

# *Saint Demetrios Greek Orthodox Church*

## *Ελληνική Ορθόδοξος Εκκλησία Αγίου Δημητρίου*

*Parish Newsletter March 2022 - Δελτίο Ενορίας Μαρτίου 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.**

**Father Gregory Rubis  
41-47 Wisteria Street  
Perth Amboy, N.J. 08861  
Tel.: (732) 826-4466  
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**Visit us at: [www.stdemetriosperthamboy.org](http://www.stdemetriosperthamboy.org)**

## Κυριακή της Ορθοδοξίας *Sunday of Orthodoxy*



Ἡ πρώτη Κυριακή της Μεγάλης Σαρακοστής ονομάζεται Κυριακή της Ορθοδοξίας, σε αναμνηση της αναστηλώσεως των εικόνων. Ἡ ἱερὴ αὕτη μερὰ εἶναι ξεχωριστή, διότι παρὰ τὸ συγκινητικὸ κλίμα της Μεγάλης Σαρακοστής, γιορτάζει λαμπρὰ ἡ Ορθοδοξία, ἡ ἀληθινὴ Ἐκκλησία τοῦ Χριστοῦ. Ἐνθουσιασθε τὸ κορυφαίον γεγονός της ἐκκλησιαστικῆς μας ἱστορίας, αὐτὸ τῆς αναστηλώσεως των ἱερῶν εικόνων, τὸ ὁποῖο συνέβη τὸ 843 μ.Χ. στὸ Βυζάντιον, χάρις στὴν αποφασιστικὴ συμβολὴ τῆς βασιλίσσης καὶ μετεπειτὰ Ἁγίας Θεοδώρας, συζύγου τοῦ αυτοκράτορα Θεοφίλου (840 - 843 μ.Χ.).

Τι εἶναι Ορθοδοξία; Ἡ Ορθοδοξία εἶναι ἡ γνήσια προεκτάσις τῆς Ἐκκλησίας τοῦ Χριστοῦ, ὁ πνευματικὸς χώρος, ὅπου διδάσκεται ὀρθὰ τὸ περιεχόμενον τῆς θείας ἀληθείας, ὁ χώρος ποὺ βιώνεται τὸ διαρκὲς παρὸν τῆς σωτηρίας καὶ συντελεῖται ἡ μεταμορφωσις τοῦ ἀνθρώπου καὶ τοῦ κόσμου. Ορθοδοξία θὰ πει ἀληθινὴ πίστις καὶ ἀληθινὴ δοξολογία τοῦ Θεοῦ [3]. Αὕτη ἡ ἀληθινὴ πίστις μας ὁδηγεῖ στὴν ἀληθινὴ δοξολογία τοῦ Τριαδικοῦ Θεοῦ. Ἀν ἡ πίστις εἶναι ἐσφαλμένη, θὰ εἶναι συγχρονῶς ἐσφαλμένη καὶ ἡ δοξολογία τοῦ Θεοῦ. Ἀν ἡ πίστις δὲν εἶναι ἀληθινὴ, δὲν θὰ εἶχῃ τὴν δυνατότητα νὰ θεραπεύσῃ τὸν ἐκπτώτῳ ἀνθρώπῳ, ὥστε ἀπὸ τὴν εἰδωλολατρία των παθῶν νὰ ὁδηγηθῇ στὴν ἀληθινὴ λατρεία τοῦ ἀληθινοῦ Θεοῦ καὶ τῆς κοινωνίας Του.

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.



## 25 Μαρτίου – Ο Ευαγγελισμός της Υπεραγίας Θεοτόκου *March 25 - Annunciation of the Theotokos*

Ο Ευαγγελισμός της Θεοτόκου είναι μια από τις θεομητορικές εορτές της Χριστιανοσύνης, σε ανάμνηση της χαρμόσυνης αναγγελίας του Αρχάγγελου Γαβριήλ προς την Παρθένο Μαρία ότι εμπρόκειτο να γεννήσει τον Υιό του Θεού.

