

EPISTLE Hebrews 11:33-40, 12:1-2

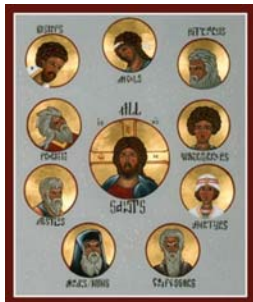
BRETHREN, all the saints through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated - of whom the world was not worthy - wandering over deserts and mountains and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfection of our faith.

TODAY'S READER: GEORGE COMINOS

GOSPEL Matthew 10:32-33; 37-38; 19:27-30

THE LORD said to his disciples, "Every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny him before my Father who is in heaven. He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me." Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" Jesus said to them, "Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or children or lands, for my name's sake, will receive a hundredfold, and inherit eternal life. But many that are first will be last, and the last first."

THE SIX CATEGORIES OF HOLY SAINTS IN THE ORTHODOX CHURCH



1. **The Apostles**, who were the first ones to spread the message of the Incarnation of the Word of God and of salvation through Christ.
2. **The Prophets**, because they predicted and prophesied the coming of the Messiah.
3. **The Martyrs**, for sacrificing their lives and fearlessly confessing Jesus Christ as the Son of God and the Savior of mankind.
4. **The Fathers and Hierarchs** of the Church, who excelled in explaining and

defending, by word and deed, the Christian Faith.

5. **The Monastics**, who lived in the desert and dedicated themselves to spiritual exercise (askesis), reaching, as far as possible, perfection in Christ.
6. **The Just**, those who lived in the world, leading exemplary lives as clergy or laity with their families, becoming examples for imitation in society.

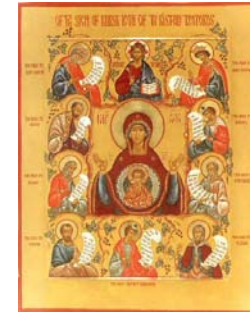


SAINTHOOD FOR US?

How often do we look at the Saints of the Church and say to ourselves "Well, I'm off the hook. I'm no saint and I'll never be one." In this way we "excuse" ourselves from living the struggles and rigors of the Orthodox spiritual life. The Saints were not perfect. Each of them over thousands of years of Christian faith would readily admit that they were "the first among sinners." We do not honor Saints because they were perfect. We honor them because, day after day, in so many little and sometimes great ways, *they kept focus on God, they remembered Him living in their hearts.* In this sense, the holiness of the Saints was a matter of struggling each day to keep a spiritual consciousness no matter what work or task they were called to do. To be sure, that kind of mindfulness demanded discipline—yes, discipline and practice, but NOT perfection. Each of us is called to this kind of mindfulness of God. We are called to practice the presence of God in our hearts. Yes, every one of us is called to sainthood — to living explicitly in the presence of God who, Himself, dwells eternally and intrinsically in the heart of our heart. Sainthood is less about moral or ethical perfection, and more about *how mindful we are everyday, every minute, of God living in and through us.* Achieving that kind of holiness demands, firstly, **an active and regular prayer life.** We cannot be mindful of our Divine Lover each day unless we communicate actively with Him. Secondly, acquiring that mindfulness means drawing away from those

PRAYER LIST: Antonia "Nitsa" Kempf, Connie Kanaris, Diana Lazar, George Markomanolakis, Argie Palaos, Katherine Panagakos, Priscilla Preuss, George Virvan, Sylvia Basdekas, George Speris, Mariah Smiley, Doris Webb, the child Camille Feruzzi who is gravely ill, the child Heather Greene, Irene Pappas, Marty Levine, Lindsey Reijsoo, the child Ashley Lyvers, the child Alexis Ross, the child Joseph Saxon, Francine Bruggeman, Estrella Grandea Ocampo, Stephanie Skanderis, Michael Giatzis, Georgia Haldas, Eric Ricasa, Theodosia Karmiris, and Robert Shriver. **US ARMED FORCES:** (Col.) Fr. Alexander Webster, Rev. Fr. John Kalantzis, Lt. Nicholas Kamaze, Spc. Spiro Nino, John Xanthakos, Maj. Sydney Pennix, Colonel James Karas, and Gary Hogman (Iraq) and his wife Cindy, and 2nd Lt. Phillip Natsios

things which obstruct us, distract us, pull us away from the Divine Indwelling. In this regard, *fasting* is a proven tool for refocusing our eyes on things holy and away from things mundane. Lastly, achieving consciousness of God requires *lectio divina* — spiritual reading and study. Reading the lives and experiences of the Saints is helpful in giving us role models to imitate on our spiritual journey. You are NOT off the hook. Today we honor those whom we should imitate. Their holiness should be OURS.



PRAYING TO YOUR SAINT

How often do you pray to your patron Saint — the holy one after whom you were named at Baptism/Chrismation? Learn to say the following prayer every morning and keep close to

the Saint who speaks your name before the face of God!

“Saint (Name), Holy Mother of God and all the saints, who have pleased God in Your lives; pray to Christ my Lord that I might live this day in peace love and humility. Pray unto God for me, O Holy Saint (Name), well-pleasing to God: for I turn to you, who are a speedy helper and intercessor for my soul. “

MEMORIALS

A Memorial Services will be offered today for **Stella Selimos (40 Days)** requested by Lula and Dimitrios Hios and Nicholas Selimos; and for **Eleftheria Zantal (6 Months)** requested by Peter, her beloved husband. May their memories be eternal!

PASTORAL VISITATIONS

Please inform the Church Office 301-469-7990 (ext 300) of any loved ones who are hospitalized or “shut-ins,” so they may be visited and receive the grace of Holy Communion.

