

ST. DEMETRIOS

Volume XXXIV, No 10

Saco, Maine

NOVEMBER 2023

Once we celebrate St Demetrios (26th October), we enter into Winter.

The days are short & the nights very long,... in 7 weeks the days will start getting longer!

During this time of the year we talk so much about Christmas & children.

Here is a wonderful quote from the “Daily Lives....” book that many of us get every year. This quote is about raising children.

*(Turn the page to see it: **“Pray and then speak.***

That’s what to do with your children.

If you are constantly lecturing.....”)

Let us greet the coming of Thanksgiving with the 40 day fast of the Nativity as a time to again live in the “atmosphere” of Heaven. That is the purpose of the Church!

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Remember

Sunday Nov. 5, after Liturgy,

GENERAL Assembly

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St Fotini Society

Saturday Nov. 18, after Liturgy,

Bazaar

Pray and then speak.

That's what to do with your children. If you are constantly lecturing them, you'll become tiresome and when they grow up, they'll feel a kind of oppression.

Prefer prayer and speak to them through prayer.

Speak to God and God will speak to their hearts.

That is, you should not give guidance to your children with a voice that they hear with their ears. You may do this too, but above all, you should speak to God about your children. Say, "Lord Jesus Christ, give Your light to my children. I entrust them to You. You gave them to me, but I am weak and unable to guide them." And God will speak to them, and they will say to themselves, "Oh dear, I shouldn't have upset (my mother)!" And with the grace of God, this will come from their heart.

St. Porphyrios of Kavsovalyvia

That it is imperative we bring our burdens, and those of our neighbor,
to the Lord.

"When our neighbor comes to us with his troubles, we take part in them. But if we do not know how to relax - to give all our infirmities and those of our neighbor to the Lord - then we bear this cumbersome burden in our own minds and hearts; and, over time, we become unbearably stressed and nervous. We become irritable. We cannot stand our own selves, let alone other people around us --- our family members and - of course - our co-workers. Our life becomes miserable and stressed, and our nerves become strained. This is because we have not taught ourselves to let go of our thoughts. When our thoughts are at peace, our body rests too."

*Spiritual Counsels of the Blessed **Elder Thaddeus** of Serbia +2002*

ST. DEMETRIOS

Greek Orthodox Church

METROPOLIS OF BOSTON

Archdiocese of America

186 Bradley Street

Saco, ME 04072

(207) 284-5651 Ph (207) 283-4651 Fax

Fr. Basil Arabatzis
Presiding Presbyter

St Martin of Tours

Oct 12th, 2023

Reminder

Paying down the Mortgage

General Assembly

On Sunday November 5th we will have our General Assembly. Right after the Div. Liturgy.

The Agenda:

Opening Prayer

1. Election of Chairman of Assembly.
2. Presentation & vote on paying down our Mortgage by \$38,000.
3. *If we have the quotes of repair costs*, to also vote to accept the costs of Repairs.

Closing Prayer

Note: In order to vote, one must be a member in good standing (Orthodox with no impediments & financially part of our Stewardship Program).

If inclement weather, the Assembly will be held the following fair weather Sunday.

(signature on file)

+Fr Basil Arabatzis
Presbyter

(signature on file)

Adriana Popa
Financial Secretary

Required Building Maintenance

- **Dome Windows Power Operators**
 - There are 12 windows in the dome – 6 stationary and 6 that operate from the sanctuary with power operators located at the base of each window in the dome.
 - Operators are 23 years old.
 - To change these out, it would require a power lift that would be used inside the Nave to reach up into the dome area for the changeouts.
 - We would also utilize the lift to clean all the windows that aren't easily accessible.
 - Weekly lift rental and six operators, estimated cost \$5000.
- **Replace all dome window trim**
 - We have some trim in the dome area that is beginning to fail. Not an immediate concern but should be addressed soon.
 - We are still researching suitable material that can be painted, has limited future maintenance requirements and will provide us with a long-term solution.
 - It is felt that we have the resources to do this work in-house.
 - Estimated cost \$5,000 to \$6,500, only a guess at this point until we identify a suitable material for the work.
 - This would be a spring project.
- **Paint Church and Trim**
 - There are a few areas of the church where the trim should be replaced before winter sets in.
 - In doing an inspection of the exterior of the church 80-85% of the trim is fine for scraping, sanding and repainting that can wait until spring.
 - The trim that needs immediate attention can be done in-house this fall.
 - We need to contract a painter to do the necessary painting and maintenance for work beginning in spring of 2024. This is a work in progress.
 - Estimated cost \$20,000 to \$30,000, again only a guess at this point, more information to follow.

