



## MARCH/ ΜΑΡΤΙΟΣ

2009

*A Monthly Publication of the  
Saint Nicholas Greek Orthodox Church.*  
520 S. Ponca Street, Baltimore, MD 21224

ΚΟΙΝΩΝΙΑ

### Message from Fr. Michael L. Pastrikos

## Great Lenten Period: Food for the Soul

*By Rev. Fr. Michael L. Pastrikos*

On Monday, March the 2nd, the Orthodox Church will begin the day in which we call Clean Monday. This is a beginning of a spiritual journey and an experience of renewal, which will bring us to the end of our journey, when we celebrate the feast of feast "The Resurrection" of our Lord and Savior, Jesus Christ, "Holy Pasha".

In John 14:16 it states, "I am the way, and the truth, and the life, no one comes to the father, but by me." This is a very deep theological statement, the Lord loves us all. It is truly a wonderful truth that His love for us is filled with His goodness and mercy. Through the grace of the Holy Spirit, who is ever present with us, our soul finds peace knowing how much goodness and mercy is offered to us because of the love our God.

That's why in John 4:24 it states, "God is spirit, and those who worship Him must worship in spirit and truth." If we truly worship our Lord, then we must have purity of heart. If we do this, then we will bring forth good fruit with honesty and love. The Lenten period is a time in our lives that we invite the change of our lifestyle in preparation for Pasha! Like anything else in life, the more we understand what is happening around us the more we will experience God's healing and compassion in our lives.

What we need to do during this Lenten period is to focus on our spiritual responsibilities. Why I stated that is because we as humans we tend to do things and accept things that really God does not approve of. I will give you an example, during the Great Lenten period we have a great Liturgical cycle within our Church. As a family, we need to decide on what our Church service schedule will be during Lent. Which means that we must make a few sacrifices in order to accomplish the journey that is ahead of us.

Many of our families are indulged in sports. For example soccer, baseball, etc. we look ahead to commit our evenings and weekends to the sport schedule. We always use the excuse that the coach demands it, or without my son or daughter

the team will not be competitive. We do this for earthly rewards and pleasure. If you plan your week in advance, knowing that you will attend the Wednesday night Pre-Sanctified Liturgies, or Friday night the Salutations of the Virgin Mary, or Sunday Services is a commitment towards heavenly rewards of peace and healing. The most effective way to teach our children the joy of the liturgical life of the Church is to embrace it in our own lives.

We have children and adults in our Parish that never attended a Compline Service, a Pre-Sanctified Service, a Salutation Service. Some of our children have never entered the Church since the time they were baptized. We have married couples that from the time of their marriage have never stepped back into Church. We have married couples that baptize their children and never return until the child is eligible for the Sunday School program. Is this really showing God how much we care and love Him? Is this what we want for our children? When Christ said: "Imitate me!" How can the children imitate Christ when they do not ever know Him?

So, in closing for us this is a forty day journey to the light of Holy Pasha, for the Feast of the Resurrection of Christ is not simply a great feast or even the greatest of all feasts of the Church year, but is the very essence and love of our faith. The Apostle Paul says that "If Christ did not rise, then our faith is in vain." 1 Cor. 15:14.

Therefore as faithful Orthodox Christians, we should learn to know about our God and His great love for us all. Know the love of Christ, and live with peace in your soul, because in the end we behold not only His goodness and mercy, but also His meekness and gentleness.

So, during this Lenten Season let's turn to God in prayer, and learn more about Him through the beautiful services that our Church offers us. If we do not and follow these examples then we are truly on the pathway towards our Salvation. What a blessing that is for us all.

# Μήνυμα από τον Πατέρα Μιχαήλ Α. Παστροικό

## Μεγάλη Τεσσαρακοστή: Τροφή της Ψυχής

**Από τον Αιδεσιμ. Πατέρα Μιχαήλ Α. Παστροικό**

Την Δευτέρα, 2 Μαρτίου, η Ορθόδοξη Εκκλησία θα αρχίσει, με την ημέρα που αποκαλούμε ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ, το πνευματικό ταξίδι και την εμπειρία ανανέωσης, που θα μας φέρει στο στόχο του ταξιδιού όταν θα εορτάσουμε την εορτή των εορτών «ΤΗΝ ΑΝΑΣΤΑΣΗ» του Κυρίου και Σωτήρα μας Ιησού Χριστού, «Το Άγιο Πάσχα».

Στο κατά Ιωάννη 14:16 δηλώνει «Είμαι ο τρόπος, η αλήθεια και η ζωή, ουδείς θα πλησιάσει τον Πατέρα μου, αλλά μόνο μέσω εμού.» Είναι μια πολύ σημαντική και βαθιά θεολογική δήλωση. Ο Κύριος μας αγαπά όλους. Είναι πράγματι μια θαυμάσια αλήθεια ότι η αγάπη Του για μας είναι γεμάτη με την απέραντη καλωσύνη Του και ευσπλαχνία Του. Η χάρη του Αγίου Πνεύματος, όταν παρουσιάζεται σε μας, η ψυχή μας βρίσκει γαλήνη γνωρίζοντας τη γαλήνη και ευσπλαχνία που μας προσφέρει χάρις στην αγάπη του Θεού.

Ο Ιωάννης στο 4:24 αναφέρει «ο Θεός είναι Πνεύμα, και εκείνοι που Τον λατρεύουν τελετουργικά, πρέπει να Τον λατρεύουν πνευματικά και αληθινά.» Αν πραγματικά λατρεύουμε το Κύριο, τότε πρέπει να έχουμε αγνότητα στη καρδιά. Αν το κάνουμε, τότε θα αποφέρουμε καρπούς τιμότητας και αγάπης.

Η περίοδος της Σαρακοστής είναι η περίοδος της ζωής μας που μας καλεί να αλλάξουμε τρόπο ζωής και να

προετοιμαστούμε κατάλληλα για το Πάσχα. Όπως οτιδήποτε άλλο στη ζωή, όσο περισσότερο αντιλαμβανόμαστε τι συμβαίνει γύρω μας, τόσο περισσότερο έχουμε την εμπειρία, να καταλάβουμε την θεραπεία και φιλεσπλαχνία του Θεού στη ζωή μας. Ο λόγος που το ανέφερα είναι γιατί εμείς, ως άνθρωποι, τείνουμε να κάνουμε πράγματα και να δεχθούμε καταστάσεις που πραγματικά δεν εγκρίνονται από τον Θεό. Θα σας δώσω ένα παράδειγμα, κατά τη διάρκεια της Μεγάλης Τεσσαρακοστής, η Εκκλησία μας προσφέρει ένα μεγάλο Λειτουργικό Κύκλο. Σαν οικογένεια πρέπει να αποφασίσουμε ποιες Ακολουθίες θα παρακολουθήσουμε, που σημαίνει ότι πρέπει να κάνουμε μερικές θυσίες για να φθάσουμε επαξίως στο τέραμα του ταξιδιού που θα κάνουμε.

Μερικές από τις οικογένειες μας συμμετέχουν σε σπόρτς. Για παράδειγμα, ποδόσφαιρο, μπέιζμπολ, μπάσκετ κ.λ.π. Προβλέπουν και κλείνουν κάποια βράδυα τους και σαββατοκύριακά τους για το πρόγραμμα του σπορ. Πάντα το ρεϊχνουν ότι το απαιτεί ο προπονητής, ή χωρίς τη συμμετοχή του παιδιού τους, γιός ή κόρη, η ομάδα δεν μπορεί να αναμετρηθεί.

