

ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΚΟΙΝΟΤΗΣ ΑΣΤΟΡΙΑΣ

Hellenic Orthodox Community of Astoria



His Grace Bishop Athenagoras of Nazianzos,
Archiepiscopal Vicar of Astoria
Protopresbyter Anargyros Stavropoulos, Proestamenos
V. Rev. Archimandrite Petros Gomez, Assistant Priest
Mr. Nicholas Papaioannou, Parish Council President

SAINT DEMETRIOS CATHEDRAL

30-11 30th Drive, Astoria, NY 11102

SS. CATHERINE & GEORGE CHURCH

22-30 33rd Street, Astoria, NY 11105

Tel.: (718) 728-1718—Fax: (718) 728 - 0079

ΩΡΕΣ ΓΡΑΦΕΙΟΥ: Δευτέρα-Παρασκευή 9.00 π.μ. - 4.00 μ.μ.

Office Hours: Monday-Friday 9.00 a.m. - 4.00 p.m.

Email: church@sdastoria.com

ΚΥΡΙΑΚΗ 26 ΙΟΥΛΙΟΥ 2026 - SUNDAY, JULY 26, 2026

ΚΥΡΙΑΚΗ Η' ΤΟΥ ΜΑΤΘΑΙΟΥ- SUNDAY 8TH OF MATTHEW

Μνημόσυνα Κυριακής

Αγίου Δημητρίου

Memorials - Saint Demetrios

7/26 /2026



Ανδριάνας Μαβλίου
Νικολάου- Αγγέλας- Γεωργίου και
Άννας Μπενέτου
Σπυρίδωνος Αντωνοπούλου
Ζωής & Άννας Παύλου
Στέλιου Χριστοδούλου

ΑΡΤΟΚΛΑΣΙΑ

Οικ. Θεοδώρας Παπαγεωργίου

Μνημόσυνα Κυριακής

Αγίων Αικατερίνης και Γεωργίου

Memorials - Sts. Catherine & George

7/26/2026

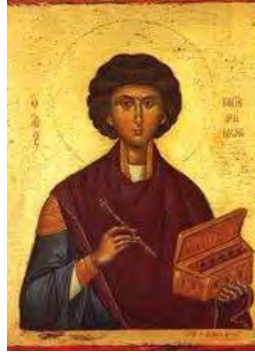


Βασιλείου Τσισίνου
Δημητρίου Παγώνη
Δέσποινας Γαλίτση
Ευθύμιου Παπαδημήτρη
Δημητρίου Μαντζώρου

Saints and Feasts



July 26
St. Paraskevi



July 27
St. Panteleimon



July 28
St. Irene Chrysovalantou



July 29
St. Kallinicus



July 30
Apostle Silas



August 1
**The Holy Seven Maccabee
Children, Solomone Their
Mother, and Eleazar Their
Teacher**

Welcome to the Hellenic Orthodox Community of Sts. Demetrios, Catherine and George!

We welcome all our visitors this Sunday morning and we thank you for praying with us during the Divine Liturgy. **While Holy Communion may only be received by prepared and baptized Orthodox Christians**, our non-Orthodox guests are welcome to join us in receiving blessed bread (Antidoron) from the priest at the conclusion of the Divine Liturgy.



*To follow along during our Divine
Services please scan the QR Code:*



Κυριακὴ τῶν Ἁγίων Πατέρων
Sunday of the Holy Fathers
Epistle Reading

Προκείμενον. Ἦχος δ΄. Ψαλμὸς 67.
Θαυμαστὸς ὁ Θεὸς ἐν τοῖς ἁγίοις
αὐτοῦ.

Στίχ. Ἐν ἐκκλησίαις εὐλογεῖτε τὸν Θεόν.

