

# ST. DEMETRIOS

Volume XXXV, No 04

Saco, Maine

APRIL 2024

## **Behold the Bridegroom Comes....**

*There is no question for anyone who has partaken of all that the Banquet of Great Lent has to offer.*

*The Services, the atmosphere, the joyful-sorrow!*

**It is truly the most inspirational part of the year!**

Then I saw a new heaven and a new earth; for the first heaven and the first earth passed away.... And I saw the holy city, new Jerusalem, coming down out of heaven from God, made ready as a bride adorned for her husband. And I heard a loud voice from the throne, saying, "Behold, the tabernacle of God is among men, and He will dwell among them, and they shall be His people, and God Himself will be among them, and He will wipe away every tear from their eyes; and there will no longer be *any* death; there will no longer be *any* mourning, or crying, or pain; the first things have passed away."

And He who sits on the throne said, "Behold, I am making all things new...." Then He said to me, "It is done. I am the Alpha and the Omega, the beginning and the end. I will give to the one who thirsts from the spring of the water of life without cost. "He who overcomes (is victorious) will inherit these things, and I will be his God and he will be My SON.... (Rev 21:1-7)

## ***Blessed Holy Week***

*Important Events during April:*

\***General Assembly** – April 14.

\***Community Retreat** – April 20-21.

\***Community Picture** – Palm Sunday April 28.

\***Palm Sunday Luncheon & Propane Challenge** – Sunday April 28.

# *Palm Sunday* **Luncheon**

*Eat in or To Go*

**Sunday, April 28<sup>th</sup>** following Divine Liturgy

**Propane** (*& Electricity*)

**Challenge**

**Baked Haddock Dinner \$20**

Rice Pilaf, Vegetable, Dessert  
(or)

**Pasta with Sauce \$15 (adults)**

Children pasta lunch...eat free.

IMPORTANT: **NO TICKETS AT THE DOOR**

Tickets available from Toni (934-2159) or Stephanie (Office 284-5651)

**No Tickets after Wednesday, April 24<sup>th</sup>, 2024**

**Make checks payable to St. Demetrios-GOYA**

**100%** of the proceeds/donations are used for our Heating/Cooling

We truly **thank the Lacones for.... Sponsoring the meal!**

**A Special footnote:** Any excess funds raised can be used for our General Operating Needs

St. Demetrios Church – Saco, Maine

# **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

Archangel Gabriel  
Mar 26<sup>th</sup>, 2024

## **Building Repairs/Fest. Equipment**

# **General Assembly**

On **Sunday April 14<sup>th</sup>** we will have our **General Assembly to vote** on the above. Right after the Div. Liturgy.

### **The Agenda:**

#### **Opening Prayer**

- 1. Election of Chairman of Assembly.**
- 2. Presentation & vote.**

#### **Closing Prayer**

Note: In order to vote, one must be a member in good standing (Orthodox with no impediments & financially a steward of St. Demetrios).

(signature on file)

+Fr Basil Arabatzis  
Presbyter

(signature on file)

Adriana Popa  
Financial Secretary

## About our General Assembly

### \*Church Maintenance - Repairs:

As we had announced & informed everyone at our previous Assemblies, we need to **replace the Dome trim and Building trim** which has rotted. In addition we need to **wash the shingles, replace some that are damaged or missing & paint** the outside of our building. Also the oak doors will be washed, sanded & refinished.

### \*Festival Equipment:

A refrigerator has broken down & needs to be replaced.  
Also one serving line has rusted and also needs to be replaced.

### \*Security Monitoring System:

As explained & broken into its parts on the Costs page.  
We have added this item since our Church Security concerns are increasing as with the whole country.

\* \* \* \*

We know that prayer in and of itself cannot save us,  
but carrying it out before God can.  
For when the Lord's eyes are upon us He sanctifies us,  
as the sun warms everything upon which it shines.

St. Gregory Palamas

Food is not evil, but *gluttony is*.  
Childbearing is not evil, but *fornication is*.  
Money is not evil, but *avarice is*.  
Glory is not evil, but *vainglory is*.  
Indeed, there is no evil in existing things, but only in their misuse.

St. Maximus the Confessor

Virtues are formed by prayer. Prayer preserves temperance.  
Prayer suppresses anger.  
Prayer prevents emotions of pride and envy.  
Prayer draws into the soul the Holy Spirit, and raises man to Heaven.

