

Saints Constantine and Helen Greek Orthodox Church  
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October 20, 2013

**6th Sunday of Luke - ΣΤ' Κυριακή Λουκά**

*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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**The NICENE CREED will be read in ENGLISH today**

**The LORD'S PRAYER will be read in GREEK and ENGLISH today**

**Απολυτίκιον τῶν Ἁγίων Τοῦ Ναοῦ μας - Αγ. Κωνσταντίνου και 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 τῆ χειρὶ σου παρέθετο ἦν περίσωζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

**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.

**Απολυτίκιον Τοῦ φιλοξενούντος Ναοῦ - Αγ. Ανδρέα**

Ὡς τῶν Ἀποστόλων Πρωτόκλητος, καὶ τοῦ Κορυφαίου ἀτάδελφος, τὸν Δεσπότην τῶν ὄλων Ἀνδρέα ικέτευε, εἰρήνην τῆ οἰκουμένη δωρήσασθαι, καὶ ταῖς ψυχαῖς ἡ μῶν τὸ μέγα ἔλεος.

**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.

## **The EPISTLE will be read in GREEK and ENGLISH today**

**Εὔξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.**

**Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.**

### **Πρὸς Κορινθίους Β' Ἐπιστολῆς Παύλου τὸ Ἀνάγνωσμα (6:16-18; 7:1)**

Ἀδελφοί, ὑμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ θεός ὅτι Ἐνοικήσω ἐν αὐτοῖς, καὶ ἐμπεριπατήσω· καὶ ἔσομαι αὐτῶν θεός, καὶ αὐτοὶ ἔσονται μοι λαός. Διὸ, Ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει κύριος, καὶ ἀκαθάρτου μὴ ἄπτεσθε· κἀγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἔσεσθέ μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει κύριος παντοκράτωρ. Ταύτας οὖν ἔχοντες τὰς ἐπαγγελίας, ἀγαπητοί, καθαρίσωμεν ἑαυτοὺς ἀπὸ παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἀγιωσύνην ἐν φόβῳ θεοῦ.

**Make your vows to the Lord our God and perform them.**

**Verse: God is known in Judah; his name is great in Israel.**

### **St. Paul's Second Letter to the Corinthians (6:16-18; 7:1)**

BRETHREN, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty." Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

## **The GOSPEL will be read in GREEK and ENGLISH today**

### **The Reading is from Luke (8:26-39)**

At that time, as Jesus arrived at the country of the Gadarenes, there met him a man from the city who had demons; for a long time he had worn no clothes and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, "What have you to do with me, Jesus, Son of the Most High God? I beseech you, do not torment me." For he had commanded the unclean spirit to come out of the man. (For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.) Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged him not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged him to let them enter these. So he gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and were drowned. When the herdsmen saw what happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had

gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked him to depart from them; for they were seized with great fear; so he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but he sent him away, saying, "Return to your home, and declare how much God has done for you." And he went away, proclaiming throughout the whole city how much Jesus had done for him.

