

# ST. DEMETRIOS

Volume XXXVI, No 06

Saco, Maine

JUNE 2025

*It's once again:*

## Pre-Festival Time

**We are in full preparation mode!**

***ONLY 40 DAYS TO GO!***

Please feel free to talk to, to call or email the office or anyone directly part of organizing it.

Now is the time to specifically ask to help.... **in order for you to have a spot to serve** (*many times coming during the festival and asking to help becomes confusing*).

Our Festival has made it possible to pay down our mortgage....  
(*As of May 22 our balance is **\$62,000!***)

\*Please help with passing out / posting flyers!

\*Please see if you can help out with both: **SETTING UP & BREAKDOWN!**

.....

(Sat June 7) **LAST Saturday of Souls**

(Sun June 8) **PENTECOST w/ Vespers of Kneeling**

# Greekfest 2025 - Sign Up Form

If you have questions, please email Stavro Nashi at  
**sacogreekfest@gmail.com.**

**Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Are willing to be part of the following teams?**

- ☐ Set up team (Thursday, 7/10)
- ☐ Clean up team (Sunday, 7/13)

**Areas of Interest (please, pick 3):**

- |                                            |                                                     |
|--------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Bookstore         | <input type="checkbox"/> Pastry Table               |
| <input type="checkbox"/> Cashier/Tickets   | <input type="checkbox"/> Pizza                      |
| <input type="checkbox"/> Dishwasher        | <input type="checkbox"/> Reception                  |
| <input type="checkbox"/> First Aid         | <input type="checkbox"/> Salads                     |
| <input type="checkbox"/> Greek Coffee      | <input type="checkbox"/> Sanitation                 |
| <input type="checkbox"/> Gyro Stand        | <input type="checkbox"/> Security                   |
| <input type="checkbox"/> Ice Cream         | <input type="checkbox"/> Serving Line               |
| <input type="checkbox"/> Kitchen           | <input type="checkbox"/> Soda                       |
| <input type="checkbox"/> Loukoumades       | <input type="checkbox"/> Trays                      |
| <input type="checkbox"/> Market / Bakalico | <input type="checkbox"/> I am willing to do any job |
| <input type="checkbox"/> Parking           |                                                     |

30<sup>TH</sup>



*OPA!*

ST. DEMETRIOS

# GREEK FESTIVAL

**July 11 12 13 2025**

**11-9 Friday & Saturday 11-3 Sunday**

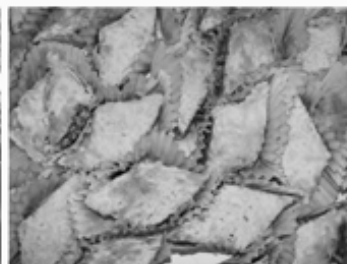
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# **HOLY PENTECOST**

**June 8, 2025**

After 40 days, we have the Saviour's Ascension into the Heavens, the eleven Apostles and the rest of His disciples, the God-loving women who followed after Him from the beginning, His Mother, the most holy Virgin Mary, and His brethren-all together about 120 souls-returned from the Mount of Olives to Jerusalem. Entering into the house where they gathered, they went into the upper room, and there they persevered in prayer and supplication, awaiting the coming of the Holy Spirit.

Thus, on the seventh Sunday of PASCHA, the tenth day after the Ascension and the fiftieth day after PASCHA, at the third hour of the day from the rising of the sun, there suddenly came a sound from Heaven, as when a mighty wind blows, and it filled the whole house where they were gathered. Immediately after the sound, there appeared tongues of fire that divided and rested upon the head of each one. Filled with the Spirit, all those present began speaking not in their native tongue, but in other tongues and dialects, as the Holy Spirit instructed them.

The multitudes that had come together from various places for the feast, most of who were Jews by race and religion, were called Parthians, Medes, Elamites, and so forth, according to the places where they dwelt. Though they spoke many different tongues, they were present in Jerusalem by divine dispensation. When they heard the sound, they all ran together to learn what had taken place. But they were confounded when they came and heard the Apostles speaking in their own tongues. Marveling at this, they said one to another, "Behold, are not all these which speak, Galileans? And how hear we every man in our own tongue, wherein we were born?" But others, because of their foolishness and excess of evil, mocked the wonder and said that the Apostles were drunken.

Then Peter stood up with the eleven, and spoke of God's promise, as spoken by the Prophet Joel: "And it shall come to pass in the last days, that I shall pour out of My Spirit upon all flesh, and your sons and daughters shall prophesy" (Joel 2:28), and he preached Jesus of Nazareth unto them, proving in many ways that He is Christ the Lord. Thus, they were baptized, ... about three thousand souls.

*From Pentecostarion, The Great Horologion, p. 632*

**From St. Paisios, Spiritual Counsels**

"The restless secular spirit of our times, with its supposed civilization, has unfortunately destroyed even the sacred sites of the desert, which bring so much peace and sanctification to souls. The restless people cannot find peace. They have not left any place on earth in peace. They have even gotten hold of the Holy Land. ...