St. Ephrem the Syrian

# Church Maintenance

- ***Power Washing - \$5,500***
    - Pretreat surrounding areas, cleaning all masonry work, exterior doors and building from ground up.
  - ***Exterior Painting - \$36,000***
    - Includes exterior doors to be sanded to raw wood and 3 coats of poly.
  - ***Exterior Trim - \$10,000***
    - Replacement where needed with Klear PVC boards and painted
  - ***Festival Equipment - \$12,000***
    - \$5,500 - Refrigerator
    - \$6,000 - Heated well for 5-bay banquet unit
  - ***Security Monitoring System - \$6,000***
    - New Monitor, Cameras, and DVR – No monthly or Annual Fees – Monitor will be placed where it can be viewed by Stephanie in front of her at all times and not in back of her desk – Allows for laptop monitoring from Candlestand
- 

## ❖ ***Maintenance Work Breakdown***

- \$5,500 Power wash (*Entire building Incl. Stone, ground up*)
  - \$36,000 Painting (*Entire church*)
  - \$10,000 Exterior Trim (*Material and Labor*)
  - \$12,000 Festival equipment (*New Refrigerator and Drop-in Banquet Unit*)
  - \$6,000 New Security Monitoring System (*One-time Expense – No monthly or Annual Fees*)
  - \$70,000 – Total (*For all items above*)
  - \$20,000 – Add Contingency
- 

- ***\$90,000 – Total for all work and material above with contingency allowance.***
- 

- ***Currently we have \$92K in various accounts available to cover these proposed maintenance expenses.***

# The Triodion

(continued)

## *Sundays in Lent*

### **April 7: Sunday of The Cross**

On the Third Sunday of Lent the Cross is placed before us in the center, adorned with flowers, for inspiration and encouragement. This is Mid Lent.

In Orthros/ Matins we hear, "Behold! Through the Cross joy has come into all the world." The Cross is the sign of victory and life. It is the Way of the Resurrection. For this reason we sing on this Sunday: "Before Your Cross we bow down and worship, O Master, and Your Holy Resurrection we glorify."

*If anyone would come after me, let him deny himself, carry his cross & come follow Me. (Mt 16:24)*

### **April 14: Sunday of St. John of the Ladder**

St John is the author of *The Ladder of Divine Ascent* and abbot of St. Catherine's Monastery on Mt. Sinai.

He outlines the steps in the Spiritual Warfare, the struggle from being "self-centered" to "God-centered". From "looking down" to "looking up", from the "fogginess of the passions which push us to sin against God & neighbor", to "clarity of the Light to help us understand and become merciful". What we see all around us.

### **April 21: Sunday of St. Mary the Egyptian**

St. Mary was a prostitute in Alexandria. She went on a trip to Jerusalem. When she came to the Lord's Tomb (a "popular" destination for pilgrims), she could not enter! Our Lord literally confronted her with her sinfulness, & *then she confronted herself*. She realized who she truly was and made the decision to change - *REPENTANCE!* She ran from her sinfulness and devoted the remainder of her life (38 years) to live in the desert of the western side of the Jordan river.

Repentance is not only possible, it is the only way, for all. It is a turning to a different direction in your life, since the direction travelled so far has not been fruitful but rather destructive!

### **April 27: Saturday of Lazaros**

On the day before the "Entry into Jerusalem" the Lord raised Lazaros from the dead, *on the 4<sup>th</sup> day!* This prepares us for the Passion, the death and Resurrection of the Lord.

### **April 28: PALM Sunday - ENTRANCE OF THE CRIST INTO JERUSALEM**

This is the "*triumphal*" entrance into the Holy City of David. Jesus comes as a "King of kings" and "Lord of lords" since He now has power even over death (Lazaros). But His kingdom is not merely of this earth, we proceed into Holy Week to show that God is Love. For He is led to the slaughter as the "spotless" Lamb and He accepts it, truly the Love of the enemy!

*Is there anyone here who is a devout lover of God?*

**Let them enjoy this beautiful bright festival.**

*Is there anyone who is a grateful servant?*

**Let them rejoice and enter into the joy of their Lord!**

The Paschal homily of St John Chrysostom  
(Archbishop of Constantinople)

## Notes (April 2024)

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### **Who would like to decorate the Tomb of Christ?**

**We are in need of people to take over & manage the flowers for decorations for Lent & Holy Week.**

**Paul Macdowell and Cristina Popescu**, are more than willing to **share information, give feedback & help as much as needed** to have new people take over the ongoing decoration that makes Lent so special in our Community.