Προγραμματίζουμε ευχαρίστως για επήγεια οφέλη και διασκέδασης. Ας προγραμματίσουμε εκ των προτέρων λοιπόν, γνωρίζοντας ότι θα πάμε στην εκκλησία τις Τετάρτες το βράδυ για τις Προηγιασμένες Θείες Λειτουργίες

*Συνέχεια στην σελίδα 11*

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## The Sunday Scripture Lessons of Great Lent, Part I

By Bill Poulos, Th.M.

Most of the Sundays of Great Lent have acquired throughout the historical development of the Church secondary themes and meanings which are independent of the primary Lenten spiritual lessons expressed in the Epistle and Gospel readings for those days. Some of the secondary themes attached to these Sundays commemorate important events in the Church's history such as Orthodoxy's victory over Iconoclasm and the restoration of the veneration of icons in 843 (1<sup>st</sup> Sunday of Lent) and the 14<sup>th</sup> century vindication of the theology of St. Gregory Palamas (2<sup>nd</sup> Sunday). Others highlight two great masters of ascetic struggle and the spiritual life, St. John Climacus (4<sup>th</sup> Sunday) and St. Mary of Egypt (5<sup>th</sup> Sunday), who serve as role models for the faithful during the Lenten fast.

However, the principle doctrinal and spiritual lessons that the church intends to teach us during this intense period of fasting and prayer is found in the Scripture readings for the five Sundays of Lent. A brief examination of these readings is instructive in discerning the Church's message as it guides us on our journey to experience the Lord's Passion, Death and glorious Resurrection.

Perhaps the best context in which to view the instructional sequence in these Lenten Sunday Epistles and Gospel readings is to remember that originally in the early Church Lent was an extended period of preparation for the catechumens, those wishing to be newly baptized into the faith. Their baptism occurred at the Paschal liturgy. The Scripture lessons of Lent explained to them the meaning of the momentous event that was to take place in their lives and prepared them for their personal identification with Christ's Death and Resurrection in the baptismal waters. The content of these lessons continues to have profound relevance for us today as each Easter we return to and reawaken the meaning and promise of our own Baptisms.

The theme of the Scripture lessons for the 1<sup>st</sup> Sunday of Lent centers around God's promise to ultimately redeem mankind and highlights those who through unwavering faith, often associated with great suffering, wait upon and ultimately receive the fulfillment of that promise. The day's Epistle (Heb. 11: 24-26, 32-40, 12: 2) catalogs the trials of the righteous men and

women of the Old Testament who, though faithful to God, did not experience the realization of God's promise. It concludes that God has foreseen "something better for us"; that is, for those of us privileged to live during and after the Lord's coming. That something is proclaimed in the Gospel lesson that follows (John 1: 43-51). We are told that those who truly believe will see the manifestation of God's Kingdom, "heaven open" and "the angels of God ascending and descending upon the Son of Man".

This promise belongs to all who with sincere hearts and obedient faith trust and serve Christ. We are cautioned, however, in the Epistle read on the 2<sup>nd</sup> Sunday of Lent (Heb. 1:10-2:3), as were the first catechumens, that we must remain steadfast in our faith so that we do not "drift away" and "neglect so great a salvation". As an example of just such an unshakable faith, the Gospel for the day (Mark 2: 1-12) recounts the story of the men who lowered the paralytic through a roof to receive forgiveness of sins and healing from Jesus. The clear message is that God rewards determined and courageous faith.

The Scripture readings of the 3<sup>rd</sup> Sunday, the Veneration of The Cross, remind us this kind of faith will entail sacrifice and suffering. On this Sunday, the Life Giving Cross makes Its appearance and the meaning of Christ's offering of Himself for us and our identification with His sacrifice begins to unfold. The Epistle (Heb. 4:14-5:6) explains that the Lord is our great and merciful High Priest who offered Himself on the Cross for our sins so that we may "come boldly to the throne of grace, that we may obtain mercy". The Gospel that follows (March 8:34-9:1) explains the meaning of the Cross in the life of the believer. We are exhorted by our Savior to take up our cross and follow Him. As true believers, we must willingly reject sin and accept self-denial and suffering as symbolized by the Cross, for Christ's sake and the advancement of the Gospel.

The Church wisely offers the example and adoration of the Cross in mid-Lent to strengthen and encourage the faithful during their struggles as they take up their own crosses during Great Lent. The emphasis on Christ's humility and suffering on the Cross for our sakes is intended to enable us to redirect and rededicate our lives to God and seek fulfillment of our lives in communion and union with Him.

## THE ANNUNCIATION OF THE THEOTOKOS MARCH 25<sup>TH</sup>

Six months after John the Forerunner's conception, God sent the Archangel Gabriel to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months. On coming to Joseph's house, the Archangel declared: "Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women."

After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: "Behold the handmaid of the Lord; be it unto me according to thy word."

And at this, the Holy Spirit came upon her, and the power of the Most high overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body (Luke 1:26-38).



at this, the Holy Spirit came upon her, and the power of the Most high overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body (Luke 1:26-38).

Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zechariahs had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, Saint John the Baptist, prophesied of the dawning of the spiritual Sun. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord, and with a great voice blessed her and the Fruit that she held within herself. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour," and the rest, as the divine Luke hath recorded (1:39-55)

### ***Apolytikion in the Fourth Tone***

Today marks the crowning of our salvation and the revelation of the mystery before all ages. For the Son of God becomes the son of the Virgin, and Gabriel proclaims the grace. Wherefore, we also cry out with him, "Hail, O full of grace, the Lord is with you."

### ***Kontakion in the Plagal of the Fourth Tone***

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

# Keeping the Spirit of Love Alive

by Eve Lallas

Several weeks have elapsed since we celebrated our Lord's birth with much jubilation; and as we are now embarking on The Great Lent it is fitting to ask ourselves: Is the Christmas Spirit of Love within us still alive and well? Are we still mindful of our neighbors, acting out of concern on their behalf? Are we taking a few minutes to call, drop a note, or look in on some of the elderly, the bereaved, hospitalized, or shut-ins? Is this not the directive that God has given us when He sent His beloved Son to preach His message of Love by example? As Christians our personal involvement is what is demanded of us.

As we now prepare for the Resurrection of our Lord, our spirituality will be strengthened as we focus on such caring thoughts and actions toward our fellow man; keeping the spirit of Christmas Love alive. Collectively we can accomplish much good toward the less fortunate, especially in the current economic atmosphere. In addition to donations of food and clothing, we can personally volunteer our time to serve those in need. These are excellent examples for our youth to emulate, as they are encouraged to join in these activities. Their reward being a greater appreciation for all with which they have been blessed. Did Jesus not tell us that when we feed the

hungry and clothe the less fortunate we are in reality feeding and clothing Him?

Everyone's spirit of goodwill usually surfaces during the Christmas season, but some Christian churches forego charity drives during the major holidays knowing that many others will do their part in helping the needy at those times. They pick up the slack during the interims, however, when those in need are all too often forgotten. Fortunately, there are Christian organizations, which are spiritually and financially able to fulfill their mission of goodwill throughout the year.

Our Philoptohos Society, as well as the chapters throughout the nation, is such a group whose philanthropic functions are ongoing. It is for this reason that we must be involved personally and support the various fundraisers of St. Nicholas; so that our church via its ministries, as The Philoptohos, has the ability to accomplish the goal that Christ has set before us: loving and caring for our neighbor.

