

# ST. DEMETRIOS

Volume XXXIV, No 05

Saco, Maine

MAY 2023

**Χριστος Ανεστη. — Αληθως Ανεστη!**

**Christ is Risen --- Truly He is Risen!**

**Christ est ressuscite -- En verite il est ressuscite!**

**Hristos Voskrese -- Voistinu Voskrese!**

**Hristos a Înviat -- Adevărat a Înviat!**

**Hristos diril-Di -- Kakikaten diril-Di!**

**Al Masiyh qaam -- Haqan qaam!**

**Krishti Ungjall -- Vertete Ungjall!**

**Christ ist auferstanden -- Christ eest owf-er-stahnden!**

**PASCHA is the**  
**Passover of The Christ, from death unto Life!**



**In the beginning....**

**The Narthex ceiling is complete!**  
**The six days of Creation!**

**Come and See.**

***Come & see!!***

## **Ceiling Iconography of the Narthex**

(Gifted to our Community by P. & D. Christodoulou.)

**These are the Ceiling quotes from the Book of Genesis.**

(Installed by Panayioti & Dimitri Christodoulou on April 24, 2023.)

**\*\* Keep in mind that the wall will be completed in the near future.**

### Interior section

#### Scene 1

1:1 In the beginning God created the heaven and the earth.

1:3 And God said, Let there be light: and there was light.

#### Scene 2

1:6 And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters.

#### Scene 3

1:14 And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years:

#### Scene 4

1:9 And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so.

### Exterior section

#### Scene 5

1:20 And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven.

#### Scene 6

2:7 And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

#### Scene 7

1:29 And God said, Behold, I have given you every herb bearing seed,....  
1:30 And to every beast of the earth, and to every fowl of the air,....

#### Scene 8

2:21 And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs,....  
2:22 And the rib, which the LORD God had taken from man, made he a woman,....

\* \* \* \* \*

### **On the Holy Resurrection**

[St. Gregory the Theologian]

Yesterday I was crucified with Him; today I am glorified with Him. Yesterday I died with Him; today I am made alive with Him. Yesterday I was buried with Him; today I am raised up with Him. Let us offer to Him Who suffered and rose again for us ... ourselves, the possession most precious to God and most proper. Let us become like Christ, since Christ became like us. Let us become Divine for His sake, since for us He became Man. He assumed the worse that He might give us the better. He became poor that by His poverty we might become rich. He accepted the form of a servant that we might win back our freedom. He came down that we might be lifted up. He was tempted that through Him we might conquer. He was dishonored that He might glorify us. He died that He might save us. He ascended that He might draw to Himself us, who were thrown down through the fall of sin. Let us give all, offer all, to Him who gave Himself a Ransom and Reconciliation for us. We needed an incarnate God, a God put to death, that we might live. We were put to death together with Him that we might be cleansed. We rose again with Him because we were put to death with Him. We were glorified with Him because we rose again with Him. A few drops of Blood recreate the whole of creation!

# Congratulations ...

## **AXIOS George Pappavasiliou**

*George is the recipient of the Metropolis of Boston Ministry Awards 2023, for St. Demetrios.*

*Each year, the Metropolis recognizes the faithful stewards of the local parishes for their dedicated service. This is the first year that St. Demetrios has participated.*

*It is with great warmth, love and respect that the Church Council, on behalf of the community, extends their congratulations and heartfelt thanks to George for his many years of dedication and leadership as President of the community. **AXIOS !***

# **ST. DEMETRIOS GREEK FESTIVAL**

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**FRI/SAT/SUN: JULY 14, 15 AND 16<sup>TH</sup>**

**GREAT EXCITEMENT!  
COME... JOIN US!**

## BLESSED MOTHERS DAY

“Rejoice, I will be with you Always.”

This was a promise to the Apostles from the Panaghia after She fell asleep. The vision of the Panaghia - Mother of God - as She is surrounded by a multitude of Angelic Hosts, is saying these words.

For this reason, Mothers everywhere continue to pray to the Panaghia and ask Her to intercede to God on our behalf to help us with our children and to protect us all from evil things. It is such a comforting promise.

May the love of the Panaghia bless each and every mother.

Have a Blessed Mothers Day.



**“They die for me and mine... and you and yours and deserve our honor and respect.”**

*Anonymous*



**Memorial Day** in the United States is observed on the last Monday of May. It was formerly known as Decoration Day and commemorates all men and women who have died in military service for the United States.