### **Κατὰ Λουκᾶν (8:26-39)**

Τῷ καιρῷ ἐκείνῳ, ἐλθόντι τῷ Ἰησοῦ εἰς τὴν χώραν τῶν Γαδαρινῶν, ἣτις ἐστὶν ἀντίπερα τῆς Γαλιλαίας. ἐξελθόντι δὲ αὐτῷ ἐπὶ τὴν γῆν ὑπήντησεν αὐτῷ ἀνὴρ τις ἐκ τῆς πόλεως, ὃς εἶχε δαιμόνια ἐκ χρόνων ἱκανῶν, καὶ ἱμάτιον οὐκ ἐνεδιδύσκετο καὶ ἐν οἰκίᾳ οὐκ ἔμενεν, ἀλλ' ἐν τοῖς μνήμασιν. ἰδὼν δὲ τὸν Ἰησοῦν καὶ ἀνακράξας προσέπεσεν αὐτῷ καὶ φωνῇ μεγάλῃ εἶπε· τί ἐμοὶ καὶ σοί, Ἰησοῦ, υἱὲ τοῦ Θεοῦ τοῦ ὑψίστου; δέομαί σου, μὴ με βασανίσῃς. παρήγγειλε γὰρ τῷ πνεύματι τῷ ἀκαθάρτῳ ἐξελθεῖν ἀπὸ τοῦ ἀνθρώπου. πολλοῖς γὰρ χρόνοις συνηπάκει αὐτόν, καὶ ἐδεσμεῖτο ἀλύσει καὶ πέδαις φυλασσόμενος, καὶ διαρρήσων τὰ δεσμὰ ἠλαύνετο ὑπὸ τοῦ δαίμονος εἰς τὰς ἐρήμους. ἐπηρώτησε δὲ αὐτὸν ὁ Ἰησοῦς λέγων· τί σοὶ ἐστὶν ὄνομα; ὁ δὲ εἶπε· λεγεῶν· ὅτι δαιμόνια πολλὰ εἰσῆλθεν εἰς αὐτόν· καὶ παρεκάλει αὐτόν ἵνα μὴ ἐπιτάξῃ αὐτοῖς εἰς τὴν ἄβυσσον ἀπελθεῖν. ἦν δὲ ἐκεῖ ἀγέλη χοίρων ἱκανῶν βοσκομένων ἐν τῷ ὄρει· καὶ παρεκάλουν αὐτόν ἵνα ἐπιτρέψῃ αὐτοῖς εἰς ἐκείνους εἰσελθεῖν· καὶ ἐπέτρεψεν αὐτοῖς. ἐξελθόντα δὲ τὰ δαιμόνια ἀπὸ τοῦ ἀνθρώπου εἰσῆλθον εἰς τοὺς χοίρους, καὶ ὄρμησεν ἡ ἀγέλη κατὰ τοῦ κρημοῦ εἰς τὴν λίμνην καὶ ἀπεπνίγη. ἰδόντες δὲ οἱ βόσκοντες τὸ γεγεννημένον ἔφυγον, καὶ ἀπήγγειλαν εἰς τὴν πόλιν καὶ εἰς τοὺς ἀγρούς. ἐξῆλθον δὲ ἰδεῖν τὸ γεγονός, καὶ ἦλθον πρὸς τὸν Ἰησοῦν καὶ εὖρον καθήμενον τὸν ἄνθρωπον, ἀφ' οὗ τὰ δαιμόνια ἐξεληλύθει, ἱματισμένον καὶ σωφρονοῦντα παρὰ τοὺς πόδας τοῦ Ἰησοῦ, καὶ ἐφοβήθησαν. ἀπήγγειλαν δὲ αὐτοῖς οἱ ἰδόντες πῶς ἐσώθη ὁ δαιμονισθεὶς. καὶ ἠρώτησαν αὐτόν ἅπαν τὸ πλῆθος τῆς περιχώρου τῶν Γαδαρινῶν ἀπελθεῖν ἀπ' αὐτῶν, ὅτι φόβῳ μεγάλῳ συνείχοντο. αὐτὸς δὲ ἐμβὰς εἰς τὸ πλοῖον ὑπέστρεψεν. ἐδέετο δὲ αὐτοῦ ὁ ἀνὴρ, ἀφ' οὗ ἐξεληλύθει τὰ δαιμόνια, εἶναι σὺν αὐτῷ· ἀπέλυσε δὲ αὐτόν ὁ Ἰησοῦς λέγων· ὑπόστρεφε εἰς τὸν οἶκόν σου καὶ διηγοῦ ὅσα ἐποίησέ σοι ὁ Θεός. καὶ ἀπῆλθε καθ' ὅλην τὴν πόλιν κηρύσσων ὅσα ἐποίησεν αὐτῷ ὁ Ἰησοῦς.

