



## **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>
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## 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 24, 2013**  
**13th Sunday of Luke - ΙΓ' Κυριακή Λουκά**

**Godparent Sunday**

**HYMNS OF THE WEEK**

<p style="text-align:center"><b>Αναστάσιμο Απολυτίκιον - πλ.Α' Ήχος</b></p> <p>Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ἠϋδόκησε σαρκί, ἀνελθεῖν ἐν τῷ σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.</p>	<p style="text-align:center"><b>Resurrectional Apolytikion - 5th Tone</b></p> <p>Let us worship the Word, O ye faithful, praising Him that with the Father and the Spirit is co-beginningless God, Who was born of a pure Virgin that we all be saved; for He was pleased to mount the Cross in the flesh that He assumed, accepting thus to endure death. And by His glorious ris-</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, Βασιλεύουσαν πόλιν τῇ χειρὶ σου παρέθετο ἣν περισῶζε 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 ἀγνάδελφος, τὸν Δεσπότην τῶν ὄλων Ἀνδρέα ἰκέτευε, εἰρήνην τῇ οἰκουμένην 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' Ήχος</b></p> <p>Ὁ καθαρῶτατος ναὸς τοῦ Σωτήρος, ἡ πολυτίμητος παστάς καὶ Παρθένος, τὸ Ἱερόν θησαύρισμα τῆς δόξης τοῦ Θεοῦ, σήμερον εἰσάγεται, ἐν τῷ οἴκῳ Κυρίου, τὴν χάριν συνεισάγουσα, τὴν ἐν Πνευματι θείῳ, ἣν ἀνυμνοῦσιν Ἄγγελοι Θεοῦ, Αὕτη 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

**Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.  
Στίχ. Σῶσον με, Κύριε, ὅτι ἐκτέλειπεν ὅσιος.**

### **Πρὸς Γαλάτας Επιστολῆς Παύλου τὸ Ἀνάγνωσμα (6:11-18)**

Ἀδελφοί, ἴδετε πηλίκους ὑμῖν γράμμασιν ἔγραψα τῇ ἐμῇ χειρὶ. Ὅσοι θέλουσιν εὐπροσωπῆσαι ἐν σαρκί, οὗτοι ἀναγκάζουσιν ὑμᾶς περιτέμεσθαι, μόνον ἵνα μὴ τῷ σταυρῷ τοῦ Χριστοῦ διώκωνται. Οὐδὲ γὰρ οἱ περιτετημημένοι αὐτοὶ νόμον φυλάσσουν, ἀλλὰ θέλουσιν ὑμᾶς περιτέμεσθαι, ἵνα ἐν τῇ ὑμετέρᾳ σαρκὶ καυχῆσονται. Ἐμοὶ δὲ μὴ γένοιτο καυχᾶσθαι εἰ μὴ ἐν τῷ σταυρῷ τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ· δι' οὗ ἐμοὶ κόσμος ἐσταύρωται, κἀγὼ τῷ κόσμῳ. Ἐν γὰρ Χριστῷ Ἰησοῦ οὔτε περιτομὴ τι ἰσχύει, οὔτε ἀκροβυστία, ἀλλὰ καινὴ κτίσις. Καὶ ὅσοι τῷ κανόνι τούτῳ στοιχήσουσιν, εἰρήνη ἐπ' αὐτούς, καὶ ἔλεος, καὶ ἐπὶ τὸν Ἰσραὴλ τοῦ θεοῦ. Τοῦ λοιποῦ, κόπους μοι μηδεὶς παρεχέτω· ἐγὼ γὰρ τὰ στίγματα τοῦ κυρίου Ἰησοῦ ἐν τῷ σώματί μου βαστάζω. Ἡ χάρις τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ μετὰ τοῦ πνεύματος ὑμῶν, ἀδελφοί. Ἀμήν.

## EPISTLE

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

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

### **St. Paul's Letter to the Galatians (6:11-18)**

BRETHREN, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

## GOSPEL

### **The Reading is from Luke (18:18-27)**

At that time, a ruler came to Jesus and asked him, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honor your father and mother.' " And he said, "All these I have

observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute it to the poor, and you will have treasure in heaven; and come, follow me." But when he heard this he became sad, for he was very rich. Jesus looking at him said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" But he said, "What is impossible with men is possible with God."

