



## NEWSLETTER OF ST. DEMETRIOS CHURCH North Wildwood, NJ

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### CELEBRATING FR. STEVEN VLAHOS 60<sup>TH</sup> ANNIVERSARY



*See more on page 7*





# thoughts from

FR. MICHAEL L. PASTRIKOS  
PROTOPRESBYTER



I hope this newsletter finds you and your family in good health, and that your homes are filled with the Lord's great blessings. We all should realize that the Summer Months are slowly coming to an end and that we are in the fall season. Days will get shorter and the nights longer. There will be more darkness than light. But you and I know that Christ is the light of the world and therefore we are not afraid of the darkness because the Lord will always be on our side, when we truly ask for Him to help us and bless us. One local Orthodox Priest in his sermon said; "In the first centuries of Christianity, in times of persecution, the faithful prayed in the catacombs, hidden in the damp underground. Faithful Christians came to these catacombs to offer prayers despite the darkness, dampness, and frightful cold, away from their persecutors. If we are going to share and to bask in that light, we need to pay more attention to our spiritual lives."

Today in our Churches, we have the right to pray and to exercise our religious freedom. We are able to peacefully sing hymns of praise, to discuss openly the issues of our faith and to partake freely of the Holy Sacraments of the Church. We are certainly taking good care of our physical lives and wellbeing.

What can this empty, sinful world give back to us? There is nothing more beautiful or perfect than God. The Word of Truth is in the Church; in the world outside of God we find emptiness, as well as dissension, hate, and instability. In the Christian World we find tenderness, truth, love, and joy; which are real and stable at all times. Through Christ and the Church we find the true oasis for our souls.

The question is always asked: "How do we find Christ?" "How can we change the way we live to come closer to God?" The answer is very easy! We need to pray more and fast more, and that we need to have a better relationship with Christ in order to reach that level of understanding and of knowing Him on a personal level. The other day I heard someone say, I don't believe in fasting nor do I believe in prayer in order to be a better Christian. Then if anyone thinks that way, then you truly don't believe in what our Lord and Savior Jesus Christ teaches us. In today's society, we like to pick and choose what we like or dislike about Christ's

teachings. There is a tendency with people today to mold Christ into what we think He should be. Christ will always be the same yesterday, today, and tomorrow. We cannot change Him to fit our ideas.

Today, we read the newspapers and magazines much more than we read the Holy Bible or the Lives of the Saints or other religious material. If you look at your bookshelf at home, how many religious books are found there? If there are more religious books on the shelves then we are heading and running in the right direction. If not, then we are truly losing the race. We as Christians must focus more on the needs of our spiritual fulfillment than our physical wellbeing.

To this end every believing person has the responsibility to not only acknowledge, but to show forth thanksgiving actions. God expects us to give thanks for all good things done for us, by living a life in pursuit of holiness through prayer, fasting, worship, and gratitude. God has entrusted to us the following: \*The Gospel & Holy Mysteries \*Life-our own and those given for our care \*Physical Health (for a time) \*Personal Relationships with others \*Time (which is ticking away) \*Talents, Skills, and Knowledge \*Material Possessions, Property, and Money \*Authority to act in His name. God expects us to exercise care for all that matters. The management of our earthly resources is at the heart of our personal stewardship. Our spiritual future is not about money as many think today. Really most of us do not support the Church the way we are supposed to. The Lord asks for 10%. We are lucky to give less than 1% back to Him. But we are first to criticize anything positive that our churches do for our Christians. But this article that I'm writing is not about money. It is what we can do to make our Faith stronger and to provide our parishes and churches the opportunity to grow spiritually. Worldly things have a controlling effect on people, which makes it difficult to maintain full allegiance to God. Obviously, everyone has material needs, but we are to use them according to God's will and purpose.

We look at other growing parishes and we congratulate them for their success, on the other hand we always criticize the things that go on in our parish without realizing that we have not offered anything for the growth and progress of our parish. Let's clean out first the stone in our eyes, before we try to clean out someone else's. We have a lot to be thankful for to God.

Our main purpose in our spiritual growth is that we need to focus on the heavenly gifts first, then secondly on the earthly possessions. How much more do we need to live a good life on earth? "How much is enough". When we trust in the goodness of God, and we look to heaven rather than earthly Anxiety, only then we will be on the right course to inherit the greatest gift of life - *Eternal Life*.

Yours in Christ,  
Fr. Michael L. Pastrikos





# Apostle and Evangelist Luke

## October 18



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

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

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

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

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

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



# St. Demetrios

## Our Patron Saint

October 26



### DEMETRIOS THE MYRRH-STREAMER & GREAT MARTYR OF THESSALONIKI

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

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

#### APOLYTIKION OF DEMETRIOS THE MYRRH-STREAMER

##### *Third Tone*

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

#### KONTAKION OF DEMETRIOS THE MYRRH-STREAMER

##### *Second Tone*

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





# St. Demetrios Name Day Celebration

## October 26

On Wednesday October 25<sup>th</sup> 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.

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 26<sup>th</sup> - The services for The St. Demetrios Name Day Celebration will begin with the winter hours, 9:00 AM, Orthos and 10:00 AM, Divine Liturgy. Refreshments will follow and will be hosted by The Ladies Philoptochos Society.



## 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!





# Liturgical Calendar

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## *WINTER LITURGICAL HOURS*

**SUNDAY HOURS:** 9:00 AM ORTHROS 10:00 AM DIVINE LITURGY

**WEEKDAY SERVICES:** 9:00 AM ORTHROS 9:30 AM DIVINE LITURGY

**VESPERS SERVICES:** 6:00 PM

**SUNDAY, OCTOBER 6:** THIRD SUNDAY OF ST. LUKE  
ORTHROS 9:00 AM DIVINE LITURGY 10:00 AM

**SUNDAY, OCTOBER 13:** FOURTH SUNDAY OF ST. LUKE:  
ORTHROS 9:00 AM DIVINE LITURGY 10:00 AM

**SUNDAY, OCTOBER 20:** SIXTH SUNDAY OF ST. LUKE:  
ORTHROS 9:00 AM DIVINE LITURGY 10:00 AM

**FRIDAY, OCTOBER 25:** GREAT VESPER SERVICE FOR THE FEAST DAY OF  
ST. DEMETRIOS - VESPERS WILL BEGIN AT 6:00 PM  
AND RECEPTION WILL FOLLOW.

**SATURDAY, OCTOBER 26:** ST. DEMETRIOS NAME DAY CELEBRATION  
ORTHROS 9:00 AM DIVINE LITURGY 9:30 AM

**SUNDAY, OCTOBER 27:** ORTHROS 9:00 AM DIVINE LITURGY 10:00 AM

ON THIS SUNDAY WE WILL ALSO CELEBRATE THE DOXOLOGY OF OXI DAY  
NATIONAL HOLIDAY OF OUR MOTHER LAND GREECE.







# Fr. Steven Vlahos - 60th Anniversary



*60th Anniversary  
Celebration for Father  
Steven Vlahos at St.  
Demetrios Church on  
Sunday, September 15.*







# Fr. Steven Vlahos - 60th Anniversary





## \$ A FOCUS ON FINANCES \$

### WHAT IS ELDER FINANCIAL ABUSE— AND HOW DO WE PREVENT IT?

#### HOW TO RECOVER FROM ELDER FINANCIAL ABUSE

Recovering from financial exploitation can be a long and tedious journey. It's often treated as a civil matter, which means there will be no criminal charges against the abuser.

State laws for elder financial abuse vary. Schoen says some states, like California, have comprehensive guidelines for recovery—while some do not. Refer to this NCEA state resources page to read more about your state's laws.

The penalty is often returning the stolen assets or money, and any interest or earnings accrued while the assets were stolen. This process often doesn't require going to court unless the abuser refuses to return the stolen assets.

If the situation is more complex, such as the victim sending large sums of money to a scammer, it can be harder to recover. First, file a report with the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud). The next steps depend on how the money was sent; if you sent it via debit or credit card, for example, you should call the bank and report the fraud immediately and ask them to reverse the transfer.

Recovering emotionally from financial abuse can be a long journey. It's common to experience feelings of shame, embarrassment or humiliation after realizing you're a victim of abuse. Consider finding a support group via your community's senior center or local Area Agency on Aging to help you process and heal from the experience.



### 60th Ordination Anniversary of Father Steven Vlahos held Sunday, September 15

Chrysi Vlahos has announced that the Sixtieth anniversary of the ordination to the sacred priesthood of her spouse, Father Steven J. Vlahos will be held on Sunday, September 15th at the Saint Demetrios Church in North Wildwood, NJ. Worship services conducted by the pastor, Father Michael Pastrikos will begin at 9:00 AM. Following the ritual of the Elevation of the Holy and Lifesaving Cross, a reception will be held in the Community Center.

