



72 YEARS

FEBRUARY 2026

Saint
Nicholas Greek
Orthodox Church
Baltimore, MD



Koinonia

IN THIS ISSUE . . .

- 2 | Letter from
Fr. Michael L. Patrikos
- 5 | From the President
- 7 | The Presentation of Our Lord
to the Temple
- 8 | Saturday of Souls
- 21 | Thoughts from Eva Lallas
- 39 | Children's Corner by
Presvytera Alexandra Houck
- 49 | Liturgical Calendar

VISIT FROM FR. ANARGYROS STAKIAS AND HIS FAMILY



See more on pg. 27



MESSAGE FROM THE PROTOPRESBYTER

Message from **FR. MICHAEL L. PASTRIKOS**, PROTOPRESBYTER

ON THE START OF THE TRIODION AND LENT

In a few weeks, the Orthodox Church will be preparing once again for the Feast of all Feasts, "PASCHA", the celebration of Christ's resurrection. But there is much preparation needed to reach that final destination. For that reason, the Church has many services throughout February, March, and April. There is always a purpose for this journey that we take through the season of preparation, which is to acquire the Kingdom of Heaven within our hearts, so that we may rejoice in truly seeing the Resurrected Lord and have life in Him.

Before the Lenten Season begins, there are three weeks of Preparation called the Triodion. The first Sunday of the Triodion (February 1st), we hear about the Publican and Pharisee, then the Prodigal Son (February 8th), Meatfare (Judgment) Sunday (February 15th), and Cheesefare (Forgiveness) Sunday (February 22nd). During the Triodion, we also observe three Saturdays of the Souls, when we commemorate and remember our departed loved ones.

During the Great Lent season, there are the Compline Services held every Monday, Presanctified Liturgies on Wednesday, Salutations Services on Friday, and after that we have the Holy Week services which lead up to the Feasts of all Feasts "Pascha". From the earliest days of Christianity, Great Lent was always a period of public penance, a period of self-examination, and a period of clearing away the underbrush of sin to let the sun of God's love shine on us.

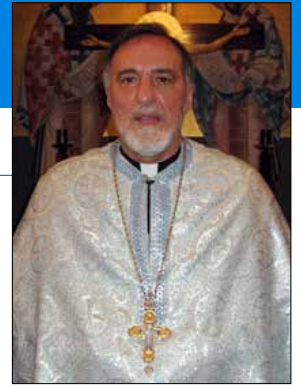
Great Lent is an incredible opportunity that comes once a year. It's not only about spiritual growth, but also about the transformation and sanctification of the entire world. These forty days of Lent provide us a period of time to reflect on our ability to get closer to God and to develop a life of discipline and prayer. There are so many examples throughout this journey that remind us of our own mortality--the need for penitence, the need for charity, praying for the dearly departed and loved ones who are living on this earth.

We have two important means that teach us about spiritual preparation, and they are Prayer and Fasting. These are two great means of repentance that are lacking in our lives today. Just a few weeks ago, before celebrating Epiphany, we heard the words of St. John the Baptist, who said, "Repent for the Kingdom of God is at hand." By using this spiritual method of Prayer and Fasting, we will be able to focus on what we need to do during our spiritual journey towards Christ. It lifts our spirit to give compassion to one another, and it builds a stronger relationship with God.

As Christians, we realize that throughout the years we lack a deeper connection and a deeper relationship with Christ. The question here is why? What can we do about it, and how can we help ourselves to regenerate that love and respect that we had with Him when we were younger? During this Lenten period, let us take the time to look back and recall our mistakes and seek ways to correct them. It gives us time to repent as St. John the Baptist preached in the wilderness before meeting Christ at the Jordan River to be baptized. It allows us to meditate and rediscover the true path that opens the windows of our hearts in order to let God's light penetrate inside us. We all understand that to reach that level of spirituality, we cannot wave a "Magic Wand" and think for a moment that everything will come to us. Absolutely not, we have to put forth a lot of effort and ask our Lord to help strengthen our faith.

Another positive step that we need to take as parents is to teach and instill in our children what the Lenten period means. I have always believed that the first place where we teach our children about the ways of life is in the home. If we never discuss faith and the teachings of our Lord in our home, we are teaching our children that it isn't important or that it doesn't apply to our home life.

As parents, we have that responsibility to educate our children about our Church, our Faith, about prayer, fasting, and most of all to bring them closer to God, so they can feel His presence and compassion. Many parents bring their children to



MESSAGE FROM THE PROTOPRESBYTER

Message from **FR. MICHAEL L. PASTRIKOS**, PROTOPRESBYTER

church for other reasons, such as meetings, Greek School classes, basketball practices, and other non-religious events. But many parents don't bring their children to worship in the church on Sundays. In our Parish, we probably have children who have never attended a Church service for years, nor have they received the Body and Blood of Christ through Holy Communion.

Parents think that because we bring our children to church once a year during Holy Week to receive Holy Communion that we have done justice to ourselves and our children. We are teaching the wrong method of Orthodox Christianity to our children. I could go on and on writing pages and pages about Great Lent, but the most important thing to know as parents is that we teach our children by what we do, how we do it, and what we don't do.

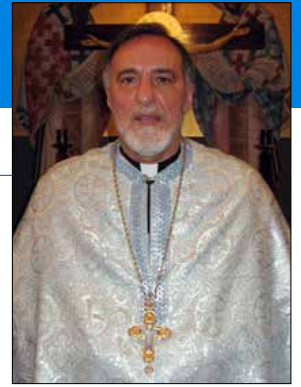
I will give you a good example of that understanding. If you take a flowerpot and fill it with dirt, then put

the seed into the pot and let it go for months without water and nutrients, will that flower grow, or will it die? You can make your own observation and answer that question. I will leave it up to each parent to answer that. This is what we are doing to our children when we keep them from being nourished by God.

Have a great Lenten Period and attend church services that our church provides throughout the Great Lenten Season with your family.

God bless you, and remember that Fasting, Prayer, Repentance, receiving the Holy Eucharist, and Almsgiving constitute the recipe for Eternal Life.

Amen



Σε λίγες εβδομάδες η Ορθόδοξη Εκκλησία θα πρέπει να ετοιμάζεται και πάλι για την Εορτή όλων των Εορτών το Άγιο "ΠΑΣΧΑ" τη γιορτή της Ανάστασης του Χριστού. Όμως απαιτείται πολλή προετοιμασία για την επίτευξη αυτού του τελικού προορισμού. Για το λόγο αυτό, η Εκκλησία τελεί πολλές Ακολουθίες καθ' όλη την διάρκεια των μηνών Φεβρουαρίου, Μαρτίου και Απριλίου. Πάντα υπάρχει ο στόχος για αυτό το ταξίδι που διανύουμε κατά την εποχή της προετοιμασίας ο οποίος είναι να αποκτήσουμε τη Βασιλεία των Ουρανών μέσα στις καρδιές μας, έτσι ώστε να μπορούμε να χαρούμε πραγματικά τον Αναστάντα Κύριο, και να ζήσουμε μια ζωή σύμφωνα με το θέλημα Του.

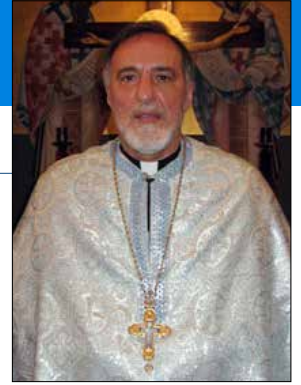
Πριν από την έναρξη της Μεγάλης Σαρακοστής, υπάρχουν τα τρία Ψυχοσάββατα, που τιμούμε και θυμόμαστε τους απελθόντες αγαπημένους μας, η Κυριακή του Τελώνου και Φαρισαίου, του Ασώτου Υιού, η Κυριακή της Απόκρεω (Κρίσεως), και η Κυριακή της Τυρινής (Συγχωρητική). Κατά τη διάρκεια της Μεγάλης Τεσσαρακοστής, υπάρχουν οι Ακολουθίες των Αποδείπνων που τελούνται κάθε Δευτέρα, οι Προηγιασμένες Θείες Λειτουργίες την Τετάρτη, και οι Ακολουθίες των Χαιρετισμών τη Παρασκευή.

Μετά έχουμε τις Ακολουθίες της Μεγάλης Εβδομάδας, που οδηγούν στις Γιορτές όλων των Εορτών το "Πάσχα". Από τις πρώτες μέρες του χριστιανισμού, το Μεγάλο Σάββατο ήταν πάντα μια περίοδος δημόσιας μετάνοιας, μια περίοδος αυτοελέγχου και μια περίοδος εκκαθάρισης της αμαρτίας ώστε να αφήσουμε τον ήλιο της αγάπης του Θεού να λάμψει.

Η Μεγάλη Τεσσαρακοστή είναι μια απίστευτη ευκαιρία που έρχεται μία φορά το χρόνο. Δεν πρόκειται μόνο για την πνευματική ανάπτυξη, αλλά και για τον μετασχηματισμό και τον αγιασμό ολόκληρου του κόσμου. Αυτές οι σαράντα ημέρες της Σαρακοστής μας παρέχουν ένα χρονικό διάστημα για να προβληματιστούμε σχετικά με την ικανότητά μας να πλησιάσουμε πιο κοντά το Θεό και να αναπτύξουμε μια ζωή πειθαρχίας και προσευχής. Υπάρχουν τόσες πολλές υπενθυμίσεις σε όλο αυτό το ταξίδι που μας θυμίζουν τη δική μας θνησιμότητα - την ανάγκη για μετάνοια, την ανάγκη για φιλανθρωπικούς σκοπούς, επίσης προσευχόμαστε για τα αγαπημένα μας πρόσωπα που δεν ζουν πια σ' αυτή τη γη.

MESSAGE FROM THE PROTOPRESBYTER

Message from **FR. MICHAEL L. PASTRIKOS**, PROTOPRESBYTER



Έχουμε δύο σημαντικά μέσα που μας διδάσκουν την πνευματική προετοιμασία, είναι η Προσευχή και η Νηστεία. Αυτά είναι τα δύο μεγάλα μέσα μετάνοιας που λείπουν σήμερα από τη ζωή μας. Μόλις πριν από λίγες εβδομάδες πριν από τον εορτασμό των Θεοφανείων ακούσαμε τα λόγια του Αγίου Ιωάννη του Βαπτιστή που είπε: “Μετανοήστε πλησιάζει η Βασιλεία του Θεού”. Με τη χρήση αυτής της πνευματικής μεθόδου προσευχής και νηστείας, θα είμαστε σε θέση να επικεντρωθούμε σε αυτό που πρέπει να κάνουμε κατά τη διάρκεια του πνευματικού ταξιδιού μας προς το Χριστό. Αναπτερώνει το πνεύμα μας, δίνει αγάπη ο ένας στον άλλο και θεμελιώνει μια ισχυρότερη σχέση με το Θεό.

Ως Χριστιανοί, συνειδητοποιούμε ότι όλα αυτά τα χρόνια μας λείπει η βαθύτερη σύνδεση και βαθύτερη σχέση με τον Χριστό. Το ερώτημα εδώ είναι, γιατί; Τι μπορούμε να κάνουμε γι’ αυτό και πώς μπορούμε να βοηθήσουμε τον εαυτό μας να αναπτερώσει εκείνη την αγάπη και το σεβασμό που είχαμε μαζί Του, όταν ήμασταν νεότεροι; Κατά τη διάρκεια αυτής της περιόδου της Σαρακοστής, ας πάρουμε το χρόνο και ας κοιτάξουμε πίσω, να θυμηθούμε τα λάθη μας και να αναζητήσουμε με ποιο τρόπο μπορούμε να τα διορθώσουμε. Μας δίνει χρόνο να μετανοήσουμε όπως κήρυξε ο Άγιος Ιωάννης ο Βαπτιστής στην έρημο, πριν συναντήσει τον Χριστό στον ποταμό Ιορδάνη για να βαφτιστεί. Μας δίνει την ευκαιρία να διαλογιστούμε και να ανακαλύψουμε και πάλι το αληθινό μονοπάτι που ανοίγει τα παράθυρα της καρδιάς μας για να αφήσει το φως του Θεού να διεισδύσει μέσα μας. Όλοι καταλαβαίνουμε ότι για να φτάσουμε σε αυτό το επίπεδο της πνευματικότητας, δεν είναι δυνατόν να κουνήσουμε το «μαγικό ραβδί» και να σκεφτούμε έστω και για μια στιγμή ότι όλα θα έρθουν σε εμάς. Απολύτως όχι, θα πρέπει να καταβάλλουμε μεγάλη προσπάθεια και να ζητήσουμε από τον Κύριο μας να μας βοηθήσει και να ενισχύσει την πίστη μας.

Ένα άλλο θετικό βήμα που πρέπει να κάνουμε ως γονείς είναι να διδάξουμε και να ενσταλάξουμε στα παιδιά μας τι σημαίνει η περίοδος της Σαρακοστής. Ανέκαθεν πίστευα ότι το πρώτο μέρος όπου τα παιδιά μας διδάσκονται τους τρόπους ζωής, είναι το σπίτι. Αν δεν συζητάμε για την πίστη και τις διδασκαλίες του Κυρίου μας στο σπίτι μας, διδάσκουμε στα παιδιά μας ότι δεν είναι σημαντικό, ή ότι δεν ισχύει για τη ζωή στο σπίτι μας.

Ως γονείς, έχουμε την ευθύνη να εκπαιδεύσουμε τα παιδιά μας, για την Εκκλησία μας, την πίστη μας, για την προσευχή, τη νηστεία, και πάνω απ’ όλα να τα φέρουμε πιο κοντά στο Θεό, ώστε να μπορούν να αισθάνονται την παρουσία και την αγάπη Του. Πολλοί γονείς φέρνουν τα παιδιά τους στην Εκκλησία για άλλους λόγους, όπως συνεδριάσεις, μαθήματα Ελληνικού Σχολείου, πρακτικές μπάσκετ, και άλλες μη-θρησκευτικές εκδηλώσεις. Ωστόσο, πολλοί γονείς δεν φέρνουν τα παιδιά τους να εκκλησιαστούν τις Κυριακές. Στην Ενορία μας, πιθανότατα έχουμε παιδιά που δεν έχουν παρακολουθήσει ποτέ Λειτουργία στην Εκκλησία εδώ και χρόνια, ούτε έχουν λάβει το Σώμα και το Αίμα του Χριστού μέσω της Θείας Κοινωνίας.

Οι γονείς σκέφτονται επειδή φέρνουν τα παιδιά τους στην Εκκλησία μια φορά το χρόνο, κατά τη διάρκεια της Μεγάλης Εβδομάδας για να λάβουν Θεία Κοινωνία, έχουν κάνει το καθήκον τους προς τους εαυτούς τους και τα παιδιά τους. Διδάσκουμε στα παιδιά μας μια λανθασμένη μέθοδο Ορθόδοξου Χριστιανισμού. Θα μπορούσα να συνεχίσω και να γράφω σελίδες και σελίδες για τη Μεγάλη Σαρακοστή, αλλά το πιο σημαντικό που πρέπει να γνωρίζουν οι γονείς είναι ότι διδάσκουμε τα παιδιά μας από ό, τι κάνουμε, πώς το κάνουμε και τι δεν κάνουμε. Θα σας δώσω ένα καλό παράδειγμα αυτής της κατανόησης. Αν πάρετε μια γλάστρα τη γεμίσετε με χώμα, στη συνέχεια, φυτέψετε το σπόρο μέσα στο δοχείο και το αφήνετε για μήνες χωρίς νερό και λίπασμα, το λουλούδι θα αναπτυχθεί ή θα πεθάνει; Μπορείτε να κάνετε τη δική σας παρατήρηση και να απαντήσετε σε αυτή την ερώτηση. Θα το αφήσω στο κάθε γονέα να απαντήσει σε αυτό. Αυτό κάνουμε στα παιδιά μας όταν τα κρατάμε μακριά από τη τροφή του Θεού. Να έχετε καλή Σαρακοστή και να εκκλησιάζεστε με τις οικογένειές σας στις Ακολουθίες που έχει η Εκκλησία μας κατά την περίοδο της Μεγάλης Τεσσαρακοστής.

