



## **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 Mayes</b> joem1222@gmail.com</p>	<p><b>CHOIR</b></p> <p><b>Dr. Theodore Papaloizos</b> ted@greek123.com</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.

December 29, 2013

**Sunday after Nativity - Κυριακή μετά της Χριστού Γεννήσεως**  
**CHRIST IS BORN! GLORIFY HIM! - ΧΡΙΣΤΟΣ ΓΕΝΝΑΤΑΙ! ΔΟΞΑΣΑΤΕ!**  
**HYMNS OF THE DAY**

**Αναστάσιμο Απολυτίκιον - Β' Ἦχος**

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἡ ἀθάνατος, τότε τὸν Ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

**Τῆς Εορτῆς**

Ἡ γέννησίς σου Χριστέ ὁ Θεὸς ἡμῶν, ἀνέτειλε τῷ κόσμῳ, τὸ φῶς τὸ τῆς γνώσεως· ἐν αὐτῇ γὰρ οἱ τοῖς ἀστροῖς λατρεύοντες, ὑπὸ ἀστέρος ἐδιδάσκοντο· σὲ προσκυνεῖν, τὸν Ἥλιον τῆς δικαιοσύνης, καὶ σὲ γινώσκειν ἐξ ὕψους ἀνατολήν, Κύριε δόξα σοι.

**Τῶν Θεοπατῶρων**

Εὐαγγελίζου Ἰωσήφ, τῷ Δαυὶδ τὰ θαύματα τῷ Θεοπάτορι· Παρθένον εἶδες κυοφορήσασαν, μετὰ Μάγων προσεκύνησας, μετὰ Ποιμένων ἐδοξολόγησας, δι' Ἀγγέλου χρηματισθεῖς. Ἰκέτευε Χριστὸν τὸν Θεόν, σωθῆναι τὰς ψυχὰς ἡμῶν.

**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, Βασιλευοῦσαν πόλιν τῇ χειρὶ σου παρέθετο ἦν περισώζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

**Απολυτίκιον Αγ. Ανδρέα**

Ὡς τῶν Ἀποστόλων Πρωτόκλητος, καὶ τοῦ Κορυφαίου ἀτάδελφος, τὸν Δεσπότην τῶν ὄλων Ἀνδρέα ἰκέτευε, εἰρήνην τῇ οἰκουμένῃ δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.

**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.

**Resurrectional Apolytikion - 2nd Tone**

When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory be to You.

**Apolytikion for the Feast**

Your nativity, O Christ our God, has caused the light of knowledge to rise up on the world. For therein the worshippers of the stars were by a star instructed to worship You, the Sun of Righteousness, and to know You as Orient from on high. Glory to You, O Lord.

**For the Ancestors of God**

Annunciate the miracles to David the ancestor of God, O Joseph. You saw the Virgin pregnant. You glorified with the shepherds. You worshipped with the Magi. And you were warned by an Angel. Entreat Christ God to save our souls.

**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.

**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.

**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.

## ΑΠΟΣΤΟΛΟΣ

**Θαυμαστός ὁ Θεὸς ἐν τοῖς Ἁγίοις αὐτοῦ.  
Στίχ. Ἐν Ἐκκλησίαις εὐλογεῖτε τὸν Θεόν.**

### **Πρὸς Γαλάτας Ἐπιστολῆς Παύλου τὸ Ἀνάγνωσμα (1:11-19)**

Ἀδελφοί, γνωρίζω δὲ ὑμῖν, ἀδελφοί, τὸ εὐαγγέλιον τὸ εὐαγγελισθὲν ὑπ' ἐμοῦ, ὅτι οὐκ ἔστιν κατὰ ἄνθρωπον. Οὐδὲ γὰρ ἐγὼ παρὰ ἀνθρώπου παρέλαβον αὐτό, οὔτε ἐδιδάχθην, ἀλλὰ δι' ἀποκαλύψεως Ἰησοῦ Χριστοῦ. Ἦκούσατε γὰρ τὴν ἐμὴν ἀναστροφὴν ποτε ἐν τῷ Ἰουδαϊσμῷ, ὅτι καθ' ὑπερβολὴν ἐδίωκον τὴν ἐκκλησίαν τοῦ θεοῦ, καὶ ἐπόρθουν αὐτήν· καὶ προέκοπτον ἐν τῷ Ἰουδαϊσμῷ ὑπὲρ πολλοὺς συνηλικιώτας ἐν τῷ γένει μου, περισσοτέρως ζηλωτὴς ὑπάρχων τῶν πατρικῶν μου παραδόσεων. Ὅτε δὲ εὐδόκησεν ὁ θεὸς ὁ ἀφορίσας με ἐκ κοιλίας μητρός μου καὶ καλέσας διὰ τῆς χάριτος αὐτοῦ, ἀποκαλύψαι τὸν υἱὸν αὐτοῦ ἐν ἐμοὶ ἵνα εὐαγγελίζωμαι αὐτὸν ἐν τοῖς ἔθνεσιν, εὐθέως οὐ προσανεθέμην σαρκὶ καὶ αἵματι· οὐδὲ ἀνῆλθον εἰς Ἱεροσόλυμα πρὸς τοὺς πρὸ ἐμοῦ ἀποστόλους, ἀλλὰ ἀπῆλθον εἰς Ἀραβίαν, καὶ πάλιν ὑπέστρεψα εἰς Δαμασκόν. Ἐπειτα μετὰ ἔτη τρία ἀνῆλθον εἰς Ἱεροσόλυμα ἱστορῆσαι Πέτρον, καὶ ἐπέμεινα πρὸς αὐτὸν ἡμέρας δεκαπέντε. Ἐτερον δὲ τῶν ἀποστόλων οὐκ εἶδον, εἰ μὴ Ἰάκωβον τὸν ἀδελφὸν τοῦ κυρίου.

