



Saints Constantine and Helen
Greek Orthodox Church



July 6, 2014
4th Sunday of Matthew

Please come to Church Services



Παρακαλώ ελάτε στις ακολουθίες της Εκκλησίας

“Come to me those who are tired and heavy laden with problems, and I will give you rest” (Matth. 11:28)

«Δεῦτε πρὸς με πάντες οἱ κοπιῶντες καὶ πεφορτισμένοι, κἀγὼ ἀναπαύσω ὑμᾶς» (Ματθ. 11:28)



THE MISSION OF THE STS. CONSTANTINE & HELEN GREEK ORTHODOX CHURCH OF WASHINGTON DC

IN SILVER SPRING, MARYLAND 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 - Email: fm@papouli.net

Fr. Jason: (301) 502-3762

ΟΙ ΙΕΡΕΙΣ ΣΑΣ ΕΙΝΑΙ ΣΤΗ ΔΙΑΘΕΣΗ ΣΑΣ 24/7.

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

Σας ευχαριστούμε!



ΥΜΝΟΙ ΤΗΣ ΗΜΕΡΑΣ

Αναστάσιμο Απολυτίκιον. Ηχος Γ΄

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιᾶσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

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 περίσωζε διὰ παντός 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 τῆ οἰκουμένη δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.

Κοντάκιον. Ηχος Β΄

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

HYMNS OF THE DAY

Resurrectional Apolytikion. Mode 3

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His 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 2

O Protection of Christians unshamable, mediation with the Creator immovable, we sinners beg you, do not despise the voices of our prayers, but anticipate, since you are good, and swiftly come unto our aid as we cry out to you with faith: Hurry to intercession, and hasten to supplication, O Theotokos who defend now and ever those who honor you.

ΑΠΟΣΤΟΛΟΣ

ΠΡΟΣ ΡΩΜΑΙΟΥΣ Σ´ 18 - 23¹⁸

Ετσι δε, αφού εγίνατε ελεύθεροι από την αμαρτίαν, υπεδουλώθητε εις την αγιότητα και την αρετήν. ¹⁹ Χρησιμοποιώ ανθρωπίνας εικόνας και εκφράσεις εξ αιτίας της αδυναμίας, που παρουσιάζει η ανθρωπίνη, η σαρκική ακόμη κατάστασίς σας. Δηλαδή όπως είχατε προσφέρει τα μέλη σας δούλα εις την ακαθαρσίαν της αμαρτίας και της ανομίας, δια να διαπράττετε την αμαρτίαν, έτσι και τώρα πρέπει να προσφέρετε τα μέλη σας δούλα εις την αρετήν, δια να πρωχωρήσετε και επιτύχετε την αγιότητα.

Αλλοτε, όταν ήσθε δούλοι εις την αμαρτίαν, ήσθε μεν ελεύθεροι ως προς την δικαίωσιν και την αρετήν, που θέλει ο Θεός, ²¹ αλλά ποίον καρπόν, ποίον κέρδος και ωφέλειαν είχατε τότε από τα έργα της αμαρτίας, δια τα οποία τώρα εντρέπεσθε κάθε φοράν που τα ενθυμείσθε. Διότι η κατάληξις εκείνων είναι ο αιώνιος πνευματικός θάνατος. ²² Τώρα δε που απεκτήσατε την ελευθερίαν και απηλλάγητε από την δουλείαν της αμαρτίας, υπεδουλώθητε δε θεληματικά στον Θεόν, έχετε ως καρπόν την προκοπήν εις την αγιότητα τελικόν δε και αναφαίρετον κέρδος την αιώνίαν ζωήν. ²³ Διότι αι μεν συνέπειαι και ο μισθός της αμαρτίας είναι ο πνευματικός θάνατος, το δε δώρον του Θεού προς εκείνους, που τον υπακούουν, είναι η αιώνιος ζωή δια του Κυρίου ημών Ιησού Χριστού.

