



## **THE MISSION OF THE ST. CONSTANTINE & HELEN GREEK ORTHODOX CHURCH OF WASHINGTON DC**

IN SILVER SPRING IS TO PROCLAIM THE GOSPEL OF CHRIST, TO TEACH AND SPREAD THE ORTHODOX CHRISTIAN FAITH, TO ENERGIZE, CULTIVATE AND GUIDE THE LIFE OF THE CHURCH ACCORDING TO THE ORTHODOX CHRISTIAN FAITH AND SACRED TRADITION. THE CHURCH SANCTIFIES THE FAITHFUL THROUGH THE DIVINE WORSHIP, ESPECIALLY THE HOLY EUCHARIST AND OTHER SACRAMENTS, BUILDING THE SPIRITUAL AND ETHICAL LIFE OF THE FAITHFUL IN ACCORDANCE WITH THE HOLY SCRIPTURES, SACRED TRADITION, THE DOCTRINES AND CANONS OF THE ECUMENICAL AND LOCAL SYNODS, THE CANONS OF THE HOLY APOSTLES AND FATHERS OF THE CHURCH AND OF ALL OTHER SYNODS RECOGNIZED BY THE ORTHODOX CHURCH, AS INTERPRETED BY THE GREAT CHURCH OF CHRIST IN CONSTANTINOPLE. THE CHURCH SERVES AS A BEACON, CARRIER AND WITNESS OF THE MESSAGE OF CHRIST TO ALL PERSONS, THROUGH DIVINE WORSHIP, PREACHING, TEACHING AND LIVING THE ORTHODOX CHRISTIAN FAITH.

## **YOUR PRIESTS ARE AVAILABLE TO YOU 24/7.**

Please use their cell phones for any spiritual need you might have not for making appointments or scheduling anything.

For all appointments and events,  
please call the church office at (240) 389-1366.

**Fr. Michael: (301) 502-2850**

**Fr. Jason: (301) 502-3762**

## **ΟΙ ΙΕΡΕΙΣ ΣΑΣ ΕΙΝΑΙ ΣΤΗ ΔΙΑΘΕΣΗ ΣΑΣ 24/7.**

Παρακαλώ να τους καλείτε στα κινητά τηλέφωνα  
μόνο για πνευματικές ανάγκες.

Για οτιδήποτε άλλο, παρακαλούμε να καλείτε το  
γραφείο στο (240) 389-1366.

Σας ευχαριστούμε!



**Saints Constantine and Helen Greek Orthodox Church**

**Temporary 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**

**Rev. Michael Eaccarino, Protopresbyter E-mail: FM@papouli.net**

**Rev. Jason Houck, Presbyter E-mail: FatherJason@schgocdc.org**

*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.*

<p><b>ALTAR BOYS</b></p> <p><b>Joe Mays</b> joem1222@gmail.com</p>	<p><b>CHURCH MUSIC</b></p> <p><b>Stavros Antoniou</b> office@schgocdc.org</p>	<p><b>SUNDAY SCHOOL</b></p> <p><b>Tara Kavadias</b> tarakavadias@yahoo.com</p>
<p><b>HOPE &amp; JOY</b></p> <p><b>Georgia Ferentinos</b> meyaliyioryia@yahoo.com</p>	<p><b>GOYA</b></p> <p><b>Alexandra Pittas</b> pittasa@verizon.net</p>	<p><b>YAL</b></p> <p><b>Maria Poulakis</b> maria.poulakis7@gmail.com <b>Tommy Karadimas</b> tkaradimas13@aol.com</p>
<p><b>GREEK SCHOOL</b></p> <p><b>Iphigeneia Kambanis</b> agkambanis@msn.com</p>	<p><b>GREEK DANCE</b></p> <p><b>Maria Romas</b> mromas3@gmail.com</p>	<p><b>PHILOPTOCHOS</b></p> <p><b>Paraskevoula Hays</b> Paraskevoula.Hays@finra.org <b>Nikki Pappas</b> npgreekschool@hotmail.com</p>
<p><b>ADULT RELIGIOUS EDUCATION</b></p> <p><b>Fr. Jason Houck</b> FatherJason@schgocdc.org</p>	<p><b>YOUNG AT HEART</b></p> <p><b>Helen Thornberg</b> bwt602r@aol.com <b>Kathy Matrakas</b> klukia14@gmail.com</p>	<p><b>STEWARDSHIP</b></p> <p><b>Sarantos Georgopoulos</b> sarantosg1@gmail.com</p>



