



72 YEARS

OCTOBER 2025

St.
Nicholas Greek
Orthodox Church
Baltimore, MD



Koinonia

IN THIS ISSUE . . .

- 2 | Letter from
Fr. Michael L. Pastrokos
- 3 | Letter from the President
- 10 | Holy Protection of the Theotokos
- 11 | Thoughts from Eva Lallas
- 14 | The Doxology of His Holiness
Patriarch Bartholomew
- 15 | Sunday of the Elevation of the
Holy Cross
- 35 | Children's Corner by
Presvytera Alexandra Houck
- 56 | October Liturgical Calendar

SUNDAY OF THE ELEVATION OF THE HOLY CROSS



See more on pg. 15



MESSAGE FROM THE PROTOPRESBYTER

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

I hope and pray that everyone in the Community is healthy and safe. We are in the month of October and we just went through a wonderful month of September seeing everyone in the Parish coming back from their vacations and seeing that our children are back in their school classes. I have always said, that time really flies when you're having fun. We are also welcoming back all our Church Organizations to a new and challenging year hopefully filled with exciting new adventures and having fun together accomplishing these major tasks and projects that are ahead of us. It seems very strange that I'm back in the saddle after a few years of being away, but I witnessed something very beautiful and very comforting that everyone in the Parish welcomed Presvytera Toula and myself, back to the Community that we served with love and dedication for 15 years. I was amazed to see the hundreds of parishioners, along with children who came to church to welcome us on our first Sunday back. It was an example of your love and hospitality that St. Nicholas is always known for.

It was great to see the children that grew up with me in the Community, and to see their beautiful smiling faces. That brought great memories back. These are lessons in life for each of us, and I always believed in the concept of working together to make our Community a safe haven for our parishioners and our children. We should always take the example of a "Team" that works, prays, and plays together. It takes the help and support of everyone in the Parish, young and elderly to continue the progress because we are stronger when we are united. I always believed that we as a parish need to have a positive attitude and encourage each other so that by doing this we emphasize the "Positive." Then the whole community is filled with optimism and a good feeling of affirmation. As a Community we will always face difficult and challenges in life, but if we can praise at times the people who volunteer their services for the church, and help the church grow then we are doing the right thing in the Lord. I have always said, that here at St. Nicholas we are truly blessed by God.

We share a strong faith with each other. We celebrate the joyful events in each other's lives and comfort

each other in times of trial and sorrow. We are an open church embracing everyone that joins our family circle. We also open our hearts and hospitality to everyone who comes and worships with us.

I can tell you that coming back to St. Nicholas feels again like I'm in an airport. The traffic is back, our Youth activities are starting up again. Our Greek school and Sunday school students are back in their classes, Our Hellenic Golden Coins Dancers and our Senior dance group are also back in action. Our GOYA Boy's and Girls Basketball program have already started and they are anticipating their first Goya Basketball Tournament on the 4th, and 5th of October. All our Church Organizations such as the Ladies Philoptochos Society, the Senior "Diamonds" group and other outside Organizations have also started their programs. The Community is alive again and stronger than ever. The Bilingual Learning Center is filling up again with our excellent staff and the little children are so precious when they walk the halls of the church and the facilities. If I may say, it was a great pleasure being with our Goyan's and our Dance Groups and I appreciate the hard work of the Advisors, Instructors, Coaches, and Parents who always takes the time to see that our children are growing in their faith and having fellowship with each other. We have a lot to look forward to guiding our Community to reach higher levels of success. We will do this together as a family. I leave you with St. Chrysostom remarks.

"Let us consequently sow these good seeds generously so that in due season we may reap generously. Now is the time for sowing, that I beseech you not to ignore so that on the day of harvesting we may gather the return of what was sown here and be regaled with loving kindness from the Lord. Amen."

May our Lord and Savior Jesus Christ bless all of you with much love, joy, and happiness. Have a blessed month of October.



MESSAGE FROM THE PROTOPRESBYTER

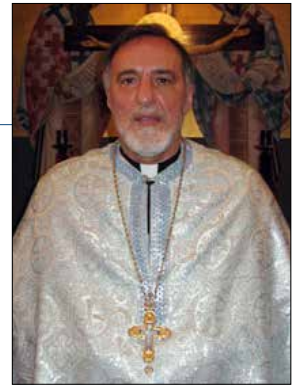
Message from **FR. MICHAEL L. PASTRIKOS**, PROTOPRESBYTER

Ελπίζω και προσεύχομαι όλοι στην Κοινότητα να είναι υγιείς και ασφαλείς. Βρισκόμαστε στον Οκτώβριο και μόλις περάσαμε έναν υπέροχο μήνα τον Σεπτέμβριο, βλέποντας όλους στην Ενορία να επιστρέφουν από τις διακοπές τους και να βλέπουν ότι τα παιδιά μας επέστρεψαν στις σχολικές τους τάξεις. Καλωσορίζομαι επίσης όλες τις Εκκλησιαστικές μας Οργανώσεις σε μια νέα χρονιά, γεμάτη με εκπλήξεις, γεμάτη με συναρπαστικές νέες περιπέτειες, ολοκληρώνοντας αυτά τα σημαντικά καθήκοντα και έργα που βρίσκονται μπροστά μας. Μου φαίνεται πολύ περιεργό που επέστρεψα στον Άγιο Νικόλαο μετά από λίγα χρόνια απουσίας, αλλά παρακολούθησα κάτι πολύ όμορφο και πολύ παρήγορο, το γεγονός ότι όλοι στην Ενορία μας καλωσόρισαν την Πρεσβυτέρα Τούλα και εμένα, πίσω στην κοινότητα που υπηρετήσαμε με αγάπη και αφοσίωση για τόσα χρόνια.

Έμεινα έκπληκτος βλέποντας τους εκατοντάδες ενορίτες, την πρώτη Κυριακή της επιστροφής μας. Αυτό ήταν πραγματικά ένα παράδειγμα της αγάπης και της φιλοξενίας σας, για την οποία είναι πάντα γνωστός ο Άγιος Νικόλαος. Ήταν υπέροχο να βλέπω τα παιδιά που μεγάλωσαν μαζί μου στην κοινότητα και να βλέπω τα όμορφα και χαμογελαστά πρόσωπα τους. Αυτό μου έφερε πραγματικά δάκρυα και υπέροχες αναμνήσεις. Αυτά είναι μαθήματα ζωής για τον καθένα μας και πάντα πιστεύα στην ιδέα της συλλογικής εργασίας για να κάνουμε την Κοινότητα μας ένα ασφαλές καταφύγιο για τους ενορίτες μας και τα παιδιά μας. Πρέπει πάντα να παίρνουμε το παράδειγμα μιας «Ομάδας» που εργάζεται, προσεύχεται και παίζει μαζί που χρειάζεται την βοήθεια και την υποστήριξη όλων στην ενορία, νέων και ηλικιωμένων, για να συνεχίσουμε την πρόοδο, επειδή είμαστε πιο δυνατοί όταν είμαστε ενωμένοι. Πάντα πιστεύα ότι εμείς ως Ενορία πρέπει να έχουμε μια θετική στάση και να ενθαρρύνουμε ο ένας τον άλλο, έτσι ώστε κάνοντας αυτό να τονίζουμε το «θετικό» τότε ολοκληρη η Κοινότητα θα γεμίζει με αισιοδοξία και ένα καλό συναίσθημα αδελφικής αγάπης.

Ως Κοινότητα θα κληθούμε κάποιες φορές να πάρουμε δύσκολες αποφάσεις, αλλά αν μπορούμε να επαινούμε κατά καιρούς τους ανθρώπους που προσφέρουν εθελοντικά τις υπηρεσίες τους στην εκκλησιά ώστε να αναπτυχθεί, τότε κάνουμε το σωστό εν Κυριώ. Πάντα έλεγα ότι εδώ στον Άγιο Νικόλαο είμαστε πραγματικά ευλογημένοι από τον Θεό. Μοιραζόμαστε μια ισχυρή πίστή ο ένας με το άλλον. Ποιτάζουμε τα χαρούμενα γεγονότα στη ζωή, και ο ένας τον άλλον παρηγοράει σε στιγμές δοκιμασίας και θλίψης. Είμαστε μια ανοιχτή εκκλησιά που αγκαλιάζει όλους όσους εντάσσονται στον οικογενειακό μας κύκλο. Ανοίγουμε επίσης της καρδιές και την φιλοξενία μας σε όλους όσους έρχονται και λατρεύουν μαζί μας.

Μπορώ να σας πω ότι επιστρέφοντας στον Άγιο Νικόλαο νιώθω ξανά σαν να βρίσκομαι σε αεροδρόμιο. Η κίνηση έχει επιστρέψει. Οι δραστηριότητες για τους νέους μας ξεκινούν ξανά. Το Ελληνικό Σχολείο και το κατηχητικό μας, οι δάσκαλοι και οι μαθητές επέστρεψαν στις τάξεις τους οι χορευτές μας «Τα Χρυσία Φλουριά» οι Ηλικιωμένοι χορευτές μας «Πανελλήνιο» - είναι επίσης ξανά στην δράση. Το πρόγραμμα της Νεολαίας μας (GOYA) έχει ιδεί αρχίσει και η προετοιμασία για το πρώτο τουρνουά του μπάσκετ της χρονιάς που θα γίνει στις 4 και 5 Οκτωβρίου. Τους ευχόμαστε καλή επιτυχία στον αγώνα τους.



Όλες οι εκκλησιαστικές μας οργανώσεις όπως τα μέλη της Φιλόπτωχου Αδελφότητος, η ομάδα Ηλικιωμένων «Diamonds» Τα Διαμάντια, τα μέλη του Συλλόγου Γονέων και Κηδεμόνων του Ελληνικού Σχολείου «ΡΤΑ» και άλλες εξωτερικές οργανώσεις, έχουν επίσης ξεκινήσει τα προγράμματα τους. Η Κοινότητα είναι ξανά ζωντανή και πιο δυνατή από ποτέ. Το Δίγλωσσο Εκπαιδευτικό Κέντρο Μάθησης γεμίζει ξανά με το εξαιρετικό προσωπικό μας και τα μικρά παιδιά του σταθμού είναι τόσο πολύτιμα όταν τα βλέπουμε να περπατούν στους διαδρόμους της εκκλησίας και στις εγκαταστάσεις.

Αν μου επιτρέπετε να πω, ήταν μεγάλη μου χαρά που βρέθηκα με τα παιδιά της Νεολαίας και τις ομάδες χορού, και εκτιμώ τη σκληρή δουλειά των Συμβούλων, Εκπαιδευτών, Προπονητών και Γονέων που πάντα αφιερώνουν χρόνο για να διασφαλίσουν ότι τα παιδιά μας μεγαλώνουν στην πίστη τους και έχουν κοινωνία μεταξύ τους. Έχουμε πολλά να περιμένουμε στην καθοδήγηση της κοινότητας μας για να φτάσει σε υψηλότερα επίπεδα επιτυχίας. Θα το κάνουμε αυτό μαζί ως οικογένεια.

Σας αφήνω με της παρατηρήσεις του Αγίου Ιωάννη του Χρυσόστομο - «Ας σπείρουμε λοιπόν αυτούς τους κάλους σπόρους γενναιόδωρα, ώστε στην κατάλληλη εποχή να θερίσουμε γενναιόδωρα. Τώρα είναι η ώρα της σποράς, την οποία σας παρακαλώ να μην αγνοήσετε, ώστε την ημέρα της συγκομιδής να μπορέσουμε να μαζέψουμε τους καρπούς όσον σπείραμε εδώ και γευτούμε με στοργική καλοσύνη από τον Κύριο. Αμήν. -

Είθε ο Κύριος και Σωτήρας μας Ιησούς Χριστός να σας ευλογεί όλους με πολλή αγάπη, χαρά και ευτυχία. Να έχετε ευλογημένο μήνα Οκτώβριο.

MESSAGE FROM THE PRESIDENT

Dear Parishioners and Friends of our church,

A New School Year Begins: An Opportunity for a New Beginning.

With feelings of joy and gratitude, the new school year began this year at the Greek school of our parish. Children, parents and teachers gathered with enthusiasm in a place that offers not only knowledge, but also spiritual guidance, love and Christian values.

The beginning of the year was celebrated with the established Blessing (Agiasmo) on Sunday, September 14, in the presence of our beloved Father Michael, who blessed students and teachers with fatherly words.

We wish all children, parents and teachers a blessed and fruitful year, full of the light of Christ, joy and creativity. With cooperation, respect and a willingness to learn, we can make this year special.

*With true love,
Stamatia Ieromonachos
President of the Parish Council
St. Nicholas Church of Baltimore*

Αγαπημένοι μας ενορίτες και φίλοι της εκκλησίας μας.

Μια Νέα Σχολική Χρονιά Ξεκινά: Ευκαιρία για Νέα Αρχή.

Με αισθήματα χαράς και ευγνωμοσύνης, ξεκίνησε και φέτος η νέα σχολική χρονιά στο ελληνικό σχολείο της ενορίας μας. Παιδιά, γονείς και δάσκαλοι συγκεντρώθηκαν με ενθουσιασμό, για να δώσουν το πρώτο παρών σε έναν χώρο που δεν προσφέρει μόνο γνώση, αλλά και πνευματική καθοδήγηση, αγάπη και χριστιανικές αξίες.

Η έναρξη της χρονιάς τελέστηκε με τον καθιερωμένο Αγιασμό την Κυριακή, 14 Σεπτεμβρίου, παρουσία του αγαπητού μας Πάτερ Μιχαήλ, ο οποίος με λόγια πατρικά ευλόγησε μαθητές και εκπαιδευτικούς.

Ευχόμαστε σε όλα τα παιδιά, στους γονείς και στους δασκάλους μια ευλογημένη και καρποφόρα χρονιά, γεμάτη φως Χριστού, χαρά και δημιουργικότητα. Με συνεργασία, σεβασμό και διάθεση για μάθηση, μπορούμε να κάνουμε τη φετινή χρονιά ξεχωριστή.

*Με ειλικρινά αισθήματα αγάπης,
Σταματία Ιερομονάχου
Πρόεδρος του 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: GEORGIOS STAMOULIS

CORRESPONDING SECRETARY:

ATHANASIOS KARAFLOS

ASSISTANT SECRETARY: DIMITRI PAPAVALASILEIOU

BOARD MEMBERS::

JIMMY KOSMAS

VASILEIOS TSERKIS

NICANOR PATERIS

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

BOARD MEMBERS

ROZA CORNIAS

SOULA KAPETANAKOS

EVA LALLAS

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

PHAEDRA AVGERINOS AND SOPHIA GERAPETRITIS,

DIRECTORS

PHAEDRA AVGERINOS 10TH

NIKKI CANNING AND ROSE KOSTAKIS,

PRE-KINDERGARTEN

YANA KARABELAS, KINDERGARTEN

PENNY GERAPETRITIS & VASILIKI FONIADIKI, 1ST & 2ND

JENNA STAKIAS, 3RD & 4TH

STAVROULA SAKELAKIS 5TH

KALLIOPI CORNIAS & FLORA GIACOUMAKIS, 6TH

ELENI PIKOUNIS 7TH

MARIA FILIPPOU. 8TH & 9TH

AFTERNOON GREEK SCHOOL

PRINCIPAL - STAMATIA IEROMONAHOS

PRE-K - MARIA GOURGOULIATOU, MARIA KAZAZI

KINDERGARTEN - MARIA GOURGOULIATOU

1ST GRADE - ELENI DEMETRIOU

2ND GRADE - DESPINA CHATZAKOU LARENTZOS

3RD & 4TH GRADE - PARASKEVI KOTSATOU ARGETAKIS

5TH & 6TH GRADE - KELLY PEROS VASILEIADES

A1 ELLINOMATHEIA COORDINATOR -

KELLY PEROS VASILEIADES

A2, B1, B2 ELLINOMATHEIA COORDINATOR -

YVVONI GALETAKI

C1, C2 ELLINOMATHEIA COORDINATOR -

ELINA PAPADIMA TSAPAKIDIS

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

STEWARDSHIP COMMITTEE

IRENE VASILAKOPOULOS, CHAIRPERSON

ADRIENNE KOURTESIS

IMPORTANT NOTICE:

KOINONIA DEADLINE

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

ISSUE MONTH: NOVEMBER 2025

SUBMISSIONS DUE: OCTOBER 20th

Please email your article(s) to: vkotsatou@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.



