ST. DEMETRIOS

Volume XXXVII, No 9 Saco, Maine OCTOBER 2026

October is:

St. Demetrios Month!

Sun Oct 25: 6:00pm *Feast* GREAT **Vespers**
w/ ***visiting clergy***
& **Arto** *(please bring your family's Arto & oil)*
Followed by **reception**
hosted by the ***ladies of St Fotini.***

Mon Oct 26: 8:30am Orthros, **9:00**am Liturgy

Fri-Sat Oct 2-3:

COMMUNITY RETREAT

W/ FR GEORGE PARSENIOS

see enclosed flyer

***Why* Liturgy?:** Starting with Sunday Oct 4, we will spend 2-3 Sundays with a "teaching" what the Liturgy is about, instead of the "regular" sermon.

Will start **by** 10:00am**!**

ST. DEMETRIOS
Greek Orthodox Church

METROPOLIS OF BOSTON
Archdiocese of America
186 Bradley Street
Saco, ME 04072
(207) 284-5651 Ph (207) 282-9505 Fax

Fr. Basil Arabatzis
Presiding Presbyter

Jonah the prophet
September 21, 2026

General Assembly

On Sunday October 11th we will have our General Assembly to pick the 5 members for the Nominating Committee for the Church Council (2027-2028).

The *Agenda:*
Opening Prayer
1. **Election of Chairman of Assembly.**
2. **Nominating Committee.**

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

Miracle of St. Demetrios

1987, Thessaloniki Greece: A Testimony

It was October 26, 1987. The time was past 10:00pm. The city was celebrating St. Demetrios, and the freedom from the nearly five hundred years (1430-1912), occupation by the Ottomans.

The Church of St. Demetrios with wide open doors, at that moment, had not more than forty people. A circle of about ten women were in front of the relics, chanting the Paraklesis of the Saint. The only clergyman priest present, was the young and newly ordained deacon of the church with his deaconess-wife.

Suddenly, the women singing began to yell. The deacon ran to them. And the women, with mixed feelings, pointed to the reliquary. It was literally bathed in an oily myrrh formation (we say myrrh because the scent was incomparable). One could have said with certainty, that someone poured onto it at least two "buckets" of aromatic liquid (I use the word "buckets" to mean that the quantity of myrrh that slid down the solid walls of the silver casket to the embossed depiction was great).

The deacon for a moment, was baffled! Without any doubt at all about the miracle, and finding himself in a state of joy, surprise and excitement, he ran to bring cotton. He returned and started wiping the Myrrh with cotton from the outer walls of the shrine and gave parts of this fragrant cotton to pilgrims. He would wipe it up and the myrrh would not stop, but kept mystically flowing, without any visible source.

Meanwhile the scent flooded throughout the church and overflowed from the open doors to St. Demetrios Street, attracting passers-by who rushed in to see what was happening and from where came this fragrance. Everyone headed to the relics of St. Demetrios, in front of the Iconostasis.

The incredible surprise did not stop there! The pilgrims found that all the icons of the church, whatever they were, flowed Myrrh. Indeed, the deacon saw pilgrims take out paper towels and wipe the glass protected icons of the church, and the paper towels turned yellow from the myrrh which "ran" from both sides of the glass, interior and exterior. We did not understand what we

were witnessing, it was like a dream, yet we lived in it! We touched it with our hands, we saw it with our eyes, we smelled it with our sense of smell! In a short time, a line of people formed, with tears in their eyes, venerating the casket of the Myrrh-gusher.

Metropolitan Panteleimon II of Thessaloniki, attributed the miracle to this fact: That evening, at the gala ceremony at the University for the freedom of Thessaloniki in 1913, the keynote speaker ignored entirely (in his speech), the Saint and there was no reference to him.

Saint Demetrios spoke anyway with his myrrh-gushing. He never left the city of Thessaloniki, he is always present

24 years have passed since then. I was the then deacon of the church, and now a priest in Thessaloniki, and I write the facts as I remember. That moment was like living a mystery. I cannot describe what I felt! Joy, surprise, excitement, enthusiasm ... However, it is these events that reinforce belief that fill us with joy, hope and a sense of the presence of Christ and the saints. Our faith is "alive"!

Fr. Christos Kotios - Church of the Dormition of the Theotokos
-taken from MYSTAGOGY-Resource Center

Nominating Committee

Every two years we have Elections for serving on the Church Council. In 2027 we will have a new two year term for Church Council.

We need five (5) members of the Community who oversee the process – this is the NOMINATING Committee.

On **Sunday October 11**, we will have a short **General Assembly** for 5 members to step forth & be accepted as the Nominating Committee.

To vote or submit a name for Nominating Committee, Council, etc., one must be in Good Standing.

(To be a member of the Community, one must be a member of the Faith & financially part of the Stewardship Program.)

The Faith: Baptized, participates in the services, lives according to the Gospel. (If someone has not participated in the services for months or years, if someone is "living" with another person, etc.,…. even if contributing to the Stewardship Program… they **are NOT in good** standing.)

The Church Council Nominating/Election Form will be in Nov. Newsletter.