Ο Θεός να σας ευλογεί και να θυμάστε ότι νηστεία, προσευχή, μετάνοια, Θεία Ευχαριστία, και Ελεημοσύνη, αποτελούν τη συνταγή για την αιώνια ζωή.

Αμην

MESSAGE FROM THE PRESIDENT

Dear Parishioners and friends of our church,

We hope that the New Year will be filled with beautiful moments, love, and blessings!

We have returned from the Christmas holidays full of joy and enthusiasm.

We are moving full speed ahead in our preparations for the Celebration of Letters, which will take place on Sunday, February 8, with the blessings of our beloved His Eminence Metropolitan Apostolos, the presence of our dearly loved Protosyngellos, Father Gregory Gilbert, as well as the participation of clergy representatives from neighboring churches and the schools that belong to our Holy Metropolis.

The Celebration of Letters, together with the feast of the Three Great Hierarchs and Ecumenical Teachers of the Church — Saint Basil the Great, Saint Gregory the Theologian, and Saint John Chrysostom — constitutes a unique spiritual celebration for the Orthodox Church and Hellenism.

We honor not only three great Fathers of our Church, but also the profound unity of the Orthodox faith with Greek education, language, and culture.

Especially for us Greeks of the Diaspora in America, the Celebration of Letters carries an additional and deeply meaningful symbolism.

It reminds us of our responsibility to preserve and pass on to younger generations the faith, language, and values we have inherited. Within a multicultural environment, the Church and Greek education serve as steadfast points of reference and identity.

At the conclusion of this festive message, I cannot help but emphasize the great importance of children in the life of our parish.

Their presence at Sunday worship fills the church with hope and a sense of the future. Their participation in Sunday School helps them experience our faith in a living and meaningful way, while the Greek School connects them to the language and culture of their ancestors.

Children are not merely the “tomorrow” of the Church; they are its living “today.” Let us support them, embrace them, and lovingly guide them along the path of faith and knowledge, as taught to us by the Three Great Holy Hierarchs.

With boundless love,
Stamatia Ieromonahos
President of Saint Nicholas Church Baltimore
Parish Council

Αγαπημένοι μας ενορίτες και φίλοι της εκκλησίας μας,

Ευχόμαστε η νέα χρονιά να είναι γεμάτη με όμορφες στιγμές, αγάπη και ευλογία!!!

Όλο χαρά και ενθουσιασμό επιστρέψαμε από τις διακοπές των Χριστουγέννων.

Ολοταχώς προετοιμαζόμαστε για τη Πορτή των Γραμμάτων που θα πραγματοποιηθεί την Κυριακή, 8 Φεβρουαρίου με τις Ευλογίες του αγαπητού σε όλους μας Σεβασμιώτατου κ.κ. Απόστολου, την παρουσία του αγαπητού σε όλους μας Πρωτοσύγκελου Πατήρ Γρηγορίου Γκίλμπερτ, όπως επίσης και τη συμμετοχή των γειτονικών εκκλησιαστικών ιερατικών εκπροσώπων και των σχολείων που ανήκουν στην Ιερά Μητρόπολη μας.

Η Πορτή των Γραμμάτων μαζί με την εορτή των Τριών Φωστήρων Ιεραρχών – του Μεγάλου Βασιλείου, του Αγίου Γρηγορίου του Θεολόγου και του Αγίου Ιωάννου του Χρυσόστομου – αποτελεί για την Ορθόδοξη Εκκλησία και τον Ελληνισμό μια ξεχωριστή πνευματική πανήγυρη.

Τιμούμε όχι μόνο τρεις μεγάλους Πατέρες της Εκκλησίας μας, αλλά και τη βαθιά ενότητα της Ορθόδοξης Πίστεως με την ελληνική παιδεία, τον λόγο και τον πολιτισμό.

Ιδιαίτερα για εμάς τους Έλληνες της Διασποράς στην Αμερική, η Πορτή των Γραμμάτων έχει έναν πρόσθετο, βαθύ συμβολισμό.

Μας υπενθυμίζει την ευθύνη να διαφυλάξουμε και να μεταδώσουμε στις νεότερες γενιές την πίστη, τη γλώσσα και τις αξίες που κληρονομήσαμε. Μέσα σε ένα πολυπολιτισμικό περιβάλλον, η Εκκλησία και η ελληνική παιδεία λειτουργούν ως σταθερά σημεία αναφοράς και ταυτότητας.

Στο τέλος αυτής της εορταστικής αναφοράς, δεν μπορώ παρά να τονίσω τη μεγάλη σημασία των παιδιών στη ζωή της ενορίας μας.

Η παρουσία τους στον εκκλησιασμό της Κυριακής γεμίζει τον ναό με ελπίδα και μέλλον. Η συμμετοχή τους στο κατηχητικό τα βοηθά να γνωρίσουν βιωματικά την πίστη μας, ενώ το ελληνικό σχολείο τα συνδέει με τη γλώσσα και τον πολιτισμό των προγόνων τους.

Τα παιδιά δεν είναι απλώς το «αύριο» της Εκκλησίας· είναι το ζωντανό «σήμερα» της.

Ας τα στηρίξουμε, ας τα αγκαλιάσουμε και ας τα οδηγήσουμε με αγάπη στον δρόμο της πίστης και της γνώσης, όπως μας δίδαξαν οι Άγιοι Τρεις Μέγιστοι Ιεράρχες.

Με απέραντη αγάπη,

Σταματία Ιερομονάχου
Πρόεδρος Διοικητικού Συμβουλίου
Αγίου Νικολάου Βαλτιμόρης



CHURCH CONTACT INFORMATION

PROTOPRESBYTER FR. MICHAEL PASTRIKOS, PASTOR Tel - 410-633-5020 • Fax - 410-633-4352

CHURCH SECRETARY

ELENI KOSTALAS-LENTIS

FINANCIAL SECRETARY

AMALIA SYROPOULOS-KOSTRIVAS

PARISH COUNCIL

PRESIDENT – STAMATIA IEROMONAHOS

VICE PRESIDENT – JOHN KOROLOGOS

TREASURER – ASPASIA CHARALAMBOPOULOS

ASSISTANT TREASURER – GEORGE STAMOULIS

RECORDING SECRETARY – MARITA KAZOS

BOARD MEMBERS:

ATHANASIOS KARAFLOS

JIMMY KOSMAS

DIMITRI PAPAVALASILEIOU

NICANOR PATERIS

JOEY VONAKIS

PHILOTOCHOS

PRESIDENT - MARIA KARAGIANNIS

1ST VICE PRESIDENT - IRENE VASILEIOS

2ND VICE PRESIDENT - RENEE THEMELIS

TREASURER - STELLA KOUKIDES

ASSISTANT TREASURER - NORA KEFALAS

SECRETARY - PANAGIOTA KOUTSANTONIS

CORRESPONDING SECRETARY - EVA NYCHIS

ADVISOR - MARIA GIORGAKIS

BOARD MEMBERS -

KATINA FOTINOS, MARIA KOUTSOURI, PATTY

MICKLOS, ZOE PERDIKAKIS, ELENI PIKOUNIS,

EVAGELIA SALIARIS, TSAMBIKA TRIANTAFILOS,

CHRISTINE ZERVOS

HELLENIC GOLDEN COINS

VASSO KOUMOUDIS, DIRECTOR

FOULA PARAGIOS & VASILI PHILIPPOU,

DANCE INSTRUCTORS

PAN-HELLENIC BOARD MEMBERS

METAXIA KARDIASSMENOS -

HONORARY MEMBER

EFFIE KARAMBELAS - DANCE TEACHER

FOTEINI ARGIROPOULOS - POC

DIAMONDS

SOFIA XOURI - PRESIDENT

MOSKOULA KOUKIDIS - VICE-PRESIDENT

ANASTASIA VASILAKOPOULOS - SECRETARY

EVALALLAS- TREASURER

BOARD MEMBERS

ROZA CORNIAS

SOULA KAPETANAKOS

G.O.Y.A. ADVISORS

EMILY SYROPOULOS

PENNY ALAFASSOS

HARIKLIA NEZIS

ALEXANDRA KAROUTSOS

MARIA FILIPPOU

FOTINI FOUKAS

G.O.Y.A. COACHES

GIRL'S COACHES -

JOHN CHRISOMALLIS

GENEVIEVE ZDZIERA

HARIKLIA NEZIS

BOY'S COACHES -

JOHN SMOUDIANIS

SOPHIA GERAPETRITIS

DIMITRI KOSTRIVAS

G.O.Y.A. BOARD MEMBERS

GEORGE KOSTRIVAS - PRESIDENT

CHRISTINA ALAFASSOS - VP

GEORGE ZDZIERA- TREASURER

MARIA KILLIAS - CORR SEC

ANDRIANNA NEZIS - REC SEC

MARIANTHI DINIOTIS - HISTORIAN

DESPINA LENTIS - HISTORIAN

YIANNI BISIOTIS - SERG OF ARMS

SUNDAY SCHOOL

SOPHIA GERAPETRITIS

PENNY GERAPETRITIS

STAVROULA GERAPETRITIS

YANA KARABELAS

PHAEDRA AVGERINOS

AIDES

TSAMBIKA AVGERINOS

ELIANA PARAGIOS

ANTIGONI PARAGIOS

AFTERNOON GREEK SCHOOL

PRINCIPAL - STAMATIA IEROMONAHOS

PRE-K - MARIA GOURGOULIATOU,

AGAPI MOSXONA MINADAKIS

KINDERGARTEN - MARIA GOURGOULIATOU,

AGAPI MOSXONA MINADAKIS

1ST GRADE - SEVI FROUMIS VLACHOU, YVVONI GALETAKI

2ND GRADE - SEVI FROUMIS VLACHOU, YVVONI GALETAKI

3RD & 4TH GRADE - PARASKEVI KOTSATOU ARGETAKI

5TH & 6TH GRADE - KELLY PEROS VASILIADES

AL ELLINOMATHEIA COORDINATOR -

PARASKEVI KOTSATOU ARGETAKI

A2, B1 ELLINOMATHEIA COORDINATOR -

KELLY PEROS VASILIADES

B2 ELLINOMATHEIA COORDINATOR -

PARASKEVI KOTSATOU ARGETAKI

TMHMA ENHLIKWN - YVVONI GALETAKI

VOITHOI ELLINOMATHEIAS - ELINA PAPANIMA

TSAPAKIDIS, DESPINA CHATZAKOU LARENTZOS

GREEK SCHOOL P.T.A.

ALEXANDRA KAROUTSOS - PRESIDENT

ALEXANDRA FORAKIS - VICE PRESIDENT

DIMITRA DOUSKAS - SECRETARY

AGATHI DIAKANTONIS - TREASURER

BOARD MEMBERS:

MARIA IEROMONAHOS

TSAMBIKA KOROLOGOS

ANNA NIKOLETOU

TINA STAMATIADI

ANGELA YEAKIM

YAL

FOULA PARAGIOS

IMPORTANT NOTICE -

KOINONIA DEADLINE

Please submit your article(s) to the Koinonia staff by the deadline stated below:

ISSUE MONTH - MARCH 2026

SUBMISSIONS DUE - FEBRUARY 20th

Please email your article(s) to - ekostas@stnicholasmd.org

Articles are due no later than the 20th of each month. If they are received after the deadline they will be published in the following month's issue.

All articles must be proofread and color corrected prior to submission.

The Presentation of Our Lord and Savior in the Temple

Courtesy of the Greek Orthodox Archdiocese of America
www.goarch.org



Reading

When the most pure Mother and Ever-Virgin Mary's forty days of purification had been fulfilled, she took her first-born Son to Jerusalem on this, the fortieth day after His birth, that she might present Him in the temple according to the Law of Moses, which teaches that every first-born male child be dedicated to God, and also that she might offer the sacrifice of a pair of turtle-doves or two young pigeons, as required by the Law (Luke 2:22-24; Exod. 13:2; Lev. 12:6-8). On this same day, a just

and devout man, the greatly aged Symeon, was also present in the temple, being guided by the Holy Spirit. For a long time, this man had been awaiting the salvation of God, and he had been informed by divine revelation that he would not die until he beheld the Lord's Christ. Thus, when he beheld Him at that time and took Him up into his aged arms, he gave glory to God, singing: "Now lettest Thou Thy servant depart in peace, O Master. . ."

And he confessed that he would close his eyes joyfully, since he had seen the Light of revelation for the nations and the Glory of Israel (Luke 2:25-32). From ancient times, the Holy Church has retained this tradition of the churching of the mother and new-born child on the fortieth day and of the reading of prayers of purification.

The Apodosis of the Feast of the Meeting in the Temple is usually on the 9th of February. This, however, may vary if the Feast falls within the period of the Triodion. Should this occur, the

Typicon should be consulted for specific information concerning the Apodosis of the Feast.

[Apolytikion of Presentation of Our Lord](#)

First Tone

Hail Virgin Theotokos full of Grace, for Christ our God, the Sun of Righteousness, has dawned from you, granting light to those in darkness. And you, O Righteous Elder, rejoice, taking in your arms, the Deliverance of our souls, who grants us Resurrection.

[Kontakion of Presentation of Our Lord](#)

First Tone

Your birth sanctified a Virgin's womb and properly blessed the hands of Symeon. Having now come and saved us O Christ our God, give peace to Your commonwealth in troubled times and strengthen those in authority, whom You love, as only the loving One.

SATURDAY OF SOULS

Through the Apostolic Constitutions (Book VIII, ch. 42), the Church of Christ has received the custom to make commemorations for the departed on the third, ninth, and fortieth days after their repose. Since many throughout the ages, because of an untimely death in a faraway place, or other adverse circumstances, have died without being deemed worthy of the appointed memorial services, the divine Fathers, being so moved in their love for man, have decreed that a common memorial be made this day for all pious Orthodox Christians who have reposed from all ages past, so that those who did not have particular memorial services may be included in this common one for all. Also, the Church of Christ teaches us that alms should be given to the poor by the departed one's kinsmen as a memorial for him.

Besides this, since we make commemoration tomorrow (Sunday, February 23rd) of the Second Coming of Christ, and since the reposed have neither been judged, nor have received their complete recompense (Acts 17:31; II Peter 2:9; Heb. 11:39-40), the Church rightly commemorates the souls today, and trusting in the boundless mercy of God, she prays to Him to have mercy on sinners. Furthermore, since the commemoration is for all the reposed together, it reminds each of us of his own death, and arouses us to repentance.

The Kollyva are symbolic of the resurrection of the dead on the day of the Second Coming of the Lord. St. Paul said, "what you sow does not come to life unless it dies" (I Corinthians 15:36), and St. John, "unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit" (John 12:24).

Thus, as the wheat is buried in the soil and disintegrates without really dying but is later regenerated into a new plant that bears much more fruit than itself, so the Christian's body will be raised again from the very corruptible matter from which it is now made; however, it will be raised not in its previous fleshy substance but in an incorruptible essence

which "will clad the mortal body with an immortal garment", in the words of St. Paul (I Corinthians 15:53).

The Kollyva then, symbolize the Apostolically rooted hope in the resurrection of the dead as the only eventuality that gives meaning and attains the longed perfection on the part of the individual who takes his life to be a divinely ordained meaningful living forever.

The 16th century Archbishop Gabriel of Philadelphia wrote that the Kollyva are symbols of the general resurrection, and the several ingredients added to the wheat signify so many different virtues.

*Apolytikion of Saturday of Souls
Plagal of the Fourth Tone*

Only Creator who out of the depths of wisdom lovingly govern all things and upon all bestow what is accordingly best for them, give rest to the souls of Your servants, for they have placed their hope in You, our Author and Maker and God.

*Kontakion of Saturday of Souls
Plagal of the Fourth Tone*

Give rest, O Christ, among the Saints to the souls of Your servants, where there is no pain, no sorrow, no grieving, but life everlasting.



ΨΥΧΟΣΑΒΒΑΤΑ



Τα Ψυχοσάββατα φτιάχνουμε κόλλυβα για την ανάπαυση των αγαπημένων κεκοιμημένων μας προσώπων.

Τι σημαίνουν τα υλικά που χρησιμοποιούμε.