Our attendance and participation in the many church services during Lent and Holy Week will serve to keep each of us focused on this goal which is the very essence of Christianity; thus keeping the Spirit of Christmas Love alive and well beyond December 25th.

## *The Subject is "Funny"*

*Funny* how a \$20 bill "looks" so big when you take it to church, but so small when you take it to the mall.

*Funny* how long it takes to serve God for an hour, but how quickly a team plays 60 minutes of basketball.

*Funny* how we can't think of anything to say when we pray, but don't have difficulty thinking of things to talk about to a friend.

*Funny* how we get thrilled when a baseball game goes into extra innings, but we complain when a sermon is longer than the regular time.

*Funny* how people want to get a front seat at any game or concert, but scramble to get a back seat at church.

*Funny* how hard it is for people to learn a simple gospel well enough to tell others, but how simple it is for the same people to understand and repeat gossip.

*Funny* how we believe what the newspaper says, but questions what the Bible says.

*Funny* how everyone wants to go to heaven, provided they do not have to believe, or to say, or to do anything.

*Funny* how you can send a thousand jokes through e-mail, and they spread like wild, but when you start sending messages regarding the Lord, people think twice about sharing.

## *"But I have called you friends"*

Friendships are special relationships. We confide in our friends... we trust them with our innermost secrets and we trust them with our very lives. We share our joys and our sorrows with them. We know we can always turn to them in time of need, and we are always available to help out if the situation is reversed.

Anyone with a TRUE friend is, indeed a fortunate person. It is no wonder, then that Christ speaks about friends in a very beautiful manner in His Farewell Discourse to His Apostles on the Night of His Passion. "But I have called you friends, for all things I heard from My Father, I have made known to You." (John 15:15) What an honor it was for them to be referred to by Jesus as His "Friends!"

Yes, Christ would always be their Master, but because of

*Funny* how we are rarely late to work, but always late to church.

*Funny* how we call God our Father and Jesus our Brother, but find it hard to introduce them to our family.

*Funny* how small our sins seem, but how big their "sins" are.

*Funny* how we demand justice for others, but expect mercy from God.

*Funny* how we are so quick to take directions from a total stranger when we are lost, but are hesitant to take God's direction for our lives.

*Funny* how people want God to answer their prayers, but refuse to listen to His counsel.

*Funny* how we sing about Heaven, but don't think there is a Hell.

*Funny* how it is all right to blame God for evil and suffering in the world, but it is not necessary to thank Him for what is good and pleasant.

*Funny* how when something goes wrong, we cry, "Lord, why me?" but when something goes right, we think, "Hey, it must be me!"

Or wait — maybe all this isn't so "funny" after all.

—Unknown Author

their great love for Him and their willingness to obey Him, an unbreakable bond was formed between them. It is important for us to note that we, too, can be numbered among God's friends, and He tells us exactly what we must do if we want to foster this type of relationship with Him. "You are my friends if you do whatever I command you." (John 15:14) Being a friend of God requires commitment and dedication. Being His friend calls for sacrifice on our part. Being His friend may even cause us to lose the friendship of others, who are not willing or not able to commend their lives totally to the Lord.

Be assured, however, that if we are loyal friends of Christ, then like the Apostles and all of the saints, we, too, will share in the eternal glory of the kingdom of Heaven.

*The Orthodox Weekly Bulletin*

# COMMUNITY NEWS - ΚΟΙΝΟΤΙΚΑ ΝΕΑ

## PHILOTOCHOS NEWS

*Kali Sarakosti!* Thank you for attending our Apokriatiko Glendi on February 27th. We hope everyone had a good time and enjoyed watching all our dance groups perform for us. Thank You to all the groups and all the teachers for all your hard work.

**Monday, March 2nd is Kathari Deiftera.** We will have our annual dinner after church services. Please bring a nistisimo (Lenten) dish and join us for dinner. Everyone is welcome.

**Sunday, March 8th is the memorial service** for all deceased Philotochos members. Please come and pray with us. May their memory be eternal. We will sponsor the coffee hour after church services.

**SAVE THE DATE—Thursday, April 30th** will be our annual Fashion Show at Martin's Eastwind from 6 p.m. to 10:00 p.m. Come and join us for a fun time and to see the latest in fashions. More information will follow in the April Koinonia article.

There will be no general meeting in March. Our next general meeting will be on Wednesday, April 1st at 7:00 p.m.

See everyone at the parade on Sunday, March 29th at 2:00 p.m.

## NEA ΤΗΣ ΦΙΛΟΠΤΩΧΟΥ

**ΚΑΛΗ ΣΑΡΑΚΟΣΤΗ!** Επ' ευκαιρία θέλουμε να ευχαριστήσουμε όλους όσοι επίμησαν με τη παρουσία τους το Αποκριάτικο Γλέντι στις 27 Φεβρουαρίου. Ελπίζουμε ότι όλοι περάσατε καλά και ευχαριστηθήκατε τους Χορευτικούς μας ομίλους που μας παρουσίασαν παραδοσιακούς ελληνικούς χορούς. Απευθύνουμε θερμά συγχαρητήρια στα παιδιά και στους χοροδιδασκάλους των για την ωραία τους απόδοση.

**Την Δευτέρα, 2 Μαρτίου είναι** Καθαρά Δευτέρα. Θα προσφέρουμε και πάλι νηστήσιμο δείπνο μετά την Ακολουθία του Απόδειπνου. Μπορείτε να φέρετε και εσείς κάτι νηστήσιμο για το τραπέζι. Όλοι είστε καλεσμένοι.

**Την Κυριακή, 8 Μαρτίου είναι** το ετήσιο μνημόσυνο των αποθανόντων μελών της Φιλοπτώχου. Παρακαλείστε να συμμετέχετε στην μνημόσυνο δέηση. Αιωνία τους η μνήμη. Επίσης μετά το μνημόσυνο προσκαλούμε το εκκλησίασμα για καφέ.

**ΚΡΑΤΕΙΣΤΕ ΤΗΝ ΗΜΕΡΟΜΗΝΙΑ ΑΝΟΙΚΤΗ. Την Πέμπτη 30 Απριλίου** θα έχουμε την ετήσια Επίδειξη Μόδας στο Martin's Eastwind από τις 6 έως τις 10 μ.μ. Παρακαλούμε όλες τις κυρίες δεσποινίδες και τις φίλες τους να υποστηρίξουν με τη συμμετοχή τους την Επίδειξη και να ενημερωθούν για την επίκαιρη μόδα. Περισσότερες πληροφορίες στην επομένη έκδοση της ΚΟΙΝΟΝΙΑΣ, τον Απρίλιο.

Δεν θα συνεδριάσουμε τον Μάρτιο. Η επομένη μας συνεδρίαση θα είναι την Τετάρτη 1η Απριλίου, στις 7 μ.μ. Θα σας δούμε όλους στην Παρέλαση, 29 Μαρτίου στις 2 μ.μ.

## SUNDAY SCHOOL NEWS

**The Annual Lenten Luncheon sponsored by Sunday School will take place on Sunday, March 15th** after church services downstairs in the large hall. We will once again feature nistisima food. The donation for the luncheon is \$7.00 for adults and \$5.00 for children 12 yrs old and younger.

**The St. John Chrysostom Oratorical Festival** will be taking place on **Saturday, March 21st, 2009** in the church. The Program will begin at 10 until 2 pm. All youth of our community are encouraged to participate. The divisions that your son, daughter must sign up for are as follows: Elementary Div: for grades 4,5 & 6, Junior Div: for grades 7, 8 & 9, Senior Div: for grades 10, 11 & 12. *It is mandatory for all Sunday school students in these grades to select a topic and write an essay. But it is voluntary if*

any student wishes to present their topic at the Oratorical Festival on March 14th. Any student who does present their topic will be given extra credit for their participation.

