



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



January 11, 2026

Memory of our Devout Father Theodosius the Cenobiarch
Μνήμη τοῦ Ὁσίου Πατρὸς ἡμῶν Θεοδοσίου τοῦ Κοινοβιάρχου

Memorials

Mike Frezoulis— 40 Days

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

Service Information

Sunday Worship: Orthros 8:45 am Divine Liturgy 10:00 am

All services are streamed live at

www.stconstantinecathedral.org/live/

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

Resurrectional Apolytikion

*When the angelic powers appeared at Your tomb, * the soldiers guarding it feared and became as dead. * And standing by the sepulcher was Mary, who was seeking Your immaculate body. * Unassailed by Hades, You divested it of spoils. * Then You met the Virgin. You granted life. * O Lord, risen from the dead, glory to You!*

Apolytikion of the Feast

When You were baptized in the River Jordan, O Lord, it was revealed that God is worshiped in Trinity. For the voice of the Father, who had begotten You, also bore witness to You, calling You "beloved Son," and the Spirit, in the form of a dove, confirmed that what was said is true. In Your epiphany, O Christ God, You appeared and illuminated the world. Glory to You!

Kontakion

*You revealed yourself today on earth, O Master, * and Your light was stamped on us, who in the knowledge of the truth, * O Lord, extol Your epiphany. * You came; You revealed yourself, O unapproachable Light.*

Άπολυτίκιον Άναστάσιμον

Αγγελικαὶ Δυνάμεις ἐπὶ τὸ μνῆμά σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ ἵστατο Μαρία ἐν τῷ τάφῳ ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἀδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ· ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωήν. Οἱ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Άπολυτίκιον τῆς Έορτῆς

Ἐν Ἰορδάνῃ βαπτιζόμενου σου Κύριε, ἡ τῆς Τριάδος ἐφανερώθη προσκύνησις· τοῦ γὰρ Γεννήτορος ἡ φωνὴ προσεμαρτύρει σοι, ἀγαπητόν σε Υἱὸν ὄνομάζουσα· καὶ τὸ Πνεῦμα ἐν εἴδει περιστερᾶς, ἐβεβαίου τοῦ λόγου τὸ ἀσφαλές. Οἱ ἐπιφανεῖς Χριστέ ὁ Θεός, καὶ τὸν κόσμον φωτίσας, δόξα σοι

Κοντάκιον

Ἐπεφάνης σήμερον τῇ οἰκουμένῃ, καὶ τὸ φῶς σου Κύριε, ἐσημειώθη ἐφ' ἡμᾶς, ἐν ἐπιγνώσει ὑμοῦντάς σε· Ἄλιθες ἐφάνης τὸ Φῶς τὸ ἀπρόσιτον.

Announcements of the Day & upcoming events

- Lunch and Coffee Hour sponsored by the Frezoulis Family
- Sunday Jan. 18 – Philoptochos Vasilopita Luncheon



STS. CONSTANTINE AND HELEN YOUTH AND SUNDAY SCHOOL PRESENTS

“GET TO KNOW MY CHURCH”

SCAVENGER HUNT

SUNDAY, JANUARY 25, 2026

JOIN US FOR FOOD FOLLOWING DIVINE LITURGY

AND AN EXPLORATION OF WHAT WE DO IN CHURCH, THE PARTS OF THE
CHURCH AND DIFFERENT LITURGICAL OBJECTS

OLDER KIDS ARE WELCOME TO VOLUNTEER FOR SERVICE HOURS!

SIGN UP HERE!



FOR MORE INFORMATION, CONTACT MR. JOHN @ (314)413-8522

Board of Trustees

President Constantinos Paravalos
Executive Vice President Christo Argyriou
1st Vice President Haralampus 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 Michelle Tampakis
1st Vice President Lambrini Gementopoulos
2nd Vice President Tina Papadakos
Treasurer Stelene Argyriou
Assistant Treasurer Effie Katsenis
Recording Secretary Angela Papadopoulos
Corresponding Secretary Patty Paravalos
Advisor Giota Pechlivanidi

Altar Boys today Group 2 - Mark:

*Christopher Constantinides, Costantine
Karamitopoulos, Vasili Rezos, Manoli
Neonakis, Hudson Lopez, George Souris,
Yianni Constantinides, Michael Vega*

A.Fantis Calendar

www.afantis.org



For more information, or to enroll, visit www.afantis.org

The Readings of Today's Liturgy

Epistle & Gospel

The reading is from Paul's Letter to the Hebrews. (Heb. 13:7 – 16)

