



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



February 2, 2025

Presentation of our Lord & Savior in the Temple

GODPARENT SUNDAY



Church Announcements

Godparent's Sunday - Today! Students please stay in church with your Godparents and receive Holy Communion.

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

Bible Study/Acts of the Apostles - The next Bible Study sessions, with Father Dimitri, will be on Thursday, February 6th, and February 20th (6:30 pm to 8:00 pm in the Recachinas Grand Hall).

Youth Ministry - Our GOYA Basketball Tournament will be held next weekend on February 8th & 9th. We invite everyone to join us!

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

Upcoming Church Services:

Sunday, February 9th: Sunday of the Publican & Pharisee-Triodion Begins
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

Donate by
scanning these
QR Codes

Blesswar Candles



Read Votives



Collection Tray



Donate by sending a
text message with the
donation amount
(e.g., "\$25") to 84321.





THE EPISTLE - St. Paul's Letter to the Hebrews 7:7-17

BRETHREN, it is beyond dispute that the inferior is blessed by the superior. Here tithes are received by mortal men; there, by one whom it is testified that he lives. One might even say that Levi himself, who receives tithes, paid tithes through Abraham, for he was still in the loins of his ancestor when Melchizedek met him. Now if perfection had been attainable through the Levitical priesthood (for under it the people received the law), what further need would there have been for another priest to arise after the order of Melchizedek, rather than one named after the order of Aaron? For when there is a change in the priesthood, there is necessarily a change in the law as well. For the one of whom these things are spoken belonged to another tribe, from which no one has ever served at the altar. For it is evident that our Lord was descended from Judah, and in connection with that tribe Moses said nothing about priests. This becomes even more evident when another priest arises in the likeness of Melchizedek, who has become a priest, not according to a legal requirement concerning bodily descent but by the power of an indestructible life. For it is witnessed of him, "Thou art a priest for ever, after the order of Melchizedek."

ΑΠΟΣΤΟΛΟΣ - Πρὸς Ἑβραίους 7:7-17

Ἀδελφοί, χωρὶς δὲ πάσης ἀντιλογίας, τὸ ἕλαττον ὑπὸ τοῦ κρείττονος εὐλογεῖται. Καὶ ὧδε μὲν δεκάτας ἀποθνήσκοντες ἄνθρωποι λαμβάνουσιν· ἐκεῖ δέ, μαρτυρούμενος ὅτι ζῆ. Καί, ὡς ἔπος εἶπεῖν, διὰ Ἀβραὰμ καὶ Λευὶ ὁ δεκάτας λαμβάνων δεδεκάτωται· ἔτι γὰρ ἐν τῇ ὀσφύϊ τοῦ πατρὸς ἦν, ὅτε συνήνησεν αὐτῷ ὁ Μελχισεδέκ. Εἰ μὲν οὖν τελείωσις διὰ τῆς Λευϊτικῆς ἱερωσύνης ἦν - ὁ λαὸς γὰρ ἐπ' αὐτῇ νενομοθέτητο - τίς ἔτι χρεία, κατὰ τὴν τάξιν Μελχισεδέκ ἕτερον ἀνίστασθαι ἱερέα, καὶ οὐ κατὰ τὴν τάξιν Ἀαρὼν λέγεσθαι; Μετατιθεμένης γὰρ τῆς ἱερωσύνης, ἐξ ἀνάγκης καὶ νόμου μετάθεσις γίνεται. Ἐφ' ὃν γὰρ λέγεται ταῦτα, φυλῆς ἑτέρας μετέσχηκεν, ἀφ' ἧς οὐδεὶς προσέσχηκεν τῷ θυσιαστηρίῳ. Πρόδηλον γὰρ ὅτι ἐξ Ἰούδα ἀνατέταλκεν ὁ κύριος ἡμῶν, εἰς ἣν φυλὴν οὐδὲν περὶ ἱερωσύνης Μωϋσῆς ἐλάλησεν. Καὶ περισσότερον ἔτι κατάδηλόν ἐστιν, εἰ κατὰ τὴν ὁμοιότητα Μελχισεδέκ ἀνίσταται ἱερεὺς ἕτερος, ὃς οὐ κατὰ νόμον ἐντολῆς σαρκικῆς γέγονεν, ἀλλὰ κατὰ δύναμιν ζωῆς ἀκαταλύτου· μαρτυρεῖ γὰρ ὅτι Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

