



72 YEARS

APRIL 2026

Saint
Nicholas Greek
Orthodox Church
Baltimore, MD



Koinonia

IN THIS ISSUE . . .

- 2 | Letter from
Fr. Michael L. Pastrikos
- 6 | From the President
- 9 | Palm Sunday
- 12 | Holy Friday
- 13 | Great and Holy Pascha
- 18 | Thoughts from Eva Lallas
- 45 | Children's Corner by
Presvytera Alexandra Houck
- 59 | Liturgical Calendar

GREEK SCHOOL INDEPENDENCE DAY CELEBRATION

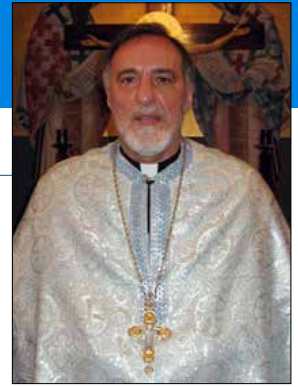


See more on pg. 20



MESSAGE FROM THE PROTOPRESBYTER

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



As your parish priest, I greet you with these words:

CHRIST IS RISEN! TRULY HE IS RISEN!

The day of Pascha comes to us once more, but have you ever wondered in deep thought whether you'll be on this earth when we celebrate Pascha in 2027?

Take a few seconds to think about that. You might say that thoughts like that are very discouraging. I agree, but in life, we meet many difficulties and discouragements. We should not take this wonderful celebration of Christ's true Resurrection from the dead so lightly. We have come through Meatfare, Cheesefare, and the beginning of the Great Lenten period, and then we experience the Passion of Christ through Holy Week services, leading to the great climax: the Crucifixion and Resurrection of our Lord and Savior Jesus Christ.

After that process, we must be truly elated by the fact that Pascha, the Passover of Christ, will touch our souls and will offer us the illumination of joy filled with God's grace. Our souls will be filled to overflowing, and we will not know whether we are in heaven or on earth. Only God will know, and to paraphrase St. Paul's words, "while it will touch another person quietly, as if caressing him with a feather, almost imperceptibly, but from being

touched in this way the Divine Paschal grace will pass through him and fill him from head to foot with joyful trembling; he will awaken and the eyes of his soul will open to the light of a new life, and he will never forget it throughout the rest of his life."



This is the feeling and the experience that we need to recognize coming out of the Paschal celebration. But how do we get to this point? What must we do to get excited and to allow Christ's Passover to bless us, to feel his grace within us?

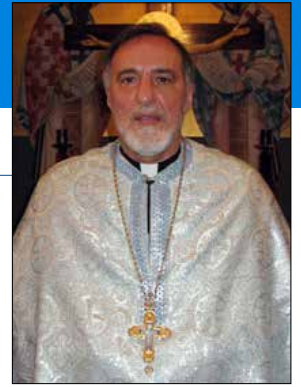
How can we reach this plateau of spiritual communication with our Lord? It's very simple: we need to come back to Christ, meaning that we have to allow him to embrace

our mind and soul and to regenerate passion and enthusiasm within us. Think of the father in the parable of the prodigal son. What made the son go back to his father after leaving him to find a better life?

He didn't find a better life because the grass was not greener on the other side like he thought it would be. Leaving his father was the worst mistake he'd ever made. It is the same with us when we leave our Heavenly Father to pursue the life that we want to live. If we leave our Father, we will never see the light at the end of the tunnel. The only things we will face

MESSAGE FROM THE PROTOPRESBYTER

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



are frustration, disappointment, a lack of love, loneliness, emptiness, and the feeling of unworthiness.

There is a great saying that when a person hits rock bottom in life, things can't get any worse. So, the positive thing to do is to pick yourself up, wipe yourself off, and start up the ladder of salvation.

In the Orthodox Church, we realize that the celebration of Pascha marks a Passover from this life to the next. Life itself is a bridge: pass over it, but don't build your home upon it. We all have free will that has been given to us by God. Every person has the right to choose their own destiny. But no matter which direction you choose to guide your life in, there is a price to pay at the end of the trip. Now I'm going to tell you what my feelings are and what I know.

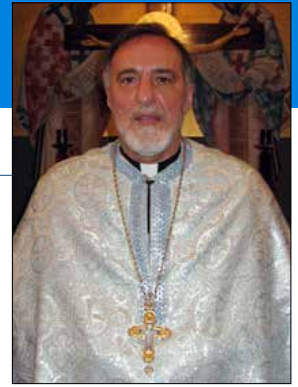
I know that Christ went along this road. He ascended the cross, He died, and He ascended into heaven, and He proved that passing from this life to the next is a sure thing. By living a Christian life, I at least have the opportunity to receive the gift of eternal life. But what future do those who choose the opposite road have when they die? I think that living an honest and decent life guided by morals, virtues, and principles makes me a winner. If I lived a Christian life, was honest, never tried to hurt anyone, and always helped and gave to the less fortunate, abiding by the rules and laws of society, following God's commandments, and respecting my peers, my reward is already there for me.

Keeping this in mind, we are able to control our senses and let the light of the Risen Christ shine into our souls and get rid of the old baggage that has hindered our lives for so long. I have concluded that I can never repay God for what He has done for me, but I also realize that what God really wants from each of us is to love and care for one another and to have a true friendship with him.

God wants to be involved in our lives in every way. He wants us to bear our problems, our sorrows, and our joys to him. As we stand at the crossroads of our lives, reflecting on the path we choose to follow, may we have the wisdom and strength to make the right decision. Choose the road that leads toward the light, the road that brings you to the gates of heaven. Let us walk this narrow path together during this Holy Week, guided by the love of our Savior.

In closing, I realize that we are now in the heart of our spiritual journey. We will once again become witnesses to His Passion, His Crucifixion, His Resurrection, and, finally, His Ascension. We all know that Pascha celebrates the promise of life over death. Let us ask our Lord to forgive us and to bring peace to our souls. Let us make this Pascha a special day through the Cross—the Cross that brings joy to the whole world.

“Christ is Risen!” Χριστός Ανέστη!



Ως ιερέας της ενορίας σας, σας χαιρετώ με το:

ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ! ΑΛΗΘΩΣ ΑΝΕΣΤΗ!

Η ημέρα του Πάσχα έρχεται για μια φορά ακόμη. Σκεφθήκατε όμως ποτέ, βαθιά, αν θα βρισκόσαστε πάνω στη γη, να εορτάσετε το Πάσχα του 2027; Σκεφθείτε το για μερικά δευτερόλεπτα. Μπορεί να πείτε ότι αυτές οι σκέψεις είναι πολύ απογοητευτικές, συμφωνώ, αλλά και στη ζωή συναντάμε πολλές δυσκολίες και αποθαρρυντικές καταστάσεις. Δεν πρέπει να παίρνουμε αυτή τη σημαντική εορτή της Ανάστασης του Κυρίου Ιησού Χριστού εκ νεκρών, έτσι ελαφρά τη καρδιά.

Περάσαμε την Απόκρεω, την Τυρινή, καθώς και το ξεκίνημα της περιόδου της Μεγάλης Τεσσαρακοστής, και στη συνέχεια, θα βιώσουμε τα Πάθη του Χριστού μέσω των Ιερών Ακολουθιών της Μεγάλης Εβδομάδας, που θα μας οδηγήσει στην υπέρτατη κορύφωση της Σταύρωσης και της Ανάστασης του Κυρίου και Σωτήρος ημών Ιησού Χριστού.

Μέσα από αυτό το ταξίδι, θα πρέπει να είμαστε πραγματικά συνεπαρμένοι από το «Πάσχα»—το Πάσχα του Χριστού—που θα αγγίξει τις ψυχές μας και θα μας προσφέρει το φως της χαράς, και τη χάρη του Θεού.

Οι ψυχές μας θα ξεχειλίσουν με κατάνυξη, σε σημείο που δεν θα ξέρουμε αν είμαστε στον ουρανό ή στη γη, μόνο ο Θεός ξέρει. Και για να εκφράσω τα λόγια του Αποστόλου Παύλου, «ενώ θα αγγίξει άλλο πρόσωπο ή σιχα, σαν να το χαϊδεύει με ένα φτερό, σχεδόν ανεπαίσθητα, αλλά

με το να αγγίζει με αυτόν τον τρόπο, η Πασχαλινή Θεία Χάρη θα τον διαπερνά από το κεφάλι μέχρι τα πόδια με ένα χαρούμενο τρόπο, θα ξυπνά τα μάτια της ψυχής του, που θα ανοίγουν στο φως μιας νέας ζωής, που ποτέ δεν θα ξεχάσει στο υπόλοιπο της ζωής του».

Αυτό είναι το συναίσθημα και η εμπειρία που πρέπει να αναγνωρίσουμε αποχωρώντας από την Ακολουθία του Πάσχα. Αλλά πώς θα φτάσουμε σε αυτό το σημείο; Τι πρέπει να κάνουμε για να ενθουσιαστούμε, αλλά και να επιτρέψουμε στο Πάσχα του Χριστού να μας ευλογήσει και να νιώσουμε τη χάρη Του βαθιά μέσα μας;



Υπάρχουν ορισμένα πράγματα που μπορούμε να κάνουμε για να φτάσουμε σε αυτό το πνευματικό πλατό, με την πνευματική επικοινωνία με τον Κύριό μας. Είναι πολύ απλό, θα πρέπει να επιστρέψουμε στο Χριστό, πράγμα που σημαίνει ότι θα πρέπει να Του επιτρέψουμε να αγκαλιάσει το μυαλό και την ψυχή μας και να ξαναζωντανέψει το πάθος και τον ενθουσιασμό μέσα μας. Ακριβώς όπως ο Πατέρας στην παραβολή του Ασώτου Υιού.

Τι έκανε το γιο να επιστρέψει στο πατέρα του, ο οποίος τον άφησε να φύγει για να βρει μια καλύτερη ζωή; Απλά, δεν είχε βρει μια καλύτερη ζωή, επειδή το χορτάρι δεν ήταν πιο πράσινο στην άλλη πλευρά, όπως είχε σκεφθεί ότι θα ήταν. Φεύγοντας από τον πατέρα του ήταν το χειρότερο λάθος που έκανε. Το ίδιο και με εμάς,

Μήνυμα από τον Πατέρα Μιχαήλ Λ. Παστρικό,

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

όταν ξεμακραίνουμε από τον Επουράνιο Πατέρα μας για να διεκδικήσουμε τη ζωή που θέλουμε να ζήσουμε. Αν γυρίσουμε πλάτη στον Πατέρα μας, τότε δεν θα μπορέσουμε ποτέ να δούμε το φως στο τέλος του τούνελ, και το μόνο πράγμα που θα αντιμετωπίσουμε είναι την απογοήτευση, τη στενοχώρια, την έλλειψη αγάπης, τη μοναξιά, το κενό, και το αίσθημα της αναξιοτήτας.

Υπάρχει ένα ρητό, με πολύ σημασία: «Όταν κάποιος στη ζωή κτυπήσει πέτρινο πάτο, είναι ό,τι χειρότερο». Έτσι, το καλύτερο που πρέπει να κάνουμε είναι απλά να μαζέψουμε τα κομμάτια μας, να τινάξουμε την αμαρτία από πάνω μας, και να αρχίσουμε να ανεβαίνουμε τη σκάλα της σωτηρίας.

Στην Ορθόδοξη Εκκλησία, αντιλαμβανόμαστε ότι ο εορτασμός του Πάσχα σηματοδοτεί ένα Πάσχα από την επίγεια ζωή στην επόμενη. Η ίδια η ζωή είναι μια γέφυρα-πέραςμα, αλλά μην χτίσετε το σπίτι σας επάνω της. Έχουμε ελεύθερη βούληση, που μας δόθηκε από τον Θεό. Κάθε άτομο έχει το δικαίωμα να επιλέξει τη δική του μοίρα. Αλλά να θυμάστε, όποια κατεύθυνση κι αν επιλέξετε να κατευθύνει τη ζωή σας, υπάρχει πάντα μια τιμή που θα πληρώσετε στο τέλος του ταξιδιού.

Τώρα θα σας πω τα δικά μου συναισθήματα και τι γνωρίζω. Γνωρίζω ότι ο Χριστός ακολούθησε αυτή τη πορεία. Οδηγήθηκε στο Σταυρό, πέθανε, ανελήφθη και απέδειξε ότι το πέραςμα από τη μια ζωή στην άλλη είναι γεγονός αναμφισβήτητο. Ζώντας μια χριστιανική ζωή, έχω τουλάχιστον την ευκαιρία να λάβω το δώρο της αιώνιας ζωής. Για όσους επιλέξουν τον αντίθετο δρόμο, τι μέλλον θα έχουν όταν πεθάνουν; Για να είμαι ειλικρινής με όλους εσάς που διαβάσετε αυτό το άρθρο, ζώντας μια τίμια και ενάρετη ζωή, με ήθος, με αρετές και αρχές, νομίζω ότι θα είστε νικητές—δεν έχει σημασία ποια κατεύθυνση πήρατε.

Αν ζούσα μια χριστιανική ζωή, ήμουν ειλικρινής, ποτέ δεν προσπάθησα να πληγώσω κανέναν, πάντα βοηθούσα και δίνω στους φτωχούς, τηρώντας τους κανόνες και τους νόμους της κοινωνίας, τις εντολές του Θεού, και σεβόμουν τους συνανθρώπους μου, ξέρω εκ των προτέρων ότι η ανταμοιβή μου είναι ήδη εκεί και με περιμένει. Έχοντας όλα αυτά υπόψιν, ελπίζω να είμαστε σε θέση να ελέγχουμε τις αισθήσεις μας και να αφήσουμε το φως του Αναστάσιου Χριστού να λάμψει στις ψυχές μας, για να απαλλαγούμε από τις παλιές αμαρτίες που παρεμποδίζουν τις ζωές μας για αρκετό καιρό.