Σήμερα η εκκλησία μας γιορτάζει το χαρμόσυνο μήνυμα της Θείας ενσάρκωσης, που με τόσο σαφή τρόπο μας το παρουσιάζει ο Ευαγγελιστής Λουκάς στο Ευαγγέλιο του (κεφ. Α' στίχ. 26-38). Την ημέρα αυτή, ο Θεόστατος Αρχάγγελος Γαβριήλ εμφανίσθηκε ξαφνικά μπροστά στη Παρθένο Μαρία και της απηύθυνε τον χαιρετισμό: «Χαίρε κεχαριτωμένη, ο κύριος μετά σου». Η νεαρή γυναίκα ήταν λογικό να πανικοβληθεί, αλλά ο αρχάγγελος την καθησύχασε: «Μη φοβού Μαριάμ, εύρες γαρ χάριν παρά τω Θεώ. Και ιδού συλήψη εν γαστρί και τέξη υιόν και καλέσεις το όνομα αυτού Ιησούν».

Όταν η Παρθένος αναρωτήθηκε πώς ήταν δυνατόν να συλλάβει το παιδί χωρίς άνδρα, ο Αρχάγγελος της απάντησε ότι «το Άγιο Πνεύμα θα έλθει σε σένα και η δύναμη του Υψίστου θα σε επισκιάσει». Τότε η Παρθένος Μαρία του απάντησε ταπεινά: «Ιδού λοιπόν, η δούλη του Κυρίου. Ας γίνει το θέλημα Εκείνου». Επειτα ο Γαβριήλ εξαφανίστηκε από μπροστά της. Ετοι συνετέλεσθη το μεγαλύτερο μυστήριο της ανθρωπότητας με τρόπο υπερφυσικό. Η Παρθένος συνέλαβε στην άχραντη κοιλιά της, τον Υιό και Λόγο του Θεού.

### **Απολυτίκιον Ευαγγελισμός της Θεοτόκου**

Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἀπ' αἰῶνος Μυστηρίου ἡ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν· Χαίρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

### **Κοντάκιον Ευαγγελισμός της Θεοτόκου**

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον, ἵνα κράζω σοί, Χαίρε νύμφη ἀνύμφευτε.



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).

## *Message from Father Gregory*



Dear Parishioners of Saint Demetrios,

Welcoming March, we should be looking forward to the beginning of Great Lent as a time to come closer to Christ. Our abstaining from certain foods might not be our choice in an ideal world but we do not live in an ideal world. Trying to control what we put in our mouths (food) shows each of us, personally and directly, how difficult it is to control what comes out of our mouths (insults and other words), let alone control our bad thoughts. The objective of Great Lent is not for us to damage ourselves but to realize how many things we do that distance us from Christ. Many who think during Great Lent that they don't need to abstain from eating certain food, abstain from bad thoughts, give alms and pray are the same people who should.

With love in Christ,

Father Gregory

# March – Μάρτιος

## 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Greek School Preschool/Primary Levels 6:00 p.m. Elementary/Middle Levels 7:00 p.m.			G.O.Y.A. Sights and Sounds
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.		Salutations (Akathist) service 6:30 p.m.	Soul Saturday 9:00 a.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.		Salutations Service 6:30 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.		Salutations Service 6:30 p.m.	
27	28	29	30	31		
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.			


  
**Upcoming**  
**EVENTS**  
 MARK YOUR CALENDAR

**March 6:** Spanakopita Fundraiser

**March 12:** The Lenten Retreat 12:00 p.m. - 3:00 p.m. (includes a Lenten Lunch)

**March 13:** Philoptochos Lenten Bake Sale

**March 27:** Greek School Program for the 25<sup>th</sup> of March



## *Ruben Digs Us Out!*

Our dedicated maintenance manager, Ruben Morales, worked from 8:00 a.m. on Saturday, January 29, 2022 and all day long to shovel out our sidewalks, pathways, stairs and parking lot to prepare the Church for the Divine Liturgy on Sunday, January 30, 2022.





