



Our Monthly News

St. Theodore Greek Orthodox Church
Lanham, Maryland
Volume 15, Issue 3 March 2023
Celebrating 50 years



Greek Orthodox
Metropolis Of New Jersey
His Eminence
Archbishop Elpidophoros

Parish Priest
Fr. Manuel J. Burdusi
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St. Theodore the General
Greek Orthodox Church
7101 Cipriano Road
Lanham, MD 20706
www.sttheodores.org
office@sttheodores.org

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Church Office:

Monday through Friday
10:00 am—2:00 pm
Church Secretary
Newsletter Editor
Juliana Moniodis
Phone: 301.552.3540

Find us on Facebook!

[https://www.facebook.com/
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SOME PRACTICAL ADVICE AS WE ENTER GREAT LENT

We have plunged into the holy waters of Great Lent and on Cheesefare Sunday, we heard our Lord say, “If you forgive others their trespasses, your heavenly Father also will forgive you; but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.” These words are quite clear. If we cannot learn to forgive others, genuinely, from the heart, we can never accept the forgiveness that God wants to give to us. This the case because God cannot impose Himself upon us. He invites us, but He doesn’t impose. We come to the church and we may find some words of inspiration or practicality in the sermon. Please know that the Orthodox Christian faith is not a philosophy but is practicality that comes from truth and leads us to abundant life. If you want to have great relationships with others, one of the most important things that you need to learn is the ability to forgive. Whether through words, or actions or thoughts we need to forgive others. This will give you tremendous peace that flows throughout your relationships and clears your path to knowledge of God. This is a tremendous life lesson that we can apply daily. Below are some more practical tips for getting the most out of Great Lent.

1) Guard your eyes: The eyes are the lamp of the soul. Lent is a great time to really pay attention to what we read and see. It is now an established fact that social media has consequences on youth, but it is also becoming clear that these forms of social media are really not beneficial to our spiritual development. We know of the harms in the entertainment industry as well as the news. All of these things, even when they seem innocent or harmless, are of questionable value because they usually distract our minds away from the things of God and direct them to the things of the world. Perhaps this Lent can be a time for us to dramatically cut our screen time, whether it is games or tv or web browsing. Perhaps we can use this extra time for activities that build up the family like reading or board games. Perhaps it could even be used for more prayer. Let’s try to put down our phones from dinner time until bedtime. Let’s give others our attention and not withhold our love to focus on trivialities. Let us guard our time and our minds through the gateway of the eyes.

2) Guard your lips: Our Lord Jesus tells us that it is not what a man puts in his mouth that makes him unclean, but the things that come out of his mouth. During this season we are keen to focus on the food we eat and to try our best to observe the rules of the fast. Let us not forget that the fast is but one way of attracting the grace of God. But if we fast from certain foods but don’t abstain from gossip or evil words, the grace of God will not rest on us. Then we will be in worse shape than before we fasted. The Fathers of the Church tell us that practicing silence can greatly help us to receive the grace of God. The lips are connected to the mind and heart. When one is silent, the others begin to quiet down and give room for God to speak to us in our depths. Find time in your day for absolute silence. No phones, no music, no people. Just 10 or 20 minutes of silence, preferably in front of an icon, can make a great difference in our internal life.

3) Attend more services: If in the past, you attended Lenten services once a week, perhaps you can increase your level of participation and commitment to attending two Lenten services a week. If you have never come to mid-week services, perhaps it is within your power to attend and experience the beauty and depth of these services.

CONTINUED ON PAGE 2

SOME PRACTICAL ADVICE AS WE ENTER GREAT LENT CONTINUED

Mondays at 6 p.m. will be the Great Compline, Wednesdays at 6 p.m. will be the Pre-Sanctified Liturgy and Fridays at 7 p.m. will be the Salutations to the Virgin Mary. The holy prayers and services are a great means of receiving the grace of God. To come to the Church and pray is truly a counter-cultural and revolutionary act. It is a declaration of our time and faith and commitment to the living God and His people. When you come, you greatly benefit not only yourself but the others in your family and in the church. If for instance, the church is empty on Monday night. Let us suppose that one person comes to pray. He or she might think to themselves "Am I strange?" or "Perhaps I am missing some other important event." But when they're are many gathered, they are strong and they bear witness to one another that Christ is the center of our life and that worship is an essential part of our day.

4) Expect to be tempted: When we fast and increase our prayer life, we are making a declaration of war against the evil forces. But just because the enemy has woken up and increased his attacks, does not mean that we should back down and run away or retreat. This is the exact time to fortify our defenses and increase our attacks, primarily through prayer and the study of the Scriptures. When you pray and use the name of Jesus Christ you mercilessly whip the enemy and bring him to great shame. It is better that your enemy should know shame than to succumb to temptation and have the shame placed on you! Remember that Lent is not just a season but a symbol of our whole life.

