

**SAINT NICHOLAS GREEK ORTHODOX SHRINE CHURCH  
FLUSHING, NEW YORK**



*Sunday March 17, 2024*

*Forgiveness Sunday/Κυριακή τῆς Τυροφάγου*

*Protopresbyter Fr. Paul Palesty, Pastor · Economos Aristidis Garinis*

*Presbyter Alexandros Douvres*

**Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος πλ. δ'.**

Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφήν  
κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν  
παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις ἡμῶν, Κύριε δόξα  
σοι.

**Resurrectional Apolytikion. Tone pl. 4..**

You descended from on high, O compassionate  
One, and consented to a threeday burial, to free us  
from the passions. O Lord, our life and resurrection,  
glory to You!

**Τοῦ Ναου. Ἦχος δ'.**

Κανόνα πίστεως καὶ εἰκόνα πραότητος,  
ἐγκρατείας διδάσκαλον, ἀνέδειξέ σε τῇ  
ποιμνῇ σου, ἢ τῶν πραγμάτων ἀλήθεια· διὰ  
τοῦτο ἐκτήσω τῇ ταπεινώσει τὰ ὑψηλά, τῇ  
πτωχείᾳ τὰ πλούσια, Πάτερ ἱεράρχα  
Νικόλαε· πρόσβευε Χριστῷ τῷ Θεῷ, σωθῆναι  
τὰς ψυχὰς ἡμῶν.

**Parish Hymn. Devout Man. Tone pl. 4.**

A rule of faith are you, and an icon of gentle-  
ness, and a teacher of self-control. And to your  
flock this was evident, by the truth of your life  
and deeds. You were humble and therefore  
you acquired exalted gifts, treasure in heaven  
for being poor. O Father and Hierarch St. Nich-  
olas, intercede with Christ our God, and en-  
treat Him to save our souls.

**Κοντάκιον. Ἦχος πλ. β'.**

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν  
ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά,  
στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα.  
Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ  
τὰ χεῖλή μου, οὐ μὴ κωλύσω ἐν τῷ κρᾶζειν σοι·  
Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

**Kontakion. Tone. Pl. 2..**

O guide to wisdom, provider of prudence, discipli-  
narian of fools, and defender of the poor, fortify and  
discipline my heart, O Master; You, give me a word,  
O Word of the Father. For behold, I will not hinder  
my lips from crying to You: O merciful Lord, have  
mercy on me who have fallen.

### **Τὸ Ανάγνωσμα: Ρωμ 13:11-14; 14:1-4**

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν. Ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους καὶ ἐνδυσώμεθα τὰ ὅπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ εὐσηχμόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ, ἀλλ᾽ ἐνδύσασθε τὸν Κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιεῖσθε εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὃς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ Θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; τῷ ἰδίῳ Κυρίῳ στήκει ἢ πίπτει, σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ Θεὸς στήσαι αὐτόν.

### **Epistle Lesson: Rom. 13:11-14; 14:1-4**

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

### **Εὐαγγέλιον: Μτ C' 14-21**

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ ὑποκριταὶ σκυθρωποί· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῇς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σὴς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σὴς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γάρ ἐστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδιά ὑμῶν.

### **Gospel: Mt. 6:14-21**

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

### Eortologion of the Week

#### Sunday 03/17

Forgiveness Vespers 5:00pm

#### Monday 03/18

Start of Great & Holy Lent

Great Compline 7:00 pm

#### Tuesday 03/19

Great Compline 7:00pm

#### Wednesday 03/20

Pre-Sanctified Liturgy 6:00 pm

(Lenten Supper and Study)

#### Thursday 03/21

Great Compline 7:00 pm

#### Friday 03/22

Pre-Sanctified Liturgy 8:30 am

1st Stanza Salutations 7:00pm

Sanctuary (Greek) Chapel (English)

#### Saturday 03/23 Saturday of Souls

Orthros 7:30 am D. Liturgy 8:30am

### Πρόγραμμα της Εβδομάδος

#### Κυριακή 03/17

Κατανυκτικός Εσπερινός 5:00 μ.μ.

#### Δευτέρα 03/18

Έναρξη Μεγάλης και Αγίας Σαρακοστής

Μέγα Απόδειπνο 700 μ.μ

#### Τρίτη 03/19

Μέγα Απόδειπνο 700 μ.μ

#### Τετάρτη 03/20

Προηγιασμένη Λειτουργία 6:00 μ.μ

Νηστίσιμο δείπνο και μελέτη της Αγίας Γραφής

#### Πέμπτη 03/21

Μέγα Απόδειπνο 700 μ.μ

#### Παρασκευή 03/22

Προηγιασμένη Θ. Λειτουργία 8:30 π.μ.

Α' Χαιρετισμοί 700 μ.μ.