(This includes to be guided how to place orders, quantities, coordinate work crews, pick up & deliver, etc.)

.....

### **Fasting Notes:**

**During Lent** – NO meats, dairy, fish, olive oil & wine (on weekdays). On weekends we partake of olive oil (oo) & wine.

**Palm Sunday** – We have olive oil (oo), wine & fish.

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### **Memorials**

We **do not do** MEMORIALS after Liturgy when we have **additional processions/other services.** (*Lots of that during great Lent.*)

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### **Showcase (Bookstore)**

In our Narthex we have a small but good collection of books, icons, etc. Everything is marked as a suggested cost. It is either @ retail or below retail. All extra donations go for us to increase the items we carry!

If for whatever reason you do not have the funds.... **DO NOT WORRY**, give whatever you can! God always has provided for our Showcase!

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### **HOLY WEEK: KOUVOUKLION. Need help!** Message from Stephanie

We are trying to prepare a list of volunteers to help beautify the Kouvouklion. No one has responded... however the problem may be that people "just show up". As an example, last year folks showed up to help on Friday, and were disappointed they could not help; a lot of the work was done on Thursday ... we had to do that. Why? because we did not have a list of volunteers to depend on for Friday. And then on Friday, "everyone" showed up.

I will gladly be your contact person. Please call/see me and tell me that you will help. I am counting on you. Thanks a bunch!!

## Notes continued for April 2024

### **PASCHAL NEEDS 2024**

### **LENTEN & HOLY WEEK NEEDS**

Flowers for Icon – Salutations	4 weeks @\$50/week
Flowers for Feast of Veneration of the Cross	\$150
Charcoal	\$55
Incense (one box)	\$70
Candles for Cross (six sets)	\$21 per set
12 Candles (12 Gospel Readings on Holy Thursday)	\$7 each
24 Candles for the Tomb-Kouvouklion on Holy Friday	\$7 each (Get Names)
3 XL Candles (for Services), need 15 sets	\$21/per set
Palms/Laurel	\$200
Pussy willows (obtained locally in fields) for Palm Sunday Slavic tradition	
Bridegroom Icon	\$75
Palm Sunday Icon	\$50
Wreaths	\$65
Holy Friday wreath (Kouvouklion)	\$55 - Taken
Lavaron	\$75
Potted lilies (or items we can later plant outside)	\$30 each
Flowers for Kouvouklion/Epitaphion	\$1,500
Flowers (various needs for Holy Week and altar decor)	\$350
Resurrection Lambatha	\$375

Olive oil. **Please do not bring Capatriti oil. It does not burn well.**

Communion wine. **Donations only please. The Church will purchase the wine.**

*Contact Paul (712-0016) if you wish to donate or have questions. Send or give your checks to the office where a list will be kept. Make your check payable to St. Demetrios, ear-marked with your donated item (flowers, palms, etc.).*