Κ ό λ λ υ β α ετοιμάζουμε τα Ψυχοσάββατα (δηλ. τά Σάββατα πριν τις

Κυριακές της Απόκριω, της Τυρινής και της Α' Νηστειών της Μεγάλης Τεσσαρακοστής και το Σάββατο πριν την Κυριακή της Πεντηκοστής) καθώς και κάθε φορά που θέλουμε να τελέσουμε στο Ναό επιμνημόσυνη δέηση για την ανάπαυση των αγαπημένων κεκοιμημένων μας προσώπων.

Τα κόλλυβα συμβολίζουν την κοινή ανάσταση των ανθρώπων. Δηλ, όπως ο σπόρος του σιταριού πέφτει στη γη, θάβεται και χωνεύεται και σαπίζει χωρίς όμως να φθαρεί και στη συνέχεια φυτρώνει καλύτερος και ωραιότερος, έτσι και το νεκρό σώμα του ανθρώπου θάβεται στη γη και σαπίζει, για να αναστηθεί και πάλι άφθαρτο και ένδοξο και αιώνιο. Την ωραία αυτή εικόνα μας δίδει ο απόστολος Παύλος στην Α' προς Κορινθίους Επιστολή (κεφ. 12, στίχοι 35-44). Την ίδια εικόνα για την Ανάστασή Του χρησιμοποίησε και ο Χριστός (ευαγγέλιο Ιωάννη, κεφ. 12, στίχ. 24).

Τα Κόλλυβα είναι ένα από τα πιο παλαιά χριστιανικά έθιμα που διατηρήθηκε στη ζωή της Ορθοδόξου Εκκλησίας και συνδέεται άμεσα με τους κεκοιμημένους. Τα κόλλυβα είναι σιτάρι βρασμένο που κατά κανόνα σήμερα έχει τη μορφή στολισμένου δίσκου με ξηρούς καρπούς, όπως αμύγδαλα, καρύδια, φουντούκια, φιστίκι κ.α και κυρίως ζάχαρη.

Τα Κόλλυβα προσφέρονται στους παρευρισκόμενους σε μνημόσυνα στην εκκλησία, αλλά και διανέμονται στη συνέχεια σε συγγενικά ή φιλικά σπίτια. Το έθιμο προέρχεται από τα παλαιότερα χριστιανικά χρόνια και έχει σχέση με τα περίδειπνα των Ελλήνων και άλλων λαών.

Σε κάθε παράδοση τα κόλλυβα είναι μέρος της θρησκείας μας.

Τα υλικά πρέπει να είναι 9 γιατί 9 είναι τα τάγματα των αγγέλων, ενώ το κάθε υλικό έχει το δικό του συμβολισμό.

1. Σιτάρι: οι νεκροί (το γήινο στοιχείο)
2. Ζάχαρη: η γλυκύτητα του Παραδείσου
3. Σταφίδες: η Άμπελος (ο Χριστός)
4. Μαϊντανός: η ανάπαυση «εν τόπω χλοερώ»
5. Φρυγανιά τριμμένη ή σουσάμι: το χώμα («..ας είναι ελαφρύ το χώμα που τον σκεπάζει..»)
6. Ρόδι: τα ελέη του Παραδείσου, η λαμπρότητα
7. Κανέλλα: η ευωδία, τα αρώματα («..αρώμασι εν μνήματι κηδεύσας απέθετο..», «..μύραναν τον τάφο αι μυροφόροι μύρα..»)
8. Αμύγδαλα: η ευγονία, η ζωή που διαιωνίζεται με τους απογόνους (αντί για αμύγδαλα μπορούν να χρησιμοποιηθούν καρύδια)
9. Κουφέτα (ασημένια και λευκά): τα οστά που μένουν αναλλοίωτα καθώς το σώμα φθείρεται.

Άπολυτίκιον

Plagal of the Fourth Tone

Ὁ βάθει σοφίας φιλανθρώπως πάντα οικονομῶν, καὶ τὸ συμφέρον πᾶσιν ἀπονέμων, μόνε Δημιουργέ, ἀνάπαυσον Κύριε τὰς ψυχὰς τῶν δούλων σου· ἐν σοὶ γὰρ τὴν ἐλπίδα ἀνέθεντο, τῷ ποιητῇ καὶ πλάστῃ καὶ Θεῷ ἡμῶν.

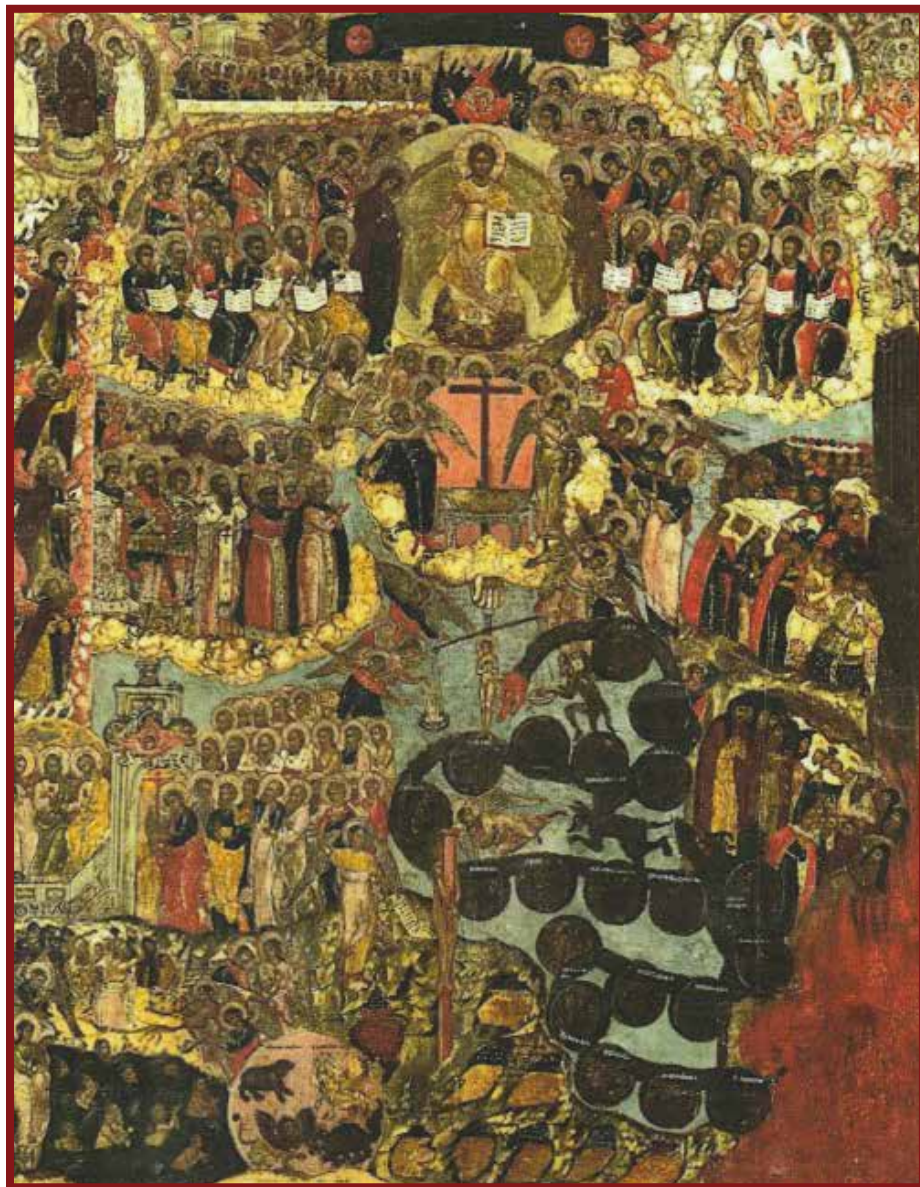
Κοντάκιον

Plagal of the Fourth Tone

Μετὰ τῶν Ἁγίων ἀνάπαυσον Χριστέ, τὰς ψυχὰς τῶν δούλων σου, ἔνθα οὐκ ἔστι πόνος, οὐ λύπη, οὐ στεναγμός, ἀλλὰ ζωὴ ἀτελεύτητος.

Saturday of Souls

Praying for our Departed Loved Ones



despair over the dead, because “if we believe that Jesus died and rose again, even so God will bring with Him those who have fallen asleep in the Lord.” (1 Thess 4:14) For all of us who have believed in Christ and walked with Him in the newness of life here and now, death becomes but a doorway into the fuller union with Him. This is why St. Paul could say, “For me to live in Christ and to die is gain.” (Phil 1:21) The Apostle Paul goes on to say, “If we have been united through Baptism in the likeness of Christ’s death, we also shall be united in the likeness of His resurrection. (Rom 6:4-5)

On Saturday, March 2, March 9, and March 16, we celebrate in our Church the SATURDAY OF THE SOULS. We all have loved ones who have passed away, and as a Church we never forget them. At each Divine Liturgy, the Priest reads all the names of the Living as well as the departed faithful in the service of the Oblation. This service is prepared on the left side of the Altar during the Orthros service and this is where the names of the living and the dead are read and commemorated. Also the names of the departed are also mentioned during the Divine Liturgy. We also have Memorial services throughout the year, where we as Orthodox Christians have the opportunity to commemorate our loved ones during the Divine Liturgy on Sundays, as well as Week day services. We also have the opportunity to pray for them and to remember them on their anniversaries.

We are always inquisitive when it comes to question the purpose of our memorial service and why do we pray

At no matter what age of life we die, we always see death as a distortion of our existence. Death portrays a horrible tragedy because it is the fruit of evil in the world. We were not created to die. When Almighty God created the first man Adam, and Woman Eve, in his own image and likeness, he meant for all humanity to live for eternity with Him. Since God

has no end, He desired for His beloved creation to dwell in His infinite love forever. This is why, deep within each of us, we all sense an innate desire for life! From this prospective, death is fearful, and something we despise. And yet, although we can see death as the greatest evil, St. Paul counsels us “not to mourn as those who do not have hope” He advises us never

SATURDAY OF SOULS - Continued

for the dead? To answer this question, we must first understand clearly how we, as Orthodox Christians view death itself. Although death is the culmination of evil in our world, for Christians our faith in Jesus Christ transforms death. For one who is united to our Lord here on earth, death is no longer a fearful and tragic conclusion to one's life. It is but an entrance way into a new beginning.

Death itself may seem like an uncertain, even fearful journey, and yet as Christians we know who awaits us on the other side. Our Lord Jesus Christ is there lovingly waiting, with His arms outstretched, ready to embrace us in deeper union with Himself, and welcome us into our eternal home.

As Christians we can face death with hope, knowing that our loving, and merciful and compassionate Lord awaits us! Divine Love is greater than death. St. Paul even dares to say, "Death has been swallowed up in victory!" The victory of divine love.

Metropolitan Anthony Bloom wrote: "A person bereaved should never say "We loved one another." We should always say "We love each other." If we allow our love to become a thing of the past, we have to recognize that we do not believe in the continuing life of the person that died.

Well, this same love is central to understanding the Saturday of the souls in the Orthodox Church. We remember and pray for the dead because of God's divine love for us, and our sacred love for one another. We express our love to our departed ones through our prayers, which reaffirm that those who have died are not dead to us, nor to God. Our love for one another continues even after death.

St. Paul teaches, "Love never ends". The Church understands well this precept, and therefore, continues to pray for the dead always. Since love never ends, our prayers never end; our communion with the departed never end; our union with them through Christ never ends. Our prayers for the dead reveal in a most beautiful way our understanding of the Church as the Body of Christ both here on earth and in heaven. We are one Church, which includes those struggling here on earth, together with those who now live in fuller union with God in paradise. Just as we pray for one another here on earth, we also pray for those who have departed. The Body of Christ is not just the members who we see each week in Church. The Church is also the saints who we see in the icons, and the beloved faithful who have died and live in Christ. That is why before each Divine Liturgy, when the Priest prepares the bread which will be used for Holy communion, the priest offers prayers for the living as well as those who have fallen asleep in the Lord. There is no separation in our prayers for the living and the dead. Divine love unites us all together, as on Church.

On the Saturday of the Souls, as well as every Divine Liturgy and Memorial service that are conducted in the Church we pray for the dead because we love them. And we also need to understand that God hears our prayers and unites all of us together and our prayers do help others in their own union towards their Creator.

Fr. Thomas Fitzgerald, a professor at Holy Cross Theological School, writes, "Death alters but does not destroy the bond of love and faith which exists among all the members of the church. Orthodoxy believes that through our prayers, "those who have

fallen asleep in the faith and the hope of the resurrection" continue to have opportunity to grow closer to God. Therefore the church prays constantly for her members who have died in Christ. We place our trust in the love and forgiveness. We pray that God will forgive the sins of the faithful departed and that He will receive them into the company of Saints in the heavenly Kingdom."

Of course, some who have died have not lived a righteous life of faith and love in Christ Jesus. Even for such as these, we still pray with hope. We know that God's unfathomable mercy and love is immeasurably greater than any sin or shortcoming of a person, no matter how evil.

Therefore, by turning to this ocean of love in prayer, we believe as Orthodox Christians that our prayers in some way are a part of the mystery of God, and hopefully our prayers bring in some way comfort and benefit to the person we pray for! As a symbol of this hope we have for the dead, it is traditional for the family to bring a bowl of boiled wheat to the Church for the Saturday of the Souls (as well as for Memorial Services). This wheat, known as "Kolyva" in Greek, reminds us of the words of our Lord Jesus Christ spoke, "Unless the grain of wheat falls into the earth and dies, it remains alone; but if it dies it produces much fruit." (Jn 12:24) When we celebrate the Saturday of the Souls during the three Saturdays before Great Lent begins, we are affirming that death is not the end. Death never has the final say in our journey of faith!

Will You Remember Me?

By Fr. Lawrence Farley

Courtesy of oca.org

Lately I was listening to Jann Arden's poignant song Will You Remember Me? and it occurred to me that in one hundred years from now, no one would. In this I am, of course, hardly unique: in one hundred years from now, no one will remember you either, nor will they remember anyone currently reading this blog. My children will remember me, and my grandchildren after them (though for them grandpa will live more on the edges of their memory), but after my grandchildren die, it will be as if I had never existed. This is not a morbid complaint, but a simple observation.

There are, of course, certain people who will be remembered down through the generations—usually rulers and celebrities. This is not always a good thing. One hundred years from now people will still remember the names of Hitler and Stalin, but this will hardly redound to their praise. Some rulers, though, will be remembered fondly. People generations from now will still recall the name of Winston Churchill, though it will be remembered without the emotional resonance that it had for Londoners who endured the Blitz. And celebrities will be remembered. The names Humphrey Bogart and Marilyn Monroe will lose little of their potency.

But this last observation about celebrities merely confirms the assertion with which this piece began, for no one alive one hundred years from now (as few people alive now) will know the real Humphrey Bogart or the real Marilyn Monroe. All that will remain will be their film legacies and (in the case of Marilyn) a pile of photos. The real flesh and blood persons behind the names will have vanished. Even now few people know that Marilyn's real name was not Marilyn Monroe, but Norma Jeane Mortensen.

The fact that human existence is ephemeral and fleeting is hardly new. The old hymn

O God Our Help in Ages Past reminded us that "time, like an ever-rolling stream, bears all its sons away", and previous generations could hardly have forgotten the fact of their mortality if they wanted to. In past ages, people died at home, and were prepared for burial by their immediate families. Child mortality was much higher then (alas) so that every family was intimately acquainted with the sight of corpses.

But this is no longer the case. Now our culture has chosen to deny death as fact of normal existence. Most people do not die at home, but in hospitals, where they are promptly whisked to the morgue, and then (increasingly) to the crematorium. Our funerals often no longer gather around the body of the deceased, and are sometimes no longer even called "funerals", but "celebrations of life". The mourners (no one calls them "celebrants" for all the talk of celebration) do not assemble around the casket, but stare at a photo of the deceased. In our culture we contrive to deny that death exists, and we quickly go back to watching the football game or Netflix. Think about it: when was the last time you heard anyone described as "being in mourning" after a funeral? It is as if the ever-flowing stream of time now no longer bears anyone away.

In this environment it is therefore salutary to be reminded of death. Perhaps that is why every time we gather at the Liturgy the deacon bids us pray for a Christian ending our life, painless, blameless, and peaceful. It is salutary to be reminded that death awaits us all, so that we can prepare for it and for the judgment that will follow.

