

Saints Constantine and Helen Greek Orthodox Church

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

Father Nick G. Manousakis, Pastor, E-mail: FatherNick@schgocdc.org

Father Jason Houck, Assistant Priest, E-mail: FatherJason@schgocdc.org

March 31, 2013

SUNDAY OF ST. GREGORY PALAMAS

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.

The NICENE CREED will be read in ENGLISH today

The LORD'S PRAYER will be read in GREEK today

Απολυτίκιον Τοῦ φιλοξενούντος Ναοῦ - Αγ. Ανδρέα

Ὡς τῶν Ἀποστόλων Πρωτόκλητος, καὶ τοῦ Κορυφαίου ἀγιάδελφος, τὸν Δεσπότην τῶν ὅλων Ἀνδρέα ἰκέτευε, εἰρήνην τῇ οἰκουμένη δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡ μῶν τὸ μέγα ἔλεος.

Απολυτίκιον τῶν Ἁγίων Τοῦ Ναοῦ μας - Αγ. Κωνσταντίνου καὶ 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.

Apolytikion of the host Church - 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.

Apolytikion of our Church Saints- Sts. Constantine and 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.

The EPISTLE will be read in ENGLISH today

ΑΠΟΣΤΟΛΟΣ: Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.
Σῶσον με, Κύριε, ὅτι ἐκέλειπεν ὄσιος.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου το Ἀνάγνωσμα. (1:10-14, 2:1-3)

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρυῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοῆ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

**EPISTLE: You, O Lord, shall keep us and preserve us.
Save me, O Lord, for the godly man has failed.**

The Reading is from St. Paul's Letter to the Hebrews. (1:10-14, 2:1-3)

"IN THE BEGINNING, you O Lord, didst found the earth, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

The GOSPEL will be read in GREEK today

GOSPEL: The Reading is from Mark (2:1-12)

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And

immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

EΥΑΓΓΕΛΙΟΝ: Κατὰ Μάρκον (2:1-12)

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοῦμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθημένοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογιζέσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

CHURCH ANNOUNCEMENTS:

♦ **ALTAR BOYS: Mark Altar Boy Group will be Serving in the Altar today:**

Mike Pittas – Captain, Gabriel Psallidas, Andrew Ward, Andrew Nixon

Luke Altar Boy Group will be Serving on Sunday, April 7th:

Dimitri Lappas – Captain, Zack Ferentinos, Alex Mantzouranis, Christopher Mantzouranis, Alex Tzamaras

- ♦ **HOPE/JOY:** Saturday, April 20th – Saturday of Lazarus: Lenten Retreat, following the Divine Liturgy 9:30 – 12:00.
- ♦ **SUNDAY SCHOOL:** The annual Great Lent Godparent-Godchild Sunday is scheduled for Sunday, April 14, 2013. A Lenten luncheon will be hosted for Godparents-Godchildren following the Divine Liturgy.
- ♦ **GOYA:** Goya Basketball Practice on Wednesday, April 3rd, 2013.

Manna Food Center Volunteering on Thursday, April 4th, 2013, 7-8:15pm at Manna Food Services, 9311 Gaither Road Gaithersburg, MD 20877.

GOYA - Lenten Retreat Saturday, April 6 - Sunday, April 7 at Skycroft Conference Center in Middletown, Md. Please Contact Alexandra Pittas if you are interested: pittasa@verizon.net

- ◆ **GREEK SCHOOL:** Monday, April 1st, No Classes.
- ◆ **YAL:** Please support our YAL as they provide a light Lenten breakfast for a nominal fee after Liturgy today, before the Town Hall Meeting.
- ◆ **YOUNG AT HEART:** Wednesday, April 3rd, 2013 - Dinner at 6 p.m. at The Parthenon Restaurant (Connecticut Ave.) and then Greek movie at the Avalon Theatre at 8 p.m.. Title will be determined/forthcoming by the Greek Embassy. Please call Helen Thornberg 301-949-1788 or Kathy Matrakas 301-439-6958 if you are interested in attending. Everyone is welcome to attend these activities.
- ◆ **PHILOPTOCHOS:** Please donate men's gently worn coats/jackets for the Saint Silas Prison Ministry-an Orthodox Prison Ministry located in Crofton, MD - in the designated box in St.Andrew's Hall today through Sunday, March 31st, 2013. This project is sponsored by the Ladies Philoptochos. Thank you very much for your donation.

