



KOINONIA

NEWSLETTER OF
ST. DEMETRIOS CHURCH
North Wildwood, NJ

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Fr. Michael Pastrikos

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Theotokos - August 15

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THE GREAT FEAST OF PENTECOST

Father Michael L. Pastrikos, joined by Fr. Dr. Deacon Luke Carpenter, read the beautiful and meaningful prayers during the Vesper Service of the Great Feast of Pentecost.

Read more on page 5.





a letter from

FR. MICHAEL L. PASTRIKOS
PROTOPRESBYTER



believe that it is true. They believe everything that is written in magazines, newspapers, and television, not knowing that all those who write these things are not always right because they see things in their own way, their own opinion, and their own perspective. We face many challenges in our lives and we go through many stormy situations, but there are ways to overcome the obstacle we face day in and day out.

If we look back over two thousand years ago when Jesus Christ our Lord came to the Jordan River to be baptized, as soon as Christ came out of the waters the waters of the River Jordan completely did a U-Turn, meaning that instead of the waters flowing in the same direction, miraculously they changed their course and the waters turned the opposite way. The waters completely changed their course, and not only did they change their course, but from “clear water” they turned into muddy waters. Why this change”? Since we are on this issue, I would like to ask a question? Has anyone ever made a U-Turn in their lives? Has anyone made a change from negative to positive? We have many examples of people in the Bible who made U-Turns in their lives. Another question? Were you ever in a wrong place at the wrong time, and from that experience has your life become a mess? Have you ever been on the road traveling and you came to a point where you were lost. Did you ask for help? Making wrong choices and taking wrong directions are a part of life, but we also have to understand, that we need to correct our wrong decisions and make them right. There is nothing progressive about being stubborn and pigheaded and refusing to admit that you made a mistake.

When the Prodigal Son repented for his mistake, he didn't just sit there and feel sorry for himself. He immediately changed the direction of his life. He said: “I will rise and go to my father.” When Moses threw the staff into the Red Sea, and the waters were separated, didn't God change the course of life for the Jews? “Of Course He Did”. Let us open the Old Testament, in the book of Numbers chapter 21; we read that the Judaic people were under the guidance and leadership of Moses. When they left from Egypt to seek and find the “Land of Honey”, they were traveling in the wilderness for 40 years. They had nothing, but God did not abandon them. He fed them prime meat; he gave them Manna instead of bread. From that experience, they should have been proud of God and worshiped Him faithfully, but did they do that? No. Instead they started to curse Him, and went against God. This is the “thank you” that they gave Him. When Christ was on the Cross, did that change anyone? No, they all ran away for fear of the Jews. Is history repeating itself? Has our society changed for the better, “I don't think so!”

DO WE TRUST GOD? THEN WHERE IS YOUR FAITH?

In Luke 8:22 Jesus asked: “WHERE IS YOUR FAITH?” I believe this is the same question the Lord would ask our society today: WHERE IS YOUR FAITH... Where or what do you put your trust in? In yourself, your own wisdom, your strength, your career, or your family. It is well known and researched that no human being can live without faith in someone or something. If we take the Christian and non-Christian person, they both have faith but the difference between the two is the object of their faith. And this is what we are going to focus on in this article “THE OBJECT OF FAITH.” In Hebrews: 11 :6, it says: And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him. In today's society many people would rather believe the advertisements they see or hear. They take the word of someone else and most of the time they



a letter from Fr. Michael

CONTINUED...

Everyone, whether Christian or not, will face some form of challenges during his or her lifetime. But how do we deal with the storm is the crucial importance. But very often our response to the problems of life is not that of faith, but "Fear." Fear is the natural reaction we have when we feel we are losing control, when things are not moving according to plan. We need to face our challenges head on and never be afraid to express our difficulties.

We all share different views and experiences, but we need to exercise what we base our thoughts and discussions on when we communicate with other people. We have people today with so much pain and tragedy. The world is turning upside down. All the wars, the hunger, the mass killings, people leaving their homelands with no end in sight. Tragedies are happening all over the world. But how can we collect all the problems of the world? We have the power within ourselves to turn the struggles and pains around by seeking God's blessings and instruction. We need to be focusing more on our spiritual soul than on anything else. What does someone gain when he or she wins the world, but loses his or her soul doing it? Nothing. We truly don't gain anything because when we leave this world we take nothing with us. This is a big dilemma that our Society is facing (this spiritual issue) and will be facing in the generations to come.

I would like to conclude with the following short story.

One day a man dreamed that he went to church with an angel as his guide. The church was filled, but oddly, there was no sound. The organist played, but no music could be heard; the choir's lips moved, but no song came forth. The priest went through the motions of preaching, but the man heard nothing. He asked the angel, "Why?" The angel replied: "This is the service as God sees it. When there is no heart in it, there is no sound." Then in the back pew he heard a child pray. The angel said. "You are hearing the only part God hears, that which comes from the heart."

If we want to connect with God, it's more than just coming and going through a few motions, moving our lips to sing a few songs, sitting in a seat and hearing a few words by the priest. We've got to connect with God in SPIRIT, if we want to get the strength that we need to carry us through the obstacles of life..



QUESTION:

Should an Orthodox Christian receive communion in a Catholic church or become a Sponsor in a Non-Orthodox church?

The answer is "NO". It is important to understand why the answer is "NO". The sacrament of communion and every Orthodox sacrament is the primary and chief way that we as Orthodox Christians experience and manifest our unity and our purity within the Church. In the canon law practice of our Church, Christians are prohibited from receiving communion until they show signs of repentance over a period of time, when they have committed a serious sin.

Also, those who break communion with the Church by marrying outside the Orthodox Church (that is in a civil ceremony, or another Church) are not permitted to receive communion or any of the Orthodox sacraments until their marriage is blessed in the Orthodox Church. Receiving communion is a sign and expression of a person's membership in the Church. To receive communion in another Church, or to become a sponsor in another Church is essentially to try to declare oneself a member of two different kinds of Churches - each with a different faith, worship, leadership, canons, moral principles etc. As you can see, it is a contradiction which creates confusion and in fact, impossible to do with full commitment & honesty.



in memory - in honor

Going forward, anyone wishing to donate in memory of or in honor of a loved one will have a special area in the newsletter notating the name(s) of your loved one and your name.

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



Example:
In Memory of Firstname Lastname
 Mr & Mrs. Firstname Lastname

a letter from PRESIDENT NICK KONIDES

On behalf of the Parish Council, I want to take this opportunity to thank all our summer stewards as well as the many visitors we have from other Parish's in coming to our Church and partaking in the spiritual as well as the physical experience of our community. I want you to know that "You make a difference", and we appreciate that.

This year we have a new priest, Father Michael, a theologian and a leader. His goal is to lead us into Paradise. And I strongly feel that if we follow him, he will give us the education and guidance to be a true disciple of our Lord.

I have been involved in the Church my whole life, and I always valued the knowledge I learned from my faith, and I felt that I had the answers to the questions to be a good Christian. However, since I met and listened to Father Michael, he has given me answers to questions which made me better understand the Greek Orthodox Faith. He has accomplished his goal as a priest in walking in the footsteps of our Lord. Let us listen to him so that we can also walk in those footsteps and become better Christians.

