

Saint Demetrios Greek Orthodox Church
Ελληνική Ορθόδοξος Εκκλησία Αγίου Δημητρίου
Parish Newsletter February 2022 - Δελτίο Ένοριας Φεβρουαρίου 2022

Editors: Helen Horan Coutros and Maria Kakadelis



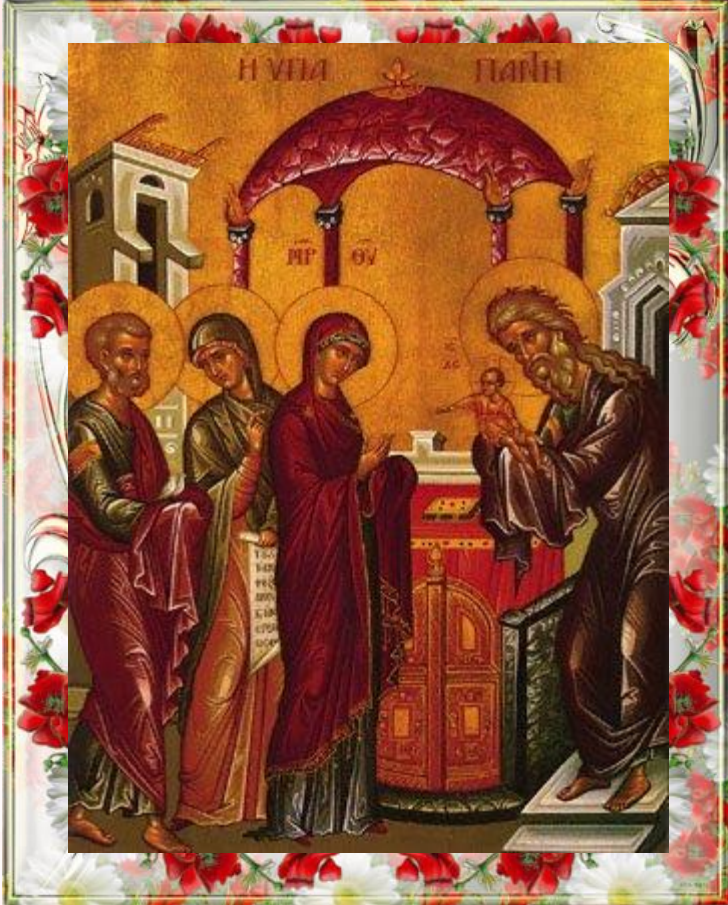
Orthros: 9:00 a.m. - Ορθρος 9:00 π.μ. Divine Liturgy: 10:00 a.m. – Θεία Λειτουργία 10:00 π.μ.

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2 Φεβρουαρίου – Η Υπαπαντή του Κυρίου

