The arrival of the months of June, July, and August are usually viewed upon as time for vacation. Children are on summer vacation from school, and these particular months of the year make for the “getting out of Dodge” situations.

A great deal of planning is associated with vacations. Obviously, after the site is selected, method of transportation come into play. How easy it is to check out flights on the internet making every effort to find the flight we want and the price we want as well.

A common misconception in the Orthodox world is the belief that our churches close during the summers. One could easily believe this theory, but as we know our Church doors stay open and the calendar of June, July, and August clearly show holidays and feast days that Divine Liturgies and Paraklesis services are being celebrated, not to forget the celebration of Orthros and Divine Liturgies and Sunday mornings. We priests like to see our parishioners for the entire twelve-month period of the year, not just from September to June.

As Orthodox Christians, we are constantly on the trip towards eternal life, with the destination being the Kingdom of God. How can we reach this destination when we have not taken the necessary steps in not only planning our itinerary but seeking the destination place?

I wish all our Parishioners a happy and safe summer, a summer filled with not only joy and happiness, but the enjoyment of the services of the Church helping us reach our destination.
**Summer Sundays**

**Apolotypikon for Saints Constantine & Helen, Equal-to-the Apostles in the Plagal of the Fourth Tone**

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.

To the Saintly one of the same name, glorify the All Praiseworthy, the Holy 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.

**JUNE 3**

**Epistle Reading**


**Gospel Reading**

Matthew 10:32-33; 37-38; 19:27-30

**Saints and Feasts Commemorated**

Kevin, Abbot of Glendalough
The Sunday of All Saints
Athenasios the Wonderworker
Lucillian of Byzantium, 4 martyred Youths and Paula the Virgin

**Wisdom of the Fathers**

For in a contest there is much labor needed—and after the contest victory falls to some, to others disgrace. Is the palm ever given or the crown granted before the course is finished? ... Therefore no one can receive a reward, unless he has striven lawfully; nor is the victory a glorious one, unless the contest also has been toilsome. St. Ambrose of Milan, Chapter 15, Three Books on the Duties of the Clergy, 4th century

**Hymns of the Day**

Resurrectional Apolytikion in the Plagal Fourth Mode

From on high didst Thou descend, O Compassionate One; to the world presenteth the God-bearer martyred Saints in Our Life and Resurrection, Lord, glory be to Thee.

**Epistle for All Saints in the Fourth Mode**

Adorned in the blood of Thy Martyrs throughout all the world as in purple and fine linen, Thy Church, through them, doth cry unto Thee, O Christ God: Send down Thy compassion upon Thy people; grant peace to Thy commonwealth, and great mercy to our souls.

**Seasonal Kontakion in the Plagal Fourth Mode**

As the first-fruits of our nature brought forth, and the world beginning to bear fruit, Thy Planting of a great earth, for the course is finished? ... Therefore no one can receive a reward, unless he has striven lawfully; nor is the victory a glorious one, unless the contest also has been toilsome. St. Ambrose of Milan, Chapter 15, Three Books on the Duties of the Clergy, 4th century

**Epiptile Readers**

Please contact Barry Hendricks if you are interested in reading the Epistle during the Sunday Divine Liturgy. bhendricks@cox.net

**JUNE**

*3* Sylvia Marcin

*10* GOYA

*17* James Woodbury

*24* Catherine Fisher

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**Parish Ministries & Organizations**

- **Philiothochos**
  - Stavroula Gailey, President

- **Religious Education**
  - Helen Micha, Director

- **Greek School**
  - Paula Tofalli, Aphrodite Christopoulos

- **Youth Ministry**
  - Mariam Canavos, Youth Director
  - Stephanie Peri and Kent Paumier, Advisors

- **Acolytes**
  - Barry Hendricks, Director

- **Joy/ Hope**
  - Helen Micha, Director

- **Bookstore**
  - Elizabeth Puckett

- **Weekly Bulletin**
  - Peter Johns

- **Cross+Roads**
  - Nick Valttas

- **Greek Orthodox Youth Association (GOYA)**
  - Christina Myers, President
  - Kent Paumier, Advisor

- **Young Adult League (YAL)**
  - Anastasia Theodorogiannis, President

- **Golden Hearts**
  - Helen George, President

- **Order of AHEPA**
  - Nick Matthews, President

- **Daughters of Penelope**
  - Kathy Matthews, President

- **Hellenic Women’s Penelope Society**
  - Aleksandra Garofalis, Helen Vaughan, Co- Presidents

- **Hellenic Youth Dancers**
  - Bobby Garofalis, Director
offering unto Thee, O Lord.
Through their earnest entreaties, keep Thy Church in deep peace and divine tranquillity, through the pure Theotokos, O Thou Who art greatly merciful.

**JUNE 10**

**EPITHELET READING**
Romans 2:10-16

**GOSPEL READING**
Matthew 4:18-23

**SAINTS AND FEASTS COMMEMORATED**
2nd Sunday of Matthew Alexander and Antonina the Martyrs
Timothy, Bishop of Prousse
Our Holy Father Gregory, Bishop of Assos
The Holy Martyrs of China

**WISDOM OF THE FATHERS**

Prayer, fasting, vigils and all other Christian practices, however good they may be in themselves, do not constitute the aim of our Christian life, although they serve as the indispensable means of reaching this end. The true aim of our Christian life consists in the acquisition of the Holy Spirit of God. St. Seraphim of Sarov, The Acquisition of the Holy Spirit: Chapter 3, The Little Russian Philokalia Vol. 1; Saint Herman of Alaska Brotherhood pg. 79, 19th century

**HYMNS OF THE DAY**

**Resurrectional Apolytikion in the Second Mode**

When Thou didst descend unto death, O Life Immortal, then didst Thou slay Hades with the lightning of Thy Divinity. And when Thou didst also raise the dead out of the nethermost depths, all the powers in the Heavens cried out: O Life-giver, Christ our God, glory be to Thee.

