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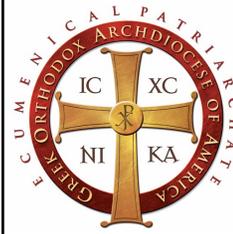
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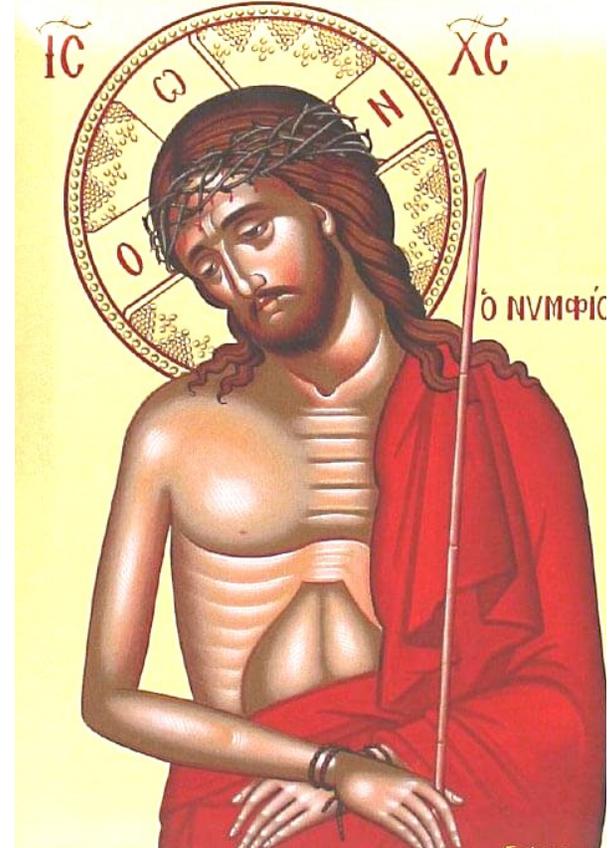
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Saint Theodore Greek Orthodox Church Monthly Newsletter MARCH 2026



Greek Orthodox Archdiocese of America
Greek Orthodox Metropolis of New Jersey
Office: 301-552-3540 office@sttheodores.org
Church website www.sttheodores.org
7101 Cipriano Road Lanham, MD 20706
For Emergencies call Fr Manuel J. Burdusi
at 410-241-9690

ADVERTISE YOUR BUSINESS & HELP DEFRAY OUR MAILING COSTS ST. THEODORE THE GENERAL MONTHLY NEWSLETTER

info@sttheodores.org

INTRODUCTORY PRICES

1/4 PAGE:

6 ISSUES CONTRACT: \$75.00
12 ISSUES CONTRACT: \$125.00

1/2 PAGE:

6 ISSUES CONTRACT: \$100.00
12 ISSUES CONTRACT: \$175.00

FULL PAGE:

6 ISSUES CONTRACT: \$150.00
12 ISSUES CONTRACT: \$250.00

OUR NEWSLETTER reaches
our extended community
via mail, email and web every month

For more information call: 301-552-3540



THE WINERY IS
PROUD TO BE A
SMALL GREEK
FAMILY OWNED
BUSINESS

Wine, Spirits and Beer, Food, Events, Barrel Club

Open Daily except for Mondays at
11:30am. Greek Night with Live Music
Monthly

2315 Stewart Avenue, Silver Spring, MD 20910
301-585-4100



Father's Message

Preparing for the Passion & Resurrection of our Lord

Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God.

Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends.

Most of all, Lent is a time of joy and a new beginning. We cleanse ourselves -- mind, body and soul – through the physical and spiritual fast, keeping a Christian attitude in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ.

St. John Chrysostom on Fasting

Do you fast? Give me proof of it by your works.

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all members of our bodies.

Let the hands fast, by being free of avarice.

Let the feet fast, by disciplining them not to glare at that which is sinful.

Let the ear fast, by not listening to evil talk and gossip.