So, it is no bad thing to be reminded that one hundred years from now no one will remember us. No one, that is, except One. God will remember us after we are gone. That is why we sing Memory Eternal" when we pray for the dead. For the "memory" re-

ferred to in the prayer "May his memory be eternal" is not our memory, but God's. He will remember us, when all have forgotten that we had ever lived. It is just here that we see the true horror of hell, for hell is the black sty where the wicked will dwell, forgotten even by the omniscient God. We see this terrible possibility foreshadowed in the Lord's words at the Last Judgment, when the One who knows everything and everyone will say to some, "I never knew you" (Matthew 7:23). This will be the worst horror hell will contain. We want God to remember us.

And His memory is not like ours; His memory is with power. In Hebrew thought, to remember is to take action. When God remembered Rachel, He granted to her the promised conception (Genesis 30:22). The prophetic mandate in Isaiah 62:6-7 to remind the Lord about Jerusalem was not a prayer that God would fondly recall the city, but that He would take action to save it. When God remembers, He acts.

Ultimately, therefore, God will remember us. Even now He holds us in the palm of His hand, and will receive our souls when time's ever-rolling stream bears us away. And on the Last Day, when this age finally fades like a dream and the whole world dissolves in the fire of divine judgment, God will remember us. He will take action, and raise us up to new life, and that life, like His memory, will be eternal.

EXPLANATION OF LENTEN SERVICES

GREAT COMPLINE SERVICE Monday Evenings 7:00 pm

Compline in Greek is “Apodeipno” meaning after dinner. The Compline service in monasteries is traditionally offered after dinner. We have two services of the Compline, The Small and the Great Compline. The one that is chanted in our churches during Lent is the “Great Compline Service”. This service consists of the reading of Psalms and the chanting of hymns related to combating sin in the evening hours and during sleep. The Great Compline Service is a wonderful way to begin the week.

PRESANCTIFIED LITURGY Wednesdays, 7:00 pm

The Presanctified Liturgy is a service celebrated on Wednesdays during Great Lent. The Liturgy is called Presanctified because the consecration of the Holy Gifts (Holy Eucharist) takes place on the preceding Sunday. The Presanctified Liturgies in the Early Church were celebrated over the tombs of the Saints.

They are offered during Lent to the faithful for more opportunities to receive Holy Communion during the most Holy Period of the Church Year. The question frequently comes up regarding fasting before the evening Presanctified Liturgy. The faithful make every effort to eat a light Lenten meal near 12:00 in the afternoon. We should do our best to keep at least a 6 hour fast before the Liturgy.

The first part of the service is a Vespers with beautiful readings from the Psalms. The last part of the service is a Divine Liturgy. During the readings of the psalms the Presanctified Gifts are transferred from the altar table, the Proskomide(Oblation Table). The Presanctified Liturgy is unique because the mood of the service is very solemn. The Liturgy is traditionally considered to be the effort of St. Gregory of Rome 6th century Bishop). I encourage everyone to participate in as many of these Liturgies as possible. There is no reason why the children should be absent from these beautiful services. This would be a wonderful time to help them understand what a Presanctified Liturgy is.

AKATHIST HYMN (SALUTATIONS TO THE VIRGIN MARY) AKATHISTOS Friday Evenings, 7:00 pm

“Akathistos” in Greek means standing up and not sitting down. In the Orthodox Tradition the people offer this service standing up the entire time(Elderly, the sick, and small children are permitted to sit).

It is believed the Akathist Service was composed and offered to the Mother of God in the year 626. That year Constantinople was saved from the siege of the Avars and Persians. The entire service is a poetic canon dedicated to the Mother of God “The Theotokos”. The Akathist Service is known as one of the hymnological masterpieces of the Church. The service is both historical as well as Theological. We hear hymns expounding the belief in the Incarnation of the Lord and the salvation of those who believe in Him. The hymns are not only offered to the Lord and the Virgin Mary, but also to St. John the Baptist, Gabriel the Archangel, the Shepherds and Wise Men worshipping Christ. Most agree the Akathist Service is the most emotional of all the Lenten Services. Make this Lenten journey a family experience.

FASTING

Fasting must be undertaken willingly and not by compulsion. (Fr. Theodore Stylianopoulos). God doesn't need our fasting. We don't fast as a kind of personal punishment for our sins. We cannot pay God back for our sins but we can only confess them to Him to receive forgiveness. Fasting with willing spirit and not just with an attitude of fulfilling a religious obligation means that we keep the purposes of fasting always before us which is to develop self control. Fasting is simplicity of eating. We leave the table not with loaded stomachs. Being a little hungry during the day becomes a constant reminder of God, of our dependence on Him, and of the fact that the Lord, alone can give us “food that lasts for eternal life”.

In fasting and prayer, He reveals Himself to us as our true food and drink.

- John 6:27



**GREEK ORTHODOX ARCHDIOCESE OF AMERICA
ARCHEPISCOPAL ENCYCLICAL**

Prot. No. 22/2026

Archepiscopal Encyclical on the Feast of the Three Hierarchs and the Day of Greek Letters

January 30, 2026

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

*The unexamined life is not worth living.
(Socrates, Apology: 38a5-6)*

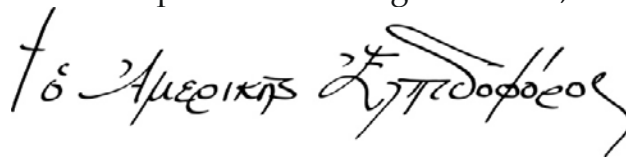
Beloved brethren in Christ,

On this Day when we celebrate the Three Holy Hierarchs — Saints Basil the Great, Gregory the Theologian and John Chrysostom — we also mark the Day of Greek Letters, a special observance of our appreciation for Hellenic learning, literature, philosophy, and the myriad implications and effects of Greek Civilization upon our world throughout the last five thousand years (and beyond!). The great Theologians of our Church recognized in the Ancient Greek Philosophers a kindred spirit. Because centuries before the Birth of our Savior Jesus Christ — and without contact with the Hebrew Prophets of old — those Philosophers were committed to the search for Truth and to investigating the nature of reality. Thus, they were considered as “Christians before Christ,” and even given iconographic representation in many of our most famous monasteries (e.g., Vatopedi on Mount Athos).

Of course, the most famous of all these Philosophers is Socrates, whose wisdom and wit was bequeathed like an inestimable treasure to humanity by his devoted student, Plato. Among his many maxims is the quote we commenced with: “The unexamined life is not worth living.” This renowned phrase encapsulates a fundamental truth that is approachable both from the point of view of reason and that of faith. Looking deeply into ourselves, into our hearts and minds to probe our motivations, our intentions and our values, is a spiritual practice that can enhance our lives in every way. The Fathers of the Church recognized these philosophical teachings as being not only applicable to the Christian way of life, but completely consistent with it, and therefore commended them to the Faithful. They used the taxonomies and nomenclature of Greek Philosophy and Language to express the profound truths of the Orthodox Christian Faith. Thus, they examined every aspect of human existence and found the most worthy and valuable qualities by which to live.

Therefore, beloved brothers and sisters, let us honor this day and celebrate the marvelous synthesis of Faith and Reason represented by the Three Holy Hierarchs, and by the magnificent legacy of Greece to the world. Let us commit to living examined lives, filled with the spiritual blessings that come from such a conscious endeavor, an exercise that reflects the very best of our Faith and our Culture.

With paternal blessings in Christ,



† ELPIDOPHOROS
Archbishop of America



ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ

Αριθμ. Πρωτ.: 22/2026

**Αρχιεπισκοπική Έγκύκλιος για την έορτή τῶν Τριῶν Ἱεραρχῶν καὶ τὴν ἡμέρα
τῶν ἑλληνικῶν γραμμάτων.**

30 Ἰανουαρίου 2026

Πρὸς τοὺς Σεβασμιωτάτους καὶ Θεοφιλεστάτους Ἀρχιερεῖς, τοὺς
Εὐλαβεστάτους Ἱερεῖς καὶ Διακόνους, τὶς Πρεσβυτέρους καὶ τὶς Διακόνισσες, τοὺς
Μοναχοὺς καὶ τὶς Μοναχές, τοὺς Προέδρους καὶ τὰ Μέλη τῶν Κοινοτικῶν
Συμβουλιῶν, τοὺς Ἐντιμολογιωτάτους Ἄρχοντες τοῦ Οἰκουμενικοῦ Πατριαρχείου,
τὰ μέλη τῆς Ἠγεσίας τῶν 100, τὰ Ἡμερήσια καὶ Ἀπογευματινὰ Σχολεῖα, τὶς
Φιλοπτώχους Ἀδελφότητες, τὴ Νεολαία, τὶς Ἑλληνορθόδοξες Ὄργανώσεις καὶ
ὀλόκληρο τὸ Χριστεπώνυμο πλήρωμα τῆς Ἱερᾶς Ἀρχιεπισκοπῆς Ἀμερικῆς.

*«Ὁ δὲ ἀνεξέταστος βίος οὐ βιωτὸς ἀνθρώπῳ»
(Πλάτων, Ἀπολογία Σωκράτους: 38a 5-6).*

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῷ,

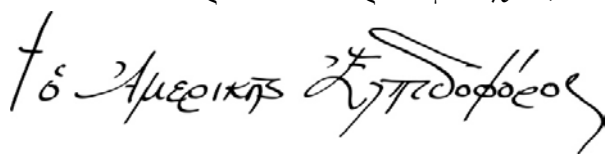
Κατὰ τὴ σημερινὴ ἡμέρα, κατὰ τὴν ὁποία ἐορτάζουμε τοὺς Τρεῖς Ἱεράρχες,
Βασίλειο τὸν Μέγα, Γρηγόριο τὸν Θεολόγο καὶ Ἰωάννη τὸν Χρυσόστομο, τιμοῦμε καὶ
τὰ ἑλληνικὰ γράμματα. Μία ἰδιαίτερη ἐπέτειο εὐγνωμοσύνης γιὰ τὴν ἑλληνικὴ
παιδεία, τὴ λογοτεχνία, τὴ φιλοσοφία, δηλαδὴ τὸν ἑλληνικὸ πολιτισμὸ, ὁ ὁποῖος
ἐπέδρασε καθοριστικὰ στὴ διαμόρφωση τοῦ κόσμου κατὰ τὰ τελευταῖα πέντε
χιλιάδες καὶ πλέον χρόνια. Οἱ μέγιστοι θεολόγοι τῆς Ἐκκλησίας μας διαπίστωσαν

τὴν πνευματικὴ συγγενεία τους με τοὺς ἀρχαίους Ἕλληνας φιλοσόφους. Διότι αἰῶνες πρὶν ἀπὸ τὴ γέννηση τοῦ σωτῆρος ἡμῶν Ἰησοῦ Χριστοῦ καὶ χωρὶς νὰ διαπιστώνεται κάποια ἐπιρροή ἀπὸ τοὺς προφήτες τῆς Παλαιᾶς Διαθήκης, αὐτοὶ οἱ φιλόσοφοι ἦταν ἀφοσιωμένοι στὴν ἀναζήτηση τῆς ἀληθείας καὶ στὴ διερεύνηση τῆς φύσεως τῶν ὄντων. Ἔτσι, θεωρήθηκαν «χριστιανοὶ πρὸ Χριστοῦ» καὶ μάλιστα εἰκονογραφήθηκαν σὲ κάποια ἀπὸ τὰ πλέον φημισμένα μοναστήρια μας (ὅπως, γιὰ παράδειγμα, στὴν Τερά Μονὴ Βατοπαιδίου στὸ Ἅγιο Ὄρος).

Απὸ τοὺς πλέον γνωστοὺς φιλοσόφους ἦταν ὁ Σωκράτης, τοῦ ὁποῖου ἡ σοφία καὶ τὸ ἀπαράμιλλο ἦθος προβλήθηκαν ὡς ἀνεκτίμητος θησαυρὸς στὴν ἀνθρωπότητα ἀπὸ τὸν ἀφοσιωμένο μαθητὴ του, τὸν Πλάτωνα. Μεταξὺ τῶν πολλῶν ἀποφθεγμάτων του ξεχωρίζει καὶ ἡ φράση τοῦ ὑποτίτλου τῆς ἐγκυκλίου: «Ὁ δὲ ἀνεξέταστος βίος οὐ βιωτὸς ἀνθρώπῳ». Ἡ περίφημη αὐτὴ ρῆση συμπυκνώνει μία θεμελιώδη ἀλήθεια, ἡ ὁποία προσεγγίζεται τόσο ἀπὸ τὴ σκοπιὰ τοῦ ὀρθοῦ λόγου, ὅσο καὶ ἀπὸ ἐκείνη τῆς πίστεως. Τὸ νὰ ἐρευνοῦμε βαθειὰ μέσα στὴν καρδιά καὶ τὸ νοῦ μας, ὥστε νὰ ἐξετάζουμε τὰ βαθύτερα κίνητρα καὶ τὶς προθέσεις μας, ἀποτελεῖ μία σημαντικώτατη πνευματικὴ ἄσκηση, ἡ ὁποία μας ὀλοκληρώνει. Οἱ Πατέρες τῆς Ἐκκλησίας ἀναγνώρισαν ὅτι οἱ ἐν λόγῳ διδασκαλία ἦταν κατάλληλη γιὰ τὸ χριστιανικὸ τρόπο ζωῆς καὶ πλήρως σύμφωνη μὲ αὐτόν, καὶ ἔτσι τὴ συνέστησαν στοὺς πιστοὺς. Χρησιμοποίησαν τοὺς ὅρους τῆς ἑλληνικῆς φιλοσοφίας καὶ τὴν ἑλληνικὴ γλῶσσα γιὰ νὰ ἐκφράσουν τὶς βαθύτερες ἀλήθειες τῆς ὀρθοδόξου χριστιανικῆς πίστεως. Ἐξέτασαν κάθε πτυχή τῆς ἀνθρωπίνης ὑπάρξεως καὶ ἀνακάλυψαν τὶς ἀρετὲς μὲ τὶς ὁποῖες ὀφείλουμε νὰ ζοῦμε θεαρέστως.

Διὰ τοῦτο, ἀγαπητοί μου, ἄς τιμήσουμε τὴν ἡμέρα αὐτὴ καὶ ἄς ἐορτάσουμε τὴ θαυμαστὴ σύνθεση πίστεως καὶ λόγου, ὅπως τὴν κατανόησαν οἱ Τρεῖς Ἱεράρχες, καθὼς καὶ τὴ μεγαλειώδη κληρονομία τοῦ ἑλληνικοῦ πνεύματος πρὸς τὸν κόσμον. Ἄς δεσμευθοῦμε νὰ ζοῦμε «βίους ἐξεταζομένους», γεμάτους ἀπὸ πνευματικὲς εὐλογίες ποὺ προέρχονται ἀπὸ τὴ συνειδητὴ προσπάθεια τῆς ἄσκησης, ποὺ ἀντανακλᾷ τὸ ἄριστο τῆς πίστεώς μας, ἀλλὰ καὶ τὸ βάθος τοῦ ἑλληνικοῦ πολιτισμοῦ μας.

Μετὰ πατρικῶν ἐν Χριστῷ εὐχῶν,



† ὁ Ἀμερικῆς Ἐλπιδοφόρος



**His Eminence
Metropolitan Apostolos of New Jersey
Cordially invites all the dedicated Faithful
of the Maryland/Northern Virginia Regions
to the Annual**

Greek Letters Day Celebration

Honoring the Three Hierarchs of our Orthodox Church



St. John Chrysostom, St. Basil the Great & St. Gregory the Theologian

Sunday, February 8, 2026 at 4:00 pm

St. Nicholas Greek Orthodox Church

520 Ponca Street, Baltimore, MD 21224

**Please RSVP to the Parish Office at 410-633-5020
by January 24, 2025**



GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

Ο Σεβασμιώτατος Μητροπολίτης Νέας Ιερσέης
κ. ΑΠΟΣΤΟΛΟΣ

Σας προσκαλεί να συνοερτάσουμε
«Την Εορτή των Τριών Ιεραρχών
και την Ημέρα των Ελληνικών Γραμμάτων»



Κυριακή 8 Φεβρουαρίου 2026, ώρα 4:00 μ.μ.