Έχω καταλήξει στο συμπέρασμα ότι δεν μπορώ ποτέ να ανταποδώσω στο Θεό τα όσα έχει κάνει για μένα, ακόμη θα ήθελα να συνειδητοποιήσετε ότι αυτό που ο Θεός θέλει πραγματικά από τον καθένα μας είναι να αγαπάμε και να φροντίζουμε ο ένας τον άλλον, να διατηρούμε μια αληθινή φιλία μαζί Του. Ο Θεός θέλει να συμμετέχει στη ζωή μας με κάθε τρόπο. Θέλει να εκφράζουμε σ' Αυτόν γυμνά τα προβλήματά μας, τη θλίψη μας, και τις χαρές μας. Αν είστε σε σταυροδρόμι, και θέλετε να αποφασίσετε ποιος δρόμος θα κατευθύνει τη ζωή σας, σας παρακαλώ μην πάρετε τη λάθος απόφαση, επιλέξτε το δρόμο που θα σας φέρει στις πύλες του Παραδείσου.

Ολοκληρώνοντας, αντιλαμβάνομαι ότι τώρα βρισκόμαστε στην καρδιά του πνευματικού μας ταξιδιού. Θα γίνουμε και πάλι μάρτυρες των Παθών Του, της Σταύρωσής Του, της Ανάστασής Του και, τέλος, της Ανάληψής Του. Όλοι γνωρίζουμε ότι το Πάσχα εορτάζει την υπόσχεση της ζωής ενάντια στον θάνατο. Ας ζητήσουμε από τον Κύριό μας να μας συγχωρήσει και να φέρει την ειρήνη στις ψυχές μας. Ας κάνουμε αυτό το Πάσχα μια ιδιαίτερη ημέρα μέσω του Σταυρού—του Σταυρού που φέρει τη χαρά σε όλο τον κόσμο.

Χριστός Ανέστη! “Christ is Risen!”

MESSAGE FROM THE PRESIDENT

*Αγαπημένοι μας ενορίτες και φίλοι της εκκλησίας
Του Πολιούχου μας Αγίου Νικολάου,*

*Καθώς διανύουμε Τις Άγιες Ημέρες της Ευλογημένης
Σαρακοστής, ας αφιερώσουμε λίγες στιγμές για
πνευματική περισυλλογή, προσευχή
και αγάπη προς τον συνάνθρωπό μας.
Οι ημέρες της Σαρακοστής είναι μια
ευκαιρία να καθαρίσουμε την καρδιά
μας, να ενισχύσουμε την πίστη μας και
να προετοιμαστούμε να υποδεχθούμε το
χαρμόσυνο μήνυμα της Ανάστασης του
Κυρίου Μας Ιησού Χριστού.*



*Οι Άγιες μέρες της Μεγάλης Εβδομάδας μας
υπενθυμίζουν τα Πάθη του Θεανθρώπου αλλά και
τη δύναμη της ελπίδας και της ζωής που νικά το
σκοτάδι. Ας ζήσουμε αυτές τις μέρες με ενότητα,
αγάπη και πνευματική ανανέωση, στηρίζοντας ο
ένας τον άλλον μέσα στην κοινότητά μας που είναι
αποτύπωμα της οικογένειας μας.*

*Εκ μέρους του Κοινοτικού Συμβουλίου σας
ευχόμαστε: Ευλογημένη Μεγάλη Εβδομάδα και
Χαρούμενη Ανάσταση!!! Ας γεμίσουν οι καρδιές
μας και τα σπίτια μας με υγεία, ειρήνη και χαρά,
και το Άγιο Φως της Ανάστασης ας λάμψει στις
ψυχές μας !!!*

*Με αγάπη και ευλάβεια,
Σταματία Ιερομονάχου
Πρόεδρος του Συμβουλίου
Αγίου Νικολάου Βαλτιμόρης*

Dear Parishioners of Saint Nicholas Church,

*As we journey through the Holy days of
Lent, let us take a moment for spiritual
reflection, prayer, and love toward
our neighbors. Lent offers us the
opportunity to purify our hearts,
strengthen our faith, and prepare to
welcome the joyous message of the
Resurrection of our Lord.*

*The Holy days of Holy Week remind
us of Christ's Passion, but also of the power of
hope and life that triumphs over darkness. Let
us live these days with unity, love, and spiritual
renewal, supporting one another within our
community.*

*On behalf of the Parish Council and
personally, I wish you a Holy Week, and a
Joyful Resurrection! May our hearts and
homes be filled with health, peace, joy, and the
Holy Light of the Resurrection.*

*With love and respect,
Stamatiia Ieromonahos
President of St. Nicholas Parish Council
Baltimore*

CHURCH CONTACT INFORMATION

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DESPINA LENTIS - HISTORIAN
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PENNY GERAPETRITIS
STAVROULA GERAPETRITIS

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PHAEDRA AVGERINOS
AIDES
TSAMBIKA AVGERINOS
ELIANA PARAGIOS
ANTIGONI PARAGIOS

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AGAPI MOSXONA MINADAKIS
KINDERGARTEN - MARIA GOURGOULIATOU,
AGAPI MOSXONA MINADAKIS
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2ND GRADE - SEVI FROUMIS VLACHOU, YVVONI GALETAKI
3RD & 4TH GRADE - PARASKEVI KOTSATOU ARGETAKI
5TH & 6TH GRADE - KELLY PEROS VASILIADES
AL ELLINOMATHEIA COORDINATOR -
PARASKEVI KOTSATOU ARGETAKI
A2, B1 ELLINOMATHEIA COORDINATOR -
KELLY PEROS VASILIADES
B2 ELLINOMATHEIA COORDINATOR -
PARASKEVI KOTSATOU ARGETAKI
TMHMA ENHLIKWN - YVVONI GALETAKI
VOITHOI ELLINOMATHEIAS - ELINA PAPANIMA
TSAPAKIDIS, DESPINA CHATZAKOU LARENTZOS

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ANNA NIKOLETOU
TINA STAMATIADI
ANGELA YEAKIM

YAL

FOULA PARAGIOS

IMPORTANT NOTICE -

KOINONIA DEADLINE

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

ISSUE MONTH - MAY 2026

SUBMISSIONS DUE - APRIL 20th

Please email your article(s) to - ekostas@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

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 10:38-42; 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.

Palm Sunday

Courtesy of goarch.org



Reading

On Sunday, five days before the Passover of the Law, the Lord came from Bethany to Jerusalem. Sending two of His disciples to bring Him a foal of an ass, He sat thereon and entered into the city. When the multitude there heard that Jesus was coming, they straightway took up the branches of palm trees in their hands, and went forth to meet Him. Others spread their garments on the ground, and yet others cut branches from the trees and strewed them in the way that Jesus was to pass; and all of them together, especially the children, went before and after Him, crying out: “Hosanna: Blessed is He

that cometh in the Name of the Lord, the King of Israel” (John 12:13). This is the radiant and glorious festival of our Lord’s entry into Jerusalem that we celebrate today.

The branches of the palm trees symbolize Christ’s victory over the devil and death. The word Hosanna means “Save, I pray,” or “Save, now.” The foal of an ass, and Jesus’ sitting thereon, and the fact that this animal was untamed and considered unclean according to the Law, signified the former uncleanness and wildness of the nations, and their subjection thereafter to the holy Law of the Gospel.

Apolytikion of Palm Sunday

Fourth Tone

O Christ, Our God, we have been Buried with You through Baptism, and by Your Resurrection made worthy of Life immortal. Praising You, we cry out, “Hosanna in the highest, blessed is He who comes in the name of the Lord.”

Kontakion of Palm Sunday

Plagal of the Second Tone

In Heaven, He is seated upon a Throne and on earth He rides upon a foal. O Christ our God, accept the praise of the Angels and the hymn of the Children who cry out to You, “Blessed are You who comes to recall Adam.”

Saint Nicholas Church
PALM SUNDAY
LUNCHEON

APRIL 5, 2026



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Proceeds to benefit St. Nicholas Church

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HIS EMINENCE METROPOLITAN APOSTOLOS OF NJ VISIT

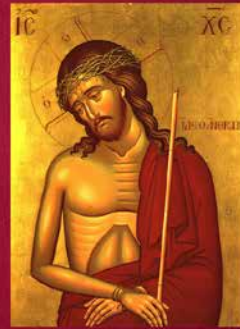


Greek Orthodox
Metropolis of New Jersey



Archpastoral Visit of His Eminence Metropolitan Apostolos of New Jersey

Third Bridegroom Service



Tuesday, April 7, 2026

7:00 PM

St. Nicholas Greek Orthodox Church

520 Ponca St

Baltimore, MD 21224

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 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.



Courtesy of the Orthodox Archdiocese of America

www.goarch.org

When Friday dawned, Christ was sent bound from Caiaphas to Pontius Pilate, who was then Governor of Judea. Pilate interrogated Him in many ways, and once and again acknowledged that He was innocent, but to please the Jews, he later passed the sentence of death against Him. After scourging the Lord of all as though He were a runaway slave, he surrendered Him to be crucified.

Thus the Lord Jesus was handed over to the soldiers, was stripped of His garments, was clothed in a purple robe, was crowned with a wreath of thorns, had a reed placed in His hand as though it were a sceptre, was bowed before in mockery, was spat upon, and was buffeted in the face and on the head. Then they again clothed Him in His own garments, and bearing the cross, He came to Golgotha, a place of condemnation, and there, about the third hour, He was crucified between two thieves. Although both blasphemed Him at the first, the thief at His right hand repented, and said: "Remember me, O Lord, when Thou

comest in Thy Kingdom," to which our Saviour answered, "Today shalt thou be with Me in Paradise." As He hung upon the Cross, He was blasphemed by those who were passing by, was mocked by the high priests, and by the soldiers who were passing by, was given vinegar to drink mixed with gall. About the ninth hour, He cried out with a loud voice, saying, "It is finished." And the Lamb of God "Which taketh away the sin of the world" (John 1:29) expired on the day when the moon was full, and at the hour when, according to the Law, was slain the Passover lamb, which was established as a type of Him in the time of Moses.

Even lifeless creation mourned the death of the Master, and it trembled and was altered out of fear. Yet, even though the Maker of creation was already dead, they pierced Him in His immaculate side, and forthwith came there out Blood and Water. Finally, at about the setting of the sun, Joseph of Arimathea came with Nicodemus (both of them had been secret disciples of Jesus), and they took down the all-holy Body of the Teacher from the Cross and anointed it with aromatic spices, and wrapped it in a clean linen cloth. When they had buried Him in a new tomb, they rolled a great stone over its entrance.

Such are the dread and saving sufferings of our Lord Jesus Christ commemorated today, and in remembrance of them, we have received the Apostolic commandment that a fast be observed every Friday.

Apolytikion of Holy Friday

Plagal Of The First Tone

As the glorious disciples, in the washing of the feet, were enlightened, the profane Judas, ravaged by greed, was benighted. And to the lawless judges he surrenders You the just judge. Consider, you who love money, the one who hanged himself for the sake of it. Shun the insatiate heart that could dare such a deed against the Teacher. Lord, benevolent above all humans, glory to You.

Kontakion of Holy Friday

Plagal Of The Fourth Tone

Come, let us all praise Him Who was crucified for us. Mary beheld Him on the Tree and said, "Though You endure even the Cross, You are my Son and my God."



GREAT AND HOLY PASCHA - APRIL 12th

Courtesy of the Orthodox Archdiocese of America

www.goarch.org

Mary Magdalene, and the other women who were present at the burial of our Saviour on Friday evening, returned from Golgotha to the city and prepared fragrant spices and myrrh, so that they might anoint the body of Jesus. On the morrow, because of the law which forbids work on the day of the Sabbath, they rested for the whole day. But at early dawn on the Sunday that followed, almost thirty-six hours since the death of the Life-giving Redeemer, they came to the sepulchre with the spices to anoint His body. While they were considering the difficulty of rolling away the stone from the door of the sepulchre, there was a fearful earthquake; and an Angel, whose countenance shone like lightning and whose garment was white as snow, rolled away the stone and sat upon it. The guards that were there became as dead from fear and took to flight. The women, however, went into the sepulchre, but did not find the Lord's body. Instead, they saw two other Angels in the form of youths clothed in white, who told them that the Saviour was risen, and they sent forth the women, who ran to proclaim to the disciples these gladsome tidings. Then Peter and John arrived, having learned from Mary Magdalene what had come to pass, and when they entered the tomb, they found only the winding sheets. Therefore, they returned again to the city with joy, as heralds now of the supernatural Resurrection of Christ, Who in truth was seen alive by the disciples on this day on five occasions.

Our Lord, then, was crucified, died, and was buried on Friday, before the setting of the sun, which was the first of His "three days" in the grave; observing the mystical Sabbath, that "seventh day" in which it is said that the Lord "rested from all His works" (Gen. 2:2-3), He passed all of Saturday in the grave; and He arose "while it was yet dark, very early in the morning" on Sunday, the third day, which, according to the Hebrew reckoning, began after sunset on Saturday.

As we celebrate today this joyous Resurrection, we greet and embrace one another in Christ, thereby demonstrating our Saviour's victory over death and corruption, and the destruction of our ancient enmity with God, and His reconciliation toward us, and our inheritance of life everlasting. The feast itself is called Pascha, which is derived from the Hebrew word which means "passover"; because Christ, Who suffered and arose, has made us to pass over from the curse of Adam and slavery to the devil and death unto our primal freedom and blessedness. In



addition, this day of this particular week, which is the first of all the rest, is dedicated to the honour of the Lord; in honour and remembrance of the Resurrection, the Apostles transferred to this day the rest from labour that was formerly assigned to the Sabbath of the ancient Law.

Apolytikion of Great and Holy Pascha

Plagal Of The First Tone

Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs He has granted life.

Kontakion of Great and Holy Pascha

Plagal Of The Fourth Tone

Though You went down into the tomb, You destroyed Hades' power, and You rose the victor, Christ God, saying to the myrrh-bearing women, "Hail!" and granting peace to Your disciples, You who raise up the fallen.

4th SALUTATIONS OF THE VIRGIN MARY

The 4th salutations of the Virgin Mary. The two new chanters, Panteleimon and Arsenios, are from Thessaloniki, Greece, and are brothers completing their doctorate at Johns Hopkins University Medical School. Our own St. Nicholas Chanter is Zacharias.



