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



For more information call: 301-552-3540



**Saint Theodore
Greek Orthodox Church
Monthly Newsletter
MAY & JUNE 2026**



**Ascension Thursday
Thursday, May 21
9 a.m. Orthros
10 a.m. Divine Liturgy**



**Pentecost Sunday
May 31, 2026
9 a.m. Orthros
10:15 a.m.
Divine Liturgy
Followed by the
Service of Kneeling**

Office: 301-552-3540 office@sttheodores.org
Church website www.sttheodores.org
7101 Cipriano Road Lanham, MD 20706

Father's Message

Pentecost—a day when there were powerful happenings in Jerusalem, a sudden, mighty rush of wind, tongues of fire, a the-iterance of foreign languages, Pentecost, the birthday of the Church—when a company of unlearned, fearful disciples, waiting for the promised gift of the Holy Spirit, suddenly received that promise and were transformed into learned, enthusiastic, active witnesses for Christ, confident in their faith and their future.

Forty days after Easter our Lord ascended into heaven. One can imagine how lonely and insecure the apostles must have felt when they saw their Master leave them. Before He left, however, He promised that He would not leave them alone. He would send the Paraclete, the Comforter, the third person of the Godhead--the Holy Spirit--to guide them, strengthen them, comfort them, and remain with them until the end of time.

Then just ten days later, came Pentecost—an amazing experience. One can almost hear the disciples exclaiming: “Why it’s true! This is what the Master promised and it’s happening. Our fears are gone. We feel within us the upsurge of new power, new wisdom, a new knowledge of languages we never before understood. God is here with us now!”

The results were that Peter, once so fearful that he denied he ever knew Jesus, now stands up before thousands of people and proclaims with conviction that Jesus is the Son of God. He tells his hearers to repent and be baptized and they do—three thousand of them become Christians as a result of Peter’s sermon on Pentecost.

Pentecost, the day the Spirit of God broke through to the disciples and led them from discouragement to confidence, from paralysis to creative living, from worry about their own problems to a vision of God active in the world.

If Pentecost means anything, it means, “GOD IS HERE NOW!” He is not only the God of the great yesterday, Who created the world and sent the prophets; not only the God of the great tomorrow, of the eternal world and eternal life; He is also the God of the great today. The Holy Spirit is the Present tense of God: God with us now.

He is called Spirit because He is like the breath of God which fills us with God’s life and power. As Spirit He is like the air we breathe, which surrounds us, is nearest us, outside us and within us and give us life. The coming of the Holy Spirit, the holy breath of God, is Pentecost.

Pentecost did not happen just once. It happens also today.

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, Sirmatenia
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
Chenevey, Marianne
Cirillo, Christina and James
DeFalco, Jessie
Dimopoulos, Mr. & Mrs. Demetri
 Dimopoulos, Mr. & Mrs. John
Exis, Ekaterina
Fanourgakis, Angeliki
Ferron, Johanson
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
Hallas Family
 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
Lazarou, John & Zoe
Magoulas, Paula
Makres, John
Makres, Dimitri
 Malliakos, Mr & Mrs Assimios
Malliakos Knepper, Christina & Joshua
Malliakos Todd, Elizabeth and Andrew
Manessis, Angelos
Manessis, Ourania
Manessis, 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, Vasilia
 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
Soine, Penelope
Speropulos, 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

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 _____



It can happen to you. Who is it who does not need the inner strength which the Spirit of God alone can give?

It was the Spirit of God breaking through at Pentecost that gave the disciples the inner power and wisdom to face and withstand all outside pressures victoriously.

This same Holy Spirit is available to us today through the Church, through prayer, through the Holy sacraments.

"You shall receive power, when the Holy Spirit comes to you," promised Christ.

Before Jesus ascended into heaven, He said, "It is better for you that I go away because then the Holy Spirit will come to you." Imagine! Jesus Himself telling us that it is better that He go away because then He can send us the Holy Spirit! Pentecost is the ultimate purpose for which Christ became man and came to earth. For, having been redeemed, washed and purified by the blood of Christ, we were made fit by Jesus to receive the Holy Spirit. On Pentecost He—the Spirit of God—came to fill the Church with His presence. The purpose for which Jesus came was accomplished. God the Spirit now abides in us 'til the end of time.

Pentecost came for the apostles. What a difference it made when on Pentecost the Holy Spirit came to them! They went forth to live courageous and victorious lives. Peter, the weakling, who had deserted the Lord in His moment of utmost need—all of a sudden becomes a bold preacher of the Word! Saul of Tarsus, the great persecutor of Christians, makes a complete about face on the road to Damascus and sets out to turn the world upside down for Christ. "You shall receive power," Christ promised, "when the Holy Spirit comes to you." The apostles received that power.

