MARCH 2026

Saint Nicholas Greek Orthodox Church

Baltimore, MD

72 YEARS

Koinonia

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GREEK ORTHODOX ARCHDIOCESE OF AMERICA METROPOLIS OF NEW JERSEY

MESSAGE FROM THE PROTOPRESBYTER

Message from **FR. MICHAEL L. PASTRIKOS**, PROTOPRESBYTER

LET'S PREPARE OURSELVES FOR A SPIRITUAL EASTER!

Dear parishioners,

We are already in the first week of Great Lent. This is a time (forty days before Holy Week and Pascha) in which we are reminded to focus on fasting, prayer, meditation, almsgiving, and most of all on Jesus Christ and our spiritual journey with him. Let's look at what St. Simeon of Thessaloniki said about fasting. "Fasting is the work of God, and it is this work that takes place in the arena of repentance."

We battle our own problems in life, and if we take the words of St. Paul (2 Cor. 10:4), "the weapons of our warfare are not carnal; rather, the weapon given to us by our Lord is his commandment to "Love one another as I have loved you" (John 13:34). This commandment is the basis on which we will be judged by Christ at his awesome second coming. When we see the least one hungry, do we feed him and love him? When we see the least one in prison, do we visit him? And when we see the least one homeless and a stranger, do we do anything to change his life, and do we help him and show him God's love? If we do any of these tasks, if we give all that we possess but do not do it in response to Christ's commandment, we have gained nothing (1 Cor. 13:3).

Great Lent is a time of fasting and prayer, and it's our responsibility to focus on our spiritual awareness of Jesus Christ and our commitment to him. During Lent, the Church reminds us of the depth of the love that Jesus has for us. And during Holy Week, we relive the Passion of Christ and everything that Jesus endured for us.

So what we really need to do during Lent is to apply a little extra spiritual discipline in our lives: more prayer, Bible reading, church attendance, fasting, confession, receiving the Sacraments, and charity to others. If we do these tasks, we will begin to see a beautiful transformation in our lives. Once we take that step to follow Christ, then we must follow Him with all our heart and soul to the end our your life.

There are no ifs, ands, or buts. Your faith in Christ is either hot or cold. There is no in between. Christ said in John 14:23, "If a man loves me, he must keep my words." In this verse, there is no competitive spirit: we cannot serve two masters. We must choose either God or mammon.

I conclude with the Vesper hymn that summarizes our intent and reminds us of our goal in life: "Let us set our joy upon the season of the fast and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit, may we persevere with love, and so be counted worthy to see the solemn Passion of Christ our God and with great spiritual gladness to behold His Holy Passover (Pascha)."

May you have a blessed Great Lenten season, and may our Resurrected Lord truly open your eyes to your future life in Christ.

MESSAGE FROM THE PROTOPRESBYTER

Message from **FR. MICHAEL L. PASTRIKOS**, **PROTOPRESBYTER**

ΑΣ ΠΡΟΕΤΟΙΜΑΣΤΟΥΜΕ ΓΙΑ ΤΗΝ ΠΝΕΥΜΑΤΙΚΗ ΜΑΧΗ ΤΟΥ ΠΑΣΧΑ!

Αγαπητοί ενορίτες,

Πώς κυλά ο χρόνος, είμαστε ήδη στην πρώτη εβδομάδα της περιόδου της Μεγάλης Τεσσαρακοστής. Πρόκειται για ένα χρονικό διάστημα (40 ημέρες πριν την Μεγάλη Εβδομάδα και το Πάσχα) η οποία μας υπενθυμίζει να επικεντρωθούμε στη νηστεία, προσευχή, διαλογισμό, στην εξομολόγηση, και πάνω απ' όλα θα πρέπει να επικεντρωθούμε στον Ιησού Χριστό, και στο πνευματικό ταξίδι μας μαζί Του. Ας δούμε τί είπε ο Άγιος Συμεών Θεσσαλονίκης για τη νηστεία: «Η νηστεία είναι το έργο του Θεού, και αυτό είναι το έργο που πραγματοποιείται στην αρένα της μετάνοιας.» Το δειδάγμα του Ευαγγελίου της περασμένης εβδομάδας αναφέρει ολα τα σχετικά με τις προκλήσεις που θα αντιμετωπίσουμε κατά τη διάρκεια αυτή της περιόδο της Σαρακοστής.

Αν και παλεύουμε με τα δικά μας προβλήματα στη ζωή, αν πάρουμε τα λόγια του Αποστόλου Παύλου (2 Κορ. 10:4) τα όπλα μας για την ευημερία μας δεν είναι σαρκικά, αλλά μάλλον το όπλο που μας δόθηκε από τον Κύριο μας, είναι η εντολή να «αγαπάτε αλλήλους, όπως σας αγάπησα εγω» (Ιωάν. 13:34). Αυτή η εντολή είναι η βάση με την οποία θα κριθούμε από τον Χριστό στη φοβερή Δευτέρα Του Παρουσία. Όταν τουλάχιστον είδαμε κάποιον πεινασμένο, τον ταΐσαμε, τον αγαπήσαμε; Όταν είδαμε τουλαχιστον κάποιον στη φυλακή τον επισκεφθήκαμε, και όταν είδαμε κάποιον άστεγο ή ξένο, κάναμε κάτι για να αλλάξουμε τη ζωή του, τον βοηθήσαμε και του δείξαμε την αγάπη του Θεού προς αυτόν. Αν κάνουμε κάτι από τα παραδείγματα, εαν δώσαμε από τα υπάρχοντά μας, αλλά δεν τα καναμε σύμφωνα με την εντολή του Χριστού, δεν έχουμε κερδίσει τίποτα
(1 Κορ. 13:3).

Η Μεγάλη Σαρακοστή είναι μια περίοδος νηστείας και προσευχής, είναι ευθύνη μας να επικεντρωθούμε στην πνευματική γνώση του Ιησού Χριστού και τη δέσμευσή μας σε Αυτόν. Κατά τη διάρκεια της Σαρακοστής η Εκκλησία μας θυμίζει πάντα το μέγεθος της βαθιάς αγάπης που έχει ο Ιησούς για μας. Και κατά τη διάρκεια της Μεγάλης Εβδομάδας, πάντα να ξαναζούμε τα Πάθη του Χριστού και όλα όσα ο Ιησούς υπέφερε για μας.

Έτσι, αυτό που πραγματικά πρέπει να κάνουμε κατά τη διάρκεια της Σαρακοστής, είναι να εφαρμόσουμε μια μικρή επιπλέον πνευματική πειθαρχία στη ζωή μας όπως (περισσότερη προσευχή, ανάγνωση της Γραφής, εκκλησιασμό, νηστεία, εξομολόγηση, θεία Κοινωνία, και φιλανθρωπία για τους άλλους). Αν τα κάνουμε όλα αυτά, θα αρχίσουμε να βλέπουμε μια όμορφη μεταμόρφωση στη ζωή μας. Ετσι, τη στιγμή που θα κάνετε αυτο το βημανα ακολουθήσετε τον Χριστό, τότε θα πρέπει να τον ακολουθήσετε με όλη την καρδιά και την ψυχή σας, σε ολη τη διαδρομή μέχρι το τέλος της ζωής σας.

Δεν υπάρχουν αν, και, αμφιβολίες και αμφισβητήσεις. Η πίστη σας στον Χριστό είναι είτε ζεστή είτε κρύα. Δεν υπάρχει κάτι ενδιάμεσο. Ο Χριστός είπε στο κατά Ιωάννην 14:23, "Εάν κάποιος με αγαπά, θα πρέπει να τηρεί το λόγον μου." Σε αυτό το στίχο δεν υπάρχει ανταγωνιστικό πνεύμα: εμείς απλά δεν μπορούμε να εξυπηρετούμε δύο κυρίους. Πρέπει να εξυπηρετείτε είτε τον Θεό ή τον Μαμμωνά.

Κλείνω με τον εσπερινό ύμνο που συνοψίζει την πρόθεσή μας και μας θυμίζει το στόχο μας στη ζωή. «Ας δεχθούμε με χαρά την εποχή της νηστείας, και να προετοιμαστούμε για την πνευματική μάχη. Ας εξαγνίσουμε την ψυχή μας και ας καθαρίσουμε τη σάρκα μας, και όσο μπορούμε να απέχουμε από το φαγητό με τη νηστεία, ας απέχουμε ακόμη από κάθε πάθος. Με αγαλλίαση στις αρετές του Πνεύματος, ας επιμείνουμε με αηάπη, για να αξιωθούμε να δούμε τα Άγια Πάθη του Χριστού, και Θεού μας και με μεγάλη πνευματική κατάνυξη να εορτάσουμε το Άγιο Πάσχα του (Πάσχα).»

Σας εύχομαι Καλή και Ευλογημένη Μεγάλη Τεσσαρακοστή, και εύχομαι όπως ο Αναστάς Κύριός μας, άνοιξε τα μάτια σας για τη μελλοντική σας ζωή εν Χριστώ.

MESSAGE FROM THE PRESIDENT

Dear Parishioners and friends,

The month ahead is filled with light, history, and hope. It is a month that unites us as Greeks, as Orthodox Christians, and as members of the diaspora who keep our roots alive even far from our homeland.

On March 7th, we will commemorate the Incorporation of the Dodecanese Islands into Greece, a historic milestone that sealed the struggles and sacrifices of our islanders. In 1948, our islands were officially united with the motherland, fulfilling a vision that had lived in the hearts of generations.

On March 25th, we will celebrate the double feast of Faith and Fatherland. We remember the heroes of 1821, who with courage and self-sacrifice raised the banner of freedom.

The afternoon of the same day, our Greek School celebration of our Greek School, we will once again honor the heroes of 1821, who bravely lifted the flag of liberty.

Here, in the country where we now live, this day takes on special meaning. We show our children who we are, where we come from, and the values we carry within us. The Greek flag they hold with pride becomes a bridge between "there" and "here."

On Sunday, March 29th, our community's annual parade will take place. The children of our school, dressed in traditional costumes and smiling proudly, will honor our homeland and fill our hearts with emotion.

We warmly invite you all to be present, to applaud our children, and to show that our community is alive, strong, and united.

Through these celebrations, let us remember that our strength lies in our unity. Our faith keeps us steadfast, our history gives us identity, and our community offers us an embrace family.

In a foreign land, we are not alone. We are links in the same chain that unites generations of Greeks and Orthodox Christians.

Let us keep our language alive in our homes, bring our children to Church, and support one another with love and understanding.

With much love and appreciation,

Stamatia Ieromonahos
President of Saint Nicholas Church Baltimore
Parish Council

Αγαπημένοι μας ενορίτες και φίλοι της εκκλησίας μας,

Ο μήνας που έρχεται είναι γεμάτος φως, ιστορία και ελπίδα. Είναι ένας μήνας που μας ενώνει ως Έλληνες, ως Ορθοδόξους Χριστιανούς και ως ανθρώπους της διασποράς που κρατούν ζωντανές τις ρίζες τους, ακόμη και μακριά από την πατρίδα.

Στις 7 Μαρτίου θα τιμήσουμε την Ενσωμάτωση της Δωδεκανήσου με την Ελλάδα, μια ιστορική στιγμή που σφράγισε τον αγώνα και τις θυσίες των νησιωτών μας. Το 1948, τα νησιά μας ενώθηκαν επίσημα με τη μητέρα πατρίδα, ολοκληρώνοντας ένα όραμα δεκαετιών.

Την 25η Μαρτίου θα γιορτάσουμε τη διπλή γιορτή: της Πίστεως και της Πατρίδας. Θυμόμαστε τους ήρωες του 1821, που με θάρρος και αυταπάρνηση ύψωσαν το λάβαρο της ελευθερίας.

Επίσης, την ίδια μέρα μέσα από την απογευματινή σχολική γιορτή του Ελληνικού μας σχολείου θα θυμηθούμε τους ήρωες του 1821, που με θάρρος και αυταπάρνηση ύψωσαν το λάβαρο της ελευθερίας.

Εδώ, στη χώρα που ζούμε, η ημέρα αυτή αποκτά ιδιαίτερο νόημα. Δείχνουμε στα παιδιά μας ποιοι είμαστε, από πού ερχόμαστε και ποιες αξίες κουβαλάμε. Η ελληνική σημαία που κρατούν με περηφάνια είναι γέφυρα ανάμεσα στο «εκεί» και το «εδώ».

Την Κυριακή, 29 Μαρτίου θα πραγματοποιηθεί η καθιερωμένη παρέλαση της ομογένειας. Τα παιδιά του σχολείου μας, ντυμένα με παραδοσιακές φορεσιές και με χαμόγελο, θα τιμήσουν την πατρίδα και θα γεμίσουν τις καρδιές μας συγκίνηση.

Σας περιμένουμε όλους να δώσετε το «παρών», να χειροκροτήσουμε τα παιδιά μας και να δείξουμε ότι η κοινότητά μας είναι ζωντανή, δυνατή και ενωμένη.

Μέσα από αυτές τις γιορτές, ας θυμηθούμε πως η δύναμή μας βρίσκεται στην ενότητα. Η πίστη μας μάς κρατά όρθιους, η ιστορία μας μάς δίνει ταυτότητα και η κοινότητά μας μάς προσφέρει μία αγκαλιά μία οικογένεια.

Στη ξενιτιά δεν είμαστε μόνοι. Είμαστε κρίκοι της ίδιας αλυσίδας που ενώνει γενιές Ελλήνων και Ορθοδόξων.

Ας κρατήσουμε ζωντανή τη γλώσσα μας στα σπίτια μας, ας φέρνουμε τα παιδιά μας στην Εκκλησία, ας στηρίζουμε ο ένας τον άλλον με αγάπη και κατανόηση.

Με πολλή αγάπη κι εκτίμηση,

Σταματία Ιερομονάχου
Πρόεδρος Διοικητικού Συμβουλίου
Αγίου Νικολάου Βαλτιμόρης

CHURCH CONTACT INFORMATION

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3RD & 4TH GRADE - PARASKEVI KOTSATOU ARGETAKI
5TH & 6TH GRADE - KELLY PEROS VASILIADES
AL ELLINOMATHEIA COORDINATOR -
PARASKEVI KOTSATOU ARGETAKI
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IMPORTANT NOTICE -

KOINONIA DEADLINE

Please submit your article(s) to the Koinonia staff by the deadline stated below:

ISSUE MONTH - APRIL 2026

SUBMISSIONS DUE - MARCH 20th

Please email your article(s) to - ekostalas@stnicholasmd.org

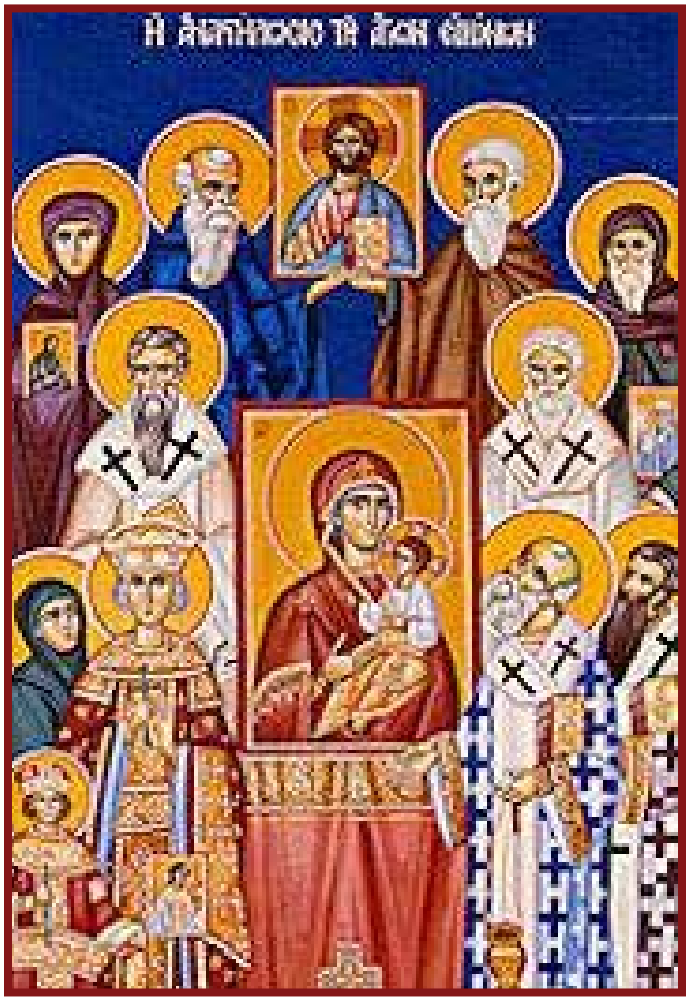
Articles are due no later than the 20th of each month. If they are received after the deadline they will be published in the following month's issue.

All articles must be proofread and color corrected prior to submission.

Thank you

Sunday of Orthodoxy

Courtesy of goarch.org



Reading

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.

Apolytikion of Sun. of Orthodoxy

Second Tone

O Christ our God, begging forgiveness of our sins, we venerate Your Pure Image, O Good One. Of your own will you condescended to ascend upon the Cross in the flesh and deliver those You created from the bondage of the enemy. Wherefore, thankfully, we cry out, "When You came to save the world, Your filled all things with joy, O Our Savior."

Kontakion of Sun. of Orthodoxy

Plagal of the Fourth Tone

The indescribable word of God became defined when He became incarnate of You O Theotokos. He restored our soiled image to what it was of old by joining it to His divine beauty. We confess salvation, and recount it in word and deed.

Annunciation of the Theotokos

Courtesy of goarch.org

Reading

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months. On coming to Joseph's house, the Archangel declared: "Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women." After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: "Behold the handmaid of the Lord; be it unto me according to thy word." And at this, the Holy Spirit came upon her, and the power of the Most High overshadowed her all-blameless womb, and the Son and Word of God, Who existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body (Luke 1:26-38).

Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, Saint John the Baptist, prophesied of the dawning of the spiritual Sun. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord, and with a great voice blessed her and the Fruit that she held within herself. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour," and the rest, as the divine Luke hath recorded (1:39-55)

Apolytikion of Annunciation of the Theotokos
Fourth Tone

Today marks the crowning of our salvation and the revelation of the mystery before all ages. For the Son of God becomes the son of the Virgin, and Gabriel proclaims the grace. Wherefore, we also cry out with him, "Hail, O full of grace, the Lord is with you."

Kontakion of Annunciation of the Theotokos
Plagal of the Fourth Tone

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

Saturday of Lazarus

Courtesy of goarch.org

Reading

Lazarus and his sisters Martha and Mary, the friends of the Lord Jesus, had given Him hospitality and served Him many times (Luke 10:38-4z; John 12:2-3). They were from Bethany, a village of Judea. This village is situated in the eastern parts by the foothills of the Mount of Olives, about two Roman miles from Jerusalem. When Lazarus - whose name is a Hellenized form of "Eleazar," which means "God has helped," became ill some days before the saving Passion, his sisters had this report taken to our Saviour, Who was then in Galilee. Nonetheless, He tarried yet two more days until Lazarus died; then He said to His disciples, "Let us go into Judea that I might awake My friend who sleepeth." By this, of course, He meant the deep sleep of death. On arriving at Bethany, He consoled the sisters of Lazarus, who was already four days dead. Jesus groaned in spirit and was troubled at the death of His beloved friend. He asked, "Where have ye laid his body?" and He wept over him. When He drew nigh to the tomb, He commanded that they remove the stone, and He lifted up His eyes, and giving thanks to God the Father, He cried out with a loud voice, "Lazarus, come forth." And he that had been dead four days came forth immediately, bound hand and foot with the grave clothes, and Jesus said to those standing there, "Loose him, and let him go." This is the supernatural wonder wrought by the Saviour that we celebrate on this day.

According to an ancient tradition, it is said that Lazarus was thirty years old when the Lord raised him; then he lived another thirty years on Cyprus and there reposed in the Lord. It is furthermore related that after he was raised from the dead, he never laughed till the end of his life, but that once only, when he saw someone stealing a clay vessel, he smiled and said, "Clay stealing clay." His grave is situated in the city of Kition, having the inscription: "Lazarus the four days dead and friend of Christ." In 890 his sacred relics were transferred to Constantinople by Emperor Leo the Wise, at which time undoubtedly the Emperor composed his stichera for Vespers, "Wishing to behold the tomb of Lazarus . . ."

Apolytikion of Lazarus Saturday

First Tone

O Christ our God, before Your Passion, You raised Lazarus from the dead to confirm the common Resurrection for all. Therefore, we carry the symbols of victory as did the youths, and we cry out to You, the victor over death, "Hosanna in the highest. Blessed is He who comes in the name of the Lord. "

Kontakion of Lazarus Saturday

Second Tone

Christ, everyone's joy, the truth, the light, life, the resurrection of the world, has by His goodness appeared to those on earth. He is the archetype of the resurrection, granting divine forgiveness to all.

The Ecclesiological Foundation of the Saturday of Souls:
The Unity of the Living and the Departed

By His Eminence Metropolitan Apostolos of New Jersey

The Saturday of Souls is not merely a "day of remembrance," but a confession of faith that the Church is one Body that transcends the limits of death. The living and the departed share in the same grace, because "God is not the God of the dead, but of the living."

Prayer for the departed expresses this communion of love and the certainty that death does not sever the ecclesial relationship.

The Church prays for the repose of souls not as a "magical act," but as a supplication to the mercy of God.

The Saturday of Souls emphasizes:

- that salvation is a gift of divine philanthropy,
- that repentance and the healing of the human person have an eternal horizon,
- that the final criterion is the Resurrection and the Judgment of Christ, where everything is illumined by His love.

Saturday is a day of rest and remembrance of the departed, with its culmination in Holy Saturday.

Kollyva (the seed that "dies" in order to bear fruit) are an image of the Resurrection: death is not an end, but a passage to incorruption.

Saint John Chrysostom stresses that prayer and almsgiving for the departed are not in vain; the Church performs them "not in vain," but in faith that God acts salvifically on their behalf.

CONTINUED PG. 11

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Εκκλησιολογικό Θεμέλιο το Ψυχοσάββατο:
Η Ενότητα Ζώντων και Κεκοιμημένων

Του Σεβ. Μητροπολίτου Νέας Ιερσέης κ. Αποστόλου

Το Ψυχοσάββατο δεν είναι απλώς «ημέρα μνήμης», αλλά ομολογία πίστεως ότι η Εκκλησία είναι ένα Σώμα που υπερβαίνει τα όρια του θανάτου. Οι ζώντες και οι κεκοιμημένοι κοινωνούν στην ίδια χάρη, γιατί «ο Θεός δεν είναι Θεός νεκρών, αλλά ζώντων».

Η προσευχή για τους κεκοιμημένους εκφράζει αυτή την κοινωνία αγάπης και τη βεβαιότητα ότι ο θάνατος δεν διακόπτει την εκκλησιαστική σχέση.

Η Εκκλησία προσεύχεται υπέρ αναπαύσεως των ψυχών, όχι ως «μαγική πράξη», αλλά ως ικεσία στο έλεος του Θεού.

Το Ψυχοσάββατο τονίζει:

- ότι η σωτηρία είναι δώρο της θείας φιλανθρωπίας,
- ότι η μετάνοια και η θεραπεία του ανθρώπου έχουν αιώνια προοπτική,
- ότι το τελικό κριτήριο είναι η Ανάσταση και η Κρίση του Χριστού, όπου όλα φωτίζονται από την αγάπη Του.

Το Σάββατο είναι ημέρα αναπαύσεως και μνήμης των κεκοιμημένων, με κορύφωση το Μέγα Σάββατο.

