



72 YEARS

JUNE 2026

Saint  
Nicholas Greek  
Orthodox Church  
Baltimore, MD



# Koinonia

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## AHEPA SUNDAY SCHOLARSHIPS



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# MESSAGE FROM THE PROTOPRESBYTER

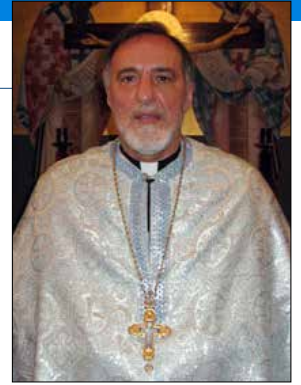
Message from **FR. MICHAEL L. PASTRIKOS**, PROTOPRESBYTER

Dear Parishioners,

We are in the beautiful month of June where we see all the trees and flowers blooming and giving us the understanding that summer is around the corner. We are so blessed upon the earth that we have our health, and the experience of life that we have been given by God to enjoy and to bring us to the realization that without the Lord we have nothing, but with the Lord we have everything. He gives us the love and acceptance that we all desperately desire but fail to obtain everywhere else but in Him. As Orthodox Christians we do not proclaim to be a perfect Community. We all have our differences and our issues that we need to find solutions to our problems, such as a shaky marriage, a serious illness, from mourning for our deceased loved ones, and to any kind of other form of pain we carry in our hearts, but we always find ways to be with people that we love. We always find ways to do the things that we love to do.

I realize that people with real faith cannot be stopped from finding a way to be with Jesus Christ. Living a sinful life though is always the infection of impurity. Sin will take the innocent heart and make it impure. As your Priest, I've encountered untold numbers of people who say "I don't go to church, but my heart is with you and the church, and if I can do anything for you just call me because I am so busy at work." We hear these things all the time when people try to give an excuse why they are not coming to Church to worship their Lord in Church. I have always responded to them with these words. If your hearts is in the church then your body should be there also be there with you. We cannot separate our faith from our body and mind. So people who say, "I don't need to go to church" need to examine themselves. Where is our zeal and our enthusiasm

to be in the presence of Christ. Are we ready to forfeit and sacrifice certain things in our lives to pay more attention to the needs of our spiritual soul?



Take a few minutes and think about what you have just read. This is the only way we can measure where our faith is with God. Yes, we all claim to be religious, live a life without outward formalities, even be on a church mailing list, or just send a check to the church to say that you are a member of the Church, but it all means little if we are not living a heart centered faith that bears good fruit of the Holy Spirit.

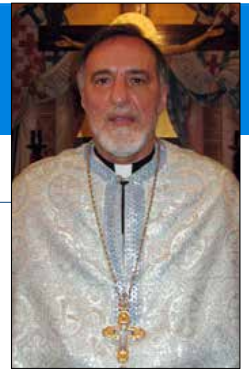
I hope and pray that this article has touched you in some way to encourage you to be active in your Church. Just imagine if everyone in the Parish took an active role in their church how much more successful our community would be. We must all pitch in and help, that way we can also say that through the efforts of many, our Church, and Parish has grown to what it is today. Today our Church will always be a safe haven for our children; an institution for learning; a place where we can call home and visit and worship together as a true Orthodox family.

I look forward to seeing you and your families helping out at our Church Festival. I look forward to seeing you helping out in our church activities, and I look forward to seeing all of you in church more frequently.

May our Lord and savior Jesus Christ bless all of you and keep you on the spiritual path that leads to the gates of Heaven.

# MESSAGE FROM THE PROTOPRESBYTER

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



Αγαπητοί ενορίτες,

Βρισκόμαστε στον όμορφο μήνα του Ιουνίου, όπου βλέπουμε όλα τα δέντρα και τα λουλούδια να ανθίζουν και να μας δίνουν την κατανόηση ότι το καλοκαίρι είναι προ των πυλών. Είμαστε τόσο ευλογημένοι στη γη που έχουμε την υγεία μας και την εμπειρία της ζωής που μας έχει δοθεί από τον Θεό για να απολαύσουμε και να μας φέρει στην συνειδητοποίηση ότι χωρίς τον Κύριο δεν έχουμε τίποτα, αλλά με τον Κύριο έχουμε τα πάντα. Μας δίνει την αγάπη και την αποδοχή που όλοι επιθυμούμε απεγνωσμένα αλλά αποτυγχάνουμε να αποκτήσουμε πουθενά αλλού εκτός από Αυτόν. Ως Ορθόδοξοι Χριστιανοί δεν διακηρύττουμε ότι είμαστε μια τέλεια Κοινότητα. Όλοι έχουμε τις διαφορές μας και τα προβλήματά μας που χρειαζόμαστε για να βρούμε λύσεις στα προβλήματά μας, όπως ένας ασταθής γάμος, μια σοβαρή ασθένεια, από το πένθος για τους αγαπημένους μας που έχουν φύγει και μέχρι κάθε είδους άλλου είδους πόνο που κουβαλάμε στις καρδιές μας, αλλά πάντα βρίσκουμε τρόπους να είμαστε με ανθρώπους που αγαπάμε. Πάντα βρίσκουμε τρόπους να κάνουμε τα πράγματα που αγαπάμε να κάνουμε.

Αντιλαμβάνομαι ότι οι άνθρωποι με πραγματική πίστη δεν μπορούν να εμποδιστούν από το να βρουν έναν τρόπο να είναι με τον Ιησού Χριστό. Το να ζούμε μια αμαρτωλή ζωή όμως είναι πάντα η μόλυνση της ακαθαρσίας. Η αμαρτία θα πάρει την αθώα καρδιά και θα την κάνει ακάθαρτη. Ως Ιερέας, έχω συναντήσει αμέτρητους ανθρώπους που λένε «Δεν πηγαίνω στην εκκλησία, αλλά η καρδιά μου είναι μαζί σας και με την εκκλησία, και αν μπορώ να κάνω κάτι για εσάς, απλώς καλέστε με επειδή είμαι τόσο απασχολημένος στη δουλειά». Ακούμε αυτά τα πράγματα συνέχεια όταν οι άνθρωποι προσπαθούν να βρουν μια δικαιολογία γιατί δεν έρχονται στην Εκκλησία για να λατρεύουν τον Κύριό τους στην Εκκλησία. Πάντα τους απαντούσα με αυτά τα λόγια. Αν η καρδιά σας είναι στην εκκλησία, τότε το σώμα σας πρέπει να είναι εκεί και να είναι εκεί μαζί σας. Δεν μπορούμε να διαχωρίσουμε την πίστη μας από το σώμα και το μυαλό μας. Έτσι, οι άνθρωποι που λένε «δεν χρειάζεται να πάω στην

εκκλησία» πρέπει να εξετάσουν τον εαυτό τους. Πού είναι ο ζήλος και ο ενθουσιασμός μας να είμαστε στην παρουσία του Χριστού; Είμαστε έτοιμοι να θυσιάσουμε ορισμένα πράγματα στη ζωή μας για να δώσουμε μεγαλύτερη προσοχή στις ανάγκες της πνευματικής μας ψυχής;

Αφιερώστε λίγα λεπτά και σκεφτείτε τι μόλις διαβάσατε. Αυτός είναι ο μόνος τρόπος για να μετρήσουμε πού βρίσκεται η πίστη μας με τον Θεό. Ναι, όλοι ισχυριζόμαστε ότι είμαστε θρησκευόμενοι, ζούμε μια ζωή χωρίς εξωτερικές τυπικότητες, είμαστε ακόμη και σε μια λίστα αλληλογραφίας εκκλησίας ή απλώς στέλνουμε μια επιταγή στην εκκλησία για να πούμε ότι είμαστε μέλος της Εκκλησίας, αλλά όλα αυτά έχουν μικρή σημασία αν δεν ζούμε μια πίστη με επίκεντρο την καρδιά που αποφέρει καλούς καρπούς του Αγίου Πνεύματος.

Ελπίζω και προσεύχομαι ότι αυτό το άρθρο σας άγγιξε με κάποιο τρόπο για να σας ενθαρρύνει να είστε ενεργό στην Εκκλησία σας. Φανταστείτε αν όλοι στην Ενορία έπαιρναν ενεργό ρόλο στην εκκλησία τους πόσο επιτυχημένη θα ήταν η κοινότητά μας. Πρέπει όλοι να συμβάλουμε και να βοηθήσουμε, με αυτόν τον τρόπο μπορούμε επίσης να πούμε ότι μέσω των προσπαθειών πολλών, η Εκκλησία μας και η Ενορία μας έχουν εξελιχθεί σε αυτό που είναι σήμερα. Σήμερα η Εκκλησία μας θα είναι πάντα μια ασφαλές καταφύγιο για τα παιδιά μας· ένα ίδρυμα μάθησης· ένα μέρος όπου μπορούμε να αποκαλούμε σπίτι μας και να επισκεπτόμαστε και να λατρεύουμε μαζί ως μια αληθινή Ορθόδοξη οικογένεια.

Ανυπομονώ να δω εσάς και τις οικογένειές σας να βοηθάτε στο Φεστιβάλ της Εκκλησίας μας. Ανυπομονώ να σας δω να βοηθάτε στις εκκλησιαστικές μας δραστηριότητες και ανυπομονώ να σας βλέπω όλους στην εκκλησία πιο συχνά.

Είθε ο Κύριος και σωτήρας μας Ιησούς Χριστός να σας ευλογεί όλους και να σας κρατάει στο πνευματικό μονοπάτι που οδηγεί στις πύλες του Ουρανού.

# MESSAGE FROM THE PRESIDENT

Dear Parishioners and Friends of our church,

With great success and deep emotion, this school year at our Greek School has come to an end once again, filling us with pride, optimism, and hope for the future.

This success belongs first and foremost to our devoted teachers, who with love, patience, and a strong sense of responsibility pass on to our children the Greek language, history, faith, and traditions of our homeland. It also belongs to our beloved parents, grandparents, and families who support this important effort to preserve our cultural and spiritual heritage with sacrifice and dedication.

Above all, however, this success belongs to our children — the bright stars of our community — who through their presence, smiles, and progress bring joy and beauty to our Greek School, our Church, and our entire Greek Orthodox family.

I also feel especially proud that the Greek Language Proficiency Examinations (Ellinomatheia) were successfully held at our school, which serves as an official examination center of the Aristotle University of Thessaloniki and the Centre for the Greek Language. Students and families from all across Maryland honored our center with their presence, and with God's help and the Grace of Saint Nicholas, everything was carried out with excellent organization and blessings.

Special joy and emotion were also brought by our school's end-of-year celebration, during which the children presented the theatrical play "The Fairy and the Lad" with outstanding success, offering everyone beautiful moments and heartfelt emotions.

We look forward to welcoming you again in September, with love, faith, and enthusiasm to continue our beautiful mission. At the same time, I would like to invite our entire community to support our Festival with love, volunteerism, and generosity, which will take place from June 11 through June 14. The help and participation of everyone are invaluable to the success of this important event for our parish. Through unity, cooperation, and faith, we can all continue together to keep our traditions and values alive.

Thank you all warmly for your invaluable support!!!

With true love and respect,  
Stamatia Ieromonahos  
President of the Parish Council  
St. Nicholas Church of Baltimore

Αγαπημένοι μας ενορίτες και φίλοι της εκκλησίας μας,

Με μεγάλη επιτυχία και ιδιαίτερη συγκίνηση ολοκληρώθηκε και φέτος η σχολική χρονιά του Ελληνικού μας Σχολείου, γεμίζοντάς μας περηφάνεια, αισιοδοξία και ελπίδα για το μέλλον.

Η επιτυχία αυτή ανήκει πρώτα απ' όλα στους αφοσιωμένους εκπαιδευτικούς μας, οι οποίοι με αγάπη, υπομονή και υψηλό αίσθημα ευθύνης μεταδίδουν στα παιδιά μας την ελληνική γλώσσα, την ιστορία, την πίστη και τις παραδόσεις της Πατρίδας μας. Ανήκει επίσης στους αγαπημένους γονείς, παππούδες και γιαγιάδες που στηρίζουν με θυσίες και αφοσίωση αυτή τη σημαντική προσπάθεια διατήρησης της πολιτιστικής και πνευματικής μας κληρονομιάς.



Πάνω απ' όλα, όμως, η επιτυχία ανήκει στα παιδιά μας — τα φωτεινά αστέρια της κοινότητάς μας — που με την παρουσία, το χαμόγελο και την πρόοδο τους ομορφαίνουν το Ελληνικό μας Σχολείο, την Εκκλησία μας και ολόκληρη την Ελληνορθόδοξη οικογένειά μας.

Περήφανη, ακόμα, αισθάνομαι που πραγματοποιήθηκαν με επιτυχία οι εξετάσεις Ελληνομάθειας στο σχολείο μας, το οποίο λειτουργεί ως επίσημο εξεταστικό κέντρο του Αριστοτελείου Πανεπιστημίου Θεσσαλονίκης και του Κέντρου Ελληνικής Γλώσσας. Μαθητές και οικογένειες από όλο το Maryland τίμησαν με την παρουσία τους το κέντρο μας και, με τη βοήθεια του Θεού και τη Χάρη του Αγίου Νικολάου, όλα πραγματοποιήθηκαν με άριστη οργάνωση και ευλογία.

Ιδιαίτερη χαρά και συγκίνηση προσέφερε και η γιορτή λήξης του σχολείου μας, όπου τα παιδιά παρουσίασαν με εξαιρετική επιτυχία το θεατρικό έργο «Η Νεράιδα και το Παλικάρι», χαρίζοντας σε όλους όμορφες στιγμές και δυνατά συναισθήματα.

Σας περιμένουμε λοιπόν ξανά τον Σεπτέμβριο, με αγάπη, πίστη και όρεξη να συνεχίσουμε το όμορφο έργο μας.

Παράλληλα, θα ήθελα να καλέσω όλη την κοινότητά μας να στηρίξει με αγάπη, εθελοντισμό και προσφορά το Φεστιβάλ μας, το οποίο θα πραγματοποιηθεί από τις 11 έως τις 14 Ιουνίου. Η βοήθεια και η συμμετοχή όλων είναι πολύτιμη για την επιτυχία αυτού του σημαντικού γεγονότος της εννορίας μας. Με ενότητα, συνεργασία και πίστη μπορούμε όλοι μαζί να συνεχίσουμε να διατηρούμε ζωντανές τις παραδόσεις και τις αξίες μας.

Σας ευχαριστώ θερμά όλους για την πολύτιμη στήριξή σας!!!