**JUNE 24**

**EPITHELET READING**
Romans 13:11-14; 14:1-4

**GOSPEL READING**

**SAINTS AND FEASTS COMMEMORATED**

Panagiota the New Martyr
Nativity of the Forerunner John the Baptist
Elizabeth, Mother of the Forerunner
Athanasios Parios

**WISDOM OF THE FATHERS**

Henceforward then we must be free from our listlessness; “for now is our salvation nearer than when we believed.”[*] You see how he puts the Resurrection now close by them. For as the time advances, he means, the season of our present life is wasting away, and that of the life to come waxes nearer. If then thou be prepared, and hast done all whatsoever He hath commanded, the day is salvation to thee...Yes, for the day is calling us to battle-array, and to the fight. Yet fear not at hearing of array and arms. For in the case of the visible suit of armor, to put it on is a heavy and abhorred task. But here it is desirable, and worth being prayed for. For it is of Light the arms are! Hence they will set thee forth brighter than the sunbeam, and giving out a great glistening, and they place thee in security: for they are arms, and glittering do they make thee: for arms of light are they!...It is the deadly kind of passions then that he is for extinguishing, lust, namely, and anger. Wherefore it is not themselves only, but even the sources of them that he removes. For there is nothing that so kindles lust, and inflames wrath, as drunkenness, and sitting long at the wine...St. John Chrysostom, Homily 25 on Romans 13, 4th Century

**HYMNS OF THE DAY**

**Apolytikion for Nativity of John the Forerunner in the Fourth Mode**

O Prophet and Forerunner of God's coming to us, all we who with longing now extol thee are at a loss to honour thee worthily. For thy mother's barrenness and father's long silence, by thine all-renowned and hallowed Incarnation, the Son of God is preached unto all the world.

**JULY 1**

**EPITHELET READING**
First Corinthians 12:27-31; 13:1-8

**GOSPEL READING**
Matthew 8:28-34; 9:1

**SAINTS AND FEASTS COMMEMORATED**

5th Sunday of Matthew

**WISDOM OF THE FATHERS**

now, should any one say, "And wherefore did Christ fulfill the devils' request, suffering them to depart into the herd of swine?" this would be our reply, that He did so, not as yielding to them, but as providing for many objects thereby. St. John Chrysostom, Homily 28 on Matthew 8, 4th Century

**HYMNS OF THE DAY**

**Apolytikion for Unmercenary Cosmas and Damian in the Paschal Fourth Mode**

O Holy Unmercenaries and wonderworkers, visit our infirmities; freely ye received, freely give to us.

**JULY 8**

**EPITHELET READING**
Romans 12:6-14

**GOSPEL READING**
Matthew 9:1-8

**SAINTS AND FEASTS COMMEMORATED**

6th Sunday of Matthew

**WISDOM OF THE FATHERS**

He puts an end to the woman's fear ... He sets her right, in respect of her thinking to be hid ... He exhibits her faith to all, so as to provoke the rest also to emulation ... St. John Chrysostom, Homily 31 on Matthew 9, 4th Century

**HYMNS OF THE DAY**

**Apolytikion for Great Martyr Procopius in the Fourth Mode**

Thy Martyr, O Lord, in his courageous contest for Thee received the prize of the crowns of incorruption and life from Thee, our immortal God. For since he possessed Thy strength, he cast down the tyrants and wholly destroyed the demons' strengthless presumption. O Christ God, by his prayers, save our souls, since Thou art merciful.
Church Registry / Announcements

Births:

Wedding:
Our best wishes and sincere congratulations to Jennifer Chen & Dr. Aristides Michos who were married March 19. Dr. George Michos served as the Koumbaro.

Ill and Needing Our Prayers:
We wish a speedy and complete recovery to our friends and fellow parishioners who have been ill and hospitalized recently: Tony Anthony, Angie Karatsikis and James Koumbas. PERASTIKA SAS !!!!!!!!

Thank You:
Joanna Bossetti gratefully acknowledges her fellow parishioners’ concern for her well-being and sincerely thanks everyone for their cards, calls and the prayers offered on her behalf.

Since this issue of the Cross+Roads covers the months of June, July and August, we wish to mention to all of you, our parishioners, to make sure and mark on your calendars the Sunday on which you’re hosting the coffee after Church and to please be the hosts on your assigned Sunday. Many thanks for participating in this function.

Guidelines for Volunteers:
Service
Smile
Share our rich culture and religion
Treat our customers with respect
Be helpful and courteous
Have fun

Quality
Serve consistent portions to all customers
Present food in a pleasing manner

Cleanliness
Servers should wear serving gloves
Wash hands thoroughly before serving
Maintain a good appearance

Other Guidelines
Volunteers park behind the Hellenic Center
Arrive 15 minutes early.
Report to the information desk to pickup a name-tag and an apron.

Glendi Party
Come to the Glendi party for all volunteers on Sunday at 6 p.m. to celebrate a successful festival
Call 596-5599 or 596-6151 for more information or visit us on the web at www.NewportNewsGreekFestival.org

Church, Club and Community News

Philoptochos:
First and foremost we sincerely congratulate the recipients of our scholarships. The Platon Gailey Scholarship was awarded to Eleni Haramis while the three remaining scholarships given by Philoptochos were awarded to Joseph Dennie, Ethan Detweiler and Nicolette St, Martin. We are very proud of these exceptionally capable and talented young people and wish them the very best in their future endeavors.