Πρὸς Γαλάτας Ἐπιστολῆς Παύλου
(3:23 – 29; 4:1 – 5) τὸ ἀνάγνωσμα

Ἀδελφοί, πρὸ τοῦ ἐλθεῖν τὴν πίστιν ὑπὸ νόμον ἐφρουρούμεθα συγκεκλεισμένοι εἰς τὴν μέλλουσαν πίστιν ἀποκαλυφθῆναι. ὥστε ὁ νόμος παιδαγωγὸς ἡμῶν γέγονεν εἰς Χριστόν, ἵνα ἐκ πίστεως δικαιωθῶμεν· ἐλθούσης δὲ τῆς πίστεως οὐκέτι ὑπὸ παιδαγωγόν ἐσμεν. Πάντες γὰρ υἱοὶ Θεοῦ ἐστε διὰ τῆς πίστεως ἐν Χριστῷ Ἰησοῦ· ὅσοι γὰρ εἰς Χριστόν ἐβαπτίσθητε, Χριστόν ἐνεδύσασθε. οὐκ ἔνι Ἰουδαῖος οὐδὲ Ἕλλην, οὐκ ἔνι δοῦλος οὐδὲ ἐλεύθερος, οὐκ ἔνι ἄρσεν καὶ θήλυ· πάντες γὰρ ὑμεῖς εἰς ἐστε ἐν Χριστῷ Ἰησοῦ. εἰ δὲ ὑμεῖς Χριστοῦ, ἄρα τοῦ Ἀβραὰμ σπέρμα ἐστὲ καὶ κατ' ἐπαγγελίαν κληρονόμοι. Λέγω δέ, ἐφ' ὅσον χρόνον ὁ κληρονόμος νήπιός ἐστιν, οὐδὲν διαφέρει δούλου, κύριος πάντων ὢν, ἀλλὰ ὑπὸ ἐπιτρόπους ἐστὶ καὶ οἰκονόμους ἄχρι τῆς προθεσμίας τοῦ πατρός. οὕτω καὶ ἡμεῖς, ὅτε ἦμεν νήπιοι, ὑπὸ τὰ στοιχεῖα τοῦ κόσμου ἦμεν δεδουλωμένοι· ὅτε δὲ ἦλθε τὸ πλήρωμα τοῦ χρόνου, ἐξαπέστειλεν ὁ Θεὸς τὸν υἱὸν αὐτοῦ, γενόμενον ἐκ γυναικός, γενόμενον ὑπὸ νόμον, ἵνα τοὺς ὑπὸ νόμον ἐξαγοράσῃ, ἵνα τὴν υἰοθεσίαν ἀπολάβωμεν.

Prokeimenon. Mode 4. Psalm 67.
God is wondrous in His saints.
Verse: *Bless God in the churches.*

The reading is from Paul's Letter to
the Galatians
(3:23 – 29; 4:1 – 5)

Brethren, before faith came, we were confined under the law, kept under restraint until faith should be revealed. So that the law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental principles of the universe. But when the time had fully come, God sent forth his Son, born of a woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

Ἐκ τοῦ κατὰ Ματθαῖον ἀγίου
Εὐαγγελίου (14:14 – 22) τὸ
ἀνάγνωσμα

The Gospel According to
Matthew (14:14 – 22)

Τῷ καιρῷ ἐκείνῳ, εἶδεν ὁ Ἰησοῦς πολὺν ὄχλον, καὶ ἐσπλαγχνίσθη ἐπ’ αὐτοῖς καὶ ἐθεράπευσε τοὺς ἀρρώστους αὐτῶν. ὁψίας δὲ γενομένης προσῆλθον αὐτῷ οἱ μαθηταὶ αὐτοῦ λέγοντες· ἔρημός ἐστιν ὁ τόπος καὶ ἡ ὥρα ἤδη παρήλθεν· ἀπόλυσον τοὺς ὄχλους, ἵνα ἀπελθόντες εἰς τὰς κώμας ἀγοράσωσιν ἑαυτοῖς βρώματα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· οὐ χρειαν ἔχουσιν ἀπελθεῖν· δότε αὐτοῖς ὑμεῖς φαγεῖν. οἱ δὲ λέγουσιν αὐτῷ· οὐκ ἔχομεν ὧδε εἰ μὴ πέντε ἄρτους καὶ δύο ἰχθύας. ὁ δὲ εἶπε· φέρετέ μοι αὐτοὺς ὧδε. καὶ κελεύσας τοὺς ὄχλους ἀνακλιθῆναι ἐπὶ τοὺς χόρτους, λαβὼν τοὺς πέντε ἄρτους καὶ τοὺς δύο ἰχθύας, ἀναβλέψας εἰς τὸν οὐρανὸν εὐλόγησε, καὶ κλάσας ἔδωκε τοῖς μαθηταῖς τοὺς ἄρτους, οἱ δὲ μαθηταὶ τοῖς ὄχλοις. καὶ ἔφαγον πάντες καὶ ἐχορτάσθησαν, καὶ ἦσαν τὸ περισσεῦον τῶν κλασμάτων δώδεκα κοφίνους πλήρεις. οἱ δὲ ἐσθίοντες ἦσαν ἄνδρες ὥσει πεντακισχίλιοι χωρὶς γυναικῶν καὶ παιδίων. Καὶ εὐθέως ἠνάγκασεν ὁ Ἰησοῦς τοὺς μαθητὰς αὐτοῦ ἐμβῆναι εἰς τὸ πλοῖον καὶ προάγειν αὐτὸν εἰς τὸ πέραν, ἕως οὗ ἀπολύσῃ τοὺς ὄχλους.