THE GOSPEL - Luke 2:22-40

At that time, the parents brought the child Jesus up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, "Every male that opens the womb shall be called holy to the Lord") and to offer a sacrifice according to what is said in the law of the Lord, "a pair of turtle doves, or two young pigeons." Now there was a man in Jerusalem, whose name was Symeon, and this man was righteous and devout, looking for the consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he should not see death before he had seen the Lord's Christ. And inspired by the Spirit he came into the temple; and when the parents brought in the child Jesus, to do for him according to the custom of the law, he took him up in his arms and blessed God and said, "Lord, now let your servant depart in peace, according to your word; for my eyes have seen your salvation which you have prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to

your people Israel." And his father and his mother marveled at what was said about him; and Symeon blessed them and said to Mary his mother, "Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts of many hearts may be revealed." And there was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher; she was of a great age, having lived with her husband seven years from her virginity, and as a widow till she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day. And coming up at that very hour she gave thanks to God, and spoke of him to all who were looking for the redemption of Jerusalem. And when they had performed everything according to the law of the Lord, they returned into Galilee, to their own city, Nazareth. And the child grew and became strong, filled with wisdom; and the favor of God was upon him.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ - Κατὰ Λουκᾶν 2:22-40

Τῷ καιρῷ ἐκείνῳ, ἀνήγαγον αὐτὸν εἰς Ἱεροσόλυμα παραστῆσαι τῷ Κυρίῳ, καθὼς γέγραπται ἐν νόμῳ Κυρίου ὅτι πᾶν ἄρσεν διανοῖγον μήτραν ἅγιον τῷ Κυρίῳ κληθήσεται, καὶ τοῦ δοῦναι θυσίαν κατὰ τὸ εἰρημένον ἐν νόμῳ Κυρίου, ζεῦγος τρυγόνων ἢ δύο νεοσσοὺς περιστερῶν. Καὶ ἰδοὺ ἦν ἄνθρωπος ἐν Ἱεροσολύμοις ᾧ ὄνομα Συμεὼν, καὶ ὁ ἄνθρωπος οὗτος δίκαιος καὶ εὐλαβής, προσδεχόμενος παράκλησιν τοῦ Ἰσραὴλ, καὶ Πνεῦμα ἦν Ἅγιον ἐπ' αὐτόν· καὶ ἦν αὐτῷ κεκρηματισμένον ὑπὸ τοῦ Πνεύματος τοῦ Ἁγίου μὴ ἰδεῖν θάνατον πρὶν ἢ ἴδῃ τὸν Χριστὸν Κυρίου. καὶ ἦλθεν ἐν τῷ Πνεύματι εἰς τὸ ἱερόν· καὶ ἐν τῷ εἰσαγαγεῖν τοὺς γονεῖς τὸ παιδίον Ἰησοῦν τοῦ ποιῆσαι αὐτοὺς κατὰ τὸ εἰθισμένον τοῦ νόμου περὶ αὐτοῦ, καὶ αὐτὸς ἐδέξατο αὐτὸν εἰς τὰς ἀγκάλας αὐτοῦ καὶ εὐλόγησε τὸν Θεὸν καὶ εἶπε· νῦν ἀπολύεις τὸν δοῦλόν σου, δέσποτα, κατὰ τὸ ῥῆμά σου ἐν εἰρήνῃ, ὅτι εἶδον οἱ ὀφθαλμοί μου τὸ σωτήριόν σου, ὃ ἠτοίμασας κατὰ πρόσωπον πάντων τῶν λαῶν, φῶς εἰς ἀποκάλυψιν ἐθνῶν καὶ δόξαν λαοῦ σου Ἰσραὴλ. καὶ ἦν Ἰωσήφ καὶ ἡ μήτηρ αὐτοῦ θαυμάζοντες ἐπὶ τοῖς λαλουμένοις περὶ αὐτοῦ. καὶ εὐλόγησεν αὐτοὺς Συμεὼν καὶ εἶπε πρὸς Μαρὶάμ τὴν μητέρα αὐτοῦ· ἰδοὺ οὗτος κεῖται εἰς πτώσιν καὶ ἀνάστασιν πολλῶν ἐν τῷ Ἰσραὴλ καὶ εἰς σημεῖον ἀντιλεγόμενον. καὶ σοῦ δὲ αὐτῆς τὴν ψυχὴν διελεύσεται ῥομφαία, ὅπως ἂν ἀποκαλυφθῶσιν ἐκ πολλῶν καρδιῶν διαλογισμοί. Καὶ ἦν Ἄννα προφῆτις, θυγάτηρ Φανουήλ, ἐκ φυλῆς Ἀσὴρ· αὕτη προβεβηκυῖα ἐν ἡμέραις πολλαῖς, ζήσασα ἔτη μετὰ ἀνδρὸς ἑπτὰ ἀπὸ τῆς παρθενίας αὐτῆς, καὶ αὕτη χήρα ὡς ἑτῶν ὀγδοήκοντα τεσσαρῶν, ἣ οὐκ ἀφίστατο ἀπὸ τοῦ ἱεροῦ νηστεύσασα καὶ δεήσασα λατρεύουσα νύκτα καὶ ἡμέραν· καὶ αὕτη αὕτῃ τῇ ὥρᾳ ἐπιστᾶσα ἀνωμολογεῖτο τῷ Κυρίῳ καὶ ἐλάλει περὶ αὐτοῦ πᾶσι τοῖς προσδεχομένοις λύτρωσιν ἐν Ἱερουσαλὴμ. Καὶ ὡς ἐτέλεσαν ἅπαντα τὰ κατὰ τὸν νόμον Κυρίου, ὑπέστρεψαν εἰς τὴν Γαλιλαίαν εἰς τὴν πόλιν ἑαυτῶν Ναζαρέτ. Τὸ δὲ παιδίον ἠῤῥξανε καὶ ἐκραταιοῦτο πνεύματι πληρούμενον σοφίας, καὶ χάρις Θεοῦ ἦν ἐπ' αὐτό.



