



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**

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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>ALTAR BOYS</p> <p>Joe Mayes joem1222@gmail.com</p>	<p>CHOIR</p> <p>Dr. Theodore Papaloizos ted@greek123.com</p>	<p>SUNDAY SCHOOL</p> <p>Tara Kavadias tarakavadias@yahoo.com</p>
<p>HOPE & JOY</p> <p>Georgia Ferentinos meyaliyioryia@yahoo.com</p>	<p>GOYA</p> <p>Alexandra Pittas pittasa@verizon.net</p>	<p>YAL</p> <p>Maria Poulakis maria.poulakis7@gmail.com Tommy Karadimas tkaradimas13@aol.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.

December 15, 2013

11th Sunday of Luke - ΙΑ' Κυριακή Λουκά

HYMNS OF THE WEEK

<p>Αναστάσιμο Απολυτίκιον - πλ.Δ' Ἦχος Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφὴν καταδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.</p>	<p>Resurrectional Apolytikion - 8th Tone From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.</p>
<p>Απολυτίκιον Αγ. Κωνσταντίνου & 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, Βασιλεύουσιν πόλιν τῆ χειρὶ σου παρέθετο ἦν περισώζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.</p>	<p>Apolytikion of Sts. Constantine & 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.</p>
<p>Απολυτίκιον Αγ. Ανδρέα Ὡς τῶν Ἀποστόλων Πρωτόκλητος, καὶ τοῦ Κορυφαίου ἀτάδελφος, τὸν Δεσπότην τῶν ὅλων Ἀνδρέα ἰκέτευε, εἰρήνην τῇ οἰκουμένην δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡ μῶν τὸ μέγα ἔλεος.</p>	<p>Apolytikion of 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.</p>
<p>Κοντάκιον - Γ' Ἦχος Ἡ Παρθένος σήμερον, τὸν Προαιώνιον Λόγον, ἐν Σπηλαίῳ ἔρχεται, ἀποτεκεῖν ἀπορρήτως. Χόρευε ἡ οἰκουμένη ἀκουτισθεῖσα, δόξασον μετὰ Ἀγγέλων καὶ τῶν Ποιμένων, βουληθέντα ἐποφθῆναι, παιδίον νέον, τὸν πρὸ αἰώνων Θεόν.</p>	<p>Seasonal Kontakion - 3rd Tone On this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the gladsome tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is God.</p>

ΑΠΟΣΤΟΛΟΣ

Τίμιος ἐναντίον Κυρίου ὁ θάνατος τῶν ὁσίων αὐτοῦ.

Στίχ. Τί ἀνταποδώσωμεν τῷ Κυρίῳ περὶ πάντων, ὧν ἀνταπέδωκεν ἡμῖν;

Πρὸς Τιμόθεον Β' Επιστολῆς Παύλου τὸ Ἀνάγνωσμα (1:8-18)