At that time, Jesus saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to him and said, “This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves.” Jesus said, “They need not go away; you give them something to eat.” They said to him, “We have only five loaves here and two fish.” And he said, “Bring them here to me.” Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

Resurrectional Apolytikion in the Grave Mode

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέωξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion for St. Paraskevi in the First Mode

Your diligence corresponded to your name, Paraskevi, which denotes preparedness. Through faith you inherited the promised dwelling that was prepared for you, O prizewinning Martyr. Therefore you pour out cures and healings, and you intercede on behalf of our souls.

Τὴν σπουδὴν σου τῇ κλήσει κατάλληλον, ἐργασαμένη φερώνυμε, τὴν ὁμώνυμόν σου πίστιν, εἰς κατοικίαν κεκλήρωσαι, Παρασκευὴ ἀθληφόρε· ὅθεν προχέεις ἰάματα, καὶ πρεσβεύεις ὑπὲρ τῶν ψυχῶν ἡμῶν.

Apolytikion for St. Demetrios in the Third Mode

All the world has you, its mighty champion, * fortifying us in times of danger, * and defeating our foes, O Victorious One. * So, as you humbled Lyaïos's arrogance * by giving courage to Nestor in the stadium, * thus, O holy Great-martyr Demetrios, * to Christ our God pray fervently, * beseeching Him to grant us His great mercy.

Μέγαν εὗρατο ἐν τοῖς κινδύνοις, σὲ ὑπέρμαχον ἢ οἰκουμένη, Ἀθλοφόρε τὰ ἔθνη τροπούμενον. Ὡς οὖν Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαρρύνας τὸν Νέστορα, οὕτως Ἅγιε, Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν Θεὸν ἱκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

Apolytikion for St. Catherine in the Plagal First Mode

Let us praise and extol the all-lauded Bride of Christ,* the Protectress of Sinai, divine Saint Catherine,* as the one who gives aid and her assistance to us;* for she brilliantly suppressed the impious orators,* with the sword of the Spirit.* And being crowned as a martyr,* she asks that all receive the great mercy.

Τὴν πανεύφημον νύμφην Χριστοῦ ὑμνήσωμεν, Αἰκατερίναν τὴν θεῖαν καὶ πολιοῦχον Σινᾶ, τὴν βοήθειαν ἡμῶν καὶ ἀντίληψιν, ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομποὺς τῶν ἀσεβῶν, τοῦ Πνεύματος τῇ μαχαίρᾳ, καὶ νῦν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πᾶσι τὸ μέγα ἔλεος.

Apolytikion for St George in the Fourth Mode

As the one renowned for setting captives free and for defending those in poverty, the physician of the sick and the champion of emperors, great and victorious Martyr George, intercede with Christ our God, beseeching Him to save our souls.

Ὡς τῶν αἰχμαλώτων ἐλευθερωτής, καὶ τῶν πτωχῶν ὑπερασπιστής, ἀσθενούντων ἱατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Kontakion in the Plagal Fourth Mode

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἡ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

STEWARDSHIP MINISTRY—MEMBERSHIP 2026

We express our deepest appreciation to you for your continued support to our community by renewing your stewardship pledge for the current year. Your contribution is greatly appreciated and assists us in the maintenance of the community's programs and services. We are also grateful for all your moral support and participation in your community life. May the blessings of our Lord be with you and your family. We wish you healthy and renewed strength for this New Year! We thank the **433** parish families who have fully/partially fulfilled their stewardship/membership commitment to Saint Demetrios Cathedral/Sts. Catherine & George Greek Orthodox Church as of 2026.

ΠΡΟΓΡΑΜΜΑ ΕΚΟΥΣΙΑΣ ΕΙΣΦΟΡΑΣ 2026

Εκφράζουμε βαθύτατες ευχαριστίες για την υποστήριξή σας στην κοινότητά μας μέσω της ανανέωσης της ετήσιας εισφοράς σας για το τρέχον έτος. Η συμβολή σας είναι εξαιρετικά σημαντική στη διατήρηση των προγραμμάτων και των υπηρεσιών της κοινότητας. Είμαστε ευγνώμονες για όλη την ηθική υποστήριξή σας και τη συμμετοχή σας στη ζωή της κοινότητάς μας. Είθε ο Κύριος να σκέπει εσάς και την οικογένειά σας. Ευχόμαστε υγεία και δύναμη για το Νέο Έτος! Ευχαριστούμε τις **433** οικογένειες που έχουν πλήρως ή μερικώς προσφέρει την συνδρομή τους για το 2026 στον Καθεδρικό Ναό του Αγίου Δημητρίου και στην Ελληνορθόδοξη Εκκλησία Αγίων Αικατερίνης και Γεωργίου.