SUNDAY, NOV. 5TH, TURN CLOCKS BACK ONE HOUR.



ST. FOTINI 2023 BAZAAR!

AUTHENTIC GREEK FOOD
DELICIOUS GREEK PASTRIES

The ladies are preparing the foods and pastries you love!

Savory items and breads (frozen) available for online
preorder, prepay sales Nov. 8th - 15th.

Pick up at Bazaar, Nov 18, 10:00 am - 3:00pm.

Pastries are available for in-person
sales the day of the Bazaar.

Browse our delicious Home Baked Goods,
Greek Market and Crafts.

Gyros available all day to eat in or take out.

Nov 18, 2023

(10 am to 3 pm)

*A limited number of frozen food orders
can be taken by phone. Call Toni 207-934-2159.*

*For more information and to order
stdemetriosofmaine.com*

St. Fotini - 2023 Bazaar

All our items are prepared and baked with the loving hands of our friends and family of our church, using the freshest, finest, ingredients available.

www.stdemetriosofmaine.com

Menu Items listed below will be available for online preorder, prepay sales while quantities last that begin on Nov. 8th and will conclude on Nov. 14th, for pick up on the day of the Bazaar, November 18th from 10AM to 3PM.

KOTOPITA, 6 individual dinner size pieces, Frozen in bags, Ready to bake Individual Chicken Hand Pies. Phyllo Dough pie filled with Chicken, Rice, Carrots, Mushroom, Red Pepper, Celery, Romano and Feta Cheese, Egg, Herbs and Spices.	\$28.00
PASTITSIO, Frozen in a 8"x 8" pan, ready to defrost and reheat. Classic Baked Pasta. A Delicious Blend of Pasta, Ground Meat, Romano Cheese, Spices, and a Delicate Béchamel Sauce.	\$28.00
SPANAKOPTA, Frozen in a 7"x 11" pan, ready to defrost and reheat. Phyllo Layered with Spinach, Feta Cheese, Herbs, Butter, baked until golden crisp.	\$28.00
APPETIZER MIX, 36 in all - Frozen in bags, ready to bake 12 mini pitas of each: Spanakopita, Cheese, Mushroom	\$30.00
SWEET BREAD, large round bread, Frozen Traditional Sweet Bread flavored with Mahleb and Mastic.	\$20.00
APPLE STRUDEL, 12 pieces, Frozen, ready to bake Phyllo dough rolls w/Apple filling, ready cut. Home baked.	\$12.00

*Items listed below available for purchase in-person only the day of the Bazaar
November 18th from 10AM to 3PM*

BAKLAVA, piece Phyllo layered with Walnuts, Natural Spices, and Honey Syrup.	\$3.50
KOURAMBIETHES, Butter cookies rolled in powdered sugar.	\$1.50
FINIKIA, Walnut spiced cookie, dipped in Honey Syrup and topped with Walnuts.	\$1.50
KOULOURAKIA, bag of 12 A braided Butter Cookie topped with Sesame Seeds.	\$10.00
PAXIMATHIA, bag of 12 Greek version of Biscotti with Walnuts and Cinnamon.	\$12.00
KARITHOPTA, piece Greek Honey Cake with Walnuts.	\$2.50
RAVANI, piece Greek Semolina Cake with Citrus Syrup.	\$2.50
COZONAC, Sweet Romanian Bread with Walnuts and Chocolate Swirls.	\$15.00

○ *For questions call Toni - (207) 934-2159*

THE MORNING STAR WHO HERALDS THE SUN

A Homily for the Feast of the

Entrance of the Theotokos Into the Temple

Nov 21

St. Theophan the Recluse

Edited from Orthodox Christianity

We are celebrating the Entrance of the Most Holy Theotokos Into the Temple, which the Church calls the good “favor” of God. As the appearance of the morning star indicates the imminent appearance of the sun, so the Most Holy Virgin—the God-chosen Maiden, by her entrance into the Temple, heralds Christ to all, thereby loudly crying out to all: Behold, the promised and awaited Deliverer of all—the Sun of Righteousness, Christ our God is nigh!

