. καὶ ἰδὼν αὐτὴν ὁ Κύριος ἐσπλαγχνίσθη ἐπ' αὐτῇ καὶ εἶπεν αὐτῇ· μὴ κλαῖε· καὶ προσελθὼν ἤψατο τῆς σοροῦ, οἱ δὲ βαστάζοντες ἔστησαν, καὶ εἶπε· νεανίσκε, σοὶ λέγω, ἐγέρθητι. καὶ ἀνεκάθισεν ὁ νεκρὸς καὶ ἤρξατο λαλεῖν, καὶ ἔδωκεν αὐτὸν τῇ μητρὶ αὐτοῦ. ἔλαβε δὲ φόβος πάντας καὶ ἐδόξαζον τὸν Θεόν, λέγοντες ὅτι προφήτης μέγας ἐγγήγερται ἐν ἡμῖν, καὶ ὅτι ἐπεσκέψατο ὁ Θεὸς τὸν λαὸν αὐτοῦ. καὶ ἐξῆλθεν ὁ λόγος οὗτος ἐν ὄλῃ τῇ Ἰουδαίᾳ περὶ αὐτοῦ καὶ ἐν πάσῃ τῇ περιχώρῳ.

### **CHURCH ANNOUNCEMENTS:**

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

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

**Luke Altar Boy Group will be Serving in the Altar on Sunday, October 13th:**

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

♦ **GOYA:** Goya Basketball Practice on Wednesday, October 9, 2013, 6-8pm at Argyle Middle School.

GOYA Basketball Tournament, today Sunday, October 6, 2013. The tournament will be held at the Maryland Juniors Volleyball Club in Jessup, Maryland.

♦ **GREEK SCHOOL:** Greek School on Monday, October 7, 2013, 4:30-6:30pm and Wednesday, October 9, 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.

♦ **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

- ◆ **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.

We are in need of volunteers for our festival next weekend please visit the festival table in the church hall to sign up.

- ◆ **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>.
- ◆ **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.
- ◆ **HELLENIC SOCIETY PAIDEIA:** Invites you to a Greek Benefit Concert featuring one of Greece's best vocalists of our generation, Dimitris Basis, on Friday, Oct. 11th. at the Kraushaar Auditorium at Goucher College. Proceeds will go towards Hellenic Studies Programs at different universities throughout the country. Our organization works with over 30 different schools. For more information and tickets, please visit: [www.paideiausa.org](http://www.paideiausa.org). Please forward this to the members of your organizations and help us keep Greek Language & Culture programs alive in American colleges!

### **TRISAGION SERVICE:**

The Trisagion service is chanted for the repose of the souls of the departed church musicians.

### **FUTURE MEMORIALS:**

**October 13, 2013**

**Michael Marmaras**

**1 Year**

**October 20, 2013**

**Vourvoura Society Memorial**

**Annual**





## Saint Romanos the Melodist

The hymnologists of the Orthodox Church are Christians of virtue and great faith, having been endowed with musical talent as well as the power of religious inspiration. Their creations have enriched our worship services and have helped turn our souls towards God. Perhaps the greatest of all hymnologists is St. Romanos the Melodist. Many other hymnologists had written ecclesiastical hymns, but none of them inspired the Christians as much as St. Romanos. St. Romanos was a Syrian Christian who lived in the beginning of the 6th century. A convert to Orthodoxy from Judaism, he was ordained a deacon and served in the Church of Beirut. His talent was great. Unlike others, he wrote his hymns in simple language and produced a pleasant meter in the verse by the way he accented words. The hymns he composed appealed to the hearts of the people, and are still sung today. St. Romanos has been called "Sweet Singer" (*Glykophonos*), "Melodist" (*Melodhos*), and "Righteous Chanter" (*Psaltis Dhikeosinis*). St. Romanos wrote hundreds of hymns celebrating the mystery of the Incarnation, the Crucifixion, the Resurrection, and the living of a Christian life. One of his most famous compositions is the hymn celebrating the Nativity of our Lord, "Today the Virgin gives birth to One who is above all living things..." (*I Parthenos Simeron*). St. Romanos is also said to have composed the Akathist Hymn, a *kontakion* which we still chant during the *Heretismois* services during Great Lent.

According to legend, St. Romanos was not at first considered to be either a talented reader or singer. He was, however, loved by the Patriarch of Constantinople because of his great humility. Once, around the year 518, while serving in the Church of the Panagia at Blachernae, during the All-Night Vigil for the Feast of the Nativity of Christ, he was assigned to read the kathisma verses from the Psalter. He read so poorly that another reader had to take his place. Some of the lesser clergy ridiculed Romanos for this, and being humiliated he sat down in one of the choir stalls. Overcome by weariness and sorrow, he soon fell asleep. As he slept, the Theotokos (Mother of God) appeared to him with a scroll in her hand. She commanded him to eat the scroll, and as soon as he did so, he awoke. He immediately received a blessing from the Patriarch, mounted the ambo (pulpit), and chanted extemporaneously his famous Kontakion of the Nativity, "Today the Virgin gives birth to Him Who is above all being...." The emperor, the patriarch, the clergy, and the entire congregation were amazed at both the profound theology of the hymn and Romanos' clear, sonorous voice as he sang. According to tradition, this was the very first kontakion ever sung. The Greek word "kontakion" (κοντάκιον) refers to the shaft on which a scroll is wound, hence the significance of the Theotokos' command for him to swallow a scroll, indicating that his compositions were by divine inspiration.

## NATIONAL CHURCH MUSIC SUNDAY:

Today, our parish community observes National Church Music Ministry Sunday. It comes each year in the month of October, the Sunday close to the feast day of Saint Romanos, the Melodist (October 1st). On this day, we recognize those women and men who have heard and responded to the Lord's invitation to be church musicians: that is, parish chanters and choir singers. As church musicians, these people represent the laity in the liturgical dialogue of our worship services. In glory to God, the Holy Trinity, they commit themselves to learning the hymns of our Orthodox faith, understanding the sequence of our liturgical worship, and actively offering their prayers in song to enhance the beauty of our worship. We ask each of them, and our congregation as well, to be mindful of the special ministry they fulfill in singing the hymns of our faith and leading us to worship.

This commemoration was inaugurated by His Eminence, Archbishop Iakovos of North and South America in 1982, and has been re-affirmed by His Eminence, Archbishop Demetrios of America.



SAINTS CONSTANTINE  
AND HELEN  
GREEK ORTHODOX CHURCH

GREEK  
FOOD  
&  
PASTRIES

LIVE  
GREEK  
MUSIC

**GREEK  
FESTIVAL**

GREEK  
DANCING

CHILDREN'S  
ACTIVITIES

**SATURDAY & SUNDAY  
OCT 12TH-13TH**

*Come back and celebrate with us !!!*