Let the mouth fast from foul words and unjust criticism.

For what good is it if we abstain from birds and fishes, but bite and devour our brothers?

May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.

On Prayer

One key to a more fulfilling life is prayer. For Orthodox Christians, the aim of prayer is to enter into conversation with God. Prayer is sometimes referred to as dialogue with God. Often it is a waiting on God in silence. In the church it is defined as the lifting of the mind and heart to God, and also as walking in the presence of God. We turn our mind and thoughts toward Him. We mentally gaze at Him and speak with Him in reverence, fear, and hope. At times we speak to Him with words and at other times we stand in reverent silence, saying nothing, but being aware of His presence. In this dialogue with God we praise Him and thank Him. We ask Him for what we need. Our mind and our heart are opened to Him. Prayer is not only repeating words, it is trust in God that He hears and directs us in His Way involving spiritual growth and development.

Join us for the annual
Ladies' Philoptochos of St Theodore

Palm Sunday

FISH LUNCHEON & TSOUREKI SALE

Month	Date	Year
04	05	26

In Founders' Hall,
following church service

7101 Cipriano Road, Lanham MD 20706

ADULT - \$25
STUDENT - \$10
CHILDREN 12 & YOUNGER - FREE
TSOUREKIA (limited quantities!) - \$15 each

Pre-order online or in church!
www.sttheodores.org in the Philoptochos Store

Great Lent — Schedule of Services 2026

Sunday, March 01 -	<u>1st Sunday of Lent – Sunday of Orthodoxy</u> – 9:00a.m. Orthros, 10:30 a.m. Divine Liturgy of St. Basil the Great followed by the procession of the Holy Icons
Monday, March 02 -	6 p.m. Great Compline
Wednesday, March 04 -	6 p.m. Pre-Sanctified Divine Liturgy
Friday, March 06 -	7 p.m. 2 nd Salutations to the Virgin Mary
Sunday, March 08 -	<u>2nd Sunday of Lent</u> –St. Gregory Palamas 9:00 a.m Orthros, 10:30 a.m. Divine Liturgy of St Basil
Monday, March 09 -	6 p.m. Great Compline
Wednesday, March 11 -	6 p.m. Pre-Sanctified Divine Liturgy
Friday, March 13 -	7 p.m. 3 rd Salutations to the Virgin Mary
Sunday, March 15 -	<u>3rd Sunday of Lent –</u> <u>The Adoration of the Holy Cross</u> 9:00 a.m. Orthros, 10:30 a.m. Divine Liturgy of St. Basil followed by the procession of the Cross
Monday, March 16 -	6 p.m. Great Compline
Wednesday, March 18 -	6 p.m. Pre-Sanctified Divine Liturgy
Friday, March 20 -	7 p.m. 4 th Salutations to the Virgin Mary
Sunday, March 22 -	<u>4th Sunday of Lent</u> – 9:00 a.m. Orthros, 10:30 a.m. Divine Liturgy of St. Basil
Monday, March 23 -	6 p.m. Great Compline
Wednesday, March 25 -	<u>Feast Day of the Annunciation</u> 9 a.m. Orthros 10a.m. Divine Liturgy/Doxology
Friday, March 27 -	7 p.m. All the Salutations to the Virgin Mary – The Akathist Hymn
Sunday, March 29 -	<u>5th Sunday of Lent</u> – 9:00 a.m. Orthros, 10:30 a.m. Divine Liturgy of St. Basil; Greek Independence Day Parade in Baltimore
Monday, March 30 -	6 p.m. Great Compline
Wednesday, April 01 -	6 p.m. Pre-Sanctified Divine Liturgy

STEWARDSHIP UPDATE— Listed below are all the families and individuals who pledged and contributed to the Stewardship Program last year.

We thank the families who have already pledged and made payments for 2026 and they are found here in the **bold font**. Make your name **bold** next month by filling out the stewardship form or making a payment online or by a check mailed to the church. Thank you.

