



KOINONIA

NEWSLETTER OF
ST. DEMETRIOS CHURCH
North Wildwood, NJ

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ELEVATION OF THE HOLY CROSS



Father Commemorating the Elevation of the
Holy Cross on September 14.





a letter from

FR. MICHAEL L. PASTRIKOS
PROTOPRESBYTER



DEAR PARISHIONER,

WHAT IS AT THE END OF THE ROAD FOR ALL OF US?
WHAT DIRECTION SHOULD MY LIFE TAKE?

I hope This topic should be very personal to everyone reading this article. Someday we must all reason with our personal concerns of what is waiting for us at the end of our lives. We say that we believe in Christ, but where are we truly going? And last, where is our true destination?

As we consider God's blessings, we are in awe of His immense goodness toward us. The greatest gifts to us are His Son Jesus Christ and the constant presence of His Holy Spirit working in the Church and in our lives. As your Spiritual father, I exhort you, together with the passage of St. John (1 John 4:11).

"Since God so loved us, we ought to love one another". "For anyone who does not love his brother, or sister, whom he has seen, cannot love God whom he has not seen" (1 John 4:20).

People today have many doubts about their future spiritual

life. How do we find the answer to this question? Jesus provides the answer in Matthew (Chap. 25 Verses 31-46)! Whether we know it or not, and we better know it- we are all headed toward the second coming of Christ and the final Judgment.

This question is extremely important in life for all of us. "WHERE AM I GOING"? Have I done throughout my life what God has prescribed? The road that I have taken in life, will it lead me to God in Heaven?

Before you continue to read this article, please read Matthew 25: 31-46 and make sure you read all of the verses. This will give you the opportunity to open up your Bible to find the answer to your question.

As Christians I'm sure that we all have doubts about our Christian faith and beliefs. As Orthodox Christians we are called by the Church to live, teach, and share Christ within our lives. He, who does not live a Christ life, certainly cannot share or teach Christ who said: "So let light shine before men that they may see your good works, glorify your Father who is in Heaven" Matthew 5:16. Let us pause for a moment: Exactly! Take time to really think about this question? Because whatever you decide to do could reflect the future of your eternal life with Christ or without Him. You are the captain of your own ship. You have the free will, a gift from God—to direct your life on the course that you see fit, guiding and steering your ship. If I took a poll, who can really tell me that they are tired of their life and that they are ready and prepared for their demise. If an angel of the Lord came to you in your sleep and told you that tomorrow would be your last day here on earth, what would you do? We are all responsible for the spiritual nourishment of our souls. No one can really say that they are spiritually prepared and ready for death. Even in the Monastic environment, and if you asked any Monk, they would tell you that yes— we live our lives 24/7 for Christ, but we also pray to Him knowing our faults and sins, that He gives us more days to repent for our sins. There is a great saying that when a person hits rock bottom in life, things can't get any worse. So, the positive thing to do is to pick up ourself, wipe the filth off, and start up the ladder of salvation. Allow the Lord to guide us and bring ourself to have a better relationship with Him. Remember the "Passover". Life itself is a bridge, pass over it, but don't build your home upon it. We all have a free will that has been given to us by God. Every person has the right to choose our own



a letter from

FR. MICHAEL L. PASTRIKOS
PROTOPRESBYTER

CONTINUED...

spiritual destiny. But no matter which direction we choose to guide our life in, there is a price to pay at the end of the trip.

Now I will relate to you and tell you my personal feelings, and what I know. I know that Christ went along this road that we are also taking. He ascended the Cross, died and ascended into Heaven, and He proved that passing from this life to the next is a sure thing. By living a Christian life, I at least have the opportunity to receive the gift of eternal life. But what future do those who choose the opposite road have when they die? To be honest, I think that living an honest and decent life guided by morals, virtues, and principles make me a winner. If I lived a Christian life and I was honest, and never tried to hurt anyone, and always helped and gave to my church, and the less fortunate, abiding by the rules and canons of the Church and of Society and most of all following God's Commandments, and respecting my peers, my reward hopefully by the grace of God will be there for me.

I have also come to the conclusion, that I can never repay God for what he has done for me, but I also on the other hand realize that what God really wants from each of us is to love and care for one another and to have a true friendship with Him. He also wants us to bare our problems, our sorrows, and our joys with Him. He wants us also to worship Him in His Church during the Divine Liturgy. He wants us to receive the Sacrament of Holy Communion more frequently as we can. But we must receive Holy Communion with an open and clear mind and heart, with love and respect. We hear the Priest in the Liturgy say "With the fear of God and with love and faith draw near". But I also know the response from a lot of people when they tell me, "But Father, we were taught by our grandparents and parents that we should only receive Holy Communion 4 times a year during the major and special holidays. The answer to you then, will be that you are taking the Law into your own hands. What I'm going to tell you at this point is very simple! Why do you eat three

times a day? There is a reason- it nourishes and strengthens our bodies. So, what about the soul? Doesn't the soul need nourishment also? Must our souls be only nourished 4 times a year, or perhaps once a year. Holy Communion is the food that God provides for our spiritual soul which is inside of us waiting for its nourishment just like the body does. It is also the food that gives life in order to live a spiritual life in Christ. This is the food that nourishes our soul, and we neglect to honor God's wishes. It's like having a beautiful flower growing in the garden. If it is neglected and not watered and fed, what will happen to that flower? It will wither and die. Another solution for the souls is to ask our Lord for forgiveness for the everyday sins that we commit against God. And the only way to relieve that problem is to go through the Sacrament of Holy Confession, just like the Prodigal Son did, when he went back to his father after knowing and realizing what he did wrong by leaving his father, he asked for complete forgiveness from his father.

In conclusion, if you are at the crossroads of deciding which way you will guide your life, please don't make the wrong decision. Choose the road that will take you to the gates of Heaven.

As we see and witness all the tragedies and devastation occurring around the world, let us be grateful for the blessings the Lord has bestowed upon all of us here at St. Demetrios.

May the Holy Spirit bring us closer together as a family with love, joy, and harmony.

With much love in Christ Jesus,

Fr. Michael L. Pastrikos





In memory - In honor

Please contact Julie Reeb, Church Secretary, at 609-522-0152. or email frmichaelstdemetrios@gmail.com with your memorial information and donation.



Sacraments corner

*St. Demetrios Greek Orthodox Church
celebrated the Baptism of
Alexander Jordan
on Saturday, September 23, 2023
with Father Michael Pastrikos
& Father Steven Vlahos*



Mother | Maria Kardis Jordan

Father | Calvin Jordan

Sponsors | Nicholas & Leah Pappas

directory

PROTOPRESBYTER | FR. MICHAEL PASTRIKOS

CHURCH SECRETARY | JULIE REEB

PARISH COUNCIL:

PRESIDENT | NICHOLAS D. KONIDES

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GREEK SCHOOL | GEORGE PLAMANTOURAS

J.O.Y. | FR. MICHAEL PASTRIKOS

H.O.P.E. | FR. MICHAEL PASTRIKOS

PHILOTOCHOS | DINA BILIOS

CHANTERS | FOTINI ANDY, RITA EFTHIMIOU, CATHY WOLFE

CHURCH: 1.609.522.0152

321 ST. DEMETRIOS AVE, NORTH WILDWOOD, NJ 08260

STDEMETRIOSNEWJERSEY.COM

***ALL SUBMISSIONS FOR THE KOINONIA MUST BE
RECEIVED BY THE 20TH OF THE MONTH PRIOR***



Enthronement of His Eminence Metropolitan Apostolos of New Jersey



An excerpt from the Archiepiscopal Exhortation given by His Eminence Archbishop Elpidophoros on the Enthronement:

“Today is a Day of Joy and a Cause of Rejoicing for the Sacred and God-Saved Metropolis of New Jersey! For by the holy act of His All-Holiness Ecumenical Patriarch Bartholomew and the Holy and Sacred Synod of the Ecumenical Patriarchate of Constantinople, we are gathered today to enthrone the Ruling Hierarchy of this Ecclesial Domain, His Eminence Metropolitan Apostolos of New Jersey. ΑΞΙΟΣ!

Therefore, receive this Staff of God's Holy Power – this Πάβδων Δυνάμεως – by which you will guide your flocks with love and compassion, with mercy and forgiveness, to the ever-flowing springs of Divine Grace where they shall drink to their salvation, and the Safe and Sacred Pastures of the Pure Orthodox Faith of Christ, where they shall be fed and nourished.” ΑΞΙΟΣ!

- His Eminence Archbishop Elpidophoros of America

On Sunday, September 17, 2023, His Eminence Metropolitan Apostolos of New Jersey celebrated his first Hierarchical Divine Liturgy following his Enthronement as the new Metropolitan of the sacred Metropolis of New Jersey at the Metropolitan Cathedral of St. John the Theologian in Tenafly, New Jersey.

At the conclusion of the Hierarchical Divine Liturgy His Eminence bestowed upon the Rev. Deacon Konstantinos Loukas the Offikion of Archdeacon of the Greek Orthodox Metropolis of New Jersey.

AXIOS to the new Archdeacon.

*Source taken from
Orthodox Observer.*





Apostle and Evangelist Luke

October 18



The Holy Apostle and Evangelist Luke was a native of Anioch of ancient Syria, a companion of the Holy Apostle Paul (see Phil.I :24, 2 Tim. 4: 10-11), and a physician enlightened in the Greek medical arts. Hearing about Christ, Luke arrived in Palestine and fervently accepted the preaching of salvation from the Lord Himself As one of the Seventy Apostles, Saint Luke was sent by the Lord with the others to preach the Kingdom of Heaven during the Savior's earthly life (Luke 10:1-3). After the Resurrection, the Lord Jesus Christ appeared to Saints Luke and Cleopas on the road to Emmaus. Luke accompanied Saint Paul on his second missionary journey, and from that time they were inseparable. When Paul's coworkers had forsaken him, only Luke remained to assist him in his ministry (2 Tim. 4:10-11). After the martyr's death of the FirstRanked Apostles Peter and Paul, Saint Luke left Rome to preach in Achaia, Libya,

Egypt and the Thebaid. He ended his life by suffering martyrdom in the city of Thebes.

