



KOINONIA

NEWSLETTER OF
ST. DEMETRIOS CHURCH
North Wildwood, NJ

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YOUTH MEETING WITH FATHER MICHAEL

Youth Meeting that Father Michael had with the children of the parish. Fr Michael discussed with the kids the Feast of the Transfiguration of the Lord. The children enjoyed the day with Fr. Michael and afterwards played basketball in the hall. They also enjoyed eating donuts and juice. This event took place on Saturday, July 29th.





a letter from

FR. MICHAEL L. PASTRIKOS
PROTOPRESBYTER



DEAR PARISHIONER,

I hope this letter finds you and your family in good health, and that your homes are filled with the Lord's great blessings. As I reflect upon the year that is rapidly passing, I am thankful for you and your family for your love and support that you have offered to the church for the continuation of the St. Demetrios Ministries. I am writing to you in the name of friendship and your long-standing love for the church, to personally appeal to you to support our Building Fund program. The contributions you make have very tangible benefits for our community. They are critical not only in supporting our parish ministries and operating expenses, but also in allowing us to engage in a range of new projects and programs. In due time, we will publish all projects that have been accomplished, and we will also add the future projects that we intend to repair or renovate in the near future. You see the members of the parish council, me, and the church staff are listening to what our parishioners are asking for. We hear and see the wants and needs of the parish, and we will continue to strive to accomplish more important projects in the future. But in order to accomplish these major and simple tasks we need the financial support of all our parishioners. Many of

you think that money grows on trees, but let me tell you this is not true. Financial stability comes from you the Parishioner. We all understand and realize that we are a small seasonable community, which relies on the spiritual donations from our parishioners.

This letter has nothing to do with Stewardship; this has to do with personal involvement, and personal financial commitment. This means that in order to sustain our parish financially, we can't wait until the end of the year for our parishioners to give their love offering to the Church. Stewardship donations truly help in defraying some of the operating expenses but not the major projects that need to be accomplished. We need the outside of the church to be painted. Years of ocean salt water spray upon our building has brought it to the point that it needs certain repairs. All of the church windows need to be changed. Our Hall is in dire need of renovation. Soon the Parish Council will publish a wish list of what needs to be taken care of. Just like our homes need repairs and renovations, our church also needs the same care from the parishioners. It's not only the candles, and trays that we give, will solve the problem. Let's not forget, our parish is not like other parishes because it is a seasonal church. Please don't expect our Visitors who come in the summer months to be responsible for the lack of our own commitment and love for our church. Through your kind and special offering and generous support we have the potential to offer invaluable support toward the operational needs of the Community. We need our parishioners to step up to the plate and give a special donation and offering aside from their Stewardship commitment.

We can't survive without your support and we can't accomplish this major task and expense waiting for one or two good Christian donors to come forward. This donation has to come from each and every one of us. Please find it in your hearts that we need your financial help to continue the success that we have in our parish. Let's not dwell in the past, let's deal with the present. We can accomplish this together by volunteering ourselves to the needs of the parish. This is God's home, and He gave it to us to protect and build on it. Remember my famous words!! "FASOULI, FASOULI GEMIZE TO SAKOULE".

In our quest to build upon our previous success and see our membership reach new peaks, I encourage all of you to support the church with a special offering so we can honestly cherish our St. Demetrios Community and witness its growth for years to come. Remember, whatever we give to God will come back to you a hundred-fold. So, make your special donation today and give whatever feels right for you and your family, BUT GIVE. May our Lord and Savior Jesus Christ, bless each and everyone in the Community with much Love, Joy, and Happiness.

With Love in our Lord,
Fr. Michael L. Pastrikos



a letter from

PRESIDENT NICK KONIDES

REQUESTED ITEMS FOR THE WISH LIST OF OUR CHURCH AND COMMUNITY

With faith, hope and your support, we have decided to put together a list with some of the church's needs. We are asking for your ideas and understanding.

As you may know, just like all our homes, the church has many needs also. In the list we have comprised some of the more pressing needs and are asking for your support in order to make all our dreams for a better church come true.

The list is as follows:

1. The whole outside of the church needs power washing and painting.
2. The hall windows and upstairs windows on the second floor need to be replaced.
3. The two windows in the Narthex need to be replaced with stain glass windows.
4. A generator in case of emergencies needs to be ordered.
5. The hall floor needs to be repaired.
6. We need a new microphone system for the church and hall.
7. Cushions or the pews to be donated.
8. Red velvet curtains need to be donated.
9. Heavy floor carpets for the altar need to be ordered.
10. Artoclasia stand needs to be donated.
11. A new lighting fixture installed for the Royal Doors.
12. Bishops throne and Chanter Stand need to be re-carpeted.
13. A frame for The Body of Christ –to be hung on the wall in the altar or outside wall.
14. Small Carpets in the Narthex should be replaced (color is fading).
15. Altar dressings in different colors need to be donated.
16. A second Gospel Book needs to be donated.
17. Two new large candle stands need to be ordered (each candle stand holds 15 candles).

This is just the beginning of the list of items needed for the church and multicultural center. We are hoping for your support and help of any kind and with your love for St. Demetrios to make our church shine once again and become the star of our Greek Community in North Wildwood.

We are looking forward to your ideas, donations and your drive as a community to help us make this happen.

We can conquer everything by working together.