All faithful in the Philadelphia region are invited to attend and to extend greetings and well wishes to the celebrant priest.

The sixty year pastoral milestone included services to the Annunciation Church in Little Rock Arkansas where the priest also pursued studies in dogmatic theology at Saint John Catholic seminary and later taught Church History. His pastoral ministry was followed by service in Rockford, Illinois, Bethesda, Maryland and Cherry Hill NJ.

In addition to priestly services, Father Vlahos was the Special Deputy Surrogate of Camden County New Jersey and Advisor to the Orthodox Christian Laity movement seeking reform and church and renewal. In his government position, Father Vlahos supervised a program providing free wills, living wills and powers of attorney to thousands of elderly citizens.

At the Archdiocese Centennial in 2022, His Eminence Archbishop Elpidophoros specially recognized Father Vlahos for "Faith and Righteousness in his long service to the Church."



## GREEK ORTHODOX METROPOLIS OF NEW JERSEY

### ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

September 9, 2024

To the Very Revered and Reverend Clergy,  
The Archons of the Order of St. Andrew of the Ecumenical Patriarchate,  
Esteemed Members of the Metropolis Council and Metropolis Philoptochos,  
Devoted Presidents and Members of the Parish Councils and Parish Philoptochos Chapters,  
beloved youth and all faithful Orthodox Christians of the  
Greek Orthodox Metropolis of New Jersey,

My beloved in the Lord,

I hope and pray this letter finds all of you well, enjoying all of God's Heavenly blessings as we begin the New Ecclesiastical Year.

It is with tremendous joy and much excitement that after much prayer and thought, I write to announce to you that the new Patron Saint of the Greek Orthodox Metropolis of New Jersey is St. Iakovos (Tsalikis) of Evia. Blessed St. Iakovos of Evia is a modern-day saint who reposed in the Lord in 1991, was canonized by our Ecumenical Patriarchate in 2017, and whose Feastday is celebrated on November 22<sup>nd</sup>. Attached with this announcement, please find a short biography of this beloved Saint, who we now proudly proclaim as the Patron Saint of our sacred Metropolis.

I also have the great pleasure to announce that the first celebrations for St. Iakovos of Evia as the new Patron Saint of our Metropolis will take place with Great Hierarchical Vespers on Thursday, November 21, 2024, at 6:00pm and the Orthros and Hierarchical Divine Liturgy on November 22, 2024, at 9:00am. The Divine Services will be held in the Chapel of our Metropolis Headquarters in Westfield, New Jersey.

Please share this announcement and biography of St. Iakovos of Evia with all of your beloved parishioners, so that together as one family we may rejoice and celebrate in this blessed news of our new Patron Saint.

Praying that our loving Lord, through the intercessions of St. Iakovos of Evia, continues to bless all of you and all the devoted parishioners of our Metropolis with every good and perfect gift from above, I remain,

With paternal love and blessings,

*Metropolitan Agostolos*  
† APOSTOLOS  
Metropolitan of New Jersey

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### Biography of Saint Iakovos (Tsalikis) of Evia

St. Iakovos of Evia was born on 5 November 1920 to pious parents in Asia Minor. Soon after he departed for Greece as a refugee, near Corinth.

By the age of seven he had memorized the entire Divine Liturgy although he was illiterate. In 1927 he went to elementary school and was distinguished for his performance. Everyone knew of his love for the Church. That same year Saint Paraskevi appeared to him and revealed his brilliant ecclesiastical future. In the coming years he would have many visions of various Saints. At this time, he was in continuous prayer and even reportedly healed people in his village.

From 1938 till the end of his life he lived in extreme asceticism, eating little, praying always, and working hard. He lost his mother in 1942 and was drafted into the army in 1947. Upon his return from the army in 1949 his father passed away, leaving him to care for his sister, Anastasia until her marriage in 1952.

At the age of 32 Iakovos became a novice monk at the Monastery of St. David in Evia and on December 19, 1952, he was ordained a priest by Metropolitan Gregory of Halkida. On June 25, 1975, he became Abbot of the Monastery. This monastery was quite dilapidated on his arrival and Father Iakovos lived in great poverty which affected his health. It was reported that he conversed personally with the saints including St. Paraskevi, St. John the Russian, and St. David of Evia, the patron saint of the monastery. The Elder did not live for himself but from the fruit of his prayer and fasting he gave counsel and help to the people who began flocking to him. Despite many illnesses he always made time for the faithful who came to the monastery.

Beginning in 1990 his health began to decline and on November 21, 1991, he attended the Divine Liturgy, received Holy Communion, and heard the confessions of several people. He died peacefully later that day with thousands of people attending his funeral with many shouting "A saint! A saint!" The Monastery of St. David has recorded over 300 testimonies of miraculous help connected with the prayers of the Elder Iakovos.

On November 17, 2017, the Holy and Sacred Synod of the Ecumenical Patriarchate canonized St. Iakovos of Evia, officially numbering him among the saints to be commemorated on November 22<sup>nd</sup>.



## GREEK ORTHODOX METROPOLIS OF NEW JERSEY

## ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

September 6, 2024

To the Very Reverend and Reverend Clergy  
 Esteemed Members of the Parish Councils and Philoptochos Sisterhood  
 Devout Orthodox Faithful of the  
 Greek Orthodox Communities of the Delaware Valley Region of the  
 Sacred Metropolis of New Jersey

My beloved in the Lord,

It is with tremendous joy and with much excitement that I inform you that the 2024 Greek Orthodox Metropolis of New Jersey Delaware Valley Ambassador Awards Banquet will be held on Sunday, November 3, 2024 (4:00pm Cocktail, 5:00pm Dinner) at "The Adelpia" in Cinnaminson, New Jersey. Following the tradition of the Sacred Metropolis of New Jersey, faithful Orthodox Christians from the Greek Orthodox Communities of the *Delaware Valley* will be honored for their selfless service to the ministries of their local parishes.

1. The cost for the 2024 Delaware Valley Ambassador Awards Banquet is \$105 per person.
2. The cost of for each of the 4 Parish Honorees (Community, Philoptochos, Youth Worker, and Church Musician) is to be underwritten by the respective Parish. (The 4 Youth Ambassador Honorees will be paid by the Delaware Valley Youth Commission, together with some generous donors)
3. Parishes are to complete and submit the pre-arranged banquet seating forms, which will also indicate the total number of Banquet Attendees from each parish. The Banquet will be seating tables of 10.
4. All payments for the Banquet are to be collected by the Parish. Each parish is to then send one check (**ONLY FOR TICKET SALES**) for the total amount payable to the *Greek Orthodox Metropolis of New Jersey* along with the completed Banquet Form(s) to Fr. George Liacopulos at Holy Trinity Greek Orthodox Church in Egg Harbor, NJ **no later than Friday, October 18, 2024**. Banquet Forms that are received without the accompanying payment will not be processed.
5. Please be reminded that the Delaware Valley Ambassador Awards Banquet is open once again to all who wish to join us in expressing our gratitude to those who have served the local Parishes for many years. We anticipate that each Parish will be represented by as many parishioners, family, friends, and supporters as possible. Therefore, please make the appropriate announcements to your beloved faithful.
6. In addition, we will once again be producing a Commemorative Journal Album. All of the information for the journal can be found on the enclosed form. I ask that you please forward this information to all of your parish ministry leaders, your parishioners and local business owners, encouraging them to support your parish Honorees and our sacred Metropolis by placing an ad in the Commemorative Journal. **All ads must be received by October 18, 2024**. Payments for Ads are to be made payable to the *Greek Orthodox Metropolis of New Jersey* and are to be sent to Holy Trinity Greek Orthodox Church in Wilmington, Delaware.

Praying that almighty God blesses you and your families and all the devout faithful of our sacred Metropolis, I remain,

With Paternal Love and Blessings

*Metropolitan Apostolos*  
 † APOSTOLOS  
 Metropolitan of New Jersey





GREEK ORTHODOX  
METROPOLIS OF NEW JERSEY

*His Eminence  
Metropolitan Apostolos of New Jersey*

*Cordially invites you  
to the*

**2024 DELAWARE VALLEY REGION  
AMBASSADOR AWARDS BANQUET**

*on*

**Sunday, November 3, 2024**

*at*

**"The Adelfia"**

1750 Clements Bridge Road, Deptford, NJ 08096

Your presence will be greatly appreciated

***Cocktail Hour: 4:00pm***

***Program and Dinner: 5:00pm***

Tickets: Adults: \$105.00 per person

Please contact and make checks payable to your  
local parish to purchase tickets.

