

# ST. DEMETRIOS

Volume XXXVII, No 6

Saco, Maine

JUNE 2026

## Festival 2026

Friday, July 10

Saturday, July 11

Sunday, July 12

- \* **We are in full preparation mode! 40 days more to go!**
- \* Flyer & specifics are on pages 2 - 4.
- \* Advertising during the Festival (we have thousands of people who come).
- \* Please help with passing out / posting flyers.
- \* Who to contact if you can help on any specific day & time is included. 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*).
- \* Please see if you can help with **SETTING UP & BREAKDOWN**.
- \* *Other questions?? Call the office to be directed to the right person.*

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In June we celebrate:

The Fast & the Feast of the Apostles.

The Nativity of St. John the Forerunner & Baptist.

\* \* \* \* \*

**May we be granted a blessed Summer!**

31<sup>st</sup>



*OPA!*

ST. DEMETRIOS

# GREEK FESTIVAL

186 BRADLEY ST. SACO, ME

**SAVE THE DATE**

**July 10 11 12 2026**

**Join us for three days of food, music, dancing, culture, and community!**

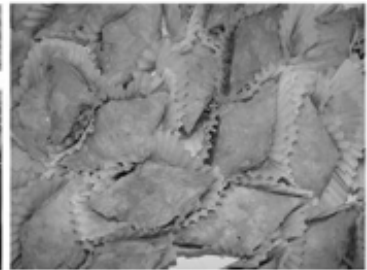
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EAT IN: TAKE OUT FAMILY FRIENDLY

BOOK STORE

FREE ADMISSION

**Stay in the loop:** Sign up to receive festival updates, volunteer opportunities, and menu previews.

**email: [sacogreekfest@gmail.com](mailto:sacogreekfest@gmail.com)**



**Can't Wait To Celebrate With You!**



# BECOME A SPONSOR

## The St. Demetrios Greek Orthodox Church

### 31<sup>st</sup> 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: June 10, 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](mailto:sacogreekfest@gmail.com)

Contact Name:

Company Name:

Address:

Telephone:

E-Mail:

# 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.
- For general questions, call Stavro Nashi 207 -284-3705, Phil Kowash 207-391-2571. Call Vanja Somerville for baking/pastry questions, 617-872-0617.

### **We look forward to your help!**

## A Hymn on the Hospitality of Martha and Mary

*By St. Nikolai Velimirovich*

Hospitality, a virtue which by God is commanded;  
Until today, by it, many souls have been drawn to Paradise.  
Wondrous Abraham showed hospitality without measure:  
Both measureless and cordial, but not hypocritical.  
And King David greatly respected hospitality;  
That is why, the life of King Saul, he strictly protected.  
And when there appeared the One more ancient than the ancient Abraham,  
From the Lineage of David, when darkness hid itself,  
Then Martha and Mary, showed hospitality:  
Hospitable virgins, the sisters of Lazarus.  
They hosted the greatest One under the sun.  
By hospitality each of them the heavenly Paradise attained;  
By hospitality perfect in heart and food;  
By hospitality most worthy in word and in deed.  
And the Lord Most-rich abundantly repaid them.  
When death this hospitable home saddened,  
For the sisters, Jesus raised up their dead brother,  
And their eternal glory has gone forth throughout the world.  
This is the reward for hospitality, from God Himself;  
The Lord loves the hospitality of a sincere heart.  
The Holy Church boasts of Martha and Mary,  
Teaching that we also are guests at the table of the Lord.

# From Pascha to Pentecost

by Fr. George D. Dragas

**The Pentecostal Period.** The word Pentecost means “fiftieth” and designates the great Outpouring of the Holy Spirit (Epiphoeitesis) upon the Apostles and the Church on the 50<sup>th</sup> day after the Resurrection of Christ, ten days after His Ascension.

Near the end of St. Luke’s Gospel, Christ tells His Disciples, “I will send you the One My Father has promised, but you must stay in the city until you are given power from above” (24:49).

In the Acts of the Apostles, St. Luke speaks of the fulfillment of this promise: “On the day of Pentecost, all the Lord’s followers were together in one place. Suddenly, there was a noise from heaven like the sound of a mighty wind. It filled the house where they were meeting. Then they saw what looked like fiery tongues moving in all directions, and a tongue came and settled on each person there ... and they began speaking whatever language the Spirit let them speak” (2:1-4).