Με ειλικρινή εκτίμηση και αγάπη,  
Σταματία Ιερομονάχου  
Πρόεδρος του Εκκλησιαστικού Συμβουλίου  
Του Αγίου Νικολάου Βαλτιμόρης

# CHURCH CONTACT INFORMATION

**PROTOPRESBYTER FR. MICHAEL PASTRIKOS, PASTOR** Tel - 410-633-5020 • Fax - 410-633-4352

## CHURCH SECRETARY

KOSTALAS-LENTIS  
**FINANCIAL SECRETARY**  
AMALIA SYROPOULOS-KOSTRIVAS

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VICE PRESIDENT – JOHN KOROLOGOS  
TREASURER – ASPASIA CHARALAMBOPOULOS  
ASSISTANT TREASURER – GEORGE STAMOULIS  
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DIMITRI PAPAVALSILEIOU  
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MICKLOS, ZOE PERDIKAKIS, ELENI PIKOUNIS,  
EVAGELIA SALIARIS, TSAMBIKA TRIANTAFILOS,  
CHRISTINE ZERVOS

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VASSO KOUMOUDIS, DIRECTOR  
FOULA PARAGIOS & VASILI PHILIPPOU,  
DANCE INSTRUCTORS

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HONORARY MEMBER  
EFFIE KARAMBELAS - DANCE TEACHER  
FOTEINI ARGIROPOULOS - POC

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MOSKOULA KOUKIDIS - VICE-PRESIDENT  
ANASTASIA VASILAKOPOULOS - SECRETARY  
EVA LALLAS- TREASURER

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PENNY ALAFASSOS  
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ALEXANDRA KAROUTSOS  
MARIA FILIPPOU  
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GENEVIEVE ZDZIERA  
HARIKLIA NEZIS

## BOY'S COACHES -

JOHN SMOUDIANIS  
SOPHIA GERAPETRITIS  
DIMITRI KOSTRIVAS

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CHRISTINA ALAFASSOS - VP  
GEORGE ZDZIERA- TREASURER  
MARIA KILLIAS - CORR SEC  
ANDRIANNA NEZIS - REC SEC  
MARIANTHI DINIOTIS - HISTORIAN  
DESPINA LENTIS - HISTORIAN  
YIANNI BISIOTIS - SERG OF ARMS

## SUNDAY SCHOOL

SOPHIA GERAPETRITIS  
PENNY GERAPETRITIS  
STAVROULA GERAPETRITIS

## YANA KARABELAS

PHAEDRA AVGERINOS  
AIDES  
TSAMBIKA AVGERINOS  
ELIANA PARAGIOS  
ANTIGONI PARAGIOS

## AFTERNOON GREEK SCHOOL

PRINCIPAL - STAMATIA IEROMONAHOS  
PRE-K - MARIA GOURGOULIATOU,  
AGAPI MOSXONA MINADAKIS  
KINDERGARTEN - MARIA GOURGOULIATOU,  
AGAPI MOSXONA MINADAKIS  
1<sup>ST</sup> GRADE - SEVI FROUMIS VLACHOU, YVVONI GALETAKI  
2<sup>ND</sup> GRADE - SEVI FROUMIS VLACHOU, YVVONI GALETAKI  
3<sup>RD</sup> & 4<sup>TH</sup> GRADE - PARASKEVI KOTSATOU ARGETAKI  
5<sup>TH</sup> & 6<sup>TH</sup> 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

## GREEK SCHOOL P.T.A.

ALEXANDRA KAROUTSOS - PRESIDENT  
ALEXANDRA FORAKIS - VICE PRESIDENT  
DIMITRA DOUSKAS - SECRETARY  
AGATHI DIAKANTONIS - TREASURER

## BOARD MEMBERS:

MARIA IEROMONAHOS  
TSAMBIKA KOROLOGOS  
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 - JULY/AUGUST 2026**

**SUBMISSIONS DUE - JUNE 20<sup>th</sup>**

*Please email your article(s) to - [ekostas@stnicholasmd.org](mailto: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.*

# THE SUNDAY OF ALL SAINTS - JUNE 7



## The Sunday of All Saints

Courtesy of the Greek Orthodox Archdiocese of America  
[www.goarch.org](http://www.goarch.org)

### Reading:

Honouring the friends of God with much reverence, the Prophet-King David says, “But to me, exceedingly honourable are Thy friends, O Lord” (Ps. 138:16). And the divine Apostle, recounting the achievements of the Saints, and setting forth their memorial as an example that we might turn away from earthly things and from sin, and emulate their patience and courage in the struggles for virtue, says, “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every burden, and the sin which doth so easily beset us, and let us run with patience the race that is set before us” (Heb. 12:1).

This commemoration began as the Sunday (Synaxis) of All Martyrs; to them were added all the ranks of Saints who bore witness (the meaning of “Martyr” in Greek) to Christ in manifold ways, even if occasion did not require the shedding of their blood.

Therefore, guided by the teaching of the Divine Scriptures and Apostolic Tradition, we the pious honour all the Saints, the friends of God, for they are keepers of God’s commandments, shining examples of virtue, and benefactors of mankind. Of course, we honour the known Saints especially on their own day of the year, as is evident in the Menologion. But since many Saints are unknown, and their number has increased with time, and will continue to increase until the end of time, the Church has appointed that once a year a common commemoration be made of all the Saints. This is the feast that we celebrate today. It is the harvest of the coming of the Holy Spirit into the world; it is the “much fruit” brought forth by that “Grain of wheat that fell into the earth and died” (John 12:24); it is the glorification of the Saints as “the foundation of the Church, the perfection of the Gospel, they who fulfilled in deed the sayings of the Saviour” (Sunday of All Saints, Doxasticon of Vespers).

In this celebration, then, we reverently honour and call blessed all the Righteous, the Prophets, Apostles, Martyrs, Confessors, Shepherds, Teachers, and Holy Monastics, both men and women alike, known and unknown, who have been added to the choirs of the Saints and shall be added, from the time of Adam until the end of the world, who have been perfected in piety and have glorified God by their holy lives. All these, as well as the orders of the Angels, and especially our most holy Lady and Queen, the Ever-virgin Theotokos Mary, do we honour today, setting their life before us as an example of virtue, and entreating them to intercede in our behalf with God, Whose grace and boundless mercy be with us all. Amen.

# MOTHER'S DAY



*The 2026 Mothers of the Year - Evagelia Saliaris and Irene Vasilios.*

*Father Michael offered his heartfelt congratulations to both women for their lifelong dedication and stewardship.*

*Panta Axies! They are both most worthy of this honor.*



*Congratulations to our GOYA graduates!*

*St. Nicholas chanters and altar boys.*



# AHEPA SUNDAY: SCHOLARSHIP AWARDS

## AHEPA SUNDAY: THE PRESENTATION OF SCHOLARSHIPS BY AHEPA CHAPTER #364

Today, Sunday, May 17th, has been proclaimed and recognized across the Archdiocese as AHEPA Sunday. We extend our deepest gratitude to all AHEPA chapters across the United States for their generous contributions and dedicated efforts over the years in helping build stronger, vibrant communities.

On behalf of our Parish Council, Father Michael L. Pastrikos, the church staff, and the entire Saint Nicholas community, we offer a special Thank You to AHEPA Chapter #364. We are profoundly grateful for the tremendous impact they have made, not only within our own parish but across all the Greek Orthodox communities in our state.

Before the awards were presented, Father Michael read an inspiring letter from His Eminence Archbishop Elpidophoros, highlighting the vital role AHEPA plays throughout the United States and abroad.

Father Michael then introduced Stephen Christ, President of AHEPA Chapter #364, and John Gavrilis, Chairman of the Scholarship Committee. Together, they announced and presented the 2026 AHEPA Scholarships to this year's deserving recipients.

Among these awards was full-tuition scholarships granted to two deserving students who will be attending St. Nicholas Greek School and a student who will be attending St. Demetrios Greek school the coming fall, covering their tuition completely. Accepting this generous scholarship on behalf of the St. Nicholas Greek School was Principal Stamatia Jeromonahos.



# AHEPA: GREEK SCHOOL OUTSTANDING STUDENTS

3 May, 2026 – AHEPA Worthington 30 Chapter (Baltimore) Continues The Tradition of Recognizing and Awarding The Saint Nicholas Greek Orthodox Church's Greek School Outstanding Students.

*Article and Photos provided by Brother Art Nakas*

For more than 15 years, Worthington Chapter 30 of AHEPA in Baltimore has been awarding the top Greek School student(s) at both Saint Nicholas and the Cathedral of the Annunciation Greek Orthodox churches a 'Certificate of Excellence' and a small monetary reward of \$250 for their educational excellence! This year, Brother Vice President Arthur (Athanasios) Nakas of Worthington 30, addressed Father Michael Pastrikos, the students, the school's Principal (Mrs. Stamatia Ieromonahos, who is also the President of the Parish Council), their teacher (Mrs. Kelly Peros Vasiliades) and the parishoners all in Greek wishing everyone 'Χριστός Ανέστη' and thanking the parish for the honor and hosting our Chapter again! Brother Nakas presented the two Certificates of Excellence (created by Brother Nick Kutson) and a combined monetary award to the two brothers, namely Georgios and Antonios Ieromonahos. Father

Pastrikos also praised both of the students and their teacher for their dedication and zeal for our Greek language.

Subsequent to that, the Greek School Principal/President of the Parish Council, Mrs. Stamatia Ieromonahos (the Aunt of the Father of the two students) praised both of the students for their excellent, hard work and the parents' (Dimitrios and Maria) commitment to bring them two evenings per week for their Greek lessons. Next, their 6th grade teacher, Mrs. Kelly Peros Vasiliades gave a tremendous speech, nearly crying tears of joy, regarding what a pleasure it had been to have such outstanding and enthusiastic students and that she was extremely proud of them both and was amazed at their mastering of the spoken and the written Greek language.

The two young men then each gave fairly lengthy speeches to the parish attendees in 'flawless' Greek talking a little about themselves, and especially thanking their parents and teachers for their help and support the past few years. Earlier, during the liturgy, Georgios and Antonios both came up on the dais and together recited the Πάτερ Ημών (Lord's Prayer).



L-R: (1) Father Michael Pastrikos, Brother Art Nakas (Worthington 30), Georgios and Antonios Ieromonahos. (2) Father Michael Pastrikos, Brother Art Nakas, Georgios and Antonios Ieromonahos, Mrs. Stamatia Ieromonahos and Mrs. Kelly Peros Vasiliades.



L-R: Father Michael Pastrikos, Georgios and Antonios Ieromonahos, Mrs. Stamatia Ieromonahos, Mrs. Kelly Peros Vasiliades and Brother Art Nakas (in back).



L-R: Mrs. Kelly Peros Vasiliades, Mrs. Stamatia Ieromonahos, Father Michael Pastrikos, Georgios and Antonios Ieromonahos, and Brother VP Art Nakas (AHEPA Worthington 30)



L-R: In front are Antonios and Georgios Ieromonahos, Mrs. Kelly Peros Vasiliades, Maria & Dimitrios Ieromonahos.

# ANNUAL METROPOLIS OF NEW JERSEY CLERGY-LAITY CONGRESS AND METROPOLIS PHILOPTOCHOS CONVENTION



*On Tuesday, May 5, 2026, representatives from 50 parishes of the Metropolis of New Jersey gathered under the leadership of His Eminence Metropolitan Apostolos of New Jersey at The Merion in Cinnaminson, New Jersey for the Annual Metropolis of New Jersey Clergy-Laity Congress and Metropolis Philoptochos Convention.*

## GREEK SCHOOL GRADUATION



*Celebrating our two  
Greek School graduates  
for 2026 -*



*Georgios Ieromonahos  
and  
Antonis Ieromonahos*

## MEMORIAL DAY



*Annual Memorial Day Service at Oaklawn Cemetery on May 25, 2026*



Καλησπέρα σας,

Ονομάζομαι Γιώργης Ιερομόναχος. Είμαι από την Κάσο και φέτος αποφοιτώ από το Ελληνικό σχολείο Αγίου Νικολάου. Ξεκίνησα την φοίτηση μου στο ελληνικό σχολείο σε ηλικία 5 ετών από το νηπιαγωγείο. Αν και στην αρχή ήμουν αμήχανος και ντροπαλός, σύντομα προσαρμόστηκα και η εμπειρία μου στο σχολείο το Αγίου Νικολάου θα μου μείνει αξέχαστη.

Τα χρόνια μου στο Ελληνικό Σχολείο ήταν σημαντικά και γεμάτες όμορφες στιγμές. Κάθε μέρα μάθαινα κάτι καινούριο όπως στο Προνηπιο που έμαθα μια μικρή προσευχούλα που την έλεγα κάθε βραδύ πριν κοιμηθώ. Δε θυμάμαι πάρα πολλά από το Νηπιαγωγείο, αλλά θυμάμαι ότι ήμουν χαρούμενος. Ήμουν κάλος στη ορθογραφία, αλλά η γραμματική ήταν μια πρόκληση για εμένα που με την βοήθεια των δασκάλων μου τα κατάφερα.

Κάθε Δευτέρα και Τέταρτη ήταν ξεχωριστή και κάθε μάθημα διαφορετικό. Στην τάξη μου, ήμουν εγώ, ο αδερφός μου και ένα παιδί που έκανε μάθημα διαδικτυακά. Γι' αυτό το λόγο δεν έκανα γνωριμίες στην τάξη μου, αλλά γνώρισα παιδιά από άλλες τάξεις.

Επίσης, μου άρεσαν οι γιορτές που διοργανώναμε και πάντα είχαμε ωραίους ρόλους και ποιήματα να μάθουμε. Ιδιαίτερα μου άρεσε η γιορτή της Ενσωμάτωσης των Δωδεκανήσων μιας και γιορτάζει το νησί μου. Η θεία η Λέλα πάντα μας έγραφε μαντινάδες για να απαγγείλουμε, γεμίζοντας μας υπερηφάνεια.

Υπάρχουν πολλές στιγμές που δεν θα ξεχάσω από το Ελληνικό σχολείο, όπως εκείνη τη φορά που κάναμε μάθημα διαδικτυακά, και ο αδερφός μου ζωγράφισε όλο του το χέρι με μαρκαδόρο. Ακόμα αξέχαστη θα μου μείνει η εντατική μελέτη πριν από κάθε διαγώνισμα.

Γνώρισα πάρα πολλούς στο Ελληνικό σχολείο που δε θα ξεχάσω και είμαι χαρούμενος που θα συνεχίσω το ταξίδι αυτό μέσω της Ελληνομάθειας. Τώρα περιμένω τα αποτελέσματα των εξετάσεων αφού εξετάστηκα στο επίπεδο Β1. Ελπίζω να το πέρασα και του χρόνου να συνεχίσω στο επίπεδο Β2.

Τέλος, θα ήθελα να ευχαριστήσω τον πάτερ Μιχάλη, τη θεία Σταματία, την κυρία Πόπη και όλες τις δασκάλες μου που όλα αυτά τα χρόνια με βοήθησαν να πραγματοποιήσω τους στόχους μου. Σας ευχαριστώ θερμά για τη στήριξη και την καθοδήγησή σας σε αυτό το όμορφο ταξίδι.

Με αγάπη και εκτίμηση,  
Γιώργης Ιερομόναχος  
Μαθητής ΣΤ' Δημοτικού



Πάτερ Μιχαήλ, κυρία Σταματία, αγαπητές μας δασκάλες, αγαπητοί γονείς και συμμαθητές, καλησπέρα σας.

Ονομάζομαι Αντώνης Ιερομόναχος και έχω καταγωγή από την Κάσο. Φέτος αποφοιτώ από το σχολείο του Αγίου Νικολάου μετά από 8 χρόνια.

Όλα αυτά τα χρόνια ήταν όμορφα και δημιουργικά. Δεν θυμάμαι πολλές λεπτομέρειες από τότε που ξεκίνησα, μιας και ήμουν μόνο τριών ετών όταν γράφτηκα στο προνήπιο. Θυμάμαι όμως πως ήμουν χαρούμενος όταν ήμουν εδώ. Πιστεύω πως το πιο δύσκολο πράγμα ήταν τα διαγωνίσματα, επειδή έπρεπε να διαβάζω πολύ. Επίσης η ορθογραφία της Ελληνικής γλώσσας δεν ήταν και η πιο εύκολη υπόθεση.