We are also very proud of our own Barbara France and congratulate her for deservedly

(Continued on page 5)
Having been selected Philoptochos Lady of the Year, we are grateful to Barbara for all she does for Philoptochos as well as for the entire SS Constantine & Helen Community.

Our Literacy Outreach Committee chairperson Kathy Dermanis and her committee are in the process of identifying a project that will allow us to continue to support our area public schools now that the Farm Fresh Markets have gone out of business and we no longer can use their receipts.

We still are collecting "Box tops for education", however, so do continue bringing us those and placing them in the appropriate receptacle in the Narthex of our Church.

Also, remember to pass on to Kathy the name of anyone who you know is deployed overseas, so that she and her USO/CARE PACKAGE Committee will prepare and send to that person a package from home.

Even though we suspend many of our activities during the summer months, we take no vacation from our AOK project. We’ll continue visiting the patients at Virginia Oncology and bringing them a light lunch every Monday of every month as we have been doing for the past few years, now. Please, join us if you are not already a member of our team. Call Ellie Costulis, H833-8181, C303-3080 and let her know you want to help.

Our June meeting will be Monday, June 4 with dinner at Angelo’s, at 6:30 pm.

Philoptochos wishes to all its members as well as to the entire membership of the SS Constantine and Helen Community a healthy, happy and restful summer. Let’s all come back with renewed energy and more dedication to the work of Philoptochos.

DAUGHTERS OF PENEOPE

We extend our sincere congratulations and best wishes to the recipients of our scholarships. The Charis-Eleni Chapter Scholarship was awarded to Elenor Patrinely who attends the University of Virginia while the Tessie Dakis Scholarship was awarded to Alexis Capobianco who is attending Emory University.

We are proud of your accomplishments Eleanor & Alexis and wish you the best of luck in your future endeavors.

We extend our sincere congratulations to Zena Mageras who was named Daughter of the Year. Zena was selected Daughter of the Year for she truly exemplifies the ideals of our Sisterhood: Truth, Goodness and Beauty.

We also extend out congratulations to our newly elected officer for the coming term: They are: Helen Dennie, president; Jackie Anas, vice president, Joanna Vallas, treasurer, Helen Micha, Rec. Secretary, Maria Vidakis, Corr. Secretary.

Good luck and our sincere congratulations, ladies. We know you’ll do a great job.

Many thanks to all those members of AHEPA & the DOP who worked hard in sponsoring the Community Awards Luncheon. A job well done, everyone.

The June meeting of the AHEPA/DOP family will be June 28. Details of the meeting will be forthcoming by e-mail.

HAVE A GREAT AND RESTFUL SUMMER, EVERYONE!

HELENIC WOMAN’S PENEOPE SOCIETY

The June meeting of the Hellenic Woman’s Penelope Society (HWPS) will be an outing on June 7th. Time and location will be announced via e-mail and by telephone.

Our Spring Bake Sale was very profitable, and we thank our patrons who so faithfully support us every year. We also thank our core members and friends who always come forward to make the delicious pastries, which our patrons love. The proceeds from the bake sale funded the Father Peter and Gregory Makris Memorial Merit Scholarship. The applicants for the scholarship had outstanding credentials, and we congratulate Katherine Michos and Alexis Capobianco for being selected as the recipients. Katherine will be attending the University of Virginia and Alexis, Emory University in Atlanta, Georgia. We wish them continued success in all of their future endeavors.

One of the highlights of the June meeting will be the installation of our newly-elected officers. This year we have introduced an innovative and unique program of COLLECTIVE LEADERSHIP. Accordingly, a group of eight members have been chosen to serve as president for the coming year. Each one will serve the society as president for one month. This system of transformative leadership allows all members to experience the challenges and joys of leadership and also helps the society to continue to grow in the 21st century. Each president will be given specific guidelines of her duties during the designated month she has chosen to serve as president. Collectively, at the end of the summer, they will meet to plan the program for the entire year. Our congratulations and best wishes to the following Presidents-elect: Zena Mageras, September; Maria Vidakis, October; Sandra Stirbet, November; Maggie Thompson, January; Stephanie Kailos, February; Sharon Otero, March; Frances Polizos, April; and Athena Savvas, May.

We wish a successful 2018 Greek Festival and a Happy Summer to all!

REFRESHMENTS

We thank all those parishioners who served as hosts for the month of May. The hosts for the next three months are:

June 3: GREEK FESTIVAL
June 10: M/M Chris Zambas, M/M George Anas, Ms. Mary Anas
June 17: Ms. Connie Anastasiou, M/M Tony Anthony, M/M Tony Bills, M/M Barney Barnes
June 24: M/M Nick Andre, M/M Andy Biker, M/M T. Kaligos, Mr. Sofos Takis
July 1: M/M I. Baxivanis, M/M K. Baxivanis, Ms. Marina Becouvvarakis, Mr. Greg Becouvvarakis
July 8: M/M Leroy Bosetti, M/M Ron Burke, M/M C. Campbell, M/M John Campbell
July 15: M/M C. Canavos, M/M D. Canavos, M/M Sam Canavos
July 22: Ms. Eleni Chalkias, M/M Mike Chalkias, Ms. T. Dakis, M/M R. Demson
Aug. 5: Ms. Ellie Costulis, M/M J Costulis, Dr. / M Brian Killough
Aug. 12: M/M J Dennie, Ms. Zoe Marcopoulo, Mr. J. Dermanis, Ms. Kathy Dermanis
Aug. 19: M/M K. Doulerakis, M/M M. Doulerakis, Dr. S. Gailey, M/M T. Gallozos
Aug. 26: M/M K Fotiadis, M/M I. Avramidis, Ms. Helen Mantis
The choir of Sts. Constantine and Helen accepted an invitation from St. Basil the Great Orthodox Christian Church (Antiochian) in Hampton to participate in their inaugural Sacred Arts Festival on April 21, 2018. The Festival highlighted the sacred art of the worship and theology of their church.