Many Regards,
Mr. Nicholas D. Konides
President of the St. Demetrios Parish Council



QUESTION:

Why does the Orthodox Church forbid cremations as the Lord can raise people from bones and dust, as well as ashes

Your observation is correct. So, in principle, in an abstract way which does not take into account history and struggle with unbelief, you are theoretically correct. However, from the most ancient of times, the Church has practiced burial of the dead and not cremation. It has done this because it follows the Hebrew practice which honored the body with burial. The example of Jesus in this, as in so many other areas in life, is crucial. As he was buried, so are we. The reason there is a strong Orthodox reaction to cremation in the historic geographic regions of our faith, is that during the period of the so-called "Enlightenment" in the 18th century, many rationalists who denied the doctrine of the resurrection of the body, chose cremation as a way of expressing their lack of faith. In response, the Churches, both east and west, saw cremation as an attack on this most important teaching of the Church, and prohibited their members from receiving a Church funeral if they were planning to have their bodies cremated. The ruling still stands in the Orthodox Church, with certain exceptions.



In memory - In honor

\$100.00 Donation given *In Memory of Christopher Karamanos*

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



Announcing Our New Community Newsletter

It is with pleasure that we inform you of our continued efforts to strengthen our communications with our members, that we have established a wonderful and exciting (newsletter) The (Koinonia) on a monthly basis. This outreach project gives us the opportunity to better inform our congregation of the various activities and events of our church and community. This newsletter will also bring us closer as a family.

In order for this publication to be successful we need the help and input from everyone in the parish. This publication will be sent to all the Stewards of the church. It will be an ideal forum to include key accomplishments, milestones, planned events, activities, religious information and any other communication of interest to our members.

As such we ask each and every one of you to please take part in this effort and submit any pictures taken during planned events. We need your help because we can't do this on our own. Remember this is a community publication that will be electronically sent to your homes.

In order for us to gather your information, you will need to submit electronically, in Word, a summary of the event, member's names and also attach photos as an email attachment. You may send your email attachments to frmichaelstdemetrios@gmail.com or text his cellphone at 667-3218-1083.

We plan to print and circulate the newsletter every month during the year, but need to send all information before the 20th of every month.

Also if anyone wishes to contribute to the wonderful cause, we would appreciate it very much. Your contribution will help defray some of the cost to publish our newsletter.

I thank you in advance and we look forward to a dynamic "fresh" start to our weekly bulletin, and our monthly newsletter.

directory

PROTOPRESBYTER | FR. MICHAEL PASTRIKOS

CHURCH SECRETARY | JULIE REEB

PARISH COUNCIL:

PRESIDENT | NICHOLAS D. KONIDES

VICE PRESIDENT | DR. GEORGE KOUMARAS

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SUNDAY SCHOOL | MARIA KELLIS

GREEK SCHOOL | GEORGE PLAMANTOURAS

J.O.Y. | FR. MICHAEL PASTRIKOS

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

PHILOTOCHOS | DINA BILIOS

CHANTERS | RITA EFTHIMIOU, DEMETRI TSAMIS,
CATHY WOLFE

CHURCH: 1.609.522.0152

321 ST. DEMETRIOS AVE, NORTH WILDWOOD, NJ 08260

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



New Church Year

September 1

The Beginning of the Church Year or the Beginning of the Indiction.

The First Ecumenical Council [Nicaea, 325] decreed that the Church year should be September 1. The month of September was, for the Hebrews, the beginning of the civil year (Exodus 23:16), the month of gathering the harvest and of the offering of thanks to God. It was on this feast that the Lord Jesus entered the synagogue in Nazareth (Luke 4:16-21), opened the book of Prophet Isaiah and read the words: *The Spirit of the Lord God is upon Me; because the Lord hath anointed Me to preach good tidings unto the meek; He hath sent Me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening*

of the prison to them that are bound; to proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn (Isaiah 61:1-2). The Month of September is also important in the history of Christianity, because Emperor Constantine the Great was victorious over Maxentius, the enemy of the Christian Faith, in September. Following this victory, Constantine granted freedom of confession to the Christian Faith throughout the Roman Empire. For a long time, the civil year in the Christian world followed the Church year, with its beginning on September 1. The civil year was later changed, and its beginning transferred to January 1. This occurred first in Western Europe, and later in Russia, under Peter the Great.

PRIORITY QUESTIONS

Where does my giving to the Church belong? Do I consider it a matter of mere choice? Do I think of it as something obligatory? Is it merely a personal preference? Or do I look upon it as privilege and responsibility? When I plan my budget, where do I place giving to the Church? Do I place it first because the responsibility is laid on my heart, or do I place it last, after I have discovered if anything is still available? Is my giving to the Church proportionate giving? Do I relate my giving to the Church to what I spend on pleasure and comforts and luxuries and even necessities? Is my giving haphazard? Does it belong in the category of leftovers? In other words, do I find a rightful place for stewardship in my life? Do I treat my giving carelessly or do I treat it as thoughtfully as I want God to treat me and mine?

The prophet Samuel said, "I will not offer to the Lord my God that which has cost me nothing."



Nativity of the Theotokos

September 8

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

[Introduction](#)

The Feast of the Nativity of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary is celebrated on September 8 each year. The Feast commemorates the birth of the Mother of Jesus Christ, our Lord.

[Biblical Story](#)

The birth and early life of the Virgin Mary is not recorded in the Gospels or other books of the New Testament, however this information can be found in a work dating from the second century known as the Book of James or Protevangelion.

According to the story found in this book, Mary's parents, Joachim and Anna, were childless for many years. They remained faithful to God, but their prayers for a child were unanswered. One day, when Joachim came to the temple to make an offering, he was turned away by the High Priest who chastised him for his lack of children. To hide his shame, Joachim retreated to the hill country to live among the shepherds and their flocks.

As Joachim was praying, his wife Anna was praying at the same time at their house in Jerusalem. An angel appeared to both of them and announced that Anna would have a child whose name would be known throughout the world.

Anna promised to offer her child as a gift to the Lord. Joachim returned home, and in due time Anna bore a daughter, Mary.

