

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

October 13, 2013

**4th Sunday of Luke - Δ' 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 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**

**Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν.**

**Στίχ. Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς ἐποίησας ἡμῖν.**

### **Πρὸς Τίτον Επιστολῆς Παύλου τὸ Ἀνάγνωσμα (3:8-15)**

Πιστὸς ὁ λόγος, καὶ περὶ τούτων βούλομαί σε διαβεβαιουῖσθαι, ἵνα φροντίζωσιν καλῶν ἔργων προϊστασθαι οἱ πεπιστευκότες θεῷ. ταῦτά ἐστιν καλὰ καὶ ὠφέλιμα τοῖς ἀνθρώποις· μωρὰς δὲ ζητήσεις καὶ γενεαλογίας καὶ ἔριν καὶ μάχας νομικὰς περιίστασο, εἰσὶν γὰρ ἀνωφελεῖς καὶ μάταιοι. ἀρετικὸν ἄνθρωπον μετὰ μίαν καὶ δευτέραν νοθεσίαν παραιτοῦ, εἰδὼς ὅτι ἐξέστραπται ὁ τοιοῦτος καὶ ἀμαρτάνει, ὢν αὐτοκατάκριτος. Ὅταν πέμψω Ἄρτεμᾶν πρὸς σὲ ἢ Τυχικόν, σπούδασον ἐλθεῖν πρὸς με εἰς Νικόπολιν, ἐκεῖ γὰρ κέκρικα παραχειμάσαι. Ζηναῖν τὸν νομικὸν καὶ Ἀπολλῶν σπουδαίως πρόπεμψον, ἵνα μηδὲν αὐτοῖς λείπη. μανθανέτωσαν δὲ καὶ οἱ ἡμέτεροι καλῶν ἔργων προϊστασθαι εἰς τὰς ἀναγκαίας χρείας, ἵνα μὴ ὄσιν ἄκαρποι. Ἀσπάζονται σε οἱ μετ' ἐμοῦ πάντες. Ἄσπασαι τοὺς φιλοῦντας ἡμᾶς ἐν πίστει. ἡ χάρις μετὰ πάντων ὑμῶν.

**Blessed are you, O Lord, the God of our fathers.**

**Verse: For you are just in all you have done.**

### **St. Paul's Letter to Titus (3:8-15)**

TITUS, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

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

### **The Reading is from Luke (8:5-15)**

The Lord said this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for

others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As he said these things, he cried out "He who has ears to hear, let him hear."

