



Saints Constantine and Helen
Greek Orthodox Church



June 15, 2014
Sunday of All Saints

Happy Father's Day!!!



Apostles Fast Begins on Monday



THE MISSION OF THE STS. 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 anything you need that pertains to your spiritual journey.

Fr. Michael: (301) 502-2850

Fr. Jason: (301) 502-3762

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

Παρακαλείσθε να τους καλείτε
στα κινητά τηλέφωνα για
σποιαδήποτε ανάγκη σας σχετική
με τη πνευματική σας πορεία.

Σας ευχαριστούμε!



ΥΜΝΟΙ ΤΗΣ ΗΜΕΡΑΣ

Αναστάσιμο Απολυτίκιον - Ηχος πλ. Δ

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν καταδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

Τῶν Ἁγίων. Ηχος Δ'

Τῶν ἐν ὄλῳ τῷ κόσμῳ Μαρτύρων σου, ὡς πορφύραν καὶ βύσσον τὰ αἵματα, ἡ Ἐκκλησία σου στολισαμένη, δι' αὐτῶν βοᾷ σοι· Χριστέ ὁ Θεός, τῷ λαῷ σου τοὺς οἰκτιρμούς σου κατάπεμψον, εἰρήνην τῇ πολιτείᾳ σου δώρησαι, καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.

Απολυτίκιον Ἀγ. 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, Βασιλεύουσαν πόλιν τῇ χειρὶ σου παρέθετο ἦν περίσωζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

Απολυτίκιον Ἀγ. Ἀνδρέα

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

Κοντάκιον. Ηχος πλ.Δ'

Ὡς ἀπαρχὰς τῆς φύσεως, τῷ φυτουργῷ τῆς κτίσεως, ἡ οἰκουμένη προσφέρει σοι Κύριε, τοὺς θεοφόρους Μάρτυρας· ταῖς αὐτῶν ἰκεσίαις, ἐν εἰρήνῃ βαθεῖα, τὴν Ἐκκλησίαν σου, διὰ τῆς Θεοτόκου συντήρησον, πολυέλεε.

HYMNS OF THE DAY

Resurrectional Apolytikion - Mode pl. 4

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

For the Saints. Mode 4

Your Church is arrayed in the holy blood of Your Martyrs who witnessed throughout the world, as though in purple and fine linen. Through them she cries to You, Christ our God, "Send down to Your people Your tender love, grant peace from above to Your commonwealth, and to our souls Your great mercy."

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.

Kontakion. Mode pl.4

O Planter of creation, Lord, to You does the entire world bring as an offering the God-bearing martyr Saints, as being nature's first fruits. At their earnest entreaties, keep Your Church in a state of profoundest peace, through the Theotokos, O Lord abundantly merciful.