## ΕΥΑΓΓΕΛΙΟ

### **Κατὰ Λουκᾶν (18:18-27)**

Τῷ καιρῷ ἐκεῖνω, ἄρχων λέγων· διδάσκαλε ἀγαθέ, τί ποιήσας ζωὴν αἰώνιον κληρονομήσω; εἶπε δὲ αὐτῷ ὁ Ἰησοῦς· τί με λέγεις ἀγαθόν; οὐδεὶς ἀγαθὸς εἰ μὴ εἷς ὁ Θεός. τὰς ἐντολάς οἶδας· μὴ μοιχεύσης, μὴ φονεύσης, μὴ κλέψης, μὴ ψευδομαρτυρήσης, τίμα τὸν πατέρα σου καὶ τὴν μητέρα σου. ὁ δὲ εἶπε· ταῦτα πάντα ἐφυλαξάμην ἐκ νεότητός μου. ἀκούσας δὲ ταῦτα ὁ Ἰησοῦς εἶπεν αὐτῷ· ἔτι ἔν σοι λείπει· πάντα ὅσα ἔχεις πώλησον καὶ διάδος πτωχοῖς, καὶ ἔξεις θησαυρὸν ἐν οὐρανῷ, καὶ δεῦρο ἀκολουθεῖ μοι. ὁ δὲ ἀκούσας ταῦτα περίλυπος ἐγένετο· ἦν γὰρ πλούσιος σφόδρα. ἰδὼν δὲ αὐτὸν ὁ Ἰησοῦς περίλυπον γενόμενον εἶπε· πῶς δυσκόλως οἱ τὰ χρήματα ἔχοντες εἰσελεύσονται εἰς τὴν βασιλείαν τοῦ Θεοῦ! εὐκοπώτερον γὰρ ἐστὶ κάμηλον διὰ τρυμαλιᾶς ῥαφίδος εἰσελθεῖν ἢ πλούσιον εἰς τὴν βασιλείαν τοῦ Θεοῦ εἰσελθεῖν. εἶπον δὲ οἱ ἀκούσαντες· καὶ τίς δύναται σωθῆναι; ὁ δὲ εἶπε· τὰ ἀδύνατα παρὰ ἀνθρώποις δυνατὰ παρὰ τῷ Θεῷ ἐστίν.

## 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!!
- ♦ **YOUNG AT HEART:** 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).

Friday, January 10, 2014 - Tour of Clara Barton National Historic Site, 11 a.m. Tour, Founder of the Red Cross, 5801 Oxford Road, Glen Echo, MD 20812; [www.nps.gov/clba](http://www.nps.gov/clba). Lunch afterwards at Irish Inn on Glen Echo grounds.

Dates/times/events subject to change, you will be notified. Check the Sunday Bulletins and Harbinger for updates. Everyone is welcome to attend these activities; however please make reservations with Kathy Matrakas (301-439-6958) or Helen Thornberg (301-949-1788) for all events. Thanks! Hope to see you there!

- ◆ **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. The Luncheon date is Saturday, December 7th and the cost is \$45 per person.

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 Vithoulkas at (240) 432-3146 or e-mail: [vvithoulkas@cavtel.net](mailto:vvithoulkas@cavtel.net).

There is still a little time left to purchase raffle ticket for the Thanksgiving Basket. Raffle will be during coffee hour today. All proceeds will be donated to Martha's Table in memory of Antigone Recachinas. Thank you for your continued support.

Philoptochos Christmas Bake Sale: Our annual Christmas bake sale will be one day only, Sunday, December 15, 2013, following Divine Liturgy until 2pm. If you would like to make Greek or American goodies to donate to the table, please call Harriet Maroules, 301-916-1140 or Helen Thornberg, 301-949-1788.

Baked goods should brought to church the morning of December 15th.

- ◆ **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 sous of **Tula Andrakakos (1 Year)**.

Miss Demetra (Tula) Andrakakos, devoted daughter of the late Vasile and Vasilike Andrakakos; beloved sister of Xanthipe Lampiris, Marika Brenner and the late Gus and Tommy Andrakakos; sister-in-law of Spencer Lampiris and Polly Andrakakos. Adored by many nieces and nephews.

