

St. Demetrios *Parish Newsletter* February 2017

41-47 Wisteria St., Perth Amboy, N.J.

(732) 826-4466

Fr. George Parsenios

NEW OFFICERS VOTED IN FOR 2017-2019 PARISH COUNCIL



Triodion Period: Sunday of Forgiveness (Cheesefare Sunday)

FEBRUARY 26th

The Sunday of Forgiveness is the last Sunday prior to the commencement of Great Lent. During the pre-Lenten period, the services of the Church include hymns from the Triodion, a liturgical book that contains the services from the Sunday of the Publican and the Pharisee, the tenth before Pascha (Easter), through Great and Holy Saturday. On the Sunday of Forgiveness focus is placed on the exile of Adam and Eve from the Garden of Eden, an event that shows us how far we have fallen in sin and separated ourselves from God. At the onset of Great Lent and a period of intense fasting, this Sunday reminds us of our need for God's forgiveness and guides our hearts, minds, and spiritual efforts on returning to Him in repentance.

**DO NOT FORGET TO PRAY
WITH THE KOMBOSKINI**

GREAT LENT BEGINS MONDAY FEBRUARY 27TH

A GUIDE TO THE TRIODION AND LENT

There is more to Lent than Fasting, and there is more to fasting than food. This principle lies at the heart of the Lenten Triodion, the main hymnbook of Orthodox Lent. For the Orthodox Church, Lent is without doubt the richest and most distinctive season of the ecclesiastical year. The Lenten services, the spiritual lessons of the Triodion, and the biblical readings for the season invite us to simplify our lives and to immerse ourselves in the "bright sadness" of repentance.

General Rules of the Lenten Fast

1. First Sunday of Triodion - Sunday of the **Publican and the Pharisee**.
2. Second Sunday of Triodion - Sunday of the **Prodigal Son**. The Saturday of Souls
3. Third Sunday of Triodion - Sunday of the **Last Judgment**.
4. Fourth Sunday of Triodion - **Forgiveness Sunday**.
5. **Clean Monday**.
6. First Sunday of Great Lent - **Sunday of Orthodoxy**.
7. Second Sunday of Great Lent - Sunday of **Saint Gregory Palamas**.
8. Third Sunday of Great Lent - **Sunday of the Holy Cross**.
9. Written for the devout Christian, the Triodion is full of warnings against pride and hypocrisy - the ultimate spiritual sins to which religious folk are so susceptible. Its hymns teach us the true nature and purpose of fasting and of Lent itself.

FEBRUARY 2017 RELIGIOUS CALENDAR

Feb 5th Epistle St. Paul's Second Letter to Timothy 3:10-15
Τιμόθεον Β' 3:10-15

Gospel Luke 18:10-14
Λουκᾶν 18:10-14

Feb 12th Epistle St. Paul's First Letter to the Corinthians 6:12-20
Κορινθίους α' 6:12-20

Gospel Luke 15:11-32
Λουκᾶν 15:11-32

Feb 19th Epistle St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2
Κορινθίους α' 8:8-13, 9:1-2

Gospel Matthew 25:31-46
Ματθαῖον 25:31-46

Feb 26th Epistle St. Paul's Letter to the Romans 13:11-14; 14:1-4
Ῥωμαίους 13:11-14, 14:1-4

Gospel Matthew 6:14-21
Ματθαῖον 6:14-21

**WATCH FATHER GEORGE'S OCTOBER
15TH LECTURE ON YOUTUBE
TYPE**

<https://youtu.be/m94tNagIRIO>

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**Services unless otherwise stated
ORTROS 9AM
DIVINE LITURGY 10 AM
No Baptisms will be for any of the Great
Feast Days of the Lord**



Message from Father George

The Forty Day Fast of Great Lent begins on February 27. A few weeks before that date, we begin a period called the Triodion. The term Triodion means “three odes,” and it refers to the fact that we now sing three odes and not nine in the Orthros before the Divine Liturgy.

Even if you don’t know what that means, it is enough to understand that this is a big change in the Church’s liturgical life. It should also mark a great change in our personal lives. If we can’t make a big change, we can make a small change. We do not need perfection. But we do need progress. We cannot change our lives in a single day, but we do need to change them.