Tradition credits Saint Luke with painting the first icons of the Mother of God. "Let the grace of Him Who was born of Me and My mercy be with these Icons," said the All-Pure Virgin after seeing the icons. Saint Luke also painted icons of the First-Ranked Apostles Peter and Paul. Saint Luke's Gospel was v'litten in the years 62-63 A.O. at Rome, under the guidance of the Apostle Paul. In the preliminary verses (1: 1-3), Saint Luke precisely sets forth the purpose of his work. He proposes to record, in chronological order, everything known by Christians about Jesus Christ and His teachings. By doing this, he provided a firmer historical basis for Christian teaching (1 :4). He carefully investigated the facts, and made generous use of the oral tradition of the Church and of what the Virgin Mary Herself had told him (2:19, 51).

In Saint Luke's Gospel, the message of the salvation made possible by the Lord Jesus Christ, and the preaching of the Gospel, are of primary importance. Saint Luke also wrote the Acts of the Holy Apostles at Rome around 62-63 A.O. The Book of Acts, which is a continuation of the four Gospels, speaks about the works and the fruits of the holy Apostles after the Ascension of the Savior. At the center of the narrative is the Council of the holy Apostles at Jerusalem in the year 51 A.O., a Church event of great significance, which resulted in the separation of Christianity from Judaism and its independent dissemination into the

world (Acts 15:6-29). The theological focus of the Book of Acts is the coming of the Holy Spirit, \\\'ho guides the Church "into all truth" (John 16: 13) until the Second Coming of Christ.

The holy relics of Saint Luke were taken from Constantinople and brought to Padua, Italy at some point in history. Perhaps this was during the infamous Crusade of 1204.. In 1992, Metropolitan Hieronymus (Jerome) of Thebes, Greece requested the Roman Catholic bishop in Thebes to obtain a portion of Saint Luke's relics for the saint's empty sepulchre in the Orthodox cathedral in Thebes. The Roman Catholic bishop Antonio Martiazzo of Padua, noting that Orthodox pilgrims came to Padua to venerate the relics while many Catholics did not even know that the relics were there, appointed a committee to investigate the relics in Padua, and the skull of Saint Luke in the Catholic Cathedral of Saint Vico in Prague. The skeleton was determined to be that of an elderly man of strong build. In 2001, a tooth found in the coffin was judged to be consistent with the DNA of Syrians living near the area of Antioch dating from 72 AD. The skull in Prague perfectly fit the neck bone of the skeleton. The tooth found in the coffin in Padua was also found to fit the jawbone of the skull. Bishop Mattiazzo sent a rib from the relics to Metropolitan Hieronymus to be venerated in Saint Luke's original tomb in the Orthodox cathedral at Thebes. Saint Luke is also commemorated on April 22.



St. Demetrios

Our Patron Saint

October 26



DEMETRIOS THE MYRRH-STREAMER & GREAT MARTYR OF THESSALONIKI

Saint Demetrios was a Thessalonian, a most pious son of pious and noble parents, and a teacher of the Faith of Christ. When Maximian first came to Thessalonika in 290, he raised the Saint to the rank of Duke of Thessaly. But when it was discovered that the Saint was a Christian, he was arrested and kept bound in a bath-house. While the games were under way in the city, Maximian was a spectator there. A certain friend of his, a barbarian who was a notable wrestler, Lyaeus by name, waxing haughty because of the height and strength of his body, boasted in the stadium and challenged the citizens to a contest with him. All that fought with him were defeated. Seeing this, a certain youth named Nestor, acquaintance of Demetrios, came to the Saint in the bath-house and asked his blessing to fight Lyaeus single-handed. Receiving this blessing and sealing himself with the sign of the precious Cross, he presented himself in the stadium, and said, "O God of Demetrios, help me!" and straightway he engaged Lyaeus in combat and smote him with a mortal blow to the heart, leaving the former boaster

lifeless upon the earth. Maximian was sorely grieved over this, and when he learned who was the cause of this defeat, he commanded straightway and Demetrios was pierced with lances while he was yet in the bath-house, As for Nestor, Maximian commanded that he be slain with his own sword.

APOLYTIKION OF DEMETRIOS THE MYRRH-STREAMER

Third Tone

The world has found in you a great champion in time of peril, as you emerged the victor in routing the barbarians. For as you brought to naught the boasts of Lyaos, imparting courage to Nestor in the stadium, in like manner, holy one, great Martyr Dimitrios, invoke Christ God for us, that He may grant us His great mercy.

KONTAKION OF DEMETRIOS THE MYRRH-STREAMER

Second Tone

God, who gave you invincible power and with care kept your city invulnerable, royally clothed the Church in purple with the streams of your blood, for you are her strength, O Dimitrios.



St. Demetrios Name Day Celebration

October 26

Following the Vesper Service, a small reception hosted by our Ladies Philoptochos Society will follow in our Cultural Center. Everyone is welcome to attend. If possible, please bring a dessert or a food dish for the reception.

On Thursday, October 26th, the services for The St. Demetrios Name Day Celebration will begin with the winter hours - 9:00 a.m. Orthros and 10:00 a.m., Divine Liturgy. Refreshments will follow and will be hosted by The Ladies Philoptochos Society.



upcoming events

JOY (AGES 8-10)

HOPE (AGES 3-7)

TWO SATURDAYS PER MONTH

PHILOPTOCHOS

1ST SUNDAY OF EVERY MONTH

AFTER DIVINE LITURGY

GREEK SCHOOL

EVERY FRIDAY NIGHT FROM

4:30 - 7:30 P.M.

PARISH COUNCIL

OCTOBER:

SATURDAY 7TH

PARISH COUNCIL MTG 4:00 PM

SUNDAY 15TH

GENERAL ASSEMBLY MTG 12:00

NOVEMBER:

SATURDAY 4TH

PARISH COUNCIL MTG 4:00 PM

DECEMBER:

SATURDAY 2ND

PARISH COUNCIL MTG 4:00 PM

SUNDAY 3RD

CHURCH ELECTIONS 12:00

St. Demetrios NEW WEBSITE!

Check out St. Demetrios Church's new website for a variety of information, stewardship and donations, bulletins and newsletters, links, and more!



www.stdemetriosnewjersey.com

Sponsor a Coffee Hour

Attention All Parishioners:

We have resumed the coffee hour following the Divine Liturgy on Sundays. Please consider sponsoring a coffee hour in memory of a loved one, for the health of your family, or in honor of our St. Demetrios Church.

Please call the office at 609-522-0152 to schedule. Thank you.





ST. DEMETRIOS GREEK ORTHODOX CHURCH
PRESENTS
THE ANNUAL
55th FALL “GLENDI” DINNER DANCE

Saturday, November 4th, 2023

Time: 7:00 pm till 12:00 am

Where: St. Demetrios Cultural Center
321 Saint Demetrios St
North Wildwood NJ

On the occasion of:
Saint Demetrios Name Day.

The evening will include: 6:00 pm Hors D’oeuvres and Cocktails,
followed by a Mezedakia-Dinner
Cash bar, dancing and singing
Live Music Provided

Donation \$40.00 per person
Children under 12 the cost is \$10.00
Everyone is welcome!

To reserve your table or to purchase tickets please contact:

Bill Mitchell at 609-425-4000 or Nick Konides at 609-425-0179

Or the Church office, Secretary Julie Reeb 609-522-0152 ext. 102

Seats are limited to first come, first served.



Holy Protection of the Theotokos

October 28

COURTESY OF THE ORTHODOX ARCHDIOCESE OF AMERICA
WWW.GOARCH.ORG

Reading

The Feast of the Protection commemorates the appearance of the most holy Theotokos in the Church of Blachernae in Constantinople in the tenth century, as recorded in the life of Saint Andrew the Fool for Christ's sake. While the multitudes of the faithful were gathered in church, Epiphanius, the friend of Saint Andrew, through the Saint's prayers, beheld the Virgin Mary above the faithful and spreading out her veil over them, signifying her unceasing protection of all Christians. Because of this we keep a yearly feast of gratitude, imploring our Lady never to cease sheltering us in her mighty prayers.

Apolytikion of Holy Protection of the Theotokos

Fourth Tone

O Virgin, we extol the great grace of thy Protection, which

thou didst spread out like a bright cloud beyond all understanding; for thou dost invisibly protect thy people from the foe's every assault. Since we have thee as our shelter and certain help, we cry to thee with our whole soul: Glory to thy great deeds, O most pure Maid. Glory to thy shelter most divine. Glory to thy care and providence for us, O spotless one.