ΑΠΟΣΤΟΛΟΣ

Αυροί, χάρις εις την πίστιν των, ηγωνίσθησαν και κατενίκησαν βασίλεια, ήσκησαν δικαιοσύνην, επέτυχαν την πραγματοποίησιν των υποσχέσεων του Θεού, έφραξαν τα στόματα των αγρίων λεόντων, όπως ο Δανιήλ, ³⁴ έσβησαν την φοβεράν δύναμιν της φωτιάς, όπως οι τρεις παίδες, διέφυγαν τον κίνδυνον να σφαγούν με μαχαίρια, όπως ο Ηλίας, εδυναμώθησαν και έγιναν καλά από αρρώστιες, ανεδείχθησαν κραταιοί και δυνατοί στον πόλεμον, έκαμψαν και έτρεψαν εις φυγήν πολυάριθμα στρατεύματα ξένων εχθρών. ³⁵ Μερικές γυναίκες, χάρις εις αυτήν την πίστιν, επήραν πάλιν ζωντανούς, δια της αναστάσεως τους νεκρούς των. Άλλοι δε εδέθησαν στο τύμπανον, στο φοβερά βασανιστικόν εκείνον όργανον, χωρίς να δεχθούν την απελευθέρωσιν, που τους επρότειναν οι βασανισταί των, εάν ηρνούντο την πίστιν των, και υπέμειναν το φοβερόν μαρτύριον μέχρι θανάτου, δια να επιτύχουν και πάρουν ανάστασιν ασυγκρίτως καλύτεραν από την παρούσαν ζωήν. ³⁶ Άλλοι δε εδοκίμασαν εμπαιγμούς και μαστιγώσεις, ακόμη δε δεσμά και φυλακήν. ³⁷ Ελιθοβολήθησαν, επριονίσθησαν, επέρασαν μέσα από πολλούς πειρασμούς, απέθαναν σφαγέντες με μάχαιραν, περιήρχοντο εδώ και εκεί φορούντες, αντί για ενδύματα, προβιές και δέρματα γιδιών, στερούμενοι, θλιβόμενοι, υποβαλλόμενοι εις πολλές κακουχίας. ³⁸ Τετοιους αγίους δεν ήτο άξιος να τους έχη ο αμαρτωλός κόσμος. Επεριπλανώντο εις τις ερημίες, εις τα όρη, εις τα σήλαια, εις τις τρύπες της γης. ³⁹ Και όλοι αυτοί, μολονότι έλαβαν την καλήν και τιμίαν μαρτυρίαν, ότι ευηρέστησαν στον Θεόν χάρις εις την πίστιν των, δεν απήλαυσαν πλήρως την υπόσχεσιν της λυτρώσεως και της ουρανού βασιλείας. ⁴⁰ Διότι ο Θεός επρόβλεψε δι' ημάς κάτι καλύτερον· δηλαδή να μη απολαύσουν αυτοί πλήρη την τελείωσιν και την μακαριότητα χωρίς ημάς (αλλ' όλοι μαζί σαν ένα πνευματικόν σώμα να απολαύσωμεν κατά την δευτέραν παρουσίαν την μακαριότητα της βασιλείας των ουρανών).

EPISTLE

Brethren, all the saints through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated - of whom the world was not worthy - wandering over deserts and mountains and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfection of our faith.

ΕΥΑΓΓΕΛΙΟ

Καθένας, λοιπόν, που με πίστιν και θάρρος και χωρίς να φοβήται τους διωγμούς, θα με ομολογήση σωτήρα του και Θεόν του εμπρός στους ανθρώπους, θα τον ομολογήσω και εγώ εμπροσθεν του ουρανού πατρός μου ως ιδιόν μου. ³³ Οποιος όμως με αρνηθή εμπρός στους ανθρώπους, θα αρνηθώ και εγώ να τον παραδεχθώ ως ιδιόν μου εμπρός στον ουράνιον Πατέρα μου. Εκείνος που αγαπά τον πατέρα η την μητέρα του παραπάνω από εμέ, δεν είναι άξιος να λέγεται οπαδός μου. Και εκείνος που αγαπά τον υιόν του η την κόρην του παραπάνω από εμέ, δεν είναι άξιος να λέγεται οπαδός μου. ³⁸ Και όποιος δεν παίρνει σταθεράν την απόφασιν να υποστή κάθε ταλαιπωρίαν και σταυρικόν ακόμη θάνατον δια την πίστιν του εις εμέ και δεν με ακολουθεί ως αρχηγόν και υπόδειγμά του, δεν είναι άξιος για μένα. Τότε απεκρίθη ο Πέτρος και του είπε· “ιδού ημείς αφήσαμεν όλα και σε ηκολουθήσαμεν. Ποία τάχα θα είναι η αμοιβή μας;” ²⁸ Ο δε Ιησούς απήντησεν εις αυτούς· “σας διαβεβαιώνω ότι σεις που με έχετε ακολουθήσει εδώ εις την γην, όταν εις την συντέλεια των αιώνων αναδημιουργηθή νέος κόσμος και αναστηθούν οι νεκροί και ο υιός του ανθρώπου καθίση επάνω στον ένδοξον θρόνον του, τότε και σεις θα καθίσετε επάνω εις δώδεκα θρόνους, δια να κρίνετε τας δώδεκα φυλάς του Ισραήλ. ²⁹ Και κάθε ένας, ο οποίος προς χάριν μου αφήκε οικίας η αδελφούς η αδελφάς η πατέρα η μητέρα η γυναίκα η χωράφια, θα λάβη εδώ εις την γην εκατό φορές περισσότερα και, το σπουδαιότερον, θα κληρονομήση την αιωνίαν ζωήν. ³⁰ Πολλοί δε που στον κόσμον αυτόν, ένεκα των αξιωμάτων τα οποία κατέχουν και όχι δια την αρετήν των, είναι πρώτοι, εις την βασιλείαν των ουρανών θα είναι τελευταίοι και πολλοί που στον κόσμον αυτόν θεωρούνται τελευταίοι, θα είναι εκεί πρώτοι.