May her memory be eternal! The Coffee Hour today is offered by the family.

### **FUTURE MEMORIALS:**

**December 1, 2013**

**Jimmy Mikedes**

**(40 Days)**



## 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.**

## Η ΠΡΟΕΤΟΙΜΑΣΙΑ ΜΑΣ ΓΙΑ ΤΗΝ ΓΕΝΝΗΣΗ ΤΟΥ ΧΡΙΣΤΟΥ

### «ΤΟ ΜΥΣΤΗΡΙΟ ΤΗΣ ΕΞΟΜΟΛΟΓΗΣΗΣ»

Θυμάμαι ότι προσπαθούσα να εξηγήσω σ' ένα φίλο μου Προτεστάντη γιατί το να πάω να εξομολογηθώ στον πνευματικό μου ιερέα αποτελεί απαραίτητο μέρος της πνευματικής αυτοπειθαρχίας, της προσπάθειας να γίνω όμοιος με τον Χριστό, να αγωνιστώ εναντίον των αμαρτιών μου και να ακολουθήσω την Εκκλησία. Αυτός έδειξε ότι το κατανόησε. Είχε δε αρκετούς φίλους από την Νότια Εκκλησία των Βαπτιστών, με τους οποίους πήγαινε μαζί στο κυνήγι. Όλοι αυτοί είχαν συμφωνήσει να είναι «υπεύθυνοι» ο ένας στον άλλο. Δυο φορές περίπου τον χρόνο συγκεντρώνονταν για να «συναντηθούν φιλικά», να διαλεχθούν και «να ανταλλάξουν σκέψεις» μέσα σε «μία ομάδα αμοιβαίας υποστήριξης». Ο φίλος μου το είχε βρει αυτό πολύ χρήσιμο για τη «χριστιανική του ζωή». Και κατάλαβε ακριβώς τι εννοούσα.

Η φιλία, η συνομιλία με τους φίλους μας, η κοινωνική συναναστροφή, όλα αυτά είναι χωρίς αμφιβολία καλά πράγματα, αλλά όλα αυτά δεν έχουν καμμία απολύτως σχέση με το μυστήριο της εξομολόγησης των αμαρτιών μας σ' έναν ιερέα. Στην εξομολόγηση παίρνουμε την άφεσή μας από εκείνον ο οποίος είναι κατ' ευθείαν διάδοχος από τους Αποστόλους και τον Χριστό, δηλαδή από εκείνον στον ουρανό αυτό που κρατάει ασυγχώρητο στη γη» (Ιω 20,21-23).

Ιδιαίτερα με καταπλήσσει το γεγονός ότι οι κατά τα άλλα συντηρητικοί άνθρωποι στις προτεσταντικές Ομολογίες, οι οποίοι για παράδειγμα θα ήταν τρομοκρατημένοι από την ιδέα της αντικατάστασης του τρόπου ζωής σε πα-ραδοσιακές οικογένειες, έχουν από μόνοι τους αντικατα-στήσει την παραδοσιακή οικογένεια του Θεού με μία αυτοεφευρημένη, εναλλακτική θρησκεία της χαοτικής προσωπο-ποιημένης εμπειρίας· εκεί όπου οι ίδιοι δεν είναι υπόλογοι σε κανέναν και «επιτελούν τα δικά τους καθήκοντα» κατά την τέλεια παράδοσή τους, που έχει την αρχή της στη δε-καετία του '60. Ενώ μπορούν να επιχειρηματολογούν εναντίον του χάους της σχετικότητας σε πολλές άλλες περιοχές της ζωής -για παράδειγμα εναντίον μιας προσέγγισης της σεξουαλικότητας του τύπου «εάν το θεωρείς καλό, να το κάνεις»- στην προσωπική πνευματική τους ζωή έχουν ή-δη αποδεχθεί πολύ κοσμικές αντιλήψεις σχετικά με την προσωπική ηθική υπευθυνότητα.

