

# St. Demetrios *Parish Newsletter* March 2017

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

(732) 826-4466

Fr. George Parsenios

## Εὐαγγελισμός τῆς Θεοτόκου Μαρτίου 25



### Annunciation of the Theotokos March 25th.

The Feast of the Annunciation of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary is celebrated on March 25 each year. The Feast commemorates the announcement by the Archangel Gabriel to the Virgin Mary that our Lord and Savior Jesus Christ, the Son of God, would become incarnate and enter into this world through her womb.

Σήμερον τῆς σωτηρίας  
ἡμῶν τὸ Κεφάλαιον,  
καὶ τοῦ ἀπ' αἰῶνος  
Μυστηρίου ἡ  
φανέρωσις, ὁ Υἱὸς τοῦ  
Θεοῦ, Υἱὸς τῆς  
Παρθένου γίνεται, καὶ  
Γαβριὴλ τὴν χάριν  
εὐαγγελίζεται. Διὸ καὶ  
ἡμεῖς σὺν αὐτῷ τῇ  
Θεοτόκῳ Βοήσωμεν.  
Χαῖρε Κεχαριτωμένη, ὁ  
Κύριος μετὰ σοῦ.

## THE GREAT LENT AND YOU

The Great Fast or Lent is the period of preparation leading up to Holy Week and Pascha. The Lenten Triodion governs the divine services of Great Lent as well as those of the Weeks of Preparation preceding Great Lent.

Observance of Great Lent is characterized by abstinence from many foods, intensified private and public prayer, personal improvement, and almsgiving. The foods traditionally abstained from are meat and dairy products, fish, wine and oil. Since strict fasting is canonically forbidden on the Sabbath and the Lord's Day, wine and oil are permitted on Saturdays and Sundays. If the Feast of the Annunciation falls during Great Lent, then fish, wine and oil are permitted on that day.

Orthodox Christians are expected to pay closer attention to their private prayers and to say more of them more often.

Make a commitment to come to Salutations on Friday evenings and bring your children as well.

Take the day off of work and keep your children home from school on Holy Friday. Come to the services and do your best to keep this day holy by dedicating the day to prayer and silence.

Pray the Jesus Prayer unceasingly with your Prayer ropes.

### MARCH 2017 RELIGIOUS CALENDAR

Mar 5<sup>th</sup> Epistle St. Paul's Letter to the Hebrews 11:24-26, 32-40  
Ἑβραίους 11:24-26, 32-40

Gospel John 1:43-51  
Ἰωάννην 1:44-52

Mar 12<sup>th</sup> Epistle St. Paul's Letter to the Hebrews 1:10-14; 2:1-3  
Ἑβραίους 1:10-14, 2:1-3

Gospel Mark 2:1-12  
Μάρκον 2:1-12

Mar 19<sup>th</sup> Epistle St. Paul's Letter to the Hebrews 4:14-16; 5:1-6  
Ἑβραίους 4:14-16, 5:1-6

Gospel Mark 8:34-38; 9:  
Μάρκον 8:34-38, 9:1

Mar 26<sup>th</sup> Epistle St. Paul's Letter to the Hebrews 6:13-20  
Ἑβραίους 6:13-20

Gospel Mark 9:17-31  
Μάρκον 9:17-31

**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*

We find ourselves in the middle of Great Lent. If you observe the fast at all, even in small ways, then you have stepped back from your normal life.

Your regular life is dormant. Because winter still hangs in the air outside, the plants and trees also lie dormant. But those plants are busy beneath the surface preparing to blossom into new life in the spring. When winter came, the trees lost their leaves and the flowers lost their petals. But very soon, they will burst forth with new blossoms and bright new leaves.

In the same way, our Lenten fast is a period in which we toil beneath the surface to prepare ourselves to blossom into new life in the Resurrection. If we labor now, if we are careful now, then we will not leave the fast as the same people who entered it. Our souls entered the fast like trees in winter, with dry and brittle leaves. But they can leave the fast blossoming with the fruit of the Holy Spirit - love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control (Gal 3:22-23).