Στην τάξη μου πάντα ήμασταν λίγα παιδιά αλλά γνώρισα πολλά παιδιά από άλλες τάξεις. Ήταν πάντα διασκεδαστικά όταν είχαμε κοινές δράσεις, όπως τον εορτασμό των Εθνικών εορτών και την τήρηση των εθίμων της πατρίδας μας. Όταν είχαμε ελεύθερο χρόνο παίζαμε μπάσκετ όλοι μαζί.

Το αγαπημένο μου κομμάτι από το Ελληνικό σχολείο ήταν οι γιορτές που κάναμε. Μου άρεσαν οι στολές που φορούσα και οι ρόλοι που έπαιζα. Ανυπομονώ για τον τελευταίο μου ρόλο που θα υποδυθώ τον Δημήτρη Παπαμιχαήλ, στη Νεράιδα και το Παλικάρι στην γιορτή της αποφοίτησης μας. Πολλές φορές έκανα τον κόσμο να γελάει. Επίσης, μου άρεσαν οι όμορφες δράσεις που διοργάνωνε ο Σύλλογος γονέων, όπως η Καθαρά Δευτέρα που πάντα φτιάχναμε χαρταετούς και η Πρωτομαγιά που φτιάχναμε στεφάνια με λουλούδια για την εκκλησία μας.

Ποτέ δε θα ξεχάσω όσα έμαθα στο Ελληνικό Σχολείο. Τώρα που τελιώνω το σχολείο στεναχωριέμαι αλλά θα συνεχίσω με την Ελληνομάθεια στο επίπεδο Β2, αφού φέτος έδωσα εξετάσεις στο επίπεδο Β1.

Τέλος, μία ξεχωριστή στιγμή είναι η σημερινή βράβευση εμένα και του αδερφού μου του Γιώργη από την ΑΧΕΠΑ για την άριστη επίδοση μας στα μαθήματα.

Πάτερ Μιχαήλ, θεία Σταματία και Κυρία Πόπη, σας ευχαριστώ για τη στήριξη και την αγάπη σας. Ευχαριστώ επίσης όλες μου τις δασκάλες όλα αυτά τα χρόνια. Χωρίς εσάς τίποτα δε θα ήταν το ίδιο, κάνατε κάθε χρονιά ξεχωριστή.

Σας ευχαριστώ πολύ,  
Αντώνης Ιερομόναχος  
Μαθητής Στ' Τάξης

# GREEK SCHOOL END OF YEAR CELEBRATION



Με τη χάρη του Θεού και του Αγίου Νικολάου ολοκληρώθηκε ακόμη μία όμορφη και δημιουργική σχολική χρονιά, γεμάτη αγάπη, χαμόγελα, μάθηση και ξεχωριστές στιγμές.

Νιώθω βαθιά ευγνωμοσύνη για όλους τους μαθητές μου της Ε' και Στ' τάξης, που με την παρουσία, την προσπάθεια και την αγνότητά τους έκαναν τη χρονιά αυτή τόσο ξεχωριστή.

Με ιδιαίτερη χαρά θα συνεχίσουμε και την επόμενη χρονιά με τα παιδιά της Ε' τάξης, τα οποία είναι πραγματικά αξιοθαύμαστα και γεμάτα δυνατότητες.

Παράλληλα, αποχαιρετούμε τα παιδιά της Στ' τάξης με συγκίνηση και υπερηφάνεια. Τα καμαρώνουμε για την πρόοδό τους και ευχόμαστε ο Θεός να φωτίζει πάντα τα βήματά τους στη νέα πορεία που ανοίγεται μπροστά τους. Πρόκειται για παιδιά με ήθος, σεβασμό, Ευγενία ψυχής και πραγματική αγάπη για τη μάθηση. Τα δύο τελευταία χρόνια είχα τη χαρά να είμαι η δασκάλα τους και να παρακολουθήσω την πορεία τους. Πάντα πρόθυμοι να συνεργαστούν, να προσπαθήσουν και να αναζητήσουν το «κάτι παραπάνω» πέρα από τις σελίδες των βιβλίων.. να συμμετέχουν σε όλες τις δράσεις και τις εθνικές εορτές ... σίγουρα αποτελούν φωτεινό παράδειγμα για όλους και τιμή για το σχολείο μας.

Επίσης, θα ήθελα να αναφερθώ στην ολοκλήρωση των εξετάσεων για την Πιστοποίηση της Ελληνομάθειας. Είναι συγκινητικό το ενδιαφέρον που βλέπουμε από τους γονείς και τους μαθητές. Ευχόμαστε κάθε χρόνο η συμμετοχή να μεγαλώνει. Καλά αποτελέσματα να έχουν όλοι οι υποψήφιοι που έλαβαν μέρος στις εξετάσεις.

Τέλος, η γιορτή λήξης της σχολικής χρονιάς πραγματοποιήθηκε με επιτυχία στις 27 Μαΐου, μέσα σε κλίμα χαράς, συγκίνησης και ευλογίας.

Ένα τεράστιο ΕΥΧΑΡΙΣΤΩ στους γονείς των παιδιών, στους παππούδες, στις γιαγιάδες και στο Σύλλογο Γονέων και Κηδεμόνων που πάντα είναι δίπλα μας με αγάπη και ενδιαφέρον για το έργο μας και την πρόοδο των μαθητών μας.

Εύχομαι σε όλα τα παιδιά και τις οικογένειές τους καλό και ευλογημένο καλοκαίρι!

Με πολλή αγάπη,  
Καλλιόπη Πέρου Βασιλειάδη



Εκπαιδευτικός Αγίου Νικολάου Βαλτιμόρης

By the grace of God and Saint Nicholas, another wonderful and creative school year has come to a close, filled with love, smiles, learning, and special moments.

I feel deep gratitude for all my 5th and 6th grade students, whose presence, effort, and sincerity made this year so special.

It is with great joy that we will continue next year with the 5th-grade students, who are truly admirable and full of potential.

At the same time, we bid farewell to the 6th-grade students with emotion and pride. We are proud of their progress and pray that God will always guide their steps on the new path that lies ahead of them. These are children of integrity, respect, kindness of heart, and a genuine love for learning. For the past two years, I have had the pleasure of being their teacher and watching their progress. Always eager to collaborate, to strive, and to seek that “something more” beyond the pages of their textbooks... to participate in all activities and national holidays... they are certainly a shining example for everyone and a credit to our school.

I would also like to mention the completion of the exams for the Certification of Proficiency in Greek. The interest we see from parents and students is truly heartwarming. We hope that participation will grow every year. We wish all the candidates who took the exams the best of luck.

Finally, the end-of-school-year celebration was held successfully on May 27, in an atmosphere of joy, emotion, and blessing.

A huge THANK YOU to the children's parents, grandparents, and our wonderful PTA, who are always by our side with love and interest in our work and the progress of our students.

I wish all the children and their families a happy and blessed summer!

With much love,  
Kelly Peros Vasiliades  
Greek Language Teacher at St. Nicholas Greek School

# THOUGHTS FROM EVA LALLAS



***Hear ye! Hear ye! We are in the home stretch of preparations for our Annual St. Nicholas Greek Folk Festival! The Festival will take place June 11-June 14, in just a few weeks. If you have not yet signed up to offer your services, please do so TODAY! St. Nicholas needs YOUR help and is waiting for you!***

## Volunteerism; Our Obligation

Several weeks ago the nation celebrated National Volunteer Week to honor and show appreciation to the thousands of volunteers who willingly give their time and know-how for the benefit of others; thus illuminating the American spirit.

Throughout the history of our beloved St. Nicholas Church, we enjoyed the efforts of thousands of volunteers beginning prior to the groundbreaking of our edifice. In fact, this is true in all parishes because the founders are inspired to work in unison in order to see the vision for their community come to fruition: to plant the seed of Christianity, in our case Orthodoxy, in the far reaches of the world.

For the Greeks of the Diaspora, it was vitally important to them to transplant the roots of their faith wherever their fate took them whether it was Asia Minor, Australia, Canada, Europe, North or South America, etc. They were successful in realizing their mission of spreading the Word of God by building churches and church schools in their new homelands against all odds, enduring hardships, and with limited economic resources because their faith NEVER wavered. Unlike the Orthodox Church of Greece, our parishes have been established and maintained by the efforts and donations of devout volunteers—without government support. Let us ask ourselves, if our forefathers could accomplish so much as strangers in new lands, how high will we set our goals to perpetrate and expand their vision of glorifying God and spreading His Word? Do we not owe it to their memory to do so?

We are quite fortunate at St. Nicholas to have many dedicated volunteers serving its various ministries without reservation; they are responsible for the very existence of our church community. These individuals continue their service and by example involve their children serving the church, for they find fulfillment in glorifying and thanking God by using the talents, which He has bestowed upon them. They know that

giving is much more rewarding than receiving. They forego the notion of earning extra money at a job and give their time/funds to their church. In so doing, as Christians they are practicing the values of our Judeo-Christian faith: loving and helping our neighbors, thus coming closer to God. It is amazing how some persons who are full-time employees and heads of households still find time to be very active volunteers; thus giving credence to the saying, “Ask a busy person to complete a task and it will surely get done.”

Once again, it was rewarding to see more than forty GOYANS and others pleasantly interacting as they prepared the Crosses for Palm Sunday. Likewise, it is heart warming as they present us with the day’s bulletin (or present each lady with a carnation on Mother’s Day!) These traditions can only be perpetrated by the efforts of caring advisors, who although have other family obligations give priority to their children’s involvement in the church.

As we welcome the month of June, St. Nicholas offers us a host of opportunities for which to volunteer. You need only to let us know when and how you can assist your church. The help of young and old, ablebodied and shut-ins is needed in preparing for, setting up, working during our annual festival, cleanup, or making phone calls. Be assured that we value your time and efforts whether for one hour or longer. Furthermore, you will find sharing fellowship with fellow volunteers to be quite rewarding. In recent years we have seen some dedicated families enthusiastically working during the entire festival, from “sunup to sundown” and can only conclude that the parents are setting the example of volunteerism for their children. These same families are commended because they are among the first to volunteer in various activities throughout the year.

We foresee more active participation in the events of our community and new traditions being initiated by our energetic and innovative Father Michael. We commit ourselves to their accomplishments. Let us know that you, too, will be a vital part of our team!

We have been made aware through the teachings of our church of all that Jesus Christ our Savior has voluntarily done for us; so now we must answer, “What can I do for Jesus through our Church?”

***It’s June! How could I forget to extend heartfelt good wishes to all the men of our community as we celebrate Father’s Day, and in particular to our dear Father Michael!!! Once again our God has seen the necessity to bring Father Michael out of “retirement” and back to our St. Nicholas. Blessings of good health and stamina, Father Michael, as you continue to inspire us bringing us closer to our Savior Jesus Christ!***



# 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](mailto:el817@yahoo.com)

## 1. Μηδενά προ του τέλους μακάριζε! Σόλωνα.

Don't consider anyone truly happy, until you see him at the end of his life.  
This comes to us from the great wise ancient lawmaker Solon.

## 2. Πέρασε και δεν ακούμπησε!

He passed by, but didn't come anywhere close! Still the difference of night and day!  
Close, but no cigar!



## 3. Τάφος! ...ούτε του Παπά!

Sealed like a coffin. Don't even tell the priest!  
If you're entrusted with a secret, don't repeat it. Don't spill the beans. Don't be a tattler.

## 4. Ψείρα που δεν σε τρώει, μη την ζύνεις!

If the flea bite doesn't itch, don't scratch. Don't further irritate a situation that bothers you.  
Don't add fuel to the fire. Let sleeping dogs lie.

## 5. Έπεσε το λάδι μες την μαγειριά μας!

The cooking oil fell into the same cooking pot.  
Perhaps it was meant to go into a different pot, but it doesn't matter. It's all going into the dish being prepared.  
When contributing to a fund, it doesn't matter which specific one because it's all going to the same main cause.

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### American Sayings, Phrases, Idioms

#### 1. Let the chips fall where they may.

Que sera, sera! Whatever will be, will be!  
Some things are beyond our control; let them go!

#### 2. Knock on wood!

Χτύπα ξύλο!  
Let not what was said take place. Heaven forbid!

#### 3. Drips and drabs!

A little at a time. Bits and pieces. Piece meal.

#### 4. The calm before the storm!

Just when things are going along smoothly, a sudden upheaval comes.

#### 5. Hell bent!

On doing something that is recklessly determined or intended no matter what; sometime done in haste.

*GOYA's End-of-Year celebration!  
We pray that our youth have a  
safe and fun summer!*



# A MESSAGE FATHER MICHAEL WOULD LIKE TO SHARE

## In Order to be Good Stewards of Our Orthodox Church of Christ...

*By Evagoras Constantinides*

Let's take seriously our faith, our worship (the Divine Liturgy, the Sacraments, the Services, Church Attendance), Bible study, our participation in the mission and work of the Church, i.e. missionary work, philanthropy (IOCC), our relations with God and our fellow men and women. Let's take all these seriously, and not just for show. Not in order to impress other people, but for our own benefit.

What good does it really do us when we come to the liturgy a few minutes before the end, greet the member of the parish council at the candle counter with a smile, as if we are saying, "You see, Lord, I did you the favor and came!"

Or, what good does it do us to take Holy Communion one or two or, at most four times a year and think that we have done what we must for our salvation?

And what good does it do us never to take Holy Communion all our life, and frantically call for a priest to give us Holy Communion when we are on our death bed?

Or, of what benefit is it to us when we give help to someone reluctantly, in order to get rid of him/her instead of with love and concern?

And how do we benefit when we become stewards (members) of a church not because we love the church but because we need some service? And when that service is over, we forget all about the church until we need it again?

All of these little things that we do are like the small fish we catch in shallow waters. We must go out to the open seas, work hard, labor, sacrifice if we really want to fill our nets with big fish, our heart with joy and our soul with salvation.

God asks for three things from us in exchange for all the love and blessings that He has bestowed and is bestowing, on us.

A little time....A little talent....and A little substance!

If we give voluntarily of our time, let us not think that we can do the job that we have undertaken whenever and which-ever way we want to do it; but with the same devotion, dedication and care as if we were receiving the greatest salary.

If we give voluntarily of our talent, let us not think that we can do the job sloppily and carelessly, but meticulously with the same craftsmanship and detail as if our life depended on it.

If we give voluntarily of our substance, our wealth, our material goods, let us not think that we can give crumbs when we can give a whole loaf. Let us not think that we can insult the other person, even God, by humiliating him or by giving him something useless that we were ready to throw away. We must always give him something that we ourselves would appreciate if someone else gave it to us.

This is what Christ teaches us:

**Don't wait for the other person to love you before you love him/her. You love first!**

**Don't wait for the other person to help you in order to help him/her. You help first!**

**Don't wait for the other person to forgive you before you forgive him/her. You forgive first!**

**Don't wait for the other person to do good to you before you do the same. You do the Good first! And as the Greek saying goes: "Do the good and toss it in the sea (and forget about it)!"**

**And don't ever expect anything for the good that you have done.**

Are you a true Christian? Take the initiative, do whatever you can, as much as you can, with love and a smile and wait for re-payment, not from here on earth, not from unjust and evil men....but from up high in the heavens, from the just Judge and the Loving Father.