### **CHURCH ANNOUNCEMENTS:**

#### ♦ **ALTAR BOYS: John Altar Boy Group will be Serving in the Altar today.**

Captain: Pavlo Tsipianitis, Panagiotis Psallidas, John Koutras, Demetre Koutras, Theodore Sideris, Michael Sideris

#### **Matthew Altar Boy Group will be Serving in the Altar on Sunday, October 27th:**

Captain: Nicholas Gerakis, Matthew Green, Steven Green, Alex Tzamaras

#### ♦ **GOYA: Goya Basketball Practice on Wednesday, October 23, 2013, 6-8pm at Argyle Middle School.**

GOYA Basketball Tournament at St. Sophia, Saturday and Sunday, October 26 & 27, 2013.

- ◆ **GREEK SCHOOL:** Greek School on Monday, October 21, 2013, 4:30-6:30pm and Wednesday, October 23, 2013, 4:30-6:00pm, at Rosa Parks Middle School.
- ◆ **YAL:** YAL brunch outing after liturgy Sunday, November 17th.
- ◆ **PHILOPTOCHOS:** Saturday, December 14, 2013 - Trip to New York City - plan to spend 8 hours in the city - shopping, attending a play, visiting a museum. Please contact Nikki Pappas for more details. 301-949-0035 (Home), 301-633-6076 (Cell), and e-mail address: npgreekschool@hotmail.com.
- ◆ **YOUNG AT HEART:** Thursday, October 31, 2013 - Lunch at The Big Greek Café 11:30 AM, limited seating, please make reservations to Helen Thornberg or Kathy Matrakas.
- ◆ **GALA FUNDRAISER 2013:** A grand affair to celebrate our "ground breaking year!" to benefit our Nea Zoe efforts. Saturday, November 2, 2013, at The Bolger Center, Potomac, Maryland.

### **MEMORIAL SERVICE:**

The memorial service is chanted for the repose of the souls of **The Vourvoura Society**. Today's coffee hour is offered by the Vourvoura Society.

### **FUTURE MEMORIALS:**

<b>November 3, 2013</b>	<b>George Stathes</b>	<b>(40 Days)</b>
<b>November 17, 2013</b>	<b>Rena Drakakis</b>	<b>(25 Years)</b>

### **SERVICE SCHEDULE:**

**Saturday, October 26, 2013: Orthros & Divine Liturgy .....8:30AM**  
**(Ορθος & Θ.Λειτουργία - St. Demetrios - Αγ. Δημήτριος)**

### **OCTOBER 20TH, READING:**

Saint Artemius lived during the years of Saint Constantine the Great, and was appointed by him to be Governor of Alexandria; later, he was honoured with the rank of patrician. During the reign of Julian the Apostate, in the year 361, Artemius appeared before the Emperor and censured him for his apostasy. For this, he endured many torments and was finally beheaded.

Saint Gerasimus was from the Peloponnesus, the son of Demetrius and Kale, of the family of Notaras. He was reared in piety by them and studied the Sacred writings. He left his country and went throughout various lands, and finally came to Cephalonia, where he restored a certain old church and built a convent around it, where it stands to this day at the place called Omala. He finished the course of his life there in asceticism in the year 1570. His sacred relics, which remain incorrupt, are kept there for the sanctification of the faithful.

# 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<sup>1/2</sup>" by 11" paper  
Submit with name and phone number

## Share your Favorites!

### 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)



You are cordially invited to attend the  
Saints Constantine and Helen Greek Orthodox Church  
of Washington, District of Columbia

*2013 Gala Fundraiser to Benefit Nea Zoe*

on Saturday, the second of November  
Two thousand thirteen  
at seven o'clock in the evening

The Bolger Center  
9600 Newbridge Drive  
Potomac, Maryland



*Cocktail Hour, Dinner, Dancing and Open Bar*  
*Raffles and Prizes*

Black Tie Optional

For hotel accommodations, contact The Bolger Center at (866) 578-6600  
[www.bolgercenter.com](http://www.bolgercenter.com)

