## Saint Demetrios Greek Orthodox Church Ελληνικη Ορθοδοξος Εκκλησια Αγιου Δημητριου Parish Newsletter January 2022 - Δελτιο Ενοριας Ιανουαριου 2022

Editors: Helen Horan Coutros and Maria Kakadelis



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

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6 Ιανουαριου – Τα Αγια Θεοφανεια του Κυριου Ημων Ιησου Χριστου

Μετά από θεία εντολή ο Ιωάννης ο Πρόδρομος εγκατέλειψε την ερημική ζωή και ήλθε στον Ιορδάνη ποταμό όπου κήρυττε και βάπτιζε. Εκεί παρουσιάσθηκε κάποια ημέρα ο Ιησούς και ζήτησε να βαπτισθεί. Ο Ιωάννης, αν και το Άγιο Πνεύμα τον είχε πληροφορήσει ποιος ήταν εκείνος που του ζητούσε να βαπτισθεί, στην αρχή αρνείται να τον βαπτίσει ισχυριζόμενος ότι ο ίδιος έχει ανάγκη να βαπτισθεί από Εκείνον. Ο Ιησούς όμως του εξήγησε ότι αυτό ήταν το θέλημα του Θεού και τον έπεισε να τον βαπτίσει. Και τότε μπροστά στα έκπληκτα μάτια των θεατών διαδραματίσθηκε μία μοναδική και μεγαλειώδης σκηνή, όταν με την μορφή ενός περιστεριού κατήλθε το Άγιο Πνεύμα και κάθισε επάνω στο βαπτιζόμενο Ιησού, ενώ συγχρόνως ακούσθηκε από τον ουρανό η φωνή του Θεού η οποία έλεγε: «Ούτος εστίν ο Υιός μου ο αγαπητός, εν ω ευδόκησα» («Αυτός είναι ο αγαπημένος μου Υιός, αυτός είναι ο εκλεκτός μου»).

Ο Κύριος με το να βαπτιστεί αγίασε το νερό, το έκανε νερό αγιασμού και συμφιλίωσης με το Θεό. Έτσι η Βάπτιση του Κυρίου άνοιξε τη θύρα του Μυστηρίου του Βαπτίσματος.

Έν Ίορδάνῃ βαπτιζομένου σου Κύριε, ἡ τῆς Τριάδος ἐφανερώθη προσκύνησις, τοῦ γὰρ Γεννήτορος ἡ φωνὴ προσεμαρτύρει σοί, ἀγαπητὸν σὲ Υίὸν ὀνομάζουσα, καὶ τὸ Πνεῦμα ἐν εἴδει περιστεράς, ἐβεβαίου τοῦ λόγου τὸ ἀσφαλές. Ὁ ἐπιφανεῖς Χριστὲ ὁ Θεός, καὶ τὸν κόσμον φωτίσας δόζα σοί. About the beginning of our Lord's thirtieth year, John the Forerunner, who was some six months older than Our Saviour according to the flesh, and had lived in the wilderness since his childhood, received a command from God and came into the parts of the Jordan, preaching the baptism of repentance unto the remission of sins. Then our Saviour also came from Galilee to the Jordan, and sought and received baptism though He was the Master and John was but a servant. Whereupon, there came to pass those marvelous deeds, great and beyond nature: the Heavens were opened, the Spirit descended in the form of a dove upon Him that was being baptized and the voice was heard from the Heavens hearing witness that this was the beloved Son of God, now baptized as a man (Matt. 3:13-17; Mark 1:9-11; Luke 3:1-22). From these events the Divinity of the Lord Jesus Christ and the great mystery of the Trinity were demonstrated. It is also from this that the present feast is called "Theophany," that is, the divine manifestation, God's appearance among men. On this venerable day the sacred mystery of Christian baptism was inaugurated; henceforth also began the saving preaching of the Kingdom of the Heavens.

#### Apolytikion of Holy Epiphany

#### **First Tone**

Lord, when You were baptized in the Jordan, the veneration of the Trinity was revealed. For the voice of the Father gave witness to You, calling You Beloved, and the Spirit, in the guise of a dove, confirmed the certainty of His words. Glory to You, Christ our God, who appeared and enlightened the world.

