

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

March 2, 2025

**Forgiveness Sunday** 



### "If you forgive men their trespasses, your heavenly Father also will forgive you"



### **Church Announcements**

**Clean Monday - KAOAPA AEYTEPA March 3rd** - Service of the Lenten Hours @ 9:30am . Following Church service, please join us for a Lenten Luncheon Retreat with Father Dimitri and Father Kallinikos in the Versis center. **Please bring your favorite Lenten dish to share.** 

**Bible Study/Acts of the Apostles - New date**. The next Bible Study session, with Father Dimitri, will be on Thursday, March 6th, (6:30 pm to 8:00 pm) in the Antigone Recachinas Grand Hall.

**Saturday of Souls:** The last Saturday of Souls will be celebrated on Saturday, March 8th. Please see Kathy Kafarakis or JoAnn Nasios if you would like to order a bowl of Kolyva.

**Community Outreach for March** - Partnering with Montgomery County Coalition for the Homeless. We will be preparing spaghetti dinner for 200 residents of the shelter. Join us at 2:00pm on Sunday March 9, in the Church kitchen to cook the meal and then deliver to the shelter. Dinner must be dropped off by 5:00 pm.. For more information, please see Georgia Ferentinos.

### **Upcoming Church Services:**

Monday, March 3rd: Service of Lenten Hours: 9:30am Wednesday, March 5th: Divine Liturgy of the Pre-Sanctified Gifts: 6:30pm Friday, March 7th: Salutations to the Theotokos: 6:30pm

Saturday, March 8th: Saturday of Souls: Orthros 8:15am & Divine Liturgy: 9:30am

Sunday, March 9th: Sunday of Orthodoxy: 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.

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#### SAINTS CONSTANTINE AND HELEN GREEK ORTHODOX CHURCH OF WASHINGTON, DC



# CLEAN MONDAY ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ

MONDAY, MARCH 3, 2025 SERVICE OF THE HOURS - 9:30AM FOLLOWED BY A LENTEN LUNCHEON RETREAT WITH FR. DIMITRI & FR. KALLINIKOS IN THE VERSIS CENTER

PLEASE BRING YOUR FAVORITE LENTEN DISH TO SHARE



# Lenten Calendar

#### Saints Constantine & Helen, WDC – Church Services

Monday, March 3	Clean Monday - Service of the Hours: 9:30am			
Wednesday, March 5 Vesperal Divine Liturgy of the Presanctified Gifts: 6:30pm				
Friday, March 7	Salutations to the Theotokos: 6:30pm			
Saturday, March 8	Saturday of Souls: Orthros 8:15am/Divine Liturgy: 9:30am			
Sunday, March 9	Sunday of Orthodoxy: Orthros 8:15am/Divine Liturgy: 9:30am			
Wednesday, March 12 Great Compline: 6:30pm				
Friday, March 14	Salutations to the Theotokos: 6:30pm			
Sunday, March 16	Sunday of St. Gregory Palamas: Orthros 8:15am/Divine Liturgy: 9:30am			
Wednesday, March 19 Vesperal Divine Liturgy of the Presanctified Gifts: 6:30pm				
Friday, March 21	Salutations to the Theotokos: 6:30pm			
Sunday, March 23	Sunday of the Veneration of the Holy Cross: Orthros 8:15am/Divine Liturgy: 9:30am			
Tuesday, March 25	Annunciation of the Holy Theotokos: Orthros 8:15am/Divine Liturgy: 9:30am			
Wednesday, March 26 Great Compline: 6:30pm				
Friday, March 28	Salutations to the Theotokos: 6:30pm			
Sunday, March 30	Sunday of St. John Climacus - Orthros 8:15am/Divine Liturgy: 9:30am			
Wednesday, April 2	Vesperal Divine Liturgy of the Presanctified Gifts: 6:30pm			
Friday, April 4	The Akathist Hymn: 6:00pm			
Sunday, April 6	Sunday of St. Mary of Egypt - Orthros 8:15am/Divine Liturgy: 9:30am			
Saturday, April 12	Saturday of Lazarus – Orthros 8:15am/Divine Liturgy: 9:30am			
Sunday, April 13	Palm Sunday – Orthros 8:15am/Divine Liturgy: 9:30am			



### THE EPISTLE - St. Paul's Letter to the Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

### ΑΠΟΣΤΟΛΟΣ - Πρός Ῥωμαίους 13:11-14, 14:1-4

Αδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νὺξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καί ἐνδυσώμεθα τὰ ὅπλα τοῦ φωτός. Ώς ἐν ἡμέρα, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἀλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιεῖσθε, εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῆ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὁς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενείτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ θεὸς στῆσαι αὐτόν.