## EPISTLE

**God is wonderful among his saints.  
Verse: Bless God in the congregations.**

### **St. Paul's Letter to the Galatians (1:11-19)**

BRETHREN, I would have you know that the gospel which was preached by me is not man's gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people, so extremely zealous was I for the traditions of my fathers. But when he who had set me apart before I was born, and had called me through his grace, was pleased to reveal his Son to me, in order that I might preach him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles before me, but I went away into Arabia; and again I returned to Damascus. Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other apostles except James the Lord's brother.

## GOSPEL

### **The Reading is from Matthew (2:13-23)**

When the wise men departed, behold, an angel of the Lord appeared to Joseph in a dream and said, "Rise, take the child and his mother, and flee to Egypt, and remain there till I tell you; for Herod is about to search for the child, to destroy him." And he rose and took the

child and his mother by night, and departed to Egypt, and remained there until the death of Herod. This was to fulfill what the Lord had spoken by the prophet, "Out of Egypt have I called my son." Then Herod, when he saw that he had been tricked by the wise men, was in a furious rage, and he sent and killed all the male children in Bethlehem and in all that region who were two years old or under, according to the time which he had ascertained from the wise men. Then was fulfilled what was spoken by the prophet Jeremiah: "A voice was heard in Ramah, wailing and loud lamentation, Rachel weeping for her children; she refused to be consoled, because they were no more." But when Herod died, behold, an angel of the Lord appeared in a dream to Joseph in Egypt, saying, "Rise, take the child and his mother, and go to the land of Israel, for those who sought the child's life are dead." And he rose and took the child and his mother, and went to the land of Israel. But when he heard that Archelaos reigned over Judea in place of his father Herod, he was afraid to go there, and being warned in a dream he withdrew to the district of Galilee. And he went and dwelt in a city called Nazareth, that what was spoken by the prophets might be fulfilled, "He shall be called a Nazarene."