Many people visit cemeteries and memorials on Memorial Day. It is also traditional to fly the flag of the

United States at half-staff from dawn until noon, particularly to honor those who have died in military service. Many volunteers place an American flag on each grave in national cemeteries.

**Note:** *At St. Demetrios Cemetery in Biddeford, we also have dedicated volunteers that place flags for Memorial Day Observance. We also have Cemetery dates and hours listed on the newsletter calendar.*

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# THE ASCENSION OF JESUS CHRIST

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Forty days after Pascha we celebrate one of the Great Feasts of the Church - the Ascension of our Lord and Savior Jesus Christ.

## The story of Ascension

The story of Ascension is told in the Gospels of Mark & Luke and in the Acts.

St Mark describes what happened rather briefly. He says that Jesus appeared to the Apostles when they were sharing a meal. The Lord told the Apostles to “go into all the world and preach the gospel to all creation.” (Mark 16:15)

After that, Christ “was taken up into heaven and he sat at the right hand of God.” (Mark 16:19)

St Luke wrote: “When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. While he was blessing them, he left them and was taken up into heaven.” (Luke 24:50-51)

It is in the Acts of the Apostles we find out that Christ “was taken up before their very eyes, and a cloud hid him from their sight.” (Acts 1:9)

The Apostles were looking up as Jesus ascended when all of a sudden they saw two men dressed in white right before them. The men told the Apostles that Jesus was taken into Heaven and will one day return “in the same way you have seen him go into heaven.” (Acts 1:11)

The book of Acts also specifies where the Ascension has taken place. It happened on the Mount of Olives (or Mount Olivet) which is near Bethany.

## The meaning of Ascension

The Ascension of Christ into Heaven happened on the 40th day after His Resurrection. It is not just a coincidence - the time span of forty days is used many times throughout the Bible.

For example, we know that Jesus fasted in the desert for forty days, as well as that the great flood that we read about in the book of Genesis lasted exactly 40 days. The forty day period signifies a temporal period “tithe” and completeness. That is why Christ ascended on the 40th day after Pascha.

The ascension of Christ is His final physical departure from this world into Heaven, His final physical act, the formal completion of His mission. Ascension is Christ’s glorious and joyful return to the Father Who had sent Him as the Messiah.

Orthodox Christians believe that the Ascension is not just a commemoration of the event, because it has a direct connection with our lives. The arrival, the death, the resurrection and the ascension of Christ have taken place for us, for all men. Christ left so that He might glorify all men in God, so that the way into Heaven is open for all flesh.

*from St Elizabeth Convent*

# May 2023

| Sun  | Mon   | Tue   | Wed  | Thu                       | Fri                | Sat   |
|--|---|---|--|---------------------------|--------------------|---|
|  | 1   | 2<br><i>Baking</i><br><div style="border: 1px solid black; padding: 2px; margin: 5px auto; width: 80%;">Fr Basil will be on vacation.</div> | 3<br>(o oil/wine)                                    | 4                         | 5<br>(o oil/wine)  | 6   |
| 7 Sun. of the Paralytic<br><div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;">Children's Class</div>  | 8   | 9   | 10<br>(fish/o oil/wine)<br><i>Midpentecost</i>       | 11<br><br>6:00 Ch Council | 12<br>(o oil/wine) | 13<br><br><i>Baking</i>   |
| 14 Sun. of the Samaritan<br>Summer Hours!<br>8:45 am Orthros<br>by 9:30am Liturgy<br><div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;">Happy Mother's Day!</div> | 15  | 16  | 17<br>(o oil/wine)                                   | 18                        | 19<br>(o oil/wine) | 20<br><br><i>Baking</i>   |
| 21 Sun. of the Blind man<br><br>Cemetery Assoc. meeting<br><div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;">Children's Class</div>                              | 22  | 23  | 24<br>(fish/o oil/wine)<br><i>Last day of Pascha</i> | 25 <i>Ascension</i>       | 26<br>(o oil/wine) | 27 <u>Cemeteries</u><br>10:00-10:30am St Demetrios-<br>Biddeford<br>11:30am Oakdale-Sanford |
| 28 Sun. of the Fathers of the<br>1st Ch Council<br><div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;">Children's Class</div>                                      | 29 St Demetrios Cemetery<br>10:00-11:30am Trisayion<br>Prayers<br>11:30am MEMORIAL Day<br>Program | 30  | 31<br>(o oil/wine)                                   |                           |                    |   |