# Congratulations!

Congratulations to Father George Parsenios for his elevation to Economos of Archdiocese by Archbishop Elpidophoros!

Father George and Presbyter Maureen look so very happy and we wish them well in their new endeavors at the Holy Cross School of Theology. We, also, send our love and regards to their children, Nicholas, Julia and Constantine as they continue their education, growth and development as young adults.

May God be with them always.

*His Eminence Archbishop Elpidophoros Elevates Dean of Holy Cross School of Theology to Economos of Archdiocese*



On Sunday, February 6, 2022, His Eminence Archbishop Elpidophoros of America, before the conclusion of the Divine Liturgy at the Holy Cross Chapel in Brookline, MA, elevated the Rev. Presbyter George Parsenios, Dean of Holy Cross Greek Orthodox School of Theology, to the rank of Economos of Archdiocese.

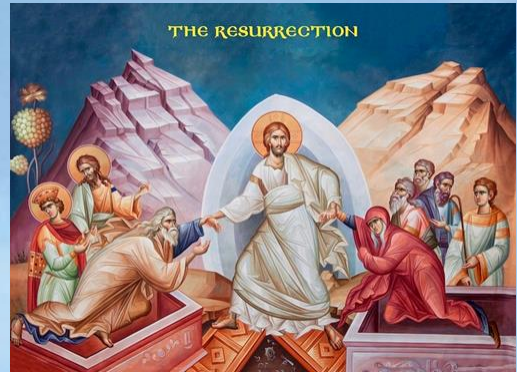
JOIN US  
AFTER LITURGY ON  
SOUL SATURDAY  
FOR AN ORIGINAL  
PRESENTATION

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**ORTHODOX  
FUNERAL  
PERSPECTIVES**  
*"IN LIGHT OF  
THE RESURRECTION"*

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**MARCH 12, 2022**  
12:00 NOON – 3:00 P.M.  
SAINT DEMETRIOS  
ORTHODOX CHURCH  
41-47 WISTERIA STREET  
PERTH AMBOY, NJ 08861  
Lenten lunch provided  
Donations appreciated



An informative seminar on  
Orthodox Funerals led by

*Presvytera Sharon Rubis*

The presentation  
concentrates on our  
understanding of Death,  
Orthodox practices and  
traditions, secular  
influences, and the ethos of  
contemporary culture  
surrounding this final  
decision.

RSVP mandatory by

*March 6, 2022*

Call: 732-826-4466



## *Parish Council*

### *Parish Council* 2022-2023

#### Executive Officers:

##### President:

George Kanellidis

##### Vice President 1:

Agapios Kyritsis

##### Vice President 2:

Spero Kalambakas

##### Secretary:

Anita Protonentis

##### Assistant Secretary:

Diana Potaris Regan

##### Treasurer:

Anna Kyriakatos

##### Assistant Treasurer:

Stamatios Suravlas

#### Council Members:

Nick Giannakopoulos

Helen Coutros Horan

Litsa Kaidas

Afroula Kanellidis

Dimitrios Michael Koudis

Kathy Kouretas

Mattheos Rizitis

Demosthenis Simatos



The Parish Council Members for 2022 and 2023 were inducted and affirmed by Father Gregory Rubis on Sunday, February 6, 2022. Congratulations and good luck!



Pictured left to right: Diana Potaris Regan, Helen Coutros Horan, Kathy Kouretas, Spero Kalambakas, Mattheos Rizitis, Anita Protonentis, Demosthenis Simatos, Father Gregory Rubis, Dimitrios Michael Koudis, George Kanellidis, Litsa Kaidas, Anna Kyriakatos, Agapios Kyritsis, Afroula Kanellidis, and Stamatios Suravlas. Not pictured is Nick Giannakopoulos who was inducted on Sunday, February 13, 2022.





*Valentine's Day*  
**2022**





HAPPY  
*Valentine's*  
...DAY...