Τα κόλλυβα (ο σπόρος που «πεθαίνει» για να καρποφορήσει) είναι εικόνα της Αναστάσεως: ο θάνατος δεν είναι τέλος, αλλά πέρασμα προς την αφθαρσία.

Ο Άγιος Ιωάννης ο Χρυσόστομος τονίζει ότι η προσευχή και η ελεημοσύνη υπέρ των κεκοιμημένων δεν είναι μάταιες· η Εκκλησία τις τελεί «ουκ εἰκῇ», αλλά με πίστη ότι ο Θεός ενεργεί σωτηριωδώς υπέρ αυτών

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In the liturgical tradition of Saint Basil the Great, the commemoration of the living and the departed is clearly distinguished within the same Eucharistic anaphora, showing that all belong to the same hope.

Saint Gregory the Theologian speaks of the mystery of death in the light of the Resurrection, underscoring that the Church's remembrance of the departed is a confession of faith in the final restoration.

Saint Maximus the Confessor, with his theology of the "recapitulation" of all things in Christ, helps us see that the whole creation, living and departed, moves toward its final transfiguration.

My Beloved, the Saturday of Souls is:

- an act of love toward those who have "fallen asleep,"
- a confession of faith in the Resurrection,
- a witness of hope that no one is lost from the memory of God.

We do not "change" God with our prayers; we open our hearts to His mercy and affirm that the Church already lives, even now, the unity of heaven and earth.

CONTINUED FROM PG10

Ό Αγίος Βασίλειος ο Μέγας στη λειτουργική του παράδοση διακρίνεται καθαρά η μνημόνευση ζώντων και κεκοιμημένων μέσα στην ίδια ευχαριστιακή αναφορά, δείχνοντας ότι όλοι ανήκουν στην ίδια ελπίδα.

Ο Άγιος Γρηγόριος ο Θεολόγος μιλά για το μυστήριο του θανάτου μέσα στο φως της Ανάστασης, υπογραμμίζοντας ότι η μνήμη των κεκοιμημένων στην Εκκλησία είναι ομολογία πίστεως στην τελική αποκατάσταση.

Ο Άγιος Μάξιμος ο Ομολογητής με τη θεολογία της «ανακεφαλαιώσεως» των πάντων εν Χριστώ, μας βοηθά να δούμε ότι ολόκληρη η κτίση—ζώντες και κεκοιμημένοι—πορεύεται προς την τελική μεταμόρφωση.

Αγαπητοί μου, το Ψυχοσάββατο είναι:

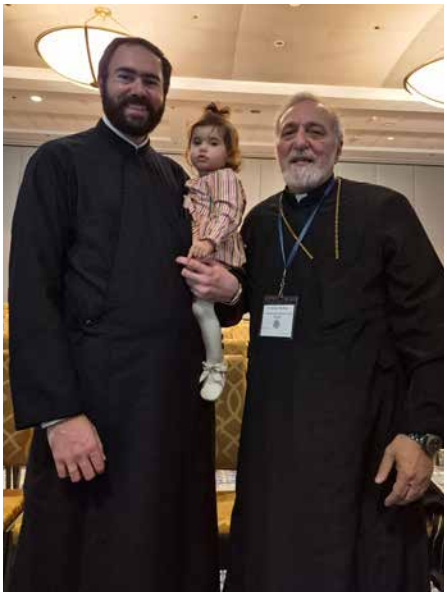
- πράξη αγάπης προς όσους «εκοιμήθησαν»,
- ομολογία πίστεως στην Ανάσταση,
- μαρτυρία ελπίδας ότι κανείς δεν χάνεται από τη μνήμη του Θεού.

Δεν «αλλάζουμε» τον Θεό με τις προσευχές μας· ανοίγουμε την καρδιά μας στο έλεός Του και επιβεβαιώνουμε ότι η Εκκλησία ζει ήδη από τώρα την ενότητα του ουρανού και της γης.

SATURDAY OF SOULS

Father Michael and our church community commemorated the First and Second Saturday of Souls, coming together to remember and to pray for our loved ones who have fallen asleep In Christ.

Fr Michael meeting with his Spiritual Son Fr. Konstantinos Loukas and his beautiful precious daughter Flora. This picture was taken at the Metropolis Dance Festival which took place at the Philadelphia Sheraton.



GREEK ORTHODOX ARCHDIOCESE OF AMERICA
ARCHEPISCOPAL ENCYCLICAL

Prot. No. 38/2026

Archepiscopal Encyclical on the Feast of Saint Photios, Patriarch of Constantinople

February 6, 2026

Unto the Most Reverend and Right Reverend Hierarchs, Pious Priests and Deacons, the Monks and Nuns, Presidents and Members of Parish Councils, Honorable Archons of the Ecumenical Patriarchate, Members of Leadership 100, the Day and Afternoon Schools, Philoptochos Societies, the Youth, Greek Orthodox Organizations, and the entirety of the Christ-named Plenitude of the Sacred Archdiocese of America:

For his memory is immortal, known both by God and mortals.
(Wisdom of Solomon 14:1, from the Vespers of the Saint)

Beloved sisters and brothers in Christ,

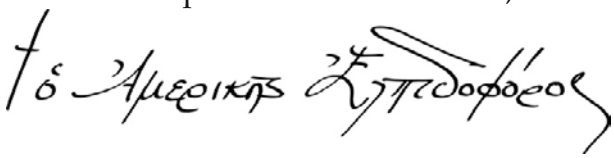
Saint Photios the Great, Patriarch of Constantinople, is a Hierarch of the Church whose fame is truly immortal. The commitment and energy that he devoted to spreading the Good News of our Lord Jesus Christ throughout the Slavic Lands — while defending the good order of the Church against encroachments — are indeed praiseworthy and merit our gratitude. It should be clear, then, why our Saint Photios National Shrine glorifies his name. For the Shrine, in St. Augustine, Florida, commemorates the first Greek Immigrants to the shores of America, and through them, all those who came to this Continent seeking a better life and carrying the Orthodox Christian Faith in their hearts.

The word, "apostle," comes from the Greek that means "one who is sent." Our Immigrant Forebears came to these shores, often sent by their families, either from Greece or from Asia Minor. They may not have been sent here for the express purpose of evangelizing the New World, but by their very piety and practice, they proved to be messengers and defenders of the Orthodox Faith. They founded parishes and built churches as soon as they could. These "first-comers" set foundation stones upon which

we continue to build right up to this day, "Jesus Christ being the Chief Cornerstone" (Ephesians 2:20).

Therefore, just as we keep the memory of Saint Photios the Great immortal, so also, we are impelled to keep these heroic dreamers in memory, which is precisely what we do through the Saint Photios National Shrine. Let us all make a commitment to support the work of the Shrine, and thereby inspire the many "newcomers" to our Faith by the example of these "first-comers." May the Lord, through the intercessions of Saint Photios, always grant that we commit to being sent on the mission of our Church, which is One, Holy, Catholic and indeed Apostolic!

With paternal love in Christ,



† ELPIDOPHOROS
Archbishop of America

BLESSING YOUR HOME 2026

CLIP IT, AND SUBMIT IT TO CHURCH

Blessing Your Home

Dear Parishioners:

In the month of January, we celebrate a Great Feast within the Orthodox Church. Epiphany, the baptism of our Lord Jesus Christ, on January 6th. It is the season of the blessing of the Holy Waters, when also the parish priest through his very rich custom brings the Blessed Holy Water to the faithful in their homes and business establishments. This enables everyone to receive the Great Blessing of our Lord for the New Year of 2026. I feel that this is a beautiful custom, that as your priest, bringing the Blessed Holy Water of Epiphany to you, my parishioners, allows me to remain close to you and your family. We request that you fill out the form below or call the church office, and your request will be forwarded to Father Michael who will contact you to arrange a convenient time.

PLEASE NOTE: Only those homes that submit this form or call will be visited. I hope that each family will take advantage of this traditional and important blessing for the New Year of 2026. With Paternal Blessing and Best Wishes for this Holiday Season!

With Love in Christ Jesus,
Father Michael

BLESSING OF HOME/BUSINESS

NAME: ..... **PHONE:** .....

ADDRESS: .....

Preferred time of visit: Morning ..... **Afternoon** ..... **Evening** .....

(Please check one)

Please complete this form and return to the church office or call *410-633-5020.*

Saint Nicholas Church

PALM SUNDAY LUNCHEON

APRIL 5, 2026

Immediately Following Church Services
in the Saint Nicholas Social Hall
Proceeds to benefit St. Nicholas Church

SAINT NICHOLAS CHURCH

520 S. Ponca Street | Baltimore, MD 21224

CALL 410-633-5020

Reserve Your Table Early!

Tickets $25

Lenten Fasting

Courtesy of the Orthodox Church in America

oca.org

Question:

Why do we fast, and from what do we fast, before Pascha?

Answer:

We fast before the Feast of Feasts, the Resurrection of Christ, to prepare ourselves for the celebration of Our Lord's eternal victory over sin, corruption, and death, and in anticipation of our own resurrection. Hence, Great Lent is a time of preparation, during which we focus on and anticipate the resurrection of Our Savior by fasting, prayer, and almsgiving.

When we fast, we "shift our focus" from ourselves to God and others, spending less time worrying about what to eat, when to eat, how much to eat, and so on in order to use our time in increased prayer and caring for the poor. We learn through fasting that we indeed can gain control over those things that we too often allow to control us—and for many people, food is a controlling factor. [We live in the only society in which an entire TV network is devoted to food!] While fasting from food, however, we are also challenged to fast from sin, from gossip, from jealousy, from anger, and from those other things which, while well within our control, we all too often allow to control us.

Further, just as we would refrain from eating a lot before going to an expensive restaurant for dinner—if we "ruin our appetite" we will

hardly enjoy our dinner—so too we fast before Holy Pascha in order to more fully feast and celebrate on the Feast itself.

During the Great Fast—and all lenten seasons—we are called upon to refrain from meat, dairy, fish, wine, and olive oil. At the same time, we are challenged, within this framework, to fast to the best of our ability, and to do so consistently. If we must modify the extent to which we fast within this framework, it is of course possible, but in every instance our fasting should be consistent and regular, for Christ does not see fasting as an option, but as a "must." In the Gospel of Saint Matthew, Our Lord says, "WHEN you fast, do not be like the hypocrites," not "IF you fast" or "IF YOU CHOOSE to fast."

Reflections of His Eminence Metropolitan Apostolos of New Jersey for the journey of the Great Lent.

My Beloved brother Clergy and blessed Faithful children in the Lord,

With sacred compunction and spiritual joy, we enter once again the Holy and Great Lent, this "arena of ascetic struggle," as it is beautifully described by His All-Holiness, Ecumenical Patriarch Bartholomew, who reminds us that this season is not a burden, but a gift—"a spiritual spring," a period illumined by the light of the Resurrection.

The Apostle Paul exhorts us: "Now is the acceptable time; now is the day of salvation" (2 Corinthians 6:2). Great Lent is precisely this sacred time: a journey of repentance, humility, fasting, and prayer, with our eyes fixed upon the life-giving Cross of the Lord. As we advance toward Holy Pascha, we do not walk in darkness, but in hope, for the Cross leads always to the empty Tomb and to the joy that "no one will take from you" (John 16:22).

His All-Holiness has wisely emphasized that asceticism is not foreign to the life of the Church, nor a denial of joy, but "another word for Christian existence." True asceticism is ecclesial, not individualistic. It is not self-justification, but self-offering; not self-destruction, but the transformation of the heart. As the tradition of the Gerontikon teaches: "We have been instructed not to destroy the body, but to destroy the passions." In this spirit, our fasting becomes a means of freedom—freedom from egoism, from attachment, from the illusion that life consists in possessions (cf. Luke 12:15).

Great Lent is never a solitary path. It is the common struggle of the Body of Christ. Repentance, forgiveness, almsgiving, and prayer are inseparably woven together. Our Lord reminds us: "When you fast… when you pray… when you give alms" (Matthew 6:1–18). These are not isolated acts, but expressions of one unified life in Christ.

In an age marked by confusion and fragmentation, the Church offers the healing experience of communion. Great Lent calls us to rediscover the Eucharistic heart of our existence. Every ascetical effort finds its fulfillment in the Divine Liturgy, in thanksgiving and doxology, in the foretaste of the Kingdom. The Resurrection of Christ is "the hope within us" (1 Peter 3:15) and the radiant horizon toward which we journey.

We are not alone in this sacred struggle. The benevolence of the Triune God sustains us; the intercessions of the All-Holy Theotokos protect us; and the prayers of the saints accompany us. As we recall the historic gratitude of the faithful who chanted the Akathist Hymn in thanksgiving to the Mother of God, so too we entrust our cities, our parishes, and our families to her maternal care.

My beloved clergy, we have the commitment to lead the people of God with patience, discernment, and love. Be living examples of repentance and hope, guiding the faithful not merely by word, but by the witness of your life.

Let's embrace this season not with gloom, but with expectation. Lent is a "second baptism," a renewal of grace, a return to the Father who awaits us with open arms (cf. Luke 15:20).

May the Lord grant us all a blessed and fruitful Fast, marked by prayer, adorned with forgiveness, and crowned with love so that sanctified in Him and "speaking the truth in love" (Ephesians 4:15), we may arrive together at the radiant joy of His Holy and Saving Resurrection. Amen.

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Για την Έναρξη της Αγίας και Μεγάλης Τεσσαρακοστής 2026

Αγαπητοί μου αδελφοί κληρικοί και ευλογημένα παιδιά εν Κυρίω,

Με κατάνυξη και πνευματική χαρά εισερχόμαστε και πάλι στην Αγία και Μεγάλη Τεσσαρακοστή, αυτό το «στάδιο των αρετών» και «πνευματική άνοιξη», όπως χαρακτηριστικά τονίζει η Α.Θ.Π. ο Οικουμενικός Πατριάρχης Βαρθολομαίος. Η περίοδος αυτή δεν είναι βάρος, αλλά δώρο Θεού· είναι καιρός φωτισμένος ήδη από το φως της Αναστάσεως.

Ο Απόστολος Παύλος μας υπενθυμίζει: «Τώρα είναι καιρός ευπρόσδεκτος, τώρα είναι ημέρα σωτηρίας» (Β' Κορ. 6,2). Η Μεγάλη Τεσσαρακοστή είναι ακριβώς αυτός ο ιερός χρόνος: πορεία μετανοίας, ταπείνωσης, νηστείας και προσευχής, με το βλέμμα της καρδιάς μας στραμμένο στον ζωοποιό Σταυρό του Κυρίου. Πορευόμαστε προς το Άγιο Πάσχα όχι μέσα στο σκοτάδι, αλλά μέσα στην ελπίδα, γιατί ο Σταυρός οδηγεί πάντοτε στην Ανάσταση και στη χαρά «που κανείς δεν μπορεί να μας αφαιρέσει» (Ιω. 16,22).

Όπως υπογραμμίζει ο Παναγιώτατος, η άσκηση δεν είναι κάτι ξένο προς τη ζωή της Εκκλησίας ούτε άρνηση της χαράς. Είναι τρόπος ύπαρξης εν Χριστώ. Η γνήσια άσκηση είναι εκκλησιαστικό γεγονός και όχι ατομικό κατόρθωμα. Δεν οδηγεί σε αυτοδικαίωση, αλλά σε αυτοπροσφορά. Δεν καταστρέφει το σώμα, αλλά θεραπεύει τα πάθη. Σύμφωνα με την πατερική σοφία, «δεν διδαχθήκαμε να θανατώνουμε

το σώμα, αλλά τα πάθη». Έτσι, η νηστεία γίνεται πηγή ελευθερίας: ελευθερία από τον εγωισμό, από την προσκόλληση στα υλικά αγαθά, από την ψευδαίσθηση ότι η ζωή εξαρτάται από όσα κατέχουμε (πρβλ. Λουκ. 12,15).

Αγαπητοί μου, Η Τεσσαρακοστή δεν είναι μοναχικός δρόμος, αλλά κοινός αγώνας όλου του Σώματος του Χριστού. Μετάνοια, συγχώρηση, ελεημοσύνη και προσευχή είναι αδιάσπαστα ενωμένες. Ο Κύριος μάς διδάσκει: «Όταν νηστεύετε… όταν προσεύχεστε… όταν δίνετε ελεημοσύνη» (Ματθ. 6,1–18). Όλα αυτά συνθέτουν μία ενιαία, ευχαριστιακή και αναστάσιμη ζωή.

Σε μια εποχή σύγχυσης και αποξένωσης, η Εκκλησία προσφέρει την εμπειρία της κοινωνίας και της ελπίδας. Η Ανάσταση του Χριστού είναι το θεμέλιο της πίστης μας και ο φωτεινός ορίζοντας «της ελπίδας που έχουμε μέσα μας» (Α' Πέτρ. 3,15).

Δεν βαδίζουμε μόνοι. Η χάρη του Τριαδικού Θεού μας ενισχύει, η προστασία της Υπεραγίας Θεοτόκου μας σκεπάζει και οι πρεσβείες των Αγίων μας συνοδεύουν.

Εύχομαι σε όλους σας καλή και ευλογημένη Αγία και Μεγάλη Τεσσαρακοστή μία πορεία με υπομονή και πίστη, με ευχαριστία και δοξολογία, ώστε να αξιωθούμε με υγεία να φθάσουμε όλοι μαζί στη λαμπροφόρο ημέρα της Αναστάσεως. Αμήν.

SUNDAY OR ORTHODOXY

FIRST SUNDAY OF LENT….
THE TRIUMPH OF ORTHODOXY

Today, on the First Sunday of Lent, Father Michael and our entire parish family gathered to celebrate the Triumph of Orthodoxy. Together, we commemorated the historic restoration of Holy Icons to their rightful place in our churches and our homes.

During the special service, Father Michael offered a moving reading from the Synodikon of the Seventh Ecumenical Council—a timeless declaration of our faith:

"As the prophets beheld, as the apostles have taught, as the Church has received, as the teachers have declared, as the world has agreed, as grace has shown forth, as truth has been revealed, as falsehood has been dispelled, as wisdom has become manifest, as Christ awarded.

Thus we declare; thus we affirm; thus we proclaim Christ our true God, and honor His saints in words, writings, thoughts, sacrifices, churches, and holy icons.

On the one hand, worshiping and reverencing Christ as God and Lord, and on the other, honoring the saints as true servants of the same Lord of all, and offering them proper veneration.

This is the faith of the apostles. This is the faith of the fathers. This is the faith of the Orthodox. This is the faith on which the world is established.

Therefore, with fraternal and filial love, we praise the heralds of the faith, those who with glory and honor have struggled for the faith, and we say: to the champions of Orthodoxy, 'faithful emperors, most-holy patriarchs, hierarchs, teachers, martyrs, and confessors:

May your memory be eternal."

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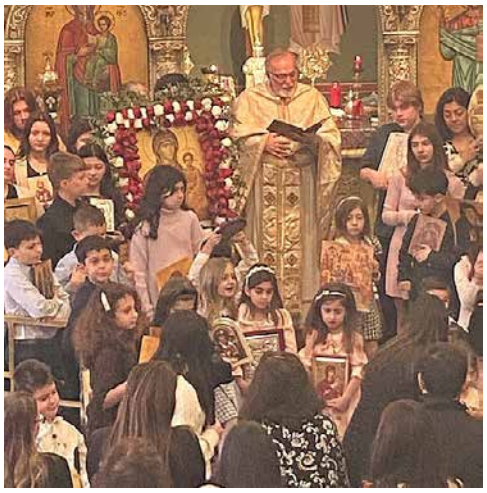

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Our GOYANS joined the Greek School and Sunday School students

in a solemn procession of icons around the church. Many of our parishioners also participated, holding their personal icons as a powerful witness to the beauty and necessity of these 'windows to heaven', a cornerstone of our Orthodox tradition for centuries.

At the conclusion of the service, Father Michael offered special recognition to our youth and their dedicated leaders:

• Music & Dance Festival (MDF): We celebrate our Hellenic Golden Coin Dancers, their director, and our GOYAN participants for their outstanding performance at the recent festival in Philadelphia, held under the auspices of the Metropolis of New Jersey. Our dancers were truly blessed, placing in five different categories and bringing home five distinguished awards.

• Athletics: Our GOYAN Girls' Basketball Team was also recognized for their incredible achievement with an undefeated season.

A heartfelt Congratulations to all our youth, advisors, and directors for their hard work and success. . . . . .
We are so proud of you!

ASSEMBLY OF CANONICAL ORTHODOX BISHOPS
OF THE UNITED STATES OF AMERICA

Sunday of Orthodoxy 2026

Encyclical

Dearly beloved faithful in Christ,

On the first Sunday of Great Lent—the **Sunday of Orthodoxy**—we joyfully commemorate the restoration of holy icons to the life of the Church. This feast celebrates the unity established by the Seventh Ecumenical Council (787) and the final restoration of icons in 843 under the leadership of Empress St. Theodora, together with her son, Emperor Michael III, and Patriarch St. Methodios. Today, the Assembly of Canonical Orthodox Bishops of the United States of America carries this legacy forward, manifesting that same spirit of unity. In this light, "Assembly of Bishops Sunday" is now observed nationwide in conjunction with this historic celebration.

In his first letter to the Corinthians, Saint Paul's ancient plea still resonates: he calls us to be "united in the same mind and the same judgment," leaving no room for division (1 Cor 1:10). This mandate, paired with the celebration of the Sunday of Orthodoxy, reminds us that the restoration of icons was more than a historical event—it was the restoration of Church unity itself. It was the victory of faith over fear and the reality of a God incarnate over a distant deity. Just as we honor holy icons, we are called to see the icon of Christ in one another. By standing firm like the Saints of the 8th and 9th Centuries, we move past our differences to embrace the grace that unites us in the Body of Christ.

As we celebrate Assembly of Bishops Sunday – along with the Sunday of Orthodoxy – we encourage you all to learn about the Ministries of the Assembly as well as to support our sincere efforts for Orthodox Christian Unity through the steadfast and generous gifts of your time, talent, and treasure.

With Paternal love in Christ and prayers for a blessed Lenten journey, on the 1st of March, 2026.

† ELPIDOPHOROS
Archbishop of America
Chair
and the members of the Executive Committee of the Assembly of Canonical Orthodox Bishops
of the United States of America

ASSEMBLY OF CANONICAL ORTHODOX BISHOPS
OF THE UNITED STATES OF AMERICA

Office of the Chairman

Ἐγκύκλιος γιὰ τὴν Κυριακὴ τῆς Ὀρθοδοξίας 2026

Τέκνα ἐν Κυρίῳ ἀγαπητά,

Τὴν πρώτη Κυριακὴ τῶν Νηστειῶν, δηλαδὴ τὴν Κυριακὴ τῆς Ὀρθοδοξίας, μὲ πολλὴ χαρὰ ἑορτάζουμε τὴν ἀναστήλωση τῶν ἁγίων εἰκόνων στὴ ζωὴ τῆς Ἐκκλησίας. Ἡ ἑορτὴ αὐτὴ ὑπενθυμίζει τὴν ἑνότητα, ἡ ὁποία δρομολογήθηκε μὲ τὴν Ἑβδόμη Οἰκουμενικὴ Σύνοδο (787 μ.Χ.) καὶ τὴν τελικὴ ἀποκατάσταση τῶν εἰκόνων τὸ 843 μ.Χ., κατὰ τοὺς χρόνους τῆς ἡγεμονίας τῆς ἁγίας αὐτοκράτειρας Θεοδώρας καὶ τοῦ υἱοῦ της αὐτοκράτορα Μιχαὴλ τοῦ Γ΄, ὅταν ἦταν Πατριάρχης ὁ ἅγιος Μεθόδιος. Σήμερα, ἡ Ὀρθόδοξη Ἐπισκοπικὴ Συνέλευση τῶν Ἡνωμένων Πολιτειῶν τῆς Ἀμερικῆς συνεχίζει αὐτὴ τὴν παρακαταθήκη, δείχνοντας τὸ ἴδιο πνεῦμα ἑνότητας. Γιὰ τὸ λόγο αὐτό, ἡ «Κυριακὴ τῆς Ἐπισκοπικῆς Συνέλευσης» ἑορτάζεται πλέον παναμερικανικὰ μαζὶ μὲ τὴν ἱστορικὴ αὐτὴ ἑορτή.

