



*Saint Demetrios Greek Orthodox Church*  
*Ελληνικη Ορθοδοξος Εκκλησια Αγιου Δημητριου*  
*Parish Newsletter May 2020 - Δελτιο Ενοριας Μαΐου 2020*



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Orthros: 9:00 a.m. - Ορθρος 9:00 π.μ.

Divine Liturgy: 10:00 a.m. – Θεια Λειτουργια 10:00 π.μ.

**ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ**



Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας καὶ τοῖς ἐν τοῖς μνήμασι ζῶν ἡμῶν χαρισάμενος.

Ἀνάστασιν Χριστοῦ θεασάμενοι,  
 προσκυνήσωμεν ἅγιον, Κύριον,  
 Ἰησοῦν τὸν μόνον ἀναμάρτητον.

Τὸν Σταυρὸν σου Χριστέ προσκυνοῦμεν  
 καὶ τὴν ἁγίαν σου Ἀνάστασιν  
 ὑμνοῦμεν καὶ δοξάζομεν·  
 σὺ γὰρ εἶ Θεὸς ἡμῶν,  
 ἐκτὸς σου ἄλλον οὐκ οἶδαμεν,  
 τὸ ὄνομά σου ὀνομάζομεν.

Δεῦτε πάντες οἱ πιστοί,  
 προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἁγίαν ἀνάστασιν·  
 ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ  
 χαρὰ ἐν ὅλῳ τῷ κόσμῳ.

Διὰ παντὸς εὐλογοῦντες τὸν Κύριον,  
 ὑμνοῦμεν τὴν ἀνάστασιν αὐτοῦ·  
 Σταυρὸν γὰρ ὑπομείνας δι' ἡμᾶς,  
 θανάτῳ θάνατον ὤλεσεν.

*Ἀναστὰς ὁ Ἰησοῦς ἀπὸ τοῦ τάφου καθὼς προεῖπεν, ἔδωκεν ἡμῖν τὴν αἰώνιον ζωὴν καὶ μέγα ἔλεος.*

May 21, 2020 – 21 Μαΐου, 2020



Constantine became Emperor of the Roman Empire in the 312 A.D. He gave religious freedom to all Christians who had suffered untold hardships at the hands of previous Roman Emperors. Emperor Constantine built the new capital of the Empire in the ancient city of Byzantium and renamed the city Constantinople. This was the “golden age of Christianity within the Byzantine Empire. Once, before Emperor Constantine fought an important battle, he saw a cross in the sky with words surrounding it saying, “With this sign you will win.” Emperor Constantine and his soldiers fought bravely and won the battle. Due to this great victory, Constantine asked his mother, Helen, to go to Jerusalem in search of the true cross of Christ. After searching for many days, Helen found a plant that smelled very sweet (basil) so they began to dig in that area and found the Cross of Jesus. When people who were ill kissed the cross, they were healed and they realized this was miraculous. Helen built many Churches in the Holy Land in particular, The Church of the Holy Cross, in the place where they found the True Cross of Christ. Due to their tremendous contributions to the Christian Faith, Helen and Constantine have been given the titles “Isapostles” which means equal to the Apostles.



## *A Message from Father George*

On May 10<sup>th</sup>, we celebrate the Sunday of The Paralytic, where Jesus heals a man at the pool of Bethesda in Jerusalem. The man had sat by the pool for 38 years, and was unable to be healed. This miracle is clearly a gift of God to the sick man, and when Jesus heals the sicknesses of the body, he symbolizes the healing of our soul. This is all clear. Less clear is the response of the man to Jesus. He never thanks Jesus, for example. In fact, he might even betray Jesus, because he tells the Jews who healed him very quickly, and some believe that this means the man is a traitor. A very clear message comes from this story, if we put ourselves in the place of the healed man. Jesus gives him a great gift of salvation, just as he has given us a great gift of salvation. But the man's response to Jesus is not clear. When we look at his life, we cannot discern whether he is a Christian or not. He may be a Christian. But he may not be a Christian. What do people say about us? Christ has healed us and has given us salvation. What do people see when they see us? Do they see a Christian? Or, do they see a selfish person? Do they see a Christian, or do they see a greedy person? Do they see a Christian, or do they see an unforgiving person? Let us live our lives in such a way that when people see us, they see only a Christian.