MEMORIALS

Nicholas J. and Olga K. Matthews, are the loving parents of Joanna (Janet), John (Kay), Jim (Karen), and Angela Hagan (Glenn). Adored grandparents of Nick Matthews, Olga Soukas (Pete), and Emily Tzoumas (Nick); Daniela and Laura Hagan; and Soc and Lexi Matthews. Cherished and dearly loved great grandparents of Spiro, Kiriaki, and John Soukas; and Andreas Tzoumas. May their memories be eternal!

FUTURE MEMORIALS

February 16th - Vasso Kavadias & Alexander Kotsopoulos

February 23rd - Georgia and Vasilios Ferentinos, Konstantinos & Vasiliki Mihailidis, Theofanis Mihailidis, Minas & Kalliopi Prearis and James Zibragos

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.

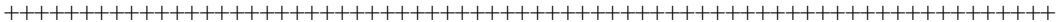
FROM THE CHANTERS STAND

by: Stelios Kontakiotis, Protopsaltis



Kontakion (Diminutive for the Greek word kontos, which means “short”): In the past this term was used to refer to a hymn form made up of one or more prooimia and followed by a set of oikoi. Today, however, the term is usually used to refer only to the prooimion (or proasma) of the ancient Kontakion. Today they are usually only read with the first oikos in the Orthros service, before the synaxarion (between the sixth and seventh odes).

Oikos: This word is used to refer to each strophe or troparion of the ancient Kontakion following the metre of the first oikos or heirmos. Today usually only the first oikos is used, which is said with the prooimion in the Orthros between the sixth and seventh odes, before the synaxarion. Composers of new services today write the kontakion and oikos as prosomoia, using the ancient heirmoi of the Kontakia as prototypes.



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.**



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 ahepadcmetroawards.org (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 ahepadcmetroawards.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, karenpolizos@gmail.com; Ergini Martnishn 571-215-8695; or Sophia Alpos 571-225-3330.**

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



Thank you for your sponsorships and donations!