GREEK ORTHODOX ARCHDIOCESE OF AMERICA
ARCHEPISCOPAL ENCYCLICAL

Prot. No. 423/2025

**Archepiscopal Encyclical for the Exaltation of the Holy Cross
The Feast of the Universal Exaltation of the Precious and Life-giving Cross**

September 14, 2025

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

Χαῖρε, Κριτοῦ δικαίου φανέρωσις.... (Ακάθιστος τοῦ Τιμίου Σταυροῦ, Ν)
Hail, Manifestation of the Righteous Judge.... (Akathist of the Holy Cross, N)

Dear sisters and brothers in Christ,

Today, we hail the Precious and Life-giving Cross of our Lord and Savior Jesus Christ. In many of our parishes, the Akathist to the Holy Cross is chanted in overflowing praise. Like so many of our magnificent liturgical texts, this Akathist contains glimpses and glimmers of the mystery of our salvation in Christ, which illumine our spiritual path and teach us the deep things of God.

It is not without purpose that our Theological School is named “Holy Cross,” because the Cross of our Lord is one of the greatest teachers in the two thousand years of the Church. We have amazing and erudite Saints, like Basil and the Gregorys, whose writings endure through the ages, and who are studied intently at our Theological School. But the Holy Cross of our Lord teaches wordlessly. It teaches by example, and by sheer manifestation. Therefore, when we chant, “Hail, Manifestation of the Righteous Judge,” we come to the realization that the Lord, hanging upon the Cross, is being revealed to us as the Righteous Judge.

Let us all pause for a moment and consider the only truly innocent human being, put to death for the sake of every other human being. It is an unfeigned “sign of contradiction,” as the Prophet Simeon the Elder said (Luke 2:34). For from the Cross, the Lord delivers no judgment of anyone — not his crucifiers, nor the ones who clamored for His destruction, nor those who ridiculed Him in His agony. The Lord, the Judge of the Universe, judged no one; rather, He gave His life for the life of the world with forgiveness.

Such is the lesson for each of us, then, as we praise the Holy Cross. To forgive, rather than condemn. To love, rather than despise. These are the lessons that are at the core of our training of the good people studying at our beloved Hellenic College and Holy Cross Greek Orthodox School of Theology. Today, on their Feastday, let us remember this vital Institution of our Church and support its mission, as we apply ourselves to the lesson of the Cross, the greatest teacher of our souls.

With paternal love in Christ,

† ELPIDOPHOROS
Archbishop of America



**ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ
ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ**

Αριθμ. Πρωτ.: 423/2025

**Αρχιεπισκοπική Έγκύκλιος για την έορτή
τῆς ὑψώσεως τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ.**

14 Σεπτεμβρίου 2025

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

*«Χαῖρε, Κριτοῦ δικαίου φανέρωσις...»
(Χαιρετισμοὶ εἰς τὸν Τίμιον Σταυρόν. 11^{ος} Οἶκος).*

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῶ,

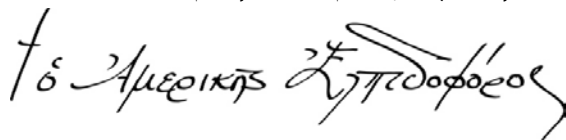
Σήμερα ὑψώνουμε καὶ τιμοῦμε τὸν τίμιον καὶ ζωοποιὸν Σταυρὸν τοῦ Κυρίου καὶ
Σωτῆρος ἡμῶν Ἰησοῦ Χριστοῦ. Σὲ κάποιες ἐνορίες μας ψάλλονται καὶ οἱ Χαιρετισμοὶ
πρὸς τὸν Τίμιον Σταυρόν. Αὐτὸς εἶναι ἕνας ὕμνος πλήρους δοξολογίας καὶ
εὐγνωμοσύνης! Ὅπως καὶ ἄλλα λειτουργικὰ κείμενα, ὁ ὕμνος αὐτὸς ἀναδεικνύει τὸ
μυστήριον τῆς σωτηρίας, φωτίζοντας τὴν πνευματικὴν μας πορεία καὶ ἐξερευνώντας
τὰ βάθη τοῦ Θεοῦ.

Δέν εἶναι τυχαῖο ὅτι ἡ Θεολογική Σχολή μας φέρει τὸ ὄνομα «Τίμιος Σταυρός»! Διότι ὁ Σταυρός τοῦ Κυρίου ἀποτελεῖ ἕναν ἀπὸ τοὺς μεγαλύτερους διδασκάλους τῆς Ἐκκλησίας μέσα στὰ δύο χιλιάδες χρόνια τῆς ἱστορίας της. Ἔχουμε σοφοὺς καὶ ἐμπνευσμένους ἀγίους πατέρες, ὅπως ὁ Μέγας Βασίλειος καὶ οἱ δύο Γρηγόριοι, τῶν ὁποίων τὰ συγγράμματα μελετῶνται καὶ ἀξιοποιοῦνται πλήρως στὴ Σχολή μας. Ὁ Σταυρός, ὁμως, διδάσκει χωρὶς λόγια· διδάσκει μὲ τὴν ἴδια τὴν παρουσία του καὶ μὲ τὴν ἔνδοξη φανέρωσή του. Ἔτσι, ὅταν ψάλλουμε «Χαῖρε, Κριτοῦ δικαίου φανέρωσις», ἀντιλαμβανόμεστε ὅτι ὁ Κύριος ἐπὶ τοῦ Σταυροῦ φανερώνεται ὡς ὁ Δίκαιος Κριτής.

Ἄς σταθοῦμε λίγο νὰ τὸ συλλογιστοῦμε. Ὁ μόνος ἀληθινὰ ἀθῶος ὑποφέρει τὸν θάνατο, παρέχοντας τὴ σωτηρία σὲ ὅλους τοὺς ἀνθρώπους. Ὄντως, «σημεῖον ἀντιλεγόμενον», ὅπως προφήτευσε ὁ θεοδόχος Συμεών (Λουκ. β', 34). Ἐπὶ τοῦ Σταυροῦ ὁ Χριστὸς δὲν κρίνει κανέναν· οὔτε τοὺς σταυρωτὲς του, οὔτε ἐκείνους ποὺ ἐπεδίωξαν τὸ θάνατό του, οὔτε ὅσους χλεύαζαν τὸ πάθος του. Ὁ Κύριος, ὡς ὁ κριτὴς τῆς οἰκουμένης, δὲν κατεδίκασε· ἀλλὰ πρόσφερε τὴ ζωὴ του, «ὑπὲρ τῆς τοῦ κόσμου ζωῆς», συγχωρώντας μὲ ἀπειρη ἀγάπη.

Αὐτὸ εἶναι τὸ μάθημα τοῦ Σταυροῦ καὶ γιὰ μᾶς. Νὰ συγχωροῦμε, ἀντὶ νὰ καταδικάζουμε. Νὰ ἀγαποῦμε, ἀντὶ νὰ μισοῦμε. Αὐτὲς εἶναι καὶ οἱ ἀρχὲς ποὺ ἀποτελοῦν τὸ θεμέλιο τῆς μορφώσεως καὶ τῆς διακονίας τῶν σπουδαστῶν μας στὸ Ἑλληνικὸ Κολλέγιο καὶ τὴ Θεολογικὴ Σχολὴ τοῦ Τιμίου Σταυροῦ. Σήμερα, ἡμέρα τῆς ἑορτῆς τους, ἄς μνημονεύσουμε αὐτὸ τὸ ζωτικὸ καθίδρυμα τῆς Ἐκκλησίας μας. Ἄς ὑποστηρίξουμε μὲ κάθε δυνατὸ τρόπο τὴν ἀποστολή του, καὶ ἄς ἐφαρμόσουμε καὶ ἐμεῖς τὴν διδαχὴ τοῦ μεγίστου παιδαγωγοῦ τῶν ψυχῶν μας, τοῦ τιμίου καὶ ζωοποιοῦ Σταυροῦ.

Μετὰ πατρικῆς ἐν Χριστῷ ἀγάπης,



† ὁ Ἀμερικῆς Ἐλπιδοφόρος

Luke the Evangelist

Courtesy of the Greek Orthodox Archdiocese of America

www.goarch.org



and died in Achaia, perhaps in Patras, the capital of this district. His emblem is the calf, the third symbolical beast mentioned by Ezekiel (1:10), which is a symbol of Christ's sacrificial and priestly office, as Saint Irenaeus says.

[Apolytikion of Luke the Evangelist](#)

Third Tone

O Holy Apostle and Evangelist Luke, intercede to our merciful God, that He may grant our souls forgiveness of sins.

[Kontakion of Luke the Evangelist](#)

Fourth Tone

As a disciple of the Word of God, with Paul you illuminated all the earth and dispelled the gloom in writing Christ's divine Gospel.

[Reading](#)

This Apostle was an Antiochian, a physician by trade, and a disciple and companion of Paul. He wrote his Gospel in Greek after Matthew and Mark, after which he wrote the Acts of the Apostles, and dedicated both works to Theophilus, who, according to some, was Governor of Achaia. He lived some eighty-six years

Saint Demetrios

Courtesy of the Greek Orthodox Archdiocese of America

www.goarch.org

Life of the Saint

Saint Demetrios suffered in Thessalonica during the reign of Galerius Maximian (c. 306). He belonged to one of the most distinguished families of the province of Macedonia and was widely admired not only because of his noble ancestry and grace of bearing, but also for virtue, wisdom and goodness of heart surpassing that of his elders.

The military expertise of Saint Demetrios led Galerius, as Caesar of the Eastern Empire, to appoint him commander of the Roman forces in Thessaly and Proconsul for Hellas. But for all this, Demetrios remained ever aware of the underlying realities of life. Since faith in Christ had touched his heart, all the glory of this world meant nothing to him, and there was nothing he preferred to teaching and preaching the word of God.

Despite the persecution directed against Christians by the Emperor, Saint Demetrios brought a large number of pagans to the faith. His words convinced them because they saw in the righteousness, peace and brotherly love that marked his life an illustration of the truth of which he spoke.

The Emperor Maximian had just won a series of brilliant victories over the Scythians and was on his way back to Rome when he halted at Thessalonica to receive the acclamations of the populace and to offer sacrifices in thanksgiving to the idols. A number of pagans, envious of the success of the Saint, took advantage of the Emperor's presence in the city to denounce Demetrios as a Christian. Maximian's astonishment gave way to violent indignation when he was told that Demetrios' was making use of his official position to spread the faith. Demetrios was summoned and confined in a cell, located in the basement of nearby baths.

Maximian arranged for games and gladiatorial combats to take place in the amphitheater of the city. He had brought with him a man of gigantic stature and Herculean strength called Lyaios, a Vandal by origin. Such was this man's strength and skill in single combat that no one could withstand him. There was in the city a young Christian called Nestor, who observing the empty pride of the Emperor in the victories of his champion, made up his mind to show him that real power belongs to Christ alone. He ran to the baths where Demetrios was imprisoned and asked for the protection of his prayer in going to confront the giant. The Martyr made the sign of the Cross on the brow and the heart of the boy, and sent him like David before Goliath. He reached the amphitheater just as the heralds were crying out on all sides for any who would stand against Lyaios. Advancing towards the Emperor, Nestor threw his tunic to the ground and shouted, "God of Demetrios, help me!" In the first encounter, at the very moment the giant rushed upon him, Nestor slipped aside and stabbed him to the heart with his dagger. There was uproar and amazement at the marvel, and people asked themselves how a mere child, relying neither on strength nor weapons, could so suddenly have brought down the barbarian.



Rather than yield to the sign of the sovereign power of God, the Emperor flew into a rage and ordered the immediate arrest of Nestor and his beheading outside the city. He had heard Nestor calling upon the God of Demetrios and, supposing the Saint had used some kind of witchcraft, Maximian ordered his soldiers to go and thrust Demetrios through with their lances, without trial, in the depths of his prison cell. There were some Christians, including Demetrios' servant Lupus, present at his martyrdom, and when the soldiers had gone, they reverently buried the Saint's body.

It was God's will that the grace with which He filled Saint Demetrios should remain active even after his death. This is why He caused to flow from his body a myron with a delightful scent, which had the property of healing all who took it as an unction, with faith in the intercession of the Saint. Time and again,

during sixteen hundred years, Saint Demetrios has given proof of his benevolent care for the city of Thessalonica and its inhabitants. He has defended them from the attacks of barbarians, he has preserved them from plague and famine, healed the sick and comforted the afflicted.

Adapted from *The Synaxarion: The Lives of the Saints of the Orthodox Church*, Vol. 1, compiled by Hieromonk Makarios of Simonos Petra and translated from the French by Christopher Hookway (Chalkidiki, Greece: Holy Convent of the Annunciation of Our Lady, 1998) pp. 481-483.

Orthodox Christian Celebration of the Feast of Saint Demetrios the Myrrh-Streamer

The feast and commemoration of Saint Demetrios is celebrated with the Divine Liturgy of Saint John Chrysostom which is conducted on the morning of the feast and preceded by a Matins (Orthros) service. A Great Vespers is conducted on the evening before the day of the Feast.

Scripture readings for the feast are the following: At Vespers: Isaiah 63:15-64:5,8-9; Jeremiah 2:1-12; Wisdom of Solomon 3:1-9. At the Matins: Luke 11:12-20. At the Divine Liturgy: II Timothy 2:1-10; John 15:17-16:2. (If the feast falls on a Sunday the Gospel readings may vary.)

Hymns of the Feast

Apolytikion (Third Tone)

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

Kontakion (Second Tone)

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

Holy Protection of the Theotokos

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



Reading

The Feast of the Protection commemorates the appearance of the most holy Theotokos in the Church of Blachernae in Constantinople in the tenth century, as recorded in the life of Saint Andrew the Fool for Christ's sake. While the multitudes of the faithful were gathered in church, Epiphanius, the friend of Saint Andrew, through the Saint's prayers, beheld the Virgin Mary above the faithful and spreading out her veil over them, signifying her unceasing

protection of all Christians. Because of this we keep a yearly feast of gratitude, imploring our Lady never to cease sheltering us in her mighty prayers.

Apolytikion of Holy Protection of the Theotokos

Fourth Tone

O Virgin, we extol the great grace of thy Protection, which thou didst spread out like a bright cloud beyond all understanding; for thou dost invisibly protect thy people from the foe's every assault. Since we have thee as our shelter and certain help, we cry to thee with our whole soul: Glory to thy great deeds, O most pure Maid. Glory to thy shelter most divine. Glory to thy care and providence for us, O spotless one.

Kontakion of Holy Protection of the Theotokos

Third Tone

Let us the faithful hasten to the Theotokos now and venerate her sacred veil, as we chant unto her, singing hymns to praise and honour her, as is fitting; for she shelt'reth with her shelter and all her faithful flock and preserveth them unharmed from all calamities, as they cry to her: Rejoice, Protection most radiant.

THOUGHTS FROM EVA LALLAS



I'm back! After an almost three year absence I will once again be contributing a monthly article in the St.Nicholas Koinonia under the by line "Thoughts from Eva Lallas".

OCTOBER'S HARVEST

Believe it or not...October is upon us! Yes, summer has gradually come to an end as most of our parishioners have returned home from their rewarding travels and are enjoying fond memories of their summer activities.

Just as we witness the daylight hours diminishing we see the gradual slowing down of activity in our environment: the plant leaves in our flower and vegetable gardens have lost their vibrant colors and have become brittle, slowly falling to the ground. The earth itself begins its resting period, when the agricultural lands throughout our country will be replenished. It's harvest time, a segment of the cycle of life.

On the first of September when our Ecclesiastical Year began, we recall that our Orthodox Church promotes prayers for the well-being of the earth especially since 1989. We are reminded that we are stewards of the environment, and it is our responsibility to care for it as though our very lives depend on it...because they do.