# Notes (May 2023)

## Fasting during Pentecost season

During the Pascha-Pentecost Season (April 16 - June 11) **we do not fast from olive oil, wine, seafood.**

On Midpentecost (**May 10**) AND the “**end**” of Pascha (**Wed. May 24**), the day before Ascension, **we also partake of fish.**

**Then Pentecost Week** (Pentecost to All Saints - June 4-11<sup>th</sup>), **there is NO fasting.**  
**The Apostles Fast this year is 17 days long, June 12-28<sup>th</sup>.**

## Fr Basil Vacation Update

Fr Basil will take 3 weeks vacation from May 2-25. Later on he will take the rest of the vacation....

## Showcase (Bookstore)

Because of the Iconography we have had to move this into the Drivas Hall.

## Communication

We try to communicate with everyone in a number of ways. 1. This monthly **Newsletter**, 2. The Sunday **Bulletin** (in church), and 3. **emails**. Keep in mind that it takes many hours to prepare all of this information, everyone's responsibility is to look at it.

**PALM SUNDAY LUNCHEON.** What a great day! The hall was full, everyone enjoying their meal, and the children were having a great time... running in the hall not caring about anything!

Thank you so much Steve & Michelle Boucouvalas, and thanks also to your wonderful helpers for everything... set up, prep work, **great lunch**, clean up.

So everyone knows... The Society of Lacones hosted the Palm Sunday Luncheon. It was 100% profit for the Heating/Cooling Propane of the Church.

The income included: \$2,500 Anonymous (annual donor), Church Council \$1,500; & Anonymous \$500 and \$300 donations. Ticket sales - \$3,230. *The grand total is \$8,030.*

A special thank you to everyone... our Sponsors the Lacones; Kitchen staff and other helpers; all our ticket purchasers and our donors. Christ Is Risen!

**CANISTERS.** Just a reminder to take one of the canisters (located at the candle stand), and fill it with quarters. Bring the filled canister to the office when ready. Thank you for your offering.

## More Notes for May 2023

**ICONOGRAPHY.** Panayioti (and Matoula) and Dimitri (and Evangelea) Christodoulou arrived at St. Demetrios Monday morning April 24<sup>th</sup>. After many hugs and "so glad to see you", the Iconographers and their wives started preparing and installing the Icons. Every inch had to be perfectly placed, and great attention was given to every detail as each section was placed. Many of us stood in awe as they worked, it was an unbelievable, and emotional experience. *Years ago, little did any of us think that we would ever see and participate in a new church being built, and to witness, with great respect, the most beautiful Iconography embrace our walls.*  
*Keep the Faith! Christ Is Truly Risen!*

**ICONOGRAPHY DONORS** include Mark & Sandra Mimos, John & Anne Maragus, and Paul MacDowell. If you are planning an Iconography donation, please see Paul Macdowell, Pota Desjardin or Stephanie. Make check payable to St. Demetrios, earmarked Iconography.

### CEMETERY HOURS... MEMORIAL WEEK-END

**Saturday, May 27<sup>th</sup>**, St. Demetrios, Biddeford, Sat. 10:00 to 10:30am

**Saturday, May 27<sup>th</sup>**, Oakdale Cemetery, Sanford, Sat. 11:30am

**Monday, May 29<sup>th</sup>**, St. Demetrios, 10:00am-11:30am, Trisayion & brief program

### **CALLING ALL LADIES of St. Demetrios Greek Orthodox Church:**

We would like you to be included on the St. Fotini email distribution list. Send your email address to [saintfotini@gmail.com](mailto:saintfotini@gmail.com). Thank you.

.....

**ORTHODOX CHRISTIAN MISSION CENTER (OCMC)** sent a thank you note for our participation in the **SAMP program**. This helps pay \$50/month for twelve months, to a Missionary. Bringing faith to the world of Africa, Albania, Guatemala, Mexico and many other countries. *Imagine living on \$50 month-anywhere-*. Thank you for continuing your generosity each and every year. God Bless.

(continued on page 12)

## More Notes for May 2023

*(continued from page 11)*

**SAMP PROGRAM.** SUPPORT A MISSION PRIEST. We received a notice that our Mission Priest is Fr. Stephen Sempewo who serves the parish of St. George of Bbira. Through many struggles and turmoil, Orthodoxy continues to grow. Since May 1997, His Eminence Metropolitan Jonah served as Archbishop until he fell asleep in September 2021. The Patriarchate elected His Eminence IERONYMOS as the new Metropolitan of Kampala. God Bless them all with their Orthodox Faith.

