



KOINONIA

NEWSLETTER OF
ST. DEMETRIOS CHURCH
North Wildwood, NJ

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CELEBRATING ST. DEMETRIOS FEAST DAY



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thoughts from

FR. MICHAEL L. PASTRIKOS
PROTOPRESBYTER



As the National "Thanksgiving Day" approaches we do well to remember the spiritual roots of this as a Holy Day. As we near the end of 2024, November is a special period in which we always look forward to that special day of Thanksgiving. The Pilgrim Fathers came to America as religious refugees, seeking not only the freedom to worship in a new land but believing that they had a God ordained mission to fulfill. In the past the early Pilgrims had their problems, but they picked one day to bring peace in the world and to their hearts. Thanksgiving is one of those unique holidays that doesn't really center on shopping like we do at Christmas time. In America we celebrate this day with family when we, as the pilgrims gather to give thanks to God. They thanked Him that they had survived the harshness of the past year. Rather than become embittered over their experiences, they anchored themselves firmly in God's providence for the future. Isn't it true that in our society today, we have everything that we can think of and yet, we forget that all of this comes from God. This is what the pilgrims truly made that day—a proclamation to thank God for their beliefs, their values, and the blessings to be able to survive together as one body and one nation. Today though, we tend to give thanks for abundance. Do we ever get around to thanking our Lord for all the bounties and blessings that He bestows on each of us every day? The Pilgrims were giving thanks for what they had in spite of great scarcity. We should learn from them to give thanks to God not merely when we feel particularly blessed, but when in all appearances it might seem the opposite. To me personally, the significance of this Thanksgiving Day is a day to put away all hatred and the cares of the world. It is to share with each other the essence of true fellowship and love. Let's not forget what has happened and still happening today to nations all over the world. The many tragedies, catastrophes that all wars brought upon the human race

killed millions of people. Let's not forget what is happening in Ukraine, and in the Middle East. The winter months are coming, and the destruction is still going on. Even today as we are thinking of celebrating Thanksgiving, millions of people are without homes, families are destitute and separated and have no place to live. We have people living in shelters for months and months wondering when the next meal will come to them. This is the time in our lives that we should be thinking and praying for others that are not as fortunate as we are.

Apostle Paul tells us to give thanks to God in all things, nor merely when things are good. (Thess.5:18) Thank God in the midst of want, that something to consider this year, and always. We should be thankful to God that we live in this country called "America" the beautiful, which gives us the true way in celebrating "Thanksgiving Day". We can reach out and pray for others who need our help especially during these difficult and trying times, moments and events that this world is going through. As I stated earlier in my newsletter that we should thank God for what we have, but even though we have everything, we too, are quick to complain when things are not going our way. But we must understand that the Lord sometimes allows us to experience troubles and sorrows not because He has forgotten us, nor because He wishes to punish us. No, He allows them to occur as a bitter but necessary medicine to heal our pride, our ego, and other daily failings that occur. There are many examples of failures, and tragedies in life that sometimes are expected and unexplainable. God cannot be a police officer to everyone. We can expect God to heal and correct every disease and every mistake we make in life. Instead we should learn from our mistakes and slowly one by one, correct them.

In closing, during the Holiday Season, we know that millions of families all over the world and in all countries are going without food and other general necessities. When we help those in need, our Lord and Savior Jesus Christ will reward us a hundredfold. This is what "Thanksgiving" is all about - Thanking God for all the blessings He has given us, and that we are also God's instruments to help those who are needy and less fortunate. We can be the expression of God's presence and love in the lives of others. Our sense of Thanksgiving will strengthen our spirit of generosity.

May God bless all of you and have a great and blessed "Thanking Day" Please stay safe!!



A Feast of the Entrance into The Temple of Our Most Holy Lady The Theotokos **November 21**

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



INTRODUCTION

The Feast of the Entrance into the Temple of Our Most Holy Lady the Theotokos and Ever-Virgin Mary is celebrated on November 21 each year. The Feast commemorates when as a young child, the Virgin Mary entered the Temple in Jerusalem.

PROTEVANGELION 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.

When Mary was three years old, Joachim and Anna decided that the

time had come to fulfill their promise and to offer her to the Lord. Joachim gathered the young girls of the neighborhood to form an escort, and he made them go in front of Mary, carrying torches. Captivated by the torches, the young child followed joyfully to the Temple, not once looking back at her parents nor weeping as she was parted from them.

The holy Virgin ran toward the Temple, overtaking her attendant maidens and threw herself into the arms of the High Priest Zacharias, who was waiting for her at the gate of the Temple with the elders. Zacharias blessed her saying, “It is in you that He has glorified your name in every generation. It is in you that He will reveal the Redemption that He has prepared for His people in the last days.”

Then, Zacharias brought the child into the Holy of Holies—a place where only the High Priest was permitted to enter once a year on the Day of Atonement. He placed her on the steps of the altar, and the grace of the Lord descended upon her. She arose and expressed her joy in a dance as wonder seized all who saw this happen.

The Virgin Mary dwelt in the Temple for nine years until, reaching

an age for marriage, she was taken from the Temple by the priests and elders and entrusted to Joseph as the guardian of her virginity.

The Entrance of the Theotokos into the Temple signifies her total dedication to God and her readiness for her future vocation as the Mother of the Incarnate Lord. This is a feast of anticipation. As honor is shown to Mary, the faithful are called to look forward to the Incarnation of Christ, celebrated in a little more than a month by the Feast of the Nativity on December 25.

ICON OF THE FEAST

The icon of the feast tells the story of Mary’s entry into the Temple. The High Priest, Zacharias, is in his priestly robes standing on the step of the Temple. His arms are outstretched, ready to greet and receive the Virgin. Mary is shown as a small child, standing before Zacharias with her arms reaching up to him. In some icons the young maidens who served as her escort are depicted standing behind her. Also, we see her parents, Joachim and Anna, offering their child to God and His divine service. In the upper center portion of the icon, the Virgin is seated on the steps of the Holy of Holies. An angel is there, attending to the one chosen by God to bring the Savior into the world.



Liturgical Calendar

SUNDAY, NOVEMBER 3 5TH SUNDAY OF ST. LUKE
ORTHROS 9 :00 AM DIVINE LITURGY 10:00 AM

SUNDAY, NOVEMBER 10 8TH SUNDAY OF ST. LUKE
ORTHROS 9:00 AM DIVINE LITURGY 10:00 AM

ATTENTION ALL PARISHIONERS; FR. MICHAEL WILL CONDUCT A HOLY UNCTION SERVICE IMMEDIATELY AFTER CHURCH ON SUNDAY NOVEMBER THE 17TH. LET'S NOT FORGET THAT THE CHRISTMAS LENTEN PROGRAM BEGINS ON THE 15TH OF NOVEMBER.

SUNDAY, NOVEMBER 17 9TH SUNDAY OF ST. LUKE
ORTHROS 9:00 AM DIVINE LITURGY 10:00 AM

SUNDAY, NOVEMBER 24 13TH SUNDAY OF ST. LUKE
ORTHROS 9:00 AM DIVINE LITURGY 10:00 AM



The Entry of the Most Holy Mother of God into the Temple

If a tree is known by its fruit, and a good tree bears good fruit (Mt. 7:17; Luke 6:44), then is not the Mother of Goodness Itself, She who bore the Eternal Beauty, incomparably more excellent than every good, whether in this world or the world above? Therefore, the coeternal and identical Image of goodness, Preeternal, transcending all being, He Who is the preexisting and good Word of the Father, moved by His unutterable love for mankind and compassion for us, put on our image, that He might reclaim for Himself our nature which had been dragged down to uttermost Hades, so as to renew this corrupted nature and raise it to the heights of Heaven. For this purpose, He had to assume a flesh that was both new and ours, that He might refashion us from out of ourselves. Now He finds a Handmaiden perfectly suited to these needs, the supplier of Her own unsullied nature, the Ever-Virgin now hymned by us, and Whose miraculous Entrance into the Temple, into the Holy of Holies, we now celebrate. God predestined

Her before the ages for the salvation and reclaiming of our kind. She was chosen, not just from the crowd, but from the ranks of the chosen of all ages, renowned for piety and understanding, and for their God-pleasing words and deeds.

DISCOURSE ON THE FEAST OF THE ENTRY OF OUR MOST PURE LADY THEOTOKOS INTO THE HOLY OF HOLIES
by Saint Gregory Palamas, Archbishop of Thessalonica



Feast Day of St. Demetrios



*Feast Day of
St. Demetrios during the vesper
service and the celebration that
followed.*

*Officiating the service - Fr.
George Liakopoulos, Holy
Trinity, Egg Harbor; Fr. George
Antoniou, St. Nicholas Atlantic
City; Fr. Michael L. Pastrikos,
Proistamenos of the Parish;
and Fr. Nicholas Pastrikos, St.
Fanourios, Elizabeth, New Jersey.*





Feast Day of St. Demetrios



*Fr. Nicholas Pastrikos (Fr. Michael's brother),
Fr. George from Atlantic City, and
Fr. Michael L. Pastrikos*



*Seated above - The Chanter Panagiotti from St. Antonios from
Vineland, New Jersey; Fr. Nicholas Pastrikos (Fr. Michael's brother);
Presvytera Sandy Pastrikos; Fr. George Liakopoulos; Fr. Michael L.
Pastrikos; Archon, Mr. Nicholas Konides, Parish Council President;
Archon, Mr. Bill Mitchell, Secretary of the Parish Council.*



St. Demetrios Happenings



Honorees of the St. Demetrios parish which were honored during the Feast Day Dance that was held on Saturday, October the 26th.

Outstanding work as our kitchen crew:
Konstantinos Papaspanos, George Mallous,
Spiro Kellis (accepted by his wife Maria), George
Tsaimis, George Papageorgiou,

Ellie received her certificate for donating her time
in making sure that we had fresh Holy Bread
every Sunday for the last 2 years. She is also a
Philoptochos member and helps out on Sundays
for the Coffee Hour.

Lester Katsanis received his certificate for his love
and dedication as a parish council member and
great supporter and benefactor for the Church.



6th month Memorial in memory of Mr.
Konstantinos Gus Andy. His wife Fotini and
the rest of the family. May his soul rest in
peace and may his memory be eternal.