Την 10η Μαΐου, γιορτάζουμε την Κυριακή του Παραλυτικού, όπου ο Ιησούς θεραπεύει έναν άνθρωπο στην δεξαμένη του Βηθεσδά, στην Ιερουσαλήμ. Ο άνδρας καθόταν δίπλα στην δεξαμένη για 38 χρόνια και δεν μπορούσε να θεραπευτεί. Ο Ιησούς τον θεραπεύει και όταν ο Ιησούς θεραπεύει τις ασθένειες του σώματος, συμβολίζει την epούλωση της ψυχής μας. Αυτό είναι ξεκάθαρο. Λιγότερο σαφής είναι η αντίδραση του ανθρώπου στον Ιησού. Ποτέ δεν ευχαριστεί τον Ιησού, παραδείγματος χάριν. μπορεί να προδώσει ακόμη και τον Ιησού, επειδή λέει στους Ιουδαίους ότι ήταν ο Ιησούς πού τον έσωσε πολύ γρήγορα, και κάποιιο πιστεύουν ότι αυτό σημαίνει ότι ο άνθρωπος είναι προδότης. Αλλά αν δεν είναι σαφές αν ο άνδρας είναι καλός η κακός, ένα πολύ ξεκάθαρο μήνυμα παράγεται από αυτή την ιστορία. Ο Ιησούς του δίνει ένα μεγάλο δώρο της σωτηρίας, ακριβώς όπως μας έχει δώσει ένα μεγάλο δώρο της σωτηρίας. Αλλά η απάντηση του ανθρώπου στον Ιησού δεν είναι ξεκάθαρη. Όταν εξετάζουμε τη ζωή του, δεν μπορούμε να διακρίνουμε αν είναι χριστιανός ή όχι. Μπορεί να είναι χριστιανός. Αλλά μπορεί να μην είναι χριστιανός. Τι λένε οι άνθρωποι όταν μας βλέπουν; Ο Χριστός μας έχει θεραπεύσει και μας έχει δώσει σωτηρία. Τι βλέπουν οι άνθρωποι όταν μας βλέπουν; Βλέπουν έναν Χριστιανό, ή βλέπουν έναν εγωισμό; Βλέπουν έναν χριστιανό, ή βλέπουν έναν άπληστο άνθρωπο; Βλέπουν έναν χριστιανό, ή βλέπουν ένα άνθρωπο που δεν συγχωρεί; Είναι ξεκάθαρη στην ζωή μας η πίστη μας; Ας ζήσουμε τη ζωή μας με τέτοιο τρόπο ώστε όταν οι άνθρωποι μας βλέπουν, βλέπουν μόνο έναν χριστιανό.



## *President's Message*

Dearest Parishioners,

Christos Anesti! Alithos Anesti! Χριστος Ανεστη! Αληθως Ανεστη!

May the blessing of the Resurrection bring us much love, happiness and good health.

As I am writing this message, we are in the midst of an unprecedented pandemic, the Coronavirus, COVID-19. I hope that each of you is following the official guidelines to shelter-in-place at home to keep our families safe and healthy. It is so very difficult to be away from our beloved Church for so many weeks, particularly, during Holy Week and Easter, our highest, most Holy days of the year. I know you are feeling the same way since our Church means so much to us. It is important to keep praying at home as Father George continues to pray for us at Church until we can safely gather together, once again.

May God provide strength to our parishioners who may be facing serious challenges and deep sympathy and condolences to those who suffered the ultimate sacrifice of loss of their loved ones. We, truly, grieve with you and feel helpless that we cannot console or comfort you in person during the current restrictions.

Unfortunately, it looks as though we will not be able to celebrate our holidays and special events at Church in the month of May. However, we are requesting the information for graduates to be published in our June newsletter. We are so proud of them. Please look for the form enclosed.

Happy Mother's Day to all our wonderful, loving Mothers. Please know that we will be thinking of you on May 10th. Once we return to Church, we will have a special celebration to honor all of you.

In the meantime, let's pray for each other to stay well. May God hear our prayers to keep us safe and sound. If you know of anyone who needs our help, please do not hesitate to call our Church office at 732-826-4466.

May God's love guide us through this difficult time.