You desire the good things of life. You desire eternal life. Turn to the living God and you will have them! Let this Lent be your return to paradise. Paradise is not a place, paradise is the Lord Jesus Christ. Whatever we put into this sacred and special season will be returned to us with heavenly interest! Our time spent in the church will not be lost! Our money given to the poor will not be lost! Our efforts to pray and struggle will not be lost. None of these will be lost, but in return for all of these, we will be truly found! Turn your mind towards Christ continually. Learn to love prayer, consistent conversation with the Lord. What counts above all is love, passionate love for our Lord, Christ the Bridegroom. Become worthy of Christ's love. In order not to live in darkness, turn on the switch of prayer so that divine light may flood your soul. Christ will appear in the depths of your being. There, in the deepest and most inward part, is the Kingdom of God. The Kingdom of God is within you so let us say "Glory be to God for all things" Amen.

SCHOLARSHIP OPPORTUNITY FOR GRADUATING SENIORS!

The 2023 Washington Metropolitan Area AHEPA/DOP Scholarship Program Student Application is available in paper form in the church office or can also be downloaded from the church website. Completed applications are due **March 28, 2023**, so don't delay. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on May 21, 2023, at DoubleTree by Hilton McLean Tysons. It is with great pride that this program honors the accomplishments of our students. Donor applications are also available in the church office if you would like to contribute to this worthy program. For more information, contact Karen Polizos, 571-216-4099, polizos@aol.com or Sophia Alpos, 571-225-3330, salpos61@gmail.com.

GREEK ORTHODOX ARCHDIOCESE ANNOUNCES EARTHQUAKE RELIEF FUND

The Greek Orthodox Archdiocese Earthquake Relief Fund is a fundraising effort by the Greek Orthodox Archdiocese of America to provide humanitarian aid to the victims of the recent earthquakes in Türkiye and Syria. Donations can be made online at the dedicated webpage for the Greek Orthodox Archdiocese Earthquake Relief Fund: <https://www.goarch.org/donate/earthquake-relief-fund>. Checks may also be sent to the Greek Orthodox Archdiocese, 8 E. 79th St., New York, NY 10075, and made payable to the Greek Orthodox Archdiocese with a memo notation of "Earthquake Relief Fund."

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Ανθούλα Ζαΐρη
Νόρα Πρέστι

Anthie Zairis
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CHURCH MINISTRIES MONTHLY NEWS

MEMORIAL SERVICES

On February 5, 2023, there was a Six-month Memorial for Nikolaos Kretsos and Dimitrios Tsagkarakis. May their memory be eternal.

On February 5, 2023 there was a 40-Day Memorial for Panayiota Scarvounis, the dearly departed Aunt of Georgia Plangetis. May her memory be eternal.

On February 12, 2023, there was a 40-Day Memorial for Michael Georgalli, dearly departed husband of Pantelitsa Georgalli and father of Andri, Georgia, Antonis, Katerina, and their families. May his memory be eternal.

On February 26, 2023 there was a 15-Year Memorial for Nicholas Kiriakoules (Coules), the dearly departed husband of the late Ariadne Coules, father of Nora (Bill) Presti and grandfather of Nicole (Ryan) and Anthony Presti. We also prayed for the soul of Ariadne Coules who passed away 2 1/2 years ago and a many– years memorial (33) for Constantine Coules. May their memory be eternal.

FLOWERS BEFORE CHRIST & PANAGIA

There are opportunities for you to donate flowers before the icons of Christ and Panagia especially during this year of the 50th Anniversary. You are welcome to make a donation in memory of a loved one or for the health of your family. Call the Church office Monday – Thursday between 10 a.m. and 2 p.m. so that we can order and pick up the flowers on Friday. There are two price categories Roses with mini carnations are \$75 for both vases and large carnations with mini peruvian lilies are \$50 for both vases. You can choose a color combination of 1)red/white, 2)pink/white, 3)yellow/white, 4)lavender/white and 5)white/yellow.

50th ANNIVERSARY LENTEN PRESENTATION

On Sunday, March 5th, the Sunday of Orthodoxy, Fr. Stefanos Alexopoulos, PhD., will give a presentation on “Translating Liturgy into Life”: A reflection on how to live life liturgically. It will prove to be educational and spiritually uplifting as well. “Translating” Liturgy into Life: A Reflection on How to Live Liturgically. Fr. Stefanos Alexopoulos, PhD is the Associate Professor of Liturgical Studies & Sacramental Theology School of Theology and Religious Studies at The Catholic University of America Washington, DC and a Fellow in Byzantine Studies, at Dumbarton Oaks. Following the presentation, there will be an opportunity for Questions & Answers in the Social Hall during Coffee Hour. Please join us!