As we sing “three odes” in the Triodion period, let us also sing the three great odes of prayer, fasting and almsgiving in our daily lives. As we look toward the Forty Day Fast, let us turn to God more in prayer, let us fast from gluttony and from sin, and so let us be open with alms to those around us who are in need of material comfort, spiritual encouragement or simply emotional support.

Again, while we sing the three odes of the Triodion in the services of the Church, let us sing the three odes of prayer, fasting and almsgiving in our daily lives.

Ένα μήνυμα από Το Πατέρ Γεώργιο

Η νηστεία σαράντα ημερών της Μεγάλης Σαρακοστής αρχίζει στις 27 Φεβρουαρίου. Λίγες εβδομάδες πριν από την ημερομηνία αυτή, αρχίζει μια περίοδος που ονομάζεται ο Τριώδιον. Ο Τριώδιον σημαίνει “τρεις ωδές”, και αναφέρεται στο γεγονός ότι τώρα τραγουδάμε τρεις ωδές και όχι εννιά πριν από την Θεία Λειτουργία. Ακόμα κι αν δεν ξέρετε τι σημαίνει αυτό, αρκεί να καταλάβουμε ότι είναι μια μεγάλη αλλαγή της λειτουργικής ζωής της Εκκλησίας. Θα πρέπει επίσης να σηματοδοτήσει μια μεγάλη αλλαγή στην προσωπική μας ζωή. Αν δεν μπορούμε να κάνουμε μια μεγάλη αλλαγή, μπορούμε να κάνουμε μια μικρή αλλαγή. Εμείς δεν χρειαζόμαστε την τελειότητα. Αλλά χρειαζόμαστε την πρόοδο. Δεν μπορούμε να αλλάξουμε τη ζωή μας σε μια μέρα, αλλά πρέπει να την αλλάξουμε. Όπως τραγουδάμε τις “τρεις ωδές” κατά την περίοδο Τριώδιον, ας τραγουδήσουμε τις τρεις μεγάλες ωδές της προσευχής, της νηστείας και της ελεημοσύνης στην καθημερινή μας ζωή. Καθώς κοιτάζουμε προς την Μεγάλη Σαρακοστή, ας προσευχόμαστε περισσότερο, ας νηστεύουμε από την λαιμαργία και από την αμαρτία, και ας είμαστε πιο ανοικτοί με ελεημοσύνη σε εκείνους που έχουν ανάγκη υλικής άνεσης, πνευματική ενθάρρυνση ή απλά συναισθηματική υποστήριξη. Και πάλι, ενώ τραγουδάμε τις τρεις ωδές του Τριωδίου στην Εκκλησία, ας τραγουδήσουμε τις τρεις ωδές της προσευχής, της νηστείας και της ελεημοσύνης στην καθημερινή μας ζωή.



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Deadline for submissions for the
 March 2017 Bulletin is
 February 10, 2017.

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PRESIDENT'S MESSAGE FEBRUARY 2017

My Dear Brothers and Sisters in Christ,

I am so thankful for the Parish Council's faith in reelecting me President along with our officers from last term. We warmly welcome our three new trustees: Demos Simatos, Kally Durso and Dean Kakadellis. We have an energized team ready to serve and advancement is in place.

The key goal for 2017 is **MEMBERSHIP**. Membership services need to be enhanced and membership numbers to be increased. We will undertake to list, review, evaluate and in some cases, redo membership services. We want the experience of members coming to church to be rewarding spiritually, emotionally, physically and financially for ALL. We do not and will not take your membership for granted. We will work every day to insure your experience here at St. Demetrios is a positive one.

Now we need to work on the essence of our church membership. We need more people EVERY Sunday attending Liturgy, Sunday school, choir services, as well as, the twice monthly Paraklysis. We need more observances to bible studies, Greek school attendance must increase. We need to be more active with Philoptochos charitable events and increase GOYA involvement. Enhance projects for JOY and Hope children and have some fun with movie nights and come together as a family.

Please save MEMORIAL DAY WEEKEND to help with the MAJOR FUNDRAISER FOR OUR CHURCH at this year's church festival which will be four days. Everyone's help is needed. Bring your relatives and friends to help. We owe \$50,000 to pay the balance of the new roof and the balance must go into the treasury to keep our church open and pay bills. Surely you can give one weekend to Honor our God by working for our church. Sign up today for the festival help.