Although ecology, recycling programs, the use of reusable bags, etc. are relatively new in our culture, perhaps sparked by Rachel Carson's book "Silent Spring" 1962, our Orthodox Church had addressed the importance of being good guardians of the earth many decades prior to that. As we attend each Divine Liturgy and pray along with Father Michael, we hear each Petition to our Lord. The prayers are inclusive; they speak to every situation or person in our universal family and are like a protective shield. At times as we give our attention to each prayer it may have a special meaning to us personally. Every prayer has been carefully chosen and included; they have been retained not brushed aside, eliminated, or substituted at the whim of an individual. This is so because they address every aspect of our lives today as they did when they were written. Always included throughout the year

are the prayers for favorable weather and bountiful fruits of the earth; vitally important during the growing season and now at harvest time.

In America the Halloween holiday has grown by leaps and bounds. Recent statistical data indicate that it has become a very costly holiday in retail sales second only to Christmas. Decorations, costumes, parties, etc. advertised beginning in late August! As taught by Father Michael such parties involving church organizations should more appropriately be named Harvest or Fall parties or a similar name in keeping with our Orthodox Faith.

For us Orthodox Christians the highlight of October is the Feast Day of St.Demetrios. As we know St. Demetrios is one of the major saints of Orthodoxy; churches bearing his name exist throughout the world, one in Baltimore County and several in nearby New Jersey alone. He held fast and was unwavering in his Christian Faith for which he was martyred. Upon his death thousands espoused Christianity even as Christians were continuously persecuted and killed by the ruling authorities. St.Demetrios is the patron saint of Thessaloniki, the second largest city in Greece where he lived and was killed. This honor was bestowed upon him because through the years he has protected the city against invading barbarians as well as in times of plague and famine. St.Demetrios' devoutness made him an inspiration and a source of comfort and healing to the sick.

Let's make a concerted effort to attend the vesper service on October 25 of our sister church St.Demetrios on Cub Hill Road to memorialize St.Demetrios and offer prayers that he intercede with God for our well-being and the welfare of churches everywhere.

This Fall our church is going through a revival with our energetic Father Michael once again at the helm as he encourages more parishioner to attend services regularly and promotes our ministries keeping them up and running. To keep St.Nicholas on a progressive roll it is necessary for each person who attends church services to become a sustaining steward at this time by completing the Stewardship Card waiting for you in the church office.

This would be the perfect HARVEST DONATION to our beloved St.Nicholas. Happy October!!



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. Μαύρο το γάλα, μαύρο!

Milk is black, black!

I'll just go along with what you say, although I don't agree. Tells the other person you will not argue.

(If you say that milk is black, then milk is black!)

2.). Όπου ακούς πολλά κεράσια, μικρό καλάθι βάστα!

If you keep hearing that there are many cherries, just take a small basket for harvest!

Don't believe the hype, exaggerations!

3.). Οπου ακούς πολλούς πετινούς αργή να ξυμεροση!

Where there are many roosters, the sunrise is delayed!

Too many cooks spoil the food!

4.). Κάνε το καλό και ρήξτο στο γιαλό!

Do a good deed and toss it to the sea!

Do a good deed not expecting anything in return, even if you might be harmed by it later.

5.). Το “φ” το κάνουν φύρα!

Creating an entire word out of one letter!

Making a mountain from a molehill! “Much ado “ about nothing!



Likewise, several common phrases that we use in conversations in the United States are included below with a possible explanation as to the origin of the phrase.

Common American Phrases:

1.) Watch your p's and q's!

Referring to pints and quarts

Be accurate, trustworthy, Don't cheat the customer when measuring his purchase!

2.) Willy-Nilly!

Doing things haphazardly, quickly, not caring about accuracy.

3.) “The best laid plans of mice and men...” from the poet Robert Burns

No matter how thoroughly you may have planned an outcome, something can always go wrong.

4.) Red sky at night, sailor's delight!

A red sunset usually is indicative of a sunny tomorrow...a great day to set sail!

5.) Kick the can!

Pass the buck! Don't make the decision now, Don't face the facts today! Delay tactic.

BECOMING A MEMBER OF CHRIST'S BODY

CHURCH MEMBERSHIP & STEWARDSHIP

QUESTION: *ARE THESE TWO TOPICS ON THE RISE OR ARE THEY DECLINING?*

I realize that these two topics that I chose to write about are subjects that to some people are unfamiliar, controversial and last on people's wish lists. But in any case, we need to understand how important these topics are not only to the Church, but to all of us. First topic is Church Membership. How does one become a "Member" or "Steward" of the Church? In order to become a part of the Body of Christ, one must be first Baptized in the Orthodox faith. This is the first sign of membership with Christ. Membership with Christ and His Church is a lifetime contract. Some people think that by filling out a Pledge Card that it automatically makes them members of the Body of Christ. Here are a few Bible verses concerning the topic of Church Membership. In Romans 12:5 it states: "In Christ we who are many, form one body, and each member belongs to all the others." In 1 Corinthians 6:15: "Do you not know that our bodies are members of Christ Himself? Shall I then take the members of Christ and unite them with a harlot. Never." I hope that by reading these two verses, we at least get a picture of what true membership is all about. It is about our personal commitment to Christ. Everyone plays an important role within the church. From the beginning, Jesus associated His disciples with His own life, revealed the mystery of the Kingdom to them and gave them a share in His mission, joy and sufferings.

Jesus spoke of a still more intimate communion between Him and those who would follow Him. He said, "Abide in Me, and I in you, I am the Vine, you are the branches." Being a member of Christ's Body is signifying that we accept Christ as our Savior. We must fulfill the obligations and responsibilities that come with that. We all know that the head of the Church is Christ, and that we as members of the Church make up His Body. "All men are called to belong to the new people of God so that, in Christ men may form one family and one people of God."

So, Church membership means that we are all one family through Baptism and faith. The St. Nicholas Community has come a long way since 1954 when the first cement block was installed and called the Church of St. Nicholas. A lot of sweat and tears went into establishing our parish here in Greek Town.

During the 1950's, 60's, & 70's the St. Nicholas Community went through financial hardships but through those struggles the people came together as one family and brought the church to where it is today. We owe a debt of gratitude to our forefathers and mothers who came as immigrants to this country and with hard work established our churches and communities. These accomplishments were done by hard work, true faith, and commitment to Christ. But now I ask you, "WHAT WILL BE THE FUTURE OF ST. NICHOLAS FOR THE NEXT TWENTY YEARS?" We have all witnessed for ourselves how Greek Town has changed, from what it was to what it is today. The Church along with the Community is evolving daily. What Greek Town was 20 or 30 years ago, is not what it is today. Seventy years ago, we had one Church, the Annunciation Cathedral. Today we have four Communities. We realize the needs of the Parish are many and the programs and ministries continue to grow, and I hope and pray that we see in the future continued growth and stability. But in order to accomplish the many tasks of the future, we have to realize that we are living in the present. As far as the present status of the Community is concerned, we are holding our own.

As "Stewards" or "Members" of the Church we have a responsibility to uphold and support our church, our faith, our traditions, and our culture. But I have a question for everyone, "How are we going to uphold

all these things that we are obligated through our Christian faith, when we do not participate, either in church attendance, or stewardship? How can our church continue to grow when our Young Adults are absent?" We continuously hear that our YOUTH are the future of our church. What kind of future will there be for our churches if young people and our married couples do not attend church, and do not participate in the programs, and especially in the "STEWARDSHIP" program of the church? We have many families in the church who have never signed a Pledge Card, nor do they help their community financially. They have time for other things, but "NO TIME FOR CHRIST AND THE CHURCH." Stewardship is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves and to grow in grace. It allows us to participate in the work of the Lord.

In the Archdiocese "U.P.R." Uniform Parish Regulations, it states: Every person who is baptized and chrismated according to the rites of the Orthodox Church is a parishioner. The religious, moral and social duties of a parishioner are to apply the tenets of the Orthodox Faith to his/her life and to: adhere to and live according to the tenets of the Orthodox faith, faithfully attend the Divine Liturgy and other worship services; participate regularly in the holy sacraments; respect all ecclesiastical authority and all governing bodies of the Church; be obedient in matters of the Faith, practice and ecclesiastical order; contribute towards the progress of the Church's sacred mission; and be effective witness and example of the Orthodox Faith and Traditions to all people.

A parishioner in good standing practices all the religious and moral duties as described in this Section 1. At a minimum, a parishioner in good standing must be 18 years of age or over; be current in his/her Stewardship and other financial obligations to the Parish, abide by all the regulations herein stated and the Parish Bylaws; and cooperate in every way towards the welfare and well being of the Parish.

"Stewardship" is recommended to be ten percent (10%) of one's annual income as stated in Holy Scripture to help meet the financial obligations of the Parish, the Metropolis and Archdiocese.

So, from what we read above, Church Membership, and Stewardship, is a vital part of the growth of a Parish. If we as Orthodox Christians do not participate in those programs, then we will all face a dramatic decline in Church attendance, Membership, Stewardship, and financial devastation. So, in reading this article, if you are a parishioner who is not a member of the church and has not turned in a Stewardship Pledge card for the year 2025, then you fall into the category of a parishioner who is not in good standing with the church. If you are in that category, then I ask you to take care of your spiritual responsibilities.

Please take the time to make your offering today and enable our Church to continue to enhance the spiritual growth of the Orthodox Christians entrusted to our care.

May our Lord richly bless you in all things!

In His Service,

Fr. Michael L. Pastrikos
Protopresbyter



THE DOXOLOGY OF HIS HOLINESS PATRIARCH BARTHOLOMEW

The Doxology of His Holiness Patriarch Bartholomew on his trip to the U.S. Hundreds of faithful from the Metropolis of New Jersey attended the Doxology in Honor of our Spiritual Leader His Holiness Ecumenical Patriarch of Constantinople Bartholomew the First.



SUNDAY OF THE ELEVATION OF THE CROSS

SUNDAY OF THE ELEVATION OF THE VENERABLE AND LIFE-GIVING CROSS . . .

Sunday, September 14th

“Σώσον Κύριε τόν λαόν σου καί ευλόγησον τήν κληρονομίαν σου, νίκας τοίς Βασιλεύσι κατά βαρβάρων δωρούμενος καί τό σόν φυλάττων διά τού Σταυρού σου πολίτευμα.”

“Lord, save Your people and bless Your inheritance, granting our rulers to prevail over adversaries, and protecting Your commonwealth by Your Cross.”

The scent of Vassilikos filled our church today, Sunday, September 14th, as we venerated the Holy Cross of our Lord. Orthodox Christians around the world raised the symbol of the sacred and precious wood. We proclaimed the Cross to be an invincible shield, a divine scepter, and the pride of the faithful. We exalted it, affirming that the Cross sanctifies to the ends of the world.

We hail the life-giving Cross as the “unconquerable trophy of godliness, the door to Paradise, and the succor of the faithful.” Through the Cross, our enemies are vanquished, freedom from corruption and mortality is established, and salvation is offered to all.

After the Divine Liturgy and procession of the cross, Fr. Michael conducted a special Agiasmo (Blessing of the Waters) today for all the children attending Sunday School and afternoon Greek School.

HAPPY NAMEDAY TO ALL WHO CELEBRATE TODAY!!!
ΧΡΟΝΙΑ ΠΟΛΛΑ ΣΕ ΟΛΟΥΣ ΚΑΙ ΟΛΕΣ ΠΟΥ ΕΟΡΤΑΖΟΥΝ!!!



ORDINATION OF KONSTANTINOS LOUKAS - Sunday, October 26th



ATTENTION ALL PARISHIONERS:

Fr. Michael just received the Good News that our native son of Baltimore, **Archdeacon Fr. Konstantinos Loukas**, with the blessings of His Eminence Metropolitan Apostolos of New Jersey, will be ordained to the Holy Priesthood of our Lord and Savior Jesus Christ on Sunday, October the 26th at the St. Demetrios Greek Orthodox Church in Upper Darby, Pennsylvania.



On behalf of the Parish Council, Fr. Michael, the Church Staff, and the entire family of St. Nicholas, we would like to extend our fervent prayers and Congratulations to Archdeacon Fr. Konstantinos Loukas, his wife Diakonisa Athanasia, his precious daughter Flora, his Parents Dimitri, and Evelyn, his siblings and relatives. This is great news for our Community of St. Nicholas and we hope and pray that our Good Lord will continue to bless the Archdeacon Konstantinos and his family. AXIOS, AXIOS, AXIOS. Through our humble prayers we wish Archdeacon Konstantinos Loukas the very best in his journey's and in his new ministry serving the Lord in His Vineyard. May he always be worthy.



ST. NICHOLAS CHURCH



Visitor to St. Nicholas from Bulgaria.

YOUTH ACTIVITIES



Hellenic Golden Coins at dance practice.



GOYA Basketball Practice



Father Michael's granddaughter, Katerina Halkias, along with Amalia Oliver, are on the girl's soccer team for St. Cashmire Elementary School.

Notice of General Assembly Sunday, November 2nd, 2025

September, 2025

Pursuant to the regulations of the Greek Orthodox Archdiocese of America (UPR) the date of the General Assembly meeting has been scheduled for **November 2nd, 2025, immediately after the Divine Liturgy at the Church Hall.**

Also, according to the UPR, those persons wishing to participate and vote must pay their Stewardship up to the date of the Assembly. A regular member of the Parish who is already enrolled in the Parish register but has neglected to pay his/her stewardship may pay the same day and before the beginning of the Assembly in order to participate and vote.

AGENDA

1. Invocation by the Parish Priest, Rev. Fr. Michael L. Pastrikos.
2. Call to order by the Parish Council President Mrs. Stamatia Ieromonahos.
3. Election of Chairman and Secretary for the Assembly
4. Reading and ratification of the minutes of the previous General Assembly meeting.
5. Parish Council President report
6. Treasurer's financial report, Budget 2025 versus actual figures, including the Plateia, Bilingual Early Education Center, Festival 2025, Budget for 2026.
7. Auditing Committee Report.
8. Festival Committee Report for the upcoming June, 2026 Festival.
9. Priest's Report
10. Nomination Committee Report
11. Old business
12. New Business
13. Benediction

All members of the Community are urged to attend this Parish Assembly meeting, because it is more than important. It is also our duty as members of the Community of Saint Nicholas to come and offer our support for the progress of the community. Your presence is mandatory to establish a quorum. PLEASE ATTEND.

From the Priest and Parish Council of Saint Nicholas



ΠΡΟΣΚΛΗΣΗ ΓΕΝΙΚΗΣ ΣΥΝΕΛΕΥΣΗΣ ΚΥΡΙΑΚΗ 2 ΝΟΕΜΒΡΙΟΥ, 2025

Σεπτέμβριος, 2025

Σύμφωνα με τους Ομοίομορφους Κανονισμούς των Κοινοτήτων της Ιεράς Αρχιεπισκοπής Αμερικής, και τους Εσωτερικούς Κανονισμούς της Κοινοτήτάς μας, καλούμε Γενική Συνέλευση των μελών, **την Κυριακή, 2 Νοεμβρίου, 2025, αμέσως μετά τη Θεία Λειτουργία.**

Σύμφωνα με τους Εσωτερικούς Κανονισμούς της Κοινότητας, όσοι επιθυμούν να συμμετέχουν και να ψηφίσουν στην Συνέλευση, οφείλουν να έχουν εκπληρώσει τις οικονομικές τους υποχρεώσεις προς την Κοινότητα, Εθελοντική Προσφορά, μέχρι και την ημέρα της Συνέλευσης. Κανονικό μέλος της Κοινότητας, που ήδη έχει εγγραφεί στο Κατάλογο των μελών αλλά δεν έχει εκπληρώσει τις οικονομικές του υποχρεώσεις μπορεί να πληρώσει την ίδια ημέρα και πριν την έναρξή της για να συμμετέχει και να ψηφίσει.