Στόν ναό Ελληνιστί στο Παρεκκλησι Αγγλιστί

#### Σάββατον 03/23 Ψυχοσαββάτον

Όρθρος 7:30 π.μ. Θ. Λειτουργία 8:30 π.μ



### MEMORIALS

*John Badget  
Maria Baroumis  
Penelope Kalli  
Markos Kontorakis  
Persefoni Kostakis  
Julie Kyrkostas  
Mihail Lioudakis  
Anastasia Pavlides  
Elaine Rodis*

### ΜΝΗΜΟΣΥΝΑ



*Ιωάννου Μπεζερεγιάννη  
Μαρίας Μπαρούμη  
Πηνελόπης Κάλλη  
Μάρκου Κοντοράκη  
Περσεφόνης Κωστάκης  
Ευαγγελίας Κυρκόστα  
Μιχαήλ Λιουδάκη  
Αναστασίας Παυλίδου  
Ελένης Ρόδη*

*Dear Parishioners,*

*We would ask that you please*

#### REMAIN

*in your individual pew  
for Communion and dismissal,  
until called upon by our ushers.*

*Thank you for your  
understanding and cooperation.*

*Αγαπητοί Ενορίτες,*

*Σας παρακαλούμε να  
παραμείνετε στα στασίδια σας για τη Θεία  
Κοινωνία  
και την απόλυση μέχρι  
να σας καλέσουν  
οι κλητήρες μας.*

*Σας ευχαριστούμε για την  
κατανόηση και συνεργασία σας.*

*You are all invited to our fellowship coffee hour  
after the 1st Divine Liturgy.*

*Sponsored by  
**St. Nicholas Goya***

### **SUNDAY OF ORTHODOXY**

*On March 24th, after Divine Liturgy, the  
Parish Council will offer loukoumades  
to the community, as a thank you for all their support,  
in Sarantakos Hall of the Michelis Cultural Center*

*Be sure to visit our Anthony I. Crassides  
'Philokalia' Bookstore!  
Open after each Liturgy  
and  
Monday – Friday 9am - 5pm*

*Are you receiving our  
Email notifications announcements and alerts?  
If not, please contact the  
church office at:  
(718) 357-4200*

### **SENIORS GROUP**

*if you are interested in joining our  
Seniors Group,  
they meet twice a week  
Monday and Wednesday  
11:30am – 2:00pm  
For more information  
pleases contact the Church Office  
718 357 4200*

### **WORSHIP SCHEDULE**

**Unless otherwise noted**  
**Divine Liturgy on Weekdays**  
Orthros 7:30am Divine Liturgy 8:30am  
**Sunday Services**  
Orthros 7:30 am  
1st Divine Liturgy 8:45 am  
2nd Divine Liturgy 10:45 am  
Church School begins at 10:00 am

## STEWARDSHIP

*Have you ever received a gift that left you speechless? Perhaps this was because you knew what went into the gift, the care with which the giver selected it, that conveyed the giver's love for you. Maybe it was a simple moment of presence, a visit with a loved one in which time stood still... when we reflect on the love behind the many gifts and blessings that fill our lives—love that is God — we may be struck speechless.*

*We express gratitude for the many gifts and blessings  
in our lives by giving in return.*

*Knowing that all we are and have been is a gift, we appreciate that it is given in order to be shared. When you share time and attention, talents and skills, money, and resources you are using those gifts in the way God desires. This is faithful stewardship.*

*The building structure of our beloved Saint Nicholas Shrine Church is beginning to show its age as it is now over fifty-years old.*

*In the coming weeks, you will be receiving our 2024 Stewardship Appeal.*

*This year, we are appealing to our stewards to consider  
making an investment in our community with a  
"Sponsoring A Day" campaign as your 2024 stewardship gift.*

### Prayer

*Loving Lord, Your word says that we should be good stewards of all that we have been given, and I know that includes the way we manage our money and finances too.*

*Lord, I dearly want to be a careful steward of all that You have given me, for I know that everything I have comes from You and I want to be wise with the money that You have entrusted to me.*

*Give me wisdom in the way that I spend my money, honesty in the way that I make my money, and discernment to prevent me from making unwise choices, especially in the area of giving and spending.*

*Thank You Lord. I acknowledge that all things come from  
You and I thank You for Your day by day provision.*

*Amen.*



# Greek Orthodox Archdiocese of America

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## Office of the Chancellor

### CATECHETICAL HOMILY FOR THE OPENING OF HOLY AND GREAT LENT

+ BARTHOLOMEW BY GOD'S MERCY ARCHBISHOP OF CONSTANTINOPLE-NEW ROME AND ECUMENICAL PATRIARCH TO THE PLENITUDE OF THE CHURCH,  
MAY THE GRACE AND PEACE OF OUR LORD AND SAVIOR JESUS CHRIST, TOGETHER WITH OUR PRAYER, BLESSING AND FORGIVENESS  
BE WITH ALL

Most honorable brother Hierarchs and blessed children in the Lord,

The grace of our God of love has once again vouchsafed for us to enter the soul-benefiting period of the Lenten Triodion and arrive at Holy and Great Lent, namely to the arena of ascetic struggle replete with gifts from above and the joy of the Cross and Resurrection. During this blessed period, the spiritual treasure and dynamism of the ecclesiastical life as well as the soteriological reference of all its expressions are revealed with clarity.

We have already learned much from the impasse and self-righteous arrogance of the Pharisee, from the barren moralism and hard-heartedness of the elder son in the Parable of the Prodigal Son, and from the callousness and condemnation on the Day of Judgment of those who proved indifferent to the "least of our brothers" that were hungry, thirsty, foreigners, naked, ill, and imprisoned. Moreover, the value and power of humility and repentance, of forgiveness and mercy were revealed to us as attitudes that the Church emphatically calls us to nurture in the period that opens up before us.