### ΕΥΑΓΓΕΛΙΟ

#### **Κατὰ Ματθαῖον (2:13-23)**

Ἐγερθεὶς παρὰ λαβὴν τὸ παιδίον καὶ τὴν μητέρα αὐτοῦ καὶ φεῦγε εἰς Αἴγυπτον, καὶ ἴσθι ἐκεῖ ἕως ἂν εἶπω σοι· μέλλει γὰρ Ἡρώδης ζητεῖν τὸ παιδίον τοῦ ἀπολέσαι αὐτό. Ὁ δὲ ἐγερθεὶς παρέλαβε τὸ παιδίον καὶ τὴν μητέρα αὐτοῦ νυκτὸς καὶ ἀνεχώρησεν εἰς Αἴγυπτον, καὶ ἦν ἐκεῖ ἕως τῆς τελευτῆς Ἡρώδου, ἵνα πληρωθῇ τὸ ῥηθὲν ὑπὸ τοῦ Κυρίου διὰ τοῦ προφήτου λέγοντος· ἐξ Αἰγύπτου ἐκάλεσα τὸν υἱόν μου. Τότε Ἡρώδης ἰδὼν ὅτι ἐνεπαίχθη ὑπὸ τῶν μάγων, ἐθυμώθη λίαν, καὶ ἀποστείλας ἀνείλε πάντας τοὺς παῖδας τοὺς ἐν Βηθλεὲμ καὶ ἐν πᾶσι τοῖς ὄροις αὐτῆς ἀπὸ διετούς καὶ κατωτέρω, κατὰ τὸν χρόνον ὃν ἠκρίβωσεν παρὰ τῶν μάγων. τότε ἐπληρώθη τὸ ῥηθὲν ὑπὸ Ἰερεμίου τοῦ προφήτου λέγοντος· φωνὴ ἐν Ῥαμᾷ ἠκούσθη, θρήνος καὶ κλαυθμὸς καὶ ὄδυρμος πολὺς· Ῥαχὴλ κλαίουσα τὰ τέκνα αὐτῆς, καὶ οὐκ ἤθελε παρακληθῆναι, ὅτι οὐκ εἰσίν. Τελευτήσαντος δὲ τοῦ Ἡρώδου ἰδοὺ ἄγγελος Κυρίου κατ' ὄναρ φαίνεται τῷ Ἰωσήφ ἐν Αἰγύπτῳ λέγων· ἐγερθεὶς παρὰ λαβὴν τὸ παιδίον καὶ τὴν μητέρα αὐτοῦ καὶ πορεύου εἰς γῆν Ἰσραὴλ· τεθνήκασι γὰρ οἱ ζητοῦντες τὴν ψυχὴν τοῦ παιδίου. Ὁ δὲ ἐγερθεὶς παρέλαβε τὸ παιδίον καὶ τὴν μητέρα αὐτοῦ καὶ ἦλθεν εἰς γῆν Ἰσραὴλ. ἀκούσας δὲ ὅτι Ἀρχέλαος βασιλεύει ἐπὶ τῆς Ἰουδαίας ἀντὶ Ἡρώδου τοῦ πατρὸς αὐτοῦ, ἐφοβήθη ἐκεῖ ἀπελθεῖν· χρηματισθεὶς δὲ κατ' ὄναρ ἀνεχώρησεν εἰς τὰ μέρη τῆς Γαλιλαίας, καὶ ἔλθων κατώκησεν εἰς πόλιν λεγομένην Ναζαρέτ, ὅπως πληρωθῇ τὸ ῥηθὲν διὰ τῶν προφητῶν ὅτι Ναζωραῖος κληθήσεται.

### CHURCH ANNOUNCEMENTS:

- ◆ **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](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**: On behalf of the Ladies Philoptochos of Sts. Constantine & Helen of Washington, DC, we would like to thank our benefactors Litsa and Nickolas Pantazes and Theodore and James Pedas for their beautiful gifts and monetary donations which helped to make our Annual Philoptochos Christmas Luncheon a huge success. In addition we would like to thank the Christmas Luncheon Committee, the ladies who donated Santa Gifts, the ladies who donated the beautiful Raffle Gifts, and to Santa for all of their help with the Christmas Luncheon. May all of our friends of the Ladies Philoptochos have a blessed Christmas and a wonderful New Year!

General Philoptochos Meeting, Sunday, January 5th, 2014 at the church hall right after services.

- ◆ **AHEPA AWARDS**: Attention High School Seniors! Student applications are now available for the Washington Metropolitan Area 44th AHEPA Scholarship program. Students eligible for an award will be honored at this year's Awards Program on May 18, 2014 held at the Hilton Washington, DC/Rockville Hotel in Rockville, MD. This program has honored 1,508 students and awarded \$804,975 in scholarships. Applications are available in the church office and website. Completed applications and materials must be submitted by April 4th, 2014. For more information, contact Ted Sakkos ([tedsakkos@yahoo.com](mailto:tedsakkos@yahoo.com)) (202) 438-6584.

### **FUTURE MEMORIALS:**

January 12, 2014	Nikolaos Antonelos	(5 Years)
January 19, 2014	Amaryllis Tsonis	(1 Year)
January 19, 2014	Christy Papageorge	(40 Days)