ΗΜΕΡΗΣΙΑ ΔΙΑΤΑΞΗ

1. Προσευχή από τον Ιερέα, Πατέρα Μιχαήλ Α. Παστρικό.
2. Έναρξη της Συνέλευσης από την Πρόεδρο του Ενοριακού Συμβουλίου, κα. Σταματία Ιερομονάχου.
3. Εκλογή Προέδρου και Γραμματέα της παρούσας Γενικής Συνέλευσης.
4. Ανάγνωση και επικύρωση των πρακτικών της προηγούμενης Γενικής Συνέλευσης.
5. Έκθεση από την Πρόεδρο της Κοινότητας.
6. Οικονομική Έκθεση από την Ταμία. Προϋπολογισμός 2025 έναντι πραγματικών στοιχείων του 2025, συμπεριλαμβανομένων της Πλατείας, του Δίγλωσσου Κέντρου Εκπαίδευσης Προσχολικής Ηλικίας, και του Φεστιβάλ 2025 και Προϋπολογισμός για το 2026.
7. Έκθεση Εξελεγκτικής Επιτροπής.
8. Έκθεση από την Επιτροπή για το επόμενο ΦΕΣΤΙΒΑΛ 2026.
9. Έκθεση από τον Ιερέα
10. Έκθεση της Επιτροπής για την ανάδειξη υποψηφίων
11. Παλαιές Υποθέσεις.
12. Νέες Υποθέσεις
13. Λήξη της Συνέλευσης και προσευχή.

Όλα τα μέλη της Κοινότητας παρακαλούνται να λάβουν μέρος στη Συνέλευση, διότι θα συζητηθούν θέματα σοβαρά. Επίσης σαν μέλη της Κοινότητας του Αγίου Νικολάου, είναι καθήκον μας να συμμετέχουμε στις Συνελεύσεις και να εκφράζουμε την υποστήριξή μας και τη γνώμη μας, για το καλό και την πρόοδο της Κοινοτήτας μας. **ΠΑΡΑΚΑΛΕΙΣΤΕ ΝΑ ΣΥΜΜΕΤΕΧΕΤΕ.**

Από τον Ιερέα και το Διοικητικό Συμβούλιο.



NOTICE FOR NOMINATIONS TO PARISH COUNCIL

We would like to inform you that there are several positions available on the Parish Council. The Nomination Committee was elected at the general meeting held on November 2nd, 2025. We encourage all members of our community, who have met their financial obligations and are willing and able to offer their services to our community, to submit their candidacy to the Nominating Committee by Sunday, December 7th, 2025. Please keep in mind the procedure: The Committee for the Nomination of Candidate Members of the Board of Directors will announce the names that have expressed interest. If you wish to participate in the election process, you can also fill out the following application and send it to the church office by Sunday, December 7th, 2025.
The election will be held on Sunday, December 14, 2025.

According to the "Uniform Parish Regulations", any member who wishes to participate in the electoral process must be Christian Orthodox and a member of the community for at least one year until election day. In addition, his/her lifestyle and character should be in accordance with the faith and rules of our Orthodox Church. A new member of our community can vote if they have registered in the last three months before election day.

You can send your application to:

Nominating Committee
St. Nicholas Greek Orthodox Church
520 S. Ponca St.
Baltimore, MD 21224

CANDIDACY FORM FOR PARISH COUNCIL

Candidacy for _____

Signature _____

Name (Print) _____

Address _____

Phone Number _____

E-mail address _____



ΕΙΔΟΠΟΙΗΣΗ ΓΙΑ ΤΗΝ ΕΚΛΟΓΗ ΝΕΩΝ ΜΕΛΩΝ ΓΙΑ ΤΟ ΔΙΟΙΚΗΤΙΚΟ ΣΥΜΒΟΥΛΙΟ

Θα θέλαμε να σας ενημερώσουμε ότι υπάρχουν αρκετές διαθέσιμες θέσεις στο Διοικητικό Συμβούλιο. Η Επιτροπή για την Ανάδειξη Υποψηφίων εκλέχθηκε κατά την γενική συνέλευση που πραγματοποιήθηκε 2 Νοεμβρίου, 2025.

Ενθαρρύνουμε όλα τα μέλη της κοινότητας μας, τα οποία έχουν εκπληρώσει τις οικονομικές τους υποχρεώσεις και έχουν την διάθεση και την ικανότητα να προσφέρουν τις υπηρεσίες τους στην κοινότητα μας, να υποβάλλουν την αίτησή τους για το διοικητικό συμβούλιο στην Επιτροπή Ανάδειξης Υποψηφίων μέχρι την Κυριακή 7 Δεκεμβρίου, 2025. Παρακαλούμε να έχετε υπόψη σας την διαδικασία: Η Επιτροπή για την Ανάδειξη Υποψηφίων Μελών του Διοικητικού Συμβουλίου θα ανακοινώσει τα ονόματα που έχουν εκδηλώσει ενδιαφέρον. Εάν επιθυμείτε να συμμετέχετε στην εκλογική διαδικασία μπορείτε επίσης να Συμπληρώσετε την παρακάτω αίτηση και να την στείλετε στο γραφείο της εκκλησίας μέχρι την Κυριακή 7 Δεκεμβρίου, 2025.

Οι εκλογές θα πραγματοποιηθούν την Κυριακή, 14 Δεκεμβρίου, 2025.

Σύμφωνα με τους «Ομοιόμορφους Κανονισμούς των Κοινοτήτων», όποιο μέλος επιθυμεί να συμμετέχει στην εκλογική διαδικασία θα πρέπει να είναι Χριστιανός Ορθόδοξος και μέλος της κοινότητας για τουλάχιστον ένα χρόνο μέχρι την ημέρα των εκλογών. Επιπλέον ο τρόπο ζωής και ο χαρακτήρας του / της θα πρέπει να είναι σύμφωνος με την πίστη και τους κανόνες της ορθόδοξης εκκλησίας μας. Ένα καινούργιο μέλος της κοινότητας μας μπορεί να ψηφίσει εάν έχει εγγραφεί τους τρεις τελευταίους μήνες πριν την ημέρα των εκλογών.

Μπορείτε να στείλετε την αίτησή σας στην διεύθυνση:

Nominating Committee
St. Nicholas Greek Orthodox Church
520 S. Ponca St.
Baltimore, MD 21224

ΕΝΤΥΠΟ ΑΙΤΗΣΗΣ ΥΠΟΨΗΦΙΟΤΗΤΑΣ

Θέτω υποψηφιότητα για το Διοικητικό Συμβούλιο _____

Υπογραφή _____

Όνοματεπώνυμο (με κεφαλαία γράμματα) _____

Διεύθυνση _____

Τηλέφωνο _____

e-mail address _____





GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

*His Eminence
Metropolitan Apostolos of New Jersey*

*Cordially invites you
to the 2nd Annual*

MARYLAND/NORTHERN VIRGINIA REGIONS

**HONOREE GRAND
BANQUET**

on

Sunday, November 9, 2025

at

“Martin's Valley Mansion”

549 Cranbrook Road, Cockeysville, MD 21030

Program and Dinner: 4:00pm

Tickets: \$100.00 per person

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

RSVP BY FRIDAY, OCTOBER 17, 2025



2025 Maryland/Northern Virginia Honoree Grand Banquet Commemorative Journal Form

Absolute Ad Deadline: **Friday, October 17, 2025**

Send to Luke Erdahl at: luke@annunciationbaltimore.org

Patron Information

Your Name: _____

Business Name (If Applicable): _____

Full Address: _____

Website: _____ Email: _____

**BUSINESS AD or
PERSONAL MESSAGE:**
Includes layout, updates &
writing assistance if needed

Prices	
<input type="checkbox"/> 1/4 Page	\$200
<input type="checkbox"/> 1/2 Page	\$300
<input type="checkbox"/> Full Page	\$500

Please include the following text with my ad: _____

Payment Information

Ad Price: _____

Check Enclosed

Cash Enclosed

Advertiser Authorization

By signing below, I authorize the Greek Metropolis of New Jersey to include my ad in the Honoree Grand Banquet Commemorative Journal. I acknowledge that Metropolis of New Jersey will assemble my ad under their creative discretion. I understand that I will not be presented with an ad copy before publication.

Advertisers Signature: _____ Date: _____

Please make check payable to: **Metropolis of New Jersey**. Mail this completed form with payment to:

Greek Orthodox Cathedral of the Annunciation

Attn: Honoree Grand Banquet

24 W Preston St, Baltimore, MD 21201

Additionally, please email your completed ad to luke@annunciationbaltimore.org by **October 17, 2025**



2025 Maryland/Northern Virginia Honoree Grand Banquet
Sunday, November 9, 2025 at *Martin's Valley Mansion in Cockeysville, Maryland*

PRE-ARRANGED SEATING FORM
(Please reproduce copies of this form as needed)

Name of Parish: _____ City/State: _____

TABLES OF 10

- | | |
|-----------|-----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |
| 6. _____ | 6. _____ |
| 7. _____ | 7. _____ |
| 8. _____ | 8. _____ |
| 9. _____ | 9. _____ |
| 10. _____ | 10. _____ |

Number of Guests @ \$100.00/person

TOTAL NUMBER OF BANQUET ATTENDEES _____ TOTAL DUE \$ _____

Reminder: All persons attending the Awards Banquet should be listed on this form.

This form should be submitted to:

Greek Orthodox Metropolis of New Jersey

Attn: Honoree Grand Banquet

215 E. Grove St. Westfield, NJ 07090

with the appropriate fee by **Friday, October 17, 2025.**

All checks should be made out to:

Greek Orthodox Metropolis of New Jersey

MEMORIALS

In Memory of George Nicolarakis

Ms. Soulla Kapetanakos
Mr. & Mrs. George Chrisovergis
Ms. Kriss Cocoros
Ms. Roza Cornias
Mr. George Skandalis
Mr. & Mrs. Nikos Giakoumakis
Ms. Maria Karagiannis
Ms. Mary Antonas
Ms. Stasa Vasilakopoulos, Irene
& Theofilos Vasilakopoulos
Mr. & Mrs. Tony Nicolarakis



In Memory of Aristidis, Argyro & Pavlos Vatakis

Ms. Helen Harris

In Memory of George Katsimpiris

Mrs. Nichola Katsimpiris Wallace

In Memory of Vasiliki Kapou

Mr. & Mrs. Efsthathios Papadopoulos



A Journey to Meet The Ecumenical Patriarch & The Pope of Rome

November 26 – December 1, 2025

The Greek Orthodox Archdiocese of America together with the Order of Saint Andrew - Archons of the Ecumenical Patriarchate invite you on a historic pilgrimage to Constantinople for the Thronal Feast of the Ecumenical Patriarchate, the Feast of Saint Andrew the First-Called Apostle.

This year's celebration is of extraordinary significance, as it marks the first visit of His Holiness Pope Leo XIV of Rome to the Sacred Center of the Orthodox Church, the Ecumenical Patriarchate. His All-Holiness Ecumenical Patriarch Bartholomew, together with Pope Leo will travel to the ancient city of Nicaea to commemorate the 1700th Anniversary of the First Ecumenical Council (325 AD)—a defining moment in Christian history.

Led by His Eminence Archbishop Elpidophoros of America and the Most Reverend Metropolitans of the Holy Eparchial Synod, joined by leaders of the Archons of the Ecumenical Patriarchate, this pilgrimage offers the faithful an unparalleled opportunity for spiritual enrichment and a front-row witness to history.

*Don't miss this once
in-a-lifetime journey!*



FOR DETAILS AND
RESERVATIONS, PLEASE
CONTACT: CLOUD TOURS
(718) 721-3808 |
STEPHEN@CLOUDTOURS.COM

IMPORTANT NOTICE

If you have not been receiving notifications from the church, we kindly request that you notify the church office of any change of address, phone number (home and/or cell) as well as change of your e-mail address.

*Thank you for your
cooperation.*





Με πολλή χαρά ξεκινήσαμε τη φετινή σχολική χρονιά στο Νηπιαγωγείο του Ελληνικού Σχολείου Αγίου Νικολάου στη Βαλτιμόρη. Ο Πατέρας Μιχαήλ τέλεσε τον καθιερωμένο Αγιασμό, γεμίζοντας τις καρδιές μας με ευλογία και αισιοδοξία για τη χρονιά που έρχεται.

Είχαμε τη χαρά να ξαναδούμε τους μικρούς μας μαθητές που επέστρεψαν γεμάτοι χαμόγελα, αλλά και να γνωρίσουμε καινούριους φίλους που έγιναν μέλη της οικογένειάς μας. Το νηπιαγωγείο μας γέμισε ξανά με παιδικές φωνές, ενθουσιασμό και την προσμονή για όσα θα ζήσουμε μαζί φέτος.

Στο ελληνικό σχολείο του Αγίου Νικολάου στη Βαλτιμόρη, δίνουμε μεγάλη σημασία να γνωρίσουν τα παιδιά μας την ελληνική γλώσσα, τις ρίζες και τις παραδόσεις μας, μέσα από αγάπη, παιχνίδι και δημιουργικές δραστηριότητες.

Περιμένουμε με χαρά όποιον άλλον θέλει να εγγραφεί τα παιδιά του στο νηπιαγωγείο ή και στις μεγαλύτερες τάξεις του σχολείου μας. Η πόρτα μας είναι πάντα ανοιχτή για νέες οικογένειες που θέλουν να ζήσουν αυτή τη μοναδική εμπειρία.

Ευχόμαστε σε όλους μια όμορφη σχολική χρονιά με υγεία, μάθηση και πολλά χαμόγελα!

Με αγάπη,
οι νηπιαγωγοί
Μαρία Γουργουλιάτου & Αγάπη Μοσχόνα



We began this school year with great joy at the Kindergarten of the Greek School of St. Nicholas in Baltimore. Father Michael performed the traditional Blessing, filling our hearts with blessing and optimism for the coming year.

We had the pleasure of seeing our little students who returned full of smiles, but also of meeting new friends who became members of our family. Our kindergarten was once again filled with children's voices, enthusiasm and anticipation for what we will experience together this year.

At St. Nicholas Greek School in Baltimore, we place great importance on our children learning about the Greek language, our roots and traditions, through love, play and creative activities.

We are looking forward to welcoming anyone else who would like to enroll their children in our kindergarten or even the older classes of our school. Our door is always open to new families who want to live this unique experience.

We wish everyone a wonderful school year with health, learning and lots of smiles!

With love,
The Kindergarten Teachers
Maria Gourgouliatou & Agapi Moschona



Με ιδιαίτερη χαρά πραγματοποιήθηκε η έναρξη της νέας σχολικής χρονιάς στο Ελληνικό Σχολείο του Αγίου Νικολάου την Δευτέρα 15 Σεπτεμβρίου, 2025. Τα χαμόγελα των παιδιών, η υποστήριξη των γονέων και η αφοσίωση των εκπαιδευτικών έδωσαν ξεχωριστό χρώμα στη μέρα αυτή, που σηματοδοτεί ένα καινούριο ταξίδι γνώσης και δημιουργίας.

Η τελετή ξεκίνησε με τον καθιερωμένο αγιασμό, τον οποίο τέλεσε ο Πατέρα Μιχαήλ. Με τις ευλογίες του, μαθητές, γονείς και δάσκαλοι ενώθηκαν σε μια κοινή προσευχή για υγεία, πρόοδο και ευλογημένη χρονιά. Ο Πατέρα Μιχαήλ απηύθυνε θερμά λόγια στα παιδιά, ενθαρρύνοντάς τα να αγαπούν τη μάθηση και να καλλιεργούν τις αξίες της συνεργασίας και του σεβασμού στη γλώσσα και στη θρησκεία μας.

Η διεύθυνση και οι εκπαιδευτικοί ευχήθηκαν καλή πρόοδο σε όλα τα παιδιά, τονίζοντας τη σημασία της ελληνικής παιδείας και της γλώσσας ως πολύτιμης παρακαταθήκης για τις επόμενες γενιές.

Από τώρα και μέχρι την παρουσίαση της σχολικής μας γιορτής για την 28η Οκτωβρίου 1940 η οποία θα πραγματοποιηθεί την Δευτέρα 27 Οκτωβρίου, 2025, οι μαθητές θα έχουν την ευκαιρία να μάθουν για τη συμβολή της Ελλάδας στον Β' Παγκόσμιο Πόλεμο και να προετοιμαστούν με μεράκι για τη γιορτή που θα τιμήσει την ιστορική αυτή επέτειο.

