



72 YEARS

NOVEMBER 2025

St.  
Nicholas Greek  
Orthodox Church  
Baltimore, MD



# Koinonia

## IN THIS ISSUE . . .

- 2 | Letter from  
Fr. Michael L. Pastrokos
- 4 | Letter from the President
- 8 | Entrance into the Temple of the  
Holy Theotokos
- 23 | Thoughts from Eva Lallas
- 27 | The Ordination of  
Fr. Konstantios Loukas
- 35 | Greek School OXI Day
- 56 | Children's Corner by  
Presvytera Alexandra Houck
- 70 | November Liturgical Calendar

## THE ORDINATION OF FATHER KONSTANTINOS LOUKAS!



See more on pg. 27



# MESSAGE FROM THE PROTOPRESBYTER

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

As we approach the end of 2025, we turn our thoughts to the Holidays. In November we always look forward to that special day of “Thanksgiving”. These words of St. Paul might help us to reflect on what it means to be thankful to God. “You will be enriched by your generosity, which will produce thanksgiving to another.” The church has always guided people to have a threefold approach to their personal prayer life. 1. pray for others 2. have thanksgiving for others daily blessings 3. pray for yourself. Our ancestors gave us Thanksgiving, Christmas, Hanukkah, Pascha, the Arts, Science, Medicine, Religion, Education, Radio, Television, Electricity, Personal Genealogies, Past World Wars etc. These and many more events of the past are what we continue to honor and celebrate. And the cares of the world to share with each other the essence of true friendship and love. Thanksgiving is a major Holiday that we celebrate in November, but who do we give thanks to? Who else but God! It is true that in our society today, we have everything that we can think of and yet, we forget that all this comes from God. This is what the Pilgrims truly made that day-A proclamation to thank God for their beliefs, their values, and the blessing to be able to survive together as one body and one nation.

Millions of people will be celebrating this historical Holiday without knowing the true meaning of Thanksgiving. The significance of this day is for us to put away all hatred and the cares of the world to share with each other the essence of true friendship and love. Apostle Paul tells us to give thanks to God in all things, not merely when things are good (1 Thess 5: 18). We should be thankful to God that we live in this country which is called America the beautiful. Thanksgiving is one of those unique holidays that doesn't really center on shopping like we do at Christmas time. We celebrate this day also with family and friends. And God is able to provide all of us with every blessing in abundance, so that by always having enough of everything, we may share abundantly in every good work(2 Cor. 9: 7-8). In the modern world, a man is thought to be successful

in terms of his objective accomplishments. If he has acquired wealth, fame, power, or privileges he is considered accomplished and worthy of emulation. Today instead of Doctors, Nurses, Teachers, Clergy, etc. it is sports figures, the movie stars, who are held up as role models, not the teachers. It is the mogul and the tycoons or billionaires who are lionized, not the nurses or policemen. These have really changed in the world in which we live today. Thanksgiving has no meaning to millions of people all over the world because they forget what the true meaning really is, and that is to love one another, to respect one another, to help when help is needed, and to give of ourselves, not just money and gifts but really give from our hearts and want nothing back in return. That is true Christianity and the true essence why we celebrate Thanksgiving, because the Lord did these things for us.

May our Lord and Savior Jesus Christ bless all of you with much happiness, love , and joy during this great Holiday of Thanksgiving. May you have a blessed month of November.

**KALO MHNA**



# MESSAGE FROM THE PROTOPRESBYTER

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



**Κ**αθώς πλησιάζουμε το τέλος του 2025 η σκέψεις μας στρέφονται προς τις γιορτές του Νοεμβρίου πάντα ανυπομονούμε για εκείνη την ξεχωριστή μέρα την “Ημέρα των Ευχαριστιών”. Αυτά τα λόγια στον Απόστολο Παύλου μπορεί να μας βοηθούν να σκεφτούμε τι σημαίνει να είμαστε ευγνώμων στο Θεό. “Θα εμπλουτίσετε από τη γενναιοδωρία σας η οποία θα φέρει ευχαριστία στον Θεό μέσω εμάς (2 Κορινθίους 9:11). Μεγαλώνοντας όλοι έχουμε ιδιαίτερες αναμνήσεις που μεταφέρουν από τη μια Ημέρα Ευχαριστίας στην άλλη. Η Εκκλησία πάντα καθοδηγούσε τους ανθρώπους να έχουν μια τριπλή προσέγγιση στην προσωπική τους προσευχή όπως (1) να προσεύχονται για τους άλλους (2) να ευχαριστούν για τις καθημερινές ευλογίες των άλλων και (3) να προσεύχονται για τον εαυτό τους.

Οι Πρόγονοι μας έδωσαν την Ημέρα των Ευχαριστιών, τα Χριστούγεννα, Εβραϊκές Εορτές (Χανουκά), το Χριστιανικό Πάσχα της Τέχνης, την Επιστήμη, την Ιατρική, την Θρησκεία, την Εκπαίδευση, το Ραδιόφωνο, την Τηλεόραση, την ηλεκτρική ενέργεια, την Δημοκρατία τις προσωπικές Γενεαλογίες τους Προηγούμενους Παγκόσμιους Πολέμους κτλ. Αυτά και πολλά άλλα γεγονότα του παρελθόντος που συνεχίζουμε να τιμάμε και να γιορτάζουμε μέχρι και σήμερα.

Η Ημέρα των Ευχαριστιών είναι μια σημαντική γιορτή που γιορτάζουμε τον Νοέμβριο, αλλά σε ποιον πρέπει να ευχαριστήσουμε για όλα που έχουμε στη ζωή μας; τα ωφελούμαι μάλιστα στο Θεό. Είναι αλήθεια ότι στη σημερινή κοινωνία μας έχουμε όλα όσα μπορούμε να σκεφτούμε και όμως ξεχνάμε ότι όλα αυτά προέρχονται από το Θεό. Αυτό ακριβώς έκαναν οι προσκυνητές εκείνη την ημέρα- Μια διακήρυξη για να ευχαριστήσουν τον Θεό για τις πεποιθήσεις τους, τις αξίες τους, και την ευλογία να μπορούν να επιβιώνουν μαζί ως ένα σώμα και ένα Έθνος.

Εκατομμύρια άνθρωποι θα γιορτάζουν αυτήν την ιστορική εορτή χωρίς να γνωρίζουν την πραγματική σημασία της Ημέρας των Ευχαριστιών. Η σημασία αυτής της ημέρας είναι να αφήσουμε στην άκρη όλο το μίσος και τις έγνοιες του κόσμου για να μοιραστούμε ο ένας στον άλλον την ουσία της αληθινής συντροφικότητας και αγάπης. Ο Απόστολος Παύλος μας λέει να ευχαριστούμε το Θεό για όλα όχι μόνο

όταν τα πράγματα πάνε καλά ( Α΄ Θεσσαλονικείς 5:18. Πρέπει να είμαστε ευγνώμων στον θεό να ζούμε σε αυτή τη χώρα που ονομάζεται Αμερική η Ομορφοί.

Η Ημέρα των Ευχαριστιών είναι μια από τις μοναδικές γιορτές που δεν επικεντρώνεται πραγματικά στα ψώνια όπως κάνουμε τα Χριστούγεννα. Γιορτάζουμε αυτή την ημέρα επίσης με την οικογένειά και τους φίλους. Και ο Θεός είναι σε θέση να παρέχει σε όλους μας κάθε ευλογία σε αφθονία, ώστε έχοντας πάντα αρκετά από τα πάντα να μπορείτε να συμμετέχετε άφθονα σε κάθε καλό έργο (Β Κορινθίους 9:7-8).

Στον σύγχρονο κόσμο ένας άνθρωπος θεωρείται επιτυχημένος όσον αφορά τα αντικειμενικά του επιτεύγματα. Αν έχει αποκτήσει πλούτο φήμη δύναμη ή προνόμια, θεωρείται επιτυχημένος και άξιος προς μίμησης. Σήμερα αντί για γιατρούς, νοσοκόμες δασκάλους, κληρικούς κτλ, είναι οι αθλητές οι μεγάλες προσωπικότητες του κινηματογραφου που θεωρούνται πρωτότυπα όχι οι μεγιστάνες και οι δισεκατομμυριούχοι που λατρεύονται. Όχι οι νοσοκόμες οι αστυνομικοί. Αυτά έχουν πραγματικά αλλάζει στον κόσμο στον οποίο ζούμε σήμερα. Η Ημέρα των Ευχαριστιών δεν έχει κανένα νόημα για εκατομμύρια ανθρώπους σε όλο τον κόσμο, επειδή ξεχνουν ότι το πραγματικό νόημα αυτής τις ημέρες είναι να αγαπάμε ο ένας τον άλλον, να σεβόμαστε ο ένας τον άλλον. Δηλαδή βοηθάμε όταν χρειάζεται βοήθεια στο να δίνουμε από τον εαυτό μας, όχι μόνο χρήματα ή δώρα, αλλά πραγματικά να δίνουμε από την καρδιά μας και να μην θέλουμε τίποτα σε αντάλλαγμα. Αυτή είναι η αληθινή Χριστιανική και αληθινή ουσία του λόγου για το οποίο γιορτάζουμε την ημέρα αυτή επειδή ο Κύριος έκανε αυτά τα πράγματα για εμάς.

Είθε ο Κύριος και ο Σωτήρας μας Ιησούς Χριστός να σας ευλογεί όλους με πολλή ευτυχία αγάπη και χαρά κατά τη διάρκεια αυτής της υπέροχης γιορτή των Ευχαριστιών. Είθε να έχετε έναν ευλογημένο μήνα Νοέμβριο.

**ΚΑΛΟ ΜΗΝΑ**

# MESSAGE FROM THE PRESIDENT

Dear parishioners and friends of our church,

In an era where the tempo of daily life is becoming increasingly demanding, it is easy to neglect our spiritual needs and our relationship with the Church. However, more than ever, the Church needs the support, participation and voluntary contribution of all of us, young and old.

Voluntary contribution to Church matters is not just an act of kindness; it is an expression of love for God and our fellow man. Every contribution – no matter how small it may seem – is precious. It is the testimony that the Church is not only the building, but above all the body of believers who serve it with self-denial and faith.

Equally important is the active participation of parishioners in the church council. We need people with love for the Church, with a willingness to give, honesty and responsibility. When the purpose is the common good and not personal promotion or interest, then the work of the council can bear spiritual and practical fruits for all. The church is governed with the cooperation of the entire community.

We must give special emphasis to our children. Despite their busy schedules, activities and obligations, let us not forget that their spiritual cultivation is the most essential provision for life. Regular church attendance every Sunday and participation in catechism school are opportunities for children to get to know God, faith, the values of love, forgiveness and solidarity. It is not enough to teach them lessons – we also need to give them the spiritual foundation that will support them in difficult situations.

At this point, I cannot help but mention the valuable effort of the teachers of the Greek school of our parish. With effort, patience and love, they transmit not only the language, but also our culture, traditions and Christian values to the younger generations. Their contribution to the smooth operation of the school is invaluable and is living proof that Education and Faith can coexist. The celebration of October 28th was a testament to their hard work.

Let us all become partakers of the work of our Church. With volunteerism, with responsibility, with love for children and support for teachers, we can keep the flame of faith and unity alive in our parish.

With love and respect,  
Stamatia Ieromonachos  
President of St. Nicholas Parish Council  
St. Nicholas Greek Orthodox Church of Baltimore

Αγαπημένοι μας ενορίτες και φίλοι της εκκλησίας μας,

«Η Εκκλησία μας: Ένας ζωντανός οργανισμός που χρειάζεται όλους μας»

Σε μια εποχή όπου οι ρυθμοί της ζωής μας γίνονται ολοένα και πιο απαιτητικοί, είναι εύκολο να παραμελήσουμε τις πνευματικές μας ανάγκες και τη σχέση μας με την Εκκλησία. Ωστόσο, περισσότερο από ποτέ, η Εκκλησία έχει ανάγκη από τη στήριξη, τη συμμετοχή και την εθελοντική προσφορά όλων μας, μικρών και μεγάλων.



Η εθελοντική προσφορά στα θέματα της Εκκλησίας δεν είναι απλώς μια πράξη καλοσύνης· είναι έκφραση αγάπης προς τον Θεό και τον συνάνθρωπο. Κάθε προσφορά – όσο μικρή κι αν φαίνεται – είναι πολύτιμη. Είναι η μαρτυρία ότι η Εκκλησία δεν είναι μόνο το κτήριο, αλλά κυρίως το σώμα των πιστών που την υπηρετούν με αυταπάρνηση και πίστη.

Εξίσου σημαντική είναι και η ενεργή συμμετοχή των ενοριτών στο εκκλησιαστικό συμβούλιο. Χρειαζόμαστε πρόσωπα με αγάπη για την Εκκλησία, με διάθεση προσφοράς, εντιμότητα και υπευθυνότητα. Όταν ο σκοπός είναι το κοινό όφελος και όχι η προσωπική προβολή ή το συμφέρον, τότε το έργο του συμβουλίου μπορεί να αποδώσει καρπούς, πνευματικούς και πρακτικούς για όλους. Η εκκλησία διοικείται με τη συνεργασία όλης της κοινότητας.

Ιδιαίτερη έμφαση πρέπει να δώσουμε στα παιδιά μας. Παρά τα φορτωμένα προγράμματα, τις δραστηριότητες και τις υποχρεώσεις τους, ας μην ξεχάσουμε πως η πνευματική τους καλλιέργεια είναι το πιο ουσιαστικό εφόδιο για τη ζωή. Ο τακτικός εκκλησιασμός κάθε Κυριακή και η συμμετοχή στο κατηχητικό σχολείο είναι ευκαιρίες για να γνωρίσουν τα παιδιά τον Θεό, την πίστη, τις αξίες της αγάπης, της συγχώρεσης και της αλληλεγγύης. Δεν αρκεί να τους διδάξουμε γράμματα – χρειάζεται να τους δώσουμε και την πνευματική βάση που θα τα στηρίξει σε κάθε δυσκολία.

Σε αυτό το σημείο δεν μπορώ να μην αναφερθώ στην πολύτιμη προσπάθεια των εκπαιδευτικών του ελληνικού σχολείου της ενορίας μας. Με κόπο, υπομονή και αγάπη μεταδίδουν όχι μόνο τη γλώσσα, αλλά και τον πολιτισμό, τις παραδόσεις και τις χριστιανικές αξίες μας στις νεότερες γενιές. Η συμβολή τους στην ομαλή λειτουργία του σχολείου είναι ανεκτίμητη και αποτελεί ζωντανή απόδειξη ότι η Παιδεία και η Πίστη μπορούν να συμπορευτούν. Η γιορτή της 28ης Οκτωβρίου ήταν μία απόδειξη της σκληρής τους δουλειάς.

Ας γίνουμε λοιπόν όλοι κοινωνοί του έργου της Εκκλησίας μας. Με εθελοντισμό, με υπευθυνότητα, με αγάπη στα παιδιά και στήριξη στους εκπαιδευτικούς, μπορούμε να διατηρήσουμε ζωντανή τη φλόγα της πίστης και της ενότητας στην ενορία μας.