**Γιατί κόβουμε βασιλόπιτα;**

**Την κόβουμε εξαιτίας ενός γεγονότος που διαδραματίστηκε στην βυζαντινή εποχή.**

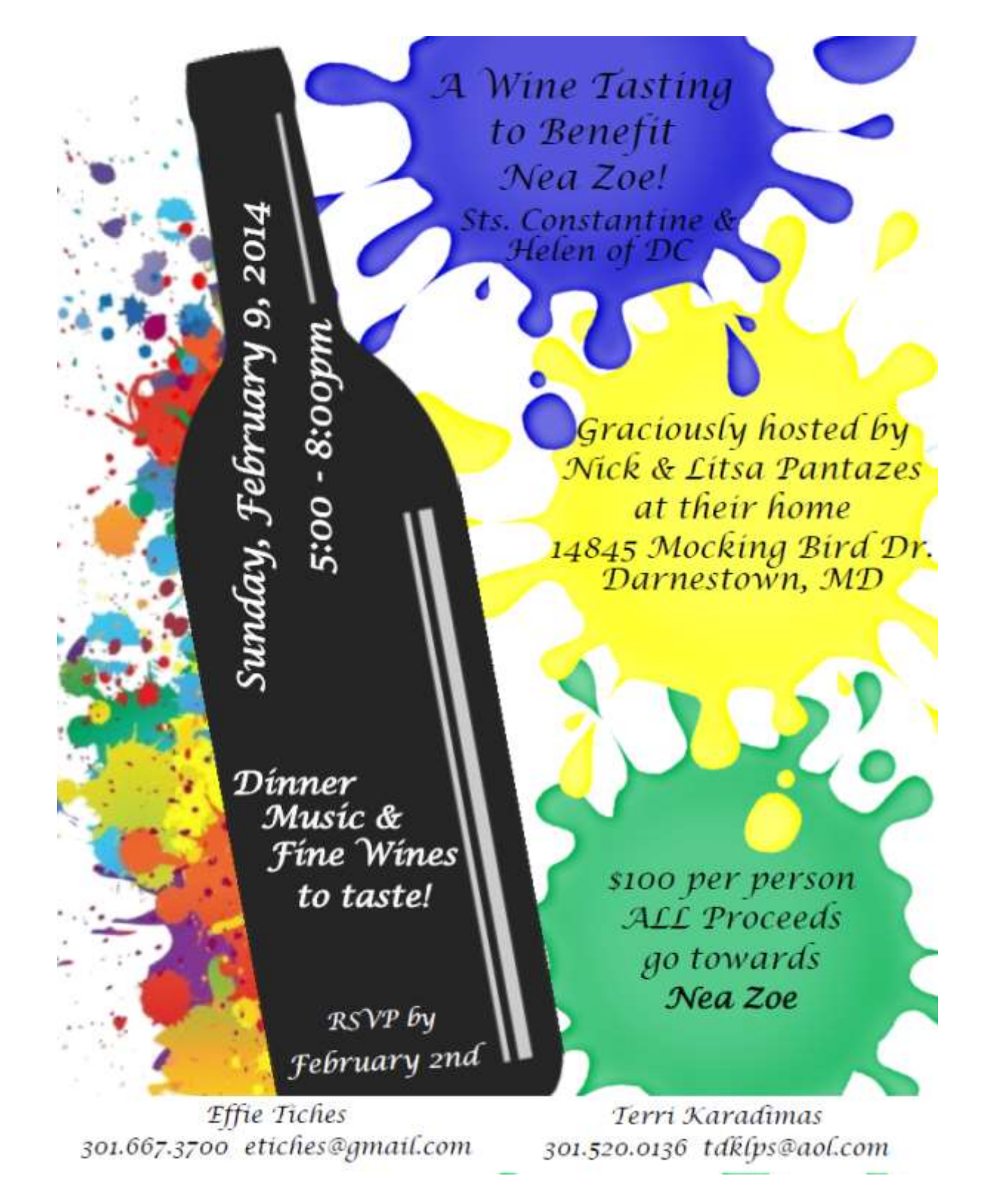
Πιο συγκεκριμένα, στα χρόνια του Ιουλιανού του Παραβάτη. Το Βυζάντιο μόλις είχε κηρύξει πόλεμο ενάντια στον Πέρσες, με τον Ιουλιανό και τα στρατεύματά του να ξεκινάνε κινήσουν εναντίον τους. Περνώντας από την Καισαρεία, ο Ιουλιανός διέταξε έκτακτη φορολόγηση για όλους τους κατοίκους της περιοχής. Μη θέλοντας, οι κάτοικοι αναγκάστηκαν να δώσουν χρυσαφικά, χρήματα κτλ.

Τα "χαράτσια" θα τα έπαιρνε στον δρόμο της επιστροφής του για την Κωνσταντινούπολη.

Ο Ιουλιανός όμως σε μια μάχη με τους Πέρσες σκοτώθηκε, καθιστώντας αδύνατη την επιστροφή του από την Καισαρεία. Μιας και οι φόροι στο μεσοδιάστημα είχαν ήδη μαζευτεί, ο Άγιος Βασίλειος (330-379 μ.Χ.) σκέφτηκε έναν πρωτότυπο τρόπο για να τα επιστρέψει στο λαό: Έδωσε εντολή να ζυμώσουν ψωμιά, τοποθετώντας μέσα σε κάθε ψωμί από ένα νόμισμα ή χρυσαφικό. Στη συνέχεια τα μοίρασε στα σπίτια των κατοίκων. Τρώγοντας τα, οι κάτοικοι όλο και κάτι έβρισκαν μέσα.

Έτσι, γεννήθηκε το έθιμο της πίτας που ονομάστηκε βασιλόπιτα.





