



Saint Demetrios Greek Orthodox Church

Parish Newsletter February 2020



41-47 Wisteria Street
Perth Amboy, N.J. 08861
Tel.: (732) 826-4466
Fax: (732) 826-4312
E-Mail: stdgoa@gmail.com

Rev Fr. George Parsenios
Cell: (609) 462-2949
E-Mail: fr.georgepar@gmail.com

Visit us at: www.stdemetriosperthamboy.org

Orthros: 9:00 a.m. - Ορθρος 9:00 π.μ. Divine Liturgy: 10:00 a.m. – Θεια Λειτουργια 10:00 π.μ.

February 17, 2020 - 17 Φεβρουαριου, 2020

Sunday of the Publican and Pharisee - Τελωνου και Φαρισαιου



The Pharisees were an ancient and outstanding sect among the Jews known for their diligent observance of the outward matters of the Law. Although, according to the word of our Lord, they "did all their works to be seen of men" (Matt. 23:5), and were hypocrites (ibid. 23: 13, 14, 15, etc.), because of the apparent holiness of their lives they were thought by all to be righteous, and separate from others, which is what the name Pharisee means. On the other hand, Publicans, collectors of the royal taxes, committed many injustices and extortions for filthy lucre's sake, and all held them to be sinners and unjust. It was therefore according to common opinion that the Lord Jesus in His parable signified a virtuous person by a Pharisee, and a sinner by a Publican, to teach His disciples the harm of pride and the profit of humble-mindedness.

Since the chief weapon for virtue is humility, and the greatest hindrance to it is pride, the divine Fathers have set these three weeks before the 40 day Fast as a preparation for the spiritual struggles of virtue. This present week they have called Harbinger, since it declares that the Fast is approaching; and they set humility as the foundation for all our spiritual labors by appointing that the parable of the Publican and the Pharisee be read today, even before the Fast begins, to teach, through the vaunting of the Pharisee, that the foul smoke of self-esteem and the stench of boasting drives away the grace of the Spirit, strips man of all his virtue, and casts him into the pits of Hades; and, through the repentance and contrite prayer of the Publican, that humility

confers upon the sinner forgiveness of all his wicked deeds and raises him up to the greatest heights.

Η πρώτη Κυριακή του Τριωδίου, ονομάζεται Κυριακή του Τελωνού και του Φαρισαίου. Την εβδομάδα του Τελωνού και του Φαρισαίου δεν υπάρχει η παραμικρή νηστεία. Γίνεται «καταλύση στα πάντα», σύμφωνα με την εκκλησιαστική ορολογία, δηλαδή τρωγεται ελευθερά καθ'ε φαγητό ακόμα και την Τετάρτη και Παρασκευή.

ΑΠΟΚΡΙΑΤΙΚΟ GLENDI
Sunday, February 23, 2020
After Church Services in our Church Hall
Let's sing, dance and enjoy time together!

March 2, 2020
Lent begins
Lenten Potluck Dinner
(directly after services)



Message from Father George

The month of February ends with the observance of Meatfare Sunday on February 23rd. The period of Lent is arriving. One week later, we will begin the great Fast leading up to Pascha. And this raises a basic question: why do we fast? Why, during the 40 days of Lent, do we avoid the foods that are most filling or most delicious, like meat and dairy and eggs and the foods made with them? There are some basic answers to this question. We fast in order to teach ourselves discipline. We fast in order to repent for our sins. We fast in order to teach ourselves that our true life comes not from anything in this world, but from God alone. But these reasons are only partly correct. They all begin with the idea that fasting is a period of denial. They all begin with the idea that fasting focuses on what we do NOT do. But this is not how the Fathers of the Church see fasting. They do not see the fast as a desert or a winter hibernation when our real life stops. They see the fast as a bright period of sunshine and beauty, of joy and celebration. Saint John Chrysostom says that the fast is a summertime for the spiritual life and he urges us to sharpen our farming tools for the great harvest of spiritual fruit.” Chrysostom does not focus on what we set aside in fasting, but on the great harvest of prayer that will follow, and of the great abundance of forgiveness and kindness that we will share with people as though in a great feast. The fast is only a time of deprivation if we focus on food and the pleasures of life on earth. If we focus on our spiritual lives, the fast is a time of great abundance and rich harvest. If we live like the Church asks us to live, then we will feel God’s presence in our lives more fully than any other time of the year. Saint Basil the Great says, “Fasting of the body is food for the soul.” To repeat, the period of the fast is not a time when we deprive ourselves, but the time when we actually feed ourselves with true food. The period of the fast is not only a time of great harvest for ourselves, but also for those we meet. When we focus less on fulfilling our own personal needs or desires, we have more to share with those around us. When we spend less money on food and entertainment for ourselves, we have more of our money to distribute for the needs of others. Let us, then, approach the fast with joy and eagerness, not with dread, and let us see it as a time of great harvest and spiritual abundance, both for ourselves and others.