*Thank you for your support – Glory to God in all things!*



# April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <small>(fast)</small>	2 <b><u>Baking</u></b>  <small>(fast)</small>	3 <small>(fast)</small>  5:30pm Presanctified Lit. w/ pot luck supper	4 <b><u>Baking</u></b>  <small>(fast)</small>	5 <small>(fast)</small>  6:30pm Salutations - Χαριτισμοι γ!	6 <small>(fast)</small>
7 Sun. of The Holy Cross w/ <b><u>Cross Procession</u></b> <small>(fast)</small>	8 <small>(fast)</small>	9 <b><u>Baking</u></b>  <small>(fast)</small>	10 <small>(fast)</small>  5:30pm Presanctified Lit. w/ pot luck supper	11 <b><u>Baking</u></b>  <small>(fast)</small>  6:00pm Ch Council	12 <small>(fast)</small>  4:00pm Salutations - Χαριτισμοι δ!	13 <small>(fast)</small>
14 Sun. of St John of the Ladder  General Assembly <small>(fast)</small>	15 <small>(fast)</small>	16 <b><u>Baking</u></b>  <small>(fast)</small>	17 <small>(fast)</small>  5:30pm Presanctified Lit. w/ pot luck supper	18 <b><u>Baking</u></b>  <small>(fast)</small>  6:00pm Festival	19 <small>(fast)</small>  6:30pm Entire Akathist- Ακαθιστος Υμνος!	20 <small>(fast)</small>  <div style="border: 1px solid black; padding: 5px; text-align: center;"><b>COMMUNITY RETREAT</b> @ Metrop. CAMP</div>
21 Sun. of St Mary of Egypt  Visiting Priest  <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>COMMUNITY RETREAT</b> @ Metrop. CAMP</div> <small>(fast)</small>	22 <small>(fast)</small>	23 <b><u>Baking</u></b>  <small>(fast)</small>	24 <small>(fast)</small>  5:30pm Presanctified Lit. w/ pot luck supper	25 <b><u>Baking</u></b>  <small>(fast)</small>	26 <small>(fast)</small>	27 <small>(fast)</small>  <b>Sat. of Lazaros, we begin Holy Week Schedule</b>  <b>Preparing the Palms</b>
28 Palm Sunday Entrance of The Christ into Jerusalem  <b><u>Dinner</u></b> <b><u>Propane Challenge</u></b>  <div style="border: 1px solid black; padding: 2px; text-align: center;"><b>Community PICTURE</b></div> <small>(fast)</small>	29 <small>(fast)</small>	30 <small>(fast)</small>	<div style="border: 1px solid black; padding: 10px;"><b>Holy Week - See Schedule of Services</b> <i>From Sat April 27 – Pascha, May 5</i></div>			

## **HOLY WEEK** *Schedule of Services 2024*

Saturday of **LAZAROS (Apr 27)** - Div. Liturgy 9:00am-10:00am

**PALM Sunday (Apr 28)** - 9:00am Orthros, D. Liturgy by 10:00am  
- **Bridegroom Orthros** 6:00-7:15pm

Holy **MONDAY (Apr 29)** - **Bridegroom Orthros** 6:30-7:45pm  
(@ *Biddeford-Serbian/old church ??*)

Holy **TUESDAY (Apr 30)** - **Presanctified Liturgy** 8:30-9:30am  
- **Bridegroom Orthros** 6:30-7:45pm (@ *Cemetery Chapel ??*)

Holy **WEDNESDAY (May 1)** - **Presanctified Liturgy** 7:30-8:45am  
- **Holy Oil** 3:00-4:00pm  
- **Holy Oil** 6:30-7:45pm

Holy **THURSDAY (May 2)**  
- **Vesp. Liturgy (Mystical Supper)** 7:00-8:15am  
- **Orthros of the CRUCIFIXION** 6:30-8:45pm

Holy **FRIDAY (May 3)** - **Great Hours** 9:00-10:15am  
- **Vespers of the ENTOMBMENT** 3:00-4:00pm  
- **Orthros of the LAMENTATION** 6:30-8:30pm

Holy **SABBATH (May 4)** - **Vesperal Liturgy (Sepulcher)** 9:30-11:15am  
- **Orthros/Liturgy THE RESURRECTION** 11:30pm-1:45am  
Blessing of the **Paschal Baskets** (the meats & cheeses)

Holy **PASCHA (May 5)** - **Vespers of Agapi** 11:00-11:45am

**Come Receive The Light, from The Light that Never Sets!**

## **Ακολουθια ΜΕΓΑΛΗΣ ΕΒΔΟΜΑΔΟΣ**

Σαββατον του Λαζαρου (27 Απρ) – Θεια Λειτουργια 9:00–10:00πμ

Κυριακη των ΒΑΙΩΝ (28 Απρ) – Ορθρος/Θ. Λειτουργια 9:00–11:30πμ  
– Ορθρος Νυμφιου 6:00–7:15μμ

Μεγαλη ΔΕΥΤΕΡΑ (29 Απρ) – Ορθρος Νυμφιου 6:30–7:45μμ  
(Biddeford-στην *Σερβικη/παλια εκκλησια ; ;*)

Μεγαλη ΤΡΙΤΗ (30 Απρ) – Προηγιασμενη Λειτουργια 8:30–9:30πμ  
– Ορθρος Νυμφιου 6:30–7:45μμ (*Στο Κοιμητηριο ; ;*)