[Icon of the Feast](#)

The icon of the Nativity of the Theotokos presents to us the central figures of Saints Joachim and Anna, Mary's parents, and the Mother of our Lord as an infant. Saint Anna is in the middle of the icon with her right hand extended toward her daughter. Likewise, Saint Joachim, Mary's father, is gazing upon the young child with his right hand extended toward her. Anna is surrounded by attendants who have assisted with the birth.

The icon directs attention to Mary as the central figure in this feast. It also acknowledges the joy that was felt by Joachim and Anna as new parents with a child received through a promise from God. The liturgical texts of the feast acknowledge this joy and confirm the special role of Mary as the Mother of the Incarnate God, Jesus Christ. In this event, another step is made in sacred history in preparation for the entrance of Christ into the world.

The icon and the feast also acknowledge a transition from barrenness to life. This was but another foreshadowing of what would be offered through Christ,



the transformation from death to eternal life.

[Orthodox Christian Celebration of the Feast of the Nativity of the Theotokos](#)

The Feast of the Nativity of the Theotokos 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 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. On Wednesday October 25th at 7:00 PM, Vespers will be celebrated along with the visiting clergy and faithful from our sister churches. Join us for this beautiful and meaningful service as we chant praises and hymns to our Patron Saint and Myroblyte.



The Elevation of the Venerable and Life-Giving Cross

September 14

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

Introduction

Saint Helen, the mother of Saint Constantine the Great, when she was already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. A temple to Aphrodite had been raised up by the Emperor Hadrian upon Golgotha, to defile and cover with oblivion the place where the saving Passion had been suffered. The venerable Helen had the statue of Aphrodite destroyed, and the earth removed, revealing the Tomb of our Lord, and three crosses. Of these, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation. At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near to the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high by Archbishop Macarius of Jerusalem;

as he stood on the ambo, and when the people beheld it, they cried out, "Lord have mercy." It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country (see Jan. 22, Saint Anastasius the Persian). Late, in the year 628, Emperor Heraclius set out on a military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place.

Rest from labour. A Fast is observed today, whatever day of the week it may be.

[Apolytikion of Elevation of the Holy Cross First Tone](#)

Lord, save Your people and bless Your inheritance, granting our rulers to prevail over adversaries, and protecting Your commonwealth by Your Cross.



[Kontakion of Elevation of the Holy Cross Fourth Tone](#)

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries. May Your alliance be for them a weapon for peace, an invincible standard.



July 26, 2023
communications@goarch.org



Communiqué from the Greek Orthodox Archdiocese of America

His Eminence Archbishop Elpidophoros of America, as Patriarchal Vicar of the Greek Orthodox Metropolis of New Jersey, is pleased to announce that the Holy and Sacred Synod of the Ecumenical Patriarchate accepted the Holy Eparchial Synod's petition and unanimously elected His Grace Bishop Apostolos of Medeia as the new Metropolitan of the Holy Metropolis of New Jersey at its meeting on Monday, July 24, 2023.

His Eminence Metropolitan Apostolos of New Jersey was born in Rhodes and is a spiritual son of the late Metropolitan Apostolos (Demelis) of Rhodes. He has served the Sacred Archdiocese of America for twenty years in various capacities as an Archimandrite and Presiding Parish Priest, as Chancellor of the Holy Metropolis of San Francisco, as an Auxiliary Bishop, as Spiritual Advisor to the National Ladies Philoptochos Society, and as Chief Secretary of the Holy Eparchial Synod. Most recently, he served the pastoral and liturgical needs of the Holy Metropolis of New Jersey.

Archbishop Elpidophoros — from the very first day of the election — directed the clergy of the Holy Metropolis of New Jersey to commemorate the canonical name of their new Shepherd in the divine services. The Archbishop also expressed his joy that Metropolitan Apostolos will serve as a member of the Ecumenical Patriarchate's Holy and Sacred Synod for one year beginning on September 1.

The Enthronement of His Eminence Metropolitan Apostolos of New Jersey will take place on Saturday, September 16, 2023, at 10:30 a.m., at the Greek Orthodox Cathedral of Saint John the Theologian in Tenaflly, New Jersey. The following day, Sunday, September 17, His Eminence will also celebrate his first Divine Liturgy at the Cathedral as the new Metropolitan of New Jersey.

Ο Σεβ. Αρχιεπίσκοπος κ. Ελπιδοφόρος, ως Πατριαρχικός Επίτροπος της Ιεράς Μητροπόλεως Νέας Ιερσέης, με μεγάλη χαρά ανακοινώνει ότι η Αγία και Ιερά Σύνοδος του Οικουμενικού Πατριαρχείου, στη συνέδρια της Δευτέρας, 24ης Ιουλίου 2023, έκανε δεκτό το αίτημα της Ι. Επαρχιακής Συνόδου και εξέλεξε ομοφώνως τον Θεοφιλ. Επίσκοπο Μηδείας κ. Απόστολο ως νέο Μητροπολίτη της Ιεράς Μητροπόλεως Νέας Ιερσέης.

Ο Σεβ. Μητροπολίτης Νέας Ιερσέης κ. Απόστολος, γεννήθηκε στη Ρόδο, πνευματικό τέκνο του μακαριστού Μητροπολίτου Ρόδου κυρού Αποστόλου Δημέλη και υπηρετεί στην Ιερά μας Αρχιεπισκοπή πλέον των είκοσι ετών, ως αρχιμανδρίτης και προϊστάμενος ενοριών, ως πρωτοσύγκελλος της Ι. Μητροπόλεως Αγίου Φραγκίσκου και ως βοηθός επίσκοπος, εξυπηρετώντας τις ποιμαντικές και λατρευτικές ανάγκες της Μητροπόλεως Νέας Ιερσέης. Διετέλεσε δε Αρχιγραμματέας της Ιεράς Επαρχιακής Συνόδου και πνευματικός σύμβουλος της Εθνικής Φιλοπτώχου Αδελφότητος Κυριών.