Title Sponsor: The Murshed Family

Hospitality Sponsor: Sardi's

Hydration Station Sponsor: Hydra Water

Souvenir Shirt Sponsor: Woodbridge Public Auto Auction

"GOYABOWL" Dance Sponsor: Hometown Landscape

Frappe Stand Sponsor: MERC CAPITAL

Trophy Sponsor: The Tsahalis Family

Concession Stand Sponsor: Papakostas Real Estate Group

Boys A Team Sponsor: The Skarvelis Family

Boys B Team Sponsor: The Karakatsansis Family

Girls A Team Sponsor: Hometown Tree Experts

Girls B Team Sponsor: Robert MT Gibbs PC

The Sakkos Family

Manoli Canoli

Capital Point Insurance

Delta Produce

The Ferentinos Family

MEN'S FELLOWSHIP DINNER

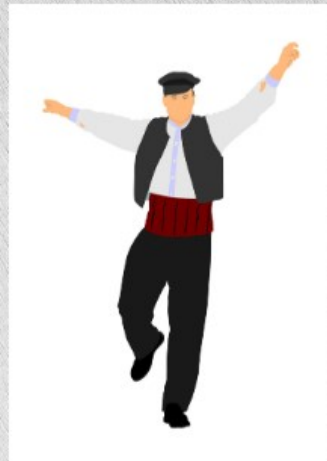
[Click here to make your reservation and payment!](#)

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 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.

Made with PosterMyWall.com



Philoptochos Lenten Retreat

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: philoptochosdc@gmail.com

For Saints Constantine and Helen: etiches@gmail.com

Open to both Parish Communities

Donations are Welcome
to Benefit Philoptochos Charities

LADIES PHILOPTOCHOS

LADIES PHILOPTOCHOS MEMBERSHIP

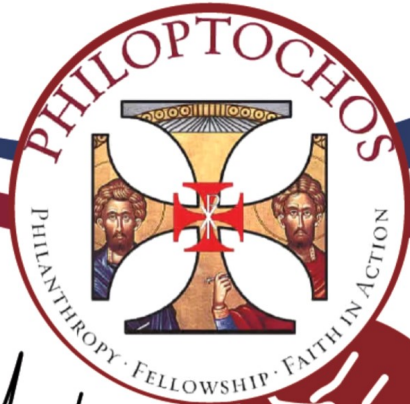
BELONG
COLLABORATE
PARTICIPATE

Come Join Us!

PHILANTHROPY
FELLOWSHIP
FAITH IN ACTION

**Empowering Community
Through Faith & Philanthropy**

For more information about Philoptochos,
go to schgoc.churchcenter.com



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

SAINTS CONSTANTINE AND HELEN
GREEK ORTHODOX CHURCH OF WASHINGTON, DC

TUNE IN TO OUR NEW
PODCAST



A Christian Podcast combining varying perspective and witty debate on the impact of the Orthodox WORD on everyday life



Available on the following platforms:

Spreaker
Amazon Music
Castbox
Deezer
Google Podcast



iHeartRadio
JioSaavn
Podcast Addict
Podchaser
Spotify
and others...



29TH ANNUAL
NICHOLAS TSAKALOS
LENTEN

Retreat
Guest speaker

REV. MICHAEL MARCANTONI

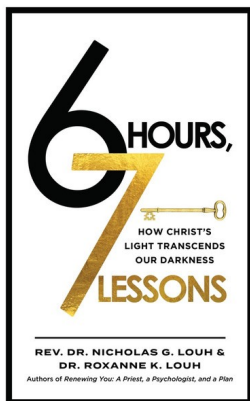
Let Not Your Heart Be Troubled:
Live Victoriously in the Providence of God

Scan the QR for more info and to
register.



FREE PARKING | \$30 PER PERSON
(REGISTRATION DEADLINE IS FEB 24TH, AFTER WHICH THE COST WILL BE \$35).
GREEK ORTHODOX CATHEDRAL OF THE ANNUNCIATION
24 W. PRESTON STREET, BALTIMORE, MD 21201

Saint Kosmas Aitolos Bookstore!



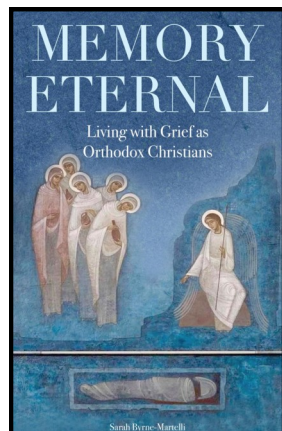
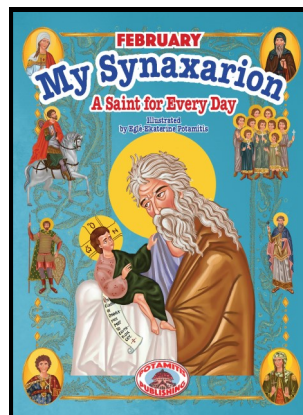
6 Hours, 7 Lessons: How Christ's Light Transcends Our Darkness

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.