If we have begun the fast in a way that will cultivate these fruits, let us continue to tend to the garden of our souls. And if we have done nothing to observe the fast, we still have weeks before Pascha! Enter the garden of your soul and begin to care for it.

As the Lord says, "The harvest is plentiful, but the laborers are few!" (Luke 10:2). Be one of the few.

Labor for a rich harvest in the Resurrection.

### **Ένα μήνυμα από Το Πατέρ Γεώργιο**

Βρισκόμαστε στη μέση της Μεγάλης Σαρακοστής. Αν παρατηρήσετε το γρήγορο σε όλα, ακόμη και σε μικρές τρόπους, τότε θα έχουν εντείνει πίσω από την κανονική ζωή σας. κανονική ζωή σας είναι αδρανής. Επειδή το χειμώνα εξακολουθεί να κρέμεται στον αέρα έξω, τα φυτά και τα δέντρα βρίσκονται επίσης σε νάρκη. Αλλά αυτά τα φυτά είναι απασχολημένοι κάτω από την επιφάνεια ετοιμάζεται να ανθίσει σε νέα ζωή την άνοιξη. Όταν ήρθε το χειμώνα, τα δέντρα χάνει τα φύλλα τους και τα λουλούδια χάνει πέταλα τους. Αλλά πολύ σύντομα, θα δείξει εμπρός με νέα άνθη και φωτεινά νέα φύλλα. Κατά τον ίδιο τρόπο, νηστίσια γρήγορα μας είναι μια περίοδος κατά την οποία μοχθούν κάτω από την επιφάνεια για να προετοιμαστούμε για να ανθίσει σε νέα ζωή στην Ανάσταση. Αν εργασίας σήμερα, αν είμαστε προσεκτικοί τώρα, τότε δεν θα αφήσει το γρήγορα όσο οι ίδιοι άνθρωποι που τέθηκε. Οι ψυχές μας εισήλθε το γρήγορο όπως τα δέντρα το χειμώνα, με ξηρά και εύθραυστα φύλλα. Αλλά μπορεί να αφήσει τη γρήγορη άνθηση με τον καρπό του Αγίου Πνεύματος - αγάπη, χαρά, ειρήνη, μακροθυμία, καλοσύνη, αγαθότητα, πίστη, πραότητα και εγκράτεια (Γαλ 3: 22-23). Αν έχουμε αρχίσει το γρήγορο με έναν τρόπο που θα καλλιεργήσουν αυτά τα φρούτα, ας συνεχίσουμε να τείνουν προς τον κήπο των ψυχών μας. Και αν έχουμε κάνει τίποτα για να παρατηρήσει το γρήγορο, έχουμε ακόμα εβδομάδες πριν από το Πάσχα! Εισάγετε τον κήπο της ψυχής σας και να αρχίσετε να φροντίζει για αυτό. Όπως λέει ο Κύριος, «Η συγκομιδή είναι άφθονα, αλλά οι εργάτες είναι λίγοι!» (Λουκάς 10: 2). Να είστε ένας από τους λίγους. Εργασίας για μια πλούσια συγκομιδή στην Ανάσταση.



## *Parish Council*

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Liz DaCunha

### Greek School Teacher

Alexandra Velmahos

### Greek School President

Dean Kakadellis

### Sunday School Superintendent

Helen Horan

### Choir Director

Helen Vassallo Kernizan

### Chantor

Stavros Tsapatsaris

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## **PRESIDENT'S MESSAGE March 2017**

My Dear Brothers and Sisters in Christ,

This entire month we are surrounded by the embrace of Lent. I say embrace, because we should welcome this time to be surrounded with sacrifice constantly focused on our Lord's suffering and passion to make way for our salvation. This great period of Lent, before Easter, is called by the Orthodox Church, Tessaracoste, which comes from the word forty (the 40 days of "fasting"). But the church calls upon us to do more than fasting.

But what can we do to make Lent Great? Well the church basically calls upon us to take three basic actions: 1) fasting or self- denial; 2) increased prayer by attending worship and various services and 3) the sacrificial giving of alms (charitable donations.). We at St. Demetrios will help you to have a more meaningful Lent.

