



# Saint Demetrios Greek Orthodox Church

## Parish Newsletter March 2020



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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 Μαρτιου – Ευαγγελισμος της Υπεραγιας Θεοτοκου



Στις 25 Μαρτιου, γιορταζουμε τον Ευαγγελισμο της Υπεραγιας Θεοτοκου. Η ημερα του Ευαγγελισμου ηταν η μερα που η Παναγια εμαθε την χαρμωσνη ειδηση οτι προκειται να γεννησει τον Χριστο, τον Υιο του Θεου. Το χαρμωσνο 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).



**SAVE THE DATE**  
**General Festival Meeting**  
**Sunday, March 29, 2020**  
**(During Coffee Hour)**

**Annunciation Services will be held**  
**on March 25, 2020 at 10:00 a.m.,**  
**followed by a Greek flag-raising**  
**ceremony at the High Street Circle.**



The last Sunday before the start of Lent is called by different names. It is usually known as “Cheesefare Sunday,” because this is the last day we can eat dairy and egg products. In other words, we bid “farewell” to Cheese. But this Sunday also has a less common name - Forgiveness Sunday. Forgiveness Sunday reminds us to seek forgiveness of our sins during Lent. And this Sunday reminds us not only that we need to seek forgiveness, but also that we need to give forgiveness. In fact, we will only get forgiveness if we can give forgiveness. This is something we say every time we recite the Lord’s Prayer: “Forgive us our trespasses, as we forgive those who trespass against us.” We should also keep in mind the parable of the Unforgiving Servant in Matthew 18:21-35. A servant owes his master a huge sum of money. But as the servant begs forgiveness, the master pardons the debt, even though it was enormous. When this same servant, however, sees a fellow servant who owes him only a small amount, he refuses to forgive the debt. When the master learns that the servant who was forgiven a great debt did not himself forgive a small debt, he has that servant punished severely. The message is clear: we will receive forgiveness if we can give forgiveness. Sometimes, of course, forgiveness is very difficult. So we may need to start small. We may not be able to spend time with a person, for example, but we can pray for them. This will not change the person who has wronged us, but it can change how we feel when we think of them. The anger that become so enraged becomes a little less powerful when we say, “God bless them and bring them your salvation.” The more we do this, the easier it becomes, and we slowly are able to be reconciled to our enemies. At other times, people may have wronged us in ways that seem unforgiveable. Here, too, we are not required to resume a perfect relationship with people who are cruel or abusive. But after we distance ourselves and secure our own position of strength, we can pray for their souls. We can pray for their forgiveness, and in this way, we begin to forgive them as well. Instead of being consumed by anger, we find ourselves consumed by God’s love for his creation and for all people. We are drawn closer to God. We become more like God. As we erase the sins that others have committed against us, we feel the mercy and forgiveness that we ourselves seek for our own sins.

Η τελευταία Κυριακή πριν από την έναρξη της Σαρακοστής καλείται με διαφορετικά ονόματα. Είναι συνήθως γνωστή ως "Τυρινής", επειδή αυτή είναι η τελευταία μέρα που μπορούμε να φάμε γαλακτοκομικά προϊόντα και προϊόντα αυγών. Αλλά αυτή η Κυριακή έχει και ένα λιγότερο κοινό όνομα - η Κυριακή της Συγχώρησης. Αυτή η Κυριακή μας θυμίζει να αναζητήσουμε συγχώρηση των αμαρτιών μας κατά τη διάρκεια της Σαρακοστής. Και αυτή η Κυριακή υπενθυμίζει όχι μόνο ότι πρέπει να αναζητήσουμε συγχώρηση εμείς, αλλά και ότι πρέπει να δώσουμε συγχώρηση στους άλλους. Θα λάβουμε συγχώρηση μόνο αν μπορούμε να δώσουμε συγχώρηση. Αυτό λέμε κάθε φορά που απαγγέλλουμε την Κυριακή Προσευχή: «καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν». Πρέπει επίσης να έχουμε κατά νου την παραβολή του Ανελεήτου Υπηρέτη στο Ευαγγέλιο κατά Ματθαίον (18: 21-35). Ένας υπηρέτης οφείλει στον κύριό του ένα τεράστιο χρηματικό άθροισμα. Αλλά καθώς ο υπηρέτης ικετεύει τη συγχώρηση, ο κύριος χαρίζει το χρέος, εάν και ήταν τεράστιο. Όταν ο ίδιος αυτός υπηρέτης, όμως, βλέπει έναν συνάδελφό του που του χρωστάει ένα μικρό άθροισμα, αρνείται να συγχωρήσει το χρέος. Όταν ο Κύριος μάθει ότι ο υπηρέτης, ο οποίος είχε συγχωρεθεί με ένα μεγάλο χρέος, δεν συγχωρούσε ο ίδιος ένα μικρό χρέος, τιμώρησε αυστηρά αυτόν τον υπηρέτη. Το μήνυμα είναι σαφές: θα λάβουμε συγχώρηση αν μπορούμε να δώσουμε συγχώρηση. Μερικές φορές, βέβαια, η συγχώρηση είναι πολύ δύσκολη και πρέπει να αρχίσουμε σιγά σιγά. Ίσως δεν μπορούμε να περάσουμε χρόνο με ένα άτομο, παραδείγματος χάριν, αλλά μπορούμε να προσευχηθούμε γι' αυτόν. Η προσευχή μας δεν θα αλλάξει τον άνθρωπο που μας αδικήσει, αλλά μπορεί να αλλάξει την δική μας καρδιά. Ο θυμός που γίνεται τόσο εξοργισμένος γίνεται λίγο λιγότερο ισχυρός όταν λέμε: "Ο Θεός να τους ευλογεί και να τους φέρει τη σωτηρία σας". Όσο περισσότερο κάνουμε αυτό, τόσο πιο εύκολο γίνεται η συγχώρηση, και μπορούμε αργά να είμαστε συμφιλιωμένοι με τους εχθρούς μας. Μπορούμε να προσευχόμαστε για τη συγχώρησή τους και με αυτόν τον τρόπο αρχίζουμε να τους συγχωρούμε επίσης. Αντί να καταναλισκόμαστε από τον θυμό, βρίσκουμε στον εαυτό μας την αγάπη του Θεού για όλους τους ανθρώπους. Μας έλκεται πιο κοντά στον Θεό. Γινόμαστε περισσότερο σαν τον Θεό. Καθώς σβήνουμε τις αμαρτίες που έχουν διαπράξει άλλοι εναντίον μας, αισθανόμαστε το έλεος και τη συγχώρηση που εμείς οι ίδιοι επιδιώκουμε για τις δικές μας αμαρτίες.



