

Saint Nicholas Greek Orthodox

March 8, 2026

Rev. Ekonomos Aristidis Garinis, Proistamenos

Rev. Presbyter Alexandros Douvres

Office (718) 357-4200 - Email info@stnicholasflushing.org - www.stnicholasflushing.org

Κυριακή Β' Γρηγορίου Αρχιεπ. Θεσσαλονίκης - Sunday of St. Gregory Palamas

ΑΠΟΛΥΤΙΚΙΟΝ

Αγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἀχραντὸν σου σῶμα. Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ· ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

ΑΠΟΛΥΤΙΚΙΟΝ ΤΟΥ ΙΕΡΑΡΧΟΥ

Ὅρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος, Γρηγόριε θαυματουργέ, Θεσσαλονίκης τὸ καύχημα, κήρυξ τῆς χάριτος, ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

ΚΟΝΤΑΚΙΟΝ

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Αναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι Χαῖρε νόμφη ἀνούμφευτε.

APOLYTIKION

When the angelic powers appeared at Your tomb, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary, who was seeking Your immaculate body. Unassailed by Hades, You divested it of spoils. Then You met the Virgin. You granted life. O Lord, risen from the dead, glory to You!

APOLYTIKION FOR THE HIERARCH

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

KONTAKION

O Champion General, I your City now inscribe to you. Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you. I may cry aloud: Rejoice, O unwedded Bride.



ΑΠΟΣΤΟΛΙΚΟ ΑΝΑΓΝΩΣΜΑ (Εβρ 1:10 – 14, 2:1 – 3)

Κατ' ἀρχὰς σὺ, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέ ποτε· κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ πνεύματα εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσι, μὴ ποτε παραρρυῶμεν. εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευζόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

EPISTLE READING (Heb. 1:10 – 14; 2:1 – 3)

In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.” But to what angel has he ever said, “Sit at my right hand until I make your enemies a footstool for your feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.



ΕΥΑΓΓΕΛΙΚΟ ΑΝΑΓΝΩΣΜΑ (ΜΚ 2:1 – 12)

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὕτως οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνούς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας — λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

GOSPEL READING (MK. 2:1 – 12)

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins" — he said to the paralytic — "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"



MEMORIALS

Zisimos Augoustatos
Pantelis Bezanis
Theodoros Ioannou
James Papadopoulos
Angeliki Poulakis
Stamatios Poulakis
Evangelia Psilakis
Elias Tserpelis
Peter Yiotis

ΜΝΗΜΟΣΥΝΑ

Ζησίμου Αυγουστάτου
Παντελεήμονος Μπεζάνη
Θεοδώρου Ιωάννου
Δημητρίου Παπαδοπούλου
Αγγελικής Πουλάκη
Σταματίου Πουλάκη
Ευαγγελίας Ψιλάκη
Ηλία Τσερπέλη
Παναγιώτου Γιώτη

Support for a Member in Need

We are reaching out on behalf of a community member currently undergoing medical treatments. To ensure he can focus fully on his recovery, we are seeking assistance in securing a room for temporary housing. Providing a space during this time would be a significant blessing. For more information or to offer help, please contact the Church Office at (718) 357-4200. Thank you for embodying the spirit of our community.

ANNOUNCEMENTS

You are all invited to coffee hour after the Divine Liturgy.
Coffee hour after the second Divine Liturgy is being sponsored in Memory
of Stamatios Poulakis and James Papadopoulos.

