


ΚΥΡΙΑΚΗ SUNDAY	ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY	ΣΑΒΒΑΤΟ SATURDAY
 <p><b>ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΤΑ ΟΤΤΑΒΑΣ</b> <b>ΙΕΡΟΣ ΝΑΟΣ</b> <b>ΚΟΙΜΗΣΕΩΣ ΤΗΣ ΘΕΟΤΟΚΟΥ</b></p> <p><b>ΕΚΚΛΗΣΙΑΣΤΙΚΟ ΚΑΙ ΚΟΙΝΟΤΙΚΟ ΠΡΟΓΡΑΜΜΑ</b></p>		<p><b>1</b> Seniors Association <b>«Βραδιά Καντάδας» Kantada Night</b> 5:30 p.m. at Banquet Centre</p> <p>Συνεδρίαση Φιλοπτώχου Philoptochos meeting 7:00 p.m. Church Hall Boardroom</p> <p>Odyssey Dance Practice 7:00 - 9:00 p.m.</p>	<p><b>2</b> Philoptochos Knitting Group 12:00 - 2:30 p.m.</p> <p>Arcadian Association meeting 6:00 p.m. Church Hall Boardroom</p> <p>Zorba Auditions 7:00-9:00 p.m. Church Hall</p>	<p><b>3</b> Galini Group 12:00 - 3:00 p.m. in the Church Hall</p>	<p><b>4</b> Συνεδρίαση Συλλόγου Ηλικιωμένων Seniors Assoc. Council meeting 5:00 p.m. at the Seniors Centre</p>	<p><b>5</b> <b>ΕΙΡΗΝΗΣ ΜΕΓΑΛΟΜΑΡΤΥΡΑΣ</b> <b>ST. IRENE the GREAT MARTYR</b> Orthros 9:00 a.m., D. Liturgy 9:45 a.m.</p> <p>Ελληνικό Σχολείο - Hellenic School 9:00 a.m. - 12:30 p.m.</p>
<p><b>6</b> <b>ΚΥΡΙΑΚΗ ΤΗΣ ΣΑΜΑΡΕΙΤΙΔΟΣ</b> <b>SUNDAY of the SAMARITAN</b> Όρθρος - Matins 9:15 a.m. Θ. Λειτουργία - D. Liturgy 10.15 a.m.</p> <p>Sunday School &amp; Youth Groups go to Panagia Parigoritissa Monastery 7:50 a.m. - 3:30 p.m.</p> <p>Parnassos Cultural Society Lecture 2:00 - 4:00 p.m. at Banquet Centre</p>	<p><b>7</b> Σχολείο Χορού-Dance School 6:30 - 9 p.m.</p>	<p><b>8</b> H.O.P.E. Playgroup 9:30-11:30 a.m.</p> <p>Charity Fashion Show Presented by the Daughters of Penelope 6:00 p.m. at Shepherd's (Trainyards)</p> <p>Odyssey Dance Practice 7:00 - 9:00pm</p>	<p><b>9</b> Philoptochos Knitting Group 12:00 - 2:30 p.m.</p> <p>AHEPA Meeting 7:00 p.m. Church Hall Boardroom</p> <p>Zorba Practice 6:30-9:00 p.m. Church Hall</p>	<p><b>10</b> Galini Group 12:00 - 3:00 p.m. in the Church Hall</p> <p>Panevoikon Meeting 7:00 p.m. Church Hall Boardroom</p>	<p><b>11</b> Maids of Athena meeting 6:30 p.m. Church Hall Boardroom</p>	<p><b>12</b> Ελληνικό Σχολείο - Hellenic School 9:00 a.m. - 12:30 p.m.</p>
<p><b>13</b> <b>ΚΥΡΙΑΚΗ ΤΟΥ ΤΥΦΛΟΥ</b> <b>SUNDAY of the BLIND MAN</b> Orthros 9:15 a.m., D. Liturgy 10:15 a.m. Sunday School 10:15 a.m.</p> <p><b>HAPPY MOTHER'S DAY!!</b></p> <p>Philoptochos Mother's Day Brunch Following Divine Liturgy at Banquet Centre Zorba Meeting 6:00 - 7:30 p.m.</p>	<p><b>14</b> Σχολείο Χορού - Dance School <b>End of Year Recital</b> 6:30 - 9:00 pm Banquet Centre</p>	<p><b>15</b> Daughters of Penelope meeting 7:00 p.m. Church Hall Boardroom</p> <p>Odyssey Dance Practice 7:00 - 9:00 p.m.</p>	<p><b>16</b> Philoptochos Knitting Group 12:00 - 2:30 p.m.