OCTOBER 2ND & 3RD
FRIDAY AND SATURDAY

FRIDAY,
5:00 PM - 9:00 PM
Topic:
Relationships
Young Adults

SATURDAY,
9:30 AM - 2:00 PM
Topic:
Maintaining Our Spiritual Life
Open to Everyone

Saint Demetrios Church
Saco, Maine

Meals and refreshments provided.

$5 Friday
$10 Saturday
On freewill offering

OUR SPEAKER

Rev. Fr. George Parsenios, PhD

Fr. George Parsenios is Professor of New Testament at Holy Cross Seminary, as well as having previously taught for decades at Princeton Theological Seminary. He is currently presiding over the St. Nicholas Greek Orthodox Church in Lexington MA.

Questions?
Contact Rachel Carpenter.
207-229-9271

Visit www.stdemetriosofmaine.com/retreat *to register*

Sponsored in loving memory of Sandra Miminos

PAIDEIA OF MAINE
GREEK DINNER DANCE

Saturday, November 7, 2026

5:00 – 6:00 PM	*Appetizers*
6:00 – 10:00 PM	*Dinner & Dance*

LOCATION

The Elks Club

1945 Congress St,
Portland, Maine

***Free Parking*

Music by DJ: Angelo Sotiropoulos

TICKETS

$55 Adults · $25 Students

Buffet Style

TO PURCHASE TICKETS, PLEASE CONTACT

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Val Kapothanasis
e: valkaymother@yahoo.com
p: 207.318.5041

Aggie Haxhi
e: avhk21@gmail.com
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SACO

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Irene Steltzer
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p: 207.459.4617

LEWISTON

John Rozos
e: jsrozos@aol.com
p: 207.998.5268

CHURCH SCHOOL NOTES for 2026-2027
from Rebekah Rinard

- Classes will be held on the 2nd & 4th Sundays of each month.
- Kids will gather in the narthex after communion before going upstairs.
- Classes will be built for K-3rd/4th grade, but anyone is welcome.
- If any children above the recommended age range plan to attend we only ask that they set the example for the younger kids for how to behave during class. If any children are below the recommended age range, we ask that a parent assist them during class to help them focus or to complete activities.
- We will be putting on a Christmas pageant again this year! We'll need lots of helpers to help coordinate the kids. Please reach out to volunteer.
- If a child is struggling to listen and/or being disruptive, this isn't an issue! All kids have off days. If necessary, we will have a helper find a parent and we just ask that the parent comes upstairs to help their child focus.
- We must have 2 adult helpers in class in addition to the teacher or we can't hold the class for that week. There is a sign-up sheet in the Narthex to sign up as a helper.
- I am creating a list of volunteers who wouldn't mind teaching the curriculum if I am out. I plan my weeks around being at church for every 2nd & 4th Sundays. This would likely only be for illness and everything would be fully prepared for you. You'd just have to teach. Please let me know if you're interested in filling in by replying to my email.

****Any adult (parent or teacher) who will be in a classroom with children must complete a mandatory background check and youth protection training. This is non-negotiable.**

The link is :
https://www.ncsrisk.org/goarch/registration/reg_0.cfm?theme=0

God bless!

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30am **Liturgy Holy Protection, Αγ Σκεπη**	**2** **COMMUNITY RETREAT**	**3**
4 2nd Sunday of Luke **(Winter hours: 9:00am Orthros By 10:00am Div Liturgy)** ***Why* Liturgy?**	**5**	**6**	**7** 6:00pm **Bible Study/The Faith**	**8** 6:00pm Ch. Council	**9**	**10**
11 Sun of the 7th Ch. Council ***Why* Liturgy?** **General Assembly** for Nominating Committee	**12**	**13**	**14** 6:00pm **Bible Study/The Faith**	**15**	**16** 8:30am **Liturgy St Dionysios, Αγ Διονυσιου**	**17**
18 Holy Apostle and Evangelist Luke ***Why* Liturgy?**	**19**	**20**	**21** 6:00pm **Bible Study/The Faith**	**22**	**23**	**24**
25 6th Sunday of Luke 6:00pm *Feast GREAT* ***Vespers*** w/ ***visiting clergy*** & ***Arto*** **(need Arto & oil)**	**26** 8:30am **Orthros**, 9:00am **Liturgy** **St Demetrios** **Αγ Δημητριου**	**27**	**28** **OXI-No** to surrender in WW II in Greece 6:00pm **Bible Study/The Faith**	**29**	**30**	**31**

CALLING ALL CRAFTERS!

PLEASE HELP WITH THIS CRAFT SECTION.

We know there are many talented people out there, and we would certainly like to showcase your skills and your talents. Can you help?

FMI or to offer craft items, please contact:

JUDY CARAS, Email: j.caras.family@gmail.com

PHONE: 207-756-4801

BRING YOUR ITEMS IN ON THURSDAY, NOV. 19TH, from 9:30AM-3:00PM

BAZAAR: SATURDAY, NOVEMBER 21st

Greek Pastry, Specialty table, crafts, jewelry and a delicious LUNCHEON

CALLING ALL CRAFTERS!