Kontakion of Holy Protection of the Theotokos

Third Tone

Let us the faithful hasten to the Theotokos now and venerate her sacred veil, as we chant unto her, singing hymns to praise



and honour her, as is fitting; for she shelt'reth with her shelter and all her faithful flock and preserveth them unharmed from all calamities, as they cry to her: Rejoice, Protection most radiant.



a message from

FR. MICHAEL L. PASTRIKOS
PROTOPRESBYTER

BECOMING A MEMBER OF CHRIST'S BODY

CHURCH MEMBERSHIP & STEWARDSHIP

**QUESTION: ARE THESE TWO TOPICS ON THE
RISE OR ARE THEY DECLINING?**

I realize that these two topics that I chose to write about are subjects that to some are unfamiliar, controversial and last on people's wish lists. But in any case we need to understand how important these topics are not only to the Church, but to all of us. First topic is Church Membership. "How does one become a "Member" or "Steward" of the Church? In order to become a part of the Body of Christ, you must be first Baptized in the Orthodox faith. This is the first sign of membership with Christ. Membership with Christ and His Church is a lifetime contract. Some people think by filling out a Pledge card that it automatically makes them members of the Body of Christ. Here are a few Bible verses concerning the topic of Church Membership. In Romans 12:5 it states; "In Christ we who are many, form one body, and each member belongs to all the others." In 1 Corinthians 6:15; "Do you not know that our bodies are members of Christ Himself? Shall I then take the members of Christ and unite them with a harlot. Never..." I hope that by reading these two verses, you at least get a picture of what true membership is all about. It's about your personal commitment to Christ... Everyone plays an important role within the church. From the beginning, Jesus associated His disciples with His own life, revealed the mystery of the Kingdom to them and gave them a share in his mission, joy and sufferings.

Jesus spoke of a still more intimate communion between Him and those who would follow Him. He said, "Abide in Me, and I in you, I am the Vine, you are the branches. Being a member of Christ's Body is signifying that we accept Christ as our Savior. We must fulfill the obligations and responsibilities that come with that. We all know that the head of the Church is Christ, and that we as members of the Church make up His Body. "All men are called to belong to the new people of God so that, in Christ, men may form one family and one people in God."

So, Church membership means that we are all one family through Baptism and faith. The St. Demetrios Community has come a long way. There have been financial hardships but through those struggles the people came together as one family and brought the Church to where it is today. I think that we owe a debt

of gratitude to our forefather's and mothers who came as immigrants to this country and with hard work established our churches and communities. These accomplishments were done by hard work, true faith, and commitment to Christ. But now I ask you, "WHAT WILL BE THE FUTURE OF ST. DEMETRIOS FOR THE NEXT TWENTY YEARS? We have all witnessed for ourselves how St. Demetrios has grown. The Church along with the Community is evolving daily. What was 20 or 30 years ago is not what it is today. We realize the needs of the Parish are many and the programs and ministries continue to grow, and I hope and pray that we see in future continued growth and stability. But in order to accomplish the many tasks of the future, we have to realize that we are living in the present. As far as the present status of the Community is concerned, we are just holding our own.

As "Stewards" or "Members" of the Church we have a responsibility to uphold and support our Church, our faith, our traditions, and our culture. But I have a question for everyone, "How are we going to uphold all these things that we are obligated through our Christian faith, when we do not participate, either in Church attendance, or stewardship? How can Church continue to grow when our young adults are nonexistent? We continuously hear that our "YOUTH" are the future of our Church. What kind of future will there be for our Churches if young people and our married couples do not attend Church, and do not participate in the programs, and especially in the "STEWARDSHIP" program of the Church. We have many families in the Church who have never signed a Pledge Card, nor do they help their community financially. They have time for other things, but "NO TIME FOR CHRIST AND THE CHURCH."

Stewardship is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves and to grow in grace. It allows us to participate in the work of the Lord.

In the Archdiocese "U.P.R." Uniform Parish Regulations, it states: Every person who is baptized and chrismated according to the rites of the Orthodox Church is a parishioner. The religious, moral and social duties of a

parishioner are to apply the tenets of the Orthodox Faith to his/her life and to: adhere to and live according to the tenets of the Orthodox faith, faithfully attend the Divine Liturgy and other worship services; participate regularly in the holy sacraments: respect all ecclesiastical authority and all governing bodies of the Church; be obedient in matters of the Faith, practice and ecclesiastical order; contribute towards the progress of the Church's sacred mission; and be effective witness and example of the Orthodox Faith and Traditions to all people.

A parishioner in good standing practices all the religious and moral duties as described in this Section 1. At a minimum, a parishioner in good standing must be 18 years of age or over; be current in his/her Stewardship and other financial obligations to the Parish, abide by all the regulations herein stated and the Parish Bylaws; and cooperate in every way towards the welfare and well-being of the Parish. "Stewardship" is recommended to be ten percent (10%) of one's annual income as stated in Holy Scripture to help meet the financial obligations of the Parish, the Metropolis and Archdiocese.

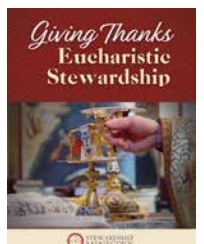
So, from what we read above, Church Membership, and Stewardship, is a vital part of the growth of a Parish. If we as Orthodox Christians do not participate in those programs, then we will all face a dramatic decline in Church attendance, Membership, Stewardship, and financial devastation. So, in reading this article, if you are a parishioner who is not a member of the Church, and has not turned in a Stewardship Pledge card for the year 2023 then you fall into the category then you need to take care of your spiritual responsibilities.

Please take the time to make your offering today and enable our Church to continue to enhance the spiritual growth of the Orthodox Christians entrusted to our care.

May our Lord richly
bless you in all things.

In his Service,

Fr. Michael L. Pastrikos
Protopresbyter





The Calendar of the Orthodox Church



Dr. Lewis J. Patsavos, Ph.D.

1. RELIGIOUS CALENDAR: HISTORY AND DEVELOPMENT

Within the Orthodox Church feast days and fast days are reckoned according to two distinct calendars, the Julian Calendar and the Gregorian Calendar. The first is attributed to the Roman Emperor Julius Caesar, whose name it bears. It was later corrected in the sixteenth century by Pope Gregory XIII due to the ever-increasing discrepancy between calendar time and calculated astronomical time. Thus the Gregorian Calendar came into being.

Old and New Calendars

Inasmuch as the Julian Calendar had been in continuous use in the Christian East and West throughout the centuries, the subsequent introduction of the Gregorian Calendar in the West created yet another anomaly in the deteriorating relations between the two Churches. The need for correction of the Julian Calendar was well understood in the East and had even led some to devise a new calendar themselves. Nevertheless, the Julian Calendar remained in use throughout the Byzantine period and beyond. Despite the efforts of the emissaries of Pope Gregory to convince the Orthodox to accept the New (Gregorian) Calendar, the Orthodox Church rejected it. The main reason for its rejection was that the celebration of Easter would be altered: contrary to the injunctions of canon 7 of the Holy Apostles, the decree of the First Ecumenical Synod, and canon 1 of Ancyra, Easter would sometimes coincide with the Jewish Passover in the Gregorian calendar.

This is where the matter stood until the end of World War I. Until then, all Orthodox Churches had strictly abided by the Old (Julian) Calendar, which at present is 13 days behind the New Calendar long since adopted by the rest of Christendom. In May of 1923, however, an "Inter-Orthodox Congress" was convened at Constantinople by the then Ecumenical Patriarch, Meletios IV. Not all Orthodox Churches were in attendance. The Churches of Serbia, Romania, Greece, and Cyprus were; the Churches of Alexandria, Antioch and Jerusalem, although invited, were not; the Church of Bulgaria was not invited. Several issues were under discussion at the congress, one of which was the adoption of the New Calendar. No unanimous agreement was reached on any of the issues discussed. Several of the Orthodox Churches, however, did eventually agree, though not all at the same time, to adopt the New Calendar. These were the Churches of Constantinople, Alexandria, Antioch, Greece, Cyprus, Romania, Poland, and most recently, Bulgaria (1968); on the other hand, the Churches of Jerusalem, Russia and Serbia, along with the monasteries on Mt. Athos, all continue to adhere to the Old Calendar.



liturgical calendar

OCTOBER

WINTER SCHEDULE:

Sunday Hours | 9:00 am Orthros - 10:00 am Divine Liturgy

Weekday Services | 9:00 am Orthros - 9:30 am Divine Liturgy

Vesper Services | 6:00 pm

| | |
|-----------------------|---|
| Sunday, October 1 | 2nd Sunday of Luke: Orthros 9:00 am - Divine Liturgy 10:00 am |
| Sunday, October 8 | 3rd Sunday of Luke: Orthros 9:00 am - Divine Liturgy 10:00 am |
| Sunday, October 15 | Sunday of the Holy Fathers (7th Ecumenical Council) Orthros 9:00 am – Divine Liturgy 10:00 am |
| Sunday, October 22 | 6th Sunday of Luke: Orthros 9:00 am - Divine Liturgy 10:00 am |
| Wednesday, October 25 | St. Demetrios Name Day: Great Vespers 6:00 pm (small reception after church) |
| Thursday, October 26 | St Demetrios Feast Day Celebration Orthros 8:45 am - Divine Liturgy 9:30 am (reception after church) |
| Saturday, October 28 | Holy Protection of the Theotokos/OXI Day Orthros 9:00 am - Divine Liturgy 9:30 am Doxology will take place at the end of the Divine Liturgy |
| Sunday, October 29 | 7th Sunday of Luke: Orthros 9:00 am - Divine Liturgy 10:00 am |



Parish Information and Guidelines (1)

PARISH INFORMATION AND GUIDELINES

BIRTH OF A CHILD: It is customary in the Orthodox Church for prayers to be offered by the priest for the mother and child on the day of the child's birth or shortly thereafter. The family should notify the priest and invite him to visit and offer the special prayers and the blessing of our Lord and the Church.