Night preceded this dispensation of God. Only in the nation of Israel did prophetic promises scatter this darkness a little, appearing at times on their spiritual horizon, like stars illuminating the nighttime darkness. These promises began already in Paradise, immediately after the fall, and they’ve been repeated with greater frequency ever since, identifying more and more the power of the expected deliverance of God and more clearly identifying the coming of the King, Prophet, and Priest according to the order of Melchizedek.... Christ, His appearance, His miracle working, His teaching, His death, His Resurrection, and His Ascension into Heaven and sitting at the right hand of the God the Father.

It was like the Milky Way in the night of the Old Testament canopy. Before the appearance of the Lord, the prophecies ceased, as the stars disappear before the dawn. She, the Theotokos & Panayia is as the morning star, who remains here in the end, shining and foreshadowing and “opening” the imminent appearance of the sun, she shone, the Most Pure Maiden, born and borne into the Temple, who foretold of Christ.



GOD BLESS OUR VETERANS!

NOVEMBER 11TH!

GOD BLESS AMERICA!

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ^{oo}	2	3	4
5 5 th Sunday of Luke <u>Children's Class</u> General Assembly	6	7 Baking 6:00pm Bible Study/ Faith	8 ^{oo} 8:30am Liturgy Synaxis of Host of Heaven, Συναξίς Αρχαγγέλων	9 8:30am Liturgy St Nectarios, Αγ Νεκταρίου 6:00pm Church Council	10	11 (Veteran's Day)
12 8 th Sunday of Luke <u>Children's Class</u> Community meeting- Festival	13	14 6:00pm Bible Study/ Faith	15	16	17	18
Nativity Fast						Bazaar
19 9 th Sunday of Luke Confession <u>Children's Class</u> (St Fotini meeting)	20	21 8:30am Liturgy – Entrance of Theotokos Τα Εισοδια της Θεοτοκου	22	23 Office closed	24 Office closed	25
Blessed Thanksgiving						
Nativity Fast						
26 13 th Sunday of Luke	27	28	29	30	Daily Liturgies begin <u>Friday Dec. 1.</u>	
Nativity Fast						
		6:00pm Bible Study/ Faith				

Notes (November 2023)

THE NATIVITY FAST, ADVENT

November 15 (28) - December 24 (January 6)

The Christmas Fast is similar to that of the Apostles' Fast in June. We abstain from meat and dairy products.

The custom is to begin every day with a little Holy Water & Antidhoron. (Pick up at the church.)

On Wednesdays and Fridays we also do not eat fish, olive oil and wine. On the other days, it is permitted to eat fish along with o/o and wine. Also for Great Feast Days—for example on the Entrance of the Mother of God (Nov 21)—patron saints' days, and special saint's days, we have fish. During the last 12 days preceding Christmas the fast become stricter; we completely abstain from fish.

The Faith & Bible Study *The Book of Acts*

Our FAITH - Bible Study on Tuesdays is for everyone (and a must, for all interested in Catechism).

Confession.

On **Sunday Nov. 19**, after Liturgy, Fr Basil will remain in church for short (10 min.) confession. Please call office to be put on list.

Daily Liturgies

As we do every year, starting Dec 1, we again will begin the daily Liturgies in our side chapel of the Life Giving Spring.

We need: The Offering/Prosforo every day; **NO** wine; Oil; **EXTRA** Large CANDLES \$9 a piece (a total of about a dozen – *NOT the large ones @ the Pangari*-ask Fr Basil OR in the office).

The times will be **ALMOST the same as last year** – check the **December** Newsletter Calendar.

Email/call to Fr Basil!

Please **do NOT email** Fr Basil.

Call the office or text him.

For appointments always connect with the office.

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.

ST. FOTINI LADIES... Ladies, please **mark your calendars** for **Sunday November 19th**.