Enjoy your summer and God Bless You!

Nicholas D. Konides
 Parish Council President

directory

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

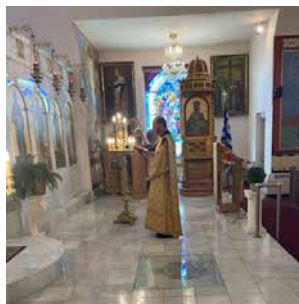


Pentecost Sunday

June 4

Our Good Lord gave us a wonderful Sunday here at St. Demetrios in celebrating the Great Feast of “Pentecost”. Every year on this auspicious day the Lord gives us the opportunity to be present in the Church to receive the blessing of the Holy Spirit on bended knees. Just imagine how powerful it is to be in the presence of the Lord sending down the Holy Spirit in which the same Holy Spirit was given to the Holy Disciples of the Lord on the day of Pentecost in the year 33 A.D.

In the picture below, left to right — Fr. Dr. Deacon Luke Carpenter along with Fr. Michael reading the beautiful and meaningful prayers during the Vesper Service. This service was enjoyed by all the wonderful parishioners of St. Demetrios. A special Luncheon was served by the Philoptochos Society during the Coffee Hour.



Mother of the Year



We would like to congratulate our Mother of the Year, **Mrs. Ellie Stavropoulos**, and to convey to her our deepest love and appreciation for her.

God Bless you, and all the Mothers of our St. Demetrios parish.



GREEK ORTHODOX ARCHDIOCESE OF AMERICA

ARCHIEPISCOPAL ENCYCLICAL

Prot. No. 178/2023

Archiepiscopal Encyclical on the Fourth of JulyJuly 4th, 2023

Unto the Most Reverend and Right Reverend Hierarchs, Pious Priests and Deacons, the Monks and Nuns, Presidents and Members of Parish Councils, Honorable Archons of the Ecumenical Patriarchate, Members of Leadership 100, the Day and Afternoon Schools, Philoptochos Societies, the Youth, Greek Orthodox Organizations, and the entirety of the Christ-named Plenitude of the Holy Archdiocese of America:

My beloved brothers and sisters in the Lord,

... οὗ δὲ τὸ Πνεῦμα Κυρίου, ἐκεῖ ἐλευθερία. (Πρὸς Κορινθίους Β 3:17)
... and where the Spirit of the Lord is, there is freedom. (II Corinthians 3:17)

The Fourth of July is a National Holiday for all Americans, no matter how or when their ancestors came to this land. Whether millennia ago, across the Bering Straits, or in ships of conquest, or ships of slavery, or even just a few weeks ago after a dangerous and arduous trek. The fact is that we are all Americans — worthy of our fellow citizens' esteem and respect. In a time when our political discourse has deteriorated, and we hear more and more hateful rhetoric, it seems good and just to remember that this is the "Land of the Free." And such freedom comes as a gift, and as a responsibility.

The Apostle Paul reminds us that our ultimate freedom is of God, and of the interior freedom that consciousness of the Spirit imbues within the human person. The basis of that freedom is love; for to love is to liberate your heart, soul, and mind from the bonds of hatred, prejudice, and envy. Being truly free requires the courage to shoulder the responsibilities of liberty. That is why our country is also called the "Home of the Brave."



Not everyone takes up arms to defend our land, but everyone can take up the cause. Freedom is not guaranteed by weapons, no matter how sophisticated. Freedom is the vocation of every citizen, who values the rights and liberties of their fellow citizens. For in our democratic republic, how we treat the least of our brethren will determine the destiny of all.

Therefore, let us celebrate two hundred and forty-seven years of American Independence. We continue to forge a more perfect union, so that all Americans may enjoy the blessings of their life, their liberty, and the pursuit of their happiness. As Orthodox Christians, let us be grateful for the freedoms we enjoy, and in the Spirit of the Lord, commit ourselves to ensure that all our fellow citizens can partake of the goodness of this Land of the Free and Home of the Brave.

A very blessed and happy Fourth of July to all!

With paternal love in Christ,

+ ELPIDOPHOROS
Archbishop of America



ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ

ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ

Αριθμ. Πρωτ. 178/2023

Αρχιεπισκοπική εγκύκλιος για την τετάρτη Ίουλίου.

4 Ίουλίου 2023

Πρὸς τοὺς Σεβασμιωτάτους καὶ Θεοφιλεστάτους Ἀρχιερεῖς, τοὺς Εὐλαβεστάτους Ἱερεῖς καὶ Διακόνους, τοὺς Μοναχοὺς καὶ τὶς Μοναχές, τοὺς Προέδρους καὶ τὰ Μέλη τῶν Κοινοτικῶν Συμβουλίων, τοὺς Ἐντιμολογιωτάτους Ἀρχοντες τοῦ Οἰκουμενικοῦ Πατριαρχείου, τὰ μέλη τῆς Ἡγεσίας τῶν 100, τὰ Ἡμερήσια καὶ Ἀπογευματινὰ Σχολεῖα, τὶς Φιλοπτώχους Ἀδελφότητες, τὴ Νεολαία, τὶς Ἑλληνορθόδοξες Ὁργανώσεις καὶ ὁλόκληρο τὸ Χριστεπώνυμο πλήρωμα τῆς Ἱερᾶς Ἀρχιεπισκοπῆς Ἀμερικῆς.

«Οὐ δὲ τὸ Πνεῦμα Κυρίου, ἐκεῖ ἐλευθερία» (Πρὸς Κορινθίους Β΄, 3:17).

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Κυρίῳ,

Ἡ τετάρτη Ίουλίου εἶναι ἡ ἐθνικὴ ἑορτὴ ὅλων τῶν ἀμερικανῶν, ἀνεξάρτητα ἀπὸ τὸ πότε καὶ πῶς οἱ πρόγονοί τους ἔφθασαν σὲ αὐτὴ τὴν ὁμορφὴ χώρα. Εἴτε πρὶν ἀπὸ χιλιάδες χρόνια ὅταν κάποιοι διέβησαν τὸν Βερίγγειο Πορθμὸ, εἴτε ἐρχόμενοι μὲ τὰ καράβια τῶν ἀποίκων ἢ τῶν σκλάβων, εἴτε ἀκολουθώντας περίπλοκες διαδικασίες μετανάστευσης, ὅλοι εἴμαστε ἐδῶ ἐνωμένοι στὴν Ἀμερικὴ, μὲ σεβασμὸ καὶ ἀνεκτικότητα στοὺς συμπολίτες μας. Σὲ μία χρονικὴ συγκυρία, ὅπου ἀκοῦμε ὅλοένα καὶ περισσότερα μηνύματα μίσους ἀπὸ κάποιους πολιτικούς, εἶναι καλὸ νὰ θυμόμαστε ὅτι αὐτὴ εἶναι «ἡ χώρα τῆς ἐλευθερίας». Μία ἐλευθερία ποὺ ἀποτελεῖ συγχρόνως πολύτιμο δῶρο καὶ μεγάλη εὐθύνη.