Στὴν πρώτη πρὸς Κορινθίους Ἐπιστολή, ὁ Ἀπόστολος Παῦλος παρακαλεῖ ὅλους μας νὰ εἴμαστε «ἑνωμένοι ἐν τῷ αὐτῷ νοῖ καὶ ἐν τῇ αὐτῇ γνώμῃ», χωρὶς σχίσματα καὶ διαιρέσεις (Α΄ Κορ. 1, 10). Ἡ προτροπὴ αὐτή, μαζὶ μὲ τὴν ἑορτὴ τῆς Κυριακῆς τῆς Ὀρθοδοξίας, μᾶς ὑπενθυμίζει ὅτι ἡ ἀναστήλωση τῶν ἱερῶν εἰκόνων δὲν ἦταν ἁπλᾶ ἕνα ἱστορικὸ γεγονός, ἀλλὰ ἀληθινὴ ἀποκατάσταση τῆς ἑνότητας τῆς Ἐκκλησίας. Ἀποτέλεσε μία νίκη τῆς πίστεως ἐναντίον τοῦ φόβου καὶ μία μαρτυρία ὅτι ὁ Θεὸς σαρκώθηκε καὶ δὲν εἶναι ἀπρόσιτος καὶ ἀπόμακρος. Ὅπως τιμοῦμε τὶς ἱερὲς εἰκόνες, ἔτσι καλούμαστε νὰ ἀναγνωρίζουμε τὴν εἰκόνα τοῦ Χριστοῦ ὁ ἕνας στὸ πρόσωπο τοῦ ἄλλου. Ἀκολουθώντας τὸ παράδειγμα τῶν Ἁγίων τοῦ 8ου καὶ τοῦ 9ου αἰῶνος, ὑπερβαίνουμε τὶς διαφορὲς καὶ ὑποδεχόμαστε μέσα μας τὴ Θεία Χάρη, ἡ ὁποία μᾶς ἑνώνει στὸ Σῶμα τοῦ Χριστοῦ.

Ἑορτάζοντες, λοιπόν, τὴν Κυριακὴ τῆς Ὀρθοδόξου Ἐπισκοπικῆς Συνελεύσεως μαζὶ μὲ τὴν Κυριακὴ τῆς Ὀρθοδοξίας, σᾶς προτρέπουμε νὰ γνωρίσητε τὶς Διακονίες τῆς Συνελεύσεως καὶ νὰ στηρίξητε τὴν εἰλικρινῆ προσπαθεία γιὰ τὴν ὀρθόδοξη χριστιανικὴ ἑνότητα, προσφέροντας ἕνα μέρος ἀπὸ τὸν χρόνο, τὰ ταλέντα καὶ τὰ ὑλικὰ ἀγαθά σας.

Μετὰ πατρικῆς ἀγάπης ἐν Χριστῷ καὶ εὐχῶν γιὰ εὐλογημένη πορεία τῆς Ἁγίας καὶ Μεγάλης Τεσσαρακοστῆς,.

Κυριακὴ τῆς Ὀρθοδοξίας, 1 Μαρτίου 2026,

+ ὁ Ἀμερικῆς Ἐλπιδοφόρος

+ ὁ Ἀμερικῆς Ἐλπιδοφόρος,
Πρόεδρος
καὶ τὰ μέλη τῆς Ἐκτελεστικῆς Ἐπιτροπῆς τῆς Ὀρθοδόξου Ἐπισκοπικῆς Συνελεύσεως
τῶν Ἡνωμένων Πολιτειῶν τῆς Ἀμερικῆς

10 East 79th Street · New York, New York 10075
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GREEK LETTERS CELEBRATION

GREEK LETTERS CELEBRATION

Greek Orthodox Metropolis of New Jersey

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

From the Office of the Metropolitan

March 4, 2026

The Very Reverend & Reverend Clergy
and All the Faithful of the Greek Orthodox Metropolis of New Jersey

As each has received a gift, use it to serve one another, as good stewards of God's varied grace.
- 1 Peter 4.10

My Beloved,

I pray that this letter finds you well, enjoying all the blessings of our Lord, God and Savior, Jesus Christ.

It is my great joy to announce a new initiative for the long term support of our sacred Metropolis of New Jersey: ***the Pioneers Fund***. Unanimously approved by the Metropolis Council at our fall meeting on November 10, 2025, at the Church of St. Thomas in Cherry Hill, New Jersey, this new stewardship program allows the faithful to make a lasting impact on our Greek Orthodox community by directly supporting the ministries of our sacred Metropolis. Upon the approval of the Metropolis Council, we are now ready to implement this program, to which we invite all the faithful to join us in becoming founding benefactors. By committing to a gift of **$1,000 per year over ten years**, supporters will be recognized as "Pioneers" and will play a key role in shaping the growth of our ministries. Pioneers will be honored and will be presented with the official Pioneers Pin at this year's Clergy-Laity Banquet, to be held on May 4, 2026, at "The Merion" in Cinnaminson, New Jersey.

We ask each priest to identify from his parish two or three candidates each year who would be willing to become Pioneers. Along with this letter you will find a brochure with further information about how to become a pioneer. Donations may also be made online at the following address: https://givebutter.com/pioneers. Further inquiries may be directed to the Pioneers program chair, Mr. George Horiates, Esq. (gghoriates@aol.com, 856-986-8972). I thank you for your love and support for the ministries of our sacred Metropolis and pray that, with this new initiative, our efforts will flourish for our children, grandchildren, and future generations.

Wishing you a blessed Lenten season, I remain

With Paternal Love and Blessings,

+ Metropolitan Apostolos

†APOSTOLOS
Metropolitan of New Jersey

215 East Grove Street, Westfield, New Jersey 07090-1656
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Greek Orthodox Metropolis of New Jersey

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

METROPOLIS PIONEER PLEDGE

Donor Name: _____ Email: _____

Mailing Address: _____

The Greek Orthodox Metropolis of New Jersey (the "Metropolis") has instituted the Metropolis Pioneer Program for the financial support of the Metropolis and its ministries. Each participant in the Metropolis Pioneer Program will be designated a "Metropolis Pioneer" upon pledging to the Metropolis a contribution of $10,000 payable over ten (10) years at $1,000 per year (or over any shorter period that the Donor may elect) and fulfilling the initial payment.

Terms of the Pledge:

- **Pledge**: Donor hereby pledges to the Metropolis the sum of $10,000 (the "Pledge").
- **Payment of the Pledge**: The Pledge is an irrevocable pledge that will be paid to Metropolis as follows (check one):
  - ☐ Ten (10) annual payments of $1,000
  - ☐ One time $10,000 payment enclosed
  - ☐ Other: _____ (state a number of equal annual payments not to exceed 10)

  Initial payment must be included with the delivery of this Agreement. The Donor designation as "Metropolis Pioneer" will be fully vested and is conditioned upon fulfillment of the Donor's Pledge in full.
- **Payment Method**:
  - ☐ Check
  - ☐ Online payment (givebutter.com/pioneers or use QR Code)
- **Acknowledgment:** In consideration for the Pledge and the first installment of such Pledge, the Metropolis will designate the Donor as Metropolis Pioneer.
- **Condition**. The final designation of a Donor as Metropolis Pioneer is subject to the approval of the Metropolitan of the Greek Orthodox Metropolis of New Jersey.

_____ _____, 202__

Donor Signature Date

APPROVED BY METROPOLIS:

_____ _____, 202__

Date

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THOUGHTS FROM EVA LALLAS

THE 25th OF MARCH!!!

March – the long-awaited month when the earth reinvigorates itself, a new beginning in the cycle of life. March 25th hails the beginning of the most precious life, that of our Lord and Savior Jesus Christ. On that blessed day, God sent His messenger, the Archangel Gabriel, to deliver the glad tidings to the Virgin Mary: the proclamation that she was God's chosen one and was to be the mother of His Son. Imagine the fear that must have overcome the startled maiden upon hearing the Archangel announce the good news, questioning how this could be. She was assured, however, as the Archangel told her not to fear, for she was the blessed one among women, the Theotokos, who would conceive the Son of God by the Holy Spirit and His name was to be Jesus. The Virgin Mary humbly accepted Gabriel's salutation with total faith as our all-knowing God was certain that she would for she was pure of heart. She complied to give birth and assume the awesome responsibility of raising the Son of God, the Theanthropo.

When members of some denominations consider the treatment of women by our Orthodox Church as demeaning since women cannot become ordained priests, one recalls the response of the late Father Romley: "To the contrary, women are revered by the Orthodox Church. After all, we ascribe the highest position of any human to that of a woman, the most holy Virgin Mary, the Theotokos, to whom we reverently pay homage." We pray to her to intercede on our behalf, we cry out to her in our hour of need and devote Services of Salutations and services commemorative of noteworthy events in her life.

Thus, March 25th is celebrated as the glorious day when the Son of God became the Son of the Virgin. The day when God once again showed His great love for us, His beloved creations, by sending His Son to walk among us and through His teachings of love could bring us closer to Him. March 25, 1821– the day that Patras Bishop, Palaion Patron Germanos, declared the Greek Revolution. It was not a coincidence that the Day of the Annunciation was the day on which Greece began the struggle to free herself and become an independent nation after more than 400 years of Ottoman tyranny. The Day of the Annunciation, one of the most reverent days of our faith, was the inspiration in the fight to overthrow the yoke of slavery. During those dark years it was the clergy and devout Christians who kept our faith and culture alive in secret schools under the threat of death; giving rise to the poem "Fegaraki mou lambro" which is probably the first poem that a Greek youngster learns. In the fight for independence, it was the hierarchs of the Church, along with the armed forces, emboldened by the grace of the Annunciation, who led in battle and were martyred. They were selfless men, men of courage, of conviction; true leaders with strength and unwavering faith, empowered by the Holy Spirit.

Those dark years of enslavement fused Greece and Orthodoxy; for we know, once threatened, a nation puts aside its internal differences and unites, forming an unbelievable force against the enemy. The Greeks of 1821 were able to do so against the heathen Muslim tyrants.

It behooves us, their heirs, to honor those who sacrificed their very lives to hand us Orthodox Christianity, the true religion, intertwined with a rich ethnic legacy. To venerate those to whom we owe so much, we should perpetuate our good fortune by spreading the good news of Orthodoxy: by LIVING our Orthodox faith, by standing firm, and becoming active in defense of Christianity against the many attacks it faces even in today's secular world. We cannot remain complacent, taking our treasured inheritance for granted, because this can easily lead to its dilution, adulteration, and even to its loss. May the blessed Day of the Annunciation renew our awareness of the Holy Spirit within each of us, answering God's call and bringing us closer to Him.

–Eva Lallas

THOUGHTS FROM EVA LALLAS

25η ΜΑΡΤΙΟΥ

Μάρτης - Ο πολυπόθητος μήνας που αναζωογόνησε την οικουμένη. Μια καινούρια αρχή στο κύκλο της ζωής. Η 25η Μαρτίου χαιρετά την αρχή της πιο πολύτιμης ζωής, της ζωής του Κυρίου ημών Ιησού Χριστού.

Κατ' εκείνη την ευλογημένη ημέρα ο Θεός έστειλε τον Αγγελιοφόρο Του, τον Αρχάγγελο Γαβριήλ να φέρει το χαρμόσυνο μήνυμα στην Παρθένο Μαρία. Την αγγελία ότι την διάλεξε ο Θεός να γίνει η μητέρα του Υιού Του. Φανταστείτε το φόβο που κατέβαλε την κόρη όταν άκουσε τα καλά νέα του Αρχαγγέλου, και τον ερώτησε πως ήτο δυνατόν να συμβεί αυτό. Την καθυσήχασε όμως, ο Αρχάγγελος λέγοντάς της να μην φοβείτε διότι αυτή ήτο η ευλογημένη μεταξύ των γυναικών, η Θεοτόκος, η ΟΠΟία εκ του Αγίου Πνεύματος θα συλλάβει τον Υιόν του Θεού που θα ονομαστεί Ιησούς. Η Παρθένος ταπεινά εδέχθη τον χαιρετισμό του Αρχαγγέλου με βαθιά πίστη διότι όπως όλοι μας γνωρίζουμε την διάλεξε ο Θεός διότι είχε αγνή καρδιά . Συγγατετέθη να γεννήσει και να αναλάβει την δεινή ευθύνη να μεγαλώσει τον Υιόν του Θεού, τον Θεάνθρωπο.

Όταν οπαδοί άλλων αιρέσεων θεωρούν την μεταχείρηση των γυναικών υπό της Ορθοδόξου Εκκλησίας ως εξευτελιστική διότι οι γυναικες δεν χειροτονούνται ιέρειες, ας θυμηθούμε την απάντηση που έδωσε ο συγχωρεμένος Πάτερ Ράμλη. «Αντιθέτως, η Ορθόδοξος Εκκλησία ευλόγησε το γυναικείο φύλο. Διότι απένεμε την ύπατη θέση της ανθρωπότητας εις γυναίκα, την Παναγία, την Παρθένο Μαρία, την Θεοτόκο, προς την οποία όλοι μας ευλαβώς προσφέρουμε τον σεβασμό μας..» Δεόμεθα προς αυτήν να μεσητεύσει εκ μέρους μας, την παρακαλούμε θερμά στις δύσκολες ώρες μας, και αφιερώνουμε τις Ακολουθίες των Χαιρετισμών, και εορτάζουμε και πολλές άλλες λειτουργίες που είχαν σχέση με την ζωή της.

Έτσι η 25η Μαρτίου εορτάζεται διότι την δοξασμένη εκείνη ημέρα ο Υιός του Θεού έγινε Υιός της Παρθένου. Διότι εκείνη την ημέρα ο Θεός για άλλη μια φορά έδειξε την αμέριστη αγάπη του για εμάς, την αγαπημένη του δημιουργία, στέλλοντας τον Υιόν Του να γίνει ένα με εμάς, και με τις διδασκαλίες Του για αγάπη, να μας φέρει πιο κοντά Του.

ΕΛΛΗΝΙΚΗ ΕΘΝΙΚΗ ΕΟΡΤΗ 25ης ΜΑΡΤΙΟΥ, 1821 - Είναι η ημέρα που ο Επίσκοπος, Παλαιών Πατρών Γερμανός, εκύρηξε την Ελληνική Επανάσταση. Δεν ήταν απλή σύμπτωση που η ημέρα του Ευαγγελισμού συνέπεσε με την ημέρα που κηρύχθηκε η Επανάσταση της Ανεξαρτησίας της Ελλάδας από την τυρανία των Οθωμανών, μετά από 400 χρόνια σκλαβιάς. Η ημέρα του Ευαγγελισμού, μια από της ιερότερες ημέρες
της πίστεώς μας, ήτο η αιτία της εμψύχωσης να πολεμήσουμε και να απαλλαχθούμε από τον κλοιό της σκλαβιάς.

Κατά την διάρκεια των δυστυχισμένων εκείνων χρόνων, ο κλήρος και οι αφοσιωμένοι Χριστιανοί ήταν που κράτησαν την πίστη και την παράδοση ζωντανή, με το κρυφό σχολειό, κάτω από την απειλή του θανάτου, συντάσσοντες το ποιηματάκι «Φεγγαράκι μου λαμπρό» που ίσως είναι το πρώτο ποίημα που μαθαίνει κάθε ελληνόπουλο. Στη μάχη της ανεξαρτησίας ήταν οι ιεράρχες της Εκκλησίας μαζι με τους Έλληνες που πήραν θάρρος από την Χάρη του Ευαγγελισμού, να πολεμήσουν και να μαρτυρήσουν. Ηταν ανιδιοτελείς άνδρες, άνδρες με θάρρος και πεποίθηση. Ηταν πραγματικοί αρχηγοί με δύναμη και ακλόνητη πίστη που ευλογήθηκαν από το Άγιο Πνεύμα.

Εκείνα τα δυστυχισμένα χρόνια ήταν που εναζωογόνησαν την Ελλάδα και την Ορθοδοξία. Διότι όπως όλοι γνωρίζουμε, όταν απειλείται ένα ολόγληρο κράτος, τότε οι εσωτερικές διαφορές παραμερίζονται και ενωμένοι όλοι μαζι αντιμετωπίζουν τον εχθρό. Έτσι οι ' Ελληνες του 1821 ενώθηκαν κατά της τυρανικής Μουσουλμανικής ειδωλολατρείας. Αρμόζει λοιπόν σε εμάς, τους απογόνους των, να τιμούμε εκείνους που εθυσίασαν την ζωή τους για να μας δώσουν την Ορθόδοξη Χριστιανοσύνη, την αληθινή θρησκεία, συμπεριπλεκομένη με την πλούσια εθνική μας κληρονομιά. Για να τιμούμε εκείνους που τους οφείλουμε τόσα πολλά θα πρέπει να διαιωνίζουμε την καλή μας τύχη διαδίδοντας τα καλά νέα της Ορθοδοξίας: Να ζούμε σύμφωνα με την Ορθόδοξη πίστη μας, να μένουμε ακλόνητοι και να υπερασπιζόμαστε θερμά την Χριστιανοσύνη κατά των διαφόρων επιθέσεων που αντιμετωπίζει από τη σημερινή κοινωνία. Δεν πρέπει να επαναπαυόμαστε στις δάφνες μας πέρνοντες ως δεδομένη την πλούσια κληρονομιά μας, διότι μπορεί πολύ εύκολα να οδηγήσει στη διάλυσή της, στη νόθευσή της ή ακόμη να χαθεί τελείως. Εύχομαι όπως η Αγία ημέρα του Ευαγγελισμού αναζωογονίσει την γνώμη μας για το ' Αγιο Πνεύμα, απαντώντας στο κάλεσμα του Θεού για να τον πλησιάσουμε.

- Ευαγγελία Λαλά

Greek Corner

In addition, I am adding "The Greek Corner" which is the outcome of phrases frequently used during conversations with Father Michael. They are sayings, parables, idioms with variations that address and express life situations or specific persons and have been common throughout the Greek world for many generations. In fact, such messages are universal.
You are encouraged to inform us of some that are familiar to you.
Please send them to - el817@yahoo.com

1. Σπίτι χωρίς Γιάννη, προκοπή δεν κάνει!
A household without John, cannot prosper!
As we all know homes that have a member named John are fortunate!
(It's one of the common names among Greeks.)

2. Σκύλος που γαβγίζει, μη φοβάσαι!
Do not fear a dog that barks!
His bark is bigger than his bite!

3. Η διαφορά: μέρα και νύχτα!
The difference is that of night and day!
There's a world of difference!

4. Το γινάτι βγάζει μάτι!
Stubbornness can put your eye out!
Being stubborn can be detrimental.

5. Το ένα χέρι πλένει το άλλο!
One hand washes the other!
Cooperation gets the job done!

Let's take a look at some common American Sayings!

1. **Here's mud in your eye!**
Wishing you Good Luck!
Expresses friendly feelings toward one's companion!
(Possible origin: Jesus healing the blind man with mud on his eyes.)

2. **Where there's smoke there's fire!**
It may not be the whole story, but some of it must be true!

3. **Between a rock and a hard place!**
Caught! There's no way out! Nowhere to go!

4. **The squeaky wheel gets the oil!**
If one doesn't speak up for attention or solution to a problem, it will go unnoticed.
Nothing gets done!

5. **The whole kit and kaboudle!**
Refers to an entire group of items; everything!

TEACHING OUR CHILDREN ABOUT MEMORIAL PRAYERS FOR THE DECEASED

Our Orthodox Christian faith takes death frankly and openly into account. Our Church calendar provides many occasions when we are asked to face up to the fact of death. Pascha is one occasion. Sunday is another. Every Sunday is a "little Pascha" on our Church calendar celebrating Christ's victory over death. On our Church calendar every year there are special Memorial Saturdays or "Saturday of the Souls" which provide another opportunity for us to face up to death. On these Saturday's the Divine Liturgy is celebrated and special prayers are offered for the deceased loved ones.

We pray for the dead especially on Saturday's since it was on the Sabbath day that Christ lay dead in the tomb "resting from all His works" and "trampling down death by death". Thus in the New Testament, Saturday became the proper day for remembering the dead and offering prayers for them.

From reading the above, one might ask this question? WHY DO WE PRAY FOR THE DEPARTED? Christianity is a religion of love. Praying for the dead is an expression of love. We ask God to remember our departed loved ones because we love them. Love relationships survive death and even transcend it. There is an inner need for a relationship with a loved one to continue to be expressed even after a love one has died. Often even more so after a loved one has died since physical communication is no longer possible. The Church encourages us to express our love for our departed brethren through the memorial services and prayers.

The anniversary of the death of a loved one is very painful. The Church helps us cope with this pain by encouraging us to have memorial prayers offered in church for our departed loved ones on the anniversaries of their deaths. On the 40th day of one's death, the church again gives us the opportunity to do something for our loved on. It helps express and resolve our grief.

Death may take our loved ones out of sight but it certainly does not take them out of mind, or out of heart. We continue to love them and think of them as we believe they continue to love and think of us. How can a mother forget a child who has passed over the life beyond? The same Christian love which led her to pray for that child when he/she lived will guide her to pray for them now. For in Christ all are alive.

It is also customary among Orthodox Christians to bring a tray of boiled wheat kernels to church for the memorial service. The wheat kernels express belief in everlasting life. Jesus said; 'Unless a grain of wheat falls in the earth and dies, it remains alone, but if it dies it bears much fruit." John 12 :24. Just as new life rises from the buried kernel of wheat, so we believe that the one buried will rise one day to a new life with God. The wheat kernels are covered with sugar, and raisins to express the bliss of eternal life with God in heaven.

The Holy Icon of the Resurrection symbolizes His radical descent into Hades to save all who have died. The Golden bars by His feet are the gates of Hades. The keys floating in the Abyss below symbolizes that he has entered and conquered both death and Hades. You may also note the skeletal figure who is chained up; that is Death! He has been bound and killed by Christ. Let's remember the Resurrection Hymn that we chant during the Resurrection service-"Christ has trampled down death by death." Looking in the Icon we also see Christ holding hands with Adam and Eve-He is pulling them up from the Abyss symbolizing that His victory redeems all mankind-even back to the beginning of creation. To His left we see three Old Testament Saints, King David, and Solomon, two of His ancestors according to his fleshly nature. We also see John the Baptist who was His forerunner in both life and death. On the right side we have the New Testament, including the Apostles who are alive. The purpose is to show that Christ's redemption transcends time and space. The blue shaped oval that surrounds Christ is called the Mandorla, it is the uncreated eternal light of Christ. This is not just simply a pretty bright light- it is the same light which filled the Apostles when they witnessed His Transfiguration on the Mountain of Tabor.