Με απέραντο σεβασμό, αγάπη και εκτίμηση,  
Σταματία Ιερομονάχου  
Πρόεδρος του Διοικητικού Συμβουλίου  
Αγίου Νικολάου Βαλτιμόρης

# CHURCH CONTACT INFORMATION

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

## CHURCH SECRETARY

ELENI KOSTALAS-LENTIS

## FINANCIAL SECRETARY

AMALIA SYROPOULOS-KOSTRIVAS

## PARISH COUNCIL

PRESIDENT: STAMATIA IEROMONAHOS

VICE PRESIDENT: JOHN KOROLOGOS

TREASURER: ASPASIA CHARALAMBOPOULOS

ASSISTANT TREASURER: 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: DECEMBER 2025**

**SUBMISSIONS DUE: NOVEMBER 20<sup>th</sup>**

*Please email your article(s) to: [vkotsatou@stnicholasmd.org](mailto: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.*

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

Courtesy of the Greek Orthodox Archdiocese of America - [www.goarch.org](http://www.goarch.org)



### Reading

All the Angels, according to the Apostle Paul, are ministering spirits, - sent forth to minister to them who shall be heirs of salvation - (Heb. 1:14). God set them as overseers of every nation and people, and guides to that which is profitable (Deut. 32:8); and while one Angel is appointed to oversee each nation as a whole, one is also appointed to protect each Christian individually. He commands them to guard them that hope on Him, that nothing should harm them, neither should any evil draw nigh to their dwelling (Ps. 90:10-12). In the Heavens they always behold the face of God, sending up to Him the thrice-holy hymn and interceding with Him in our behalf, seeing they rejoice over one sinner

that repents (Esaias 6:2-3; Matt. 18:10; Luke 15:7). In a word, they have served God in so many ways for our benefit, that the pages of Holy Scripture are filled with the histories thereof. It is for these reasons that the Orthodox Catholic Church, wisely honouring these divine ministers, our protectors and guardians, celebrates today the present Synaxis that is, our coming together in assembly for their common feast to chant their praises, especially for the Archangels Michael and Gabriel, who are mentioned in the Scriptures by name. The name Michael means “Who is like God?” and Gabriel means “God is mighty.” The number of Angels is not defined in the divine Scriptures, where Daniel says that thousands of thousands ministered before Him, and ten thousands of ten thousands attended upon Him -(Dan. 7:10). But all of them are divided into nine orders which are called Thrones, Cherubim, Seraphim, Dominions, Powers, Authorities, Principalities, Archangels, and Angels.

### [Apolytikion of Synaxis of the Archangels](#)

#### *Fourth Tone*

O Commanders of the Heavenly Host, we the unworthy beseech you, that through your entreaties you will fortify us, guarding us in the shelter of the wings of your ethereal glory, even as we fervently bow before you crying: “Deliver us from all danger, as Commanders of the Powers on high! “

### [Kontakion of Synaxis of the Archangels](#)

#### *Second Tone*

Chief Commanders of God; ministers of divine glory; guides for men and leadership of the Incorporeal; as Chief Commanders of the Incorporeal, plead for our welfare and for great mercy.

## Nektarios the Wonderworker, Bishop of Pentapolis

Courtesy of the Greek Orthodox Archdiocese of America - [www.goarch.org](http://www.goarch.org)

### Reading

Saint Nektarios was born in Selyvria of Thrace on October 1, 1846. After putting himself through school in Constantinople with much hard labour, he became a monk on Chios in 1876, receiving the monastic name of Lazarus; because of his virtue, a year later he was ordained deacon, receiving the new name of Nektarios. Under the patronage of Patriarch Sophronius of Alexandria, Nektarios went to Athens to study in 1882; completing his theological studies in 1885, he went to Alexandria, where Patriarch Sophronius ordained him priest on March 23, 1886 in the Cathedral of Saint Sabbas, and in August of the same year, in the Church of Saint Nicholas in Cairo, made him Archimandrite. Archimandrite Nektarios showed much zeal both for preaching the word of God, and for the beauty of God's house. He greatly beautified the Church of Saint Nicholas in Cairo, and years later, when Nektarios was in Athens, Saint Nicholas appeared to him in a dream, embracing him and telling him he was going to exalt him very high.

On January 15, 1889, in the same Church of Saint Nicholas, Nektarios was consecrated Metropolitan of the Pentapolis in eastern Libya, which was under the jurisdiction of Alexandria. Although Nektarios' swift ascent through the degrees of ecclesiastical office did not affect his modesty and childlike innocence, it aroused the envy of lesser men, who convinced the elderly Sophronius that Nektarios had it in his heart to become Patriarch. Since the people loved Nektarios, the Patriarch was troubled by the slanders. On May 3, 1890, Sophronius relieved Metropolitan Nektarios of his duties; in July of the same year, he commanded Nektarios to leave Egypt.

Without seeking to avenge or even to defend himself, the innocent Metropolitan left for Athens, where he found that accusations of immorality had arrived before him. Because his good name had been soiled, he was unable to find a position worthy of a bishop, and in February of 1891 accepted the position of provincial preacher in Euboea; then, in 1894, he was appointed dean of the Rizarios Ecclesiastical School in Athens. Through his eloquent sermons his unwearying labours



to educate fitting men for the priesthood, his generous alms deeds despite his own poverty, and the holiness, meekness, and fatherly love that were manifest in him, he became a shining light and a spiritual guide to many. At the request of certain pious women, in 1904 he began the building of his convent of the Holy Trinity on the island of Aegina while yet dean of the Rizarios School; finding later that his presence there was needed, he took up his residence on Aegina in 1908, where he spent the last years of his life, devoting himself to the direction of his convent and to very intense prayer; he was sometimes seen lifted above the ground while rapt in prayer. He became the protector of all Aegina, through his prayers delivering the island from drought, healing the sick, and casting out demons. Here also he endured wicked slanders with singular patience, forgiving his false accusers and

not seeking to avenge himself. Although he had already worked wonders in life, an innumerable multitude of miracles have been wrought after his repose in 1920 through his holy relics, which for many years remained incorrupt. There is hardly a malady that has not been cured through his prayers; but Saint Nektarios is especially renowned for his healings of cancer for sufferers in all parts of the world.

### [Apolytikion of Nektarios the Wonderworker](#)

#### *First Tone*

O faithful, let us honor Nektarios, divine servant of Christ, offspring of Silivria and guardian of Aegina, who in these latter years was manifested as the true friend of virtue. All manner of healing wells forth for those who in piety cry out, "Glory to Christ who glorified you; glory to Him who, through you, wrought wonders; glory to Him who, through you, works healing for all."

### [Kontakion of Nektarios the Wonderworker](#)

#### *Plagal of the Fourth Tone*

In joy, let our hearts praise the latest shining star of the Orthodox, the newly erected rampart of the Church. For, glorified by the work of the Spirit, he abundantly pours forth the grace of healing to those who cry out, "Hail, Father Nektarios".

## Feast of the Entrance into The Temple of Our Most Holy Lady The Theotokos

Courtesy of the Greek Orthodox Archdiocese of America - [www.goarch.org](http://www.goarch.org)



### Introduction

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

### Protevangelion Story

The birth and early life of the Virgin Mary is not recorded in the Gospels or other books of the New Testament, however this information can be found in a work dating from the second century known as the Book of James or Protevangelion.

When Mary was three years old, Joachim and Anna decided that the time had come to fulfill their promise and to offer her to the Lord. Joachim gathered the young girls of the neighborhood to form an escort, and he made them

go in front of Mary, carrying torches. Captivated by the torches, the young child followed joyfully to the Temple, not once looking back at her parents nor weeping as she was parted from them.

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

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

The Virgin Mary dwelt in the Temple for nine years until, reaching an age for marriage, she was taken from the Temple by the priests and elders and entrusted to Joseph as the guardian of her virginity.

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

### Icon of the Feast

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





This is a wonderful period in time where family and friends get together on this occasion to give thanks to God for the blessings and gifts that He has bestowed on us. Also to thank our forefathers who gave thanks to the Lord a long time ago. This yearly tradition is one of my favorites because it brings us all closer together, makes us stop our daily lives, to spend this day together over some good food and lots of company.

We are also busy with our daily lives, our jobs, our friends, and loved ones, that there are not that many occasions that we get together as a family. It's one of those Holidays that we prepare the traditional Turkey dinner as our main meal, with stuffing, and all the dressings and desserts that come with it. True, Thanksgiving comes from a spirit of gratitude toward God and contentment with what He has provided. It also is a season of remembering God for all He has done and expressing gratitude to Him.

### ΗΜΕΡΑ ΤΩΝ ΕΥΧΑΡΙΣΤΙΩΝ

Είναι μια θαυμάσια περίοδος όπου Οικογένεια και φίλοι συγκεντρώνονται με αυτή την ευκαιρία για να ευχαριστήσουν τον Θεό για τις ευλογίες και τα δώρα που μας έχει χαρίσει. Επίσης να ευχαριστήσουμε τους προγόνους μας που ευχαρίστησαν τον Κύριο πριν χρόνια. Αυτή η ετήσια παράδοση είναι μια από τις πιο αγαπημένες μου, επειδή μας φέρνει όλους πιο κοντά, μας κάνει να σταματήσουμε την καθημερινότητά μας, να περάσουμε αυτή την ημέρα όλοι μαζί με καλό φαγητό και καλή παρέα. Επειδή επίσης είμαστε πολύ απασχολημένοι με την καθημερινότητά μας, τις δουλειές μας, τους φίλους μας και τους αγαπημένους μας, δεν υπάρχουν πολλές ευκαιρίες που μπορούμε να συναντιώμαστε σαν οικογένεια. Είναι μια από εκείνες τις εορτές που προετοιμάζουμε το παραδοσιακό δείπνο της Γαλοπούλας, ως κύριο γεύμα μας, με γέμιση, και όλες τις σάλτσες και τα επιδόρπια που τη συνοδεύουν. Γεγονός είναι ότι η Ημέρα των Ευχαριστιών πηγάζει από πνεύμα ευγνωμοσύνης προς τον Θεό και ικανοποίηση για όλα τα αγαθά που Εκείνος μας έχει χαρίσει. Είναι επίσης μια εποχή που θυμόμαστε τον Θεό για όλα όσα έχει κάνει για μας, και εκφράζουμε την ευγνωμοσύνη σ' Αυτόν.



**GREEK ORTHODOX ARCHDIOCESE OF AMERICA  
ARCHEPISCOPAL ENCYCLICAL**

Prot. No. 484/2025

**Archeiscopal Encyclical  
Prayer for Peace in the Middle East**

October 15, 2025

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

*“Καρπὸς δὲ δικαιοσύνης ἐν εἰρήνῃ σπείρεται τοῖς ποιοῦσιν εἰρήνην.”  
(Ἰακώβου 3:18)*

*“And the fruit of righteousness is sown in peace by those who make peace.”  
(James 3:18)*

My beloved sisters and brothers in Christ,

In recent days, the attention of the world has once again turned toward the Middle East. With profound relief and heartfelt thanksgiving, we learned the news of a ceasefire agreement and exchange of hostages, marking an end to the devastating bloodshed in the region. Coming as it does near the second anniversary of the tragic events of October 7,

2023, this development marks an initial yet decisive step toward what we fervently pray will lead to lasting peace in the Middle East. For this, I call upon all of our communities to lift our hearts in thanksgiving to the Almighty God.

We echo the words of the Patriarchs and Heads of the Churches in Jerusalem, who recently declared: “In this spirit, we join with our fellow Christians and others of goodwill around the world in giving thanks to the Almighty for leading us to this auspicious moment, even as we realize that the work of peacebuilding has only just begun. May God grant us all the grace to rededicate ourselves to this vital task, shepherding us toward that golden age of peace so long envisioned by the prophets and sages of old—and for which our Lord Jesus Christ himself gave up his own life, rising to new life beyond the grave.”<sup>1</sup>

Needless to say, the needs of the people remain immense. The call for humanitarian relief and reconstruction is urgent and undeniable. For this reason, in my new capacity as Chair of the Governing Board of the National Council of Churches, I have also called upon all humanitarian agencies within our member communions—including the International Orthodox Christian Charities (IOCC)—to renew and coordinate their efforts to bring relief and healing to Gaza. Moreover, I take this opportunity to highlight the Archdiocese’s collaboration with Churches for Middle East Peace through the [\*Let Children Live\*](#) campaign, which seeks to safeguard and uplift children in Gaza and the West Bank—innocent victims who bear the heaviest burdens of war.

Dear Sisters and Brothers in Christ,

As we welcome these seeds of peace with thanksgiving, let us remain steadfast in prayer and compassion. The suffering of the region is far from over, and the wounds of generations will not be healed overnight. Yet, as Orthodox Christians, we are called to be ministers of reconciliation and instruments of divine mercy. Let us, therefore, continue to pray and strive for a just and enduring peace, one that embraces all peoples of the Holy Land – Jews, Christians, and Muslims alike – so that harmony, justice, and mutual respect may prevail.

May the Prince of Peace, our Lord Jesus Christ, strengthen us to be peacemakers and co-workers in His Kingdom.

With paternal love in the Christ,



† ELPIDOPHOROS

Archbishop of America,

Chair of the Governing Board

National Council of Churches of Christ



**ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ  
ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ**

Αριθμ. Πρωτ.: 484/2025

**Αρχιεπισκοπική ποιμαντική ἐγκύκλιος  
γιὰ τὴν εἰρήνη στὴ Μέση Ανατολή.**

17 Ὀκτωβρίου 2025

Πρὸς τοὺς Σεβασμιωτάτους καὶ Θεοφιλεστάτους Ἀρχιερεῖς, τοὺς Εὐλαβεστάτους Ἱερεῖς καὶ Διακόνους, τὶς Πρεσβυτέρες καὶ τὶς Διακόνισσες, τοὺς Μοναχοὺς καὶ τὶς Μοναχές, τοὺς Προέδρους καὶ τὰ Μέλη τῶν Κοινοτικῶν Συμβουλίων, τοὺς Ἐντιμολογιωτάτους Ἀρχοντες τοῦ Οἰκουμενικοῦ Πατριαρχείου, τὰ μέλη τῆς Ἡγεσίας τῶν 100, τὰ Ἡμερήσια καὶ Ἀπογευματινὰ Σχολεῖα, τὶς Φιλοπτώχους Ἀδελφότητες, τὴ Νεολαία, τὶς Ἑλληνορθόδοξες Ὄργανώσεις καὶ ὁλόκληρο τὸ Χριστεπώνυμο πλήρωμα τῆς Ἱερᾶς Αρχιεπισκοπῆς Ἀμερικῆς.

**«Καρπὸς δὲ δικαιοσύνης ἐν εἰρήνῃ σπείρεται τοῖς ποιούσιν εἰρήνην»  
(Ἰακώβου 3:18).**

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῷ,

Τὸν τελευταῖο καιρὸ, ἡ προσοχὴ τοῦ κόσμου στράφηκε πάλι πρὸς τὴ Μέση Ανατολή. Μὲ μεγάλη ἀνακούφιση καὶ μὲ θερμὲς εὐχαριστίες πρὸς τὸ Θεὸ πληροφορηθήκαμε τὴ χαρμόσυνη εἶδηση ὅτι ἐπιτεύχθηκε συμφωνία ἐκεχειρίας καὶ ἀνταλλαγῆς αἰχμαλώτων, σηματοδοτώντας τὸ τέλος τῆς ἀνελέητης αἱματοχυσίας στὴν περιοχή. Τὸ γεγονός αὐτὸ συμβαίνει κοντὰ στὴ δευτέρη ἐπέτειο τῆς τραγικῆς

αίματοχυσίας τῆς 7<sup>ης</sup> Ὀκτωβρίου 2023 καὶ εἶναι τὸ πρῶτο καὶ καθοριστικὸ βῆμα πρὸς τὴ διαρκῆ εἰρήνην στὴ Μέση Ἀνατολή, γιὰ τὴν ὁποία θερμὰ προσευχόμεσθε στὸ Θεό. Γιὰ αὐτὸ σήμερα προσκαλῶ ὅλες τὶς κοινότητες μας νὰ ἀναπέμψουμε εὐχαριστία πρὸς τὸν παντοδύναμο Θεό.

Ἐπαναλαμβάνουμε τὰ λόγια τῶν Πατριαρχῶν καὶ τῶν ἄλλων ἀρχηγῶν τῶν Ἐκκλησιῶν στὰ Ἱεροσόλυμα, οἱ ὁποῖοι προσφάτως δήλωσαν:

«Ὑπὸ τὸ πνεῦμα αὐτό, ἐνωνόμαστε μετὰ τῶν λοιπῶν Χριστιανῶν καὶ τῶν ἀνθρώπων καλῆς θελήσεως παγκοσμίως, εὐχαριστοῦντες τὸν Παντοδύναμο Θεό, ὁ Ὅποιος μᾶς ὁδήγησε σὲ μία τέτοια εὐνοϊκὴ καὶ ἱστορικὴ στιγμή, ἀναγνωρίζοντας ὡστόσο ὅτι τὸ ἔργο τῆς οἰκοδομήσεως τῆς εἰρήνης βρίσκεται ἀκόμα στὴν ἀρχή. Εἶθε ὁ Θεὸς νὰ μᾶς δίνει τὴ Χάρη νὰ ἀφιερωθοῦμε ἐκ νέου στὸ ζωτικὸ αὐτὸ ἔργο, ὁδηγώντας μας πρὸς τὴ χρυσὴ ἐποχὴ τῆς εἰρήνης, τὴν ὁποία ὄραματίστηκαν οἱ προφῆτες καὶ οἱ σοφοὶ τῶν αἰώνων, καὶ γιὰ τὴν ὁποία ὁ ἴδιος ὁ Κύριος ἡμῶν Ἰησοῦς Χριστὸς προσέφερε τὴ ζωὴ Του καὶ ἀνέστη ἐκ τοῦ τάφου στὴν αἰώνια καὶ ἀληθινὴ ζωή»<sup>1</sup>.

