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ST. THEODORE THE GENERAL
MONTHLY NEWSLETTER**

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

For more information call: 301-552-3540

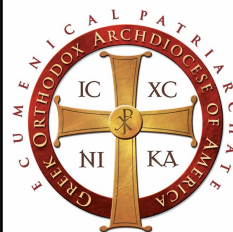


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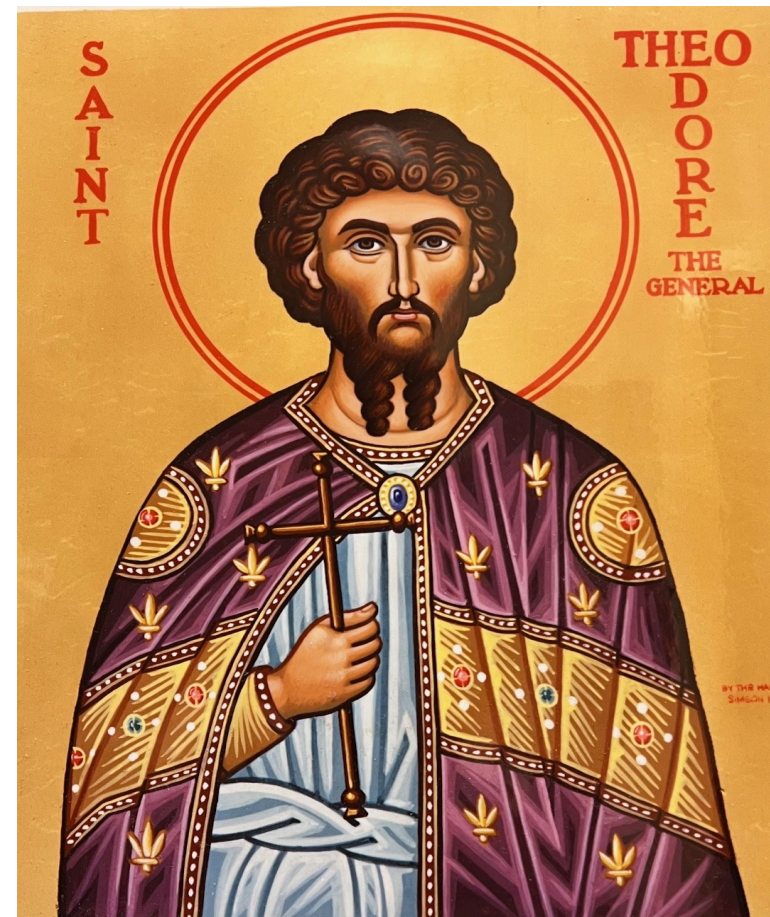
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Monthly**

2315 Stewart Avenue, Silver Spring, MD 20910
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**Saint Theodore
Greek Orthodox Church
Monthly Newsletter
February 2026**



**FEAST DAY OF OUR CHURCH—SATURDAY, FEB. 7 @ 6 P.M.
SUNDAY, FEB. 8 @ 9 a.m. and 10:30 a.m.**

**Greek Orthodox Archdiocese of America
Greek Orthodox Metropolis of New Jersey
301-552-3540 office@sttheodores.org
Church website www.sttheodores.org**

Father's Message for Great Lent

As we prepare to begin Great Lent on Monday, February 23rd, here are a few important points to remember. First, God is love, a kind and compassionate Father to us. We must never forget that because love is the reason for all spiritual effort. "God does not love us because we are good, but because He is." Our Lenten effort should help us realize more fully and more often His great love and closeness to us not just during Lent, but every day after it. Our invitation to increased fasting, prayer and works of generosity is not a punishment for our sins. It is meant to help us discover and transform all obstacles within our minds and hearts to the free flow of God's energy in us. When we are unable to love, it is often because the heart is blocked by something. We must learn what that is and, with loving awareness bring light and healing to it.

Therefore **concentrate on a Lenten practice that has the power to change your life.** Fasting is good, of course, but we become so focused on it that we forget the goal, which is not just to get through Lent not eating certain foods, but to expand our capacity to love God, neighbor and self unconditionally and always. To seek God by ritual, you get the ritual and lose God in the process. Fasting is not beneficial if it is not accompanied by deeper spiritual practices.

One of the great tragedies of the Fall of Humankind is that we are no longer able to be fully present in the moment in which we live. To be fully present, to be fully alive to what is right before our very eyes, that is mindfulness, the pathway to holiness. The practice of mindfulness as our Lenten practice should be paying attention to life in the present moment with openness and receptivity, without judgment or commentary, giving thanks to God for all things. Mindfulness or watchfulness, is a very profound and simple practice. So why are we so seldom at peace? Because we are so seldom in the present. Living in the past, we are conquered by regret. Living in the future, we live in fear and disappointment. But God is in the present! And He is the source of all good things.

So, let's focus this Lent on expanding our awareness through mindfulness along with our other Lenten practices. Each day pay close attention to the little details of life. The mystery is that God is in each one staring at us through the flowers and sky; through the eyes of our loved ones and our enemies. Let us feast on love through awareness of each precious and passing moment and fast from fear and judgment and faithlessness.