## PRAYER LIST

*If you would like us to remember you or your loved one in our prayers, please contact the office.*

## PRAYER FOR A SICK PERSON

Heavenly Father, physician of our souls and bodies, who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal me Your servant from all physical and spiritual ailments through the grace of Your Christ. Grant me patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I pray that You heal me as Your servant and grant me the gift of complete health. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.

## ANNOUNCEMENT FOR FUTURE GOD PARENTS



All Orthodox Christians planning to become  
A God Parent must be able to recite the Creed  
**by memory.**

You may recite our Symbol of Faith in either English or Greek.

## 40-DAYS BABY BLESSING



For your convenience we are letting you know that you can make an appointment to church your baby on the 40th day after its birth, no matter what day that might be. There is no reason that you have to inconvenience the mom and the baby, waiting in the back of the Narthex until the priest is available on a Sunday ONLY. Make an appointment to come to church when it is convenient for you at a time that will not disrupt the baby's routine. ANY day you would like. 9am through 6pm by appointment. Bring the entire family or come just with your husband and the baby. Whatever you want. No waiting no inconvenience. More private time with the priest to talk about the future baptism if you wish. Call the office for an appointment.

**November 17, 2013**  
**9th Sunday of Luke - Θ' Κυριακή Λουκά**

**The NICENE CREED will be read in ENGLISH today**

**HYMNS OF THE WEEK**

<p style="text-align: center;"><b>Αναστάσιμο Απολυτίκιον - Δ' Ἦχος</b></p> <p>Τὸ φαιδρὸν τῆς Αναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.</p>	<p style="text-align: center;"><b>Resurrectional Apolytikion - 4th Tone</b></p> <p>Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.</p>
<p style="text-align: center;"><b>Απολυτίκιον Αγ. Κωνσταντίνου &amp; Ελένης</b></p> <p>Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλήσιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεύσιν, Ἀπόστολός σου Κύριε, Βασιλεύουσιν πόλιν τῇ χειρὶ σου παρέθετο ἦν περίσσευε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.</p>	<p style="text-align: center;"><b>Apolytikion of Sts. Constantine &amp; Helen</b></p> <p>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.</p>
<p style="text-align: center;"><b>Απολυτίκιον Αγ. Ανδρέα</b></p> <p>Ὡς τῶν Ἀποστόλων Πρωτόκλητος, καὶ τοῦ Κορυφαίου ἀντάδελφος, τὸν Δεσπότην τῶν ὄλων Ἀνδρέα ικέτευε, εἰρήνην τῇ οἰκουμένη δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.</p>	<p style="text-align: center;"><b>Apolytikion of St. Andrew</b></p> <p>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.</p>
<p style="text-align: center;"><b>Κοντάκιον - Δ' Ἦχος</b></p> <p>Ὁ καθαρῶτατος ναὸς τοῦ Σωτήρος, ἡ πολυτίμητος παστάς καὶ Παρθένος, τὸ ἱερὸν θησαυρίσμα τῆς δόξης τοῦ Θεοῦ, σήμερον εἰσάγεται, ἐν τῷ οἴκῳ Κυρίου, τὴν χάριν συνεισάγουσα, τὴν ἐν Πνεύματι θείῳ, ἦν ἀνυμνοῦσιν Ἄγγελοι Θεοῦ, Αὐτὴ ὑπάρχει σκηνὴ ἐπουράνιος.</p>	<p style="text-align: center;"><b>Seasonal Kontakion - Fourth Tone</b></p> <p>Today, the most pure temple of the Savior, the precious bridal chamber and Virgin, the sacred treasure of God, enters the house of the Lord, bringing the grace of the Divine Spirit. The Angels of God praise her. She is the heavenly tabernacle.</p>