*A Wine Tasting  
to Benefit  
Nea Zoe!*

*Sts. Constantine &  
Helen of DC*

*Sunday, February 9, 2014*

*5:00 - 8:00pm*

*Graciously hosted by  
Nick & Litsa Pantazes  
at their home  
14845 Mocking Bird Dr.  
Darnestown, MD*

*Dinner  
Music &  
Fine Wines  
to taste!*

*RSVP by  
February 2nd*

*\$100 per person  
ALL Proceeds  
go towards  
Nea Zoe*

*Effie Tiches*

*301.667.3700 etiches@gmail.com*

*Terri Karadimas*

*301.520.0136 tdklps@aol.com*

## 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**

**December 8 - Luke**

**December 15 - John**

**December 22 - Matthew**

**December 29 - Mark**

**January 5 - Luke**

**January 12 - John**

**January 19 - Matthew**

**January 26 - Mark**

## PARISH COUNCIL MEMBERS FOR 2014-2015

1. Dialektakos, Jim
2. Ferentinos, Georgia
3. Ferentinos, Max
4. Georgopoulos, Sarantos
5. Karadimas, Terri
6. Lappas, Paul
7. Mantzouranis, George A
8. Mantzouranis, John
9. Marafatsos, George
10. Mavromatis, Elias
11. Mayes, Joseph IV
12. Michael, Sylvia
13. Nasios, Sotirios
14. Nathenas, Peggy
15. Pantazes, Nick
16. Stathes, Gus
17. Tsioros, Stelios
18. Tsipianitis, Demetri
19. Tzamaras, Bill
20. Vakalopoulos, Avgerinos

## Why Do We Have Our Homes Blessed? - by Phyllis Meshel Onest

### Begin Everything with Prayer

Since we are reminded in Scripture to begin whatever we do with prayer, it has been the practice of Orthodox Christians for centuries to have new dwellings blessed either before or just after settling in. This has been extended to one's business or office, and even college dorm rooms. "The service performed by the priest to bless the new dwelling is somewhat similar to the consecration of a church [in the Russian practice] in that holy water, holy oil, and incense are used and a lesson from the holy Gospel is read. All the rooms of the house are sprinkled with holy water and each of the four outer walls are anointed with the sign of the Cross with holy oil, a candle placed before them, and after the censing of the house, the lesson from the Holy Gospel is read [in Greek practice the service of the Small Blessing of Waters is generally done]. At the conclusion of the blessing, the inhabitants are blessed with holy water: the husband first, followed by the wife and then the children - the oldest first. Relatives and friends present are then blessed." (*Marriage and the Christian Home*, by Rev. Michael B. Henning, p.24.)

### Back to "The Fall"

From Scripture we know that whatever God created was good, but with "the Fall", evil entered the world, corrupting the creation. God the Father sent His Son Jesus to save it by effecting a "new creation". This is celebrated at Theophany, specifically with the Great Blessing of Water. "The consecration of the waters on this feast places the entire world - through its 'prime element' of water - in the perspective of the cosmic creation, sanctification, and glorification of the Kingdom of God in Christ and the Spirit." (*The Orthodox Faith, Vol. II, Worship*, by Fr. Thomas Hopko, p.127.) All the readings, hymns, prayers, and actions of the day speak of God's presence in our entire world and universe, His creation.

Through water all of the creation is once again sanctified by God, becoming good again, the way God had intended.

### The Feast Of Theophany

The Feast of Theophany (or Epiphany) commemorates the Baptism of our Lord in the Jordan River by John the Baptist. We know from the troparion of the day that "the Trinity was made manifest" to us. But there's more to it than this. "When Jesus descends into the depths of the river, there occurs a profound upheaval. It is not the one baptized who is purified, for he is spotless; but it is the water that is transfigured and illumined. This water, which was believed to be transparent and purifying, is in fact polluted, inhabited by evil spirits, servants of the old gods. ... By purifying the elements, by sanctifying matter, Jesus frees the cosmos from the powers of evil." (*The Incarnate God, Vol. I*, Catherine Aslanoff, French edition editor, translated by Paul Meyendorff, p.163.)

### The Great Blessing of Water and the Home

The Great Blessing of Water takes place at the end of that day's Liturgy. Since our homes cannot be brought to the Church, the Church - through the priest and cantor - go to the homes. There the service of blessing, which began in the church, is finished with the sprinkling of water in the home. Traditionally, in most Orthodox parishes, the priest personally visits all his parishioners each year to pray with them in the place where they live, and to bless their surroundings with the newly sanctified water of Theophany (January 6/13). By sanctifying our living quarters, our private place, we extend the grace of God to our individual dwellings. (In very large parishes a yearly visit may not be possible. In areas of the country where the winter is harsh, I know of at least one parish where houses are blessed at the beginning of the ecclesiastical year in September.) We also bring the blessed water to our homes to use throughout the year to bless our homes and to drink whether we are ill or as part of our daily prayer life. "There are many occasions in family life when a sip of holy water can help to remind us of the blessing that was given 'to bestow sanctification', 'unto healing of soul and body', 'to be a fountain welling forth unto life eternal', as the priest prayed in the litany of Epiphany day." (*Little Falcons: Water*, Vol. 5, No. 2, 1998, p.33.)