2022



# 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



## *Greek School*



Με μεγάλη χαρά, σας προσκαλούμε να γιορτασουμε ολοι μαζί την επετειο της 25ης Μαρτιου στην εκκλησια μας! Η γιορτη θα λαβει χωρα αμεσως μετα την Θεια Λειτουργια την Κυριακη 27 Μαρτιου, 2022. Οι μαθητες του Ελληνικου Σχολειου εχουν ετοιμασει ενα ωραιο προγραμμα με ποιηματα και τραγουδια.

Σας περιμενουμε!



It is with great pleasure that we invite you to celebrate the March 25<sup>th</sup> celebration at the church. The celebration will take place immediately after the Divine Liturgy on Sunday, March 27, 2022. The students of the Greek School have prepared a wonderful program with poems and songs.

We hope you can all attend.



## *Sunday School*

“LOVE” was the theme of our Sunday School lesson on February 13, 2022. The greatest love of all is our love of our Lord Jesus Christ. Our children read Bible verses which explained that God loves us all, each and everyone of us. He created us and will always love us every day of our lives and forever. His love is eternal and we must give praise and gratitude to God for his eternal love.

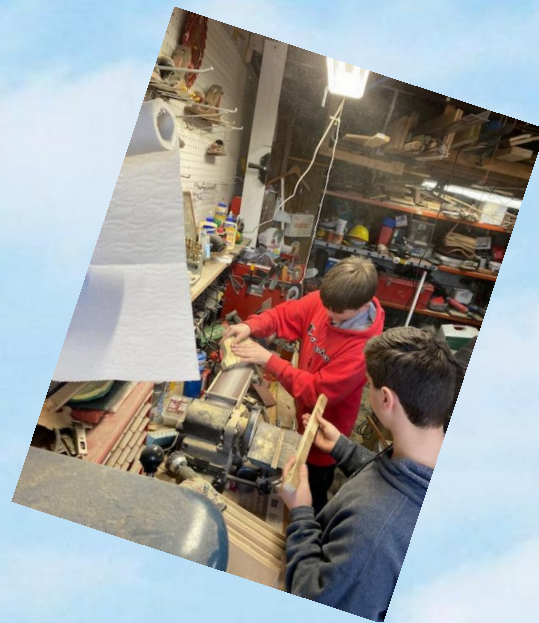
Children prepared gifts for their parents to demonstrate their love for them. Pictured below, the children showcased their finished products as they presented the galvanized metal wall art projects to their parents at their homes. The Valentine projects were in shapes of cupcakes, flowers, letter envelopes and hearts which they embellished with jeweled hearts. Crosses, and glittery designs to create their own individualized masterpieces. Their beautiful smiles convey the happiness and joy that they brought into their homes after Church that day and every day! It’s all about “LOVE”!





## G.O.Y.A.

The Sights and Sounds competition is finally here! The Goyans have been practicing their sounds presentations and working on creating beautiful sights such as woodworking, sculpting, pottery and jewelry projects. We thank all of those that supported us at the spaghetti lunch. You really helped to boost the youth's confidence. We are also looking forward to hosting a Greek themed "Paint and Sip" event on Saturday, April 2nd. It is hoped that everyone will enjoy being in each other's company while creating some beautiful masterpieces. If you know of any youth that would like to join our GOYA, please have them email our advisor at [cynthiagianna@gmail.com](mailto:cynthiagianna@gmail.com). Thank you and God bless you all!





# Join us for A Painting Party

Saturday April 2nd

4:30 PM

Church Hall

\$40

All 16 and older are welcome  
to paint! No experience is  
necessary. Light  
refreshments provided.

Wine available for adults 21 + over.



This is the image that will be used for painting.

All proceeds will benefit the Perth Amboy GOYA costume fund.