## ΑΠΟΣΤΟΛΟΣ

**Ὡς ἐμεγαλύνθη τὰ ἔργα σου Κύριε, πάντα ἐν σοφίᾳ ἐποίησας.  
Στίχ. Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον.**

### **Πρὸς Γαλάτας Επιστολὴς 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 ἐπιστεύσαμεν, 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 δὲ ἐν ἐμοὶ Χριστός· ὃ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῇ τοῦ υἱοῦ τοῦ θεοῦ, τοῦ ἀγαπήσαντός με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.

## EPISTLE

**O Lord, how manifold are your works. You have made all things in wisdom.**

**Verse: Bless the Lord, O my soul.**

### **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.

## GOSPEL

### **The Reading is from Luke (12:16-21)**

The Lord said this parable: "The land of a rich man brought forth plentifully; and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' And he said, 'I will do this: I will pull down my barns, and build larger ones; and there I will store all my grain and my goods. And I will say to my soul, 'Soul, you have ample goods laid up for many years; take your ease, eat, drink, be merry.' But God said to him, 'Fool! This night your soul is required of you; and the things you have prepared, whose will they be?' So is he who lays up treasure for himself, and is not rich toward God." As he said these things, he cried out: "He who has ears to hear, let him hear."

## ΕΥΑΓΓΕΛΙΟ

### **Κατὰ Λουκᾶν (12:16-21)**

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρώπου τινὸς πλουσίου εὐφόρησεν ἡ χώρα· καὶ διελογίζετο ἐν ἑαυτῷ λέγων· τί ποιήσω, ὅτι οὐκ ἔχω ποῦ συνάξω τοὺς καρπούς μου; καὶ εἶπε· τοῦτο ποιήσω· καθελῶ μου τὰς ἀποθήκας καὶ μείζονας οἰκοδομήσω, καὶ συνάξω ἐκεῖ πάντα τὰ γενήματά μου καὶ τὰ ἀγαθὰ μου, καὶ ἐρῶ τῇ ψυχῇ μου· ψυχὴ, ἔχεις πολλὰ ἀγαθὰ κείμενα εἰς ἔτη πολλά· ἀναπαύου, φάγε, πίε, εὐφραίνου. εἶπε δὲ αὐτῷ ὁ Θεός· ἄφρον, ταύτη τῇ νυκτὶ τὴν ψυχὴν σου ἀπαιτοῦσιν ἀπὸ σοῦ· ἃ δὲ ἠτοίμασας τίνι ἔσται; οὕτως ὁ θησαυρίζων ἑαυτῷ, καὶ μὴ εἰς Θεὸν πλουτῶν.

### CHURCH ANNOUNCEMENTS:

- ♦ **GOYA:** Please support the basketball players buy purchasing a Papa John's Buy 1 get 1 free pizza card. It's only \$15 and \$10 goes to our basketball program. Unlimited use through September 2014! For every large pizza you buy at regular price you get 1 free! Buy 5 get 5 free and so on!!
- ♦ **YAL:** YAL brunch outing after liturgy today, November 17th.
- ♦ **YAH:** Thursday, December 5, 2013 - Tour of National Museum of the Marine Corps, 18900 Jefferson Davis Highway, Triangle, VA 22174; free admission, free parking. Tour at 12N (20 people or less). Lunch before or after; [www.usmcmuseum.org](http://www.usmcmuseum.org)
- ♦ **PHILOPTOCHOS:** Luncheon tickets for our Annual Christmas Luncheon will be on Sale today in St. Andrew's Church Hall following the Divine Liturgy. Please see Penny Strats or Olympia Koskinas. The cut off date to purchase tickets to the Philoptochos Christmas Luncheon is Sunday, November 24, 2013.