Hon. Marina Corodemus, Board President



Αγαπητοι ενοριτες,

Είμαι τόσο ευγνώμων για την πιστη του Ενοριακου Συμβουλιου που ξανα αναλαβα την θεση του Προεδρου, μαζί με τα μελη μας απο την τελευταία θητεια. Καλωσοριζουμε θερμα τα τρια καινουργια μελη του Ενοριακου Συμβουλιου μας: τον Δημο Σιματο, την Καλι Ντουρσο και τον Κωνσταντινο Κακαδελη. Μια ενεργητικη ομαδα ετοιμη να εξυπηρετησει τους ενοριτες.

Ο βασικος στοχος για το 2017 ειναι οι συμμετοχες. Οι συμμετοχες χρειαζονται να αυξηθουν. Θα πρεπει να κανουμε μια επανεξεταση και αξιολογηση στο καταλογο που εχουμε. Θελουμε οι συμμετοχες των μελων που ερχονται στην εκκλησια να ειναι επιβραβευση για ΟΛΟΥΣ πνευματικα, συναισθηματικα, σωματικα και οικονομικα. Θα εργαζομαστε καθη μερα για να ειναι θετικη η εμπειρια σας στο Αγιο Δημητριο.

Τωρα πρεπει να εργαστουμε για τις συμμετοχες της εκκλησια μας. Χρειαζομαστε περισσοτερους ενοριτες καθε Κυριακη στη Λειτουργια, στην χορωδια και στις παρακλυσιες που γινονται δυο φορες το μηνα. Χρειαζομαστε περισσοτερη μελετη της Βιβλου και οι συμμετοχες του Ελληνικου Σχολειου, του Κατηχητικου Σχολειου και της Νεολεας πρεπει να αυξηθουν. Πρεπει να ειμαστε πιο δραστηριοι με τις φιλανθρωπικες εκδηλωσεις της Φιλοπτωχου, να ενισχυσουμε τα σχεδια της JOY και HOPE για τα παιδια για να εχουν καποια διασκεδαση με κινηματογραφικη βραδια.

Το φεστιβαλ της εκκλησιας μας θα ειναι το Σαββατοκυριακο του MEMORIAL DAY. Ειναι το μεγαλο εσοδο της Εκκλησια μας. Το φεστιβαλ θα κρατησει τεσσερις ημερες. Η βοηθεια ολων ειναι απαραιτητη. Φερετε τους συγγενεις και τους φιλους σας να βοηθησουν. Οφειλουμε \$50.000 για την προθεσμια της νεας σκεπης και το υπολοιπο πρεπει να παει στο ταμειο για να κρατησει την εκκλησια μας ανοικτη και να πληρωσει τους λογαριασμους. Σιγουρα μπορειτε να δωσετε ενα Σαββατοκυριακο για να τιμησετε το Θεο μας, εργαζομενοι για την εκκλησια μας. Εγγραφειτε σημερα για να βοηθησετε στο φεστιβαλ.

Με την αγαπη του Κυριου,
Μαρινα Κοροδημα, Προεδρος



ST. DEMETRIOS LADIES PHILOPTOCHOS SOCIETY

"Let us not get tired of doing good. As often as we have the chance, we should do good to everyone, and especially to those who belong to our family in the faith." Galatians 6:9-10

Our Mission:

To help the needy, promote the Greek Orthodox Faith

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Dear Parishioners,

Please reserve the following dates for upcoming events:

SAVE THE DATE:

Apokriatico Glendi Feb 18th 7:00 pm Church Hall

Details to Follow

A portion of the proceeds will go to the beautification of our church. Make RSVP to any of the ladies of the Philoptochos. We appreciate your support.

The annually visit to St. Michael's Home of the Aged is scheduled for Saturday, February 25th.

If you cannot attend, we gratefully accept donations.

Make checks to St. Michael's Home of the Aged.

You will be recognized as a donor, during the presentation of the gifts.

New members for the Philoptochos society are always welcome.

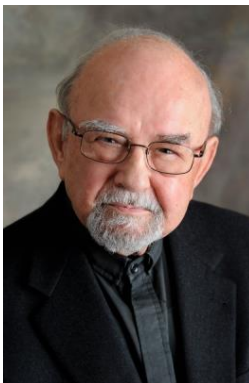
In Christ

Stella Wacker

IN MEMORIUM REV. FR. DEMETRIOS COSTANTELOS

Demetrios J. Constantelos fell asleep with the Lord on January 20, 2017. He faithfully served our St. Demetrios Church from 1955-1964 as priest and later became a Distinguished Research Scholar in Residence and the Charles Cooper Townsend Sr. Distinguished Professor of History and Religious Studies, Emeritus, at The Richard Stockton College of New Jersey, Galloway, NJ. He has served several Greek Orthodox Communities either as regular or visiting pastor, and the founding priest of three new Churches in New Jersey.