Και όμως η φωνή της Ορθόδοξης Εκκλησίας υπάρχει για όλους εκείνους, που επιθυμούν να την προσέξουν και ομιλεί καθαρά για τη μοναδική αυθεντία, με την οποία είναι περιβεβλημένη η Εκκλησία. Ο Μέγας Βασίλειος γράφει για την ειδική σχέση των χριστιανών προς τους εξομολόγους τους: «... Τις ασθένειες του σώματος δεν τις αποκαλύπτουν οι άνθρωποι σε όλους, ούτε στους τυχόντες, αλλά σ' εκείνους, που είναι εξασκημένοι για την θεραπεία τους...»<sup>10</sup>

(Η συνέχεια στο επόμενο Κυριακάτικο Δελτίο.)



## Let Go and Let God

As children bring their broken toys  
with tears for us to mend,

I brought my broken dreams to God  
because He was my Friend.

But then instead of leaving Him in peace  
to work alone, I hung around and tried to  
help with ways that were my own.

At last I snatched them back and  
cried, "How can You be so slow?"

"My child," He said, "What could I do?  
You never did let go."

## How Everyone Should Prepare For Confession

An Excerpt from *Exomologetarion: A Manual of Confession*



by **St. Nikodemos the Hagiorite**

*Our venerable and God-bearing Father, Nicodemus of the Holy Mountain (or Nikodemos the Hagiorite) was a great theologian and teacher of the Orthodox Church, reviver of hesychasm, canonist, hagiologist, and writer of liturgical poetry. St. Nicodemus reposed in the Lord in 1809 and was glorified by the Orthodox Church in 1955. He is a local saint of the Metropolis of Paronaxia and the Holy Mountain. His feast day is celebrated on July 14.*

### What is repentance?

My brother sinner, this is the preparation you must undergo before you repent and go to confession. Know firstly that repentance, according to St. John of Damaskos, is a returning from the devil to God, which comes about through pain and *ascesis*.<sup>[25]</sup> So you also, my beloved, if you wish to repent properly, must depart from the devil and from diabolical works and return to God and to the life proper to God. You must forsake sin, which is against nature, and return to virtue, which is according to nature. You must hate wickedness so much, that you say along with David:

“Unrighteousness have I hated and abhorred” (Ps. 118:163),

and instead, you must love the good and the commandments of the Lord so much, that you also say along with David:

“But Thy law have I loved” (ibid.),

and again:

“Therefore have I loved Thy commandments more than gold and topaz” (Ps. 118:127).

In brief, the Holy Spirit informs you through the wise Sirach what in fact true repentance is, saying:

“Turn to the Lord and forsake your sins Return to the Most High, and turn away from iniquity, and hate abominations intensely” (Sir. 17:25-26).<sup>[26]</sup>

(to be continued on the next Sunday Bulletin)

## Can Fasting Prevent Dementia?

November 11, 2013 By Fr. John Peck

*Warning: This Article contains material that may be shocking... to non-Orthodox Christians.*



Could fasting for two days a week prevent age-related brain shrinkage, heart disease, diabetes, and possibly even cancer? New research suggests that fasting triggers a variety of health-promoting hormonal and metabolic changes. Fasting – quantified as consuming somewhere between 500 and 800 calories in a day – has been shown to reduce:

Growth factor – a hormone linked with cancer and diabetes

“Bad” LDL cholesterol  
Cholesterol  
Inflammation levels

Overall, it also helps lessen damage from free radicals (dangerous molecules that cause damage in your body). Furthermore, according to the featured article in the Daily Mail:

*“Suddenly dropping your food intake dramatically... triggers protective processes in the brain... similar to the beneficial effect you get from exercise. This could help protect the brain against degenerative diseases such as Alzheimer’s and Parkinson’s.”*

### Intermittent Fasting: A Good Alternative to Constant Calorie Restriction

While it’s long been known that restricting calories in certain animals can increase their lifespan by as much as 50 percent, more recent research suggests that sudden and intermittent calorie restriction appears to provide the same health benefits as constant calorie restriction.

This is good news, as it may be easier to do for some people who cannot commit to chronically restrictive diet. The Daily Mail reports:

*“Professor Mattson is one of the pioneers of research into fasting – a few years ago he made a breakthrough when he found rats could get nearly all the benefits of calorie restriction if the scientists only cut back their calories every other day.*

On the next day the rats could eat as much as they liked and yet they showed the same benefits as rats on a low-calorie regimen all the time. Suddenly it looked as if humans could benefit from a form of calorie restriction regimen that, unlike daily restriction, is feasible to follow.