For the Christmas Luncheon if you are donating Santa's gifts, please have the gifts already wrapped. In addition please contact Kathy L. Matrakas or Joy Binford if you are donating Santa's gifts. Contact numbers for Kathy (301)439-6958 or e-mail [klukia14@gmail.com](mailto:klukia14@gmail.com). Contact number for Joy (301)774-7510 or e-mail [joy@novakbiddle.com](mailto:joy@novakbiddle.com).

For the Christmas Luncheon: If you are donating Raffle gifts, please contact Voula Vithoulikas at (240) 432-3146 or e-mail: [vvithoulikas@cavtel.net](mailto:vvithoulikas@cavtel.net).

The trip to New York City has been cancelled.

- ♦ **PARISH COUNCIL ELECTIONS:** Our Parish Council Elections will take place on December 8th. All those elected to the parish council MUST attend the Archdiocese Parish Council Seminar in order for your election to be ratified. The parish council seminar will be held at the St. Sophia Greek Orthodox Cathedral on December 12, 2013, from 6:30 to 9:00 PM. Please RSVP to: [office@stsofiawashington.org](mailto:office@stsofiawashington.org) or 202-333-4730.

## MEMORIAL SERVICE:

The memorial service is chanted for the repose of the souls of **Evangeline Haris (40 Days)**, **Rena (Eirini) Drakakis (25 Years)**, **Basile Fetanis (1 Year)**, **John Stelios Maroules (15 Years)**.

Mrs. Evangeline Kyriazis Haris, beloved wife of George Haris. Loving mother of Evelyn (Kevin), Steve (Kim), William (Cathy), and Christ (Nicole) Haris. Adored grandmother of Alexandra, George, Braden, Katie, Billy, Carleigh, Jack, Theodore, Evangelos, Matthew and Sophia.

Mrs. Rena (Eirini) Drakakis, beloved wife of John Drakakis. Devoted mother of Sophia (George) Mantzouranis, Katerina (Stelios) Kontakiotis and Kosta (Desiree) Drakakis. Adored Yiayia of Alex, Christopher, Rena and John.

Mr. Basile Fetanis, beloved husband of the late Christine Fetanis. Loving father of Evangelos Fetanis.

Mr. John Stelios Maroules, beloved husband of Harriet Maroules. Devoted father of Sophia (Bob) Ward, Efrem (Beth) Maroules and Kristina (Brent) Henry. Loved by many grandchildren.

May their memory be eternal! The Coffee Hour today is offered by the families.

## ARTOKLASIA SERVICE:

The Artoklasia today is chanted for the good health of the Anastasios Kaldis Family.

## FUTURE MEMORIALS:

**November 24, 2013**

**Tula Andrakakos**

**(1 Year)**

**December 1, 2013**

**Jimmy Mikedes**

**(40 Days)**

### Fasting is a medicine

Fasting is a medicine; but a medicine, though it be never so profitable, becomes frequently useless owing to the unskillfulness of him who employs it. For it is necessary to know, moreover, the time when it should be applied, and the requisite quantity of it; and the nature of the country, and the season of the year; and the corresponding diet; as well as various other particulars; any of which, if one overlooks, he will mar all the rest that have been named. Now if, when the body needs healing, such exactness is required on our part, much more ought we, when our care is about the soul, and we seek to heal the distempers of the mind, to look, and to search into every particular with the utmost accuracy.

—St. John Chrysostom, *On the Statues* 3:8



## ALTAR BOYS SCHEDULE

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

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

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

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

**November 3 - Mark**

**November 10 - Luke**

**November 17 - John**

**November 24 - Matthew**

**December 1 - Mark**

**December 8 - Luke**

**December 15 - John**

**December 22 - Matthew**

**December 29 - Mark**

## PARISH COUNCIL ELECTIONS:

Elections for the Parish Council will be held on December 8, 2013, in the Church Hall. Voting will be by secret ballot and will commence at 8AM, **close during the Divine Liturgy** resume immediately after the Divine Liturgy and terminate at 2:00 PM that day.