SAINT NICHOLAS CHURCH



Father Michael's weekly Wednesday lesson with the children of St. Nicholas.





**GREEK ORTHODOX ARCHDIOCESE OF AMERICA
ARCHEPISCOPAL ENCYCLICAL**

Prot. No. 100/2026

Archepiscopal Encyclical on Greek Independence Day

March 25, 2026

Unto the Most Reverend and Right Reverend Hierarchs, Pious Priests and Deacons, 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, Youth, Greek Orthodox Organizations, and entirety of the Christ-named Plenitude of the Holy Archdiocese of America:

It is for freedom that Christ has set us free.
(Galatians 5:1)

Beloved brothers and sisters in Christ,

On this day, when we remember the sacrifice of the Immortal Heroes of 1821, let us rededicate our lives to the liberty that our Lord grants us by His grace. His sacrifice upon the Precious and Life-giving Cross is mirrored for us by the brave souls whose struggles against tyranny in every generation inspire us to embrace this inheritance with deep and abiding gratitude. The freedom represented by the date of March 25 should move us to a profound resolution. For just as we possess an interior freedom, which is the gift of God, we should also manifest a steadfast determination to advance all the external freedoms that we can achieve in our world, too. Because in this way, we preserve the liberty passed down to us from our blessed ancestors and simultaneously share it with future generations to come as well.

The victories for which we hope, and to which we aspire, are often hidden from our eyes. How many of the Heroes of 1821 did not live to see Greece free and whole? How many battles have been waged by good and decent individuals who never beheld the outcome of their sacrifice? Nevertheless, we have the unique advantage of being able to look back across the decades and centuries to the triumphs of our physical and spiritual ancestors. But this should never make us complacent. Our freedom in Christ teaches us that such liberty should be lived, extended and passed on to all people. Of course, while it may not be possible to liberate every heart and mind into the freedom that Christ offers, we can nonetheless pursue its righteous expansion for every member of our society.

Therefore, as we celebrate the 25th of March and all that it signifies — both in terms of its immeasurable theological meaning and its special implications for Hellenes everywhere — may we re-commit ourselves to living in the freedom to which our Lord has called us, the gift of God and the gift of those whose sacrifices formed the world that we now inhabit.

Long live 1821! Long live Greece! And long live the United States of America!

With much paternal love in Christ,

† ELPIDOPHOROS
Archbishop of America



ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΜΕΡΙΚΗΣ
ΑΡΧΙΕΠΙΣΚΟΠΙΚΗ ΕΓΚΥΚΛΙΟΣ

Αριθμ. Πρωτ.: 100/2026

Αρχιεπισκοπική Έγκύκλιος για την εθνική έορτή της 25^{ης} Μαρτίου.

25 Μαρτίου 2026

Πρὸς τοὺς Σεβασμιωτάτους καὶ Θεοφιλεστάτους Αρχιερεῖς, τοὺς Εὐλαβεστάτους Ἱερεῖς καὶ Διακόνους, τὶς Πρεσβυτέρες καὶ τὶς Διακόνισσες, τοὺς Μοναχοὺς καὶ τὶς Μοναχές, τοὺς Προέδρους καὶ τὰ Μέλη τῶν Κοινοτικῶν Συμβουλίων, τοὺς Ἐντιμολογιωτάτους Ἀρχοντες τοῦ Οἰκουμενικοῦ Πατριαρχείου, τὰ μέλη τῆς Ἑγείας τῶν 100, τὰ Ἡμερήσια καὶ Απογευματινὰ Σχολεῖα, τὶς Φιλοπτώχους Ἀδελφότητες, τὴ Νεολαία, τὶς Ἑλληνορθόδοξες Ὀργανώσεις καὶ ὁλόκληρο τὸ Χριστεπώνυμο πλήρωμα τῆς Ἱερᾶς Αρχιεπισκοπῆς Ἀμερικῆς.

«Τῇ ἐλευθερίᾳ οὖν, ἣ Χριστὸς ἡμᾶς ἠλευθέρωσε» (Πρὸς Γαλάτας, 5, 1).

Προσφιλεῖς ἀδελφοὶ καὶ ἀδελφές ἐν Χριστῷ,

Κατὰ τὴ σημερινὴ ἡμέρα, τιμοῦμε τὴ θυσία τῶν ἀθανάτων ἡρώων τοῦ 1821, μὲ τὴν ὑπόσχεση νὰ ἀφιερῶσουμε τὴ ζωὴ μας στὴν ἐμπέδωση τῆς ἐλευθερίας, ποὺ μόνο ὁ Χριστὸς παρῆχει. Ἡ θυσία τοῦ ἐπάνω στὸν τίμιο καὶ ζωοποιὸ Σταυρὸ ἀποτελεῖ τὸν ὁδοδείκτη γιὰ ὅλες τὶς γενναῖες ψυχές, ποὺ μὲ τοὺς ἀγῶνες τοὺς ἐναντίον τῆς τυραννίας, μᾶς ἐμπνέουν νὰ ἐνστερνωτοῦμε καὶ νὰ συνεχίσουμε αὐτὴν τὴν κληρονομία μὲ εὐγνωμοσύνη. Τὸ σύνθημα «ἐλευθερία ἢ θάνατος» τῶν ἡρώων τῆς 25^{ης} Μαρτίου μᾶς δείχνει τὸ δρόμο ποὺ ὀφείλουμε νὰ ἀκολουθοῦμε. Γιατί, ὅπως ἔχουμε τὴν ἐσωτερικὴ ἐλευθερία, ποὺ εἶναι δῶρο τοῦ Θεοῦ, ἔτσι ὀφείλουμε σταθερὰ νὰ ἀγωνιζόμαστε μὲ κάθε τρόπο γιὰ τὴν ἐλευθερία στὸν κόσμο καὶ στὴν κοινωνία. Ἐτσι διαφυλάσσουμε τὴν ἐλευθερία ποὺ μᾶς κληροδότησαν οἱ μακαριστοὶ πρόγονοί μας καὶ τὴν παραδίδουμε στὶς ἐπερχόμενες γενεές.

Συμβαίνει κάποτε νὰ μὴ γενοῦμαστε προσωπικὰ οἱ ἴδιοι τὴ χαρὰ καὶ τὸ θρίαμβο τῆς τελικῆς νίκης τῶν ἀγῶνων ποὺ διεξάγουμε. Πόσοι ἄραγε ἀπὸ τοὺς ἥρωες τοῦ 1821 ἔζησαν γιὰ νὰ δοῦν τὴν Ἑλλάδα ἐλεύθερη; Πόσοι ἀγῶνες καὶ πόσες θυσίες ἔγιναν ἀπὸ ἐνάρετους ἀνθρώπους χωρὶς οἱ ἴδιοι νὰ δοῦν τὴ νικηφόρα ἔκβαση τους; Ἐμεῖς, ὡς ἀπόγονοί τους, ἔχουμε τὸ προνόμιο νὰ κοιτάζουμε πίσω στοὺς αἰῶνες καὶ νὰ θριαμβεύουμε ἄντι γιὰ αὐτούς, θαυμάζοντας τοὺς θριάμβους τῶν φυσικῶν καὶ πνευματικῶν προγόνων μας. Αὐτὸ ὅμως δὲν πρέπει μᾶς ἐφησυχάζει. Ὁ Χριστὸς μᾶς διδάσκει ὅτι ἡ ἐλευθερία πρέπει νὰ βιώνεται, νὰ διαφυλάσσεται καὶ νὰ μεταδίδεται σὲ ὅλους τοὺς ἀνθρώπους. Βέβαια, δὲν μπορεῖ νὰ ἐπιβληθεῖ ἢ προσφερόμενη ἐλευθερία ἀπὸ τὸ Χριστὸ σὲ κάθε ἀνθρώπο, ἀλλὰ μποροῦμε πάντοτε νὰ ἐπιδιώκουμε γιὰ κάθε μέλος τῆς κοινωνίας μας νὰ γεύεται τοὺς καρπούς της.

Γι' αὐτὸ, καθὼς ἐορτάζουμε σήμερα τὴν ἡμέρα τῆς 25^{ης} Μαρτίου, προβάλλοντας τὸ ἀνεκτίμητο θεολογικὸ τῆς μήνυμα καὶ γιὰ τὴν ἐθνικὴ τῆς σημασία γιὰ τοὺς πανέλληνες, ἂς δεσμευθοῦμε ξανά νὰ φυλάσσουμε τὴν ἐλευθερία ποὺ μᾶς ἔδωσε ὡς δῶρο ὁ Κύριός μας, ἀλλὰ καὶ τὴν ἐλευθερία ὡς δῶρο ὅλων ἐκείνων ποὺ μὲ τὴ θυσία τους διαμόρφωσαν τὸν σημερινὸ κόσμο.

Ζήτω τὸ 1821!

Ζήτω ἡ Ἑλλάδα!

Καὶ Ζήτω οἱ Ἠνωμένες Πολιτεῖες τῆς Ἀμερικῆς!

Μετὰ πατρικῶν ἐν Χριστῷ εὐχῶν,

† ὁ Ἀμερικῆς Ἐπιδοφόρος



Dear Reader:

NOW is the time to sign up for volunteering to help at our St. Nicholas Festival.

Please be a vital part of our St. Nicholas **BACKBONE!**

CHURCH BONES

“In the anatomy of every church, there are four kinds of bones.

1. There are the **WISH BONES**, who spend their time wishing someone else to do the work.
2. There are the **JAW BONES**, who do all the talking but little else.
3. There are the **KNUCKLE BONES**, who knock on everything that anyone ever tries to do.
4. And there are the **BACK BONES**, who get under the load and do the work.

Which **BONE** are you? Come on now and be honest with yourself. This is a good time for self-examination!!”

This passage appeared in the publication Agape Fellowship of the late Father Anthony of Pennsylvania. It is worth sharing with members of Saint Nicholas, and frankly, with members of all churches and organizations. It brings to mind all the dedicated **BACK BONES** who have lovingly served and are serving our Parish to the glory of God.

During its more than 73 year history, hundreds of faithful stewards have volunteered their services to our beloved Saint Nicholas in all capacities: Sunday School, PTA of our Greek School, Church Board, Philoptochos, advisors to our youth groups, festival, library, publications, choir, altar, bible studies, as well as countless unsung heroes who pitch in behind the scene doing the menial tasks to ensure that church functions run smoothly and that the building and its furnishings are maintained. These kind acts of selflessness constitute true stewardship. The commitment of our church’s **BACK BONES** is sincere, for they are devoted to their mission of preserving and perpetuating our Orthodox faith for future generations as it has been passed on to us.

These stewards, however, need much additional assistance and support from all the other **BONES** of our community. All of us, whether volunteers or paid staff, should follow the example of our Parish President (among others and as many preceding him have done) who, without hesitation, steps up to so many tasks that need attention without commenting “That’s not my job” or “It’s not in my job description”. This is genuine leadership; an attitude that inspires, begets respect, and causes others to willingly follow such a role model.

In the United States, scores of volunteer organizations thrive and have accomplished great undertakings. Volunteerism is a tradition in this land of plenty, thanks to God, who has showered His grace upon us. One such group which perhaps goes unnoticed is the team which has been restoring one of the workhorse battleships of World War II and later conflicts, the **John W. Brown** Berthed in our own Inner Harbor this ship is lovingly worked on by 35-60 volunteers every Wednesday and Saturday, who range in age from late teens to mid 80’s from every walk of life professional and nonprofessional. Restoring and maintaining this vessel includes tasks such as swabbing decks, polishing brass, preparing materials for display, etc. When toilets need to be cleaned, the job gets done, whether by an accountant or a medical professional, without question. One does not hear “I don’t do toilets” because they all have a mission: to restore the worthy John W. Brown. Their enthusiasm and unity in purpose are to be emulated. This group is well aware that there is no “I” in the word “TEAM”.

Our team’s mission at Saint Nicholas: To **LIVE** our Orthodox faith and thereby spread the **WORD** of Jesus Christ by our deportment toward all those with whom we come in contact. As we begin the new ecclesiastic year, let us strive to make our Saint Nicholas “**BACK BONE**” stronger by pitching in to assist and thank those volunteers who have undertaken the leadership roles within our Church Community. Let’s not allow osteoporosis of our **BACKBONE** to set in by a **WISH BONE**, **JAWBONE**, or **KNUCKLE BONE**. **EACH** of us has something worthwhile to contribute including time, talents, and innovative ideas; all to serve Jesus Christ our Savior through the well-being of our Saint Nicholas Church.

Let’s step forward to offer our God-given talents to the glory of God; asking not only what His Church can do for me, by what I can do for His Church.



Dear Reader:

NOW is the time to sign up for volunteering to help at our St.Nicholas Festival.

Please be a vital part of our St.Nicholas BACKBONE!

ANATOMIA ΤΗΣ ΕΚΚΛΗΣΙΑΣ

«Η ανατομία κάθε εκκλησίας αποτελείται από τέσσερις βασικούς τύπους ανθρώπων:

1. Από τους «**ΕΠΙΘΥΜΟΥΝΤΕΣ**», δηλαδή αυτούς που επιθυμούν κάποιος άλλος να κάνει τις δουλειές.
2. Από τα «**ΜΕΓΑΛΑ ΣΤΟΜΑΤΑ**», δηλαδή αυτούς που μιλούν πολύ και δεν κάνουν τίποτα άλλο.
3. Από τους «**ΚΑΤΑΣΤΡΕΠΤΙΚΟΥΣ**», δηλαδή αυτούς που παρεμποδίζουν το έργο των άλλων.
4. Και από τους «**ΥΠΟΣΤΗΡΙΚΤΕΣ**», δηλαδή αυτούς που στηρίζουν την εκκλησία και αναλαμβάνουν τις περισσότερες εργασίες.

Σε ποια κατηγορία ανήκετε εσείς; Ελάτε τώρα, να είστε ειλικρινείς με τον εαυτό σας. Είναι ιδανική ευκαιρία να αυτοεξεταστείτε!!»