February 2 - The Presentation of Our Lord and Savior in the Temple



Τὸ γεγονός τῆς Ὑπαπαντῆς, ποὺ ἐξιστορεῖ ὁ Εὐαγγελιστὴς Λουκᾶς στὸ β' κεφάλαιο τὸ Εὐαγγέλιόν του, συνέβη σαράντα ἡμέρες μετὰ τὴν γέννηση τοῦ Ἰησοῦ. Σύμφωνα μὲ τὸν Μωσαϊκὸ Νόμο, ἂν τὸ πρῶτο παιδί τῆς οἰκογένειας ἦταν ἀγόρι, ἀφιερωνόταν στὸν Θεὸ καὶ συγχρόνως προσφερόταν γιὰ θυσία ἓνας ἄμνος ἢ ἓνα ζευγάρι τρυγόνια ἢ δυὸ μικρὰ περιστέρια. Τὸ γράμμα τῶν ἐντολῶν αὐτῶν πληροῦντες ὁ Ἰωσήφ καὶ ἡ Παρθένος Μαρία, ἀνῆλθαν τὴν τεσσαρακοστὴ ἡμέρα ἀπὸ τῆς γεννήσεως τοῦ Χριστοῦ στὸ ναὸ τῶν Ἱεροσολύμων, γιὰ νὰ προσφέρουν τὸν Ἰησοῦ στὸν Θεὸ καὶ νὰ δώσουν τὴν θυσία περὶ καθαρισμοῦ. Τὸ ζευγάρι ὑποδέχθηκε στὸ ναὸ ὁ ὑπερήλικας Προφῆτης Συμεὼν, ὁ ὁποῖος δέχθηκε τὸν Ἰησοῦ στὴν ἀγκαλιά του φωτισμένος ἀπὸ τὸ Ἅγιο Πνεῦμα, ἔχοντας λάβει ἀποκάλυψη ἀπὸ Αὐτὸ ὅτι δὲν θὰ ἀπέθνησκε πρωτοῦ δεῖ Ἐκείνον, τὸν ὁποῖο ὁ Κύριος καὶ Θεὸς ἔχρισε Βασιλέα καὶ Σωτῆρα τοῦ κόσμου. Ἡ ἐορτὴ εἰσῆχθηκε πρῶτα στὴν Δύση πρὸς κατάργηση τῶν τελουμένων εἰδωλολατρικῶν ἐορτῶν, κατὰ τὶς ἀρχὲς τοῦ Φεβρουαρίου, πρὸς τιμὴν τοῦ Πανός, ὡς καθαρῶς θεομητορικὴ ἐορτὴ. Ἀργότερα καθιερώθηκε καὶ στὴν Ἀνατολή. Κατὰ μὲν τὸν Γεώργιο Κεδρηνὸ ἡ ἐορτὴ εἰσῆχθηκε ἐπὶ τοῦ αὐτοκράτορα Ἰουστινιανοῦ τοῦ Α' (518 – 527 μ.Χ.), κατὰ δὲ τὸ Νικηφόρο Κάλλιστο ὁ μέγας Ἰουστινιανὸς (525 – 565 μ.Χ.) διέταξε, τὸ 542 μ.Χ., νὰ ἐορτάζεται ἡ Ὑπαπαντὴ τοῦ Σωτῆρος σὲ ὅλη τὴ γῆ. Ἐπειδὴ ὁμως διασώζονται σήμερα λόγοι – ὁμιλίαι στὴν ἐορτὴ τῆς Ὑπαπαντῆς, ποὺ χρονολογοῦνται πολὺ πρὶν ἀπὸ τὸν 6ο αἰῶνα μ.Χ., εἰκάζεται ὅτι ὁ αὐτοκράτορας Ἰουστίνος εἰσήγαγε τὴν ἐορτὴ στὴν Κωνσταντινούπολη. Ἡ ἐορτὴ τῆς Ὑπαπαντῆς, στὴν Κωνσταντινούπολη, ἐτελεῖτο στὸ ναὸ τῶν Βλαχερνῶν, ὅπου παρευρίσκονταν καὶ οἱ βασιλεῖς.

When the most pure Mother and Ever-Virgin Mary's forty days of purification had been fulfilled, she took her first-born Son to Jerusalem on this, the fortieth day after His birth, that she might present Him in the temple according to the Law of Moses, which teaches that every first-born male child be dedicated to God, and also that she might offer the sacrifice of a pair of turtle-doves or two young pigeons, as required by the Law (Luke 2:22-24; Exod. 13:2; Lev. 12:6-8). On this same day, a just and devout man, the greatly aged Symeon, was also present in the temple, being guided by the Holy Spirit. For a long time, this man had been awaiting the salvation of God, and he had been informed by divine revelation that he would not die until he beheld the Lord's Christ. Thus, when he beheld Him at that time and took Him up into his aged arms, he gave glory to God, singing: "Now lettest Thou Thy servant depart in peace, O Master. . ." And he confessed that he would close his eyes joyfully, since he had seen the Light of revelation for the nations and the Glory of Israel (Luke 2:25-32). From ancient times, the Holy Church has retained this tradition of the churching of the mother and new-born child on the fortieth day and of the reading of prayers of purification.

The Apodosis of the Feast of the Meeting in the Temple is usually on the 9th of February. This, however, may vary if the Feast falls within the period of the Triodion. Should this occur, the Typicon should be consulted for specific information concerning the Apodosis of the Feast.