#### Kontakion of Holy Epiphany

#### Fourth Tone

You appeared to the world today, and Your light, O Lord, has left its mark upon us. With fuller understanding we sing to You: "You came, You were made manifest, the unapproachable light."



Message from Father Gregory



Welcome to January, but don't think that Christmas is over!

A young person at a G.O.Y.A. dinner dance three days after Christmas this year was critical, wondering aloud why Christmas music was still being played when Christmas was "so over." What that person didn't know is that Christmas on December 25th (Jesus' birth) begins a celebration that continues to Epiphany (Theophany) on January 6th. That person might not have complained if that person had known the good news.

Although the December 25th visit by Saint Nicholas is very welcome, the Church teaches that Epiphany is the more important feast. It celebrates the baptism of Jesus in the Jordan River by the Forerunner (that is why John is called "the Baptist") and the showing to the world of Jesus as the ever-existing Word of God - born into the world as a baby.

While this space is insufficient to relay all of the importance of Epiphany, including the grace of the Holy Spirit and its impact on our sins, the fact that we continue to celebrate into January is good news. Please rejoice if you already knew that. Some of us need good news.

Fr. Gregory



# Iανουαριος - January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Circumcision of the Lord
						Divine Liturgy 9:30 a.m.
2	3	4	5	6	7	8
Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Sunday School	Greek Dance Practice 7:30 p.m.		Greek School PreSchool/Primary Levels 6:00 p.m. Elementary/Middle Levels 7:00 p.m.	Epiphany Divine Liturgy 9:30 a.m.		
9	10	11	12	13	14	15
Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Sunday School	Greek Dance Practice 7:30 p.m.		Greek School PreSchool/Primary Levels 6:00 p.m. Elementary/Middle Levels 7:00 p.m.			
16	17	18	19	20	21	22
Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Sunday School	Greek Dance Practice 7:30 p.m.		Greek School PreSchool/Primary Levels 6:00 p.m. Elementary/Middle Levels 7:00 p.m.			
23	24	25	26	27	28	29
Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Sunday School	Greek Dance Practice 7:30 p.m.		Greek School PreSchool/Primary Levels 6:00 p.m. Elementary/Middle Levels 7:00 p.m.			
30	31					
Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Sunday School	Greek Dance Practice 7:30 p.m.		20 Дарру	D22 New Lear-	2	

#### President's Message



Dearest Parishioners,

"Trust in the Lord with all your heart; don't rely on your own intelligence. Know Him in all your paths, and He will keep your ways straight." Proverbs 3:5-6

Welcoming in a new year evokes memories of the year through which we just passed and our hopes and dreams for the one we are about to pass through anew. Knowing that our Lord has been with us through our paths this past year, we must be thankful and grateful for all that He provided.

Attendance improved significantly and we welcomed many new families, new students, Baptisms and Weddings increased and newly Chrismated parishioners joined us.

Feast days were celebrated together with a beautiful Holy Week and Easter services which all became better attended, in- person Sunday School and Greek School classes re-opened and all our Church Ministries became active and operational, once again!

Fundraisers were conducted such as Family Take-Out Platters, Greek Grills and a streamlined Festival in September which was very well-attended, successful and profitable replete with our Saint Demetrios Youth Dancers, raffles and new items on the menu.

We were blessed with a visitation by our new Archbishop of America, Archbishop Elpidophoros, who selected our small, humble Church. A warm welcome with our children, and parishioners filled our Church pews for the Paraklesis Service. He complimented our beautiful Church, our iconography and delivered an inspirational message which was followed by a reception where the Archbishop graciously accommodated numerous requested photos. This was an historic, memorable event for all of us at Saint Demetrios!

We did have our trials and tribulations, as well, this year, however, with our love, praise and prayers to the Lord, we are moving forward with our "trust in the Lord with all our hearts, know Him in all our paths and He will keep our ways straight"!

Happy New Year, Everyone!