**Ιερός Ναός Αγ. Νικολάου
520 Ponca Street, Baltimore, MD 21224**

Παρακαλούμε RSVP στο γραφείο του Ναού
(410-633-5020) έως τις 24 Ιανουαρίου 2025

BLESSING YOUR HOME 2026

CLIP IT, AND SUBMIT IT TO CHURCH

Blessing Your Home

Dear Parishioners:

In the month of January, we celebrate a Great Feast within the Orthodox Church. Epiphany, the baptism of our Lord Jesus Christ, on January 6th. It is the season of the blessing of the Holy Waters, when also the parish priest through his very rich custom brings the Blessed Holy Water to the faithful in their homes and business establishments. This enables everyone to receive the Great Blessing of our Lord for the New Year of 2026. I feel that this is a beautiful custom, that as your priest, bringing the Blessed Holy Water of Epiphany to you, my parishioners, allows me to remain close to you and your family. We request that you fill out the form below or call the church office, and your request will be forwarded to Father Michael who will contact you to arrange a convenient time.

PLEASE NOTE: Only those homes that submit this form or call will be visited. I hope that each family will take advantage of this traditional and important blessing for the New Year of 2026. With Paternal Blessing and Best Wishes for this Holiday Season!

*With Love in Christ Jesus,
Father Michael*

BLESSING OF HOME/BUSINESS


NAME: PHONE:

ADDRESS:

Preferred time of visit: Morning Afternoon Evening

(Please check one)

Please complete this form and return to the church office or call 410-633-5020.





HOPE & JOY

OPENTOALLCHILDRENAGES3-11

Strengthening the relationship of Youth Orthodox Christians with Jesus Christ & His Church through fellowship, prayer, discussion, interactive activities, crafts and more!

Contact Eva Mavroulis 717-969-0016

JOY & HOPE SIGN UP

Train up a child in the way he should go, and when he is old he will not depart from it
Proverbs 22:6





MDF 2026
February 13-16
Sheraton Philadelphia Downtown



Early Bird registration extended until January 21st!

- Friday Night Opening Ceremonies
- Dance & Choir competition Saturday & Sunday
- Saturday Night Glendi featuring Kalomira and the Marcantonis Band
- Sunday Hierarchical Divine Liturgy
- Sunday Night Awards Banquet



Praise God with timbrel and dance!
Αινεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ!
Psalm 150:4

Register now!





Keep the Christmas Spirit Alive

More than a month has passed since we celebrated the birth of Jesus Christ our

Savior. The decorations have been carefully put away; the Christmas trees are probably part of a huge mulch pile by now; the hustle and bustle of Christmas gatherings with friends and family are fond memories, and Christmas gifts are being enjoyed as are the greeting cards from friends afar. And the spirit of Christmas lives on for it is Jesus, God's gift to us, who is with us and lives in us throughout the year, throughout our lives.

Many resolutions are made as we begin each year, because they offer us opportunities anew to improve ourselves. Some are kept, some are broken; but it is man's nature to keep trying. Perhaps our most meaningful resolution would be that of keeping the Christmas spirit of love alive and growing within us; nurturing it by how we interact and care for our fellow man. Just as we all noticed the exuberance of friendly greetings even among strangers, acts of kindness, courteous manners, and smiling faces as Christmas approached, would it not be uplifting for us and pleasing to God if these niceties continued throughout the year...

As December drew near our thoughts had turned to those who might need us, who simply would welcome hearing from us, or would enjoy our visit. Usually during this season service organizations as well as individuals increase their charitable giving, help the indigent, and spend time with the sick. All participants rejoice in the feeling of Christian love and sharing.

If we are Christians following the teachings of Jesus, this exhilarating spirit of Christmas should and must continue throughout our lives. The spirit of love and sharing should be a part of our very being. Those who come in contact with us should be able to readily identify us as Christians by the way we live, by how we treat others: by the tone of our voice, the smile on our face, the friendly "hello". Is this not what we were taught as children; when you greet someone, anyone, keep in mind that you are greeting God, for He exists in each person.

Caring about each other need not be a costly matter. Taking the time to make a telephone call, drop a note, visit a shut-in and his caregiver or a family who suffered the loss of a loved one to offer moral support or needed assistance, a simple offer to lend a helping hand; all are ways of showing genuine Christian love.

A kind word goes a long way as exhibited in the following episode experienced and related by a priest in an east coast city. Having parked his car, he encountered and contributed to several panhandlers on the way to his church. As he reached the church and the final beggar, he had no more money and showed the man his empty pockets; to which the panhandler replied; "not even one kind word, Father?". Each of us should be ready to offer that "kind word" which will brighten the day of those we meet. Acts of kindness go even further, for actions speak much louder than words.

Let us kindle the spirit of Christmas within us and have it permeate our surroundings throughout the year, remembering others during the intervals of major holidays. Thus, we can humbly proclaim that we are followers of Christ, striving to LIVE our Christian faith.

Διατηρώντας Ζωντανό το Πνεύμα των Χριστουγέννων

Έχει ήδη περάσει περισσότερο από ένας μήνας από τότε που εορτάσαμε την γέννηση του Ιησού Χριστού του Σωτήρα μας. Τα στολίδια έχουν φυλαχτεί προσεκτικά στις θέσεις τους. Τα Χριστουγεννιάτικα Δέντρα έχουν πεταχτεί ίσως σε σωρούς με ξερά φύλλα μέχρι τώρα. Το πήγαινε έλα των Χριστουγεννιάτικων συγκεντρώσεων, με φίλους και οικογένεια είναι ωραίες αναμνήσεις, χαρήκαμε με τα Χριστουγεννιάτικα δώρα, καθώς επίσης και τις Χριστουγεννιάτικες κάρτες που λάβαμε από φίλους που ζουν μακριά. Αλλά το πνεύμα των Χριστουγέννων υπάρχει διότι είναι ο ίδιος ο Ιησούς, το δώρο του Θεού για όλους μας, που βρίσκεται ανάμεσά μας, και ζει στη ψυχή μας όλο το χρόνο, σε όλη μας τη ζωή.

Πολλές υποσχέσεις δίνονται όταν αρχίζει η νέα χρονιά, διότι μας δίνεται η ευκαιρία να ανανεώσουμε και να καλλιεθεύσουμε τον εαυτό μας. Μερικές υποσχέσεις κρατούνται και μερικές όχι, διότι ο χαρακτήρας του ανθρώπου είναι τέτοιος που συνεχώς προσπαθεί. Ίσως η πιο σημαντική υπόσχεση θα ήταν να κρατάμε το πνεύμα της αγάπης των Χριστουγέννων ζωντανό και να μεγαλώνει συνέχεια μέσα μας, τρέφοντάς τη με τον τρόπο που αλληλεπιδρούμε και νοιαζόμαστε για τον συνάνθρωπό μας. Όπως όλοι μας παρατηρήσαμε τους άφθονους φιλικούς χαιρετισμούς, ακόμη και μεταξύ αγνώστων, τις πράξεις ευγένειας, καλών τρόπων και τα χαμογελαστά πρόσωπα καθώς πλησίαζαν τα Χριστούγεννα, δεν θάταν ευορία για μας και ευχαρίστηση για το Θεό, αν τέτοιες λεπτότητες συνεχίζονταν όλο το χρόνο?

Όταν πλησιάζει ο Δεκέμβριος σκεπτόμαστε ποιοι χρειάζονται την βοήθειά μας, ποιοι απλά θα ευχαριστιόνταν να μάθουν νέα μας, ή ποιοί θα ενθουσιάζονταν με την επίσκεψή μας. Συνήθως αυτή την εποχή πολλοί Οργανισμοί, ακόμη και άτομα, αυξάνουν τις δωρεές τους, βοηθώντας αυτούς που έχουν ανάγκη και επισκεπτόμενοι τους αρρώστους. Το αίσθημα της Χριστιανικής αγάπης ενώνει όλους όσοι συμμετέχουν στους φιλανθρωπικούς σκοπούς.

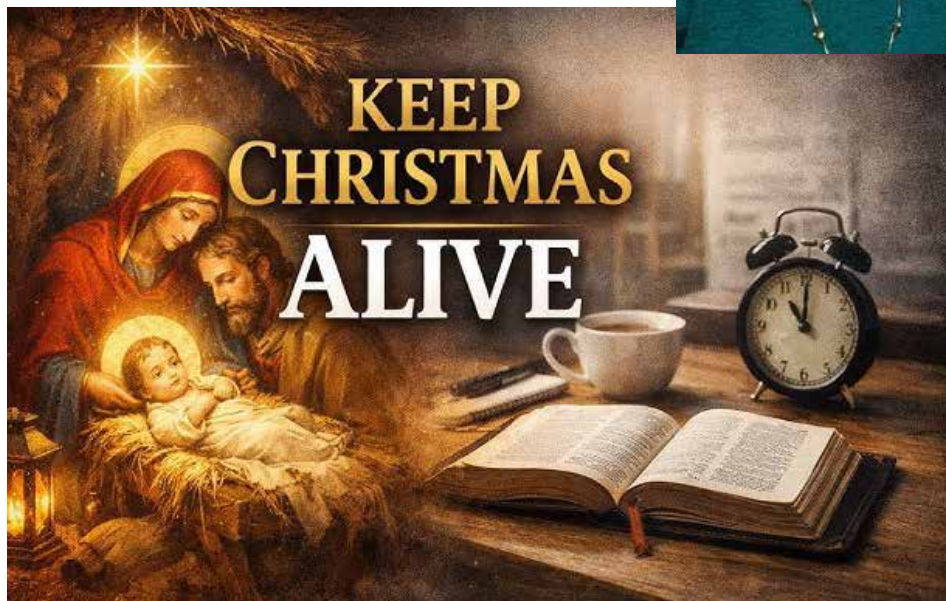
Αν είμαστε πράγματι Χριστιανοί που ακολουθούμε τα διδάγματα του Ιησού, αυτό το αίσθημα αγαλλίασης των Χριστουγέννων θάπρεπε να συνεχίζει να υπάρχει σε όλη μας τη ζωή. Το αίσθημα αγάπης και αλληλεγγύης θάπρεπε να αποτελεί μέρος του είναι μας. Εκείνοι που μας συναστροφρονται θάπρεπε αμέσως να αντιλαμβάνονται την ταυτότητά μας ότι είμαστε Χριστιανοί, από τον τρόπο που ζούμε, από το πως συμπεριφερόμαστε στους άλλους, από τον τόνο της φωνής μας, από το χαμόγελο στο πρόσωπό μας, από το φιλικό “γεια σου”. Δεν

είναι αυτά που μας έμαθαν όταν είμαστε ακόμη παιδιά? Όταν χαιρετάς κάποιον, οποιονδήποτε, να σκέπτεσαι ότι χαιρετάς τον Θεό, διότι Αυτός βρίσκεται στο πρόσωπο κάθε ανθρώπου.

Η φροντίδα του ενός για τον άλλο δεν κοστίζει ακριβά. Όταν βρίσκεσαι το χρόνο να κάνεις ένα τηλεφώνημα, να γράφεις μια σημείωση, να επισκεφθείς κάποιον άρρωστο, ή μια οικογένεια που έχασε κάποιο αγαπητό της πρόσωπο πρόσφατα, να προσφέρεις την ηθική σου συμπαράσταση, ή απλά να προσφέρεις ένα χέρι βοήθειας, όλα αυτά είναι τρόποι που δείχνουν Χριστιανική αγάπη.

Η συνοδία μιας ευγενικής κουβέντας, όπως αναφέρεται στο επισόδιο που ακολουθεί, που συνβεί και έχει σχέση με κάποιον ιερέα της ανατολικής εκκλησίας, ο οποίος πάραυτα το αυτοκίνητό του, και μέχρι να φθάσει στην εκκλησία του συνάντησε αρκετούς επαίτες κάνοντας τη προσφορά του. Μόλις έφθασε στην εκκλησία και στον τελευταίο ζητιάνο, δεν του είχαν μείνει καθόλου χρήματα και του έδειξε τις άδειες του τσέπες, στις οποίες ο ζητιάνος απάντησε: “ούτε μια καλή κουβέντα, Πάτερ”. Ο καθένας μας θάπρεπε να είναι έτοιμος να προσφέρει μια “καλή κουβέντα” που θα ανακούφιζε την ημέρα αυτών που συναντάμε. Πράξεις ευγένειας εισχωρούν ακόμη περισσότερο, διότι οι πράξεις μιλούν πιο πολλά από τα λόγια.

Είθε το ευγενικό πνεύμα των Χριστουγέννων μας ακολουθεί και είναι διάχυτο στο περιβάλλον μας όλο το χρόνο, να θυμόμαστε τους άλλους κατά τις μεγάλες εορτές. Έτσι, μπορούμε να δηλώσουμε ταπεινά ότι ακολουθούμε το Χριστό, προσπαθώντας να ΖΗΣΟΥΜΕ σύμφωνα με την Χριστιανική μας πίστη.





Greek Corner

In addition, I am adding “The Greek Corner” which is the outcome of phrases frequently used during conversations with Father Michael. They are sayings, parables, idioms with variations that address and express life situations or specific persons and have been common throughout the Greek world for many generations. In fact, such messages are universal. You are encouraged to inform us of some that are familiar to you. Please send them to - el817@yahoo.com



1.) Τα μυαλά μου και μια λίρα, και του ποντικού η φύρα!

At this time my brain is worth only one lira, and the louse of a rat!

Perhaps the lira was worthless at the time; as is a rat's louse!

Said at a time when you're not thinking and nothing is going right.

2.) Όσα φέρνει η ώρα, δεν τα φέρνει ο χρόνος!

Likewise: Όσα δεν φέρνει ο χρόνος, τα φέρνει ή στιγμή!

Happenings can occur within an hour and not as long as a year!

Happenings which do not occur in a year's time can occur in a second!

We can never know when good or bad things in our life happen.

3.) Παπούτσι απ τον τόπο σου, ας είναι μπαλωμένο!

Continue using an old shoe even though it's wore torn and patched!

Stick with the people you know from your area good or bad!

You know their character character of those near you, but not that of a stranger!

Often spoken of a prospective son or daughter-law!

4.) Ρωτώντας πας στην Πόλη!

If you keep asking for directions eventually you will reach Constantinople!

In any endeavor keep asking questions and you will learn the answer!

5.) Πολλά χέρια στην δουλειά, λίγα στο Φαγιά!

Lots of hands at work, only a few when eating.

Pitch in when help is needed, only a few at dinner time when the tasks were finished.

Some Familiar American Sayings:

1.) Call it a day!

Whether it's quitting time, whether the job is complete it is time to STOP!

2.) Out of the blue!

Something happened quite unexpectedly!

3.) On cloud nine!

Very happy! In love!! Everything is going your way!

4.) Go the extra mile!

Do more! Don't stop! You may be on a roll and do not want to stop!

5.) By the book!

Following directions, rules of order, living a very structured life... with no deviations.

SAINT NICHOLAS CHURCH

*The Traditional
Cutting of the
Vasilopita
service,
sponsored by
the Ladies
Philoptochos*



SAINT NICHOLAS CHURCH

Congratulations to St. Nicholas Church on the mortgage burning!



The Diamond's Christmas Luncheon was held Saturday, January 17th



Performance by the Senior Dance Group

SAINT NICHOLAS CHURCH

The newly elected Parish Council members taking the oath of office.



PARISH COUNCIL OFFICERS:

President – Stamatia Ieromonahos

Vice President – John Korologos

Treasurer – Aspasia Charalambopoulos

Assistant Treasurer – George Stamoulis

Recording Secretary – Marita Kazos

BOARD MEMBERS:

Athanasios Karaflos

Jimmy Kosmas

Dimitri Papavasileiou

Nicanor Pateris

Joey Vonakis



*First planning meeting for the 2026 Festival.
Be on the lookout for future meeting notcies!*

SAINT NICHOLAS CHURCH

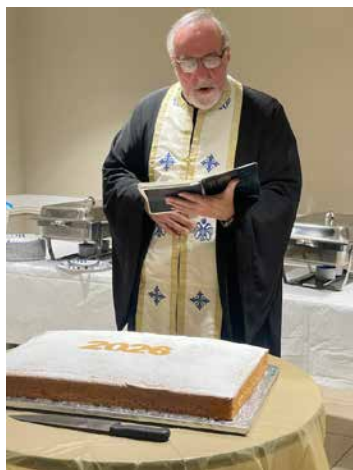
Fr. Anargyros Stakias, Presbyter Catherine and their beautiful baby girl Anastasia visit St. Nicholas. Fr. Anargyros grew up at St. Nicholas and served in the altar with Fr. Michael for many years. He came to see his family in Baltimore and came to serve the Liturgy with his spiritual Father. It was a wonderful day for the whole community of St. Nicholas to have their Baltimore Son back in Baltimore. Fr Anargyros serves the parish of Holy Trinity in Dallas Texas.