GOSPEL

The Lord said to his disciples, "Every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny him before my Father who is in heaven. He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me." Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" Jesus said to them, "Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or children or lands, for my name's sake, will receive a hundredfold, and inherit eternal life. But many that are first will be last, and the last first."

SAINTS AND FEASTS



The Sunday of All Saints

Honouring the friends of God with much reverence, the Prophet-King David says, "But to me, exceedingly honourable are Thy friends, O Lord" (Ps. 138:16). And the divine Apostle, recounting the achievements of the Saints, and setting forth their memorial as an example that we might turn away from earthly things and from sin, and emulate their patience and courage in the struggles for virtue, says, "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every burden, and the sin which doth so easily beset us, and let us run with patience the race that is set before us" (Heb. 12:1).

This commemoration began as the Sunday (Synaxis) of All Martyrs; to them were added all the ranks of Saints who bore witness (the meaning of "Martyr" in Greek) to Christ in manifold ways, even if occasion did not require the shedding of their blood.

Therefore, guided by the teaching of the Divine Scriptures and Apostolic Tradition, we the pious honour all the Saints, the friends of God, for they are keepers of God's commandments, shining examples of virtue, and benefactors of mankind. Of course, we honour the known Saints especially on their own day of the year, as is evident in the Menologion. But since many Saints are unknown, and their number has increased with time, and will continue to increase until the end of time, the Church has appointed that once a year a common commemoration be made of all the Saints. This is the feast that we celebrate today. It is the harvest of the coming of the Holy Spirit into the world; it is the "much fruit" brought forth by that "Grain of wheat that fell into the earth and died" (John 12:24); it is the glorification of the Saints as "the foundation of the Church, the perfection of the Gospel, they who fulfilled in deed the sayings of the Saviour" (Sunday of All Saints, Doxasticon of Vespers).

In this celebration, then, we reverently honour and call blessed all the Righteous, the Prophets, Apostles, Martyrs, Confessors, Shepherds, Teachers, and Holy Monastics, both men and women alike, known and unknown, who have been added to the choirs of the Saints and shall be added, from the time of Adam until the end of the world, who have been perfected in piety and have glorified God by their holy lives. All these, as well as the orders of the Angels, and especially our most holy Lady and Queen, the Ever-virgin Theotokos Mary, do we honour today, setting their life before us as an example of virtue, and entreating them to intercede in our behalf with God, Whose grace and boundless mercy be with us all. Amen.

June 11 - Hieromartyr Mitrophan



Our righteous father, hieromartyr Mitrophan (1856-1900) was the first Chinese ordained a priest in the Church of China. He was one of the many martyrs of the Yihetuan Movement (Boxer) Uprising, whose collective feast day is June 11.

