



*Parish
Newsletter
March 2019*

Saint Demetrios

41-47 Wisteria St., Perth Amboy, N.J. (732) 826-4466 Rev. Fr. George Parsenios

Hours for Service

Orthros: 9:00 a.m.

Ορθρος 9:00 π.μ.

Divine Liturgy: 10:00 a.m.

Θεια Λειτουργία 10:00 π.μ.

March 25 – Annunciation of the Theotokos

25 Μαρτίου – Ευαγγελισμός της Υπεραγίας Θεοτοκου



Στις 25 Μαρτίου, γιορταζουμε τον Ευαγγελισμό της Υπεραγίας Θεοτοκου. Η ημέρα του Ευαγγελισμού ήταν η μέρα που η Παναγία έμαθε την χαρμoσυνη ειδήση οτι προκειται να γεννησει τον Χριστο, τον Υιο του Θεου. Το χαρμoσυνο νεο το εφερε ο Αρχαγγελος Γαβριηλ, που εμφανιστηκε μπροστα της και της ειπε «Ιδου νυν ευαγγελιζομαι χαραν μεγαλην».

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months. On coming to Joseph's house, the Archangel declared: "Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women." After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: "Behold the handmaid of the Lord; be it unto me according to thy word." And at this, the Holy Spirit came upon her, and the power of the Most high overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body (Luke 1:26-38).

Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, Saint John the Baptist, prophesied of the dawning of the spiritual Sun. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord, and with a great voice blessed her and the Fruit that she held within herself. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour," and the rest, as the divine Luke hath recorded (1:39-55).



GENERAL ASSEMBLY MEETING

MARCH 24, 2019

(Directly after Church Services)



Let's join together for a Lenten
Pot Luck Dinner after Compline
Services on Monday, March 11, 2019
Further details will follow.



Message from Father George

We find ourselves again in the period 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 some months ago, the trees lost their leaves and the flowers lost their petals. But very soon, they will show 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.

March - 2019 - Μαρτιος

March 2, 2019/2 Μαρτιου, 2019

Saturday of the Souls - Divine Liturgy 10:00 a.m.

Ψυχοσαββατο - Θεία Λειτουργία - 10:00 π.μ.

March 11, 2019/11 Μαρτιου, 2019

Clean Monday: Compline 7:00 p.m.

Μεγά Αποδειπνο - 7:00 μ.μ.

March 15, 22, 29, 2019/15, 22, 29 Μαρτιου 2019

The Akathist Hymn 7:00 p.m.

Ακαθιστος Υμνος 7:00 μ.μ.

It is with sincerest love and gratitude that we thank our past Parish Council members who served our Church. Their devotion and dedication to God and our Saint Demetrios Church cannot and will not ever be forgotten.

Our past President, Honorable **Marina Corodemus**, made tremendous strides in all aspects of our operations and functions through her ingenious projects to regain and sustain our financial stability, renewal, repair and restoration projects and, now, continues to serve as the President of Philotimo to ensure our future with a building project to provide us with a new Community Center and 27 condominium units. Her work ethic, strength and determination are truly commendable.

Dean Kakadelis served on our Parish Council for two years as a very reliable and dependable member who could be counted on whenever he was needed. He was always a pleasant person and welcoming face to our parishioners as he served his ushering duties in the Narthex. He was, also, particularly, helpful at our Festivals, Coffee hours, Church dances and various Parish Council activities and events. We are all grateful, Dean.

Dino Kusulas served on our Parish Council for several years, many of which were as the Treasurer. In his quiet way, Dino handled the finances which required numerous hours of record-keeping and accounting and reporting of our financial status. Often, he would be found in the Church office hours after everyone had gone home since he would not leave until he was satisfied that he had fulfilled his task. Another admirable and time-consuming task that Dino undertook for many years was editing our monthly Church newsletter for which we are so very grateful. Thank you, Dino!

Maria Mantoudakis served on our Parish Council for numerous years as a member who focused her service on our children and our parishioners. She has a very sweet, loving demeanor to which they all are very responsive. She was a Sunday School teacher beginning at the age of 19 and continues to serve as a substitute teacher. Her talents in writing and oral speaking are a perfect blend as she works with our GOYANS on their Oratorical Festival speeches and continues to this day. Due to her guidance and support, we have achieved numerous first, second or third place winners over the years and we are hoping that trend will continue this year, as well. We appreciate you, Maria.