# 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**

**KIDS'  
ZONE**  
FEATURING  
**ARTS &  
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REGIONAL GREEK  
DANCE TROUPE  
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**GREEK BEER  
GREEK WINES**

EAT, DRINK, &  
**DANCE  
UNDER THE  
STARS**

FUN FOR ALL  
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**BAKLAVA  
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**FIRE ROASTED  
LAMB**  
SOUVLAKI & GYRO

...AND MUCH MORE

**GreekFolkFestival.com**

**Free Admission & Parking 410-633-5020**



## SAINT NICHOLAS BILINGUAL EARLY EDUCATION CENTER

Saint Nicholas Bilingual Early Education Center the Saint Nicholas Bilingual Early Education Center provides a safe, nurturing, home away from home learning center. We accept children from 6 weeks till 5 years of age. If you or anyone you know is interested, please call the Center at 410-633-5020 extension 4 or message us on Facebook.

In May, the children learned about the life cycle of a butterfly. BEEC was sent caterpillars for the children to observe this process. They watched the caterpillars daily until they made cocoons. They helped their teachers put the cocoons in the net that the butterflies would hatch in. Lastly, they observed the butterflies come out of their cocoons. All students participated in feeding the butterflies daily and making sure they had sugar water to eat. The BEEC children absolutely loved watching them get released into the wild! BEEC also hosted a mother's day picnic in honor of Mother's Day. All the children enjoyed spending time with mommy during the day at school!

This month BEEC will be hosting a "Donuts with Dad" Day in honor of Father's Day. The children will enjoy some yummy donuts while spending time with their dads. Another fun activity we will be doing throughout the summer is having water day every Thursday where the kiddos can participate in water activities. BEEC will be launching "Bike Day" this year for the first time! Children will enjoy a ride on our tricycles during the summer. Lastly, we will also be having a Promotion Party for our students who will be leaving BEEC. We will miss them and wish them all the best in their academic school years.



Κέντρο Δίγλωσσης Προσχολικής Αγωγής Αγίου Νικολάου  
Το Κέντρο Δίγλωσσης Προσχολικής Αγωγής Αγίου Νικολάου παρέχει ένα ασφαλές, φροντιστικό, κέντρο μάθησης μακριά από το σπίτι. Δεχόμαστε παιδιά από 6 εβδομάδων έως 5 ετών. Εάν εσείς ή κάποιος που γνωρίζετε ενδιαφέρεται, καλέστε το Κέντρο στο 410-633-5020 εσωτερικό 4 ή στείλτε μας μήνυμα στο Facebook.

Τον Μάιο, τα παιδιά έμαθαν για τον κύκλο ζωής μιας πεταλούδας. Το BEEC έλαβε κάμπιες για να παρατηρήσουν τα παιδιά αυτή τη διαδικασία. Παρακολουθούσαν τις κάμπιες καθημερινά μέχρι να φτιάξουν κουκούλια. Βοήθησαν τους δασκάλους τους να βάλουν τα κουκούλια στο δίχτυ για να εκκολαφθούν οι πεταλούδες. Τέλος, παρατήρησαν τις πεταλούδες να βγαίνουν από τα κουκούλια τους. Όλοι οι μαθητές συμμετείχαν στο καθημερινό τάισμα των πεταλούδων και στη διασφάλιση ότι είχαν ζαχαρόνερο για να φάνε. Τα παιδιά του BEEC λάτρεψαν απόλυτα να τις βλέπουν να απελευθερώνονται στην άγρια φύση! Το BEEC διοργάνωσε επίσης ένα πικνίκ για την Ημέρα της Μητέρας προς τιμήν της Ημέρας της Μητέρας. Όλα τα παιδιά απόλαυσαν να περνούν χρόνο με τη μαμά κατά τη διάρκεια της ημέρας στο σχολείο!

Αυτόν τον μήνα, το BEEC θα διοργανώσει την Ημέρα «Ντόνατς με τον Μπαμπά» προς τιμήν της Ημέρας του Πατέρα. Τα παιδιά θα απολαύσουν μερικά νόστιμα ντόνατς ενώ θα περνούν χρόνο με τους μπαμπάδες τους. Μια άλλη διασκεδαστική δραστηριότητα που θα κάνουμε όλο το καλοκαίρι είναι η Ημέρα του Νερού κάθε Πέμπτη, όπου τα παιδιά μπορούν να συμμετέχουν σε δραστηριότητες στο νερό. Το BEEC θα λανσάρει φέτος για πρώτη φορά την «Ημέρα Ποδηλάτου»! Τα παιδιά θα απολαύσουν μια βόλτα με τα τρίκυκλά μας κατά τη διάρκεια του καλοκαιριού. Τέλος, θα διοργανώσουμε επίσης ένα πάρτι προώθησης για τους μαθητές μας που θα αποφοιτήσουν από το BEEC. Θα μας λείψουν και τους ευχόμαστε ό,τι καλύτερο στα ακαδημαϊκά τους χρόνια.



# CHURCH PARTICIPATION

**H**ow often it happens in life that a person has one thing in his/her heart and another upon their lips, and wears two faces at once at the same time.

As your parish priest, I've encountered untold numbers of people who say that "I am not in church, but my heart is with you and the church, and if I can do anything for you just call me, because I am so busy with my work. Sadly these individuals are fooling themselves! If their heart is in church, their body will be there also. People who possess saving faith, find a way to be with Christ, we cannot separate our faith from our body and mind.

There are others who faithfully participate in church regularly with their children and families. To give you a vivid picture on what is happening in our parish, we are still lacking in participation, but slowly but surely we will get there. But we can only do this together as a family.

In the Gospel, according to St. Mark, we read the account of men who took their friend who was a paralytic, up on the roof of a crowded house, they removed a portion of the roof and lowered their friend down, to be in the presence of Christ, who healed the man of his infirmity.

Where is our zeal and our enthusiasm to be in the presence of Christ? Are we ready to forfeit and sacrifice certain things in our lives to pay more attention for the needs of spiritual Souls? Today, we are too busy doing other things that we forget our responsibilities to Christ. Are we willing to raise the roof to be with Christ and to bring others with us? Most people are ready to raise the roof for money, a new home, a new car, a big party, a wedding, for tickets to a ball game, a concert, or a new job. How many of us are willing to raise the roof to come to church. We have proven this throughout the years that our concentration is not on Christ but for

the sinful world that is out there ready to destroy and kill us.

How many of us are ready to raise the roof to hear the word of God, to worship Him and to be in the presence of Him, His angels and the Holy Saints of the church. Year after year, we see in all denominations of churches the percentage of church participation is dropping. We see the lack of faith in parents who don't care for their children's spiritual welfare, they basically only care for themselves.

That's why, so many live a life of superficial faith, a faith that shows little or no enthusiasm.

I would like to ask our readers a few simple questions. When was the last time you attended church? When was the last time that you received the Holy Sacraments of the church? When was the last time you participated in an important meeting or function? When was the last time you helped a less fortunate person come to church? When was the last time you involved yourself in the life of the church? By taking a few moments, just think about these questions, because this is the only way we can measure where our faith is with God. Yes, one may claim to be religious, live a life of outward formalities, even be on a church mailing list, or just send a check in to say that you are a member of the church, but it all means little if we are not living a heart-centered faith that bears good fruits of the Holy Spirit. Real faith cannot be stopped from finding a way to be with Jesus Christ. We all find ways to with the people that we love. There is a famous saying; "WHEN THERE IS A WILL!! THERE IS A WAY!!!. Living a sinful life, is always the infection of impurity. Sin, will take the innocent heart and make it a guilty heart. It will take a pure mind and make it impure. Have you been paying attention to what's surrounding you everyday? Is this, the example that we want to expose our children too. We, as

parents have to make these important decisions. We all realize that Sin is a behavior against the will of God, and that Temptation will always be around us making us feel terrible about the sinful acts we do daily.

In our Orthodox experience learning theology or reading a good book means very little. It must be lived!!! We must live our faith in Christ. Words can only move us, or touch us emotionally, but action is the right verb to get you in the presence of God.

We all need to be like the friends who brought the Paralytic to Christ. They portrayed the true spirit of Christianity. The greatest gift we can give to a person who has no faith related religion is to bring them to Christ. Many say well, that is the priests job. But the truth of the matter is that this is everyone's responsibility. Don't always blame the priest, or the Parish Council, for the lack of your participation, because we are always trying to find excuses or blame someone for our failure to come to church.

There is a story from the desert Fathers that a monk picked up a rock and said: "If this rock could heal people would you put it in your pocket or attempt to touch as many people as possible? The answer was Yes. The monk went on to say that the rock symbolizes Christ and that we should touch as many people as possible with Christ's Love.

I hope and pray that this article has touched you in some way. We have a Community to run and this cannot be done by just a few parishoners we must all pitch in and help that way we can say also that through the efforts of many our church and parish has grown to what it is today a safe haven for our children, an institution for learning, and a place where we can call home and visit anytime we feel like it. I look forward to seeing you and your families in church more in the coming months and years.

# PHILOTOCHOS

Our Ladies Philoptochos Society also stepped up to the podium to announce the recipients of the various scholarships they so faithfully oversee. These awards are made possible through the enduring generosity of parish families who donate to these funds in loving memory of their departed loved ones. In addition to these memorial awards, our Ladies Philoptochos Society is proud to present its own dedicated scholarship, reflecting the Society's steadfast commitment to supporting the bright future of our youth.

PHILOTOCHOS



Announcing the Philoptochos Scholarships were Maria Karagiannis, President of the Philoptochos, and Irene Vasiliou, First Vice President.



# PHILOPTOCHOS

We would like to thank everyone who donated to the flowers to decorate the Epitaphio your donations were appreciated. Proceeds received paid for the flowers, and the balance will be used for our social service cases. God Bless you and your families!

Scholarships were awarded on Sunday, May 17th. Congratulations to all the recipients and all the graduates of our community! Wishing them continued success in their endeavors and a safe summer! On Sunday Mother's Day we honored two deserving Mothers of our Community, Mrs. Evagelia Saliaris and Irene Vasiliou. Wishing them many years of health and happiness!

The Spring Event held on Wednesday, May 13th at Libertore's Ristorante was a success. It was an evening of fellowship, good food and drinks, Thank you to the proprietors of Libertore's for their continued support of our Philanthropic Missions and the chairpersons Eva Nychis and Renee Themelis.

. The Last General Meeting of Philoptochos was held on May 4th Even though the ecclesiastical year is coming to a close, Philoptochos continues the mission of Philanthropy throughout the year. If there is anyone that is in need of assistance, please do not hesitate to contact us. All cases are strictly confidential!!

The Annual Meeting of New Jersey Clergy-Laity 2026 was held in Cinnaminson, New Jersey. We had two delegates to represent our chapter. Metropolitan Philoptochos presented a detailed income and expenditure report and presented the Budget which was passed. It was a day of fellowship and exchanging ideas.

Our community is preparing for the Annual Festival if you can volunteer to help please do so. Wishing everyone a safe and healthy summer!

Hebrews 13:16 "And do not forget to do good and to share with others, for with such sacrifices God is pleased."

## Άρθρο Φιλόπτωχος

Θα θέλαμε να ευχαριστήσουμε όλους όσους δώρισαν λουλούδια για τον στολισμό του Επιταφίου. Οι δωρεές σας εκτιμήθηκαν. Τα έσοδα που εισπράχθηκαν κάλυπταν τα λουλούδια και το υπόλοιπο θα χρησιμοποιηθεί για κοινωνικές δράσεις. Ο Θεός να σας ευλογεί εσάς και τις οικογένειές σας!

Οι υποτροφίες απονεμήθηκαν την Κυριακή 17 Μαΐου.

Συγχαρητήρια σε όλους τους αποφοίτους και σε όλους τους αποφοίτους της κοινότητάς μας! Τους ευχόμαστε συνεχή επιτυχία στις προσπάθειές τους και ένα ασφαλές καλοκαίρι! Την Κυριακή, Ημέρα της Μητέρας, τιμήσαμε δύο άξιες Μητέρες της Κοινότητάς μας, την κα Ευαγγελία Σαλιάρη και την Ειρήνη Βασιλείου. Τους ευχόμαστε χρόνια πολλά με υγεία και ευτυχία!

## PHILOPTOCHOS



Η Εαρινή Εκδήλωση που πραγματοποιήθηκε την Τετάρτη 13 Μαΐου στο Libertore's Ristorante ήταν μια επιτυχία. Ήταν μια βραδιά συντροφικότητας, καλού φαγητού και ποτού. Ευχαριστούμε τους ιδιοκτήτες του Libertore's για τη συνεχή υποστήριξή τους στις Φιλανθρωπικές μας Αποστολές και τις προέδρους Εύα Νύχη και Ρενέ Θέμελη

Η τελευταία Γενική Συνέλευση της Φιλοπτώχου πραγματοποιήθηκε στις 4 Μαΐου. Παρόλο που το εκκλησιαστικό έτος πλησιάζει στο τέλος του, η Φιλοπτώχος συνεχίζει την αποστολή της Φιλανθρωπίας καθ' όλη τη διάρκεια του έτους. Αν υπάρχει κάποιος που χρειάζεται βοήθεια, μη διστάσετε να επικοινωνήσετε μαζί μας. Όλες οι υποθέσεις είναι αυστηρά εμπιστευτικές!

Η Ετήσια Συνέλευση Κληρικών - Λαϊκών της Μητρόπολης του Νιου Τζέρσεϊ 2026 πραγματοποιήθηκε στο Σινναμινσον του Νιου Τζέρσεϊ. Είχαμε δύο αντιπροσώπους για να εκπροσωπήσουν το παράρτημα μας. Η Φιλοπτώχος Μητρόπολη παρουσίασε μια λεπτομερή έκθεση εσόδων και εξόδων και παρουσίασε τον Προϋπολογισμό, ο οποίος εγκρίθηκε. Ήταν μια ημέρα συντροφικότητας και ανταλλαγής ιδεών.

Η κοινότητά μας προετοιμάζεται για το Ετήσιο Φεστιβάλ. Αν μπορείτε να προσφερθείτε εθελοντικά να βοηθήσετε, παρακαλούμε κάντε το. Εύχομαι σε όλους ένα ασφαλές και υγιές καλοκαίρι!

Εβραίους 13:16 "Και μην ξεχνάτε να κάνετε το καλό και να μοιράζεστε με τους άλλους, γιατί με τέτοιες θυσίες ευαρεστείται ο Θεός."

# HAPPY FATHER'S DAY!

## Happy Father's Day to All the Dads in the Community

In a few weeks most families will be making reservations to a Restaurant, a Sports Venue, a scheduled trip, or to make it simple, a backyard barbeque for Father's Day. Those are all nice thoughts and good ideas to celebrate with your Father, but did anyone ever think of celebrating Father's Day in Church first with the family, before going out to a restaurant? You are wondering why I mentioned that statement, because as human beings we think that by giving a gift, or going to a Restaurant or celebrating Father's day at other venues, makes us feel that we have accomplished what we set out to do in order to make our Fathers happy. To many non believers, it probably would make them happy but to others who are Christians and live a spiritual life with Christ would think the opposite way. We know our biological father here on earth but we never think of our Spiritual Father who is in Heaven, He is our Father also.