**RSVP by October 18, 2024**



## 2024 AMBASSADOR AWARDS PROGRAM COMMEMORATIVE JOURNAL FORM

Absolute Ad Deadline: Friday, October 18, 2024

### Patron Information

Your Name: \_\_\_\_\_ Business Name *(if applicable)* \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Website: \_\_\_\_\_ Email: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

#### BUSINESS AD or

#### PERSONAL MESSAGE:

Includes layout, updates  
and writing assistance if needed.

#### Prices:

- ☐ ¼ Page B&W \$ 200  
☐ Half Page B&W \$ 300  
☐ Full Page B&W \$ 500

Please include the following text with my ad: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Payment Information

Ad Price

\$ \_\_\_\_\_

#### Payment Method

☐ Check Enclosed ☐ Cash Enclosed ☐ Other

☐ Bill My Credit Card \_\_\_\_ Visa \_\_\_\_ MC \_\_\_\_ Disc \_\_\_\_ AMEX

C Card Number \_\_\_\_\_ Exp Date: \_\_\_\_\_

Billing info same as above? \_\_Yes \_\_No (please fill in below)

Name on card: \_\_\_\_\_

Card Address: \_\_\_\_\_

Card Phone: \_\_\_\_\_

### Advertiser Authorization

By signing below, I authorize Holy Trinity Greek Orthodox Church to include my ad in the **Ambassador Awards Commemorative Journal**. If I have elected to pay by credit card, this signature also authorizes charges be made to my account. I acknowledge that Holy Trinity will assemble my ad under their creative discretion. I understand that I will not be presented with an ad copy before publication.

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

For questions or to place and ad order, please contact Holy Trinity Greek Orthodox Church, Wilmington, DE 19806 (302-654-4446)

Please make check payable to: **Metropolis of New Jersey**. Mail this completed form with payment to:  
 Holy Trinity Greek Orthodox Church. Attn: Ambassador Awards Commemorative Journal.  
 808 N Broom Street, Wilmington, DE 19806



# thoughts from

EVA LALLAS



## VOLUNTEERISM: OUR OBLIGATION

In April our nation celebrated National Volunteer Week to honor and show appreciation to the thousands of volunteers who willingly give their time and know-how for the benefit of others; thus illuminating the American spirit!

Throughout the history of our beloved St. Demetrios Church, we enjoyed the efforts of many volunteers beginning prior to the groundbreaking of our edifice. In fact, this is true in all parishes because the founders were inspired to work in unison in order to see the vision for their community come to fruition: to plant the seed of Christianity, in our case, Orthodoxy, in the far reaches of the world. And thus, our St. Demetrios Greek Orthodox Church was established in North Wildwood New Jersey! The author feels that this is an appropriate time to reignite our spirit of volunteerism.

For the Greeks of the Diaspora, it was vitally important for them to transplant the roots of their faith wherever their fate took them whether it was Asia Minor, Australia, Canada, Europe, North or South America, etc. They were successful in realizing their mission spreading the Word of God by building churches and church schools in their new homelands against all odds, enduring hardships, and with limited economic resources because their faith NEVER wavered. Unlike the Orthodox Church of Greece, our parishes have been established and maintained by the efforts and donations of devout volunteers — without government support. Let us ask ourselves, “If our forefathers could accomplish so much as strangers in new lands, how high will we set our goals to perpetuate and expand their vision of glorifying God and spreading His Word?” Do we not owe it to their memory to do so?

We are fortunate at St. Demetrios to have dedicated volunteers serving its various ministries without reservation; they are responsible for the very existence of our church community. These individuals continue their service and by example involve their children in service to our church, for they find fulfillment in glorifying and thanking God by using the talents which He has bestowed upon them. They know that giving is much more rewarding than receiving! They forego the notion of earning extra money at a job and give their time/ funds to their church. In so doing, as Christians they are practicing the values of our Judeo-Christian faith: loving and helping our neighbors, thus coming

closer to Christ. It is amazing how some persons who are full time employees and heads of households still find time to be very active volunteers; giving credence to the saying, “Ask a busy person to complete a task and it will get done!”

Once again it was rewarding to see our young people members of the Greek and Sunday Schools, alongside their parents pleasantly interacting as they prepared the Crosses of palms for Palm Sunday. This tradition as well as others can only be continued by the efforts of caring parents and adults, who although have other family obligations give priority to their children’s involvement in the church.

As we welcome the month of October, our St. Demetrios offers us a host of opportunities for which to volunteer. You need only to let us know when and how you are able to assist. The annual celebration of the Name Day of our church is approaching when your help will be needed for the planned activities. You will find fellowship with other volunteers to be quite rewarding. As a member of the parish you may not be able to volunteer your time but you can answer the call for donating toward the maintenance projects of our church building. A list of the proposed projects has been listed in recent issues of the Koinonia. Please step forward and commit to helping with one of these projects. Rest assured that your time, efforts, and monetary donations in these endeavors are greatly valued.

We foresee more active participation in the events of our community and new traditions being initiated by our energetic and innovative Father Michael! We commit ourselves to their accomplishments. Let us know that YOU, too, will be a vital part of our team!

We have been made aware through the teachings of our church of all that Jesus, Christ our Savior has voluntarily done for each of us; so now we must answer, **“What can I do for Jesus through our church?”**

*In keeping with our theme of Volunteerism the author wishes to share the following with you:*

It was found among the many writings of Anne Frank, the very young Jewish girl who died while in hiding for two years during the Nazi reign of terror of World War II. In her diary she wrote,

**“No one has ever become poor by giving”**

The wealth we receive when giving and doing for others is measured beyond material possessions. Is this not how we feel as we help others?



## THE STEWARDSHIP OF ST. JOHN KOUKOUZELIS – OCTOBER 1

Christian Orthodox Stewardship is a practice that is often misunderstood and misused in the Church. Many think of Stewardship solely from a monetary perspective, as a means to financially support the sacred work of the Church. This is, of course, important, but Stewardship should not be limited to this - it is much more!

Christian Orthodox stewards are taught to give their Time, Talents, and Treasure to the glory of God. There are many opportunities in parish life that enable us to support the Lord's work. It is a sacred privilege for each of us to participate in the life of the Church. We pledge ourselves to the Lord so that our offerings may be faithful and obedient to His teachings and the Sacred Traditions of our Christian Orthodox Faith.



Among the many ways we can participate in our parish ministries is as a chanter, a reader, or member of the choir. We emulate the angelic choirs in heaven when we sing to the glory of God. There are also a number of saints whose example we follow by managing our Time and using our musical Talent to sing to the Lord. Among them are: St. Romanos the Melodist, St. John of Damascus, St. Andrew of Crete, Joseph the Hymnographer, and St. Kassiane. There is also another saint who is known for his love for the music of our Church, a pious man who possessed a marvelous voice, and a steward of the Faith who gave his Time and Talent to the glory of God. Who was this person? St. John Koukouzelis!

As a young man, St. John Koukouzelis was recognized for his musical talent. He was sent to the Conservatory of Music in Constantinople, where he became a popular singer for the Imperial Court. The success he enjoyed as an entertainer for the Emperor and his court should have given him every satisfaction, but John was not content with his life. He was concerned about the flattery and praise brought upon him for his musical talent and felt that his voice was not being used for its real purpose. John knew that the Emperor would never allow him to leave his position, so he fled to the Holy Mountain to search his soul and to pray to God for guidance. The Emperor became concerned about the disappearance of his favorite singer and offered a reward to anyone who could give him information about him.

At the Great Lavra Monastery, John did not reveal who he was or what position he had held in the Imperial Court. He simply wanted to be a shepherd and monk. While taking care of the flock, John would sing hymns to the Lord and to the Theotokos. One day, a couple of monks heard him singing with a voice so sweet and melodic that they thought that it was that of an angel. They moved quietly, hoping to see the vision of an angel but instead they saw John with his flock. The monks rushed back to the monastery and told the abbot what they had heard and seen. When John returned, he was summoned by the abbot who asked him why he was not willing to use his voice during the divine services. John explained his story to him, but the abbot assured him that the Emperor would understand and accept his desire to pursue the monastic life. The abbot instructed him to never hide the Talent that God had given him, but to use it to praise and glorify the His Almighty Name. From that moment on, John served as the lead chanter in the monastery. As the Akathist Hymn was being sung during Great Lent one year, John was exhausted and sat down and fell asleep near the icon of the Holy Mother of God and soon fell asleep. The Theotokos appeared to him and said: *"Greetings, John! Sing, and don't stop singing; and for this, I will never leave you."* She then placed a gold coin into his hand and disappeared. John woke up immediately, and in his hand was the gold coin.