Holy and Great Lent is a welcome time of spiritual, inner and physical purification and discipline, which—as we just heard in the Gospel passage that was read—traverses through fasting, which should not be practiced "so that others may see," and through forgiveness of our brothers and sisters: "For if you forgive men their trespasses, your heavenly Father also will forgive you" (Mt. 6.14). After all, this is what we confess each day with the Lord's Prayer, when we say: "as we forgive the sins of our debtors" (Mt. 6.12).





Yesterday, on Cheese-fare Saturday, the Church honored the memory of the saintly men and women who shone in ascetic life. Saints are not only models for the faithful in the good fight of life in Christ and according to Christ. They are also our fellow travelers, friends and supporters in the ascetic journey of fasting, repentance, and humility. We are not alone in our effort, but we have God, who encourages and blesses us, as well as the Saints and Martyrs, who stand beside us, and above all the First among the Saints and Mother of God, who intercedes for us all to the Lord. Sanctity is proof of the power of divine grace and the human synergy in the Church, which takes place through participation in the holy sacraments and fulfillment of the divine commandments. There is no “gratuitous piety” or “easy Christianity,” just as there is no “wide gate” or “spacious way” that leads to the heavenly Kingdom (cf. Mt. 7.13–14).

The Church constantly reminds us that salvation is not an individual, but an ecclesiastical event, a common discipline. During the God-guarded Holy and Great Lent, what becomes apparent for the spiritual life of the faithful is the definitive meaning of participation in the life of the community—that is to say, in the Christian family and parish, or else in the monastic coenobium. We would like to highlight the function of the Christian family as a community of life for the experience of Great Lent’s spirituality. Our predecessor among the Saints, John Chrysostom, described the family as “a small Church.”<sup>1</sup> Indeed, it is in the family that occurs the rendering of our existence into that of the church; it is there that the sense of the social and communal character of human life and the life in Christ as well as the love, mutual respect and solidarity are developed; and it is there that the life and joy of cohabitation are experienced as a divine gift.

The joint endeavor to apply the ecclesiastical rule and ethos of fasting in the context of the family manifests the charismatic dimension of ascetic life and, more broadly, the conviction that whatever is true, honorable, and rightful in our life comes to us from above; that despite our own cooperation and contribution, in the end they transcend whatever is humanly achievable and accessible. After all, the communal aspect of life, the love for one another that does not seek its own, and the virtue of forgiveness, do not allow room for human rights-ism and complacency. An expression of such a spirit of “common freedom” and eucharistic asceticism is precisely the inseparable connection between fasting, charity, and participation in the parish and liturgical life of the Church. Living out this “Lenten spirit” within a Christian family leads us to the depth of truth in the ecclesiastical experience and constitutes the birthplace and source of Christian witness in our secularized contemporary world.

Brothers and children, pray that we may all travel with godly zeal along the way of Holy and Great Lent with fasting and repentance, in prayer and contrition,

making peace within ourselves and with one another, sharing in life and showing ourselves to be “neighbors” to those in need through charitable works, forgiving one another and glorifying in all circumstances the God of mercy’s name, which is above the heavens, beseeching Him to deem us worthy of reaching Holy and Great Week with purified minds and of worshipping with joy and delight His splendid Resurrection.

Holy and Great Lent 2024 +  
BARTHOLOMEW of Constantinople Fervent supplicant for all before God

ΛΟΓΟΣ ΚΑΤΗΧΗΤΗΡΙΟΣ ΓΙΑ ΤΗΝ ΕΝΑΡΞΗ ΤΗΣ ΑΓΙΑΣ ΚΑΙ ΜΕΓΑΛΗΣ ΤΕΣΣΑΡΑΚΟΣΤΗΣ + Β  
Α Ρ Θ Ο Λ Ο Μ Α Ι Ο Σ ΕΛΕΩι ΘΕΟΥ ΑΡΧΙΕΠΙΣΚΟΠΟΣ ΚΩΝΣΤΑΝΤΙΝΟΥΠΟΛΕΩΣ - ΝΕΑΣ  
ΡΩΜΗΣ ΚΑΙ ΟΙΚΟΥΜΕΝΙΚΟΣ ΠΑΤΡΙΑΡΧΗΣ ΠΡΟΣ ΟΛΟ ΤΟ ΠΛΗΡΩΜΑ ΤΗΣ ΕΚΚΛΗΣΙΑΣ,  
ΧΑΡΗ ΚΑΙ ΕΙΡΗΝΗ ΑΠΟ ΤΟΝ ΣΩΤΗΡΑ ΚΑΙ ΚΥΡΙΟ ΜΑΣ ΙΗΣΟΥ ΧΡΙΣΤΟ,  
ΑΠΟ ΕΜΑΣ ΔΕ ΕΥΧΗ, ΕΥΛΟΓΙΑ ΚΑΙ ΣΥΓΧΩΡΗΣΗ \* \* \*