Δὲν χωράει ἀμφιβολία ὅτι οἱ ἀνάγκες τοῦ λαοῦ παραμένουν τεράστιες· οἱ ἐκκλησίες γιὰ ἀνθρωπιστικὴ βοήθεια καὶ ἀνοικοδόμησι εἶναι ἐπείγουσες καὶ ἀναμφισβήτητες. Γιὰ αὐτὸ καὶ μὲ τὴ νέα μου ιδιότητα ὡς Προέδρου τῆς Διοικούσης Ἐπιτροπῆς τοῦ Ἐθνικοῦ Συμβουλίου Ἐκκλησιῶν τῆς Ἀμερικῆς (National Council of Churches of Christ), ἀπηύθυνα πρόσκληση σὲ ὅλα τὰ ἀνθρωπιστικὰ ἰδρύματα τῶν μελῶν τοῦ Ἐκκλησιῶν — μεταξὺ αὐτῶν καὶ τὸ IOCC (International Orthodox Christian Charities)— γιὰ νὰ συντονίσουν τὶς προσπάθειές τους πρὸς ἀνακούφιση καὶ θεραπεία τοῦ λαοῦ τῆς Λωρίδας τῆς Γάζας. Επίσης, δρᾶττομαι τῆς εὐκαιρίας αὐτῆς γιὰ νὰ ἐπισημάνω τὴ συνεργασία τῆς Ἰ. μας Ἀρχιεπισκοπῆς μὲ τὸν φορέα «Churches for Middle East Peace» μέσῳ τῆς πρωτοβουλίας «Let Children Live», ἡ ὁποία στοχεύει στὴν προστασία καὶ ὑποστήριξη τῶν παιδιῶν στὴ Λωρίδα τῆς Γάζας καὶ στὴ Δυτικὴ Ὀχθη τοῦ Ἰορδάνου, τὰ ὁποῖα ἂν καὶ ἐντελῶς ἀθῶα σηκώνουν τὸ μεγαλύτερο βᾶρος τοῦ πολέμου.

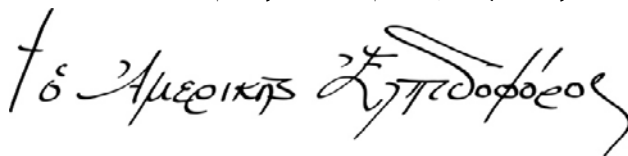
<sup>1</sup> <https://jerusalem-patriarchate.info/anakoinothenta/%ce%b4%ce%b7%ce%bb%cf%89%cf%83%ce%b9%cf%83-%ce%b4%ce%b9%ce%b1-%cf%84%ce%b7%ce%bd-%cf%80%cf%81%ce%bf%cf%83%cf%86%ce%b1%cf%84%ce%bf%ce%bd-%ce%b5%ce%ba%ce%b5%cf%87%ce%b5%ce%b9%cf%81%ce%b9%ce%b1%ce%bd/>

Προσφιλείς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῷ,

Μὲ δοξολογία καὶ χαρὰ λάβαμε τὴν εἶδηση τῆς εἰρήνης, ὅμως παραμένουμε ἀκλόνητοι στὴν προσευχή μας καὶ στὴν φιλανθρωπία μας γιὰ τοὺς ἀνθρώπους ἐκείνους. Τὸ τέλος τοῦ πόνου δὲν φαίνεται κοντὰ γιὰ τὴν περιοχὴ αὐτὴ, καὶ τὰ τραύματα πολλῶν γενεῶν δὲν θεραπεύονται ἐν μιᾷ νυκτί. Ὅμως, ὡς ὀρθόδοξοι χριστιανοὶ κληθήκαμε νὰ γίνουμε λειτουργοὶ τῆς καταλλαγῆς καὶ ὄργανα ἐλεημοσύνης. Ἄς συνεχίσουμε, λοιπόν, νὰ προσευχόμαστε καὶ νὰ ἀγωνιζόμαστε γιὰ μία δίκαιη καὶ διαρκῆ εἰρήνη, πού θὰ ἀγκαλιάζει ὅλους τοὺς λαοὺς τῶν Ἁγίων Τόπων (Ιουδαίους, Χριστιανούς καὶ Μουσουλμάνους), ὥστε νὰ ἐπικρατήσουν ἡ ἀρμονία, ἡ δικαιοσύνη καὶ ὁ ἀμοιβαῖος σεβασμὸς.

Ὁ ἄρχων τῆς εἰρήνης, ὁ Κύριος ἡμῶν Ἰησοῦς Χριστὸς ἄς μᾶς ἐνδυναμώνει, ὥστε νὰ γινόμαστε εἰρηνοποιοὶ καὶ συνεργάτες τοῦ θείου θελήματός.

Μετὰ πατρικῆς ἐν Χριστῷ ἀγάπης,



† ὁ Ἀμερικῆς Ἐλπιδοφόρος,

Πρόεδρος τοῦ Ἐθνικοῦ Συμβουλίου τῶν Ἐκκλησιῶν τῆς Ἀμερικῆς



## GREEK ORTHODOX ARCHDIOCESE OF AMERICA ARCHEPISCOPAL ENCYCLICAL

Prot. No. 491/2025

### Archepiscopal Encyclical for National Leadership 100 Sunday

October 26, 2025

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

*Ὅπου γάρ ἐστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδιά ὑμῶν.*

*(κατὰ Ματθαῖον 6:21)*

*For where your treasure is, there will your heart be also.*

*(Matthew 6:21)*

Beloved sisters and brothers in the Lord,

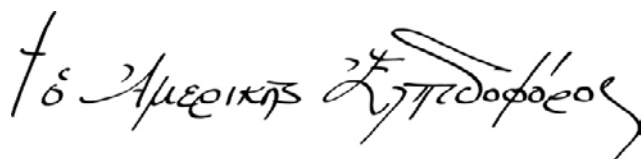
This Sunday, when we celebrate the Holy Great-Martyr and Myrrh-Streamer Demetrios, we also pause to remember the extraordinary contributions to the life of our Church of the Archbishop Iakovos Leadership 100 Fund. After all, the ever-memorable Archbishop Iakovos' baptismal name was "Demetrios." Therefore, there is a certain auspiciousness in the proximity of the Feasts of both the Great-Martyr and the Brother of God, whose own celebration falls on October 23.

Leadership 100, which was the vision of Archbishop Iakovos, is one of his most enduring legacies. Especially in this Twentieth Year since his repose in the Lord, we celebrate Leadership 100 as a prime example of how our stewardship of material things reveals the core of our spiritual priorities. As the Lord said so simply and beautifully: *For*

*where your treasure is, there will your heart be also.* The Members of Leadership 100 have — in so many cases — led the way in the propagation and increase of *diakonia* throughout our Sacred Archdiocese of America. And this is because they see with the same vision that inspired Archbishop Iakovos, a dream for an Archdiocese with National Ministries, which meets the needs and aspirations of its Faithful.

Therefore, on this Sunday, when we celebrate with thanksgiving and recognize the Archbishop Iakovos Leadership 100 Fund, let us all take inspiration from their exemplary labors on behalf of our Church. They have given from the abundance with which God has blessed them, and which they have achieved by their own diligence and industry. Let us thank them and follow their example by laying up treasure in Heaven, where neither moth nor rust corrupt, and where thieves do not break in and steal. For where our treasure is, there will our hearts be as well, unto the ages of ages. Amen!

With much paternal love in our Lord,



† ELPIDOPHOROS  
Archbishop of America





## ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ

Αριθμ. Πρωτ.: 491/2025

**Αρχιεπισκοπική Έγκύκλιος  
για την Κυριακή αφιερωμένη στην Ήγεσία τῶν 100.**

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

**«Ὅπου γὰρ ἐστὶν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδιά ὑμῶν»  
(Κατὰ Ματθαῖον 6:21).**

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῷ,

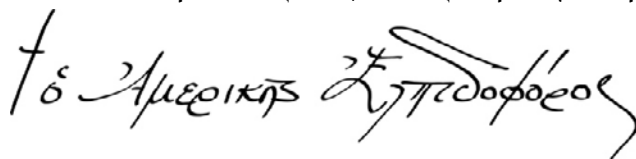
Τὴ σημερινὴ Κυριακὴ, κατὰ τὴν ὁποία ἐορτάζουμε τὸν Ἅγιο Μεγαλομάρτυρα καὶ Δημήτριον τὸν Μυροβλύτη, στρέφουμε τὴν προσοχή μας στὴν ἐξαίρετη συμβολὴ τοῦ Ταμείου τῆς «Ἁγεσίας τῶν 100» στὴ ζωὴ καὶ στὴ διακονία τῆς Ἐκκλησίας μας. Ὅχι τυχαῖα, τὸ βαπτιστικὸ ὄνομα τοῦ μακαριστοῦ Ἀρχιεπισκόπου Ἰακώβου, τοῦ ὀραματιστῆ καὶ ἰδρυτῆ τοῦ ἐν λόγῳ Ταμείου, ἦταν Δημήτριος! Ἔτσι, ἡ ἡμέρα τῆς

έορτῆς τοῦ Μεγαλομάρτυρος βρίσκεται πλησίον τῆς έορτῆς τοῦ Ἀδελφοθέου, στίς 23 Οκτωβρίου έκάστου έτους.

Ἡ «Ἠγεσία τῶν 100», καρπός τοῦ όράματος τοῦ διορατικοῦ Ἀρχιεπισκόπου Ἰακώβου, αποτελεί μία έκ τῶν πλέον μακροχρόνιων καί ζωντανῶν παρακαταθηκῶν του. Καί ιδίως τὸ τρέχον έτος, πού εἶναι τὸ εἰκοστό ἀπό τήν έν Κυρίῳ κοίμησή του, τιμοῦμε τήν «Ἠγεσία τῶν 100» ὡς λαμπρό παράδειγμα τρόπου διαχείρισης τῶν ὑλικῶν ἀγαθῶν, ἀποκαλύπτοντας τὸ βάθος καί τήν ποιότητα τῶν πνευματικῶν μας προτεραιοτήτων. Ὁ λόγος τοῦ Κυρίου ἀντηχεῖ σαφῶς: «Όπου γάρ έστιν ὁ θησαυρός ὑμῶν, ἐκεῖ έσται καί ἡ καρδιά ὑμῶν». Τά μέλη τῆς «Ἠγεσίας τῶν 100» ἀποδεικνύουν πάλιν καί πολλάκις ὅτι ἡ καρδιά τους εἶναι πλήρως ἀφοσιωμένη στή διακονία τοῦ πληρώματος τῆς Ἱερᾶς Ἀρχιεπισκοπῆς Ἀμερικῆς. Μὲ τή συνεχῆ ὑποστήριξη πρὸς τήν Ἀρχιεπισκοπή μας, ἀναζωογονοῦν καί έμπνέουν ὅλο τὸ σῶμα τῆς Ἐκκλησίας, διότι καλλιεργοῦν τὸ ἴδιο ὄραμα, πού έμπνεύστηκε ὁ Ἀρχιεπίσκοπος Ἰάκωβος γιά μία Ἀρχιεπισκοπή μὲ τμήματα διακονίας πού καλύπτουν τίς ἀνάγκες καί τίς ἀνησυχίες ὄλων τῶν πιστῶν.

Ἐπομένως, τήν Κυριακή αὐτή, κατὰ τήν ὁποία πανηγυρικά έορτάζουμε τήν Ἠγεσία τῶν 100, ἄς πάρουμε ὅλοι σάν παράδειγμα τήν εὐγενῆ καί ένθουσιώδη διακονία τῶν μελῶν της, διότι πάντοτε προσφέρουν ἀπό τήν ἀφθονία μὲ τήν ὁποία ὁ Θεός τοὺς εὐλόγησε, μετὰ ἀπό τήν έργασία καί τὸ μόχθο τους. Ἄς τοὺς εὐχαριστήσουμε, λοιπόν, έκ βάθους ψυχῆς καί ἄς μιμηθοῦμε τὸ παράδειγμά τους, «θησαυρίζοντες έν οὐρανοῖς, ὅπου μήτε σῆς μήτε βρῶσις ἀφανίζει, καί ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν». Διότι ὅπου βρίσκεται ὁ θησαυρός μας, ἐκεῖ βρίσκεται καί ἡ καρδιά μας, εἰς τοὺς αἰῶνας τῶν αἰῶνων. Ἀμήν!

Μετὰ πολλῆς έν Χριστῶ πατρικῆς ἀγάπης,



† ὁ Ἀμερικῆς Ἐπιδοφόρος,

**ARCHPASTORAL VISIT - Saturday, November 8<sup>th</sup>**



Greek Orthodox  
Metropolis of New Jersey

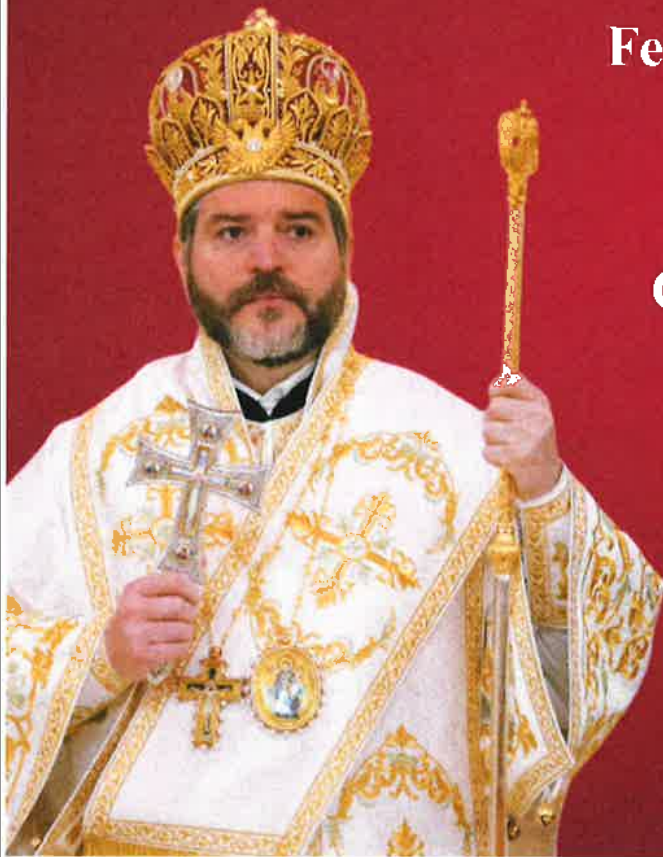
**Archpastoral Visit of His Eminence  
Metropolitan Apostolos of New Jersey**

**Feastday of the Synaxis of the Holy  
Archangels**

**Orthros and Hierarchical Divine  
Liturgy**

**Saturday, November 8, 2025  
9:00 A.M.**

**St. Nicholas Greek Orthodox Church  
520 Ponca St,  
Baltimore, MD 21224**





**GREEK ORTHODOX CHURCH OF SAINT THOMAS**  
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΗ ΚΟΙΝΟΤΗΤΑ ΑΓΙΟΥ ΘΩΜΑ



October 31, 2025

**Dear Saint Thomas Family and friends,**

With the blessings of His Eminence Metropolitan Apostolos of New Jersey, Saint Thomas has been chosen to celebrate the feast of the patron of our Metropolis, Saint Iakovos of Evia, on November 21 and 22. This will be a major undertaking with hundreds of visitors hosted for the services, dinner on Friday evening and coffee hour on Saturday after liturgy.

In order to fund this undertaking, we ask that you contribute to the Saint Iakovos Feast Day Fund. The major contributors will be listed on the commemorative bulletin under the following categories:

<b>Gold</b>	<b>\$5,000</b>
<b>Silver</b>	<b>\$2,500</b>
<b>Bronze</b>	<b>\$1,000</b>
<b>Supporter</b>	<b>\$ 750</b>

You can send a check to the Parish office or contribute online <https://b.link/fundraisers>

or scan the QR code



May Saint Iakovos protect you.