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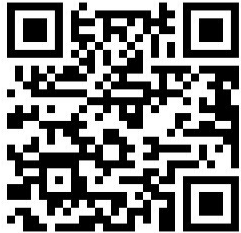
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ΠΡΟΓΡΑΜΜΑ ΤΗΣ ΕΒΔΟΜΑΔΟΣ

ACTIVITIES OF THE WEEK

Κυριακή 26 Ιουλίου 2026

ΚΥΡΙΑΚΗ Η' ΤΟΥ ΜΑΤΘΑΙΟΥ

I. N. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ—I. N.

ΑΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΡΓΙΟΥ

7:30 π.μ. Όρθρος, Θεία Λειτουργία, καὶ
Μνημόσυνα

Δευτέρα 27 Ιουλίου 2026

**ΤΟΥ ΑΓΙΟΥ ΜΕΓΑΛΟΜΑΡΤΥΡΟΣ ΚΑΙ
ΙΑΜΑΤΙΚΟΥ ΠΑΝΤΕΛΕΗΜΟΝΟΣ**

I. N. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ

7:30 π.μ. Όρθρος καὶ Θεία Λειτουργία

I. ΠΑΤΡΙΑΡΧΙΚΗ ΣΤΑΥΡΟΠΗΓΙΑΚΗ ΜΟ-
ΝΗ ΤΗΣ ΟΣΙΑΣ ΕΙΡΗΝΗ

7:00 μ.μ. Μέγας Έσπερινός

Τρίτη 28 Ιουλίου 2026

**ΤΗΣ ΟΣΙΑΣ ΕΙΡΗΝΗΣ ΧΡΥΣΟΒΑΛΛΑ-
ΝΤΟΥ**

I. ΠΑΤΡΙΑΡΧΙΚΗ ΣΤΑΥΡΟΠΗΓΙΑΚΗ ΜΟ-
ΝΗ ΤΗΣ ΟΣΙΑΣ ΕΙΡΗΝΗ

8:00 π.μ. Όρθρος καὶ Θεία Λειτουργία

Τετάρτη 29 Ιουλίου 2026

I. N. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ

6:00 μ.μ. Ίερά Παράκληση

Κυριακή 2 Αυγούστου 2026

ΚΥΡΙΑΚΗ Θ' ΤΟΥ ΜΑΤΘΑΙΟΥ

I. N. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ—I. N.

ΑΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΡΓΙΟΥ

7:30 π.μ. Όρθρος, Θεία Λειτουργία, καὶ
Μνημόσυνα

Sunday, July 26, 2026

SUNDAY 8TH OF MATTHEW

SAINT DEMETRIOS—SAINTS

CATHERINE AND GEORGE

7:30 a.m. Orthros, Divine Liturgy, and
Memorials

Monday July 27, 2026

**ST. GREAT MARTYR AND HEALER PAN-
TELEIMON**

SAINT DEMETRIOS

7:30 a.m. Orthros and Divine Liturgy

HOLY PATRIARCHAL AND
STAVROPEGIAL MONASTERY OF ST.
IRENE CHRYSOVALANTOU

7:00 p.m. Great Vespers

Tuesday, July 28 2026

ST. IRENE CHRYSOVALANTOU

HOLY PATRIARCHAL AND
STAVROPEGIAL MONASTERY OF ST.
IRENE CHRYSOVALANTOU

8:00 a.m. Orthros and Divine Liturgy

Wednesday, July 29 2026

SAINT DEMETRIOS

6 p.m. Paraklesis

Sunday, August 2, 2026

SUNDAY 9TH OF MATTHEW

SAINT DEMETRIOS—SAINTS

CATHERINE AND GEORGE

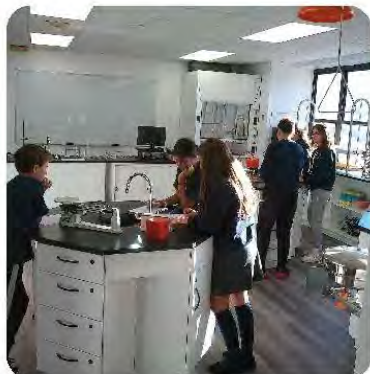
7:30 a.m. Orthros, Divine Liturgy, and
Memorials



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ΕΠΙΣΚΕΨΕΙΣ ΣΕ ΝΟΣΟΚΟΜΕΙΑ ΚΑΙ ΟΙΚΟΥΣ ΑΠΟΚΑΤΑΣΤΑΣΗΣ

Παρακαλούμε να ενημερώνετε το Γραφείο της Κοινότητας εάν κάποιο μέλος της Οικογένειας σας βρίσκεται στο νοσοκομείο, νοσηλεύεται εκεί ή είναι αποκλεισμένο στο σπίτι λόγω ασθένειας, έτσι ώστε κάποιος από τους Ιερείς μας να το επισκεφτεί.