### Weaving Christ into Our Lives"

The blessing of homes by these holy waters maintains the spiritual association between the 'family church' and the parish, as well as again providing for the sharing of God's spiritual gifts. ... This annual blessing is not as

elaborate as the blessing of the new dwelling, but because of this it should not be overlooked, for it is in this way that the grace of God is extended to individual dwellings." (*Marriage and the Christian Home*, p.25.)

If the priest comes to bless the home when the children are present, they have the opportunity to see the parish priest in a different and personal situation. If the priest permits, they can lead the way through the house, or hold a candle. They can show him their rooms or pets or favorite toys. They receive a blessing with water. For children, the house blessing shows the connection of the Church to the home.

#### **In Summary**

What does it mean to ask God to bless something? All things in the world have been spoiled right along with us. God must bless His world again in order for it to be the way that He wants it to be. For this reason God sent His Son Jesus and the Holy Spirit to the world: to bless everyone and everything that He made, to make all things good again. When the priest comes to bless our homes, he asks God to have mercy on the house, to rid it of every evil and to fill it with every blessing. What a wonderful way to begin the New Year!

### ***SAINTS AND FEASTS***

#### **14,000 infants (Holy Innocents) slain by Herod in Bethlehem** *December 29*

The infant-slaying Herod mentioned here is the same one that ruled at the time of Christ's Nativity. In those days, certain Magi, who were wise and noble men, perhaps even kings, set forth from the East, and came to Jerusalem, seeking the King of the Jews, Who had been born; and they said that in the East, where their homeland was, an unusual and strange star had appeared two years before, which, according to an ancient oracle (Num 24:17), was to signify the birth of some great king of the Jews. "For we have seen His star in the east," they said, "and have come to worship Him" (Matt. 2:2). Hearing these things, Herod was troubled, and the whole city together with him. Then, having inquired and been informed by the high priests and scribes of the people that, according to the prophecies, Christ was to be born in Bethlehem, he sent the Magi thither and ordered them that, when they would find the Child, to inform him, so that he also - as he affirmed - might go and worship Him. But the Magi, after they had worshipped, departed by another way to their own country by a divine command. Then Herod was wroth and sent men to slay all the infants of Bethlehem and the parts round about, from two years old and under, thinking that with them he would also certainly slay the King Who had been born. But this vain man who fought against God was mocked, since Jesus the Child, with Mary His Mother, under the protection of Joseph the Betrothed, fled into Egypt at the command of an Angel. As for those innocent infants, they became the first Martyrs slain in behalf of Christ. But their blood-thirsty executioner, the persecutor of Christ, came down with dropsy after a short time, with his members rotting and being eaten by worms, and he ended his life in a most wretched manner.



#### **Circumcision of Our Lord and Savior Jesus Christ** *January 1*

Since the Mosaic Law commands that if a woman give birth to a male child, he should be circumcised in the foreskin of his flesh on the eighth day (Lev. 12:2-3), on this, the eighth day from His Nativity, our Saviour accepted the circumcision commanded by the Law. According to the command of the Angel, He received the Name which is above every name: JESUS, which means "Saviour" (Matt. 1:21; Luke 1:31 and 2:21).

# Youth Ministry

## Social Networking Teens and Increased Substance Abuse Risk, By: CASA

American teens ages 12-17 who in a typical day spend any time on social networking sites are at increased risk of smoking, drinking and drug use, according to the National Survey of American Attitudes on Substance Abuse XVI: Teens and Parents, the 16th annual back-to-school survey conducted by The National Center on Addiction and Substance Abuse at Columbia University (CASA Columbia).

For the first time this year, the survey asked 12- to 17-year olds whether they spend time on Facebook, Myspace or other social networking sites in a typical day. Seventy percent of teens report spending time on social networking sites in a typical day compared to 30 percent of teens who say they do not. This means that 17 million 12- to 17-year olds are social networking in a typical day.

### Social Networking Teens at Increased Substance Abuse Risk

Compared to teens that spend no time on social networking sites in a typical day, teens that do are:

Five times likelier to use tobacco; Three times likelier to use alcohol; and Twice as likely to use marijuana.

### Teen Substance Abuse Photos Rampant on Social Networking Sites

The CASA Columbia survey found that 40 percent of all teens surveyed have seen pictures on Facebook, Myspace or other social networking sites of kids getting drunk, passed out, or using drugs. Half of teens who have seen pictures of kids drunk, passed out, or using drugs on Facebook and other social networking sites first saw such pictures when they were 13 years of age or younger; more than 90 percent first saw such pictures when they were 15 or younger.

Compared to teens that have never seen pictures of kids getting drunk, passed out, or using drugs on social networking sites, teens that have seen these images are:

Three times likelier to use alcohol; Four times likelier to use marijuana; Four times likelier to be able to get marijuana, almost three times likelier to be able to get controlled prescription drugs without a prescription, and more than twice as likely to be able to get alcohol in a day or less; and Much likelier to have friends and classmates who abuse illegal and prescription drugs.

