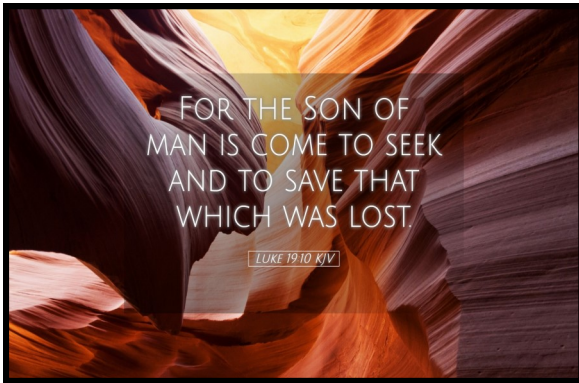




# Saints Constantine & Helen Greek Orthodox Church of Washington, D.C.



January 26, 2025  
15th Sunday of Luke



## Church Announcements

**Bible Study/Acts of the Apostles** - with Father Dimitri begins this week on Thursday January 23rd, February 6th, and February 20th (6:30 pm to 8:00 pm in the Recachinas Grand Hall).

**Godparent's Sunday** - February 2nd. Students should plan to stay in church with their Godparents and receive Holy Communion.

**Orthodox Pilgrimage Meeting:** An information meeting for the Orthodox Pilgrimage Trip in October 2025, will be held on Sunday, February 2nd, in the Antigone Recachinas Grand Hall directly following the Divine Liturgy. For more information, please contact Helen Nixon.

**SCHGOCDC Men's Fellowship Dinner** - Thursday, February 27th. Please see Chris Malagisi for more information.

**Greek Dance Teacher Wanted!** - We're looking for someone to help kick off a fun, adult Greek dance group at our church! If you know some basic dances often seen at Greek events, we'd love to hear from you. This is a relaxed, social opportunity to teach adults of all ages and help spread the joy of Greek dancing. Interested or want to learn more? Contact Jeanette Marketon at [sch.greekdance@gmail.com](mailto:sch.greekdance@gmail.com).

### Upcoming Church Services:

**Thursday, January 30th - Synaxis of the Three Hierarchs - Divine Liturgy: 9:30am**

**Sunday, February 2nd: Presentation of our Lord**  
Orthros 8:15am & Divine Liturgy: 9:30am

**Please Note:** The first row of chairs on the right and left side of the church sanctuary are reserved for memorials and for the elderly with disabilities. All church services are recorded & broadcast live.

church center

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# His Eminence Archbishop Elpidophoros Visit Sunday January 19th





## THE EPISTLE - St. Paul's First Letter to Timothy 4:9-15

Timothy, my son, the saying is sure and worthy of full acceptance. For to this end we toil and suffer reproach, because we have our hope set on the living God, who is the Savior of all men, especially of those who believe. Command and teach these things. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Till I come, attend to the public reading of scripture, to preaching, to teaching. Do not neglect the gift you have, which was given you by prophetic utterance when the council of elders laid their hands upon you. Practice these duties, devote yourself to them, so that all may see your progress.

### ΑΠΟΣΤΟΛΟΣ - Πρὸς Τιμόθεον α' 4:9-15

Τέκνον Τιμόθεε, πιστὸς ὁ λόγος καὶ πάσης ἀποδοχῆς ἄξιος. Εἰς τοῦτο γὰρ καὶ κοπιῶμεν καὶ ὀνειδιζόμεθα, ὅτι ἠλπίκαμεν ἐπὶ θεῷ ζῶντι, ὃς ἐστὶν σωτὴρ πάντων ἀνθρώπων, μάλιστα πιστῶν. Παράγγελλε ταῦτα καὶ δίδασκε. Μηδεὶς σου τῆς νεότητος καταφρονεῖτω, ἀλλὰ τύπος γίνου τῶν πιστῶν ἐν λόγῳ, ἐν ἀναστροφῇ, ἐν ἀγάπῃ, ἐν πνεύματι, ἐν πίστει, ἐν ἀγνείᾳ. Ἔως ἔρχομαι, πρόσεχε τῇ ἀναγνώσει, τῇ παρακλήσει, τῇ διδασκαλίᾳ. Μὴ ἀμέλει τοῦ ἐν σοὶ χαρίσματος, ὃ ἐδόθη σοὶ διὰ προφητείας μετὰ ἐπιθέσεως τῶν χειρῶν τοῦ πρεσβυτερίου. Ταῦτα μελέτα, ἐν τούτοις ἴσθι, ἵνα σου ἡ προκοπὴ φανερὰ ἦ ἐν πᾶσιν.