Το παραπάνω μήνυμα το πήραμε από την έκδοση «Αγάπη» του συγγραμμένου Πάτερ Αντωνίου από την Πενσυλβάνια. Αξίζει να το μεταδώσουμε στα μέλη του Αγίου Νικολάου, και γιατί όχι, στα μέλη όλων των εκκλησιών και οργανισμών. Μας θυμίζει όλους τους αφοσιωμένους «ΥΠΟΣΤΗΡΙΚΤΕΣ» που έχουν εργαστεί με αγάπη και φιλότιμο για την Κοινότητά μας και για τη δόξα του Θεού.

Κατά τη διάρκεια της 73 ετούς, και πλέον, ιστορίας μας, εκατοντάδες οικονόμοι έχουν προσφέρει εθελοντικά τις υπηρεσίες τους στον αγαπημένο μας Άγιο Νικόλαο και στους διάφορους οργανισμούς του: Κατηχητικό Σχολείο, Σύλλογο Γονέων και Δασκάλων του Ελληνικού μας Σχολείου, Κοινοτικό Συμβούλιο, Φιλόπτωχο, Υπεύθυνοι της Μικρής και Μεγάλης Νεολαίας, Φεστιβάλ, Βιβλιοθήκη, δημοσιεύματα, χορωδία, ιερό, μελέτη του Ευαγγελίου και τόσο άλλοι αμέτρητοι αφανείς ήρωες που συνέβαλαν στις υπηρεσίες, με σκοπό να στηρίζουν και να βεβαιωθούν ότι η εκκλησία λειτουργεί ομαλά.

Οι πράξεις αυτές συγκροτούν την ιδιότητα του αληθινού οικονόμου. Η αφοσίωση των «ΥΠΟΣΤΗΡΙΚΤΩΝ» της εκκλησίας μας είναι ειλικρινής διότι απλά εκτελούν με φιλότιμο την αποστολή της διατήρησης και διαίωνισης της Ορθοδόξου πίστης μας στις επόμενες γενιές.

Θα πρέπει να ακολουθήσουμε το παράδειγμα του Προέδρου της Κοινότητάς μας (μεταξύ των άλλων πολλών προκατόχων του) που προσφέρει τη βοήθειά του πρόθυμα οπουδήποτε χρειάζεται, χωρίς το σχόλιο «δεν είναι δική μου δουλειά». Αυτό θα πει γνήσια αρχηγία—μια συμπεριφορά που εμπνέει και παροτρύνει τους υπόλοιπους.

Στις Ηνωμένες Πολιτείες, οι εθελοντές είναι παράδοση τούτης της πλούσιας χώρας. Μια τέτοια ομάδα εθελοντών ανακαινίζει το πολεμικό πλοίο του Β' Παγκοσμίου Πολέμου, το **John W. Brown**. Εκεί εργάζονται εθελοντές ηλικίας 18 έως 85 ετών. Όταν χρειάζεται να καθαριστούν οι τουαλέτες, το καθάρισμα γίνεται είτε από κάποιον λογιστή είτε από έναν γιατρό χωρίς δεύτερη συζήτηση. Ποτέ δεν θα ακούσεις «Εγώ δεν καθαρίζω αποχωρητήρια» διότι όλοι επιτελούν έναν σκοπό.

Η δική μας ομάδα στην αποστολή του **Αγίου Νικολάου** έχει έναν ξεκάθαρο στόχο: να **ΖΟΥΜΕ** σύμφωνα με την Ορθόδοξη Πίστη μας και να μεταδίδουμε τον **ΛΟΓΟ** του Ιησού Χριστού σε όλους όσους συναναστρεφόμαστε. Ας προσπαθήσουμε με φιλότιμο να γίνουμε οι πραγματικοί «ΥΠΟΣΤΗΡΙΚΤΕΣ» της εκκλησίας μας, προσφέροντας τη βοήθειά μας και ευχαριστώντας τους εθελοντές που ανέλαβαν υπεύθυνους ρόλους και την ηγεσία της Εκκλησίας μας και της Κοινότητάς μας.

Ας μην επιτρέψουμε στους «ΥΠΟΣΤΗΡΙΚΤΕΣ» μας να αποθαρρυνθούν από τους «ΕΠΙΘΥΜΟΥΝΤΕΣ» ή τους «**ΕΞΑΡΘΡΩΤΙΚΟΥΣ**». Ο καθένας από εμάς έχει κάτι καλό να προσφέρει: τον χρόνο του, το ταλέντο του ή τις καινοτόμες ιδέες του. Ας υπηρετήσουμε όλοι μαζί τον Σωτήρα μας Ιησού Χριστό, διατηρώντας και συνεχίζοντας την παράδοση της Εκκλησίας του Αγίου Νικολάου.

Ας προσφέρουμε στον Θεό από το ταλέντο που Εκείνος μας χάρισε, εις δόξαν Θεού. Όχι μόνο να ρωτάμε “τι κάνει η Εκκλησία Του για μένα”, αλλά “τι μπορώ εγώ να κάνω για την Εκκλησία Του”.

— 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. Οι μικροί να είχαν μπόι, θα τρώγαν τον πόσο!

If shorter persons had any height, they would devour the world!

“Napoleonic complex.”

There’s no stopping those smaller in stature; they are driven to attain, to conquer, to accomplish... to prove to the world!



2. Αφρήζη, ξαφρήζη, τον παρά μου έδωσα!

Whether it’s foaming or not, I paid for it!

This has been said of the man who by mistake bought soap instead of feta.

It was foaming as he ate it, but being cheap, he continued to eat the soap.

(said about a Greek island which is known to be tight but shall not be named in this quote)

3. Τα μάτια σου, δέκα!

Literally: Your eyes, ten!

Be careful, be guarded, be aware of your surroundings. Proceed as though you have ten eyes!

4. Φτύς την τραχιλιά σου!

Literally: Spit from your throat!

Often said to ward off any ill spirits, the evil eye! Wish it is not so! Say, you didn’t say it!

5. Τό έξυπνο πουλί απ την μύτη πιάνετε!

The very clever bird can be caught by the beak!

No matter how clever one is and avoids many traps, he can sometimes unexpectedly fall for and be caught by a very obvious trick.

Be on your guard! Look out for, don’t ignore the obvious loopholes, trappings!

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

1. Cut corners!

Do something cheaply

(supposedly to save a few bucks; usually becomes more costly and not as valuable.)

2. Off the beaten track!

Unconventional!

Not the usual approach, not always the best, but may be interesting and rewarding!

3. Keep your fingers crossed!

Hope for luck, ward off any evil!

4. Catch someone red handed!

Catch in the act doing something wrong physically! Cannot be denied!

From 15th Century Scotland, person caught with blood on his hands.

5. Through thick and thin!

Being loyal. Standing by, supporting someone through his bad times and his glorious good times!

Probably from 14th Century hunting or traveling through “thick” dense woods and “thin” wooded areas.

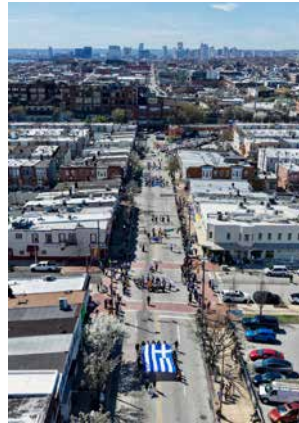
GREEK SCHOOL INDEPENDENCE DAY CELEBRATION



GREEK INDEPENDENCE DAY CELEBRATION



GREEK INDEPENDENCE DAY CELEBRATION



GREEK INDEPENDENCE DAY CELEBRATION



GREEK INDEPENDENCE DAY CELEBRATION



GREEK INDEPENDENCE DAY CELEBRATION



*St. Nicholas
Panhellenic
Dance Group
at the Greek
Independence
Day Parade*





GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

SCHEDULE OF H.E. METROPOLITAN APOSTOLOS OF NEW JERSEY HOLY WEEK & PASCHA 2026

LAZARUS SATURDAY Saturday, 4 April	9.00 a.m.	Orthros & Hierarchical Divine Liturgy with the Diaconal Ordination of Mr. Timothy Sofis St. Demetrios G.O.C., Williamsburg, VA
PALM SUNDAY Sunday, 5 April	9.00 a.m.	Orthros & Hierarchical Divine Liturgy Sts. Constantine & Helen G.O. Cathedral Richmond, VA
	6.00 p.m.	Orthros with Procession of Bridegroom Icon St. Elpis G.O.C., Hopewell, VA
HOLY MONDAY Monday, 6 April	6.00 p.m.	Orthros of the Bridegroom Nativity of the Theotokos G.O.C., Fredericksburg, VA
HOLY TUESDAY Tuesday, 7 April	7.00 p.m.	Orthros of the Bridegroom with the Hymn of Kassiani St. Nicholas G.O.C., Baltimore, MD
HOLY WEDNESDAY Wednesday, 8 April	3.00 p.m.	Sacrament of Holy Unction Annunciation G.O. Cathedral, Baltimore, MD
HOLY THURSDAY Thursday, 9 April	9.30 a.m.	Hierarchical Vesperal Divine Liturgy of St. Basil the Great Holy Trinity G.O. Cathedral, Wilmington, DE
	6.30 p.m.	Orthros of Our Lord's Passion St. Thomas G.O.C., Cherry Hill, NJ
HOLY FRIDAY Friday, 10 April	2.30 p.m.	Vespers of the Unnailing St. George G.O.C., Media, PA
	6.30 p.m.	Orthros of the Lamentations at the Tomb with Procession of the Epitaphios St. Demetrios G.O.C., Upper Darby, PA
HOLY SATURDAY Saturday, 11 April	10.00 a.m.	Hierarchical Vesperal Divine Liturgy of St. Basil the Great St. Luke G.O.C., Broomall, PA
	11.00 p.m.	Service of the Resurrection
GREAT & HOLY PASCHA Sunday, 12 April	12.00 a.m.	Orthros & Hierarchical Divine Liturgy Metropolitan Cathedral of St. John the Theologian Tenafly, NJ
	11.00 a.m.	Great Hierarchical Vespers of Agape St. George G.O.C., Clifton, NJ
ST. THOMAS SUNDAY Sunday, 19 April	9.00 a.m.	Orthros & Hierarchical Divine Liturgy with the Diaconal Ordination of Mr. Charles Sandilos St. Thomas G.O.C., Cherry Hill, NJ



GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

ΠΡΟΓΡΑΜΜΑ ΤΟΥ ΣΕΒ. ΜΗΤΡΟΠΟΛΙΤΟΥ Κ. ΑΠΟΣΤΟΛΟΥ ΚΑΤΑ ΤΗΝ ΜΕΓΑΛΗΝ ΕΒΔΟΜΑΔΑ ΚΑΙ ΠΑΣΧΑ 2026

ΤΟΥ ΛΑΖΑΡΟΥ Σάββατον, 4 Απριλίου	9.00 π.μ.	Ώρθρος & Αρχιερατική Θεία Λειτουργία με τήν εἰς Διάκονον Χειροτονίαν τοῦ κ. Τιμοθέου Σόφῃ Ι. Ν. Ἁγίου Δημητρίου, Williamsburg, VA
ΚΥΡΙΑΚΗ ΤΩΝ ΒΑΪΩΝ Κυριακή, 5 Απριλίου	9.00 π.μ.	Ώρθρος & Αρχιερατική Θεία Λειτουργία Ι. Καθεδρικός Ναός Ἁγ. Κωνσταντίνου καί Ἑλένης Richmond, VA
	6.00 μ.μ.	Ώρθρος τοῦ Νυμφίου με Περιφοράν Ι.Ν. Ἁγίας Ἐλπίδος, Hopewell, VA
ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ Δευτέρα, 6 Απριλίου	6.00 μ.μ.	Ώρθρος τοῦ Νυμφίου Ι.Ν. τοῦ Γενεθλίου τῆς Θεοτόκου, Fredericksburg, VA
ΜΕΓΑΛΗ ΤΡΙΤΗ Τρίτη, 7 Απριλίου	7.00 μ.μ.	Ώρθρος τοῦ Νυμφίου με τὸ τροπάριον τῆς Κασσιανῆς Ι.Ν. Ἁγίου Νικολάου Βαλτιμόρης, MD
ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ Τετάρτη, 8 Απριλίου	3.00 μ.μ.	Μυστήριον τοῦ Εὐχέλαιου Ι. Καθεδρικός Ναός τοῦ Εὐαγγελισμοῦ Βαλτιμόρης, MD
ΜΕΓΑΛΗ ΠΕΜΠΤΗ Πέμπτη, 9 Απριλίου	9.30 π.μ.	Ἀρχιερατικὴ Ἑσπερινὴ Θεία Λειτουργία τοῦ Ἁγ. Βασιλείου τοῦ Μεγάλου Ι. Καθεδρικός Ναός τῆς Ἁγίας Τριάδος, Wilmington, DE
	6.30 μ.μ.	Ώρθρος τῶν Παθῶν τοῦ Κυρίου Ι.Ν. Ἁγίου Θωμᾶ, Cherry Hill, NJ
ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ Παρασκευή, 10 Απριλίου	2.30 μ.μ.	Ἑσπερινὸς τῆς Ἀποκαθηλώσεως Ι.Ν. Ἁγίου Γεωργίου, Media, PA
	6.30 μ.μ.	Ώρθρος τοῦ Ἐπιταφίου Θρήνου με περιφοράν τοῦ Ἐπιταφίου Ι.Ν. Ἁγίου Δημητρίου, Upper Darby, PA
ΜΕΓΑ ΣΑΒΒΑΤΟΝ Σάββατον, 11 Απριλίου	10.00 π.μ.	Ἀρχιερατικὴ Ἑσπερινὴ Θεία Λειτουργία τοῦ Ἁγ. Βασιλείου τοῦ Μεγάλου Ι.Ν. Ἁγίου Λουκᾶ, Broomall, PA
	11.00 μ.μ.	Ἡ Ἀνάστασις
ΜΕΓΑ ὡς ΔΙΟΝ ΠΑΣΧΑ Κυριακή, 12 Απριλίου	12.00 π.μ.	Ώρθρος καὶ Ἀρχιερατικὴ Θεία Λειτουργία Ι. Καθεδρικός Ναός τοῦ Ἁγ. Ἰωάννου τοῦ Θεολόγου Tenafly, NJ
	11.00 π.μ.	Μέγας Ἀρχιερατικὸς Ἑσπερινὸς τῆς Ἀγάπης Ι.Ν. Ἁγίου Γεωργίου, Clifton, NJ
ΚΥΡΙΑΚΗ ΤΟΥ ΘΩΜΑ Κυριακή, 19 Απριλίου	9.00 π.μ.	Ώρθρος & Ἀρχιερατικὴ Θεία Λειτουργία με τήν εἰς Διάκονον Χειροτονίαν τοῦ κ. Εὐστρατίου (Charles) Σάνδηλου Ι. Ν. Ἁγίου Θωμᾶ, Cherry Hill, NJ

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 αυτό 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 Holy Alter

- 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)



Flowers for Great Lent and Easter

- 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

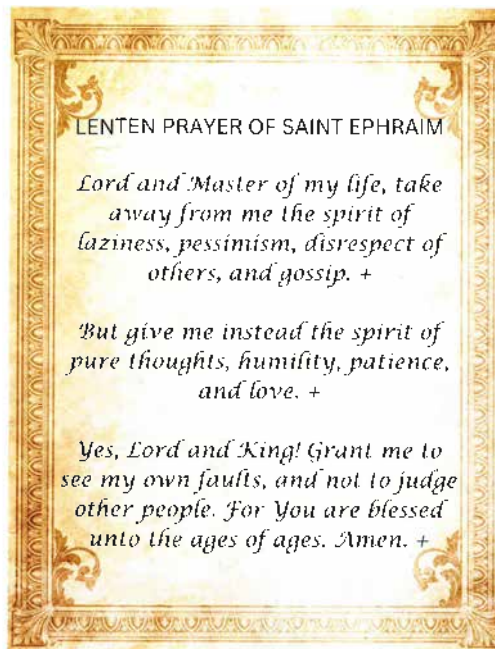
Other Needs

- 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

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.