Parish Council

2019-2020

Executive Officers:

President:

Helen Coutros Horan

Vice President 1:

Spero Kalambakas

Vice President 2:

Nick Giannakopoulos

Secretary:

Diana Potaris Regan

Treasurer:

Elizabeth DaCunha

Council Members:

Atef Anthony Azouz

Steven Corodemus

Kally Efremedis Durso

Aphrodite Kanellidis

Dimitrios Michael Koudis

Demosthenis Simatos

Dimitrios Tsivelis

Alexandros Vosinas

Philoptochos President

Stella Wacker

G.O.Y.A. President

Dean Giannakopoulos

G.O.Y.A. Advisors

Nick and Cindy Giannakopoulos

P.T.O. President

Diana Potaris Regan

Greek School Teacher

Alexandra Velmahos

Greek School President

Dimitrios Tsivelis

Sunday School Superintendent

Helen Coutros Horan

Choir Director

Irene Pakis

Chantor

Evangelos Kartsakalis

NEWSLETTER

Editorial Board

Fr. George Parsenios

Helen Coutros Horan

Maria Kakadelis

PRESIDENT'S MESSAGE



My Dearest Parishioners of our Saint Demetrios Church,

My heart is overflowing with much love, gratitude, and joy for this unique opportunity to serve as President of the Church where I was baptized and raised. I am truly blessed and honored! My lineage goes back to the first Greek Orthodox settlers here in Perth Amboy. My Pappou, my Grandfather, Vasilios Coutros, was the first of our family to arrive from Anavryti, Greece and he, eventually, became President of the first Greek Orthodox Church in Perth Amboy in 1933. It is difficult to express how much that means to me and I hope that I can make him proud and make all of you proud, as well.

My family and I have always been active parishioners of Saint Demetrios Greek Orthodox Church. My father, Louis Coutros, also served on the Parish Council and my mother, Georgia, was an extremely active parent as I went through Sunday School, Greek School, G.O.Y.A. and Maids of Athena. Once my own daughter, Kelly, started Sunday School in 1984, I became a Sunday School teacher and have continued ever since then.

I served as a Teacher, Vice Principal and Principal in the Perth Amboy School System where I enjoyed every day of my 41-year career in education, immensely. I am now retired and a grandmother of my two precious grandsons, Christopher and Kyle who are the lights of my life. We enjoy spending time with my sister, Mae Coutros Menchise, and her family who all live in Annandale, NJ.

As President, I promise to work towards the betterment of our Church community together with our wonderful Priest, Father George Parsenios, my fellow Council Members and all of you who have mutual love and respect for our heritage, our culture, and our faith.

Please do not hesitate to approach me or any of the Parish Council Members with your wishes for the vision of our Church community. Together, we can make great strides in bolstering great pride and growth in our community and honor our past generations who worked so diligently to build and preserve the community that we all love so dearly today. It is with great anticipation and appreciation that we await the future of our community to be built across the street through the arduous work of our past President, Honorable Marina Corodemus and Philotimo.

As we enter this Lenten season, let's stand together, side-by-side, in prayer and worship of our Lord Jesus Christ and ask for His grace and mercy.

In HIS Service,

Helen Coutros Horan

Parish Council President

PTO News

On Sunday, February 10, 2019, a PTO General Meeting was held during which we discussed plans and needs for the PTO Easter Egg Hunt on **April 28, 2019**. There will be plenty of goodies to find and, of course, a visit from the Easter Bunny! Please donate towards this event that we may make this our best yet! Any amount will be graciously appreciated!

Our next meeting will be held on Sunday March 17, 2019 to continue planning the Easter Egg Hunt and initial planning for our two following events: PTO Graduation and Reception on May 19, 2019 and PTO Father of the Year on June 16, 2019.

Diana Potaris Regan

PTO President



Ελληνικό Σχολείο

Την Κυριακή, 27 Ιανουαρίου 2019, τα παιδιά του Ελληνικού Σχολείου γιορτάσαν την γιορτή των Τριών Ιεραρχών και των Ελληνικών Γραμμάτων μετά την Θεία Λειτουργία με επιτυχία. Συγχαρητήρια σε όλα τα παιδιά.



Η επομένη γιορτή των παιδιών του Ελληνικού Σχολείου θα είναι η Εθνική γιορτή της 25ης Μαρτίου του 1821, που θα λάβει χώραν την Κυριακή, 24 Μαρτίου, κάτω εις την αιθούσα της εκκλησίας μας.

Τα παιδιά μας θα παρουσιάσουν ένα πρόγραμμα για την ημέρα αυτή που είναι Εθνική και Θρησκευτική εορτή.

Κυρία Αλεξάνδρα Βέλμαχου

HOPE AND JOY MINISTRIES

Encouraging our children to celebrate our Orthodox Faith and Greek Heritage!!

On Sunday, February 10, 2019, we had a Hope and Joy Ministries event. Our event took place right after Church. Students in attendance were: Constantine Parsenios, Milo, Lucas, and Zoe Kanellidis, Luka Simatos, Nikolas Morales, Gerilena Pinto-Antonatos, and her twin brothers, Kai and Daniel Pinto.