Τέκνον Τιμόθεε, μὴ οὖν ἐπαισχυνθῆς τὸ μαρτύριον τοῦ κυρίου ἡμῶν, μηδὲ ἐμὲ τὸν δέσμιον αὐτοῦ· ἀλλὰ συγκακοπάθησον τῷ εὐαγγελίῳ κατὰ δύναμιν θεοῦ, τοῦ σώσαντος ἡμᾶς καὶ καλέσαντος κλήσει ἁγία, οὐ κατὰ τὰ ἔργα ἡμῶν, ἀλλὰ κατ' ἰδίαν πρόθεσιν καὶ χάριν τῆς δοθεῖσαν ἡμῖν ἐν Χριστῷ Ἰησοῦ πρὸ χρόνων αἰώνιων, φανερωθεῖσαν δὲ νῦν διὰ τῆς ἐπιφανείας τοῦ σωτῆρος ἡμῶν Ἰησοῦ Χριστοῦ, καταργήσαντος μὲν τὸν θάνατον, φωτίσαντος δὲ ζωὴν καὶ ἀφθαρσίαν διὰ τοῦ εὐαγγελίου, εἰς ὃ ἐτέθη ἐγὼ κῆρυξ καὶ ἀπόστολος καὶ διδάσκαλος ἐθνῶν. Δι' ἣν αἰτίαν καὶ ταῦτα πάσχω, ἀλλ' οὐκ ἐπαισχύνομαι· οἶδα γὰρ ὅτι ἐπίστευκα, καὶ πέπεισμαι ὅτι δυνατός ἐστιν τὴν παραθήκην μου φυλάξαι εἰς ἐκείνην τὴν ἡμέραν. Ὑποτύπωσιν ἔχε ὑγιαιόντων λόγων ὧν παρ' ἐμοῦ ἤκουσας, ἐν πίστει καὶ ἀγάπῃ τῇ ἐν Χριστῷ Ἰησοῦ. Τὴν καλὴν παραθήκην φύλαξον διὰ πνεύματος ἁγίου τοῦ ἐνοικοῦντος ἐν ἡμῖν. Οἶδας τοῦτο, ὅτι ἀπεστράφησάν με πάντες οἱ ἐν τῇ Ἀσίᾳ, ὧν ἐστιν Φύγελος καὶ Ἑρμογένης. Δόφῃ ἔλεος ὁ κύριος τῷ Ὀνησιφόρου οἴκῳ· ὅτι πολλάκις με ἀνέψυξεν, καὶ τὴν ἄλυσίν μου οὐκ ἐπαισχύνθη, ἀλλὰ γενόμενος ἐν Ῥώμῃ, σπουδαιότερον ἐζήτησέν με καὶ εὔρεν - δόφῃ αὐτῷ ὁ κύριος εὔρεϊν ἔλεος παρὰ κυρίου ἐν ἐκείνῃ τῇ ἡμέρᾳ - καὶ ὅσα ἐν Ἐφέσῳ διηκόνησεν, βέλτιον σὺ γινώσκεις.

EPISTLE

Precious in the sight of the Lord is the death of his saints.

Verse: What shall I render to the Lord for all that he has given me?

St. Paul's Second Letter to Timothy (1:8-18)

TIMOTHY, my son, do not be ashamed then of testifying to our Lord, nor of me his prisoner, but share in suffering for the gospel in the power of God, who saved us and called us with a holy calling, not in virtue of our works but in virtue of his own purpose and the grace which he gave us in Christ Jesus ages ago, and now has manifested through the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel. For this gospel I was appointed a preacher and apostle and teacher, and therefore I suffer as I do. But I am not ashamed, for I know whom I have believed, and I am sure that he is able to guard until that Day what has been entrusted to me. Follow the pattern of the sound words which you have heard from me, in the faith and love which are in Christ Jesus; guard the truth that has been entrusted to you by the Holy Spirit who dwells within us. You are aware that all who are in Asia turned away from me, and among them Phygelos and Hermogenes. May the Lord grant mercy to the household of Onesiphoros, for he often refreshed me; he was not ashamed of my chains, but when he arrived in Rome he searched for me eagerly and found me - may the Lord grant him to find mercy from the Lord on that Day and you well know all the service he rendered at Ephesos.

GOSPEL

The Reading is from Luke (14:16-24)

The Lord said this parable: "A man once gave a great banquet, and invited many; and at the time of the banquet he sent his servant to say to those who had been invited, 'Come; for all is now ready.' But they all alike began to make excuses. The first said to him, 'I have bought a field, and I go out and see it; I pray you, have me excused.' And another said, 'I have bought five yoke of oxen, and I must go to examine them; I pray you, have me excused.' And another said, 'I have married a wife, and therefore I cannot come.' So the servant came and reported this to his master. Then the householder in anger said to his servant, 'Go out quickly to the streets and lanes of the city, and bring in the poor and maimed and blind and lame.' And the servant said, 'Sir, what you commanded has been done, and there is still room.' And the master said to the servant, 'Go out to the highways and hedges, and compel people to come in, that my house may be filled. For I tell you, none of those men who were invited shall taste my banquet. For many are called, but few are chosen.'"