Adamos, Theodore & Maria Alevrofas, Victoria Alexion, Angelina Aloimonos, Dr Ioannis & Cornelia M. Fermuller Angelis, Bill Bakalides, Sirmatena Banis, Nick & Eleni Bekos, Panagiotis & Helen Bickell, Brad & Eleni Bonner, TJ and Christina Burdusi, Fr Manuel & Malama Burdusi, Nicholas & Julie Burdusi Mosi, Aristeia & Krista Burnett, Doug & Olivia Caprinolo, Mary Cirillo, Christina and James DeFalco, Jessie Dimopoulos, Mr. & Mrs. Demetri Dimopoulos, Mr. & Mrs. John Exis, Ekaterina Fanourgakis, Angeliki Frantzis, Mr. & Mrs. Dimitrios Galiatsatos, Andreas Galiatsatos, Spiro & Voula Gementzopoulos, Antonios & Alexandra Georhristodoulos, Mr & Mrs Andreas Geralis, Mrs. Angie Gerohristodoulou, Anastasia Gionis, Paul Goumis, Demetres G. Grow, Anna & Randy Halkos, Mr. & Mrs. Matthew Halkos, Mr. & Mrs. Tim Herschbach, Dennis & Mary Pittas Hestnes, Dag & Phyllis Higgs, Veronica Hodge, Christa Johnsen, Peter & Maria Poulakis Jones, Angela	Kakitsis, Kassiani Kapsalis, Panagos & Maria Karahalis, Olga Katcheves, Konstantina Katsakis, Angela & John Katsigiannakis, Evangelia and Georgios Key, Jackson Key, Julius Kilos, Evangelos J. Kiotsekoglou, Kyriakos & Argiro Kiotsekoglou, Evlambia Kirby, Nicolette & Keith Kolazas, Thanasi & Marilu Koukoulis, Nick & Karin Koustenis, Maria Kretsis, Marianna Kretsis, Vasiliki Magoulas, Paula Malliakos, Mr & Mrs Assimios Malliakos Knepper, Christina & Joshua Malliakos Todd, Elizabeth and Andrew Manassis, Angelos Manassis, Ourania Manassis, Polymnia Manitaras, Alexandros & Eugenia Mantzouranis, Athanasia Mantzouranis, Vasiliki Marousis, Panagiotis Michaelides, Mr & Mrs Nicholas Miltiadou, Kyriacos Moniodis, Mr & Mrs Paul Tice-Myer, Mark & Katherine Orfanidis, Vasilias O'Rourke, Ryan & Nicole Papadopoulos, Afroditi Papadopoulos, Miltiadis Papadopoulos, Mr. & Mrs. Vasilios Paschalidis, Nick & Maria Pelekanos Georgios & Konstantina Perelas, John & Deborah VanDamm	Plagakis Lester, Sofia & Patrick Plangetis, Phillip & Georgia Presti, Anthony Presti, William & Nora Rallis, Mr. Georgios Rallis, Gregory Romas, Georgia Sakaria, Mr & Mrs Raj SakariaKori, Basu & Maria Samara, Marilia & Mitchell, Robert Scott, Deborah Ioanna Sergotick, Michael & Anna Siarmalis-Urrutia, Henry & Iliana Singer, Zac & Victoria Skarvelis, Greg & Anastasia Speropoulos, James Stefanias, Maria & Panagiotis Svihra, Daniel & Shea Theodorou, Toumazos & Loukia Townsend, John Tsigliffis, Vasilios & Alexandra Tsioumas, Maria Tsioumas, George & Majida Veronis, Vicky & Michael Villano, Christina & Robert Walker, Michael & Tina Whitlock, Edward & Panagiotia Yakas, Peter & Eleni Harlepas Zairis, Pantelis & Anthie Zick, Mr. & Mrs. Bob YOUR NAME GOES HERE WHEN YOU PLEDGE FOR 2026
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STEWARDSHIP COMMITMENT FORM 2026

As Orthodox Christians, we are called to be stewards of our Church. When we are faithful to this calling, then our Lord will say to us as he did to the faithful steward, "Well done good and faithful servant" (Mt 25:23).