Visitors from Velvedo, Greece



Nicholas J. Massarelli & Alyssa M.
Koumaras were married on September
26, 2024. Parents of the bride are Mr.
George and Maria Koumaras,



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

October 22, 2024

The Very Reverend and Reverend Clergy,
Esteemed Members of the Metropolis Council, Honorable Archons of the Ecumenical Patriarchate,
Esteemed Members of the Parish Councils and Philotochos Sisterhood,
All Tonsured Acolytes, And all devout Orthodox Christians of the
Greek Orthodox Communities of the sacred Metropolis of New Jersey

My beloved,

I hope and pray this letter finds all of you well. On Friday, November 22, 2024, the Greek Orthodox Metropolis of New Jersey will be celebrating for the first time the Feastday of our new Metropolis Patron Saint, St. Iakovos (Tsalikis) of Evia. It is therefore with much joy and enthusiasm that I announce to you the schedule for the Divine Services which will be taking place to mark this most important Feastday in the life of our sacred Metropolis:

Thursday, November 21, 2024

6:00pm Great Hierarchical Vespers

At Holy Trinity Greek Orthodox Church

250 Gallows Hill Road, Westfield, NJ 07090

All tonsured Acolytes are invited to attend and to participate in the Great Vespers Service. They are to bring their Altar Boy Robes with them for the service. At the end of the Vespers His Eminence will bestow upon each of the Acolytes a cross for them to wear at the divine services.

Friday, November 22, 2024

9:00am Orthros and Hierarchical Divine Liturgy


At the St. Iakovos of Evia Chapel at the Metropolis Headquarters

215 E. Grove Street, Westfield, NJ 07090

Please know that all of the faithful of our sacred Metropolis are wholeheartedly invited to attend and participate in these beautiful Divine Services so that we may join together as one spiritual family and worship together in honor of our new beloved Patron Saint. A celebratory reception will follow both the Great Vespers and the Divine Liturgy.

Praying that our loving Lord, through the intercessions of St. Iakovos of Evia, continues to bless all of you, I remain

With Paternal Love and Blessings,


† APOSTOLOS
Metropolitan of New Jersey



His Eminence Metropolitan Apostolos of New Jersey



Invites All the Faithful to the
First Celebration of the Feast of St. Iakovos of Evia
Patron Saint of the Metropolis of New Jersey



Hierarchical Great Vespers,
Acolyte Blessing,
and Dinner Reception

Thursday, November 21, 2024
6:00 P.M.

Holy Trinity
Greek Orthodox Church
250 Gallows Hill Road
Westfield, NJ 07090

Orthros,
Hierarchical Divine Liturgy,
and Reception

Friday, November 22, 2024
9:00 A.M.

Greek Orthodox
Metropolis of New Jersey
215 E. Grove Street
Westfield, NJ 07090



GREEK ORTHODOX ARCHDIOCESE OF AMERICA ARCHEPISCOPAL ENCYCLICAL

Prot. No. 339/2024

Archepiscopal Encyclical for National Leadership 100 Sunday

October 27, 2024

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

Τίς σοφὸς καὶ ἐπιστήμων ἐν ὑμῖν; δεῖξάτω ἐκ τῆς καλῆς
ἀναστροφῆς τὰ ἔργα αὐτοῦ ἐν πραΰτητι σοφίας.
(Ἐπιστολή Ἰακώβου 3:13)

Who is wise and understanding among you? By their good way of
life, let them show their works in the meekness of wisdom.
(Epistle of Iakovos 3:13)

Dear sisters and brothers in Christ,

On this Sunday, which falls after the Feastday of Saint Iakovos, the Brother of God and First Bishop of Jerusalem, we begin with discerning and sagacious words from his Epistle that describe the people and purpose of the Archbishop Iakovos Leadership 100 Fund. This permanent endowment for Orthodoxy and Hellenism of our Archdiocese is comprised of “wise and understanding” stewards from across the Nation, who manifest their “works in the meekness of wisdom.”

Leadership 100 has been carefully and thoughtfully making distributions from its fund for over forty years, often without fanfare or boasting; simply and quietly doing the work of the Church. Their cooperation and commitment to positive *diakonia* has resulted in seventy-seven million dollars in disbursements to a wide array of institutions and ministries, with over thirty million dollars going to support Hellenic College and Holy Cross School of Theology. Leadership 100 provides real evidence of their “good way of



life” every day, as their philanthropic contributions not only help people fulfill their own missions, but also catalyze ministries in creative and innovative ways.

On this Sunday, October 27th, let us take time to remember Leadership 100 and its important role in our Church today, and let us also make special remembrance of the ever-memorable Archbishop Iakovos, for whom the Endowment is named, and whose vision for the fund is being realized by its wonderful Members, in accordance with the word of Saint Iakovos, the Brother of God.

With paternal love in our Lord Jesus Christ,

† ELPIDOPHOROS
Archbishop of America



ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ

Αριθμ. Πρωτ. 339/2024

Αρχιεπισκοπική Έγκύκλιος για την Κυριακή αφιερωμένη στην Ήγεςία των 100.

27 Οκτωβρίου 2024

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 Ήγεςίας τῶν 100, τὰ Ἡμερήσια καὶ Ἀπογευματινὰ Σχολεῖα, τὶς Φιλοπτώχους Ἀδελφότητες, τὴ Νεολαία, τὶς Ἑλληνορθόδοξες Ὄργανώσεις καὶ ὁλόκληρο τὸ Χριστεπώνυμο πλήρωμα τῆς Ἱερᾶς Ἀρχιεπισκοπῆς Ἀμερικῆς.

«Τίς σοφὸς καὶ ἐπιστήμων ἐν ὑμῖν; δεῖξάτω ἐκ τῆς καλῆς ἀναστροφῆς τὰ ἔργα αὐτοῦ ἐν πραῢτητι σοφίας» (Ἐπιστολὴ Ἰακώβου 3:13).

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῷ,

Κατὰ τὴ σημερινὴ ἡμέρα, Κυριακὴ μετὰ τὴν ἑορτὴ τοῦ Ἁγίου Ἰακώβου τοῦ Ἀδελφοθέου καὶ πρώτου ἐπισκόπου Ἱεροσολύμων, θυμόμαστε τὰ σοφὰ λόγια ἀπὸ τὴν ἐπιστολὴ του πρὸς τὸ πλήρωμα τῆς Ἐκκλησίας, τὰ ὅποια ταιριάζουν ἀπολύτως στὴν ἀποστολὴ τοῦ ἀποθεματικοῦ Ταμείου τῆς Ήγεςίας τῶν 100 «Ἀρχιεπίσκοπος Ἰάκωβος» καὶ στὰ ἀξιότιμα μέλη του. Αὐτὸ τὸ ἀποθεματικὸ Ταμεῖο γιὰ τὴν Ὁρθοδοξία καὶ τὸν Ἑλληνισμό ἀποτελεῖται ἀπὸ «σοφοὺς καὶ ἐπιστήμονας», ἐκλεκτὰ μέλη ἀπὸ ὅλη τὴν Ἀμερικὴ, τὰ ὅποια «δεικνύουν ἐκ τῆς καλῆς ἀναστροφῆς τὰ ἔργα αὐτῶν ἐν πραῢτητι σοφίας».

Ἡ Ήγεςία τῶν 100 μὲ σύνεση καὶ προσοχὴ ὑποστηρίζει διάφορες δράσεις γιὰ περισσότερο ἀπὸ σαράντα χρόνια, χωρὶς θόρυβο καὶ τυμπανοκρουσίες, συνεισφέροντας ταπεινὰ καὶ ἀθόρυβα στὸ ἔργο τῆς Ἐκκλησίας. Αὐτὴ ἡ προσήλωση τῶν μελῶν στὶς διακονίες τῆς Ἐκκλησίας ἔχει ὡς ἀποτέλεσμα τὴ χρηματοδότηση ἀπὸ



τὸ Ταμεῖο αὐτὸ μὲ περισσότερο ἀπὸ ἑβδομήντα ἑκατομμύρια δολλάρια γιὰ τὴ στήριξη ἑνὸς εὐρέως φάσματος δράσεων καὶ ὁργανισμῶν, μὲ ἀποκορύφωμα τὴ στήριξη τοῦ Ἑλληνικοῦ Κολλεγίου καὶ τῆς Θεολογικῆς Σχολῆς τοῦ Τιμίου Σταυροῦ μὲ τριάντα ἑκατομμύρια δολλάρια. Τὰ μέλη τῆς Ἡγεσίας τῶν 100 ἀποδεικνύουν καθημερινὰ «τὴν καλὴν ἀναστροφήν», καθὼς οἱ φιланθρωπίες τους δὲν προσφέρουν μόνο βοήθεια στοὺς ἀνθρώπους γιὰ νὰ ἐκπληρώσουν τὴν ἀποστολή τους, ἀλλὰ καὶ τοὺς ἐμπνέουν στὶς διακονίες τους μὲ δημιουργικοὺς καὶ καινοτόμους τρόπους.

Αὐτὴ τὴν Κυριακὴ, 27 Ὀκτωβρίου, ἂς ἀφιερῶσουμε λίγο ἀπὸ τὸ χρόνο μας γιὰ νὰ τιμήσουμε τὴν Ἡγεσία τῶν 100 καὶ τὸν σημαντικώτατο ρόλο τῆς στὴν Ἐκκλησία μας σήμερα, μνημονεύοντας τὸν ἀείμνηστο Ἀρχιεπίσκοπο Ἰάκωβο, τοῦ ὁποίου τὸ ὄνομα ἔχει τὸ Ταμεῖο τῆς Ἡγεσίας τῶν 100. Τὸ ὄραμα τοῦ Ἀρχιεπισκόπου Ἰακώβου γιὰ τὸ Ταμεῖο αὐτὸ ὑλοποιεῖται χάρις στὰ ἀξιότιμα μέλη τῆς Ἡγεσίας τῶν 100, ὅπως ἀκριβῶς λέει ὁ ἅγιος Ἰάκωβος ὁ Ἀδελφόθεος.

Μετὰ πατρικῆς ἐν Κυρίῳ Ἰησοῦ Χριστῷ ἀγάπης,

† ὁ Ἀμερικῆς Ἐλπιδοφόρος



Why Are We Substituting Our Faith in Christ for Power and Materialistic Needs

I have always loved this verse in (Matthew: 16:26) which states; "What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?"