Ὁ ἀπόστολος Παῦλος μᾶς ὑπενθυμίζει ὅτι ἡ ὑπέρτατη ἐλευθερία προέρχεται ἀπὸ τὸ Θεό, ἐν Πνεύματι Ἁγίῳ, τὸ ὁποῖο ἐνεργοποιεῖ τὴ συνείδηση τῆς ἐλευθερίας τοῦ ἀνθρώπου. Ἡ βάση τῆς ἐλευθερίας εἶναι ἡ ἀγάπη, διότι ἀγαπώντας ἡ καρδιά καὶ ἡ ψυχὴ σου ἀπελευθερώνονται ἀπὸ τὰ δεσμὰ τοῦ μίσους, τῆς κατακρίσεως καὶ τῆς ὑποκρισίας. Ἡ πραγματικὴ ἐλευθερία προϋποθέτει τὴ γενναιότητα τῆς ἀνάληψης τῶν μεγάλων εὐθυνῶν τῆς διατήρησης αὐτῆς τῆς ἐλευθερίας. Γιὰ αὐτὸ τὸ λόγο ἡ χώρα μας εἶναι γνωστὴ καὶ ὡς «ὁ τόπος τῶν γενναίων».



Βέβαια, όλοι δέ μπορούμε νά υπερασπιστοῦμε τήν πατρίδα μας μέ τά όπλα, γιατί αὐτό εἶναι εὐθύνη τοῦ στρατοῦ, ἀλλά μπορούμε όλοι μας νά υποστηρίξουμε τήν ιδέα. Διότι ἡ ἐλευθερία δέν ἐξασφαλίζεται μέ τά όπλα, όσο ισχυρά καί νά εἶναι αὐτά! Ἡ ἐλευθερία ἐξασφαλίζεται μέ τή στάση κάθε πολίτη, όταν ἀναγνωρίζει τά δικαιώματα καί τήν ἐλευθερία τῶν ἄλλων. Ἡ συμπεριφορά μας πρὸς τόν πιό ἄδυναμο καθορίζει καί τήν ποιότητα τῆς δημοκρατία μας.

Γιά τὸ λόγο αὐτό, ἄς ἐορτάσουμε τὰ διακόσια σαράντα ἑπτὰ χρόνια τῆς ἀμερικανικῆς ἀνεξαρτησίας, συνεχίζοντας τόν ἀγώνα γιά μία ἐνωμένη Ἀμερική, όπου όλοι θά ζοῦμε εὐλογημένοι καί χαρούμενοι, μέ πνευματική ἀφθονία καί ὑλική ἐπάρκεια. Ὡς ὀρθόδοξοι χριστιανοί, ἄς εἴμαστε εὐγνώμονες γιά τήν ἐλευθερία ἐν Ἀγίῳ Πνεύματι πού ἀπολαμβάνουμε, καί ἄς ἀγωνιστοῦμε ὥστε όλοι οἱ συμπολίτες μας νά μετέχουν ἰσότιμα στά ἀγαθὰ τῆς «γῆς τῆς ἐλευθερίας καί τοῦ τόπου τῶν γενναίων».

Εὐχομαι σέ όλους σας, εὐλογημένη καί χαρούμενη Ἡμέρα τῆς Ἀνεξαρτησίας.

Μετά πατρικῶν ἐν Κυρίῳ εὐχῶν,

† ὁ Ἀμερικῆς Ἐλπιδοφόρος



Dormition of the Theotokos

August 15

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

Introduction

The Feast of the Dormition of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary is celebrated on August 15 each year. The Feast commemorates the repose (dormition and in the Greek *kimisis*) or “falling-asleep” of the Mother of Jesus Christ, our Lord. The Feast also commemorates the translation or assumption into heaven of the body of the Theotokos.

Biblical Story

The Holy Scriptures tell us that when our Lord was dying on the Cross, He saw His mother and His disciple John and said to the Virgin Mary, “Woman, behold your son!” and to John, “Behold your mother!” (John 19:25-27). From that hour, the Apostle took care of the Theotokos in his own home.

Along with the biblical reference in Acts 1:14 that confirms that the Virgin Mary was with the Holy Apostles on the day of Pentecost, the tradition of the Church holds that she remained in the home of the Apostle John in Jerusalem, continuing a ministry in word and deed.

At the time of her death, the disciples of our Lord who were preaching throughout the world returned to Jerusalem to see the Theotokos. Except for the Apostle Thomas, all of them including the Apostle Paul were gathered together at her bedside. At the moment of her death, Jesus Christ himself descended and carried her soul into heaven.

Following her repose, the body of the Theotokos was taken in procession and laid in a tomb near the Garden of Gethsemane. When the Apostle Thomas arrived three days after her repose and desired to see her body, the tomb was found to be empty. The bodily assumption of the Theotokos was confirmed by the message of an angel and by her appearance to the Apostles.

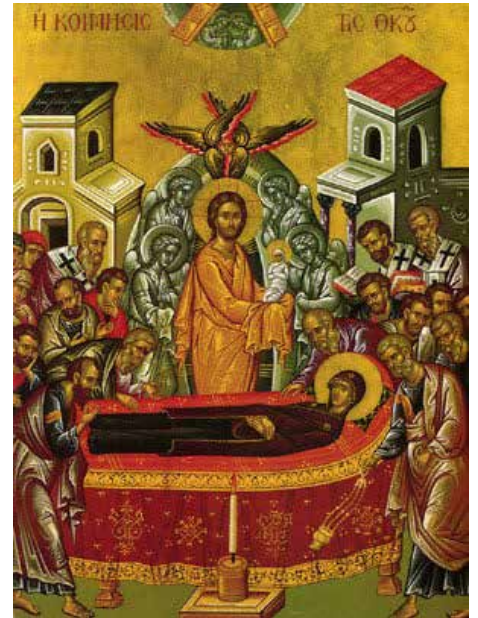
Icon of the Feast

The Icon of the Feast of the Dormition of the Theotokos shows her on her deathbed surrounded by the Apostles. Christ is standing in the center looking at His mother. He is holding a small child clothed in white representing the soul of the Virgin Mary. With His golden garments, the angels above His head, and the mandorla surrounding Him, Christ is depicted in His divine glory.

The posture of the Apostles direct attention toward the Theotokos. On the right Saint Peter censes the body of the Theotokos. On the left Saint Paul bows low in honor of her.

Together with the Apostles are several bishops and women. The bishops traditionally represented are James, the brother of the Lord, Timothy, Heirotheus, and Dionysius the Areopagite. They are shown wearing episcopal vestments. The women are members of the church in Jerusalem.

In front of the bed of the Theotokos is a candle that helps to form a central axis



in the icon. Above the candle is the body of the Theotokos and Ever-Virgin Mary. Standing over His mother is Christ holding her most pure soul. Above Christ the gates of heaven stand open, ready to receive the Mother of God.

This great Feast of the Church and the icon celebrates a fundamental teaching of our faith—the Resurrection of the body. In the case of the Theotokos, this has been accomplished by the divine will of God. Thus, this Feast is a feast of hope, hope in Resurrection and life eternal. Like those who gathered around the body of the Virgin Mary, we gather around our departed loved ones and commend their souls into the hands of Christ. As we remember those who have reposed in the faith before us and have passed on into the communion of the Saints, we prepare ourselves to one day be received into the new life of the age to come.