In HIS Service, Helen Coutros Horan Parish Council President

> "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

New Year



Our Christmas Tree Lighting Event took place outside after the Divine Liturgy. Children and adults, alike, gathered together around our huge evergreen tree while Father Gregory Rubis gave a beautiful prayer for the symbolism of the Christmas tree followed by our Saint Demetrios Carolers who led the group with the singing of several traditional Carols to start off our Christmas season with cheer and joy which it, certainly, did! Hot chocolate covered in whipped cream and dusted with crushed candy cane plus delicious Christmas cookies were served by our Philoptochos and thoroughly enjoyed by all!





## *Chrístmas Icons December 5, 2021*

After children discussed the meaning and importance of Christmas, they followed up by happily coloring in a paper Christmas icon to take home.







## Preparations - December 5, 2021

The Director of our Christmas pageant, Helen Catelanos, distributed parts to the children who will recite poetry or special readings during the performance. Many of the other younger children will be dressed as angels, stars, Kings, shepherds and little farm animals, etc. to complete the roles necessary for the portrayal of the Nativity scene.

#### Appreciation Luncheon December 12, 2021

As a token of great appreciation and esteem to all our parishioners who extended their love, support and encouragement to our Parish Council over the past 3 years of our term, an Appreciation Luncheon was held on December 12. A Lenten meal of baked and fried flounder, Greek style string beans, roasted potatoes and a green salad were served. The delicious meal was catered by The Barge Restaurant.

Parish Council President, Helen Coutros Horan, made a "surprise" gift presentation to Ruben and Froso Morales in appreciation of their commitment to our Church and all our parishioners. These two devoted people, although they are our employees, go above and beyond the call of duty by providing numerous services to so many parishioners in need and do this beyond the work day. They are known to do grocery shopping, drive people to their doctor's appointments, help people with paperwork, and odd jobs around their homes. We are so very fortunate to have them in our lives and wish to make it known that their services "beyond the call of duty" are admired and profoundly appreciated.



Christmas Banquet - December 19, 2021



Philotimo Housing Urban Corporation and the Greek Orthodox Metropolis of New Jersey hosted a Christmas Banquet to re-initialize the Saint Demetrios Housing for Active Adults.



This architectural rendering reveals what the soon to be built Waterfront Complex, Saint Demetrios Housing for Active Adults which will feature a 300-person multipurpose community center will look like once the major construction project is completed. Contact: Helen Horan at 732-826-4466

Perth Amboy, NJ – Philotimo Housing Urban Corporation and the Greek Orthodox Metropolis of New Jersey hosted a Christmas banquet at the Grand Marquis in Old Bridge, NJ to restart the building efforts for the Saint Demetrios Housing for Active Adults on Sunday, December 19. 2021.

This event was attended by 175 people including His Eminence Archbishop Elpidophoros of America, who remarked this event was to "re-initialize this wonderful and vital project" and his full speech can be viewed on the next page or at: https://www.goarch.org/-/st-demetrios-housing-2021

#### His Eminence Archbishop Elpidophoros of America Remarks at the Saint Demetrios Housing Christmas Banquet

Beloved Brothers and Sisters in Christ,

It is a great distinction for me to be your honoree this evening, as we re-initialize this wonderful and vital project: Philotimo - Saint Demetrios Housing for Active Adults.

It was just two years ago that we commenced this vital initiative with the groundbreaking. But like so many other endeavors, we found ourselves thwarted by the pandemic. Nevertheless, you – the good people of this Metropolis and of the wonderful Community of Perth Amboy – are believers in something greater than any obstacle. For you know, with the Theologian John, that "greater is He that is in you, than he that is in the world."[\*]

Your vision has been exceptional. A broad perspective, not only for Senior housing, but a comprehensive Ministry Program for the entire Metropolis.

I note with great satisfaction how you have adapted the project to the new conditions and exigencies caused by the pandemic. We know our senior population is the most vulnerable to all the variables of COVID, and that one in every one hundred Americans over the age of sixty-five has succumbed to the disease. With these facts in mind, you have made special provisions to the design of the facility, so as to magnify all the safety features of the complex. You have shown wisdom and foresight. And for this, and much more, you are all to be commended.

You also know that I am deeply interested in how the project could serve at least a portion of our retired clergy and widowed presvyteres. And I would like all of you to know how much I personally appreciate the considerations you are giving to these heroes of our communities.