I have been waiting to write about this topic because it relates to the fact that we Christians would rather accept fame, wealth, leisure, power, and materialistic needs, than to focus on our spiritual life which will lead us to eternal life with our Lord and Savior Jesus Christ. Many in this fallen world of ours have throughout history exchanged our true loving God in Heaven for this false god of materialism. Accepting materialism as our way of life can lead us to many other sinful natures, such as greed, vain glory, lust, pride and envy to name of few, which quite often are also signs of worldly success. Someone asked me this question? "How can we live a life according to our spiritual values while living in a materialistic world?" This is a very good question which reflects to the subject that we are focusing upon in this article.

First we have to understand the words which Christ spoke when He mentioned in (Matthew 16:26) "what does it profit a man if he gains the whole world and loses his soul". The hard part about spirituality is putting it into practice in the real world. We can read about it in books, attend Church regularly, hear the sermons, attend workshops and even meditate about life, but what really counts are the choices we make. Our decisions are driven by our values and beliefs about the world. So what God wants us to do, IS TO MAKE THE RIGHT DECISIONS AND THEN FOLLOW HIM. Christ presented Himself to His Disciples and He asked them to follow Him. So the so called fishermen had to make a quick decision; "DO WE FOLLOW HIM OR DO WE GO ON OUR WAY AND LEAD OUR LIVES THE WAY WE WANT TO." So it comes down to this? "What decision are we going to make, do we follow Christ or do we deny Him". In actuality do we really want to follow Christ into His Kingdom, or do we want to follow the rules and ways of the world.

Now, if we follow the road to the Kingdom then we will gain eternal life. If we follow the ways of the world then we gain nothing and we end up with false dreams and false promises.

As we grow and experience the world we form a set of beliefs and values about our faith in God, the world and our part in it. These are the values that are going to determine whether we gain our soul with Christ or lose our soul to the world. If we take Holy Scripture, it does point to economics in everyday living. Its main theme is that the blessings of our Lord has given us should be utilized for His purpose including our spiritual prosperity and not for the objectives of worldly abundance. Our Lord never intended for us to view possessions in the materialistic way we do today. In short, it's not wealth in itself that is sinful, but our attachment to it. In all, we have to define in our lives, "What is the ultimate goal". What do we want to accomplish, and which road do we wish to follow. This statement says it all, but I also would like to add that reaching the plateau of Heaven, is like climbing up a huge mountain to reach the peak. The climb is not easy; along the path you will experience rough terrains. You will fall into traps of distortions, addictions, drugs, gambling, over eating, and working long hours, marital problems, and financial problems. These are just some of the obstacles that we will face on our journey to the kingdom of Heaven. There is no easy answer as to what is the right way to live our lives, but knowing that our Lord and Savior Jesus Christ gave His life to save mine and yours, that gives me the opportunity and the freedom to choose Him as my Savior. In fact, I would rather live a humble Christian life on this earth and gain the entrance of the Kingdom through God's Grace, than gain the wealth of this world with everything that comes with it, than to lose my soul. Everlasting life means more to me than Everlasting damnation.

I made my choice? Now you have to make yours.



GREEK ORTHODOX ARCHDIOCESE OF AMERICA ARCHEPISCOPAL ENCYCLICAL

Prot. No. 360/2024

Archebiscopal Encyclical for the Feast of the Holy Unmercenaries, Saints Cosmas and Damian

November 3, 2024

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:

All-Glorious Anargyroi: Physicians of the sick, Treasuries of healings, Deliverers of the Faithful! (Lauds of the Holy Anargyroi)

Beloved sisters and brothers in Christ,

On the Sunday nearest the Feast of the Holy Brothers and Unmercenaries, Cosmas and Damian, (the sons of Saint Theodoti), our National Philoptochos dedicates its resources and collections for the benevolent and philanthropic ministries of our Ecumenical Patriarchate. For all of us who have admired the Philoptochos for decades and their incredible work on behalf of the Church, this Sunday is an opportunity to show our support and dedicate our own resources to their sacred mission.

Following in the blessed footsteps of the healing Saints, Philoptochos devotes its energy and efforts in service to those whose lives are not as fortunate as our own. These gracious sisters minister through presence, encouragement and concrete support. The charitable ministries of the Ecumenical Patriarchate benefit tremendously from Philoptochos, as these ministering daughters prove time and again their filial devotion and love for our Mother Church.



Therefore, I encourage all the faithful of our Sacred Archdiocese to show their support for Philoptochos on the 3rd of November. Let us imitate the Holy Unmercenaries, Cosmas and Damian, whose healing gifts were bestowed with grace and generosity. Even from across the ocean and many thousands of miles away, we can still reach our spiritual sisters and brothers with acts of kindness and mercy. For we are one Church and one family in Christ. And so, may we always care for our Mother Church as does our Philoptochos.

With paternal love in Christ,

+ ELPIDOPHOROS
Archbishop of America



**ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ
ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ**

Αριθμ. Πρωτ.: 360/2024

**Αρχιεπισκοπική Έγκύκλιος για την έορτή των αγίων Αναργύρων
Κοσμά και Δαμιανού.**

3 Νοεμβρίου 2024

Πρὸς τοὺς Σεβασμιωτάτους καὶ Θεοφιλεστάτους Ἀρχιερεῖς, τοὺς Εὐλαβεστάτους Ἱερεῖς καὶ Διακόνους, τὶς Πρεσβυτέρους καὶ τὶς Διακόνισσες, 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.

«Ἱατροὶ τῶν ἀσθενούντων, θησαυροὶ τῶν ἰαμάτων, σωτῆρες τῶν πιστῶν, Ἀνάργυροι πανευκλεεῖς» (Στιχηρὰ τῶν αἰνῶν τῆς έορτῆς).

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῷ,

Τὴν πλησιέστερη Κυριακὴ πρὸς τὴν έορτὴ τῶν αγίων Αναργύρων, τῶν αὐταδέλφων Κοσμά καὶ Δαμιανοῦ καὶ υἱῶν τῆς Ἀγίας Θεοδότης, ἡ Ἐθνικὴ μας Φιλόπτωχος Ἀδελφότητα Κυριῶν ἀφιερώνει τοὺς πόρους καὶ τὰ ἔσοδα ἀπὸ τὴν περιφορὰ τοῦ δίσκου στὴ Θ. Λειτουργία γιὰ τὶς φιλανθρωπικὲς δράσεις καὶ τὰ διακονήματα τοῦ Οἰκουμενικοῦ μας Πατριαρχείου. Γιὰ ὅλους ἐμᾶς ποὺ γιὰ δεκαετίες θαυμάζουμε τὸ ἀπίστευτο ἔργο τῆς Φιλοπτώχου ὑπὲρ τῆς ἐκκλησίας, αὐτὴ ἡ Κυριακὴ ἀποτελεῖ ἀκόμη μία εὐκαιρία νὰ δείξουμε τὴν ὑποστήριξή μας, ἀφιερώνοντας κάποιους ἀπὸ τοὺς πόρους μας στὴν ἱερὴ ἀποστολὴ τῆς.



Ακολουθώντας τὰ εὐλογημένα βήματα τῶν ἱαματικῶν Ἀναργύρων, ἡ Φιλόπτωχος ἀφιερώνει τὴ δράση καὶ τοὺς κόπους τῆς στὴ διακονία ἐκείνων ποὺ ἡ ζωὴ τους δὲν εἶναι τόσο ἄνετη ὅπως ἡ δική μας. Αὐτὲς οἱ ἐνάρετες ἀδελφές τῆς Φιλοπτώχου διακονοῦν μὲ διαρκῇ παρουσία, ἐνθάρρυνση καὶ ἀποτελεσματικὴ ὑποστήριξη. Οἱ φιλανθρωπικὲς διακονίες τοῦ Οἰκουμενικοῦ Πατριαρχείου ὠφελοῦνται καὶ αὐτὲς ἐξαιρετικὰ ἀπὸ τὴ Φιλόπτωχο, καθὼς αὐτὲς οἱ διακόνισσες τοῦ Χριστοῦ ἀποδεικνύουν ἐπανειλημμένα τὴ θυγατρικὴ ἀφοσίωση καὶ τὴν ἀγάπη τους πρὸς τὴ Μητέρα μας Ἐκκλησία.

Προτρέπω λοιπὸν ὅλους τοὺς πιστοὺς στὴν Ἱερὰ Ἀρχιεπισκοπὴ μας νὰ δείξουν τὴ συμπαράστασή τους πρὸς τὴ Φιλόπτωχο στὶς 3 Νοεμβρίου. Ἄς μιμηθοῦμε τοὺς ἁγίους Ἀναργύρους Κοσμᾶ καὶ Δαμιανό, τῶν ὁποίων τὰ ἱαματικὰ χαρίσματα προσφέρονται μὲ χάρη καὶ γενναιοδωρία. Ἀκόμη καὶ ἂν βρισκόμαστε στὴν ἄλλη ὄχθη τοῦ ὠκεανοῦ, χιλιάδες μίλια μακριά, μποροῦμε νὰ προσεγγίσουμε τὰ πνευματικά μας ἀδελφία, ποὺ βρίσκονται ἐν ἀνάγκῃ, μὲ πράξεις καλωσύνης καὶ ἐλέους. Διότι εἴμεθα μία Ἐκκλησία καὶ μία οἰκογένεια ἐν Χριστῷ, καὶ γιὰ αὐτὸ ἄς φροντίζουμε πάντοτε τὴ Μητέρα Ἐκκλησία μας, ὅπως τὸ πράττει καὶ ἡ Φιλόπτωχός μας.

Μετὰ πατρικῆς ἐν Χριστῷ ἀγάπης,

† ὁ Ἀμερικῆς Ἐλπιδοφόρος



GREEK ORTHODOX ARCHDIOCESE OF AMERICA
ARCHEPISCOPAL ENCYCLICAL

Prot. No. 371/2024

**Archepiscopal Encyclical for the Feast of the Archangels
Feast of the Synaxis of the Holy Archangels**

November 10, 2024

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:

And there was no one who stood with me against them, except Michael, your prince.
(Daniel 10:21)

Beloved brothers and sisters in Christ,

In the visions of the Prophet Daniel, Archangel Michael is revealed as a powerful force for good and protection against every possible evil. If you look through the Holy Scriptures, you will read of Angels appearing in all manner of places — sometimes in numbers that even defy the imagination. But we should always bear in mind that “Angel” means “messenger,” someone who is delivering to us an important communication from the Heavenly Realm.