THE SACRAMENT OF BAPTISM: Before Orthodox parents begin planning and arranging a baptism of their child, the priest should be contacted to schedule the date and time of the ritual and provide the families with instructions and guidance. Only Orthodox Christians baptized and practicing the Orthodox faith and who are enrolled as members in good standing in an Orthodox Parish are permitted to serve as God-parents/sponsors. God-parents/sponsors from other parishes are required to provide our priest with a letter from their priest verifying their ecclesiastical status and membership. By ecclesiastical dispensation, non-Orthodox relatives of Inter-Christian marriage families may serve as baptismal witnesses. The priest provides information, guidance and assistance to parents in pre-baptismal consultations and correspondence. The names given to children must be Orthodox Christian names of recognized saints.

THE HOLY SACRAMENT OF CHRISTMAS/CONFIRMATION: Christians of the protestant or Catholic faiths who are baptized in the name of Holy Trinity, Father, son and Holy Spirit with water and who desire to join the Orthodox Church are received through the sacrament of Chrismation. The priest is available prior to the scheduling of the sacrament/mystery to provide instructions on the Orthodox faith to the person/s who are converting to Orthodoxy. People wishing to join

the Orthodox Church who are not baptized are received in the Orthodox Church following instruction and through the Holy Sacrament/Mystery of Baptism.

THE SACRAMENT OF MARRIAGE: When Orthodox Church members plan to get engaged to their future spouses, they should notify the priest so that he may congratulate them, offer the blessings of our Lord and provide them with guidance and instructions as well as ecclesiastical regulations relative to the conduct of the Holy Sacrament of Marriage. Marriages are not permitted during fasting seasons. The Sponsors/Κουμπάροι must be Orthodox Christians enrolled, practicing the faith and members in good standing in their local Orthodox Church. Sponsors/Κουμπάροι coming from other parishes are required to provide our priest with a letter from their priest documenting their ecclesiastical status. Marriages are prohibited when they are canonical relationship impediments. Inter-Christian marriages are permitted by special ecclesiastical dispensation (ECONOMIA) providing that the non-Orthodox partner is baptized in water, in the name of the Holy Trinity and the couple is willing to baptize and raise their children in the Orthodox Church. Orthodox marriages are not permitted between Orthodox and non-Christians.

DIVORCE: Whenever marriages are terminated by civil divorce, the church requires the couple to apply through their priest for an ecclesiastical divorce. The priest is required by the bishop to verify the grounds and applications for an ecclesiastical divorce and submit them to the diocesan ecclesiastical court for a hearing and judgment. The Church only permits the granting of ecclesiastical divorces for certain reasons and grounds. Before a family breaks-up



Parish Information and Guidelines (2)

and goes to a lawyer, they should consult and seek the advice and counsel of the priest who is required to exert every effort to evolve reconciliation.

SICKNESS AND HOSPITALIZATION: Whenever someone is sick particularly with a terminal illness or hospitalized, the priest should be notified so that he may visit the sick, offer prayers and give Holy Communion and anoint with Holy Unction Prayer Oil.

FUNERALS: When an Orthodox Christian dies, the priest should be notified so that he may assist the family of the deceased in making all the necessary arrangements, schedule the services and so he may provide prayers, comfort and consolation to the bereaved.

BURIAL ARRANGEMENTS: It is prudent for Orthodox Christians to select their burial place and to advise family members of their preferences relative to dress, flowers, memorial, headstone, a list of people that they want family to notify and any instructions that they wish to give to their families.

TRISAGION AND MEMORIALS: It is ritual custom in the Orthodox Church for the Trisagion Service and Memorial prayers to be offered for the repose of the souls of deceased relatives immediately after death, prior to the funeral service and at the graveyard committal service. Memorials are also conducted on the third day after death, the ninth day, the fortieth day, six-month anniversary, first year anniversary and the third year anniversary. It is also ritual custom to provide the priest with the names of the deceased members of our families for commemoration at the Saturdays of Souls. The people may also provide the priest with names of the deceased for commemoration in prayer at the liturgy. These prayers to our Lord

petition Him to grant forgiveness for the offences of the deceased and to grant their souls "repose/rest in a place of refreshment where there is no pain sorrow and suffering."

LITURGICAL COMMEMORATIONS OF THE LIVING AND THE DECEASED: Lists of the names of the living or deceased members of our families that we wish the priest to specially remember and commemorate in the liturgy should be submitted to the priest prior to the liturgy.

SATURDAYS OF SOULS: Our Church has set aside four days annually for worship services dedicated to the remembrance and commemoration of all departed Orthodox Christians. Three consecutive Saturdays prior to the start of Great Lent and the Saturday before Pentecost are Saturdays of the Souls.

KOLIVA/MEMORIAL SERVICE BOILED WHEAT: It is Orthodox Church ritual custom to offer Koliva –boiled wheat whenever memorial services are conducted. The basic ingredients of Koliva are wheat that symbolizes everlasting life, raisins that symbolize the sweetness of Heaven and powdered sugar that symbolizes the purity of the Christian life. In the center of the Koliva tray is a cross that reminds us of the love of God.

MEMORIAL LUNCHEON/MAKARIA: After the committal service/burial at the cemetery, a memorial luncheon/Makaria for the family, relatives and friends is held in memory of the deceased. Normally the menu consists of fish in remembrance of our Lord eating fish after His resurrection from the dead. Usually, Brandy and Paximathia-dry biscuits accompany the meal.

CREMATION OF THE DEAD: The Orthodox Church forbids the cremation of the dead because the body is the temple of the Holy



Parish Information and Guidelines (3)

Spirit and will be rejoined with the soul at the Last Judgment. Although cremation has become more popular in our society, Orthodox Christians are reminded to respect our theology and sacred tradition.

ARTOCLASIA-BLESSING OF THE LOAVES

SERVICE: One of the oldest services conducted in the Orthodox Church is the Artoclasia, the blessing of the five loaves, the wine and the oil. This sacred ritual commemorates the miracle of our Lord's multiplication of the five loaves and two fish with which he fed over 5,000 men, plus women and children. (John 6:1-15, Matthew 14:13-21, Mark 6:30-44, Luke 9:10-17) Orthodox Christians normally invite the priest to conduct this sacred service on their feast day celebrations to offer thanksgiving for God's blessings and to offer prayers for their health, salvation and well-being.

PARAKLISIS-SUPPLICATION SERVICE:

This sacred ritual may be conducted by the priest at the request of Orthodox Christians at any time either publicly or privately for the intercessions of the Holy Mother of God for the health and blessing of members of their family. This sacred service is usually conducted during the fifteen-day fasting period in preparation for the feast day of the Dormition/Repose/Assumption of the Virgin Mary on August 15.

THE COMPLINE SERVICES AND PRAISES

(HERETISMOI): The Compline Service together with the Praises is conducted during the five Fridays of Great Lent. This ritual is dedicated to the incarnation, life, mission, ministry death, resurrection and ascension of our Lord and God and Savior Jesus Christ.

HOLY WATER BLESSING SERVICE:

In the Orthodox Church there are two major Holy Water Blessing Services. There is the Great Agiasmos Water Blessing Service that is conducted on the Feast day of the Epiphany/Theophany, January 6, and is usually

observed on the nearest Sunday. This feast day is also called the Festival of Lights because it commemorates the manifestation/appearance of the Holy Trinity at the baptism of Jesus.

Rubrics require that Christians fast in preparation for the communing the Holy Water of Epiphany. This sacred water is sprinkled on the Orthodox Christians and is reserved in little bottles that are distributed by the priest and kept in the home or business icon and prayer corner. The Minor Holy Water Blessing Service may be conducted any time and it is usually conducted for blessing of the foundation of new homes and businesses and also on numerous other occasions and special events when we seek the blessing of our Lord through the dipping of the Holy Cross in the Holy Water and by sprinkling the homes, businesses or other objects.

PREPERATION FOR HOLY COMMUNION:

Our Lord said: "I tell you most solemnly, if you do not eat the body of the Son of Man (Jesus) and drink His blood, you will not have life in you. Anyone who eats my body and drinks my blood (Holy Communion) has eternal life." (John 6:53-54). Holy Communion is the bread and wine consecrated and transformed into the Body and Blood of our Lord and offered to the faithful for forgiveness of sins and for eternal life. To receive Holy Communion, the faithful people are required to prepare by asking forgiveness from any relatives, friends or co-workers that they may have injured either by careless words, un-Christian actions or in any improper or unethical way. People must seek the Sacrament of Penance and Confession before the priest prior to taking Holy Communion for any serious crimes and offenses. People must fast from meat and dairy products in accordance with their physical ability in preparation for Holy Communion. Fasting from foods and iniquities in preparation for Holy Communion may vary according to each person's commitment and ability, but compulsory on the morning prior to coming for communion. Only baptized, confirmed and practicing Orthodox Christians

Parish Information and Guidelines (4)

are qualified to receive Holy Communion. Orthodox Church rubrics do not permit Orthodox Christians to married outside of the Orthodox Church to receive Holy Communion.

CHURCH ENROLLMENT, MEMBERSHIP AND STEWARDSHIP SUPPORT:

All Orthodox Christians must be enrolled in the parish and fulfill their annual obligation to support and maintain the Church and its sacred ministries through membership/dues offerings, the annual summer stewardship drive, candle donations and tray collection, special offerings, memorial donations, gifts for sacred objects, special drives, projects and generous love-offerings. No one should support the church minimally, miserly or grudgingly but generously and joyfully and in accordance to their financial ability. (2 Corinthians 9:6-11).

SUNDAY MORNING POST-LITURGICAL RECEPTIONS:

The Ladies Philoptochos Society sponsors the weekly post-liturgical receptions in the Father Christides Memorial Auditorium. People who wish to host a weekly reception are invited to contact the Ladies Philoptochos Society. If you plan to host a reception please be mindful to abide by the fasting calendar of the Orthodox Church.