We also affirm through this Feast as we journey toward our heavenly abode that the Mother of God intercedes for



Dormition of the Theotokos

August 15

CONTINUED...

us. Through Christ she has become the mother of all of the children of God, embracing us with divine love.

Orthodox Christian Celebration of the Feast of the Dormition

The commemoration of the Dormition of the Theotokos and the preparation for the Feast begin on August 1 with a period of fasting. A strict fast is followed on most of the days (no meat, dairy, oil, or wine), with the exceptions of fish on the Feast of the Transfiguration (August 6) and the day of the Dormition. Oil and Wine are allowed on Saturdays and Sundays.

On the weekdays before the Feast, Paraklesis services are held in most

parishes. These consist of the Great Paraklesis and the Small Paraklesis, both services of supplication and prayer for the intercessions of the Theotokos.

The Feast of the Dormition is celebrated with the Divine Liturgy of Saint John Chrysostom which is conducted on the morning of the Feast and preceded by a Matins (Orthros) service. A Great Vespers is conducted on the evening before the day of the Feast. Scripture readings for the Feast of the Dormition are the following: At Vespers: Genesis 28:10-17; Ezekiel 43:27-44:4; Proverbs 9:1-11. At the Matins: Luke 1:39-49, 56. At the Divine Liturgy: Philippians 2:5-11; Luke 10:38-42; 11:27-28.

Ecclesiastical Decree

Attention All Parishioners:

It has come to the attention of Fr. Michael that we have parishioners that have been divorced (civilly) and have not taken care of their Ecclesiastical responsibilities to the church. If you are in this situation, please contact Fr. Michael and he will begin the application for an Ecclesiastical Divorce from the Church.

If this does not occur, then you will be deprived of certain Ecclesiastical necessities within the Church. For further details please contact Fr. Michael.

Thank you.

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
NO MEETINGS
JUNE, JULY &
AUGUST 2023



a message from

FR. MICHAEL L. PASTRIKOS
PROTOPRESBYTER

THE DORMITION OF THE THEOTOKOS

AUGUST 15TH

After the Holy Spirit had come from heaven upon the apostles, they went to preach the Gospel and establish the Holy Church in every nation.

Mary also traveled to other cities. When the holy apostle John became Bishop of Ephesus, Mary went there and lived in his house for some time.

Most of the time, however, Mary lived in Jerusalem, on Mount Zion. She was greatly loved and revered by all the members of the Holy Church. The Virgin Mary was the holiest person on earth, because Christ our God had dwelt in her womb. She had been His early mother and He had given her many gifts of grace.

But everyone must die sooner or later, no matter how holy they are. The time came for Mary to die also. But Christ had already conquered death for us. Now, we know that everyone will rise from the grave just as Christ did on Holy Pascha. For this reason, we no longer say that a believing Orthodox Christian “dies”; we say that they “repose” or “fall asleep”, because we know that death is only a sleep,

it is only for a while, and everyone will rise again someday. This is what the word “Dormition” means: to go to sleep for a while.

So, the time came for Mary to repose also, and one day, while she was praying, the Archangel Gabriel appeared to Mary and told her that she would repose in three days.

Mary was overjoyed to hear that she would repose, for she longed to be with Christ in heaven. She called all the Christians in Jerusalem to come to her so she could bid them farewell. To the women that lived in her house as nuns, she gave pieces of her clothing as remembrances. Word was sent to the Apostle James, who was Bishop of Jerusalem, and Mary told him where she was to be buried. All her relatives and the faithful of the Holy Church began to gather. They wept in sorrow, but Mary comforted them telling them that it would be better for them to rejoice than to weep, for Christ’s followers do not fear death. Mary wanted to see the apostles once more before she reposed, so she prayed to God and he answered her. By a great miracle, God

transported the apostles to Jerusalem, to the bedside of the holy virgin.

Mary peacefully reposed, with joy and hope, at the ninth hour of the day. She was carried with honor to her family’s tomb at the foot of the Mount of Olives. By God’s will, only the Apostle Thomas had not been brought to Mary’s bedside, but he came to Jerusalem as soon as he heard about her repose. God had caused this because He wanted to give the Holy Church special revelation, Thomas begged the apostles to open Mary’s tomb so that he could see her one last time. When they opened her grave, it was empty. Christ had taken Mary’s body to heaven also. Thus, we know that she is alive and already raised from the dead and she constantly prays for all Orthodox people, and helps us in time of trouble.

Because of this revelation, the apostles and the first Christians understood that they were to give special honor to the Virgin Mary and call her in prayer for help.



liturgical calendar

JULY

Sunday, July 2:	Fourth Sunday of Matthew: Orthros 8:30 am Divine Liturgy 9:30
Tuesday, July 4:	On behalf of the Parish Council, Fr. Michael, the Church Staff, and the entire family of St. Demetrios, we would like wish everyone in the Community a “ HAPPY 4TH OF JULY ”
Sunday, July 9:	Fifth Sunday of Matthew: Orthros 8:30 am Divine Liturgy 9:30 am
Sunday, July 16:	Sunday of the Holy Fathers: Orthros 8:30 am Divine Liturgy 9:30 am
Sunday, July 23:	Seventh Sunday of Matthew: Orthros 8:30 am Divine Liturgy 9:30 am
Sunday, July 30:	Eighth Sunday of Matthew: Orthros 8:30 am Divine Liturgy 9:30 am

AUGUST

Friday, August 4:	Paraklesis Service to the Virgin Mary: 6:00 pm
Sunday, August 6:	Transfiguration of our Lord Jesus Christ: Orthros 8:30 am Divine Liturgy 9:30 am
Friday, August 11:	Paraklesis Service to the Virgin Mary: 6:00 pm
Sunday, August 13:	10th Sunday of Matthew: Orthros 8:30 am Divine Liturgy 9:30 am
Tuesday, August 15:	Dormition of the Virgin Mary: Orthros 8:30 am Divine Liturgy 9:30 am
Sunday, August 20:	11th Sunday of Matthew: Orthros 8:30 am Divine Liturgy 9:30 am
Sunday, August 27:	12th Sunday of Matthew: Orthros 8:30 am Divine Liturgy 9:30 am

DEKAPENTAVGUSTO (AUGUST 1-14)

By the time you receive this newsletter, we will be in the heart of Summer. Summertime brings with it barbecues and picnics, plenty of hamburgers and hotdogs, steaks...all filled with fat, grease, preservatives and dyes. In the true wisdom of Orthodoxy, the fathers of our Church knew that by the time we got from Pascha through July, our bodies would once again need to be cleansed and the only way to cleanse and purify our bodies would be to abstain from these foods. And so, the Holy Church in Her wisdom, during the time of the first fifteen days of August stresses a preparation period for the Feast of the Dormition (Kimesis) of the Virgin Mary, the Theotokos, the Mother of our Lord (Aug 1-14) which could be considered as a “second Pascha” in the Church.