Every year, on November 8, we celebrate the Synaxis of the Holy Angels — all Nine Ranks of them, who are led by their Chief Commanders, Michael and Gabriel. At the same time, we take time to remember Saint Michael’s Home, our Archdiocesan Institution that cares for the elderly. Archangel Michael is considered the residents’ special protector and guardian, who stands with them in this life and the next.

This year, let us all consider a donation — of any size — to Saint Michael’s Home in order to support the generation that came before us. Holy Scripture speaks of a moment when Archangel Michael was the only one to take a stand and make a defense. But the message is clear, all of us can take our place with the Holy Archangel to become an impenetrable wall of support and prayer for our aged. And in doing so, we will contribute to the construction of the new walls that will house and protect our elderly at the new Saint Michael’s Home.

With paternal love in Christ,

† ELPIDOPHOROS
Archbishop of America



ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ
ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ

Αριθμ. Πρωτ.: 371/2024

Αρχιεπισκοπική Έγκύκλιος για την έορτή των παμμεγίστων Ταξιαρχών.

10 Νοεμβρίου 2024

Πρὸς τοὺς Σεβασμιωτάτους καὶ Θεοφιλεστάτους Ἀρχιερεῖς, τοὺς Εὐλαβεστάτους Ἱερεῖς καὶ Διακόνους, τὶς Πρεσβυτέρους καὶ τὶς Διακόνισσες, 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 Απογευματινὰ Σχολεῖα, τὶς Φιλοπτώχους Ἀδελφότητες, τὴ Νεολαία, τὶς Ἑλληνορθόδοξες Ὁργανώσεις καὶ ὁλόκληρο τὸ Χριστεπώνυμο πλήρωμα τῆς Ἱερᾶς Αρχιεπισκοπῆς Ἀμερικῆς.

«Καὶ οὐκ ἔστιν εἷς ἀντεχόμενος μετ' ἐμοῦ περὶ τούτων, ἀλλ' ἢ Μιχαὴλ ὁ ἄρχων ὑμῶν.»
(Δανιήλ 10:21).

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῷ,

Στὸ ὄραμα τοῦ προφήτου Δανιήλ, ὁ ἀρχάγγελος Μιχαὴλ ἀποκαλύπτεται ὡς ἰσχυρὸς παράγων ὑπὲρ τοῦ ἀγαθοῦ καὶ ὑπερασπιστὴς ἐναντίον παντὸς κακοῦ. Ἀνατρέχοντας τὴν Ἀγία Γραφή διαβάζουμε ὅτι οἱ ἄγγελοι ἐμφανίζονται σὲ ποικίλα μέρη καὶ σὲ ἀριθμούς, πού πολλές φορές ξεπερνοῦν τὴ φαντασία μας. Ὅμως ὀφείλουμε πάντοτε νὰ ἔχουμε κατὰ νοῦ ὅτι «ἄγγελος» σημαίνει «ἄγγελιοφόρος», κάποιος δηλαδή πού μᾶς φέρνει ἓνα σπουδαῖο μήνυμα ἀπὸ τὴ Βασιλεία τῶν Οὐρανῶν.

Κάθε ἔτος ἐορτάζουμε τὴ Σύναξη τῶν παμμεγίστων Ταξιαρχῶν μὲ τὰ ἐννέα τάγματά τους, στὰ ὁποῖα ἐπικεφαλεῖς εἶναι οἱ ἀρχιστράτηγοι Μιχαὴλ καὶ Γαβριήλ. Σὲ μιὰ τέτοια ἡμέρα, ἃς ἀφιερῶσουμε λίγο ἀπὸ τὸ χρόνο μας γιὰ νὰ θυμηθοῦμε τὰ



σπουδαῖα ἔργα ποὺ ἐπιτελοῦνται στὸν οἶκο εὐγηρίας «Ἅγιος Μιχαήλ», τὸ ἴδρυμα τῆς Ἀρχιεπισκοπῆς μας γιὰ τὴ φροντίδα τῶν ἡλικιωμένων. Ὁ ἀρχάγγελος Μιχαήλ θεωρεῖται ὁ κραταιὸς προστάτης καὶ φύλακας ἐκείνων ποὺ διαμένουν στὸ ἴδρυμά μας αὐτὸ καὶ συμπαρίσταται σὲ αὐτοὺς τόσο σὲ αὐτὴ ὅσο καὶ στὴν ἄλλη ζωή.

Αὐτὴ τὴ χρονιά, ἃς σκεφτοῦμε ὅλοι νὰ κάνουμε μία δωρεά, ὁποιοῦδήποτε ὕψους, πρὸς τὸν οἶκο εὐγηρίας «Ἅγιος Μιχαήλ», προκειμένου νὰ στηρίξουμε τὶς γενεές ποὺ προηγήθηκαν πρὶν ἀπὸ ἐμᾶς. Ἡ Ἀγία Γραφή ἀναφέρει τὸ περιστατικό, ὅπου ὁ ἀρχάγγελος Μιχαήλ στάθηκε ὡς ὁ μοναδικὸς ὑπερασπιστής. Ὅμως τὸ μήνυμα εἶναι ξεκάθαρο, διότι ὅλοι μας μπορούμε νὰ πάρουμε θέση ὑπεράσπισης μαζὶ μὲ τὸν ἅγιο ἀρχάγγελο, καὶ νὰ γίνουμε ἓνα ἀδιαπέραστο τεῖχος προστασίας, στήριξης καὶ προσευχῆς γιὰ τοὺς ἡλικιωμένους μας. Μὲ αὐτὸ τὸν τρόπο, θὰ συμβάλουμε γιὰ τὴν κατασκευὴ τῶν νέων δομῶν ποὺ θὰ στεγάσουν καὶ θὰ προστεύσουν τοὺς ἡλικιωμένους μας στὸ καινούργιο κτίριο τοῦ «Ἁγίου Μιχαήλ».

Μετὰ πατρικῆς ἐν Χριστῷ ἀγάπης,

† ὁ Ἀμερικῆς Ἐλπιδοφόρος



Synaxis of the Archangel Michael & the other Bodiless Powers: Gabriel, Raphael, Uriel, Salaphiel, Jegudiel, & Barachiel

All the Angels, according to the Apostle Paul, are ministering spirits, - sent forth to minister to them who shall be heirs of salvation - (Heb. 1:14). God set them as overseers of every nation and people, and guides to that which is profitable (Deut. 32:8); and while one Angel is appointed to oversee each nation as a whole, one is also appointed to protect each Christian individually. He commands them to guard them that hope on Him, that nothing should harm them, neither should any evil draw nigh to their dwelling (Ps. 90:10-12). In the Heavens they always behold the face of God, sending up to Him the thrice-holy hymn and interceding with Him in our behalf, seeing they rejoice over one sinner that repents (Esaias 6:2-3; Matt. 18:10; Luke 15:7). In a word, they have served God in so many ways for our benefit, that the pages of Holy Scripture are filled with the histories thereof. It is for these reasons that the Orthodox Catholic Church, wisely honouring these divine ministers, our protectors and guardians, celebrates today the present Synaxis that is, our coming together in assembly for their common feast to chant their praises, especially for the Archangels Michael and Gabriel, who are mentioned in the Scriptures by name. The name Michael means "Who is like God?" and Gabriel means "God is mighty." The number of Angels is not defined in the divine Scriptures, where Daniel says that thousands of thousands ministered before Him, and ten thousands of ten thousands attended upon Him -(Dan. 7:10). But all of them are divided into nine orders which are called Thrones, Cherubim, Seraphim, Dominions, Powers, Authorities, Principalities, Archangels, and Angels.



There are times when our prayer is fervent and it is easy for us to pray. There are times when our thoughts are so distracted that we find it virtually impossible to concentrate on prayer. This is especially true when we try to keep a rule of prayer each day. Some days it goes very well, but other times—if not most of the time?—our efforts seem almost to be in vain. But because we are "creatures of habit", as the saying goes, it is very profitable for us to set apart a special and regular time (or times) during the day for prayer. The time in the evening before going to bed is a good time, as it is important to end the day with prayer. The morning, upon awakening from sleep, is also good, so as to begin the new day with prayer. Or a person may find other times during the day when he is able to be quiet and concentrate.

We are trying to establish a rule of prayer in our lives, not an exception, so we want to find a time when each day we can find some quiet in order to concentrate and turn the eyes of our soul towards God.

We may want to read some prayers from a prayer book as part of this rule, or offer prayers and find quiet for our souls in other ways, such as reading religious literature, reflecting over the events of the past day—"Anaskopisis" [1]—and so on. But one of the most effective ways to find benefit from a rule of prayer is to say a set number of the Jesus Prayer regularly each day. This does not have to be a large number, and it may take only fifteen minutes or so, but that will be the portion of our day that belongs to God, the little grains of salt that will add savor to our Christian life. This practice is now recommended by many physicians (click on link and see end of article: "Science Studies the Jesus Prayer") for the sake of a person's physical health, especially in overcoming stress. Better still, find such little pocket of time at various points throughout the day and regularly fill them with the precious treasures of prayer, a treasure no one can steal from you, that is laid up for you in heaven (see: Mat. 6:20).

In maintaining a consistent number of prayers as part of such a daily rule, a prayer rope can be quite helpful. With the prayer rope, you can offer a set number of prayers and concentrate on the words of the prayer as you offer them. After collecting your thoughts, take the cross on the prayer rope in your left hand, holding it lightly between the thumb and the index finger. Then, making the sign of the cross over yourself quietly, whisper the Jesus Prayer. As your thoughts become more concentrated, you may not need to continue crossing yourself or saying the prayer audibly. Other times, when concentration is difficult, use the sign of the cross and whispering as means to help keep your mind on prayer.

It is good to stand, with head bowed, in a humble position; some people like to raise their hands from time to time in their petitions for mercy. But others find it more helpful to sit or kneel, with head bowed, in order to concentrate. A lot depends on the individual and also on his health and upbringing. The important thing is to be able to keep still and concentrate on the words of the prayer as you repeat it.