### THE GOSPEL - Luke 19:1-10

At that time, Jesus was passing through Jericho. And there was a man named Zacchaios; he was a chief collector, and rich. And he sought to see who Jesus was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see him, for he was to pass that way. And when Jesus came to the place, he looked up and said to him, "Zacchaios, make haste and come down; for I must stay at your house today." So he made haste and came down, and received him joyfully. And when they saw it they all murmured, "He has gone in to be the guest of a man who is a sinner." And Zacchaios stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor; and if I have defrauded any one of anything, I restore it fourfold." And Jesus said to him, "Today salvation has come to this house, since he also is a son of Abraham. For the Son of man came to seek and to save the lost."

### ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Λουκᾶν 19:1-10

Τῷ καιρῷ ἐκείνῳ, διήρχετο τὴν Ἱεριχῶ· καὶ ἰδοὺ ἀνὴρ ὀνόματι καλούμενος Ζακχαῖος, καὶ αὐτὸς ἦν ἀρχιτελώνης, καὶ οὗτος ἦν πλούσιος, καὶ ἐζήτει ἰδεῖν τὸν Ἰησοῦν τίς ἐστι, καὶ οὐκ ἠδύνατο ἀπὸ τοῦ ὄχλου, ὅτι τῇ ἡλικίᾳ μικρὸς ἦν. καὶ προδραμῶν ἔμπροσθεν ἀνέβη ἐπὶ συκομορέαν, ἵνα ἴδῃ αὐτόν, ὅτι ἐκείνης ἡμέλλε διέρχεσθαι. καὶ ὡς ἦλθεν ἐπὶ τὸν τόπον, ἀναβλέψας ὁ Ἰησοῦς εἶδεν αὐτόν καὶ εἶπε πρὸς αὐτόν· Ζακχαῖε, σπεύσας κατάβηθι· σήμερον γὰρ ἐν τῷ οἴκῳ σου δεῖ με μεῖναι. καὶ σπεύσας κατέβη, καὶ ὑπεδέξατο αὐτόν χαίρων. καὶ ἰδόντες πάντες διεγόγγυζον λέγοντες ὅτι παρὰ ἀμαρτωλῶ ἀνδρὶ εἰσῆλθε καταλυσαί. σταθεὶς δὲ Ζακχαῖος εἶπε πρὸς τὸν Κύριον· ἰδοὺ τὰ ἡμίση τῶν ὑπαρχόντων μου, Κύριε, δίδωμι τοῖς πτωχοῖς, καὶ εἰ τινὸς τι ἐσυκοφάντησα, ἀποδίδωμι τετραπλοῦν. εἶπε δὲ πρὸς αὐτόν ὁ Ἰησοῦς ὅτι σήμερον σωτηρία τῷ οἴκῳ τούτῳ ἐγένετο, καθότι καὶ αὐτὸς υἱὸς Ἀβραάμ ἐστίν. ἦλθε γὰρ ὁ υἱὸς τοῦ ἀνθρώπου ζητῆσαι καὶ σῶσαι τὸ ἀπολωλός.



## FUTURE MEMORIALS

**February 2nd** - Anastasios Karavangelos and Nicholas J. & Olga K. Matthews

**February 16th** - Vasso Kavadias & Alexander Kotsopoulos

**February 23rd** - Konstantinos & Vasiliki Mihailidis, Theofanis Mihailidis and Minas & Kalliopi Prearis.

**March 2nd** - Stella V. Clark

**March 16th** - Demetra S. Chakalos and Christina Kotsiras

## PRAYER LIST

Evan, Despina, John, Dimosthenis, Stelios, Alexandra, Dionysia, Hariklia, Konstantinos, Paraskeve, Bridget, George, George, Peter, Matthew, Garifalia (Litsa), Clarence, Paul, Carolyn, Katherine, Vasilis "Bill", Litsa, Don, George, Helena, Bill, Andriana, Harry, Phil, Mark, Nikos, Anna, Evangelia, Kathy, Tina, Gloria, Demetrios, Andreas, Chrisoula, Panagiotis, Anastasia, George, Panagiota, Maria, Paul, Anna, Eleni, George.