Ο Αρχιεπίσκοπος προέτρεψε τους κληρικούς της Ι. Μητροπόλεως ήδη από την πρώτη μέρα να μνημονεύουν στις ιερές ακολουθίες το κανονικό όνομα του νέου ποιμενάρχη τους ενώ εξέφρασε την χαρά του που ο νέος Μητροπολίτης από 1ης Σεπτεμβρίου και για ένα έτος θα είναι μέλος της Αγίας και Ιεράς Συνόδου του Οικουμενικού Πατριαρχείου.

Η ενθρόνιση του νέου Μητροπολίτου Νέας Ιερσέης κ. Αποστόλου θα πραγματοποιηθεί το Σάββατο, 16 Σεπτεμβρίου 2023, ώρα 10:30 πρωινή, στον Ιερό Καθεδρικό Ναό Αγίου Ιωάννου, Τενεφλάι Νέας Ιερσέης, ενώ την επόμενη μέρα Κυριακή, 17 Σεπτεμβρίου 2023, ο νέος Μητροπολίτης θα τελέσει την πρώτη του Θεία Λειτουργία ως Μητροπολίτης Νέας Ιερσέης στον ίδιο ναό.

Εκ της Ιεράς Αρχιεπισκοπής Αμερικής



GREEK ORTHODOX ARCHDIOCESE OF AMERICA

ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ

OFFICE OF THE ARCHBISHOP
Ο ΑΡΧΙΕΠΙΣΚΟΠΟΣ

July 26, 2023

To the beloved Clergy of the Greek Orthodox Metropolis of New Jersey:

It is with much joy and archpaternal gladness that I write to inform you of Bishop Apostolos of Medeia's unanimous election as Metropolitan of the Holy Metropolis of New Jersey by the Ecumenical Patriarchate's Holy and Sacred Synod this past Monday, June 24.

For the past two and a half years, His Eminence has been serving the spiritual and pastoral needs of the Holy Metropolis of New Jersey with much love and respect. And now, with his election as Metropolitan of New Jersey, His Eminence embarks on a new ministry as the Shepherd of this blessed Metropolis of our Sacred Archdiocese of America. I am confident that all of you join me in exclaiming AXIOS for this most worthy and faithful hierarch of our Church. Kindly know that Metropolitan Apostolos is to be commemorated in all of the divine services celebrated in the Holy Metropolis of New Jersey.

Please also be aware that the **Enthronement** of His Eminence Metropolitan Apostolos of New Jersey will take place on **Saturday, September 16, 2023**, at the **Metropolitan Cathedral of Saint John the Theologian in Tenaflly, New Jersey**, at **10:30 a.m.** His Eminence will celebrate his first Divine Liturgy as Metropolitan of New Jersey the following day, **Sunday, September 17**, at the Cathedral as well.

Bestowing upon all of you my Archepiscopal blessings, I beseech our Heavenly Master to protect you forevermore, keeping you under the wise spiritual care and guidance of your new Shepherd, His Eminence Metropolitan Apostolos of New Jersey.

With much paternal love in Christ,

† ELPIDOPHOROS
Archbishop of America





His Eminence
Archbishop Elpidophoros of America
Patriarchal Vicar of the
Greek Orthodox Metropolis of New Jersey

cordially invites you to

The Enthronement of
**HIS EMINENCE
METROPOLITAN APOSTOLOS**
of NEW JERSEY

Saturday, September 16, 2023
10:30am

Metropolitan Cathedral of St. John the Theologian
353 East Clinton Avenue, Tenafly, New Jersey 07670

Your presence and prayerful participation
at this sacred and historical event
is most appreciated.

On the occasion of the Enthronement
a Luncheon will be held

Saturday, September 16, 2023
1:00 pm

The Venetian
546 River Drive, Garfield, NJ 07060

RSVP required by September 1
908-301-0500 or
EnthronementLuncheon@nj.goarch.org

LUNCHEON RESERVATIONS

Table of Ten\$1,500 Single Ticket..... \$150

SPONSORSHIP PROGRAM LEVELS OF SUPPORT

Benefactor \$10,000

Table of 10 for Luncheon, Prominent listing in Program

Patron \$5,000

Table of 10 for Luncheon, Listing in Program

Supporter \$2,500

4 Tickets for Luncheon, Listing in Program

Sponsor \$1,000

2 Tickets for Luncheon, Listing in Program

All net proceeds from sponsorships and tickets for the Enthronement Luncheon will be restricted to solely benefit
the Metropolis Youth and Young Adult Ministries and Programs



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

July 27, 2023

To the Very Reverend and Reverend Clergy
Esteemed Members of the Parish Councils and Philoptochos Sisterhood
The members of the Youth organizations and all devout faithful of the
Parishes of the Northern New Jersey and Delaware Valley Regions

My Beloved,

I pray that this letter finds you well. At the direction of His Eminence Metropolitan Apostolos of New Jersey I write to inform you that due to the new rules and regulations introduced by the Township of Neptune, New Jersey, and The Grand Auditorium the Metropolis of New Jersey Annual Holy Cross Celebration **will not be able to take place in Ocean Grove, New Jersey, on Sunday, September 17, 2023.**

Please know that it is His Eminence Metropolitan Apostolos' sincere wish to sustain and continue this prestigious Metropolis celebration, as well as his desire to provide an opportunity for our youth to still participate in this blessed event. Therefore, His Eminence will celebrate the Hierarchical Divine Liturgy **on Sunday, September 24, 2023, at St. George Greek Orthodox Church in Asbury Park (Ocean), New Jersey.** Following the celebration of the Divine Liturgy, His Eminence, the youth, and the faithful will travel to the Asbury Park beach, where the Blessing of the Waters and the Divining for the Holy Cross will be held.