Ο μήνας Φεβρουαρίου τελειώνει με την Κυριακή τής Απόκριω. Η περίοδος της Σαρακοστής έρχεται. Μια εβδομάδα αργότερα, θα αρχίσουμε τη μεγάλη νηστεία που θα καταλήξει στο Πάσχα. Και αυτό θέτει ένα βασικό ερώτημα: γιατί νηστεύουμε; Γιατί, κατά τη διάρκεια των 40 ημερών της Σαρακοστής, αποφεύγουμε τα τρόφιμα που είναι πιο γεμάτα και πιο νόστιμα - το κρέας, τα γαλακτοκομικά προϊόντα, τα αυγά και τα τρόφιμα που παρασκευάζονται με αυτά; Υπάρχουν ορισμένες απαντήσεις σε αυτή την ερώτηση. Νηστεύουμε, παραδείγματος χάριν, για να διδάξουμε τον εαυτό μας πειθαρχία. Νηστεύουμε για να μετανοήσουμε για τις αμαρτίες μας. Νηστεύουμε για να διδάξουμε τον εαυτό μας ότι η πραγματική μας ζωή δεν προέρχεται από τίποτα σε αυτόν τον κόσμο, αλλά μόνο από το Θεό. Αλλά αυτοί οι λόγοι είναι μόνο εν μέρει σωστοί. Όλα αυτά αρχίζουν με την ιδέα ότι η νηστεία είναι μια περίοδος άρνησης. Όλα αρχίζουν με την ιδέα ότι η νηστεία επικεντρώνεται σε αυτά που ΔΕΝ κάνουμε. Αλλά αυτό δεν είναι ο τρόπος των Πατέρων της Εκκλησίας. Δεν βλέπουν οι Πατέρες την νηστείαν ως ερήμωση και χειμωνιάτικη αδρανοποίηση, όταν η πραγματική μας ζωή σταματά. Θεωρούν την νηστείαν ως μια φωτεινή περίοδο ηλιοφάνειας και ομορφιάς, χαράς και εορτασμού, όταν η πραγματική μας ζωή αρχίζει. Ο Άγιος Ιωάννης ο Χρυσόστομος λέει ότι η Μεγάλη Νηστεία είναι καλοκαίρι για την πνευματική ζωή, και μας προτρέπει να πάρουμε τα γεωργικά μας εργαλεία για τη μεγάλη συγκομιδή των πνευματικών φρούτων. Ο Χρυσόστομος δεν συγκεντρώνει σε αυτό που αφήσαμε στην νηστεία, αλλά συγκεντρώνει στη μεγάλη συγκομιδή της προσευχής που θα ακολουθήσει, και στην μεγάλη αφθονία της συγχώρεσης και της καλωσύνης σαν σε μια μεγάλη γιορτή. Ο Άγιος Βασίλειος ο Μέγας λέει: «Η νηστεία του σώματος είναι τροφή για την ψυχή». Και η περίοδος της νηστείας δεν είναι μόνο μια εποχή μεγάλης συγκομιδής για τους εαυτούς μας, αλλά και για εκείνους που συναντάμε. Όταν εστιάζουμε λιγότερο στην εκπλήρωση των δικών μας προσωπικών αναγκών, έχουμε περισσότερα να μοιραστούμε με τους γύρω μας. Όταν ξοδεύουμε λιγότερα χρήματα για φαγητό για τους εαυτούς μας, έχουμε περισσότερα χρήματα για τις ανάγκες άλλων. Ας, λοιπόν, αρχίσουμε την Μεγάλη Τεσσαρακοστή με χαρά και προθυμία, και ας την δούμε σαν μια εποχή μεγάλης συγκομιδής και πνευματικής αφθονίας, τόσο για τον εαυτό μας όσο και για τους άλλους.

HOPE and JOY MINISTRIES

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

Our next Hope and Joy Ministries event is scheduled to take place on Sunday, February 9, 2020 directly after church services. The students will participate in a special arts and crafts project and then they will engage in Greek dance lessons. I look forward to seeing all of the Hope and Joy students there!

Kally Durso, Hope & Joy Ministries Facilitator



PRESIDENT'S MESSAGE

Dearest Parishioners,

The month of February is centered around “love” right in the middle of winter with its freezing temperatures, snow blizzards and storms. I believe it is meant to warm our hearts and thoughts during this time of year so we can gather together especially at Church to be warmed by our beautiful Liturgies, Sermons, the voices of our Choir and the friendship of each other in a safe, caring, loving place where we are always welcome.

Our Church is here for us throughout our lives. We are baptized here, married here, raise our children here, and it is here for all of our lives’ events; our happy moments and our sad moments. We count on our Church throughout our lives. One important way to show our love and our gratitude to our Church is through Stewardship. Our stewardship matters! Our stewardship is valued because it is made of our love for God and HIS Church and each other. February is a perfect time to demonstrate our love to our Church.