Several members of our choir sang an a capella program, *A Liturgical Sampler*, consisting of ten selections in Greek and English beginning with *Soson Kyrie* (The Elevation of the Precious and Life-Giving Cross) through *Evlogitos I Chri*ste (Pentecost) and ending with the Church Hymn and the Kievan Chant *Holy God* (Trisaghion). We enjoyed fellowship with other Orthodox Christians and listening to a program of liturgical hymns sung by the choir of St. Basil.

Parishioner Nick Vrettos led a Bible Study class on May 16 at the Hellenic Center on the Bad Boys of the Bible using Baroque and Renaissance Art to discuss the lives of Adam, David, Solomon, Pontius Pilate, Judas Iscariot and Peter. The study focused on repentance.
AHEPA FAMILY SPONSORS COMMUNITY AWARDS LUNCHEON – MAY 20

PARISH
Frank Peri presented the Danny Daniels Scholarship to Ethan Detweiler.

PHILOPTOCHOS
Hope Zambas presented the Platon Gailey Scholarship to Eleni Haramis
And Philoptochos Scholarships to Joseph Dennie, Ethan Detweiler and Nicholette St. Martin.

Stavroula Gailey presented the Lady of the Year to Barbara France.

DAUGHTERS OF PENELOPE
Hope Zambas and Debbie Miliarakis presented the Charis-Eleni Chapter Scholarship to Eleanor Patrinely and the Tessie Dakis Scholarship to Alexis Capobianco

Kathy Matthews presented the Daughter of the Year to Zena Mageras (not pictured).

HELENIC WOMAN’S PENELOPE SOCIETY
Maria Vidakis and Mary Graham presented the Father Peter and Gregory Makris Memorial Merit Scholarships to Katherine Michos and Alexis Capobianco.

AHEPA
George Anas and Sofos Takis presented the Andronicos Kantios Scholarship to Hayden Hendricks; the Bill Kaoudis Scholarship to Joseph Dennie; the Dr. Platon Gailey Scholarship to Katherine Michos; the John Samos Scholarship to Giovanna Perl; and the Steve Siokis Scholarship to Fofi Gouletas.

Nick Matthews presented the AHEPAN of the Year to Tom Georges and with Greg Bicouvaris the Mary Bicouvaris Lifetime Achievement Award to Father George Chloros.
COMMENCEMENT AT SAINTS CONSTANTINE AND HELEN

SUMMER SUNDAYS

(Continued from page 3)

Sunday of the Holy Fathers
The Holy Martyrs Cyricus and His Mother Julitta
Vladimir, Equal-to-the-Apostles of Kiev
Swithun, Bishop of Winchester
The Finding of the Head of St. Matrona of Chios

WISDOM OF THE FATHERS

Since he who cannot teach himself, yet attempts to set others right, will have many to ridicule him. Or rather such a one will have no power to teach at all, his actions uttering their voice against him. St. John Chrysostom, Homilies 15 and 16 on Matthew 5, 4th Century

HYMNS OF THE DAY

Apoloikion for Sun. of the Holy Fathers in the Plagal Fourth Mode
Most glorified art Thou, O Christ our God, Who hast established our Fathers as luminous stars upon the earth, and through them didst guide us all to the true Faith. O Most Merciful One, glory be to Thee.

JULY 22

EPISTLE READING
First Corinthians 1:10-17
GOSPEL READING
Matthew 14:14-22

SAINTS AND FEASTS COMMEMORATED
8th Sunday of Matthew
Mary Magdalene, the Holy Myrrh-bearer and Equal to the Apostles
Markella, the Virgin-martyr of Chios
Pelagia the Righteous of Tinos

WISDOM OF THE FATHERS

And another thing too we learn, the self-restraint of the disciples which they practised in necessary things, and how little they accounted of food. St. John Chrysostom, Homily 49 on Matthew 14, 4th Century

HYMNS OF THE DAY
Apoloikion for Mary Magdalene in the First Mode
When Christ God had been born for our sakes from the Virgin, thou faithfully didst follow him, keeping His statutes and heeding His sacred laws, O august Mary Magdalene. Hence, as we today observe thy holy remembrance, we receive the loosing of our sins and transgressions through thy holy prayers for us.

JULY 29

EPISTLE READING
First Corinthians 3:9-17

(Continued on page 11)
The Religious Education Department, Greek School, and Acolytes celebrated the completion of the school year on May 20. Thank you to Father George, all the directors, teachers, parents and students for your participation in the programs during the year. Have a wonderful summer and let's make big plans for an inspiring Ecclesiastical New Year starting in September.
The Cross+Roads

GREEK ORTHODOX METROPOLIS OF NEW JERSEY
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΕΩΝ

May 23, 2018

To the Reverend Clergy, Esteemed Archons of the Ecumenical Patriarchate, the Members of the Metropolis and Parish Councils, the Philoptochos Sisterhoods and the devoted Greek Orthodox Faithful of the Greek Orthodox Metropolis of New Jersey

My Beloved in the Lord,

This past Saturday, the joyous 2018 Commencement Exercise and celebrations of our beloved Hellenic College and Holy Cross Greek Orthodox School of Theology were marred when one of the invited speakers, Mr. Estathios Valiotis, the recipient of an “Honorary Doctorate,” from our School, took the opportunity to slander our Mother Church, the Holy Ecumenical Patriarchate of Constantinople. And this, while he was expressing his “gratitude” for the high honor bestowed upon him by one of the flagship institutions of the Greek Orthodox Archdiocese of America and, by extension, of the Ecumenical Patriarchate itself. It is here, at this sacred venue, this Greek Orthodox Institution of Higher Learning and the only Greek Orthodox College and School of Theology in the Western Hemisphere, which for almost eight decades has been educating and preparing the Reverend Clergy of the Church at large, that the honoree brazenly declared that our Archdiocese should immediately sever Her ties with the Patriarchate and declare autocephaly.