</p> <p><b>Εσπερινός Αναλήψεως</b> <b>στο Brockville 5.00 το βράδυ</b> <b>Ascension Vespers</b> <b>in Brockville 5:00 p.m.</b></p> <p>Zorba Practice 6:30-9:00 p.m. Church Hall</p>	<p><b>17</b> <b>ΤΗΣ ΑΝΑΛΗΨΕΩΣ</b> <b>ASCENSION DAY</b> Orthros 9:00 a.m., D.Liturgy 9:45 a.m.</p> <p>Galini Group 12:00 - 3:00 p.m. in the Church Hall</p>	<p><b>18</b> Panagia the Comforter Monastery Fundraising Dinner at St. Elias Vespers 6:00 p.m. Dinner 7:00 p.m.</p>	<p><b>19</b> No Hellenic School (Victoria Day Weekend)</p>
<p><b>20</b> <b>ΚΥΡΙΑΚΗ ΤΩΝ ΑΓ. ΠΑΤΕΡΩΝ</b> <b>SUNDAY of THE HOLY FATHERS</b> Orthros 9:00 a.m., D. Liturgy 9:45 a.m. No Sunday School (Victoria Day Weekend)</p> <p><b>CHURCH SERVICES BEGIN EARLY</b></p>	<p><b>21</b> <b>ΚΩΝΣΤΑΝΤΙΝΟΥ &amp; ΕΛΕΝΗΣ</b> <b>Sts. CONSTANTINE &amp; HELEN</b> Όρθρος - Matins 9:00 a.m. Θ.Λειτουργία - D.Liturgy 9:45 a.m.</p> <p>Victoria Day - Offices Closed</p>	<p><b>22</b> Odyssey Dance Practice 7:00 - 9:00 p.m.</p>	<p><b>23</b> Philoptochos Knitting Group 12:00 - 2:30 p.m.</p> <p>Zorba Practice 6:30 - 9:00 p.m. Church Hall</p>	<p><b>24</b> Galini Group 12:00 - 3:00 p.m. in the Church Hall</p> <p><b>ΓΕΝΙΚΗ ΣΥΝΕΛΕΥΣΗ</b> <b>GENERAL ASSEMBLY</b> 6:30 p.m. <u>at the Banquet Centre</u></p>	<p><b>25</b> Joy &amp; Jr. GOYA 6:30—8:30 p.m. in Church Hall</p> <p>Parnassos Cultural Society Lecture 7:00 - 8:30 p.m. at Banquet Centre</p>	<p><b>26</b> <b>ΨΥΧΟΣΑΒΒΑΤΟ</b> <b>SATURDAY OF THE SOULS</b> Orthros 8:30 am., D. Liturgy 9:15 am <b>Pinecrest Cemetery 12:30 p.m.</b> <b>Beechwood Cemetery 1:30 p.m.</b></p> <p>Ελληνικό Σχολείο-Hellenic School 9:00 a.m. - 12:30 p.m.</p>
<p><b>27</b> <b>ΤΗΣ ΠΕΝΤΗΚΟΣΤΗΣ</b> <b>SUNDAY of PENTECOST</b> Όρθρος - Matins 9:15 a.m. Θ. Λειτουργία - D. Liturgy 10.15 a.m. Sunday School 10:15 a.m.</p> <p>Panevoikon Association Artoclasia and Luncheon</p> <p>Hellenic Kaleidoscope -Ελληνικό Καλειδοσκόπιο 9:30 a.m.</p>	<p><b>28</b> <b>ΤΟΥ ΑΓΙΟΥ ΠΝΕΥΜΑΤΟΣ</b> <b>MONDAY OF THE HOLY SPIRIT</b> Orthros-9:00 a.m. D. Liturgy 9:45 a.m.</p> <p>Hellenic Kaleidoscope Ελληνικό Καλειδοσκόπιο 5.30 p.m.</p>	<p><b>29</b> Odyssey Dance Practice 7:00 - 9:00 p.m.</p>	<p><b>30</b> Philoptochos Knitting Group 12:00 - 2:30 p.m.</p> <p>Zorba Practice 6:30-9:00 p.m. Church Hall</p>	<p><b>31</b> Galini Group 12:00 - 3:00 p.m. in the Church Hall</p>	<p><b>THE HELLENIC COMMUNITY OF OTTAWA</b> <b>GREEK ORTHODOX CHURCH</b> <b>“DORMITION OF THE VIRGIN MARY”</b> <b>CHURCH &amp; COMMUNITY CALENDAR</b> <b>1315 PRINCE OF WALES DRIVE, OTTAWA ON K2C 1N2</b> <b>Telephone: (613) 225-8016</b> <b>Community Office ext 221 Church Office ext 222</b> <a href="http://www.helleniccommunity.com">www.helleniccommunity.com</a></p>	