Scholarship money will once again also be awarded to the top three finalists in the Junior & Senior Divisions. For copies of the designated topics and the registration form, please stop by the Sunday school office or the Church office or see one of the Sunday school teachers. Deadline for turning in the registration form is Sunday, March 15th.

Please help show your support for our Sunday school.

## LENT, HOLY WEEK AND EASTER 2009 DONATIONS

Every year around this time, it is a tradition for our parishioners to donate some of the items that are needed during Lent, Holy Week and Easter to decorate our Sanctuary, the Epitaphio, etc. with fresh spring flowers. Listed below are some items that we are asking our parishioners to donate for the various church services. If you want to help with a donation for any of the items listed below, please call or stop by the church office and see Maria Salpeas. Here are some of the items that are needed:

### FLOWERS FOR THE ALTAR TABLE

1st Sunday of Lent—March 8th & Sunday of Orthodoxy  
2nd Sunday of Lent—March 15th  
3rd Sunday of Lent—March 22nd  
4th Sunday of Lent—March 29th  
5th Sunday of Lent—April 5th  
Palm Sunday—April 12th  
Holy Thursday—April 16th  
Flowers for Easter

### WREATHS FOR THE ICON OF THE ANNUNCIATION

1st Salutations—March 6th  
2nd Salutations—March 13th  
3rd Salutations—March 20th  
Adoration of the Holy Cross—March 22nd  
4th Salutations—March 27th

### WREATHS ARE ALSO NEEDED FOR THE FOLLOWING:

Akathistos Hymn Icon—April 3rd  
Palm Sunday Icon—April 12th  
Nymphios Icon—April 12th (evening services)  
Holy Thursday Stéfania for the top  
and at the base of the Cross Crucifixion Icon  
Resurrection/Lavaro

### INCENSE FOR LENT AND FOR HOLY WEEK

**Saturday of Lazarus Breakfast**—An individual or a group to host breakfast for the young members after Communion.

**Easter Egg Hunt for children**—An individual or a group to host this event.

**Palms and Decorations for Palm Sunday**

**Holy Wednesday Unction Supplies**

**Holy Friday Sheet**

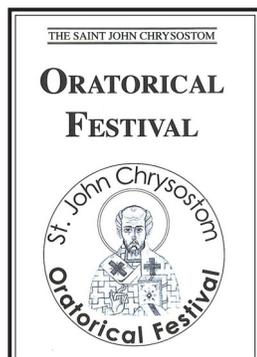
**Lamentations books**

**Holy Saturday Laurel & Bay leaves—Daphnes—**

**Iconostasion decorations**

**Easter Eggs**

The list will be available in the church office. Please stop by and talk to Maria Salpeas if you will be interested in donating any of the above items.



# A Photographic Collage of Recent Events



**A**—Metropolitan Evangelos assisted by Fr. Michael lead the special blessing at the Celebration Των Τριών Ιεραρχών και των Ελληνικών Γραμμάτων on Friday, January 30th. This event was The first one in Maryland and The St. Nicholas Afternoon Greek School and church were chosen to be the host.

**B**—Our students presenting various poems about the Three Hierarchs.

**C**—Our young ladies of St. Nicholas Greek school present a small skit «Ελλάδα και Ανθρωπότητα.»

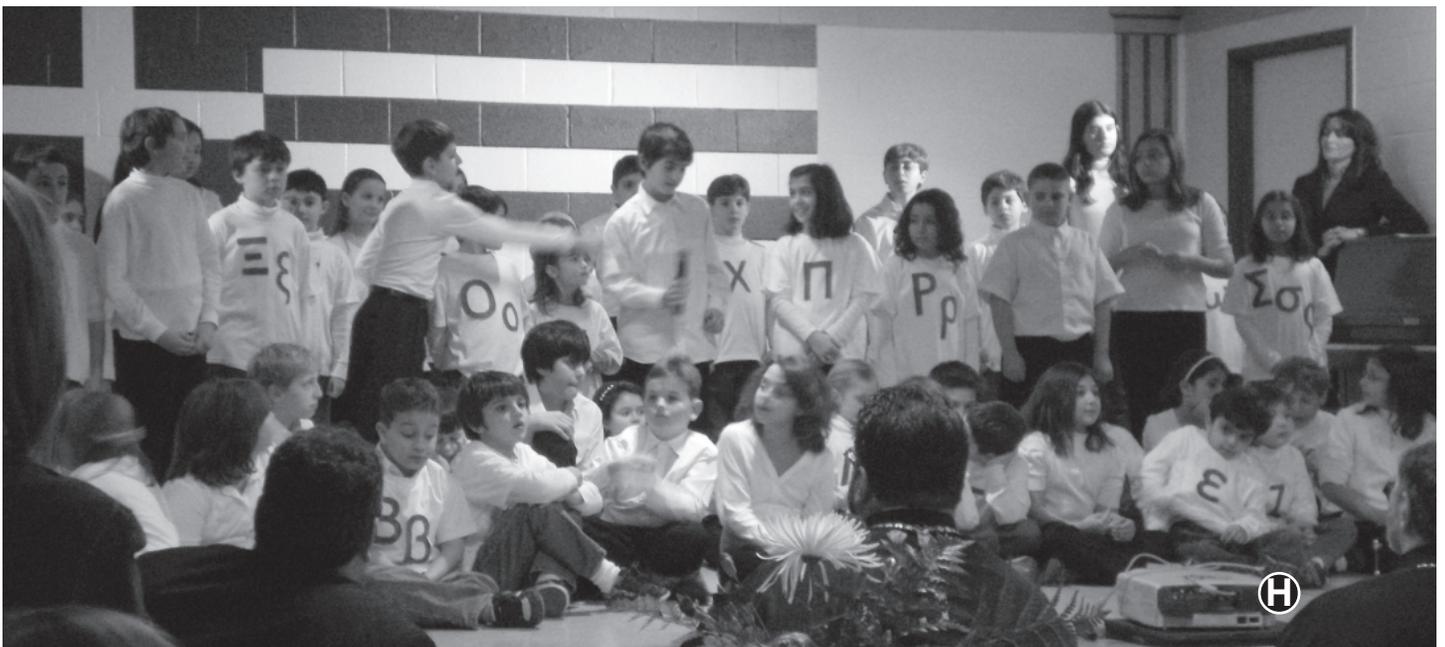
**D**—Μαθητές απο το Ελληνικό Σχολείο του Αγίου Νικολάου Παρουσιάσουν "Αγιογραφία των Τριών Πατέρων"



# and Activities Around Our Community



**E**—Metropolitan Evangelos along with the area priests and guests posed for a picture with all the Greek School students, teachers and principals who came from the various churches in the state of Maryland and Falls Church, VA. **F**—Our own Principal, Mrs. Eleni Monopolis takes the time to pose with our two new teachers, Eugenia Kanakis and Vasiliki Kalogranis along with returning student to the Greek school program, Vaso Katsaros. **G**—Vaso Katsaros captured everyone’s attention as she sang a Beautiful song called, «Μια Ελλάδα Φώς» **H**—The Annunciation Cathedral students gave a unique presentation on the Greek alphabet.