Μεγαλη ΤΕΤΑΡΤΗ (1 Μάι) – Προηγιασμενη Λειτουργια 7:30–8:45πμ  
– Ευχελαιον 3:00–4:00μμ  
– Ευχελαιον 6:30–7:45μμ

Μεγαλη ΠΕΜΠΤΗ (2 Μάι) – Εσπ. Λειτουργια 7:00–8:15πμ  
– Ορθρος <ΣΤΑΥΡΩΣΙΣ> 6:30–8:45μμ

Μεγαλη ΠΑΡΑΣΚΕΥΗ (3 Μάι) – Μεγαλες Ωρες 9:00–10:15πμ  
– Εσπερινος <ΑΠΟΚΑΘΛΩΣΙΣ> 3:00–4:00μμ  
– Ορθρος <ΕΠΕΤΑΦΙΟΣ ΘΡΗΝΟΣ> 6:30–8:30μμ

Μεγα ΣΑΒΒΑΤΟΝ (4 Μάι) – Εσπ. Λειτουργια 9:30–11:15πμ  
– <Η ΑΝΑΣΤΑΣΙΣ> Ορθρος/Θ. Λειτουργια 11:30–1:45πμ

Κυριακη του ΠΑΣΧΑ (5 Μάι) – Εσπ. ΑΓΑΠΗΣ 11:00–11:45μμ

**Δευτε Λαβετε Φως**



**Hellenic Society Paideia of Maine is offering three \$1,000.00 scholarships to youth in our Greek affiliated communities.**

Hellenic Society Paideia of Maine member families' children, Greek communities' members and Greek church members from the Saco, Portland, Lewiston and Bangor Church communities qualify to apply for a scholarship.

**Eligibility:**

High School Senior and College Student of Greek descent or a Phil-Hellene actively involved in our Maine Greek Communities. Priority will be given to High School Seniors. If there are no High School Seniors, preference will be given to 1<sup>st</sup> year College students.

Application must be received by the Scholarship Committee no later than May 15, 2024.

First time applicants will only be considered.

The applicant must be enrolled in a higher education institution.

**Requirements:**

Completed application package must be postmarked by May 15, 2024 and include the following:

1. Cover letter introducing student including church community affiliation/involvement, special interests, awards, recognitions.
2. The applicant should have his institution mail to the Scholarship Committee a transcript with a GPA of 85% or higher.
3. Two recommendation letters from parish priest, mentor, supervisor (work or community service), teacher or athletic coach.
4. 250-word essay on the topic "If you are the mayor of your city how would you address the homeless problem?"
5. Copy of College acceptance letter

**Everyone who meets the above qualifications is encouraged to apply.**

Application packages to be mailed to:

Scholarship Committee – Hellenic Society Paideia of Maine

Attention John Rozos

P.O. Box 112, Poland Spring, ME 04274

*Dear Friends,*

*Preparations are underway for **GREEKFEST24**. We need all the help we can get and we're counting on the St. Demetrios family to step up once again in order to make this festival a success. Don't miss the fun and more importantly don't miss this opportunity to give of your time and talent. The festival preparations have already started.*

*If you are interested, please submit a volunteer form.*

*If you have questions please don't hesitate to ask the leadership team:*

*Director: Stavro Nashi*

*Assistant Director: Pota Desjardins*

*Kitchen: Cindy Carr*

*Finance: John Caras*

*Logistics: Sam Anagnostis*

*Procurement: Dimitrios Mihos*

*Outside Venues: Tom Carr*

*Corporate Sponsorship/Public Relations: Pam Pappas*

# GREEKFEST 24

## Volunteer Form

NAME \_\_\_\_\_

TELEPHONE #'s \_\_\_\_\_

EMAIL \_\_\_\_\_

**PLEASE RETURN YOUR FORM TO STAVRO "STEVE" NASHI.**

**Email: [snashi@maine.rr.com](mailto:snashi@maine.rr.com), ph 207-284-3705**

**AREA OF INTEREST:** *Please specify three choices*

Bookstore Cashier/tickets Children's area Dishwasher First Aid Greek Coffee Gyro Stand Ice Cream Kitchen Loukoumades Market/Bakalico	Parking Pastry Table Reception/Hospitality Salads Sanitation Outdoors Sanitation Indoors (Hall) Security Serving Line Soda/Pizza Set up Team (Thurs., 7/11 <sup>th</sup> ) Tear down Team (Sun. 7/14 <sup>th</sup> ) Trays
THANK YOU!	THANK YOU!