In HIS Service,  
Helen Coutros Horan  
Parish Council President

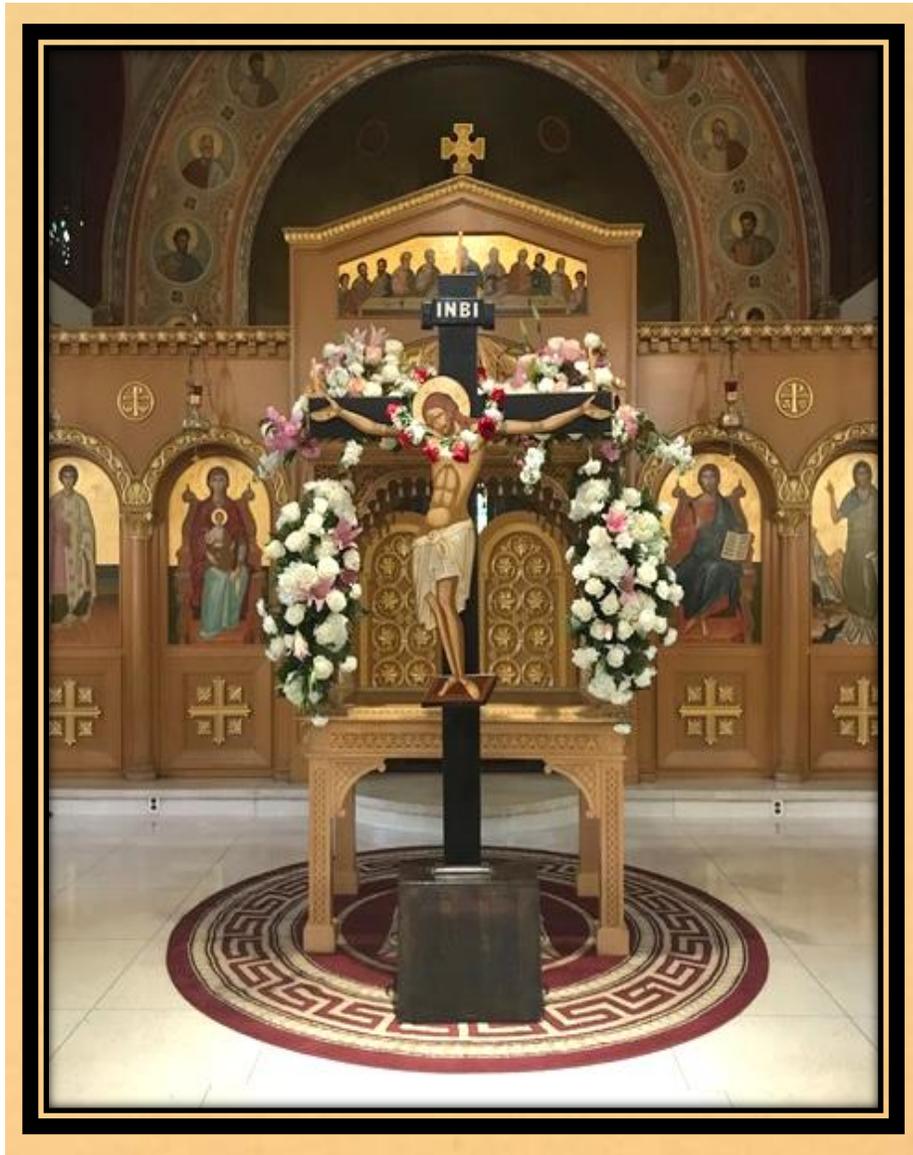


## *Epitafios*

Sincerest appreciation to everyone for your generous contributions for the exquisite flowers and candles which made the decorating of our Church possible to continue the valued customs and traditions of our Orthodox faith during these difficult days.

Our gratitude is extended to Presbytera Maureen for taking this beautiful photo and many others during the year. Please know that Father George continues to pray for us all.

Thank you all!



Θερμες ευχαριστιες σε ολους για τις γενναιοδωρες σας συνεισφορες για τα πανεμορφα λουλουδια και κερια που αποτελεσαν την διακοσμηση της Εκκλησιας μας και την βοηθησαν να συνεχισει τα πολυτιμα εθιμα και τις παραδοσεις της Ορθοδοξης μας πιστης κατα την διαρκεια αυτων των δυσκολων ημερων.