BRING YOUR ICON TO CHURCH DAY!

Bring your favorite icon with you to church on Sunday, March 5th for the procession of the icons around the church. Everyone is encouraged to come and participate in this great holiday of the Church, the Sunday of Orthodoxy, which proclaimed the veneration of icons as good. We will also have a special presentation by Fr Stefanos Alexopoulos who will speak about how to live our life liturgically.

YAL GATHERING—YOUNG ADULTS

There will be an initial YAL Gathering after church services in the social hall on Sunday, March 12th. All young people in college or not, and between 18 and 39 are invited to come for this meet and greet and discuss some upcoming events and initiate this important ministry to our young adults. Please spread the word to come to church that day.

YOUNG COUPLES GATHERING

On Sunday March 19th after Church services and during the coffee hour there will be a gathering of all the young couples who are engaged or married and who either have children or not, so that the couples can have an opportunity to meet and socialize as well as having the children to play. Please join us for this gathering and meet the other couples who are a part of your community. It is vital that we provide this ministry to our young couples so that we can preserve and plan for the future of our beloved Church of St. Theodore.

LAST SATURDAY OF THE SOULS

The last Saturday of Souls is March 4, 2023. We pray for the repose of the souls of our departed brothers and sisters in the Lord and for the forgiveness of their every transgression. You are welcome to submit their first names. The form is available in the narthex.

50TH ANNIVERSARY FUNDRAISING PROJECT

There is an easy fund-raising effort that everyone can participate in to help with the many expenses for the Anniversary celebration. Just as a wedding is a very costly but worthy endeavor and memorable event, a Church anniversary also incurs expenses that are not part of the normal budget. We are grateful to be alive for the 50th Anniversary of our Church and help in whatever way we can. There will be 100 envelopes between \$1.00 and \$100.00 dollars for you to make your donation to the Church. If all the envelopes are submitted, \$5000 will be raised. We will do this now and again in the Fall, September – November. There will be expenses to have the Archbishop of America come. There will be several complimentary invitations to the Grand Banquet as well as the tickets of all the past priests who have served the church and the area priests. This along with other special expenses add up. We pray that you have an unforgettable experience this year for our 50th Anniversary. The chart will be updated so that we can achieve 100% participation.

BIBLE STUDY ONLINE MOVES TO THURSDAYS

The St. Theodore Bible Study will change to Thursdays due to Lenten services on Wednesday evenings. Join us every Thursday til Holy Week from 7:00 to 8:00 p.m. The Bible Study will continue through the month of March and April and will stop for Holy Week and Easter. After Easter, we will resume again until the end of June. The link to join the Bible Study is meet.google.com/adh-cgui-cng. If you are interested in being a part of the bible study or have any further questions, just come to the site on Thursday nights. Everyone is welcome and encouraged to read the Scriptures with us especially during Great Lent. It is a perfect way to increase your knowledge and faith during Lent. Looking forward to you joining us. Make this commitment as a resolution to study the Word of God with your Church Family this Great Lent. Please know that the Bible Study is open to all and you do not need to be a member of St. Theodore's Church to sign on.

SUNDAY SCHOOL

Sunday School classes will be held downstairs in the social hall after Holy Communion. Maria Adamos & Georgia Plangetis are teaching the classes. If any new students would like to enroll you can email mnbanis@gmail.com.



STEWARDSHIP COMMITMENT FORM 2023

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 for 2023.

\$ _____ 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 20723.

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"/> Baking Prospora
<input type="checkbox"/> Festival	<input type="checkbox"/> Grounds and Maintenance
<input type="checkbox"/> Fundraising	<input type="checkbox"/> Altar Boy
<input type="checkbox"/> Dance Group	<input type="checkbox"/> Flowers/Decorations
	<input type="checkbox"/> Other _____