Beginning next weekend, coffee hour will restrict items to a Lenten fare. We are introducing a new program called "SOUP FOR THE ROOF". Every Sunday we will have Lenten soup prepared by volunteers available for a modest sum to help you keep the fast during the Lenten period. All proceeds will go to pay off the \$50,000 balance of the roof. Next we invite you to the weekly observances of the Salutations to the Theotokos. We remind you to be faithful on your prayers ropes reciting the Jesus Prayer. Finally, we ask your support in keeping our church secure by making a contribution to pay the roof expense balance \$50,000 remaining and/or contributing to the upcoming iconography unanimously adopted by the general assembly. Any amount of contribution is welcome.

Together as one family let us persevere through the Great Lent in a Holy, Humble and Honorable time of meditation, prayer and charity.

Hon. Marina Corodemus, Board President



**St. Demetrios Greek Orthodox Church  
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**Friday, April 7, 2017  
8:00 p.m.**

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**Refreshments following program**

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**<http://www.stdemetriosperthamboy.org>**







## 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

### Officers:

**Stella Wacker**

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**Helen Catelanos**

- 1<sup>st</sup> Vice President

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### Board Members:

**Evelyn Mariolis**

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**Angie Papaikonomou**

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**Sylvia Kress**

Dear Parishioners,

We mark your calendars the following Philoptochos events:

- We are now taking orders for tsourekia - \$17.00 each 2lbs - last day to order is April 2. Please place your order with Marietta Khalil (732-925-9699). The orders must be picked up on Palm Sunday and the orders must be pre-paid.

Sunday of Orthodoxy, 3/4/16 - Philoptochos will pass a tray for Social Service for the Metropolis of NJ. The money goes to assist those who need help.

- Next General Philoptochos meeting will be on March 18, at 1:00 pm, at the downstairs church hall.

New members for the Philoptochos society are always welcome. Please join us for some fellowship.

In Christ,

Stella Wacker



Seven of our Sunday School Teachers attended a Religious Educators' Seminar sponsored by the Greek Orthodox Metropolis of New Jersey at St. George Greek Orthodox Church in Piscataway on Sat., Feb. 4th. Unique ideas and ways to assist teachers in better educating our children were shared through presentations and videos and discussed in question and answer sessions.

Teachers in attendance were those pictured from left to right, Georgia Barbayannis, Angelique Tsivelis, Kally Durso, MaryLou Rivera, Afroula Kanellidis, Helen Catelanos and Helen Coutros Horan.



Kally Efremedis Durso

## MEET THE NEW PARISH COUNCIL MEMBERS

As a new Parish Council Member, I would like to first thank you for this amazing opportunity to serve our church. Let me start by telling you a little bit about myself.

At the age of 11, my parents moved us from Queens, New York where I was born, to Perth Amboy in order to be closer to our family. I attended Perth Amboy schools and graduated Perth Amboy High School in 1983. I got more than an education in Perth Amboy High School; I also met my future husband, Robert during my junior year. We have been married since 1988 and have two adult sons, Nicholas and Zachary.

Prior to starting a family, I attended the Cittone Institute of Technology and upon graduating became an Administrative Assistant. Between 1986 and 1992 I worked steadily in corporate America. In 1991 we welcomed the arrival of our first son, Nicholas and three years later, our second son, Zachary. I remained a part-

time stay-at home mom, part-time bookkeeper until both boys were in school full-time. This is when I caught the teaching bug and decided to go back to school.

I went to Middlesex County College and began my college career as a 38 year-old freshman. After graduation from there, I continued my education at Kean University where I graduated with high honors, Summa Cum Laude, in 2010. Upon graduation, I was fortunate enough to get my first teaching position at the Deron School in Union, New Jersey - a special-needs private school. After five years at the Deron School, I landed my dream job as an English-Language Arts - Special Education Resource teacher, at the William C. McGinnis School in Perth Amboy. I have been teaching there since December, 2015. I serve on several school committees and I am a Professional Learning Community Leader for the 7<sup>th</sup> grade Special Education teachers. I also tutor students in all subjects after school three days a week.

