

ST. DEMETRIOS

Volume XXXV, No 07

Saco, Maine

JULY/AUGUST 2024

In the Summer we have one Newsletter for July & August....

Our ***Festival***

July 12, 13 & 14

This is it!

*Everything is falling into place,
many are working so hard.*

See you soon!

We need:

- 1. Flyers passed out everywhere, can you help, stop by anytime.**
and
- 2. To place our lawn signs for our front yards.**



OPA!

We are preparing the foods and pastries you love!

ST. DEMETRIOS 2024 GREEK FESTIVAL!

AUTHENTIC GREEK FOOD
DELICIOUS GREEK PASTRIES

Dine In or Under the Tent

July 12 • 13 • 14th 2024

11-9 Friday & Saturday

11-3 Sunday



FREE ADMISSION
FREE PARKING



*Greek Music & Dancing
Church Tours*

186 BRADLEY ST.
SACO, ME

GREEKFEST 24

Volunteer Form

NAME _____

TELEPHONE #'s _____

EMAIL _____

PLEASE RETURN YOUR FORM TO STAVRO "STEVE" NASHI.

Email: snashi@maine.rr.com, phone 207-284-3705

AREA OF INTEREST: *Please specify three choices*

Bookstore	Ice Cream
Cashier/tickets	Kitchen
Children's area	Loukoumades
Dishwasher	Market/Bakalico
First Aid	Parking
Greek Coffee	Pastry Table
Gyro Stand	Reception/Hospitality
.....	Salads
<u>HOURS/DAYS I CAN VOLUNTEER</u>	Sanitation Outdoors
FRI:	Sanitation Indoors (Hall)
SAT:	Security
SUN:	Serving Line
	Soda/Pizza
	Set up Team (Thurs., 7/11 th)
	Tear down Team (Sun., 7/14 th)
<u>NOTE (if needed):</u>	Trays

3 Updates

Propane!

Our Propane Challenge on Palm Sunday, is of great importance, our actual cost to run the Heating/Cooling units of our facility, are approx.: \$20,000+.

Final for 2024: we raised \$3,585!

Building Maintenance!

- The “washing” is completed. It has been paid for.
- The Power Wash is done and the invoice amount of \$4,600 is paid.
- Surveillance/Security is installed, cost of \$6,500 plus cost of an additional camera (price unknown).
- The painting is coming along, we have paid Eric Donilon \$8,000 to date. Please note that the front of the Church will be done in time for the Festival, and the remaining repairs, etc. will be finished after the Festival.
- Our kitchen/Festival refrigerator has been bought & paid for.
- Expenses: At our General Assembly on April 14th, we voted to spend up to \$90,000, this included a contingency.

Reminder: *The Lacones are donating \$30,000 towards this work!*

So far we have spent over: \$20,000.

6/20/2024

Next Door Development!

321 Lincoln Development (property *abutting* the Church)

- Litigation is ongoing. Developer is suing the City of Saco, and would like a jury trial. (Note: this could take longer.)
- Oral arguments scheduled to State Business Court.
- Maine DOT rescinded the developer’s original traffic stud and forcing the developer to comply with a new traffic study.
- Also, we are still waiting to hear from the New England Land Trust. Maine Land Trust pushed the project forward.

For information, please connect with Pota Desjardins @ 207-229-7516 or potakdl@hotmail.com.

August 6

THE TRANSFIGURATION *OF OUR LORD, GOD AND SAVIOR JESUS CHRIST*

In the third year of His preaching, the Lord often spoke to His disciples of His approaching passion, and also of His glory after His suffering on the Cross. So that His impending passion would not totally weaken His disciples, and so that no one would fall away from Him.

For that reason, He took Peter, James and John with Him and went to Mt. Tabor, and was there transfigured before them: And His face shone as the sun and His garments became white as snow (Mat 17:2).

Moses and Elias [Elijah], the great Old Testament prophets, also appeared beside Him. Seeing this, His disciples were stunned. Peter said: *Lord, it is good for us to be here: if You will, let us make here three tabernacles; one for You, one for Moses and one for Elias* (Mat 17:4). While Peter still spoke, Moses and Elias departed, and a bright cloud overshadowed the Lord and His disciples, and there came a voice from the cloud saying: *This is my beloved Son, in whom I am well pleased; hear Him* (Mat 17:5). Hearing the voice, the disciples fell face down on the ground as though dead, and remained that way, prostrate in fear, until the Lord came to them and said: *Arise, and be not afraid* (Mat 17:7).

