



The Ladies Philoptochos
of Sts. Constantine & Helen Cathedral
Brooklyn, NY

INVITE YOU TO THEIR
SPRING LUNCHEON
SUNDAY, MARCH 8, 2026
12:30-4:30PM

HAMILTON LOFT
120 HAMILTON AVE.
BROOKLYN, NY 11231

JOIN US FOR AN AFTERNOON OF
FUN, FELLOWSHIP, PHILANTHROPY &
FANTASTIC RAFFLE & CHINESE AUCTION
PRIZES!

Tickets:

\$100.00 (Advance Purchase \$90.00 by 3/1/26)
\$85.00 70 & Over and 12 & Under
(Advance Purchase \$75.00 by 3/1/26)

Payment Methods:

*Click on the QR Code Below or Pay at the Door.
*Go to our website: www.Philoptochos57.org



SAINTS CONSTANTINE & HELEN
GREEK ORTHODOX CATHEDRAL OF BROOKLYN



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



March 1, 2026

Sunday of Orthodoxy | Κυριακή της Ὁρθοδοξίας

Memorials

Asimo (Ασήμω) Alexandris 40 days
Emmanuel (Εμμανουήλ) Fasarakis 5 years

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 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 the Feast

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offenses, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

Kontakion

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Announcements of the Day & upcoming events

- The Eugenes Family will sponsor the coffee hour.
- Upcoming Service:
 - Great Compline, Monday March 2nd - Service starts at 7:00 pm
 - Pre-Sanctified, Wednesday March 4th - Liturgy starts at 5:30 pm
 - 2nd Salutations to Holy Theotokos, Friday March 6th - Service starts at 7:00 pm
- Lenten Studies Series - During Great Lent with Fr. Evagoras
 - Wednesday March 4th at 7 pm
- Philoptochos Luncheon - Sunday March 8th at Hamilton Loft from 12:00 pm to 4:00 pm

Απολυτίκιον Ἀναστάσιμον

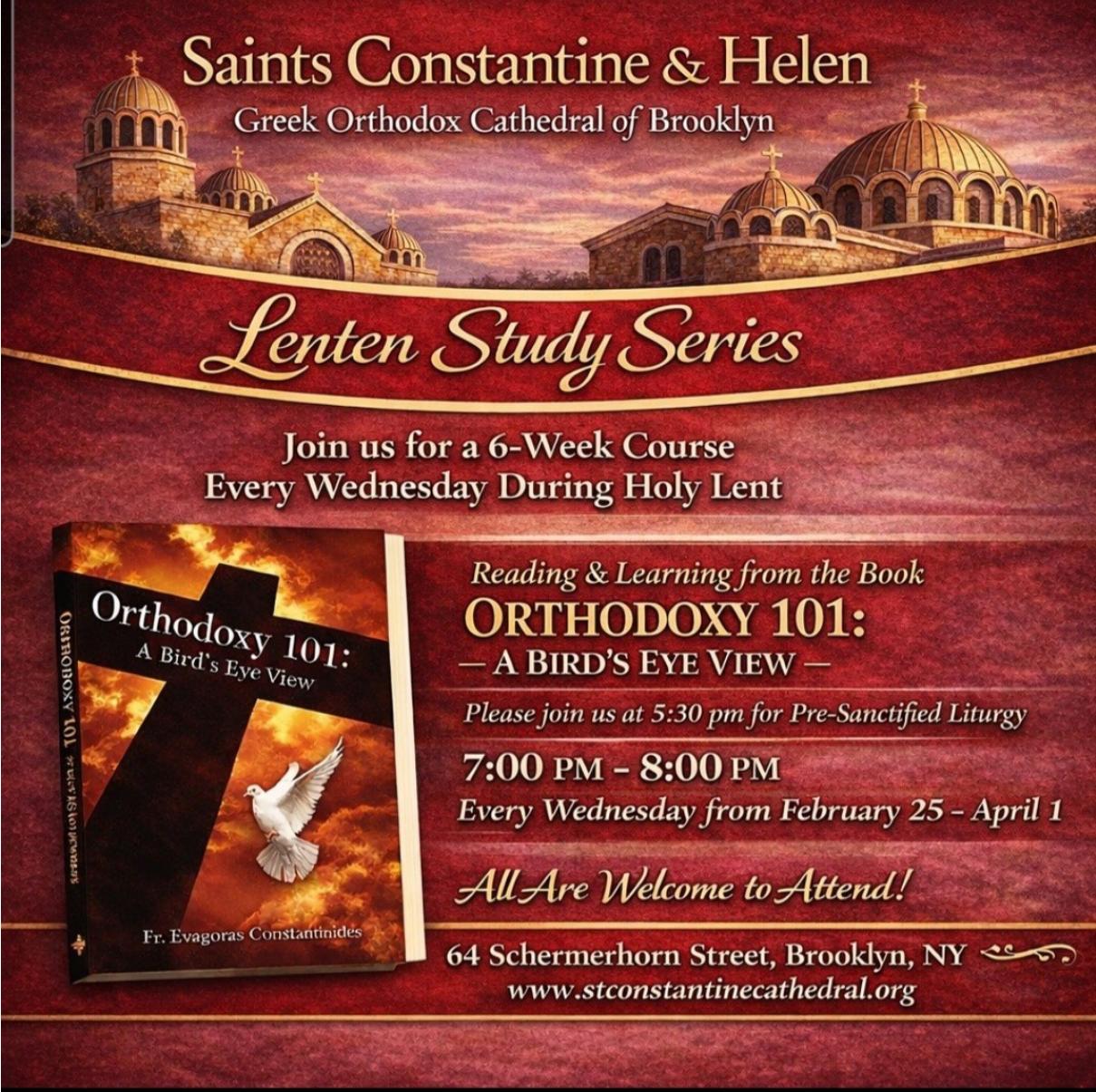
Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν· ὅτι ἠυδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεώτας, ἐν τῇ ἐνδόξῳ ἀναστάσει αὐτοῦ.