So what reservations are we going to make to celebrate with our Father who is in Heaven? I hope and pray that we make the right decision and bring our families to church and partake of the Holy Eucharist as a family. Giving us first to have a spiritual relationship with our Father in Heaven and then go out and celebrate with our families to honor our Fathers.

The Celebration of Fathers Day is an opportunity for all children to express thanks and gratitude to their Fathers for all their unconditional love and affection that they have given to us throughout our lives. And let's not forget all the hard work that a parent goes through to raise their children to provide for them a better life in our Society. To go and just buy a gift, is a simple way but the wrong way to show your dad how much you love him. How about going to your dad and wishing him a Happy Father's Day by telling him "I LOVE YOU DAD". Sometimes words and actions mean more than buying gifts, and celebrating in a commercial way. With that expression- know that Fathers feel that their contributions are acknowledged, in the society and by their children. By doing this, you will make your father proud, and it will also bring children to come closer to their father. For most, often children take love of their parents for granted. Celebration of Father's Day makes them ponder for awhile on the importance role their father play in their life. This helps them appreciate the selfless care and protection provided by their father and hence they come emotionally closer to their dad. In today's society, mothers are the heroes of childrearing, but fathers take a back stage role in the upbringing of their children. But we know for a fact, that a father is just as important as a mother. A few decades ago, maybe this was the norm, but

today fathers play a significant role in the development and emotional well being of a child is no less. Today fathers are taking an active role in the development and growth of their children. I believe that children depend on their fathers for spiritual, emotional, physical, financial and social well being. For daughters, a father is the ideal man in the world and also the first man that they love and adore, while for sons a father is an idol and the strongest man they aspire to emulate.

Today most husbands and wives are working too hard to make ends meet to raise their children. Because of both parents working, fathers are presently involved in child rearing jobs as mothers are. You see today, fathers taking their children for walks, taking them to school, doing house chores, etc. So there is a culture change in the world today. This change is helping in strengthening father/child relationships and consequently in emotional development of a child and building a stronger bond with their children. It is so heartwarming to see both father and mother interacting with their children. But if we come back to reality, we also have single mothers and single fathers today raising their children the best way they can. It is very hard as a child to grow up without a mother or a father. Raising children in our Society is very difficult, but if we believe in God and allow the Lord to be in our children's lives then we are giving our children the great opportunity to have a great relationship with Christ. Maybe this is what is lacking in today's Society, and that's why we are having so much trouble developing our Children. We don't have Christ in public places anymore. We don't have Christ in our Schools. We are afraid to say that we are Christians and to celebrate the Holidays by expressing them through our faith. We see many parents today that do not come to church as a family anymore. Our children are deprived to have a relationship with God. We are giving a wrong impression to our children that through our actions we are showing them that God is not needed in their lives. That there are better things in life than going to Church. This has to stop, I believe that our children have a right to have a spiritual relationship with Christ. So kids do the right thing. When we celebrate Father's day in a few weeks, just tell your parents that first, before anything else, you ask them to go to church with you and then you can celebrate father's day with all the gifts and trimmings.

On behalf of the Parish Council, Myself, the Church Staff, and the entire family of St. Nicholas we would like to wish every FATHER in the Community and of the world,

HAPPY  
*Father's Day*  
—  —

## ΧΡΟΝΙΑ ΠΟΛΛΑ ΣΕ ΟΛΟΥΣ ΤΟΥΣ ΠΑΤΕΡΕΣ ΤΗΣ ΚΟΙΝΟΤΗΤΑΣ

Σε λίγες εβδομάδες οι περισσότερες οικογένειες θα κάνουν κρατήσεις σε κάποιο εστιατόριο, ή για κάποιο αθλητικό αγώνισμα, ή για κάποιο προγραμματισμένο ταξίδι ή για να το κάνουμε πιο απλό ένα μπάρμπεκιου στην αυλή του σπιτιού μας, για την Ημέρα του Πατέρα. Όλα αυτά είναι ωραίες σκέψεις και καλές ιδέες για να γιορτάσετε με τον πατέρα σας, αλλά σκέφθηκε ποτέ κανείς να γιορτάσει την Ημέρα του Πατέρα, πρώτα στην εκκλησία με την οικογένεια, πριν βγει έξω σε κάποιο εστιατόριο; Θα αναρωτιέστε γιατί ανέφερα αυτή τη σκέψη, επειδή ως ανθρώπινα όντα πιστεύουμε ότι δίνοντας ένα δώρο, ή πηγαίνοντας στο εστιατόριο ή γιορτάζοντας την ημέρα του Πατέρα με άλλους τρόπους, μας κάνουν να αισθανόμαστε ότι έχουμε καταφέρει αυτό που θέλαμε να κάνουμε, προκειμένου να κάνουμε τον Πατέρα μας ευτυχισμένο. Για πολλούς μη πιστούς, κατά πάσα πιθανότητα θα τον κάνουν ευτυχισμένο, αλλά και για αυτούς που είναι χριστιανοί και ζουν μια πνευματική ζωή με τον Χριστό θα πιστεύουν το αντίθετο. Γνωρίζουμε ποιος είναι ο βιολογικός μας πατέρας εδώ στη γη, αλλά ποτέ δεν σκεφτόμαστε τον Πνευματικό μας Πατέρα που είναι στον ουρανό, διότι και ο Θεός είναι Πατέρας μας.

Τι κρατήσεις, λοιπόν, θα κάνουμε για να γιορτάσουμε με τον Επουράνιο Πατέρα μας; Ελπίζω και προσεύχομαι να κάνουμε τη σωστή επιλογή, πρώτα να έλθουμε με τις οικογένειές μας στην εκκλησία, και να Κοινωνήσουμε των Αχράντων Μυστηρίων ως οικογένεια. Προσφέροντας πρώτα στην πνευματική σχέση μας με τον Επουράνιο Πατέρα μας και στη συνέχεια να βγούμε έξω και να γιορτάσουμε με τις οικογένειές μας, για να τιμήσουμε το βιολογικό μας Πατέρα.

Ο Εορτασμός της Ημέρας του Πατέρα είναι μια ευκαιρία για όλα τα παιδιά να εκφράσουν (Ευχαριστίες και ευγνωμοσύνη) στον Πατέρα τους, για όλη την άνευ όρων αγάπη που μας έχουν δώσει σε όλη μας τη ζωή. Και ας μην ξεχνάμε όλη τη σκληρή δουλειά που κάνει ένας γονιός για να μεγαλώσει τα παιδιά του, για να τους εξασφαλίσει μια καλύτερη ζωή στην κοινωνία μας. Το να πάτε και να αγοράσετε ένα δώρο, είναι ένας απλός τρόπος, αλλά ο λάθος τρόπος για να δείξετε στον πατέρα σας πόσο τον αγαπάτε. Τι θα λέγατε να πάτε στο πατέρα σας και να του ευχηθείτε Χρόνια Πολλά λέγοντάς του "Σ' ΑΓΑΠΩ ΠΑΤΕΡΑ". Μερικές φορές οι λέξεις και οι πράξεις είναι πιο σημαντικές από την αγορά δώρων και τον εορτασμό με εμπορικό τρόπο. Με την έκφραση αυτή - γνωρίζουμε ότι ο Πατέρας αισθάνεται ότι οι συνεισφορές του αναγνωρίζονται, και από την κοινωνία και από τα παιδιά του. Ενεργώντας με αυτό το τρόπο, θα κάνετε τον πατέρα σας υπερήφανο, και επίσης θα φέρει τα παιδιά πιο κοντά στον πατέρα τους. Για τους περισσότερους, τα παιδιά λαμβάνουν την αγάπη των γονιών τους ως δεδομένη. Ο εορτασμός της Ημέρας του Πατέρα τους αναγκάζει να αναλογιστούν για λίγο το σημαντικό ρόλο που παίζει ο πατέρας τους στη ζωή τους. Τους βοηθά να εκτιμήσουν την ανιδιοτελή φροντίδα και την προστασία που παρέχεται από τον πατέρα τους και ως εκ τούτου έρχονται συναισθηματικά πιο κοντά του. Στη σημερινή κοινωνία, η μητέρα είναι η ηρωίδα για την ανατροφή των παιδιών, αλλά και οι πατέρες παίζουν μεγάλο ρόλο στην ανατροφή των παιδιών τους. Ένα πράγμα είναι γεγονός, ότι ο πατέρας είναι εξ ίσου σημαντικός, όσο και η μητέρα, στην ανατροφή ενός παιδιού.

Πριν μερικές δεκαετίες, ίσως αυτός ήταν ο κανόνας, αλλά σήμερα ο ρόλος που παίζει ο πατέρας δεν είναι λιγότερο σημαντικός, για την

ανατροφή, και τη συναισθηματική ευημερία ενός παιδιού. Σήμερα ο πατέρας παίρνει ενεργό ρόλο στην ανατροφή των παιδιών τους. Πιστεύω ότι τα παιδιά εξαρτώνται από τον πατέρα τους για την πνευματική, συναισθηματική, σωματική, οικονομική και κοινωνική ευημερία τους. Για τις θυγατέρες, ο πατέρας είναι ο ιδανικός άνθρωπος στον κόσμο, αλλά και ο πρώτος άνθρωπος που αγαπούν και λατρεύουν, ενώ για τους γιους, ο πατέρας είναι και το είδωλο και ο ισχυρότερος άνθρωπος που φιλοδοξούν να μιμηθούν.

Σήμερα τα περισσότερα ζευγάρια εργάζονται πάρα πολύ σκληρά για να τα βγάλουν πέρα με την ανατροφή των παιδιών τους. Λόγω που και οι δύο γονείς εργάζονται, οι πατέρες σήμερα συμμετέχουν στις εργασίες της ανατροφής των παιδιών όπως και οι μητέρες. Βλέπετε σήμερα, οι πατέρες πηγαίνουν βόλτα τα παιδιά τους, τα πηγαίνουν στο σχολείο, κάνουν δουλειές του σπιτιού, κ.λπ. Έτσι, σήμερα υπάρχει μια αλλαγή νοοτροπίας στον κόσμο. Αυτή η αλλαγή συμβάλλει στην ενίσχυση των σχέσεων πατέρα / παιδιού και συνεπώς στην συναισθηματική ανατροφή ενός παιδιού, και στην οικοδόμηση ενός ισχυρότερου δεσμού με τα παιδιά τους. Είναι τόσο συγκινητικό να βλέπεις τον πατέρα και τη μητέρα να αλληλεπιδρούν με τα παιδιά τους. Αλλά ας επανέλθουμε στην πραγματικότητα. Έχουμε σήμερα άγαμες μητέρες και μόνους ο πατέρες που ανατρέφουν τα παιδιά τους με όσο καλύτερο τρόπο μπορούν. Είναι πολύ δύσκολο, ένα παιδί να μεγαλώνει χωρίς μητέρα ή πατέρα.

Η ανατροφή των παιδιών στην σημερινή κοινωνία μας είναι πολύ δύσκολη, αν πιστεύουμε όμως στον Θεό και επιτρέψουμε στο Κύριο να συμμετέχει στη ζωή των παιδιών μας, στη συνέχεια, και με αυτό το τρόπο δίνουμε στα παιδιά μας την μεγάλη ευκαιρία να έχουν μια εξαιρετική σχέση με τον Χριστό. Ίσως αυτό είναι που λείπει από τη σημερινή κοινωνία, και γι' αυτό έχουμε τόσο μεγάλο πρόβλημα ανατροφής των παιδιών μας. Δεν υπάρχει πλέον ο Χριστός σε δημόσιους χώρους. Δεν έχουμε τον Χριστό στα σχολεία μας. Φοβόμαστε να πούμε ότι είμαστε Χριστιανοί και να εκφράσουμε τις Εορτές μας εκφράζοντάς τες μέσω της πίστης μας. Πολλοί γονείς σήμερα δεν εκκλησιάζονται ως οικογένεια.

Τα παιδιά μας στερούνται της σχέσης με τον Θεό. Δίνουμε μια λανθασμένη εντύπωση στα παιδιά μας, μέσα από τις πράξεις μας, τους δείχνουμε ότι ο Θεός δεν είναι απαραίτητος στη ζωή τους. Ότι υπάρχουν καλύτερα πράγματα στη ζωή από το να πηγαίνεις στην Εκκλησία. Αυτό πρέπει να σταματήσει, πιστεύω ότι τα παιδιά μας έχουν το δικαίωμα να έχουν πνευματική σχέση με τον Χριστό. Με το να κάνουν τα παιδιά το σωστό. Σε λίγες εβδομάδες, όταν γιορτάζουμε την ημέρα του Πατέρα, πείτε απλά ότι πρώτα, πριν από οτιδήποτε άλλο, πρέπει να εκκλησιαστούν μαζί σας και, στη συνέχεια, μπορείτε να γιορτάσετε την ημέρα του πατέρα με όλα τα δώρα και γαρνιτούρες.

Εκ μέρους του Διοικητικού Συμβουλίου, του υποφαινομένου, του προσωπικού της Εκκλησίας και ολοκλήρου της Κοινότητας του Αγίου Νικολάου θα θέλαμε να ευχηθούμε σε όλους τους πατέρες της Ενορίας μας και ολοκλήρου του κόσμου ΧΡΟΝΙΑ ΠΟΛΛΑ.

Ο Θεός να ευλογεί όλους τους Πατέρες.

*Χρόνια Πολλά*

# FESTIVAL RAFFLE TICKET LETTER



METROPOLIS  
OF NEW JERSEY

## SAINT NICHOLAS GREEK ORTHODOX CHURCH

520 SOUTH PONCA STREET, BALTIMORE, MARYLAND 21224

May, 2026

Dear Parishioners and Friends of Saint Nicholas Church,

With the grace of God, our Saint Nicholas church will be hosting our legendary annual Greek Folk Festival once again this year. Organizers are already busy preparing for the big Glendi! The festival will be held from Thursday, June 11<sup>th</sup> to Sunday, June 14<sup>th</sup>.

The festival is one of our church's biggest fundraisers. The funds raised are critical for the operation of our beloved Saint Nicholas Church. Your past support of Saint Nicholas, and our festival, has been crucial in keeping our church open and continuing to thrive. We again ask you to consider supporting our festival in any way that you can. One way to support the festival is by purchasing raffle tickets.

Following the success of last year's transition, the Parish Council and Festival Committee are **continuing with the updated raffle format** to ensure it remains accessible to everyone. This year's raffle will again feature a single grand prize: two (2) round-trip airfare tickets to Greece or \$3,000.00 in cash. By maintaining the ticket price at just \$10, we make it easier for all of us to share this opportunity with friends, family, neighbors, and coworkers

Enclosed you will find your raffle tickets. We are asking for your support in selling as many tickets as possible to make this year's raffle fundraiser a success. Buy as many as you can and sell the rest to family and friends. Please let us know if you would like more raffle tickets!