Why did the Lord take only three disciples onto Tabor? Because Judas was not worthy to behold the divine glory of the Teacher, Whom he will betray; and the Lord did not want to leave him alone at the foot of the mountain, so that the betrayer would not, because of this, justify his betrayal. Why was our Lord transfigured on a mountain and not in a valley? So as to teach us two virtues: love of labor and godly-thoughts--for climbing to the heights requires labor, and the heights themselves represent the elevation of our thoughts to the things of God.

Why did Moses and Elias appear? In order to destroy the Judean fallacy that Christ was one of the prophets--Elias or Jeremiah or some other. That is why He appeared as a King, above the prophets, and that is why Moses and Elias appeared as His servants. Until then, our Lord had manifested His divine power many times to the disciples; but **on Mt. Tabor He manifested His Divine Nature**. Finally the hearing of the heavenly witness to His being the Son of God, must have served the disciples during the passion--in the strengthening of faith in Him.

PROLOGUE OF OHRID

St Nicolai

GOD BLESS AMERICA



Thursday, The Fourth of July—also known as Independence Day—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution.

On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson.

From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

Dormition of the Theotokos (Aug 15)

The feast of the **Dormition** or **Falling-asleep of the Theotokos** is preceded by a two-week fast. This feast, commemorates the death, resurrection and glorification of Christ's mother. Mary has been "assumed" by God in the fullness of her spiritual and bodily existence.

As with her Nativity (Sept 8), and the feast of her Entrance to the temple (Nov 21), there are no biblical/historical sources. The Tradition of the Church is that Mary died as all people die, not "voluntarily" as her Son, but by the necessity of her mortal human nature.

The Church teaches that she is without personal sins. In the Gospel of the feast, in the services and in the Dormition icon, the Church proclaims as well that Mary truly needed to be saved by Christ as all human beings; and that having truly died, she was raised up by her Son as the **Mother of Life** and participates in the eternal life with all the saints, which is prepared and promised to all who "**hear the word of God and keep it.**" (Lk 11:27-28)

The Old Testament readings, as well as the gospel readings, are exactly the same as those for the feasts of her Nativity and her Entrance into the Temple. We again hear Mary say: "**My soul magnifies the Lord and my Spirit rejoices in God my Saviour.**" (Lk 1:47) We hear where St. Paul speaks of the self-emptying of Christ who condescends to human servitude and ignoble death in order to be "highly exalted" by God his Father. (Ph 2:5-11) And again we hear in the Gospel that Mary's blessedness belongs to all who "**hear the word of God and keep it.**"

The feast of the **Dormition** is the celebration of the fact that all men are "highly exalted" in the blessedness of the victorious Christ, and that this high exaltation has already been accomplished in Mary the Theotokos. This is the "destiny" of all those of "low estate" whose souls magnify the Lord, whose spirits rejoice in God the Saviour, whose lives are totally dedicated to hearing and keeping the Word of God which is given to men in Mary's child, the Saviour and Redeemer of the world.

In this sense everything that is praised and glorified in Mary is a sign of what is offered to all of us in the life of the Church. *It is for this reason that Mary, with the divine child Jesus within her, is called in the Orthodox Tradition the **Icon-Image of the Church**. For the assembly of the saved, is, those in whom Christ dwells.*

Edited from: Nativity of the Most Holy Theotokos Serbian Orthodox Church

The Beheading of ST. JOHN THE BAPTIST (August 29th)

Along with January 7th, the 29th of August is the major Feast of the Forerunner.

The Lord states: "I tell you, among those born of women none is greater than John." (Lk 7:28)

Because his entrance into heaven is through his beheading, after his imprisonment, it is a day of fasting for us. This year it is on a Thursday.