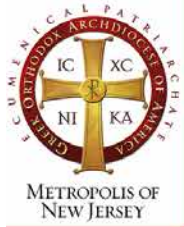
Rev. Protosybyter Georgios Oikonomou

Proistamenos

Anastasios Efstratiades

Parish Council President

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



# His Eminence Metropolitan Apostolos of New Jersey



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



It is an enormous  
blessing to have, for the  
first time, the  
**Epitrachelion (vestment)**  
**of St. Iakovos presented**  
**for veneration**

Hierarchical Great Vespers,  
Acolyte Blessing,  
and Dinner Reception

**Friday, November 21, 2025**  
**6:00 P.M.**

St. Thomas  
Greek Orthodox Church  
615 Mercer Street  
Cherry Hill, NJ 08002

Orthros,  
Hierarchical Divine Liturgy,  
and Reception

**Saturday, November 22, 2025**  
**9:00 A.M.**

St. Thomas  
Greek Orthodox Church  
615 Mercer Street  
Cherry Hill, NJ 08002



## GREEK ORTHODOX METROPOLIS OF NEW JERSEY

### ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

October 24, 2025

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

My Beloved in the Lord,

I hope and pray that this letter finds all of you well. On Saturday, November 22, 2025, the Greek Orthodox Metropolis of New Jersey will be celebrating the Feastday of our Patron Saint, St. Iakovos (Tsalikis) of Evvia. It is therefore with great joy that I announce to you the schedule for the Divine Services which will take place to mark this most important Feastday in the life of our sacred Metropolis:

#### Friday, November 21, 2025

6.00 pm      **Great Hierarchical Vespers**  
**At St. Thomas Greek Orthodox Church**  
615 Mercer St, Cherry Hill Township, NJ 08002

*All tonsured Acolytes of the Delaware Valley* are invited to attend and participate in the Great Vespers Service, and should bring their Altar Boy Robes with them for the service. At the conclusion of the Vespers Service, His Eminence will bestow upon each of the Acolytes a cross for them to wear when serving in the altar.

#### Saturday, November 22, 2025

9.00 am      **Orthros & Hierarchical Divine Liturgy**  
**At St. Thomas Greek Orthodox Church**  
615 Mercer St, Cherry Hill Township, NJ 08002

I call upon the faithful of our sacred Metropolis to attend and participate in these beautiful Divine Services so that we may join together as one spiritual family in celebrating the memory of our beloved Patron Saint. This year we will have the additional blessing of venerating a relic of the saint, his epitrachelion, which I have received from the abbot of the Monastery of Osios David. A celebratory reception will follow the services on both days.

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

With Paternal Love and Blessings

*J. Metropolitan Apostolos*  
†APOSTOLOS  
Metropolitan of New Jersey

215 East Grove Street, Westfield, NJ 07090-1656 · Telephone: (908) 301-0500 · Fax: (908) 301-1397  
web: [www.nj.goarch.org](http://www.nj.goarch.org) · e-mail: [metropolis@goarch.org](mailto:metropolis@goarch.org)

## STEWARDSHIP - NURTURING OUR FAITH



November is Stewardship Month!

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

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

We can add: entrusted to oversee spiritual responsibilities

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

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

Our Church has a history not unlike many Greek Orthodox communities in the United States and throughout the Diaspora: having been established and maintained with deep and enduring faith to the glory of our Lord and Savior Jesus Christ. The church communities were built by immigrants of limited means on "shoestring" budgets because they envisioned practicing their faith as their priority and held fast to that goal. They sacrificed and gave financial support to their churches proportionally perhaps to a greater degree than we and were more involved in their functioning. They were **true stewards of their faith**.

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

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

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

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

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

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

**Happy Thanksgiving Day!**



# 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](mailto:el817@yahoo.com)

**1). Μεγάλωσε η κολοκυθιά, και έστριψε ο λαιμός της!**

The squash, gourd grew very large and it's neck became twisted!

One has gotten too big for his britches, or.....one acts like he's now high on the social scale, or.....now keeping up with the Jones'.

**2). Φασούλι, φασούλι γεμίζει το σακούλι. (One of Father's favorites!)**

Bean by bean, the sack is filled!

When we all chip in, little by little, our goal is accomplished!

**3). Έρθαν τα άγρια, να διώξουν τα ήμερα.**

The wild ones came to oust the tame ones!

A new group of “know-it-alls” has come to take over, to upset the current procedure.



**4). Κάλια αργά, παρά ποτέ!**

Better late than never!

**5). Της νύχτας τα καρώματα, τα βλέπει η μέρα και γελάει.**

Work that is done at night is laughable when viewed during the day!

Often refers to intricate work that needs good lighting.

---

**Let's take a look at a few more common American Phrases:**

**1.) Level playing field.**

Abide by similar rules; be fair for results of value; no advantage to one or the other.

**2.) On cloud nine!**

In love! Feeling high! Feeling good! Everything's going your way! No obstructions!

**3.) Not a snowball's chance in hell!**

Slim chance of a positive outcome!

Just like a ball of snow winding up in the eternal fire of Hades! Gone!

**4.) The proof is in the pudding!**

We will determine how good the taste of a food is, or the outcome of an event at the end; not just by its initial appearance.

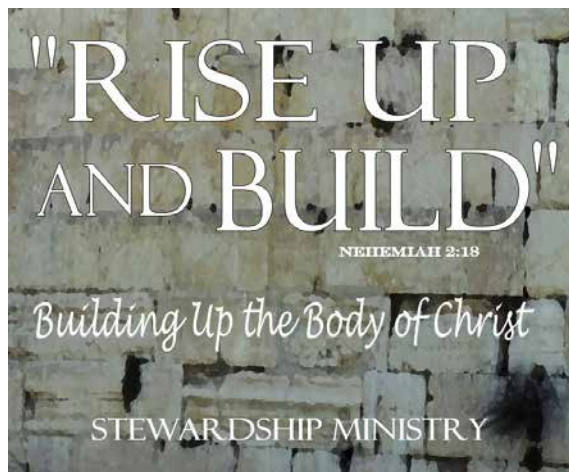
Also, the proof is in the eating, said of determining how good a sausage is after eating it.

(Both are sayings from England.)

**5.) Charity begins at home.**

First we look after and take care of our family before we engage in doing good works for others in the community.





The whole issue of Stewardship is as old as the Bible. Cain and Abel made an offering to God. The gift of Abel was accepted while the gift of Cain was rejected, Why? Because Cain made an ordinary offering while Abel brought the very best he could to God. Therefore, we must remember that our gifts will not find favor in God's eyes unless they come from the heart and out of sense of love. All successful Communities function when each of us in one way or another contribute our time, talents, and love. You commit yourselves to a cause that you believe in with God's blessings. Through a Christian Stewardship pledge system- each parishioner now decides through

the process of prayer and consideration what they personally feel they must return to God. If you give your life to Christ, then giving will be a joy to you, not a duty. If you have not given your life to Christ, giving will always be painful. A mother who loves her child counts it a joy not a chore to stay up all night with that child when it is ill and needy. Through the generous and selfless giving, she is rewarded by her child's unconditional love. As we read Scripture we come to see that God always gives abundantly. He multiplied the 5 loaves, which fed 5,000 people. He blessed the water at the marriage feast in Cana and there was an overabundance of wine to be shared by all the invited guests. In 36 hours after someone has given blood for someone else, God will replenish that blood. God always gives to us, but what do we give back to God. Our leftovers?

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

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

## FREQUENTLY ASKED QUESTIONS

How do I become a member of the parish? Membership in the Orthodox Church begins at baptism (Chrismation for some) and continues throughout our life. We are united with Christ through the sacraments, or mysteries, of the Church and through our faithful offering of our entire selves to Jesus Christ. Our Archdiocese requires each parish to distinguish between voting members and non-voting members. A voting member is over 18 years of age and turns in a signed stewardship commitment card, committing a portion of time, talent and treasure to the

Church. The Archdiocese also requires the voting member to remain current through the year on their commitments. Keep in mind that true membership in the Body of Christ involves living according to His word and within His Church.

Why must I commit to give a specific amount? Please keep in mind that your stewardship of money is kept in the strictest of confidence. However, we do compile the amounts anticipated to better plan our budget.

What if I cannot fulfill my stewardship commitment?

During the course of a year, circumstances because it is made out of your love for God and His Church. Please do not be concerned if you are unable to meet your stewardship commitment - we are glad you are a part of this parish.

## CHRISTIAN STEWARDSHIP IS ...

... learning how to be a responsible and concerned caretaker of Christ's Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God.

... our active commitment to use all our time, talent and treasure for the benefit of humankind in grateful acknowledgment of Christ's redeeming love.

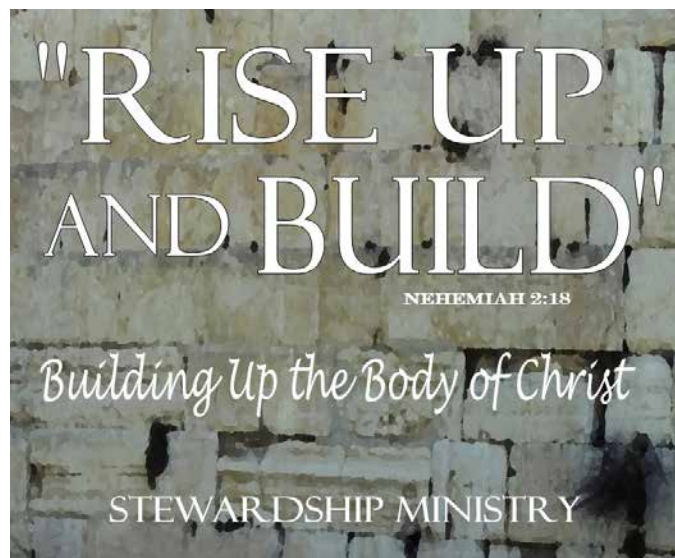
... caring for the needs of others.

... offering one's self to God as He offered Himself to us.

... what a person does after saying "I believe ...", as proof of that belief.

... devotion and service to God and His Church as persons, as families, as diocese/metropolis, as national Church and as Church universal.

Williams & McIbbs in Oriented Leadership



# ORDINATION OF FR. KONSTANTINOS LOUKAS



**AXIOS! AXIOS! AXIOS! ΑΙΩΣ! ΑΙΩΣ! ΑΙΩΣ!** On behalf of Fr. Michael Pastrok, the Parish Council, the Agios Nikolaos Philoptochos, and all of our church ministries, we extend our heartfelt Congratulations to Fr. Konstantinos Loukas on his Ordination to the Holy Priesthood.

May he always be worthy and along with Presbytera Athanasia & their precious daughter, Flora, continue to serve God in his new ministry at his newly assigned parish of St. Sophia in Pennsylvania!



# GOYA BASKETBALL TOURNAMENT



*Thank you to everyone who helped make the GOYA Basketball Tournament a great success!*



# ELLINOMATHIA CERTIFICATE CELEBRATION



The awarding of the Greek Language Proficiency Certificate Ceremony (Ellinomathia) at our church. As an Examination Center, our school triumphed again this year with the outstanding success of our children. They were so happy to receive their diplomas (from Father Michael Pastrikos) approved by the Aristotle University of Thessaloniki!!! Congratulations to our children, parents, and families!

Congratulations to our teaching staff, the wonderful teachers of the Afternoon Greek School of St. Nicholas Church in Baltimore!



# ST. NICHOLAS DIAMONDS

*The St. Nicholas Diamonds meeting on Tuesday, October 7th.*



*Congratulations to the St. Nicholas Diamonds on a successful crab feast!*





**GREEK ORTHODOX ARCHDIOCESE OF AMERICA  
ARCHEPISCOPAL ENCYCLICAL**

Prot. No. 492/2025

**Archepiscopal Encyclical for the Commemoration of OXI Day**

October 28, 2025

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

**Ἐστω δὲ ὁ λόγος ὑμῶν ναὶ ναί, οὐ οὐ .... (κατὰ Ματθαῖον 5:37)  
Let your “yes” be “yes,” and your “no” be “no” .... (Matthew 5:37)**

Beloved brothers and sisters in Christ,

If, in the history of the Greek People, there was ever a definitive example of the ‘no being no,’ it is doubtless October 28, 1940 — OXI Day. In the face of overwhelming fascist aggression, and the horrendous consequences of standing up to the Axis of evil, which would bring the brutal Nazi Occupation (*Κατοχή*) to Greece, brave Hellenes rejected any submission to the evil to come with a single word, “OXI.” In doing so, they signaled that in saying their ‘no was no,’ they also voiced a roaring “Yes!” to freedom and to truth.

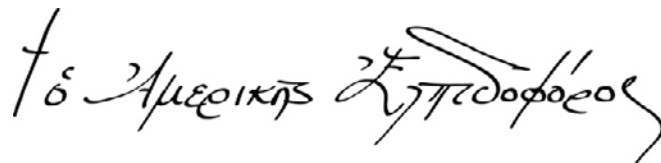
The Heroes of 1940 were no different than those of 1821. Their sacrifices and courage served to preserve the liberty of Greece, just as those of 1821 served to bring about the liberation of Greece. And like those Immortal Heroes of the Revolution, many perished without seeing the final victory for which they died. But their vision extended

well beyond this world into the world to come — where freedom, justice and peace reign supreme. They could say a resounding “No!” to the tyrants of this world, because their hearts were crying out with “Yes!” to the King of Kings and Lord of Lords of the Eternal Realm of Heaven.

Therefore, on this OXI Day, eighty-five years after their heroic cry of freedom, let us commit to follow in their footsteps. Let our “no be no” to tyranny, to despotism, to oppression and to cruelty. And let our “yes be yes” to the truth, to liberty, to decency and to the true patriotism that values love for our country, rather than hatred for the “other.”

Though we may not be spending sleepless nights of vigilance in the cold and rain of mountain fortresses, or risking our very lives in the defense of our homeland, we shall yet be revealed to be worthy successors of those Heroes of 1940, crying out “No!” to the abuse of power wherever it may occur, and “Yes!” to the freedom that our Lord promises to all who follow Him.

With much paternal love in Christ,



† ELPIDOPHOROS  
Archbishop of America





## ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ

Αριθμ. Πρωτ.: 492/2025

### Αρχιεπισκοπική Έγκύκλιος για την ημέρα του ΟΧΙ.

28 Οκτωβρίου 2025

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

*«Ἐστω δὲ ὁ λόγος ὑμῶν ναι ναι, οὐ οὐ» (Κατὰ Ματθαῖον 5:37).*

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῷ,

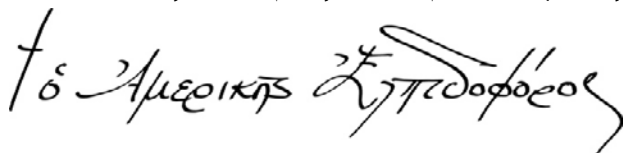
Ἐὰν ὑπῆρξε ποτὲ κατὰ τὴν μακραίωνη ἱστορία τοῦ Ἑλληνικοῦ Ἔθνους παράδειγμα ὅτι τὸ «ὄχι εἶναι πράγματι ὄχι», αὐτὸ εἶναι τὸ μεγάλο ΟΧΙ τῆς 28<sup>ης</sup> Οκτωβρίου 1940, ἡ ἡμέρα τοῦ ΟΧΙ. Ἐμπρὸς στὴν ἀπειλὴ τῆς φασιστικῆς ἐπέμβασης καὶ ἐνώπιον τῶν δεινῶν ποὺ ἔμελλε νὰ ἐπακολουθήσουν, ἀντιστεκόμενοι στὶς δυνάμεις τοῦ Ἄξονα μὲ κατάληξη τὴν ἀπάνθρωπὴ ναζιστικὴ κατοχὴ, οἱ γενναῖοι Ἕλληνες ὑψωσαν ἓνα κατηγορηματικὸ καὶ ἱερό ΟΧΙ! Μὲ μία καὶ μόνη λέξη, ἓνα ΟΧΙ ποὺ τὸ ἐννοοῦσαν, ἐξέφρασαν ὄχι μόνον τὴν ἄρνηση τῆς δουλείας, ἀλλὰ καὶ μία δυναμικὴ κατάφαση· ἓνα παντοδύναμο ΝΑΙ στὴν ἐλευθερία καὶ στὴν ἀλήθεια.