Άγιος Μητροφάνης Τσι-σουνγκ (; - 1900), Αγία Τατιανή Η Πρεσβυτέρα Του Μητροφάνη (; - 1900), Άγιος Ησαΐας Υιός Του Μητροφάνη (1877 - 1900), Άγιος Ιωάννης Υιός Του Μητροφάνη (; - 1900), Αγία Μαρία Η Νυφη Του Μητροφάνη (1881 - 1900), Άγιοι Διακοσιοί Εικοσι Δυο Κινέζοι Μαρτυρές (; - 1900), Αγία Ια (ή Ιγία) Η Διδασκαλισσα (; - 1900) Άγιος Μητροφάνης Τσι-σουνγκ (; - 1900), Αγία Τατιανή Η Πρεσβυτέρα Του Μητροφάνη (; - 1900), Άγιος Ησαΐας Υιός Του Μητροφάνη (1877 - 1900), Άγιος Ιωάννης Υιός Του Μητροφάνη (; - 1900), Αγία Μαρία Η Νυφη Του Μητροφάνη (1881 - 1900), Άγιοι Διακοσιοί Εικοσι Δυο Κινέζοι Μαρτυρές (; - 1900), Αγία Ια (ή Ιγία) Η Διδασκαλισσα (; - 1900) Άγιος Μητροφάνης Τσι-σουνγκ (; - 1900), Αγία Τατιανή Η Πρεσβυτέρα Του Μητροφάνη (; - 1900), Άγιος Ησαΐας Υιός Του Μητροφάνη (1877 - 1900), Άγιος Ιωάννης Υιός Του Μητροφάνη (; - 1900), Αγία Μαρία Η Νυφη Του Μητροφάνη (1881 - 1900), Άγιοι Διακοσιοί Εικοσι Δυο Κινέζοι Μαρτυρές (; - 1900), Αγία Ια (ή Ιγία) Η Διδασκαλισσα (; - 1900)

Ο πατήρ Μητροφάνης Τσι-Σούνγκ, ο πρώτος κινέζος ιερέας που είχε χειροτονηθεί από τον Άγιο Νικόλαο της Ιαπωνίας (βλέπε 3 Φεβρουαρίου) και είχε υπηρετήσει ακαταπόνητα την ιεραποστολή επί δεκαπέντε χρόνια, σφαγιάστηκε με τους περισσότερους από τους εβδομήντα χριστιανούς, γυναίκες και παιδιά, που είχαν καταφύγει στο σπίτι του μετά την πυρόληση των οικοδομημάτων της ρωσικής ιεραποστολής. Όταν εισόρησαν οι «Πυγμάχοι», τον βρήκαν καθισμένο στην αυλή και τον κατατρύπησαν με μαχαιριές στο στήθος. Αποκεφάλισαν την γυναίκα του Τατιανή, όπως και τον γιο τους Ησαΐα, ηλικίας είκοσι τριών ετών. Έκοψαν τα δάχτυλα των ποδιών, την μήτη και τα αυτιά του άλλου γιου τους, Ιωάννη, επτά ετών, την στιγμή του μαρτυρίου του πατέρα του. Εκείνος όμως δεν ένιωσε κανένα πόνο και ενώ οι βασανιστές του τον αποκαλούσαν «γιό δαιμόνων» εκείνος αποκρίθηκε: «Είμαι ένα πιστός του Θεού και όχι μαθητής δαιμόνων!» Η Μαρία, αρραβωνιαστικιά του Ησαΐα, ηλικίας δεκαεννέα ετών, είχε έλθει στο σπίτι του πατρός Μητροφάνη με την επιθυμία να πεθάνει μαζί με την οικογένεια του αρραβωνιαστικού της. Όταν οι «Πυγμάχοι» περικύκλωσαν το σπίτι, βοήθησε τους άλλους να σωθούν πηδώντας την μάνδρα και κατόπιν αντιμετώπισε τους εισβολείς, κατηγορώντας τους ότι δολοφονούν αθώους δίχως δίκη. Μην τολμώντας να την σκοτώσουν, την πλήγωσαν στα χέρια, και της τρύπησαν τα πόδια. Σε όσους την πίεζαν να φύγει, αποκρίθηκε: «Γεννήθηκα κοντά στην εκκλησία της Παναγίας Θεοτόκου και εδώ θα πεθάνω!» Όταν οι «Πυγμάχοι» επέστρεψαν, την θανάτωσαν. Μεταξύ των αγίων αυτών μαρτύρων βρίσκονταν επίσης απόγονοι των κατοίκων του Αλμπαζίν της Ρωσίας, που είχαν φέρει το φως του Χριστού στο Πεκίνο το 1685 μ.Χ. Ο Κλήμης Κούι Κιν, ο Ματθαίος Χάι Τσουάν, ο αδελφός του Βίτος, η Άννα Σούι και πολλοί άλλοι, οι οποίοι χωρίς να φοβούνται από των αποκτεινόντων το σώμα, την δε ψυχήν μη δυναμένων αποκτείναι (Ματθ. 10, 28) αντιμετώπισαν γενναία τα μαρτύρια και τον θάνατο, παρακαλώντας τον Θεό να φωτίσει τους διώκτες και να συγχωρέσει τα αμαρτήματα τους. Από τις χίλιες ψυχές που αποτελούσαν την ρωσική ιεραποστολή στο Πεκίνο, χάθηκαν κατά τα αιματηρά γεγονότα τριακόσιες, από τις οποίες διακόσιες είκοσι δύο έλαβαν τον αμάραντο στέφανο του μαρτυρίου.