Dr. Constantelos was born in Spilia, Messenia, Greece. Soon after his graduation from the Gymnasium of Kyparissia, Greece, he received a scholarship to study at Holy Cross Greek Orthodox Theological School {BA.Th.}. He continued his education at Princeton Theological Seminary in the field of the New Testament and the Hellenistic Age {Th.M.}, and Rutgers University in Byzantine History and Civilization {M.A., Ph.D.}. In the course of several years, he has received scholarships, fellowships and honors and has taught at Rutgers University, Hellenic College, Boston College, New York University, and the Richard Stockton College of New Jersey from 1971 to 1996. He has travelled extensively and lectured at several universities, colleges, academic and public organizations in the United States and abroad. He is the author of 15 books and many papers.





Father George cuts the Vasilopita



Christmas pageant was performed in January after bad weather delayed it twice in December



The children perform the Nativity scene for our annual Christmas Pageant



Alexandra Velmahos leads the Greek School in celebration of Greek Letters Day

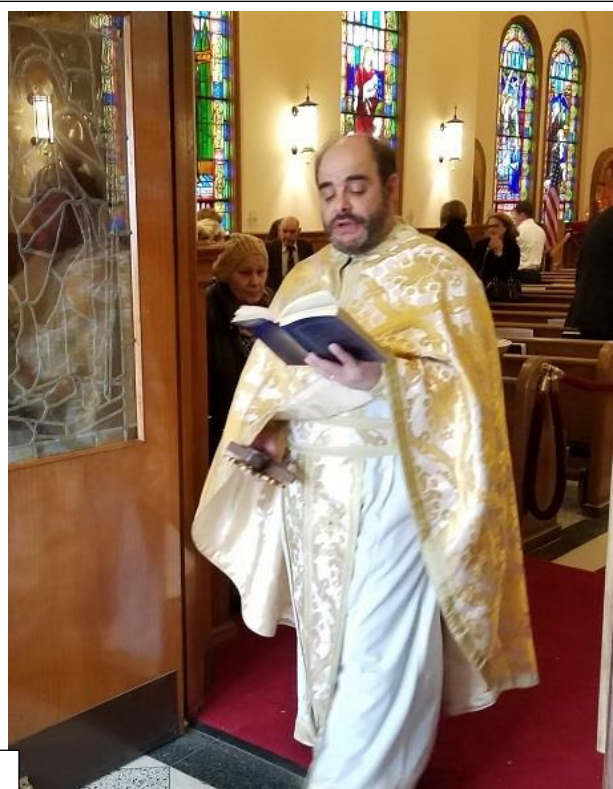
Γιορτη των Ελληνικων Γραμματων και Τριων Ιεραρχων



Crowd gathers to watch Blessing of the Waters and the tossing to the cross



Divers gather in the church Narthex prior to venturing to the water's edge



Father George prepares to lead the procession for the Blessing of the Waters



The waters of Raritan Bay are blessed and the divers poised to retrieve the cross



DOES THE THEOTOKOS “SAVE” US?

By Sister Vasa January 9 2017

What exactly are we asking for in this prayer? Are we calling for another human being, Mary, to “save” us, as only our One Savior and Lord Jesus Christ can?

No. We are calling for the “Birth-Giver of God” in the flesh, the “Theotokos,” in Her unique ministry of bringing Him into the world, to bring us His salvation. He willed it to “save” the world in His incarnation, coming to us through Her over 2,000 years ago. And we believe in Him as in One Who continues to come to us, to “come again” and again (καὶ πάλιν ἐρχόμενον, и паки грядущаго) as the incarnate Lord.

Thus when we say, “Most Holy Theotokos, save us!” - and not “Mary, save us!” - we are calling also upon His name, the name of “God” incarnate, Who has brought us His salvation not without Her. We thus embrace that great mystery, of the Incarnation, when we say this today, because that mystery continues to work its salvific consequences in His One Body that is the Church. “Most Holy Theotokos, save us!” I say today, embracing His coming as He does, not only spiritually, but also physically, into holy communion with us.



