

ST. DEMETRIOS

Volume XXXVII, No 5

Saco, Maine

MAY 2026

Χριστος Ανεστη. -- Αληθως Ανεστη!

Christ is Risen! -- Truly He is Risen!

Christ est ressuscite -- En verite il est ressuscite!

Hristos Voskrese -- Voistinu Voskrese!

Hristos a Înviat -- Adevărat a Înviat!

Hristos diril-Di -- Kakikaten diril-Di!

Al Masiyh qaam -- Haqan qaam!

Krishti Ungjall -- Vertete Ungjall!

Christ ist auferstanden -- Christ eest owf-er-stahnden!

**Christ did not depart from us
when He ascended to heaven.
Even now, He is present with us,
and we are with Him.**

St. John Chrysostom

CHRIST IS RISEN ... for you.

"And as Adam spoke these things, **the Lord entered, bearing the victorious weapon of the Cross.** At the sight of Him, Adam smote his breast in wonder and joy and cried out: "My Lord be with all!" And Christ answered him: "And with thy spirit."

Taking him by the hand, He raised him up, saying:

"Awake, you that sleeps, and arise from the dead, and Christ shall give you light. I am Your God, Who for your sake became your son.

For your sake, I Who am above the heavens descended to the earth and beneath the earth.

For you, O man, I became as one helpless, even among the dead.

For you, who did depart from Paradise, I was delivered in a garden and crucified in a garden.

Behold My face, the spittle I endured for you, to restore you to your former glory. Behold My cheeks, the blows I received to refashion your disfigured image.

Behold My back, the scourging I bore to remove the burden of your sins.

Behold My hands, stretched upon the Cross, for you who did stretch forth your hand unto the forbidden tree.

Behold My feet, pierced upon the Cross, to cleanse your feet that ran unto sin. My pierced side hath healed the pain of your side.

My sleep shall awaken you from your sleep in Hades.

The spear that struck Me, removed the sword that turned against you.

Arise, therefore, let us depart hence—from death unto life, from corruption unto incorruption, from darkness unto eternal light, from sorrow unto freedom, from the prison of Hades unto the heavenly Jerusalem, from bondage unto the delight of Paradise, from earth unto heaven."

St. Epiphanius of Cyprus (+403)



Apodosis (Leavetaking) of Pascha *Reader's Service and Celebration*

Tuesday May 19, 2026

6:00pm-7:00pm

Potluck to Follow

The Apodosis (Leavetaking) of Pascha is celebrated on the sixth week after the Resurrection.

*For the last time we greet each other with the words of Paschal joy, “**Christ is Risen!**” and prepare to greet the feast of the Ascension on Thursday.*

We will have a reader's service and sing “Christ is Risen” while the tomb is dismantled and the icons of the Resurrection are put away. We will then celebrate in the hall with a festive potluck.

Bring your favorite Pascal dishes – or any dish – to share with others. As we are celebrating the evening before the actual day it is a fast free.

Come and continue the joy of the Resurrection!

Questions... see Asha or Paul.

Homily on the Ascension of the Lord

The Holy Church now rouses all the people of the earth to joy and says, “*All ye nations, clap your hands, Christ hath ascended whither He was Before,*” i.e., to heaven.

And so, on the Feast of the Ascension of the Lord, all Christians should rejoice. What is there to be happy about? It would seem that it was necessary rather to be sad and grieve, because **our sweetest Savior Jesus Christ departed from us with His visible presence and ascended to heaven, from whence he will come again—but he will come as a terrible Judge of all earthly people.** No, on the day of remembrance of the Ascension of the Lord, there are more reasons for joy than for sadness. Let’s just consider why the Lord ascended to heaven from us.