RENTAL OF THE COMMUNITY CENTER FATHER CHRISTIDES MEMORIAL AUDITORIUM:

Due to insurance and liability requirements our community center auditorium is available for rental to our members ONLY. Please contact Parish Council President Nick Konides (cell) 609-425-0179 for more information and rental arrangements.

PEW LITURGY BOOKS:

The faithful people are invited to please use the bi-lingual pew liturgy books to follow and participate in the liturgy. The books were originally donated by Archon, Mrs. Gust C. Kraras. Most recently the Soteris Ladies

Philoptochos Society donated new books. The Divine Liturgy of St. John Chrysostom is celebrated during most of the year. The Divine Liturgy of St. Basil is conducted Sundays of Great Lent and on the feast day of St. Basil.

SUNDAY BULLETIN: The weekly St. Demetrios Sunday Bulletin, prepared by the secretary and by our priest is available at the narthex/vestibule. This weekly publication contains the commemoration of the day, scripture lessons, announcements and Greek and English scriptural meditations.

SUNDAY SERVICE SCHEDULE: From October through May, worship services are on the winter schedule. The Orthos begins at 9:00 A.M. The Divine Liturgy at 10:00 A.M. Holy Communion is offered at 11:00 A.M. and the Homily thereafter. If there are memorial services, Artoclasia or other services, they are conducted prior to the homily. From June through September, worship services are conducted on the summer schedule. The Orthos begins at 8:30 A.M. the Divine Liturgy at 9:30 A.M. Holy Communion at 10:30 A.M. followed by the homily. Weekday services on major holy days when services are conducted follow the same schedule.

KOINONIA NEWSLETTER:

The monthly Koinonia Newsletter is prepared by our Church staff and contains a pastoral message, parish news, events and announcements. It is available electronically or by mail.

NEWS AND INFORMATION:

Information about our parish, our address and service schedule are provided for publication to all the Cape May County Chamber of Commerce publications and local newspaper church listings from Ocean City to Cape May.

OFFICE HOURS AND PHONES: The church office phone is 609-522-0152. The Pastor's Study



Parish Information and Guidelines (5)

Phone is 609-729-7041. The Secretary will be in the office from 10:00 A.M. until 3:00 P.M. Monday, Wednesday and Friday. There is a door bell with camera at both the church and hall doors to announce your arrival (if doors are secured). The Priest and President may be easily reached for emergent or other matters by phone. Fr. Michael's cell phone is 667-328-1083 and Parish Council President Nick Konides' cell phone is 609-425-0179. All of these phones are able to take messages if no one is available to answer the phone.

ST. DEMETRIOS PARISH COUNCIL:

The Parish Council and the priest are responsible for the governance, administration and management of the parish according to canon law and the supervision and direction of the Greek Orthodox Archdiocese of America and the Metropolis of New Jersey. The Parish Council reports annually to the Parish Assembly and prepares and presents the annual budget.

ALTAR SERVERS:

Young boys aged 8 through 18 are eligible to serve in the holy altar of the St. Demetrios Church. Interested young men are invited to contact Father Michael and volunteer to serve and come to church on time wearing a white shirt and tie, polished shoes, bathed and neatly dressed.

LADIES PHILOPTOCHOS SOCIETY:

For any information regarding the Ladies Philoptochos, the current president of Ladies Philoptochos Society is Constantina Bilios.

DEMETRIOS PARENT TEACHERS ORGANIZATION, PTO:

The president of the St. Demetrios Parent Teachers Organization is Toulia Tsiamis, contact 973-870-2257. The PTO supports, operates and maintains our parish Greek School.

GREEK SCHOOL:

Mr. George Ploumanearas is directing the St. Demetrios Greek School under the supervision of the PTO.

SUNDAY CATECHETICAL SCHOOL:

Under the direction of Father Michael. Classes on the Bible and instruction on our Orthodox faith are offered for our parish children every Sunday from October through May. Classes are held after the children attend the liturgy and receive Holy Communion.

Proper Church Etiquette

One of the most important obligations that we have as worshippers attending the Divine Liturgy, is to maintain proper decorum so that all of the members of the Congregation may pray sincerely, peacefully and meaningfully. It is with this fact in mind that we set forth the following guidelines:

Upon entering the Church, at all times, but especially during Services, an individual should remember that he or she is in the House of God. Reverence and good manners are required so as not to disturb those who are already engaged in prayer, but even more importantly, as an expression of sincere faith and awareness of the presence of the Lord. No irrelevant conversations should take place, either in the Narthex or any other part of the Church. There should be NO FOOD (including chewing gum) in church. Children are not to be fed in the church. Proper attire is expected for men and women.

There are various parts of the Liturgy during which no one should be moving about. Wherever a person happens to be at these moments, he or she should stop and stand reverently, until the proper time to proceed

1. During the Procession of the Priest and the Altar Boys with the Holy Gospel.
2. During the reading of the EPISTLE and the Gospel.
3. During the SERMON.
4. During the CHERUBIC HYMN and the Procession of the Priest and the Altar Boys with the Holy Gifts.
5. During the recitation of the CREED (in which the whole Congregation should participate).
6. During the SEYMNOUMEN and the prayers of the Consecration of the Holy Gifts.
7. During the LORD'S PRAYER (in which the whole Congregation should participate).
8. During HOLY COMMUNION.
9. During the Dismissal Prayers.
10. During any special Services (Memorial Services, Processions, Special Prayers, e.t.c.)



One basic rule to follow is that, whenever the Priest is outside of the Altar either with the Censer or giving the Blessing, everyone should stand wherever they are.

According to actual Church Service procedures, each and every member of the Congregation is required to be seated in the pews at the beginning of the Service. It is only by leniency that anyone is allowed to enter the Church once the Services have begun. Thus, we ask that you do not take undue advantage of this leniency. Also Liturgy Books are available in the pews to follow the service.

Please remember that the Parish Council members are required to maintain order during Church Services. Thank you for following their direction.

HELP US GROW WITH VANCO GIVING

It's through your contributions that we are able to carry on important work both spiritually and in our community. Electronic Giving –is the way to go today. It is also a convenient, easy way to support St. Demetrios.

a note from

JULIE REEB
CHURCH
SECRETARY



BY GIVING ELECTRONICALLY YOU CAN:

- Give anywhere, anytime from your computer, cell phone or tablet.
- Donate easily for special projects of the Church.
- Give towards your stewardship pledge or other donations such as memorial, endowment and others.
- Set up reoccurring or one time pledges and you will never need to worry if you have your check book or cash on you. VANCO will store your information.
- It is important to note that if you are using a credit card, you may be able to accumulate rewards by your provider.

Show your support and try E-Giving through our VANCO QR Code (located below). Or you can find this code on our website under the DONATE TAB www.stdemetriosnewjersey.com and even easier.... There is a button that states “click here” that will take you directly to the VANCO page. It is as simple as that.

To use the QR code- open your camera on your phone and hover over the code. The VANCO website will appear and then tap on it.

Thank you for all you do to support our St. Demetrios family throughout the year. May God bless you and keep you well and strong.





Stewardship News

STEWARDSHIP PLEA 2023

Dear Parishioner,

We at Saint Demetrios are thankful to have you and your family here in our church. You are a vital part of our church community. **Unfortunately, the Parish is in great need of your financial help!!**

Your financial support provides the foundation for our parish ministries and our efforts in meeting the challenge of spreading Christ's Word and our Orthodox Faith.

Stewardship also means more than just making a monetary donation. Stewardship is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves and to grow in grace. It allows us to participate in the vineyard of our Lord. Giving is not a substitute for commitment. It is an expression of your commitment.

Please note there are several ways to pledge: besides printing this form, our Stewardship Pledge forms are also in the Narthex, you may complete one and give it to Parish Council Secretary, William Mitchell. He can also be contacted at 609-425-4000. If you would like to mail your Stewardship Commitment, our mailing address is:

St. Demetrios
300 St Demetrios St
North Wildwood NJ 08260

If Stewardship payment has been made for 2023 please disregard this notice and except our gratitude.

Please respond out of faith and love and help keep our church vibrant for many years to come. **This is YOUR CHURCH! Please, if you have yet to send in your Stewardship, please do so now. Remember the Church is not just here when you need it! Its open every week! If we don't support the Church, who else will?**

Respectfully,
Fr. Michael & The Stewardship Committee

_____ Cut here _____

Please make checks payable to: Saint Demetrios Church

My Stewardship Commitment is \$ _____ Year _____

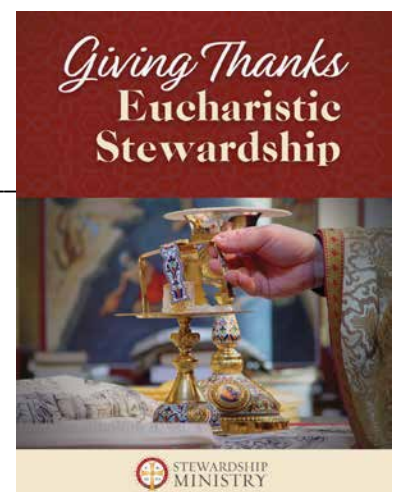
Single/Individual \$500.00

Family \$750.00

Name: _____

Address: _____

Phone: _____ Email _____





SAINT DEMETRIOS GREEK ORTHODOX CHURCH

321 Saint Demetrios Street – North Wildwood, New Jersey 08260

PARISH REGISTRY INFORMATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HOME PHONE _____

DATE OF BIRTH _____

PLACE OF BIRTH _____

DATE OF ORTHODOX BAPTISM/CHRISMATION _____

PROFESSION/OCCUPATION _____

BUSINESS NAME & ADDRESS _____

BUSINESS PHONE _____

SPOUSE'S 1ST NAME & MAIDEN NAME _____

SPOUSE'S DATE OF BIRTH _____

SPOUSE'S PLACE OF BIRTH _____

DATE OF ORTHODOX BAPTISM/CHRISMATION _____

SPOUSE'S OCCUPATION _____

BUSINESS PHONE _____

DATE & PLACE OF ORTHODOX MARRIAGE _____

NAME OF PRIEST WHO DID MARRIAGE _____

CHILDREN'S NAMES & DATES OF BIRTH _____

DATE OF ENTRY INTO PARISH _____



Notice of General Assembly

SUNDAY, OCTOBER 15, 2023

Pursuant to the regulations of the Greek Orthodox Archdiocese of America and By-Laws of the Greek Orthodox Community of St. Demetrios, North Wildwood, NJ, the date of the General Assembly has been scheduled for Sunday, October 15, 2023.

