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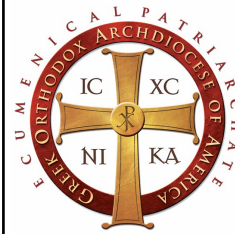
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Saint Theodore Greek Orthodox Church Monthly Newsletter July & August 2026



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

**ST. THEODORE
GREEK CULTURAL
FESTIVAL**

September 25, 26, 27, 2026
Friday & Saturday 11a—9 p
Sunday 12 noon—7p
Homemade Greek Food & Pastries
Music, Dancing, Cash Bar & Vendors

The Dormition of the Virgin Mary: A Fast of Hope, Prayer, and Love

August 1–15 invites us to walk with the Theotokos, the Blessed Virgin Mary toward the Feast of her Falling Asleep in the Lord.

Each August, the Church gives us fifteen days to prepare for one of the most beloved feasts of the Christian year: the Dormition, or “falling asleep,” of the Virgin Mary. This feast does not simply remember the end of Mary’s earthly life; it proclaims the victory of her Son. The Mother of God, who gave her whole life to Christ, is received by Christ into life. Tradition teaches that when she reposed, the Lord Himself came to take her soul into heaven, and the hymns of the Church joyfully confess that neither the tomb nor death could hold the Mother of Life.

Mary matters in our prayer life because she shows us what a faithful human response to God looks like. She listened, she obeyed, she treasured the Word in her heart, and she stood beside the Cross. Her words, “My soul magnifies the Lord,” are the pattern of every Christian soul. When we ask for her intercessions, we are not turning away from Christ; we are asking the one who loved Him perfectly to help us love Him more deeply.

The Dormition Fast is a loving invitation, not a burden. From August 1–15, we simplify our tables so that our hearts can become more attentive to God. Fasting teaches us to say “no” to excess so we can say “yes” to prayer, repentance, mercy, and worship. Let every home make this fast concrete: pray daily, attend services when possible, read the Gospel, seek forgiveness, give to someone in need, and keep the Theotokos close in prayer.

During the fast, try this simple rule: fast with humility, pray with Mary’s trust, and serve with Christ’s love. A fast that softens the heart is a fast that bears fruit.

The Dormition teaches us that salvation is not an idea but a communion of love. Mary’s life was completely open to God, and in her glorification we see the hope promised to all who belong to Christ. As we approach August 15, let us honor the Blessed Mother not only with words, but with changed lives: quieter hearts, cleaner habits, deeper prayer, and greater love. May the Theotokos lead our parish to her Son, and may this holy fast become for us a doorway into joy.

With love in Christ, Fr. Manuel

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

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

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, Vasilias

O'Rourke, Ryan & Nicole

Papadopoulos, Afroditi

Papadopoulos, Miltiadis

Papadopoulos, Mr. & Mrs. Vasilios

Paschalidis, Nick & Maria

Poulakis

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

**YOUR NAME GOES
HERE WHEN YOU
PLEDGE FOR 2026**

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 _____ |

Stewardship: A Summer Offering of Faith

Summer often brings a quieter rhythm to parish life, but the needs of the Church do not pause. This year, with cash flow especially low, we feel more deeply the absence of the June Festival income that has traditionally helped carry us through July and



August. In this season, we are invited to remember that stewardship is not simply a matter of paying bills; it is an offering of faith, gratitude, and love for Christ and His Holy Church.

Saint Paul reminds us that "God loves a cheerful giver" (2 Corinthians 9:7), and he teaches that whoever sows generously will also reap generously (2 Corinthians 9:6). Giving to the Church is one of the ways we sow into the life of the Kingdom. It supports worship, ministry, outreach, pastoral care, education, and the sacred space where we encounter Christ together as one family of faith.

The Orthodox tradition teaches that all we have is entrusted to us by God. Saint John Chrysostom often spoke of wealth as something to be managed for the glory of God and the care of others. In this spirit, stewardship is not measured only by the size of the gift, but by the love, sacrifice, and faithfulness with which it is offered. The widow's mite was small in the eyes of the world, yet precious before God because it came from the heart.