Of course, a person has to fight off the temptation to "rush." For this reason, some people use a clock instead of a prayer rope as an external measure for their prayer rule. By using a clock, a person can devote a set amount of time to prayer, although he may not keep track of the exact number of prayer he says. But, then again, clocks with electronic beeps are quite a recent development, and keeping a loudly ticking clock that jangles the nerves with a loud alarm bell seldom proves to be a great boon to prayer. So much for traditional use of digital alarm clocks!



The prayer rope is also a convenient way to keep track of the number of bows or prostrations a person makes during his prayer rule. Making the sign of the cross over oneself and then bowing from the waist and touching the ground with one's fingertips, or bowing down on one's knees and touching the forehead to the ground are very ancient ways of offering prayers to God and His Saints. One can combine these bows or prostrations with the Jesus Prayer or any of the short prayers we have mentioned above. The physical action of bowing or kneeling can contribute to the fervor of the prayer and give expression to our supplication, as we humble ourselves before God. This is one way in, which we can carry out the apostolic command to praise God both in our souls and in our bodies. [2] Many people use the prayer rope when they lie down to sleep. After signing their bed with the cross, they take their prayer rope, bless themselves with the sign of the cross as they lie in bed, and quietly pray with the prayer rope until they fall asleep.

And waking up with the prayer rope still in your fingers or next to you on the pillow helps begin the new day with prayer. But ending the previous day with quiet prayer is an even better way to prepare for a prayerful beginning of the new day, not to mention preparing for the Eternal Day should we fall asleep that night in death. And others take their prayer rope in hand during idle moments, such as while commuting or traveling. At any time of the day, whenever you remember to do so, you can take a little prayer rope in your fingers, and the association of that action with the prayer you offer at other times will help you concentrate and offer some prayers during the course of the day whenever you may be, whatever you may be doing. And this is an important step towards fulfilling the commandment to pray without ceasing.



thoughts from

EVA LALLAS



STEWARDSHIP – NURTURING OUR FAITH

November is Stewardship Month!

Webster's definition of steward: one who actively directs affairs—manager. We can add: guardian, caretaker, trustee. The duties of a steward include careful and responsible management of something entrusted to one's care.

Webster's definition of stewardship: the office, duties, and obligations of a steward; the individual's responsibility to manage his life and property with proper regard to the rights of others. We can add: entrusted to oversee spiritual responsibilities

So how do these terms apply to me personally? To each of us? We have been stewards since our childhood when we were taught to take care of our possessions, our toys, our pets. Our sense of responsibility expanded as we grew, gained independence, and made important decisions. The environmentalists emphasize stewardship regarding our physical surroundings: understanding the importance of caring for and not depleting nature's resources; learning about and honoring all life, and working toward helping to prevent the extinction of many species. Thus, we strive to be good stewards of our physical surroundings.

Let us now look at the more meaningful aspect of our stewardship, that of our spiritual being. How fitting that the importance of stewardship and being a good steward is emphasized in our Orthodox Churches at this time of year: November, the month during which we celebrate Thanksgiving! During the previous months as we rushed through the demands of our daily routine and plans for the future...the next day, week, year, and perhaps the distant future, now we can occasionally reflect on the yesterdays of our lives. Thanksgiving gives us the perfect opportunity to pause and remember past events in our community; and the various persons who shaped not only our lives but that of our beloved St. Demetrios and to thank them.

Our Church has a history not unlike many Greek Orthodox communities in the United States and throughout the Diaspora: having been established and maintained with deep and enduring faith to the glory of our Lord and Savior Jesus Christ. The church communities were built by immigrants of limited means on

"shoestring" budgets because they envisioned practicing their faith as their priority and held fast to that goal. They sacrificed and gave financial support to their churches proportionally perhaps to a greater degree than we and were more involved in their functioning. They were true stewards of their faith.

One questions, however, what has changed in the generations that have followed our forefathers? Have we become complacent, taking our church for granted? Do we assume that it will continue to grow and thrive without the need of each of us to cultivate it? Perhaps secular interests such as sports and entertainment have replaced involvement and support of church programs. The future of Orthodoxy is dependent upon our youth's understanding of our faith which is strengthened by participating in church services and attending Sunday School and Greek School classes. They are the future stewards of our faith.

Does not the responsibility fall upon parents, as good stewards, to take a firm stand in the best interest of their children, directing them to church related activities such as those offered by the JOY and GOYA groups rather than secular ones when there are schedule conflicts. Assuring that our children will gain all that our church ministries provide about Orthodoxy and their Greek heritage for their development requires commitment and sacrifice on the part of today's very busy parents. Bringing their children to St. Demetrios were commitments and sacrifices that were made willingly by many parents in the past.

We commend the parents who not only make sure that their children are active in the life of the church but also volunteer in church programs despite other responsibilities; involvement for which their children will be eternally grateful.

Fortunately we at St. Demetrios have a solid core of faithful stewards who have taken their stewardship commitment to the church to heart devoting their time, talents, and financial support. This is true stewardship!

Let's now revisit the author's question: How does stewardship/ steward apply to me personally? I can assess my involvement in the functioning of our church and take the appropriate steps as needed. I know that I have a certain talent that I can offer the church and I can make time to help wherever needed. Since November is Stewardship Month I can increase my financial donation for the maintenance of the church in keeping up with inflationary prices just as I am witnessing them in my personal budget. In addition, I can consider donating toward a specific needed item listed in recent issues of the Koinonia. In this way I am able to honor our immigrant forefathers who established our churches from "scratch" so that we can worship and praise God in His house.

Keeping the above needs in mind as I complete my Stewardship Card, I will increase my financial contribution to St. Demetrios. Thusly, I can thank our Lord returning to Him the blessings He has bestowed upon us.

HAPPY THANKSGIVING DAY!



Greek Corner

As we know our Greek culture is very rich as is the Greek language. Through the ages from ancient to modern times parables and sayings have survived and are often found in today's conversations. We offer several of these each month and invite you to submit those that are familiar to you.

Please send them to Father Michael: frmichaelstdemetrios@gmail.com.

1.). Η καμήλα την καρπούρα της δέν τήν βλέπει.

The camel does not see her own hump.

Also,

Είπε ο γάιδαρος τον πετεινό κεφάλα!

The donkey called the rooster a big head.

We overlook our own shortcomings.

Perhaps, people who live in glass houses, shouldn't throw stones.

2.). Στού κουφού την πόρτα, όσο νά βροντάς.....

You don't get an answer, no matter how long you knock on a deaf person's door.

Also,

Πέρα βρέχει!

It's raining somewhere else!

You may be trying to converse, but there is no communication.

3.). Ανάργια, ανάργια το φιλή νά χει νοστιμάδα!

Don't kiss in haste, so that each kiss is delicious!

Don't overdo a good thing, savor and enjoy!

4.). Σάν το μπόι μου βρίσκω, σάν τήν γνώμη μου δέν βρίσκω.

I find persons of my height, but I don't find persons of like mind.

It's more difficult to meet and know persons with whom you can communicate and become friends. This is how we select our friends.

5.). Το αίμα νερό δέν γίνεται!

Blood doesn't become water.

Blood is thicker than water.

We tend to support and stand with our family beyond others in the community.



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!





Dear Parishioners,

PARISH COUNCIL ELECTIONS - Sunday, December the 8th

"ELECTION FEVER" is beginning to grip our Country. During the month of November we will be voting for officials that we elect every four years. I hope that all of you will participate in this Democratic process. Also another election will be taking place in December of this year. It is the election to vote for parish council members to serve our Community. I hope that this also gives us some Election Fever to vote for the new members of the Parish Council. This election will impact our church and Community and the spiritual life of the men and women we elect to help the Parish Priest in the administration of the parish. Are we prepared to give it the same thought effort and consideration as we give the National Elections?

We should be extremely grateful to the Men and Women who have served the Parish Council in past years. With God's blessing their hard work, dedication and sacrifice has given us a Church and facilities that are known far and wide for their beauty and Christian environment. We cannot thank them enough for all they have accomplished. Now if you look carefully at these men who have dedicated their whole life to this Community, you will see that some of them are in their 30's 40's, 50's, 60's, 70's and 80's. So we do have a wonderful group of members that are serving presently, and hopefully in these coming elections, we will be able to add more people to the Parish Council.

I have always said that it is time that the younger generation step up to the plate, and get involved in the administration of the parish and learn from these dedicated individuals. Our faith is not a spectator sport. Without action, involvement, dedication, sacrifice and commitment, our faith is in vain.

These Elections will take place on the second Sunday of December 2024. Mark this date on your calendars and come to church ready to vote for the members of the new Parish Council.

Respectfully,

Fr. Michael L. Pastrikos
Protopresbyter



Candidacy Form for 2024 Parish Council Elections

I desire to be a candidate for the Parish Council of St. Demetrios, Greek Orthodox Church, North Wildwood, NJ.

Signature _____ Date _____

Name (printed) _____

Address _____

Phone No. _____

Email _____

Mobile phone No. _____



PARISH COUNCIL NEWS:

It takes a dedicated person to make the choice in volunteering for the Parish Council.

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

St. Demetrios is a very active Community, even though we are a small parish we still would like to keep the progress going in the right direction. We have come so far, and we can't afford to go backwards, we need to go forward and continue the success of the previous Forefathers, Mothers, Grandparents, Ancestors, and Benefactors, that have given their love and dedication to St. Demetrios. We hear great stories of our Parishioners who first came here in North Wildwood, New Jersey to build this beautiful Complex which we say is our home. But did we have any role in its existence? Did we put our sweat and tears into building these facilities? Those are the questions that we must ask ourselves, and bring out the true meaning of what it takes to build the facilities and to maintain them. We are now the generation which must play a major role in keeping up with the legacy, the history, and the success present and future of our Church and Community. Become a Catalyst and let us bridge our ideas and our commitment for the future of St. Demetrios. We need to work together and empower each other to develop programs for our elderly, our Youth, and to create a mission and outreach program for the Parish. We can become a part of the solution and make a difference by becoming involved in our Church and Community.

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

In memory - In honor

Please contact the church at
609-522-0152 or email
frmichaelstdemetrios@gmail.com
with your memorial information
and donation.