I ask that you please inform your beloved parishioners of this change of schedule and please know that more information will be forthcoming for the youth divers.

Conveying to you the paternal blessings of His Eminence Metropolitan Apostolos, I remain



At the direction of the Metropolitan,

Archim. Christof. Oikonomidis

+Archimandrite Christoforos Oikonomidis
Chancellor



Special Visit from

V. Rev. Archimandrite Bartholomew Mercado & Fr. Deacon Konstantinos Loukas



Fr. Bartholomew giving his sermon - Fr. Michael overlooking.



Holy communion being distributed by Fr. Bartholomew during the Divine Liturgy with Fr Michael assisting.



Fr Deacon Konstantinos giving Holy Communion to one of the Parishioners.



Fr. Bartholomew along with Fr. Michael Fr. Deacon Luke Fr. Deacon Konstantinos holding up the (Arto) for the Blessing of the 5 loaves.



Fr Deacon Konstantinos preparing the Holy Gifts for Holy Communion looking on is Fr. Michael and Fr Bartholomew and Fr. Deacon Luke.



Fr Michael receiving Holy communion from the Chalice.



Fr. Michael in the altar kissing the (Aer) of the Holy gifts.



Procession of the Holy Gifts by the Altar boys and Clergy.



Fr. Deacon Luke Carpenter before the royal doors.



Fr. Michael and Fr. Bartholomew hold up the (Aer) over the Holy gifts with Fr. Deacon Konstantinos overlooking.



Bios

V. Rev. Archimandrite Bartholomew Mercado

– Associate Dean of Students and Instructor of Canon Law and Campus Champlain at the Holy Cross School of Theology. He was born and raised in Cape May County. He finished high school and did his studies at Hellenic College where he earned his undergraduate degree in Religious Studies in 2012.

He continued to Holy Cross School of Theology graduating with as Master of Divinity in 2014. He completed his thesis in 2017 and he received a scholarship from the Catholic Committee for Cultural Collaboration under the Pontifical Council for Promoting Christian Unity to commence doctoral studies in Rome, Italy. His specialty is in Canon Law.

On September he was ordained to the Holy Diaconate in his home parish – here at St. Demetrios. He

continued his doctoral work in Rome and served as a deacon at The Chiesa di San Teodoro al Palatino and returned home in 2020.

He served the Metropolis of New Jersey as a Deacon and served as Register of the Metropolis till 2021.

His Eminence Archbishop Elpidophoros of America appointed him as an Archivist of the Archdiocese.

On December 11, 2021 he was ordained to the Holy Priesthood by his eminence and was appointed (Director of the Department of Archives). He was also assigned as Proistamenos of St. George and St. Demetrios in Harlem New York. In August 2022 the Archbishop appointed him as Chaplain of HCHC and was appointed as the Instructor of Canon Law at the School. And also was appointed as Associate Dean of Students at Holy Cross.

Fr. Deacon Konstantinos Loukas

was born and raised in Baltimore, Maryland. His father Demetrios and his mother Evelyn raised four children. But I must say out of the four, Konstantinos is my favorite.

The whole family attends The St. Nicholas Parish in Baltimore. Fr. Deacon Konstantinos graduated from Holy Cross School of Theology with a Masters of Divinity as well as receiving a certificate in Byzantine

Music. He married his love Athanasia, September 4, 2021 and was ordained to the Diaconate September 17, 2022.

I just want to add that not only did he grow up in Baltimore but he grew up under my love and spiritual guidance.

He is also The Youth Director of all parishes in our Metropolis and he is the Deacon for His Eminence Metropolitan Apostolos of New Jersey.



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

SEPTEMBER:

SATURDAY 16TH

PARISH LIFE MTG 6:00PM

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

Now Hiring

Fr. Michael is looking for a few Sunday school teachers that would offer their time and talents to the children of the parish. If anyone is interested please contact Fr. Michael 609-522-0152 ext. 101 or cell 667-328-1083.

God has gifted all of us with so many talents that could be used for the betterment of the church. Teaching Sunday School to the children of the parish, is a special ministry that only people who love their faith and are willing to share their knowledge with the children. I'm sure that we have teachers in our parish who teach in public schools that would love to be a part of this special ministry as a Sunday School Teacher.

Fr. Michael is willing to help set up an instructional program that the Greek Orthodox Archdiocese offers for all the churches.

Again, if anyone is interested in teaching our Sunday School children, please Contact Fr. Michael.

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, October 21. 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.



a message from

FR. MICHAEL L. PASTRIKOS
PROTOPRESBYTER

SOLVING OUR PROBLEMS

The words of our Lord Jesus Christ remind us of the prediction of the Last Days. These words still ring true today. “You will always have the poor, but you will not always have Me. (John 12:8.

When you look around at the people who attend Church on Sunday, **WHAT DO YOU SEE?** Do you see impressive people dressed in fine clothes who have it all together? Do you see hurting people in need of comfort; troubled people in need of peace; or sick people who need healing?

There are many different kinds of people who come to Church who really need the Word of God to help them solve their problems. Please don’t get so distracted in life trying to solve problems of others when you yourself are having major problems that are facing you. Don’t sit around asking “Why?” Use the gifts and abilities that God has given to you. Roll up your sleeves and stay busy with your tasks and God will help you if you help yourself. God will add to your strength His Great Strength. Don’t expect God to be limited in helping you solve your problems in the conventional manner. Don’t limit God to your preconceived ideas about how he is going to solve your problem. The Lord has ways of doing things you have never dreamed of. That is why the Bible says, “Nothing is impossible for God” Luke 1:37.