GODPARENT'S SUNDAY

On Sunday, February 22nd, we celebrated Godparents and Godchildren on Sunday. We were so happy to see many of our young families bringing their children to church, not only to celebrate their special 'spiritual parents,' but to honor the sacred traditions that keeps our parish family connected across every generation. In the Orthodox tradition, the special relationship between a Godparent (Nounos or Nouna) and a Godchild is considered "Spiritual Kinship." It is a bond just as real and holy as a blood relation. What a beautiful way to renew this "spiritual kinship" than by attending church not only on Godparent/Godchildren Sunday, but as often as possible, and by participating in Holy Communion. It reminds the Godparents of the oath they took at the Baptismal font to be a lifelong guardian of the child's soul. And it shows the children that their parents aren't the only ones who care about their walk with Christ – they have a whole support system.

A true highlight of the service occurred just before Holy Communion: Father Michael invited the children to stand with him before the Altar. Together, they recited the very prayer that their Godparents first spoke on their behalf at the baptismal font. Hearing the children respond to Father Michael with such clarity and conviction was a powerful testament to the living faith of our youth.

After the service, our Greek School PTA hosted a beautiful luncheon, bringing together families and godparents for a day of fellowship before the start of Great Lent. A big thank you to our PTA parents for the delicious food and the Lenten treats that were available for purchase for Kathara Deftera! It was wonderful to see our community united in faith and friendship. As we begin our lenten journey on Kathara Deftera (Clean Monday), we wish our entire parish family a blessed and prayerful start to Great Lent. Kali Sarakosti to all!

Message of His Eminence Metropolitan Apostolos of New Jersey to the Community of St. Nicholas, Baltimore, on the 78th Anniversary of the Unification of the Dodecanese

It is with much love and national pride that I am addressing you on the 78th anniversary of the unification of the Dodecanese into the Motherland of Greece, a historic event that crowned the struggles and sacrifices of generations of Dodecanesians.

March 7, 1948, stands as a milestone of freedom and vindication. The people of our islands preserved their Orthodox faith, their Greek language, and their cultural identity through difficult times, proving that faith and unity can overcome every trial.

In the city of Baltimore, where a vibrant community of Dodecanesian immigrants and their descendants live and flourish, this anniversary holds special significance. Your forebears brought with them their love for their homeland and the Church. They founded communities, supported parishes, especially here at St. Nicholas, and kept their traditions alive, passing on to their children the values of our Orthodox Christian faith, family, and service.

The Unification of the Dodecanese reminds us that unity is strength. Just as the islands were united with Greece, so too today Hellenism in the diaspora is called to remain united, centered on the Church and the community, cultivating memory, identity, and responsibility toward future generations.

Let us honor this historic day with gratitude for those who struggled, with prayer for our homeland, and with a renewed commitment to remain steadfast in our roots and values.

May our Lord bless all the Dodecanesians of Baltimore.

Long live the Dodecanese! Long live Hellenism! God Bless the USA!

With gratitude and love in Christ,

†Metropolitan Apostolos

†APOSTOLOS
Metropolitan of New Jersey

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Greek Orthodox Metropolis of New Jersey

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

Μήνυμα τοῦ Σεβ. Μητροπολίτου Νέας Ἰερσέης κ. Ἀποστόλου
Πρός τήν Κοινότητα τοῦ Ἁγίου Νικολάου Βαλτιμόρης
Γιά τήν 78η ἐπέτειο τῆς Ἑνσωμάτωσης τῆς Δωδεκανήσου 2026

Μέ ἰδιαίτερη συγκίνηση καί ἐθνική ὑπερηφάνεια ἀπευθύνω τό μήνυμά μου γιά τήν 78η ἐπέτειο τῆς Ἑνσωμάτωσης τῆς Δωδεκανήσου μέ τή Μητέρα Ἑλλάδα, ἕνα ἱστορικό γεγονός πού σφράγισε τούς ἀγῶνες καί τίς θυσίες τῶν προγόνων μας Δωδεκανησίων.

Ἡ 7η Μαρτίου 1948 ἀποτελεῖ ὁρόσημο ἐλευθερίας καί δικαίωσης. Οἱ κάτοικοι τῶν νησιῶν μας κράτησαν ζωντανή τήν Ὀρθόδοξη πίστη, τήν ἑλληνική γλῶσσα καί τήν πολιτιστική τους ταυτότητα μέσα ἀπό δύσκολες ἐποχές, ἀποδεικνύοντας ὅτι ἡ ὀρθόδοξη πίστη καί ἡ ἑνότητα μποροῦν νά ὑπερνικήσουν κάθε δοκιμασία.

Στήν πόλη τῆς Βαλτιμόρης , ὅπου ζεῖ καί δημιουργεῖ μία δυναμική κοινότητα Δωδεκανησίων μεταναστῶν καί ἀπογόνων τους, ἡ ἐπέτειος αὐτή ἔχει ξεχωριστή σημασία. Οἱ πρόγονοί μας ἔφεραν μαζί τους τήν ἀγάπη γιά τήν πατρίδα καί τήν Ἐκκλησία, ἵδρυσαν κοινότητες, στήριξαν ἐνορίες καί κράτησαν ζωντανές τίς παραδόσεις, μεταδίδοντας στά παιδιά μας τίς ἀξίες τῆς πίστης, τῆς οἰκογένειας καί τῆς προσφορᾶς.

Ἡ Ἑνσωμάτωση τῆς Δωδεκανήσου μας ὑπενθυμίζει ὅτι ἡ ἑνότητα εἶναι δύναμη. Ὅπως τότε τά νησιά ἑνώθηκαν μέ τήν Ἑλλάδα, ἔτσι καί σήμερα ὁ Ἑλληνισμός τῆς Διασπορᾶς καλεῖται νά παραμένει ἑνωμένος, μέ κέντρο τήν Ἐκκλησία καί τήν κοινότητα, καλλιεργῶντας τή μνήμη, τήν ταυτότητα καί τήν εὐθύνη πού ἔχουμε ἀπέναντι στίς ἑπόμενες γενιές.

Ἄς τιμήσουμε, λοιπόν, αὐτή τήν ἱστορική ἡμέρα μέ εὐγνωμοσύνη πρός ὅσους ἀγωνίστηκαν, μέ προσευχή γιά τήν πατρίδα μας, καί μέ ἀνανέωση τῆς δέσμευσής μας νά παραμείνουμε σταθεροί στίς ρίζες καί στίς ἀξίες μας.

Χρόνια πολλά σέ ὅλους τούς Δωδεκανήσιους τῆς Βαλτιμόρης.

Ζήτω ἡ Δωδεκάνησος! Ζήτω ἡ Ἑλλάς! Ζήτω οἱ ΗΠΑ!

Μετ' εὐγνωμοσύνης καί ἐν Χριστῷ Ἀγάπης,

† Ὁ Νέας Ἰερσέης Ἀπόστολος

† Ο ΝΕΑΣ ΙΕΡΣΕΗΣ ΑΠΟΣΤΟΛΟΣ

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SALUTATION SERVICE

Nicholas Stamidis and Maria Sisame duirng the Compline Service.

St. Nicholas Fellowship Luncheon on the First Sunday of Lent - The Sunday of Orthodoxy

THE SEVEN SUNDAYS OF THE GREAT LENT

An excerpt from The Great Lent-A Week-By-Week Meaning, written by Rev. Fr. George Mastrantonis
lent.goarch.org

FIRST SUNDAY OF LENT - THE SUNDAY OF ORTHODOXY (JOHN 1:43-52)

This Sunday commemorates the return of the Icons into the churches, according to the decision of the Seventh Ecumenical Synod (787). The Church determined that this celebration would take place each year on the first Sunday of Lent, as the Sunday of Orthodoxy, starting March 11, 843. On this Sunday every year the triumph of the faith of Orthodoxy is celebrated with ceremony. The Icon of Christ, according to St. John Damascus, is a distinct affirmation and a reminder of the fact of His Incarnation, which has a vital significance for the salvation of the faithful, an affirmation which prevails to this day in the Orthodox Church. The celebration of the day includes the procession with the Icon of Christ around the inside of the church with pomp and reverence. The Sunday of Orthodoxy calls upon the people to rededicate themselves to the deep meaning of their faith and to declare in unison, "One Lord, one faith, one baptism, one God and Father of all".

SECOND SUNDAY OF LENT - ST. GREGORY PALAMAS (MARK 2:1-12)

This Sunday commemorates the life of St. Gregory Palamas (14th century). The Church dedicates this Sunday to St. Gregory for his orthodox faith, theological knowledge, virtuous life, miracles and his efforts to clarify the orthodox teaching on the subject of Hesychasm (from the Greek, meaning quiet.) Hesychasm was a system of mysticism propagated on Mt. Athos by 14th century monks who believed that man was able, through an elaborate system of ascetic practices based upon perfect quiet of body and mind, to arrive at the vision of the divine light, with the real distinction between the essence and the operations of God. Gregory became noted for his efforts to explain the difference between the correct teaching and this theory. Gregory was dedicated to an ascetic life of prayer and fasting, which are practices of Lent.

THIRD SUNDAY OF LENT - ADORATION OF THE CROSS (MARK 8:34-38; 9:1)

This Sunday commemorates the venerable Cross and the Crucifixion of Jesus Christ. The Cross as such takes on meaning and adoration because of the Crucifixion of Christ upon it. Therefore, whether it be in hymns or prayers, it is understood that the Cross without Christ has no meaning or place in Christianity. The adoration of the Cross in the middle of Great Lent is to remind the faithful in advance of the Crucifixion of Christ. Therefore, the Dassages from the Bible and the hymnology refer to the Passions, the sufferings, of Jesus Christ: The passages read this day repeat the calling of the Christian by Christ to dedicate his life, for "If any man would come after me, let him deny himself and take up his cross and follow me (Christ)" (v. 34-35). This verse clearly indicates the kind of dedication which is needed by the Christian in three steps:

To renounce his arrogance and disobedience to God's Plan,
To lift up his personal cross (the difficulties of life) with patience, faith and the full acceptance of the Will of God without complaint that the burden is too heavy; having denied himself and lifted up his cross leads him to the,
Decision to follow Christ.
These three voluntary steps are three links which cannot be separated from each other, because the main power to accomplish them is the Grace of God, which man always invokes. The Adoration of the Cross is expressed by the faithful through prayer, fasting, almsgiving and the forgiveness of the trespasses of others. On this Sunday the Adoration of the Cross is commemorated with a special service following the Divine Liturgy in which the significance of the Cross is that it leads to the Resurrection of Christ.

FOURTH SUNDAY OF LENT - ST. JOHN OF THE CLIMAX (MARK 9:17-31)

This Sunday commemorates St. John of the Climax (6th century) who is the writer of the book called The Ladder (climax) of Paradise. This book contains 30 chapters, with each chapter as a step leading up to a faithful and pious life as the climax of a Christian life. The spirit of repentance and devotion to Christ dominates the essence of this book, along with the monastic virtues and vices. He was an ascetic and writer on the spiritual life as a monk-abbot of Sinai Monastery. These steps of the ladder as set forth by St. John are to be practiced by the Christian especially during this period of the Great Lent. Each step leading to the top step of the ladder, is the climactic essence of the true meaning of a Christian life.

FIFTH SUNDAY OF LENT - ST. MARY OF EGYPT (MARK 10:32-45)

This Sunday commemorates the life of St. Mary of Egypt, who is a shining example of repentance from sin through prayer and fasting. She lived a sinful life for many years, but was converted to a Christian life. She went into the wilderness to live an ascetic life for many years, praying and fasting in repentance of her previous sinful life, and dying there. St. Mary's life exemplifies her conviction about Christ, which motivated the changing of her life from sin to holiness through repentance. Her understanding of repentance involved not a mere change from small things in her life, but an extreme change of her entire attitude and thoughts. The Church commemorates St. Mary for her recognition of her own sins as an example of how one can free oneself from the slavery and burden of wrongdoings. This recognition of sin is imperative during Lent for the faithful as a means of self-examination and preparation for a more virtuous life in anticipation of the Crucifixion and the Resurrection of Christ.

PALM SUNDAY (JOHN 12:12-18)

This Sunday commemorates the triumphant entrance of Jesus Christ into Jerusalem. The people of Jerusalem received Christ as a king, and, therefore, took branches of palms and went out to meet Him, laying down the palms in His path. The people cried out the prophecy of Zechariah: "Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel" (v. 13; of Zechariah 9:9). The celebration of the Jewish Passover brought crowds of Jews and converted Jews to Jerusalem. They had heard of the works and words of Christ, especially about the resurrection of Lazarus. All the events related to Christ had a Messianic meaning for the Jews at the time. This vexed the high priests and pharisees. As usual, Christ went to the Temple to pray and teach. That evening Christ departed for Bethany. The tradition of the Church of distributing palms on this Sunday comes from the act of the people in placing the branches of palms in front of Christ, and henceforth symbolizes for the Christian the victory of Christ over evil forces and death.

HOLY WEEK

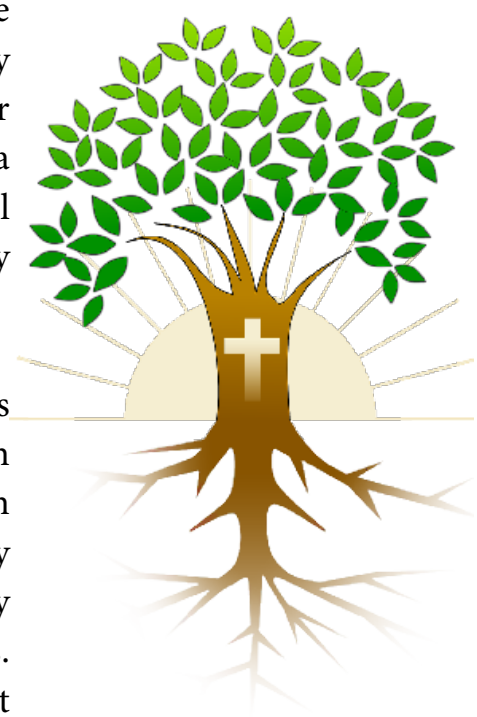
The period of Great Lent includes the days of Holy Week. This is the time when Christians who went through the whole period of Lent in prayer and fasting approach the Feast of Feasts to celebrate the Passions of Christ and His Resurrection. During the entire Lent the faithful try to practice and live the ideals and standards of this period in the light of Easter. This is why the Hymnology of the entire period of Lent, especially during Holy Week, refers to the Resurrection of Christ as the center of the Christian Faith. Each day of Holy Week is dedicated to the Events and teachings of Christ during His last week on earth. The faithful who participate in the services of this week are more conscious of their duties to themselves and to their neighbors through fasting, praying, giving alms, forgiving the trespasses of others; in other words, participating, day by day, in the spirit of the Gospel of Christ.

THE SIGNIFICANCE OF GREAT LENT

Great Lent before Easter is when the Christian participates fully in preparing himself to praise and glorify his God as Lord and Savior. Great Lent is like a "workshop" where the character of the faithful is spiritually uplifted and strengthened; where his life is rededicated to the principles and ideals of the Gospel; where the faith culminates in deep conviction of life; where apathy and disinterest turn into vigorous activities of faith and good works. Lent is not for the sake of Lent itself, as fasting is not for the sake of fasting. But they are means by which and for which the individual believer prepares himself to reach for, accept and attain the calling of his Savior. Therefore, the significance of Great Lent is highly appraised, not only by the monks who gradually increased the length of time of the Lent, but also by the lay people themselves, although they do not observe the full length of time. As such, Great Lent is the sacred Institute of the Church to serve the individual believer in participating as a member of the Mystical Body of Christ, and, from time to time, to improve the standards of faith and morals in his Christian life. The deep intent of the believer during the Great Lent is "forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal of the prize of the upward call of God in Christ Jesus", Philippians 3:13-14.

PARISH STEWARDSHIP / ΕΘΕΛΟΝΤΙΚΗ ΠΡΟΣΦΟΡΑ ΤΗΣ ΚΟΙΝΟΤΗΤΑΣ

As part of our preparation for the year 2026 here at St. Nicholas, we sent Stewardship Pledge cards to all of our parishioners, asking them to provide us with their best estimate of the level of financial support that they plan to give to the parish this year. We would like to have more of our parishioners involved in the life of St. Nicholas, beyond Sunday morning Liturgy. In order for us to be truly successful as a community, we all should feel our own share of responsibility for the Church.



Please let us know what talents you have so that we could turn to you when we need help in certain areas. We have so many parishioners that are very successful in their professions. With your commitment and participation both help our spiritual lives and help us establish connections with other parishioners and to get to know them better.

Our goal, as a parish, is to be a dynamic community of faithful Orthodox Christians who continue to actively show our love for God and for each other. With your help and support we can become that which we are called to be by our Lord!

Στο πλαίσιο της προετοιμασίας μας για το έτος 2026 εδώ στον Άγιο Νικόλαο, στείλαμε κάρτες της Εθελοντικής Προσφοράς σε όλους τους ενορίτες μας, ζητώντας τους να προσφέρουν την καλύτερη εκτίμηση τους στο επίπεδο της χρηματοδοτικής στήριξης που σκοπεύουν να δώσουν στην ενορία για το τρέχον έτος. Θα θέλαμε να συμμετέχουν περισσότεροι ενορίτες μας στη ζωή του Αγίου Νικολάου, πέρα από την Κυριακή το πρωΐ στη Λειτουργία της Κυριακής. Προκειμένου να είμαστε πραγματικά επιτυχημένοι ως Κοινότητα, όλοι θα πρέπει να αισθανόμαστε το δικό μας μερίδιο ευθύνης για την Εκκλησία.

Παρακαλούμε να μας ενημερώσετε ποιες είναι οι επιδεξιότητές σας, ώστε να μπορούμε να αποτανθούμε σε εσάς όταν χρειαζόμαστε βοήθεια σε ορισμένους τομείς. Έχουμε τόσους πολλούς ενορίτες που είναι πολύ επιτυχημένοι στα επαγγέλματά τους. Με τη δέσμευσή σας και τη συμμετοχή σας, βοηθήστε τόσο την πνευματική μας ζωή όσο και να βοηθήσετε να δημιουργήσουμε σχέσεις με άλλους ενορίτες μας και να γνωριστούμε καλύτερα.

Στόχος μας, ως ενορία, είναι να γίνουμε μια δυναμική Κοινότητα πιστών Ορθοδόξων Χριστιανών που εξακολουθούν να παρουσιάζουν ενεργά την αγάπη τους στο Θεό και ο ένας προς τον άλλο. Με τη βοήθεια και την υποστήριξή σας μπορούμε να γίνουμε εκείνο το οποίο καλούμεθα να γίνουμε από το Κύριό μας!

HOLY RESURRECTION SERVICE & HOLY PASCHA NIGHT

Pascha is the foundation of a new season. It reveals the mystery of the eighth day. It is our joy, a new and endless day in the kingdom of God. All Orthodox Christians should be present and participate in the Midnight Paschal Matins and Divine Liturgy. (Resurrection Service at midnight) Unless special circumstances do not permit, missing this once a year opportunity to witness as an Orthodox is a "No-No". It is remarkable that those who have no problem whatsoever attending New Year's Eve parties, and drinking, eating, and dancing at wedding receptions, yet give excuses that "it is too late, too long, and tiresome to attend the Holy Week services and to attend the Midnight Liturgy. Our children should participate too! We think nothing of driving our children late at night while traveling on vacations, or making special trips, or going camping. We don't think of the time, when we wake up early on Sunday morning and take our children to Soccer games. But when it comes to church, we are always with excuses. I would like to know what excuses we are going to give to the Lord on Judgment Day.

Coming to church should be a family experience, and we as parents should encourage our children to participate. Remember what Jesus said in (Luke 18:16)"Let the little children come to Me, and do not forbid them."

Our Paschal celebration will continue following the Liturgy with the blessing of the red dyed Eggs and a Paschal Feast after church. We look forward to being with all of you for this blessed event in the life of the Church celebrating our Lord's Holy Resurrection.

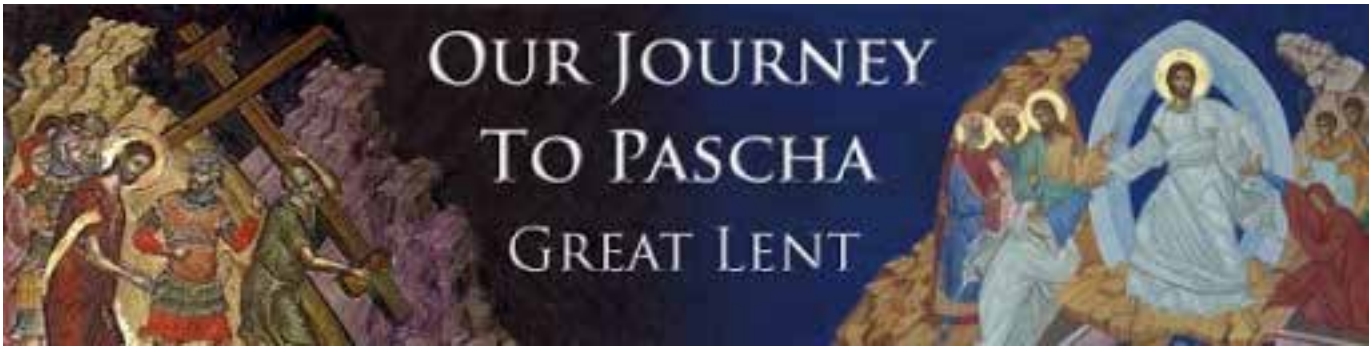
Το Πάσχα σηματοδοτεί τα θεμέλια μιας νέας εποχής. Αποκαλύπτει το μυστήριο της όγδοης ημέρας. Είναι η χαρά μας, η νέα και ατέλειωτη ημέρα της Βασιλείας του Θεού. Όλοι οι Ορθόδοξοι Χριστιανοί θα πρέπει να παραβρίσκονται και να συμμετέχουν στο μεταμεσονύκτιο Πασχαλινό Όρθρο και τη Θεία Λειτουργία. (Η Ακολουθία της Αναστάσεως μετά τα μεσάνυχτα). Εκτός αν ειδικές περιστάσεις δεν το επιτρέπουν, το να απουσιάζεις από αυτή την ευκαιρία που γίνεται μια φορά το χρόνο, για να μαρτυρήσεις ως Ορθόδοξος, είναι ένα «Όχι-Όχι».

Είναι αξιοσημείωτο ότι πολλοί δεν έχουν κανένα πρόβλημα να παρευρίσκονται στα πάρτι της Πρωτοχρονιάς, να πίνουν, να τρώνε και να χορεύουν σε γαμήλιες δεξιώσεις, αλλά να βρίσκουν δικαιολογίες όταν πρόκειται να παρακολουθήσουν τις Ακολουθίες της Μεγάλης Εβδομάδας και την Μεσονύκτια Θεία Λειτουργία, ότι «είναι πολύ αργά, παίρνουν πολύ καιρό και είναι πολύ κουραστικό". Και τα παιδιά μας πρέπει να συμμετέχουν! Δεν σκεφτόμαστε τίποτα όταν οδηγούμε τα παιδιά μας αργά το βράδυ όταν ταξιδεύουμε για διακοπές ή κάνουμε ειδικές εκδρομές ή κάμπινγκ. Δεν σκεφτόμαστε την ώρα που θα ξυπνήσουμε νωρίς την Κυριακή το πρωί για να πάρουμε τα παιδιά μας σε παιχνίδια ποδοσφαίρου. Αλλά όταν πρόκειται για την εκκλησία, βρίσκουμε πάντα με δικαιολογίες. Θα ήθελα να ξέρω τι δικαιολογίες πρόκειται να δώσουμε στον Κύριο την Ημέρα της Κρίσης.

