



St. Demetrios *Parish Newsletter* May 2013

41-47 Wisteria St., Perth Amboy, N.J. 732 826-4466 Fr. Angelo J. Michaels



MAY 2013 RELIGIOUS CALENDAR

May 1

Holy Wednesday
Holy Unction for Children 4PM
Holy Unction 730PM

May 2

Holy Thursday
Holy Passion Service 7PM

May 3

Holy Friday
Service of the Apokathelosis 4PM
Service of Epitafio 7:30PM

May 4

Holy Saturday
Orthros of Resurrection 11PM
Anastasi 12 Midnight

May 5

Pascha Easter Sunday
AGAPE SERVICE 12 NOON
Easter Egg Hunt
Epistle: Acts of the Apostles 1:1-18
Gospel: John 1:1-17

May 12

Thomas Sunday
Mothers Day
Epistle: Acts of the Apostles 5:12-20
Gospel: John 20:19-31

May 19

Sunday Of Myrrh-Bearing Women
Epistle: Acts of the Apostles 6:1-7
Gospel: Mark 15:43-47, 16:1-8

May 26

Sunday of Paralytic
Epistle: Acts of the Apostles
9:32-42
Gospel: John 5:1-15

SERVICES

(unless otherwise stated)

Sunday Orthros 9:00 AM
Divine Liturgy 10:00 AM

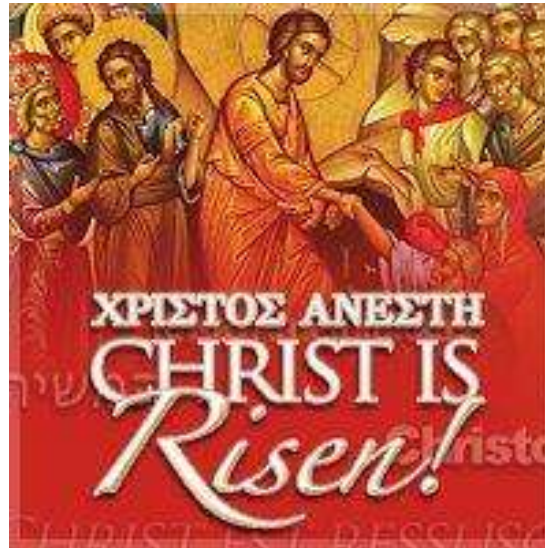
ANNOUNCEMENT FOR SACRAMENTS

During 2013 Weddings will not be held during Great Lent, Holy week and Easter. March 17th–May 12th, Pentecost June 23rd, Sunday August 4th.

No Baptisms during Holy Week or any of the Great Feast Days of the Lord.

No Memorials from April 27 – May 23.

ORTHODOX CELEBRATION OF PASCHA



During the forty days of the Resurrection period, Orthodox Christians greet one another by saying: “Christ is Risen”, the Easter salutation. They likewise respond with the affirmation: “Truly He is Risen!”

The Gospel according to John (20:19-25) is read in various languages, proclaiming the Good News of the Resurrection all over the universe without discrimination.

The fruit of faith in the Resurrection of the Lord is love in His Name; therefore, this day is called “Sunday of Agape” (love feast), a day dedicated to Christian principles, especially to forgiveness and charity. At this time, Christians seek to end misunderstanding and arguments among those with whom they may be at odds.

Miracle of the Red Egg



Here's a look at the pious custom of red eggs in the Orthodox Church for you and your families to enjoy.

Where did the tradition come from anyway? It seems there are a few possible answers to this question.

*The **egg** as the new life in Christ through His resurrection.

***Red** for the color of our Lord's blood but also for His divinity

*The outer **shell** to be cracked as the doors of Hades are shattered.

Crack your eggs together to celebrate the shattering of Hades by the Victorious Christ!

ST. DEMETRIOS GREEK ORTHODOX CHURCH PERTH AMBOY, N.J.

PALM SUNDAY LUNCHEON
SUNDAY, APRIL 28, 2013
Following church service

Donations: ADULTS - \$20.00 - CHILDREN 6 to 18 yrs old \$10.00
For reservations and information please contact:
Irene Pakis (732) 591-1878
Presvytera Eva Michaels (732) 738-1902
Church (732) 826-4466



Parish Council

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**Deadline for submissions for the
June 2013 Bulletin is
May 10, 2013.**

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NEWSLETTER EDITORIAL BOARD

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PRESIDENT'S MESSAGE

PASCHA- Rebirth, Rejoice, Rejoin

Christos Anesti!

On behalf of the Parish Council, welcome to your church to join in and celebrate the Passion, Death and Resurrection of our Lord and Savior Jesus Christ.