Τιμώτατοι ἀδελφοὶ Ἀρχιερεῖς καὶ τέκνα ἐν Κυρίῳ εὐλογημένα, Ἡ χάρις τοῦ Θεοῦ τῆς ἀγάπης  
μας ἀξίωσε καὶ πάλι νὰ εἰσέλθουμε στὴν ψυχωφελῆ περίοδο τοῦ Κατανυκτικοῦ Τριωδίου καὶ νὰ  
φθάσουμε στὴν Ἀγία καὶ Μεγάλῃ Τεσσαρακοστῇ, στὸ στάδιο τῶν ἀσκητικῶν ἀγώνων, ποὺ εἶναι  
πλήρες ἀπὸ δωρήματα τοῦ οὐρανοῦ καὶ ἀπὸ εὐφροσύνη σταυροαναστάσιμη. Κατὰ τὸ  
εὐλογημένο αὐτὸ διάστημα ἀποκαλύπτεται μὲ εὐκρίνεια ὁ πνευματικὸς πλοῦτος καὶ ὁ  
δυναμισμὸς τῆς ἐκκλησιαστικῆς ζωῆς καὶ ἡ σωτηριολογικὴ ἀναφορὰ ὅλων τῶν ἐκφάνσεών της.  
Πολλὰ διδαχθῆκαμε ἤδη ἀπὸ τὴν ὑπερηφάνεια τοῦ Φαρισαίου, ἡ ὁποία εἶναι ἀδιέξοδη καὶ  
δικαιώνει τὸν ἑαυτὸ μας. Διδαχθῆκαμε ἀπὸ τὸν ἄγονο ἠθικισμὸ καὶ τὴν σκληροκαρδιά τοῦ  
μεγαλύτερου ἀδελφοῦ ἀπὸ τὴν παραβολὴ τοῦ ἀσώτου. Διδαχθῆκαμε ἀπὸ τὴν ἀπονία καὶ τὴν  
καταδίκη ἐκείνων, οἱ ὅποιοι ἀδιαφόρησαν γιὰ ὅσους «ἐλάχιστους ἀδελφούς» τοῦ Κριτῆ εἶναι  
πεινασμένοι, διψασμένοι, ξένοι, γυμνοί, ἄρρωστοι καὶ φυλακισμένοι. Φανερώθηκε σὲ ὅλους μας  
ἡ ἀξία καὶ ἡ δύναμη τῆς ταπεινώσεως καὶ τῆς μετανοίας, τῆς συγχωρητικότητος καὶ τῆς  
ἐλεημοσύνης, στάσεων, στὴν καλλιέργεια τῶν ὁποίων μας καλεῖ μὲ ἔμφαση ἡ Ἐκκλησία κατὰ  
τὴν περίοδο ποὺ ἀρχίζει ἀπὸ σήμερα. Ἡ Ἀγία καὶ Μεγάλῃ Τεσσαρακοστῇ εἶναι ὁ κατάλληλος  
καιρὸς γιὰ πνευματικὴ, ψυχικὴ καὶ σωματικὴ κάθαρση καὶ ἄσκηση. Αὐτὰ περνᾶνε, ὅπως  
ἀκούσαμε στὴν εὐαγγελικὴ περικοπὴ ποὺ διαβάστηκε πρὸ ὀλίγου, μέσα ἀπὸ τὴ νηστεία, ἡ  
ὁποία δὲν ἐπιτρέπεται νὰ τηρεῖται «πρὸς τὸ θεαθῆναι» ἀπὸ τοὺς ἀνθρώπους. Αὐτὰ περνᾶνε  
ἐπίσης καὶ μέσα ἀπὸ τὴν συγχωρητικότητά πρὸς τοὺς ἀδελφούς μας: «Ἐὰν ἀφῆτε τοῖς  
ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ Πατὴρ ὑμῶν ὁ οὐράνιος»<sup>1</sup>.

Ματθ. στ', 14.

Αὐτὸ ἐξάλλου τὸ ὁμολογοῦμε καθημερινὰ στὴν Κυριακὴ προσευχὴ μὲ τὸ «ὥς καὶ ἡμεῖς ἀφίμεν  
τοῖς ὀφειλέταις ἡμῶν»<sup>2</sup>.

Χθές, Σάββατο τῆς Τυροφάγου, ἡ Ἐκκλησία τίμησε τὴ μνήμη τῶν ἀνδρῶν καὶ γυναικῶν ἁγίων  
ποὺ ἔλαμψαν μὲ τὴν ἄσκησή τους. Οἱ ἅγιοι δὲν εἶναι μόνο πρότυπα τῶν πιστῶν στὸν καλὸ  
ἀγῶνα τῆς ζωῆς μας μὲ τὸν Χριστὸ καὶ σύμφωνα μὲ τὸν Χριστό, ἀλλὰ καὶ συνοδοιπόροι, φίλοι  
καὶ ἀρωγοὶ στὸν ἀσκητικὸ δρόμο τῆς νηστείας, τῆς μετανοίας καὶ τῆς ταπεινώσεως. Δὲν εἴμαστε  
μόνοι στὴν προσπάθειά μας, ἀλλὰ ἔχουμε τὸ Θεὸ νὰ μας εὐλογεῖ, τοὺς ἁγίους καὶ τοὺς  
μάρτυρες νὰ μας συμπαραστέκονται, καὶ τὴν πρώτη τῶν ἁγίων Θεοτόκο νὰ μεσιτεύει γιὰ ὅλους  
μας πρὸς τὸν Κύριο. Ἡ ἀγιότητα εἶναι τεκμήριο τῆς δυνάμεως τῆς χάριτος τοῦ Θεοῦ καὶ τῆς  
συνεργίας τοῦ ἀνθρώπου, μέσα στὴν Ἐκκλησία, μὲ τὴ συμμετοχὴ στὰ ἱερά μυστήρια καὶ μὲ τὴν  
τήρηση τῶν θείων προσταγμάτων. Δὲν ὑπάρχει «ἀδάπανος εὐλάβεια» καὶ «εὐκόλος  
Χριστιανισμός», οὔτε «πλατεῖα πύλη» καὶ «εὐρύχωρος δρόμος», ποὺ νὰ ὀδηγεῖ πρὸς τὴν οὐράνια  
Βασιλεία.