## Notes continued for April 2024

**ETERNAL VIGIL LIGHT** is available for 2024, cost \$200. It is for the entire year of 2024, and lit at every service. Please include the family or individual name. Make your check payable to St. Demetrios, ear-marked "Vigil Light".

*Please make sure to see Stephanie so that she can prepare/put the name on the light. If you are mailing your request, put "Attn: Stephanie" on the envelope. Thank you.*

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**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.

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**BAKING on Tuesdays and Thursdays.** Please see Vanja Somerville or any of the ladies to ask about helping. Also please know we usually gather Tuesdays and Thursdays at 9:00am. Leave your email at ([saintfotini@gmail.com](mailto:saintfotini@gmail.com)) so that you can be included on all the updates or cancellations with the baking. When there is Liturgy, baking starts after that.

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**DEMOULAS FOUNDATION.** We received a check from The Demoulas Foundation, amount of \$2,500 in March. For the past few years, it has been an annual gift, and one whereby they want the money used for Youth, Camp, Ministries, Philanthropic. This year the gift will go toward the cost of the Community Retreat at the Methodios Camp in Contoocook NH. A thank you letter has been sent to them, and in it, we used the opportunity to share how the money was used.

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**GYRO SUNDAY.** What a great day... **GYRO SUNDAY...** we spent it together and enjoyed great GYROS!! We sold 220 wraps, earned \$1,183 less costs \$482, left \$701 that will go to the Janitorial fund. All around win-win!

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**The HELLENIC SOCIETY PAIDEIA OF MAINE** offers reimbursement of Registration fees to qualified families, as part of its mission to promote Hellenic culture to the students and children of our Greek Orthodox communities in Maine. If you plan to send your child to Summer Camp this year, and would like to be considered for reimbursement of the registration fees, please contact Fr. Basil and he will reach out to an officer of the Hellenic Society Paideia of Maine.

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**DONATION:** Valerie Mantis gave a \$5,000 donation to the Growth and Development Fund, *In Loving Memory of her Mom, Soteria Cynthia Mantis.* Many of us fondly remember Cynthia... Thank you Valerie.

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**LAMB AVAILABLE.** Mark Pinette of Hardscrabble Farm in Arundel is offering Lamb for our Pascha. If you are interested, his phone number is 207-282-2060. He was recommended by a local family.

# Monthly Financial Report. <sup>3/10/2024</sup>

(Operating Budget 2024)

*Mortgage Balance: \$99,009*

## STEWARDSHIP & FINANCIAL UPDATE as of February 29, 2024

Total Stewards: 123

Total Stewardship Received: \$49,719

<u>Month</u>	<u>Income (\$)</u>	<u>Expenses (\$)</u>	<u>Operating account (\$)</u>
January	\$22,632	\$21,277	\$1,355
February	\$40,905	\$31,845	\$10,414

We ended February in the **Black \$10,414!** {Compare to 2023: 11,943}.

**Our income is up by \$3,000** (compared to *LAST YEAR*).

**Our Expenses are up by \$4,000** (compared to *LAST YEAR*).

Compare: Year to date:

	<u>2023</u>	<u>2024</u>
Total Income:	<b>\$60,473</b>	<b>\$63,536</b>
Total Expenses:	<b>\$49,406</b>	<b>\$53,122</b>

**Let our giving reflect our faith!**

\* \* \* \* \*

### St. Romanos the Melodist, on Fasting

“Let us expect to come upon blessed hope, through our deeds and faith. We keep the teachings of the Lord, and the precepts of the Saviour. Let us, therefore, honor and love the right action of fasting, which is highly prized by the angels. The prophets, men on earth, guard this practice, though they are alien to the company of angels... Christ was not ashamed to practice its discipline, but He voluntarily fasted — subscribing through it, eternal life for us.”

“By fasting, as by swords, all the demons are driven away, since they do not endure nor are they any match for its great charm. They love the ‘pleasure seekers’ and the drunkard. But if they look on the face of fasting, [the demons] are not able to stand. [Instead], they run far away. As Christ, our God, taught us, saying: ‘This kind of devil goes out by prayer and fasting’ [Matt. 17:21]. Hence, we have been taught that fasting gives men eternal life.”

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



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Joshua 24:15

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