So, this means there is a choice to make? That’s a question we may need to answer

as well. **WHAT DO YOU WANT IN LIFE?** I believe the first step to achieving something is to want it and work hard. We need to show Christ that we care about ourselves, and we care for our spiritual upbringing. Knowledge is not picked from a tree. Knowledge is something that we grow with and gain. As Christians we need to determine what we really want, and as God’s people, learn to say what the Apostle Paul said, I can do all things through Christ who strengthens”. In our Society today, people don’t need a gabfest when they are facing big problems. What they really need is help! Who cares as much about why people are hurting as the fact that they are truly hurting. You don’t always have the neat explanations as to why problems occur. Strive to avoid wasting time like we always do in the blame game when we need to be more involved in working out solutions no matter how difficult the problem might seem to be. Don’t get caught up like others do in pursuit of answering the question, “Why?” Why did God let this happen? If we knew every “Why” answer, then we would be God ourselves. When facing big problems, instead of complaining that the problem exists. It might help to light a candle instead of cursing the darkness.

In life, there are many disappointments and accomplishments. In anything that we do we need to make a choice. Do we want to be disappointed? Or do we want to accomplish something in our lives. To be honest with you, there are people in

our society that given the opportunity for healing, or straightening out one’s life, might actually choose not to accept because at this moment in time they are free of some sympathy by complaining about their problems or sickness. They can manipulate people by being sick, or punish themselves if they feel guilty.

When Jesus asked all those who wanted to be healed, He didn’t say, “You are healed.” He said, “Do you want to get well? Or do you truly believe in Me! Or because of your faith you are healed. The Church is always an oasis to comfort the needs of her people. Because we believe that when two or more are gathered together in the church “Christ is Truly in our Midst.” The church is where everyone finds refuge and comfort. The church is there for the young, the elderly, the sick, the lame, the blind, the rich and the poor. When we attend Church, we always try to wear our best clothes and put on our best smiles. Everybody looks happy, so we assume everything is okay. But in reality, we need to look beyond the façade of people who have assorted problems and are hurting spiritually and physically. There are also people in church with different problems such as an unresponsive spouse, a boring job, a poor grade, personality clashes, the lonely, the dying, the discouraged, the exhausted.

On and on the stories go, but they can all be prayed about here in the church.



Celebrating the Dormition of the Theotokos



Celebration of the Dormition of the Virgin Mary along with a special sponsored luncheon.

Father Steven Vlahos, Father Michael, Deacon Luke Carpenter, Chantor John Carpenter.

Extended families and Parishioners of the church.

Happy Birthday Father Michael



St. Demetrios celebrated Father Michael's August 22nd birthday on Sunday the 20th. The Parish Council, church staff, and all the parishioners wish Father Michael a very happy birthday!



liturgical calendar

SEPTEMBER

Friday, September 1	<i>We would like to wish everyone in the parish a Happy Ecclesiastical New Year!</i>
Sunday, September 3	13 th Sunday of Matthew Orthros 8:30 am Divine Liturgy 9:30 am
Monday, September 4	<i>Happy Labor Day to everyone in the parish!</i>
Sunday, September 10	Sunday Before Holy Cross Orthros 8:30 am Divine Liturgy 9:30 am
Thursday, September 14	The Elevation of the Holy Cross Orthros 8:30 am Divine Liturgy 9:30 am
Sunday, September 17	Sunday After the Holy Cross Orthros 8:30 am Divine Liturgy 9:30 am
Sunday, September 24	1 st Sunday of Luke Orthros 8:30 am Divine Liturgy 9:30 am

A Psychiatrist on Confession

The noted Swiss psychiatrist, Dr. Paul Tournier, wrote:

“I have at times been accused of over-emphasizing the importance of confession, as if the whole cure of souls were contained in it. I speak from my own experience as a doctor... (nothing) can be compared in importance with confession.”

“I could give many examples, especially of patients who have come to visit me only once, often from a great distance with the sole purpose of finding someone to whom they could confess a sin that has been weighing upon them for years.... There remained nothing for me to do but to remind them in one way or another that if we confess our sins, He (God) is faithful and just, to forgive us our sins and to cleanse us from all unrighteousness (I John 1:9)...there is no worse suffering than a guilty conscience, and certainly none more harmful... the tremendous joy brought by forgiveness plays an important

part in causing the medical effects (of healing) to which I have referred. In many cases I have seen a physical illness disappear overnight after the confessions of a lie or an illicit love affair.”

This is not a clergyman speaking. It is a medical man, a psychiatrist. And he speaks from his own clinical experience.

“Blessed are those who mourn,” said Jesus, “for they shall be comforted.” Mourn for what? Mourn for their sins. Among all those who mourn, none ----says Jesus ---shall be sooner consoled than those who weep for their own sins. Sin is the only evil that can be cured by mourning.

A small but always persistent discipline is a great force; for a soft drop falling persistently, hollows our hard rock.

- St. Isaac the Syrian

Special Guests



On July 16th we had special guests visit our St. Demetrios Community. The children and grandchildren of Fr. Michael and the Presvytera Toula who worshipped with the faithful of the church.

Photo 1 - left to right

Chanter Manuel Anagnos who is vacationing here on the island. John Carpenter (chantor) Fr. Michael Fr. Deacon Luke Carpenter and Chanter Dimitrios Tsaimos who also were vacationing on the island. This picture was taken in celebration of the 4th of July.



Photo 2 - This was an emotional and special day for Fr. Michael because for the first time he was treated by his grandchildren serving in the altar with him.

Photo 3 - Grandchildren Cooper Michael, Theo John and Athan.



Photo 4 - left to right

Demetrios Anagnos visiting and vacationing with his family also from Baltimore Maryland. Fr. Deacon Luke Carpenter, Fr. Michael, John Carpenter Chanter, Manuel Anagnos chanter, from Saints Peter and Paul Frederick MD and Demetrios Tsaimis - Chanter visiting from Vervendo Greece.