The Lord ascended from us to heaven not to grieve us with His departure, but to arrange things most usefully for us. His whole life, all His works were for our benefit, for our salvation; in the same way, His ascension was for our good. Loving us, He came down to us from heaven and, having lived with people, laid His soul on the cross for them. So out of love for us he also ascended to heaven, to benefit us. As He himself said to His disciples: ***It is better for you that I go, for if I do not go, the Comforter will not come to you; but if I go, I will send Him to you (Jn. 16, 7).*** So, the Lord ascended to heaven in order to send One equal to Himself, the Comforter, the Holy Spirit, Who would comfort the holy apostles and all true Christians in their sorrows, troubles and persecutions. That’s the first reason for joy. Come, come, Lord Jesus, and send us the Comforter!

Further, the Lord ascended from us to heaven so that He could look down on us from above, as a Father on a child, as a Shepherd on His sheep, as an Eagle on the chicks, as a Leader on his army, so that He could see everyone and consider the distress and needs of each of us and give help to everyone. (...) So our Lord, the King of kings, having His Church militant on earth—that is, His faithful Christians—ascended to heaven, as if to a mountain, so that from a height He could see everyone’s ascetic labors and weave crowns for those who are struggling and give a helping hand to those who are exhausted; in order to restore the fallen and make them stronger against their enemies, and to place an obstacle before those who persecute us. (...)

The Lord ascended from us to heaven in order to shine like the sun on all of us from the height of heaven with His grace. As the sun hiding in the west produces the evening darkness throughout the celestial empire, and when it rises to the heights, the darkness flees from the entire celestial empire, and the sun’s rays illuminate the universe with wondrous light, so our spiritual Sun, Christ, while He lived on earth, as if in the west, did not show His luminous divinity to people. Until then, over all the earth was the darkness of ignorance of God’s essence; and after He shone forth from His tomb He ascended to heaven, then the lightning of His divinity illuminated the universe, His name became glorious from the east to the west, over all the earth, and the whole universe was enlightened by the knowledge of God.

The Lord ascended from us to heaven in order to arrange for us a path to heaven, and to be our Leader in the mountainous countries. There was no path to heaven for man until the very ascension of the Lord to heaven; ***And no man hath ascended up to heaven, but he that came down from heaven, even the Son of man which is in heaven, says the Lord (Jn. 3:13).*** ***He that descended is the same also that ascended up far above all heavens, that he might fill all***

things. (Eph. 4:10). So, before this, no one could ascend to heaven, even if he were righteous and holy; and when our Lord, clothed in human nature, ascended to heaven, the way to heaven was arranged for the whole human race, and the souls of the holy forefathers and prophets, led out of hell, followed Christ by that way. Apostles, saints, martyrs, confessors, ascend to them; worthy righteous people who follow Christ's footsteps ascend to them even now. Now everyone knows the way to heaven. Just don't you be lazy to ascend, Christians!

So, the Lord ascended from us to heaven—in order to open the doors of heaven to us—for an unhindered entrance there. Our forefather Adam closed the doors of Paradise to the whole human race, and a Cherub with a flaming weapon stood at the doors. I say, Adam closed Paradise and the entrance to life, but he opened only the entrances to death and hell, but the Lord did the opposite—He closed the entrances to death and hell, and Paradise opened—first to the robber, to whom he said, ***Today thou shalt be with me in Paradise (Lk. 23:43)***, then to everyone. And finally, He opened heaven itself with His Ascension.

(...) Further, the Lord ascended from us to heaven to intercede for us before God the Father. Thus says the Holy Apostle John the Theologian: ***And if any man sin, we have an advocate with the Father, Jesus Christ the righteous: And he is the propitiation for our sins (1 Jn. 2:1-2)***. And so, we sinful people will not despair of our salvation, but we will be faithful, for we have a good Intercessor for us to God the Father—Christ our Savior Himself, Who intercedes for us. Only let's not be lazy, and with Christ's intercession we will send our warm prayers to the Heavenly Father. Yes, the Lord Jesus Christ intercedes for us to God the Father and propitiates Him.

But for whom is he petitioning? For sinners. For which sinners? For those who repent; He propitiates His Father for them. But he does not propitiate for unrepentant sinners because they crucify for the second time the Son of God by their grave sins; also, by touching the blood of the Son of God without repentance they trample on it with their impenitence. And so sinner, have fear, O you who are unrepentant, lest the sudden punishment of God overtake you and you be consumed from the land of the living, and you be condemned together with the murderers who crucified the Son of God.