*Saint Nicholas Greek Orthodox Shrine Church
196-10 Northern Blvd Flushing, NY 11358*

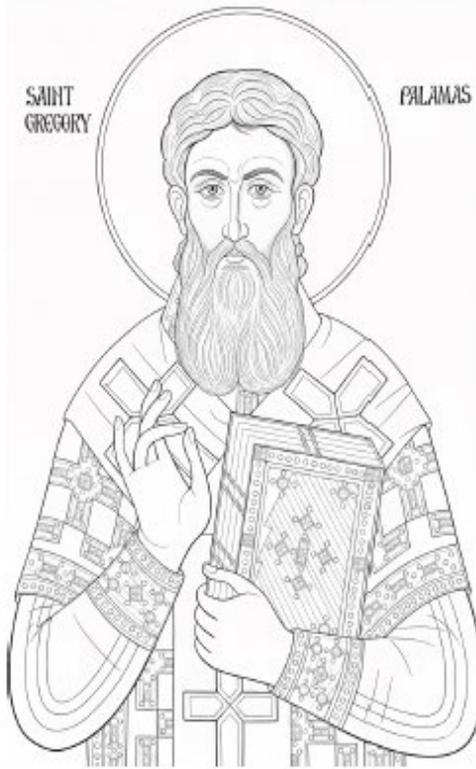


ΕΟΡΤΟΛΟΓΙΟΝ

MARCH 2026

March 1 SUN	Sunday of Orthodoxy Κυριακή της Ορθοδοξίας 7:30 a.m. Orthros / 8:45 Liturgy (One Liturgy)	March 13 FRI	Presanctified Liturgy Προηγιασμένη Λειτουργία 8 a.m.
March 2 MON	Great Compline Μέγα Απόδειπνο 7:00 p.m.		Salutations to the Theotokos Χαιρετισμοί της Θεοτόκου 7:00 p.m.
March 4 WED	Presanctified Liturgy Προηγιασμένη Λειτουργία 6:00 p.m. & Discovering Orthodoxy Class	March 15 SUN	Sunday of the Holy Cross Κυριακή του Τιμίου Σταυρού 7:30 a.m. Orthros / 8:45 Liturgy 10:45 2nd Liturgy
March 5 THU	Great Compline Μέγα Απόδειπνο 7:00 p.m.	March 16 MON	Great Compline Μέγα Απόδειπνο 7:00 p.m.
March 6 FRI	Presanctified Liturgy Προηγιασμένη Λειτουργία 8 a.m. Salutations to the Theotokos Χαιρετισμοί της Θεοτόκου 7:00 p.m.	March 18 WED	Presanctified Liturgy Προηγιασμένη Λειτουργία 6:00 p.m. & Discovering Orthodoxy Class
March 8 SUN	St. Gregory Palamas Sunday Αγ. Γρηγορίου Παλαμά 7:30 a.m. Orthros / 8:45 Liturgy Second Liturgy 10:45 a.m.	March 19 THU	Great Compline Μέγα Απόδειπνο 7:00 p.m.
March 9 MON	Great Compline Μέγα Απόδειπνο 7:00 p.m.	March 20 FRI	Presanctified Liturgy Προηγιασμένη Λειτουργία 8 a.m. Salutations to the Theotokos Χαιρετισμοί της Θεοτόκου 7:00 p.m.
March 11 WED	Presanctified Liturgy Προηγιασμένη Λειτουργία 6:00 p.m. & Discovering Orthodoxy Class	March 22 SUN	Sunday of St. John Climacus Κυριακή Αγ. Ιωάννου Κλίμακος 7:30 a.m. Orthros / 8:45 Liturgy (CHURCH SCHOOL LITURGY)
March 12 THU	Great Compline Μέγα Απόδειπνο 7:00 p.m.	March 23 MON	Great Compline Μέγα Απόδειπνο 7:00 p.m.

KIDS BULLETIN PAGE



St. Gregory was a brilliant student in Constantinople who could have been a famous leader, but he chose to become a monk on Mount Athos. He spent his days in silence, praying the Jesus Prayer: "*Lord Jesus Christ, have mercy on me.*"

Some people argued that God was too far away to ever really know Him; however, St. Gregory defended the Truth. He explained that just as we can feel the warmth of the sun without touching the sun itself, we can feel God's Energy in our hearts.