Η μέρα ολοκληρώθηκε μέσα σε ένα κλίμα ζεστασιάς, ενότητας και αισιοδοξίας. Το Ελληνικό Σχολείο του Αγίου Νικολάου άνοιξε και φέτος τις πόρτες του με αγάπη και όραμα, έτοιμο να προσφέρει στους μαθητές του μια χρονιά γεμάτη μάθηση, δημιουργία και χαρά.

Με αγάπη,
Παρασκευή Κοτσάτου Αργετάκη
Δασκάλα της 3ης και 4ης Τάξης

The start of the new school year at the Greek School of Saint Nicholas took place on Monday, September 15, 2025. Children's smiles, parents' support and the dedication of teachers gave a special color to this day, marking a new journey of knowledge.

The ceremony began with the established blessing by Father Michael. With his blessings, students, parents and teachers were united in a common prayer for health, progress and blessed year. Father Michael warmly addressed children, encouraging them to love learning and cultivate the values of cooperation and respect for our language and religion.

The management and teachers wished good progress to all children, emphasizing the importance of Greek education and language as a valuable depository for future generations.

From now on until the presentation of our school celebration for October 28th 1940 ("OXI" Day), students will have the opportunity to learn about Greece's contribution to World War II and prepare with love for the celebration that will honor this historical anniversary.

The day ended in a climate of warmth, unity and optimism. The Greek school of Saint Nicholas opened its doors this year with love and vision, ready to offer its students a year full of learning, creation and joy.

With love,
Paraskevi Kotsatou Argetakis
Teacher of 3rd and 4th Grade





Ο πρώτος μήνας στο σχολείο μας ολοκληρώθηκε με μεγάλη χαρά και πολλά χαμόγελα. Οι σχολικές αίθουσες γέμισαν ξανά με παιδικές φωνές και αγκαλιές. Ο ενθουσιασμός όλων μας ήταν εμφανής αφού βρεθήκαμε για ακόμα μία χρονιά με αγαπημένους συναδέλφους, μαθητές και γονείς.

Την πρώτη μέρα ο Πατέρα Μιχαήλ ευλόγησε και άγιασε χωριστά κάθε τάξη. Στη συνέχεια, γνωριστήκαμε καλύτερα με τους γονείς, οι οποίοι ενημερώθηκαν για τον τρόπο που θα δουλέψουμε αυτή τη χρονιά.

Μία όμορφη εκπλήξη φτιαγμένη με αγάπη περίμενε τους μαθητές μου στο θρανίο τους. Πιστεύω ότι ενθουσιάστηκαν αρκετά. Αφού συστηθήκαμε και τους καλωσόρισα στην τάξη, μέσα από διασκεδαστικές δραστηριότητες συζητήσαμε πώς περάσαμε το καλοκαίρι μας και στη συνέχεια ο καθένας έγραψε ένα κείμενο για τις καλοκαιρινές τους αναμνήσεις. Επίσης, φτιάξαμε ένα κολλάζ με φωτογραφίες από τις διακοπές μας όπως και ένα παζλ όπου κάθε κομμάτι παρουσιάζει αγαπημένες προτιμήσεις κάθε μαθητή. Μέσω αυτών των δραστηριοτήτων γνωρίσαμε καλύτερα ο ένας τον άλλον και ενισχύσαμε το αίσθημα της ομαδικότητας.

Ταυτόχρονα με τη διδασκαλία της ελληνικής γλώσσας, αυτό τον μήνα προετοιμαζόμαστε πυρετωδώς για τον εορτασμό της 28ης Οκτωβρίου του 1940. Η εκδήλωση θα πραγματοποιηθεί τη Δευτέρα, 27 Οκτωβρίου στη μεγάλη κοινοτική αίθουσα της εκκλησίας.

Με εκτίμηση,
Καλλιόπη Πέρου Βασιλειάδη
Εκπαιδευτικός Ε' και Στ' Τάξης



The first month back at school ended with great joy and many smiles.

The classrooms were filled with children's voices and hugs again. The excitement of all was evident after we met for another year with beloved colleagues, students and parents.

On the first day, Father Michael blessed and sanctified each class separately. Then, we got to know the parents better, and they were informed about the way we will work this year.

A nice surprise made with love awaited my students at their desks. I think they liked it and enjoyed it very much. After introducing ourselves and welcoming them to the class, we discussed how we spent our summer through fun activities, and then everyone wrote briefly about their summer experiences. We also made a collage with photos from our vacations, as well as a puzzle where each piece represented each student's preferences. Through these activities, we got to know each other better and strengthened the feeling of teamwork.

Alongside the teaching of the Greek language, this month we are feverishly preparing for the celebration of October 28, 1940. The event will take place on Monday, October 27, in the large community hall of the church.

Sincerely,
Kelly Peros Vasiliades | Greek Language Teacher of St. Nicholas School



We started off our 2025-2026 Goya year with our annual swearing in of our new board members. Our first meeting was on September 7th and will be held every first Sunday of the month with the exception of Oct. 5th as that falls on our tournament championship. The meetings will take place at the plateia at 1pm.

Meet our board members:

President: George Kostrivas
Vice President: Christina Alafassos
Treasurer: George Zdziera
Corresponding Secretary: Maria Killias
Recording Secretary: Adrianna Nezis
Historian: Despina Lentis
Historian: Marianthi Diniotis
Sergeant at Arms: Yiannis Bisiotis



Registration:

We are still welcoming any new members who would like to join. We would love all children 12 yrs old (and up) and in 7th grade to join our youth group. Whether or not you choose to play basketball, it is a great opportunity to make new friends and become closer to your faith and your church.

Every Goyan must register. If you are a returning member, filled out a registration form last year, and your information remains the same, please sign the returning registration form confirming you are aware of all rules and regulations and that your information remains the same.

If you are a new member or a returning member whose information has changed, or you never filled out a form please fill out the Registration Form. Please reach out to an advisor to email you a new form.

The registration fee for each Goyan is \$60. Payments can be made by cash, checks made out to St. Nicholas GOYA, or Venmo @ StNicksGOYA

Registration forms and payment can be returned at practice. An advisor will be there to collect.

Upcoming Events:

- October 3rd: Tournament set up at Boys Latin
- Oct 4th-5th: St. Nicholas GOYA Basketball tournament at Boys Latin
- Oct 4th: Goya dance at Plateia @7pm.
All Goyans are welcomed even if they do not play
- Oct 5th: Championship games at Boys Latin
- Oct 11th: Annunciation GOYA games at Volo Sports (pickleball, volleyball, kickball)
- Oct 18th-19th: St. Sophia's Basketball Tournament @ St. Alban's School
- Oct 25th: Trip to haunted house (Location: TBD)

Annual Basketball Tournament:

Dates: Oct 4th-5th
 Location: Boys Latin High School
 (822 W. Lake Ave. Baltimore, MD 21210)
 Games begin: 8am

October's Service Project: Children's Hospital at Sinai

This year we are organizing, in conjunction with our tournament, a fundraiser benefiting the Children's Hospital at Sinai.

Monetary Donations:

All donations no matter the size are needed and appreciated. You may send a monetary donation via VENMO@STNICKSGOYA.

Amazon Wish List:

There is also a wish list on Amazon with items that the children from the hospital would love to have. You may access the gift list via the following link:

Child Life & Creative Arts Program at Sinai

https://www.amazon.com/hz/wishlist/ls/2RO695WKYB3ST?ref=wl_share

You may have your gift sent directly to the hospital or you may purchase and bring your donation to the tournament where we will have a station set up for collection.

Monthly Outing: October 25th

Location & Time: TBD

Every month our Goyan take a local trip together to enjoy themselves and each other's time and company. This month we will be going to a Haunted House/hayride.

The location and time will be determined at our October Goya meeting.



St. Nicholas Basketball Tournament:

Date: October 4th-5th

Location: Boys' Latin School of Maryland
822 W. Lake Ave.
Baltimore, MD 21210





PICKLEBALL

GOYA GAMES 2025

POST-GAMES GLENDI

\$40.00
REGISTRATION FEE
ENDS 9/30
INCREASES TO
\$50 ON 10/1

GOYA GAMES

Hosted by the Cathedral of The Annunciation & Volo Sports

SATURDAY OCTOBER 11TH

300 E. Cromwell St, Baltimore, MD 21230

REGISTRATION BEGINS AT 8AM
GAMES ARE FROM 9AM-3PM
CONTACT EMAIL:
GOYA@ANNUNCIATIONBALTIMORE.ORG

Registration Form QR code



BEACH VOLLEYBALL

KICKBALL

PHILOPTOCHOS

Mark 10:45 “For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many”.

We would like to welcome Father Michael Pastrokos and Presbytera Demetra back to our community. We pray that God grants him many years of health as he continues to serve his ministry.

Our first event of the year was held at Plaka Restaurant, we thank them for hosting, for the delicious food and service and of course everyone who attended or donated to make the evening a success.

The events that are held throughout the year bring us together for an evening of fellowship but most importantly support the Philanthropic missions of Philoptochos which include burials, utilities, rent and food to mention a few. On behalf of the families that we help we thank you!

The next General Meeting is on Monday, October 6th at 6:00 p.m. Please join us for Pie Night.

Everyone is welcome, you do not have to be a member to attend the meeting. Come and listen to what Philoptochos is about. New Ideas and suggestions are always welcome!

Back by popular demand is the Harvest Night at Liberator's White Marsh Tuesday, October 28th at 6:30 p.m. For tickets or information please contact Stella Koukides 410-574-4875 or any board member. Donation of \$45.00 Cash Bar.

DONATIONS TO SAINT NICHOLAS

PHILOPTOCHOS:

In Honor of Father Michael's Birthday and to welcome him back: From Eve Lallas

In Memory of Costas Triantafilos: From George Skandalis

DONATION TO PHILOXENIA HOUSE:

In memory of Despina Siskos: Dina and Stefanos Siskos

The donors who participated in the The Celebration of Sotiros's on August 6, 2025, from the Village of Malona - Rhodes, Greece

Κατά Μάρκον 10:45 “Γιατί ακόμη και ο Υιός του ανθρώπου δεν ήρθε για να τον υπηρετήσουν, αλλά για να υπηρετήσει και να δώσει τη ζωή του ως λύτρωση για όλους “.

Θα θέλαμε να καλωσορίσουμε τον πατέρα Μιχαήλ Παστρικό και την Πρεσβυτέρα Δήμητρα πίσω στην κοινότητά μας. Προσευχόμαστε στο Θεό να του δίνει πολλά χρόνια υγείας καθώς συνεχίζει να υπηρετεί το έργο Του.

Η πρώτη εκδήλωση της χρονιάς πραγματοποιήθηκε στο εστιατόριο Πλάκα. Τους ευχαριστούμε για τη φιλοξενία, για το υπέροχο γεύμα και την εξυπηρέτησή τους.

Ευχαριστούμε επίσης όσους παρευρέθηκαν και όσους έκαναν κάποια δωρεά για την επιτυχία της εκδήλωσης.

Οι εκδηλώσεις που πραγματοποιούνται καθ' όλη τη διάρκεια του έτους είναι ευκαιρίες για όμορφη παρέα και συντροφιά αλλά κυρίως είναι ευκαιρίες για να υποστηρίξουμε όλοι μαζί το έργο της Φιλοπτώχου στο οποίο περιλαμβάνονται ταφές, κάλυψη εξόδων για λογαριασμούς, ενοικίαση, τρόφιμα και πολλά άλλα. Εκ μέρους των οικογενειών που βοηθήσαμε σας ευχαριστήσουμε!

Η επόμενη γενική συνέλευση θα πραγματοποιηθεί τη Δευτέρα 6 Οκτωβρίου στις 6:00 μ.μ. Σας προσκαλούμε σε μία Βραδιά Πίτας.

Όλοι είστε ευπρόσδεκτοι, δεν χρειάζεται να είστε μέλος για να παρευρεθείτε στη συνάντηση. Ελάτε να ακούσετε τι είναι η Φιλοπτώχος. Οι νέες ιδέες και προτάσεις είναι πάντα ευπρόσδεκτες!

Μετά από μεγάλη ζήτηση Η Φθινοπωρινή Εκδήλωση Θα πραγματοποιηθεί στο Liberator's White Marsh την Τρίτη 28 Οκτωβρίου στις 6:30 μ.μ. Για εισιτήρια ή πληροφορίες, επικοινωνήστε με τη Στέλλα Κουκίδη 410-574-4875 ή οποιοδήποτε μέλος της Φιλοπτώχου. Δωρεά 45,00 \$

ΔΩΡΕΕΣ ΣΤΗ ΦΙΛΟΠΤΩΧΟ ΤΟΥ ΑΓΙΟΥ ΝΙΚΟΛΑΟΥ:

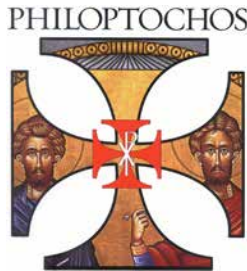
Προς τιμήν των γενεθλίων του πατέρα Μιχαήλ και για το Καλωσόρισμα του: από την Εύα Λάλας

Στη μνήμη του Κώστα Τριαντάφυλλου: Από τον Γιώργο Σκανδάλη

ΔΩΡΕΑ ΣΤΟ ΣΠΙΤΙ ΤΗΣ ΦΙΛΟΞΕΝΕΙΑΣ:

Στη μνήμη της Δέσποινας Σίσκου: από τον Στέφανο και τη Ντίνα Σίσκου

Οι δωρητές που συμμετείχαν στον εορτασμό του Σωτήρος στις 6 Αυγούστου 2025, από το Χωριό Μάλωνα - Ρόδος, Ελλάδα



Laconian Association of Baltimore
Lykourgos - Taygete

100th Anniversary Dance

Saturday October 18, 2025



Tickets
\$50.00

The Hermes Rafailides Center
St. Demetrios Greek Orthodox Church

Contact for Tickets: TEXT "Laconian Dance" to 443-542-7345



ST. 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 have any questions or need additional information please feel free to contact the center at 410-633-5020 extension 4 or message us on Facebook.

September was a month for our BEEC children to get familiar with each other, their teachers and the school routine. We kicked off the school year with our Back to school “All About Me” theme. The children created their “Family Tree” in each of their classrooms so that they have a piece of home with them at school. Our Preschool students are also enjoying a nice bike ride once a week on our lovely playground!

This month the BEEC children are getting ready for all of our fall events. We will be hosting our “jack o’lantern jamboree” party where there will be pumpkins to decorate, fun games and activities for our children and their families to participate in. The BEEC children are also looking forward to dressing up for trick or treating in each classroom!

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 έχετε οποιεσδήποτε ερωτήσεις ή χρειάζεστε περισσότερες πληροφορίες, μη διστάσετε να επικοινωνήσετε με το κέντρο στο 410-633-5020 εσωτερικό 4 ή να μας στείλετε μήνυμα στο Facebook.

Ο Σεπτέμβριος ήταν ένας μήνας για τα παιδιά του BEEC να εξοικειωθούν μεταξύ τους, τους δασκάλους τους και τη σχολική ρουτίνα. Ξεκινήσαμε τη σχολική χρονιά με το θέμα μας “Όλα για μένα” για την Επιστροφή στο σχολείο. Τα παιδιά δημιούργησαν το “Οικογενειακό Δέντρο” τους σε κάθε τάξη τους, ώστε να έχουν ένα κομμάτι σπιτιού μαζί τους στο σχολείο. Οι μαθητές του Νηπιαγωγείου μας απολαμβάνουν επίσης μια ωραία βόλτα με ποδήλατο μία φορά την εβδομάδα στην όμορφη παιδική χαρά μας!