My Synaxarion – A Saint for Every Day – FEBRUARY

The Saints of the Church are the living seeds of Christ's teachings that sprout across the ages and grow into mighty, spiritual trees, under which we find shelter from the blizzards and storms of this world.



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



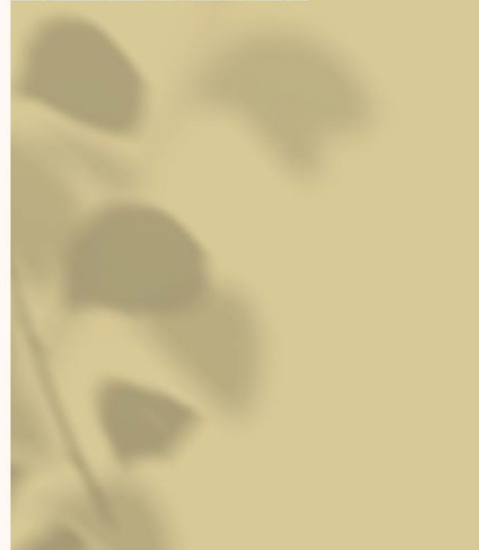
Private Events & Wedding Receptions
in our Beautiful AR Grand Hall at Saints Constantine and Helen

www.arschgrandhall.com



events@schgocdc.org

Special Pricing for Stewards
Call for more information 301-509-2449



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

<p>BYZANTINE MUSIC</p> <p style="text-align: center;">Stelios Kontakiotis <i>Protopsaltis</i></p> <p style="text-align: center;">chanter @schgocdc.org</p> <p>*****</p> <p>ALTAR BOYS</p> <p style="text-align: center;">sch.altarboys@gmail.com</p>	<p style="text-align: center;">YOUTH MINISTRIES</p> <p style="text-align: center;">GOYA</p> <p style="text-align: center;">Irene Murshed Maria Mantzouranis Nitsa Ferentinos</p> <p style="text-align: center;">youthministry@schgocdc.org</p> <p>*****</p> <p style="text-align: center;">HOPE/JOY</p> <p style="text-align: center;">Irene Murshed Stella Harrison</p> <p style="text-align: center;">youthministry@schgocdc.org</p>	<p style="text-align: center;">SUNDAY SCHOOL</p> <p style="text-align: center;">Helen Nixon</p> <p style="text-align: center;">sch.sundayschool@gmail.com</p> <p>*****</p> <p style="text-align: center;">OUTREACH</p> <p style="text-align: center;">Georgia Ferentinos</p> <p style="text-align: center;">sch.outreach721@gmail.com</p>	<p style="text-align: center;">STEWARSHIP</p> <p style="text-align: center;">Sotirios Nasios</p> <p>*****</p> <p style="text-align: center;">ADULT EDUCATION</p> <p style="text-align: center;">Christopher Malagisi</p> <p style="text-align: center;">sch.adultedu@gmail.com</p>	<p style="text-align: center;">ST. KOSMAS AITOLOS BOOKSTORE</p> <p style="text-align: center;">Dora Kavadias & Elaine Loukas</p> <p style="text-align: center;">sch.bookstore721@gmail.com</p>
<p style="text-align: center;">GREEK SCHOOL</p> <p style="text-align: center;">Eleni Athanasakis Director</p> <p style="text-align: center;">sch.greekschool@gmail.com</p> <p style="text-align: center;">Anthoula Bizbikis</p> <p style="text-align: center;">George Sideris</p>	<p style="text-align: center;">GREEK DANCE</p> <p style="text-align: center;">Eleni Triantis Anastasia Sissamis Jeanette Marketon</p> <p style="text-align: center;">sch.greekdance@gmail.com</p>	<p style="text-align: center;">LADIES PHILOPTOCHOS</p> <p style="text-align: center;">JoAnn Nasios President</p> <p style="text-align: center;">Ladiesphilo721@gmail.com</p>	<p style="text-align: center;">VERDIS CENTER</p> <p style="text-align: center;">Kathy Kafarakis</p> <p style="text-align: center;">sch.verdis@gmail.com</p> <p>*****</p> <p style="text-align: center;">YOUNG AT HEART</p> <p style="text-align: center;">Helen Thornberg & Christina Clifton</p> <p style="text-align: center;">sch.youngatheart@gmail.com</p>	<p style="text-align: center;">YAL</p> <p style="text-align: center;">Email: stconniesyal@gmail.com</p>