



SAINTS CONSTANTINE & HELEN

GREEK ORTHODOX CATHEDRAL OF BROOKLYN

LOOKING AHEAD: Cathedral Ministry Calendar

Sunday, September 7th:

Sunday before Holy Cross

Monday, September 8th:

The Nativity of Our Most Holy Lady the Theotokos and Ever-Virgin Mary

Tuesday, September 9th:

The Holy & Righteous Ancestors of God, Joachim and Anna

Wednesday, September 10th:

Menodora, Metrodora, & Nymphodora the Martyrs

6:00PM - Byzantine Music Lessons (Church Hall)

7:30PM - Board of Trustees Meeting

Thursday, September 11th:

Theodora of Alexandria

Friday, September 12th:

Apodosis of the Nativity of Our Most Holy Lady the Theotokos and Ever-Virgin Mary

Saturday, September 13th:

Forefeast of the Elevation of the Holy Cross



Our work would not be possible without the support of our community members. Please consider making a donation by scanning the **QR code**.



SAINTS CONSTANTINE & HELEN

GREEK ORTHODOX CATHEDRAL OF BROOKLYN



Rev. Protopresbyter of the Ecumenical Throne Evagoras Constantinides
Dean of the Cathedral



July 20, 2025

Forefeast of the Nativity of the Most Holy Theotokos

Προεόρτια της Γεννήσεως της Ὑπεραγίας Θεοτόκου

Memorial

Constantina Loumakos - 40 Days

Panagiota (Pitsa) Tampakis - 3 Years

Niki Glezakos - 3 Years

64 Schermerhorn Street, Brooklyn, New York, 11201
Tel: 718-624-0595 | Email: churchsecretary@afantis.org
www.stconstantinecathedral.org

Service Information

Summer Sunday Worship: Orthros 8:30 am Divine Liturgy 9:30 am
All services are streamed live at
www.stconstantinecathedral.org/live/

The Hymns of Today's Liturgy | Τα Απολυτικά της Ημέρας

Resurrectional Apolytikion

*As the Father and Spirit are unoriginate, * so the Word, who was born from the Virgin for us. * Let us praise Him, O believers, and let us worship Him. * For our salvation He was pleased * to be crucified in the flesh, * and to undergo death, * and to resurrect the dead, by His glorious resurrection.*

Apolytikion of Constantine and Helen

He beheld the image of Your Cross in the Heavens and, as Paul, he too did not receive the call from men. Your Apostle among Kings placed the care of the Royal City in Your hands. Through the intercessions of the Theotokos, O only Loving Lord, keep it ever in peace.

Kontakion

On this day the virgin Maid, Mary the true Theotokos, * the inviolate bridal room of the heavenly Bridegroom, * by the will of God is born of a barren woman, * to prepare to be the carriage of God the Logos, * as for this she had been destined, * to be the gateway of God and Mother of Life.

Ἀπολυτίκιον Ἀναστάσιμον

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν· ὅτι ἠϋδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεώτας, ἐν τῇ ἐνδόξῳ ἀναστάσει αὐτοῦ.

Απολυτίκιον Αγίων Κωνσταντίνου & Ελένης

Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλῆσιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεῦσιν, Ἀπόστολός σου Κύριε, βασιλεύουσιν πόλιν τῇ χειρὶ σου παρέθετο ἡν περισώζε διὰ παντός ἐν εἰρήνῃ, πρεσβεῖαις τῆς Θεοτόκου, μόνη Φιλάνθρωπε.

Κοντάκιον

Ἡ Παρθένος σήμερον, καὶ Θεοτόκος Μαρία, ἡ παστὰς ἡ ἅλυτος, τοῦ οὐρανοῦ Νυμφίου, τίκεται, ἀπὸ τῆς στεῖρας θεοβουλήτως, ὄχημα, τοῦ Θεοῦ Λόγου εὐτρεπισθῆναι· εἰς τοῦτο γὰρ καὶ προωρίσθη, ἡ θεία πύλη, καὶ Μήτηρ τῆς ὄντως ζωῆς.

Announcements of the Day

- From this Sunday we return to Regular Hours
Orthros begins at 8:45 a.m. - Divine Liturgy begins at 10:00 a.m.
- Wednesday, September 10th, starting at 6:00PM Byzantine Music Lessons (Church Hall)
- Saturday September 13th, Forefeast of the Elevation of the Holy Cross at 7:00PM - Great Vespers @ Holy Cross in Bay Ridge



SAINTS CONSTANTINE & HELEN

GREEK ORTHODOX CATHEDRAL OF BROOKLYN

Annual Community Picnic

at Prospect Park

SATURDAY, SEPTEMBER 27TH
11 am to 3 pm - at Prospect Park
15th St. Lawn South - Picnic Area

Looking for a fun and relaxing way to spend a day outdoors?
Join us for a picnic in the park!

Souvlakia, Hotdogs, Hamburgers, Drinks, Good Parea and more!
Don't forget to bring your beach chairs, soccer balls football, etc.



Join us for a Community picnic in the park and make some unforgettable memories with your family and friends!

ALL AGES WELCOME

FREE EVENT

JOIN US FOR...

BYZANTINE MUSIC LESSONS

AT THE SAINTS CONSTANTINE AND HELEN CHURCH HALL



Join us for an 11-week course designed to introduce the sacred art of Byzantine Chant. No prior experience required. All are welcome!