**Your ticket stub(s) and payment should be returned to the church office no later than May 31<sup>st</sup>. The drawing will be held on Sunday, June 14<sup>th</sup> at 9:00 pm at the Plateia.**

*We remain deeply grateful for your steadfast support of both our festival and raffle throughout the years. We look forward to your continued participation this year as we work together to make our community's celebration a success.*

Sincerely yours,

Rev. Fr, Michael L. Pastrokos  
Protopresbyter

Stamatia Ieromonahos  
Parish Council President

Spiro Alafassos  
Greek Folk Festival Chairperson

Eleni Kostalas-Lentis  
Raffle Chairperson

*Let us not become weary in doing good, for at the proper time, we will reap a harvest if we do not give up. -Galatians 6:9*

# FESTIVAL RAFFLE TICKET LETTER



ΜΕΤΡΟΠΟΛΙΣ  
OF NEW JERSEY

## SAINT NICHOLAS GREEK ORTHODOX CHURCH

520 SOUTH PONCA STREET, BALTIMORE, MARYLAND 21224

Μάιος 2026

Αγαπητοί Ενορίτες και φίλοι του Αγίου Νικολάου,

Με τη χάρη του Θεού, ο ναός μας του Αγίου Νικολάου θα φιλοξενήσει και φέτος το θρυλικό ετήσιο Ελληνικό Λαϊκό Φεστιβάλ μας. Οι διοργανωτές είναι ήδη απασχολημένοι με την προετοιμασία για το μεγάλο Γλέντι μας! Το φεστιβάλ θα διεξαχθεί από την Πέμπτη 11 Ιουνίου έως την Κυριακή 14 Ιουνίου.

Το φεστιβάλ είναι ένας από τους μεγαλύτερους εράνους της Εκκλησίας μας. Τα χρήματα που συγκεντρώνονται κάθε χρόνο είναι απαραίτητα για τη λειτουργία της αγαπημένης μας Εκκλησίας του Αγίου Νικολάου. Η προηγούμενη υποστήριξή σας στον Άγιο Νικόλαο και στο φεστιβάλ μας, ήταν καθοριστικής σημασίας για να κρατήσουμε την Εκκλησία μας ανοιχτή και να συνεχίσουμε να ευδοκιμούμε. Σας ζητάμε και πάλι να σκεφτείτε το ενδεχόμενο να στηρίξετε το φεστιβάλ μας με όποιον τρόπο μπορείτε. Ένας τρόπος για να το κάνετε, είναι η αγορά εισιτηρίων για κλήρωση.

Το Ενοριακό Συμβούλιο και η Επιτροπή του Φεστιβάλ, **μετά την επιτυχία της περσινής αλλαγής**, συνεχίζουν και φέτος τη νέα μορφή της λαχειοφόρου αγοράς μας, ώστε να είναι πιο προσιπή σε όλους. Το φετινό μας έπαθλο θα είναι και πάλι μία επιλογή: Δύο (2) εισιτήρια μετ' επιστροφής για την Ελλάδα ή \$3.000,00 σε μετρητά, με το κόστος του λαχνού να παραμένει στα \$10. Αυτή η προσιπή τιμή διευκολύνει όλους μας να προωθήσουμε τους λαχνούς σε φίλους, συγγενείς, γείτονες και συναδέλφους.

Στο φάκελο, θα βρείτε τα εισιτήρια της κλήρωσης. Ζητάμε την υποστήριξή σας για την πώληση όσο το δυνατόν περισσότερων εισιτηρίων, ώστε να πετύχει ο έρανος της λοταρίας φέτος. Αγοράστε όσα περισσότερα μπορείτε και πουλήστε τα υπόλοιπα στην οικογένεια και τους φίλους σας. Ενημερώστε μας, αν θέλετε περισσότερα εισιτήρια για κλήρωση!

**Τα αποκόμματα του εισιτηρίου σας και η πληρωμή σας θα πρέπει να επιστραφούν στο γραφείο της Εκκλησίας το αργότερο στις 31 Μαΐου. Η κλήρωση θα πραγματοποιηθεί την Κυριακή 14 Ιουνίου στις 21:00. στην Πλατεία.**

*Παραμένουμε βαθιά ευγνώμονες για τη συνεχή υποστήριξή σας τόσο στο φεστιβάλ όσο και στη λαχειοφόρο αγορά μας όλα αυτά τα χρόνια. Προσδοκούμε στη συμμετοχή σας και φέτος, ώστε να εξασφαλίσουμε μαζί την επιτυχία της κοινότητάς μας.*

Με αγάπη,

Πρωτ. π. Μιχαήλ Α. Παστρικός

Σταματία Ιερομονάχου, Πρόεδρος  
Ενοριακού Συμβουλίου

Σπύρος Αλαφάσσοσ,  
Υπεύθυνος Ελληνικού Φεστιβάλ

Ελένη Κώσταλα-Λέντη,  
Υπεύθυνη Λαχειοφόρου Αγοράς

*Ας μην κουραζόμαστε να κάνουμε το καλό, γιατί την κατάλληλη στιγμή, θα θερίσουμε μια σοδειά αν δεν τα παρατήσουμε. -Γαλάτες 6:9*

## Message from Fr. Michael L. Pastrokos, Protopresbyter

### *Parents today have so many issues to deal with . . .*

It is sometimes difficult to realize how busy and preoccupied we are with the basic reality of living. The months of April, and May were busy months in our Parish. So many events and activities went through these months. We had the Great Lenten Period, Holy Week, and we just finished with the Feast of Ascension. Parents today have so many issues to deal with in a day just to get by. Work, School, Spouse, Children, Food, Mail, Shopping, Laundry, Bills, Doctors, it just seems like we don't get a break. Usually after Pascha, things start to slow down for the summer months.

Here at St. Nicholas at the moment, I haven't seen a slow down day yet. We are always moving and doing something good for our Community. And yet it is precisely at this time when our lives seem overrun by things of the world, that the Church encourages us to step back from all these distractions and to concentrate on the one thing is necessary- our relationship with God.

Do not let anything become more important than the Christ and His Church. How great it was to see all of you this Pascha. How wonderful to see the Church attended especially by those who come

less often. Even at the eleventh hour, all are welcome as much as those who came in the first hour. Remember YOU ARE THE CHURCH. When you picture the image of the Church in your mind, picture the whole history of salvation. St. Cyprian said, *Do not think that you maintain the true Gospel of Christ, if you separate yourselves from the flock of Christ.*

Where is our zeal and our enthusiasm to be in the presence of Christ? Are we ready to forfeit and sacrifice certain things in our lives to pay more attention to the needs of our spiritual souls? Today we are too busy doing other things that we forget our responsibilities to Christ. We just celebrated the Feast of Ascension.

What does this Feast teach us? If we go back to the beginning of Creation, continue on with the Prophets, then the Birth and Baptism of Christ, the healing Ministry and teachings of our Lord, the twelve Apostles, the raising of Lazarus, the entrance into Jerusalem(Palm Sunday), the Crucifixion, the death and entombment of the Lord, the Resurrection, and the Ascension. This brings alive the writings of the Old and New Testament, and brings the life of Christ into reality.

*Bring Your Family and Your Friends  
at the Greek Folk Festival:  
June 11, 12, 13 & 14*



**Μήνυμα απο τον Πατέρα Μιχαήλ Α. Πασιρικό, Πρωτοπρεσβύτερο**

### ***Οι Γονείς Σήμερα Ασχολούνται με Τόσα Πολλά Θέματα . . .***

Μερικές φορές είναι δύσκολο να συνειδητοποιήσουμε το πόσο πολυάσχολοι και απασχολημένοι είμαστε με την καθημερινή ρουτίνα της ζωής. Τους μήνες Απρίλιο και Μάιο είχαμε μεγάλη κίνηση στη Κοινότητα μας. Είχαμε πολλές εκδηλώσεις και δραστηριότητες. Είχαμε τη Περίοδο της Μεγάλης Τεσσαροκοστής, την Μεγάλη Εβδομάδα, και μόλις που εορτάσαμε την Ανάληψη του Κυρίου. Οι γονείς σήμερα ασχολούνται με τόσα πολλά θέματα σε ημερήσια βάση, μόνο και μόνο για να τα βγάλουν πέρα. Εργασία, σχολείο, σύζυγος, παιδιά, φαγητό, ταχυδρομείο, ψώνια, πλύσιμο ρούχων, λογαριασμοί, γιατροί και πάει λέγοντας.

Συνήθως μετά το Πάσχα, τα πράγματα αρχίζουν να καταλαγιάζουν για τους καλοκαιρινούς μήνες. Στην περιοχή του Αγίου Νικολάου προς το παρόν, δεν έχω δει ακόμη καμιά επιβράδυνση. Είμαστε πάντα σε κίνηση για να κάνουμε κάτι καλό για την Κοινότητά μας. Παρόλα αυτά, όταν ακριβώς αυτή την εποχή η ζωή μας κατακλύζεται από τα γεγονότα ανά τον κόσμο, η Εκκλησία μας ενθαρρύνει να κάνουμε ένα βήμα πίσω από όλους αυτούς τους περιστασιαμούς και να επικεντρωθούμε σε ένα σημαντικό θέμα -- τη σχέση μας με τον Θεό.

Μην επιτρέψετε κανένα και τίποτα να γίνει πιο σημαντικό από το Χριστό και την Εκκλησία Του. Πόσο όμορφο ήταν να δούμε όλους σας το Πάσχα που πέρασε. Πόσο υπέροχο είναι να βλέπουμε να εκκλησιάζονται ειδικά εκείνοι που δεν εκκλησιάζονται

συχνά. Ακόμη και κατά την ενδεκάτη ώρα, όλοι είναι ευπρόσδεκτοι όσο και εκείνοι που ήρθαν την πρώτη ώρα. Να θυμάστε ότι ΕΣΕΙΣ ΕΙΣΤΕ Η ΕΚΚΛΗΣΙΑ. Όταν φέρετε με τη φαντασία σας την εικόνα της Εκκλησίας στο μυαλό σας, φανταστείτε όλη την ιστορία της Σωτηρίας. Ο Άγιος Κυπριανός είπε, "Μην νομίζετε ότι μπορείτε να διατηρήσετε το αληθινό Ευαγγέλιο του Χριστού, αν εσείς οι ίδιοι αποχωρησείτε από το ποίμνιο του Χριστού.

Που είναι ο ξήλος μας και ο ενθουσιασμός μας για την ύπαρξη του Χριστού; Είμαστε έτοιμοι να χάσουμε και να θυσιάσουμε κάποια πράγματα στη ζωή μας, για να δώσουμε μεγαλύτερη προσοχή στις πνευματικές ανάγκες της ψυχής μας; Σήμερα είμαστε πολύ απασχολημένοι με άλλα πράγματα και ξεχνάμε τις ευθύνες μας στον Χριστό.

Μόλις γιορτάσαμε τη γιορτή της Αναλήψεως. Τι σημαίνει αυτή η γιορτή, τι μας διδάσκει; Αν πάμε πίσω στην αρχή της Δημιουργίας, συνεχίσουμε με τους Προφήτες, με τη γέννηση και την Βάπτισμα του Χριστού, τα θαύματα και τις διδασκαλίες του Κυρίου μας, τους δώδεκα Αποστόλους, την Ανάσταση του Λαζάρου, την είσοδο στα Ιεροσόλυμα (Κυριακή των Βαΐων), τη Σταύρωση, το θάνατο και τη ταφή του Κυρίου, την Ανάσταση και την Ανάληψη, θα δούμε ότι όλα αυτά ζωντανεύουν τις γραφές της Παλαιάς και Καινής Διαθήκης, και ακόμη ότι η ζωή του Χριστού ήταν πραγματική.

## Message from Fr. Michael L. Pastrikos, Protopresbyter

### St. Nicholas Greek Folk Festival is Here!

Dear Parishioners:

"Then Jesus said to his Disciples "the harvest is plentiful but the laborers are few, therefore ask the Lord of the harvest to send out laborers into His harvest."  
(Matthew 9:37-38)

#### THE TIME IS QUICKLY APPROACHING! THE FESTIVAL IS AROUND THE CORNER!

I hope that you truly read the passage that was written above about the Harvest because this is so true in real life. But can anyone tell me, why do we have to ask for volunteers in everything we try to accomplish in our parish? We must all realize that the success of our Festival is determined entirely from our caring parishioners who are willing to volunteer their precious time whether it is for 1 hour or 100 hours (as many do). Each hour that a person offers to the church is always appreciated. I remember that famous quote from one of our favorite presidents John F. Kennedy: "Ask not what your country can do for you; ask what you can do for your country."

There are many ways to help out for the festival, don't wait for someone to call you for your services. This is our Festival, and we must all heed the call of sacrifice and donate our time and talents. So, I am appealing this message to all our young adults who have not been active in their parish. NOW IS THE TIME! COME FORTH! . . . and take on some of the responsibilities that others have offered for years. We must be Pro-Active when it comes to helping out for the needs of our Community.

Join us as we embark together in reaching new heights and levels for our St. Nicholas Parish. Let's show our pride and enthusiasm for a successful Festival. Remember... "fasouli... me fasouli... yemizee to sakouli." We are one bean that multiplies within the bag... We can only do this as a family. A family that works together... stays together. Hoping to see everyone at the Festival.

*Don't hold back! Don't be a Spectator!*

**Be a D O E R! ! !**

*Respectfully, Fr. Michael L. Pastrikos*

## Μήνυμα απο τον Πατέρα Μιχαήλ Α. Παστρικό, Πρωτοπρεσβύτερο

### Ελληνικό Λαϊκό Πανηγύρι Αγίου Νικολάου

Αγαπητά μέλη,

«Τότε λέγει τοις μαθηταίς Αυτού: Ο μεν θερισμός πολύς, οι δε εργάται ολίγοι, δηθήτε ουν του Κυρίου του θερισμού, όπως εκβάλει εργάτας εις τον θερισμόν Αυτού.»  
Μαθ. 9-37-38.

#### ΤΟ ΦΕΣΤΙΒΑΛ ΤΗΣ ΚΟΙΝΟΤΗΤΑΣ ΜΑΣ ΠΛΗΣΙΑΖΕΙ!

Ελπίζω να μελετήσατε την Περικολή που αναφέρω πιο πάνω για την συγκομιδή, η οποία ταυριάζει απόλυτα στην πραγματικότητα της ζωής.

Τώρα, μπορείτε να μου εξηγήσετε γιατί πρέπει να ζητούμε την βοήθεια εθελοντών για το κάθε τι που προσπαθούμε να κάνουμε στην Κοινότητά μας; Όλοι πρέπει να καταλάβουμε ότι η επιτυχία του Φεστιβάλ μας εξαρτάται απόλυτα από τα μέλη που ενδιαφέρονται, που είναι πρόθυμα να προσφέρουν εθελοντικά τον ανεκτίμητο χρόνο τους, είτε αυτός είναι μία (1) ώρα, ή εκατό (100) ώρες, και αυτοί είναι πολλοί. Κάθε ώρα που μπορεί να προσφέρει ο καθένας στην Εκκλησία του, εκτιμάται ιδιαίτερα.

Θυμάμαι εκείνο που κάποιος από τους καλούς μας Προέδρους κάποτε είπε: «Μην ρωτάς τι κάνει η Χώρα σου για σένα, αλλά τι κάνεις εσύ για την Χώρα σου».

Υπάρχουν πολλοί τρόποι για να βοηθήσεις στο Φεστιβάλ. Μην περιμένεις κάποιος να στο ζητήσει. Είναι το Φεστιβάλ της Κοινότητάς μας, και πρέπει όλοι να

θυσιάσουμε και να προσφέρουμε εθελοντικά το χρόνο μας και τις γνώσεις μας.