Finally, the Lord ascended from us to heaven in order to prepare for us a place in heaven where we will live forever and reign with Him, our Lord. So He Himself says: ***I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also (Jn. 14:2-3)***. What a joyful reason for the Ascension! The Lord ascended from us to heaven to prepare a place in heaven for all the righteous and pious people, as well as for us sinners, if we turn and repent from the bottom of our hearts. Where the place is for the Apostle Peter, who rejected the Lord and wept bitterly about it afterwards; where the harlot is, who wept at His feet, where the prodigal son is, where the publican is, where the robber is, there also will be a place for us; only we must weep bitterly over our sins. We will fall at His feet with repentance like Peter and like the harlot; as the publican we will be converted. Let us be crucified with Him, like the good thief. Let us repent, and we will be saved.

Let us all rejoice in the Ascension of our Lord and Savior. Amen.

St. John of Kronstadt

Translation by Igumen Seraphim (Bell)

5/25/2023, <https://orthochristian.com/153781.html>



“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, for Monday.

BLESSED MOTHERS DAY

"She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue."
Proverbs 31:25-26

Blessed Mother's Day to all the beautiful Moms everywhere and especially at St. Demetrios. You have brought us so much joy watching your hugs and sweet kisses as you hold your babies and hug the older children ... memories for the rest of us. God Bless!

The mother's spiritual life will then quietly help the souls of her children. Thus, her children will live happily, and she will be joyful because she will have Christ within her.

Saint Paisios of Mount Athos,
Spiritual Councils IV: Family Life p.95



BECOME A SPONSOR

The St. Demetrios Greek Orthodox Church

31st Annual Greek Festival

JULY 10 11 12 2026

Work is already underway for the 2026 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.
- 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 **\$ 500**

- 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 on a prominently displayed poster.

PATRON SUBMISSION:

Submit up to 34 characters:

----- 5 10 15 20 25 30 34

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: 2026 Festival Sponsorship

Mail to:

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

Deadline for ads and full payment: May 15, 2026

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:

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Χριστος Ανεστη. – Αληθως Ανεστη! Christ is Risen! - Truly He is Risen!				<i>Fr Basil will be on vacation.</i>		1	2 9:00 am Baking <i>St. Athanasios the Great (Removal of relics)</i>
3 Sunday of the Paralytic	4	5 <i>Great Martyr Irene of Thessalonica</i> <i>New Martyr Eftem of Nea Makri</i>	6 (o oil/wine/fish) <u>Midpentecost</u> <i>Righteous Job the Long-Suffering</i>	7 <i>Commemoration of the apparition of the Sign of the Cross over Jerusalem</i>	8 (o oil/wine) <i>St. John the Theologian</i>	9 <i>Prophet Isaiah</i> <div style="text-align: center;">Outdoor Clean-up Day</div>	
10 Sunday of the Samaritan Woman <div style="text-align: center;"><u>Ch School</u></div> <div style="border: 1px solid black; padding: 2px; text-align: center; width: fit-content; margin: 0 auto;">Happy Mother's Day!</div>	11 <i>Sts. Cyril & Methodios</i>	12	13 (o oil/wine)	14 6:00pm Ch Council	15 (o oil/wine)	16	
17 Sunday of the Blind Man 8:45 am Orthros by 9:30am Liturgy	18 6:00pm Cemetery Assoc. meeting	19 6:00-7:00 pm Reader's Service and Celebration, w/ Pot luck supper	20 (o oil/wine/fish) <u>Last day of Pascha</u> 6:00pm Festival meeting	21 <u>Ascension</u> <i>Sts. Constantine & Helen</i>	22 (o oil/wine) <i>Commemoration of the Fathers of the 2nd Church Council</i>	23	
24 Sunday of the Fathers of the 1st Church Council	25 MEMORIAL DAY St. Demetrios Cemetery 10:00-11:15am Trisayion Prayers @ graves 11:30am A brief MEMORIAL Day Program	26	27 (o oil/wine)	28	29 (o oil/wine) <i>Leavetaking of Holy Ascension</i>	30	
31 PENTECOST, <i>The descent of The Holy Spirit w/</i> <u>Vespers of Kneeling</u>	Baking: Tuesdays and Thursdays, 9:00 am – 12:00 pm. PENTECOST week – May 31 to June 6 – NO fasting. The Apostles Fast is from June 8 to June 28.						