One day, some monks came to my Kalyvi [dwelling place of a monk] and started speaking very loudly. I said to one of them, 'Speak more softly, they can hear us over there.' He continued to speak loudly. 'Lower your voice,' I repeated. 'Bless me Father,' he said, finally. 'We have a generator at the Monastery, and we have become accustomed to speaking loudly to hear each other.' Can you believe that? Instead of saying the Jesus Prayer and speaking in a low voice, they shout. Because they got used to having a generator. We are getting to be like those young people, who interfere with the exhaust pipe of their bikes; and make all this noise. This same spirit has penetrated into our Monasteries. That's where we are heading, and people are really enjoying being loud."

**The most important thing of all is for people  
to love Christ and all problems will be solved...**

**Elder Porphyrios**

## **Saints Peter and Paul, June 29th**

The **holy Apostle Peter** (Simon), preached first in Judea and then in Antioch, in Bithynia, in Asia, in Cilicia, also throughout Italy and in Rome itself. In Rome he was crucified head down, by order of the Emperor Nero.

The Apostle Peter and the Apostle Paul, as the apostles who labored more than all the others in preaching the Christian faith, are called the **holy foremost-of-the-Apostles** by the Holy Church.

**The Holy fore-most-of-the-Apostles, Paul** (Saul) preached in many countries beginning in Jerusalem and ending in Rome, the capital of the world. In Rome he was beheaded by Emperor Nero.

Read the passage below:

***The Reading is from St. Paul's Letter to the Philippians 1:27-30; 2:1-4***

*Brethren, let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you stand firm in one spirit, with one mind striving side by side for the faith of the gospel, and not frightened in anything by your opponents. For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake, engaged in the same conflict which you saw and now hear to be mine. So if there is any encouragement in Christ, any incentive of love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfishness or conceit, but in humility count others better than yourselves. Let each of you look not only to his own interests but also to the interests of others.*

**2025 Scholarship recipient is Alison Marines,**  
daughter of Jonathan & Sarah Marines, Saco, ME.

Alison received both the St. Demetrios and St. Fotini Scholarships.

Alison will attend the University of Southern Maine in the fall. Alison maintained Honor Roll status every quarter while at Thornton Academy.

**Congratulations Alison** from everyone at St. Demetrios.

Alison sent a lovely thank you note to St. Demetrios and to St. Fotini.

*"Thank you so much for your generous Scholarship. This will greatly help (me) to further my education at USM. I feel very fortunate to have been chosen. Thank you."*

**HAPPY**  
  
**FATHER'S**  
  
**DAY**

**DAD,**  
He has arms to lift you up,  
A heart to share love,  
Shoulders for support,  
A smile to reassure,  
A blessing to send you out  
Into the world,  
And a warm embrace to  
Welcome you back home!

*-taken from the cover of the Sunday Bulletin 2022*

# June 2025

| Sun                                                                                                                               | Mon              | Tue                                      | Wed             | Thu                              | Fri                                                   | Sat                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------|------------------------------------------|-----------------|----------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------|
| 1 Sun. of the Fathers of the 1 <sup>st</sup> Ch Council                                                                           | 2                | 3<br>12:00noon St Fotini meeting         | 4<br>(wine/oo)  | 5<br><br>6:00pm Festival meeting | 6<br>(wine/oo)                                        | 7 8:30am Liturgy Sat. of Souls<br>Ψυχασαββατον                        |
| 8 PENTECOST, The descent of The Holy Spirit w/ <b>Vespers of Kneeling</b><br><i>Fr Basil will not be here. Substitute priest.</i> | 9                | 10                                       | 11<br>(NO fast) | 12<br><br>6:00pm Ch Council      | 13<br>(NO fast)                                       | 14                                                                    |
| 15 Sunday of All Saints<br><div>Father's Day</div>                                                                                | 16               | 17                                       | 18              | 19                               | 20<br><div>Monastery trip -- Fri-Sun June 20-22</div> | 21                                                                    |
|                                                                                                                                   |                  | Apostles -- Fast                         |                 |                                  |                                                       |                                                                       |
| 22 2 <sup>nd</sup> Sun. of Matthew<br><i>Fr Basil will not be here. Substitute priest.</i>                                        | 23               | 24 8:30am Liturgy Nativity of Forerunner | 25              | 26                               | 27                                                    | 28<br><br><b>Feastday Vespers @</b><br>Holy Apostles in Haverhill, MA |
|                                                                                                                                   | Apostles -- Fast |                                          |                 |                                  |                                                       |                                                                       |
| 29 Saints Peter & Paul                                                                                                            | 30               |                                          |                 |                                  |                                                       |                                                                       |



## **Notes for June 2025**

**Sunday, June 8<sup>th</sup>, PENTECOST** – The descent of the Holy Spirit. With the *Vespers of Kneeling*.

.....

**Pentecost week** – NO fasting.

**Monday, June 16<sup>th</sup>** begins the **Apostles 2 week fast!** (NO meats / dairy)

.....

**Monastery Trip....** (June 20-22). We will visit St. Nektarios & Holy Protection to look at the **stone work** for the purpose of the “patio area” around the Outside seasonal icon.

