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Saint Theodore Greek Orthodox Church Monthly Newsletter September 2026



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

Happy Ecclesiastical New Year

On September 1, the Holy Orthodox Church begins the New Ecclesiastical Year with the Feast of the Indiction. The Church invites us to lift our hearts to Christ, “the Maker of all creation,” and to ask Him to “bless the crown of this year” with His goodness. The year ahead is not only a calendar to manage, but a gift from God: a fresh season of grace, hope, repentance, worship, and renewed love.

The Gospel for this feast brings us to Nazareth, where our Lord proclaims from Isaiah: “The Spirit of the Lord is upon Me... to proclaim the acceptable year of the Lord” (Luke 4:18–19). In Christ, every year becomes acceptable when we offer it back to Him in faith. Saint John Chrysostom reminds us that Christian life is shown through repentance, prayer, mercy, and faithful participation in the Church; and Saint Basil the Great teaches that time is given to us so that we may grow in virtue and become rich in love.

As we begin this new Church year, let us receive this invitation with hopeful hearts. If we have been away, this is a blessed time to come home; if we have been tired or distracted, this is a gentle call to begin again. Let Sunday Divine Liturgy become the joyful center of our week, and let us prepare with prayer, confession, forgiveness, and reconciliation to receive the Holy Mysteries regularly and worthily. Saint Ignatius of Antioch beautifully called the Eucharist the medicine of immortality.

Let us also renew the holy discipline of fasting every Wednesday and Friday, not as a burden, but as a loving way to make room for God. With prayer and humility, fasting trains the heart to hunger for Christ and strengthens us in mercy. Saint Basil teaches that fasting is a companion of prayer; practiced with love and without judgment, it becomes a joyful offering to the Lord.

Our parish is strengthened by the many small acts of love offered faithfully by God’s people. In this new year, every parishioner is warmly invited to help in any way possible: welcoming, teaching, chanting, cooking, cleaning, visiting, serving the poor, supporting youth, offering professional skills, or simply being present with kindness. No gift is too small when it is offered to Christ.

After the Greek Festival concludes, Catechism and Bible Study will begin. These gatherings are a beautiful opportunity for inquirers, converts, long-time Orthodox

STEWARDSHIP HONOR LIST— Listed below are all the families and individuals who pledged and contributed to the Stewardship Program. We thank the families who have pledged and made payments for 2026 and they are found here as well as those who pledged last year. If you haven't pledged as of yet, please fill out the stewardship form or make a payment online or you can still mail a check to the Church. Thank you.

Adamos, Theodore & Maria Alevrofas, Victoria Alexion, Angelina Alkire, Jack & Marguerite 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 Cirillo, Christina and James DeFalco, Jessie Dimopoulos, Mr. & Mrs. Demetri Dimopoulos, Mr. & Mrs. John Dobi, Michael Exis, Ekaterina Fanourgakis, Angeliki Ferron, Johanson Frantzis, Mr. & Mrs. Dimitrios Galiatsatos, Andreas Galiatsatos, Spiro & Stavroula 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 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 Matta, Christina & Matthew Matta, Jonathan Michaelides, Mr & Mrs Nicholas Miltiadou, Kyriacos Moniodis, Mr & Mrs Paul Tice-Myer, Mark & Katherine Orfanidis, Vasilia O'Rourke, Ryan & Nicole Papadopoulos, Afroditi Papadopoulos, Miltiadis and Yaxian(Vasiliki)	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 & Michell, Robert Scott, Deborah Ioanna Sergotick, Michael & Anna Siarmalis-Urrutia, Henry & Iliana Singer, Zac & Victoria Skarvelis, Greg & Anastasia 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 & Panagiota Yakas, Peter & Eleni Harlepas Zairis, Pantelis & Anthie Zick, Mr. & Mrs. Bob
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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:

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

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:

_____	_____
_____	_____
_____	_____
_____	_____

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. ☐

Your time & talent

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

- | | |
|---|--|
| ☐ Church School | ☐ GOYA/YOUTH |
| ☐ Greek School/PTO | ☐ Young Adult |
| ☐ Chanting | ☐ Bible Study |
| ☐ Philoptochos | ☐ Prosphoron/Kollyva |
| ☐ Festival | ☐ Grounds and Maintenance |
| ☐ Fundraising | ☐ Altar Server |
| ☐ Dance Group | ☐ Flowers/Decorations |
| | ☐ Other _____ |

Christians, youth, parents, and grandparents to deepen their understanding of the Faith, ask questions, and grow together in the mind of the Church. Come as you are, and let us learn together with humility and joy.