Greek Fest '26 - July 10, 11, & 12 WE NEED YOU!!!

Dear Parish Family and Friends,

- Our annual Greek Festival is just around the corner, and the secret ingredient to our success isn't just the honey—it's *our volunteers!* Being a *volunteer* is the best way to experience the festival: you get to work alongside friends, meet new people, and be the heart of our biggest outreach. Even if you've never worked a festival before, we will find the perfect spot for you.
- As we prepare for the 31st Greek Festival, we invite our parish families and local business owners to join us as official sponsors. Your tax-deductible contribution helps cover the costs of the event, ensuring that all proceeds go directly to supporting St. Demetrios and our community ministries.
- Call Stavro Nashi 207 -284-3705, Phil Kowash 207-391-2571 or Vanja Somerville, 617-872-0617 for baking.

We look forward to your help!

KEEP THE FAITH !

But all the grim things that befall us on the ascetic way — torments, pain, confusion, shame, fear and despair — lead finally to endless joy, inexpressible delight and unutterable glory.

'For this reason have I afflicted you,' God says, 'that I may feed you with the manna of spiritual knowledge; I have made you go hungry, so that at the end I may grant blessings to you and bring you into the kingdom on high.'

*St. John of Karpathos,
Philokalia, Vol. 1 p.321*

Notes (May 2026)

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.

CHURCH SCHOOL END OF YEAR. Last Church School visit is Sunday May 10th. Great day to bring your children and to be all together. FMI: Please contact Rebekah Rinard email: rebekahmrinard@gmail.com.

BAKING, BAKING. Come and join the ladies bake from 9:00am to 12:00am. Even if you only have an hour or so, there are many little jobs that need to be done. Many hands of help needed. **ATTENTION MEN:** Come help put things away, run the dishwasher or hand wash needed items.

TUESDAYS AND THURSDAYS, 9:00AM to 12:00NOON.

FMI or any questions, please call Anna Zafirson @ 207-423-9709 or Vanja Somerville @ 1-617-872-0617. Make sure you leave your phone # and email for updates.

SATURDAY, MAY 2ND 9:00am, Baking Koulourakia. *Come help roll, twist, egg wash painting, sesame sprinkling, labeling & bagging.*

SATURDAY, MAY 9TH, OUTDOOR "CLEAN-UP DAY". (ALTERNATE DATE IS SATURDAY, MAY 16, 2026.) Please see/speak with Jeremy Smalley for details, or call 207-877-1429. Also, if you have gloves, rakes, shovels available, please bring them with you. If not, no worries... there will be extras there. Your help is needed and appreciated.

IMPORTANT MESSAGE FROM THE CLEANING CREW.

Please ... hold your candles upright in Church. When they are held sideways or tipped, the wax drips and sticks to the floor. TOUGH TO CLEAN!!

SUMMER HOURS: Beginning Sunday May 17, Orthros @ 8:45am, Liturgy by 9:30am.

Notes continued for May 2026

MEMORIAL DAY WEEKEND CEMETERY SCHEDULE

The chapel will be open from 10:00 AM to 12:00 noon Monday May 25th for those wishing to pray privately for their loved ones.

This year, while Father Basil is away, Father Dimitrios Moraitis will be with us on:

Monday – May 25, 2026 at Saint Demetrios Cemetery, Biddeford.

10:00 am to 11:15 am — Trisagion Prayers at graves

11:30 am — A brief Memorial Day Program

VOLUNTEERS NEEDED FOR OUR HOSPITALITY MISSION.