## 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.

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## FROM THE CHANTERS STAND

by: Stelios Kontakiotis, Protopsaltis



**Heirmos:** It is the prototype first strophe of the ode of a Kanon. It serves as the model upon which the rest of the troparia in the ode are composed as isosyllabic and homotonic. The heirmos uses the language of the corresponding biblical canticle. The heirmos plays the role of automelon for the remaining troparia of the ode, which could for this reason also be termed prosomoia.

**Katavasia:** The heirmos is repeated at the end of each ode of the kanon. It is performed in a slower, more deliberate way, "with a common voice." More commonly, however, after the Kanon or, at least, at the first odes and synaxarion of the day, and can be chanted as a unit, all together as Katavasias with unique melodic grandeur. As it seems, within the liturgical usage of the Ecumenical Patriarchate of Constantinople only on the 21st of November (the feast of the Entrance of the Virgin into the Temple) do the chanters come down (katevasion = that which brings down) from their normal positions to stand in the middle of the Church to show their reverence, as was the common practice in more ancient times.

# Start the New Year with a House Blessing

As we prepare to renew and refresh our spiritual lives, we invite you to schedule a visit for the annual house blessing. Together, we will pray for God's protection, guidance, and grace to fill your home in the coming year.

**Please contact Penny, (240-389-1366-ext. 2),  
in our church office to set yours up today.**

*Father Dimitri and Father Kallinikos*



# GODPARENT'S SUNDAY

On February 2nd, students should plan to stay in church with their Godparents and receive Holy Communion. If you would like to have a picture taken with your Godchild, after the Divine Liturgy has concluded, please sit in the Sunday School section. Our photographer will be on hand to take pictures after the church has cleared.



## Godparents Sunday

For all of you who were baptized into  
Christ have clothed yourselves with  
Christ. Galatians 3:37

**SUNDAY FEBRUARY 2**

# JOIN US



## BASKETBALL TOURNAMENT

February 8-9, 2025

We invite you to join us at our GOYA Basketball Tournament the second weekend in February! We will be hosting our sister parishes for a weekend of basketball, fellowship and fun!

Basketball Games will be held at:  
Covenant Life School (Saturday 8am-5pm; Sunday 1-5pm) &  
Islamic Center of Maryland (Saturday only 8am-1pm)

Saturday GOYA Dance & Sunday Divine Liturgy will be held at:  
Saints Constantine and Helen Greek Orthodox Church



Click or scan the QR code for Sponsorships & Donations

# MEN'S FELLOWSHIP DINNER

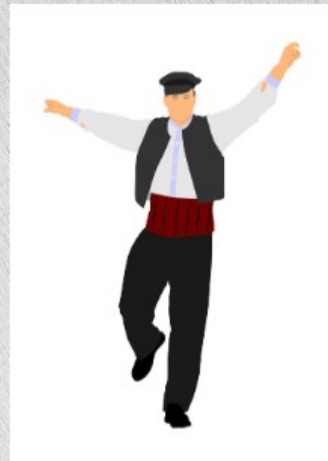
[Click here to make your reservation and payment!](#)

Saints Constantine and Helen  
Greek Orthodox Church  
of Washington, DC  
PRESENTS

February 27

6:30-9pm

## Men's Fellowship Dinner



Speaker: Rev. Dimitrios Lee

721 Norwood Rd  
Silver Spring, MD



\$39/ticket - Register using QR Code

Questions: [sch.adultedu@gmail.com](mailto:sch.adultedu@gmail.com) or (716) 440-9004 (c)

All men (18+) of Sts. Constantine & Helen - and their guests, are invited to our first Men's Fellowship Dinner! The evening includes dinner, fellowship, and Fr. Dimitri will lead a Pre-Lenten, faith-based discussion tailored towards men.

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# PHILOPTOCHOS LENTEN RETREAT



## SAVE THE DATE

PHILOPTOCHOS  
LENTEN RETREAT ON  
SATURDAY, MARCH 29, 2025

special guest speaker  
Diane Apostolos-Cappadona

### HOSTED BY:

Saint Sophia and Saints Constantine and Helen  
Philoptochos of Washington, D.C.