Απευθύνω λοιπόν αυτό το μήνυμα σε όλους τους νέους μας, που δεν έχουν διαθέσει το χρόνο τους μέχρι τώρα για την Εκκλησία μας. **Τώρα είναι η ώρα! Τώρα σας χρειαζόμαστε! Ελάτε!** Αναλάβετε τις ευθύνες των ηλικιωμένων που προσέφεραν τις υπηρεσίες τους εθελοντικά για πολλά χρόνια. Όλοι μας πρέπει να είμαστε πρόθυμοι και έτοιμοι να βοηθήσουμε την Κοινότητά μας. Μην αδρανείτε! Μην παριστάνετε τον θεατή! Δραστηριοποιηθείτε...

Ας ενώσουμε όλοι μαζί τις προσπάθειές μας για να επεκταθούμε σε νέους ορίζοντες και όρια, για την Εκκλησία μας του Αγίου Νικολάου. Ας δείξουμε την περηφάνεια μας και τον ενθουσιασμό μας και με αυτό το τρόπο ας συμβάλλουμε στην επιτυχία του Φεστιβάλ.

#### Να θυμάστε "Φασούλι το Φασούλι, Γεμίζει το Σακούλι".

Είμαστε σαν ένα φασολάκι που πολλαπλασιάζεται μέσα στη σακούλα. Αυτό το πετυχαίνουμε μόνο όταν δουλεύουμε όλοι μαζί σαν οικογένεια. Μια οικογένεια μονιασμένη και ενωμένη που δουλεύει για τον ίδιο στόχο.

*Ελπίζω να σας δω όλους στο Φεστιβάλ.*

*Με εκτίμηση, Πατήρ Μιχαήλ Α. Παστρικός.*

# MEMORIAL DONATIONS

## *In Memory of Demetrios Koutsantonis*

Antonios Sazaklis  
Irene Keares  
Frank & Irene Vasilios  
Eva Lallas

## *In Memory of Christina Sarigianis*

Joanna C. Sarigianis  
Eva Lallas

## *In Memory of Dimitra Chuvala*

Eva Lallas

## *In Memory of Toula Serdenes*

Eva Lallas  
Anthoula Bakoula  
Sophie Chrissomalis

## *In Memory of Aspasia Karpathiou Johns*

Eva Lallas

## *In Memory of Helen Karpathiou Johns*

Eva Lallas

## *In Memory of Basil & Ida Mae Johns*

Eva Lallas

## *In Memory of Nomiki Bouloubassis Weitzel*

Eva Lallas

## *In Memory of Glen Kleinbauer*

Eva Lallas

## *In Memory of Athanasios Troupes*

Konstantina Balatsoukas

## *In Memory of Vasilios Minas Dargakis*

Roza Cornias  
Foula Houvardas  
Adam & Irene Agapios  
Vasilios Pyrgos  
Antonios Sazaklis  
Manuel & Sofia Mastromanolis  
Gina Britzolakis



### NOTICE:

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

Thank you for your cooperation.

## **HELP US GROW THROUGH E-GIVING**



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

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

By giving electronically, you can -

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

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



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

# VACATION BIBLE SCHOOL



## **VACATION BIBLE SCHOOL** **JUNE 22, 2026– JUNE 26, 2026,**

9 AM– 12:30 PM

SAINT NICHOLAS GREEK ORTHODOX CHURCH,  
BALTIMORE, MD.

CHILDREN 3-12 YEARS OLD

\$25 REGISTER IN THE CHURCH OFFICE TODAY!

DAILY ACTIVITIES WILL INCLUDE BIBLE LESSONS  
CRAFTS, SNACKS, GAMES AND PRAYER.

# VACATION BIBLE SCHOOL

St. Nicholas Greek Orthodox Church  
520 S. Ponca Street, Baltimore, MD 21224

Registration Form VBS 2026  
June 22-26, 2026  
9:00 am- 12:30pm

Cost \$25 per child  
This includes snacks and lunch.

Child's Name: \_\_\_\_\_ Child's Gender: \_\_\_\_\_ (M) \_\_\_\_\_ (F)

Child's grade during the 2025-2026 year: \_\_\_\_\_ Child's age: \_\_\_\_\_ Date of Birth \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Street Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Name of Parent (s): \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Who will be picking up your child (this may be more than one person)? This is the only person (people) that we can release your child to, unless you make prior arrangements with us.

\_\_\_\_\_

## Emergency Contact Information

Name: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

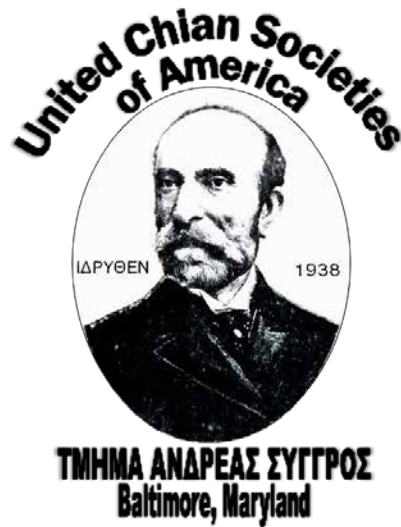
Does your child have any allergies? \_\_\_\_\_ Yes \_\_\_\_\_ No Please list your child's allergies

\_\_\_\_\_

Is there anything else we need to know about your child?

My child has permission to participate in the Vacation Bible School at  
St. Nicholas Greek Orthodox Church from June 22-26, 2026

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



## 2026 Scholarship Application

### United Chian Societies of Baltimore “Andreas Syggros” And Ladies Panchian Society

The United Chian Societies of Baltimore 2026 Scholarship application  
is now available. Please visit

<http://chiosocietyofbaltimore.com>  
to download the form.

Only applications that are mailed and received by **July 1, 2026**, will be  
accepted. Late applications will be disqualified without exception. For any  
questions, please contact the chairpersons at [scholarships@chios.us](mailto:scholarships@chios.us)

# 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](http://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

**YAL NATIONAL CONFERENCE '26**

**JULY 1-5 2026**  
**CLEVELAND, OH**

Join hundreds of young adults for a weekend full of faith & fellowship!

*Rise & Build: Claim Your Calling!*

**KEYSTONE**

Hosted at the Cleveland Marriott Towers!

**Featuring:**  
 Engaging speakers - Interactive service project  
 Themed evening events - Free time in Cleveland

**Register Now!**  
[clergyiaity.org/yalconference](http://clergyiaity.org/yalconference)

IG/FB @yalnationalconference  
 Questions? Email us at [yal@goarch.org](mailto:yal@goarch.org).

# Save the Date

## **The Golden Jubilee for Father Michael L. Pastrikos**

**The 50th Anniversary of Father Michael's ordination into the Holy Priesthood.**

We invite you to mark your calendars  
for a historic milestone in the life of Fr. Michael.

**50 Years a Priest - 19 years our Spiritual Leader and Advisor.**

Since his ordination on December 4, 1976, Father Michael has served the Lord  
with tireless love and spiritual grace.  
Since 2007, he has served St. Nicholas Church.

Let us gather to celebrate his Golden Jubilee  
And his commitment to our community.  
To honor his five decades of faithful service, love, and unwavering dedication,

### **A Parish Luncheon Celebration**

will be held on:

**Sunday, December 6, 2026  
Greektown Square & Event Center**

*Immediately following the Divine Liturgy*

Please plan to join us as we honor  
Father Michael's many years of  
Service and Spiritual leadership.

More details to follow.



# Save the Date

Το Χρυσό Ιωβηλαίο του Πρωτοπρεσβυτέρου  
**Μιχαήλ Α. Παστρικού**

**Την 50ή Επέτειο της χειροτονίας του Πατρός Μιχαήλ στην Αγία Ιερουσόνη.**

Σας προσκαλούμε να σημειώσετε στο ημερολόγιό σας  
για ένα ιστορικό σταθμό για τον Πατήρ Μιχαήλ

**50 Έτη Ιερουσύνης — 19 Έτη ο Πνευματικός μας Πατέρας και Σύμβουλος.**

Από τη χειροτονία του στις 4 Δεκεμβρίου 1976, ο Πατήρ Μιχαήλ υπηρετεί τον Κύριο  
με ακούραστη αγάπη και πνευματική χάρη.  
Από το 2007, διακονεί την Εκκλησία του Αγίου Νικολάου.

Ας συγκεντρωθούμε για να γιορτάσουμε το Χρυσό του Ιωβηλαίο και τη βαθιά του αφοσίωση στην κοινότητά  
μας. Για να τιμήσουμε τις πέντε δεκαετίες πίστης διακονίας, αγάπης και ακλόνητης αφοσίωσης στον Κύριο  
και στην κοινότητα του Αγίου Νικολάου.  
Σας προσκαλούμε σε:

**Ενοριακό Γεύμα την:**  
**Κυριακή, 6 Δεκεμβρίου 2026**  
**Greektown Square & Event Center**

*Αμέσως μετά τη Θεία Λειτουργία.*

Σας προσκαλούμε να τιμήσετε  
με την παρουσία σας την πολυετή διακονία και  
την πνευματική ηγεσία του Πατρός Μιχαήλ.

Θα ακολουθήσουν  
περισσότερες λεπτομέρειες.





**2027**  
**NEW YEAR**  
*Celebration Party*

**SAVE THE DATE!!!!**

THURSDAY

**31**

DECEMBER

**Greektown Square &  
Event Center**

**Details to Follow!**

## The Great Feast of Pentecost

PENTECOST



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

# The Children's Word

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

Sunday, May 31, 2026

Volume 14, Issue 22

## God gives us directions!

**Has anybody ever given you directions to get somewhere?** Maybe you have heard your parents ask for directions if they were lost. Turn left at the first light, go under a bridge, and so on. We need directions to stay on the right way.



Our Lord, Jesus Christ promised His disciples that He would send them a helper from God the Father. His disciples knew that Jesus was going to leave them, and they wondered how they would keep going without Him! But Jesus promised them, "I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I go, I will send Him to you."

Today, on the great feastday of Holy Pentecost, we remember how Jesus did keep His promise. He sent the Helper, the Holy Spirit, to them and to us! He sent them the Holy Spirit to guide them, and to give them direction. Did you know the Holy Spirit guides us too, and gives us direction? The Holy Spirit helps us know which way to go, how to do the right thing to follow the Lord.

How do we ask the Holy Spirit to show us the way? We can start everything by praying the wonderful prayer that starts "Heavenly King, Comforter." Then we ask the Holy Spirit to "come and dwell with us." We ask the Holy Spirit to be with us, guiding us always!

## WORD SEARCH

Can you find these words in the jumble?

- Animals
- Apostles
- Comforter
- Feastday
- Holy Spirit
- Ireland
- Kevin
- Peaceful
- Pentecost
- Promise

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

## WHAT'S IN THE ICON?

The Bible reading today tells us that on Pentecost, the Holy Spirit came to all the disciples.

When the Holy Spirit came, it came like fire on them! In the icon, can you find the lines that show fire resting upon each disciple?



## SAINT KEVIN

### A SAINT AND MONK FROM IRELAND

**Where do saints come from?** You've heard of saints like St. Demetrios and St. Nektarios. Those ones lived in Greece. But saints come from all over the world, because God has good followers all over the world. In Ireland we have St. Patrick, St. Bridget, and St. Kevin (and lots more, too!).



Saint Kevin

On Wednesday, we remember Saint Kevin of Ireland. Saint Kevin was born 500 years after Christ was born—on the beautiful, green island of Ireland. He became a monk and a priest. He lived as a hermit, living all by himself in the wilderness—with only the wild animals for neighbors. He did this so he could spend most of his time praying to God. He wanted to stay as a hermit, but the Church needed Saint Kevin, so he left this life behind.

St. Kevin started a monastery in an area in Ireland called Glendalough. Many, many people wanted to learn from Saint Kevin, and they became monks at this monastery. If you visit Ireland someday, you can even see where the monastery was!



The little chapel of Saint Kevin, in Glendalough, Ireland today

If you like stories about animals, you should try to find out more about Saint Kevin. He loved animals, too! St. Kevin was very gentle, like many other saints who lived in the wilderness. The animals knew that and felt safe with him!

We remember St. Kevin on Wednesday, June 3rd (OC: June 16th).



## St. Nicholas eGiving Stewardship

**One Less Thing**  
*to think about*



### *eGiving Benefits*

- Easy set up
- One-time/recurring payment options
- Confidential & secure
- Track easily for tax purposes

### *How it Works*

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

*Thank you for your generosity!*

Give yourself *One Less Thing* to think about  
**[stnicholasmd.org/give](http://stnicholasmd.org/give)**  
Or download the mobile app!

**VANCO**



## MEMBERSHIP PLEDGE CARD ΚΑΡΤΑ ΕΘΕΛΟΝΤΙΚΗΣ ΠΡΟΣΦΟΡΑΣ

### RISE AND BUILD

### ΑΝΑΣΤΩΜΕΝ ΚΑΙ ΟΙΚΟΔΟΜΗΣΩΜΕΝ

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

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

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

TOTAL ANNUAL PLEDGE FOR 2026 :\$ \_\_\_\_\_  
Συνολικό ποσό προσφοράς για το 2026 :\$ \_\_\_\_\_

Come and See God work through your talents, skills, and experience, as well as your financial support.  
Your offering to Christ and His Church can do as much as you empower it to do.

We give to Christ and His Church not according to our means but according to our love for Him.  
Γίνετε μάρτυρες του έργου του Θεού! Δώστε από το ταλέντο με το οποίο σας έχει προικίσει, με τις ικανότητες, τις εμπειρίες, την οικονομική σας ευχέρεια. Η προσφορά μας στον Χριστό και την Εκκλησία Του ας βασιστεί στην αγάπη μας προς Αυτόν, όχι στην οικονομική μας δυνατότητα.

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

Print Full Name/ Γράψτε με κεφαλαία γράμματα το επίθετό σας

Signature/ Υπογραφή

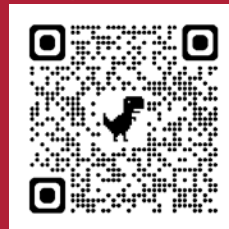
Date/ Ημερομηνία

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	

### Introducing Auto Pay Set It and Forget It!

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

If you would like to give electronically, visit our website [www.stnicholasmd.org/give](http://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](http://www.stnicholasmd.org/give) ή κατεβάστε την εφαρμογή GivePlus mobile. Εάν έχετε απορίες, επικοινωνήστε με το Γραφείο της Εκκλησίας στο τηλέφωνο 410-633-5020.



Make life-long memories

**The School**

Founded in 1904, the American Farm School of Thessaloniki is not your average school. "Challenging," "Experiential," "Unique," "Residential," "Hands-on," "Green," "Traditional," "Life-changing," are a few adjectives 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.



**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](http://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](mailto:greeksummer@afs.edu.gr)  
[www.afsgreeksummer.com](http://www.afsgreeksummer.com)

Facebook: [afsgreeksummer](https://www.facebook.com/afsgreeksummer)  
Instagram: [afsgreeksummer](https://www.instagram.com/afsgreeksummer)

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





# STUDY IN GREECE

Where knowledge began – and your future takes shape

## Our Mission

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



## Why Greece Today?



### Academic Excellence

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



### Accessibility & Affordability

A strong educational tradition within a financially accessible framework.