Message from Father Gregory



Αγαπητοι αδελφοι μου,

Αν ειστε ενθερμοι, θεωρηστε το δωρο Θεου. Δεν εχουν ολοι αυτο το χαρισμα. Ο Φεβρουαριος ειναι συνηθως ο πιο ψυχρος μηνας του χρονου αλλα επονται οι θερμες θερμοκρασιες της ανοιξης. Ο Φεβρουαριος ειναι ακομη η περιοδος κατα την οποια η Εκκλησια γιορταζει τα Εισοδια του Βρεφους Ιησου στο Ναο, 40 μερες μετα τη γεννηση του. Αυτη ειναι μια απο τις δωδεκα Μεγαλες Γιορτες. Θυμομαστε αυτη τη γιορτη καθε φορα που ερχονται στην εκκλησια μια μητερα με το βρεφος της για τις ευλογιες της σαρακοστης ημερας. Ακομη και αν δεν θυμοσαστε τη δικη σας αυτη ευλογημενη μερα μπορειτε να την αναβιωσετε πνευματικα, στις 2 Φεβρουαριου, την ημερα που γιορταζουμε την γιορτη των Εισοδιων του Ιησου με το μυστηριο της Θειας Λειτουργιας. Αν παρεβρεθειτε, οι παροντες θα σας ενταξουν και αυτοι στο εορταστικο κλιμα επειδη η Εκκλησια σας επεστρεψε στους γονεις σας μετα την 40η ημερα της ευλογιας σας, ωστε να μπορεσετε να ζησετε μια ζωη εν Χριστω. Καποιοι εχουν αναρωτηθει πως τα πατε με αυτο και επισης πως τα παω και εγω με αυτο. . . αλλα πολλοι απο εμας δεν θελουν να απαντησουν σε αυτο. Ας ελπισουμε οτι το κρυο του Φεβρουαριου δεν υπαρχει στις καρδιες μας.

Πατηρ Γρηγοριος




Hello to you and to February.

If you are warm, consider it a gift from God. Not all have this gift. February is frequently the coldest month of the year but warmer temperatures and spring then follow. February is also when the Church celebrates the Presentation of the Infant Jesus in the Temple, forty days after his birth. This is one of the 12 Great Feasts. We are reminded of this Feast every time an infant and his or her mother are brought to the church for the 40th day blessing. Even if you don't remember your own 40th day blessing you can relive it, spiritually, on February 2nd, when we will celebrate the Feast with a Divine Liturgy. If you appear, those present will also celebrate you because the Church returned you to your parents after your 40th day blessing so you could live a life in Christ and some have asked how you are doing with that and also how I am doing with that . . . but not many of us want to answer that. May the coldness of February not be in our hearts.

Father Gregory

Φεβρουάριος – February

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Presentation of our Lord in the Temple Divine Liturgy 10:00 a.m.			
6	7	8	9	10	11	12
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.			
13	14	15	16	17	18	19
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.			Philoptochos Meeting 1:00 p.m.
20	21	22	23	24	25	26
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.			Saturday of the Souls Divine Liturgy 10:00 a.m.
27	28					
Orthros 9:00 a.m. Divine Liturgy 10:00 a.m. Sunday School	Greek Dance Practice 7:30 p.m.	<div style="text-align: center;">  <p>February 13: Parish Council Pastitsio Fundraiser</p> <p>February 20: G.O.Y.A. Spaghetti Luncheon</p> </div>				



March 5: G.O.Y.A. Sights and Sound
March 6: Spanakopita Fundraiser
March 13: Philoptochos Lenten Bake Sale
March 19: Philoptochos Meeting 1:00 p.m.

President's Message



Dearest Parishioners,

The month of February evokes the thought of love, naturally, as we approach Valentine's Day. However, love surrounds us every day, all day. God's love is always and forever and it might be more appropriate that we offer a prayer of gratitude and appreciation to our Lord God for His enduring love, guidance, forgiveness and patience as we travel through the gift of life.

This prayer entitled, "A Prayer to Love", encapsulates a very special, thoughtful message to God that can be offered on a daily basis. Let us all think about the wonderful world that He created for us with our beautiful families and friends to love, our magnificent Church and our parishioners to love and the gifts, talents and abilities to fulfill our lives with everlasting love.

Considering all our gifts and treasures in our lives, we cannot ever be grateful enough or thankful enough for God's love every single day! I hope this prayer can help us express our praise, devotion and appreciation. Happy Valentine's Day to everyone.

A Prayer to Love by Debbie McDaniel

Dear God,

Thank you that you are a loving, gracious God. Thank you that you've offered us forgiveness and the gift of new life in you. Thank you that your love is perfect, it never fails, and that nothing can separate us from your love.