Ο εκκλησιασμός πρέπει να είναι μια οικογενειακή εμπειρία, και εμείς, ως γονείς, θα πρέπει να ενθαρρύνουμε τα παιδιά μας να συμμετάσχουν. Θυμηθείτε τι είπε ο Ιησούς (Λουκάς 18:16). «Αφήστε τα μικρά παιδιά να έλθουν σε Μένα, και μην τα εμποδίζετε.»

Η πασχαλινή εορτή μας θα συνεχιστεί μετά με τη Λειτουργία, με την ευλογία των αυγών και τη πασχαλινή γιορτή μετά το τέλος της Εκκλησίας. Ανυπομονούμε να συνεορτάσουμε μαζί σας αυτό το ευλογημένο γεγονός στη ζωή της Εκκλησίας, γιορτάζοντας την Αγία Ανάσταση του Κυρίου μας.

EXPLANATION OF THE LENTEN SERVICES



Great Compline Service (Monday Evenings 7:00 pm.)

Compline in Greek is "Apodeipno" meaning after dinner. The Compline service in monasteries is traditionally offered after dinner. We have two services of the Compline, The Small and the Great Compline. The one that is chanted in our churches during Lent is the "Great Compline Service". This service consists of the reading of Psalms and the chanting of hymns related to combating sin in the evening hours and during sleep. The Great Compline Service is a wonderful way to begin the week.

Presanctified Liturgy (Wednesdays, 7:00 p.m.)

The Presanctified Liturgy is a service celebrated on Wednesdays during Great Lent. The Liturgy is called Presanctified because the consecration of the Holy Gifts (Holy Eucharist) takes place on the preceding Sunday. The Presanctified Liturgies in the Early Church were celebrated over the tombs of the Saints.

They are offered during Lent to the faithful for more opportunities to receive Holy Communion during the most Holy Period of the Church Year. The question frequently comes up regarding fasting before the evening Presanctified Liturgy. The faithful make every effort to eat a light Lenten meal near 12:00 in the afternoon. We should do our best to keep at least a 6 hour fast before the Liturgy.

The first part of the service is a Vespers with beautiful readings from the Psalms. The last part of the service is a Divine Liturgy. During the readings of the psalms the Presanctified Gifts are transferred from the altar table, the Proskomide(Oblation Table). The Presanctified Liturgy is unique because the mood of the service is very solemn. The Liturgy is traditionally considered to be the effort of St. Gregory of Rome 6th century Bishop). I encourage everyone to participate in as many of these Liturgies as possible. There is no reason why the children should be absent from these beautiful services. This would be a wonderful time to help them understand what a Presanctified Liturgy is.

Akathist Hymn (Salutations to the Virgin Mary) Akathistos (Friday Evenings, 7:00 p.m.)

"Akathistos" in Greek means standing up and not sitting down. In the Orthodox Tradition the people offer this service standing up the entire time(Elderly, the sick, and small children are permitted to sit).

It is believed the Akathist Service was composed and offered to the Mother of God in the year 626.

That year Constantinople was saved from the siege of the Avars and Persians. The entire service is a poetic canon dedicated to the Mother of God "The Theotokos". The Akathist Service is known as one of the hymnological masterpieces of the Church. The service is both historical as well as Theological. We hear hymns expounding the belief in the Incarnation of the Lord and the salvation of those who believe in Him. The hymns are not only offered to the Lord and the Virgin Mary, but also to St. John the Baptist, Gabriel the Archangel, the Shepherds and Wise Men worshipping Christ. Most agree the Akathist Service is the most emotional of all the Lenten Services. Make this Lenten journey a family experience.

FASTING:

Fasting must be undertaken willingly and not by compulsion. (Fr. Theodore Stylianopoulos). God doesn't need our fasting. We don't fast as a kind of personal punishment for our sins. We cannot pay God back for our sins but we can only confess them to Him to receive forgiveness. Fasting with willing spirit and not just with an attitude of fulfilling a religious obligation means that we keep the purposes of fasting always before us which is to develop self control. Fasting is simplicity of eating. We leave the table not with loaded stomachs. Being a little hungry during the day becomes a constant reminder of God, of our dependence on Him, and of the fact that the Lord, alone can give us "food that lasts for eternal life". (John 6:27). In fasting and prayer, He reveals Himself to us as our true food and drink.

DONATION OPPORTUNITIES

CLIP HERE

GOOD FRIDAY—LAMENTATIONS SERVICE
PRAYERS FOR THE DECEASED

Την Μεγάλη Παρασκευή, κατά την διάρκεια της Ακολουθίας του Επιταφίου Θρήνου, και το Μεγάλο Σάββατο το πρωί, προσευχόμαστε στο Θεό για τις ψυχές των απελθόντων προσφιλών συγγενών και φίλων. Όσοι επιθυμούν να μνημονεύσουν τα αγαπημένα τους πρόσωπα τις ημέρες αυτές, παρακαλούνται να συμπληρώσουν το κάτωθι έντυπο και να το φέρουν στην Εκκλησία πριν την Μεγάλη Παρασκευή.

During the Lamentations Service of Good Friday evening, and on Holy Saturday morning, we offer prayers to God for the souls of our departed beloved family members and friends. For those who wish to have their departed brethren remembered on Good Friday and Holy Saturday, you are asked to complete the below form and submit the names before Good Friday.

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

CLIP COUPON

EASTER LILIES FOR THE CHURCH
ΔΩΡΕΕΣ ΑΝΘΕΩΝ (ΚΡΙΝΑ ΤΟΥ ΠΑΣΧΑ)

Please donate Easter Lilies to decorate our church for Easter. The cost is $25.00. Fill out this form and send or bring it to Saint Nicholas Church.

Αν επιθυμείτε να κάνετε τη δωρεά σας $25.00, συμπληρώσετε το έντυπο αντό και στείλετε την δωρεά σας εγκαίρως στον Άγιο Νικόλαο.

NAME .....

ADDRESS .....

AMOUNT $25.00

OTHER AMOUNT .....

For flower and other item donations, please contact the church office - 410-633-5020. Thank you for your support.

Για Δωρεές ανθέων και άλλων αντικειμένων για την Μεγάλη Τεσσαρακοστή, την Μεγάλη Εβδομάδα και το Πάσχα παρακαλείστε να επικοινωνήσετε με το Κοινοτικό Γραφείο, 410-633-5020. Σας ευχαριστούμε για την υποστήριξή σας.

DONATIONS FOR HOLY LENT, HOLY WEEK AND EASTER APRIL 12. 2026

Flowers for the Altar Table
March 1 - 1st Sunday of Lent and Sunday of Orthodoxy
March 8 - 2nd Sunday of Lent
March 15 - 3rd Sunday of Lent and Veneration of the Holy Cross
March 22 - 4th Sunday of Lent
March 25 - Annunciation and Greek Independence Day (royal blue & white flowers)
March 29 - 5th Sunday of Lent
April 5 - Palm Sunday morning (yellow flowers)
April 5 - Sunday evening (purple flowers)
April 9 - Holy Thursday (purple flowers)
April 10 - Good Friday (purple flowers)
April 11 - Holy Saturday evening -Anastasi
April 12 - Holy Pascha (white roses)

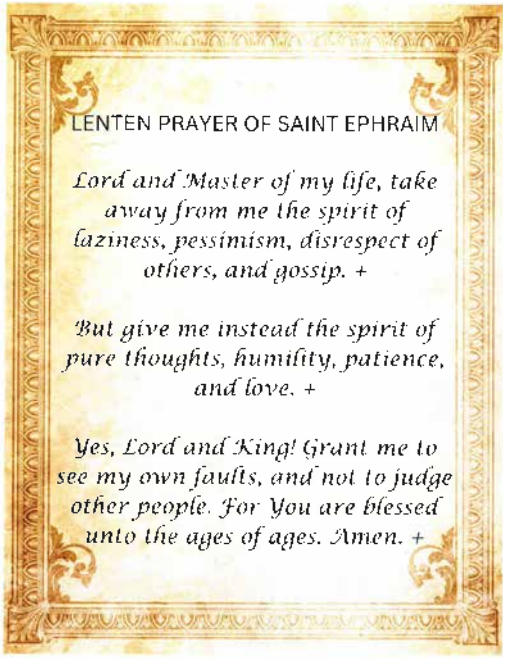
Please find the list of items needed during the course of Lent, Holy Week and Easter. Should you wish to make a donation please contact the Church office 410-633-5020.

Flowers for the Icon of the Theotokos
February 27 - 1st Salutations
March 6 - 2nd Salutations
March 13 - 3rd Salutations
March 20 - 4th Salutations
March 25 - Annunciation (royal blue and white flowers)
March 27 - Akathist Hymn

Flowers for Great Lent and Easter
March 15 - Veneration of the Holy Cross (yellow daffodils)
April 5 - Palm Sunday morning (Spring flowers and greenery)
April 5 - Palms for Palm Sunday
April 5 - Palm Sunday morning icon for proskinitari (yellow roses)
April 5 - Palm Sunday evening Nymphios icon (purple flowers)
April 9 - Holy Thursday wreath for the head of Crucified Jesus (burgundy roses)
April 9 - Holy Thursday wreath for the base of the Cross of Jesus (burgundy roses)
April 9 - Holy Thursday flowers for the proskinitari (burgundy roses)
April 10 - Good Friday Crucifixion icon
April 10 - Good Friday rose petals for the myrofores' baskets (burgundy)
April 11 - Resurrection icon for iconostasion

Other Needs
April 4 - Lazarus Saturday breakfast
April 4 - Lazarus Saturday Easter Egg Hunt
April 8 - Holy Unction supplies (pure cotton balls and pure olive oil)
April 11 - Holy Saturday morning Bay leaves
April 11 - Holy Saturday evening red dyed Easter eggs

Candle Donations
11- inch yellow candles
11- inch white candles
Yellow candles with white cups for Good Friday procession
White candles with red cups for Anastasi
Purple 5-day votive lights
White 5-day votive lights



Greek Orthodox Metropolis of New Jersey

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

February 9, 2026

To the Very Reverend and Reverend Clergy,
Distinguished Members of the Metropolis Council,
Beloved Archons of the Order of St. Andrew,
Esteemed Members of the Parish Councils and Philoptochos Sisterhood,
Dedicated Members of the Parish Organizations, and
Devoted Orthodox Faithful of the
Greek Orthodox Metropolis of New Jersey

My beloved in the Lord,

It is my great joy to announce to you the continuation of the ***Walking With Christ*** initiative. Created two years ago, this most important ministry of our sacred Metropolis of New Jersey is being offered solely for the benefit of our beloved Seminarians and Masters of Divinity Candidates studying at Hellenic College/Holy Cross Greek Orthodox School of Theology. With the cooperation of the most dedicated women of our Metropolis of New Jersey Philoptochos Society, the Metropolis organizes every two years a fundraising luncheon, the proceeds of which are exclusively used to provide our future Clergymen and future lay leaders with much needed scholarships during their studies at our beloved *"Scholi."*

Accordingly, I am very proud to inform all the faithful of our sacred Metropolis that the ***Second Walking with Christ Seminarian Benefit Luncheon*** will take place on ***Saturday, March 14, 2026, at the St. Nicholas Greek Orthodox Church in Wyckoff, New Jersey, beginning at 11:00am.*** Tickets are now available for purchase at a cost of ***$125.00 per person*** and may be reserved at https://forms.gle/d7HB7CrBmV7sDYpi9. Additionally, Sponsorship Opportunities at various levels are available for yourselves, your parishes, your Philoptochos Chapters, parish organizations or your beloved parishioners to make a much-appreciated investment the future of our Orthodox Church and our sacred Metropolis.

For questions or more information please contact the event co-chairman, the Rev. Protopresbyter Gregory Gilbert at chancellor@nj.goarch.org or at 908-301-0500.

Thanking you in advance for your love and support for our seminarians and praying that our loving Lord continues to bless you with every good and perfect gift from above, I remain

With Paternal Love and Blessings,

†Metropolitan Apostolos

†APOSTOLOS
Metropolitan of New Jersey

215 East Grove Street, Westfield, New Jersey 07090-1656
908-301-0500 · www.nj.goarch.org · metropolis@nj.goarch.org

WALKING WITH CHRIST

Seminarian Benefit Luncheon

Saturday March 14, 2026 at 11 A.M.
St. Nicholas Greek Orthodox Church
467 Grandview Ave, Wyckoff, NJ 07481

All Proceeds will Benefit the Seminarians of the Greek Orthodox Metropolis of New Jersey and Master of Divinity Students

CLICK HERE or FOLLOW THE QR CODE of Link TO REGISTER

PHILOPTOCHOS APOKREATIKO GLENDI

Congratulations to the St. Nicholas Philoptochos on their successful Apokreatiko Glendi!

Wishing Rose Tsakalos a Happy Birthday!

WHERE DO WE COME FROM?

Question? A child asked his mother a very important theological question? Where do we come from? The Mother replied, "Dust!" And where do we go when we die? "Back to Dust", answered the Mother, and why do you ask, child? "Well, said the child to his Mother, I looked under the carpet, and I saw some dust, and I didn't know whether someone was coming or going!"

We read in Genesis 2:7 that God made us out of dust: "The Lord formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a human being." What does it mean that we were made out of " the dust of the earth?" It means first that we were created out of nothing (for dust is nothing, and it is the image of anonymity; one fleck is the same as the next, and all are nameless), and that we are kept alive constantly only by God's good gift of breath. We read in Psalms 104:29-30 " when Thou takes away their breath, they die and return to their dust.

How easily we forget that we are dust! We hide behind the masks of our possessions or our intellectual smartness. We forget that we are going to die, and we push aside our mortality forgetting that we are dust. We imagine ourselves to be more powerful and more capable than we really are. It is the forgetting that we are dust that lies behind the greed, the lust for power, the selfishness, the anxiety, and the brutality that drives our common life.

We forget that God remembers, God never forgets that we are dust. Yes, we are dust, but we are more than dust. We are also the image of God. In Genesis 1:26-27, God said, "let us make in our image, in our likeness..." As God took dust and breathed His breath into it to make it alive, so He breathes His Holy Spirit into us today through the Sacraments, especially confirmation (Chrismation) and through prayer also to make us living images of God.

When Jesus became one of us, He became dust for us. He did it in order to die and to raise us from dust to the glory of God.

From dust, to the image of God, to the Icon of God. The real Icon that we venerate on the Sunday of Orthodoxy is not merely the one made of wood but more especially that one engraved in the human soul by the Holy Spirit. Listen to what Mother Teresa says about the living Icon of the image of God in each of us: "If we were able to see God's image in our neighbor, do you think weapons and generals would be needed". It is true then that we are dust and to dust we shall return, yes but only partially. The body which was made of dust will return to dust at death, but that will not be the end. At the second coming, the Lord Jesus will raise this body of ours. Then it will no longer be a body of dust but a glorious heavenly body like the body of Jesus after His resurrection.

So don't mourn from dust to the image of God! from dust to the likeness of God! from dust to the resurrection of the dead! from dust to the glorious heavenly body with those eyes we shall behold the Lord God/His Saints for all eternity.

Concluding: Let the Sunday of Orthodoxy always remind us that we are more than dust; that we were created in His image--- a living Icon, and that He expects us to strive for heaven to be like Him, Each and every time we look at an Icon, this should be our remembrance---the living Icon of God.

GREEK SCHOOL PTA

PTA OFFICERS & MEMBERS

President Alexandra Forakis
Vice President Maria Ieromonahos
Treasurer Alexandra Karoutsos
Recording Secretary Angela Yeakim
Corresponding Secretary Stella Fotinos

Members Angela Tserkis
Anna Ieromonahos
Dimitra Douskas
Lia Dimas
Maria Lykos
Moshoula Tsamouras
Sofia Vasiliadis
Sophia Politis
Tsambika Korologos

Monday, March 9th at 5:30 pm
Monday, April 20th at 5:30 pm
Monday, May 11th at 5:30 pm

Monday, March 2nd	Marti Bracelets
Sunday, March 22nd	Greek Independence Day Program
Wednesday, April 1st	Easter Crafts
Saturday, April 4th	Lazarus Breakfast
Monday, May 4th	Protomagia Celebration
Wednesday, May 27th	End of Year Program
TBD	6th Grade Dinner
June 11th -14th	Kids Zone at Greek Festival

HOLY WEEK VOLUNTEERS

Volunteers are needed to decorate our Church for the special days of Holy Week. We all love approaching the Church during these beautiful holy days and anticipate seeing the transformation from joy on Palm Sunday morning, to sorrow on Palm Sunday evening and then the celebration of Pascha on Holy Saturday evening! But the Church doesn't magically transform from one event to another. It takes dedicated people, young and old, who will to take a few hours to participate in decorating the Church. The days and approximate times are as follows: Lazarus Saturday – decorating the Church and possibly the outside with greenery and Spring flowers for the next day of Palm Sunday. Palm Sunday afternoon – removing the greenery and drape the purple cloth over the altar icons. Good Friday night – strip the bay leaves. Holy Saturday afternoon – decorate the Church with the white lilies and whatever else is needed. Let's not forget the closing prayer of the Divine Liturgy which the priest reads, "Sanctify those who love the beauty of Your house." The Lord is calling all of us who love the Church to be blessed and what a more beautiful way to receive this blessing than during the Holy Passion and Resurrection of Jesus, our Lord. Contact the Church Office at 410-633-5020 to place your name on the schedule. You will feel an inner feeling of joy knowing that you have participated in the preparation of these Holy Days.

SAINT NICHOLAS BILINGUAL EARLY EDUCATION CENTER

The Saint Nicholas Bilingual Early Education Center provides a safe, nurturing, home away from home learning center. We accept children from 6 weeks till 5 years of age. BEEC is hiring part-time and full-time teachers and aides at the Center. If you or anyone you know is interested, please call the Center at 410-633-5020 extension 4 or email us at beec@stnicholasmd.org

This past month, our BEEC children celebrated Valentine's Day and made mailboxes to exchange lovely cards with one another. The children also enjoyed spirit week this month!

BEEC is looking forward to March. We will be learning about Dr. Seuss, Greek Independence day, and so much more. We will also be celebrating Greek Independence Day by marching in the parade this year. We have a fun month of events planned at the BEEC and we can't wait to share them with you next month!

Το Δίγλωσσο Κέντρο Προσχολικής Αγωγής Αγίου Νικολάου παρέχει ένα ασφαλές, φροντιστικό, κέντρο μάθησης μακριά από το σπίτι. Δεχόμαστε παιδιά από 6 εβδομάδων έως 5 ετών. Το BEEC προσλαμβάνει δασκάλους και βοηθούς μερικής και πλήρους απασχόλησης στο Κέντρο. Εάν εσείς ή κάποιος που γνωρίζετε ενδιαφέρεται, καλέστε το Κέντρο στο 410-633-5020 εσωτερικό 4 ή στείλτε μας email στο beec@stnicholasmd.org.

Τον περασμένο μήνα, τα παιδιά του BEEC γιόρτασαν την Ημέρα του Αγίου Βαλεντίνου και έφτιαξαν γραμματοκιβώτια για να ανταλλάξουν όμορφες κάρτες μεταξύ τους. Τα παιδιά απόλαυσαν επίσης την εβδομάδα πνεύματος αυτόν τον μήνα!

Το BEEC ανυπομονεί για τον Μάρτιο. Θα μάθουμε για τον Δρ. Seuss, την Ημέρα Ανεξαρτησίας της Ελλάδας και πολλά άλλα. Θα γιορτάσουμε επίσης την Ημέρα Ανεξαρτησίας της Ελλάδας συμμετέχοντας στην παρέλαση φέτος. Έχουμε προγραμματίσει έναν διασκεδαστικό μήνα εκδηλώσεων στο BEEC και ανυπομονούμε να τις μοιραστούμε μαζί σας τον επόμενο μήνα!

HELLENIC GOLDEN COINS

Congratulations to our Hellenic Golden Coins for participating in MDF and bringing home 5 trophies!

Juniors : Costume Award and Silver Medal
Seniors: Costume Award, Folk expression Award, Gold Medal

GREEK SCHOOL

Με ιδιαίτερη χαρά και συγκίνηση πραγματοποιήθηκε στην κοινότητά μας η καθιερωμένη γιορτή των Γραμμάτων, αφιερωμένη στους Τρεις Ιεράρχες, τους φωτισμένους Πατέρες της Εκκλησίας και προστάτες της Παιδείας και των Γραμμάτων.

Ξεχωριστή στιγμή της εκδήλωσης αποτέλεσε το αφιέρωμα στην ελληνική γλώσσα από τους μαθητές της Έ και Στ΄ τάξης. Μέσα από την ποίηση μεγάλων Ελλήνων ποιητών, τα παιδιά ανέδειξαν τη διαχρονικότητα, τη δύναμη και την ομορφιά της γλώσσας μας. Η ελληνική γλώσσα αποτελεί πολύτιμη κληρονομιά και ζωντανό φορέα πολιτισμού.

Θερμά συγχαρητήρια αξίζουν και σε όλα τα παιδιά για την προσπάθεια και την άψογη παρουσίασή τους, καθώς και στους εκπαιδευτικούς που με αφοσίωση και μεράκι τα καθοδήγησαν.

Με το ίδιο πνεύμα ενθουσιασμού και δημιουργικότητας, οι μαθητές μας προετοιμάζονται ήδη για την επερχόμενη γιορτή της 25ης Μαρτίου, τιμώντας την ιστορική επέτειο της Επανάστασης του 1821. Μελετούν γεγονότα, πρόσωπα και ηρωικές στιγμές της ιστορίας μας, ετοιμάζοντας μια ακόμη όμορφη και συγκινητική γιορτή για την κοινότητά μας την Τέταρτη, 25 Μαρτίου στη Μεγάλη Κοινοτική Αίθουσα του Αγίου Νικολάου.
Η παιδεία, η ιστορία και η γλώσσα μας συνεχίζουν να εμπνέουν τις νέες γενιές και να μας ενώνουν όλους γύρω από τις κοινές μας αξίες και παραδόσεις.

Με εκτίμηση,
Καλλιόπη Πέρου – Βασιλειάδη
Δασκάλα Δημοτικής Εκπαίδευσης

With great joy and emotion, our community celebrated the Giorti twn Grammatwn, dedicated to the Three Hierarchs, the enlightened Fathers of the Church and protectors of Education and Letters.

A special highlight of the event was the tribute to the Greek language presented by the students of the 5th and 6th grades. Through the poetry of great Greek poets, the children showcased the timelessness, strength, and beauty of our language. The Greek language is a precious heritage and a living bearer of culture.

Warm congratulations are due to all the students for their effort and excellent presentation, as well as to the teachers who guided them with dedication and passion.

With the same spirit of enthusiasm and creativity, our students are already preparing for the upcoming celebration of March 25th, honoring the historic anniversary of the Greek War of Independence of 1821. They are studying important events, historical figures, and heroic moments from our history, preparing yet another beautiful and moving celebration for our community on Wednesday, March 25th, at the Great Community Hall of Saint Nicholas.

Our education, history, and language continue to inspire new generations and unite us all around our shared values and traditions.