Anastasi by its very definition is the REBIRTH of life. Death trampled down death with new life coming into the world. God the Father, so loves us he gave his only begotten son to live in this world, give us the Word and die for our Salvation, then rising again to make the world anew.

Anastasi is a time to REJOICE for God through, Jesus Christ, makes a new covenant with the world. We rightly glorify God for the gift of renewal through the resurrection. We correctly rejoice with family and friends breaking the long Lenten fast to share the Paschal lamb as a testament to the sacrifice and triumph of Jesus' sacrifice so long ago. We should observe this miracle of overcoming death not just on Saturday evening, but each night of Holy Week walking with Christ together. Come to church with your family, friends, and guests. Share the beauty of the Orthodox Church during this sacred time.

Anastasi welcomes all to REJOIN with God, his church and His people.

This Holy Week Your Parish Council invites you to come to YOUR church, GOD'S house to witness the Rebirth of the world, the Rejoicing of His people and the Rejoining of your commitment to God and His Church.

Yours in Christ,

Kateina Ganiaris

Board President



Εκκλησιαστικό Συμβούλιο

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Ψαλτής: Σταυρος Τσαπαταρης

Αν έχετε προσκομισεις και ιδεες για
το εκκλησιαστικο μας περιοδικο,
επικοινωνηστε με τον Κωνσταντινο
Κουσουλας:

d.kusulas@optonline.net

Τελευταία ημέρα για να
προσκομισετε τα φυλλαδια σας για
το περιοδικο είναι καθε 10 του
μηνοσ.

Συντακτες του μηνιαιο περιοδικου

Αιδ. Αγγελος Ι. Μιχαλιος
Πρωτοπρεσβυτερος Κατίνα
Γανιάρης
Κωνσταντίνος Κουσουλάς
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ΜΗΝΥΜΑ ΤΟΥ ΠΡΟΕΔΡΟΥ

ΠΑΣΧΑ-ΑΝΑΓΕΝΝΗΣΗ-ΕΝΩΣΗ ΧΑΡΑΣ

«Χριστος Ανεστη»

Εκ μερος του Εκκλησιαστικου Συμβουλιου, καλως ηρθατε στην εκκλησια μας να συμματασχετε και να γιορτασετε το παθος, τον θανατον και την Ανασταση του Κυριου και Σωτηρος Ημων Ιησου Χριστου.

Ανασταση εξ ορισμου είναι Η ΑΝΑΓΕΝΝΗΣΗ ζωης εκ του θανατου, που πατησε τον θανατον με τη νεα ζωη που ερχεται στο κοσμο, ο Θεος, ο πατερας ολων που τοσο μας αγαπαει, εδωσε ο ιδιος τον μονογενη του γιο να ερθη στο κοσμο για να μας σωση, και να σταυρωθη για την σωτηρια μας και να ανασταθη παλι ωστε ο κοσμος να αναγεννηθη εκ νεου.

Ανασταση είναι η ωρα της ΑΝΑΓΕΝΝΗΣΗΣ για να χαιρομαστε για τον Θεο δια μεσου του Ιησου Χριστου, που κανει ενα νεο συμβολαιο με τον κοσμο. Σωστα δοξαζουμε τον Θεο για το δωρο την ανανεωσης μεσω της Αναστασης. Εμεις πολυ σωστα χαιρομαστε με την οικογενεια μας και τους φιλους σπαζοντας τη μακρα νηστεια, μοιραζοντας το Πασχαλινο αρνι, ως αποδειξη της θυσιας και του θριαμβου της θυσιας του Ιησου, τοσα χρονια πριν. Θα πρεπει να παρακολουθησουμε αυτο το θαυμα της υπερβασης του θανατου, οχι μονου το βραδυ του Μεγαλου Σαββατου αλλα καθε νυχτα της Μεγαλης Εβδομαδας, ακολουθοντας μαζι τον Χριστο.

Ελατε στην εκκλησια με την οικογενεια σας, φιλους σας και επισκεπτες. Μοιρασθειτε την ομορφια της Ορθοδιαξης Εκκλησιας κατα την διαρκεια αυτης της ιερης στιγμης.

Η Ανασταση καλωσωριζει ολος για να τους επανασυνδεσει με τον Θεο, την εκκλησια Του, και τους ανθρωπους Του.

Αυτη την Μεγαλη Εδβομαδα, το συμβουλιο της εκκλησιας μας σας προσκαλει να ερθετε στην εκκλησια μας, στο σπιτι του Θεου για να βεβαιωσει την Αναγεννηση του κοσμου, την αγαλλιαση των ανθρωπων Του και την επανασυνδεση των δεσμευσεων σας προς τον Θεο και την εκκλησια Του.