SAINT NICHOLAS CHURCH



*Epiphany and
the Blessing of
the Waters*



*Chios Society
traditional
cutting of the
Vasilopita*



DONATION OPPORTUNITIES

CLIP
HERE

GOOD FRIDAY—LAMENTATIONS SERVICE PRAYERS FOR THE DECEASED

Την Μεγάλη Παρασκευή, κατά την διάρκεια της Ακολουθίας του Επιταφίου Θρήνου, και το Μεγάλο Σάββατο το πρωί, προσευχόμαστε στο Θεό για τις ψυχές των απελθόντων προσφιλών συγγενών και φίλων. Όσοι επιθυμούν να μνημονεύσουν τα αγαπημένα τους πρόσωπα τις ημέρες αυτές, παρακαλούνται να συμπληρώσουν το κάτωθι έντυπο και να το φέρουν στην Εκκλησία πριν την Μεγάλη Παρασκευή.

During the Lamentations Service of Good Friday evening, and on Holy Saturday morning, we offer prayers to God for the souls of our departed beloved family members and friends. For those who wish to have their departed brethren remembered on Good Friday and Holy Saturday, you are asked to complete the below form and submit the names before Good Friday.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CLIP
COUPON

EASTER LILIES FOR THE CHURCH ΔΩΡΕΕΣ ΑΝΘΕΩΝ (ΚΡΙΝΑ ΤΟΥ ΠΑΣΧΑ)



Please donate Easter Lilies to decorate our church for Easter. The cost is \$25.00. Fill out this form and send or bring it to Saint Nicholas Church.

Αν επιθυμείτε να κάνετε τη δωρεά σας \$25.00, συμπληρώσετε το έντυπο αυτό και στείλετε την δωρεά σας εγκαίρως στον Άγιο Νικόλαο.

NAME

ADDRESS

AMOUNT \$25.00

OTHER AMOUNT

*For flower and other item donations, please contact the church office -
410-633-5020. Thank you for your support.*

*Για Δωρεές ανθέων και άλλων αντικειμένων για την Μεγάλη Τεσσαρακοστή, την Μεγάλη Εβδομάδα και το Πάσχα παρακαλείστε να επικοινωνήσετε με το Κοινοτικό Γραφείο,
410-633-5020. Σας ευχαριστούμε για την υποστήριξή σας.*

NOTICES / EVENTS

THE SAINT NICHOLAS GREEK ORTHODOX
CHURCH SUNDAY SCHOOL
INVITES YOU TO CELEBRATE
**GODPARENT/GODCHILD
SUNDAY**



WHEN: SUNDAY, FEBRUARY 22, 2026

TIME: Orthros-8:30; Divine Liturgy-9:45 am

**WHERE: St. Nicholas Greek Orthodox Church
520 Ponca St., Baltimore, MD**

Come celebrate this special day by attending church with your Godparent/s and/or your Godchildren and prepare yourselves to receive Holy Communion together. Please make this day a time to strengthen your spiritual relationship with each other.

SPAGHETTI LUNCHEON

Godparent Sunday, February 22, 2026

ADULTS: \$25

KIDS 6-12: \$15

5 & UNDER: free

Location: Large Hall

- Bake Sale
- Frappe
- Raffles
- Lambades

FOR
ADDITIONAL
DETAILS &
PRE-ORDERS
SCAN HERE



Our Event is Generously Sponsored By:

Mr. & Mrs. John Mastrovasilis

Hosted by the St. Nicholas Greek School PTA | All proceeds benefit our teachers and students.

SUNDAY OF ORTHODOXY



SUNDAY, MARCH 1, 2026

On this, the first Sunday of Lent, our church celebrates the day that Icons were restored in their rightful place and their veneration was solemnly proclaimed with a procession. This was done to reassure all the faithful that the use of Icons is an integral part of the Orthodox Faith.

The Procession of Icons to proclaim and defend Orthodoxy and the use of Icons in the church will be held at the end of the service.

Please join our Sunday school students by bringing your own personal icon to church and holding it high during the procession.

St. Nicholas Greek Orthodox Church Sunday School
520 S. Ponca St.
Baltimore, MD 21224

NOTICES / EVENTS



COME JOIN THE
Rhodian Society of Maryland
AT OUR ANNUAL
BULL, SHRIMP & OYSTER FEAST

TO BENEFIT SCHOLARSHIP FUND
Friday, February 06, 2026

from 7:00 p.m. to 11:00 p.m.

UAW Hall Local 239

1010 S. Oldham Street

Celebrate Valentines Day Early!!



Come join us for a good time, plenty of food, good friends,
games and music!

Menu: All you can eat Steamed Shrimp, Raw Oysters, Pit
Beef, Pit Ham, Greek Salad, Corn Pudding, Shrimp soup,
Beer, soft drinks & much more included!! (menu subject to
change)

Adults: \$65.00/pp & kids 12 & under \$30.00

Interested in tickets or a table please contact:

Stella Karais, Bill Nychis, Vasilli Phillipou, Maritsa Angelou,
visit us on Facebook

B'More Greek!

**FOUR DAYS OF NON-STOP GREEK FOOD,
MUSIC, DANCING & FUN!**



SAINT NICHOLAS GREEK FOLK FESTIVAL

THU FRI SAT SUN

JUNE 11, 12, 13, 14

GreekTown Square & Events Center

701 Ponca Street / Baltimore, MD 21224

KIDS' ZONE FEATURING ARTS & CRAFTS	REGIONAL GREEK DANCE TROUPE PERFORMANCES	GREEK BEER GREEK WINES	EAT, DRINK, & DANCE UNDER THE STARS ...AND MUCH MORE
	FUN FOR ALL FREE ADMISSION	HOMEMADE DESSERTS BAKLAVA LOUKOUMADES	

GreekFolkFestival.com

Free Admission & Parking **410-633-5020**



2:00 PM

SUNDAY, MARCH 29, 2026
ON EASTERN AVE. IN BALTIMORE'S GREEKTOWN

GREEK INDEPENDENCE DAY PARADE



HONORING OUR ANCESTORS'
SACRIFICES TO PRESERVE THE IDEALS
OF FREEDOM AND DEMOCRACY

FOR INFORMATION
PARADE HOTLINE: 443-267-4735

www.greekparade.com

/greekparade @greekparade





PTA OFFICERS & MEMBERS

President	Alexandra Forakis
Vice President	Maria Ieromonahos
Treasurer	Alexandra Karoutsos
Recording Secretary	Angela Yeakim
Corresponding Secretary	Stella Fotinos
Members	Angela Tserkis
	Anna Ieromonahos
	Dimitra Douskas
	Lia Dimas
	Maria Lykos
	Moshoula Tsamouras
	Sofia Vasiliadis
	Sophia Politis
	Tsambika Korologos



Monday, February 9th at 5:30 pm

Monday, March 9th at 5:30 pm

Monday, April 20th at 5:30 pm

Monday, May 11th at 5:30 pm



Thursday, February 12th	Tsiknopempti Fundraiser
Wednesday, February 18th	Apokries Activities/Crafts
TBD	Godparents Sunday - Spaghetti Lunch, Laganas & Tiropites Fundraiser
Monday, February 23rd	Clean Monday - Lenten Foods & Craft
Monday, March 2nd	Marti Bracelets
Sunday, March 22nd	Greek Independence Day Program
Wednesday, April 1st	Easter Crafts
Saturday, April 4th	Lazarus Breakfast
Monday, May 4th	Protomagia Celebration
Wednesday, May 27th	End of Year Program
TBD	6th Grade Dinner
June 11th -14th	Kids Zone at Greek Festival



SAINT NICHOLAS BILINGUAL EARLY EDUCATION CENTER

The Saint Nicholas Bilingual Early Education Center provides a safe, nurturing, home away from home learning center. We accept children from 6 weeks till 5 years of age. If you or anyone you know is interested, please call the Center at 410-633-5020 extension 4 or you can submit your resume at beec@stnicholasmd.org.

Father Michael recently came to our school to do our annual blessing for the new year in January. He also helped cut the Vasilopita (traditional cake for the new year) for the BEEC's Staff. For February, we will be teaching our students about black history month. They will learn about the culture, the history, and more. BEEC will also provide crafts and giftbags for our children's Valentines Day party!

Το Δίγλωσσο Κέντρο Προσχολικής Αγωγής Αγίου Νικολάου παρέχει ένα ασφαλές, φροντιστικό, κέντρο μάθησης μακριά από το σπίτι. Δεχόμαστε παιδιά από 6 εβδομάδων έως 5 ετών. Εάν εσείς ή κάποιος που γνωρίζετε ενδιαφέρεται, καλέστε το Κέντρο στο 410-633-5020 εσωτερικό 4 ή μπορείτε να υποβάλετε το βιογραφικό σας στο beec@stnicholasmd.org.

Ο Πατέρας Μιχαήλ ήρθε πρόσφατα στο σχολείο μας για να κάνει την ετήσια ευλογία μας για τη νέα χρονιά τον Ιανουάριο. Βοήθησε επίσης στην κοπή της Βασιλόπιτας (παραδοσιακή τούρτα για τη νέα χρονιά) για το προσωπικό του BEEC. Για τον Φεβρουάριο, θα διδάξουμε στους μαθητές μας για τον μήνα μαύρης ιστορίας. Θα μάθουν για τον πολιτισμό, την ιστορία και πολλά άλλα. Το BEEC θα παρέχει επίσης χειροτεχνίες και τσάντες δώρων για το παιδικό πάρτι της Ημέρας του Αγίου Βαλεντίνου!



SAINT NICHOLAS GOYA BINGO NIGHT

February 7, 2026

Greektown Square & Events Center - 701 Quail Street, Baltimore, MD 21224

DOORS OPEN @ 4:30pm ~ GAMES BEGIN @ 6:00pm



50/50 Raffles
Specials
Tricky Tray Raffles
Door Prizes & More!

Food, Sweets,
Beer, Wine & Drinks
Available for purchase!

Wear Pink or Red for a chance to win surprise prizes!

BINGO PRIZES INCLUDE:
Designer Handbags,
Electronics, Fun Baskets
& Surprises!

\$45 per person / Advance ticket sales only
For Tickets & Tables Text Penny 443-756-2201

All you need is love AND Fabulous Prizes...



January brought big wins for our GOYA. Great way to start 2026!

Upcoming:

3/1: Goya meeting after church

3/6: annual lock-in at the plateia



SPECIAL THANK YOU



With this small gesture we like to express our Gratitude from the bottom of our hearts to the family of **Pantelis and Stergoulas Karpathiou Johns** for their support of \$5000 in Scholarships to our Saint Nicholas Greek School and to the families of our community for the 2025-2026 school year. Their continued support has been instrumental in progressing Greek Education all these years.

HELLENIC GOLDEN COINS

BRAVO to our Hellenic Golden Coins Dance Group who received First Place at the dance competition PARATHOSI in Long Island, New York! Our community is so proud of all of them & their director, Vasilios Philippou! Kai is Anoterá!!



PHILOPTOCHOS

Acts 20:35 - *In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, "It is more blessed to give than to receive."*

"Warming Hearts" is a project that we established as part of the Metropolis Operation Classroom. Every year in cooperation with the John Ruhrah Elementary/Middle School we are given names and sizes of children in need of coats. This year our Philoptochos purchased and delivered 23 coats for children in need. We pray that this small gesture will show these innocent children that there is someone out there that cares! We also bought fifteen blankets and added to the collection of new blankets, scarves, gloves and hats that the community donated and it was delivered to a local women's family crises center. We are blessed, without your support Philoptochos, and its Philanthropic Mission would not be possible.

Join us for the Philoptochos General Meeting and Chocolate Night on Monday, February 2nd at 6:00 p.m. in the church social hall. All are welcome to attend! The coin of the Community Vasilopita this year went to Maria Karagianni, Philoptochos President. Individual Vasilopitis was distributed but yet no one has come forward. If you find the coin in the small vasilopitis, please let one of the Philoptochos board members know so you may receive your gift. Again, thank you to Mrs. Despina Kostalas for her donation.

Annual Apokreatiko Dance Saturday, February 21 at Jimmy's Famous Seafood - Music by Apollonia - Adults \$75.00. Children 12 and under \$25.00. Cash Bar, Doors open 7:00, Buffet 8:00 p.m. For information or tickets contact Nora Kefalas 410-979-6656 / Irene Vasilios 410-687-3978 All proceeds will go towards the operation Philoxenia House. Come and support the mission of the house and have a good time!

On Monday, February 23, Clean Monday, join Philoptochos immediately after church for a potluck meal and share in fellowship.

Donations to Saint Nicholas Philoptochos:

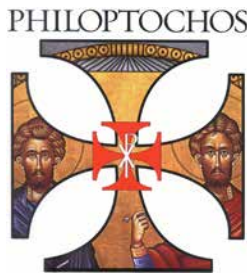
Antonios Sazaklis
Anonymous Donor
Eva Lallas

In memory of Deanna Kotzias: Maria Karagianni

In memory of Konstantinos Karaias: Maria Karagianni

Πράξεις 20:35 - Σε όλα σας έχω δείξει ότι εργαζόμενοι σκληρά με αυτόν τον τρόπο πρέπει να βοηθάμε τους αδύναμους και να θυμόμαστε τα λόγια του Κυρίου Ιησού, πώς ο ίδιος είπε: «Μακάριο είναι να δίνεις παρά να λαμβάνεις».

Το «Warming Hearts» είναι ένα έργο που δημιουργήσαμε ως μέρος της Τάξης Λειτουργίας της Μητρόπολης. Κάθε χρόνο, σε συνεργασία με το Δημοτικό/Γυμνάσιο John Ruhrah, μας δίνονται ονόματα και μεγέθη παιδιών που χρειάζονται παλτό. Φέτος, η Φιλόπτωχος μας αγόρασε και παρέδωσε 23 παλτό για παιδιά που έχουν ανάγκη. Προσευχόμαστε αυτή η μικρή χειρονομία να δείξει σε αυτά τα αθώα παιδιά ότι υπάρχει κάποιος εκεί έξω που νοιάζεται! Αγοράσαμε επίσης δεκαπέντε κουβέρτες και προσθέσαμε στη συλλογή μας νέες κουβέρτες, κασκόλ, γάντια και καπέλα που δώρισε η κοινότητα και παραδόθηκαν σε ένα τοπικό κέντρο οικογενειακών κρίσεων γυναικών. Είμαστε ευλογημένοι, χωρίς την υποστήριξή σας, η Φιλόπτωχος, και η Φιλανθρωπική της Αποστολή δεν θα ήταν δυνατή.



Ελάτε μαζί μας στη Γενική Συνέλευση της Φιλόπτωχου και τη Βραδιά Σοκολάτας τη Δευτέρα 2 Φεβρουαρίου στις 6:00 μ.μ. στην αίθουσα κοινωνικής εκδήλωσης της εκκλησίας. Όλοι είναι ευπρόσδεκτοι! Το νόμισμα της Κοινοτικής Βασιλόπιτας φέτος πήγε στη Μαρία Καραγιάννη, Πρόεδρο της Φιλοπτώχου. Διανεμήθηκε ατομική Βασιλόπιτα, αλλά μέχρι στιγμής κανείς δεν έχει εμφανιστεί. Αν βρείτε το νόμισμα μέσα στη μικρή βασιλόπιτα, παρακαλούμε ενημερώστε ένα από τα μέλη του διοικητικού συμβουλίου της Φιλοπτώχου, ώστε να παραλάβετε το δώρο σας. Και πάλι, ευχαριστούμε την κα Δέσποινα Κωστάλα για τη δωρεά της.