May the Lord bless the crown of this new Ecclesiastical Year, preserve His flock in peace, and fill our parish family with courage, gratitude, worship, communion, service, and love. With joy and hope in Christ, we wish everyone a blessed and happy Ecclesiastical New Year!

With love in Christ, **Fr Manuel**

Calendar for September

- | | |
|-------------------|---|
| Tuesday, Sept 1— | Ecclesiastical New Year |
| Sunday, Sept 6— | 8:45 am Orthros/Matins;
10:15 am Divine Liturgy |
| Monday, Sept 7— | Labor Day—Office Closed |
| Tuesday, Sept 8— | Archbishop Apostolos of Canada
Farewell Dinner |
| Wed., Sept 9— | Meeting with New Chancellor, Fr Elias
Villas and Archbishop Elpidophoros |
| Sat. Sept 12 — | Wedding Papadopoulos
Fr. Kosmas Karavellas Dinner |
| Sun., Sept 13— | 8:45 am Orthros/Matins;
10:15 am Divine Liturgy |
| Monday, Sept 14 | Exaltation of the Holy Cross —
9:00am Orthros/Matins;
10:00am Divine Liturgy FAST DAY |
| Sat., Sept 19 — | Koulourakia Making |
| Sunday, Sept 20— | 8:45am Orthros/Matins;
10:15am Divine Liturgy |
| Friday, Sept 25 — | Greek Festival Opens 11 AM—9 PM |
| Sat., Sept 26 — | Greek Festival Day 2 11 AM—9 PM |
| Sun. Sept 27— | 8:45am Orthros/Matins;
10:15am Divine Liturgy.
Festival Day 3 12 noon—7 PM |
| Wed., Sept 30— | BIBLE STUDY BEGINS online 7-8pm |
| Fri., Oct. 2— | Catechism Resumes 7-8pm @ church |

Parish Community News & Events

PHILOTOCHOS FESTIVAL BAKING

We need your help to make koulourakia. The more hands the better. Our upcoming schedule is as follows: Koulourakia- Saturday September 19 10 a.m. to start baking and Sunday, September 20 after Church to continue with packaging the koulourakia. An executive meeting or zoom meeting will be called by the President some time in September about the Festival and Agape Tea.

ANNUAL PHILOTOCHOS AGAPE TEA

Our St. Theodore Church will be hosting the Annual Philotochos Agape Tea on Saturday, October 17, 2026 2:00—4:00 p.m. in our Church Social Hall. Special Guest speaker is Dr. Evgenia Gourgari Pediatric Endocrinologist MedStar Health D.C. Admission is Free, Donations are graciously welcomed. The Foundation provides financial assistance for medical related expenses to families of Orthodox children up to age 22. For more information: Maria Kapsalis 240-304-6433 or Nora Presti 410-952-8922.

DANCE PRACTICES

The St. Theodore Dance Group continues to practice every Sunday after Church. All members must commit to coming to practice before the Festival.

Sunday School Resumes

Due to the Greek Festival in September, the Sunday School program will officially begin on the first Sunday of October, which is Sunday October 4th. All youngsters from 3 to 13 are encouraged to enroll in the program and learn more about their Orthodox Faith.

Bible Study and Catechism Classes

Bible Study and Catechism will both begin also after the Greek Festival is over. The Bible Study will be online and will be every Wednesday from 7:00—8:15 p.m. **The link is: <https://meet.google.com/adh-cguj-cng>.** We will begin on Wed. Sept 30th at 7 p.m. online.