Ἀπολυτίκιον τῆς Ἑορτῆς

Τὴν ἄχραντον Εἰκόνα σου προσκυνοῦμεν ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ ἠυδόκησας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ρύσῃ οὓς ἔπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι· Χαῖρας ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον

Κοντάκιον

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοὶ· Χαῖρε νύμφη ἀνύμφευτε.



Saints Constantine & Helen
Greek Orthodox Cathedral of Brooklyn

Lenten Study Series

Join us for a 6-Week Course
Every Wednesday During Holy Lent

Reading & Learning from the Book
ORTHODOXY 101:
— A BIRD'S EYE VIEW —

Please join us at 5:30 pm for Pre-Sanctified Liturgy
7:00 PM - 8:00 PM
Every Wednesday from February 25 - April 1

All Are Welcome to Attend!

64 Schermerhorn Street, Brooklyn, NY
www.stconstantinecathedral.org

GREAT AND HOLY LENT 2026

Lenten Service Schedule

GREAT COMPLINE Monday at 7:00 p.m.

Monday, February 23
Monday, March 2
Monday, March 9
Monday, March 16
Monday, March 23
Monday, March 30

PRE-SANCTIFIED LITURGY Wednesday at 5:30 p.m.

Wednesday, February 25
Wednesday, March 4
Wednesday, March 18
Wednesday, April 1

SALUTATIONS TO THE THEOTOKOS Friday at 7:00 p.m.

Friday, February 27
Friday, March 6
Friday, March 13
Friday, March 20
Friday, March 27

*All Are
Welcome*



Board of Trustees

President Stavros Plangetis
Executive Vice President George Poulon
1st Vice President Christos Argyriou
2nd Vice President Gregory Poulon
3rd Vice President Haralambos Paloumbis
1st Treasurer George Fanourakis
2nd Treasurer Constantine Vassilakos
English Secretary Gerasimos Matiatos
Logal Council Nicholas Neonakis

Paul Apostolakis, Andreas Chrysostomou,
Steve Giannakouros, Harry Karamitopoulos,
John Kastanis, Georgea Kontzamanis,
Constantinos Paravalos, 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 Gementzopoulos
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 - All Teams

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. 11:24 – 26, 32 – 40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets — who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated — of whom the world was not worthy — wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

The reading is from the holy Gospel according to John. (Jn. 1:43 – 51)

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

Απόστολος και Ευαγγέλιον της Ημέρας

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα. (Εβρ 11:24 – 26, 32 – 40)