ΔΙΑΚΟΝΙΕΣ ΤΗΣ ΚΟΙΝΟΤΗΤΑΣ ΜΑΣ

Όλοι οι οργανισμοί και οι διακονίες της Κοινότητάς μας παρακαλούνται όπως παραδίδουν στο Γραφείο της Κοινότητας το πρόγραμμα τους, για τις συνεδριάσεις τους, τα κείμενα που θα ήθελαν να δημοσιευθούν καθώς και όποια άλλη πληροφορία επιθυμούν να στέλνονται μέχρι την Τετάρτη.

ΜΝΗΜΟΣΥΝΑ ΚΑΙ ΤΕΛΕΤΕΣ ΣΑΡΑΝΤΙΣΜΟΥ ΒΡΕΦΩΝ

Παρακαλούμε όπως τα μέλη της Κοινότητάς μας, να ενημερώνουν το Γραφείο της Κοινότητας, τουλάχιστον μια εβδομάδα νωρίτερα πριν από το Μνημόσυνο ή το ραντεβού για τον Σαραντισμό των Βρεφών. Σας παρακαλούμε να τηλεφωνείτε στο Γραφείο της Κοινότητας σχετικά με την παραγγελία Μνημοσύνων, Τρισάγιων ή Αρτοκλασιών, ώστε να προγραμματίζουμε έγκαιρα την διεξαγωγή τους.

Η ΙΣΤΟΣΕΛΙΔΑ ΤΗΣ ΚΟΙΝΟΤΗΤΑΣ

Σας παρακαλούμε να επισκεφθείτε την ιστοσελίδα της Κοινότητας στην διεύθυνση: www.saintdemetriosastoria.com για τις τελευταίες ενημερώσεις σε ότι αφορά την δράση της Κοινότητάς μας, αλλά και για θέματα που αφορούν την Ελληνική Ορθόδοξη πίστη μας.

ΠΛΑΤΦΟΡΜΕΣ ΚΟΙΝΩΝΙΚΗΣ ΔΙΚΤΥΩΣΗΣ

Ακολουθείστε μας στις πλατφόρμες κοινωνικής δικτύωσης για ενημερώσεις σχετικά με τις ιερές ακολουθίες και τις εκδηλώσεις του Σχολείου και της Κοινότητάς μας.



@stdemetriosastoria



Saint Demetrios Cathedral of Astoria



Saint Demetrios Cathedral Astoria

HOSPITAL/NURSING VISITATION

Please notify the Church office if a family member is in the hospital, nursing home or a shut-in, so that our priests may visit them.

CHURCH ORGANIZATIONS

All church organizations are asked to submit their calendar, meetings, articles announcements and information to the Church office by Wednesday of any giving week.

MEMORIALS AND 40 DAY BLESSINGS

We ask all parishioners to notify the Church office at least one week before a Memorial Service or 40 Day Blessing. For 40 day blessing of infants, memorial, trisagia or artoclasties, please call the Church Office in order to make the necessary arrangements.

CHURCH WEBSITE

Visit our church website at www.saintdemetriosastoria.com for new information, updates and to learn more about our Greek Orthodox Faith.

SOCIAL MEDIA

Follow us on our social media platforms for updates on liturgical services and community and school events!



@stdemetriosastoria



Saint Demetrios Cathedral Astoria



Saint Demetrios Cathedral Astoria

ΙΟΥΛΙΟΣ 2026



ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ
ΚΟΙΝΟΤΗΣ ΑΣΤΟΡΙΑΣ
ΚΑΘΕΔΡΙΚΟΣ ΝΑΟΣ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ
ΙΕΡΟΣ ΝΑΟΣ ΑΓΙΩΝ ΑΙΚΑΤΕΡΙΝΗΣ & ΓΕΩΡΓΙΟΥ