EPISTLE

St. Paul's Letter to the Romans 6:18-23

BRETHREN, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

ΕΥΑΓΓΕΛΙΟ

ΚΑΤΑ ΜΑΤΘΑΙΟΝ Η´ 5 - 13⁵

Ενώ δε εισήλθεν ο Ιησούς εις την Καπερναούμ, τον επλησίασε με σεβασμόν ένας εκατόνταρχος παρακαλών αυτόν και λέγων· ⁶ “Κυριε, ο δούλος μου είναι κατάκοιτος στο σπίτι

μου παράλυτος και βασανίζεται από τρομερούς πόνους”. ⁷ Και λέγει προς αυτόν ο Ιησούς· “εγώ θα έλθω και θα τον θεραπεύσω”. ⁸ Ο εκατόνταρχος όμως απεκρίθη και είπε· Κυριε, δεν είμαι εγώ άξιος να εισέλθης συ, ο Παντοδύναμος, κάτω από την στέγην μου. Αλλά πες ένα μόνον λόγον και αμέσως θα θεραπευθή ο δούλος μου. ⁹ Ημπορείς δε να διατάξης και η διαταγή σου θα γίνη έργον. Διότι και εγώ είμαι άνθρωπος, και ευρίσκομαι υπό την εξουσίαν των ανωτέρων μου, έχω δε υπό τας διαταγάς μου στρατιώτας και λέγω στούτον, πήγαινε και πηγαίνει, και στον άλλον, έλα και έρχεται, και στον δούλον μου κάμε τούτο και το κάμνει”. ¹⁰ Ακούσας ο Ιησούς τα γεμάτα πίστιν αυτά λόγια εθαύμασε και είπεν εις αυτούς που τον ακολουθούσαν· “σας διαβεβαιώνω, ότι ούτε μεταξύ των Ισραηλιτών δεν εύρηκα τόσον μεγάλην πίστιν. ¹¹ Αληθινά δε σας λέγω ότι από τας χώρας της Ανατολής και της Δυσεως, από όλα τα μέρη της οικουμένης, θα έλθουν πολλοί και θα παρακαθήσουν στο πνευματικόν δείπνον μαζί με τον Αβραάμ και τον Ισαάκ και τον Ιακώβ εις την βασιλείαν των ουρανών. ¹² Οι δε κληρονόμοι της βασιλείας των ουρανών, (οι απόγονοι δηλαδή των πατριαρχών, που έχουν τας επαγγελίας του Θεού), θα εκδιωχθούν και θα ριφθούν στο πυκνότετον σκότος του Αδου. Εκεί θα είναι ο κλαυθμός και το τρίξιμο των οδόντων”. ¹³ Και είπεν ο Ιησούς στον εκατόνταρχον· “πήγαινε και όπως είστεπισες, ότι δηλαδή ημπορώ με ένα μου λόγον να θεραπεύσω τον δούλον σου, ας γίνη προς χάριν σου”. Και πράγματι εθεραπεύθη ο δούλος του αμέσως κατά την ώρα εκείνην.

GOSPEL

The Gospel of Matthew 8:5-13

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And he said to him, "I will come and heal him." But the centurion answered him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, he marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

SAINTS AND FEASTS



6 Ιουλίου - Όσιος Σισώης ο μεγάλος

Ο Όσιος Σισώης έλαμψε με την πνευματική του σύνεση, την ταπεινοφροσύνη, τη φιλαδελφία και το ενδιαφέρον του στο να επιστρέψει και ένα μόνο αμαρτωλό. Μεταξύ των ασκητών αναδείχτηκε ονομαστός και μέγας, αθλητής της πρώτης γραμμής, τύπος εγκράτειας, αλλά και ψυχή που προσευχόταν για δικαίους και αδικούς, πλούσιους και φτωχούς, άρχοντες και ιδιώτες, κληρικούς και λαϊκούς και γενικά για όλο τον κόσμο. Στη γη ήταν, αλλά η ζωή του ήταν ουράνια. Υψωμένος πάνω από τη σάρκα, που χαλιναγωγούσε τέλεια με τη χάρη του Αγίου Πνεύματος και τη θεία κοινωνία του σώματος και του αίματος του

Χριστού. Η μνήμη του μένει υπόδειγμα σ' όσους θέλουν την ασκητική ζωή, για να είναι γνήσιοι και πραγματικοί ασκητές, όχι μόνο με την αντοχή του σώματος, αλλά και με την πνευματική αναγέννηση και τη λάμψη της αρετής.