In order to be eligible to vote in the Parish Council election, the Uniform Parish Regulations and Parish By-Laws state that:

**A new parish steward is eligible to vote in the election provided he or she has been enrolled on the parish stewardship register for at least three (3) months prior to the day of the election and is in good standing by having paid his or her stewardship obligation either in full or a pro-rated share as of the day of the election.**

A parish steward other than a new steward is eligible to vote in the election provided he or she has been enrolled on the parish stewardship register for at least two (2) years, and is in good standing by having paid his or her stewardship obligation in full for the year preceding the election as well as his or her stewardship obligation in full, or a pro-rated share, for the year in which the election is held.

**A member duly enrolled in the Parish register but delinquent in his or her Parish stewardship obligations may vote in the election by meeting his or her stewardship obligations at any time prior to balloting.**

## **The Christmas Fast**

1. After Great Lent the second largest fasting period of the Orthodox Church is before the Nativity of Christ. It is also known as “sarantohmero” (forty-day) because it lasts for forty days but it is not as strict as Great Lent. It starts on November 15<sup>th</sup> and ends on December 24<sup>th</sup>.

2. The taking on of flesh and birth of our Lord Jesus Christ is the second largest Feast of the Master holy day of the Christian calendar. Until the middle of the 4<sup>th</sup> century A.D. the Eastern Orthodox Church celebrated the birth and baptism of Jesus Christ on the same day, i.e., on January 6<sup>th</sup>, the day of Epiphany. At the end of the 4<sup>th</sup> century A.D. and under Western influence Christmas was moved to December 25<sup>th</sup> and celebrated as a separate holiday.

## **The Fast of the Church**

St. John Chrysostom first talks about the holy day of Christmas and refers to it as the “metropolis of all holy days.”

By establishing three different holy days for the Nativity on December 25<sup>th</sup>, the Circumcision on January 1<sup>st</sup> and the Baptism of Jesus Christ on January 6<sup>th</sup> the so called Dwdekahmeron (twelve days) was inserted into the calendar as a block of holy days for December 25<sup>th</sup> to January 6<sup>th</sup>. This way the ancient unity of the two big holy days of the Nativity of our Lord and of Epiphany was preserved.

3. The newly established holy day of the Nativity of Christ had acquired a special meaning for the faithful and in particular for the monastics who approached it with much reverence. As a consequence, the forty day fast before Christmas was established. The already established Great Lent, before Pascha, had a lot of influence as well.

## **When and How to Fast**

Just like the holy day of the Nativity of our Savior the fast and preparation for it originated in the West. It was called “the forty day fast of St. Martinos” because it started on the name day of the saint. Likewise we still refer to it at “St. Phillip’s” because it starts on the day after the name day of the Apostle Phillip.

The first historical references we have from the fast prior to Christmas are from the West on the 5<sup>th</sup> and from the East on the 6<sup>th</sup> centuries AD. From the Eastern writers Anastasios of Sinai, the Patriarch of Constantinople Nikiforos the Confessor, St. Theodore Studite and the Patriarch of Antioch Theodore Valsamon refer to it.

It seems that the fast was a short period of time in the beginning. Theodore Valsamon, who writes at about the 12<sup>th</sup> century AD and reports on the customs of his time, refers to it as

“eptahmeron.” Under the influence of Great Lent, however it was extended to forty days as well but with the strictness of the first.

### How should we keep the fast?

For the period of the forty days we should not eat meat, dairy products and eggs.

It is permitted to have fish every day, except for Wednesday and Friday, from the beginning of the fast until December 17<sup>th</sup>.

It is permitted to have fish every day, except for Wednesday and Friday, from the beginning of the fast until December 17<sup>th</sup>.

From December 18<sup>th</sup> to the 24<sup>th</sup>, Christmas eve, **only oil and wine is permitted** with the exception of Wednesdays and Fridays during which we fast from oil as well. We also fast from oil on the first day of the fast, November 15<sup>th</sup>, as well as on Christmas eve except when they are on a Saturday or Sunday.