Photo 5 - Fr. Michael and his grandchild Georgie.

Photo 6 - John and Nomiki with their 2 children Katerina and Georgie. Then we have Cooper Michael, Athanasios (Athan), Theo John (grandchildren) - son Lazarus and his wife Samantha (Sam).



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!



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-Sept 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._____



church NEWS

parish life committee

Happy New Ecclesiastical Year to everyone. The Parish Life Committee of St. Demetrios Parish is scheduling a Parish Life Committee Meeting on September 16, 2023, at 6:00 pm. Once again we invite all church organizations to send a representative who will present their organizations calendar of events for the upcoming year. This Committee meets on occasion if needed in order to coordinate and avoid possible overlaps of functions and events.

We hope to publish all of the various organizations upcoming functions in the calendar of events on the website, newsletter and weekly bulletins.

If you want your organization to be included please have your representative attend the meeting,
Thank you and God Bless.

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

The first meeting for the Youth Group of the parish will be on Saturday September 23rd at 11:00. The children will learn about the Feast Day of The Exaltation of the Holy Cross. On that day we will also go and play "put-put" golf and enjoy the fellowship which always brings the children together for a fun-filled Saturday. **Parents make sure that you put this event on your calendars.**

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!



Children's Corner

Courtesy of Presvytera Alexandra Houck



God bless our Church!

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

WORD SEARCH

Can you find these words in the jumble?

Alexander
Bravery
Compassion
Constantinople
Empress
Faithful
Generous
Loving
Patriarch
Rich
Share

I X L Z Q U M X S G Y A C K F
Q O S K O H C I R H X V O J L
P J G S Z F T D A A Y K N B F
S A A L E X A N D E R S S N A
S B T E I R G F Q E Q U T C I
M L K R J N P J E U L O A U T
X J U R I B R M C J Y R N O H
V X F V C A R F E R A E T A F
X O O F F M R B X S N N I M U
O L Z T X I R C H I N E N L L
X L O Q S A Q A H E Q G O E L
Q Q R O V M R Q I D K S P E J
F F Y E G E B H O V U E L R O
T D R S R P S Z I B M E E B U
R Y C O M P A S S I O N J T T

WHAT'S IN THE ICON?

Some saints look alike in their icons! (Of course, we don't know exactly what they looked like!)

Here are Saints Alexander, Athanasios, and Gregory the Theologian.



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, August 27, 2023

Volume 11, Issue 35

A Ministry of the
Orthodox Christian Network



A rich man in heaven?

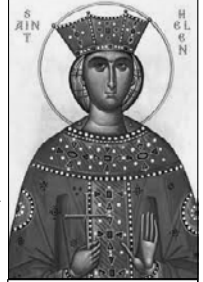
Have you ever wanted to be rich?

Really rich? After you hear today's Gospel reading, maybe you might change your mind.

A rich man asked our Lord, Jesus Christ, how he could go to heaven. He was a faithful man, and he tried to do all the right things. But Jesus told him that he needed to do one thing. He needed to sell all his things and give them to the poor. Wow! How could this man ever do that?

Our Lord knows how hard it is to give up things that we have! In the Gospel today, Christ even says, "It will be hard for a rich man to enter the kingdom of heaven." But did you know something? Lots of rich people are saints in our church. Think about Saint Helen. She was an empress who gave lots of her money to build churches. Think about Saint Elizabeth. She was a duchess who gave away lots of her money and things to start a hospital for poor people. These rich people became saints!

If we have money, we can show God that money doesn't mean so much to us. We can show God that we still put Him first. God wants us to help people who don't have money. God wants us to show that we're not attached to our money. Yes, it's hard, but we can think of the saints who gave up even more!



Saint Helen used her riches to help others and help the Church!

SAINT ALEXANDER

THE FIRST PATRIARCH OF CONSTANTINOPLE

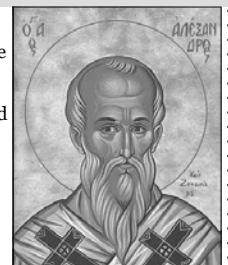
Do you think God cares what

we believe? If you asked Saint Alexander, he would tell you, "Yes! Definitely!"

Saint Alexander was a holy bishop who lived 1,700 years ago. He went to the First Ecumenical Council, a big meeting where the Church leaders talked and agreed on what we Christians believed. One man, named Arius, was telling other Christians that Jesus wasn't really God, and that He wasn't equal to God the Father. Saint Alexander knew that wasn't right. Arius tried to trick the leaders, and he told them he really believed the same thing. Saint Alexander knew it was a trick, and he asked God to make it so Arius would not be received into the Church. And he wasn't.

Another time, Saint Alexander was arguing with somebody who was a pagan (who worshiped idols). Saint Alexander said, "In the name of our Lord Jesus Christ, I command you to be quiet!" Suddenly the pagan man couldn't speak! No sound would come out! Then the man showed with his hands that he no longer believed that stuff, and his speech came back.

Let's thank Saint Alexander for his Christian bravery. He teaches us that God really does care what we believe!



We celebrate Saint Alexander on Wed., August 30th (OC: September 12th).

© Alexandra Houck 2023



Children's Corner

As September arrives, many families are busy with their children preparing for the start of a new school year. Transitioning from summer into the school year can be tricky. For a lot of families, summer is synonymous with a more laid back parenting approach, which can include different nighttime routines, later bedtimes, and more screen time.

Routines are what we do everyday to accomplish daily tasks, they help children feel safe. Planning and developing a "school-time" routine can be fun. Sit with your child(ren) and ask for his/her input (for example, do they prefer to brush their teeth, before or after they pick up their toys). Creating a routine visual (see below) with your child(ren) is an activity that can create connection between you and your child. Incorporating rituals (which are special traditions, celebrations, or patterns of behavior) in your routine also help children feel safe and connect with their caregiver.