ΕΥΑΓΓΕΛΙΟ

Κατὰ Λουκᾶν (14:16-24)

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρωπός τις ἐποίησε δεῖπνον μέγα καὶ ἐκάλεσε πολλούς· καὶ ἀπέστειλε τὸν δοῦλον αὐτοῦ τῇ ὥρᾳ τοῦ δεῖπνου εἰπεῖν τοῖς κεκλημένοις· ἔρχεσθε, ὅτι ἦδη ἑτοιμὰ ἐστὶ πάντα. καὶ ἤρξαντο ἀπὸ μιᾶς παραιτεῖσθαι πάντες. ὁ πρῶτος εἶπεν αὐτῷ· ἄγρὸν ἠγόρασα, καὶ ἔχω ἀνάγκην ἐξελθεῖν καὶ ἰδεῖν αὐτόν· ἐρωτῶ σε, ἔχε με παρητημένον. καὶ ἕτερος εἶπε· ζεύγη βοῶν ἠγόρασα πέντε, καὶ πορεύομαι δοκιμάσαι αὐτά· ἐρωτῶ σε, ἔχε με παρητημένον. καὶ ἕτερος εἶπε· γυναῖκα ἔγημα, καὶ διὰ τοῦτο οὐ δύναμαι ἐλθεῖν. καὶ παραγενόμενος ὁ δοῦλος ἐκεῖνος ἀπήγγειλε τῷ κυρίῳ αὐτοῦ ταῦτα. τότε ὀργισθεὶς ὁ οἰκοδεσπότης εἶπε τῷ δούλῳ αὐτοῦ· ἔξελθε ταχέως εἰς τὰς πλατείας καὶ ῥύμας τῆς πόλεως, καὶ τοὺς πτωχοὺς καὶ ἀναπήρους καὶ χωλοὺς καὶ τυφλοὺς εἰσάγαγε ὧδε. καὶ εἶπεν ὁ δοῦλος· κύριε, γέγονεν ὡς ἐπέταξας, καὶ ἔτι τόπος ἐστί. καὶ εἶπεν ὁ κύριος πρὸς τὸν δοῦλον· ἔξελθε εἰς τὰς ὁδοὺς καὶ φραγμοὺς καὶ ἀνάγκασον εἰσελθεῖν, ἵνα γεμισθῇ ὁ οἶκος μου. λέγω γὰρ ὑμῖν ὅτι οὐδεὶς τῶν ἀνδρῶν ἐκείνων τῶν κεκλημένων γεύσεται μου τοῦ δεῖπνου. Πολλοὶ γὰρ εἰσὶν κλητοί, ὀλίγοι δὲ ἐκλεκτοί.

CHURCH ANNOUNCEMENTS:

- ♦ **SUDNAY SCHOOL:** Recital practice today, Sunday, December 15! It's not too late for those who may have missed our first rehearsal this past Sunday. The Christmas concert will be directly after the Divine Liturgy on December 22 in the Reception Hall.
- ♦ **YOUNG AT HEART:** 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. 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**: Please take a gift tag or two off the Philoptochos Gift Tree. Tape the tag to the **OUTSIDE** of the gift bag or wrapped gift. There will be a collection box in the hall of Saint Andrew Ukrainian Cathedral. This year the gifts will be going to A Wider Circle (well baby program) and the Greenwood Shelter. Thank you for making this a Merry Christmas for those who are not as fortunate. Absolute dead line for gifts Sunday, December 22, 2013.

BAKE SALE: Buy your Christmas sweet bread (limited amount) and pastry today after Divine Liturgy until 2pm. Thank you for your continued support.

- ◆ **PARISH COUNCIL ELECTIONS**: The elections today, will start immediately following the Divine Liturgy and will stay open until 2:00pm.

MEMORIAL SERVICE:

The memorial service is chanted for the repose of the soul of **Angelos J. Maroulis (3 Years)**. Mr. Angelos J. Maroulis, husband of Georgia Maroulis. Devoted father of Angie Maroulis, Rosie Kavras and John Maroulis. Adored grandfather of Sofia.