Οί ήρωες τοῦ 1940 δὲν ὑστεροῦν καθόλου τῶν ἀθανάτων ήρώων τοῦ 1821! Ὅπως ἐκεῖνοι ἔδωσαν τὴ ζωὴ τους γιὰ τὴν ἐλευθερία τῆς πατρίδας, ἔτσι καὶ αὐτοὶ πότισαν τὸ δέντρο τῆς ἐλευθερίας μὲ τὴ θυσία τους, χωρὶς μερικοὶ ἀπὸ αὐτοὺς νὰ ἀπολαύσουν τοὺς καρποὺς τῆς ἐλευθερίας. Ὅμως, τὸ ὄραμά τους ὑπερβαίνει τὰ ὅρια αὐτοῦ τοῦ κόσμου διότι ἐκτείνεται πρὸς τὴν Βασιλεία τῶν Οὐρανῶν, ὅπου βασιλεύει ἡ δικαιοσύνη, ἡ εἰρήνη καὶ ἡ πραγματικὴ ἐλευθερία. Βροντοφώναξαν τὸ ΟΧΙ στοὺς τυράννους αὐτοῦ τοῦ κόσμου, γιὰτὶ ἡ καρδιά τους ἔψελνε τὸ ΝΑΙ πρὸς τὸν «Βασιλέα τῶν Βασιλευόντων καὶ Κύριον τῶν Κυριευόντων», τὸν Κύριο ἡμῶν Ἰησοῦ Χριστό.

Γι' αὐτὸ σήμερα, ὀγδονταπέντε χρόνια μετὰ ἀπὸ ἐκεῖνο τὸν ήρωϊκὸ ἀλαλαγμὸ τῆς ἐλευθερίας, ἀνανεώνουμε μὲ ταπείνωση καὶ ἀποφασιστικότητα τὴν πορεία μας στὰ ἴχνη ἐκείνων τῶν ήρώων. Ἄς εἶναι τὸ ΟΧΙ μας ἀληθινὸ καὶ ἀμετάθετο ἐναντίον τῆς τυραννίας, τῆς ἀδικίας, τῆς σκληροκαρδίας καὶ πάσης μορφῆς κακοπραγίας. Καὶ ἡ φωνὴ τοῦ ΝΑΙ νὰ εἶναι ἔμπρακτη ὁμολογία στὴν ἀλήθεια, στὴν ἐλευθερία, στὴν εὐγένεια τῶν ήθῶν καὶ στὴν ἀληθινὴ φιλοπατρία ποὺ ἀγαπάει τὴν πατρίδα χωρὶς νὰ μισεῖ τοὺς ἄλλους.

Καὶ ἔστω καὶ ἐὰν δὲν φυλάττουμε σήμερα τὶς ἐπάλξεις ἀγρυπνοὶ στὸ κρῦο καὶ τὰ χιόνια, ρισκάροντας τὴ ζωὴ μας γιὰ τὴν προστασία τῆς πατρίδος, ὅπως ἐκεῖνοι οἱ ήρωες τοῦ 1940, ἀλλὰ ζοῦμε μὲ εἰρήνη καὶ ἀσφάλεια, καλούμαστε, ὅμως, νὰ φανοῦμε ἄξιοι διάδοχοί τους, λέγοντας ἕνα ήρωϊκὸ ΟΧΙ στὴν κάθε κατάχρηση ἐξουσίας καὶ ἕνα γενναῖο ΝΑΙ στὴν ἐλευθερία, τὴν ὁποία ὁ Κύριός μας χαρίζει σὲ ὅποιον τὸν ἀκολουθεῖ.

Μετὰ πολλῆς πατρικῆς ἐν Χριστῷ ἀγάπης,



† ὁ Ἀμερικῆς Ἐλπιδοφόρος

# GREEK SCHOOL - OXI DAY CELEBRATION



*On Monday, October 27th, our Greek School students took us through a glimpse of our history and what OXI Day represents to Greece and the Greek people around the world.*

*The children, along with their dedicated teachers, worked hard to present this program, and celebrated the meaning of OXI Day and showed great pride of our Greek heritage.*



# GREEK SCHOOL - OXI DAY CELEBRATION



## Ένας γεμάτος Οκτώβριος στο σχολείο μας!

Ο Οκτώβριος πέρασε γεμάτος δράσεις, συγκινήσεις και περηφάνια για τους μικρούς μαθητές του σχολείου μας. Από νωρίς ο μήνας ξεκίνησε με χαμόγελα και ενθουσιασμό, ενώ ολοκληρώθηκε με στιγμές που θα μείνουν αξέχαστες σε μικρούς και μεγάλους.

Την Κυριακή 19 Οκτωβρίου, πραγματοποιήθηκε στον χώρο της εκκλησίας, αμέσως μετά τη Θεία Λειτουργία, η απονομή των πτυχίων Ελληνομάθειας στους μαθητές του εξεταστικού μας κέντρου. Ήταν μια σεμνή αλλά ουσιαστική τελετή, γεμάτη υπερηφάνεια για την επιτυχία των παιδιών μας. Συγχαρητήρια σε όλους τους μαθητές για τη σκληρή δουλειά τους!

Λίγες μέρες αργότερα, τιμήσαμε με τον δικό μας ξεχωριστό τρόπο την Εθνική Επέτειο της 28ης Οκτωβρίου 1940. Οι μαθητές της Ε' και Στ' τάξης παρουσίασαν δύο θεατρικά έργα μαζί με ποιήματα, τα οποία εντυπώσαν το κοινό και απέσπασαν το θερμό τους χειροκρότημα. Ήταν μια εξαιρετική παρουσίαση που ανέδειξε τη δημιουργικότητα και την υπευθυνότητα των παιδιών.

Στις τάξεις, η προετοιμασία ήταν εξίσου εντατική και δημιουργική. Αναφερθήκαμε στα ιστορικά γεγονότα της εποχής, συζητήσαμε τη σημαντικότητα της ημέρας, παρακολουθήσαμε εκπαιδευτικά βίντεο και μέσα από χειροτεχνίες στολίσαμε τις τάξεις και τη σκηνή μας, βάζοντας τη δική μας πινελιά στον εορτασμό.

Μια ιδιαίτερα συγκινητική στιγμή ήταν όταν οι μαθητές μας, αφού παρατήρησαν, σύγκριναν και σχολίασαν εικόνες από τον Πόλεμο και την Κατοχή, αποτύπωσαν μέσα από τις ζωγραφιές τους το αντίθετο δίπολο: Πόλεμος και Ειρήνη. Οι δημιουργίες τους γέμισαν χρώμα, σκέψη και συναίσθημα.

Είμαστε περήφανοι για όλα τα παιδάκια μας και την προσπάθειά τους. Θερμά ευχαριστούμε τους γονείς και τον Σύλλογο Γονέων & Κηδεμόνων για την αμέριστη στήριξη τους σε κάθε μας βήμα.

Και τώρα, με ενέργεια και χαρά, συνεχίζουμε ολοταχώς με την ύλη του βιβλίου μας!

Με εκτίμηση,  
Καλλιόπη Πέρου-Βασιλειάδη  
Η Δασκάλα της Ε, Στ τάξης & τμημάτων Ελληνομάθειας

## A Full and Festive October at Our School!

October was a month full of activities, emotions, and pride for the young students at our school. From the very beginning, the month was filled with excitement and smiles, and it concluded with unforgettable moments for students and parents as well.

On Sunday, October 19th, we held the Certificate Award Ceremony for the Ellinomatheia Greek Language Exams at our examination center, right after the Divine Liturgy, in the church hall. It was a simple yet meaningful event, filled with pride in our students' hard work and success. Congratulations to all the children for their dedication and achievement!

A few days later, we honored in our own special way the National Anniversary of October 28th, 1940 "OXI" DAY. The students of Grades 5th and 6th presented two theatrical plays and poems, which captivated the audience and earned enthusiastic applause. Their performance was truly impressive, showcasing both creativity and responsibility.

In the classrooms, preparation was just as dynamic and engaging. We discussed the historical events of that time, reflected on the importance of the day, and watched educational videos. During class, we also created handmade crafts, which were used to decorate both our classroom and the stage, adding a festive and meaningful atmosphere to the celebration.

One particularly touching moment was when our students, after observing, comparing, and discussing images from the War and the Katoxi, created artwork that portrayed the contrasting themes of War and Peace. Their drawings were filled with color, thought, and deep feeling.

We are so proud of our students and all their efforts. A heartfelt thank you to the parents and the Parent-Teacher Association for their constant support in everything we do.

Now, we move forward with joy and energy, diving back into our school curriculum!

Sincerely,  
Kelly Peros Vasiliades | Teacher of 5th, 6th grade & Ellinomatheia



# GREEK SCHOOL - OXI DAY CELEBRATION



«Οχι στην λησμονιά, ναι στην Ελλάδα»

Η αίθουσα της κοινότητάς μας γέμισε φωνές, χρώματα και συγκίνηση το απόγευμα της περασμένης Δευτέρας για τον εορτασμό της 28ης Οκτωβρίου, όταν οι μαθητές του Ελληνικού Σχολείου Αγίου Νικολάου παρουσίασαν μια γιορτή αφιερωμένη στο “Οχι” του 1940 και στους ήρωες που ύψωσαν το ανάστημά τους απέναντι στον φασισμό.

Οι μικροί μαθητές μας απέδειξαν ότι η ελληνική ψυχή παραμένει ζωντανή, ακόμα και χιλιάδες μίλια μακριά από την πατρίδα. Μέσα από ποιήματα, τραγούδια, ιστορικά αφηγήματα και θεατρικά στιγμιότυπα, κατάφεραν να συγκινήσουν όλους τους παρευρισκόμενους, θυμίζοντάς μας τη σημασία της ενότητας, της πίστης και της ελευθερίας.

Ο εορτασμός της 28ης Οκτωβρίου δεν ήταν μόνο μια αναδρομή στην ιστορία, αλλά και μια γιορτή συνέχειας και ελπίδας. Μια υπόσχεση πως οι νέες γενιές θα συνεχίσουν να τιμούν τις ρίζες τους και να κρατούν αναμμένη τη φλόγα του ελληνισμού.

Ευχαριστούμε όλους τους μαθητές για τον ζήλο τους και τους γονείς για τη σταθερή τους υποστήριξη.

Η Ελλάδα ζει μέσα από τα παιδιά μας και μέσα από στιγμές σαν κι αυτήν.

Με αγάπη  
Παρασκευή Κοτσάτου Αργετάκη  
Δασκάλα της 3ης και 4ης τάξης

## “No to Forgetfulness, Yes to Greece”

The hall of our community was filled with voices, colors, and emotion on Monday afternoon during the celebration of October 28th, when the students of St. Nicholas Greek School presented a moving program dedicated to Greece’s historic “OXI” of 1940 and to the heroes who stood tall against fascism.

Our young students proved that the Greek spirit remains alive, even thousands of miles away from the homeland. Through poems, songs, historical narrations, and short theatrical performances, they deeply moved everyone present, reminding us all of the enduring values of unity, faith, and freedom.

The celebration of October 28th was not just a look back at history, it was also a celebration of continuity and hope, a promise that the new generations will continue to honor their roots and keep the flame of Hellenism burning bright.

We sincerely thank all our students for their enthusiasm and effort, and the parents for their continued support.

Greece lives on through our children and through moments like this.

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



# PARISH COUNCIL NEWS

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

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

St. Nicholas is a very active Community, and we have come so far and we can't afford to go backwards, and we need to go forward and continue the success of the previous Forefathers, Mothers, Grandparents, Ancestors, and Benefactors, that have given their love and dedication to St. Nicholas. We hear great stories of our parishioners

who first came here from our Mother land Greece and they built this beautiful Complex which now is our spiritual home. And now we see how we have grown as a Community here in Greek Town extending our church facilities with the Plateia, the Learning Center. We should be proud of our accomplishments here in Baltimore, Maryland. But now, we are the generation which must play a major role in keeping up with the legacy, the history, and the success present and future of our Church and Community. Become a Catalyst and let us bridge our ideas and our commitment for the future of St. Nicholas. We need to work together and empower each other to develop programs for our elderly, our Youth, and to create a mission and outreach program for the Parish. We can become a part of the solution and make a difference by becoming involved in our Church and Community.

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



# PARISH COUNCIL ELECTIONS

## ST. NICHOLAS PARISH COUNCIL ELECTIONS

Dear Parishioner,

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

We should be extremely grateful to the Men and Women who have served the Parish Council in past years. With God’s blessing their hard work, dedication, and sacrifice has given us a Church and facilities that is known far and wide for its beauty and Christian environment. We cannot thank them enough for all they have accomplished. I have always said that now is the time that the younger generation needs to step up to the plate, and get involved in the administration of the parish and learn from the present remaining dedicated individuals. Our faith is not a spectator sport without action, involvement, dedication, sacrifice, and commitment our faith is in vain.

These Elections will take place on the second Sunday of December 2025. Mark this date on your calendars and come to church ready to vote for the new members of the Parish Council.

(Note) In order to vote in these elections, every parishioner must take care of their financial responsibilities in full, or else they cannot vote in this coming election day.

With Love in Christ Jesus



Fr. Michael L. Pastrikos  
Protopresbyter



# PARISH COUNCIL ELECTIONS

## 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 2<sup>nd</sup>, 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 7<sup>th</sup>, 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 7<sup>th</sup>, 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 \_\_\_\_\_





# PARISH COUNCIL ELECTIONS

## 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**

## YOUNG ADULT NEWS (Y.A.L.)

Fr. Michael would like to inform all the Young Adults of the Parish that he is trying to reintroduce the Y.A.L. group into the Community. This gathering will certainly re-generate the enthusiasm that it once had before, and it will bring about new relationships and friendships between our Young Adults. Fr. Michael thought that it would be nice to invite all the Young Adults to the first scheduled meeting which will be held at the church hall on Thursday, November 13<sup>th</sup> at 6:30 pm. In this gathering we can discuss the future plans of our Y.A.L. and if this adventure is successful then we could go forward in planning future trips or get-togethers. It is time that we pay attention to our spiritual future. By joining the Young Adult League you have the opportunity to serve your Community, to meet new and exciting people. We will schedule activities, invite speakers, organize neighborhood watches, and at times have the opportunity to visit different Restaurants and places for entertainment. Every 2 years the Young Adults are always invited to Y.A.L Conventions which are held in different Cities throughout the United States. In the first gathering we will go through the rules and regulations and vote on the new officers for the group. If you are interested in joining the Y.A.L please fill out the bottom application with all your information.

Hoping to see everyone at the first gathering,

Respectfully,

Fr. Michael L. Pastrokos  
Protopresbyter



NAME: .....

ADDRESS: .....

CELL PHONE NUMBER: .....

E-MAIL : .....

TELEPHONE NO: .....