Ετήσιος Αποκρεατικός Χορός Σάββατο, 21 Φεβρουαρίου στο Jimmy's Famous Seafood - Μουσική από την Apollonia - Ενήλικες 75,00 \$. Παιδιά 12 ετών και κάτω 25,00 \$. Cash Bar, Άνοιγμα θυρών 7:00, Μπουφές 8:00 μ.μ. Για πληροφορίες ή εισιτήρια επικοινωνήστε με τη Νόρα Κεφαλά 410-979-6656 / Ειρήνη Βασιλείου 410-687-3978. Όλα τα έσοδα θα διατεθούν για τη λειτουργία του Σπιτιού Φιλοξενία. Ελάτε να στηρίξετε την αποστολή του Σπιτιού και να περάσετε καλά!

Τη Δευτέρα 23 Φεβρουαρίου, Καθαρά Δευτέρα, ελάτε στη Φιλόπτωχο αμέσως μετά την εκκλησία για ένα γεύμα με μερίδα και μοιραστείτε την κοινωνία.

Δωρεές στον Άγιο Νικόλαο Φιλόπτωχο:

Αντώνιος Σαζακλής
Ανώνυμος Δωρητής
Εύα Λάλλας

Εις μνήμην Ντιάννας Κοτζιά: Μαρία Καραγιάννη

Εις μνήμην Κωνσταντίνου Καραγιάννη: Μαρία Καραγιάννη

MEMORIALS

In Memory of Fotini Anastasis

Chris Angelopoulos
 Saint Nicholas Ladies Philoptochos Society
 Rose Tsakalos
 Rologas Family
 Kalliopi Philippou

In Memory of Penelope Fantis

Chris Angelopoulos
 Saint Nicholas Ladies Philoptochos Society
 Rologas Family
 Barbara Nicolaidis
 Connie Tsakiris

In Memory of Konstantinos & Markella Forakis

Mr. & Mrs. Tony & Maria Pearce

In Memory of Konstantinos & Flora Karais

Mr. & Mrs. Tony & Maria Pearce
 Nicholas Aravides
 Roza Cornias
 Eleftheria Karamihalis
 Anastasia Halikias
 Anna Halikias
 Kalliopi Philippou
 Mr. & Mrs. John & Despina Pikounis
 Anastasia Vasilakopoulos
 Rologas Family

In Memory of Nikolaos Karanikolis

Arieta Roros

In Memory of Deanna Kotzias

Key, Colt, Olive, Irene- Worchester Family
 Connie Tsakiris
 Mr. & Mrs. George & Mary Anne Rigopoulos

In Memory of Mr. & Mrs. Konstantinos & Alexandra Likakis

Mr. & Mrs. Perry Likakis

In Memory of Kalliopi Pikounis

Toula Koukoula-Woods
 Fotene Andreadis
 Deborah Rowe
 Mr. & Mrs. Michael & Katina Klosteridis
 Angeliki Argetakis
 Mr. & Mrs. Anastasio & Patricia Topouzoglou
 Chris Angelopoulos
 Saint Nicholas Ladies Philoptochos Society
 Mr. & Mrs. Robert & Kalliope Badavos
 Annunciation Cathedral Philoptochos
 Mr. & Mrs. John & Maria Tamvakologos
 Mr. & Mrs. Lazaros & Fran Giannakopoulos
 Arieta Roros
 Mr. & Mrs. Ronald & Sharon Siegel
 Rologas Family
 Mr. & Mrs. Peter & Jane Senopoulos
 Federal Home Loan Bank of Boston
 Kalliope Roros
 Mr. & Mrs. John & Georgia Roros
 Mr. & Mrs. John & Agalaia Georgountzos
 Mr. & Mrs. Isidoros & Eleni Roros

In Memory of Dimitris Pikounis

Mr. & Mrs. Isidoros & Eleni Roros

In Memory of Konstantinos Roros

Arieta Roros



NOTICE:

All organizations must review their upcoming events with ELENI KOSTALAS-LENTIS (410-633-5020) who will add the event to the official church calendar on the bulletin board across from Father Michael's office.

Thank you for your cooperation.

HELP US GROW THROUGH E-GIVING



It's through your contributions that we're able to carry on important work both spiritually and in our community.

Electronic giving is a convenient, easy way to support Saint Nicholas.

By giving electronically, you can -

- Give anywhere, anytime from your computer, smartphone or tablet.
- Donate easily for special projects.
- Set up recurring offerings and pledges and never worry about bringing your checkbook or cash again.

Show your support and try one of our e-Giving options. If you would like to give electronically, visit our website www.stnicholasmd.org or download the GivePlus mobile app.



Thank you for all you do to support our Saint Nicholas family



2027
NEW YEAR
Celebration Party

SAVE THE DATE!!!!

THURSDAY

31

DECEMBER



**Greektown Square &
Event Center**

Details to Follow!



The Presentation of our Lord



The Children's Word is a weekly bulletin for Orthodox Christian kids. Copyright 2026 Alexandra Houck. Email is orthodoxchildrensword (at) gmail.com. Find it each week at orthodoxchildrensword.org.

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, February 1, 2026

Volume 14, Issue 5

God is with us!

Have you ever picked teams

for a game? Maybe you were playing basketball or soccer and you chose somebody to be on your team, and the other team chose their own people. Then maybe you looked over and judged whether your team or the other one was better.



In today's epistle reading, we hear about how we are always on the winning team when we are with our Lord, Jesus Christ! We read, "If God is for us, who is against us?" When we have God on our side, it doesn't even matter who is on the other side! The epistle tells us we can have all kinds of things happen to us, we can have really hard times. But these things won't keep us from loving God. "In all these things we are more than conquerors through Him who loved us." In other words, we will win when we have God on our side!

Try to remember that special verse from the Bible. You can keep it in your heart always! "If God is for us, who is against us?"

When we love God so much and we try to do what He wants, we know that God is for us! If God is for us, who is against us?

WORD SEARCH

Can you find these words in the jumble?

- Bible
- Bridget
- Epistle
- God is for us
- Ireland
- Presentation
- Romans
- Scripture
- Straw

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

WHAT'S IN THE ICON?

Tomorrow is a great feast in our Church! It's the day that baby Jesus was brought into the temple for the first time. Do you think you can find His Mother in this icon? Do you think you can find Simeon, the priest?



SAINT BRIDGET

ANOTHER IRISH SAINT!



It won't be long before everybody will be talking about Saint Patrick, Ireland, and green shamrocks. But tomorrow we celebrate the feastday of another great saint of Ireland, Saint Bridget.

Nowadays, most people in Ireland are Christian, but Saint Bridget lived long ago, when not many people knew about our one, true God! Lots of people there worshipped trees and other things in nature.

Can you imagine? Bridget's father was a pagan, too. He named his daughter after the goddess of fire. He wanted her to grow up worshipping those things, too. But Bridget had other ideas! Even when she was little, Bridget wanted to follow Christ.



This is Saint Bridget's cross. She carried a cross she made out of straw.

Bridget tried to help people whenever she could. She helped the poor, and her father was not too happy when she would give away the family's milk and flour to poor people who needed it. Finally, he let her become a nun. Then later, when she was older, Bridget started another monastery in a place in Ireland called Kildare. It was very, very popular and important. Many people became Christian monks and nuns because of this great saint, Saint Bridget.

We celebrate Saint Bridget today, February 1st (OC: February 14th).



St. Nicholas eGiving Stewardship

One Less Thing
to think about



eGiving Benefits

- Easy set up
- One-time/recurring payment options
- Confidential & secure
- Track easily for tax purposes

How it Works

- Go to: stnicholasmd.org/give
- Select fund(s)
- Create your profile
- Select amount, payment method & frequency
- Complete donation
- THAT'S IT! Simple.

Thank you for your generosity!

Give yourself *One Less Thing* to think about
stnicholasmd.org/give
Or download the mobile app!

VANCO



MEMBERSHIP PLEDGE CARD ΚΑΡΤΑ ΕΘΕΛΟΝΤΙΚΗΣ ΠΡΟΣΦΟΡΑΣ

RISE AND BUILD

ΑΝΑΣΤΩΜΕΝ ΚΑΙ ΟΙΚΟΔΟΜΗΣΩΜΕΝ

2026 SAINT NICHOLAS GREEK ORTHODOX CHURCH CONFIDENTIAL STEWARDSHIP COMMITMENT CARD 2026 ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΗ ΕΚΚΛΗΣΙΑ ΑΓΙΟΥ ΝΙΚΟΛΑΟΥ -ΚΑΡΤΑ ΑΠΟΡΡΗΤΗΣ ΕΘΕΛΟΝΤΙΚΗΣ ΠΡΟΣΦΟΡΑΣ ΜΕΛΩΝ

In gratitude for God's blessings I/we make the following commitment to the ministries of St. Nicholas Church:
Σαν έκφραση ευγνωμοσύνης μου για τις ευλογίες που έχω λάβει από τον Θεό, δεσμεύομαι με την ακόλουθη οικονομική και εθελοντική μου προσφορά προς την Εκκλησία του Αγίου Νικολάου:

\$ _____ (Weekly / Monthly / Quarterly / Yearly)
\$ _____ (Εβδομαδιαίως / Μηνιαίως / Ανά Τρίμηνο / Ετησίως)

TOTAL ANNUAL PLEDGE FOR 2026 :\$ _____
Συνολικό ποσό προσφοράς για το 2026 :\$ _____

Come and See God work through your talents, skills, and experience, as well as your financial support.
Your offering to Christ and His Church can do as much as you empower it to do.

We give to Christ and His Church not according to our means but according to our love for Him.
Γίνετε μάρτυρες του έργου του Θεού! Δώστε από το ταλέντο με το οποίο σας έχει προικίσει, με τις ικανότητες, τις εμπειρίες, την οικονομική σας ευχέρεια. Η προσφορά μας στον Χριστό και την Εκκλησία Του ας βασιστεί στην αγάπη μας προς Αυτόν, όχι στην οικονομική μας δυνατότητα.

Planned Giving _____ Please send me information on making a planned gift to the Church.
Δωρεά που σχεδιάζω _____ Παρακαλώ στείλτε μου πληροφορίες σχετικά με τον τρόπο που μπορώ να δωρίσω.

Print Full Name/ Γράψτε με κεφαλαία γράμματα το επίθετό σας

Signature/ Υπογραφή

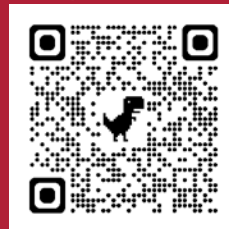
Date/ Ημερομηνία

Name / Όνομα	Date of Birth / Ημερομ. Γεννήσεως
Name of Spouse / Όνομα συζύγου	Date of Birth / Ημερομ. Γεννήσεως
Occupation / Επάγγελμα	
Occupation / Επάγγελμα (Spouse)	
Street Address / Ιλιεύθυνση	
City / πόλη	Zip Code / ταχ. τομέας
Home Phone / Σταθερό τηλέφωνο σπιτιού	
Mobile Phone / Κινητό τηλέφωνο	Mobile Phone / Κινητό τηλέφωνο (Spouse)
Email Address / Ηλεκτρονική διεύθυνση	
Email Address of Spouse / Ηλεκτρονική διεύθυνση συζύγου	
Communication Preferences / Προτιμήσεις επικοινωνίας	
<input type="checkbox"/> Mail / Ταχυδρομείο <input type="checkbox"/> Email / Ηλεκτρονική <input type="checkbox"/> Text / Μήνυμα	
Dependent Children's Names and Birthdates / Ονόματα παιδιών και ημερομηνία γεννήσεώς τους	

Introducing Auto Pay Set It and Forget It!

Take the work out of giving! Set up automatic offerings and pledges right from your computer or tablet that will seamlessly reoccur every week, month, quarter, or year.

If you would like to give electronically, visit our website www.stnicholasmd.org/give or download the GivePlus mobile app. If you have any questions, contact the church office at 410-633-5020.



ΕΙΣΑΓΩΓΗ ΣΤΟΝ ΑΥΤΟΜΑΤΟ ΤΡΟΠΟ ΠΛΗΡΩΜΗΣ ΡΥΘΜΙΣΤΕ ΤΟ ΚΑΙ ... ΞΕΧΑΣΤΕ ΤΟ!

Δεν χρειάζεται να θυμάστε να στείλετε τη προσφορά σας. Ρυθμίστε την αυτόματη δωρεά και την εθελοντική σας προσφορά απευθείας από τον υπολογιστή σας ή το tablet σας που θα επαναλαμβάνεται ανελλιπώς κάθε εβδομάδα, μήνα τρίμηνο ή έτος.

Εάν επιθυμείτε να στείλετε τη δωρεά σας ηλεκτρονικά, επισκεφθείτε την ιστοσελίδα μας www.stnicholasmd.org/give ή κατεβάστε την εφαρμογή GivePlus mobile. Εάν έχετε απορίες, επικοινωνήστε με το Γραφείο της Εκκλησίας στο τηλέφωνο 410-633-5020.

NOTICE

✠ Sunday Coffee Hour

Sponsored by
St Nicholas Greek Orthodox Church



Coffee & Assorted Cookies - \$200
Includes setup, cleanup, paper goods

Coffee Service Only - \$120
Includes setup, cleanup, paper goods

Fruit Tray - \$40

Spanakopita - \$75
100 pieces

Tyropita - \$75
100 pieces

Tray of Cheese, Olives & Crackers - \$100

Sandwiches - \$2 per piece
Tuna, Shrimp or Chicken

For orders please call 410-633-5020 or visit the
St Nicholas Office at 520 Ponca St



Sunday Coffee Hour & Makaria Menus

✠ Makaria Menu

Sponsored by
St Nicholas Greek Orthodox Church



Appetizer Choices

Cheese Pies (*included*)
Spinach Pies (*included*)
Fried Calamari (*add \$2.00pp*)



Choices of salad (1)

Garden Salad, Greek Salad, Village Salad, Caesar Salad

Choices of Entree (1)

Roll & Butter (*included*)

Package #1 - \$31pp

Salmon (broiled/grilled)
Shrimp Creole
Shrimp Orzo
Cod Fish (broiled/fried)

Package #2 - \$39pp

Two (2) Jumbo Lump Crab Cakes
Choice of Fish and One (1) Jumbo Lump
Crab Cake

Sides (2 choices)

Greek Style Lemon Potatoes, Roasted Red Skin Potatoes,
Kritharaki(orzo), white rice, fresh cut vegetables, string beans Greek style

Beverages (items included)

Red or White Wine, Coffee and Tea, Sodas,
Water

Also available - Paximadia

Bar Options

Mixed Drinks \$6
Domestic Beer \$6
Imported Beer \$6
Mixed Drinks and Beer Available at Per
Drink Charge \$10

tel church: 410-633-5020
tel venue: 410-633-3131

GREEKTOWN SQUARE & EVENT CENTER



CELEBRATE YOUR SPECIAL EVENT! BEAUTIFULLY.



SLEEK & MODERN VENUE

CREATIVE & CUSTOMIZED MENUS

BALTIMORE'S NEWEST AND LARGEST
INDOOR/OUTDOOR EVENT SPACE

FULL-SERVICE CATERING COMPANY
CREATE THE MENU THAT IS PERFECT FOR YOU

UNIQUELY YOUR OWN

GRAND BALLROOM
SEATS UP TO 400

CELEBRATION ROOM
SEATS UP TO 175

OUTDOOR AMPHITHEATER & DANCE FLOOR
FOR CEREMONIES, RECEPTIONS, AND
SPECTACULAR CELEBRATIONS

CONVENIENTLY LOCATED

MINUTES FROM I-95, 895, 695

FREE PARKING

~ TESTIMONIALS ~

"THE FOOD, THE SERVICE, THE ENTIRE VENUE . . . WOW!"

"THE ROOM WAS BUZZING WITH MUSIC AND
LAUGHTER . . . JUST BREATHTAKINGLY BEAUTIFUL!"

"THE FOOD WAS DELICIOUS!
THE VENUE WAS BEAUTIFUL AND ELEGANT!"

700 S. QUAIL STREET, BALTIMORE, MD
410.633.3131
INFO@GREEKTOWNSQUARE.COM



700 S. QUAIL STREET, BALTIMORE, MD
410.633.3131

INFO@GREEKTOWNSQUARE.COM

WE'D BE HONORED TO HOST YOUR WEDDING CEREMONY, RECEPTION, OR BOTH!