As one can tell, I have a passion for working with children. I also served as PTO Vice President for two years (1996-1998) on the St. Demetrios PTO Board. Currently, I am a Sunday School Pre-K - Kindergarten teacher here and have been for the past five years. Now, as a Parish Council Member of the St. Demetrios Church, I will work diligently along with my fellow council members and our priest towards the betterment of our church community.



## COMING IN MARCH

### HOPE & JOY MINISTRIES

#### ATTENTION PARENTS OF SUNDAY SCHOOL STUDENTS FROM GRADES KINDERGARTEN TO 6TH GRADE!!



We are going to start our Hope & Joy Ministry group activities again this year. The students will be participating in a number of arts and crafts activities as well as learning to dance Greek. This will take place after church from 12:00 to 1:00. Our first Hope & Joy get together will be in March. The actual Sunday will be announced at a later time and you will be notified by email/phone call. Our Hope Ministry will consist of those Sunday school students who are in the grades of K-2<sup>nd</sup> while our Joy Ministry will consist of those Sunday school students who are in the grades of 3<sup>rd</sup> to 6<sup>th</sup>.

I, Kally Durso, will be the facilitator of the Hope and Joy Ministries and the activities under the leadership of Helen Horan, our Superintendent of the St. Demetrios Sunday School. Georgia Barbayannis will work with the students with the Arts and Crafts activities while Stavroula Wagner will be teaching the students Greek dance instruction.

During our activities, the Hope Ministry students will engage in the Arts and Crafts activity for ½ hour and then they will be learning how to dance Greek for the remaining ½ hour. In turn, the Joy ministry students will have Greek dance instruction for ½ and then they will engage in the Arts and Crafts activity for the remaining ½ hour.

I hope to see all of our students participating in these two ministries which encourage our children to celebrate our Orthodox faith and Greek Heritage!

Yasou!

**Kally Durso, Parish Council Member**





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# GREEK HERITAGE NIGHT

THURSDAY, MAY 18<sup>th</sup> 2017 @ 7:05 PM

Come out for a special Greek Heritage Night when the Somerset Patriots face the Sugar Land Skeeters. Enjoy Greek music, dance, and food throughout the game. Join us in celebrating the tastes and sounds of Greece.

**GR AHEP**  
- Opportunity  
- Group welcome

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## SHOW YOUR GREEK PRIDE MAY 18<sup>TH</sup> AT THE SOMERSET PATRIOTS BALL PARK

We will once again be participating in Greek Heritage Night at the Somerset Patriots ball park. This year's event will be held May 18<sup>th</sup> before the baseball game. They will be performing after 6:30PM but before 7PM.

Our youth group will be dancing for the crowd as they did last year (you might recognize them from the flier to the left). We have purchased a block of tickets for the game and will be providing tickets **AT NO COST** to any parishioner interested in attending to support and represent St. Demetrios.

In addition to the ball game, there will be a post-game fireworks show. Those of us that were there last year can attest that it was a great fun night out as a group and we got to show our St. Demetrios pride.

Come on out to the ballgame and show your Greek Pride!



## PROJECT ICONOGRAPHY

Workers in Thessaloniki hand painting borders for our new church iconography coming in June.

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**PRAY THE SALUTATIONS TO THE  
THEOTOKOS EVERY FRIDAY NIGHT IN  
MARCH**

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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ANY amount of contribution will be accepted.