Με την αγαπη του Κυριου,

Κατίνα Γανιάρη

Προεδρος του Διοικητικου Συμβουλιου



How to be a Help in Your Church

By Dr. Dale A. Robbins

1. Be faithful to attend and participate – Commit yourself to the church and let them know they can count on you. Obviously you can't be of much help if you don't show up or take part. Some people underestimate their value of simply being present. It helps your pastor and the whole church for you to come faithfully and on time. And don't merely sit there like a bump on a log. Be friendly, put a smile on your face, and enter into the service by singing and worshipping.

2. Commit yourself to love the Lord and your brethren – The Bible teaches that all the desires of God are condensed into only two cardinal commandments that Jesus gave to His followers. He said, "...You shall love the LORD your God with all your heart, with all your soul, with all your strength, and with all of your mind, and your neighbor as yourself" (Luke 10:27). By clothing ourselves in God's love, we help the church to reinforce this objective for every believer, and we also help to eliminate the elements of conflict and division which can hinder the unity of the church.

3. Pray for your church, its pastors and leaders – The Apostle Paul explained that it is the duty of Christians to pray for all who are in authority, especially those in spiritual authority. Your church leaders are on the cutting edge of the battle with Satan, and will face temptations and spiritual conflict unlike anything you could imagine. The devil knows that if he can topple a spiritual leader or get him discouraged enough to quit, it will have a domino effect on the rest of the church. You can be a tremendous help by praying fervently for your church, and especially for the pastor and his family.

4. Get to know your spiritual leaders and cooperate with them – The more you get to know them and their Godly life-style, the more you

will likely come to trust their leadership. You will have a greater credibility in their teaching and counsel. Show respect and cooperate with their authority. Avoid challenging their right or worthiness to serve in their position, but accept that God has seen fit to place them in this role (Rom. 13:1). Belligerence or antagonism toward leadership may be acceptable in secular society, but there is no place for it in the Lord's church.

5. Help shoulder the load of responsibility – Pastors and leaders of the church often feel much like Moses did when Israel fought with Amalek. Their arms become weary under the weight of so many responsibilities and they need brothers and sisters to stand beside them and help distribute the load.

The Lord never intended for the whole ministry of the church to be carried solely by the pastor or a mere handful of people. It's said that 80% of the work is done by 20% of the people, and sadly, this has caused the "burnout" of its many outstanding workers. If everyone would simply pitch in and do their fair share in helping, serving, and giving, all the needs would be met and no one would be overburdened. Be willing to volunteer with whatever needs done and don't be finicky about what you will or will not do.

6. Apply the teaching and ministry to your life – There's not much that a pastor loves more than to see his flock practicing what he has preached, living a Godly, holy life, and on their knees seeking the Lord. Learn to appreciate the spiritual values they try to instill in you and the congregation.

It helps your church when you live and conduct yourself in a Christ-like manner. Whether you realize it or, you're a walking billboard for your church. Whatever the people of your community see in your life, they will

tend to identify with your pastor and his flock. Behave yourself and speak well of the church and your pastor. Eyes and ears are always open to the things you say and do.

7. Seek out and use your gifts – According to the scriptures, the Lord distributes gifts to each in the body as it pleases Him. Spiritual gifts are not provided to you merely for your own gratification, but so the church would be edified or built up. God has given you gifts that will be a help to your church -- it is up to you to discover them, develop and utilize them under the direction and cooperation with your spiritual leaders. By doing so, you will glorify God and will be a great help to your church.

8. Contribute to solutions and not to problems – Every pastor would be thrilled if each of his flock got involved and helped the church in some way. However, they would rejoice if certain ones simply stopped being a pain in the neck! It's a shame that pastors spend so much time "putting out fires," that is, squelching problems that could have a negative influence on the whole body, such as gossip, rumors, complaining, misunderstandings, hurt feelings, discontent and so forth. Regrettably, it has been said that 90% of these kinds of problems are generated among 10% of the people.

Spiritually mature persons who wish to help their church don't become a part of such problems -- instead, they contribute to solutions. They avoid divisive people and don't get caught up in the mischief or grievances of others. If they are aware of spreading problems in the fellowship, they will try to bring a resolution, or else they bring matters to the attention of spiritual leadership so that they can bring an end to it. People who wish to be an asset to their church don't participate with or spread problems - they help spiritual leadership resolve them.



Get to Know Your Parish Council Representatives: **Kateina Ganiaris - President**

Assembling our monthly newsletter has presented unique challenges. When I first undertook the task several years ago, and once again not quite a year and a half ago, the biggest challenge was gathering enough material every month to put together what we then called the monthly bulletin. The content usually consisted of a few fliers in each edition. In short, not only was it difficult to gather material but the material that was provided supplied little information relative to the amount of space that was being dedicated to it. Fliers take up a lot of space.