NAME _____	MOBILE PHONE _____
NAME OF SPOUSE (IF MARRIED) _____	MOBILE PHONE _____
STREET ADDRESS _____	EMAIL ADDRESS _____
CITY / STATE / ZIP CODE _____	EMAIL ADDRESS OF SPOUSE (IF MARRIED) _____
HOME PHONE _____	

In gratitude for God's many blessings, I/we commit to the stewardship of St. Theodore's and pledge the following amount..

\$ _____ per month x 12 months = \$ _____ for the year.

Suggested amounts for giving:

- | | | |
|---|---|---|
| <input type="checkbox"/> \$10 per week (\$520/yr) | <input type="checkbox"/> \$40/mon (\$480) | <input type="checkbox"/> \$ 400/yr |
| <input type="checkbox"/> \$15 per week (\$780 /yr) | <input type="checkbox"/> \$50/mon (\$600) | <input type="checkbox"/> \$ 500/yr |
| <input type="checkbox"/> \$20 per week (\$1040 /yr) | <input type="checkbox"/> \$75/mon (\$900) | <input type="checkbox"/> \$ 1,000/yr |
| <input type="checkbox"/> \$25 per week (\$1300 /yr) | <input type="checkbox"/> \$100/mon (\$1,200) | <input type="checkbox"/> \$ 1,500/yr |
| <input type="checkbox"/> \$50 per week (\$2600 /yr) | <input type="checkbox"/> \$150/mon (\$1,800) | <input type="checkbox"/> \$ 2,000/yr |
| <input type="checkbox"/> Other per week \$ _____ | <input type="checkbox"/> Other per month \$ _____ | <input type="checkbox"/> Other \$ _____ |

VERY IMPORTANT
To help with printing costs and conserve on paper we agree to receive the Parish Newsletter by e-mail only. Yes

Please check to indicate that St. Theodore's Church is your primary place of worship.

Signature: _____

Once you make your pledge, you have the entire year to fulfill your pledge. You can pay by cash, check, through PAYPAL, or even through Bill Pay through your bank's checking account. You can also make a payment by going to our Church's website: www.sttheodores.org and click the "Online Store" to make a credit card payment. Children 18 and over and who are working should become members separate from their parents. Children in college or graduate school can remain under their parent's membership but should still fill out this form.

Make payments to: St. Theodore Greek Orthodox Church, 7101 Cipriano Rd., Lanham, MD 20706.

Dependent Children's names and birthdates:

Your time & talent

I would like to offer my time and talents for the ministry of St. Theodore's (check all that apply)

<input type="checkbox"/> Church School	<input type="checkbox"/> GOYA/YOUTH
<input type="checkbox"/> Greek School/PTO	<input type="checkbox"/> Young Adult
<input type="checkbox"/> Chanting	<input type="checkbox"/> Bible Study
<input type="checkbox"/> Philoptochos	<input type="checkbox"/> Prosporhon/Kollyva
<input type="checkbox"/> Festival	<input type="checkbox"/> Grounds and Maintenance
<input type="checkbox"/> Fundraising	<input type="checkbox"/> Altar Server
<input type="checkbox"/> Dance Group	<input type="checkbox"/> Flowers/Decorations
	<input type="checkbox"/> Other _____