PARISH ACTIVITIES

LITTLE ANGELS SPONSORS SERIES The home church is the most basic element of our Orthodox faith. Parents are the first teachers and examples of Orthodox belief. In an effort to deepen our understanding and appreciation of Orthodoxy in the home, the Little Angels is sponsoring a lecture series open to the entire St. George community. There will be four different presentations in the series. The first presentation, given by Fr. George, is entitled “Holy Tradition vs. Man-made Tradition.” It will be on **Monday, June 7 at 7:30 p.m.** (Future dates and topics will be forthcoming.) Please RSVP to Sophia Adamantiades at 240-687-3271, or sophiapatronas@yahoo.com

GOYA ACTIVITIES

Susan G. Komen Race for the Cure (June 5th)- The GOYA will be participating in the Race for the Cure for Breast Cancer. Interested GOYAs and parents should register individually. Registration is \$40 and can be done at www.globalraceforthecure.org. The race begins at 8:15 AM. The GOYA is meeting at 7:00 AM at the Grosvenor Metro Station. Look for the pink balloon tied to a parking meter. If the balloon is gone, it means we have already left.

GOYA elections (June 13th right after church)- Any current GOYAs who are interested in being on the GOYA board for the year 2010-2011 should come to church on June 13th. Elections will be held immediately after divine liturgy. Location in church will be announced soon. GOYA Father’s Day Honors (June 20th)- Sunday June 20th GOYA will honor the fathers of our parish with readings by GOYAs and more. Bring your dad to church to make him feel special this Father’s Day!

SUMMER YOUTH ACTIVITIES

Camp Good Shepherd, which is the summer camp of the Metropolis of New Jersey and located in Branchville, NJ, will be holding two sessions for GOYA aged persons (12-18) and one session for JOY aged children (7-11). The first GOYA session is from July 11-17 and the second session is from July 18-24. The JOY session is from July 25-31. For further information and for registration forms, please visit the Metropolis of New Jersey website: www.nj.goarch.org, or contact Fr. George: frgeorge@stgeorge.org.

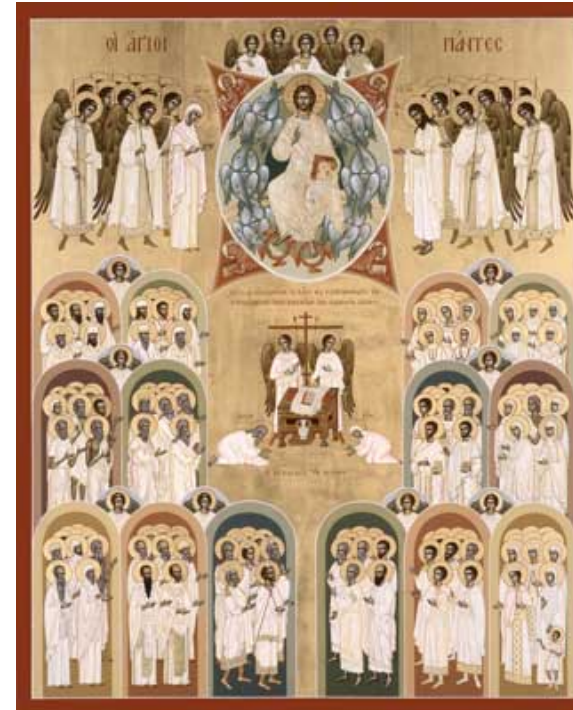
Ionian Village, the official summer camp of our Archdiocese, will be holding two summer sessions for GOYA aged youths. Session 1 will be held from July 1-20 and session 2 from July 25 through August 15. For further information and registration forms, please visit the website www.ionianvillage.org, or contact Fr. George: frgeorge@stgeorge.org.

Orthodox Youth Day will be held at Paramount’s Kings Dominion on Thursday, June 24th. All GOYA groups from the Greek Orthodox parishes in DC, Maryland, and Virginia will be participating. What a wonderful opportunity for fellowship and fun. If you are interested in attending, please contact Fr. George ASAP at frgeorge@stgeorge.org

ST. GEORGE BULLETIN

FEAST OF ALL SAINTS

MAY 30, 2010



Toay we celebrated the lives of those who have gone before us and are the “great cloud of witnesses” — All Saints. What is the key to becoming a Saint? It is the willingness to give up all we must to follow Christ. We want to be Saints, but are afraid of changing our life-style, of giving up the people, the things, and the mind-set that keeps us from God. We say we are Orthodox Christians, but our lives are virtually indiscernible from others in society. So afraid are we of appearing or being different, that we leave holiness to monks, nuns, priests, bishops and some pious laity. Today’s feast reminds us: **every Orthodox believer is called to holiness and must decide to literally change his/her life and mind-set to follow Christ.** What is keeping YOU from that decision?

RESURRECTIONAL APOLYTIKION

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

APOLYTIKION OF ALL SAINTS

Throughout the world Thy church, O Lord, Is adorned with the blood of Thy Martyrs, As with purple and fine linen Through them She cries unto Thee, O Christ Send down Thy bounties upon Thy people. Grant peace to Thine estate And upon our souls thy great mercy.

THE GREEK ORTHODOX CHURCH OF SAINT GEORGE

7701 Bradley Blvd., Bethesda,
Maryland 20817
Office 301-469-7990 + Fax 301-469-5945

www.stgeorge.org
Proistamenos:

Rev. Fr. Dimitrios J. Antokas
Email: FrAntokas@stgeorge.org

Rev. Fr. George Khitiri
Email: FrGeorge@stgeorge.org

Rev. Fr. Nicholas Despotides,
Emeritus