I, as the Metropolitan of this sacred Metropolis of New Jersey, an Eparchy of the Ecumenical Throne in the Greek Orthodox Archdiocese of America, reject and denounce the position and statements of Mr. Valiotis, who’s sentiments against the Ecumenical Patriarchate are very well known, as he has vocalized them repeatedly and publicly over the past decades. In addition, I denounce the silence of those present at the graduation, as Mr. Valiotis was allowed to offer this most deplorable speech without interruption or objection.

We, the Clergy and Laity, of the Sacred Greek Orthodox Metropolis of New Jersey affirm our support and our continued devotion to the Mother Church of Constantinople, the Ecumenical Patriarchate, and His All-Holiness Ecumenical Patriarch Bartholomew, the Spiritual Leader of over 300 million Orthodox Christians throughout the world. Our Mother Church is already beleaguered and, in the words of His All-Holiness Ecumenical Patriarch Bartholomew, lives in a state of martyrdom, yet, it continues to unceasingly offer martyria to the divine and sacred Truths of the Gospel of Christ to the four corners of the world. Unlike Arian, Nestorian and all Heretics, who fought against the teachings and traditions of our Orthodox Faith from within, we the faithful Orthodox Christians of this sacred Metropolis, who have received and
felt the motherly embrace and love of our Mother Church of Constantinople, must remain united and vocal in expressing our love, convictions and support for our Ecumenical Patriarchate, the Center of worldwide Orthodoxy. In light of recent developments in the Archdiocese, we should be thankful that we are led and overseen by, and are accountable to, the Ecumenical Throne of Constantinople.

As a spiritual son of the Ecumenical Patriarchate since birth, as a clergyman for more than thirty years and as your Metropolitan for the past fifteen, I was most disconcerted by Mr. Valiotis’ statement that the Ecumenical Patriarchate is a Church “without purpose or mission.” To the contrary, the unceasing labors of our Spiritual Leaders and Patriarchs and the devoted Hierarchy of the Church of Constantinople throughout the centuries, especially during these past 27 years under the Leadership of His All Holiness, Ecumenical Patriarch Bartholomew, to establish Orthodoxy here in America and everywhere are the very enactment of the mission of the Ecumenical Patriarchate, which has never been simply a local Church in Constantinople, but is rather the focus of Orthodox unity around the globe.

A Church without purpose would not endeavor to convene the Great and Holy Council of 2016. A Church without mission would not be shepherding the growth of Orthodoxy on five continents and among many nations. A Church without a mission or purpose would not resurrect the holy Metropolises of Smyrna, Prousa, Kydonion, and Selyvria over the past decade, and establish the new Metropolises of Canada, Mexico, Buenos Aires, Spain and Portugal, Hong Kong, Singapore, and Korea over the past twenty years. Furthermore, Mr. Valiotis’ statement that the Ecumenical Patriarchate is a Church “without a flock” is preposterous and false; as the faithful of the Greek Orthodox Metropolis of New Jersey, as well as millions of Orthodox Christians in the United States of America and throughout the world, both Greek and non-Greek, consider themselves the sheep of that Ecumenical flock.

As your Metropolitan and Spiritual Father, I pray that we all remain united in Christ, as one, in our faithfulness and devotion to Christ’s Holy Church and to our Apostolic inheritance which stems from the Ecumenical Patriarchate. We as Orthodox Christians living in America must regard our Mother Church with gratitude for She has guided our growth and prosperity thus far, and will continue to do so in the future. We must not follow one’s matricidal feelings or sentiments, but rather as loving children, we must support our Mother, who continues to embrace all of us, keeping us united in the Faith, shining forth the light which illumines our heart and our lives, the light which radiates from the ever-glowing and radiant Phanar in Constantinople.

As we approach the great feast of Pentecost, when the nations of the world were united through the descent of the Holy Spirit, we must be proud and maintain our allegiance to the Ecumenical Patriarchate for it is truly exactly that, Ecumenical and a loving mother which unites us in Orthodox service to our One Lord and Savior, Jesus Christ.

Praying that the All-Holy Spirit continue to be and dwell in and through us as faithful members of the Great and Holy Church of Christ and the Mother Church of Constantinople.

With Paternal Love and Blessings,
† EVANGELOS
Metropolitan of New Jersey

SUMMER SUNDAYS

(Continued from page 8)

GOSPEL READING
Matthew 14:22-34

SAINTS AND FEASTS COMMEMORATED
9th Sunday of Matthew
The Holy Martyr Callinicus
Theodota the Martyr and her Children
Holy Virgin Martyr Theodota
Constantine III, Patriarch of Constantinople

WISDOM OF THE FATHERS

The very fire which purifies gold, also consumes wood. Precious metals shine in it like the sun, rubbish burns with black smoke. All are in the same fire of Love. Some shine and others become black and dark. In the same furnace steel shines like the sun, whereas clay turns dark and is hardened like stone. God is a loving fire, and He is a loving fire for all: good and bad. There is, however, a great difference in the way people receive this loving fire of God. The difference is in man, not God. Dr. Alexandre Kalomiros, The River of Fire, pp. 17 & 19, 20th century

HYMNS OF THE DAY

Resurrectional Apolytikion in the Plagal Fourth Mode
From on high didst Thou descend, O Compassionate One; to burial of three days hast Thou submitted that Thou mightest free us from our passions. O our Life and Resurrection, Lord, glory be to Thee.