The life of St. John Koukouzelis is an example of how important it is to manage our Time so that we may use our Talents properly. We have all been entrusted with blessings from God, and He desires that we put them to good use. Take a moment from your busy schedule and ask yourself: "Am I managing God's blessings as a good and faithful steward?" May St. John Koukouzelis intercede on your behalf and be an inspiration so that you use your Talents for the glory of God.

**ST. DEMETRIOS GREEK ORTHODOX CHURCH**

**PRESENTS**

**THE ANNUAL**

**56<sup>th</sup> FALL "GLENDI" DINNER DANCE**

**Saturday, October 26th, 2024**

**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 \$50.00 per person**

**Children under 12 the cost is \$12.00**

**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, 609-522-0152

*Seats are limited to first come, first served.*







## GREEK ORTHODOX CHURCH OF SAINT THOMAS

ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΗ ΚΟΙΝΟΤΗΤΑ ΑΓΙΟΥ ΘΩΜΑ



V. Rev. Archimandrite  
Avgoustinos Psomas

*Cherry Hill, Sept. 23<sup>rd</sup>, 2024*

*Dear Brother, Your blessings,*

*Hope and pray this letter finds you, your family and your parish well as we observe the first weeks of the blessed New Ecclesiastical Year.*

*I'm writing to update you on the upcoming feast day of our Church and the celebrations that will take place in our parish to honor Holy Apostle Thomas, the patron saint of our community.*

*On the evening of Saturday October 5th, 2024, at 6:30pm the Great Vespers and Artoklasia. The next day, Sunday October 6th, 2024, at 8:45am Orthros and 9:45 Divine Liturgy will be celebrated, your presence will honor us greatly!*

*I also want to take this opportunity to let you know that our parish is hosting our annual AGORA festival starting Oct 10<sup>th</sup> through Oct 13<sup>th</sup>. I am enclosing the relevant flyer and hope that you will be kind to post it on the announcement board of your parish. Your help and support of this fundamental fund-raising activity of the Saint Thomas parish is crucial for the continuation of the mission for Orthodoxy here in our area, support our Holy Metropolis and serve all the people that God entrusted us.*

*May our Good Lord keep, strengthen and enlighten you in your blessed ministry and protect your family and your parish now and always!*

*Prayerfully Yours in the Lord,*

*Archim. Avgoustinos Psomas*

Archim. Avgoustinos Psomas

615 Mercer Street· Cherry Hill, New Jersey 08002-2689· Tel: (856) 665-1731· Fax: (856) 665-1854  
www.goc-stthomas.com · goc.stthomas@gmail.com



SAINT THOMAS GREEK ORTHODOX CHURCH,  
615 MERCER ST. CHERRY HILL, NJ

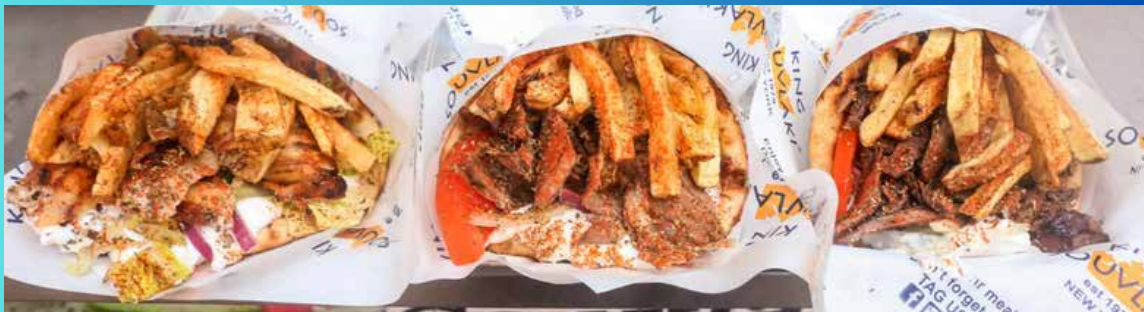
# GREEK AGORA

## OCTOBER 10,11,12 & 13 2024

**10** USA TODAY  
10Best  
READERS'  
CHOICE  
2024

- MUSIC
- DANCE
- VENDORS
- GIFT SHOPS
- FOOD TRUCKS
- BAKERY SHOP
- TAVERNA
- WINES
- BEER/OUZO
- ONLINE ORDER & PICK-UP

**The Largest Wine & Food Festival in the Delaware Valley**



**YOU CAN ALSO ORDER ONLINE AND PICK-UP!**



**THURSDAY, FRIDAY & SATURDAY: 11.00AM-01.00AM**  
**SUNDAY: NOON-10.00PM**

FOR MORE INFORMATION, PLEASE VISIT  
[WWW.GREEKAGORAFESTIVAL.COM](http://WWW.GREEKAGORAFESTIVAL.COM)





## 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](mailto:frmichaelstdemetrios@gmail.com).

**1.). Θα γηρήση ο τροχός, θα γελάση ο φτωχός!**

The wheel will turn, the poor one will be happy!

The wheel of fortune, will bring good times for the poor!

The good times will roll again. (Perhaps)

**2.). Οποιος έχει την μύγα, σκιάζεστε!**

Whoever is bothered by the fly, shoos it away.

If the shoe fits, wear it!

**3.) Απο μικρό και από τρελό, μαθαίνης την αλήθεια!**

You learn the truth from children and crazy persons.

Out of the mouth of babes! (Perhaps?)

**4.). Αν δεν υπάρχουν οι χαζοί, πως θα ζήσουν οι έξυπνοι;**

If there aren't any dumb persons, how will the clever, intelligent ones survive?

Perhaps: Clever people take advantage of the less intelligent?

**5.). Σαν την μύγα, μες στο γάλα!**

Like the fly in milk!

Stands out like a sore thumb!



## Notice of General Assembly Meeting

**Sunday, October 20, 2024**

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 20, 2024.

According to the Church By-Laws those persons wishing to participate and vote must pay their full stewardship contribution up to the date of assembly (October 20).

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!

From,  
The Priest and Parish Council of St. Demetrios

### AGENDA

1. Invocation by Parish Priest, Rev. Fr. Michael Pastrikos.
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 2025 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.





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 is known far and wide for its 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. Pastrokos  
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 active members 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](mailto:frmichaelstdemetrios@gmail.com)  
with your memorial information  
and donation.





Dear Reverend Father,

You and your Presbytera are cordially invited to be our guest at the *Thirteenth Annual Benefit Banquet* on **Sunday, October 27, 2024**, for International Orthodox Christian Charities (IOCC) at Adelphia Restaurant in Deptford, New Jersey. This banquet and silent auction will support the global humanitarian work of IOCC and feature a special presentation about their programs around the world. This year's special guest will be the Director of Programs for the IOCC George Antoun who spearheaded the IOCC response in Ukraine in 2024.

**We would appreciate your help spreading the word** by encouraging your parishioners to attend this special evening. Please post the enclosed flyer in the church hall, add the event to your parish website ([www.iocc.org/philadelphia](http://www.iocc.org/philadelphia)), and include information about the event in your church bulletin. The following text can be used for this purpose:

THE PHILADELPHIA IOCC THIRTEENTH ANNUAL BENEFIT BANQUET will take place Sunday, October 27, 2024, at Adelphia Restaurant's Pan Athenian Grand Ballroom, 1750 Clements Bridge Rd., Deptford, NJ 08096. The reception and silent auction will begin at 3:30 pm, followed at 5:00 pm by dinner and a special program highlighting IOCC's humanitarian work around the world, made possible by your generosity. Join us! Attendance for the event is \$85. For registration and sponsorships, see your IOCC parish rep or visit [iocc.org/philadelphia](http://iocc.org/philadelphia).

Founded in 1992, IOCC is a humanitarian organization that ministers to those suffering the effects of political upheaval and war, famine, natural disasters, and community tragedies by sharing with them God's gifts of food, shelter, economic self-sufficiency, and hope. Over **\$830 million** in humanitarian aid and disaster relief has been distributed worldwide following events such as: the current war in Ukraine; the devastating earthquakes in Turkey and Syria; Beirut explosions; spring/summer floods in the U.S.; wildfires in Greece and California; and destructive hurricanes (Louisiana/ U.S. Gulf Coast, the Carolinas) and earthquakes (Haiti). The Greater Philadelphia Metropolitan Committee is honored to support IOCC's ongoing humanitarian programs.

I hope your schedule will permit you to join us as we celebrate IOCC's work. If you plan to attend, please contact Tulla Sandilos (856.375.3607; [tullasandilos@gmail.com](mailto:tullasandilos@gmail.com)) before October 18 so that we can add your name to our guest list. Thank you for your continued support.