Ὁ προκάτοχός μας ἅγιος Ἰωάννης ὁ Χρυσόστομος ἀποκάλεσε τὴν οἰκογένεια «Ἐκκλησία μικρή»<sup>4</sup>. Ὄντως, στὴν οἰκογένεια συντελεῖται ἡ ἐκκλησιοποίηση τῆς υπάρξεώς μας, ἀναπτύσσεται ἡ αἴσθηση τοῦ κοινωνικοῦ καὶ κοινοτικοῦ χαρακτήρα τοῦ ἀνθρώπινου βίου καὶ τῆς ἐν Χριστῷ ζωῆς, ἡ ἀγάπη, ὁ ἀλληλοσεβασμός καὶ ἡ ἀλληλεγγύη, βιώνονται ἡ ζωὴ καὶ ἡ χαρὰ τῆς συμβίωσης ὡς θεία δωρεά. Ἡ κοινὴ προσπάθεια ἐφαρμογῆς τοῦ ἐκκλησιαστικοῦ κανόνα καὶ τοῦ ἡθους τῆς νηστείας στὰ πλαίσια τῆς οἰκογένειας, ἀναδεικνύει τὸν χαρισματικὸ χαρακτήρα τῆς ἀσκητικῆς βιοτῆς καί, εὐρύτερα, τὴν βεβαιότητα ὅτι ὅλα τὰ ἀληθινά, τὰ σεμνὰ καὶ τὰ δίκαια στὴ ζωὴ μας προέρχονται ἄνωθεν, ὅτι, παρὰ τὴ δική μας συνεργία καὶ συμβολή, ὑπερβαίνουν, ἐν τέλει, τὸ ἀνθρωπίνως ἐφικτὸ καὶ τὰ

ἀνθρώπινα μέτρα. Ἐξάλλου, ἡ κοινότητα τοῦ βίου, ἡ ἀγάπη πρὸς ἀλλήλους ποὺ δὲν ἀναζητᾷ τὸ προσωπικὸ συμφέρον, καὶ ἡ συγχωρητικότητα δὲν ἀφήνουν χώρο στὸν δικαιοματισμὸ καὶ τὴν αὐταρέσκεια. Ἐκφραση αὐτοῦ τοῦ πνεύματος «κοινῆς ἐλευθερίας» καὶ εὐχαριστιακοῦ ἀσκητισμοῦ ἀποτελεῖ ἡ ἀδιάσπαστη σύνδεση νηστείας, φιλανθρωπίας καὶ συμμετοχῆς στὴν ἐνοριακὴ καὶ λειτουργικὴ ζωὴ τῆς Ἐκκλησίας. Ἡ βίωση τοῦ «σαρακοστιανοῦ κλίματος» στὴ χριστιανικὴ οἰκογένεια ὁδηγεῖ στὸ βάθος τῆς ἀλήθειας τῆς ἐκκλησιαστικῆς ἐμπειρίας καὶ ἀποτελεῖ κοιτίδα καὶ ἀφετηρία χριστιανικῆς μαρτυρίας στὴν ἐκκοσμικευμένη σύγχρονη κοινωνία.

Εὐχεσθε, ἀδελφοὶ καὶ τέκνα, νὰ διατρέξουμε ὅλοι μὲ ἔνθεο ζήλο τὸ στάδιο τῆς Ἀγίας καὶ Μεγάλης Τεσσαρακοστῆς μὲ νηστεία καὶ μετάνοια, μὲ προσευχὴ καὶ κατάνυξη, εἰρηνεύοντας μὲ τὸν ἑαυτό μας καὶ μὲ τοὺς ἄλλους, κοινωνώντας τὴ ζωὴ,

ἀναδεικνυόμενοι «πλησίον» ὅσων βρίσκονται στὴν ἀνάγκη μὲ ἔργα φιλάνθρωπα, συγχωρώντας ἀλλήλους καὶ δοξολογώντας γιὰ ὅλα τὸ ὑπερουράνιο ὄνομα τοῦ Θεοῦ τοῦ ἐλέους, δεόμενοι πρὸς Αὐτὸν νὰ εὐδοκήσῃ νὰ φθάσουμε μὲ καθαρισμένη τὴ διάνοιά μας στὴ Ἀγία καὶ Μεγάλη Ἑβδομάδα καὶ νὰ προσκυνήσουμε μὲ χαρὰ καὶ ἀγαλλίαση τὴν λαμπροφώρα Ἀνάστασή Του.

Ἀγία καὶ Μεγάλη Τεσσαρακοστὴ 2024  
† Ὁ Κωνσταντινουπόλεως  
διάπυρος πρὸς Θεὸ εὐχέτης ὅλων σας





The Hellenic School presents

# Cheesefare Sunday Fundraiser

March 17, 2024  
after 1<sup>st</sup> Liturgy

Please support the Hellenic School  
After First Liturgy  
Cheese pies will be sold at \$6  
Proceeds will go to Hellenic School students' needs