March/Μάρτιος 2023

Sunday Κυριακή	Monday Δευτέρα	Tuesday Τρίτη	Wednesday Τετάρτη	Thursday Πέμπτη	Friday Παρασκευή	Saturday Σάββατον
			1 Presanctified Liturgy / ΠΡΟΗΓΙΑΣΜΕΝΩΝ ΔΩΡΩΝ 6:00pm	2 Bible Study 7PM ONLINE Catechism 8PM ONLINE	3	4 3rd Saturday of Souls/Γ' ΨΥΧΟΣΑΒΒΑΤΟ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 9:00 /10:00 am
5 Sunday of Orthodoxy /ΤΩΝ ΝΗΣΤΕΙΩΝ,ΤΗΣ ΟΡΘΟΔΟΞΙΑΣ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 8:45/10:15am Sunday school/ Κατηχητικό σχολείο after communion	6 Great Compline/ Μεγα Αποδευτνον —6:00pm	7	8 Presanctified Liturgy / ΠΡΟΗΓΙΑΣΜΕΝΩΝ ΔΩΡΩΝ 6:00pm	9 Bible Study 7PM ONLINE Catechism 8PM ONLINE	10 1st Salutations / Α' ΧΑΙΡΕΤΙΣΜΟΙ 7pm	11
12 St. Gregory Palamas/ ΤΩΝ ΝΗΣΤΕΙΩΝ ΓΡΗΓΟΡΙΟΥ ΤΟΥ ΠΑΛΑΜΑ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 8:45/10:15am Sunday school/ Κατηχητικό σχολείο after communion	13 Great Compline/ Μεγα Αποδευτνον —6:00pm	14	15 Presanctified Liturgy / ΠΡΟΗΓΙΑΣΜΕΝΩΝ ΔΩΡΩΝ 6:00pm	16 Bible Study 7PM ONLINE Catechism 8PM ONLINE	17 2nd Salutations/B' ΧΑΙΡΕΤΙΣΜΟΙ 7pm	18
19 Judgement Sunday/ ΚΥΡΙΑΚΗ ΤΗΣ ΚΡΙΣΕΩΣ Meat Fare Sunday/ΤΩΝ ΑΠΟΚΡΕΩΝ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 8:45/10:15am Sunday school/ Κατηχητικό σχολείο after communion	20 Great Compline/ Μεγα Αποδευτνον —6:00pm	21	22 Presanctified Liturgy / ΠΡΟΗΓΙΑΣΜΕΝΩΝ ΔΩΡΩΝ 6:00pm	23 Bible Study 7PM ONLINE Catechism 8PM ONLINE	24 3rd Salutations/Γ' ΧΑΙΡΕΤΙΣΜΟΙ 7pm	25 Annunciation/ ΤΟΥ ΕΥΑΓΓΕΛΙΣΜΟΥ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑΛΕΙΤΟΥΡΓΙΑ 9:00/10:00 am
26 Sunday of the HolyCross/ΤΩΝ ΝΗΣΤΕΙΩΝ ΣΤΑΥΡΟΠΡΟΣΚΥΝΗΣΗ Matins & Divine Liturgy/ ΟΡΘΡΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ 8:45/10:15 am Sunday school/ Κατηχητικό σχολείο after communion	27 Great Compline/ Μεγα Αποδευτνον —6:00pm	28	29 Presanctified Liturgy / ΠΡΟΗΓΙΑΣΜΕΝΩΝ ΔΩΡΩΝ 6:00pm	30 Bible Study 7PM ONLINE Catechism 8PM ONLINE	31 4th Salutations/Δ' ΧΑΙΡΕΤΙΣΜΟΙ 7p	

Dear Parishioners,

The Stewardship Year begins on January 1st and concludes on December 31st. We ask that you do not delay and join the “St. Theodore’s Stewardship Program for 2023” so that we can grow and become a stronger Church and minister to you, the people of God. The Church needs the support of its members year round. Please consider giving a pledge as a way of showing your support and love to the Church. It cost thousands of dollars a month to operate the Church with the monthly utility and maintenance bills and salaries. Please consider giving as much as your heart tells you to give. You do not need to make your payment all at once. You can give quarterly, monthly or weekly, which makes it very easy and affordable. Paying on Square@sttheodores.org has also been set up for those who would like to use it. Thank you!