He reminded everyone of the Transfiguration, when the Apostles saw Jesus shine with a brilliant, "Uncreated Light." St. Gregory taught us that through prayer and a quiet heart, that same Light of God can live inside of us today.

SIOHTES (Becoming like God): _____

YIKEUR ("Lord" in Greek): _____

ACREG (God's free gift to us): _____

CEILNES (What we need to pray deeply): _____

NOMK (Gregory's life on Mt. Athos): _____

Use these words: Mount Tabor, Heart, Sun, Energy, Transfiguration

1. St. Gregory taught that God is like the _____; we cannot touch the center of it, but we can feel its warmth.
2. The Apostles saw the Uncreated Light of Christ during the _____ on the mountain.
3. This mountain where Jesus shone like light is called _____.
4. St. Gregory said we don't just learn about God from books; we feel His _____ through prayer.
5. When we say the Jesus Prayer in silence, God's light shines in our _____.

ST. NICHOLAS STEPHEN AND ARETI
CHERPELIS

HELLENIC SCHOOL PROGRAM



**SAVE WITH EARLY
REGISTRATION**

- ✓ Register by **March 31, 2026**, to lock in Early Bird Tuition*.
- ✓ Expanded Curriculum: Greek Dancing, Theater, Mythology, and Conversation.
- ✓ Introduction of Weekday Classes and enhanced Greek Dancing organized by age groups (Pre-K through 8th Grade).
- ✓ Help us plan for a great year—register early!

A joyful and supportive environment to strengthen language and deepen cultural roots!

**Register by 3/31/26 and
Save \$250* on your first child's tuition!
Plus: Additional prorated savings for siblings.**

**REGISTER
NOW!**

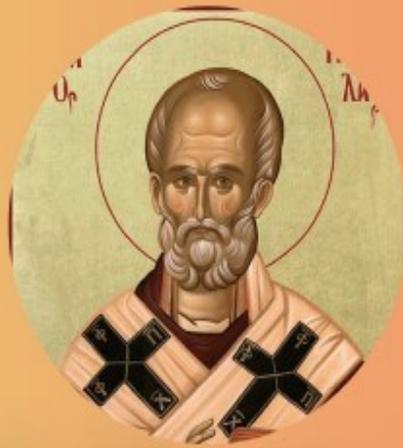


**Must pay 50% of balance to qualify*

REGISTER ONLINE!

☎ 718-357-4299

🌐 www.stnicholasflushing.org



St. Nicholas Jr. GOYA

Get to Know Your Church

On Friday April 3rd let us gather together so we can both learn and care for our home here at St. Nicholas.

We will meet in the Church. Church tour beginning at 5:30 followed by church cleaning.

If you have any questions please email stnicholasjoy@gmail.com

ST NICHOLAS GREEK ORTHODOX SHRINE CHURCH



Myrophora



We are looking for 7th, 8th, 9th, 10th, 11th,
and 12th grade girls to participate in this
years Holy Friday and Holy Saturday
services as Myrrhbearers.

JOIN US

Holy Friday, April 10th

Holy Saturday, April 11th

Sign up: bit.ly/Myrophora



For more information
call/ text. Olga Dakis
917-584-0978



ST. NICHOLAS GREEK ORTHODOX
SHRINE CHURCH FLUSHING

Lenten RETREAT

SATURDAY, MARCH 21ST

WITH DR. JEANNIE CONSTANTINOU

The "agony in the garden" is one of the most poignant and powerful images from the gospels. Those hours in which Christ struggled are not only among the most impactful and relatable for us, they also are important spiritual lessons. What was the Lord experiencing? Fear, loneliness, disappointment, apprehension? What was He thinking and what was at stake? Why was the Cross the only answer? Was it because Christ "had to" die? What can we learn from how the Lord made his peace with that horrific reality?