Now results of other trials are revealing the benefits.

(To be continued on the next Sunday Bulletin)

# 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)

# **Are Any of You Sick?**

## **Είναι κανείς Αρρωστος?**

Come to the Church for Healing  
**Ελάτε στην Εκκλησία για Θεραπεία**



**The Holy Mysterion  
of Anointing with Oil  
will be administered  
Monday, December 2nd, 2013  
at 6:00pm.**

**Το Μυστήριο του Αγίου  
Ευχελαίου  
Θα γίνει  
την Δευτέρα, 2 Δεκεμβρίου  
στις 6:00μμ**

4th Annual

# Bake Sale

The ladies of the Vourvoura Society will be selling their Greek sweets again this year. Stop by and pick up these homemade goodies just in time for the Thanksgiving holiday.

Date: **Nov 24**

Time: **10am-Noon**



Location: St. Andrew's social hall

ST. ANDREW UKRAINIAN ORTHODOX CATHEDRAL  
15100 New Hampshire Avenue, Silver Spring, MD 20905

Contacts: Susie Mantzouranis 301.774.1990  
Lefki Mantzouranis 301.774.7974





**PHILOPTOCHOS ANNUAL  
CHRISTMAS BAKE SALE  
SUNDAY, DECEMBER 15, 2013  
FOLLOWING DIVINE LITURGY UNTIL 2PM  
SWEETS & BREAD WILL BE AVAILABLE  
ON FIRST COME BASIS**

<b>BAKLAVA</b>	<b>\$2.50 each</b>
<b>FINIKIA</b>	<b>\$1.25 each</b>
<b>GALATOBOULEKO</b>	<b>\$2.00 each</b>
<b>KARITHOPITA</b>	<b>\$2.00 each</b>
<b>KOULOURAKIA</b>	<b>\$6.00 dozen</b>
<b>KOURAMBIETHES</b>	<b>\$1.25 each</b>
<b>PAXIMATHIA</b>	<b>\$6.00 dozen</b>
<b>CHRISTMAS SWEET BREAD</b>	<b>\$15.00 each</b>

**ACTIVE WAITING**

Waiting is essential to the spiritual life. But waiting as a disciple of Jesus is not an empty waiting. It is a waiting with a promise in our hearts that makes already present what we are waiting for. We wait during Advent for the birth of Jesus. We wait after Easter for the coming of the Spirit, and after the ascension of Jesus we wait for his coming again in glory. We are always waiting, but it is a waiting in the conviction that we have already seen God's footsteps.

Waiting for God is an active, alert - yes, joyful - waiting. As we wait we remember him for whom we are waiting, and as we remember him we create a community ready to welcome him when he comes.

SUN 24	11/23 - 11/24	<b>*GOYA Basketball tournament</b> (Baltimore)
	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>*Matthew Altar Boy Group Serving</b>
	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.
	10am - 12pm	<b>*Vourvoura Society Bake Sale</b> (St. Andrew Ukrainian Orthodox Cathedral 15100 New Hampshire Avenue, Silver Spring, MD 20905)
	7 - 8pm	<b>St. Katherine - Celebration at sister church</b> (3149 Glen Carlyn Rd Falls Church, VA 22041) St. Katherine the Great Martyr Vespers 7:00pm
MON 25	9:30 - 11:30am	<b>St. Katherine - Celebration at sister church</b> (St. Katherine Greek Orthodox Church, 3149 Glen Carlyn Rd Falls Church, VA 22041) Katherine the Great Martyr of Alexandria Orthros 9:30 AM Divine Liturgy 10:30AM
	4:15 - 6:30pm	<b>*Greek School</b> (Rosa Parks Middle School)
TUE 26		
WED 27		
THU 28		<b>Office Closed</b>
FRI 29		<b>Office Closed</b>
SAT 30	8:30 - 11am	<b>Orthros and Divine Liturgy</b> (15100 New Hampshire Avenue, Silver Spring, MD 20905) St. Andrew the Apostle.
	7:30 - 8:30pm	<b>*GOYA dance at St. Nick's</b> (701 Quail St. Baltimore, MD) \$15 Ages 12-18 Contact Alexandra Pittas for more details <a href="mailto:pittasa@verizon.net">pittasa@verizon.net</a>