### THE GOSPEL - Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

### ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Ματθαῖον 6:14-21

Εἶπεν ὁ Κύριος· Ἐἀν γὰρ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἰ ὑποκριταὶ σκυθρωποί· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι,ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀφανίζει, καὶ ὅπατήρ σου ὁ βλέπων σὴς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν. ὅπου οὕτε σὴς οὕτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσι οὐδὲ κλέπτουσιν. ὅπου γάρ ἐστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.

### FROM THE CHANTERS STAND

by: Stelios Kontakiotis, Protopsaltis



Exaposteilarion: The troparion that is chanted towards the end of the Orthros, immediately before the Ainoi and their stichera. The name comes from the frequent use of the word exaposteilon (to send out) in the related hymns for the Great Fast: Send forth Thine eternal light, "Send forth Thy light," "O Lord, the Giver of light, send down Thy light," etc.



#### **MEMORIALS**

**Menas and Helen Tsintolas Diacopoulos,** are the beloved parents of late Mary (the late Nicholas) Diacopoulos Georgatsos. Loving grandparents of Christopher Georgatsos and Christina Georgatsos Warder. Adored great grandparents of Michael Menas Warder. May their memories be eternal!

Mary Diacopoulos Georgatsos and Nicholas Georgatsos, are the beloved parents of Christopher Georgatsos and Christina Georgatsos Warder. Cherished grandparents of Michael Menas Warder. May their memories be eternal!

Konstantinos D. Siskos, is the beloved husband of Ellie Siskos. Loving father of Tammy and Georgia (Corey Savelson). Adored grandfather of Alyssa (Cody O'Dell), Christopher, Nicholas, and Julia. May his memory be eternal!

**Stavros (Scott) Warder**, is the beloved husband of Christina Georgatsos Warder. Loving father of Michael Menas Warder. May his memory be truly eternal!

#### **FUTURE MEMORIALS**

March 16th - Demetra S. Chakalos, Peter Chapin, Elias Kalamoutsos, Panagiotis & Paraskevi Kalamoutsos, Christina Kotsiras, Anthony C. Pagedas, Athanasios C. Pagedas, Elias P. Pantazopoulos, Nicholas & Stavroula Zuras and Stamatena Zuras

#### PRAYER LIST

Marvin, Tiffany, Annette, Jodie, Evan, Despina, John, Dimosthenis, Stelios, Alexandra, Dionysia, Hariklia, Konstantinos, Paraskeve, Bridget, George, George, Peter, Matthew, 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 and 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.

### **Attention Graduating High School Seniors!**

The Washington Metropolitan Area AHEPA-DOP Scholarship Program celebrates 55 years of recognizing and celebrating outstanding student achievement in academics, athletics, and community service. We encourage students to apply at <u>ahepadcmetroawards.org</u> (our newly created website). Completed applications must be submitted by March 28, 2024. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 18, 2025, at DoubleTree by Hilton McLean Tysons. We salute all our patrons whose loving care and generous contributions have kept this program alive for so many decades. Visit ahepadcmetro-awards.org to support this scholarship program through tax deductible donations online or by mail. For more information about the program, please contact Karen Polizos 571-216-4099, <u>karenspolizos@gmail.com</u>; Ergini Martnishn 571-215-8695; or Sophia Alpos 571-225-3330.

### Maids of Athena

Attention all past Maids of Athena Muses 22 alumni! The current chapter is excited to reconnect and collaborate with you to plan some exciting future events. Please follow this<u>link</u> to share your information, so we can stay in touch and keep you updated! <u>https://bit.ly/4khphTU</u> Please contact Nicole Averinos at naverinos@gmail.com with any questions.