The repose of the souls of **Panagiotis Kalamoutsos (27 Years) and Paraskevi Kalamoutsos (1 Year)**. Mr. Panagiotis and Mrs. Paraskevi Kalamoutsos. Devoted parents of Irene (Peter) Chapin and Elias (Eleni) Kalamoutsos. Adored grandparents.

The repose of the soul of **Lula Dermatas (40 Days)**. Mrs. Lula Dermatas, beloved wife of Steve Dermatas. Devoted mother of John (Marcia) Dermatas and Angela (George) Fling. Adored grandmother Laura, Steven, Kelsey and Gretchen.

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

ARTOKLASIA SERVICE:

The Artoklasia Service is chanted for the good health and well-being of the family of the **Karadimas Family**.

FUTURE MEMORIALS:

January 19, 2014

Amaryllis Tsonis

(1 Year)

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

December 1 - Mark

January 5 - Luke

December 8 - Luke

January 12 - John

December 15 - John

January 19 - Matthew

December 22 - Matthew

January 26 - Mark

December 29 - Mark

PARISH COUNCIL ELECTIONS:

The elections today, will start immediately following the Divine Liturgy and will stay open until 2:00pm.

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» (ΜΕΡΟΣ Γ΄)

«Εάν το φίδι, δηλαδή ο διάβολος, δαγκάσει κάποιον κρυφά, τον μολύνει με το δηλητήριο της αμαρτίας. Και εάν αυτός που δέχθηκε την δαγκωματιά μείνει σιωπηλός και δεν μετανοήσει και δεν θέλει να ομολογήσει το τραύμα του σ' έναν αδελφό και κύριό του, στον πνευματικό του πατέρα και ιερέα, τότε ο αδελφός και κύριος του, ο όποιος κατέχει τον Λόγο, που θα τον θεραπεύσει, δεν μπορεί να τον βοηθήσει αποτελεσματικά. Διότι, εάν ο ασθενής άνθρωπος ντρέπεται να ομολογήσει το τραύμα του στον ιατρό, τότε το φάρμακο δεν θα το θεραπεύσει, αφού είναι ακατάλληλο γι' αυτό» 16.

Σήμερα προσφέρεται στους ανθρώπους το υποκατάστατο της αυθεντικής εξομολόγησης με τη μορφή της ψυχολογικής ή ποιμαντικής καθοδήγησης: Αυτό το κίβδηλο ομοίωμα της εξομολόγησης μπορεί επίσης να πάρει τη μορφή της αυτοβοηθούμενης θεραπευτικής ομάδας, των συναντήσεων προσευχής, της κατ' οίκον Βιβλικής μελέτης ή των ωρών «κοινωνίας και επικοινωνίας». Όμως, από την άποψη της Εκκλησίας, αυτές είναι λύσεις πρώτων βοηθειών σ' ένα πολύ σοβαρό τραύμα - αμάρτημα.

Η αποτυχία της ψυχολογίας να βοηθήσει τους ανθρώπους να αλλάξουν τη συμπεριφορά τους είναι προφανής στον βεβηλωμένο κόσμο μας, στον οποίο η ψυχοθεραπεία έχει αντικαταστήσει την μυστηριακή εξομολόγηση και τα εκκοσμικευμένα κοινωνικά προγράμματα προσπάθησαν να επινοήσουν αναγκαστικούς, όχι ηθικούς, συντομότερους τρόπους για μια εκκοσμικευμένη κοινωνική ουτοπία. Ο Καθηγητής της ψυχολογίας William Kilpatrick στο περισπούδατο βιβλίο του, *Psychological Seduction: The Failure of Modern Psychology*¹⁸, δείχνει ότι υπήρξε μια αύξηση στις κοινωνικές παθολογίες - διαζύγιο, εκτρώσεις, έγκλημα και αντικοινωνική συμπεριφοράς όλων των ειδών-ακριβώς την ίδια εποχή στην ιστορία μας, που η ψυχολογία αντικατέστησε την θρησκευτική εξομολόγηση και υποβίβασε την αμαρτία σε τίποτε περισσότερο από ένα «ψυχολογικό πρόβλημα».