The Catechism Class will be in person at the Church Hall every Friday from 7:00—8:15 p.m. and will be for the months of October and November. Please join us. The first class is Fri Oct 2nd The first step in becoming Orthodox is to attend Liturgy faithfully each Sunday, then begin meeting the other converts at the Coffee hour and begin the classes on Friday. Process is about 4-6 months.

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SEATED DINNER AND DANCING**

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PLACE AN AD OF CONGRATULATIONS

GENERAL DONATIONS

SCAN QR CODE OR FOLLOW LINK BELOW
FOR MORE INFORMATION AND TICKETS
ALL PROCEEDS BENEFIT THE MINISTRIES OF
SAINTS CONSTANTINE AND HELEN ANNAPOLIS



[HTTPS://TINYURL.COM/2V9AJ69S](https://tinyurl.com/2V9AJ69S)

**SEPTEMBER 12TH, 2026
6-10 PM**

2747 RIVA RD ANNAPOLIS MD 21401

SAINTS CONSTANTINE AND HELEN ANNAPOLIS

32nd Annual Tea

to benefit the



CHILDREN'S AGAPE FOUNDATION

of the Greater Washington Area Philoptochos Societies



Saturday, October 17, 2026

2:00 pm – 4:00 pm

St. Theodore
Greek Orthodox Church
7101 Cipriano Road
Lanham MD 20706

SPECIAL GUEST SPEAKER:
Dr. Evgenia Gourgari

Pediatric Endocrinologist
MedStar Health Washington, D.C.

Admission is **FREE** · Donations Welcome · Door Prizes

About AGAPE:

The Children's AGAPE Foundation is a joint collaboration of the DC area Philoptochos societies that provides confidential financial assistance for medical & medical-related expenses to families of Orthodox children up to age 22

For information or directions, please contact:

Maria Kapsalis (240) 304-6433 or Nora Presti (410) 952-8922



Returning Our Gifts to God

As Orthodox Christians, we understand that everything we have—our life, our family, our time, our talents, and our resources—is a gift from God. Stewardship is our grateful response to His generosity. It is not simply a fundraising program, but a way of life rooted in thanksgiving, sacrifice, and love for Christ and His Church.

St. Paul reminds us, “God loves a cheerful giver” (2 Corinthians 9:7). Each of us is called to offer a worthy portion back to God from what He has entrusted to us. Young adults age 18 and older are encouraged to become official members of St. Theodore Church and to take their place in the life and responsibility of the parish. Families with children are invited to teach stewardship by example, showing that giving to the Church is part of our life in Christ. Seniors, whose faithfulness has helped sustain the parish for many years, are encouraged to continue giving as best as they are able.

In the Book of Acts, the first Christians shared generously so that the needs of the community could be met (Acts 2:44–45). In that same spirit, our goal should be that the parish operates through the faithful stewardship of its members, rather than depending on constant fundraisers. Ideally, 100% of our parish income would come from stewardship—freely offered gifts from thankful hearts.

When we give to the Stewardship program of St. Theodore Church, we help provide for worship, ministry, education, outreach, and the continued witness of the Orthodox faith in our community. May each of us prayerfully consider how we can give—not out of obligation, but with joy—offering back to God a portion of the blessings He has first given to us.





COME CELEBRATE WITH US!

September 25-27, 2026

Greek Food | Music | Dancing | Backgammon
(Tavli) Games | Excellent Greek Food & Desserts!
Exciting Vendors & More!

Friday: 11:00am - 9:00pm

Saturday: 11:00am - 9:00pm

Sunday: 12:00pm - 7:00pm

FREE ADMISSION & PARKING



St. Theodore Greek Orthodox Church
7101 Cipriano Road, Lanham, MD

STTHEODORES.ORG/FESTIVAL

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AND THE METROPOLIS OF NEW JERSEY
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Honoring

the ministry of the newly elected
Archbishop Apostolos of Canada

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[GiveButtr](https://www.givebuttr.com)