**International Orthodox Christian Charities IOCC**, sent a thank you note for our generous support in supporting the relief efforts for survivors of the Feb. 6<sup>th</sup> Earthquakes. St. Demetrios sent \$383.00 and later \$721.00 (total \$1,104) and, under separate cover, checks made out to IOCC was another \$700.00... making it a total \$1,804.00.

**HELLENIC PAIDEIA GROUP** is offering a new documentary on the Greek Americans. The series **"ROUTES OF THE GREEK DIASPORA" is now airing on Greek TV (EPTI, ERT WORLD) and is available on the Web (ERTFLIX).** Episode one is now available. [https://www.ertflix.gr/en/series/ser.259911-stous-dromous-ton-ellenon?fbclid=IwAR3R941cw30I50FpRV35aIlo3p\\_fgdWDpHPqNDi0sFm-bNkKtBqCBQQwW3k](https://www.ertflix.gr/en/series/ser.259911-stous-dromous-ton-ellenon?fbclid=IwAR3R941cw30I50FpRV35aIlo3p_fgdWDpHPqNDi0sFm-bNkKtBqCBQQwW3k)

**Judy Allen Efstathiou**, Cove Street Arts, **Tree Speech, Who will Speak for the Trees? March 30 (Opening reception 5 to 7pm) to May 13<sup>th</sup>**  
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**39<sup>TH</sup> GREEK FESTIVAL - HOLY TRINITY GREEK ORTHODOX CHURCH**, corner of Park and Pleasant Steet held on June 22, 23, 24 from 11:30 am - 9:30 pm, Free admission, Greek Music & dancing nightly.  
[www.htrinityportland.org](http://www.htrinityportland.org)

# Monthly Financial Report. 4/20/2023

(Operating Budget **2023**)

*Mortgage Balance: \$145,856*

## STEWARDSHIP & FINANCIAL UPDATE *as of March 31, 2023*

Total Stewards: 126

Total Stewardship Received: \$65,000

| <u>Month</u> | <u>Income (\$)</u> | <u>Expenses (\$)</u> | <u>Operating account (\$)</u> |
|--------------|--------------------|----------------------|-------------------------------|
| January      | \$23,692           | \$24,598             | <u>-\$906</u>                 |
| February     | \$36,751           | \$24,808             | \$11,943                      |
| March        | \$25,704           | \$26,426             | \$10,345                      |

We ended March in the **Black \$10,345!** {Compare to 2022: **\$11,573**}.

**Our Income is down by \$4,000** (compared to LAST YEAR).

**Our Expenses are up by \$8,000** (compared to LAST YEAR).

Compare: Year to date:

|                 | <u>2022</u>     | <u>2023</u>     |
|-----------------|-----------------|-----------------|
| Total Income:   | <b>\$82,549</b> | <b>\$86,177</b> |
| Total Expenses: | <b>\$67,955</b> | <b>\$75,832</b> |

## Let our giving reflect our faith!

\* \* \* \* \*

If you would know of the Lord's love for us, hate sin and evil thoughts, and day and night pray fervently. The Lord will then give you His grace, and you will know Him through the Holy Spirit, and after death, when you enter into paradise, there too, you will know the Lord through the Holy Spirit, as you knew Him on earth.

~ St Silouan the Athonite

*Thank you Sponsors for making our St. Demetrios Newsletter possible!*



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*St. Fotini*  
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# Saint Demetrios

Greek Orthodox Metropolis of Boston

**Sunday Services:**

9:00 AM Orthros

Divine Liturgy by 10:00 AM

**Summer hours start May 15:**

Orthros 8:45 AM, Divine Liturgy by 9:30 AM

*Fr. Basil Arabatzis, Presbyter*

**Office Hours:** Mon-Fri 9:00 AM - 3:00 PM

**Website:** [stdemetriosofmaine.com](http://stdemetriosofmaine.com)

**Church:** (207) 284-5651

**FAX:** (207) 283-4641

**Home:** (207) 284-6170

In the beginning God created the heaven and the earth. (Gen 1:1)

In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made.

(Jn 1:1-3)

**Saint Demetrios**

Greek Orthodox Church

186 Bradley Street

Saco, ME 04072

**ADDRESS SERVICE REQUESTED**