**The Ascension.** The 40<sup>th</sup> day after Pascha, we celebrate the Ascension of the Lord into Heaven.

**Sunday of the Holy Fathers.** The Sunday after the Ascension, is dedicated to the 318 Holy Fathers of the First Ecumenical Council of Nicaea (325AD).

The Church has the commemoration of the Fathers on this Sunday because the Synods, which were summoned for the purpose of dealing with various local matters, usually met during the Pentecostal period.

The Saturday before Pentecost is a Saturday of Souls and prayers are offered for those who fell asleep that they, too, may become worthy through our prayers of the Pentecostal gift.

**Pentecost Sunday.** The feast of Pentecost corresponds to the Hebrew feast which bears the same name, and in which the first fruits of Israel’s crops were offered to God (Protogennemata).

The Christian feast commemorates the first fruits of the preaching of the Apostles, which followed the descent of the Holy Spirit upon them, and on account of which The Church was “born” and established with three thousand souls. **Ever since Pentecost, the Spirit abides in the Church and is Her life and growth, and brings the entire Church as the Body of Christ. As the Comforter (Parakletos), He is the pledge of Christ’s return and final victory with the entire body.**

*The Monday of the post-festal period is distinguished from the other post-festal days because it is dedicated to the Holy Spirit. (Deftera tou Agiou Pneumatos).*

*Pentecost is celebrated throughout the week and we do not fast.*

**Sunday of All-Saints.** The Sunday after Pentecost is the feast mentioned at the end of the fourth century and instituted in honor of all the Martyrs. The Church always honored the Martyrs, which was originally a local affair, however many of the thousands of Martyrs were unknown. This became the reason that such a feast was instituted and placed very appropriately after Pentecost because the Church was watered and increased through the witness and blood of the Martyrs. Later, when the Church honored others as Saints besides the Martyrs, this acquired a more general character and was changed into a feast in honor of All the Saints.

**The commemoration of the Holy Icon of the Theotokos "Axion Estin"  
[It is truly meet], and the miracle that occurred before it  
during the reign of Patriarch Nicholas Chrysoverges (983-996)  
(June 11)**

The miracle consists of this: One night a monk was reading the Canon to the Mother of God and was singing "More honorable than the Cherubim" in his cell in the Monastery of the Pantocrator, now called "Axion Estin" after the icon. His elder had gone to Karyes. Suddenly a man appeared in church and began to sing: "It is truly Meet." Until then that hymn had been unknown in the Church.

Upon hearing this hymn, the monk became enraptured, as much by its contents as by the beautiful heavenly singing. *"Among us, we sing it in this manner," said the stranger to the monk.*

*The monk wanted to have this hymn written down, and brought a stone tablet on which the stranger wrote down the hymn with his finger as though upon wax. Suddenly he vanished. This stranger was the Archangel Gabriel.*

The tablet was taken to Constantinople, and the hymn has endured in the Church even to this day.

**The nativity of Saint John the Forerunner and Baptist of the Lord  
(June 24)**

*Six months before his appearance in Nazareth to the All-holy Virgin Mary, the great archangel of God, Gabriel, appeared to Zacharias the high priest in the Temple at Jerusalem. Before announcing the miraculous conception by the unwedded virgin [Mary], the archangel announced the miraculous conception by the childless old woman [Elizabeth].*

Zacharias did not immediately believe the words of the herald of God, and thus his tongue was bound by dumbness and it remained thus until eight days after the birth of John. On that day the relatives of Zacharias and Elizabeth gathered for the young child's circumcision and naming. When they asked the father what name he wished to give to his son, since he was mute he wrote on a tablet: "John." At that moment his tongue became loosed and he began to speak.

The home of Zacharias was on the heights between Bethlehem and Hebron. *The news of the appearance of the angel of God to Zacharias was spread throughout all of Israel, as well as that of his dumbness and the loosing of his tongue at the moment when he wrote the name "John."* The news concerning this even reached Herod. Therefore, when Herod sent soldiers to slay the children in Bethlehem, he directed men to the hills, to the dwelling place of the family of Zacharias, to kill John also. But Elizabeth promptly hid the child. Enraged at this, King Herod sent his executioners to Zacharias in the Temple to slay him (for it happened that it was again Zacharias' turn to serve in the Temple of Jerusalem). Zacharias was slain between the court and the temple and his blood coagulated and petrified on the paving stones and remained a perpetual witness against Herod.