# COMMUNITY NEWS - ΚΟΙΝΟΤΙΚΑ ΝΕΑ

Continued on page 5

## ΑΝΘΗ ΓΙΑ ΤΟ ΠΑΣΧΑ

Στην Κοινότητα του Αγίου Νικολάου είναι έθιμο να δωρίζουμε φρέσκα ανοιξιάτικα λουλούδια και πασχαλινά κρίνα για να διακοσμήσουμε την Εκκλησία, το Ιερό, τον Επιτάφιο κ.λ.π. κατά την Μεγάλη Τεσσαρακοστή και το Πάσχα.

**Δωρεές για τις 5 Στάσεις των Χαιρετισμών της Παναγίας**

**1η Στάση των Χαιρετισμών, 6 Μαρτίου**

**2η Στάση των Χαιρετισμών, 13 Μαρτίου**

**3η Στάση των Χαιρετισμών, 20 Μαρτίου**

**4η Στάση των Χαιρετισμών, 27 Μαρτίου**

**Ακάθιστος Ύμνος 3 Απριλίου**

Αν κάποιος θέλει να δωρίσει το στεφάνι για την Εικόνα της Παναγίας μια από αυτές τις ωραιότερες Ακολουθίες παρακαλείται να επικοινωνήσει με το Κοινοτικό Γραφείο, 410-633-5020, ή στο διαδίκτυο msalpeas@stnicholasmd.org

## DIAMOND'S NEWS

The DIAMOND'S Spring Indoor Yard Sale will be held Friday, March 13 and Saturday, March 14, 2009. Please bring useable household items and clothing in good repair on Saturday, March 7th, 2009.

## ΔΙΑΜΑΝΤΙΑ

Τα ΔΙΑΜΑΝΤΙΑ του Αγίου Νικολάου θα πουλούν πάλι παλαιά αντικείμενα την Παρασκευή 13 Μαρτίου και το Σάββατο 14 Μαρτίου 2009. Σας παρακαλούν να φέρετε στην Εκκλησία ό,τι παλαιά αντικείμενα, σε καλή κατάσταση, έχετε όπως επίσης και είδη ρουχισμού που μπορούν να χρησιμοποιηθούν, το Σάββατο, 7 Μαρτίου.

## LADIES PANCHIAN SOCIETY

The Ladies Pan-Chian Society is sponsoring an Atlantic City Bus Trip, on Saturday, March 14, 2009. Ticket price \$35.00. For more information please call Mrs. Perdika Stroumbis 410-327-8234.

Ο Παν-Χιακός Γυναικείος Σύλλογος Βαλτιμόρης προγραμματίζει ταξίδι στο Ατλάντικ Σίτυ, το Σάββατο 14 Μαρτίου, 2009. Τιμή εισιτηρίου \$35.00 το άτομο. Για περισσότερες πληροφορίες παρακαλείστε να επικοινωνήσετε με την κ. Πέρδικα Στρουμπή στο τηλέφωνο 410-327-8234.

### LENTEN SPAGHETTI LUNCHEON

**Sunday, March 15, 2009**  
After Church Services  
Large Social Hall



Donation:  
Adults-\$7  
Children  
12 under \$5

Sponsored by  
St. Nicholas  
Sunday  
School

## RHODIAN SOCIETY BUS TRIP

The Rhodian Society, "Diagoras", is sponsoring a bus trip to the HERMES EXPO in Atlantic City. For information, please contact Maria Angelou at 443-865-0851 or visit their web site at diagoras3@msn.com

## EASTER LILLIES FOR THE CHURCH

### ΔΩΡΕΕΣ ΑΝΘΕΩΝ (ΚΡΙΝΑ ΤΟΥ ΠΑΣΧΑ)



Please donate Easter Lillies to decorate our church for Easter. The cost is \$20.00. Fill out this form and send or bring it to Saint Nicholas Church. **Αν επιθυμείτε να κάνετε τη δωρεά σας \$20.00, συμπληρώσετε το έντυπο αυτό και στείλετε την δωρεά σας εγκαίρως στον Άγιο Νικόλαο.**

NAME .....

ADDRESS .....

AMOUNT \$20.00 .....

OTHER AMOUNT .....

# COMMUNITY NEWS - ΚΟΙΝΟΤΙΚΑ ΝΕΑ

## **2009 GREEK FOLK FESTIVAL, JUNE 11-14, 2009**

Please join us at the next Festival meeting to be held on Tuesday, March 3, 2009 at 7:00 p.m. in the St. Nicholas Church Social Hall.

Join the Festival Team — It's where we work together to make our festival the Greek community's most exciting experience! For further information, please contact Frank Mitsos, Festival Chair-man, at 410-294-1253.

## **GREEK INDEPENDENCE**

### **DAY PARADE, SUNDAY MARCH 29TH**

The parade committee would like to thank everyone that supported the Parade Dance which was held on Saturday, January 31st. Preparations are underway for the Greek Independence Day Mid-Atlantic Parade which will be held on Sunday, March 29th at 2:00 p.m.. We need EACH Greek fraternal organization to become an ACTIVE part of our parade committee and everyone is welcome to join the committee. Please go to [www.greekparade.com](http://www.greekparade.com) to register or see where you can mail your donation. Come join us on this

historic day! If you have any questions please contact Anna Halikias at 410-493-3399. Please make this year's parade successful.

## **GREEKTOWN CDC**

*A message from John E. Gavrilis, CEO*

The Greektown CDC has been working closely with the City Department of Transportation to ensure safer traffic flow and more parking for our community. It has been slated for Spring 2009 to change Fleet and Foster Street into one-way traffic patterns; Fleet Street will go from East to West and Foster will go West to East. This new traffic pattern will help improve safety concerns for our children at St. Nicholas Greek School as well as the John Ruhrah Elementary.

We have also secured additional angled parking on Oldham Street to O'Donnell Street. This will provide a tremendous relief to parking concerns in the area. The Greektown CDC has been organizing our volunteers and community supporters. Since January, we now have five new committee chairs all focusing on different aspects to benefit the community. Our new committee chairs need your help, input and advice in forwarding their mission. Please call Jason 410-327-3306 to see how to get involved! We would like to remind all residents to please dial 911 immediately when witnessing any criminal activity and 311 for all non police related matters.

Please remember to keep all valuable items out of plain sight, locked and stored away in your car. Homeowners are reminded to use dead bolts on their doors and outdoor lights in the evening. We are still looking for more residents to get involved in monitoring the Southeastern District CCTV cameras, please feel free to call Jason Filippou for more information. Believe in your community!

## **Ανακοίνωση προς τους γονείς παιδιών ηλικίας 4 μέχρι και 6 χρονών**

Η Σχολική Επιτροπή αποφάσισε να προσφέρει τμήμα Νηπιαγωγείου τον μήνα Ιούλιο του 2009. Το τμήμα αυτό θα λειτουργεί κάθε μέρα (Δευτέρα μέχρι και Παρασκευή, από 10:00 π.μ. μέχρι 1:00 μ.μ.)

Δασκάλα του τμήματος θα είναι η κ. Βασιλική Καλογράνη.

Τα δίδακτρα είναι \$300.00 για το κάθε παιδί. Αυτονόητο ότι η οικογένεια του κάθε παιδιού είναι και μέλος, οικονομικά εντάξει, της Κοινότητάς μας.

Οι ενδιαφερόμενοι γονείς θα πρέπει να εγγραφούν το/τα παιδιά τους μέχρι και τις 2 Μαρτίου 2009 και να πληρώσουν μέχρι την ημερομηνία αυτή και το αντίτιμο των διδάκτρων.