CHURCH ANNOUNCEMENTS

PHILOPTOCHOS: On behalf of the Ladies Philoptochos and the Parish Community, we thank the Greek Islands Grill Restaurant under the leadership of Agie Ziotis and Christina Xenohristos for their generous donation of \$300.00 for the 20% fundraiser for Our NEA ZOE. Thank you very much to Agie Ziotis and Christina Xenohristos and their staff for their hospitality and generosity!

YOUNG AT HEART: Wednesday, June 18, 2014 (11 am) - Tour of white oak lavender (farm) (\$8 pp), 5060 Newcomer Lane, Harrisonburg, VA 22801. 540-421-6345. www.whiteoaklavender.com Everyone is welcome to attend! Please make reservations by contacting: Kathy Matrakas at 301-439-6958 or klukia14@gmail.com or Helen Thornberg at 301-949-1788 or bwt602r@aol.com. Transportation via carpool.

GOYA: Pool Party is on Tuesday, June 17th 4:00 at Tanterra Swim Club. Looking forward to a day full of fun! Please RSVP on Sign Up Genius. For questions please contact Alexandra Pittas: 301-704-0687. Payment is due for the Hershey Park trip. Thank you!

HAPPY FATHER'S DAY from the GOYAns!

Trip to Hershey Park on Saturday, June 21st. Please have your check in by June 1st to Mrs. Pittas. The cost is \$47 and that includes the bus. We leave at 8:00 a.m. and return by 10:00 in the evening. GOYAns may not drive.



BIBLE STUDY: Bible Study will resume at a later date in a new location TBA.

SUMMER HOURS: 7:00-8:15am Orthros/Ορθρος, 8:15-10:00am Divine Liturgy/Θ.Λειτουργία.

VACATION CHURCH SCHOOL: Our Vacation Church School will be held 9 am to noon on Monday – Thursday August 18-21st. Please don't hesitate to contact Fr. Jason for any questions or suggestions you may have.

PRAYER LIST



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

Eleni, Maria, Simeon, Nikitas, Andreas, Constantine, Maria, Andreas, Pavlos, Elena, Elaine, Presbytera Flora , Harry

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.



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

**Please call
Father Michael
at his cell phone,
at (301) 502-2850.**

MEMORIAL SERVICE

The memorial service is chanted for the repose of the souls of:



Miss Georgia Franks (1 Year), beloved daughter of the late Peter and Christina Franks. Adored sister of the late Xantippe F. Liakos, the late Stephen Franks, the late Thomas Franks, the late Mary F. Schmidt, the late Artemis (Diane) Ely and of Kathryn F. Tiches. Loved by many nieces, nephews, great-nieces and great-nephews.

Mrs. Mary F. Schmidt (1 Year), beloved wife of the late Joe Raymond Schmidt. Devoted daughter of the late Peter and Christina Franks. Adored sister the late Xantippe F. Liakos, the late Stephen Franks, the late Thomas Franks, the late Georgia Franks, the late Artemis (Diane) Ely and of Kathryn F. Tiches. Loved by many nieces, nephews, great-nieces and great-nephews.

Mrs. Artemis (Diane) F. Ely (1 Year), beloved wife of Marvin T. Ely and mother of Stephen G. Ely. Adored grandmother of Peter and Christopher Ely. Devoted daughter of the late Peter and Christina Franks. Adored sister of the late Xantippe F. Liakos, the late Stephen Franks, the late Thomas Franks, the late Georgia Franks, the late Mary F. Schmidt, and of Kathryn F. Tiches. Loved by many nieces, nephews, great-nieces and great-nephews.