Sincerely,
Kelly Peros Vasiliadis
Teacher of Elementary School

Greek School children celebrating Clean Monday. Kathara Deftera

Τον Φεβρουάριο, στο νηπιαγωγείο του Αγίου Νικολάου, γιορτάσαμε τη Γιορτή των Γραμμάτων. Τα παιδιά μας τραγούδησαν το τραγούδι «Τα Γράμματα της Αλφαβήτας» και συναντήθηκαν με όλα τα σχολεία. Επίσης, φτιάξαμε δημιουργικά crafts για του Αγίου Βαλεντίνου και όλος ο μήνας ήταν γεμάτος αγάπη. Τα παιδιά μας έφτιαξαν μάσκες και χόρεψαν αποκριάτικους χώρους και είμαστε έτοιμη για τη Σαρακοστή.

Περάσαμε υπέροχα και ανυπομονούμε για τις επόμενες δραστηριότητές μας!

In February, at the St. Nicholas Kindergarten, we celebrated the Day of Letters. Our children sang the song "The Letters of the Alphabet" and met with all the schools. We also made creative crafts for Valentine's Day and the whole month was full of love. Our children made masks and danced carnival scenes and we are ready for Lent.

We had a great time and are looking forward to our next activities!

ELLINOMATHEIA

Το Σχολείο του Αγίου Νικολάου: Εξεταστικό Κέντρο Ελληνομάθειας

Το Σχολείο του Αγίου Νικολάου λειτουργεί ως Εξεταστικό Κέντρο για τις Εξετάσεις Πιστοποίησης Ελληνομάθειας. Οι εξετάσεις θα πραγματοποιηθούν στις 19, 20 και 21 Μαΐου 2026.
Το Πιστοποιητικό Ελληνομάθειας απονέμεται από το Κέντρο Ελληνικής Γλώσσας και αποτελεί επίσημη πιστοποίηση γνώσης της ελληνικής γλώσσας.

- Αναγνωρίζεται διεθνώς
- Καλύπτει όλα τα επίπεδα γλωσσομάθειας (Α1–Γ2)
- Αποτελεί προσόν για σπουδές, εργασία ή επαγγελματική εξέλιξη
- Πιστοποιεί τις δεξιότητες κατανόησης και παραγωγής προφορικού και γραπτού λόγου

Οι ενδιαφερόμενοι μπορούν να απευθύνονται στη γραμματεία του σχολείου για περισσότερες πληροφορίες σχετικά με τις εγγραφές και τη διαδικασία συμμετοχής ή στέλνοντας μήνυμα στην ηλεκτρονική σελίδα του εξεταστικού κέντρου ellinomatheia@stnicholasmd.org.

Με εκτίμηση,
ΕΞΕΤΑΣΤΙΚΟ ΚΕΝΤΡΟ ΕΛΛΗΝΟΜΑΘΕΙΑΣ
ΑΓΙΟΥ ΝΙΚΟΛΑΟΥ ΒΑΛΤΙΜΟΡΗΣ ΜΕΡΥΛΑΝΤ
520 S. PONCA ST, BALTIMORE, MD, 21224
#10032

Saint Nicholas School: Greek Language Ellinomatheia Examination Center

The School of Saint Nicholas will once again operate this year as an Examination Center for the Greek Language Proficiency (Ellinomatheia) Examinations. The examinations will take place on May 19th , 20th , and 21st 2026. The Certificate of Attainment in Greek is awarded by the Centre for the Greek Language and constitutes an official certification of knowledge of the Greek language.

- It is internationally recognized
- It covers all proficiency levels (A1–C2)
- It is a valuable qualification for studies, employment, or professional advancement
- It certifies skills in comprehension and production of both oral and written speech

Interested individuals may contact the school office for further information regarding registration and the examination process or send a message via email to the Examination Center at ellinomatheia@stnicholasmd.org.

Sincerely,
ELLINOMATHEIA EXAMINATION CENTER
ST. NICHOLAS BALTIMORE, MARYLAND
520 S. Ponca St, Baltimore, MD, 21224
Center Code: #10032

ELLINOMATHEIA

ΕΞΕΤΑΣΤΙΚΟ ΚΕΝΤΡΟ ΕΛΛΗΝΟΜΑΘΕΙΑΣ ΑΓΙΟΥ ΝΙΚΟΛΑΟΥ ΒΑΛΤΙΜΟΡΗΣ ΜΕΡΥΛΑΝΤ
520 S. PONCA ST, BALTIMORE, MD, 21224

Αγαπητοί γονείς και κηδεμόνες, καλησπέρα σας.

Σας ευχόμαστε καλό κι ευλογημένο μήνα.
Θα θέλαμε να σας υπενθυμίσουμε ότι η πλατφόρμα των εγγραφών για τις εξετάσεις της Ελληνομάθειας Μάιος 2026 θα παραμείνει ανοιχτή μέχρι την Παρασκευή, 20 Μαρτίου και ώρα 5:00 μ.μ.(ώρα Αμερικής).
Επίσης, για να εγκριθεί η αίτησή σας θα πρέπει να έχετε τακτοποιήσει την πληρωμή των εξέταστρων και να έχετε αποστείλει αντίγραφο έγκυρου διαβατηρίου των υποψηφίων με το οποίο κάνατε την εγγραφή.
Παρακάτω θα βρείτε το μήνυμα που απεστάλη αρχικά για την ενημέρωση των ενδιαφερόμένων μαζί με όλες τις απαραίτητες διαδικασίες για να ξεκινήσετε και να ολοκληρώσετε τη διαδικασία εγγραφής. (συμπλήρωση αίτησης, πληρωμή εξέταστρων και αποστολή αντιγράφου διαβατηρίου/ταυτότητας στο μέιλ του κέντρου μας)

Με εκτίμηση,
ΕΞΕΤΑΣΤΙΚΟ ΚΕΝΤΡΟ ΕΛΛΗΝΟΜΑΘΕΙΑΣ, ΑΓΙΟΥ ΝΙΚΟΛΑΟΥ ΒΑΛΤΙΜΟΡΗΣ, ΜΕΡΙΛΑΝΤ
520 S.PONCA ST, BALTIMORE, MD 21224 - #10032

Το Ελληνικό Σχολείο του Αγίου Νικολάου Βαλτιμόρης λειτουργεί ως εξεταστικό κέντρο για την πολιτεία του Μέριλαντ.
Όπως κάθε χρόνο, έτσι και φέτος, οι εξετάσεις θα διεξαχθούν στον χώρο του σχολείου μας!
Θα θέλαμε να σας ενημερώσουμε για τους τρόπους τους οποίους μπορείτε να εγγραφείτε ηλεκτρονικά για τις εξετάσεις και να πληρώσετε τα εξέταστρα που προβλέπονται για κάθε επίπεδο.

Οι αιτήσεις υποβάλλονται ηλεκτρονικά, από σήμερα, 1η Φεβρουαρίου ως και την 20η Μαρτίου, στην ιστοσελίδα:
http://www.greek-language.gr/certification/application/index.html
* Έντυπες αιτήσεις γίνονται δεκτές ΜΟΝΟ από τους υποψήφιους που αδυνατούν να υποβάλουν ηλεκτρονική αίτηση.

ΤΡΟΠΟΙ ΠΛΗΡΩΜΗΣ: Οι ενδιαφερόμενοι μπορούν να πληρώσουν τα εξέταστρα ηλεκτρονικά, με επιταγή ή με μετρητά.
Για την ηλεκτρονική πληρωμή μπορείτε να επισκεφτείτε την παρακάτω ιστοσελίδα:
Ellinomatheia.
ΠΡΟΣΟΧΗ!!! Σας παρακαλούμε θερμά στο πεδίο που σας ζητείτε να συμπληρώσετε "Ellinomatheia Date" να συμπληρωθεί η ημερομηνία πληρωμής και όχι η ημερομηνία εξέτασης για να μην γίνει η πληρωμή μεταχρονολογημένα.
Για πληρωμή μέσω επιταγής ή με μετρητά μπορείτε να προσέλθετε στο γραφείο του Αγίου Νικολάου Βαλτιμόρης Maryland, στη διεύθυνση 520 Ponca St, Baltimore, Maryland 21224. Το ωράριο λειτουργίας του γραφείου είναι από τις 10 π.μ. ως 6 μ.μ.. Σας παρακαλούμε κάνετε την επιταγή πληρωτέα στο Saint Nicholas Greek Orthodox Church.

Ο κωδικός του εξεταστικού μας κέντρου είναι 10032.
Ημερομηνίες & ώρες:
Παρακάτω μπορείτε να δείτε τα επίπεδα, τις ημερομηνίες, τις ώρες διενέργειας των εξετάσεων καθώς και τα εξέταστρα για κάθε επίπεδο Ελληνομάθειας Μαΐου 2026.

Επίπεδα		Ημερομηνίες	Εξετάσεις	Εξέταστρα
Α1 (για παιδιά 8-12 ετών)	Στοιχειώδης Γνώση	Τρίτη, 19 Μαΐου 2026 (πρωί)	γραπτές *	$150
Α1 (για εφήβους και ενηλίκους)			γραπτές *	
Α2 & Α2 για επαγγελματικούς σκοπούς	Βασική Γνώση	Τρίτη, 19 Μαΐου 2026 (μεσημέρι)	γραπτές *	$170
Β1	Μέτρια Γνώση	Πέμπτη, 21 Μαΐου 2026 (πρωί)	γραπτές *	
Β2	Καλή Γνώση	Τετάρτη, 20 Μαΐου 2026 (πρωί)	γραπτές *	$180
Γ1	Πολύ Καλή Γνώση	Τετάρτη, 20, Μαΐου 2026 (απόγευμα)	γραπτές*	$180
Γ2	Άριστη Γνώση	Πέπτη, 21 Μαΐου 2026 (απόγευμα)	γραπτές	$180

* Οι προφορικές εξετάσεις διεξάγονται αμέσως μετά τις γραπτές.
Δείγματα θεμάτων βρίσκονται αναρτημένα στην ιστοσελίδα του Κέντρου Ελληνικής Γλώσσας https://www.greek-language.gr/certification/node/12.html .

Επίσης, οι υποψήφιοι και οι υποψήφιες μπορούν να ανατρέξουν για περισσότερες πληροφορίες στον παρακάτω σύνδεσμο: Είμαι υποψήφιος/α

Πριν από την ημέρα της εξέτασης
Βεβαιωθείτε ότι έχετε στα χέρια σας:
Την ταυτότητα ή το διαβατήριο σας
Την κάρτα υποψηφίου εκτυπωμένη
*Θα λάβετε κάρτα υποψηφίου, τους κωδικούς σας καθώς και επιπλέον πληροφορίες σχετικά με το εξεταστικό μας κέντρο σε προσωπικό e-mail μετά την εγγραφή σας στις εξετάσεις!
Βεβαιωθείτε ότι γνωρίζετε:
Την ώρα της εξέτασης
Την ημερομηνία της εξέτασης όπως έχετε ενημερωθεί από το εξεταστικό κέντρο με βάση το επίπεδο στο οποίο εξετάζεστε!
Σας παρακαλούμε, φροντίστε να βρίσκεστε στο εξεταστικό κέντρο στην ώρα σας! Τονίζουμε ότι αργοπορημένοι υποψήφιοι που φτάνουν στην αίθουσα μετά την έναρξη των εξετάσεων δεν γίνονται δεκτοί!

Πορεία της εξεταστικών δοκιμασιών:
Οι υποψήφιοι θα εξεταστούν στις 4 δεξιότητες ως εξής:
1.Κατανόηση Γραπτού Λόγου
2.Κατανόηση Προφορικού Λόγου
3.Παραγωγή Γραπτού Λόγου
4.Παραγωγή Προφορικού Λόγου

*Μετά την Παραγωγή του Γραπτού Λόγου γίνεται ένα διάλειμμα 15 λεπτών όπου οι υποψήφιοι μπορούν να φάνε ένα σνακ. Θα διατίθεται σνακ και νερό στην αίθουσα αναμονής των υποψηφίων
Σε περίπτωση διατροφικών ιδιαιτεροτήτων, κάθε υποψήφιος δικαιούται να φέρει από το σπίτι του το δικό του σνακ και νερό σε τσάντα όπου θα αναγράφεται το όνομα του.
Την ημέρα της εξέτασης:
Βεβαιωθείτε ότι
Έχετε μαζί σας την κάρτα υποψηφίου και το διαβατήριο ή την ταυτότητά σας
Έχετε μαζί ένα μαύρο ή μπλε στυλό
*η χρήση μολυβιού συνίσταται μόνο για τις πρόχειρες σημειώσεις σας
*η χρήση διορθωτικού υγρού ή ταινίας απαγορεύεται. Μπορείτε να διαγράψετε τα λάθη σας τραβώντας μια γραμμή.
Το κινητό ή άλλες ηλεκτρονικές συσκευές βρίσκονται απενεργοποιημένα
Δεν υπάρχουν σημειώσεις, τετράδια ή βιβλία!
Για οποιαδήποτε ερώτηση μην διστάσετε να επικοινωνήσετε μαζί μας! Είμαστε στη διάθεσή σας για κάθε διευκρίνιση!
Ευχαριστούμε πολύ!
Ευχόμαστε σε όλους σας Καλή Επιτυχία στις εξετάσεις!

Με εκτίμηση,
Σταματία Ιερομονάχου
Υπεύθυνη Ελληνικού Σχολείου Αγίου Νικολάου Βαλτιμόρης Μέριλαντ
Τηλ. 443-742-2424

ELLINOMATHEIA

Dear parents and guardians, good evening.
We wish you a good and blessed month.
We would like to remind you that the registration platform for the Greek Language Ellinomatheia Exam May 2026 will remain open until Friday, March 20 at 5:00 p.m. (American time).
Also, in order for your application to be approved, you must have arranged the payment of the exam fees and have sent a copy of the valid passport of the candidates with which you registered.
Below you will find the message that was initially sent to inform interested parties along with all the necessary procedures to start and complete the registration process. (filling out the application, paying the exam fees and sending a copy of your passport/ID card to our center's email)

Sincerely,
ELLINOMATHEIA EXAMINATION CENTER
ST. NICHOLAS BALTIMORE, MARYLAND
520 S.PONCA ST, BALTIMORE, MD 21224
#10032

Dear parents and guardians,

I hope this message finds you well!
As you already know, our school has been selected by the Greek Ministry of Culture, Education and Religious Affairs to serve as the testing center for the Certificate of Attainment in Greek examinations for the state of Maryland.
This year, the exams will take place at St Nicholas Greek School of Baltimore on Tuesday May 19th, Wednesday May 20th & Thursday May 21th, 2026.

I would like to inform you that registrations are now open! You can register & pay electronically (between February 1st & March 20th) for the exams.
You can submit the applications online at:
http://www.greek-language.gr/certification/application/index.html

PAYMENT METHODS: Interested parties can pay the examination fees electronically, by check or by cash.

For electronic payment, you can visit the following website: Ellinomatheia .
ATTENTION!!! We kindly ask you to fill in the field "Ellinomatheia Date" with the payment date and not the examination date so that the payment is not made after the due date.
For payment by check or cash, you can come to the office of Saint Nicholas, Baltimore, Maryland, at 520 Ponca St, Baltimore, Maryland 21224. The office hours are from 10 a.m. to 6 p.m.. Please make the check payable to Saint Nicholas Greek Orthodox Church.

The code of the examination center is 10032.

Dates & Times
We provide you with more information about the prices for each level :

Levels		Dates	Exams	Fees
A1 (children 8-12 years old)	Elementary knowledge	Tuesday, 19 May 2026 (morning)	Written*	$150
A1 (for adoescents and adults)	Elementary knowledge	Tuesday, 19 May 2026 (morning)	written *	$150
A2 & A2 (for work business)	Basic Knowledge	Tuesday, 19 May 2026 (noon)	written *	$170
B1	Moderate Knowledge	Thursday, 21 May 2026 (morning)	written *	$170
B2	Good Knowledge	Wednesday, 20 May 2026 (morning)	written *	$180
C1	Very Good Knowledge	Wednesday, 20 May 2026 (afternoon)	written *	
C2	Excellent Knowledge	Thursday, 21May 2026 (afternoon)	written *	
Applications	**From February 1st to March 20th, 2026**			

*Please note that Oral examinations are conducted immediately after the written ones.
We will be accepting your registrations up to March 20th!
For your registration, you will need to create an account (for new candidates). Upon receiving your registration form, we will contact you in order to confirm that all the information is correct and to let you know about the different payment options. Please, make sure that all the information in the application form matches the information of the passport that will be used on the day of the exams.
For any questions or concerns, please, do not hesitate to contact me. You may also visit the center for the Greek Language .
Sample topics are posted on the website of the Greek Language Center. https://www.greek-language.gr/certification/node/12.html .

Candidates can also refer to the link below for more information: Είμαι υποψήφιος/α

Before the exam day
Please make sure you have with you:
Your ID card or passport
Your printed candidate card
You will receive your candidate card, your login details, and additional information about our examination center by personal email in the next few days.
Please make sure you know:
The exam time
The exam date, as informed by the examination center, based on the level you are taking
Please arrive at the examination center on time.
Late candidates who arrive after the exam has started will not be allowed to enter.

Exam procedure:
Candidates will be examined in the following four skills:
Reading
Listening
Writing
Speaking
After the Writing test, there will be a 15-minute break. Candidates may eat a snack. Snacks and water will be available in the candidates' waiting area.
If a candidate has special dietary needs, they may bring their own snack and water from home in a bag with their name on it.

On the exam day:
Please make sure that:

You have your candidate card and your ID
You have a black or blue pen
Pencil use is allowed only for rough notes
Correction fluid or correction tape is not allowed. You may cross out mistakes with a line.
Mobile phones and other electronic devices are switched off
There are no notes, notebooks, or books

If you have any questions, please do not hesitate to contact us. We are happy to help you with any information.
We wish you all good luck in the exams!
I hope you all have a blessed month! Enjoy the rest of your week!

Sincerely,
Stamatia Ieromonahos
Director of Greek School &
President of the Parish Council
St. Nicholas Greek Orthodox Church of Baltimore

PHILOPTOCHOS

Lent is the time that we should come closer to God through prayer, attending the services and focusing on our spiritual growth. Philippians 4:6 "***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God***."

Philoptochos continues its philanthropic missions, this month by purchasing blankets / throws and along with the collection of our community we delivered them to the local Family Crisis Center. Since families that require assistance remain confidential, we can only report that we continue to help those that need assistance with food, utilities, and services. if there is anyone that needs assistance, please contact Nora Kefalas 410-979-6656 of Irene Vasilios 410-687-3978. All applicants will be required to fill in an application, and all information is strictly confidential.

We would like to thank Tony and John Minadakis of Jimmy's Famous Seafood for their generosity for our Apokreatiko Dance to benefit the operation expenses of the Philoxenia House. Also, Tony and Maria Pearce (Apollonia), all those that donated and attended to make it a success!

Please note the general meeting this month will be on Tuesday due to church services. Join us for the Philoptochos General Meeting Tuesday, March 10th at 6:00 p.m. in the church social hall. All are welcome to attend! Refreshments and fruit will be served.

On Monday, February 23rd Clean Monday after church we hosted a Lenten potluck dinner. Thank you to everyone who contributed to making it an evening of fellowship as we began the Lenten Season.

The Philoptochos annual Easter Mailing will be going out this month. If you do not receive it, please let any board member know. Wishing everyone a Blessed Lent!

Donations to Saint Nicholas Philoptochos:
Anonymous

Η Σαρακοστή είναι η εποχή που πρέπει να έρθουμε πιο κοντά στον Θεό μέσω της προσευχής, της παρακολούθησης των λειτουργιών και της εστίασης στην πνευματική μας ανάπτυξη. Φιλιππησίους 4:6 «***Μη μεριμνάτε για τίποτα, αλλά σε κάθε περίπτωση, με προσευχή και δέηση, με ευχαριστία, να αναφέρετε τα αιτήματά σας στον Θεό***».

Η Φιλόπτωχος συνεχίζει τις φιλανθρωπικές της αποστολές, αυτόν τον μήνα αγοράζοντας κουβέρτες / ριχτάρια και μαζί με τη συλλογή της κοινότητάς μας τα παραδώσαμε στο τοπικό Family Crisis Center. Δεδομένου ότι οι οικογένειες που χρειάζονται βοήθεια παραμένουν εμπιστευτικές, μπορούμε μόνο να αναφέρουμε ότι συνεχίζουμε να βοηθάμε όσους χρειάζονται βοήθεια με τρόφιμα, κοινόχρηστα και υπηρεσίες. Εάν υπάρχει κάποιος που χρειάζεται βοήθεια, επικοινωνήστε με τη Νόρα Κεφαλά στο 410-979-6656 ή την Ειρήνη Βασιλείου στο 410-687-3978. Όλοι οι αιτούντες θα πρέπει να συμπληρώσουν μια αίτηση και όλες οι πληροφορίες είναι αυστηρά εμπιστευτικές.

Θα θέλαμε να ευχαριστήσουμε τον Αντώνιος και τον Γιάννης Μηναδάκη του Jimmy's Famous Seafood για τη γενναιοδωρία τους για τον Αποκρεατικό μας Χορό προς όφελος των λειτουργικών εξόδων του Σπιτιού Φιλοξενία. Επίσης, ο Αντώνιος και η Μαρία Πιρς (Απολλωνία), όλοι όσοι δώρισαν και παρευρέθηκαν για να στεφθεί με επιτυχία!

Λάβετε υπόψη ότι η γενική συνέλευση αυτόν τον μήνα θα πραγματοποιηθεί την Τρίτη λόγω των εκκλησιαστικών λειτουργιών. Ελάτε μαζί μας στη Γενική Συνέλευση της Φιλοπτώχου την Τρίτη 10 Μαρτίου στις 6:00 μ.μ. στην αίθουσα κοινωνικών εκδηλώσεων της εκκλησίας. Όλοι είναι ευπρόσδεκτοι! Θα σερβιριστούν αναψυκτικά και φρούτα.

Τη Δευτέρα 23 Φεβρουαρίου, Καθαρά Δευτέρα, μετά την εκκλησία, διοργανώσαμε ένα σαρακοστιανό δείπνο. Ευχαριστούμε όλους όσους συνέβαλαν στο να γίνει μια βραδιά συντροφικότητας καθώς ξεκινήσαμε την περίοδο της Σαρακοστής.

Η ετήσια πασχαλινή αλληλογραφία της Φιλοπτώχου θα αποσταλεί αυτόν τον μήνα. Εάν δεν την παραλάβετε, παρακαλούμε ενημερώστε οποιοδήποτε μέλος του διοικητικού συμβουλίου. Εύχομαι σε όλους μια ευλογημένη Σαρακοστή!