**ST THEODORE
APOKRIATIKO *Glendi*
& NAME DAY DINNER DANCE**

FEBRUARY 14TH

Music by the Golden Flame Band

ADULTS \$75	STUDENTS \$25	12 & UNDER FREE
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DOORS OPEN AT 6:30 PM
7101 Cipriano Road, Lanham MD 20706
CASH BAR! 6:30 Cocktail Hour 7:30 Dinner
PURCHASE ONLINE! FOR TICKET INFO OR DIETARY RESTRICTIONS:
CALL 301-552-3540 OR EMAIL OFFICE@STTHEODORES.ORG

**MAKE YOUR RESERVATIONS NOW BY GOING ONLINE
AND SECURING YOUR TICKETS FOR OUR DANCE!**



**Congratula-
tions to
our New
Parish
Council
members
for
2026 and
2027.**

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 an initial payment 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 check mailed to the church. Thank you.

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

In this way we will water the divine seeds that lie dormant in our souls. Think of the list St. Paul gives us known as the "fruits of the spirit." Love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." If we focus on the nurturing of these seeds, then we will have done something that we will not discard when Lent is over. We will have developed a new way of seeing, a new way of thinking and a new way of life that we will carry with us always.

Parish Community News & Events

Feast Day/Name Day of our Church

We have arrived at the celebration of our Patron Saint Theodore and the Name Day of our Church. **On Saturday, February 7th beginning at 6 p.m. will be the Great Vespers Service** followed by a reception downstairs. **Sunday, February 8th** being the actual day of our Patron Saint, **Orthros will begin at 9 a.m. and the Divine Liturgy at 10:30 a.m.** followed by a reception downstairs. Everyone is encouraged to come and celebrate with us our beloved Church.

Ladies Philoptochos Society

The next meeting of Philoptochos will be an executive meeting, officers and board members on **Sunday, February 1st** after church and coffee hour and following the Dinner/Dance meeting. Meetings will be scheduled on the first Sunday of each month after the coffee hour unless otherwise specified. Snow date for Feb 1 is Feb 8th. Save the date and get ready for Philoptochos' First Bingo Night with prizes, food and a lot of fun. Planning is starting this month.

St. Sophia Philoptochos Scholarship for Women

The Helen Apostolos Scholarship is managed by the St. Sophia Philoptochos. The scholarship supports Greek Orthodox women who pursue an education in business and is now accepting applications from eligible applicants from the DC area. Scholarship information and requirements, as well as the instructions on how to apply, are on the website below. Applications are due by March 31, 2026. This is posted at: **www.saintsophiadc.org/ministries/philoptochos/**

Attention Graduating High School Seniors!

The Washington AHEPA-DOP Scholarship Program is offering Scholarships for high school graduates. Students must apply online at **ahepadcmetroawards.org** by March 31, 2026. You can support our youth and this scholarship program through a tax deductible donation made online. For more info, contact Karen Polizos 571-216-4099.

February 2026 Calendar

Sun, Feb 1—9 a.m. Orthros, 10:15 a.m. Divine Liturgy
 Mon, Feb 2— **Presentation of Our Lord** - 9 a.m. Orthros, 10:00 a.m. Divine Liturgy
 Sat Feb 7— 6 p.m. Great Vespers for St. Theodore followed by a reception
 Sun Feb 8— **Feast of St. Theodore** - 9 a.m. Orthros, 10:15 a.m. Divine Liturgy followed by a reception
 Sat Feb 14— **1st Saturday of Souls** 9 a.m. Orthros, 10:15 a.m. Divine Liturgy; 6:30 p.m. til Midnight NameDay & Apokreatiko Dinner/Dance
 Sun Feb 15— **Meatfare Sunday**— 9 a.m. Orthros, 10:30 a.m. Divine Liturgy
 Sat Feb 21— **2nd Saturday of Souls**—9 a.m. Orthros, 10:15 a.m. Divine Liturgy
 Sun Feb 22— **Cheesefare Sunday**—9 a.m. Orthros, 10:30 a.m. Divine Liturgy
 Mon Feb 23—**Great Lent begins**— 6 p.m. Compline
 Wed Feb 25— 6 p.m. **Pre Sanctified Liturgy**
 Fri Feb 27 **1st Salutations** to the Virgin Mary 7 p.m.
 Sat Feb 28—**3rd Saturday of Souls** 9 a.m. Orthros, 10:15 a.m. Divine Liturgy.

✚ THE THREE SATURDAYS OF THE SOULS ✚

PRAYERS FOR THE SOULS OF OUR DEPARTED LOVED ONES
 In the Orthodox Church, there is a beautiful tradition of praying for those who have fallen asleep in the Lord. These services are called the Saturday of Souls and there are three of them. They are on **February 14, 21 and 28, 2026**. We pray for the repose of the souls of our departed brothers and sisters and for the forgiveness of their every transgression and that the Lord place them in a place of eternal rest and beauty. You are welcome to submit the first names of your loved ones. Forms are available in the narthex. You can also make the traditional kollyva and bring by 10 a.m. Services being 9 a.m. Orthros & 10 a.m. Divine Liturgy followed by the Memorial Service.

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"/> Prosporion/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 _____ |

Stewardship Appeal

It is so vital for the progress of our Church that we are supportive on a regular basis. In order to be a supporting steward, please complete the Stewardship form online at www.sttheodores.org under Giving, or complete the form which is available in the Narthex where you light your candles. Stewardship payments can be made monthly directly from your bank to our Church. Or you can email square@sttheodores.org with your pledge and the desired frequency of your payments. You can also set up with your checking account for a check to be mailed automatically from your bank to the Church. Smaller, regular payments are more easier to manage than a payment of one sum. Your ability to give is stronger when you contribute regularly & the Church operates better.