Both Hope and Joy Ministries' students spent the time engaged in an arts and crafts activity. The children made door hanger crosses. A fun time was had by all who attended!

Our next Hope and Joy Ministries event will take place on **March 10, 2019**. Please encourage your children to join in the festivities. I hope to see all our K-6th grade Sunday and Greek school students there! All children of our Church Community in Grades Kindergarten to Sixth Grade are more than welcome to join us. We would be so very happy to have you join us!

Kally Durso
Parish Council Member
Hope and Joy Ministries Facilitator





BECOME A SPONSOR

We are searching for business owners and/or individuals to sponsor and support our monthly newsletter which will allow us to continue publishing current news to our Church Community and our surrounding community. If you know of anyone who may be interested in participating as a sponsor, please provide him/her with our Church Office telephone number, 732-826-4466, for further information and details. Your efforts will be greatly appreciated and will allow us to continue providing our newsletter to our parishioners.

ΝΑ ΓΙΝΕΤΕ ΔΩΡΗΤΕΣ

Προσπαθουμε να επικοινωνησουμε με ιδιοκτητες επιχειρησεων και με ατομα για να μας βοηθησουν με το μηνιαιο περιοδικο της εκκλησιας μας ωστε να συνεχισει η παροικια μας να το ταχυδρομουμε στους ενοριτες μας. Εαν γνωριζετε κανενα που θελει να συμμετεχει και να προσφερει δωρεα για το μηνιαιο περιοδικο, παρακαλουμε να τηλεφωνησετε στο γραφειο της εκκλησιας 732-826-4466 για περισσοτερες πληροφοριες. Σας ευχαριστουμε.

THANK YOU TO OUR SPONSORS

We would like to extend a special note of deep appreciation to our valued sponsors. Without our sponsors and member's support, we would not be able to continue publishing our monthly newsletter to our Church Community and our surrounding community.

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SAINT DEMETRIOS LADIES PHILOPTOCHOS SOCIETY

"Whoever is kind to the poor lends to the Lord, and He will repay him for his deed." ~ Proverbs 19:17

The Philoptochos has several events coming up in the next couple of months. Please mark your calendars!

There will be a **General Meeting** on Saturday, **March 23, 2019, at 12:00 Noon**, which will be held downstairs in the Church Hall. We welcome new members, new ideas, and new opportunities to do great things with the extra hands to support this great organization. Please join us!

Orders for **Tsourekia bread** from Agia Skepi will be accepted beginning in March up **until Sunday, April 7, 2019**. Each bread will be in the shape of a braid. Please see future fliers for further information.

On **Sunday, April 21, 2019**, the Philoptochos will host the **Palm Sunday Luncheon**, which will follow Church services and be held in the Church Hall. Please see future fliers for further information.

Thank you for your continued support.

In Christ,
Stella Wacker

G.O.Y.A. News

We are excited to present our "Sights and Sounds" to all of you at our Annual Spaghetti Lunch on Sunday, March 3, 2019. We have had so much fun working on our American play, Greek dance performance, individual performances and craft projects. We thank you all for your continued support!

Nick and Cynthia Giannakopoulos
G.O.Y.A. Advisors

Meet Our New Parish Council

Our new Parish Council was affirmed by Father George Parsenios followed by the Election of Officers on January 27, 2019. Each and every one of the Parish Council members is truly committed to working through consensus building to make pertinent decisions for the best interest of our Church and our parishioners. We thought that you may be interested to know your Parish Council members a little better so a brief caption for each person is provided below. Please feel free to approach anyone of our Council members to ask questions or make comments in regard to our plans. We wish to work closely with our Church community of parishioners to create a bond of mutual respect in making the right decisions for our beloved Saint Demetrios Church.

Atef Anthony Azouz: Atef was born and raised as a Christian in Cairo, Egypt. He became involved in our Saint Demetrios Church several years ago and was Chrismated as a Greek Orthodox Christian. Atef has served on our Parish Council for a few years and assists in his quiet, gentle manner. He is married to his wife, Emmy. He has three children, Elizabeth, Olivia and George. He works as a chemist, enjoys cooking and hopes to start exercising in the very near future.

Steven Cristy Corodemus: Steven was born in Newark and baptized at Saint Nicholas Greek Orthodox Church in Newark. He is the son of Cristy and Lee Corodemus. Steven has served on our Parish Council for several years and sings in our Church Choir. He is employed as a Sales Associate at Macy's in Menlo Park Mall and he enjoys bowling, stamp collecting and crafts.