# MEMORIALS

## *In Memory of Nikolaos Karanikolis*

Mr. Harry Tsakalos  
 Mr. & Mrs. George & Maria Kornias  
 Ms. Effie Filipidis, Maria & Nikoleta  
 Mr. Nicholas Filipidis  
 Mr. & Mrs. Christos & Irene Kornias  
 Mr. & Mrs. Michael & Christina Tsampos  
 Mr. & Mrs. Kimon & Zinovia Milonas  
 Mr. & Mrs. George & Demetra Tsampos  
 Mrs. Despina Avgerinos  
 Mr. & Mrs. Scott & Paraskevi Luebben  
 Mr. & Mrs. Vasilios & Sophia Avgerinos  
 Mr. Perry Sfikas  
 Mr. Joe Barbarino  
 Mr. George Forakis  
 Mrs. Arezina Cornias  
 Mrs. Angeliki Argetakis  
 Mr. & Mrs. Antonis & Nafsika Scholiodis  
 Mr. & Mrs. Andronikos & Paraskevi Argetakis  
 Mr. & Mrs. Stergios & Eleni Gatanas  
 Mr. & Mrs. Emmanuel & Irene Komninos  
 Mr. & Mrs. Michael & Katina Klosterides  
 Mrs. Paraskevi Reppas  
 Mr. & Mrs. Soterios & Elia Reppas  
 Mr. & Mrs. Theologos & Eleftheria and George Karamihalis  
 Mr. George Ieromonahos  
 Mr. & Mrs. Konstantinos & Anna Paralys  
 Mrs. Lambrini Mavrikos  
 Mr. & Mrs. Paraskevas & Linda Siskos  
 Mr. & Mrs. Michael & Flora Moniodis  
 Mr. & Mrs. Michael & Helen Klosteridis  
 Mr. & Mrs. John & Angeliki Sfakianoudis  
 Mr. & Mrs. George Pikounis  
 Mr. & Mrs. James & Maria Fotinos  
 Mr. & Mrs. Aristides & Virginia Polychronis  
 Mr. & Mrs. Emmanuel Hondroulis  
 Mr. & Mrs. Michael & LEMONIA Stakias  
 Mr. Constantine Cornias  
 Mr. & Mrs. Nicholas & Calliopi Cornias  
 Ms. Patricia Cornias  
 Mr. & Mrs. Dimitrios Stakias  
 Mr. & Mrs. John & Despina Pikounis  
 Mrs. Kiki Vavakas  
 Mrs. Paraskevi Reppas  
 Mr. & Mrs. Steve & Dina Tsakalas

Mr. Stavros Rologas  
 Mrs. Theonimfi Cornias  
 Mrs. and Mrs. Larry Cornias  
 Mr. & Mrs. Mike & Effie Moniodis  
 Mr. & Mrs. Nikolaos & Vaseliki Karanikolis  
 Mr. Yiannis Atsides  
 Mr. & Mrs. Dimitrios & Polytimi Roros  
 Mr. & Mrs. Konstantinos & Angela Sfakianoudis  
 Mrs. Angeliki Pikounis  
 Mrs. Kelly Argetakis  
 Mr. & Mrs. Anastasios & Angela Stamidis

## *In Memory of Stavroula Forakis*

Mr. George Forakis  
 In Memory of Vasiliki Kapou  
 Mr. & Mrs. Emmanuel Theoharis  
 Mr. & Mrs. Konstantinos & Angela Sfakianoudis  
 Mrs. Kyriaki Roros  
 Mr. & Mrs. Mike & Effie Moniodis  
 Mr. & Mrs. Efstathios Papadopoulos

## *In Memory of George Nicolarakis*

Ms. Eva Lallas

## *In Memory of Christos and Georgia Triantafillidis*

Mr. & Mrs. Ted Cozmo

## *In Memory of George Katsimpiris*

Mrs. Nichola Katsimpiris Wallace

## *In Memory of Ekaterini "Nina" Tripolitis*

Mrs. Kyriaki Roros  
 Mrs. Chrysoula Karanikolis  
 Mr. & Mrs. Michael & Eleni Klosteridis  
 Mrs. Kiki Vavakas  
 Mr. & Mrs. Isidoros & Eleni Roros  
 Mrs. Paraskevi Reppas  
 Mr. & Mrs. Steve & Dina Tsakalas  
 Mr. Stavros Rologas  
 Mr. & Mrs. Dimitrios Stakias  
 Mrs. Anastasia Vasilakopoulos  
 Ms. Stella Karais  
 Mrs. Soula Kapetanakos  
 Mr. & Mrs. George & Stavroula Chrisovergis

Mrs. Maria Kalabihis  
 Mr. & Mrs. Soterios & Elia Reppas  
 Mr. & Mrs. Pete & Eleni Karabellas  
 Ms. Eva Lallas

## *In Memory of George & Maria Vergos*

Vergos Family

## *In Memory of Stavros Roros*

Mrs. Paraskevi Reppas

## *In Memory of Teri Barnes*

Mr. Antonio Sazaklis

## *In Memory of Clara Cornias*

Mr. & Mrs. George & Katherine Fotis  
 Mr. James Soulikas  
 Mr. & Mrs. Gus & Kalliope Atsalis  
 Mrs. Rose Tsakalos  
 Mr. Steve Moniodis  
 Stefanos & Dina & Stamatis Siskos

## *Donation in Honor of*

### *Stamatia Ieromonahos*

Ms. Eva Lallas

## *Donation in Honor of*

### *Fr. Michael's Name Day*

Ms. Eva Lallas

## *Donation in Honor of*

### *Eleni Kostalas-Lentis' Birthday*

Ms. Eva Lallas





## 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.*



## ***OATH OF OFFICE GIVEN TO NEW PTA BOARD***

With the blessing of Father Michael Pastrokos, the commendable mothers of our Greek School, who comprise the Parents & Teachers Association (PTA), were sworn in yesterday.

They are: President – Alexandra Forakis; Vice President – Maria Ieromonahos; Treasurer – Alexandra Karoutsos; Secretary – Angela Yeakim; Corres. Secretary – Stella Fotinos.

The help they offer to the school and our children is invaluable. Our cooperation with them is excellent. Their ideas are always respected and essential for the good of our children. We wish them strength in their work and thank them from the bottom of our hearts.

---

Με την ευλογία του πάτερ Μιχάλη ορκίστηκαν σήμερα οι αξιέπαινες μητέρες του Ελληνικού Σχολείου μας που αποτελούν τον Σύλλογο Γονέων & Δασκάλων(PTA).

Πολύτιμη η βοήθεια που προσφέρουν για το σχολείο και τα παιδιά μας.  
Άριστη η συνεργασία μας μαζί τους.

Σεβαστές & απαραίτητες οι ιδέες τους πάντα για το καλό των παιδιών μας.  
Τους ευχόμαστε καλή δύναμη στο έργο τους & τους ευχαριστούμε από καρδιάς





## PTA OFFICERS & MEMBERS

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



Monday, November 10th at 5:30 pm

Monday, December 8th at 5:30 pm

Monday, January 12th at 5:30 pm

Monday, February 9th at 5:30 pm

Monday, March 9th at 5:30 pm

Monday, April 20th at 5:30 pm

Monday, May 11th at 5:30 pm



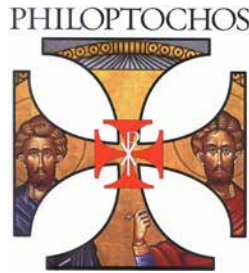
Monday, December 1st & Wednesday, December 3rd	Christmas Decorating
Wednesday, December 17th	Christmas Party & Caroling
Monday, January 5th	Theophany - Craft & Video, Vasilopita Cutting
Monday, January 12th & Wednesday, January 14th	Lambades Making
TBD	Three Heirarchs Program
Thursday, February 12th	Tsiknopempti Fundraiser
Wednesday, February 18th	Apokries Activities/Crafts
TBD	Godparents Sunday -Spaghetti Lunch, Laganes & Tiropites Fundraiser
Monday, February 23rd	Clean Monday: Lenten Foods & Craft
Monday, March 2nd	Marti Bracelets
Sunday, March 22nd	Greek Independence Day Program
Wednesday, April 1st	Easter Crafts
Saturday, April 4th	Lazarus Breakfast
Monday, May 4th	Protomagia Celebration
Wednesday, May 27th	End of Year Program
TBD	6th Grade Dinner
June 11th -14th	Kids Zone at Greek Festival



# PHILOPTOCHOS

**Matthew 25:35** “For I was hungry, and you gave me something to eat, I was thirsty, and you gave me something to drink, I was a stranger, and you invited me in.”

As the Holidays are approaching and everyone is getting ready to enjoy with family and friends, we must also think of those that are alone or in need of assistance. Philoptochos again this year starting November 1st through November 23rd will be collecting non-perishable food items for our local community pantry. With the Blessings of Father Michael and the Parish Council we will now have a food pantry in our church and collect non-perishable food items throughout the year. A collection box is now located in the atrium of the church for your convenience. For Thanksgiving we will help families with food. If there is anyone that needs assistance, please contact Nora Kefalas 410-979-6656 / Evagelia Saliaris 410-592-8345 or Irene Vasiliou 410-687-3978. All assistance is strictly confidential!



**Ματθαίος 25:35** «ἐπέινασα γάρ, καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ ἐπότισάτε με, ξένος ἤμην, καὶ συνηγάγετέ με, [36] γυμνός, καὶ περιεβάλετέ με, ἡσθένησα, καὶ ἐπεσκεψασθέ με, ἐν φυλακῇ ἤμην, καὶ ἦλθετε πρὸς με.»

Καθὼς πλησιάζουν οἱ γιορτές καὶ ὅλοι ετοιμάζονται νὰ ἀπολαύσουν με τὴν οἰκογένεια καὶ τοὺς φίλους τοὺς, πρέπει ἐπίσης νὰ σκεφτοῦμε ὅσους εἶναι μόνοι ἢ χρειάζονται βοήθεια. Ἡ Φιλόπτωχος καὶ φέτος, ἀπὸ τὴν 1η Νοεμβρίου ἕως τὴν 23 Νοεμβρίου, θὰ συλλέγει μὴ ευπαθὴ τρόφιμα γιὰ τὴν τοπικὴ μας ἀποθήκη τροφίμων. Με τὴν εὐλογία τοῦ

Πατῆρ Μιχαὴλ καὶ τοῦ Ἐνοριακοῦ Συμβουλίου, θὰ ἔχουμε πλέον μὴ ἀποθήκη τροφίμων στὴν ἐκκλησία μας καὶ θὰ συλλέγουμε μὴ ευπαθὴ τρόφιμα ὅλο το χρόνο. Ἐνα κουτί συλλογῆς βρίσκεται τὴν αἴθριο τῆς ἐκκλησίας γιὰ τὴν ἐξυπηρέτησή σας. Γιὰ τὴν Ἡμέρα τῶν Ευχαριστιῶν θὰ βοηθήσουμε τὴν οἰκογένειες με τρόφιμα. Ἀν κάποιος χρειάζεται βοήθεια, παρακαλοῦμε ἐπικοινωνήστε με τὴ Νόρα Κεφαλὰ στὸ 410-979-6656 / τὴν Ευαγγελία Σαλιάρη στὸ 410-592-8345 ἢ τὴν Εἰρήνην Βασιλείου στὸ 410-687-3978. Ὅλη ἡ βοήθεια εἶναι αὐστηρὰ ἐμπιστευτική!

October 28th at Liberatores Restaurant was our Harvest Night. We would like to thank the owners for hosting and everyone who attended or donated to make it a warm evening of fellowship.

Sunday, November 2nd we will celebrate our Patron Saints Kosmas and Damion with an Artoclasia. Also, a special tray will be passed to benefit The Ecumenical Patriarchates Programs and Charities.

Monday, November 3rd at 6:00 p.m. in our church hall the next General Meeting which will be followed by a dinner in honor of our Patron Saints with Guest Speaker Photi Mavroulis.

Sunday, November 9th at Valley Mansion Is the Maryland/Northern Virginia Grand Banquet of the Metropolis of New Jersey. Our Philoptochos Chapter this year will be honoring Mrs. Despina Kostalas. We are grateful for everything she has offered and continues to do for our chapter and wish her many years of health!

## **Donations to Saint Nicholas Philoptochos:**

Alexandra Karoutsos and Family  
Annoymous

**In memory of Mitros:** Anonymous

**In memory of Magafoula Giorgaki:**

John and Maria Giorgaki and Family

**In memory of Nicholas Karanikolis:** Eleni Pikounis

## **Donations to Philoxenia House:**

Tony Pearce and Family  
Despina Cornias

Στὴν 28 Οκτωβρίου στὸ ἐστιατόριο Liberatores πραγματοποιήθηκε ἡ βραδιά τοῦ Συγκομιδῆς μας. Θὰ θέλαμε νὰ ευχαριστήσουμε τοὺς ἰδιοκτῆτες γιὰ τὴ φιλοξενία καὶ ὅλους ὅσους παρευρέθηκαν ἢ δώρισαν γιὰ νὰ γίνει μὴ ζεστὴ βραδιά συντροφικότητας.

Κυριακὴ, 2 Νοεμβρίου, θὰ γιορτάσουμε τοὺς Πολιοῦχους Ἁγίους μας Κοσμά καὶ Δαμιανὸς με Ἀρτοκλασία.

Επίσης, θὰ μοιραστὴν ἕνας εἰδικὸς δίσκος γιὰ νὰ ωφεληθεῖ τὰ Προγράμματα καὶ τὰ Φιλανθρωπικὰ Ἰδρύματα τοῦ Οἰκουμενικοῦ Πατριαρχείου.

Δευτέρα, 3 Νοεμβρίου στὴν 6:00 μ.μ. στὴν αἴθουσα τῆς ἐκκλησίας μας, ἡ ἐπόμενη Γενικὴ Συνέλευση, ἡ ὁποία θὰ ἀκολουθηθεῖ ἀπὸ δείπνο πρὸς τιμὴν τῶν Πολιοῦχων Ἁγίων μας με προσκεκλημένο ομιλητὴ τὸν Φώτη Μαυρούλη.

Κυριακὴ, 9 Νοεμβρίου, στὸ Valley Mansion θὰ πραγματοποιηθεῖ τὸ Μεγάλον Δείπνον τῆς Μητροπόλεως τοῦ Νέας Ἱερσῆς ἀπὸ τὸ Μέριλαντ / Βόρεια Βιρτζίνια. Ἡ Φιλόπτωχος μας φέτος

θὰ τιμήσει τὴν κα Δέσποινα Κωστάλα. Εἴμαστε ευγνώμονες γιὰ ὅλα ὅσα ἔχει προσφέρει καὶ συνεχίζει νὰ κάνει γιὰ τὸ παράτημά μας καὶ τῆς ευχόμεστε χρόνια πολλὰ με υγεία!

## **Δωρεές στὸν Ἅγιον Νικόλαον Φιλόπτωχο:**

Ἀλεξάνδρα Καρούτσου καὶ Οἰκογένεια  
Ἀνώνυμος

**Στὴ μνήμη τοῦ Μήτρον:** Ἀνώνυμος

**Στὴ μνήμη τῆς Μαγκαφούλας Γιωργάκη:**

Γιάννης καὶ Μαρία Γιωργάκη καὶ Οἰκογένεια

**Στὴ μνήμη τοῦ Νικόλα Καρανικολῆ:** Ελένη Πικούνη

## **Δωρεές στὸν Οἶκον Φιλοξενία:**

Τόνι Πης καὶ Οἰκογένεια  
Δέσποινα Κορνιάς





## 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.

October was filled with many different fall events. Our BEEC children enjoyed our Jack O' Lantern Jamboree. They enjoyed playing, dancing with friends, dressing up, painting pumpkins and more! The BEEC students also participated in our Spirit Week. We really loved seeing all of our students representing their new classroom names by dressing up! Lastly, Our Preschool students had a blast visiting Eco Adventures for a field trip where they enjoyed spending time with their family, friends and teachers!

This month our students will be learning about different cultures around the world, opposite words and more! BEEC will also be hosting their annual Thanksgiving feast for our BEEC families at the end of the month.

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

Ο Οκτώβριος ήταν γεμάτος με πολλές διαφορετικές φθινοπωρινές εκδηλώσεις. Τα παιδιά του BEEC απόλαυσαν το Jack O' Lantern Jamboree. Απόλαυσαν το παιχνίδι, τον χορό με φίλους, το ντύσιμο, το βάψιμο κολοκύθες και πολλά άλλα! Οι μαθητές του BEEC συμμετείχαν επίσης στην Spirit Week. Μας άρεσε πολύ να βλέπουμε όλους τους μαθητές μας να παρουσιάζουν τα νέα τους ονόματα στις τάξεις ντυμένοι! Τέλος, οι μαθητές του Νηπιαγωγείου μας πέρασαν υπέροχα επισκεπτόμενοι το Eco Adventures για μια εκδρομή όπου απόλαυσαν χρόνο με την οικογένεια, τους φίλους και τους δασκάλους τους!

Αυτόν τον μήνα οι μαθητές μας θα μάθουν για διαφορετικούς πολιτισμούς σε όλο τον κόσμο, αντίθετες λέξεις και πολλά άλλα! Το BEEC θα διοργανώσει επίσης την ετήσια γιορτή των Ευχαριστιών για τις οικογένειές μας στο BEEC στο τέλος του μήνα.





### HOPE FOR THE THANKSGIVING HOLIDAY



THE HOLIDAYS CAN BE an especially difficult time of year for those who are grieving. When everyone around you seems happy and full of holiday cheer, you may want to just skip the holidays all together.

The sights, sounds, and smells of the holiday season can be overwhelming, and the period of time leading up to the holidays can actually be worse than the day itself.