### Parental Perceptions Out of Touch with Reality

Eighty-seven percent of parents said they think spending time on social networking sites does not make it more likely their child will drink alcohol; 89 percent of parents felt it would not make their child more likely to use drugs.

### Cyber Bullying and Substance Abuse

The CASA Columbia survey also found that 19 percent of teens ages 12-17 (more than 4.5 million teens) report being cyber bullied (having someone post mean or embarrassing things about them on a social networking site). Compared to teens who are not cyber bullied, teens who have been cyber bullied are more than twice as likely to use tobacco, alcohol, and marijuana.

“The anything goes, free-for-all world of Internet expression and suggestive television programming that teens are exposed to on a daily basis puts them at increased risk of substance abuse,” said Califano. “The findings in this year’s survey should strike Facebook fear into the hearts of parents of young children and drive home the need for parents to give their children the will and skill to keep their heads above the water of the corrupting cultural currents their children must navigate.”

Excerpt used with permission from The National Center on Addiction and Substance Abuse at Columbia University. (2011). National Survey of American Attitudes on Substance Abuse XVI: Teens and Parents. New York: The National Center on Addiction and Substance Abuse at Columbia University.

**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.**

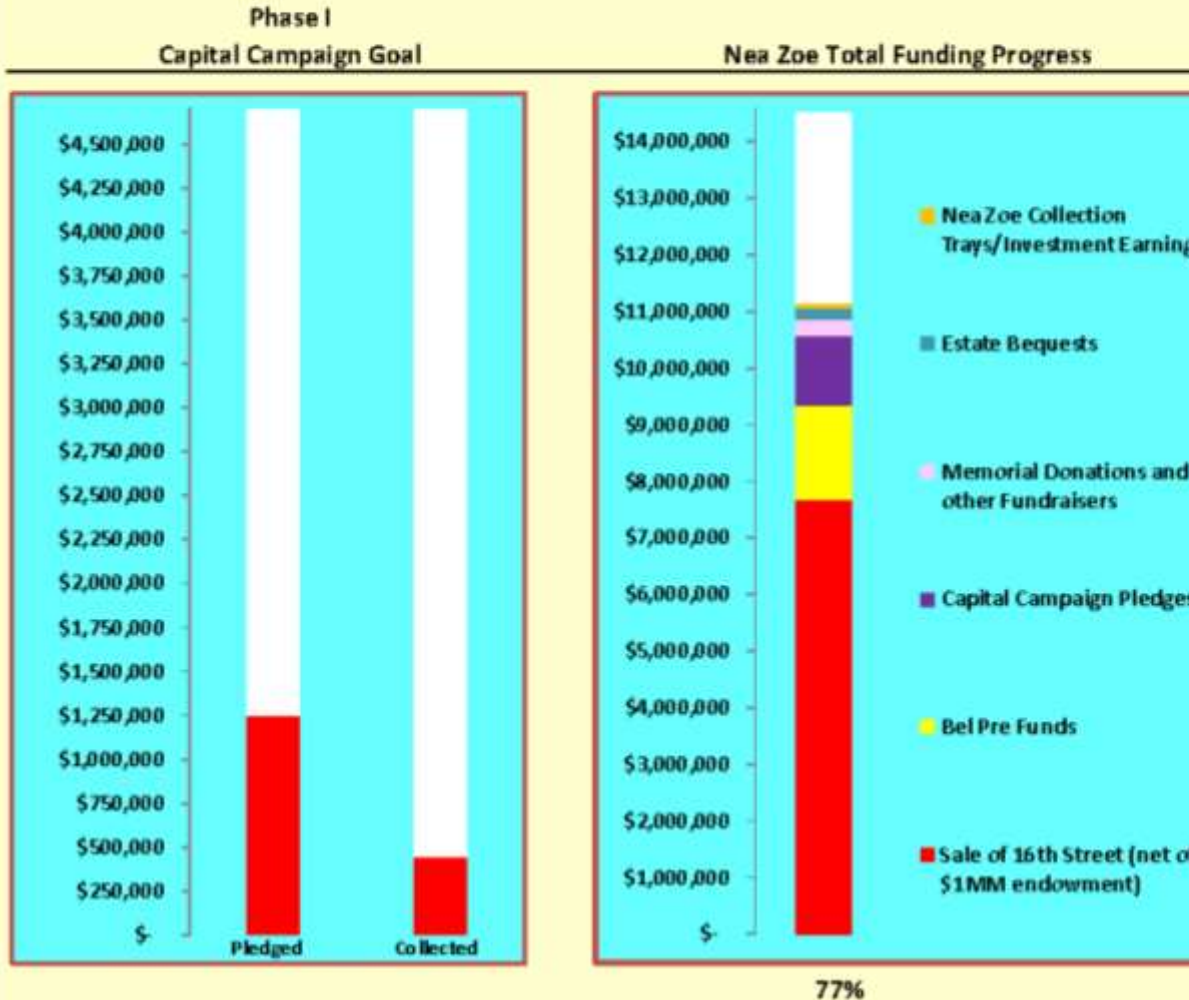
**This is an opportunity for us to  
visit your family and to get to  
know one another up close and  
personal. Please call the office at  
(240) 389-1366 and schedule a  
day/time convenient for you and  
your family.**