We pray that our lives would be filled and overflowing with the power of your love so we can make a difference in this world and bring honor to you. We ask for your help in reminding us that the most important things are not what we do outwardly, it's not based on any talent or gift, but the most significant thing we can do in this life is simply to love you and to choose to love others.

Lord thank you that your love is patient. Help us show patience with those around us. Lord, thank you that your love is kind. Help us to extend kindness to others. Lord, thank you that your love does not take into account a wrong suffered. Lord, help us not to hold grudges, but to choose to forgive, even when it's difficult.

Help us to love as you love. Fill us with your Spirit so that we can choose what is best. We are weak Lord, but we know, also, that even when we are weak, you are strong within us. Thank you that it's not all up to us. Thank you that you equip us to face each day with the power of your love, your forgiveness, and your grace. In Jesus' name, Amen.

In HIS Service,
Helen Coutros Horan
Parish Council President

Happy New Year!



2022



HAPPY NEW YEAR

2022 2022

Αγία Θεοφανεia του Κυριου

Την Κυριακη 9 Ιανουαριου του 2022 γιορτασαμε με μια ομορφη Θεια Λειτουργια τα Θεοφανεia και τον Αγιασμο των Υδατων με τον Πατερ Ρουμπις για να επιστρεψει στις μνημες μας η Βαπτιση του Κυριου Ιησου Χριστο απο τον Αγιο Ιωαννη στον Ιορδανη Ποταμο. Ολοι οι ενοριτες ευλογηθηκαμε και λαβαμε ενα μπουκαλι αγιασμενο νερο για να το παρουμε μαζι μας στο σπιτι. Επειτα παρακολουθησαμε ολοι την καθιερωμενη τελετη της Καταδυσης του Σταυρου.

Παρα τη δυσμενη προβλεψη για παγωμενη βροχη και συνθηκες παγετου, ευλογηθηκαμε και γλυτωσαμε με καθυστερηση λογω βροχοπτωσης μεχρι και μετα την τελετη. Οι γενναιοι μας Goyans, Γκαμπι Ρουμπις, Καλη Σιματος και Λουκα Σιματος συμμετειχαν στην τελετη και διαγωνιστηκαν για να λαβουν ευλογιες για την νεα χρονια.

Ο Πατερ Ρουμπις διαβασε προσευχες για να ευλογησει τα νερα και εριξε τον Σταυρο μεσα στην παγωμενη αμωτη του ποταμου Raritan. Οι τρεις συμμετεχοντες αμεσως ετρεξαν για τον Σταυρο οταν ο Λουκα Σιματος πηγε μπροστα για να τον ανασυρει. Συγχαρητηρια στον Λουκα Σιματος για την τυχη που ειχε να λαβει τις ιδιαιτερες ευλογιες. Ο Θεος να ευλογει και τους τρεις θαρραλεους συμμετεχοντες.

Ηταν μεγαλη ευλογια που ο καιρος μας βοηθησε να καταφερουμε να γιορτασουμε αυτο το ξεχωριστο παραδοσιακο μας εθιμο. Ο Θεος ηταν μαζι μας!

Συγχαρητηρια και καλη τυχη σε ολους μας για μια ευλογημενη νεα χρονια!

Epiphany Blessing of the Waters and the Dive for the Cross

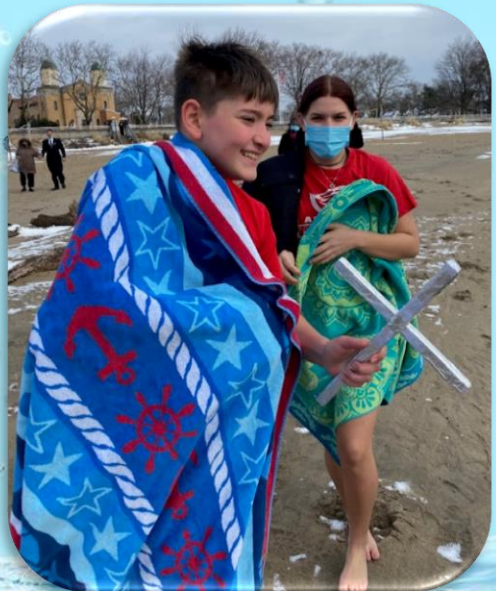
On Sunday, January 9, 2022, we celebrated a beautiful Divine Liturgy Service for Epiphany and Blessing of the Waters with Father Gregory to commemorate the Baptism of our Lord Jesus Christ by Saint John the Baptist in the Jordan River. All parishioners were blessed and received a bottle of Holy Water to take home. Afterwards, we all proceeded across the street to witness our traditional Dive for the Cross ceremony.