Αυτόν τον μήνα τα παιδιά του BEEC ετοιμάζονται για όλες τις φθινοπωρινές μας εκδηλώσεις. Θα διοργανώσουμε το πάρτι “jack o’lantern jamboree” όπου θα υπάρχουν κολοκύθες για διακόσμηση, διασκεδαστικά παιχνίδια και δραστηριότητες για τα παιδιά μας και τις οικογένειές τους για να συμμετάσχουν. Τα παιδιά του BEEC ανυπομονούν επίσης να ντυθούν για το trick or treat σε κάθε τάξη!



Saints Eulampios and Eulampia, pray for us!



The Children's Word is a weekly bulletin for Orthodox Christian kids. Copyright 2025 Alexandra Houck. Email is orthodoxchildrensword (at) gmail.com. Find it each week at orthodoxchildrensword.org.

WORD SEARCH

Can you find these words in the jumble?

- Brother
- Eulampia
- Eulampios
- Examples
- Father
- Love Your Enemies
- Martyr
- Merciful
- Shining
- Sister

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

WHAT'S IN THE ICON?

Here is another icon of Saints Eulampios and Eulampia. Between them is another saint, Saint Theophilos of Bulgaria. The three of them have the same nameday!

They lived at different times and in different places, but now they are together with the Lord in heaven!



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, October 5, 2025

Volume 13, Issue 40

Be like your Father!



Has anybody ever said you look like your father or your mother...or some other relative? Or maybe somebody told you that you act a little like one of your parents or grandparents—maybe your personality or your jokes or your interests.

In today's Gospel reading, we hear about how our Lord, Jesus Christ, wants us to be like His Father. And His Father is our Father, God Himself! The Gospel reading tells us to, "love your enemies, do good to them, and lend to them without expecting to get anything back." Christ tells us to love everyone, even the people who are mean to us. We know that God does the same. God shows love and mercy to everyone, even the people who are mean to Him! He shows love and mercy to everyone, even the people who say awful things about Him, and even the people who don't believe in God at all! God shows love and mercy to everyone.

The Gospel today tells us to be like God. "Be merciful, just as your Father is merciful."

You might look like your father or mother, or you might act like your father or mother. But as a Christian, the most important thing is to always try to act like your Father in heaven. God loves everyone. God wants us to love everyone too!

BROTHER AND SISTER SAINTS SAINTS EULAMPIOS AND EULAMPRIA

If you have a brother or a sister, you might not agree on *everything*. Every once in a while, you might argue or even fight.

Soon, we'll celebrate the feastday of two saints who were brother and sister—Saint Eulampios and Saint Eulampia. Their names mean "good shining." And they were good shining lights because they shone brightly as examples of good Christians!



About 1,700 years ago lived the Emperor Maximian, who hated Christians. He made a law that made it so Christians would be persecuted, or hurt, for their faith. Saint Eulampios tore up the paper with the law. You can bet that he got in big trouble for it. He told the judge he was a Christian and that he lived for Jesus Christ! But that just put him into even more trouble.

His sister, Eulampia, heard what had happened to her brother, and she told the authorities she was a Christian too. Then the brother and sister suffered and were then killed. As siblings, Saints Eulampios and Eulampia might not have agreed on *everything*, but they definitely agreed on one thing—that they loved God more than anything, and that they wanted to be with Him in Heaven!

We celebrate these two saints on Friday, October 10th (OC: October 23rd).



ST. NICHOLAS HELLENIC GOLDEN COINS DANCE TROUPE

DANCE INSTRUCTORS NEEDED!

We are looking for more volunteers to help us run our successful Greek dance program!



Characteristics of a Greek Youth Dance Instructor:

- ✓ Has a background of Greek dancing
- ✓ Can work with kids ages 12-18 years old
- ✓ Willing to learn and research new dances
- ✓ Can organize and manage costumes
- ✓ Can create, advertise, and implement fundraisers

CONTACT US!



Foula 410-236-3419

Vasili 443-845-0601

hellenicgoldencoins@gmail.com



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



STEWARDSHIP

MEMBERSHIP PLEDGE CARD ΚΑΡΤΑ ΕΘΕΛΟΝΤΙΚΗΣ ΠΡΟΣΦΟΡΑΣ

“YOUR OWN FROM YOUR OWN: SEE OUR CHURCH AS IT COULD BE”

“ΤΑ ΣΑ ΕΚ ΤΩΝ ΣΩΝ: ΟΡΑΜΑΤΙΖΟΜΑΣΤΕ ΤΗΝ ΕΚΚΛΗΣΙΑ ΤΟΣΟ ΥΨΗΛΑ...ΟΣΟ
ΕΚΕΙ ΠΟΥ ΜΠΟΡΕΙ ΝΑ ΦΤΑΣΕΙ”

2025 SAINT NICHOLAS GREEK ORTHODOX CHURCH CONFIDENTIAL STEWARDSHIP COMMITMENT CARD
2025 ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΗ ΕΚΚΛΗΣΙΑ ΑΓΙΟΥ ΝΙΚΟΛΑΟΥ –ΚΑΡΤΑ ΑΠΟΡΡΗΤΗΣ ΕΘΕΛΟΝΤΙΚΗΣ ΠΡΟΣΦΟΡΑΣ

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 2025 :\$ _____
Συνολικό ποσό προσφοράς για το 2025:\$ _____

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 σας 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 προσφέρω _____ να δωρίσω.

Print Full Name/ Γράψτε με κεφαλαία γράμματα το επίθετό σας

Signature/ Υπογραφή

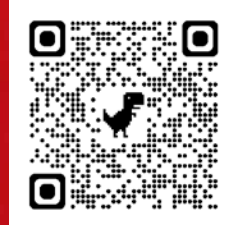
Date/ Ημερομηνία

Name / Όνομα	Date of Birth / Ημερομ. Γεννήσεως
Name of Spouse / Όνομα συζύγου	Date of Birth / Ημερομ. Γεννήσεως
Occupation / Επάγγελμα	
Occupation / Επάγγελμα (Spouse)	
Street Address / Ημερομηνία	
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 / Όνόματα 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.



AXION CHARITY EVENTS

4th
Annual



FUNDRAISER

SATURDAY, OCTOBER 4, 2025

TICKETS

\$40

In Advance

\$45

At Door

DOORS OPEN AT 4:00PM, Early bird game at 5PM
GAMES BEGIN PROMPTLY AT 5:30PM

Saint Demetrios ~ Hermes Rafailides Center
2504 Cub Hill Road, Parkville, MD 21234

- Admission includes 20 Bingo games as well as Lucky Loser Bingo
- Extra Cards, Early Bird Game, Special Games & Raffles available for Purchase
- Generous Game Prizes and Tons of Door Prizes
- Food, Soft Drinks, Beer and Wine will be sold ~ No Outside Food or Drink Permitted

Kate Spade ~ Michael Kors ~ Tory Burch ~ Anna Beck ~ Coach ~ Ravens ~ Orioles ~
Julie Voss Jewelry ~ Stuff for Women ~ Stuff for Men ~ Stuff for the Home ~ Gift Cards ~ Much More!

To RSVP, fill out the Ticket RSVP form located: <https://forms.gle/VnkgH2eG2x5VYzFq5>
or SCAN the Ticket QR code and follow the instructions. Payment options will appear
once your RSVP is submitted. Checks and Credit Cards accepted.
Credit cards will incur a 3% processing fee.



Tables can be reserved in groups of 10 only.

Children (under 18) must have their own ticket, play their own card, and be accompanied by a paying adult.
As a reminder, Bingo is a game of chance and children's attendance is at your discretion.



For Information and Tickets: axioncharityevents@gmail.com
Olga Paterakis - 410.491.4066 or Dimi Mexis - 410.598.6849

Axion Charity Events, Inc. is a 501c3 nonprofit foundation that engages with the Greek community in fundraising projects to enhance and support the Greek Orthodox churches of the Baltimore Metropolitan area. We serve the community by providing fellowship and organizing cultural events that benefit the various ministries of the churches.

EVENTS

St. Nicholas Greek School Fall Field Trip

Beachmont Corn Maze

6433 Mt. Vista Road, Kingsville, MD 21087

Saturday, October 18th

2:30 PM- 5:30 PM

** Greek School Children are Free!**

**Adults and Siblings \$20 in Advance! (Children ages 2 and younger are free) **

Come join us for some fall fun! There will be food, drinks, a corn maze, an EXTREME hay ride, baseball throw, basketball challenge, skee ball, corn bag toss, duck races, obstacle courses, and so many other activities for us to enjoy together!

Please complete the bottom portion and return it to a PTA member with payment by *October 8th*. Kindly include the form and payment in an envelope with your child's name on the front.

Student(s) Name/Grade Level(s) _____

Number of Additional Tickets with Payment _____



EVENTS



Join us for
The Greektown
FALL FESTIVAL
HOSTED BY THE GREEKTOWN NEIGHBORHOOD
ASSOCIATION (GNA)

Sunday, OCTOBER 12, 2025

12:00PM | Greektown Square
to | 700 Quail Street
4:00PM | Baltimore, MD 21224

~FREE ADMISSION~
Donations Appreciated!
Costumes Encouraged!

Trunk-or-Treat | Costume Giveaway | Games & Crafts | Face Painting | Food & Drinks

Annual St. Nicholas Diamonds Crab Feast



Date: Sunday
October 19, 2025

Time: 4:00 p.m.

Greektown Square - Plateia
700 Quail Street, Baltimore, Maryland 21224
Donation: \$70.00 per person Cash Bar

INCLUDES CRABS, CORN ON THE COB, FOOD,
SODA, BEER, COFFEE AND DESSERT

For more information or to buy tickets
Soula Kapatnakos 410.207.8441
please call the Church Office 410.633.5020

GREEKTOWN SQUARE & EVENT CENTER OF ST
NICHOLAS GREEK ORTHODOX CHURCH PRESENTS

STAND-UP Comedy

SATURDAY OCTOBER 25TH 2025




STARRING
ANGELO TSAROUCHAS

WITH SPECIAL GUEST **ELLEN KARIS**

GREEKTOWN SQUARE & EVENT CENTER OF ST NICHOLAS CHURCH
700 Quail St, Baltimore, MD 21224

TICKETS OR INFO CALL
Eva 410-633-3131
Paraskevi 410-633-5020
Or email info@greektownsquare.com

**DOORS OPEN AT 6PM
SHOW STARTS AT 8PM**

A portion of the proceeds go to support St Nicholas Greek Church

LORD BALTIMORE CHAPTER #364
ORDER OF AHEPA

IN MEMORY OF
ANDY PAPAMINAS &
GABRIEL PANTELIDES

**8
NOV
7-11 PM**

ANNUAL BULLROAST OYSTERS

BRING ALL YOUR FAMILY & FRIENDS TO ENJOY!

TICKETS: \$70 Adults
\$30 Kids 10 & under

Greektown Square Plateia
700 S. QUAIL STREET
BALTIMORE, MD 21224
MUSIC - PRIZES - RAFFLES

- OYSTERS !!!
- PIT BEEF
- STEAMED SHRIMP
- PIT TURKEY
- MD CRAB SOUP
- DRAFT BEER, & MORE!

CALL: **MANOLI THEOHARIS**
410-790-7542

INFO@AHEPA364.ORG

*** Bring An Unwrapped Toy for Kennedy Krieger ***

EVENTS

Saint Nicholas Name Day Dance

Saturday December 6, 2025

Greektown Square
700 Quail Street
Baltimore, MD 21224

Adults: \$75
Under 18: \$50
Includes Dinner & Cash Bar

Doors open at 8:00PM,
Dinner served at 9:00PM

Church office: 410-633-5020



FEATURING:
Yianni
Papastefanou



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.



SPONSOR A COFFEE HOUR

We have resumed the Coffee Hour following the Divine Liturgy on Sundays. Please consider sponsoring a coffee hour in memory of a loved one, for the health of your family, or in honor of our St. Nicholas Church. Please call the office at 410-633-5020 to schedule.

Thank you for your support!

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 St. 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 St. Nicholas family throughout the year!



✝ **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



✝ 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

GUIDELINES FOR RESPECTFUL WORSHIP

Probably the most important duty that we each have as worshippers attending church services is to do all that is in our power to see that a proper decorum and atmosphere is maintained so that all of the congregation is able to pray sincerely, peacefully and meaningfully.

It is with this fact in mind that we have set forth the following guidelines:

Upon entering the Church, at all times, but especially during services an individual should remember that he or she is in the House of God. Reverence and good manners are required so as not to disturb those who are already engaged in prayer, but, even more importantly, as an expression of sincere faith and awareness of the presence of the Lord. No irrelevant conversations should take place, either in the Narthex or in any part of the Church.

According to actual church service procedures, each and every member of the congregation is required to be seated in the pews at the beginning of the service. It is only by leniency that anyone is allowed to enter the Church once the services have begun. Thus it behooves us not to take undue advantage of this leniency.

There are several parts of the service during which no one should be moving about.

Wherever a person happens to be at these moments, he or she should stop and stand reverently, until the proper time to proceed. These parts of the service are:

1. The Procession of the Priest and Altar Boys with the Gospel;
2. The reading of the Gospel;
3. The Cherubic Hymn and the Great Procession of the Priest and Altar Boys with the Holy Gifts;
4. The recitation of the Nicene Creed (in which the entire congregation should participate);
5. The prayers of offering "Take, eat..." and the prayers of the consecration of the Holy Gifts;
6. The Sermon;
7. Any special services (memorial services, processions, prayers).

One basic rule to follow is that, whenever the Priest is facing the people or outside of the altar, either with the censer or giving the blessing, everyone should stand wherever they are.

Please remember that the Parish Council members and the ushering staff are required to keep order during services, and all should follow their instructions at all times.

Thank you.

ΟΔΗΓΙΕΣ ΓΙΑ ΤΗΝ ΩΡΑΝ ΤΗΣ ΛΑΤΡΕΙΑΣ

Η ώρα της προσευχής και της λατρείας στην εκκλησία είναι το πιο σπουδαίο έργο που κάνουμε όλοι μαζί σαν Ορθόδοξοι Χριστιανοί, επομένως οφείλουμε όλοι να κάνουμε το παν για να επικρατεί τάξη, ήσυχία και κατάνυξη κατά την ιεράν ώραν της λατρείας, προ οικοδομήν όλων των πιστών.

Προς τον σκοπόν αυτόν προσφέρουμε τίς οδηγίες που ακολουθούν, με την θερμήν παράκληση όπως τηρηθούν κατά το δυνατόν.

Είσοδος εις τον ναόν σημαίνει είσοδος εις τον οίκον του Θεού, και τούτο απαιτεί άψογον εξωτερικήν συμπεριφοράν στο λόγο, στη στάση, αλλά πιο πολυ στην εσωτερικήν μας κατάσταση που θα μας βοηθήσει να εισέλθουμε σε μια κατανυκτική ατμόσφαιρα και να συμβάλουμε εις την λατρείαν που καθιστά την παρουσίαν του Θεού ολο και πιο αισθητή.

Η παράδοση της Εκκλησίας απαιτεί το εκκλησίασμα να είναι παρόν απο την αρχήν της ακολουθίας. Είναι αταξία λοιπόν να μπαίνουμε στην εκκλησία μετα την έναρξη και αργά όπως επικρατεί απο αρκετούς. Μόνον κατα επιείκίαν επιτρέπεται ή είσοδος μετα την έναρξη της λατρείας, και επομένως οταν μπαίνουμε αργά πρέπει να είμαστε ακόμη πιο πολύ προσεκτικοί να μην ενοχλήσουμε τους άλλους αδελφούς που ήδη είναι στη θέση τους και προσεύχονται.

Κατα την διάρκειαν της Θείας Λειτουργίας είναι όρισμένα σημεία που δεν πρέπει να κινούμεθα. Θα σταθούμε με ευλάβεια προς στιγμήν και μετα θα πάμε στη θέση μας.

1. Στην μικρήν είσοδον του ιερέως με το Ιερόν Ευαγγέλιον
2. Κατα την ανάγνωσιν του Αποστόλου και του Ευαγγελίου
3. Στην μεγάλην είσοδον του ιερέως με τα Τιμία Δώρα
4. Στην απαγγελίαν του Πιστεύω, απο ολο το εκκλησίασμα
5. Κατα την διάρκειαν του καθαγιασμού των Τιμίων Δώρων, Λάβετε, Φάγετε ... κτλ.
6. Κατα την διάρκειαν του κηρύγματος
7. Κατα την διάρκειαν εκτάκτων ακολουθιών στο τέλος της Λειτουργίας μνημόσυνα, λιτανείες, κτλ.