### Νηστεία των Χριστουγέννων: Πότε, γιατί και πώς;

#### Η νηστεία των Χριστουγέννων

1. Δεύτερη μακρά περίοδος νηστείας μετά τη Μεγάλη Τεσσαρακοστή είναι η νηστεία των Χριστουγέννων, γνωστή στη γλώσσα του ορθοδόξου λαού μας και ως σαραντα(η)μερο. Περιλαμβάνει και αυτή σαράντα ημέρες, όμως δεν έχει την αυστηρότητα της νηστείας της Μεγάλης Τεσσαρακοστής. Αρχίζει την 15η Νοεμβρίου και λήγει την 24η Δεκεμβρίου.

2. Η εορτή της κατα σάρκα γεννήσεως του Κυρίου μας Ιησού Χριστού αποτελεί τη δεύτερη μεγάλη Δεσποτική εορτή του χριστιανικού εορτολογίου. Μέχρι τα μέσα του Δ' αιώνα η Εκκλησία της Ανατολής συνεόρταζε τη γέννηση και τη βάπτισμα του Χριστού υπό το όνομα τα Επιφάνεια την ίδια ημέρα, στις 6 Ιανουαρίου. Τα Χριστούγεννα ως ξεχωριστή εορτή, εορταζομένη στις 25 Δεκεμβρίου εισήχθη στην Ανατολή από τη Δύση περί τα τέλη του Δ' αιώνα.

Ο άγιος Ιωάννης ο Χρυσόστομος, που πρώτος ομιλεί για την εορτή των Χριστουγέννων, την ονομάζει «μητρόπολιν πασών των εορτών» και μας πληροφορεί περί το 386 ότι «ούπω δέκατον έστιν έτος, εξ ου δήλη και γνώριμος ημίν αύτη η ημέρα (της εορτής) γεγένηται».

Με τη διαίρεση της άλλοτε ενιαίας εορτής και την καθιέρωση των τριών ξεχωριστών εορτών, της Γεννήσεως την 25η Δεκεμβρίου, της Περιτομής την 1η και της Βαπτίσεως την 6η Ιανουαρίου, διαμορφώθηκε και το λεγόμενο Δωδεκαήμερον, δηλαδή το εόρτιο χρονικό διάστημα από τις 25 Δεκεμβρίου ως τις 6 Ιανουαρίου. Έτσι διασώθηκε κατά κάποιο τρόπο η αρχαία ενότητα των δύο μεγάλων εορτών της Γεννήσεως και της Βαπτίσεως του Κυρίου.

3. Η μεγάλη σημασία που απέκτησε με την πάροδο του χρόνου στη συνείδηση της Εκκλησίας η νέα εορτή των Χριστουγέννων και η ευλάβεια των πιστών και ιδιαίτερα των μοναχών, απετέλεσαν τις προϋποθέσεις για την καθιέρωση και της προ των Χριστουγέννων νηστείας. Σ' αυτό ασφαλώς επέδρασε και η διαμορφωμένη ήδη τεσσαρακονθήμερη νηστεία της Μεγάλης Τεσσαρακοστής που προηγείτο του Πάσχα.

Όπως η εορτή έτσι και η νηστεία, ως προετοιμασία για την υποδοχή των γενεθλίων του Σωτήρος, εμφανίστηκε αρχικά στη Δύση, όπου η νηστεία αυτή ονομαζόταν Τεσσαρακοστή του άγιου Μαρτίνου επειδή άρχιζε από την εορτή του άγιου τούτου της Δυτικής Εκκλησίας. Το ίδιο επανελήφθη και σ' εμάς, όπου πολλοί τη νηστεία των Χριστουγέννων ονομάζουν του άγιου Φιλίππου επειδή προφανώς αρχίζει την επομένη της μνήμης του Αποστόλου. Οι πρώτες ιστορικές μαρτυρίες, που έχουμε για τη νηστεία προ των Χριστουγέννων, ανάγονται για τη Δύση στον Ε' και για την Ανατολή στον ΣΤ' αιώνα. 'Από τούς ανατολικούς συγγραφείς σ' αυτήν αναφέρονται ο Αναστάσιος Σιναιτης, ο πατριάρχης Κωνσταντινουπόλεως Νικηφόρος ο Ομολογητής, ο άγιος Θεόδωρος ο Στουδίτης, καθώς επίσης και ο πατριάρχης Αντιοχείας Θεόδωρος Βάλσαμων.