During this two-week period, Orthodox Christians are called upon to practice the disciplines that are observed during the 6 weeks of Great Lent in preparation for Holy Week, that being: To worship

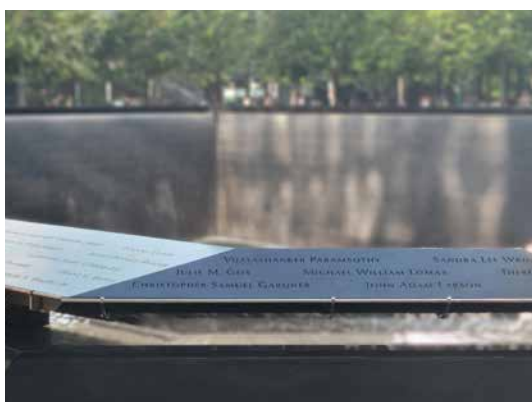
more often through attendance at special services (the Paraklesis), to give to charity special causes doing the works of God and to practice the discipline of fasting. In this article I place a picture of a bowl of fruit. This is to remind us all of the fast for the Dormition of Virgin Mary, which is a time of eating ‘clean foods’ such as fruit and vegetables. During the first 14 days of August, the Holy Canons specify that we must abstain from meat and meat products, dairy, blood fish. We would eat fruit, vegetables, grains, pasta cereals and shellfish. On the Feast of the Transfiguration (Aug. 6th) blood fish is permitted.



In general, as with all fast periods, we should regulate both the amount of food and the frequency we eat as well as our social obligations which pressure us to eat all the foods that we are asked to abstain.



New York Trip to St. Nicholas Shrine



Fr. Michael was invited by the Metropolis of New Jersey to chant the Paraklesis service of the Virgin Mary on Monday, June 19th. This was the first experience serving in the beautiful chapel of St. Nicholas Shrine and it was memorable. Over 200 people visited the Shrine on that day and Fr. Michael had the pleasure to greet and meet all the Visitors. What really was amazing was meeting and chanting the service with the Director and Chanter Dimitrios Katsiklis. This was an experience of a lifetime and hopefully in the near future he will revisit the Shrine with parishioners of St. Demetrios, N. Wildwood.



Church Secretary, Mrs. Julie Reeb is here to facilitate the needs of the Parish. We are in the midst of establishing a new outside security system which will give all of our parishioners the opportunity to come to the church for all church affairs. Everyone will be able to visit the church and pray and light their candles where before the entrance to the church was very limited. UPDATE: Julie will be in the church office on Monday's, Wednesday's and Friday's from the hours of 10:00 am to 3:00 pm.

a note from

JULIE REEB
CHURCH
SECRETARY



In order for us to keep in contact with the Parishioners of **ST. DEMETRIOS GREEK ORTHODOX CHURCH**

We are asking that everyone who has an e-mail and cell phone to please
once again submit this information

TO

frmichaelstdemetrios@gmail.com

(Please include your full name)

*By having the parish e-mails & cell phones on file, we can group them together
as a parish and send vital messages instantly to you for:*

***EMERGENCIES**

***CHURCH CANCELLATION**

***SCHEDULED TIME AND DAY CHANGES FOR GROUPS**

***LITURIGAL SERVICES/SACRAMENTS
AND MORE!!!**

ALSO, PLEASE CHECK OUR PARISH WEBSITE AT

www.stdemetriosnj.com

For ALL Parish Updates!



Paraklesis to the Virgin Mary

Throughout our Church History, no woman has been more loved, more lauded and more cherished than the Blessed Virgin Mary. She herself foretold it: “For blessed, henceforth all generations will call me blessed.” (Luke 1:48) In beautiful poetic-hymnography, which is characteristic of Byzantine Chant in the Eastern Orthodox Church, the Theotokos, the Mother of God is honored and esteemed for her unique role in the salvation of the human race. Through her, the Word of God became flesh and the Infinite became, as it were finite. Humanity took on divine presence and Divinity took on humanity. The Theotokos is the vehicle, par excellence of humility and obedience and thus a supreme example of redeemed mankind.

As the Mother of our Lord, she is our greatest ally and our most fervent intercessor, “for... the prayer of the righteous has great power in its effects. “James (5:16) During the Paraklesis Service, we ask the Most Holy Theotokos to save us just as those drowning reach out to those on dry land. Let us then seek with confidence the help and intercession of the Mother of Light. Mary, the Mother of our Lord.

Let us also honor the Mother of our Lord, as many others before us have, by coming and participating in the Paraklesis Services, so that we can all praise the Mother of our Lord with Hymn and song.

KOIMISIS ~ AUGUST 1-15

PRAYER FOR THE LIVING: LET US PRAY FOR GRACE, LIFE, PEACE, HEALTH, SALVATION, PROTECTION, FORGIVENESS AND REMISSION OF THE SINS OF THESE THY SERVANTS.
(PLEASE WRITE ONLY THE NAMES OF THE LIVING)

_____	_____	_____
_____	_____	_____
_____	_____	_____



Stewardship News

LET'S DOUBLE OUR STEWARDSHIP!

Let us begin this New Stewardship program with exciting news for our church! Let's work together with enthusiasm to double our Stewardship this coming year.

The stewardship committee kindly asks you to participate in this effort. What we really want to accomplish is to reach out to as many people as possible; to notify and involve them in all the services, programs, ministries, and events taking place at our parish through e-mails, texts and letters. Let us know about any of your family members and friends who are not stewards of the church, that we may approach them and inform them of our goals.

We have so-called members of the church who never contribute to the Stewardship Program and never participate in the events and services of the church, but they want full access of the church when they need something from the priest or from the church, especially when they need the church for Sacraments and other personal reasons. That is not being a good Steward or member of the church.

Stewardship is definitely NOT a fundraising effort. It is a spiritual contribution and obligation to the church.

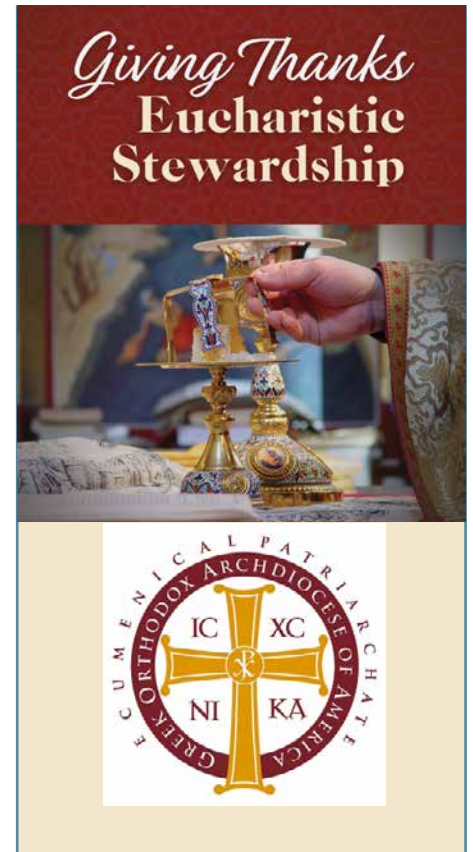
We live in America - our churches are not sponsored by any governments.

They are supported by the goodness of the hearts of all the parishioners who are Stewards of the church. God has given us so many blessings in our lives. Then why is it that we can't give back to the church what God has given us.