Please assist our Parish Council with our goals to sustain our beloved St. Demetrios Church with the Love and blessing of our Lord Jesus Christ by addressing the needs of our dear parishioners, recruiting new stewards and being financially stable through prayer, participation, commitment and offerings of our time, talents and treasures.

Supporting our building project for our St. Demetrios Housing for Active Adults and our Tom and Sylvia Kress Community Center is another way to demonstrate that we are committed to and proactive in protecting the future of our beloved Church.

Let’s fill our Church with an abundance of “love” as we prepare for Lent and the arrival of Easter Week and the glorious Anastasi of our Lord and Savior, Jesus Christ. "My command is this: Love each other as I have loved you." John 15:12

In HIS Service,
Helen Coutros Horan
Parish Council President

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

On January 12, 2020, the Philoptochos hosted a Vasilopita Luncheon, which followed the Epiphany Services and the Blessing of the Waters. We are very happy to say that the turnout for the luncheon - this wonderful gathering of family and friends ~ was a great success. Congratulations to GOYAN, Kali Simatos, who fished out the Cross from the cold Raritan Bay! Thank you to all who attended and/or donated toward this event. All proceeds will go to **Saint Basil’s Academy**.

The National Philoptochos has invited one and all to important events happening in February: (1) A “Love Thy Neighbor” discussion regarding homelessness and opportunities to serve; and (2) A *confidential* Telephone Caregiver Support Group for Orthodox Christians. For more information regarding the Philoptochos Telephone Caregiver Support Group and to pre-registration, email supportgroup@philoptochos.org.

Our Membership Drive will be in full swing! We are excited and hopeful that more ladies of our community will contribute and/or join the Philoptochos Society of our Church. The more members we have, the more we can do to help those in need. Please visit www.philoptochos.org to learn more about the mission of the Philoptochos Society.

Save the dates: General Meetings: February 15, 2020 and April 25, 2020 at 12:00 p.m. (noon);
Board Meeting: March 21, 2020 at 12:00 p.m. (noon).

Love Thy Neighbor Discussion
February 12, 2020
Archdiocesan Cathedral of the Holy Trinity
337 E. 74th Street, NYC, NY 10021
<http://BIT.LY/2TXECUW>

Telephone Caregiver Support Group for
Orthodox Christians Archdiocesan
February 27 to April 9 (Thursday evenings)
7:00 p.m. to 8:00 p.m. EST
Pre-registration required
Caregiver: supportgroup@philoptochos.org



Epiphany Service and Blessing of the Waters



Father George delivered a beautiful Epiphany service on Sunday, January 12, 2020 followed by the Blessing of the Waters and the procession across the street to the Perth Amboy waterfront where several of our Goyans bravely dove into the river in the hopes of capturing the Cross for the honor and blessing to be bestowed upon them.



G.O.Y.A. News

Our Goyans are very busy getting ready for Sights and Sounds. They are making sights, as well as, practicing American play, Greek dance and individual performances. They are a very talented group of young people and are all very proud to represent Saint Demetrios Church. Please keep them in your thoughts and prayers on the day of the competition, Saturday, March 7th. Thank you and God bless you all! There will be a G.O.Y.A. meeting on Sunday, February 16, 2020, after Church.



G.O.Y.A. Spaghetti Luncheon

Sunday, March 15, 2020 (snow date: March 22, 2020)

\$10.00 Donation



Be entertained by our 2020 Sights and Sounds, American Play, Music/Sights. All of the Sights will be on display for viewing numerous winning ribbons and trophies.

Ελατε να διασκεδασετε και να δειτε ολα τα τροπαια των νικητων της Νεολαιας.

Ελληνικο Σχολειο

Αγαπητοι ενοριτες,

Τα μαθηματα του Ελληνικου σχολειου συνεχιζονται κανονικα για το μηνα Φεβρουαριο οπως επισης ξεκιναμε την προετοιμασια για την μεγαλη γιορτη της 25ης Μαρτιου. Τα παιδια προσεχως ξεκινανε μαθηματα παραδοσιακων χορων και ποιηματων. Μαθηματα παραδοσιακου χορου επισης θα ξεκινήσουν και για ενηλικες. Παρακαλουνται οσοι ενδιαφεροντες ας επικοινωνησουν με το γραφειο. Σας ευχομαστε καλο μηνα και μην ξεχνατε οτι φετος το ετος ειναι δισηκτο και ο Φεβρουαριος εχει 29 ημερες!

Δημητριος Τσιβελης
Προεδρος Ελληνικου Σχολειου

Κυρια Αλεξανδρα Βελμαχου
Διδασκαλισσα Ελληνικου Σχολειου





Thank You To Our Sponsors!