Κυριακή	Δευτέρα	Τρίτη	Τετάρτη	Πέ-	Παρα-	Σάββατο
			1 48ο Διετές Κλη- ρικολαϊκό Συνέ- δριο Κλήβελαντ, Όχάϊο	2 48ο Διετές Κληρικο- λαϊκό Συνέδριο Κλή- βελαντ, Όχάϊο	3	4
5 ΚΥΡΙΑΚΗ Ε΄ ΜΑΤΘΑΙΟΥ 7:30 π.μ. Όρθρος, Θεία Λειτουργία και Μνημό- συνα (2 ναούς)	6	7 ΚΥΡΙΑΚΗΣ ΜΕΓΑΛΟ- ΜΑΡΤΥΡΟΣ 7:30 π.μ. Όρθρος και Θεία Λειτουργ- γία (Ι.Ν. Αγ. Αικατερί- νης)	8 6:00 μ.μ. Τερά Παράκληση (Ι.Ν. Αγ. Δημητρί- ου)	9	10	11 ΕΥΦΗΜΙΑΣ ΜΕΓΑΛΟΜΑΡ- ΤΥΡΟΣ 7:30 π.μ. Όρθρος και Θεία Λειτουργία (Ι.Ν. Αγ. Αικατερί- νης)
12 ΚΥΡΙΑΚΗ ΣΤ΄ ΜΑΤΘΑΙΟΥ 7:30 π.μ. Όρθρος, Θεία Λειτουργία και Μνημό- συνα (2 ναούς)	13	14	15 6:00 μ.μ. Τερά Παράκληση (Ι.Ν. Αγ. Δημητρί- ου)	16	17 ΜΑΡΙΝΗΣ ΜΕΓΑΛΟ- ΜΑΡΤΥΡΟΣ 7:30 π.μ. Όρθρος και Θεία Λειτουργ- γία (Ι.Ν. Αγ. Δη- μητρίου)	18
19 ΚΥΡΙΑΚΗ ΤΩΝ ΑΓΙΩΝ ΠΑΤΕΡΩΝ ΤΗΣ Δ΄ ΟΙΚΟΥΜΕΝΙΚΗΣ ΣΥΝΟΔΟΥ 7:30 π.μ. Όρθρος, Θεία Λειτουργία και Μνημό- συνα (2 ναούς)	20 ΠΡΟΦΗΤΟΥ ΗΛΙΟΥ 7:30 π.μ. Όρθρος και Θεία Λειτουργία (Ι.Ν. Αγ. Αικατερίνης)	21	22 ΑΓΙΑΣ ΜΑΡΚΕΛΛΗΣ 7:30 π.μ. Όρθρος και Θεία Λειτουργ- γία (Ι.Ν. Αγ. Δημη- τρίου) 6:00 μ.μ. Τερά Παράκληση(Ι.Ν. Αγ. Δημητρίου)	23	24 ΑΓΙΟΥ ΑΘΗΝΑΓΟΡΟΥ 7:30 π.μ. Όρθρος και Θεία Λειτουργ- γία (Ι.Ν. Αγ. Δη- μητρίου)	25 ΚΟΙΜΗΣΗΣ Α- ΓΙΑΣ ΑΝΝΗΣ ΜΗΤΡΟΣ ΘΕΟΤΟΚΟΥ 7:30 π.μ. Όρθρος και Θεία Λειτουργία (Ι.Ν. Αγ. Δημητρί- ου)
26 ΑΓΙΑ ΠΑΡΑΣΚΕΥ- Η ΚΥΡΙΑΚΗ Η΄ ΜΑΤΘΑΙΟΥ 7:30 π.μ. Όρθρος, Θεία Λειτουργία και Μνημό- συνα (2 ναούς)	27 ΠΑΝΤΕΛΗΜΟΝΟΣ ΜΕΓΑΛΟΜΑΡΤΥΡΟΣ ΚΑΙ ΙΑΜΑΤΙΚΟΥ 7:30 π.μ. Όρθρος και Θεία Λειτουργία (Ι.Ν. Αγ. Δημητρίου) ΕΙΡΗΝΗΣ ΧΡΥΣΟΒΑΛΑΝΤΟΥ Μέγας Έσπερινός στην Πατριαρχική και Σταυ- ροπηγική Μονή	28 ΕΙΡΗΝΗΣ ΧΡΥΣΟΒΑΛΑΝΤΟΥ Άρχιερατική Θεία Λειτουργία στην Πατριαρχική και Σταυροπηγική Μονή	29 6:00 μ.μ. Τερά Παράκληση (Ι.Ν. Αγ. Δημητρί- ου)	30	31	