10 Μεγάλου Βασιλείου, Όροι κατ' επιτομήν (370 μ.Χ), Απόκρισις εις την σκθ' ερώτησιν, ΕΠΕ, 274.

11 Ένας Ορθόδοξος χριστιανός είναι ελεύθερος να διαλέξει οποιονδήποτε Ορθόδοξο ιερέα για εξομολόγο του. Αυτός μπορεί να εί-ναι ο τοπικός του ιερέας ή ένας άλλος ιερέας, συνταξιούχος ιερέας, επίσκοπος, ιερομόναχος ή πρωτοπρεσβύτερος. Το σημαντικό είναι να πάει κανείς κατά κανονικά διαστήματα για εξομολόγηση στον ίδιο ιερέα ή ιερομόναχο και να υπακούει σ' ό,τι εκείνος του λέγει.

12 Μεγάλου Βασιλείου, Όροι κατ επιτομήν (370 μ.Χ), Απόκρισις εις την σπη' ερώτησιν, ΕΠΕ 9,358.

13 Βλ. A Dictionary of Greek Orthodoxy, σ. 94-96.

14 St. Ambrose of Milan, On Twelve Psalms (38 1 μ.Χ), The Faith of the Early Fathers, τ. 2, σ. 150.

15 Αγίου Μάρκου τού Ασκητού, Επιστολή προς Νικόλαον μονάζοντα, Φιλοκαλία, τ. πρώτος, σ. 137.

16 St. Jerome, Commentary on Ecclesiastes, Ref. 1375 (388 μ.Χ.), The Faith of the Early Fathers, σ. 196-197.

17 «... Αν και η Ορθόδοξη εξομολόγηση τείνει να είναι μία ανάλυση της ψυχής, δεν είναι μία ιατρική ψυχανάλυση... βλέποντας ότι η αμαρτία είναι μία ηθική αστοχία, η οποία καταλήγει σε συναισθηματική αναστάτωση, η αυθεντία και η προσφορά της εξομολόγησης είναι βέβαιον ότι θα αποδειχθεί περισσότερο να αποκαθιστά την εσωτερική υγεία, παρά να διορθώνει διαδικασίες οι οποίες απορρέουν από άλλες πηγές και όχι, από τον λόγο του Θεού» A Dictionary of Greek Orthodoxy, σ.96.

18 William Kilpatrick, Psychological Seduction: The Failure of Modern Psychology (Nashville, 1983)

ΑΠΟΣΠΑΣΜΑ ΑΠΟ ΤΟ ΒΙΒΛΙΟ :

”ΑΝΑΖΗΤΩΝΤΑΣ ΤΗΝ ΟΡΘΟΔΟΞΗ ΠΙΣΤΗ ΣΤΟΝ ΑΙΩΝΑ ΤΩΝ ΨΕΥΤΙΚΩΝ ΘΡΗΣΚΕΙΩΝ”

Αντιαιρετικόν Εγκόλπιον www.egolpion.com

http://www.egolpion.com/confession_schaeffer.el.aspx

PHILOPTOCHOS ANNUAL

CHRISTMAS BAKE SALE

SUNDAY, DECEMBER 15, 2013

FOLLOWING DIVINE LITURGY UNTIL 2PM

SWEETS & BREAD WILL BE AVAILABLE

ON FIRST COME BASIS

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



How Everyone Should Prepare For Confession (part C)

An Excerpt from *Exomologetarion: A Manual of Confession*,
by St. Nikodemos the Hagiorite.

How one is to examine his conscience

Second, just as you would sit down and count your money after a certain business transaction, in like manner go to a particular place, my brother, and two or three weeks before going to the Spiritual Father you found, especially at the beginning of the four fast periods of the year,[32] sit down in that place of quietude, and bowing your head, examine your conscience, which Philo the Jew calls:

“The testing of the conscience,”

and become:

“Not a defender, but a judge of your sins,”

according to the divine Augustine. Consider, like Hezekiah, the whole span of your life in sorrow and bitterness of soul:

“I will ponder all my years in the bitterness of my soul” (Is. 38:15).