## PRESIDENT'S MESSAGE

Dearest Parishioners,

As we enter the Lenten Season, we prepare ourselves for the holiest holiday for Orthodox Christians. We prepare for the miraculous Resurrection of our Lord, Jesus Christ. Through these solemn forty days, we are given the opportunity to reflect on our lives since we make the time to fast by eating more simplified meals that require less cooking time and more time to be with our families, to attend Church Services, to pray, to search our souls, to refresh and renew ourselves through deep thought and self-reflection. During Lent, may every one of us find forgiveness, kindness and grace in our hearts and souls and approach Easter with the peace, love, hope and promise that the miracle of the Resurrection brings to our lives. Give thanks to the Lord!

“I will give thanks to You with my whole heart, O Lord! I will proclaim all Your wonders!” (Psalm 9–10)

In HIS Service,  
Helen Coutros Horan  
Parish Council President

## PARISH COUNCIL NEWS

Our Parish Council wishes to thank everyone for their attendance and support of our events and activities. Our Apokriatiko Glendi was highly successful due to the guests and the generosity of our donors and sponsors.

We are in the process of planning our most profitable fundraiser, our Festival by the Bay 2020, to be held on May 29, 30 and 31. We hope to find parishioners interested in funding or donating items for our Festival Merchandise Raffle which will include a Smart TV, a Smart Cell Phone and a Mountain Bike. Please contact us at our Church office if you wish to offer your help at 732-826-4466.

A General Festival Meeting will take place on Sunday, March 29, 2020 directly after Church Services. Please save the date to gather important information regarding plans and preparations for Festival 2020.

## 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*

We were saddened to learn of the passing of Mrs. Freida Kusulas. Well loved, Freida had been a long-time member of Saint Demetrios and could always be found donating her time and energy to her church, especially at our Festivals. She will be greatly missed by family and friends. May her memory be eternal.



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

- There will be a **Philoptochos General Meeting** on Saturday, **March 28, 2020 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 extra hands to support this great organization. Please join us!
- Orders for **Tsourekia bread** from Agia Skepi will be accepted up **until Sunday, March 29, 2020**. Each bread will be in the shape of a braid and cost \$12.00. Please see Philoptochos Bulletin Board and future fliers for further information.
- On **Sunday, April 12, 2020**, 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.

**General Meeting**



Thank you for your continued support!





## *Masterpieces Galore*

About half of the participants in the painting party are pictured below with their "masterpieces" to be taken home and treasured. This was a unique experience to paint together as friends and families who thoroughly enjoyed creating their very own version of the model piece. This G.O.Y.A. parents' fundraiser enabled them to purchase Greek Dance costumes directly from Greece which arrived just in time for the Sights and Sounds competition coming up shortly.