The Palm Sunday Luncheon will be held at the Greek Village Restaurant on Sunday April 28th, 2013. Reservations for the Palm Sunday Luncheon will be taken today after the Divine Liturgy in St. Andrew's Church Hall. Please see Olympia Koskinas or Nikki Pappas.

Our next General Philoptochos meeting will be at the home of Nikki Pappas, 2401 Harmon Road, Silver Spring, on Wednesday, April 10th, 2013 at 7 PM. Please RSVP to Helen Thornberg, 301-949-1788 or bwt602r@aol.com by Tuesday, April 9th.

Sunday, April 21st, 2013-Our Annual Easter Bake Sale-following the Divine Liturgy until about 1 PM. Please participate and purchase our delicious and traditional Easter sweets and breads.

Sunday, April 28th, 2013 - Our Annual Palm Sunday Luncheon - Following the Divine Liturgy- the Greek Village Restaurant- 13476 New Hampshire Avenue, Silver Spring, Maryland - \$25.00 - Adults, Cash Bar.

Friday, May 3rd, 2013 - Decoration of the Epitaphion - more details to follow.

- ◆ **IONIAN VILLAGE SCHOLARSHIP DRAWING:** The Ionian Village Scholarship drawing for 2013 will be held at the Town Hall Meeting today after Liturgy. We wish our participants the best of luck!
- ◆ **JUST A THOUGHT!:** Please know that anyone may make a monetary donation in lieu of a gift for a special occasion or a birthday, to our Nea Zoe Building Fund.

At this time many in our parish have elected to do so, and Nea Zoe gratefully accepts, appreciates, and acknowledges all such gifts!

- ♦ **TRIP TO ST. SOPHIA:** Sts. Faith, Hope & Agape Greek Orthodox Church, Jeffersonville, PA (Valley Forge). June 1st-2nd, 2013 via carpool/or bus. Come enjoy the beautiful church architecture also designed by our Nea Zoe architect, Christ Kamages; church festival; Liturgy by Father Peter Thornberg, and more... Nearby sites: King of Prussia Mall, Valley Forge Hotel: Homewood Suites by Hilton, 681 Shannondell Blvd., Audubon, PA 19403.

Phone:(610)-539-7300.Website: www.homewoodsuitesvalleyforge.com. Studio suite \$109, One bedroom \$129, Two bedrooms \$169. Hotel rooms need to be reserved by May 11, 2013 under "St. Sophia Festival" (make on your own). After hotel reservations are made, please call Nikki Pappas (301)-949-0035.

- ♦ **TOWN HALL MEETING:** Today, Immediately following the Divine Liturgy in Saint Andrew's church hall. A light Lenten breakfast will be offered by our Young Adult League for a nominal fee.
- ♦ **IN NEED OF HOUSING:** Single mom w/16 year old son/10th grader needs housing in the Bethesda-Chevy Chase high school area. Need basement apartment or house to share as soon as possible (no later than the end of March). If any of our parishioners has anything available for rent, please contact Father Manousakis.
- ♦ **IS YOUR LOVED ONE HOSPITALIZED OR IN NEED OF A PASTORAL VISIT?:** Please contact the church office if you know of anyone who is in need of a pastoral visit, whether in the hospital, in a nursing home or at home.

FANOUIROPITA SERVICE:

The Fanouropita service is chanted for Mrs. Barbara Pollos.

MEMORIAL SERVICE:

The memorial service is chanted for the repose of the soul of **John W. Cheakalos (40 Days)**. Beloved Husband of Mary Cheakalos. Devoted father William (Janine) Cheakalos, Irene (Ernie) Koutras, James (Betsy) Cheakalos. Adored grand-father.

The repose of the soul of **Eugenia Lambis (1 Year)**. Beloved mother of James Lambis, Jenny Fytras, Constantinos Lambis, Angela Tatakis and Barbara Lambis. Adored grandmother and great-grandmother.

May their memory be eternal! Today's coffee hour is offered by the families.