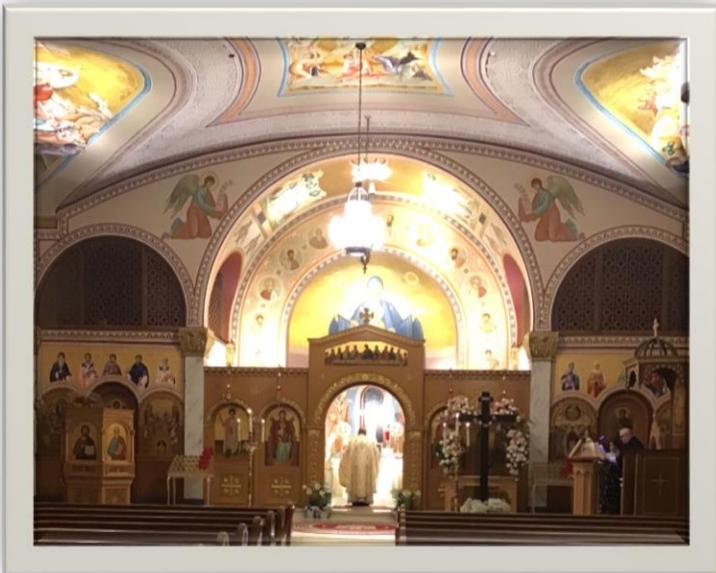
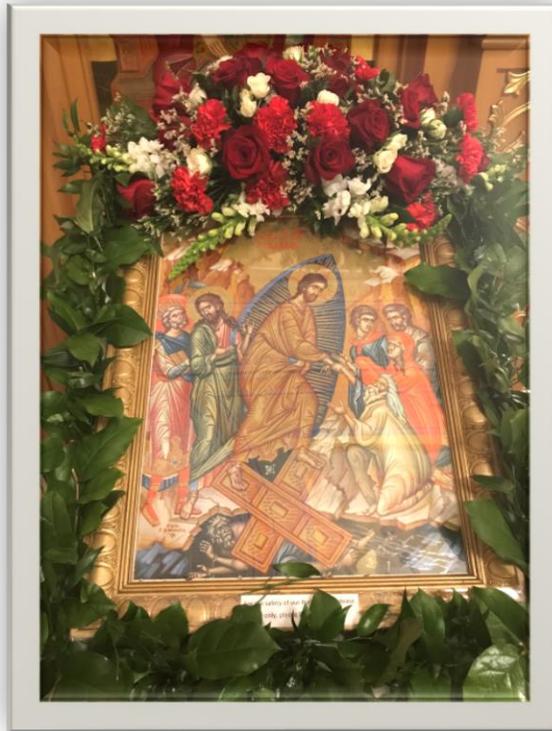
Ευχαριστουμε την Πρεσβυτερα Maureen για την ομορφη φωτογραφια. Ο Πατερας Γεωργιος συνεχιζει να προσευχεται για ολους μας.

Σας ευχαριστουμε για τη συνεχη υποστηριξη.



## *Holy Week and Easter Sunday Collage*

The Glorious Resurrection of our Lord Jesus Christ and Agape services were meaningfully delivered at our beloved Saint Demetrios Church by Father George and were accessible through live-streaming and YouTube. Although we could not gather together for these spiritual services this year, the beauty of these photos conveys the magnificence and significance of the most high holy days of our Orthodox faith. Christos Anesti! Alithos Anesti!





## *Easter Celebration Collage*

The joy and happiness of Easter are portrayed in this fun photo collage as our children and families celebrated creatively while keeping within the shelter-at-home guidelines during the coronavirus pandemic. We miss everyone and will be waiting to see you all at Church when it is safe to gather together, again.





## *Easter Celebration Collage (continued)*





## Ελληνικό Σχολείο

Αγαπητοι Ενοριτες,

**Χριστος Ανεστη!** Ελπίζουμε να ειχατε ενα ομορφο και ασφαλη Πασχα!

Φετος γιορτασαμε την 25η Μαρτιου στο σπιτι με Θεια Λειτουργια σε απευθειας μεταδοση το πρωι και μετα ντυνοντας τα παιδια παραδοσιακα και τραγουδωντας ποιηματα και τραγουδια του 21! Με σεβασμο στους προγονους μας που χυσαν το αιμα τους προχωραμε στο μελλον! Ζητω η Ελλαδα! Ζητω η 25η Μαρτιου!