Our APOKRIATIKO Glendi, which was celebrated on Sunday, February 23, 2020, was a happy, exciting,



well-attended event for everyone who enjoyed a delicious buffet, desserts, prizes, and entertainment. Our G.O.Y.A. Greek Dance Team performance followed by our Mardi Gras parade delighted all our guests who, enthusiastically, cheered and applauded. DJ Manny provided Greek and American music and kept our guests



motivated to join in on the dance floor. People of all ages co-mingled and danced together to create a special, memorable day of celebration! Our deepest appreciation is extended to



everyone who was in attendance and to all our donors and sponsors who supported this event and made it a wonderful day for all of us to enjoy!





## HOPE & JOY MINISTRIES

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



On Sunday, February 9, 2020, we had a Hope & Joy Ministries event after church services. We had 9 students in attendance: Claire Veiga, Angelo and Petros Tsivelis, Milo, Lucas, and Zoe Kanellidis, and Jaceir and Jakob Kanellidis. The students participated in a lesson about Valentine's Day and learned about the different Bible verses which talked about God's love. Then the students made a heart wreath and glued all the Bible verses they learned about on to the different hearts which made up the wreath. A fun time was had by all!



A fun time was had by all!



Our next Hope & Joy Ministries event will take place on March 22, 2020, right after church. The students will engage in an arts and crafts activity as well in participating in Greek dance lessons taught by Kali Simatos.

Hope to see all of our students there!



## G.O.Y.A. News

The G.O.Y.A. would like to thank everyone who made our Painting Party Fundraiser so successful. Because of your generosity, we were able to fund our costumes. We invite everyone to join us at our Spaghetti Lunch on March 15, 2020 to see our dancers in their beautiful new costumes, as well as, our extraordinary Sights and Sounds. God bless you all.

Cynthia Giannakopoulos



## PTO NEWS

Easter is just a hop, skip and jump away and that, also, means so is our much anticipated annual **PTO Easter Egg Hunt!!**

Please help make this year's Easter Egg Hunt especially enjoyable for our Saint Demetrios children with a kind donation towards the purchase of candy and treats. Please see a PTO Executive Council member or drop by the Church office.

(And who knows, maybe the Easter bunny will visit with an egg-stra special surprise!)







## Greek School News

Αγαπητοι Ενοριτες,

Την Κυριακη 22 Μαρτιου, 2020, θα γιορτασουμε την Εθνικη μας επετειο της 25ης Μαρτιου. Τα παιδια του Ελληνικου σχολειου θα απαγγειλουν ποιηματα και θα χορευουν παραδοσιακους χορους! Σας παριμενουμε ολους!

Λιγα λογια για αυτην την μεγαλη μερα του Εθνους μας: Την 25η Μαρτιου, 1821 σηματοδοτηθηκε η αρχη της Ελληνικης επαναστασης εναντια στην σκλαβια των Τουρκων. Ο αγωνας ηταν δυσκολος ,400 χρονια δεν ηταν ομως αρκετα να μας αλλαξουν την πιστη, γλωσσα και ταυτοτητα μας! Ο Εθνικος μας ηρωας , Θεοδωρος Κολοκοτρωνης, οταν ρωτηθηκε σε ποια μεγαλη δυναμη βασιζετε αν ειναι δηλαδη Αγγλοφιλος, Γαλλοφιλος η Ρωσοφιλος, εκεινος απαντησε πως ειναι 'Θεοφιλος' και οτι βασιζετε μονο στην δυναμη του Θεου! Παροτρυνε δε τους Ελληνες για επανασταση λεγοντας: «Ο Θεος εβαλε την υπογραφη του για την ελευθερια της Ελλαδας!» Την μεγαλη ημερα εκεινη στην Αγια Λαυρα ο Παλαιων Πατρων Γερμανος υψωσε το λαβαρο της επαναστασης μετα την Θεια Λειτουργια του Ευαγγελισμου της Θεοτοκου και ολοι με μια φωνη «Ελευθερια η Θανατος» ξεκινησαν την επανασταση.

Το μηνυμα του ερχομου του Μεσσια γεμισε με ελπιδα τις καρδιες των Ελληνων που περιμεναν το θαυμα και περιφρονησαν την λογικη. Απ'αυτο το θαυμα ηρθε η Ανασταση του γενους μας!

Δημητριος Τσιβελης  
Προεδρος Ελληνικου Σχολειου

Κυρια Αλεξανδρα Βελμαχου  
Διδασκαλισσα Ελληνικου Σχολειου





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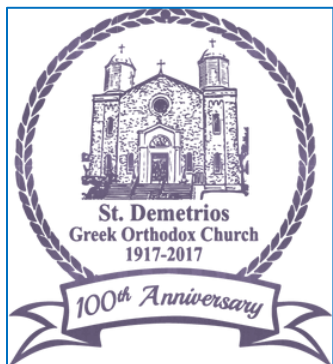
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2020  
**GREEK  
FESTIVAL**  
BY THE BAY

<i>Food!</i>	Friday, May 29	5pm – 10pm
<i>Music!</i>	Saturday, May 30	11am – 11pm
<i>Dancing!</i>	Sunday, May 31	12pm – 7pm