July 6 - Sisoës the Great

This Saint, great and renowned among the ascetics of Egypt, lived in the fourth century in Scete of Nitria. After the death of Saint Anthony the Great, he left Scete to live in Saint Anthony's cave; he said of this, "Thus in the cave of a lion, a fox makes his dwelling." When Sisoës was at the end of his long life of labours, as the Fathers were gathered about him, his face began to shine, and he said, "Behold, Abba Anthony is come"; then, "Behold, the choir of the Prophets is come"; his face shone yet more bright, and he said, "Behold, the choir of the Apostles is come." The light of his countenance increased, and he seemed to be talking with someone. The Fathers asked him of this; in his humility, he said he was asking the Angels for time to repent. Finally his face became as bright as the sun, so that the Fathers were filled with fear. He said, "Behold, the Lord is come, and He says, 'Bring Me the vessel of the desert,'" and as he gave up his soul into the hands of God, there was as it were a flash of lightning, and the whole dwelling was filled with a sweet fragrance.

6 Ιουλίου - Άγιος Palladius (Παλλάδιος)

Ο Άγιος Palladius (Παλλάδιος) ήταν κελτικής καταγωγής και υπηρετούσε ως διάκονος στη Ρώμη. Ο πάπας Κελεστίνος Α' (βλέπε [8 Απριλίου](#)), εκτιμώντας τις ικανότητές του, τον προσέλαβε ως αρχιδιάκονό του.

Ο αιρετικός Αγρικόλας, ένας από τους κορυφαίους πελαγιανιστές, είχε αναστατώσει τότε με τα ψυχοφθόρα κηρύγματά του την Εκκλησία των Βρετανικών Νήσων. Ο Άγιος Παλλάδιος έπεισε τον πάπα να στείλει εκεί, το 429 μ.Χ., τους αγίους επισκόπους Γερμανό της Ωξέρ και Λούπο της Τρουά, οι οποίοι κατόρθωσαν να εξαφανίσουν την αίρεση με τη συστηματική και επίμονη ιεραποστολή τους.

Το 431 μ.Χ., δύο χρόνια μετά την άνοδο του Λόουνγκαϊρ στο θρόνο του «υπέρτατου βασιλιά» της Ιρλανδίας -που λεγόταν τότε Σκότια- ο πάπας έστειλε τον Άγιο Παλλάδιο στην όμορφη

νησιωτική αυτή χώρα της Β. Ευρώπης ως πρώτο επίσκοπο της, για να κηρύξει το ευαγγέλιο και να θεμελιώσει την τοπική Εκκλησία. Ο άγιος αποβιβάστηκε στο Λάινστερ με δώδεκα συνοδούς, που θα τον βοηθούσαν στο ιεραποστολικό του έργο. Δυστυχώς όμως, δεν μπόρεσε να μείνει εκεί για πολύ. Στα τέλη του ίδιου χρόνου αναγκάστηκε να εγκαταλείψει το νησί, διωγμένος από τον ηγεμόνα Ντάθι. Πρόλαβε ωστόσο, να βαπτίσει ευάριθμους Σκώτους (Ιρλανδούς) και να κατασκευάσει με τους συνεργάτες του τρεις ξύλινους ναούς. Φεύγοντας, άφησε πίσω του τέσσερις από τους δώδεκα συντρόφους του (Αυγουστίνο, Βενέδικτο, Σίλβεστρο και Σολίνο), τα χειρόγρατά του, καθώς και τεμάχια αγίων λειψάνων. Τον ευαγγελισμό της χώρας πραγματοποίησε αργότερα, κάτω από ευνοϊκές συνθήκες, ο κατεξοχήν απόστολος της Ιρλανδίας άγιος Πατρίκιος (+ 461 μ.Χ.) (βλέπε 17 Μαρτίου).

Ο Άγιος Παλλάδιος στράφηκε προς τις βόρειες επαρχίες της Βρετανίας, όπου ζούσαν πολλοί Σκώτοι (Ιρλανδοί) μετανάστες και η ημιάγρια φυλή των Πικτών. Στην περιοχή αυτή, τη γνωστή και σήμερα ως Σκωτία, κήρυξε την ευαγγελική αλήθεια για δεκαεννέα ολόκληρα χρόνια. Και ήταν τέτοια η επιτυχία του, ώστε, μολοντί ο χριστιανισμός είχε φτάσει εκεί από τον 2ο αιώνα μ.Χ., η τοπική παράδοση θεωρεί ως απόστολο και πρώτο επίσκοπο Σκωτίας τον άγιο Παλλάδιο. Ο Άγιος Παλλάδιος απεβίωσε ειρηνικά το 450 μ.Χ.