GREEK ORTHODOX METROPOLIS OF NEW JERSEY

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

From the Office of the Metropolitan

March 27, 2026

The Very Reverend & Reverend Clergy
Esteemed Members of the Parish Councils
and All the Faithful of the Greek Orthodox Metropolis of New Jersey

My Beloved in the Lord,

It is my great joy today to invite all the faithful of our sacred Metropolis to the **2026 Metropolis of New Jersey Clergy-Laity Grand Banquet**, honoring the Benefactors of the newly established "**Metropolis of New Jersey Pioneers Program**," which will take place on **Monday, May 4, 2026**, at "**The Merion**," located at 1301 US-130 in Cinnaminson, New Jersey. In conjunction with the annual Metropolis of New Jersey Clergy-Laity Assembly and Philoptochos Conference, this banquet will bring together the faithful from across our Metropolis for an evening of joy, fellowship, and unity. The Banquet is open to all the faithful, not just participants in the Clergy-Laity Assembly and Philoptochos Convention. Individual tickets to the banquet are available for purchase for **\$200.00 each**. To reserve tickets, please use the following form:

<https://forms.office.com/r/5xJDh31yMe>.

After reserving tickets, payment may be sent by mail in the form of a check made out to "**Greek Orthodox Metropolis of New Jersey**," **Memo: "Clergy-Laity & Pioneer Banquet."** I kindly ask that you reserve tickets by April 15, 2026.

Praying that our merciful Lord continue to bless you all during this 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
908-301-0500 · www.nj.goarch.org · metropolis@nj.goarch.org



METROPOLIS OF
NEW JERSEY

His Eminence
Metropolitan Apostolos of New Jersey

Cordially invites you to

The 2026 Clergy-Laity Grand Banquet
honoring

The Metropolis of New Jersey Pioneers

Monday, May 4, 2026

at

“The Merion”

1301 US-13, Cinnaminson, NJ 08077

Your presence will be greatly appreciated

Cocktail Hour at 6:00pm

Dinner & Program at 7:00 pm

Tickets: \$200.00 per person

Registration and Payment Info:

<https://forms.office.com/r/5xJDh3lyMe>

RSVP by April 15, 2026

Are You a Sunday Only Christian?

Some people think that Christianity should be reserved for Sunday. Consequently, they miss the satisfaction that comes from true Christian living day after day. Christianity is more than church attendance on Sunday. It is a vital faith, a warm greeting to a friend, giving of oneself, a helping hand to those in need, unselfish prayer for a better world, moments of meditation and acceptance of the assurance of salvation, unflinching acceptance in Jesus Christ.

As we look ahead in our parish, remember that God has great plans for our lives. He knows our needs, our many opportunities all that lie ahead for us. The Lord desires us to be in communion with Him not only in body, but also “in Spirit and in Truth”.

We should make every effort throughout our lives to participate in worship and understand this wonderful blessing of our Faith. In this way, we do not set ourselves up in a prideful way for potential failure, but we place ourselves in humble obedience to God’s will.

The Lord said, “Every person must come to the knowledge of the truth”. Education is not only for children, but also for all of us as children of God! Be someone who truly illuminates the true Orthodox life.

Am I Giving Only a Check?

There are people who send a check to the church once a year but they do not participate in the life of the Church. They give their

money, but they do not give themselves.

This is not Christian giving. Giving involves much more than writing a check. The check is really worthless unless it symbolizes the gift of oneself. Someone once said: “I had been giving my money to God all my life, but I had never given myself.”

Without the giving of oneself, no gift has value. When the offering plate was passed in church one day, a little boy asked the usher to place the plate on the floor. The lad then stepped in the plate and said, “I want to give myself to God. It is all I have to give.” This is true Christian giving.

Remember next time when you write a check out to the church, are you truly giving yourself to Christ or are you cheating yourself of that great opportunity to be closer to God?

St. Symeon, the New Theologian writes: “Each believer who labors to cleanse his/her soul of everything sinful and unnecessary, and turns his/her mind with yearning to the love of God, becomes a place ready for the Lord’s advent and birth.”

“For whosoever shall do the will of my Father in heaven, is My brother and sister and mother.” Matt.12.50.

Please give generously to your Stewardship pledge. “It truly makes a difference”. Remember giving is a blessing not a chore.

God rewards those who give from their heart hundredfold. We need to bring our Stewardship up to date. Won’t you help!

Father Michael Pastrikos

Είσαι Μόνο της Κυριακής Χριστιανός?

Μερικοί νομίζουν ότι ο χριστιανισμός πρέπει να κρατάται μόνον για την Κυριακή. Έτσι χάνουν την ικανοποίηση που προέρχεται από την αληθινή Χριστιανική ζωή της καθημερινότητας. Χριστιανισμός είναι κάτι περισσότερο από την παρουσία μας στην εκκλησία την Κυριακή. Είναι η ζωντανή πίστη, ο ζεστός χαιρετισμός σ’ ένα φίλο, ένα χέρι βοήθειας σ’ αυτούς που έχουν ανάγκη, μια ταπεινή προσευχή για ένα καλύτερο κόσμο, στιγμές αυτοσυλλογισμού και αποδοχής της διαβεβαίωσης της σωτηρίας, και ασφαλής αποδοχής του Ιησού Χριστού.

Καθώς προνοούμε για την επέκταση της Κοινοτήτάς μας, ας μην ξεχνάμε ότι και ο Θεός έχει μεγάλα σχέδια για τη ζωή μας. Γνωρίζει τις ανάγκες μας, και τις ευκαιρίες που θα μας παρουσιαστούν. Ο Θεός θέλει να βρισκόμαστε σε συνεχή επικοινωνία μαζί Του, όχι μόνον με το σώμα, αλλά με την ψυχή μας και με πνεύμα αλήθειας.

Πρέπει να κάνουμε κάθε προσπάθεια στο πέρασμα της ζωής μας, να συμμετέχουμε στην λατρεία και να κατανοούμε την σημαντική ευλογία της Πίστης μας. Κατ’ αυτόν τον τρόπο όχι μόνον δεν αποτυγχάνουμε από την υπερηφάνεια μας, αλλά υπακούμε ταπεινά στο θέλημα του Θεού.

Ο Θεός είπε: «κάθε άνθρωπος πρέπει να έλθει πρόσωπο με πρόσωπο με την αλήθεια». Η μόρφωση δεν είναι μόνον για τα παιδιά, αλλά για όλα τα παιδιά του Θεού. Ας γίνει ο κάθενας μας φάρος της ορθόδοξης ζωής.

Δίνω μόνο μια επιταγή?

Υπάρχουν άνθρωποι που στέλνουν μια επιταγή στην εκκλησία, μια φορά το χρόνο, αλλά δεν συμμετέχουν στη ζωή

της εκκλησίας. Δίνουν δηλαδή τα χρήματά τους αλλά όχι τον εαυτόν τους. Αυτή δεν είναι χριστιανική προσφορά. Προσφορά σημαίνει πολύ περισσότερα από το να γράφει κάποιος μια επιταγή. Η χρηματική προσφορά είναι πραγματικά χωρίς αξία εκτός αν συμβολίζει την δωρεά του εαυτού μας.

Κάποιος είπε «έδινα χρήματα στο Θεό, σε όλη μου την ζωή, αλλά ποτέ δεν πρόσφερα τον εαυτό μου». Χωρίς την προσφορά του εαυτού μας, το δώρο μας δεν έχει αξία. Όταν ο δίσκος περνούσε στο εκκλησίασμα μια μέρα ένα μικρό παιδί ζήτησε από τον Σύμβουλο να τοποθετηθεί το δίσκο στο πάτωμα. Το μικρό παιδί μπήκε μέσα στο δίσκο και είπε «Ήθελα να προσφέρω τον εαυτό μου στο Θεό. Είναι το μόνο που έχω να δώσω». Αυτή είναι η αληθινή χριστιανική προσφορά.

Να θυμάστε την επομένη φορά που θα γράψετε μια επιταγή στην εκκλησία, πραγματικά δίνετε τον εαυτόν σας στο Χριστό, ή εξαπατάτε τον εαυτόν σας από την μεγάλη ευκαιρία να έλθετε κοντά Του?

Ο Άγιος Συμεών, ο Νέος Θεολόγος γράφει « Ο Κάθε πιστός που προσπαθεί να καθαρίσει την ψυχή του από τις αμαρτίες, και γέρνει με λαχτάρα προς την αγάπη του Θεού, γίνεται μέρος έτοιμο να δεχθεί την άφιξη και γέννηση του Βασιλιά μας.

Σας παρακαλώ να δίνετε απλόχερα στην Εθελοντική Προσφορά. Πράγματι κάνει τη διαφορά στην Κοινοτήτά μας. Να θυμάστε όταν προσφέρετε είναι ευλογία και όχι αγκαρία. Ο Θεός ανταποδίδει σ’ αυτούς που δίνουν με την καρδιά τους, και δεν τρέμουν. Χρειάζεται να αυξηθεί η Εθελοντική Προσφορά. Είμαι σίγουρος ότι όλοι θα βοηθήσετε!!

Πατήρ Μιχαήλ



PTA OFFICERS & MEMBERS

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Vice President	Maria Ieromonahos
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Recording Secretary	Angela Yeakim
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Members	Angela Tserkis Anna Ieromonahos Dimitra Douskas Lia Dimas Maria Lykos Moshoula Tsamouras Sofia Vasiliadis Sophia Politis Tsambika Korologos



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

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



ST. NICHOLAS LADIES PHILOPTOCHOS SOCIETY

PASCHAL TSOUREKIA

FUNDRAISER FOR PHILOPTOCHOS MISSIONS

Donation—\$15.00



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PICK UP—PALM SUNDAY, APRIL 5
After Church Service

St. Nicholas Greek Orthodox Church,
520 Ponca St., Baltimore, MD

CALL IRENE VASILIOS—410-687-3978

EARLY EDUCATION CENTER NEWS



SAINT NICHOLAS BILINGUAL EARLY EDUCATION CENTER

Hello BEEC friends and families, Spring is here! Our students celebrated Dr. Suess's birthday on March 3rd, 2026. They learned about Dr. Suess's books, "Blooming into Spring" and Greek Independence Day. BEEC students look forward to the warmer weather and outdoor activities, stroller strolls, and morning walks to explore our community. BEEC joined Soccer Shots and expects to study more plants, weather, and the earth. BEEC is celebrating our 8th anniversary on April 11, 2026.

We are also excited to see the Easter Bunny and go on an egg hunt as well! We ask if you can follow our public social media platforms. We would really appreciate your support!

Please give us a follow on Facebook and Instagram!
Instagram: @_SaintnicholasBEEC
Facebook Page: @Saint Nicholas Bilingual Early
Education Center

BEEC wants to greet everyone with a Happy Easter!!!

Γεια σας φίλοι και οικογένειες του BEEC, η άνοιξη είναι εδώ! Οι μαθητές μας γιόρτασαν τα γενέθλια του Δρ. Suess στις 3 Μαρτίου 2026. Έμαθαν για τα βιβλία του Δρ. Suess, "Blooming into Spring" και την Ημέρα Ανεξαρτησίας της Ελλάδας. Οι μαθητές του BEEC ανυπομονούν για τον ζεστό καιρό και τις υπαίθριες δραστηριότητες, τις βόλτες με το καρότσι και τις πρωινές βόλτες για να εξερευνήσουν την κοινότητά μας. Το BEEC έγινε μέλος του Soccer Shots και αναμένει να μελετήσει περισσότερα φυτά, τον καιρό και τη γη. Το BEEC γιορτάζει την 8η επέτειό του στις 11 Απριλίου 2026.

Είμαστε επίσης ενθουσιασμένοι που θα δούμε το Πασχαλινό Λαγουδάκι και θα πάμε και για κυνήγι αυγών! Σας παρακαλούμε αν μπορείτε να ακολουθήσετε τις δημόσιες πλατφόρμες κοινωνικής δικτύωσης. Θα εκτιμούσαμε πολύ την υποστήριξή σας!