### **Κατὰ Λουκᾶν (8:5-15)**

Ἐἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἐξῆλθεν ὁ σπείρων τοῦ σπείραι τὸν σπόρον αὐτοῦ. καὶ ἐν τῷ σπείρειν αὐτὸν ὁ μὲν ἔπεσε παρὰ τὴν ὁδόν, καὶ κατεπατήθη, καὶ τὰ πετεινὰ τοῦ οὐρανοῦ κατέφαγεν αὐτό· καὶ ἕτερον ἔπεσεν ἐπὶ τὴν πέτραν, καὶ φυὲν ἐξηράνθη διὰ τὸ μὴ ἔχειν ἰκμάδα· καὶ ἕτερον ἔπεσεν ἐν μέσῳ τῶν ἀκανθῶν, καὶ συμφυεῖσαι αἱ ἄκανθαι ἀπέπνιξαν αὐτό· καὶ ἕτερον ἔπεσεν εἰς τὴν γῆν τὴν ἀγαθὴν, καὶ φυὲν ἐποίησε καρπὸν ἑκατονταπλασίονα. ταῦτα λέγων ἐφώνει· ὁ ἔχων ὄτα ἀκούειν ἀκουέτω. Ἐπηρώτων δὲ αὐτὸν οἱ μαθηταὶ αὐτοῦ λέγοντες· τίς εἶν ἡ παραβολὴ αὕτη; ὁ δὲ εἶπεν· ὑμῖν δέδοται γινῶναι τὰ μυστήρια τῆς βασιλείας τοῦ Θεοῦ, τοῖς δὲ λοιποῖς ἐν παραβολαῖς, ἵνα βλέποντες μὴ βλέπωσι καὶ ἀκούοντες μὴ συνιῶσιν. ἔστι δὲ αὕτη ἡ παραβολή· ὁ σπόρος ἐστὶν ὁ λόγος τοῦ Θεοῦ· οἱ δὲ παρὰ τὴν ὁδόν εἰσιν οἱ ἀκούσαντες, εἴτα ἔρχεται ὁ διάβολος καὶ αἶρει τὸν λόγον ἀπὸ τῆς καρδίας αὐτῶν, ἵνα μὴ πιστεύσαντες σωθῶσιν. οἱ δὲ ἐπὶ τῆς πέτρας οἱ ὅταν ἀκούσωσι, μετὰ χαρᾶς δέχονται τὸν λόγον, καὶ οὗτοι ρίζαν οὐκ ἔχουσιν, οἱ πρὸς καιρὸν πιστεύουσι καὶ ἐν καιρῷ πειρασμοῦ ἀφίστανται. τὸ δὲ εἰς τὰς ἀκάνθας πεσόν, οὗτοί εἰσιν οἱ ἀκούσαντες, καὶ ὑπὸ μεριμνῶν καὶ πλοῦτου καὶ ἡδονῶν τοῦ βίου πορευόμενοι συμπνίγονται καὶ οὐ τελεσφοροῦσι. τὸ δὲ ἐν τῇ καλῇ γῆ, οὗτοί εἰσιν οἵτινες ἐν καρδίᾳ καλῇ καὶ ἀγαθῇ ἀκούσαντες τὸν λόγον κατέχουσι καὶ καρποφοροῦσιν ἐν ὑπομονῇ.

### **CHURCH ANNOUNCEMENTS:**

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

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

**John Altar Boy Group will be Serving in the Altar on Sunday, October 20th:**

Captain: Pavlo Tsipianitis, Panagiotis Psallidas, John Koutras, Demetre Koutras, Theodore Sideris, Michael Sideris

♦ **GOYA:** Goya Basketball Practice on Wednesday, October 16, 2013, 6-8pm at Argyle Middle School.

♦ **GREEK SCHOOL:** Greek School on Monday, October 14, 2013, 4:30-6:30pm and Wednesday, October 16, 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.

YAL brunch outing after liturgy Sunday, November 17th.

- ◆ **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**: Please join us today for our Greek Festival! Good food, Good Friends, Kali Parea. May God Bless us All!
- ◆ **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>.
- ◆ **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.

### **MEMORIAL SERVICE:**

The memorial service is chanted for the repose of the soul of **Michael Marmaras (1 Year)**.

Mr. Michael Marmaras, beloved husband of Asimina Marmaras. Devoted father of Dimitrios & Simos Marmaras. Adored grandfather. May his memory be eternal!

Today's coffee hour is offered by the family.

### **FUTURE MEMORIALS:**

**October 20, 2013**

**Vourvoura Society Memorial**

**Annual**

### **SERVICE SCHEDULE:**

**Friday, October 18, 2013: Orthros & Divine Liturgy .....8:30AM**  
**(Ορθος κ Θ.Λειτουργία - Luke the Evangelist - Λουκά Εὐαγγελιστῆ)**

# 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)



A Groundbreaking Year

You are cordially invited to attend the  
Saints Constantine and Helen Greek Orthodox Church  
of Washington, District of Columbia

*2013 Gala Fundraiser to Benefit Nea Zoe*

on Saturday, the second of November  
Two thousand thirteen  
at seven o'clock in the evening

The Bolger Center  
9600 Newbridge Drive  
Potomac, Maryland



*Cocktail Hour, Dinner, Dancing and Open Bar*  
*Raffles and Prizes*

Black Tie Optional

For hotel accommodations, contact The Bolger Center at (866) 578-6600  
[www.bolgercenter.com](http://www.bolgercenter.com)