### 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.

### LADIES PHILOPTOCHOS SOCIETY

We are making Kolyva for the Third Saturday of Souls on March 8th, 2025



Place your order for a bowl of Kolyva

You can order a bowl of Kolyva by emailing: ladiesphilo721@gmail.com

or by calling Kathy Kafarakis at 410-812-1119

\$30.00 per bowl (cash or check made out to Philoptochos) Please see JoAnn Nasios or Kathy Kafarakis after church service.

Bring the names that you wish to commemorate to church on Saturday, March 8<sup>th</sup> Divine Liturgy 9:30am.

Your preordered bowl will be waiting for you in the narthex.

### Youth Ministries

Join Us for the Great Lent Student Retreat (Elementary, Middle, and High School)

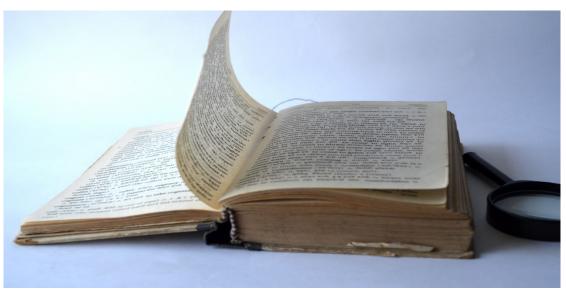
Friday, March 7, 2025

6:00 pm to 8:00 pm in the Recachinas Grand Hall

Our lord has written the promise of the Resurrection, not in books alone but in every leaf in springtime!



### **MUSEUM OF THE BIBLE FIELDTRIP**



We are planning a field trip to the Museum of the Bible on Saturday, March 22nd. Please sign up here:

Museum of the Bible Trip Form - Google Forms.

The cost is \$55 per person (this includes museum pass, lunch, and bus fees).

For more information, please see Helen Nixon.

### **COMMUNITY OUTREACH**

### Saints Constantine and Helen, Greek Orthodox Church, Of D.C. Community Outreach



### Partnering with Montgomery County Coalition for the Homeless

We will be preparing spaghetti dinner for 200 residents of the shelter. Join us at **2:00pm** on **Sunday March 9**, in the Church kitchen to cook the meal and then deliver to the shelter. Dinner must be dropped off by 5:00 pm

Can't make it? Consider donating aluminum serving pans, frozen meatballs (7-28 servings per bag needed), spaghetti (18 lbs. needed), pasta sauce (28 jars needed), 4-1.5 lb. grated parmesan cheese, frozen veggies (mushrooms, onions, peppers), plates, napkins, cups, bowls, cutlery, granola bars, cereal or bottled water for 200 people. Cash donations are also accepted.

For additional information, contact Georgia Ferentinos, 301-613-6260

### LENTEN RETREAT

### **Open to all the Ladies in our Community**



### SATURDAY, MARCH 29, 2025 10:00AM-4:00PM

**TOPICS:** Mary Magdalene, Myrrh-Bearing Women, Empresses

#### SPECIAL GUEST SPEAKER: World-Renowned Scholar Diane Apostolos-Cappadona

#### **HOSTED BY:**

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

LOCATION: Saint Sophia Cathedral, Frosene Center

#### **RSVP by March 19th**

For Saint Sophia: <u>philoptochosdc@gmail.com</u> For Saints Constantine and Helen: <u>etiches@gmail.com</u>

Open to both Parish Communities

Donations are Welcome to Benefit Philoptochos Charities

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### **LADIES PHILOPTOCHOS**

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### Saints Peter and Paul Antiochian Orthodox Church



### SATURDAY, MARCH 15 @ 5P WITH LENTEN POTLUCK & POPCORN

10620 RIVER RD, POTOMAC MD 20854



# St. Demetrios 2025 Lenten Retreat

### "Be Watchful – Be Sober: St. Paul's Wisdom for Spiritual Maturity"

WITH GUEST SPEAKER: FATHER BARNABAS POWELL

STS. RAPHAEL, NICHOLAS & IRENE GREEK ORTHODOX CHURCH-CUMMING, GEORGIA



CHECK OUT STSRNI.ORG OR FAITHENCOURAGED.ORG FOR MORE INFORMATION!