SERVICE SCHEDULE:

Wednesday, April 3, 2013: Presanctified Liturgy (Προηγιασμένη), 6:00 PM
Vespers followed by Divine Liturgy
Friday, April 5, 2013: Salutations to the Theotokos (Χαιρετισμοί), 7:00 PM

Dear Parishioners:

While we await the construction of our NEW CHURCH CAMPUS, special and unique provisions need to be made in accommodating our HOLY WEEK SCHEDULE OF SERVICES. These accommodations have been made and are detailed in the accompanying table, "Holy Week Guidelines".

In brief, all services for Palm Sunday through Holy Thursday morning will be done at Saint Andrew Ukrainian Orthodox Church. Services Holy Thursday evening through Saturday evening (WITH THE EXCEPTION OF HOLY SATURDAY MORNING) will be done at Ashton United Methodist Church.

April 28 th	PALM SUNDAY MORNING	<i>At St. Andrew's with Orthros</i>	7:30AM and Liturgy... 8:30 AM
April 28 th – April 30 th	PALM SUNDAY EVENING, HOLY MONDAY EVENING, AND HOLY TUESDAY EVENING	<i>At St. Andrew's Ukrainian Cathedral</i>	
Bridegroom services.....			7:00 PM
May 1 st	HOLY WEDNESDAY EVENING	<i>At St. Andrew's Ukrainian Cathedral</i>	
Holy Unction Service.....			7:00 PM
May 2 nd	HOLY THURSDAY MORNING	<i>At St. Andrew's Ukrainian, held jointly with St. Andrew's Ukrainian parish</i>	
Liturgy of St. Basil.....			7:00 AM
May 2 nd	HOLY THURSDAY EVENING	<i>At Ashton United Methodist 17314 New Hampshire Ave</i>	
The Holy Passion service.....			7:00 PM
May 3 rd	HOLY FRIDAY	<i>At Ashton United Methodist 17314 New Hampshire Ave</i>	
Reading of the Royal Hours.....			8:00 AM
Vespers of the Decent from the Cross.....			3:00 PM
May 3 rd –	HOLY FRIDAY EVENING	<i>At Ashton United Methodist 17314 New Hampshire Ave</i>	
The Service of the Lamentations.....			7:00 PM
May 4 th	HOLY SATURDAY MORNING	<i>At St. Andrew's Ukrainian, held jointly with St. Andrew's Ukrainian parish</i>	
Vesperal Divine Liturgy.....			10:00 AM
May 4 th	HOLY SATURDAY EVENING	<i>At Ashton United Methodist 17314 New Hampshire Ave</i>	
Resurrection Service.....			11:00 PM
May 5 th	EASTER SUNDAY AGAPE SERVICE	<i>At St. Andrew's Ukrainian Cathedral</i>	1:00 PM

If you are able to read a foreign language, please submit your name to Father Nick. You will be invited to read the Easter Gospel in the language you are familiar with.

Please have a blessed Holy Week,

Father Nick G. Manousakis
Proistamenos



Ashton United Methodist Church
17314 New Hampshire Avenue, Ashton, MD 20861

PALM SUNDAY Luncheon

Our Saints Constantine and Helen

Philoptochos Society

invites YOU to join them in fellowship at their
NINTH Annual

PALM SUNDAY LUNCHEON

Sunday, April 28, 2013

At the Greek Village Restaurant -13476 New Hampshire Avenue - Silver Spring, MD

**Traditional PLAKI Dinner with all
the trimmings!**

By Reservation only:

Nicolette Pappas
301 949-0035 (Home)
or 301 633-6076 (Cell)

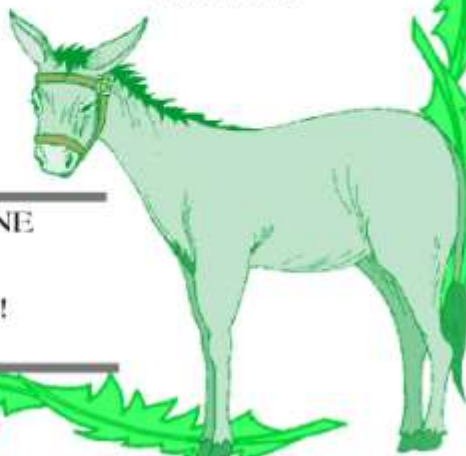
\$25.00 Adults
CASH BAR

Olympia Koskinas
240 731-1489 (cell)
301 438 - 2511 (Home)

RESERVATION DEADLINE

APRIL 21st

No tickets at the DOOR!