Limited space – must call the office to put the name on the list. (LIMITED space!)

.....

### **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.

.....

**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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**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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**Bishop Markos of Kisumu (Western Kenya)** served the Liturgy along with Fr. Basil at St. Demetrios on Sunday, May 18<sup>th</sup>.

He was with us two years ago, and is now back in the New England area seeking support for the work of the Church in East Africa.

A collection was taken (received \$2,416) for the Mission work in that area.

Thanks everyone.

## ***KEEP THE FAITH !***

### **With Pain and Love for Contemporary Man: The Spiritual Counsels, of *St. Paisios the Athonite*.**

#### These Days the Devil is Roaming Free

"God permits everything for our own good; we should believe this. He lets the devil be, so that man may keep up the fight. No pain, no gain. If the devil did not torment us, we would have taken ourselves for saints. God, therefore, allows the devil to attack us with malice, because these beatings clear out all the dust from our dusty soul. Other times, God lets him bite us hard; so that we may seek refuge in Him. God is constantly calling us close to Him, but we usually stray away; and will run to Him only when we are in danger. When man becomes one with God, there is no place for the evil one to enter; and there is no reason for God to permit him to tempt us, so that we may take refuge in Him. Whatever is the case, the devil can benefit us; he helps us to become holy. This is the reason that God tolerates him."



The Lord allows the enemy to tempt us in order to prove us, in order to strengthen our spiritual powers in our struggle against the enemy, and so that we ourselves may see more clearly towards what our heart inclines, whether it inclines to patience, hope, and love and in general to virtue, or to irritability, incredulity, murmuring, blasphemy, malice, and despair.

*Righteous John, Wonderworker of Kronstadt*  
*My Life in Christ p. 172*

## Read these two articles. It may save your life!

### **Lifesaver ...Driving in the rain!**

*Good vision when driving during a heavy downpour.*

*This method was given by the Canadian Military Drivers and it works.*

While driving in the rain ... Most motorists would turn on the high/fastest speed of their wipers during a heavy downpour, yet the visibility in front of the windshield is still bad.

**Put on your sunglasses (any type will do), and miracle ... your visibility in front of your windshield is perfectly clear, as if there is no rain. You will see the drops on your windshield but not the sheet of rain falling!** It even works to eliminate the "blindness" from passing semi's spraying you or the "kickup" if you are following a semi or car in the rain. **No one knows why it works ... it just does!**

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### **Never drive in the rain with your cruise control on!**

A lady had an accident, and totaled her vehicle. She was not seriously injured but her car was totaled and she was stunned by what happened. It was raining, though not excessively, when her car suddenly began to hydroplane and literally flew through the air.

Why did this happen? The Officer that responded told the lady **"Never use the cruise control when the pavement is wet or icy.** You think you are acting responsibly by setting the control, but what happens is that your car will begin to hydroplane, your tires will lose contact with the pavement, it will accelerate to a higher rate of speed and you take off like an airplane. Some vehicles (like the Toyota Sienna Limited XLE) will not allow you to set the cruise control when the windshield wipers are on.

*Info taken from The Epistle, RCA (Retired Clergy Assn), August 2024, pg. 3*

# **Monthly Financial Report.** 05/14/2025

(Operating Budget **2025**)

*Mortgage Balance: \$62,033*

## **STEWARDSHIP & FINANCIAL UPDATE as of April 30, 2025**

Total Stewards: 135

Total Stewardship Received: \$70,459

| <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                        |
| April        | \$28,997           | \$28,629             | -\$78                         |

*We ended April in the **Red** -\$78! {Compare to 2024: \$2,744}.*

**Our Income is down by \$5,000** (compared to *LAST YEAR*).

**Our Expenses are down by \$2,000** (compared to *LAST YEAR*).

Compare: Year to date:

|                 | <u>2024</u> | <u>2025</u> |
|-----------------|-------------|-------------|
| Total Income:   | \$102,037   | \$97,503    |
| Total Expenses: | \$99,292    | \$97,581    |

## ***Thank You!!***

**Let our giving reflect our faith!**

**\*\*      \*\*      \*\***

**“In prayer, more than anywhere else, we learn to listen to God’s voice and discern His will. It is through the stillness of prayer that we can find true peace and alignment with God’s purpose for our lives.”**

*St. Seraphim of Sarov,  
from Quotesanity*

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



**Melissa J. Rioux**

Assoc. Broker

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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 started 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

It is necessary that we live in Christ, the Word of God  
and become Christ and the Word of God by grace.

This is achieved when we live in the Church and participate in its holy mysteries...  
[and also] with the invocation of the name of Jesus and the reciting of the Jesus prayer.

**"Lord Jesus Christ, Son of God, have mercy on me, a sinner."**

*Metropolitan **Hierotheos of Nafpatkos**,  
Epilogue to A Night on the Desert of the Holy Mountain*

## Saint Demetrios

Greek Orthodox Church

186 Bradley Street

Saco, ME 04072

**ADDRESS SERVICE REQUESTED**