## **Sts. CONSTANTINE and HELEN**

**May 21**

Constantine, a great and renowned sovereign of the Christians was the son of Constantius Chlorus (the ruler of the westernmost parts of the Roman empire), and of the blessed Helen. He was born in Naissus of Dardania, a city on the Hellespont. In 306, when his father died, he was proclaimed successor to his throne. In 312, on learning that Maxentius and Maximinus had joined forces against him, he marched into Italy, where, while at the head of his troops, he saw in the sky after midday, beneath the sun, a radiant pillar in the form of a cross with the words: "By this shalt thou conquer." The following night, our Lord Jesus Christ appeared to him in a dream and declared to him the power of the Cross and its significance. When he arose in the morning, he immediately ordered that a labarum be made (which is a banner or standard of victory over the enemy) in the form of a cross, and he inscribed on it the Name of Jesus Christ. On the 28th of October, he attacked and mightily conquered Maxentius, who drowned in the Tiber River while fleeing. The following day, Constantine entered Rome in triumph and was proclaimed Emperor of the West by the Senate, while Licinius, his brother-in-law, ruled in the East. But out of malice, Licinius later persecuted the Christians. Constantine fought him once and again, and utterly destroyed him in 324, and in this manner he became monarch over the West and the East. Under him and because of him all the persecutions against the Church ceased. Christianity triumphed and idolatry was overthrown. In 325 he gathered the First Ecumenical Council in Nicaea, which he himself personally addressed. In 324, in the ancient city of Byzantium, he laid the foundations of the new capital of his realm, and solemnly inaugurated it on May 11, 330, naming it after himself, Constantinople. Since the throne of the imperial rule was transferred thither from Rome, it was named New Rome, the inhabitants of its domain were called Romans, and it was considered the continuation of the Roman Empire. Falling ill near Nicomedia, he requested to receive divine Baptism, according to Eusebius (The Life of Constantine Book IV, 61-62), and also according to Socrates and Sozomen; and when he had been deemed worthy of the Holy Mysteries, he reposed on May 21, 337, the day of Pentecost, and after having ruled for thirty-one years. His remains were transferred to Constantinople and were deposited in the Church of the Holy Apostles, which had been built by him.