Before Thanksgiving Day, think about what might be tough and plan ahead. For example, the “empty chair”: Should you keep it in place or remove it from the table altogether? Should the oldest child or another family member sit there now? Should you set a place in honor of your loved one? There’s no right or wrong answer. Do what’s best for you and your family.

Be realistic and don’t over-schedule since you know yourself better than anyone. Set realistic goals and always have more than one plan. By having multiple plans—Plan A, B and C—you can quickly move to the next plan if the first choice isn’t working or becomes too difficult.

It’s important to remember that you don’t have to do things the way you’ve always done them. It may be a good time to start some new traditions. This doesn’t mean you’re going to lose the old traditions; you can always go back to them or incorporate them again when you’re ready. Just because you’ve always put on a huge feast doesn’t mean you have to this year. Have everyone bring a dish, have another family member host Thanksgiving dinner, or go out to a restaurant this year.

Beginning on November 15 and concluding on December 24 (40 days), the Nativity Fast gives individuals the opportunity to prepare for the Feast of the Nativity of Our Lord and Savior on December 25. This is the time in the Orthodox Church when attention is drawn to the great mystery of the Incarnation of our Lord and Savior Jesus Christ, as we await his coming in anticipation of the great joy of His birth on Christmas Day.

Address the “elephant in the room” by acknowledging your loved one and including him or her in your gathering by lighting a candle, making a toast in his or her honor, or sharing favorite memories and funny stories about them. It may be difficult to start these conversations, but it will benefit everyone around you and help each of you heal a little bit at a time.

A wonderful new tradition is to cover the table with a plain tablecloth. Provide permanent markers for family members and guests to write on the cloth what they’re thankful for or a favorite memory or message to your loved one. Children can have fun by drawing pictures. Bring the tablecloth out at each holiday until it’s full and then start a new one!

Remember to give thanks for what you had and what you still have. Memories, love and feelings in our hearts can never be taken from us unless we let them. This year give thanks that the grief you feel is based on the enormous love you’ve shared!

### ΤΟ ΧΑΜΟΓΕΛΟ

- Ένα χαμόγελο δέν στοιχίζει τίποτε, κι όμως είναι πολύτιμο.
- Πλουτίζει εκείνον που τό δέχεται χωρίς νά φτωχαίνει εκείνον που τό δίνει.
- Δέν διαρκεί παρά μονάχα μιά στιγμή αλλά ή ανάμνηση του είναι καμμιά φορά αιώνια.
- Ένα χαμόγελο ανάπαυει τόν κουρασμένο, δίνει θάρρος στόν άπογοητευμένο, παρηγοριά στόν λυπημένο, άναπτερώνει τήν αίσιοδοξία καί δημιουργεί τήν εύτυχία στό σπίτι.
- Κι όμως δέν δανείζεται, δέν κλέβεται, δέν αγοράζεται, δέν παίρνεται έκβιαστικά, γιατί είναι κάτι που έχει άξια όταν δίνεται.
- Κι αν καμμιά φορά συναντήσετε κανένα άνθρωπο που δέν σας χαρίζει τό χαμόγελο που άξιζετε, φανείτε γενναϊόδωρο κι ανώτεροι άνθρωποι καί δώστε του έσείς τό δικό σας, γιατί κανένας δέν τό έχει τόση ανάγκη όση εκείνος που δέν μπορεί νά τό δώσει.

### Ο ΔΕΚΑΛΟΓΟΣ ΤΗΣ ΛΕΒΕΝΤΙΑΣ

- |                         |                |
|-------------------------|----------------|
| 1. Στούς άλλους         | → χαμογελαστός |
| 2. Στόν έαυτό σου       | → αύστηρός     |
| 3. Στήν ανάγκη          | → γενναίος     |
| 4. Στόν μόχθο           | → πρόσχαρος    |
| 5. Στίς αντίξρότητες    | → άπίοητος     |
| 6. Στίς πεποιθήσεις σου | → έδραϊος      |
| 7. Στίς μικρότητες      | → αγέρωχος     |
| 8. Στούς εύτελείς       | → γενναϊόψυχος |
| 9. Στά νεησοκάπνια      | → άπιαθής      |



## QUESTION & ANSWER:

### *How can we find Christ? How can we change the way we live to come closer to God?*

***The answer is very easy! We need to pray more and fast more.***

The other day I heard someone say, I don't believe in fasting. Nor do I believe that we must pray in order to be better Christians.

There are millions of people in this world that don't believe what our Lord Jesus Christ teaches us. In today's society we like or dislike about Christ's teachings.

There is a tendency with people today to mold Christ into what we think he should be.

Christ will always be the same yesterday, today, and tomorrow. We cannot change him to fit our ideas.

Let's not forget that God has given us that choice to believe in Him. Meaning that he has given us the free will to follow whom we choose. I always believe in the value of wisdom is an important ingredient that we could use as a weapon to armor ourselves against the evil one.

***So where do we find this wisdom?***

Answer: By reading the Holy Bible. When was the last time you opened the Bible to read?

The Holy Bible is filled with the wisdom of God. When Society or even our own members go elsewhere to look for something more meaningful and substantive, it is often due to two things. First, whether we have failed as a Church and second, people's lives are not grounded here and wish to believe something else. No one can force anyone to believe in Christ. This is something that we take very seriously in our choice of direction we want our spiritual life to follow. There are so many religions and beliefs in this world and the evil one surely has the control of this misdirection that people are going through.

But this can also be true, if we look in our bookshelves at home how many religious books are found there?

If you have a lot, then you are going in the right direction, if not then we are losing the race. My answer is trust we need to get back to the basic principles that Christ taught his disciples. We must focus more on the needs of our spiritual fulfillment than our physical or materialistic well-being.

The disciples did that. They left everything to follow Christ. Did they make a mistake, of course not, they followed him to the end and they received their (Crown of Glory). If they received their reward, we can also receive the gift of eternal life from our lord and Savior, Jesus Christ.

But remember-when was the last time we did something charitable? Give food to the hungry water to the thirsty, clothing to the naked, visited the shut-ins and visiting the sick in the hospitals. These and other spiritual deeds are the kind acts of Love that God wants us to be a part of. Remember. All things other than our faith, leads to death and nothingness.

Only faith in Christ. So let us cling to our faith as the only real tangible thing we can always carry with us.

***"The truth endures forever."***

Psalms 117:2

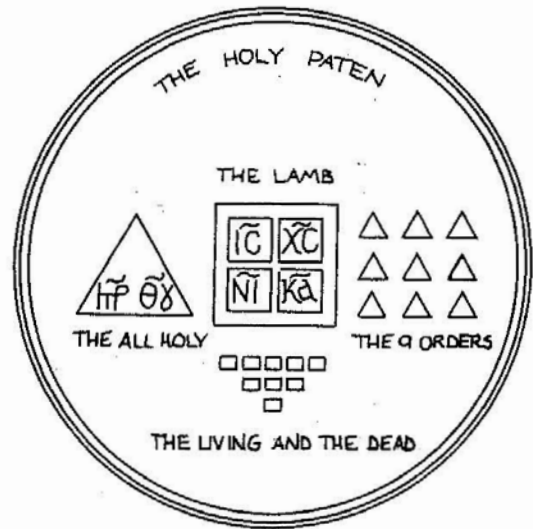


## Prosforo Bread The Seal

In preparing the Prosforo Bread, a special seal is stamped on top of the bread before it is baked. The priest will know where you can borrow or purchase such a seal.

The middle part of the seal contains a square piece of bread with the words IC, XC, NIKA. This is a Greek abbreviation for JESUS CHRIST CONQUERS. Since this is the piece that will be changed into the Body of Christ, it is called the Lamb of God.

A large triangular piece is removed from the left of the Lamb of God and placed on the paten. This represents the Virgin Mary, our Lord's mother. Then nine smaller triangular pieces are removed from the seal to commemorate the angels, prophets, apostles and saints of the Church. These are placed on the paten to the right of the Lamb of God. Following this, the priest prays for the living members of the congregation especially for those whose names have been submitted to him. As he prays for each name he cuts a small piece of bread, representing the person prayed for, and places it immediately below Jesus, the Lamb of God. Finally, he removes a piece of bread for each deceased person for whom we have requested prayers. Thus, around the Lamb of God on the paten is gathered the entire Church consisting of the angels, saints, and loved ones in heaven together with members of the local congregation. ALL are alive in God's presence and all constitute the one living Body of Christ. *(You may purchase a seal in the St. Haralambos Bookstore)*



## Preparing Prosforo Bread for The Divine Liturgy

*This is the recipe for the preparation of Prosforo bread, which is then to be brought to the Church for offering in the Divine Liturgy.*

### PROSFORO BREAD

#### Ingredients:

- 6 cups flour (sifted)
- 1 teaspoon salt
- 2 cups warm water (110 degrees)
- 2 cakes or packs of yeast
- 1 Prosforo seal for imprinting seal of bread

Dissolve the yeast in warm water. Add salt and flour and knead until smooth. Place in the bowl, cover, and let rise. When it doubles in size, knead again. Then divide dough in half and put in cake pans that have been floured only (no grease). Dip seal in flour and stamp bread firmly to leave a clean imprint. Use a toothpick to place a few small holes around the edge of the seal. Let rise again about 1 hour. Bake for about 30 minutes at 350 degrees or until light brown. Prepare a list of names of Orthodox Christians who you would like commemorated in the service. Use first names only. On the left side, write "Living" at the top and list the names below. On the right side, write "Departed" and write the names of departed below. Bring the list and the bread to the Church before the start of Orthros (or the day before).



*(Note: It is traditional to have an icon and a lighted candle in the area where the Prosforo is being prepared, as it is an offering of faith. The Jesus Prayer may be used during the preparation.)*

# Solving Our Problems

The words of our Lord Jesus Christ remind us of the prediction of the Last Days. These words still ring true today. **“You will always have the poor, but you will not always have Me.”**

(John 12:8)

When you look around at the people who attend Church on Sunday, WHAT DO YOU SEE? Do you see impressive people dressed in fine clothes who have it all together, do you see hurting people in need of comfort, troubled people in need of peace, or sick people who need healing?

There are many different kinds of people who come to Church who really need the Word of God to help them solve their problems. Please don't get so distracted in life trying to solve problems of others when you yourself are having major problems that are facing you. Don't sit around asking “Why?” Use the gifts and abilities that God has given to you. Roll up your sleeves and stay busy with your tasks and God will help you if you help yourself. God will add to your strength His Great Strength. Don't expect God to be limited in helping you solve your problems in the conventional manner. Don't limit God to your preconceived ideas about how he is going to solve your problem.

The Lord has ways of doing things you have never dreamed of. That is why the Bible says, “Nothing is impossible for God” -Luke 1:37. So, this means there is a choice to make? That's a question we may need to answer as well. WHAT DO YOU WANT IN LIFE? I believe the first step to achieving something is to work hard and want it. We have to show Christ that we care about ourselves, and we care for our spiritual upbringing. Knowledge is not picked from a tree. Knowledge is something that we grow with and gain. As Christians we need to determine what we really want, and as God's people learn to say with the Apostle Paul “I can do all things through Christ who strengthens.” In our Society today, people don't need a gabfest when they're facing big problems. What they really need is help! Who cares as much about why people are hurting as the fact that they are truly hurting. You don't always have the neat

explanations as to why problems occur. Don't waste your time like we always do in the blame game when you need to be more involved in working out solutions no matter how difficult the problem might seem to be. Don't get caught up like others do in pursuit of answering the question “Why?” Why did God let this happen? If we knew every “Why” question, then we would be God's ourselves. When you're facing big problems, instead of complaining that your problem exists, it might help to light a candle instead of cursing the darkness.

In life, there are many disappointments, and accomplishments, in anything that we do we need to make a choice. Do we want to be disappointed? Or do we want to accomplish something in our lives. To be honest with you, there are people in our society that given the opportunity for healing, or straighten out their

life, might actually choose not to accept because at this moment in time they are free of some sympathy by complaining about their problems or sickness. They can manipulate people by being sick, or punish themselves if they feel guilty.

When Jesus asked all those who wanted to be healed, He didn't say “You are healed”, He said, “Do you want to get well?” or “Do you truly believe in Me?” or “Because of your faith you are healed.” The Church is always an

oasis to comfort the needs of her people. Because we believe that when two or more are gathered together in the church “Christ is Truly in our Mist” The church is where everyone finds refuse and comfort. The church is there for the Young the Elderly, the Sick, the Lamé, the Blind, the Rich and the Poor. When we attend Church, we always try to wear our best clothes and put on our best smiles. Everybody looks happy, so we assume everything is okay. But in reality we need to look beyond the facade with people who have assorted problems and are hurting spiritually and physically. There are also people in church with smaller problems such as an unresponsive spouse, a boring job, a poor grade, personality clashes, the lonely, the dying, the discouraged, the exhausted on and on the stories go, but they can all be found here in the church.





**Mission Statement:** Our Golden Age Activity Center provides for stimulating the spiritual, social, and interpersonal interaction of our seniors in a loving, safe and comfortable environment.

**Hours of Operation:** Monday through Friday 9am to 3pm

**Location:** Annunciation Orthodox Center

**Contact Information:** [GoldenAgeAC@annunciationbaltimore.org](mailto:GoldenAgeAC@annunciationbaltimore.org)  
<https://annunciationbaltimore.org/golden-age-activity-center>

**Activities:**

- Participation in weekday Divine Liturgy services
- Orthodox study of various topics including lives of the Saints
- Modest levels of physical activity
- Continental breakfast, lunch, and end of day snack
- Word and board games
- Arts and crafts
- Singing and dancing including performances by guests
- Field trips including to other orthodox churches and festivals

**Suggested Donation:** \$35 per day. Sponsorships available, please contact Father George and Evelyn Kimos, Director, to discuss.

**Reservations are required one week in advance to have an accurate headcount for meals.**



# COMMUNITY & CHRISTMAS CARD & Poinsettias for the Church

Please help us to decorate our beautiful church for the upcoming Christmas season by donating \$25.00 toward the purchase of a poinsettia plant.

Your family is also invited to join the Community Christmas Card for a donation of \$25.00. Please specify your choice and enclose your donation with this form.

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

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

Community Christmas Card (# \_\_\_\_\_) \$ \_\_\_\_\_ *Deadline 12/6*

Please indicate how you wish your family name to appear on the Christmas card \_\_\_\_\_

Poinsettias (# \_\_\_\_\_) \$ \_\_\_\_\_ *Deadline 12/18*



## Thank you for your support!

Christ lives in me!



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.

## The Children's Word

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

Sunday, November 2, 2025

Volume 13, Issue 44

### Christ in us



**What color did you wear after you were baptized?** You probably don't remember your *own* baptism. But if you've seen a baptism, you know the new Christian wears white. All white. Pure and clean white. That's because after you are baptized, everything is new. Everything is different. You might look like the same person, but you are really

different. You follow Christ.

In the Epistle reading today, we hear what Saint Paul says about when he started to follow Christ. He writes, "I have been crucified with Christ; it is no longer I who live, but Christ who lives in me."

Does Christ live in you? Yes, He does! But how do you show it? When we know that our Lord Jesus Christ lives inside of us, we start to act differently. We try to be more like Him. We try to do the right thing. We try to treat others in a Christ-like way. Maybe sometimes we do what *other* people want instead of what *we* want.

Is that hard to remember? Yes, of course! But the next time you are feeling grumpy or mean or angry at everybody, try to remember those words from the Bible. "It is no longer I who live, but Christ who lives in me."

### WORD SEARCH

Can you find these words in the jumble?

- Christ
- Color
- Drama
- Epistle
- George
- Liturgy
- Live
- Prayer
- Remember

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

### WHAT'S IN THE ICON?

Here's a photo of St. George Karsilides (of Drama). And here's an icon of him. Do you see how they look alike?



### SAINT GEORGE KARSLIDES PRAYING FOR EVERYBODY!

**When you say your prayers, do you have a little list of people you ask God to help?** Maybe you think of your parents or your brother or sister or a friend? It's good to remember our family and friends in our prayers!



This week we celebrate a saint who remembered lots and lots and lots of people in his prayers. His name was Saint George Karslides, and he was just declared a saint 17 years ago. When St. George would serve liturgy, he would pray for thousands of people. He was very close to God, because he would talk to Him all the time! Saint George knew that God wants us to ask Him for help. Remember, the Bible tells us, "Ask and it will be given to you. Seek and you will find." Saint George knew that, and he kept asking!