Elizabeth hid with the child in a cave, where she died soon after.

The young child John remained alone in the wilderness under the care of God and His angels.

*from The Prologue of Ohrid*

## Saints PETER and PAUL, June 29<sup>th</sup>

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 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 **holy Apostle 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.*

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**Fervent, tearful prayer** not only cleanses from sins, but also cures bodily infirmities and maladies; it renews the whole of a man's being, and makes him, so to say, born again (I speak from experience).

*Righteous John, Wonderworker of Kronstadt, My Life in Christ p. 148*

# June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Festival 2026:</b> Friday <b>July 10</b> Saturday <b>July 11</b> Sunday <b>July 12</b>	<b>1</b> <i>Monday of the Holy Spirit</i>	<b>2</b> 9:00am Baking	<b>3</b> (NO FAST)	<b>4</b> 9:00am Baking <i>Mary &amp; Martha, sisters of Lazarus</i>	<b>5</b> (NO FAST)	<b>6</b>
	<b>NO fasting during Pentecost Week!</b>					
<b>7</b> Sunday of <b>All Saints</b> <i>Apodosis of Pentecost</i>  Festival & Info Assembly	<b>8</b> <i>Translation Relics of Great Martyr Theodore Stratelates</i>	<b>9</b>	<b>10</b> <i>St. John Maximovitch</i>	<b>11</b> <i>Holy Apostles Bartholomew &amp; Barnabas</i> <i>Revelation of hymn "Axion Estin"</i>	<b>12</b> <i>Apostle Jude, the Lord's brother</i>	<b>13</b>
	<b>Apostles Fast</b>					
<b>14</b> 2 <sup>nd</sup> Sun. of <b>Matthew</b> <i>All saints of North America</i>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	<b>Apostles Fast</b>					
<b>21</b> 3 <sup>rd</sup> Sun. of <b>Matthew</b>  <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">                         Happy Father's Day!                     </div>	<b>22</b>	<b>23</b>	<b>24</b> (o oil/wine/fish) <i>Nativity of St. John the Baptist</i> <i>Righteous Zacharias &amp; Elizabeth</i>	<b>25</b>	<b>26</b>	<b>27</b> <i>Myrrhbearers Mary &amp; Joanna</i>
	<b>Apostles Fast</b>					
<b>28</b> (o oil/wine/fish) <b>4<sup>th</sup> Sunday of Matthew</b>	<b>29</b> <i>Saints Peter and Paul</i>	<b>30</b> <i>Synaxis of the 12 Holy Apostles</i>	<b>Baking: Tuesdays and Thursdays, 9am – 12pm.</b> <b>The Apostles Fast is from June 8 to June 28.</b>  <div style="border: 2px dashed black; padding: 5px; width: fit-content; margin: 0 auto;"> <i>Fr Basil will be on vacation until June 26.</i> </div>			

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*



## HAPPY FATHERS DAY

In 1909, while listening to a Mother's Day sermon in Spokane, Washington, Mrs. John Bruce Dodd felt the need to give similar recognition to the fathers of our nation. Mrs. Dodd's mother had died at an early age, placing the responsibility of raising six children solely upon the broad shoulders of her father.

As she grew up, Mrs. Dodd fondly remembered the efforts and sacrifices made by her father so that she and her brothers would have a better life. In later years, she would have this to say about the person who was both father and mother to her: **"Of all the multitude of things Dad did for us, I'm most grateful for the FAITH IN GOD he instilled within us. He TAUGHT us the Golden Rule by LIVING the Golden Rule."**

Mrs. Dodd's campaign for a "Father's Day" was a successful one. It did not take long for her idea to receive wide-spread acceptance, eventually leading to the establishment of the third Sunday in June as this day of honor.

Today, we pray that everyone remembers Mrs. Dodd's touching tribute.

**Fathers are called upon to be examples of Christian virtue for their children.**

**How humbling it is to note that we refer to God as "OUR FATHER!" What an awesome task it is, to live up to the lofty standards that the word "Father" carries with it! Yes, a father is a gift from God, from whom we should learn to be patient, strong, loving and filled with integrity.**

*-taken from The Orthodox Weekly Bulletin, June 2022*

# Notes (June 2026)

**PENTECOST.** Beginning May 31<sup>st</sup> Sunday, and through that week, there is **NO FASTING**. Check the calendar (center page of newsletter). It will show the dates.