In Christ's service,

Tony Pantazopoulos  
Chair, Greater Philadelphia Committee of IOCC

Charles P. Sandilos  
Co-Chair, Greater Philadelphia  
Committee of IOCC





*The Greater Philadelphia Committee of IOCC invites you to the*  
**13TH ANNUAL BANQUET TO BENEFIT IOCC**  
**Sunday, October 27, 2024**

3:30pm Hors d'Oeuvres & Silent Auction • 5:00pm Dinner & Program

*Come and learn about IOCC's programs around the world and how your support makes a difference in places like Ethiopia, Greece, the Holy Land, Ukraine, and the US.*

**Adelphia Restaurant, Pan Athenian Grand Ballroom**  
1750 Clements Bridge Rd., Deptford, NJ 08096

To reserve your place and for **sponsorships**, see your parish rep or visit

**[iocc.org/philadelphia](http://iocc.org/philadelphia)**

Or make checks out to IOCC and mail to  
IOCC, 110 West Rd, Baltimore, MD 21204

Tickets: \$85 per person

Questions? E-mail Corina Mararu at [CMararu@iocc.org](mailto:CMararu@iocc.org)



The following sponsorship opportunities are available:

- |   |  |
|---|--|
| <input type="checkbox"/> Grand Benefactor (\$5,000+) – includes 12 guests | <input type="checkbox"/> Sponsor (\$500) – includes 4 guests |
| <input type="checkbox"/> Great Benefactor (\$2,000) – includes 8 guests   | <input type="checkbox"/> Friend (\$250) – includes 2 guests  |
| <input type="checkbox"/> Benefactor (\$1,000) – includes 6 guests         |  |

*Sponsorships received by Oct. 18 will be recognized in the program.*



Dear Friends,

We invite you to join the fundraising efforts of the **Greater Philadelphia Metropolitan Committee of International Orthodox Christian Charities (IOCC)** by donating an item or gift certificate to our **Silent Auction**, to be held on **Sunday, October 27, 2024 at 3:30 p.m.**, during our **Thirteenth Annual Benefit Banquet for IOCC**. Your support is crucial for IOCC to continue its global lifesaving and life changing missions to help people in crisis. Please read on to learn the IOCC story:

Founded in 1992, IOCC is a humanitarian organization that ministers to those suffering the effects of political upheaval and war, famine, natural disasters, and community tragedies by sharing with them God's gifts of food, shelter, economic self-sufficiency and hope. Assistance is provided solely on the basis of need, and benefits orphans, refugees and displaced persons, the elderly, school children, families and people with disabilities, without regards to race, religion, or ethnic identity. Through the generosity of caring donors like you, over **\$830 million** in humanitarian aid and disaster relief has been distributed worldwide over the past 31 years following events such as: the current war in Ukraine; the devastating earthquakes in Turkey and Syria; Beirut explosions; spring/summer floods in the U.S.; wildfires in Greece and California; and destructive hurricanes (Louisiana/ U.S. Gulf Coast, the Carolinas) and earthquakes (Haiti). At present, IOCC is responding to the crisis in Ukraine by providing food, generators and fuel to displaced persons, as well as flashlights, batteries, and candles. IOCC has also deployed staff to Greece, Romania and Moldova to provide emergency supplies including food, water, cots, mattresses, blankets and other bedding, baby food, wipes and diapers, school supplies, plus other hygiene and sanitary items to refugees. Finally, IOCC continues to support: Syrian war refugees living in the Middle East and throughout the Mediterranean; suffering families in the West Bank and Gaza, in post-war Lebanon and the Balkans, and in drought-stricken Ethiopia and other clean water deprived countries throughout Africa; and literacy and education in impoverished communities in American big cities. IOCC's work is tireless, life-saving, and life-changing, both here in the U.S. and throughout the world. The Greater Philadelphia Metropolitan Committee is honored to support IOCC's ongoing humanitarian programs.

Therefore, the Thirteenth Annual Benefit Banquet will take place at **Adelphia Restaurant, 1750 Clements Bridge Road, Deptford Township, NJ** on **October 27, 2024**, and is expected to draw more than 300 people from throughout the Delaware Valley. Anything you wish to donate to the Silent Auction will be graciously displayed and your business will be acknowledged. We respectfully ask that the fair market value of your donation be a minimum of \$100. Suggested donations include gift baskets, weekend getaways, jewelry, restaurant or store gift certificates, housewares, sports tickets, and symphony/theater tickets. Your donation is tax deductible and will be recognized in our program book, if received, along with the Gift-in-Kind form that accompanies this letter, **by October 16, 2024**. Please contact **Rania Pappas at (856) 316-8914 (cell) or Pappasrania@aol.com with questions, or to offer or confirm a donation**. Your generosity will ensure that IOCC's ministry to the needy continues effectively and efficiently - 90% of all funds raised goes directly towards emergency relief and development programs.

We thank you for considering our request for a donation and for your support of IOCC's mission to bring dignity, respect and hope to communities around the world.

Sincerely,

Greater Philadelphia Metropolitan Committee of IOCC

Tony Pantazopoulos & Charles Sandilos, Greater Philadelphia Metropolitan Committee Co-Chairs

Rania Pappas, Auction Chair

**International Orthodox Christian Charities - [www.iocc.org](http://www.iocc.org)**

**The International Humanitarian Organization of Orthodox Christians**

110 West Road, Suite 360, Baltimore, MD 21204

IOCC is a registered 501(c) 3 Public Charity; tax exempt no. 31138101





## Metropolitan Committee In Kind Donation Form

Name of Metropolitan Committee: Greater Philadelphia Committee of IOCC

Event Name: Thirteenth Annual Benefit Banquet for IOCC

Event Date: Sunday, October 27, 2024

Donor Name: \_\_\_\_\_

Donor Address: \_\_\_\_\_

Donor Phone Number: \_\_\_\_\_

Donor Email Address: \_\_\_\_\_

(By providing your e-mail, you **Save IOCC Money in Printing and Postage and Save the Environment**)

Description of Donated Item: \_\_\_\_\_

Fair Market Value of Donated Item: \_\_\_\_\_

\*\*\*Please **attach receipt or copy of gift card** to form. **Handmade** or re-gifted items must have the price and description of a similar item printed from the internet and attached.

Signature of Donor: \_\_\_\_\_ Date: \_\_\_\_\_

\*\*Please note that when a service is provided (e.g. catering for an event), the caterer should provide a *pro forma* invoice with a zero balance that shows **what they would have otherwise charged for the service**. In this way, IOCC can capture the full value of the efforts for each event. The *pro forma* invoice would serve as their back-up for the letter IOCC sends them.

**Please send completed form, along with any receipts or copies of gift cards, by e-mail or regular mail, by October 16 2024 to:**  
**Rania Pappas @ 6 Sheffield Lane, Mount Laurel, NJ 08054, or [Pappasrania@aol.com](mailto:Pappasrania@aol.com).**  
**Receipt of this form by October 16, 2024, is required for acknowledgment of the donation in the banquet program and by IOCC.**





# 2024 KIDMISSON



## LET YOUR LIGHT SHINE

"FOLLOWING IN THE FOOTSTEPS OF OUR SAINTS"



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

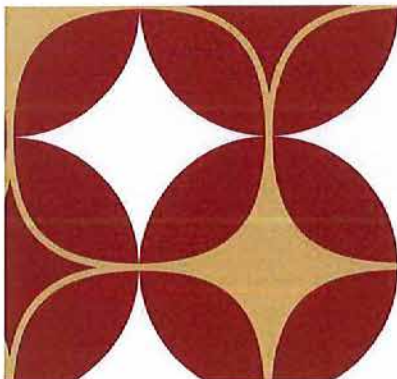
**ST GEORGE GREEK ORTHODOX CHURCH  
30 E FORGE RD  
MEDIA, PA 19063**

**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**



## KidMission 2024

### Let Your Light Shine: Following in the Footsteps of Our Saints

Saturday November 16, 2024

10:00 AM-2:00 PM



**2024  
KIDMISSON**



**LET YOUR LIGHT SHINE**

**"FOLLOWING IN THE FOOTSTEPS OF OUR SAINTS"**

#### Objective:

To explore the lives of Greek Orthodox saints who dedicated themselves to helping the poor, sick, and children, and to inspire children to follow their examples. Additionally, we will connect their actions to the mission of **IOCC**, emphasizing Christian service and humanitarian aid.