Tonight, then, is a celebration of the restart and the continuation of the Philotimo –Saint Demetrios Housing for Active Adults. All of us have something to give to this tremendous effort on behalf of the Omogeneia. But in order for this "outreach" to achieve its full capacity, we all have to "reach in" and share our capacities and resources.

The formation of an Orthodox Christian community that is designed from the ground up – with seniors in mind – is an invaluable contribution to the Metropolis, as well as to our Archdiocese as a whole. We need to see our seniors as a resource. Bringing them together makes them stronger, like the proverbial bunch of sticks. One stick breaks easily, but bundle them together, and they are unbreakable.

The same is true, in many ways, for our seniors as well. Together, they have an incalculable wealth of experience and wisdom. Saint Demetrios Housing will be a powerful lighthouse of that experience, illuminating the Omogeneia.

Remember that it was to a senior that God the Father entrusted both His Newborn Son and His Holy Virgin Mother: to Joseph the Betrothed. His age was no impediment. In fact, it was his advantage. For he had experience of the world, and he fulfilled the saying of the Prophet – long before Pentecost – when Joel prophesied: "your old men shall dream dreams."[†] For Joseph heard the word of the Lord from the Angel in his dreams, as we just heard in today's Gospel.[‡]

Our seniors still have dreams. And this wonderful complex will be a place for those dreams to become a reality.

I express my profound gratitude to all of you, and congratulate you for this magnificent effort.

May the same God who sent His Angels into the dreams of Joseph, continue to send us angels of good counsel for this blessed undertaking.

And may He grant unto us a spiritually rewarding feast of Christmas, and a happy, prosperous and healthy New Year.

Thank you, and may God bless us all!

[\*] I John 4:4.
[†] Joel 2:28 and Acts 2:17.
[‡] Cf. Matthew 1:20.



Pictured from left to right: Spero Kalambakas, Peter Stavrianidis, His Grace Bishop Apostolos of Medeia, His Eminence Archbishop Elpidophoros, Honorable Judge Marina Corodemus, Dr. Elias Iliadis, Very Reverend Archimandrite Nektarios Cottros.









#### Christmas Pageant - December 19, 2021

These amazingly beautiful photos depict the final result of our Christmas Pageant, The Nativity Scene, and The Birth of our Lord Jesus Christ, which was created by our dear, sweet, precious Saint Demetrios Sunday School students. Their smiles and poses demonstrate their pride and happiness in their participation of this highly anticipated event of the year!

Directed by Helen Catelanos, this very special annual event included almost 30 children this year which is the highest number of participants in a very long time! We extend our heartfelt appreciation to Mrs. Catelanos for her continued love, interest, time and efforts in the production of this spectacular Procession and Nativity Scene.

Christmas poetry readings were recited by many of our children, plus, there was a new additional performance of Christmas Carols played on musical instruments as a duet. Luca Regan played the Trumpet and Jaceir Kanellidis played the Saxophone to the delight and surprise of everyone.

The Procession began with the entrance of the Guardian Angel who overlooks and protects Mary, Joseph and Baby Jesus, followed by Stars, Angels, Shepherds and their flock of sheep, farm animals, The Three Kings bearing gifts and the most adorable Drummer Boy completed the Procession by offering his drum as a gift to the New Born King.

Sincerest thanks to the children's parents who brought them to rehearsals and practiced their roles with them to produce this extraordinary performance which received rave reviews from the audience.

Joy to the World, The Lord Has Come!





























#### GREEK ORTHODOX METROPOLIS OF NEW JERSEY Ιερα Μητροπολίς Νεάς Ιερσεής

December 21, 2021

The Very Reverend and Reverend Clergy, Esteemed Members of the Parish Councils, Philoptochos Sisterhoods and the PTO/PTA, Directors/Principals and Teachers of the Afternoon Greek Schools of the Northern New Jersey Region of the Greek Orthodox Metropolis of New Jersey

My Beloved in the Lord,

I pray that my letter finds all of you well. With the blessings of His Eminence, Archbishop Elpidophoros of America our Sacred Metropolis of New Jersey will once again be celebrating Greek Letters and the Feast Day of the Three Hierarchs, St. Basil the Great, St. John Chrysostom and St. Gregory the Theologian, the Ecumenical Teachers of our Holy Orthodox Faith and profound supporters of Education. Furthermore, these Great Saints and Illuminators are the special Protectors of our Teachers, the educators who have devoted their life to the service of our Church and our children.