**SAVE THE DATE**

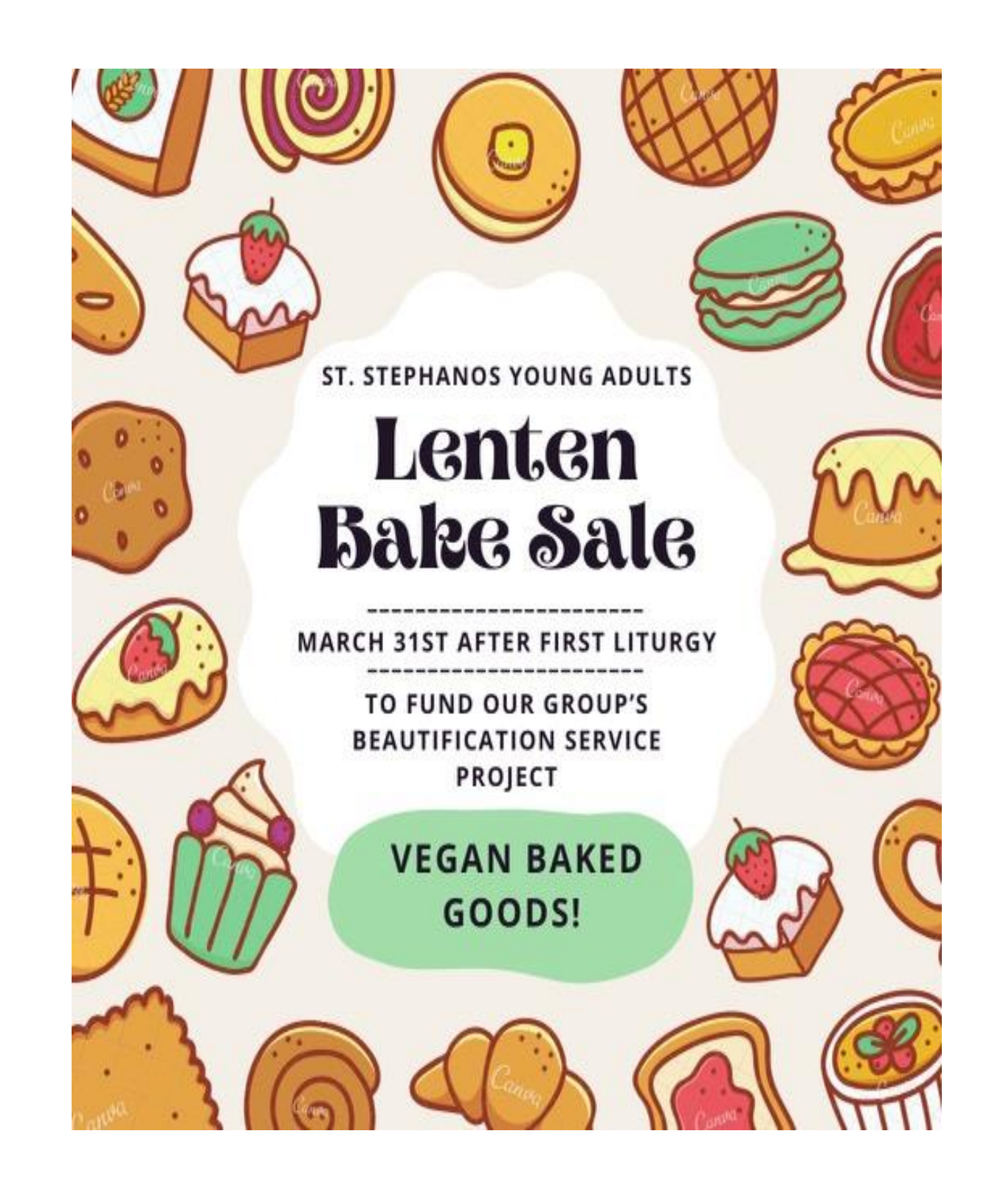
PARISH LENTEN RETREAT  
ON THE CRUCIFIXION OF OUR LORD

Saturday April 20, 2024

Speaker

Presbytera Eugenia Constantinou  
(Registration and detailed information forth coming)





ST. STEPHANOS YOUNG ADULTS

# Lenten Bake Sale

-----  
MARCH 31ST AFTER FIRST LITURGY  
-----

TO FUND OUR GROUP'S  
BEAUTIFICATION SERVICE  
PROJECT

**VEGAN BAKED  
GOODS!**



# Saint Nicholas Doulaveris Preschool

**Pre-School Registration will begin on February 1st, 2024**



Required documents:  
Child's Birth and Baptismal Certificate  
Immunization Records  
Recent Physical Examination

Please call (718) 357-0800

[stnicholasdoulaveris@gmail.com](mailto:stnicholasdoulaveris@gmail.com)

*43-09 196th Street, Flushing, N.Y*

**Offering 3 and 4 year old programs.**



## **The William Spyropoulos Greek-American Day School of St. Nicholas Greek Orthodox Church**

*An outstanding environment, where children learn and grow happily and successfully*

# **Visit Our School**

**CALL THE SCHOOL OFFICE TO SCHEDULE A BUDDY DAY  
OR A TOUR OF OUR SCHOOL**



- An environment rich in Greek Orthodox values that gives students a strong foundation that lasts a lifetime
- An exceptional and highly qualified faculty with a passion for learning and teaching
- Individualized attention that contributes to confident and independent learners
- Accelerated programs in grades K-8
- ♦ State of the art Computer and Science labs
- ♦ Cutting edge technology in all classrooms
- ♦ Small classroom size
- ♦ STEAM enriched curriculum and Robotics program
- ♦ An after school program that enhances intellectual, physical and artistic development
- ♦ A rigorous middle school program
- ♦ High acceptance rate to the most competitive public and private high schools with students receiving academic scholarships
- ♦ Excellent Regent scores