#### Instructions:

##### 1. Research and Selection:

- Each church is assigned a Greek Orthodox saint known for their charitable work, compassion, or promotion of education. Assignments are as follows:

Church	Assigned Saint
St. George Media	St. Basil the Great
St. Demitrios Upper Darby	St. Nektarios of Aegina
St. Thomas Cherry Hill	St. Irene Chrysovalantou
St. Sophia's	St. Stylianos
Holy Trinity Wilmington	St. Panteleimon
St. George Cathedral	St. John Chrysostom
St. Luke's	St. Anastasia
Elkins Park/Annunciation	St. Paraskevi
Holy Trinity, Egg Harbor	St. Cosmas & Damianos

##### 2. Research and Presentation (Presentations should be no longer than 15 minutes):

- Children research their chosen saint's life, miracles, and contributions.
- Create a presentation (poster, slideshow, or oral) highlighting:
  - Early life and upbringing.
  - Key acts of charity, healing, or educational efforts.
  - Miracles attributed to the saint.
  - How the saint's example inspires us today.
  - Discuss how IOCC continues the legacy of these saints by providing humanitarian aid, disaster relief, and development programs worldwide. Share examples of IOCC's work.





### 3. Following in Their Footsteps:

- Share what you can do as Christians to follow in the footsteps of your saint. You can discuss a previous or upcoming philanthropic project, everyday actions that reflect the mission of your saint, or how you can educate others about the importance of your saint's mission.

### 4. Donation Requests to IOCC

- As part of our philanthropic effort, we will ask everyone to make a monetary donation to the IOCC. You can donate cash or check (made payable to IOCC).
- Your donation to IOCC will help provide clean water for remote communities, health and nutrition services to malnourished children and families facing crisis or disaster, and assistance to refugees. It will help farmers grow sustainable crops and increase their incomes, allow for rapid response to emergencies, and so much more.

### Conclusion:

Through this project, children will learn about the lives of holy saints, their selfless acts, and how they can emulate their virtues in their own lives. Let their journey into the lives of these saints inspire compassion, service, and a love for learning. By connecting their actions to the saints' examples and IOCC's mission, they can make a positive impact in the world.





# 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](http://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  
1<sup>ST</sup> 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

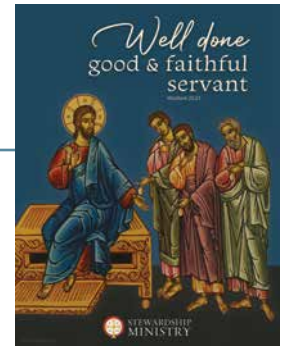
[STDEMETRIOSNEWJERSEY.COM](http://STDEMETRIOSNEWJERSEY.COM)

**\*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](http://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 \_\_\_\_\_**

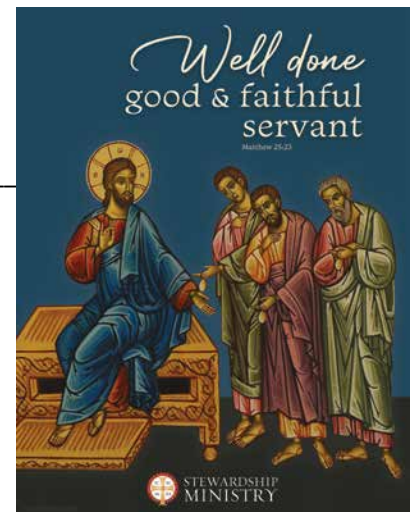
**Single/Individual \$500.00**

**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 &amp; ADDRESS \_\_\_\_\_

BUSINESS PHONE \_\_\_\_\_

SPOUSE'S 1<sup>ST</sup> NAME & MAIDEN NAME \_\_\_\_\_

SPOUSE'S DATE OF BIRTH \_\_\_\_\_

SPOUSE'S PLACE OF BIRTH \_\_\_\_\_

DATE OF ORTHODOX BAPTISM/CHRISMATION \_\_\_\_\_

SPOUSE'S OCCUPATION \_\_\_\_\_

BUSINESS PHONE \_\_\_\_\_

DATE &amp; PLACE OF ORTHODOX MARRIAGE \_\_\_\_\_

NAME OF PRIEST WHO DID MARRIAGE \_\_\_\_\_

CHILDREN'S NAMES &amp; DATES OF BIRTH \_\_\_\_\_

\_\_\_\_\_



# church NEWS

## STEWARDSHIP NEWS:

All our local and seasonal members and visitors are invited to register and enroll in our parish for the 2025 membership and join in weekly worship and to support 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 online and in the Church Narthex. Families that are in arrears are invited to reinstate their membership and participation in our parish life and Ministries.

## ST. DEMETRIOS NAME DAY CELEBRATION ( FRIDAY-SATURDAY) OCTOBER 25<sup>TH</sup> AND 26<sup>TH</sup> 2024

Attention all Parishioners: We are starting this Celebration first, with the Great Vesper Service which will take place on Friday, October 25<sup>th</sup> at 6:00pm 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 anyone wishes to bring a covered dish or a dessert for the reception, that would be very much appreciated.

On Saturday, October the 26<sup>th</sup> the Services for the St. Demetrios Name Day Celebration will begin with the Winter Hours- Orthros 9:00 am Divine Liturgy 10:00 am Lunch and Refreshments will be provided by the Ladies Philoptochos Society. Everyone is welcome.

## PHILOPTOCHOS NEWS

Meeting the first Monday of each month at 7:00 p.m.







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



DVYOUTHCOMMISSION@GMAIL.COM

# PHYSICAL EXAMINATION

NAME: \_\_\_\_\_ DOB \_\_\_\_\_ SEX \_\_\_\_\_

## IMMUNIZATIONS:

DPT/DPap/Td				
TDAP BOOSTER*				
POLIO				
MMR				
HEPATITIS				
VARICELLA				
MENINGITIS*				

Date of Physical Examination: \_\_\_\_\_

Results of physical exam normal? ☐ Yes ☐ No

## Abnormalities Noted:

Weight	Height	Blood Pressure
Chronic Medical conditions/Related Surgeries • List medical conditions/ongoing surgical concerns.	<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached	Comments
List Medications/Treatments:	<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached	Comments
Limitations to Physical Activity *List items necessary for daily activities	<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached	Comments
Special Equipment Needs *List items necessary for daily activities:	<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached	Comments
ALLERGIES/SENSITIVITIES • List allergies	<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached	Comments
Special Diet/Vitamin&Mineral Supplements • List dietary specifications:	<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached	Comments
Behavioral Issues/Mental health Diagnosis *List behavioral/mental health issues/concerns	<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached	Comments
Emergency Plans List emergency plan that might be needed and the signs and symptoms to watch for:	<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached	Comments
Abnormalities: <input type="checkbox"/> Vision <input type="checkbox"/> Hearing <input type="checkbox"/> Developmental <input type="checkbox"/> Scoliosis Describe:		

I have examined \_\_\_\_\_. It is my opinion that he/she is medically cleared to participate fully in all camp activities, including swimming, hiking and competitive contact sports unless noted above.

Physician signature \_\_\_\_\_

Date \_\_\_\_\_

 Scanned with  
MOBILE SCANNER



Camper Name \_\_\_\_\_

Birth date: \_\_\_\_\_

**AUTHORIZATION TO MEDICATE**

*The following medication will be available to you at the camp. Please CHECK which medication you authorize the camp to dispense to your child. THE PARENT/GUARDIAN AND THE PHYSICIAN MUST SIGN THIS FORM.*

\_\_\_\_\_**MEDICATION: BENADRYL PO TABLET/LIQUID**

DIAGNOSIS: ALLERGIC REACTION

DOSE: ☐ 12.5MG ☐ 25MG ☐ 50MGMAY REPEAT: ☐ 6HRS ☐ 8HRS\_\_\_\_\_**MEDICATION: ACETAMINOPHEN/TYLENOL PO (TABLET/LIQUID)**DIAGNOSIS: ☐ HEADACHE ☐ FEVER>100 ☐ MENSESDOSE: ☐ 80MG ☐ 60MG ☐ 325MG ☐ 650MGMAY REPEAT: ☐ 4 HOURS ☐ 6 HRS ☐ 8 HRS\_\_\_\_\_**MEDICATION: IBUPROFEN/ADVIL PO (TABLET ONLY)**DIAGNOSIS: ☐ HEADACHE ☐ FEVER>100 ☐ MENSESDOSE/FREQUENCY: ☐ 200MG EVERY 8HOURS ☐ 400MG EVERY 8 HOURS\_\_\_\_\_**MEDICATION: TUMS**DIAGNOSIS: ☐ HEARTBURN ☐ INDIGESTION ☐ STOMACH ACHEDose: ☐ One to TWO TABLETS every three to four hours with food\_\_\_\_\_**MEDICATION: FIRST AID CRÈME/BACITRACIN/NEOSPORIN**