JOIN US

Schedule of the Day

10:00 Registration

10:30-11:30 Session 1

Struggle: Lord's Agony In the Garden.

11:30-11:40 Break

11:40-12:40 Session 2

Submission: Accepting the Will of God

12:40-1:30 Lenten Fellowship Meal

1:30-2:45 Session 3

The Cross: The Ultimate Christian Paradigm

3:00 Vespers

Sign Up



About our Speaker

Dr. Jeannie Constantinou is a retired professor with over 40 years of experience teaching Biblical Studies. A world-renowned scholar and author of *The Crucifixion of the King of Glory*, she is also the beloved host of *Search the Scriptures LIVE!* on Ancient Faith Radio. She holds a Ph.D. in the History



ST. NICHOLAS G.O. SHRINE CHURCH

GOYA SCHEDULE



EMAIL: SAINTNICHOLASFLUSHINGGOYA@GMAIL.COM

A New Year Message on Stewardship and Giving

As we look ahead to a new year, we invite you to prayerfully reflect on how you can help this sacred community continue to thrive. Everything we do – from the Divine Liturgy and pastoral care to youth programs, education, outreach, facilities maintenance and fellowship – is made possible by the faithful stewardship of our parish family. Your generosity sustains the ministries that nurture our faith today and preserve our Church for generations to come.

As you prayerfully consider your 2026 stewardship commitment, one helpful guide is to reflect on the percentage of income you offer in support of God's work through our St Nicholas Parish. The table below shows what a next faithful step could look like at different income levels.

Family Income	1%	3%	5%
\$50,000	\$500	\$1,500	\$2,500
\$100,000	\$1,000	\$3,000	\$5,000
\$200,000	\$2,000	\$6,000	\$10,000
\$500,000	\$5,000	\$15,000	\$25,000

- If you currently give less than 1%, consider increasing your pledge to 1%
- If you are already giving 1%, prayerfully consider increasing to 2%
- If you are able to go beyond, your generosity helps strengthen the entire parish community

Our stewardship goal is a commitment of \$1,500 per family. This amounts to about \$4.15 per day – **LESS THAN THE COST OF A SMOOTHIE** – yet it makes a meaningful impact in sustaining the life and mission of our parish.

A commitment of \$1,500 equates to the following:

\$ 125.00 per month

\$ 29.00 per week

\$ 4.10 per day

Together, renewed commitment and proportional giving will help ensure that the St. Nicholas Parish remains a vibrant, welcoming spiritual home – today and for generations to come.



St. Nicholas Ladies Philoptochos Society



JOIN US!



Questions?
Eleni Papageorgiou
917-378-8814
or
Stephanie Moskos
347-804-8356

JOIN / RENEW YOUR MEMBERSHIP

Philoptochos means "friend of the poor."
We need you, your ideas, talents, and support to accomplish our mission. As a member, you will have the opportunity to express yourself in the area of your choosing and participate in any way that suits you.
-Minimum membership \$35-

OUR PHILANTHROPIC ENDEAVORS 2025

With your help, we were able to:

- Meet our commitments of \$18,500
- Provide over \$2,381 to social services cases
- Awarded \$5,000 in Student Scholarships, an additional \$8,000 to St. Michael's Home and \$1,000 to the Children's Medical Fund
- Feed the hungry in NYC

Just to name a few!

WHO CAN JOIN?

- Greek Orthodox women, 18 and older are eligible.
- Non-Greek Orthodox women, married to a Greek Orthodox shall be eligible for Associate membership in the organization.
- Orthodox men may be supporting members without the right to vote.

JOIN the energetic, creative, and compassionate women of the Saint Nicholas Ladies Philoptochos!

Your participation will Make a Difference in someone's life!



** Be part of a philanthropic movement * Develop friendships **

**Get involved in your community * Help those in need **

**Learn from others **

SCAN TO PAY
YOUR MEMBERSHIP





GEORGE & EVLAVIA DOULAVERIS PRESCHOOL

2 YEAR OLD *Program*

The Doulaveris "Forever Rate" is Here!