Brethren, remember your leaders, those who spoke to you the word of God; consider the outcome of their lives, and imitate their faith. Jesus Christ is the same yesterday and today and for ever. Do not be led away by diverse and strange teachings; for it is well that the heart be strengthened by grace, not by foods, which have not benefited their adherents. We have an altar from which those who serve the tent have no right to eat. For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp. So Jesus also suffered outside the gate in order to sanctify the people through his own blood. Therefore let us go forth to him outside the camp and bear the abuse he endured. For here we have no lasting city, but we seek the city which is to come. Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

The reading is from the holy Gospel according to Matthew. (Mt. 4:12 – 17)

At that time, Jesus when heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulun and Naphtali, that what was spoken by the prophet Isaiah might be fulfilled: "The land of Zebulun and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles — the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

Απόστολος και Ευαγγελίον της Ημέρας

Πρὸς Ἐβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα. (Εβρ. 13:7 – 16)

Ἄδελφοί, μνημονεύετε τῶν ἡγουμένων ὑμῶν, οἵτινες ἐλάλησαν ὑμῖν τὸν λόγον τοῦ Θεοῦ, ὃν ἀναθεωροῦντες τὴν ἔκβασιν τῆς ἀναστροφῆς μιμεῖσθε τὴν πίστιν. Ἰησοῦς Χριστὸς χθὲς καὶ σήμερον ὁ αὐτὸς καὶ εἰς τοὺς αἰῶνας, διδαχαῖς ποικίλαις καὶ ἔναντις μὴ παραφέρεσθε· καλὸν γὰρ χάριτι βεβαιοῦσθαι τὴν καρδίαν, οὐ βρώμασιν, ἐν οἷς οὐκ ὀφελήθησαν οἱ περιπατήσαντες. ἔχομεν θυσιαστήριον ἐξ οὗ φαγεῖν οὐκ ἔχουσιν ἔξουσίαν οἱ τῇ σκηνῇ λατρεύοντες· ὃν γὰρ εἰσφέρεται ζῷων τὸ αἷμα περὶ ἀμαρτίας εἰς τὰ Ἀγια διὰ τοῦ ἀρχιερέως, τούτων τὰ σώματα κατακαίεται ἔξω τῆς παρεμβολῆς· διὸ καὶ Ἰησοῦς, ἵνα ἀγιάσῃ διὰ τοῦ ἰδίου αἵματος τὸν λαόν, ἔξω τῆς πύλης ἔπαθε. τοίνυν ἔξερχόμεθα πρὸς αὐτὸν ἔξω τῆς παρεμβολῆς τὸν ὄνειδισμὸν αὐτοῦ φέροντες· οὐ γὰρ ἔχομεν ὅδε μένουσαν πόλιν, ἀλλὰ τὴν μέλλουσαν ἐπιζητοῦμεν. δι' αὐτοῦ οὖν ἀναφέρωμεν θυσίαν αἰνέσεως διὰ παντὸς τῷ Θεῷ, τοῦτ' ἔστι καρπὸν χειλέων ὄμολογούντων τῷ ὄνόματι αὐτοῦ. τῆς δὲ εύποιΐας καὶ κοινωνίας μὴ ἐπιλανθάνεσθε· τοιαύταις γὰρ θυσίαις εὐαρεστεῖται ὁ Θεός.

Ἐκ τοῦ κατὰ Ματθαῖον ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα. (Ματθ. 4:12 – 17)

Τῷ καιρῷ ἐκείνῳ, ἀκούσας ὁ Ἰησοῦς ὅτι Ἰωάννης παρεδόθη, ἀνεχώρησεν εἰς τὴν Γαλιλαίαν, καὶ καταλιπὼν τὴν Ναζαρὲτ ἐλθὼν κατώκησεν εἰς Καπερναούμ τὴν παραθαλασσίαν ἐν ὄριοις Ζαβουλῶν καὶ Νεφθαλείμ, ἵνα πληρωθῇ τὸ ρήθεν διὰ Ἡσαΐου τοῦ προφήτου λέγοντος· γῆ Ζαβουλῶν καὶ γῆ Νεφθαλείμ, ὁδὸν θαλάσσης, πέραν τοῦ Ἰορδάνου, Γαλιλαία τῶν ἑθνῶν, ὁ λαὸς ὁ καθήμενος ἐν σκότει εἶδε φῶς μέγα, καὶ τοῖς καθημένοις ἐν χώρᾳ καὶ σκιᾷ θανάτου φῶς ἀνέτειλεν αὐτοῖς. Ἀπὸ τότε ἤρξατο ὁ Ἰησοῦς κηρύσσειν καὶ λέγειν· μετανοεῖτε· ἥγγικε γὰρ ἡ βασιλεία τῶν οὐρανῶν.