### A Unique Global Position

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

Studying in Greece is not only an academic choice – It is a way to experience contemporary Greece while remaining connected to its enduring legacy.

[studyingreece.edu.gr](http://studyingreece.edu.gr)

# @SiG

Your One-Stop Gateway to Greek Universities



## Everything in One Place

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.

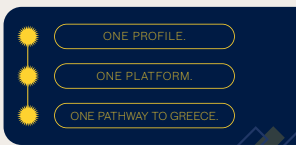
02



### 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  
tel venue: 410-633-3131

# GREEKTOWN SQUARE & EVENT CENTER

## Greektown Square & Event Center

CELEBRATE YOUR SPECIAL EVENT! BEAUTIFULLY.



SLEEK & MODERN VENUE

CREATIVE & CUSTOMIZED MENUS

BALTIMORE'S NEWEST AND LARGEST  
INDOOR/OUTDOOR EVENT SPACE

FULL-SERVICE CATERING COMPANY  
CREATE THE MENU THAT IS PERFECT FOR YOU

### UNIQUELY YOUR OWN

GRAND BALLROOM  
SEATS UP TO 400

CELEBRATION ROOM  
SEATS UP TO 175

OUTDOOR AMPHITHEATER & DANCE FLOOR  
FOR CEREMONIES, RECEPTIONS, AND  
SPECTACULAR CELEBRATIONS

### CONVENIENTLY LOCATED

MINUTES FROM I-95, 895, 695

FREE PARKING

— TESTIMONIALS —

"THE FOOD, THE SERVICE, THE ENTIRE VENUE . . . WOW"

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

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

## Greektown Square & Event Center

700 S. QUAIL STREET, BALTIMORE, MD  
410.633.3131

INFO@GREEKTOWNSQUARE.COM

WE'D BE HONORED TO HOST YOUR WEDDING CEREMONY, RECEPTION, OR BOTH!

YOU WILL HAVE A STAFF OF EXPERIENCED EVENT PROFESSIONALS WORKING WITH YOU  
TO CREATE YOUR PERFECT EVENT.

### ABOUT US

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

700 S. QUAIL STREET, BALTIMORE, MD  
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### WEDDING OPTIONS

- 4-HOUR RECEPTION OR 4.5-HOUR CEREMONY AND RECEPTION
- VENUE INCLUDES TABLES, CHAIRS, CHINA, GLASSWARE, AND SILVERWARE
- BEAUTIFUL HORS D'OEUVRES, BUTLER-SERVED AND DISPLAYED FORMAL PLATED AND WAITER-SERVED OR BUFFET-STYLE DINNER
- EXTENSIVE MENU OPTIONS TO SUIT YOUR TASTE AND MATCH YOUR BUDGET
- BAR PACKAGE OPTIONS
- PRIVATE BRIDAL READY ROOM
- DISCOUNT LODGING AT NEARBY HOTELS
- FREE PARKING

### REVIEWS, TESTIMONIALS & PHOTO ALBUMS

WE'RE PROUD OF OUR GREAT REVIEWS!  
SEE TESTIMONIALS AND PHOTO ALBUMS ON  
WEDDING411ONDEMAND.COM, WEDDINGWIRE.COM,  
GREEKTOWNSQUARE.COM, AND  
FACEBOOK.COM/GREEKTOWNSQUARE.

WeddingWire Couples' Choice Award  
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## A BREAK IN YOUR DAY MORE NUMBERS

There are two groups of people in the world: those who don't do math, and those who take care of them.

### GENERAL EQUATIONS & STATISTICS

A woman worries about the future until she gets a husband. A man never worries about the future until he gets a wife. A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.

Marriage involves mathematics for it doubles joys, halves sorrows, and quadruples expenses.

Mathematics is made up of 50 percent formulas, 50 percent proofs, and 50 percent imagination.

Joan: If a man smashed a clock, could he be accused of killing time?

Jane: Not if he could prove that the clock struck first.

Mathematicians are like Frenchmen: whatever you say to them, they translate it into their own language, and forthwith it means something entirely different.

--- *Johann Wolfgang von Goethe*

The polite mathematician says, "You go to infinity -- and don't hurry back!"

Lumberjacks make good musicians because of their natural logarithms.

Pie are not square. Pie are round. Cornbread are square.

If I had only one day left to live, I would live it in my math class: it would seem so much longer.

Love is never having to say you're sorry. Statistics is never having to say you're certain.

A teacher was trying to impress her students with the fact that terms cannot be subtracted from one another unless they are like terms. "For example," she continued, "we cannot take five apples from six bananas."

"Well," countered a pupil, "can't we take five apples from three trees?"

The West Virginia High School League instituted tough new eligibility criteria this year for all

high school athletes. Each player must pass both a verbal and a mathematics test.

The coach of one of the local high schools asked if he could be present when they tested his star quarterback. He was allowed to sit in the back during the oral test.

The player was asked to spell his name for the verbal part of the test.

He said, "B - U - B - B - A."

"Well done! Now for the math part, what is 6 plus 2?" The quarterback answered, "8." And the football coach, yells out, "Give him another chance!"

Teacher: "What is seven Q plus three Q?"

Student: "Ten Q"

Teacher: "You're Welcome."

### A SLICE OF PI

3.14159265358979  
1640628620899  
23172535940  
881097566  
5432664  
09171  
036  
5

We'll never run out of math teachers because they always multiply.

The roundest knight at King Arthur's round table was Sir Cumference.

A math teacher is one who talks in someone else's sleep.

"The problems for the exam will be similar to the ones discussed in the class.

Of course, the numbers will be different. But not all of them. Pi will still be 3.14159... "

A man who travels a lot was concerned about the possibility of a bomb on board his plane. He determined the probability of this, found it to be low but not low enough for him, so now he always travels with a bomb in his suitcase. He reasons that the probability of two bombs being on board would be infinitesimal.

-- *John Allen Paulos in his book Innumeracy*



## HEALTHY BODY AND MIND

### METABOLISM MYTHS DEBUNKED

#### SMALL MEALS, EXERCISE MAY BE LESS OF A BOOSTER THAN THOUGHT

Metabolism refers to the physical and chemical processes your body uses to convert or use energy, from breathing and circulation to digestion and muscle contraction. Yet there are probably more myths about how to boost metabolism than there are successful techniques to boost it, says Morton Tavel, a physician

(found in hot peppers) decreased energy intake by only 74 calories per meal.

#### EXERCISE LEADS TO SUSTAINED METABOLISM INCREASES

The metabolic boost from exercise dissipates in several hours, not days or weeks. Even after a hard workout, your body doesn't keep burning calories at a high rate for long. One study found that subjects who burned 519 calories during intense cycling burned only an extra 190 calories over the next 14 hours, compared to days they didn't exercise.

**EATING FREQUENT, SMALL MEALS BOOSTS METABOLISM**  
Science doesn't support "grazing" as an



specialist in internal medicine and former clinical professor at Indiana University School of Medicine.

"The danger is that they can lead people to think they're burning off more calories than they actually are, which results in overeating and weight gain."

Here are four myths about metabolism - and the truth behind them:

#### CERTAIN FOODS DO WONDERS FOR YOUR METABOLISM

So-called metabolism boosters such as green tea, caffeine and hot chili peppers offer minimal benefits. Caffeine can boost metabolism by up to 11%, but to achieve this, you'd need to drink a cup of coffee every two hours for 12 hours daily, which is neither healthy nor sustainable. And studies showed capsaicin

effective weight-control strategy. A study in the journal *Obesity* found that people who ate six small meals per day burned the same amount of fat over 24 hours as people who ate three regular meals. Eating more frequently may actually increase hunger.

#### OLDER PEOPLE GAIN WEIGHT DUE TO DECREASED METABOLISM

While the basal metabolic rate does decrease with age, weight gain mostly stems from lifestyle changes, not metabolism alone. Energy requirements decrease as we get older due to less physical activity, and that can lead to muscle loss and fat gain. As you age, your body's natural appetite regulation can become less effective; younger people naturally eat less after a big meal until their body uses up that energy, but older adults may not get those "I'm still full" signals.

## GREEK ORTHODOX CHARITIES

Greek Orthodox charities, such as the Philoptochos Society and IOCC, provide humanitarian aid, social services, and community support both in the U.S. and globally.

### GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY

The Philoptochos Society is the philanthropic arm of the Greek Orthodox Archdiocese of America, established in 1931. It focuses on helping the poor, sick, elderly, unemployed, orphaned, and victims of disasters, while promoting Orthodox Christian values and traditions through educational programs and community involvement. With over 25,000 members, Philoptochos responds to immediate needs and crises, providing financial assistance, social services, and support for Greek Orthodox institutions. Programs include support for Saint Basil Academy, cancer and illness funds, autism assistance, and international missionary work.

### INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES (IOCC)

IOCC is a faith-based nonprofit organization that provides emergency relief and development programs worldwide, without discrimination. Founded in 1992, IOCC has delivered over \$600 million in aid to more than 60 countries, including the U.S. It supports vulnerable populations with food, clean water, hygiene kits, medical supplies, and disaster relief. IOCC also strengthens the capacity of Orthodox communities to respond to humanitarian needs and encourages philanthropy among Orthodox Christians.

### WAYS TO SUPPORT AND GET INVOLVED

Both organizations offer multiple ways to contribute:

**Donations:** Financial contributions directly support relief programs and social services. IOCC emphasizes that 90% of resources go to direct program services.

**Volunteering:** Opportunities exist for local and international service, including fundraising events, community outreach, and assembling aid kits.

**Fundraising Events:** Philoptochos chapters host events such as Lenten dinners, charity drives, and educational programs to support their commitments.

## IMPACT

These charities have a significant impact on both local and global communities. Philoptochos has distributed millions in aid to support children, families, and the elderly, while IOCC has provided emergency relief, clean water, and essential supplies to thousands of displaced and vulnerable people worldwide. Their work reflects the Orthodox Christian commitment to philanthropy, compassion, and service.

For more information or to contribute, visit the Philoptochos Society at [philoptochos.org](http://philoptochos.org) and IOCC at [iocc.org](http://iocc.org).

## HEARING AND DEMENTIA

A U.S. study followed 245 people with reported hearing loss for two decades, and found that those who used hearing aids had a 61% lower chance of developing dementia. A separate study showed that hearing loss is a factor in as much as 32% of dementia cases.





an indicator something is off. Funky formatting, graphics or grammar are signs, too. Hover over any links to see where they direct you. You are not going to click, because you know better, but that simple action may confirm your suspicions.

**BE PROACTIVE**

If you aren't certain, reach out directly to the institution or organization that may be—but probably is not - reaching out to you. Use a number you know or search for it on your own. Don't use a number provided in the suspicious communication.

**AVOID ATTACHMENTS AND LINKS**

Don't open attachments or click on links unless they come from a trusted source and you are expecting them. This misstep could result in you accidentally sharing information with a fraudster or even unleashing malware on your phone or computer.

**KEEP PERSONAL INFO PERSONAL**

Legitimate organizations won't reach out to you for your personal information, ever. Someone directly or indirectly, through a text or email - trying to elicit your Social Security number, bank account number or other personal info—is coming at you from the dark side. No matter the supposed urgency of the request, ignore the urge to share.

**ARE YOU LOSING MONEY WITHOUT REALIZING IT?**

Managing money effectively is no small feat. According to the National Financial Education Council, a lack of financial knowledge costs the average American \$1,300 annually. That's \$1,300 you could be investing, saving for a vacation, or putting toward your retirement. But navigating investments, taxes, and long-term financial planning can feel overwhelming, especially when faced with volatile markets and complex tax laws.

**What is a Fiduciary Financial Advisor?**

• Acts in Your Best Interest



• Minimizes Conflicts of Interest



Transparent Disclosure



Strict Fiduciary Duty

A Fiduciary Financial Advisor could save you \$1,300 a year. Finding a good fiduciary financial advisor can help you avoid these costs and focus on goals. Fiduciaries aren't just for rich people—working with a fiduciary financial advisor is a great choice for anyone who wants to get their personal finances on track and set long-term objectives.

Consider this example: A recent Vanguard study found that, on average, a hypothetical \$100K investment would grow to over \$190k under the care of an advisor over 25 years, whereas the expected value from self-management would be \$110k.

Common Financial Challenges Include: Not knowing where to start with investments. Struggling to create a realistic retirement plan. Failing to balance short-term expenses with long-term goals. Navigating tax season without professional help. Ignoring these challenges doesn't make them disappear. In fact, they tend to snowball, leading to more stress and greater financial insecurity.

How a Financial Advisor Can Help You Take Control: Imagine a trusted partner who simplifies your finances, helping you understand your options and make smarter decisions. Financial advisors are trained professionals who guide you through complex money matters, from investment strategies to retirement planning. They're not just for the wealthy—they're for anyone ready to take control of their financial future.

Here's what a financial advisor can do for you:

**SET CLEAR FINANCIAL GOALS**

A good advisor helps you identify short- and long-term financial objectives, from buying a home to retiring comfortably.

**CREATE A PERSONALIZED PLAN**

Advisors analyze your unique circumstances, tailoring strategies to suit your income, lifestyle, and risk tolerance.

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](mailto: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 - JUNE

Monday, June 1: **KALO MHNA: WISHING EVERYONE IN THE PARISH A WONDERFUL & BLESSED MONTH OF JUNE.**

Monday, June 1: Monday of the Holy Spirit: We celebrate the Feast of the Holy Trinity  
Orthros 8:30 am Divine Liturgy 9:30 am

Sunday, June 7: All Saints Sunday : We celebrate All the Holy Saints of the Church  
Orthros 8:30 am Divine Liturgy 9:45 am

***Apostles Fast from June 8-28. Fish is permitted during the Fasting period.***

**THURSDAY, FRIDAY, SATURDAY & SUNDAY: IT IS GREEK FESTIVAL TIME!  
BRING YOUR FRIENDS, RELATIVES, AND FAMILY TO THE ST. NICHOLAS GREEK FESTIVAL.  
FOUR DAYS OF FUN AND EXCITEMENT - JUNE 11, 12, 13, 14**

Sunday, June 14: Second Sunday of St. Matthew: Orthros 8:30 am Divine Liturgy 9:45 am

Sunday, June 21: Third Sunday of St. Matthew: Orthros 8:30 am Divine Liturgy 9:45 am

***ON BEHALF OF THE PARISH COUNCIL, FR. MICHAEL, THE CHURCH STAFF, AND THE ENTIRE FAMILY OF ST. NICHOLAS, WE WOULD LIKE TO WISH ALL THE "FATHER'S OF THE COMMUNITY" AND OF THE WORLD A HAPPY AND BLESSED "FATHER'S DAY"***

Thursday, June 25: Last Day of Bible School Liturgy: 9:00 am

Sunday, June 28: Fourth Sunday of St. Matthew: Orthros 8:30 am Divine Liturgy 9:45 am

Monday, June 29: Sts. Peter & Paul the Holy Apostles: Orthros 8:30 am Divine Liturgy 9:30 am

Tuesday, June 30: The Gathering (Synaxis) of the Holy Apostles: Orthros 8:30 am Divine Liturgy 9:30 am



***All Saints Sunday***