Παρακαλούμε ακολουθήστε μας στο Facebook και το Instagram!
Instagram: @_SaintnicholasBEEC
Σελίδα Facebook: @Saint Nicholas Bilingual Early
Education Center

Το BEEC θέλει να χαιρετήσει όλους με Καλό Πάσχα!!!



Μήνας Μάρτιος στο Ελληνικό Σχολείο

Ο μήνας Μάρτιος ήταν γεμάτος δράσεις, δημιουργία και σημαντικές ιστορικές αναφορές για τους μαθητές της Πέμπτης και της Έκτης τάξης του σχολείου μας.

Ξεκινήσαμε με την όμορφη παράδοση του «Μάρτη», φτιάχνοντας βραχιολάκια από κόκκινη και άσπρη κλωστή. Συζητήσαμε τη σημασία τους και το έθιμο που περνά από γενιά σε γενιά. Ο Σύλλογος Γονέων και Κηδεμόνων, πάντα πρόθυμος να στηρίζει το έργο του σχολείου μας, προσέφερε τα υλικά, και έτσι μαθητές και δάσκαλοι φορέσαμε με χαρά τα βραχιολάκια μας. Επίσης, με αφορμή την Καθαρά Δευτέρα και το ξεκίνημα της Σαρακοστής φτιάξαμε χαρταετούς και δοκιμάσαμε νηστίσιμα εδέσματα προσφορά του Συλλόγου Γονέων και Κηδεμόνων στη Μεγάλη Κοινοτική Αίθουσα.

Στη συνέχεια, μιλήσαμε για την Ενσωμάτωση της Δωδεκανήσου, γνωρίζοντας ένα σημαντικό κεφάλαιο της νεότερης ελληνικής ιστορίας και κατανοώντας τη σημασία του για τον ελληνισμό.

Ιδιαίτερη έμφαση δόθηκε και στην εθνική μας επέτειο της 25ης Μαρτίου. Οι μαθητές διδάχθηκαν τα γεγονότα της Ελληνικής Επανάστασης του 1821, έκαναν τη δική τους έρευνα και παρουσίασαν στην τάξη τη ζωή ενός ήρωα ή μίας ηρωίδας της εποχής. Μέσα από αυτή τη διαδικασία, γνώρισαν σε βάθος τις προσωπικότητες που αργότερα υποδύθηκαν στο θεατρικό έργο της σχολικής γιορτής.

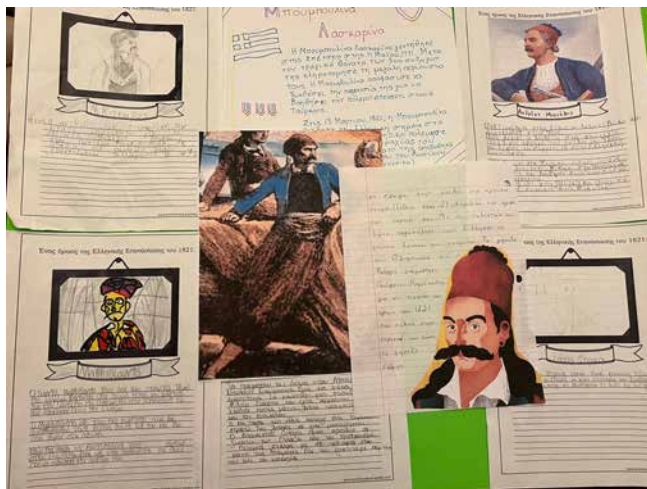
Η γιορτή μας ολοκληρώθηκε με μεγάλη επιτυχία και συγκίνηση. Στο τέλος της παρουσίασης, όλοι μαζί τραγουδήσαμε το «Σαράντα Παλικάρια», με συνοδεία κλαρίνου που έπαιξε ένας παλιότερος μαθητής του σχολείου μας, ο Σταμάτης Σταμούλης, προσφέροντας μια ξεχωριστή και ζεστή νότα στην εκδήλωση.

Ήταν πραγματικά μια υπέροχη εμπειρία για όλους μας!

Επιπλέον, η διαδικασία των εγγραφών για τις εξετάσεις Πιστοποίησης της Ελληνομάθειας Μαΐου 2026 ολοκληρώθηκε με μεγαλύτερη συμμετοχή από προηγούμενες χρονιές, γεγονός που μας γέμισε πολλή χαρά. Θα θέλαμε να ευχηθούμε σε όλους τους εξεταζόμενους «Καλή Επιτυχία»!

Με την ευκαιρία των ημερών, ευχόμαστε σε όλους Καλό Πάσχα, με υγεία, αγάπη και φως στις καρδιές σας. Είθε η Ανάσταση του Κυρίου να φέρει ελπίδα, χαρά και αισιοδοξία σε κάθε οικογένεια!

Με εκτίμηση,
Καλλιόπη Πέρου - Βασιλειάδη
Εκπαιδευτικός Δημοτικής Εκπαίδευσης





The Month of March

The month of March was full of activities, creativity, and important historical references for the students of the 5th and 6th grades of our school.

We began with the beautiful tradition of “Martis,” making bracelets from red and white thread. We discussed their meaning and this custom that has been passed down from generation to generation. The Parents and Guardians Association, always willing to support our school’s work, provided the materials, and both students and teachers happily wore their bracelets.

Next, we talked about the Enswmatwsi of Dodecanesa, learning about an important chapter of modern Greek history and understanding its significance for Hellenism.

Special emphasis was also given to our national anniversary of March 25th. The students were taught about the events of the Greek War of Independence of 1821, conducted their own research, and presented in class a hero or heroine of that era. Through this process, they gained a deeper understanding of the historical figures they later portrayed in the school celebration play.

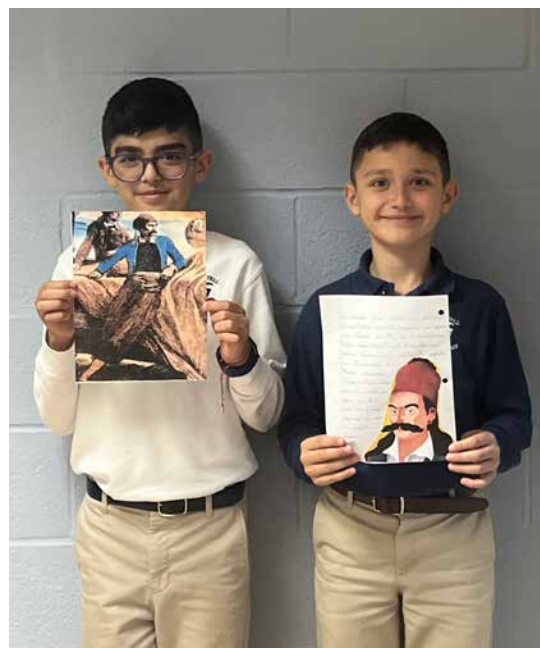
Our celebration concluded with great success and emotion. At the end, we all sang “Saranta Palikaria,” accompanied by a clarinet performance by a former student of our school, Stamatis Stamoulis, adding a special and warm touch to the event.

It was truly a wonderful experience for all of us!

Additionally, registrations for the May 2026 Greek Language Certification exams were completed with more candidates than in previous years, which filled us with great joy. We would like to wish all candidates the best of luck.

We wish everyone a Happy Easter, with health, love, and light in your hearts. May the Resurrection bring hope, joy, and optimism to every family!

Sincerely,
Kelly Peros
Elementary School Teacher



PHILOPTOCHOS

As we prepare for the celebration of Anastasi and journey through Holy Week let us come together with prayer and love in our hearts, remembering that he gave his life so that we may have eternal life.

We would like to thank everyone who supported our Tsourekia Bake Sale and everyone who donated to the flowers of the Epitaphio. Any funds that remain after expenses will be deposited and are marked for Social Service cases. On Good Friday, April 10th at 9:00 a.m. we will be decorating The Epitaphio. Everyone is welcome to come and help.

There will be no Philoptochos General Meeting in April. The next and last meeting of Philoptochos will be held on Monday, May 4th at 6:00 p.m.

Those wishing to apply for the Triantafilos/Lambros Memorial Scholarship, The Linda Skandalis Memorial Scholarship or the Saint Nicholas Scholarships may pick up an application in the church office. All applications must be completed and submitted to the church office no later than Wednesday, April 29, 2026. Scholarships will be awarded on Sunday, May 17th in church.

Save the date: Wednesday, May 13th Spring Event will be Liberatore's Ristorante, Honeygo, Maryland. Donation \$50.00 for information or tickets please contact Renee Themelis 410790-2775 or Eva Nychis 443-812-0346 or any board member.

DONATIONS:

In Memory of John Makris, Nina Tripolites, Foula Giorgaki: From Mr. and Mrs. George Perdikakis

In Memory of Vaso Klosterides:

From Despina Averginos

In Memory of Antonios Vasiliades:

From Rigo Vasiliades

In Memory of Stavros Plagianakos:

From Stella Plagianakos

John 1 1:25-26 *Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die, and whoever lives by believing in me will never die. Do you believe this?"*

Wishing everyone Kali Anastasi!

Καθώς προετοιμαζόμαστε για τον εορτασμό της Ανάστασης και το ταξίδι μας στη Μεγάλη Εβδομάδα, ας ενωθούμε με προσευχή και αγάπη στις καρδιές μας, θυμούμενοι ότι έδωσε τη ζωή του για να έχουμε εμείς αιώνια ζωή.

Θα θέλαμε να ευχαριστήσουμε όλους όσους υποστήριξαν την πώληση τσουρεκιών μας και όλους όσους δώρισαν για τα λουλούδια του Επιταφίου. Οποιαδήποτε χρήματα απομείνουν μετά τα έξοδα θα κατατεθούν και θα διατεθούν για κοινωνικές δράσεις. Τη Μεγάλη Παρασκευή, 10 Απριλίου στις 9:00

PHILOPTOCHOS



π.μ. θα στολίσουμε τον Επιτάφιο. Όλοι είναι ευπρόσδεκτοι να έρθουν και να βοηθήσουν.

Δεν θα υπάρξει Γενική Συνέλευση της Φιλόπτωχου τον Απρίλιο. Η επόμενη και τελευταία συνάντηση της Φιλόπτωχου θα πραγματοποιηθεί τη Δευτέρα, 4 Μαΐου στις 6:00 μ.μ.

Όσοι επιθυμούν να υποβάλουν αίτηση για την Υποτροφία Μνήμης Τριαντάφυλλου/Λάμπρου, την Υποτροφία Μνήμης Λίντα Σκανδάλη ή τις Υποτροφίες Αγίου Νικολάου μπορούν να παραλάβουν την αίτησή τους από το γραφείο της εκκλησίας. Όλες οι αιτήσεις πρέπει να συμπληρωθούν και να υποβληθούν στο γραφείο της εκκλησίας το αργότερο μέχρι την Τετάρτη 29 Απριλίου 2026. Οι υποτροφίες θα απονεμηθούν την Κυριακή 17 Μαΐου στην εκκλησία.

Κρατήστε την ημερομηνία: Τετάρτη 1 Μαΐου 3 Η εαρινή εκδήλωση θα πραγματοποιηθεί στο Liberatore's Ristorante, στο Honeygo του Maryland. Για πληροφορίες ή εισιτήρια, επικοινωνήστε με τη Ρενέ Θέμελης στο 410790-2775 ή την Εύα Νύχη στο 443-812-0346 ή με οποιοδήποτε μέλος του διοικητικού συμβουλίου.

ΔΩΡΕΕΣ:

Στη μνήμη του Γιάννης Μακρής, της Νίνα Τριπολίτη, της Φούλα Γιωργάκη: Από τον κ. και την κα. Γιώργος Περδικάκης

Στη μνήμη της Βάσω Κλωστερίδου:

Από τη Δέσποινα Αβεργίνου

Στη μνήμη του Αντώνιος Βασιλειάδης:

Από τον Ρηγό Βασιλειάδη

Στη μνήμη του Σταύρος Πλαγιανάκος:

Από τη Στέλλα Πλαγιανάκου

Ιωάννης 1 1:25-26 *Ο Ιησούς της είπε: "Εγώ είμαι η ανάσταση και η ζωή". Αυτός που πιστεύει σε μένα θα ζήσει, ακόμα κι αν πεθάνει, και όποιος ζει πιστεύοντας σε μένα δεν θα πεθάνει ποτέ. Το πιστεύεις αυτό;"*

Εύχομαι σε όλους Καλή Ανάσταση!

MEMORIAL DONATIONS

In Memory of Fotini Anastasis

Anonymous
Anastasia Hatziefthimiou

In Memory of Christos Bournousouzis

Anastasia Hatziefthimiou
Maria Karagiannis
Kiki Venetis

In Memory of Dimitra Chuvala

Arezina Cornias

In Memory of Pantelis Dimidis

Nikolaos and Vaselike Karanikolis

In Memory of Konstantinos and Flora Karais

Despina Avgerinos

In Memory of Vassiliki Klosteridou

Angela Argetakis
Nikolaos and Vaselike Karanikolis
Helen Klosteridis
Gus and Angela Sfakianoudis

In Memory of Athanasia Lymberopoulou

Rita Lymberopoulos

In Memory of Kalliope Pikounis

Helen Klosteridis
Pavlos and Sophia Koutris
Gus and Angela Sfakianoudis

In Memory of Michael Polites

Shelley Family

***In Memory of Mr. and Mrs. Christos
and Georgia Triantafyllidis***

Anonymous

In Honor of Arezina Cornias Birthday

Eva Lallas

In Honor of Vasilios Skordalos Birthday

Eva Lallas



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.
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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!

SCHOLARSHIP OPPORTUNITY

2026 Koutsonouris Scholarship Application

Any student whose family is a member in Good Standing with the Saint Nicholas Greek Orthodox Church, 520 South Ponca Street, Baltimore, MD 21224, and is a High School Senior continuing his/her education at either a 4 Year or 2 Year College will be eligible to apply for this scholarship award. Please provide a copy of the Acceptance Letter with the Registrar Seal of the University or College in a sealed envelope.