6 Ιουλίου - Ανάμνηση θαύματος Αγίας Ευφημίας

Κατά την ημέρα αυτή, γίνεται ανάμνηση του θαύματος που έγινε από την αγία Ευφημία, όταν, κατά την εποχή του Μαρκιανού και της Πουλχερίας, συντάχθηκαν δύο τόμοι που περιείχαν τον όρο της Συνόδου, που έγινε στη Χαλκηδόνα (451 μ.Χ.) και ήταν ένας των ορθοδόξων και ένας των Μονοφυσιτών. Για να πάψει λοιπόν η έριδα μεταξύ των δύο πλευρών, αποφασίστηκε να τεθούν και οι δύο τόμοι μέσα στη λάρνακα της αγίας Ευφημίας, για να φανεί ποιόν από τους δύο θα δεχτεί η Αγία. Μετά την αποσφράγιση της λάρνακας, βρέθηκε ο μεν των αιρετικών τόμος στα πόδια της Αγίας πεταμένος, ο δε των ορθοδόξων στο στήθος της. Να σημειώσουμε ότι η κυρίως μνήμη του μαρτυρίου της αγίας Ευφημίας τελείται στις 16 Σεπτεμβρίου.

July 11 - Euphemia the Great Martyr

In 451, during the reign of the Sovereigns Marcian and Pulcheria, the Fourth Ecumenical Council was convoked in Chalcedon against Eutyches and those of like mind with him. After much debate, the Fathers who were the defenders of Orthodoxy, being 630 in number, agreed among themselves and with those who were of contrary mind, to write their respective definitions of faith in separate books, and to ask God to confirm the truth in this matter. When they had prepared these texts, they placed the two tomes in the case that held Saint Euphemia's relics, sealed it, and departed. After three days of night-long supplications, they opened the reliquary in the presence of the Emperor, and found the tome of the heretics under the feet of the Martyr, and that of the Orthodox in her right hand. (For her life, see Sept. 16.)

CHURCH ANNOUNCEMENTS

HOPE/JOY: “Pizza party and play by the pond.” After Liturgy on Sunday, July 13th. Join us for lunch, play time, and a little talk with Fr. Jason at the beautiful grounds behind St. Andrew’s. Approximately 10:30-11:45 AM. Please RSVP to Fr. Jason at fatherjason@schgocdc.org. Phone: 301-502-3762.

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.

PROSPHORO & COMMANDARIA WINE: If you would like to donate Prosporo or Commandaria wine when submitting names for Commemoration at the Prothesis, or for a Trisagion/Memorial it would be greatly appreciated.

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.

ABOUT RECEIVING HOLY COMMUNION IN THE ORTHODOX CHURCH:

As an extension of our hospitality and outreach ministries, we welcome all who have come to worship with us today. Whether you are an Orthodox Christian, an inquirer to the faith or a first-time guest in an Orthodox Church, we are pleased to have you with us and thankful for the opportunity to share and bear witness to this ancient and timeless Faith. In accordance with the holy canons and traditions of the Church, please note that Holy Communion and the other Holy Mysteries (Sacraments) are received only by those who are baptized and chrismated (confirmed) Orthodox Christians who have properly prepared through prayer, fasting and confession. All others are invited receive the antidoron (blessed bread) and a blessing from the priest at the conclusion of the Divine Liturgy. The antidoron is not a sacramental offering, but is blessing and a reflection of the agape (love) feast that followed worship in the ancient Christian Church. Please join our parish family for hospitality after the holy services and allow us to meet and welcome you. Interested in joining or learning more about the Orthodox Christian Faith? Please see Father Michael after the Liturgy.

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, Presbyteria 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.

**HOW TO FOLLOW THE CHURCH SERVICES ON YOUR
SMART PHONE/IPAD:**

Open your smart phone/iPad.

Turn on Wifi.

Wifi Name: Greek Orthodox

Password: **Greekwireless.**

Go to a browser. Type in www.ematins.org .

Tap on www.agesinitiatives.com/dcs/public/dcs/.

Find the date.

You will see **Matins. Tap on GR-EN Text/Music.**

When **Matins is completed go back to the Table of Contents and tap on **Divine Liturgy**.**

Tap on GR-EN Text/Music.

Follow the Divine Liturgy complete in either Greek or English.