**REGISTRATION IS NOW OPEN FOR KINDERGARTEN - EIGHTH GRADE  
(LIMITED SEATS AVAILABLE)**

**[www.wmspyropoulosschool.org](http://www.wmspyropoulosschool.org)**



# *St Nicholas William Spyropoulos Lobby Renovation*

\$200,000

\$180,000

\$160,000

\$140,000

\$120,000

\$100,000

\$80,000

\$60,000

\$40,000

\$20,000



*Please help us reach our goal!*

# THE WILLIAM SPYROPOULOS SCHOOL PTA

*of the St. Nicholas Greek Orthodox Church*

*43-15 196th Street, Flushing, NY 11358*

## ***45<sup>th</sup> Annual Celebration***

*Friday, May 10<sup>th</sup>, 2024 at The Westbury Manor*

### **ADVERTISING CONTRACT**

#### **SPONSORSHIP FOR SCHOOL LOBBY RENOVATION**

☐ **Benefactor \$5,000** (inc. Gold Page, 4 tickets (optional) - listed as a Benefactor of Renovation in Journal)

☐ **Grand Sponsor \$2,500** (inc. Gold Page, 4 tickets (optional) – listed as a Grand Sponsor of Renovation in Journal)

☐ **Sponsor \$1,000** (includes Gold Page & 2 tickets (optional) – listed as a Sponsor of Renovation in Journal)

#### **Journal Ad only**

☐ **Inside Front or Back Cover, or Outside Back Cover \$800**   ☐ **Gold Page \$500**   ☐ **Silver Page \$300**   ☐ **Full Page \$100**

The undersigned agrees to take \_\_\_\_\_ page(s) in the Annual Celebration Commemorative Journal and pay the sum of \$\_\_\_\_\_.

☐ PAID CASH   ☐ PAID CHECK (# \_\_\_\_\_)   ☐ OTHER

**Please make checks payable to: William Spyropoulos School PTA**

NAME: ..... DATE: .....

ADDRESS: ..... TEL.: .....

Solicited by: ..... Advertiser's Signature: .....

#### **ADVERTISER'S MESSAGE**

**DEADLINE for submitting advertisements: April 8, 2024**

☐ *Check here if the ad is the same as last year (on file)*

- All text for pages/ads should be submitted as Word documents via email (if a business would like said ad designed by us).
- Logos or photos should be submitted as separate jpegs
- If you are submitting a pre-designed ad/page, please submit a pdf file of this ad.  
The design should be no more than 9.25" in height and 7.5" in width so as to fit within the borders of the printed journal page.
- All content should be emailed to [wsptajournal@gmail.com](mailto:wsptajournal@gmail.com) and payments should be submitted upon signing of contract.

**For information, please call Maria Siakavellas 646-753-4890**

## AHEPA SCHOLARSHIPS

The Gus Cherevas Estia-Pindus Chapter No. 326 of the Order of AHEPA announces its scholarship program. Three \$2,000 scholarships to high-school seniors who plan to attend college in the Fall of 2024 are available. The application is only available in digital form. Students must complete the applications by May 8, 2023. See link to the application below: <https://bit.ly/49Sb0qP>

Applicants can request documents pertaining to AHEPA's History and Mission, and AHEPA's 100 Years of Contributions to assist their knowledge about AHEPA which will help them with the application requirements by emailing the program Co-Chairman Dean Moskos at [moskos.ahepa326@verizon.net](mailto:moskos.ahepa326@verizon.net).

**ELIGIBILITY:** Applicants must be High School Seniors of Hellenic descent who reside in Queens and attend a High School in any NYC borough, and who intend to attend a College or University in the Fall of 2024. (Exception: AHEPA members of Chapter 326, regardless of where they reside, whose qualifying children or grandchildren intend to attend a College or University in the Fall of 2024.) The winner of the scholarship awards will be awarded on AHEPA Sunday, June 9, 2024.

In addition, the AHEPA Empire District No. 6 offers several scholarships to high-school seniors who plan to attend college in the Fall of 2024 including a scholarship to a high school senior who will pursue a career in vocational training at an accredited school, i.e. health care, construction, manufacturing, carpentry, electronics, plumbing, etc. The AHEPA District Six application and requirements are available online and may be easily downloaded at <https://www.ahepad6.com/chapter-resources>. Please note that the entire application must be e-mailed as a PDF document by May 1, 2024 to [d6scholarships@ahepad6.com](mailto:d6scholarships@ahepad6.com). Incomplete applications will be disqualified. Please send any questions to the AHEPA District 6 Scholarship Secretary Chris Pappis at [ahepascholarshipd6@gmail.com](mailto:ahepascholarshipd6@gmail.com). The annual ceremony of the scholarship recipients will take place on June 15, 2024.