Consider also how many sins you committed in deed, word, and by coupling with thoughts, [33] after you last confessed, counting the months, weeks, and days. Remember the people with whom you sinned and the places where you sinned, and diligently reflect upon these things in order to find every one of your sins. This is how the wise Sirach counsels you from one side saying:

“Before judgment, examine yourself” (Sir. 18:20),

and from the other, Gregory the Theologian says:

“Examine yourself more than your neighbor. Account of actions is superior to an account of money. For money is subject to corruption, but actions remain.”[34]

And just as hunters are not satisfied with merely finding a beast in the forest, but attempt through every means to also kill it, likewise, my brother sinner, you should also not be satisfied with merely examining your conscience and with finding your sins, for this profits you little, but struggle by every means to kill your sins through the grief in your heart, namely, through contrition and affliction.

And in order to acquire contrition, consider how much you have wronged God through your sins. In order to also acquire affliction, consider how much you have wronged yourself through your sins.

From Part III, Chapter 1 of *Exomologetarion (A Manual of Confession)*, by St. Nikodemos the Hagiorite (Thessaloniki, Greece: 2006, Uncut Mountain Press).

Can Fasting Prevent Dementia? (part B)

November 11, 2013 By Fr. John Peck



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

Your hippocampus is the area of your brain where most of your memory functions are located, and there's a strong relationship between the size of your hippocampus and memory performance.

According to the featured article:

“If you start putting on weight, levels of ghrelin drop and brain cell replacement slows. ‘The effect is particularly damaging in your 40s and 50s, for reasons that aren’t clear yet,’ he [Professor Mattson] says. ‘Obesity at that age is a marker for cognitive problems later.’ The good news is that this brain-cell damage can be reversed by the two-day fasting regime, although so far Professor Mattson has shown this only in rats. A human trial is starting soon. There is reason to think it should work.

Fasting every other day had a striking effect on people with asthma in a small study he ran a few years ago.

‘After eight weeks they had lost eight percent of their body weight, but they also benefited from the ability of calorie restriction to reduce inflammation. Tests showed that levels of inflammation markers had dropped by 90 per cent. *As levels came down, their breathing became much easier,*’ says Professor Mattson.”

There is one important caveat, however. Mattson’s research showed that symptoms returned about two weeks after quitting the intermittent fasting, so it’s really a lifestyle commitment, not a temporary fix. Some can handle intermittent fasting long-term whereas others might find it too challenging. Still, it’s an option to consider if you’re having health issues or weight problems.

Fasting and Exercise: Are They Compatible?

I’ve previously interviewed fitness expert Ori Hofmekler on the issue of fasting and exercise. According to Ori, fasting also has the surprising benefit of helping you reconstruct your muscles when combined with exercise. This is due to an ingenious preservation mechanism that protects your active muscle from wasting itself. In a nutshell, if you don’t have sufficient fuel in your system when you exercise, your body will break down other tissues but not the active muscle, i.e. the muscle being exercised.

(To be continued on the next Sunday Bulletin)

We are looking for ...



...someone with artistic capabilities,

public relations skills,

a love for God to be a steward

of our Weekly Bulletin and other flyers/brochures.



Father Michael is available to you for confession at any time.

**Please call Father Michael
at the Church Office, (204) 389-1366,
or on his cell phone at (301) 502-2850.**

House Blessings



The clergy will be blessing homes beginning at 1pm on January 7th.

We will begin at 9am each day with the last house blessing being scheduled at 7pm.

This is an opportunity for us to visit your family and to get to know one another up close and personal. Please call the office at (240) 389-1366 and schedule a day/time convenient for you and your family.