According to the Church By-Laws those persons wishing to participate and vote must pay in full their stewardship contribution up to the date of assembly (October 15).

A regular member of the Parish who is already enrolled in the Parish Register, but has not paid their Stewardship Pledge may do so the same day before the beginning of the General Assembly in order to participate and vote. *All members of the Community need to attend this important Parish Assembly Meeting. It is also our duty and responsibility as members of the St. Demetrios Community to come and offer our support for the progress of the Parish.*

Hope to see Everyone There!

The Priest and Parish Council of St. Demetrios

AGENDA

1. Invocation by Parish Priest, Rev. Fr. Michael Pastrokos.
2. Call to order by Parish President, Mr. Nicholas D. Konides.
3. Election of Chairman and Secretary for the Assembly.
4. Reading and ratification of the minutes of the previous General Assembly.
5. Parish Council President Report.
6. Budget 2024 to be approved.
7. Treasurers Financial Report.
8. Auditing Committee Report.
9. Nominations Committee Report.
10. Stewardship Report.
11. Building Maintenance Committee Report.
12. Formation of Election Committee (three people).
13. Priest Report.
14. Old Business.
15. New Business
16. Benediction Prayer from Fr. Michael.

NOTICE FOR NOMINATIONS TO PARISH COUNCIL

We wish to inform you that the present members of the Parish Council will terminate on December 31, 2023. We urge all the Parish members in good financial standings who have the willingness, the ability, and the time to serve our community, to submit their candidacy for the Parish Council to the Nominating Committee by Wednesday, September 20, 2023. The names of the new candidates will be announced at the General Assembly which will be held on Sunday, October 15, 2023. If you wish to place your name for nomination, you may do so by being present at the General Assembly Meeting.

If you are considering applying for Parish Council please fill out the application on the following page, sign it and bring it with you. You can also mail it to the Church office before the deadline date at:

St. Demetrios Greek Orthodox Church
321 Saint Demetrios Street
North Wildwood NJ 08260



Greek Orthodox Archdiocese of _____ America Rules and Regulations

In accordance with the “Uniform Parish Regulations” (UPR) of the Archdiocese, a member who wishes to place his or her nomination must be a Greek Orthodox Christian and a member of the parish for at least (1) year prior to the election and his/her life and character must comply with the faith and canons of our Orthodox Church.

A new member of the parish may vote in the elections if he or she has been enrolled at least 3 (three) months prior to the election. If you wish to place your nomination for a position on the parish council, you may complete, sign and mail the form below, to the nominating committee by Sunday, September 10, 2023.

Please address the envelope as follows and mail it to:

Nominating Committee
c/o St. Demetrios Greek Church
321 St. Demetrios Ave
North Wildwood NJ 08260

CANDIDACY FORM FOR PARISH COUNCIL

I desire to be a candidate for the St. Demetrios Greek Orthodox Church, NJ parish council.

Signature_____

Name (printed)_____

Address_____

Phone No._____

Email_____

Mobile Phone No._____

MEET YOUR SUNDAY SCHOOL TEACHER

Hello! My name is Sophia Kiniropoulos and I am so excited to teach Sunday School at St. Demetrios this year! More importantly, I am THRILLED to be a member of the St. Demetrios family and parish! It's going to be an enlightening year full of learning and new experiences. I can't wait to see what this year has in store for us. I want to know all about YOU, but first I am going to tell you a few things about me.

I was born in Philadelphia but my parents decided to move back to Greece when I was in the 1st grade. My family relocated in beautiful Loutraki, where I lived until I was eighteen years old. My life was idyllic to say the least! After completing the entrance exams for university, I attended the University of Athens school of Philosophy for one year in 1992. However, I always wanted to move back to the States so in the fall of 1993 I enrolled at Hellenic College/Holy Cross in Massachusetts. After completing two years in the Liberal Arts department, I decided to transfer to Boston College, where I pursued a BA in Elementary Education with a focus in Science and Mathematics. I graduated in 1998 with a bachelor's degree in the above areas.

I moved to the Lehigh Valley area (Bethlehem) in 1999 when I was offered a job as a fifth grade teacher for the Bethlehem Area School district. I taught 5th for fifteen years before moving down a grade level to teach 4th where I remained till 2023. During these years I earned a masters in ESOL from DeSales University and a masters in elementary Science/Mathematics from Lehigh University. I also became an active member of St. Nicholas Greek Orthodox Cathedral in Bethlehem where I taught Greek School for eight years.

My husband, Stefano, and I have been married for just over 9 years now. We have a son named Niko. We also have a mastiff, named Luigi. In my free time we like to go hiking watch football, shop, do projects, watch movies, travel, try new restaurants, and be with family and friends.

I am so excited to be your teacher and for you to be a part of this awesome parish.
This is going to be an AMAZING year!





Kindness

The following sentence is posted on the bulletin board in my office at the church as a daily reference.

“No act of kindness, however small, is ever wasted.”

I received the story below in an email as one of those “forwards” to read and pass along. As we enter the month of October, please permit me to share it with all of you. I found it to be not only inspirational, but in keeping with the main idea of the above sentence.

A Glass of Milk

One day a poor boy that was selling goods from door to door to pay his way through school found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so she brought him a large glass of milk. He drank it slowly, and then asked “How much do I owe you?” “You don’t owe me anything,” She replied. “Mother has taught us never to accept pay for a kindness,” He said, “Then I thank you from my heart.” As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit.

Many years later that same young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room. Dressed in his doctor’s gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to her case.

After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, then wrote something on the edge and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She read these words “Paid in full with one glass of milk.” (Signed) Dr. Howard Kelly. Tears of joy flooded her eyes as her happy heart prayed: “Thank you, God; that your love has spread through human hearts and hands.”



There’s a saying that goes something like this: ***Bread cast on the waters comes back to you.*** The good deed you do today may benefit you or someone you love at the least expected time. If you never see the deed again at least you will have made the world a better place; and, after all, isn’t that what life is all about?

The hardest thing to learn in life is which bridge to cross and which to burn.



QUESTION & ANSWER:

I feel so empty and sinful in my life. How do I go about asking God to forgive me?

The Power of the Sacrament of Holy Confession.

Amongst the Holy Sacraments of our Holy Orthodox Church is the Holy Sacrament of Confession and Repentance. This Holy Sacrament is obligatory for all Christians in order to achieve the salvation which Christ offers. Just obligatory is for one to become a member of Christ's Body, he must be baptized; or as it is obligatory for one to receive the Gift of the Holy Spirit, he must be anointed with the Holy Myrrh; or as it is obligatory for one to partake in the eternal life, he must partake in Holy Communion and receive the precious Blood and Body of the Lord; or as it is obligatory for one's union with his wife to be holy, he must be blessed in the Holy Sacrament of Holy Matrimony; in a similarly way, it is obligatory for one to receive forgiveness of sins, he must confess before a Bishop or a Priest. Because, without confession, there can be no forgiveness of sins.

Can anyone imagine a young couple wanting to join their lives without the blessings of the Church? Can anyone imagine someone wanting the blessings of God and yet he does not invite the Priest to bless his house or work? Can anyone imagine someone wanting to become an Orthodox Christian, and yet he does not want to be baptized by a canonical ordained Bishop or Priest? Can anyone imagine someone who wants to receive Holy Communion and yet he does not want to participate in the Divine Liturgy, but he just eats plain bread and drinks ordinary wine? And only by hearing these things one boasts into laughter. So it is with the forgiveness of sins.

We cannot receive forgiveness of sins, if we do not confess our sins to the spiritual Father appointed by the Church.

Our Lord and Saviour Jesus Christ after His glorious Resurrection gave this authority to His Holy Apostles, in order to forgive or to bind the sins of men. This authority the Holy Apostles passed down to the Bishops and they to the appointed Priests. So, if we do not receive forgiveness of sins in this life, then our evil deeds will follow us in the after life, where we will be strictly judged, because we avoided using the Grace of God in this life.

But, a very serious presumption in order to be forgiven is to forgive all those who trespassed against us, either with their words or deeds. If we forgive them, then we will be forgiven by God. If we do not forgive our fellow men, then God will not forgive us.

Many come to Confession, but they do not forgive their fellow man. In this case, one must realize that their sins are recalled and, if they remain without repentance, they will be judged more strictly by the Just Judge on the terrible Day of the Final Judgement. This is the message which today's Holy Gospel assures us.

So, we must repent and sincerely confess our sins, and simultaneously forgive our fellow man and practice God's Commandments. Then, we will be assured that the God of mercy and love will embrace us and will grant us His forgiveness and eternal Kingdom.





Let's Pay Ourselves

By: An Anonymous Parishioner

When I was a child many, many years ago my whole life revolved around the church. The Church was not only the center of spiritual life, but also the center of family life; and as such, was the nucleus of life itself.