AUGUST 5

EPISTLE READING
First Corinthians 4:9-16

GOSPEL READING
Matthew 17:14-23

SAINTS AND FEASTS COMMEMORATED
Our Righteous Father Eugene of Aitola

10th Sunday of Matthew
Forefeast of the Transfigura-
WE WOULD LIKE TO THANK THE PARISHIONERS LISTED BELOW FOR MAKING A STEWARDSHIP PLEDGE FOR 2018:

DEMETRIOS & MELINDA ALIMONOS
GEORGE & JACKIE ANAS
MARY ANAS
NICK & DOTTIE ANDRE
TONY & MARIA ANTHONY
ANDY & TESSIE BAKER
BARNEY & GEORGIA BARNES
MARINA BECOUVARAKIS
DEAN & MARY ANN BELER
HELEN BERNHARD
GREG BICOUVARIS
LEROY & JOANNA BOSSETTI
JAMES & GAYLE BOTELIS
RENEE BROWN
FR. GEORGE & PRES. FLORA CHIOROS
AL & CHRISTINE MIGNOGNA
MARIA MITCHUM
ELIZABETH PAPAS
KENT & GEORGENE PAUMIER
JOHN PAWLUK
BOBBY & DIANE PEARCE
FRANK & STEPHANIE PERI
GEORGE PETRAKOS
ASIMINA PHILLOS
CLEO PILEGGI
KONSTANTINOS & SEVASTI POLY-ZOS
ELIZABETH PUCKETT
PETRA RADULOVIC
BILL & MARIA RINGAS
GREGORY SAUR
JOE & JANE SAUR
TASIA SAVRIDES
ATHENA SAVVAS
DOUG SMITH
KURT & VICKY SMITH
TIMOTHY & ANNA SOFIS
CHRISTINE ST. MARTIN
PETE & DIANNE SUN
MARTHA SAWTSCHENKO
SOFOS TAKIS
ANGELO & NIA THEODOROGIANNIS
NICHOLAS & MARGARET THEODOSAKIS
JOHN & JOANNE THOMPSON
MARK & MARGARET THOMPSON
CHRIS & PAULA TOFALLI
SOTOS & PANAYIOTA TOFALLI
CHRISTOS TOWNS
LAMBROS TZEREFS
JOANNA VALLAS
Bobby & BARBARA VLASTAS
NICK VRETTOS
SOPHIA & ANTHONY WALTZ
CHRIS GEORGE
HELEN GEORGE
JACK & MARY GEORGALAS
DOUGLAS & MARY GRAHAM
JESSE & LIA HANLINE
JIMMY & FLOSSIE KALIGOS
MARIA KAOLDIS
ANGIE KARATSIKIS
JOHN & REBECCA KARATSIKIS
SAM KHOSHABA
BRIAN & CYNTHIA KILLOUGH
JOHN & HELEN KOENIG
JOHN & SHERRI KONSTANTINOU
CHRISTOPHER & EVA KURUS
JAMES LUCKRING
BOB & ZOE ANN LUMPKIN
NIKI MAGERAS
ZOE MARCOPOULOS
ATHENA MARKOS
ZORAN MARTINOVIC
JOHN & MARY MICHIOS
RICHARD & JETTE MIKITA
CHRIS MOVROYDIS
GARY & HELEN NICHOLLS
SHARON OTERO
VOULA PANAG
BRIAN & JENNIFER PATRINGLEY
DIMITRI & VOULA PETRAKOS
KONSTANTINE & BECKY PIETRONE-TO
RANDY & KAREN PINGLEY
MEL & FRANCES POLIZOS
JOHN & AGNES SAMOS
HARRY SAMOS
SAMIR & KATERINA SANBAR
PAULINE SCHLIM
CHARITA STAVROU
PAUL & MARIA SUMMA
VERONICA TAYLOR
ANASTASIA THEODOROZANNIS
MIKE & FRANCES TSIPLEKIS
STAVROULA VALEN
NICK & VOULA VRETAKIS
ERNEST & ANGELA ZICHAL
WE ALSO THANK THE FOLLOWING PARISHIONERS WHO HAVE MADE CONTRIBUTIONS THIS YEAR BUT HAVEN’T COMPLETED A STEWARDSHIP COMMITMENT FORM:

ALBERTO & NATALY ACCARDI
JESSE & VIOLA ALLEN
CONNIE ANASTASIOU
ALIKE ASIME
KOSTAS & MARIA BAXEVANIS
SAMSON & MARIAM CANAVOS
JOHN CHRISTOU
MARK CUSHEN
WALTER CUSHEN
JOE & HELEN DENNIE
JOHN & HANAN DAOUD
STEFANIA DIMITOFTE
DARRELL & DEEMA FANN

WE ENCOURAGE OUR PARISHIONERS TO FILL OUT A 2018 STEWARDSHIP PLEDGE FORM IF THEY HAVE NOT ALREADY DONE SO. YOUR STEWARDSHIP IS VITAL TO SUPPORT THE MINISTRIES OF SAINTS CONSTANTINE AND HELEN. FORMS ARE AVAILABLE IN THE NARTHEX AND ALSO ON THE CHURCH WEBSITE. THANK YOU FOR YOUR COMMITMENT OF TIME, TALENT AND TREASURE.
Vacation Bible School

Paul’s Dangerous Journey to Share the Truth!