The Saint Nicholas Greek Orthodox Church will award the Scholarship from the Koutsonouris Memorial Scholarship Program to a student of the Saint Nicholas Community. The following criteria will be used in the selecting the winner:

1. Financial Need
2. Good Character
3. Academics
4. Leadership in Schools
5. Service to Our Church Community

The following items must be enclosed in one envelope in order for the application to be processed and accepted:

1. Fully Completed Application
2. Official Copy of the most recent High School or College Transcripts
3. Recent photograph of the candidate
4. Short Essay (No longer than 300 words) explaining your plan of study, ambition, and career goals.
5. Document proving that you are of Greek Descent.

Completed Applications should be Postmarked no later than May 4th ,2026.

Applications should be mailed to the following address:

Argie Maurakis
P.O Box 86
Bena, VA 23018

The recipient will be notified by May 13th, 2026. The recipient must be present to be awarded at the end of the Divine Liturgy on **Sunday, May 17th, 2026** Each recipient is eligible to receive this scholarship only one time. Candidates without online access can get a copy of the Application in the Saint Nicholas Greek Orthodox Church Office.

The form can be downloaded from:

- www.stnicholasmd.org
- Church Life
- College Scholarship Programs

NOTICES / EVENTS



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




We are happy to announce that, once again, we will offer scholarships for Camp Good Shepherd! Our hope is that all youth who wish to attend CGS will have that chance - regardless of any financial limitations.

How can a prospective camper apply for a scholarship? They should discuss their need for a scholarship with their parish priest who will contact me to share the names of his parishioners in need of a scholarship. He will also provide the contact information for a parent of the camper. I will review and then provide a code for them to register for camp.

The final deadline for CGS scholarships this year will be May 15, 2026, but requests will be reviewed and offered as they are received.

Fr Symeon Williams
Director of Youth and Young Adult Ministries
Greek Orthodox 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



Train up a child in the way he should go, and when he is old he will not depart from it
Proverbs 22:6

B'More Greek!

**FOUR DAYS OF NON-STOP GREEK FOOD,
MUSIC, DANCING & FUN!**



SAINT NICHOLAS GREEK FOLK FESTIVAL

THU

FRI

SAT

SUN

JUNE 11, 12, 13, 14

GreekTown Square & Events Center

701 Ponca Street / Baltimore, MD 21224

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CRAFTS**

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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**.

ONLINE 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!

St. Mary of Egypt, pray for us!



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

The Children's Word

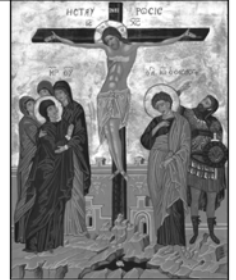
"Let the little children come to me, and do not forbid them, for to such is the Kingdom of Heaven." Mark 10:14

Sunday, March 29, 2026

Volume 14, Issue 13

We trust Christ's words!

Can you think of somebody you really trust? When you trust somebody, you've heard what he or she has said in the past. You believe him, because what he said was true!



In today's Gospel reading, we hear about a time Jesus was with His disciples, walking to Jerusalem. As they were walking, Jesus "began to tell them what was going to happen to him, saying, 'Behold we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death,...and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise.'"

Jesus was telling his disciples what was going to happen to Him.

Starting next week, with Holy Week, we will hear about all these things that really happened to our Lord. We will hear how Jesus was condemned to death, about how they made fun of him, how they beat him, and killed him. They on Pascha (Easter), we will hear about how He rose from the dead!

Our Lord Jesus Christ knew that all these things were going to happen to Him. We trust His words when we read the Bible, because we know that He told the truth then. We can read His words in the Gospels, and we can trust that they are true!

WORD SEARCH

Can you find these words in the jumble?

- Fifth Sunday
- Grace
- Icon
- Mary of Egypt
- Miracle
- Panagia
- Portaitissa
- Prayers
- Strong
- Trust

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

WHAT'S IN THE ICON?

If you look very closely, can you see the jewelry and chains hanging on the bottom of this icon?

This is the special icon of Panagia Portaitissa (the icon of the holy Theotokos, "of the door"). People have left jewelry to show their love for the Theotokos. They show thanks for the miracles she has given.



A WONDER-WORKING ICON THE PANAGIA PORTAITISSA ICON

Do you have icons in your house? In your family's car? In your room? We use these icons to remember Christ and His saints. But God sometimes uses icons in other special ways too. This week we'll remember a very special icon called the Portaitissa Icon.



More than a thousand years ago, iconoclasts tried to destroy icons all over the Christian world. A Christian lady kept an icon in her house. Once, these icon-hating men came into her house and stabbed this icon with a spear. Blood poured out of it!

Then, of course, she knew it was a very special icon. With this miracle, God wanted to show how important icons are to our faith. The lady asked the soldiers to wait until the morning to take it. When they left, she put it in the sea, and it floated away. It floated to Mount Athos, a place in Greece that is filled with monasteries and churches.

This amazing icon has been at a monastery on Mount Athos ever since then. Today we celebrate this miracle that God worked through this special icon.

We celebrate this special icon on Tuesday, March 31st (OC: April 13th).

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to think about



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- Create your profile
- Select amount, payment method & frequency
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VANCO



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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 _____ Παρακαλώ στείλτε μου πληροφορίες σχετικά με τον τρόπο που μπορώ να δωρίσω.

Print Full Name/ Γράψτε με κεφαλαία γράμματα το επίθετό σας

Signature/ Υπογραφή

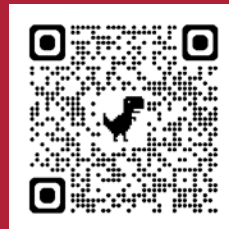
Date/ Ημερομηνία

Name / Όνομα	Date of Birth / Ημερομ. Γεννήσεως
Name of Spouse / Όνομα συζύγου	Date of Birth / Ημερομ. Γεννήσεως
Occupation / Επάγγελμα	
Occupation / Επάγγελμα (Spouse)	
Street Address / Ηλεκτρονική διεύθυνση	
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	
<input type="checkbox"/> Mail / Ταχυδρομείο <input type="checkbox"/> Email / Ηλεκτρονική <input type="checkbox"/> Text / Μήνυμα	
Dependent Children's Names and Birthdates / Ονόματα παιδιών και ημερομηνία γεννήσεώς τους	

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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 τρίμηνο ή έτος.

Εάν επιθυμείτε να στείλετε τη δωρεά σας ηλεκτρονικά, επισκεφθείτε την ιστοσελίδα 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.



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 alumni 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.

Make life-long memories



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!

Build strong relationships & redefine your world



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.



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](https://www.facebook.com/afsgreeksummer)
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American Farm School
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Our Mission

- Promote Greece as an international study and research destination
- Support students exploring academic opportunities in Greece
- Coordinate study abroad and exchange initiatives
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- Engage Diaspora communities in meaningful academic collaboration



Why Greece Today?



Academic Excellence

High-quality programs across disciplines, increasingly offered in English.



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A Unique Global Position

At the crossroads of Europe, Asia, and Africa, Greece offers students perspective, connectivity, and international orientation.

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studyingreece.edu.gr

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From first search to final submission, @SiG functions as a single entry point to Greek higher education.

@SiG (Apply to Study in Greece) is the centralized digital platform developed by Study in Greece. It brings the entire application journey into one coordinated environment, making access to Greek universities simple, structured, and direct.



Create Your Profile

Present your academic background, achievements, and language qualifications.

01



Explore Programs

Browse and compare programs offered by Greek universities and identify the right academic path.

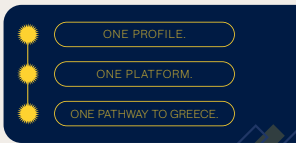
02



Submit Your Application

Upload your documents and apply directly through the platform, all within the same environment.

03



A Shared Mission

Together, Study in Greece and @SiG create a unified national gateway that:

- Connects the Diaspora with Greek universities
- Simplifies access to accredited programs
- Strengthens academic ties across borders
- Encourages global Hellenism through education



American Hellenic Institute Foundation
College Student Foreign Policy Study Trip
Washington, DC • Greece • Cyprus

INFORMATION GUIDE –2026

The American Hellenic Institute Foundation (AHIF) College Student Foreign Policy Study Trip to Washington, DC, Cyprus, and Greece offers Greek and Cypriot American college students a focused, three-week immersion in U.S. foreign policy and regional security issues in the Eastern Mediterranean. Participants engage directly with policymakers, government officials, military leaders, academics, and business leaders, with the program led by AHIF President Nick Larigakis.

Program Overview

Washington, D.C.

The program begins in Washington, D.C., prior to departure for Cyprus. In the nation's capital, participants will attend briefings and meetings with U.S. government officials and leading institutions, including representatives from the U.S. Department of State, Members of Congress, the embassies of Greece and the Republic of Cyprus, think tanks, academic institutions, and other policy experts.

Republic of Cyprus

The second segment of the trip takes place in the Republic of Cyprus. Participants will begin meeting with foreign government officials, business leaders, and international organizations, while also gaining exposure to the U.S. military presence in the Eastern Mediterranean. This includes learning about joint training programs and engaging with members of the Cyprus National Guard.

Greece

The final segment of the program takes place in Greece, where participants will continue meetings with foreign government leaders, businesses, and international organizations. Students will further explore U.S.–Greece military cooperation, including visits related to operations at Souda Bay in Crete.

The program will conclude in Athens with a farewell dinner, during which participants will reflect on their experiences and discuss their future academic and professional aspirations.

Career Impact

Past participants have leveraged this once-in-a-lifetime experience to secure internships and employment, develop academic research projects, and launch careers in foreign policy, international law, diplomacy, and global business

Eligibility

The program is open to **full-time undergraduate and graduate Greek and Cypriot American students with a minimum 3.00 cumulative GPA**. Applicants with strong interest in U.S. foreign policy related to Greece, the Republic of Cyprus, and the Eastern Mediterranean would benefit from this program.

Enrollment is limited and subject to acceptance by the program review committee. Applications are reviewed on a **rolling basis beginning January 2026**; those received after **March 31, 2026** will be considered on a space-available basis.

For Additional Information and Application:

<https://static1.squarespace.com/static/655fa6ca49cc6b0b64bd658b/t/696a5987c6d92e5ba90264c6/1768577415826/2026+Application+Form+AHIF+College+Student+Foreign+Policy+Trip.pdf>



NOTICE

† 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



Sunday Coffee Hour & Makaria Menus

† 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,
Kritharaki(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
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BISHOP'S CORNER

*Submitted by His Grace,
Demetrios of Mokissos (Retired)*

A FORGOTTEN GENOCIDE THE WORLD REFUSES TO NAME

In 2016, I wrote an op-ed warning, published in the Wall Street Journal, that ISIS's campaign across Syria and Iraq amounted to genocide against Christians. Many hesitated to use that word at the time, yet history proved the truth. Ancient communities were uprooted, enslaved, and murdered because of their faith. Much of the world realized what was happening only when it was too late.

A similar tragedy is unfolding today in Nigeria. Once again, the world is looking away.

Nigeria is Africa's most populous nation and home to the continent's largest Christian community. Yet in the northern states and Middle Belt, Christians are being systematically hunted, displaced, and killed at a rate unmatched anywhere else in the world. Human-rights monitors estimate that more than 52,000 Christians have been murdered since 2009. In the last five years alone, 16,769 have been killed—an average of more than 4,000 annually. Already in 2025, reports suggest that 7,000 Christians have been massacred, more than thirty every day.

The numbers are shocking, but they only hint at the devastation.

This June, militants stormed a camp for displaced Christians in Yelwata, Benue State, murdering at least two hundred people as they slept—women, children, and the elderly among them. In Plateau State this spring, coordinated attacks left more than one hundred and twenty Christians dead; the state's governor has called the violence what it is: genocide. Two years earlier, gunmen and bombers descended upon St. Francis Xavier Church in Owo during Pentecost Sunday, slaughtering worshippers in their pews.

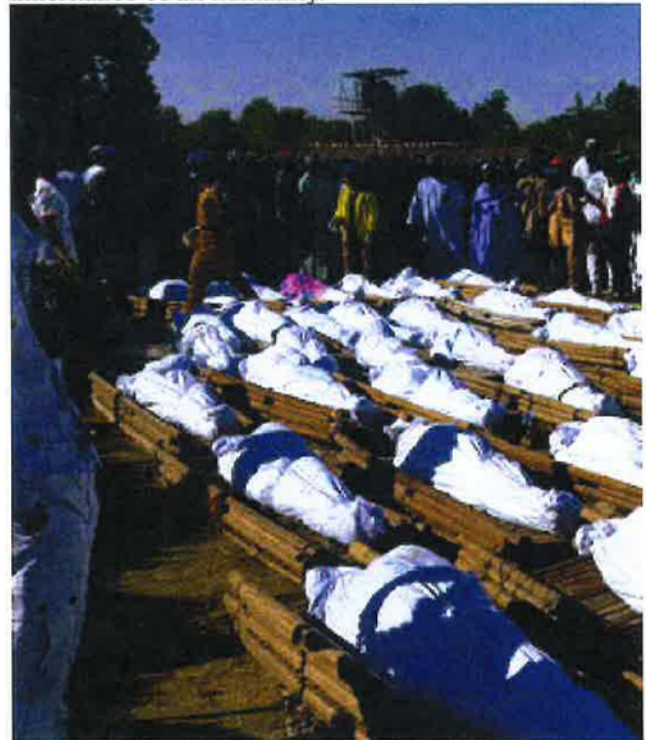
These are not isolated tragedies in a large and fragile nation. They reflect a deliberate pattern: villages are emptied, churches burned, communities renamed and repopulated so that survivors cannot return. This is the architecture of erasure.

Yet international leaders continue to describe the atrocities as “communal clashes” or “conflicts over land use.” The implication is that these are tragic

but essentially local disputes—neighbors caught in a cycle of violence over farmland or herding routes. That narrative is convenient. It also obscures the truth. Christians are not being killed because of agricultural disagreements. They are being killed because of who they are and what they believe. Under international law, that is the definition of genocide.

When ISIS swept across the Nineveh Plains, governments eventually acknowledged the reality, mobilizing humanitarian aid and diplomatic pressure. Some action—however late—was taken. But today, despite Nigeria having become the deadliest country in the world for Christians, that same moral clarity is absent. The global community has responded with polite statements, muted concern, or silence.