The Deal: Sign up for our Two-Year-Old Program now, and your tuition stays exactly the same through Nursery and Pre-K.

3 Years of Growth. 1 Steady Price.

- Expert Care: Specialized curriculum for curious toddlers.
- Seamless Transition: Move into higher grades without the price jump.
- Total Savings: Thousands saved by the time they hit Kindergarten.

**Space is limited in our 2s program.
Call us at 718-357-0800 to lock in
your rate!**

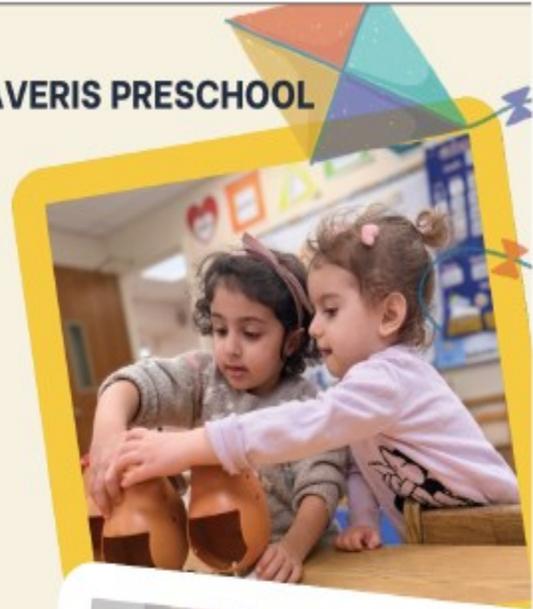
 @Doulaveris Preschool



Contact Us
718-357-0800



Our Location
43-09 196 Street, Flushing



NURTURING FAITH, HELLENIC HERITAGE, AND ACADEMIC EXCELLENCE



St. Nicholas Greek Orthodox Shrine Church
GEORGE & EVLAVIA DOULAVERIS PRESCHOOL
Building Foundations for Life



OUR CORE VALUES

Welcome to a family-oriented community where children are lovingly nurtured in the Christian Faith and our rich Hellenic Heritage.



2-YEAR OLD PROGRAM

We provide a structured environment that honors faith and tradition while challenging young minds to grow and excel.



ACADEMIC EXCELLENCE

Our accelerated curriculum integrates Hellenic language and values, ensuring students are fully prepared for the transition to primary education.

Early Bird Registration

We believe in supporting our community through accessible excellence. From our Early Bird \$200 registration discount to our \$100 monthly sibling credit, we partner with families to make a premium, faith-based education attainable.



*Call or Email to secure
your child's spot*

EARLY REGISTRATION BY 3/1/26

Ready to ignite your child's imagination?
Enroll today!



Contact Us
718-357-0800



Our Location
43-09 196 Street, Flushing



Email
StNicholasDoulaVeris@gmail.com

Certified by the Department of Mental Health and Hygiene



REGISTRATION IS NOW OPEN

BUILD YOUR FUTURE HERE.

The St. Nicholas
Wm. Spyropoulos School

4315 196th Street, Flushing NY
718-357-5583

Mary Tzallas, Principal

- 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 afterschool 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



CONTACT US TO SCHEDULE A BUDDY DAY
OR A TOUR OF OUR SCHOOL

Scan to get a glimpse of our school



ST. NICHOLAS JOY
HOLY FRIDAY
YOUTH RETREAT

APRIL 10 11 AM - 4:30 PM

GRADES 2-7

PREPARATION OF PASCHA CANDLES

HOLY WEEK DISCUSSION

PICNIC LUNCH

RESERVED SEATING FOR THE DESCENT FROM THE CROSS AT 3PM

WE ASK ALL CHILDREN TO BRING THEIR OWN NUT FREE LUNCH

AND WEAR CHURCH ATTIRE