Now as a newsletter, with several individuals helping to gather and contribute content we are faced with different challenges. We have 12 pages to fill each month, and sponsors to attract to help pay our expenses. We try to strike a balance between English and Greek content where once getting Greek contributions was difficult at best. We are planning beyond just the current issue and have reached the point where we have more content than we can possibly fit in 12 pages.

Consequently editorial choices are made each month which means not all contributions can be used. Every effort is made to choose the most relevant and appropriate content for the community each month. I encourage contributions of original work or at the very least material that can be credited to its original authors.

I look forward to any questions, comments, concerns and suggestions.

D. Kusulas

Editor



I was born in Tripoli, Greece and came to Perth Amboy at the age of three. I am one of six children of George and Matina Mavrookas. My family has been a member of St. Demetrios for over 50 years. My father served on the Parish Council, as did my brother, Peter. My father along with my brother, Louie, has been involved in carrying the Epitaphio on Holy Friday for the past 30 years.

I attended Perth Amboy High School and graduated from Fairleigh Dickinson University/Madison with a degree in Mathematics. I began studies for a Masters Degree at Monmouth University when I met my husband, Petros Ganiaris. We married and quickly began our family. We have three children, Stephen, Angelique who recently married Dimitrios Tsivelis and Matina. Five months ago we were blessed with our first grandchild, Angelo, who is the light of our lives.

I began serving St. Demetrios as PTO Treasurer, then President and later Goya Advisor. I have served on the Parish Council for 10 years as Treasurer and Asst. Treasurer and have now been elected President. My children participated in Sunday School, Greek School and Goya at St. Demetrios. My son served as an Altar boy as my daughters sang in the Choir and danced at the Festival.

St. Demetrios has been an integral part of our lives. My children benefited enormously from their participation in our church and are now stewards themselves ready to give of their time, treasure and talents to St. Demetrios. My wish is to see St. Demetrios thrive and fill with children, so my grandson can have the beautiful experience my children had.

My two basic goals for Presidency are: 1) create fiscal stability and transparency for our members and 2) restore united faith-based initiatives in which all church members are involved. These initiatives include: The Lenten Pilgrimage to Agia Skepi - which was a huge success; start a prayer group after Easter; prepare blankets for war veterans in September; and hold an interfaith Pan Orthodox concert in October. Through prayerful faith-based activities, we will ask for God's blessings as a family community-united in His praises.

Kateina Ganiaris



Αληθως Ανεστη ο Κυριος

Η διαβεβαιοσις του Κυριου Ιησου προς τους μαθητας του, οταν προλεγει, για τον εαυτον Του οτι «τη τριτη ημερα αναστησεται», δεν αποσκοπει μονον να διατηρηση ζωντανη την ελπιδα στις καρδιες των, οτι ο αποχωρισμος των, περαν απο το οτι θα υποστη μαρτυρικον σταυρικον θανατον, θα περιορισθη εις το βραχυ χρονικον διαστημα των τριων ημερων, οπως συγκεκριμενα εκφραζει και με τον «μικρον και ου θεωρειτε με και παλιν μικρον και οψεσθε με» (Ιωαν. ιστ' 16).

Αλλα η διαβεβαιοσις αυτη κατ'επεκτασιν, μπορει να θεωρηθη, οτι αποτελει την πλεον εγκυρη και αδιαψευστη μαρτυρια, που επισφραγιζει οσα στην συνεχεια εξηγγειλε και εξαγγελει «το κενον μνημειον» το οποιο πιστοποιει «οτι ηγερθη ο Κυριος οντως» (Λουκ. κδ' 34).

Δυστυχως ομως, ενω η προσκυνησις του Ανασταντος Ιησου, αποκαλυπτει στα εκθαμβα χοϊκα αισθητηρια της ανθρωπινης αμφιβολιας, το απροσιτον φως της Αναστασεως, δεν λειπουν και οι περιπτωσεις που ο νεκρος ψυχικα ανθρωπος, αρνεται να δεχθη την ζωογονο πνοη της Αναστασεως, ωστε να συνεορταση και να χαρη και «την ατομικην του εξαναστασιν απο την πλανην και την απιστιαν».

Και «ζητουν σημειον» Και καλλιεργουν ενα κλιμα απροσπελαστης καχυποψιας, ζητωντας να εξερευνησουν, «την σοφιαν του Θεου την εν μυστηριω αποκεκρυμενην» (Α' Κορ. β' 7). Και «λακτιζουν προς κεντρα» οι αρνηται της Αναστασεως, παρ' ολη την κατα καιρους πολεμικην λυσσαν που τους κυριευει, παρ'ολα τα τεχνασματα που μηχανευονται, ωστε το γεγονας της Αναστασεως γι'αυτους να ειναι «λοιρος» και χλευη, εσωτερικα διαπιστωνουν, οτι ο αγωνας των ειναι ματαιος γιατι ο θανατος του Θεου ειναι ουτοπια και φαντασιωσις.