Η λειτουργία ή μη του καλοκαιρινού Νηπιαγωγείου θα εξαρτηθεί από την ανταπόκριση που θα έχουμε. Δώδεκα (12) παιδιά είναι ο ελάχιστος αριθμός εγγραφέντων.

Μπορείτε να εγγραφείτε το/τα παιδιά στο γραφείο της Κοινότητας (Δευτέρα μέχρι και Παρασκευή από 9:00 π.μ. - 4:00 μ.μ. Την Τετάρτη μέχρι 12:00 μεσημέρι) ή στο γραφείο του Ελληνικού Σχολείου (Δευτέρα μέχρι και Παρασκευή από 3:30 - 6:00 μ.μ.).

A Notice to the parents of children ages four, five and six.

The Greek School Committee has decided to offer summer Kindergarten classes during the month of July 2009, from 10:00 a.m. until 1:00 p.m.

The classes will be taught by Mrs. Vasiliki Kalograni. Tuition is \$ 300.00 per child. The families must be members in good standing of our Church.

Interested parties may register their child/children at the Church Office.

Deadline for registration is March 2, 2009. Full tuition and membership dues must be paid by the dead line of March 2, 2009 in order for the child/children to be officially registered. Tuition is not refundable. For more information please contact Mrs. Helen Monopolis, at 633-5022, Monday thru Friday, from 3:30-4:25 p.m.

*Ελένη Λούβρου-Μονόπωλη, Διευθύντρια*



**Countdown to the St. Nicholas  
Greek Folk Festival  
June, 11, 12, 13, & 14, 2009**

**3 Months**

Please join us  
for the  
15th annual

**LENTEN RETREAT**

sponsored by the  
*Growing in Faith Bible Study*

***How do we continue our walk in faith and  
keep the joy of the Lord during times of  
challenge in our lives?***

Presenters:

***Fr. Luke A. Veronis  
and  
Mother Abbess Inés***

***Saturday, April 4, 2009***

***9 a.m. to 4:00 p.m. • Small Complime 4:00 to 4:15  
\$30 per person***

***Greek Orthodox Cathedral of the Annunciation***  
24 W. Preston St., Baltimore, Maryland

Information: [www.goannun.org](http://www.goannun.org) click on "2009 Retreat"

To register:

Make checks payable to **Annunciation Cathedral** and mail to  
Jeanne Tsakalos, 12849 Stone Eagle Road, Phoenix, MD 21131  
Information: 410-252-6021 • [jeannetsakalos@hotmail.com](mailto:jeannetsakalos@hotmail.com)



# DONATIONS IN MEMORIAM



## IN MEMORY OF MICHAEL CARDIGES

Mr. Chris Angelopoulos  
George & Rosa Cornias  
Mrs. Mary Miller  
Mr. & Mrs. Sandy Sarantinos  
Mr. & Mrs. Pete Patras  
Mrs. Gale Deborja  
Mrs. Caatherine Roulis  
James & Vivian Sparacco  
Mrs. Pauline Paparounis  
Mr. John G. Schisler  
Mr. & Mrs. Nick Hartofilis  
Manuel & Mary Pizanis  
Mr. Edward Garcia  
George & Zoe Perdikakis  
Mr. & Mrs. Steve Takos  
Mr. & Mrs. Polychronis Alafassos  
Mrs. Lia Karagiannopoulos  
Michael & Katina Klosterides  
Mr. & Mrs. George Soulikas  
Mr. & Mrs. Vasilis Skordalos  
Mr. & Mrs. James Pikounis  
George & Sylvia Voxakis  
Mr. & Mrs. Nick Patras  
Mr. & Mrs. Nick Stroumbis  
Mr. Richard Strittmater  
John & Rhoda Fry  
Mr. Stamatios Psaros  
Mrs. Irene Tsambikos  
Mr. & Mrs. Peter Koutsikas  
Mr. Charles Lavin  
Ms. Mary Beth Mihalakis-Karras  
Mr. Bill Moukoulis  
Mr. Isidore Mihalakis  
Mr. & Mrs. Howard Lewis  
Mr. & Mrs. Emmanuel Koukoulas  
Mrs. Lambirini Bournias  
Mrs. Anastasia Gialamas  
Mrs. Angela Rounis  
Mr. & Mrs. Theodore Agapaloglou  
Saint Nicholas DIAMONDS  
Gus & Mary Diacoloukas  
Mr. & Mrs. Peter Birch  
Mr. Thomas Lindos  
Mr. & Mrs. Pantelis Hondrelis

## IN MEMORY OF ETHEL FOTIS

George & Rosa Cornias  
Manny & Judith Trefill  
George & Zoe Perdikakis  
George & Stavroula Forakis  
Mrs. Panagiota Patrikakou  
Michael & Effie Moniodis  
John & Despina Pikounis  
George & Maria Kornias  
Mr. & Mrs. Epaminontas Chrissomallis  
Mr. & Mrs. George Soulikas  
Mr. & Mrs. Vasilis Skordalos  
Judge & Mrs. John C. Themelis  
Mr. & Mrs. Larry Cornias  
Mr. & Mrs. James Pikounis  
George & Sylvia Voxakis  
Ms. Maria Salpeas  
Mr. & Mrs. Nick Patras  
Mr. Markos J. Pappas  
E. Clarke Bowie  
Mrs. Kalliope T. Cornias  
Mrs. Anastasia Gialamas  
Mr. & Mrs. Emmanuel Pikounis  
Mr. Aris Melissaratos  
Gus & Mary Diacoloukas  
Mr. & Mrs. Peter Birch

## IN MEMORY OF MICHAEL GEORGIU

Gus & Mary Diacoloukas  
Mr. & Mrs. Epaminontas Chrissomallis  
Mrs. Metaxia Chrissomallis  
John & Bessie Panagiotopoulos  
Ms. Evelyn Karas  
Mrs. Catherine Demos  
Mrs. Eugenia Demos  
Mrs. Anastasia Christ  
Mrs. Rose Tsakalos  
Mr. Michael Angelou  
Antonios & Maria Frantzeskakis  
Mr. & Mrs. Alexandros Alexandrou  
Mr. Evangelos Angelou  
Mrs. Fotini Anastasis  
Mrs. Anastasia Vasilakopoulos  
Mr. & Mrs. Nick Trintis  
Mr. & Mrs. Basilios Trintis

Mr. & Mrs. Georgios Chrissomallis  
Mrs. Athina Neofitou  
Mr. & Mrs. Samuel Leon  
Mr. & Mrs. Alex Zades

## IN MEMORY OF APHRODITI SARANTINOS

Mr. & Mrs. Nick Stourumbis

## IN MEMORY OF PARASCHOS NICKOLS

Mrs. Fotini Anastasis

## IN MEMORY OF CHRISTOS SASARONIS

Mrs. Cleo Sasaronis

## IN MEMORY OF PANAGIOTA CHRISSOMALLIS

Mr. & Mrs. Polychronis Alafassos  
Gus & Mary Diacoloukas

## IN MEMORY OF GEORGE & NERATZOU LIS KOUTSONOURIS

Mrs. Maria Koutsonouris

## IN MEMORY OF EPTHIMIA PATMER

George & Sylvia Voxakis  
Mr. & Mrs. Savvas Kardiasmenos  
Gus & Mary Diacoloukas  
Mrs. Grammatiki Georgalas