Despite the forecast for freezing rain and icy conditions, we were blessed and spared with a delay in precipitation until after the ceremony. Our brave Goyans, Gaby Rubis, Kali Simatos and Luka Simatos competed to be the successful diver who would receive blessings for the entire New Year.

Father Rubis read prayers to bless the waters and tossed the cross into the cold awaiting ebb of the Raritan River. The three divers immediately darted into the surf when Luka Simatos surged ahead to retrieve the floating cross. Congratulations to Luka Simatos as the lucky winner with special blessings and may God bless all three of our courageous divers.

It was so fortunate to have been granted a reprieve in the weather predictions to continue with our highly anticipated traditional custom. God was with us!

Congratulations and good luck to all of us for a blessed New Year!



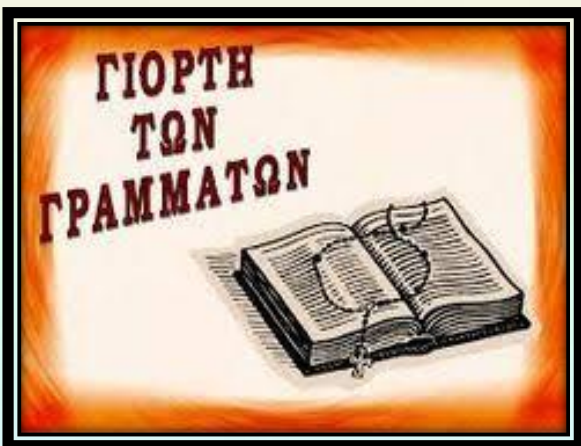
Greek School

Η γιορτη των Τριων Ιεραρχων - γιορτη των Ελληνικων Γραμματων

30 Ιανουαριου



Οι Τρεις Ιεραρχες, επιφανεις αγιοι και Θεολογοι της χριστιανικης θρησκειας, προστατες των γραμματων και των μαθητων, ο Ιωαννης ο Χρυσοστομος, ο Βασίλειος ο Μεγας και ο Γρηγοριος ο Θεολογος, γιορταζονται καθε χρονο στις 30 Ιανουαριου. Οι Τρεις Ιεραρχες πετυχαν τον συνδεσμο και τη συνθεση του οικουμενικου ελληνικου πνευματος με το κηρηυμα της χριστιανικης αγαπης, της αρχαιας ελληνικης η αλλιως κλασικης παιδειας με τη χριστιανικη πιστη και παραδοση.



Η γιορτη των Τριων Ιεραρχων ειναι γιορτη των δασκαλων και των μαθητων, των σχολειων και των γραμματων. Οι Τρεις Ιεραρχες ηταν ανθρωποι μορφωμενοι, σοφοι δασκαλοι, φημισμενοι ρητορες και συγγραφεις. Προσφεραν παρα πολλα στα γραμματα και στην εκπαιδευση. Αφιερωσαν τη ζωη τους στον Χριστο και τα ελληνικα γραμματα. Εγραψαν πολλα βιβλια και

υπερασπιστηκαν τη χριστιανικη πηστη σε δυσκολους καιρους.



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

January 26, 2022

To the Very Reverend and Reverend Clergy
And the Esteemed Principals/Directors and Teachers
Of the Greek Education Schools of the Sacred Metropolis of New Jersey

My Beloved in the Lord,

I hope and pray this email finds you well. As was announced in a previous communication, with the blessing of His Eminence Archbishop Elpidophoros of America, this year our Metropolis has changed the format for the Annual Three Hierarchs/Greek Letters Celebration, as instead of an in person gathering we have organized an Essay Contest for the students of the Hellenic Education Schools.

This Three Hierarchs/Greek Letters Essay Contest is open to all of the students who are currently in the 6th and 7th grades in their parish Greek School and will be competing against other children within their geographical region. Therefore, for this contest the Metropolis will recognize a winner in each of the five regions of our sacred Metropolis (Northern New Jersey District 1, Northern New Jersey District 2, Delaware Valley, Maryland, and Virginia). In addition, please know that we will also have a Metropolis wide category of the Essay Contest that is open to all students in the 8th and 9th grades where there will be one winner from the Metropolis.