Developing routines can help decrease anxiety, eliminate or reduce power struggles and provide safety and order.

Remember:

Be **consistent** with your daily routines, whether it's a morning/bedtime routine or anything in between....consistency is crucial in helping all family members transition and adjust to the new changes.

*Courtesy of | Fay Kara
PhD Licensed Marriage
& Family Therapist*



	Go potty.
	Bath time.
	Get dressed and place dirty jammies in your hamper.
	Brush your teeth.
	Pick up your toys and books.
	Story time.
	Give thanks. Say your prayers.
	Hugs and kisses, goodnight sweet girl



thoughts from

EVA LALLAS

SEPTEMBER'S ROLLER COASTER OF LIFE

WOW! September has arrived! Perhaps this is a bittersweet time of the year for us as the weather gradually changes so too is life's daily routine altered for many. The school year begins anew and the annual allotted vacation leave from work ends, signaling the end of summertime's carefree days. Not entirely so, however, in Wildwood where the zest for life's joys of relaxation and fun at the seashore still continues through the last days of summer in "vacationland."

September is a snapshot, a glimpse, of life with its emotional ups and downs; it's like being on the roller coaster of life. Not only do we see the dwindling lazy days of summer's "time out" but the reminiscence of 9/11. On that beautiful crisp September morning when all seemed right in the world our roller coaster took a sudden nosedive: 9/11 happened. America was under an unimaginable attack on our very shores. A day in our lifetime when thousands of lives were abruptly ended, and our way of life changed in so many ways. Precautions to help prevent such disasters in the future are still going on. In the midst of despair, heroism surfaced, family ties were strengthened, we once again turned to God for His mercy and guidance. A sense of unity and patriotism arose but seemed to fade in just a few years; another segment of life with its ups and downs. Some may say, "That was 22 years ago, it happened, it's over." Yes, but how can we forget the unprovoked obliteration of so many innocent lives? Therefore, each year we memorialize and pray for the souls of those lost during that period as well as for their families. Likewise, each of us recalls specific events of devastation that are meaningful to us. The author also memorializes the slaughter of thousands of Orthodox Christians by the Ottoman Turks during the catastrophe of Smyrna in Asia Minor during September 1922.

But then September brings the upward turn on our roller coaster ride of emotions. We now have the beautiful St. Nicholas Greek Orthodox Church and National Shrine which

like the Phoenix has risen and stands at the World Trade Center in New York City signifying that the original humble St. Nicholas Greek Orthodox Church which was destroyed during 9/11 is still alive to the Glory of God.

Our roller coaster climbs upward as our Orthodox Church proclaims September as the beginning of the Ecclesiastical Year: a time of revival for blessings of the earth and prayers to embolden us and bring us closer to Jesus. This is when both Sunday and Greek School classes begin. Being students in both of these courses provides meaningful education to young absorbing minds; education that will be valuable in their lives, and where friendships that could last a lifetime are made...the future of Orthodoxy.

Our St. Demetrios Church offers these educational opportunities, as well as all the youth centered programs, through the stewardship program. What an ideal time to become a steward or to renew your stewardship donation to our beloved St. Demetrios so that all these ministries can continue and expand!

On September 14th, dear reader, our Orthodox Church aims to keep us high on the upswing of life's roller coaster ride as we reverently celebrate the Exaltation of the Holy Cross of our Lord and Savior Jesus Christ; one of the holiest days of the year. On this day we commemorate the day that St. Helen, the mother of Emperor Constantine, found the True Cross. Both are saints in our Greek Orthodox Church whose feast day is celebrated on May 21.

You may have asked why sweet basil is a part of our Orthodox celebrations. This was the herb that was growing on the site where the Holy Cross was discovered. It is quite moving to be in church praying and witnessing the service of the Holy Cross embedded in a mound of aromatic basil as the priest symbolically raises the Cross four times, reverently and very slowly. This is truly a memorable Liturgy! Orthodox Christians should make every effort to prepare for and partake of Holy Communion on this Holy Day, September 14th.

Thus, as we welcome Autumn and the never-ending summertime fun in "vacationland" may continue for just a little while longer, let's remember that St. Demetrios awaits us to come to worship and thank God for all our blessings and good times that we enjoyed, especially on September 14th. No matter which dark days we may have experienced on September's roller coaster ride, the celebrations of our Orthodox Church always direct us upward pulling us closer to God.

Notices



**SAINT BASIL
ACADEMY**

Please join us for the Saint Basil Academy

2023 Walk-a-Thon!



Saturday, September 30, from 11AM-2PM

Blessing of the Waters, Beautiful Campus Walk, Cookout, Bounce
Castles, Games, and More!

\$25 suggested donation per person

All are welcome!



For more information, email Lauren at l.biniaris@sbagoa.org

REMEMBER

People are often unreasonable, illogical and self-centered; I will forgive them anyway.

If I am kind, people may accuse me of selfish ulterior motives; I will be kind anyway.

If I am successful, I will win some false friends and some true enemies; I will succeed anyway.

If I am honest and frank people may cheat me; I will be honest and frank anyway.

What I spend years building, someone may destroy overnight; I will build anyway.

If I find serenity and happiness, they may be jealous overnight; I will be happy anyway.

The good I do today, people will often forget tomorrow; I will do good anyway.

I will give the world the best I have, and it may never be enough; I will give the word the best I have anyway.

You see, in the final analysis; it is between me and God; it was never between me and them anyway.

- Mother Teresa of Calcutta



ARCHBISHOP ELPIDOPHOROS

Nameday Gala

SAVE THE DATE

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