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

FUTURE MEMORIALS:

**June 22, 2014
June 22, 2014**

**Evan Triandafilou
Diamandia Longo**

**(40 Days)
(1 Year)**



PARAKLESIS TO THE THEOTOKOS ΠΑΡΑΚΛΗΣΗ ΣΤΗΝ ΘΕΟΤΟΚΟ

6:00 PM WEDNESDAY EVENINGS
6:00 MM ΤΕΤΑΡΤΕΣ ΑΠΟΓΕΥΜΑ

Most Holy Theotokos save us.

With many temptations surrounding me, Searching for salvation, I have hastened unto you; O Mother of the Word, and ever-Virgin, From all distress and dangers deliver me.

Υπεραγια Θεοτοκε σωσον ημας.

Πολλοῖς συνεχόμενος πειρασμοῖς, πρὸς σὲ καταφεύγω, σωτηριάν ἐπιζητῶν· ὦ Μήτηρ τοῦ Λόγου καὶ Παρθένε, τῶν δυσχερῶν καὶ δεινῶν με διάσωσον.

Icon: End of 13th Century. Triglia, M. Asia. Smisthonian Museum, Gallery of Art (Exhibition).

PROSPHORO & COMMANDARIA WINE



**If you would like to donate
any of the these
when submitting names for
Commemoration at the Prothesis,
or for a Trisagion/Memorial
it would be greatly appreciated.**

ΠΡΟΣΦΟΡΟ & ΚΡΑΣΙ ΚΟΜΜΑΝΤΑΡΙΑ

**Θα το εκτιμούσαμε πολύ εάν θα μπορούσατε να προσφέρετε
πρόσφορο ή κρασί κομμανταρία
όταν φέρνετε ονόματα για την Προσκομιδή, ή για Τρισάγιο/
Μνημόσυνο.**



What Do Your Spiritual Fathers Expect from Their Spiritual Children?

- To call us **ON THE DAY OF BIRTH** to come to the hospital to offer prayer.
 - To call us **ON THE EIGHTH DAY** to come to your home to offer prayer in the NAMING of the baby. To come to the church **ON THE COMPLETION OF 40 DAYS** to offer prayer for the mom and to “CHURCH” the baby.
 - To call us to pray with you if there is a **MISCARRIAGE**.
 - To call us to offer prayer **AT THE ADOPTION OF CHILDREN**.
 - To bring your baby for the **MYSTERION OF BAPTISM**.
 - To come to your clergy for pre-marriage guidance and to **BLESS** your engagement with the **SERVICE of BLESSING THE ENGAGEMENT**. (Informal Blessing of Rings)
 - To come to the church to have your **MARRIAGE BLESSED IN THE CHURCH**.
 - To come to the church often for the **MYSTERION OF HOLY CONFESSION**.
 - To come to the church often for the **MYSTERION OF HOLY EUCHARIST**.
 - To invite your clergy to your home for **THE OFFICE OF HOLY UNCTION** (in the home)
 - To call us to come to visit those who are sick either in the home, hospital or special care facility and to pray the **SERVICE OF THE VISITATION OF THE SICK**. We want to pray with you prior to an operation and want to give thanks to God after the operation.
 - To pray with you if there is a perceived need to **PRAY AGAINST THE EVIL EYE**.
 - To call us if there is a need for an **EXORCISM**.
 - To be called immediately when **someone is near death**.
 - To be called immediately upon death for the **TRISAGION PRAYER**.
 - To pray the **TRISAGION PRAYER** at the funeral home the night before a funeral, **FUNERAL SERVICE IN THE CHURCH** upon someone **FALLING ASLEEP IN THE LORD**.
 - To go to the cemetery on the 9th day after someone has **FALLEN ASLEEP IN THE LORD** for a **TRISAGION PRAYER SERVICE**.
 - To pray a **40 DAY MEMORIAL SERVICE** in the church, preferably on a Saturday, after someone has **FALLEN ASLEEP IN THE LORD**. Prayers for those who have fallen asleep should be offered up often.
 - To pray an **ARTOKLASIA** for the health and gratitude of God’s blessings on your family.
 - To come to your home to **BLESS it (AGIASMO)** at least once per year.
 - To come to your business to pray and **BLESS THE BEGINNING OF ANY BUSINESS UNDERTAKING**.
 - To offer prayer at a **WEDDING ANNIVERSARY**.
 - To offer prayer for those who are suffering **DEPRESSION**.
 - To BLESS A VEHICLE**, old or new.
 - To invite us to your home to spend time together and get to know each other better**.
 - To come to the church to receive what is basically the only thing we as clergy truly have to offer, the **BLESSINGS OF OUR LORD** and to engage in spiritual direction.
 - To love the Lord your God with all your heart**, and with all your soul, and with all your mind, and with all your strength.
 - To love your neighbor as yourself**.
- And the final wish that we your clergy ask of you, our spiritual children, is your prayers. This is love. Fathers Michael and Jason*