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, σωτηρίαν ἐπιζητῶν· ὼ Μῆτερ τοῦ Λόγου καὶ Παρθένε, τῶν δυσχερῶν καὶ δεινῶν με διάσωσον.

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

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*

Church Attendance Leads To A More Satisfying Life



By St. Nikolai Velimirovich

If you were to ask many people why they do not go to Church to pray, they will generally answer you: "I have no time, I have to work!"

Just look at those people who only work and do not go to Church, placing their trust only in their work and compare them with those who divide their time between work and prayer and you will quickly be convinced that the latter are more well off and, what is more important, they are more satisfied.

It is said about two neighboring tailors how unequal they were according to their work and prayer and according to their wealth and satisfaction. One of them had a large family and the other was a bachelor. The first had the habit of going to church every morning for prayer and the bachelor never went to church. Not only did the first work less but was even less a skillful master than the other. He had enough of everything and the other lacked everything. The first one asked the other how is it that he has everything although he works less? The one who prays to God responded that he attends church every day and, along the way, finds lost gold and he invited his neighbor, the bachelor, to go with him to prayer and they will share the discovered gold. Both neighbors began to attend church regularly and soon both became equal in abundance as well as in satisfaction. Naturally, they found no gold along the way but the blessing of God multiplies the abundance of true devout men.

Those who "Seek first the Kingdom of God and His righteousness" (Matthew 6:31), God adds and multiplies all that is necessary for their physical life.

On Relations with Those Who Do Evil

Concerning the fact that we must keep away from those who harm us, even if they are friends or are otherwise quite indispensable.



1. Abba Agathon said: “Even if someone is extremely dear to me, but I know that he leads me into faults, I cut him loose from myself.”
2. An Elder said: “We must flee from all who work iniquity, even if they be friends or relatives and even if they hold the office of Priest or King; for standing apart from those who work iniquity bestows on us friendship with God and boldness before Him.”
3. The same Elder said: “It is not profitable for us to cling to transgressors, neither in Church, nor in the marketplace, nor in the council, nor in any other realm; rather, we must completely refrain from relations with them....
4. A brother asked an Elder: “If my brother scandalizes me, do you want me to make a prostration to him?” The Elder answered: “Make a prostration, but cut yourself off from him; for we have Abba Arsenios, who said: “have love for all men, but keep a distance from all men.””

—*The Evergetinos. Book One. Hypothesis 23.*

STS. CONSTANTINE AND HELEN OF WASHINGTON DC
GREEK ORTHODOX CHURCH

2014 GREEK FESTIVAL

SATURDAY SEPTEMBER 6 12 NOON – 9:00 PM
SUNDAY SEPTEMBER 7 12 NOON – 9:00 PM

FEATURING

AUTHENTIC GREEK FOOD

LIVE GREEK MUSIC

GREEK DANCE TROUP

MARKETPLACE



ON THE GROUNDS OF ST. ANDREW'S UKRAINIAN ORTHODOX CHURCH
15100 NEW HAMPSHIRE AVE, SILVER SPRING, MD 20905



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

Reverend Father Michael Eaccarino, Protopresbyter / 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

Save the Date!

Sts. Constantine & Helen of Washington D.C.
Nea Zoe Fundraiser

**A TICHES FAMILY
HOEDOWN**



Saturday, September 20, 2014
Smithsburg, Maryland

The fun begins at 4pm!

Join us for Barbecue, Drinks and **DANCING!**

\$100 per Ticket

\$75 for Ages 18-25

all proceeds go to Nea Zoe

NEW STEWARDS

NEW STEWARDS FOR THIS WEEK AS OF JULY 4, 2014.



**Mr. & Mrs. Christos Georgakopoulos
Mr. Antonios Halasohoris**

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: 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.

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PARISH LIFE

Monday Δευτέρα 7/7/14	
Tuesday Τρίτη 7/8/14	
Wednesday Τετάρτη 7/9/14 Strict Fast	6:00 - 7:00pm Paraklesis to the Theotokos
Thursday Πέμπτη 7/10/14	
Friday Παρασκευή 7/11/14 Strict Fast	Great Marty Euphemia 8:30 – 10:30am Orthros & Divine Liturgy
Saturday Σάββατον 7/12/14	
Sunday Κυριακή 7/13/14	Sunday of the Holy Fathers 7:00 - 8:15am Orthros / Ορθρος 8:15 - 9:45am Divine Liturgy / Θ. Λειτουργία