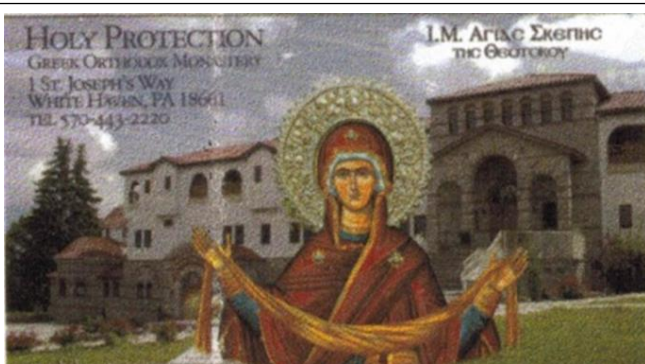
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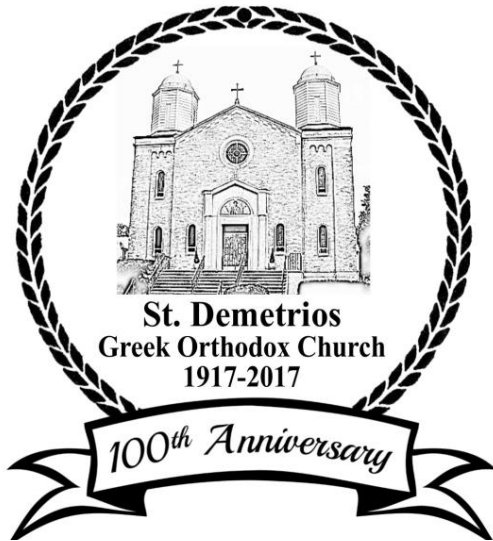


~ March 2017~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Presanctified Liturgy 9:30 AM	2	3 Salutations to the Theotokos (Chairetismoi) 7 pm	4 Saturday of the Souls Divine Liturgy 10 AM
5	6	7	8 Presanctified Liturgy 6:30 PM	9 Seniors Meeting 12PM Church Hall	10 Salutations to the Theotokos (Chairetismoi) 7 pm	11 Orthodoxy 101 Class 11-1
12	13	14	15 Presanctified Liturgy 9:30 AM	16	17 Salutations to the Theotokos (Chairetismoi) 7 pm	18 Orthodoxy 101 Class 11-1
19	20	21	22 Presanctified Liturgy 6:30 PM	23	24 Great Vespers/Salutations 7pm	25 Feast of the Annunciation Divine Liturgy 10 AM
26	27	28	29 Presanctified Liturgy 9:30 AM	30	31 Akathist Hymn to the Theotokos 7pm	

~ Μάρτιος 2017~						
KYP	ΔΕΥ	ΤΡΙ	TET	ΠΕΜ	ΠΑΡ	ΣΑΒ
			1 Λειτουργία Προηγιασμένων Τιμίων Δώρων 9:30 π.μ.	2	3 Χαιρετισμοί 7μ.μ	4 Ψυχοσάββατο 10 π.μ.
5	6	7	8 Λειτουργία Προηγιασμένων Τιμίων Δώρων 6:30 μ.μ	9 Seniors Meeting 12PM Church Hall	10 Χαιρετισμοί 7μ.μ	11 Μαθήματα ορθόδοξης 11π.μ.-1μ.μ
12	13	14	15 Λειτουργία Προηγιασμένων Τιμίων Δώρων 9:30 π.μ.	16	17 Χαιρετισμοί 7μ.μ	18 Μαθήματα ορθόδοξης 11π.μ.-1μ.μ
19	20	21	22 Λειτουργία Προηγιασμένων Τιμίων Δώρων 6:30 μ.μ	23	24 Εσπερινός/Χαιρετισμοί 7μ.μ	25 Ευαγγελισμός 10π.μ.
26	27	28	29 Λειτουργία Προηγιασμένων Τιμίων Δώρων 9:30 π.μ.	30	31 Ακάθιστος Ύμνος 7μ.μ	



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# Orthodoxy 101

## A Two-Part Lecture Series

By Rev. Fr. George Parsenios, PhD

Rector of St. Demetrios Greek Orthodox Church & Associate Professor, Princeton Theological Seminary

### \* Session 1: Orthodoxy 101:

Who are we and what do we believe?

The history and faith of the Orthodox Church

Sat., March 11th  
11am-1pm

### \* Session 2: Orthodoxy 101:

Who are we and how do we worship?

The Liturgical life of the Orthodox Church

Sat., March 18th  
11am-1pm

Refreshments will be provided.



## St. Demetrios Greek Orthodox Church

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