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 <div style="border: 1px dashed black; padding: 5px; text-align: center;">God bless America!</div>	5	6
7 2 th Sun of Matthew	8	9	10	11 Festival <i>set up</i>	12 8:30am Liturgy Elder Paisios	13 <div style="border: 1px solid black; padding: 10px; text-align: center;"><u>Festival</u></div>
14 Holy Fathers of 4 th Church Council <div style="border: 1px solid black; padding: 5px; text-align: center;">Festival</div>	15	16	17 oo/wine	18	19	20
21 4 th Sun of Matthew	22	23	24	25	26 oo/wine	27
28 5 th Sun of Matthew	29	30	31			

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kosmos exchange group!	2	3
				Transfiguration -- Dormition Fast		
4 6th Sun. of Matthew	5 6:30pm Paraklisis	6 oo/wine/fish 8:30am Liturgy The Transfiguration Μεταμορφωσις (Blessing of grapes)	7 6:30pm Paraklisis	8 8:30am Paraklisis 6:00pm Ch Council	9 6:30pm Paraklisis	10 6:30pm Vespers
				Transfiguration -- Dormition Fast		
11 10th Sun. of Matthew <i>Confessions</i>	12 6:30pm Paraklisis	13 8:30am Paraklisis	14 <i>Feastday Vespers @ Manchester, NH</i>	15 8:30am Orthros, 9:00 Liturgy Dormition/Falling Asleep of Theotokos Η Κημισις της Θεοτοκου (Αρτοκλασια – <i>Artoklasia</i>)	16	17
				Transfiguration -- Dormition Fast		
18 8th Sun. of Matthew	19	20	21	22	23 oo/wine	24
25 9th Sun. of Matthew	26	27	28 oo/wine	29 fast day	30	31

St. (papou) Joseph the Hesychast (1897-1959)

Glorified (officially accepted as a saint) by the Patriarchate in Constantinople on Oct. 20, 2019

Taken & edited from St Anthony's website

Francis (Francisco-Elder Joseph's name before his monastic tonsure) was born in Paros on February 12, 1897, the fourth of seven children to the simple but pious couple George and Maria Kottis. Because of their extreme poverty, Francis left home at seventeen to work in Piraeus as a merchant to support his large family. When he was 23 years old he was engaged to a pious girl and lived in exemplary chastity, never touching his fiancée for fear of coming to the point of kissing her!

One day he beheld a wondrous vision of two angels in the form of palace guards, leading him to serve the heavenly king. After this vision, he became pensive and lost all interest in worldly things; he spent his time reading the lives of saints, especially those of the great ascetic Fathers, which ignited in his heart the desire to become a monk. He then called off his engagement, and in preparation for his life on the Holy Mountain, he started conditioning himself to ascetic struggles by fasting and praying in the countryside of Athens.

In 1921, after two years of living ascetically in the world, he finally made his way to the Holy Mountain, his heart longing for a God-bearing spiritual guide to teach him the "art" of noetic prayer. After searching without success, he decided to join the brotherhood of Saint Daniel of Katounakia. Renowned for his discernment and exalted spiritual life, St Daniel chose a moderate ascetical program for his brotherhood. Francis, however, was inclined to a more austere spiritual life and total dedication to unceasing prayer of the heart, which requires great silence and humility, and thus he stood out from the rest of the brotherhood. Saint Daniel knew he could not stay with his brotherhood, but he also knew that Francis needed a companion, a fellow ascetic, in order to avoid delusion. So he told him that until a co-struggler could be found for him, he should cultivate the Jesus Prayer alone in some remote cave, coming to him occasionally for spiritual guidance.

One day, after suffering many temptations, he was granted another vision of the uncreated light, and he received the gift of ceaseless prayer. From that point on until his death, the prayer was said in his heart unceasingly, granting him incredible spiritual states and divine visions.

Eventually, a suitable co-struggler, Father Arsenios, was sent to him by Saint Daniel. These two spiritual warriors would be inseparable companions for the rest of their lives, leading an austere ascetical life together. The day of his monastic tonsure was Sunday, August 31, 1925, the commemoration day of the deposition of the precious belt of the Theotokos, at the cave of Saint Athanasios the Athonite, and he received the name Joseph.