Wednesday Evenings at 6:00 PM
11 Lessons | Fall Series (Part 1)
September 10th - November 19th
Cost: \$50

(includes materials: Music Theory and Practice Guide, Exercises, and Audio Recordings)



Register through Easytithe or
Contact John Strzelecki at jstrzelecki@afantis.org

What You'll Learn:

- The basics of Byzantine notation and the eight-mode system
- How to read and chant simple exercises
- Practice at home with recorded audio support

Board of Trustees

President Constantinos Paravalos
Executive Vice President Christo Argyriou
1st Vice President Haralampos Paloumbis
2nd Vice President Gregory Poulon
Treasurer Stavros Plangetis
1st Treasurer George Fanourakis
2nd Treasurer Constantine Vassilakos
English Secretary Jerry Matiatos
Legal Council Nick Neonakis

Paul Apostolakis, Andreas Chrysostomou,
Steve Giannakouros, Harry Karamitopoulos,
John Kastanis, Georgea Kontzamanis, George
Poulon, Peter Rezos, Jim Tampakis, Maria
Tsamasiros, Alex Vanech, Anastasios Varelis,
John Vavas, Peter Vlitas, Peter Yatrakis

Ladies Philoptochos

President Lambrini Gementzopoulos
Executive Vice President Tina Papadakos
1st Vice President Michelle Tampakis
2nd Vice President Anna Chrysostomou
Treasurer Stelene Argyriou
Assistant Treasurer Effie Katsenis
Recording Secretary Angela Papadopoulos
Corresponding Secretary Giota Pechlivanidi
Advisor Marjorie Bacas

A.Fantis Calendar

www.afantis.org



2024 National Blue Ribbon Recipient

Empowering Students with Academic Excellence, Character Development, and a Deep Appreciation for Classical Greek Culture at New York's Top 3 Ranked PreK-8 School.

The Readings of Today's Liturgy

Epistle & Gospel

The reading is from Paul's Letter to the Galatians. . (Gal. 6:11 – 18)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For in Christ Jesus neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

The reading is from the holy Gospel according to John. (Jn. 3:13 – 17)

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him should not perish but have eternal life. For God so loved the world that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

Απόστολος και Ευαγγέλιον της Ημέρας

Πρὸς Γαλάτας Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα. (Γαλ 6:11 – 18)

Ἀδελφοί, ἴδετε πηλικοῖς ὑμῖν γράμμασιν ἔγραψα τῇ ἐμῇ χειρί. ὅσοι θέλουσιν εὐπροσωπῆσαι ἐν σαρκί, οὗτοι ἀναγκάζουσιν ὑμᾶς περιτέμνεσθαι, μόνον ἵνα μὴ τῷ σταυρῷ τοῦ Χριστοῦ διώκωνται. οὐδὲ γὰρ οἱ περιτετμημένοι αὐτοὶ νόμον φυλάσσουσιν, ἀλλὰ θέλουσιν ὑμᾶς περιτέμνεσθαι, ἵνα ἐν τῇ ὑμετέρᾳ σαρκὶ καυχήσωνται. ἐμοὶ δὲ μὴ γένοιτο καυχᾶσθαι εἰ μὴ ἐν τῷ σταυρῷ τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, δι' οὗ ἐμοὶ κόσμος ἐσταύρωται κἀγὼ τῷ κόσμῳ. ἐν γὰρ Χριστῷ Ἰησοῦ οὔτε περιτομή τι ἰσχύει οὔτε ἀκροβυστία, ἀλλὰ καινὴ κτίσις. καὶ ὅσοι τῷ κανόνι τούτῳ στοιχήσουσιν, εἰρήνη ἐπ' αὐτοὺς καὶ ἔλεος, καὶ ἐπὶ τὸν Ἰσραὴλ τοῦ Θεοῦ. Τοῦ λοιποῦ κόπους μοι μηδεὶς παρεχέτω· ἐγὼ γὰρ τὰ στίγματα τοῦ Κυρίου Ἰησοῦ ἐν τῷ σώματί μου βαστάζω. Ἡ χάρις τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ μετὰ τοῦ πνεύματος ὑμῶν, ἀδελφοί· ἀμήν.

Ἐκ τοῦ κατὰ Ἰωάννην ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα. (Ιω 3:13 – 17)

Τῷ καιρῷ ἐκείνῳ ἐμβὰς ὁ Ἰησοῦς εἰς πλοῖον διεπέρασε καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν. Καὶ ἰδοὺ προσέφερον αὐτῷ παραλυτικὸν ἐπὶ κλίνης βεβλημένον· καὶ ἰδὼν ὁ Ἰησοῦς τὴν πίστιν αὐτῶν εἶπε τῷ παραλυτικῷ· θάρσει, τέκνον· ἀφέωνταί σοι αἱ ἁμαρτίαι σου. καὶ ἰδοὺ τινες τῶν γραμματέων εἶπον ἐν ἑαυτοῖς· οὗτος βλασφημεῖ. καὶ ἰδὼν ὁ Ἰησοῦς τὰς ἐνθυμήσεις αὐτῶν εἶπεν· ἵνα τί ὑμεῖς ἐνθυμεῖσθε πονηρὰ ἐν ταῖς καρδίαις ὑμῶν; τί γὰρ ἐστὶν εὐκοπώτερον, εἰπεῖν, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ περιπάτει; ἵνα δὲ εἰδῇτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἐπὶ τῆς γῆς ἀφιέναι ἁμαρτίας — τότε λέγει τῷ παραλυτικῷ· ἐγερθεὶς ἄρῃ σου τὴν κλίνην καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἐγερθεὶς ἀπῆλθεν εἰς τὸν οἶκόν αὐτοῦ. ἰδόντες δὲ οἱ ὄχλοι ἐθαύμασαν καὶ ἐδόξασαν τὸν Θεὸν τὸν δόντα ἐξουσίαν τοιαύτην τοῖς ἀνθρώποις