Δωρεές στην Φιλόπτώχο του Αγίου Νικολάου:
Ανώνυμος

MEMORIAL DONATIONS

In Memory of Fotini Anastasis
Mr. & Mrs. Jimmy & Argie Maurakis

In Memory of Irini P. Athanailea
Mr. & Mrs. Emmanuel & Maria Theoharis
Mr. & Mrs. Sam and Mary Tsakiris

In Memory of Katerina Diafokeris
Mrs. Anastasia Vasilakopoulos

In Memory of Michalis Frangkakis
Palas Family
Sfiriou Family

In Memory of Konstantinos and Flora Karais
Mr. Chris Angelopoulos
Mr. Nick CorniasMrs. Soulla Kapetanakos
Mrs. Metaxia Kardiasmenos
Palas Family
Sfiriou Family
Mr. & Mrs. Emmanuel & Maria Theoharis

In Memory of Nikolaos Karanikolis
Mrs. Anna Dimidis

In Memory of Vasiliki Klosteridou
Mr. & Mrs. Yiannis Atsidis
Mrs. Anna Dimidis
Mrs. Chrysanthi Karanikolis
Mrs. Eleftheria Karamihalis
Mr. George Karamihalis
Mr. Theologos Karamihalis
Mr. & Mrs. George & Maria Kornias
Mr. & Mrs. Michael & Effie Moniodis
Mrs. Angela Stamidis

In Memory of Theano Kotzias
Mr. Chris Angelopulos

In Memory of Kalliopi Pikounis
Mr. & Mrs. Yiannis Atsidis
Ms. Demetra Cariofiles
Mrs. Despina Cornias
Ms. Marie Hatzis
Mr. & Mrs. Stefanos & Dina Siskos
Mrs. Angela Stamidis

In Memory of Maria Salpeas
Mr. & Mrs. Jimmy & Argie Maurakis

In Memory of Katerina Tripolitis
Mr. & Mrs. Jimmy & Argie Maurakis

In Memory of Penny Tsakiris
Mr. & Mrs. Sam and Mary Tsakiris

In Memory of George & Maria Vergos
Vergos Family

NOTICE:
All organizations must review their upcoming events with ELENI KOSTALAS-LENTIS (410-633-5020) who will add the event to the official church calendar on the bulletin board across from Father Michael's office.

Thank you for your cooperation.

HELP US GROW THROUGH E-GIVING

It's through your contributions that we're able to carry on important work both spiritually and in our community.

Electronic giving is a convenient, easy way to support Saint Nicholas.

By giving electronically, you can -

- Give anywhere, anytime from your computer, smartphone or tablet.
- Donate easily for special projects.
- Set up recurring offerings and pledges and never worry about bringing your checkbook or cash again.

Show your support and try one of our e-Giving options.
If you would like to give electronically, visit our website www.stnicholasmd.org or download the GivePlus mobile app.

Thank you for all you do to support our Saint Nicholas family!

SPECIAL GENERAL ASSEMBLY MEETING - MARCH 10TH

SAINT NICHOLAS GREEK ORTHODOX CHURCH
NOTICE OF SPECIAL GENERAL ASSEMBLY MEETING

Date: 10 March 2026

Dear Parishioners in Christ,

In accordance with the bylaws of our parish, notice is hereby given that a Special General Assembly Meeting of the congregation of Saint Nicholas Greek Orthodox Church will be held for the purpose of considering and voting on two major facility initiatives important to the present and future life of our community.

Special General Assembly Meeting
Location: Large Social Hall
Date: Tuesday, 10 March 2026
Time: 6 pm Coffee/Tea with light desserts

The ONLY two matters to be presented and voted upon at this meeting are:

Renovation of the 2nd Floor Plateia and (Lower-Level of the Saint Nicholas Social Hall).
This project involves the renovation and modernization of our Plateia 2nd floor AND our large lower level social hall at our church to better serve the liturgical, educational, and fellowship needs of our parish.

Renovation and Modification of the New BEEC Learning Center at 4815 Eastern Avenue.
This project involves the renovation and adaptation of the property at 4815 Eastern Avenue for use as the new BEEC Learning Center in support of our educational ministries.

A presentation will be made by the Renovation Committee outlining the scope, purpose, estimated costs, and timelines for both projects. Following the presentation, there will be an opportunity for questions and discussion before the congregation votes.

Please note that, in accordance with our parish bylaws, a quorum must be present in order to conduct official business. All eligible voting members of the parish are strongly encouraged to attend.

Your participation, prayerful discernment, and support are vital as we consider these significant investments in the life and mission of our church.

With love in Christ,
Father Michael Pastrikos
Parish Priest
Saint Nicholas Greek Orthodox Church
and
Stamatia Ieromonahos
President, Parish Council
Saint Nicholas Greek Orthodox Church

ΕΛΛΗΝΟΡΘΟΔΟΞΗ ΕΚΚΛΗΣΙΑ ΑΓΙΟΥ ΝΙΚΟΛΑΟΥ
ΕΙΔΟΠΟΙΗΣΗ ΕΚΤΑΚΤΗΣ ΓΕΝΙΚΗΣ ΣΥΝΕΛΕΥΣΗΣ

Ημερομηνία: 6 Φεβρουαρίου 2026

Αγαπητοί ενορίτες εν Χριστώ,

Σύμφωνα με το καταστατικό της ενορίας μας, δίδεται ειδοποίηση ότι θα πραγματοποιηθεί Έκτακτη Γενική Συνέλευση της εκκλησίας της Ελληνορθόδοξης Εκκλησίας Αγίου Νικολάου με σκοπό την εξέταση και την ψηφοφορία δύο σημαντικών πρωτοβουλιών για τις εγκαταστάσεις, σημαντικές για την παρούσα και μελλοντική ζωή της κοινότητάς μας.

Ειδική Γενική Συνέλευση
Τοποθεσία: Μεγάλη Αίθουσα Κοινωνικών Εκδηλώσεων
Ημερομηνία: Τρίτη, 24 Φεβρουαρίου 2026
Ώρα: 6 μ.μ. Καφές/Τσάι με ελαφριά επιδόρπια

Τα ΜΟΝΑ δύο θέματα που θα παρουσιαστούν και θα ψηφιστούν σε αυτή τη συνάντηση είναι:

Ανακαίνιση της Πλατείας του 2ου ορόφου και (Κάτω Όροφος της Αίθουσας Κοινωνικών Εκδηλώσεων του Αγίου Νικολάου). Αυτό το έργο περιλαμβάνει την ανακαίνιση και τον εκσυγχρονισμό του 2ου ορόφου της Πλατείας ΚΑΙ της μεγάλης αίθουσας κοινωνικής εκδηλώσεων του κάτω ορόφου στην εκκλησία μας, για την καλύτερη εξυπηρέτηση των λειτουργικών, εκπαιδευτικών και κοινωνικών αναγκών της ενορίας μας.

Ανακαίνιση και Τροποποίηση του Νέου Κέντρου Μάθησης ΒΕΕC στην οδό 4815 Eastern Avenue . Αυτό το έργο περιλαμβάνει την ανακαίνιση και την προσαρμογή του ακινήτου στην οδό 4815 Eastern Avenue για χρήση ως το νέο Κέντρο Μάθησης ΒΕΕC, προς υποστήριξη των εκπαιδευτικών μας διακονιών.

Θα γίνει παρουσίαση από την Επιτροπή Ανακαίνισης, στην οποία θα περιγράφονται το πεδίο εφαρμογής, ο σκοπός, το εκτιμώμενο κόστος και τα χρονοδιαγράμματα και για τα δύο έργα. Μετά την παρουσίαση, θα υπάρξει ευκαιρία για ερωτήσεις και συζήτηση πριν από την ψηφοφορία του εκκλησίασμα.

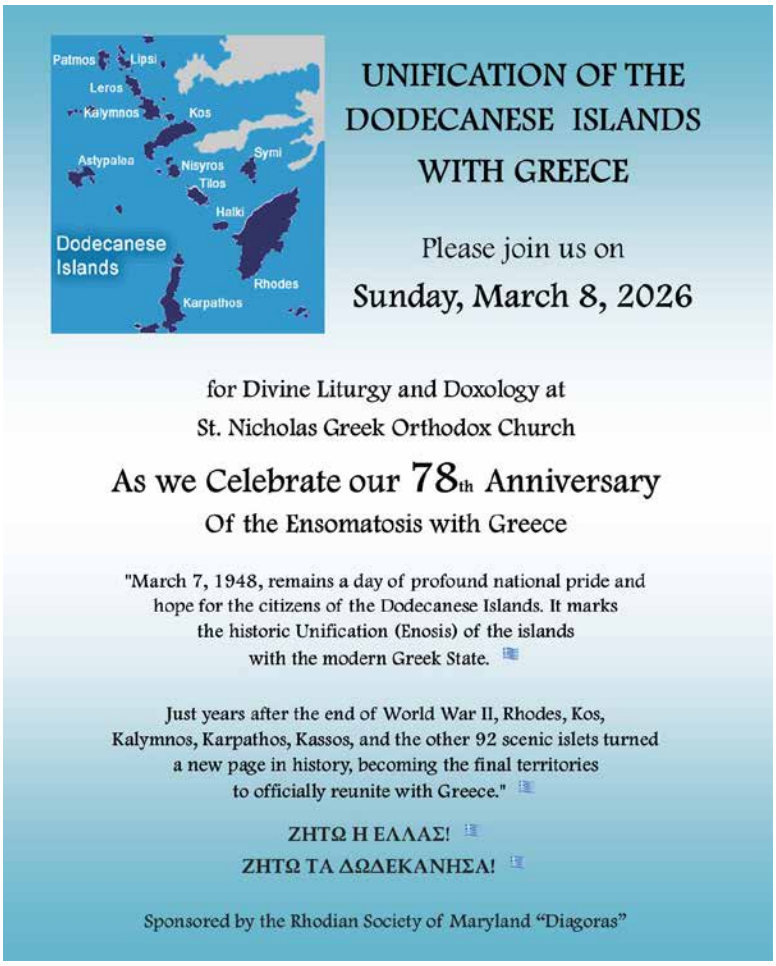
Λάβετε υπόψη ότι, σύμφωνα με τον κανονισμό της ενορίας μας, πρέπει να υπάρχει απαρτία για τη διεξαγωγή επίσημων εργασιών. Όλα τα μέλη της ενορίας που έχουν δικαίωμα ψήφου ενθαρρύνονται έντονα να παραστούν.

Η συμμετοχή σας, η προσευχή σας και η υποστήριξή σας είναι ζωτικής σημασίας καθώς εξετάζουμε αυτές τις σημαντικές επενδύσεις στη ζωή και την αποστολή της εκκλησίας μας.

Με αγάπη εν Χριστώ,

Πατήρ Μιχαήλ Παστρικός
Πρωτοπρεσβύτερος
Ελληνική Ορθόδοξη Εκκλησία Αγίου Νικολάου
και
Σταματία Ιερομόναχος
Πρόεδρος Ενοριακού Συμβουλίου
Ελληνική Ορθόδοξη Εκκλησία Αγίου Νικολάου

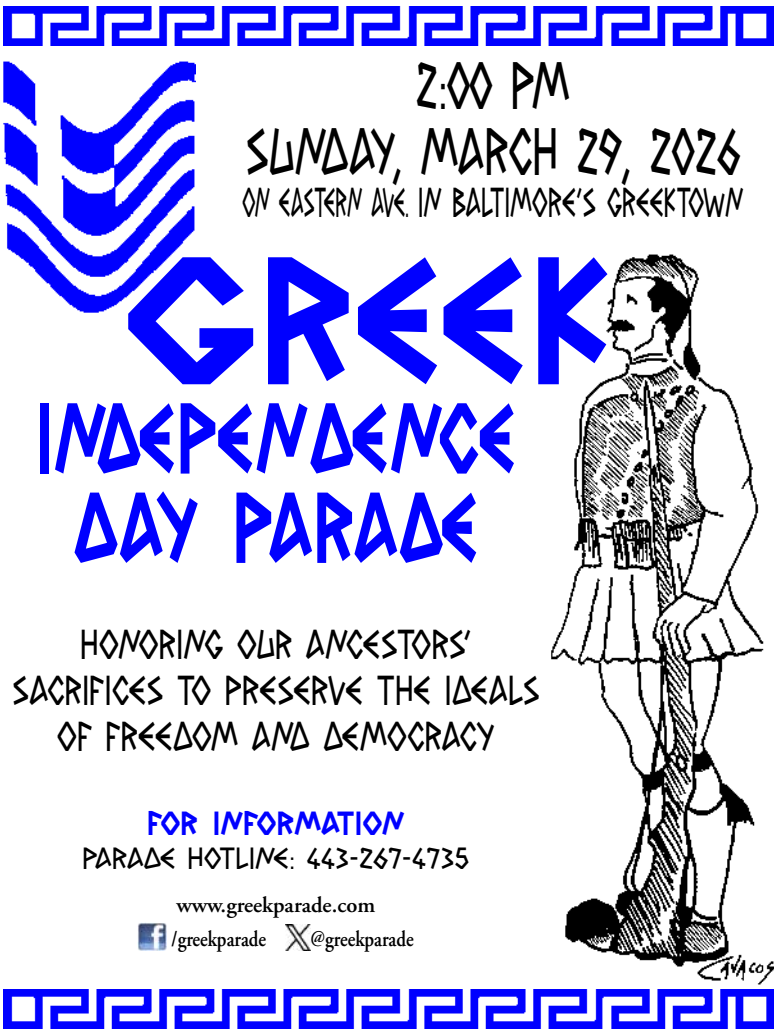
30th Annual
NICHOLAS TSAKALOS MEMORIAL RETREAT
MARCH 14 SATURDAY
Christianity in Action:
The Teachings of Jesus Illuminated Through The Life of Archbishop Anastasios Yannoulatos of Albania
Presented by the spiritual son of His Beatitude
FR. LUKE VERONIS
PROTOPRESBYTER OF SAINTS CONSTANTINE AND HELEN GREEK ORTHODOX CHURCH, WEBSTER, MASS.
Divine Liturgy 8:00 a.m.
Continental Breakfast and Registration 9:30 - 10:00am
Retreat Begins 10:15 a.m.
Special Youth Gathering with Fr. Luke
"Genuine Mentors in a Young Person's Life"
Friday, March 13 @ 7:30 - 9:00pm
with Light Lenten Meal
Information: www.goannun.org, click on "2026 Retreat"
Further Questions: Jeanne Tsakalos
(443) 865-5389 - Jeannetsakalos@hotmail.com
SIGN UP HERE:
$30 - INCLUDES LENTEN LUNCHEON AND CONTINENTAL BREAKFAST
$35 IF REGISTERED AFTER MARCH 4
FREE PARKING
GREEK ORTHODOX CATHEDRAL OF THE ANNUNCIATION
24 W. PRESTON STREET, BALTIMORE, MD 21201


Patmos
Lipsi
Leros
Kalymnos
Kos
Astypalea
Nisyros
Tilos
Symi
Halki
Dodecanese Islands
Rhodes
Karpathos
UNIFICATION OF THE DODECANESE ISLANDS WITH GREECE
Please join us on
Sunday, March 8, 2026
for Divine Liturgy and Doxology at
St. Nicholas Greek Orthodox Church
As we Celebrate our 78th Anniversary
Of the Ensomatosis with Greece
"March 7, 1948, remains a day of profound national pride and hope for the citizens of the Dodecanese Islands. It marks the historic Unification (Enosis) of the islands with the modern Greek State.
Just years after the end of World War II, Rhodes, Kos, Kalymnos, Karpathos, Kassos, and the other 92 scenic islets turned a new page in history, becoming the final territories to officially reunite with Greece."
ΖΗΤΩ Η ΕΛΛΑΣ!
ΖΗΤΩ ΤΑ ΔΩΔΕΚΑΝΗΣΑ!
Sponsored by the Rhodian Society of Maryland "Diagoras"

St. Demetrios 2026 Lenten Retreat
"The Facets of Forgiveness: Beauty, Cost, Praxis"
The meaning & practice of forgiveness in daily life will be explored on the basis of the biblical witness, tradition, & contemporary research.
WITH GUEST SPEAKERS:
REV. FATHER HARRY PAPPAS & PRESVYTERA KERRIE PAPPAS
SATURDAY, MARCH 28, 2026
8:30 AM-3:00 PM
ST. DEMETRIOS GREEK ORTHODOX CHURCH
HERMES RAFAILIDES CENTER
2504 CUB HILL ROAD, BALTIMORE, MD 21234
8:30-9:00 am REGISTRATION &CONTINENTAL BREAKFAST
9:00-9:15 am WORSHIP SERVICE
9:30-12:00 pm SESSION 1
12:00-1:00 pm LUNCH
1:00-3:00 pm SESSION 2
Registration: $35 per person
Please register by March 14, 2026 by scanning the QR code or contacting Stephanie Gavrilis and Sophia Vasilios for the registration link at stdemetriosretreat@gmail.com or (410) 350-6195. After March 14, 2026, the price will increase to $40 per person.

CAMP GOOD SHEPHERD 2026
Virginia
July 5–11
Maryland
July 12–18
New Jersey
July 12–18
Registration Opens February 2026!
www.nj.goarch.org/camp-good-shepherd

ST. NICHOLAS GREEK ORTHODOX CHURCH OF BALTIMORE
A PARISH OF THE METROPOLIS OF NEW JERSEY
HOPE & JOY
OPEN TO ALL CHILDREN AGES 3–11
Strengthening the relationship of Youth Orthodox Christians with Jesus Christ & His Church through fellowship, prayer, discussion, interactive activities, crafts and more!
Contact Eva Mavroulis 717-969-0016
JOY & HOPE SIGN UP
Train up a child in the way he should go, and when he is old he will not depart from it
Proverbs 22:6


2:00 PM
SUNDAY, MARCH 29, 2026
ON EASTERN AVE. IN BALTIMORE'S GREEKTOWN
GREEK
INDEPENDENCE DAY PARADE
HONORING OUR ANCESTORS' SACRIFICES TO PRESERVE THE IDEALS OF FREEDOM AND DEMOCRACY
FOR INFORMATION
PARADE HOTLINE: 443-267-4735
www.greekparade.com
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	THU	FRI	SAT	SUN
JUNE	11,	12,	13,	14

GreekTown Square & Events Center

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GREEK BEER GREEK WINES

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FIRE ROASTED LAMB SOUVLAKI & GYRO

... AND MUCH MORE

GreekFolkFestival.com

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2026 FESTIVAL AD BOOK FORM

SAINT NICHOLAS GREEK FOLK FESTIVAL

☐ Check if same ad as 2025

2026 - June 11-14

AD PLACEMENT ORDER FORM

Support St. Nicholas Church by purchasing your ad space now!
Don't forget weddings, baptisms, engagements, graduations, memorials

- ☐ **$400 - Full Page - 6" x 9"**
- ☐ **$200 - Half Page - 6" x 4.5"**
- ☐ **$125 - Quarter Page - 3" x 4.5"**
- ☐ **$600 - Back Cover**
- ☐ **$600 - Inside Front Cover**
- ☐ **$500 - Inside Back Cover**

DEADLINE: FRIDAY, MAY 15th

Completed forms and ads must be received by 5/15/26 or placement cannot be guaranteed in the ad book

(Jpg or pdf format, Minimum resolution - 150 ppi)

Artwork to adrienne@kosaridesign.com

Company: _____

Mailing Address: _____

Contact: _____

Phone: _____

E-mail: _____

Submission date: _____ / _____ / 2026

NOTE: **Please e-mail this form to saintnicholasfestival@gmail.com and submit artwork to adrienne@kosaridesign.com** by **Friday, May 15**. Ads that do not fit the measurements above will be resized. No bleed edge required. Please check box at top of form if same ad as 2025.

PAYMENT: Please send your form and check made out to: **St. Nicholas Greek Folk Festival 2026 Ad Book**, 520 South Ponca Street, Baltimore, MD 21224. For payment questions please contact Emily at **443-462-1292**.

OINLINE PAYMENT: https://stnicholasmd.org/donate
SELECT "Festival Ad Book"
SELECT Ad size(s) and "Continue" for the payment page

2027
NEW YEAR
Celebration Party
SAVE THE DATE!!!!!
THURSDAY
31
DECEMBER
Greektown Square &
Event Center
Details to Follow!

CHILDRENS CORNER

Sunday of Orthodoxy

The Children's Word is a weekly bulletin for Orthodox Christian kids. Copyright 2026 Alexandra Houck.
Email is orthodoxchildrensword (at) gmail.com. Find it each week at orthodoxchildrensword.org.

The Children's Word

"Let the little children come to me, and do not forbid them, for to such is the Kingdom of Heaven." Mark 10:14

Sunday, March 1, 2026 Volume 14, Issue 9

Choose God first!

If you had a choice, would you choose to be a prince or would you choose to be close to God? Would you choose to have lots of riches, or would you choose to do what God wanted from you?

Did you know that Moses had that choice? Do you remember how the Pharaoh's daughter found baby Moses in a basket and she took care of him? If he had wanted to, Moses could have been a prince!

But the epistle reading today tells us, "By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. He chose to be mistreated along with the people of God." Moses was faithful to God, and he knew that God wanted his help. God wanted Moses to be close to Him, and God wanted Moses to help His people. The Bible tells us that Moses gave up being a prince so that he could be close to God.

Today, on this great Sunday of Orthodoxy, our Church reminds us to always choose to be close to God first. Lots and lots of saints gave up lots of things, just so they could be close to God, so they could do what God wanted them to do, and so they could have the reward that wanted to give them—joy and peace and life with Him!

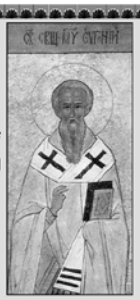
WORD SEARCH

Can you find these words in the jumble?

Baptize
Bravery
Cherson
Eugene
Faith
Martyrs
Mission
Moses
Orthodoxy
Preach

B	S	L	M	F	M	I	S	S	I	O	N	F	B	E
H	A	T	T	A	Q	R	W	B	K	N	M	R	I	N
O	N	P	D	O	R	T	H	E	N	A	A	Q	Q	E
N	S	D	T	S	Y	Y	N	N	U	V	U	S	C	G
I	Q	L	R	I	C	H	T	S	E	U	L	O	H	U
J	D	T	C	E	Z	G	T	R	E	Q	R	X	E	E
D	M	I	R	Y	H	E	Y	T	S	S	C	Z	R	K
X	Q	W	D	C	X	R	E	Z	K	P	O	Z	S	Q
T	K	V	A	K	U	B	Q	T	Y	D	T	M	O	T
J	I	E	O	G	E	P	Z	I	H	P	X	T	N	V
V	R	Y	H	X	T	H	X	J	I	O	C	S	N	T
P	E	H	P	F	F	P	M	N	Q	U	V	R	E	C
F	H	T	O	R	T	H	O	D	O	X	Y	O	S	V
R	K	W	G	R	Z	E	Z	K	Q	H	T	I	A	F
A	E	M	D	D	T	D	G	H	P	I	Y	V	C	P

WHAT'S IN THE ICON?



This is one of the saints of Cherson we celebrate this week. It is Saint Eugene. St. Eugene went off to preach the good news of Jesus Christ to people who had never heard the good news.

He carries his greatest tool with him...the Bible. This is our greatest tool too!

7 HERO HIEROMARTYRS OF CHERSON

Saints Basil, Ephraim, Eugene, Elpidus, Agathadorus, Aetherius, and Capiton

What kind of person is brave? A fireman fearlessly running into a burning building? A policeman chasing a dangerous criminal?

These seven saints were some of the bravest you'll find. They are brave because they knew they had a dangerous job, but they happily did it anyway!

God called His disciples to "make disciples of all nations." God wants us to spread the good news about Jesus Christ to the whole world. In the 300's (1700 years ago), the bishop of Jerusalem sent bishops to spread the good news in Cherson (on the Black Sea— now in Ukraine). But the problem was that people were not so happy to hear the good news. The first two, Bishop Basil and Bishop Ephraim were killed. Then three more bishops were sent. They too were martyred (killed for their Christian faith). Then two more were sent. Finally, being a Christian was legal now, so they should have been safe, but one of these was still killed for being a Christian.

These seven men knew they had a dangerous job to do. But they knew it was an important one—a job that God had given them. That's why they bravely and joyfully did it.

We celebrate these special saints on Saturday, March 7th (OC: March 20th).

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- Go to: stnicholasmd.org/give
- Select fund(s)
- Create your profile
- Select amount, payment method & frequency
- Complete donation
- THAT'S IT! Simple.