HOLY PROTECTION
GREEK ORTHODOX MONASTERY
1 ST. JOSEPH'S WAY
WHITE HAVEN, PA 18661
TEL 570-443-2220

I.M. ΑΓΙΟΥ ΣΤΕΦΑΝΟΥ
ΤΟΥ ΕΠΙΣΚΟΠΟΥ

www.holyprotectionmonastery.com

ACE
ADVISORY CPAs
BUSINESS PROFITABILITY / TAX EXPERTS

97 Main Street, Woodbridge NJ 07095
tel: 732.750.0500 www.aceadvisorycpas.com

ADVANCED PHARMACY

ASHRAF DAWOD, RPH
Pharmacist in Charge

288 Smith Street
Perth Amboy, NJ 08861

Tel: 732-324-4460
Fax: 732-324-4491

Your Health is Our Business We accept all Insurances/Medicaid/Medicare

JASON VIVES, DDS
ORTHODONTIST

3331 U.S. 9
Old Bridge, NJ 08857
(732) 727-6666
drvives@allstarfamilyortho.com

Orthodontics in Old Bridge New Jersey
allstarfamilyortho
+AllStarFamilyOrthodonticsOldBridgeTownship

ALL-STAR FAMILY ORTHODONTICS
winning smiles

Costello-Greiner Funeral Home
44 Green Street • Woodbridge, NJ 07095
(732) 634-0264
www.costello-greiner.com

Costello-Koyen Funeral Home
399 Avenel Street • Avenel, NJ 07001
(732) 636-2275
www.costello-koyen.com

ENT AND ALLERGY ASSOCIATES, LLP
ENTANDALLERGY.COM

PATRICK M. AMBROSIO, DO, FACAIA, FAAAAI
ALLERGY & IMMUNOLOGY

Renaissance Plaza
3663 Route 9 North, Suite 102
Old Bridge, NJ 08857

Office: 732-679-7575
Fax: 732-707-3850

Flynn and son
FUNERAL HOMES, INC.

319 Amboy Avenue, Metuchen
Brendan J. Flynn Jr, Mgr.- NJ Lic.No. 4105

23 Ford Ave. Edison-Fords
Brendan J. Flynn, Mgr.- NJ Lic.No. 2958

420-424 East Ave. Perth Amboy
James J. Flynn IV, Mgr.- NJ Lic.No. 4152

1-800-649-0358
www.flynnfuneral.com

GMJM LLC

German Salazar
Manager/Owner
GMJMser@gmail.com
848-203-9478

Maintenance and Cleaning Services
5 Amman Road
Edison, NJ 08817

JOSEPH P. DIAZ Manager, N.J. Lic. No. 9941
GARY EARL RUMPF, C.F.S.P. Director, N.J. Lic. No. 3353

GUSTAV J. NOVAK
FUNERAL HOME

419 Barclay Street
Perth Amboy, N.J. 08861

(732) 826-4525
(888) 214-8068

Robert J. Durso GRI [RE/MAX] [MLS]

Realtor Associate
MOBILE: 732-887-4787
FAX: 732-634-8437
EMAIL: bobdurso@polekrealty.com

POLEK REALTY CO.
"Your House - Sold Word"

117 Main Street, Woodbridge, NJ 07095 732-634-9100 EXT. 21

Family Foot Care

DR. ELAINE MARIOLIS, DPM

Diplomate, American Board of Medical Specialities
Board Certified in Primary Care in Podiatric Medicine
Board Certified in Treatment of Diabetic Foot Wounds

252 Smith Street
Perth Amboy, NJ 08861

Phone (732) 826-5400
Fax (732) 826-5488

MONTESSORI
PRESCHOOL ACADEMY

"We Prepare your children for life."

AT CRANBURY
609-409-9300

RE/MAX
Diamond, REALTORS®

Angela Sinnis
Sales Associate

1199 Amboy Ave
Edison, NJ 08837
Office: (732) 549-9500 ext.357
Cell: (848) 248-9422
Fax: (732) 549-9510
Email: asinnis@hotmail.com

Each Office Independently Owned and Operated

Emanuel BALSAMIDES SR
President

PROTAMEEN CHEMICALS INC.

375 Minniskink Road Totowa NJ 07511 USA
Tel: 973.256.4374 Fax: 973.256.6764 Cell: 732.991.2111
PROTAMEE@AOL.COM WWW.PROTAMEEN.COM

Saint Demetrios G.O.C.
41-47 Wisteria Street
Perth Amboy, N.J. 08861



Have you visited the Saint Demetrios Perth Amboy website lately?
You can now make donations and honor your stewardship commitment by
making your payments on line at:

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



Congratulations to Kali Simatos who retrieved the Cross and the other Goyans who dove into the river during the Blessing of the Waters ceremony.