Γενικά έχετε αυτόν τον κανόνα στον νούν σας. Όταν ο ιερεύς βλέπει προς τον λαόν, ευλογεί ή θυμιάζει τον λαόν όλοι οφείλουν να στέκοντε με προσοχή και ευλάβεια.

Τα μέλη του Κοινοτικού Συμβουλίου έχουν την ευθύνην της τάξεως κατα την ώραν της λατρείας. Δεχθήτε λοιπόν και ακολουθήσετε προσεκτικά οτι υποδείξεις σας κάνουν.

Σας ευχαριστούμε για την κατανόηση και την συνεργασίαν σας.



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



\$ A FOCUS ON FINANCES \$

DECLARE YOUR FINANCIAL FREEDOM

As we celebrate our country's independence each year, let's not forget the pursuit of another kind of freedom: financial freedom. Rather than declaring independence from tyranny and taxation without representation, though, you and I are trying to figure out how to be free from debt, worry and wondering if we'll ever retire. Here are a few deliberate steps we can take to achieve financial independence for ourselves and our families:

Draft your financial declaration. A written financial plan is your personal declaration of independence. It spells out what you're earning, spending, saving and aiming for. Start by listing your goals: paying off debt, saving for a home, funding retirement or building your kids' college funds. Then match those goals with specific action steps and deadlines.

Throw off the chains of debt. High-interest debt (looking at you, credit cards) is the modern version of economic tyranny. It limits your freedom, drains your resources and holds your future hostage. Start by listing all your debts and choosing a strategy: snowball (smallest to largest) or avalanche (highest interest first). Free up extra funds by trimming unnecessary spending and redirecting that money to debt payoff.

Secure your future with strategic saving. Build an emergency fund of three to six months of expenses to protect against unexpected disruptions. Next, focus on long-term freedom by contributing regularly to retirement accounts like the Thrift Savings Plan (TSP), 401(k) or IRA. If you're under the Blended Retirement System, don't leave free money on the table; maximize



that government match. Even if you're just getting started, consistency wins the day.

Protect what you've built. Defending your finances means having the right insurance health, auto, life, renters/homeowners - to protect against risks that could wipe out your progress. And don't forget estate-planning documents: a will, power of attorney and up-to-date beneficiary designations. These aren't just for the wealthy. They're basic defenses to ensure your wishes are followed and your family protected.

Financial independence doesn't mean you'll never work again. It means you have choices in how to spend your time, where your money goes and what your future looks like.

FINANCIAL RULES OF THUMB TO LIVE BY

Disconnected. The comment reflects the difficult financial landscape a lot of people are facing today. In a February Bankrate poll, 69% of Americans said their cost of living has gotten worse since 2020, and 59% indicated that though the country is not in a recession, from a personal perspective they felt like it is.

Here are pearls of financial wisdom. When you hear them, you too may think, "That just doesn't work for me." But maybe there's some wiggle room.

The rule: Save 10% of your income for retirement.

Commentary: It isn't so much about your opportunity to contribute to the Thrift Savings plan or 401(k), or even your vision of what retirement looks like, but rather the importance of time and compounding returns. The difference between beginning to invest at 22, 32 and 42 is stark.

Connected approach: Do what you can. Even 1% or 2% will keep you in the game. Put time on your side and make it easier to grow your savings when your situation turns - and it will.

The rule: Maintain an emergency fund equivalent to three to six months of your fixed expenses.

Commentary: Having the capacity to respond to a financial emergency or opportunity without incurring high-interest debt, or having to borrow or cash in longer-term investments, is important. Connected approach: Set a more achievable goal to get headed in the right direction. A \$1,000 emergency fund is often a good place to start.

HEALTHY BODY AND MIND

A PRIMER ON INTERMITTENT FASTING

		THE 16:8 DIET						
		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MIDNIGHT								
4 AM		FAST	FAST	FAST	FAST	FAST	FAST	FAST
8 AM								
12 PM		First meal	First meal	First meal	First meal	First meal	First meal	First meal
4 PM		Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM
8 PM								
MIDNIGHT		FAST	FAST	FAST	FAST	FAST	FAST	FAST

Intermittent fasting is growing in popularity. For those unfamiliar with the practice, intermittent fasting is when a person purposefully fasts for most of the day and takes in calories only within a specific block of time. Typically the fast lasts between 12 and 16 hours.

THE HISTORY

Our hunter-gatherer ancestors didn't have the modern luxuries of grocery stores, refrigerators or easy access to food. As a result, humans have evolved to be able to function without food for extended periods of time. Fasting has also been practiced for centuries for religious or spiritual reasons.

THE BENEFITS

According to the National Institute on Aging, fasting improves biomarkers of disease, reduces oxidative stress, and preserves learning and memory functioning. High insulin levels are often the culprit for diabetes and obesity. Between meals, insulin levels will go down and fat cells can then release stored sugars to be used as energy. We lose weight and improve our health if insulin levels fall. The idea of intermittent fasting is to allow the levels to go down far and long enough that we begin to burn off our fat stores.

THE TIMING

Our metabolisms have adapted to a daytime-

food, nighttime-sleep schedule. Late-night eating is linked to a higher risk of obesity and diabetes. While studies show fasting to be effective, it's often hard for people to follow. It's important to find a schedule that works with your lifestyle for it to be effective and sustainable, especially when combined with a plant-based diet. Many find eating between noon and 8 p.m. works best.

THE START

If you usually eat breakfast, this may be a challenge for you. In time, your body will adapt and the feelings of hunger will subside. When fasting, you can have caffeine, which acts as an appetite suppressant. Stay away from creamers, sugar, or other calories in your coffee or tea; those calories will break your fast. Stick to an all-natural, zero-calorie sweetener like stevia or monk fruit.



THE SECRET

Drink plenty of water. Often when we feel hungry, our body is confusing it with thirst. Consuming water first thing in the morning will help alleviate hunger pangs and flush out your system from overnight.



❖❖❖❖❖ ARE YOU A GOOD LISTENER? ❖❖❖❖❖

At one time or another, we are all guilty of having “selective hearing.” Children approach their parents, eager to share an experience or seek advice. A husband comes home and tries to relate to his wife some difficulty he encountered at work that day. A friend calls another, looking for a sympathetic ear. In cases like this, and in far too many of life’s situations, it seems that we humans have this unfortunate ability to “tune out” those with whom we are speaking. We “HEAR” them, but aren’t really “LISTENING.”

Our Lord said on numerous occasions: “He who has ears to hear, let him hear.” (Matt 11:15) One could argue that what He really meant was “He who has ears to hear, let him LISTEN,” for Christ goes on to tell us: “Take heed what you hear. With the same measure you use, it will be measured to you.” (Mark 4:24) It is imperative then for a good Christian to be a GOOD LISTENER. To do so, our Savior gives us words of guidance: “Do unto others as you would have others do unto you.” (Matt 7:12) When we have problems & difficulties - when we have questions to ask or burdens to be lessened - don’t we expect the undivided attention of the person to whom we are speaking? Of course, we do! Others expect the same of us as well. A good listener must be patient, sincere & compassionate. It must be said as well that being a good listener also means knowing when to remain silent! Those who seek our ear do not always need our advice - they merely want our silent reassurance that all will be well. Countless lives have been saved from suicide & numerous scarred souls have been healed through the simple act of COMPASSIONATE LISTENING. Rest assured, hearing is not nearly enough!

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

“NEITHER SAVED NOR LOST BY THE PLACE YOU ARE IN”

Attaining eternal life in the Kingdom of Heaven is the goal of every Orthodox Christian. Have you ever thought, in fact, about just who will be successful in achieving that lofty goal? Do bishops and priests have an “inside track” on getting to Heaven? Will those who have followed a monastic life of solitude be given “special preference” by our Heavenly Father? Will Heaven be reserved solely for those who have given all of their possessions to the poor? Indeed, what chance does a common, ordinary person have of dwelling in the abode of the saints one day? The truth of the matter is this: it doesn’t matter who we are, what we have given up or where we have spent our life when it comes down to how God will judge us. St. Niphon, a 12th century Saint who spent many years living in the Kievan Caves before becoming Bishop of Novgorod, offered these wise words to a young man who felt he needed to go to a monastery in order to be saved: “My son, a man is neither saved nor lost by the place he is in, but is saved or lost by his deeds. Neither a holy place or a holy state is of use to him if he does not fulfill the commandments of the Lord.” There you have it! We will be judged by our deeds, and by how well we followed Christ’s commandments. Nothing else about us will really matter to the Lord -- we are all equal in His sight. In addition to the ranks of worthy clergy, we, no doubt, will find soldiers, farmers, craftsmen, aristocrats, athletes and men and women of all races, creeds and ethnic backgrounds gathered around God’s Throne when He returns to judge the living and the dead. Remember these additional words of St. Niphon: “Be devout towards God and loving towards men, and you will be saved.”

Icon by Austin Kachek - Manville, NJ

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



A BREAK IN YOUR DAY

Paraprosdokians are a great way to layer humor into your writing. But they're not the only way to use wordplay! Check out these examples of funny puns (or punny funs!) for more literary giggles.

We can always count on the Americans to do the right thing, after they have exhausted all the other possibilities. –Winston Churchill

Blessed are the young, for they shall inherit the national debt. –Herbert Hoover

People say I'm indecisive, but I don't know about that. –George H.W. Bush

Three may keep a secret, if two of them are dead. –Benjamin Franklin

If I had to name my greatest strength, I guess it would be my humility. Greatest weakness, it's possible that I'm a little too awesome. –Barack Obama

PARAPROSDOKIANS FROM MOVIES AND TV SHOWS

Sitcoms and movies often use paraprosdokians as one-liners for their characters. Shows like Arrested Development and Seinfeld use so many one-liners that they're regularly quoted long after coming off the air!

Check out these funny paraprosdokians from movies and television:

If I could say a few words, I would be a better public speaker. –The Simpsons (1989)

You know what they say: you can lead a herring to water, but you have to walk really fast or he'll die. –Golden Girls

If you want to receive emails about my upcoming shows, please give me money so I can buy a computer. –Friends

"That's the true spirit of Christmas: people being helped by people other than me." –Seinfeld

When you first entered the restaurant, I thought you were handsome. And then you spoke. –As Good as It Gets (1997)

I'm not superstitious, but I am a little stitious. –The Office

Gentlemen, you can't fight in here. This is the War Room! –Dr. Strangelove, or: How I Learned to Stop Worrying and Love the Bomb

I hope that someday you'll know the

IF YOU KNOW WHO THIS IS... YOUR JOINTS HURT IN THE MORNING.



indescribable joy of having children and of paying someone else to raise them. –The Addams Family

Her lips said "No," but her eyes said "read my lips." –Frasier

She thinks I'm too critical. That's another fault of hers. –Arrested Development

PARAPROSDOKIANS FROM WRITERS

Writers love using wordplay to keep their readers guessing. Clever writers sprinkle paraprosdokians into their descriptions, narration, and dialogue to establish a humorous tone. Here are some examples of paraprosdokians from authors:

Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times. –Mark Twain

Nostalgia isn't what it used to be. –Peter De Vries

I have the heart of a small boy – in a glass jar on my desk. –Stephen King

People say nothing is impossible, but I do nothing every day. –A.A. Milne, Winnie the Pooh

The Texan turned out to be good-natured, generous and likable. In three days no one could stand him. –Joseph Heller, Catch 22

The freelance writer is a man who is paid per piece or per word or perhaps.

–Robert Benchley

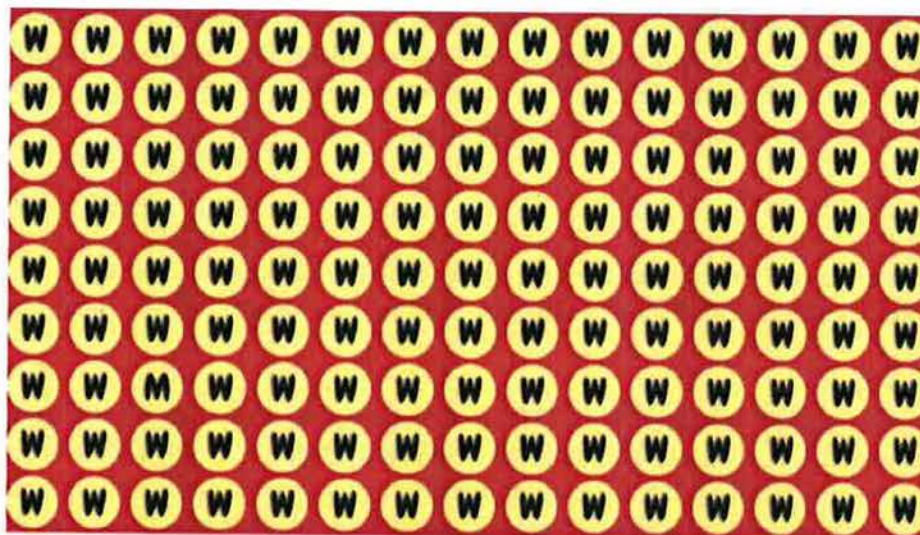
Gravity is a contributing factor in 73 percent of all accidents involving falling objects.

–Dave Barry



Exercise Your Brain!

YOU HAVE TO HAVE HAWK EYES
TO SPOT THE LETTER M AMIDST THE W'S



[ANSWER NEXT PAGE](#)

An elderly patient gets hearing aids from a doctor. After short time, he meets the doctor again.

Doctor, "Your hearing is perfect. Your family must be really pleased."

Patient, "Oh, I am in a funny situation now. I haven't told my family yet. I just sit and listen to their conversations. In a month, I've changed my will three times!"

An 80-year old lady was arrested for shoplifting. Judge: "What did you steal?" She replied, "A can of peaches." The judge then asked her, "How many peaches were in the can?"

She said, "Six."

Judge: "I'll give you six days in jail."

Before the judge could pronounce the punishment, the husband spoke up and said, "She also stole a can of peas."

MORE FUN FACTS

Fact: The circulatory system is more than 60,000 miles long

If your entire circulatory system—were laid out flat, it would stretch for more than 60,000 miles. That's long enough to go around the Earth almost two and a half times! This is one of those mind-blowing facts that sounds made up (but isn't).

HEALTHY BODY AND MIND

EATING BY DESIGN



You've probably heard the old saying, "You are what you eat." Research, though, is showing that we should eat based on who we are.

It turns out that our nutritional status goes beyond just the foods and drinks we consume. This awareness has led to a cutting-edge approach called "personalized nutrition," which uses an individual's genetic information to customize dietary advice. Going a step further, "precision nutrition" factors in a person's medical conditions, metabolism, sleep and eating patterns, physical activity, environment, social status and microbiome (the bacteria in the digestive tract).

These recent approaches result in highly targeted recommendations. But does all this data lead to results? Some small studies point to health improvements, but a larger review of the research showed no clear benefits. Optimal nutrition requires consistently practicing healthy behaviors.

Understanding and tracking your health data, however, can be helpful and motivating. Here are some simple ways:

Wear a fitness tracker. These popular devices offer insight into your heart rate and sleep habits, while calculating steps walked, calories burned and more.

Use a glucose monitor. A must for those with diabetes, this device shows the direct effects of eating habits on glucose levels.

Maintain a food record. Tracking what you eat in a phone or tablet app, or in a notebook, helps you determine how foods and drinks affect you.

Keep an exercise calendar. Writing your physical activities on a calendar or tracking them in an app helps

you see - and maintain - your progress.

Though personalized and precision nutrition offer some benefits, they are still being researched. In the meantime, you have the power to customize your nutrition today.