SPECIALTY TABLE FOOD ITEMS NEEDED!

ATTENTION ALL LADIES!!

- **BRING YOUR *SPECIALTY ITEM ...*** *whatever your favorite sweet or savory item may be... keeping it simple.*
- *Please package your donation with see through cellophane bags ...*
- *The "Specialty Table" will be set up by* ***Friday Morning, Nov.20th, from 9:30am to 3:00pm.***
- *There will be a sign up poster on the refrigerator in the kitchen.*
- *Please call Anna if you have any questions:*
  Cell phone: 207-423-9709 Email: Azaf9453@gmail.com

Notes (Oct. 2026)

St Demetrios:

For the Vespers on Sunday Oct 25:

*We will have as every year **visiting priests**.
*The ladies of St Fotini offer "philoxia - hospitality" with a full reception!
*Finally we need many households to bring in the **ARTO,** and oil. We have wine, but if someone would like to bring in a bottle of **NAMA** or **Samos WHITE MUSCAT**….

……

LL (Reminder - our Library is a LENDING LIBRARY)

Our **Library** is **lending books**. - ***OPEN** after Liturgy in the Meeting Room.*
Come and browse **during coffee hour**!

……

Email/call to Fr Basil!

Please **do NOT email** Fr Basil.
Call the office or text him.
For appointments always connect with the office.

……

Bible Study

Our **FAITH/Bible Study**, is on **Wednesday**s @ 6:00-7:15pm.
Please *check calendar*.
The Gospel according to **John**.

……

The 2027 Lives of the Saints Calendar is available for pre-order.

DEADLINE: NOV.15. COST: $23 each. Please pre-pay with your book order.

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- **Make check payable to: St. Demetrios Bookstore. Pay cash or check only.**
- **Order from Stephanie: 207-284-5651**

NOTE: Digital edition, download thru Amazon Kindle, Apple Books (iBooks), or Barnes & Noble.

Notes continued for October 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.

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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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ST. FOTINI NEWS (BAKING AND MEETING NOTES)

- St. Fotini held its **first meeting on Sunday, September 20, 2026.**
- **Baking began on Tuesday, September 15th, 2026.**
- Ladies, come and see, and hear about the many wonderful things St. Fotini does throughout the year. Come help bake ... Love to have you join us!!
- Gents, you are welcome to come help make pastries, wash dishes, etc.

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We have been certainly Blessed with many wonderful events here, and one of them is our Festival. In addition to the great food, and many guests we served, we also sent checks to the area Food Pantries ... Biddeford, Saco and Old Orchard.

They all sent notes back saying:

"Thank you all for your generosity to our Food Patry. Your help is so appreciated and needed."

"St. Demetrios, your thoughtfulness was greatly appreciated."

"God Bless you, and many thanks."

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Sofia Ifantides thanks everyone for their many good thoughts and Prayers, your visits and goodies. Sofia is very appreciative and wants everyone to know.

We all agree, ... it has certainly been a year of hospitals for our Sofia. God Bless you and your family. Keep smiling!

Monthly *Financial Report*. 9/15/2026

(Operating Budget **2026**)

STEWARDSHIP & FINANCIAL UPDATE *as of* ***August 31, 2026***

Total Stewards: 176
Total Stewardship Received: $141,041

Month	Income ($)	Expenses ($)	Operating account ($)
January	$23,811	$30,259	-$6,448
February	$30,918	$24,746	-$275
March	$31,936	$28,847	$2,814
April	$32,063	$27,989	$4,074
May	$26,523	$35,770	-$2,360
June	$10,100	$17,284	-$19,643
July	$26,862	$13,701	-$6,482
August	$19,403	$11,570	-$17,216

We ended August in the **Red $17,216!** *{Compare to 2025*: - $18,878*}*.

Our Income is *up* by $29,000 (compared to *LAST YEAR*).
Our Expenses are *up* by $27,000 *(*compared to *LAST YEAR*).

Compare: *Year to date*:

	2025	*2026*
Total Income:	**$172,602**	**$201,617**
Total Expenses:	**$191,480**	**$218,8337**

Please Remember,

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

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

Thank You!!

⁂ ⁂ ⁂

KEEP THE FAITH !

Therefore we must try to always pray like this:
"Lord, help me to preserve my inner peace, teach me how to be calm and peaceful and kind, just like Thine angels."

Elder Thaddeus (Strabulovich) of Vitovnica,
Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica p.152

Thank you <u>Sponsors</u> *for making our St. Demetrios Newsletter possible!*

Melissa J. Rioux
Assoc. Broker
207.286.7321
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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
Winter hours *start October 4.*
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 - 3:30 PM

Website: stdemetriosofmaine.com

Church: (207) 284-5651

FAX: (207) 283-4651

Home: (207) 284-6170

As a man whose head is under water cannot inhale pure air,
so a man whose ***thoughts are plunged into the cares of this world***
cannot absorb the experience of eternity - that new world.

(St Isaac the Syrian)

Saint Demetrios
Greek Orthodox Church
186 Bradley Street
Saco, ME 04072

ADDRESS SERVICE REQUESTED