Οπως γνωριζετε τα μαθηματα του Ελληνικου σχολειου εχουν διακοπει μεχρι νεοτερας εντολης της Μητροπολης Νεας Ιερσης. Παρακαλουμε οι γονεις οσο μπορουν να μελετουν μαζι με τα παιδια τα ελληνικα βιβλια ουτως ωστε να μη ξεχαστουν απο την μνημη των παιδιων.

Ευχομαστε η πανδημια να τελειωσει το συντομοτερο και να ειμαστε παλι ολοι μαζι στην εκκλησια μας και στο Ελληνικο σχολειο. Μεχρι τοτε παρακαλουμε μεινετε σπιτι ασφαλεις!

**Δημητριος Τσιβελης**  
Προεδρος Ελληνικου Σχολειου

**Κυρια Αλεξανδρα Βελμαχου**  
Διδασκαλισσα Ελληνικου Σχολειου



Hello Dear Sunday School Families and Parishioners,

Each and every one of you is so deeply missed. It is, certainly, true that distance makes the heart grow fonder. We realize that our time spent together in Sunday School is so very precious as we learn together about our beautiful Orthodox faith, beliefs, customs and traditions. Seeing and witnessing how our children internalize and practice our faith is a wonderful experience that we miss dearly. Participating together in the Divine Liturgy is so incredibly important to us as we become an integral part of our congregation. We miss every aspect of our Sunday School Program and are so pleased to hear how our families are utilizing the Religious Education lessons being sent home through email every week. Also, thank you so much for sending your beautiful Easter photographs that help us to visualize your celebrations at home which bring huge smiles to our faces. They, also, give us a sense of hope and promise that our reunion together as a congregation will soon become a reality.

In the meantime, please know how much you are missed. Stay home, stay safe and stay healthy!

In HIS Service,  
Helen Coutros Horan  
Sunday School Superintendent



## *Parish Council News*

### **Festival Postponement**

With the current stay-at-home quarantine in place and serious concerns for the health and safety of everyone, it was necessary to postpone our Festival by the Bay to another time in the future. Once our officials deem it safe to gather in large groups, again, we will arrange for a meeting to reorganize ourselves with your input and assistance and make a collaborative decision that is best for our Church and our Parishioners. Let us pray to God for each one of us to stay healthy and may God bless all the first responders and essential workers. They give us hope that all will be well soon.

In His Service,  
Helen Coutros Horan  
Parish Council President

## *G.O.Y.A. News*

Dear Friends,

We pray that this finds you all well. We also hope that you had a blessed Easter and that you enjoyed the readings of the Creed that our group was so happy to present to you. Thank you to Father George for his guidance on this project. We continue to look forward to the day that we can be together in our beautiful Saint Demetrios Church again. Please pray for all the youth in our group, particularly our seniors (Julia, Nick and Dean) as they are missing many of their senior milestones. Pray that God grant them the serenity to accept the things that they cannot change. Thank you and God be with you all!

Cindy and Nick Giannakopoulos



## ***SAINT DEMETRIOS LADIES PHILOPTOCHOS SOCIETY***

*"She opens her hand to the poor, and reaches out her hands to the needy." ~ Proverbs 31:20*

We are looking forward to seeing everyone once we can go back to church and the state lockdown is lifted.

If anyone, especially our seniors, needs assistance during this time, please feel free to reach out to us and we will do our best to aid you. We have donated a total of \$2,000 to the National and the Metropolis Philoptochos organizations to provide Covid-19 support for families in need.

Our condolences and prayers go out to the families of all those who have passed away.

Stay safe!

In Christ,  
The Philoptochos of Saint Demetrios

### ***PTO News***

#### ***Christos Anesti everyone!***

May the hope that Christ's resurrection brought to the world be carried in our hearts everyday- during days that are easy and days that are difficult. Hopefully, despite restrictions, you had a joyful Easter and you and your families are all healthy and well. This year we had to celebrate Holy Week and Easter in a very different way, and without our extended families and friends - for many, this was not easy. We look forward to the day when we can be together again as a congregation.

Heartfelt prayers of strength and comfort for all who have, and continue to face challenges, hardships and losses during this pandemic. For those who are heroically serving their communities and working the front lines, thank you and we pray for your safety.