2024 KIDMISSON



LET YOUR LIGHT SHINE

"FOLLOWING IN THE FOOTSTEPS OF OUR SAINTS"



**SATURDAY
NOVEMBER 16TH, 2024
10:00 AM- 2:00 PM**

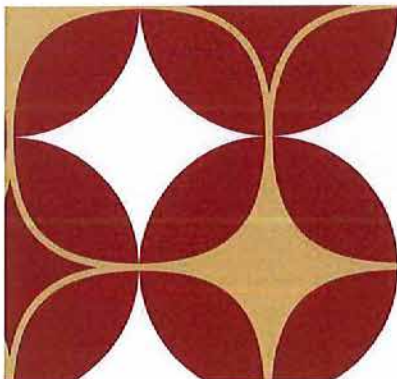
**ST GEORGE GREEK ORTHODOX CHURCH
30 E FORGE RD
MEDIA, PA 19063**

**WE WILL BE COLLECTING MONETARY
DONATIONS FOR THE IOCC**



**RSVP VIA QR CODE
OR EMAIL**

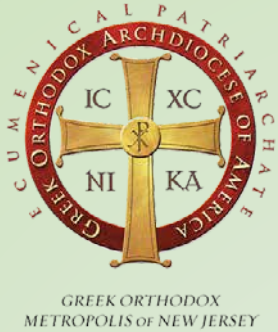
STGEORGEMEDIAJOYHOPEADVISORS@GMAIL.COM



**OPENING PRAYER & BREAKFAST
10:00 AM - 11:00 AM
PRESENTATIONS
11:00 AM - 12:30 PM
LUNCH & SERVICE PROJECT/ACTIVITIES
12:30 PM - 2PM**



**RSVP BY
FRIDAY NOVEMBER 1ST**



**HIS EMINENCE
METROPOLITAN APOSTOLOS OF NEW JERSEY
CORDIALLY INVITES YOU TO A**

Symposium

**“OUR GREEN PATRIARCH,
HIS ALL-HOLINESS ECUMENICAL PATRIARCH BARTHOLOMEW:
OUR ORTHODOX FAITH AND OUR ENVIRONMENT”**

**SATURDAY
23 NOVEMBER 2024**

**SAINT THOMAS GREEK ORTHODOX CHURCH
CHERRY HILL, NEW JERSEY
at 9:00 a.m.**

- 9-9:45am** • Registration & Light Breakfast
- 9:45-10am** • Welcome, Invocation & Introductions
- 10-11am** • **“Creation, Incarnation and Transfiguration: The Task of Theological Thinking in an Age of Ecological Crisis”**
Jack Pappas, PhD, Fordham University
- 11:15-12:15pm** • **“Joining in the Praise of All Creatures: Orthodox Liturgy and the Earth”**
Crina Gschwandtner, PhD, Fordham University
- 12:15-12:30pm** • Response, **His Eminence Metropolitan Apostolos of New Jersey**
• Luncheon following

**RSVP: ArchonCJL@gmail.com
Please reply by 11/18/24**



SAINT THOMAS GREEK ORTHODOX CHURCH, 615 MERCER STREET, CHERRY HILL, NJ 08002



St. Demetrios WEBSITE!



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

www.stdemetriosnewjersey.com

Sponsor a Coffee Hour

Attention All Parishioners:

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

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



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.

directory

PROTOPRESBYTER | FR. MICHAEL PASTRIKOS
CHURCH SECRETARY | TBD

PARISH COUNCIL:

PRESIDENT | NICHOLAS D. KONIDES
VICE PRESIDENT | DR. GEORGE KOUMARAS
TREASURER | THEODORE KATSIKARIS
SECRETARY | WILLIAM MITCHELL

MEMBERS OF COUNCIL:

KOSTA BILIOS
SPIRO KELLIS
GEORGE MALLOUS
GEORGE TSAMIS
GEORGE PAPAGEORGIOU

ATTORNEY: MARCUS KARAVAN, ESQ.

SUNDAY SCHOOL | SOPHIA KINIROPOULOS

GREEK SCHOOL | GEORGE PLAMANTOURAS

J.O.Y. | FR. MICHAEL PASTRIKOS

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

PHILOPTOCHOS | DINA BILIOS

CHANTERS | FOTINI ANDY, RITA EFTHIMIOU, CATHY WOLFE

CHURCH: 1.609.522.0152

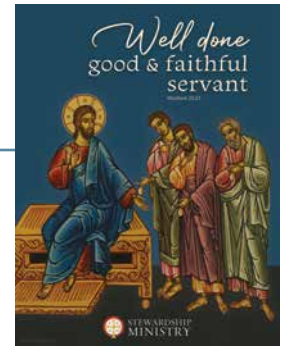
321 ST. DEMETRIOS AVE, NORTH WILDWOOD, NJ 08260

STDEMETRIOSNEWJERSEY.COM

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



stewardship news



The whole issue of Stewardship is as old as the Bible. Cain and Abel made an offering to God. The gift of Abel was accepted while the gift of Cain was rejected, Why? Because Cain made an ordinary offering while Abel brought the very best he could to God. Therefore, we must remember that our gifts will not find favor in God's eyes unless they come from the heart and out of sense of love. All successful Communities function when each of us in one way or another contribute our time, talents, and love. You commit yourselves to a cause that you believe in with God's blessings. Through a Christian Stewardship pledge system- each parish-ioner now decides through the process of prayer and consideration what they personally feel they must return to God. If you give your life to Christ, then giving will be a joy to you, not a duty. If you have not given your life to Christ, giving will always be painful. A mother who loves her child counts it a joy not a chore to stay up all night with that child when it is ill and needy. Through the generous and selfless giving, she is rewarded by her child's unconditional love. As we read Scripture we come to see that God always gives abundantly. He multiplied the 5 loaves, which fed 5,000 people. He blessed the water at the marriage feast in Cana and there was an overabundance of wine to be shared by all the invited guests. In 36 hours after someone has given blood for someone else, God will replenish that blood. God always gives to us, but what do we give back to God. Our leftovers?

When we attend the Divine Liturgy on Sunday's, we don't want a fragmented piece of sanctifying grace- we want the fullness of Christ's grace and blessings. When we stood before the altar on our wedding day, you didn't want the priest to give you just a part of the Sacrament of Marriage. When you brought your child to be baptized- you had every right to expect that he or she was fully baptized in the Holy Trinity. Not partially? If we receive the fullness of Christ's grace- then why should what we return to the Lord and His Church be any less in fullness and quality? Why should our Christian giving and our Stewardship be anything less than what we have to offer to God in return for His many blessings and material gifts? If you ever had a chance to visit the children in a hospital who are suffering from different ailments, there is where we can experience life's tragedies. This would truly give us the true example of what God's gift to us really is.

In closing, the faithful of our community today we are asked to make a financial commitment to the Lord's work through our church. Our offering is our active prayer of thanksgiving. Support of the Church is a vital part of Christian worship and charity. There are a good number of faithful here in our parish, who can double or triple their gifts without in any way reducing their standard of living. Giving is a personal matter between you and God. Remember the example of Cain and Abel. How much should I give? Give no more- no less - give only as God has prospered you. Do not give what you have been giving in the past. Consider how much God has blessed you with. Let us contemplate all the things our Church does for us. So if we give an honest portion back to God He will multiply it a hundred fold. We can continue to keep the candle lit for generations to come by sharing God's Love. Thank you for your love offering and May God bless all of you.



help us grow with **VANCO GIVING**

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

BY GIVING ELECTRONICALLY YOU CAN:

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

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

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

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





Stewardship News

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 _____

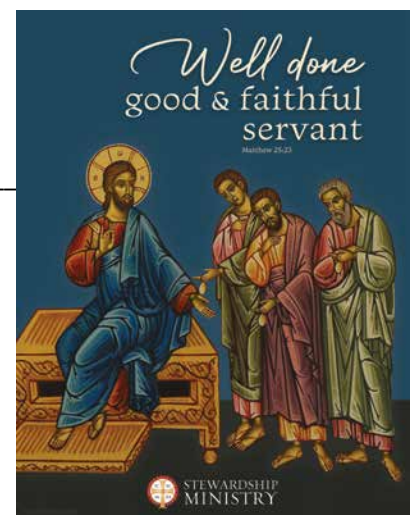
Single/Individual \$500.00

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 _____



Concerning the use of One's Tongue

A quaint, old Jewish story tells of a king who gave his jester the following difficult command. "Go out and buy the very best thing in the world". Moreover, a very short time later, the returned and presented the king with a package.

Unwrapping the package, the king noted that it contained a tongue. He thus carefully thought about the contents of this package, and finally praised the jester for having chosen so wisely saying: "Indeed, the tongue is the best thing in the world."

A short time passed, and the king once again summoned the jester, and gave him an equally difficult assignment. "Now, good servant," said the king. "I would like you to go out and search for the worst thing in the world. And when you find it, bring it back to me as you did before."

Hearing this, the jester obeyed his master and soon returned with another package. Unwrapping the package, the king again found another tongue. And again the king stopped for a moment and pensively considered the contents of this package, finally saying: "Indeed, good and wise servant, the tongue is the worst thing in the world."

The point behind this story is simple. With out tongues we can praise or curse. In short, the gift of speech can contribute greatly toward man's glory or lend greatly toward his demise. As such, it is no wonder that the ancients feared those who were articulate more than those who possessed great physical prowess.

Indeed! The tongue has tremendous destructive power. It can cast vicious rumors and evil half truths about that cripple and destroy. With the tongue wars begin, reputations are destroyed, emotional wounds are made that are hard to heal.

Like a venomous snake, it might well be suggested that the tongue carries venom that kills. Make no mistake about it, words kill: They kill love, they kill joy, they kill peace, they kill trust, they kill healthy ambition and a good name. And yes, they can kill Christian families, Christian friendship and even Christian communities.

It is thus, no wonder, that when we speak about others in a malicious manner; when we encourage rumors, gossip, and half-truths, we grieve our God. For through such activity, we separate ourselves from God and His Grace. That is why Saint Paul wrote to the Ephesians saying, "Let no evil talk come out your mouths ... but only such as is good and edifying ... Let all bitterness and wrath and anger and clamor and slander be put away from you ... be kind to one another, tenderhearted, forgiving, as God in Christ forgave you."