Ἀδελφοί, πίστει Μωϋσῆς μέγας γενόμενος ἠρνήσατο λέγεσθαι υἱὸς θυγατρὸς Φαραῶ, μᾶλλον ἐλόμενος συγκακουχεῖσθαι τῷ λαῷ τοῦ Θεοῦ ἢ πρόσκαιρον ἔχειν ἀμαρτίας ἀπόλαυσιν, μείζονα πλοῦτον ἠγησάμενος τῶν Αἰγύπτου θησαυρῶν τὸν ὄνειδισμὸν τοῦ Χριστοῦ· ἀπέβλεπε γὰρ εἰς τὴν μισθοποδοσίαν. Καὶ τί ἔτι λέγω; ἐπιλείψει γάρ με διηγούμενον ὁ χρόνος περὶ Γεδεών, Βαράκ τε καὶ Σαμψὼν καὶ Ἰεφθάε, Δαυΐδ τε καὶ Σαμουὴλ καὶ τῶν προφητῶν, οἱ διὰ πίστεως κατηγωνίσαντο βασιλείας, εἰργάσαντο δικαιοσύνην, ἐπέτυχον ἐπαγγελιῶν, ἔφραξαν στόματα λεόντων, ἔσβεσαν δύναμιν πυρός, ἔφυγον στόματα μαχαίρας, ἐνεδυναμώθησαν ἀπὸ ἀσθενείας, ἐγενήθησαν ἰσχυροὶ ἐν πολέμῳ, παρεμβολὰς ἔκλιναν ἀλλοτριῶν· ἔλαβον γυναῖκες ἐξ ἀναστάσεως τοὺς νεκροὺς αὐτῶν· ἄλλοι δὲ ἐτυμπανίσθησαν, οὐ προσδεξάμενοι τὴν ἀπολύτρωσιν, ἵνα κρείττονος ἀναστάσεως τύχωσιν· ἕτεροι δὲ ἐμπαιγμῶν καὶ μαστίγων πεῖραν ἔλαβον, ἔτι δὲ δεσμῶν καὶ φυλακῆς· ἐλιθάσθησαν, ἐπρίσθησαν, ἐπειράσθησαν, ἐν φόνῳ μαχαίρας ἀπέθανον, περιήλθον ἐν μηλωταῖς, ἐν αἰγείοις δέρμασιν, ὑστερούμενοι, θλιβόμενοι, κακουχούμενοι, ὧν οὐκ ἦν ἄξιος ὁ κόσμος, ἐν ἐρημίαις πλανώμενοι καὶ ὄρεσι καὶ σπηλαίοις καὶ ταῖς ὄπαϊς τῆς γῆς. Καὶ οὗτοι πάντες μαρτυρηθέντες διὰ τῆς πίστεως οὐκ ἐκομίσαντο τὴν ἐπαγγελίαν, τοῦ Θεοῦ περὶ ἡμῶν κρείττον τι προβλεψαμένου, ἵνα μὴ χωρὶς ἡμῶν τελειωθῶσι.

Ἐκ τοῦ κατὰ Ἰωάννην ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα. (Ιω 1:43 – 52)

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν· καὶ εὕρισκε Φίλιππον καὶ λέγει αὐτῷ· ἀκολούθει μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαϊδά, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὕρισκε Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ· ὃν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφήται, εὐρήκαμεν, Ἰησοῦν τὸν υἱὸν τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν αὐτῷ Ναθαναὴλ· ἐκ Ναζαρέτ δύναται τι ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· ἔρχου καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναὴλ ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ· ἴδε ἀληθῶς Ἰσραηλίτης, ἐν ᾧ δόλος οὐκ ἔστι. λέγει αὐτῷ Ναθαναὴλ· πόθεν με γινώσκεις; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ τὴν συκὴν εἶδόν σε. ἀπεκρίθη Ναθαναὴλ καὶ λέγει αὐτῷ· ῥαββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ, σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραὴλ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· ὅτι εἶπόν σοι, εἶδόν σε ὑποκάτω τῆς συκῆς, πιστεύεις; μείζω τούτων ὄψει. καὶ λέγει αὐτῷ· ἀμὴν ἀμὴν λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν ἀνεωγῆτα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.