June 25th-29th from 9:30am-12:30

Join us (ages 4-12) in ancient Athens and become part of Apostle Paul’s dangerous journey to share the truth! Experience this hands-on Vacation Bible School at Saints Constantine and Helen!

For registration information please contact the Mariam Canavos at 757-788-4185 or mcanavos33@gmail.com

SUMMER SUNDAYS

(Continued from page 11) tion of our Lord and Savior Jesus Christ
Euthymios, Patriarch of Constantinople
Christos the New Martyr of Prevezis

WISDOM OF THE FATHERS
Yet if his unbelief was the cause ... why does He blame the disciples? Signifying, that even without persons to bring the sick in faith, they might in many instances work a cure. St. John Chrysostom, Homily 57 on Matthew 17, 4th Century

HYMNS OF THE DAY
Apolytikion for Forefeast of the Transfiguration in the Fourth Mode
Come, let us all welcome the Transfiguration of Christ, and joyously celebrate the bright festival, O ye faithful, and let us cry: Nigh at hand now is the day of God-given gladness, as the Sovereign Master goeth up on Mount Tabor to flash forth with the beautiful light of His Divinity.

AUGUST 12
EPISODE READING
First Corinthians 9:2-12
GOSPEL READING
Matthew 18:23-35
SAINTS AND FEASTS COMMEMORATED
11th Sunday of Matthew

(Continued from page 11)

HYMNS OF THE DAY
Apolytikion for Afterfeast of the Transfiguration in the Grave Mode
Thou wast transfigured on the mountain, O Christ our God, showing to Thy disciples Thy glory as each one could endure. Shine forth Thou on us, who are sinners all, Thy light ever-unending, through the prayers of the Theotokos. Light-bestower, glory be to Thee.

AUGUST 19
EPISODE READING
First Corinthians 15:1-11
GOSPEL READING
Matthew 19:16-26
all things are possible.”

(Continued on page 14)
SUMMER SUNDAYS

SAINTS AND FEASTS COMMEMORATED
12th Sunday of Matthew Andrew the General & Martyr & his 2,593 soldiers
Holy Martyrs Timothy, Agapius and Thecla
Theopanes the New Wonder-worker of Macedonia
After feast of the Dormition of our Most Holy Lady the Theotokos and Ever Virgin Mary

WISDOM OF THE FATHERS
Wherefore then doth Christ thus reply to him, saying, "There is none good?" Because He came unto Him as a mere man, and one of the common sort, and a Jewish teacher; for this cause then as a man He discourses with him. And indeed in many instances He replies to the secret thoughts of them that come unto Him. St. John Chrysostom, Homily 68 on Matthew 19, 4th Century

AUGUST 26

EPISODE READING
First Corinthians 16:13-24
Gospel Reading
Matthew 21:33-42

SAINTS AND FEASTS COMMEMORATED
13th Sunday of Matthew Icon of the Mother of God of Vladimir
Our Righteous Father Joseph The Holy Martyrs Adrian and Natalie

WISDOM OF THE FATHERS
Many things does He intimate by this parable, God's providence, which had been exercised towards them from the first; their murderous disposition from the beginning; that nothing had been omitted of whatever pertained to a heedful care of them;...St. John Chrysostom, Homily 68 on Matthew 21, 4th Century

PARISH COUNCIL MINUTES—APRIL 16, 2018

I: Call to Order & Opening
Prayer:
Present: Father George Chioros, Frank Peri, John Dermanis, Zena Mageras, Bobby Ganoalis, Kent Paumier, Greg Bicouvaris, Tom Grepiotis, Anastasia Theodorogiannis

II: Minutes:
Bicouvaris made motion to approve the meeting minutes of the 19Mar18 meeting; seconded by Mageras, passed unanimously.

III: Correspondence:
Receipt of Thanks, Virginia Peninsula Foodbank, DTD 23Mar18, for eighty-three pounds of canned & dry goods. Letter of Thanks, Hellenic College Holy Cross, FR. C.T. Metropulos, President, DTD 2Apr18, for our $401.00 Donation on 23Mar18.

IV: Treasurer’s Report:
Zena Mageras – attached with minutes. The Spring Festival has been added to the report also in process of setting up the account for the organ replacement approved at the Spring Parish Assembly.

V: Visitor’s Comments:
Athena Savvas – The kitchen needs a cleaning on a regular basis, especially the floors. Church should investigate purchase a power washer for kitchen.

VI: Committee Reports:
Youth Ministry – Mariam Canavos
Had meeting with all the youth directors and talked about upcoming retreats. GOYA Fall retreat in Richmond and Young Adult / OCF retreat at William and Mary and camp good Shepard.

Meeting on 17 APR at Camp Good Shepard
Ice cream social on the 25 APR
Went to orthodoxy on tap and am looking to start one on the peninsula.

House Committee – Barbra France attached with minutes

Upcoming Events:
25 Apr – NN City Manager Luncheon
28 Apr – Quinceanera
7-18 May – NNPS AP Testing
9 Jun – Wedding Reception

Festival Committee
Started cooking moussaka & pastitsio today

VII: Priest’s Report – Father George
Thanked everyone for Holy Week, there were seventeen services and the Anastasi Meal. There were 150 parishioners at the Agape Vespers.

6-8 May – Clergy Laity Assembly and Philoptochos Convention
20 May – Clergy Laity Assembly and Philoptochos Convention
20 May – STs. Constantine and Helen Name Day. Vespers at 6:30 PM with reception to follow.