Pray, therefore, each day, that Christ, through the power of the Holy Spirit, gives you the strength to follow Him. For therein you will find the law of love, and the needed Christian self-control to hold back the malicious remark, the harsh answer and harmful rumors; therein you will be graced with the need insight to use your tongue to God's glory and your salvation.

He who loses gold or silver can find more to replace it, but he who loses time cannot find more.

Apophthegmata Patrum

SURVIVAL TIP**Set work boundaries**

A 2023 study found that a healthy work-life balance reduces cardiometabolic risk in older employees and those with existing risk factors to the level of someone five to 10 years younger.

our rib cage, reducing our lung function. To correct this, Nestor recommends the rib stretch: Gently inhale as much air as you can through your nose and then hold your breath for 10 to 20 seconds (or however long you're comfortable). Repeat at least three times per day.

4. Invest in an air filter.

An air purifier—even a portable one—can filter at least 99.5 percent of harmful particles from the air; some studies suggest it might reduce the transmission of COVID.

Look for devices that use HEPA filters with a MERV rating of 17 or higher, the most efficient at removing small particles from the air.

5. Get at least 800 IU of vitamin D every day.

Research has shown that vitamin D is vital to healthy immunity and may reduce deadly inflammation in severe COVID-19 cases. Adults in their 70s should get a minimum of 800 IU (20 micrograms) of vitamin D a day, according to RDA guidelines. It's hard to get enough vitamin D from food alone, so talk to your doctor about whether a supplement makes sense for you.

CALM & RELAXED

Good job.

RISK #4**Stroke**

Eight in 10 strokes are preventable. Here's how to protect yourself.

EVERY 40 seconds, someone in the U.S. has a stroke. And around two-thirds of those who do are over the age of 65.

The good news: Around 80 percent of all strokes are preventable, according to the CDC. And it's not just about recognizing the FAST warning signs of a stroke (Face drooping, Arm weakness, Speech difficulty, Time to call 911). "It begins with preventive measures," says J. David Spence, M.D., director of the Stroke Prevention Centre at the Robarts Research Institute in London, Ontario.

1. Monitor your vitals.

"Blood pressure is the leading risk factor for strokes," says Nieca Goldberg, M.D., medical director of Atria New

York City, a health care organization. If your blood pressure only gets checked during your annual exam, it may be time to rethink that.

And it's not just about buying a home monitor or making regular visits to your local pharmacy's blood pressure kiosk. "It's important to create an environment that promotes accuracy," says Thomas Holland, M.D., a clinician-researcher at Rush University Medical Center. "This includes taking your blood pressure at consistent times each day, such as every morning, and recording the readings." This helps you and your doctor see the trends in your blood pressure and better determine if any interventions are needed. He also suggests emp-

tying your bladder and avoiding caffeine for at least 30 minutes before a reading. Recent research suggests that lying down could provide a better BP measurement.

Atrial fibrillation, or AFib, an irregular or rapid heartbeat—which affects 10 percent of people over 80—could make you five times more likely to have a stroke, according to some researchers. Holland suggests investing in a smartwatch "equipped with heart rate monitoring technology," which he says "can provide valuable data for your primary care physicians or cardiologists."

2. "B" vitamin savvy.

A B vitamin deficiency can dramatically increase your odds of suffering from a cerebrovascular event, mostly because of the vitamin's role in reducing the levels of an amino acid that increases blood clotting and is harmful to the arteries.

Discuss taking a sup-

YOUR 70s

A SURVIVAL GUIDE

plement with your doctor. Spence suggests a natural B12 supplement rather than a synthetic—"particularly in people with impaired kidney function." But, says Spence, "diet is far more important than most people think."

3. Grab a wall.

British researchers looked at which exercises were most effective for people with hypertension, and found the greatest health benefits came from isometric (or "static hold") exercises.

"Like wall squats," says Jamie Edwards, a researcher at Canterbury Christ Church University and the study's lead author. To do them, put your back against a wall and slowly lower your body until your thighs are parallel to the floor. Then hold the position for as long as you can. When you clench your muscles like this without moving, it compresses the blood vessels. When you release that pressure and the blood comes rushing back, the

vessels widen and dilate. "It's different from other modes of exercise, like running or weight lifting," says Edwards.

He recommends trying for four two-minute squats, with two minutes of rest between them. "This should be performed three times a week for four weeks to produce changes," he says.

SURVIVAL TIP

Turn off the TV

Sedentary behavior is bad for our hearts, but research has shown that watching TV is more harmful than, say, sitting at the computer or reading the paper.

4. Daily baby aspirin? Nope.

Low-dose aspirin inhibits the enzymes that lead to clot formation, but it also increases the risk of bleeding, says Holland. And

that can be life-threatening for people who are prone to falling. It's a serious enough risk that the U.S. Preventive Services Task Force rescinded its previous recommendation for low-dose aspirin, advising that it not be prescribed for preventing a first heart attack or stroke in otherwise healthy older adults.

If you're considering taking a daily baby aspirin, or you already do, talk with your primary care physician or cardiologist about what's best.



RISK #5

Alzheimer's Disease

Keeping your body and brain active may help you skirt this challenging disease

WHO AMONG us hasn't experienced a brief moment of confusion—"Where the heck are my keys? Where'd I put my reading glasses?"—and immediately thought, *Is this the start of my memory decline?*

This panic is all too common, says the Mayo Clinic's Petersen. "But there's a big difference between incidental forgetfulness and Alzheimer's," he says. "Incidental forgetfulness, which is just not remembering as well as you used to, is not usually a sign of disease."

So how do you spot the difference? Distractibility is a big factor in minor memory loss, says

Holland. "I use the example of going to the kitchen to get a snack, but then I notice a picture is tilted, so I adjust it and realize it's dirty, and one thing leads to another, and by the time I'm done cleaning the kitchen, I don't know why I went in there to begin with," he says.

Memory lapses that could be a warning of Alzheimer's tend to be the things we typically take for granted, says Holland, "like forgetting how to get home, forgetting faces of siblings, partners, children, or forgetting specific parts of one's profession that were normally second nature."



When it comes to cancer, says Wendy Chen, M.D., an oncologist at the Dana-Farber Cancer Institute. "Our body is always furiously trying to repair it, but after 50, the balance between repair and damage doesn't always match up."

Still, there are steps you can take to help your immune system bring its A game.

1. Get the screenings you need.

"This is the age where cancer starts to pop up," says Nigel Brockton, vice president of research at the Amer-



ican Institute for Cancer Research (AICR) and a two-time cancer survivor. "Getting screened is more important than ever."

But which screenings are right for you? It depends on your lifestyle and family history. To get started, Brockton suggests that you visit cancerhealthcheck.org, run by the AICR. "It's a quick assessment that can alert you to your specific lifestyle risk factors."

It can also prompt you to have a more meaningful talk with your doctor. "Everyone knows that women should be getting mammograms every two years after 50," says Chen. "But what about screenings for lung cancer or cervical cancer or prostate cancer? Not everyone needs them, but you've reached an age when it's time to discuss it with your doctor. It's up to you to be the squeaky wheel."

2. Get vitamins from plants when possible.

Most studies have found that nutritional supplements aren't very effective at lowering cancer risk, DeGregori says.

"You're better off getting your vitamins the natural way, with fresh fruits and veggies."

Plant-based foods contain thousands of unique compounds (polynutrients) that "help repair DNA and potentially slow the growth rate of some cancer cells, among many functions," says Annette M. Goldberg, a dietitian

Leading Killers of 70-Somethings*

Heart disease	503K
Cancer	368K
COVID-19, influenza and pneumonia	161K
Cerebrovascular diseases (stroke, aneurysm, etc.)	130K
Alzheimer's disease	116K
Chronic lower respiratory diseases	109K
Unintentional injuries	60K
Diabetes	59K
Kidney disease	41K
Parkinson's disease	37K

*CDC provisional figures for 2022

at the Dana-Farber Cancer Institute. They're also low in calories, making it easier to control or lose weight, which is especially important given the connection between obesity and a higher risk for breast, colorectal, esophageal, kidney, gallbladder, uterine, pancreatic and liver cancers.

But be wary of "superfoods" that promise "a silver bullet," Goldberg says. There's no conclusive evidence that any specific food can prevent cancer. The key is to eat a wide variety of produce and other healthy foods.

3. Take a brisk walk.

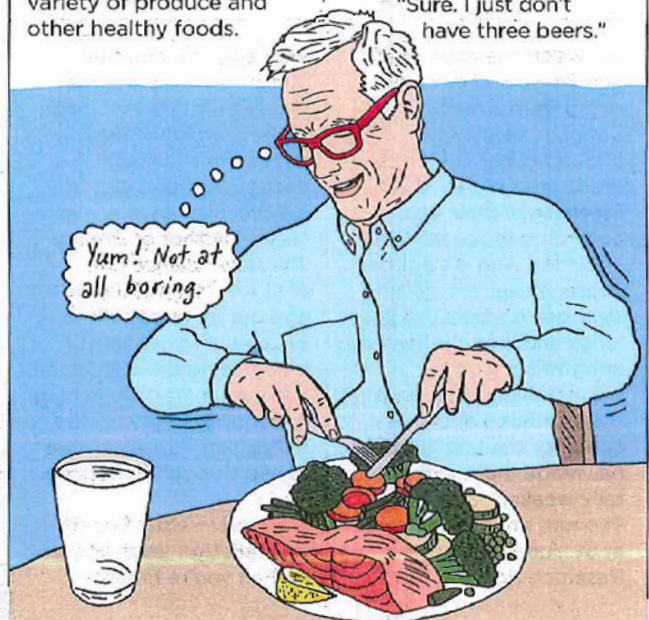
Regular exercise is one of the most effective ways of reducing your cancer risk, and even short periods of activity can help, says Chen. A 2023 study published in *JAMA Oncology* found that subjects who walked briskly for at least four to five minutes a day—even if they didn't otherwise exercise—were 31 percent less likely to die of 13 different types of cancer than people who just strolled gently from place to place. The key is walking quickly rather than taking a leisurely stroll.

4. Worry less.

"In addition to a healthy diet, exercise and not smoking, limiting your stress should be part of your strategy for reducing the risks of cancer and other diseases," says DeGregori. So be healthy—but don't stress about being healthy. "You'll undo any good you're accomplishing if you're just worrying about not doing enough."