**May the Newborn continue to  
bless you and your family,**

**Fathers Michael and Jason**



**Sts. Constantine & Helen Greek Orthodox Church of Washington D.C.  
Capital Fundraising Campaign and Nea Zoe Total Funding Progress  
November 2013**



The challenge we face as we move closer to the start of the construction of our new facility in Silver Spring, MD (including classrooms) is aimed at raising \$4.7MM (or more) to complete the facility. Although final cost estimates are still subject to final bidding and have not yet been firmly established, which \$4.126MM has been spent to date. As of the end of November, estimated costs to complete approximately \$4.7MM.

As you can see by the graphs above, significant progress has been made via various endeavors and efforts towards this goal through your love for our wonderful community of Sts. Constantine and Helen that this dream and vision will be realized. It is only through your generosity that we will achieve this goal. **"Fasouli, Fasouli, gemizi to sakouli."**



### Nea Zoe Project Milestones

	Estimated	Costs to Date	Costs to Complete
Purchase of Land (incl. closing costs)	\$ 2,610,000	\$ 2,610,000	\$ -
Architectural/Engineering	1,500,000	1,302,600	197,400
Other Costs (Permits, Fees, etc.)	250,000	111,736	138,264
Site Costs (Sewer, Water, Grading)	1,700,000	76,484	1,623,516
Phase I (Church, Admin, Sm. Hall, Classes)	8,440,000	25,036	8,414,964
	<b>\$ 14,500,000</b>	<b>\$ 4,125,856</b>	<b>\$ 10,374,144</b>
<b>FUTURE PHASES</b>			
Phase 2 - Large Hall / Large Kitchen	\$ 2,300,000	\$ -	\$ 2,300,000
Phase 3 - Chapel/Iconography	3,100,000	-	3,100,000
	<b>\$ 5,400,000</b>	<b>\$ -</b>	<b>\$ 5,400,000</b>

is that we are only limited by the amount of money we have available to expend on this project. The Capital enable the completion of Phase I of the project (Church, administrative wing, small hall, small kitchen and shed, it is anticipated that total required funding for completion of Phase I may be as high as \$14.5MM, of the \$10.374MM, while cash on hand is \$7.257MM leaving a gap in excess of \$3.0MM to be raised.

ard achieving this goal and we appreciate and thank those of you that have already made your pledges. It is become a reality. If you have not yet pledged to the Capital Fundraising Campaign, please consider doing so.

**Faith Makes It Possible, But It Doesn't Make It Easy**



## 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 16<sup>th</sup> Street property). The details for the month follow:

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

## *PARISH LIFE*

<b>Sunday</b> <b>Κυριακή</b> <b>12/29</b> <b>Fast Free</b>	<b>Sunday after Nativity / Κυριακή μετά της Γεννήσεως</b> <b>7:30 - 8:30am Orthros / Ορθρος</b> <b>8:30 - 10:00am Divine Liturgy / Θ. Λειτουργία</b>
<b>Monday</b> <b>Δευτέρα</b> <b>12/30</b> <b>Fast Free</b>	
<b>Tuesday</b> <b>Τρίτη</b> <b>12/31</b> <b>Fast Free</b>	
<b>Wednesday</b> <b>Τετάρτη</b> <b>1/1</b> <b>Fast Free</b>	<b>Circumcision of Our Lord and Savior, Jesus Christ / Περιτομή του Κυρίου</b> <b>St. Basil the Great / Μεγάλου Βασιλείου</b> <b>New Year's Day / Πρωτοχρονιά</b> <b>8:30 - 10:30am Orthros and Divine Liturgy / Ορθρος και Θ. Λειτουργία</b> <b>Office Closed / Γραφείο Κλειστό</b>
<b>Thursday</b> <b>Πέμπτη</b> <b>1/2</b> <b>Fast Free</b>	
<b>Friday</b> <b>Παρασκευή</b> <b>1/3</b> <b>Fast Free</b>	
<b>Saturday</b> <b>Σάββατον</b> <b>1/4</b> <b>Fast Free</b>	<b>Goya Christmas Party</b> <b>4 - 8pm at Mavromatis residency.</b> <b>Please call Mrs. Alexandra Pittas to rsvp.</b>