Saint George said that when he served liturgy, he almost never served alone. He knew that the saints were serving with him. He knew the closeness of the saints and he knew they were helping him.

Saint George had a hard life. He was very poor as a child, he lost his parents, and he even lived in a horrible prison for a time. He called on God all his life. He called on God for himself and for his family and his friends and even people he didn't know. Let's remember Saint George and his sweet example.

We remember St. George on Tuesday, November 4th (OC: November 17th).

© Alexandra Houck 2025



Hellenic Golden Coins 3<sup>rd</sup> Annual



# RAFFLE FUNDRAISER

**TO SUPPORT OUR YOUTH DANCERS!**

Your chance to win amazing prizes!



## 1st Prize

Apple Mac Book  
Air 13 inch Lap top  
(\$1,000 value)

## 2nd Prize

Apple 11 inch iPad Air  
(\$600 value)

## 3rd Prize

Beats Studio Wireless  
Headphones  
(\$350 value)

For Tickets

Call/Text or Venmo  
Vasili Philippou  
(443) 845-0601



Drawing Dec. 21<sup>st</sup>, 2025

Write your phone number & 'HGC Raffle' in comments



## 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](http://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](http://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

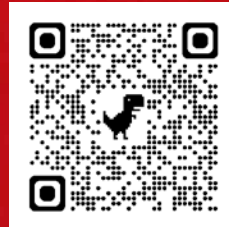
Date/ Ημερομηνία

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. τμήμα
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](http://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](http://www.stnicholasmd.org/give) ή κατεβάστε την εφαρμογή GivePlus mobile. Εάν έχετε απορίες, επικοινωνήστε με το Γραφείο της Εκκλησίας στο τηλέφωνο 410-633-5020.



ST. NICHOLAS



DIAMONDS

Christmas  
LUNCHEON PARTY



SATURDAY : DECEMBER 13 : 1:00PM

Greektown Square & Event Center  
700 Quail St., Baltimore, MD 21224

TICKETS: \$50



MENU:

2 LAMB CHOPS ROASTED VEGETABLES

CRAB CAKE ROASTED POTATOES

# EVENTS

**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 Platea  
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 \*\*\*

**GREEK ORTHODOX  
METROPOLIS OF NEW JERSEY  
FIRST DIRECTORS MEETING  
SEPTEMBER 29, 2025**

**MDF**

**2ND ANNUAL  
MUSIC & DANCE FESTIVAL**

**FEBRUARY 13-15, 2026**

**OPENING CEREMONY FRIDAY EVENING**

SHERATON DOWNTOWN  
PHILADELPHIA

SAVE THE DATE

**SAVE THE DATE**

**JANUARY 31<sup>ST</sup>, 2026**

DIRECT ARCHDIOCESAN DISTRICT  
**PARATHOSI**  
*A Celebration of Hellenic Heritage & Dance*

DIRECT ARCHDIOCESAN DISTRICT

## 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](http://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



## HEALTHY BODY AND MIND

### DON'T SKIMP ON VITAMIN D

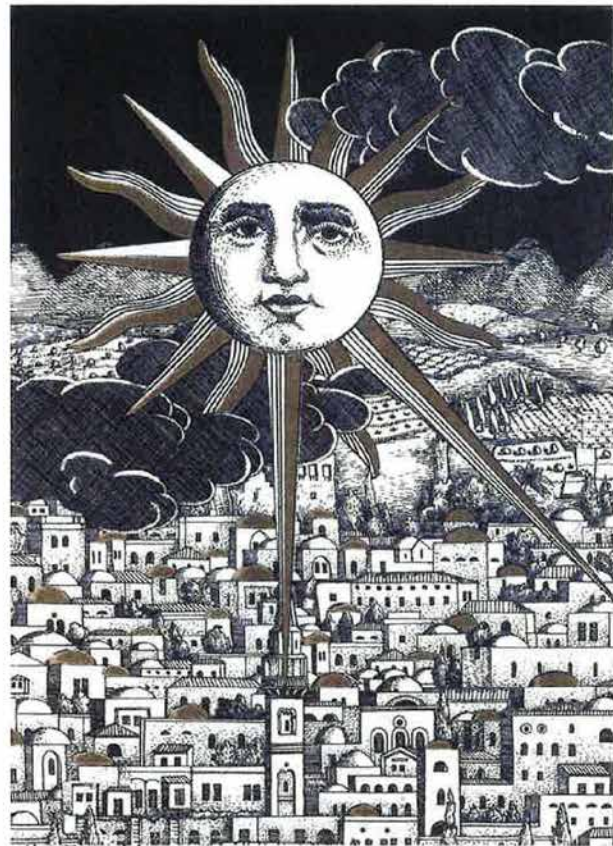
Vitamin D, the “sunshine vitamin,” is essential for wellness. Research also shows its potential influence on disease prevention and resilience against infections. Even so, many Americans are low in this nutrient.

Why it matters Vitamin D is crucial for supporting skeletal integrity by enhancing the body’s ability to absorb calcium and phosphorus. Deficiency can lead to rickets in children and osteomalacia or osteoporosis in adults. It modulates immune function, supports muscle strength and helps regulate inflammation. Vitamin D also plays a role in reducing the risk of chronic diseases such as heart disease, diabetes, depression, autoimmune conditions and certain cancers.

Recent data underscores its role in immune resilience, especially during the pandemic. Multiple studies, including one published in Scientific Reports, show that people with low vitamin D levels are more likely to contract SARS-CoV-2, experience severe symptoms or suffer from long COVID.

Deficiency Vitamin D levels of 30 nanograms per milliliter (ng/mL) or higher are considered sufficient. However, many experts suggest that optimal levels begin at 50 to fully support the body’s functions. Levels between 21 and 29 fall into the “insufficient” range, meaning the body isn’t receiving enough vitamin D to function optimally. Levels at or below 20 are deficient. Based on these standards, about 25% of Americans are insufficient and 39% are deficient, meaning nearly two-thirds of the population have suboptimal vitamin D levels.

Where to get it Vitamin D has three main sources: sunlight, food and supplements. Ultraviolet B (UVB) rays from sun exposure trigger the skin’s production of vitamin D. But geographic location, seasonality, skin pigmentation and sunscreen use can



all affect this process.

Dietary sources of vitamin D include fatty fish such as salmon and mackerel, cod liver oil, egg yolks, and fortified foods such as milk, orange juice and cereals. Given the deficiency rates, supplements are often recommended.

How much to supplement Vitamin D3 (cholecalciferol) is the most effective supplemental form for raising and maintaining blood levels.

According to the National Institutes of Health, the recommended dietary allowance for vitamin D is 400 international units (IU) per day for infants, 600 for children and adults up to 70, and 800 for adults older than 70. But these levels are designed to prevent deficiency, not for optimal health, and many experts suggest they may be too low for the latter. Research shows that 5,000 to 8,000 IU a day is considered optimal dosage, and higher doses (up to 10,000) under medical supervision for correcting deficiencies. The best way to assess your current vitamin D levels and requirements is through blood testing.

## \$ A FOCUS ON FINANCES \$

### THE FINANCIAL LEGACY WE LEAVE

Father's Day is a time for celebration and maybe a good dad joke or two. It's also an opportunity to reflect on the lasting influence we have on our children and grandchildren—especially when it comes to money. By the time we reach our 60s and beyond, we've seen firsthand how financial decisions shape not only our futures but theirs as well. The lessons we teach about money - through words, actions and unspoken habits - become part of their financial DNA. It's never too late to be intentional about the wisdom we pass down.

Live within your means. One of the greatest financial gifts we can give our children is the example of spending less than we earn. Many of us have seen highs and lows of the economy, and know the value of frugality, budgeting and avoiding unnecessary debt. Younger generations face different financial challenges, from skyrocketing home prices to digital-age temptations of instant gratification. If you're retired or approaching retirement, this is a great time to talk with your kids about how you prepared financially. And if there were missteps along the way, don't gloss over them; the most valuable lessons come from mistakes. Plan for the future. Whether navigating a military or civilian career or raising a family, it helps to have a roadmap. Encourage your children and grandchildren to think long-term. If you've benefited from a pension or military retirement, explain how that guaranteed income stream has made a difference - and how they can work toward creating financial stability in their own lives.

Talking about money matters. One of the best lessons we can teach is how to have honest conversations about money. Talking openly about budgeting, investing or even estate planning helps our kids make smarter choices and avoid costly mistakes. Take the opportunity to start (or continue) those conversations; perhaps



it's simply encouraging them to ask financial questions without fear of judgment.

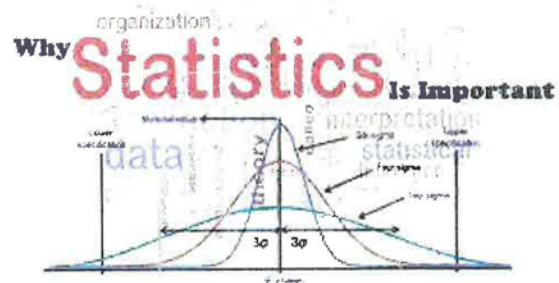
### STATISTICS

30% U.S. taxpayers who say the thought of filing their taxes makes them want to cry, increasing to 40% of Gen Z and self-employed filers.

37% Americans who say they are dependent on their tax refunds to make ends meet, rising to 50% of millennials.

22% Americans who say they expected to have \$10,000 or more in debt heading into tax season, climbing to 28% of Gen X.

33% U.S. taxpayers who say they would pay a fee, or plan to, to access their tax refunds early, climbing to 51% of millennials, 43% of Gen Z and 42% of self-employed Americans.



### MORE ON STATISTICS

Winds on Neptune can blow faster than 1,200 miles an hour.

90% of the world's population lives in the Northern Hemisphere.

Bangkok is the world's most visited city, with 22.78 million international visitors.

Honey doesn't spoil, making it one of the few foods that can last indefinitely.

Typing keyboards used to be arranged alphabetically, not in the QWERTY format we use today.

# 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:	11/04/2025
Pledged	Office	\$60,195.00	\$43,245.00	-\$16,950.00	Number Of Family Contributions	355
Not Pledged	Office/Vanco	--	\$142,001.72	--	Number of Individual Contributions	448
<b>TOTAL</b>	--	--	<b>\$185,246.72</b>	--		--

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 & Nikoletos, 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, Clara  
 Cornias, Despina  
 Cornias, Fotini  
 Cornias, John  
 Cornias, Kiriaki  
 Cornias, Larry

Cornias, Nicholas  
 Cossis, Milton & Amalia  
 Dardamanis, Eva  
 Dendrinis, 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, George  
 Forakis, Michael & Alexandra  
 Forakis, Stamati & Despina  
 Fotinos, Aikaterini  
 Fotinos, James  
 Fotinos, Michael  
 Foukas, Andromahi  
 Fragakis, Aikaterini  
 Frangakis, Sofoula  
 Frangos, John & Katerina  
 Galiatsatos, Chrysoyia  
 Gargiulo, Angela  
 Gatanas, Angelos  
 Gavriliis, John & Patricia  
 Georgakakou, Vasiliki & Chandar, Bharath  
 Georgalas, Michael & Hrisovalantou  
 Georgalas, Olga  
 Georgas, George  
 Georgiadiis, Diogenis & Nektaria  
 Gerapetrites, Panagiota  
 Gialamas, Joanna  
 Giannakoulis, George & Amy  
 Giannas, Stylianos & Maria  
 Giorgakis, John & Maria  
 Gluszcz, 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, Nickolaos  
 Hazardis, 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  
 Kammias, Georgios & Eleftheria Tzanakaki  
 Kapetanakos, Elias & Stephanie  
 Kapetanakos, Soulla  
 Kaputsos, Irene  
 Karabelas, Ioanna  
 Karabelas, Pete & Helen  
 Karaflos, Nektarios  
 Karagiannis, Carla  
 Karagiannis, Maria  
 Karagiorgos, Nickolaos  
 Karais, Konstantinos  
 Karamihalias, George  
 Karamihalias, Theologos  
 Karanikolis, Nikos & Vasiliki  
 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  
 Kevass, George & Agella  
 Kevass, Yanni  
 Klosterides, Michael  
 Klosteridis, Michael & Klosteridis, Eleni  
 Klosteridis, Spiros & Paraskevi  
 Koliadis, Zinovia  
 Koliotofis, 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  
 Koutsantonis, Demetrios

# 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:	11/04/2025
Pledged	Office	\$60,195.00	\$43,245.00	-\$16,950.00	Number Of Family Contributions	355
Not Pledged	Office/Vanco	--	\$142,001.72	--	Number of Individual Contributions	448
<b>TOTAL</b>	--	--	<b>\$185,246.72</b>	--		--

Koutsouris, Stylianos & Maria  
 Kouvaris, Paula  
 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  
 Niotis, 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  
 Papathakis, Matthew  
 Papavasiliou, Dimitris  
 Papavasiliou, Lucas & Renee  
 Papavasiliou, Virginia  
 Papavasilis, Arhontoula  
 Paragios, Ioannis & Popi

Paralis, 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  
 Philippou, Vasilios  
 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  
 Reese, Kalyopi & John  
 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, John & Angeliki  
 Sfakianoudis, Kon/Nos & Angela  
 Sfakianoudis, Vasilis & LEMONIA  
 Sfirou, 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  
 Tsakalas, Steven & Dina  
 Tsakalos, Jeanette  
 Tsamouras, Constantine & Moshoula  
 Tsampos, Michael & Christina  
 Tsapakidis, Nikolaos  
 Tsapakidis, Theoharis & Tsapakidis Papadimas, Evan  
 Tserkis, George  
 Tsironis, Evdokia  
 Tzavaris, Stelios & Theodosia  
 Tzimas, Anna  
 United Chian Society Of Baltimore  
 Vasilakopoulos, Anastasia  
 Vasilakopoulos, Irene  
 Vasiliades, Antonios & Sofia  
 Vasiliades, Minus & Kelly  
 Vasilios, Frank & Irene  
 Vatakis, 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  
 Yeakim, Dionysios & Angela  
 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](mailto: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 - NOVEMBER

**Saturday, November 1: Sts. Cosmas & Damianos the Unmercenaries Orthros 8:30 am  
Divine Liturgy 9:15 am**

**Sunday, November 2: Fifth Sunday of St. Luke: Orthros 8:30 am Divine Liturgy 9:45 am**

**Saturday, November 8: Synaxis (Gathering) of the Archangels Michael and Gabriel Orthros 8:30 am  
Divine Liturgy 9:15 am**

**Sunday, November 9: Seventh Sunday of St. Luke- St. Nectarios the Wonderworker, Bishop of Pentapolis Orthros 8:30 am  
Divine Liturgy 9:45 am**

**Saturday, November 15: Sacrament of Holy Unction: 6:30 pm/ The Nativity Fast Begins**

**THE CHRISTMAS FASTING PERIOD BEGINS: DURING THIS FASTING PERIOD, MEAT IS NOT PERMITTED TO BE CONSUMED DURING THE 40 DAY PERIOD. FISH IS PERMITTED TO BE CONSUMED UP UNTIL DECEMBER THE 12TH. (Fish is not permitted though on the days of Wednesday's and Friday's). From the 12<sup>th</sup> of December until the Nativity of our Lord, a Strict Fast is observed. Wishing everyone in the Community a Blessed Christmas Fast.**

**Sunday, November 16: St. Matthew The Apostle & Evangelist Orthros 8:30 am  
Divine Liturgy 9:45 am.**

**Friday, November 21: The Entrance of the Theotokos into the Temple: Orthros 8:30 am  
Divine Liturgy 9:15 am**

**Sunday, November 23: Ninth Sunday of St. Luke Orthros 8:30  
Divine Liturgy 9:45 am**

**Tuesday, November 25: Saint Catherine the Great Martyr: Orthros 8:30 am  
Divine Liturgy 9:15 am**

**Thursday, November 27: Thanksgiving Day Liturgy This service will begin at 9:00 am**

**On behalf of the Parish Council, Fr. Michael, the Church Staff and the entire family of St. Nicholas we would like to wish everyone A Happy and Blessed Thanksgiving Day to all our wonderful Parishioners.**

**Sunday, November 30: St. Andrew the First Called Apostle Orthros 8:30 am  
Divine Liturgy 9:45 am.**