We have to understand what Stewardship is all about. This is not a one and done project. Anyone can write a check and give it to the church. The meaning of Stewardship is to develop a relationship with the members of the community, to share the friendship and fellowship with one another, to pray together as a family in the church during the beautiful meaningful services that the church provides for all of us.

Also your Stewardship contribution supports our community's operating expenses including the obligation to our Archdiocese and including the maintenance of our buildings and offices. Your contribution also helps our Youth Programs, our Greek School, and Sunday School Programs.

Since our beautiful community is a seasonal parish, it is very difficult to put out events which bring in financial stability like the other churches have. Our main income comes from your Stewardship contribution. That means that we depend directly upon your support to have further growth in our parish.



So I am asking from the bottom of my heart that by reading this article it will touch your hearts, and give you the opportunity to give generously to our Stewardship program. I hope that you will support our community in our effort to provide a solid future for our parish and community.

With love in Christ,
Fr. Michael L. Pastrikos
Protopresbyter

a bio of

GEORGE PLAMANTOURAS

GREEK SCHOOL TEACHER



GEORGE PLAMANTOURAS was our Greek dance teacher from 1999-2003 and the Greek School teacher in 2003 for one year. He returned in 2014 and has been with us ever since. He taught both Greek School and dance at St. Nicholas in Atlantic City and is currently the Greek School teacher at Holy Trinity in Bargaintown, where he is about to begin his 12th year.

From 2003-7, he lived in Japan, where he taught English. He was awarded in 2004 and again in 2005 for his service as a teacher there. He also was in the Language Services Department as an interpreter at the Athens Summer Olympics in 2004. After Japan, he worked in Kalamata, Greece, where he taught English and Japanese. After the birth of his daughter, he and his family returned to New Jersey.

He has taught multiple languages and at all levels, from kindergarten to college to professional adults. Currently, he is the teacher of Latin and Greek at Ocean City High School in New Jersey. In addition to that and the two Greek Schools, he continues teaching Japanese professionals online in the evenings.

Aside from his work as an educator, George worked for the Japanese game company Hudson Soft and managed the Friends of Hellenic Studies at Stockton University.

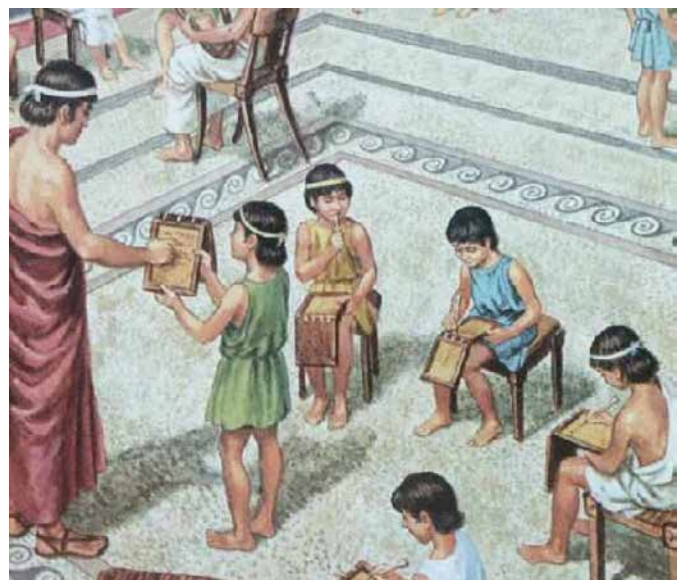
George lives with his wife, Nao, and their three children, Julia (15), Yanni (13) and Taki (7) in his native Northfield, New Jersey.

OUR GREEK SCHOOL

Our Greek School currently runs three classes. Our goal is to expose our children to our beautiful language and heritage and to ensure they can read, write and speak Greek. The long-term goal is to help each student take and pass the Ellinomatheia exam to earn a base certificate of proficiency in Greek.

In October, our students recite poems for Ochi Day. For Greek Independence Day, our children also perform dances and songs. We have also participated at the Greek Letters / Three Hierarchs Day events.

All parents of Greek heritage are encouraged to enroll their child in Greek School.





New Greek School Year

With great pleasure and on behalf of the members of Parish Council and Fr. Michael, we would like to welcome you and your children to the beginning of the New Greek School Year and wish you the best for what we expect to be a very interesting and promising year.

Registration is underway, and we hope that you as a parent will support this effort.

To register your child or children please contact the church office (609)522-0152 or email frmichaelstdemetrios@gmail.com, or contact the Greek School teacher, Mr. George Plamantouras, at geepee16@hotmail.com. It is here that the church and school united and inseparable strive

to educate our students to sow the seeds of Hellenism and Orthodoxy deep into their minds and hearts.

Over this school year we will continue to work for the betterment of our program so we can continue to meet the high standards we hold for ourselves and provide our students with every possible advantage in the study of the Greek language, history, culture and religion.

Welcoming you once again and extending my deepest wishes for a successful school year. I look forward to seeing you and your lovely children personally.

With Love in Christ, Fr. Michael L. Pastrikos | Protopresbyter

ST. DEMETRIOS GREEK SCHOOL REGISTRATION FORM

Name of Student _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age _____

Grade _____ (last year in Greek School)

Home Telephone _____ Cell _____

Family E-Mail Address _____

Parent/Guardian Emergency information:

Fathers Name _____

Fathers Home Phone _____ Mobile Phone _____

Fathers Work Phone _____

Mothers Name _____

Mothers Home Phone _____ Mobile Phone _____

Emergency Contact Name _____

Emergency Contact Phone (Day) _____ Evening _____

Home Parish _____ City _____ State _____

Health Information:

Allergies:

(Any reactions and include: food allergies, hay fever, insect stings, asthma, etc.)

Medications:

Other information: _____

Signature of Parent or Guardian _____ Date _____





Church NEWS

altar boys needed

Attention all parents:

Altar Boys are needed. In an endeavor to reach out to the next generation of Orthodox Children in our Community and prepare them as our future leaders, Fr. Michael would like to invite all boys (ages 7 and above) to join the Altar Boys Church Group. An Altar Boy Seminar conducted by Fr. Michael, will be held on Saturday July 22nd, at 11:00 am. The day will begin with a formal meeting that will review our responsibilities at the Altar during the Divine Liturgy and Orthos Services. Also the children will independently be able to ask questions to Fr. Michael and share their ideas in ways which we can better communicate with each other.

Altar Boys are kindly asked to be in Church every Sunday at 9:00 AM sharp. Attire must include a white shirt, slacks, a tie, and black shoes (please no sneakers). If any parent would like to send their child or children to help in the altar, please contact Fr. Michael at (609) 522-0152 or email at frmichaelstdemetrios@gmail.com with the following information: Parents name(s), child's name(s), address, city and state, email address, home and/or cell phone to register. Please make every effort to attend. Serving the Altar is a labor of love that gives each child the opportunity to serve the Lord in a spiritual capacity.

Looking forward to seeing your family in Church and your child at the altar.

youth group

Since the children are out of school for their summer vacation, Fr. Michael would like to continue to have the Youth Program even in the summer months. This event will happen once a month on Saturday (dates will be provided).