ST. SPYRIDON AND THE PROMISE

St. Spyridon might not be the patron saint of tithing, but for one family, his intercession led them to tithe



There was an event, a moment, when we began to tithe, and it took me entirely by surprise.

My jaw literally dropped when my husband told me we were going to begin tithing, giving 10% of our income to our church. How much we give has been a difficult and ongoing discussion since even before we were married. I come from a family of limited

means that tithed without excuses, and I expected the same from my own newly-forming family. On the other hand, my husband understood tithing as the goal, but when he assessed our financial situation, he couldn't see room for that level of giving. To be fair, I don't worry very much about what is in our bank account now or in the future. So, we started our married life giving a small percentage of our income, but we were committed to slowly increasing that percentage until we reached tithing.

That's why my husband's announcement that we were about to begin tithing came as such a surprise. To be precise, though, his words were that we "would begin to tithe IF...." You see, he had made a promise to St. Spyridon that if a serious situation at work would be resolved, he would begin to tithe. I responded, "It's going to work out! St. Spyridon won't let you off of a promise like that one!"

St. Spyridon was the saint to whom we had turned for help for the simple reason that an important meeting on the work matter had been scheduled for the Feast of St. Spyridon. We placed our need for help in the saint's hands and prayers, although at first, I didn't know

about the promise my husband had made. We had been told to expect the worst, that situations like my husband's would rarely be resolved his favor. Still, we hoped and prayed...and worried.

Not long thereafter, all involved in the issue were surprised to hear that it was resolved quickly in my husband's favor. We give glory to God and have a new, deep love and gratitude toward his servant, St. Spyridon! Immediately thereafter, we began to tithe. Some wise advice guided us: "Don't overthink the basis of your tithe. Simply pledge 10% of the adjusted gross income on your tax return."

Has tithing dramatically affected our spending and finances? Honestly, no. We are a very middle-class family of modest means. Most of our income pays for the basics—food, clothing, and shelter—but we also spend plenty on entertainment and nonessentials, even today as we did in our "pre-tithing" days. While we are tempted from time to time to think about what we could do or buy if we weren't tithing, we try instead to consider this: "...give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back" (Luke 6:36).

Empowered to Pray

Prayer is the gift of the Spirit. Often we wonder how to pray, when to pray, and what to pray. We can become very concerned about methods and techniques of prayer. But finally it is not we who pray but the Spirit who prays in us.

Paul says: "The Spirit ... comes to help us in our weakness, for, when we do not know how to pray properly, then the Spirit personally makes our petitions for us in groans that cannot be put into words; and he who can see into all hearts knows what the Spirit means because the prayers that the Spirit makes for God's holy people are always in accordance with the mind of God" (Romans 8:26-27). These words explain why the Spirit is called "the Consoler."

DEATH

What a Wonderful Way to Explain It

A sick man turned to his doctor, as he was preparing to leave the examination room and said,

"Doctor, I am afraid to die. Tell me what lies on the other side."

Very quietly, the doctor said, "I don't know."

"You don't know? You, a Christian man, do not know what is on the other side?"

The doctor was holding the handle of the door; on the other side of which came a sound of scratching and whining, and as he opened the door, a dog sprang into the room and leaped on him with an eager show of gladness.