The crisis in Nigeria does not stand alone. In Gaza, one of the world's oldest Christian communities now numbers fewer than a thousand people. War, political forces, and longstanding hardship have pushed them to the edge of disappearance. Their fate is often forgotten in broader geopolitical narratives, yet their loss would diminish the cultural and religious inheritance of all humanity.



I KNOW SOMETHING GOOD ABOUT YOU

Wouldn't this old world be better,
If the folks we meet would say,
"I know something good about you!"
And then treat us just that way?

Wouldn't it be fine and dandy
If each handclasp warm and true
Carried with it this assurance,
"I know something good about you!"

Wouldn't life be lots more happy,
If the good that's in us all
Were the only thing about us
That folks bothered to recall?

Wouldn't life be lots more happy,
If we praised the good we see? -
For there's such a lot of goodness
In the worst of you and me.

Wouldn't it be nice to practice
That fine way of thinking, too?
You know something good about me!
I know something good about you!

Author Unknown



MEANINGFUL SAYINGS

Submitted by Father Al Demos

"Children are the sum of what we contribute to their lives."

"Every person wields influence, not only by what they say or do but by who they are."

"What we are radiates from within and affects those around us to the degree of our selflessness."

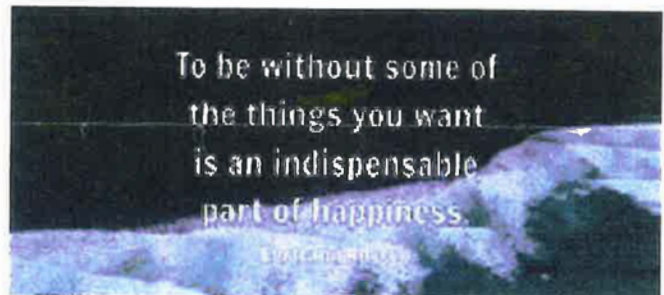
"I know God will not give me anything I can't handle. I just wish He didn't trust me so much!"

—*Mother Teresa*

"The way to gain a good reputation is to endeavor to be what you desire to appear."

—*Socrates*

"Joy is not the absence of suffering, but the presence of God."



Exercise Your Brain!



Riddle 1: I go up but never down. What am I?

Riddle 2: Which fish costs the most?

Riddle 3: Where do you take a sick boat?

Riddle 4: Who has a neck and no head, two arms and no hands?

Riddle 5: You see me once in June, twice in November, and not at all in May. What am I?

HEALTHY BODY AND MIND

HOW TO BOOST YOUR VO2 MAX AT ANY AGE

If you want one number that predicts how well you'll move, climb stairs and stay independent as you age, it's VO2 max - the maximum amount of oxygen your body can use during hard effort. Higher VO2 max equals more endurance, better heart and lung function, and often a lower risk of cardiovascular disease and early death.

The good news is that VO2 max is trainable at 40, 60 and even 80. You don't need a fancy watch, a lab mask test or to be a runner. You just need two types of cardio you can cycle through each week: Zone 2 and intervals. Make this the year you commit to getting in shape, and aim for something manageable with endurance training that improves healthspan as well as lifespan.

STEP 1:

Understand Zone 2. This trains your heart to pump more efficiently and your muscles to use fat for fuel. Over time, it helps with blood sugar control, blood pressure and stamina.

Examples of Zone 2 include a brisk walk, slow jog, light ruck (10 to 20 pounds), easy bike or easy row. Aim for 30 to 45 minutes per session, two to three times per week. If 30 minutes nonstop isn't realistic yet, do 10-minute blocks and stack them.

For most adults, Zone 2 is about 60% to 70% of your estimated max heart rate, often calculated as 220 minus your age.

Even without a heart rate monitor, you can tell you are in Zone 2 if you are breathing (not gasping), can talk in full sentences, and finish the session feeling like you could keep going, not wiped out.

STEP 2

Add intervals. These are short bursts where you intentionally get uncomfortable, followed by recovery. This increases VO2 max.

Intervals involve a hard effort, followed by recovery. For example:

- Warm up 5 to 10 minutes at easy Zone 2 pace.
- Go hard for 30 seconds (a fast walk uphill, a strong row, a hard bike spin, a quick jog).
- Go easy for 90 seconds.
- Repeat eight times.
- Cool down for 5 minutes on easy.
- High-intensity intervals force your heart and



lungs to operate near their limits for short windows. Research in older adults, including cardiac rehab patients, shows that interval-style training can safely and significantly improve peak aerobic capacity.

SAFETY NOTES

"Hard" should feel like a 7 out of 10, not a 10/10 sprint. You should never feel chest pain, dizziness or shortness of breath; stop immediately if you do.

If you've had a heart event, stent, uncontrolled blood pressure or are on beta blockers, get cleared by your doctor or VA provider before you start intervals.

STEP 3

Create a training plan. You can walk, ruck, bike, row or do other exercises that use legs and raise the heart rate. An example might be:

Day 1: Brisk walk or ruck for 30 to 45 minutes in Zone 2.

Day 3: After a rest day, ride a stationary bike at Zone 2 for 30 to 45 minutes.

Day 5: After rest, do 20 minutes of interval training.

That's about 80 to 110 minutes a week. If you're already active, you can add a second interval day, but most people make great progress on one.

You'll know the plan is working when you notice your "easy" pace gets faster, the hill near your house or stairs doesn't spike your breathing, or tasks like carrying groceries or luggage feel easier.



A BREAK IN YOUR DAY

A frustrated wife told me the other day her definition of retirement: "Twice as much husband on half as much pay."

The weary salesman knocked on another door, fully expecting to have it slammed in his face. Sure enough, the older woman who answered angrily demanded that he leave once she figured out why he was there, then went to shut the door.

The door bounced back open, and the woman shouted, "Get your foot out of my door!"

"Ma'am," the salesman began when the woman again tried to slam the door in his face. Once again, it bounced back open.

"I said to get your foot out of my door!" the woman yelled. One more time, she tried to slam the door, and one more time it bounced open.

"Ma'am ..." the salesman started again.

"I want you off my property!" the woman screamed. She tried to slam the door a fourth time, only for it bounce open again.

"Ma'am," the salesman yelled as he beat a hasty retreat down the sidewalk, "you'll be able to close your door if you move your cat out of the way!"



To a retiree, "defying gravity" means going out without suspenders.

Two old sailors were sitting in what used to be their favorite barroom. The place had been completely refurbished, and they started reminiscing about the good old days.

"I suppose this is all right," one said, "but I miss the old spittoon."

His companion nodded. "You always did."

A friend of mine won't stop talking about photography. You can't shutter up.

I tried to make a joke about retirement, but it didn't work.

When I yell at my dog to stop barking, I wonder if he's thinking, "This is awesome! We're barking together!"

A job applicant asked, "Before I accept this offer, I have one question: Are the hours long?" "Well," the boss replied, "we do our best to keep them to 60 minutes."

A woman drove a minivan filled with a dozen screaming kids through a parking lot, looking for a space. Frazzled, she blew through a stop sign.

"Hey, lady, have you forgotten how to stop?" yelled an irate man.

The woman rolled down her window and said, "What makes you think they're all mine?"

"The song goes, 'Morning has broken,' and I'm pretty sure my children broke it. Like everything else they break, if they did break it, they'll never admit it." —*Jim Gaffigan*



ANSWERS TO QUIZ PAGE 5

Riddle 1: I go up but never down. What am I?

Answer: Your age.

Riddle 2: Which fish costs the most?

Answer: A goldfish.

Riddle 3: Where do you take a sick boat?

Answer: To the dock-tor.

Riddle 4: Who has a neck and no head, two arms and no hands?

Answer: A shirt.

Riddle 5: You see me once in June, twice in November, and not at all in May. What am I?

Answer: The letter "E."

\$ A FOCUS ON FINANCES \$

WHAT WILL YOU DO WITH YOUR UNSPENT RETIREMENT SAVINGS?

Kelly: “We both had a lot of money in our IRAs, more than we could ever use. We wondered if we could pass this on to our children.”

Michael: “Our adviser explained the problem with giving our retirement savings to our family, saying a majority of the gift would be taxed. We didn’t want our children paying any more in taxes than they already do.”

To alleviate their concerns, Michael’s and Kelly’s financial adviser created a plan that stipulated their stocks and home would go to their children. He then recommended a bequest of the couple’s retirement assets be left to their favorite charities, which could receive their IRA assets tax-free.

An IRA charitable rollover is a way to make a gift to support a good cause. Your retirement plan is probably among your most valuable assets, but it may not be the best to leave to your children. If you have a taxable estate, your IRA or 401(k) plan will be subject to the estate tax, and any distributions will also be subject to income tax.

If you are in the process of determining which assets are best to leave to a nonprofit and which might be best left to family, The American Legion’s Office of Fund Development can help with estate-planning strategies that will reduce your taxes and allow you to maximize gifts to your family and nonprofit organizations.

MONEY MOVES TO MAKE IN ‘26

We tend to enter a new year with a series of resolutions focused on shedding debt and, maybe, building savings. This year, I’ll encourage you to add some effort in a few important areas that typically garner little attention.

Get goal-centric. Lay it all out and see where you stand. Review your net worth (assets and liabilities), cash flow (income and expenses), and insurance coverage. Check on progress relative to your financial goals for the year and reconfirm your longer-term goals. Where are you at on eliminating the debt you resolved to knock out? How about your progress in accumulating funding



for that upcoming trip, wedding, etc.?”

PROTECT YOUR VALUABLE STUFF

Cars get wrecked. Storms and fires destroy houses. Things get stolen. To lessen the financial impact of such events, make sure you have adequate insurance coverage for your home, rented apartment or condo and valuable personal property. Over time, you’ve likely accumulated items that require protection.

SAVE NOW FOR NEAR-TERM GOALS

“Plan and save” is a much better financial strategy than “don’t plan and borrow.” Big recurring expenses such as holidays, vacations and back-to-school shopping provide the perfect opportunity to develop a monthly savings plan to accumulate, rather than borrow, the money you’ll need. Would you rather make high-interest payments to a credit card company or make payments to yourself that earn interest?

LOOK AT LIABILITY

If you’re found legally responsible following an incident or accident at your home, on the road or on the water, you could find yourself at the wrong end of a costly lawsuit. Protect yourself by making sure you have adequate levels of liability insurance offered through homeowners, renters or auto policies, or separately through a personal umbrella policy.

CREATE AN ESTATE PLAN

Wealthy or not, everyone needs a will and/or trust, a durable power of attorney, a health-care power of attorney and a living will. Many families should also discuss guardianship arrangements for young children. Preparing these documents can be unpleasant as you talk through the various who’s and what’s in the event something really bad happens. But put it on your to-do list and knock it out early this year.

These money moves may not deliver you to the promised land, but they are all important components of your financial wellness. Clean them up as you launch into 2026.

SAINT NICHOLAS MAILING LIST

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 - APRIL

LITURGICAL CALENDAR FOR APRIL 2026

LIVE STREAMING MAY BE AVAILABLE

KALO MINA!

KALO MHNA!

WEDNESDAY, APRIL 1 – Presanctified Liturgy – 9:00 am

SATURDAY, APRIL 4 – Saturday of Lazaros

ORTHROS - 8:30 am DIVINE LITURGY – 9:30 am

SUNDAY, APRIL 5 – Palm Sunday

ORTHROS – 8:30 am DIVINE LITURGY – 9:45 am

HOLY WEEK SERVICES

SUNDAY EVENING, APRIL 5 – The Bridegroom Service - 5:30 pm

HOLY MONDAY, APRIL 6 – The Bridegroom Service – 6:30 pm

HOLY TUESDAY, APRIL 7 – The Bridegroom Service (Kassiani Troparion) – 7:00 pm

HOLY WEDNESDAY, APRIL 8 – Presanctified Liturgy – 9:00 am

HOLY WEDNESDAY, APRIL 8 – Holy Unction Service – 6:00 pm

HOLY THURSDAY MORNING, APRIL 9 - Vespers & Liturgy of St. Basil the Great – 6:00 am

HOLY THURSDAY EVENING, APRIL 9 – The Reading of the 12 Gospels – 6:30 pm

HOLY FRIDAY MORNING, APRIL 10 – The Royal Hours – 9:00 am

HOLY FRIDAY AFTERNOON, APRIL 10 – Taking Christ off the Cross/Apokathelosis – 2:00 pm

HOLY FRIDAY EVENING, APRIL 10 – Lamentation Service – 7:00 pm

HOLY SATURDAY MORNING, APRIL 11 – First Resurrection Service/Vespers

And Liturgy of St. Basil – 7:30 am

HOLY SATURDAY EVENING, APRIL 11 – Pascal Vigil - 11:00 pm

HOLY SATURDAY, APRIL 11 - Midnight Resurrection Service – 12 Midnight (outside) –

Followed by Orthros & Divine Liturgy of Holy Pascha (inside) – 12:30 am

LITURGICAL CALENDAR - APRIL

SUNDAY, APRIL 12 – Holy & Great Pascha-Agape Vespers – 11:00 am
(Reading of the Gospel in several languages.)

TUESDAY, APRIL 14 – Renewal Tuesday - Sts. Rafael, Nicholas & Irene
ORTHROS – 8:30 am DIVINE LITURGY – 9:30 am

FRIDAY, APRIL 17 – Renewal Friday – Theotokos of the Life-Giving Spring
ORTHROS – 8:30 am DIVINE LITURGY – 9:30 am

SUNDAY, APRIL 19 – Sunday of St. Thomas the Apostle
ORTHROS – 8:30 am DIVINE LITURGY – 9:45 am

SUNDAY, APRIL 26 – Sunday of the Myrrh-Bearing Women
ORTHROS - 8:30 am DIVINE LITURGY – 9:45 am

- **"Christos Anesti!"** (Χριστὸς Ἀνέστη!) – *"Christ is Risen!"*
- **"Alithos Anesti!"** (Ἀληθῶς Ἀνέστη!) – *"Truly He is Risen!"*