I remember clearly that as soon as the Church Membership Renewal forms came in the mail, they were given priority status. Fifty years ago, my parents put in \$1 for each candle. Today, I watch people still putting in \$1, but taking 2-3 candles sometimes! I am not a financial wizard, but it doesn't take much to know, that is just plain wrong. Likewise, as the offering tray is passed around, it is easy to see that most of it is dollar bills. What is the church going to be able to do with \$1/person each Sunday? For example, if each Sunday we had a whopping 250 parishioners attending church x 52 Sundays/yr. \$13,000. That may suffice as a down payment on a car these days, but we certainly can't run a parish on it, can we? If more parishioners would stay to attend Parish Assembly Meetings, they would get a copy of the budget and see firsthand what the actual costs for running the church are. It is staggering! Time does not stand still, my friends, and neither do costs.

In the past, delaying making a pledge was unthinkable. It was a matter of our love for our Lord and the Church He built. Hey! Wait a minute ... Aren't WE the Church? Isn't pledging really paying ourselves? How have we gotten into the habit of not paying ourselves?

Today, my friends, many of us have become Christians in name only. We do not exemplify the characteristics and heart of true Christians. We get puffed up with our own self-importance, and the pride of success gets in the way of our recognizing that in being blessed by God, we have more to spare for giving. Giving is the true blessing. There are those who give tremendous amounts to the church, but they are not the only parishioners; and it is unfair for the bulk of us to have a "free ride." How many of us have complained about the costs of the Welfare State today ... that it is unfair that those capable of working get a "free ride." Aren't the parishioners who don't tithe to the Church getting a "free ride"? There are as many ways to show your love for Christ as there are ways to spend your money selfishly without giving it a thought. Yet, with the former, we have a great deal of difficulty, while with the latter, none whatsoever. We live lives of excess and idolatry.

Our Newsletter publishes the names of those who have sent in their pledges. These people don't need the pat on the back. They know they have done the right thing. The non-givers mistakenly think their identity is hidden. It doesn't take a rocket scientist for people in the community to check that list and figure out who is not on it. More importantly, my friends, Christ clearly knows who is not a steward.

Lest you think, I am preaching to you with a "Holier than Thou" attitude, let me acquaint you with my own personal past. Though I grew up with the right example, I am ashamed to say that there was a long time when I did not fulfill my obligations to the Church. So, while I enjoyed and availed myself of all my Church had to offer, other than the Sunday offering, I put nothing in. Looking back, I feel like I was a thief. Like too many today, I "paid up" only when I got married and when I had my children christened. Yet, I always found money for gifts to family and friends, nice clothing, movies, eating out, jewelry, going to nightclubs, buying nice cars, going to

see shows, traveling, etc., etc. We are a society that has allowed ourselves to be seduced by the "good life" and unbeknownst to us, we have been indoctrinated by industry (an useful tool of Satan) to think "we need" all the useless things we buy and services we spend untold amounts of money on over a lifetime. All that money spent toward useless things, yet 5/6 of us seem unable to find money to pay ourselves, The Church.

What caused me to turn around? That is a very long story, so I will try to put it into efficient terms. The Lord needed to get my attention, but I was not listening. For a full decade, I experienced great personal suffering and loss in various forms, which allowed me to hear Christ, which brought me to the foot of the Cross, which led me to want to know Christ personally, which led to deep self-examination, which led to my being convicted, which led to humility, repentance, confession and the Eucharist, which is what God wants from all of us. Once convicted and humbled, it's hard to lie to yourself.

The Orthodox Church does not dictate a set amount to tithe, unlike most other faiths. They allow us to make free will offerings. God gave us free will to choose. Christ wants us to come to Him willingly. So it is with giving. We bring Him such joy in giving. Let's examine this. In Christ's time, all those who literally followed Him, put their funds into a communal purse which was shared among the followers for their needs equally. Remember Judas? He was the keeper of that purse. Needless to say, sometimes he helped himself to the contents. That is what we do when we take from the Church (accept all it has to offer), but we do not give back. After the Crucifixion, as the church started to grow, it was challenged in trying to take care of the widows, the orphans, the poor, the elderly, the diseased and infirm. The Church began to organize and assign various people to various tasks. As Christians grew in number, so too the common purse enabling the Church's ability to take care of the groups singled out by the Lord as needing compassion and love. Sound somewhat familiar? Giving to ourselves, The Church, has a ripple effect. Like throwing a stone in the middle of a lake, those ripples come back to those standing at the shore as blessings for everyone.

The Church had financial needs then to carry out its mission as it does today. But back then, Orthodoxy was not fragmented into 2,599 other faiths all vying for faithful followers. The reality today is that keeping the doors of a house of worship open involves astronomical expenses. As opposed to the number of families this parish has, only a fraction of them have made their pledges. Then there is also the issue of collecting on those pledges. Does that not convict us? WE are the Church, and we cannot seem to find the money to pay ourselves!

Signs of the times are that there may come a day when our churches will be taken from us, as Christianity is once again persecuted globally. Those with evil intent will find it much easier to enslave us if we have no support system, no hope, no Church. Shall we hand ourselves over on a paper plate then?

**PLEASE LOOK DEEPLY AND HONESTLY
INTO YOUR HEARTS AND SPENDING HABITS AND
START PAYING YOURSELVES, THE ORTHODOX CHURCH!**



church NEWS

parish council news

It takes a dedicated person to make the right choice...

If you are interested in becoming an active member of the St. Demetrios Parish Council and want to know more about what it takes to be active in Church and Community, please contact Fr. Michael for more information. Perhaps you are talented in youth development, marketing, fundraising, finances, management, catering, education, or other activities. If you are interested, we really need parishioners that care about the Church, and have the time, and talent to offer their services for the continued success of St. Demetrios.

St. Demetrios is a very active Community, and we would like to keep the progress going in the right direction. We have come so far, and we can't afford to go backwards, we need to go forward and continue the success that the previous Priests and Parish Council have done in the past as well as the present. We need more of the Young Adults of the Parish to step up to the plate and offer their time, talent, and treasure. Become a Catalyst and let us bridge our ideas for the future of St. Demetrios. We need to work together and empower each other to develop programs for the elderly, for our Youth, and to create a mission and outreach program for the parish. You can become a part of the solution and make a difference by becoming involved in your Church and Community.

THIS IS A REALISTIC WAY FORWARD...COME AND BE A PART OF THE FUTURE!

stewardship news

All our local and seasonal members and visitors are invited to register and enroll in our parish for the 2023 membership and join in weekly worship and to support of our parish "Stewardship Program" and ministries. The annual minimum enrollment offering is \$750 per family, and \$500 for single people. Please complete the parish membership registry forms that are available in the Narthex. Families that are in arrears are invited to reinstate their membership and participation in our parish life and ministries.

youth group

Attention All Parents:

The next meeting with the Youth Group of the parish will be on Saturday, October 14, 2023 at 11:00.

Fr. Michael will discuss the life of St. Demetrios, our Patron Saint. Also, an activity will be scheduled for the children to have fun and fellowship together.

donation opportunity

The Parish Council would like to bring to your attention the Golden Leaf Giving Tree. Very few have participated in this memorable way to create **a lifetime tribute for generations to see and enjoy**. Please take the time to view this lovely Giving Tree and consider displaying your family's name, a remembrance of a loved one or an achievement.

We would like to see the tree grow with more care and love!





Challenges and Opportunities

“But seek first his kingdom and his righteousness, and all these things shall be yours as well. Therefore do not be anxious about tomorrow.” –Mt 6:33-34

The only moment I ever live is the present moment. It is the only time I have to be happy, to be successful, to learn, to grow, and to express.

Many people live in a state of unwholesome expectancy, always looking to the future and neglecting one thing of value they –the present moment.

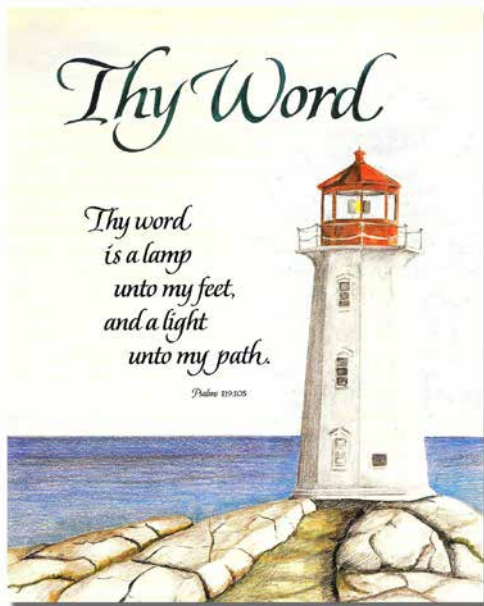
Naturally, I need to give some thought to planning the future. But I will not worry about it or fear it. The best insurance for a happy and satisfying future is to handle the present moment to the best of my ability, to do a good job of living right now.

Tomorrow is in God’s hands. This realization gives me a sense of freedom and security. I trust God for tomorrow’s supply. I know that there is no need that cannot be met by God’s all-providing love.

Whatever challenges or opportunities may come to me tomorrow will find me ready because today’s experiences, met with courage and fortitude, prepare me for tomorrow’s demands.

Of course, the past contributed to the present, but right now, today, new opportunities are presenting themselves to me. Right now, new avenues of unparalleled success are waiting to be explored. Right now, I invite God to use me as a channel for the good of this present, marvelous moment.

The Light Begins with Me



The keeper of a lighthouse was boasting of the brilliance of his lamp. Asked what would happen if the lamp went out or if the reflectors became dull, he replied, “Impossible! Out there are ships sailing. If this light goes out tonight, someone will be shipwrecked.”