Our Church is the lifeblood of our Faith in Christ. It is where children are baptized, families are strengthened, the grieving are comforted, the faithful are nourished by the Holy Mysteries, and the Gospel is lived from generation to generation. For the Church not merely to survive, but to thrive, each of us is asked to prayerfully offer what we can—generously, consistently, and with trust in God's provision.

Please find it in your hearts to give generously during these summer months. Your offering, whatever its amount, becomes a living act of stewardship and a witness that we are one Body in Christ. May the Lord bless every giver, strengthen our parish, and continue to make our Church a place of faith, hope, love, and spiritual growth for all.

Parish Community News & Events

Ladies Philoptochos Society

There will be no formal meetings in July and August but we will gather in August to make the dolmades, other Greek cookies and desserts for the Festival in September. Keep watch for announcements through Philoptochos or the main email of the Church. Meetings will resume in September.

Festival Food Prep—Pastitsio Making

The festival committee has set dates for the Pastitsio Making for **Friday July 17 from 5 p.m. to 9 p.m. and Saturday, July 18 from 10 a.m. to 6 p.m.** We need at least 10 volunteers to help make this work best. Send us an email at office@sttheodores.org. Moussaka will be announced later this month as to when we will make it. Dolmades will be made in August.

Dance Practices

The St. Theodore Dance Group has begun practices and will be practicing every Sunday after Church. Anyone wishing to join may do so that our dance group can grow and flourish. We need 10 more members. We have extended the age for the dance group as long as you have been cleared by your doctor.

Clean Up Fridays

Every Friday in July, we will be meeting to clean up and prepare for the Festival as well as practicing chanting for the upcoming supplication services and an informal discussion as well. This is open to everyone but our catechumens are especially asked to try and come to ask questions. It is Fridays July 10, 17, 24, and 31. We will clean from 4:30—6:30 followed by chanting and discussion. Open to Everyone.



SCHEDULE OF SERVICES JULY & AUGUST

Sunday, July 12— 9 a.m. Orthros/Matins 10:30 a.m. Divine Liturgy

Sunday, July 19— 9 a.m. Orthros/Matins 10:30 a.m. Divine Liturgy

Sunday, July 26— **St. Paraskevi**—9 a.m. Orthros/Matins;

10:30 a.m. Divine Liturgy

Saturday, August 1— 6 p.m. Paraklesis/Supplication Service

Sunday, August 2— 9 am Orthros/Matins 10:30am Divine Liturgy

Monday, August 3— 6 p.m. Paraklesis/Supplication Service

Wednesday, August 5— 6 p.m. **Great Vespers of The**

Transfiguration of our Lord

Thursday, August 6— **The Transfiguration of our Lord**

9 a.m. Orthros, 10:15 a.m. Divine Liturgy

Friday, August 7— 6 p.m. Paraklesis/Supplication Service

Sunday, August 9— 9 a.m. Orthros; 10:30 a.m. Divine Liturgy

Monday, August 10— 6 p.m. Paraklesis/Supplication Service

Wednesday, August 12— 6 p.m. Paraklesis/Supplication Service

Friday, August 14— 6 p.m. **Great Vespers of the Dormition of the Theotokos**

Saturday, August 15—**The Dormition of the Theotokos**

9 a.m. Orthros, 10:15 a.m. Divine Liturgy

Sunday, August 16— 9 a.m. Orthros, 10:30 a.m. Divine Liturgy

Sunday, August 23— 9 a.m. Orthros, 10:30 a.m. Divine Liturgy

Saturday, August 29—**The Beheading of St. John the Baptist**

9 a.m. Orthros, 10:15 a.m. Divine Liturgy

Sunday, August 30 — 9 a.m. Orthros, 10:30 a.m. Divine Liturgy