The young Father Joseph soon began attracting monastic aspirants, but few of them were able to endure his severe ascetic program. Eventually, the nucleus of his brotherhood would consist of five disciples: his co-ascetic Father Arsenios; Father Athanasios, his brother in the flesh; Father Joseph the Cypriot, who would later become the geronda of the Monastery of Vatopaidi; Father Ephraim, later abbot of the Holy Monastery of Philotheou and future geronda of *thirty-three* monasteries in Greece, the US, and Canada, including Saint Anthony's Monastery in Arizona; and Father Haralambos, later abbot of the Monastery of Dionysiou. Also, to mention Saint Ephraim of Katounakia; although he belonged to a different brotherhood, he was guided spiritually by Saint Joseph, and thus is also considered one of his disciples. A few months before his death, he was visited by the Virgin Mary, whom he held in special reverence, and was promised by her, that she would take him on her feast day. He fell asleep in the Lord, on August 15, 1959, the day of the Dormition.

Saint Joseph's legacy has been carried on by his disciples, who have reestablished the practice of noetic prayer and watchfulness on the Holy Mountain, brought Athonite monasticism to the United States and Canada, and encouraged many Orthodox faithful through the publishing of his life and letters. Today the spiritual grandchildren of Saint Joseph, who endearingly refer to him as "Papou Iosif" (Grandfather Joseph), call upon him to help them in their spiritual life, and all those who call upon him.

Notes (July/August 2024)

“Kosmos visit”

As in past years, we participated annually in the Young Adult Exchange program **KOSMOS**. Every year a group (25-30 people) from our Metropolis visits the Metropolis of Neapolis (Naples) in Macedonia (Greece), and a group from there, visits us.

This year we have one of our young adults from our Community go to Greece!!

We are Hosting them on **Thursday August 1**.

We will give them Lunch & Dinner, take them to different areas in Maine to see & close the day with the fireworks in OOB!

We need both people to actually help with food preparation & donations to pay for the food!
(Also every year we treat them to a lobster! Yes we need lots of help.)

.....

SPECIFICS about Fasting/Feasts (in the Summer):

Transfiguration/Dormition Fast begins Thursday August 1th & ends Thursday August 15th. Please bring Arto, & olive oil; may we always have our table full!

During this fast, we fast from meats/dairy/fish/wine and olive oil, seafood is permitted. On Saturdays/ Sundays we eat olive oil & wine. Wednesdays & Fridays is the regular Fast!

On the Transfiguration (Tues., Aug 6), we also partake of fish, to celebrate the day/Event!

.....

Church Needs (during the summer):

We need oil....

Transfiguration of the Lord – August 6: Everyone is asked to bring **grapes**. *They should be washed & cut up into small bunches.*

Also Lenten ARTO if possible.

Dormition of the Theotokos – August 15: Everyone should try to bring **ARTOKLASIA** (the 5 loaves). Also **oil**.... We do **not** need any wine.

.....

Confession.

On **Sunday Aug 11**, after Liturgy, Fr Basil will remain in church for short (10 min.) confession. Please call office to be put on list.

.....

Email/call to Fr Basil!

Please **do NOT email** Fr Basil.

Call the office or text him.

For appointments always connect with the office.

He is not available until after August 4. (*Clergy Laity conference, Festival, Camp & a little vacation.*)

.....

ROMANIAN SPEAKING PRIEST

Fr. Vasile with the blessing of Metropolitan Nikolai, came from Canada and is a Priest in Shrewsbury, MA. He is fluent in Romanian, and has offered the following: If there are any Romanian families that only speak Romanian, and would like Confession, Baptism, or perhaps may have a question, he would like to help. Fr. Vasile can be reached at 508-320-0645.

.....

St. Demetrios has received notification that the Estate of Andrew “Andy” Mantis has left a bequest of \$25,000 to St. Demetrios Greek Orthodox Church, Saco, ME.

Many of us remember Andy, who always smiled whenever we would meet.

Memory Eternal and Blessed Paradise.

.....

NOTE: We will have Liturgy on Friday, July 12 at 8:30am for Geronda Paisios. (That is the Friday of the Festival.)