YOU WILL HAVE A STAFF OF EXPERIENCED EVENT PROFESSIONALS WORKING WITH YOU
TO CREATE YOUR PERFECT EVENT.

ABOUT US

GREEKTOWN SQUARE & EVENT CENTER IS AN ELEGANT VENUE LOCATED IN BALTIMORE.
A FULL-SERVICE CATERING COMPANY SPECIALIZING IN EXCEPTIONAL SERVICE
AND DELICIOUS FOOD FOR EVERY GUEST.



700 S. QUAIL STREET, BALTIMORE, MD
410.633.3131
INFO@GREEKTOWNSQUARE.COM



REVIEWS, TESTIMONIALS & PHOTO ALBUMS

WE'RE PROUD OF OUR GREAT REVIEWS!

SEE TESTIMONIALS AND PHOTO ALBUMS ON
WEDDING411ONDEMAND.COM, WEDDINGWIRE.COM,
GREEKTOWNSQUARE.COM, AND
FACEBOOK.COM/GREEKTOWNSQUARE.

WeddingWire Couples' Choice Award
Baltimore Magazine Best of Baltimore Award
Wedding411 Preferred Vendor

WEDDING OPTIONS

- 4-HOUR RECEPTION OR 4.5-HOUR CEREMONY AND RECEPTION
- VENUE INCLUDES TABLES, CHAIRS, CHINA, GLASSWARE, AND SILVERWARE
- BEAUTIFUL HORS D'OEUVRES, BUTLER-SERVED AND DISPLAYED FORMAL PLATED AND WAITER-SERVED OR BUFFET-STYLE DINNER
- EXTENSIVE MENU OPTIONS TO SUIT YOUR TASTE AND MATCH YOUR BUDGET
- BAR PACKAGE OPTIONS
- PRIVATE BRIDAL READY ROOM
- DISCOUNT LODGING AT NEARBY HOTELS
- FREE PARKING



700 S. QUAIL STREET, BALTIMORE, MD
410.633.3131
INFO@GREEKTOWNSQUARE.COM



CYBER SECURITY WATCH

Provided by the Departments of Internet Ministries and Information Technology



CYBERCRIME HAS BEEN INFILTRATING OUR LIVES FOR YEARS.

More recently, parishes and religious communities around us are being targeted by a phishing scam where the attacker poses falsely as the parish priest and asks the recipient for money usually in the form of gift cards.

Image source: vectezy.com

EDUCATE yourselves and others about the dangers of emails and phone scams.

YOUR PARISH PRIEST should never reach out via personal email to request immediate financial assistance. Be vigilant if you do receive an email that fits this description! Here are some *do's* and *do not's* to guide you:

DO NOT...

- ❌ reply to the message
- ❌ click on any links
- ❌ download any attachments
- ❌ use the contact information provided in the email
- ❌ share personal or financial data via email or phone

DO...FOLLOW THE 3 V'S

- ✅ **VIGILANCE** requires that you should question every email that comes in
- ✅ **VERIFY** the email by contacting your parish
- ✅ **VERY OFTEN** change your passwords

REPORT CYBERCRIME IMMEDIATELY to the following Federal agencies and to the Archdiocese:

- Federal Trade Commission: [ftc.gov/complaint](https://www.ftc.gov/complaint)
- FBI: [fbi.gov/tips](https://www.fbi.gov/tips)
- Archdiocese Technical Support: techsupport.goarch.org

LEARN MORE by visiting blogs.goarch.org/internet-ministries by contacting the Departments of Internet Ministries and Information Technology with your questions at techsupport.goarch.org.



A BREAK IN YOUR DAY

MITCH HEDBERG QUOTES

I have a vest. If I had my arms cut off, it would be a jacket.

My belt holds up my pants and my pants have belt loops that hold up the belt. What's really going on down there? Who is the real hero?

Pepperidge Farm bread. That's fancy bread. You can tell it's fancy because it's wrapped twice. You open it, and you think you're done. But it still isn't open. You have to unwrap it again. That's why I don't buy it. I don't need another step between me and toast.

Every book is a children's book if the kid can read!

I went to a record store, they said they specialized in hard-to-find records. Nothing was alphabetized!

A burrito is a sleeping bag for ground beef.

I haven't slept for ten days, because that would be too long.

You should never tell someone they have a nice dimple, because maybe they were shot in the face with a BB gun.

If 13 is unlucky, then 12 and 14 are guilty by association.

I once saw a forklift lift a crate of forks. And it was way too literal for me.

I don't wear a watch because I want my arms to weigh the same.

I'm against picketing, but I don't know how to show it.

That would be cool if you could eat a good food with a bad food and the good food would cover for the bad food when it got to your stomach. Like you could eat a carrot with an onion ring and they would travel down to your stomach, then they would get there, and the carrot would say, It's cool, he's with me.

Imagine if you were a drummer, and you accidentally picked up two magic wands instead of sticks. There you are, keeping the beat, the next thing you know, your bass player turns into a can of soup.

I don't need a receipt for a doughnut. I'll just give you the money, and you give me the doughnut. End of transaction! We don't need to bring ink and paper into this! I can't imagine a scenario where I'd have to prove that I bought a doughnut. Some skeptical

friend... 'Don't even act like I didn't buy that doughnut! I've got the documentation right here! Oh, wait, it's back home, in the file. Under d...for doughnut.'

A waffle is like a pancake with a syrup trap.

Once I saw a duck walking down the street so I went into Subway and ordered two pieces of bread, and they informed me that they could not do that, like there was some special rule at Subway that two pieces of bread weren't allowed to touch. So, the woman asked me what I wanted on the sandwich and I said I do not care, it is for a duck, and she was like oh then it's free. I was not aware that ducks eat for free at Subway. It's like give me a chicken fajita sub, but don't worry about ringing it up, it is for a duck.

I was walking down the street with my friend and he said 'I hear music,' as though there's any other way to take it in. "You're not special. That's how I receive it too... I tried to taste it, but it did not work."

I was in a convenience store, reading a magazine. The clerk told me, "this is not a library!" "OK! I will talk louder, then!"

I tried to throw a yo-yo away. It was impossible.

When you put Listerine in your mouth, it hurts.

Germs do not go quietly.

If carrots got you drunk, rabbits would be messed-up.

When I was a boy, I would lie in my twin-sized bed and wonder where my brother was.

Chicago is known as the Windy City, and Montana is called the Big Sky State, so I think that we should somehow combine the two to create the ultimate kite-flying experience.

I opened-up a yogurt, underneath the lid it said, "Please try again." because they were having a contest that I was unaware of. I thought maybe I opened the yogurt wrong. ...Or maybe Yoplait was trying to inspire me... "Come on Mitchell, don't give up!" An inspirational message from your friends at Yoplait, fruit on the bottom, hope on top.

Fettuccini alfredo is macaroni and cheese for adults.

Rice is great if you're really hungry and want to eat two thousand of something.

When you go to a bar that has a black light, everybody looks cool. Except for me, because I was under the impression that the mustard stain came out.



HEALTHY BODY AND MIND

HOW TO OVERCOME FATTY LIVER DISEASE

Fatty liver disease is the abnormal accumulation of fat in liver cells, which can impair function, trigger inflammation and lead to serious health complications. While the liver naturally contains small amounts of fat, risk increases when it is more than 5% to 10% of the organ's weight. There are two main categories:

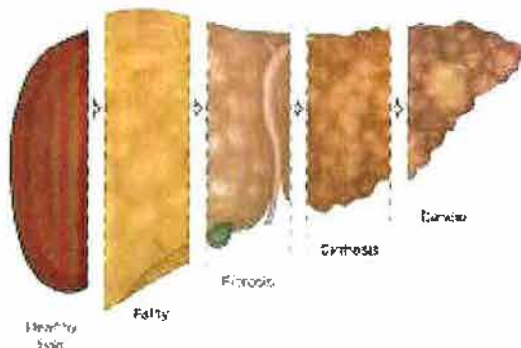
Alcoholic fatty liver disease (AFLD) This develops in people who consume alcohol in excess, which disrupts fat metabolism and damages liver tissue. Early stages of AFLD can be improved by reducing or eliminating alcohol intake.

Non-alcoholic fatty liver disease (NAFLD) Also known as metabolic dysfunction-associated steatotic liver disease, this is driven by obesity, insulin resistance, diabetes and metabolic syndrome. NAFLD can progress to non-alcoholic steatohepatitis, which involves inflammation and liver cell injury, and eventually fibrosis, cirrhosis or liver cancer if untreated. About one-third of adults are now estimated to have NAFLD. Meta-analyses suggest a rise from 26% in earlier decades to 38% since 2016, with projections indicating more than half of the world's population could be affected by 2040. AFLD remains common in heavy drinkers. But NAFLD, linked to the increase in obesity and type 2 diabetes, is surging.

RISK FACTORS

Fatty liver disease is often called a "silent disease" because most people do not experience early symptoms. Yet damage can mount. NAFLD and AFLD

Stages of liver damage



can lead to cirrhosis and liver cancer, but NAFLD carries broader metabolic consequences. Research has linked it with a 24% higher risk of early-onset colorectal cancer, particularly in adults younger than 50. It also raises the risk of

cardiovascular disease, the leading cause of death in NAFLD patients, cholesterol, and triglycerides (metabolic syndrome). A sedentary lifestyle and poor diet, especially consumption of sugar and saturated fats, can accelerate the disease. But even people who do not drink alcohol and maintain a normal weight may develop NAFLD due to metabolic dysfunction, environmental toxins or disrupted sleep patterns.

PREVENTION

The good news is that fatty liver disease, especially NAFLD, is largely preventable and reversible in early stages. Here's what you can do:

Slim down. Weight loss of 5% to 10% can reduce fat buildup in the liver; losing more than 10% may reverse inflammation and scarring.

Eat healthy. A Mediterranean-style diet rich in vegetables, whole grains, lean protein and healthy fats can lower your risk.

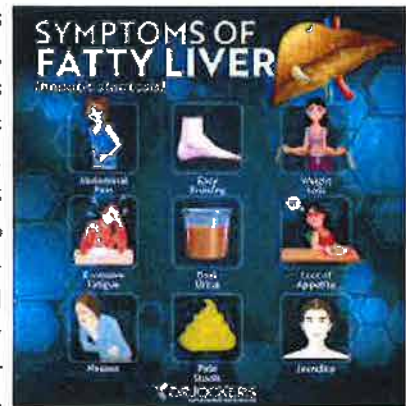
Get fit. Regular exercise improves insulin sensitivity and liver function.

Limit alcohol. Drinking adds liver stress.

Some supplements may boost liver health in people with NAFLD, though they work best alongside diet and lifestyle changes. Vitamin E has been shown to improve liver inflammation in some patients, while omega-3 fatty acids can reduce liver fat and lower triglycerides.

Regular coffee consumption appears protective. Plant compounds such as milk thistle, curcumin and green tea extract may improve liver enzymes and reduce inflammation. Other promising options include berberine, probiotics and vitamin D, though results vary.

Key risk factors include excessive body weight, (particularly abdominal obesity), insulin resistance and type 2 diabetes, high blood pressure.



\$ A FOCUS ON FINANCES \$

THE EXPENSE OF STORAGE AND CLUTTER

HOW TO HELP A PARENT DECLUTTER

Hoarding disorder affects approximately 6% of Americans 65 or older. The condition can range from moderate clutter to severe hoarding classified as a mental health concern like obsessive-compulsive disorder.

Most people hoard because they have an extreme sentimental attachment to their possessions or believe they might need them later. Hoarding also can be a sign that an older person is depressed, anxious or showing early symptoms of dementia.

Common problems for individuals who live in excessive clutter are tripping, falling and injuring themselves, as well as difficulty keeping track of bills and medications. They may also encounter environmental hazards like mold, mildew, dust, and the presence of insects and rodents.

The Institute for Challenging Disorganization (ICD) offers the "Clutter-Hoarding Scale," an assessment tool to gauge your parent's situation. Download it at challengingdisorganization.org, under the "Resources & Tools" tab.

If your parent shows signs of a clutter problem, start with a conversation, expressing your concern for their health and safety and offering your assistance. If they accept, most professional organizers recommend small steps: take one room at a time, or even a portion of a room. This will help keep your parent from feeling overwhelmed.

Designate three piles or boxes - one for items they want to keep and put away, another for items they want to donate, and a throwaway pile. If there is a struggle with multiple sentimental items that go unused, suggest keeping only one for memory's sake and giving away the rest to family members who will use them. Also help your parent set up a system for organizing kept items and new possessions.

If you need assistance, consider hiring a professional organizer to come to your parent's home to help prioritize, organize and remove clutter. The ICD and the National Association of Productivity & Organizing Professionals (napo.net) both have directories on their websites.

Therapy or antidepressants may help with issues such as anxiety, depression and other feelings that may be at the root of hoarding. Be sure to have your parent consult their primary physician to determine if these options are appropriate.

**GETTING OLDER IS
JUST ONE BODY PART
AFTER ANOTHER
SAYING, "HA HA, YOU
THINK THAT'S BAD?
WATCH THIS."**

**People who ask me
what I'm doing tomorrow
probably assume that
I even know what day
of the week it is.**

**I see people my age
mountain climbing and
zip lining and here I am
feeling good about myself
because I got my leg
through my underwear
without losing my
balance.**

SAINT NICHOLAS MAILING LIST

To subscribe to the St. Nicholas mailing list, please follow these steps:

- 1) Open your Email client and create a new message.
- 2) Enter stnicholasbaltimore@listserv.goarch.org as the To address. If this address does not work, you may need to use **STserv@stnicholasbaltimore@listserv.goarch.org**. Older list serve accounts were configured with the STserv address.
- 3) Enter **“subscribe” stnicholasbaltimore** in the body of your message where *stnicholasbaltimore* is the name of the list you are subscribing to.
- 4) Leave the subject of the message blank. If your mail program requires text in the subject field, enter random characters.
- 5) Send the email; you will receive a confirmation if you successfully subscribed.



LITURGICAL CALENDAR - FEBRUARY

Sunday, February 1: Sunday of the Publican and Pharisee/ also the Triodion period begins. Orthros 8:30 am Divine Liturgy 9:45 am. FAST FREE WEEK..

Monday, February 2: Presentation of our Lord into the Temple; Orthros 8:30 am Divine Liturgy 9:30 am.

Sunday, February 8: Sunday of the Prodigal Son: Orthros 8:30 am Divine Liturgy 9:45 am

Tuesday, February 10: St. Haralambos the Hieromartyr: Orthros *,30 am Divine Liturgy 9:30 am

Saturday, February 14: First Saturday of the Souls: Orthros 8:30 am Divine Liturgy 9:30 am
Memorial Service will be chanted for the departed in Christ at the end of the Liturgy

Sunday, February 15: Meatfare Sunday/Judgment Sunday: Orthros 8:30 am Divine Liturgy 9:45 am

Saturday, February 21: Second Saturday of the Souls: Orthros 8:30 am Divine Liturgy 9:30 am
Memorial Service will be chanted for the departed in Christ at the end of the Liturgy

Sunday, February 22: Cheesefare Sunday/ Forgiveness Sunday: Orthros 8:30 am Divine Liturgy 9:45 am
WE WILL ALSO CELEBRATE (GOD PARENTS DAY) ON THIS SUNDAY.

Monday, February 23: THE GREAT LENTEN PERIOD BEGINS: Compline Service 7:00 pm

ON BEHALF OF THE PARISH COUNCIL, FR. MICHAEL, THE CHURCH STAFF, AND THE ENTIRE FAMILY OF ST. NICHOLAS WE WOULD LIKE TO WISH EVERYONE IN THE COMMUNITY A BLESSED GREAT LENTEN PERIOD. KALH SARAKOSTH.

Wednesday, February 25: Presanctified Liturgy: 7:00 pm

Friday, February 27: First Salutations to the Virgin Mary: 6:30 pm

Saturday, February 28: Third Saturday of the Souls: Orthros 8:30 am Divine Liturgy 9:30 am
Memorial Service will be chanted for the departed in Christ at the end of the Liturgy



Judgement (Meatfare) Sunday