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VANCO

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stnicholasmd.org/give

Or download the mobile app!

MEMBERSHIP PLEDGE CARD ΚΑΡΤΑ ΕΘΕΛΟΝΤΙΚΗΣ ΠΡΟΣΦΟΡΑΣ

RISE AND BUILD

ΑΝΑΣΤΩΜΕΝ ΚΑΙ ΟΙΚΟΔΟΜΗΣΩΜΕΝ

2026 SAINT NICHOLAS GREEK ORTHODOX CHURCH CONFIDENTIAL STEWARDSHIP COMMITMENT CARD
2026 ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΗ ΕΚΚΛΗΣΙΑ ΑΓΙΟΥ ΝΙΚΟΛΑΟΥ –ΚΑΡΤΑ ΑΠΟΡΡΗΤΗΣ ΕΘΕΛΟΝΤΙΚΗΣ ΠΡΟΣΦΟΡΑΣ ΜΕΛΩΝ

In gratitude for God's blessings I/we make the following commitment to the ministries of St. Nicholas Church:
Σαν έκφραση ευγνωμοσύνης μου για τις ευλογίες που έχω λάβει από τον Θεό, δεσμεύομαι με την ακόλουθη οικονομική και εθελοντική μου προσφορά προς την Εκκλησία του Αγίου Νικολάου:

$ _____ (Weekly / Monthly / Quarterly / Yearly)
$ _____ (Εβδομαδιαίως / Μηνιαίως / Ανά Τρίμηνο / Ετησίως)

TOTAL ANNUAL PLEDGE FOR **2026** :$_____
Συνολικό ποσό προσφοράς για το **2026** :$_____

Come and See God work through your talents, skills, and experience, as well as your financial support.
Your offering to Christ and His Church can do as much as you empower it to do.
We give to Christ and His Church not according to our means but according to our love for Him.
Γίνετε μάρτυρες του έργου του Θεού! Δώστε από το ταλέντο με το οποίο σας έχει προικίσει, με τις ικανότητες, τις εμπειρίες,την οικονομική σας ευχέρεια. Η προσφορά μας στον Χριστό και την Εκκλησία Του ας βασιστεί στην αγάπη μας προς Αυτόν, όχι στην οικονομική μας δυνατότητα.

Planned Giving ____ Please send me information on making a planned gift to the Church.
Δωρεά που σχεδιάζω να προσφέρω ____ Παρακαλώ στείλτε μου πληροφορίες σχετικά με τον τρόπο που μπορώ να δωρίσω.

_____
Print Full Name/ Γράψτε με κεφαλαία γράμματα το επίθετό σας

_____ _____
Signature/ Υπογραφή Date/ Ημερομηνία

Name / Όνομα	Date of Birth / Ημερομ. Γεννήσεως
Name of Spouse / Όνομα συζύγου	Date of Birth / Ημερομ. Γεννήσεως
Occupation / Επάγγελμα	
Occupation / Επάγγελμα (Spouse)	
Street Address / Ιιεύθυνση	
City / πόλη	Zip Code / ταχ. τομέας
Home Phone / Σταθερό τηλέφωνο σπιτιού	
Mobile Phone / Κινητό τηλέφωνο	Mobile Phone / Κινητό τηλέφωνο (Spouse)
Email Address / Ηλεκτρονική διεύθυνση	
Email Address of Spouse / Ηλεκτρονική διεύθυνση συζύγου	
Communication Preferences / Προτιμήσεις επικοινωνίας ☐ Mail / Ταχυδρομείο ☐ Email / Ηλεκτρονικη ☐ Text / Μήνυμα	
Dependent Children's Names and Birthdates / Ονόματα παιδιών και ημερομηνία γεννήσεώς τους	

Introducing Auto Pay
Set It and Forget It!

Take the work out of giving! Set up automatic offerings and pledges right from your computer or tablet that will seamlessly reoccur every week, month, quarter, or year.

If you would like to give electronically, visit our website **www.stnicholasmd.org/give** or download the GivePlus mobile app. If you have any questions, contact the church office at **410-633-5020**.

ΕΙΣΑΓΩΓΗ ΣΤΟΝ ΑΥΤΟΜΑΤΟ ΤΡΟΠΟ ΠΛΗΡΩΜΗΣ

ΡΥΘΜΙΣΤΕ ΤΟ ΚΑΙ ... ΞΕΧΑΣΤΕ ΤΟ!

Δεν χρειάζεται να θυμάστε να στείλετε τη προσφορά σας. Ρυθμίστε την αυτόματη δωρεά και την εθελοντική σας προσφορά απευθείας από τον υπολογιστή σας ή το tablet σας που θα επαναλαμβάνεται ανελλιπώς κάθε εβδομάδα, μήνα τριμηνο ή έτος.

Εάν επιθυμείτε να στείλετε τη δωρεά σας ηλεκτρονικά, επισκεφθείτε την ιστιοσελίδα μας **www.stnicholasmd.org/give** ή κατεβάστε την εφαρμογή GivePlus mobile. Εάν έχετε απορίες, επικοινωνήστε με το Γραφείο της Εκκλησίας στο τηλέφωνο **410-633-5020**.

Make life-long memories

The School

Founded in 1904, the American Farm School of Thessaloniki is not your average school. **"Challenging", "Experiential", "Unique", "Residential", "Hands-on", "Green", "Traditional", "Life-changing..."** are a few adjectives alums have used to describe the Institution. Building on tradition of preparing stewards of the land and future leaders, the AFS was one of the first schools worldwide established with a required community service component, and our residential campus has allowed this philosophy to become a way of life.

Greek Summer has been offered to U.S. and international high school students since **1970.**

The Staff

Staff are committed educators focused on providing compelling learning experiences. They encourage participants to engage in thoughtful introspection and reflection in order to maximize personal growth. Their knowledge of local culture and extensive training ensure that health and safety are top priorities.

Build strong relationships & redefine your world

The Program

Embark on an unforgettable four-week life journey. You will see the very best of Greece while learning hands-on how to play a role in protecting our environment; you'll change young lives through a service project in a local village, and make lifelong friends along the way.

Colleges today seek to learn about the depth of a student's character, commitment to others, and genuine involvement in social change. They seek leaders and risk-takers ready to give of themselves - while finding themselves through their own personal journey. You can do all that while having the time of your life!

Experience a home-stay with a family in a local village and take part in a community service project. Climb Mount Olympus. Explore ancient and contemporary Greece. Visit historic villages and cities.

The program helps you develop your cross-cultural skills, empathy, and confidence to learn and thrive in new environments. Greek Summer can be the beginning of your unique Odyssey!

Understand a new culture by living it

To Apply

Greek Summer runs from **late June** to the **end of July**. Dates and deadlines are subject to change and are posted on **www.afsgreeksummer.com**.

Applications are available on the website. There is a **rolling admissions** process so early application is recommended.

Students who are in high school are eligible.

American Farm School, P.O. Box 60097
Thessaloniki 57001 Greece
greeksummer@afs.edu.gr
www.afsgreeksummer.com

Facebook: afsgreeksummer
Instagram: afsgreeksummer

American Farm School
U.S. Office New York
T. 212-463-8434

AMERICAN FARM SCHOOL
Thessaloniki · Greece

Sunday Coffee Hour & Makaria Menus

Sunday Coffee Hour

Sponsored by
St Nicholas Greek Orthodox Church

Coffee & Assorted Cookies - $200
Includes setup, cleanup, paper goods

Coffee Service Only - $120
Includes setup, cleanup, paper goods

Fruit Tray - $40

Spanakopita - $75
100 pieces

Tyropita - $75
100 pieces

Tray of Cheese, Olives & Crackers - $100

Sandwiches - $2 per piece
Tuna, Shrimp or Chicken

For orders please call 410-633-5020 or visit the St Nicholas Office at 520 Ponca St

Makaria Menu

Sponsored by
St Nicholas Greek Orthodox Church

Appetizer Choices
Cheese Pies (*included*)
Spinach Pies (*included*)
Fried Calamari (*add $2.00pp*)

Choices of salad (1)
Garden Salad, Greek Salad, Village Salad, Caesar Salad

Choices of Entree (1)
Roll & Butter (*included*)

Package #1 - $31pp
Salmon (broiled/grilled)
Shrimp Creole
Shrimp Orzo
Cod Fish (broiled/fried)

Package #2 - $39pp
Two (2) Jumbo Lump Crab Cakes
Choice of Fish and One (1) Jumbo Lump Crab Cake

Sides (2 choices)
Greek Style Lemon Potatoes, Roasted Red Skin Potatoes, Kritharakie(orzo), white rice, fresh cut vegetables, string beans Greek style

Beverages (items included)
Red or White Wine, Coffee and Tea, Sodas, Water
Also available - Paximadia

Bar Options
Mixed Drinks $6
Domestic Beer $6
Imported Beer $6
Mixed Drinks and Beer Available at Per Drink Charge $10

tel church: 410-633-5020
tel venue: 410-633-3131

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& Event Center

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CREATE THE MENU THAT IS PERFECT FOR YOU

UNIQUELY YOUR OWN

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"THE ROOM WAS BUZZING WITH MUSIC AND LAUGHTER . . . JUST BREATHTAKINGLY BEAUTIFUL!"

"THE FOOD WAS DELICIOUS! THE VENUE WAS BEAUTIFUL AND ELEGANT"

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Greektown Square
& Event Center

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GREEKTOWN SQUARE & EVENT CENTER IS AN ELEGANT VENUE LOCATED IN BALTIMORE. A FULL-SERVICE CATERING COMPANY SPECIALIZING IN EXCEPTIONAL SERVICE AND DELICIOUS FOOD FOR EVERY GUEST.

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CYBERSECURITY AWARENESS MONTH 2021: DO YOUR PART. #BECYBERSMART

PHISHING & SPOOFING

Phishing attacks use email or malicious websites to infect your machine with malware and viruses to collect personal and financial information. Cybercriminals attempt to lure users to click on a link or open an attachment that infects their computers, creating vulnerabilities for criminals to use to attack. Phishing emails may appear to come from a real financial institution, e-commerce site, government agency, or any other service, business, or individual. The email may also request personal information such as account numbers, passwords, or Social Security numbers. When users respond with the information or click on a link, attackers use it to access users' accounts.

Spoofing attacks use email addresses, sender names, phone numbers, or website URLs that are disguised as a trusted source. Cybercriminals attempt to deceive users by changing one letter, symbol, or number within the name. This tactic is used to convince users that they are interacting with a familiar source. Cybercriminals want you to believe these spoofed communications are real to lead you to download malicious software, send money, or disclose personal, financial, or other sensitive information.

HOW CRIMINALS LURE YOU IN

The following messages from the Federal Trade Commission's OnGuardOnline are examples of what attackers may email or text when phishing for sensitive information:

- "We suspect an unauthorized transaction on your account. To ensure that your account is not compromised, please click the link below, and confirm your identity."
- "During our regular verification of accounts, we couldn't verify your information. Please click here to update and verify your information."
- "Our records indicate that your account was overcharged. You must call us within 7 days to receive your refund."

To see examples of actual phishing emails, and steps to take if you believe you received a phishing email, please visit StopRansomware.gov.

SIMPLE TIPS

- **Play hard to get with strangers.** Links in email and online posts are often the way cybercriminals compromise your computer. If you're unsure who an email is from—even if the details appear accurate—do not respond, and do not click on any links or attachments found in that email. Be cautious of generic greetings such as "Hello Bank Customer," as these are often signs of phishing attempts. If you are concerned about the legitimacy of an email, call the company directly.
- **Think before you act.** Be wary of communications that implore you to act immediately. Many phishing emails attempt to create a sense of urgency, causing the recipient to fear their account or information is in jeopardy. If you receive a suspicious email that appears to be from someone you know, reach out to that person directly on a

separate secure platform. If the email comes from an organization but still looks "phishy," reach out to them via customer service to verify the communication.

- **Protect your personal information.** If people contacting you have key details from your life—your job title, multiple email addresses, full name, and more that you may have published online somewhere—they can attempt a direct spear-phishing attack on you. Cyber criminals can also use social engineering with these details to try to manipulate you into skipping normal security protocols.
- **Be wary of hyperlinks.** Avoid clicking on hyperlinks in emails and hover over links to verify authenticity. Also ensure that URLs begin with "https." The "s" indicates encryption is enabled to protect users' information.
- **Double your login protection.** Enable multi-factor authentication (MFA) to ensure that the only person who has access to your account is you. Use it for email, banking, social media, and any other service that requires logging in. If MFA is an option, enable it by using a trusted mobile device, such as your smartphone, an authenticator app, or a secure token—a small physical device that can hook onto your key ring. Read the Multi-Factor Authentication (MFA) How-to-Guide for more information.
- **Shake up your password protocol.** According to National Institute of Standards and Technology guidance, you should consider using the longest password or passphrase permissible. Get creative and customize your standard password for different sites, which can prevent cyber criminals from gaining access to these accounts and protect you in the event of a breach. Use password managers to generate and remember different, complex passwords for each of your accounts. Read the Creating a Password Tip Sheet for more information.
- **Install and update anti-virus software.** Make sure all of your computers, Internet of Things devices, phones, and tablets are equipped with regularly updated antivirus software, firewalls, email filters, and anti-spyware.

HOW TO REPORT

To report phishing attempts, spoofing, or to report that you've been a victim, visit the www.ic3.gov to file a complaint. For more information on ways you can safeguard your information, visit StopRansomware.gov page.

CONTACT THE CISA CYBERSECURITY AWARENESS MONTH TEAM

Thank you for your continued support and commitment to Cybersecurity Awareness Month and helping all Americans stay safe and secure online. Please email our team at CyberAwareness@cisa.dhs.gov or visit www.cisa.gov/cybersecurity-awareness-month or staysafeonline.org/cybersecurity-awareness-month/ to learn more.

Lullaby for the Soul

"You know what the hardest part of getting old is?"

"What?"

"You start to disappear."

When you're young, you're somebody: attractive, funny, strong, charming—or at the very least, noticeable. But as the years pass, that fades.

And one day, you're just "the old man in the worn jacket" or "the old lady in the beret and faded sweater."

Like you're no longer really there. Like you've turned invisible.

"But you know what?"

"What?"

"I noticed you the moment you walked in the room."

That line is from a well-known British series — and it stings because it's true.

Too often, the only thing people see in an elderly person . . .is their age.

No one says anymore, "She was a language teacher," or "He built bridges for a living."

They just say, "She's over 80," or "He must be close to 90."

As the years roll on, the number of people who truly know your story—who you were, what you loved, what you created—shrinks. Friends pass away, or stop leaving the house. Their steps slow. Their world narrows to a walk to the corner store for bread.

The kids? They're busy. They've got their own lives, their own chaos. They call sometimes. They drop by… even less.

New neighbors move in. Young parents pushing strollers. Folks juggling bags of groceries. No one even knows the name of the grandmother on the second floor.

At the corner store? New clerks. No familiar faces. And little by little, a hollow space grows. We get annoyed when Mom calls ten times a day "just to chat." We roll our eyes when Dad asks the same question twice.

But they aren't trying to bother us. They're just terrified of being forgotten. They want to be seen. They want to be heard. Even if it's just over the phone.

Because aging isn't only about how many birthdays you've had. It's about invisibility. It's about loneliness. It's about the aching desire to still matter to someone.

Don't wait until it's too late. Call. Drop by. Ask how their day went.

For you, it's just a minute.

For them, it's the whole world.

Sometimes, just one simple sentence—"I'm thinking about you"—is enough to make someone feel alive again. Enough to make them feel seen. Enough to remind them they still belong.

A Paraprosdokian Sentence

consists of two parts where the first is a figure of speech and the second an intriguing variation of the first. They're used typically for humorous or dramatic effect. Enjoy these!

Never argue with an idiot. He'll drag you down to his level and beat you with experience.

Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

The last thing I want to do is hurt you. But it's still on the list.

If I agreed with you we'd both be wrong.

We never really grow up,we only learn how to act in public.

Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.

Healthy Body and Mind
A Sequel for this Month

Germs at the Gate
What to Know about Pneumonia Prevention and Treatment

Pneumonia develops when germs invade and multiply within our lungs. In response, white blood cells rapidly accumulate and—along with bacteria and fungi or viruses—fill the air sacs (alveoli) within the lungs, making breathing difficult.

Pneumonia can affect anyone, but the groups at highest risk are children 2 and younger and adults 60 and older. Other risk factors include hospitalization, chronic diseases like asthma and COPD, poor nutrition, and a weakened or suppressed immune system.

The three types of pneumonia are bacterial, fungal and viral. Usually a strong immune system can eliminate them, but pneumonia can lead to infection, opening the door to other, more serious conditions including multiple organ dysfunction syndrome (MODS), which can be fatal without immediate treatment.

Flu and COVID-19 can cause viral pneumonia in adults, while RSV can lead to it in both adults and children. Symptoms can include shortness of breath, chest pain when breathing or coughing, fatigue, confusion or changes in mental awareness (affecting adults 65 and older), chills, night sweats and pain near your left ribcage (affecting the spleen, the organ that filters and stores blood and makes white blood cells that protect from infection). Complications can include bacteria in the bloodstream (which can cause organ failure), difficulty breathing and fluid accumulation around the lungs. If you think you have pneumonia, see a health-care provider for diagnosis and treatment.

AVOIDING PNEUMONIA

Keep it clean. Avoid people who are sick, wash your hands regularly or use sanitizer, and clean and disinfect surfaces that are often touched.

Stay on top of chronic health problems. Asthma and other conditions can make you more susceptible (and make infection more serious).

Get vaccinated. Side effects of pneumonia vaccinations are typically mild, including redness or tenderness at the injection site, fatigue, fever, muscle pain and headaches. For most people, a single pneumonia shot will last a lifetime.

54% Americans who dedicate between 100 and 500 square feet to storage, anywhere from a closet to an entire studio apartment, according to a survey by Storable and SpareFoot

1 in 10 Americans who say they are unable to park in their garages due to excessive storage

75% Survey respondents who reported experiencing stress or anxiety when confronted with cluttered areas in their homes

Answers to Quiz Page 5

Riddle 1: I have keys but no locks. I have space but no room. You can enter, but there's no door. What am I?

Answer: A keyboard.

Riddle2: Which word in the dictionary is always spelled incorrectly?

Answer: "Incorrectly."

Riddle 3: It belongs to you, but everyone else uses it.

Answer: Your name.

Riddle 4: I'm light as a feather, yet the strongest person can't hold me for long. What am I?

Answer: Your breath.

A Break in Your Day

I heard that memory foam pillows were on sale for Black Friday, but I can't remember where.

My cooking is so great that even the smoke alarm is cheering me on.

The owner of a large library warned a friend against lending books. To punctuate his advice, he showed the friend his well-stocked shelves.

"Here," he exclaimed, "Every one of these books was lent me."

I'm not procrastinating. I'm just prioritizing my relaxation.

Two friends were catching up.

"Did I tell you what happened last week?" one asked. "We know this really good roofer--and awesome guy--who was hit by a car. Really sad."

His friends shook his head. "Wow, you think you'd be safe all the way up there."

A man and a woman went on a date, and she'd shown the patience of a saint as he droned on about his hobbies, his pet peeves, his driving techniques and even his choice of barbers.

Finally, he came up for air and said "Enough about me, though. Let's talk about you."

The woman breathed a sigh of relief.

He went on, "What do you think about me?"

Usually, I wake up feeling like a million bucks. This morning, however, I woke up feeling like insufficient funds.

"Do you have any brochures or promotional materials on the afterlife?"

"Let truth be told. Donations are way up since we installed the ATM."

In a marriage, one of you is a dreamer. You know, "Money's not real. Let's go do fun stuff as much as we can." And the other person hates fun, and that's how you make a marriage. You can't have two dreamers. You're gonna be homeless in an hour."

—*Nate Bargatze*

A local weatherman was so wrong in his predictions that he became the laughingstock of the city. So he went to his higher-ups and asked to be transferred to another station.

"Why do you want a transfer?" they asked. "The climate doesn't agree with me."

A doctor told his patient after the holidays, "They're quite elevated, but it can sometimes take several months for pumpkin spice levels to return to normal."

There should be confetti in tires, so that when you have a blowout, it's still kind of an OK day.

Did you hear about the man who fell into an upholstery machine? He's fully recovered.

To subscribe to the St. Nicholas mailing list, please follow these steps:

1) Open your Email client and create a new message.

2) Enter stnicholasbaltimore@listserv.goarch.org as the To address. If this address does not work, you may need to use **STserv@**stnicholasbaltimore@listserv.goarch.org. Older list serve accounts were configured with the STserv address.

3) Enter **"subscribe"** ***stnicholasbaltimore*** in the body of your message where *stnicholasbaltimore* is the name of the list you are subscribing to.

4) Leave the subject of the message blank. If your mail program requires text in the subject field, enter random characters.

5) Send the email; you will receive a confirmation if you successfully subscribed.

LITURGICAL CALENDAR - MARCH

Sunday, March 1: Sunday of Orthodoxy / First Sunday of Lent
Orthros 8:30 am — Divine Liturgy 9:45 am
Procession of the Holy Icons will take place at the end of the Divine Liturgy.

Monday, March 2: Compline Service — 7:00 pm

Wednesday, March 4: Pre-Sanctified Liturgy — 7:00 pm

Friday, March 6: Second Salutations Service — 7:00 pm

Sunday, March 8: Second Sunday of Lent / St. Gregory Palamas
Orthros 8:30 am — Divine Liturgy 9:45 am

Monday, March 9: Compline Service — 7:00 pm

Wednesday, March 11: Pre-Sanctified Liturgy — 7:00 pm

Friday, March 13: Third Salutations Service — 7:00 pm

Sunday, March 15: Third Sunday of Lent / Veneration of the Holy Cross
Orthros 8:30 am — Divine Liturgy 9:45 am
Procession of the Holy Cross will take place at the end of the Divine Liturgy.
No Memorials will be scheduled this Sunday.

Monday, March 16: Compline Service — 7:00 pm

Wednesday, March 18: Pre-Sanctified Liturgy — 7:00 pm

Friday, March 20: Fourth Salutations Service – 7:00 pm

Sunday, March 22: Fourth Sunday of Lent – St. John of Climacus
Orthros 8:30 am — Divine Liturgy 9:45 am

Monday, March 23: Compline Service - 7:00 pm

Tuesday, March 24: Vespers on the Feast of the Annunciation: Great Vesper Service – 6:30 pm *This service will take place at the Annunciation Cathedral.*

Wednesday, March 25: Feast Day of the Annunciation — Independence Day Doxology
Orthros 8:30 am — Divine Liturgy 9:30 am *This service will be held at St. Nicholas.*

Friday, March 27: Akathist Hymn — 6:30 pm

Sunday, March 29: Fifth Sunday of Lent / St. Mary of Egypt
Orthros 8:30 am — Divine Liturgy 9:45 am

Monday, March 30: Compline Service — 7:00 pm

Wednesday, April 1: Pre-Sanctified Liturgy — 9:00 am

Saturday, April 4: Saturday of Lazaros
Orthros 8:30 am — Divine Liturgy 9:30 am

Attention all Parents: Fr. Michael would like to have all the Youth of the Parish attending this service. There will also be a Breakfast sponsored by the Greek School P.T.A. on this Saturday. This service is dedicated to all the children of the Community.

Sunday, April 5: Palm Sunday
Orthros 8:30 am — Divine Liturgy 9:45 am
Procession of the Palm Crosses will take place at the end of the Divine Liturgy.

Sunday Evening: Bridegroom Service— 7:00 pm