DIAGNOSIS: CUTS/ABRASIONS/BURNS

DOSAGE: APPLY TO AFFECTED AREA 3-4 TIMES DAILY

\_\_\_\_\_**MEDICATION: BENADRYL CRÈME**

DIAGNOSIS: INSECT STINGS

DOSAGE: APPLY TO AFFECTED AREA 3-4 TIMES PER DAY

**The CAMP NURSE IS AUTHORIZED TO GIVE THE MEDICATIONS CHECKED ABOVE.**

\_\_\_\_\_  
Physician signature\_\_\_\_\_  
Date\_\_\_\_\_  
Parent Signature\_\_\_\_\_  
Date





## AUTHORIZATION TO MEDICATE

CAMPER NAME: \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

MEDICATION: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_

DOSAGE: \_\_\_\_\_

FREQUENCY: \_\_\_\_\_

SIDE EFFECTS: \_\_\_\_\_

MEDICATION: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_

DOSAGE: \_\_\_\_\_

FREQUENCY: \_\_\_\_\_

SIDE EFFECTS: \_\_\_\_\_

MEDICATION: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_

DOSAGE: \_\_\_\_\_

FREQUENCY: \_\_\_\_\_

***The CAMP NURSE IS AUTHORIZED TO GIVE THE MEDICATIONS ABOVE.***

\_\_\_\_\_  
Physician signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

## 27 OF THE HARDEST RIDDLES EVER— CAN YOU SOLVE THEM?

### ANSWERS

1. This riddle relies on tricking you into thinking about ears and a mouth. You get a tiny hint about wind to encourage you to think broadly and avoid the literal. Answer: An echo.
2. This one wants to trip you up by hitting you with details from every angle. The big hint comes at the end with the wind. What does wind threaten most? You have to stretch your brain to come up with something tiny and unexpected. Answer: A candle.
3. This riddle aims to confuse you and get you to focus on the things that are missing: the houses, trees, and fish. You might guess you need to think about something inanimate. Answer: A map.
4. Answer: The letter "R."
5. Answer: All the people were married.
6. Answer: Heroine.
7. Answer: Bookkeeper.
8. Answer: She took a picture of him and developed it in her darkroom.
9. Answer: Pencil lead.
10. Answer: Four sisters and three brothers.
11. Answer: Silence.
12. Answer: IV, the Roman numeral for four, which is "half" (two letters) of the word five.
13. Answer: A keyboard.
14. Answer: A towel.
15. Answer: There are 11 letters in the words "the alphabet."
16. Answer: A is D's uncle.
17. Answer: E N T (Each letter represents the first letter in the written numbers: One, Two, Three, Four, Five, etc.).
18. Answer: Your name.
19. Answer: Water.
20. Answer: Seven has two syllables and the other numbers only have one syllable.
21. Answer: A fishhook.
22. Again, riddles like this often have you crunching the numbers and stretching your brain cells thinking all about time and the way it works. By now, you might've figured out that number riddles rarely involve math. Answer: The letter "M."
23. Answer: "Incorrectly."
24. Answer: Your left hand.
25. Answer: You are standing back-to-back with your father.
26. Answer: An umbrella.
27. Answer: No one is lying because the three doctors are Paul's sisters.



*"I really liked that stuff you were saying about all of us being sinners and how we're damned for eternity."*

## PREVENTING MOST STROKES: KEY LIFESTYLE STRATEGIES YOU NEED TO KNOW

Strokes—abrupt interruptions of blood flow to the brain—represent not just a medical condition but a pivotal life event, often with profound consequences. Their prevention, therefore, is not merely a matter of health advice but a commitment to a life well-lived, preserving cognitive and physical function.

### 1. NUTRITIONAL WISDOM: BEYOND DIET FADS

Nutrition plays a crucial role in stroke prevention, transcending the simplicity of “eat this, not that.” It’s about understanding the impacts of different nutrients on vascular health.

A diet rich in plant-based foods—fruits, vegetables, whole grains, and lean proteins contributes to lower blood pressure and cholesterol levels, both risk factors—for stroke.

Saturated fats and trans fats, commonly found in processed foods, increase the risk of stroke and should be minimized.

The Mediterranean diet, characterized by its high content of olive oil, fish, and fresh produce, has been repeatedly linked with reduced stroke risk. It’s not just about selecting the right foods, but also understanding their collective synergy in supporting vascular health.

### 2. PHYSICAL ACTIVITY: THE CIRCULATORY CATALYST

Regular physical activity is a cornerstone in preventing strokes. Exercise aids in managing weight, reducing hypertension, and improving lipid profiles, all of which are stroke risk factors.

The American Heart Association and other health agencies recommend at least 150 minutes of moderate-intensity aerobic activity per week, or 75 minutes of vigorous activity.

This does not necessarily mean prolonged gym sessions. Brisk walking, cycling, or swimming can be equally effective. The key lies in consistency and integration of physical activity into daily routines, making it a sustainable and enjoyable part of life.

### 3. TOBACCO AND ALCOHOL: UNDERSTANDING AND OVERCOMING DEPENDENCIES

Smoking and excessive alcohol consumption are major risk factors for stroke. Smoking nearly doubles the risk by damaging blood vessels, increasing clot formation, and reducing oxygen in the blood.

Quitting smoking is arguably one of the most significant steps one can take to reduce stroke risk.

Alcohol, meanwhile, should be consumed in moderation. Heavy drinking escalates blood pressure and can lead to irregular heart rhythms, both of which increase stroke risk.

Understanding personal triggers and seeking support for cessation or moderation is crucial in this journey.

### 4. STRESS MANAGEMENT: THE HIDDEN CULPRIT

The link between stress and stroke is undeniable. Chronic stress can lead to hypertension, a significant stroke risk factor.

Effective relaxation and stress management techniques, such as mindfulness, meditation, art therapy, regular exercise, and adequate sleep, play a vital role in mitigating this risk. Developing resilience against stress is not just about relaxation but also about cultivating a mindset and lifestyle that can withstand life’s pressures and uncertainties.

### 5. REGULAR HEALTH SCREENINGS: EARLY DETECTION AND MANAGEMENT

Regular health check-ups are essential in identifying and managing risk factors like hypertension, diabetes, and high cholesterol—all of which are silent contributors to stroke risk.

Early detection and management of these conditions through lifestyle changes and medication (when necessary) can significantly reduce the risk of stroke. It’s about creating a proactive rather than reactive approach to health.

### 6. SLEEP HYGIENE: THE UNDERAPPRECIATED FACTOR

Sleep quality and duration have a significant impact on stroke risk. Sleep disorders, such as sleep apnea and insomnia, are linked to an increased risk of stroke. Ensuring adequate and quality sleep is vital.

This involves establishing a regular sleep schedule, creating a restful environment, and addressing any sleep-related issues with a healthcare professional.

Preventing most strokes is an achievable goal through informed, consistent lifestyle choices. These six strategies offer a roadmap towards maintaining brain health, emphasizing that stroke prevention is not an isolated medical objective but an integral part of a holistic approach to wellness and longevity.







## Exercise Your Brain!

### 27 OF THE HARDEST RIDDLES EVER— CAN YOU SOLVE THEM?



1. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?  
This riddle relies on tricking you into thinking about ears and a mouth. You get a tiny hint about wind to encourage you to think broadly and avoid the literal.
2. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.
3. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
4. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
5. You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?
6. What word in the English language does the following:  
The first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman. What is the word?
7. What English word has three consecutive double letters?
8. A woman shoots her husband, then holds him underwater for five minutes. Next, she hangs him. Right after, they enjoy a lovely dinner. Explain.
9. I come from a mine and get surrounded by wood always. Everyone uses me. What am I?
10. A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?
11. What disappears as soon as you say its name?
12. How can the number four be half of five?
13. I have keys, but no locks and space, and no rooms. You can enter, but you can't go outside. What am I?
14. What gets wet while drying?
15. How many letters are in the alphabet?
16. A is the brother of B. B is the brother of C. C is the father of D. So how is D related to A?
17. What are the next three letters in this combination? OTTFFSS
18. This belongs to you, but everyone else uses it.
19. First, think of the color of the clouds. Next, think of the color of snow. Now, think of the color of a bright full moon. Now answer quickly what do cows drink?
20. How is seven different from the rest of the numbers between one and ten?
21. First you eat me, then you get eaten. What am I?
22. What comes once in a minute, twice in a moment, but never in a thousand years?
23. Which word in the dictionary is always spelled incorrectly?
24. What can you hold in your right hand, but never in your left hand?
25. How can you physically stand behind your father while he is standing behind you?
26. What is able to go up a chimney when down but unable to go down a chimney when up?
27. Three different doctors said that Paul is their brother yet Paul claims he has no brothers. Who is lying?