On behalf of the PTO Executive Committee, I want to take this opportunity to reassure everyone that scheduled PTO's events will commence when we are able to congregate again. As we have sorely missed the Easter Egg Hunt this year, we will strive to make future events enjoyable and memorable. We miss you all!

Diana Regan  
PTO President



*Happy Mother's Day to all our Mothers!*

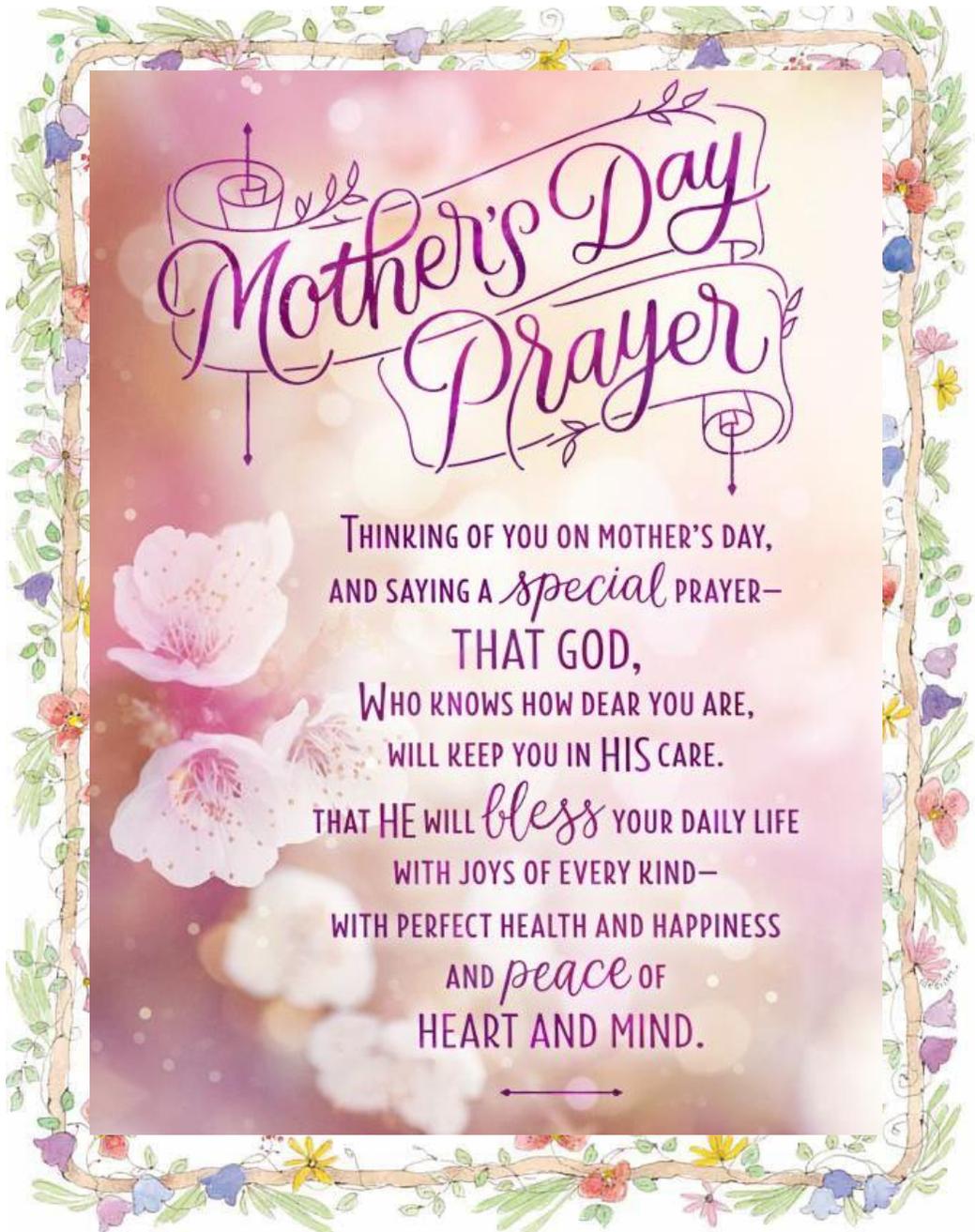
*Mother's Day Blessings and Candles*

*We will be thinking of you all on Sunday, May 10th!*



A Mother's love lights up our world! Let's light a candle for our Mothers with a blessing and a prayer on Mother's Day! Please make donations to Church with your Mother's, Stepmother's, Grandmother's, Mother-in-law's and Godmother's names included.