**HELLENIC ORTHODOX COMMUNITY OF
ASTORIA**
SAINT DEMETRIOS CATHEDRAL
SAINTS CATHERINE AND GEORGE GREEK
ORTHODOX CHURCH

JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 48TH BIENNIAL CLERGY-LAITY CONGRESS , Cleve- land, Ohio.	2 48TH BIENNIAL CLERGY-LAITY CONGRESS , Cleve- land, Ohio.	3	4
5 Fifth Sunday of Matthew 7:30 a.m. Orthros, Divine Liturgy and Memorials (in both churches)	6	7 KYRIAKE THE GREAT MARTYR 7:30a.m. Orthros and Divine Liturgy (St. Catherine)	8 6 p.m. Paraklesis (St. Demetrios)	9	10	11 EUPHEMIA THE GREAT MARTYR 7:30a.m. Orthros and Divine Liturgy (St. Catherine)
12 Sixth Sunday of Matthew 7:30 a.m. Orthros, Divine Liturgy and Memorials (in both churches)	13	14	15 6 p.m. Paraklesis (St. Demetrios)	16	17 GREAT MARTYR MARINA 7:30a.m. Orthros and Divine Liturgy (St. Demetrios)	18
19 Sunday of the 4th Ecumenical Council 7:30 a.m. Orthros, Divine Liturgy and Memorials (in both churches)	20 PROPHET ELIAS 7:30a.m. Orthros and Divine Liturgy (St. Catherine)	21	22 SAINT MARKELLA 7:30a.m. Orthros and Divine Liturgy (St. Demetrios) 6 p.m. Paraklesis (St. Demetrios)	23	24 SAINT ATHE- NAGORAS 7:30a.m. Orthros and Divine Liturgy (St. Demetrios)	25 DORMITION OF SAINT AN- NA, MOTHER OF THE THE- OTOKOS 7:30a.m. Orthros and Divine Liturgy (St. Demetrios)
26 SAINT PARASKEVI Eighth Sunday of Matthew 7:30 a.m. Orthros, Divine Liturgy and Memorials (in both churches)	27 PANTELEIMON THE GREAT MARTYR AND HEALER 7:30a.m. Orthros and Divine Liturgy (St. Demetrios) ST. IRENE CHRYSOVALANTOU Great Vespers at the Stavropegial Monastery	28 ST. IRENE CHRYSOVALANTOU Hierarchical Liturgy at the Stavropegial Monastery	29 6 p.m. Paraklesis (St. Demetrios)	30	31	



DIAKONIA

A National Ministry of the Greek Orthodox Archdiocese of America

REFLECTIONS FROM TODAY'S READING | *Galatians 3:23-29; 4:1-5*

"Putting on Christ in Baptism"

Fr. George Parsenios (HCHC '96)



Today's reading from St. Paul's letter to the Galatians contains a phrase that we chant during every baptism in the Orthodox Church: "All you who have been baptized into Christ have put on Christ." To "put on Christ" means to wear Christ as a garment. How does that happen, and what does it mean for us? The Bible regularly speaks of wearing certain virtues like a garment. The people of God put on righteousness (Psalm 131:9) or they put on strength (Proverbs 31:25). To put on a virtue in this sense means to manifest that virtue; i.e., to put on righteousness means to be righteous. What, then, does it mean to "put on" Christ? At a minimum, it means to imitate Christ. St. Paul elsewhere urges his readers to "put on the Lord Jesus" after he has exhorted them to avoid licentiousness, quarreling, jealousy, and other vices (Romans 13:14). To put on Christ in this context seems to be an ethical commandment to act virtuously instead of sinfully. Our current passage, however, shows that Paul means much more than this. He does not exhort the Galatians to put on Christ in a time to come. He is stating that they have already put on Christ through baptism. And, if putting on righteousness means to be righteous, then putting on Christ means to be Christ. Christians do not merely imitate Jesus. They are joined bodily to Jesus. St. Paul announces, "It is no longer I who live, but Christ who lives in me." He says elsewhere, "You are the body of Christ and individually members of it" (1 Cor 12:27). Because this is true, we all must take to heart what St. Paul urged the Corinthians to do: "Glorify God in your body, which belongs to God" (1 Cor 6:20).

Fr. George Parsenios is Professor of New Testament at Holy Cross Greek Orthodox School of Theology. www.hchc.edu

L100

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FROM THE ORIGINAL GREEK: scandal (σκάνδαλον)

What does “Scandal” mean?

Fr. George Parsenios (HCHC '96)



The English term “scandal” refers to a situation that offends our moral sensibilities. The word is derived directly from Greek *σκάνδαλον*/*skandalon*. But the Greek term is more difficult to define.

