

## ARE YOU WILLING TO TRAVEL LIGHT?

**V**acation provides us with time away to relax. Before we go on a trip, we may make a list of things to put in our suitcase. Most times we pack so much that it feels like we are not really "getting away from it all" but rather taking it all with us!

A lesson from the Gospel of Luke talks about travelling light. Jesus appointed 70 of His disciples to spread the Good News of the Kingdom of God. They were instructed to go forth to preach, teach and heal. Do you know what Christ said to take with them? "Carry neither money bag, knapsack, nor sandals . . ." (Luke 10:4) These missionaries were instructed to trust in God to provide for them and their needs. They were not to encumber themselves with possessions and worries.

Human nature tends to saddle us all down with lots of unnecessary burdens. While focusing on our problems, we may not be able to see the blessings that are in front of us. Look to the horizon to see the light and hope that God provides us. Pack your luggage light and make your possessions few, since our Lord is there to provide all that we need. Leave all the unneeded things behind, but be sure to take along your faith and courage. Shake off the dust of rejection and failure, instead of carrying them around as baggage.

As Christians, our path is all the same; we continue towards the Kingdom of Heaven. Heed the call of Jesus to travel light and be less dependent on material things. Simplify your life, become more carefree and rejoice in the journey.

The Orthodox Weekly Bulletin . . . . . Vestal, Cliffwood, New Jersey . . . . . Litho in U.S.A.





**ST.DEMETRIOS GREEK ORTHODOX CHURCH  
NORTH WILDWOOD, NEW JERSEY  
THE 5th SUNDAY OF MATTHEW  
July 9, 2023.**

**WELCOME ALL VISITORS:**

On behalf of the Parish Council, Fr. Michael, and the entire family of St. Demetrios, we would like to welcome our Visitors for joining us today in our sacred worship service. If you need any assistance please notify any of the Parish Council members. God Bless our Visitors and may your stay here be pleasant and memorable. Please don't hesitate to come again.

**MEMORIAL SERVICE:**

A 40 day Memorial Service will be chanted today in memory of our brother in Christ, Markos Sakoulas, may his soul rest in peace and may his memory be eternal.

**COFFEE HOUR/MEMORIAL LUNCHEON:**

The Sakoulas Family would like to invite everyone to the Memorial Luncheon. In memory of their beloved departed loved one Markos Sakoulas. This event will take place in our Cultural Center after Church. On behalf of The Parish Council, Fr. Michael and The Church Staff, we would like to thank The Sakoulas Family for the generous offering to the Church in memory of their loved one, Markos Sakoulas. Markos Sakoulas, may the Lord grant mercy to his soul.

**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.

**KOINONIA MONTHLY NEWSLETTER:**

We have established our (NEW MONTHLY NEWSLETTER) which is named "KOINONIA". This newsletter was distributed via email. Going forward, please send all Church event related pictures via email to the Church Secretary, Julie Reeb, at [frmichaelstdemetrios@gmail.com](mailto:frmichaelstdemetrios@gmail.com) Most importantly, in order for our parishioners to be able to read the Newsletter, you must submit your E-mails so we can send the newsletter out to your computers. You can submit these to the email listed above or you can give this information to our Parish Council Secretary, William Mitchell. We will also have a few newsletters printed for those who have no computers or smart phones.

**LITURIGAL SUMMER HOURS:**

From July through September, worship services are on the summer schedule.

**8:30 AM -ORTHOS    9:30 AM - DIVINE LITURGY**

**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 22<sup>th</sup>, 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 Boy 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](mailto: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.

**YOUTH GROUP PROGRAM:**

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 July 29<sup>th</sup> at 1:00 PM.