- ◆ The AHEPA Education Foundation (AEF) offers a number of Graduate and Undergraduate Studies scholarships. The partial list of the scholarships available includes the following: Hellenic College/Holy Cross Seminary Scholarships; AHEPA National Housing Corporation Scholarships; James G. Pulos Memorial Scholarship; Webster University – Athens Campus Scholarships; Chariclea ChristodoulakisCummins Educational Charity Fund Scholarship; and Constantine and Patricia Mavroyannis Scholarship. Scholarship awards may range up to a max of \$2,000, except where stipulated of a different amount. The deadline is March 31, 2024. For more information and to download the applications, visit <https://www.ahepa.org/education>. For questions about AHEPA's scholarships, please call (202) 232-6300 or email [admin@ahepa.org](mailto:admin@ahepa.org).
- ◆ • For additional scholarship opportunities (Hellenic Times, Panhellenic Scholarship Foundation, and GOADO (Greek Archdiocesan Olympic Scholarship (Deadline is April 21, 2024))), please visit <https://www.ahepad6.com/chapter-resources> and view all Scholarship and Educational Programs.
- ◆ AHEPA Journey to Greece: This exciting program was established in 1968 by our AHEPA Chapter's name-sake Past Supreme President Gus Cherevas. It offers an opportunity for our youth to visit Greece and earn six college credits working with Webster University, a fully accredited American University located near St. Louis, MO. The program date is from June 16 to July 12, 2024. The deadline to apply is April 30, 2024. For more information, and to complete the application form, visit <https://www.ahepa.org/education> and click on 2024 Journey to Greece Program.

St. Stephanos Young Adults

# Coffee Chat



## "A Lenten Meditation on the Holy Cross"

- March 31st
- After second Liturgy

*RSVP by emailing  
ststephanosyoungadults@gmail.com*





**IONIAN VILLAGE** is the Summer Camping Ministry of the Greek Orthodox Archdiocese of America. The mission of Ionian Village is to enrich the lives of its participants by bringing campers and staff into close contact with their Orthodox faith and Hellenic heritage.

Two **SUMMER CAMP** sessions offer Greek American high schoolers an incredible summer experience spent exploring Greece through a variety of excursions, participating in exciting Ionian Village activities across the beautiful seaside campgrounds, and forming lifelong bonds with other Greek Orthodox young people.

Ionian Village **SUMMER STAFF** Members are chosen via a selective application process from young adults ages 21 and up. IV Staff demonstrate a passion for Greek Orthodoxy and Hellenism, high energy, creativity, and a willingness to love our campers unconditionally as they bring to life our programs each summer.

**IV NEXT** is for young adults, ages 19-24, and presents a unique opportunity for participants to experience the IV Campus, travel to the traditional IV destinations, and connect to Greek Orthodox peers from across the country.

WWW.IONIANVILLAGE.ORG



# IONIAN VILLAGE

STEP ON GREEK LAND,  
SWIM IN GREEK WATER.

EXPERIENCE REAL GREECE.

IV NEXT  
JUNE 6 - JUNE 17

SESSION ONE  
JUNE 25 - JULY 14

SESSION TWO  
JULY 23 - AUGUST 11

SUMMER STAFF  
JUNE 17 - AUGUST 16

## 2024

REGISTRATION OPENS FEBRUARY 1<sup>ST</sup> AT 11 AM ET  
STAFF APPLICATIONS OPEN DECEMBER 17<sup>TH</sup>



[WWW.IONIANVILLAGE.ORG](http://WWW.IONIANVILLAGE.ORG)





# Hellenic College



"If you're looking for God in education, look no further"

*Hellenic College Graduate*



## Undergraduate Programs

- Business Management
- Classics
- Liberal Studies
- Literature and History
- Psychology and Human Development
- Theology
- Education (Minor)
- Philosophy (Minor)



## Semester of Faith

*A New Kind of Study Abroad*

Study at Hellenic College for one semester and earn transferable college credits. Full-tuition scholarship are available for all Semester of Faith students!

**Learn and deepen your faith at Hellenic College!**



<https://enrollment.hchc.edu/sof>

## Student Life

Student life on campus is centered around the chapel, but also explores all that the Boston area has to offer.

Learn more:  
[www.hchc.edu/student-life/](http://www.hchc.edu/student-life/)



## Oratorical Festival Scholarship

Participants of the St. John Chrysostom Oratorical Festival are eligible to receive a scholarship to Hellenic College when enrolling in a BA program. Those that win 1st, 2nd, or 3rd place at the parish, district, metropolis, or national levels, will be awarded a scholarship.



<https://enrollment.hchc.edu/chrysostom-scholarship>

## "Imagine a world..."

...where the ancient integration of faith and intellect is alive and well. In small, intense classes you will receive the skills necessary to succeed in your profession while experiencing the wonder and beauty of a vibrant life in Christ."

*Dr. Timothy Patitsas, Hellenic College Dean*

TEXT OR CALL US AT

**(617) 850-1345**

50 Goddard Avenue  
Brookline, MA 02445

<https://www.hchc.edu/hellenic-college/>

# NIKI SIDERIS 29TH ANNUAL WALK & SPRING FESTIVAL



## SAVE THE DATE

Presented by RMH-NY Greek Division

**Ronald McDonald House New York**  
**405 E. 73rd Street, New York, NY 10021**  
**(Between York and 1st Ave)**

### Live Event

Date: Saturday, May 11, 2024  
Registration Time: 9:00am  
Start Time: 11:00am  
Registration Fee: \$30 per Participant

### Virtual Event

Date: Saturday, May 11- May 18  
Location: The comfort of your home or in your neighborhood

### QUESTIONS

Contact the Greek Division at

📞 212-639-0218

🌐 [skatechis@rmh-newyork.org](mailto:skatechis@rmh-newyork.org)



📱 SCAN ME



[www.rmh-newyork.org/greekwalk](http://www.rmh-newyork.org/greekwalk)