May the Newborn continue to bless you and your family,

Fathers Michael and Jason

November Financial Report

During November, once again our cash flows did not provide enough money to cover the Church's monthly expenditures. The shortfall was covered by using moneys that had been put aside in a savings account over the past several years (from cash that had been generated by the Charter School lease at the 16th Street property). The details for the month follow:

Cash Collections		
	Collection Plates, Candles, Memorials	\$ 2,662.00
	Stewardship Income	9,260.50
	Greek School	386.00
	Kollyva	400.00
	Interest Income	286.77
	Miscellaneous	304.92
	Ionian Village	300.00
	Christmas Cards	1,815.00
Total Cash Collections		<u>15,415.19</u>
Cash Spent		
	Payroll Costs and Benefits	29,254.89
	Archdiocese Stewardship	6,079.83
	St. Andrews Rent	6,000.00
	Religious Services Supplies	984.60
	Travel & Automobile	751.77
	Office Operations	6,088.07
	Utilities & Maintenance	521.11
Total Cash Spent		<u>49,680.27</u>
Net Loss		<u>\$ (34,265.08)</u>

Additionally, during November \$935 from collection trays designated for Nea Zoe was deposited into the Nea Zoe Building fund for the relocation effort and is not reflected above (because those moneys are unavailable for operations expenses). Memorial contributions to the Nea Zoe Building fund, also not reflected above, amounted to \$9,782 dollars in November.

Bill Tzamaras, Treasurer

<p>SUN 15</p> <p>+ADD</p>	<p>12/14 4pm - 11:30am</p> <p>7:30 - 8:30am</p> <p>8:25 - 10:10am</p> <p>8:30 - 10:15am</p> <p>8:30 - 10am</p> <p>10am - 2pm</p> <p>10am - 2pm</p>	<p>GOYA Lock-in (St. Sophia Cathedral) Saint Sophia Sunday School GOYA Cordially Invites You to Our Annual Christmas Retreat December 14, 2013 4:00pm Saint Sophia Cathedral, 2815 36 st NW, Washington, DC 20007 Free Admission! Please R.S.V.P. by December 1 to Eleni Planzos at esplanzos@verizon.net For more information Call Fr. Dimitri at 301-919-3595 This is an overnight retreat. Please bring church clothes and a sleeping bag.</p> <p>*Orthros (St. Andrew Ukrainian Orthodox Cathedral 15100 New Hampshire Avenue, Silver Spring, MD 20905)</p> <p>*John Altar Boy Group Serving (St. Andrew's) Pavlo Tspianitis - Captain, Panagiotis Psallidas, John Koutras, Demetre Koutras, Theodore Sideris, Michael Sideris</p> <p>@Divine Liturgy (St. Andrew Ukrainian Orthodox Cathedral 15100 New Hampshire Avenue, Silver Spring, MD 20905)</p> <p>*Sunday School Class (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.</p> <p>Parish Council Elections (15100 New Hampshire Avenue, Silver Spring, MD 20905) Elections for the Parish Council will be held on December 15, 2013, at the Church Hall. Voting will be by secret ballot and will commence 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...</p> <p>Christmas Bake Sale (15100 New Hampshire Avenue, Silver Spring, MD 20905) 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 15.</p>
<p>MON 16</p>	<p>4:15 - 6:30pm</p>	<p>*Greek School (Rosa Parks Middle School)</p>
<p>TUE 17</p> <p>+ADD</p>	<p>8:30 - 10:30am</p>	<p>Orthros and Divine Liturgy (15100 New Hampshire Avenue, Silver Spring, MD 20905) Orthros and Divine Liturgy for the feast day of Daniel & the 3 Holy Youths/Dionysios of Zakynthos</p>
<p>WED 18</p> <p>+ADD</p>	<p>8:30 - 10:30am</p> <p>4 - 6pm</p>	<p>Orthros and Divine Liturgy (15100 New Hampshire Avenue, Silver Spring, MD 20905) Orthros and Divine Liturgy for the feast day of Sebastian & his Companions</p> <p>*Greek School Program (St. Andrew Ukrainian Orthodox Cathedral 15100 New Hampshire Avenue, Silver Spring, MD 20905)</p>
<p>THU 19</p>		
<p>FRI 20</p>		
<p>SAT 21</p>		