### LOCATION:

Saint Sophia Cathedral, Frosene Center



**SEASON 2 HAS BEGUN !!**  
**[Click here to listen to Seasons 1 & 2!](#)**

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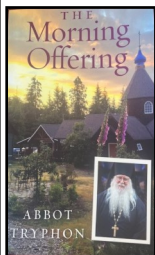
# Saint Kosmas Aitolos Bookstore!

## Happy New Year !

Begin 2025 by reading a devotional for each day of the year

### The Morning Offering

by Abbot Tryphon

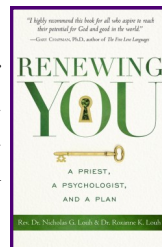


Thousands of readers and listeners have benefited from the fatherly wisdom and insight of The Morning Offering, the blog and podcast of Abbot Tryphon of All-Merciful Saviour Monastery, Vashon Island, Washington. Now Abbot Tryphon's reflections on faith and contemporary life have been collected in book form, with one entry for each day of the year. Start your day with The Morning Offering and keep yourself oriented toward Christ all through the day.

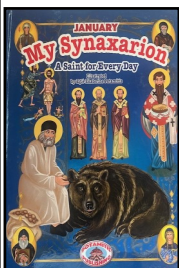
### Renewing You: A Priest, a Psychologist, and a Plan

by Rev. Dr. Nicholas G. Louh and Dr. Roxanne K. Louh

Are you struggling in your walk with Christ? Do you want to rediscover your reason for living, the person you were created to be? *Renewing You: A Priest, a Psychologist, and a Plan* gives you the keys to unlock areas of your life that hold you back from fully experiencing the renewal and transformation God has in mind for you. Co-authored by a priest and a psychologist, *Renewing You* combines principles of spiritual growth with psychological tools to help you become your best self, fully connected with God's purpose for you.



### My Synaxarion – A Saint for Every Day – JANUARY



The calendar year begins with the Feast of the Namegiving of Our Lord. Still, we have chosen to feature the life of Saint Basil the Great for January 1.

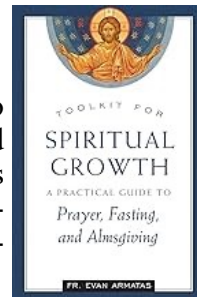
In the second part of this volume, you will find a surprise: a tool to teach your children how to honor the gift of being human and the temple of the Holy Spirit: their body! You will find the Lorax of Saint Gildas, a prayer that names every organ and vital part of the human organism in a prayer.

### Toolkit for Spiritual Growth:

### A Practical Guide to Prayer, Fasting, and Almsgiving

by Father Evan Armatas

Are you a new Orthodox Christian, confused about what you need to do to grow in your Faith? Or perhaps you've been Orthodox for some time but could use a refresher course in basic spirituality. Popular podcaster Fr. Evan Armatas explains the fundamentals of the three-legged stool of Orthodox practice prayer, almsgiving, and fasting in terms that everyone can understand and implement. Let Fr. Evan help you establish your life in Christ on a firm footing.



# Antigone Recachinas Grand Hall



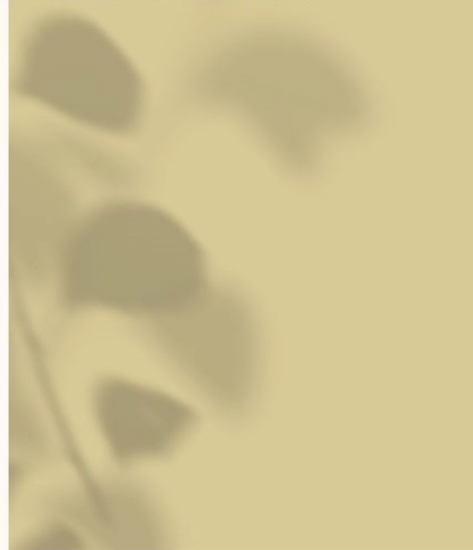
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721 Norwood Road, Silver Spring, MD 20905

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**Reverend Father Dimitrios Lee, Presiding Priest**

Email: frd@schgocdc.org

**Very Reverend Father Kallinikos Chasapis, Assistant Priest**

Email: fk@schgocdc.org

|                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                           |
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