Kalo Paschali

Recipes & Remembrances To Benefit Nea Zoe

A New Cookbook is in the Works!!!
Sts. Constantine & Helen Cookbook Committee
wants YOUR recipes!



Please Submit your Recipes via email to
etiches@gmail.com OR stephbs40@yahoo.com
OR simply hand to Effie Tiches or Stephanie Stamos
Format should be emailed or typed on an 8^{1/2}" by 11" paper
Submit with name and phone number

Deadline is Sunday, March 31st

Recipe Categories Are:

Appetizers

Soups & Salads

Vegetables & Side Dishes

Main Dishes - Meat, Poultry, Seafood

Breads

Desserts

Religious Offerings/Lenten Meals

Youth Favorites

For more information call Effie at [301-667-3700](tel:301-667-3700) or Stephanie at [301-873-3081](tel:301-873-3081)

Sts. Constantine & Helen of Washington DC
Nameday Celebration to Benefit Nea Zoe

Dinner Dance



Saturday, May 18th
6:00-11:00 p.m.

St. Andrew's Ukrainian
Orthodox Cathedral Hall

15100 New Hampshire Ave.
Silver Spring, Maryland

Adults: \$90
Under 21: \$45

Ticket Price Includes:
Appetizers, Dinner, Dessert, Beer,
Wine, Soft Drinks & Coffee!

Dance the night away or sit back and enjoy the music! Ladies look your
loveliest and gents make your ladies proud!

For Reservations Please call Terri Karadimas: 301-520-0136 or Stephanie Stamos: 301-873-3081 or
Alexandra Pittas: 301-704-0687 or Anastasia Kyritsopoulos: 301-467-8873 or the Church Office: 240-389-1366

HERITAGE GREECE 2013

The American College of Greece (ACG) is now accepting applications for Heritage Greece 2013, an educational and cultural program for Greek-American college students. Developed and made possible through the support of the National Hellenic Society (NHS) and delivered by The American College of Greece (ACG), Heritage Greece is an unforgettable opportunity for young people to discover their Greek heritage. This year, the Heritage Greece Program will run from **June 12 to 24, 2013**. Participants will attend a for-credit Greek language and culture course and will travel to Greek islands, traditional villages, and archaeological sites. They will have the opportunity to take a Greek cooking class, learn Greek dancing, and experience an insider's tour of the Acropolis museum.

This exciting educational program includes: A once in a lifetime first-hand experience of Greek culture. An experiential customized one-credit language and culture course. Field trips and on-site teaching. Recreational and educational excursions. Modern, spacious housing at ACG. All meals. Classroom materials. **The entire program is offered to selected students through the support of the NHS. The only cost to students is round trip airfare from the USA to Athens. Students will depart together from Washington, DC on June 13, 2013. A pre-departure orientation and stay in Washington, D.C. on June 12, 2013 launches the program. The NHS will secure competitive roundtrip airfare to and from Athens and students will be responsible for bearing the expense of \$1,000 airfare travel to and from Greece, as well as their airfare to Washington, D.C. All other expenses are underwritten by a generous donation by the NHS.** ACG is accepting applications through **April 30, 2013**. We are seeking 25 Greek- American college students who have grade point averages of 3.0 or higher and have never been to Greece or haven't been to Greece in many years. We invite you to encourage potential applicants to visit our website at www.acg.edu/about-heritage-greece, where they can learn more program details about this year's Heritage Greece program. For additional information, please e-mail us at heritagegreece@acg.edu or call Mara Nisdeo at 617.935.5148.

2013 Myrofores Sign Up

Girls 3rd-5th Grade



Daughter's Name: _____ Age: _____ Grade: _____

Parent's Name: _____ Phone Number: _____

Email: _____

Girls are required to wear all white (including gloves) during the Good Friday evening service. Please return form to Tara Kavadias or your daughter's Sunday School teacher. Questions? Call Tara at 240-476-6715.