Please know that the Metropolis Celebration for the Northern New Jersey Region will take place on <u>SATURDAY</u>, JANUARY 29, 2022, AT 6:00 PM AT THE ST. JOHN THE <u>THEOLOGIAN GREEK ORTHODOX CATHEDRAL IN TENAFLY</u>, NEW JERSEY. The beautiful program will include the students of the area Greek Schools, as they narrate various poems, sing songs, and Greek dance with great pride. Please join us for this beautiful event as we gather together to honor the Three Hierarchs, and to celebrate the work of our Greek School Educators and our Greek School Students.

Please R.S.V.P. by contacting the St. John the Theologian Greek Orthodox Cathedral at 201-567-5072 <u>no later than Monday, January 24, 2022</u> so that appropriate arrangements can be made.

Conveying to you the paternal love and blessings of our Chief Shepherd, His Eminence Archbishop Elpidophoros of America and wishing you a most blessed and Merry Christmas, I remain



At the Direction of the Archbishop,

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+ Archimandrite Christoforos Oikonomidis Chancellor

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Evuxuepéve 2 Te Née Eues

## Greek School

Οι ενοριτες μας εμειναν πολυ ικανοποιημενοι και εντυπωσιασμενοι αφου οι μαθητες του ελληνικου σχολειου μας τραγουδησαν τα ελληνικα χριστουγεννιατικα καλαντα στο τελος της χριστουγεννιατικης εκδηλωσης. Οι μαθητες εχουν σημειωσει σημαντικη προοδο στην εκμαθηση των ελληνικων με την καθοδηγηση της δασκαλας τους Δεσποινας Μαρκου και ηταν ολοι ενθουσιασμενοι που τραγουδησαν για ολους μας σε αυτην την τοσο ιδιαιτερη ημερα.

Our parishioners were very pleased and impressed as our Greek school students sang Greek Christmas carols as the finale of the Christmas Pageant performance. The students are progressing so very well in their learning of Greek with their teacher, Despina Markos, and were very excited to perform for everyone on this very special day.



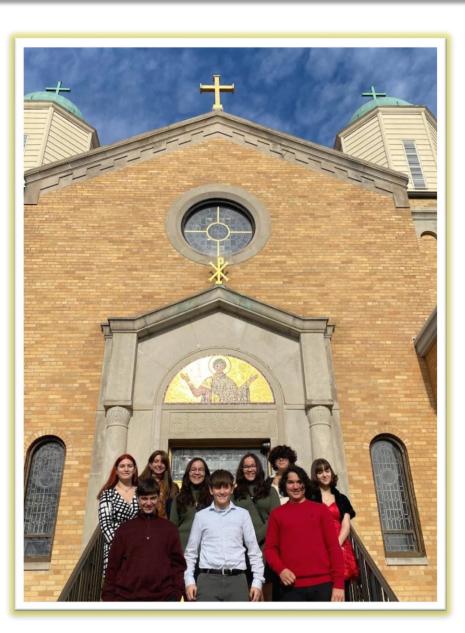
y Mew Year

We hope that you all had a joyous holiday season. Our Goyans enjoyed their holiday party and Christmas dance. The G.O.Y.A. starts off the year with many events leading up to Sights and Sounds. Craft workshops, play practice and perfecting our Greek dance routine will help pass the time during these cold winter days.

Our G.O.Y.A. offers many opportunities for our youth to:

- Bond with teens of the same faith and culture. Some of these friendships last a lifetime!
- Grow in knowledge of Greek Orthodoxy and the Greek culture.
- Display their talents and gifts during the many G.O.Y.A. events.

Perhaps many of you recall your G.O.Y.A. days fondly. If you know of any teens that would like to join our group, please contact cynthiagianna@gmail.com.