STEWARDSHIP HONOR ROLL Pledges for 2023 ΕΘΕΛΟΝΤΙΚΗ ΠΡΟΣΦΟΡΑ 2023

Theodore & Maria Adamos
 William & Angie Alexion
 Sirmatenia Bakalides
 Nektarios & Eleni Banis
 George & Katherine Billos
 Fr. Manuel J. & Molly Burdusi
 Lee & Mary Caprinolo
 Nicholas & Karen Cox
 Jessie Defalco
 Bess Demas
 John & Fofa Dimopoulos
 Demetri Dimopoulos
 Katerina, Peter & Chris Exis
 Angeliki Fanourgakis
 Spyridon & Stavroula Galiatsatos
 Antonios Gemetzopoulos
 Anastasia Georhristodoulos
 Andreas & Sofia Georhristodoulos
 Angie Geralis
 Paul Gionis
 Randy E. & Anna Grow
 Matthew & Payal Halkos
 Timothy & Cheryl Halkos
 Dennis & Mary Pittas Herschbach
 Agisilaos Iliadis
 Athanasios & Foteini Iliopoulos
 John-Peter & Elizabeth Jalbert
 Angela Jones
 Kassiani Kakitsis
 Panagos & Maria Kapsalis
 Olga Karahalis
 Diane Karras
 Panagiota Karras
 Kyriakos & Argiro Kiotsekoglou
 Keith & Nicolette Kirby
 Athanasios & Marilu Kolazas
 George Kollaros
 Anastasios Kouridis
 Chrisovalantis & Johanna Koutelis
 Gregory & Vasiliki Kozakos
 Vasiliki & Marianna Kretsis
 Paula Magoulas

Joshua & Christina Malliakos
 Angelos Manessis
 Ourania Manessis
 Vasilike Mantzouranis
 John S. Maroulis
 Panagiotis Marousis
 Aphrodite T. Matsakis, PhD.
 Reed & Gina Melis
 Nicholas & Elaine Michaelides
 Paul & Juliana Moniodis
 John & Catherine M. Nazarene
 Afroditi E. Papadopoulos
 Vasilios & Tracy Papadopoulos
 Nikolaos & Maria Paschalidis
 Georgios & Constantina Pelekanos
 Ioannis Perelas
 Sotirios & Evangelia Petropoulos
 Phillip & Georgia Plangetis
 William & Cynthia Popomaronis
 William & Nora Presti
 Georgia Romas
 Ioanna Elisabet Christoforou
 Michael & Anna Sergotick
 Iliana Siarmalis
 Zachary & Victoria Villano Singer
 Gregory & Anastasia Skarvelis
 James Speropulos
 Daniel & Shea Svihra
 James Tancabel
 Andrew E. Tompros
 Margie & Amelia Tompros
 Chris & Joyce Trikeriotis
 Georje, Majida & Maria Tsioumas
 Stella C. Tsourounis
 Deborah Vandamm
 Robert & Christina Villano
 William David Wrigley, PhD
 Peter E. Yakas & Eleni Harlepas
 Pantelis & Anthie Zairis
 Patricia Zissios
 Tom & Nikki Zizos



As of **February 22, 2023**
 we have a total of
 83 stewards
 who have signed up for
 their 2023 Stewardship of
 the Church. Please join the
 membership
 list of supporters.

CREDIT CARD STEWARDSHIP PAYMENTS

If you would like to pay
 your stewardship monthly
 by credit card, please email
 to the following email
 address:
 square@sttheodores.org
 with your pledge and
 frequency.

DONATIONS FOR THE CHURCH

There are several religious
 items that are needed for the
 church. A wish list has been
 made and if you would like to
 make a special donation in
 memory of a loved one or for
 the health of your family,
 please see Fr. Manuel.



**Great Vespers
of St. Theodore
February 7, 2023**
The Beginning
of the
50th Anniversary
of our
Beloved Church





2:00 PM

SUNDAY, MARCH 26, 2023
ON EASTERN AVE. IN BALTIMORE'S GREEKTOWN

GREEK INDEPENDENCE DAY PARADE

HONORING OUR ANCESTORS'
SACRIFICES TO PRESERVE THE IDEALS
OF FREEDOM AND DEMOCRACY

FOR INFORMATION
PARADE HOTLINE: 443-267-4735

www.greekparade.com

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AVACOS



SPECIAL LENTEN PRESENTATION

Sunday of Orthodoxy—March 5, 2023

8:45 a.m. Orthros

10:30 a.m. Divine Liturgy of St. Basil the Great

Procession of the Holy Icons & Special Lenten Presentation

by Fr. Stefanos Alexopoulos, PhD



“Translating” Liturgy into Life: A Reflection on How to Live Liturgically

By Fr. Stefanos Alexopoulos, PhD

Associate Professor of Liturgical Studies & Sacramental Theology (tenured)
School of Theology and Religious Studies

The Catholic University of America Washington, DC 20064

Fellow in Byzantine Studies, Dumbarton Oaks, Harvard University 2020-21

Following the Presentation, there will be an opportunity for
Questions & Answers in the Church’s Social Hall during Coffee Hour.

Please join us with your presence!

It will prove to be educational and spiritual uplifting as well.

St Theodore Greek Orthodox Church 7101 Cipriano Rd Lanham, Maryland 20706



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as the Individual*



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