His holy mother Helen, after her son had made the Faith of Christ triumphant throughout the Roman Empire, undertook a journey to Jerusalem and found the Holy Cross on which our Lord was crucified. After this, Saint Helen, in her zeal to glorify Christ, erected churches in Jerusalem at the sites of the Crucifixion and Resurrection, in Bethlehem at the cave where our Saviour was born, another on the Mount of Olives whence He ascended into Heaven, and many others throughout the Holy Land, Cyprus, and elsewhere. She was proclaimed Augusta, her image was stamped upon golden coins, and two cities were named Helenopolis after her in Bithynia and in Palestine. Having been thus glorified for her piety, she departed to the Lord being about eighty years of age, according to some in the year 330, according to others, in 336.

*Excerpt from [www.goarch.org](http://www.goarch.org) Lives of the Saints*

## **ΟΙ ΑΓΙΟΙ ΚΩΝΣΤΑΝΤΙΝΟΣ και ΕΛΕΝΗ**

**21 Μαΐου**

Ο Μέγας Κωνσταντίνος γεννήθηκε το 274 μ.Χ. Πατέρας του ήταν ο Κωνσταντίνος ο Α' ο Χλωρός και μητέρα του η Ελένη, από το Δρέπανο της Βιθυνίας. Ο Κωνσταντίνος από 18 χρονών έγινε στρατιωτικός και, χάρη στην ανδρεία του, τιμήθηκε με τα ανώτατα αξιώματα του στρατού. Ήταν αυτός, που με το χριστιανικό σταυροειδές λάβαρο και με το ελληνόγραμμα «Εν τούτω Νίκα», κατατρόπωσε τα στρατεύματα του Μαξεντίου και έπειτα του Λικινίου. Επίσης, ήταν ο πρώτος αυτοκράτορας που ευνόησε τους Χριστιανούς μετά από τρεις αιώνες ανελέητου διωγμού. Μετέφερε την πρωτεύουσα του κράτους του στο αρχαίο Βυζάντιο και εκεί έκτισε τη βασίλισσα των πόλεων, την Κωνσταντινούπολη. Προς το τέλος της ζωής του, ο Κωνσταντίνος βαπτίστηκε Χριστιανός. Μετά τη βάπτισή του είπε: «Νυν αληθεί λόγω μακάριον οίδ' εμαυτόν, νυν της αθανάτου ζωής, πεφάναι άξιον, νυν του θείου μετειληφέναι φωτός πεπίστευκα». Δηλαδή, σύμφωνα με το λόγο της αθανάτου ζωής, τώρα έχω πιστέψει πως έλαβα το θείο φως. Ο Μέγας Κωνσταντίνος πέθανε σε ηλικία 63 ετών (21 Μαΐου 337).

Η μητέρα του Μεγάλου Κωνσταντίνου, η Ελένη, που συνεορτάζεται με το γιο της, έδωσε στον γιο της την πρόπουσα διαπαιδαγώγησή. Ήταν αυτή που βρήκε τον Τιμίο Σταυρό στους Αγίους Τόπους. Ο Κωνσταντίνος, προς τιμή της μητέρας του έκτισε, στην μεγάλη πλατεία της Κωνσταντινούπολης, δύο στήλες, μία δική του και μία της μητέρας του που έφεραν την επιγραφή «Εις Άγιος, εις Κύριος Ιησούς Χριστός, εις δόξαν Θεού Πατρός, Αμήν».

*Αγιολόγιο της Ορθοδοξίας, σελίδα 429*

### **Απολυτίκιον**

Του Σταυρού σου τον τύπον εν ουρανώ θεασάμενος, και ως ο Παύλος την κλήσιν ουκ εξ ανθρώπων δεξάμενος, ο εν Βασιλεύσιν Απόστολός σου Κύριε, Βασιλεύουσαν πόλιν τη χειρί σου παρέθετο, ην περίσωζε δια παντός εν ειρήνη, πρεσβείαις της Θεοτόκου, μόνη Φιλάνθρωπε.