Και διαπιστωνουν ακομη οτι «ζη Κυριος» και ως ζων, συνταραζει την αποκαμωμενη διανοια των, λεγων: «Και εγενομη νεκρος και ιδου ζων ειμι εις τους αιωνας των αιωνων» (Αποκ. Α' 18).

Αναλλοιωτος προβαλλει ο Αναστας Κυριος, και προσκαλει την αμφιβαλλουσα σκεπιν της νοησιαρχιας, τους δισταγμους των θετικιστων που επιχειρουν τα παντα να υποβαλλον στον ελεγχο της εμπειρικης γνωσεως, δι'αποδειξεων εστω και σχετικων, οτι Αυτος ως Θεος ειναι η οδος της σωτηριας και της λυτρωσεως, η απολυτος Αληθεια που επαγγελεται ελευθερια, οτι ως Θεος δεν παυει να ειναι «ζωης χορηγος» και ως αυτοζωη να «πολιτευεται ζωη», οπως ο νικητηριος ψαλλει: «Χριστος Ανεστη εκ νεκρων, θανατω θανατον πατησας και τοις εν τοις μνημασιν ζωην χαρισαμενος».

Μετοχοι και εμεις «του πλουτου της χαριτος» του Ανασταντος Λυτρωτου μας, ας αναφωνησωμεν, Αληθως Ανεστη ο Κυριος. Αυτο θα ειναι το ωραιότερο και ευγενεστερο αντιδωρο που μπορουμε να του προσφερουμε.

Submitted by
Rev. Fr. Angelo J. Michaels
ProtPRESBYTER



Who Are You and Why Are You So Special?

Have you ever heard someone say, “Don’t be a Doubting Thomas”? Have you ever wondered who Thomas was?

The “doubting Thomas” being referenced is none other than Thomas the Apostle. Thomas had always been a faithful and courageous follower of Jesus. The Bible describes how, at a time when the other disciples were afraid to accompany Jesus into Judea because the Jews had once tried to stone Him there, Thomas said to them, “Let us go, that we might die with Him.”

But Thomas is also known for his questioning nature. On the Sunday after Passover, Jesus appeared where his disciples were gathered and showed them His hands, feet, and the side that had been pierced by a spear. Unfortunately, Thomas was not there at the time so when his fellow disciples told him of Jesus’ Resurrection, he doubted them and said, “Unless I see the mark of the nails in his hands and put my finger in the mark of the nails and my hand in his side, I will not believe.” Eight days later, Jesus appeared again and this time Thomas was there to see. “My Lord and my God!” Thomas cried when Jesus showed him His hands, feet and side. And Jesus’ famous reply to this was, “Have you believed because you have seen Me? Blessed are those who have not seen and yet have come to believe.”

On the day of Pentecost, like the other Apostles, Thomas was filled with the Holy Spirit. It is said that he traveled to distant lands, as far as India, to spread the Glad Tidings.

An icon for St. Thomas usually depicts Jesus surrounded by 11 of the disciples and Thomas, who is staring up at our Lord’s face with an expression of belief, is reaching out to touch Jesus’ side. The Feast of St. Thomas is celebrated on the Sunday after Easter (Pascha).

Ο Άγιος Κωνσταντίνος και η Αγία Ελενη



Η Αγία Ελενη γεννηθηκε το 249 μ.Χ. στο Δρεπανο Βιθυνιας στην Μικρα Ασια. Ο πατερας της ηταν πανδοχεας. Παρολογο που η Αγια Ελενη μεγαλωσε στο περιβαλλον ενος πανδοχειου, απο μικρη μελετουσε τις χριστιανηκες γραφες και εγινε πιστη χριστιανη.

Σε ηλικια 21 ετων παντρευτηκε τον Κωνσταντινο Χλωρο, ο οποιος ηταν τοτε αξιωματικος της Ρωμαικης αυτοκρατοριας. Η Αγια Ελενη ακολουθησε τον συζυγο της σε ολες τις εκστρατειες, στις οποιες η θεση του τον υποχρεωνε να λαβει μερος. Το 274 μ.Χ, απεκτησαν ενα γιο, τον Κωνσταντινο.