The two topics that the students may choose from for this Three Hierarchs/Greek Letters Essay Contest are:

1. *Τι διδάγματα μπορούν να λάβουν οι νέοι της εποχής μας από τη ζωή και το έργο των Τριών Ιεραρχών;*
2. *Πώς η ζωή των Τριών Ιεραρχών μπορεί να αποτελέσει παράδειγμα για τους σύγχρονους νέους της Αμερικής;*

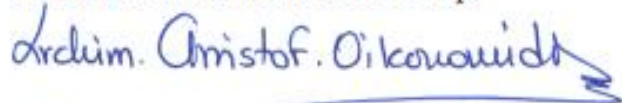
Please know that all essays must be written in Greek (150 to 300 words), must include the name of the student, his/her grade in Greek School and the name of the parish. All essays must be submitted to the Chairman of Greek Education for our Sacred Metropolis, Mr. Demosthenes Triantafillou by email dtrianta@aol.com and must be submitted **by Friday, February 25, 2022**. The results of the essay contest will be

announced in the beginning of March and each of the six winners will receive a \$500.00 monetary prize.

I ask that all of you please wholeheartedly encourage all of the eligible students within your parish Greek Schools to take advantage of this wonderful opportunity to learn more about their faith and heritage by participating in this first ever Three Hierarchs/Greek Letters Essay Contest. If you have any questions or need any further information, please do not hesitate to contact our Metropolis offices at 908-301-0500.

Conveying to you the paternal love and blessings of His Eminence, Archbishop Elpidophoros and thanking you in advance for all of your assistance with this essay contest, I remain

At the Direction of the Archbishop,



+ Archimandrite Christoforos Oikonomidis
Chancellor



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

The Greek Orthodox Metropolis of New Jersey
with the blessing of His Eminence Archbishop Elpidophoros of America
is organizing an
Essay Contest
to honor the Feast of the Three Hierarchs and the
Greek Letters Celebration for the students of our Hellenic
Schools in the 6th to 9th Grades.



*The best essay from each region will
receive a monetary award of \$500!*

Please submit your essay
to: dtrianta@aol.com by Friday, February 25, 2022

The 2 topics are:

1. Τι διδάγματα μπορούν να λάβουν οι νέοι της εποχής μας από τη ζωή και το έργο των Τριών Ιεραρχών;
2. Πώς η ζωή των Τριών Ιεραρχών μπορεί να αποτελέσει παράδειγμα για τους σύγχρονους νέους της Αμερικής;

Icon Painting Workshop

Icon Painting Workshop Jackson, New Jersey

Experience the unique spiritual world of the Byzantine Era through icon painting

**June 20 - 25, 2022
St. Aloysius Church
Jackson, New Jersey**



Join us on this six day intensive course under the direction of visiting master iconographer and expert instructor Theodoros Papadopoulos from Greece. This Virgin Mary icon will "come alive" as he will guide you step by step, through the ancient techniques of Byzantine Iconography. Let us journey together, discovering anew, this traditional artistic expression of theology and spirituality often called the "meeting place of the Divine". Whether you are beginner or a professional, this workshop offers the opportunity to learn or refine your techniques. It is a great opportunity for everyone to experience first hand the painting of an icon.

The schedule of courses runs daily from 9:00 until 17:00.

Your tuition fee of \$690 includes all materials including boards, pigments, brushes, etc.

Space is limited and early registration is suggested.

For information & registration visit the website
www.theodoreicons.com/jackson

or contact the instructor Theodoros Papadopoulos at
theodoreicons@gmail.com

Parish Council

Dearest Parishioners of our beloved Saint Demetrios Church,

As we embark on a brand new year full of hope and promise, we wish to highlight the importance that our beloved Church plays in all our dreams and plans that 2022 holds for us! Let us make stewardship a priority, now, upon the beginning of this New Year to demonstrate that our Church is, truly, a priority in our lives!

The generous financial support of you, the faithful, is a loving response in gratitude for the work of our Lord and the ministries of our Church. It is a demonstration of appreciation and thanksgiving to our Lord God for all our blessings.