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 _____

Metropolis of New Jersey BEACH BLAST

On Saturday, June the 17th the St. Demetrios Parish of N. Wildwood, New Jersey hosted the Metropolis "Beach Blast". What a beautiful day that all the kids along with their parents enjoyed a day filled with Sunshine and Ocean. The event started at 10:00 am and finished on the Beach at 4:00 pm. It was so beautiful seeing the kids interact with each other and enjoying the fellowship that they shared together. Over 85 kids and 55 Parents along with Clergy and the Metropolis staff participated in this great event.

Many thanks to Fr. Deacon Konstantinos Loukas the Metropolis Youth Director, who took out of his time to be with the kids. Also many thanks to Fr. Philemon Patistas who took out of his precious time to be with the kids. A special thank you to Agnoula Marcantonis who organized this event on behalf of the Metropolis of New Jersey, and was responsible for making this event a huge success. The event continued after 4:00 pm as

the kids walked the Wildwood Wall to the church, and there at the church Fr. Michael along with Fr. Philemon and Fr. Deacon Konstantinos, conducted the beautiful Vesper Service in which the kids had the opportunity to share their Christian fellowship with their peers. To end the event the St. Demetrios parish hosted the delicious dinner that was served after the Vesper service.

Fr. Michael along with his parishioners would like to thank all the Parishes that donated the food and sweets that were served to everyone. On behalf of the Parish, we would like to specially thank Konstantinos and Roula Papaspanos and others from the parish that helped in the kitchen preparing the food for the kids. God Bless our Holy Metropolis of New Jersey for sponsoring and organizing this event that will always be memorable to all who participated. We hope to see everyone again in next year's festivity.





thoughts from

EVA LALLAS

SUMMERTIME

Summertime is in full swing in beautiful Wildwood. Everyone can be seen enjoying the beaches, swimming, fishing, the pools, the arcade, strolling the boardwalk, shopping, dining in the hotels and restaurants... having left their cares behind, while in "vacation land"!

In the midst of these activities St. Demetrios beckons the Orthodox faithful to come, worship, and thank God for their many blessings on Sunday morning during the Orthros and Divine Liturgy in the company of fellow parishioners, as a family. Sometime when we may be moved to visit and worship God in His House in solitude and to light a candle in prayer; we can now do so during the week on Monday, Wednesday, or Friday during the hours 10:00am to 2:00pm when our church is open to receive us.

Early in July no grateful American needs to be reminded of the great celebration that we each treasure - Independence Day, the birthday of the USA! As we enjoy our get-togethers with family and friends, of bar-b-ques, picnics, and gorgeous fireworks (as directed by our founding fathers), we should not forget to give special prayers of thanks to God for our beloved United States of America! Among all of our liberties let us not forget that we are able to worship our God and practice our religious beliefs and traditions without the fear of being incarcerated or being put to death. May America live long and thrive! Happy 4th of July!

During July as is everyday throughout the year in the Orthodox Church, our Church commemorates a saint or noteworthy holy event in its 2,000-year history. This month we bring to our attention the following feast days which are celebrated widely, that of: the Prophet Elias—July 20, Sts. Mary Magdalene and Markella—July 22, St. Paraskevi—July 26, and St. Panteleimon—July 27.

Our joyful times in "vacation land" continue as we welcome August, and our Church celebrates three major events. The first of these is the awesome Day of the Transfiguration of Jesus Christ our Lord and Savior—August 6. On this day three disciples of Jesus, Peter, James, and John were taken to Mt.

Tabor where they witnessed the appearance of Moses and Elijah and the Transfiguration of Jesus, who radiated, shining in glory as He and His clothing turned into dazzling white. On August 29 our Church observes the Beheading of John the Baptist- the Forerunner who preached righteous living and baptized persons in the name of the coming Savior in the River Jordan; and who also baptized Jesus.

The first fifteen days of August are among the holiest in our Orthodox Church, for during this period especially we honor and pay homage to our pious Evervirgin Panagia, the one whom God had chosen to bear and be the mother of the Christchild. How often throughout the year when we are in need of help, when we feel that we have come up against a brick wall, when we have met a serious problem and feel that there is no one who hears us, do we not look up and cry out, "Panagia mou"! We seek her intercession with God on our behalf as a source of comfort and aid. As Orthodox Christians as we turn our thoughts, prayers, and behavior to our Panagia, let's strive to enhance our spiritual selves and to incorporate attending church in our lifestyle. During this time dietary abstinence, prayer, effort to keep our thoughts and actions on "the straight and narrow", and effort to steer away from evil distractions all help to keep us focused on our benevolent and holy Panagia as she is about to be taken up to Heaven to be with God the Father and her son Jesus. The Dormition of the Theotokos on August 15th is the day when every Orthodox Christian who is able should make every effort to attend the Divine Liturgy and should have made every effort to prepare for partaking of Holy Communion.

So as we continue to enjoy all the pleasantries that life in Wildwood offers, let us include visits to our St. Demetrios Church to worship God in celebration of the aforementioned holy days of July and August and to thank God for the precious gift of life that He gives us each day.

Happy Summer!

Oops!

We almost forgot...August calls for another very important day of celebration on a personal level:

August 22nd is Father Michael's birthday!!!

We wish him a very happy day, year, and always to enjoy each day in good health and good cheer with his loving family. Of course, we include the St. Demetrios family and those of his former parishes who love and miss him and Presvytera Toula.

Happy Birthday, Father Michael!!!
Na ta ekatostisis !!! Kai oti porthis!!!



Did you know that Philoptochos purchases prosfora loaves for liturgy from Agia Skepi Monastery ?



The Ladies Philoptochos of Saint Demetrios is collecting Prosfora Donations

Donating Prosfora is a loving offering to our Lord in times of celebration, thanksgiving, and in mourning.

Please fill out the form below and submit your payment to Vice President Dina Bilios or a Philoptochos member

Name _____

Number of Loaves _____ **@ \$10.00 each**

Total Amount _\$ _____

SAINT OF THE MONTH

ST. PHANOURIOS, August 27

The flexibility of the Orthodox Church in its selection of saints is made evident in the canonization of a saint about whom next to nothing is known. What little there is remains shrouded in mystery, all of which makes this particular saint the most unique, certainly, in the annals of Christendom. His name is known, at least, but even if it were not, the same reverence could be accorded him because, like the unknown soldier at whose grave a wreath is placed annually, he lies in honored glory "known but to God." This saint's name, however, is known. It happens to be Phanourios, which, though it may not be a household word, is much better remembered by the faithful of Orthodoxy and the Eastern sector of Christianity than a good many more obscure saints whose biographies have been written in detail and who fill more pages in Church literature than the mysterious Phanourios.

Phanourios has been revered as a saint (his feast day has been celebrated for more than 500 years) considerably longer than the lesser saints and his name invoked in prayer quite possibly as often as some of the major saints. This is all the more remarkable when it is considered that it is not known when or where he was born, what he did in his lifetime, in what manner he served the Lord, or what he did for his fellow-man. But there is mute testimony that he died the death of a martyr after having been horribly tortured, and in addition to mystery there is an aura of divine manifestation in the man whom nobody knows.