COFFEE HOUR!!!

We need at least one new Coffee Hour Team to replace a team that has disbanded. (Two new teams would be even better!) We need at least 8 people for a team and already have a couple of volunteers.

Your team would need to do the Coffee Hour about six times per year. You are not expected to put on a luncheon, only to each bring a food item to have with coffee. (Some teams do more because they choose to do that, but it isn't expected.) Your team will set up, make coffee, and clean up when it is your week.

Please contact Bonny Hadiaris by text, phone, email, or in person on Sundays for more information on what is involved in this hospitality mission. Contact info: (207) 423-8777 call/text, mrs.b.hadiaris@gmail.com.

COMMUNICATION AND EMAILS:

We communicate **periodically and as needed by email....** *If you are not receiving updates or anything, please call the office (207-284-5651) and add your email!*

.....

PALM SUNDAY Dinner. Thank you, St. Demetrios Parishioners, for a successful Palm Sunday Dinner!

Dinner sales totaled **\$2,650.00 with Donations of \$976.00**, for a **Grand total of \$3,626.00**. This will go towards the cost of the Propane and Electricity for our Church.

We are still accepting donations.

A HUGE THANK YOU to the Association of Lacones for donating all the food and supplies. Also thank you to the MANY people that planned, set up, prepped, cooked, and cleaned up from Friday through Sunday to make this happen!

Christ Is Risen! Truly He Is Risen!

Monthly Financial Report. 4/15/2026 (Operating Budget 2026)

STEWARDSHIP & FINANCIAL UPDATE as of February 28, 2026

Total Stewards: 100

Total Stewardship Received: \$40,600

<u>Month</u>	<u>Income (\$)</u>	<u>Expenses (\$)</u>	<u>Operating account (\$)</u>
January	\$23,811	\$30,259	-\$6,448
February	\$30,918	\$24,746	-\$275

We ended February in the **Red \$275!** {Compare to 2025: \$8,780}.

Our Income is up by **\$1,000** (compared to *LAST YEAR*).

Our Expenses are up by **\$10,000** (compared to *LAST YEAR*).

Compare: Year to date:

	<u>2025</u>	<u>2026</u>
Total Income:	\$53,557	\$54,729
Total Expenses:	\$44,777	\$55,005

Please Remember,

Our **Monthly Stewardship Offering** *makes the difference* in our **Operating Income & Expenses!**

70% of our Income is STEWARDSHIP!

Thank You!!

** ** * ** *

Thus it is clear that our whole fight is against the passions within. Once these have been extirpated from our heart by the grace and help of God, we will readily be able to live not simply with other men, but even with wild beasts.

St. John Cassian, Philokalia, Vol. 1 p.88

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



Melissa J. Rioux
Assoc. Broker

207.286.7321

Melissa.Rioux@eXpRealty.com

MelissaRioux@eXpRealty.com

Specialties: Single Family & Luxury Homes, Condominiums, Investment Properties, New Construction, Relocation & Commercial.

Serving Coastal Southern Maine
Exertise in Saco, Biddeford & OOB. York, Cumberland, Androscoggin, Sagadahoc & Oxford Counties.

exp REALTY | LUXURY | SPARTAN LUXURY HOMES

Proudly serving our communities since 1827.

See us for all your banking needs.



SACO & BIDDEFORD
SAVINGS

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@gmail.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 92nd 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 17:

Orthros 8:45 AM, Divine Liturgy by 9:30 AM

Fr. Basil Arabatzis, Presbyter

Office Hours: Mon-Fri 9:30 AM - 3:00 PM

Website: stdemetriosofmaine.com

Church: (207) 284-5651

FAX: (207) 283-4651

Home: (207) 284-6170

In the last days it is love, humility, and kindness that will save people.

Kindness will open the gate of Heaven for you, **humility** will let you in, and **love** will reveal the face of God to you.

St. Gabriel Urgebade

Saint Demetrios

Greek Orthodox Church

186 Bradley Street

Saco, ME 04072

ADDRESS SERVICE REQUESTED