Answer on Page 8



## A BREAK IN YOUR DAY

### WITTY REPARTEE EXAMPLES

A repartee provides you the opportunity to communicate a quick and witty remark in response to another. Some of these witty exchanges date back to the first century AD as shared by the Greek writer Plutarch in Parallel Lives. Some of these replies have also led to famous quotations by Winston Churchill, Oscar Wilde, Groucho Marx, and Mark Twain.

A series of witty repartee examples to help spur on your creativity is provided below.

A modest little person, with much to be modest about.

Am reserving two tickets for you for my premiere. Come and bring a friend – if you have one.

[Great response: Impossible to be present for the first performance. Will attend second – if there is one.]

Fine words! I wonder where you stole them.

From the moment I picked your book up until I laid it down I was convulsed with laughter. Some day I intend reading it.

He can compress the most words into the smallest idea of any man I know.



## FORGIVE

Because it's easier than math. Math is hard.



He has never been known to use a word that might send a reader to the dictionary.

He has Van Gogh's ear for music.

He hasn't an enemy in the world, but all his friends hate him.

He loves nature in spite of what it did to him.

I didn't attend the funeral, but I sent a nice letter saying I approved of it.

I feel so miserable without you; it's almost like having you here.

I like your new hair style, it makes your nose look smaller.

I make a terrible first impression... Don't worry, it takes a while to get use to you.

I regard you with an indifference bordering on aversion.

If I were married to you, I'd put poison in your coffee.

[Response: If you were my wife, I'd drink it.]

I've just learned about his illness. Let's hope it's nothing trivial.

Poor Faulkner: Does he really think big emotions come from big words.

Sometimes I need what only you can provide; your absence.

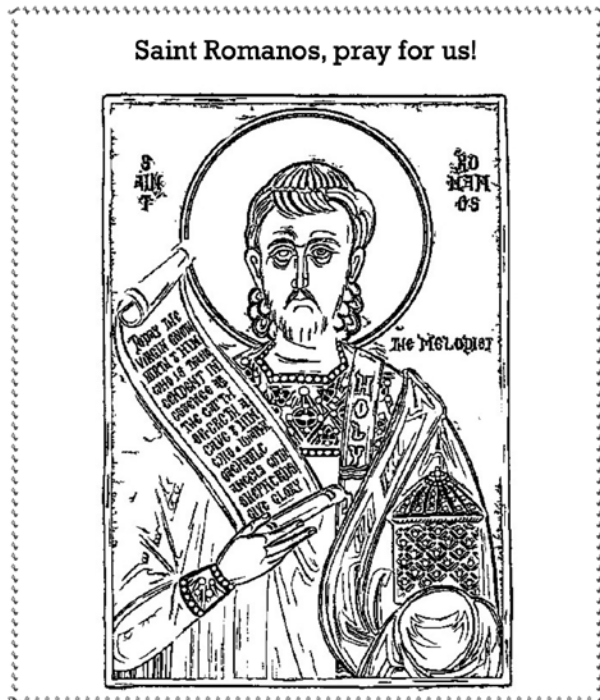
What a beautiful baby! Was it conceived naturally?



# Children's Corner

More available on [stdemetriosnewjersey.com!](http://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 [orthodoxchildrensword\(at\)gmail.com](mailto:orthodoxchildrensword(at)gmail.com). Find it each week at [myocn.net](http://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, September 29, 2024

Volume 12, Issue 39

A Ministry of the  
Orthodox Christian Network



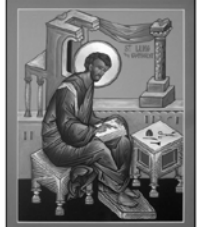
### The easy way

**Have you ever taken a test?** Sometimes you might have some hard questions to answer. Some of them might be kind of easy. And on a test, sometimes the hard ones and the easy ones might be all mixed up together.

The gospel reading today tells us about the hard things and the easy thing we must do if we want to be good followers of Christ. The gospel says, "If you love those who love you, what credit is that to you? For even sinners love those who love them... But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High."

So the easy thing is to love people who love us! The easy thing is to do good to those who do good to us. The easy thing is to give to people who give things back to us. That's the easy thing. We can do that!

The hard thing is to love our enemies, to do good to people who are mean to us, to give to people who might not give us anything back. God wants us to do the easy things, of course. (You're nice to your friends, aren't you?) But God wants us to do the hard things, too. God wants us to be nice to our enemies and to people who aren't so nice to us. You can show you are a Christian by doing the hard things, too!



Saint Luke, writing the Gospel

### WORD SEARCH

Can you find these words in the jumble?

Constantinople  
Enemies  
Gospel  
Love  
Luke  
Melodist  
Neighbor  
Romanos  
Sing  
Test

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

### WHAT'S IN THE ICON?

In this icon, you can see lots of other great "singer saints" of our Church.

This week, we celebrate Saint Romanos, but we also celebrate Saint John Kukuzelis the Singer and Saint Gregory the Singer of Mount Athos.

Can you find their music scrolls?



### SAINT ROMANOS

#### THE MELODIST OF CONSTANTINOPLE



**Has anybody ever made fun of you for something?** How you dress? How you dance? How you play soccer or basketball? How you answer questions in school? Pretty much everybody has been made fun of, at least a little bit!

You know, our saints understand us because they lived on earth too. People made fun of Saint Romanos for his bad singing. Romanos worked in the great church of Agia Sophia in Constantinople. He hadn't been to

much school, and he had never really learned how to sing. Plus, he had a bad voice. People laughed at him, and made fun of him—even some of the other priests and deacons did!

Saint Romanos prayed to the Holy Theotokos. He even cried as he prayed again and again, because he wanted so much to sing well. He asked her to help him. That night, Romanos had a dream and the Theotokos gave him a scroll of music. The next day was Christmas, and Romanos sang this music she gave him. He sang beautifully, and everybody was amazed!

Saint Romanos is one of the "singer saints" of our church. He wrote lots of the hymns we hear in our church. The Theotokos helped him more than he ever could imagine!

We celebrate St. Romanos on Tuesday, October 1st (OC: October 14th).

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# Notices

HOLY TRINITY  
PHILOPTOCHOS  
ST. ELPIDA CHAPTER  
PRESENTS THE 26TH ANNUAL  
BID 'N BUY

*Denim & Diamonds*

**SAVE THE DATE:**  
SATURDAY  
NOVEMBER 2, 2024  
12:00PM  
GIFT  
PREVIEW  
1:30 PM LUNCH  
SPIROS A. MALASPINA  
COMMUNITY CENTER  
7004 RIDGE AVENUE  
EGG HARBOR TWP., NJ 08234

**SAVE THE DATE!**

NOV 8, 9, 10 2024

**GOYA FALL  
RETREAT**

INNABAH CAMP & RETREAT CENTER

A DVYC EVENT — FAITH/FUN/FELLOWSHIP!

**CAO COUNCIL FOR Airport Opportunity**

**Hiring Event:**

**WANT TO TRAVEL THE WORLD? WE HAVE YOUR DREAM CAREER!**

**Position: FLIGHT ATTENDANTS**

At least 21 years of age  
Free of visible tattoos,  
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Proficient in reading, writing, and speaking English fluently.  
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Must attend a 6-week paid training in Saint Louis, MO  
Work a minimum of 75 flight-hours per month

Salary: \$19.58 to start increase after 1 year. Benefits available

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**Seeking Director for FOCUS Philadelphia**

Position available: Center Director, FOCUS Philadelphia – Part time  
Location: FOCUS Philadelphia  
Timeframe: Immediate

FOCUS North America is searching for a qualified candidate to fill the position of Center Director for its FOCUS Philadelphia ministry location.

The Center Director is responsible for overseeing all aspects of the local ministry including food and clothing distribution, volunteer coordination, Advisory Board management, and partnerships with other local organizations. The Center Director will also work with the FOCUS North America Development Office to solicit donations and pursue grants to support and grow the ministry.

The position reports to the Director of Operations.

As an affiliated ministry of the Assembly of Canonical Orthodox Bishops of the United States of America, qualified candidates should have knowledge of and a willingness to work within the framework of the Orthodox Church. Additional qualifications include:

- Non-profit leadership experience;
- Experience managing a budget;
- Excellent oral and written communication skills;
- A passion for service; and
- A willingness and ability to solicit funds on behalf of the local ministry.

A Bachelor's degree in a related field is highly preferred.

Interested applicants should send two reference letters and a resume to [info@focusna.org](mailto:info@focusna.org). FOCUS North America is an Equal Opportunity Employer.