For questions or RSVP: Contact

Cyndi Giannakopoulos 732-735-7531 or

Jennifer Simatos 732-343-2266



## PTO

Wishes of Blessings this Lenten season to our Saint Demetrios families from the PTO. It's almost hard to believe that already Lent is about to begin and Holy Week and Easter will soon be upon us! The PTO is planning and looking forward to hosting our annual Easter Egg Hunt on Easter Sunday. It is always such an enjoyable event that the children look forward to! More details to come! Parents and teachers, look out for future emails. Any and all donations to support the funding of the Easter eggs and treats will be greatly appreciated as always! Please see Diana Regan for more information or email [dianapregan@gmail.com](mailto:dianapregan@gmail.com).



## 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*

The Philoptochos will start the Easter Season with a Lenten Bake Sale. Halva and Lenten Koulourakia will be sold (pre-ordering by March 6th recommended!) and ready for pick up on Sunday, March 13, 2022. To pre-order, please contact Aphrodite Kanellidis (732-423-7256) or Marietta Khalil (732-925-9699/email at [mariettakhalil@hotmail.com](mailto:mariettakhalil@hotmail.com)). Much appreciation goes out to our bakers Aphrodite and Marietta, as well as to Anna Kyriakatos, and Irene Pakis.

Also, we are looking for volunteers to make Palm Crosses for Palm Sunday, as well as to color eggs and bring them to church on Holy Thursday. If you are interested in helping out with either of these events, please check the Philoptochos Bulletin Board for dates, times, and contact information. Your assistance will be greatly appreciated!

Our Membership Drive is in full swing as we look to continue meeting our mission's goals. The more members we have, the more we can do to help those in need, especially when many are struggling during this difficult time. The next Philoptochos General Meeting will be held on Saturday, March 19, 2022, at 1:00 p.m. in the church hall. Please join us!

A big Thank You goes out to those of you who have brought in non-perishable foods for the local food pantries. As a gentle reminder, food items can be dropped off in the Philoptochos collection box located in the Narthex. Every can or non-perishable food item helps someone or a family put food on the table. Please see the sign for a suggested list of items you can bring in.

Upcoming Event: The Philoptochos is looking forward to having another Bake Sale for Easter (which may require pre-ordering, depending upon pandemic restrictions in place at the time). Please see future bulletin and/or posting on Philoptochos Bulletin Board for more information.

God bless, and stay safe!



Let it Snow





**SNOW  
MUCH FUN**



great  
Job  
★



## *Light A Candle...Say A Prayer...Virtual Tray Donation*

"I am the light of the world; he who follows me will not walk in darkness, but will have light of life." (John 8:12)

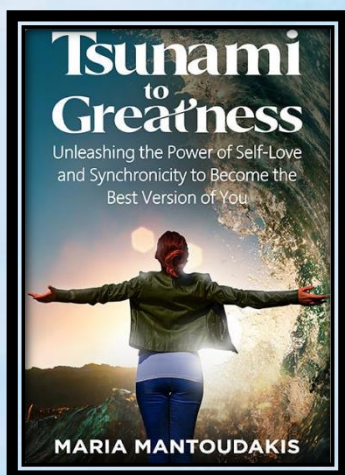
You can request a red glass candle to be lit with a blessing and a prayer. Each red candle is a \$10.00 donation. Candles will be lit during the Divine Liturgy. A donation can be made through the website, but a call or email would be necessary to make the request. Donations go directly to funding the day to day operations of Saint Demetrios Church.

Requests can be made via Saint Demetrios' website: <http://www.stdemetriosperthamboy.org/> or you can mail a check to the church:



Saint Demetrios Greek Orthodox Church  
41-47 Wisteria Street  
Perth Amboy, NJ 08861

Thank you for supporting our 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.

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Ευχαριστούμε τους καθημερινούς μας ηρώες που  
βρισκονται στην πρώτη γραμμή και εργάζονται ακουραστά  
κατά τη διάρκεια αυτής της δύσκολης περιόδου.

Σας είμαστε αιωνία ευγνώμονες.

Ο Θεός να σας ευλογεί όλους!

*Thank You  
So Much*

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!