Thank you to all for the wonderful donations that made our Christmas Party on such wonderful follow up to the beautiful Children's Christmas pageant on December 19<sup>th</sup>! What a special treat that Santa made room in his schedule to visit us again this year! Here below are just a few photos from the event.

Please email <u>dianapregan@gmail.com</u> if you have a nice photo taken at the party of your children. On behalf of the PTO, parents and teachers, we wish all a wonderful, happy, healthy and prosperous New Year. May God bless Saint Demetrios!



# HAPPY NEW YEAR!

#### Parish Council

It has, truly, been our privilege and honor to be blessed as members of our Saint Demetrios Parish Council from January 2019 through January 2022. During our 3-year term, we began with a very normal year in 2019 when all Divine Liturgy Services, Feast Days, sacraments ministries, organizations and fundraising events functioned as anticipated.

Then came 2021 when a pandemic turned the world upside down and we were in quarantine for 3 months which was devastating to our Church on so many levels. We planned for our re-opening very carefully following all mandates and guidelines precisely. It took over a full year before it seemed that a new normal had been established. However, numerous families have still not returned on a regular basis.

It wasn't until the Fall of 2021 that we reached a sense of normalcy especially when we were able to present our Christmas Pageant on December 19 which was a wonderful event enjoyed by the entire congregation. With prayers, love and cooperation, it appeared that our world was reestablishing itself.

Another sign of normalcy was that our Philotimo Building Development Urban Renewal Corporation held a wellattended Christmas Benefit to encourage and solicit donations or non-binding reservations for the Saint Demetrios Housing for Active Adults Building project. Our Archbishop Elpidophoros was the honored guest speaker and expressed his strong endorsement and support.

Our heartfelt thanks and gratitude are extended to each and every one of our parishioners who played a part in assisting the Parish Council throughout this transitional time that allowed us to reach a level of security and safety and a return to a much more normal environment.

You may have helped us by chairing an event, working at an event or at our festival, donating items needed, monetary donations, volunteering your time, talents or treasures or just by being present and supportive in your own way, we appreciate you and we thank you!

May God bless each one of you with good health and happiness in the new year and always,

Good luck to our new Parish Council, January 2022 to January 2024, as they begin their official commitment and induction duties and responsibilities in the very near future. Best wishes and much success!



## Hope and Joy

Happy New Year to our Saint Demetrios Family! Be well and stay safe!

Hope & Joy will be selecting a January date for our next Hope & Joy activity to include an arts and crafts project and Greek dance lessons for our children between Kindergarten and Grade 6. Please check your email for a new message!

## Saint Demetrios Ladies Philoptochos Society

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

Happy New Year! We pray for good health and happiness for you during this New Year.

Thank You to all who supported our Vasilopita Sale, as well as all the other events and fund raisers we've had over the past year. Your contributions go a long way to help the Philoptochos meet our missions, which include helping the poor, the hungry, as well as victims of disasters, both here and in Greece. We may be a small community, but our hearts are Mighty and can be depended on to provide help when and where it is needed. Your generosity is always appreciated.

As a reminder, the Philoptochos will continue working with local food pantries to help feed the hungry so please keep bringing in your non-perishable food items and leave them in the collection box located in the Narthex.

Much as the Philoptochos would have enjoyed hosting a Vasilopita Brunch, due to the rise in Covid cases, we have decided not to hold this event this year in order to maintain the safety and good health of all.

In Christ, The Philoptochos of Saint Demetrios

Sunar

MARIA MANTOUDAKIS

"Tsunami to Greatness" will propel you into a journey of self-love, understanding of universal laws, and peace of knowing that the synchronicity of the Universe results in self-evolution, and greatness.

To purchase the book, please use the link below: <u>Tsunami to Greatness: Unleashing the Power of Self-Love</u> and Synchronicity to Become the Best Version of You







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Helen and María, the editors, wish everyone a happy and healthy New Year!



and and

Ευτυχισμενο το Νεο Ετος με υγεια, χαρα και ευτυχια!

## Thank You To Our Sponsors!



Thank you to all the essential workers and frontline workers who are working tirelessly. Thank you to everyone for your hard work, dedication, strength and willingness to help everyone in need to stay healthy. God bless you all!