FROM DIMITRA VOULGARI, President, Hellenic Society Paideia of Maine

Hellenic Society Paideia of Maine Dancers is looking for people who enjoy dancing to Greek folk music to join our dancing group. We are looking for people who enjoy dancing and showcasing our Greek culture through music, song and dance. *Please reach out to Dimitra Voulgari at email: slpdkvoulgari@gmail.com if you are interested or have questions. We would love to dance with you.*

St. Fotini Ladies Society

Annual Community Christmas Card Fundraiser To Benefit St. Demetrios Church

Deadline November 26th 2023

PLEASE ENCLOSE PAYMENT WITH REQUEST

***Your name(s), as you want it to appear on the card. Please print legibly:
Maximum letters and spaces allowed is 55 and only one line. Thank you.
If you would like to include other names/families, please purchase a second line.***

(Insert Name here)

Please send check and entire form to:

***St. Fotini Ladies Society
c/o Toni Spirounias
186 Bradley Street
Saco, ME 04072***

Email at: tspirounias@yahoo.com

Please make checks payable to:

St. Fotini in the amount of \$20.00.

PLEASE...put Attn: Toni on the envelope, if you mail your request.

CASH OR CHECKS ONLY.

In order to ensure delivery before Christmas, your form and accompanying check must be received no later than Sunday, November 26th. Please be mindful of this deadline, as we will not be extending it due to the problems & delays it causes in getting out the cards in a timely fashion.

Many thanks for your support.

Sponsored & prepared by the Society of Lacones

Snowplow Challenge

Sunday, December 3rd, following Divine Liturgy

FREE WILL DONATION!

Your additional donation is greatly needed And appreciated.

.....

MENU: ***Shrimp Scampi with rice pilaf,
vegetable, roll, Dessert, Beverage
... OR...
Pasta with sauce, vegetable, roll,
Dessert and Beverage***

.....

Checks to: St. Demetrios, ear-marked ***SNOWPLOW DONATION***
Tickets must be purchased by Wednesday, November 29th.
No Tickets sold at the door.

Tickets: CALL TONI @934-2159 or CHURCH OFFICE @207-284-5651

100% of the proceeds are used for **Snowplow/Maintenance Expenses**

Monthly Financial Report. 10/15/2023

(Operating Budget **2023**)

Mortgage Balance: \$137,009

STEWARDSHIP & FINANCIAL UPDATE *as of September 30, 2023*

Total Stewards: 162

Total Stewardship Received: \$139,009

<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
April	\$24,419	\$27,327	\$7,437
May	\$15,205	\$19,720	\$2,927
June	\$23,144	\$25,306	\$217
July	\$17,902	\$21,365	-\$3,463
August	\$13,180	\$19,011	-\$8,912
September	\$14,797	\$23,063	-\$17,178

*We ended September in the **Red** -17,178! {Compare to 2022: -\$23,968}.*

Our Income is up by \$7,000 (compared to LAST YEAR).

Our Expenses are the SAME (compared to LAST YEAR).

Compare: Year to date:

	<u>2022</u>	<u>2023</u>
Total Income:	\$187,207	\$194,239
Total Expenses:	\$211,053	\$211,418

Let our giving reflect our faith!

*** *** *** ***

CONFESSION

If you want to cure your soul, you need four things. The first is to *forgive* your enemies. The second is to *confess* thoroughly. The third is to blame yourself (not others). The fourth is to resolve to sin no more. If we wish to be saved, we must always blame ourselves and not attribute our wrong acts to others. And God, Who is most compassionate, will forgive us.

*From: Selected Passages from The Teachings of St. Cosmas
Compiled by Fr Demetrios Serfes*

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



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Serving Southern Maine and
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OUR 89th YEAR

*St. Fotini
Ladies Society*

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

Church: (207) 284-5651

FAX: (207) 283-4641

Home: (207) 284-6170

On being detached from all things.

“Once some thieves came to an old hermit and said, “We are taking everything in your cell.” He answered, “Take whatever you need, my children.” They took almost everything in the cell and left. But they missed a little bag of money that was hidden. The elder picked it up and went after them, crying, “Children! You forgot something!” *The thieves were amazed. Not only did they not take the money, but they returned everything that they had taken. “Truly,” they said, “this is a man of God.”*”

300 saying of the ascetics

Saint Demetrios

Greek Orthodox Church

186 Bradley Street

Saco, ME 04072

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