A fortuitous discovery by nomadic pagans, not Christians, brought to light this unheralded saint when a roving band of Arabs, who had pillaged the island of Rhodes, uncovered amid the ruins of an ancient church a group of icons, among other artifacts. All of the icons were in a state of decay or near ruin with the exception of one, which appeared as new and fresh as though it had been painted the day before. This icon was discarded by the Arabs, who failed to attach any importance to it. At a safe distance a group of monks hiding in the rubble observed this phenomenon and waited patiently until the Arabs had left the scene, whereupon they rushed to reclaim this fantastic image in its remarkable state of preservation.

They beheld a clearly outlined face of a saint with the name inscribed in what appeared to be fresh lettering that spelled out "Phanourios" and on closer examination fell on their knees at what they saw. Drawn about the saint were twelve distinct frames in each of which Phanourios was shown enduring a cruel form of torture in a realism that suggested the artist must

have been witness to the atrocity. They rushed back to see if any of the other icons were in as perfect a state, but although they were all of the same basic design, size and shape, all of them were quite ancient and quite indistinct. After careful scrutiny it was finally concluded that this icon of Phanourios had, indeed, been one of a group that had been exhumed after untold centuries and that its freshness was a divine manifestation of the complete saintliness of this man about whom they were now determined to learn more.



But years of research, scanning the archives of centuries and questioning the leading authorities of the day yielded nothing, and no more was known about Phanourios than the day on which his icon was snatched from the ruins of that ancient Greek church. The torture scenes of the icon provided no clues, an examination of which showed Phanourios

being stoned on the rack, being slashed, behind bars, standing before a judge, tied to a frame, being burned with candles, tied to a post, thrown to wild animals, crushed by a boulder, holding hot coals and a demon hovering against a background of flames. All of these horrors conveyed that Phanourios was an apparently indestructible instrument of God and that in itself was sufficient evidence of his sainthood.

Archbishop Milos of Rhodes concluded that the unblemished icon itself was testimony enough to prove that Phanourios was a man of divine grace, and he petitioned the Patriarch to convene a synod which would officially proclaim Phanourios a saint, after which there was erected in the saint's memory a cathedral which enshrined the holy icon. Phanourios, lost for centuries in the ruins of a church, became a patron saint of things lost. To this day his name is invoked when prayers are asked for the recovery of lost items. He is commemorated on August 27, the day his icon was found. †

Phanouropita

If you have lost something, try baking Phanouropita (cake for Saint Phanourios) Saint Phanourios, the patron Saint of lost articles, helps people find anything from a missing piece of jewelry to good health and happiness. "Phanourios" comes from the Greek word, "phanerono" (I reveal). During the baking of the cake, say a prayer for Saint Phanourios' help and for the soul of his mother, a troubled woman. Share the cake with seven or more people, but do not reveal what you are trying to find.

1 cup sugar

1 cup vegetable oil

2 cups orange juice\

3/4 cup light or dark raisins

3/4 cup chopped walnuts\

1 teaspoon baking soda

1 teaspoon vanilla

4 cups flour

Beat sugar and oil together until creamy yellow. Dissolve baking soda in orange juice and pour slowly into sugar mixture. Add other ingredients and pour into a 9" x 13" greased pan. Bake at 350 for 45-50 minutes or until an inserted toothpick pulls out cleanly. Cut into squares for serving.

*taken from An Orthodox Prayer Book

(Brookline, Mass.:Holy Cross Orthodox Press, 1977)



ANXIETY AND WORRY IS FOR THOSE WHO DON'T HAVE FAITH.

Whoever lives in the past is as if dead. Whoever lives in the future in his fantasy (or imagination) is naive, because the future belongs only to God. The Joy of Christ is found only in the present, in the Eternal Present of God.

DO NOT RESPOND TO A PERSON WITH THE EVIL HE BRINGS YOU,
BUT SEE CHRIST IN HIS HEART.

As God loves you, so does He love your enemy.

WE ARE NEVER ANYPLACE "FOREVER".

Whatever happens to us is only our own fault.

EVERY MORNING OPEN A NEW PAGE AND PUT YOUR
SIGNATURE ON THE BLANK.
WHATEVER GOD WANTS, LET HIM WRITE.


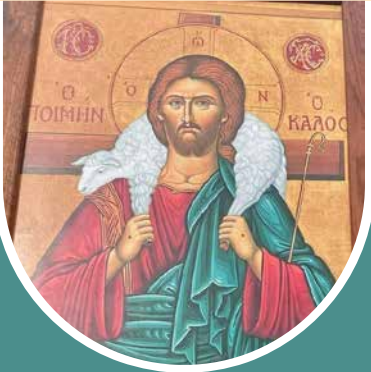

Love is a bomb that destroys all evil.

OUR SOUL IS A DIVINE BREATH. OUR BODY IS HIS CREATION.
IN THE WHOLE OF US WE ARE THE ICON OF GOD.



Few words, much love. To all. No matter who they are.

From the Aphorisms of the Gerontissa Gaurilia

Summer Camp

CAMP GOOD SHEPHERD

Chesapeake (Maryland) July 3-7
Ages 8-18
Location: Camp Wo-Me-To, Jarrettsville, MD

Virginia July 9-15
Ages 10-18
Location: Camp Piankatank, Hartfield, VA

New Jersey July 16-22
Ages 8-18
Location: Camp Linwood Macdonald, Sandyston, NJ

Register here
<http://app.campdoc.com/register/cgsn>

More Information <https://www.nj.goarch.org/camp-good-shepherd>



CAMP GOOD SHEPHERD

New Jersey

JULY 16-22, 2023
REGISTRATION NOW OPEN!
Sign up today: <http://app.campdoc.com/register/cgsn>
\$600 per camper

For more info email: cgsnewjersey@gmail.com













Join in on the fun, faith, and fellowship!



CAMP GOOD SHEPHERD-CHESAPEAKE BAY

REGISTRATION NOW OPEN!

Overnight Camp: Ages 8-18 yrs.*
*if the camper is still in school

Join us for a week of **fun, friendship, and FAITH!**
Days will be filled with activities such as swimming, arts & crafts, athletics, campfire, a dance, and more!

For more information or any questions
emailcampgoodshepcb@gmail.com

Overnight Staff Application:

- Boost your resume
- Grow in your faith
- Build meaningful relationships
- Stipend Offered!
- Apply Here: nj.goarch.org/camp-good-shepherd

Overnight Campers Early Bird Special \$525
On or before April 15th 2023

Registrations received on or after April 16th 2023 increase to \$600

Day Camp: Ages 5-7
Thurs, July 6th 8:45 - 2:15
\$75

3 JULY

Camp Wo-Me-To
1200 Knopp Rd.
Jarrettsville, MD
21084

Register:
<http://app.campdoc.com/register/cgsn>

Registration QR Code



7 JULY



Camp Good Shepherd Virginia

July 9-15

Registration Open! 5th-12th Grade
Scan QR Code to Register!





Pricing:

1 Camper - \$450
2 Campers - \$425
3+ Campers - \$400

Contact:
CGSVirginia@gmail.com
for details