And so can we. Power to turn the barrenness of the soul into a garden of beauty; power to resist the onslaught of sin—or, having fallen into sin, to tread the path of the prodigal back to the Father's house and be assured of full and free forgiveness; power to bear the burdens of each day; power to break the chain of sinful habits that have long enslaved us; power to outlast the storm; power to stand up for that which is right; power to forgive, to love, to achieve the final victory.

"You shall receive power when the Holy Spirit comes to you..." "He who believe in me," said Jesus, "out of his heart will flow rivers of living water. Come to kneel and pray that this same Holy Spirit may come to us on the day of Pentecost as He came to the apostles 2,000 years ago to replace our barrenness with beauty, our weakness with power, our emptiness with the fullness of God's presence. Amen.

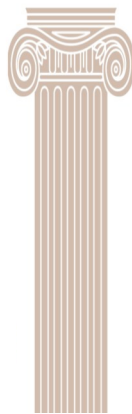
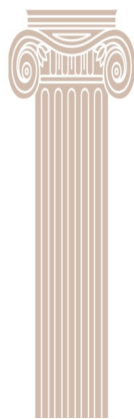
Parish Community News & Events

Thank God Its Friday

Once again we will resume the weekly Friday prayer service followed by a bible study and/or group discussion. Please join us everyone for the next 8 weeks before Summer as we pray together, learn more about God's Word and about our Orthodox Faith. Service will begin at 6:30 p.m. and the study/discussion 7:00—8:00 p.m.

St Theodore High School Graduate of the Year

We are very proud of our Graduate of the Year, Chrysostomos Tsiglilis. Chrysostomos came to America when he was only 7 years old in the Summer of 2015. Upon his arrival, he only spoke Greek fluently and made friends with the other young men of the parish and he quickly learned English. He became an altar boy and has served our Altar for over 10 years. He spoke many times for the Oratorical Festival and participated and was awarded Honorable mention at the Metropolis Level. He excels in Latin, and is a member of the National Honor Society and was awarded Eagle Scout in the Boy Scouts of America. Many congratulations to Chrysostomos and his parents, Vasillios and Alexandra Tsiglilis. Chrysostomos will be graduating from McLean High School on June 9th and has been accepted to the University of Virginia in Charlottesville, VA and will be declaring a double major in Physics and Economics. Much success to him.



Save the Dates

September 25, 26, 27, 2026

May 2026 Ecclesiastical Calendar

Sunday, May 3—	Sunday of the Paralytic— 9 a.m. Orthros, 10:15 a.m. Divine Liturgy
Monday, May 4—	Metropolis Clergy/Laity in New Jersey
Tuesday, May 5—	Metropolis Clergy/Laity in New Jersey
Friday, May 8—	6:30 p.m. Prayer Service/Discussion
Sunday, May 10—	Sunday of the Samaritan Woman— 9 a.m. Orthros, 10:15 a.m. Divine Liturgy; Mothers Day
Friday, May 15—	6:30 p.m. Prayer Service/Discussion
Sunday, May 17—	Sunday of the Blind Man— 9 a.m. Orthros, 10:15 a.m. Divine Liturgy
Thursday, May 21—	Holy Ascension and the Feast of Sts Constantine and Helen —9 a.m Orthros, 10:15 Divine Liturgy
Friday, May 22—	6:30 p.m. Prayer Service/Discussion
Sunday, May 24—	Fathers of the First Ecumenical Council—9 a.m. Orthros, 10:15 a.m. Divine Liturgy
Monday, May 25—	Memorial Day OFFICE CLOSED
Friday, May 29—	6:30 p.m. Prayer Service/Discussion
Saturday, May 30—	Saturday of Souls 9 a.m. Orthros, 10:15 a.m. Divine Liturgy
Sunday, May 31—	Great and Holy Pentecost — 9 a.m. Orthros, 10:15 Divine Liturgy followed by the Service Of Kneeling Three Times.

June 2026 Ecclesiastical Calendar

Friday, June 5—	6:30 p.m. Prayer Service/Discussion
Sunday, June 7—	All Saints Sunday— 9 a.m. Orthros, 10:15 Divine Liturgy
Friday, June 12—	6:30 p.m. Prayer Service/Discussion
Sunday, June 14—	2nd Sunday of Matthew— 9 a.m. Orthros, 10:15 Divine Liturgy
Friday, June 19—	6:30 p.m. Prayer Service/Discussion
Sunday, June 21—	3rd Sunday of Matthew— 9 a.m. Orthros, 10:15 Divine Liturgy.
Friday, June 26—	6:30 p.m. Prayer Service/Discussion
Sunday, June 28—	4th Sunday of Matthew— 9 a.m. Orthros, 10:15 Divine Liturgy
Monday, June 29—	National Clergy/Laity Congress Cleveland OH
Tuesday, June 30—	National Clergy/Laity Congress Cleveland OH
Wednesday, July 1—	National Clergy/Laity Congress Cleveland OH
Thursday, July 2—	National Clergy/Laity Congress Cleveland OH