Because the word is rare outside the Bible, translators rely on the context in which it appears in order to understand it. St. Paul says, for instance, that the cross of Christ is a *skandalon* to Jews who cannot accept a crucified savior (1 Corinthians 1:23). The Gospel of John says that consuming the body and

blood of Christ in Communion “scandalizes,” since this sounds like cannibalism (John 6:61). A few interpreters look to these examples in order to translate term *skandalon* somewhat vaguely as “cause of offense.” Other translators are more specific. They note that a word related to *skandalon* means the stick in a trap which, when touched, closes the trap. Starting from this sense of stumbling over a wooden stick, these translators render *skandalon* as “stumbling block.” Other translations have been proposed but are highly unlikely. If scholars cannot agree on a specific translation, however, they do agree on the general sense of *skandalon* as an obstacle to following God’s will.



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THIS WEEK’S LOOK AT CHURCH HISTORY

Who was Saint John Chrysostom?

St. John Chrysostom (347–407 AD), the 4th century Patriarch of Constantinople, a saint and Father of the Church, is revered as a preacher, teacher and liturgist. Known for his preaching, he was given the title *Χρυσόστομος*, which means “man with the golden mouth.” During his sermons, his congregation often burst into applause. Eloquent and uncompromising, he spoke out against political and clerical corruption, the conspicuous consumption of the wealthy, and for the needs of the poor. Preaching that “feeding the hungry is a greater work than raising the dead,” he initiated ministry to Constantinople’s poor, with the Church providing meals for thousands every day. More than 600 of his homilies have survived. The Liturgy that bears his name has changed in several details over the centuries, but the central prayer of the Eucharistic anaphora – prayer of gratitude and offering – goes back to him. He died in 407 while in exile for his preaching against the excesses and corruption of the imperial court. His final words were “Glory to God for everything!”

Praying the Bible in the Liturgy

Fr. Steven Tsichlis



Orthodox Christians are not merely to read the Bible; we are also to pray the Bible. This takes place most clearly and completely in the Liturgy of St. John Chrysostom. There are two readings from the New Testament during the Liturgy – an Epistle reading from one of the Letters of the apostles; and a Gospel reading from one of the four evangelists. We also pray the Lord's Prayer and sing verses from the Book of Psalms. In the priest's blessing, "The grace of our Lord Jesus Christ and the love of God the Father and the communion of the Holy Spirit be with you all," we hear St. Paul's final farewell to the Church in Corinth (2 Corinthians 13:13). In the choir's singing of "Holy, Holy, Holy Lord God of Sabaoth, heaven and earth are full of Your glory," we hear the song of the angelic cherubim first heard by the Old Testament prophet Isaiah in the Temple in Jerusalem (Isaiah 6:1-5). The prayers of the Liturgy are full of biblical imagery and shot through with hundreds of Biblical quotes. In fact, the late French Orthodox theologian, Paul Evdokimov (1902-1970), once calculated that there are 98 quotations from the Old Testament and 114 quotations

from the New Testament woven into the prayers of the Liturgy. The language of the Liturgy is the language of the Bible. To come to Liturgy attentively is to learn to pray the Bible.

"...there are 98 quotations from the Old Testament and 114 quotations from the New Testament woven into the prayers of the Liturgy."

In addition, the priesthood, the vestments, the altar, the tabernacle, the oil lamps, the incense, and so many more of the Church's structures for worship are taken directly from the Old Testament, particularly from the books of Exodus, Leviticus and the Psalms. As the New Testament Letter to the Hebrews teaches, all of these ancient elements of worship in the Temple and the synagogue which we still use to this day in the Liturgy, have now been brought to fulfillment in the life and teaching, crucifixion and resurrection of our Lord Jesus Christ, always pointing to Him.



MAKE IT REAL

Listen carefully for the biblical elements of the Liturgy—whether the Lord's Prayer, a Psalm verse, the Trisagion Hymn, the priest's blessing, or the Gospel reading—and pray it again during your personal prayer, living the Liturgy into your daily life.



Just For Kids!
(...and the young at heart)



WORD SCRAMBLE Feeding the 5,000

Unscramble each word related to the miracle of the Feeding of the 5,000. Be sure to listen to your priest read the Gospel because every word can be heard there! If you get stuck, use your bulletin or Orthodox Study Bible to re-read Matthew 14:14-22.

1. BARED _____
2. SJSEU _____
3. ETVFSHUAONDI _____
4. IEFGNED _____
5. SSIILEDPC _____
6. SLDBEES _____
7. OBAT _____
8. OTW _____
9. SFHI _____
10. SFAIESTID _____

ANSWER KEY:
1. BREAD, 2. JESUS, 3. FIFTETHOUSAND, 4. FEEDING, 5. DISCIPLES, 6. BLESSED, 7. BOAT, 8. TWO, 9. FISH, 10. SATISFIED