### SATURDAY, MARCH 29, 2025 8:30 AM-3:30 PM

ST. DEMETRIOS GREEK ORTHODOX CHURCH HERMES RAFAILIDES CENTER 2504 CUB HILL ROAD, BALTIMORE, MD 21234

8:30-9:15am CONTINENTAL BREAKFAST 9:30-9:45am WORSHIP SERVICE 10:00-12:00pm SESSION 1: BE WATCHFUL 12:00-1:00pm LUNCH 1:00-2:30pm SESSION 2: BE SOBER 2:30-3:00pm Q&A SESSION

Registration: \$35 per person



Please register by March 15, 2025 by scanning the QR code or contacting Stephanie Gavrilis and Sophia Vasilios for the registration link at stdemetriosretreat@gmail.com or \$10) 350-6195. After March 15, 2025, the price will increase to \$40

per person.

# Saint Kosmas Aitolos Bookstore!



#### **Meditations For Great Lent: Reflections on the Triodion**

by Vassilios Papavassiliou

The Lenten Triodion exhorts us, "Let us observe a fast acceptable and pleasing to the Lord." Using hymns from the Triodion and the Scripture readings appointed for the season, Meditations for Great Lent shows us how to make our fast acceptable: to fast not only from food but from sin; to fast with love and humility, as a means to an end and not an end in itself. Keep this gem of a book with you to inspire you for the Fast and to dip into for encouragement as you pursue your Lenten journey.

### Pilgrimage to Pascha: A Daily Devotional for Great Lent

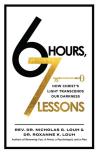
by Archpriest Steven John Belonick, Michele Constable & Michael Soroka

This unpretentious little book of meditations based on Scripture, ancient hymns, and writings from Church Fathers will nourish the souls of reflective seekers during the forty-day period of Great Lent.



### 6 Hours, 7 Lessons: How Christ's Light Transcends Our Darkness

by Fr. Nicholas G Louh, Dr. Roxanne Louh



During His darkest moments, Jesus uttered seven statements on the Cross that offer us tremendous wisdom in our own dark seasons—when we feel alone, forgotten, and unable to surrender, forgive, or let go of our mistakes. In 6 Hours, 7 Lessons, Orthodox Christian priest Father Nicholas Louh and licensed clinical psychologist Dr. Roxanne Louh show us that there is no darkness so dark that our Lord hasn't already experienced it. Christ's final words direct us toward the light of His love and protection while giving us the guidance we need to find hope and healing.

#### Memory Eternal: Living with Grief as Orthodox Christians by Sarah Byrne-Martelli

Losing someone we love is never easy, but the Orthodox Church provides a wealth of resources that help us to bear it. Chaplain and bereavement coordinator Sarah Byrne-Martelli draws on these theological, scriptural, and liturgical resources, as well as the collected experience of a variety of people undergoing grief and loss, to provide a kind of roadmap to the grieving process. Included in the book is a guide to an eight-week bereavement curriculum that can be used in a group or on one's own. As Orthodox Christians, we do not seek to "get over" grief but to carry the memory of our loved ones eternally in our hearts.



### Antigone Recachinas Grand Hall



Directory of Ministries					
Saints Constantine and Helen Greek Orthodox Church of Washington, DC 721 Norwood Road, Silver Spring, MD 20905 Phone: (240) 389-1366, ext. 2  Email: admin@schgocdc.org  Website: www.schgoc.org Reverend Father Dimitrios Lee, Presiding Priest Email: frd@schgocdc.org Very Reverend Father Kallinikos Chasapis, Assistant Priest Email: fk@schgocdc.org					
BYZANTINE MUSIC Stelios Kontakiotis Protopsaltis chanter @schgocdc.org	YOUTH MINISTRIES GOYA Irene Murshed Maria Mantzouranis Nitsa Ferentinos youthministry @schgocdc.org HOPE/JOY Irene Murshed Stella Harrison youthministry @schgocdc.org	SUNDAY SCHOOL Helen Nixon sch.sundayschool @gmail.com  OUTREACH Georgia Ferentinos sch.outreach721 @gmail.com	STEWARSHIP Sotirios Nasios ADULT EDUCATION Christopher Malagisi sch.adultedu @gmail.com	ST. KOSMAS AITOLOS BOOKSTORE Dora Kavadias & Elaine Loukas sch.bookstore721 @gmail.com	
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