4. Η νηστεία στην αρχή, καθώς φαίνεται, ήταν μικρής διάρκειας. Ο Θεόδωρος Βάλσαμων, που γράφει περί τον ΙΒ' αιώνα —και κατά συνέπεια μας πληροφορεί για τα όσα ίσχυαν στην εποχή του —, σαφώς την ονομάζει «επταήμερον». Όμως υπό την επίδραση της νηστείας της Μεγάλης Τεσσαρακοστής επεξετάθη και αυτή σε σαράντα ημέρες, χωρίς εν τούτοις να προσλάβει την αυστηρότητα της πρώτης.

Πως θα πρέπει να την νηστεύουμε; Καθ' όλη τη διάρκεια του σαρανταημέρου δεν καταλύουμε κρέας, γαλακτερά και αυγά. Αντίθετα, επιτρέπεται να καταλύουμε ψάρι όλες τις ημέρες — πλην, φυσικά, της Τετάρτης και της Παρασκευής— από την αρχή μέχρι και την 17η Δεκεμβρίου. Ψάρι καταλύουμε επίσης και κατά την εορτή των Εισοδίων της Θεοτόκου, οποιαδήποτε ημέρα κι αν πέσει.

'Από την 18η μέχρι και την 24η Δεκεμβρίου, παραμονή της εορτής, επιτρέπεται η κατάλυση οίνου και ελαίου μόνο — εκτός, βέβαια, των ημερών Τετάρτης και Παρασκευής που θα παρεμβληθούν και κατά τις οποίες τηρούμε ανέλαιη νηστεία. Επίσης με ξηροφαγία θα πρέπει να νηστεύουμε την πρώτη ημέρα της νηστείας, 15η Νοεμβρίου, καθώς και την παραμονή της εορτής, έκτος βέβαια κι αν πέσουν Σάββατο η Κυριακή.

### **ΝΗΣΤΕΙΑ: ΑΠΟΧΗ ΑΠΟ ΠΑΣΗΣ ΑΜΑΡΤΙΑΣ**

«Επίσης οφείλουμε να μην τηρούμε μόνο την τάξη της νηστείας που αφορά τις τροφές, αλλά να απέχουμε και από κάθε αμαρτία, έτσι ώστε, όπως νηστεύουμε ως προς την κοιλιά, να νηστεύουμε και ως προς τη γλώσσα, αποφεύγοντας την καταλαλιά, το ψέμα, την αργολογία, τη λοιδωρία, την οργή και γενικά κάθε αμαρτία που διαπράττουμε μέσω της γλώσσας.

Επίσης χρειάζεται να νηστεύουμε ως προς τα μάτια. Να μη βλέπουμε μάταια πράγματα. Να μην αποκτούμε παρρησία διά μέσου των ματιών. Να μην περιεργαζόμαστε κάποιον με αναίδεια. Ακόμη θα πρέπει να εμποδίζουμε τα χέρια και τα πόδια από κάθε πονηρό πράγμα.

Με αυτό τον τρόπο νηστεύοντας μια νηστεία ευπρόσδεκτη στον Θεό, αποφεύγοντας κάθε είδους κακία που ενεργείται διά μέσου της καθεμιάς από τις αισθήσεις μας, θα πλησιάζουμε, όπως είπαμε, την άγια ημέρα της αναστάσεως αναγεννημένοι, καθαροί και άξιοι της μεταλήψεως των άγιων μυστηρίων».