Stewardship is the foundation that acknowledges our Church as the center of our lives where we gather to worship and praise our Lord Jesus Christ every Sunday and on Feast Days. At Church, we participate in our sacraments and traditions that are vital to the lives of our families as we grow in our faith and beliefs of Orthodoxy and thank Him for our House of Worship.

We are, sincerely, recommending that you please search deeply into your hearts to increase the amount you have been giving in the past to help build the strong foundation our Church requires and deserves.

There is a suggestion that we wish to make when you are thinking and considering how you might make this happen. Please consider making monthly payments.

Think about this scenario....

Today, a cup of coffee costs about \$3.00 per day x 30 days = \$90 per month x 12 = \$1,080 per year.

This would be a wonderful offer from your family for the cost of one cup of coffee each day!

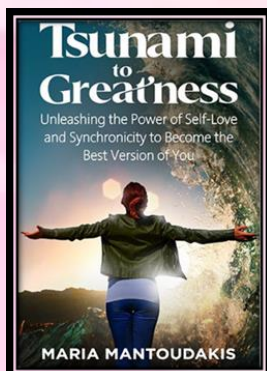
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We ask that you kindly consider a similar scenario that might work for you to increase your stewardship commitment.

Monthly payments, partial payments or full payments will all mean so very much to help meet our Church's expenses. Of course, whatever amount you give will be very graciously accepted and appreciated, however, it is hoped that you can build upon your offering this year to help meet our Church's needs.

We pray that God blesses you and all our Saint Demetrios families with good health and happiness in 2022 and beyond. May this brand New Year of 2022 become the year of hope and promise that transcends us into the bright, beautiful future that we dream of for our beloved Saint Demetrios Church.

Thank you, our dear, faithful parishioners, from the bottom of our hearts. We look forward to seeing you at Church!



"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:
[Tsunami to Greatness: Unleashing the Power of Self-Love and Synchronicity to Become the Best Version of You](#)

Stewardship 2022



Christian Stewardship is...

...learning how to be a responsible and concerned caretaker of Christ's Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God.

...our active commitment to use all our time, talent and treasure for the benefit of humankind in grateful acknowledgment of Christ's redeeming love.

... caring for the needs of others.

... offering one's self to God as He offered Himself to us.

... what a person does after saying "I believe...", as proof of that belief.

... devotion and service to God and His Church as persons, as families, as diocese/metropolis, as national Church and as Church universal.

NAME

NAME OF SPOUSE (IF MARRIED)

STREET ADDRESS

CITY / STATE / ZIP CODE

HOME PHONE

MOBILE PHONE

EMAIL ADDRESS

EMAIL ADDRESS OF SPOUSE (IF MARRIED)

Dependent Children's names and birthdates:

_____	_____
_____	_____
_____	_____

May we include your contact information in the parish directory?

☐ yes ☐ no *If yes, please indicate any information you would like excluded:*

May we add you to our parish email list?

☐ yes ☐ no



*to our
Newly-Elected Parish Council*

Nick Giannakopoulos

Helen (Coutros) Horan

Litsa Kaidas

Spero Kalambakas

Aphrodite Kanellidis

George Kanellidis

Dimitrios Michael Koudis

Kathy Kouretas

Anna Kyriakatos

Agapios Kyritsis

Anita Protonentis

Diana (Potaris) Regan

Mattheos Rizitis

Demosthenis Simatos

Stamatios Suravlas

*The names listed will not be official until the Ratification of Elections
is received from our Hierarchs at the Metropolis of New Jersey
at which time the Affirmation of Office and
Induction Ceremony can then be planned.*

Sunday School

We encourage all our Saint Demetrios youth to attend Sunday School regularly. We have our COVID Safety Precautions in place for wearing masks and social distancing. There is so much to learn and accomplish in our religious studies so it is important to be present. In January, the Feast Days of St. Basil and Epiphany were presented and explained which were embellished by watching the "Dive for the Cross" on January 7th by our Goyans. It was wonderful to observe the delight in the faces of our younger children as they envisioned themselves participating in future years. We are very proud of our brave Goyans for being so cooperative in pursuing our Church tradition as they jumped into the frigid water to retrieve the Cross. Luka Simatos was the winner. Along with Gaby Rubis and Kali Simatos, all our divers received a special blessing for their efforts and execution of this wonderful, exceptional custom of our Orthodox faithful.

Happy Valentine's Day to all our Saint Demetrios Children and their Families!