Father George will light the candles and pray for our loved ones or in memory of our loved ones.





ST. DEMETRIOS GREEK ORTHODOX CHURCH  
PERTH AMBOY, NJ

**GRADUATION SUNDAY (DATE TO BE DETERMINED)**



CONGRATULATIONS TO THE UPCOMING GRADUATES OF HIGH SCHOOL, COLLEGE, ADVANCED DEGREES AND TECHNICAL SCHOOLS IN OUR CHURCH COMMUNITY. SINCE WE CANNOT CELEBRATE AT CHURCH, WE WISH TO PUBLISH THE GRADUATES PHOTOS AND INFORMATION IN OUR JUNE NEWSLETTER.

**CHURCH NEWSLETTER**

IF YOU WISH FOR YOUR GRADUATE TO APPEAR IN OUR ST. DEMETRIOS NEWSLETTER, PLEASE SUBMIT A PHOTO AND BRIEF BIOGRAPHY TO HELEN COUTROS HORAN AT HER EMAIL ADDRESS BELOW:

**helehoran@yahoo.com**

PHOTOS AND BIOGRAPHY MUST BE SUBMITTED BY **MAY 10<sup>TH</sup>** AT THE LATEST. ANY QUESTIONS, PLEASE CONTACT HELEN HORAN AT **908-794-3065**.

**PHILOPTOCHOS AWARDS**

AS IN MANY YEARS PASSED, THE LADIES PHILOPTOCHOS WISHES TO HONOR **ALL GRADUATES BELONGING TO OUR ST. DEMETRIOS COMMUNITY**. THE PRESENTATIONS OF GIFTS WILL TAKE PLACE AT A DATE TO BE DETERMINED. KINDLY RETURN THIS FORM BY **MAY 10<sup>TH</sup>**.

PLEASE MAIL TO OR TELEPHONE: HELEN CATELANOS  
63 STEPHENVILLE PKWY.  
EDISON, NJ 08820  
732-549-0508

**SCHOLARSHIP/MEMORIAL AWARDS**

**KENNETH ARIANAS AWARD:** PRESENTED TO ALL HIGH SCHOOL GRADUATES in our Community.  
**BYRON AND ELENI STOIMENIDES AWARD:** PRESENTED TO HIGH SCHOOL GRADUATES who attended Sunday School through Grade 12.  
**GEORGE AND ROSE MARIE PROTONENTIS FAMILY SCHOLARSHIP AWARD:** PRESENTED TO HIGH SCHOOL GRADUATES who attended Sunday School through Grade 12 and will continue their education.

KINDLY COMPLETE THE INFORMATION BELOW AND RETURN BY **MAY 10<sup>TH</sup>**.

FULL NAME OF GRADUATE \_\_\_\_\_ TEL. # \_\_\_\_\_

**HIGH SCHOOL GRADUATE:** COLLEGE TO ATTEND \_\_\_\_\_  
MAJOR \_\_\_\_\_

**COLLEGE GRADUATE:** COLLEGE ATTENDED \_\_\_\_\_  
DEGREE \_\_\_\_\_

**GRADUTE SCHOOL GRADUATE:** COLLEGE ATTENDED \_\_\_\_\_  
MASTERS \_\_\_\_\_ DOCTORATE \_\_\_\_\_

**TECHNICAL SCHOOL GRADUATE:** \_\_\_\_\_

PLEASE CHECK THE BOX WHICH INDICATES THE DIPLOMA THE GRADUATE IS RECEIVING AND THE COLLEGE, SCHOOL, DEGREE AND/OR CERTIFICATION BEING RECEIVED. PLEASE RETURN BY MAIL TO HELEN CATELANOS, 63 STEPHENVILLE PKWY., EDISON, NJ 08820 OR CALL HELEN AT 732-549-0508.

\*\*\*\* **PLEASE RETURN BY MAY 10<sup>TH</sup>** \*\*\*\*

THE DATE FOR GRADUATION SUNDAY WILL BE PLANNED ONCE WE CAN SAFELY RETURN BACK TO CHURCH.



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