Ο Μεγας Κωνσταντινος γεννηθηκε στην πολη Ναϊσσο. Μεγαλωσε με τις χριστιανηκες διδασκες της μητερας του, την στρατιωτικη εκπαιδευση του πατερα του και τα γραμματα μεγαλων διδασκαλων της εποχης. Ο Κωνσταντινος ενδιαφερθηκε πολυ και για τα ιερα σεβασματα των χριστιανων, για το λογο αυτο απεστειλε στα Ιεροσολυμα την μητερα του, για να βρει τον Τιμιο Σταυρο. Μετα την ευρεση του, η Αγια Ελενη, αφου διχοτομησε τις κεραιες του δημιουργησε δυο Σταυρους εκ των οποιων τον ενα μετεφερε στην Κωνσταντινουπολη.

Λιγο πριν πεθανει, ο Κωνσταντινος αξιωθηκε και του Αγιου Βαπτισματος, και αμεσως μετα ειπε: «Νυν αληθει λογω μακαριον οιδ’ εμαυτον, νυν της αθανατου ζωης πεφαναι αξιον, νυν του θειου μετειληφεναι φωτος πεπιστευκα». Τωρα, δηλαδη, συμφωνα με το λογο της αληθειας, ξερω οτι ειμαι μακαριος, τωρα εκω γινει αξιος της αθανατου ζωης, τωρα εκω πιστεψει πως ελαβα το θειο φως. Εκοιμηθη σε ηλικια 63 ετων. Η Εκκλησια τον ανεκηρυξε Αγιο και Ισαποστολο.

Η Αγια Ελενη εδωσε στον Μεγα Κωνσταντινο την πρεπουσα διαπαιδαγωγηση. Αλλωστε, και ο ιδιος την τιμησε, οταν στην μεγαλη πλατεια της Κωνσταντινουπολης εκτισε δυο στηλες, μια δικη του και μια της Αγιας Ελενης, που εφερε την επιγραφη: «Εις Άγιος εις Κυριος Ιησους Χριστος, εις δοξαν Θεου Πατρος, Αμην». Η Αγια Ελενη βοηθησε να χτιστουν οι πρωτοι μεγαλοι ιεροι ναοι της Χριστιανοσυνης. Εκοιμήθη ειρηνικά σε ηλικία 83 ετων.

Οι μηνες τους τιμουνται στις 21 Μαΐου.



“Come and See”

**2013 SAINT DEMETRIOS GREEK ORTHODOX CHURCH CONFIDENTIAL STEWARDSHIP COMMITMENT CARD
PART 1**

Family Name: _____
Address: City: State _____ Zip _____
Home Telephone: _____ Cell Phone: _____ E-Mail: _____
Profession/Trade/Skills: _____ Profession/Trade/Skills _____
(spouse): _____

**In gratitude for God’s blessings I / we make the following commitment
to the ministries of St. Demetrios Church:**

A total amount of: \$520 __ \$750 __ \$1,000 \$ 2,500 More/Other \$ _____
weekly \$ _____ monthly \$ _____ quarterly \$ _____ semi-annually \$ _____ annually
*Come and See God work through your talents, skills and experience, as well as your financial support.
Your offering to Christ and His Church can do as much as you empower it to do.
We give to Christ and His Church not according to our means but according to our love for Him.*

“Come and See”

**2013 SAINT DEMETRIOS GREEK ORTHODOX CHURCH CONFIDENTIAL STEWARDSHIP COMMITMENT CARD
PART 2**

Family Name: _____

**I / We would like to offer my/our time & talents to the ministries, organizations, and activities of
St. Demetrios Greek Orthodox Church in the following areas:**

Please check

- | | | |
|--|---|---|
| <input type="checkbox"/> Bible Study | <input type="checkbox"/> Youth Work | <input type="checkbox"/> Real Estate Management |
| <input type="checkbox"/> Teaching | <input type="checkbox"/> Sunday School | <input type="checkbox"/> Medical |
| <input type="checkbox"/> Greek Language School | <input type="checkbox"/> Church Choir | <input type="checkbox"/> Church Camp |
| <input type="checkbox"/> Visitation of Elderly / Infirm | <input type="checkbox"/> Cooking - Events or Outreach | <input type="checkbox"/> Elevator Project |
| <input type="checkbox"/> Scouting | <input type="checkbox"/> Finance | <input type="checkbox"/> Nursery |
| <input type="checkbox"/> Computer - general | <input type="checkbox"/> Legal | <input type="checkbox"/> Ushering / Welcome |
| <input type="checkbox"/> Computer-Web Site Management | <input type="checkbox"/> Parish Festival | <input type="checkbox"/> Parish Picnic |
| <input type="checkbox"/> Media Liaison / Public Affairs | <input type="checkbox"/> Mechanical / Plumbing / Electrical | <input type="checkbox"/> Reader (in liturgy) |
| <input type="checkbox"/> Parish Monthly Newsletter | <input type="checkbox"/> Construction | <input type="checkbox"/> Building maintenance |
| <input type="checkbox"/> Landscaping | <input type="checkbox"/> Office Work | <input type="checkbox"/> Parish Dance |
| <input type="checkbox"/> Greek Content Editor for Monthly Newsletter | | |
| <input type="checkbox"/> Parish New Year’s Eve Celebration | <input type="checkbox"/> Ways and Means Committee | |
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| <input type="checkbox"/> Church Weekly Bulletin | <input type="checkbox"/> GOYA (Greek Orthodox Youth of America) | |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ | |

Come and See God work through your talents, skills and experience, as well as your financial support.