PTO

The PTO sends love and heartfelt Valentine's Day wishes to all.

G.O.Y.A.

Our G.O.Y.A. is busy preparing for the Sights and Sounds Festival in March. On an interesting note, this year marks the 50th anniversary of Sights and Sounds. We ask for all of your prayers for the intention that the celebration will not be hindered by a COVID surge, so that the youth can experience the joy of the day. Please save the date on your calendars for the Annual Spaghetti Luncheon on February 20, 2022. We hope that you can all join us to view the wonderful Sights and Sounds created by our Saint Demetrios Goyans. Good luck to each and every one of our Goyans at the Sights and Sounds in Westfield.



G.O.Y.A. - The Clay Pot Pottery Studio

Our Goyans experienced the art of making pottery at The Clay Pot Pottery Studio and worked with various other mediums such as wood, jewels and magazine photos to create pieces such as a pen, jewelry, collages, plus, other items to enter in the Sights and Sounds event. It is, truly, delightful to see our Goyans working together and enjoying each other's companionship as they prepare their unique projects and form long-lasting friendships.



Saint Demetrios G.O.Y.A. Spaghetti Luncheon



Date: Sunday, February 20, 2022

Snow Date: Sunday, February 27, 2022

Be entertained by our

SIGHTS AND SOUNDS

AMERICAN PLAY

MUSIC/SIGHTS



To be determined:

In person or take out/virtual

\$15.00 Donation

All of the Sights will be on display for viewing numerous winning ribbons and trophies.

Come join us and celebrate our youths' accomplishments with food and fellowship.

Ελάτε να διασκεδάσετε με τα επιτεύγματα της νεολαιας μας με φαγητο και συντροφια.

SAINT DEMETRIOS LADIES PHILOPTOCHOS SOCIETY

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

Happy Valentine's Day everyone!

The Philoptochos' Membership Drive will be in full swing in the coming weeks. Letters will be going out shortly, and we hope you can join and contribute to the efforts made by the Philoptochos to help those in need, especially during these challenging times. If you have any questions or have suggestions about what we do, please come to our General Meetings. We'd love to hear from you. ***Our next Philoptochos General Meeting will be held on Saturday, February 19, 2022, at 1:00 p.m., downstairs in the church hall.***

February is also American Heart Month. As we see those heart boxes filled with chocolates, let's not forget – especially women – to take steps to prevent heart disease. For an array of articles and resources regarding heart disease, please visit The Greek Orthodox Ladies Philoptochos Society website:

<https://www.philoptochos.org/womens-health-initiative/>

The Philoptochos will be having a special ***Lenten Bake Sale on Sunday, March 13, 2022.*** We will be selling containers of Halva and Lenten Koulourakia for you to enjoy during Great Lent. For more information and for placing your pre-orders, please contact Aphrodite Kanellidis at 732-423-7256, or Marietta Khalil at 732-925-9699/email at mariettakhalil@hotmail.com. Only a limited amount of halva and koulourakia will be available for sale on March 13th.

As a friendly 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.

God bless, and stay safe!



Let it Snow









Andrea needs our help to conquer cancer!

Hi! My name is **Andrea (Demetriou) Kalliaras**. My family and I are members of Saint Nicholas Greek Orthodox Church in Wyckoff, NJ. I am 49 years old. My husband Constantinos (Gus) and I are proud parents to two young teens, Sophia and Nikolas.



A few months ago, I received devastating news that I have a rare form of Leukemia that can only be cured by a stem cell transplant. Unfortunately, at this point, the doctors have not found a match for me and so we are praying for the generosity of others and reaching out to our fellow community. My mom, Fannie, is Cypriot, and my dad, John, is Greek and Cypriot. So we are looking for anyone that is of Greek or Cypriot descent. However, on occasion, matches are found between patients and donors of different ethnic groups.




Scan the QR code or go to www.swab4andrea.com to learn how you can help.



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Ευχαριστούμε τους καθημερινούς μας ηρώες
που βρίσκονται στην πρώτη γραμμή και εργάζονται ακουραστά
κατά τη διάρκεια αυτής της δύσκολης περιόδου. Σας ειμαστε
αιωνια ευγνωμονες. Ο Θεος να σας ευλογει ολους!



*Thank you to all the essential workers and
frontline workers who are working tirelessly
during this challenging time.*

We are eternally grateful.

God bless you all!