## IN MEMORY OF HELEN FRANGOS

George & Sylvia Voxakis  
Maria Salpeas & Family

## IN MEMORY OF ANTHONY HAZARIDES

Ms. Maria Salpeas & Family

## IN MEMORY OF GEORGE AVERGINOS

Mr. & Mrs. Pantelis Hondrelis  
Chrysafina, George & Dr. Paul Koukoulas  
Victor & Tola Woods  
Emmanuel & Anthie Koukoulas  
Mr. & Mrs. Nick Antonas  
Ms. Harriett Georgas

## IN MEMORY OF NICHOLAS DIACOULO KAS,

Demetrios & Anastasia Karagiannis  
Mrs. Tsambika Kafalas

## IN MEMORY OF CLEO NICOLAIDES

Mrs. Angela Rounis

## IN MEMORY OF

### KYRIAKOULA (KIKI) LOUKAS

Mrs. Elezabeth Demetrides  
George & Rosa Cornias  
IKAROS Restaurant  
Mr. & Mrs. Vasilis Skordalos  
Mr. & Mrs. Nick Patras  
Mrs. Irene Tsambikos  
Nick & Anne Kotsaris  
Mr. & Mrs. Nick Antonas  
Mrs. Anastasia Gialamas  
Saint Nicholas DIAMONDS  
Mrs. Freda and Chris Angelopoulos  
Gus & Mary Diacoloukas  
Mr. & Mrs. Peter Birch

## IN MEMORY OF GUS STAVRAKIS

Mr. & Mrs. Nick Hartofilis  
Mrs. Athina Taratsides  
Mr. & Mrs. Panagiotis Orfanidis  
Mr. & Mrs. Nick Orfanidis  
Mr. Lefferis Tamaris  
Mr. & Mrs. George I. Roros  
Mr. & Mrs. Filippas Hatzidakis  
Mrs. Maria Markides  
Mr. & Mrs. Vasilis Skordalos  
Judge & Mrs. John C. Themelis  
Mr. Mike Angelou  
Mr. & Mrs. Kostas Hazardides  
Mr. Jerry Kurman  
Mr. & Mrs. Costas Triantafillos  
George & Rosa Cornias  
Mr. William Ritter  
Dr. & Mrs. Stavros Papaeracleous  
Mr. Robert Reiss  
Mr. & Mrs. Savvas Kardiasmenos  
Mr. Anthony Houvardas  
George & Stavroula Forakis  
Mr. & Mrs. William Nicolaidis  
Mr. & Mrs. John Sigambris  
Gus & Mary Diacoloukas  
George & Nicoletta Roros  
Mr. & Mrs. Peter Birch  
Mr. & Mrs. Manuel Antonakas  
Mrs. Cleo Sasaronis

## Saint Nicholas Profit & Loss

January 2009

	January 2009
Ordinary Income/Expense	
Income	
Candles	4,888.00
Dances	250.00
Donations	
Other Donations	9,408.00
Christmas Card Income	40.00
Donations - General	10,566.00
Donations - Hall	750.00
Donations - Memorial	5,335.00
Donations - Other	(21,200.00)
Total Donations	4,899.00
Greek school registration	343.00
Stewardship	36,703.33
Trays	1,310.00
Total Income	48,393.33
Cost of Goods Sold	
Dance Expense	1,903.09
Total COGS	1,903.09
Gross Profit	46,490.24

## KOINONIA DEADLINE

To all of our readers and organizations, please submit your article/s to the Koinonia staff before the deadline so we can include your news for your upcoming event. All articles or posters are due by the 12<sup>th</sup> of the current month for the upcoming month's issue.

**Issue month**  
**April, 2009**

**Deadline**  
**March 15<sup>th</sup>**

You may drop your article to the church office or e-mail it to: Emily Cossis at:

**emce3@aol.com.** or **MariaSalpeasat: msalpeas@stnicholasmd.org**

## Saint Nicholas Profit & Loss

January 2009

	January 2009
Expense	
CAPITAL COSTS	
Plateia Expenses	90.00
Total CAPITAL COSTS	90.00
EMPLOYEE COSTS	
Health Insurance	2,960.00
Organist	400.00
6560 - Payroll Expenses	12,789.66
Payroll taxes	978.42
6050 - Automobile Expense	1,000.00
EMPLOYEE COSTS - Other	6,726.00
Total EMPLOYEE COSTS	24,854.08
GENERAL & ADMINISTRATION	
Advertising	891.00
Church Supplies	208.24
6530 - Miscellaneous	458.16
Office Expense	994.85
6610 - Postage and Delivery	180.00
Professional Fees	127.50
Telephone	319.09
GENERAL & ADMINISTRATION - Other	9,000.00
Total GENERAL & ADMINISTRATION	12,178.84
OCCUPANCY COSTS	
Mainten - Building Maintenance	1,636.61
Ground Rent	61.80
6940 - Utilities	5,014.08
Total OCCUPANCY COSTS	6,712.49
YOUTH AND EDUCATIONAL	
Youth Expense	669.00
Total YOUTH AND EDUCATIONAL	669.00
Total Expense	44,504.41
Net Ordinary Income	1,985.83
Net Income	1,985.83

# Liturgical Program & Events for March

**SUNDAY, MARCH 1st**—Cheese-fare & Forgiveness Sunday. Κυριακή της Τυροφαγού—Orthros, 8:45 am. Divine Liturgy, 10 am.

**MONDAY, MARCH 2nd**—The First day of Great Lent (Αρχεται η Μεγάλη Τεσσαρακοστή) Compline Service—Απόδειπνον, 7 pm

**WEDNESDAY, MARCH 4th**—Pre-sanctified Divine Liturgy, 7 pm. Προηγιασμένη Θεία Λειτουργία, 7 μμ

**FRIDAY, MARCH 6th**—1st Salutation to the Virgin Mary. Α' Στάση των Χαιρετισμών της Παναγίας, 7 μμ

**SATURDAY, MARCH 7th**—3rd Saturday of Souls. Ψυχοσάββατο. Orthros, 8:45 am, Divine Liturgy, 9:45 am.

**SUNDAY, MARCH 8th**—Sunday of Orthodoxy—First Sunday of Lent Κυριακή της Ορθοδοξίας, 1η Κυριακή των νηστειών. Orthros, 8:45 am. Divine Liturgy, 10 am; Sunday Evening Services—Sunday of Orthodoxy

Vespers, 7 pm. at St. Marys Antiochian Orthodox Church, Hunt Valley, Md.

**MONDAY, MARCH 9th**—Compline Service; Απόδειπνον, 7 pm

**WEDNESDAY, MARCH 11th**—Presanctified Liturgy. Προηγιασμένη Θεία Λειτουργία, 7:00 pm.

**FRIDAY, MARCH 13th**—Second Stanza of Salutations to The Virgin Mary Β' Στάση των Χαιρετισμών της Παναγίας, 7 pm

**SUNDAY, MARCH 15th**—Second Sunday of Lent—Β' Κυριακή των νηστειών, Orthros 8:45 am. Divine Liturgy 10:00 am.

**MONDAY, MARCH 16th**—Compline Service—Απόδειπνον, 7 pm

**WEDNESDAY MARCH 18th**—Presanctified Liturgy. Προηγιασμένη Θεία Λειτουργία, 7:00 pm.

**FRIDAY, MARCH 20th**—Third Stanza of the Salutations to The Virgin Mary Γ' Στάση των Χαιρετισμών, 7 pm.

**SUNDAY, MARCH 22nd**—Third Sunday of Lent; Veneration of the Holy Cross. Γ' Κυριακή των νηστειών—Orthros 8:45 am. Divine Liturgy 10:00 am.