In a similar way the eyes of the world are fixed on the followers of Jesus. For this reason Jesus said, “You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let our light so shine before men, that they may see your good works and give glory to your Father Who is in heaven.”

It is a solemn thought that our lives are continually radiating light or darkness, and there are ripples of influence that we can never control or stop. No man lives unto himself.

No one is entirely without influences. Everything we say and do has a ripple effect. It either hurts us or helps. It either leads or misleads. It either advances God’s Kingdom or hinders it. We are responsible –and are held responsible by God—for the influence we are sending out from lives.

Church Father Speaks

If you desire chastity restrain the flow of base thoughts by occupying yourself with the study of the lections (of Scripture) and in continuous intercession before God. Then you will be armed within, against occasions (of sin) from nature. Otherwise you cannot discern purity within yourself —*St. Isaac the Syrian*.

thoughts from

EVA LALLAS

OCTOBER'S HARVEST

Believe it or not...October is upon us! Yes, even in "vacationland" Summer has gradually come to an end as visitors have returned home and as enjoying fond memories of their summer activities. We see the owners of their summertime bustling businesses: restaurants, hotels, retail shops, and entertainment centers closing their doors for the season. Even so, we still see Wildwood's residents as well as those from surrounding communities who enjoy all that the seashore offers: fishing, jogging or taking leisurely strolls along the water's edge, or sitting on The Wall with a friend taking in God's beautiful scene of gently rolling ocean waves while inhaling His refreshing unpopulated air! Who could ask for anything more during October's crisp weather?!!!

Just as we witness the slowing down of activity in Wildwood, the earth itself begins its resting period, when the agricultural lands throughout our country will be replenished. It's harvest time, a segment of the cycle of life! On the first of September when our Ecclesiastical Year began, we recall that our Orthodox Church promotes prayers for the well-being of the earth especially since 1989. We are reminded that we are stewards of our environment, and it is our responsibility to care for it as though our very lives depend on it...because they do.

Although ecology, recycling programs, etc. are relatively new in our culture, perhaps sparked by Rachel Carson's book *Silent Spring* 1962, our Orthodox Church had addressed the importance of being good guardians of the earth many decades prior to that. As we attend each Divine Liturgy and pray along with the priest, we hear each Petition to our Lord. The prayers are inclusive; they speak to every situation or persons in our universal family and are like a protective shield. At times as we give our attention to each prayer it may have a special meaning for us personally. Every prayer has been carefully chosen and included; they have been retained not brushed aside, eliminated, or substituted at the whim of an individual. This is so because they address every aspect of

our lives today as they did when they were written. Always included throughout the year are the prayers for favorable weather and bountiful fruits of the earth; vitally important during the growing season and now at harvest time.

In America the Halloween holiday has grown by leaps and bounds. Recent statistical data indicate that it has become a very costly holiday in retail sales second only to Christmas. Decorations, costumes, parties, etc. advertised beginning in early September! As taught by Father Michael such parties involving church organizations should more appropriately be named Harvest or Fall parties or a similar name in keeping with our Orthodox Faith.

For us at St.Demetrios the highlight of October is the Feast Day of St.Demetrios the Patron Saint of our church. As we know St.Demetrios is one of the major saints of Orthodoxy; churches bearing his name exist throughout the world, several in New Jersey alone. He held fast and was unwavering in his Christian Faith for which he martyred. Upon his death thousands espoused Christianity even as Christians were continuously persecuted and killed by the ruling authorities. St.Demetrios is the Patron Saint of Thessaloniki, the second largest city in Greece where he had lived and was killed. This honor was bestowed upon him because through the years he has protected the city against invading barbarians as well in times of plague and famine. St.Demetrios' devoutness made him an inspiration and a source of comfort and healing to the sick.

Let us all attend the Divine Liturgy on October 26 to memorialize St.Demetrios and offer prayers that he intercede with God for our well-being and the welfare of our church. This year our church is going through a revival with our energetic Father Michael at the helm as more parishioners are attending church services regularly and our ministries are up and running. To keep our progress on a roll it is necessary for each person attending church to become a sustaining steward at this time. This would be the perfect HARVEST DONATION to our beloved St.Demetrios.

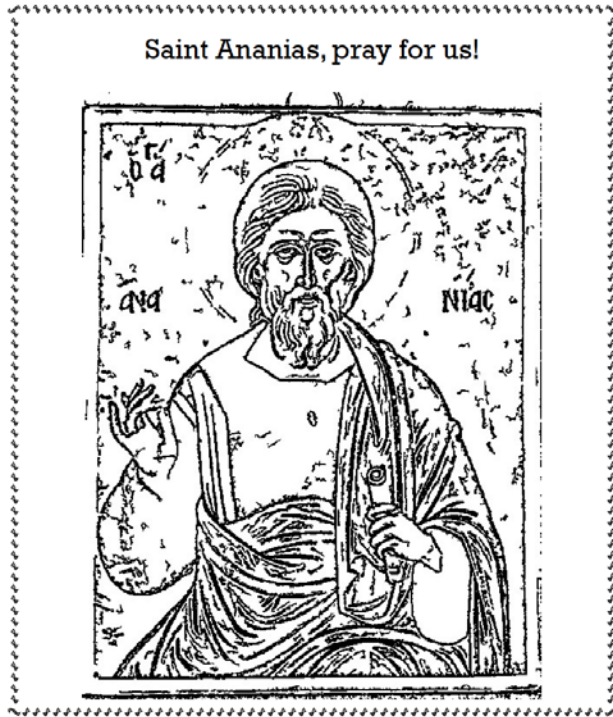
Happy Name Day to our church and to all who celebrate!
Χρόνια Πολλά!



Children's Corner

More available on stdemetriosnewjersey.com!

Courtesy of Presvytera Alexandra Houck



The Children's Word is a weekly bulletin for Orthodox Christian young people. Copyright 2023 Alexandra Houck. Email is [orthodoxchildrensword\(at\)gmail.com](mailto:orthodoxchildrensword(at)gmail.com). Find it each week at myocn.net.

The Children's Word

"Let the little children come to me, and do not forbid them, for to such is the Kingdom of Heaven." Mark 10:14

Sunday, October 1, 2023

Volume 11, Issue 40

A Ministry of the
Orthodox Christian Network



How can you love an enemy?

Has anybody ever asked you to do

something that sounds impossible? Maybe you had to do something that you thought, "There's no way!"

In today's Gospel reading, we hear Jesus' words, "Love your enemies." How can we do that? An enemy is somebody we're supposed to hate, right? No, not when we are Christians.

One of our most beloved saints, Saint John Chrysostom, told his church something many years ago. He said, Jesus did not say, "Do not hate," but He said, "love." That sounds impossible!

But happily, we have lots of Christian saints who have gone before us. They have given us good examples of how we can really love our enemies. Saint John Chrysostom said we can follow 9 steps, so that one day, we can really love our enemies. The first step is "Don't start the fight." That's not so hard, is it? We can do that. The second step is "Don't get back at somebody who did something wrong to you." We can work at that. Saint John tells us we can keep getting better at loving our enemies. Finally, we can reach step nine. That last step is to pray for our enemy, asking God to help him or her.

Do you think you can try hard to follow Saint John's advice? Can you learn to love an enemy, somebody who hurts you?



Jesus loved His enemies!

WORD SEARCH

Can you find these words in the jumble?

Ananias
Anoint
Apostle
Baptize
Chrysostom
Enemies
Love
Mercy
Seventy

HYRELT SOPAZESRM
OOTCHRYSTOSTOMEH
MAFNPPPEVNVTTROE
KNNVEINCZZCGBD
PPZOMVCSBIYZRBF
FWWEIDECADMNRDL
RNNBBNASPLSWBOI
BEBBLNTJTQGMFCG
PAWLADQQIWMECIA
YENNNWXYZGUVXBS
DDIILTVCESNOYQU
FAIBOXZQTAXLJWB
SKQUIZOUKSRLUGE
LPAUURSMBFHCJLG
ARZQYEOKWLFSDNR

WHAT'S IN THE ICON?

Do you know what is happening in this icon of Saint Paul and Saint Ananias? St. Paul is being baptized!

This icon is from the famous Decani Monastery. The icons there are some of the most beautiful in the world!



APOSTLE ANANIAS

ONE OF THE 70 APOSTLES

You know Saint Paul, don't you?

He is one of the greatest saints the Church ever had! Why? Because he worked so hard to help the Church grow and grow. But did you know Saint Paul once worked against the Church? He even hurt some of the first Christians because he thought they were doing the wrong thing! Saint Paul turned around and soon became one of the greatest helpers for the Church. But he couldn't make that change by himself.



Apostle Ananias anoints the Apostle Paul

Today we remember another saint, the Apostle Ananias. He helped Saint Paul change his life to follow Christ! He heard about Paul in a vision, and he put his hands on him, and he baptized him. Even Saint Paul needed somebody else to help him grow close to Christ. He couldn't do it by himself.

When we are part of the Church, we depend on each other. We need each other to help us grow close to our Lord! Saint Paul needed Ananias to help him grow close to the Lord too.

Even as a kid, you know, you are a full member of the Church. What can you do to help others grow closer to Christ? How can you help another person know the Lord even better?

We celebrate Saint Ananias today, October 1st (OC: October 14th).

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Notices

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CENTENNIAL
1922-2022

ARCHBISHOP ELPIDOPHOROS

Nameday Gala

SAVE THE DATE

5:00 P.M. ON SUNDAY, NOVEMBER 5, 2023
CAPITALE, 130 BOWERY, NEW YORK, NY 10013