Turning to the patient, the doctor said, "Did you notice my dog? He's never been in this room before. He didn't know what was inside. He knew nothing except that his master was here, and when the door opened, he sprang in without fear.

I know little of what is on the other side of death, but I do know one thing... I know my Master is there and that is enough."



Saints Constantine & Helen Greek Orthodox Church of Washington D.C.

Reverend Father Michael Eaccarino, Protospresbyter / Reverend Father Jason Houck, Presbyter

Young at Heart sponsoring an afternoon out!

Les Miserables

Montgomery College Dinner Theatre

Niko Stamos is in this presentation!

Sunday, July 27, 2014

Doors open 12:30pm

Show starts approximately 2:15pm

Wheelchair accessible

\$51 adult \$39.50 12 & under

Price includes buffet lunch & play

RSVP by June 29

Helen Thornberg

301-949-1788 bwt602r@aol.com

*discount if we have 20 or more

JESUS CHRIST

THE SAME: YESTERDAY, TODAY, AND FOREVER



HIS EMINENCE

METROPOLITAN KALLISTOS OF DIOKLEIA

(TIMOTHY WARE)

ST. MARK ORTHODOX CHURCH
7124 RIVER ROAD, BETHESDA, MD

SATURDAY, JUNE 28, 2014
DIVINE LITURGY – 9:30 AM
BRUNCH – 11:00 AM
LECTURE AND DISCUSSION – 12:00 NOON

METROPOLITAN KALLISTOS
PROFESSOR EMERITUS, OXFORD UNIVERSITY
AUTHOR OF *THE ORTHODOX CHURCH*, *THE ORTHODOX WAY*, & *THE INNER KINGDOM*
ORTHODOX CO-CHAIR OF THE INTERNATIONAL ANGLICAN-ORTHODOX DIALOGUE
MEMBER OF THE INTERNATIONAL ORTHODOX-CATHOLIC DIALOGUE
SPEAKER AND CO-FOUNDER OF THE ORIENTALE LUMEN CONFERENCES

FREE AND OPEN TO THE PUBLIC

FOR FURTHER DETAILS CALL 301-229-6300.

NEW STEWARDS

NEW STEWARDS FOR THIS WEEK AS OF JUNE 13, 2014.



**Mrs. Helen Chanakas
Mr. & Mrs. Max Schindler
Mr. & Mrs. John Passas
Ms. Patricia Stathopoulos
Mrs. Diana S. Laco**

Stewardship cards are available in the Narthex of the Church, or you may contact the Church office, and we will gladly send one to you by mail!

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: FatherMichael@schgocdc.org

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 301-681-5648 ted@greek123.com</p>	<p>SUNDAY SCHOOL</p> <p>Tara Kavadias 240-476-6715 tarakavadias@yahoo.com</p>
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<p>ADULT RELIGIOUS EDUCATION</p> <p>Fr. Jason Houck 301-502-3762 FatherJason@schgocdc.org</p>	<p>YOUNG AT HEART</p> <p>Helen Thornberg 301-949-1788 bwt602r@aol.com Kathy Matrakas 301-439-6958 klukia14@gmail.com</p>	<p>STEWARDSHIP</p> <p>Sotirios Nasios snasios@yahoo.com Kathy Matrakas 301-439-6958 klukia@gmail.com</p>

PARISH LIFE

Monday Δευτέρα 6/16/14 Fish Allowed	2nd Monday after Pentecost Apostles Fast Begins Today
Tuesday Τρίτη 6/17/14 Fish Allowed	
Wednesday Τετάρτη 6/18/14 Strict Fast	6:00 - 7:00pm Paraklesis to the Theotokos
Thursday Πέμπτη 6/19/14 Fish Allowed	
Friday Παρασκευή 6/20/14 Strict Fast	
Saturday Σάββατον 6/21/14 Fish Allowed	
Sunday Κυριακή 6/22/14 Fish Allowed	2nd Sunday of Matthew 7:00 - 8:15am Orthros / Ορθρος 8:15 - 9:45am Divine Liturgy / Θ. Λειτουργία