Monthly Financial Report. 6/14/2024

(Operating Budget 2024)

Mortgage Balance: \$99,009

STEWARDSHIP & FINANCIAL UPDATE as of May 31, 2024

Total Stewards: 153

Total Stewardship Received: \$88,319

<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
March	\$12,548	\$19,854	\$3,110
April	\$25,951	\$26,924	\$2,136
May	\$19,184	\$21,156	\$774

We ended April in the **Black \$774!** {Compare to 2023: 2,927}.

Our income is down by \$8,000 (compared to *LAST YEAR*).

Our Expenses are down by \$3,000 (compared to *LAST YEAR*).

Compare: Year to date:

	<u>2023</u>	<u>2024</u>
Total Income:	\$125,216	\$121,220
Total Expenses:	\$122,671	\$120,447

Thank You!!

Let our giving reflect our faith!

KEEP THE FAITH !

All this requires **patience**—for just as a city is not built in a day, we cannot expect to **gain inner peace in a day**. Achieving inner peace means building a house for the God of peace, a tabernacle for the Almighty—in this way becoming a temple of God.

Fr. Jack Sparks, *Victory in the Unseen Warfare*, p.94

Therefore all of us, and especially those who have a family household under their charge, must learn to **"commit ourselves and one another and all our life to Christ our God."** When we fully believe that God will help us if we turn to Him from our heart, He comforts us.

Elder Thaddeus (Strbulovich) of Vitovnica,

Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica, p.173

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



Melissa Rioux
REALTOR®
Associate Broker

207-286-7321

MelissaRioux@kw.com
MelissaRioux.kw.com

**Specializing in Coastal Properties
& Vacation Rental Management**



**Proudly serving our
communities since 1827.**

See us for all your banking needs.



**SACO &
BIDDEFORD**
SAVINGS

In It Together.

Member
FDIC

sbsavings.bank



201 U.S. Route 1, Scarborough, Maine
883-8883 ♦ Fax 885-1279

438 U.S. Route 1, Yarmouth, Maine
846-1473 ♦ Fax 846-6747

Route 196, Topsham Fair Mall,
Topsham, Maine
729-1919 ♦ Fax 725-9018

Route 1 Bypass, Damariscotta, Maine
563-1563 ♦ Fax 653-2077

Visit us at www.romeospizza.biz



93 Alfred Street
P.O. Box 992
Biddeford, ME
04005
1-207-283-0002

Serving Pizza Since 1960

We ask you to patronize these friends of St. Demetrios!

Nichol Irene Penna, DMD

Douglas Delli Colli, DMD

Joseph G. Penna, DMD

Demitroula Kouzounas, DMD

Colette Sirois, DMD

Elizabeth Kain, DMD



618 U.S. Route One, Suite 4

Scarborough, Maine 04074

tel: (207) 883-3229 | fax: (207) 883-1184

info@dunstandental.com

www.dunstandental.com

MON 8-5

TUE 8-2

WED 8-6

THU 8-6

FRI 8-3

SAT 8-12

Telephone: (207)934-2733 Home: 282-6570

Open Year
Round



Oceanfront

Denis & Daphne Rioux

Cleaves St. Old Orchard Beach, Maine

Compliments of

St. Demetrios

Hellenic Orthodox Cemetery

Assoc.

stdhoc@outlook.com

SAFETY IS NO ACCIDENT.



PORTLAND VOLVO CARS

A Passion for
Exceptional
Service

9 U.S. Route 1, Scarborough, ME | www.portlandvolvo.com | (207) 883-5568

ASSOCIATION OF LACONES

FOUNDED

SEPTEMBER 1934

Greek Fraternal Society

Serving Southern Maine and

Southern New Hampshire

OUR 90th 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

Hell is to be away from God. Hell for a child is to be away from its mother.

**Most people are so consumed by earthly concerns and possessions that
*they never get to feel the love of God.***

God wants us, above all, to be happy and to enjoy inner peace.

God is not a tyrant who pesters and intimidates us, but instead he wants us to be free.

The devil is very crafty. He is constantly trying to find a weak spot in everybody.

Guarding your mind and your thoughts is the most important thing.

Satan's handiwork is to constantly put malicious and damaging thoughts in people's minds.

Elder Paisios

Saint Demetrios

Greek Orthodox Church

186 Bradley Street

Saco, ME 04072

ADDRESS SERVICE REQUESTED