**MONDAY, MARCH 23rd**—Compline Service; Απόδειπνον, 7 pm

**TUESDAY, MARCH 24th**—Great Vesper Service for Annunciation Feast Day will begin at 7:00 pm at The Annunciation Cathedral. Everyone is invited to attend. Reception will follow.

**WEDNESDAY, MARCH 25th**—The Feast of the Annunciation—Ευαγγελισμός Της Θεοτόκου—Orthros 8:45 am. Divine Liturgy 9:45 am.

**GREEK INDEPENDENCE DAY**—Doxology will follow.

**FRIDAY, MARCH 27th**—Fourth Stanza of the Salutations to The Virgin Mary Δ' Στάση των Χαιρετισμών, 7 pm

**SUNDAY, MARCH 29th**—Sunday of Lent; Sunday of John Climacas Orthros 8:45 am. Divine Liturgy 10:00 am.

**MONDAY, MARCH 31st**—Compline Service; Απόδειπνον, 7 pm

## Calendar of Upcoming Events

**MONDAY, MARCH 2nd**—Philoptochos Lenten Dinner after Compline Service

**SUNDAY MARCH 8th**—Loukoumades sale by the Greek School P.T.A. Large Hall

- Philoptochos Memorial Sunday for all deceased members
- The Rhodian Society Diagoras Artoklasia for the Enosi Of the Dodecannesa

**FRIDAY, MARCH 13th and SATURDAY, MARCH 14th**—Diamonds Indoor "Yard" Sale

**SATURDAY, MARCH 14th**—J.O.Y. Meeting; Noon to 2 pm

**SATURDAY, MARCH 14th**—The Ladies Pan-Chian Society Bus Trip to Atlantic City.

**SUNDAY, MARCH 15th**—Sunday School—Lenten Spaghetti Luncheon. after Church services in the Large Hall.

**SATURDAY, MARCH 21st**—Sunday School St. John Chrysostomom Oratorical Festival

**SUNDAY, MARCH 22nd**—The Afternoon Greek School presents the Greek Independence Day Program

**SUNDAY, MARCH 29th**—Greek Independence Day Mid-Atlantic Parade starts at 2 pm

**SATURDAY, APRIL 4th**—Rhodian Society Bus Trip to Hermes Expo; Atlantic City

## Μήνυμα από τον Πατέρα Μιχαήλ Α. Παστρικό

### Μεγάλη Τεσσαρακοστή: Τροφή της Ψυχής

Συνέχεια απο την σελίδα 2

ή τις Παρασκευές το βράδυ για τους Χαιρετισμούς της Παρθένου, ή την Κυριακή για τις Θείες Λειτουργίες, που είναι υποσχέσεις με πνευματικά οφέλη, ειρήνης και θεραπείας. Ο πιο ουσιαστικός τρόπος να δειδάξουμε και μυήσουμε τα παιδιά μας στη λειτουργική ζωή της εκκλησίας, είναι να την αποδεχθούμε πρόθυμα στη δική μας ζωή. Έχουμε στη Κοινότητά μας ενήλικες και παιδιά που ποτέ δεν παρακολούθησαν την Ακκολουθία του Απόδειπνου, ή Προηγιασμένη Θεία Λειτουργία, ή Χαιρετισμούς της Παναγίας.

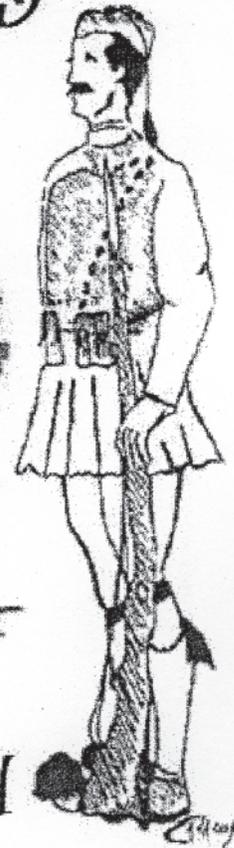
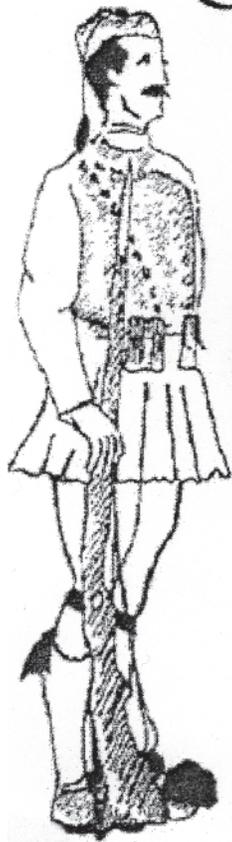
Μερικά παιδιά μας δεν έχουν ξανάρθει στην εκκλησία από τότε που βαπτίστηκαν. Έχουμε τελέσει γάμους παιδιών μας που από τότε δεν έχουν ξαναπατήσει στην εκκλησία. Έχουμε παντρεύει ζευγάρια που βάπτισαν τα παιδιά τους και δεν τα ξανάδαμε μέχρι που τα παιδιά τους ήλθαν σε ηλικία για το Κατηχητικό Σχολείο. Είναι αυτές πράξεις που πραγματικά δείχνουν στο Θεό πόσο Τον αγαπούμε και Τον φροντίζουμε? Αυτό θέλουμε για τα παιδιά μας? Όταν είπε ο Χριστός «Μιμηθείτε με,» Ποιον να μιμηθούν τα παιδιά όταν δεν Τον γνωρίζουν!

Κλείνοντας, για μας οι σαράντα ημέρες του ταξιδιού που έρχεται είναι ο Φάρος φωτός για το Πάσχα, για την εορτή της Ανάστασης του Χριστού, που δεν είναι μόνον απλά η μεγαλύτερη εορτή όλων των εορτών του εκκλησιαστικού έτους, αλλά είναι ο ουσιώδης πυρήνας της Πίστης μας. Ο Απόστολος Παύλος λέγει «Αν ο Χριστός δεν αναστηνόταν, τότε η Πίστη μας θα ήταν μάταιη.» 1 προς Κορινθ.15-14.

Γι' αυτό, σαν Ορθόδοξοι Χριστιανοί θα πρέπει να μάθουμε να γνωρίζουμε το Θεό μας και τη μαγαλοσύνη της αγάπης Του για όλους εμάς. Να γνωρίζουμε την αγάπη του Χριστού, και να ζήσουμε με ειρήνη στην ψυχή μας, διότι στο τέλος δεν θα δούμε μόνον την καλοσύνη και την ευσπλαχνία Του, αλλά την πραότητα και ευγένεια Του.

Έτσι, κατά τη διάρκεια αυτής της Περιόδου Νηστείας, ας στραφούμε προς το Θεό με προσευχή, και ας Τον πλησιάσουμε περισσότερο, ερχόμενοι στις ωραιότερες Ακολουθίες που μας προσφέρει η εκκλησία μας. Αν ακολουθήσουμε αυτά τα παραδείγματα τότε βρισκόμαστε πραγματικά στο σωστό μονοπάτι που οδηγεί στη σωτηρία της ψυχής μας. Οποία ευλογία για όλους μας...

# Greek Independence Day Mid-Atlantic Parade SUNDAY, MARCH 29, 2009



## KOINONIA

*A Monthly Publication of the  
Saint Nicholas Greek Orthodox Church.*

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