**ΔΩΡΟΘΕΟΣ ΓΑΖΗΣ**

Από το "Η νηστεία της Εκκλησίας", Αρχιμ. Συμεών Κούτσα Εκδ. Αποστολική Διακονία, σελ. 88-92

# STEPS TO SPIRITUAL GROWTH AND RENEWAL



***Saturday, November 23rd***

***St. Mary Orthodox Church  
909 Shawan Rd. Hunt Valley 21030***

Prepare your hearts during this Nativity Season and join us for a retreat led by Fr. Sergius, Abbot of the Orthodox Monastery of St. Tikhon.



## *Retreat Schedule*

- 9:00 am - Divine Liturgy
- 10:00 - Breakfast and Registration
- 10:30 - Session One: "Living a spiritual life in a modern world"
- 12:00 pm - Lunch
- 1:30 - Session Two: "Prayer: learning how to deal with our thoughts"
- 3:30 - Break/Tea & snacks
- 4:00 - Vespers

*Registration fee of \$25*

For more information, contact Raghida Nseir - [raghidanseir@hotmail.com](mailto:raghidanseir@hotmail.com) or 410-627-5430

Please return this form along with your check made payable to St. Mary Orthodox Church by November 10 to St. Mary Orthodox Church c/o Raghida Nseir  
909 Shawan Rd. - Hunt Valley, MD 21030

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

\_\_\_\_\_

Home Parish \_\_\_\_\_

SUN 17	11/14 - 11/17	<b>Young at Heart Strathmore Museum Shop Around event</b> (Strathmore Hall (not the Music Center)) Strathmore Museum Shop Around at Strathmore Hall (not the Music Center) pending finalization of event to be held here, more to come...
	11/17 - 11/18	<b>*GOYA Basketball Tournament</b> (2425 Old Court Road, Baltimore MD 21208)
	7:30 - 8:30am	<b>*Orthros</b> (St. Andrew Ukrainian Orthodox Cathedral 15100 New Hampshire Avenue, Silver Spring, MD 20905)
	8:25 - 10:10am	<b>*John Altar Boy Group Serving</b> (St. Andrew's) Pavlo Tsipianibis - Captain, Panagiotis Psallidas, John Koutras, Demetre Koutras, Theodore Sideris, Michael Sideris
	8:30 - 10:15am	<b>*Divine Liturgy</b> (St. Andrew Ukrainian Orthodox Cathedral 15100 New Hampshire Avenue, Silver Spring, MD 20905)
	8:30 - 10am	<b>*Sunday School Class</b> (St. Andrew Ukrainian Orthodox Cathedral 15100 New Hampshire Avenue, Silver Spring, MD 20905) Liturgy and Sunday School. We offer classes for pre-school through 12th grade. Please remember to register your children in our Sunday School Program. Please contact Tara Kavadias, our Sunday School director, if you have any questions.
	9:30 - 10:30am	<b>Memorial</b> (15100 New Hampshire Avenue, Silver Spring, MD 20905) Rena Drakakis (25 Years) Evangeline Haris (40 Days) Basil Fetanis (1 Year)
	10:15 - 11am	<b>*GOYA Meeting</b> (St. Andrew's Hall)
	10:30am - 12pm	<b>*YAL brunch outing and planning meeting</b> (Grimmarx 18149 Town Center Dr Olney, MD 20832) Brunch outing and planning meeting. For more info email: schyaldc@gmail.com
MON 18	11/17 - 11/18	<b>*GOYA Basketball Tournament</b> (2425 Old Court Road, Baltimore MD 21208)
	4:15 - 6:30pm	<b>*Greek School</b> (Rosa Parks Middle School)
TUE 19		
WED 20	4:15 - 6:30pm	<b>*Greek School</b> (Rosa Parks Middle School)
	6 - 8pm	<b>*GOYA Basketball Practice</b> (Argyle Middle School)
THU 21	8:30 - 11am	<b>Orthros and Divine Liturgy</b> (15100 New Hampshire Avenue, Silver Spring, MD 20905) The Entrance of the Theotokos in the Temple.
FRI 22		
SAT 23	11/23 - 11/24	<b>*GOYA Basketball tournament</b> (Baltimore)