Elizabeth (Liz) DaCunha: (Treasurer) Liz was born in Brooklyn, NY and baptized at Saint Constantine and Helen Church in Woodside, NY. She has served on our Parish Council for the past 4 years and was our PTO President for 7 years. She is employed in Retail Management at Stop and Shop in Edison. Liz is married to her husband, Joe, and they have 2 daughters, Dylan and Megan, for whom they both expend all their time and energy to keep happy and healthy.



Kally Efremedis Durso: Kally was born in Queens, NY and moved to Perth Amboy at the age of 11. She has been very active in our Church ministries for numerous years; Sunday School Teacher, 6 years, past P.T.O. Vice President, Parish Council Member, 2 years, and Hope and Joy Ministries Facilitator, 2 years. She serves as a Special Education teacher in Perth Amboy for the past 9 years and has, currently, enrolled in a Master's Degree Program in Special Education. Kally is married to her husband, Robert, for 30 years and they have two sons, Nick and Zack. She enjoys traveling, reading and spending time with her family and she loves working with children.

Nick Giannakopoulos: (Vice President) Nick was born and baptized in Sparta, Greece. He has been very involved in our Church Ministries over the years. He has been a Parish Council Member for several years and the G.O.Y.A. Advisor for a few years, as well. He is a contractor by trade and is married to his wife, Cynthia. They have two sons, Zack and Dean and enjoy family time. In his leisure time, Nick enjoys Bible Study and woodworking.

Helen Coutros Horan: (President)

Spero Kalambakas: (Vice President): Spero was born in Brooklyn, NY; baptized in Perth Amboy at Saint Demetrios Church. He has actively served on our Parish Council for the past 4 years as Vice President. He serves as a Judge in several surrounding municipalities. Spero's parents are Demetra and the late Demetrios Kalambakas; his siblings are Stacey and Evan. Spero enjoys skiing, surfing and astronomy during his leisure time.

Aphrodite Kanellidis: Afroula was born and baptized Greek Orthodox in Athens, Greece. She is married to her husband, George, and they have 2 sons, John and Spero, and 5 grandchildren. Afroula has been serving on our Parish Council for several years and maintains an active membership in our Philoptochos Society. She is a retired Pre-School Teacher and loves traveling and the arts.

Dimitrios Michael Koudis: Mike was born in Manhattan, NY and baptized as a Greek Orthodox Christian. He has been involved in our Parish Council for several years, serves as a Sunday School Teacher and was a G.O.Y.A. Parent. His daughter is Samantha; his sibling is Mary Lou Rivera and his cousin, is Kally Durso. He is a Contractor by trade and enjoys perfecting his skills as a luthiere, playing guitar, bouzouki and kite flying.

Father George Parsenios (Priest, Advisor, Consultant)

Diana Potaris Regan: (Secretary) Diana was born and raised in New Brunswick; baptized and attended Sunday School and G.O.Y.A. at Saint George Church in Piscataway. She was embraced by our Saint Demetrios Church in 2016 and is currently serving as P.T.O. President and a Sunday School Teacher. She has been employed in the retail world for over 25 years, she has a 10 year old son, Luca, and is engaged to be married to her fiancé, Joseph, who received his Chrismation at Saint Demetrios in 2017. Diana loves traveling, reading, art and the luxury of time spent with her family.

Demosthenis Lambros Simatos: Demos was born in Livingston and baptized at Saint Demetrios Church in Newark. He is the son of Lambros and Mary Simatos and brother to Tasoula. He has been serving on our Parish Council for several years and assists as a part-time advisor to our youth. Demos is married to his wife, Jennifer, and they have 3 children; Jady, Kali and Luka. He enjoys travel, the Arts and coffee.

Dimitrios Tsivelis: Dimitri was born in Marousi, Attikis, Greece; baptized and raised in Nikaia, Attikis at Saint Ioannis Chrysostomos Church. He arrived in the USA when he was 18 years old in 2001 and has volunteered to assist Father George and worked during our Church Festivals. Dimitri is married to his wife, Angelique, and they have two sons, Angelo and Petros, who are 6 and 3 years old. He works as an HVAC Technician and spends most of his leisure time with family but enjoys watching sports such as soccer and basketball.

Alexandros Vosinas: Alex was born in Agios Nikolaos in Lakonia in East Mani, Greece and arrived in the U.S.A. at the age of 6 when he became a student in our Greek School with Kyria Alexandra. He became active in our Saint Demetrios Church by serving as a Parish Council Member, Vice President, P.T.O. supporter and G.O.Y.A. parent and supporter over the years. He has been a Parish Council member continuously for 20 years. Alex is the proprietor of the very popular Barge Restaurant. He is married to his wife, Callie, and they were blessed with two sons, George and Nickolas, who were, also, very active as Altar boys, students of our Sunday School and Greek School and members of G.O.Y.A.



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Our 2019-2020 Parish Council!