PROS, CONS OF PERSONALIZED NUTRITION

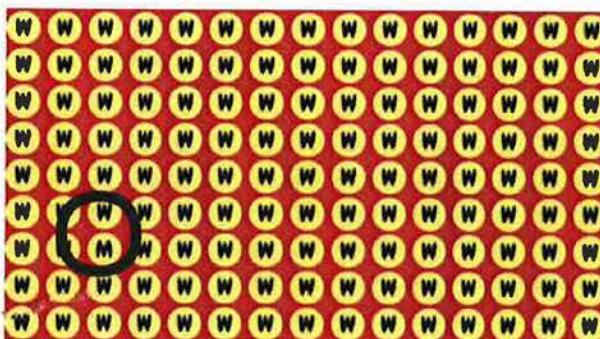
Pros

Tests can identify food allergies or intolerances. People with diabetes or kidney disease can gain greater control over their conditions. Calorie requirements for weight loss are more precise. Tracking data shows the immediate effect of behaviors.

Cons

Genetic testing is costly. It takes more time and training for providers. Data privacy concerns remain. Studies are not showing consistent health benefits.

Aggressive Dieting & Rapid Weight Loss	
Pros	Cons
<ul style="list-style-type: none">Decreases the duration of the dietGives early results (motivating for the dieter and increases buy-in to the process)Can be more appealing psychologicallyIncreases the amount of time over a year (or other long-term period) that an athlete can spend in a gaining or maintenance phase (i.e. less time spent in a sub-optimal state for performance and recovery)	<ul style="list-style-type: none">Eating less food for doing much more activityMore restrictiveDecreased athletic performanceReduced recovery (or lower Maximum Recoverable Volume)Greater degree of metabolic adaptationsMay pre-dispose some individuals to overshoot food intake (or binge) after the diet



STEWARDSHIP FUND FOR FISCAL YEAR 2025 - 11/1/24 - 10/31/25

STEWARDSHIP YEAR 2025 [11-01-2024 --- 10-31-2025]						
Contribution Type	Transaction Location	Pledged	Received	Outstanding	Report Date:	10/03/2025
Pledged	Office	60,195.00	\$41,995.00	-\$18,200.00	Number Of Family Contributions	343
Not Pledged	Office/Vanco	--	137,069.72	--	Number of Individual Contributions	436
TOTAL	--	--	179,064.72	--		--

Agapios, Maria
 Alafassos, Spiro & Penny
 Alexandrou, Constantina
 Alexandrou, John & Despina
 Alexandrou, Niki
 Alourdas, Nick
 Alsup, Andrew & Vasilias
 Amann, Mary & Franz
 Anastasiades, Demos & Nancy
 Angelopoulos, Chris
 Angelos, John & Irene
 Angelos, Mark & Kalliope
 Apesos, Antigoni
 Aravidis, Nickolas & Smaragda
 Argetakis, Andronikos & Paraskevi
 Argetakis, Angeliki
 Argetakis, Niko & Vasilias
 Argirakis, Pantelis & Despina
 Argiropoulos, William & Fotini
 Argyrakis, Despina
 Asmar-, Oliver & Nikolettos, Anna
 Athanasiou, Antonios & Penny
 Athos, Janet
 Atsalis, Gus & Kalliope
 Atsidis, Ioannis & Efthimia
 Avgerinos, George & Phaedra
 Avgerinos, Vasilios & Sophia
 Bakalis, John
 Bakiasi, Edward
 Balatsoukas, Konstantina
 Balomas, Patricia
 Basil, George & Angie
 Benetos, Ioannis & Cynthia
 Bisbikis, Pete & Eleni
 Black, Mark
 Bonolis, Catherine
 Bouloubasis, Nicholas
 Bournias, Lambrini
 Bournousouzis, Panagiota
 Britzolakis, Georgios & Eugenia
 Canning, Nicole
 Cardiges, Nicholas
 Chagetas, Angela
 Charalambopoulos, Charalambos & Aspasia
 Charalambopoulos, George
 & Sofia Koutsoumbis
 Chionis, Antonios
 Chrissomallis, Metaxia
 Chrissomallis, Sophie
 Christ, Philip & Marina
 Christakou, Stavroula
 Conway, Rose
 Cook, Harry
 Cornias, Arezina
 Cornias, Despina
 Cornias, Fotini
 Cornias, John
 Cornias, Kiriaki

Cornias, Larry
 Cornias, Nicholas
 Cossis, Milton & Amalia
 Dardamanis, Eva
 Dendrinou, Evangelia
 Diakantonis, Nickolaos & Agathi
 Diniotis, Anastasia
 Dotis, Markellos & Georgia
 Douskas, Konstantinos
 Douskas, Nicolas & Dimitra
 Douskas, Vasiliki
 Eleftheriou, John
 Eliopoulos, Anna
 Eliou, Ernest & Lilian
 Fakas, James & Valasia
 Fakas, Vasilios
 Fantis, Penelope
 Filipidis, Effie
 Filipidis, James
 Filipidis, Maria
 Filippakis, Filippos
 Finney, Thomas & Virginia
 Forakis, Michael & Alexandra
 Forakis, Stamati & Despina
 Fotinos, Aikaterini
 Fotinos, James
 Fotinos, Michael
 Foukas, Andromahi
 Fragakis, Aikaterini
 Frangakis, Sofoula
 Frangos, John & Katerina
 Galiatsatos, Chrysoula
 Gargiulo, Angela
 Gatanas, Angelos
 Gavrili, John & Patricia
 Georgakakou, Vasiliki & Chandar, Bharath
 Georgalas, Michael & Hrisovalantou
 Georgalas, Olga
 Georgas, George
 Georgiadis, Diogenis & Nektaria
 Gerapetrites, Panagiota
 Gialamas, Joanna
 Giannakoulis, George & Amy
 Giannas, Stylianos & Maria
 Giorgakis, John & Maria
 Gluszczyk, Christine
 Glykiadis, Despina
 Glykiadis, Konstantinos
 Glytsis, Filippos & Papakanaki, Georgia
 Gray, Jamison
 Gyftopoulos, Sofia
 Halikias, Anastasia
 Halikias, Anna
 Halkias, Fotini
 Harris, Athena
 Hatziefthimiou, Anastasia
 Hatzigeorgalis, Antonios
 Hatzigeorgalis, Nicholaos

Hazarides, Melli
 Hiotis, Michael & Hiotis, Despina
 Houvardas, Minas
 Ieromonahos, Dimitrios & Maria
 Ieromonahos, Pantelis & Stamatia
 Jurado, Jonathan
 Kafouros, Demetrios
 Kaikis, Clemis & Maria
 Kaitis, Angela
 Kalambihis, Maria
 Kaliakoudas, Sofia
 Kaminaris, Demetrios & Michelle
 Kammas, Georgios & Eleftheria Tzanakaki
 Kapetanakos, Elias & Stephanie
 Kaputsos, Irene
 Karabelas, Ioanna
 Karabelas, Pete & Helen
 Karaflos, Nektarios
 Karagiannis, Carla
 Karagiannis, Maria
 Karagiorgos, Nicholaos
 Karamihalis, George
 Karamihalis, Theologos
 Karavedas, Viola
 Kardiasmenos, Metaxia
 Karoutsos, George & Alexandra
 Karoutsos, Nikitas
 Kastanakis, Michael & Nikki
 Kastellorizios, Konstantinos & Maria
 Katsaros, Emanuel
 Katsas, Stavros & Evangelia
 Kattavenos, Michael & Stamatia
 Kazamias, Voula
 Kazos, Vagelis & Maria
 Kefalas, Mike & Nora
 Kevas, George & Agella
 Kevas, Yanni
 Klosterides, Michael
 Klosteridis, Michael & Klosteridis, Eleni
 Klosteridis, Spiros & Paraskevi
 Koliadis, Zinovia
 Koliotofotis, Evangelos & Athina
 Kolotos, Dora
 Komninos, Emmanuel
 Komninos, Joanna
 Konstantinou, John & Charlotte
 Kontoudis, Konstantinos & Kyriaki
 Kornias, George & Maria
 Korologos, Louis & Anastasia
 Kosmas, Demetrios & Denise
 Kostos, John
 Koukides, Georgios
 Koukides, Harry & Stella
 Koukides, John
 Koumoudis, Kyriakos
 Koumoudis, Sotiris & Vasiliki
 Kouroupis, Steve
 Kourtesis, Michael & Adrienne

STEWARDSHIP FUND FOR FISCAL YEAR 2025 - 11/1/24 - 10/31/25

STEWARDSHIP YEAR 2025 [11-01-2024 --- 10-31-2025]						
Contribution Type	Transaction Location	Pledged	Received	Outstanding	Report Date:	10/03/2025
Pledged	Office	60,195.00	\$41,995.00	-\$18,200.00	Number Of Family Contributions	343
Not Pledged	Office/Vanco	--	137,069.72	--	Number of Individual Contributions	436
TOTAL	--	--	179,064.72	--		--

Koutsouris, Stylianos & Maria
 Kovios, Panagiotis & Christine
 Kron, Christopher & Alexa
 Laiakis, Dimitrios & Anastasia
 Lallas, Eva
 Lambrow, Stephanie
 Larentzos, James & Despina
 Ledakis, Panagiotis
 Lentis, Minas & Kostalas, Eleni
 Loizou, Chris & Doxia
 Lykos, Konstantinos
 Makris, John
 Maltas, John
 Marianos, Vasilios & Lamprini
 Mastromanolis, Manuel
 Mastrovasilis, Michael
 & Lisa Kastellorizios
 Matsangos, Argyro
 Mavromoustakos, Tsampika
 Mavronis, Michael & Kleopatra
 Mavronis, Nicholas
 Mavroulis, Photis & Eva
 Mekins, Angeliki
 Micklos, Angelos & Panagiota
 Micklos, Christine
 Miller, Emanuel & Shirley
 Millett, Earl & Alex, Elizabeth
 Millon, Edwards & Florence
 Milonas, Kimon
 Mimaros, Paraskevi
 Minadakis, Antonios & Agapi
 Minas, Rose
 Moniodis, Michael & Effie
 Moniodis, Michael & Flora
 Myaris, John & Sofia
 Nakos, Angelo & Mary Kamos
 Nickoles, Josh
 Nicolarakis, George
 Niottis, Vasilios
 Nistazos, George & Despina
 Nistazos, Nickolas & Alena
 Nychis, George & Angeliki
 Nychis, Vasilios & Evangelia
 O'Drudy, Leo & Tricia
 Ohno, Maria
 Oikonomou, Fr. Georgios
 Orfanos, Anthony & Regina
 Orfanos, Michael
 Pandelidis, Demetrios & Elisavet
 Papadimitriou, Maria
 Papadopoulou, Anastasios & Marianthi
 Papadopoulou, Efstathios & Kalliopi
 Papalexopoulos, Christianna
 Papatthakis, Matthew
 Papavasiliou, Dimitris
 Papavasiliou, Lucas & Renee
 Papavasiliou, Virginia
 Papavasilis, Arhontoula

Paragios, Ioannis & Popi
 Paralix, Kon/Nos & Anna
 Paros, Mary
 Parthemos, Antonia & Mitchem, Jos
 Parthemos, Kalliope
 Parthemos, Konstantinos & Angelika
 Patras, Leonard
 Peach, Antonia
 Pearce, Anthony & Maria
 Pelekakis, Maria
 Perdikakis, George
 Petrinolis, Georgios & Irene
 Petropoulos, Dimitrios
 Philippou, Kalliopi
 Philippou, Philip
 Pikounis, Adrew
 Pikounis, Eleni
 Pikounis, George & Vasiliki
 Pikounis, John & Despina
 Polikandriotis, Kostas & Hariklia
 Polikandriotis, Maria
 Polychronis, Aristides & Virginia
 Poulimenakos, Eleni
 Prassinias, Demetrios & Carol
 Protopapas, George & Sofia
 Protopapas, Nicholas
 Qirjako, Spiro & Bona
 Quintero, Dennis & Rita
 Redmiles, Sophia
 Reppas, Paraskevi
 Reppas, Soterios & Elia
 Rigopoulos, Mary Ann
 Roberts, Brian & Maria
 Rologas, Christina
 Roros, Dimitrios & Poli
 Roros, John & Angeliki
 Roros, Kyriaki
 Roros, Stavros
 Roufas, Anthie
 Roussos, Anthony & Laura
 Roxanis, Dean & Soula
 Roxanis, John
 Roxanis, Steven
 Sakpazis, Ioannis & Maria
 Saliaris, Panagiotis
 Samaras, Peter
 Sarioglou, Anastasia
 Sarioglou, Nikolaos
 Sarlanis, Kiriako
 Sazaklis, Antonios
 Sevdalis, Spiros
 Sevdalis, Theohariti
 Sfakianoudis, Kon/Nos & Angela
 Sfakianoudis, Vasilis & Lemonia
 Sfriou, Antonia
 Sgouros, Shirley
 Sigambris, Irene
 Siskos, Stefanos & Dina

Skandalis, George
 Skevofilax, Emmanuel
 Sotirchos, Elias & Yiouli Ktena
 Souranis, Maritsa
 Souranis, Michael & Thoula
 Souranis, Paraskevi
 Spencer, Eric & Donna
 Stakias, Dimitrios & Joanne
 Stakias, Michael & Lemonia
 Stakias, Stelios & Tina
 Stamatopoulos, Nicolas
 Stamidis, Anastasios & Angela
 Stamidis, Stergios
 Stamoulis, George & Maria
 Stamoulis, Kyriakos & Jessica
 Stavlas, Jerry & Kalliope
 Stavrakis, Demetrios & Antonia
 Stewart, John & Rita
 Syropoulos, Amalia
 Syropoulos, Nicholas & Angeliki
 Tasker, Dale & Kalomira
 Tetteris, Rhodea
 Themelis, Constantine & Thalia
 Themelis, John & Renee
 Theoharis, Emmanuel & Maria
 Triantafilos, Mary
 Trintis, Thorina
 Tsakalos, Jeanette
 Tsamouras, Constantine & Moshoula
 Tsamos, Michael & Christina
 Tsapakidis, Nikolaos
 Tsapakidis, Theoharis
 & Tsapakidis Papadimas, Evan
 Tserkis, George
 Tsiros, Evdokia
 Tzavaris, Stelios & Theodosia
 Tzimas, Anna
 United Chian Society Of Baltimore
 Vasilakopoulos, Anastasia
 Vasilakopoulos, Irene
 Vasiliades, Antonios & Sofia
 Vasiliades, Minus & Kelly
 Vasilios, Frank & Irene
 Vataki, Tessie
 Venetis, Dimitrios & Kiki
 Verenakis, Maria
 Vergos, John
 Vizaniaris, Evangeline
 Vlachos, Nikolaos & Sevi Froumis
 Vonakis, George & Irene
 Vonakis, Joseph
 Vourgarakis, Harry
 Voxakis, Samantha
 Xouri, Sofia
 Yianakis, Steve & Katina
 Zervos, Christine

ST. 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 - OCTOBER

- SUNDAY, OCTOBER 5** SECOND SUNDAY OF ST. LUKE:
ORTHROS 8:30 AM DIVINE LITURGY 9:45 AM
- SUNDAY, OCTOBER 12** HOLY FATHERS OF THE 7TH ECUMENICAL COUNCIL
ORTHROS 8:30 AM DIVINE LITURGY 9:45 AM
- SUNDAY, OCTOBER 19** THIRD SUNDAY OF ST. LUKE ORTHROS 8:30 AM DIVINE LITURGY 9:45 AM
- SATURDAY, OCTOBER 25** GREAT VESPER SERVICE FOR THE NAME DAY FEAST OF ST. DEMETRIOS
THIS VESPER SERVICE WILL TAKE PLACE AT OUR SISTER CHURCH
ST. DEMETRIOS TIME 6:30 PM
- SUNDAY, OCTOBER 26** NAME DAY FEAST OF ST. DEMETRIOS. THIS SERVICE WILL BE HELD AT
ST. NICHOLAS - ORTHROS 8:30 AM DIVINE LITURGY 9:30 AM
- TUESDAY, OCTOBER 28** THE HOLY PROTECTION OF THE THEOTOKOS AND THE
CELEBRATION OF THE "OXI DAY"
ORTHROS 8:30 AM DIVINE LITURGY 9:30 AM



Holy Protection of the Theotokos