Holy Week and Easter — Schedule of Services 2026

- Saturday, April 04- **Saturday of Lazarus** 9 a.m. Orthros, 10 a.m. Divine Liturgy
- Sunday, April 05- **PALM SUNDAY** 9 a.m, Orthros, 10:15 a.m. Divine Liturgy & the Blessing of the Palms
6 p.m. Service of the Bridegroom; procession of Icon of Christ the Bridegroom
- Monday, April 06- **Holy Monday** 6 p.m. Service of the Bridegroom
- Tuesday, April 07- **Holy Tuesday** 6 p.m. Service of the Bridegroom and the Hymn of Sister Kassiane.
- Wednesday, April 08 - **Holy Wednesday** 6 p.m. Service of Holy Unction; Everyone who is Orthodox is to prepare to receive the Sacrament of Holy Prayer Oil.
- Thursday, April 09- **Holy Thursday** 10 a.m. Vespers Liturgy of the Last Supper
6 p.m. Reading of the 12 Gospels & the Procession of Christ Crucified.
- Friday, April 10- **GREAT & HOLY FRIDAY**
9 a.m.—12 noon Kouvouklion/Epitaphios to be decorated
10 a.m. Royal Hours to be read;
1:00 p.m. Great Vespers of the Taking Down of Christ from the Cross;
6 p.m. The Lamentations to Christ & the Procession of the Kouvouklion/Epitaphios outside
- Saturday, April 11- **GREAT & HOLY SATURDAY**
10 a.m. Great & Holy Vespers Liturgy of the First Resurrection;
Preparations for Easter 12 noon;
11 p.m. Easter Vigil begins; 12 Midnight Resurrectional Service Outside followed by the Orthros & Divine Liturgy of Great & Holy EASTER
- Sunday, April 12 - **EASTER SUNDAY** 12 noon Great Vespers of Easter—Service of Agape, Gospel to be read in several languages.

Spring Lenten Retreat at St. Demetrios Church

Rev. Father Harry Pappas & Presvytera Kerry Pappas from Archangels Greek Orthodox Church in Stamford, CT will be at St. Demetrios Church in Baltimore, Maryland on **Saturday, March 28, 2026 from 8:30am-3:00pm** for a Lenten retreat.

The topic is ***The Facets of Forgiveness: Beauty, Cost, Practice***. Cost is \$35 per person (and after March 14th the cost is \$40 per person), includes continental breakfast and lunch.

To register/pay, email Sophia Vasilios or Stephanie Gavrilis at stdemetriosretreat@gmail.com to receive a link to register or call/text (410) 350-619



HELP BEAUTIFY THE CHURCH FOR EASTER

To Purchase Easter Lilies go to the church website at www.sttheodores.org and specify either in memory or for the health of your loved ones.

Each lily plant is \$20.00

Orders can be submitted until Good Friday, April 10th.



Flowers for the Epitaphios

Our beloved Ladies of the Philotochos are accepting donations for flowers to decorate the wooden sepulchre and Epitaphios Icon of Christ in the Tomb.

Donations can be made online at the St. Theodore Philotochos Store or by check or cash and envelopes are provided in the Narthex of our Church.

Kali Anastasi!



30th Annual

NICHOLAS TSAKALOS MEMORIAL RETREAT

MARCH 14 SATURDAY

Christianity in Action:

The Teachings of Jesus Illuminated Through The Life of Archbishop Anastasios Yannoulatos of Albania

Presented by the spiritual son of His Beatitude

FR. LUKE VERONIS

PROTOPRESBYTER OF SAINTS CONSTANTINE AND HELEN GREEK ORTHODOX CHURCH, WEBSTER, MASS.

Divine Liturgy 8:00 a.m.

Continental Breakfast and Registration 9:30 - 10:00am

Retreat Begins 10:15 a.m.

Special Youth Gathering with Fr. Luke
"Genuine Mentors in a Young Person's Life"

Friday, March 13 @ 7:30 - 9:00pm

with Light Lenten Meal

Information: www.goannun.org, click on "2026 Retreat"

Further Questions: Jeanne Tsakalos

(443) 865-5389 - Jeannetsakalos@hotmail.com

\$30 - INCLUDES LENTEN LUNCHEON AND CONTINENTAL BREAKFAST

\$35 IF REGISTERED AFTER MARCH 4

FREE PARKING

GREEK ORTHODOX CATHEDRAL OF THE ANNUNCIATION
24 W. PRESTON STREET, BALTIMORE, MD 21201

SIGN UP HERE:

