

ST. DEMETRIOS

Volume XXXVI, No 05

Saco, Maine

MAY 2025

Χριστος Ανεστη – Αληθως Ανεστη! **Christ is Risen --- *Truly He is Risen!***

1 Now on the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb.

2 So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him."

11 But Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb;

12 and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet.

13 They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid him."

14 Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus.

15 Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away."

16 Jesus said to her, "Mary." She turned and said to him in Hebrew, "Rabboni!" (which means my Teacher). (*Gospel of John chapter 20*)

General Assembly *notice included*

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

2nd Monday after Pascha
Apr. 28th, 2025

General Assembly

On **Sunday May 18th** we will have our **General Assembly to vote on paying down our mortgage partially and contributing from the Growth & Development Fund to Project Mexico.** Right after the Div. Liturgy.

The Agenda:

Opening Prayer

- 1. Election of Chairman of Assembly.**
- 2. Vote on paying down our Mortgage by \$40,000.**
- 3. Approving giving \$2,300 from the G & D Fund to 2025 project Mexico.**

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

INFO-ASSEMBLY ... SMALL UPDATE

We had three items to discuss.

- 1. Paying down our Mortgage by \$40,000.** Our balance is \$96,035 and interest rate is 7.81%. Folks agreed we should definitely do this, but they also asked “if we do well with this year’s festival, would the council consider paying off the balance.” The answer, “It has been discussed and the answer is yes!”
- 2. Contributing from the Growth & Development Fund \$2,300 to Project Mexico.** A small committee made this recommendation to the Council, the Council accepted it and the amount recommended is not more than 90% of the interest of the previous year. This also was well received by those attending.

These two items will be voted on at the General Assembly on Sunday, May 18th. Please attend.

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Air-Conditioning in the Church, Altar area and Narthex.

Sam Anagnostis, Caton Tompkins and Tom Carr spoke and described the design and present thoughts re: the air-conditioning system for inside the Church, Altar area and Narthex. To address all the information needed to make a decision, there will be more Info-Assemblies as we move along. So everyone is aware, Sam and Caton have put in many, many hours to bring this info to us.

There were several comments and questions... it was a very positive room and the community responded with their many thoughts and suggestions. Questions like: What will the Maintenance/upkeep costs be? Will we need a Mortgage? Why do we need air-conditioning? Etc...

Estimated Budget costs are \$325,000.

(Please note this will not be voted on May 18th. This will happen at a later date.)

YARDWORK

on SATURDAY, MAY 10TH from 1:00pm to 3:00pm.*

Speak with Stavro Nashi or call 207-284-3705.

Come help us clean up and beautify St. Demetrios.

***Alternate date, if needed, is Saturday, May 17th, same time.**

Metropolitan Methodios' Paschal Reflection 2025

Easter Reflection

My brothers and sisters in the household of God,

Every Holy Week, the Church puts before us two great mysteries. The first is that Life itself, the Son of God through Whom everything was created, died and was buried. The second is that Christ, a Man (as St. Paul teaches) “like us in every way except sin” (Heb. 4:15), rose from the dead. God came to this world to die so that we may live with Him. As great a common enemy death is for us, so great is the victory that we celebrate tonight. St. Paul acclaims, “O death where is thy sting? O grave, where is thy victory?” (1 Cor. 15:55)

Tonight, we celebrate the Passover of our Lord and Savior Jesus Christ. His Passover is our personal Passover, because through our belief in Him, we are given the certainty of our own Paschal resurrection. His victory over death is not only a historical event—it is a living and transformative reality for each of us who follow Him. Our adherence—heart and mind—to the Risen Christ changes our life and brightens our existence. His resurrection becomes the lens through which we view every sorrow, every joy, and every challenge.

We haven't gathered tonight (in this Cathedral) so that we may “congratulate” our Lord for rising from the dead. Rather, we have come to celebrate the mystery of our own resurrection, for it is now surely to be expected since Christ has become the first Man to rise from the dead (cf., Col. 1:18; Rev. 1:5).

We rejoice tonight because we have been given as proof of our hope the empty tomb of our Lord, and as evidence this brightest night of all human history -- the night that the kingdom of death was conquered by our Risen Lord.

The certainty that Christ is risen from the dead instills in us courage, prophecy, daring and persistence just as it did in the lives of the martyrs of every age. Their unwavering witness echoes through time calling us to stand firm in the truth, even when the world turns away. Saint Paul, writing to the Corinthians, teaches, “If Christ is not risen, then our preaching is empty and your faith is futile” (1 Corinthians 15:14). We believe Christ is risen and therefore our faith is not in vain. It is powerful. It is alive. It is filled with hope.

“As candle melts before the fire” so do our burdens and pains vanish before the fire of our Paschal candles—those that we hold in our hands and those that we are called to set alight in our hearts. All the other problems that so vex the secular world—problems created by the sins of a very secular mentality—will vanish once we bring to our mind that we have been given the gift of everlasting life!

The Risen Lord is with us tonight fulfilling His promise: “I am with you always, to the end of the age” (Matthew 28:20). He is present in our every challenging moment, in our every act of love and mercy, in our every moment of silent prayer. Just as the first witnesses proclaimed this good news with boldness, we too are called tonight to proclaim—fearlessly and joyfully—that Christ is risen and in Him, we rise too—into new life, new hope, and an unshakable promise of eternal joy.



Holy Trinity Greek Orthodox Church Day of Recollection

At St. Methodios Retreat Center, Contoocook NH

Thinking Orthodox: *Ancient Answers to Modern Questions*

Guest Speaker: Dr. Jeannie Constantinou

Made possible by a generous grant from the Thriving Congregations Initiative of the Metropolis of Boston

To Register: Use QR Code or email: zenoveronensis@outlook.com
Or call: 603-953-3051

Registration and Room Fees:

Saturday—Day of Reflection and Saturday Lunch—\$45 (deadline April 29)

Overnight and Saturday Lunch—\$17 per adult plus \$129 for each overnight (deadline April 15)

There will be a “day at camp” for our JOY and GOYA children (no charge)

Friday, May 2

7:00 pm—Informal Chat and Discussion

Saturday, May 3

9:00 am Arrival and Check-In

10:00 am **Apostolic Origins of the Orthodox Mind**

What does it mean to be an Orthodox Christian? Where does the Orthodox mentality come from?

11:30 am **Departure of the West**

Why Orthodoxy differs from Catholic and Protestant churches and what that means.

12:30—1:30 Lunch at the Retreat Center

1:30 pm **Why Phronema Matters**

How does our Orthodox *Phronema* impact our salvation?

3:00 pm **Applying Orthodox *Phronema* to Contemporary Issues**

How should we respond to issues raised in the contemporary culture and our Church today? Contemporary dangers threatening Orthodox Christianity. We especially invite our GOYAns and Young Adults for this session; come prepared with your questions and concerns!

4:30 pm **Vespers at the Chapel**

5:30 pm **Dinner at the Cafeteria**

7:00 pm **Questions and Answers; Developing an Orthodox Phronema**

What if others don't understand us? What to do and what to avoid. We also recommend this session for our GOYAns and Young Adults as well.

Sunday, May 4

9:30 am Divine Liturgy at the Chapel followed by brunch and farewells

Presbytera Jeannie Constantinou, Ph.D. earned a B.A. in Religious Studies at the University of San Diego, a J.D. from Pepperdine University School of Law, a M.A. in Practical Theology from the University of San Diego, a Masters of Theology from Holy Cross Seminary and Harvard Divinity School, and a Ph.D. from the Université Laval, Quebec City, Canada. She taught Biblical Studies and Early Christianity extensively at Orthodox and non-Orthodox universities and graduate schools of the theology, including Hellenic College/Holy Cross. She is the host of *Search the Scriptures LIVE* on Ancient Faith Radio. Her most recent books are *The Crucifixion of the King of Glory* and *Thinking Orthodox*. She is married to Father Costas and they have one child, Christopher (33).



SCAN ME

Congratulations ... AXIA

Antonia Spirounias

CHRIST IS RISEN.

Toni is the recipient of the Metropolis of Boston Ministry Awards 2025, for St. Demetrios.

Each year, the Metropolis recognizes the faithful stewards of the local parishes for their dedicated service.

*It is with great warmth, love and respect that the Church Council, on behalf of the community, extends their congratulations and heartfelt thanks to Toni for her many years of dedication and leadership not only as a Church Council member but also as a loving member of everyone in our community. **AXIA !***

BLESSED MOTHER'S 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 Mother's Day.

+Lord, Our God, Jesus Christ, on this day, we are gathered to honor our mothers and first among them is your own Holy Mother, Mary the Virgin, the all holy and pure. We supplicate you to accept our supplications on behalf of all the mothers throughout the world. Give rest to those who have gone to your resting place.

* * * * *

“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.*

Please check the “Notes” section in the newsletter for further info re: St. Demetrios Cemetery Schedule, both Saturday and Monday.

Panaghia mou, please save us and our nation from self-destruction!

Please beg our Lord Jesus to bless us all with tears of repentance, and a life centered on prayer and fasting. Raise us out of our spiritual lethargy, so that we can be God's instruments to restore a Christ-like presence — in our own lives and in the lives of those around us. Amen!

Orthodox Agape quote

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Χριστος Ανεστη. – Αληθως Ανεστη! Christ is Risen - Truly He is Risen!				1	2 (o oil/wine)	3
4 Sun of Myrrhbearers	5	6	7 (o oil/wine)	8 6:00pm Ch Council	9 (o oil/wine)	10 Yard Work 1:00-3:00pm
11 Sun of the Paralytic Scholarship & Happy Mother's Day!	12	13	14 (o oil/wine/fish) <i>Midpentecost</i>	15	16 (o oil/wine)	17
18 Sun of the Samaritan woman 8:45 am Orthros <i>by 9:30am</i> Liturgy GENERAL Assy	19 6:00pm Cemetery Assoc.	20	21 (o oil/wine) 8:30am Liturgy Sts Constantine & Helen – Αγ Κωνσταν. & Ελενης	22 6:00pm Festival meeting	23 (o oil/wine)	24 Cemeteries 10:00-10:30am St Demetrios - Biddeford 11:30am Oakdale -Sanford
25 Sun of the Blind man	Mon, May 26 St Demetrios Cemetery 10:00-11:00am Trisayion @ graves 11:00am Common Trisayion prayer in chapel 11:30am MEMORIAL Day Program		27 5:30pm Liturgy <i>Last time we sing Christ is Risen,</i> w/ Pot luck supper to celebrate!	28 (o oil/wine/fish) <i>Last day of Pascha</i>	29 8:30am Liturgy Ascension – Αναληψις	30 (o oil/wine)
						31



BECOME A SPONSOR

The St. Demetrios Greek Orthodox Church

30th Annual Greek Festival

July 11, 12, 13, 2025

Work is already underway for the 2025 Greek Heritage Festival. This year's festival promises to be the biggest and busiest yet! This is a wonderful opportunity to promote your business, honor a loved one, or recognize someone meaningful in your life. We appreciate your consideration and look forward to hearing from you soon.

Sponsorship Levels

PLATINUM SPONSORSHIP **\$1,500**

- 42x26 recognition sign prominently placed at one of the festival's premium locations, which include the Taverna, Bakaliko, or Pastry area.
- Name/logo featured in a premium location on tray liners used on food trays.

GOLDEN SPONSORSHIP **\$1,000**

- 36x24 recognition sign placed at a premium location within the festival grounds.
- Name/logo featured in a premium location on tray liners used on food trays.

SILVER POSTER **\$ 350**

- 20x26 recognition poster placed in a visible area within the festival grounds.
- Name/logo featured on tray liners used on food trays.

BRONZE POSTER – **\$ 250**

- 20x26 recognition poster placed in a visible area within the festival grounds.

PATRON **\$ 50**

One 34 Space Line to be featured within festival materials.

To become a sponsor, please complete the form below and return it with your payment.

Make checks payable to:

St. Demetrios Greek Orthodox Church
Memo: 2025 Festival Sponsorship

Mail to:

St. Demetrios Greek Orthodox Church
186 Bradley Street, Saco, ME 04072

Deadline for ads and full payment: May 5, 2025

Please enclose a business card, camera-ready artwork, or clearly printed sponsor information with your submission. All donations are tax-deductible and deeply appreciated.

For questions or other sponsorship opportunities, contact us at: sacogreekfest@gmail.com

Contact Name:

Company Name:

Address:

Telephone:

E-Mail:

LIMITED TIME... an OFFER TO OUR COMMUNITY ...
your name on the Festival placemat (\$50) See John Maragus.

We have a wonderful opportunity to offer everyone... List your name on the Festival placemat. This is a limited time opportunity, please see John Maragus.

NAME ON PLACEMAT _____ . (Please print legibly.)

Cost is \$50. Maximum letters and spaces is 34 on one line.

Please present this form and payment to John Maragus.

Make your check payable to St. Demetrios, memo: festival placemat

DEADLINE IS SOON... May 23rd, 2025.

Project Mexico

August 7 - 13, 2025

Support of Project Mexico is not only supporting the building of a safe, secure and weather-tight home for some of the most impoverished families in Northern Mexico but also providing financial support of St. Innocent Boys Orphanage and practicing our Orthodox faith. The boys participate in sacraments, worship services, and expressing faith through prayer, hymns, and icons.

The Home Building side of Project Mexico provides homes so that these families can build a brighter future for themselves and their children.

St. Demetrios community will be sending a group of six volunteers. We have secured the week of August 7th-13th for our Home Building project.

Our community has been very supported to date, we are **estimating a total cost for our trip to be approximately \$11,000**, which includes our PM registration fees, flights to San Diego, a rental vehicle for our transportation to the Project Mexico Home Building site and miscellaneous items for sleeping arrangements. **We currently have approximately \$8,700 in donations and pledges. Your continued support is greatly appreciated!**

Please reach out to me if you have any questions or would like to support of our group's efforts.

Thank you!!

Tom Carr

Notes for May 2025

Fasting during Pentecost season

During the Pascha-Pentecost Season (April 20 – June 8) **we do not fast from olive oil, wine & seafood**, on any day.

On Midpentecost (Wed. May 14) AND the “end” of Pascha (Wed. May 28), the day before Ascension, **we also partake of fish.**

Then Pentecost Week (Pentecost to All Saints – June 8-15), there is NO fasting. The Apostles Fast is from June 16-June 29.

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Email/call to Fr Basil!

Please **do NOT email** Fr Basil. I have had a lot of problems with email!

Call the office or text him.

For appointments always connect with the office.

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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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HELLENIC SOCIETY OF MAINE has events scheduled for MAY.

Thursday, May 8th, at 5:00pm - Film discussion of *Windfall in Athens*, by Michael Cacoyannis (1956). NOTE THE NEW TIME.

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PLEASE: If your children go to camp ... Space is limited. Please check to see available dates.

METROPOLIS OF BOSTON: MBC SUMMER CAMP '25.

Dates are as follows:

Session 1: June 23-29; Session 2: June 30-July 6; Session 3: July 7-13;

Session 4: July 14-20; Session 5: July 21-27

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CEMETERY HOURS: (Memorial week-end):

Saturday, May 24th, 10:00-10:30am, St. Demetrios, Biddeford

11:30am, Oakdale Sanford

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Monday, May 26th, St. Demetrios Cemetery

10:00-11:00am, **Trisayion @ Graves**

11:00am **Common Trisayion**, prayer in Chapel

11:30am **MEMORIAL Day Program**

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THANK YOU ASSN. OF LACONES, President Steven Boucouvalas.

The Assn of Lacones once again, sponsored our Palm Sunday Luncheon. The Haddock lunch (with all the trimmings) was delicious, and we all enjoyed a great afternoon, together. Our earnings totaled \$5,012, with all expenses paid by the Assn of Lacones, was 100% profit for our Propane fund. Great thanks.

Monthly Financial Report. 04/14/2025

(Operating Budget 2025)

Mortgage Balance: \$96,035

STEWARDSHIP & FINANCIAL UPDATE as of March 31, 2025

Total Stewards: 135

Total Stewardship Received: \$53,304

<u>Month</u>	<u>Income (\$)</u>	<u>Expenses (\$)</u>	<u>Operating account (\$)</u>
January	\$26,719	\$21,797	\$4,923
February	\$26,838	\$22,981	\$8,780
March	\$15,049	\$24,175	-\$346

We ended March in the **Red \$346!** {Compare to 2024: \$3,108}.

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

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

Compare: Year to date:

	<u>2024</u>	<u>2025</u>
Total Income:	\$76,086	\$68,606
Total Expenses:	\$72,978	\$68,952

Thank You!!

Let our giving reflect our faith!

ST. PAISIOS THE ATHONITE

Let our soul always thirst for the knowledge of the truth,

Let it thirst for the forgiveness of sins,

Let it thirst for the peace of consciousness,

Let it thirst for the heavenly joy!

The most beautiful thirst is the one for the union with Jesus Christ!

Let it thirst for the Holy Communion!

Let it thirst for the acquisition of virtues!

Let it thirst for entering quickly as possible into the Kingdom of Heaven.

To free itself as soon as possible from the vanity of this world,

to free itself from pain, from sorrow, from torment, from the wickedness which reigns in the hearts of people!

For becoming free!

For freeing ourselves from passions!

And finally, let our soul thirst for the eternal joy!

Let it thirst for the union with God, so that we may live forever with the Saints!

Because... how long will be... our life here on earth?

**KEEP THE
FAITH!**

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

**Melissa J. Rioux**
Assoc. Broker

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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 18.

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

You cannot be too gentle, too kind.

Shun even to appear harsh in your treatment of each other.

Joy, radiant joy, streams from the face of one who gives & kindles....

Joy in the heart of one who receives.

(St Seraphim of Sarov)

Saint Demetrios

Greek Orthodox Church

186 Bradley Street

Saco, ME 04072

ADDRESS SERVICE REQUESTED