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Agia Skepi Trip- A Blessed Day

On a bright, sunny, Saturday morning, 53 pilgrims departed from St. Demetrios Church on the First Annual Church wide Lenten Retreat for the Monastery of the Holy Protection Monastery of the Theodokos- Agia Skepi in White Haven, Pennsylvania. Spirits were high, as Greek music blared through the bus, amidst laughter and conversation.

Once arriving at the monastery we were greeted by a most humble and unassuming Mother Abbess. We offered up our modest supply offerings of oil, flour, sugar, walnuts and fruit for the monastery's use.

We were then introduced to our dear guide and teacher for the day, Sister Marina. This young, tall, and soft spoken nun, conversant in both Greek and English told us about the origin of the founded in 1993 by Elder Ephraim, former Abbot of Philotheou Monastery on Mount Athos who also founded 16 other monasteries throughout the United States and Canada. She explained the daily routine of the 21 sister living at Agia Skepi, as well as Father Marko, who presides over services at the various chapels. The monastery follows the ancient "coenobitic," (i.e. common) way of

monastic life, consisting of common meals, common prayer and church services, common work and rest periods.

We visited one beautiful chapel after the next admiring the beautiful icons commissioned by two famous iconographers from Greece. Each of the three chapels, Saints Peter and Paul, Ayios Nectarios and Agia Paraskevi were each so uniquely beautiful. As there is no electricity in the chapels, beeswax candles are used-sparingly unless a feast Day when all candles in the brass Polyelios chandeliers are lit. We were introduced to the mantra "Lord Jesus Christ have mercy on me," through which someone attain to theosis -- the union with God.

In addition to the chapels, residence of the sisters, kitchen and meeting rooms there is a bakery and workshops where, the sisters make bread, cakes and pastries, jams, soaps, candles and lotions. Icons are also painted there. A sampling of all they do is available in their bookstore.

After a Lenten lunch, provided by the sisters, we partook in the vesper service in the chapel of Peter and

Paul. Father Marko celebrated vespers while the sisters intoned the most heavenly byzantine hymns and prayers. The Mother Abbess graciously invited our own Father Michaels to recite the readings by candle light.

Following Monastic rules, men and women were segregated in the nave of the chapel, and stood for liturgy. The Holy Spirit filled that lovely chapel uplifting all present.

Our young people spoke with the Mother Abbess and sisters, thanked them and expressed a desire to stay over.

Yet to be built is the main church dedicated to The Theotokos, Agia Skepi. If you are able and are so moved, please send any contribution to Agia Skepi 1 St. Joseph's Way, White Haven, PA 18661.

This trip is the first in a series of faith based initiatives President Kateina Gianaris has promised to provide parishioners of St. Demetrios. Our thanks to Evelyn Mariolis, for making the bus arrangements, Mac our wonderful bus driver, and Steve Corodemus for shopping, transporting and providing donations to the monastery and 53 goodie bags.

Γιατι βαφουμε τα αυγα κοκκινα το Πασχα;

Ενα απο τα πιο διαδεδομενα εθιμα του Πασχα ειναι το βαψιμο των αυγων τη Μεγαλη Πευπη. Τα κοκκινα αυγα αποτελουν βασικα συμβολα του Πασχα. Συνηθως βαφονται τη Μεγαλη Πευπη, γι' αυτο και η ημερα αποκαλειται Κοκκινη Πευπη.

Το αυγο συμβολιζει τον ταφο του Χριστου που ηταν κλειστος, οπως το περιβλημα του αυγου, αλλα εκρυβε μεσα του τη "Ζωη", αφου απο αυτον βγηκε ο Χριστος και αναστηθηκε!

Συμφωνα με την Ορθοδοξια μας, βαφουμε κοκκινα αυγα γιατι συμβολιζουν το αιμα του Χριστου που εδωσε για την σωτηρια του κοσμου. Το αιμα ειναι αυτο που δινει ζωη στον ανθρωπο.