"Do I still have a beer at night?" DeGregori says.

"Sure. I just don't have three beers."



SURVIVAL TIP

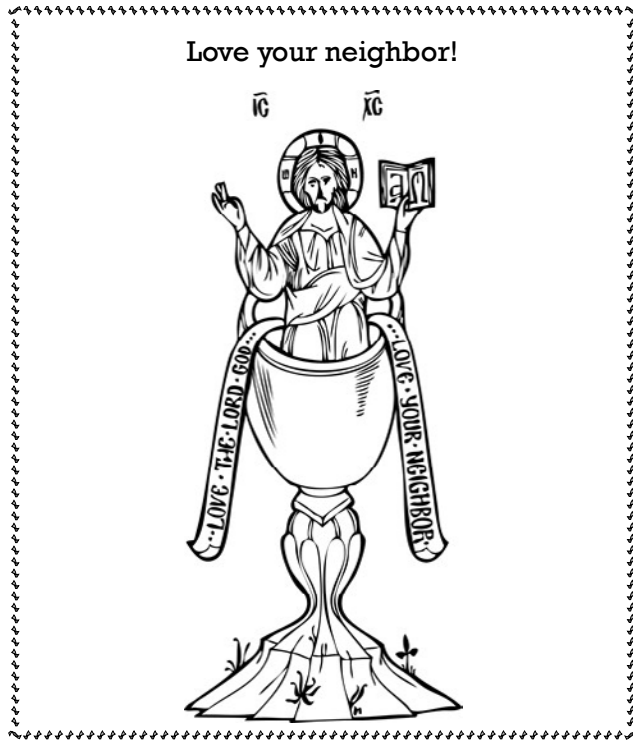
Join the sing-along

One study compared the effects of choir singing with simply listening to music. Those who sang showed higher levels of immunoglobulin A, an antibody that lowers the risk of cancer.

Children's Corner

More available on stdemetriosnewjersey.com!

Courtesy of Presvytera Alexandra Houck



The Children's Word is a weekly bulletin for Orthodox Christian young people. Copyright 2024 Alexandra Houck. Email is orthodoxchildrensward (at) gmail.com. Find it each week at myocn.net.

The Children's Word

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

Sunday, November 3, 2024

Volume 12, Issue 44

A Ministry of the
Orthodox Christian Network



Lazarus...and the rich man

Can you think about a relative or family friend who has died? Do you remember the good things that person did, or the happy times you had together? Maybe you've heard stories about him or her that make you happy. Usually we remember the nice things about somebody, don't we?



In today's Gospel reading, we hear a story that Jesus told. It's the story of the rich man and poor Lazarus. The rich man lived with lots of good stuff—good food, lots of people around him, a great big place to live. Lazarus didn't have anything. He begged for food, but nobody would help him (even the rich man, who saw him all the time). With this story, Jesus wanted to show us how we should try to live our lives.

One of our great saints, Saint John Chrysostom, writes about this Bible story. He reminds us that we know the poor man's name (Lazarus), but we don't ever hear the rich man's name! He didn't help anybody. He didn't care enough to help anybody. We remember good things about people, but the rich man didn't do anything good, so we don't even hear his name in the story!

At church, we pray for people who have died. We say "May his memory be eternal!" In other words, may God remember him forever in heaven! Let's try not to be like the selfish "rich man" in the story today. We want God to remember us forever in heaven!

WORD SEARCH

Can you find these words in the jumble?

- Alms
- Church
- Generous
- George
- Help
- Lazarus
- Lydda
- Neighbor
- Parable
- Relics
- Rich man
- Sumptuous

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

WHAT'S IN THE ICON?

Here are two icons of Saint George.

The one on the left is from Ethiopia.
The one on the right is from Greece.

What do you see that is the same?
What do you see that is different?



ANOTHER FEAST FOR SAINT GEORGE THE CHURCH IN LYDDA

Did you know Tuesday is Election

Day in the United States? You have probably been hearing about the candidates who want to be president, or senator, or congressmen, or even on school boards other positions. Many times, people have good reasons for getting elected. But sometimes those people just want to feel important. Sometimes they want to get elected to be powerful.



Today, we will celebrate another day for our friend, Saint George. He was a saint who could have been important and powerful in the Roman army. But he chose to follow Jesus Christ instead.

Saint George's big nameday is in April, but today we remember when the people built a church for Saint George. That was 1,700 years ago! We remember that special day even today because Saint George is such a special saint. That first church was destroyed. Then it was rebuilt. Then it was destroyed again and rebuilt again. This last one was built almost 150 years ago. You can visit it if you ever go to the Holy Land, in the Middle East. You can pray in this amazing place. Saint George's tomb (his body) is still there. And you can see how Saint George is important to us. And his prayers are powerful, too!

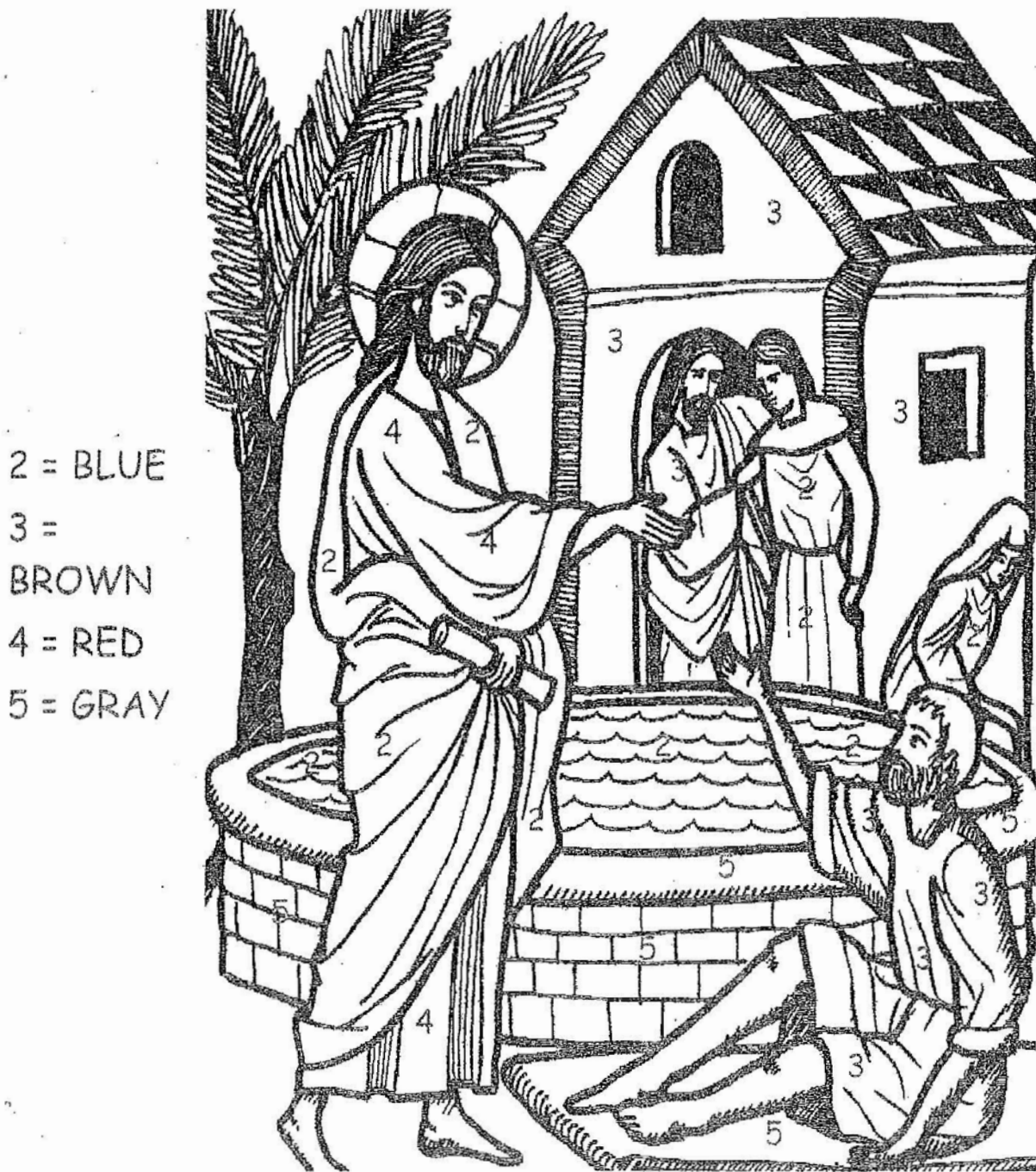
The tomb of Saint George

We celebrate this feast today, November 3rd (OC: November 16th).

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Coloring Fun for the Young

Jesus healed many people, like the boy we heard about today. He is healing someone else in the icon below. Color in the picture by following the numbers:





Metropolis of New Jersey



YOU ARE THE SAINTS

How God calls us all to sainthood!



Join us for this year's

DVYC FALL GOYA RETREAT



NOVEMBER 8TH- 10TH, 2024



INNABAH CAMP & RETREAT CENTER



REGISTRATION DEADLINE: OCT 27TH



\$235/GOYAN, \$215/ADD. SIBLING



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Save the Date

Greek Orthodox Metropolis of New Jersey



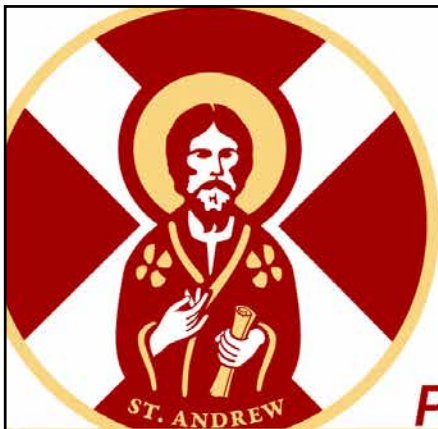
Music & Dance Festival
Philadelphia: February 14-16, 2025

*President's Day Weekend (February 14 – 16, 2025) at the
Sheraton Hotel - Downtown Philadelphia.*

Categories include:

- *Greek Folk Dancing
(JOY, GOYA and Young Adult Groups)*
- &
- *Parish Youth and Young Adult Liturgical Choirs*

Registration Packets will be coming shortly



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