Awards Luncheon and AHEPA Sunday following Sunday’s Liturgy:
1-5 Jul – National Clergy Laity in Boston, MA. Father, Alvin & Alexa Garrison will be attending.

VIII: Unfinished Business:
Appraisals on items in Safe Deposit Box – John / Zena working

HVAC status – Frank. Two units being procured and installed by Gulf Electric Company at a date to be determined.

Church & Hall Security System proposals – After discussion of KAMCO & ADT proposals KAMCO was selected. Motion by Peri to get with Randy Pingley.

The landscaped area around the fence needs cleaning and mulch. The landscaping around the sides and rear of the property all around the perimeter needs cleaning and trimming. Action – Peri to get with Randy Pingley.

The dumpster area and the area behind the buildings need cleaning especially behind the kitchen. Action – France to get area cleaned up.

The parking lot lights were not on at night during a lot of the services during Holy Week. Action – contact Teddy Fotiou about lights on building. Office contact Dominion Power about parking lot street lights.

IX: Adjournment:
Fr. George offered the closing prayer at 20:45. Next PC meeting will be 21 May 18 at 1830.

X: Certification:
Respectfully Submitted
Kent M. Paumier
Secretary
### June 2018

- **1 Friday**
  - 11:00 am - 10:00 pm Festival
- **2 Saturday**
  - 11:00 am - 10:00 pm Festival
- **3 Sunday**
  - All Saints
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy
  - 12:00 Noon-6:00 pm Festival
- **4 Monday**
  - Apostle Fast Begins
- **6 Wednesday**
  - 7:15 pm Choir
- **9 Saturday**
  - 4:00 pm Wedding
- **10 Sunday**
  - 2nd Sunday of Matthew
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy
- **11 Monday**
  - Saint Bartholomew
  - 9:00 am Orthros
  - 10:00 am Divine Liturgy
- **13 Wednesday**
  - 7:15 pm Choir
- **17 Sunday**
  - 3rd Sunday of Matthew
  - Father’s Day
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy
- **18 Monday**
  - 6:30 pm Parish Council
- **20 Wednesday**
  - 7:15 pm Choir
- **24 Sunday**
  - Nativity of John the Baptist
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy
- **25 Monday**
  - 9:30 am - 12:30 pm - VBS

### July 2018

- **26 Tuesday**
  - 9:30 am - 12:30 pm - VBS
- **27 Wednesday**
  - 9:30 am - 12:30 pm - VBS
  - 7:15 pm Choir
- **28 Thursday**
  - 9:30 am - 12:30 pm - VBS
- **29 Friday**
  - Saints Peter and Paul
  - 9:00 am Orthros
  - 10:00 am Divine Liturgy
  - 9:30 am - 12:30 pm - VBS
- **30 Saturday**
  - Synaxis of the Holy Apostles
  - 9:00 am Orthros
  - 10:00 am Divine Liturgy

### August 2018

- **14 Saturday**
  - Camp Good Shepherd
- **15 Sunday**
  - Sunday of the Holy Fathers
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy
- **18 Wednesday**
  - 7:15 pm Choir
- **20 Friday**
  - Prophet Elias
  - 9:00 am Orthros
  - 10:00 am Divine Liturgy
- **22 Sunday**
  - 8th Sunday of Matthew
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy
- **25 Wednesday**
  - 7:15 pm Choir
- **26 Thursday**
  - St. Paraskevi
  - 9:00 am Orthros
  - 10:00 am Divine Liturgy
- **29 Sunday**
  - 9th Sunday of Matthew
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy

### August 2018 (continued)

- **6 Monday**
  - Holy Transfiguration
  - 9:00 am Orthros
  - 10:00 am Divine Liturgy
- **7 Tuesday**
  - 6:00 pm Paraclesis
- **8 Wednesday**
  - 6:00 pm Paraclesis
- **9 Thursday**
  - 6:00 pm Paraclesis
- **10 Friday**
  - 6:00 pm Paraclesis
- **12 Sunday**
  - 11th Sunday of Matthew
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy
- **13 Monday**
  - 6:00 pm Paraclesis
- **14 Tuesday**
  - 6:00 pm Great Vespers
- **15 Wednesday**
  - Dormition of the Theotokos
  - 9:00 am Orthros
  - 10:00 am Divine Liturgy
- **19 Sunday**
  - 12th Sunday of Matthew
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy
- **20 Monday**
  - 6:30 pm Parish Council
- **25 Saturday**
  - 11:00 am Baptism
- **26 Sunday**
  - 13th Sunday of Matthew
  - 8:15 am Orthros
  - 9:30 am Divine Liturgy
- **29 Wednesday**
  - Beheading of John the Baptist
  - 9:00 am Orthros
  - 10:00 am Divine Liturgy
Sunday Services
8:45 a.m. Matins
10:00 a.m. Divine Liturgy
11:30 a.m. Religious Education (Sep-May)
12:00 a.m. Christian Fellowship (Hellenic Center)

Mission Statement
The mission of Saints Constantine & Helen Greek Orthodox Church in Newport News, Virginia is to keep, practice, and proclaim the Orthodox Christian Faith. The work and ministry of our Parish will include proclaiming the Gospel, sanctifying the faithful through God's grace in worship, the Divine Liturgy and the Sacraments, and enhancing their spiritual life. We will fulfill the great commission of our Lord and Savior Jesus Christ by inviting others into the Church through Baptism and/or Chrismation, educating them in the Orthodox Faith through the establishment of programs, schools and philanthropic activities, and implementing Christian ministries.