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**The Apostles Fast** this year is 21 days long, June 8 – 28. **(NO meats / NO dairy)**

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**Monday, June 29<sup>th</sup>** is the feast of **the Saints Peter & Paul.**

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**NEED PROSPHORA.** If making for a Sunday, (please let us know ahead and) have it at Church by 8:15am. (May 31<sup>st</sup> is taken.) All other Prospora will be frozen. FMI, see Paul MacDowell.

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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.

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## **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!!**

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## **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!**

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**A family is saved with patience.**

*St. Paisios the Athonite*

## Keep The Faith

From Stephanie K. Koutroulis

When you think about "taking that road, about Christ", there is usually hesitation and "should I". You are kind of thinking about someone you know, and their life, is well not something you want. They are believers and they act it! You certainly want to go to heaven; and after all, you are a good person, so you make yourself believe that is enough! Sorry it is not. It is absolutely wonderful you are that person, but the real answer is ... as a believer, you must invite Christ *into your heart. Because that is where He wants to live.*

When you look at Railroad tracks ... you see the center/middle part of it. Then you see the two rails, one on the left and one on the right, one on each side. Think of it as Man on one side and Christ on the other.

Stand right in the middle of it and look ahead. What do you see? All you see is *infinity... it just keeps going on and on.* Even so, you are also thinking about your Destination. This is what happens:

You need to decide, to make a choice as to whether you want to go or not. You get on the train, you are on your way, on your journey because now "you have a destination". Imagine those words ... you have a destination. And you are smiling, happy with yourself. And you know, that when you reach your destination, you will be thrilled!!

This is exactly like inviting Christ into your heart. That is where He wants to live. But the invitation has to be yours, not His. He already loves you, but now He wants your love and trust in Him. And remember ... you know that Destination, *your Destination*, your Eternal life.

What do you want? It takes time to take a journey, so be patient, be trusting, be positive, ... you cannot imagine the great Joy that comes over you. You are travelling, you have finally reached your Destination. Remember that feeling?

You have arrived, You are smiling, a great feeling.

That is what Eternal Life is about. God's Promise that you are safe; That you have arrived; you are Home. This is your Eternal Life. God's Promise.

# Monthly Financial Report. 5/26/2026

## (Operating Budget 2026)

### STEWARDSHIP & FINANCIAL UPDATE *as of April 30, 2026*

Total Stewards: 155

Total Stewardship Received: \$83,459

<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
March	\$31,936	\$28,847	\$2,813
April	\$32,063	\$31,933	\$2,944

*We ended April in the **Black \$2,944!** {Compare to 2025: -\$78}.*

**Our Income is up by \$20,000** (compared to *LAST YEAR*).

**Our Expenses are up by \$18,000** (compared to *LAST YEAR*).

Compare: Year to date:

	<u>2025</u>	<u>2026</u>
Total Income:	<b>\$98,503</b>	<b>\$118,729</b>
Total Expenses:	<b>\$97,542</b>	<b>\$115,785</b>

*Please Remember,*

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

**70% of our Income is STEWARDSHIP!**

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

\* \* \* \* \*

The Lord does not dwell in the heart in which reign greediness and attachment to earthly blessings, to earthly pleasures, money, etc. This is daily proved by experience. In such a heart dwell cruelty, pride, presumption, scornfulness, malice, vengeance, envy, avarice, vanity, and boastfulness.

*Righteous John, Wonderworker of Kronstadt, My Life in Christ p.243*

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



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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 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

## Love God, not the World

"I would suggest that you fulfill the counsel of the Gospel, that is, withdraw from the world (i.e., all worldly cares) and attach yourself—through prayer, remembrance of God, the reading of spiritual books, repentance, frequent communion, suppressing within yourself your dislike for those around you, and other spiritual activity—attach yourself to God."

*Abbot Nikon Vorobiev, Abbot Nikon Letters to Spiritual Children p.174*

## Saint Demetrios

Greek Orthodox Church

186 Bradley Street

Saco, ME 04072

**ADDRESS SERVICE REQUESTED**