



SAINTS CONSTANTINE & HELEN
GREEK ORTHODOX CATHEDRAL OF BROOKLYN



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



March 15, 2026

Third Sunday of Lent. Veneration of the Cross
Κυριακή Γ' τῶν Νηστειῶν τῆς Σταυροπροσκυνήσεως

Chrismation
Anthony Rangel

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www.stconstantinecathedral.org



THE LADIES PHILOPTOCHOS OF
STs. CONSTANTINE & HELEN

INVITES YOU TO OUR ANNUAL

FASOLADA LUNCHEON

SUNDAY, MARCH 22, 2026

FOLLOWING THE DIVINE LITURGY
IN THE CHURCH HALL

COME & ENJOY A LENTEN MEAL
WITH US!

All donations will benefit the Philoptochos
mission to continually help those in need.

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

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

Apolytikion of the Feast

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

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.

Ἀπολυτίκιον Ἀναστάσιμον

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέωξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Ἀπολυτίκιον τῆς Ἑορτῆς

Σῶσον, Κύριε, τὸν λαόν σου, καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων, διὰ τοῦ Σταυροῦ σου πολίτευμα.

Κοντάκιον

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

Announcements of the Day

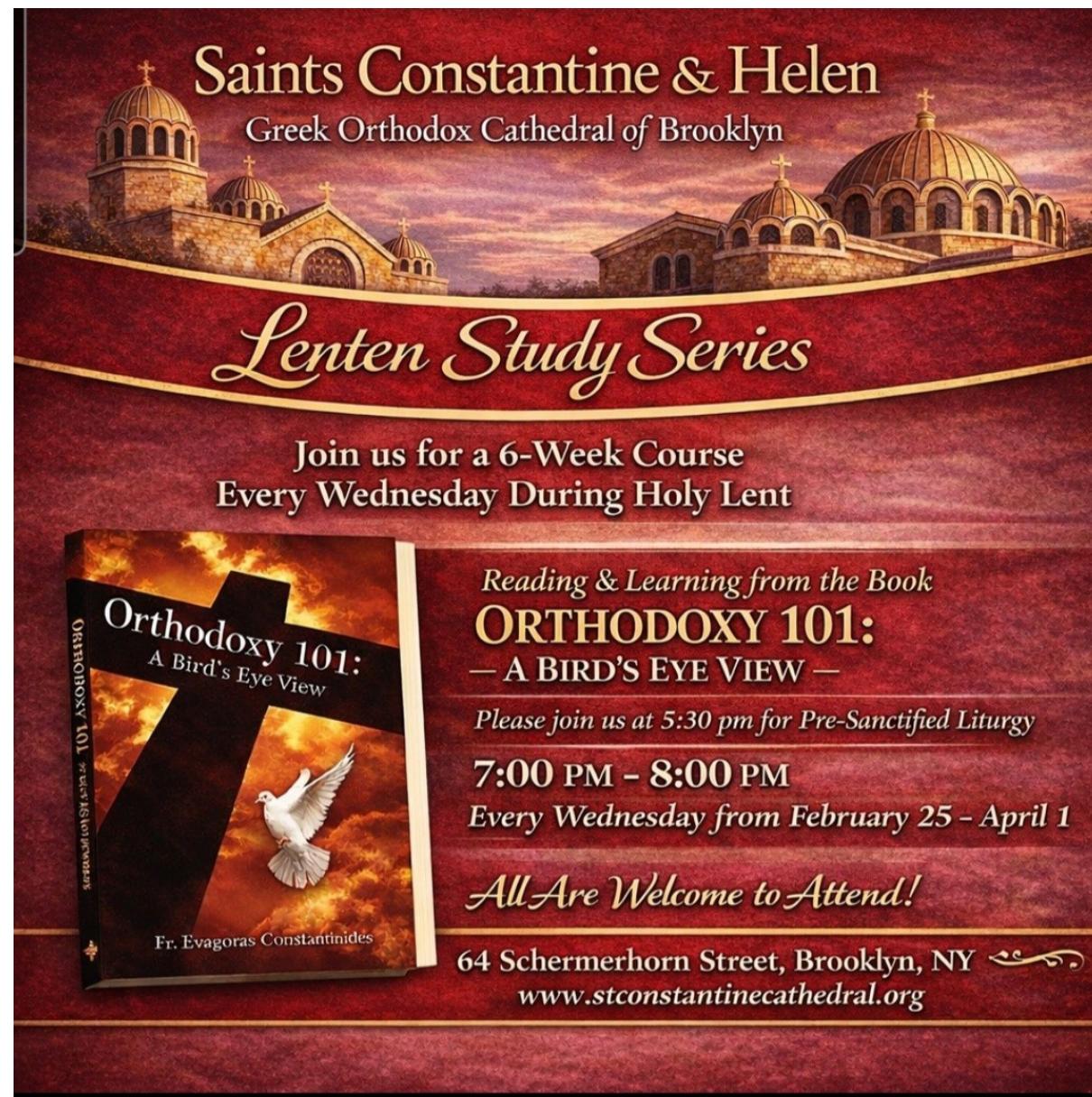
• Upcoming Services:

- Great Compline, Monday March 16th - 7:00 pm
- Pre-Sanctified, Wednesday March 18th - 5:30 pm
- 4th Salutations to Holy Theotokos, Friday March 20th - 7:00 pm
- **Lenten Studies Series - During Great Lent** with Fr. Evagoras Wednesday March 18th at 7:00 pm
- **Philoptochos Fasolada Luncheon Sunday March 22**

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Serving Today -Team 3:

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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*



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The Readings of Today's Liturgy

Epistle & Gospel

The reading is from Paul's Letter to the Hebrews. (Heb. 4:14 – 16; 5:1 – 6)

“Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, “You are my Son, today I have begotten you”; as he says also in another place, “You are a priest forever, according to the order of Melchizedek.”

The reading is from the holy Gospel according to Mark. (Mk. 8:34 – 38; 9:1)

The Lord said: “If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

Απόστολος και Ευαγγέλιον της Ημέρας

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα. (Εβρ. 4:14 – 16, 5:1 – 6)

Ἀδελφοί, ἔχοντες ἀρχιερέα μέγαν διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ Θεοῦ, κρατῶμεν τῆς ὁμολογίας. οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθεῖσαι ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δὲ κατὰ πάντα καθ' ὁμοιότητα χωρὶς ἁμαρτίας. προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον καὶ χάριν εὖρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ ἀρχιερεὺς ἐξ ἀνθρώπων λαμβανόμενος ὑπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν Θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν, μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσι καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περὶκεῖται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ περὶ ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν. καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ, καθάπερ καὶ Ἀαρών. οὕτω καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασε γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν· υἱὸς μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε· καθὼς καὶ ἐν ἑτέρῳ λέγει· σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

Ἐκ τοῦ κατὰ Μάρκον ἀγίου Ευαγγελίου τὸ ἀνάγνωσμα. (Μάρκ. 8:34 – 9:1)

Εἶπεν ὁ Κύριος· Ὅστις θέλει ὀπίσω μου ἀκολουθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτόν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.