Πολλοι ειναι οι συμβολισμοι που αποδιδονται στο εθιμο. Μια λαϊκη παραδοση λει πως οταν αναστηθηκε ο Χριστος, οσοι ακουσαν την ειδηση δεν το πιστεψαν. Μια γυναικα μαλιστα που κρατουσε ενα καλαθι με αυγα ειπε: «Αν απο ασπρα γινουν κοκκινα, τοτε θα το πιστεψω». Και τα αυγα κοκκινισαν. Οσο για το τσουγκρισμα, οι ερευνητες εκτιμουν οτι με το σπασιμο του αυγου βγαινει στην επιφανεια η νεα ζωη, η αιωνια ζωη.

Το κοκκινο ειναι και το χρωμα της χαρας, χαρας για την Ανασταση του Χριστου.





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Perth Amboy, NJ 08840

Philoptochos Honors Alexandra Velmahos
for 45 Years of Service

On March 9th, the Philoptochos honored Alexandra Velmahos for many years of service to the St. Demetrios Community. Originally from the city of Nafpaktos, Greece she arrived at St. Demetrios shortly after marrying in 1965. She began as church secretary and Greek school teacher when the community boasted over 375 families and 100-plus children in the Greek school.

Over the years Alexandra had received several awards for her dedication to our Lord, our church community and our children.

Alexandra served our clergy, our parishioners, and our children with love, honor, sincerity and dedication for 45 years.

Seniors News

The March 14th luncheon meeting was well attended with 17 members with John and Cally Haricopis coming in from Hamilton and Evelyn Mariolis taking time away from the office to.

Maria Kalamaras and Freida Kusulas provided corned beef and turkey sandwiches with coleslaw and trimmings for the St. Patrick's Day luncheon. Helen Catelanos supplied Greek flags for the tables to add a Greek Independence Day theme to the occasion. Deserts were provided by Lee Corodemus, Tessie Vosinakis, Helen Catelanos and Evelyn Mariolis.

President Tana Kizides spoke about the National Diabetes Association's meeting she attended at the Community Center, and distributed information folders she picked up at the meeting. Tana also spoke about the local Public Works Director's presentation of the new garbage cans and recycling barrels.

Best wishes and happy thoughts were extended to members Paul and Connie Zaferiou, Eugenia Tsoukatos, Athena Papazoglou, Koula Vosinaki and Mike Patras.

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DEMETRIOS MONTHLY NEWSLETTER

JOHN APOSTOLOS
Vice President

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Holy Wednesday Holy Unction for Children 4PM Holy Unction 730PM	2 Holy Thursday Holy Passion Service 7PM	3 Holy Friday Service of the Apokathelosis 4PM Service of Epitafio 730PM	4 Holy Saturday Orthros of Resurrection 11PM Anastasi 12 Midnight
5 AGAPE SERVICE 12 NOON Easter Egg Hunt Epistle: Acts of the Apostles 1:1-18 Gospel: John 1:1-17	6	7 Goya Meeting 7:30	8 Greek School 5PM	9 Seniors Meeting 11:00 AM	10	11
12 St. Thomas Sunday Mother's Day Epistle: Acts of the Apostles 5:12-20 Gospel: John 20:19-31	13 Clergy Laity Banquet 6:30 PM	14	15 Greek School 5PM	16	17 Indoor Olympics	18 Indoor Olympics Baptism 3PM George Dyer
19 Sunday Of Myrrh-Bearing Women Epistle: Acts of the Apostles 6:1-7 Gospel: Mark 15:43-47, 16:1-8 Baptism 3PM Angelo Tsivelis	20 Board Meeting 7:30PM	21 St. Constantine & Helen Div Liturgy 10AM	22 Greek School 5PM	23	24 Outdoor Olympics	25 Outdoor Olympics
26 Sunday of Paralytic Epistle: Acts of the Apostles 9:32-42 Gospel: John 5:1-15	27 Memorial Day	28	29 Greek School 5PM	30	31 Festival 11am-11pm	Notes:

Congratulations to Stephen & Tanya Kouretas on the christening of their daughter Alexa.
 Congratulations to Nick & Eleni Tsakon on the christening of their son Komninos.
 Get Well Wishes to Kostas Kouretas.

Also, many thanks to Angelique Tsivelis, Presvytera Michaels and Zeffie Filandras for planting the beautiful flowers out in front of the church.

St Demetrios G.O.C.
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GREAT TURN-OUT FOR AGIA SKEPI PILGRAMAGE

Fifty-three faithful visited The Holy Protection Monastery on Saturday, April 6th.

The experience was enjoyed by all. The St. Demetrios youth especially enjoyed the trip and had many questions for our hosts.



Photo credit Connie Mellas



2013 Greek Festival

The Greek Festival will be held Friday, May 31st, Saturday, June 1st & Sunday, June 2nd.

Volunteers still needed for various shifts and positions throughout the festival.

Contact Kateina Ganiaris or George Petrakakis for volunteer opportunities.