Sr. Dr. Vassa Larin (born Varvara Georgievna Larina, December 11, 1970 in Nyack, New York, United States) is a Russian Orthodox ryassofofor nun, the host of the popular show “Coffee with Sr. Vassa”, author of many scholarly articles and a monograph on Byzantine liturgy and theology, and outspoken public intellectual on current issues of the Russian Orthodox Church Outside Russia (ROCOR).



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COME OUT AND PRAY THE PARAKLYSIS TO THE BLESSED THEOTOKOS

When you are about to pray to our Lady the Holy Virgin, be firmly assured, before praying, that you will not depart from Her without having received mercy. To think thus and to have confidence in Her is meet and right. She is, the All-Merciful Mother of the All-Merciful God, the Word, and Her mercies, incalculably great and innumerable, have been declared from all ages by all Christian Churches; She is, indeed, an abyss of mercies and bounties.

- St. John of Kronstadt





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If you can find it in your hearts, please give a little extra to the church to help pay for our new roof.

ANY amount of contribution will be accepted.

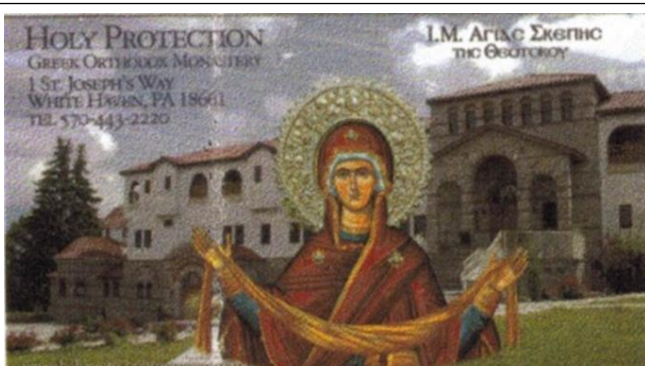
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~ February 2017~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Presentation of our Lord Divine Liturgy 10am	3	4
5	6	7	8	9	10	11 Paraklesis 10am
12 Children Valentine's Day Party	13	14	15	16	17	18 Saturday of Souls Divine liturgy 10am Apokreatiko Glendi
19 Meatfare Sunday	20	21	22	23	24	25 Paraklesis 10am
26 Forgiveness Sunday	27 Clean Monday Divine Liturgy 10am First Day of Great Lent	28				

~ Φεβρουάριος 2017~						
KYP	ΔΕΥ	ΤΡΙ	ΤΕΤ	ΠΕΜ	ΠΑΡ	ΣΑΒ
			1	2 Υπαπαντή Θεία Λειτουργία 10 π.μ.	3	4
5	6	7	8	9	10	11 Παρακλήσεις 10 π.μ.
12 Πάρτι των παιδιών για την ημέρα του Αγίου Βαλεντίνου	13	14	15	16	17	18 Ψυχοσάββατο Θεία Λειτουργία 10 π.μ. Αποκριάτικο γλέντι
19 Κυριακή της αποκριά	20	21	22	23	24	25 Παρακλήσεις 10 π.μ.
26	27 Καθαρά Δευτέρα Θεία Λειτουργία 10 π.μ.	28	ANNOUNCING PRICE INCREASE: SMALL BRICKS \$150 LARGE BRICKS \$400			

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Congratulations to Kalimira Simatos
for successfully retrieving the cross
during January 22nd the Blessing of
the Waters.

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St. Demetrios Greek
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fr.georgepar@gmail.com



AN INSPIRATIONAL BUDGET

A budget is an expression of the vision of the parish – its priorities, concerns and plans for the future. Members who see a church doing more than “paying the bills” will be inspired by the vision of a church that seeks to serve its parishioners, neighbors and people in need throughout the world. Though some may balk at this extra burden on the budget, most will be inspired by the vision of a parish interested in improving and adding to its ministries.

At the last general assembly, the community unanimously endorsed the church budget keeping the ceiling at \$300,000. We are doing more with less. But we can do nothing without your stewardship donation now. Please pay your stewardship by check, on line, monthly but know we write checks every week. We cannot wait for a few to pay for the many. PAY YOUR STEWARADSHIP TODAY.

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